

Curriculum Vitae

Stephanie N. Wong

stephaniewong@nyu.edu

EDUCATION

Doctor of Philosophy in Counseling Psychology

New York University, New York, NY

Anticipated Date of Graduation, May 2019

Associate Director of Clinical Training: Kesia Constantine, Ph.D., 212-998-7392,

kesia.constantine@nyu.edu

Master of Education and Master of Arts in Psychological Counseling

Teachers College, Columbia University, New York, NY

May 2014

Bachelor of Arts in Psychology and Economics

Cornell University, Ithaca, NY

May 2011

Dean's Honor List for the College of Arts and Sciences

University College London, London, England, January 2010 – June 2010

COUNSELING EXPERIENCE

Mount Sinai Eating and Weight Disorders Program Psychiatry Extern

Mount Sinai Eating and Weight Disorders Program

New York, NY

July 2015-Present

Supervisor: Tom Hildebrandt, Ph.D.

- Provide psychological treatment for children, adolescents, and adults using cognitive behavioral therapy and Maudsley family therapy models to treat eating and weight disorders
- Co-lead group therapy in intensive outpatient program to weight restore patients diagnosed with Anorexia Nervosa
- Conduct clinical diagnostic and psychological assessments for adolescents and adults planning to have weight loss surgery
- Receive weekly formal training in cognitive behavior therapy (CBT) and family based treatment (FBT) for treatment of adolescents with eating disorders

Jewish Theological Seminary Counseling Extern

Jewish Theological Seminary Counseling Center

New York, NY

September 2013 – May 2014

Supervisors: David Davar, Ph.D., Jason Greif, Psy.D. & Aysen Darcan, Ph.D.

- Provided weekly individual psychotherapy counseling services to 7 clients to promote healthy understanding of self and the self in relation to others
- Designed and led inaugural group psychotherapy services in the counseling center for eight clients in order to reduce stress and cope with academic and personal sources of anxiety using mindfulness techniques

- Served as the Wellness Coordinator, working in conjunction with the Dean of Student Activities, to present psychoeducational workshops and resources that increase student awareness of issues related to drugs and alcohol, body image, and anxiety
- Tracked and analyzed student body mental health using the Counseling Career Assessment of Psychological Symptoms that are given to all new clients at the counseling center as a part of an initiative to improve the provision of mental health services to the JTS community

Dean Hope Center Practicum Counseling Extern

Dean Hope Center, Teachers College, Columbia University

New York, NY

September 2013 – December 2013

Supervisor: Christina Capodilupo, Ph.D.

- Administered individual psychotherapy counseling services to a client as a part of training program in order to gain in-depth experience with career and clinical counseling with adult clients
- Conducted intake assessment with clients to assess preliminary diagnosis formulation and tentative treatment planning goals
- Presented weekly in-depth case studies grounded in theoretical conceptualizations to gain professional feedback from supervisor and colleagues and to maximize effectiveness of treatment for clients

Online Hotline Advocate

Rape, Abuse, & Incest National Network

New York, NY

July 2013 – May 2014

Supervisor: Melissa Tihinen, M.S.W.

- Provided anonymous crisis counseling and support to those affected by sexual assault (i.e., sexual violence, rape, child abuse, domestic violence, stalking, incest, hate crimes, etc.), as well as friends and family members of survivors
- Referred survivors to appropriate local and national community support and legal resources to ensure effective and targeted delivery of necessary services
- Developed applicable therapeutic techniques (e.g., balancing active listening with assessment of symptoms) to recognize and address effects of sexual assault on survivors (i.e., post-traumatic stress disorder, substance abuse, depression, suicidal thoughts, borderline personality disorder, etc.)

Columbia/Barnard Rape Crisis/Anti-Violence Support Center Peer Advocate

Columbia University

New York, NY

May 2013 – May 2014

Supervisors: Mayowa Obasaju, Ph.D. & Melissa Tihinen, M.S.W.

- Utilized peer advocacy and education skills to offer referrals, emotional support, and accompaniment to survivors and their supporters within the entire University community
- Educated students, administrators, and faculty about the dynamics of sexual violence and intimate partner violence to promote awareness
- Received 50+ hours of training supervised by Columbia and Barnard counseling clinicians to ensure multicultural sensitivity and competency in addressing potential issues surrounding mental health distress and sexual trauma

Cornell University Mental Health Intern

Cornell University

Ithaca, NY

August 2010 – May 2011

Supervisor: Harry Segal, Ph.D.

