

H'Sien Hayward, PhD

CURRICULUM VITAE

CONTACT INFORMATION

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Redwood City, CA 94063

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EDUCATION

Stanford University School of Medicine, Department of Psychiatry and Behavioral Sciences, Palo Alto, CA

9/2017-12/2018 APA-Accredited Clinical Psychology Postdoctoral Fellowship

Tibor Rubin VA Medical Center, Long Beach, CA

8/2016-7/2017 APA-Accredited Clinical Psychology Internship

California School of Professional Psychology, San Francisco, CA

9/2013-7/2017 APA-Accredited Clinical Psychology Post-Doctoral Respecialization

Harvard University, Cambridge, MA

Degree: Ph.D. in Psychology, May 2013
GPA: **3.9/4.0**
Dissertation: *Posttraumatic Growth & Disability: On Happiness, Positivity, & Meaning*

Degree: M.A. in Psychology, May 2009
GPA: **3.8/4.0**
Master's Thesis: *Does the Positivity Effect Predict Well-Being? An Eight-Year Longitudinal Study*

Stanford University, Palo Alto, CA

Degree: M.A. in Psychology, June 2001
GPA: **3.9/4.0**
Master's Thesis: *Memory for Emotional Pictures: A Socioemotional Analysis of the Acquisition of Spinal Cord Injury*

Degree: B.A. in Psychology (with Honors), June 2001
GPA: Major **3.9/4.0**; Overall 3.7/4.0
Specialization: Health & Development

**Graduate Record Examination (GRE) - Highest Scores:
760 Verbal (99th percentile), 720 Quantitative
Subject Test (Psychology): 730**

CLINICAL EXPERIENCE

H. Hayward, PhD Psychological Services: Redwood City, CA (2022-Present): Founded sole proprietorship aimed at serving individuals and couples across the state of California via teletherapy, using evidence-based modalities, including CBT, DBT, ACT, CBTI, CPT, and PE.

Two Chairs Behavioral Health Group; Redwood City, CA (2019-2022): Conducted outpatient psychotherapy at a group practice using evidence-based modalities. Performed intake consultation sessions, using the Two Chairs clinician-client matching method. Participated on Diversity, Equity, and Inclusion Taskforce, planning educational events and consulting with Two Chairs clinicians who were serving culturally diverse clients.

Clinical Psychology Postdoctoral Fellowship at Stanford University School of Medicine, Department of Psychiatry and Behavioral Sciences (2017-2018)

Psychosocial Treatment Clinic: Advanced clinical psychology training with adult outpatients; conducted intake assessments and diagnostic evaluations followed by on-going evidence-based treatment with individuals who presented with a wide-range of concerns, and systematic evaluation of effectiveness of practices (caseload = 24 clients per week); training in national and state ethics regulations.

Stanford Dialectical Behavior Therapy (DBT) Clinic: Worked with a DBT team in the Stanford Comprehensive DBT Program, which included weekly skills training groups, individual psychotherapy, and phone coaching, plus weekly consultation team meetings and DBT-specific supervision.

Clinical Psychology Internship at Tibor Rubin VA Medical Center (VA Long Beach Healthcare System) (2016-2017)

Rotation 1: Behavioral Health Interdisciplinary Program. Conducted outpatient therapy with evidence-based therapies (e.g., CBT, DBT, CPT, PE, IPT, ACT) for various disorders; triaged clients new to mental health services -- conducted intake assessments, diagnosed, conceptualized cases, and referred to appropriate treatment; facilitated skills groups and individual therapy in comprehensive dialectical behavior therapy program; contributed to interdisciplinary group consultation sessions; and conducted diagnostic and outcome assessments.

Rotation 2: Spinal Cord Injury. Conducted inpatient psychotherapy (CBT) with spinal cord injured Veterans; contributed to interdisciplinary team meetings; co-facilitated "SCI and

Spirituality” group; performed weekly Annual Assessments of outpatients; performed full neuropsychological batteries and wrote and presented reports.

Rotation 3: Primary Care Mental Health Integration. Trained in a model of co-located, collaborative care with embedded behavioral health providers in a primary care clinic; conducted brief evidence-based psychotherapy, integrated behavioral health practices into a CBT psychotherapeutic approach; coordinated treatment within a multidisciplinary team of primary care and mental health providers.

Rotation 4: Combat PTSD. Co-led PTSD 101 group, Mindfulness and PTSD group, Cognitive Processing Therapy (CPT) group, and Combat PTSD Drum Circle; performed intakes with combat veterans new to the PTSD program; and conducted CPT, PE, and CBT with outpatient veterans.

