

## Aaron J. Hands

Curriculum Vitae

5646 Milton Street, Suite 740  
Dallas, TX 75206  
972.729.9134  
aaronhandsphd@gmail.com

### Education

**University of Texas Southwestern Medical Center**, Dallas, Texas

Ph.D., Clinical Psychology, 2016

Dissertation: *Psychological Factors In Neurogenic Thoracic Outlet Syndrome: Resilience And Post-Surgical Quality Of Life*

**University of Texas at Dallas**, Richardson, Texas

M. S. program in Psychological Sciences, 2011-2012

**University of North Texas**, Denton, Texas

Bachelor of Science, 2009 *Summa Cum Laude*

Major: Criminal Justice

### Professional Accreditations

**Texas State Board of Examiners of Psychologists**

Licensed Psychologist, 2017–present

### Professional Organizations

American Psychological Association, 2015–present

Dallas Psychological Association, 2013–2014

Dallas Society for Psychoanalytic Psychology, 2013–2017

### Honors and Awards

Phi Kappa Phi National Honor Society

Alpha Chi National Honor Society

President's List

Certificate of Exceptional Performance in Principles of Managerial Accounting and Financial Accounting

## Current Position

**Clinical Psychologist**, Private Practice, 2019–present

*Activities:* Providing diagnostic evaluations of children, adults, and families; Conducting individual psychotherapy with children and adults; family therapy.

## Past Positions

**Staff Psychologist**, The Housson Center, 2017-2019

*Activities:* Conducted individual and family therapy with children, adolescents, and adults using an integrative treatment approach. Provided psychological and psychoeducational evaluations to comprehensively assess intellectual, academic, attentional, memory, emotional, and social functioning. Collaborated with various school and community-based mental health providers to assist in treatment planning.

**Post-Doctoral Fellow**, Dallas Therapy Alliance, 2016-2017

*Activities:* Provided individual psychotherapy and conducted psychological evaluations with a team of psychologists in group practice specializing in psychoanalytic psychotherapy. Treated patients suffering from a wide array of psychological problems, including severe mental illness and personality pathology.

**Doctoral Intern**, Southern Methodist University Counseling and Psychiatric Services, 2015–2016

*Activities:* Provided short and long-term individual psychotherapy for diverse student population in an outpatient setting; using clinical interviewing skills to perform triage and intake evaluations; conducted crises interventions and implemented safety plans for at-risk patients; provided psycho-education and information on campus resources for students and parents; collaborated with staff psychiatrist on diagnostic formulations and treatment planning.

**Doctoral Intern**, Parkland Behavioral Health Center (Outpatient Clinic), 2015

*Activities:* Provided psychotherapy services for adult community population; conducted psychological evaluations consisting of personality and neuropsychological testing.

**Doctoral Intern**, Texas Scottish Rite Hospital for Children, 2014

*Activities:* Conducted psycho-educational evaluations and provided test result interpretation for families; provided consultation-liaison services as part of a multidisciplinary team; conducted psychotherapy with inpatient and outpatient orthopedic

pediatric population in areas such as adjustment to chronic illness, surgery preparation and education, pain management, and long-term hospitalization.

**Practicum student**, Parkland Memorial Hospital Psychiatric Emergency Room, 2014

*Activities:* Assisted attending physicians during intake evaluations; conducted crisis interventions and collateral interviews; collaborated with staff in diagnostic formulations and treatment planning.

**Practicum student**, UT Southwestern Clinical Psychology Psychotherapy Program (Outpatient Clinic), 2013–2015

*Activities:* Providing psycho-educational interventions and individual psychotherapy for clients.

**Practicum student**, Johnson County Community Supervision Department, 2013–2014

*Activities:* Conducted psychological evaluations; administered intelligence and personality tests; conducted crisis interventions and individual psychotherapy, and facilitated anger management groups.

**Practicum student**, Dallas County Juvenile Department, Psychology Division, 2013

*Activities:* Conducted clinical interviews and administered psychological tests; prepared psychological reports; provided individual psychotherapy and facilitated anger management groups.

