

Amber Larson Sylvan

206 S. Main St., Ste 205
Ann Arbor, MI 48104

(734) 780-4746
ambersylvan@sylvanpsychological.com

EDUCATION

Ph.D., Counseling Psychology

December, 2017

Western Michigan University; Kalamazoo, Michigan

- Dissertation Title: “*A Grounded Theory of How Cross-Sexuality Friendships in Counseling Psychology Doctoral Programs Lead to Heterosexual AntiHeterosexist Identity Development*”
- Doctoral Chair: Eric Sauer, Ph.D; formerly James M. Croteau, Ph.D. (antemortem)

M.S., Counseling Psychology

August, 2008

University of Kansas; Lawrence, Kansas

- Master’s Thesis: “*Exceptional Imaginatives: Personality, Vocational Interests, and Values of Highly Imaginative Creative Adolescents*”
- Advisor: Barbara A. Kerr, Ph.D.

B.A., Psychology

May, 2006

Southern Illinois University; Carbondale, Illinois

CLINICAL EXPERIENCE

Psychologist

Apr 2018-present

Sylvan Psychological, PLLC; Ann Arbor, MI

- Self-employed at a private practice providing individual therapy, psychological evaluation, and career counseling to adults.

Psychology Intern (Predoctoral Internship)

Jul 2015-Jun 2016

Counseling & Testing Center; University of Akron, Akron, OH (40-42 hours per week)

- Attended a full-time, accredited predoctoral internship at a university counseling center that worked from a practitioner-scholar framework and emphasized generalist training. Adopted an individual focus area in diversity with an emphasis on LGBTQ+ and racial issues.

- Provided up to 16 individual therapy hours to clients per week, utilizing an integrationist framework with a base in emotion-focused and psychodynamic approaches for short-term and long-term therapy. Clients included undergraduate and graduate students from a wide range of ages, racial identities, sexual orientations, gender identities, and religious backgrounds.
- Provided alternate modalities for individual counseling clients, including biofeedback, educational counseling, and career counseling.
- Co-led an ongoing interpersonal process group focusing on relationship concerns for two semesters and co-led a 4-week, psychoeducational CBT-based anxiety management group.
- Provided 3-4 hours of intake assessments and crisis walk-in's per week.
- Conducted 5 learning disability/ADHD assessments, 2 career assessments, and 1 clinical assessment with integrated reports. Instruments administered include the WAIS-IV, Woodcock-Johnson Tests of Achievement IV, Personality Assessment Inventory, Barkley Adult ADHD Rating Scale, Barkley Functional Impairment Scale, GAD-7, Strong Interest Inventory, and the Myers-Briggs Type Indicator.
- Received two hours of clinical individual supervision per week, 1.5 hours of supervision of supervision per week, 1 hour of clinical group supervision, and 1 additional hour of supervision for assessment, biofeedback, or research supervision per week, and 0.5 hours of group therapy supervision per week.
- Provided 2 hours of individual clinical supervision to 1 advanced Ph.D practicum student in counseling psychology over the course of two semesters.
- Received training in a variety of clinical issues (e.g., treatment of the college student population, trauma, diversity), treatment modalities (e.g., Emotion Focused Therapy, Acceptance and Commitment Therapy, Prolonged Exposure Therapy), and professional development topics (e.g., ethics, professional selfcare).
- Attended a monthly training on various mental health issues at the Grand Rounds at local hospitals and attended a monthly Diversity Brownbag with counseling center staff.
- Created and provided outreach to the general campus population, including updating and recreating the 3-hour LGBTQ Safe Zone training and creating a Transgender and Gender Diversity training. Conducted 3 LGBTQ Safe Zone trainings, 1 general LGBT issues presentation, 2 Gender and Sexual Minority Issues in the Workplace presentations, 1 LGBT Ally Development presentation, 1 Transgender Awareness, 1 Trans and Gender Diversities training, 1 coping with grief presentation, 2 student success/study skills presentations, 1 stress management presentation, 1 presentation for incoming international students on preventing sexual assault, and a table event for National Depression Screening Day.
- Presented two formal case presentations on individual therapy clients and a research presentation on working with transgender and gender diverse college students.

