

CURRICULUM VITAE

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EDUCATION

Ph.D. in Counseling, Clinical and School Psychology

University of California, Santa Barbara, 2015

Dissertation: Factors Related to Preference for Online Psychological Treatments Among Active Internet Users

M.A. in Counseling Psychology

University of California, Santa Barbara, 2012

Master's Project: The Effect of Suggested Matching on Psychotherapy Expectations

B.S. in Psychology

California Lutheran University, 2010

Summa Cum Laude

CERTIFICATES

Licensed Psychologist, PSY 29147

State of California, 2016

CLINICAL EXPERIENCE

Clinical Neuropsychologist

Insight Neuropsychology, Camarillo, CA

May 2016 – Present

- Work with adolescents, adults, and elderly adults
- Conduct neuropsychological and psychological assessments
- Provide consultation and psychotherapy services

Clinical Neuropsychologist

Ventura County Rapid Response Expert Team, Ventura, CA

August 2016 – Present

- Population: Older Adults
- Provide consultation to Adult Protective Services in interdisciplinary meetings
- Conduct neuropsychological and capacity assessments of referred parties in facilities throughout the county

Psychological Assistant

Insight Neuropsychology, Camarillo, CA

August 2015 – May 2016

- Population: Adolescents, Adults, and Elderly Adults
- Postdoctoral internship in clinical psychology
- Provide neuropsychological assessment and psychotherapy in a private practice setting
- Attend multidisciplinary treatment team meetings
- Supervisor: Erik Lande, Ph.D.

Psychology Intern

Kaiser Permanente, San Diego, CA

August 2014 – August 2015

- Population: Adults, Children, and Adolescents in Medical Setting
- APA predoctoral internship in clinical psychology
- Provide ongoing psychotherapy to patients ranging from child to elderly
- Conduct comprehensive neuropsychological assessments
- Attend extensive didactic training seminars to broaden training
- Provide intake interviews for new patients
- Supervisor: Ellen Quick, Ph.D.

Neuropsychological Psychometrist

Insight Neuropsychology, Oxnard, CA

May 2011 – August 2014

- Population: Adolescents, Adults, and Elderly Adults
- Conduct neuropsychological and psychological assessments
- Provide consultation and psychotherapy services
- Supervisor: Erik Lande, Ph.D.

Clinical Intern

Brain Injury Center, Camarillo, CA

August 2013 – April 2014

- Population: Brain Injury Survivors and Caregivers of All Ages
- Provided individual and group psychotherapy to individuals with traumatic brain injuries and their caregivers
- Scheduled appointments and followed up with potential clients
- Coordinated care with healthcare providers
- Developed evidence-based materials and programs for patients and caregivers
- Supervisor: Lisa Hayden, Psy.D.

Therapist, Advanced Practicum

Hosford Counseling and Psychological Services Clinic, UCSB

September 2011 – September 2013

- Population: Adults and Adolescents
- Conducted individual psychotherapy with adults and adolescents
- Concerns included mood and anxiety disorders, ADHD, and eating disorders
- Developed case conceptualizations and treatment plans from cognitive-behavioral, psychodynamic, and interpersonal perspectives
- Conducted intake interviews with potential clients
- Presented ongoing and potential cases at clinic meetings
- Supervisors: Maryam Kia-Keating, Ph.D., Ron Brooks, Ph.D., Heidi Zetzer, Ph.D., Steven Smith, Ph.D.

Therapist, Basic Practicum

Hosford Counseling and Psychological Services Clinic, UCSB

January 2011 – June 2011

- Population: UCSB Undergraduate Students
- Conducted brief therapy with undergraduate student volunteers
- Supervisor: Heidi Zetzer, Ph.D.

Student Clinician

Psychology Assessment Center (PAC), UCSB

January 2011 – June 2013

- Population: Children, Adolescents, and Adults

- Conducted comprehensive assessments with clients ranging from child to adult
- Referral questions included mood, personality, attentional, and learning disorders
- Assessments included a clinical interview, neuropsychological, cognitive, personality, and symptom measures
- Presented feedback to clients using a collaborative model
- Participated in monthly case presentations
- Supervisors: Erik Lande, Ph.D., Steven Smith, Ph.D., Ty Vernon, Ph.D.