Ancillary Training Experiences. Training in supervision methods; supervision of pre-intern trainees; weekly training in evidence-based psychotherapies; psychodiagnostic, cognitive, and neuropsychological assessment training and administration of comprehensive batteries)

Kaiser Permanente - Richmond, CA; Department of Psychiatry: Worked as a generalist provider in an outpatient department of psychiatry located in a medical center. Provided individual psychotherapy to socio-economically and culturally diverse clients. Co-led weekly psychoeducational and process groups. Performed psychodiagnostic and neuropsychological testing. (2015-2016).

Vinogradov Schizophrenia Research Laboratory, Assessment-Only Practicum; San Francisco VA Medical Center & University of California San Francisco: Administered, scored, and interpreted diagnostic interviews, semi-structured clinical interviews, and comprehensive neuropsychological assessment, to inform neuroscience-based research on cognitive training for schizophrenia and other neuropsychiatric disorders in adults and adolescents. (2015).

San Francisco VA Medical Center, General Psychiatric Outpatient Services Mood Disorders Psychotherapy Program: Provided evidence-based individual cognitive behavioral psychotherapy for the treatment of mood and anxiety disorders, as well as related and co-occurring conditions (e.g., psychosis, insomnia, nightmares). Participated in comprehensive dialectical behavior therapy program by performing individual therapy and co-leading DBT skills groups for individuals with borderline personality disorder. Co-instructed 4 modules of group therapy: cognitive-behavioral therapy for depression, dialectical behavior therapy for borderline personality disorder (distress tolerance & interpersonal effectiveness), and mindfulness-based cognitive therapy. Performed diagnostic assessment using the Structured Clinical Interview for the DSM-IV (SCID). Conducted weekly intake interviews for veteran's new to mental health services, and volunteered on the SFVAMC Diversity Committee. (2014-2015).

San Francisco VA Medical Center, Psychosocial Rehabilitation and Recovery Center: Worked with an interdisciplinary team to provide evidence-based group and individual therapeutic services to veterans with severe mental illness and GAF scores of 50 or less. Diagnoses included schizophrenia, schizoaffective disorder, psychosis NOS, major depression, severe PTSD, and bipolar disorder. Conducted recovery-oriented assessment as needed. Co-

taught 24 psychoeducational groups in outpatient and inpatient settings, held individual therapy sessions, and consulted with clients about their recovery goals and strategies. (2013-2014).

Obsessive Compulsive Disorders Institute, McLean Hospital, Belmont, MA: (Clinical practicum training.) Worked with adolescents diagnosed with severe OCD in an inpatient setting, using a cognitive behavioral therapeutic orientation. (2007).

Cambridge Hospital, Department of Psychiatry, Cambridge, MA: (Clinical practicum training.) Received training and supervision working with children, adolescents, and adults diagnosed with mood disorders, using a psychodynamic therapeutic orientation. (2007).

Co-Trainer, Thailand Positive Psychology Workshops: Trained mental health professionals in positive psychology-based clinical interventions in Bangkok, Thailand for use in their work with trauma-exposed tsunami survivors. (2005).

Psychoeducational Workshop Leader, Wheelchairs for Humanity, Mongolia & Costa Rica: Trained individuals with severe disabilities and their families in cognitive-behavioral intervention skills. (2002).

Edgewood Center for Children and Families, San Francisco, CA: Worked with severely emotionally disturbed children, ages 6-13, on behavior modification at residential psychiatric facility (volunteer). (2000).

Santa Clara Valley Medical Center Spinal Cord Injury Peer Counseling, Santa Clara, CA: Trained and supervised in delivery of rehabilitation psychology-based peer counseling techniques for newly injured individuals with spinal cord injuries (volunteer). (1996 – 2000).

Women's Center Peer Health Educator, Stanford University, Palo Alto, CA: Held paid staff position at the Stanford Women's Center. Provided paraclinical services, counseling, health information and referrals. Organized and facilitated campus-wide programs targeting women's health issues, e.g. anxiety reduction. (1998 – 1999).

Residential Peer Health Educator, Stanford University, Palo Alto, CA: Held paid staff position in Storey House, an on-campus student residence. Provided paraclinical services, counseling, health information and referrals. Taught weekly workshops on mental and physical health issues. (1997 – 1998).

Prison Project, Oakland, CA: Completed intensive training in mindfulness meditation and in working with incarcerated individuals; volunteered to lead meditation workshops with adults in prisons and children in residential juvenile detention facilities. (1996 – 1998).

The Bridge Peer Counseling Center, Stanford University, Palo Alto, CA: Volunteer counseling and support center for Stanford community. Completed 10 week training course with certified clinical psychologist, (volunteer). (1999).

