

# Curriculum Vita

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## **EDUCATION:**

- B.S.** Psychology (Cumulative GPA: 3.86); Major (GPA: 3.76); Minor- Italian, May 2016  
*Honor's Thesis Topic:* The relationship between parenting behaviors and social anxiety among adolescence offspring
- A.A.** *with honors*, College of the Sequoias, Visalia, California, 2010
- Study Abroad:** John Cabot University, Rome, Italy 2013
- Study Abroad:** University of Merced Study Abroad Program, Rome, Italy 2011-2012

## **ACADEMIC ACCOMPLISHMENTS**

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|-----------------------------------|---------------------------------|
| Deans list (4 semesters)          | National Honor Society Graduate |
| Honors List (4 semesters)         | Who's Who Among Students        |
| Bobcat scholarship (\$10,000)     | McNair Scholar                  |
| Wells Fargo Scholarship (\$1,000) |                                 |

## **RESEARCH INTEREST**

Contributing factors to the onset and maintenance of anxiety and mood disorders through the lens of developmental psychopathology. More specifically, environmental factors (e.g., parental behavior) and how they relate to anxiety and depression among adolescence.

## **RESEARCH EXPERIENCE**

**Honor's Thesis:** *Dimensions of Parenting among Mothers and Fathers in Relation to Social Anxiety among Female Adolescent Offspring.* Examined specified parenting behaviors (e.g., anxious parenting, psychological & behavioral control) and how they relate to various indices of social anxiety symptoms among youth.

Chair: Dr. Heidemarie Blumenthal

Committee: Dr. Amy Murrell & Dr. Adriel Boals

Defense: May, 2016

**Coordinator; Research Assistant:** *Teen Stress and Alcohol Research Laboratory* (Teen St.A.R Lab), Dr. Heidemarie Blumenthal, University of North Texas 2014-present

- In charge of scheduling community-recruited youth (12-17 years) for two studies examining the etiology of anxiety and substance use
- Collected data in study concerning the etiology of anxiety and substance use among youth (12-15 years) that involved several psychological (e.g., semi-structured interviews) and physiological (e.g., heart rate, skin conductance, salivary cortisol and alpha amylase) assessments.
- Trained new research assistants in research 3-hour protocols, recruitment, and scheduling.
- Active role in data entry (e.g., creation of codebooks) for all ongoing projects

**Project Lab Manager; Research Assistant:** Dr. Adriel Boals, University of North Texas 2014-present

- Assumed responsibility of lab and controlled for discrepancies in protocol and data collection for two studies examining post-traumatic stress disorder and post-traumatic growth
- Collected longitudinal data
- Actively engaged in weekly meetings through familiarizing self with literature relevant to current projects

**Research Assistant:** Dr. Patricia Kaminski, Sarah Atkins, M.S., and Jennifer Williams, M.S., University of North Texas 2014- present

*Attachment Styles and Shame Project*

- Conducted data collection involving a variety instruments (e.g., Emotional Stroop task, Expressive Writing Task) that utilized a quasi-experimental design to examine the relationship between adult attachment and implicit and explicit shame among emerging adults
- Trained in qualitative coding, established inter-coder reliability, and coded 280 open responses describing emerging adults most shame-inducing experiences
- Participated in weekly qualitative coding meetings
- Coded and entered qualitative data

*Effects of Witnessing Sibling Abuse Project*

- Worked simultaneously in separate study examining the effects of witnessing family violence
- Created lab packets, conducted data collection, and entered data into SPSS
- Participated in bi-monthly lab meetings
- Completed crisis management training

## **DISSEMINATIONS AND ACTIVITIES**

**Bynion, T., & Blumenthal, H. (2015).** *Understanding how parenting styles relate to social anxiety symptoms among female adolescent offspring.* Research presented at the McNair Research Symposium at the University of North Texas, Denton, TX.

**Bynion, T., Belfy, A., & Barnett, M. (2015).** *“Coming Out” as a Virgin (Or Not): Disclosure of Virginity Status.* Poster presented at The Society for the Scientific Study of Sexuality, Albuquerque, NM.

**Bynion, T., & Blumenthal, H. (2015).** *The Link between Specific Parental Behaviors and Social Anxiety among Female Adolescents.* Poster presented at the McNair Research Symposium at the University of North Texas, Denton, TX.

**Bynion, T., Dunham, K., Kerns, N., Cloutier, R., Douglas, M., & Blumenthal, H. (2016).** *Self-Esteem and Perceived Pubertal Status among Female Adolescents: The Moderating Role of Social Support.* Poster presented at the 128<sup>th</sup> annual meeting of the American Psychological Association, Denver CO.

