

Michael A. Sheffield
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LICENSURE

State of Florida, Psychologist
PY11417

EDUCATION

Psy.D. in Clinical Psychology, August 2020, Nova Southeastern University, College of Psychology, Ft. Lauderdale, FL
Directed Study: *A Client-Centered Approach to Supervision in Clinical Psychology*
Supervisors: Barry Nierenberg, Ph.D. and Barry Schneider, Ph.D.

M.S. in Clinical Psychology, September 2016, Nova Southeastern University, College of Psychology, Ft. Lauderdale, FL

B.S. (General Honors and Departmental Honors), May 2011, University of Miami, Coral Gables, FL
Major: Psychology
Minors: Biology, Chemistry
Senior Honors Thesis: *The Relationship between Obsessive Compulsive Symptom Expression and Content Specific Memory*
Supervisor: Debra Lieberman, Ph.D.

CLINICAL EXPERIENCE

Clinical Psychologist, March 2022-Present, 40 hrs/wk
Neurobehavioral Institute (NBI), Weston, FL

- Provide individual and group therapy to patients across outpatient, IOP, and PHP levels of care
- Serve as primary clinician on initial consultations for treatment
- Act as team lead on clinical cases
- Provide supervision to postdoctoral residents
- Function as a part of a consultation team for NBI cases

Post-Doctoral Fellow, August 2020-Current, 40 hrs/wk
UCF Counseling and Psychological Services, Orlando, FL
Training Director: Anna King, Psy.D.
Primary Supervisors: Jamie Bourn, Ph.D. and Roselynn Garcia, Psy.D.

- Provided individual and group therapy to UCF students
- Provided crisis services for students in immediate need

- Participated in and facilitated outreach activities
- Core member of Eating Disorder Management Team
- Provided clinical supervision to UCF practicum students

Psychology Intern, August 2019-August 2020, 40 hrs/wk
University of Notre Dame University Counseling Center, Notre Dame, IN
Training Director: Maureen Lafferty, Ed.D.
Primary Supervisor: Peter Barnes, Ph.D.

- Provided individual and group therapy to Notre Dame students
- Provided crisis services for students in immediate need
- Coordinated and implemented outreach activities
- Participate in Eating Disorders specialty concentration
- Provided clinical supervision to Notre Dame Ph.D. candidate

Psychology Trainee, August 2017-May 2018, 20 hrs/wk
The Renfrew Center for Eating Disorders, Coconut Creek, FL
Program Supervisor: Alissa Baum, Psy.D.
Intensive Supervisor: Janine Furdella, Ph.D.

- Provided individual and group therapy to patients diagnosed with eating disorders
- Provided meal time support and coaching to patients
- Met with supervisors weekly to discuss patient progress and develop case conceptualization

Psychology Trainee, August 2016-August 2017, 20 hrs/wk
Henderson Student Counseling Services, Davie, FL
Program Supervisor: Erika Aguilar, Psy.D.
Intensive Supervisor: Barry Schneider, Ph.D.

- Provided individual and couples therapy to Nova Southeastern University and Broward College Undergraduate and Graduate Students
- Met with supervisors weekly to discuss client progress and develop case conceptualization

Psychology Trainee, August 2015-August 2016, 20 hrs/wk
NSU Counseling Center for Older Adults (NCCOA), Psychological Services Center, College of Psychology, Nova Southeastern University, Davie, FL
Program Supervisor: Michelle Gagnon-Blodgett, Psy.D.
Intensive Supervisor: Ashley Stripling, Ph.D.

- Provided therapy services to adults ages 55 and older
- Participated in a biweekly Parkinson's Disease support group for caregivers and their loved ones
- Provided consultation services for Geriatricians in a specialty clinic
- Met with supervisors weekly to discuss client progress and develop case conceptualization

RESEARCH EXPERIENCE

Research Associate, August 2011-February 2013, 40 hrs/wk
Department of Pediatrics, Psychology Division, University of Miami Miller School of Medicine,
Miami, FL
Supervisor: Jason Jent, Ph.D.

Healthy Steps for Young Children pediatric practice in a diverse urban setting: A multi-site pilot study. Principal Investigator: Jason Jent, Ph.D.; Co-Investigator: Eugene Hershorin, M.D. Funded by the Children's Trust, Miami, FL.

