

CURRICULUM VITAE

Cary Margaret Watson, Ph.D.

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Education:

- 1999-2005 **Ph.D., Counseling Psychology**, GPA 3.9/4.0
Stanford University, School of Education, Stanford, CA
Dissertation Title: Contextual factors associated with adolescent depressed mood:
An exploration of gender, ethnicity, and interdependent self-concept.
- 1995-1998 **M.A., Counseling Psychology** (MFT Emphasis), GPA 4.0/4.0
Santa Clara University, Santa Clara, CA
- 1994-1995 Graduate School, **Clinical Psychology** (Ph.D Program), GPA 3.5/4.0
Vanderbilt University, Nashville, TN
- 1989-1993 **B.A. Psychology**, B.A. Religion, GPA 3.3/4.0, GPA in psych major 3.5/4.0
Duke University, Durham, NC

Teaching Experience:

Lecturer, Renewable Term, Santa Clara University, Counseling Psychology, Santa Clara, CA

- CPSY 318: Clinical Assessment I, 2012-present
- CPSY 319: Clinical Assessment II, 2012-present
- CPSY 328: Clinical Assessment, Child Diagnosis, 2012-present

Lecturer, Academic Year and Adjunct, Santa Clara University, Counseling Psychology, Santa Clara, CA

- CPSY 212: Psychology of Relationships, 2011-2012
- CPSY 216: Human Development, 8 sections, 2003 - 2012
- CPSY 217: Short-Term Approaches to Therapy, Spring 2010, Spring 2012
- CPSY 218: Foundations of Psychotherapy and Personality, Fall 2012
- CPSY 220: Research Methods, Summer 2003, Fall 2005, Winter 2009
- CPSY 319: Clinical Assessment II, Winter 2005

Lecturer, Academic Year and Adjunct, Santa Clara University, Department of Psychology, Santa Clara, CA

- PSY 1 and 2: Introductory Psychology, 7 sections, 2005 - 2010
- PSY 43: Research Methods, 7 sections, 2004 - 2006
- PSY 115: Abnormal Psychology, Fall 2004, Summer 2005
- PSY 134: Psychology of Education, Summer 2001, Fall 2003, Summer 2004, Spring 2010
- PSY 154: Psychology of Women, 6 sections, 2001 - 2008
- PSY 185: Child Development, 8 sections, 2002 - 2008
- PSY 186: Advanced Developmental Psychology, Spring 2003, Spring 2005, Spring 2006

Teaching Fellow/Instructor, Stanford University, School of Education, Stanford, CA

- EDUC 130: Introduction to Counseling (graduate/upper division undergraduate course),
Spring 2001, Spring 2002

Teaching Assistant, Stanford University, School of Education, Stanford, CA

- EDUC 240: Adolescent Development (for Stanford Teacher Education Program), Fall 2000
- Human Biology 126: Adolescent Development (undergraduate course), Winter 2002

Teaching Assistant, Santa Clara University, Division of Counseling Psychology & Education, Santa Clara, CA

- CPSY 212: Psychology of Relationships (graduate), Fall 1997, Spring 1998, Fall 1998
- CPSY 218: Foundations of Psychotherapy (graduate), Winter 1998
- CPSY 318/319: Clinical Assessment I & II (graduate), Winter / Spring 1997, Winter / Spring 1998
- CPSY 264: Object Relations Theory (graduate), Winter 1998

Clinical Experience:

January 2012-present

Clinical Psychologist, PSY #24235
Private Practice, Cupertino, CA

March 2003-June 2013

Behavioral Health Educator

Kaiser Permanente, Health Education, San Jose, CA

- "Management Skills for Overcoming Depression," (8-week course), 2003-present
- "Peripartum Emotional Health," 2009-present
- "Living Well with Depression Support Group," 2004-2005
- "Parenting the Child with ADHD" (3-week course), 2011-present
- "Understanding Mental Illness: An Overview for Family Members," 2004-present
- "Stress, Anxiety and Depression: Overview," 2003-present

September 2006-August 2007 *Post-Doctoral Resident*

Kaiser Permanente, Child & Adolescent Psychiatry, Milpitas, CA

- Individual: outpatient: children, adolescents
- Family: outpatient, Intensive Outpatient Program for adolescents
- Group: multi-family (IOP), adolescent depression
- Assessment: outpatient: psychological batteries including: Rorschach, Thematic Apperception Test, Achenbach CBCL and YSR, Symptom Rating Scales

Supervisor: Margaret Harrer, Ph.D.