LEADERSHIP EXPERIENCE & PROFESSIONAL SERVICE

- 2023-2025 **Committee on Disability Issues in Psychology**, American Psychological Association.
- 2022 **Disability Mentoring Program**, American Psychological Association.
- 2019-2021 **Diversity, Equity, and Inclusion Taskforce**, Two Chairs Behavioral Health Group.
- 2016 **Ad hoc reviewer** for *Rehabilitation Psychology*
- 2015 **Ad hoc reviewer** for *Rehabilitation Psychology*
- 2012-2013 **Executive Board Member**, Harvard Disability Alliance
- 2012-2013 **Harvard Graduate Student Council, At-Large-Representative for the Social Sciences**
- 2012-2013 **Harvard Student Health Advisory Committee**
- 2012-2013 **Harvard Student Mental Health Advisory Committee**
- 2012-2014 **Africa Healing Exchange (AHE)**, a non-profit organization dedicated to preventing the transgenerational transfer of trauma in survivors of the Rwandan genocide
- 2012-2013 **Harvard Student Outreach Committee**
- 2011-2013 **Executive Board Member, Harvard Graduate School of Education student organization, International Higher Education & Disability (IHED)**
- 2012 **Ad hoc reviewer** for *Journal of Positive Psychology*
- 2011-2012 **Harvard Psychology Department Graduate Student Council Representative**
- 2007-2008 **Harvard Campus Representative**, Association for Psychological Science
- 2004-2005 **Past President**, American Psychological Society Student Caucus
- 2003-2004 **President**, American Psychological Society Student Caucus
- 2003-2004 **Founder**, Campus Representatives Program (APS). Initiative to spread psychological science to campuses worldwide; tally after 11 months: 204 campuses in seven countries, inc. Bulgaria and India

- 2004 **Ad hoc reviewer** for *Journal of Happiness Studies*
- 2002-2003 **Research on Socially and Economically Underrepresented Populations (RiSE-UP) Coordinator**, American Psychological Society Student Caucus
- 2002 **Reviewer** for 2002 Student Research Competition, American Psychological Society
- 2002 **Reviewer** for 2002 Research on Socially and Economically Underrepresented Populations Research Award Competition, American Psychological Society
- 2001 **Co-Director of Marketing and Communications**: First-Annual Stanford Undergraduate Psychology Conference
- 2000-2001 **Graduate Advisor**, Stanford Undergraduate Psychology Association (SUPA)
- 1999-2000 **President**, Stanford Undergraduate Psychology Association (SUPA)

HONORS & AWARDS

Delta Alpha Pi International Honor Society; Alliant International University (2016)

Dr. Jay Haley Scholarship (for “Serving the underserved”) (2015)

Beck Institute Student Scholarship Competition (2014)

National Science Foundation Graduate Fellowship (2010-2013)

First Prize, Student Research Competition of the International Network on Personal Meaning (2012)

Harvard Department of Psychology Restricted Funds Grant: Knox Fund (2012)

Harvard University Committee on General Scholarships Grant (2012)

Harvard University Jack B. Wallach Fund Scholarship (2012)

Harvard Department of Psychology Restricted Funds Grant: Stimson Fund (2012)

Harvard Department of Psychology Restricted Funds Grant: Knox Fund (2011)

Harvard University Dean’s Grant (2011)

Harvard University Committee on General Scholarships Grant (2011)

Harvard Department of Psychology Restricted Funds Grant: Knox Fund (2010)

Harvard University Stephen & Wanda W. Jones Scholarship (2009)

Harvard Department of Psychology Restricted Funds Grant: Knox Fund (2009)

Harvard University Summer Research Grant (2009)

Harvard University Stimson Fund Recipient (2007)

Harvard University Summer Research Grant (2007)

Harvard University Graduate Student Fellowship (2006-2009)

Center for Public Leadership, John F. Kennedy School of Government, Harvard University. Research Fellowship Recipient (2005-2006)

Selected as one of the **“Top 10 College Women of the Year”** by Glamour Magazine (2000)

Highest Departmental Honors, Department of Psychology, Stanford University (2001)

Highest Ranked Teaching Assistant (selected by students). Introduction to Psychology with Philip Zimbardo, Ph.D., Stanford University. Grade: A+ (Winter 2001).

Highest Ranked Teaching Assistant (selected by students). Introduction to Psychology with Philip Zimbardo, Ph.D., Stanford University. Grade: A+ (Winter 2000).

