

## CURRICULUM VITAE

# Stephanie Behrens

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### EDUCATION

- Ph.D.            **Utah State University, Logan, UT**  
(anticipated   Combined Clinical, Counseling, & School Psychology  
2019)            Dissertation Title: In Progress  
Chair: JoAnn Tschanz, Ph.D.
- M.S.            **Utah State University, Logan, UT**  
2017            Combined Clinical, Counseling, & School Psychology  
Master's Thesis Title: Impact of antideementia medications on  
neuropsychiatric symptoms and informal costs of caregiving in dementia  
Chair: JoAnn Tschanz, Ph.D.
- B.S.            **University of North Dakota, Grand Forks, ND**  
2011            Bachelor of Science in Psychology and Honors  
Graduated Magna cum Laude  
Honors Thesis Title: Gender bias in attention deficit hyperactivity disorder and  
referrals for treatment  
Chair: F. R. Ferraro, Ph.D. & Karyn Plumm, Ph.D.

### CLINICAL EXPERIENCE

- 6/17-Present   **Graduate Student Therapist**  
Site: VA Salt Lake City Health Care System, Salt Lake City, UT  
Placement: Adult Practicum  
Supervisor: Sara Weisenbach, Ph.D., ABPP-Clinical Neuropsychology  
Duties: Provide semi-structured intakes, neuropsychological testing, and feedback  
within the VA to older adult veterans. The common presenting problem is  
cognitive impairment.
- 6/17-Present   **Graduate Student Therapist**  
Site: University of Utah Hospital-Department of Psychiatry, Salt Lake City, UT  
Placement: Adult Practicum  
Supervisor: Sara Weisenbach, Ph.D., ABPP-Clinical Neuropsychology  
Duties: Provide semi-structured intakes, neuropsychological testing, and feedback  
within a primary care setting serving adults. The common presenting problem is  
cognitive changes post-electroconvulsive therapy.
- 6/15-Present   **Graduate Student Therapist**

Site: Utah State University Student Health Center, Logan, UT

Placement: Adult Practicum

Supervisor: M. Scott DeBerard, Ph.D.

Duties: Conduct brief intakes and behavioral-health psychotherapy interventions within a primary care setting serving college students. Common presenting problems include insomnia, suicidal ideation, self-harm, depression, anxiety, eating disorders, substance abuse, psychotic symptoms, and adjustment difficulties. Techniques include sleep hygiene, psycho-education, motivational interviewing, behavioral activation, exposure techniques, MBSR, and CBT.

6/15-5/17

**Graduate Assistant Therapist**

Site: Neuropsychology Center of Utah, Clinton, UT

Placement: Integrated Assistantship

Supervisor: Adam Schwebach, Ph.D.

Duties: Conduct semi-structured intakes, neuropsychological testing, psychotherapy, and feedback sessions within a private practice setting. Common adult presenting problems include cognitive impairment, attention difficulties, executive dysfunction, anxiety, and depression. Common children and adolescent presenting problems include cognitive impairment, learning disabilities, executive dysfunction, attention difficulties, oppositional-defiance, depression, anxiety, LGBT obstacles, and psychotic symptoms. Therapy techniques include parent behavioral training, motivational interviewing, CBT, ACT, MBSR, and cognitive rehabilitation. In addition to individual psychotherapy, neuropsychological assessments are administered, scored, interpreted within an integrated psychological report, and reported back to clients in a feedback session.

9/16-4/17

**Graduate Student Therapist**

Site: Up to 3, Logan, UT

Placement: Child Practicum

Supervisor: Gretchen Peacock, Ph.D.

Duties: Conduct semi-structured intakes and behavioral interventions to families enrolled in a government early-intervention program. Clients consist of parents and caregivers who had children under 3 years of age with a cognitive, social, emotional, speech, or physical delay. Common presenting problems include tantrums, sleep disturbance, eating problems, head banging, aggressive behavior, and toilet training.

11/15-5/16

**Graduate Student Therapist**

Site: Huntsman Intermountain Cancer Center, Logan, UT

Placement: Adult Practicum

Supervisor: M. Scott DeBerard, Ph.D.

