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## CURRICULUM VITAE

### **Education**

Doctoral student in Clinical Psychology (APA-accredited doctoral program), University of Texas at Austin, 2006-present

M.A. in Clinical Psychology, University of Texas at Austin, 2008

Thesis Title: "Prospective psychoeducation reduces initial SSRI-associated sexual dysfunction"

B.S. in Psychology, Duke University, 2006 (Biological track)

B.A. in Japanese, Duke University, 2006 (Asian Languages and Literature)

### **Academic Honors and Awards**

2009 Professional Development Award, University of Texas at Austin

2006 Professional Development Award, University of Texas at Austin

2006 Graduation with Distinction, Duke University

2002-2006 Deans List, Duke University (3 semesters)

### **Clinical Experience**

*NIH sexual trauma study*, Sexual Psychophysiology Laboratory, UT Austin, Summer 2008 – present. Assessment and treatment of sexually abused women in a brief, problem-focused expressive writing based intervention adapted from Cognitive Processing Therapy. Caseload: 3 -5 clients per week (current total, 22 clients). Supervisor: Dr. Deborah Stote and Dr. Cindy Meston.

*Assessment practicum*, UT Austin, Spring 2009. Supervision and training of clinical psychology graduate students in the administration and interpretation of I.Q. and cognitive assessments (e.g. WAIS-IV, WISC-IV, WRAT) and personality assessments (MMPI-2).

*Private practice*, Austin, TX, Summer 2008 – present. Individual therapy with Interpersonal Therapy, Dialectical Behavioral Therapy, and Family Systems models; couples therapy with Gottman's Sound Relationship House model. Caseload: 1 individual and 2 couples. Supervisor: Dr. Vagdevi Meunier.

*Private practice*, Austin, TX, Summer 2008 – present. Individual therapy with Interpersonal Therapy and neo-Freudian uncovering therapy models. Caseload: 1 individual. Supervisor: Dr. Stan Friedman.

*UT Clinical Psychology Training Clinic*, UT Austin, Fall 2007 – Spring 2008. Individual therapy with community and college populations, using Cognitive Behavioral Therapy model. Caseload: 4 clients. Supervisors: Martita Lopez, Ph.D., and Michael Telch, Ph.D.

*Assessment practicum*, UT Austin, Spring 2007. Trained in administration and interpretation of I.Q. and cognitive assessments (e.g. WAIS-III, WISC-IV, WRAT) and personality assessments (MMPI-2).

### **Test Administration and Interpretation**

Minnesota Multiphasic Personality Inventory (MMPI-II). 8 administrations and interpretations.

Wechsler Adult Intelligence Scale (WAIS-IV). 6 administration and interpretations.

Wechsler Adult Intelligence Scale (WAIS-III-R). 4 administration and interpretations.

Wechsler Intelligence Scale for Children (WISC-IV). 4 administration and interpretation.

### **Papers**

**Ahrold, T.K.** & Meston, C.M. (in press) Ethnic Differences in Sexual Attitudes of College Students: Gender, Acculturation, and Religiosity Factors. Online ahead of print at *Archives of Sexual Behavior*.

**Ahrold, T.K.**, & Meston, C.M. (in press). Effects of SNS Activation on SSRI-induced sexual side effects differ by SSRI. Accepted to be published in the *Journal of Sex and Marital Therapy*.

Meston, C.M. & **Ahrold, T.K.** (in press) Ethnic, Gender, and Acculturation Influences on Sexuality. Online ahead of print at *Archives of Sexual Behavior*.

**Ahrold, T. K.**, & Meston, C. M. (under review). Prospective psychoeducation reduces initial SSRI-associated sexual dysfunction. Article under re-review at the *Journal of Sexual Medicine*.

Meston, C. M., & **Ahrold, T.K.** (in preparation) Physiological risk factors for sexual dysfunction in women who have and have not been sexually abused in childhood. Article to be submitted to *Journal of Traumatic Stress*.

