

CURRICULUM VITAE

KRISTIN L. O'BRIEN, M.A.

EDUCATION

2016-2018 **University of Houston-Clear Lake**
Master of Arts, Clinical Psychology
Cumulative GPA: 3.91

2011-2015 **Texas Tech University**
Bachelor of Arts, Psychology
Distinctions: Magna cum Laude, Highest Honors
Cumulative GPA: 3.88

Honors Thesis: Suicide risk in students who are athletes: The associations between participation in sports, sport-related injuries, and the acquired capability for suicide
Honors Thesis Supervisors: Keira Williams, Ph.D., Kelly Cukrowicz, Ph.D.

INSTRUCTIONAL EXPERIENCE

2021-present **Adjunct Instructor of Psychology**
Alvin Community College (ACC), Department of Psychology and Sociology

Courses Taught/Currently Teaching: Learning Framework (PSYC 1300), General Psychology (PSYC 2301), Lifespan Growth & Development (PSYC 2314)

Course Locations: ACC Campus, asynchronous online (Blackboard Learn), Alvin High School (dual credit), Shadow Creek High School (dual credit), Robert Turner College and Career High School (dual credit)

- Develop, optimize, and implement course plans that align with college philosophy and learning objectives
- Develop and administer course syllabi, assignments, and assessments designed to exercise critical thinking and facilitate real-world application of course content
- Utilize a variety of instructional strategies and educational resources to engage a diverse student population and accommodate different learning needs
- Assess student performance through a range of measurement tasks and communicate with students about their academic progress throughout the course
- Utilize technology to facilitate learning, access data, and communicate with others
- Exercise proficiency with the use of Blackboard Learn and its features
- Connect with students face-to-face and online to offer support and resources to foster successful learning
- Collaborate with colleagues to optimize instructional strategies and course plans
- Maintain up-to-date content by reviewing current research and educational resources
- Improve instructional skill by participating in professional development
- Member of the Adjunct Advisory Committee (October 2022 – present)

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PROFESSIONAL DEVELOPMENT

- 2023** Attended 2023 Across the Curriculum Conference hosted by ACC
2022 Successfully completed ACC Online Certification Course
2021 Successfully completed ACC Adjunct Certification Course

ADDITIONAL INSTRUCTIONAL EXPERIENCE

- 2017-2018** **Graduate Student Volunteer Teaching Assistant**
University of Houston-Clear Lake, Clinical Psychology M.A. Program
Basic Psychotherapy Skills graduate course (Instructor: Steven Bistricky, Ph.D.)
- Provided instruction on multicultural issues and applications in therapy settings
 - Demonstrated clinical techniques in role-play therapy setting
 - Provided face-to-face constructive feedback for role-play exercises
 - Observed practice therapy sessions and provided written comprehensive feedback

CLINICAL EXPERIENCE

- 2019-2020** **Licensed Psychological Associate**
The Carole & Ronald Krist Samaritan Counseling Center | Houston, TX
- Provided individual therapy for adult, adolescent, and child clients; couples therapy; and family therapy
 - Counseled students on-location at local junior high and high schools
 - Responded to crisis calls outside of business hours during designated weeks
 - Conducted intellectual and personality psychological assessments and interviews, completed analyses of data, wrote in-depth reports of results, and engaged in verbal feedback sessions with clients
 - Developed and presented a professional development lecture on Acceptance and Commitment Therapy skills for a group of student/intern and licensed therapists
 - Participated in individual and group supervisory sessions and discussed client cases
- Chief Resident** (November 2019-May 2020): Led monthly meetings with student and intern therapists and provided mentorship to other student and intern therapists

CLINICAL TRAINING

- 2018** **Graduate Student Therapist, Clinical Internship**
The Carole & Ronald Krist Samaritan Counseling Center | Houston, TX
- Conducted individual therapy with adult, adolescent, and child clients
 - Counseled students on-location at a local elementary school
 - Developed and administered pro-social skills group with elementary-age children
 - Participated in individual and group supervision meetings
- 2017** **Graduate Student Therapist, Clinical Practicum**
Psychological Services Clinic, University of Houston-Clear Lake | Houston, TX
- Conducted individual therapy with adult, adolescent, and child clients
 - Participated in weekly group supervision meetings

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RESEARCH EXPERIENCE

2016-2018

Graduate Student Researcher

Department of Clinical Psychology, University of Houston-Clear Lake
Cognition, Emotion, & Well-Being Research Lab (Led by Steven Bistricky, Ph.D.)

