

SYDNEY R. ECKERT

Curriculum Vitae

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EDUCATION

Doctorate in Clinical Psychology

Sep 2023

Seattle Pacific University, Seattle, WA

Dissertation: *Mindfulness, Emotion Dysregulation, and Functional Status in First Responders*

Dissertation chair: Dr. Jacob Bentley, ABPP

Master of Science in Psychological Science

June 2019

Seattle Pacific University, Seattle, WA

Master's project: *Sexual Assault as a Moderator between Symptom Severity and Counseling Visits in Trauma Survivors*

Bachelor of Science in Psychology

December 2016

Viterbo University, LaCrosse, WI

Minor: Substance Abuse Counseling

POSTDOCTORAL FELLOWSHIP

The MN Clinic for Health and Wellness

Clinical Director: Jenna Hobbs, PsyD, LP

Supervisor: Jenna Hobbs, PsyD, LP

Individual Therapy

- Works with a wide range of presenting concerns including but not limited to anxiety, depression, trauma, borderline personality disorder, living life with chronic or disabling medical conditions, self-harm, suicidality, relationship concerns, shame (body or otherwise), life transitions, and emotional or behavioral dysregulation.
- Provides comprehensive dialectical behavior therapy (DBT), DBT skills training, cognitive-behavioral therapy (CBT), mindfulness-based therapies, acceptance and commitment approaches, CBT for insomnia, trauma therapy (CPT, PE, & DBT-PE), motivational interviewing, behavioral activation, exposure therapy, MBSR, and self-compassion therapy.
- Sees clients across the lifespan, from adolescents to older adults, and works with individuals, couples, and families.

Group Therapy

- *DBT Skills Group*

Professional Consultation

- *Interdisciplinary Consultation Team:* Collaborates with other providers at the MN Clinic for Health & Wellness to share knowledge and resources, increase client continuity of care, and share referral sources. Participants include psychology and mental health counselors, nursing, psychiatry, occupational therapy, massage therapy, acupuncture, and other holistic healthcare professionals.
- *Dialectical Behavior Therapy Consultation Team:* Participates in weekly virtual consultation team with other DBT therapists across the globe. Works to increase adherence to comprehensive DBT as developed by Dr. Marsha Linehan.

Community Engagement & Presentations

- Burn Boot Camp Mental Health Workshop, October 2023

PREDOCTORAL INTERNSHIP

Bay Pines VA Medical Center – General Track

Training Director: Zoe Proctor-Weber, PsyD, PhD, ABPP-CN

Supervisors: Zoe Proctor-Weber, PsyD, PhD, ABPP-CN; Colin Brown, PhD, Neuropsychology Resident

ROTATIONS

- (1) **Rehabilitation Psychology - PM&R Comprehensive Integrated Inpatient Rehabilitation Program (CIIRP) and Cognitive Rehabilitation Treatment (CRT):** July 2022-December 2023
 - a. **Training emphasis:** Developed flexible, innovative treatment approaches that involve shared decision-making within an interprofessional team while also providing patient-centered care. Patient populations included Veterans with disorders of the nervous system and body including (but not limited to) TBI, neurocognitive disorders, MS and other chronic illnesses, and amputation.
 - b. **Learning activities:** Neuropsychological assessment of patients referred by the m-TBI clinic, participation and psychology representative on PM&R team, bedside intervention with Veterans on the rehabilitation inpatient unit, and 8-week individual cognitive rehabilitation therapy with Veterans with history of a TBI or significant cognitive complaints.

- (2) **Clinical Neuropsychology:** March 2023-July 2023
 - a. **Training emphasis:** Developed a core-flexible approach to neuropsychological assessment, with process-oriented considerations, as well as the provision of therapeutic feedback and intervention.
 - b. **Learning activities:** Attended morning staffing meetings, ABPP-CN seminar, neurology seminar, and neurology clerkship (details below).

- (3) **Whole Health:** July 2023-September 2023
 - a. **Training emphasis:** Provided integrative assessment and therapeutic interventions to Veterans utilizing a holistic approach to health wellness. A major focus was collaborating with other disciplines to provide education and evidence based strategies for behavior modification
 - b. **Learning activities:** Co-facilitated and developed group interventions (mindful self-compassion, DBT skills for chronic pain, VA CALM), utilized cognitive behavioral therapy for insomnia in short-term therapy with Veterans, led motivational interviewing trainings for healthcare providers, and conducted bariatric and transplant evaluations.

Please note: The gap in dates between rotations 1 & 2 reflects maternity leave.

