

Sarah K. Tracy
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EDUCATION

Doctor 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

Promotion to Assistant Professor on August 1, 2021
Visiting Professor, New Mexico Highlands University, Farmington, NM

Graduate Courses

PSYC 6770 Multicultural Psychotherapy
January 2019 - Current

PSYC 6270 Career Development
Summer 2016-Current

Undergraduate Courses

PSYC 4770 Culture and Mental Illness
January 2018 - Current

PSYC 4450 Behavior Disorders in Children
January 2018 - Current

PSYC 4330 History of Psychology
August 2015 – December 2016

PSYC 4080 Drugs and Behavior
August 2016-May 2019

PSYC 4070 Theories of Counseling
Summer 2016-2020

PSYC 4050 Positive Psychology
January 2017 - Current

PSYC 3190/3200 Memory and Cognitive Processes
January 2016 – Current

PSYC 3050 Psychology of a Serial Killer
August 2016 - Current

PSYC 3020 Statistics for the Behavioral Sciences
January 2016 - 2019

PSY 3010 Psychological Research Methods
August 2015 - Current

Visiting Faculty, Fort Lewis College, Durango, CO
PSY 254 Lifespan Human Development

August 2014 – May 2016
PSY 233 Personality Psychology
January 2015 – May 2016
PSY 157 Introduction to Psychology
August 2012 – December 2013; August 2014 – May 2015

Instructor, New Mexico State University, Las Cruces, NM
CEP 495 Multiculturalism, Psychology, and Counseling (Online Course)
January 2011 – May 2011
CEP 451 Introduction to Counseling
January 2007 – December 2010

COUNSELING EXPERIENCE

INDIVIDUAL COUNSELING

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

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

Doctoral 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
- 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 documented client progress in treatment notes
- Collaborated with doctors, nurses, and psychiatrists to coordinate services and track client progress
- 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, CEP Training Center, New Mexico State University, Las Cruces, NM

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, New Mexico State University, 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

“The efficacy of victim advocates in domestic violence cases”

This study assessed recent information about domestic violence cases from the Farmington Police Department database in order to determine potentially more effective intervention measures for domestic violence victims/survivors.

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 used moderation analysis to understand how assertiveness, religiosity, and perceived social support influenced 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.

SERVICE and VOLUNTEER ACTIVITIES

New Mexico Highland University, The President's Council on Diversity, Equity, and Inclusion Member

October 2021 – Current

- Monthly meetings to discuss the application of equity interventions
- Review of Vision and Mission Statement and Bylaws
- 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

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
- 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

PROFESSIONAL PRESENTATIONS

Tracy, S.K. (2022). *Victim advocate efficacy in domestic violence cases*. Presentation at the Association for Women in Psychology Annual Meeting, Chicago, IL.

Tracy, S. K. (2002). *Victim advocate efficacy in domestic violence cases*. Presentation at the Southwest Social Sciences Association Annual Meeting, San Antonio, TX.

Tracy, S. K. (2019). *Victim advocate efficacy in domestic violence cases*. Presentation at San Juan 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.

PUBLICATIONS

Tracy, S. K. & Chavez, B. L. (2022). *Victim advocate efficacy in domestic violence cases*. (Currently being finalized for submission)

Tracy, S. K. (2022). *The moderating effects of assertiveness, religiosity, and perceived social support on the relationship between sexual assault severity and the severity of trauma-related symptoms*. (Currently being finalized for submission).

GRANTS

Rural Postsecondary & Economic Development (84.116W)

PROFESSIONAL DEVELOPMENT

Virtual Online Learning Consortium - 2021

Teaching Research Methods in the Age of Covid Webinar - 2021

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 - Current

Provided information to community college students regarding NMHU's BA and BS 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