

Nathaniel A. Fernandez, Ph.D.

EDUCATION

Fuller Graduate School of Psychology (APA Accredited)

2011-2017

Fuller Theological Seminary, Pasadena, California

Degree: *M.A. Psychology*

Degree: *Ph.D. Clinical Psychology*

Degree: *M.A. Theology*

Dissertation: Religious and Socioemotional Effects on Adolescent's Development of Generosity in Context: Participation in Religiously Affiliated Charity Marathons

California Lutheran University, Thousand Oaks, California

2007-2011

Degree: *B.S. Psychology, emphasis in Clinical/Behavioral Application,*

Magna Cum Laude with Departmental Honors

CLINICAL WORK EXPERIENCE

Psychologist/Outreach Coordinator

2018-present

Azusa Pacific University Counseling Center

Provide individual, couples, and group counseling for a diverse student population. Provide crisis intervention and management. Provide supervision for practicum level trainees. Serve as point person for coordinating and providing campus outreach. Act as an emotional wellness consultant for the university community. Coordinate prevention programming, including developing materials, programs, and workshops related to prevention and gatekeeping. Assign programming and train staff in effective delivery and assessment. Coordinate undergraduate mental health promotion intern program and supervise undergraduate interns. Compile administrative reports on outreach and prevention programming and effectiveness.

Post-Doctoral Fellow

2017-2018

Loyola Marymount University Student Psychological Services

Primary Supervisor: Dr. Rebecca Rutchick, Psy.D., Licensed Clinical Psychologist

Provided intake assessment and brief or long term individual and group services to a diverse student population. Provided walk-in crisis coverage. Provided supervision for the Wellness Educator peer education program. Created and delivered new group programming. Liaised with Latino Student Services. Designed and implemented programming for undocumented students. Provided outreach and consultation services for students and faculty.

Pre-Doctoral Intern

2016-2017

University of California, Irvine Counseling Center (APA Accredited)

Primary supervisor: Jonathan Flojo, Ph.D., Licensed Clinical Psychologist

Provided initial assessment and brief individual, group, and couples services to a diverse student population. Provided walk-in crisis coverage. Provided psychodiagnostic and cognitive assessment services. Provide group and individual supervision for the COACH peer program. Assisted in teaching for credit courses for the COACH peer program and Goals in Action 1st generation and minority success program. Created new group programming. Served on the clinical service committee. Provided outreach and consultation services for students and faculty.

TEACHING EXPERIENCE

Adjunct Professor

2020-present

College Counseling and Student Development Program, Azusa Pacific University, Azusa, California

Course taught: Counseling and the Helping Relationship

Adjunct Professor

2018

Clinical Psychology Ph.D. program, Fuller Graduate School of Psychology, Pasadena, California

Course taught: Human Development in Context

Teaching Assistant

2013-2014

Fuller Graduate School of Psychology, Pasadena, California

Served as a teaching assistant for the following courses: ANOVA, Regression, Psychometric Theory. Assisted with lecturing, grading, and tutoring. Conducted weekly group review sessions and supported students.

RELATED WORK EXPERIENCE

Statistical Consultant

2016-present

Self employed

Provide methodological design, analytical support, and statistical reporting consultation for psychological research projects. Specialty in consulting on clinical psychology dissertation projects.

Database Consultant

2016-2017

Thrive Center for Human Development, Fuller Graduate School of Psychology, Pasadena

Lead database management for a large multi-site longitudinal grant funded research project integrating informant and participant reports from online surveys and interactive smart phone apps. Manage and train two doctoral level research assistants in database management tasks.

Senior Research Assistant

2015-2016

Context and Framing Effects of Character Interventions in Adolescents, Thrive Center for Human Development

Investigated novel framing and implementation of self-control interventions in adolescents. Helped develop a smart phone app and video content for intervention delivery and evaluation. Assisted in supervision of other research assistants.

