

**Yani L. Dickens, Ph.D., CC-AASP**  
**Director of Training**  
**Licensed Clinical Psychologist, NV #PY0560**  
**Certified Consultant in Sport Psychology, AASP # 414**  
**Contact Information:**

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**EDUCATION**

<b>University of Nevada, Las Vegas</b> 4505 S. Maryland Parkway Las Vegas, NV 89154-1029	2000 – 2007
Doctoral of Philosophy in Psychology, Clinical (APA-Accredited)	2007
Master of Arts in Clinical Psychology, Clinical	2004
<b>Utah State University Counseling Center</b> (APA-Accredited Internship)	2006 – 2007
<b>University of Nevada, Reno</b> 1664 North Virginia Street Reno, NV 89557-0042	1995 – 2000
Bachelor of Arts in Psychology & Sociology, Cum Laude	1999

**LICENSED PROFESSIONAL EXPERIENCE**

<b>Counseling Services</b> <b>University of Nevada, Reno (UNR)</b> 202 Thompson Building, University of Nevada, Reno/MS 0080 Reno, NV 89557	2008-current
<b>Director of Training</b>	2011-current

Provide counseling to university students, conduct intakes and provide crisis consultations, provide group individual supervision and clinical training to doctoral level practicum students. Provide eating disorders prevention and outreach, work with students and athletes with eating disorders, and attended regional conferences on eating disorders. Teach undergraduate sport psychology classes and graduate level justice management research methods classes. As a graduate faculty member at UNR Justice Management Degree Program, chair several graduate student professional project/thesis committees. Serve as liaison to athletics department, providing sport psychology consultations and interventions. Provide psychoeducation to UNR athletic department as Clinical Adjunct Faculty member at University of Nevada Sports Medicine Fellowship, Sport Psychology Rotation.

Supervisor: Cynthia Marczyński, Ph.D., Counseling Services Director

**Center for Hope of the Sierras**  
**1453 Pass Dr.**  
**Reno, NV 89509**

**Therapist** 2010 – 2012

**Director of Research/Research Consulting** 2011 – 2014

Provide treatment outcome research for program evaluation and program enhancement. Submit and present research at national eating disorders conferences. Provide assessment and treatment consultations.

**Private Practice** 2010 – current  
**5865 Tyrone Rd Suite #201**  
**Reno, NV 89507**

Provide individual and couples counseling to community in private practice setting. Provide sport psychology consultations and psychoeducational outreach to individuals and groups.

**PSYCHOTHERAPY & ASSESSMENT PRACTICA AND EXPERIENCE**

**Northern Nevada Adult Mental Services (NNAMHS)** 2007 – 2008  
**(Post-Doctoral Fellowship)**  
 480 Galletti Way  
 Sparks, NV 89431-5574

Provided DBT-focused individual and group counseling, crisis intervention, and assessment of individuals from lower SES backgrounds with serious mental illness in inpatient and outpatient settings.

Supervisors: Ingrid Moore, Ph.D., Kambiz Alaei, Ph.D., & Rebecca Mueller, Ph.D.

**Utah State University Counseling Center** 2006 – 2007  
**(APA-Accredited Internship)**  
 Taggart Student Center 306  
 0115 Old Main Hill  
 Logan, UT 84322-0115

Provided individual, group, and couple counseling as well as sport psychology consultations to university students. Co-led peer outreach program for peer educators to provide basic psychological skills training (e.g., stress management) to individual clients of the Counseling Center as well as outreach programming (e.g., depression and anxiety screenings). Initiated and assisted in the development of a formal outreach rotation with the athletics, providing guest lectures for a graduate-level sport psychology class, and performance enhancement interventions athletes and teams.

Supervisors: David Bush, Ph.D., Mark Nafziger, Ph.D., & Mary Doty, Ph.D.

**Lewis Etcoff & Associates**

2003 – 2004

8475 S Eastern Ave  
Las Vegas, NV 89123

Provided neuropsychological and psychological testing for adults and children in an outpatient private practice.

Supervisors: Lewis Etcoff, Ph.D. & Michelle Carro, Ph.D.

