

Stephanie N. Wong, Ph.D.
stephanie@psychforthepeople.com

EDUCATION

- 2019 **Doctor of Philosophy, Counseling Psychology** (APA-accredited)
New York University, New York, NY
Dissertation: Examining the development of body image for Asian American women
- 2014 **Master of Arts, Psychological Counseling**
Master of Education, Mental Health Counseling
Teachers College, Columbia University, New York, NY
- 2011 **Bachelor of Arts, Psychology and Economics**
Cornell University, Ithaca, NY

AREAS OF PROFESSIONAL EXPERTISE

- Trauma-informed mental health care
- Assessment and evidence-based treatment of PTSD for racial/ethnic minority communities
- Promotion of feminist and multicultural approaches to counseling and supervision

FELLOWSHIPS AND AWARDS

- 2018 Outstanding Academic Title, American Library Association
- 2017 Dissertation Research Grant, Asian American Psychological Association
- 2017 Outstanding Clinical Service Award, New York University
- 2016 Research Award, Asian American Psychological Association
- 2015 Student Travel Award, American Psychological Association
- 2014 Steinhardt Doctoral Fellowship, New York University

CLINICAL EXPERIENCE

- 2022-Present **Licensed Psychologist and CEO**
Psych for the People, PLLC
- 2021-2025 **Staff Psychologist**
Veterans Affairs Palo Alto Health Care System, Palo Alto, CA

Telemental Health Program
Outpatient Mental Health Clinic

- 2021-2022 **Licensed Psychologist**
Peninsula Behavioral Health, Palo Alto, CA
- 2019-2020 **Clinical Psychology Postdoctoral Fellow** (APA-accredited)
Veterans Affairs Palo Alto Health Care System, Palo Alto, CA
PTSD/Substance Use Disorder Emphasis
Rotations: *Men's Trauma Recovery Program, Women's Trauma Recovery Program, PTSD Intensive Outpatient Program, Women's Counseling Center, and Family/Couples Therapy Training Program*
- 2018-2019 **Clinical Psychology Intern** (APA-accredited)
Veterans Affairs Palo Alto Health Care System, Palo Alto, CA
Rotations: *PTSD Intensive Outpatient Program, Polytrauma Transitional Rehabilitation Program, Addiction Consultation and Treatment Team, Women's Health Psychology Clinic, Women's Pain Clinic, Family/Couples Therapy Training Program*
- 2017-2018 **Pre-Doctoral Psychology Extern**
Veterans Affairs New York Harbor Healthcare System, Manhattan Campus, New York, NY
Specialty Tracks: *PTSD Clinical Team, Psychological Assessment*
- 2016-2018 **Student Clinician**
NYU Center for Counseling and Community Wellbeing, New York, NY
- 2016-2018 **Pre-Doctoral Clinical Assessment Extern**
Assessment Consultations for the New York State Adult Career & Continuing Education Services (ACCES-VR), New York, NY
- 2016-2017 **Pre-Doctoral Psychology Extern**
St. Barnabas Hospital, Bronx, NY
Rotations: *Adult Inpatient Psychiatry, Psychiatric Emergency Room*
- 2015-2016 **Pre-Doctoral Psychology Extern**
Icahn School of Medicine at Mount Sinai – Eating and Weight Disorders Program, New York, NY
- 2013-2014 **Psychology Extern**
Jewish Theological Seminary Counseling Center, New York, NY
- 2013-2014 **Practicum Counseling Extern**
Dean Hope Center, Teachers College, Columbia University, New York, NY
- 2013- 2014 **Online Hotline Advocate**
Rape, Abuse, & Incest National Network (RAINN), New York, NY
- 2013-2014 **Peer Advocate**
Columbia/Barnard Rape Crisis/Anti-Violence Support Center, New York, NY

