

Stephanie Jernigan Simmons, Psy.D.

Pediatric Psychology Postdoctoral Fellow
Texas Scottish Rite Hospital for Children
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Education

Baylor University, APA Accredited Clinical Psychology Program

Doctor of Psychology, Psy.D., August 2018

Advisor: Christine Limbers, Ph.D.

Dissertation Topic: Acculturative stress and obesity: The moderating role of emotional eating in a community sample of Latino adolescents

Baylor University, APA Accredited Clinical Psychology Program

Master of Science in Clinical Psychology, December 2015

Advisor: Christine Limbers, Ph.D.

University of North Carolina at Chapel Hill

Bachelor of Science in Psychology, May 2013

Biology Minor and Study of Christianity and Culture Minor

Clinical Experience

Texas Scottish Rite Hospital for Children, Dallas, TX

Postdoctoral Fellow, August 2018-present

Supervised by Teresa Collins-Jones, Ph.D., Heather Richard, Psy.D., Whitney Herge, Ph.D., Lauren Cox, Ph.D., and Emily Gale, Ph.D., ABPP

- Work collaboratively within interdisciplinary medical team treating children with acute, procedural and chronic pain; rare orthopedic conditions and syndromes; Spina Bifida, Tuberous Sclerosis Complex and other neurological disorders; pediatric rheumatic conditions; and developmental delays.
- Provide inpatient consultation services to address differential diagnosis, behavioral management, adherence to treatment, coping and adjusting to medical treatment, pain management, and discharge planning.
- Conduct pre-surgical evaluations for children and adolescents being considered for orthopedic surgery, assessing for surgical knowledge and motivation, overall psychosocial functioning, and identified risk and protective factors.
- Provide outpatient therapeutic services to children with developmental delays, internalizing and externalizing disorders, and co-morbid complex medical presentations utilizing evidence-based interventions including Cognitive Behavioral Therapy, Motivational Interviewing, and mindfulness-based techniques.
- Deliver outpatient family intervention to address behavioral concerns, adherence to medical treatment, pain management, and emotional coping utilizing Parent Management Training, Motivational Therapy, and Solution Focused Brief Therapy.
- Facilitate efficient assessment intake interviews to inform eligibility for psychological testing, treatment planning, and recommendations to medical team.
- Administer integrated psychological assessments to examine developmental delays, cognitive abilities, academic achievement, adaptive behavior, mood symptoms, and social and behavioral functioning.
- Design and complete quantitative research project examining surgical decision-making in complex scoliosis cases. Present research progress and findings during medical research grand rounds.
- Participate in weekly pediatric psychology seminar, orthopedic conference, post-operative rounds, team rounds and monthly behavioral-developmental pediatrics journal club.

Talbert House, Cincinnati, OH

APA Accredited Predoctoral Psychology Intern, July 2017-July 2018

Supervised by Martha Leffler, Psy.D., Marcia Rasch, Ph.D., Jessica Beadel, Ph.D., and Karen Graves, Ph.D.

- Provided individual and group therapeutic services to children, adolescents, and adults with a variety of mental health disorder, substance use disorders, and medical diagnoses in a large community behavioral health setting.

- Utilized evidence-based models including Cognitive Behavioral Therapy, Cognitive Processing Therapy, Parent Management Training, Acceptance and Commitment Therapy, Trauma Focused Cognitive Behavioral Therapy, and positive psychology.
- Adapted treatments to best serve clients experiencing poverty, homelessness, discrimination, legal problems, and problems with child custody.
- Conducted efficient diagnostic assessments and provided targeted treatment recommendations and referrals.
- Collaborated with probation officers and Child Protective Service case workers to determine appropriate treatment goals and assess progress throughout treatment.
- Worked within an integrated team of primary care providers, mental health professionals, and case managers.
- Developed and implemented group psychoeducational program focused on Cognitive Behavioral concepts and adaptive coping skills.
- Facilitated training for Talbert House service providers and mentored newly hired clinical social workers.
- Assisted in evaluation of applications and interviews for pre-doctoral internship program.

Baylor Psychology Clinic, Waco, TX

Psychological Trainee, July 2013-June 2017

Supervised by Christine Limbers, Ph.D., Keith Warren, Ph.D., Helen Benedict, Ph.D., John Klocek, Ph.D. and Sara Dolan, Ph.D.

- Provided long-term psychotherapy for children using play therapy and behavioral therapy and short-term psychotherapy for child and adult clients using Cognitive-Behavioral Therapy, brief psychodynamic therapy, Solution Focused Brief Therapy, Motivational Interviewing,
- Facilitated family therapy, couple's therapy, and parent management training
- Completed brief intake assessments to inform treatment recommendations and appropriate referrals
- Administered integrative psychological assessments for adults and children with cognitive, academic, adaptive, developmental, behavioral, and emotional concerns
- Assisted in creating a formal training clinic policies and procedures manual
- Participated in evaluation of applicants to graduate program and organization of interview days

Baylor University Speech, Language, and Hearing Clinic, Waco, TX

Psychological Trainee, July 2015-May 2016

Supervised by Christine Limbers, Ph.D. and Tamara Hodges, Ed.D.