Duties: Conducted intakes and behavioral-health interventions within a primary care setting serving adults undergoing treatment for cancer. A common presenting problem was adjustment difficulties. Techniques included sleep hygiene and behavioral activation.

9/14-8/15      **Graduate Student Therapist**  
Site: Utah State University Psychology Community Clinic, Logan, UT  
Placement: Integrated Practicum  
Supervisor: Susan Crowley, Ph.D. & Jenna Glover, Ph.D.  
Duties: Conducted individual psychotherapy, and psycho-educational assessments in a department training clinic providing community mental health services on a sliding fee scale. Psychotherapy primarily focused on motivational interviewing, parent behavioral training, CBT, and ACT to address problems with depression, anxiety, trauma, noncompliance, and adjustment difficulties. In addition to individual psychotherapy, psychoeducational assessments (ADHD and LD) were provided to adults. Assessments were administered, scored, interpreted within an integrated psychological report, and reported back to clients in a feedback session.

### **RELATED WORK EXPERIENCE**

6/11-6/13      **Psychometrist**  
Site: Saint Alexius Medical Center, Bismarck, ND  
Supervisor: David Brooks, Ph.D., ABPP(RP), ABN  
Duties: Administered assessments that were ordered by the neuropsychologist including intelligence, achievement, memory, executive functioning, attention, and neuropsychological. Patients included children, adolescents, adults, and older adults. Common patient concerns were memory problems, traumatic brain injury, stroke, attention difficulties, and academic concerns.

7/12-5/13      **Mental Health Technician**  
Site: Alternative Care Services, Bismarck, ND  
Supervisor: Anne Johnson, MSW  
Duties: Administered medications and supervised adult clients in a crisis residential treatment setting. Majority of the client's endorsed substance abuse problems and/or serious mental health disorders.

1/11-5/11      **Undergraduate Student Intern**  
Site: Conflict Resolution Center, Grand Forks, ND  
Supervisor: Sarah Prom, LPC  
Duties: Learned and observed the practices of transformative mediation and conflict management. Common clients were couples obtaining a divorce or disputing child custody.

10/09-5/10      **Applied Behavior Analysis Student Therapist**  
Site: About U Inc., East Grand Forks, ND  
Supervisor: Lindsay Deling, University of North Dakota Clinical Psychology Graduate Student  
Duties: Provided applied behavior analysis therapy techniques at home and at daycare to a child diagnosed with autism.

## **TEACHING EXPERIENCE**

- 1/15-5/15      **Graduate Teaching Assistant**  
Class: Undergraduate Neuroscience  
Location: Utah State University, Logan, UT  
Supervisor: Catalin Buhusi, Ph.D.
- 8/14-12/14      **Graduate Teaching Assistant**  
Class: Graduate Intellectual Assessment  
Location: Utah State University, Logan, UT  
Supervisor: Jenna Glover, Ph.D.
- 8/13-12/14      **Graduate Teaching Assistant**  
Class: Undergraduate Introduction to Psychology  
Location: Utah State University, Logan, UT  
Supervisor: Jennifer Grewe, Ph.D. & Crissa Levin, Ph.D.
- 8/11-12/11      **Undergraduate Teaching Assistant**  
Class: Undergraduate Orientation to Psychology  
Location: University of North Dakota, Grand Forks, ND  
Supervisor: F. R. Ferraro, Ph.D.

## **RESEARCH EXPERIENCE**

- 6/17-Present      **Graduate Research Assistant**  
Study: Epidemiology of Alzheimer's Disease Resilience and Risk Pedigrees  
Location: Utah State University, Logan, UT  
Supervisor: JoAnn Tschanz, Ph.D.  
Duties: Assist with data collection on a research study investigating genetic factors and cognitive impairment. Data collection will consist of neuropsychological testing at home visits. Other activities will include data entry, quality assurance, and data cleaning.
- 12/14-8/15      **Graduate Research Assistant**  
Study: Technology Adaptation and Usage Tool Study (TAUT)  
Location: Utah State University, Logan, UT  
Supervisor: JoAnn Tschanz, Ph.D.  
Duties: Assisted with data collection on a research study investigating factors that affect adoption of a smartphone reminder application for persons with cognitive impairment and their caregivers. Data collection consisted of neuropsychological testing and caregiver interviews at home visits. Other activities included assisting participants and/or caregivers with technology trouble shooting, data entry and quality assurance, and data cleaning.