**Counseling & Psychological Services**

2002 – 2003

University of Nevada Las Vegas  
4505 Maryland Parkway  
Las Vegas, NV 89154

Provided CBT-focused individual psychotherapy to diverse college students with minimal resources and a variety of presenting problems (e.g., identity issues, depression, bipolar disorder, relationship conflict, personality disorders).

Supervisors: Ken Swartz, Psy.D., Steve Oster, M.F.T., & Phoebe Kuo-Jackson, Ph.D.

**Center for Individual, Couple, & Family Counseling**

2001 – 2002

University of Nevada Las Vegas  
4505 Maryland Parkway Box 453047  
Las Vegas, NV 89154-3106

Provided CBT-focused individual psychotherapy to college students and community members with minimal resources. Presenting problems included gender identity issues, self-mutilation, bipolar disorder, depression, relationship conflicts, and personality disorders.

Supervisors: Mark Floyd, Ph.D., Christopher Kearney, Ph.D., & Colleen Peterson, Ph.D.

**Achievement Center**

2000 – 2001

Bradley Donohue, Ph.D.  
University of Nevada, Las Vegas  
4505 Maryland Parkway MS 5030  
Las Vegas, NV 89154

Coordinated research, educational, and applied services to university and community. Supervised and conducted sport psychology services and intervention outcome research.

Supervisor: Bradley Donohue, Ph.D.

**TEACHING EXPERIENCE**

**University of Nevada Reno**

2007 – current

Part-Time Instructor, Justice Management Department, Graduate Course

- Research Methods in Justice Management (Fall 2007, Summer 2007, Spring 2008, Summer 2008, Fall 2008, Spring 2009, Summer 2009, Fall 2009, Spring 2010, Summer 2010, Fall 2010, Spring 2011, Spring 2012, Summer 2012, Spring 2013, Fall 2013, 16 classes)

Part-Time Instructor, Psychology, Community Health Sciences, Undergraduate Course

- Introduction to Psychology (Spring 2008, Honors Class Fall 2008, 1 class)
- Special Topics: Sport Psychology (Summer 2010, Winter 2011, Summer 2012, Winter 2012, Winter 2013, Summer 2013, Winter 2014, Summer 2014, Winter 2015, 9 classes)

**University of Nevada, Las Vegas**

2002 – 2006

Part-Time Instructor, Psychology Department, Undergraduate Courses

- Introduction to Psychology (10 classes)
- Research Methods (5 classes)
- Introduction to Psychology – Distance Education (2 classes)
- Abnormal Psychology (2 classes)

**EMPLOYMENT**

**West Hills Hospital**

1999-2000, 2001

1240 East Ninth Street  
Reno, NV 89512

Provided support/monitoring to children, adolescents, adults in inpatient psychiatric setting.

**VOLUNTEER WORK**

Diversity and Community Service Experience  
Nevada & Arizona Camp Anytown Program

1993 – 2009

Participated 18 times in a cultural diversity camp sponsored by the National Conference of Community and Justice as a Camp Counselor (10 weeks), Camp Advisor (3 weeks), Mental Health Advisor (2 weeks), Director in Training (1 week). Supervised of camp attendees, counselors, and discussion groups. Facilitated all-camp discussions and experiential exercises on issues ranging from gender relations, religious diversity, prejudice, stereotypes, SES differences, and culture. Developed and modified programming. Served as Mental Health Advisor in Summer 2008 at Camp for Casey Foundation adolescents in foster care.

**RESEARCH AT UNIVERSITY OF NEVADA LAS VEGAS**

**Sport Psychology**

**Dissertation – Inner Experience & Golf Performance**

2004 - 2007

This qualitative study explored inner experience during sport performance by obtaining contemporaneous non-retrospective reports of inner experience using Descriptive Experience Sampling (DES). Examined inner experience during competition with highly-skilled and moderately-skilled golfers. Results suggested inner experience during golf performance consists of several types of inner experience including golf-related content, mental preparation strategies, perceptual awareness, and inner speech, to name a few.

Dissertation chair: Russell T. Hurlburt, Ph.D.

