

## **Sarah K. Tracy**

New Mexico Highlands University – Farmington Center  
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### **EDUCATION**

**Doctorate of Philosophy, Counseling Psychology** (APA Accredited)  
New Mexico State University  
August 2014

**Master of Arts, Psychology**  
Pepperdine University  
December 2004

**Bachelor of Science, Psychology**  
James Madison University  
June 2001

### **TEACHING EXPERIENCE**

**Visiting Professor**, PSY 302 Statistics for the Behavioral Sciences  
New Mexico Highlands University, Farmington, NM  
January 2016 – May 2016; Current

- The purpose of this class is to teach students the language of statistics as they apply to psychology. Students will be introduced to frequencies, descriptives, correlations, t-tests, and ANOVA. Students will complete a research project in psychology by gathering data and writing the results and discussion.
- Course enrollment: 30 students

**Visiting Professor**, PSY 319/320 Memory and Cognitive Processes  
New Mexico Highlands University, Farmington, NM  
January 2016 – May 2016; Current

- This course is an introduction to the field of cognitive psychology, the study of cognitive processes. We will examine how information is processed by the brain, stored, retrieved, and utilized in reasoning and problem solving.
- Course enrollment: 30 students

**Visiting Professor**, PSY 435 Psychology of a Serial Killer  
New Mexico Highlands University, Farmington, NM  
August 2016 - Current

- This course critically examines serial killers from a psychological perspective. Students will explore myths and facts associated with the most popular case examples. Additionally, the course will explore the psychopathology and development of serial killers as well as their portrayal in mass media and the effect on culture and society.
- Course enrollment: 30 students

**Visiting Professor**, PSY 408 Drugs and Behavior

New Mexico Highlands University, Farmington, NM  
August 2016 – December 2016

- This course examines the use of psychoactive drugs, using this topic to explore human behavior: from the interactions between chemicals and neurons to the psychological and physiological effects on the individual to the impact on society; we will touch on topics relating to biology, pharmacology, prevention and treatment.
- Course enrollment: 30 students

**Visiting Professor, PSY 301 Research Methods**  
New Mexico Highlands University, Farmington, NM  
August 2015 – December 2016

- The purpose of this class is to give students a basic understanding of the types of research methods that apply to psychology. Students will be introduced to experimental, quasi-experimental, and correlational designs, among others. Students will conduct their own research project in psychology and keep workbooks documenting progress.
- Course enrollment: 30 students

**Visiting Professor, PSY 433 History of Psychology**  
New Mexico Highlands University, Farmington, NM  
August 2015 – December 2016

- The purpose of this class is to give students a broad history of psychology, which includes a survey of classic studies, letters among major figures, and major theories and systems. By integrating these three major areas, students will develop an understanding of the modern history of psychology.
- Course enrollment: 30 students

**Visiting Professor, PSY 627 Career Development**  
New Mexico Highlands University, Farmington, NM  
Summer 2016

- The purpose of this course is to address the career development process. Theories of career development will be reviewed, particularly from a systems perspective. The course explores career development across the life-span, focusing on theories of career decision making, work adjustment, adult career crises and transitions, and career counseling interview and assessment techniques.
- Course enrollment: 7 students

**Visiting Professor, PSY 435 Theories of Counseling**  
New Mexico Highlands University, Farmington, NM  
Summer 2015 and 2016

- The purpose this course is to enhance students' awareness of the primary methods, goals, and philosophical/scientific underpinnings of psychological and related forms of counseling. The instructor will focus on research-supported counseling theories, as well as the less empirical/tangible elements

of this unique form of human encounter. Students will be encouraged to apply concepts toward increasing their understanding of counseling as an extension of skilled coping and personal expansion, and toward becoming more adept consumers of counseling services.

