

# Autumn R. Wiley-Hill, PhD

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Licensed Psychologist: AZ 4679

## Current Employment

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- Adjunct Instructor** 2015-Present  
*Department of Psychology, University of Arizona, Tucson, AZ*  
Supervisor for PhD students in Cognitive Behavioral Therapy practicum
- Psychologist** 2015-Present  
*Independent private practice 1760 E. River Road, Tucson, AZ*

## Education

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- Doctor of Philosophy in Clinical Psychology** 2011-2015  
Minor: Statistics  
*Department of Psychology, University of Arizona, Tucson, AZ*  
Dissertation: *Cognitive Bias Modification: Impact on Mood in College Students with Anxiety and Depression*  
Dissertation advisor: Alfred Kaszniak, PhD  
Committee: Thomas Borkovec, PhD, Mary-Frances O'Conner, PhD, David Sbarra, PhD
- Certificate in College Teaching** 2009-2012  
*Department of Education, University of Arizona, Tucson, AZ*  
Focus: *Learner-Centered Teaching*  
Advisor: Erin Doktor, PhD
- Master of Arts in Psychology** 2008-2011  
*Department of Psychology, University of Arizona, Tucson, AZ*  
Thesis: *Exploring the Relationship Between Mindfulness and Ego-Depletion*  
Advisor: Alfred Kaszniak, PhD  
Committee: Hal Arkowitz, PhD, David Sbarra PhD
- Graduate Coursework** 2002  
*Department of Women's Studies, George Washington University, Washington, DC*  
Graduate coursework in feminist experimental methods
- Bachelor of Arts in Psychology and Sociology, highest distinction** 1997-2001  
Minor: Women's Studies  
*Department of Psychology, Brandeis University, Waltham, MA*  
Thesis: *Gender bias in the Diagnostic and Statistical Manual for Mental Disorders (DSM-IV)*

Advisor: William Cunningham, PhD

Committee: Shula Reinhartz, PhD, Paula Caplan, PhD, Rhoda Unger, PhD

## Postdoctoral Training

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### **Perinatal Mood and Anxiety Disorder training**

2015-2016

*Postpartum Support International & 2020 Mom Project*

Maternal Mental Health Training Webinar Series

Training in Perinatal Mood and Anxiety disorders covering:

- Perinatal Mood and Anxiety Disorders: Disorders, symptoms, causes, risk factors, etiology
- Triggers and Primary Prevention: role of sleep, nutrition, prevention and wellness
- Screening and Treatment Options: Tools for screening and assessing depression and anxiety, breastfeeding and perinatal mental health, traditional and non-traditional treatment.
- Additional Considerations: Cultural competency, paternal depression, adoption
- Psychotherapeutic Treatment: Evidence-based therapeutic models and approaches
- Psychosis Risk & Assessment
- Resources for Providers and Families, Developing your Support Network and Marketing Plan

## Clinical Experience and Training

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### **Pre-doctoral Clinical Psychology Intern**

2014-2015

*Southern Arizona Psychology Internship Center, Tucson, AZ – APA Accredited Internship*

#### **Strategic Alternative Learning Techniques (SALT) Center**

Supervisor: Ken Marsh, PhD

- Provided evidence-based psychotherapy to University of Arizona SALT students;
- Delivered a self-compassion therapy group for students, co-facilitated by a learning specialist;
- Offered consultation to learning specialists about mental health issues with their students;
- Collaborated with learning specialists, family members and other providers regarding students' care;
- Trained learning specialists and staff about compassion and mindfulness-based approaches to working with students; and
- Empirically evaluated a compassion-based group for students.

#### **La Frontera**

Supervisor: Marie Davila-Woolsey, PhD

- Administered psychological batteries, writing comprehensive reports and offering feedback to clients and their treatment team;
- Trained therapists on the use of Acceptance and Commitment therapy (ACT) with clients;
- Provided trainings on self-compassion and clinical issues (e.g. eating disorders); and
- Attended didactic seminars about assessment, professional development, and supervision.

