

CURRICULUM VITAE

M. Todd Sewell, Ph.D.

Cognitive Behavioral Institute of Albuquerque

Postdoctoral Fellow

1 San Rafael Ave. NE

Albuquerque NM, 87122

505-823-1600

ts@cogtherapy.com

Education

Ph. D. Clinical Psychology (2015)
University of Nevada, Reno

M.A. Health Psychology (2007)
Northern Arizona University

Bachelor of Arts (2002)
Fort Lewis College

Pre-doctoral Internship

Jul 2014- June 2015 **University of Texas Health Science Center at San Antonio**
Department of Psychiatry (APA Accreditation)

Rotation 1- South Texas Organizational Network Guiding Studies on Trauma and Resilience (STRONG STAR). Supervisors: Ann Marie Hernandez, Ph.D., Cindy McGeary, Ph.D.

Rotation 2- Substance Abuse and Integrated Health care
Supervisors: Donald McGeary, Ph.D., ABPP, Ann Marie Hernandez, Ph.D., Jeslina Raj, Psy.D.

Clinical Work Experience

Feb 2012-June 2014 **Clinical Trainee.** Deacon Shoenberger, Ph.D.
Supervisor: Deacon Shoenberger, Ph.D.
Description: Delivered evidenced based psychotherapy to individuals and couples. Duties included delivering therapy, pain management and treatment adherence evaluations, Treatment reports and assessment.

Jan 2010-June 2014 **Clinical Trainee.** Mountain Employee Assistance Program
Supervisor: Frank Evarts, Ph.D.
Description: Delivered evidenced based psychotherapy to individuals and couples. Duties included delivering therapy, Job Performance Evaluations, reports and assessment.

Spring 2008- 09 **Behavioral Coach** for the Nevada Caregiver Support Center.
Delivery of educational and behavioral strategies for caregivers of individuals with dementia, assisted implementation of applied behavioral training to assist caregivers with problem behaviors, and acted as an advocate for caregivers and care in medical and care facilities.

Clinical Training Experience

- Fall 2013- 2014* **Dialectical Behavior therapy (DBT)** Clinical Practicum
Supervisor: Alan Fruzzetti, Ph.D.
Description: Team Therapist- Individual outpatient team primarily treating individuals for Borderline Personality Disorder
- Fall 2010- 2011* **Acceptance and Commitment Therapy (ACT)**. Clinical Practicum
Supervisor: Steven Hayes, Ph.D.
Description: Team Therapist- Individual outpatient team primarily treating individuals for mood and anxiety disorders
- Spring 2009- 2014* **Cognitive Therapy**. Clinical Practicum
Supervisor: Tony Papa, Ph.D.
Description: Team Therapist- Individual outpatient team primarily treating clients for mood and anxiety disorders using Beck's Cognitive Therapy
- Spring 2009- Fall 2010* **ACT for Trauma**. Clinical Practicum
Supervisor: Victoria Follette, Ph.D.
Description: Team Therapist- Individual outpatient team primarily saw clients for trauma related disorders using ACT
- Fall 2008- Fall 2009* **Cognitive Behavioral Therapy**. Clinical Practicum
Supervisor: Melanie Duckworth
Description: Team Therapist- Individual outpatient team primarily saw clients for mood and anxiety disorders using Behavioral Activation and other CBT treatments.
- Masters Program 05-07* **Group Leader. Individual Practicum, Fieldwork**
Supervisors: Lesley Lutes, Ph.D., Larry Stevens Ph.D.
Description: Individual and Group therapy focused on mood disorders and anxiety disorders.

Teaching Experience

- Fall 2010 to Spring 2014* **Instructor for Truckee Meadows Community College**.
I have taught PSY 101 (Intro to Psychology), 102 (Stress and Coping) and 241 (Abnormal Psychology). I created the curriculum, delivered lectures, and assessed student performance.
- Fall semester 2007-08* **Statistics Graduate Assistant**. Aided undergraduate students learning of material in class. Held weekly office hours to assist students in completing assignments and preparing for exams.
- Spring semester, 06-07* **Statistics Lab instructor and Introductory to Psychology Graduate Assistant** Delivery of weekly lab lectures to undergraduate students. Aided student comprehension of statistics analyses in psychology. Scored exams, occasionally delivered lectures covering topics of basic psychology.
- Fall semester, 2005, 2006* **Research Methods lab Instructor**, Northern Arizona University, Flagstaff Arizona. Delivered weekly lectures,

guided students as they created individual experiments and completed IRB applications, data entry, and analysis.

August 2003- May 2005

High school Special Education Teacher. Farmington Municipal School District. Responsible for teaching students, developing lesson plans, developing Individualized education plans. Foundations in Math and Communication Skills.

Research Experience

August 2012-2014

Primary Investigator. Supervisor: Tony Papa, Ph.D. Social Reactions to expressions of shame within sexual assault disclosure.

Description: The purpose of this research is to examine the elicited social reaction to facial expressions of shame in the context of disclosure of sexual assault.

August 2010- 2011

Primary Investigator. Supervisor: Tony Papa, Ph.D. Relationships in College.

Description: The purpose of this research was to examine The impact of physical distance from social support during the difficult transition from high school to college.

