

# Elizabeth Tish Hicks, PhD

The Center for Emotional Health  
hicks@thecenterforemotionalhealth.com

## EDUCATION

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- Utah State University**, Logan, UT 2023  
*Doctor of Philosophy, Combined Clinical/Counseling Psychology*  
(APA-Accredited)  
Dissertation: Teaching Multicultural Psychology as a Cultural Competence Intervention: Empirical Evaluation of Course Components
- Veterans Affairs Pittsburgh Healthcare System**, Pittsburgh, PA 2023  
*Pre-doctoral Psychology Internship* (APA-Accredited)
- Utah State University**, Logan, UT 2020  
*Master of Science, Psychology*  
Thesis: A Brief Online Acceptance and Commitment Training for Enhancing Outcomes of a Cultural Competence Intervention
- Marist College**, Poughkeepsie, NY 2017  
*Bachelor of Arts, Psychology; Minor, Global Studies*  
Class of 2017 Salutatorian, *Summa Cum Laude*

## LICENSES

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### Licensed Psychologist

NY Licensed Psychologist: #026744

## CLINICAL EXPERIENCE

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### Center for Emotional Health, Princeton, NJ

*Staff Psychologist,*

*September 2024-present*

*Postdoctoral Fellow, Supervisor: Cara Genbauffe, PsyD*

*September 2023-Sept. 2024*

- Providing evidence-based therapy to adults and adolescents utilizing ACT, CPT, ERP, BA, MI, CBT, CBT-I, HRT, ComB, and DBT skills to address a range of mental health concerns, including anxiety, OCD, trauma, stress, adjustment, perfectionism, mood, sleep/insomnia, ADHD, BFRBs, and tics/Tourette's Syndrome, as well as LGBTQ+ affirmative care
- Conducting intake evaluations to inform diagnosis and treatment recommendations
- Participating in weekly consultation meetings and continuing education

**Veterans Affairs Pittsburgh Health Care System,**  
Pittsburgh, PA

*August 2022-July 2023*

*Pre-doctoral Psychology Intern, Generalist Track*

Training Director: Bernadette Pasquale, PhD, ABPP

Major Rotations (4-5 days per week/4 months): **Primary Care Mental Health Integration, Trauma Recovery Center, Center for Treatment of Addictive Disorders**

Minor Rotation (1 day per week/8 months): **LGBTQ+ care**

**Trauma Recovery Center**

Supervisor: Ashley Gill, PhD

- Conducted comprehensive PTSD assessments, wrote reports, and triaged to appropriate services
- Utilized Prolonged Exposure (PE), Cognitive Processing Therapy (CPT), and Skills Training in Affective and Interpersonal Regulation (STAIR) with individual therapy clients
- Co-led 12-week STAIR group

**LGBTQ+ Care**

Supervisor: Maria El-Tahch, PsyD

- Conducted gender affirming care evaluations and wrote letters of support using WPATH standards
- Co-facilitated Veterans in Transition Support Group for transgender veterans
- Provided LGBTQ+ affirming individual therapy to transgender veterans
- Assisted LGBTQ+ Veteran Care Coordinator with administration, clinical consults, advocacy, and outreach

**Primary Care Mental Health Integration (PCMHI)**

Supervisor: Maria El-Tahch, PsyD

- Conducted functional assessments and provided diagnostic impressions, recommendations, triage, and referrals
- Provided brief initial assessments of cognitive functioning, activities of daily living, and instrumental activities of daily living
- Provided brief psychotherapy for a range of mental health concerns using an evidence-based approach; utilized MI, ACT, BA, CBT, CBT-I, and DBT skills
- Consulted with primary care providers, nurses, clinical pharmacists, and other healthcare professionals in an integrated behavioral health care setting