Research Intern

2013-2016

Cognitive Late Effects in Breast Cancer Survivors, Beckman Research Institute, City of Hope Hospital

Evaluated the neuropsychological effect of various treatment factors in women with breast cancer. Lead statistical design and analysis. Managed database.

Research Fellow

2013-2015

Thrive Center for Human Development, Fuller Graduate School of Psychology, Pasadena

Assisted on various research projects in the center focused on the assessment well-being and promotion of thriving. Provided statistical consultation and article proofreading. Developed material for the center's website. Helped develop a smart phone app and video content for intervention delivery and evaluation. Assisted in supervision of other research assistants.

<p>Methodology and Statistics Consultant <i>Fuller Graduate School of Psychology, Pasadena, California</i> Provided statistical and methodological consultation for Fuller students. Proof read statistical and methodological reporting for Fuller students' master's projects, dissertations, and publication submissions.</p>	<p>2014-2015</p>
<p>Student Research Fellow <i>PATH: A Program to Build Resilience and Thriving in Undergraduates, California Lutheran University</i> Developed a didactic anxiety and depression prevention program in close collaboration with other researchers and faculty. Supervised research team of 4 research assistants. Trained research team in program implementation and data collection procedure. Collected and analyzed data.</p>	<p>2010-2011</p>
<p>Assistant Director <i>City of Santa Clarita Department of Parks and Recreation, Santa Clarita, California</i> Directed an adolescent day camp program for the City of Santa Clarita. Ensured physical and emotional wellbeing of approximately 40 adolescents on daily field trips. Facilitated inclusion of campers with physical handicaps, developmental disorders, and disruptive behavior disorders participation and interaction with typically developing peers. Assured proper record keeping and supervised program staff</p>	<p>2012</p>
<p><u>CLINICAL TRAINING EXPERIENCE</u></p>	
<p>Pre-Intern <i>Azusa Pacific University Counseling Center</i> Primary supervisor: Angel Duncan, Psy.D., Licensed Clinical Psychologist Provided clinical intake interviews, group therapy, individual psychotherapy, and crisis counseling to college undergraduate and graduate students as well as non-traditional students. Planned and delivered outreach presentations to the student body.</p>	<p>2015-2016</p>
<p>Psychology Clerk <i>UCLA Semel Institute for Neuroscience and Human Behavior</i> Supervisor: Karen Miller, Ph.D., Licensed Clinical Psychologist Provided integrated neuropsychological evaluation to adult and geriatric populations. Scored, interpreted, and wrote reports. Lead therapy groups for patients with memory complaints. Supervised peers in scoring, interpretation, and report writing.</p>	<p>2014-2015</p>
<p>Psychology Trainee <i>Vanguard University Counseling Center, Costa Mesa, California</i> Supervisor: Michelle Robison, Ph.D., Licensed Clinical Psychologist Provided clinical intake interviews and individual psychotherapy to college undergraduate and graduate students as well as non-traditional students.</p>	<p>2014-2015</p>
<p>Practicum II Student <i>Vanguard University Counseling Center, Costa Mesa, California</i> Supervisor: Jacqueline Gattis, Psy.D., Licensed Clinical Psychologist Provided clinical intake interviews and individual psychotherapy to college undergraduate and graduate students as well as non-traditional students.</p>	<p>2013-2014</p>

