

Rachel M. Loftis, Ph.D.
(materials also under Rachel M. Schafer)

CURRICULUM VITAE

Spectrum Psychology and Wellness, LLC
1772 E. Boston Street, Suite 105
Gilbert, AZ 85295

spectrumwellnessaz.com
(o) 480.621.7257
(f) 480.584.5825

EDUCATION

Ph.D. in Clinical Psychology **June 2014**
University of Nevada, Las Vegas
APA Accredited Program
Dissertation Title: Family Environment and Severity of Absenteeism in Youth

M.A. in Clinical Psychology **December 2011**
University of Nevada, Las Vegas
APA Accredited Program
Thesis Title: The Relationship between the Functions of School Refusal Behavior and Family Environment

Honors B.A. in Psychology **May 2008**
Saint Louis University
Honors Thesis Title: Training and Education in Religion/Spirituality within APA Accredited Clinical Psychology Programs: 8 Years Later

PROFESSIONAL INTERNSHIP

University of Arizona College of Medicine
Psychology Intern, Child and Adolescent Track
APA and APPIC Accredited Internship
July 2013- June 2014
Director: Nicholas Breitborde, Ph.D.

Supervisors: Joanna Katsanis, Ph.D., Nicholas Breitborde, Ph.D., Patricia Harrison-Monroe, Ph.D., Richard Bootzin, Ph.D., Kathy Smith, M.D., Thomas Reichenbacher, M.D., Larry Onate M.D.

Clinics:

University of Arizona College of Medicine Outpatient Psychiatry Clinic
University of Arizona College of Medicine Anxiety Disorders Clinic
University of Arizona College of Medicine School Age Clinic
University of Arizona College of Medicine Testing Clinic
University of Arizona College of Medicine Early Psychosis Intervention Center
University of Arizona Medical Center Insomnia Clinic
Normal Development Rotation
Cottonwood de Tucson

Responsibilities:

- Provided individual, group, and family long-term psychotherapy, and parent management training. Consultations with educational professionals and psychiatrists were often a part of treatment.
- Conducted clinical intake assessments in conjunction with a clinical psychologist, child psychiatrist, and child psychiatry fellow.
- Conducted psychoeducational and neuropsychological testing for children, adolescents, and adults. Assessments included conducting clinical interviews, test administration and scoring, composition of integrated reports, and providing client feedback.
- Participated in medication management follow-up appointments.
- Co-led a multifamily psychoeducation group for participants in the Early Psychosis Intervention Center (EPICENTER).
- Co-conducted assessments, consultations, and treatment services for children, adolescents, and adults in the UAMC Insomnia Clinic.
- Observed and participated in a variety of therapeutic services offered through Cottonwood de Tucson including group psychotherapy, equine therapy, art therapy, medication management, and substance abuse counseling. Observed and participated family week and provided individual therapy.
- Conducted observations of youth aged 3 weeks to six years old at the JCC Early Childhood Center.

PRACTICUM TRAINING

UNLV Partnership for Research, Assessment, Counseling, Therapy, and Innovative Clinical Education (The PRACTICE)

August 2012- June 2013

Supervisors: Jason Holland, Ph.D.; Michelle Carro, Ph.D.; Christopher Kearney, Ph.D.

Doctoral Practicum Student and Graduate Assistant: Provided individual and family therapy, conducted telephone and live clinical intakes, and office management. Clients included children, adolescents, and adults with a variety of presenting concerns.

Julie F. Beasley, Ph.D. Child Neuropsychologist

August 2011- June 2012

Supervisor: Julie Beasley, Ph.D.

Doctoral Practicum Student: Conducted psychoeducational and neuropsychological assessments for youth aged 3 to 17 with a variety of developmental, behavioral, social-emotional, adaptive, and learning disorders. This included live observation of youth during testing and at school. Co-led social skills groups for youth with Autism Spectrum Disorder and other pervasive developmental disorders. Trained in the Early Start Denver Model for Autism. Administered neuropsychological assessments to youth referred to the Lilli Claire Fetal Alcohol Syndrome Clinic. Participated in multidisciplinary diagnostic and treatment planning meetings.

