

Paige Spencer

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Psychological Associates, P.A.

1120 N. Palafox St.

Pensacola, FL 32501

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**EDUCATION:**

**Doctor of Clinical Psychology** (APA Accredited) **September 6, 2013**  
*Florida Institute of Technology*; Melbourne, Florida  
School of Psychology

Doctoral Research Project: *“Impact of Illness Beliefs on Fatigue and Fatigue Self-Efficacy in Adults Aging with A Chronic Medical Condition”*

Chair: Thomas Harrell, Ph.D.

DRP Proposed: April 2011

DRP Defended: December 2011

**Master of Science, Clinical Psychology** **September 2010**  
*Florida Institute of Technology*; Melbourne, Florida

**Bachelor of Sciences, Psychology** **December 2007**  
*University of Florida*; Gainesville, Florida

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**PSYCHOLOGY LICENSURE** **September 9, 2014-present**

Florida (PY 9135)

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**EMPLOYMENT EXPERIENCE:**

**Psychological Associates, P.A., Pensacola, FL** **September 9, 2014- present**  
**Licensed Psychologist**

Provides individual therapy to adolescents and adults for a wide range of disorders including depression, anxiety, obsessive-compulsive disorder, bipolar disorder, interpersonal issues, addiction issues and PTSD. Cognitive-behavioral, interpersonal, and acceptance and commitment therapeutic approaches are utilized to decrease psychological symptoms and improve quality of life. Psychological assessments are provided for diagnostic clarification for attention-deficit/hyperactivity disorder, learning disabilities and communication disorders. In addition, personality testing is provided. This provider specializes in health psychology and evaluations needed for candidacy for spinal cord stimulator implantation, bariatric surgery, and organ transplants. Treatment for psychological symptoms related to chronic medical conditions or illness is also provided from a short-term cognitive behavioral model.

**Consulting Psychologist**, Escambia Regional Detention Center  
*Dr. Kim Haga and Associates*

March 2015-December 2015t

**Responsibilities:** Conducting psychological evaluations and performing psychological and educational testing in order to aid in the disposition of juvenile court cases and offer intervention recommendations when appropriate.

**Adjunct Professor**, Pensacola State College  
*Department Head: Susan Morgan*

May 2012-May 2013

**Responsibilities:** Teaching multiple sections of a Human Growth and Development class and Introduction to Psychology at Pensacola State College in Pensacola, Florida. Also constructed and taught multiple online sections of Human Growth and Development.

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### **POST-DOCTORAL RESIDENCY EXPERIENCE:**

**Psychological Associates, P.A.**, Pensacola, FL  
*Supervisor: Elaine Bailey, Ph.D.*  
*Supervisor: Stephen Zieman, Psy.D.*

September 1, 2013-September 1, 2014

**Responsibilities:** Clinical interviews and individual therapy were offered to an ethnically diverse population with a wide range of mental disorders including depression, anxiety, interpersonal difficulties, sleep problems, bipolar disorder, obsessive-compulsive disorder and PTSD. Couples counseling services were offered utilizing integrated behavioral couples therapy techniques. Group therapies were offered for behavioral chronic pain management, cognitive behavioral treatment for insomnia, and tobacco cessation. Psychological testing and neuropsychological batteries were administered for referral questions such as differential diagnosis of attention-deficit/hyperactivity disorder, learning disabilities, and cognitive dysfunction. Medical psychological evaluations were conducted to assess candidacy for spinal-cord stimulator implants in a chronic pain population.

