

Erin E. Monahan

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EDUCATION

Master of Arts in Psychology, Clinical Concentration
Towson University, Towson, MD, Expected May 2018
Thesis: *Coping styles and protective factors as moderators of adjustment after trauma*
Advisor: Jonathan Mattanah, Ph.D.
GPA: 3.9

Bachelor of Science in Psychology; Minor in Sociology
High Point University, High Point, NC, December 2015
Overall GPA: 3.84; Major GPA: 3.96

RESEARCH EXPERIENCE

Graduate Student Researcher

Towson University, Interprofessional Health Studies

February 2017-Present

Supervisor: Wayne Nelson, Ph.D.

Towson, MD

- Aide chair of Interprofessional Health Studies on various parts of his multiple, on-going research projects involving skilled nursing home facilities and disaster preparedness
- Completed Institutional Review Board (IRB) application, helped in survey development, and independently ran analyses in SPSS including, frequencies, independent *t*-tests, and correlations

Research Assistant

August 2016-Present

Towson University, Attachment Lab

Towson, MD

Supervisor: Jonathan Mattanah, Ph.D.

- Conducting research for independent project pertaining to attachment style during stressful situations
- Developed project idea, submitted IRB application, and conducted research for master's thesis
- Analyzed data using SPSS and Hayes Process Macro
- Preparing thesis paper for defense and publication

Research Assistant

High Point University, Psychology Department

August-December 2015

Supervisor: Christopher Lootens, Ph.D.

High Point, NC

- Completed training on neuropsychological tests and IQ subtests to prepare for administration
- Conducted hour-long testing sessions with study participants

Independent Research

High Point University, Psychology Department

January - May 2015

Supervisor: Deborah Danzis, Ph.D.

High Point, NC

- Completed literature review, data collection, analysis of results through SPSS, and reporting of results
- Analyzed the correlation between childhood trauma, disordered eating, and self-esteem in young adults through collection of questionnaires

AREAS OF RESEARCH INTEREST

- Trauma and negative effects on psychological well-being
- Resiliency from Posttraumatic Stress Disorder (PTSD)

PRESENTATIONS

Monahan, E.E. & Mattanah, J. (November, 2017). *Exposure to stressful life events and adjustment outcomes during emerging adulthood: The moderating role of trauma coping self-efficacy*. Paper presented at Society for the Study of Emerging Adulthood.

Mattanah, J. & **Monahan, E.E.** (November, 2017). *Parental attachment, stressful life events, and adjustment difficulties during emerging adulthood*. Paper presented at Society for the Study of Emerging Adulthood.

Monahan, E.E. & Danzis, D. (November, 2015). *Analysis of childhood trauma, self-esteem, and disordered eating*. Poster presented at State of North Carolina Undergraduate Research Symposium.

CLINICAL EXPERIENCE

Graduate Intern

The Maryland Anxiety Center

September 2017-Present

Supervisor: Andrea G. Batton, LCPC

Towson, MD

- Provide individual therapy for adolescents and adults struggling with Obsessive-Compulsive Disorder, anxiety disorders, depression, hoarding disorder, and psychological distress
- Conducted literature reviews on evidence-based research for well-being in the workplace, and Eye Movement Desensitization and Reprocessing
- Complete intake interviews using The Structured Clinical Interview for DSM-5 (SCID-5)
- Aide in creation of office program on psychological well-being in the workplace

Behavioral Interventionist

October 2016-August 2017

Trellis Services

Sparks, MD

Supervisor: Julia Balacer, BCBA

- Provided Applied Behavior Analysis (ABA) for children on the Autism spectrum both in home and in clinic working on daily living skills
- Gathered data on current goals of children to track progress in therapy
- Completed daily session notes and submitted billing information to insurance

Intern

May-August 2015

Veterans Support Centers of America PAWS

Salisbury, MD

Supervisor: George Mutter

- Helped at a transitional housing shelter for veterans to prepare them for reentry into civilian life
- Trained service dogs and taught veterans skills to utilize the dog
- Worked with the onsite psychologist to aid veterans in receiving disability aid from the Veterans Health Administration

Intern**August - December 2014****DC Survivors and Advocates for Empowerment (DC SAFE)***Washington, DC*

Supervisor: Paige Allmendinger, M.A.

- Completed internship with DC SAFE, a nonprofit organization advocating for survivors of domestic violence
- Managed case load of up to 10 clients, assessing needs, creating safety plan, and directing them to further services such as Crime Victims Compensation and emergency shelter
- Aided clients in drafting of civil protection orders to provide protection from abusers
- Helped survivors through the court process, answering questions about protection orders and service of notice to respondent
- Gained crisis management skills by answering phone calls on a 24/7-crisis hotline to assist survivors in emergency situations and respond to police reports

Volunteer, High Point University**November 6, 2015****Cornerstone Health Alzheimer's Screening Day***High Point, NC*

- Aided in administering a free psychological test to community members who feared they might suffer from Alzheimer's disease

Volunteer, International OCD Foundation & OCD Mid-Atlantic**November 14, 2017****OCD Capital Walk: Step Up, Speak Up***Washington, DC*

- Assisted at sign in table with check-in and t-shirt handout
- Disseminated information to participants about Obsessive-Compulsive Disorder

WORK EXPERIENCE

Towson University**September 2017-Present****Graduate Assistant***Towson, MD*

Supervisor: Wayne Nelson, Ph.D.

- Assist Towson University's department of Interprofessional Health Studies with program management, research, and various duties as assigned
- Attend registration events and represented the department, and provided new and potential students with information about various health care majors offered at the university

AWARDS, HONORS, AND MEMBERSHIPS

- Graduate Student Association, Counsel Member, *Towson University, September 2016-Present*
- Psychology Graduate Student Association, Director of Communications, *Towson University, October 2017-Present*
- Presidential Scholar, *High Point University, August 2012- December 2015*
- Dean's List Award Recipient, *High Point University, 6 Semesters*
- National Society for Leadership and Success, *High Point University, February 2014- December 2015*
- Psi Chi- International Honor Society in Psychology, *High Point University, October 2014- December 2015*
- Strive for Pi- GPA over 3.14, *Alpha Gamma Delta, Gamma Eta Chapter, High Point University, May 2012-December 2015*

RESEARCH QUALIFICATIONS AND CLINICAL SKILLS

Computer Skills: SPSS • GPower • Familiar with Magnum Opus • Qualtrics Survey Software • Survey Monkey Software • Microsoft Office

Assessments: *International Personality Disorder Examination (IPDE)* • *Minnesota Multiphasic Personality Inventory-2 (MMPI-2)* • *NEO Personality Inventory (NEO-PI-3)* • *The Wechsler Adult Intelligence Scale-IV (WAIS-IV)* • *The Wechsler Intelligence Scale for Children (WISC-5)* • *Differential Ability Scale (DAS-II)* • *Structured Clinical Interview for DSM-5 (SCID-5)*

Clinical Training: Cognitive Behavioral Therapy (CBT) • Applied Behavioral Therapy (ABA) • Unified Protocol • Motivational Interviewing • Semi-structured Bio-psycho-social interview • SCID-5 Domestic Violence Core Competency Training

REFERENCES

Elizabeth Katz, Ph.D.

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Jonathan Mattanah, Ph.D.

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