**Bynion, T., Wilson, S., Cloutier, R., Jamison, L., Pogue, J., & Blumenthal, H. (2016).** *Dimensions of parenting in relation to social anxiety among female adolescents.* Poster presented at the 28th annual meeting of the Association for Psychological Science, Chicago IL.

Dunham, K., **Bynion, T.**, Kearns, N. T., Cloutier, R. M., Douglas, M. E., & Blumenthal, H. (2016). *Perceived Peer Support as a Moderator between Pubertal Status and Positive Alcohol Expectancies in Female Adolescents*. Poster presented at the 128<sup>th</sup> annual meeting of the American Psychological Association, Denver CO.

Bilsky, S.A., Feldner, M.T., **Bynion, T.**, Rojas, S.R., & Leen-Feldner, E.W. (2016). Child Anxiety and Parental Anxiety Sensitivity are Related to Parent Sick Role Reinforcement. *Under Review* (Cognitive Therapy and Research).

Dunham, K., Cloutier, R. M., **Bynion, T.**, Jamison, L., Akbar, A. & Blumenthal, H. (2015). *The Role of Gender in Frequency of Recent Binge Drinking among Emerging Adult Sexual Minorities*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Lesbian, Gay, Bisexual and Transgender Special Interest Group, Chicago, IL.

Wilson, J., Javier, G., **Bynion, T.**, Reynolds, B., Cloutier, R., Blumenthal, H. (2016). *Female adolescent depression and relationship quality: A cross-lagged panel analysis*. Poster presented at the 50th annual meeting of the Association for Behavioral and Cognitive Therapies, New York City, NY.

Dunham, K., Cloutier, R., Edwards, B., Sligar, K., **Bynion, T.**, & Blumnethal, H. (2015). *Social anxiety and social media application usage among emerging adults*. Poster presented at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Jamison, L., Douglas, M. E., Cloutier, R. M., Baxley, C., **Bynion, T.**, Javier, G., & Blumenthal, H. (2015). *Effects of Sociocultural Attitudes and a Body Image Implicit-Association Test on Self-Esteem among Adolescent Girls*. Poster presented at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies, Obesity and Eating Disorder Special Interest Group, Chicago, IL.

Kearns, N. T., Blumenthal, H., Leen-Feldner, E. W., Bonn-Miller, M. O., Cloutier, R. M., & **Bynion, T.** (2016). *Role of adolescent alcohol use in the linkage between maternal acceptance and offspring aggression*. Poster presented at the 128<sup>th</sup> annual meeting of the American Psychological Association, Denver, CO.

## **TEACHING EXPERIENCE**

**Teacher:** Ambrint International School of Rome, Italy 2012-2013

- Assistant Instructor to ESL children
- Classrooms: Nursery, pre-K and kindergarten classes to ESL children
- Created weekly lesson plans and activities for children (ages 2-6)

**Au Pair:** Rome, Italy 2011-2013

- Co-existed in a homestay environment with children (ages 2 & 4)
- Provided English lessons and development through cultural exchange
- Assisted with basic needs and care for both children

**Teacher:** Tiny Tykes, Denton, Texas 2013-2014

- Day care instructor: Multiple classrooms (ages 1-4)
- Fostered positive growth and development
- Engaged learning through various age appropriate games and activities

**Teacher:** Kid Zone, Denton, Texas 2013-2014

- Instructor: After school program (ages 5-7)
- Provided weekly lesson plans and homework assistance
- Encouraged learning through age appropriate activities and projects

**Tutor:** Language Department, University of North Texas 2014-present

- Italian tutor: Held weekly office hours providing assistance in a foreign language

**Tutor:** Psychology Department, University of Merced, California 2010

- Courses: General Psychology, Child Psychology & Cognitive Science

**Outdoors Recreational Coordinator:** University of Merced, California 2010

- Coordinated weekly meetings
- Organized outdoor trips with college students
- Managed program website

### **MEMBERSHIPS IN SCHOLARLY SOCIETIES**

McNair Scholars Program (2014-Present)

Association for Psychological Science (2015-Present)

The Society for the Scientific Study of Sexuality (2015-Present)

Association for Behavioral and Cognitive Therapies (2015-Present)

Psi Chi, International Honor Society in Psychology (2015-Present)

### **SPECIAL TRAINING AND SKILLS**

**Training:** QPR suicide prevention, crisis and management training, NIH CITI certification for human subjects, UNT Bloodborne Pathogens Training (for safe salivary assessment)

**Skills:** SPSS (data entry & analyses), Qualtrics (survey development), Bio Pac (physiological data collection), coding qualitative data (grounded theory)

**Semi-Structured Interviews:** Anxiety Disorders Interview Schedule for DSM-IV, Child version (ADIS-C; social anxiety module), Timeline Follow-back assessment (alcohol use), Contingency Naming Test (executive functions)

**Languages:** Italian (fluent), American Sign Language (basic)

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