

## LETITIA E. TRAVAGLINI, PH.D.

### EDUCATION

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- Ph.D. **University of Maryland, Baltimore County** (Baltimore, MD)  
 Human Services Psychology, Clinical and Community/ Applied Social Psychology Tracks  
*Admitted to Candidacy:* February, 2013  
*Predocotoral Internship:* VA Maryland Health Care System/University of Maryland School of  
 Medicine Psychology Internship Consortium (Baltimore, MD)  
*Graduation:* August, 2016
- M.A. **University of Maryland, Baltimore County** (Baltimore, MD)  
 Human Services Psychology, Clinical and Community/ Applied Social Psychology Tracks  
*Graduation:* December, 2012
- M.A. **West Chester University of Pennsylvania** (West Chester, PA)  
 Clinical Psychology  
*Graduation:* December, 2009
- B.S. **Lafayette College** (Easton, PA)  
 Psychology, Honors in Psychology  
*Graduation:* May, 2007

### RESEARCH EXPERIENCE

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- Doctoral Dissertation**, University of Maryland, Baltimore County (Baltimore, MD)  
**Reducing HIV/AIDS Stigma through Video Public Service Announcements**  
*Advisor:* Steven Pitts, Ph.D.  
*Proposal Approved:* October 10, 2014  
*Final Defense:* April 18, 2016
- Master's Thesis**, University of Maryland, Baltimore County (Baltimore, MD)  
**Expectancies and Motives as Mediating Links Between College Students' Personality and Alcohol Use**  
*Advisor:* Steven Pitts, Ph.D.  
*Final Defense:* November, 2012
- Undergraduate Thesis**, Lafayette College (Easton, PA)  
 Gender Differences in College Students' Competitiveness in Sports-related Computer Games  
*Advisor:* John Shaw, J.D., Ph.D.  
*Final Defense:* April, 2007
- 11/2015 - 02/2016 **Consultant**, University of Maryland, Baltimore County (Baltimore, MD)  
**Department of Psychology, Center for Community Collaboration**  
*Supervisor:* Carlo C. DiClemente, Ph.D.  
*The No Wrong Door Project:* SAMHSA Minority AIDS Initiative (SM-11-03) collaborative project aimed at promoting integrative care for individuals experiencing or at risk for behavioral health concerns and/or HIV within the Baltimore Metropolitan Statistical Area.  
*Responsibilities:* provide ongoing technical assistance and support with grant projects, primarily revisions to the Excel® scoring system for the *No Wrong Door Integrative Screener*.
- 08/2015 - Current **Psychology Intern**, VA Maryland Health Care System/University of Maryland School of Medicine Psychology Internship Consortium (Baltimore, MD)  
**University of Maryland, Baltimore, Department of Psychiatry**  
*Supervisor:* Seth Himelhoch, M.D.

*Responsibilities:* developing an independent research project using data from a SAMHSA/CMHS-funded study evaluating an intensive community support program for African-American women living with co-occurring HIV and behavioral health diagnoses; examining the impact of HIV stigma on health status, social support, and treatment engagement; preparing material for poster presentations and publication.

07/2012 – 06/2015 **Research Assistant**, University of Maryland, Baltimore County (Baltimore, MD)  
**Department of Psychology, Center for Community Collaboration**

*Supervisor:* Carlo C. DiClemente, Ph.D.

*The No Wrong Door Project:* SAMHSA Minority AIDS Initiative (SM-11-03)

*Primary Responsibilities:* created an integrated screening instrument, the *No Wrong Door Integrative Screener*, to screen for risk and health problems across multiple health domains; developed a comprehensive electronic scoring system through Microsoft Excel® to automatically score items, identify referral needs, and collect and display aggregate data at the individual and agency levels; prepared and lead trainings on the *Integrative Screener*; provided ongoing consultation and technical assistance to participating services agencies.