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### **PRE-DOCTORAL INTERNSHIP EXPERIENCE:**

**Gulf Coast Veterans Health Care System**, Biloxi, MS  
*Training Direction: Shannon Fussell, Ph.D.*  
*Assistant Training Director: Candice Drake, Ph.D.*

August 13, 2012- August 9, 2013

**Rotations:**

Behavioral Medicine (August 2012 – November 2012)

*Rotation Supervisor: Ronald Alexander, Ph.D*

**Responsibilities:** The rotation included conducting intakes, multiple consults/assessments (candidacy for spinal cord implants, transplant evaluations, bariatric surgery evaluations, pain injection evaluations and candidacy for surrogacy), facilitating psychoeducational/treatment groups for Veterans with chronic pain (CBT-CP) and sleep difficulties (CBT-I). Additionally, behavioral health focused individual therapy sessions were conducted with individuals with chronic insomnia, chronic headaches, and TMD. Evidence-based treatment protocols were utilized. Assessments utilized included: SF-36v2 Health Survey, Pain Questionnaire, Epworth Sleepiness Scale, BPHQ-9, Post-Traumatic

Stress Disorder Checklist, Penn State Worry Questionnaire, Personality Assessment Inventory, Millon Clinical Cultiaxial Inventory, Millon Behavioral Medicine Diagnostic, Multidimensional Pain Inventory, Pain Catastrophizing Scale, Restless Leg Syndrome Rating Scale, Smith's Measure of Morningness/Eveningness, Belief's About Sleep Questionnaire, Insomnia Severity Inventory, STOP Questionnaire for Sleep Apnea, Repeatable Battery for the Assessment of Neuropsychological Status (RBANS), Trail Making Test, Shipley Institute of Living Scale, and Short Category Test, Booklet Form. Proficiency in the use of CPRS medical records and VISTA scheduling system was obtained.

Mental Health Outpatient Clinic (November 2012 - February 2013)

*Rotation Supervisors: Scott Cardin, Ph.D. and Desmond Mitchell, Ph.D*

*Responsibilities:* The rotation included intakes, individual and group treatment of Veterans with a wide range of mental difficulties including: posttraumatic stress disorder, depression, anxiety, severe mental illness, adjustment disorders, and cognitive impairment. Evidence-based treatments used including Cognitive-Behavioral Therapies: Cognitive Processing Therapy, Acceptance and Commitment Therapy, and Dialectical Behavior Therapy. Psychological assessments conducted that included the Personality Assessment Inventory, Wechsler Adult Intelligence Scale- Forth Edition, Substance abuse screeners and Posttraumatic Stress Disorder Checklist. A weekly orientation/triage clinic was conducted that involved brief assessment, orientation of patient to mental health services, triage, and treatment planning.

Couples and Family (February 2013 – May 2013)

*Rotation Supervisor: Shannon Fussell, Ph.D*

*Responsibilities:* This rotation included intakes and individual therapy with couples and families. Integrated Behavioral Couples Therapy was learned and utilized as primary treatment for couples. Conducted integrated couple's assessments and providing feedback.

Administrative (February 2013 – May 2013)

*Rotation Supervisors: Gustave Sison, Ph.D. and Jack Carney, Ph.D.*

*Responsibilities:* This rotation included shadowing of the Chief of Psychology and Assistant Chief of Psychology. Observation and participation in administration of mental health functions and interdisciplinary interfaces. Research and literature reviews were routinely conducted to aid in projects being completed by the Chief of Psychology. Team member on a project targeted at eliminating suicide.

Posttraumatic Stress Disorder Clinic (May 2013 – August 2013)

*Rotation Supervisor: Candace Drake, Psy.D.*

*Responsibilities:* This rotation included intakes, individual and group treatment of Veterans specifically related to posttraumatic stress disorder. Group therapies included a CBT skills based groups for Veterans diagnosed with PTSD, Image Rehearsal Therapy group for treatment of nightmares, and a Family Support Group for family members of Veterans diagnosed with PTSD. Individual evidence-based treatments were conducted including Cognitive Processing Therapy, Acceptance and Commitment Therapy, and Prolonged Exposure Therapy. Assessment measures for posttraumatic stress disorder were completed with each intake (TSI, PCL, PAI). Facilitated tiered supervision of master's level students from the University of West Florida.

**Long Term Project:**

*Supervisor:* Kellee Bivens, Ph.D.