September 2005-June 2006

Post-Doctoral Fellow

Santa Clara University Counseling Center, Santa Clara, CA

- Individual, short-term: outpatient: college students

Supervisor: Don-Anthony Capone, Psy.D.

September 2003-August 2004 *Predoctoral Intern*

EMQ: Children & Families Services, Campbell, CA

- Individual: outpatient: children in Santa Clara County, most in foster care system (100% Medi-Cal funded)
- Family: outpatient: foster families and families in reunification services
- Group: outpatient (16 week): pre-adolescent female victims of sexual abuse
- Assessment: outpatient: psychological battery including: WISC-III, Rorschach, Roberts Apperception Test, Symptom Rating Scales
- Didactic Trainings: Sexual Abuse Treatment (30 hrs); Child Therapy (10.5 hrs); EVT's and Therapeutic Process (6 hrs); Inter-Agency / Team Approach (4.5 hrs); Substance Abuse (4.5 hrs); Eating Disorders (4.5); Family Therapy (3 hrs); Group Therapy (3 hrs)

Supervisors: Frances Leili, Ph.D., Jesse Work, LCSW

September 2001-June 2003

Counselor

College of San Mateo, Psychological Services, San Mateo, CA

- Individual: outpatient: community college students, faculty, and staff
- Group: outpatient: drop-in crisis counseling as needed

Supervisor: Arlene Wiltberger, LMFT

- September 2000-June 2001 *Counselor*
Blach Middle School, Los Altos, CA
- Individual: outpatient (school-based): middle school-aged adolescents
 - Group: outpatient (school-based): weekly boys' social skills group (empathy-building, communication skills, conflict resolution) for students in Special Day Class
 - Group: outpatient (school-based): weekly girls' social skills and informal transition-to-high school support group
 - Case conference participant: Student Study Team and Individualized Education Plan meetings with school psychologist, teachers, resource specialist, parents
- Supervisors: Paul Wanner, Ph.D.; Terri Fernandez-Tyson, Ph.D.
- September 2000-June 2001 *Counselor*
 September 1997-June 1998 **Community Health Awareness Council (CHAC)**, Mountain View, CA,
- Individual & family: outpatient: counseling agency clients (children, adolescents and families)
 - Group: outpatient: children (ages 6-9): "Just for Kids" group for children affected by family alcohol/drug issues
 - Training in assessment, intake, and clinical documentation (treatment plans and case reports)
- Supervisors: Paul Wanner, Ph.D.; Monique Kane, LMFT
- September 1999-June 2000 *Counselor*, **Stanford Counseling Institute**, Stanford, CA
- Individual: outpatient: adult
 - Career Counseling: adult
- Supervisor: John Krumboltz, Ph.D.
- September 1997-June 1998 *Counselor*, **Young Parents' Program**
MVLA Adult Education High School, Mountain View, CA
- Individual: outpatient: teen mothers
 - Group: outpatient: psycho-educational support group for teen parents; taught communication, relationship and parenting skills (weekly)
 - Case conference participant: consultations with teachers and job training coordinator
- Supervisor: Monique Kane, LMFT
- November 1993-August 1994 *Support Group Facilitator*, **Mood Disorders Group**
Christ Episcopal Church, Los Altos, CA
- Group: facilitated informal weekly support group for individuals with mood disorders and their families; provided information on medication effects and physiology, helped family members work through concerns and fears re: dx
- January 1994-August 1994 *Medication Clinic Counselor*
Spectrum Mental Health Care Medical Group, Mountain View, CA
- Group: outpatient: Facilitated and counseled informal support group in medication clinic; provided information and resources for medication side effects and management
- September 1991-May 1992 *Student Counselor*
F.A.S.T. Track Project, Durham, NC
- Individual: worked one-on-one with high-risk first graders to improve prosocial and academic skills
 - Group: led weekly group sessions with eight first graders; designed sessions to foster development of prosocial behavior

