

Ashley M. Stripling, Ph.D
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Maltz Psychology Bldg. 2030A
Fort Lauderdale, FL 33314
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Academic Appointments:

2014-Present Assistant Professor, Nova Southeastern University
Center for Psychological Studies

2013-2014 Assistant Director, Center on Aging
University of West Florida

2012-2014 Assistant Professor, University of West Florida
School of Psychological & Behavioral Sciences

2011-2012 Postdoctoral Fellowship,
Clinical Psychology, Geropsychological specialization
San Francisco VA Medical Center

Education:

Ph.D. Counseling Psychology
2011 University of Florida
Department of Psychology (APA Accredited)
Dissertation Title: "Old Talk": An Examination of the Speech Manifestations of
Internalized Ageism Throughout Adulthood

Gerontology Certificate NIH Pre-doctoral Research Training Program in Aging
2005 – 2011 University of Florida

M.S. Psychology
2008 University of Florida
Thesis Title: Ambient Light and Sleep in Community Dwelling Older Adults

B.S. Psychology
2005 University of Florida

Awards and Honors:

2013-2014 UAB Geriatric Education Center's Faculty Scholar
2012-2014 UWF Faculty ADVANCE Scholar
2013 UWF CAS RAC Travel Funding (\$1,927)
2012 UWF CAS RAC Travel Funding (\$2,214)
2010 UF Departmental Travel Support: (\$100)
2009-2010 UF Graduate Student Teaching Award (\$500)
2009 UF CLAS and Departmental Travel Support: (\$400)
UF Office of Research and Graduate Programs Travel Funds (\$150)
UF Graduate Student Council Travel Award (\$250)
2007 Psi Chi Regional Research Award

Service/Professional Involvement:

2012-Present	Ad Hoc Reviewer: Canadian Social Science
2013-2014	UWF's College of Arts and Sciences Academic Standards Committee UWF's Undergraduate Education and Learning Committee
2012-2014	Co-Chair of UWF's Task Force for Grad Student Teaching
2013-2014	UWF's Counseling Search Committee
2012-2013	UWF's I/O Search Committee
2011- 2012	San Francisco VAMC's (SFVAMC) Diversity Committee SFVAMC's Training Committee SFVAMC's PostDoctoral Selection Committee
2010- 2011	Chief Psychology Intern at Bruce W. Carter VAMC Bruce W. Carter VAMC's Diversity Committee
2008- 2010	University of Florida's Diversity Awareness and Affirmation Committee
2005-2007	University of Florida's Professional Development Committee
2006-Present	Member of Gerontological Society of America
Since 2005	Student Affiliate of APA Division 12 (section II) Student Affiliate of APA Division 17 Student Affiliate of APA Division 20
Since 2004	Member of APA

Research Funding:**US Administration of Aging** (January 2013-2016)

“Poarch Band of Creek Indians Elder Abuse Prevention Program”

Principle Investigator: Rodney Guttman, PhD

Role: Co-Investigator

Awarded \$87,000

University of Florida, College of Liberal Arts and Sciences

Goldman Summer Research Fellowship (May 2010)

Awarded \$5,000

NIH Research Fellowship, funded through United States' NIH grant (August 2006-August 2007)

“Intraindividual Variability in Sleep and Cognitive Performance in Older Adults”

NIH grant number: 1R21AGO24459-01A1

Principle Investigator: Christina McCrae, Ph.D.

Status: Awarded tuition remission and a monthly stipend

Research Funding Under Review or Revision:

National Science Foundation

“The Effectiveness of Training Visual Working Memory”

Principle Investigator: Lisa Blalock, PhD

Role: Co-Principle Investigator

Amount Requested: \$547, 344

Status: Unfunded January 2013; Under Revision

National Institute on Aging
“MSTEM Scholar Education Program in Aging Research”
Principle Investigator: Rodney Guttmann, PhD
Role: Co-Investigator
Amount Requested: \$1,871,111
Status: Unfunded May 2013; Under Revision

Publications:

* Indicates mentored student publication/presentation.

