

Regina Kakhnovets Ybarra, Ph.D.

The University of Texas at Dallas
School of Behavioral and Brain Sciences
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EDUCATION AND LICENSURE:

Licensed Psychologist, State of Texas (License # 36962)	2015
Licensed Psychologist, State of Alabama (License # 1670)	2011 – 2015
Ph.D. The Ohio State University, Counseling Psychology <i>Internship:</i> Salem Veterans Affairs Medical Center, APA Accredited	2006
M.A. The Ohio State University, Counseling Psychology	2003
B.A. The University of Texas at Austin Majors: Psychology and Sociology Minor: Educational Psychology	2001

TEACHING EXPERIENCE:

<i>The University of Texas at Dallas</i> Professor of Instruction (2022-present) Associate Professor of Instruction (2019-2022) Courses: Introduction to Psychology, Abnormal Psychology, Experimental Projects in Psychology, Approaches to Clinical Psychology Senior Reflective Teaching Seminar	2019 – present
<i>Collin College, McKinney Campus</i> Professor (Full-time faculty) Courses: General Psychology (Face-to-face and online), Learning Frameworks (Face-to-face and online), Human Sexuality	2017 – 2019
<i>University of North Texas at Dallas</i> Adjunct Instructor Courses: Positive Psychology (Online), Marital Adjustment (Online), Social Psychological Theory in Close Relationships (Online)	2016 – 2017
<i>Austin Peay State University</i> Associate Professor of Counseling Psychology, Tenured Assistant Professor of Counseling Psychology, Tenure Track Courses: Introduction to Clinical Psychology, Addiction Counseling (Graduate), Advanced Techniques in Counseling (Graduate), Counseling Techniques (Graduate), Advanced Abnormal Psychology (Graduate, hybrid and face-to-face), Advanced Techniques in Counseling (Graduate), Practicum in Mental Health Counseling (Graduate) Psychological Assessment (Graduate, face-to-face and online) Theories and Counseling in Career Development (Graduate, face-to-face and online) Sexual Issues in Counseling (Graduate, Hybrid) Internship in Mental Health Counseling (Graduate) Thesis (Graduate)	2011 – 2014

<i>Auburn University at Montgomery</i> Assistant Professor of Psychology, Tenure Track Director of Clinical Training – MS in Clinical Psychology Program Courses: Introduction to Psychology, Abnormal Psychology, Human Sexuality, Writing in Psychology, Advanced Objective Assessment (Graduate), Principles of Psychotherapy (Graduate)	2009 – 2011
<i>Alfred University</i> Assistant Professor of Psychology, Tenure Track Courses: Introduction to Psychology, Abnormal Psychology, Learning and Behavior Modification, Clinical Procedures, Communication and Counseling, Human Sexuality, Cross-Cultural Psychology, Writing for Psychology	2006 – 2009
<i>Sinclair Community College</i> Part-Time Faculty Courses: Introduction to Psychology, Abnormal Psychology	2004 – 2005
<i>The Ohio State University,</i> Graduate Teaching Associate Course: Human Behavior Problems: Human Sexuality	1/2005 – 6/2005

CLINICAL AND SUPERVISION EXPERIENCE:

<i>Psychologist, Prosper, TX</i> <ul style="list-style-type: none"> ▪ Providing clinical supervision to psychologists working toward licensure 	06/2019 – Present
<i>Psychologist, Blank Slate Therapy, Frisco, TX</i> <ul style="list-style-type: none"> ▪ Individual therapy and assessment for adults and adolescents ▪ Marriage and couples therapy ▪ Providing clinical supervision to psychologists working toward licensure 	03/2017 – 5/2019
<i>Psychologist, The Lakewood Group, LLC, Rockwall, TX</i> <ul style="list-style-type: none"> ▪ Individual therapy and assessment for adults and adolescents ▪ Marriage and couples therapy 	9/2014 – 12/2016
<i>Psychologist, Psyche, PLLC, Nashville, TN</i> <ul style="list-style-type: none"> ▪ Individual and group therapy for adults and adolescents ▪ Dialectical Behavioral therapy for Borderline Personality Disorder 	8/2013 – 3/2014
<i>Supervisor, Austin Peay State University</i> <ul style="list-style-type: none"> ▪ Individual and group supervision for students currently completing practicum and internships. 	8/2011 – 8/2014
<i>Supervisor, Auburn University at Montgomery Clinical Program</i> <ul style="list-style-type: none"> ▪ Group supervision for students completing practicum experiences 	8/2010 – 07/2011
<i>Psychology Intern, Salem VA Medical Center, Salem, VA</i> Major Rotations: <ul style="list-style-type: none"> ▪ Outpatient Psychological Services; Substance Abuse Treatment Program Behavioral Medicine Minor Rotations: <ul style="list-style-type: none"> ▪ Military Sexual Trauma Clinical and Research Rotation; Neuropsychological Testing 	8/2005 – 7/2006

