

Yani L. Dickens, Ph.D.

Licensed Clinical Psychologist, NV #PY0560

Contact Information:

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EDUCATION

University of Nevada, Las Vegas 4505 S. Maryland Parkway Las Vegas, NV 89154-1029	2000 – 2007
Doctoral of Philosophy in Psychology, Clinical (APA-Accredited)	2007
Master of Arts in Clinical Psychology, Clinical	2004
Utah State University Counseling Center (APA-Accredited Internship)	2006 – 2007
University of Nevada, Reno 1664 North Virginia Street Reno, NV 89557-0042	1995 – 2000
Bachelor of Arts in Psychology & Sociology, Cum Laude	1999

LICENSED PROFESSIONAL EXPERIENCE

Counseling Services

University of Nevada, Reno (UNR)

202 Thompson Building, University of Nevada, Reno/MS 0080
Reno, NV 89557

Training Coordinator	2011-current
Staff Psychologist	2008-2011

Coordinate training and supervision for clinical psychology doctoral students and social work masters student externs. Provide individual and group counseling to university students. Conduct intakes and crisis consultations. Serve as liaison to athletics department. Provide sport psychology consultations and interventions. Clinical Adjunct Faculty member at UNR Medical School assisting with Sports Medicine Fellowship, Sport Psychology, and Sports Psychiatry Rotation. Provide outreach and interventions for eating disorders with students and athletes. Served as outreach liaison to promote diversity programming, awareness, and retention of diverse students. Led UNR students to diversity conference with University of Arizona and ASU students. Brought diversity programming back to UNR. Directed two UNR diversity retreats. Teach undergraduate courses and graduate level justice management research methods classes. As a graduate faculty member at UNR Justice Management Degree Program, chaired several graduate student professional project/thesis committees.

Supervisor: Cynthia Marczyński, Ph.D., Counseling Services Director

Private Practice
5865 Tyrone Rd Suite #201
Reno, NV 89502

2010 – current

Provide individual and couples counseling to community in private practice setting. Provide sport psychology consultations and psychoeducational outreach to individuals and groups.

Center for Hope of the Sierras
1453 Pass Dr.
Reno, NV 89509

2010 – current

Provide psychological services and treatment outcome research as part-time therapist at residential treatment center that provides 24 hour care 7 days a week for female patients with eating disorders and comorbid conditions. Provided individual therapy, facilitate mindful movement group focusing on applying mindfulness into the practice of less intense physical activities. Participated in multi-disciplinary eating disorder treatment teams.

St. Mary's Hospital
235 West 6th St.
Reno, NV 89503

2011-current

Provide multi-disciplinary consultation and psychological evaluation to assess risk for Emergency Room patients to determine if patients meet criteria for involuntary inpatient hospitalization (Legal 2000).

PSYCHOTHERAPY & ASSESSMENT PRACTICA AND EXPERIENCE

Northern Nevada Adult Mental Services (NNAMHS)
(Post-Doctoral Fellowship)
 480 Galletti Way
 Sparks, NV 89431-5574

2007 – 2008

Provided individual and group counseling, crisis intervention, and assessment of individuals from lower SES backgrounds with serious mental illness in inpatient and outpatient settings. Provided services for individuals from highly diverse cultural backgrounds with a broad range of presenting problems, typically co-morbid in nature, and exacerbated by multiple stressors and lack of social support. Led Grief and Loss group, DBT groups for dual diagnoses, and a CBT group for depression. Provided intakes for individuals in crisis and those seeking services. Conducted 20 psychological assessment reports. Provided consultations as part of a multidisciplinary inpatient treatment team. Delivered three case presentations as part of DBT team. Delivered psychological assessment information and treatment recommendations at a facility-wide multidisciplinary case conference. Represented Psychology Department as Member of Employee Management Committee.

Supervisors: Ingrid Moore, Ph.D., Kambiz Alaei, Ph.D., & Rebecca Mueller, Ph.D.

**Utah State University Counseling Center
(APA-Accredited Internship)**

2006 – 2007

Taggart Student Center 306
0115 Old Main Hill
Logan, UT 84322-0115

Provided individual and couple counseling. Co-led Dialectical Behavior Therapy (DBT) Groups for individuals with mood and personality disorders, a Process group, and Stress Management Groups. Provided crisis and non-crisis consultations. Conducted 13 assessment batteries for ADHD/LD with comprehensive reports. Co-taught an undergraduate course and outreach program called the Reach Peer program and supervised Reach Peers outreach projects. Reach peers are undergraduate students that provide basic skills training (e.g., stress management) to individual clients of the Counseling Center as well as outreach programming (e.g., depression and anxiety screenings). Initiated and assisted in the development of a formal outreach minor rotation with the athletics department. Provided 2 guest lectures for a graduate-level sport psychology class, a psychoeducational presentation for the coaches of Utah State's NCAA teams, developed and implemented a 10 week series of performance enhancement interventions for a Utah State women's athletic team, and provided individual counseling for athletes at the Counseling Center. Provided individual supervision to one undergraduate Reach Peer and two doctoral level practicum students. Worked in Student Wellness Center providing substance abuse treatment.

