

CURRICULUM VITAE

Ivy Ruths, Ph.D.
April, 2023

BUSINESS ADDRESS:

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EDUCATION AND TRAINING

DePelchin Children's Center September 2014 – September 2015 Houston, Texas
Postdoctoral Fellow
Supervisor: Megan Mooney, PhD

HISD Psychological Services August 2013 – July 2014 Houston, Texas
APA Accredited Internship in Clinical Psychology
Supervisors: Lauren Goonan, PhD, LSSP
Ruthmarie Ferguson, PhD, LSSP

University of Houston August 2008 – August 2014 Houston, Texas
APA Accredited Clinical Psychology Program
Supervisor: John P Vincent, PhD, ABPP

Degree Awarded: Ph.D., Psychology (Clinical)
Dissertation Title: Trichotillomania: Internal and external cues in the investigation of hair pulling modalities
Committee Members: John P. Vincent, Ph.D., ABPP, Suzanne Mouton-Odum, Ph.D., Mindy Stanley, Ph.D., Hanako Yoshida, Ph.D.

Degree Awarded: M.A., Psychology (Clinical)
Thesis Title: An assessment of the eggshell psyche in civil litigation
Committee Chair: John P. Vincent, Ph.D., ABPP
Comprehensive Exams: Passed September 2011 (*with distinction*)

The University of Texas at Austin June 2004 – December 2007 Austin, TX
Degrees Awarded: B.A., Psychology; B.A., English
Minor: Spanish
Senior Thesis Title: Effects of evidence evaluation on beliefs about reality status
Advisor: Jacqueline D. Woolley, Ph.D.

LANGUAGES

Native English and Spanish speaker

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LICENSURE

Licensed Psychologist (LP)

Licensing Board: Texas State Board of Examiners of Psychologists

License Number: 36338

Examination for Professional Practice in Psychology: Passed at the doctoral level

Texas Jurisprudence Examination: Passed at the doctoral level

Oral Examination: Passed – January, 2015

Licensed Specialist in School Psychology (LSSP) December, 2014

Licensing Board: Texas State Board of Examiners of Psychologists

Praxis School Psychologist Licensure Exam: Passed – July, 2014 (Score: 179)

CLINICAL EXPERIENCE

Clinical Psychologist/Owner and Director, Houston Anxiety and Wellness Center

July 2017 - Present Houston, TX

Private Practice serving individuals, families, and groups with anxiety, obsessive-compulsive, hair-pulling, parenting difficulties, and depressive disorders.

Middle School Counselor, Annunciation Orthodox School August 2017 – Present Houston, TX

Responsibilities: Consultation for faculty, staff, students, and parents; implementation of school-wide social-emotional learning curriculum; crisis intervention; development and instruction of Social-Emotional Wellness enrichment course for students.

Clinical Psychologist, McLean OCD Institute - Houston September 2015 – July 2017

Houston, TX

Responsibilities: Bi-lingual psychologist providing individual outpatient therapy for children adolescents, and adults with OCD and other anxiety disorders; providing intensive outpatient and residential services for adolescents and adults with severe OCD and other anxiety disorders; conducting weekly group therapy with residential and intensive outpatient clients; participation in multidisciplinary treatment team meetings.

Postdoctoral Psychology Fellow, DePelchin Children's Center Sept 2014 – Sept 2015

Houston, TX

Supervisors: Megan Mooney, Ph.D.; Shalonda Brooks, Ph.D.

Responsibilities: Bi-lingual psychologist providing individual, family, and group therapy and conducting psychological evaluations for the Trauma Team, Autism Team, and the Office of Refugee Resettlement, Division of Unaccompanied Children Services (ORR/DUCS).

Patient population served: A diverse child, adolescent, and parent population with a variety of psychological difficulties including chronic and complex trauma histories, social-skills deficits, anxiety and mood disorders, disruptive behavioral disorders, grief and adjustment difficulties.

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Pre-doctoral Psychology Intern, Houston Independent School District Aug 2013 – Aug 2014
Houston, TX

Supervisors: Lauren Goonan, Ph.D.; Patricia Weger, Ph.D.; Grace Jennings, Ph.D.; Ruth Ferguson, Ph.D.

Responsibilities: assist in school wide crises response; complete individual suicide and violence risk assessments; conduct psychological assessments and write integrated reports for special education determination, provide individual counseling to students; and complete behavior consultations with teachers and other key staff members within schools.