RESEARCH EXPERIENCE

- 2018-2019 **Qualitative Research Consultant**
Polytrauma System of Care
Veterans Affairs Palo Alto Health Care System, Palo Alto, CA
- 2014-2019 **Project Coordinator/Research Assistant**
Asian American and Asian Immigrant Mental Health Research Lab
New York University, Steinhardt School of Culture, Education, and Human
Development, New York, NY
- 2012-2014 **Research Assistant**
Marginalization, Mental Health, and Empowerment Lab
Teachers College, Columbia University, Department of Counseling Psychology, New
York, NY
- 2013-2014 **Research Assistant**
Asian American Mental Health Lab
Teachers College, Columbia University, Department of Counseling Psychology, New
York, NY
- 2013-2014 **Research Assistant**
Multicultural Gender Roles Lab
Teachers College, Columbia University, Department of Counseling Psychology, New
York, NY

PUBLICATIONS

ARTICLES IN REFEREED JOURNALS

- Cheng, Z.H., Fujii, D., **Wong, S.N.**, Davis, D.M., Rosner, C.M., Chen, J.A., Bates, J., & Jackson, J. (2021). What matters to psychology trainees when making decisions about internship and postdoctoral training sites: Differences between ethnic minority and white VA trainees. *Psychological Services*.
- Tu, M., Zhou, S., **Wong, S.N.**, & Okazaki, S. (2018). Realities of the American dream: Vocational experiences of low-income urban Chinese immigrant laborers. *Journal of Vocational Behavior*.
- Okazaki, S., **Wong, S.N.**, & Kaplan, B. (2018). Strategic collaborative partnerships to improve immigrant Chinese community health: A case study. *Asian American Journal of Psychology*, 8(4), 339-350.
- Wong, S.N.**, Keum, B.T., Caffarel, D., Srinivasan, R., Morshedian, N., Capodilupo, C., & Brewster, M.E. (2018). Exploring the conceptualization of body image for Asian American women. *Asian American Journal of Psychology*, 8(4), 296-307.
- Breslow, A., Brewster, M.E., Velez, B.L., **Wong, S.N.**, Geiger, E., & Soderstrom, B. (2015). Resilience and collective action: Exploring buffers against minority stress for transgender individuals. *Psychology of Sexual Orientation and Gender Diversity*, 2(3), 253-265.
- Brewster, M.E., Velez, B.L., Esposito, J., **Wong, S.N.**, Geiger, E., & Keum, B. (2014). Moving beyond the binary with disordered eating research: A test and extension of objectification

theory with bisexual women. *Journal of Counseling Psychology*, 61(1), 50-62.

- Keum, B.T., **Wong, S.N.**, DeBlaere, C., & Brewster, M.E. (2014). Body image and Asian American men: Examination of the Drive for Muscularity Scale. *Psychology of Men and Masculinity*, 16(3), 284-293.
- Sandil, R., Robinson, M., Brewster, M.E., Geiger, E., & **Wong, S.N.** (2014). Minority stress and acculturation in South Asian LGBTQ individuals. *Cultural Diversity and Ethnic Minority Psychology*, 21(1), 76-88.

BOOK CHAPTERS

- Floro, M., Wang, J., **Wong, S.N.**, Estrellado, J., & Rider, N. (in progress). Queer Asian American Sexualities. In Estrellado, J. & Rider, N. (Eds.), *Queer Asian Americans*.
- Wong, S.N.** & Cheng, H.L. (in progress). Decolonizing Asian bodies. In Cheng, H.L. and Tsong, Y. (Eds.), *Body Image and the Asian Experience: Asians, Asian Americans, and Asian Diasporas Across the Globe*.
- Floro, M., **Wong, S.N.** (2023). Queer Communities and Patriarchal Violence: Healing Through Interpersonal, Cultural, and Systemic Work. In H.W. Wilson & Khan, C.T. (Eds.), *Facing Campus Sexual Assault and Relationship Violence with Courage: A Guide for Institutions and Clinicians on Prevention, Support, and Healing*. Washington, D.C.: American Psychiatric Association Publishing, 169-184.
- Okazaki, S., Ling, A., **Wong, S.N.**, & Tu, M. (2016). Cross-cultural assessment and research. In S. Kelly (Ed.), *Issues in Couple and Family Psychology: Across Socioeconomics, Ethnicities, and Sexualities*. New York: Praeger, 423-451.