- Conducted integrative, diagnostic assessments for children and adolescents with Autism Spectrum Disorder, developmental delays, learning disabilities, intellectual impairment, internalizing disorders, and externalizing disorders
- Provided psychotherapy to children and adolescents using manualized anxiety protocol, Cognitive-Behavioral Therapy, Trauma-Focused Cognitive-Behavioral Therapy, and play therapy
- Conducted parent training for management of behavioral concerns, externalizing symptoms, trauma-related symptoms, and Attention-Deficit/Hyperactivity Disorder
- Completed preschool classroom observations and provided behavioral intervention recommendations
- Collaborated with an integrative treatment team comprised of speech pathologists, hearing specialists, teachers, and reading specialists
- Provided training on mental health disorders to speech-language pathology graduate students

Baylor University Counseling Center, Waco, TX

Psychological Trainee, July 2014-June 2015

Supervised by Cheryl Wooten, Psy.D., James Marsh, Ph.D., and Yoshiko Hall, Psy.D.

- Provided individual therapy for Baylor University undergraduate and graduate students utilizing interpersonal, client-centered, narrative processing, and cognitive-behavioral therapy
- Co-facilitated mindfulness meditation and social anxiety group therapy
- Facilitated intake assessments through walk-in clinic and provided appropriate treatment recommendations and referrals to higher levels of care
- Provided crisis intervention via a 24-hour crisis hotline
- Consulted and collaborated with dietician, physicians, parents, college counselors, and professors
- Presented intensive case conferences to interdisciplinary team
- Participated in development and implementation of campus-wide sexual assault prevention program

Talitha Koum Institute, Waco, TX

Psychological Trainee, July 2013-July 2014

Supervised by Helen Benedict, Ph.D.

- Administered integrative developmental and cognitive assessments to infants and preschool children attending a low socioeconomic therapeutic preschool
- Utilized TF-CBT and play therapy to treat young children with complex trauma histories
- Collaborated with childcare providers, occupational therapists, speech pathologists, and parents to create trauma-informed treatment plans
- Conducted classroom observations and presented behavioral and regulatory recommendations during weekly treatment team meetings
- Assisted with organization and execution of weekly parent trainings and special events

Research Experience

Texas Scottish Rite Hospital for Children, Dallas, TX

Postdoctoral Research Fellow, 2018-present

Project: Complex care and challenging decisions: Parent perceptions and decision making in neuromuscular scoliosis

Baylor University Clinical Psychology Program, Waco, TX

Principal Investigator/Doctoral Dissertation Project, 2016-2018

Project: Acculturative stress and obesity: The moderating role of emotional eating in a community sample of Latino adolescents

Baylor University Clinical Psychology Program, Waco, TX

Graduate Research Assistant, 2013-2017

Projects: Stress and disordered eating: The differential associations between type of stress and eating habits; Cognitive functioning in pediatric patients with type 1 diabetes and obesity: A comparison between objective measures and parental behavioral rating scales; Comparison between objective measures and parental behavioral rating scales of memory and attention in pediatric endocrinology patients; Self-regulation of eating behaviors and executive functioning in young adults; Fantasy-Exposure Life-Narrative Therapy (FELT)

Durham Child Health and Development Study, Center for Developmental Science at UNC

Undergraduate Research Assistant, May 2011-May 2013

UNC BODIES Study, UNC Department of Psychology

Undergraduate Research Assistant, January 2012-December 2012

Nutrition and Physical Activity Self-Assessment for Child Care (NAPSACC), UNC Center for Health Promotion and Disease Prevention

Undergraduate Research Assistant, May 2012-July 2012

Parenting SOS, UNC Center for Health Promotion and Disease Prevention

Undergraduate Research Assistant, January 2011-October 2011

Teaching Experience

Adverse Childhood Experiences: Relationship to Child Pathology, Baylor University

Graduate Instructor, Spring 2016

Psychopathology and Assessment in Children, Baylor University

Graduate Teaching Assistant, Fall 2016

Theories of Psychotherapy and Counseling, Baylor University

Guest Lecturer, Fall 2015

Supervision and Mentoring Experience

Talbert House, Cincinnati, OH

Graduate Mentor, July 2017-June 2018

Baylor Psychology Clinic, Baylor University

Graduate Supervisor, July 2016-June 2017

Graduate-Undergraduate Mentoring Program, Baylor University

Graduate Student Mentor, August 2015-June 2017

Service Experience

Journal of Pediatric Psychology Student Journal Club, 2018-2019

Sexual Assault Prevention Peer Leader, Baylor University, 2014-2015

Child Service Resource Committee, Baylor University, 2013-2017

Pediatric Oncology Ward Volunteer, UNC Cancer Hospital, 2009-2013

Academic Presentations

Simmons, S. (2019, May). *Adolescent Hip Disorders*. Presented at Psychology Rounds, Texas Scottish Rite Hospital for Children, Dallas, TX.

