

Emily L. Spargo

Curriculum Vitae

University of Utah, Department of Psychology
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EDUCATION

- M.S. (expected 2025) **Clinical Psychology**
University of Utah, Salt Lake City, UT
Advisor: Brian R. W. Baucom, Ph.D.
GPA: 4.0/4.0
- B.S. (2022) **Psychology** (Honors with Distinction)
University of Victoria, Victoria, BC
Advisor: Erica M. Woodin, Ph.D.
GPA: 8.4/9 (4.0/4.0)

HONORS, AWARDS, & FUNDING

- 2024 Early Career & Professional Development Award, *The Graduate School, University of Utah* (\$1000)
2024 Family Caregiving Collaborative Travel Award, *University of Utah* (\$750)
2024 Department of Psychology Travel Award, *University of Utah* (\$500)
2024 Graduate Student Travel Assistance Award, *The Graduate School, University of Utah* (\$500)
2022 Certificate of Academic Excellence (Honors Thesis), *Canadian Psychological Association*
2019 Department of Psychology Co-op Student of the Year Award, *University of Victoria* (\$150)
2017 President's Entrance Scholarship, *University of Victoria* (\$2500)

PEER-REVIEWED PUBLICATIONS

- Robillard, C. L., Switzer, A., Legg, N. K., **Spargo, E.**, & Turner, B. J. (2024). Does basic psychological need frustration mediate the associations between self-criticism and self-damaging behaviors? *Cognitive Therapy and Research*. <https://doi.org/10.1007/s10608-024-10533-6>
- Spargo, E. L.**, & Woodin, E. M. (2024). Partner empathy as a buffer to stress across the transition to parenthood in cross-sex couples. *Couple and Family Psychology: Research and Practice*. Advance online publication. <https://doi.org/10.1037/cfp0000262>
- Daudt, H. M., & **Spargo, E.** (2022). Challenges and facilitators for psychosocial support when aging and dying in place: A rapid review of the literature. *Canadian Journal on Aging / La Revue Canadienne Du Vieillissement*, 42(1), 135-153. <https://doi.org/10.1017/S071498082200023X>

Under Review:

- Smith, T. W., **Spargo, E. L.**, Marquez, G., Dollister, D. A., & Baucom, B. R. W. (under review). Are there perils of partialing marital conflict behaviors? Comparisons of interpersonal correlates.

PRESENTATIONS

*shared first authorship

Conference Talks:

- Spargo, E. L.**, Terrill, A. L., Reblin, M., Baucom, B. R. W., Cardell, B., MacKenzie, J. J., Richards, L., & Majersik, J. J. (2024, September 25-27). Resilience After Stroke in Dyads (ReStoreD): A couples-based

intervention for stroke survivors and their care-partners [Oral presentation]. 3rd Biennial Conference on Family Caregiving Research, Pittsburgh, PA, United States.

Spargo, E. L., Leifker, F. R., Khalifian, C. E., Bryan, C., & Baucom, B. R. W. (2024, April 11-13). Preliminary evidence of proximal interpersonal antecedents to suicide attempts in active-duty military service members [Oral presentation]. Rocky Mountain Psychological Association, Denver, CO, United States.

Woodin, E. M., Waldis, L., & **Spargo, E.** (2022, September 15-16). Fathers' History of Interpersonal Trauma and Challenges at the Transition to Parenthood [Oral presentation]. Men and Families Conference, Toronto, ON, Canada.

Robillard, C. L., Legg, N. K., **Spargo, E.,** Gretton, A. C., & Turner, B. J. (2022, April 27-30). Reciprocal Associations between Defeat/Entrapment and Suicidal Ideation During the Transition to University [Oral presentation]. The American Association for Suicidology, Chicago, IL, United States.