Supervisors: David Bush, Ph.D., Mark Nafziger, Ph.D., & Mary Doty, Ph.D.

Lewis Etcoff & Associates

2003 – 2004

8475 S Eastern Ave
Las Vegas, NV 89123

Provided neuropsychological, intelligence, achievement, and psychological testing for adults and children in an outpatient private practice. Conducted assessments as part of a group of Ph.D. psychologists and Master's level mental health professionals for civil forensic cases and individual assessments of psychological and/or neuropsychological functioning. Client presenting problems included ADHD, Asperger's Disorder, tic disorders, learning disorders, mental retardation, substances-related disorders, mood disorders, anxiety disorders, somatoform disorders, and personality disorders.

Supervisors: Lewis Etcoff, Ph.D. & Michelle Carro, Ph.D.

Counseling & Psychological Services

2002 – 2003

University of Nevada Las Vegas
4505 Maryland Parkway
Las Vegas, NV 89154

Provided individual psychotherapy to diverse college students with minimal economic resources. Presenting problems included identity, depression, bipolar disorder, interpersonal relationship conflict, and personality disorders. Interventions were cognitive-behavioral and humanistic in nature. Participated in individual and group supervision sessions.

Supervisors: Ken Swartz, Psy.D., Steve Oster, M.F.T., & Phoebe Kuo-Jackson, Ph.D.

Center for Individual, Couple, & Family Counseling

2001 – 2002

University of Nevada Las Vegas
4505 Maryland Parkway Box 453047
Las Vegas, NV 89154-3106

Provided individual psychotherapy to college students and community members with minimal economic resources. Presenting problems included sexual and gender identity, self-mutilation, bipolar disorder, somatoform, depression, interpersonal relationship conflict, and personality disorders. Participated in individual and group supervision sessions. Conducted intake assessments and telephone intakes.

Supervisors: Mark Floyd, Ph.D., Christopher Kearney, Ph.D., & Colleen Peterson, Ph.D.

Achievement Center

2000 – 2001

Bradley Donohue, Ph.D.
University of Nevada, Las Vegas
4505 Maryland Parkway MS 5030
Las Vegas, NV 89154

Program coordinator university research and applied service center. Coordinated research, educational, and applied services to the university and community. Developed organization structure, administrative committees, and chaired Orientation Committee. Supervised and conducted sport psychology interventions and research on intervention outcome.

Supervisor: Bradley Donohue, Ph.D.

TEACHING EXPERIENCE

University of Nevada Reno

2007 – current

Part-Time Instructor, Justice Management Department, Graduate Course

- Research Methods in Justice Management (Fall 2007, Spring 2008, Summer 2008, Fall 2008, Spring 2009, Summer 2009, Fall 2009, Spring 2010, Fall 2010, Spring 2011, Fall 2011)

Part-Time Instructor, Psychology Department, Undergraduate Course

- Introduction to Psychology (Spring 2008, Honors Class Fall 2008)
- Special Topics: Sport Psychology (Summer 2010)

University of Nevada, Las Vegas

2002 – 2006

Part-Time Instructor, Psychology Department, Undergraduate Courses

- Introduction to Psychology (10 classes)
- Research Methods (5 classes)
- Introduction to Psychology – Distance Education (2 classes)
- Abnormal Psychology (2 classes)

EMPLOYMENT

West Hills Hospital 1999-2000, 2001
 1240 East Ninth Street
 Reno, NV 89512

Provided informal assessment, treatment planning, and treatment implementation for children, adolescents, and adults hospitalized as a Mental Health Counselor in an inpatient psychiatric setting. Conducted continuous patient care as part of treatment team. Provided group therapy for patients with diagnoses ranging from depression, anxiety, bipolar disorder, ADHD, substance abuse, dementia, and schizophrenia.

