

Shelby L Bandel

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Education

University of Southern Mississippi
Clinical Psychology Doctoral Program

Hattiesburg, MS
Expected Completion Spring 2023

Western Kentucky University
Master of Science in Psychological Sciences

Bowling Green, KY
Graduated August 2018

- Clinical Science Focus
- Current GPA: 3.90

University of Wyoming
Bachelors of Art in Psychology

Laramie, WY
Graduated May 2016

- Minor in Sociology
 - Overall GPA: 3.42
 - Psychology GPA:3.65
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Manuscripts

Bachtelle, S. E., **Bandel, S. L.**, Lear, M. K., & Pepper, C. M. (2018). Before, during, and after self-injury: The practice patterns of nonsuicidal self injury. *The Journal of Nervous and Mental Disease*, 206, 522-527. doi: 10.1097/NMD.0000000000000846

Bandel, S. L., & Brausch, A. M. (Revise and Resubmit). Poor sleep associates with nonsuicidal self-injury engagement and severity in adolescents.

Bandel, S. L., & Brausch, A. M. (In preparation). Different facets of sleep differentially predict recent engagement in NSSI and suicide attempts in college students.

Funding

Research

American Psychological Foundation Graduate Research Scholarship (2017-2018). Sleep quality in non-suicidal self-injury and suicide ideation in adolescents. \$1000.

Travel

Western Kentucky University Ogden College Travel Funding (Summer 2018). Poor sleep and NSSI severity in adolescents: The moderating role of emotion regulation. \$100.

Western Kentucky University Ogden College Travel Funding (Spring 2018). Disruptive sleep characteristics differentially associate with nonsuicidal self-injury and suicide attempts. \$150.

Western Kentucky University Graduate School Travel Funding (Spring 2018). Disruptive sleep characteristics differentially associate with nonsuicidal self-injury and suicide attempts. \$250.

Western Kentucky University Ogden College Travel Funding (Fall 2017). Cyberbullying as a concurrent and prospective predictor of NSSI in adolescents. \$100.

Western Kentucky University Graduate School Travel Funding (Fall 2017). Cyberbullying as a concurrent and prospective predictor of NSSI in adolescents. \$100.

Western Kentucky University Ogden College Travel Funding (Fall 2017). Sleep, exercise, and screen time: How health behaviors associate with NSSI and suicide ideation in adolescents and young adults. \$50.

Western Kentucky University Graduate School Travel Funding (Fall 2017). Sleep, exercise, and screen time: How health behaviors associate with NSSI and suicide ideation in adolescents and young adults. \$50.

University of Wyoming Psychology Department Travel Funding (Fall 2015). Nonsuicidal self-injury variety, but not frequency, predicts acquired capability for suicide among college students. \$350.

Professional Presentations

Bandel, S. L., Power, J., & Brausch, A. M. (June, 2018). *Poor sleep and NSSI severity in adolescents: The moderating role of emotion regulation*. International Society for the Study of Self-Injury Annual Conference, Brussels, Belgium.

Bandel, S. L., Beck, B., Moment, J., & Brausch, A. M. (April, 2018). *Disruptive sleep characteristics differentially associate with nonsuicidal self-injury and suicide attempts*. American Association of Suicidology Annual Conference, Washington, DC.

Bandel, S. L., Perkins, N. M., Gregory, J., & Brausch, A. M. (November, 2017). *Cyberbullying as a concurrent and prospective predictor of NSSI in adolescents*. Poster presented at the Association of Behavioral and Cognitive Therapies Annual Convention, San Diego, CA.

Perkins, N. M., **Bandel, S. L.**, Gregory, J., Brausch, A. M. (November, 2017). *Emotion regulation dimensions as prospective predictors of nonsuicidal self-Injury, suicide ideation, and disordered eating in adolescents*. Poster presented at the Association of Behavioral and Cognitive Therapies Annual Convention, San Diego, CA.

Bandel, S. L., Powers, J., Perkins, N. M., Brausch, A. M. (October, 2017). *Predictors of nonsuicidal self-injury and suicide ideation in a community adolescent sample*. Poster presented at the IDeA Southeast Regional Conference, Morgantown, WV.

Bandel, S. L., & Brausch, A. M. (April, 2017). *The role of sleep quality and NSSI presence, frequency and versatility*. Symposium paper presentation at the American Association of Suicidology annual conference, Phoenix, AZ.

Bachtelle, S. E., **Bandel, S. L.**, Lear, M. K., Merrow, B. L., Reyna, A. H., Perry, K. M., Zeller, G. M., & Pepper, C. M. (October 2016). *Before, during and after self-injury: The ritualistic nature of NSSI*. Poster presented at the Association of Behavioral and Cognitive Therapies Annual Convention, New York City, NY.

Plamann, S. L., Bachtelle, S. E., & Pepper, C. M. (April, 2016). *Ritual behaviors in non-suicidal self-injury*. Poster presented at the University of Wyoming Undergraduate research day, Laramie, WY.

Lear, M. K., **Plamann, S. L.**, Bachtelle, S. E., Allington, C. E., Merrow, B. L., & Pepper, C. M. (November, 2015). *Nonsuicidal self-injury variety, but not frequency, predicts acquired capability for suicide among college students*. Poster presented at the Association of Behavioral and Cognitive Therapies Annual Convention, Chicago, IL.

