

Aynsley Babinski, PsyD

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| (480) 847-2883 |

Education

- Doctor of Psychology, Clinical Psychology** 2017
Arizona School of Professional Psychology
Phoenix, AZ
- Master of Arts in Clinical Psychology** 2016
Arizona School of Professional Psychology
Phoenix, AZ
- Grand Canyon University 2009
Phoenix, AZ
- Graduated with Honors

Work Experience

Psychologist 2019-Present
Babinski Psychological Services, LLC
4115 E Valley Auto Dr Suite 208
Mesa, AZ 85206

Description of the site: A private practice setting providing psychological assessments and therapy services. Dr. Babinski offers services to individuals and families involved within the Family Court system. Consultation services are also available for organizations seeking to address organizational structure changes, diversity training, or policy implementation related to mental health needs.

Psychologist 2019-2022
Sarva Center for Wellbeing, LLC
2730 S Val Vista Rd #137
Gilbert, AZ 85295

Description of the site: A private practice setting providing psychological assessment services and an array of therapy offerings. Group, individual, couples, and family therapy are offered as well. Individuals in the perinatal period are also seen by Dr. Babinski due to her interest in this area

Doctor of Psychology awaiting licensure
Buwalda Psychological Services
1405 E Guadalupe Rd
Tempe, AZ 85283

2017-2019

Description of the site: A private practice setting contracted with the Arizona Department of Child Safety (DCS) to provide individual, family, and group therapy, supervised visitation, bonding and best interest evaluations, and psychological testing. Dr. Babinski provided services to individuals involved in DCS care with the goal of family reunification.

Psychometrist
Doorways, LLC.
 Phoenix, AZ

2014-2016

Supervisor: David Yee, Psy.D.

Description of Site: An outpatient adolescent and young adult therapy office providing individual, family, and group therapy as well as medication management. The focus of clinical attention for clients range from changes in academic and family functioning to eating disorders and anxiety disorders. Psychological assessments are performed to inform treatment planning, family, and treatment team.

Responsibilities:

- Administer psychological instruments according to standardized procedures to clients while using clinical judgment on the structure of the assessment session and client ability level
- Score assessment protocols
- Psychological tests used: WAIS-IV, WISC-V, WIAT-III, Stroop, Trails, RCFT, BDI, TAT, and HTP
- Utilize Q-Interactive and Q-Global programs to administer assessments on an iPad.

Behavioral Health Technician
New Horizon Youth Homes
 Gilbert, AZ

2011-2012

Supervisor: Tyler Newton, M.A.

Description of Site: Provide culturally sensitive behavioral health services to children, adolescents, and their primary support care providers working on the Gila Indian Reservation within their homes and schools. Services also included weekly mentorship with clients to support their treatment plan goals and develop life skills. Clients in the group home setting were placed by CPS, the Gila River Indian Community, or phasing out of the juvenile correctional setting to a level II and level III program.

Responsibilities:

Out-Patient Behavioral Health Technician, working within the Gila River Indian Community

- Conduct psycho-education meetings with family members of mentored youth
- Collaborate with case managers and teachers to create a treatment plan for individual youth to promote integrated health management
- Provide a supportive environment, and encouraged positive interactions with peers and authority figures
- Work with mentees to reach developmental milestones in all aspects of life

Behavioral Health Technician, Paraprofessional in Level II group homes for boys

- Conduct weekly 1:1 sessions with clients addressing their goals and needs
- Conduct weekly group sessions to promote coping skills, substance abuse relapse prevention techniques, and resiliency
- Taught life skills to clients regarding hygiene, shopping, cooking, and money management

Doctoral Level Training Experience

Psychology Intern

July 2016-July 2017

East Valley Counseling Associates, Mesa, AZ

Supervisors: Daniel Christiano Ph.D.

Total Hours anticipated: 2,000

Mary Anne Thirakul, Ph.D.

Description of Site: A private practice, forensic focused internship site through the Arizona Psychological Training Consortium. Clients receive a variety of services based on reason for referral, which include individual, family, and marriage counseling, group therapy, psychological evaluations, and court ordered psychological services. Those who receive services may be court ordered or self-referred.

