

Crystal Hank

2926 Rutherford Way Charleston, SC 29414 • 540-969-8371 • crystal.a.hank@gmail.com

Education:

Doctor of Psychology, Counseling Psychology, July 2017

Radford University, Radford, VA

GPA: 4.0

Dissertation: Self-Compassion: A proposed moderator of the relationship between experiences of bullying victimization and risk taking behaviors

Doctoral Internship: William and Mary Counseling Center, August 2016-July 2017

Master of Science, Clinical-Counseling Psychology, May 2013

Radford University, Radford, VA

GPA: 4.0

Bachelor of Science, Psychology, May 2009

Roanoke College, Salem, VA

Concentration: Human Development

GPA: 3.94

Summa cum laude

Licensure:

Licensed Clinical Psychologist, State of Virginia

License Number: 0810005957

Licensed Psychologist, State of South Carolina

License Number: 1556

Licensed Psychologist, Hawaii

License Number: Psy-1946

Academic Experience:

Professor of Practice

(Fall 2019-present)

- Teaches graduate students in the Masters of Clinical Counseling Program with a 3/3 ratio. Historically, has also taught 1/1 in Summer I and Summer II semesters.
 - Courses taught include:
 - Multicultural Counseling
 - Advanced Assessment
 - Evidence Based Practice and Case Conceptualization
 - Group Counseling Theory and Techniques
 - Personality Theories
 - Practicum
 - Internship I
 - Psychopathology
 - Principles of Behavior and Cognitive Change

- Acts as student advisor, creating plans of study and guiding students with class registration and planning
- Serves on students' capstone case study presentations upon student request
- Grades and provides feedback on comprehensive exams
- Participates in annual student evaluations, and provides feedback to student advisees
- Currently serving on a hiring committee in the search for a new school psychology faculty member
- ***Field Placement Coordinator, The Citadel (Fall 2019-present)***
 - Helps create new and maintain previously established field placements for students, partnering with community agencies, and coordinating student placement as needed. Also provides an orientation to practicum and internship to students in fall and spring semesters.
- ***Diversity and Inclusion Coordinator, The Citadel (Spring 2022-present)***
 - Provides support for and is the contact point for diverse students who have questions, needs, or issues, related to program diversity and inclusion.
 - Provides support for diversity initiatives on campus created by students in the program
- ***Assistant Director of Clinical Training, Psychological Wellness Clinic, The Citadel (Spring 2021-Present)***
 - Provides clinical supervision to practicum students housed in the Psychological Wellness Clinic on campus
 - Served as stand in director of the wellness clinic, Fall of 2022.
 - Initiated/Began discussions around partnership with Charleston School of Law, Fall 2022

Graduate Assistant, Fall 2013-Spring 2016

Radford University, Radford, VA

- Assisted program advisor with various research tasks including modifying an excel spreadsheet for data entry and entering data obtained from administrations of the Quick PsychoDiagnostics Panel (QPD)
- Proofread a variety of documents including a dissertation, PowerPoints that corresponded with text book chapters, and coursework schedule changes that were being considered by the department
- Reviewed literature and articles for applicability to coursework and research
- Engaged in administrative tasks related to faculty and director searches for the department, including obtaining and organizing contact information for potential candidates

Graduate Teaching Fellow, Fall 2014-Spring 2015

Radford University, Radford, VA

- Taught adolescent psychology to undergraduates
- Lectured two mornings per week for 1 hour and 15 minutes
- Prepared lectures weekly
- Created and graded quizzes, tests, and projects throughout the semester
- Answered student questions regarding course material

- Provided career information to students interested in perusing the field of psychology

Education Support Specialist II, Summer 2015

Dabney S. Lancaster Community College Rockbridge Center, Lexington, VA

- Engaged in coursework help for nursing students in medical math and nutrition, as well as help for students completing general education math courses
- Helped students with study skill techniques and engaged in test review
- This assistance was specifically designated for low-income students, first generation college students, and/or students with disabilities

Teacher Assistant, September 2010-June 2011

Alleghany County School System (Alleghany High School), Covington, VA

- Assisted the School Wide Information System (SWIS) program teacher in aiding high school students, one on one, with computer work designed for those with learning and behavioral disabilities
- This program covered content in subject areas with which students struggled most

Substitute Teacher, August 2008- September 2010

Alleghany County School System, Covington, VA

- Filled in for teachers in a variety of subjects and grade levels
- Maintained normal classroom routine
- Taught lesson plans provided by the teacher
- Monitored student's behavior and performance
- Teaching occurred in both special education and general education classrooms

Clinical Experience:

Private Practice, Charleston, SC

Practice owner and therapy provider, July 2019- present

- Conducts psychosocial assessments and therapy sessions in a generalist practice, also specializing in young adults, LGBTQIA+ issues, as well as pre and post bariatric surgery needs
- Utilizes an evidence-based practice, integrative therapeutic approach using elements of CBT, ACT, and self-compassion
- Conducts Bariatric support and psychoeducation groups upon request for Coastal Carolina Bariatric and Surgical Center
- Manages billing, insurance, scheduling, and income/expenses of the practice

Valley Health Metabolic and Bariatric Program, Winchester, VA

Bariatric Psychologist, July 2018-June 2019

- Conducted psychosocial assessments of bariatric patients pursuing surgery
- Conducted testing to assess patients' mood stability for surgery
- Provided results and recommendations to help patients prepare for surgery and the potential for post-operative mental health concerns
- Worked with a multi-disciplinary department to re-design mental health policies and procedures
- Engaged in crisis assessment as needed
- Provided psychoeducation to patients and staff about mental health in general and as it relates to bariatric surgery

Longwood University, Farmville, VA

Staff counselor, August 2017- June 2018

- Conducted intakes, group screenings, initial consultations, and provided crisis intervention to students utilizing the crisis walk-in system
- Provided individual therapy for undergraduate and graduate students
- Provided supervision to masters level intern students
- Co-facilitated a weekly understanding self and others process group, co-facilitated a weekly family of origin group
- Served as on-call clinician, responding to after-hours emergency care
- Served on a "Resiliency Week" committee to promote student wellness

William and Mary Counseling Center, Williamsburg, VA

Pre-Doctoral Intern, August 2016- July 2017

- Conducted initial assessments and provided crisis intervention to students utilizing the crisis walk-in system
- Provided individual therapy for undergraduate, graduate, and law students
- Provided supervision to doctoral level practicum student
- Co-facilitated a weekly women's understanding self and others process group
- Co-facilitated a weekly body image/eating disorder process group
- Co-facilitated a monthly transgender support group
- Co-conducted program evaluation related to RA trainings on suicide prevention
- Served as on-call clinician, responding to after-hours emergency care
- Conducted a variety of outreach presentations to the student body

University Counseling, Washington and Lee University, Lexington, VA

Practicum Student, August 2015- April 2016

- Provided individual therapy for undergraduate and law students
- Contributed to outreach opportunities on campus including RA training and educating/role playing with peer counseling students

- Participated in multidisciplinary weekly staff meetings exploring difficult cases and other administrative concerns
- Co-facilitated weekly group therapy for Washingtonian Recovering Community (Consists of students wanting to decrease or abstain from alcohol use)

Cook Counseling Center, Virginia Tech, Blacksburg, VA

Practicum Student, August 2014- July 2015

- Conducted therapy with college students, including students who were members of the Corps of Cadets
- Provided feedback as a process observer for an anxiety and depression group
- Co-led an animal-assisted group designated for students with serious mental illness
- Facilitated outreach efforts, including finals fairs and a Greek stress management presentation
- Collaborated with other staff members in a weekly case conference meeting, discussing cases involving students at risk for harm to self or others

Center for Assessment and Psychological Services, Radford University, Radford, VA

Practicum Student, Summer 2014

- Co-led couple's therapy with a licensed psychologist
- Completed two integrated reports which included the OQ-45, SCL-90, BDI-II, and the FAM-General Scale and the FAM- Dyadic Scale

Community Health Center of the New River Valley (CHC), Christiansburg, VA

Practicum Student, August 2013-July 2014

- Conducted individual therapy with clients, many of whom were rural residents and qualified for low income services
- Completed initial intakes and administered the QPD to clients on first contact
- Collaborated with a multidisciplinary team, including medical professionals, to provide integrated care for clients

Lewis-Gale Pavilion, Salem, VA

Behavioral Health Masters Intern, August 2012- May 2013

- Administered psychosocial assessment on new admissions to inpatient units
- Facilitated meetings with patients (adolescents/adults) and families to assess support systems and resources
- Led process and relaxation group sessions with adolescent patients
- Coordinated aftercare placement and therapy for patients

Outreach Experience:

Grand Rounds Presentation on: Mental Health, Obesity, and Screening for Bariatric Surgery: Your Role and How You Can Help, Spring 2019

Winchester Medical Center, Winchester, VA

- Provided a one hour, continuing education, medical grand rounds presentation to surgeons, other medical providers, and staff on the relationship between mental health and obesity, and how to assess whether someone may be an appropriate referral for bariatric surgery.

Hispanic Latino Association Coping Presentation, Fall 2017

Longwood University, Farmville, VA

- At the request of the Hispanic Latino Association, provided information to students about how to cope and how to help others cope with the changes to DACA and with the natural disasters that occurred in Mexico and Puerto Rico, Fall of 2017.

