

AYSHA NAJJAB
CURRICULUM VITAE

Behavioral Health Dallas
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EDUCATION

August 2016 – August 2020	Doctor of Philosophy in Clinical Psychology University of Texas Southwestern Medical Center, Dallas, TX APA Accredited Clinical Psychology Ph.D. Program APA Accredited Internship in Clinical Psychology
August 2011 – May 2015	B.A. Psychology, Departmental Honors Program University of Texas, Austin, TX Graduated with Highest Honors GPA: 3.98

HONORS AND SCHOLARSHIPS

August 2016 – August 2020	Lupe Murchison Foundation Scholarship
August 2016 – May 2017	Diversity Initiative Scholarship
January 2013 – May 2015	Distinguished College Scholar

CLINICAL EXPERIENCE

Licensed Clinical Psychologist at Behavioral Health Dallas

October 2021 – Present

- ◆ Provided individual and couples therapy to adolescents and adults at a private practice specializing in Women's Health Psychology
- ◆ Coordinated and collaborated with medical care teams, including primary care physicians, Ob-Gyns, pelvic floor physical therapists, psychiatrists, and other healthcare professionals to improve patient outcomes
- ◆ Provided psychoeducational workshops to medical providers and the community on topics relevant to collaborative care, women's reproductive health, and general health psychology

Post-Doctoral Fellow at Behavioral Health Dallas

August 2020 – October 2021

- ◆ Provided individual, couples, and group therapy to adolescents and adults
- ◆ Coordinated and collaborated with physicians and medical care team
- ◆ Developed and implemented a weekly skills-based support group for new parents in the postpartum period
- ◆ Provided psychoeducational workshops on Perinatal Mood and Anxiety Disorders to providers and the community

APA Accredited Doctoral Internship in Clinical Psychology at the University of Texas Southwestern Medical Center

August 2018 – August 2020

The UT Southwestern Medical Center doctoral program in clinical psychology has an exclusively affiliated and APA accredited doctoral internship. The internship is a two-year, split-time program of over 2,000 hours performed concurrently with the 3rd and 4th years of the program.

Doctoral Intern at Southern Methodist University Counseling Center

August 2019 – August 2020

Supervisor: Juli Hobdy, Ph.D.

Outpatient Psychotherapy

- ◆ Managed caseload of ten to twelve individual therapy patients per week
- ◆ Recorded all sessions for weekly individual and group supervision
- ◆ Attended weekly staff training

Crisis Services

- ◆ Provided crisis interventions to walk-in patients at the counseling center
- ◆ Conducted diagnostic and safety assessments to determine course of action
- ◆ Collaboratively developed safety plans and taught coping strategies to patients to help mitigate risk factors and promote patient strengths
- ◆ Devised follow-up plan to assure continued care of patient

Community Outreach

- ◆ Worked with students and staff in the Office of Health Promotion and Wellness to plan and implement mental health awareness events across campus

Doctoral Intern at Moncrief Cancer Institute

August 2018 – August 2019

Supervisors: Laura Howe-Martin, Ph.D., Brittany Hall, Ph.D.

Outpatient Psychotherapy

- ◆ Managed caseload of six to eight individual therapy patients per week; patients had to have a cancer diagnosis or be a caregiver to a patient with a cancer diagnosis to be treated at Moncrief
- ◆ Led a weekly CBT skills-based therapy group for adolescents and young adults with cancer
- ◆ Learned to work with interpreters in individual and group therapy settings
- ◆ Recorded all sessions for weekly supervision
- ◆ Participated in weekly staff development training

Consultation-Liaison Services

- ◆ Consulted with medical treatment team on patients seen in oncology and infusion clinics
- ◆ Conducted brief diagnostic interviews to assess for current stressors from cancer and mental health symptoms (e.g., depression, anxiety, suicidal ideation)
- ◆ Implemented solution-focused interventions (e.g., sleep hygiene, pain management, coping skills for depression and anxiety) with patients and their caregivers
- ◆ Collected collateral information from patients' family members
- ◆ Facilitated communication between patients and the medical treatment team when necessary

Screening and Resource Services

- ◆ Completed weekly phone calls for Vital Sign 6, a comprehensive program for the identification and treatment of depression in primary care, pediatric, and specialty clinics
- ◆ Contacted patients who have previously endorsed mild depression and/or anxiety to re-assess symptoms every two weeks

- ◆ Connected patients to community resources such as primary care physicians, support groups, clinics, shelters, and advocacy groups

Dialectical Behavior Therapy Skills Group Leader at Southwest Clinic

July 2019 – August 2020

Supervisors: Brittany Hall, Ph.D., Jennifer Hughes, Ph.D.