BOOKS

- Floro, M., **Wong, S.N.**, Wang, J. (in progress). *Queer Asian America*. Bloomsbury, ABC-CLIO.

CONFERENCE PRESENTATIONS

PAPERS

- Wong, S.N.**, Keum, B. T., Caffarel, D., Srinivasan, R., Morshedian, N., Capodilupo, C., & Brewster, M. E. (2015, February). *Exploring the conceptualization of body image with Asian American women: Preliminary analyses*. Paper presented at the 32nd Annual Winter Roundtable Conference at Teachers College, Columbia University, New York, NY.
- Esposito, J., Geiger, E., & **Wong, S.N.**, (2014, March). *Making the Invisible Visible: Mental Health Implications of Invisible Chronic Illness*. Paper presented at the annual conference of The Association for Women in Psychology, Columbus, OH.

SYMPOSIA

- Breslow, A.S., Brewster, M.E., Velez, B., **Wong, S.N.**, Geiger, E., & Soderstrom, B. (2015, August). *Resilience and collective action: Exploring buffers against minority stress for transgender individuals*. Symposium conducted at the American Psychological Association Annual Convention, Toronto, Canada.
- Sandil, R., Robinson, M., Brewster, M.E., Geiger, E., & **Wong, S.N.**, (2013, January). *South Asian American sexual minority men: Exploring experiences of stress and acculturation*. In C. DeBlaere & D. Rivera (chairs), *Risk and Resiliency in Negotiating Multiple Minority Identities*. Symposium

conducted at the biennial meeting of the National Multicultural Conference and Summit, Houston, TX.

POSTERS

- Torres, S., **Wong, S.N.**, Sauber, E., Loew, D.D., Nguyen, H., & Souter, T. (2019, May). *An orientation group to help promote a culture of emotional safety in PTSD residential rehabilitation*. Research poster presented at the National Mental Health Residential Treatment Program Conference, Orlando, FL.
- Koehler, D.S., Tymn, R., Broffman, J., **Wong, S.N.**, & Pawlowski, C.A. (2019, February). *Impact of an interdisciplinary Service Dog-In-Training (SIT) Program on cognitive and emotional functioning in a post-acute neurorehabilitation population*. Research poster presented at the Rehabilitation Psychology 2019 Conference, Orlando, FL.
- Wong, S.N.**, Keum, B.T., Caffarel, D., Srinivasan, R., Morshedian, N., Capodilupo, C., & Brewster, M. E. (2015, August). *Exploring the conceptualization of body image with Asian American women: Implications for eating disorder risk*. Poster presented at the American Psychological Association Annual Convention, Toronto, Canada.
- Breslow, A.S., Brewster, M.E., **Wong, S.N.**, Lenaburg, S., Foster, A., Velez, B., & Jones, K. (2014, August). *A test of objectification theory with transgender women*. Poster presented at the American Psychological Association Annual Convention, Washington, D.C.
- Geiger, E., **Wong, S.N.**, & Esposito, J. (2014, March). *Invisibility, Visible People: Life Experiences of Individuals with Learning Disabilities*. Discussion conducted at the annual conference of The Association for Women in Psychology, Columbus, OH.
- Keum, B.T., **Wong, S.N.**, DeBlaere, C., Brewster, M.E., & Sandil, R. (2013, September). *Exploring body image issues in Asian men: Endorsement of Western Ideals, cultural influences, and drive for muscularity*. Poster presented at the Boston College Annual Diversity Challenge 2013, Boston, MA.
- Keum, B.T., **Wong, S.N.**, DeBlaere, C., & Brewster, M.E. (2014, August). *Measuring muscularity drives in Asian men: An Extension of the Drive for Muscularity Scale*. Poster presented at the American Psychological Association Annual Convention, Washington, D.C.
- Brewster, M.E., Velez, B.L., Esposito, J., **Wong, S.N.**, Geiger, E., & Keum, T. (2013, August). *Bisexual women's experiences of objectification: Links to body consciousness and disordered eating*. Poster presented at the American Psychological Association Annual Convention, Honolulu, HI.
- Keum, B.T., **Wong, S.N.**, DeBlaere, C., Brewster, M.E., & Sandil, R. (2013, August). *Exploring body image issues in Asian men: Endorsement of Western Ideals, cultural influences, and drive for muscularity*. Poster presented at the American Psychological Association Annual Convention, Honolulu, HI.

