

# FREYA WHITTAKER, B.A.

---

65 Oxford Avenue, Portsmouth, NH 03801 | 1 (603) 892-1163 | fmwhitt@gmail.com

---

## EDUCATION

---

<b>B.A.</b>	Dickinson College, Psychology & French <i>Summa Cum Laude</i> Psychology Honors Thesis: "Stress, Social Isolation, and Substance Use Behaviors in the COVID-19 Pandemic" French Honors Thesis: "Representations of Female Madness in 19 <sup>th</sup> Century French Literature"	May 2021
<b>Study Abroad</b>	Danish Institute for Study Abroad Copenhagen, DK	Sept – Dec 2019

---

## HONORS AND AWARDS

---

<b>Phi Beta Kappa</b>	Academic Honor Society	2021
<b>Caroline Heath Kennedy French Literature Prize</b>	For excellent French Honors thesis	2021
<b>Pi Delta Phi</b>	National French Honor Society	2021
<b>Psi Chi</b>	Psychology Honor Society	2019
<b>Selma K Asbell Award</b>	For exceptional scholastic performance in the study of French	2019
<b>Benjamin and Portia Hosler Scholarship</b>	For overall undergraduate academic achievement	2019
<b>James G Stemler Study Abroad Scholarship</b>	Funding for semester abroad in Copenhagen, DK	2019
<b>Alpha Lambda Delta</b>	National First-Year Honor Society	2017

---

## PUBLICATIONS

---

Whittaker, F., & Kingston, S. (2022). Stress, social support, and substance use in the COVID-19 pandemic. *Translational Issues in Psychological Science*. Advance online publication. <https://doi.org/10.1037/tps0000322>

---

## MANUSCRIPTS

---

*Manuscripts under review*

**Whittaker, F.** (under review). The Mediating Role of Health Anxiety in Health Message Framing.

*Manuscripts in preparation*

**Whittaker, F.**, Loskot, T., Thomas, F., Finley, E., Lagdamen, J., Elhusseini, S., Monson, C., & Wiltsey Stirman, S. (in preparation). Comparing and Evaluating Methods of Coding Qualitative Interviews in Implementation Research.

LaBash, H., **Whittaker, F.**, Elhusseini, S., Monson, C., & Wiltsey Stirman, S. (in preparation). Identified combinations of facilitators and barriers that result in successful and unsuccessful CPT implementation across US and Canadian healthcare systems.

---

**POSTER PRESENTATIONS**

---

Loskot, T., **Whittaker, F.**, Thomas, F., Lagdamen, J., Mustchler, C., Kannan, K., Burdo, J., Finley, E., Monson, C., & Wiltsey-Stirman, S. (2021, December). *Therapist perspectives on multi-level factors influencing cognitive processing therapy implementation across three healthcare systems*. Poster presented at the 14<sup>th</sup> Annual Conference on the Science of Dissemination and Implementation in Health.

**Whittaker, F.** (2021, April). *Stress, Social Support, and Substance Use in the COVID-19 Pandemic*. Poster presented at Dickinson College All Sciences Research Symposium.

**Whittaker, F.**, Williams, E., Dionisos, V., Shah, P., & Guardino, C. (2021, April). *Coping, Perceived Stress, and Mental Health Outcomes During the COVID-19 Pandemic*. Poster presented at Dickinson College All Sciences Research Symposium.

**Whittaker, F.**, Williams, E., Dionisos, V., Shah, P., & Guardino, C. (2021, March). *Coping, Perceived Stress, and Mental Health Outcomes During the COVID-19 Pandemic*. Poster presented at Eastern Psychological Association 2021 Virtual Conference.

**Whittaker, F.** (2019, December). *Food Insecurity and Social Psychiatry Treatment Outcomes*. Poster presented at Danish Institute for Study Abroad Student Research Symposium, Copenhagen, Denmark.

---

**RESEARCH EXPERIENCE**

---

**Research Assistant**, Fidelity, Adaptation, Sustainability, and Training (FAST) Lab July 2021 – August 2022

Supervisor: Shannon Wiltsey Stirman, PhD.

National Center for PTSD/ Stanford University, Palo Alto, CA

- Coordinate a multisite, NIMH-funded study designed to disseminate and evaluate the efficacy of Written Exposure Therapy (WET) in VA clinics
- Coordinate a NIMH-funded study comparing Consolidated Framework for Implementation Research (CFIR) ratings of interview transcripts vs. ratings of interview recordings
- Rate Cognitive Processing Therapy (CPT) sessions for fidelity, additional elements, and working alliance, to support projects aimed at evaluating the sustainability of

- CPT implementation programs at VA sites, and testing innovative methods to assess fidelity of CPT delivery in routine mental healthcare settings
- Prepare and submit materials for IRB review
- Clean and analyze quantitative data in R

### **Psychology Honors Thesis**

Aug 2020 – May 2021

*Stress, Social Support, and Substance Use Behaviors in the COVID-19 Pandemic*

Advisor: Sharon Kingston, PhD.

Dickinson College, Carlisle, PA

- Designed and executed a correlational study investigating the extent to which greater stress and social isolation resulting from the COVID-19 pandemic were associated with increased substance use in a non-clinical population
- Performed literature reviews to develop hypotheses and evaluate measurement instruments
- Collected, analyzed, and interpreted quantitative data
- Produced manuscript for academic journal publication

### **French Honors Thesis**

Aug 2020 – May 2021

*Representations of Female Madness in 19<sup>th</sup> Century French Literature*

Advisor: Adeline Soldin, PhD.

