**CURRICULUM VITAE**

**Seth M. Wilensky**

Department of Psychology || Miami University

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**EDUCATION**

**Ph.D., Clinical Psychology Anticipated Conferral May 2026**

*Miami University, Oxford, OH*

**M.A., Clinical Psychology Anticipated Conferral September 2022**

*Miami University, Oxford, OH*

**B.A., Psychological and Brain Sciences, Cum Laude May 2020**

*Washington University in St. Louis, St. Louis, MO*

* Honors Thesis: “Role of Emotional Awareness in Life Satisfaction Judgements Following a Negative Mood Induction”
* Advisor: Renee J. Thompson, Ph.D.

**Semester Abroad Program, European Clinical Psychology May 2019**

*DIS-Danish Institute for Study Abroad, Copenhagen, Denmark*

**AWARDS & FELLOWSHIPS**

Letter of Commendation for Excellence in Teaching, Mentorship- Department of Psychology, Miami Univ. **2022**

Graduate Summer Research Fellowship- Department of Psychology, Miami Univ. ($1,500) **2022**

Graduate Summer Research Fellowship- Department of Psychology, Miami Univ. ($1,500) **2021**

Honors Student- Department of Psychological and Brain Sciences, Washington Univ. **2019-2020**

**PROFESSIONAL AFFILIATIONS**

American Psychological Association, *Division 19 (Military), Division 56 (Trauma)*

International Society for Traumatic Stress Studies

Midwestern Psychological Association

Psi Chi International Honors Society in Psychology

**PROFESSIONAL INTERESTS**

My research interests concern how emotion regulation impact the processes by which trauma, namely childhood maltreatment and interpersonal violence, yields divergent outcomes in the domains of i) risky or dysfunctional sexual behavior, ii) substance misuse and abuse, iii) help-seeking behavior and use of mental health services, and iv) revictimization. I am interested in how stigma, both experienced and internalized, and gender norms influence responses to and outcomes following traumatic experiences. Furthermore, I study how stigma and gender norms impose restrictions on the use of emotion regulation strategies following traumatic events and how such constraints contribute to negative psychological outcomes. In terms of applied research, I am fascinated with how interventions, both proactive and reactive, targeting facets of emotion dysregulation can be utilized to promote resilience and posttraumatic growth. Currently, I am working towards my master’s thesis which explores how the difficulties in utilizing emotion regulation strategies by male survivors of childhood maltreatment contribute to dysfunctional sexual behavior in adulthood and the moderating role of adherence to masculine norms. Clinically, I am eager to work with individuals who have experienced acute and/or prolonged traumas including active duty and reservist members of the armed forces, veterans, refugees, and survivors of childhood maltreatment and interpersonal violence. Through both my research and clinical ambitions, I am passionate about empowering *all* survivors of trauma and advocating for the development and implementation of trauma-informed systems and institutions.

**PUBLICATIONS** (*\*denotes mentored undergraduate student)*

Messman, T.L., LaPlena, N., & **Wilensky, S.M.** (in press). Posttraumatic Stress Disorder. In M. Friedman (Ed.), *Encyclopedia of Mental Health (Third Edition)*. Elsevier.

**Wilensky, S.M.** (2020). Role of Emotional Awareness in Life Satisfaction Judgements Following a Negative Mood Induction, *Washington University Honors Thesis Abstracts, 12*, 120.

**MANUSCRIPTS IN PREPARATION**

Knauft, K., Hayabitini, N., **Wilensky, S.M.**, & Kalia, V. *Rumination and Gender Moderate Effect of Perceived Threat on Anxiety*. (Under Review)

Hall, K.E., **Wilensky, S.M.,** Stafford, J., & Cho, B. *Masculine Norm Adherence, Gender Identify, and Mental Health Outcomes Among Sexual Assault Survivors Who Disclose.*

**Messman, T.L.,** Wilensky, S.M., Turner, C.J. *Trauma and the Etiology of Hoarding Disorder: A Conceptual Review*.

**Wilensky, S.M.**, Katsikas, M.\*, Eshelman, L.R., & Messman, T.L. *The Impact of Masculine Norms on the Links Between Sexual Victimization, Emotion Dysregulation, and Men’s Dysfunctional Sexual Behavior*.