Invited Talks:

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| Jan 2022 | Thriving in 2022, <i>Faculties of Science, Social Sciences and Humanities, University of Victoria</i> |
| Jan 2022 | How to be Well and Stay Well in University (in PSYC 100A), <i>Dept of Psychology University of Victoria</i> |
| Sept 2021 | How to be Well and Stay Well in University (in ASTR 101), <i>Dept of Physics and Astronomy, University of Victoria</i> |
| Sept 2021 | How to be Well and Stay Well in University (in ENGL 135), <i>Dept of English, University of Victoria</i> |
| Apr 2021 | Sex in the Time of COVID: A Workshop About Safer Sex During COVID-19, <i>University of Victoria</i> |

Conference Poster Presentations:

Marquez, G., Smith, T. W., **Spargo, E. L.,** Dolister, D. A., Baucom, B. R. W. (2025, February 20-22) Are There Perils of Partialing Marital Conflict Behaviors? Comparisons of Interpersonal Correlates [Accepted poster presentation]. Society for Personality and Social Psychology Annual Meeting, Denver, CO, United States.

Kennedy, C. J., Zhao, Y., **Spargo, E. L.,** Dupriez-Mitchell, B., Gavas, N., Rees, D., Premji, Z., Woodin, E., Schmidt, J., Breese Biagioni, J., & Garcia-Barrera, M. A. (2025, February 12-15). Interventions for Concurrent Brain Injury and Mental Health/Substance Use: Evidence Mapping Review, Equity Examination, & Development of an Interactive Knowledge Mobilization Platform. [Accepted poster presentation]. The 53rd Meeting of the International Neuropsychological Society, New Orleans, LA, United States.

Spargo, E., Kilshaw, R., Baucom, K. J. W., & Baucom, B. R. W. (2024, November 14-17). Consensus Versus Intra-class Correlational Approaches to Establishing Reliability in Observational Coding of Couples [Poster presentation]. Couples Special Interest Group Poster Expo: Association for Behavioral and Cognitive Therapies 58th Annual Convention, Philadelphia, PA, United States.

Spargo, E., Kilshaw, R., & Baucom, B. R. W. (2024, May 23-26). Predicting Couples' Distress Through Discrepancies Between Perceived Vs. Experienced Closeness [Poster presentation]. Association for Psychological Science, San Francisco, CA, United States.

Spargo, E., & Woodin, E. M. (2022, June 17-19). Partner Empathy as a Buffer Against Relationship Stress During the Transition to Parenthood [Poster presentation]. Canadian Psychological Association Annual Convention, Calgary, AB, Canada.

Gretton, A. C*, **Spargo, E*.,** Robillard, C., & Turner, B. J. (2022, April 27-30). Is There a Coupled Association Between Poor Sleep Quality and Suicidal Thoughts Across the First Year of University [Poster presentation]? The American Association for Suicidology, Chicago, IL, United States.

Spargo, E., & Woodin, E. M. (2022, April 6). From Partners to Parents: Empathy as a Buffer for Stress, Depression, and Destructive Communication in Cross-Sex Couples Across the Transition to Parenthood

[Poster presentation]. Making Waves in Psychology Undergraduate Research Conference, Victoria, BC, Canada.

Spargo, E., Robillard, C. L., & Turner, B. J. (2021, May 26-27). Longitudinal Associations Between Social Support, Academic Wellbeing, and Depressive Symptoms During the Transition to University [Poster presentation]. Association for Psychological Science, Virtual.

RESEARCH EXPERIENCE

Graduate Experience:

- Aug 2023 – Present **Behavioral Health Innovation & Dissemination Center (BHIDC), Univ. of Utah**
Graduate Research Assistant
Co-Directors: Brian R. W. Baucom, Ph.D. & Feea Leifker, Ph.D.
- Aug 2023 – Present **Couples Laboratory for Observational Studies (CLOSE), Univ. of Utah**
Graduate Research Assistant
PI: Brian R. W. Baucom, Ph.D.
- Aug 2023 – Present **Science and Psychology of Resilience in Neurorehabilitation Group, Univ. of Utah**
Graduate Research Assistant, Resilience After Stroke in Dyads (ReStoreD; NIH R01HD105718 | \$2,393,493)
PI: Alexandra Terrill Ph.D.