PUBLICATIONS:

Research Publications

1. Kakhnovets, R., & Wolf, L. (2011). An investigation of Jewish ethnic identity and Jewish affiliation for American Jews. *North American Journal of Psychology, 13*, 501-518.
2. Kakhnovets, R. (2011). The relationship among personality, expectations about counseling, and help seeking attitudes. *Journal of Counseling and Development, 89*, 11-19.
3. Kakhnovets, R., & Holohan, D.R. (2010). A survey of military sexual trauma treatment provided by VA medical centers. *Federal Practitioner, 27*, 20-25.
4. Kakhnovets, R., Young, H.L., Purnell, A. L., Huebner, E., & Bishop, C. (2010). Self-reported experience of self-injurious behavior in college students. *Journal of Mental Health and Counseling, 32*, 309-323.
5. Kakhnovets, R. & Holohan, D. R. (2007). Treatment of male veterans presenting with symptoms related to military sexual trauma: Education and increasing motivation for treatment. *Federal Practitioner, 24*, 16-29.
6. Kakhnovets, R. (2006). An investigation of Jewish ethnic identity and identification and their psychological correlates for American Jews. A Dissertation defended on June 1, 2005. The Ohio State University.

Academic Publications

1. Kakhnovets, R. (2007) PowerPoint Slides for Instructors for Martin & Pear (2007) *Behavior Modification: What It Is and How to Do It*. Published by Pearson/Prentice Hall.
2. Kakhnovets, R. (Ed) (2010). *AUM Journal of Psychology*. Auburn University at Montgomery, AL.
3. Kakhnovets, R. (Ed.)(2009). *Alfred Journal of Psychology and Sociology*. Alfred University, Alfred, NY.
4. Kakhnovets, R., Terry, M. L. (Eds). (2008). *Alfred Journal of Psychology*. Alfred University, Alfred, NY.

RESEARCH PRESENTATIONS:

1. Pianelli, N., De Dios, M., Johnson, C.K., Gabice, P., & Ybarra, R. K. (2020). Media exposure and attitudes toward substance abuse. A poster accepted for presentation at the Annual Convention of the Southwestern Psychological Association, April 3-5, 2020. *Cancelled due to COVID-19 Pandemic*
2. Ma, H. & Ybarra, R. K. (2020). Memory and introspection. A poster accepted for presentation at the Annual Convention of the Southwestern Psychological Association, April 3-5, 2020. *Cancelled due to COVID-19 Pandemic*
3. Dunn, M., Frystak, S., McGowan, A., Chong, M., & Ybarra, R.K. (2020). Social support, self-perception, and perceived acceptance in LGBT and non-LGBT individuals. A poster accepted for presentation at the Annual Convention of the Southwestern Psychological Association, April 3-5, 2020. *Cancelled due to COVID-19 Pandemic*
4. Kakhnovets, R. & Rousseau, J.(2013). Coping and self-injury for Caucasian and African American college students. A poster presented at the Annual Convention of the Southeastern Psychological Association, March 14, 2013.

