

Xrystyan Lascano, M.A
Tyler, Texas 75701
(661) 431-0545 | xlascano@patriots.uttyler.edu

EDUCATION

Ph.D in Clinical Psychology (student) University of Texas at Tyler	2023-Ongoing
Post-Baccalaureate Program in Psychological Science University of California Irvine	2019-2021
Master of Arts in Education—Behavioral Science Gender Equity Studies California State University, Sacramento	2017-2020
Bachelor of Arts in Psychology California State University, Sacramento	2015-2017
Associate in Arts Degree for Transfer in Psychology Bakersfield College—Bakersfield, California	2013-2015

RESEARCH EXPERIENCE

Research Assistant—Trauma and Resilience Labs Department of Psychological Science, University of California, Irvine Primary Investigator: Dr. Alyson K. Zalta	2019-2023
<ul style="list-style-type: none">• Exploring Mechanisms of the Intergenerational Transmission of Trauma in Military Families (NARSAD grant funded by the Brain and Behavior Research Foundation) : Compiled national organization contact list for participant recruitment of military families, evaluating moral injury and the intergenerational transmission of trauma in military families; contributed to participant recruitment efforts via email and fliers.• <i>Experiences of Moral Injury in a Civilian Sample (MI SONA Study)</i>: Responsible for qualitative coding of participant responses on moral injury in a civilian sample; generated abstract and poster presentations for conference.• <i>PTSD & Sleep Timing Meta-Analysis Study</i>: Retrieved articles for inclusion in meta-analysis; conducted a literature review of 2,600 articles to contribute to a meta-analysis on PTSD and sleep timing.	
Research Assistant—Sleep and Circadian Research Laboratory Department of Psychiatry, University of Michigan Primary Investigator: Dr. Helen Burgess	2022-2023
<ul style="list-style-type: none">• Scored actigraphy for a study evaluating the association between increasing duration of morning light treatment and the degree of change in amygdala reactivity to an emotional face fMRI task in individuals with a history of traumatic stress.• Funding by the National Institute of Health (NIH) R61 Grant	

Research Assistant—The Health, Relationships, and Intervention Lab (THRIVE) 2022-2023

Department of Psychological Science, University of California, Irvine

Primary Investigator: Dr. Jessica Borelli

- *Confío En Mi Confío en Ti-Latino Health Access Study* funded by the Centers for Disease Control and Prevention (CDC): Transcribed audio recordings of Spanish and English child, youth, and mother interviews regarding the ways COVID-19 has impacted the participant and their family; edited audio transcriptions for accuracy.

**Department of Psychological Science, University of California, Irvine
Alliance Study**

2022

Primary Investigator (Graduate Student): Anna Sanova

- Coded therapy and patient sessions to evaluate therapeutic alliance and barriers to a positive therapist-client relationship utilizing the Collaborative Interactions Scale (CIS-R)

POSTERS & PRESENTATIONS

Lascano X., Zalta A.K., Cenkner D.P., Araujo P.J. Examining Maladaptive Beliefs and Religiosity as Predictors of Distress in Victims of Potentially Morally Injurious Events. Poster (*presenting November 2022*): 38th Annual Meeting of the International Society for Traumatic Stress Studies; 2022 Nov 9-12; Atlanta, GA.

Lascano X., Zalta A.K., Cenkner D.P., Araujo P.J. Examining Maladaptive Beliefs and Religiosity as Predictors of Distress in Victims of Potentially Morally Injurious Events. Oral Presentation (*presented May 2022*): Undergraduate Research Opportunities Program; 2022 May 20-21; Irvine, CA.

Grandhi J., Straka K., **Lascano X.**, Zalta A.K. Exploring Whether Race and Ethnicity Moderate the Relationship between Rumination and Moral Distress. Poster (*presented May 2021*): American Psychological Association; 2021 May 26-27; online.

Lascano, X. Depression Literacy of Underserved Students, Gender Differences, and The Effect on Student Retention and Bachelor Degree Completion. Poster (*presented April 2020*): Multicultural Education Conference; 2020 April 25; online.