- Selected based on top academic performance to participate in competitive field practicum to gain clinical experience under supervision with psychodynamic child therapy
- Conducted play therapy 6 hours per week with 4 fourth-grade students in order to address behavioral concerns in the classroom related to interpersonal trauma and familial conflict
- Formulated graduate-level case studies on each student by transcribing play therapy sessions, translating notes into a clinical diagnosis of behavior, and providing future treatment recommendations

Empathy, Assistance, & Referral Services Peer Counselor and Trainer

Cornell University, Office of the Dean of Students

Ithaca, NY

September 2008 – May 2011

Supervisor: Alice Green, Assistant Dean of Students

- Certified as a Peer Counselor as a result of weekly training sessions over an 18-month period under the supervision of the program director to gain clinical knowledge and counseling skills grounded in Rogerian therapy
- Provided short-term counseling services to the Cornell community in order to promote mental health wellness and address topics such as interpersonal conflict, eating disorders, and academic stress
- Developed counseling skills workshops to train 60 college students in learning active listening skills, facilitating conversations about sensitive subjects between peers, and creating safe spaces

RESEARCH EXPERIENCE

Chinese Families Research Assistant

New York University, Steinhardt School of Culture, Education, and Human Development

New York, NY

November 2014 – Present

Supervisors: Sumie Okazaki, Ph.D., Niobe Way, Ph.D., & Hiro Yoshikawa, Ph.D.

Serving as member of research team investigating the impact of race and culture (i.e., racism, racial identity, cultural identity) on Asian and Asian American adolescents and adults within local and transnational contexts.

Marginalization, Mental Health, and Empowerment Lab Research Assistant

Columbia University, Department of Counseling Psychology

New York, NY

September 2012 – May 2014

Supervisors: Melanie Brewster, Ph.D. & Riddhi Sandil, Ph.D.

Participate in a research team assessing the mental health correlates of discrimination and stigma, and the intersections of personal identities (e.g., sexual orientation, gender, race, religion) for marginalized groups

- Lead research project examining the impact of bicultural identities on the body image of Asian American females in order to assess implications and risk for eating disorder symptomatology
- Authored literature review to study objectification experiences of bisexual women
- Investigate the impact of acculturation and enculturation on the development of the sexual identity of South Asian Americans to assess correlation with racial/ethnic identification

Asian American Mental Health Lab Research Assistant

Columbia University, Department of Counseling Psychology

New York, NY

October 2013 – May 2014

Supervisors: Michael Lau, Ph.D. & Joey Lee, Ph.D.

Selected to assist in development of game-based therapeutic interventions for the Asian American community to destigmatize therapy, psychoeducate prospective clients, and develop culturally-appropriate methods of diagnosis and assessment

- Synthesized data from literature review and community partnerships to apply for National Institutes of Health Grant to create game-based therapeutic interventions for Asian Americans
- Created proposal delineating barriers to mental health services for Asian Americans to present to board members of community mental health organizations in New York City
- Established partnerships with community mental health organizations to effectively assess and target organization and client needs based upon focus groups with board members and clients

Multicultural Gender Roles Lab Research Assistant

Columbia University, Department of Counseling Psychology

New York, NY

February 2013 – May 2014

Supervisor: Marie Miville, Ph.D.

Member of research team investigating how the Bem Sex Role Inventory and the Personality Assessment Questionnaire measure are impacted by intersections of personal identities (e.g., sexual orientation and race)

- Compiled and analyzed literature review of the historical use of the Bem Sex Role Inventory and the Personality Assessment Questionnaire to understand test applicability to sexual minority populations

Personality, Attachment, and Control Lab Research Assistant

Cornell University, Department of Psychology

Ithaca, NY

September 2009 – May 2011

Supervisor: Vivian Zayas, Ph.D.

Collaborated with research team to examine the processes that shape people's experiences within their closest relationships, with a special focus on implicit attitudes about sexual orientation

- Facilitated 3-hour EEG/ERP studies with over 100 college-aged participants to analyze brain electrical activity in response to computer imaging
- Participated in weekly meetings discussing present research topics of social psychology to familiarize the lab with emerging questions and themes
- Presented semester-end research papers to team on attachment theory, the psychological benefits of power naps, and the susceptibility factors of college-aged women to disordered eating in order to inform future research directions

Stanford Center on Longevity Research Assistant

Stanford University, Department of Psychology

Palo Alto, CA

June 2010 – August 2010

Supervisor: Christopher Bryan, Ph.D.