Patient population served: An ethnically diverse child, adolescent, and parent population comprised primarily of low-income members of Houston's inner city, presenting with anxiety, depression, suicidal ideation, homicidal ideation, gang-related violence, disruptive disorders, grief, and social and economic hardships.

Clinical Psychology Extern, Private Practice, August 2011 – June 2013 Houston, TX

Supervisor: Suzanne Mouton-Odum, Ph.D.

Responsibilities: Conduct intake assessments; create treatment plans; prepare for and provide weekly individual and family therapy; maintain detailed progress notes; participate in weekly individual and/or group supervision meetings.

Patient population served: Children, adolescents, parents, and adults with a variety of psychiatric diagnoses including anxiety disorders, mood disorders, and trichotillomania/skin-picking disorders.

Graduate Clinical Assistant, Psychology Research & Services Center Aug 2011 – May 2012

University of Houston

Supervisor: Robin Weill, Ph.D.

Responsibilities: Conducted clinical intakes and assigned cases to student clinicians; performed clinic administrative duties and oversaw maintenance of all paper- and computer-based clinic records; assisted in all duties to maintain and safeguard the clinic; operates as a student-faculty liaison regarding clinic issues; planned and organizes National Depression Screening Day fair; provided supervision to 2nd year practicum students as part of a tiered supervision model.

Patient population served: An ethnically diverse child, adolescent and adult population comprised primarily of low-income members of the Houston community and/or students attending the University of Houston, presenting with a variety of difficulties including adjustment and affective disorders, personality disorders, and serious mental illness.

Graduate Student Clinician, Psychology Research & Services Center Sept 2009 – May 2011

University of Houston

Supervisors: John Vincent, Ph.D., Robin Weill, Ph.D., Gerald Harris, Ph.D.

Responsibilities: Conducted initial intake and assessments of adult and child clients; provided

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outpatient adult, adolescent, and child individual and family psychotherapy; wrote integrative reports and case notes; reviewed video tapes of individual sessions, including other student clinicians' sessions, participated in weekly group and peer supervisions; administered diagnostic interviews and psychological test batteries.

Patient population served: An ethnically diverse child, adolescent and adult population comprised primarily of low-income members of the Houston community and/or students attending the University of Houston, presenting with a variety of difficulties including adjustment and affective disorders, personality disorders, and serious mental illness.

Associate Evaluator, Applied Psychological Services August 2010 – November 2011 Houston, TX
Supervisor: Daniel J. Fox, Ph.D.

Responsibilities: Conducted, scored, and wrote reports for integrated child and adult psychological and neuropsychological assessments including a clinical interview.

Patient population served: Low income and/or disabled children, adolescents, and adults filing for Social Security Administration and the Department of Rehabilitation Services benefits.

Graduate Student Extern, Texas Children's Hospital, Psychiatry Service August 2010 – May 2011 Houston, TX

Supervisor: Danita Czyzewski, Ph.D., Mariella Self, Ph.D.

Responsibilities: Conducted weekly individual psychotherapy using behavioral and cognitive behavioral techniques with children and adolescents; created progress notes and wrote intake reports; administered assessments; participated in individual live supervision; attended weekly group meetings.

Patient population served: An ethnically diverse children and adolescent population with internalizing disorders, encopresis, enuresis, those who had difficulty adhering to their medical regime, or suffering from feeding disorders of early infancy; primarily made up of those with a comorbid health problem such as cystic fibrosis, Chron's Disease, chronic pain, etc.

Graduate Student Assessment Clinician, Psychology Research and Services Center

University of Houston September 2009 – August 2010

Supervisor: Jack Fletcher Ph.D., Paul Massman, Ph.D.

Responsibilities: Conducted assessments and interviews of clients; prepared and administered neuropsychological, I.Q. and academic achievement assessments; scored measures and prepared integrative reports; participated in weekly group supervisions; participated in weekly parent conferences, participated in assessment team client conferences.

Patient population served: Children and adolescents with ADHD and/or a learning disability and their parents.

Graduate Student Extern, Private Practice June 2010 – August 2010 Houston, TX

Supervisor: Michelle Forrester, Ph.D.

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Responsibilities: Prepared for and participated in weekly group play therapy sessions with children suffering from social skills deficits, a recent traumatic event, or those dealing with recently divorced parents; created progress notes; participated in weekly group supervision.

Patient population served: Children ages 4 to 7 diagnosed with ADHD, Asperger's Syndrome, Autism, or Pervasive Development Disorder

Graduate Student Clinician, Anxiety Disorders Clinic November 2009 – August 2010 University of Houston

Supervisor: Peter Norton, Ph.D.