MANUSCRIPTS & PUBLICATIONS

Zalta, A. K., Vanderboll, K., Dent, A. L., Contreras, I. M., Malek, N., Lascano, X. N., Zellner, K. L., Grandhi, J., Araujo, P. J., Straka, K., Liang, C. Z., Czarny, J. E., Martinez, J., & Burgess, H. J. (2023). Sleep timing, chronotype, and posttraumatic stress disorder: An

individual participant data meta-analysis. *Psychiatry research*, 321, 115061.
<https://doi.org/10.1016/j.psychres.2023.115061>

Lascano, X. (2020). *Depression Literacy of Underserved Students, Gender Differences, and The Effect on Student Retention and bachelor's degree Completion* [Master's thesis, California State University, Sacramento]. Sac State Scholars.
<https://hdl.handle.net/10211.3/215252>

CLINICAL EXPERIENCE

Service Coordinator at Waymakers

2022-2023

- Provide case management to youth and families involved in the juvenile justice system including the development of a service team to promote success, safety, wellness, recovery, and permanence in the home, school, and community.
- Assist clients in achieving their care plan goals and work with the family to increase positive youth behaviors.
- Provide clients with resources, such as housing, clothes, employment, food, and other essential resources as needed.

Crisis Counselor at the Crisis Response Project

2021-2022

- Provided in-person support for neurodiverse and dual-diagnosis clients to de-escalate crisis situations and prevent unnecessary police involvement and hospitalizations.
- Developed behavioral assessment plans based on ABA principles.
- Trained care providers on crisis intervention strategies and behavioral techniques aimed at preventing, arresting, or stabilizing behavioral problems.
- Developed semi-annual assessments, exit plans, and whole-person assessments.
- Collected behavioral data to facilitate the preparation of crisis plans.
- Maintained statistical data on consumers information (e.g., type of service provided, number of psychiatric holds).

Behavioral Health Technician at Axis Mental Health, Nsight Psychology and Addiction, and D'Amore Healthcare

2019-2021

- Led supportive groups that encourage problem-solving and development of coping mechanisms to groups of up to 6 dual diagnosis clients.
- Assessed patient safety and communicated status to a licensed health professional.
- Aided with daily living skills and monitored client progress using notes and behavioral charts.
- Audited clinical team's notes, medication follow-ups, intake documents, and rounds.
- Assisted with the completion of intake and discharge procedures.

Service Coordinator at Alta California Regional Center

2018-2019

- Completed yearly and as-needed person-centered assessments on an all-Spanish speaking caseloads of 80 adults with eligible physical and intellectual disabilities and mental illness.
- Provided clients with choices of service providers and designed a service plan. Services included transportation, vocational training, day programming, education, mental health services, medical care, home modifications, and independent living training.
- Maintained and updated case filing to meet compliance requirements as regulated by the Department of Developmental Services.

Mental Health Worker at Heritage Oaks Hospital **2016-2017**

- Measured and monitored patients' vital signs and assisted with activities of daily living.
- Set boundaries on inappropriate behavior and utilized verbal de-escalation in crisis situations to maintain patient and staff safety.
- Led therapeutic recreational, educational, and group activities.

Job Coach at Community Integrated Work Program **2015-2017**

- Provided training for clients to develop occupational, social, and behavioral skills.
- Implemented behavioral modification techniques based on ABA principles.

INTERNSHIPS & VOLUNTEER EXPERIENCE

Crisis Counselor Intern at the California Youth Crisis Line **2015-2016**

- Supported youth and parents in crisis by providing referrals for local and statewide resources.
- Delivered strategic measures to aid the mental health of individuals experiencing a crisis and provided short-term solutions for management and intervention.

Peer Shelter Support Staff Volunteer **2015-2016**
Common Grounds Shelter for the Youth

- Monitored shelter affairs to maintain shelter in accordance with service policies.
- Received clients, completed intake paperwork, created client files, and oriented clients.
- Maintained shelter organized, clean, and stocked with essential supplies.

AWARDS & RECOGNITION

Sally Casanova Scholarship **2019-2020**

- A competitive statewide scholarship awarded to 70 undergraduate and graduate students in the California State Universities. Award is based on a critical review of student applications who, in the judgment of the review panel, demonstrate academic excellence while having experienced educational and economic disadvantage, and who are committed to a career in teaching or research at the university level.

University of California Irvine, Diversity Fellowship **2019**

- Awarded to a limited number of applicants who meet the UC definition of diversity and whose experiences, research interests, and career goals contribute to the university's goal of diversity.

The Robert R. Quiggle Memorial Scholarship **2015**

- The Robert R. Quiggle Memorial Scholarship is awarded to returning students majoring in psychology with a 3.5 GPA or higher.

PROFESSIONAL AFFILIATIONS

PsiChi

The International Honor Society in Psychology

2016-Present