

Seth Downing

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Education

Ph.D. Clinical and Health Psychology

University of Florida (UF), Gainesville, Florida
Concentration: Clinical Child/Pediatric Psychology
Mentor: Joseph McNamara, Ph.D.

August 2019 – Present

Bachelor of Science in Zoology, Cum Laude

UF, Gainesville, Florida
Minor: Spanish

April 2017

Poster Presentations

McCarty, R. J., Lazaroe, L. M., Ordway, A., **Downing, S.D.**, Segovia, C. M., Cooke, D.L., Guzick, A. G., McNamara, J. P. & Matthews, C.A. (2019, July). *Effectiveness of a therapeutic camp for youth with OCD, anxiety, and/or depressive disorders*. Poster presented at the 26th Annual Obsessive-Compulsive Disorder Conference, Austin, TX.

Downing, S. T., Guzick, A. G., McCarty, R. J., Cooke, D. L., Reid, A. M., & McNamara, J. P. (2019, February). *Relationships Between Internalizing/Externalizing OCD Behaviors, Accommodation, and OCD Dimensionality*. Poster presented at the 2019 meeting of the Miami International Child & Adolescent Mental Health Conference (MICAMH), Miami, FL.

Research Experience

UF Health Division of Medical Psychology, FEAR Lab

Supervisor: Joseph McNamara, Ph.D.

March 2015-Present

Research Assistant

March 2015-August 2019

- Accumulated more than 650 hours of research experience in a lab with a focus on Obsessive Compulsive Disorder (OCD) and exposure and response prevention therapy
- Administered Yale-Brown Obsessive Compulsive Scale to assess severity and symptoms of patients suffering from OCD
- Participated in live behavioral coding for a child eating disorder study and both child and adult OCD studies

Undergraduate Study Coordinator

June 2016- July 2017

- Assisted in duties pertaining to the Parent-child Interaction Therapy Study
- Called and scheduled 15 new and returning participants for observation sessions
- Collaborated with providers and other undergraduate research assistants to run participant sessions
- Coded recorded observations using the Dyadic Parent-child Interaction Coding System (DPICS)
- Trained 4 undergraduate research assistants to become reliable DPICS coders
- Managed databases and files for 22 participants

Research Administrator I, UF College of Liberal Arts and Sciences

July 2017-December 2017

- Assisted college faculty and students in submitting proposals for research grants to federal and non-federal research sponsors
- Reviewed proposal applications to ensure accuracy, completion, and compliance with agency and UF guidelines
- Input and managed proposals in UFIRST, UF's proposal and award management system
- Acted as a liaison between the principal investigator, department, college, and Division of Sponsored Programs at UF to ensure a timely and accurate submission to the sponsor

Clinical Experience

Therapy Aid, FEAR Lab

March 2015-August 2019

- Accumulated more than 130 clinical hours, including more than 90 hours as a therapy aide for exposure therapy sessions for children and adults with OCD and anxiety disorders
- Over 50 hours of experience aiding in exposure and response prevention therapy across multiple sessions

Camp Counselor, Fear Facers Camp

July 2017- June 2019

Supervisors: Joseph McNamara, PhD. and Carol Matthews, M.D.

- Served 200 hours as a therapy aide in exposure therapy sessions for more than 60 campers (across all 5 weeks) between the ages of 6 and 15 with varying anxiety-related disorders during a week-long day camp
- Created, implemented, and participated in exposures for both individual and group therapy sessions in order to help challenge campers' anxiety

Care Coordinator, Mobile Outreach Clinic

May 2016-December 2016

- Accrued more than 130 patient contact hours
- Recorded patient vitals and health information
- Scribed during patient-provider interactions
- Provided education to improve health literacy by discussing recent diagnosis and reviewing pertinent literature with patients
- Called patients on weekly basis to follow up on well-being and encourage healthy behaviors

Teaching Experience

Course Coordinator, UF Department of Psychiatry

July 2019-Present

- Graded and provided feedback on discussion posts for more than 140 undergraduate students taking either Introduction to Bioethics (MDU 4061) or Diseases of Eating (MDU 4850)
- Communicated with students that had course questions or needed course accommodations

Science Teacher, Lake Weir Middle School

February 2018-May 2019

- Taught life science to more than 280 7th grade students across 6 advanced classes, 2 standard classes, and 4 support-facilitated classes, in which many of the students had Individualized Education Plans (IEPs) which required that they receive specific accommodations in class
- Collaborated with 8 colleagues within the school's science department to target and plan for standard remediation and determine department policies and goals
- Worked to ensure that students met the state standards for middle school life science
- Communicated with parents by phone, through email, and face-to-face at parent-teacher conferences to discuss their child's behavior and academic performance in class
- Managed classroom behavior and ensured adherence to school and classroom rules and

- procedures
- Evaluated and entered at least 48 graded assignments per student into Skyward

Learning Assistant, UF Department of Biology

August 2015-April 2017

- Facilitated learning for 20-30 students in BSC 2011 each semester through team-based learning activities demonstrating fundamental biological concepts
- Implemented teaching strategies to encourage active learning in a classroom setting
- Prepared and mediated comprehensive exam reviews with 11 coworkers
- Worked with course instructors and fellow learning assistants to prepare and refine learning activities for use in the classroom
- Graded and provided feedback for weekly post-activity assessments

Service Experience

Collaborator, Rural Women's Health Project

February 2016-April 2016

- Compiled lists of low-cost educational, social services, and health organizations for a community resource guide
- Contacted organizations to verify various services offered

Grace Anglican Church

July 2013- June 2015

Missionary to Lima, Peru

July 2013, July 2014, June 2015

- Sanded and painted walls of local church
- Engaged with children at local school through playing, dancing, and singing
- Acted as tertiary translator for mission team
- Created and updated team blogs for 2014 and 2015 trip; more than 1300 combined views

Group Leader, Soul in the City

July 2014

- Led group of 12 middle school and high school students in community service program
- Provided safe, fun environment for play and artistic creativity for children living in low income housing

Buddy, Top Soccer

September- October 2014

- Interacted with 20-25 children with disabilities of all ages in a fun, socially engaging environment promoting physical activity

Awards and Recognitions

Recipient, Outstanding Ambassador Service Award, CLAS Ambassadors

April 2017

Recipient, Most Compassionate Care Coordinator, Mobile Outreach Clinic

August 2016

Recipient, Anderson Scholar Award- High Distinction, UF

October 2015

- 3.95-3.99 UF GPA during first two years of enrollment as an undergraduate at UF with a minimum of 60 total credit hours