

CURRICULUM VITAE

Carolyn J. Cavanaugh Toft, Ph.D.

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LICENSURE: Psychologist: Arizona License #3268, expires January 31, 2018

EDUCATION:

August 1996 Arizona State University, Tempe, AZ
Ph.D., Clinical Psychology
APA-Accredited Program in Clinical Psychology

Dissertation: Food intake variables related to childhood obesity: The impact of intake timing
Advisor: Carol J. Nemeroff, Ph.D.

Internship: University of Wisconsin-Madison Medical School, Madison, WI
APA-accredited Predoctoral Internship in Clinical Psychology

August 1992 Arizona State University, Tempe, AZ
M.A., Clinical Psychology

Master's Thesis: Moderating the effect of body esteem on self-esteem: The role of self complexity
Advisor: Carol J. Nemeroff, Ph.D.

May 1989 Duke University, Durham, NC
A.B., *Magna Cum Laude*
Psychology, with Honors

Honor's Thesis: The role of taste responsivity and preload texture in restrained eating behavior
Supervisor: Philip R. Costanzo, Ph.D.

Jan. 1988- University of Sussex, Falmer, England
June 1988 Visiting Student

TEACHING EXPERIENCE

- Aug 1996 - Senior Lecturer/Lecturer/Instructor
Present *Arizona State University, Tempe and West Campuses*
Teach 1-4 undergraduate courses per semester including *Introduction to Psychology* (51), *Abnormal Child Psychology* (40), *Abnormal Psychology* (34), *Early Start: Psychology* (1); Responsible for all aspects of course development and dissemination, including training and supervision of 2-3 Graduate and 2-4 Undergraduate Teaching Assistants per semester. Have also taught and supervised 5 doctoral students teaching an undergraduate course in Psychology via *Supervised Teaching* seminar and mentored 2 Teaching Faculty seeking consultation to improve their teaching effectiveness.
- Fall 1997 - Invited Guest Lecturer
Present *Arizona State University, Tempe, AZ*
Invited to provide guest lectures on topics including Careers in Psychology, and Treatment of Eating Disorders, Chronic Pain and Traumatic Brain Injuries to a variety of audiences including Notre Dame Preparatory High School, undergraduate courses in *Clinical Psychology* and *Cognitive Psychology* at ASU, Psi Chi Induction (3), Graduate courses in *Clinical Interviewing* (2) and *Counseling Internship Seminar* at ASU; Graduate seminar at Fielding Institute; First Year Family Medicine Residents at Good Samaritan Hospital and Multi-disciplinary Providers at St. Luke's Hospital.
- Spring 2000 - Workshop Leader
Oct 2004 *World of Work, Inc., Tempe, AZ*
Lead workshops on administering and interpreting the World of Work Inventory as part of career development strategies. Audiences have included doctoral students in ASU's Preparing Future Professionals Program and guidance counselors in the Phoenix Union High School District.
- June 2003 - Cialdini Method Certified Trainer (CMCT)
Oct 2004 *Influence at Work, Tempe, AZ*
Completed a rigorous 4-day training course presenting "Principles of Persuasion" workshop. Co-led workshops on the Principles of Persuasion to employees of Bayer, AZ Commission on the Arts, and leaders of Arizona non-profit agencies.
- Jan 1996 - Co-Instructor
May 1996 *University of Wisconsin Medical School, Madison, WI*
Co-instructed first year Medical School course in interviewing techniques and development of effective doctor-patient relationships.
- Aug 1989 - Teaching Associate
July 1991; *Arizona State University, Tempe, AZ*
Aug 1992 - Undergraduate courses in *Introductory Psychology*, *Introductory Statistics* (4),
May 1993 *Intermediate Statistical Methods*, *Abnormal Psychology*, *Abnormal Child Psychology*, *Adolescent Psychology*, *Stress and Coping*, and *Community Psychology*.
Responsibilities included constructing and evaluating examinations; evaluating term papers; supervising undergraduate proctors; assisting in the preparation and presentation of course material; guest lecturing; tutoring students in course material.

SERVICE:

Spring 2011 - Honors Faculty

Present *Barrett, the Honors College, Arizona State University, Tempe, AZ*
Served as a reader on Honors Theses for approximately 2 students per year in the Psychology Department and Honors College; Supervised Honors Contracts for 3 students in PSY 443 in Spring 2015.

Summer 2011-Psychology Department Faculty Representative

Present *Freshmen Orientation, Arizona State University, Tempe, AZ*
Met with incoming students and their parents during Freshmen Orientation lunches

Spring 2013 - Undergraduate Studies Committee

Present *Department of Psychology, Arizona State University, Tempe, AZ*
Current Member of Undergraduate Studies Committee that reviewed and revised policies on Undergraduate Teaching Assistants; Organized collection and reporting of data related to UTA activities and pedagogical benefits. Co-wrote policy statement on policies for UTAs.

