

Nikki N. Frousakis, Ph.D.

EDUCATION

- 2003-2010** **University of Tennessee, Knoxville** (APA-accredited doctoral program)
Ph.D. in Clinical Psychology successfully defended December 2009
Topic: Communication in married couples: Exploring the roles of betrayal and forgiveness
Committee: Kristina Coop Gordon, Ph.D. (chair), Deborah P. Welsh, Ph.D.,
John Lounsbury, Ph.D., Robert E. Levey, Ph.D.
- M.A.* in Clinical Psychology received December 2006
Thesis Topic: Changes in perceptions of social support, constructive communication and
marital satisfaction in couples participating in a marital enrichment program
Committee: Kristina Coop Gordon, Ph.D. (chair), Deborah P. Welsh, Ph.D.,
Robert G. Wahler, Ph.D.
- 1998-2002** **University of California, Los Angeles**
B.A. in Psychology received June 2002, departmental honors, cum laude
Senior Thesis Topic: Characteristics and outcomes of couples excluded from clinical trials
Advisors: Andrew Christensen, Ph.D., Lorelei Simpson, M.A., Jackson Beatty, Ph.D.
- 2001-2001** **New York University** (summer course)
Studied psychology of adolescent development in the School of Education

SUPERVISED CLINICAL EXPERIENCE

- Aug. 2008-
Aug. 2009** **Psychology Intern** (APA accredited internship),
**Veterans Affairs Los Angeles Ambulatory Care Center (LAACC) and Veterans Affairs
East Los Angeles PTSD Community-Based Outpatient Clinic**, Los Angeles, CA
Rotations: Posttraumatic Stress, Substance Abuse, Behavioral Medicine, Psychodiagnostic
Assessment (personality, projective, and neuropsychological), Time-Limited Dynamic
Psychotherapy (TLDP), Couple Therapy.
Duties: Conduct general diagnostic and PTSD-specific initial intake assessments; conduct
comprehensive personality and neuropsychological assessments; provide short and long-
term individual therapy (i.e., TLDP, CBT, Cognitive-Processing Therapy for combat-PTSD,
motivational interviewing, and psychodynamic), couple therapy (i.e., Enhanced CBT, and
Forgiveness Model), and group therapy (e.g., CBT for anxiety, depression, smoking
cessation, and emotion regulation, Matrix Model for substance abuse relapse prevention,
Seeking Safety for dual-diagnosis combat PTSD and substance abuse, psychodynamic
processing, psychoeducation); actively participate in weekly individual and team supervision,
treatment planning meetings, seminars, and training workshops, consult with multidisciplinary
treatment team as needed, and actively participate in program development and outreach (e.g.,
behavioral medicine workshops, couples group therapy) (40 hrs/wk, 52 wks).
Demographic: Large metropolis, diverse SES, age, ethnicity, sexuality, and rank
Supervisors: Sharon Jablon, Ph.D. (primary), Gary Wolfe, Ph.D., Susan Steinberg, Ph.D.,
Paul Lo, Ph.D., Debra Sobol, Ph.D., Carole Goguen, Psy.D. Stephan Strack, Ph.D.,
Kimberly Newsom, Ph.D., Carolyn Feigel, Ph.D.

