

Sunita Osborn, Psy.D.

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EDUCATION

School of Psychological Sciences at the University of Indianapolis, 2017

Indianapolis, IN

Doctoral Candidate in Clinical Psychology (Psy.D.)

Conferral of M.A. degree: August 2014

Conferral of Psy.D. degree: August 2017

Dissertation: *Examining the Level of Agreement between Clinician-Administered and Self-Report Measures of PTSD: A Meta-Analysis*

University of St. Thomas 2012

Houston, Texas

Bachelor of Arts, Psychology

Summa Cum Laude

CLINICAL EXPERIENCE

Postdoctoral Fellow at Continuum: Mental Health and Wellness 2017 – Present
Indianapolis, IN

Supervisors: Jason Hankee, Psy.D, HSPP

- Provide evidenced-based and integrative individual and couples psychotherapy services to adults
- Facilitate psychotherapy groups including an interpersonal process group
- Complete integrated psychological evaluations for the purpose of diagnostic formulation and treatment recommendations
- Conduct inpatient assessments and provide brief psychotherapy for veterans who have recently suffered from traumatic brain injuries
- Participate in weekly multidisciplinary treatment team meetings focused on consultation and treatment planning

Richard L. Roudebush VAMC Psychology Predoctoral Internship 2016 - 2017

Serious Mental Illness and Recovery Emphasis Area

APA Accredited

Indianapolis, IN

Major Rotation: Returning Combat Veteran Integrated Care

Supervisors: Donna Lazarick, Ph.D., HSPP

- Provide evidenced-based and integrative individual psychotherapy services to veterans with major mental illnesses including CPT, CBT, and CBT-I
- Facilitate two ongoing, weekly psychotherapy groups including a process group and a psychoeducational group
- Complete integrated psychological evaluations for the purpose of diagnostic formulation and treatment recommendations including ADHD evaluations
- Provision of psychological triage services for walk-in clients in crisis
- Conduct inpatient assessments and provide brief psychotherapy for veterans who have recently suffered from traumatic brain injuries
- Participate in weekly multidisciplinary treatment team meetings focused on consultation and treatment planning

Minor Rotation/Major Rotation: Serious Mental Illness and Recovery

Supervisors: Paul H. Lysaker, Ph.D., HSPP

- Provide recovery-oriented individual and group psychotherapy for individuals in all stages of their severe mental illness (i.e., first episode; chronic and persistent SMI)
- Treat several Veterans long-term for 2 + years with depth-oriented psychotherapy in PRRC (continued from two years previous in which I worked in this clinic as a practicum student)
- Supervision of three doctoral psychology student trainees
- Conduct personality and cognitive assessments for the purpose of diagnostic formulation and treatment recommendations
- Assist with reliability training for a research measure of metacognition
- Participation in research data collection, formulation of research questions, data analysis, and manuscript preparation

Minor Rotation: Neuropsychology

Supervisor: Ryan Greene, Psy.D., HSPP

- Construct and conduct neuropsychological batteries to assess for cognitive function and mental capacity
- Interpretation of test data and preparation of neuropsychological reports
- Provide feedback on assessment and treatment recommendations to veterans and their caregivers

**Practicum Student at the Richard L. Roudebush VAMC
Psychosocial Rehabilitation and Recovery Center (PRRC)**

2014 - 2016

Indianapolis, IN

Supervisor: Paul H. Lysaker, Ph.D., HSPP

- Fulfilled a two-year graduate level practicum through the University of Indianapolis. Clinical foci included PTSD, comorbid substance abuse, severe mental illness (SMI), bipolar disorder, and personality disorders.
- Provided weekly individual psychotherapy on an outpatient basis in the Psychosocial Rehabilitation and Recovery Clinic (PRRC), maintaining a caseload of 4-5 patients.

- Co-led weekly intensive outpatient recovery program (IORP) groups for Veterans recovering from PTSD and substance use disorders utilizing Seeking Safety manual.
- Co-led a weekly process group for the day treatment program within the PRRC for Veterans diagnosed with schizophrenia or schizoaffective disorder.
- Administered and scored psychodiagnostic assessments and integrate these findings into reports and treatment recommendations.
- Presented cases and participated in interdisciplinary treatment team meetings and team planning.
- Participated and assisted in weekly qualitative research projects, including the coding of structured interview transcripts for metacognitive capacity.
- Participated in weekly group supervision with a licensed clinical psychologist and case consultation with peers.
- Received weekly individual supervision from a licensed clinical psychologist.