*Additional Responsibilities:* conducted gap analyses with local agencies to determine what is not addressed within specific provider agencies; reviewed current referral practices for substance use and mental health agency to create a more integrated referral network across health domains; prepared and co-lead trainings on motivational interviewing for sexual health concerns; created training evaluation questionnaires for sexual health programming trainings, *Integrative Screener* trainings, and motivational interviewing training and created brief reports on evaluation findings; attended trainings on implementing sexual health programming within substance abuse agencies and how to effectively work with LGBT-identified clients; attended weekly UMBC research team meetings and monthly meetings with PHPA.

08/2011 – 08/2013 **Campus Team Member**, University of Maryland, Baltimore County (Baltimore, MD)  
**Department of Student Affairs**  
**NCHIP Learning Collaborative on High Risk Drinking**

*Supervisors:* Nancy Young, Ph.D. & Joel Dewyer

*National College Health Improvement Project Learning Collaborative on High Risk Drinking:* An 18-month collaborative study with 32 other colleges and universities working with The Dartmouth Institute for Health Policy and Clinical Practice to use public health solutions and quality improvement methods to reduce binge drinking on college campuses.

*Responsibilities:* assisted in creating, implementing and evaluating campus interventions that followed a Plan-Do-Study-Act paradigm, including a social norms campaign and a screening and brief intervention (BASICS) protocol; participated in training sessions on motivational interviewing, BASICS brief intervention protocol, and social norms campaigning; attended monthly campus team meetings and semi-annual full-collaborative meetings.

06/2008 – 07/2010 **Research Assistant**, University of Pennsylvania School of Medicine (Philadelphia, PA)  
**Department of Psychiatry, Aaron T. Beck Psychopathology Research Center**

*Supervisor:* Aaron T. Beck, M.D.

*Primary Responsibilities:* Personal Assistant to Aaron T. Beck, M.D.; helped Dr. Beck with his daily tasks and professional work related to ongoing studies on cognitive therapy for schizophrenia, depression, anxiety, suicide, and substance abuse; assisted with manuscript preparation (performed literature reviews for research articles; transcribed and edited manuscripts; prepared manuscripts for publication); maintained Dr. Beck's publication list; created and edited PowerPoint presentations and speeches for Dr. Beck's lectures and workshops; reviewed NIH grant announcements.

*Additional Responsibilities:* Research Assistant for ongoing research studies on the unit; facilitated City of Philadelphia and University of Pennsylvania IRB correspondence; helped with patient recruitment by identifying eligible participants through university-affiliated emergency department tracking software; maintained participant randomization database for the “Cognitive Therapy for Negative Symptoms and Functioning in Schizophrenia” study (NARSAD grant).

09/2006 – 05/2007 **EXCEL Scholar**, Lafayette College (Easton, PA)

Department of Psychology

*Supervisor:* Jennifer M. Talarico, Ph.D.

*Responsibilities:* worked with psychology professor on her research on emotional valence of autobiographical events and how this contributes to the recollection of past memories; reviewed research on the degree to which emotion and emotional intensity of events influences memory; synthesized results of previous research findings for meta-analysis.

## CLINICAL EXPERIENCE

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08/2015 - Current **Psychology Intern**, VA Maryland Health Care System/University of Maryland School of Medicine Psychology Internship Consortium (Baltimore, MD)

**Baltimore VA Family Intervention Team**

*Supervisor:* Neil Weissman, Psy.D.

*Setting:* Couples and Family treatment clinic serving Veterans and their families.

*Responsibilities:* provide Emotion-Focused Couples Therapy to veterans and their partners; participate in weekly individual supervision; maintain client records using the VA’s electronic health record system, *CPRS*.

07/2015 - Current **Psychology Intern**, VA Maryland Health Care System/University of Maryland School of Medicine Psychology Internship Consortium (Baltimore, MD)

**University of Maryland Medical Center Adult Outpatient Psychiatry**

*Supervisors:* Laura Anderson, Ph.D. & Miranda Kofeldt, Ph.D.