Assisted research supervisor to format experiments that studied the factors that impact people's sociopolitical opinions and attitudes

- Designed experiments and transcribed interviews and jury trials in order to gain insight into social controversies such as abortion and the psychology of framing effects in the field of law
- Applied experimental results to social problems in order to influence the formation of more effective public policy approaches.

ARTICLES IN REFEREED JOURNALS

- Breslow, A., Brewster, M.E., Velez, B.L., Wong, S.N., Geiger, E., & Soderstrom, B. (2015). Resilience and collective action: Exploring buffers against minority stress for transgender individuals. *Psychology of Sexual Orientation and Gender Diversity*.
- Brewster, M.E., Velez, B.L., Esposito, J., Wong, S.N., Geiger, E., & Keum, B. (2014). Moving beyond the binary with disordered eating research: A test and extension of objectification theory with bisexual women. *Journal of Counseling Psychology*, 61(1), 50-62.
- Keum, B.T., Wong, S.N., DeBlaere, C., & Brewster, M.E. (2014). Body image and Asian American men: Examination of the Drive for Muscularity Scale. *Psychology of Men and Masculinity*.
- Sandil, R., Robinson, M., Brewster, M.E., Geiger, E., & Wong, S.N. (2014). Minority stress and acculturation in South Asian LGB individuals. *Cultural Diversity and Ethnic Minority Psychology*.

MANUSCRIPTS UNDER REVIEW

- Wong, S.N., Keum, B.T., Caffarel, D., Srinivasan, R., Morshedian, N., Capodilupo, C., & Brewster, M.E. (under review). Exploring the conceptualization of body image for Asian American women. *Psychology of Women Quarterly*.

BOOK CHAPTERS IN PREPARATION

- Okazaki, S., Ling, A., Wong, S. N., & Tu, M. (in preparation). Cross-cultural assessment and research. In S. Kelly (Ed.), *Issues in Couple and Family Psychology: Across Socioeconomics, Ethnicities, and Sexualities*. NY: Praeger.

PRESENTATIONS

- Breslow, A.S., Brewster, M.E., Velez, B., Wong, S.N., Geiger, E., & Soderstrom, B. (2015, August). *Resilience and Collective Action: Exploring Buffers against minority stress for transgender individuals*. Symposium to be conducted at the American Psychological Association Annual Convention, Toronto, Canada.
- Breslow, A.S., Brewster, M.E., Wong, S.N., Lenaburg, S., Foster, A., Velez, B., & Jones, K. (2014, August). *A test of objectification theory with transgender women*. Poster presented at the American Psychological Association Annual Convention, Washington, D.C.
- Brewster, M.E., Velez, B.L., Esposito, J., Wong, S.N., Geiger, E., & Keum, T. (2013, August). *Bisexual women's experiences of objectification: Links to body consciousness and disordered eating*. Poster presented at the American Psychological Association Annual Convention, Honolulu, HI.
- Esposito, J., Geiger, E., & Wong, S.N. (2014, March). *Making the Invisible Visible: Mental Health Implications of Invisible Chronic Illness*. Paper presented at the annual conference of The Association for Women in Psychology, Columbus, OH.
- Geiger, E., Wong, S.N., & Esposito, J. (2014, March). *Invisibility, Visible People: Life Experiences of Individuals with Learning Disabilities*. Discussion to be conducted at the annual conference of The Association for Women in Psychology, Columbus, OH.
- Geiger, E., Wong, S.N., & Sandil, R. (2013, March). *Strengthening support for international female survivors of domestic violence*. Discussion conducted at the annual conference of The Association for Women in Psychology, Salt Lake City, UT.
- Keum, B.T., & Wong, S.N. (2013, April). *Body image issues: Cultural influences and psychological implications*. Presentation conducted as recipient of Office of Residential Services Conference Scholarship Program, Teachers College, Columbia University, New York, NY.

