

Atina Manvelian, M.A.

Department of Psychology, College of Science, University of Arizona
atinamanvelian@email.arizona.edu; (818) 640-9550

EDUCATION

- 2015-2021** **Ph.D. Candidate, University of Arizona (APA- and PCSAS-accredited), Tucson, AZ**
Major: Clinical Psychology
Minors: Health Psychology, Quantitative Methods
Dissertation Thesis: “Creating a Safe Haven and Secure Base for At-Risk Students, A Pilot Study Using Emotionally Focused Mentors to Enhance Attachment Security” (defended August 2020)
Committee: Dr. David Sbarra (Doctoral advisor), Dr. Emily Butler, Dr. Mary-Frances O’Connor, Dr. Heidi Hamann
- 2015-2017** **M.A. University of Arizona, Tucson, AZ**
Major: Clinical Psychology
Master’s Thesis: “With or Without You? Loss of Self Following Marital Separation”
Committee: Dr. David Sbarra, Dr. Erika Lawrence, Dr. Matthias Mehl
- 2010-2014** **B.A. UC Santa Barbara (UCSB), Goleta, CA**
Majors: Psychology & Biological Anthropology
Honors Thesis: “A Life History Theoretical Perspective on Mate Selection”
Advisor: Dr. Nancy Collins

FELLOWSHIPS, GRANTS, & AWARDS

- 2017-2020** National Science Foundation Graduate Research Fellowship
- 2020** Philanthropic Educational Organization (PEO) Scholar Award
- 2020** Galileo Circle Scholarship Award, University of Arizona
- 2020** Distinguished Student Leadership Award, Society of Clinical Psychology
- 2019** Graduate Student Research & Project Grant, University of Arizona
- 2019** Young Scholar Award, American Psychosomatic Society (APS)
- 2018** Mind and Life Foundation Summer Research Fellowship
- 2016** College of Science Graduate Award, University of Arizona
- 2016** Junior Scientist Fellowship, American Psychological Association
- 2015** Graduate Access & Diversity Fellowship, University of Arizona

- 2014** Phi Beta Kappa, National Honor Society, Lambda Chapter
- 2014** Chancellor's University Service Award, UCSB
- 2014** Distinguished Graduating Senior Award in Psychology, UCSB
- 2013** Psi Chi Undergraduate Research Grant, UCSB
- 2013** Undergraduate Research and Creative Activities Grant, UCSB

PEER-REVIEWED PUBLICATIONS

- Manvelian, A.,** Boyd, S., O'Hara, K., Waters, C., Liu, Y. & Sbarra, D. A. (under review).
Creating a safe haven and secure base: A pilot study of emotionally focused mentoring to enhance attachment security.
- Manvelian, A.,** Fivecoat, H., Milek, A., & Lawrence, E. (under review). Ending the silo effect: A test of domain spillover-crossover in marriage.
- Manvelian, A.,** Sbarra, D. A. (2020). Marital status, close relationships, and all-cause mortality: Results from a 10-year study of nationally representative older adults. *Psychosomatic Medicine*, 82(4), 384-392.
- Manvelian, A.,** Bourassa, K. J., Lawrence, E., Mehl, M. R., & Sbarra, D. A. (2018). With or without you? Loss of self following marital separation. *Journal of Social and Clinical Psychology*, 37(4), 297-324.
- Bourassa, K. J., **Manvelian, A.,** Boals, A., Mehl, M. R., & Sbarra, D. A. (2017). Tell me a story: The creation of narrative as a mechanism of psychological recovery following marital separation. *Journal of Social and Clinical Psychology*, 36(5), 359-379.

MANUSCRIPTS IN PREPARATION

- Ackerley, H., **Manvelian, A.,** Shanholtz, C. & Sbarra, D. A. (in preparation). The impact of attachment-based mentoring: An analysis of participant-reported outcomes.
- Manvelian, A.,** & McConnell, M., & Shisslak, C. (in preparation). Attachment and healthcare: Lessons from an embedded behavioral medicine transplant team.
- Sbarra, D. A., **Manvelian, A.,** Sur, B., Whisman, M. (in preparation). An open trial study protocol for the prevention of type 2 diabetes using family consultation.

