**Christopher B. Summers, M.A.Ed.**

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**EDUCATION**

**Ph.D., Clinical Psychology** (Expected, 2023)

Kent State University, Kent, OH

**M.A.Ed., Counselor Education** (2016)

Virginia Tech, Blacksburg, VA

**Teaching English as a Foreign Language (TEFL)** (2012)

Phuket, Thailand

**Bachelor of Arts, Psychology** (2011)

San Diego State University, San Diego, CA

**CONFERENCE PRESENTATIONS**

**Summers, C.B.,** Coifman, K.G. (2018, May). *Sleep quality does not equal autonomic flexibility.* Poster session submitted for the annual meeting of the Association for Psychological Science, San Francisco, CA

**Summers, C.B.,** Coifman, K.G. (2018, November). *Sleep onset latency does not equal autonomic flexibility.* Poster session submitted for the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

West, J. T., Milius, C. R., **Summers, C. B.,** & Kashdan, T. B. (2017, July). *How do you satisfy psychological needs when you suffer from social anxiety disorder? An experience-sampling approach.* Poster session to be presented at the annual meeting of the International Positive Psychology Association, Montreal, QC.

**Summers, C.B.,** Disabato, D.J., & Kashdan, T.B. (2017, January). *What explains the link between social anxiety disorder and a lack of meaning in life?* Poster session presented at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.

**Summers, C.B.,** Carter, S.P., Renshaw, K.D., & Allen, E.S. (2016, November). *Sleep quality accounts for some of the association between service members’ PTSD symptoms and partners’ depression.* Poster session presented at the annual meeting of the International Society for Traumatic Stress Studies, Dallas, TX.

Ledoux, A.M., Renshaw, K.D., **Summers, C.B.,** Wallace, C.C., & Smith, T.W. (2016, October). *PTSD* *symptom clusters as predictors of cardiovascular responses in male OEF/OIF veterans and their female partners.* Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

**Summers, C.B.,** Renshaw, K.D., Stewart, J., Ledoux, A.M., & Allen, E.S. (2016, October). *Sleep quality predicts relationship satisfaction beyond PTSD symptoms.* Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Stewart, J.L., Renshaw, K.D., Klein, S.R., **Summers, C.B.,** & Thomas, S. (2016, October). *Emotion regulation in romantic couples: Convergence or compensation?* Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

**RESEARCH EXPERIENCE**

 **Graduate Research Associate,** August 2017 - Present

 Emotion, Stress, and Relationships Laboratory: Kent State University, Kent, OH

 Advisor: Karin G. Coifman, Ph.D.

**Research Assistant**, April 2016 – May 2017

 Laboratory for the Study of Social Anxiety, Character Strengths, and Related Phenomena: George Mason University, Fairfax, VA

 *Advisor*: Todd B. Kashdan, Ph.D.

* Assisted with the development and piloting of a novel, psychological flexibility measure.
* Tested and created studies utilizing a novel, experiential sampling application, PACO.
* Mentored in Hierarchical Linear Modeling (HLM) while co-authoring a poster on the moderating effects of social anxiety disorder between social interactions and relatedness.
* Developed data-collection questionnaires using Qualtrics for a grant exploring alcoholism and social anxiety disorder.
* Interviewed participants from a community sample for a study investigating the nuances of psychological flexibility.
* Formulated an original research hypothesis, analyzed data via SPSS, and presented at the annual SPSP meeting.
* Coded articles for a meta-analysis on emotion regulation strategies, social anxiety disorder, and depression.
* Conducted literature reviews on social anxiety, emotion regulation, and psychological flexibility.

**Research Assistant**, August 2015 – May 2017

 Anxiety, Stress, & Relationships Laboratory: George Mason University, Fairfax, VA

 *Advisor*: Keith D. Renshaw, Ph.D.

* Managed multiple phases of an F31 daily diary study investigating suicidality in service members with PTSD including: (a) assisted with IRB preparation, (b) indoctrinated participants to research protocols and maintained contact with them throughout the study, (c) created the background and daily-diary questionnaires via Qualtrics.
* Administered research protocols for an experimental study exploring the efficacy of interventions disrupting short-term memory following trauma including: (a) indoctrinated adult participants to the study at the on-campus lab, (b) facilitated the viewing of traumatic film clips, (c) guided them through experimental interventions and post-study data collection procedures.
* Independently formulated two original research hypotheses, analyzed and interpreted data utilizing SPSS and AMOS, and presented them as posters at regional conferences.
* Maintained laboratory equipment by ensuring all data was stored on lab computers according to IRB protocol.
* Conducted literature reviews on PTSD, depression, and sleep.

**CLINICAL AND DIRECT SERVICE EXPERIENCE**

**Counseling Intern**,August 2015 – May 2016

Renewing Hearts Family Counseling, Woodbridge, VA

*Supervisor*: Karen Hobbs, LPC.

* Supervised for 600 clinical hours.
* Provided individual psychotherapy utilizing a CBT and psychodynamic framework for children, adolescents, and adults.
* Managed a client caseload of 15 clients, treating depressive and anxiety disorders, PTSD, and nonsuicidal self-injury.
* Administered clinical diagnostic interviews for children, adolescents, and adults.
* Participated in weekly individual and group supervision; in addition to case consultations.

**School Counseling Intern**,Spring 2015

Bull Run Middle School, Gainesville, VA

*Supervisor*: Catherine Fermo, M.A.Ed.

* Provided counseling, referrals, and advocacy for adolescent students on mental health issues.
* Delivered school-wide, psycho-educational groups for bullying and sexual harassment.
* Collaborated with both staff and parents to help promote academic, social, and emotional growth in students.

**Volunteer Counselor**,Fall 2013

 Don Bosco Youth Apostle Center, Manassas, VA

* Fostered academic, professional, and emotional development through mentoring.
* Assisted with academic projects and post-secondary planning.
* Nurtured the development of positive relationships with peers and authority figures.

**TEACHING EXPERIENCE**

**Kindergarten Teacher**, April 2012 - May 2013

Kajonkietsuksa, Phuket, Thailand

* Instructed kindergarten English and Mathematics to both international and Thai students.
* Organized and oversaw the kindergarten reading club.

**OTHER EXPERIENCE**

**Aviation Ordnanceman**, September 2001 – September 2005

United States Navy, San Diego, CA

* Participated in Naval Special Warfare training.
* Inspected, maintained, and repaired aircraft armament systems.
* Serviced missile, bomb, and rocket releasing devices.

**HONORS AWARDS**

**Robert L. Weiss Student Poster Award** (2016)

**Chi Sigma Iota, International Honor Society** (2014)

**Psi Chi, National Honor Society** (2010)

**PROFESSIONAL ORGANIZATIONS**

**American Psychological Association** (2015)

**American Counseling Association** (2015)

**American School Counselor Association** (2015)

 **The Center for Excellence in School Counseling and Leadership** (2015)

**COMPETENCIES**

**SPSS, Qualtrics, PACO, Microsoft Office**