

ALEJANDRO SANCHEZ, PSY.D.

PROVISIONAL PSYCHOLOGIST LICENSEE

DAVENPORT PSYCHOLOGY

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CURRICULUM VITA

EDUCATION

08/2017 – 06/2022: Psy.D., Clinical Psychology. Nova Southeastern University, Fort Lauderdale, FL, American Psychological Association, accredited clinical psychology program.

08/2017 – 09/2019: M.S., Clinical Psychology. Nova Southeastern University, College of Psychology, Fort Lauderdale, FL, American Psychological Association Accredited Clinical Psychology Program.

08/2011 – 12/2015: B.A., Psychology. Major: Psychology, Florida International University, Miami, FL.

HONORS AND AWARDS

- Undergraduate Dean's List, Florida International University, 2012 – 2015

CLINICAL PRACTICA AND INTERNSHIP EXPERIENCE

06/2022 – Current: Provisional Psychologist Licensee. Davenport Psychology. Sarasota, FL

Description: At Davenport Psychology, I was responsible for providing diagnostic assessments, therapy, counseling, and support services for a diverse caseload including adults, adolescents, and families experiencing mental health issues, communication challenges, or family conflict.

Supervisor: Charles R. Davenport, Psy.D. Licensed Psychologist

07/2021 – 06/2022: Doctoral Psychology Intern. Integrated Substance Misuse Program. Centerstone Consortium. Bradenton, FL

Description: The doctoral internship program at Centerstone was a rotational experience comprised of medical and behavioral settings that primarily served a low-SES lifespan population. Provided assessment services (neuropsychological, psychological and competency evaluations), individual and group therapy, and complete psychological intakes for Medication Assisted Treatment regarding Substance Use Disorders. Major experience with: PTSD, severe anxiety and depression, complex trauma, and psychosis. Collaboratively worked with resident psychiatrists in the treatment and care of patients. Facilitated various weekly group therapy topics based on the bidirectional relationship between trauma and addiction. Didactic focus on medical psychology, neuropsychology, trauma, substance abuse, assessment and teleassessment, and severe mental disorders.

Supervisors: Edsaida Ortiz, Psy.D., Primary Supervisor

Robert Boxley, Ph.D., Director of Clinical Training

10/2020 – 04/2021: Psychology Trainee. Neurology Department, Behavioral Sleep Medicine. Miami Veteran's Affairs Hospital, Miami, FL.

Description: Conduct assessment interviews, create and implement personalized treatment plans, and provide treatment, progress evaluations, and follow-up for veterans diagnosed with a range of sleep disorders. Treatment includes individual, evidence-based, cognitive behavioral therapy for individuals diagnosed with insomnia (CBT-i). Utilized Motivational Interviewing in working with veterans struggling with adherence for prescribed treatment of Obstructive Sleep Apnea (OSA). Lead weekly group session discussing risk for, etiology of and treatment for OSA among newly diagnosed veterans.

Supervisor: William Wohlgemuth, Ph.D., CBSM

08/2019 – 04/2021: Psychology Trainee. Trauma Resolution and Integration Program. Psychology Services Center, Davie, FL

Description: Utilized the Contextual Model for case conceptualization and treatment of individuals presenting with a history of trauma and complex PTSD. Interventions included behavioral, cognitive-behavioral, humanistic, relational, attachment-theory to adolescents and older adults. Conducted biopsychosocial evaluations, administered psychological evaluations, and prepared integrated reports. Co-facilitated two DBT groups that met weekly for two-hours. Treated clinical populations diagnosed with posttraumatic disorders, psychotic disorders, mood and anxiety disorders, substance abuse, eating disorders, all clusters of personality disorders, and gender identity issues.

Supervisors: Steven N. Gold, Ph.D, Dr. Amy Ellis, Ph.D

08/2018 – 12/2019: Psychology Trainee, Healthy Lifestyles Guided Self-Change Program. Nova Southeastern University, Psychology Services Center, Fort Lauderdale, FL.

Description: Conducted assessment interviews and individual therapy using a cognitive behavioral approach with a motivational interviewing style for the treatment of clients with substance use (alcohol, tobacco, and illicit drugs) and health (weight loss, insomnia, exercise, eating) concerns. Co-facilitated substance use groups at a local homeless shelter residential program (Broward Outreach Center). Co-facilitated smoking cessation groups through the Area Health Education Center (AHEC).