### **Psychology Extern**

2012-2013

*Counseling and Psychological Services (CAPS), University of Arizona Campus Health,  
Tucson, AZ*

Supervisor: Glenn Matchet-Morris, PhD

- Provided individual outpatient psychotherapy to undergraduate and graduate students struggling with depression, anxiety, adjustment difficulties, relationship issues, eating disorders, and loss;
- Delivered compassion and mindfulness-based interventions to help students with self-criticism, self-worth, and perfectionism;
- Developed and facilitated a self-compassion therapy group for students;
- Received weekly individual supervision;
- Attended weekly staff meetings for counseling staff and campus health staff;
- Participated in outreach activities on campus; and
- Helped with CAPS policies and procedures review.

**Primary Care Psychology Extern**

*2011-2012*

*The University Medical Center, Department of Family & Community Medicine, Tucson AZ*

Supervisor: Catherine Shisslak, PhD

- Provided individual, couples and family outpatient psychotherapy to low-income clients in a primary care setting. Psychiatric diagnoses included anxiety, eating disorders, depression, panic disorder, and PTSD. Medical diagnoses included cancer, chronic pain, obesity and Parkinson's disease;
- Developed a self-compassion workshop for medical providers;
- Participated in and facilitated multidisciplinary treatment effort to optimize patient care;
- Conducted brief behavioral medicine interventions during primary care appointments to address regimen compliance, sleep problems, and eating habits;
- Participated in weekly Behavioral Medicine and Integrative Medicine training;
- Provided live consultations on behavior interventions for medical residents and their patients;
- Received weekly individual and group supervision.

**Group Facilitator**

*2008-2012*

*Rosh Hodesh: It's A Girl Thing, Congregation Anshei Israel, Tucson AZ*

Supervisor: Julie Feldman, PhD

- Facilitated experiential groups for 6th – 9th grade Jewish girls on topics including peer pressure, body image, healthy choices, health concerns, adolescence and stress through multiple media including yoga, arts and crafts, dance, song, cooking and written expression;
- Attended individual supervision to discuss group process.

**Health Educator Therapist**

*2011-2012*

*The Haven Residential Substance Abuse Program, Tucson AZ*

Supervisor: Patricia Penn, PhD

- Co- facilitated a health intervention to increase health practices for women in a residential substance abuse program, with a focus on PTSD.
- Conducted individual therapy sessions with participants to explore compassionate approaches to coping mechanisms.

**Psychology Extern**

2010-2011

*La Frontera, Tucson, AZ*

Supervisor: Mayday Levine-Mata, PsyD and Patricia Penn, PhD

- Provided short and longer term individual, couple and family psychotherapy at an outpatient community mental health facility;
- Psychotherapy interventions included process-experiential, mindfulness, cognitive-behavioral, family systems and humanistic;
- Collaborated on treatment plans with case managers and psychiatrists.

**Clinical Practicum Trainee**

2012

*Department of Psychology, University of Arizona, Tucson AZ*

Supervisor: Harold Arkowitz, PhD

- Participated in weekly didactic training and individual supervision on the use of motivational interviewing (MI);
- Used MI as the primary treatment modality or to supplement CBT, behavioral interventions, and client-centered approaches.

**Advanced Assessment Clinic Trainee**

2011-2012

*Department of Psychology, University of Arizona, Tucson AZ*

Supervisor: Marisa Menchola, PhD

- Conducted semi-structured interviews and administered WAIS-IV, WMS-III and Woodcock Johnson scales;
- Wrote integrative reports and presented findings in debriefing sessions with clients.
- Participated in didactic training and individual supervision.

**Supervision Practicum**

2010-2011

*Department of Psychology, University of Arizona, Tucson AZ*

Supervisors: Michael Rohrbaugh, PhD and Varda Shoham, PhD

- Supervised and was supervised by advanced clinical psychology students under the guidance of a licensed psychologist;
- Participated in didactic training on supervisory techniques and process.

**Family Therapy Practicum**

2010

*Department of Psychology, University of Arizona, Tucson AZ*

Supervisor: Michael Rohrbaugh, PhD

- Conducted couples therapy with clients with relationship and substance abuse problems;
- Participated in live supervision via one-way mirror and weekly group supervision;
- Engaged in weekly didactic training on structural and strategic family therapy.