Manager

Psychology Assessment Center (PAC), UCSB

June 2011 – August 2011

- Setting: Department Clinic
- Population: Children, Adolescents, and Adults
- Coordinated clinical services by responding to client inquiries
- Provided guidance for assessment clinicians
- Oversaw administration by coordinating monthly meetings, ordering materials, and maintaining client database
- Supervisor: Steven Smith, Ph.D.

Neuropsychological Psychometrist

Pacific Neuroscience, Oxnard, CA

June 2011 – September 2011

- Setting: Community Neurology Clinic
- Population: Elderly Adults
- Assessed elderly adults referred by on site neurologist
- Referral questions included Parkinson's dementia, dementia with Lewy bodies, and Alzheimer's disease
- Utilized a comprehensive neuropsychological battery as well as selected personality measures to inform clinical diagnoses
- Provided assistance in preparing reports
- Supervisors: Steven Rogers, Ph.D., James Sutton, M.D.

Behavior Intervention Specialist/Supervisor

Holdsambeck and Associates, Ventura, CA

October 2006 – September 2011

- Population: Children
- Implemented in home Discrete Trial Training for children with Autism
- Attended monthly team meetings with clinicians and parents
- Recorded precise behavioral data for each session
- Presented at monthly case meetings
- Supervisors: Kelly Ghaffary, M.Ed., Jenipher Swanson, M.A., BCBA
- Psychology Intern

RESEARCH EXPERIENCE

University of California, Santa Barbara

Dissertation: Factors Related to Preference for Online Psychological Treatments Among Active Internet Users

September 2013 – June 2015

- Independent research investigating factors related to a preference for non-traditional internet-based psychological treatments
- Administered internet-based survey to approximately 1400 adult subjects
- Gathered data on symptoms, personality factors, and demographics
- Participants responded to video vignettes depicting different in person and Internet-based treatments
- Participant preferences analyzed using one-way ANOVA and Pearson correlation

- Dissertation Chair: Steven Smith, Ph.D.

Master's Project: The Effect of Suggested Matching on Psychotherapy Expectations

April 2012 – November 2012

- Independent research involving deception related to therapeutic matching
- Participants were undergraduates engaged in a psychotherapy role play
- Results were presented at the Society for Personality Assessment National Conference as well as UCSB annual research conference
- Project Advisor: Steven Smith, Ph.D.

Project: Therapeutic Assessment (grant funded by the Society for Personality Assessment Foundation)

Research Assistant

May 2010 – September 2012

- Conducted intake interviews
- Coordinated study participation
- Analyzed data and synthesized graphic visualizations for conference presentations
- Faculty Advisor: Steven Smith, Ph.D.

Project: Cultural and ethnic diversity in psychological assessment literature: A preliminary content analysis

December 2010 – March 2011

- Coded issues of psychological assessment journals for reported demographics
- Aggregated findings into graphical representations for presentation
- Presented findings at the Society for Personality Assessment National Conference
- Principal Investigator: Pilar Sumalpong, M.A.
- Faculty Advisor: Steven Smith, Ph.D.

California Lutheran University

Project: Comfort and Emotional Disclosure in Online vs Face-to-Face Interpersonal Communication

December 2009 – April 2010

- Independent experimental research study
- Examined differences between interpersonal interactions online vs face-to-face
- Measured levels of emotional disclosure, personal comfort, and extraversion
- Results presented at the Southern California Conference for Undergraduate Research
- Faculty Advisor: Jodie Kocur, Ph.D.

Project: Personality and the Zodiac

January 2009 – May 2009

- Gathered research relevant to personality and belief in astrology
- Used the California Q-Sort to develop personality profiles based on stereotypical depictions of zodiac signs in astrology texts
- Faculty Advisor: Seth Wagerman, Ph.D.

Project: Social Psychology, Group Dynamics and the Internet

January 2009 – May 2009

- Gathered and summarized literature relevant to social psychology of groups and the internet
- Developed a protocol for monitoring group phenomena in an online chat setting

PEER-REVIEWED CONFERENCE PRESENTATIONS

Duff, R. & Smith, S.R. (March, 2013). The effect of suggested matching on psychotherapy expectations. *Poster presented at the Society for Personality Assessment Conference, San Diego, CA.*

Duff, R. & Smith, S.R. (September, 2012). The effect of suggested matching on psychotherapy expectations. *Presented at the University of California Santa Barbara Clinical Counseling and School Psychology Annual Research Festival, Santa Barbara, CA.*

