

# P. RYAN GRANT, M.P.H., PSY.D.

## EDUCATION

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**LaSalle University, Philadelphia, PA** **August 2015 - May 2021**  
*APA-Accredited Doctoral Program in Clinical Psychology*  
Degrees: Master of Arts, Clinical Psychology, August 2018  
Doctor of Psychology, Psy.D.  
Clinical Dissertation: Examining Internalized Homonegativity: Narratives of Same Sex Attracted Black Men  
Defended: 07/2020

**Washington University in St. Louis, St. Louis, MO** **August 2013 - May 2015**  
*Master of Public Health*  
*Focus: Sexuality Studies, Sexual Health and Education*

**University of Maryland, College Park, MD** **August 2009 - May 2013**  
*Bachelor of Science in Psychology*  
*Minor in Classical Mythology*

## SUPERVISED CLINICAL WORK

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**Veterans Affairs Atlanta Health Care System, Atlanta, GA** **August 2021 - Present**  
*Clinical Psychology Post-doctoral Resident, Health Psychology Track*  
*Supervisors: Dr. Sharon Shatil, Ph.D.; Dr. Kara Brendle, Ph.D.; Dr. Deaunna Shauri-Webb, Psy.D.; Dr. Amanda Panos, Ph.D.*

- Provide veterans with health focused psychotherapy utilizing evidence-based treatments, such as Cognitive Behavioral Therapy for Insomnia (CBT-I), exposure therapy for CPAP desensitization, Acceptance and Commitment Therapy (ACT) techniques, and Motivational Interviewing (MI)
- Complete evaluations for sleep disorders, bariatric and liver and kidney transplant surgery, and gender affirmation hormone therapy (GAHT)
- Provide weekly supervision to Atlanta VAMC Psychology intern
- Administer, score, and provide written report for ADHD assessments using various measures (e.g., Brown ADHD Scale, Test of Premorbid Function (TOPF), Rey)
- Provide health-focused special topic presentations to Veterans Affairs mental health providers

**Veterans Affairs Atlanta Health Care System, Atlanta, GA** **August 2020 - August 2021**  
*Clinical Psychology Intern*  
*Supervisors: Dr. Krystal Frieson Bonaparte, Ph.D.; Dr. Catherine Deering, Ph.D.; Dr. Andrea Burns, Ph.D.; Dr. Meredith Williamson, Psy.D.*

- Provided veterans with psychotherapy utilizing evidence-based techniques: Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), and Motivational Interviewing (MI)

- Administered, scored, and provided written report for assessments that integrate personality and cognitive psychological testing (e.g., Diagnostic Interview for ADHD in Adults (DIVA 2.0), Structured Clinical Interview for DSM-V (SCID-V), The Wechsler Adult Intelligence Scale-IV (WAIS-IV), Wechsler Individual Achievement Test-III (WIAT-III), Woodcock Johnson-III (WJ-III), Personality Assessment Inventory (PAI))
- Utilized DSM-V cultural case conceptualization to inform treatment for long-term individual therapy cases
- Provided culture-focused special topic/case presentations and to Veterans Affairs mental health providers

### **Trauma Recovery Program**

**January 2021 - August 2021**

*Supervisor: Dr. Emily Jackson, Ph.D.*

- Functioned as part of a multidisciplinary primary care treatment team and provided individual and group Dialectical Behavior Therapy (DBT) treatment to veterans with borderline personality disorder (BPD), military sexual trauma (MST), and issues involving interpersonal effectiveness and emotion regulation
- Completed clinical intakes to assess veterans' expression of BPD symptom and appropriateness for DBT treatment

### **General Mental Health– Diversity Rotation**

**January 2021 - August 2021**

*Supervisor: Dr. Speshal Walker Gautier, Ph.D.*

- Integrated evidence based therapeutic modalities (CBT, DBT, and MI) to provide individual mental health treatment to veterans dealing with diversity based presenting concerns (e.g., LGBT, trans issues, racial stress)
- Completed Gender Affirmation Hormone Therapy (GAHT) evaluations for veteran experiencing gender dysphoria