- Course enrollment: 30 students

**Visiting Faculty, PSY 233 Personality Psychology**

Fort Lewis College, Durango, CO

January 2015 – May 2016

- This course provides an introduction to the major theories of personality, including psychoanalytical, learning, humanistic, biological, cognitive, and trait theories. Emphasis will be placed on an understanding of personality structure and the ways that personality is manifested in behavior. In addition, personality assessment and disorders will be covered.
- Course enrollment: 30 students

**Visiting Faculty, PSY 157 Introduction to Psychology**

Fort Lewis College, Durango, CO

August 2012 – December 2013; August 2014 – May 2015

- Course description: An introduction to the scientific study of behavior, including the concepts of learning, motivation, perception, emotions, personality and sexuality. Abnormal, social, developmental, cognitive and physiological psychology will also be discussed.
- Course enrollment: 42 students

**Visiting Faculty, PSY 254 Lifespan Human Development**

Fort Lewis College, Durango, CO

August 2014 – May 2016

- Course description: This course examines the major theories and current research in developmental psychology and applies psychological principles to human perspectives on development. Topics include cognitive, social, emotional and physical development of children, adolescents and adults, as well as material on perceptual development, personality, genetics and families. A main theme of the course is the interaction of genetics and environment in a biological - psychological - social model.
- Course enrollment: 28 students

**Instructor, CEP 495 Multiculturalism, Psychology, and Counseling (Online Course)**

New Mexico State University, Las Cruces, NM

January 2011 – May 2011

- Course description: Understanding social identities such as race, ethnicity, sexual orientation, age, social class and spirituality as it relates to psychosocial development, academic achievement and counseling. This is an experiential course which requires a high degree of participation that is significant to being successful in this course. The overall objective is to engender an experience and exposure to the psychology of multiculturalism to

affect your worldview of persons who may differ from you in gender race/ethnicity, culture, sexual orientation, socio-economic status, and political worldview.

- Course enrollment: 25 students
- Sole instructor responsible for course development, materials, planning, instruction and grading

**Instructor**, CEP 451 Introduction to Counseling  
New Mexico State University, Las Cruces, NM  
January 2007 – December 2010

- Course description: The purpose of this course is to enhance students' awareness of the primary methods, goals, and philosophical/scientific underpinnings of psychological and related forms of counseling. The course will provide didactic and experiential learning opportunities exploring the various theories of and practical approaches to counseling. The instructor will focus on research-supported counseling strategies and techniques, as well as the less empirical/tangible elements of this unique form of human encounter.
- Course enrollment: 45 – 50 students
- Sole instructor responsible for course development, materials, planning, instruction and grading

**Teaching Assistant** CEP 110 Human Growth and Behavior  
New Mexico State University, Las Cruces, NM  
September 2006 – December 2006

- Prepared lesson plans
- Taught two labs at 2.50 hours/week
- Provided feedback, evaluated progress, and graded homework
- Course enrollment: 100 students

## **COUNSELING EXPERIENCE**

### **INDIVIDUAL COUNSELING**

**Extern Counselor**, Fort Lewis College Counseling Center, Durango, CO  
August 2014 – May 2015

- Provide individual counseling to students under supervision of licensed psychologist
- Complete intakes, utilized assessments in development of treatment plans, and documented client progress in treatment notes
- Individual counseling with several ongoing clients
- Meet with approximately 5 clients per week
- Supervisor: Karen Nakayama, Psy.D.

**Doctoral Intern/Counselor Intern**, Fort Lewis College Counseling Center, Durango, CO

August 2012 – December 2012, August 2013 – August 2014

- Provided individual counseling to students under supervision of licensed psychologist as part of internship requirements
- Completed intakes, utilized assessments in development of treatment plans, and documented client progress in treatment notes
- Consulted and collaborated with supervisors and counselors-in-training to track client progress and plan treatment
- Honed clinical skills through weekly training (e.g. seminars, video review)
- Met with approximately 20 clients per week
- Supervisor: Karen Nakayama, Psy.D.