*Setting:* Outpatient psychiatry clinic serving adults in the Baltimore area with medical assistance. Clients include individuals with mood, anxiety, trauma, and substance use concerns.

*Responsibilities:* provide individual psychotherapy using interventions derived from cognitive-behavioral and dialectical-behavioral models; conduct intake interviews; conduct psychological assessments for diagnostic and treatment recommendations; coordinate care with other providers (psychiatrists, case managers); participate in weekly individual and group supervision; attend weekly staff meetings; maintain client records using the hospital’s electronic health record system, *EPIC Portfolio*.

08/2014 – 05/2015 **Doctoral-Level Practicum Student**, University of Maryland, Baltimore County (Baltimore, MD)  
**University Counseling Center**

*Supervisors:* Maurice Joseph, M.Psy. & Jamila Winn, M.A.

*Supervisor of Supervisors:* Kris Sagun, Ph.D.

*Director of Training:* Patricia Wick, Ph.D.

*Setting:* On campus counseling center providing free mental health treatment and outreach programming to students enrolled at UMBC.

*Responsibilities:* provided short-term, individual psychotherapy to students using cognitive-behavioral and short-term psychodynamic treatment models; prepared and participated in outreach programming, including weekly relationship skills workshops, weekly academic skills workshops, tabling at campus-wide health fairs, depression screening, and targeted

programming for classes and organizations; attended weekly individual supervision sessions with pre-doctoral interns and group supervision sessions with Director of Training; maintained client records using the Center's electronic health record system, *Titanium Schedule*.

06/2014 – 08/2014 **Doctoral-Level Psychology Extern, Good Shepherd Services, Inc. (Halethorpe, MD)  
Clinical Services Department, Psychological Assessment Services**

*Supervisor:* Gerald D. Oster, Ph.D.

*Setting:* Residential Treatment Center and Level V School for adolescents and young adults (ages 12 to 21 years) with severe emotional and behavioral problems.

*Responsibilities:* conducted comprehensive assessments including cognitive, intelligence, achievement, and psychological (objective and projective) measures; completed scoring and interpretation for all assessment measures; wrote integrative reports based on clinical interviews, behavioral observations, consultation with treatment team members, and assessment findings; attended biweekly group and individual supervision sessions.

09/2013 – 05/2014 **Doctoral-Level Clinical Extern, Chase Brexton Health Care (Baltimore, MD)  
Behavioral Health Services**

*Supervisor:* Brad Bailey, Psy.D.

*Director of Training:* David Goode-Cross, Ph.D.

*Setting:* Federally Qualified Health Center traditionally rooted in a tradition that provides LGBT-affirming health care. Clients included adults with behavioral health concerns.

*Responsibilities:* provided individual psychotherapy services to clients using interventions derived from cognitive behavioral and interpersonal models; conducted psychosocial intakes on clients referred for behavioral health services; co-facilitated weekly Phase II Intensive Outpatient Addictions group that focused on providing skills to support ongoing recovery; participated in weekly team meetings to discuss new intakes and referrals and bi-weekly small group case consultation meetings; partook in weekly clinical and professional issues seminars on specific interventions (Motivational Interviewing, Couples/Family therapy, pharmacotherapy) and working with special populations (LGBT issues, gender diversity); attended weekly individual and group supervision; maintained client records through Chase Brexton's Electronic Medical Record, *Centricity*.

09/2012 – 07/2013 **Doctoral-Level Extern, University of Maryland, Baltimore (Baltimore, MD)  
Department of Pediatrics, Division of Child Protection, Center for Families Care Clinic**

*Supervisor:* Randy K. Chang, Psy.D.

*Setting:* Free outpatient mental health clinic specializing in the treatment of children and families dealing with the effects of child abuse and exposure to intimate partner violence.