Katsikas, M.\*, **Wilensky, S.M.**, Eshelman, L.R., & Messman, T.L. *The Role of Trait Anger, Emotion Regulation Strategies, and Emotional Inexpressiveness in the Relation between Child Sexual Abuse and Alcohol Use in Men*.

Salim, S.R., **Wilensky, S.M.**, & Messman, T.L. *Stigma and Hazardous Drinking Among Bisexual Women with Sexual Victimization.*

**RESEARCH PRESENTATIONS**

**Wilensky, S.M.,** LaPlena, N., Bhuptani, P.H., & Messman, T.L. *Childhood Emotional Maltreatment and Gender Differences Relate to Indicators of Self-Compassion*. Poster accepted for presentation at the 38th Annual Meeting of the International Society for Traumatic Stress Studies.

Knauft, K., Hayabitini, N., **Wilensky, S.M.**, & Kalia, V. (2022) *Rumination and gender moderate effect of perceived threat on anxiety*. Paper talk presented at the 94th Annual Meeting of the Midwestern Psychological Association.

**Wilensky, S.M.**, Katsikas, M.\*, Eshelman, L.R., & Messman, T.L. (2022). *Masculinity’s Impact on Sexual Victimization, Emotion Dysregulation, and Sexual Difficulties*. Poster presented at the 94th Annual Meeting of the Midwestern Psychological Association.

Katsikas, M.\*, **Wilensky, S.M.**, Eshelman, L.R., & Messman, T.L. (2022). *Anger Explains the Relationship Between Sexual Assault and Alcohol Use* Poster presented at the 94th Annual Meeting of the Midwestern Psychological Association.

**Wilensky, S.M.**, Salim, S.R., & Messman, T.L. (2021). *Mechanisms of Post-Trauma Shame Related to Sexual Assault Among Bisexual Women*. Poster presented at the 37th Annual Meeting of the International Society for Traumatic Stress Studies.

Salim, S.R., **Wilensky, S.M.**, & Messman, T.L. (2021). *Internalized identity illegitimacy mediates the link between antibisexual stigma and risk for sexual assault in young adult bisexual women*. Poster presented at the 55th annual meeting of the Association for Behavioral and Cognitive Therapies.

**Wilensky, S.M.**, Salim, S.R., & Messman, T.L. (2021). *Stigma and Hazardous Drinking Among Bisexual Women with Sexual Victimization.* Poster accepted for presentation at the 93rd Annual Meeting of the Midwestern Psychological Association.

**RESEARCH EXPERIENCE**

**National Center for Organization Development May 2021 – Present**

*Pre-Masters Research Assistant*

*Veteran’s Health Administration, Cincinnati, OH*

* Research assistant for the summer of 2021 under the direction of Dr. Katerine Osatuke, Research Director for the Veteran’s Health Administration, National Center for Organization Development
* Aiding in the processing and qualitative coding of survey responses completed by VA employees

**Trauma and Emotion Regulation Lab August 2020 – Present**

*Graduate Student, Lab Manager*

*Miami University, Oxford, OH*

* First-year graduate student and lab manager in Dr. Terri L. Messman’s Trauma and Emotion Regulation Lab
* In response to the COVID-19 pandemic, amended protocols for two ongoing survey studies concerning men’s and women’s responses to stressful life events to allow for participant consenting and survey completion to be conducted entirely remotely while ensuring the privacy and confidentiality of all participants
* Onboarded and trained six undergraduate research assistants (URAs) in new lab and study protocols, in addition to implementing new systems for assigning lab tasks to URAs and for URAs to self-report their lab hours remotely
* Coordinated with Dr. Messman and other graduate students to lead recurring weekly meeting of the full Trauma and Emotion Regulation Lab Team to discuss lab business and assignments, critique journal articles, and engage in professional development activities