**Cognitive Behavioral Therapy Practicum**

2009-2010

*Department of Psychology, University of Arizona, Tucson AZ*

Supervisors: David Sbarra, PhD and Randall Garland, PhD

- Conducted individual therapy with clients with social anxiety, major depressive disorder, self-harm, and personality pathology;

- Participated in weekly group supervision, including review of video-recorded sessions;
- Engaged in weekly didactic training in Cognitive-Behavioral Therapy.

**Assessment Practicum Inpatient Clinic**

2009

*Department of Psychology, University of Arizona, Tucson AZ*

Supervisors: Kathleen Prouty, PhD

- Conducted semi-structured interviews and administered WAIS-IV, MMPI-2, SCID, and WMS-III to inpatients at La Frontera Clinic;
- Wrote reports on all of the assessments;
- Received live supervision on assessment administration and feedback on report writing;
- Participated in bi-monthly didactic training on these assessment techniques.

**Psychology Department Assessment Clinic**

2008

*Department of Psychology, University of Arizona, Tucson AZ*

Supervisors: John Allen PhD, and Marisa Menchola, PhD

- Conducted semi-structured interviews and administered WAIS-IV, MMPI-2, SCID, and WMS-III to students at the University of Arizona;
- Wrote reports on all of the assessments;
- Received live supervision on assessment administration and feedback on report writing;
- Participated in bi-monthly didactic training on these assessment techniques.

**Professional Development**

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**Mindfulness Based Training**

**DBT Meditation Retreat for clinicians by Marsha Linehan, PhD (40 hours)** 02/13

*Redemptorist Renewal Center, Tucson AZ*

**Mindful Aging Workshop by David Chernikoff, M.A. (12 hours)** 11/12

*Tucson Community Meditation Center, Tucson AZ*

**Contemplative Practice and Health: Laboratory Findings and Real World** 10/12

**Challenges, His Holiness the 14th Dalai Lama (40 hours)**

*Rockefeller University, New York NY*

**Cognitive-Based Compassion Training by Geshe Lobsang Tenzin Negi, PhD (40 hours)** 04/12

*University of Arizona, Tucson AZ*

**Zen Brain: Zen Practice and the Emerging Science of Alleviating Suffering (40 hours)** 07/10

*Upaya Zen Center, New Mexico*

**Mindfulness-Based Cognitive Therapy Training by Zindel Segal, PhD (40 hours)** 02/09

*UCSD Mindfulness Center, San Diego CA*

**Mindfulness-Based Stress Reduction by Roisin O'Donnell, M.A. (40 hours)** 12/08

*University of Arizona, Tucson AZ*

**Clinical Training**

**Workshop on Motivational Interviewing by Harold Arkowitz, PhD (6 hours)** 01/12

*University of Arizona, Tucson AZ*

<b>Memories of Metamorphosis by Jack Drescher, M.D. (10 hours)</b> <i>Psychoanalytic Society, Scottsdale AZ</i>	05/11
<b>The treatment of Generalized Anxiety Disorder by Tom Borkovec, PhD (10 hours)</b> <i>University of Arizona, Tucson AZ</i>	02/11
<b>Psychoanalytic Study Group led Susan Reese, PhD (40 hours)</b> <i>Psychoanalytic Society, Tucson AZ</i>	05/11-08/12
<b>Assessing and Managing Suicide Risk (8 hours)</b> <i>University of Arizona Counseling Center, Tucson AZ</i>	08/12
<b>Behavioral Activation by Christopher Martell, PhD (8 hours)</b> <i>University of Arizona, Tucson AZ</i>	03/09
<b><u>Diversity Training</u></b>	
<b>Mujer Sana Women and Substance Abuse (32 hours)</b> <i>UA Women's Studies, Tucson AZ</i>	05/11
<b>Cultural Competence Training for clinicians (8 hours)</b> <i>La Frontera, Tucson AZ</i>	09/10
<b><u>Research Training</u></b>	
<b>Electrocardiogram recording and data analysis</b> <i>University of Arizona, Tucson AZ</i>	09/13
<b>SAS programming levels 1-3, ANOVA, Regression and Advanced Statistics</b> <i>SAS Institute, Rockville MD and San Francisco CA</i>	05/02-07/11
<b>Polysomnography Sleep Study training by Tucker Peck, PhD</b> <i>Sleep Clinic University of Arizona, Tucson AZ</i>	12/09