Supervisors: Linda Sobell, Ph.D., ABPP, Mark Sobell, Ph.D., ABPP

OTHER CLINICAL EXPERIENCE

08/2018 – 05/2020: Tobacco Treatment Specialist (TTS). Nova Southeastern University College of Psychology Area Health Education Center (AHEC) Program.

Description: Provided treatment for individuals who want to stop using tobacco through extensive training on the science behind tobacco addiction, nicotine withdrawal symptoms, and effective treatments for tobacco use. Trained to develop individualized treatment plans using

evidence-based assessments and cognitive behavioral strategies and prepared to be an educational resource for organizations, healthcare providers, and the general health regarding tobacco use treatment issues.

Supervisors: Dr. Mark Sobell, Ph.D., ABPP

08/2018 – Current: Psychology Trainee. Broward Outreach Center, Hollywood, FL

Description: Co-facilitator for support groups at Broward Outreach Center for the treatment of homeless individuals with alcohol and/or drug problems. Groups addressed problem-solving skills relating to substance abuse and interpersonal and emotional difficulties.

Supervisors: Linda Sobell, Ph.D., ABPP, Mark Sobell, Ph.D., ABPP

TEACHING AND TRAINING EXPERIENCE:

Fall 2020: Lead Graduate Teacher's Assistant: College of Psychology, Nova Southeastern University, Fort Lauderdale, FL.

Course: PSY 1417 Ethics and Professional Issues. Assist in weekly class preparation, grading assignments, quizzes, exams, as well as overseeing students' questions or concerns throughout the course.

Instructor: Linda Sobell, Ph.D., ABPP

Fall 2020: Lead Graduate Teacher's Assistant: College of Psychology, Nova Southeastern University, Fort Lauderdale, FL.

Course: PSY 2809 Research Design. Assist in weekly class preparation, grading article critiques, literature reviews, and exams, as well as overseeing students' questions or concerns throughout the course.

Instructor: Mark Sobell, Ph.D., ABPP

Winter 2020: Lead Graduate Teacher's Assistant: College of Psychology, Nova Southeastern University, Fort Lauderdale, FL.

Course: PSY 4668 Substance Use, Health and Mental Health. Assisted in weekly class preparation, grading assignments, and overseeing students' questions or concerns throughout the course.

Instructor: Mark Sobell, Ph.D., ABPP

RESEARCH EXPERIENCE

02/2019 – Current: Research Assistant, Nova Southeastern University, Fort Lauderdale, Florida.

Description: Conduct studies on coffee intake self-monitoring using the Timeline Followback Method Assessment in collaboration with Mark B. Sobell, Ph.D., ABPP and Linda C. Sobell, Ph.D., ABPP. Performed literature searches. Reviewed literature and collected data.

PUBLICATIONS AND POSTER PRESENTATIONS

Sanchez, A., Sobell, L.C. Letourneau, B., Moore, Z. & Sobell, M.B. (2020, November).

Reliability of a Timeline Followback measure of caffeinated coffee consumption Poster to be presented at the Addictive Behaviors Special Interest Group at the 54th Annual Meeting of the Association for Advancement of Behavior Therapy.

Sanchez, A., Sobell L. C., Letourneau, B., Moore, Z., & Sobell, M.B.

(submitted). Reliability of a Timeline Followback measure of caffeinated coffee consumption.

CLINICAL PRESENTATIONS/LECTURES

Sanchez, A. Screen Time's Effects on Children. Training workshop for Hispanic Psychological

Student Organization and Mentoring Program, Coral Gables, Florida, presented at Gables Montessori School, May 2018.

Campbell S., & **Sanchez, A.** The Physiological and Psychological Effects of Cannabis.

Humanitarian Mission Seeds of Hope Outreach Program, presented at Eswatini, South Africa, August 2018.

Sanchez, A. A Cinematic Leap into Cognitions and Emotions. Research Conference presented at Centerstone Behavioral Hospital and Addiction Center, Bradenton, FL, June 2022.

PROFESSIONAL AFFILIATIONS

Hispanic Psychological Student Organization and Mentoring Program, student member, 2018 – 2021.

LANGUAGES SPOKEN

English, Spanish