

**Lonnie Sarnell, Psy.D.**  
Licensed Psychologist (NY 020141)  
*Curriculum Vitae*

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**973-615-3512**

## **Education**

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**La Salle University**, Philadelphia, PA August 2007 – August 2012

- APA-Accredited Doctoral Program in Clinical Psychology
- Concentration: Sport-Performance Psychology
- Degrees Earned: M.A. in Clinical Psychology (2009)  
Psy.D. in Clinical Psychology (2012)

**Yale University**, New Haven, Connecticut August 2002 – May 2006

- Degree Earned: B.A. in Psychology
- Senior Essay: *Powerful Women and Male Subordinates: Attitudes Towards Men who Work for Women*

## **Clinical Experience**

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**Metropolitan Center for Cognitive Behavior Therapy** August 2013 – Present

- Licensed Clinical Psychologist
- Provide individual therapy for children, adolescents, and adults with anxiety disorders

**University of Delaware Center for Counseling and Student Development**, Newark, DE August 2012 – June 2013

- Post-Doctoral Fellowship
- Individual Supervisor: Merris Hollingsworth, Ph.D., ABPP
- Performance Anxiety and Sport Psychology Specialization Supervisor: Carolyn Heitzmann, Ph.D.
- Eating Disorders Specialization Supervisor: Kim Zahm, Ph.D.
- Anxiety Management Group Supervisor: Deb Cohen, Ph.D.
  - Clients: Diverse population of undergraduate and graduate students presenting with personal, career, substance use, and educational concerns, including adjusting to college, eating disorders, depression, anxiety disorders, anger, life decisions, relationship problems, grief and loss, self-esteem, study skills, time management, test anxiety, family issues
  - Intakes: Assess in-coming clients and determine appropriate services (on or off campus), approximately 5 per week
  - Individual Counseling: Provide individual therapy and career counseling to 12-15 university clients per week, working within a short-term model (12 sessions) and on a longer-term basis with a select few

- **Group Counseling:** Co-lead an anxiety management group with a senior staff member. Screen potential group members, plan structured activities, co-facilitate group sessions, and write group notes
- **Outreach & Consultation:** Participate in consultation and outreach efforts within the university community. Topics have included Suicide Prevention, Eating Disorders and Athletes, and An Introduction to Sport Psychology. Collaborate and consult with Student Services for Athletes (SSA) personnel, provide counseling to student-athletes, and attend weekly SSA staff meetings
- **Crisis:** Provide crisis intervention to clients during office hours, including walk-in requests for services, and provide after hours on call services
- **Supervision:** Provide 1 hour of weekly supervision to a doctoral level practicum student during the fall and winter semesters
- **Committee Work:** Serve on the Eating Disorders Committee and the Professional Development Committee

**University of Delaware Center for  
Counseling and Student Development, Newark, DE**

August 2011 – July 2012

- APA-Accredited Pre-Doctoral Internship
- Individual Supervisor: Karen Tsukada, Ph.D.
- Group Supervisor: Kim Zahm, Ph.D.
  - **Intakes:** Approximately 3 per week
  - **Individual Counseling:** Offered individual therapy and career counseling to 10-12 university clients per week
  - **Group Counseling:** Co-lead an undergraduate process group with a senior staff member
  - **Outreach & Consultation:** Topics included an overview of CCSD services, an introduction to career counseling, and an introduction to mindfulness. Collaborated and consulted with Student Services for Athletes (SSA)
  - **Crisis:** Provided crisis intervention to clients during office hours, including walk-in requests for services
  - **Supervision:** Provided supervision for one masters level practicum student during the spring semester
  - **Committee Work:** Served on the Outreach and Consultation committee
  - Participated in a two-hour weekly rotation working with the CCSD psychiatrists during the fall semester