• Indicates first two authors contributed equally.

Stripling, A.M. (in press). The Healthy Aging Group: A Proposed Treatment Model for Societal & Individual Aging Empowerment. *Women & Therapy*.

Dautovich, N. D., Shoji, K. D., **Stripling, A. M.**, & Dzierzewski, J. M. (2014). Clinical Geropsychology: Treatment and Research Approaches With Rural Older Adults. *Clinical Gerontologist*, 37(1), 64-75.

Campos, I. D.*•, **Stripling, A. M.**, & Heesacker, M. (2012). “Estoy Viejo” [I’m old]: Internalized Ageism as self-referential, negative, ageist speech in the Republic of Panama. *Journal of Cross-Cultural Psychology*, 43 (9), DOI: 10.1007/s10823-012-9181-2

McCrae, C. S., Ross, A., **Stripling, A. M.**, & Dautovich, N. D. (2007). Eszopiclone for late-life insomnia. *Clinical Interventions in Aging*, 2(3), 313-326.

McCrae, C. S., McGovern, R., Lukefahr, R., & **Stripling, A. M.** (2007). Research evaluating brief behavioral sleep treatments for rural elderly (RESTORE): A preliminary examination of effectiveness. *American Journal of Geriatric Psychiatry*, 15(11), 979-982.

Web-based Peer-Reviewed Publications

Stripling, A.M. (2014). “Ageism and Elder Mistreatment: Overcoming age discrimination through Education and Action.” The Deep South CME Network, UAB Geriatric Education Center, UAB Division of CME.
http://www.alabamacme.uab.edu/courses/Geriatric/Ageism_and_Elder_Mistreatment/EM-14734.asp

Stripling, A.M., Scott, C.B., & Mbiza, S. (in press). “An Inter-professional Perspective on Sexuality in Older Adults” The Deep South CME Network, UAB Geriatric Education Center, UAB Division of CME.

Publications In preparation:

Stripling, A. M., & Dautovich, N. (in preparation). Elder Abuse. In V. Van Hasselt, & M. Bourke, (Eds.) *Handbook of Behavioral Criminology: Contemporary Strategies and Issues*. New York, NY: Springer.

Stripling, A. M. & Heesacker, M. (in preparation). Old talk: An examination of reports of self-referential and ageist speech across adulthood.

Wiggins, K., **Stripling, A. M.**, & Boyer, M. (in preparation). Demystifying the “N-word”: A Contextual Explanation of African Americans’ Perceptions through the Lens of Racial Identity Attitudes.

Stripling, A. M., Dautovich, N., & Heesacker, M. (in preparation). As Days Go By: Intraindividual Variability in Subjective Aging and Select Correlates

Stripling, A. M. & Heesacker, M. (in preparation). Is age just a number: Correlates of subjective versus chronological aging in college students.

Locker, T. K., **Stripling, A. M.**, Graf, K. C., & Heesacker, M. (in preparation). Fat Talk: Who’s Doing It, Why, and With Whom?

Stripling, A. M. • Campos, I.D. & Heesacker, M. (in preparation). Internalized Racism: Group beliefs, behaviors and sociopolitical views.

Swan, L., **Stripling, A.M.**, & Heesacker, M. (in preparation). *What old atheists?: Collegiate perceptions of age and religious identity.*

Conference Proceedings:

Stripling, A.M. (2015, July). *The Healthy Aging Group: A Mental Health Treatment Model for Improved Quality of Life for Older Adults and Care Providers.* Paper presented at 2015 Healthy Aging Summit, Washington D.C.

Fralix, D. *, Arruda, J.E., & **Stripling, A.** (2014, March). *Neuropsychiatric symptoms associated with Graves’ disease.* Paper to be presented at the meeting of The Southeastern Psychological Association, Nashville, TN.