- Aug. 2007-
Aug. 2008** **Clinical Psychology Associate, Cherokee Health Systems, Center City, Knoxville, TN**
Duties: Provide short and long-term individual (child, adolescent, adult) psychotherapy, provide psychoeducation to individuals and families, conduct initial intake assessments, consult with social work, psychiatry, and primary care staff, participate in weekly individual supervision and weekly multidisciplinary treatment planning meetings (16 hrs/wk, 52 wks).
Demographic: Metro area, diverse SES, age, ethnicity, and sexuality
Supervisor: William Berez, Ph.D.
- Aug. 2005-
Aug. 2006** **Clinical Psychology Associate, Cherokee Health Systems, Newport, TN**
Duties: Provide short and long-term individual (child, adolescent, adult) and marital therapy, conduct initial intake assessments, co-facilitate an intensive outpatient program for alcohol and substance abuse, consult with social work and psychiatry staff as needed, participate in weekly individual supervision and biweekly multidisciplinary treatment planning meetings (16 hrs/wk, 52 wks).
Demographic: Rural, low SES, predominately Caucasian, heterosexual, religious, diverse age
Supervisor: Karen Gannon, Psy.D.
- Jan. 2005-
Aug. 2006** **Intake Clinician, University of Tennessee Psychological Clinic, Knoxville, TN**
Duties: Conduct comprehensive initial intake assessments
Demographic: Metro area, diverse SES, age, ethnicity, and sexuality
Supervisor: Lance T. Laurence, Ph.D.
- Aug. 2004-
May 2008** **Clinical Psychology Trainee, University of Tennessee Psychological Clinic, Knoxville, TN**
Duties: Provide psychotherapy (individual child, adolescent, adult, and couple) and psychological assessments to an outpatient population. Conduct psychodiagnostic testing and parenting fitness assessments for Knox County Juvenile Court. Participate in weekly supervision (4-6 hrs/wk).
Demographic: Metro area, diverse SES, age, ethnicity, and sexuality
Supervisors: Kristina Coop Gordon, Ph.D., Lance T. Laurence, Ph.D., Jeffery Erickson, Ph.D., Jeffery Slavin, Ph.D., Kathryn White, Ph.D., Jack Barlow, Ph.D., Bruce Seidner, Ph.D.

SUPERVISORY EXPERIENCE

- Aug. 2008-
Aug. 2009** **Intern Supervisor, Veterans Affairs Los Angeles Ambulatory Care Center, Los Angeles, CA**
Duties: Supervised one pre-intern on an individual psychotherapy case from a psychodynamic perspective at an outpatient VA clinic during internship. Listened to audiotape of sessions, reviewed psychotherapy notes, formulated ongoing case conceptualization, discussed interventions and treatment planning. Participated in weekly supervision meetings with pre-intern as well as weekly individual supervision with staff psychologist.
Supervisor: Sharon Jablon, Ph.D.

TESTING INSTRUMENTS

MMPI-2, MCMI-III, MACI, Rorschach (Exner system), Mini Mental Status Exam, BDI-II, BAI, BHI, WAIS-III, WISC-IV, WJ-III, TAT, Figure Drawings (HTP, DAP, Kinetic Family), TOVA, Brown ADHD, SASSI-3, SASSI-A, Sentence Completion, CBCL, Quality of Marriage Inventory, Dyadic Adjustment Scale, Marital Adjustment Test (Locke-Wallace), Communications Tactics Scale – R, Forgiveness Inventory, Young Schema Questionnaire, Parent Alliance Inventory, Relationship Questionnaire (romantic attachment), LASC, Exposure to Combat Scale, Modified PTSD Symptom Scale, The Mississippi Scale, RBANS, RAVLT, Personality Assessment Inventory (PAI), Bender-Gestalt, BASC, Coping Strategies Questionnaire, Chronic Illness Problem Inventory, Rey 15item Memorization, Dot-Counting Test, Word-Recognition Test, Harbor-UCLA b Test.

RESEARCH EXPERIENCE

**Aug. 2003-
Dec. 2009** **Co-Investigator, University of Tennessee, Knoxville**
Advisor: Kristina Coop Gordon, Ph.D.

Betrayal, Forgiveness, and Couple Communication Study (Apr. 2007 – Dec. 2009)

Trained 3 undergraduate research assistants on 2 global coding systems and attained good reliability. Assistants coded videotaped interactions of married couples discussing a problem area and/or a major betrayal in their marriage. Archival video and self-report data was part of a larger study on forgiveness and family functioning. Data analyses and composed dissertation.

Invited Paper on Forgiveness and Religious Beliefs (Aug. 2007 – July 2008)

Collaborated with members of research laboratory in study and survey development, co-authored IRB proposal, managed data collection and entry, edited manuscript now published.

Practice-Research Integration Project (PRIP) (Dec. 2005 - May 2009)

Provided conjoint marital therapy, collected daily and monthly for measures for 6 months assessing treatment effectiveness, and produced an unpublished manuscript (To have and to hold and to socially support: A single-case time-series effectiveness study of Emotionally Focused Couple Therapy and levels of social support within a dyad) in fulfillment of the comprehensive qualification exam for the doctoral program.

Intergenerational Transmission of Divorce & Discord Study (Aug. 2004 – July 2008)

Collaborated in study development, co-authored IRB proposal, participate in data collection, conducted interviews, supervised data entry.