OTHER PUBLISHED CHAPTERS & ARTICLES

- Sbarra, D. A., & **Manvelian, A.** (submitted). The psychological and biological correlates of separation and loss. Invited to appear in *Attachment: The Fundamental Questions*.
- Sbarra, D. A., **Manvelian, A.,** Salinger, J., Whisman, M. (submitted). Marital and relational discord. Invited to appear in *Psychopathology: From Science to Clinical Practice*.
- Sbarra, D. A., Bourassa, K. J., & **Manvelian, A.** (2019). Marital separation and divorce: The biological, psychological, and social predictors, correlates, and consequences. To appear in B.H. Fiese (Ed.), *APA Handbook of Contemporary Psychology*. Washington, DC: American Psychological Association.
- Manvelian A.** (2019). Premack principle in social learning theory. In J. Lebow, A. Chambers, & D. Breunlin (Eds.), *Encyclopedia of Couple and Family Therapy*.
- Manvelian, A.,** & Metz, M. A. (2016). A life history theoretical perspective on mate selection. *Psi Chi Journal of Psychological Research*, 21(1).

INTERVENTION MANUALS

Manvelian, A & Sbarra, D. (2020) Emotionally-focused mentoring: A treatment manual for promoting attachment security. Tucson, AZ: University of Arizona.

Sbarra, D. A., **Manvelian, A.**, Sur, B., Smith, K., Lomeli, T., Rohrbaugh, M. J. Whisman, M. (2019) Family consultation (FAMCON) for couples with prediabetes: A treatment manual. Tucson, AZ: University of Arizona

Sur, B., Sbarra, D. A., **Manvelian, A.**, Garcia, D. O., Hingle, M., Whisman, M. (2019) Health behavior coaching manual for the family consultation (FAMCON) program for couples with prediabetes. Tucson, AZ: University of Arizona

CONFERENCE SYMPOSIA

Lawrence, E., **Manvelian, A.**, Chandler, A. (2020, November). *Relationship conflict in minority couples*. Paper presentation at the annual convention of the Association for Cognitive and Behavioral Therapy, Philadelphia, PA.

Manvelian, A., Chandler, A. B., & Lawrence, E. (2019, August). *Working with Latinx couples in research and practice. Engaging minority and underserved couples in research and practice*. Panel presentation conducted at the annual convention of American Psychological Association, Chicago, IL.

Manvelian, A., Sbarra, D. (2019, March). *Close relationships, marital status, and all-cause mortality: Results from a 10-year longitudinal study of nationally representative older adults*. Paper presented as part of symposium at the annual convention for the American Psychosomatic Society, Vancouver, Canada.

Sur, B., **Manvelian, A.**, Knowles, L., Lomeli, T., Milek, A., Rohrbaugh, M., Whisman, M., & Sbarra, D. (2018, April). *Communal coping as a mechanism for health behavior change in the family consultation (FAMCON) program for type II diabetes prevention*. Paper presented as part of symposium at the annual convention for the Society of Behavioral Medicine, New Orleans, LA.

CONFERENCE POSTER PRESENTATIONS

Pan, Y., **Manvelian, A.**, Chandler, A., & Lawrence, E. (2020, June). *Validation of a semi-structured interview of relationship quality in Mexican-American couples*. Virtual poster presented at the annual convention for the Association for Psychological Science. Virtual Showcase.

Manvelian, A., Duchschere, J., Chandler, A., & Lawrence, E. (2017, November). *Relationship functioning in Hispanic newlywed couples*. Poster presented at the Association for Cognitive and Behavioral Therapy, San Diego, CA.

Manvelian, A., Sbarra, D. (2017, April). *With or without you? Loss of self following marital separation*. Poster presented at the University of Arizona Psychology Department Master's Theses Colloquium, Tucson, AZ.

Manvelian, A. & Lawrence, E. (2016, October). *The relational spillover model of marital functioning: How one marital domain affects another over time*. Poster presented at the Association for Cognitive and Behavioral Therapy, New York, NY.

Metz, M., & **Manvelian, A.** (2016, May) *A Life History Theoretical Perspective on Mate Selection*. Midwestern Psychological Association Annual Meeting. Chicago, Illinois.

Manvelian, A. (2014, May) *A life history theoretical perspective on mate selection*. Poster

presented at the University of California, Santa Barbara Research Colloquium, Santa Barbara, CA.

Manvelian, A. (2014, May). *Early life experiences and implications for mate selection*. Poster presented at Stanford University Undergraduate Psychology Conference, Palo Alto, CA.

