

Brennan D. Atherton

Curriculum Vitae

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EDUCATION

• Doctorate (PhD) in Clinical Psychology

Graduated April, 2017

Jackson State University, Jackson, Mississippi (APA Accredited)

Dissertation Title: Depression, Anxiety, Stress, ADHD, and Emotion Dysregulation as Predictors of Hypersexuality in Students Attending a Historically Black College University.

Second-Year Paper Title: Predicting Symptoms of Depression from Social Anhedonia and Emotion Regulation.

• Bachelors of Science, Psychology

August, 2009

Brigham Young University, Provo, Utah

EXPERIENCE

• Northwest Human Services Center

August, 2020 to December, 2021

Williston, ND

Administered Psychosexual Risk Assessments for adults and juveniles involved in the court system. Administered Parental Capacity Evaluations for parents involved in Child Protective Services. Also provided individual therapy and a Dialectical Behavior (DBT) Group.

• Northeast Human Services Center

July, 2019 to August, 2020

Grand Forks, ND

Engaging in Integrated Assessments, which are the gateway to services at the agency.

• Psychological Assessment and Treatment Services

August, 2016 to June, 2019

American Fork, UT

I administered psychotherapy to adults, children, and couples. I wrote psychotherapy notes and reviewed intake assessments.

● **Counseling and Treatment Center of Utah**
Springville, UT

October, 2017 to May, 2019

I engaged in neuropsychological, psychological, and parental fitness examinations.

● **Wasatch Mental Health (APA Accredited Pre-doctoral Internship)**
Provo and American Fork, UT

July, 2015 to July, 2016

I conducted Form-20 disability evaluations for individuals applying for Medicaid. I conduct intakes, rehabilitation plans, and safety plans (if needed). Most of the patients I worked with were SPMI children, adolescents, and adults. I primarily conducted individual and family therapy, where I used Cognitive-Behavioral, Motivational Interviewing, Dialectical-Behavioral, play, and systems therapies. I tracked their progress with the OQ-45 and YOQ-30 tracking systems. I have written psychological reports, primarily for children. I was a part of the Strengthening Families Program, which consisted of modeling appropriate family behaviors for children, adolescents, and parents. I participated in psychological assessment and report writing, where I wrote over 20 psychological reports. I have been given great supervision through individual, group, and didactic training. I have taken part in consultation meetings with nurses, social workers, case managers, and therapists to discuss how a client can better progress. I have also served as the internship representative for my cohort, where I gave and received feedback for the internship program.

● **Mississippi Children's Home Services (CARES)**
Jackson, MS

January, 2014 to July, 2014

I conducted individual and co-therapy for male and female children at a Psychiatric Residential Treatment Facility (PRTF) using a cognitive behavioral emphasis. I was responsible for creating treatment plans for individual clients and working as part of their treatment team. In addition to individual psychotherapy, I also conducted twice-monthly family therapy sessions for individuals on my caseload. I also co-led therapy groups for adolescent boys and girls. These groups emphasized functional cognitions, appropriate behaviors, and healthy social relationships. Lastly, I co-led an adolescent boys' emotion regulation group, which consisted of understanding the mind/body connection, mindfulness, biofeedback, stress psychoeducation, deep breathing, muscle relaxation, guided imagery, self-soothing, and distress tolerance. While at CARES, I received training in biofeedback, which assists patients in controlling their heart rate via proper breathing and positive thinking.

● **Southwest Mississippi Mental Health Complex**
McComb, MS

June, 2013 to December, 2013

I conducted intakes, substance abuse assessments, and made treatment plans for clients in the community. Administered psychotherapy, with a cognitive behavioral emphasis, to individuals with mental disorders that consisted of depressive, anxiety, and personality disorders. I also had experience with risk management and referral to inpatient facilities, due to potential for self-harm.

I conducted group interventions with adult, middle-age, and elderly community mental health groups struggling with serious mental illnesses. Topics of focus included anger management, anxiety disorders, major life events, social etiquette, socially acceptable behaviors, nutrition, honesty, exercise, dieting, using Medicare and Medicaid, drugs, the side effects of drugs, and dealing with the loss of

family members. Interactive activities were used to advance understanding of the material and to promote group involvement.

● **The Counseling Center**
Ridgeland, MS

August, 2012 to June, 2013

At the Counseling Center, which is a private facility, I administered semi-structured intake interviews to individuals seeking disability assessments. I administered, scored, and completed reports using cognitive, personality, and malingering tests for individuals seeking ADHD assessments. I also conducted individual cognitive-behavioral psychotherapy sessions.