5. Kakhnovets, R & Vaughn, A. (2013). Occupation and attributions of guilt in rape. A poster presented at the Annual Convention of the Southeastern Psychological Association, March 14, 2013.
6. Bishop, J.A., Kakhnovets, R., & Langham, G. (2012). Nursing Students' perceptions of self-injurious behaviors. A poster presented at the Alabama State Nurses Association's Elizabeth A. Morris Clinical Education Sessions - FACES '12 symposium, April 17, 2012, Montgomery, AL.
7. Kakhnovets, R., & Hewitt, K.C. (2012). Gender and stereotypes of occupations. A poster presented at the Annual Convention of the Southeastern Psychological Association, February 17, 2012, New Orleans, LA.
8. Kantra, L., & Kakhnovets, R. (2012). Internet use and relationship satisfaction. A poster presented at the Annual Convention of the Southeastern Psychological Association, February 17, 2012, New Orleans, LA.
9. Kakhnovets, R., Davis, S., King, E., Novak, L., Proctor, E., Pyles, E., & Willis, J. (2012). Experiences and perceptions of self-injurious behaviors for African Americans. A poster presented at the Annual Convention of the Southeastern Psychological Association, February 16, 2012, New Orleans, LA.
10. Kakhnovets, R., Purnell, A. L., & Young, H. L. (2010). Perception of self-injurious behaviors. A poster to be presented at the Annual Convention of the American Psychological Association, August 2010, San Diego, CA.
11. Young, H. L., Purnell, A. L., & Kakhnovets, R. (2010). Experience and Perception of Self-injurious Behavior: Implications for Counseling Education and Outreach. A poster presented at the ACA 2010 Conference & Exposition, March 21, 2010, Pittsburgh, PA.
12. Kakhnovets, R., Young, H. L., Purnell, A. L. (2009). Preventative factors for self-injurious behavior in college students. A poster session presented at the Annual Convention of the American Psychological Association, August 6, 2009, Toronto, Ontario.
13. Purnell, A. L., Kakhnovets, R., Young, H. L., Huebner, E., Bishop, C. (2009). College students' experience of self-injurious behavior. A poster session presented at the Annual Convention of the American Psychological Association, August 6, 2009, Toronto, Ontario.
14. Kakhnovets, R., & Terry, M.L. (2008). The influence of providing lecture notes on student attentiveness. A poster session presented at the Annual Convention of the American Psychological Association, August, 15, 2008, Boston, MA.
15. Huebner, E., Kakhnovets, R., Purnell, A. L., & Young, H. (2008). Understanding self-harm among AU Students. Paper presented at the Bergren Forum, Alfred University, April 10th, 2008.
16. Kakhnovets, R. (2007). Jewish ethnic identity, religiosity, and affiliation. A poster session presented at the Annual Convention of the American Psychological Association, August 19, 2007, San Francisco, CA.
17. Kakhnovets, R. (2007). Effects of the rape situation on the attributions of guilt in rape. A poster session presented at the Annual Convention of the American Psychological Association, August 19, 2007, San Francisco, CA.
18. Kakhnovets, R. (2006). Jewish ethnic identity, identification, and well-being. A poster presentation presented at the Annual Convention of the American Psychological Association, August 18, 2006, New Orleans, LA.
19. Kakhnovets, R. (2005). Jewish ethnic identity: Current research and future directions. A research presentation conducted at the Salem VA Medical Center. December, 2005.

20. Kakhnovets, R. (2004). Personality and expectations about counseling as predictors of help seeking attitudes. A poster presentation at the Annual Convention of the American Psychological Association, July 28, 2004, Honolulu, HI.
21. Eckhardt-Bromley, J., Kakhnovets, R., McCartney, H., & McCrea, L. (2004). Women's career development applied to women in counseling psychology. A symposium presented at the annual Great Lakes Counseling Psychology Conference. April 16, 2003. Ball State University, Muncie, IN.
22. Kakhnovets, R. (2003). "Counseling is just not for people like me:" Personality and expectations about counseling as predictors of help seeking attitudes. A paper presented at the 17th annual Edward F. Hayes Graduate Research Forum. April 26, 2003. The Ohio State University

TEACHING PRESENTATIONS:

1. Ybarra, R. K. (2021). Using Perusall to encourage reading and discussion outside of class. Center for Teaching and Learning Workshop. The University of Texas at Dallas, March 2, 2021.
2. Ybarra, R. K. (2021). Using Perusall to increase student engagement mini session. Center for Teaching and Learning's Help from the Hive Session. The University of Texas at Dallas, January 14, 2021.
3. Ybarra, R. K. (2020). Getting students involved in readings through Perusall. A talk given at the Center for Teaching and Learning's 6th Annual All-Campus Workshop "Innovations in Teaching Large and Introductory Courses. The University of Texas at Dallas, March 6, 2020.