### **Primary Care Mental Health Integration (Infectious Disease) August 2020 - January 2021**

*Supervisor: Dr. Vincent C. Allen, Ph.D.*

- Functioned as part of a multidisciplinary primary care treatment team, engaging veterans in consultation-based mental health triages that serve as the initial point of mental health contact for many veterans
- Offered a full range of evidenced-based psychological interventions in a brief model of treatment of acute distress, which include CBT, DBT, ACT, and MI
- Led bi-monthly support group for a HIV+ male veteran cohort

### **Substance Abuse Treatment Program – Intensive Outpatient August 2020 - January 2021**

*Supervisor: Dr. Benjamin Garrison, Psy.D.*

- Integrated evidence based therapeutic modalities (CBT, DBT, and MI) to provide individual and group mental health treatment to substance dependent veteran populations

## **SUPERVISED CLINICAL PRACTICA**

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**Drexel University, Philadelphia, PA**

**July 2018 - June 2020**

*Doctoral Trainee, Center City Outpatient Clinic for Behavioral Medicine*

*Supervisor: Dr. Michael Wright, Ph.D.*

- Provided integrated CBT, DBT, ACT, REBT, and psychodynamic individual and group mental health treatment to a diverse cadre of community members, (including patients with BPD and people living with HIV) in an outpatient setting
- Administered and scored assessments that integrate various personality measures (e.g., Borderline Symptom List, Minnesota Multiphasic Personality Inventory (MMPI), Rorschach Inkblot Test)
- Conducted monthly intake sessions with clients seeking psychological services
- Led didactic training related to REBT, shame, resilience, and trust

**LaSalle University Psychological Services, Philadelphia, PA      May 2019 - May 2020**

*Doctoral Trainee, Assessment Team*

*Supervisor: Dr. Kathleen Murphy-Eberenz, Ph.D.*

- Administered and provided written reports for psychodiagnostic, cognitive, neurological, and personality assessments using instruments such as the Brief Fear of Negative Evaluation Scale (BFNE), Conners' Continuous Performance Test-II (CPT-II), DIVA 2.0, PTSD Checklist for DSM-5 (PCL-5), SCID-V, Social Interaction Anxiety Scale (SIAS-6), Social Phobia Scale (SPS), WAIS-IV, WIAT-III, and WJ-III
- Provided peer supervision to assist clinical cohort in assessing, treating, and managing their cases

**University of Delaware, Newark, DE**

**August 2018 - June 2019**

*Doctoral Trainee, Center for Counseling and Student Development*

*Supervisor: Dr. Kelsey Chambers, Psy.D.*

- Utilized evidence-based techniques such as CBT, DBT, and the Comprehensive Model for Behavioral Treatment of Trichotillomania (ComB) to provide individual therapy to a diverse collegiate population
- Administered the Myers-Briggs Type Indicator (MBTI) and Strong assessments to students seeking career counseling

**LaSalle University Psychological Services, Philadelphia, PA.      May 2018 - May 2019**

*Doctoral Trainee, Emotion Regulation Team*

*Supervisor: Dr. Stephanie Mattei, Psy.D.*

- Facilitated individual DBT Skills Training for clients with mood and emotion regulation disorders
- Provided individual DBT to clients diagnosed with Borderline Personality Disorder
- Developed case conceptualizations and treatment plans using the DBT and REBT frameworks

**Northwestern Human Services, Philadelphia, PA**

**August 2017 - June 2020**

*Doctoral Trainee (August 2017 - June 2018); Fee-for-Service Therapist (June 2018 - June 2020)*

*Supervisor: Dr. Robin Arnold, Psy.D., MBA*

- Provided weekly individual therapy using Cognitive Behavioral Therapy (CBT) and psychodynamic techniques to patients with comorbid physical health issues such as fibromyalgia, Crohn's disease, chronic pain, and sleep difficulties
- Maintained progress notes, treatment plans, and overall chart compliance