Student Therapist at Indiana State University Counseling Center

2012 - 2014

Terre Haute, IN

Supervisors: Christine Love, Ph.D., HSPP

- Fulfilled a graduate level practicum through the University of Indianapolis. Clinical foci included mood disorders, adjustment disorders, substance abuse disorders, and eating disorders.
- Provided weekly individual psychotherapy to diverse college student population and maintained a caseload of 8-10 clients.
- Administered intellectual quotient assessments and integrated these findings into reports and treatment recommendations.
- Developed ideas for and participated in outreach programs for college students including:
 - Gave presentations regarding the signs and treatment for test anxiety.
 - Gave presentations to university's sororities regarding ways of coping with stress. □
 - Conducted depression screenings.
- Served on a committee whose purpose was to help professors identify signs of mental health issues in international students.
- Received didactic training in a number of relevant clinical areas including posttraumatic stress disorder, eating disorders, grief, substance use, and sports psychology.
- Participated in weekly group supervision with a licensed clinical psychologist and case consultation with peers.
- Received weekly individual supervision from a licensed clinical psychologist.
- Co-led a psycho-educational group for college students with substance abuse history

ADDITIONAL CLINICAL EXPERIENCE

Student Therapist at University of Indianapolis

2015 - 2016

Indianapolis, IN

Supervisor: Lisa Elwood, Ph.D., HSPP

- Provided Cognitive-Processing Therapy to women who had experienced interpersonal trauma.
- Administered the Clinician-Administered Posttraumatic Stress disorder (CAPS), Structured Clinical Interview for the Diagnostic Statistical Manual IV-TR (SCID), and several trauma-focused measures to assess eligibility and therapeutic progress among participants.
- Received regular supervision from a licensed clinical psychologist.

Volunteer at Easter Seals at the Crossroads

2012 - 2013

Indianapolis, IN

- Worked with children who have various physical and mental disabilities.
- Assisted children in physically and mentally therapeutic activities (e.g. tactile and communicative exercises).
- Gained exposure to a number of mental disabilities including Autism, Asperger's syndrome, Attention Deficit Hyperactivity Disorder, and severe intellectual disabilities.

Undergraduate Intern at Houston Area Women’s Center

2011 - 2012

Houston, Texas

Supervisor: *Sonia Corrales, Chief Program Officer*

- Answered calls from the Domestic Violence and Sexual Assault Hotline.
- Trained in crisis intervention and suicide prevention.
- Became familiar with common clinical interviewing techniques such as open-ended questioning, active listening, and reflecting.
- Learned to effectively communicate with clients while establishing trusting relationships.
- Trained in updating and accessing clients’ records as well as confidentiality. □
- Quickly adapted to high-stress environments.
- Received weekly individual supervision from a Masters’ level clinician.

PSYCHODIAGNOSTIC ASSESSMENT EXPERIENCE

WAIS-IV, WISC-IV, WIAT-III, WMS-IV, Rorschach (RPAS), TAT, MMPI-2, SCID, MAST, DAST, PANSS, HAM-D, YMRS, DIGS, WCST, CPT-2, SIRS-II, MAS-A, IPII, AIMS, BARS, BAI, BDI-2, BLERT, BSI, CAPS, C-SSRS, CARRS, MCMI, PCL, SAS, SB5, STAI, WAIT-II, T-BOCS, SCL-90

RESEARCH EXPERIENCE

Research Coordinator at Indiana University School of Medicine

2016 - Present

Indianapolis, IN

Principle Investigator: Paul H. Lysaker, Ph.D., HSPP; Amanda Wickett-Curtis, Ph.D., HSPP

- Created a team of qualitative coders to analyze therapy transcripts for themes that precede psychotic content in sessions with patients experiencing first episode psychosis.

- The findings from this project will be integrated and presented to the monthly VA psychologists' meeting, and will be submitted for publication.

Research Coordinator at the Richard L. Roudebush VAMC 2014 - Present
Indianapolis, IN

Principle Investigators: Paul H. Lysaker, Ph.D., HSPP; Amanda Wickett-Curtis, Ph.D., HSPP

- Acted as Research Coordinator in a study analyzing PTSD, personality disorders, and substance abuse in a Veteran population, for the purpose of better understanding the diagnoses' underlying constructs and associated symptoms.
- Administered number of clinician-administered and self-report measures related to PTSD, neurological capabilities, metacognitive capacity, and overall mood.
- Maintained current IRB records and manage annual IRB continuing reviews

Research Assistant at the Richard L. Roudebush VAMC 2014 - Present
Indianapolis, IN

Principle Investigator: Paul H. Lysaker, Ph.D., HSPP

- Responsible for transcribing personal narratives
- Rated psychiatric interviews on a variety of studies assessing metacognitive capacities within schizophrenia, PTSD, and borderline personality disorder populations

Dissertation Student at the University of Indianapolis 2013 - 2016
Indianapolis, IN

Chairperson: Lisa Elwood, Ph.D., HSPP

Committee Members: Juliette (Mott) Harik, Ph.D., HSPP and Aaron Kivisto, Ph.D., HSPP
Dissertation Defended: October 2016

- Examined the level of agreement between clinician-administered and self-report measures of Posttraumatic Stress disorder (PTSD) among 41 studies and identified factors that affect this level of agreement.
- There was a moderately-sized correlation found between the CAPS and self-report measures of PTSD and trauma type and assessment used were found to be moderator variables on this relationship.
- This study and its findings have implications for the diagnosis, assessment, and subsequent treatment of PTSD.
- The data from this study was presented on a poster in the International Society for Traumatic Stress Studies conference in November 2015.