Responsibilities: As part of a randomized clinical trial, conducted diagnostic assessment batteries and wrote integrated reports; co-led group therapy sessions; wrote progress notes; conducted feedback sessions.

Patient population served: Ethnically diverse adult population comprised primarily of University of Houston undergraduate students and low-income members of the Houston community.

PROFESSIONAL TRAININGS

SPACE (Supportive Parenting for Anxious Childhood Emotions) Certification Nov 2020

Trainer: Eli Lebowitz, Ph.D.

Capturing Kids Hearts October 2017

Flippen Group

Behavioral Therapy Training Institute April 2016

International OCD Foundation

Trainers: Thröstur Björgvinsson, Ph.D., Joyce Davidson, M.D., Patrick McGrath, Ph.D., Alec Pollard, Ph.D., Aureen Wagner, Ph.D.

Integrated Treatment of Complex Trauma for Adolescents (ITCT-A) November 2014

DePelchin Children's Center

Trainers: John Brier, Ph.D. and Cheryl Lanktree, Ph.D.

An Intense Clinical Approach to Trauma-Focused CBT (TF-CBT) October 2014

DePelchin Children's Center

Trainer: Ray Van Tassel, M.S., LPC

Child Adult Relationship Enhancement Training (CARE) September 2014

Trainer: Megan Mooney, Ph.D.

Parent Child Interaction Therapy (PCIT) July 2010

DePelchin's Children's Center

Trainers: Megan Mooney, Ph.D., Shazia Lightsey, MS, LPC

Received live coaching and training in therapy sessions to teach play therapy skills to parents/caregivers of oppositional, attention-seeking children. Training focused on reversing the negative escalation cycle in families, increasing compliance in defiant children,

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and strengthening parent-child relationships.

RESEARCH EXPERIENCE

Graduate Student Member, Center for Forensic Psychology September 2008 – May 2013

University of Houston

Supervisor: John P. Vincent, Ph.D., ABPP

Responsibilities: Completion of Master's thesis work; assistant coordinator for Motor Vehicle Accident Study; undergraduate research assistant coordinator; attended weekly lab meetings for review of research in progress, theoretical development; review of articles and presentation preparation.

Graduate Research Assistant, Psychology Department August 2010 – May 2011

University of Houston

Supervisor: Amie E. Grills-Taquechel, Ph.D.

Responsibilities: Project Coordinator on an NICHD funded K-08 award (PI: Grills-Taquechel, 1K08HD058020-01A2) coordinating data collection from teachers, students, and parents at several elementary schools in the Houston area; attending weekly meetings; interacting with principals, parents, teachers, and students during data collection and informational meetings.

Graduate Research Assistant, Psychology Department August 2010 – May 2011

University of Houston

Supervisor: Jack Fletcher Ph.D., Karla Stuebing, Ph.D.

Responsibilities: Research Assistant for the NICHD funded Learning Disability Research Center; literature reviews, data analysis, and writing for meta-analysis projects/manuscripts concerning response to intervention for children with learning disabilities.

Undergraduate Research Assistant, Psychology Department August 2006 – May 2007

The Imagination and Cognition Lab in The Children's Research Lab

University of Texas at Austin

Supervisor: Jacqueline D. Woolley, Ph.D.

Responsibilities: Completion of IRB approved Honor's Thesis which investigated the effect of sources of evidence on children's belief in novel entities; literature reviews; data analysis; created video stimuli; recruited actors for videos and child participants.

Undergraduate Research Assistant, Psychology Department August 2005 – May 2006

The Infant Cognition Lab in The Children's Research Lab

University of Texas at Austin

Supervisor: Leslie B. Cohen, Ph.D.

Responsibilities: Designed studies using Habit; data analysis using SPSS and Statview; scheduled appointments; interviewed participants in Spanish and English.

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TEACHING EXPERIENCE

Teaching Fellow June 2011 – August 2011, June 2012 – May 2013
University of Houston, Department of Psychology

Child Development PSYC2350

Prepare and present class lectures, quizzes, assignments, and exams to an on-line course of 100+ undergraduate students for four semesters. Navigate teaching a course on-line through Blackboard Learn and the unique challenges of cyber education.

Teaching Assistant August 2008 – May 2012
University of Houston, Department of Psychology

Child Development PSYC2350
Psychology of Adolescence PSYC2351
Introduction to Psychology PSYC 1300

Provided academic assistance to undergraduate students, which included holding weekly office hours for students, over-seeing students' independent research projects and term papers, proctoring exams, and grading various assignments.

