
Lauren Hval, M.S.

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EDUCATION

Master of Science- Couples and Family Therapy

October 2019- Current
Eugene, OR

University of Oregon (UO)

- Cumulative GPA: 4.20
- *Relevant Coursework:* Systems Theory Foundations, Professional Ethics, Micro Counseling Skills, Mental Health and Diagnosis, Counseling Diverse Populations, Medical Family Therapy, Theories of Counseling

Master of Research- Clinical and Developmental Psychopathology

September 2015- June 2017
Amsterdam, Netherlands

Vrije Universiteit Amsterdam (VU)

- Cumulative GPA: 7.7 (=A- in USA)
- Unique perspective learning advanced research methods in a different culture
- *Relevant Coursework:* Psychopathology, Cognitive Behavioral Therapy, Practical I: Skills in Clinical Research, Practical II: Initiating and Performing Academic-Clinical Research, Systematic Reviews and Meta-analyses of Psychological Interventions, Theory of Therapeutic and Preventative Intervention

Bachelor of Science- Psychology

September 2011- June 2015
Eugene, OR

University of Oregon (UO)

- Cumulative GPA: 3.65
 - Business minor
 - Substance Abuse & Prevention certificate
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RESEARCH

Project Coordinator

August 2017- Current
University of Oregon (Eugene, OR)
Developmental Social Neuroscience Lab

Transitions in Adolescent Girls Study (TAG)

Supervised by Dr. Jennifer Pfeifer (UO) and Dr. Nicholas Allen (UO)

- *Management*
 - Facilitated communication and scheduling between participants (N=189), staff, and university departments
 - Provided assistance for questions, troubleshooting, and participant updates to various staff members
 - Updated all data collection materials and submitted revisions to the Institutional Review Board (IRB)
- *Supervision*
 - Hired and retained successful undergraduate research assistants while providing opportunities for professional development
 - Conducted formal interviews for the hiring process of new undergraduate team members, as well as developed a protocol for termination of staff
 - Evaluated the work quality of graduate researchers while maintaining effective professional relationships
- *Quality Improvement*
 - Established standardized protocols to ensure replicability of study procedures
 - Implemented a systematic procedure of correcting Type I errors on participant questionnaires
 - Designed a new protocol to alert appropriate research staff of sensitive participant information
 - Devised a clinical manual to refine risk assessment procedures
 - Initiated community outreach for additional therapeutic resources
 - Presented an interactive lecture regarding the study to local elementary schools
 - Facilitated an open discussion surrounding gender diversity by leading an inclusivity training

Research Project

October 2019 – Current
University District (Eugene, OR)

Courageous Kids- Hospice Unit at Sacred Heart

Supervised by Dr. Tiffany Brown (UO) and Kristen Pfeiffer, MSW (Peace Health)

- Conducted a comparative analysis of youth grief support programs at national hospitals and non-profits
- Constructed a literature review regarding bereavement support groups and youth mental health outcomes
- Compiled methods for qualitatively and quantitatively assessing program development

Research Master's ThesisFamily and Youth Interaction Project (FYI)February 2017- July 2017
Oregon Research Institute (Eugene, OR)

Supervised by Dr. Lisa Sheeber (ORI) and Dr. Anja Huizink (VU)

- Hval, L. (2017). *Maternal Emotion Socialization Responses to Adolescent Anger Harsher Than Those to Sadness: Differences by Adolescent Gender and Depressive Status* (Unpublished master's thesis). Oregon Research Institute, Eugene, Oregon.
- Completed project milestones through meeting negotiated deadlines
- Incorporated team feedback to develop new skills based on suggestions for improvement
- Upheld interpersonal relations in a new professional workplace by engaging in collaborative projects
- Grade: 8.0 (=A in USA)

Research AssistantTransitions in Parenting of Teens Project (TPOT)February 2017-July 2017
Oregon Research Institute (Eugene, OR)

Supervised by Dr. Lisa Sheeber

- Trained in the Structured Clinical Interview for DSM-5 (SCID-5)
- Promoted to primary interviewer in initial recruitment process
- Established proficiency in physiological data collection
- Practiced clinical phone dialogue (e.g. rapport building, neutrality, attentive listening)
- Observed and interacted with parent-child dyads in a professionally appropriate manner

Research AssistantParent Management Training- Oregon Model (PMTO)June 2016- August 2017
P.I. Research Institute (Amsterdam, Netherlands)

Supervised by Gonnie Albrecht, M.Sc. (Director) and Jolle Tjaden, M.Sc.