- Assessed student research participants for suicide risk and gave referrals
- Collected data via self-report measures and implemented experimental tasks
- Scored measures and assisted with data entry
- Collaborated with peers to develop research studies and presentations

2013-2015

Undergraduate Research Assistant

Department of Psychological Sciences, Texas Tech University
Suicide & Depression Research Lab (Led by Kelly Cukrowicz, Ph.D.)

- Developed procedures, recruited participants, collected data, and conducted statistical analyses for an independent research project
- Conducted interviews with research participants
- Collected, transcribed, and entered data

RESEARCH PRESENTATIONS

1. **O'Brien, K.**, Schield, S., Balderas, J., Romero, G., Segovia, S., & Bistricky, S. (2018). Attention bias variability and implications for depression vulnerability. Poster presented at the Association for Behavioral and Cognitive Therapies 52nd Annual Convention, Washington, DC.
2. Cook, D., Bistricky, S., Strait, G., Johnston, A., Velasquez, K., Harper, K., Schield, S., **O'Brien, K.** & Elkins, S. (2018). How brief is too brief? Mindfulness training and social anxiety. Poster presented at Southwestern Psychological Association convention, Houston, TX.
3. **O'Brien, K.**, Balderas, J., Rogers, S., Short, M., & Bistricky, S. (2017). Emotion regulation and attention in dysphoria: When does rumination predict mood-congruent attention? Poster presented at the Association for Behavioral and Cognitive Therapies 51st Annual Convention, San Diego, CA.
4. Cook, D., Harper, K., **O'Brien, K.**, Johnston, A., Elkins, S., & Bistricky, S. (2017). To perform or not to perform: Avoidance, fear, and a brief training to increase mindfulness. Poster presented at the Association for Behavioral and Cognitive Therapies 51st Annual Convention, San Diego, CA.
5. Balderas, J., Harper, K., Schield, S., **O'Brien, K.**, & Bistricky, S. (2017). Spontaneous and instructed emotion regulation in dysphoria: Effects on emotion experience and use of competing emotion regulation strategies. Poster presented at the Association for Behavioral and Cognitive Therapies 51st Annual Convention, San Diego, CA.
6. **Boyd, K.**, Roush, J., Guidry, E., Cukrowicz, K., & Hamlin, L. (2015). Suicide risk in students who are athletes: The associations between participation in sports, sport-related injuries, and the acquired capability for suicide. Poster presented at the American Association of Suicidology 48th Annual Convention, Atlanta, GA.
7. Roush, J., Mitchell, S., Brown, S., **Boyd, K.**, & Cukrowicz, K. (2014). The protective role of hope within the interpersonal theory of suicide among Hispanic/Latino Americans. Poster presented at the American Association of Suicidology 47th Annual Convention, Los Angeles, CA.

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ADDITIONAL EXPERIENCE

2017-2018

Student Coordinator, SONA Research Participation System

School of Human Sciences and Humanities, University of Houston-Clear Lake

- Added and approved new user accounts and research studies
- Assisted instructors, researchers, and participants with usage of the system
- Compiled and distributed participant credit course reports for instructors

2012-2013

Community Advisor, Honors Learning Community

Gordon Residence Hall, Texas Tech University Student Housing

- Managed an inclusive floor community of more than 40 first-year students
- Served as a peer counselor and advisor for student residents
- Provided on-call responses to any crises or needs that arose in the complex