SERVICE EXPERIENCE

Peer-elected Student Representative, Clinical Training Committee September 2009 – September 2012
Clinical Psychology Department, University of Houston

Attended Clinical Training Committee bimonthly meetings as a peer-nominated student representative and communicated fellow students' concerns. Organized and coordinated interview weekend for program applicants as well as the annual party for the first years.

AWARDS & HONORS

Psychology Department, University of Houston September 2011
Distinction in Comprehensive Examination

University of Houston Departmental Travel Award November 2010
Award given to offset costs associated with the presentation of research at the annual meeting of the Association of Behavioral and Cognitive Therapies (ABCT) in San Francisco, CA.

Ford Foundation Diversity Predoctoral Fellowship, Honorable Mention 2010
The National Research Council

Awarded to individuals who demonstrate superior academic achievement, are committed to a career in teaching and research at the university level, show promise of future achievement as

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scholars and teachers, and are well prepared to use diversity as a resource for enriching the education of all students.

The Rapoport-King Thesis Scholarship 2006-2007 The University of Texas at Austin
Fellows are chosen on the basis of academic record, the quality of the thesis proposal, and financial need. The dean made final recommendations. Fellows are awarded a \$2,500 scholarship for the senior year.

Liberal Arts Undergraduate Research Award 2006-2007 The University of Texas at Austin
For Liberal Arts students conducting research projects or traveling to conferences; \$1,000 award given based on letter of recommendation and research project description.

PROFESSIONAL AFFILIATIONS

Past President, Houston Psychological Association (2023-2024)
President, Houston Psychological Association (2022-2023)
President Elect, Houston Psychological Association (2021-2022)
Vice President, OCD Texas (2020- present); Outreach Chair, OCD Texas (2018-2019)
Member, Texas Psychological Association
Member, American Psychological Association
Member, Society of Pediatric Psychology (APA Div. 54)
Member, Society of Clinical Child and Adolescent Psychology (APA Div. 53)

PROFESSIONAL PUBLICATIONS

Ruths, I., Velasquez, K., Rivera-Pérez, Y., Björgvinsson, T. (Winter, 2015). Challenges of Treating Spanish Bilingual Patients in a Primarily English-Speaking Setting. *International OCD Foundation OCD Newsletter*, 29(4), 12-13.

Ruths, I. J. I., Christiansen, A. K., & Vincent, J. P. (June, 2013). An Assessment of the “Egg Shell Psyche” in Simulated Civil Litigation. *Psychological Injury and Law*, 6(2), 144-155.

AUDIO AND VIDEO PUBLICATIONS

Ruths, Ivy. Clinical Content Reviewer, Voice Over and Live Video Content Creator. “Resilience Program”. Learn to Live, Inc. Recorded August 2022. <https://www.learntolive.com/>

Ruths, Ivy. Invited Guest. “OCD Gamechangers Presents Fireside Fridays with Dr. Ivy Ruths”. Facebook Live, 2 April 2021. <https://www.facebook.com/ocdgamechangers/videos/832105930678184/>

Ruths, Ivy. Invited Guest. “Episode 18: Anxiety, OCD, Fears and Phobias in Children”. Connection with Dr. Kim Swales. 28 Jan 2021.
<https://anchor.fm/kim-swales/episodes/Episode-18-Anxiety--OCD--Fears-and-Phobias-in-Children-epgmch>

Ruths, Ivy. Invited Guest. “Episode 249: Therapy for OCD”. The OCD Stories. 25 Oct 2020.
<https://theocdstories.com/episode/dr-ivy-ruths-therapy-for-ocd-249/>

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Ruths, Ivy. Invited Guest. "18. Interview with Dr. Ivy Ruths on Perfectionism". The OCD Whisperer Podcast with Kristina Orlova. 10 Oct 2020.

<https://ocdwhisperer.podbean.com/e/ocd-whisperer-podcast-18-interview-with-dr-ivy-ruths-on-perfectionism/>

Ruths, Ivy. Invited Guest. "LwOCD 135: Eeva and Ivy Interview". Living with Obsessive Compulsive Disorder Podcast. 22, Feb 2016.

<https://www.listennotes.com/podcasts/living-with/lwocd-135-eeva-and-ivy-PEew8phUQGD/>

PUBLISHED ABSTRACTS, PRESENTATIONS, AND INVITED TALKS

Ruths, I., Sistrunk, C., Fullerton, G., Shrout, S., Fasteau, M. (July 2023) *Parent Roadmap: Changing Your Drive-Time Response to Your Child's OCD with Supporting Statements.* Presented at the annual International OCD Foundation (IOCDF) conference, San Francisco, CA.

