

Sarah K. Ravin, Ph.D.
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EDUCATION

Ph.D. in Clinical Psychology (2008)
American University, Washington, DC
GPA: 3.9

M.A. in Psychology (2005)
American University, Washington, DC
GPA: 3.9

B.A. in Psychology (2001)
Smith College, Northampton, MA
Cum Laude, with High Honors in Psychology
Minor in English Literature
GPA: 3.7

CLINICAL TRAINING & EXPERIENCE

Sarah K. Ravin, Ph.D., L.L.C.

Coral Gables, FL

Dates: April 2010 - present

Position: Clinical Psychologist, Managing Member, Solo Practitioner

Population served – children, adolescents, young adults, and families

Job duties:

- Perform intake interviews and diagnostic evaluations
- Conduct individual and family-based treatment utilizing evidence-based practices
- Provide supervision and training to post-doctoral psychology resident
- Compile detailed data on patient outcomes

Post-Doctoral Residency – Private Practice

Coral Gables, FL

Dates: March 2009 – March 2010

Supervisor: Jose A. Sandoval, Ph.D., LLC

Population served – adolescents and young adults

Job duties:

- Performed intake interviews and diagnostic evaluations

- Conducted individual and family-based treatment utilizing evidence-based approaches

Miami-Dade County Department of Human Services – Psychological Services Division

Miami, FL

Position: Pre-Doctoral Psychology Intern (Summer Rotation)

Dates: May – August 2008

Supervisors: Ana Faraci, Ph.D., Tiffany Amrich, Psy.D., & Mitchell Gordon, Ph.D., ABPP

Population served: Children in Head Start (ages 3-5) and Early Head Start (ages 1-3) programs

Job duties:

- Conducted classroom observations and referred children for mental health services
- Consulted with parents and teachers regarding behavior management strategies
- Performed comprehensive psycho-educational and developmental evaluations
- Provided play therapy and language stimulation services to children ages 1-5

The University of Miami - Counseling Center

Coral Gables, FL

Position: Pre-Doctoral Psychology Intern

Dates: August 2007 – August 2008

Supervisors: Carolyn Eberhardt, Ph.D., Edward Rappaport, Ph.D., & Pamela Deroian, Ph.D.

Population served: undergraduates and graduate students

Job duties:

- Conducted intake interviews and wrote intake evaluations
- Conducted individual psychotherapy
- Designed and led a therapy group for students with anxiety disorders
- Performed career testing and career counseling
- Performed full-battery assessments and wrote psychological assessment reports
- Co-led Sexual Assault Response Team
- Consulted with multidisciplinary eating disorders treatment team
- Provided outreach to the university community

The Catholic University of America - Counseling Center

Washington, DC

Position: Psychology Extern

Dates: August 2006 – May 2007

Supervisors: Kavita Avula, Psy.D., Monroe Rayburn, Ph.D., & Dorothy Van Dam, LICSW

Population served: undergraduate and graduate students

Job duties:

- Conducted intake interviews and wrote intake evaluations
- Conducted individual therapy
- Participated in case conferences and videotape supervision

Children's National Medical Center – Eating Disorders Clinic

Washington, DC

Position: Psychology Extern

Dates: August 2004 – June 2006

Supervisor: Darlene Atkins, Ph.D.

Population served: adolescents (ages 11-18) with eating disorders and their families

Job duties:

- Conducted intake evaluations and performed diagnostic assessment via interviews with adolescent clients and their parents
- Provided feedback and treatment recommendations to adolescents and families
- Wrote intake evaluations and termination reports
- Conducted individual psychotherapy sessions with adolescent clients
- Co-led therapy group for adolescents with eating disorders
- Consulted with multidisciplinary treatment team

James Gray Psychotherapy Clinic

Washington, DC

Cognitive Behavior Therapy Practicum

Dates: August 2003 – July 2004

Supervisor: James Gray, Ph.D.

Population served: adults from the community with anxiety disorders, mood disorders, and impulse-control disorders

Job duties:

- Conducted weekly individual cognitive behavior therapy sessions
- Utilized empirically validated measures to track clients' progress
- Participated in individual and group supervision

American University - Counseling Center

Washington, DC

Psychodynamic Psychotherapy Practicum

Dates: August 2002 – May 2003

Supervisor: Mary Lanman, Ph.D.

Population served: undergraduate and graduate students

Job duties:

- Conducted weekly individual psychodynamic therapy sessions
- Wrote case reports and discharge summaries
- Participated in individual and group supervision

American University - Counseling Center

Washington, DC

Experiential Psychotherapy Practicum

Dates: August 2001 – May 2002

Supervisor: Carol Weissbrod, Ph.D.

