

**Ashley M. Horodyski, M.A.**  
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**EDUCATION**

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- 2023-present**      **Ph.D., Clinical Psychology**, Northern Illinois University  
Expected completion in 2029
- 2021**                **M.A., Clinical Psychology**, Towson University (GPA: 3.76)  
Thesis: *The Exoneree Health and Life Experiences (ExHaLE) study*  
Advisor: Jeff Kukucka, Ph.D.
- 2018**                **B.S., Psychology**, Towson University (GPA: 3.68)
- 2016**                **A.A., Social Science**, Howard Community College (GPA: 3.7)

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**PUBLICATIONS**

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- Carswell, S.B., Gordon, M.S., Gryczynski, J., **Horodyski, A.M.**, Ferguson, K.N., Maher, K.M., & Vocci, F.J. (2023). The daily progress system – A recovery support tool to improve engagement and retention in outpatient substance use treatment. *Journal of Substance Use*.
- Kukucka, J., **Horodyski, A. M.**, & Dardis, C. M. (2022). The Exoneree Health and Life Experiences (ExHaLE) study: Trauma exposure and mental health among wrongly convicted individuals. *Psychology, Public Policy, and Law*, 28(3), 387–399. <https://doi-org.proxy-tu.researchport.umd.edu/10.1037/law0000358>
- Kukucka, J., Clow, K. A., **Horodyski, A. M.**, Deegan, K., & Gayleard, N. M. (2021). Do exonerees face housing discrimination? An email-based field experiment and content analysis. *Psychology, Public Policy, and Law*. doi:10.1037/law0000323

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**CONFERENCE PRESENTATIONS**

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- Horodyski, A.**, Ferro, R.A., Cooney, C.C., Richards, E.C., Dardis, C.M. (2021). *Disclosure of Image-Based Sexual Abuse: Examining the Emotional Aftermath*. Poster presented at the annual meeting of the Eastern Psychological Association, held virtually.
- Ferro, R.A., Cooney, C.C., O'Reilly, E., Sadak, S., **Horodyski, A.M.**, Richards, E.C., Dardis, C.M. (2021). *Ruminating on Love Lost: Unwanted Pursuit Perpetration, Revenge Planning, and Displaced Aggression*. Poster presented at the annual meeting of the American Psychological Association, held virtually.

**Horodyski, A.,** Kukucka, J. (2020). *Between the Lines: Perceptions of Correspondence with Exonerees Seeking Housing*. Poster presented at the annual meeting of the American Psychological Association, held virtually.

Kukucka, J., **Horodyski, A.,** Peat, A., Deegan, K., Clow, K.A. (2020). *Do Exonerees Face Housing Discrimination? An Email-Based Field Experiment*. Symposium presented at the annual meeting of the American Psychology-Law Society, New Orleans, LA.

Dardis, C.M., Ferro, R.\*, & **Horodyski, A\***. (2020). The role of negative social reactions in psychological outcomes of unwanted pursuit behaviors (UPBs). In H. Littleton (Chair), *Social and community factors in prevention and recovery from interpersonal violence*. Symposium presented at the annual meeting of the American Psychological Association, Washington, DC.

Robertson, R., Lietzau, S., **Horodyski, A.,** Davin, K., Barth, M., S Simões da Silva, E., & Dardis, C.M. (2018). *Coping through unwanted pursuits: the effect of approach versus avoidance coping on depressive and PTSD symptoms*. Poster presented at the annual meeting of the Eastern Psychological Association. New York, NY.

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## RESEARCH EXPERIENCE

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2021-23

**Project Coordinator, Friends Research Institute** (Baltimore, MD)

- Oversaw a randomized controlled trial assessing the efficacy of a continuing care mobile app designed to meet the recovery and personal support needs of justice-involved individuals with substance use disorders
- Managed three studies at one time while assisting with two additional studies as needed
- Collected, coded, and verified data from over 450 interviews in accordance with the specified research protocol and coding procedures
- Trained and supervised a research assistant and consultant hire
- Coordinated relationships between research and treatment personnel at two community sites
- Assisted with the development and testing of a mindfulness-based stress reduction app for African American informal caregivers of people with chronic conditions
- Currently contributing to three in progress manuscripts including analyzing quantitative and qualitative data and report writing

2019-21

**Research Assistant, Dr. Jeff Kukucka** (Towson University)

*Psychology and Law Lab*

- Conducted a master's thesis as the lead researcher from start to finish including design, literature review, data collection, analysis,

and writing the manuscript. This research project examines the impact of social support and self-blame on posttraumatic and depressive symptoms among exonerees