● **Applied Psychological Services Clinic Practicum Student**
Jackson, MS

September, 2011 to April, 2014

At Jackson State University's Applied Psychological Services Clinic, I administered structured and semi-structured intake interviews to students and individuals from the community. I also completed cognitive and personality assessments for individuals being tested for mood, anxiety, ADHD, learning, or autism spectrum disorders. I also conducted individual cognitive-behavioral psychotherapy for clients with mood and anxiety disorders.

ASSESSMENT AND DIAGNOSTIC INTERVIEW EXPERIENCE

Behavior Assessment System for Children: Third Edition (BASC-3)
Beck Depression Inventory: Second Edition (BDI-2)
Beck Youth Inventories: Second Edition (BYI-II)
Child Abuse Potential Inventory: Form VI (CAPI)
Children's Memory Scale (CMS)
Delis-Kaplan Executive Function System (D-KEFS)
Finger Tapping Test
Grooved Pegboard Task
Jesness Inventory: Revised (JI-R)
Juvenile Sex Offender Assessment Protocol-II (JSOAP-II)
Mental Status Examination (MSE)
Millon Clinical Multiaxial Inventory (MCMII-III)
Mini International Neuropsychiatric Interview (MINI)
Mini Mental Status Examination (MMSE)
Minnesota Multiphasic Personality Inventory (MMPI-2, MMPI-2 RF, and MMPI-A)
Neuropsychological Assessment (NEPSY)
Parent-Child Relationship Inventory (PCRI)
Parenting Stress Index: Fourth Edition (PSI-4)
Personality Assessment Inventory (PAI)
Protective + Risk Observations For Eliminating Sexual Offense Recidivism (PROFESOR)
Rey Fifteen Item Test
Rotter Incomplete Sentence Blank (RISB)
STABLE-2007
Static-99R
Stroop Children's Color Word Test: Children's Version
Structured Clinical Interview for DSM-IV Axis I Disorders

Substance Abuse Subtle Screening Inventory: Fourth Edition (SASSI-4)
 Substance Abuse Subtle Screening Inventory: Adolescent Version: Second Edition (SASSI-A2)
 Test of Everyday Attention (TEA)
 Test of Everyday Attention for Children (TEA-Ch)
 Test of Memory and Learning: Second Edition (TOMAL-2)
 Test of Memory Malingering
 Trails A & B
 Wechsler Abbreviated Scale of Intelligence (WASI-II)
 Wechsler Adult Intelligence Scale for Children (WAIS-IV)
 Wechsler Individual Achievement Test (WIAT-III)
 Wechsler Intelligence Scale for Children (WISC-V)
 Wechsler Memory Scale (WMS-IV)
 Wechsler Preschool and Primary Scale of Intelligence (WPPSI-III and WPPSI-IV)
 Wisconsin Card Sorting Test (WCST)
 Wide Range Achievement Test (WRAT-IV)
 Wide Range Assessment of Memory and Learning (WRAML-2)

RESEARCH EXPERIENCE

• Research Assistant at Jackson State University **August, 2011 to April, 2014**
 Jackson, MS

I worked for the Cognition and Mood Lab at Jackson State University. My responsibilities were recruitment, supervising participants in a music and computer task, seeing that participants filled out questionnaires, and inputting data into SPSS for analysis. Our research studied relationships between optimism, pessimism, depressive realism, and cognitive biases. I also participated and co-authored a book chapter on adverse events associated with anticonvulsants.

• Research Assistant—University of Mississippi Medical Center **November, 2010 to June, 2011**
 Jackson, MS

Assisted in giving Mini International Neuropsychiatric Interviews, as well as various anxiety, depression, and borderline assessments to non-psychotic, non-elderly, psychiatric inpatients. Have used the data to test whether emotion regulation predicts depressive symptoms above and beyond social anhedonia.

• Research Assistant at Brigham Young University **October, 2008 to October, 2009**
 Provo, UT

Assisted in outcome research at the Utah Valley Regional Medical Center, using the Outcome Questionnaire-45 (OQ-45) to assess patients undergoing therapy. My job was to collect, code, input, audit, and report the outcomes that came up on these tests.

