

June, 2020

## **Christen Sistrunk, M.A., LPC-S**

### Curriculum Vita

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#### **EDUCATION**

- May 2011                    **Master of Arts in Clinical Psychology**  
**University of Houston- Clear Lake**  
Major: Clinical Psychology, APA accredited program
- May 2008                    **Bachelor of Arts, Magna Cum Laude**  
**University of St. Thomas, Houston, TX**  
Major: Psychology

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#### **CERTIFICATION**

- November 2019            **Licensed Professional Counselor-Supervisor, State of Texas**
- June 2013                    Licensed Professional Counselor, State of Texas
- October 2011                Licensed Professional Counselor-Intern, State of Texas

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#### **CLINICAL EXPERIENCE**

- August 2015-  
Present                    **OWNER**  
*Christen Sistrunk, M.A., LPC, PLLC &*  
*The Houston Center for Valued Living*

I currently see clients in a private practice setting, focused on providing outpatient assessment, evaluation, planning, and treatment planning utilizing cognitive and behavioral therapy (CBT) and acceptance and commitment therapy (ACT) for children, adolescents, and adults with Obsessive Compulsive Disorder, Body Dysmorphic Disorder, Trichotillomania (Hairpulling Disorder), Excoriation (Skin Pulling Disorder), Tic Disorder, Depression, Social Anxiety, Generalized Anxiety, Specific Phobias, Panic Attacks or Panic Disorder, Agoraphobia, Separation Anxiety, Needle Phobia, and Depressive Disorders.

- May 2011-  
October 2016              **BEHAVIOR THERAPIST**  
*Houston OCD Program, Houston, TX*  
Supervisor: Thröstur Björgvinsson, PhD, Program Director

Responsibilities include: providing outpatient assessment, evaluation, planning and implementation of individualized cognitive and behavioral therapy (CBT) for children, adolescents, and adults with Obsessive Compulsive Disorder, Body Dysmorphic Disorder, Trichotillomania (Hairpulling Disorder), Excoriation (Skin Pulling Disorder), Tic Disorder, Depression, Social Anxiety, Generalized Anxiety, Specific Phobias, Panic Attacks or Panic Disorder, Agoraphobia, Separation Anxiety and Depressive Disorders; providing residential and intensive support, conducting weekly group therapy with intensive clients; maintaining client files including documenting sessions, collaborative contact, family sessions and managed care contact and supervision of residential counselors.

Additional experience: Currently leading a weekly Acceptance & Commitment Therapy Group (ACT) for Intensive Programs, experience in running groups on CBT for OCD, Treatment Motivation, Mindfulness, Relapse Prevention, and Relationships and Communication groups.

May – July 2012  
and  
December 2010-  
January 2011

**PRO-TEM PROGRAM MANAGER**

*Houston, OCD Program, Houston, TX*

Supervisor: Thröstur Björgvinsson, PhD, Program Director

Responsibilities included: Managing a team of more than a dozen residential staff and clinicians, including recruiting, selecting, orienting, performance evaluations and training; admissions and discharges, scheduling new intensive clients, implementing and maintaining program policy, monitoring and scheduling pay actions, negotiating single case agreements and approving treatment coverage with managed care plans; assisted in developing the employee training manual and intensive program client manual; represent program at local and national conventions and conferences; assist in marketing meetings, program development meetings, staff management meetings and coordinate with local providers.

August 2010-  
May 2011

**CLINICAL PSYCHOLOGY EXTERN**

*Houston OCD Program, Houston, TX*

*University of Houston-Clear Lake*

Program Supervisor: Ray Pledger, Ph. D

On Site Supervisors: Keri Brown, Ph.D. and Emily Anderson, Ph.D.

Responsibilities included: provided direct care for both residential and intensive clients, leading and co-leading group therapy, assisting residential, intensive, and outpatient clients with exposures and response prevention, maintaining milieu treatment environment, scheduling for new

clients, processing admissions of new clients, and triage evaluations for potential resident and intensive clients.

August 2009-  
May 2010

**STUDENT THERAPIST**  
**Psychological Services Clinic, Houston, TX**  
*University of Houston-Clear Lake*  
Supervisor: Chad Wetterneck, Ph. D.

Responsibilities included: provision of weekly individual cognitive-behavioral therapy with children, adolescents, and adults in a clinical setting, assessments and evaluation of clients presenting concerns, session planning, collaboration with team and supervisor.

Fall 2007

**UNDERGRAD INTERNSHIP**  
**ESCAPE Family Resource Center, Houston, TX**  
*University of St. Thomas*  
Supervisor: Trish A. Vandiver, Ph. D.

Responsibilities included: co-facilitation of psycho-educational group for parents currently going through a divorce in the Families and Divorce Class. The course is designed to help parents understand the emotional impacts of divorce on children. The group curriculum helps parents learn how to manage their relationship with their former spouse, communicate with their former spouse, and how to emotionally support their child through the divorce process.