August 2008- 2012

Primary Investigator. Supervisor: Tony Papa, Ph.D. The impact of social support and the disclosure process for survivors of sexual assault.

Description: The purpose of this research was to examine the relationship of social support and the disclosure process on psychological distress outcomes for survivors of sexual assault.

Nov. 2008- present

Research Assistant. Supervisor: Tony Papa, Ph.D. Applying Behavioral activation as a treatment for prolonged and complicated grief.

Description: The purpose of this research is to examine the efficacy of behavioral activation in a clinical setting in order to treat individuals with prolonged grief; this treatment has not been applied to this population.

August 2005- 2007

Primary Investigator. Supervisor: Laurie Dickson, Ph.D. Are Crib Cards Helpful? A Laboratory Study.

Description: This research examined pedagogical aspects of testing. Tested two popular hypothesis regarding crib cards as an effective means of improving test scores.

August 2006- 2007

Co-Researcher Director. Supervisor: Lesley Lutes, Ph.D. Get Active NAU. Northern Arizona University. Research designed to examine Behavioral Choice Therapy for weight loss and possible benefits of using the internet as a viable delivery mode. This therapy addresses the emotional components that influence behavior.

Publications

Papa, A., **Sewell, M.**, Garrison-Diehn, C., & Rummel, C. (2013). A randomized open trial assessing the feasibility of behavioral activation for pathological grief responding. *Behavior Therapy*, doi:10.1016/j.beth.2013.04.009

Papa, A, Rummel, C., Garrison, C., & **Sewell, M.T.** (2013). A Behavioral Approach to Prolonged Grief Disorder. *Death Studies*, 37, 913-936.

Papa, A., Boland, M., & **Sewell, M.T.** (2012). Emotion Regulation. In O'Donohue, W. T., Fisher, J.E. (Eds.), *Cognitive Behavior Therapy: Core Principles for Practice*. New York: Wiley.

Sewell, M.T., Papa, A., & Fitzgerald, M. (*submitted*). The Impact of Social Support on the Adjustment of College Freshman.

Follette, V.M., LaBash, H.A., **Sewell, M. T.** (2010). Adult Disclosure of a History of Childhood Sexual Abuse. Implications for Behavioral Psychotherapy. *Journal of Trauma and Dissociation*, 11, 228-243.

Sewell, M. T. (2010). Sexual Disorders. In: *Stepped care and e-health: Practical applications to behavioral disorders. Practical Applications to Behavioral Disorders*. O'Donohue, W. T. & Draper, C. Eds. New York, NY: Springer.

Duckworth, M.P., Iezzi, T., **Sewell, M.T.**, (2009). Assessing and managing chronic pain in the primary care setting. In L. C. James & W. T. O'Donohue (Eds.), *The primary care toolkit: Practical resources for the integrated behavioral care provider*, (pp. 183-197). New York, NY: Springer.

Presentations

Vijay, A., Follette, V. M., **Sewell, M. T.**, Wessinger, C. M., & Clapham, E. S. (2008). Relationship Between Experiential Avoidance, Sexual Revictimization & Physical Abuse. Department of Psychology, University of Nevada, Reno. Poster presented at International Society for Traumatic Stress Studies, Boston M.A.

Lutes, L.D., Daiss, S., **Sewell, M.T.**, Read, M., Riendeau, D., & Miller, M. (2008). A Small Change Approach Promotes Initial and Continued Weight Loss Delivered Either In Person or Via the Internet: 9-Month Results from Get Active NAU. Department of Psychology, Northern Arizona University. Poster presented at Society of Behavioral Medicine, San Diego, C.A.

Vijay, A., Rodeheaver, C., Follette, V.M., Wessinger, C.M., Clapham, E.S. & **Sewell, M.T.** (2008). An empirical investigation of adolescent sexual victimization and experiential avoidance. Poster presented at the Western Psychological Association conference in Irvine, CA.

Sewell, M.T., Dickson, L.K., Knights, K. (2007). Are Crib Cards Helpful? A Laboratory Study. Northern Arizona University. Rocky Mountain psychological Association, Denver, CO. April 2007. *Poster presentation at PsiChi regional conference NAU.*

Lutes, L. D., Daiss, S., Read, M., **Sewell, M.T.**, Veins, J., Kiminski, H., Kanyon, M., Miller, M. (2007). Internet vs. In-person Treatment for obesity: Design and Baseline Characteristics. Presentation at Behavioral Medicine and Wellness, Flagstaff A.Z., 2007.

Lutes, L. D., Daiss, S., Read, M., **Sewell, M.T.**, Veins, J., Kiminski, H., Miller, M. (to be submitted). In-person vs. Internet-based Behavioral Choice Therapy: Can internet-based

Therapy be Effective? Presentation at Society of Behavioral Medicine, Washington D.C.
March 2007.

Honors and Awards

- April 2013* Nominated for '**Outstanding Professor**' award from Truckee Meadows Community College.
- April 2011* '**Excellence in Teaching**' award from Truckee Meadows Community College.
- April 2006- May 2007* **Northern Arizona University Graduate Student Representative.** Attended faculty meetings, discussed graduate students concerns and program details with faculty.
- August 00 – December 02* **Deans List** Fort Lewis College, Durango CO.
- May 2007* **Graduate with distinguished honors.** Northern Arizona University