Relaxation Workshops, Fall 2017

Longwood University, Farmville, VA

- Conducted several relaxation workshops during finals week, where students were guided through a variety of relaxation activities (i.e., mindful breathing, progressive muscle relaxation, guided imagery).

Depression and Substance Use Presentation, Spring 2016

William and Mary, Williamsburg, VA

- Provided a presentation to the Delta-Chi fraternity on recognizing depression and substance use concerns in peers and ways to help connect those peers to resources.

Self-Care Presentation, Fall 2016

William and Mary, Williamsburg, VA

- Provided a presentation to students related to defining and practicing self-care. This presentation also included self-compassion and working with thoughts as unique ways to engage in self-care.

PsyD/PhD panel, Fall 2016

William and Mary, Williamsburg, VA

- Served as a member on a panel designed to answer undergraduate student's questions related to the differences in PsyD and PhD programs. Students interested in pursuing work in the field of psychology attended, and a variety of questions were addressed throughout the panel meeting.

Hazing Prevention and Sexual Assault Programming, Fall 2016

William and Mary, Williamsburg, VA

- Provided support for students who may have been triggered during campus presentations about sexual assault and hazing.

Mental Health Screening, Fall 2016

William and Mary, Williamsburg, VA

- Conducted mental health screening campus wide for depression, anxiety, PTSD, and Bipolar Disorder.

RA Student Training, Fall 2016

Washington and Lee University, Lexington, VA

- Sat in on trainings provided for resident advisors, conducted by faculty of the counseling center. These trainings included information regarding substance use, safe sexual practices, and how to respond when residents present in crisis.

Law School Outreach, Fall 2015

Washington and Lee University, Lexington, VA

- Represented University Counseling at Washington and Lee's Law School, providing handouts and information regarding mental health services on campus.

Peer-Counseling Training, Fall 2015

Washington and Lee University, Lexington, VA

- Co-led training seminars for student peer counselors, giving them an opportunity to role play various situations that may arise for students on their hall in the coming school year (i.e., a student questioning sexual orientation, a student struggling with problems related to substance use). Provided feedback for students in the role of counselor on the basics of active listening, reflecting, and sitting with emotion.

Stress Management Presentation, Spring 2015

Virginia Tech, Blacksburg, VA

- Led a Progressive Muscle Relaxation exercise during a Stress Management Presentation that was being conducted for the Theta Chi fraternity.

Finals Extravaganza, Fall 2014

Virginia Tech, Blacksburg, VA

- Staffed a table for the Cook Counseling Center that provided students the opportunity to take healthy snacks, make their own stress balls, color in coloring books, and post how they cope with stress on a board for other students to see.

Genocide Awareness Project, Fall 2014

Radford University, Radford, VA

- Helped coordinate staffing to sit at a table designated to provide resources to the Radford University Counseling Center. This project was a traveling organization that was intending to spread a message comparing genocide to abortion, and to do so they posted explicit pictures of both genocide and abortion, which caused discomfort for many students.

Professional Presentations:

Hank, C. (2019, June). Mental Health, Obesity, and Screening for Bariatric Surgery: Your role and how you can help. PowerPoint presentation delivered at Grand Rounds for Winchester Medical Center physicians and staff.

Hank, C. (2016, April). Cognitive behavioral therapy (CBT): Putting theory into practice. Poster presented at Radford University's Graduate Spring Forum.

- Rimmer, S., Abercrombie, S. H., Cohn, T. J., LeBarre, S., & Hank, C. (2015, August). Social support and self-esteem among rural LGB college students. Poster presented at the Annual Meeting of the American Psychological Association, Toronto, Canada.
- Abercrombie, S., Hank, C., LeBarre, S., Rimmer, S., Caughron, J., Cohn, T. J., & Hastings, S. L. (2014, August). Instrument development: Traditional and cyberbullying through a current and retrospective lens. Poster presented at Annual Meeting of the American Psychological Association, Washington D.C.
- Rimmer, S., LeBarre, S., Hank, C., Abercrombie, S., & Hastings, S. L. (2014, March). Self-compassion and behavioral health intervention strategies. Poster presented at the Counseling Psychology Conference conducted by Division 17, in Atlanta, GA.
- Abercrombie, S., Hank, C., LeBarre, S., Rimmer, S., Caughron, J., Cohn, T. J., & Hastings, S. L. (2013, December). Instrument development: Traditional and cyberbullying through a current and retrospective lens. Paper presented at the Radford University's Graduate Fall Forum.
- Rimmer, S., LeBarre, S., Hank, C., Abercrombie, S., & Hastings, S. L. (2013, December). Self-compassion and behavioral health intervention strategies. Paper presented at Radford University's Graduate Student Fall Forum.
- Elliott, A. N., Van Patten, I., Aspelmeier, J. E., Pierce, T. W., Stallings, R., Lynn, S., Hank/Laudermilk, C., Borling, K., & Briere, J. (2013, March). Poly-victimization and traumatic symptomatology in incarcerated females. Poster presented at the 84th annual meeting of the Eastern Psychological Association, New York City, NY.
- Hank/Laudermilk, C., Layman, J., & Overstreet, K. (2008, May). The effects of waist to hip ratio on ratings of perceived attractiveness and positive personality characteristics. Poster presented at Roanoke College's Spring Student Research Forum, 2008.
- Hank/Laudermilk, C., Allison, K., Buzaid, L., Tyson, A., & Zadell, J. (2007, November). The effects of practice and information cohesion on retroactive interference. Poster presented at Roanoke College's Fall Student Research Forum.