VOLUNTEER WORK

Diversity and Community Service Experience 1993 – 2009
 Nevada & Arizona Camp Anytown Program

Participated 18 times in a prejudice reduction and cultural diversity camp sponsored by the National Conference of Community and Justice as a Camp Counselor (10 weeks), Camp Advisor (3 weeks), Mental Health Advisor (2 weeks), Director in Training (1 week). Supervised of camp attendees, counselors, and discussion groups. Facilitated all-camp discussions and experiential exercises on issues ranging from gender relations, diversity of religious faith, prejudice, stereotypes, socioeconomic status differences, and cultural differences. Developed and modified diversity exercises. Served as Mental Health Advisor in Summer 2008 at Arizona Anytown Camp for Casey Foundation adolescents in foster care.

RESEARCH AT UNIVERSITY OF NEVADA LAS VEGAS**Sport Psychology**

Dissertation – Inner Experience & Golf Performance 2004 - 2007

This qualitative study explored inner experience during sport performance by obtaining contemporaneous non-retrospective reports of inner experience using Descriptive Experience Sampling (DES). Examined inner experience during competition with highly-skilled and moderately-skilled golfers. Results suggested inner experience during golf performance consists of several types of inner experience including golf-related content, mental preparation strategies, perceptual awareness, and inner speech, to name a few.

Dissertation chair: Russell T. Hurlburt, Ph.D.

Thesis – Intervention Evaluation of Mental Preparation Strategies for the 200 meter run: a Controlled Outcome Study 2000 - 2004

This quantitative study evaluated the influence of several mental preparation strategies on 200 meter run performance. Participants were randomly assigned to one of 3 conditions: 1) technical skills and motivational statements, 2) negative statements, and 3) a control group. Results revealed no significant differences among these conditions.

Thesis chair: Bradley Donohue, Ph.D.

Forensic Psychology

Substance Abuse and Serious Mental Illness Treatment 2006 - 2007

Graduate Research Assistant for forensic study evaluating effectiveness of a new treatment addressing criminogenic needs for inmates with co-occurring serious mental illness and substance use disorders (dual diagnoses). Conducted record reviews, assisted with assessment of substance abuse and mood disorders, co-led 2 eight-week dual diagnosis treatment groups, and provided consultation for participant recruitment and data analysis.

Primary Researchers: Jennee Evans Dickens, Ph.D. & Douglas Ferraro, Ph.D.

Criminogenic Needs Evaluation & Treatment Outcome Research 2004 - 2006

Graduate Research Assistant for forensic study examining criminogenic needs for inmates with co-occurring serious mental illness and substance use disorders. Conducted record reviews, data scoring, analyses, and coding. Quantitative and qualitative data were analyzed, and treatment was developed. Co-led 8-week treatment groups addressing criminogenic needs. Results revealed significant increases retention of information and decreases in negative mood symptoms.

Primary Researchers: Jennee Dickens, Ph.D., Doug Ferraro, Ph.D., & Jennifer Skeem, Ph.D.

PROFESSIONAL AFFILIATIONS

Vice President, Northern Region. Nevada Psychological Association	2009-current
Board Member. Nevada Psychological Association Training Consortium	2010-current
Member. Association for Applied Sport Psychology	2008-current
Member. American Psychological Association	current
Member. APA Division 47 Exercise & Sport Psychology	current

GRANTS, HONORS, AND AWARDS

Graduate Student Research Award. Department of Psychology, University of Nevada Las Vegas.	2001, 2003
Graduate Student Research Award. Achievement Center, University of Nevada Las Vegas.	2001
Research and Travel Grant. Graduate College, University of Nevada Las Vegas.	2001
Phi Kappa Phi Honor Society.	1999
Psi Chi Honor Society.	1998

PUBLICATIONS

- Dickens, Y. & Hurlburt, R. (in preparation). Inner Experience and Golf Performance.
- Donohue, B., Dickens, Y., & Del Vecchio, P. (in press). Cognitive Assessment in Behavioral Sport Psychology. In J. Luiselli, & D. Reed (Eds.), *Behavioral Sport Psychology: Evidence-Based Approaches to Performance Enhancement*. Springer.
- Donohue, B., Silver, N., Dickens, Y., Covassin, T., & Lancer, K. (2007). Development and Psychometric Evaluation of the Sport Interference Checklist (SIC). *Behavior Modification*, 31(6), 937-957.
- Donohue, B., Dickens, Y., Lancer, K., Covassin, T., Hash, A., Miller, A., & Genet, J. (2004). Improving athletes' perspectives of sport psychology consultation: A controlled evaluation of two interview methods. *Behavior Modification*, 29, 181-193.
- Donohue, B., Covassin, T., Lancer, K., Dickens, Y., Miller, A., Hash, A., & Genet, J. (2004). Examination of psychiatric symptoms in student athletes. *Journal of General Psychology*, 163, 29-35.

