

## Curriculum Vitae

**Joanna Tsikis**

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**EDUCATION**

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**08/2012 - 08/2019 (expected): Doctor of Philosophy (Ph.D.), Clinical Psychology, Clinical Health Concentration.** Nova Southeastern University, College of Psychology, Fort Lauderdale, FL. American Psychological Association, accredited clinical psychology program.

**Dissertation:** Family environment and pediatric sickle cell disease: Patterns of health care utilization and academic achievement.

**Committee:** Jessica Valenzuela, Ph.D., F. Daniel Armstrong, Ph.D., & Ryan Black, Ph.D.

**08/2012 - 08/2014: Master of Science (M.S.), Clinical Psychology.** Nova Southeastern University, College of Psychology, Fort Lauderdale, FL.

**Major Paper:** A brief review of family environment and pediatric sickle cell disease: Associations with patterns of health care utilization.

**08/2007 - 05/2011: Bachelor of Science (B.S.), Psychology (Cum Laude).** Major: Psychology, Minor: Chemistry. University of Miami, Coral Gables, FL.

**HONORS AND AWARDS**

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- Graduate Student Member, Psi Chi International Honor Society, 2016 - Present
- Pan Student Government Association Professional Development Grant, 2017
- Student Co-Author, President's Faculty Research and Development Grant, Nova Southeastern University, 2013
- Trustee's Scholarship, University of Miami, 2007 - 2011

**CLINICAL PRACTICA EXPERIENCE**

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**08/2016 - 08/2017: Psychology Trainee. Comprehensive Pediatric Diabetes Center.** Broward Health Salah Foundation Children's Hospital, Fort Lauderdale, FL.

**Supervisor:** Jessica Valenzuela, Ph.D.

**Responsibilities:** Worked as part of a multidisciplinary team of various specialties, including endocrinology, nutrition, and diabetes education. Patient population included children, adolescents, and young adults diagnosed with type 1, type 2, and MODY diabetes. Provided consultation and assessment of newly diagnosed patients to identify diabetes self-management barriers. Conducted comprehensive intake evaluations to assess youth and families' diabetes management, coping, and psychosocial functioning. Provided brief individual and family psychotherapeutic services to families with diabetes-specific risk factors to improve family collaboration and shared responsibility, decrease family conflict, improve regimen adherence, and offer support for diabetes-related distress.

**08/2016 - 08/2017: Psychology Trainee. Multidisciplinary Weight Management Clinic.** Broward Health Salah Foundation Children's Hospital, Fort Lauderdale, FL.

**Supervisor:** Jessica Valenzuela, Ph.D.

**Responsibilities:** Worked as part of a multidisciplinary team of various specialties, including endocrinology, gastroenterology, and nutrition. Patient population included youth presenting with

overweight status and other comorbid medical conditions. Conducted comprehensive evaluations to assess weight-related history, nutrition behaviors, physical activity, and psychosocial functioning. Gave integrated recommendations to aid youth and their families in making healthy lifestyle changes. Provided brief individual and family psychotherapeutic interventions to aid patients and families in increasing motivation and facilitating behavior change.

**10/2015 - 06/2016: Psychology Trainee. Adult Neuropsychology Service.** Ryder Trauma Center, University of Miami Health System/Jackson Memorial Medical Center, Miami, FL.

**Supervisors:** Gisela Aguila-Puentes, Psy.D., Susan Ireland, Ph.D., & Sheba Kumbhani, Ph.D.

**Responsibilities:** Worked and attended weekly rounds as part of an interdisciplinary team of various specialties, including trauma, surgery, neurology, and rehabilitation specialists. Patient population included individuals from adolescents to older adults with a broad range of neurological conditions, who were followed throughout the recovery process. Conducted comprehensive evaluations and administered various neuropsychological assessments to determine cognitive, emotional, and behavioral status. Wrote comprehensive integrated reports for outpatient neuropsychological evaluations. Provided psychoeducation and recommendations related to patients' rehabilitation process. Implemented brief individual and family psychotherapeutic interventions.

**08/2014 - 12/2015: Psychology Trainee. Behavioral Pediatrics Clinic.** Mailman Center for Child Development, University of Miami Miller School of Medicine, Miami, FL.

**Supervisor:** Veronica Accornero, Ph.D.

**Responsibilities:** Provided evidence-based individual and family psychotherapeutic services to children and their families experiencing various externalizing and internalizing behavioral difficulties. Conducted intake assessments, structured interviews, behavior-management training, and behavior modification interventions. Consulted with teachers, school staff, and medical professionals for a collaborative assessment and treatment approach. Administered, scored, and interpreted individualized assessment batteries including tests of attention, behavior, and emotion regulation.

