

Carilyn Ellis, PsyD, MSCP

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Oregon Psychologist License # 2595

EDUCATION

Doctor of Psychology (Psy.D) Clinical Psychology

George Fox University, Newberg, OR

APA Accredited Program

Internship: Salt Lake VA Medical Center, *APA Accredited Program*

Master of Sciences Clinical Psychopharmacology (MSCP)

Farleigh Dickinson University, Teaneck, NJ

APA Designated Program

Master of Arts (M.A.) Clinical Psychology

George Fox University, Newberg, OR

Bachelor of Arts (B.A.) Psychology

University of Alaska Fairbanks, Fairbanks, AK

CLINICAL EXPERIENCE

Northwest Medical Homes Springfield Family Physicians, Springfield, OR 11/2020 - Present

Integrated Primary Care Psychologist (Full time)

- Provide clinical services in outpatient primary care and urgent care settings.
- Individual therapy, group therapy, behavioral health, and consultation to the medical team.
- Clinical education and clinical psychopharmacology education and consultation.
- Community education program and training program development

Autumn Leaf Therapeutic Services, Salem, OR

8/2019 – Present

Psychologist (Part time)

- Provide in home and office-based clinical services for chronic medical conditions, oncology, chronic pain, and traditional mental health.
- Collaborate with multiple medical clinics and providers locally for direct referral and coordination of care.
- Supervision of students and trainees.
- Provide community education series for chronic pain weekly in collaboration with Salem Health

Salem Health, Salem, OR

8/2019 – Present

Community Health Education Provider, Pain University Series

- In collaboration with Occupational and Physical Therapy, development and provision of a 6-session pain education, movement and behavioral health based program. Bi-Monthly community offering.

Salem Health, Salem, OR

3/2018 – 8/2019

Psychologist, Physical Medicine and Rehabilitation (75%)

Integrated Pain Psychologist, Pain and Palliative Medicine (25%)

- Provide comprehensive clinical services in Physical Medicine and Rehabilitation and integrated care in Pain Medicine and Palliative Care.
- Comprehensive evaluation, brief psychological and cognitive assessment, individual and group treatment, shared medical appointment.
- Working with interdisciplinary team in development of a pain education and treatment program.
- Supervise practicum students from Pacific University and George Fox University

Developer, Pain University Series

- In collaboration with Occupational and Physical Therapy, development of a 6 session pain education, movement and behavioral health based program.

Samaritan Pacific Communities Hospital, Waldport, OR

8/2015 – 3/2018

Primary Care Psychologist

- Provide clinical services in the Waldport Clinic (Federal/CMS rural health clinic) and additional clinics of the Pacific Communities Hospital.
- Individual therapy, group therapy, behavioral health, and consultation to the medical team.

Supervisor, Postdoc, Internship and Practicum

- Developed intensive summer practicum, year-long practicum, and internship rotation.
- Served as a member of training committee for pre-doctoral psychology internship, - Provide supervision for practicum students, interns and postdocs.

Developer PainWise First Steps Program

- Worked with Physical Therapy and Internal Medicine in developing a comprehensive 6-session pain education and group therapy series incorporating CBT and PT directed movement.
- Outcome evaluation and assessment of efficacy in reduction of pain catastrophizing, improvement in depressive symptoms, and functional improvement.

UNIVERSITY TEACHING

George Fox University

Adjunct Professor

Course Title: PSYD 524 Comprehensive Psychological Assessment 3 Credit Hours, Graduate Level

Catalog Description: Reviews major instruments already learned in Personality, Projective Assessment, Cognitive, and Achievement Assessment. Discusses further instrument selection as well as interpretation and synthesis of test findings in writing psychological reports. Specific applications of comprehensive psychological assessments in settings such as schools and forensics are also discussed. Prerequisites: PSYD 521 Personality Assessment and PSYD 522 Cognitive Assessment.

Course Description: Required course. This course is designed to further equip the student with experience in psychological assessment, interpretation, and report-writing. Students will build an appropriate protocol of testing that meets the popular internship requirements of an Integrated Report. Tests will be administered to patients from practicum or the Behavioral Health Center. Supervision will

be done by the professor and course TA. Instruction will be provided on multiple report writing formats and for multiple subdisciplines within psychology

Semester/Year: Fall 2021

Professor: Carilyn Ellis, PsyD, MSCP

Credits: 3

Course Title: PSYD 510 Psychopharmacology

Course Description: An introduction to the foundations and principles of clinical psychopharmacology, with an additional emphasis on the interrelationship of the psychologist in clinical settings.

Extended Description: Psychopharmacology is designed to give you a basic background in the drugs used for the treatment of various psychological / psychiatric disorders. You will learn core drug knowledge, learn how these particular drugs work, look at the management of these drugs, look at ways to maximize therapeutic effects of drug therapy and look at ways to minimize adverse effects of drug therapy.