PROFESSIONAL PRESENTATIONS

- Silver, N., Zaikina, H., Dickens, Y., Caron, J., Stevens, R., Van Thomma, R.A., & St. Martin, A. (2007, April). *Sex and Ethnicity Differences on the Sport Fan Motivation Scale*. Poster presented at Rocky Mountain Psychological Association, Denver, CO.
- Silver, N., Zaikina-Montgomery, H., Dickens, Y., Stevens, R., & Van Thomma, R.A. (2007, April). *Development of the Sports Fanaticism Questionnaire*. Poster presented at Southwestern Psychological Association Conference, Fort Worth, TX.
- Dickens, Y. (2006, November). *Inner Experience and Golf Performance*. Poster presented at the Utah Universities & College Counseling Centers Conference, Park City, UT.
- Jones-Forrester, S., Dickens, Y., & Lefforge, N. (2006, April). Applications. In R. T. Hurlburt (chair), *Exploring Inner Experience: The Descriptive Experience Sampling Method*, Symposium conducted at the meeting of the Western Psychological Association, Palm Springs, CA.
- (Evans) Dickens, J. & Dickens, Y. (2005, September). *Exploring criminogenic needs for inmates with dual diagnoses: On what should treatment focus?* Poster presented at the National Association of State Mental Health Program Directors – Forensic Division, Lake Tahoe, NV.
- Evans, J., Skeem, J. L., Dickens, Y., Adams-Shrewsbury, D., & Drake, A. (2005, March,). *Criminogenic needs and treatment considerations for inmates with dual diagnoses*. Paper presented at the annual meeting of the American Psychology – Law Society, La Jolla, CA.

Lancer, K., Dickens, Y., & Evans, J. (2003, May). *A controlled evaluation of a comprehensive mental skills program for NCAA and Youth Club Swimmers*. Poster presented at the 84th annual meeting of the Western Psychological Association, Vancouver, BC, Canada.

Dickens, Y. (2003, April). *Evaluation of Mental Preparation Strategies for the 200 Meter Run*. Paper presented at the Psychology Department's Annual Research Festival, University of Nevada Las Vegas, Las Vegas, Nevada.

Dickens, Y., Hash, A., Lancer, K., Donohue, B., Genet, J. (2001, May). *Controlled evaluation of two methods to enhance athletes' perspectives of sports psychology*. Poster presented at the 81st annual meeting of the Western Psychological Association, Maui, Hawaii.

Lancer, K., Dickens, Hash, A., Donohue, B., Genet, J., Preston, B., and Volkov, L. (2001, May). *The relative effect of dysfunctional thoughts to athletic training and competition*. Poster presented at the 81st annual meeting of the Western Psychological Association, Maui, Hawaii.

Forest, S., Donohue, B., Hash, A., Lancer, K., Dickens, Y., & Allen, J. (2001, May). *An Empirically-Derived Performance Enhancement Program Specific for Cross Country Runners*. Poster presented at the 81st annual meeting of the Western Psychological Association, Maui, Hawaii.

MEDIA RELATIONS: INTERVIEWS & QUOTATIONS PROVIDED FOR ARTICLES

Schlossberg, B. (2009). Tone up your spirit in 2009: Five resolutions to boost well-being, *RENO Magazine*, January.

Schlossberg, B. (2009). Light Up Your Mood, *Reno-Tahoe Your Health Monthly*, December.

Edmondson, S. (2011). Are you game for high school sports, *Family Pulse*, August, 12-15.

Hinxman, D. (2011). Key to improving fan experience is being a good example. *Reno Gazette Journal*, June 2.

O'Malley, J. (2011). Team approach targets eating disorders. *Reno Gazette Journal*, July 26.

O'Malley, J. (2011). Caseloads reported on the rise, but officials don't track eating disorders *Reno Gazette Journal*, July 26.

REFERENCES

- Ingrid Moore, Ph.D.
Northern Nevada Adult Mental Health Services
480 Galletti Way
Sparks, NV 89431-5574
775-688-2008; 775-224-5930
- Kambiz Alaei, Ph.D.
Northern Nevada Adult Mental Health Services
480 Galletti Way
Sparks, NV 89431-5574
775-745-2636
- Michelle Carro, Ph.D.
University of Nevada, Las Vegas
4505 Maryland Parkway MS 5030
Las Vegas, NV 89154
702-895-3305
- Marta Meana, Ph.D.
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- Phoebe Kuo-Jackson, Ph.D.
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4505 Maryland Parkway
Las Vegas, NV 89154
702-895-3627
- David Bush, Ph.D.
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- Victoria Follette, Ph.D.
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