**08/2014 - 08/2015: Psychology Trainee. Department of Pediatrics, Division of Pediatric Hematology/Oncology.** Holtz Children's Hospital, Sylvester Comprehensive Cancer Center, University of Miami Health System/Jackson Memorial Medical Center, Miami, FL.

**Supervisor:** Winsome Thompson, Ph.D.

**Responsibilities:** Worked as part of a multidisciplinary team of various specialties, including physicians, social workers, and child life specialists. Provided inpatient and outpatient individual and family psychotherapeutic services to children, adolescents, and young adults diagnosed with cancer, sickle cell disease, and other blood-related disorders. Attended weekly interdisciplinary rounds and other treatment-related meetings. Administered, scored, and interpreted various neurodevelopmental assessment batteries, and wrote comprehensive integrated reports that offered recommendations to guide interventions with the goal of improving patients' overall academic and socio-emotional functioning.

**08/2013 - 08/2014: Psychology Trainee. ADHD Assessment Consultation and Treatment Program.** Psychology Services Center, Nova Southeastern University, Fort Lauderdale, FL.

**Supervisor:** David Reitman, Ph.D.

**Responsibilities:** Provided evidence-based psychotherapeutic services in the form of individual and family therapy to youth and their families in an outpatient community mental health setting. Worked with youth who presented with externalizing and internalizing behavioral difficulties. Conducted comprehensive intake assessments, and administered, scored, and interpreted various psychoeducational assessment batteries. Wrote comprehensive integrated reports for academic evaluations. Consulted with teachers, school staff, and medical professionals for a collaborative assessment and treatment approach.

## **OTHER CLINICAL EXPERIENCE**

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**02/2017 - Present: Group Co-Facilitator. Pediatric Diabetes Support Group.** Nova Southeastern University, Fort Lauderdale, FL.

**Supervisor:** Jan Faust, Ph.D.

**Responsibilities:** Co-facilitate monthly psychoeducational and support groups for parents/caregivers of youth diagnosed with type 1 diabetes. Session topics include effective communication, barriers to adherence, diabetes management, and adjustment to diagnosis, among others. Perform administrative duties and coordinate team-family communication regarding upcoming groups.

**08/2016 - 08/2017: Clinic Coordinator. Comprehensive Pediatric Diabetes Center & Multidisciplinary Weight Management Clinic.** Broward Health Salah Foundation Children's Hospital, Fort Lauderdale, FL.

**Supervisor:** Jessica Valenzuela, Ph.D.

**Responsibilities:** Managed clinic board and patient log during each clinic. Kept a record of relevant patient information, type and length of visit, as well as clinician information for each clinic. Created a clinical database for all patients seen in the Comprehensive Pediatric Diabetes Center.

## **RESEARCH EXPERIENCE**

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**08/2013 - Present: Research Study Coordinator. Parent-Focused Intervention to Improve Academic Success in Children with Sickle Cell Disease.** Basic and Translational Research Program (BTRP) in Sickle Cell Disease (supported by the National Heart, Lung, and Blood Institute (NHLBI)). University of Miami Miller School of Medicine, Department of Pediatrics/Division of Clinical Psychology, Miami, FL.

**Supervisors:** F. Daniel Armstrong, Ph.D. (Principal Investigator), Anai Cuadra, Ph.D., & Winsome Thompson, Ph.D.

**Responsibilities:** Coordinate, oversee, and execute all aspects of a longitudinal clinical trial examining neurocognitive functioning, academic achievement, pain, and psychosocial adjustment in children with sickle cell disease. Study includes longitudinal neuropsychological evaluations and parent-focused interventions to promote parent advocacy and obtain school services/accommodations in this population.

**01/2013 - Present: Student Co-Author/Graduate Research Assistant. School Professionals' Knowledge and Beliefs About Youth with Chronic Illness.** President's Faculty Research and Development Grant. Nova Southeastern University, College of Psychology, Fort Lauderdale, FL.

**Supervisors:** Carolyn Berger, Ph.D. (Principal Investigator), & Jessica Valenzuela, Ph.D.

**Responsibilities:** Assisted with preparation of grant application. Participated in recruitment, questionnaire administration, database creation, and data management and analyses. Attended school advisory board meetings, took field notes, and transcribed all meetings. Communicated with advisory board members regarding meeting times, agendas, and minutes. Currently, contributing to manuscript preparation for publication of data.