*Responsibilities:* provided individual psychotherapy services to clients ages 3 to 55 years using interventions derived from trauma-focused cognitive-behavioral and play therapies; conducted intakes on clients including standardized assessment measures; supported clients through case management and advocacy services; attended weekly treatment team meetings; participated in bi-monthly trainings on topics including mental status exams, risk assessment, CPS reporting, child development, and interventions; led a training on vicarious trauma for first year residents; attended weekly supervision meetings; maintained client records.

09/2011 – 05/2012 **Doctoral-Level Extern, Johns Hopkins University (Baltimore, MD)  
Department of Physical Medicine and Rehabilitation**

*Supervisors:* William Stiers, Ph.D., Jennifer Stevenson, Ph.D., & Pegah Touradji, Ph.D.

*Setting(s):* Three inpatient rehabilitation units for patients with a variety of medical disorders: Johns Hopkins Hospital's Comprehensive Integrative Rehabilitation Unit; Good Samaritan

ortho-spine unit; and Good Samaritan stroke/traumatic brain injury unit.

*Responsibilities:* conducted assessments on patients referred by the attending psychiatrist including psychodiagnostic, cognitive, and neurobehavioral evaluations; scored and interpreted all assessment measures; completed comprehensive reports including presenting medical condition, information from a semi-structured interview, and assessment findings; engaged patients in follow-up sessions to discuss assessment findings, facilitate evaluation recommendations, and plan for discharge; conducted brief interventions with patients to help reduce pain and cope with emotional concerns related to current health status; partook in daily multidisciplinary treatment team meetings to review patient progress and discuss assessment findings with treatment team members; attended biweekly supervision meetings; participated in monthly case conferences and journal club meetings with psychology staff.

05/2009 – 12/2009 **Master's-Level Intern**, Main Line Health (Drexel Hill, PA)

**Center for Addictive Diseases**

*Supervisor:* John Terrell, Psy.D.

*Setting:* Outpatient treatment center for clients with substance use disorders.

*Responsibilities:* co-facilitated intensive outpatient group therapy for adults with substance use and co-occurring disorders; conducted individual and couples therapy; observed and learned about contacting insurance companies to obtain authorizations for patient treatment and coordinate transfers to higher levels of care, if necessary; attended daily supervision meetings; maintained client records.

01/2009 – 09/2009 **Master's-Level Practicum Student**, University of Pennsylvania School of Medicine (Philadelphia, PA)

**Department of Psychiatry, Center for Cognitive Therapy**

*Supervisor:* Mary Ann Layden, Ph.D.

*Setting:* Outpatient CBT clinic for adults with mood, anxiety, and personality disorders.

*Responsibilities:* conducted intake assessments with clients seeking treatment including standardized assessment measures (SCID, Beck scales); completed an integrative report based on the interview and assessment measures and provided a working diagnosis based on assessment findings; attended weekly supervision meetings; prepared patient treatment folders for the assigned therapist.

06/2007 – 06/2008 **Behavior Mentor**, Chester County Intermediate Unit (Downingtown, PA)

**CHAAMP Program**

*Supervisors:* Louis Chance, M.S.Ed. & Jacalyn Auris, Ph.D.

*Setting:* Applied Behavior Analysis program focused on life skills training and community-based instruction for adolescents (ages 14-21) with moderate to severe autism.

*Responsibilities:* worked one-on-one with students to increase independence and reduce maladaptive behaviors; used functional behavioral analysis to determine the reason for maladaptive behaviors; implemented individually adapted task analyses with each student based on designated Individualized Education Plan goals; imputed and graphed data on a weekly basis to monitor progress and adapt task analyses and instruction as needed; trained in Picture Exchange Communication System (PECS).

## PROFESSIONAL PRESENTATIONS

**Travaglini, L. E., Himelhoch, S., & Fang, L. J.** (2016, May). *The Impact of HIV Stigma on Health and Well-being Among a Sample of African American Women living with HIV/AIDS*. Poster presented at the 2016 University of Maryland Psychiatry Research Day, Baltimore, MD.