Marriage Alive, Enrichment Seminar Study (Aug. 2003 – July 2008)

Spearheaded longitudinal research exploring a community-based marital enrichment program, Marriage Alive. Developed surveys and the IRB proposal, supervised data collection and entry. Data analyses and composed manuscript for the Master of Arts degree.

**Jan. 2003-
Jan. 2009** **Research Mentor, University of Tennessee, Knoxville**
Advisor: Kristina Coop Gordon, Ph.D.

Duties: Supervised undergraduate research assistants in data collection and entry on lab projects, facilitated the development of their own research studies, assisted with data analysis and the construction of research presentations, two of which won the Undergraduate Exhibition of Research and Creativity best poster award.

**Sept. 2002-
July 2003** **Project Coordinator, UCLA Couples Therapy Project, University of California, Los Angeles**
Advisor: Andrew Christensen, Ph.D.

Duties: Coordinated data collection and entry, supervise undergraduate research assistants entering data, responsible for participant payment and additional administrative duties.

**Oct. 2000-
June 2002** **Undergraduate Research Assistant, UCLA Couples Therapy Project
University of California, Los Angeles**

Advisors: Andrew Christensen, Ph.D. and Lorelei E. Simpson, M.A.

Duties: Spearheaded longitudinal study of couples excluded from clinical trials due to domestic violence or for not meeting the distress criterion. Collected data through telephone interviews, composed senior honors thesis and presented data at national and local conferences.

**Mar. 2001-
June 2002** **Undergraduate Research Assistant, Youth Anxiety and Depression Study
University of California, Los Angeles**

Advisors: John Wiesz, Ph.D. and Amanda Jensen, M.A.

Duties: Development of a coding system; data coding and entry.

PUBLICATIONS

- Gordon, K. C., **Frousakis, N. N.**, Dixon, L. J., Willett, J. M., Christman, J. A., Furr, R. E., & Hellmuth, J. C. (2008). Intrinsic/extrinsic religious orientation, forgiveness and the role of social pressure. *Journal of Psychology and Christianity*, 27, 311-319.
- Dixon, L. J., Gordon, K. C., & **Frousakis, N. N.** (under review). The effects of expectations and disappointment on the marital satisfaction of participants of a marital enrichment seminar.
- Mullen, K. L., Simpson, L. E., **Frousakis, N. N.**, Dimidjian, S., & Christensen, A. (under review). Couples excluded from a therapy trial due to intimate partner violence: Subsequent treatment-seeking and occurrence of IPV.
- Willett, J. M., Gordon, K. C., Fite, P. J., Dixon, L. J., & **Frousakis, N. N.** (in preparation). Exploring the mechanisms of the connection between offspring's perceptions of interparental conflict and their current relationship functioning.

PROFESSIONAL PRESENTATIONS

- Beran, T., & **Frousakis, N. N.** (April 14, 2009). Impact of culture and age on the presentation of mental disorders in primary care. Emanuel Sigoloff Lecture Series. VA LAACC, Los Angeles, CA.
- Willett, J. M., Gordon, K. C., Dixon, L. J., & **Frousakis, N. N.** (2009). The role of an integrative understanding of relationships in the intergenerational transmission of relational patterns. Poster presentation at the annual meeting for the Association for Behavioral and Cognitive Therapies, New York, NY.
- German, N. M., **Frousakis, N. N.**, & Gordon, K. C. (2007). Relapse and recovery: How emotion, communication and identity affect substance misuse treatment outcomes. Poster presented at the annual meeting of the Exhibition of Undergraduate Research and Creative Achievement, University of Tennessee, Knoxville, TN. Awarded first prize for research in the social sciences.
- German, N. M., Parsons, A., **Frousakis, N. N.**, & Gordon, K. C. (2007). Effects of trust on associations between depression, marital betrayal, and marital satisfaction. Poster presentation at the annual meeting for the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Blane, E., Dixon, L. J., **Frousakis, N. N.**, & Gordon, K. C. (2006). "All you ever do is fight!": The link between parental conflict and adult depressive symptomatology. Poster presented at the annual meeting of the Exhibition of Undergraduate Research and Creative Achievement, University of Tennessee, Knoxville, TN. Awarded first prize for research in the social sciences. Presented also in 2006 at the annual meeting for the Society of Southeastern Social Psychologists, Knoxville, TN.
- Christman, J. A., Gordon, K. C., & **Frousakis, N. N.** (2006). Attachment in abused women: Predicting forgiveness, relational bond, and intention to return. Poster presented at the annual meeting for the Association of Behavioral and Cognitive Therapies, Chicago, IL.
- Frousakis, N. N.**, Dixon, L. J., & Gordon, K. C. (2006). Changes in perceptions of social support, constructive communication, and satisfaction in couples participating in a marital enrichment program. Poster presented at the annual meeting for the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Christman, J. A., Gordon, K. C., **Frousakis, N. N.**, & Furr, R. E. (2005). The Gray area of black and blue: Examining the effects of relational bonds and beliefs about forgiveness on forgiveness in abused women. Poster presented at the annual meeting for the Association of Behavioral and Cognitive Therapies, Washington, DC.