- 9/14-12/14      **Graduate Research Assistant**  
Study: Grey Matters Study  
Location: Utah State University, Logan, UT  
Supervisor: JoAnn Tschanz, Ph.D. & Maria Norton, Ph.D.  
Duties: Assisted with data collection, including neuropsychological testing and scoring, for a study investigating the efficacy of a smartphone lifestyle application aimed at reducing risk for Alzheimer's disease. An additional duty was to conduct a psychoeducational workshop for participants on memory functioning and remembering techniques (e.g. mnemonics).
- 1/14-5/14      **Graduate Research Assistant**  
Study: Cache County Study of Memory and Aging  
Location: Utah State University, Logan, UT  
Supervisor: JoAnn Tschanz, Ph.D.  
Duties: Participated in data cleaning and proper data disposal.
- 1/10-5/10      **Undergraduate Research Assistant**  
Study: Audio recording and accuracy of the controlled oral word association test  
Location: University of North Dakota, Grand Forks, ND  
Supervisor: Caitlin Schultz, Ph.D.  
Duties: Assisted with data collection, which consisted of administering and scoring a verbal fluency measure, on a research study investigating examiner recording accuracy and effects of audio recording on participant's performance. Duties also included data entry, quality assurance, and data cleaning.
- 9/08-12/09      **Undergraduate Research Assistant**  
Study: Autism and neuropsychological functioning  
Location: University of North Dakota, Grand Forks, ND  
Supervisor: F.R. Ferraro, Ph.D.  
Duties: Assisted with data collection, which involved administering and scoring cognitive and psychological measures, on a research study investigating examiner autism symptoms and neuropsychological functioning, specifically executive functioning.

### **PEER REVIEWED PUBLICATIONS**

- Sanders, C., **Behrens, S.**, Schwartz, S., Wengreen, H., Corcoran, C. D., Lyketsos, C. G., & Tschanz, J. T. (2016). Nutritional status is associated with faster cognitive decline and worse functional impairment in the progression of dementia: The Cache County Dementia Progression Study. *Journal of Alzheimer's Disease*, 52(1), 33-42.  
doi:10.3233/JAD-150528
- Rattinger, G. B., Fauth, E. B., **Behrens, S.**, Sanders, C., Schwartz, S., Norton, M. C., & ... Tschanz, J. T. (2016). Closer caregiver and care-recipient relationships predict

lower informal costs of dementia care: The Cache County Dementia Progression Study. *Alzheimer's & Dementia: The Journal of The Alzheimer's Association*, 12(8), 917-924. doi:10.1016/j.jalz.2016.03.008

**Behrens, S. J., & Ferraro, F. R.** (2012). Is there gender bias in attention deficit hyperactivity disorder referrals for treatment?. *Psychology Journal*, 9, 56-65.

### **NON-PEER REVIEWED PUBLICATIONS**

**Behrens, S.,** Tschanz, J. (submitted). Cholinesterase Inhibitors. In J. S. Kreutzer, J. DeLuca, & B. Caplan (Eds), *Encyclopedia of Clinical Neuropsychology*.

Tschanz, J. & **Behrens, S.** (submitted). Atrophy. In J. S. Kreutzer, J. DeLuca, & B. Caplan (Eds), *Encyclopedia of Clinical Neuropsychology*.

### **PRESENTATIONS**

**Behrens, S.,** Rattinger, G. B., DeBerard, M. S., Schwartz, S., Matyi, J., Sanders, C., & Tschanz, J. T. (In Review). *Antidementia Medication Use is Associated with Decreased Informal Costs in Mild Dementia*. Poster to be presented at International Association of Gerontology and Geriatrics 2017, San Francisco, CA.