Responsibilities:

- Provide individual therapy services to adult/children
- Provide marriage and family counseling
- Facilitate group therapy
- Conduct and write Psychological evaluations
- Assist in Child Custody Evaluations

Special Population Interest:

- Pregnant and postpartum clients
- Medical providers working with perinatal clients
 - Group work focused on burn-out

Psychology Trainee

August 2013-April 2014

Wooten & Associates, Phoenix, AZ

Supervisor: Buffy Wooten, Ph.D.

Total Hours: 652; Direct Hours: 234

Description of Site: An outpatient private practice provides individual therapy, assessments, and DBT group therapy for men, women, and adolescents. Training time is split with the National Council of Alcohol and Drug Dependence (NCADD) for women who were referred to services through federal pre-trial, CPS, or voluntarily for intensive outpatient (IOP) substance abuse treatment. Therapy offered at NCADD consists of group, individual, DBT, and Trauma services, along with voluntary participation in parenting classes to provide mothers tools to support sober parenting.

Responsibilities:

- Facilitated weekly IOP groups for females with a substance use diagnosis at NCADD
- Facilitated weekly outpatient Dialectical Behavior Therapy (DBT) group treatment both in private practice and at NCADD
- Facilitated weekly pretreatment/substance abuse education classes at NCADD
- Co-created and Facilitated an 8 week parenting class catered to meet the unique needs of mothers with a substance use disorder at NCADD
- Performed psychological test administrations in private practice and at NCADD
- Conducted individual therapy with private practice and NCADD clients
- Psychological tests administered: MMPI-2, WAIS, Rorschach – Exner System, and BDI

Psychology Trainee
Southwest Behavioral & Health Services
 Total Hours: 900; Direct Hours: 328

August 2012-August 2013
 Supervisor: Joanna Jablonski, Psy.D.

Description of Site: Interdisciplinary school-based resource center that offers medical, dental, counseling, and access to social services for children and families living in the Chandler Unified School District. Counseling services are offered on site, in home, and on school campuses to meet the needs of clients and their treatment goals. Collaboration with other professional disciplines is highly emphasized to support all the needs a family may have during the course of their treatment.

Responsibilities:

- Conducted individual and family therapy with children in the Chandler Unified School District.
- Attended and collaborated with other professionals in student IEP meetings
- Performed school visits to observe student/teacher interactions to support therapeutic goals of clients within the context of the child's treatment plan
- Performed in home observations of family interactions to promote therapeutic goals
- Collaborated with parents and teachers to promote student performance in a school setting and at home
- Psychological tests administered: TAT, WIAT-III, WISC-IV, and MMPI-A

Research

Clinical Research Project (Dissertation Equivalent
Arizona School of Professional Psychology at Argosy
University, Phoenix AZ

Completed 2015

Title: Impact of Prescription Privileges on the Professional Identity and Role of Psychologists

Purpose: To capture the attitudes and behaviors of doctoral level graduate students, interns, post-doctoral residents, and psychologists with regard to prescription privileges for psychologists, as well as assessing their knowledge regarding the prescription privilege debate.

Committee Chair: Frederick S. Wechsler Ph.D., Psy.D., ABPP

Professional Presentations

Babinski, A., & Barnes-Palty, P. (2016, October) Self-care: Beyond the birth plan. *Reaching the Highest Peaks in Evidenced Based Practice*. Presentation held at the Renaissance Denver Stapleton Hotel for the International Childbirth Education Association Annual Conference, Denver, CO.

Babinski, A., Barnes-Palty, P., & Dery, J. (2016, September) Pregnancy, Postpartum, and Professionals: Integrating mental health into perinatal care. *Integrative Approaches in the Era of Integrated Care*. Presentation at the Westward Look Wyndham Grand Resort and Spa for the Arizona Psychological Association Annual Conference, Tucson, AZ

Babinski, A., & Barnes-Palty, P. (2016, August) Self-care: Beyond the birth plan. *Taking care of mom, making more milk for baby: A Parenting and Healthcare Professional Conference*. Presentation at the Biltmore Embassy Suites Phoenix, AZ for the La Leche League of Arizona Area Conference.