GRADUATE RESEARCH EXPERIENCES

2018-2020 **Principal Investigator, Emotionally-Focused Mentorship (EFM) Program,**
Psychology Department, University of Arizona

Supervisor: David Sbarra, PhD

- Emotionally-Focused Mentoring is one example of what a cost-effective, stepped-care model of mental healthcare can look like. Because mental healthcare from licensed professionals is often difficult to access, we trained 10 lay therapists to focus on transdiagnostic intervention targets: the promotion of attachment security (creating more positive models of self/other) and emotion regulation skills in the context of close relationships.
- Project Aim: Based on the NIH Stage Model of Intervention Development and drawing from the literature on Emotionally-Focused Therapy, I developed and tested a 5-week psychotherapeutic intervention for at-risk insecurely attached first-year college students.
- Method: I conducted two studies, a feasibility & acceptability trial ($N = 11$) and an open pilot trial ($N = 82$) targeting transdiagnostic markers of psychosocial distress to enhance emotion regulation skills, attachment security, and mental health outcomes. Data were analyzed using Bayesian inference and multi-level modeling to track changes over time across five weeks.
- Results: Over the course of the program, participants reported decreases in attachment anxiety, attachment avoidance, depressive symptoms, and loneliness as well as increases in self-esteem. 100% of participants who completed the program ($n = 55$) noted that the program increased their psychological wellbeing and enhanced their ability to have healthy relationships. All participants noted that they would recommend the program to a friend.

2016-2019 **Graduate Research Assistant, Family Consultation for the Prevention of Diabetes,**
Laboratory for Social Connectedness & Health, Psychology Department, University of Arizona

Supervisor: David Sbarra, PhD

- Individuals who are most at-risk for developing Type II Diabetes are often treated alone, ignoring the family environment as a substantial predictor of their health. Using a family systems approach, this study helped couples make health behavior changes to prevent diabetes
- Aided in the creation of study protocol and intervention manual
- Served as a family consultant/couple therapist for multiple couples
- Worked with couples to increase motivation for change; evaluated and shaped maladaptive couple dynamics; assessed diet and physical

activity habits; fostered improvements in health via SMART goals

2015-2018 **Graduate Research Assistant, Arizona Latinx Longitudinal Newlyweds Study**, Couples and Families Lab, Psychology Department, University of Arizona

Supervisor: Erika Lawrence, PhD

- Project Aim: To study Latino/a newlywed couples for up to 5 years, promoting our understanding of the sociocultural factors that influence marital life for this fast-growing yet understudied demographic
- Launched and coordinated a multi-method longitudinal study
- Interviewed over 90 couples using a semi-structured, validated Relationship Quality Interview (Lawrence et al., 2008) that assesses predictive domains of couple functioning using interview-rated and subject-rated scores
- Trained six undergraduate research assistants in clinical listening skills, suicide assessment, and the administration of the Relationship Quality Interview (Lawrence et al., 2008)

2015-2016 **Graduate Research Assistant, Clinical Psychophysiology Laboratory**, Psychology Department, University of Arizona

Supervisor: John Allen, PhD

- Administered structured clinical interview, Hamilton-Depression Scale, and SCID-V to undergraduate research participants
- Screened subjects for participation in an fMRI study

TEACHING EXPERIENCE

Fall 2017 **Teaching Assistant**, Health Psychology, University of Arizona

Summer 2016 **Course Instructor**, Research Methods in Psychology, University of Arizona

Fall 2016 **Teaching Assistant**, Psychology of Gender, University of Arizona

2015-2016 **Teaching Assistant**, Introduction to Psychology, University of Arizona

2013-2014 **Class Coordinator**, Advanced Human Sexuality Course, UC Santa Barbara

LEADERSHIP & PROFESSIONAL SERVICE

2018-Present **Inaugural Student Representative**, Executive Committee, Academy of Psychological Clinical Science

- Serve as the inaugural student representative for the Academy of Psychological Clinical Science to advocate for student concerns
- Collaborate with the Executive Committee and Student Engagement Committee to assess graduate student needs and create new initiatives such as the “APCS Task Force for Racial Justice” and a workgroup called, “Reducing Barriers to Clinical Science Education”
- Develop tools to improve mentor-mentee relationships across clinical

science programs with the goal of improving transparency and student wellness, particularly for underrepresented students

- 2019-2020** **Doctoral Student Representative**, Clinical Psychology Faculty Meeting, Psychology Department, University of Arizona
- 2019-2020** **Founding Member of Student Wellness Committee**, Psychology Department, University of Arizona
- Developed the Student Wellness Committee to raise student concerns, promote bidirectional feedback, and improve feelings of belonging
- 2017-2019** **Graduate Student Chair of Diversity Committee**, Psychology Department, University of Arizona
- Initiated a committee to bring awareness to issues of diversity, inclusivity, and equity through a series of presentations (e.g., “Women in Academia,” “Intersectionality,” “Diversity in Graduate School”)
 - Moderated panel discussions, invited speakers, and developed safe spaces to discuss the challenges minority populations face in academia to promote greater inclusivity/equity
- 2018-2019** **Professional Development Committee Member**, Psychology Department, University of Arizona
- Developed a peer mentorship program to decrease stress during the transition to graduate school and inspire research collaborations