- ◆ Co-led weekly DBT skills group for adults
- ◆ Devised and implemented lessons on mindfulness, interpersonal effectiveness, distress tolerance, and emotion regulation
- ◆ Consulted with co-leaders at weekly team meetings
- ◆ Organized recruitment process and communicated with psychiatry residents to determine their patients' eligibility for group

Outpatient Therapist at Southwest Clinic

August 2018 – August 2020 - Doctoral Intern

August 2017 – August 2018 - Practicum Student

Supervisors: Richard Robinson, Ph.D., Monty Evans, Ph.D., Alexis Clyde, Ph.D.

- ◆ Provided community outpatient therapy at UT Southwestern's student clinic
- ◆ Managed caseload of three patients per week: individuals and couples
- ◆ Conducted neuropsychological/personality assessments as needed

Doctoral Intern at Parkland Memorial Hospital's Psychiatric Emergency Room

August 2018 – February 2019

Supervisor: Kristine McCaslin, Ph.D.

- ◆ Conducted clinical interviews and mental status exams of acute psychiatric patients to assess psychological functioning
- ◆ Collected collateral information from patient's families and case managers
- ◆ Consulted with psychiatry residents and attending psychiatrists to determine and refer follow-up care for psychiatric patients
- ◆ Attended weekly group supervision

Practicum Student at the Dallas County Juvenile Detention Center

May 2017 – August 2018

Supervisor: Leilani Hinton, Ph.D.

Assessment

- ◆ Administered two to three court-mandated assessments per week, consisting of a clinical interview, intelligence testing, and achievement testing
- ◆ Provided recommendations to the court regarding further psychological services, level of detainment, chemical assessment, and on-going monitoring and services post-release

Individual Therapy

- ◆ Managed caseload of four to six individual therapy patients per week
- ◆ Attended weekly individual and group supervision

Group Therapy

- ◆ Led weekly supportive therapy groups for adolescents in the detention center
- ◆ Devised and led four weekly DBT skills-based therapy groups for adolescents in the Residential Drug Treatment Program

Crisis Services

- ◆ Completed three to four crisis screens per week to assess adolescents in danger of harming themselves or others
- ◆ Implemented brief interventions with adolescents in crisis
- ◆ Recommended safety procedures to detention staff

LEADERSHIP EXPERIENCE

Appointed Committee Member, American Psychological Association's Committee on Women in Psychology

January 2024- Present

- ◆ Collection of information and documentation concerning the status of women
- ◆ Development of recommendations relevant to women
- ◆ Monitoring the implementation of guidelines and recommendations from reports issued by APA that are relevant to women
- ◆ Development of mechanisms to increase the participation of women in roles and functions both within and outside the profession
- ◆ Ongoing communications with other agencies and institutions regarding the status of women
- ◆ Monitoring current issues relevant to the lives of women in order to inform policy

President (and previously President Elect, and President Elect Designate) of the Dallas Psychological Association

August 2020 - Present

- ◆ Led monthly executive committee meetings, managed multiple sub-committees, and helped drive initiatives for the organization
- ◆ Organized and executed 20 hours of continuing education workshops per academic year, including: finding relevant speakers, securing venues, providing catering, and ensuring continuing education credit approval for psychologists, LPCs, LCSWs, and LMFTs
- ◆ Assessed need for organizational changes and implemented them:
 - ◀ Wrote 'Executive Committee Handbook' to ease transition between committees and organize disparate sources of information into one centralized location
 - ◀ Championed website transition to a more streamlined service with better user interface for members, and more functionality for the executive committee
 - ◀ Created Diversity, Equity and Inclusion (DEI) committee

Student Representative of the Dallas Psychological Association

August 2018 – August 2020

- ◆ Acted as student liaison representing the interests of graduate students in the greater North Texas area
- ◆ Advised on strategies to promote student engagement with Dallas Psychological Association
- ◆ Attended and voted in monthly executive committee meetings

President (and previously Service Chair) of Faculty and Student Organization of Clinical Psychology at UT Southwestern (FOCUS)

July 2018 – July 2020

- ◆ Led monthly meetings, and organized quarterly social engagements and service projects