**08/2011 - Present: Graduate Research Assistant, Parent-Focused Intervention to Improve Academic Success in Children with Sickle Cell Disease.** Basic and Translational Research Program (BTRP) in Sickle Cell Disease (supported by the National Heart, Lung, and Blood Institute (NHLBI)). University of Miami Miller School of Medicine, Department of Pediatrics/Division of Clinical Psychology, Miami, FL.

**Supervisors:** F. Daniel Armstrong, Ph.D. (Principal Investigator), Anai Cuadra, Ph.D., Winsome Thompson, Ph.D., & Maria L. Goldman, Psy.D. (previous Principal Investigator)

**Responsibilities:** Assisted team in conducting behavioral and neurodevelopmental testing on youth enrolled in a behavioral intervention program aiming to improve academic achievement in children with sickle cell disease. Scored assessment measures, entered data, wrote comprehensive neurodevelopmental

evaluations, and provided feedback to patients and caregivers. Currently, continuing to contribute to proposal submissions and manuscript preparation for publication and dissemination of data.

**08/2009 - 05/2011: Research Lab Coordinator. Evolution and Human Behavior Laboratory.**

University of Miami, Department of Psychology, Coral Gables, FL.

**Supervisor:** Michael McCullough, Ph.D. (Principal Investigator)

**Responsibilities:** Oversaw technical aspects of the lab, such as training research assistants and managing data entry. Scheduled participants for experiments based on research assistant availability. Attended weekly meetings with principal investigator and graduate students to discuss progression of the study.

**01/2009 - 05/2011. Undergraduate Research Assistant. Evolution and Human Behavior Laboratory.**

University of Miami, Department of Psychology, Coral Gables, FL.

**Supervisor:** Michael McCullough, Ph.D. (Principal Investigator)

**Responsibilities:** Worked as a research assistant in a National Institute of Mental Health (NIMH)-funded longitudinal study evaluating the effects of forgiveness and rumination on mental and physical health. Conducted interviews, administered writing intervention tasks, and collected physiological data (i.e., heart rate variability, respiration rate, electrocardiogram, impedance cardiography, cortisol levels) on undergraduate students who had recently experienced interpersonal harm. Duties also included data entry and coding. Attending weekly research lab meetings to discuss study progression.

**PUBLICATIONS**

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Berger, C., Valenzuela, J. M., **Tsikis, J.**, & Fletcher, C. (in press). School professionals' knowledge and beliefs about youth with chronic illness. *Journal of School Health*.

Rodriguez, Y., Casey, B., Bazan, R. E., Zeidan, R., **Tsikis, J.**, & Cardella, I. A. (2012). Recurrent perineal hernia after a benign pelvic reconstructive surgery. *Journal of Gynecologic Surgery*, 28(3), 230-233. doi: 10.1089/gyn.2011.0051

**CLINICAL PRESENTATIONS**

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**Tsikis, J.**, Levy, Y., & Valenzuela, J. M. (2017, June). *Mindfulness practices*. Lecture presented to campers at Broward Health Medical Center, Fort Lauderdale, FL.

**Tsikis, J.**, Vassilopoulos, A., & Valenzuela, J. M. (2017, June). *Diabetes camp counselor training: Leadership and teamwork*. Lecture presented to Camp Coral Kids counselors-in-training at Broward Health Medical Center, Fort Lauderdale, FL.

**Tsikis, J.**, & Brenes, M. D. (2016, April). *Sickle cell disease: Supporting illness management in schools*. Lecture presented at Nova Southeastern University, College of Psychology, Fort Lauderdale, FL.

**ORAL AND POSTER PRESENTATIONS**

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Tsikis, J., Valenzuela, J. M., Vassilopoulos, A., Wilcocks, C., Reitblat, L., Blanco, E. J., ... Wolf, R. S. (2018, June). *Few pediatric diabetes patients access outpatient psychotherapy following screening and referral*. Proposal for oral presentation submitted to the American Diabetes Association's 78<sup>th</sup> Scientific Sessions, Orlando, FL.

Berger, C., Valenzuela, J. M., & **Tsikis, J.** (2018, March). *Meeting the needs of students with chronic illness: Outcomes of a mixed methods study*. Paper to be presented at the Evidence-Based School Counseling Conference, New York City, NY.

