

CATHERINE BITNEY, PHD
CLINICAL ASSISTANT PROFESSOR - TEXAS STATE UNIVERSITY
DIRECTOR OF PSYCHOLOGICAL SERVICES – TEXAS OPTIMAL
PERFORMANCE & PSYCHOLOGICAL SERVICES

EDUCATION

PhD, Clinical Psychology, New School for Social Research (APA Accredited), 2013

Licensed Psychologist in Texas #36485

MA, Psychology, New School for Social Research, 2008

MA, Women's and Gender Studies, University of Texas at Austin, 2004

BA, Psychology, University of Maryland at College Park, 2000

CLINICAL AND RESEARCH INTERESTS

My research and clinical interests include the psychotherapy process and outcome for racial and ethnic minority clients. This includes the impact of race, ethnicity, and culture on the therapeutic relationship, particularly when there is a racial or ethnic mismatch between the therapist and the client and how broaching differences influences outcomes for clients. I am also interested in first generation college students, multiracial identity development, gender & sexual identity development, and intersectionality. In addition to teaching full-time at Texas State University, I also manage a group practice in Austin and provide psychotherapy to clients who live in Texas.

TEACHING EXPERIENCE

Clinical Asst Professor	Texas State University	Fall 2022-Present
Senior Lecturer	Texas State University	Fall 2017-Summer 2022
Lecturer	Texas State University	Fall 2013-Summer 2017
Teaching Fellow	Eugene Lange College	Spring 2011 & Fall 2009

COURSES TAUGHT

Fall 2012-Present	Psychopathology, Personality Psychology, Lifespan Development, Adult Development & Aging, Psychology of Women
Summer 2013	Counseling Diverse Populations (MA Counseling)
Spring 2011 & Fall 2009	Psychology of Women

AWARDS, SCHOLARSHIPS, AND RESEARCH FUNDING

Achievement Award for Excellence in Service – Texas State University

Fall 2023 College of Liberal Arts (\$1,000)

Golden Apple for Teaching – Texas State University

Fall 2017 College of Liberal Arts

Presidential Distinction Award for Excellence in Teaching – Texas State University
Fall 2017 College of Liberal Arts (\$2,000)

Alpha Chi National Honor Society – Texas State University
Spring 2015, 2016, 2018, 2019 Favorite Professor

American Psychological Association Minority Fellowship Program
Summer 2013 Psychology Summer Institute Fellow

National Register of Health Service Psychologists
Spring 2013 Early Career Psychologist Credentialing Scholarship (\$375)

Asian American Psychological Association
Fall 2012 Leadership Fellow (\$1,500)

Texas State University
Fall 2012 Student Affairs - Champions of Success Award (\$250)

Eugene Lang College
Spring 2011 Teaching Fellowship (\$5,000 and tuition reimbursement)
Fall 2009 Teaching Fellowship (\$5,000 and tuition reimbursement)

New School for Social Research
Spring 2011 Dissertation Fellowship Award (\$10,000 and full tuition waiver)
Spring 2010 Dissertation Fellowship Award (full tuition waiver)
Fall 2009 Research and Travel Award for the Diversity Challenge Conference in Boston (\$285)
Summer 2008 Research and Travel Award for American Psychological Association Annual Convention in Boston (\$1,000)
Summer 2007 Research and Travel Award for Asian American Psychological Association Conference in San Francisco (\$500)
Spring 2007 Research and Travel Award for Association for Women in Psychology Conference in San Francisco (\$500)
Fall 2006-May 2012 Tuition Scholarship (partial tuition reduction)

Joint American Psychological Association Ethics Committee and Division 44
Spring 2009 Student Travel Award for the National Multicultural Conference and Summit in New Orleans (\$850)

University of Texas at Austin
Fall 2003-Spring 2004 David Bruton, Jr. Continuing Fellowship (\$1,000 and full tuition)
Fall 2002-Spring 2003 University Fellowship (\$13,120 stipend and full tuition)