**University of Delaware Center for  
Counseling and Student Development, Newark, DE**

September 2010 – May 2011

- Psychology Extern
- Supervisor: John Brunelle, Ph.D.
  - Provided individual therapy using an integrative approach to treatment including cognitive-behavioral, acceptance- and mindfulness-based, interpersonal, and humanistic approaches
  - Provided career counseling, helping students assess their interests, abilities, and values to help plan for a later career choice
    - Tests administered: Strong Interest Inventory, Myers-Briggs Type Indicator

**La Salle University Community  
Psychological Services, Philadelphia, PA**

May 2010 – April 2011

- Psychology Extern: Health Clinic Team
- Supervisor: Nataliya Zelikovsky, Ph.D.
  - Clients: Diverse men and women presenting with symptoms related to medical disorders, disordered eating, and substance abuse
  - Provided services within the La Salle University Psy.D. program's community mental health clinic to La Salle community (primarily low-income, minority population), in addition to La Salle University staff and students (undergraduate and graduate)
  - Conducted structured intake interviews, designed treatment plans, and provided individual therapy using an integrative approach of empirically-supported and evidence-based treatments, including cognitive-behavioral, acceptance- and mindfulness-based, interpersonal, emotion-focused, and dialectical behavioral therapies
  - Attended weekly group supervision with a licensed psychologist

**La Salle University Athletic Department  
and Community Psychological Services, Philadelphia, PA**

August 2009 – May 2010

- Sport Psychology Extern
- Supervisor: Brian Gallagher, Psy.D.
  - Clients: La Salle University student-athletes, as well as coaches and administrators of the athletic department
  - Provided psychological interventions for athletes requiring psychological skills for a range of clinical issues, including adjustment disorder, anxiety, depression, and substance abuse disorders
  - Direct outreach for student-athletes, including psychoeducation, mindfulness workshops, and goal-setting workshops
  - Consultation with coaches regarding team cohesion and performance
  - Provided performance enhancement interventions for individual student-athletes and teams, including traditional psychological skills training (i.e., relaxation, imagery, visualization, goal-setting) and acceptance-based interventions (i.e., mindfulness, distress tolerance, values work)
  - Attended weekly individual supervision with a licensed psychologist

**La Salle University Community  
Psychological Services, Philadelphia, PA**

May 2009 – April 2010

- Psychology Extern: Child and Adolescent Clinic Team
- Supervisor: Dahra Williams, Ph.D.
  - Clients: Diverse children and adolescents presenting with a wide range of problems, including anxiety disorders, behavioral problems, ADHD, learning disabilities, and family issues
  - Conducted structured intake interviews, designed treatment plans, and provided therapy using an integrative approach of empirically-supported and evidence-based treatments, including cognitive behavioral interventions, such as the Coping Cat, and parent management training
  - Attended weekly group supervision with a licensed psychologist

- Conducted integrative batteries with clients ranging from age 6 to age 18
  - Tests administered: Wide Range Intelligence Test (WRIT), Wide Range Achievement Test, 3<sup>rd</sup> Edition (WRAT-3), Behavior Assessment System for Children, Second Edition (BASC-2), Pediatric Quality of Life Inventory (PEDS-QL), Wide Range Assessment of Memory and Learning- Second Edition (WRAML-II), Behavior Rating Inventory of Executive Functioning (BRIEF), Personality Assessment Inventory (PAI)
- Assessment Consultant
- Supervisor: Kathleen Murphy-Eberenz, Ph.D.
  - Clients: Diverse, underserved men and women
  - Conducted integrative batteries and structured intake interviews in order to write comprehensive reports
    - Tests administered: Wechsler Adult Intelligence Scale – Fourth Edition (WAIS-IV), Woodcock-Johnson III (WJ-III), Wechsler Memory Scales – Third Edition (WMS-III), Integrative Visual and Auditory Continuous Performance Test Plus Sustained Attention Scales (IVA + Plus), Adler Adult ADHD Self-Report Scale (ASRS-v1.1), Minnesota Multiphasic Personality Inventory- Second Edition (MMPI-2), Mini Mental Status Exam (MMSE)

