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# Bridget R. Beachy

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330.397.4349

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## **Education:**

Doctorate of Psychology (PsyD), Clinical Psychology (2014), With Distinction (4.0 GPA)

*The School of Professional Psychology at Forest Institute (FIPP; APA Accredited), Springfield, MO*

Concentration: Primary Care Psychology

Doctoral Project Title: Utilizing ACT principles to address weight management through brief sessions in the primary care setting.

Master of Arts (MA), Clinical Mental Health Counseling (2009)

*Geneva College (CACREP Accredited), Beaver Falls, PA*

Clinical Internship: Western Psychiatric Institute and Clinic (WPIC) at the University of Pittsburgh Medical Center (UPMC), 1000 hrs.

Bachelor of Science (BS), Psychology (2007)

*Geneva College, Beaver Falls, PA*

*Summa Cum Laude*

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## **License:**

Licensed Clinical Psychologist, State of Washington, License #PY60523280

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## **Clinical Training/Employment:**

- ***Director of Behavioral Health***; Community Health of Central Washington, (CHCW), 01/2016 – Present  
Yakima, WA

Oversite: Leader of seven interdisciplinary behavioral health consultants (BHCs)

Duties: Oversee the implementation of the primary care behavioral health (PCBH) model at CHCW Sites; department management including assisting with strategic planning, budgeting, recruitment, performance evaluations, and provide consistent support for team members; assists in development of BHC procedures and protocols; representing the organization and community

- ***Behavioral Health Consultant***; CHCW's, Central Washington Family Medicine Residency (CWFMR), Yakima, WA 08/2015 – Present

Population: Underserved (i.e., uninsured, low SES, homeless, minorities, etc.);

All ages of the lifespan

Duties: Conduct individual, brief behavioral health visits for mental, behavioral, and medical conditions including but not limited to depression, anxiety, obesity, stress, smoking cessation, chronic pain, etc. on a Patient Centered Medical Home (PCMH) team; Conduct monthly chronic pain groups; Engage in daily consultation as well as co-visits with medical providers regarding patients' treatment plan recommendations; Engage in integrated behavioral health program development and evaluation; Train psychologists in the primary care behavioral health model of service delivery

- ***Behavioral Health Consultant; Post-Doctoral Fellow***, Central Washington Family Medicine Residency (CWFMR), Yakima, WA 08/2014 – 08/2015  
Supervisor: Kirk Strosahl, PhD  
Population: Underserved (i.e., uninsured, low SES, homeless, minorities, etc.); All ages of the lifespan  
Duties: Conduct individual, brief behavioral health visits for mental, behavioral, and medical conditions including but not limited to depression, anxiety, obesity, stress, smoking cessation, chronic pain, etc. on a Patient Centered Medical Home (PCMH) team; Conduct monthly chronic pain groups; Engage in daily consultation as well as co-visits with medical providers regarding patients' treatment plan recommendations; Engage in integrated behavioral health program development and evaluation; Train psychologists in the primary care behavioral health model of service delivery

#### **Pre-Doctoral Internship**

- ***Behavioral Health Consultant, Pre- Doctoral Intern***, HealthPoint Community Health Centers, Kent, WA 07/2013 – 07/2014  
Supervisor: Jim Berghuis, PhD  
Population: Underserved (i.e., uninsured, low SES, homeless, minorities, etc.); All ages of the lifespan  
Duties: Provided behavioral health consulting services in a primary care setting. Delivered brief, evidence-based interventions targeting behavioral health issues. Involved in developing and executing research projects with research committee. Administered brief screeners and assessments. Led weight management and DBT skills groups

#### **Consulting Experience:**

- ***Associate Consultant***; Mountainview Consulting, Inc. Zillah, WA 12/2015 – Present  
Description: Associate consultant for the world leader in the design and implementation of the PCBH model. Provide range of consulting services to medical systems regarding BH integration, the PCBH model, and training residents/medical providers in the PCBH model.

#### **Instructional Experience:**

- ***Arizona State University, Doctorate of Behavioral Health, Faculty Associate*** 01/2016 - Present  
Description: Course instructor for the following courses: IBH 660 Legal, Ethical and Professional Issues in Healthcare; IBC 701 Models of Integrated Primary Care  
Requirements: Conduct one hour weekly webinar presentations, grading, and all other instructing requirements  
Supervisor: Colleen Clemency Cordes, PhD

