

Zerbrina Valdespino-Hayden
Curriculum Vitae

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EDUCATION

2017- present **PhD in Clinical Psychology**

Montclair State University, Montclair, NJ

Advisors: Joshua Sandry, PhD

Sarah Lowe, PhD

2011-2015 **BA in Psychology**

Minor in Spanish

University of Illinois at Chicago, Chicago, IL

Honors Thesis: *Devaluing Immigrant Space*

Advisor: Courtney Bonam, PhD

Spring 2011 Waubensee Community College, Sugar Grove, IL

POSITIONS

2016-2017 **Research Assistant for Alyson Zalta, PhD at the Road Home Program, Center for Veterans and their Families, Rush University Medical Center:**

Coordinate treatment studies for veterans with posttraumatic stress disorder and sleep disturbance; conduct fear extinction experiments to probe for risk and resiliency mechanisms; process blood to assess neurohormone reactivity; test independent research hypotheses and present ideas at national conferences; develop knowledge of the clinical treatment of posttraumatic stress disorder; develop clinical skills working with outpatients representing varied culture backgrounds, including veterans and minorities.

2015-2017 **Research Assistant for Mark Pollack, MD and Sheila Dowd, PhD at the Center for Anxiety and Traumatic Stress Disorders, Rush University Medical Center:**

Coordinate clinical research trials for treatments of social anxiety, generalized anxiety and posttraumatic stress disorder; develop knowledge of the clinical treatment of those disorders; screen participants for research studies using DSM-IV diagnostic criteria; assist psychiatric residents in applying cognitive behavioral techniques through role-play; observe CBT group sessions for social anxiety patients; work with multidisciplinary team.

RESEARCH EXPERIENCE

- 2014-2015 **Research Intern for Morris Goldman, MD at the Schizophrenia Research Group, Northwestern University Feinberg School of Medicine:**
Conducted phone screens using diagnostic criteria from the DSM-IV for treatment studies of patients with schizophrenia; assisted in running bio-physiological computer tests to evaluate impaired emotion recognition and social functioning in this patient population; observed structured intake interviews with schizophrenia patients; developed clinical interviewing skills with persons of serious mental illness.
- 2013-2015 **Research Assistant for Courtney Bonam, PhD at the Department of Psychology, University of Illinois at Chicago:**
Conducted computer tasks and measures focusing on stereotyping, prejudice, discrimination and perceptions of multiracial people in the social psychology lab; assisted in data collection and coded data accordingly to research specifications; developed and modified survey instruments for research experiments; consented and debriefed participants.

POSTER PRESENTATIONS

1. **Valdespino-Hayden Z**, Dowd S, Burgess H, Zalta A, Kaiser E, Lewis E, Borgia J, Pollack M. Eszopiclone Effects on Sleep and Pro Inflammatory Cytokines in PTSD. Presented at the International Society for Traumatic Stress Studies, Chicago, IL. (Expected) November, 2017
2. **Valdespino-Hayden Z**, Zalta A, Lewis E, Pollack M, Burgess H. A Wearable Morning Light Therapy for Veterans with Post-Traumatic Stress Disorder. Presented at the Anxiety and Depression Association of America Conference, San Francisco, CA. April, 2017
3. Lewis E, Zalta A, **Valdespino-Hayden Z**, Dowd S, Pollack M. The Impact of Childhood Trauma on Self-Efficacy in a Treatment-Seeking Sample with Post-Traumatic Stress Disorder. Presented at the Anxiety and Depression Association of America Conference, San Francisco, CA. April, 2017.
4. Dowd S, Burgess H, Zalta A, Kaiser E, **Valdespino-Hayden Z**, Lewis E, Pollack M. Eszopiclone for the Treatment of Post-Traumatic Stress Disorder in Sleep Disturbance. Presented at the Anxiety and Depression Association of America Conference, San Francisco, CA. April, 2017
5. **Valdespino-Hayden Z**, Lewis E, Dowd S, Otto M, Tolin D, Pollack M. Differences in Response to DCS Augmented CBT by Sex for Panic Disorder. Presented at the Anxiety and Depression Association of America Conference, Philadelphia, PA. April, 2016.
6. Lewis E, **Valdespino-Hayden Z**, Dowd S, Otto M, Tolin D, Pollack M. D-Cycloserine Effects on Quality of Life in DCS vs PBO Augmented Responders to CBT in Panic Disorder. Presented at the Anxiety and Depression Association of America Conference, Philadelphia, PA. April, 2016.
7. **Valdespino-Hayden Z**, Bonam C. Devaluing Immigrant Space. Presented at the Student Research Forum, University of Illinois at Chicago. April, 2015.

HONORS/AWARDS

May 2015 Latin Honors: Cum Laude, University of Illinois at Chicago, IL
2014-2015 College of Liberal Arts and Sciences Undergraduate Research Initiative (LASURI) Award Recipient, University of Illinois at Chicago, IL
2011-2015 University of Illinois President's Award Program Recipient, Chicago, IL
2011-2015 Dean's List, University of Illinois at Chicago, IL

ACADEMIC SERVICE

- Psi Chi Member, University of Illinois at Chicago, IL (2013-2015)
- Honors College Member, University of Illinois at Chicago, IL (2011-2015)
- LARES (The Latin American Recruitment and Educational Services) Member, University of Illinois at Chicago, IL (2011-2015)

PROFESSIONAL MEMBERSHIPS

- Anxiety and Depression Association of America, Member (2015-present)
- American Psychological Association, Member (2013-present)
- National Society of Collegiate Scholars, Member (2012-2015)

SKILLS

- Fluent in Spanish: proficient in oral and written.
- Proficient in Microsoft Word, Excel and Powerpoint.
- Familiar with SPSS, Qualtrics, and REDCap.
- Familiar with bio-physiological measurement instruments/devices and psychology software, such as STIM Fear conditioning, Actigraphy/Actiware, and E-Prime 2.0
- Proficient in standard blood processing.
- Knowledge of CRFs and EDC.

CERTIFICATION

- IRB (University Illinois at Chicago; Northwestern University Feinberg School of Medicine; Rush University Medical Center)
- CITI
- GCP
- HIPAA
- Mayo Medical Laboratories Handling for Transportation of Dangerous Goods
- RFMH- C-SSRS Training Certificate of Completion

COMMUNITY INVOLVEMENT

- 2012 **Creative Arts Coordinator**, the Holmstad Retirement Community
The position is responsible for developing and maintaining a creative arts program for the residents of a covenant retirement community.
- 2011 **Team Member**, Feed My Starving Children
A Christian nonprofit organization committed to feeding God's children hungry in body and spirit. Team members are accountable for hand-packing meals specially formulated for malnourished children. These meals are then sent to partners around the world where they are used to operate orphanages, schools, clinics and feeding programs to break the cycle of poverty.

REFERENCES

Mark H. Pollack, MD

The Grainger Professor and Chairman, Department of Psychiatry
Rush University Medical Center
(312)942-5372, mark_pollack@rush.edu

Sheila Dowd, PhD

Associate Professor, Department of Psychiatry
Rush University Medical Center
(312)942-7281, sheila_dowd@rush.edu

Alyson Zalta, PhD

Assistant Professor with joint appointment in Behavioral Sciences and Psychiatry
Research Director, Road Home Program: The Center for Veterans and their Families
Rush University Medical Center
(312)563-2828, alyson_zalta@rush.edu

Courtney Bonam, PhD

Assistant Professor, Department of Psychology
University of Illinois at Chicago
(312)355-0808, cbonam@uic.edu