Dixon, L. J., **Frousakis, N. N.**, & Gordon, K. C. (2005). The role of expectations and disappointment in the outcome of a community-based enrichment seminar. Poster presented at the annual meeting for the Association of Behavioral and Cognitive Therapies, Washington, D.C.

Frousakis, N. N., Dixon, L. J., & Gordon, K. C. (2005). Effects of a community-based marital enrichment seminar on levels of friendship, social support, and dyadic cohesion in couples. Poster presented at the annual meeting for the Association for Behavioral and Cognitive Therapies, Washington, DC.

Frousakis, N. N., Dixon, L. J., & Gordon, K. C. (2004). Effects of a community-based marital enrichment seminar on constructive communication and sexual satisfaction in couples. Poster presented at the annual meeting for the Association of Advancement of Behavior Therapy, New Orleans, LA.

Frousakis, N. N., Simpson, L. E., & Christensen, A. (2003). Changing on their own: characteristics and outcomes of couples excluded from clinical trials. Poster presented at the annual meeting for the Association of Advancement of Behavior Therapy, Boston, MA.

Frousakis, N. N., Simpson, L. E., & Christensen, A. (2002). Characteristics and outcomes of couples excluded from clinical trials. Poster presented at the annual meeting for the American Psychological Association, Chicago, IL & the UCLA Undergraduate Research Conference, Los Angeles, CA.

Frousakis, N. N., Simpson, L. E., & Christensen, A. (2001). Effects of socioeconomic differences between husband and wife on levels of domestic violence. Poster presented at the UCLA Life Science Research Conference, Los Angeles, CA.

TEACHING EXPERIENCE

**June 2006-
July 2007** **Instructor, University of Tennessee, Department of Psychology, Knoxville, TN**
Courses: Introduction to Psychology (Sum. 2006, Fall 2006, Spr. 2007), Abnormal (Sum. 2007)
Duties: Develop syllabus, lectures, exams, term projects, select abnormal course's textbook, oversee proctor, hold office hours (2/wk), cooperate with the University's Office of Disabilities.
Supervisor: Richard Saudargus, Ph.D.

**Sept. 2002-
Dec. 2002** **Teaching Assistant, University of California, Department of Psychology, Los Angeles, CA**
Course: Undergraduate Research Methods
Duties: Review course material and facilitate the development and completion of student research projects, including literature reviews, method development, data collection, data analysis using SPSS, data interpretation, and writing in APA style.

HONORS & AWARDS Hilton Smith Fellowship Award (2003), UT Psychology Department Travel Awards (2003, 2004, 2005, 2006), UCLA Provost's Honors List (7 quarters), Phi Beta Kappa, National Association of Collegiate Scholars, UCLA Psi Chi, National Honors Society

PROFESSIONAL AFFILIATIONS Association of Behavior and Cognitive Therapies (ABCT/AABT), Appalachian Psychoanalytic Society (APS), American Psychological Association (APA)

LANGUAGE SKILLS Fluent in Modern Greek

SPECIALIZED TRAINING & COURSEWORK

Child Abuse and Culture. (March 28, 2010). 7-Hour Online CE Course approved by the American Psychological Association for California Board of Psychology Licensure Requirement, [wwwCE4less.com](http://www.CE4less.com)

Trauma, Attachment and the Body. Bessel van der Kold, M.D. (February 12, 2010). 6-Hour CE Workshop. The Meadows. Newport Beach, CA