PRACTICUM EXPERIENCE

Group & Individual Therapy: Sydney Rose Counseling (July 2020-July 2022)

Supervisor: Jared Michonski, PhD, LBC

Location: Virtual (state of WA)

- Founded and ran own private practice.
- Provided weekly 60-minute DBT to individuals with significant dysregulation across the following domains: Emotional, cognitive, interpersonal, sense of self, & behavioral. Also provided DBT-PE and integrated CPT and DBT for clients with significant trauma histories.
- Led individual, family, and group DBT skills training. Skill modules included core mindfulness skills (2 weeks, repeated in between each module), distress tolerance (6-weeks), emotion regulation (6-weeks), interpersonal effectiveness (5 weeks), and middle path (3-weeks).
- Piloted a 12-week DBT Skills Group for Coping with Cancer for adults with a prior or current cancer diagnosis. Consulted with DBT and psycho-oncology supervisors to ensure programming was on-target and on-model for this population.
- Supervised live group and individual DBT skills sessions for DBT trainee.
- Conducted phone screening, intakes, and treatment planning; created and regularly updated website; managed billing and notes; and networked with local clinicians.

Inpatient Consultation, Outpatient Therapy, and Neuropsychological Assessment: Good Samaritan Regional Rehabilitation Hospital (July 2020-June 2022)

Supervisors: Brian Letourneau, PhD, ABPP & Alisha Janssen, PhD

Location: Puyallup, WA

- Provided short-term (8-10 sessions) outpatient psychotherapy to adults (18-90) using a cognitive-behavioral

model.

- Conducted neuropsychological testing for adults in inpatient rehabilitation program. Tests administered included: WAIS-IV, D-KEFS, RBANS, CVLT-II, HVLT-II, NAB, BTA, and both oral and paper TMT.
- Provided bedside intervention on the inpatient unit.
- Patients included adults experiencing or recovering from traumatic, acute, or chronic injuries or illnesses (i.e. TBI, stroke, SCI, COVID-19, Parkinson's) and caregivers or family members.
- Attended and co-facilitated weekly didactic sessions focused on topics related to rehabilitation psychology.

Group & Individual DBT Therapy: The Seattle Clinic (September 2019-August 2021)

Supervisors: Jared Michonski, PhD, LBC, and Erin Miga, PhD, LBC

Location: Seattle, WA & Virtual

- Delivered full model to individuals diagnosed with borderline personality disorder (BPD).
- Co-led weekly skills groups of 6-10 individuals for adults diagnosed with BPD.
- Provided 24/7 phone coaching to clients in order to generalize and promote skill use, repair the therapeutic relationship effectively, and minimize client use of emergency services.
- Member of weekly consultation team in order to provide "therapy for the therapist", promote adherence to treatment, and reduce burnout.
- Participated in additional opportunities offered through the Seattle Clinic, such as co-facilitating a High Conflict Couples Group, treating co-occurring BPD and eating disorders, and engaging in didactic training opportunities that included topics specific to DBT and treatments that can be integrated into DBT such as mindful self-compassion, exposure and response prevention, and prolonged exposure therapy.

Individual Therapy: Swedish Multiple Sclerosis Center (July 2020-June 2021)

Supervisor: Michelle Toshima, PhD

Location: Seattle, WA

- Provided individual teletherapy (due to COVID-19) weekly to individuals diagnosed with MS and their caregivers.
- Maintained a full client load of 8 adult patients (ages 18-65) per workday with a range of diagnoses including: Adjustment disorder, OCD and Tourette's, PTSD, MDD, BPD, TBI, and alcohol use disorder.
- Utilized EPIC for chart-review, progress notes, and management of own schedule.

Group Therapy: The Northwest School (November 2019-February 2020)

Supervisor: Clara Doctolero, PsyD

Location: Seattle, WA

- Utilized DBT-STEPS-A materials to prep and implement a skills groups for 4-10 at-risk international students.
- Worked in conjunction with school counselors to tailor the group to student needs.

Individual Therapy: Seattle Pacific University Athletic Department (September 2019-August 2020)

Supervisor: Amy Mezulis, PhD, Chair of Clinical Psychology

Location: Seattle, WA

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- Provided long-term 1:1 therapy to NCAA Division II student-athletes for performance and mental health needs.
- Conducted treatment from intake via clinical interview to termination using a cognitive-behavioral treatment orientation.
- Managed own schedule directly with clients.

Individual & Group Therapy: Orion Center for Integrative Medicine (August 2019-September 2020)

Supervisor: Bonnie McGregor, PhD, Executive Director

Location: Seattle, WA

- Provided long-term 1:1 therapy to adults with chronic illness utilizing CBT, ACT, and DBT treatment modalities depending on the case and treatment target.
- Facilitated and co-led 12-week SMART groups for 6-12 cancer survivors in person and online via web conferencing.