- Created and presented a training on working with transgender and gender diverse clients for the advanced practicum students and led a diversity brownbag discussion for the staff on the incident at the University of Missouri.
- Co-presented a workshop, “Am I Racist?” at Rethinking Race Week and attended the Black Male Summit.
- Assisted in the search for the next class of psychology interns, including conducting phone and in-person interviews, providing ratings of applicants, and participating in discussions concerning rankings.
- **Supervisors: Juanita Martin, Ph.D., Licensed Psychologist and Donna McDonald, Ph.D., Licensed Psychologist**

Counseling Intern (Field Placement)

Sep 2014-Jun 2015

Counseling Services; Kalamazoo College, Kalamazoo, MI (16 hours per week)

- Provided individual counseling for undergraduate students at a college counseling center.
- Conducted intake interviews and wrote intake reports, including diagnostic interpretations.
- Maintained case notes for individual therapy.
- Attended a group seminar in which case presentations were made and various topics relative to college counseling centers were covered.
- Participated in weekly group supervision with a licensed psychologist.
- Participated in weekly individual supervision by a licensed psychologist.
- **Supervisor: Deborah Rose, Ph.D., Licensed Psychologist**

Career Counseling Graduate Assistant

Sep 2011-May 2013

Counseling Services, Sincuse Health Center and Career & Student Employment Services; Western Michigan University, Kalamazoo, MI (20 hours per week)

- Provided career counseling and vocational assessment for undergraduate students at WMU.
- Administered, interpreted, and created comprehensive assessment reports for the Career Guidance Inventory (CGI), a vocational assessment that measures personality, values, vocational interests, work interests, and academic achievement.
- Initiated outreach to other student affairs departments on campus, including LGBT Student Services, Student Disability Services, Career and Student Employment Services, and the International Student office.
- Participated as first author with supervisors and fellow career graduate assistant to present a symposium on the career needs of sexual minority college students and a roundtable on creating career resources for disadvantaged student populations.

- Oversaw the migration of the career resource center materials to their new location in the center's "Career Zone," a drop-in advising center for career and employment concerns and career resources.
- Maintained counseling notes and assessment reports.
- Participated in weekly group supervision for career assessment and trainings for various vocational counseling and assessment issues.
- Participated in weekly individual supervision by a licensed psychologist.
- ***Supervisor: Mark St.Martin, Ph.D., Licensed Psychologist***

Counseling Intern (Field Placement)

Aug 2011-Jun 2012

Counseling Services; Albion College, Albion, MI (16 hours per week)

- Provided individual counseling for undergraduate students at a college counseling center.
- Co-led a weekly, 1.5 hour LGBT support group.
- Administered, scored, interpreted, and created integrative reports for ADHD assessment (BAARS-IV, CRS), learning disorder assessment (WAIS-IV, WIATII), and psychopathology and personality assessment (MMPI-II).
- Created and facilitated workshops for students, including biofeedback and relaxation, stress-reduction, and sleep disorders.
- Conducted intake interviews and wrote intake reports, including diagnostic interpretations.
- Maintained case notes for individual and group therapy, as well as assessment reports.
- Participated in weekly group supervision and training seminars covering a variety of concerns for college students.
- Provided a case presentation as well as a presentation on personality assessments and the NEO-PI-3.
- Participated in weekly individual supervision by a licensed psychologist.
- ***Supervisor: Frank Kelemen, Ph.D.***

Individual Counselor (Doctoral Practicum)

Sep 2011-Dec 2011

Center for Counseling and Psychological Services; Kalamazoo, MI (8 hours per week)

- Provided individual counseling for 4 clients dealing with depression, life transitions, relationships issues, OCD, anxiety, and adjustment issues.
- Maintained individual therapy case notes.
- Participated in weekly individual supervision by a licensed psychologist.
- ***Supervisor: Lonnie Duncan, Ph.D., Licensed Psychologist***

Group Counselor (Doctoral Practicum)**Jan 2011-May 2011***Center for Counseling and Psychological Services; Kalamazoo, MI (5 hours per week)*