Population served: undergraduate and graduate students

Job duties:

- Conducted weekly individual humanistic psychotherapy sessions
- Wrote case reports and discharge summaries
- Participated in individual and group supervision

Saint Louis Behavioral Medicine Institute – Anxiety Disorders Center

Saint Louis, MO

Clinical Practicum in Anxiety Disorders

Dates: Summer 2000

Supervisors: Alec Pollard, Ph.D. & Eric Hunsaker, Psy.D.

Population served: adolescents and adults with anxiety disorders

Job duties:

- Provided clients with psycho-education on anxiety disorders
- Guided clients through exposure and response prevention exercises
- Taught relaxation and coping techniques to clients

New York Presbyterian Hospital, Westchester Division

White Plains, NY

Pre-Career Volunteer Program

Dates: Summer 1999

Population served: inpatient adults with severe mental illness

Job duties:

- Facilitated psycho-educational groups for patients
- Organized games and activities for patients
- Supervised patients in daily activities

RESEARCH EXPERIENCE

Doctoral Dissertation

The Mediating Effect of Locus of Control in the Relationship Between Socially-Prescribed Perfectionism and Test Anxiety

American University Psychology Department

Washington, DC

Date defended: June 2006

Committee Chair: Michele Carter, Ph.D.

Research participants: college students

National Institute of Mental Health – Mood and Anxiety Program

National Institutes of Health

Bethesda, MD

Dates: September 2005 – March 2006

Supervisors: Dara Cannon, Ph.D., Kristine Erickson, Ph.D., & Wayne Drevetts, M.D.

Research participants: adults with mood and anxiety disorders and healthy controls

Job duties: Conducted full battery of neuropsychological tests, including WASI, CVLT, and computerized tests of memory and attention

Master's Thesis

Cognitive Control and PTSD in Female Victims of Abuse and Assault: A Mediation Model with Racial Differences

American University Psychology Department

Washington, DC

Date defended: May 2005
Committee Chair: Michele Carter, Ph.D.
Research participants: adult female victims of abuse and/or assault

Uniformed Services University of Health Sciences

Department of Medical and Clinical Psychology
Bethesda, MD
Position: Research Assistant
Dates: Fall 2002
Supervisor: Kelly Rohan, Ph.D.
Research participants: adults undergoing outpatient treatment for Seasonal Affective Disorder
Job duties: Evaluated study participants on symptoms of SAD using Hamilton Rating Scales

American University Psychology Department

Washington, DC
Position: Research Assistant
Dates: Fall 2001
Supervisor: Michele Carter, Ph.D.
Research participants: undergraduate students
Job duties:

- Recruited participants and coordinated meeting times
- Administered mood-induction procedures and questionnaires

Undergraduate Honors Thesis

Compulsive Hoarding: Age of Onset, Family Environment, and Related Features
Smith College Psychology Department
Northampton, MA
Date defended: May 2001
Committee Chair: Randy Frost, Ph.D.
Research participants: adults with compulsive hoarding and their family members

Smith College Psychology Department

Northampton, MA
Position: Research Assistant
Dates: September 1999 – May 2000
Supervisor: Randy Frost, Ph.D.
Job duties:

- Conducted extensive literature searches
- Summarized and presented articles
- Transcribed minutes at research meetings

TEACHING EXPERIENCE

American University Psychology Department

Washington, DC
Position: Teaching Assistant

Dates: Fall 2003

Supervisor: Zehra Peynircioglu, Ph.D.

Job duties:

- Lectured undergraduate students in introductory level psychology class
- Facilitated discussion sections
- Organized and led review sessions
- Graded response papers and examinations
- Mentored undergraduate psychology majors

Camp Med-O-Lark

Washington, ME

Position: Dance Instructor and Camp Counselor

Dates: Summer 1998

Job duties:

- Taught classes in ballet and modern dance to youth ages 11 – 16
- Choreographed dances for recitals
- Supervised boarding-style living environment with children and adolescents
- Chaperoned youth on field trips
- Assisted director of theatrical productions

PRESENTATIONS

Lieberman, L., Ravin, S.K., Lyster-Mensch, L.C., Sangster, C. (2015). *Virtually Recovered: Using Blogs, Video Chats, Support Groups, and Apps to Meet the Needs of Patients, Practitioners, and Caregivers*. Presented at the International Conference on Eating Disorders in Boston, MA.

Rabinor, J.R., Hill, L., Ravin, S.K., & Strober, M. (2014). *Keynote Panel: Clinical Dilemmas and Decision Points*. Presented at The 24th Annual Renfrew Center Foundation Eating Disorder Conference for Professionals in Philadelphia, PA.