Stripling, A.M. (2012, November). Quality of Life in a Skilled Nursing Facility? Implementing and Sustaining a Non-Pharmacological Intervention for Residents Who are Behaviorally Challenging. In E. Sutherland (Chair), *Raising the GAF with the Social Focus Cohort: An Innovative Clinical Practice to Improve the Overall Quality of Life for Residents in Long-Term Care Who are Behaviorally Challenging.* Symposium presented at the 65th annual meeting of the Gerontological Society of America, San Diego, CA.

McCrae, C. S., McGovern, R., Lukefahr, R., & **Stripling, A.** (2007, June). *Research evaluating brief behavioral sleep treatments for rural elderly (RESTORE): Preliminary findings.* Paper presented at the 21st meeting of the Associated Professional Sleep Societies, Minneapolis, MN.

Stripling, A. M., McCrae, C. S., & Rowe, M. (2006, June). *Ambient light, nocturnal sleep, psychological adjustment, and napping in community dwelling older adults.* Paper presented at the meeting of the 20th meeting of the Associated Professional Sleep Societies (SLEEP), Salt Lake City, UT.

Select Poster Presentations:

Ziebelman, J.*, Boix Braga, M.C. .*, Palmer, A. .*, Toole, T. .*, & **Stripling, A.M.** (2015, August). *An Exploratory Analysis of the Relationship Between Semantic Memory Performance, Age, and Ability to Live Independently.* Poster presented at the 123rd annual meeting of the American Psychological Association, Toronto, Ontario, Canada.

- Martin, R.M. *, Grego, A.D. *, & **Stripling, A.M.** (2015, August). *Subjective Age Is Not Related to Perceived Discrimination*. Poster presented at the 123rd annual meeting of the American Psychological Association, Toronto, Ontario, Canada.
- Bryson, H.*, Sequeria Grass, S.*, Figueroa, S.*, Bain, N.*, Swan, L.K. & **Stripling, A.M.**, (2014, November). *Age, Atheism, and Trust: Perceptions and Interactions*. Poster presented at the 67th annual meeting of the Gerontological Society of America, Washington D.C.
- Stripling, A.M.**, & Heesacker, M. (2013, November). *Lessons from the watched pot: Daily monitoring of subjective age predicted increase in self-esteem and anxiety*. Poster presented at the 66th annual meeting of the Gerontological Society of America, San Diego, CA.
- Doughan, J., & **Stripling, A.M.** (2013, March). *Building and Launching a Successful Clinical Geropsychology Training Program: Lessons Learned from the Nascent Year*. Poster presented at the 39th annual meeting and education leadership conference of the Association for Gerontology in Higher Education, St. Petersburg, FL.
- Stripling, A.M.**, & Doughan, J. (2012, November). *The Healthy Aging Group: A method for reducing ageism and promoting successful aging in later life*. Poster presented at the 65th annual meeting of the Gerontological Society of America, San Diego, CA.
- Stripling, A.M.**, Dautovich, N. & Heesacker, M. (2012, November). *As Days Go By: An Examination of Intra-Individual Variability in Subjective Aging and Select Correlates*. Poster presented at the 65th annual meeting of the Gerontological Society of America, San Diego, CA.
- Stripling, A. M.**, & Heesacker, M. (2011, November) *College Students' perceptions and responses to Internet Ageism*. Poster presented at the 64th annual meeting of the Gerontological Society of America, Boston, MA.
- Carlton, J.M.*, **Stripling, A. M.**, & Heesacker, M. (2011, November) *Student Reactions to Internet Ageism: An Experiment on the Effect of Three Ally Instructions on Ageist Attitudes and Stereotyping*. Poster presented at the 64th annual meeting of the Gerontological Society of America, Boston, MA.
- Gass, C., **Stripling, A.**, & Odland A. (2011, November). *Influences on Cognitive Complaint Severity in a Neuropsychological Referral Sample*. Poster presented at the 31st annual meeting of the National Academy of Neuropsychology, Marco Island, FL.
- Gass, C., **Stripling, A.** & Odland A. (2011, November). *Emotional and Personality (MMPI-2) Factors in WAIS-IV Performance*. Poster presented at the 31st annual meeting of the National Academy of Neuropsychology, Marco Island, FL.
- Stripling, A. M.** & Heesacker, M. (2011, May). *"Old Talk": Documentation of and correlations with Self-Referential Aging Speech across Adulthood*. Poster presented at the 23rd American Psychological Society National Conference, Washington, D. C.
- Stripling, A. M.**, & Heesacker, M. (2010, November) *"Old Talk" findings: Further exploration of the motivation of internalized ageist speech*. [Abstract]. Poster presented at the 63rd annual meeting of the Gerontological Society of America, New Orleans, LA.
- Stripling, A. M.**, & Heesacker, M. (2009, November) *"Old Talk": An initial exploration of the prevalence of ageist self-talk*. Poster presented at the 62nd annual meeting of the Gerontological Society of America, Atlanta, GA.

