

Abigail L. Levrini, Ph.D.
1707 Belle View Blvd, Suite C-2
Alexandria, VA 22307
drlevrini@psychedcoaches.com

EDUCATION

- Florida State University** Tallahassee, Florida 2003-2008
Doctor of Philosophy. GPA: 3.8
APA-Accredited Combined Doctoral Program in Counseling Psychology and School Psychology
Department of Educational Psychology and Learning Systems, College of Education
- Center for Aging Resources** Pasadena, CA 2007-2008
APA/APPIC-Approved Internship Site
(Supervisor: Dr. Janet Yang, PhD)
- Gettysburg College** Gettysburg, Pennsylvania 1998-2002
Bachelor of Arts: Psychology GPA: 3.9
Minor: Spanish
Undergraduate GPA: 3.7
- International University Studies** Seville, Spain Spring, 2001
All courses conducted in Spanish

CLINICAL EXPERIENCE

- Chief Executive Officer/Founder** Psych Ed Coaches, Alexandria, VA 2008-present
Manage a private practice specializing in ADHD coaching for adolescents and adults. Perform office management duties, train staff, and coach clients dealing with difficulties such as procrastination, lack of motivation, or problems with time management, scheduling, prioritizing, or meeting goals. Also address emotional roadblocks including frustration, anxiety, and fear of failure or depression.
- Resident in Clinical Psychology** Private Practice, Alexandria, VA 2008-present
Perform and score psychological assessments including the WJ-3, TOWL, GORT, CTOPP, CPT, TIWRE, TOWRE, and others, to aid in the diagnoses of learning disabilities and/or ADHD in children through adults. Write reports based on findings. Conduct individual psychotherapy for adolescents and adults dealing with a wide range of psychological disorders. Receive one hour of individual and one and a half hours of group supervision per week, as mandated by the Virginia licensing board.
(Supervisor: Lisa Nava, PhD)

Psychological Intern Center for Aging Resources, Pasadena, CA 2007-2008
Conducted individual and group psychotherapy for older adults in a community mental health setting. Managed caseload of fifteen individuals and one group, seen weekly, and complete DMH and clinic paperwork daily. Engaged in three hours of supervision per week, as well as training and assessment seminars. Performed assessments for dementia and other mental health issues. Conducted presentation on older adult issues at state and local conferences. (Supervisor: Janet Yang, PhD)

ADHD Coach/Counselor Self-employed, Fairfax, VA 2006-2007
Worked with a family of four on issues including substance abuse, depression, and juvenile delinquency. Applied counseling techniques including ADHD/academic coaching, self-esteem and social skills building, relaxation training, behavior modification and consistency with parenting styles. Worked three to four days per week, five hours per day. (Supervisor: Lisa Nava, PhD)

Assessment Assistant Self-employed, Alexandria, VA 2006-2007
Assisted privately practicing psychologist in the administration and scoring of multiple assessments, including the Woodcock-Johnson and WAIS. Averaged one client per week. (Supervisor: Lisa Nava, PhD)

ADHD Coach Adult Learning and Evaluation Center (ALEC) Spring, 2006
Helped college students with Attention Deficit/Hyperactivity Disorder achieve their goals by developing skills and strategies to compensate for areas of functioning affected by ADHD. Model based in Cognitive, Behavioral, and Social Learning theories. Managed a case of three clients-two hours per week of direct services, for nine weeks. (Supervisor: Carol Painter, PhD)

Test Anxiety Reduction/Relaxation Training Counselor ALEC Spring, 2006
Developed hierarchy of increasingly stress inducing scenarios, then taught college-age clients progressive muscle relaxation and relaxation training techniques to conquer their anxiety producing thoughts. Managed a case of three clients-one hour per week of direct services, for eight weeks. (Supervisor: Carol Painter, PhD)