**LaSalle University Psychological Services, Philadelphia, PA**      **May 2017 - May 2018**

*Intake Clinician, Anxiety Team*

*Supervisor: Dr. Megan Spokas, Ph.D.*

- Conducted intake interviews, assessment, feedback and clinical recommendations for adults experiencing anxiety and mood disorder symptoms using instruments such as the Outcome Questionnaire (OQ-45), Quality of Life Inventory (QOLI), and the SCID-V
- Wrote diagnostic conceptual reports and presented cases in weekly group supervision meetings

## **RELEVANT EMPLOYMENT EXPERIENCE**

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**Public Health Management Corporation, Philadelphia, PA**      **August 2015 - July 2017**

*Sexual Health Educator*

- Acquired grant funding from Texas A&M University iTP3 for novel programming development focused on reducing rates of unintended teen pregnancy among LGBTQ+ Black and Brown youth
- Created LGBTQ+-focused pregnancy prevention education curricula, engaged in community outreach, and provided behavioral health psychoeducation to LGBTQ+ youth living in metropolitan Philadelphia and receiving education within the Philadelphia public school system

## **RESEARCH/ADDITIONAL RELEVANT EXPERIENCE**

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### **Research Assistant**

**Washington University in St. Louis, St. Louis, MO**

**August 2014 - May 2015**

- Completed CITI training
- Facilitated focus groups investigating Black cisgender male depressive experiences in St. Louis, MO

**Project ARK, St. Louis, MO**

**February 2014 - August 2014**

*Peer Counselor*

*Supervisor: Lawrence Lewis, LCSW*

- Planned and co-facilitated community-based support groups for young adult Black and Latino cisgender men who have sex with men (MSM)

## **PRESENTATIONS AND PUBLICATIONS**

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### **Books:**

Grant, P.R. (2022). *Internalized homonegativity among same gender loving Black men: An exploration of truths* (1st ed.). Routledge.

### **Book Chapters:**

Grant, P. (2020). A New Renaissance: Podcasting as a Tool to Provide Nuanced Voice to the Black Gay Male Experience. *The Handbook of Sexuality Leadership, Community Engagement, and Social Empowerment*. New York, NY: Routledge.

### **Presentations:**

Grant, P. (2022). Sexual health and gender affirming Care: Assessment and special topics. Atlanta Veterans Affairs Medical Center. Atlanta, GA.

Grant, P. (2022). Internalized homonegativity: A Veterans Affairs application. Atlanta Veterans Affairs Medical Center. Atlanta, GA.

Grant, P. (2022). Internalized homonegativity and community engagement: Barriers and biases. Public Health Management Corporation, Community Advisory Board. Philadelphia, PA.

Grant, P. (2022). Internalized homonegativity: A Veterans Affairs application. Atlanta Veterans Affairs Medical Center. Atlanta, GA.

Grant, P. (2021). Making sexual health exPLISSIT. Atlanta Veterans Affairs Medical Center. Atlanta, GA.

Grant, P. (2021). ADDRESSING diversity during COVID-19: Considerations for testing and vaccination. Atlanta Veterans Affairs Medical Center. Atlanta, GA.

Grant, P. (2020). Examining internalized homonegativity among same gender loving (SGL) Black men. Atlanta Veterans Affairs Medical Center. Atlanta, GA.

Grant, P. (2019). Conducting qualitative and quantitative research. Jefferson University. Philadelphia, PA.

Grant, P. (2019). Pleasure as personal, professional, and political. Association of Black Sexologists, Clinicians, and Therapists 2019 International Lecture Series. Havana, Cuba.

Grant, P. (2019). Afro sexología: Negritud y liberación sexual. Regla Soul Community Center. Regla, La Ciudad de Habana, Cuba.

Grant, P. (2017). Addressing teen pregnancy risk among LGBT youth in clinical practice. Association of Black Sexologists, Clinicians, and Therapists 2017 International Lecture Series. Cape Town, South Africa.