Research Experience:

Research Assistant, Co-Author, "Self-Esteem in Middle School Girls," Stanford University, School of Education, Stanford, CA, January 2000-June 2004

- Robert W. Roeser, Ph.D., Assistant Professor, School of Education
- Data entry for Phase I (sample selection) of project on self-esteem and identity of middle school girls
- Participated in creation of interview protocol, and Human Subjects Review, Spring 2000
- Conducted semi-structured interviews with middle school girls for qualitative data analysis
- Entering data for Phase II (quantitative analysis); Transcribing interviews for sub-group case studies

Research Assistant, National Academy of Sciences, Washington, D.C., September 2001-June 2003

- Deborah Stipek, Ph.D., Dean of Stanford University School of Education
- Conducted literature reviews; edited 8 book chapters; co-authored two book chapters on 1) mental health and school engagement; and 2) the role of guidance and counseling in schools—both for NAS/NRC publication focusing on at-risk urban youth and school engagement: National Research Council (2003). Engaging Schools: Fostering High School Students' Motivation to Learn

Research Assistant, Stanford University, School of Education, Stanford, CA, September 1999-January 2000

- John D. Krumboltz, Ph.D., Professor, School of Education
- Conducted literature review; co-authored theoretical article on a diagnostic manual for positive psychology

Project Coordinator, Researcher, Co-Author, "Barriers to and Enhancers of Adolescent Achievement," Santa Clara University, Santa Clara, CA, July 1996-August 1999

- Teri Quatman, Ph.D., Associate Professor, Department of Counseling Psychology
- Created experimental design, conducted literature reviews, test selection, data collection, and data analysis
- Authored academic journal articles and conference submissions about adolescent career aspirations, self-esteem, motivation, and dating
- Presented research findings at American Psychological Association national conference (August 1998, 1999, 2001) and SCU's Women's Day Conference (April 1998)

Research Assistant, Vanderbilt University, Dept. of Psychology, Nashville, TN, August 1994-May 1995

- David Schlundt, Ph.D., Associate Professor, Department of Psychology
- Coordinated Phase I (data collection, data entry, item generation, data analysis, item selection) of the development of a questionnaire based on weight-related self-schemas: "A Questionnaire to Identify Disordered Eating Cognitions"
- Administered semi-structured clinical interviews to over 50 subjects to gather data for item generation
- Performed item analysis for item selection, comparing index group (diagnosed with eating disorders) to normal/control group (college student sample)
- Performed preliminary factor analysis for scale assignment

Publications and Presentations:

Publications

- Watson, C.M.** (2005). *Classroom, family and peer factors associated with adolescent depressed mood: An exploration of gender, ethnicity, and interdependent self-concept*. Doctoral dissertation, Stanford University.
- Watson, C. M.,** Quatman, T., & Edler, E. (2002). Career aspirations of adolescent girls: Effects of achievement level, grade, and single-sex school environment. *Sex Roles, 46*, 317-329.
- Quatman, T. & **Watson, C. M.** (2001). Gender differences in adolescent self-esteem: An exploration of domains. *Journal of Genetic Psychology, 162*(1), 93-117.
- Quatman, T., Sampson, K., Robinson, C., & **Watson, C. M.** (2001). Academic, motivational and emotional correlates of adolescent dating. *Genetic, Social & General Psychology Monographs, 127*(2), 211-234.
- Roeser, R.W., Galloway, M., Casey-Cannon, S., **Watson, C.M.,** Keller, L., Tan, E. (2008). Identity representations in patterns of school achievement and well-being among early adolescent girls: Variable- and person-centered approaches. *Journal of Early Adolescence (Special Issue on Self/Identity), 28*, 115-152.

