

KATIE E. STECK

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EDUCATION

M.A. Clinical Psychology, Health Track

May 2016

California School of Professional Psychology (CSPP) at Alliant International University (AIU)

Additional Activities:

Neurophysiology Journal Club Member
Alternate Student Representative
Self-Care Club Founder and President

B.S. Psychology, Emphasis on Brain and Behavior

Aug. 2013

Minor: Economics

Brigham Young University (BYU)

Additional Activities:

Counseling and Psychological Services Student Council

RESEARCH EXPERIENCE

Research Technician

Feb. 2021–Mar. 2022

Baylor College of Medicine, Neurosurgery Department

- ♦ Assist in colony management for over 600 genetically modified mice
- ♦ Wean litters of young mice, set up breeding cages, and euthanize according to IACUC best practices
- ♦ Use Transnetyx colony management system to update colony records
- ♦ Assist in lab organization, inventory, creating training documents, and ordering lab supplies
- ♦ Utilize Somnosuite anesthetic chamber for light anesthesia
- ♦ Eucleate mouse cohorts for experimental use
- ♦ Dissect retinal tissue and preserve using flash freeze and paraformaldehyde fixative methods
- ♦ Collect live tissue for genotyping using ear punch method
- ♦ Attend weekly lab meetings and periodically deliver research literature presentations

Research Collaborator

Apr. 2018–Jan. 2020

Salt Lake Community College and Alliant International University

- ♦ Facilitated research collaboration between two research labs
- ♦ Collaboratively brainstormed research methods
- ♦ Organized meetings and provided follow-up instruction to each party
- ♦ Contributed research and writing to IRB proposal

Research Assistant*Sept. 2014–Apr. 2016**CSPP Psychophysiology and Health Psychology Lab*

- ♦ Analyzed physiological data from cognitive experiments using Kubios software
- ♦ Arranged physiological measures for participants
- ♦ Recorded experimental data during cognitive testing of participants
- ♦ Attended lab meetings to discuss projects and brainstorm research ideas

Research Assistant*Apr. 2013–Dec. 2013**BYU Biomedical Research Lab*

- ♦ Presented research findings at local and international conferences
- ♦ Reviewed literature for information to be used in lab publication
- ♦ Arranged physiological measures for participants
- ♦ Recorded experimental data during stress testing of participants
- ♦ Analyzed data using AcqKnowledge 4.2
- ♦ Debriefed participants about procedures and explained the physiological effects of stress

Research Assistant*Oct. 2012–Aug. 2013**BYU Biofeedback Stress Management Lab*

- ♦ Measured optimal breaths per minute for participants using J&J C2+ breathing training
- ♦ Compiled data of over 60 participants for analysis
- ♦ Created graphs for presentation at the Association for Applied Psychophysiology and Biofeedback annual conference

Research Assistant*Jan. 2013–Dec. 2013**BYU Addiction Research Lab*

- ♦ Constructed electrodes from scratch
- ♦ Assisted in set up of in-vivo rat experiments
- ♦ Determined electrode placements in the medial forebrain bundle for optimal stimulation and collection of dopamine release
- ♦ Collected and input data for dopamine release for in-vitro and in-vivo rat experiments using Demon voltammetry and analysis software
- ♦ Assisted in set up, collection, and data input for spectrography experiments

WORK EXPERIENCE

Adjunct Professor*Jan. 2017–Present**Salt Lake Community College*

- ♦ Teach *General Psychology* and *Brain and Behavior* courses for undergraduate students
- ♦ Develop curriculum, teaching tools, and evaluation methods for each course
- ♦ Teach in-person, online, and hybrid classes
- ♦ Provide individualized feedback for each student in course research project
- ♦ Attend educational trainings and seminars

Education Coordinator

Feb. 2017–July 2020

The Young Foundation and Defend Innocence

- ♦ Established and maintained a research database of over 940 research articles pertaining to child sexual abuse
- ♦ Created research briefs to inform organizational content and programs
- ♦ Contributed to daily collaborative research, brainstorming, writing, and editing of blogs, resources, books, videos, presentations, and programs
- ♦ Supervised and provided direct training for a 5-person research group and served as a consultant for other research groups
- ♦ Contributed expertise, writing, and editing toward a book and workbook about healing from the trauma of child sexual abuse
- ♦ Initiated partnerships with state and non-profit organizations to organize a professional conference
- ♦ Facilitated and provided community education on prevention and healing from child sexual abuse
- ♦ Participated in short- and long-term organizational strategic planning, marketing initiatives, and organizational development