<p>Research Therapist <i>Mindfulness and Wellness in Adolescents Project</i> <i>Fuller Graduate School of Psychology and UCLA Graduate School of Psychology</i> Supervisors: Joey Fung, Ph.D., and Anna Lau, Ph.D., Licensed Clinical Psychologist Assessed middle school students in the Alhambra School District using the K-SADS-PL. Co-lead manualized mindfulness groups for students who screened positive for depressive symptoms.</p>	2013-2014
<p>Practicum I Student <i>Fuller Psychological and Family Service, Pasadena, California</i> Supervisor: Martin Hsia, Psy.D., Licensed Clinical Psychologist Provided clinical intake interviews and individual psychotherapy to a community outpatient population.</p>	2012-2013
<p>Clinical Live Team Student <i>Fuller Graduate School of Psychology, Pasadena, California</i> Supervisors: Jessica Bucknam, M.A., and Joseph Currier, Ph.D., Licensed Clinical Psychologist Received training in individual client centered and EFT approaches with paid actors. Received live supervision via a one-way mirror and directed video review.</p>	2011
<p><u>LEADERSHIP SERVICE</u></p>	
<p>Diversity Committee <i>Azusa Pacific University Counseling Center</i> Serve on a committee of staff members responsible for developing outreach and clinical service strategies to address the needs of diverse student communities.</p>	2019-present
<p>Clinical Services Committee <i>University of California, Irvine, Counseling Center</i> Served on a committee of management, staff, and trainees responsible for developing policies and procedures to ensure the delivery of quality services to students and to minimize risk.</p>	2016-2017
<p>Admissions Committee Member <i>Fuller School of Psychology</i> Served on a committee composed of students and faculty members which reviewed prospective student applications. Made recommendations to the faculty as a whole on admissions decisions.</p>	2014
<p>Co-chair of Diversity Awareness and Concerns <i>Fuller Psychology Graduate Union</i> Advocated for students' concerns regarding ethnicity, gender, sexuality, and other diverse issues. Organized events to promote student's competence with diverse populations. Served on the All Seminary Diversity Committee.</p>	2013-2014
<p>Co-director of Professional Development <i>Fuller Psychology Graduate Union</i> Organized events to promote students' professional development. Helped expand training opportunities at Fuller by getting a forensic psychology class added. Participated in the APA reaccreditation process.</p>	2012-2013

Chapter President

2010-2011

California Lutheran University Psi Chi

Organized bi-weekly meetings. Planned community service and professional development events.

Wrote and edited the weekly chapter newsletter

HONORS AND AWARDS

<i>Vivian Feliz Award</i> , Azusa Pacific University	2018
<i>Research Fellowship</i> , THRIVE Center for Human Development	2013 and 2014
<i>School of Psychology Dean's Award</i> , Fuller Seminary	2012
<i>School of Psychology Dean's List</i> , Fuller Seminary	2011- 2017
<i>Robertson Fellowship</i> , Fuller Seminary	2011
<i>Distinguished service as chapter president</i> , Psi Chi chapter 0740	2011
<i>Summer Undergraduate Research Fellowship</i> , CLU Office of Undergraduate Research	2010
<i>Academic Excellence Award</i> , California Lutheran University	2010

RESEARCH

Publications:

- Patel, S.K., Kim, S.-H., Johansen, C., Mullins, W., Nolty, A., **Fernandez, N.**, Delgado, N., Folbrecht, J., Dekel, N. and Meier, A. (2020), Threshold score for the self-report Pediatric Distress Thermometer Rating Scale in childhood cancer patients. *Psycho-Oncology*. <https://doi.org/10.1002/pon.5583>
- Schnitker, S. A., Gilbertson, M., Houlberg, B., Hardy, S. A., & **Fernandez, N.** (2019). Transcendent motivations and virtue development in adolescent marathon runners. *Journal of Personality*. doi: 10.1111/jopy.12481.
- Fernandez, N.**, Schnitker, S. A., & Houlberg, B. (2016). Charitable sporting events as a context for building adolescent generosity: Examining the role of religiousness and spirituality. *Religions*, 7, 35. doi:10.3390/rel7030035
- Schnitker, S. A., Felke, T. J., **Fernandez, N.**, Redmond, N., & Blews, A. E. (2016). Efficacy of self-control and patience interventions in adolescents. *Applied Developmental Science*. DOI:10.1080/10888691.2016.1178578
- Patel, S. K., **Fernandez, N.**, Dekel, N., Turk, A., Meier, A., Ross, P., & Rosenthal, J. (2015). Socioeconomic status as a possible moderator of neurocognitive outcomes in children with cancer. *Psycho-Oncology*, doi: 10.1002/pon.3797.
- Patel, S. K., **Fernandez, N.**, Wong, A. L., Mullins, W., Turk, A., Dekel, N., ... Ferrell, B. (2014). Changes in self-reported distress in end-of-life pediatric cancer patients and their parents using the pediatric distress thermometer. *Psycho-Oncology*, 23, 592-596.
- Gerson, M. & **Fernandez, N.** (2013). PATH: A program to build resilience and thriving in undergraduates. *Journal of Applied Social Psychology*, 43, 2169-2184.