Babinski, A. (2016, April). Incorporating mental health care into your birth plan. Presentation held at monthly meeting. International Cesarean Awareness Network (ICAN) Phoenix Chapter, Phoenix, AZ

Babinski, A., Cleckner, W., Gunnigle, J. (2016, April). Birth rights in Arizona: Social justice and Advocacy. *2nd Annual Advocacy & Psychology 101 Workshop*. Presented at Arizona State University Tempe, AZ

Babinski, A. (2016, March). "Oh, it's just the baby blues": Postpartum depression and PTSD as a new mother. Presentation held at Bump to Breastfeeding Event at the Arizona Breastfeeding Center, Tempe, AZ.

Babinski, A., Barnes-Palty, P., & Horney, A. (2015, November). Don't do what I do: Self-care from the perspective of a trainee. In B. J. Hwang (Chair) *The shades of professional identity*. Presentation at the Arizona State University West Campus for the Arizona Training Consortium and Arizona State University Counseling Services, Glendale, AZ

Babinski, A. (2013, February). Individual case presentation. Practicum presentation. Committee of Clinical Excellence. Presentation conducted at Southwest Behavioral and Health Services main office, Phoenix, AZ

Babinski, A. & Johnson, P. (2012, January). RxP for psychologists in Arizona; Overview of training and contribution to the profession. In S. Brim (Northern Arizona Psychological Association President), Northern Arizona Psychological Society monthly meeting. AzPA RxP Taskforce presentation conducted at Northern Arizona University, Flagstaff, AZ

Publications

Schulte, D. **Babinski, A.**, Buckman, L., Garcia, E., Gladding, D., Hogg, A., Moan, G., Muszynski, R., & Samaniego, R. (2015, Fall). Leadership development committee mission statement. *The Arizona Psychologist*.

Babinski, A. & Mugee, M. (2013, Spring). Membership report of student news. *The Arizona psychologist*.

Babinski, A. & Mugee, M. (2012, Fall). Membership report of student news. *The Arizona psychologist*.

Association Memberships

Arizona Psychological Association 2011-Present

Volunteerism

Postpartum Support International (PSI-AZ) 2016-2018

- Executive Board Member, Secretary
 - Manage organization listserv
 - Solicit stakeholders in perinatal health related fields to support the development of PSI-AZ chapter membership.
- Networking Committee
 - Facilitate networking and group cohesion within the PSI-AZ chapter.
 - Oversee the formation of committees

- Assist in the selection of a committee chairs
- Connect members to areas of interest within the committees

Arizona Psychological Association (AzPA)

2011-Present

- Leadership Development Committee 2015-2019
 - Identified and fostered development of future AzPA leadership
- Communication Committee 2015
 - Coordinated radio PSA's for AzPA to promote mental health
- AzPA Mentorship Program Participant 2014-2019
 - Mentored by Rebbeca Lahann, Psy.D.
- Co-chair of the Student Affairs Committee 2012-2014
 - Organized convention student poster presentation session at the annual AzPA conventions
 - Collaborated with Arizona Neurological Society (AzNS) to promote interdisciplinary perspectives by including a neuropsychological award at the AzPA student poster presentation
 - Organized annual convention student presentation
 - Recruited presenters who could discuss issues relevant to student development
 - Represented student interest in 2013 annual convention planning committee
 - Collaborated with the AzPA Academic Representative to rejuvenate the AzPA Mentorship Program
- Argosy AzPA Student Representative 2011-2013
 - Governing Council Committee, Student Representative
- Prescription Privileges Task Force of Legislative Committee 2011-2013

Arizona State University Training Consortium Planning Committee

2012-2015

- Provide student perspective on training needs and tools to promote a positive trainee experience
- Recruited presenters for the conference
- Scheduled to present on Self-Care at the 2015 November Conference

Argosy University Clinical Psychology Student Council Representative

2011-2012

- Diversity Committee
- Faculty Committee
- Mentor Program Student Coordinator
- Editor/ Co-creator of the Clinical Psychology Quarterly Newsletter

Additional Specialized Training Experience

Perinatal Mood Disorders: Components of Care
Postpartum Support International

January 2016

Latch-AZ
Arizona Department of Health Services and WIC

January 2016

2nd Biennial Perinatal Mental Health Conference
Northwestern Feinberg School of Medicine

November 2015