Western Psychological Association Multivariate Software Award for statistical analysis in master's thesis (2002)

Recognition for Outstanding Dedication and Achievement, American Psychological Society (2004)

Recognition for Outstanding Dedication and Achievement, American Psychological Society (2003)

Psi Chi National Honor Society in Psychology Regional Research Award; Western Psychological Association Convention (2002)

Psi Chi National Honor Society in Psychology Recognition for Scholarly Contributions; American Psychological Association Convention (2002)

American Psychological Society Travel/Research Award (2002)

Undergraduate Research Large Grant Recipient, Stanford University (2000-2001)

Accepted to highly selective **Senior Honors Program in Psychology**, Stanford University (2000)

Accepted to highly selective **Co-terminal Master's Program in Psychology**, Stanford University (2000)

Selected by Foreign Investors (**Grup Orfund, SA**) to design disability-related humanitarian project in Liberia, W. Africa (2000)

Granted **Cap & Gown Stanford University Women's Honor Society** Membership for exceptional academic achievement, leadership, and service to the university (2000)

Granted **Psi Chi National Honor Society in Psychology** Membership for excellence in scholarship and advancing the science of psychology (1999)

Accepted to **Stanford University Honors College**, Stanford University (1998)

Granted **Cum Laude Society** Membership for superior scholastic achievement

Ironman Foundation Scholarship; a World Triathlon Corporation funded scholarship to support university studies for a scholar-athlete (based on pre-injury District, Regional, and State Championship titles in varsity track, cross-country, and volleyball)

RESEARCH EXPERIENCE

San Francisco VA Medical Center: Internalized stigma & psychiatric symptoms, with Jennifer Boyd, PhD. (10/2013-5/2016).

California School of Professional Psychology, Alliant International University: Microaggressions & women with disabilities, with Rhoda Olkin, PhD. (1/2014-5/2016).

Dissertation Research, Harvard University Psychology Department: Posttraumatic Growth and Disability: On Happiness, Positivity, and Meaning. Advisors: George Vaillant, MD; James Sidanius, PhD; Daniel Gilbert, PhD; & Thomas Hehir, EdD. (9/2009 – 2/2013).

Master's Thesis, Harvard University Psychology Department: Do Positive Memory Biases Predict Improved Emotion Regulation after Adversity? An Eight-year Longitudinal Study. Advisors: George Vaillant, MD & James Sidanius, PhD (7/2008 – 6/2009).

Head Research Assistant, Graduate School of Education, Harvard University, with Katherine Curhan, EdD. Themes of well-being in America. (7/2008-12/2008)

Research Fellow, John F. Kennedy School of Government, Harvard University, with Professor T. Pittinsky, PhD. Adaptive crisis leadership. (7/2005-7/2006)

Research Coordinator, Positive Psychology Center, University of Pennsylvania, with Martin E.P. Seligman, PhD. Positive psychology and disability. (10/2003 – 5/2005)

Senior Honors/Master's Thesis, Stanford University Psychology Department: *Memory for Emotional Pictures: A Socioemotional Analysis of the Acquisition of Spinal Cord Injury* (9/2000 – 6/2001)

Research Assistant, Cultural Psychology Laboratory, Stanford University Psychology Department, with Professor H. Markus, PhD. Well-being in America and East Asia. (9/1999 – 6/2001)

Research Assistant, UCSF/Langley-Porter Psychiatric Institute Substance Abuse Research at SF General Hospital Drug Abuse Treatment-Emergency Department Linkages Project (6/2000 – 9/2000)

Research Assistant, Life-Span Development Laboratory, Stanford University Psychology Department, with Professor L. Carstensen, PhD. Socioemotional selectivity theory in an aging population. (9/1997 – 6/2000)

PUBLICATIONS

Olkin, R., **Hayward, H.**, Abbene, M. S. and VanHeel, G. (2019). The experiences of microaggressions against women with visible and invisible disabilities. *Journal of Social Issues*, 75: 757-785. <https://doi.org/10.1111/josi.12342>

Mona, L. R., **Hayward, H.**, & Cameron, R. P. (2018). Cognitive behavior therapy and people with disabilities. In P. A. Hays & G. Y. Iwamasa (Eds.), *Culturally responsive cognitive behavior therapy: Assessment, practice, and supervision*. Washington, DC: American Psychological Association.

Boyd, J. E., **Hayward, H.**, Bassett, E. D., & Hoff, R. (2016). Internalized stigma of mental illness and depressive and psychotic symptoms in homeless veterans over 6 Months. *Psychiatry Research*, 240, 253–259.

Hayward, H. (Under review.) Lottery Winners and Accident Survivors: Happiness is Relative. Harvard University, Cambridge, MA.