- **Central WA Family Medicine Residency Clinical Faculty, Behavioral Health** 08/2014 - Present  
Description: Behavioral health faculty at family medicine residency  
Requirements: Conduct didactics, psychosocial medicine and patient centered communication skills observations and evaluations, and one on one training to teach residents interviewing and intervention skills  
Supervisor: Russell Maier, MD
- **Clinical Instructor;** University of Washington, Department of Family Medicine, Seattle, WA 05/2015 - Present  
Description: Faculty member for residency program; instruct University of Washington's medical students/residents when assigned to CWFM; shadow and instruct medical students regarding patient centered communication and psychosocial medicine
- **Guest Lecturer,** Seattle Pacific University. Seattle, WA 02/2015;  
Lecture: Acceptance and Commitment Therapy in Primary Care Behavioral Health 06/2016  
Description: Guest lecturer for CPY 7147: Integrated Behavioral Health
- **Human Diversity Instructor (Teaching Fellow),** FIPP Summer 2013  
Description: Adjunct Instructor of Human Diversity in MACP  
Requirements: Responsible for all course lectures, exams, grading, and all other instructing requirements.  
Supervisor: Megan Weaver, PhD (Dean of MACL/MACP)  
Course: Human Diversity
- **Lifespan Development Instructor (Teaching Fellow),** FIPP Spring 2013  
Description: Adjunct Instructor of Lifespan Development in MACP  
Requirements: Responsible for all course lectures, exams, grading, and all other instructing requirements.  
Supervisor: Megan Weaver, PhD (Dean of MACL/MACP)  
Course: Life Span Development
- **Cognitive Assessment Teaching Fellow,** FIPP 08/2012 - 12/2012  
Description: Teacher's assistant in Master's of Clinical Psychology & Counseling Psychology Program (MACL/MACP) at FIPP  
Requirements: Teach two solo lectures, create exam, and grade assignments.  
Supervisor: Megan Weaver, PhD (Dean of MACL/MACP)  
Course: Cognitive Assessment
- **Projective Assessment Teacher's Assistant;** FIPP, Springfield, MO 05/2012 - 08/2012  
Description: Graded students' protocols (based on Rorschach Performance Assessment System [R-PAS]); Instructed lab portion of class
- **Cognitive Assessment Teacher's Assistant;** FIPP, Springfield, MO 09/2011 - 12/2011  
Description: Graded students' WAIS – IV, WISC – IV, WASI protocols; Instructed lab portion of class

## Academic Experience:

### Peer Reviewed Publications

- Ogbeide, S.A., Bauman, D., **Beachy, B.**, Neuhaus, C., & Leftwich, M. (2013, Spring). The Non-Physician clinician experience: Attitudes toward communication and collaborative patient care. *Psi Chi Journal of Psychological Research*.

### Book Chapter Publications

- **Beachy, B.**, Bauman, D., & Reiter, J. (2015). Cardiovascular disease in Patient Centered Medical Homes: The Trident Approach. In O'Donohue, W. T., Maragakis, A., & C. Snipes (Eds), *Integrated primary and behavioral care: Role in medical homes and chronic disease management*. New York, NY: Springer Science, Business Media, LLC.
- Robinson, P., Bauman, D., & **Beachy, B.** (2016). Promoting healthy lifestyle behaviors in patients with persistent pain. In J. Mechanick, & R. F. Kushner (Eds), *Lifestyle medicine: Manual for clinical practice*. New York, NY: Springer Science, Business Media, LLC.

### Professional Presentations

- **Beachy, B.**, Bauman, D., Baker, M., Lancaster, R. & Ellwood, S. (2016, October). *Moving beyond integration to transformation: Practice-based innovations and strategies and transformed PCBH practice*. Presentation at the 18<sup>th</sup> Collaborative Family Healthcare Association annual conference. Charlotte, NC.
- Ogbeide, S. A., Bauman, D., & **Beachy, B.** (2016, July). Answering the call for integration: Training today's healthcare workforce. Presented at the Integrating Primary and Behavioral Health Care Through the Lens of Prevention conference, New Orleans, Louisiana.
- Bauman, D., **Beachy, B.**, Strosahl., Robinson, R., & Udell, M. (2016, June). *It's a matter of FACT: Training Medical providers to address behavioral and mental health concerns in primary care*. Workshop presentation at the annual world conference of the Association for Contextual Behavioral Science, Seattle, WA.
- Baker, M., **Beachy, B.** & Bauman, D. (2015, December). "The 'Who, What, Where, Why and How' of Integrated Care." Presentation at Washington State Psychological Association Fall Convention. Seattle, WA.
- Manson, L., Bauman, D., **Beachy, B.**, Ogbeide, S., & Baker, M. (2015, October). *What's with all the numbers? Quality indicators within integrated behavioral health programs*. Presentation at the 17<sup>th</sup> Collaborative Family Healthcare Association annual conference. Portland, OR.
- **Beachy, B.**, Bauman, D., & Ogbeide, S. (2014, October). *Repaving the road: Addressing the challenges of conducting outcome research in primary care*. Accepted presentation at the 16<sup>th</sup> Collaborative Family Healthcare Association annual conference. Washington, D.C.
- Baker, M., **Beachy, B.**, Bauman, D., Wilson, A., & Tiernan, K. (2014, October). *Stress, psychological*

*flexibility, and behavioral health satisfaction: An assessment and intervention study with primary care providers.* Accepted presentation at the 16<sup>th</sup> Collaborative Family Healthcare Association annual conference. Washington, D.C.