- Developed and carried out an independent research project examining perceptions of correspondence with exonerees seeking housing
- Collected original data by sending e-mails to apartment listings across the United States and assisted in the analyses of the results and discussion

2018-21

**Research Assistant, Dr. Christina Dardis** (Towson University)

*Laboratory for Interpersonal Violence and Traumatic Stress Studies*

- Assisted with the design, implementation, and analyses of several studies related to unwanted pursuit behaviors (UPBs), image-based sexual abuse (IBSA), and disclosure of sexual violence
- Collected data and assisted with the analysis of the results and discussion on a study examining peer perceptions of sexual assault

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## CLINICAL EXPERIENCE

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2020-21

**Therapy Intern, MPB Group, Inc.** (Columbia, MD)

Supervisor: Tracey Pauls, LCPC

- Conducted individual therapy with a diverse group of clients of all ages, backgrounds, and key clinical concerns
- Implemented a variety of evidence-based treatment approaches such as Cognitive-Behavioral Therapy (CBT), Cognitive Processing Therapy (CPT), and Parent Management Training based on each client's individualized treatment plan
- Collaborated with a group of clinicians, supervisors, and psychiatrists to determine best approach for high-risk clients
- Conducted intakes assessments with new clients to gather biopsychosocial information and clinical concerns as well as assign a diagnosis

2019-20

**Mental Health Worker, Adolescent Unit, Sheppard Pratt** (Ellicott City, MD)

- Facilitated psychosocial group therapy and activities incorporating Dialectical Behavior Therapy
- Responsible for patient safety and applied verbal de-escalation techniques and therapeutic restraints when necessary
- Closely observed and monitored patient behavior
- Completed and maintained detailed documentation on patients' behavior and progress

- Assisted on the following adult units as needed: general adult, psychotic disorders, and substance abuse

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### OTHER RELEVANT EXPERIENCE

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- 2020-21                    **Graduate Assistant, College of Education, Towson University**  
Supervisor: Dr. Laila Richman
- Completed a variety of tasks such as data entry and creating and distributing assessments and surveys in Qualtrics
- 2018                        **Welcome Center, Community Behavioral Health** (Columbia, MD)
- Completed administrative tasks such as booking appointments, taking patient vitals, and billing
  - Responded to a crisis call in which emergency services were dispatched to individual’s residency
  - Completed 10 hours of psychiatric rehabilitation training
- 2017-18                    **Intern, Grassroots Crisis Intervention** (Columbia, MD)
- Conducted housing assessments to determine eligibility for financial aid
  - Shadowed the Mobile Crisis Team (MCT)
  - Completed administrative duties related to compiling statistics and creating a training based on an intervention and referral to treatment model

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### HONORS AND AWARDS

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- 2020-21                    Graduate Assistantship with Tuition Waiver, Towson University
- 2017                        Graduate Student Association Reimbursement Award, Towson University
- 2016-18                    Dean’s List, Towson University
- 2016                        Dean’s List, Howard Community College
- 2015                        Charlestown Scholarship

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### SERVICE-LEARNING EXPERIENCE

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- 2016                        **Springfield Hospital Center** (Sykesville, MD)
- Weekend visits to the hospital provided time to engage with the patients personally and participate in activities together.

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### PROFESSIONAL AFFILIATIONS

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- 2020                        *American Psychology-Law Society*, Student Member
- 2020                        *American Psychological Association*, Student Member

## RESEARCH QUALIFICATIONS/CLINICAL SKILLS

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**Computer Skills:** SPSS (including PROCESS macro) • Amazon Mechanical Turk • Qualtrics • Microsoft Office

**Assessments:** *Differential Ability Scale-II (DAS-II)* • *Addiction Severity Index (ASI)* • *International Personality Disorder Examination (IPDE)* • *The Minnesota Multiphase Personality Inventory (MMPI)* • *NEO Personality Inventory-3 (NEO-PI-3)* • *The Wechsler Adult Intelligence Scale-IV (WAIS-IV)* • *The Wechsler Intelligence Scale for Children-5 (WISC-5)*

**Clinical Training:** Applied Suicide Intervention Skills Training (ASIST) • Manualized Cognitive Behavior Therapy • Intake Assessments and Diagnosis • Transdiagnostic Manual for Emotional Disorders in Children and Adolescents • Parent Management Training • Psychiatric Rehabilitation Training