**Center for Treatment of Addictive Disorders**

Supervisor: Christina Muthard-White, PsyD

- Conducted intakes for veterans seeking SUD treatment, made recommendations, and triaged to appropriate levels of care (e.g., outpatient individual/group therapy, residential program, medication-assisted treatment [MAT], contingency management)
- Provided individual and group therapy to veterans in outpatient and residential treatment for substance use disorders
- Utilized Cognitive Behavioral Therapy for Substance Use Disorders (CBT-SUD) and Motivational Interviewing (MI) with individual therapy clients

**Veterans Affairs Salt Lake City Health Care System,**  
Salt Lake City, UT

*August 2021-May 2022*

*Extern Therapist, PTSD Clinical Team*

Supervisor: Jason Goodson, PhD

- Conducted comprehensive PTSD assessments, wrote reports, and triaged to appropriate services
- Participated in Prolonged Exposure (PE) training from Dr. Goodson, a national trainer and consultant for PE
- Provided evidence-based psychotherapy for veterans with PTSD and anxiety

**Utah Center for Evidence Based Treatment (UCEBT),**  
Salt Lake City, UT

*June 2020-June 2021*

*Extern Therapist, Trauma, Stress, & Resilience Team; Clinical Health Team; Anxiety & Mood Team; Assessment & Testing Team; and Intake Team*

Supervisors: Sarah Turley, PhD; Shelle Welty, PsyD

- Provided individual, couples, and group psychotherapy for adults and adolescents with a range of mental health concerns using an evidence-based approach, utilizing: ACT, CPT, ERP, BA, MI, CBT, CBT-I, DBT skills, and Gottman Method Couples Therapy
- Co-facilitated Cognitive Behavioral Therapy for Insomnia (CBT-I) therapy groups
- Conducted comprehensive psychological assessments using diagnostic clinical interviews, cognitive batteries, objective tests, and personality inventories; provided integrative reports, recommendations, and diagnoses in consultation with clinical supervisor and consultation teams
- Assessed readiness for gender affirming medical treatment and wrote letters of support using WPATH standards

**Brigham City Community Hospital,**  
Brigham City, UT

*February 2021-July 2021*

*Extern Therapist, Cardiac Rehabilitation Program*

Supervisor: Scott DeBerard, PhD

- Provided psychoeducation, consultation, and psychotherapy for adult and geriatric patients in the Cardiac Rehabilitation Program to assist with stress management, adaptive coping skill development, and healthy behavioral and lifestyle changes
- Taught monthly Stress Management class for Cardiac Rehabilitation patients and their families

**Utah State University,**  
Logan, UT

*August 2020-May 2021*

*Extern Therapist, Sexual and Gender Minority Support Services*

Supervisor: Tyler Lefever, PhD

- Provided LGBTQIA+ affirmative psychotherapy for adult and adolescent individual and couples clients in the community identifying as LGBTQIA+ using evidence-

based approaches utilizing ACT, CPT, BA, MI, CBT, DBT skills, Gottman Method Couples Therapy, and Humanistic/Interpersonal Psychotherapy

- Assessed readiness for gender affirming medical treatment and wrote letters of support using WPATH standards

**Utah State University,**

*August 2019-May 2020*

Logan, UT

*Extern Therapist, Student Health and Wellness Center*

Supervisor: Scott DeBerard, PhD

- Provided psychotherapy in an integrated primary care setting for university students using an evidence-based approach; utilized ACT, BA, MI, CBT, CBT-I, and DBT skills
- Consulted with Primary Care Physicians and Nurses in an integrated health care setting; provided diagnoses, recommendations, and referrals for testing or psychiatry

**Utah State University,**

*August 2019-May 2020*

Logan, UT

*Extern Therapist, Counseling and Psychological Services*

Supervisors: Charles Bentley, PhD; Daryl Holloway, MA (Pre-doctoral Intern)

- Provided psychotherapy for university students using an evidence-based approach; utilized ACT, BA, MI, CBT, CBT-I, DBT skills, and Humanistic/ Interpersonal Psychotherapy
- Co-facilitated a weekly DBT skills group