Dickinson College, Carlisle, PA

- Read and analyzed the portrayal of female mental illness and emotional distress in French literature of the 19<sup>th</sup> and early 20<sup>th</sup> centuries
- Drew conclusions about the broader implications of these portrayals in reflecting and shaping contemporary stereotypes about women
- Produced significant analysis (55 pages) in French

### **Research Assistant, Stress, Resilience, and Health Lab**

Aug 2020 – May 2021

Supervisor: Christine Guardino, PhD.

Dickinson College, Carlisle, PA

- Identified outcome variables of interest and assisted in the development of hypotheses in a longitudinal study investigating the impact of the COVID-19 pandemic on undergraduate students' mental and physical health
- Conducted literature searches and assisted in the preparation of manuscripts for conferences and peer-reviewed journals
- Performed statistical analyses (e.g., regression, correlations), scored and managed quantitative data in SPSS

### **Research Assistant, Improving Outcomes for Children of Caregivers with Substance Use Disorders**

Jan 2020 – May 2021

Supervisor: Sharon Kingston, PhD.

Dickinson College, Carlisle, PA

- Assisted in development of instruments to evaluate effectiveness of a community-based intervention for children impacted by caregiver substance use disorder
- Collected, managed, scored, and analyzed data from interviews with adults and children

- Prepared reports and presentations for local professionals, funding sources, and peer-reviewed journals

### **Independent Research**

Sept 2019 – Dec 2019

*Nutritional Access and Social Psychiatry Treatment Outcomes*

Advisor: Eleftherios Saftis, M.A.

Danish Institute for Study Abroad, Copenhagen, DK

- Designed and developed a correlational study on the extent to which a healthful, nutrient-dense diet was associated with more positive outcomes of psychological interventions in the Danish welfare state-funded social psychiatry network
- Collected, coded, and analyzed both qualitative and quantitative data
- Conducted literature searches and review
- Created poster presentation of independent research to communicate findings and implications to stakeholders and the general public

---

### **TEACHING EXPERIENCE**

---

**Teaching Assistant**, Department of Psychology

Aug 2020 – Dec 2020

*PSYC 120: Introduction to Health Psychology*

Dickinson College, Carlisle, PA

- Supervised and facilitated virtual class discussions based on course content
- Instructed students in differentiating between and applying course concepts
- Supported teaching activities as a liaison between instructor and 41 undergraduate students

**Statistics Tutor**, Department of Psychology

Jan 2019 – May 2020

Dickinson College, Carlisle, PA

- Worked with 7 undergraduate students individually to facilitate an understanding of statistical logic and analyses in psychological research
- Developed student competencies in SPSS and statistical computer programming

---

### **CLINICAL EXPERIENCE**

---

**Clinical Psychology Practicum**

Aug 2019 – Dec 2019

Danish Institute for Study Abroad, Copenhagen, DK

- Observed, assessed, and interviewed mental health service users to inform intervention planning
- Applied cognitive behavioral and psychodynamic approaches to psychotherapeutic support in a welfare-funded community mental health center

---

### **OTHER RELEVANT EXPERIENCE**

---

**Student Interviewer**

Aug 2020 – May 2021

Dickinson College Office of Admissions, Carlisle, PA

- Conducted evaluative interviews with prospective undergraduate students to assess interpersonal factors that contribute to undergraduate admission outcomes
- Maintained professionalism with prospective students and families

- Adhered to strict confidentiality protocols regarding details of students' admission materials and decisions

### **Summer Data Assistant**

June 2020 – Aug 2020

University of Massachusetts Medical School, Worcester, MA

- Worked with Director/ PI for the University of Massachusetts Medical School's MassAHEC (Area Health Education Center) Network
- Learned and used federal software to complete data entry and analysis
- Coordinated and performed data entry for the federal Annual Performance Report (USDHHS/HRSA Grant #U77HP03016), making zero errors

---

## **SKILLS AND COMPETENCIES**

---

### **Technical Skills**

Qualtrics	Advanced
REDCap	Intermediate
SPSS	Advanced
R	Intermediate

### **Foreign Languages**

French	Advanced Reading Proficiency
	Advanced Writing Proficiency
	Intermediate Speaking Proficiency

---

## REFERENCES

---

**Dr. Shannon Wiltsey Stirman**

National Center for PTSD / Stanford University

Phone: (215) 459-4200

Email: [sws1@stanford.edu](mailto:sws1@stanford.edu)

**Dr. Christine Guardino**

Dickinson College Dept. of Psychology

Phone: (717) 245-8373

Email: [guardinc@dickinson.edu](mailto:guardinc@dickinson.edu)

**Dr. Sharon Kingston**

Dickinson College Dept. of Psychology

Phone: (717) 245-1076

Email: [kingstos@dickinson.edu](mailto:kingstos@dickinson.edu)

**Dr. Suman Ambwani**

Dickinson College Dept. of Psychology

Phone: (717) 245-1022

Email: [ambwanis@dickinson.edu](mailto:ambwanis@dickinson.edu)