**Emotion and Mental Health Lab January 2018 – May 2020**

*Honors Student, Lab Manager, Research Assistant*

*Washington University in St. Louis, St. Louis, MO*

* Working under the directive of Dr. Renee J. Thompson as part of ongoing, clinical study exploring the relationship between emotions and decision-making
* Lead participants through in-lab tasks and surveys
* Conducted a tutorial with study participants on how to complete Ecological Momentary Assessments (EMA) on a smart device
* Assisted Dr. Thompson and graduate students in literature reviews pertinent studies within the Emotion and Mental Health Lab
* Responsible for training new research assistants on in-lab procedures and phone screenings of participants, in addition to backing-up all data collected as part of the ongoing Emotion and Decision-Making study
* As an honors student (Fall 2019-Spring 2020), formulated hypotheses and designed experiment exploring the mechanisms by which emotion awareness and emotional differentiation influence life satisfaction judgements following a negative mood induction

**Personality Measurement and Development Lab August 2018 – December 2019**

*Research Assistant*

*Washington University in St. Louis, St. Louis, MO*

* Working under the guise of Dr. Joshua J. Jackson coding electronically activated recorder (EAR) files for personality traits as part of longitudinal study of personality focusing on middle-school aged students in an inner-city, St. Louis school system
* Participated in an independently-driven course in statistical modeling and computation in R Studio using personality psychology as its dataset
* Stemming from the independent R course, designed and conducted a senior data analysis project using R explore the interactions between emotion regulation strategies and subjective feelings of inauthenticity from a multi-wave longitudinal study

**CLINICAL EXPERIENCE**

**Forest Hills Family Medicine, Mercy Health July 2022 – Present**

*Behavioral Health Consultant*

*Cincinnati, OH*

**Miami University Psychology Training Clinic August 2021 – Present**

*Clinical Psychology Trainee*

*Oxford, OH*

* Provided evidence-based individual therapy for Miami University college students and Oxford community members with an emphasis on cognitive-behavioral, multicultural, feminist, and interpersonal perspectives on case conceptualization and treatment
* Empirically supported treatments implemented: Dialectical Behavioral Therapy, Cognitive-Behavioral Treatments, Motivational Interviewing, Cognitive Processing Therapy, Acceptance and Commitment Therapy, Mindful Self-Compassion
* Presenting problems: emotion dysregulation, depression, social anxiety, trauma, interpersonal skills deficits, specific phobia, substance usage, family conflict, stress management, sleep difficulties

**Talawanda High School August 2021 – May 2022**

*Anxiety Group Co-Facilitator*

*Oxford, OH*

* Co-facilitated small groups for high school students involving psychoeducation, coping strategies, and mindfulness skills to better manage anxiety
* Empirically supported treatments implemented: Dialectical Behavioral Therapy, Unified Protocol for the Transdiagnostic Treatment of Emotional Disorders
* Presenting problems: emotion dysregulation, social anxiety, generalized anxiety

**Independence Center June 2019 – September 2019**

*Undergraduate Practicum Student*

*St. Louis, MO*

* Completed 250 hours as a practicum student at the second largest psychosocial, Clubhouse model clinic in the United States
* Worked alongside staff and members in the operations of the Clubhouse, including the member bank, kitchen, reception unit, colleague training, and resale shop
* Helped members construct resumes, explore continuing education programs, and connect with social service providers in the greater St. Louis area
* Designed the Independence Center Outreach Initiative, an initiative that compiled a database of local universities, mental health service providers, and community organizations that members and staff can outreach in order to increase awareness of Independence Center services within underrepresented populations

**Det Gule Hus January 2019 – May 2019**

*Undergraduate Practicum Student*

*Copenhagen, Denmark*

* Completed 33 hours with weekly group supervision as a practicum student at a social psychiatry café in the Frederiksberg municipality of Copenhagen, Denmark
* Conducted interviews with café users and clinical staff to understand the theoretical mechanisms behind the café’s mission and how psychotherapy and counseling is provided in the Danish health care system
* Presented a poster on the functional model of Det Gule Hus at the DIS-Danish Institute for Study Abroad End-of-Semester Research Showcase