Meston, C.M. **Ahrold, T.K.**, Farmer, M., & Trapnell, P.. (in preparation). The relationship between sexual attitudes, sexual fantasy and religiosity subtypes: Support for the neosecularization theory. Article to be submitted to *Archives of Sexual Behavior*.

Stephenson, K.S., **Ahrold, T.K.**, Pujols, Y., & Meston, C.M. (in preparation). The associations between motivations for sex and sexual satisfaction differ by gender. Article

to be submitted to *Archives of Sexual Behavior*.

### **Colloquia and Invited Talks/Papers**

Stephenson, K. S., **Ahrold, T.K.**, Pujols, Y., & Meston, C. M. (2009). The associations between motivations for sex and sexual satisfaction differ by gender. Podium presentation at the Annual Meeting of the International Society for the Study of Women's Sexual Health (ISSWSH), Florence, Italy, February, 2009.

**Ahrold, T.K.** (2009) *Prospective patient education and sexual side effects*. Invited talk at the Austin Center for Women's Sexual Health opening meeting, Austin, TX, January, 2009.

**Ahrold, T.K.**, & Meston, C.M. (2008) *Characteristics of SSRI Users Reporting Sexual Problems: Demographic Data From a National Online Survey*. Podium presentation at the Annual Meeting of the International Society for the Study of Women's Sexual Health (ISSWSH), San Diego, California, February, 2008.

### **Poster Presentations**

**Ahrold., T.K.** & Meston, C.M (2009) *Psychoeducation as a brief intervention for sexual side effects of selective serotonin reuptake inhibitors: The role of medication attribution*. Poster presented at the Annual Meeting of the Society for Sex Therapy and Research (SSTAR), Alexandria, Virginia, April, 2009.

**Ahrold, T.K.** & Meston, C.M. (2009) *SNS activation ameliorates SSRI sexual side effects for some, but not all SSRIs*. Poster presented at the Annual Meeting of the International Society for the Study of Women's Sexual Health (ISSWSH), Florence, Italy, February, 2009.

**Ahrold, T.K.** & Meston, C.M. (2009) *Prospective psychoeducation reduces initial SSRI-associated sexual dysfunction*. Poster presented at the Annual Meeting of the International Society for the Study of Women's Sexual Health (ISSWSH), Florence, Italy, February, 2009.

**Ahrold, T.K.** & Meston, C.M. (2008) *Psychoeducation as a brief intervention for sexual side effects of selective serotonin reuptake inhibitors: The role of medication attribution*. Poster presented at the Central Texas Clinical Research Forum, Austin, Texas, May, 2008.

**Ahrold, T.K.**, & Meston, C.M. (2008) *Brief Reporting of Sexual Dysfunction in SSRI Users May Not Properly Assess Clinical Dysfunction*. Poster presented at the Annual Meeting of the International Society for the Study of Women's Sexual Health (ISSWSH), San Diego, California, February, 2008.

**Ahrold, T.K.**, & Meston, C.M. (2008) *Change in Attribution of Sexual Dysfunction to Medication Use Predicts Change in Sexual Functioning*. Poster presented at the Annual Meeting of the International Society for the Study of Women's Sexual Health (ISSWSH), San Diego, California, February, 2008.

**Ahrold, T.K.**, Woo, J.S., Brotto, L.M. & Meston, C. M. (2007) *Acculturation Effects on Sexual Function: Does Minority Group Visibility Matter?* Poster presented at

the Annual Meeting of the International Association for Sex Research in (IASR) Vancouver, Canada, August, 2007.

**Ahrold, T.K.**, & Meston, C.M. (2007) "*Sure it's fine, but I don't do it: Gender Differences in Attitude/Behavior Inconsistency in Masturbation*". Poster presented at the Annual Meeting of the International Association for Sex Research (IASR) in Vancouver, Canada, August, 2007.

**Ahrold, T.K.**, & Meston, C.M. (2007) *Religious Fundamentalism Predicts Sexual Attitude/Sexual Behavior Inconsistencies*. Poster presented at the Annual Meeting of the International Society for the Study of Women's Sexual Health (ISWSH) in Orlando, FL, February, 2007.