Vernon, E. K., Cooley, B., Rozum, W., Rattinger, G. B., **Behrens, S.,** & Tschanz, J. T. (In Review). *Caregiver-Care Recipient Relationships are Associated with Neuropsychiatric Symptoms in Dementia*. Poster to be presented at International Association of Gerontology and Geriatrics 2017, San Francisco, CA.

Tschanz, J., Rattinger, G., Marley, M., Cooley, B., Sanders, C., **Behrens, S.,** Vernon, E., & DeBerard, M. S. (anticipated March 2017). *Self-rated health predicts mortality in older adults regardless of cognitive status*. Poster to be presented at Society of Behavioral Medicine Annual Meeting, San Diego, CA.

Sanders, C., **Behrens, S.,** Tschanz, J., Matyi, J., Decker, M., Hovey, R., & Norton, M. (anticipated February 2017). *Risk of cardiovascular disease and cognitive status in middle-aged adults: The Gray Matters Study*. Poster to be presented at International Neuropsychological Society Symposium, New Orleans, LA.

Vernon, E., **Behrens, S.,** Matyi, J., & Tschanz, J. (anticipated February 2017). *Sleep disturbance and its association with cognitive status in a population based sample of older adults: The Cache County Memory Study*. Poster to be presented at International Neuropsychological Society Symposium, New Orleans, LA.

- Rattinger, G. B., Sanders, C., **Behrens, S.**, & Tschanz, J.T. (November 2016). *Agitation and affective symptoms increase informal costs of dementia care*. Poster presented at Gerontological Society of America Annual Scientific Meeting, New Orleans, LA.
- Behrens, S.**, Sanders, C., Matyi, J., Tschanz, J., Norton, M., Hartin, P., Cleland, I., Scotney, S., McClean, S., Smith, K., & Nugent, C. (November 2015). *Adoption of a smartphone reminding application and association with caregiver burden*. Poster presented at Gerontological Society of America Annual Scientific Meeting, Orlando, FL.
- Matyi, J., **Behrens, S.**, Clark, C., Sanders, C., Chambers, S., Ferguson, M., Taylor, J., Kramer, A., Matangi, R., Papa, L., Fauth, E. B., Tschanz, J. T., & Norton, M. C. (July 2015). *Dementia caregiving specifically affects episodic memory: The Gray Matters Study*. Poster presented at Alzheimer's Association International Conference, Washington, D.C.
- Rattinger, G. B., **Behrens, S.**, Schwartz, S., Corcoran, C., Piercy, K., Norton, M. C., Fauth, E. B., Lyketsos, C. G., & Tschanz, J.T. (July 2015). *How do neuropsychiatric symptoms in persons with dementia affect caregiver physical and mental health over time?: The Cache County Dementia Progression Study*. Poster presented at Alzheimer's Association International Conference, Washington, D.C.
- Sanders, C., Wengreen, H., Schwartz, S., **Behrens, S.**, Corcoran, C., Lyketsos, C. G., & Tschanz, J. T. (July 2015). *Nutritional status and severe dementia, institutionalization and mortality: The Cache County Dementia Progression Study*. Poster presented at Alzheimer's Association International Conference, Washington, D.C.
- Tschanz, J. T., Sanders, C., Wengreen, H., Schwartz, S., **Behrens, S.**, Corcoran, C., & Lyketsos C. G. (July 2015). *Nutritional status predicts neuropsychiatric symptoms in dementia: The Cache County Dementia Progression Study*. Poster presented at Alzheimer's Association International Conference, Washington, D.C.
- Sanders, C., Wengreen, H., Schwartz, S., **Behrens, S.**, Corcoran, C., Lyketsos, C. G. & Tschanz, J. (February 2015). *Nutritional status and neuropsychological functioning in persons with dementia: The Cache County Dementia Progression Study*. Poster presented at International Neuropsychological Society Symposium in Denver, CO.
- Behrens, S.**, Rattinger, G., Schwartz, S., Lyketsos, C., & Tschanz, J. (November 2014). *Agitation in dementia is associated with worse caregiver health over time: The Cache County Study*. Poster presented at Gerontological Society of America Annual Scientific Meeting, Washington, D.C.
- Rattinger, G., **Behrens, S.**, Fauth, E., Norton, M., Lyketsos, C., & Tschanz, J. (November 2014). *How do caregiver factors affect time to clinical milestones in dementia?.* Paper presentation at Gerontological Society of America Annual Scientific Meeting, Washington, DC.

