



ASHLEY N. GREENWELL, Ph.D.

Ph.D. Clinical Psychology * M.A. in Counseling



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EDUCATION

2020-2021

Health & Wellness Training & Certification (in process)

The Mayo Clinic- Rochester, MN

2020-2021

Ph.D. Clinical Psychology- University of California-Santa Barbara

Dissertation: Ethnocultural Aspects of PTSD among Latinos

--APA Accredited

2003-2005

M.A. in Counseling- University of California-Santa Barbara

Advisor: Dr. Merith Cosden

2001-2003

B.S. in Psychology with Honors- University of Washington

Honors Advisor: Dr. Marsha Linehan

APPOINTMENTS

2020-PRESENT

Member of APA interdivisional Task Force COVID-19 Response

2017-PRESENT

Utah State Crisis Counselor

2016- PRESENT

Utah Psychological Association Board and Committee Member

- Legislative Committee Chair (2016-2019)
- Liaison on public policy, laws and rules impacting psychologists in the state of Utah
- Ethics Consultant (2020-Present)

2018-PRESENT

Faculty Instructor, Supervisor, and Clinical Assistant Professor,
Educational Psychology Department, University of Utah

2018-PRESENT

Konterra Group Roster

- Services for clients that operate in Humanitarian, Emergency Management, & other high stress operations

2007-2008

Clinical Fellow, Harvard University School of Medicine

PROFESSIONAL SERVICE

2020-PRESENT

Founder and Owner- Health Psychologist

Salt Lake Resilience Co.

- Integrated Treatment for Chronic Stress-Related Conditions
- Expert Consultation, Speaking, and Training

2014-2020

Clinical Director and Managing Partner

Utah Center for Evidence Based Treatment

- Oversight of all Clinical Staff & Care
- Founder of the Trauma, Stress, & Resilience (TSR) Program
- Agency Quality Assurance and Outcome Monitoring
- Clinical Health Specialty Team Member

2009-2014

Psychologist, VA SLC Healthcare System

- Post-Deployment Integrated Primary Care Clinic
 - Interdisciplinary team member
- PTSD Clinic
- Staff Clinician, Supervisor, & Media Outreach Rep
- VA Hospital wide Ethics Team Consultant

- 2008-2009** **Clinical Postdoctoral Fellow, VA SLC Healthcare System
PTSD, Primary Care, & Polytrauma Teams**
 - Assessment and provision of evidence-based treatments for PTSD and commonly co-morbid issues.
 - Member of interdisciplinary Polytrauma & Primary Care Teams,
 - Traumatic Brain Injury Assessment
- 2007-2008** **Predoctoral Intern, Boston Consortium, VA Boston Healthcare System**
 - National Center for PTSD-Women's Sciences Division: Psychotherapy for Post-Traumatic Stress Disorder and commonly co-morbid issues
 - Rehabilitation Psychology: Spinal Cord Injury Unit
 - Member of interdisciplinary hospital team
 - Psychotherapy and Neuropsychological Testing
- 2004-2007** **Child Abuse Listening and Mediation Clinic (C.A.L.M.)
Bilingual Therapist**
 - Dialectical Behavior Therapy Team
 - Led skills training for Borderline Personality Disorder.
 - Domestic Violence Team:
 - Individual, family, and group therapy in Spanish.
- 2004-2005** **The Psychology Assessment Center, Santa Barbara
Clinical Assessor**
 - Comprehensive neuropsychological evaluations

**PROGRAM
EVALUATION**

- 2014-2020** **UCEBT- Clinical Analytics Team Director**
- 2009-2014** **VA Salt Lake City PTSD Clinic Treatment Outcome Study**
- 2004-2007** **First Steps Project, SAMHSA Grant, UCSB**
- 2003-2007** **Proposition 36 California Drug Court Evaluation, UCSB**

**SELECTED
PRESENTATIONS**

- July 2020** **ACBS World Conference**
 - Explorations of a Conceptualized Self in Trauma Recovery
- April 2020** **Modern Issues in the Ethics of Trauma Treatment**
 - UCEBT Webinar Training
- April 2019** **Utah Generations Conference**
 - Trauma & Dissociation Training for Clinicians
- April 2019** **United Nations Women-Utah Chapter**
 - Women's Mental Health is Paramount
- March 2019** **University of Utah Psychiatry Residency**
 - Assessing & Treating PTSD in a Primary Care Setting
- January 2019** **Crisis Intervention Team (CIT) Academy Training for Law Enforcement**
 - Introduction to MH Disorders
- October 2018** **Utah Department of Child and Family Services State Conference**
 - Workplace Wellness Strategies for high stress professions
- August 2018** **Utah State Legislature Interim Session- Health and Human Services**
 - The Utah Mental Health Workforce Shortage: Challenges and Opportunities
- June 2018** **Utah Department of Psychiatry Addictions Conference**
 - The Science of Resiliency
- September 2017** **Intermountain Donor Services**
 - Secondary Trauma and Burnout for Medical Personnel
- May 2017** **Northern Utah Law Enforcement Conference**
 - Psychological Resiliency for the Police Officer
- February 2016** **Salt Lake City Rape Recovery Center**
 - Addressing Burnout among Trauma Providers

- December 2015** **Utah Trauma Informed Care Network**
 - What Makes Trauma Treatment Work: An Update
 - October 2015** **Green Tree Yoga**
 - Trauma-Sensitive Yoga for Self-care and Clinical Practice
 - Fall 2014** **SLC Veterans Affairs Hospital**
 - Ethical implications of electronic records and patient access
 - Summer 2012** **Cache County Hostage Negotiation Team**
 - Crisis intervention skills for police officers
 - Spring 2011** **Utah Psychological Association**
 - Acceptance and Commitment Therapy Intensive
 - Fall 2010** **Responding on the Home Front Invited Speaker**
 - Moral Injury: Shattered Beliefs and finding meaning
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**SELECTED
MEDIA
OUTREACH**