Other Works

- Watson, C.M.** Independence and relatedness in adolescence: The culture of gender and identity development. *Manuscript in preparation.*
- Watson, C.M.** & Quatman, T. Family acceptance and its relationship to adolescent depressed mood. *Manuscript in preparation.*
- Gross, R.T. & **Watson, C.M.** (2002, spring). *Meeting students' nonacademic needs: Mental health counseling and other support services*. Prepared for the National Research Council, Committee for Increasing High School Students' Engagement and Motivation to Learn.
- Grubb, W.N. & **Watson, C.M.** (2002, February). *Engagement and motivation in high schools: The multiple roles of guidance and counseling*. Prepared for the National Research Council, Committee for Increasing High School Students' Engagement and Motivation to Learn.

Paper Presentations

- Watson, C.M.** (2003, April). *Managing Academic Achievement in Social Situations: An Exploration of Gender, Grade, and Achievement Level*. Annual meeting of the American Educational Research Association, Chicago, IL. (Division E: Human Development)
- Watson, C.M.,** Roeser, R.W., Galloway, M., & Casey-Cannon, S. (2002, April). *Adolescent Girls and the Relationship of Self-Construal to Self-Esteem*. In W. Damon (Chair), *From Nations to Neighborhoods: Contextual Approaches to Studying Positive Youth Development*. Symposium conducted at the biennial meeting of the Society for Research on Adolescence, New Orleans, LA.
- Roeser, R.W., Galloway, M., **Watson, C.M.,** Tan, E., Casey-Cannon, S., Keller, L. (2003, February). *Configurations of self-esteem and academic achievement in adolescent females*. In K. Trzesniewski (Chair), *Revisiting the Relation Between Self-Esteem and Academic Achievement*. Symposium conducted at the biennial meeting of the Society for Research on Child Development, Tampa, FL.
- Roeser, R.W., Galloway, M., **Watson, C.M.,** Casey-Cannon, S., Keller, L. (2001, August). *Exploring diversity of selfways among subgroups of adolescent females*. In R.W. Roeser (Chair), *Underexplored Identity Issues*

in the Study of Adolescents' School Functioning. Symposium conducted at the annual meeting of the American Psychological Association, San Francisco, CA.

Quatman, T., **Watson, C.M.**, Sampson, K. (1998, April). Adolescent women: Self-esteem, dating, acceptance of success: Current research. *Women's Day 1998: Celebrating Women's Wisdom*, Santa Clara University, Santa Clara, CA.