*Responsibilities:* Conduct literature review and education on effective smoking cessation programs. Consult with staff regarding the implementation of an evidence-based short term smoking cessation follow-up group to augment the current smoking cessation program. Create a four to five week smoking cessation program using evidence-based techniques specific to the Veteran population. Complete administrative tasks associated with conducting a group. Consult with hospital staff to create referrals to program. Implement smoking cessation program with four cohorts. Collect pre and post outcome measures to assess the efficacy of the program. Presented the outcome data.

**Additional Responsibilities:**

Chief Intern: serve as liaison between interns and Psychology Administration, respond to requests from Psychology Administration, coordinate Employee Assistance Program requests, provide intern cohort feedback at monthly Supervisors' meetings, attend Steering Committee meetings

Employee Assistance Program: provide psychological services to VA employees as needed, conduct team-building groups within various services

Internship Assistance: review applications, interview candidates, participate in Intern Selection Committee meetings

Stand Down Assistance: provided mental health information to homeless veterans, coordinated creation of pamphlet promoting VA Gulf Coast-specific services available to veterans

**CLINICAL PRACTICA EXPERIENCE:**

**Brevard Health Alliance, Rockledge, FL**

August 2011- May 2012

**10 hours/week**

**Practicum Clinician**

*Supervisor:* Kristy Van Sickle, Psy.D.

**Population Served:** Primary care medical patients in a Federally Qualified Health Center. The population ranges from individuals with a chronic medical condition such as COPD, diabetes, obesity, and chronic pain, to those with traditional mental health issues such as depression, anxiety and substance abuse.

**Responsibilities:** Worked as a behavioral health consultant, utilizing the integrated behavioral health care model for patient care. Consulted with medical patients at the request of primary care providers. Evaluated and determined recommendations for behavioral change within a brief time period; services provided same day, following patient's primary care provider appointment. Typical interventions included: motivational interviewing, smoking cessation, weight management, medication compliance, sleep hygiene, pain and fatigue management, and alcohol/drug reduction. Assisted primary care providers with psychotropic medication decisions and determining need for referral. Experience included working within a multidisciplinary team of physicians, nurse practitioners, nurses, medical technicians, case managers, and administrators; as well as gaining proficiency in the Centricity electronic medical records system

**Fatigue Management Institute, Florida Tech, Melbourne, FL**

August 2009-May 2012

**5-10 hours/week**

**Student Clinician/Research Team Member**

*Supervisor:* Thomas Harrell, Ph.D.

**Population Served:** Individuals diagnosed with a chronic medical condition with associated illness-related fatigue. Medical conditions include rheumatoid arthritis, fibromyalgia, chronic fatigue syndrome, multiple sclerosis, and multiple types of cancer.

**Responsibilities:** Created and edited self-management program for different populations. Facilitated evidence-based fatigue management intervention groups. Collected pre- and post-intervention data to conduct outcome research. Participated in marketing and management of the program.

**Orlando VA Medical Center, Orlando, FL**

May 2011- December 2011

**16 hours/week**

**Practicum Clinician**

*Supervisor:* Michelle Ryng, Ph.D.

**Population Served:** Veterans of the United States military. The population was ethnically diverse and suffer from serious mental disorders, specifically posttraumatic stress disorder, substance abuse/dependence, depression, and anxiety.

**Responsibilities:** Participated on a Posttraumatic Stress Disorder Treatment Team which included conducting consults/intakes on individuals referred for PTSD and substance abuse/dependence. The PTSD Checklist and BDI-II are were to assess veteran's symptoms upon intake. Co-facilitated and led outpatient group therapy sessions weekly. Group therapy topics included anger management and insomnia from PTSD. Pre and post assessment measures were administered to each group to conduct outcome research. The assessment measures included the STAXI-II, PTSD Checklist, and BDI-II. Further, individual outpatient therapy was provided on a weekly basis using evidence-based treatments for PTSD. Additional training was obtained in Acceptance and Commitment Therapy (ACT) and Prolonged Exposure (PE) for use in treating patients with PTSD. Other interventions included the use of motivational interviewing and stress management. The practicum experience has also included gaining proficiency in the CPRS medical records system.