Hayward, H. (Under review.) The Positivity Effect Predicts Effective Emotion Regulation & Posttraumatic Growth After Severe Adversity: An Eight-Year Longitudinal Study. Harvard University, Cambridge, MA.

Hayward, H. (2014). Adaptation to Adversity: Does Money or Meaning Matter More? *International Journal of Existential Psychology & Psychotherapy*, 5, (1), 87-95.

Ironson, G. & **Hayward, H.** (2008). Invited article: Do positive psychosocial factors predict disease progression in HIV? A review of the evidence. *Psychosomatic Medicine*, 70(5), 546-554.

Fazio, R., Rashid, T., & **Hayward, H.** (2008). Growth through Loss and Adversity: A Choice Worth Making. In *Positive Psychology Perspectives Series*. Ed. Shane Lopez.

Pittinsky, T.L., Welle, B., & **Hayward, H.** (2006). Leadership in Public Health and Safety Crises: Where the Individual and Organization, Theory and Practice Intersect. In *Building Leadership Bridges: Leadership at the Crossroads*. (Eds.) Nancy S. Huber and Mark C. Walker. College Park, MD: International Leadership Association.

Hayward, H. (2005). Positive Psychology for Tsunami Survivors. *APS Observer*, 18, (9).

Hayward, H., Seligman, E. P. M., Schulman, P., & Reivich, K. (2005). Learned Optimism and the Empowerment of People with Disabilities. Report for Department of Education, OSERS, Rehabilitation Services Administration.

Hayward, H. (2004). Student Caucus Presidential Midterm Report. *APS Observer*, 17, (3).

Zimbardo, P. G., **Hayward, H.**, Mona, L., & Hagglund, K. J. (2003). Enriching psychological research on disability. In F. E. Menz & D. F. Thomas (Eds.), *Bridging Gaps: Refining the Disability Research Agenda for Rehabilitation and the Social Sciences: Conference Proceedings* (pp. 19-32). Menomonie, WI: University of Wisconsin-Stout.

Hayward, H. (2002). Preparing for the Future: Incorporating a Disability Perspective in Psychological Science. *APS Observer*, 15, (9).

Hayward, H., Mathers, M., Turk-Charles, S., & Carstensen, L. (2001). Memory for Emotional Pictures: The Application of Socioemotional Selectivity Theory to the Acquisition of Spinal Cord Injury. Unpublished master's thesis, Stanford University, Palo Alto, CA.

INVITED TALKS

Able-bodied Privilege and Ableism: The Building Blocks of Disability Cultural Competence. CE talk offered to Bay Area mental health providers by Two Chairs Behavioral Health Group; San Francisco, CA. (November, 2021).

Able-bodied Privilege and Ableism. Diversity, Equity, and Inclusion Taskforce of Two Chairs Behavioral Health Group; Redwood City, CA. (March, 2020).

The Science of Stress and Anxiety Management. Stanford University Department of Engineering, Palo Alto, CA. (April, 2019).

Does Money or Meaning Matter More? Stanford University School of Medicine, Department of Psychiatry and Behavioral Sciences, Palo Alto, CA. (December, 2017).

Cognitive Behavior Therapy and Disability. Tibor Rubin VA Medical Center, Long Beach, CA. (June, 2017).

Women with Disabilities: Experiences of Multiple Identities, Microaggressions, & Stigma. Western Psychological Association Convention, Long Beach, CA. Symposium with Rhoda Olkin, Goldie VanHeel, & Melody Schaff. (April, 2016).

New Strength after Trauma: Posttraumatic Growth & the Science of What Matters. 11th Annual Scripps Brain Injury Rehabilitation Conference, San Diego, CA. (March, 2016).

Disability & Happiness: Does Money or Meaning Matter More? Grand Rounds: Kaiser Permanente, Psychiatry Department, Richmond, CA. (December, 2015).

Psychiatric Disabilities in the Workplace. Hayward, H, Boyd, J. E., Johnston-Tyler, J. Mental Health Recovery Forum, San Francisco VA Medical Center. (October, 2013).

Removing Attitudinal Barriers: From Stigma to Strength: United Nations DPI/NGO Relations Briefing. New York, NY. (December, 2012).

Diversity & Inclusion: The Engines that Drive Excellence. Harvard University, Office of the Assistant to the President for Institutional Diversity and Equity. (November, 2012).

Diversity Across the Spectrum: Reflecting on the Continuum of Inclusion. Harvard University, Faculty of Arts & Sciences. (August, 2012)

Diversity Dialogues, Reframing Disability: The Power of Positive Images in Education. Harvard University, Graduate School of Education. (March, 2012).