## Research

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<b>Investigator, Dissertation Research</b> <i>Department of Psychology, University of Arizona, Tucson AZ</i>	08/12-08/14
Neuropsychology, Emotion and Meditation Lab Title: <i>Cognitive Bias Modification: Impact on Mood in College Students with Anxiety and Depression</i> Dissertation advisor: Alfred Kaszniak, PhD Committee: Thomas Borkovec, PhD, Mary-Frances O'Conner, PhD, David Sbarra, PhD	
<ul style="list-style-type: none"> <li>Designed study; lead and provide ongoing professional development to a team of 7 honors RAs to administer study using detailed experimental protocol; train RAs to collect, cleaned and processed data, wrote up results.</li> </ul>	
<b>Investigator, Masters Research</b> <i>Department of Psychology, University of Arizona, Tucson AZ</i>	08/08-08/11

Neuropsychology, Emotion and Meditation Lab

Title: *Exploring the relationship between mindfulness and ego-depletion*

- Designed study; lead RAs to administer data collection effort; analyzed data and wrote up for publication

**Research Assistant**

05/11-01/13

*Department of Women and Gender Studies, University of Arizona, Tucson AZ*

Herstory to Health Mujer Sana

- Supervisors: Rosi Andrade, Ph.D and Sally Stevens, Ph.D
- Studied health and opportunity disparities among substance abusing Native American women.
- Set up a large data base from an ongoing service grant; analyzed data using SAS; presented findings to internal team and contributed to presentations and publications.

**Research Assistant**

08/09-08/10

*Department of Psychology, University of Arizona, Tucson AZ*

Psychotherapy Integration Lab

Supervisor: Hal Arkowitz, Ph.D

- Studied treatment outcomes of CBT therapists who are MI-Adherent.
- Coded over 300 CBT therapy sessions using an MI framework, achieving very high inter-rater reliability.

**Research Assistant**

2006

*Department of Psychiatry, Georgetown University, Washington DC*

Supervisor: Mary Ann Dutton, PhD

- Involved in NIH funded intervention for women with domestic violence and current PTSD.
- Recruited women into study at Washington DC Domestic Violence Courthouse and local medical clinics; screened women into pilot study using a battery of instruments to assess for history of Intimate Partner Violence (IPV) and PTSD.

**McNair's Scholars Program Research**

05/99-05/01

*Department of Psychology, Brandeis University, Waltham, MA*

Supervisor: Rhoda Unger, PhD

- Assessed social implications of the debate on gender bias in the DSM-IV using a qualitative content analysis approach.

**Women's Studies Student Scholar**

05/00-05/01

*Women's Studies Research Center, Brandeis University, Waltham, MA*

Supervisor: Rhoda Unger, PhD

- Examined positive marginality and promoting social activism among feminist psychologists.

**Independent Investigator, Undergraduate Honors Thesis**

05/99-05/01

*Psychology Department, Brandeis University, Waltham, MA*

Supervisors: Joseph Cunningham, Ph.D, Paula Caplan, PhD and Shulamit Reinharz, PhD

- Conducted original textual analysis which investigated the exclusion of feminist criticism of the DSM in contemporary abnormal psychology textbooks.

**Undergraduate Research Assistant**

05/98-05/99

*Psychology Department, Brandeis University, Waltham, MA*

Supervisor: Margie Lachman, PhD

- Investigated the effects of age and knowledge on textual processing; transcribed and coded data; performed statistical analysis; recruited subjects.