- Research efforts were devoted to a longitudinal multi-site study designed to replicate the findings of a national evaluation of Healthy Steps for Young Children with an urban and predominately Hispanic population. Healthy Steps is a primary-care based program located at four separate sites in Miami-Dade County focused on enhancing well child care by providing developmental and behavioral assessments to children in the first three years of life and anticipatory guidance and psychoeducation to their parents.
- Duties included: developing and maintaining study databases, managing data collection, and protocol adherence for over 700 participants using Excel, SPSS, and SAMIS (online participant records system), conducting statistical analyses and writing syntax with SPSS, conducting relevant literature reviews, preparing and managing IRB protocol activities, supervising a part-time research assistant, and assisting with grant proposal, manuscript, and presentation preparations. Duties also included fiscal management and monitoring of grant-funded research studies.

The Effectiveness of Reducing Environmental Tobacco Exposure Program (RETEP) within a Healthy Steps for Young Children pediatric model: A randomized-controlled trial. Principal Investigator: Jason Jent, Ph.D.; Co-Investigators: Alan Delamater, Ph.D. & Eugene Hershorin, M.D. Funded by the James and Esther King Biomedical Research Program.

- Study involved assessing the effectiveness of RETEP, an intervention program aimed at reducing second and third hand smoke exposure in families with young children
- Duties included managing IRB protocol activities and grant reports, supervising data collection using SPSS, and managing grant's financial records

Project Regulators: A comparison of Parent-Child Interaction Therapy with Parent-Child Interaction Therapy plus emotional regulation intervention. Principal Investigator: Jason Jent, Ph.D. Funded by the Children's Trust, Miami, FL.

- Research involved providing evidence-based parenting education and therapy services to families with children between the ages of 2 and 12 years old with behavior problems and empirically evaluating the role of emotion regulation (child and parent) in the progression towards treatment success, as well as any impact PCIT may have on the development of emotion regulation skills throughout therapy
- Duties included shadowing the psychologists who are conducting the therapy and interacting with both parents and children involved

Research Assistant, January 2010-May 2011, 9 hrs/wk
Department of Psychology, University of Miami, Coral Gables, FL
Supervisor: Debra Lieberman, Ph.D.

- Research focused on disgust and OCD within the context of evolutionary psychology

- Duties included designing a senior honors thesis in E-Prime 2.0, recruiting participants, collecting, managing, and analyzing data in both SPSS and Excel, supervising undergraduate research assistants, and attending lab meetings on current research goals

Research Assistant, August 2010-December 2010, 6 hrs/wk
Department of Psychology, University of Miami, Coral Gables, FL
Supervisor: Kiara Timpano, Ph.D.

- Research focused on OCD and hoarding
- Duties included conducting thorough literature searches and reviews, managing data in SPSS, and participating in weekly meetings regarding OCD and related anxiety disorders

PRESENTATIONS

Jent, J.F., Levine, A., Vuelta, L., Chapman, A., **Sheffield, M.**, Barahona, G., Tinsley, T., Delamater, A., & Hershorin, E. (2012, November). *The Effectiveness of the Reducing Environmental Tobacco Exposure Program within a Healthy Steps Pediatric Model: A Randomized-Controlled Trial*. Presented at the ABCT's 46th Annual Convention in National Harbor, MD.

Jent, J.F., **Sheffield, M.**, Dandes, S.K., & Lambert, W.F. (2012, June). *Do Identified Risk Factors, Case-Specific Factors, or Case Recommendations in Multidisciplinary Evaluations Really Make Any Difference in Long-term Safety to Families?* Presented at the 2012 American Professional Society on the Abuse of Children in Chicago, IL.

Chapman, A., **Sheffield, M.**, Barahona, G., (2011, December). *Bullying*. Invited lecture presented at the University of Miami Miller School of Medicine & Jackson Memorial Hospital Conference for Residents, University of Miami, Miller School of Medicine, Miami, FL.
Sheffield, M. & Becerra, N. (2010, October). *Playing With Your Child: Birth to 3 Years*. Presented at the monthly University of Miami Healthy Steps Parent Group meeting, University of Miami Miller School of Medicine, Miami, FL.

Sheffield, M., Lieberman, D., Aylward, A. (2010, July). *Precautionary reasoning mechanisms and individuals with OCD symptoms*. Poster presented at the University of Miami Psychology Research Initiatives Mentorship Experience, Coral Gables, FL.

PROFESSIONAL MEMBERSHIPS

- Member, American Psychological Association (2015-Present)
- Member, Psi Chi International Honors Society in Psychology (2009-Present)
- Member, ACBS (2019-Present)