

## Curriculum Vitae

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Licensed Psychological Examiner

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### Education:

M.A., Clinical Psychology, University of Tennessee, Knoxville, Tennessee, 2005.

Post-Baccalaureate Study, Psychology, Georgia State University, Atlanta, Georgia, 2001.

B.A., *Magna Cum Laude*, Anthropology, Columbia University, New York, New York, 1997.

### Clinical Appointments:

CONSULTING EXAMINER: Private Practice, Knoxville, 2006-2007.

Conducted mental status exams and psychological testing for children, adolescents, and adults applying for disability payments through social security. Provided the social security office with evaluations of patients' level of impairment for use in determining eligibility for disability payments.

PSYCHOLOGY INTERN: Peninsula Village, Knoxville, 2005-2006. Peninsula Village, Louisville, TN. Long term residential treatment center for adolescents. Conducted comprehensive intake evaluations and psychological assessments of adolescents. Attended treatment team meetings for treatment planning. Provided individual and group therapy to adolescents. Organized and lead meditation group.

INTAKE CLINICIAN TRAINEE: Psychological Clinic, Knoxville, Tennessee 2004-2005.  
Conducted comprehensive intake evaluations of adults, children, and adolescents.

CLINICAL ASSESSMENT INTERN: Knox County Juvenile Courts, Knoxville, Tennessee, 2004-2005. Conducted psychological evaluations of juvenile offenders and parents. Provided treatment recommendations.

CLINICAL PSYCHOLOGIST TRAINEE: The Psychological Clinic, Knoxville, Tennessee, 2003-

present. Provided individual psychotherapy, marital therapy, psychological testing, and psychological evaluations to clinic patients. Evaluated juvenile delinquents for the Knox County Juvenile Courts.

**SOCIAL FACILITATOR:** Atlanta Academy, Atlanta, Georgia, 2001-2002.

Provided classroom support to fourth grade child with Asperger's Syndrome during the transition into a mainstream school. Observed social dynamics and offered social instruction and role-playing. Provided academic tutoring.

**GROUP FACILITATOR:** Clay White Hiking Group, Atlanta, Georgia, 1999-2000. Co-lead after school outdoor sensory integration program for children with autism, developmental coordination disorders, and Tourette Syndrome.

**TELEPHONE CRISES COUNSELOR:** Nightline, New York, New York, 1995 – 1997.

Counseled callers on issues ranging from depression to drug abuse. Gave appropriate referrals. Received 4 month training in listening skills and relevant psychological issues. Passed certification tests.

### **Research Appointments:**

**CO-PRINCIPAL INVESTIGATOR:** Mindful Life Story Project, Knoxville, Tennessee, 2005-

Present. Designed and implemented a study of the relationship between self reported mindfulness, psychological symptoms, and narrative measures of complexity, coherence, and emotional articulacy. Developed emotional articulacy rating scale. Trained narrative raters. Organized and oversaw data collection and input.

**TEST DESIGN CONSULTANT:** Resource Associates, Knoxville, Tennessee, 2004-2005.

Designed a web-based measure of managerial and entrepreneurial skills for Trump University. Researched relevant skill and interest inventories. Identified relevant managerial and entrepreneurial content. Wrote individual assessment items.

**CO-PRINCIPAL INVESTIGATOR:** Mindfulness Research Project, Knoxville, Tennessee, 2003-

2004. Collaborated in research and conceptualization of a study of the relationship between measures of mindfulness, "big five" personality traits, and narrative richness and coherence. Trained narrative raters. Organized and oversaw data collection. Data input and analysis.

**RESEARCH ASSISTANT:** College Adaptation Study, Knoxville, Tennessee, 2002-2003.

Participated in planning and analyzing a study of the effects of life stressors on college students' mental health. Data Collection. Data input and analysis.

**PRINCIPAL INVESTIGATOR:** Reading Fluency Project, Atlanta, Georgia, 2001. Planned and

executed a study of the efficacy of two reading fluency treatment programs. Trained and oversaw six teachers working daily with twenty-nine fourth grade participants for fourteen weeks. Provided pre and post-testing using the TOWRE and GORT III. Analyzed data. Provided school administration with recommendations about reading fluency training.

RESEARCH ASSISTANT: Georgia State University Reading Project, Atlanta, Georgia, 2001.  
 Developed and prepared materials for a study comparing the efficacy of reading interventions for non-reading second graders.

**Teaching Appointments:**

GRADUATE TEACHING FELLOW: University of Tennessee, Knoxville, 2006-2007.  
 Instructor of Abnormal Psychology for one semester and Honors Introduction to Psychology Seminar for two semesters. Designed course curriculum, including syllabi and course readings. Independently responsible for lecture preparation and presentation, facilitation of discussion, test construction, grading, developing and managing class website.

GRADUATE TEACHING FELLOW: University of Tennessee, Knoxville, 2004-2005.  
 Instructor of General Psychology class for three semesters. Class sizes ranged from 30-200 students. Independently responsible for lecture preparation and presentation, test construction, grading, developing and managing class website.

LEARNING DISABILITIES TUTOR: Self Employed, Atlanta, Georgia, & Knoxville, Tennessee, 2000-2004. Identified learning difficulties in reading, writing, and mathematics among children and adolescents. Provided multi-sensory phonics instruction (Orton Gillingham) for the remediation of dyslexia and other decoding and spelling difficulties. Utilized diagnostic tests to identify specific reading difficulties. Conferred periodically with parents and teachers to discuss the focus and success of tutoring, specific learning issues identified during the course of tutoring, and recommendations about appropriate school placements.