- Provided group counseling to undergraduate students at Western Michigan University.
- *Everyone Under the Rainbow* ○ General process group for undergraduate lesbian, gay, bisexual, transgender, and ally students. Topics included interpersonal relationships, identity formation and development, career issues, health issues, managing discrimination and oppression, and intersecting identities.
- *Burnt Out! Stress-Management Group* ○ General process and skill-building group for undergraduate students.
Topics included relaxation techniques, life/school balance, academic work management, sleep issues, life transitions, and bereavement.
- Maintained group therapy case notes.
- Participated in weekly group supervision by a licensed psychologist.
- ***Supervisor: Delores Walcott, Psy.D., Licensed Psychologist***

Counseling Intern (Field Placement)**Jan 2010-Aug 2010***Michigan Behavioral Consultants; Grand Rapids, MI and Wyoming, MI (20 hours per week)*

- Provided individual counseling for patients with chronic pain conditions.
- Taught relaxation techniques and behavioral skills for pain management to clients.
- Conducted biofeedback (heart rate and respiration) for relaxation and pain management.
- Co-led a therapy and skills training group for stress and anxiety management.
- Performed supervised clinical hypnosis for pain management.
- Attended monthly training groups on the topic of clinical hypnosis for pain management.
- Maintained case notes.
- Participated in weekly individual supervision by a licensed psychologist.
- ***Supervisor: Eric Willmarth, Ph.D., Licensed Psychologist***

Graduate Assistant**May 2009-May 2010***Center for Career Services and Human Resource Development; Grand Rapids, MI (13 hours per week)*

- Provided career counseling to clients in the Grand Rapids area.
- Administered and interpreted vocational assessments (SII, MBTI, Values in Action).
- Provided resume critiques and job interview preparation.
- Facilitated assistance to a career practicum over the course of one semester.

- Oversaw administrative duties for the career center such as scheduling, filing, billing, and other miscellaneous paperwork.
- Maintained counseling notes and assessment reports.
- Participated in weekly group supervision facilitated by a licensed psychologist.
- ***Supervisor: Eric Sauer, Ph.D., Licensed Psychologist***

Counseling Intern (Field Placement)

Sep 2009-Feb 2010

The Clark Institute; Grand Rapids, MI (16 hours per week)

- Provided individual therapy to children, adolescents, and adults utilizing play therapy, cognitive-behavioral therapy, parental training, and other approaches at a private practice.
- Maintained case notes.
- Participated weekly individual supervision by a licensed psychologist.
- ***Supervisor: Matthew Clark, Psy.D., Licensed Psychologist***

Counseling Intern (Field Placement)

Sep 2009-Feb 2010

Oakdale Christian Elementary; Grand Rapids, MI (4-4.5 hours per week)

- Provided brief, individual counseling sessions to students with behavioral, emotional, and developmental issues in grades 1 through 4.
- Designed and led a social skills group for students with developmental disorders.
- Responded to a student's crisis by creating materials for death and grieving.
- Created information for the school staff regarding gifted and talented children.
- Maintained case notes.
- Participated weekly individual supervision by a licensed psychologist.
- ***Supervisor: Matthew Clark, Psy.D., Licensed Psychologist***

Doctoral Associate

Aug 2008-May 2009; Jan 2010-May 2010

Center for Counseling and Psychological Services; Grand Rapids MI (20 hours per week)

- Provided individual therapy for probation clients and the general Grand Rapids populace
- Conducted intake interviews for individual counseling, group counseling, and learning disorder/ADHD assessments
- Administered, scored, interpreted, and created integrative reports for learning disorder/ADHD assessments (WAIS-III, WAIS-IV, WIAT-II, IVA-Plus, CAARS self-report, CAARS observer, CAADID)
- Maintained case notes and assessment reports
- Participated weekly group supervision by a licensed psychologist
- ***Supervisor: Eric Sauer, Ph.D., Licensed Psychologist***

Study Coordinator**Jan 2007-May 2008**

Counseling Laboratory for the Exploration of Optimal States (CLEOS); University of Kansas, Lawrence, KS (8-16 hours per week)