**Intern**, M. Matthew Housson, Ph.D & Associates, Clinical Psychology & Educational Services, 2011–2012

*Activities:* Observed parent interviews and psycho-educational test result interpretations; assisted in preparing reports of psycho-educational evaluations; administered the Integrated Visual and Auditory Continuous Performance Test (IVA), a measurement of visual and auditory attention; facilitated weekly social skills groups for young children.

**Intern**, Fulbright & Associates, P.C., Clinical Neuropsychology & Cognitive Rehabilitation, 2010.

*Activities:* Shadowed clinicians during neuropsychological evaluations; trained in clinical interview techniques and neuropsychological test interpretation.

## Research Experience

**Research Assistant**, Baylor Heart and Vascular Hospital, Drs. Gregory Pearl and Ann Marie Warren, Baylor University Medical Center at Dallas, 2015–2016

*Activities:* Coordinated study examining how psychological factors influence recovery in individuals undergoing surgery for neurogenic thoracic outlet syndrome; obtained informed consent and administered questionnaires to patients; scored self-report measures, ran statistical analyses using SPSS software and interpreted results.

**Research Assistant**, Eugene McDermott Center for Pain Management, Dr. Richard Robinson, University of Texas Southwestern, 2015

*Activities:* Researched the effects of opioid use on patients being treated for chronic pain; administered self-report measures to patients enrolled in an interdisciplinary pain program; used SPSS software to analyze pre and post outcome measures.

**Research Assistant**, Personality and Interpersonal Relationships Laboratory, Dr. Robert Ackerman, University of Texas at Dallas, 2011–2012

*Activities:* Conducted literature reviews; analyzed self-esteem modification techniques; researched conceptualizations of narcissism; assisted in formulating constructs as a basis for measuring narcissistic personality traits.

**Investigator**, Parental Alienation Among College Students, 2010–2011

*Activities:* Designed and implemented study, including recruiting participants, developing and administering instruments, analyzing data, and co-authoring publication.

**Research Assistant**, The Blackberry Project, Dr. Marion Underwood, University of Texas at Dallas, 2010

*Activities:* Oriented participants to the laboratory; conducted off-campus visits for data collection; administered surveys; participated in weekly lab conferences regarding the professional literature.

## Teaching Experience

**Tutor**, Coaching for Academic Success, M. Matthew Housson, Ph.D & Associates, Clinical Psychology & Educational Services, 2011–2012

*Activities:* Provided individual in-home tutoring for children with poor academic performance, AD/HD, and other learning difficulties; assisted with homework and

academic projects; taught study strategies, organization methods, writing techniques, note-taking skills, and time-management practices.

**Teaching Assistant**, Adolescent Development, Dr. John Santrock, The University of Texas at Dallas, 2011

*Activities*: Lectured and conducted classroom discussions; prepared presentations; and graded tests and assignments.

**Tutor**, The Shelton Scholars Program, The Shelton School, Dallas, Texas, 2010

*Activities*: Tutored children with dyslexia and AD/HD; implemented a reading and writing skills program.

## **Publications and Poster**

Ackerman, R. A., Hands, A. J., Donnellan, M. B., Hopwood, C. J., & Witt, E. A. (2017). Experts' views regarding the conceptualization of narcissism. *Journal of Personality Disorders, 31*(3), 346–361.

Pouria, P., Rios, L., Kearns, N., Hands, A., Eidt, J., Pearl, G. (2017). First Prospective Evaluation of Psychosocial Factors in Neurogenic Thoracic Outlet Syndrome. *Journal of Vascular Surgery, 65*(6), 200S-201S.

Hands, A. J. & Warshak, R. A. (2011). Parental alienation among college students. *The American Journal of Family Therapy, 39*, 431–433.

Clark, T. S., Freitag, F. G., Robinson, R. C., Hands, A. J., (2013, June) *Improving function by targeting function: efficacy of an interdisciplinary outpatient program*. Poster presented at the 2013 International Headache Congress, Boston, MA.