ROUNDTABLE DISCUSSIONS

- Geiger, E., **Wong, S.N.**, & Sandil, R. (2013, March). *Strengthening support for international female survivors of domestic violence*. Discussion conducted at the annual conference of The Association for Women in Psychology, Salt Lake City, UT.
- Sandil, R., Esposito, J., Geiger, E., & **Wong, S.N.**, (2013, March). *Feminist mentorship implications for women in academia*. Discussion conducted at the annual conference of The Association for Women in Psychology, Salt Lake City, UT.
- Wong, S.N.**, Sandil, R., & Geiger, E. (2013, March). *Impact of acculturation on body image for women of color*. Discussion conducted at the annual conference of The Association for Women in Psychology, Salt Lake City, UT.
- Wong, S.N.**, Keum, B.T., Geiger, E., Eklund, A., & Brewster, M.E. (2013, February). *Cultural standards of beauty and body image with marginalized groups*. Roundtable discussion conducted at the

Winter Roundtable on Cross-Cultural Psychology and Education at Teachers College, Columbia University, New York, NY.

INVITED PRESENTATIONS AND WORKSHOPS

- Wong, S.N.** (2023, March). Recovery from sexual trauma. Invited guest lecturer for Sexuality and Gender course for University of San Francisco, Master's Program in Marriage and Family Therapy, San Francisco, CA.
- Wong, S.N.** (2022, March). Recovery from sexual trauma. Invited guest lecturer for Sexuality and Gender course for University of San Francisco, Master's Program in Marriage and Family Therapy, San Francisco, CA.
- Wong, S.N.** (2022, March). Managing Sexualized Behaviors in the Clinical Environment. Invited guest speaker for VA Palo Alto Healthcare System, Internship Training Program, Palo Alto CA.
- Wong, S.N.** (2021, September). Military Culture. Invited guest speaker for VA Palo Alto Healthcare System, Internship and Postdoctoral Fellowship Training Program, Palo Alto CA.
- Wong, S.N.** (2020, August). Handling client microaggressions. Invited panelist for University of San Francisco, Master's Program in Marriage and Family Therapy, San Francisco, CA.
- Wong, S.N. & Sauber, E.,** (2020, May). Therapeutic considerations in treating PTSD in polytrauma settings. Invited guest speaker for VA Palo Alto Healthcare System, Polytrauma System of Care, Palo Alto CA.
- Wong, S.N. & Sauber, E.** (2020, April). Recovery from sexual trauma. Invited guest lecturer for Sexuality and Gender course for University of San Francisco, Master's Program in Marriage and Family Therapy, San Francisco, CA.
- Wong, S.N.,** (2019, September). Military culture training. Invited guest speaker for VA Palo Alto Healthcare System, Internship and Postdoctoral Fellowship Training Program, Palo Alto CA.
- Wong, S.N.,** (2017, August). Dignity for All Students Act training. Invited workshop facilitator and panelist for the Department of Applied Psychology, School Counseling Master's Program, New York University, New York, NY.
- Wong, S.N.,** (2016, April). Applying foundational Dialectical Behavior Therapy skills to professional development. Invited workshop facilitator for the Applied Psychology Undergraduate Program, New York University, New York, NY.
- Wong, S.N.,** (2015, October). Understanding eating disorders from a feminist-sociocultural perspective. Invited guest lecturer for the Applied Psychology Undergraduate Program, New York University, New York, NY.
- Wong, S.N.,** (2014, November). Future opportunities in psychology panel. Invited panelist for the Department of Applied Psychology, New York University, New York, NY.
- Wong, S.N., & Caffarel, D.** (2013, August). Using mindfulness-based skills to alleviate test anxiety. Invited workshop consultant for the DREAM Initiative by the New York Department of Education at A. Phillips Randolph High School, New York, NY.
- Sandil, R., **Wong, S.N., & Geiger, E.** (2013, May). Dangerous living: South Asian American sexual minority concerns. Invited lecturer and panelist for Lesbian, Gay, Bisexual, and Transgender Issues course at Teachers College, Columbia University, New York, NY.
- Keum, B.T., & **Wong, S.N.,** (2013, April). *Body image issues: Cultural influences and psychological implications*. Presentation conducted as recipient of Office of Residential Services Conference Scholarship Program, Teachers College, Columbia University, New York, NY.