- Contributed to a manuscript exploring treatment fidelity of PMTO and its relation to treatment outcome and duration
- Developed international connections through networking and collaboration with bilingual researchers
- Navigated ambiguity of cultural and language differences by using critical thinking skills

Research ProjectApproach to Child Abuse in the Academic WorkplaceJanuary 2016- June 2016
Vrije Universiteit (Amsterdam, Netherlands)
Biological Psychology

Supervised by Dr. Catrin Finkenauer

- Hval, L. (2016). *Household Chaos and Behavioral Problems in Youth: The Role of Self-Control* (Unpublished manuscript). Vrije Universiteit, Amsterdam, Netherlands.
- Conducted literature searches and advanced data analyses to investigate protective factors in sexually and physically abused children
- Grade: 8.5 (=A+ in USA)

Research AssistantFrom Pregnancy to Parenting Project (FPP)June 2013- June 2015
University of Oregon (Eugene, OR)
Developmental Sociobiology Lab

Supervised by Dr. Jeffrey Measelle (UO) and Dr. Jennifer Ablow (UO)

- Completed a thesis project utilizing the Berkeley Puppet Interview measure and Generation R data from the Netherlands
- Coded transcriptions for subject interviews with precision and efficiency

NEUROIMAGING

Scan AssistantTransitions in Adolescent Girls Study (TAG)August 2017- Current
University of Oregon (Eugene, OR)

- Conducted neuroimaging sessions with adolescent participants
- Proficient running participants through Magnetic Resonance Imaging (MRI) software

Scan OperatorLewis Center for Neuroimaging (LCNI)October 2019 - Current
University of Oregon (Eugene, OR)

- Certified to operate the UO campus MRI machine independently
- Competent screening youth and adults for ferromagnetic material

CLINICAL EXPERIENCE

Clinical ObservationHEDCO Clinic- Center for Healthy Relationships

October 2019 – Current
University of Oregon (Eugene, OR)

- Observed 15 hours of individual and relational sessions
- Engaged in debrief process with therapist interns and offered feedback regarding use of systemic theory and techniques

Clinical InterviewerTransitions in Adolescent Girls Study (TAG)

August 2017- Current
University of Oregon (Eugene, OR)

- Administered the Kiddie Schedule for Affective Disorders and Schizophrenia (K-SADS)
- Acquired proficiency in diagnosing Axis I Disorders
- Guided participants through risk assessment protocol and provided resources for referral
- Followed policies and procedures to ensure confidentiality
- Relayed reports of child abuse and maltreatment to Child Protective Services (CPS)
- Submitted reports for risk based events to the IRB
- Collaborated with a professional clinical team to determine ongoing action for high risk participants
- Documented clinical summaries for mental health professionals to ensure increased well-being of participants

Youth Grief Support Group InternCourageous Kids- Hospice Unit at Sacred Heart

March 2017- June 2019
University District (Eugene, OR)

- Facilitated children support groups (5-10 years old): Spring 2017
- Facilitated teen support groups (11-16 years old): Winter 2019, Spring 2019
- Established a confidential and supportive environment for youth
- Learned how to properly offer emotional validation (e.g. distinguishing sympathy from empathy)
- Practiced sensitivity to non-verbal cues related to youth's grieving and emotional processing
- Selected art activities to guide youth through aspects of emotional intelligence (i.e. emotion identification, understanding)
- Led guided discussions to normalize and process difficult topics (e.g. shame, guilt, suicide)

VolunteerJohnson Unit- Inpatient Unit at Sacred Heart

January 2012- June 2013
University District (Eugene, OR)

- Organized and supervised visiting hours for inpatients with psychiatric diagnoses
- Trained in monitoring of visits with families to ensure safety
- Collaborated with medical team regarding risk management

TRAININGS

Mandatory Reporting WorkshopUniversity of Oregon

September 2019
Eugene, OR

- Competence in Oregon laws for reporting abuse and neglect

Health Insurance Portability and Accountability Act (HIPAA) TrainingUniversity of Oregon

September 2019
Eugene, OR

- Awareness of HIPAA requirement violations and methods to ensure security of confidential information

Basics of Tobacco Treatment TrainingUniversity of Oregon

September 2019
Eugene, OR

- Exposed to relevant knowledge and skills for supporting tobacco recovery

Introduction to R Statistical SystemAPS Convention Workshop

May 2018
San Francisco, California

- Acquired knowledge of data manipulation, calculation, and graphical display in R and RStudio