Ruths, I., Fullerton, G., Sistrunk, C., Fasteau, M., Clayton, W. (July, 2023). *Letting Go and Becoming Independent: Parallel Transitions for Parents and High Schoolers.* Presented at the annual International OCD Foundation (IOCDF) conference, San Francisco, CA.

Nghe, E. C., Simmon, B., **Ruths, I.** (July, 2023). I See Color. Support group facilitated at the annual International OCD Foundation (IOCDF) conference, San Francisco, CA.

Ruths, I., Fullerton, G. Shrout, S., Sistrunk, C., Fasteau, M. (November 2021). *Anxiety in the Digital Age.* Clinician workshop presented at the annual Texas Psychological Association conference, Austin, TX.

Fasteau, M., Shrout, S., **Ruths, I.,** Sistrunk, C. Fullerton, G. (November 2021). *Mirror, Mirror on the Wall, What's Affecting Body Image Most of All?* Discussion presented at the annual Texas Psychological Association conference, Austin, TX.

Ruths, I. and Sistrunk, C. (July, 2021). *Teamwork: What your child with OCD needs from you.* Virtual workshop presented at the annual International OCD Foundation OCD Camp for children and families.

Ruths, I. (June, 2021). *Pediatric OCD: Partnering with Parents as Part of the Treatment Plan.* Virtual presentation to clinicians and parents at OCD Texas conference.

Ruths, I. and Shrout, S. (May, 2021). *Self-Care and Glamour Camping: Making Self-Care a Priority.* Virtual Presentation at the OCD Gamechangers annual retreat.

Ruths, I. (January, 2019). *Emotional "Fitness" for the Professional Woman. Presented for USI Insurance Services and Lockton Companies "Women in Insurance".* Sponsored by AIG, Hanover Insurance Group, and The Hartford, Dallas, TX.

Ruths, I., Sistrunk, C., Smith, A. (November, 2018). *Distinguishing between OCD, ODCP, and ASD: An Interactive, Skills Acquisition Workshop.* Clinician workshop presented at the annual Texas Psychological Association conference, Houston, TX.

Ruths, I., Greeson, J., Taylor, N. (October, 2017). *OCD Texas Presents Ask the Experts: Encouraging Children and Families with OCD.* Panel Member at the annual OCD Texas conference, Austin, TX.

Zwecker, N., Anderson, E., **Ruths, I.,** Sistrunk., C. (April, 2017). *Distinguishing between OCD, ODCP, and ASD:*

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An Interactive, Skills Acquisition Workshop. Clinician workshop presented at the annual Anxiety Depression Association of America (ADAA) conference, San Francisco, CA.

Venta, A., Varela, J., **Ruths, I.**, & Crosby, J. (November, 2016). *What good can psychologists do for Spanish-speaking clients? Pragmatic and psychometric issues and solutions.* Clinician workshop accepted to be presented at the annual convention of the Texas Psychological Association (TPA), Austin, Tx.

Sistrunk, C., **Ruths, I.**, Anderson, E. R., Zwecker, N. A. (July, 2016)). *Kickin' OCD: The How-To of Overcoming Slip Ups and Stressors.* Presented at the International OCD Foundation Annual Conference (IOCDF), Chicago, Il.

Venta, A., **Ruths, I.**, Mooney, M. (November, 2015). *Addressing the Psychological Needs of Unaccompanied Immigrant Minors and the Importance of Trauma Informed Conceptualization and Assessment.* Symposium presented at the annual meeting of the Texas Psychological Association (TPA), San Antonio, TX.

Ruths, I. (2015). *Exposure-Based CBT: Treating OCD in Children and Adolescents.* Invited presentation, Sam Houston State University, Huntsville, TX.

Ruths, I. J. I., Christiansen, A. K., Eagle, M. Vincent, J. P. (August, 2011). *The effect of prior mental health issues on symptom presentation in simulated civil litigation.* Poster presented at the annual meeting of the American Psychological Association (APA), Washington, D.C.

Christiansen, A. K., Eagle, M., **Ruths, I. J. I.**, Vincent, J. P. (August, 2011). *Assessment of Litigation History and Malingering Measures Among Personal Injury Litigants.* Poster presented at the annual meeting of the American Psychological Association (APA), Washington, D.C.

Ruths, I. J. I. & Vincent, J. P. (November, 2010). *An Assessment of the "Egg Shell Psyche" in Simulated Civil Litigation.* Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies (ABCT), San Francisco, CA.