Research Assistant at the Richard L. Roudebush VAMC 2013 - 2015
Laboratory of Neurophenomics
Indianapolis, IN

Supervisor: Alexander B. Niculescu, M.D., Ph.D.

- Responsible for the recruitment of potential research participants

- Administered neuropsychological assessments
- Collected and processed blood samples
- Managed study data for a NIH-funded project which examined the genomics and phenomics of neuropsychiatric disorders

PUBLICATIONS/POSTER PRESENTATIONS

Chaudoin, K. A., Elwood, L. S., Karaptian, H., & **George, S.** (2014). *Disgust stimuli as elicitors of OCD-like symptoms in a film clip analogue study*. Poster presented at the Anxiety and Depression Association of America Convention, Chicago, IL.

Elwood, L. S., Chaudoin-Patzoldt, K. A., Karaptian, H., **George, S.**, & Goodin, S. Disgust and trauma stimuli as elicitors of OCD-like symptoms in an analogue film study. *Journal of Anxiety Disorders* (under review).

George, S., Moy, A., Chau, D., & Meijer-Marquis, J. (2011). *Examining the effects of race and implicit racism on perceptions of romantic interracial relationships*. Poster presented at the at the Southwestern American Psychological Association conference, San Antonio, TX.

George, S. & Elwood, L. (2015). *Examining the level of agreement between clinical-administered and self-report measures of PTSD: A Meta-Analysis*. Poster presented at the International Society for Traumatic Stress Studies Annual Meeting, New Orleans, Louisiana.

Lysaker, P., Vohs, J., Kukla, M., Popolo, Salvatore, G., Dimaggio, G., **George, S.** (in progress). Impairments in insight and reflectivity in schizophrenia: neural correlates, consequences, and developing treatment approaches.

Niculescu, A.B. , Levey, D.F., Phalen, P., Le-Niculescu, H., Dainton, H., Belanger, E., Jain, N., James, A., **George, S.**, Weber, H., Graham, D., Schweitzer, R., Myers, L., Ballew, A., Yard, M., Humbert, C., Cook, S., Meizel-Lambert, C., Niculescu, E., Learman, R., Vanipenta, N.P., Khan, F., Mullen, J., Shankar, G., Gelbart, T., Shekhar, A., Schork, N.J., Kurian, S., Sandusky, G., & Salomon, D (2015). Predicting suicidality using a combined genomic and clinical risk assessment approach. *Molecular Psychiatry*. Advance online publication. doi:10.1038/mp.2015.112

Olesek, K., Outcalt, J., Dimaggio, G., Popolo, R., **George, S.**, Lysaker, P. (2015) Cluster B traits as a predictor of poorer therapeutic alliance over time in patients in residential treatment for substance abuse disorders. *Journal of Nervous and Mental Disease*.

Outcalt, J., Dimaggio, G., Popolo, R., Buck, K. D., Chaudoin-Patzoldt, K. A., **George, S.**, Olesek, K. L. & Lysaker, P. H. (2016). Metacognition moderates the relationship of disturbances in attachment with severity of borderline personality disorder among persons in treatment for substance use disorders. *Comprehensive Psychiatry* 64:22-28.

- James, A. V., Hasson-Ohayon, I., Vohs, J., Minor, K. S., Leonhardt, B. L., Buck, K. D., **George, S.** & Lysaker, P.H. (2016). Metacognition moderates the relationship between self-appraisal and social functioning in prolonged schizophrenia independent of general psychopathology. *Comprehensive Psychiatry*. 69:62-70.
- Vohs, J. L., **George, S.**, Leonhardt, B. L. & Lysaker, P.H. (2016). Impairments in insight and reflectivity in schizophrenia: Correlates, consequences and developing treatment approaches. *Expert Review of Neurotherapeutics* 22:1-12
- Buck, K. D. and **George, S.** (2016). Metacognitive Reflective and Insight Therapy for a Person Who Gained Maximal Levels of Metacognitive Capacity and Was Able to Terminate Therapy. *Journal of Contemporary Psychotherapy*.
- Bonfils, K. A., Luther, L., Buck, K. D., **George, S.** & Lysaker, P. H. (2016). The role of metacognitive self-reflectivity in emotional awareness and subjective indices of recovery in non-acute schizophrenia. *Journal of Nervous and Mental Disease*
- Leonhardt, B. L., Benson, K., **George, S.**, Buck, K. D., Shaieb, R., & Vohs, J. L. (2016). Targeting insight in first episode psychosis: A case study of metacognitive reflection insight therapy (MERIT). *Journal of Contemporary Psychotherapy*, 1-10
- George, S.**, Buck, K., & Lysaker, P. (in progress). Metacognitive reflection and insight therapy for persons with severe negative symptoms of schizophrenia.

PROFESSIONAL ORGANIZATIONS AND ACADEMIC HONORS

Academic Excellence and Public Service Fellowship from University of Indianapolis; Associate Member for the Society of Research in Psychopathology; University of Indianapolis Psychological Association of Graduate Students; American Psychological Association; Psi Chi Psychology Honors Society; Ward Lupton Scholarship for Research

REFERENCES

Lisa Elwood, Ph.D., HSPP
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