Poster Presentations

- Watson, C.M.** & Quatman, T. (2005, August). *Family Acceptance and its Relationship to Adolescent Depressed Mood.* Poster session presented at the annual meeting of the American Psychological Association, Washington, DC. (Division 53: Clinical Child and Adolescent Psychology)
- Watson, C.M.** & Quatman, T. (2005, August). *Independence and Relatedness in Adolescence: The Effects of Gender and Ethnicity on Identity Development.* Poster session presented at the annual meeting of the American Psychological Association, Washington, DC. (Division 7: Developmental Psychology)
- Watson, C.M.** & Quatman, T. (2002, April). *Classroom Environment and its Impact on Adolescent Well-Being.* Poster session presented at the biennial meeting of the Society for Research on Adolescence, New Orleans, LA. (School and Classroom Environment)
- Watson, C. M.**, Quatman, T., & Swanson, C. (2001, August). *Depressed Mood in Adolescence: Who Goes Unnoticed?* Poster session presented at the annual meeting of the American Psychological Association, San Francisco, CA. ("School Psychology: Assessment and Related Issues," Divisions 16, 5)
- Watson, C. M.** & Quatman, T. (1998, August). *Gender Differences in Adolescent Self-Esteem: An Exploration of Domains.* Poster session presented at the annual meeting of the American Psychological Association, San Francisco, CA. ("Integrating Feminist Research & Practice," Divisions 35, 9, 45)
- Watson, C. M.**, Quatman, T., Edler, E., & Robinson, C. (1999, August). *Career Aspirations of High-Achieving Adolescent Girls.* Poster session presented at the 1999 annual meeting of the American Psychological Association, Boston, MA. ("Diverse Women: Cultural, Gender, and Developmental Issues," Divisions 35, 12, 17, 20, 45, 52)
- Quatman, T., **Watson, C. M.**, Sampson, K., & Robinson, C. (1998, August). *Adolescent Self-Esteem: Salience of Domains Across Gender and Age.* Poster session presented at the annual meeting of the American Psychological Association, San Francisco, CA. ("Integrating Feminist Research and Practice," Div. 35)
- Quatman, T., Swanson, C.M., **Watson, C.M.** & Swanson, B. (2001, August). *Adolescent Developmental Trajectories: The Genders in Parallel.* Poster session presented at the annual meeting of the American Psychological Association, San Francisco, CA. ("School Psychology: Consultation, Intervention, and Research Methods," Divisions 16, 27, APAGS)
- Swanson, C. M., Quatman, T. & **Watson, C.M.** (2001, August). *Ethnicity Effects: The Intersect of Adolescent Achievement and Career Aspiration.* Poster session presented at the annual meeting of the American Psychological Association, San Francisco, CA. ("School Psychology: Developmental, Multicultural and Professional Issues," Divisions 16, 35, APAGS)
- Quatman, T., Sampson, K., Anderson, C. & **Watson, C.M.** (1998, August). *Adolescent Dating: Academic, Emotional, Familial Correlates.* Poster session presented at the annual meeting of the American Psychological Association, San Francisco, CA. ("Focus on Science: Personal Relationships," APA Board of Scientific Affairs)

Other Work Experience:

Development Director, MayView Community Health Center, Palo Alto, CA, August 1998-August 2002

- Wrote grant proposals (over \$500,000 in funding) for community clinic operation, primary care services, pediatric services and prenatal services
- Created fundraising database, direct mailing campaigns, and annual newsletter

Assistant Program Director, Kids in Common: A Children & Families Collaborative, San Jose, CA, August 1995-June 1997

- Wrote Immunization Saturation Campaign Manual for Santa Clara County Public Health Department, to be presented at national public health conference for National Infant Immunization Week in April, 1997
- Wrote final report to John S. & James L. Knight Foundation for \$180,000 program grant
- Analyzed data from 1996 Downtown San Jose Immunization Campaign (volunteer, clinic, and community household surveys) to evaluate impact and effectiveness
- Served on Model Development and Evaluation committees for pilot intervention group for pregnant and parenting adolescent girls

Professional Associations/Memberships:

American Psychological Association, *Student Affiliate* (1996-2005), *Member* (since 2005)

- Division 53: Clinical Child & Adolescent Psychology

Western Psychological Association, *Professional Member* (2004-2008)

Psi Chi, National Honor Society in Psychology (since 2008)

Society for Research on Adolescence, *Student Affiliate* (2000-2004)

Community Service & Honors:

Board of Directors, Cleo Eulau Center, Palo Alto, CA (2005-2007)

Psychological Studies in Education (PSE) Committee, Stanford University School of Education (2000-2002)

Alumnae Board of Directors, Castilleja School, Palo Alto, CA (1997-2001); *Vice President* (1999-2001)

Advisory Board, Duke Club of Northern California (1996-1998)

Duke University Alumni Admissions Representative (1996-1998)

Stanford Graduate Fellow (1999-2002)

Kappa Kappa Gamma Alumna Circle Key Award for 1997-1998 school year

Santa Clara University CP&E Scholarship Award (1996-1998)

Dean's List, Duke University (1991-1993)