

# LILY ANN LONG

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## EDUCATION

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### **B.A. Psychology**

Eastern Washington University, Graduation expected 2020

**Minor:** Applied Developmental Psychology

**Certification:** Suicide Assessment, Treatment, and Management

**Major GPA:** 3.8

## RESEARCH INTERESTS

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### **Complex Trauma**

Marginalization, stigmatization, attachment disorders, suicide prevention

## RELEVANT RESEARCH

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### **Dr. Martin's Social Psych Lab**

Research Assistant (EWU Dept of Psychology)

September 2018-Present

Responsibilities: I aided in the development and distribution of a quantitative aimed at exploring dissolution tactics used in intimate relationships. In data analysis, we exported survey responses from Qualtrics into SPSS and ran Pearson r correlation coefficients between ghosting behavior as a dissolution tactic and various personality scale responses and demographic factors.

### **Dr. Kolts' Clinical Psych Research Lab**

Research Assistant (EWU Dept of Psychology)

December 2018-Present

Responsibilities: I enhanced my collaborative skills by working closely with 10 other research assistant in conducting a qualitative (IPA) study of problematic anger in a sample of five adult men. Applying qualitative IPA methods, we will sit down with participants and ask a series of 10 questions aimed at exploring their experiences of problematic anger. In data analysis, we will be identifying emergent themes within transcripts and convergent themes between transcripts.

### **McNair Summer Research Internship**

Dr. Aryn Ziehnert & Dr. Russell Kolts

(EWU Dept of Psychology and McNair Scholars Program)

September 2018-Present

Stipend Amount: \$5000

Responsibilities: Under the faculty mentorship, I have designed and I am conducting a three-part research project on shame as a function of academic distress in populations of first-generation, low-income, minority students. Part one of this study is IRB approved, and will consist of IPA interviews conducted with FLM students linked with a brief demographic questionnaire that will be completed this summer. The data will provide the foundation for a longitudinal intervention study conducted over the course of the 2019-2020 academic year, wherein we will be implementing compassion-focused therapy tactics to address FLM student experiences of shame and self-criticism in academic contexts.

### **Psych 313: Research Method**

Dr. Theresa Martin (EWU Dept of Psychology)

May 2018

Responsibilities: Under faculty mentorship, I designed and completed a quantitative study of the impact of the EWU Psychology curriculum on student's Stigmatization of mental health disorders. In design, I completed a literature review, identified relevant stigma scales, importing them in Qualtrics, and submitted a completed IRB application. In analysis I imported the data into SPSS and ran a Pearson r correlation between psychology courses taken and self/other oriented stigmatization of mental health disorders/treatment seeking behavior.

### **Independent Study**

Dr. Russell Kolts (EWU Dept of Psychology)

January 2019-Present

Responsibilities: I am currently part of a project wherein we are exploring the co-occurrence of complex trauma and childhood gender dysphoria and how it relates to adult gender identity. We have completed a literature review and identified many of the scales we are planning on using. Moving forward, we are finalizing the methodology and working on the IRB application.

### **Prospect Research Assistant**

EWU Advancement Services

January 2017-Present

Responsibilities: I collected, synthesized, and presented research on prospective donors to the EWU scholarship funds that I published in dossiers that were submitted to EWU's contact officers and President. This information was collected using databases such as Millenium, Banner, Reeher, Lexis-Nexis, ResearchPoint, and ResearchGate.

## **CONFERENCES**

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### **EWU Symposium**

Long, L., Martin, T. (2019). *Ghosting as a Dissolution Tactic in Romantic Relationships*. Oral presentation at the annual EWU Student Research and Creative Works Symposium. Cheney, Washington.

## **TEACHING EXPERIENCE**

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### **Dr. Zeihnert's Teaching Assistant**

Spring 2019-Present

Dept of Psychology

Responsibilities: During Spring quarter 2019, I was a TA in Dr. Ziehnert's CSBS 320: Introduction to Statistics course where I graded assignments and proctored exams, and in her Psych 301: Theories of Personality course where I planned and taught a 50 minute lecture on stigmatization of mental health disorders.

## **PROFESSIONAL INTERNSHIPS**

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### **First Call for Help Spokane**

Crisis Advocate

Spring 2018-Winter 2019

Responsibilities: I was a crisis advocate for a 24- hour crisis line in Spokane, WA. While answering crisis calls, I developed the ability to assess the intensity and nature of a

caller's crisis and to quickly provide crisis intervention and further resources in one confidential telephone call. During my time here, I also helped organize and implement training for new volunteers one-on-one and in groups of up to five people

**Crisis Text Line United States**

Crisis Advocate

December 2019-Present

Responsibilities: I was a crisis advocate for a 24- hour national crisis line. While answering crisis texts, I developed the ability to assess the intensity and nature of an individual's crisis and to quickly provide crisis intervention and further resources in one confidential telephone call.

**HONORS AND AWARDS**

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**McNair Summer Research Internship**

June 2018

Award Amount: \$5000

Information: Through the McNair Scholars Program I have been awarded a living and research stipend to allow me to complete a project on shame as a function of academic distress in populations of underrepresented populations over the duration of the summer quarter with the faculty mentorship of Dr. Aryn Ziehnert and Dr. Russell Kolts.

**Len Stern Endowed Research Award**

Spring 2019

Award Amount: \$1000

Information: I was selected for the Len Stern Endowed Research Award for my research on shame as a function of academic distress in a population of first-generation, low-income minority students. This research will be completed during the 2019-2020 academic year with the mentorship of Dr. Russel Kolts and Dr. Aryn Ziehnert, and will fund my travel to the WPA conference in spring 2020 where I will be lecturing on the findings of this research.

**McNair Scholars Program**

December 2018-Present

Information: The McNair Scholars Program is a federal TRIO program funded at 151 institutions across the United States and Puerto Rico by the U.S. Department of Education. It is designed to prepare undergraduate students for doctoral studies through involvement in research and other scholarly activities.

**Psi Chi**

September 2019-Present

Information: Psi Chi, the International Honor Society in Psychology, was founded in 1929 with a mission of recognizing and promoting excellence in the science and application of psychology.

**College Bound scholarship**

September 2016-Present

Award Amount: \$6000+

Information: The College Bound Scholarship program is an early commitment of state financial aid to eligible students who sign up in middle school and fulfill the scholarship pledge.

**RELEVANT VOLUNTEER EXPERIENCE**

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<b>EWU Student Mentoring</b> Cheney Middle School	September 2017-January 2017
<b>Vanessa Behan Crisis Nursery</b> Crisis Advocate	September 2015-June 2016
<b>Seattle Dinner Church</b> Warming Shelter Volunteer	September 2016-June 2017

**RELEVANT COURSEWORK**

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Compassion-Focused Therapy	GPA 4.0
Statistics	GPA 3.7
Abnormal Psychology	GPA 4.0
Theories of Personality	GPA 4.0
Foundations of Psychotherapy	GPA 4.0
Diversity in Therapy	GPA 4.0
Trauma Focused Therapy	GPA 4.0
Research Methods	GPA 4.0
Research Methods in Psychology	GPA 3.7
Research Methods in Underrepresented Population	Ongoing
Effects of Childhood Trauma	Ongoing
Where Suicide Meets Mental Health	Ongoing

**PROFESSIONAL DEVELOPMENT**

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IRB Certification,	September 2018
Banner Certification,	May 2018
Activist in Residence Training Certification, Certification in Suicide Prevention, Ongoing	January 2019