**Thesis – Intervention Evaluation of Mental Preparation Strategies for the 200 meter run: a Controlled Outcome Study** 2000 - 2004

This quantitative study evaluated the influence of several mental preparation strategies on 200 meter run performance. Participants were randomly assigned to one of 3 conditions: 1) technical skills and motivational statements, 2) negative statements, and 3) a control group. Results revealed no significant differences among these conditions.

Thesis chair: Bradley Donohue, Ph.D.

**Forensic Psychology**

**Substance Abuse and Serious Mental Illness Treatment** 2006 - 2007

Graduate Research Assistant for forensic study evaluating effectiveness of a new treatment addressing criminogenic needs for inmates with co-occurring serious mental illness and substance use disorders (dual diagnoses). Conducted record reviews, assisted with assessment of substance abuse and mood disorders, co-led 2 eight-week dual diagnosis treatment groups, and provided consultation for participant recruitment and data analysis.

Primary Researchers: Jennee Evans Dickens, Ph.D. & Douglas Ferraro, Ph.D.

**Criminogenic Needs Evaluation & Treatment Outcome Research** 2004 - 2006

Graduate Research Assistant for forensic study examining criminogenic needs for inmates with co-occurring serious mental illness and substance use disorders. Conducted record reviews, data scoring, analyses, and coding. Quantitative and qualitative data were analyzed, and treatment was developed. Co-led 8-week treatment groups addressing criminogenic needs. Results revealed significant increases retention of information and decreases in negative mood symptoms.

Primary Researchers: Jennee Dickens, Ph.D., Doug Ferraro, Ph.D., & Jennifer Skeem, Ph.D.

**PROFESSIONAL AFFILIATIONS**

Adjunct Faculty, Clinical Psychology, Department of Psychology	2012-current
Clinical Assistant Professor, Department of Family Medicine, Reno	2009-current
Graduate Faculty, Justice Management Degree Program, UNR	2009-current
Vice President, Northern Region. Nevada Psychological Association	2009-current
Board Member. Nevada Psychological Association Training Consortium	2010-current
Treasurer, Nevada Psychological Association Training Consortium	2013-current
Member. Association for Applied Sport Psychology	2012-current
Member, Association of Counseling Center Training Agencies	2012-current

**GRANTS, HONORS, AND AWARDS**

Graduate Student Research Award. Department of Psychology, University of Nevada Las Vegas.	2001, 2003
Graduate Student Research Award. Achievement Center, University of Nevada Las Vegas.	2001
Research and Travel Grant. Graduate College, University of Nevada Las Vegas.	2001
Phi Kappa Phi Honor Society.	1999
Psi Chi Honor Society.	1998

**PUBLICATIONS**

- Dickens, Y. L., Haynos, A. F., Nunnemaker, S., Platka-Bird, L., & Dolores, J. (2014). Multidisciplinary Residential Treatment of Type 1 Diabetes Mellitus & Co-Occurring Eating Disorders. *Eating Disorders: The Journal of Treatment & Prevention*, 00:1-10.
- Donohue, B., Dickens, Y., & Del Vecchio, P. (2011). Cognitive Assessment in Behavioral Sport Psychology. In J. Luiselli, & D. Reed (Eds.), *Behavioral Sport Psychology: Evidence-Based Approaches to Performance Enhancement*. Springer.
- Donohue, B., Silver, N., Dickens, Y., Covassin, T., & Lancer, K. (2007). Development and Psychometric Evaluation of the Sport Interference Checklist (SIC). *Behavior Modification*, 31(6), 937-957.
- Donohue, B., Dickens, Y., Lancer, K., Covassin, T., Hash, A., Miller, A., & Genet, J. (2004). Improving athletes' perspectives of sport psychology consultation: A controlled evaluation of two interview methods. *Behavior Modification*, 29, 181-193.
- Donohue, B., Covassin, T., Lancer, K., Dickens, Y., Miller, A., Hash, A., & Genet, J. (2004). Examination of psychiatric symptoms in student athletes. *Journal of General Psychology*, 163, 29-35.