- Provided individual career counseling for creatively gifted adolescents
- Proctored students as they were administered vocational, personality, and values assessments
- Interpreted career assessments (PRF, SFPQ, VIA, Holland code) to students
- Led group guided imagery (“Future Perfect Day”)
- Facilitated group discussions around career development and creativity • Attended weekly peer consultation groups
- **Supervisor: Barbara A. Kerr, Ph.D.**

SUPERVISION EXPERIENCE**Individual Supervisor (Doctoral Supervision Practicum)****Sep 2012-Dec**

2012 *Center for Counseling and Psychological Services; Kalamazoo, MI (10-15 hours per week)*

- Provided weekly individual supervision to 5 master’s students who were providing 2-3 hours weekly individual counseling to the student and community population.
- Provided formal and informal evaluation and assessment of counselor performance.
- Engaged in live supervision and consultation for the supervisees.
- Maintained supervision notes.
- Participated weekly individual supervision by a licensed psychologist.
- **Supervisor: Lonnie Duncan, Ph.D., Licensed Psychologist**

Individual Supervisor (Supervision Course)**May 2011-Aug 2011**

Center for Counseling and Psychological Services; Kalamazoo, MI (3 hours per week)

- Provided weekly individual supervision to one master’s student who was providing individual counseling to the student and community population.
- Provided formal and informal evaluation and assessment of counselor performance.
- Maintained supervision notes.
- Attended bi-weekly group supervision with the practicum course instructor.
- Attended bi-weekly group supervision with the supervision course instructor, Glinda Rawls, Ph.D., Licensed Psychologist.
- **Supervisor: Mary Z. Anderson, Ph.D.**

TEACHING EXPERIENCE

Course Instructor

Sep 2011-May 2013

Western Michigan University; Kalamazoo, MI

- Taught two sections of UNIV 1020: Career Exploration and Development each semester (eight classes over the course of 2 years).
- Instructed students in the use of self-exploration (personality, vocational interests, work values, and skills) assessments, tools, and activities to find a good vocational fit.
- Instructed students in the use of many methods and techniques to gather information about the world of work, such as career resources, online career resources and databases, and informational interviewing.
- Instructed students in resume writing, job interviewing, and networking.
- ***Supervisor: Glinda Rawls, Ph.D., Licensed Psychologist***

Co-Instructor

Sep 2012-Dec 2012

Western Michigan University; Kalamazoo, MI

- Co-instructed a master's-level beginning practicum course (CECP 612: Counseling Practicum), teaching students from a variety of counseling programs (counseling psychology, marriage, family, and couples counseling, and rehabilitation counseling), presenting some lecture material and assisting practicum students during class time.
- Conducted weekly, 1-hour individual supervision sessions with five counseling practicum students as well as engaging in live supervision during practicum class time.
- ***Supervisor and Co-Instructor: Glinda Rawls, Ph.D., Licensed Psychologist***

Teaching Assistant

Sep 2011 – Sep 2013; Sep 2008 – Dec 2008

Western Michigan University; Traverse City, MI and Grand Rapids, MI

- Assisted the instructor along with two other doctoral teaching assistants for CECP 604: Counseling Techniques, a course that instructs students in basic helping and listening skills (4 classes over the course of 1 year and 3 years, respectively).
- Facilitated counseling role plays with the students, engaged individual students in counseling role-plays, and provided constructive feedback for students.
- Supervised, reviewed, and provided feedback on video recording of counseling role play sessions with students.
- Engaged in in-class instructional counseling role plays.
- ***Supervisors: James M. Croteau, Ph.D. and Lisa Makouch, Ph.D., Licensed Psychologist***

RESEARCH EXPERIENCE

Dissertation Research

Jun 2012-Dec 2017

Western Michigan University; Kalamazoo, MI

- Title: “*A Grounded Theory of How Cross-Sexuality Friendships in Counseling Psychology Doctoral Programs Lead to Heterosexual Anti-Heterosexist Identity Development*”
- Proposed a grounded theory study of how the friendships between heterosexual and sexual minority students in counseling psychology programs leads to the development of anti-heterosexist identities in heterosexual people.
- **Supervisor: James M. Croteau, Ph.D.**

