

SEBASTIAN MITCHELL BARR, PH.D.

Psychology Fellow
Program for Psychotherapy
Cambridge Health Alliance / Harvard Medical School
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EDUCATION

Ph.D. Counseling Psychology, 2018
University of Louisville

Dissertation Title: *Understanding the relationships between anti-transgender bias and post-traumatic stress (PTS): A model of internalized transphobia-mediated PTS*
Dissertation Chairs: Kate Snyder, Ph.D., & Mark Leach, Ph.D.
Defended, October 2018

B.A. Psychology, 2010
Smith College

CLINICAL TRAINING

August 2018 – August 2020 **Post-Doctoral Fellow**
Program for Psychotherapy
Cambridge Health Alliance / Harvard Medical School
Training Directors: Marla Eby, Ph.D., Rebecca Drill, Ph.D., Jack Beinaschowitz, Ph.D.
Supervisors: Humphrey Morris, M.D., Richard Frankel, Ph.D., Elizabeth Corpt, LICSW, Elizabeth Baumann, Ph.D., Jaine Darwin, Ph.D., Linda Luz-Alterman, Ph.D., Barbara Pizer, Ph.D.

June 2017 – June 2018 **Pre-Doctoral Psychology Intern**
Cambridge Health Alliance / Harvard Medical School
Training Director: Patricia Harney, Ph.D.

PRE-DOCTORAL CLINICAL PRACTICE EXPERIENCE

Aug 2016 – May 2017 **Clinician, Trauma-Focused Psychotherapy**
VHA Lexington – PTSD Clinical Team
Supervisor: Eric Russ, Ph.D.

Sept 2015-May 2016 **Clinician, Gender-Affirming Psychotherapy**
Compass Counseling and Psychological Services, PLLC

Updated November 2019

- Supervisor: Amy Greenamyre, Ph.D.
- Sept 2015-May 2016 **Neuropsychological Assessment Clinician**
Compass Counseling and Psychological Services, PLLC
 Supervisor: Greg Perri, Psy.D.
- Aug 2015-May 2016 **Outreach Coordinator**
University of Louisville Counseling Center
 Supervisors: Aesha Tyler, Ph.D., & Ruby Casiano, Ph.D.
- Jul 2015-Sept 2015 **Assessment Clinician**
Brighter Futures, PLLC
 Supervisors: Nick Watters, Ph.D., & C.J. Quick, LPCC
- May 2015-Sept 2015 **Clinician, Gender-Affirming Group Psychotherapy**
Private Practice
 Supervisor: Joanna Morse, Psy.D.
- May 2014-May 2015 **Clinician, Child and Family Psychotherapy**
Seven Counties Services – Transitions Trauma Team
 Supervisors: Jessica Mattingly, Psy.D., & David Finke, Ph.D.
- Sept 2013-May 2015 **Clinician, Trauma-Focused Psychotherapy**
University of Louisville Depression Center
 Supervisor: Eric Russ, Ph.D.

PUBLICATIONS

- Snyder, K. E., Fong, C. J., Painter, J. K., Pittard, C. M., **Barr, S. M.**, & Patall, E. A. (2019). Interventions for academically underachieving students: A systematic review and meta-analysis. *Educational Research Review*, 28. doi: 10.1016/j.edurev.2019.100294
- Puckett, J. A., **Barr, S. M.**, Wadsworth, L. P., & Thai, J. L. (2018). Considerations for clinical work and research with transgender and gender diverse individuals. *Behavior Therapist*, 41 (5), 253-263. <http://www.abct.org/docs/PastIssue/41n5.pdf>
- Snyder, K. E., **Barr, S. M.**, Honken, N. B., Heuser, A. R., & Ralston, P. (2018). Navigating the first semester: An exploration of short-term changes in motivational beliefs among engineering undergraduates. *Journal of Engineering Education*, 107, 11-29. doi: 10.1002/jee.20187
- Gabel, C.P., Cuesta-Vargas, A., **Barr, S.M.**, Black, S.W., Osborne, J.W., & Melloh, M. (2016). Confirmatory Factor Analysis of the Neck Disability Scale, comparing patients with whiplash associated disorders to a control group with non-specific neck pain. *European Spine Journal*. doi: 10.1007/s00586-016-4543-z

Barr, S.M., Budge, S.L., Adelson, J. (2016). Transgender belongingness as a mediator between strength of transgender identity and well-being. *Journal of Counseling Psychology*, 63, 87-97. doi: 10.1037/cou0000127

Bryan, J., **Barr, S.M.**, Overtree, C., & Mangine, J. (2015). *Letting go of the binary: Comparing categorical and continuous measures of sex, gender, and sexuality* [White paper].