Social Justice and Disability. Harvard University, Graduate School of Education. (February, 2012).

Reframing Disability: From Stigma to Strength. Annual International Higher Education and Disability (IHED) Symposium. Harvard University, Graduate School of Education. (April, 2011).

The Naked Truth: Graduate Study in Psychology. American Psychological Society Convention, Los Angeles, CA. (May, 2005).

Positive Psychology and the Empowerment of People with Disabilities. Talk given with Dr. Martin Seligman at the Philadelphia Vocational Rehabilitation Agency. (January, 2004).

Positive Psychology and the Empowerment of People with Disabilities. Talk given with Dr. Martin Seligman at the Baltimore Workforce & Technology Center. (January, 2004).

Learned Optimism and the Empowerment of People with Disabilities. Council of State Administrators of Vocational Rehabilitation (CSVAR) 2003 Fall Conference/The National

Council of State Agencies for the Blind (NCSAB) Fall Meeting, San Francisco, CA. (November, 2003).

PRESENTATIONS

Hayward, H. (September, 2015). Lottery Winners and Accident Survivors: Happiness is Relative. Poster presented at the 2015 Academy for Spinal Cord Injury Professionals Conference, New Orleans, LA.

Boyd, J. E. & **Hayward, H.** (May, 2014). Internalized Stigma of Mental Illness Predicts Worsening Depressive and Psychotic Symptoms. Poster presented at the 2014 Association for Psychological Science Conference, San Francisco, CA.

Hayward, H. (May, 2012). Lottery Winners and Accident Survivors: Happiness is Relative. Poster presented at the 2012 Association for Psychological Science Conference, Chicago, IL.

Hayward, H., Vaillant, G.I., & Sidanius, J. (May, 2010). Does the Positivity Effect Predict Well-Being? An Eight-Year Longitudinal Study. Poster presented at the 2010 Association for Psychological Science Conference, Boston, MA.

Hayward, H. (2004). The Positive Psychology of Disability. Paper presented at Third Annual International Positive Psychology Summit, Washington, D.C.

Hayward, H. (April, 2002). Posttraumatic Effects on Memory for Emotional Stimuli: Parallels with Aging. Poster presented at the 2002 Western Psychological Association Conference, Irvine, CA.

Hayward, H. (June, 2002). Increased Memory for Emotional Stimuli: A Cognitive Mechanism of Posttraumatic Growth. Poster presented at the 2002 American Psychological Society Conference, New Orleans, LA.

Hayward, H. (August, 2002). Aging and Acquired Disability: Shared Trajectories of Emotional Development. Poster presented at the 2002 Psi Chi/American Psychological Association Conference, Chicago, IL.

Hayward, H., Mathers, M., Turk-Charles, S., & Carstensen, L. (2001). Memory for Emotional Pictures: The Application of Socioemotional Selectivity Theory to the Acquisition of Spinal Cord Injury. Paper presented at the Rocky Mountain Psychological Association Conference, Reno, NV.

Hayward, H., Mathers, M., Turk-Charles, S., & Carstensen, L. (April 2001). Memory for Emotional Pictures: A Socioemotional Analysis of the Acquisition of Spinal Cord Injury. Paper presented at the Forty-Fourth Annual Spartan Psychological Association Research Colloquium (SPARC), San Jose, CA.

Hayward, H., Mathers, M., Turk-Charles, S., & Carstensen, L. (April 2001). Memory for Emotional Pictures: A Socioemotional Analysis of the Acquisition of Spinal Cord Injury. Poster

presented at Thirtieth Annual Western Psychology Conference for Undergraduate Research, Santa Clara, CA.

Hayward, H., Mathers, M., Turk-Charles, S., & Carstensen, L. (May 2001). Memory for Emotional Pictures: A Socioemotional Analysis of the Acquisition of Spinal Cord Injury. Paper presented at the Tenth Annual UCLA Psychology Undergraduate Research Conference, Los Angeles, CA.

Hayward, H., Mathers, M., Turk-Charles, S., & Carstensen, L. (May 2001). Memory for Emotional Pictures: A Socioemotional Analysis of the Acquisition of Spinal Cord Injury. Paper presented at the First Ever Stanford Undergraduate Psychology Conference, Stanford, CA.

Hayward, H., Mathers, M., Turk-Charles, S., & Carstensen, L. (June 2001). Memory for Emotional Pictures: A Socioemotional Analysis of the Acquisition of Spinal Cord Injury. Paper presented at the Stanford University Psychology Honors Conference, Stanford, CA.