- ◆ Promoted student and faculty collaboration and camaraderie through community service, fellowship, and alumni outreach
- ◆ Devised and implemented book drive which collected over 400 books to create a library for the children of the Dallas County Juvenile Detention Center
- ◆ Organized food drive and collected over 200 non-perishable items for the North Texas Food Bank

Class Representative for Clinical Psychology Doctoral Program

August 2019 – August 2020

- ◆ Elected by peers to serve as cohort representative
- ◆ Attended meetings with administration to advocate for students
- ◆ Facilitated communication between cohort and administration regarding changes, requests, expectations

First-Year Interest Group Mentor at the University of Texas

August 2013 – December 2015

- ◆ Devised and taught weekly seminars for a specific cohort of freshman students on a variety of topics, such as adjusting to the UT campus, study tips, and study abroad opportunities
- ◆ Provided mentorship and a peer connection to freshmen on campus
- ◆ Met with students one-on-one for emotional well-being check-ins

Treasurer for Psi Chi: International Honor Society in Psychology

July 2014 – June 2015

- ◆ Managed use of club card and dealings with the bank
- ◆ Organized volunteer events at Austin State Hospital
- ◆ Worked closely with other officers to plan interesting and relevant presentations to revive the club on campus, resulting in doubled attendance rates by the start of the second semester

PROFESSIONAL PRESENTATIONS

Najjab, A., Hosseini, S., *Breast Cancer and Mental Health*. June 1st, 2023. One-hour workshop approved for continuing education at Texas Health Presbyterian Hospital Grand Rounds, Dallas, TX.

Najjab, A., Mbroh, H., *Ethics of Navigating Patient-Generated Prejudice*. January 19th, 2023. One-hour workshop approved for continuing education at Medical College of Georgia at Augusta University, Augusta, GA.

Najjab, A., Mbroh, H., Israelsen, L., Gottlieb, M. *Navigating Ethical Dilemmas in the Age of Social Media*. November 1st, 2019. Three-hour workshop approved for continuing education at the Texas Psychological Association Convention, San Antonio, TX.

Najjab, A., Mbroh, H., Gottlieb, M. “So your Client is a Bigot?": *Ethics of Addressing Prejudiced Clients for Minority Providers*. October 19th, 2019. Two-hour workshop approved for continuing education for the Dallas-Fort Worth Association of Black Psychologists, Dallas, TX.

Najjab, A., Mbroh, H., Gottlieb, M. *Ethical Dilemmas of Addressing Prejudicial Statements in Therapy*. November 5th, 2019. One-hour workshop approved for continuing education at Terrell State Hospital Grand Rounds, Terrell, TX.

Najjab, A. *Interviewing Difficult Patients: Common Issues in Diagnostic Interviewing*. October 21st, 2019. One-hour workshop for the annual Psychoneuroendocrine Research Program Retreat, Dallas, TX.

Mbroh, H., **Najjab, A.**, Gottlieb, M. *Ethical Guidelines and Interventions for Working with Prejudiced Patients*. November 13th, 2019. One-hour workshop approved for continuing education at UT Southwestern Medical Center Psychiatry Grand Rounds, Dallas, TX.

Hall, B.C., Short, T., **Najjab, A.**, Elledge, D., & Howe-Martin, L. *Adolescents and Young Adults with Health Conditions in Transition: Connecting AYAs to Optimal Outcomes*. November 1st, 2019. One-hour workshop approved for continuing education at the Texas Psychological Association Convention, San Antonio, TX.

Mbroh, H., **Najjab, A.**, Gottlieb, M. *Prejudiced Patients: Ethical Considerations for Addressing Prejudicial Comments in Psychotherapy*. September 5th, 2019. One-hour workshop approved for continuing education at the UT Southwestern Medical Center Clinical Psychology Didactics, Dallas, TX.

Najjab, A. *Gossip versus Self-Disclosure: Gender Differences in Secret Sharing*. May 5th, 2015. Two-hour Honors Psychology Poster Session, Austin, TX.

PUBLICATIONS

Knapp, S., **Najjab, A.**, Mbroh, H., Gottlieb, M. Ethical Responses to Prejudiced Comments in Psychotherapy. Manuscript submitted for publication.