Learning Sobriety Together: Alcoholism and Drug Abuse as a Family Affair. William Fals-Steward, Ph.D., and Wendy (K.K.) Lam, Ph.D. (October 12-13, 2009). Half of a 12-Hour CE Workshop. Symposium for the Advancement of Family Therapy, Knoxville, TN

Law and Ethics for Psychologists: Recent Developments in Protected Mental Health Information and Interesting Issues for the Practicing Psychologist. Sharon Jablon, Ph.D., Linda E. Weinberger, Ph.D., and Shoba Sreenivasan, Ph.D. (June 5, 2009). 6-Hour CE Workshop. VA West Los Angeles Healthcare Center, Los Angeles, CA

Alcoholism and Chemical Dependency Detection and Treatment. Stephen Sideroff, Ph.D. (Course Developer) and various lecturers (March 20 and April 10, 17, 24, 2009). 16-Hour Course for California Board of Psychology Licensure Requirement. University of California, Los Angeles (UCLA) Semel Institute for Neuroscience and Human Behavior, Los Angeles, CA

Introduction to the WAIS-IV and WMS-IV. Michael R. Jones, Ph.D., and Nicholas H. Caskey, Ph.D. (April 10, 2009). 5-Hour CE Workshop. VA West Los Angeles Healthcare Center, Los Angeles, CA

Spousal or Partner Abuse. Rhonda Sena, Ph.D. (Course Developer), and Christine Manley (Guest Lecturer – Sojourn Services for Battered Women and Their Children) (March 6, 2009). 2-Hour Course for California Board of Psychology Licensure Requirement. University of California, Los Angeles (UCLA) Semel Institute for Neuroscience and Human Behavior, Los Angeles, CA

Human Sexuality and Sex Therapy. Lee Blackwell, Ph.D. (December 5, 12, 19, 2008). 10-Hour Course for California Board of Psychology Licensure Requirement. University of California, Los Angeles (UCLA) Semel Institute for Neuroscience and Human Behavior, Los Angeles, CA

Introduction to Mindfulness Meditation. Trudy Goodman, Ed.M. (November 14, 2008). 6.5-Hour CE Workshop. VA West Los Angeles Healthcare Center, Los Angeles, CA

Millon Clinical Multiaxial Inventory (MCMI)-III Workshop. Stephan Strack, Ph.D. (November 7, 2008). 7-Hour Workshop for Veterans Affairs Greater Los Angeles Healthcare System (VA GLAHS) Pre-doctoral Psychology Interns. VA Los Angeles Ambulatory Care Center, Los Angeles, CA

Cross-Cultural Counseling. Dawn Szymanski, Ph.D. (January 2008 – May 2008). Course on multicultural issues related to psychotherapy. University of Tennessee, Knoxville, TN

Psychoanalytic Sex Therapy: Concepts in Theory and Clinical Practice. Marjorie Schlenoff, LCSW (November 2007). 3-Hour Seminar for the Appalachian Psychoanalytic Society, Knoxville, TN

Context & Connection: Transforming Life Narratives. Monica McGoldrick, Ph.D. (Fall 2007). 12-Hour CE Workshop on family therapy. Symposium for the Advancement of Family Therapy, Knoxville, TN

Transforming Difficult Couples through Schema Therapy. Jeffrey E. Young, Ph.D. (September 2006). 12-Hour CE Workshop. Symposium for the Advancement of Family Therapy, Knoxville, TN

College Teaching in Psychology. Richard Saudargus, Ph.D. (Aug. 2004 – Dec. 2004). Course on teaching techniques for university-level instruction. University of Tennessee, Knoxville, TN

Object Relations Theory: Dreams. Jack Barlow, Ph.D. (August 2006 – Dec. 2006). Course on British Object Relations theorists (including Klein, Fairbairn, Guntrip, Stolorow, Boss) with a focus on symbolism and dreams. University of Tennessee, Knoxville, TN

The Emergence of Self Psychology: Empathy, Transference, Narcissistic Rage. Anna Ornstein, M.A. & Paul H. Ornstein, M.D. (November 2005). 6-Hour Seminar. Appalachian Psychoanalytic Society, Knoxville, TN

Creating Connection: Emotionally Focused Couples Therapy. Sue Johnson, Ed.D. (October 2005). 12-Hour CE Workshop. Symposium for the Advancement of Family Therapy, Knoxville, TN