

P. Renee Shimek, PSY.D

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EDUCATION

Pacific University August 2012 – September 2020

School of Graduate Psychology (APA-accredited program)

Doctor of Psychology

completed 2020

Master of Science

completed 2015

New Mexico Highlands University (APA-accredited program) August 2008 – May 2012

Master of Science: Clinical Psychology

(Transferred to Pacific)

*Did not complete MS in this program.

University of New Mexico

August 2005 - May 2008

Bachelor of Arts: Major in Psychology, Minor in Social Work; Magna cum laude

Albuquerque Technical Vocational Institute

August 2003 – July 2005

(Current name: Central New Mexico Community College)

Associate of Arts: Liberal Arts

CLINICAL TRAINING EXPERIENCE

Summary of Hours to Date

	Residency	Internship	Doctoral Practicum	Terminal Masters	Total
Intervention	1300	318	711	372	1083
Assessment	NA	NA	21	20	41
Supervision	620	108	329	117	446
Total Hours	2300	885	1508	700	3093

Doctoral Residency

Lifestance Health

August 2020 – March 2023

Supervisor: Ildiko Suto, PsyD, Joni Moon, PsyD

Community Mental Health – I provide Individual, Group, and Couple's therapy specializing in interpersonal trauma, adults with autism, and relationship dynamics.

Doctoral Internship

Western Psychological & Counseling Services**September 2019 – August 2020***Supervisor: Joni Moon, PsyD, Todd Overman, PhD, Grant Hart, PsyD.*

Community Mental Health – I provide Individual, Group, and Couple's therapy.

Doctoral Program Practicum Experience

University of Western States**September 2018 – July 2019***Supervisor: Stephanie Schaefer, Psy.D., CADC I, Clinical Psychologist*

Provided Individual and group therapy with health care professional students.

Facilitated a workshop on the Dynamic Interpersonal Model (on relationship polarities).

Engaged in outreach events on campus.

Clackamas Community College**August 2017 – July 2018***Supervisor: Stephanie Schaefer, Psy.D., CADC I, Clinical Psychologist*

Provided Individual and group therapy with a diverse population of college students

Facilitated a SMART Recovery (Self-Management and Recovery Training) group on the campus which was available to students and the surrounding community.

Facilitated a workshop on the Dynamic Interpersonal Model (on relationship polarities) for 10 weeks with students.

Engaged in outreach events on campus on a variety of topics (self-compassion, suicide awareness, stress mgmt.)

Washington State University Vancouver**August 2015 – July 2016***Supervisor: Patience McGinnis, Psy.D.*

Provided Individual and group (stress mgmt., yoga) therapy with a diverse population of college students. Engaged in Outreach events to students on services provided in therapy center. Facilitated a class with students on stress management with Title Leadership Students

Pacific Psychology Clinic**January 2015 – August 2015***Supervisor: Michael Christopher, Ph.D.*

Provided individual and group therapy within an ACT (Acceptance and Commitment Therapy) orientation.

Facilitated a group on yoga therapy at the Pacific Psychology Clinic.

Administered brief psychodiagnostic and cognitive assessments with the Wechsler

Abbreviated Scale of Intelligence (WASI) and the Personality Assessment Inventory (PAI).

Pacific Psychology Clinic**August 2013 – April 2014***Supervisor: Laura Orgel, Ph.D.*

Provided individual therapy, couples therapy, and clinical interviews with adults from a Psychodynamic (attachment and developmental focused) orientation.

Administered brief psychodiagnostic and cognitive assessments with the Wechsler Abbreviated Scale of Intelligence (WASI) and the Personality Assessment Inventory (PAI).

Terminal Master's Program Practicum Experience**New Mexico Behavioral Health Institute****May - July 2010***Supervisor: Gerald Russell, Ph.D.*

Provided individual therapy and brief cognitive evaluations on long-term care units.

Tri-County Family Justice Center**August 2009 - September 2010***Supervisor: Lane Snow, LMHC; and Gerald Russell, PhD*

Provided individual and group therapy with victims of domestic violence - group therapy included life skills, stress management, and parenting skills.

New Mexico Behavioral Health Institute**May 2009 - August 2009***Supervisor: Richard Van Scoyk, LMHC; and Gerald Russell, PhD*

Provided individual and group therapy on the adult acute care unit.

Engaged in treatment team meetings for incoming and long-term patients, providing input to the team on therapeutic progress.

TEACHING EXPERIENCE**Graduate Teaching Assistant****Psychology, *Graduate Multicultural Counseling*****Spring 2012**

New Mexico Highlands University

Assisted in the teaching of graduate level class Multicultural Counseling, graded homework, and lead the lecture in several classes.

Graduate Teaching Assistant**Psychology, *Undergraduate Eastern Philosophy in Psychology*****Summer 2011**

New Mexico Highlands University

Assisted in the teaching undergraduate level class Eastern Philosophy in Psychology, graded homework, and lead discussion groups, and created study guides.

Graduate Teaching Assistant**Spring 2010*****Psychology, Graduate Neuropsychological Assessment***

New Mexico Highlands University

Assisted in the teaching of graduate level class Neuropsychological Assessment, led the lecture of several classes, graded homework, created study guides, and supported students.

Graduate Teaching Assistant**Fall 2009*****Psychology, Graduate Statistics***

New Mexico Highlands University

Taught graduate level Statistics in psychology labs, assisted students with SPSS lab work and analysis of statistics, created study guides, and graded all lab work.