Dreamer Ally TrainingUniversity of Oregon

January 2018
Eugene, OR

- Increased awareness of laws and policies surrounding immigration legal status and received guidance for supporting students

Applied Suicide Intervention Skills Training (ASIST) <u>Life Works: Interactive Workshop</u>	December 2017 Eugene, OR
<ul style="list-style-type: none"> • Certified to provide suicide first aid to people at risk through identifying and implementing effective safety plans 	
Magnetic Resonance Imaging (MRI) Safety Training <u>Robert and Beverly Lewis Center for Neuroimaging</u>	September 2017 Eugene, OR
<ul style="list-style-type: none"> • Certified in safety strategies for proper handling of MRI related equipment while protecting participants 	
Kiddie Schedule for Affective Disorders and Schizophrenia (K-SADS) DSM-IV Training <u>Lewis Integrative Science Building</u>	August 2017 Eugene, OR
<ul style="list-style-type: none"> • Certified to complete screening, supplements, and scoring for the semi-structured assessment of children and adolescents 	
Berkeley Puppet Interview (BPI) Training <u>University of Oregon</u>	June 2014 Eugene, OR
<ul style="list-style-type: none"> • Practiced administering a standardized methodological interview technique designed to measure child perception 	

PUBLICATIONS & PRESENTATIONS

Frontiers in Psychiatry <u>Co-author</u>	December 2019 Eugene, OR
<ul style="list-style-type: none"> • Barendse, Marjolein L, et al. "Study Protocol: Transitions in Adolescent Girls (TAG)." <i>Frontiers in Psychiatry</i>, 2019, doi:10.31234/osf.io/pvsbw. 	
Association of Psychological Sciences (APS) Convention <u>Poster Presentation</u>	May 2018 San Francisco, CA
<ul style="list-style-type: none"> • Hval, L. (2018, May). <i>Maternal Emotion Socialization of Depressed and Healthy Adolescents: Maternal Responses to Anger Harsher Than Those to Sadness</i>. Poster presented at the 30th annual meeting of the Association of Psychological Sciences Convention, San Francisco, California. 	
P.I. Research Institute <u>Guest Lecturer</u>	September 2016 Amsterdam, Netherlands
<ul style="list-style-type: none"> • Presented the efficacy of an evidence-based parenting program to the research master's incoming class of 2017 • Demonstrated the importance of treatment fidelity of international implementation of PMTO • Facilitated discussion regarding methods for bridging the gap between research and clinical practice 	

COMPUTER SKILLS

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| <ul style="list-style-type: none"> • Microsoft Office Suite • SPSS • REDCap | <ul style="list-style-type: none"> • Qualtrics • InDesign |
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COMMUNITY LEADERSHIP

Courageous Kids- Volunteer	2013- Current
<ul style="list-style-type: none"> • <u>Scheduling Intern</u> (Summer 2014) • <u>Camp Counselor</u> <ul style="list-style-type: none"> ◦ Elementary girls (August 2015) ◦ Middle-school girls (August 2017, July 2018) 	
Couples and Family Therapy Community Advisory Group- Representative	September 2019- Current
University of Oregon Undergraduate Professional Development- Panel Speaker	January 2020
University of Oregon Psi Chi Chapter- Member	2012- 2015
National Society of Leadership and Success- Member	2012- 2015
National Society of Collegiate Scholars- Member	2013- 2015
Alateen Oregon Round-up- Guest Speaker	April 2017
University of Oregon On-Campus Alanon Program- Creator/District Representative	2014- 2015
University of Oregon Panhellenic Sorority Recruitment- Recruitment Counselor	September 2013- October 2013
Pi Beta Phi Fraternity- Member	October 2011- June 2015
<ul style="list-style-type: none"> • <u>Policy and Standards Board</u> (2011-2012) 	

ADDITIONAL EXPERIENCE

Student Manager

January 2014- June 2015

UO Campus Coffee Shops

University of Oregon (Eugene, OR)

- Enthusiastically managed daily operations of four cafes while motivating and developing rapport with 60 staff members
- Displayed effective communication skills to encourage staff members to strive for personal success while increasing customer service
- Utilized critical thinking strategies to appropriately respond to conflict in a calm and courteous manner
- Performed financial responsibility with ease, contributing to a more complete understanding of the fundamentals in forecasting, organization, budgeting, and advertising