Group Counselor Florida State University 2005-2006
Co-facilitated a social skills group for adolescents with Asperger's Syndrome. Helped clients to develop self-esteem and manage anger surrounding weaknesses in social functioning. Activities included role play and group psychotherapy. Services and exercises developed from Cognitive-Behavioral, Client-centered, and Psychoanalytic theories. Managed group of two adolescents-two hours per week of direct services. (Supervisor: Donald Kelly, PhD)

Career Counselor FSU Career Center Fall & Spring, 2005-2006
Performed brief staff assisted and long term counseling for students and community members in need of career related services. Administered assessments including the CTI, SDS, NEO-PI-R, MMPI-II and card sorts. Utilized Cognitive Information Processing

and Cognitive-Behavioral approaches to career counseling. Managed a case of three long term clients per week as well as up to ten walk-ins, for twenty-six weeks.
(Supervisors: Jim Sampson, PhD & Gary Peterson, PhD)

Group Counselor Canopy Cove Eating Disorders Treatment Facility 2005
Developed group activities and counseled clients with eating disorders, such as anorexia nervosa and bulimia nervosa. Topics for group sessions included stress management, cognitive reframing, relaxation techniques, and assertiveness. Led groups in art and music therapy, and aided lead psychologist in equine therapy sessions. Other duties consisted of weighing, food monitoring, and entry and exit interviews. Maintained records of group activity. Managed a case of three individuals and one group per week, for nine months. (Supervisor: Lynda Brogdon, PhD)

Individual and Group Counselor Senior Outreach Counseling Services 2004-2005
Counseled elderly clients in both individual and group settings presenting with a wide range of problems. Developed treatment plans. Completed psychological evaluations as necessary. Maintained progress notes for each individual. Managed a case of approximately eight individuals and two groups per week, for one year.
(Supervisor: Judith Inman, PhD)

Mental Health Counselor Human Services Center, FSU Spring, 2004
Counseled a variety of individual clients with a multitude of presenting problems, including a Hispanic middle-aged woman wanting help while divorcing her husband and an African-American woman in her twenties having difficulties with depression and motivation. Utilized several methods from different theoretical orientations to begin to develop personal theoretical approach. Reviewed videotapes with peers as well as supervisor. (Supervisor: Steven Pfeiffer, PhD)

Community & Employment Associate Abilities Network, MD 2002-2003
Served as resource counselor for people with disabilities. Primary counselor for eight cases. Assisted individuals in finding and maintaining employment, and engaging in community activities that help foster independence and self-esteem. Also constructed plans and monitored contact with each individual. (Supervisor: Nick Heynen)

RESEARCH EXPERIENCE

Research Assistant Florida State University 2003-2004
Coded data for battery of tests and entered into SPSS for data analysis. Collected data from over 100 subjects. Researched related articles and wrote literature reviews for perusal by other members of the research team. (Supervisor: Frances Prevatt, PhD)

Research Intern AARP Washington, DC Summer, 2001
Carried out statistical analyses of AARP member data and prepared final report on findings for members in designated areas of Delaware, Maryland, and New Jersey.

Assisted senior researchers on other survey research projects doing writing and editing of numerical and narrative findings. Also reviewed and critiqued focus group protocol.
(Supervisor: Gretchen Straw, PhD)

Research Assistant Gettysburg College Psychology Department 1999 - 2002
Served as research assistant on grant funded research projects. Scheduled and administered experimental studies to student subjects. Tabulated data. Discussed methodological issues and research implications with project directors.
(Supervisor: Paul D'Agostino, PhD)

Research Assistant Gettysburg, Pennsylvania 2001
Assisted Pennsylvania State graduate student with administration of psychological tests on local Spanish speaking students.
(Supervisor: Paul D'Agostino, PhD)

OTHER PROFESSIONAL EXPERIENCE

Presentations

Gregerson, M., & Levrini, A. (2009). *A quiet soul listens to her: Women, spirituality, and psychology*. Paper presented in the symposium "Women's Soul: The Inner Life of Women's Spirituality" for the Mid-Winter Meeting of the American Psychological Association Division 36 Psychology of Religion, Columbia, MD.