MANUSCRIPTS & CHAPTERS IN PREPARATION AND UNDER REVIEW

O'Banion, D., & **Barr, S.M.** (in preparation). Taking a gender-affirming sexual history. *Fenway Guide to Trans- and Gender-Diverse Health Care*. Forthcoming textbook to be published by McGraw-Hill.

Barr, S.M., Thai, J.L., & Keo-Meier, C. (in review). Examining White and POC transgender men's non-linear decrease in depression, anxiety, and stress symptoms across the first year of testosterone treatment.

Barr, S.M., Rosenkrantz, D.E., & Budge, S.L. (in preparation). Psychometric properties of the Objectified Body Consciousness Scale in a sample of transgender women.

ACADEMIC CONFERENCE PRESENTATIONS

Barr, S.M. 2018. Non-affirmation and exposure to anti-transgender bias related to increased severity of PTSD symptoms: Evaluating a model of partial mediation by internalized transphobia. In J. Shipherd (Discussant), *Understanding the experience of trauma and minority stress in lesbian, gay, bisexual, and transgender populations: Implications for conceptualizations, practice, and policy*. Symposium presented at the International Society for Traumatic Stress Studies Annual Meeting, Washington, D.C.

Barr, S.M., Thai, J.L., Adelson, J., & Keo-Meier, C. (2018, April). Psychological effects of testosterone therapy on transgender men: Examining racial differences across first 12 months. Poster presented at Harvard Medical School Mysell Psychiatry Research Day, Boston, MA.

Hayes-Skelton, S., **Barr, S.M.**, Montoya, H., Puckett, J.A., & Wadsworth, L.P. (2018, April). Enhancing the cultural sensitivity of psychosocial interventions for anxiety and depression when working with LGBTQ+ clients. Roundtable presented at the ADAA Anxiety and Depression Conference, Washington, D.C.

Barr, S.M., Budge, S.L., & Snyder, K. (2017, February). Understanding transgender men's experiences of bias through a framework of trauma and internalized transphobia: Results of an SEM mediation analysis. In S. Budge (Discussant), *Recent research on transgender men's psychological distress: Focusing on risk factors, protective factors, and impact of gender transition*. Symposium presented at United States Professional Association of Transgender Health (USPATH) Scientific Conference, Los Angeles, CA.

- Barr, S.M.,** Thai, J.L., & Keo-Meier, C. (2017, February). Examining White and POC transgender men's non-linear decrease in depression, anxiety, and stress symptoms across the first year of testosterone treatment. In S. Budge (Discussant), *Recent research on transgender men's psychological distress: Focusing on risk factors, protective factors, and impact of gender transition*. Symposium presented at USPATH Scientific Conference, Los Angeles, CA.
- Barr, S.M.,** & Budge, S.L. (2016, August). Experiences of self-esteem and well-being for individuals with non-binary gender identities. In S. Chang (Discussant), *Identity processes, well-being, and emotional processes for individuals with non-binary identities*. Symposium presented at the annual meeting of the American Psychological Association, Denver, CO.
- Rosenkrantz, D.E., & **Barr, S.M.** (2016, August). Validating the subscales of the Objectified Body Consciousness Scale in a population of trans women. In Ruth E. Fassinger (Discussant), *Emerging areas of science, practice, and education with LGBTQ women*. Symposium presented at the annual meeting of the American Psychological Association, Denver, CO.
- Barr, S.M.** & Roane, S.J. (2016, June). Effectively addressing comorbid issues in affirmative therapy with trans clients. Workshop presented as part of the professional training track at the Philadelphia Trans Health Conference. Philadelphia, PA.
- Snyder, K. E., **Barr, S. M.**, Honken, N. B., Heuser, A. R., & Ralston, P. (2016, April). Navigating the first semester: An exploration of short-term changes in motivational beliefs among engineering undergraduates. Poster presented at the annual meeting of the American Educational Research Association, Washington, D.C.
- Barr, S.M.,** & Budge, S.L. (2014, August). Predictors and outcomes of community belongingness in a trans* population. Poster presented at the annual meeting of the American Psychological Association, Washington, D.C.
- Keller, B.L., **Barr, S.M.,** & Budge, S.L. (2014, August). "For every bad, there's 40 good things that happen": A qualitative approach to understanding the positive emotional experiences of trans* women. In I. dickey (Discussant), *The other side of the story: Trans* individuals' experiences of positivity and resilience*. Symposium presented at the meeting of the American Psychological Association, Washington, D.C.
- Carlton, F.J., Snyder, K.E., **Barr, S.M.,** & Patall, E.A. (2014, April). Everything and the kitchen sink: A meta-analytic review of interventions for academically underachieving students. Paper presented at the American Educational Research Association Annual Conference, Philadelphia, PA.
- Budge, S.L., & **Barr, S.M.** (October, 2013). Addressing grief and role transitions for transgender clients experiencing gender identity incongruence. Paper presented at the Biennial North American Society for Psychotherapy Research Conference, Nashville, TN.

