

Cynthia Chen

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EDUCATION

Ph.D., Psychology, August 2015

University of Alabama at Birmingham – Birmingham, AL

Specialization: Medical Clinical Psychology

Dissertation: “The Effects of Meditation as an Intervention for Chronic Illness Related Anxiety”

Research Mentor: David Smith, Ph.D.; Committee Chair: Diane Trembley, Ph.D.

M.S., General Psychology, April 2011

Auburn University-Auburn, AL

Thesis: “Managing Depression in Juvenile Detention Centers: A Study of Interventions in Alabama”

Advisor: Michael Hernandez, Ph.D.

B.S., Psychology, May 2009

Samford University – Birmingham, AL

- Minor: Sociology

RESEARCH EXPERIENCE

University of Alabama at Birmingham – Birmingham, AL

2012-2014

Department of Psychology Graduate Research Assistant

- Served as a facilitator, creating anxiety response behaviors in subjects and conducting clinical assessments of responses
- Coded findings from sessions, documented responses, and oversaw data entry and management for 100+ data sets for the study
- Prepared and submitted 13 conference abstracts, 5 peer-reviewed manuscripts, and 3 review papers based on findings from the study

TEACHING EXPERIENCE

University of Alabama at Birmingham – Birmingham, AL

2011-2014

Graduate Instructor

Courses Taught: Introduction to Psychology and Developmental Psychology

- Developed course content, designed assessments, and held office hours for 2 classes per semester
- Designed a curriculum based on “flipped classroom” concepts, increasing student engagement and knowledge retention
- Received 98% positive responses on student evaluations

University of Alabama at Birmingham – Birmingham, AL

2010-2011

Graduate Teaching Assistant

- Assisted with classroom instruction, exams, and record keeping, including grading assignments for 150 undergraduate students
- Led a weekly tutoring session for a subset of 20 students
- Completed a graduate level course in effective teaching strategies titled “Teaching at the College Level”

CLINICAL EXPERIENCE

Children’s Hospital of Philadelphia – Philadelphia, PA

08/2014-05/2015

Clinical Internship

- Performed diagnostic assessments for a broad adult population by conducting clinical interviews with patients and families, and reviewing relevant medical records
- Received training for utilizing a wide variety of neurophysiological and other diagnostic instruments while under the supervision of a licensed clinical psychologist

Spain Rehabilitation Center – Birmingham, AL
Clinical Assistant

08/2012-08/2014

- Assisted with psychological evaluations and observed psychotherapy sessions and methods
- Collected data, maintained records, and prepared reports

PUBLICATIONS

Chen, C. & Cook, R.W. (April 2014). Treating Anxiety in the Chronically Ill with Mediation: A Guide to Therapy. *Journal of Medical Psychology*, 12, 232-254.

PRESENTATIONS

Chen, C. (June 2014). *Meditation Efficacy for Treating Anxiety in the Chronically Ill*. Poster presentation at the annual convention of the Alabama Psychological Association.

Chen, C. (May 2014). *The Effects of Meditation in Treating Anxiety in Chronically Ill Patients*. Paper presented at the annual UAB Graduate Student Research Days, Birmingham, AL.

HONORS/AWARDS/FELLOWSHIPS

Academic Research Enhancement Award, NIH	2014-2015
Tennant and Susan McWilliams Endowed Scholarship, UAB	2013-2014
UAB Psychology Department Fellowship	2010-2014
UAB College of Arts and Sciences Outstanding Student Award	2014
The Dean's Scholarship, Auburn University	2011-2013
Psi Chi, National Honor Society in Psychology	2009
Staci Elise Carnley Endowed Scholarship, Samford University	2007-2009
Dean's List, College of Arts and Sciences	2006-2009

CAMPUS SERVICE

Graduate Student Government, UAB	2011-2014
• President (2013-2014)	
• Vice President (2012-2013)	
• College of Arts and Sciences Representative (2011-2012)	
College of Arts and Sciences, Women in Higher Ed Task Force	2010-2012

COMMUNITY SERVICE

Crisis Center – Birmingham, AL	2008-2012
Volunteer	
• Counseled callers on the Crisis & Suicide Lines	
• Assisted in the Rape Response program to provide resources and information	

PROFESSIONAL MEMBERSHIPS

American Psychological Association (APA)	2010-Present
Association for Psychological Science	2014-Present
Southeastern Psychological Association	2010-Present
Alabama Psychological Association	2010-Present

RESEARCH INTERESTS

- Health psychology
- Behavioral medicine
- Neuropsychology
- Gerontology
- Pediatric psychology

LANGUAGES

Fluent in Spanish