Gregerson, M., & Levrini, A. (2009). *The "Quieting Impulse" allows signs of spirituality to "speak."* Paper presented in the symposium "Models of Spiritual Interventions I" for the Mid-Winter Meeting of the American Psychological Association Division 36 Psychology of Religion, Columbia, MD.

Levrini, A. (2008). *AD/HD coaching and your high school student*. Presented for the West Potomac High School PTSA. Alexandria, VA.

Reaser, A., Tziotrzis, D. & Newville, D. (2008). *Celebration of aging: Tools for maintaining a positive attitude*. Pasadena Senior Commission Conference on Aging. Pasadena, CA.

Reaser, A. & Garis, J. (2007). *Old people – why bother? Adapting the recovery vision for older adults*. California Association of Social Rehabilitation Agencies. Culver City, CA.

Hurst, A. (2005). *The learning and study strategies of college students with ADHD: A comparison to peers with and without learning disabilities*. American Psychological Association Annual Convention, Washington, DC.

Workshops

Pre-convention Advocacy Workshop (2005). American Psychological Association Annual Convention. Washington, DC.

Learned about the legislative process and how to influence legislation and become involved in grassroots advocacy. Participated in break-out sessions to prepare for visits to Capitol Hill, which included group role-playing. Visited congressional offices and spoke to staff on three issues, including the Graduate Psychology Education program as part of the reauthorization of the Bureau of Health Professions, legislation to eliminate health disparities, and preserving support for behavioral science in NIH Reauthorization.

Teaching

Teaching Assistant Gettysburg College Psychology Department 2000 & 2002
Served as teaching assistant to introductory psychology students. Established office hours for students to receive assistance on lab and class work and administered tests to students. (Supervisor: Paul D'Agostino, PhD)

Professional Affiliations

American Psychological Association (2003-present); Member of the APA Division in Counseling Psychology

Children and Adults with Attention Deficit Disorder (CHADD) (2008-present)

PUBLICATIONS

Reaser, A., Prevatt, F., & Petscher, Y. (2007). The learning and study strategies of college students with ADHD: A comparison to peers with and without learning disabilities. *Psychology in the Schools*, 44(6), 627-638.

Prevatt, F., Petscher, Y., Proctor, B., Hurst, A., & Adams, K., (2006). The revised Learning and Study Strategies Inventory: An evaluation of competing models. *Educational and Psychological Measurement*, 66, 448-458.

Proctor, B. E., Prevatt, F., Adams, K., Reaser, A., & Petscher, Y. (2006). Study skills profiles of normal-achieving and academically struggling college students. *The Journal of the American College Personnel Association*, 47, 37-51.

Reaser, Abigail. *Eastern Shore Analysis*, AARP internal research report. AARP, Washington DC, July 2001.

HONORS

Florida State University

Dean's List (Fall 2003; Spring 2004; Summer 2004; Fall 2004; Spring 2005; Summer 2005; Fall 2005; Spring 2006), Doctoral representative for the Counseling and PsychoEducational Graduate Student Association (CAPEGSA; 2003-2005)

Gettysburg College

Honors Research Study (Spring 2002), Psi Chi Junior Award, Psychology Departmental Honors, Sam Mudd Psychology Award, Magna Cum Laude, Dean's List (Fall 1999; Spring 2000; Fall 2000; Fall 2001; Spring 2002), Dean's Commendation List (Fall 1998; Spring 2001), Nominated for Linnean Award, Alpha Lambda Delta; Academic Honor Society, Psi Chi; Psychological Honor Society

ADDITIONAL WORK EXPERIENCE

Program Assistant	Florida State University	2004-2006
--------------------------	--------------------------	-----------

Performed a variety of tasks for the Department Chair. Duties included creating an original brochure for the department, editing manuscripts for publication, developing Excel spreadsheets, and acting as a coordinator between the chair and other members of the department. (Supervisor: Frances Prevatt, PhD)

SPECIAL SKILLS

Language: Conversant in Spanish

Personal and Professional References Are Available Upon Request