- Tsikis, J.,** Baker, R., Vassilopoulos, A., Cuadra, A., Thompson, W., Goldman, M. L., & Armstrong, F. D. (2017, August). *Family environment and pediatric sickle cell disease: Associations with patterns of health care utilization*. Poster presented at the 125th Annual Convention of the American Psychological Association, Washington, D.C.
- Vassilopoulos, A., **Tsikis, J.,** Baker, R., Cuadra, A., Thompson, W., Goldman, M. L., & Armstrong, F. D. (2017, August). *Family environment and concordance of parent-child symptom reports in pediatric sickle cell disease*. Poster presented at the 125th Annual Convention of the American Psychological Association, Washington, D.C.
- McGhee, M., **Tsikis, J.,** Valenzuela, J. M., & Maini, A. (2017, April). *Case study of impact of sickle cell day unit on adult patient outcomes post-pediatric transition*. Paper presented at the 11th Annual Sickle Cell Disease Research and Educational Symposium, Fort Lauderdale, FL.
- Tsikis, J.,** Valenzuela, J. M., Levy, Y., & Wolf, R. M. (2017, March). *Incorporating psychology services in a pediatric diabetes clinic in a non-university affiliated tertiary care hospital*. Paper presented at the Diabetes Special Interest Group Meeting of The Society of Pediatric Psychology Annual Conference, Portland, OR.
- Mulchan, S. S., Brenes, M. D., **Tsikis, J.,** & Valley-Gray, S. A. (2016, February). *Sickle cell disease: Supporting illness management in schools*. Paper presented at The National Association of School Psychologists (NASP) 2016 Annual Convention, New Orleans, LA.
- Valenzuela, J. M., **Tsikis, J.,** Nicholl, M., Fletcher, C., Stone-Gale, V., & Berger, C. (2015, April). *Partnering with schools to improve outcomes for youth with special healthcare needs*. Poster presented at The Society of Pediatric Psychology Annual Conference, San Diego, CA.
- Mulchan, S. S., **Tsikis, J.,** & Valenzuela, J. M. (2015, April). *Developing a conceptual model of transition readiness for sickle cell disease*. Poster presented at The Society of Pediatric Psychology Annual Conference, San Diego, CA.
- Machado, E., **Tsikis, J.,** Cuadra, A., Thompson, W., Goldman, M. L., & Armstrong, F. D. (2015, February). *Parenting stress and family environment in pediatric sickle cell disease*. Poster presented at the Niagara in Miami 8th Biennial Conference, Miami, FL.
- Tsikis, J.,** Machado, E., Ferrari, C. D., Villa, M., Sulc, W., & Armstrong, F. D. (2014, August). *Externalizing behavior problems and family environment in pediatric sickle cell disease*. Paper presented as part of a paper session entitled "Exemplary Student Research in Pediatric Psychology" at the 122nd Annual Convention of the American Psychological Association, Washington, D.C.
- Bermudez, C. I., Villa, M., **Tsikis, J.,** Tameze-Rivas, F., & Suarez, C. D. (2014, February). *Transcranial doppler velocity levels in relation to memory and executive functioning in children with sickle cell disease*. Poster presented at the International Neuropsychological Society 42nd Annual Meeting, Seattle, WA.
- Villa, M., Goldman, M. L., **Tsikis, J.,** Suarez, C. D., Butt, S. M., & Armstrong, F. D. (2013, August). *Parent-focused intervention for improving academic outcomes in children with sickle cell disease*. Poster presented at the 121st Annual Convention of the American Psychological Association, Honolulu, HI.

**Tsikis, J.,** Mulchan, S. S., Crosby, L., & Valenzuela, J. M. (2013, April). *Preliminary examination of physician autonomy support, satisfaction with care, and adherence in pediatric sickle cell disease.* Poster presented at The Society of Pediatric Psychology Annual Conference, New Orleans, LA.

Villa, M., Goldman, M. L., Mandler, L., **Tsikis, J.,** & Armstrong, F. D. (2013, April). *Classroom accommodations as predictors of academic achievement in pediatric sickle cell disease.* Poster presented at The Society of Pediatric Psychology National Conference, New Orleans, LA.

**Tsikis, J.,** Goldman, M. L., Butt, S., Thompson, W., & Armstrong, F. D. (2012, August). *Pain frequency, school absences and resulting quality of life in children with sickle cell disease.* Poster presented at the 120th Annual Convention of the American Psychological Association, Orlando, FL.

## **TEACHING EXPERIENCE**

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**01/2016 - Present: Graduate Teaching Assistant.** Nova Southeastern University, College of Dental Medicine, Fort Lauderdale, FL.