- Campos, I.*, **Stripling, A. M.**, & Heesacker, M. (2009, November) *International ageism: Is it present in the Republic of Panama?* Poster presented at the 62nd annual meeting of the Gerontological Society of America, Atlanta, GA.
- Creamer, A.*, **Stripling, A. M.**, & Heesacker, M. (2009, November) *Social networking sites, not just for kids anymore: How to recruit older adults online.* Poster presented at the 62nd annual meeting of the Gerontological Society of America, Atlanta, GA.
- McCrae, C. S., Marsiske, M., McCoy, K. J. M., McNamara, J. P. H., Dautovich, N., Ross, A., **Stripling, A.** & Dzierzewski, J. M. (2009, November). *Nocturnal subjective sleep and daytime cognitive functioning in older adults with insomnia.* Poster presented at the 62nd annual meeting of the Gerontological Society of America, Atlanta, GA
- Stripling, A. M.**, & Heesacker, M. (2008, November). *But aren't all older people depressed: Challenging stereotypes about aging.* Poster presented at The Institute for Learning in Retirement (ILR) Poster Day, Gainesville, FL.
- Dzierzewski, J. M., McCrae, C. S., Marsiske, M., McCoy, K. J. M., McNamara, J. P. H., Dautovich, N., Ross, A., & **Stripling, A.** (2007, November). *Intraindividual variability in affect and cognition in older adults with insomnia.* Poster presented at the 60th annual meeting of the Gerontological Society of America, San Francisco, CA.
- McCrae, C. S., McGovern, R., Lukefahr, R., & **Stripling, A.** (2007, August). *Research evaluating brief behavioral sleep treatments for rural elderly (RESTORE).* Poster presented at the 115th annual meeting of the American Psychological Association, San Francisco, CA.
- Dzierzewski, J. M., McCrae, C. S., Marsiske, M., McCoy, K. J. M., McNamara, J. P. H., Dautovich, N., Ross, A., & **Stripling, A.** (2007, June). *Variability in objective and subjective sleep and cognition in older adults with insomnia.* Poster presented at the 21st annual meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
- Stripling, A.**, McCrae, C. S., Rowe, M. A., & Ross, A. (2006, November). *Daily ambient light differences across time in good and poor sleeping community dwelling older adults.* Poster presented at the 59th Annual Scientific Meeting of the Gerontological Society of America, Dallas, TX.