**Related Work Experience**

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**Senior Research Analyst**

12/01-08/07

*Abt Associates INC., Bethesda MD*

Supervisors: Junius Gonzales, PhD and Jennifer Carney, PhD

Projects included:

- Stigma in public health (NIH Fogarty funded); Mental Health HIV Services Collaborative (SAMHSA funded); AIDS International Research and Training Program (NIH Fogarty funded); Washington DC Medicaid program (DC funded); Evaluation of the NSF's Graduate Traineeships Programs, Integrative Graduate Education Research Traineeship (IGERT) (NSF funded); Evenstart Classroom Literacy Interventions and Outcomes Study (Dept of Ed funded); Teacher Professional Continuum Implementation Study (NSF funded); and Preparing Future Faculty Initiative (NSF funded)

Responsibilities:

- Lead teams in initial research study design and literature review;
- Conducted-field observational data gathering and coding (based on battery of instruments);
- Coordinated survey design (pilot testing, fielding, and collecting data), sample selection;
- Conducted individual and group interviews;
- Wrote proposal and final reports for clients;
- Data management included writing code, data management with weighted, stratified samples, sample creation and selection, analysis;
- Conducted NVivo analysis of qualitative data: content analysis of site visit data.

**Teaching**

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**Instructor**

*Department of Psychology, University of Arizona, Tucson, AZ*

Abnormal Psychology	2012
Abnormal Psychology	2011
Death and Loss	2010
Abnormal Psychology	2009

**Teaching Assistant**

*Department of Psychology, University of Arizona, Tucson, AZ*

Introduction to Psychology	2008-2012
Psychology of Human Sexuality	2011



### **Teaching Workshop Facilitator**

*Department of Psychology, University of Arizona, Tucson, AZ*

Introduction to Psychology 2011

### **Invited Guest Lectures**

*Department of Psychology, University of Arizona, Tucson, AZ*

Psychology of Personality, lecture on personality disorders 2011

Health Psychology, lecture on mindfulness 2011

Human Sexuality, lecture on gender and sex 2011

### **Training Course Instructor**

*Abt Associates, Inc., Bethesda, MD*

2005-2006

Statistical Analysis Software (SAS)

NVivo qualitative analysis software

Excel tutorials

### **Undergraduate Teaching Assistant**

*Department of Psychology, Brandeis University, Waltham, MA*

2000

Experimental Methodologies

*Department of Women's Studies, Brandeis University, Waltham, MA*

2001

Experimental Methodologies

### **Training Workshops Offered**

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**Wiley-Hill, A.** (2016). Teaching self-compassion starts from within. Presented at The University of Arizona College of Medicine Department of Psychiatry, Tucson, AZ.

**Wiley-Hill, A.** (2015). Self-Compassion. Presented at Community Partnership of Southern Arizona, Tucson, AZ.

**Wiley-Hill, A.** (2014). Self-Compassion and undergraduates. Presented at Strategic Alternative Learning Techniques Center (SALT), Tucson, AZ.

**Wiley-Hill, A.** (2013). Exploring Self-Compassion. Presented at Sierra Tucson, Tucson, AZ.

**Wiley-Hill, A.** (2013). Self-compassion for self with clients. Presented for APA interns and faculty at La Frontera SAPIC internship, Tucson, AZ.

**Wiley-Hill, A.** (2013). Self-Compassion and Mindfulness. Presented for Tucson Community Meditation Center meditators, Tucson, AZ.

**Wiley-Hill, A.** (2012). The relationship between self-compassion and treatment adherence. Presented for physicians and residents at Family and Community Medicine, UMC, Tucson, AZ.

**Wiley-Hill, A.** (2012). Self-compassion for self with clients. Presented for APA interns and faculty at La Frontera SAPIC internship, Tucson, AZ.

**Wiley-Hill, A.** (2012). Self-compassion, self-criticism and undergraduates. Presented for Counseling Center therapists and psychiatrists.

**Wiley-Hill, A.** (2012). Compassion for the caregiver. Presented at Community Partnership of Southern Arizona, Tucson, AZ.

**Wiley-Hill, A.** (2011). Overview of self-compassion / presented for health educators and staff at Mujer Sana Herstory to Health, Tucson, AZ.

## Publications and Presentations

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**Wiley, A.R.,** & Kaszniak, A.W. (In Prep). Examining the relationship between mindfulness, ego-depletion and age.