**CLINICAL COURSEWORK**

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| Fall 2022 | Multicultural Clinical Psychology (PSY 605), Clinical Supervision I (PSY 6450), Advanced Clinical Techniques I: Assessment Practicum (PSY 750A) |
| Spring 2022 | Advanced Practicum in Clinical Techniques II: Adult Therapy Practicum (PSY 750A) |
| Spring 2022 | Advanced Clinical Seminar: Trauma-Focused Therapy (PSY 740) |
| Spring 2022 | Consultation with Communities (PSY 645A) |
| Spring 2022 | Psychological Assessment II (PSY 647) |
| Fall 2021 | Advanced Practicum in Clinical Techniques I: Adult Therapy Practicum  (PSY 750A) |
| Fall 2021 | Psychological Assessment I (PSY 646) |
| Spring 2021 | Adult Evidence-Based Clinical Intervention (PSY 653) |
| Spring 2021 | Ethics in Clinical Psychology (PSY 649) |
| Fall 2020 | Developmental Psychopathology over the Lifespan (PSY 648) |

**ASSESSMENT INSTRUMENTS**

* Adult ADHD Self-Report Scale (ASRS)
* Alcohol Use Disorder Identification Test (AUDIT)
* Beck Depression Inventory, Second Edition (BDI-2)
* Depressive Symptom Index- Suicidality Subscale (DSI-SS)
* \*DSM-5 Self-Rated Level 1 Cross-Cutting Symptom Measure- Adult
* Generalized Anxiety Disorder-7 (GAD-7)
* \*Kiddie Schedule for Affective Disorders and Schizophrenia (KSADS)
* Patient Health Questionnaire-9 (PHQ-9)
* \*Structured Clinical Interview for DSM-5 Disorders (SCID-5)
* \*Wechsler Adult Intelligence Scale- Fourth Edition (WAIS-IV)
* \*Wechsler Individual Achievement Test- Fourth Edition (WIAT-4)
* \*Wechsler Intelligence Scale for Children- Fifth Edition (WISC-V)

Note: \* denotes administered with volunteers, not clients

**TEACHING EXPERIENCE**

**Lab Instructor, Statistics and Research Methods (PSY 601) August 2021 – December 2021**

*Department of Psychology, Miami University, Oxford, OH*

**Lab Instructor, Writing and Research Methods (PSY 294) January 2022 – May 2022**

*Department of Psychology, Miami University, Oxford, OH*

**Co-Facilitator, Voices of Discovery (IDS 253) August 2020 – December 2020**

*Center for American and World Cultures, Miami University, Oxford, OH*

* Co-facilitated an eleven-week intergroup dialogue (IGD) course consisting of eighteen undergraduate students at various points of study and from multiple academic divisions at Miami University with the goal of developing and practicing critical interpersonal skills when engaging with individuals with different identities, lived experiences, and perspectives
* Completed an intensive two-week training regarding the principles of IGD, reviewing course content and objectives, and learning pedagogical best practices for leading dialogues with co-facilitators
* Successfully adapted course pedagogy, which was designed for in-person facilitations, to produce engaging and interactive activities that were possible four our virtual class meetings
* Participated in bi-weekly debriefing meetings with course supervisors to highlight successes in addition to discussing problem areas and how to resolve any issues impacting classroom dynamics

**PROFESSIONAL HISTORY**

**Project Team Lead May 2020 – August 2020**

*Villa Restaurant Group, Morristown, NJ*

* Lead a team of twenty-one researchers tasked with evaluating existing hiring, recruitment, diversity and inclusion, and talent-acquisition efforts for a regional restaurant conglomerate
* Prepared and delivered mid-project and final project presentations to the Villa Restaurant Group corporate team
* Produced a final deliverable offering recommendations for how Villa Restaurant Group and its associated brands could update and improve their corporate website, brand websites, and social media accounts to match industry standards, highlight company achievements, and better attract talent