Lesbian, Gay, Bisexual, Transgender Training Research Team

Jul 2011-2014

Western Michigan University; Kalamazoo, MI

- Participated on a research team examining the experience of graduate students in in counseling and counseling psychology experience an LGBT seminar course.
- Collaborated with research team members to formulate a phenomenological study.
- Conducted semi-structured, qualitative interviews with research participants.
- Performed multiple levels of coding for the transcribed data.
- Analyzed the data and assisted in forming the thematic structure of the data.
- **Supervisor: James M. Croteau, Ph.D.**

Group Psychotherapy Research Team

Jul 2010-2013

Western Michigan University; Kalamazoo, MI

- Participated on a research team examining the experience of counseling students partaking in experiential groups as part of a group dynamics and process course.
- Conducted semi-structured, qualitative interviews with research participants.
- Transcribed the audio recorded interviews.
- Performed multiple levels of coding for the transcribed data.
- Analyzed the data and assisted in forming the thematic structure of the data.
- Presented study results with research team members at a national conference.
- Helped to prepare and submit a manuscript to a peer-reviewed scholarly journal.
- **Supervisor: Mary L. Anderson, Ph.D.**

Master’s Thesis Research

Jun 2007-Aug 2008

University of Kansas; Lawrence, KS

- Title: “*Exceptional Imaginatives: Personality, Vocational Interests, and Values of Highly Imaginative Creative Adolescents*”

- Proposed and successfully completed a quantitative descriptive study that examined the personality profiles, vocational interests, and strengths or values of highly creative adolescents who were identified as being exceptionally imaginative.
- Utilized and analyzed archival data from a counseling laboratory for creative adolescents (CLEOS), examining instruments such as the NEO-PI-R, PRF, VIA, and Holland themes.
- Analyzed the data using SPSS software program.
- Presented research findings as a poster presentation at the annual APA conference.
- **Supervisor: Barbara A. Kerr, Ph.D.**

Positive Social Media Research Team

Sep 2006-May 2008

University of Kansas; Lawrence, KS

- Participated on a research team examining the effects of online media (i.e., YouTube videos) with prosocial, pro-health messages through the channels of social media networks (i.e., Facebook, MySpace) with undergraduate students.
- Collaborated with the research team in formulating ideas about the design of the study.
- Assisted in the management and monitoring of the study's online intervention tools.
- Entered classrooms to give basic instructions to the participating instructor and the instructor's students about how to complete the study
- **Supervisor: Shane Lopez, Ph.D.**

Junior Lab Coordinator

Jan 2005-May 2006

Southern Illinois University; Carbondale, IL

- Assisted in the management of a research lab and participated on a research team within this lab that examined the longitudinal effects of domestic abuse in romantic relationships.
- Administered and collected informed consent forms and research questionnaires to groups of research participants.
- Filed informed consent forms and research questionnaires to adhere to HSIRB confidentiality requirements.
- Scanned the data into a computer and organized it utilizing a software program.
- Developed a protocol for collecting and entering data for other research assistants.
- Created a step-by-step tutorial for other research assistants that explained how to use the data entering technology and software.
- **Supervisor: Rebecca Weston, Ph.D.**

- Administered and collected research questionnaires for an empirical study of the impact of perceived sexism on the mental health of female undergraduate students.
- *Supervisor: Ann R. Fischer, Ph.D.*

PUBLICATIONS

Anderson, M. L., **Sylvan, A. L.**, and Sheets, R. L. (2013). Experiential learning in a group process and dynamics course: A phenomenological study. *VISTAS, Spring Issue*.

Larson, A. L. (2009). Literary creativity. In B. Kerr (Ed.), *Encyclopedia of Giftedness, Creativity and Talent*. Thousand Oaks, CA: SAGE

Kerr, B. A. and **Larson, A. L.** (2008). How Smart Girls Become Talented Women. In Lopez, S. J. (Ed.) *Perspectives on positive psychology*. Westport, CT: Greenwood Publishing Company.