TEACHING

Co-Instructor, Harvard Graduate School of Arts and Sciences Course: Positive Psychology and the Science of Happiness. (Winter 2011).

Teaching Assistant: Introduction to Psychology, with Philip G. Zimbardo, Ph.D., Stanford University. Included weekly practicum on teaching methods. (Winter 2000 – 2001).

Teaching Assistant: Introduction to Psychology, with Philip G. Zimbardo, Ph.D., Stanford University. Included weekly practicum on teaching methods. (Winter 1999 – 2000).

Oral Communication Consultant, Center for Teaching and Learning, Stanford University. Taught workshops and held consulting hours for individual students on public speaking and presentation skills. Required 6-month training for accreditation. (Winter 1996 – Spring 1999).

Women's Center Peer Health Educator: Stanford University. Taught campus-wide and center-based programs targeting women's mental and physical health issues. (Fall 1998 – Spring 1999).

Residential Peer Health Educator: Storey House, Stanford University. Taught weekly workshops on issues of mental and physical health. (Fall 1997 – Spring 1998).

Mindfulness Meditation, Workshop Leader: Stanford University. Taught campus-wide workshops on techniques of mindfulness meditation and focused relaxation. (Spring 1997 – Spring 1999).

Prison Project, Mindfulness Meditation Teacher: Taught mindfulness meditation workshops to incarcerated adolescents. (Spring 1996 – Spring 1998).

ASSESSMENT MEASURES

Cognitive

Brief Assessment of Cognition in Schizophrenia (BACS) Symbol Coding
Differential Ability Scales, Second Edition (DAS-II)
Wechsler Adult Intelligence Scale, Fourth Edition (WAIS-IV)
Wechsler Individual Achievement Test, Third Edition (WIAT-III)
Wechsler Intelligence Scale for Children, Fifth Edition (WISC-V)
Wechsler Memory Scale (WMS) Spatial Span
Wechsler Test of Adult Reading (WTAR)
Wide Range Achievement Test, Fourth Edition (WRAT4)
Woodcock-Johnson III Tests of Achievement Assessment (WJ-III)
Wide Range Assessment of Memory and Learning, Second Edition (WRAML-2)

Personality

Children's Apperception Test (CAT)
Draw a Person Test
House-Tree-Person Drawing Test
Kinetic Family Drawing Test
Minnesota Multiphasic Personality Inventory, Second Edition (MMPI-2)
Minnesota Multiphasic Personality Inventory – Adolescents (MMPI-A)
Millon Adolescent Clinical Interview (MACI)
Millon Clinical Multiaxial Inventory, Third Edition (MCMI-III)
Person in the Rain Test
Robert's Apperception Test, Second Edition
Rorschach (Scoring system: RPAS)
Rotter Incomplete Sentence Blank (RISB)
Tell-Me-A-Story (TEMAS) Apperception Test
Thematic Apperception Test (TAT)

Neuropsychological

Affective Working Memory (AWM)
Bender Visual Motor Gestalt Test, Second Edition
Beery-Buktenika Developmental Test of Visual Motor Integration, Sixth Edition
Brief Assessment of Cognition in Schizophrenia (BACS) Tower of London
Brief Visuospatial Memory Test (BVMT-R)
Category Fluency (Animal Naming)
Delis-Kaplan Executive Function System (D-KEFS) Color-Word Interference Test
MoCA
Penn Facial Memory Test
Hopkins Verbal Learning Test (HVLT-R)
Kirby Delayed Discounting Questionnaire (Kirby DDQ)
Neurological Assessment Battery (NAB) Mazes
Production Task
Prosody Identification Test (PROID)
Reading the Mind in the Eyes Test (RMET)
Trail Making Test A & B

Mini-Mental Status Exam
University of Maryland (UMD) Letter-Number Span

Diagnostic Symptom Inventories

Achenbach Scales (CBCL, TSR, YSR)
Beck Anxiety Inventory (BAI)
Beck Depression Inventory, Second Edition (BDI-II)
Beck Youth Inventory, Second Edition
Behavioural Inhibition System and Behavioural Activation System (BIS/BAS) Scales
CAGE (Alcohol Abuse)
Center for Epidemiological Studies Depression Scale (CES-D)
Childhood Trauma Questionnaire (CTQ)
Children's Depression Inventory, Second Edition (CDI 2)
Continuous Performance Test - Identical Pairs (CPT-IP)
Generalized Anxiety Disorder Questionnaire, 7-item (GAD-7)
Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT)
Modified Global Assessment of Functioning (mGAF)
Patient Health Questionnaire, 9-item (PHQ-9)
Positive and Negative Symptom Scale - Extended (PANSS)
PTSD Checklist - Civilian version (PCL-C)
Social Functioning Scale (SFS)
Structured Clinical Interview for DSM-IV - Axis I & II (SCID-I; SCID-II)
Structured Clinical Interview for DSM-IV - Modified for Psychosis
Symptom Checklist 90 - Revised
Self-Rated Health Measure
Temporal Experience of Pleasure Scale - Trait (TEPS-TRAIT)
Wahler Physical Symptoms Inventory