Adedokun, L., Baytop, C., Goldberg, A., Gonzales, J., & **Wiley, A.** (2007). Evaluation of the Fogarty International Center AIDS International Training Research Program (AITRP): Phase II Outcome Evaluation. Final Report. Prepared by Abt Associates Inc. for the Fogarty International Center, National Institutes of Health (NIH), 1-104.

**Wiley, A.** & Baytop, C. (2006). Stigma and the Global Health Research Program. Report. Submitted to the Fogarty International Center, National Institutes of Health. Bethesda, MD.

Carney, J., Chawla, D., & **Wiley, A.** (2005). Evaluation of the Initial Impacts of the IGERT Program. Prepared for the National Science Foundation. Abt Associates, Bethesda MD.  
[http://www.nsf.gov/pubs/2006/nsf0617/nsf0617\\_1.pdf](http://www.nsf.gov/pubs/2006/nsf0617/nsf0617_1.pdf)

**Wiley, A.** (2004). Abnormal psychology textbooks exclude feminist criticism of the DSM. In Caplan, P. and Cosegrove, L. (Eds.) Bias in Psychiatric Diagnosis. Maryland: Lanham, 40-46.

**Wiley, A.** (2000). A critical look at the social implications of gender bias in the diagnostic and statistical manual. Journal of Multidisciplinary Research, 1, 25-31. McNair Scholars Program, Brandeis University, Waltham, MA.

### **Presentations**

Penn, P., Sainz-Trees, A, Rock, D & **Wiley-Hill, A.** (2015). Self-Compassion: teaching others and training self. Presented at the 16th Annual Summer Institute, Sedona, AZ.

Stevens, S., Andrade, R., Korchmaros, J., & **Wiley, A.** (2013). Health and Opportunity Disparities among Substance Using Native American Women Living in the US/Mexico Border Region. 2013 International Women's Sixth Meeting and Conference: Health Disparities, Women, and Substance Abuse: Global Issues, San Diego, CA. June 14, 2013. Invited talk.

**Wiley, A.R** & Kaszniak, A.W. (2012, April). Does mindfulness meditation buffer against self-control failure? Poster session presented at International Symposium for Contemplative Studies, Boulder CO.

**Wiley, A.R.** & Kaszniak, A.W. (2012, June). Observing the confound of age in the relationship between mindfulness meditation and ego-depletion. Presentation at Mind and Life Summer Research Institute, Garrison NY.

**Wiley, A.** & Kaplan, D. (2010). Exploring the effects of mindfulness on self-control failure. Presentation to Arizona Meditation Research Interest Group.

**Wiley, A.** (2004). Bias in psychiatric diagnosis. Symposium facilitator at the Association for Women in Psychology National Conference, Philadelphia, PA.

**Wiley, A.** (2001). The exclusion of feminist criticism of sex and gender bias in the DSM in abnormal psychology textbooks. Presentation at the APA Division 35 Association for Women in Psychology Conference, Los Angeles, CA.

## Professional Memberships

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Southern Arizona Psychological Association (SAPA)  
Arizona Psychological Association (AZPA)  
Arizona Society for Psychoanalytic Studies (SPS)

## Honors and Awards

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Mind and Life Institute Varela Research Award (\$10 K)	<i>2009</i>
Psychology department Scholarship Award (\$1 K)	<i>2010-2012</i>
Mind and Life Summer Research Institute	<i>2009-2012</i>
Association of Students of the University of Arizona travel grant	<i>2009-2010</i>
Social and Behavioral Science Research Institute Travel Grant	<i>2008-2012</i>

## Departmental and Professional Service

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Assurance Mentor for Undergraduate Students	<i>2012-2013</i>
Graduate Student Orientation Committee	<i>2009-2013</i>
Externship Advisory Committee	<i>2011-2013</i>
Editor for Abnormal Psychology Textbook, Pearson	<i>2011</i>
Graduate and Professional Student Council (GPSC) judge for travel grants	<i>2011</i>
Co-founder of the Arizona Meditation Research Interest Group	<i>2008</i>