Tschanz, J., Sanders, C., Wengreen, H., Schwartz, S., **Behrens, S.**, Corcoran, C., & Lyketsos, C. (November 2014). *Nutritional status and neuropsychiatric symptoms in dementia: The Cache County Dementia Study*. Paper presentation at Gerontological Society of America Annual Scientific Meeting, Washington, DC.

**Behrens, S.** (April 2011). *Gender bias in attention deficit hyperactivity disorder and referrals for treatment*. Poster presented at University of North Dakota Undergraduate Research Conference, Grand Forks, ND.

**Behrens, S.** & Schwab, R. (March 2010). *Accuracy in recording patient responses during neuropsychological evaluation*. Poster presented at Red River Psychology Conference, Fargo, ND.

### **HONORS & AWARDS**

- 2016           Walter R. Borg Scholarship recipient 2016-2017 (\$3,000)
- 2013-2015    Kranz Travel Grant (\$1,131)
- 2013-2015    Utah State University Graduate Travel Grant (\$300)
- 2014-2015    Utah State University Psychology Travel Grant (\$600)
- 2014           Women and Gender Travel Grant (\$300)
- 2010-2011    Student Psychology Association Undergraduate Treasurer
- 2009-2011    Honors Service Learning Group Undergraduate Treasurer
- 2008-2011    Undergraduate Honors Service Award
- 2007           University of North Dakota's Outstanding Leadership Award

### **PROFESSIONAL DEVELOPMENT**

- March 2015    **A Night with Norman Doidge**  
Presenter: Norman Doidge, M.D.  
Host: Avalon Hills Foundation, Salt Lake City, UT  
Training Time: ½ day workshop
- Sept. 2014    **Introduction to Acceptance and Commitment Therapy Workshop**  
Presenter: Michael P. Twohig  
Host: Utah State University, Logan, UT

Training Time: 2 day workshop

- April 2014    **Trauma and the Brain**  
Presenter: Bessel A. van der Kolk, M.D.  
Host: Utah State University Counseling and Psychological Services, Logan, UT  
Training Time: 1 day workshop
- Feb. 2014    **ACT Boot Camp**  
Presenters: Steven C. Hayes, Ph.D, Kelly G. Wilson, Ph.D., & Kirk D. Strosahl, Ph.D.  
Host: University of Nevada, Reno, NV  
Training Time: 2½ day workshop
- Nov. 2013    **Allies Seminar**  
Presenter: Allies on Campus  
Host: Utah State University, Logan, UT  
Training Time: ½ day workshop
- Oct. 2013    **Symposium on Inclusive Excellence**  
Presenter: Utah State University Diversity Council  
Host: Utah State University, Logan, UT  
Training Time: 1 day workshop

### **PROFESSIONAL MEMBERSHIPS**

- 2017-  
Present        **Associate Membership**  
International Neuropsychology Society
- 2016-  
Present        **Student Affiliate**  
APA Division 40 Clinical Neuropsychology
- 2016-  
Present        **Student Member**  
LGBTQ Affirmative Therapists Guild of Utah
- 2009-  
Present        **Student Member**  
Psi Chi Psychology Honor Society

### **VOLUNTEER EXPERIENCE**

- 2014-Present    Court Appointed Special Advocates  
Logan, UT
- 2011-2013        Big Brother Big Sister  
Bismarck, ND

- 2010-2012 God's Child Project  
Bismarck, ND & Antigua, Guatemala
- 2010-2012 Special Education Tutor  
Wheaton, MN
- 2008-2009 Camp Good Mourning  
Grand Forks, ND
- 2008 Special Olympics  
Grand Forks, ND