**Counselor Trainee**, Family Medicine Center, Las Cruces, NM

February 2010 – May 2010, September 2011 – October 2011

- Provided individual and family behavioral health services in a primary care clinic as part of practica and field experience requirements
- Developed treatment plans and document client progress in treatment notes
- Collaborated with doctors, nurses, and psychiatrists to coordinate services and track client progress
- Worked with prescribing psychologist and other medical staff to assess efficacy of psychotropic medications prescribed and coordinate treatment
- Applied motivational interviewing skills to assist clients with smoking cessation, weight management, and medical compliance
- Provided psychoeducation related to diabetes management, sleep hygiene, stress management and other behavioral health concerns
- Met with approximately 10 clients per week
- Supervisor: Marlin Hoover, Ph.D.

**Counselor Trainee**, New Mexico State University Counseling Center, Las Cruces, NM

August 2008 – May 2009

- Provided individual counseling to students under supervision of licensed psychologists as part of practica requirements
- Completed intakes, utilized assessments in development of treatment plans, and documented client progress in treatment notes
- Consulted and collaborated with supervisors and counselors-in-training to track client progress and plan treatment
- Met with approximately 8 clients each week
- Supervisor: Corey Vas, Ph.D. & Mark Reck, M.A.

**Counselor Trainee**, CEP Training Center, New Mexico State University, Las Cruces, NM

August 2006 – December 2006

- Provided individual counseling to students under supervision of licensed psychologists as part of practica requirements
- Conducted, scored, and interpreted the following assessments: SCL-90-R, Short Acculturation Scale, and Quality of Life Inventory

- Consulted and collaborated with supervisors and counselors-in-training to track client progress and plan treatment
- Developed treatment plans and documented client progress in treatment notes
- Met with approximately 4 clients each week
- Supervisor: Michael Waldo, Ph.D.

### **GROUP COUNSELING**

**Co-facilitator**, Fort Lewis College Counseling Center, Durango, CO

August 2013 – May 2014

- Co-led Process Group for college students
- Consulted with Facilitator to track member progress
- Supervisor: Karen Nakayama, Psy.D.

**Group Facilitator**, NMSU CEP Training Center

January 2007 – May 2007

- Facilitated sexual harassment group for college students who had experienced or were currently experiencing sexual harassment
- Planned, facilitated, and implemented group
- Supervisor: Michael Waldo, Ph.D.

**Group Co-Facilitator**, La Casa, Las Cruces, NM

January 2007 – May 2007

- Co-facilitated group for court ordered men convicted of domestic violence
- Consulted with co-facilitators and supervisor to track group progress and seek feedback on facilitation skills
- Evaluated group members experience in group with pre and post assessments and weekly rating forms
- Supervisor: Michael Waldo, Ph.D.

### **SUPERVISION EXPERIENCE**

**Supervisor**, NMSU CEP Training Center

August 2009 – December 2009

- Provided individual supervision to master's level students under supervision of licensed psychologists as part of practica
- Consulted and collaborated with supervisors and course instructors to track supervisees' progress and growth
- Assisted with skills training lab designed to develop basic counseling skills for beginning practica
- Responsible for 2 supervisees
- Supervisor: Eve M. Adams, Ph.D.

### **RESEARCH EXPERIENCE**

### **Current Research**

“Statistical Outcomes of Farmington Police Department Domestic Violence Data”

This study will assess recent statistics from the FPD in order to determine potentially more effective intervention measures in the community for domestic violence victims.

### **Dissertation**

“The moderating effects of assertiveness, religiosity, and perceived social support on the relationship between sexual assault severity and trauma severity”

This quantitative research project uses moderation analysis to understand how assertiveness, religiosity, and perceived social support influence the severity of PTSD symptoms based on sexual assault severity.

Defended – May 2014

### **Doctoral Qualifying Project**

“Predicting type of career decision in a sample of Latinas: the role of ethnic identity, feminist identity attitudes, perceived barriers, and coping efficacy”

This quantitative research project used simultaneous multiple regression to determine if Latinas’ ethnic identity, feminist identity attitudes, perceived barriers, and coping efficacy significantly predicted the traditionality of their career aspirations.