- Robinson, P., Rosen, D., Gould, D., Bauman, D., **Beachy, B.**, & Baker, M. (2014, June). *ACT in primary care medicine.* Accepted presentation at the annual world conference of the Association for Contextual Behavioral Science, Minneapolis, MN.
- Houghton, D., Rost, A., Bauman, D., & **Beachy, B.** (2013, May). Individual ACT for Smoking Cessation among Pregnant and Postpartum Women. In T. Douleh (Chair), *Assessment and Evaluation of Core Active Processes in Clinical Behavioral Interventions.* Symposium conducted at the annual meeting of the Association for Behavior Analysis International in Minneapolis, MN.
- Bauman, D., & **Beachy, B.** (2012, July). *An Acceptance and Commitment Therapy protocol for anxiety in a primary care setting: ACTing your way, with anxiety, to a better life.* Presentation at the Research and Program Development Forum at the annual world conference of the Association for Contextual Behavioral Science, Washington, D.C.

#### Workshops Presented

- **Beachy, B.** & Bauman, D. (2013). *How anxiety feeds procrastination.* Community Lunch 'N Learn, RJ Murney Clinic, School of Professional Psychology at Forest Institute, Springfield, Mo.
- **Beachy, B.** (2013). *Understanding panic and ways to get through it.* Community Lunch 'N Learn, RJ Murney Clinic, School of Professional Psychology at Forest Institute, Springfield, Mo.
- Andreassen, A., Bauman, D., & **Beachy, B.** (2012). *Rorschach-Performance Assessment System (R-PAS) Training Workshop.* Developed workshop materials and learning exercise at the School of Professional Psychology at Forest Institute, Springfield, MO.

#### Posters Presented

- Baker, M., **Beachy, B.**, & Bauman, D. (2015, October). *“Trident Approach” to Primary Care Behavioral Health.* Poster presented at the 17th Collaborative Family Healthcare Association annual conference. Portland, OR.
- Houghton, D. C., Rost, A., Bauman, D., & **Beachy, B.** (2013, November). *Acceptance and commitment therapy for pregnant and postpartum women: A pilot study.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies in Nashville, TN.
- **Beachy, B.**, Bauman, D., & Baker, M (2013, October). *A brief, ACT, behavioral health protocol for treating hypertension in primary care.* Poster presented at the 15<sup>th</sup> Collaborative Family Healthcare Association annual conference. Denver, CO.
- **Beachy, B.** & Bauman, D. (2013, June). *Behavioral health solutions for smoking/tobacco cessation in*

*primary care*. Poster presented at the annual meeting of the Missouri Psychological Association, Lake of the Ozarks, MO. **1<sup>st</sup> Place in Student Poster Session**.

- Bauman, D., **Beachy, B.**, Neumann, C., Hope, K., & Miller, K. (2012, July). *Do we practice what we teach? Psychological inflexibility and value incongruence in student health care providers*. Poster presentation at the annual world conference of the Association for Contextual Behavioral Science, Washington, D.C.
- Ogbeide, S.A., Bauman, D., **Beachy, B.**, Neuhaus, C., & Leftwich, M. (2012, April). *Factors associated with attitudes toward patient-provider communication and collaborative care in a sample of non-physician clinician trainees*. Poster presented at the 33rd Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine.
- **Beachy, B.**, & Bauman, D. (2012, March). *Acceptance and Commitment Therapy (ACT) for post-traumatic stress disorder: An alternative to treatment as usual*. Poster presented at the annual meeting of the Missouri Psychology Association, St. Louis, MO. **2<sup>nd</sup> Place in Literature Review Division**.
- Bauman, D., **Beachy, B.**, & Ogbeide, S.A., (2010, June). *Health-related variables associated with depressive symptoms among a university sample*. Poster presented at the annual meeting of the Missouri Psychology Association, Lake of the Ozarks, MO.

#### Other Publications

- **Beachy, B.** (2014). PCBH FAQ - Physician Engagement. In *CFHA PCBH SIG Frequently Asked Questions*. <https://cfha.site-ym.com/?PCBHFAQEngagement>
- Massey, W.V., Bauman, D. & **Beachy, B.** (2013). The Internship and Practicum Experience Database Manual: A Student's Guide to Applied Experience in Sport and Exercise Psychology. *Association for Applied Sport Psychology*.
- **Beachy, B.**, Bauman, D., & Massey, W.V. (2012). Suggestions for graduate students. In **B. Beachy**, D. Bauman, E. Martin, N. Gabana, & C. Schwartz (Eds). *The Performance Excellence Movement Newsletter*. Indianapolis, IN: Association for Applied Sport Psychology.

#### Scholarly Activities

- **Collaborative Family Healthcare Association (CFHA) Primary Care Behavioral Health (PCBH) SIG**, Secretary, Leadership Team 01/2016 - Present
- Reviewer: Reviewed Skills Building Workshop and Symposium Abstracts for The National Multicultural Conference and Summit (NMCS), 2013 & 2014

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#### Professional Memberships:

- American Psychological Association Membership (APA) 2009 - Present
- APA Division 38, Health Psychology 2011 - Present

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| - Association for Contextual Behavioral Science | 2011 - Present |
| - Collaborative Family Healthcare Association   | 2013 - Present |
| - Society of Behavioral Medicine                | 2014 - Present |
| - Society of Teachers of Family Medicine        | 2014 - Present |

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**References:**

Kirk Strosahl, PhD, Post-doctoral fellowship supervisor  
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Patricia Robinson, PhD  
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