UNLV Child School Refusal and Anxiety Disorders Clinic

May 2010- July 2011

Supervisor: Christopher Kearney, Ph.D.

Doctoral Practicum Student: Provided individual and group psychotherapy, conducted structured intake interviews, and conducted psychoeducational assessments with children and adolescents aged 5 to 16 exhibiting school refusal behavior, selective mutism, and anxiety disorders. Worked closely with parents, teachers, school counselors, and school psychologists to provide comprehensive care. This included regular contact, assisting in developing S504 and Individualized Education Plans, and attendance at related meetings. Co-led group therapy for Selective Mutism and conducted research regarding treatment effectiveness.

Center for Individual, Couple, and Family Counseling (CICFC), UNLV

August 2009- May 2010

Supervisor: Christopher Kearney, Ph.D.

Doctoral Practicum Student: Provided individual and family long-term psychotherapy. Clients included children, adolescents, adults, and families with a wide range of presenting concerns.

UNLV Psychological Assessment and Testing Clinic

June 2009- June 2013 (Doctoral Practicum Student)

May 2009- August 2010 and August 2012- June 2013 (Graduate Assistant)

Supervisor: Michelle G. Carro, Ph.D.

Doctoral Practicum Student and Graduate Assistant: Conducted psychoeducational evaluations including examination of cognitive functioning, academic achievement, memory, executive functioning, and behavior. Clients included children, adolescents, and adults. Assessments were commonly conducted to evaluate for the presence of learning disabilities, attention and hyperactivity problems, memory problems, psychological disorders, and giftedness. Conducted telephone intakes, case and schedule management, and managed an extensive assessment library.

OTHER CLINICAL EXPERIENCE

Clinical and Research Supervisor in Training

UNLV

August 2008- June 2013 (research)

May 2010- August 2010

May 2012- June 2013

September 2013- June 2014

U of A Testing Clinic

RESEARCH EXPERIENCE

Graduate Research Student

School Refusal Behavior Research Lab

Under Christopher Kearney Ph.D.

August 2008-July 2013

Attended weekly meetings of the Clark County School District Truancy Court and middle school truancy diversion programs throughout Clark County. Administered research measures, conducted research utilized in multiple publications and conference presentations, and supervised undergraduate research assistants.

Thesis title: *The Relationship between the Functions of School Refusal Behavior and Family Environment*

Dissertation title: *Family Environment and Severity of Absenteeism in Youth*

PUBLICATIONS

Schafer, R.M., Handal, P.J., Brawer, P.A., & Ubinger, M. (2009). Training and Education in Religion/Spirituality Within APA-Accredited Clinical Psychology Programs: 8 Years Later. *Journal of Religion and Health, 50*, 232-239.

Haight, C., Kearney, C.A., Hendron, M., & **Schafer, R.** (2011). Confirmatory analyses of the School Refusal Assessment Scale-Revised: Replication and extension to a truancy sample. *Journal of Psychopathology and Behavioral Assessment, 33*, 196-204.

Kearney, C.A., Gauger, M., **Schafer, R.**, & Day, T. (2011). Social and performance anxiety and oppositional and school refusal behavior in adolescents. In C.A. Alfano & D.C. Beidel (Eds.), *Social anxiety disorder in adolescents and young adults: Translating developmental science into practice* (pp. 125-141). Washington, DC: American Psychological Association.

Kearney, C.A., Haight, C., Gauger, M., & **Schafer, R.** (2011). School refusal behavior and absenteeism. In R.J.R. Levesque (Ed.), *Encyclopedia of Adolescence* (pp. 2489-2492). New York: Springer.