**Special Projects Intern May 2018 – August 2018**

*Career Center at Washington University in St. Louis, St. Louis, MO*

* Assisted members of the Career Advising, Employer Relations, and Communications and Events teams with various projects, including the construction of informational pamphlets regarding recruiting cycles and timelines, organizing career fairs and roadshows, and writing a blog on career-search related topics published weekly on the Career Center website
* Designed and conducted data analytics project to exploring correlations between student engagement with the Career Center and specific student populations to determine student groups to target for outreach; presented findings to the Career Center staff and the Dean of Career Services
* Participated in professional development sessions as part of the Summer Associates Program at Washington University

**BEAR Outreach Student Fellow May 2017 – May 2018**

*Hillel at Washington University in St. Louis, St. Louis, MO*

* Met with members of the Washington University student body to develop programming to increase student involvement in Jewish life on campus
* Created a monthly Skype program to connect Israeli soldiers with Jewish students

**Assistant to the Director of Administrative Services June 2015 – August 2017**

*Newark Academy, Livingston, NJ*

* Worked full time hours for three consecutive summers
* Coordinated the purchasing and distribution of school supplies and textbooks for 30-40 students receiving scholarships or financial aid from Newark Academy
* Spoke with external contractors looking to rent Newark Academy facilities and negotiated rental contracts, generating tens of thousands of dollars in revenue for the school
* Created a bill calculator program in Microsoft excel to aid in creating monthly bills for external contractors in order to increase reliability and efficiency

**VOLUNTEER EXPERIENCE**

**Relay for Life WashU August 2016 – May 2020**

*Steering Committee, Event Planning Subcommittee*

* Helped organize annual fundraiser for the American Cancer Society on the Washington University campus, typically raising $130,000 for cancer research per year
* As member of the event planning subcommittee, placed in charge of facilities and equipment rentals for the day of the event
* Helped organize day of set up and clean from Relay for Life
* Personally, fundraised over $30,000 for cancer research during time as member of Relay for Life WashU

**Relationship & Sexual Violence Prevention Center- The Date August 2017 – August 2019**

*Facilitator, Team Lead*

* Three-year facilitator in first year student orientation program tasked with informing incoming first year students about sexual assault and sexual assault prevention on college campuses
* Each year at start of program, completed twenty hours of training containing statistics on sexual assault and interpersonal violence on college campus, prevention and bystander intervention techniques, and trauma-informed care for survivors of sexual assault
* Co-facilitated a total of nine sessions of first year students covering topics relating to sexual violence and life on the Washington University College campus
* As a senior, selected as one of two male-identifying team leads, in charge of leading breakout sessions and specific facilitation trainings for other male-identifying facilitators working with The Date

**SERVICE ACTIVITIES**

* Miami University Clinical Area Graduate Student Representative (Fall 2022 – Present)
* Miami University 2022 Diversifying Psychology Weekend, Graduate Student Panelist
* Midwestern Psychological Association 2022 Psi Chi Symposia Panelist
* Miami University Department of Psychology Graduate Student Representative (Fall 2021 – Spring 2022)
* Undergraduate Honors Thesis Mentor. *Anger explains the relationship between sexual abuse and alcohol use*

**SKILLS**

Coding and Quantitative- SPSS, R, JASP, Qualtrics, Microsoft Excel

Virtual Communication- Microsoft Teams, Zoom, Cisco WebEx

Other- EPIC, Doxy.me, SONA, Microsoft Word, Microsoft PowerPoint, Mac OS, Windows, Canvas, Blackboard

**REFERENCES**

Terri L. Messman, Ph.D. Miami University [messmat@miamioh.edu](mailto:messmat@miamioh.edu)

Lauren Evans Toben, Ph.D. Miami University [evanslm4@miamioh.edu](mailto:evanslm4@miamioh.edu)

Deborah Wiese, Ph.D. Miami University [wiesedl@miamioh.edu](mailto:wiesedl@miamioh.edu)

Lesley Otten, Ph.D. Mercy Health [lkotten@mercy.com](mailto:lkotten@mercy.com)