PRESENTATIONS & WORKSHOPS

- Bitney, C. & Rider, N. (November, 2022). *Using an Intersectional Lens: Working with clients who are Asian American, LGBTQ+, and/or Neurodiverse*. Invited virtual continuing education presentation for the Gender Consultation Group at the Keck School of Medicine and Department of Psychiatry at the University of Southern California. Los Angeles, CA.
- Bitney, C. & Rider, N. (July, 2022). *Intersecting identities: Working with clients who are Asian American, LGBTQ+, and/or Neurodiverse*. Invited virtual continuing education presentation for the Asian American Psychological Association Education & Training Council. San Diego, CA.
- Bitney, C. & Feldman, K. (May, 2022). *Intersecting identities: Family dynamics and belonging*. Invited virtual continuing education presentation for the Psychology Council for Antiracism and Equity Series at Long Island Jewish Medical Center and North Shore University Hospital. Queens, NY.
- Bitney, C. (May 2022). *Managing stress & school/life balance*. Invited workshop at Vie Lofts in San Marcos, TX.
- Bitney, C. (December, 2021). *Managing holiday blues*. Invited webinar for Quest Diagnostics Healthy Minds Initiative. San Antonio, TX
- Felipe, L., Estrellado, J., Kim, S., Bitney, C., Breen, A., & Rider, N. (postponed – May, 2020). *Empowering diverse queer communities: Healing traumatic wounds and building solidarity*. Invited full day workshop at National Conference on Race & Ethnicity in American Higher Education (NCORE), New York City, NY.
- Bitney, C. & Benn, S. (February, 2020). *Womxn of color and the imposter phenomenon: Tools for building confidence*. Breakout session at the Texas State University Leadership Institute Annual Conference, San Marcos, TX.
- Rider, N., Estrellado, J., Bitney, C., & Breen, A. (October, 2019). *Racial and gender diversity: Experiences of Asian American non-binary individuals*. Breakout session at the Asian American Psychological Association Annual Convention, San Diego, CA.
- Bitney, C. (August, 2013). *Challenging the model minority myth: Asian American first-generation college students*. Invited talk at the Asian American Psychological Association Annual Convention, Honolulu, HI.
- Bitney, C. (August, 2013). *Broaching race in cross-racial therapy dyads*. Poster presented at the American Psychological Association Minority Fellowship Program Psychology Summer Institute, Washington, DC.
- Bitney, C. (January, 2013). *Broaching racial differences between African American clients and White counselors: Racial identity attitudes and therapy process*. Paper presented in the symposium “It’s complicated: Difficult dialogues in cross-racial contexts” chaired by K. Suyemoto at the 2013 National Multicultural Conference and Summit, Houston, TX.

- Bitney, C., Feldman, K., & Chang, D. F. (October, 2011). *It's complicated: Intersecting identities and implications for cross-racial therapy outcome*. Structured discussion presented at the Diversity Challenge 2011 Conference, Boston College, Boston, MA
- Chang, D. F., Bitney, C., & Feldman, K. (October, 2009). *Strategies for assessing racial/cultural identity and addressing differences in cross-racial therapy*. Workshop presented at the Diversity Challenge 2009 Conference, Boston College, Boston, MA
- Chang, D. F., Bitney, C., & Feldman, K. (August, 2008). *Racial identity development and the therapeutic relationship: When a racial mismatch exists between therapist and client*. Symposium presentation with discussants Derald Wing Sue, PhD and Charles Ridley, PhD at the American Psychological Association 2008 Annual Conference, Boston, MA.
- Bitney, C. (August, 2007). *Checking other: Race, gender, and sexual orientation – multiple/hybrid identities*. Poster presentation at the Asian American Psychological Association Annual Convention, San Francisco, CA.

PUBLICATIONS

- Paul, L., Chang, D. F., & Bitney, C. (Revise & Resubmit, November 2022). Psychotherapy in Black & White: An examination of how race is discussed in a sample of Black American clients and White American counselors. *Training and Education in Professional Psychology*.
- Giblin, M., Cordaro, M., Haskard-Zolnieriek, K., Jordan, K., Bitney, C., & Howard, K. (2022). Identifying the risk of opioid misuse in a chronic pain population: the utility of the MMPI-2-RF personality psychopathology five (PSY-5-RF) and higher-order scales. *Journal of Behavioral Medicine*. DOI: 10.1007/s10865-022-00347-w
- Petrofes, C., Howard, K., Mayberry, A., Bitney, C., & Ceballos, N. (2022). Sad-fishing: Understanding a maladaptive social media behavior in college students. *Journal of American College Health*, DOI: 10.1080/07448481.2022.2132110
- Bitney, C. (dissertation draft). Broaching racial differences between African American clients and White counselors: Racial identity attitudes and therapy process.
- Chang, D. F., Bitney, C., & Feldman, K. (draft). The relationship between racial/cultural identity and patients' constructions of race in the therapy relationship.