Well-Being/Happiness

Brief Cope Questionnaire (BCQ)
Emotion Regulation Questionnaire (ERQ)
Fordyce Happiness Measures
Future Orientation Scale
Gratitude Questionnaire
Meaning in Life Questionnaire (MLQ)
Optimism (LOT-R)
Positive and Negative Affect Schedule (PANAS)
Posttraumatic Growth Inventory (PTGI)
Satisfaction with Life Scale (SWLS)
Scales of Psychological Wellbeing (PWB)
Schizophrenia Quality of Life Scale (QLS)
Social Network Measure

Other

CAST Assessment Readiness Questionnaire
Faux Pas

Future Time Horizon Questionnaire (FTHQ)
Hinting Task
Marlowe-Crowne Social Desirability Measure
Memory of Insight into Cognition - Self Report (MIC-SR)
Modified Barthel Index (ADL Measure)
Penn Emotion Regulation
Theories of Intelligence Scale (TOI)
UCSD Performance Based Skills Assessment - Brief (UPSA-B)

PROFESSIONAL AFFILIATIONS

American Psychological Association, 2000-Present

Association for Psychological Science, 2000-Present

Academy of Spinal Cord Injury Professionals, 2015-Present

Western Psychological Association, 2000-2006, 2013-Present

California Psychological Association, 2000-2003, 2013-Present

San Mateo County Psychological Association, 2019-Present.

San Francisco Psychological Association, 2013-2016; 2022-Present

Society for Personality & Social Psychology, Student Affiliate, 2010-2013

Social Psychology Network, Student Affiliate, 2010-2013

International Network on Personal Meaning, Student Affiliate, 2012-2013

Rocky Mountain Psychological Association, Student Affiliate, 2000-2002

Psi Chi National Honor Society in Psychology (Lifetime Member), 1999-Present

VOLUNTEER HUMANITARIAN WORK

Mongolia: Delivered 200 refurbished wheelchairs and other mobility equipment to people with disabilities (inc. spinal cord injury, stroke, cerebral palsy, multiple sclerosis, & muscular dystrophy) in Ulan Bator and throughout the Gobi Desert. Offered introductory CBT skills training.

Costa Rica: Delivered 250 wheelchairs to children with disabilities. Offered wheelchair-use training and physical therapy workshops, as well as introductory CBT skills.

Thailand: Taught positive psychology-based interventions to mental health professionals working with trauma-exposed individuals following the Southeast Asia tsunami.

Rwanda: Worked with Africa Healing Exchange (AHE), a non-profit organization dedicated to preventing the transgenerational transfer of trauma. Taught Seeking Safety curriculum to survivors of the Rwandan genocide with co-morbid substance use disorders and PTSD.

United Nations, NYC: Organized and hosted leaders in the disability community at the 2011 & 2012 United Nations DPI/NGO Relations Briefings. New York, NY.

SKILLS & INTERESTS

Computer: Proficient in Microsoft Office Suite (Word, Excel, PowerPoint), Outlook, CPRS (VA system), SPSS, Epic (Kaiser Permanente & Stanford Psychiatry system).

Travel: Rwanda, Ethiopia, Mongolia, Thailand, Indonesia, Singapore, Brazil, Ecuador, Peru, Bolivia, Chile, Uruguay, Paraguay, Argentina, Guatemala, Belize, Mexico, Costa Rica, Ireland, England, Scotland, Northern Ireland, Wales, France, Netherlands, Switzerland, Austria, Liechtenstein, Andorra, Spain, Germany, Canada, Curacao, Jamaica, Bahamas, Puerto Rico, Dominican Republic, US Virgin Islands, British Virgin Islands, Anguilla, Antigua, St. Martin.

Mindfulness Meditation: Active practitioner of Siddha Yoga Meditation since 1995. Engage in sitting meditation and deepening mindfulness meditation practice. Participated yearly for 9 years in a volunteer work exchange program at the Siddha Yoga Meditation Ashram in the Catskill Mountains, NY, and the Prison Project – teaching meditation and yoga to incarcerated youth in Oakland, CA.

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