Najjab, A.*, Mbroh, H.*, Knapp, S., & Gottlieb, M. (2019). Prejudiced Patients: Ethical Considerations for Addressing Patients' Prejudicial Comments in Psychotherapy. *Professional Psychology: Research and Practice*. December 2019. <https://doi.org/10.1037/pro0000280>

Najjab, A., Palka, J., & Brown, E.S. Personality and Risk of Lifetime Asthma Diagnosis. *Journal of Psychosomatic Research*. January 2020. DOI: 10.1016/j.jpsychores.2020.109961

Martin, W.B., Benedetto, N.N., Elledge, D.K., **Najjab, A.**, & Howe-Martin, L. Beyond the Language Barrier: Recommendations for Working with Interpreters in Individual Psychotherapy. *Professional Psychology: Research and Practice*. June 2020. DOI: 10.1037/pro0000350

*Shared first authorship

SUPERVISORY AND TEACHING EXPERIENCE

Teaching Assistant for Health Psychology Course

January 2019 – May 2019

Psychotherapy Peer Supervisor at Moncrief Cancer Institute

May 2019 – August 2019

Psychotherapy Peer Supervisor at UT Southwestern Medical Center - Southwest Clinic

August 2018 – December 2018

RESEARCH EXPERIENCE

Doctoral Dissertation in Dr. Sherwood Brown's Lab

August 2018 – August 2020

- ◆ Developed dissertation analyzing relationship between psychological factors and asthma diagnosis
- ◆ Completed phone screens to determine patient eligibility for ongoing lab studies
- ◆ Attended weekly staff development meetings
- ◆ Participated in monthly journal club covering articles relevant to neuroendocrinology

Peer Reviewer for the Journal of Dual Diagnosis

November 2018 – August 2020

- ◆ Reviewed, edited, and approved article submissions for a peer-reviewed journal focusing on the co-occurrence of mental health and substance use disorders

Research Assistant in Dr. Marisa Toupes's Lab

October 2016 – January 2017

- ◆ Worked with a clinical psychology doctoral student from the University of Texas at Dallas on a study analyzing memory in depressed and aging populations
- ◆ Organized and coded face-name recognition data into Excel
- ◆ Helped edit paper for journal submission

Principal Investigator in Honors Thesis: *Gossip versus Self-Disclosure: Differences in Secret Sharing*

June 2014 – May 2015

Mentor: Laurretta Reeves, Ph. D.

- ◆ Developed and proposed an undergraduate honors thesis studying the effect of gender and secret type (self-disclosure versus gossip) on the participant's perception of secret-sharers
- ◆ Submitted and obtained IRB approval
- ◆ Collected data through a survey on Qualtrics and analyzed data using SPSS
- ◆ Presented significant results in a thesis and a poster session open to the public

Research Assistant in Dr. Robert Joseph's Lab

January 2015 – July 2016

- ◆ Experimenter role in study on psychological stress response through drug administration
- ◆ Administered testosterone nasal spray
- ◆ Administered the Trier Social Stress Task, a psychosocial stress task designed to elicit hypothalamic-pituitary-adrenal axis and sympathetic nervous system activation
- ◆ Analyzed both salivary and serum concentrations of testosterone and cortisol using ELISA assay techniques following rigorous protocol
- ◆ Participated in professional development training opportunities
- ◆ Contributed to the theoretical background of ongoing and new study protocols

Research Assistant in Dr. James Pennebaker's Lab

February 2012 – November 2013

- ◆ Explored and defined categories of words used in narrative writing
- ◆ Coded and categorized short story narratives for analysis
- ◆ Trained to use the Linguistic Inquiry and Word Count (LIWC), a computer program developed by the lab to run language analyses
- ◆ Reviewed literature for journal club and lab meeting discussions

PROFESSIONAL REFERENCES

Katie Sardone, Ph.D., PMH-C Former President, Dallas Psychological Association Director of Clinical Training Behavioral Health Dallas, PLLC Dallas, TX	Sardone@BehavioralHealthDallas.com 512.619.3091
Richard C. Robinson, Ph.D. Director of Clinical Training Department of Psychiatry, Division of Psychology UT Southwestern Medical Center, Dallas, TX	Richard.Robinson@UTSouthwestern.edu 214.648.4321
Juli Hobdy, PhD Associate Director of Training University Counseling Services Southern Methodist University, Dallas, TX	JHobdy@mail.smu.edu 214.768.2277
Brittany Hall, PhD Assistant Professor Moncrief Cancer Institute UT Southwestern Medical Center, Dallas, TX	Brittany.Hall@UTSouthwestern.edu 817.288.9815