**Course:** *CDM 3080 Behavioral Science*

**Instructor:** Maria Fimiani, Psy.D. & Lydia R. Malcolm, Ph.D.

**Responsibilities:** Teach live evening labs for two groups of students, and evaluate students on lab discussions and performance of specific tasks. Assist in grading students and providing feedback on assignments related to interviewing strategies, communication skills, and theories/research pertaining to anxiety. Conduct live clinic observations and evaluated students on clinic interactions with dental patients based on effective patient management strategies. Previously reviewed and updated lecture material on Mental Status. Assist in preparing cumulative final exam.

**01/2014 - 12/2015: Graduate Teaching Assistant.** Nova Southeastern University, College of Psychology, Fort Lauderdale, FL.

**Course:** *PSY 669 Advanced Treatment Interventions*

**Instructor:** Carolyn Berger, Ph.D.

**Responsibilities:** Assisted in grading and providing feedback to students on assignments and online discussions related to psychological orientation and techniques.

**08/2013 - 12/2013: Graduate Teaching Assistant.** Nova Southeastern University, College of Psychology, Fort Lauderdale, FL.

**Course:** *PSY 1405 Child and Adolescent Development*

**Instructor:** Jessica Valenzuela, Ph.D.

**Responsibilities:** Prepared and delivered a lecture on the effect of media on child development. Assisted in grading students' written assignments on course content and research topics relevant to child and adolescent development. Led exam review sessions and answered students' questions on course content. Assisted in preparing and grading cumulative final exam.

## **RELATED EMPLOYMENT EXPERIENCE**

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**07/2014 - 08/2017: Graduate Assistant.** School Psychology Program. Nova Southeastern University, College of Psychology, Fort Lauderdale, FL.

**Supervisor:** Angela Waguespack, Ph.D.

**Responsibilities:** Assisted in collecting and aggregating course grades, and practicum and internship student evaluation data for various annual reports. Organized, constructed, and edited documents for program evaluations, including the National Association of School Psychologists, Department of Education, and Florida Educator Accomplished Practices. Assisted faculty members in transferring

syllabi to an online platform. Worked collaboratively with faculty from the School and Clinical Psychology Programs to gather data for program evaluations.

### **OFFICES AND SERVICE IN PROFESSIONAL ORGANIZATIONS**

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**10/2017 - Present: Network of Campus Representatives (NCR).** Campus Representative, Nova Southeastern University. American Psychological Association (Division 54), Society of Pediatric Psychology.

**06/2017 - Present: Hematology/Oncology/Bone Marrow Transplant Special Interest Group.** Leadership Team, Student Representative. American Psychological Association (Division 54), Society of Pediatric Psychology.

**04/2017 - 07/2017: Ad-hoc Reviewer with Jessica Valenzuela, Ph.D.** *Clinical Practice in Pediatric Psychology.* American Psychological Association (Division 54), Society of Pediatric Psychology.

**05/2014 - 05/2016: Teaching Psychology Division of Graduate Students.** Executive Board, State and National Organization Representative. Nova Southeastern University, College of Psychology, Fort Lauderdale, FL.

**10/2013 - 11/2013: Division 54 Diversity E-Library Initiative.** Graduate Research Assistant. American Psychological Association (Division 54), Society of Pediatric Psychology.

**09/2012 - 07/2014: Student Government Association.** Executive Board, Ph.D. Representative. Nova Southeastern University, College of Psychology, Fort Lauderdale, FL.

### **PROFESSIONAL AFFILIATIONS**

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- Association for Psychological Science, graduate student affiliate, 2016 - Present
- American Psychological Association (Division 54), student member, 2012 - Present
  - Obesity Special Interest Group, 2017 - Present
  - Diabetes Special Interest Group, 2016 - Present
  - Hematology/Oncology/Bone Marrow Transplant Special Interest Group, 2014 - Present
  - Pediatric Pain Special Interest Group, 2014 - Present

### **VOLUNTEER ACTIVITIES/COMMUNITY SERVICE**

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- Camp Coral Kids, Psychology Volunteer, 2017
- Society of Pediatric Psychology Annual Conference, Program Volunteer, 2016 & 2017
- College of Psychology, Prospective Student Interviewer, 2015 & 2016
- College of Psychology 8th Annual Research Fair, Coordinator, 2013
- Special Olympics Broward, Volunteer, 2012
- Center for Psychological Studies 7th Annual Research Fair, Co-Coordinator, 2012
- Miami Children's Hospital/Project Sunshine, Bedside Buddy Volunteer, 2007 - 2009

### **LANGUAGES SPOKEN**

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Greek

### **COMPUTER SKILLS**

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- IBM SPSS Version 24.0
- FileMaker Pro 16
- Electronic Medical Records (i.e., Cerner, Epic, MediLinks)

**REFERENCES**

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Available upon request