Teaching Assistant

Sept. 2015–Dec. 2015

California School of Professional Psychology

- ♦ Assisted in teaching *Intro to Psychotherapy* course
- ♦ Co-developed, led, and graded the lab portion of the course
- ♦ Role-played diverse clients for student practice
- ♦ Provided special support for struggling students in the course

Statistics Tutor

Aug. 2015–June 2016

Alliant International University

- ♦ Assisted students in Advanced Statistics homework
- ♦ Aided students in SPSS statistical software analysis projects
- ♦ Analyzed community program data and generated results report for NAMI of San Diego

Education Assistant

July 2013–Jan. 2014

Biofeedback Federation of Europe

- ♦ Hosted and taught online courses in stress assessment and management
- ♦ Organized and created new material for stress management and assessment profiles to be used in online educational materials

Biofeedback Technician, Student Mentor

June 2012–Dec. 2013

BYU Biofeedback Stress Management Services

- ♦ Used J&J C2+ EMG, Temp, and SR biofeedback with university students for basic relaxation training and autonomic regulation
- ♦ Trained students about the psychophysiology of stress and how to use interactive HRV programs: EmWave Desktop, Dual Drive, and Relaxing Rhythms
- ♦ Presented workshops on stress management to campus groups
- ♦ Received student intake forms and recorded session notes
- ♦ Received weekly group training and supervision on biofeedback techniques and procedures
- ♦ Developed new handouts for various stress management techniques
- ♦ Wrote and recorded a relaxation script to be used online

CLINICAL EXPERIENCE

Crisis Center Practicum Student

Aug. 2015–May 2016

Community Research Foundation: Vista Balboa Crisis Center

- ♦ Provided individual and milieu therapy for inpatient psychiatric clients with severe mental illness
- ♦ Conducted group psychotherapy for up to 16 clients
- ♦ Used therapies including Cognitive-Behavioral Therapy, Mindfulness-Based Stress Management, Acceptance and Commitment Therapy, Dialectical Behavioral Therapy, and Motivational Interviewing to aid in crisis management counseling
- ♦ Conducted intake interviews and assisted in team treatment planning meetings
- ♦ Developed assessment reports including diagnostic formulation and treatment recommendations
- ♦ Assessed for suicidality and coordinated with appropriate psychiatric emergency response teams
- ♦ Connected clients with community resources and aided in discharge planning

Sexual Abuse Treatment Intern

Jan. 2012–Apr. 2012

Utah County Children's Justice Center

- ♦ Aided in assessment of incoming cases of abuse
- ♦ Prepared rooms and teaching materials for therapy groups
- ♦ Reviewed past cases and conducted follow-up calls

VOLUNTEER

Gallery Co-Director and Board Member

June 2021–June 2022

Watercolor Arts Society of Houston

- ♦ Organize monthly fine art watermedia exhibitions
- ♦ Act as Master of Ceremony for exhibition receptions
- ♦ Stage approximately 70 paintings each month in the gallery space
- ♦ Select theme, write prospectuses, and coordinate juror for each exhibition
- ♦ Create digital flyers for online advertisement
- ♦ Attend monthly board meetings to discuss budget, provide updates, and submit proposals

Mentor

Sept. 2014–January 2019

Bilateral Safety Corridor Coalition (BSCC)

- ♦ Provide direction, support, and friendship 1–2 hours a week for a minority adolescent victim of sex trafficking

Guest Presenter

Dec. 2014–June 2016

The Church of Jesus Christ of Latter-day Saints

- ♦ Taught 20–40 young single adults (ages 18–30) principles of well-being and positive mental health
- ♦ Developed lecture plans using culturally sensitive material as well as scientific journal resources
- ♦ Prepared PowerPoint presentations from scratch