**PROFESSIONAL PRESENTATIONS**

- Van Raalte, J. L., Vincent, A., Brewer, B. W., Latinjak, A. T., Zourbanos, N., Kalymniou, A., Bhavsar, N., Apostolou, L., Theodorakis, Y., Hatzigeorgiadis, A., Dickens, Y., Hardy, J., Roberts, R., Collins, R., Tod, D., & Oliver, E. (2015). *Self-Talk in Sport Performance*, symposium submitted to 14th European Congress of Sport Psychology Organizers in Bern, Switzerland.
- Dickens, Y. & Hurlburt, R. (2014, October). *Inner Experience and Golf Performance*. Poster presented at Association for Applied Sport Psychology Conference in Las Vegas, NV.

- Dickens, Y., Haynos, A., Nunnemaker, S., & Platka-Bird, L. (2013, March). *Residential Treatment of Diabetes Mellitus & Eating Disorders*. Poster presented at 11th London International Eating Disorders Conference.
- Dickens, Y., Platka-Bird, L., & Nunnemaker, S. N. (2012, August). *Residential Treatment of Diabetes Mellitus & Eating Disorders*. Poster presented at American Association of Diabetes Educators Conference.
- Silver, N. Zaikina, H., Dickens, Y., Caron, J., Stevens, R., Van Thomma, R.A., & St. Martin, A. (2007, April). *Sex and Ethnicity Differences on the Sport Fan Motivation Scale*. Poster presented at Rocky Mountain Psychological Association, Denver, CO.
- Silver, N. Zaikina-Montgomery, H., Dickens, Y., Stevens, R., & Van Thomma, R.A. (2007, April). *Development of the Sports Fanaticism Questionnaire*. Poster presented at Southwestern Psychological Association Conference, Fort Worth, TX.
- Dickens, Y. (2006, November). *Inner Experience and Golf Performance*. Poster presented at the Utah Universities & College Counseling Centers Conference, Park City, UT.
- Jones-Forrester, S., Dickens, Y., & Lefforge, N. (2006, April). Applications. In R. T. Hurlburt (chair), *Exploring Inner Experience: The Descriptive Experience Sampling Method*, Symposium conducted at the meeting of the Western Psychological Association, Palm Springs, CA.
- (Evans) Dickens, J. & Dickens, Y. (2005, September). *Exploring criminogenic needs for inmates with dual diagnoses: On what should treatment focus?* Poster presented at the National Association of State Mental Health Program Directors – Forensic Division, Lake Tahoe, NV.
- Evans, J., Skeem, J. L., Dickens, Y., Adams-Shrewsbury, D., & Drake, A. (2005, March). *Criminogenic needs and treatment considerations for inmates with dual diagnoses*. Paper presented at the annual meeting of the American Psychology – Law Society, La Jolla, CA.
- Lancer, K., Dickens, Y., & Evans, J. (2003, May). *A controlled evaluation of a comprehensive mental skills program for NCAA and Youth Club Swimmers*. Poster presented at the 84<sup>th</sup> annual meeting of the Western Psychological Association, Vancouver, BC, Canada.
- Dickens, Y. (2003, April). *Evaluation of Mental Preparation Strategies for the 200 Meter Run*. Paper presented at the Psychology Department's Annual Research Festival, University of Nevada Las Vegas, Las Vegas, Nevada.
- Dickens, Y., Hash, A., Lancer, K., Donohue, B., Genet, J. (2001, May). *Controlled evaluation of two methods to enhance athletes' perspectives of sports psychology*. Poster presented at the 81<sup>st</sup> annual meeting of the Western Psychological Association, Maui, Hawaii.

Lancer, K., Dickens, Hash, A., Donohue, B., Genet, J., Preston, B., and Volkov, L. (2001, May). *The relative effect of dysfunctional thoughts to athletic training and competition*. Poster presented at the 81<sup>st</sup> annual meeting of the Western Psychological Association, Maui, Hawaii.

Forest, S., Donohue, B., Hash, A., Lancer, K., Dickens, Y., & Allen, J. (2001, May). *An Empirically-Derived Performance Enhancement Program Specific for Cross Country Runners*. Poster presented at the 81<sup>st</sup> annual meeting of the Western Psychological Association, Maui, Hawaii.

### **REFERENCES**

Kambiz Alaei, Ph.D.  
Northern Nevada Adult Mental Health Services  
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8475 S Eastern Ave  
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