
Bridget R. Beachy

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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

License:

Licensed Clinical Psychologist, State of Washington, License #PY60523280

Clinical Training/Employment:

- **Behavioral Health Consultant**; Central Washington Family Medicine (CWFM), 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 (CWFM), 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
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Consulting Experience:

- ***Associate Consultant***; Mountview Consulting, Inc. Zillah, WA 12/2015 – Present
Description: Associate consultant for the world leader in the design and implementation of the Primary Care Behavioral Health (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.
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Instructional Experience:

- ***Central WA Family Medicine Residency 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

Lecture: Acceptance and Commitment Therapy in Primary Care Behavioral Health

Description: Guest lecturer for CPY 7147: Integrated Behavioral Health

02/2015

- Human Diversity Instructor (Teaching Fellow)**, FIPP

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

Summer 2013

- Lifespan Development Instructor (Teaching Fellow)**, FIPP

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

Spring 2013

- Cognitive Assessment Teaching Fellow**, FIPP

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

08/2012 - 12/2012

- Projective Assessment Teacher's Assistant**; FIPP, Springfield, MO

Description: Graded students' protocols (based on Rorschach Performance Assessment System [R-PAS]); Instructed lab portion of class

05/2012 - 08/2012

- Cognitive Assessment Teacher's Assistant**; FIPP, Springfield, MO

Description: Graded students' WAIS – IV, WISC – IV, WASI protocols; Instructed lab portion of class

09/2011 - 12/2011

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.** (in review). 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., & Ogbeide, S. (2014, October). *Repaving the road: Addressing the challenges of conducting outcome research in primary care*. Accepted presentation at the 16th 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 16th Collaborative Family Healthcare Association annual conference. Washington, D.C.
- Robinson, R., 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

- 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 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 15th 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. **1st 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. **2nd 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.

Research Experience

- *Pre-doctoral Behavioral Health Intern*; HealthPoint (Community Health) Research Lab 07/2013 – 07/2014
Subject: Primary Care Behavioral Health Model; Primary Care Psychology;
 Brief Behavioral Health Interventions (i.e., hypertension); Program Evaluation;
 Brief Acceptance and Commitment Therapy Interventions;
 Primary Care Provider – Stress Checklist; Primary Care Provider - Acceptance and
 Action Questionnaire

- Missouri State University, ACT Health Psychology Lab 01/2012 – 07/2014
Duties: Data input, data collection, and writing IRB proposals.
Focus: Acceptance and Commitment Therapy, Values Living Questionnaire
Lab Supervisor: Ann Rost, PhD

- Geneva College, Psychology Department 09/2008 - 03/2009
Duties: Posted web surveys and aided in data collection.
Focus: Studied role of faith/religiosity in the acceptance/openness of the science
 of psychology in undergraduate students
Supervisor: Diana Rice, PhD

- Geneva College & Pittsburgh McNaugher Education Center, Pittsburgh, PA 06/2007
Duties: Administered surveys evaluating emotional components pre & post
 participation in inaugural boys (9th grade) basketball season.
Focus: Co-authored non-peer reviewed paper on benefits of sport on mental
 well-being
Supervisor: Cathy Sigmund, PhD

Scholarly Activities

- Reviewer: Reviewed Skills Building Workshop and Symposium Abstracts for
 The National Multicultural Conference and Summit (NMCS), 2013 & 2014

Awards, Honors, and Scholarships:

- *Travel Award* (Student Presentations and Travel Committee, FIPP, Fall, 2013; Summer, 2012)
- *Teaching Assistantship Scholarship* (\$8,000, Selected as instructor for terminal MA classes, FIPP, 2012)
- *Diversity Issues in Practicum and Internship (DIPI) Fellowship* (\$6,000, DIPI Fellow, FIPP, 2011)
- *Writing Center Fellowship Scholarship* (\$7,000, Writing Center Fellow, FIPP, 2010)
- *President's List* (FIPP, 2009 – 2014)
- *Honors Scholarship* (\$6,000, Academic Excellence, FIPP, 2009)
- *National Christian College Athletic Assoc. Scholar Athlete* (Varsity athlete GPA>3.4, 2007, 2008)
- *Psychology Prize* (Student doing the best work in the field of psychology, Geneva College, 2007)

- *Geneva College Trustee Scholarship* (\$1,000, Excellence in leadership/scholarship, Geneva College, 2007)
- *Student Athlete Award* (Varsity athlete w/ highest GPA amongst athletes at Geneva College, 2007)
- *National Assoc. Intercollegiate Athletics, (NAIA) All America Scholar-Athlete* (GPA >3.5, 2006, 2007)
- *Lewis G. Walker Award* (Best Psychology student in junior class, Geneva College, 2006)
- *Athletic Director's Award* (Varsity athlete, GPA > 3.2, Geneva College, 2005-2006, 2006-2007)
- *Alpha Chi* (National Honor Society, Geneva College, 2006 to 2007)
- *Psi Chi* (Psychology National Honor Society, Geneva College, 2006 - Present), *Vice President* (2006 - 2007)
- *Lettered as Varsity Athlete* (Geneva College, Basketball, 2003 - 2008)
- *Lettered as Varsity Athlete* (Geneva College, Softball, 2007, 2008)
- *Who's Who in Colleges and Universities Nominee* (2006)
- *Academic Excellence Scholarship* (\$20,000, Geneva College, 2003 - 2007)
- *Basketball Award* (\$10,000, Geneva College, 2003 - 2008)

Professional Memberships:

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

References:

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