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## RESEARCH EXPERIENCE

2010

**RESEARCH ASSISTANT**  
**Baylor College of Medicine- Children's Hospital**  
"Flu Vaccine Acceptability in a School Based Vaccination Program"  
Supervisor: Amy Middleton, MD; Jean Doak, Ph.D, Mary Short, Ph.D  
▪ Responsibilities included: leading focus groups with elementary, middle and high-school students.

2007

**RESEARCH ASSISTANT**  
**University of St. Thomas, Houston, TX**  
"Attitudes Towards Seeking Psychological Help Amongst Vietnamese-Americans"  
Supervisor: Dung Ngo, Ph.D.  
▪ Responsibilities included: assessing the psychometric properties of Attitude Towards Seeking Psychological Professional Help Scale (ATSPPH) amongst Vietnamese-Americans.

- Student project coordinator

2007

**RESEARCH ASSISTANT****University of St. Thomas**, Houston, TX

“Online Sexual Activity and Religious Motivation.”

Supervisor: Elizabeth Maynard, Ph.D.

- Project consisted of: examining individuals internet activity and faith development.

2007

**RESEARCH ASSISTANT****University of St. Thomas**, Houston, TX

“Identity Development Among College Student”

Supervisor: Trish A. Vandiver, Ph.D.

- Project consisted of: examining identity development as it relates to gender, ethnicity, age, cognition, sources of influence, and self-perception.

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**CONFERENCE PRESENTATIONS**

**Sistrunk, Christen.** (2020). More Thriving Less Worrying: How Much Worry is Too Much? Presented at 2020 Thrive Conference, The Woodlands, TX.

**Sistrunk, Christen.** (2020). Thriving Solo: Being Whole Alone. Presented at 2020 Thrive Conference, The Woodlands, TX.

**Sistrunk, C & Ruths, I.** (2019). Warrior Wrap Up: Vigilance and Victories (Part 2): Mission Assignment: Returning Home with Vigilance. Presented at the 2019, 26<sup>th</sup> Annual OCD Conference, Austin, TX.

**Sistrunk, C & Ruths, I.** (2019). Warrior Launch: In the Beginning (Part 1): Beginning Your Conference (OCD) Journey. Presented at the 2019, 26<sup>th</sup> Annual OCD Conference, Austin, TX.

**Sistrunk, C & Ruths, I.** (2018). Staying Vigilant: The How to of Overcoming OCD Slip-Ups and Stressors. Presented at the 2018, 25<sup>th</sup> Annual OCD Conference, Washington, D.C.

**Sistrunk, C; Anderson, E; Zwecker, N; Ruths, I; & Sequeria, A.** (2018). OCD, OCPD & ASD: Symptom Overlap and Treatment Differentiation: Skills for the Intermediate Therapist. Presented at the 2018, 25<sup>th</sup> Annual OCD Conference, Washington, D.C.

Ruths, I.; **Sistrunk, C;** & Smith, A. (2017). Growing your ability to differentiate between OCD, OCDPD, and ASD: An Interactive Skills Acquisition Workshop. Presented at the 2017 Texas Psychological Association Annual Convention, Houston, TX.

- Anderson, E.; **Sistrunk**, C.; Abrams, N.; Ruths, I. (2017). Distinguishing between OCD, OCPD, and ASD: An Interactive Skills Workshop. Presented at the 2017 Annual Anxiety and Depression Conference, San Francisco, CA.
- Sistrunk**, C; Ruths, I., Anderson, E., & Zwecker, N. (2016). Kickin' OCD: The How-To of Overcoming Slip-Ups and Stressors. Presented at the 23<sup>rd</sup> Annual OCD Conference, Chicago, IL.
- Hart, J, **Sistrunk**, C., & Sy, J. (2015). Anger and OCD: Why it Happens and What to Do About It. Presented at the 22<sup>nd</sup> Annual OCD Conference, Boston, MA.
- Sistrunk**, C, Sy, J, & Gerfin, J. (2015). The Game of Life After Treatment: How Kids Can be Most Prepared. Presented at the 22<sup>nd</sup> Annual OCD Conference, Boston, MA.
- Sistrunk**, Christen. (2014). *Social Anxiety Disorder*. Presented at the 41<sup>st</sup> Annual Conference on Addiction Studies, Houston, TX.
- Anderson, A., Gerfen, J, Sy, J., Zwecker, N, **Sistrunk**, C. (2014). *Overcoming Unacceptable Thoughts: Reducing Stigma and Understanding Treatment for Adolescents*. Workshop presented at the 21<sup>st</sup> Annual OCD Conference, Los Angeles, CA.
- Anderson, A., Gerfen, J., Sy, J., **Sistrunk**, C. (2014). *Preparing for Life After Treatment: Relapse Prevention*. Presented at the 21<sup>st</sup> Annual OCD Conference, Los Angeles, CA.
- Sistrunk**, C., Smith, H., & Clayton, W. (2013). *Treatment of OCD: How to go Beyond and Increase Quality of Life*. Presented at the 20<sup>th</sup> Annual OCD Conference, Atlanta, GA.
- Brown, K.; VanKirk, N., **Sistrunk**, C., Clayton, W., & Rinehart, K. (2013). *Overcoming Unacceptable Thoughts: Reducing Stigma and Preparing for Treatment*. Workshop presented at the 20<sup>th</sup> Annual OCD Conference, Atlanta, GA.
- Anderson, E. R., Fullerton, L. V., **Sistrunk**, C., Van Kirk, N., Björnsson, A., & Björgvinsson, T. (2012). *Motivation, adherence, and treatment effectiveness in OCD and OC-Spectrum patients*. Roundtable discussion presented at the 31st Annual Anxiety Disorders Association of America conference, Arlington, VA.