- DiClemente, C. D., Corner, C., Berens-Crouch, T., Crisfulli, M., Graydon, M., Peterson, A., Thrash, S., & **Travaglini, L.** (2015, March). *Integrating Addiction Screening and Interventions into Opportunistic Settings*. Presentation at the Collaborative Perspectives on Addiction Conference, 3<sup>rd</sup> Annual Meeting, Baltimore, MD.
- DiClemente, C. D., Gregory, W. H., **Travaglini, L. E.**, & Corno, C. M. (2013, November). *Making the Case for Integrated Care: Effective Screening, Brief Intervention, and Referral to Treatment*. Presentation at the National Alliance of Mental Health (NAMI) Maryland 2013 Annual Conference, Towson, MD.
- Travaglini, L. E.** (2013, March). *Expectancies and Motives as Mediating Links between College Students' Personality and Alcohol Use*. Poster presented at the Eastern Psychological Association Annual Meeting, New York, NY.
- Treadwell, T. W., **Travaglini, L. E.**, Staats, M. E., Dartnell, D., & Seavers, C. M. (2013, April). *Collaborative Story Building & Telling and Psychodrama: Therapeutic Cohesion*. Workshop presented at the American Society of Group Psychotherapy and Psychodrama Annual Meeting, Jersey City, NJ.
- Travaglini, L. E.**, Seavers, C. M., Mangan, T. K., & Treadwell, T. W. (2011, April). *Building Group Cohesion Via Collaborative Story Building and Telling*. Workshop presented at the American Group Psychology Association Annual Meeting, New York, NY. Also presented at the American Society of Group Psychotherapy and Psychodrama, Philadelphia, PA (April 2010).
- Treadwell, T. W., Reisch, E. E., **Travaglini, L. E.**, & Kumar, V. K. (2009, August). *The effectiveness of collaborative story building and telling in facilitating group cohesion*. Poster presented at the annual meeting of the American Psychological Association, Toronto, ON. Also presented at the first annual Philadelphia Behavior Therapy Association Student Poster Session, Philadelphia, PA (April 2009).
- Travaglini, L. E.** (2007, April). *Gender differences in college students' competitiveness in sports-related computer games*. Poster presented at the annual National Conference of Undergraduate Research, San Rafael, CA.

## **PUBLICATIONS**

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- DiClemente, C. D., Norwood, A. E. Q., Gregory, W. H., **Travaglini, L.**, Graydon, M., & Corno, C. (2016). Client centered, collaborative, and comprehensive care: The royal road to recovery. *Journal of Addictions Nursing*.
- Treadwell, T. W., Dartnell, D., **Travaglini, L. E.**, Staats, M., & Devinney, K. (2016). *Group Therapy Workbook: Integrating Cognitive Behavioral Therapy with Psychodramatic Theory and Practice*. Parker, CO: Outskirts Press.
- Travaglini, L. E.**, Treadwell, T. W., & Reisch, E. E. (2012). Confidentiality and cohesion in groups: Collaborative Story Building and Telling as a means of improving the therapeutic experience. *Group*, 36(4), 317-331.
- Treadwell, T. W., Reisch, E. E., **Travaglini, L. E.**, & Kumar, V. K. (2011). The effectiveness of collaborative story building and telling in facilitating group cohesion. *International Journal of Group Psychotherapy*, 61(4), 502-517.
- Travaglini, L. E.**, Mangan, T. K., Seavers, C. M., & Treadwell, T. W. (2010). Group cohesion via collaborative story building. *The Group Psychologist*, 20(3), 6-8.
- Travaglini, L. E.** (2007). Gender differences in college students' competitiveness in sports-related computer games. *Conference Proceedings of the 2007 National Conference for Undergraduate Research*.