**Lenape Valley Foundation, Doylestown, PA**

August 2008 – July 2009

- Psychology Extern: Community Mental Health Organization
- Supervisor: Philip Braun, Ph.D.
  - Clients: Diverse men and women, presenting for treatment in the Partial Hospitalization Program or Transitional Outpatient Program, experiencing a variety of psychological symptoms related to anxiety, depression, schizophrenia, bipolar disorder, substance abuse, adjustment disorder, and personality disorders
  - Conducted intake interviews, individual therapy for clients in crisis, and group therapy, including process groups and psychoeducational groups on topics such as anxiety management, relaxation techniques, identifying triggers, coping strategies, meditation, and building healthy relationships
  - Attended weekly individual supervision with a licensed psychologist and group supervision with a licensed psychologist and a multidisciplinary staff
  - Conducted assessments to determine level of cognitive and adaptive functioning for the Intellectual Disability Department
    - Tests administered: Wechsler Adult Intelligence Scale – Third Edition (WAIS-III), Vineland Adaptive Behavior Scales – 2
  - Conducted personality assessments for clients needing the assessment for employment
    - Test administered: Minnesota Multiphasic Personality Inventory- Second Edition (MMPI-2)

**La Salle University Community  
Psychological Services, Philadelphia, PA**

May 2008 – April 2009

- Psychology Extern: Anxiety Clinic Team
- Supervisor: Jennifer Block-Lerner, Ph.D.
  - Clients: Diverse, underserved men and women presenting with primary symptoms of anxiety and related disorders

- Conducted structured intake interviews, designed treatment plans, and provided individual therapy using cognitive behavioral, dialectical behavioral, mindfulness-based, exposure, emotion-focused, and acceptance-based therapies
- Attended weekly group supervision with a licensed psychologist

## **Research Experience**

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### **Dissertation**

- Motivation, Mindfulness, Performance, and Commitment in Young Female Athletes
- Chairs: Brian Gallagher, Psy.D. and Sharon Lee Armstrong, Ph.D.
  - This study examined motivation and mindfulness as they relate to sport commitment and sport performance, as well as how levels of motivation and mindfulness vary in different age groups as the sample consisted of 197 members of an elite club lacrosse team ranging in age from 11 to 18

### **La Salle University Sport-Performance Psychology**

September 2007 – May 2009

- Research Assistant
- Supervisor: Frank Gardner, Ph.D.
  - Recruited student-athletes for an injury rehabilitation study
  - Ran university participants for a weight-lifting performance study

### **Sport-Performance Psychology Research Team**

September 2007 – May 2009

- La Salle University
- Supervisors: Frank Gardner, Ph.D., Andrew Wolanin, Psy.D.
  - Biweekly research group that explored psychological factors affecting sport performance

### **Yale University Psychology Department**

September 2005 - May 2006

- Research Assistant
- Supervisor: Victoria Brescoll, Ph.D.
  - Compiled articles and contributed on projects related to gender and stereotyping processes

## **Presentations and Publications**

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### **Journal Publications**

- Brescoll, V.L., Uhlmann, E.L., Moss-Racusin, C.A., & Sarnell, L. (2012). Masculinity, status, and subordination: Why working for a gender stereotype violator causes men to lose status. *Journal of Experimental Social Psychology*, 48(1), 354-357. doi:10.1016/j.jesp.2011.06.005

### **Conference Presentations**

- Sarnell, L., Reid, K., Gent, L., Moore, Z.E., Gardner, F. (2009, November). A follow-up study of the interrelatedness of grit, hardiness, and resilience. Poster presented at the 43<sup>rd</sup> Annual Meeting of the Association of Behavioral and Cognitive Therapy, New York, New York.