Community Presentations

- Stripling, A.M.**,(2015, February). *Crisis Intervention in Late life: How to identify and respond to geriatric mental health emergencies.* Presented during the Crisis Response Hostage Negotiation Team training, Ft. Lauderdale, Florida.
- Stripling, A.M.**,(2014, April). *Ageism in an Aging Society.* Presented during the Guardianship Training Workshop for Continuing Education, Pensacola, Florida.
- Stripling, A.** (2013, May) *Ageism and its role in elder mistreatment,* Presented at Stopping Abuse, Assault & Violence: Identification and Prevention Conference, Atmore, AL
- Stripling, A.** (2012, January) *Empirically Validated Psychological Treatments for Older Adults: How do we help Veterans as they Age?*, Geropsychological Series for Geriatric Fellows at the Department of Medicine, University of California, San Francisco

Stripling, A. M. & Corvea, M. (2011, June). *PTSD in Late Life: How Trauma Memories Age Presented* for the Miami VAHCS Psychology Service for Continuing Education, Bruce W. Carter VAMC, Miami, FL.

van Zullen, Rse, Mintzer, Michael J. & **Stripling, A.** (2011, February) *Small Group on Geriatrics, Pain Management, and Palliative Care: Breaking Bad News*, 2nd Year Medical Students Longitudinal Themes, Miller School of Medicine

Stripling, A. M. & Kenney, N. (2011, January). *The role of psychology in neurodegenerative disorders: How do we help Veterans with ALS cope?* Presented for the Miami VAHCS Psychology Service for Continuing Education, Bruce W. Carter VAMC, Miami, FL.

Mintzer, Michael J. & **Stripling, A.** (2010, December) *Small Group on Geriatrics: Debriefing First Home Visit*, 1st Year Medical Students Longitudinal Themes, Miller School of Medicine

Stripling, A. M. & Kenney, N. (2010, August). *Crisis intervention & hospitalization*. Presented for the Miami VAHCS Medical Foster Home Program, Bruce W. Carter VAMC, Miami, FL.

Additional Research Experience:

Lab of Subjective Aging & Gerontological Enrichment Studies, Director (Nov 2012-Aug 2014)
School of Psychological & Behavioral Sciences, University of West Florida

Acceptable Group Bias Lab, Graduate Researcher/Undergraduate Mentor (Aug 2008-Aug 2011)
Department of Psychology, University of Florida

Sleep Research Lab, Graduate Researcher/Sleep Coach (July 2005-December 2007)
Department of Psychology/Department of Clinical and Health Psychology, University of Florida

Life Story Lab, Undergrad Research Assistant (May 2004-May 2005)
Department of Psychology, University of Florida

Teaching experience:

Master's Committees:

Chair

Tamara Powell, School of Psychological & Behavioral Sciences, University of West Florida

Member

Jazmin Turk, School of Psychological & Behavioral Sciences, University of West Florida

Dianne Fralix, School of Psychological & Behavioral Sciences, University of West Florida

Kelly Bennett, School of Psychological & Behavioral Sciences, University of West Florida

Meryl Fein, School of Psychological & Behavioral Sciences, University of West Florida

Carlos Estrada, School of Psychological & Behavioral Sciences, University of West Florida

Additional Mentoring:

2009- 2010 Student: Irma Campos

Senior Thesis Title: "Estoy Viejo" [I'm old]: Internalized Ageism as Self-referential, Ageist Speech in the Republic of Panama

Awards: 2010 University Women's Club Scholarship

2007- 2008 Student: Julie Gamble
 Senior Thesis Title: Morning and Evening Ambient Light Differences Affecting Subjective Sleep in Community Dwelling Older Adults.
 Awards: Psi Chi Regional Research Award
 Poster Award, University of Florida, Department of Psychology

Courses Taught:

Graduate, Doctoral

PSY 1403 Adult Psychopathology, Nova Southeastern University (NSU)
 PSY 1407 Developmental: Adult and Older Adult, NSU
 PSY 1610 Adult Intervention I, NSU
 PSY 4613 Interventions in Clinical Geropsychology, NSU

Graduate, Master's

PCO6904 Supervised Teaching, University of West Florida (UWF)
 PCO6204 Pre-Practicum: Techniques of Counseling & Psychotherapy, UWF
 PCO6206 Ethics and Professional Issues in Counseling, UWF
 PCO6948 Intern Counseling, UWF

Undergraduate

PSY2012 General Psychology, UWF
 General Psychology*, University of Florida (UF)
 PPE3004 Personality Psychology, UF
 PPE 4003 Theories of Personality, UWF
 PCO4930 Multiculturalism & Social Justice, UF

*The Multicultural and Diversity Affairs program at UF sponsors the AIM program, which focuses on assisting at-risk students with their transition into higher education institution.