**Utah State University,**

*August 2018-May 2019;*

Logan, UT

*January 2021-May 2021*

*Extern Therapist, Psychology Community Clinic*

Supervisors: Susan Crowley, PhD; Sara Boghosian, PhD; Marietta Veeder, PhD

- Provided psychotherapy for adults, children, and adolescents with a range of mental health concerns using an evidence-based approach; utilized MI, ACT, BA, CBT, Coping Cat, Behavioral Parent Training, Schema Therapy, and Humanistic/ Interpersonal Psychotherapy
- Provided Learning Disability/ADHD assessments for adults, adolescents, and children

**Family Services Inc.,**

*January 2016-May 2016*

Poughkeepsie, NY

*Victim Advocate Intern, Center for Victim Safety and Support*

Supervisor: Katherine Peluso, LCSW

- Completed New York State Rape Crisis Counselor certification training
- Advocated for crime victims; accompanied clients to court and physical assault exams; completed training for crisis hotline; provided non-crisis and crisis counseling

## EVIDENCE-BASED PSYCHOTHERAPIES UTILIZED

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Acceptance and Commitment Therapy (ACT)  
Cognitive Behavioral Therapy (CBT)  
Cognitive Processing Therapy (CPT)  
Behavioral Activation (BA)  
Motivational Interviewing (MI)  
Cognitive Behavioral Therapy for Insomnia (CBT-I)  
Exposure and Response Prevention (ERP)  
Prolonged Exposure (PE)  
Habit Reversal Training (HRT)  
Dialectical Behavioral Therapy (DBT) – skills

## PUBLICATIONS

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- Hicks, E. T.**, Domenech Rodríguez, M. M., & Tehee, M. (2024). Direct vs. indirect contact: A naturalistic experiment in teaching multicultural competence. *Scholarship of Teaching and Learning in Psychology*. Advance online publication. <https://doi.org/10.1037/stl0000410>
- Hicks, E. T.**, Alvarez, M. C., & Domenech Rodríguez, M. M. (2024). Shifting student attitudes while minimizing grading bias: Pedagogical considerations in a multicultural psychology course. *Translational Issues in Psychological Science*. Advance online publication. <https://doi.org/10.1037/tps0000390>
- Weeks, S., **Hicks, E. T.**, Culianos, D., & Renshaw, T. L. (2023). Developmental effects of screen time on gender diverse students' experiences of bullying victimization. *Journal of School Violence, 22*(2), 260–275. <https://doi.org/10.1080/15388220.2023.2175363>
- Hicks, E. T.**, Alvarez, M. C., & Domenech Rodríguez, M. M. (2022). Impact of Difficult Dialogues on Social Justice Attitudes during a Multicultural Psychology Course. *Teaching of Psychology, 50*(2), 175-183. <https://doi.org/10.1177/00986283221104057>
- Davis, C. H., Krafft, J., **Hicks, E. T.**, & Levin, M. E. (2021). The role of psychological inflexibility and perspective taking in anti-racism and anti-sexism. *Personality and Individual Differences, 175*(3), 110724. <https://doi.org/10.1016/j.paid.2021.110724>
- Levin, M. E., **Hicks, E. T.**, & Krafft, J. (2020). Pilot evaluation of the Stop, Breathe & Think mindfulness app for student clients on a college counseling center waitlist. *Journal of American College Health, 1-9*. <https://doi.org/10.1080/07448481.2020.1728281>
- Levin, M. E., Krafft, J., **Hicks, E. T.**, Pierce, B., & Twohig, M. P. (2020). A randomized dismantling trial of the open and engaged components of acceptance and commitment therapy in an online self-help program for distressed college students. *Behaviour Research & Therapy, 126*, 103557. <https://doi.org/10.1016/j.brat.2020.103557>
- Krafft, J., **Hicks, E. T.**, Mack, S., & Levin, M. E. (2019). Psychological inflexibility predicts suicidality over time in college students. *Suicide and Life-Threatening Behavior, 49*(5), 1488-1496. <https://doi.org/10.1111/sltb.12533>