Manuscripts:

Dissertation Literature Review, Radford University, Spring 2017

Hank, C., Cohn, T.J., Hastings, S.L. An Exploration of bullying: The Impact, consequences, and the role of self-compassion in prevention and intervention.

Health Psychology Research Project, Radford University, Summer 2014

Hank, C., LeBarre, S., Rimmer, S., & Abercrombie, S. Sexual abuse and obesity: Implications for clinicians.

Multicultural Research Project, Radford University, Fall 2013

Hank, C., LeBarre, S. Bullying and Self-esteem: Examining quantitative differences between LGB and heterosexual individuals.

Abercrombie, S.H., Rimmer, S., Cohn, T.J., Hank, C., LeBarre, S. The moderation effect of social support on the relationship between bullying and self-esteem: Differences between sexual minority and majority.

Psychometrics Scale Development, Radford University, Fall 2013

Hank, C., Rimmer, S., Abercrombie, S., LeBarre, S., Caughron, J. Instrument development: Traditional and cyberbullying through a current and retrospective lens.

Professional Development:

Obtains 14 hours of Continuing Education yearly to maintain licensure in SC, HI, VA, and telehealth status in FL, 2019-present

- Programs attended have included the Lowcountry Behavioral Health Conference 2019 and 2021, MUSC grand rounds on a variety of psychiatric topics offered, and article review as well as live presentations through the National Register of Health Service Psychologists.

Acceptance and Commitment Therapy Training, Spring 2017

- Attended a one day, 3 hour training for clinicians at William and Mary, which covered the principles of ACT and incorporated experiential activities to demonstrate how ACT looks therapeutically.

Acceptance and Commitment Therapy Seminar, Summer 2015

- Met for 8 weeks and participated in a video version of “A Quick Start Guide to ACT” training seminar conducted by Russ Harris, through Cook Counseling Center at Virginia Tech

Cognitive Processing Therapy Supervision, Spring 2015

- Met with faculty trained in CPT and learned about/observed tape of those engaging in this type of manualized trauma treatment. Received manuals and materials regarding this treatment for future use in clinical practice.

Awards and Honors:

- Women’s History Month Spotlight Nomination, The Citadel, Spring 2022
- Graduate student of the month, March, 2015, Radford University
- Dean’s List throughout undergraduate and graduate studies
- Alpha Lambda Delta, national honorary fraternity for freshmen with grade point averages 3.5 or higher
- Psi Chi, honor society for Psychology
- Received Outstanding Junior Psychology Major Award in 2008

- Roanoke College's women's a cappella group, Mainstreet: Assistant director, 2008-2009; PR director, 2007-2008
- Roanoke College Psychology Association: Chair, Field Day Fundraiser, Spring 2008
- Roanoke College Choir
- Alpha Chi, national honor society for seniors with grade point average 3.5 or higher and in top 10% of senior class

Social Justice Involvement:

- Social Justice Projects coordinated and completed with students for Psych 561 (multicultural counseling), The Citadel, 2021-present
 - Fund raising and donations to the Lowcountry Women's Center, ARC, and the Lowcountry Food Bank. Clothing drive and donations to We are Family. School supply and feminine products drive and donations to local Charleston schools.
- Donated funds and engaged in fundraising activities for the Schools Out Lunch Program (SOLD). This program was created by the Counseling Psychology Student Organization and provides local children, who normally get free lunches during the school year, bags of non-perishable as well as fresh groceries during summer months- Radford, VA Summer 2014 and Summer 2015
- Elf-Shelf Project- Donated funds and supplies to this project that provides opportunities for low-income families to pick out and provide gifts to children during the holiday season- Radford, VA Fall 2013 and Fall 2014
- Volunteer, Head Start- Helped classroom teachers as needed with passing out supplies, reading to the students, and passing out lunches-Salem, VA. Fall 2006 and Spring 2007