- Supervised undergraduate intern in the role of group coordinator. Served as initial group coordinator and established roles, expectations, and responsibilities for this role.
- Utilized group member feedback to design and implement an alumni group for graduates of Orion Center's stress management and relaxation training (SMART) groups. The goals of the group include review of SMART content, exposure to new meditation and mindfulness practices, and maintenance/generalization of skills.

ADDITIONAL CLINICAL EXPERIENCE

Mental Health Counselor: Radian Health (May 2016-September 2017)

Location: Minneapolis, MN

- Provided professional, individualized, and supportive services to persons with severe and persistent mental illness living in a group-home setting. The program consisted of 12 homes, and each housed 3-4 individuals with diagnoses of borderline personality disorder, bipolar disorder, substance use disorders, and schizophrenia.
- Assessed well-being with daily check-ins, supported treatment goals by following treatment plans, and administered medications daily to clients.
- Received training in DBT, CBT, and motivational interviewing skills, and operated from a harm-reductionist perspective.

Mom & Baby Academic Support Intern: Hope Academy (January 2016-May 2016)

Location: La Crosse, WI

- Provided individualized academic and emotional support to 10 teen moms and care to their toddlers.
- Assisted staff with academic assessment of youth.
- Received training in and practiced trauma-informed care.
- Coordinated with supervisors to compile background information, compose, and review grants.

Family and Children's Services Intern: Level 5 Residential Care (July 2016-December 2016)

Location: La Crosse, WI

- Ensured health, safety, and welfare for 16-year old male with developmental and behavioral concerns in a homelike setting. Learned and utilized basic sign language to communicate with teen.
- Planned and assisted residents with activities to enhance quality of life, meal planning and preparation, feeding, household chores, hygiene, community integration, and medication administration.
- Utilized restrictive measures, trauma informed care, and positive behavioral support plans.

Intern & Advocate: Bluff Country Family Resources (January 2016-December 2016)

Location: La Crosse, WI

- Responded to high-stress situations and took necessary action to support victims of sexual and domestic violence.
- Offered available resources, empathic understanding, and companionship to victims of crisis.
- Transported individuals out of dangerous situations, to medical or legal appointments, and to other resources.
- Researched and reviewed grant opportunities critical to the organization's operation.

CERTIFICATIONS/TRAININGS

- Prolonged Exposure Therapy in the VA **August, 2022**
- Ethics for Counselors **March, 2021**
- Suicide Assessment and Intervention **March, 2021**
- Racialized Trauma and Child Well-Being: Powerful Insights and Practical Tools for Healing **February, 2021**
- Special Issues in Therapy: The Coronavirus Disease (COVID-19) Pandemic **February, 2021**
- Telebehavioral Health 101 Series **February, 2021**
- Deepening Our Understanding and Affirmation of LGBTQ Clients: Sexual Identity Development and Gender

- Expression among LGBTQ Populations **December, 2020**
- DBT-Prolonged Exposure Therapy 4-day Intensive Training **November, 2020**
- Racial Microaggressions in Clinical Practice: Increasing Awareness When Working with Black Clients **October, 2020**
- Decolonizing Psychology in Research and Clinical Practice **October, 2020**
- Mindful Self-Compassion for Patients and Providers **July, 2020**
- Mental Health Counselor Associates License **June 2020**
- DBT Skills Training for Emotional Problem Solving for Adolescents (DBT STEPS-A): Implementation and Training **January, 2020**
- Linehan Death and Dying Workshop **August, 2019**
- Dialectical Behavioral Therapy Foundational Training **June, 2019**
- Psychological First Aid **September, 2017**
- Non-violent Crisis Prevention and Intervention **September, 2017**
- QPR (Suicide Prevention) **May, 2017**
- Sexual and Domestic Abuse Advocacy **August, 2016**

AWARDS

- 2020 Sunil Sengupta VA Student Research Travel Award
- WCA Poster Competition- 1st Place
- National Conference for Undergraduate Research Grant Recipient
- Dean's List, Viterbo University
- Health Science Scholarship, Viterbo University
- NAIA Scholar Athlete Award, Viterbo University

PUBLICATIONS

Franklin, R., **Eckert, S.**, O'Boyle, M., Newton, J., and Bentley, J. (2020). Sleep disturbance among college-age individuals: Understanding associations with screen use and mood symptoms. *Journal of American College Health*. Under review.