- Keum, B.T., Wong, S.N., DeBlaere, C., Brewster, M.E., & Sandil, R. (2013, August). *Exploring body image issues in Asian men: Endorsement of Western Ideals, cultural influences, and drive for muscularity*. Poster presented at the American Psychological Association Annual Convention, Honolulu, HI.
- Keum, B.T., Wong, S.N., DeBlaere, C., Brewster, M.E., & Sandil, R. (2013, September). *Exploring body image issues in Asian men: Endorsement of Western Ideals, cultural influences, and drive for muscularity*. Poster presented at the Boston College Annual Diversity Challenge 2013, Boston, MA.
- Keum, B.T., Wong, S.N., DeBlaere, C., & Brewster, M.E. (2014, August). *Measuring muscularity drives in Asian men: An Extension of the Drive for Muscularity Scale*. Poster presented at the American Psychological Association Annual Convention, Washington, D.C.
- Sandil, R., Esposito, J., Geiger, E., & Wong, S.N. (2013, March). *Feminist mentorship implications for women in academia*. Discussion conducted at the annual conference of The Association for Women in Psychology, Salt Lake City, UT.
- Sandil, R., Robinson, M., Brewster, M.E., Geiger, E., & Wong, S.N. (2013, January). *South Asian American sexual minority men: Exploring experiences of stress and acculturation*. In C. DeBlaere & D. Rivera (chairs), *Risk and Resiliency in Negotiating Multiple Minority Identities*. Symposium to be conducted at the biennial meeting of the National Multicultural Conference and Summit, Houston, TX.
- Sandil, R., Wong, S.N., & Geiger, E. (2013, May). *Dangerous Living: South Asian American sexual minority concerns*. Panel discussion conducted for Lesbian, Gay, Bisexual, and Transgender Issues course at Teachers College, Columbia University, New York, NY.
- Wong, S. N., Keum, B. T., Caffarel, D., Srinivasan, R., Morshedian, N., Capodilupo, C., & Brewster, M. E. (2015, February). *Exploring the conceptualization of body image with Asian American women: Implications for eating disorder risk*. Paper presented at the 32nd Annual Winter Roundtable Conference at Teachers College, Columbia University, New York, NY.
- Wong, S. N., Keum, B. T., Caffarel, D., Srinivasan, R., Morshedian, N., Capodilupo, C., & Brewster, M. E. (2015, August). *Exploring the conceptualization of body image with Asian American women: Implications for eating disorder risk*. Poster presented at the American Psychological Association Annual Convention, Toronto, Canada.
- Wong, S.N., Keum, B.T., Geiger, E., Eklund, A., & Brewster, M.E. (2013, February). *Cultural standards of beauty and body image with marginalized groups*. Roundtable discussion presented at the Winter Roundtable on Cross-Cultural Psychology and Education at Teachers College, Columbia University, New York, NY.
- Wong, S.N., Sandil, R., & Geiger, E. (2013, March). *Impact of acculturation on body image for women of color*. Discussion conducted at the annual conference of The Association for Women in Psychology, Salt Lake City, UT.

INVITED PRESENTATIONS

- Wong, S.N. (2014, November). Future Opportunities in Psychology Panel. Invited panelist for the Department of Applied Psychology New York University, New York, NY.

PROFESSIONAL EXPERIENCE

Cornell Abroad Student Outreach Team Leader

Cornell University, Office of Undergraduate Study Abroad
Ithaca, NY

August 2010 – May 2011

- Organized outreach efforts for a team of 12 students to encourage study abroad participation through classroom presentations and workshops across campus

- Directed student outreach team meetings in order to formulate weekly goal-setting plans
- Developed prospective student information meetings and assisted in building alumni relations in order to expand and strengthen organizational structure and outreach

Mental Health Program Coordinator

ACT for Mental Health

San Jose, CA

June 2009 – August 2009

- Co-coordinated the Fireside Friendship Club, a therapeutic self-help social club, to encourage the mental wellness of participants and advance outreach efforts within the San Jose community
- Directed weekly art-therapy based activities for 15 schizophrenic and bipolar patients, ages 40-65, to facilitate the development of self-soothing techniques for emotional regulation and provide creative outlets
- Oversaw submissions from patients for ACT's inaugural monthly newsletter to promote the Fireside Friendship Club in San Jose and bolster the confidence of the participants

Project Manager and Marketing Intern

Pipeline Solutions

San Jose, CA

June 2008 – August 2008, June 2009 – August 2009

- Consulted with clients from technology and telecommunications companies to collaboratively build individually tailored marketing campaigns
- Created and analyzed competitive matrices to ensure optimal product positioning for clients and build a clear company vision for future growth opportunities