Paper and Symposium Presentations:

- Fernandez, N.**, Eck, B., Collisson, B. (March, 2021). Gen Z College Students' Mental Health during a Pandemic: A Preventative Outreach Initiative. Paper presented at the meeting of The Christian Association of Psychological Studies, Virtual Conference.
- Eck, B., White, S., Entwistle, D., Quagliana, D., Brown, J., **Fernandez, N.** (March, 2021) I can't cope: University faculty and counselors discuss how to address the mental health needs of Gen Z Paper presented at the meeting of The Christian Association of Psychological Studies, Virtual Conference.
- Quagliana, H., Eck, E., Eck, B., **Fernandez, N.**, Quagliana, D. (March, 2020). Realigning mental health services: Community and university based models. Paper presented at the meeting of The Christian Association of Psychological Studies, Atlanta, GA.
- Fernandez, N.** (2019, September) 4 R's: responding to students in distress. In S. Mansour and L. Lacy (Chairs), *Azusa Pacific University Mental Health Symposium*. Symposium conducted at Azusa Pacific University, Azusa, CA.

- Schnitker, S. A., Felke, T. J., **Fernandez, N. A.**, Redmond, N., & Blews, A. E. (2017). Efficacy of self-control and patience interventions in adolescents. *Applied Developmental Science*, 3, 165-183. doi:10.1080/10888691.2016.1178578
- Schnitker, S. A., **Fernandez, N.**, & Houlberg, B. (2016, March). Examination of religious and spiritual motivations on the development of generosity in adolescent and emerging adult marathon runners across time. Paper presented at the APA Division 36 Annual Mid-Year Research Conference on Religion and Spirituality, Brooklyn, N.Y.
- Schnitker, S. A., Houlberg, B., **Fernandez, N.**, & Redmond, N. (2016, March). God-contingent self-worth moderates the effects of religiousness on regulation in at-risk adolescents and emerging adults. Paper presented at the Society for Research on Adolescence Biennial Conference, Baltimore, MD.
- Lacy, L., Leaf, L., **Fernandez, N.**, & Bleaker, B. (2016, March). Mindfulness and Spirituality: The Development and Implementation of a Stress Management Group for Students in a Christian University Context. Paper presented at the Christian Association for Psychological studies annual conference, Pasadena, CA.
- Fernandez, N.**, & Schnitker, S. (2015, March). Effects of framing a self-control intervention as a spiritual vs. instrumental in purpose as moderated by African American ethnicity. Paper presented at the annual Midyear Conference of Division 36, Provo, UT.
- Schnitker, S., **Fernandez, N.**, Redmond, N., Felke, T. J., & Blews, A. (2014, Nov) *Self-Control and patience interventions in adolescents and moderation by God concept*. Paper Presented at the 40th annual conference of the Association of Moral Education, Pasadena, CA.
- Schnitker, S., **Fernandez, N.**, Redmond, N., Felke, T., & Blews, A. (2014, April). *The effects of spirituality, religiousness, and beliefs about God on the development of patience and self-control in adolescents*. Paper presented at the 12th annual Midyear Conference of Division 36, La Mirada, CA.
- Fernandez, N.**, Thomas, R., & Schnitker, S. (2013, June). *Positive developmental markers in adolescents: Content of personal strivings and well-being*. Paper presented at the Third World Congress on Positive Psychology, Los Angeles, CA.
- Schnitker, S. A., **Fernandez, N.**, & Thomas, R. (2013, April). Creation and psychometric evaluation of a nomothetic strivings questionnaire to assess adolescent positive development. Poster presented at Society for Research in Child Development Biennial Meeting, Seattle, WA.
- Fernandez, N.** & Gerson, M. (2010, October). *A resilience-building program applied to Math/Science Upward Bound students*. Paper presented at the 7th annual Student Research Symposium, Thousand Oaks, CA.
- Fernandez, N.**, & Diriwaechter, R. (2009, May). *Death: An investigation of the process of meaning Construction*. Paper presented at the Cultural Psychology Symposium, Thousand Oaks, CA.
- Fernandez, N.**, & Diriwaechter, R. (2008, December). *Existential being revisited: An analysis of Being And Time and its implications*. Paper presented at the CLU History of Psychology Symposium, Thousand Oaks, CA.