**Counseling and Psychological Services, Melbourne, FL**

August 2010-May 2011

**10 hours/week**

**Practicum Clinician**

*Supervisor:* Robyn Tapley, Psy.D.

**Population Served:** Multicultural college-aged students attending Florida Institute of Technology and utilizing the university counseling center. The population was diverse and suffered from a wide range of psychological disturbances from adjustment to psychotic disorders.

**Responsibilities:** Provided outpatient individual therapy. In addition, administered evaluations mandated from Florida Institute of Technology. Assessments administered included: WAIS-IV, WIAT-III, MMPI-II, SASSI, STAXI-II, Brown ADD, and CPT. Outreach planning and events were created and administered. Crisis intervention was completed.

**Wuesthoff Hospital; Rockledge, FL**

January 2011- May 2011

**10 hours/week**

**Practicum Clinician**

*Supervisors:* Joel Shuy, Psy.D.

**Population Served:** Inpatient adult psychiatric unit in a hospital setting. The population included individuals diagnosed with schizophrenia, bipolar disorder, depression, generalized anxiety, substance dependence, dementia, and end of life issues. Ethnicity included Caucasian, African American, and Hispanic.

**Responsibilities:** Lead process psychotherapy groups on the acute care inpatient unit at the medical hospital. Conducted psychosocial evaluations upon intake to the psychiatric unit. Completed case management and family therapy sessions when needed. Assisted in psychiatric consults in different areas of the hospital including medical and emergency room floors. Attended multidisciplinary team meetings including psychiatrists, psychologists, nurses, and social workers, to aid in diagnostic clarification and treatment planning. Assessed all patients upon intake and discharge using the Brief Psychiatric Scale.

**Circles of Care; Melbourne, FL**

August 2010-January 2010  
**20 hours/week**

**Practicum Clinician**

*Supervisor:* Krista Trefz, Psy.D.

**Population Served:** Children and adults on inpatient psychiatric units. Most of the children displayed marked behavioral and psychological difficulties and had been mandated to the facility via a Baker Act. In addition, the adult population included individuals diagnosed with a range of psychological disorders including: schizophrenia, bipolar disorder, depression, anxiety, and substance abuse.

**Responsibilities:** Administered, scored and interpreted psychological assessments and provided written reports and individual feedback to clients and a multidisciplinary team. Collateral information was obtained and family therapy sessions were conducted on a need basis. Assessments included WAIS-IV, WISC-IV, MMPI-II, MMPI-RF, MCMI-III, MACI, M-PACI, TSCC, CBCL, BYI-II, BDI, BHI, and BAI. In addition, individual therapy was provided on an as needed basis on the children and adult units. Group therapy on the children and adult units was conducted weekly.

**Scott Center Psychological Services; Melbourne, FL**

January 2010-August 2010  
**20 hours/week**

**Practicum Clinician**

*Supervisors:* Richard Elmore, Ph.D. & Phillip Farber, Ph.D.

**Population Served:** Outpatient community mental health clinic operating on a sliding scale serving children, adolescents, and adults.

**Responsibilities:** Engaged in weekly individual therapy sessions with adults. Completed intake interviews, social security evaluations, learning disability evaluations, intelligence and psychological assessments, and weekly administrative duties. Assessments included WAIS-IV, WISC-IV, MMPI-2, MCMI-III, WIAT-III, Rotter Incomplete Sentence Blank, Rorschach Inkblot Test (Exner system), TAT, and OQ.45. Completed community outreach services to market and raise awareness of services offered by the clinic. Attended weekly individual and group supervision.

**Family Learning Program (FLP); Melbourne, FL**

January 2010-May 2012  
**15 hours/week**

**Practicum Clinician**

*Supervisors:* Paula Wolfeich, Ph.D.

**Population Served:** Sexual abuse treatment program serving sexually abused children and adolescents, their caregivers, and siblings.