May 2015 - Faculty Advisor

May 2016 *Forks for Change: MDG Awareness Group, Arizona State University, Tempe, AZ*
Forks For Change is a student leadership organization focused on building networks and partnerships for community service initiatives at the ASU. Our goal is to end poverty through educational outreach that builds community identity and advances the underprivileged youths in the valley.

Dec 2004 - Member, ASU BodyPride 2005 Planning Committee

March 2005 *Arizona State University, Tempe, AZ*
Participated on a 14-member planning committee, comprised of students, staff, and faculty representing 10 departments across ASU. The purpose of the committee was to plan, promote, conduct, and evaluate events during BodyPride Week 2005 at ASU. The ASU BodyPride Committee won the 2005 Commission on the Status of Women Award for its Outstanding Achievement and Contribution Towards Advancing the Status of Women.

Aug 1996 - Academic Professional

July 2004 *Department of Psychology, Arizona State University, Tempe, AZ*
Coordinated and provided undergraduate academic advising for Psychology Department; Developed and maintained advising web page; Former ASU Psychology representative to Transfer Articulation Task Force, Former member of Undergraduate Studies Committee that redesigned undergraduate major curriculum and attempted to redesign departmental teaching evaluation process; Integrated career assessment and counseling into undergraduate advising and ASU Preparing Future Professionals program; Co-developed undergraduate internship program with Gregory Neidert, Ph.D.; Former Faculty Sponsor of Psi Chi, Psychology Honor Society (1998-2004); Collected and organized data for the Clinical area's 2000 APA-self study.

HONORS & AWARDS

Nominated for CLAS Excellence in Teaching Award 2009, 2011, 2014, 2015, 2016
Sun Devil Athlete Most Influential Professor Award: 2009, 2013, 2014
Devils Advocates Excellence in Teaching Award: 2010, 2016
Guest Coach, ASU Athletics: 1999, 2009, 2012, 2013, 2014
Certificate of Appreciation, Advising, ASU Disability Resources for Students: 2000
Runner-Up, CLAS Excellence in Advising Award: 1999

CLINICAL EXPERIENCE:

- Dec 2004 - Clinical Psychologist
Present *Cavanaugh Toft Psychological Services, LLC, Phoenix, AZ*
Conduct individual, couples and family psychotherapy with clients experiencing mood, anxiety and eating disorders; conducted psychological assessments for individuals in the DODMERB/Remedial program and seeking gastric bypass surgery.
- Oct. 1996 - Licensed Psychologist/Postdoctoral Trainee, Clinical Psychology
Present *Clinical Psychology Center, Arizona State University, Tempe, AZ*
Conduct individual and couples psychotherapy with clients experiencing mood, anxiety and eating disorders and health-related problems; provide clinical supervision for doctoral students in ASU Clinical Psychology Program.
- Jan 2012 - Clinical Supervisor
May 2014 *New Beginnings Program, REACH Institute, Arizona State University, Tempe, AZ*
Supervisor of New Beginnings Program parenting group as part of a multi-site effectiveness trial funded through the National Institute of Drug Abuse. NBP is an evidenced-based cognitive behavioral intervention aimed at increasing parental warmth, enhancing communication, creating stable routine, maintaining healthy and effective discipline, and providing support for parents during this challenging time of transition. Responsibilities included facilitating a 10-week parenting program for divorcing parents; participating in training programs for Masters level group leaders and supervising group facilitators of 10-week treatment and 2-week control groups in various counties in Arizona.
- April 2007 - Clinical Psychologist
March 2011 *Adolescent Medicine Clinic, St. Joseph's Hospital and Medical Center, Phoenix, AZ*
Conducted individual and family psychotherapy with adolescent clients experiencing a wide range of psychological disorders including Depression, Anxiety, Anorexia, Bulimia, Substance Abuse, Conduct Disorder, Oppositional Defiant Disorder, Chronic Pain, Traumatic Brain Injury, and Autism Spectrum Disorders; worked as part of a multi-disciplinary treatment team.
- May 2003 - Clinical Psychologist
Nov 2004 *A New Beginning Outpatient Treatment Center, LLC, Scottsdale, AZ*
Conducted individual, couples and family psychotherapy with clients experiencing mood, anxiety and eating disorders; conducted psychological assessments for adolescents and adults; served as HIPAA compliance officer; attended weekly staff meetings.