Simmons, S. (2018, December). *Health Care Utilization*. Presented at Psychology Rounds, Texas Scottish Rite Hospital for Children, Dallas, TX.

Simmons, S. (2018, October). *From Wrong to Strong: A Paradigm Shift Towards Strength and Resilience in Children with Disabilities*. Presented at Behavioral-Developmental Pediatrics Journal Club, Texas Scottish Rite Hospital for Children, Dallas, TX.

Simmons, S. & Nunes, M. (2018, May). *My Body, My Rules: Sexual Abuse Prevention and Assessment*. Presentation for community mental health providers at Talbert House, Cincinnati, OH.

Hodges, T., & **Jernigan, S.** (2016, August). *Understanding and Intervening in Children with a History of Trauma*. Presentation for teacher and school counselor continuing education, Copperas Cove, TX.

Jernigan, S. & Limber, C.A. (2016, April). *Stress and disordered eating: The differential associations between type of stress and eating habits*. Poster presented at Society of Pediatric Psychology Annual Conference, Atlanta, GA.

Limbers, C.A., Young, D., Emery, K., **Jernigan, S.**, Stephen (2014, October). *Cognitive Functioning in Pediatric Patients with Type 1 Diabetes and Obesity: A Comparison between Objective Measures and Parental Behavioral Rating Scales*. Poster presented at National Conference in Clinical Child and Adolescent Psychology, Lawrence, KS.

Steadman, J., Coe, E., **Jernigan, S.**, & Yu, A., (2014, October). *Fantasy-Exposure Life-Narrative Therapy (FELT)*. Poster presented at Association for Play Therapy International Conference, Houston, TX.

Limbers, C., **Jernigan, S.**, Young, D., Skipper, S., & Groves, A., (2014, March). *Self-Regulation of Eating Behaviors and Executive Functioning in Young Adults*. Poster presented at Society of Pediatric Psychology Annual Conference, Philadelphia, PA.

Jernigan, S. (2014, April). *Neurosequential Model of Therapeutics*. Presentation for Baylor University Clinical Psychology Graduate Program, Waco, TX

Publications

Simmons, S., & Limbers, C. A. (2018). Acculturative stress and emotional eating in Latino adolescents. *Eating and Weight Disorders: EWD*. <https://doi.org/10.1007/s40519-018-0602-2>

Limbers, C. A., Larson, M., Young, D., & **Simmons, S.** (2019). The Emotional Eating Scale Adapted for Children and Adolescents (EES-C): development and preliminary validation of a short-form. *Eating Disorders*, 1-17. <https://doi.org/10.1080/10640266.2019.1580124>

Limbers, C., Young, D., **Jernigan, S.**, Bryant, W., & Stephen, M. (2017). Comparison between objective measures and parental behavioral rating scales of memory and attention in pediatric endocrinology patients. *Applied Neuropsychology: Child*, 16, 1-8. <https://doi.org/10.1080/21622965.2016.1152892>.

Areas of Clinical Training and Competence

Psychotherapy

- Cognitive Behavioral Therapy (CBT)
- Solution Focused Brief Therapy
- Trauma-Focused CBT (TF-CBT)
- Parent Management Training
- Mindfulness Based Interventions
- Object Relations Play Therapy
- Cognitive Processing Therapy (CPT)
- Brief Psychodynamic Therapy
- Motivational Interviewing (MI)
- Dialectical Behavior Therapy (DBT)
- Gottman Method Couples Therapy, Level 1

Assessment

- Cognitive-Achievement Assessment (WAIS-IV, WISC-V, WPPSI-IV, WIAT-III, WMS-IV, WJ-IV, WASI-II, WRAT-4, PPVT, WRAML)
- Developmental Assessments for Children and Adults (ADOS-2, Bayley, Leiter-3, CARS-2)
- Personality Assessment (MMPI-2, PAI, NEO-PI, RAT)
- Neuropsychological Assessments (NEPSY, CVLT-2, WCST, CPT, D-KEFS)
- Structured Interviews (ADI-R, ADIS Parent and Child, CAPS-5, K-SADS, SCID-5)
- Self-Report Symptom Measures

Professional Society Memberships

American Psychological Association

Society of Pediatric Psychology, Division 54 of the American Psychological Association

Society of Child and Adolescent Psychology, Division 53 of the American Psychological Association

Honors and Awards

Baylor University Student Travel Award, 2013, 2014, 2015, 2016, 2017

Baylor University Graduate School Fellowship, 2013-2018

UNC Dean's List, 2009-2013

Psi Chi, International Honors Society in Psychology

Gamma Sigma Alpha, National Academic Greek Honors Society

References

Teresa Collins-Jones, Ph.D.

Texas Scottish Rite Hospital, Psychology Training Director

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Martha Leffler, Psy.D.

Talbert House, Clinical Psychologist

(513) 853-6575

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Christine Limber, Ph.D.

Baylor University, Associate Professor

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