## PRESENTATIONS

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- Hicks, E. T.** (2023). *The importance of undergraduate research and the impact of research on helping professions*. Invited Keynote Speaker for Marist College Celebration of Undergraduate Research, Scholarship, and Creative Activity (CURSCA) symposium (Hybrid event; Virtual and Poughkeepsie, New York).
- Tehee, M., Ficklin, E., **Hicks, E. T.**, & Killgore, R. M. (2021). *Teaching Teachers to TEACH: Considering Culture in Higher Education*. Invited workshop presented at the Howard Hughes Medical Institute (HHMI) Inclusive Excellence Annual Meeting (Virtual).
- Hicks, E. T.** & Ferrell, J. (2021). *Safe Passages 4 U (SP4U) Cultural Competence training: Introduction*. Invited workshop presented at the Utah State University Inclusive Excellence Symposium (Virtual).
- Tehee, M., Isaacs, D. S., Ficklin, E., **Hicks, E. T.**, & Mack, S. (2021). *Teaching is Cultural: Considering Culture in the Classroom*. Invited workshop presented at the Bennion Teachers' Workshop (Virtual).
- Isaacs, D. S., Ficklin, E., **Hicks, E. T.**, Mack, S. A., Tehee, M. (2020). *TEACH: Promoting cultural competence for faculty working with Native students*. Workshop presented at the National Indian Education Association annual convention (Virtual).
- Tehee, M., Ficklin, E. L., **Hicks, E. T.**, & Mack, S. A. (2019). *Cultural competence workshop for faculty*. Poster presented at the APA Division 2 Society for Teaching Psychology 18th Annual Conference on Teaching (Denver, Colorado).
- Alvarez, M. C., **Hicks, E. T.**, & Domenech Rodríguez, M. M. (2019). *The relationship between attitude shifts and final grade in a Multicultural Psychology course*. Poster presented at the APA Division 2 Society for Teaching Psychology 18th Annual Conference on Teaching (Denver, Colorado).
- Domenech Rodríguez, M. M., Alvarez, M. C., & **Hicks, E. T.** (2019). *Tracking cultural competence outcomes*. Paper presented at the Inclusive Excellence Symposium, Utah State University (Logan, UT). <https://osf.io/a5vep/>
- Hicks, E. T.** & Jay, K. L. (2019). *Examining the relationship between facets of mindfulness and holistic health*. Poster presented at the Association for Contextual Behavioral Science World Conference (Dublin, Ireland).
- Hicks, E. T.**, Krafft, J., & Levin, M. (2019). *Evaluation of a mindfulness app for college student mental health*. Paper presented at the Association for Contextual Behavioral Science World Conference (Dublin, Ireland).
- Levin, C., Levin, M., Pistorello, J., Hayes, S. C., Seeley, J., & **Hicks, E. T.** (2019). *Implementing online ACT guided self-help in college counseling centers: Results from a multi-site randomized control trial*. Paper presented at the Association for Contextual Behavioral Science World Conference (Dublin, Ireland).

- Terry, C., **Hicks, E. T.**, Ong, C., & Twohig, M. (2019). *Psychological flexibility and self-compassion as predictors of quality of life*. Poster presented at the Eastern Psychological Association Annual Convention (NYC, New York).
- Hicks, E. T.** & Jay, K. L. (2018). *The relationship between facets of mindfulness and implicit racial bias*. Poster presented at the Association for Contextual Behavioral Science World Conference (Montréal, Quebec, Canada).
- Hicks, E.** & Jay, K. L. (2017). *The effect of meditation and mindfulness on various components of attention*. Poster presented at Fifth World Congress on Positive Psychology (Montréal, Quebec, Canada).
- Hicks, E.** & Jay, K. L. (2017). *Investigating the relationship between trait-mindfulness and implicit racial bias*. Poster presented at Eastern Psychological Association Annual Convention (Boston, MA).
- Hicks, E.**, Levering, K. R., Moran, A., Argiro, K., & Salerno, K. (2016). *Exploring the relationship between music genre and exercise intensity*. Paper presented at New England Psychological Convention Annual Meeting (Worcester, MA).
- Hicks, E.** (2016). *The effect of positive self-talk on quantitative test performance*. Poster presented at New England Psychological Convention Annual Meeting (Worcester, MA).
- Jay, K. L., Bellante, L., **Hicks, E.**, Clark, K., & Milligan, K. (2016). *Sentence context influences the generation of euphemisms for common taboo words*. Poster presented at New England Psychological Convention Annual Meeting (Worcester, MA).