Popular Media:

- Interviewed for: Arvidson, K. (2020, April) Mental health in a pandemic. *Zu News*.
<https://zunews.com/2020/04/mental-health-during-a-pandemic/>

Poster Presentations:

- Griswold, K. A., **Fernandez, N.**, Bishara, L., Houlberg, B. J., & Schnitker, S. A. (January, 2017). *An App-Based Perspective-Taking Intervention Helps Adolescents Navigate Conflict and Regulate Emotion*. Poster session presented at the Western Positive Psychology Association, "Positive Psychology for Societal Impact," Claremont, CA.
- Houlberg, B. Nelson, C., Redmond, N., Daily, E., & **Fernandez, N.** (2016, March). An Examination of the Impact of Sports and Activity on Emotional Health and Relationships. Poster presented at the Christian Association for Psychological studies annual conference, Pasadena, CA.

- Fernandez, N.,** Nelson, C., Gilbertson, M., & Houlberg, B. (2016, January). The role of emotion regulation in the relationship between achievement orientation and youth outcomes in marathon training. Poster presented at the Society for Personality and Social Psychology annual conference, San Diego, CA.
- Fernandez, N.,** Delgado, N., & Patel, S. K. (2015, April). Parent self-efficacy is associated with school functioning in low SES survivors of childhood cancer. Poster presented at the Annual Conference of the Society of Pediatric Psychology, San Diego, CA.
- Fernandez, N.,** Schnitker, S. (2015, Mar). Adolescent goal motivations and their differential Effects on Well-being in different cultural contexts. Poster session presented at the Biennial Meeting of the Society for Research in Child Development, Philadelphia, PA.
- Moore, C., **Fernandez, N.,** Ghelani, A., Wong, A., Lo, T., & Patel, S. K. (2014, February). *Neurobehavioral impact of endocrine therapy following chemotherapy for breast cancer.* International Neuropsychological Society Conference, Seattle, WA.
- Fernandez, N.,** Thomas, R., & Schnitker, S. (2013, April). Creation and evaluation of a nomothetic strivings questionnaire to assess adolescent positive development. Poster session presented at the Biennial Meeting of the Society for Research in Child Development, Seattle, WA.
- Fernandez, N.** & Gerson, M. (2010, August). *Application of a modified Penn Resiliency Program approach to university students.* Poster session presented at the 118th annual convention of the American Psychological Association, San Diego, CA.
- Fernandez, N.** & Gerson, M. (2010, April). *New program for resilience building in undergraduates: The PUR.* Poster session presented at the annual California Lutheran University Festival of Scholars, Thousand Oaks, CA.
- Fernandez, N.,** & Gerson, M. (2009, April). *The facets of conscientiousness: Better predicting academic success.* Poster session presented at the annual California Lutheran University Festival of Scholars, Thousand Oaks, CA.
- Fernandez, N.,** & Wagerman, S. (2009, April). *Anxiety and interference: The relationship of trait and state anxiety.* Poster session presented at the annual California Lutheran University Festival of Scholars, Thousand Oaks, CA.