**Responsibilities:** Provided outpatient group therapy and assessment to individuals affected by sexual abuse. Co-led groups for pre-teen and teenage victims of sexual abuse, as well as conducted individual therapy as needed. Utilized Trauma-Focused Cognitive-Behavior Therapy Model and included a focus on psycho-education, cognitive coping, affective identification and

expression, stress management, and behavior management strategies. Conducted intake interviews and assessment for new families entering treatment. Assessments included CLCL, YSR, TSCC, PERQ, and PSQ. Participated in weekly supervision and treatment team meetings.

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### **CLINICAL PRACTICA SUPERVISION EXPERIENCE:**

**Scott Center for Psychological Services;** Melbourne, FL

Scheduled: January 2012-May 2012  
**15 hours/week**

#### **Peer Supervisor for Graduate Student Clinicians**

*Supervisor:* Thomas Harrell, PhD

**Responsibilities:** Selected by Dr. Harrell to provide clinical supervision to a group of three graduate-level clinicians within an outpatient community psychological clinic. Assist clinicians with client conceptualization, treatment planning, psychological assessment interpretation, and test feedback to clients. Also, discuss clinician-patient dynamics related to clinician growth, competency, and skill level. Participate in weekly group supervision meetings with faculty supervisor and graduate student clinician supervisees.

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### **SUPERVISORY AND LEADERSHIP EXPERIENCE:**

**Student Senate Representative & Vice President,**

July 2010 – May 2012

**Responsibilities:** Vice President of the Student Senate of the clinical psychology program in the School of Psychology at Florida Institute of Technology, from July 2011-May 2012, and head of activities committee from July 2010-July 2011. Facilitated the creation of faculty and student events. In addition, participated in the faculty relations committee by facilitating communication between students and clinical faculty via written feedback, surveys, and discussions at faculty meetings.

**Medical Records Evaluator,** Family Learning Program

May 2011- May 2012

**Responsibilities:** Checked all of the charts after the intake procedures have been completed to make sure that organization is correct. Assisted in documentation of all client's treatment for billing purposes.

**Quality Assurance Manager,** Family Learning Program

January 2010-May 2012

**Responsibilities:** Maintained quality assurance for all current client charts by reviewing organization of charts and making sure all session notes, consents, treatment plans, and additional documents were up to date.

**Activities Coordinator,** Family Learning Program

January 2010-May 2011

**Responsibilities:** Organize and coordinate team bonding activities. Facilitate team building exercises during weekly team meetings.

**Mentor**, Florida Institute of Technology, School of Psychology

August 2008-May 2012

**Responsibilities:** Responsible for meeting and mentoring first-year graduate students in the doctoral clinical psychology program

## TEACHING EXPERIENCE:

**Teaching Assistant**, Clinical Skills I

August 2010-December 2010

August 2011-December 2011

*Supervisor:* Richard Elmore, Ph.D.

**Responsibilities:** Course was taught through the School of Psychology at Florida Institute of Technology in Melbourne, FL. Conducted lectures for the Clinical Skills I class on application of clinical skills to specific models including Cognitive-behavioral therapy and Humanistic-existential therapies. Participated in demonstration of the material covered in class for the students.

**Teaching Assistant**, Cognitive Behavioral Therapy Models Course

May 2011- July 2011

*Supervisor:* Thomas Harrell, Ph.D.

**Responsibilities:** Course was taught through the School of Psychology at Florida Institute of Technology in Melbourne, FL. Served as a teaching assistant for the experiential lab component of the course. Assisted in planning and development of the experiential elements. Gave weekly lectures and was available as an outside resource for the students. Utilized clinical demonstrations and role-play as well as class discussions to facilitate skill development. Supervised graduate students in practice role-play and provided feedback concerning clinical skills and use of the CBT model. Attended regular supervision meetings regarding class preparation, student performance, and the teaching experience.

**Graduate Student Assistant**, Scott Center for Psychological Services

August 2010- August 2011

*Supervisor:* Barbara Paulillo, Psy.D.

**Responsibilities:** Assisted in course planning and construction for a pre-practicum course. Gave presentations on relevant topic areas in psychology to first year graduate students. Assisted in organizing chart paper work and completed administrative duties.