CLINICAL EXPERIENCE

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| Jan 2016-current | Director of Psychological Services & Licensed Psychologist
(Managing group practice and providing individual therapy)
Texas Optimal Performance and Psychological Services
Austin, TX |
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Jan 2015-Dec 2015	Licensed Psychologist Psychology Center of Austin Austin, TX
Aug 2012-Aug 2013	Postdoctoral Resident Texas State University Counseling Center (<i>APA Accredited</i>) San Marcos, TX Supervisor: Greg Snodgrass, PhD
Aug 2011-Aug 2012	Predoctoral Intern Texas State University Counseling Center (<i>APA Accredited</i>) San Marcos, TX Supervisor: Pam Moore, PhD and Joanne Salas, PhD
Mar 2012-Oct 2012	Psychological Testing Contractor San Marcos Treatment Center San Marcos, TX Supervisor: John Gould, PhD
Sept 2010-June 2011	Psychotherapy Extern New School University Counseling Center New York, NY Supervisor: Jerry Finkelstein, PhD
Sept 2010-Mar 2011	Neuropsychology Extern Memorial Sloan Kettering Cancer Center New York, NY Supervisor: James Root, PhD
Sept 2009-Mar 2011	Psychotherapy Extern Beth Israel Medical Center – Brief Psychotherapy New York, NY Supervisor: Vicki Gluhoski, PhD
Sept 2009-Aug 2010	Psychotherapy Extern South Beach Psychiatric Center – Heights Hill Outpatient Clinic Brooklyn, NY Supervisor: Jean Okie, PhD
Sept 2008-Aug 2009	Psychotherapy Extern Beth Israel Medical Center – Dual Diagnosis Inpatient Unit New York, NY Supervisor: Jessica Wulf, PhD

SPECIALIZED AND ADVANCED CLINICAL TRAINING

June 2015	Collaborative/Therapeutic Assessment, Psychology Center of Austin, Sarah Griesemer, PhD, Austin, TX.
August 2013	Federal Advocacy Training, The Public Interest Government Relations office of the American Psychological Association, Stefanie Reeves, MA, CAE, Washington, DC.
March 2013	Prolonged Exposure Therapy for PTSD, Center for Deployment Psychology, David Riggs, PhD, San Antonio, TX.
March 2011	Imago Couples Therapy Workshop Training. New York State Psychological Association, Barbara Fontana, PhD, New York, NY.
June 2010	Disaster Mental Health and Psychological First Aid Training. South Beach Psychiatric Center, Monte Posner, Gary Bisogna, & Toni Cavallenes, New York, NY.
May 2009	Therapeutic Assessment Training (Levels 1 and 2). Therapeutic Assessment Institute, Stephen Finn, PhD, New York, NY.

THESIS ADVISING

Member, Master's Alternative Thesis, "The Relationship Between Pain, Personality, and the Likelihood of Opioid Misuse: Evaluating the Predictive Validity of the MMPI-2-RF Restructured Clinical Scales in a Sample of Chronic Pain Patients using the Current Opioid Misuse Measure" & "The Utility of the MMPI-2-RF Personality Psychopathology Five (PSY-5-RF) and Higher-Order Scales in Predicting Opioid Misuse within a Chronic Pain Population", Status: Completed (April 1, 2019 – May, 1, 2019). Psychology, Texas State University.
Student(s): Madeline Giblin, Graduate

Member, Master's Thesis, "Body Modifications: Perceptions of tattoos and the examination of gender, tattoo location, and tattoo size", Status: Completed. (August, 2014 – November, 2016). Psychology, Texas State University.
Student(s): Brittany Hill, Graduate

PROFESSIONAL AFFILIATIONS

Sept 2007-Present	American Psychological Association (APA) <ul style="list-style-type: none">• Division 35 – Psychology of Women• Division 44 – Psychological Study of Lesbian, Gay, and Bisexual Issues• Division 45 – Psychology of Ethnic Minority Issues
Sept 2007-Present	Asian American Psychological Association (AAPA) <ul style="list-style-type: none">• Co-Chair of the LGBTQ Division of AAPA (Jan 2020-Present)• Co-Finance Officer of AAPA (Oct 2021-Present)
Aug 2012-Present	National Register of Health Service Psychologists