Ravin, S.K. (2012). *A Seat at the Table: Understanding and Helping the Siblings of Eating Disorder Patients*. Presented at the Second Annual Conference of FEAST: Families Empowered and Supporting Treatment for Eating Disorders in Alexandria, VA.

Hood, S.K. (2008). *Accentuate the Positive: Enhancing Job Performance and Preventing Burnout through Effective Self-Care*. Presented at the Miami-Dade County Annual HeadStart Teacher Training in Miami, FL.

Hood, S.K. & Avivi, Y. (2008). *Sexual Assault: Implications for Medical Practice*. Presented at the University of Miami Medical School in Miami, FL.

Hood, S.K. (2008). *Myths and Realities of Eating Disorders*. Presented at the University of Miami in conjunction with National Eating Disorders Awareness Week in Coral Gables, FL.

Hood, S.K. & Carter, M.M. (2005). *Cognitive Control and PTSD in Female Victims of Abuse and Assault: A Mediation Model with Racial Differences*. Presented at the Association for the Advancement of Behavior and Cognitive Therapy Conference, Washington, DC.

Hood, S.K. & Frost, R.O. (2001). *Compulsive Hoarding: Age of Onset, Family Environment, and Related Features*. Presented at the World Congress of Behavioral and Cognitive Therapies; Vancouver, British Columbia, Canada.

Frost, R.O., Tarkoff, A.L., Hood, S.K., Smith, A. (2000). *The mediating effect of perfectionism in the relationship between indecisiveness and hoarding*. Presented at the Association for the Advancement of Behavior Therapy Conference, New Orleans, Louisiana.

PUBLICATIONS

Ravin, S.K. (2010). The Functional Role of Nutrition in Anorexia Nervosa. FEAST website.

Grisham, J.R., Frost, R.O., Steketee, G., Kim, H-J., Tarkoff, A., & Hood, S.K. (2009). Formation of Attachment to Possessions in Compulsive Hoarding. Journal of Anxiety Disorders, 23, 357-361.

Hood, S.K. & Carter, M.M. (2008). A preliminary examination of trauma history, locus of control, and PTSD symptom severity in African-American women. Journal of Black Psychology, 34, 179-191.

Grisham, J.R., Frost, R.O., Steketee, G., & Hood, S.K. (2006). Age of onset in compulsive hoarding. Journal of Anxiety Disorders, 20, 675-686.

EMPLOYMENT EXPERIENCE

The Episcopal Center for Children

Washington, DC

Position: Performance Improvement Coordinator / Research Assistant

Dates: May 2003 – May 2007

Supervisor: Alan Korz, LCSW

Population served: Children (ages 5-13) with severe emotional disturbance and their families

Job duties:

- Ensured Center's constant compliance with Joint Commission for the Accreditation of Healthcare Organizations' (JCAHO) standards
- Established and revised Center policies and procedures
- Consulted with Executive Director, teachers, social workers, activities specialists, and counseling staff in facilitating performance improvement activities
- Conducted treatment outcome research
- Compiled and analyzed behavior management data

American Psychological Association – Center for Gifted Education Policy

Washington, DC

Position: Administrative Assistant

Dates: June 2001 – May 2003

Supervisor: Rena Subotnik, Ph.D.

Job duties:

- Organized The Pinnacle Project, an interdisciplinary mentorship program for exceptionally talented high school students
- Supervised high school students at Pinnacle Project
- Wrote and edited articles on topic of gifted education
- Coordinated budget
- Communicated with educators, psychologists, and parents

Smith College Psychology Department

Northampton, MA

Position: Psychology Lab Manager

Dates: September 2000 – May 2001

Supervisor: Randy Frost, Ph.D.

Job duties:

- Supervised research assistants
- Coordinated mailings and subject payment
- Interviewed study participants
- Analyzed data using SPSS
- Organized documents and articles

Smith College English Department

Northampton, MA

Position: Editorial Assistant

Dates: Winter 1999

Supervisor: Patricia Skarda, Ph.D.

Job duty: Edited literary manuscripts for publication

PROFESSIONAL AFFILIATIONS

- Professional Advisor for Families Empowered and Supporting Treatment for Eating Disorders (FEAST)
- American Psychological Association (APA)
- Association for Behavioral and Cognitive Therapies (ABCT)
- Academy for Eating Disorders (AED)
- Sigma Xi, Honors Society for Scientific Research – Student Member (2001)
- Psi Chi Undergraduate Psychology Honors Society (1999 – 2001)