Haight, C.M., Chapman, G.V., Hendron, M., **Loftis, R.**, & Kearney, C.A. (in press). Evaluation of a truancy diversion program at nine at-risk middle schools. *Psychology in the Schools*.

PROFESSIONAL PRESENTATIONS

Wang, J.L., Bradshaw, K.N., Kloep, M., **Schafer, R.M.**, Maglione, M.L., and Weaver, T.L. (2008). *Do college students admit to being smokers? An examination of the relationship between cigarette smoking and social desirability*, presented at the 8th annual Stanford Undergraduate Psychology Conference in Stanford, CA.

Gauger, M., **Schafer, R.**, & Kearney, C.A. (2009, November). Problematic School Absenteeism in Community and Clinical Settings. In A. R. Lyon (Chair), *School Refusal and Problematic Absenteeism: Common Processes Across Disciplines, Samples, and Interventions*. Symposium conducted at the 43rd Annual Convention of the Association for Behavioral and Cognitive Therapists.

Kearney, C.A., Kaur, H., & **Schafer, R.** (2010, November) Selective Mutism. Workshop conducted at the 44th Annual Convention of the Association for Behavioral and Cognitive Therapists.

Kearney, C.A., Kaur, H., & **Schafer, R.** (2011, March) Selective Mutism. Workshop conducted at the 31st Annual Conference of the Anxiety and Depression Association of America.

Kearney, C.A., Kaur, H., & **Schafer, R.** (2011, March) Selective Mutism. Presentation conducted at the Clark County School District Speech-Language Pathologists Annual Mini-Conference.

Schafer, R., Hendron, M., Kaur, H., Spear, M., & Kearney, C.A. (2012, April). Group Treatment for Young Children with Selective Mutism. In S. Sung (Chair), *Recent Advances in the Assessment and Treatment of Children with Selective Mutism*. Symposium conducted at the 32nd Annual Conference of the Anxiety and Depression Association of America.

Kearney, C.A., & **Loftis, R.M.** (2013, March). Intervention with School Refusal Behavior. Workshop conducted at the School Social Work Association of America Annual Conference.

AWARDS AND HONORS

2012 Patricia Sastaunak Scholarship, UNLV

2011 Student Travel Award, Graduate College, UNLV

2008 Honorable Mention, Saint Louis University's Psychology Capstone Symposium

2004-2008 Member, Saint Louis University Honors Program

2005-2008 Member, Psi Chi National Psychology Honors Association

2004-2008 Saint Louis University's Deans List

2004-2008 Saint Louis University's Dean's Scholarship

TEACHING EXPERIENCE

Introductory Psychology (PSY 101)

Taught: Fall 2010, Spring 2011, Fall 2011, and Spring 2012 at UNLV

CLINICAL WORKSHOPS AND TRAINING SEMINARS

2014 13th Annual Women's Mental Health Symposium: Integrating a Pediatric Focus.

Conference sponsored by the University of Arizona Medical Center

2011 Psychopharmacology Update: Integration of Medication and Psychological Treatments

Workshop conducted by Drs. Morgan Sammons and Stephen Tulkin, NV Psychological Association

2010 Introduction to Acceptance and Commitment Therapy (ACT)

Workshop conducted by Dr. Victoria Follette, NV Psychological Association

2010 Dialectical Behavior Therapy (DBT) Training

Workshop conducted by Dr. Alan Fruzzeti, Nevada Psychological Association

2009 Introduction to the Use and Interpretation of the Personality Assessment Inventory (PAI)

Workshop sponsored by Nevada Psychological Association

PROFESSIONAL SERVICE ACTIVITIES

2009-2013 Incoming Graduate Student Mentor, UNLV

2009-2103 Mentor, Outreach Undergraduate Mentoring Program, Department of Psychology, UNLV

2012 Clinical Student Committee member

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

American Psychological Association

Arizona Psychological Association

Association for Behavioral and Cognitive Therapists