TEACHING EXPERIENCE

• General Psychology Instructor **September, 2012 to December, 2012**

• General Psychology Instructor **September, 2011 to December, 2011**

In both classes, I taught undergraduate students topics such as research methods, neuroscience, stress and health psychology, sensation and perception, states of consciousness, learning, memory, thinking, language, intelligence, life span development, motivation, personality, psychological disorders, psychotherapy, and social psychology.

MENTAL HEALTH SERVICE

• Autistic Child Mentor

Fall, 2009

American Fork, UT

I worked with an autistic child on his behavioral and lifestyle program. We worked on issues such as cleanliness, reading, chores, exercise, and daily functioning.

• Human Services Worker

Fall, 2009

Provo, UT

I worked with an intellectually disabled adult male to help him accomplish behavioral goals regarding sanitation, incontinence, anger management, and life skills. I also was responsible for medication distribution and recording of behavioral goals.

Worked with an adolescent male with anger and depression difficulties. Helped him to accomplish behavioral goals and distributed medications appropriately.

• Utah State Hospital

Fall, 2008

Provo, Utah

I volunteered with inpatient adults with severe cognitive and emotional problems by engaging in recreational therapeutic activities with them.

Volunteered with delinquent inpatient boys and supported them with recreational therapeutic activities, while keeping them engaged in productive behaviors.

PUBLISHED PEER REVIEWED ARTICLES

Atherton, B., Nevels, R., & Moore, M. T. (2015). Predicting symptoms of depression from social anhedonia and emotion regulation. *Journal of Nervous and Mental Disease, 203*, 170-174.

Atherton, B., Call, K., & Huff, K. (2012). Women and eating: Cognitive dissonance versus self-perception theory. *Intuition: BYU Undergraduate Journal of Psychology, 8*, 33-39.

BOOK CHAPTER PUBLICATIONS

Nevels, R. M., Hancock, A., Spofford, J., **Atherton, B.**, & Gontkovsky, S. T. (2012). Adverse drug events associated with anticonvulsants. In L. V. Berhardt (Ed.), *Advances in medicine and biology* (Vol. 48, pp. 89-112). Hauppauge, NY: Nova Science.

PRESENTATIONS

Atherton, B., Clayton, T. C., Fisher, J. W., Bouldin, C. S., Flemming, K. R., & Moore, M. T. (November, 2014). *Depressive realism and attributional style: A replication and extension*. Poster presented to the Association for Behavioral and Cognitive Therapies annual conference, Philadelphia, PA.

Atherton, B., Clayton, T. C., & Schweitzer, J. (September, 2014). *Dialectical behavior therapy for Oppositional Defiant Disorder in adolescents*. Poster presented at the Mississippi Psychological Association 2014 Annual Convention, Gulfport, MS.

Atherton, B., Bruton, A., McIntyre, K., & Moore, M. T. (March, 2014). *Does emotion regulation predict symptoms of depression beyond anhedonia?* Poster presented at the Southeastern Psychological Association Annual Meeting, Nashville, TN.

Owens, S. L., Nevels, R. M., **Atherton, B.**, Mohite, D. L., & Fuller, J. E. (September, 2013). *Scientific attitudes, spirituality and religiosity among an educated sample: A Phase I study*. Poster presented at the Mississippi Psychological Association 2013 Annual Convention, Gulfport, MS.

McIntyre, K.A., **Atherton, B.**, Barnes, D., & Bruton, A. (September, 2013). *Attention-deficit hyperactivity disorder*. Poster presented at the Mississippi Psychological Association, Gulfport, MS.

Shimokawa, K., Lambert, M. J., **Atherton, B.**, & Smart, D. M. (June, 2010). *Enhancing outcome in patients at risk of treatment failure: Subscale analyses of an Outcome Questionnaire-45 based psychotherapy quality assurance system*. Poster presented at the annual meetings of Society for Psychotherapy Research, Pacific Grove, CA.

Atherton, B., Call, K., & Huff, K. (April, 2009). *Women and eating: Cognitive dissonance versus self-perception theory*. Poster presented at the Mary Lou Fulton Conference, Brigham Young University, Provo, UT.

TRAINING

- *Question, Persuade, Refer (QPR)* training (August, 2013). Received education and training regarding suicide prevention in a QPR modality.
- *American Psychological Association Recovery to Practice Pilot Program* (October 16 and November 10, 2012). Discussed the proposed recovery movement, evidence based practices relating to the recovery movement, and systems transformation.

AWARDS

- Eagle Scout, 2003