Merrow, B. L., Lear, M. K., Bachtelle, S. E., Allington, C. E., **Plamann, S. L.**, & Pepper, C. M. (November, 2015). *Nonsuicidal self-injury and impulsivity: Self-injurers distinguished by the time to urge*. Poster presented at the Association of Behavioral and Cognitive Therapies Annual Convention, Chicago, IL.

Research Experience

Suicide Prevention and Risk Behaviors Lab

Project Coordinator

Supervisor: Dr. Amy Brausch

Western Kentucky University

August 2017-July 2018

- Prepares measures, coordinates data collection visits, manages participant payments and debriefing, preforms risk assessments, and manages data entry for an ongoing

longitudinal study of nonsuicidal self-injury and suicide in a community adolescent sample at regional middle and high schools

- Schedules participants, collects data, and conducts risk assessments and debriefs participants for a longitudinal study of nonsuicidal self-injury and suicide in college students
- Designing, writing IRB, programing Qualtrics, manages study credit and participants for an independent online study of sleep, nonsuicidal self-injury and suicide in a college student sample
- Manuscript preparation, data analysis, and abstract preparation
- Coordinates schedules, trains, and manages undergraduate research assistants

Graduate Research Assistant

August 2016-July 2017

Supervisor: Dr. Amy Brausch

- Prepared measures, coordinated data collection visits, managed participant payments, debriefed participants, preformed risk assessments, and managed data entry for an ongoing longitudinal study of nonsuicidal self-injury and suicide in a community adolescent sample at regional middle and high schools
- Scheduled, collected data, and conducted risk assessments and debriefed participants for a longitudinal study of nonsuicidal self-injury and suicide in college students
- Manuscript preparation, data analysis, and abstract preparation
- Coordinated schedules, trained, and managed undergraduate research assistants

Stress and Mood Lab

University of Wyoming

Undergraduate Research Assistant

August 2014-May 2016

Supervisor: Dr. Carolyn Pepper

- Designed, wrote IRB, programmed, and conducted an online study examining the ritualistic nature of nonsuicidal self-injury in college students
- Collected data for PhD student's theses
- Assisted in programing online studies
- Collaborated with PhD students to develop research ideas
- Aided in abstract and poster preparation

Clinical Experience

Summer Program Teacher

Summer 2017

Life Skills

Bowling Green, KY

- Worked with children with a variety of diagnoses on coping strategies, social skills, and Dialectical Behavior Therapy skills
- Planned and delivered daily activities that corresponded with daily topics

Suicide Risk Assessment
Western Kentucky University

August 2016-Present
Bowling Green, KY

- Assessing and referring college students (University of Washington Risk Assessment Protocol-UWRAP)
- Assessing and referring adolescents (Suicide Ideation Questionnaire, Depression Inventories, & Suicide/NSSI Inventories)

Service Learning in Psychology
University of Wyoming

August 2015-May 2016
Laramie, WY

- Helped in an elementary school to teach children behavior expectations
- Worked both one on one and with groups of students to help develop social skills and modify behaviors using evidence based interventions
- Observed the Behavior Support Classroom

Teaching/Tutoring

Western Kentucky University
Teaching Assistant, Social Psychology
Supervisor: Dr. Matthew Woodward

August 2017-Present

- Assists with grading exams and papers
- Tutors students on class topics

Teaching Assistant, General Psychology
Supervisor: Dr. Lance Hahn

August 2016-December 2016

- Guest lectured on Abnormal Psychology
- Developed exam questions
- Graded exams and quizzes

University of Wyoming
STEP Tutor, Psychology, Sociology, and Library Research Resources

August 2014-May 2015

- Tutored for college students and attended tutor trainings

Supplemental Instruction Leader, Sociology

August 2015-May 2016

- Designed and delivered weekly supplemental instruction sessions that reviewed and expanded on course material
- Tutored students on course topics

Leadership

University of Wyoming

Psi Chi, Elected Treasurer

August 2014- May 2016

- Kept track of receipts, club finances, and developing fund raisers

STEP Tutoring, On-Site Coordinator

August 2015-May 2016

- Managed campus tutoring center

Professional Associations

Psi Chi (2014)

American Association of Suicidology Student Member (2017)

Association for Behavioral and Cognitive Therapies Student Member (2017)

Association for Psychological Sciences Student Member (2016)

International Society for the Study of Self-Injury Student Member (2018)

Awards

Best Student Poster. ABCT Suicide and Self-Injury SIG. 2016.

Psi Chi Excellence in Psychology Award. Spring 2016

Provost Honor Roll. Spring 2016

Hathaway Performance Scholarship Recipient (August 2012-May 2016)

Deans Honor Roll. Fall 2015

Deans Honor Roll. Fall 2014

Presidents Honor Roll. Spring 2013

Certifications and Skills

College Reading & Learning Association (CRLA) certified level one tutor (2015)

Safe Crisis Management (SCM) (2017)

Collaborative Institutional Training Initiative (2015)

Statistical Packaging for the Social Sciences (SPSS)

Qualtrics

Survey Monkey