## **TEACHING AND INVITED TALKS**

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**University of Maryland, Baltimore County**, Department of Psychology

**Instructor:** PSYC490, Independent Study: Creating HIV-related PSAs (Fall, 2014)

**Teaching Assistant:** PSYC200, Child Development. Instructor: Adia Garrett (Fall, 2011)

**Teaching Assistant:** PSYC331, Experimental Psychology: Design & Analysis I. Instructors: Steven Pitts (Summer, 2011, 2012); Laura Stapleton (Spring, 2011); Kathryn Bohner (Fall, 2010)

**University of Maryland, Baltimore**, Department of Pediatrics, Division of Child Protection

**Invited Talk:** *Substance Use & Risk Behavior in Adolescents*. Presented to trainees at the Care Clinic (February, 2014; December, 2014)

**Invited Talk:** *Vicarious Trauma*. Presented to first year medical residents (April, 2013)

## PROFESSIONAL AFFILIATIONS AND LEADERSHIP ROLES

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2014 - Current	Maryland Psychological Association, Graduate Student Affiliate
2012 - 2013	UMBC Human Services Psychology Program Student Representative
2011 - 2013	UMBC Graduate Student Association, Student Representative
2009 - Current	American Group Psychotherapy Association, Student Affiliate
2009 - Current	Philadelphia Behavior Therapy Association, Student Affiliate
2008 - Current	American Psychological Association, Student Affiliate Division 49 (Group Psychology and Group Psychotherapy), Student Affiliate Student Editor of Division 49 newsletter, <i>The Group Psychologist</i>
2006 - Current	Psi Chi, National Psychology Honor Society, Affiliate
2004 - Current	Pi Beta Phi Fraternity, Alumnus President, Chapter House Corporation (2007 - Current)

## SPECIALTY TRAININGS

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### **Social Skills Training for Schizophrenia** (August, 2015)

- One-day training on implementing social skills training groups following the *Social Skills Training for Schizophrenia: A Step-by-Step Guide* (2<sup>nd</sup> edition) manual. Workshop led by Jennifer Aakre, Ph.D., VA VISN 5 the Mental Illness Research Education and Clinical Center (MIRECC)

### **Trauma-Focused Cognitive Behavior Therapy** (July, 2015)

- Two-day training on implementing Trauma-Focused CBT for children and adolescents. Workshop led by Vickie Beck, APRN, National TF-CBT Trainer, University of Maryland, Baltimore.

### **BASICS (Brief Alcohol Screening and Intervention for College Students)** (January, 2013)

- One-day workshop on screening and brief interventions for problematic alcohol use in group and individual settings, and how to implement this program on University of Maryland, Baltimore County's campus. Workshop led by Ann Sestin, M.A., N.C.C., L.P.C., Indiana University of Pennsylvania.

### **Sexual Health in Recovery** (August, 2012)

- Two-day workshop on implementing sexual health programming to reduce relapse due to sexual behavior into substance use treatment settings. Workshop led by Joan Garrity, sponsored by the Maryland Department of Health and Mental Hygiene (DHMH) Alcohol and Drug Abuse Administration (ADAA).

### **SexTalk** (August, 2012)

- Two-day workshop designed to help providers become more comfortable talking about sex-related topics with clients, including sexual behaviors, HIV/infectious disease status and testing, gender, and sexual orientation. Workshop led by Joan Garrity, sponsored by ADAA.

### **Living Out Loud: How to Serve Transgendered Clients Where They Are** (July, 2012)

- Four-hour workshop designed to educate providers on issues and concerns specific to transgender clients. Workshop led by Jean-Michele Breville, DHMH Prevention and Health Promotion Administration.

### **Beck Institute for Cognitive Therapy Case Conferences** (June, 2008-July, 2010)

- Monthly case conferences (2 hours) during which Dr. Aaron T. Beck conducted live therapy sessions with the client; discussions about the case were then held each therapy session.