- Sept 2002 - Staff Psychologist and Postdoctoral Supervisor
 Sept 2003 *The WISH Center, Tempe, AZ*
 Conducted brief psychological screening evaluations for patients pursuing gastric bypass surgery; worked as part of a multi-disciplinary treatment team; provided clinical supervision to Clinical Psychology Postdoctoral Fellow; provided consultation to management in handling staff issues.
- Nov. 1996 - Licensed Psychologist/Postdoctoral Trainee, Clinical Psychology
 April 1999 *Psychological Pathways, Scottsdale, AZ*
 Conducted individual, couples, family and group psychotherapy with people experiencing a variety of psychiatric disorders including eating disorders, along with individuals with chronic health problems and traumatic brain injury; Facilitated a weekly support group for individuals with eating disorders; Presented on eating disorders, traumatic brain injury, cognitive approaches to dealing with disability and psychosocial issues related to chronic pain, to professionals at local agencies; Participated in monthly multidisciplinary staff meetings.
- July 1995 - Clinical Psychology Intern
 June 1996 *University of Wisconsin-Madison Medical School, Madison, WI*
 Conducted intakes, brief and long-term psychotherapy with an average of 12 clients weekly, including adults, couples, children, adolescents, and families with a variety of psychiatric disorders; performed psychological assessments of inpatient and outpatient populations to provide differential diagnosis and clarify personality components; co-facilitated cognitive-behavioral groups for adults with eating disorders and depressed adults; participated in seminars and case conferences for psychiatry residents, clinical and health psychology interns. Specialty rotations included Health Psychology rotation, Child/Family Rotation and Community/Emergency rotation.
- July 1994 - Resident Therapist
 June 1995 *Clinical Psychology Center, Arizona State University, Tempe, AZ*
 Conducted brief and long-term psychotherapy with adults, couples, families and adolescents; Co-facilitated groups for female compulsive overeaters with junior therapists; Provided telephone screening and disposition of client contacts; Community outreach: referrals and workshops; Oriented and consulted with practicum students; Participated in monthly professional issues seminars and staff meetings.
- July 1993 - Psychology Extern
 June 1994 *Psychological Services Unit, Maricopa County Sheriff's Office, Phoenix, AZ*
 Conducted individual, marital and family therapy with Sheriff's Office employees and their families; co-developed a psycho-educational group for parents of teenage children; Conducted screening interviews and psychological assessments of detention officer, deputy, 911-dispatcher and posse applicants; Assisted in ongoing in-house research.

July 1991 - Psychology Extern
June 1992 *Psychiatry Department, Maricopa County Medical Center, Phoenix, AZ*
Performed psychological assessment of adolescent and adult inpatients for the primary purpose of assisting with differential diagnosis (i.e., clinical interview, test administration, interpretation and formal written report); Co-facilitated adolescent inpatient group; Participated in evaluation of patients' treatment and progress, as part of the multi-disciplinary treatment team; Attended in-house colloquia.

PROFESSIONAL MEMBERSHIPS

American Psychological Association
Arizona Psychological Association
National Register of Health Service Providers in Psychology, Certificate #51631

RESEARCH EXPERIENCE

Jan 1990 - Research Affiliate: Carol Nemeroff, Ph.D. and Robert Cialdini, Ph.D.
May 1995 *Arizona State University, Tempe, AZ*
Study of impact of belief in magical contagion on self-concept and existence of specific sensitivities. Responsible for organizing and supervising undergraduate research assistants, coordinating data collection and management; assisting in statistical data analysis.

Jan 1992 - Investigator
June 1992 *Arizona State University, Tempe, AZ*
Conducted follow-up study to Master's Thesis to investigate the relationship of body esteem to global self-esteem in young males, with self-complexity as a potential moderator of this relationship.

June 1991 - Research Assistant: Carol J. Nemeroff, Ph.D.
Aug 1991 *Arizona State University, Tempe, AZ*
Study of the role of magical thinking in determining perceptions of risk of illness transmission from different source individuals. Responsible for qualitatively coding projective germ drawings on various source dimensions

Aug 1988 - Research Assistant: Philip R. Costanzo, Ph.D.
May 1989 *Duke University, Durham, NC*
Examined social and personality factors mediating restrained eating in female undergraduates. Responsibilities included data collection and management, assisting in statistical analyses.

June 1988 - Research Assistant: Jennifer Crocker, Ph.D. and James Blascovich, Ph.D.
Aug 1988 *State University of New York at Buffalo, Amherst, NY*
Examined the effects of a temporary threat to self-esteem on psychological and psychophysiological functioning of undergraduates. Responsibilities included data collection and management and assisting in statistical analyses.

PUBLICATIONS:

Cavanaugh, C. & Lemberg, R. (1999) What we know about eating disorders: Facts and statistics. In Lemberg, R (Ed.) *Eating Disorders: A Reference Sourcebook*. Phoenix, AZ: Oryx Press, pp. 7-12. *Invited Chapter.

Nemeroff, C. & **Cavanaugh, C.** (2000). The ethics of emaciation: Moral connotations of body, self and diet. In Siegel, M. & Peterson, C. (Eds.) *Children's understanding of biology and health*, NY: Cambridge University Press, pp. 183-208. *Invited Chapter.

REFERENCES:

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Social & Behavioral Sciences
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J. Jay Braun, Ph.D.
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Additional references available upon request.