## **CULTURAL COMPETENCE PROGRAM DEVELOPMENT**

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### **T.E.A.C.H. for Native Students: Training for Educators Advancing Cultural Competence in Higher Education for Native Students**

PI: Melissa Tehee, PhD; in collaboration with the Tohi Lab group

#### **Native American STEM Mentoring Program,** Logan, UT

*Fall 2019-Fall 2021*

- Contributed to the development of curriculum of five weekly 1-hr units, blended (in-person, online; asynchronous, synchronous), to improve knowledge, skills, and awareness of culture and Native history into research pedagogy and mentoring styles for faculty, students, and staff at Utah State University
- Co-facilitated 1-hr synchronous cultural competence skills training and 1-hr synchronous “refresher” session to review TEACH material and discuss the integration of pedagogy focused on Native students

#### **USU Daigwade Project (NSF Grant # 1943630),** Logan, UT

*Spring 2021*

- Co-facilitated 1-hr synchronous cultural competence skills trainings for members of the Daigwade Project Team

#### **TRIO Student Support Services Staff, USU Blanding,**

*Spring 2021*

Blanding, UT

- Co-facilitated 1-hr synchronous cultural competence skills trainings for TRIO staff

### **SP4U Cultural Competence Training: Adaptations for USU** *Spring 2019-Fall 2021*

In collaboration with Melanie Domenech Rodriguez, PhD and Jill Ferrell, MS

- Trained by Melanie Domenech Rodriguez, PhD to facilitate original 4-hr Safe Passages 4 U (SP4U) Cultural Competence workshop to improve knowledge, skills, and awareness of differing cultural groups
- Co-led of student-led initiative to create adaptations of SP4U cultural competence trainings for various USU campus needs
- Assisted in development and co-facilitation of a 2-hr adaptation of the original 4-hr SP4U Cultural Competence Training

## **TEACHING EXPERIENCE**

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### **Instructor**

School: Utah State University, Logan, UT *Summer 2021*

Course: PSY 1010 – **General Psychology**

School: Utah State University, Logan, UT *Fall 2020, Spring 2021*

Course: PSY 3210 – **Abnormal Psychology**

School: Utah State University, Logan, UT *Spring 2020*

Course: PSY 4240 – **Multicultural Psychology**

### **Teaching Assistant**

School: Utah State University, Logan, UT *Summer 2019, Fall 2019, Fall 2021*

Course: PSY 4240 – **Multicultural Psychology**

School: Utah State University, Logan, UT *Fall 2021*

Course: PSY 4230 – **Psychology of Gender**

School: Utah State University, Logan, UT *Spring 2019*

Course: PSY 6310 – **Intellectual Assessment**

School: Utah State University, Logan, UT *Fall 2018*

Course: PSY 3210 – **Abnormal Psychology**

School: Utah State University, Logan, UT *Spring 2018*

Course: PSY 3110 – **Health Psychology**

School: Utah State University, Logan, UT *Summer 2018, Spring 2018, Fall 2018*

Course: PSY 1010 – **General Psychology**

School: Utah State University, Logan, UT *Fall 2017*

Course: PSY 3720 – **Behavior Assessment and Intervention**



School: Marist College, Poughkeepsie, NY *Spring 2017*  
Course: PSYC 301 - **Psychobiology & Lab**