Barr, S.M., & Budge, S.L. (2013, June). The role of identity integration in the emotional well-being of post-transition individuals. In *WPATH graduate research symposium*. Symposium presented at the Philadelphia Trans Health Conference, Philadelphia, PA.

—— (2013, March). Paper presented at Spring Research Conference, Lexington, KY.

Budge, S.L., **Barr, S.M.**, Katz-Wise, S.L., Keller, B.L., & Manthos, M. (2013, June). Incorporating positivity into psychotherapy with trans clients. Workshop presented at the Annual Philadelphia Transgender Health Conference, Philadelphia, PA.

Budge, S.L., & **Barr, S.M.** (2013, April). Emotional and identity processes of trans* youth: A developmental approach. Paper presented at the Biennial Meeting of the Society for Research on Child Development, Seattle, WA.

Keller, B.L., **Barr, S.M.**, & Budge, S. L. (2013, March). “For every bad, there’s 40 good things that happen”: A qualitative approach to understanding the positive emotional experiences of trans* women. Poster presented at the Kentucky Psychological Association Student Research Conference, Louisville, KY.

Barr, S. M., Stahl, A., Manthos, M., & Budge, S.L. (2012, November). “It means there aren’t any rules and you don’t have to ascribe to a specific binary”: A qualitative examination of genderqueer identity. Paper presented at the Chicago LGBTQ Health & Wellness Conference, Chicago, IL.

Budge, S.L., **Barr, S. M.**, Orovecz, J., & Rossman, H.K. (2012, November). Clinical work with LGBT youth. Workshop presented at the Annual Kentucky Psychological Association Conference, Louisville, KY.

INVITED OUTREACH AND PROFESSIONAL PRESENTATIONS

Barr, S. M. (2019, November). Impact of trans identity and transition history on clinical perspective. Presented at Sex, Gender, and Sexuality offered by Harvard Medical School and Cambridge Health Alliance Department of Psychiatry, Boston, MA.

Barr, S. M. (2019, September). Mental health considerations when working with the trans and gender diverse community. Presented as part of symposium during Department of Medicine Grand Rounds at Cambridge Health Alliance / Harvard Medical School, Cambridge, MA.

Barr, S. M. (2019, April). Effective and affirming clinical work with transgender and gender diverse young adults. Presented at Treating Young Adults: Mental Health Risks and Challenges offered by Harvard Medical School and Cambridge Health Alliance Department of Psychiatry, Boston, MA.

- Barr, S. M.** (2019, March). A Fantastic Woman: What Marina’s story can help us understand about trauma and resilience in the trans community. Talk given accompanying a film screening for the Massachusetts chapter of the National Association of Social Workers, Newton, MA.
- Barr, S. M.** (2018, November). Considerations for clinical work with transgender and gender diverse students. Invited professional development workshop at American University Counseling Services, Washington, D.C.
- Barr, S. M.** (2018, February). Considerations for clinical work with transgender and gender diverse populations. Grand Rounds presented for Department of Psychiatry at Cambridge Health Alliance / Harvard Medical School, Cambridge, MA.
- Eleazer, J.R., Roane, S.J., & **Barr, S. M.** (2016, July). Affirmative treatment for transgender service members in military mental health. Workshop presented to Army behavioral health providers, Ft. Knox, KY.
- Barr, S.M.,** & Barr, K.R. (2016, July). Introduction to transgender youth and their needs in a primary care setting. Invited presentation to doctors, nurses, and staff, Novant Health – Steelecroft Pediatrics, Charlotte, NC.
- Barr, S.M.** (2016, March). Transgender identity and mental health. Invited presentation to clinicians, trainees, and staff, University of Louisville Counseling Center, Louisville, KY.
- Barr, S.M.** (2016, February). Emotions and your mental health. Invited presentation to undergraduate students, University of Louisville Resident Student Association meeting, Louisville, KY.
- Barr, S.M.** (2015, January). Coping 101: A primer on helpful coping for trans youth. Workshop presented to trans youth and mentors, Louisville Youth Group, Louisville, KY.
- Barr, S.M.** (2015, June). A review of trans psychology and mental health. Invited presentation to mental health clinicians, medical healthcare providers, transgender community members, and allies, Charlotte, NC.
- Barr, S.M.** (2015, April). Risk and resilience: The mental health of trans and gender non-conforming individuals. Invited presentation to undergraduate students, University of Louisville Psi Chi chapter meeting, Louisville, KY.
- Russ, E., & **Barr, S.M.** (2014, April). Current perspectives on trauma and PTSD: DSM-5, personality, and implications for psychotherapy. Invited presentation to veterans and service providers, Operation Headed Home, Somerset, KY.
- Barr, S.M.,** Eleazer, J., Nguyen, Y., & Budge, S.L. (2014, January). “I just want to deal with it on my own”: Learning helpful coping strategies related to trans* stressors. Workshop presented to active duty transgender services members at a confidential conference.