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## TEACHING

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|------------------------------|--|
| September -<br>November 2017 | <b>INSTRUCTOR</b><br><b>Cognitive Behavioral Therapy II Seminar (PGY-II)</b><br>Baylor College of Medicine |
| September -<br>November 2016 | <b>INSTRUCTOR</b><br><b>Cognitive Behavioral Therapy II Seminar (PGY-II)</b>                               |

Baylor College of Medicine

- September -  
November 2015      **INSTRUCTOR**  
**Cognitive Behavioral Therapy II Seminar (PGY-II)**  
Baylor College of Medicine
- December 2014-  
January 2015      **CO-INSTRUCTOR**  
**Cognitive Behavioral Therapy III Seminar (PGY-III)**  
Baylor College of Medicine
- September -  
November 2014      **INSTRUCTOR**  
**Cognitive Behavioral Therapy II Seminar (PGY-II)**  
Baylor College of Medicine
- December 2013-  
January 2014      **CO-INSTRUCTOR**  
**Cognitive Behavioral Therapy III Seminar (PGY-III)**  
Baylor College of Medicine, Psychiatry
- September -  
November 2013      **CO-INSTRUCTOR**  
**Cognitive Behavioral Therapy II Seminar (PGY-II)**  
Baylor College of Medicine
- August 2011-  
May                      **GRADUATE TEACHING ASSISTANT**  
**Personality Assessment (Graduate Level)**  
University of Houston-Clear Lake  
Instructor: Chad Wetterneck, Ph.D.

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## **COMMUNITY TRAINING and INVITED PRESENTATIONS**

- July 2016              **OCD**  
University of St. Thomas- Practicum Class
- February 2016      **OCD**  
Lone Star College-Montgomery Campus
- October 2015      **Mindfulness**  
Fonteno Senior Education Center
- September 2015    **Forgiveness**  
Thomas A. Glazier Senior Education Center
- September 2015    **Worry**  
Thomas A. Glazier Senior Education Center
- August 2015         **OCD**



November 2012 **The Basics of OCD Lecture: A Focus on Children and Families**

Co-presented with Emily Anderson, Ph.D.

Kingwood Pines Hospital Lunch and Learn

October 2013  
**Behavioral Therapy for OCD**

**Assessment and Treatment: Cognitive**

Grand Rounds Presentation

Scott & White Department of Psychiatry

November 2011

**OCD 101 and Treatment**

Co-presented with Emily Anderson, Ph.D.  
Baylor Neuropsychology Department

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## **MEMBERSHIPS and SERVICE**

**IOCDF** International Obsessive Compulsive Disorder's Foundation

**ADAA** Anxiety and Depression Association of America

**ACBS** Association for Contextual Behavioral Science

**TLC** Trichotillomania Learning Center

**HLPCA** Houston Licensed Professional Counselor Association

**TCA** Texas Counseling Association

**OCD-Texas** Local State Affiliate of the IOCDF  
2020 Houston Ambassador  
2015-Present President  
2012-2015 Secretary  
2017 Houston Walk Co-Chair  
2016 Houston Tour Co-Organizer  
2016 Walk Chair  
2014 Houston Meeting Organizer  
2013 Houston Meeting Organizer  
2012 Houston Meeting Organizer

**HOAP** Houston OCD & Anxiety Project (HOAP)  
2013-Present Secretary



The Houston OCD & Anxiety Project (HOAP) is a non-profit organization designed to help fund treatment for individuals and families struggling with OC Spectrum and other anxiety disorders, including Panic Disorder, Social Anxiety, Generalized Anxiety, and Specific Phobias.

**Psi Chi**                      Psychology National Honors Society  
2007-2008 Treasurer

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## **HONORS and AWARDS**

### **Dean's List**

University of St. Thomas

### **J.F. Pentony Award**

**Psychology Department Award for Outstanding Community Service**

University of St. Thomas

### **University Honors (Magna Cum Laude)**

University of St. Thomas

### **Phi Sigma Tau- Philosophy Honors Society**

**Texas Epsilon Chapter**

University of St. Thomas

### **Alpha Sigma Lambda- Honors Society**

**Theta-Zeta chapter honoring adult student's special accomplishments of academic success while facing competing interests of home and work.**

University of St. Thomas

### **Psi Chi- National Psychology Honors Society**

University of St. Thomas

### **C. Bhatia Memorial Scholarship**

University of St. Thomas

### **Lynette Audrey Scholarship**

University of St. Thomas

### **2007 Research Symposium Award**

University of St. Thomas

### **Psi-Chi Regional Research Award**

University of St. Thomas