Refugee Assistant

July 2014 to Aug. 2014

Utah Health and Human Rights

- ♦ Watched over children of war refugees while mothers attended group therapy sessions

English Volunteer

Mar. 2014

Pueblo Ingles: Madrid, Spain Diverbo

- ♦ Held individual and group conversations with Spanish participants in English immersion program
- ♦ Participated in group workshops and presentations
- ♦ Delivered presentation on psychophysiology and stress management for 46 participants

Representative

Nov. 2009 to June 2011

The Church of Jesus Christ of Latter-day Saints: Budapest, Hungary

- ♦ Taught English classes for up to 40 people each week
- ♦ Received training on organization and leadership skills
- ♦ Presented material at zone conferences for 30 representatives
- ♦ Provided reports of area statistics and conditions to leadership
- ♦ Taught principles of faith, love, and hope in Hungarian

English Teacher

Jan. 2009–June 2009

International Language Programs: Zhongshan, China

- ♦ Taught English to 73 Chinese elementary school students through organized play
- ♦ Developed lesson plans specific to the needs of class members
- ♦ Coordinated with other team members to create a final school performance

SCHOLARSHIPS AND AWARDS

- ♦ 2020 Nomination for SLCC Foundation's Teaching Excellence Award
- ♦ 2015–2016 CSPP Dean's Award of Excellence, \$5,000
- ♦ 2014–2015 CSPP Dean's Award of Excellence, \$5,000
- ♦ 2014 Biofeedback Society of California Student Scholarship, Conference Fees
- ♦ 2013 Biofeedback Society of California Student Scholarship, Conference Fees
- ♦ 2013 Student Innovator of the Year Contest, \$400
- ♦ 2012 Biofeedback Society of California Student Scholarship, Conference Fees

RESEARCH PRESENTATIONS

Steck, K. Steffen, P., Morrell, B. Fidalgo, L., Tsui, Y., Brown, T., & Richardson, M. (2013). Resonant Frequency Breathing for Stress Management.

Presented at the annual conferences for:

- ♦ Biofeedback Federation of Europe 2014, Venice, Italy
- ♦ Biofeedback Society of California 2013, Los Angeles, CA

POSTERS

Grampp, L. A., Stern, M. J., **Steck, K. E.**, Stelmach, N. P., Irizarry, A. M., Alhassoon, O. M., & Gevirtz, R. (March, 2016). *Exercise intensity is differentially associated with vagal activity*. Poster presented at the 47th Annual Scientific Meeting of the Association for Applied Psychophysiology and Biofeedback, Seattle, WA.

Stern, M. J., Grampp, L. A., **Steck, K. E.**, Gutman, K.V., Stelmach, N.P., Richardson, P. H., Jr., Alhassoon, O. M., & Gevirtz, R. (March 2016). *Relationship between selective attention and vagal functioning*. Poster presented at the 47th Annual Scientific Meeting of the Association for Applied Psychophysiology and Biofeedback, Seattle, WA.

Fidalgo, L., **Steck, K.**, Steffen, P. (2014, February). *Stress Reactivity and Psychotherapy Outcome*. Poster presented at the 17th Annual Meeting of the Biofeedback Federation of Europe, Venice, Italy.

PUBLICATIONS

The Younique Foundation (2020) *Reclaim Hope* (3rd ed.). Author.

The Younique Foundation (2020) *Reclaim Hope Workbook* (3rd ed.). Author.

Herd, T., Giray, C., Blank, C., Boustani, M., Chou, T., Frazier, S.,...**Steck, K.** (2020) Mitigating the Implications of Coronavirus Pandemic on Families. *Research to Policy*, 7, 1-3.

Steck, K. (2013). Rev. of "Fundamental Requirements for Valid and Effective Neurofeedback Presentation," by Barry Sternman. *California Biofeedback*, 29(1), 12.

Steck, K. (2014). Rev. of "Controlling Pain and Healing Cancer Presentation," by Erik Peper. *California Biofeedback*, 30(1), 12-13.

Jorgensen, T., Quist, A., **Steck, K.**, Terry, K. & Taylor, M. (2008). Gender and the Appreciation of Physically Aggressive 'Slapstick' Humor. *Intuition*, 4, 12-18.