Smith, S.R., Norman, K., Eichler, W., & Duff, R. (March, 2012). The utility of assessment project: Methods, updates, & current status. *Paper presented at the Society for Personality Assessment Conference, Chicago, IL.*

Landheer, M., Duff, R., Smith, S.R. (March, 2012). Mental toughness and mindfulness in athletic performance. *Poster presented at the Society for Personality Assessment Conference, Chicago, IL.*

Pilar S., Duff, R., Espinoza, R., Cook, A., Smith, S.R. (March, 2011). Cultural and ethnic diversity in psychological assessment literature: A preliminary content analysis. *Paper presented at the Society for Personality Assessment Conference, Boston, MA.*

Duff, R. & Gerson, M (November, 2009). Comfort and Disclosure in Fact-to-Face vs. Online Communication. *Poster presented at the Southern California Conference for Undergraduate Research, Carson, CA.*

LECTURE & SPEAKING EXPERIENCE

Speaker

Camarillo Health Care District

The Art of Mental Flexibility When Dealing with Chronic Illness, 2020

Annual Geropsych Breakfast Speaker

Los Angeles Department of Mental Health

Freud, Frauds, & Scams: Learn to Identify and Mitigate the Exploitation of Older Adults, 2017

Crisis Intervention Team Speaker

Ventura County Law Enforcement

Dementia and Aging Conditions, 2016 – Present

Speaker

Ventura County Financial Abuse Specialist Team

Scams and the Aging Brain, 2017

Speaker

TEDx Camarillo: Unabridged

The Cost of Complication, 2017

Teaching Associate

University of California, Santa Barbara

Introduction to Applied Psychology, undergraduate course, Winter & Spring 2013

Teaching Assistant

University of California, Santa Barbara

- Cognitive Assessment, graduate course, Fall 2011 & Fall 2012
- Neuropsychological Assessment, graduate course, Winter 2012
- Personality Assessment, graduate course, Spring 2012
- Introduction to Educational and Vocational Guidance, undergraduate course, Fall 2011, Winter & Spring 2012
- Introduction to Applied Psychology, undergraduate course, Fall 2013

Invited Guest Lecturer

University of California, Santa Barbara

- “The Neurobiology of Zombies” presented to the Undergraduate Practicum in Applied Psychology course, January 2012 & April 2012

OTHER PROFESSIONAL EXPERIENCE

Creator and Host

The Hardcore Self Help Podcast with Duff the Psych

- Weekly podcast about mental health.
- Alternates between question and answer episodes with questions from audience and interviews with knowledgeable guests.

Founding Partner

Pare

- Mental health app in early development.
- Will enable better therapeutic matching by allowing potential clients to learn about therapists through content made by the therapist.
- Will also serve as a content marketplace for trusted media created solely by licensed therapists.

Member of Board of Directors

Giving Voice to Mental Illness, Inc.

- Non-profit organization and podcast devoted to reducing stigma related to mental health issues.

Author

VICE

- Author of advice column, Advice for Anxious People.

WRITING

Does My Mom Have Dementia: How to Recognize and Deal With Dementia in Your Loved Ones

E-Book 2019, Print Book 2019

Hardcore Self Help: Fk Depression**

E-Book 2016, Print Book 2016, Audio book 2016

SELECT MEDIA COVERAGE

The New York Times

Prozac Nation Is Now the United States of Xanax, Alex Williams

Teen Vogue

What to Expect at Your First Therapy Session, Marissa Miller

Healthline

My Anxiety is Not Your Damsel in Distress, Ashley Lauletta

How Stuff Works

'I'm so OCD!' The Danger of Misusing Psychiatric Lingo, Dave Roos

Real Simple

The Truth About Fidget Spinners and Anxiety, Elizabeth Jenkins

Romper

9 Books to Read If You Struggle With Anxiety, Lindsay Mack

SELF

This Is When to See a Mental Health Professional About Your Anxiety, Brittany Risher

Parade

10 Awesome Mental Health Podcasts You Need To Subscribe to Right Now, Carolyn Crist

AWARDS AND HONORS

University of California, Santa Barbara

- 2010-2014 UCSB Doctoral Fellowship

California Lutheran University

- 2010 Graduation Honors: Summa Cum laude with Highest Honors
- 2008 – 2010 Psi Chi National Honor Society Chapter President
- 2009 – 2010 Scholastic Honors Society
- 2007 Academic Excellence Award
- 2006 – 2010 Dean's List