- Reid, K., **Sarnell, L.**, Gent, L., Moore, Z.E., Gardner, F. (2009, November). Identifying gender differences among measures of grit, hardiness, and resilience. Poster presented at the 43<sup>rd</sup> Annual Meeting of the Association of Behavioral and Cognitive Therapy, New York, New York.
- Gent, L., Reid, K., **Sarnell, L.**, Moore, Z.E., Gardner, F. (2008, November). What's in a name? An examination of the interrelatedness of grit, hardiness, and resilience. Poster presented at the 42<sup>nd</sup> Annual Meeting of the Association of Behavioral and Cognitive Therapy, Orlando, Florida.
- Moss-Racusin, C., **Sarnell, L.**, & Brescoll, V. (2007, January). Powerful women and male subordinates: Attitudes towards men who work for women. Poster presented at the 8<sup>th</sup> annual meeting of the Society for Personality and Social Psychology, Memphis, TN.

## **Professional Experience**

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| <b>Metro Lacrosse Club</b>   | February 2007 – Present   |
| <ul style="list-style-type: none"> <li>• Coach elite NY/NJ club team</li> </ul>  |                           |
| <b>Newark Girls' Youth Lacrosse</b>  | March 2012 – May 2013     |
| <ul style="list-style-type: none"> <li>• Coached 7<sup>th</sup>/8<sup>th</sup> grade team in Delaware</li> </ul>   |                           |
| <b>Radnor Girls' Youth Lacrosse</b>  | March 2008 – May 2011     |
| <ul style="list-style-type: none"> <li>• Coached 5<sup>th</sup> and 7<sup>th</sup> grade teams in Pennsylvania</li> </ul>  |                           |
| <b>Tyler Hill Camp</b>   | June 2003 – August 2013   |
| <ul style="list-style-type: none"> <li>• Held a variety of leadership positions at a traditional 7 week overnight camp</li> <li>• Girls' Head Counselor <ul style="list-style-type: none"> <li>○ Provide training and support for approximately 12 leadership staff and 100 college-age counselors</li> <li>○ Ensure the well-being of approximately 250 female campers</li> <li>○ Communicate with parents regarding camper well being</li> </ul> </li> <li>• Division Leader <ul style="list-style-type: none"> <li>○ Supervised 60 adolescent female campers and 20 college-age counselors, ensuring their physical and emotional well being</li> </ul> </li> <li>• Athletic Director and Assistant Program Director <ul style="list-style-type: none"> <li>○ Acted as a liaison between college-age staff and supervisory staff</li> <li>○ Provided training and support for athletic staff, offering feedback and suggestions to create a better environment for the campers</li> </ul> </li> </ul> |                           |
| <b>La Salle University Academic Support Services</b>   | September 2009 – May 2011 |
| <ul style="list-style-type: none"> <li>• Graduate Assistant Academic Counselor <ul style="list-style-type: none"> <li>○ Provided academic advising and counseling for student-athletes</li> <li>○ Assisted with coordination of NCAA CHAMPS/Life Skills program, including orientation meetings and educational programming for individual sports teams</li> </ul> </li> </ul>   |                           |

- Provided supervision, advising, and counseling for Study Hall program and monitored academic progress and athletic eligibility of student-athletes
- Served as a liaison between student-athletes, administrators, and other university areas, including mental health, faculty, and coaches

**Drew University**

September 2006 – June 2007

- Assistant Women’s Lacrosse Coach
  - Conducted and planned team practices and individual practices, created strength and conditioning program

**Personal Activities**

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**Camp Happy Times**

August 2006 – August 2010

- One week camp for children with cancer run by The Valerie Fund and Tyler Hill Camp
- Head Counselor
  - Organized activities and acted as a staff liaison

**Team for Advising in Graduate Studies (TAGS)**

August 2009 – May 2010

- Mentor
  - Provided guidance to an undergraduate student at La Salle in the process of applying to graduate programs in psychology

**Yale Women’s Lacrosse Team**

August 2002 – May 2006

- Goalkeeper
- IWLCA Academic Honor Roll in 2006
- Ivy League Champions in 2003; Reached the Quarterfinals of the NCAA tournament

**Professional Affiliations**

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- American Psychological Association
- Association for Behavioral and Cognitive Therapies
- Association for Applied Sport Psychology