

## **Ryan Patrick Douglas, Ph.D.**

Anxiety Treatment Center of Austin • 8701 Shoal Creek Blvd., Suite 404  
Austin, TX 78757 • 512-879-1836 x 805

### **EDUCATION**

Ph.D. in Counseling Psychology	August, 2014	The University of Texas at Austin
M.Ed. in Counselor Education	May, 2008	The University of Texas at Austin
B.A. in Religion	May, 2000	Hendrix College

### **PROFESSIONAL POSITIONS**

Licensed Psychologist	2016-present	Anxiety Treatment Center of Austin
Provisionally Licensed Psychologist	2015-2016	Anxiety Treatment Center of Austin
Psychometrician	2010-2013	Neurobehavioral Institute of Austin
Teaching Assistant	2008-2009	The University of Texas at Austin
Program Specialist	2008-2010	Austin State Hospital
Mental Health Worker	2001-2008	Austin State Hospital

### **PSYCHOLOGY TRAINING**

Postdoctoral Fellow – Anxiety Disorders Specialization      August 2014 – September 2015  
Anxiety Treatment Center of Austin, Austin, Texas

Psychology Internship – General Mental Health Track      August 2013 – August 2014  
Louis Stokes Cleveland VA Medical Center, Cleveland, Ohio

Practicum in Outpatient Psychotherapy      June 2012 – June 2013  
Capitol Area Counseling, Austin, Texas

Practicum in Inpatient Psychotherapy and Assessment      August 2011 – May 2012  
Austin State Hospital, Austin, Texas

Practicum in Psychotherapy – Anxiety Disorders Track      August 2010 – May 2011  
The Counseling and Mental Health Center at The University of Texas at Austin

Practicum in Inpatient Psychological Assessment      August 2009 – May 2010  
Seton Shoal Creek Hospital, Austin, Texas

### **PROFESSIONAL AFFILIATIONS**

American Psychological Association

### **PUBLICATIONS**

McCarthy, C. J., Douglas, R., & Shah, M. (2013). Teacher stress: Consideration for a global approach and future research directions. In McCarthy, C.J., Lambert, R.G., & Ullrich, A. (Eds.). International perspectives on teacher stress. Greenwich, Connecticut: Information Age Publishing, Inc.

## **CONFERENCE PRESENTATIONS**

Panel Discussant (2013). *Considerations for Understanding Teacher Stress*. American Educational Research Association Annual Convention 2013 in San Francisco, California.

Panel Discussant (2012). *Suggestions for a Global Approach to Understanding and Preventing Teacher Stress*. American Educational Research Association Annual Convention 2012 in Vancouver, British Columbia.

Douglas, R. (2010). *Relationship of Meaning-Focused Coping to Stressor Severity and Type*. American Psychological Association Annual Convention 2010 in San Diego, California.

Shah, M., Douglas, R., and McCarthy, C. *Assessing the Role of Religion and Spirituality in Coping with Life Demands*. American Psychological Association Annual Convention 2008 in Boston, Massachusetts and 2010 in San Diego, California.