Thorson-Olesen, S. J. and **Eckert, S.** (2020). Dispositional gratitude and marriage satisfaction. *Journal of Health Science and Education*. In press.

Eckert, S., Morean, W., Bentley, J., and McGregor, B. (2020). Bridging the gap: Testing the effectiveness of an empirically-based 11-week stress management intervention among cancer survivors in a non-academic setting. *Psychoncology*. (Vol. 29, pp. 80-81).

Thorson-Olesen, S. J., Meinertz, N., and **Eckert, S.** (2018). Caring for Aging Populations: Examining Compassion Fatigue and Satisfaction. *Journal of Adult Development*. doi:10.1007/s10804-018-9315-z

Thorson-Olesen, S. J. and **Eckert, S.** (2016). Counseling considerations for the caregivers of aging adults. *The Wisconsin Counseling Journal*. 29, 61-66.

POSTERS AND PRESENTATIONS

Eckert, S., Jacobson, S., and Bentley, J. (2023, February). Mindfulness as a mediator between emotion regulation and functional impairment in first responders. Poster to be presented at the 2023 annual conference of the American Psychological Association's Division of Rehabilitation Psychology in Houston, TX.

Jacobson, S., **Eckert, S.**, Anestis, M., and Law, K. (2021, November). Emotion dysregulation and distress tolerance moderate borderline personality symptoms and suicide plans in military veterans. Poster presented at the 2021 ISITDBT Conference.

Eckert, S., Doerr, S., Maccarrone, A., Hashimoto, K., and Bentley, J. (2020, June). Cumulative trauma mediates the relationship between frequency of abuse and PTSD symptom severity. Poster presented at the Association for Psychological Sciences Virtual Poster Showcase.

Eckert, S., Morean, W., and Bentley, J.A. (2020, February). Disability as a Predictor of Depression Following Trauma. Poster session presented at the annual conference of the American Psychological Association's Division of Rehabilitation Psychology in San Diego, CA.

Eckert, S. (2019, October). Healing the mind, healing the body: Emotional recovery after cancer. Keynote session presented at the EASE Cancer Foundation's 2019 Journey to Wellness Survivorship Workshop.

Eckert, S., and Morean, W. (2019, September). Stress, Health and Relaxation. Breakout Session Crohn's and Colitis Foundation NW Chapter Annual Conference in Bellevue, WA.

Eckert, S., Morean, W., and Alsubaie, M. (2019, May). The impact of sexual assault on the relationship between symptom severity and counseling visits in trauma survivors. Poster session presented at Seattle Pacific University's School of Psychology, Family, and Community Research Conference in Seattle, WA.

Alsubaie, M., **Eckerts, S.,** and Morean, W. (2019). Sexual Assault as a Moderator between Symptom Severity and Counseling Visits in Trauma Survivors. Poster session presented at School of Psychology, Family, and Community Research Conference in Seattle, WA.

Mankoff, J., Savage, S., **Eckert, S.,** Ngo, C., and Fiedler, G. (2018). User experiences with traditional and 3D-printed upper extremity prostheses, development of a comprehensive survey instrument. Poster session presented at the American Orthotic and Prosthetic Association's 2018 National Assembly in Vancouver, WA.

Franklin, R., **Eckert, S.,** and Bentley, J.A., (2018, April). Screens and sleep: Examining the moderating factor of computer use on the relationship between psychological symptoms and sleep. Poster session presented at the annual meeting of the Western Psychological Association in Portland, OR

Thorson-Olesen, S. J. and **Eckert, S.** (2016). Caring for aging populations: Compassion fatigue and satisfaction. Poster presented at the Society for the Psychological Study of Social Issues 2016 Conference: Giving Psychology Away in Minneapolis, MN.

Eckert, S., and Thorson-Olesen, S. J. (2016). Examining marriage satisfaction and gratitude. Poster session presented at the Wisconsin Association 2016 Summit in Milwaukee, WI.

Eckert, S., and Thorson-Olesen, S. J. (2016). Examining compassion satisfaction and fatigue in aging populations. Oral presentation given at the 30th National Conference for Undergraduate Research in Asheville, NC.

Eckert, S., and Thorson-Olesen, S. J. (2016). Examining the compassion satisfaction and compassion fatigue of familial caregivers to elderly populations. Poster presented at the 30th National Conference for Undergraduate Research in Asheville, NC.

RESEARCH EXPERIENCE

Graduate Research Team Member

Seattle Pacific University, Seattle, WA

Supervisor: Jacob Bentley, PhD

- Team member in multiple studies concerning (1) rehabilitation psychology, (2) health psychology, (3) sleep and quality of life, (4) outcomes related to sexual assault.
- Primary research interest: Sexual assault and traumatic stress and trajectories post-trauma.