ASSOCIATE TEACHER: Schenck School, Atlanta, Georgia, 1999–2000. Taught English grammar and vocabulary, mathematics, reading, American history, and one-on-one phonics instruction. Worked with students with dyslexia, attention deficit disorder, and obsessive-compulsive tendencies. Administered medications in consultation with prescribing physicians.

CREW LEADER: Northwest Youth Corps, Eugene, Oregon, 1996 – 1998. Lead groups of 16–19 year old at-risk youths in a residential job skills training program. Duties included managing the completion of a \$6,000 contract each week, teaching life skills and facilitating crew meetings in the evenings, and responsibility for the safety of ten teens working and camping in remote wilderness for six-week periods.

TEACHING ASSISTANT: Bronx Children’s Psychiatric Hospital, Bronx, New York, 1997.  
 Assisted in a classroom of 10-12 year old patients with psychotic disorders.  
 Attended treatment team meetings. Taught environmental science.

**Licensure:**

PSYCHOLOGICAL EXAMINER: State of Tennessee, license 11826, 2005-present.

**Professional Affiliations:**

ASSOCIATION FOR BEHAVIORAL AND COGNITIVE THERAPIES  
 MINDFULNESS SPECIAL INTEREST GROUP OF ABCT

## APPALACHIAN PSYCHOANALYTIC SOCIETY

**Professional Publications and Presentations:**

**Roost, N.** & Olson, M. *The Ageist Personality: An Exploration of Explicit and Implicit Ageism, Mindfulness, and the Big Five.* Manuscript submitted for publication.

**Roost, N.** & Wahler, R. (2006) *Mindfulness and Narrative: Connecting Experience and Story.* Poster to be presented at the 40<sup>th</sup> Annual Meeting of the Association for Behavior and Cognitive Therapists.

**Roost, N.** & Scherpenisse, E. (2004) *An Exploratory Factor Analysis of the College Life Events Questionnaire.* Poster presented at the 10<sup>th</sup> Biennial Meeting of the Society for Research on Adolescents in Baltimore, MD.

Hoffman, P., Martin, B., Sims, C., Haag, I., **Roost, N.**, Edlis, G., Peters, E., Stephens, Y., & Handler, L. (2004). *The relationship between segregated systems on the Adult Attachment Projective and object relations.* Paper presented at the Society for Personality Assessment Midwinter Meeting, Miami, FL.

Martin, B., Hoffman, P., Sims, C., Peters, E., Haag, I., Edlis, G., **Roost, N.**, Stephens, Y., & Handler, L. (2004). *Using projective measures to examine the relationship between adult attachment status and object relations.* Paper presented at the Society for Personality Assessment Midwinter Meeting, Miami, FL.

**PROFESSIONAL WORKSHOPS AND SEMINARS:**

"Transforming Difficult Couples through Schema Therapy". Jeffrey Young, Ph.D. Annual Symposium for the Advancement of Family Therapy. September, 2006.

"Great Papers in Clinical Psychoanalysis Part II: The Empty Headed" James Gorney, Ph.D. Seminar presented by the Appalachian Analytic Society. September, 2006.

"Mindfulness in Healthcare: A Personal and Professional Development Course." Doris Kilgore, Ed.D. Blount Memorial Hospital. April-May, 2006

"Spirituality, the Aspirational Self, Shame and Pride." Jamie Kyme, Ph.D. Seminar presented by the Appalachian Analytic Society. March, 2006.

"Love Triangles and the Impulse to Infidelity." Larry Josephs, Ph.D. Scholars Symposium presented by the Appalachian Psychoanalytic Society. January, 2006.

"Creating Connection: Emotionally Focused Couples Therapy." Sue Johnson, Ed.D. Annual symposium presented by The Society for the Advancement of Family Therapy. October, 2005.

"Psychotherapy and Depressive Complaints" Cartor, Joyce, Ph.D. Seminar presented by the Appalachian Analytic Society. October, 2005.

“Realizing the Symbolic and Symbolizing the Real: Reflections on the Therapeutic Action of Interpretative and Non-Interpretive in the Analytic Process.” Elgan Baker, Ph.D. Seminar presented by the Appalachian Analytic Society. February, 2005.

“Becoming a Self object in Dream Interpretation.” Harry Wagner, Ph.D. Scholars Symposium presented by the Appalachian Psychoanalytic Society. January, 2005.

“Clinical Judgment and Psychological Research: A Report from the Frontline of the Psychotherapy Wars.” Drew Westen, Ph.D. Fall Conference presented by the Appalachian Psychoanalytic Society. October, 2004.

“Clinical Implications of Attachment Theory: Relational Psychotherapy” John Auerbach Seminar presented by the Appalachian Psychoanalytic Society. March, 2004.

“Working with Difficult Patients.” Nancy McWilliams, Ph.D. Fall Conference presented by the Appalachian Psychoanalytic Society. December, 2003.

“Men, Masculinity, and Fathering Across the Life Cycle: A Contemporary Psychoanalytic Perspective.” Michael Diamond, Ph.D. Spring Conference presented by the Appalachian Psychoanalytic Society. April, 2003.

“Pragmatics of Child/Adolescent Centered family Therapy” Scott Glass, Ph.D. Seminar presented by the Appalachian Psychoanalytic Society. March, 2003.