Semester/Year: Spring 2022

Professor: Carilyn Ellis, PsyD, MSCP

Credits: 2

Course Title: MMSC 520 Behavioral Medicine

Course Description: This course covers mental health conditions to include the pathophysiology, neurophysiology, evaluation, diagnosis, detection, and treatment of each. Topics covered include but are not limited to: Death, Dying, and Loss, Normal and Abnormal Development Across the Lifespan, Psychiatric Clinical and Diagnostic Tools and Skills, Response to Illness, Injury, and Stress, Violence Identification and Prevention, Human Sexuality, Substance Use Disorder, Cultural and Genetic Psychiatry, Mood/Depression/Conduct Disorders, Anxiety/Stress Disorders, Provider Wellness and Impairment, Somatoform Disorders, Sleep Disorders, ADD/ADHD, Schizophrenia and Related Disorders, Autism Spectrum Disorders, Personality Disorders, Eating Disorders, and associated Pharmacotherapeutics.

Semester/Year: Spring 2022

Professor: Carilyn Ellis, PsyD, MSCP

Credits: 2

Boise State University

10/2014 – 12/2014

Assistant Instructor (10/30)

Course: Group Psychotherapy

Lesson Plan: Prepared PowerPoint presentation, case example and classroom exercise on process and structured groups

Supervising Course Professor: Aida Midgett, Ed.D, LPC

Assistant Instructor (11/3, 12/3)

Course: Psychological Measurement

Lesson Plan: Prepared PowerPoint presentation, case example and classroom exercise on psychological assessment

Supervising Course Professor: Teresa Z. Taylor, Ph.D.

George Fox University

9/2010 – 3/2011

Teaching Assistant (9/2010 - 12/2010)

Course: Ethics for Psychologists

Supervising Course Professor: Rodger Bufford, PhD
Teaching Assistant (1/2011 – 4/2011)
Course: Integrative Approaches to Psychology
Supervising Course Professor: Rodger Bufford, PhD
Assistant Instructor (3/17/2011)
Course: Integrative Approaches to Psychology
Lesson Plan: Prepared PowerPoint presentation and classroom discussion of theories of Integration
Supervising Course Professor: Rodger Bufford, PhD

RESIDENCY/FELLOWSHIP

Women's Healthcare Associates, Newberg, OR 3/2015 – 8/2015
Resident Psychologist (12 hours/week)
Supervisor: Mary Peterson, PhD
Completed clinical rotation in maternal medical home and postpartum care.

Providence Newberg Medical Center, Newberg, OR 3/2015 – 8/2015
Resident Psychologist (20 hours/week)
Supervisor: Mary Peterson, PhD
Completed clinical rotation in total joint replacement screening and pain management.

Boise VA Medical Center, Boise, ID 8/2014 – 3/2015
APA Accredited Postdoctoral Fellowship (40 hours/week)
Supervisor: Danae Perez-Cahill, PhD
Completed clinical rotations in oncology and primary care. Left fellowship four months early in good standing, with program approval, to return home to Oregon to aid in the care of father when he was placed on hospice.

INTERNSHIP

VA Salt Lake City Healthcare System, Salt Lake City, UT 7/2013 – 7/2014
APA Accredited Internship (40 hours/week)
Supervisor: Sarah Turley, PhD
Completed clinical rotations in geropsychology, pain management, palliative care, home-based primary care, neuropsychological assessment, outpatient mental health and physical medicine and rehabilitation.

PRACTICUM

Portland VA Medical Center, Portland, OR 6/2011 – 6/2013
Practicum (20 hours/week)
Supervisor: Marilyn Huckans, PhD
Completed clinical and research rotations in neuropsychological assessment, palliative care, outpatient mental health and primary care.

Cedar Hills Hospital, Portland, OR 7/2010 – 5/2013

Practicum Student (2010-2011), Qualified Mental Health Professional (QMHP) (16-25 hours/week)

Supervisor: Mario Bolivar, LCSW

Employed as a therapist in inpatient hospital with units for PTSD, Chemical Dependency, Chronic Pain, and Severe Mental Illness.

George Fox Graduate Department of Clinical Psychology and Behavioral Health Clinics

Practicum (4-16 hours/week)

11/2009 – 1/2011

Training Director: Mary Peterson, PhD

Completed clinical foundations in University student counseling, clinical rotations in parent advocacy line and neuropsychological assessment, and served as a standardizing technician for the Universal Non-Verbal Intelligence Test, 2nd Edition (Unit-II). Did comprehensive assessment, consultation and individual therapy.

SUPERVISORY EXPERIENCE

Salem Health, Salem, OR

8/2018 - Present

Provide supervision and didactic training for psychology practicum students.

Samaritan Pacific Communities Hospital, Waldport, OR

6/2016 - 3/2018

Provide supervision and didactic training for psychology practicum students and psychology interns.