- TV Interview KSL Expert:** [Nerves high after recent Mass Shootings](#)
 - TV Interview KUER- Expert:** Inside a student's grief counseling session after a campus tragedy
<https://kutv.com/news/local/expert-inside-a-student-grief-counseling-session-after-a-campus->
 - TV Interview** - PTSD, Veterans and Police Officers
<http://www.ksl.com/?nid=750&sid=20290544&title=may-6-jim-matheson-ptsd>
 - TV Interview** - Sunday Edition with Bruce Lindsey: Soldiers and PTSD
<http://www.ksl.com/index.php?sid=12375171&nid=750>
 - TV interview** - Aggressive post-combat driving a top concern for returning troops
KSL-UTAH News Channel --- <http://www.ksl.com/?sid=14249771&nid=148>
 - Radio Interview** - Veteran's with PTSD face tough times during the Holidays
<http://www.ksl.com/?sid=13243919>
 - TV-Interview KSL- Video shows AWOL soldier's final moments**
<http://www.ksl.com/?nid=148&sid=12790795>
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**TEACHING
SERVICE**

- Summer 2019** Clinical Assistant Professor- U of U Graduate Course: Trauma Assessment and Treatment
 - Spring 2019** Faculty Instructor- U of U Graduate Course: The Social Psychology of Diversity
 - 2011- PRESENT** Practicum Supervisor of University of Utah Clinical Psychology PhD students
 - 2015** Invited Speaker for University of Utah Psychiatry- Trauma-Informed Assessment
 - 2008-2014** Veterans Affairs Seminars on **Diversity, PTSD, and other trauma related issues**
 - 2005-2007** Teaching Assistant -
Graduate Level **Family Violence Course**, Inferential Statistics/SPSS Course, career Counseling Course
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**SELECTED
RESEARCH
PRESENTATION**

- Bennet, A., Greenwell, A., & Brown, J. (2011). *Predicting Treatment Engagement in veterans with PTSD*. Poster presented at the International Society of Traumatic Stress Studies Conference, Montreal, Canada.
- Cabrera, K., Follett, V., Grau, P., Greenwell, A., Kline, N., (2020) Explorations of conceptualized self as a key process in trauma recovery. Research Symposium. ACBS World Conference.

Campos, E. D., Basch, J., Greenwell, A., Barazani, S., & Cosden, M. (2005, May). *Motivation predicted by severity of drug problem in Central Coast drug court*. Poster presented at the American Psychological Society Conference, Los Angeles, California.

Greenwell, A., & Allen, S. (2010). *The Path into Mental Health Treatment: An examination of outreach, clinical contacts and follow through in a Primary Care setting*. Poster presented at the International Society of Traumatic Stress Studies Conference, Montreal, Canada.

Greenwell, A.N., Korslund, K.E., & Linehan, M.M. (2003). *An Empirical Examination of the Stigma Surrounding Individuals with Borderline Personality Disorder*. Poster presented at the Association for the Advancement of Behavior Therapy: Annual Conference, Boston, MA.

Greenwell, A., Walker, S. Patz, S., Barazani, S., Clemens, A., & Cosden. (2006). *Ethnic and Gender Differences in Social Vulnerabilities and Substance Abuse Risk Factors*. Poster Presented at Association for Psychological Science Conference.

**HONORS,
GRANTS, AND
FELLOWSHIPS**

- 2019 Best of Utah- City Weekly, Ranked Best Psychotherapist
- 2019 Outcomes Improvement Initiative Grant Designee, Utah Dept. of Health & Human Services
- 2012 Department of Veterans Affairs- Special Contribution Award
- 2012 Utah Psychological Association- Award of Appreciation
- 2008 Ray E. Hosford Dissertation Award
- 2005 Recipient of CCSP Award for Clinician Dedication
- 2003 Doctoral Scholar's Fellowship, UCSB
- Highest Award for Graduate Studies
- Graduate Studies Travel Grant Award for Presentation of Original Research Project.
- Psi Chi- National Honor's Society in Psychology
- Dean's List-University of Washington

**PROFESSIONAL
MEMBERSHIPS**

- Reviewer for the Journal of Contextual Behavioral Science
- International Society of Traumatic Stress Studies Member
- Association for Behavioral and Cognitive Therapies-
- Utah Psychological Association
- American Psychological Association Affiliate
- Division 56 Trauma Psychology
- Division 38 Health Psychology
- Division 45 Ethnic Minority Issues

LANGUAGES

Experience conducting therapy in Spanish as well as English.

**FORMAT
ADVANCED
CLINICAL
TRAINING**

- Acceptance and Commitment Therapy (Conducted by Steven Hayes with ongoing supervision by Robyn Walser, PhD)
- Advanced Motivational Interviewing (Mayo Clinic)
- Cognitive Processing Therapy for PTSD (Supervised by Patricia Resick)
- Cognitive Behavioral Conjoint Therapy for PTSD (Trained by Candice Monson)
- Cognitive Behavioral Therapy for Insomnia (Department of Defense Rollout)
- Dialectical Behavior Therapy (Mentored by Marsha Linehan and BTECH Team Intensive trained)
- Eye Movement Desensitization and Reprocessing (EMDRIA Certified training for Levels I&II)
- Health and Wellness Coaching – Mayo Clinic
- John Gottman's Couples Therapy (Conducted by John Gottman)
- Montreal Cognitive Assessment Certified
- Prolonged Exposure for PTSD- (Conducted by Edna Foa)
- Seeking Safety Therapy for Co-occurring PTSD and Addictions- Supervised by Dr. Najavits