**Ahrold, T.K.**, Strauman, T.J., and Merrill, K.M. (2006) *Treatment Matching in Cognitive Therapy for Depression: Personality variables as predictive moderators*. Poster presented at the annual Visible Thinking meeting at Duke University in Durham, NC, May, 2006.

### **Professional Research Experience**

Graduate Study, University of Texas at Austin, Department of Psychology, August 2006 – present. Studies in human sexuality, with concentration on the effects of ethnicity and religiosity on sexuality, effects of medications on sexual response, and gender differences in sexual arousal. Under C. Meston, Ph.D.

*Honors Thesis Research*, Duke University, Department of Psychology, August 2005 – May 2006. Study of treatment matching in CBT for depression. Proposed and conducted original research project. Duties included writing IRB protocol, data entry and analysis, writing thesis and conducting oral defense. Under T.J. Strauman, Ph.D.

*Research Assistant*, Barnard College, Department of Psychology, May 2005 – August 2005. Study of a social support skills intervention for couples. Duties included recruiting, screening and training participants to use study devices (Palm Pilots), programming data entry computer program (in Visual Basic), programming questionnaires for study devices (in Palm OS), preparing materials for intervention workshops, preparing study manual, data entry, database management, lab website maintenance and literature reviews. Under E. Rafaeli, Ph.D.

*Research Assistant*, Duke University, Department of Psychology, January 2005 – May 2005. Study of brain function of depressed patients receiving CBT and Self-System Therapy using fMRI. Duties included data entry, database management and conducting literature reviews. Under T.J. Strauman, Ph.D.

### **Teaching and Mentoring Experience**

*Co-Facilitator*, Our Whole Lives Sexuality Education program, First Unitarian Universalist Church of Austin, August 2007 – present. Co-facilitating educational group for adolescents and teens in sexuality issues.

*Mentor*, McNair Intellectual Entrepreneurship Program, University of Texas at Austin and St. Edwards University, June 2007 - current. Assisting McNair undergraduate scholar in graduate school preparations.

*Mentor*, Department of Psychology, University of Texas at Austin, June 2007 - current. Mentoring senior undergraduate student writing honors project on the effects of garment choice on sexual self-perception.

*Mentor*, Plan II Honors Program, University of Texas at Austin, January 2007 – May 2007. Mentored senior honors student writing undergraduate honors thesis on gender differences in sexuality.

*Teaching Assistant*, Department of Psychology, University of Texas at Austin, August 2007 – present. Assisted: Introduction to Psychology (3 courses), Introduction to Cognitive Psychology (2 courses), Introduction to Child Psychology (1 course), Statistics and Research Design (1 course), Theory and Techniques of Assessment (1 course)

*Teacher*, PS87 Afterschool, New York City, August 2001-2006 (summers). Prepared lessons and taught martial arts to 15 children aged 5 – 12.

### **Other Professional Experience and Service**

*Ad-hoc reviewer*, 2006 – present, *Archives of Sexual Behavior*, *Journal of Sexual Medicine*

*Intern*, Neurology division, Duke University Medical Center, August 2004 – December 2004. Duties included psycho-education and counseling for recently admitted patients, patient advocacy, managing patient records and basic patient care. Worked as liaison between patients and their families and the surgical doctors and nurses managing the case.

*Peer Counselor*, Stuyvesant High School, New York City, September 1998 – May 2002. Duties included one-on-one psycho-education and counseling for high school students in at-risk populations, running workshops and presentations about sexual health and sexual abuse and writing psycho-educational pamphlets for use in high school populations.

### **Other Training**

*Ally Training*, Duke University. 6 hour course training seminar on diversity awareness, impact of ethnicity on sexual expression and other issues relevant to sexual minorities

### **Professional Memberships and Affiliations**

Graduate Student Affiliate, American Psychological Association  
Graduate Student Member, International Association for Sex Research

**Proficiencies and Skills**

Computer: Proficient in programming HTML, Visual Basic and Palm OS language; skilled in website design and maintenance

Statistics: experienced in Excel, SPSS, SAS, R, HRV analysis

Languages: Fluent in French and proficient in Japanese