Guest Lectures:

2013 *Mental Health in Older Adults*, Rodney Guttman's Adulthood and Aging (DEP 4402), Univ. West FL
 Social Psychology, Lisa Van Wormer's General Psychology (PSY 2012), Univ. West FL
 2012 *Ageism and Multiculturalism: An Introduction*, Jeremy Doughan's General Psychology (PSYC 101), Univ. of SF
 2011 *Learning and conditioning*, Jeremy Doughan's General Psychology (PSYC 101), Univ. of SF
 2010 *Behavioral and Cognitive Personality Theories*, Martin Heesacker's Personality Psychology (PPE3004), Univ. of FL
 Ageism and You, Paul Perrin's Multiculturalism & Social Justice (PCO4930), Univ. of FL
 Culture and Ethnicity: Processes and Differences in Personality, Martin Heesacker's Personality Psychology (PPE3004), Univ. of FL
 2009 *Mental Health in Late Life*, Erin Hasting's Psychology of Aging (DEP3464), Univ. of FL
 Delirium & Dementia in Late Life, Amy VanArsdale's Abnormal Psychology (CLP3144)
 Cognitive Personality Theories, Martin Heesacker's Personality Psychology (PPE3004)
 Gender and Sex Issues in Personality Psychology, Martin Heesacker's Personality Psychology (PPE3004), Univ. of FL
 2008 *Late Life Disorders*, Amy Van Arsdale's Abnormal Psychology (CLP3144), Univ. of FL
 2006 *Sleep Disorders*, Paul Perrin's Abnormal Psychology (CLP 3144), Univ. of FL

2005 *Stress and Coping*, Jacob Van Den Berg's General Psychology (PSY 2012), Univ. of FL

Clinical Experience:

Psychology Post Doctoral Fellow, Geropsychology Specialization (August 2011-August 2012)
San Francisco VAMC/University of California: San Francisco, CA (APA Accredited)

Supervisors: Dr. Jeremy Doughan & Dr. Elizabeth S. Sutherland

Provided direct psychological services and clinical supervision to geropsychological and neuropsychological practicum students in a number of SFVAMC departments and clinics including Geriatric Mood Assessment Clinic, Geriatric Medical Practice Out Patient Clinic, Home Based Primary Care, and Community Living Center, as well as, co-organizing the Geropsychology Seminar.

Psychology Intern (July 2010-July 2011)

Bruce W. Carter VAMC, Miami, FL (APA Accredited)

Provided psychological services to veterans, their caregivers and family members through a number of departments and clinics including Community Living Center, Home Based Primary Care Team, Clinical Neuropsychology, PTSD Residential Rehabilitation Program, Outpatient Psychotherapy Clinic, and Psychological Assessment Clinic.

Practicum Student

Student Mental Health, University of Florida (January 2010-May 2010)

Supervisor: Dr. Anthony Greene

Lake City VAMC, NF/SGVHS: Community Living Center (January -December 2009)

Supervisors: Dr. Merle Miller; Dr. Paul Bessette; Dr. Carmen Fernandez

Malcom Randall VAMC, NF/SGVHS: Geriatric Evaluation & Management unit

(August 2007-June 2008)

Supervisors: Dr. Heath Gordon; Dr. Judy deMontmollin; Merle Miller, M.S.

University of Florida Counseling Center (August 2006- May 2007)

Supervisors: Dr. Chun-Chung Choi; Mei-Chuan Wang