Post-Baccalaureate Experience:

- Oct 2022 – Jul 2023 **British Columbia Consensus on Brain Injury Research Team, University of Victoria**
Senior Research Assistant
PI: Mauricio Garcia-Barrera, Ph.D.
- Nov 2021 – Jul 2023 **Healthy Relationships Lab, University of Victoria**
Laboratory Manager
PI: Erica M. Woodin, Ph.D.
- Apr 2022 – Jul 2023 **Risky Behaviour Lab, University of Victoria**
Research Coordinator and Laboratory Manager
PI: Brianna J. Turner, Ph.D.

Undergraduate Experience:

- Sep 2021 – Apr 2022 **Department of Psychology, University of Victoria**
Honors Student
Supervisor: Erica M. Woodin, Ph.D.
Title: *From Partners to Parents: Empathy as a Buffer for Stress, Depression, and Destructive Communication in Cross-Sex Couples Across the Transition to Parenthood.*
- Apr 2021 – Mar 2022 **British Columbia Campus Suicide Prevention Grant, University of Victoria**
Project Assistant
Supervisor: Dawn M. Schell, M.A.
- May 2021 – Aug 2021 **Department of Psychology, University of Victoria**
Independent Study Student
Supervisor: Erica M. Woodin, Ph.D.
Title: *A Theoretical Examination of Empathy, Stress, and Relationship Satisfaction at the Transition to Parenthood.*
- Aug 2020 – Apr 2022 **Healthy Relationships Lab, University of Victoria**
Research Assistant

PI: Erica M. Woodin, Ph.D.

Apr 2020 – Apr 2022 **Risk Behaviour Lab**, *University of Victoria*
Research Assistant
PI: Brianna J. Turner, Ph.D.

May 2019 – Dec 2020 **Department of Education and Research**, *Victoria Hospice Society*
Co-op Student
Director: Helena M. Daudt, Ph.D.

CLINICAL EXPERIENCE

Aug 2024 – May 2025 **Behavioral Health Innovation and Dissemination Center (BHIDC)**, *Salt Lake City, UT*
Cognitive Behavioral Therapy Practicum Trainee
Supervisor: Feea Leifker, Ph.D.
Conducted weekly individual cognitive-behavioral therapy sessions with community-dwelling adults seeking services from the BHIDC. Monitored treatment progress using well-validated self-report questionnaires. Received didactic training on cognitive-behavioral therapy and cognitive processing therapy techniques.

Psychological Assessment Practicum Trainee
Supervisor: Sommer Thorgusen, Ph.D.

Administered and interpreted psychological assessment instruments including: the WAIS-IV, WRAT-5, CPT-3, WCT, CAARS-2, BRIEF-A, SCID-5-CV, SCID-5-SPQ, MMPI-3, PAI, PHQ-9, MDQ, LEC-5, PCL-C, GAD-7, FNES-Brief, SIAS, OCI, EDE-Q, TAS-20, AQ-10, and RAADS-R. Conducted interviews, completed integrated reports, and provided feedback sessions for clients.

CLINICALLY RELEVANT EXPERIENCE

Sept 2020 – Sept 2022 **Youthspace.ca, NEED2 Suicide Prevention, Education & Support**, *Victoria, BC*
Online Crisis Chat Volunteer, Mentor, Screener, and Employee

Sept 2020 – Apr 2021 **Student Wellness Centre, University of Victoria**, *Victoria, BC*
Student Wellness Coordinator

Apr 2020 – Aug 2020 **Vancouver Island Autistic Homes Society**, *Victoria, BC*
Residential Care Worker

Jan 2019 – Mar 2020 **Senior Mental Health, Royal Jubilee Hospital**, *Victoria, BC*
In-Patient Unit Volunteer

TEACHING EXPERIENCE

Teaching Assistant:

Spring 2023 PSYC 330: Personality, *Dept of Psychology, University of Victoria*

Guest Lecturer:

Spring 2024 PSY 3230: Adult Development & Aging, *Dept of Psychology, University of Utah*

SERVICE

Graduate Experience:

Aug 2024 – Present Member, *Advocacy, Community, & Engagement Committee, Dept. of Psychology, Univ. of Utah*

Apr 2024	Poster Judge, <i>College of Social & Behavioral Sciences Student Research Day, Univ. of Utah</i>
Aug 2023 – Present	Mentor, <i>Diversity Graduate Student Application Advisory, Dept. of Psychology, Univ. of Utah</i>
Aug 2023 – Present	First Year Representative, <i>Clinical Training Committee, Dept. of Psychology, Univ. of Utah</i>
Oct 2023	Graduate Student Panel Member in PSY 3320, <i>Dept of Psychology, Univ. of Utah</i>

Undergraduate Experience:

Oct 2022 – Jun 2023	Table Moderator, <i>British Columbia Consensus Day on Brain Injury</i>
Sept 2021 – Jun 2022	Suicide Education Workshop Facilitator, <i>Need2 Suicide Prevention, Education & Support</i>
Mar 2021 – Apr 2022	Co-Educator, <i>University of Victoria Co-op and Career Services</i>
Mar 2021 – Apr 2022	Director at Large, <i>University of Victoria Psychology Undergraduate Student Union</i>
May 2020 – Sept 2021	Registered Tutor, <i>University of Victoria</i>
Dec 2020 – Apr 2021	Sexualized Violence Prevention Special Events Committee, <i>University of Victoria</i>
Sept 2020 – Apr 2021	Wellness Week Planning Committee, <i>University of Victoria</i>

MEDIA APPEARANCES

Lozinski, T., Stewart, R., **Spargo, E.**, Prud'homme, J., & Turner, C. (2020, October 26). Racism in post-secondary settings: A call for action. Risky Behaviour Lab Blog
<https://onlineacademiccommunity.uvic.ca/riskybehaviourlab/2020/10/26/racism-in-post-secondary-settings-a-call-for-action/>

Spargo, E. (2020, July 7). Facts about depression: What to know and what to say. Risky Behaviour Lab Blog.
<https://onlineacademiccommunity.uvic.ca/riskybehaviourlab/facts-about-depression-what-to-know-and-what-to-say/>

Spargo, E. (2020, March 23). *Student success stories: Emily Spargo* [Interview]. Association for Co-operative Education and Work Integrated Learning BC/Yukon. <https://acewilbc.ca/success-stories/student-success-stories-emily-spargo/>

RELEVANT TRAINING & WORKSHOPS ATTENDED

Research:

2023	Good Clinical Practice Course, <i>Collaborative Institutional Training Initiative (CITI)</i>
2023	Group 1. Biomedical Research Investigators and Key Personnel, <i>Collaborative Institutional Training Initiative (CITI)</i>
2023	Group 2. Social and Behavioral Research Investigators and Key Personnel, <i>Collaborative Institutional Training Initiative (CITI)</i>
2021	Introduction to Gender-Based Analysis+, <i>Women and Gender Equality Canada</i>
2018	Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans, <i>Government of Canada Panel on Research Ethics</i>

Clinical:

2025	CPTWeb2.0., <i>Medical University of South Carolina (MUSC)</i>
2024	Telepsychology Best Practices 101, (6-Hour Virtual Course), <i>American Psychological Association</i>
2020	Applied Suicide Intervention Skills Training, (2-Day Workshop), <i>Living Works</i>
2020	San'ya's Core Indigenous Cultural Safety Training: Mental Health (9-Hour Virtual Course), <i>British Columbia Provincial Health Services Authority Indigenous Health Program</i>

MEMBERSHIPS & AFFILIATIONS

Association for Behavioral and Cognitive Therapies
 American Psychological Association
 University of Utah Consortium for Families and Health Research (C-FAHR)