Boise VA Medical Center, Boise, ID

8/2014 - 8/2015

Supervisor of Supervision: Danae Perez-Cahill, PhD (2014), Adam Brotman, PsyD (2015)

Provided supervision for interns in APA accredited internship at the Boise VA.

George Fox University, Newberg, OR

8/2012 – 4/2013

Supervisor of Supervision: Erica Tan, PhD

Provided supervision for 2nd year students in the doctoral program, doing practicum training at the University Health and Counseling Center.

ADVANCED TRAINING AND CERTIFICATIONS

All modalities learned with formal, in-person training with manualized format, supervision and review of sessions through direct observation, audiotape and/or videotape

Cognitive Behavioral Therapy (CBT); Theoretical Orientation

Acceptance and Commitment Therapy (ACT)

Dialectical Behavioral Therapy (DBT)

Cognitive Processing Therapy (CPT); National Certification

Client-Centered Therapy (CCT)

Prolonged Exposure (PE)

Motivational Interviewing (MI)

RESEARCH

Study Coordinator/Investigator

2018 - Present

Treatment Outcomes in MAT vs. taper protocols for high opiate use (>120MED), psychological comorbidities, predictors of and barriers to treatment outcomes

Study Coordinator/ Investigator

2016 – Present

Outcome Evaluation and Program Development, Persistent Pain Protocol, Samaritan Pacific Communities Hospital in conjunction with the Oregon Pain Commission

- Efficacy of 4 and 6 week educational series with pain education, comprehensive movement program and ACT-based therapies for pain (measured by decrease in pain catastrophizing, increased engagement in movement).

Study Coordinator/ Investigator

2014-2015

Boise VA Medical Center, Center of Excellence (COE) joint study with St. Luke's Cancer Research Center/Mountain States Tumor Institute (MSTI)

- End of life decision-making in adults with a terminal diagnosis of cancer
- Self-efficacy, depression and medication adherence in adults with Diabetes Mellitus, Type II

Investigator

2011-2013

Portland VA Medical Center/ Oregon Health and Science University joint study with Methamphetamine Abuse Research Center (MARC)

- Neuropsychological effects of chronic methamphetamine use during remission
- Neuropsychological effects of chronic HCV infection and antiviral IFN therapy

Primary Investigator

2010-2012

Cedar Hills Hospital

- Combat-related PTSD, suicidality in women, Group Cohesion and treatment outcome predictors in the group, inpatient treatment of combat-related PTSD

PUBLICATIONS, PEER-REVIEWED JOURNALS

Ellis, C. (2017) Primary care, health-behavior groups, *International Journal of Group Psychotherapy*, 67:sup1, S44-S49, DOI: 10.1080/00207284.2016.1218772

Jaehnert, S., Hoffman, W., **Ellis, C.**, Prince, C., & Wheaton, et al. (2016). A longitudinal study evaluating psychiatric and cognitive functioning across the first two months of remission from methamphetamine dependence. *Addictive Disorders and Their Treatment*. Mar;15(1):1-5.

Huckans, M., Fuller, B., Wheaton, V., Jaehnert, S., & **Ellis, C.** et al. (2015). A longitudinal study evaluating the effects of interferon-alpha based antiviral therapy on cognitive and psychiatric function in adults with chronic hepatitis C virus infection. *Journal of Psychosomatic Research*. Feb;78(2):184-92.

Ellis, C., Jaehnert, S., Plagge, J. Stotzfus, D., Loftis, J., Hoffman, W. & Huckans, M. (2014) Everyday problems with executive dysfunction and impulsivity in adults recovering from methamphetamine addiction. *Addictive Disorders and Their Treatment*. In press.

Ellis, C., Peterson, M., Bufford, R., Benson, J. (2014) The importance of group cohesion in group, inpatient treatment of combat-related PTSD. *International Journal Of Group Psychotherapy*, 64(2), 180-206.

Ellis, C., Peterson, M., Bufford, R., Benson, J. (2014) Reflections on the Lothstein Review. *International Journal Of Group Psychotherapy*, 64(2), 251-253.

PROFESSIONAL MEMBERSHIPS, ACTIVITIES AND APPOINTMENTS

Past President, Board of Directors Oregon Psychological Association	2021 - 2022
President, Board of Directors Oregon Psychological Association	2020 - 2021
President Elect, Board of Directors <i>Oregon Psychological Association (OPA)</i>	2019 - 2020
Director, Board of Directors <i>Oregon Psychological Association (OPA)</i>	2011 – 2013, 2016 - 2022
Member, Social Media Ethics Committee <i>Oregon Board of Psychologists (OBOP)</i>	2017 - Present
Member, Legislative Committee <i>Oregon Psychological Association (OPA)</i>	2011 - Present
Member <i>American Psychological Association (APA)</i>	2009 - Present
Member <i>Oregon Psychological Association (OPA)</i>	2010 - Present