PROFESSIONAL CONFERENCE PRESENTATIONS (REFEREED)

Larson, A. L., Garrison, A., St. Martin, M., and Rawls, G. (2013, April). Developing career resources for marginalized clientele on college campuses. Roundtable presented at the Great Lakes Counseling Psychology Conference in Grand Rapids, MI.

Larson, A. L. and Gehl., J. (2013, April). Factors that influence academic major support for sexual minority college students. Poster presented at the Great Lakes Counseling Conference in Grand Rapids, MI.

Anderson, M. L., Sheets, R. L., and **Larson, A. L.** (2012, October). Experiential group work in counselor education: An exploratory study of student perceptions. Paper presented at the North Central Association for Counselor Education and Supervision Conference in Kansas City, MO.

Larson, A. L. (2012, August). Grounded theory of the development of heterosexual allies to the LGBT population: A pilot study. Poster presented at the American Psychological Association Conference in Orlando, FL.

Dollar, L. N., **Larson, A. L.**, and Sheets, R. L. (2012, August). Advocating for LGBT youth: Connecting and networking with educational and community resources. Roundtable presented at the American Psychological Association Conference in Orlando, FL.

Larson, A. L., St. Martin, M., Johnson, R., Rawls, G., and Abdul-Rahman, H. (2012, March). Career decision-making needs of sexual minority college students. Symposium presented at the Great Lakes Counseling Psychology Conference in West Lafayette, IN.

Larson, A. L., Martin, D., and Rutt, B. (2011, August). Personality, vocational interests, and values of highly imaginative creative adolescents. Poster presented at the American Psychological Association Conference in Washington, D. C.

Larson, A. L. (2010, April). Understanding *Tongzhi* international students in the United States. Poster presented at Great Lakes Regional Counseling Conference in Akron, OH.

Schultz, E. and **Larson, A. L.** (2008, March). Creative Personality, Openness, and Absorption. Poster presented at the International Counseling Psychology Conference in Chicago, IL.

PROFESSIONAL SERVICES (NOT LISTED ELSEWHERE)

Student Affiliates of Seventeen (SAS) Student Representative **Sep 2012-Dec 2014**
Western Michigan University; Kalamazoo, MI

- Acted as the student representative for the WMU branch of Division 17's SAS
- Provided information to new doctoral students about APA, Division 17, and SAS

Conference Review Committee Member **Mar 2013-Apr 2013**
Western Michigan University; Kalamazoo, MI

- Reviewed conference submissions for the annual Great Lakes Counseling Psychology Conference in Grand Rapids, MI, 2013

ADDITIONAL PROFESSIONAL TRAINING

- **QCR Suicide Training:** Received training and certification in this method of suicide identification and prevention (Kalamazoo College Counseling Center, Kalamazoo, MI; Sep 2014)
- **Eliminating Racism and Celebrating/Claiming Equality (ERAC/CE) Workshop:** Attended a 2 ½ day training that explored the history and manifestations of institutional racism. Strategies for dismantling racism in various institutions were explored (Douglass Community Center, Kalamazoo, MI; Jul 2011)
- **Psychopharmacology Seminar:** Attended a monthly seminar on psychopharmacology by the attending psychiatrist at Albion College Counseling Services (Albion College, Albion, MI; Aug 2011-Jun 2012)
- **Clinical Hypnosis Seminar:** Attended monthly training seminars by a certified ASCH psychologist in the use of clinical hypnosis for chronic pain patients (Michigan Behavioral Consultants, Grand Rapids, MI; Jan 2010-Aug 2010)
- **Biofeedback Training:** Attended training by a certified psychologist in biofeedback to use equipment for heart rate, skin conductance, and muscle tension for relaxation and the relief of chronic pain conditions. (Michigan Behavioral Consultants, Grand Rapids, MI; Feb 2010)
- **Gender Identity Training:** Attended a campus training about gender identity as provided by LGBT Student Services (Western Michigan University, Kalamazoo, MI; Apr 2009)
- **Suicide Assessment Training:** Attended a 3-hour training hosted by a local crisis agency about systematic suicide assessment and intervention in mental health settings (Center for Counseling and Psychological Services, Grand Rapids, MI; Spring 2009)