

## CURRICULUM VITAE

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Ivy Ikpeme Ruths  
January, 2018

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BUSINESS ADDRESS:

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### EDUCATION AND TRAINING

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**DePelchin Children's Center**

Houston, Texas  
Postdoctoral Fellow  
Supervisor: Megan Mooney, PhD

September 2014 – September 2015

**HISD Psychological Services**

Houston, Texas  
APA Accredited Internship in Clinical Psychology  
Supervisors: Lauren Goonan, PhD, LSSP  
Ruthmarie Ferguson, PhD, LSSP

August 2013 – July 2014

**University of Houston**

Houston, Texas  
APA Accredited Clinical Psychology Program  
Supervisor: John P Vincent, PhD, ABPP

August 2008 – August 2014

*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**

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.

June 2004 – December 2007

## LANGUAGES

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Native English and Spanish speaker

## LICENSURE

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Provisionally Licensed Psychologist (PLP) October, 2014

*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 - Trainee (LSSP-Trainee) December, 2014

*Licensing Board:* Texas State Board of Examiners of Psychologists

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

## CLINICAL EXPERIENCE

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

*Responsibilities:* Consultation for faculty, staff, students, and parents; development and implementation of school-wide social-emotional learning curriculum

**Clinical Psychologist/Owner, Ruths Psychological Association** July 2017 - Present  
Houston, TX

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

**Clinical Psychologist, The Houston OCD Program** 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.

**Post-doctoral Psychology Fellow, DePelchin Children's Center** September 2014 – September 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.

**Pre-doctoral Psychology Intern, Houston Independent School District**

August 2013 – August 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 compromised 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**

August 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 2<sup>nd</sup> 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**

September 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 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.

*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

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- 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.
- Youth Mental Health First Aid** August 2013  
Houston Independent School District  
*Trainers:* Jeff Vannice, Ph.D., Ruth Ferguson, Ph.D.

Received training in initial screeners to help adolescents experiencing mental health problems such as depression, anxiety disorders, psychosis and substance use disorders.

- 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, and strengthening parent-child relationships.

## RESEARCH EXPERIENCE

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- 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.

**TEACHING EXPERIENCE**

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**Teaching Fellow, Child Development**

June 2011 – August 2011, June 2012 – May 2013

University of Houston, Department of Psychology

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, Child Development/Psychology of Adolescence/Introduction to Psychology**

University of Houston, Department of Psychology

August 2008 – May 2012

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**

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**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**

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**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 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 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**

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Outreach Chair, OCD Texas  
 Member, Houston Psychological Association  
 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

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**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.

## PUBLISHED ABSTRACTS, PRESENTATIONS, AND INVITED TALKS

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**Ruths, I.**, Sistrunk, C., Smith, A. (November, 2017). 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: 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 by Amanda Venta, Ph.D., Department of Psychology and Philosophy, 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.