UNDERGRADUATE RESEARCH EXPERIENCE

- 2014-2015** **Research Assistant**, Marriage Lab, UCLA
Supervisor: Benjamin Karney, PhD
- 2012-2014** **Research Assistant**, Close Relationships Lab, UCSB
Supervisor: Nancy Collins, PhD
- Summer 2012** **Research Assistant**, Cognition Lab, Stanford University
Supervisor: Stephen Kosslyn, PhD
- 2011- 2013** **Research Assistant**, Biological Anthropology Lab, UCSB
Supervisor: Steven Gaulin, PhD
- 2011- 2012** **Research Assistant**, Positive Relationships Lab, UCSB
Supervisor: Shelly Gable, PhD

CLINICAL EXPERIENCES

- 2020-present** **Predocloral Clinical Psychology Intern (General Track)**, VA Palo Alto Health Care System, Palo Alto, CA
- Research Rotation: Center for Innovation to Implementation, Health Services Research with Dr. Ranak Trivedi
 - Clinical Rotations: Behavioral Medicine, Women’s Trauma Recovery

Program, Family Therapy Program, and Mental Health Clinic

- 2018-2020** **Transplant Psychology - Behavioral Medicine Extern**, Banner University Medical Center Solid Organ Transplant Department
- 2019-2020** **Psycho-Oncology - Behavioral Medicine Extern**, Arizona Cancer Center
- 2018-2020** **Couple & Family Therapist**, Behavioral Health Clinic, University of Arizona
- 2017-2018** **Healthy Families Extern**, Child and Family Resources, Inc., Tucson, AZ
- 2016- 2017** **Suicide Crisis Counselor**, Pima County's Mobile Acute Crisis Team, Community Bridges Inc., Tucson, AZ
- 2017-2018** **Supervision Practicum**, Psychology Department, University of Arizona
- 2016-2017** **Psychotherapy Practicum**, Behavioral Health Clinic, Psychology Department, University of Arizona
- 2015-2016** **Clinical Assessment Trainee**, Casa De Vida, La Frontera (Tucson, AZ)

CLINICAL SUPERVISION

- 2018-2020** **Emotionally-Focused Mentorship Program Supervisor**, Lab for Social Connectedness & Health, Psychology Department, University of Arizona
- Served as the primary clinical supervisor for 10 lay therapists
 - Trained 11 undergraduate lay therapists in risk-assessment, clinical skills, and principles of Emotionally-Focused Individual Therapy
- 2017-2019** **Family Consultation Supervisor**, Lab for Social Connectedness & Health, Psychology Department, University of Arizona
- Trained two undergraduate consultants working with couples to alter their health behaviors and prevent the onset of Type II Diabetes
 - Created training manual to teach lay consultants treatment protocol
 - Provided feedback and suggestions through live video supervision

CONSULTATION

- 2020-Present** **International Consultant**, Armenian American Mental Health Association
- Provided weekly clinical consultation to Armenian mental health workers supporting combat Veterans after the Nagorno-Karabakh war
- 2020** **Crisis Risk Consultant**, Heal Beirut
- Developed a suicide risk assessment for Heal Beirut, a non-governmental organization created after the Beirut explosion in August of 2020 to provide better access to mental healthcare in Lebanon

AD HOC REVIEWER

Journal of Social and Clinical Psychology
Journal of Social and Personality Relationships
PLOS ONE
Psychosomatic Medicine

SPECIAL SKILLS

- Excellent presentation and science communication skills
- Sharp interpersonal, clinical, leadership, and project-management skills
- Strong data analytic skills
 - Ability to work with large longitudinal datasets with clustered or dyadic data
 - Comfortable with multi-level modeling in R and SPSS
 - Creates and annotates reusable code in R to improve collaborative efforts
 - Uses Bayesian inference and null hypothesis statistical testing methods
 - Welcomes the opportunity to collaborate and learn new methods

PROFESSIONAL AFFILIATIONS

Academy for Psychological Clinical Science
Association for Psychological Science
American Psychosomatic Society
Association for Behavioral and Cognitive Therapies
American Psychological Association
Arizona Center for Emotionally Focused Therapy
Armenian American Mental Health Association
Society for a Science of Clinical Psychology
Psi Chi, International Honor Society in Psychology

OTHER LANGUAGES

Armenian (Professional Fluency)
Arabic (Beginner)