TEACHING EXPERIENCE

Mindfulness Workshop Consultant, A. Phillips Randolph High School

DREAM Initiative by the New York Department of Education

New York, NY

August 2013

- Created two-part workshop series to inform middle school students preparing for specialized high school exams of test preparation strategies that effectively reduce test anxiety
- Equip middle school students with practical mindfulness-based skills, including breath awareness and progressive muscle relaxation techniques, to inform students of foundational mindfulness skills

Kaplan SAT Teacher/Tutor

Kaplan Test Prep

New York, NY

August 2012 – Present

- Tutor high-school juniors and seniors weekly using customized Kaplan curriculum to improve their SAT test score in verbal and quantitative sections
- Devise individualized lesson plans for each student to assess strengths and areas of growth
- Mentor students through college application process to gain admittance to their top choice schools

City Year AmeriCorps, Evaluation Coordinator

City Year Boston

Boston, MA

September 2011 – June 2012

- Analyzed and managed data for City Year team at Orchard Gardens K-8 Pilot School to examine impact of attendance, behavior, coursework, and extended day program initiatives
- Collaborated with City Year leadership team to track and problem-solve individual and team progress, resulting in successful measures of in-service impact across City Year network

City Year AmeriCorps Member, Orchard Gardens K-8 Pilot School

August 2011 – June 2012

- Participated in City Year, an AmeriCorps affiliate, to provide at-risk youth with academic, behavioral, and social support
- Coordinated We Are the Change, an afterschool program for 30 eighth-graders to facilitate leadership and social justice development
- Mentored 5 at-risk eighth grade students 4 days per week in the City Year Lunch Mentoring program to discuss emotional concerns and address behavioral impact on academic success
- Supported classroom of seventh and eighth grade English Language Arts students through behavioral interventions and individual and/or small-group tutoring
- Analyzed and presented data on impact of 14 corps members serving 140 at-risk students to determine the effectiveness of in-class interventions and inform future corps training
- Received 100+ hours of leadership training during weekly Leadership Development Days to gain skills in addressing social inequities in urban education

Teacher's Aide

Glankler Elementary School

Fremont, CA

September 2006 – May 2007

- Assisted classroom teacher in order to improve behavior management for 10 autistic preschoolers
- Compiled and analyzed notes taken during classroom sessions to formulate developmental assessment on children's literacy rates
- Conducted read-aloud sessions with children to inform self-designed community service project focused on literacy rates

VOLUNTEER ACTIVITIES

Mindfulness Education Working Group, Team Member, Teachers College, Columbia University, New York, NY, August 2013 – May 2014

Events and Marketing Team, Team Member, AIESEC, Ithaca, NY, August 2007 – May 2008

Banquets Department, Student Food/Hospitality Assistant, Statler Hotel, Ithaca, NY, August 2007 – May 2008

PROFESSIONAL ACTIVITIES

American Psychological Association Annual Convention, Washington, D.C., August 2014

Boston College Diversity Challenge on Intersections of Race and Culture and Health and Mental Health, Boston College, Boston, MA, September 2013

American Psychological Association Annual Convention, Honolulu, HI, August 2013

Association for Women in Psychology Conference on Global Concerns, Local, & Individual Perspectives, Salt Lake City, UT, March 2013

Winter Roundtable on Cross-Cultural Psychology and Education, Teachers College, Columbia University, New York, NY, February 2013..

PROFESSIONAL ORGANIZATIONS

Student Representative, Society for the Psychology of Women Executive Committee, August 2015-Present

Co-Editor-in-Chief, Asian American Psychological Association Newsletter, August 2015-Present

Student Advisory Board, *Psychology of Women Quarterly*, August 2015-Present

Student Member, Asian American Psychological Association, August 2014 – Present

Student Affiliate, APA Division 35, Society for the Psychology of Women, March 2013 – Present

Graduate Student Member, Psi Chi, International Honor Society in Psychology, February 2013 – Present

Student Affiliate, Association of Women in Psychology, January 2013 – Present

Student Affiliate, American Psychological Association, January 2013 – Present

Delta Chapter Member, Alpha Phi International Women's Fraternity, January 2009-May 2012

President and Founder of local chapter, Amnesty International, September 2005 – May 2007

Secretary, California Scholarship Federation, September 2003 – May 2007

PROFESSIONAL QUALIFICATIONS

Proficient in Microsoft Word, Excel, PowerPoint Outlook, Qualtrics, and SPSS on PC and Mac computers.

REFERENCES AVAILABLE UPON REQUEST