### **Publications:**

Grant, P. (2020). Examining Internalized Homonegativity: Narratives of Same Sex Attracted Black Men. *Journal of Black Sexuality and Relationships* 7(2). 25-53.

- Grant, P. (2020). Bussinismus: An Introduction to the Pleasure, Pain, Power, and Politics of Bottoming. *Journal of Black Sexuality and Relationships* 6(4), 1-26.
- Grant, P. (2021). Cheating. *The Encyclopedia of Sex & Sexuality: Understanding Biology, Psychology, and Culture*. Santa Barbara, CA.
- Grant, P. (2021). Demisexuality. *The Encyclopedia of Sex & Sexuality: Understanding Biology, Psychology, and Culture*. Santa Barbara, CA.
- Grant, P. (2021). PLISSIT Model. *The Encyclopedia of Sex & Sexuality: Understanding Biology, Psychology, and Culture*. Santa Barbara, CA.
- Moser, C., Jacobs, L., Sprott, R., Johnson, R., Randall, A., Manduley, A., **Grant, P.**, Jameson, C., Shahbaz, C., Francis, S., Williams, D., Wright, S., Chirinos, P., Prior, E., Kleinplatz, P., Levine, A., Nichols, M., Berkley, B., Stambaugh, R. (2019). "Kink Guidelines." Retrieved from: <https://kinkguidelines.com>.
- Grant, P. (2018). "Some 'Black Gay Fantasy'": An Exploratory Study of Discrimination and Identity-Appraisal Among Black Same Gender Loving Men. *Journal of Black Sexuality and Relationships*, 4(3), 49-72.
- Grant, P. (2016). It's My House and I Live Here: Using Autoethnography to Investigate the Spaces Available for Black Male Sexual Exploration. *Journal of Black Sexuality and Relationships* 3(1), 63-75.
- Hudson, D. L., Eaton, J., Lewis, P., **Grant, P.**, Sewell, W., & Gilbert, K. (2016). "Racism?!? . . . Just Look at Our Neighborhoods": Views on Racial Discrimination and Coping Among African American Men in Saint Louis. *The Journal of Men's Studies*, 24(2), 130-150.

## RELEVANT TRAININGS COMPLETED

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### 2021-2022

- Cognitive Behavioral Therapy for Insomnia (CBT-I): National certification and consultation

### 2020-2021

- Prolonged Exposure (PE)

### 2019-2020

- Acceptance and Commitment Therapy (ACT) for Patient with HIV and Cystic Fibrosis (CF)
- Dialectical Behavior Therapy (DBT) for Individuals with Borderline Personality Disorder
- Working with Gender Expansive Populations/Providing DBT to Gender Expansive Folx
- Experiences with Religion Among Transgender Individuals
- Exploring Trans Identity in Traditional African Religions

- Diversity Didactic: Multiple Identities in the Therapeutic Space
- PrEP and PEP: Understanding Client Navigation of HIV
- Introducing Body Positivity to Clinical Practice
- Addressing Pleasure as a Clinical Professional

#### **2018-2019**

- Sleep Hygiene for Adult Populations
- Providing Sex-Positive Clinical Therapy
- Shame, Empathy, and Resilience
- Person-Centered Therapy Techniques
- Addressing Privilege in the Therapeutic Space

#### **2017-2018**

- Conducting Risk Assessment & Safety Planning
- Stages of Change and Motivational Interviewing
- Diversity Didactic: Working with Underserved Populations
- Providing Therapy in Community Mental Health Settings
- Community Mental Health Treatment Planning
- Anger and Irritability in a Community Based Populations
- Aggression, Passivity, and Assertiveness: Providing Communication Psychoeducation
- Clinical Ethics as a Trainee

### **MEMBERSHIP AND AFFILIATIONS**

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**Alpha Phi Alpha Fraternity, Inc.**

**November 2016 - Present**

*Rho Chapter*

*Corresponding Secretary, National/Special Projects Committee Chair, July 2017-July 2019*

**Association of Black Sexologists, Clinicians, and Therapists**

**May 2015 - Present**