Graduate Teaching Assistant**Fall 2008-2009*****Psychology, Undergraduate Introduction to Psychology***

New Mexico Highlands University

Taught Introduction to Psychology Labs, developed quizzes, exams, and homework for the lab, taught one full lecture of main class, and coordinated grading and labs with professor of class.

RESEARCH EXPERIENCE

Doctoral Dissertation**Completion Date September 25, 2020***Dynamic Interpersonal Model: A Pilot Study**Chair: Lisa Christiansen Psy.D. Reader: Stephanie Schaefer Psy.D. CADC I*

I developed a model of polarizing relationships named Dynamic Interpersonal Model that I completed a pilot study on by offering 5 session workshops on the model with participants while evaluating authenticity in relationships and relationship satisfaction.

Master's Thesis**Completed July 2015***Gender Differences and Betrayal Trauma**Chair: Lisa Christiansen Psy.D.***Graduate Research Assistant****June 2010 – May 2012**

Institutional Research and Effectiveness - New Mexico Highlands University

Supervisor: Jean Hill Ph.D.

Engaged in data entry, analysis utilizing SPSS, assisting in reporting accurate data for institutional demographics for the University.

Graduate Research Assistant**August - May 2010**

New Mexico Highlands University

Supervisor: Maura Pilotti Ph.D.

Data collection, analysis, and reporting.

Undergraduate Research Assistant**August 2006 - May 2007**

African Refugee Well-Being Project – University of New Mexico

Supervisor: Jessica R. Goodkind Ph.D.

Engaged in advocacy for incoming African Refugee Families. My duties included keeping records of interactions and outreach events, assisting families in obtaining resources, and keeping track of family's progress, while report interactions to the research team.

PRESENTATIONS

Workshop:

Shimek, P.R. (2018, February – June). Dynamic Interpersonal Model Workshop. 10-week workshop on relationship polarities for students and faculty at Clackamas Community College.

Shimek, P.R. (2016, February). ASWSUV Stress Management Workshop with Title Leadership Students. Washington State University Vancouver.

Guest Speaker:

Shimek, P.R. (2018, June). Intersections of Spirituality, Minority status, and Clinical Practice. Guest lecture for Sexual Orientation and Gender Identity (SOGI) Multicultural Graduate class. Pacific University School of Graduate Psychology, Hillsboro, OR.

Shimek, P. R. (2013, June). Wiccans, pagans, and witches. Diversity in Spirituality group meeting at Pacific University School of Graduate Psychology.

Shimek, P. R. (2013, May). Personal cultural identity development. Guest lecture for Human Diversity Class. Pacific University School of Graduate Psychology, Hillsboro, OR.

Poster Presentation:

Shimek, P. R., Fredlund, A., Pilotti, M., Schauss, F., & Chodorow, M. (2010). *The verbal transformation effect as a function of age and stimulus property*. Poster presented at the 80th Annual Convention of the Rocky Mountain Psychological Association.

HONORS AND AWARDS

Pacific University Service Scholarship

2014 - Current

As a recipient of this scholarship, I participate in diversity activities, community volunteer activities, scholarly activities (that pertain to diversity issues), diversity workshops and conferences throughout the year. I have to maintain good standing within the department in order to keep the scholarship.

Graduate Assistantship

August 2012 – July 2014

Pacific University School of Professional Psychology

Assistant to Director of Clinical Training, Genevieve Arnaut, PhD

Duties included scanning and organizing clinical paperwork, working with clinical databases, creating clinical training forms, and assisting director and staff members as needed.

Graduate Assistantship

August 2010 – May 2012

Research Assistant for Institutional Research and Effectiveness

New Mexico Highlands University

Duties include data entry, analysis utilizing SPSS, assisting in reporting accurate data for institutional demographics for the University.

National Psi Chi Website Award

2010-2011

Created and maintained New Mexico Highlands University's Psi Chi Chapter's website which was submitted and won the National Psi Chi Website Award for 2010-2011.

PROFESSIONAL AFFILIATIONS

Oregon Psychological Association

Since 2015

American Psychological Association

Since 2015

COMMUNITY ENGAGEMENT

ASPIRE

2018

Springwater Trail High School - Gresham, Oregon

I participate as a volunteer at the high school with the ASPIRE program. I am assigned 2-3 high school students who I meet with on a regular basis to help navigate barriers in applying for college. We also do career exploration together through the program.

IDEAS Diversity Committee**2015**

Pacific University

I participated in diversity activities, community volunteer activities, scholarly activities (that pertain to diversity issues), diversity workshops and conferences throughout the year. This includes activities supporting the annual diversity conference (previously named "Diversity Day") for Pacific University School of Graduate Psychology.

NMHU Psi Chi Community Outreach**2009-2010**

Soup in the Park, Shelter Volunteer, Las Vegas, NM

As part of the graduate NMHU Psi Chi chapter I volunteered for the groups community outreach programs which included dishing out soup to homeless in the park and helping out at the towns homeless shelter.

Agora Crisis Line Outreach**2005-2008**

I volunteered to advance community awareness of the crisis line availability through presentations and posting fliers throughout the Albuquerque and Las Vegas, New Mexico areas.

SPECIAL SKILLS

Some web development and programming**Graphic Artist****Software/Hardware Technician**

Applications: Very familiar with SPSS, most graphic and web developing applications. I have an ability to use and learn *nearly any program available quickly*.

Familiar with EPIC and Titanium records programs.

Platforms: Windows (all formats), Mac OS, Linux (Ubuntu)

REFERENCES

Available on Request