OTHER PROFESSIONAL EXPERIENCE:

<i>Faculty Advisor, Students Advocating for Mental Health, UT Dallas</i>	2020 – present
<i>Faculty Advisor, Active Minds Collin College</i>	2017 – 2019
<i>Manuscript Reviewer, Quest Journal, Collin College</i>	2017 – 2018
<i>Abstract Reviewer, Collin College Undergraduate Interdisciplinary Student Research Conference</i>	2018
<i>Manuscript Reviewer, North American Journal of Psychology</i>	2011-2014
<i>Abstract Reviewer, Southeaster Psychological Association</i>	2012
<ul style="list-style-type: none"> ▪ Reviewed abstracts submitted for presentation at the Annual Convention of SEPA, February 2013, Atlanta, GA. 	
<i>Abstract Reviewer, Southeaster Psychological Association</i>	2011
<ul style="list-style-type: none"> ▪ Reviewed abstracts submitted for presentation at the Annual Convention of SEPA, February 2012, New Orleans, LA. 	
<i>Abstract Reviewer, Division 45, American Psychological Association</i>	2011
<ul style="list-style-type: none"> ▪ Reviewed abstracts submitted for presentation at the Annual Convention of the American Psychological Association, August 2011, Washington, D.C. 	
<i>Special Project Coordinator, Department of Psychology, The Ohio State University</i>	2004
<ul style="list-style-type: none"> ▪ Coordinated the alumni web design project and the alumni survey project for the Psychology Department 	
<i>Academic Advisor, Psychology Advising Office, The Ohio State University</i>	2003 – 2004

Graduate Administrative Associate, Women Student Services, 2001 –2003
Multicultural Center, The Ohio State University Student Personnel Assistantship Program

Undergraduate Advisor, Arts and Sciences Advising Office, The Ohio State University 2002 –2002

WORKSHOPS AND OUTREACH:

- *The COVID-19 Pandemic and Loneliness*, KERA Interview 2021
- *Back on Campus: How to Navigate Through “The New Normal,”*
BBS Mindful Minutes Podcast, Episodes 1 and 2 2021
- *Becoming a Counseling Psychologist*, UT Dallas Honors Seminar Guest Lecture 2021
- *Strategies for Managing Stress during COVID-19*, Plano Chamber of Commerce 2020
- *Strategies for Managing Stress during COVID-19*, The Rotary Club of Plano 2020
- *Stress Management during the Time of COVID-19*, BBS Seminar, UT Dallas 2020
- *Stop, Relax, and Take Time to Enjoy the Holidays*, KRLD 1080 Interview 2019
- *Classroom Management/Conflict Resolution*, Collin College 2019
- *Study Strategies for College Success*, Health Science & Public Safety Career Expo 2017
- *Electronic Records in Psychological Practice*, Lakewood Group 2016
- *Understanding and Treating Eating Disorders*, Belmont University 2013, 2014
- *Applying to Graduate School in Psychology*, Auburn University at Montgomery 2010
- *Careers in Psychology*, Alfred University 2007, 2008
- *Applying to Graduate School in Psychology*, Alfred University 2006
- *Depression Screening Day*, Salem VA Medical Center 2005
- *Applying to Graduate School*, The Ohio State University 2004
- *Dangerous Curves: Struggling With Body Image*, The Ohio State University 2003
- *Diversity Training*, Metatech, Columbus, OH 2002
- *Shades: Women’s and Multicultural Issues Monthly Series*, The Ohio State University 2001-02
- *Women’s Leadership Forum*, The Ohio State University 2001-02
- *International Women’s Day Celebration*, The Ohio State University 2001-02
- *Women’s Health and Beauty Fair*, The Ohio State University 2001-02
- *Stress and Coping*, The Ohio State University 2001
- *Communication and Leadership*, The Ohio State University 2001