School: Marist College, Poughkeepsie, NY *Spring 2016, Fall 2016*  
Course: PSYC 350 - **Psychological Research Methods I & Lab**

School: Marist College, Poughkeepsie, NY *Fall 2016*  
Course: PSYC 306 - **Cognitive Neuroscience and Neuropsychology & Lab**

## **RESEARCH EXPERIENCE**

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**Culture & Mental Health Lab,** *Spring 2019-Summer 2023*  
 Utah State University, Logan, UT  
 Supervisor: Melanie M. Domenech Rodríguez, PhD  
*Graduate Student Researcher*

**Tohi Lab** *Spring 2019-Summer 2023*  
 Utah State University, Logan, UT  
 Supervisor: Melissa Tehee, PhD  
*Graduate Student Researcher*

**Acceptance and Commitment Therapy (ACT) Research Group** *Fall 2018-Spring 2019*  
 Utah State University, Logan, UT  
 Supervisors: Michael Levin, PhD & Michael Twohig, PhD  
*Graduate Student Researcher*

**Contextual Behavioral Science Lab** *Fall 2017-Spring 2019*  
 Utah State University, Logan, UT  
 Supervisor: Michael Levin, PhD  
*Undergraduate Research Assistant Coordinator*  
*Graduate Student Researcher*

**Contextual Change, LLC** *Summer 2018-Spring 2019*  
 Reno, NV  
 Supervisor: Jaqueline Pistorello, PhD  
*Research Coordinator*

**Center for Injury Research and Prevention** *Summer 2016*  
 Children's Hospital of Philadelphia, Philadelphia, PA  
 Supervisor: Catherine McDonald, PhD  
*National Science Foundation REU Fellow*

**WTF Lab** *Fall 2014-Spring 2017*  
 Marist College, Poughkeepsie, NY  
 Supervisor: Kristin Jay, PhD  
*Research Assistant*

## EDITORIAL ACTIVITIES

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### Invited Ad hoc Journal Reviewer

*Spring 2020-present*

*Scholarship of Teaching and Learning in Psychology*

*Teaching of Psychology (APA Division 2 Journal)*

*International Journal of Multicultural Education*

*Training and Education in Professional Psychology*

## AWARDS

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USU Psychology Department Anthony LaPray Scholarship	2021
USU Student Association Graduate Enhancement Award	2020
USU Psychology Department Walter R. Borg Scholarship	2020
USU College of Education Ferne Page West Scholarship	2020
ACLU National Advocacy Institute, Full Scholarship	2020
Marist College Salutatorian of the Class of 2017 Award	2017
Marist Psychology Department Baccalaureate Award	2017
<i>Psi Chi</i> Eastern Regional Research Award	2017
National Science Foundation REU Fellowship	2016
CHOP Center for Injury Research and Prevention Research Grant	2016
Marist College Endowed Scholarship	2015-2017
Dean's List, School of Social & Behavioral Sciences	2013-2017
Marist College Presidential Scholarship	2013-2017

## MEMBERSHIPS & AFFILIATIONS

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Association for Contextual Behavioral Science,	2017-present
American Psychological Association,	2015-present
<i>Division 2: Society for the Teaching of Psychology</i>	
<i>Division 35: Society for the Psychology of Women</i>	
<i>Division 44: Society for the Psychology of Sexual Orientation and Gender Diversity</i>	
<i>Division 45: Society for the Psychological Study of Culture, Ethnicity and Race</i>	
<i>Division 56: Division on Trauma Psychology</i>	
American Civil Liberties Union	2016-present
<i>ACLU National</i>	
<i>ACLU State</i>	
<i>ACLU National Advocacy Institute</i>	
Eastern Psychological Association, <i>Student Affiliate</i>	2015-present
<i>Psi Chi</i> , International Honors Society in Psychology	2015 (life)
LGBTQ Affirmative Therapists Guild of Utah	2019-2022