## RESEARCH EXPERIENCE:

**Doctoral Research Project (DRP)**

September 2009-December 2011

*Chair:* Thomas Harrell, Ph.D.

**Description:** Used data collected in the National Chronic Fatigue Survey (Russell & Harrell, 2009), examined illness beliefs and their impact on fatigue and fatigue self-efficacy in individuals suffering from chronic illness. Doctoral Research Project has been completed and defended.

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**AWARDS AND SCHOLARSHIPS:**
**Outstanding Clinical Student**

May 2012

*Awarded By:* Clinical Faculty Members at Florida Institute of Technology to recognize academic performance, work and contributions in various research and practicum opportunities, dedication to the program and going over and above in all.

**Graduate Student Assistant, Assistant to Clinical Program Chair**

May 2011-May 2012

*Supervisor:* Kevin Mulligan, Ph.D. and Lisa Steelman, Ph.D.

*Responsibilities:* Assisted the Clinical Psychology Program Chair in administrative duties. Further, helped schedule and plan student training seminars, facilitate orientation for new students, and meet with prospective students to discuss program details.

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**COMMUNITY SERVICE:**

**IMPACT 100 Pensacola Bay Area, INC.-** An organization of women committed to improving their community by providing substantial grants to nonprofit organizations in Escambia and Santa Rosa counties. Women pool resources into one big grant for qualifying nonprofit. Volunteer membership includes reviewing grant proposals, conducting site visits to grant applicants, and helping to choose which nonprofit organizations are awarded the grant. (January 2018-present)

**PACE Center for Girls-** A nonprofit organization that provides young women an opportunity for a better future through education, counseling training and advocacy. Donor, which provided the resources for one student to have school supplies and field trips financially supported for one school year. (April 2018- present).

**Muscular Dystrophy Association-** A nonprofit organization that raises money for research and treatment for muscular dystrophy. Donor (March 2018).

**Sea No Limits Fishing Clinic-** Volunteer at annual fishing clinic event, which is a free event for special needs children in Escambia and Santa Rosa counties where each child is provided with a fishing rod and reel and taught to fish. Services included handing out fishing gear and helping children learn to use the equipment (October 2017- present).

**The Miracle League of Pensacola-** An organization that provides a safe organized baseball league and facilities for Gulf Coast persons with mental and/or physical challenges where every player gets an opportunity to play every inning. Volunteered as a buddy to assist mental and or physical challenged persons with their assigned baseball position (October 2017)

**The Junior League of Pensacola-** A charitable organization that supports a number of community projects and activities that focus on the needs of children and families in Escambia and Santa Rosa Counties. (July 2016- July 2017)

**Fiesta of Five Flags-** A local organization that celebrates the diverse heritage of Pensacola, Florida, promotes tourism and builds pride in the community. (July 2016-present)

**Pensacola Young Professionals** – PYP is a group of young professionals in the Pensacola area working together on community service projects. (July 2016- present).

**Active Minds** – Active Minds is a national mental health awareness organization, focusing on mental health advocacy on college campuses. Active involvement in the Florida Tech chapter for the past three years (2008-2010)

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**PROFESSIONAL AFFILIATIONS:**

American Psychological Association, Member  
Association for Behavioral and Cognitive Therapists, Member  
National Association of Cognitive-Behavioral Therapists, Member  
Florida Psychological Association, Member

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**PROFESSIONAL PRESENTATIONS:**

Suicide Awareness and Prevention on In Conversation with Jeff Weeks on WSRE television, July 2018  
The Psychology of Pain: Assessment, Treatment, and Resiliency in a Works Compensation Population, ,  
September 2013  
Professional Boundaries and Ethical Code of Conduct for Staff, VA Gulf Coast, April 2013  
Team Building and Effective Communication Styles, VA Gulf Coast, January 2013  
Child Sexual Abuse and Offenders, Family Learning Program, August 2011  
Fatigue Management and Multiple Sclerosis, Fatigue Management Institute, October and November 2010  
Use of Assessment in Inpatient Hospitals, Florida Psychological Association, October 2010