Budge, S.L., **Barr, S.M.**, & Orovecz, J. (2013, April). LGBTQ+ identities in college. Invited presentation to undergraduate students, graduate students, faculty, and staff, Georgetown College, Georgetown, KY.

Snyder, K.E. & **Barr, S.M.** (2013, January). A multi-method approach to understanding underachievement. Invited presentation to doctoral students and faculty, University of Louisville Department of Counseling and Human Development, Louisville, KY.

Barr, S.M. (2011). Trans* 101: A training for students, faculty, and administrators. Invited presentation to undergraduate students, faculty, and staff, Hendrix College, Hendrix, AR.

TEACHING EXPERIENCE

University of Louisville, Supervisor: Kate Snyder, Ph.D.

Graduate Level

Guest Lecturer, <i>Human Development</i> (ECPY 605)	Spring 2016
Adjunct Instructor, <i>Human Growth & Development</i> (ECPY 507/607)	Fall 2015
Guest Lecturer, <i>Human Development</i> (ECPY 605)	Spring 2015
Teaching Assistant, <i>Human Growth & Development</i> (ECPY 507/607)	Fall 2014
Teaching Assistant, <i>Human Growth & Development</i> (ECPY 607)	Spring 2014
Teaching Assistant, <i>Human Growth & Development</i> (ECPY 507/607)	Fall 2013
Guest Lecturer, <i>Differential Diagnosis & Treatment</i> (ECPY 621)	Spring 2013
Teaching Assistant, <i>Evaluation & Measurement</i> (ECPY 540)	Spring 2013
Teaching Assistant, <i>Evaluation & Measurement</i> (ECPY 540)	Fall 2012

Undergraduate Level

Guest Lecturer, <i>Learning Theory & Human Growth/Development</i> (ECPY 107)	Fall 2014
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Additional Institutions

University of Utah, Graduate Level

Guest Lecturer, <i>Multicultural Counseling</i> (EDPS 6360)	Spring 2019
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ADDITIONAL RELEVANT PROFESSIONAL EXPERIENCE

February 2015-present	Social Media Consultant and Website Manager Kathy Barr Counseling & Consulting, PLLC
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Nov 2011-Jul 2012	Trans* Youth Advisor Community Action Youth Programs
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AWARDS

2017	Recipient WPATH Student Research Award and Grant
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Updated November 2019

2017	Recipient USPATH Inaugural Meeting Scholarship
2014	Recipient APA Division 44 Transgender Research Award
2013	Semi-Finalist Point Foundation Scholarship

SERVICE

Professional Service

2019-present	Member, Task Force on Diversity, Equity, and Inclusion Massachusetts Psychological Association
2018-2020	Co-Chair, Communications Committee APA Division 44

Editorial Activities

2019-2021	Member, Editorial Board <i>Psychotherapy</i>
2017-2019	Reviewer <i>Psychotherapy</i>
2017	Reviewer <i>Transgender Health</i>
2013-2014	Reviewer Division 44 Student Research Award

University Service

2012-2014	Department Representative University of Louisville Graduate Student Council
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Community Service

2013-2016	Member, Board of Directors ACLU of Kentucky
2014	Equity Officer ACLU of Kentucky
2013-2014	Mentor Louisville Youth Group

PROFESSIONAL MEMBERSHIPS

American Psychological Association

Division 39 – Psychoanalysis

Division 44 – Society for Psychology of Sexual Orientation & Gender Identity

Division 56 – Division of Trauma Psychology

World Professional Association of Transgender Health