### **Research Team**

Member of Dr. Navarro’s Research Team, 2008 – 2010

- Collected and inputted data for colleagues’ dissertations
- Reviewed the literature for a chapter on career barriers for women
- Collaborated with team on creating new research projects

## **SERVICE and VOLUNTEER ACTIVITIES**

### **Equity Affinity Group Member**

August 2016 – Current

- Monthly meetings to discuss the application of equity interventions
- Readings on equity issues to incorporate in teaching

### **Extern Counselor, Fort Lewis College Counseling Center, Durango, CO**

August 2014 – May 2015

- Intakes, Behavioral Assessments
- Saw several ongoing clients with a range of presenting problems

### **Reviewer, Proposal Submissions for 2014 Counseling Psychology Conference**

October 2013

- Reviewed and rated proposal submissions, including Poster Sessions, Symposia, Round Table Discussions

### **Student Member, Doctoral Student Association, NMSU CEP Department**

August 2006-2014

- DSA Treasurer, August 2010 – May 2011

- Assisted in organization, planning, and contribution of items for silent auction, garage sale, and bake sale to earn funds for conference attendance
- Provided feedback and input regarding DSA initiatives

**Student Representative to Training Committee, NMSU CEP Department**

August 2006 – December 2006

- Solicited feedback from students regarding departmental policies and procedures and communicated feedback to faculty committee
- Attended bimonthly training committee meetings to voice student concerns and suggestions

**WORK EXPERIENCE**

**Associate Psychologist III**

Austin State Supported Living Center, Austin, TX

July 2005 – July 2006

- Created and revised Behavior Support Plans for clients with Mental Illness and Mental Retardation (MHMR)
- Conducted suicide and emotional assessments
- Counseled MHMR clients
- Worked with psychiatrists to monitor clients' psychotropic medications
- Administration and analysis of the ICAP (Inventory for Client and Agency Planning) and DSDS (Dementia Scale for Down Syndrome)
- Trained Direct Care Staff on behavior analysis techniques
- Supervised and managed the Psychological Technician

**Psychopathology Program Coordinator**

American Psychiatric Association, Washington, D.C

September 2002 – July 2003

- Coordinated Diagnostic and Statistical Manual of Mental Disorders (DSM) committees
- Assisted in the organization of Annual Meetings
- Directed the editing and publication process of DSM related manuscripts
- Responsible for the management of client informational database

**PROFESSIONAL ORGANIZATIONS**

Member, American Psychological Association

Member, APA Division 17

Member, APA Division 44

**PROFESSIONAL PRESENTATIONS**

Tracy, S. K. (2017). *Sexual Assault Survivors: Treating Post-traumatic Stress Disorder*. Presentation at Flying Physician Conference, Durango, CO



Tracy, S. K. (2017). *Sexual Assault Survivors: Treating Post-traumatic Stress Disorder*. Presentation at San Juan Community College, Farmington, NM

Tracy, S. K. (2007). *Predicting type of career decision in a sample of Latinas: the role of ethnic identity, feminist identity attitudes, perceived barriers, and coping efficacy*. Presentation at NMSU Multicultural Conference, Las Cruces, NM

Navarro, R. & Tracy, S. K. (2008). *Predicting type of career decision in a sample of Latinas: the role of ethnic identity, feminist identity attitudes, perceived barriers, and coping efficacy*. Presentation at National Latino Psychological Association Annual Conference, Los Angeles, CA.

## **PROFESSIONAL DEVELOPMENT**

Unidos Equity Institute - 2016

Psychosocial Health Disparities Among Cancer Patients Webinar - 2011

Annual Convention of the American Psychological Association – 2009

National Multicultural Conference and Summit – 2009

National Latino/a Psychological Association Annual Conference - 2008

## **OUTREACH**

*New Mexico Highlands BA Psychology Program Presentations*

October 2016

Provided information to community college students regarding NMHU's BA in Psychology Program to aid in recruitment efforts

*Depression Screening*

October 2013; February 2014

Screened students for mental illness and substance abuse, spoke with students of concern one-on-one and provided referrals to Fort Lewis College Counseling Center as appropriate

*LGBTQA Training*

October 2013

Organized LGBTQA training for Fort Lewis College Counseling Center Staff, 12 staff members

*Ropes Course*

April 2009

Ropes course instructor for 4-H group, 50 students