September 2017-Present

Graduate Research Assistant – Project Lead

Seattle Pacific University, Seattle, WA

Supervisors: Jacob Bentley, PhD, and Lucy Berliner, MSW

- Drives projects related to sexual assault and mental health outcomes utilizing clinical data collected from Harborview's Center for Sexual Assault and Traumatic Stress (HCSATS).

September 2019- September 2020

- Manages and divides responsibilities amongst students within research team associated with HCSATS project.

Research Assistant

June 2015-May 2017

Viterbo University, La Crosse, WI

Supervisor: Stephanie Thorson-Olesen, PhD

- Assisted in caregiver and marriage satisfaction research conducted through Viterbo University's psychology department.
- Aided in all aspects of the research process such as conducting a literature review, drafting the IRB proposal, aiding in survey design and participant recruitment, analyzing data via SPSS, and compiling a manuscript for publication.

TEACHING EXPERIENCE

Lutheran Community Services

May 2021 & Feb 2022

Guest Lecturer, Seattle, WA

- Led trainings on DBT principles and skills for providers serving refugee populations in the Seattle area.
- Provided coaching for managing clinician burnout.
- Incorporated a culturally sensitive approach by pulling for clinician experiences, self-educating on the demographics of both clinicians and the clients they serve, and owning bias and limitations throughout the training.

Graduate Teaching Assistant

Winter 2020 and 2021

CPY7315: Dialectical Behavioral Therapy

Seattle Pacific University, Seattle, WA

Professor: Keyne Law, PhD

Class: 11 second-year clinical psychology PhD students

- Facilitated teaching of full-model DBT by demonstrating leadership of skills group, leading mock-therapy and phone coaching sessions, and instructing unit on consultation teams.
- Assisted instructor by grading class assignments and offering office hours for students in need of additional instruction.
- Lectured on topics such as chain analyses, phone coaching, and modalities within DBT.

University of Washington

May 2019 & 2020

Guest Lecturer, Seattle, WA

- Lectured on emotional wellness and resiliency via a DBT framework for introductory nursing health and wellness course at the University of Washington.
- Taught DBT skills and encouraged group participation by incorporating skills practice, applying to professional goals, and utilizing small discussion groups.

Graduate Teaching Assistant

Fall 2019 and 2020

CPY7310: Cognitive Behavioral Therapy

Seattle Pacific University, Seattle, WA

Professor: Keyne Law, PhD

Class: 11 second-year clinical psychology PhD students

- Provided small group supervision for mock-therapy sessions recorded by students weekly in order to facilitate integration of CBT concepts and techniques into practice.
- Instructed class on cognitive-behavioral treatments (prolonged exposure, cognitive processing therapy, and trauma-focused CBT) for PTSD.
- Graded class assignments and offered additional support to students in the form of case examples, consultation, and resources.

Graduate Teaching Assistant

Spring 2019

CPY7200/ORG7202: Personality Theory and Research

Seattle Pacific University, Seattle, WA

Professor: Thane Erickson, PhD

Class: 15 second-year clinical psychology and industrial-organizational psychology PhD students

- Helped professor promote a biopsychosocial and cultural understanding of normal and disordered personality.
- Graded weekly class assignments and held office hours for students in need of additional instruction.

- Facilitated weekly writing accountability groups and bi-quarterly exam study sessions.

MEMBERSHIPS

- APA Division 22: Rehabilitation Psychology
- APA Division 38: Society for Health Psychology
- American Psychological Association
- Western Psychological Association
- Wisconsin Counseling Association

SERVICE ROLES

Seattle Pacific University Mentorship Program

September 2020-August 2021

Peer Mentor, Seattle, WA

- Met monthly with first-year PhD student and provided mentorship and support while she adjusted to graduate school.
- Attended training on effective peer mentorship.

Bridge Care Center

August 2019-November 2019

Volunteer Serving Individuals Experiencing Homelessness, Seattle, WA

- Prepared and shared a meal with women experiencing homelessness weekly.
- Led brief mindfulness and stress reduction sessions following meals.
- Organized and provided training for Bridge Care Center staff on crisis management and distress tolerance skills based on DBT crisis survival skills.

Lower Woodlands Soccer Club

Spring 2019 & 2020

Head Coach of the Tangerines (later coined the Dinosaurs), Seattle, WA

- Coached 7-year old girls to victory while utilizing behavioral principles to foster teamwork and address behavioral concerns.
- Invented the “foot-five” for practices that occurred during the COVID-19 pandemic.