SUPERVISION & TEACHING EXPERIENCE

- 2020-Present **Adjunct Faculty**
Individual Counseling Theory and Process; Individual Counseling: Practice for Counselors
Applied Psychology Graduate Program
Master’s Program in Counseling for Mental Health and Wellness
New York University, New York, NY
- 2020-2021 **Adjunct Faculty**
Counseling Across Cultures; Traineeship II
Counseling Psychology Program
Master’s Program in Marriage and Family Therapy
University of San Francisco, San Francisco, CA
- 2016- 2018 **Adjunct Instructor and Supervisor**
Individual Counseling Skills I and II
Applied Psychology Graduate Program
Master’s Program in Counseling for Mental Health and Wellness
New York University, New York, NY
- 2016-2018 **Adjunct Instructor**
Individual Counseling Theory and Process
Applied Psychology Graduate Program
Online Master’s Program in Counseling for Mental Health and Wellness
New York University, New York, NY
- 2016-2017 **Psychiatric Emergency Room Supervisor**
St. Barnabas Hospital, Bronx, NY
- 2015- 2016 **Adjunct Instructor and Supervisor**
Seminar in Applied Psychology III: Fieldwork Supervision
Applied Psychology Undergraduate Program
New York University, New York, NY

SPECIALIZED TRAININGS

- 2024 **Core Skills in Emotionally Focused Therapy (EFT)**
• 48-hour virtual interactive course endorsed by the International Centre for Excellence in Emotionally Focused Therapy (ICEEFT) and TRI EFT Alliant and Alliant International University with emphasis on case-based and experiential learning in provision of advanced EFT couples psychotherapy services
- 2022 **Externship in Emotionally Focused Therapy (EFT)**
• 28-hour virtual interactive course endorsed by the International Centre for Excellence in Emotionally Focused Therapy (ICEEFT) and TRI EFT Alliant and Alliant International University with emphasis on case-based and experiential learning in provision of EFT couples psychotherapy services
- 2021 **YogaX 200-Hour Yoga Teacher Training**

- 200-hour yoga teacher training program registered with Yoga Alliance at Stanford Psychiatry integrating yoga philosophy, yoga psychology, evidence-based trauma-informed practices, neuroscience, and social science
- 2020 **Core Clinical Training in Dialectical Behavior Therapy (DBT)**
- 30-hour course led by DBT-certified trainer with emphasis on case-based and experiential learning in provision of DBT individual psychotherapy services
- 2019 **Prolonged Exposure (PE) for PTSD**
- 10-hour web-based continuing education training course for PE
- 2018 **VA Certification Training in Cognitive Processing Therapy (CPT)**
- 3-day VA certification training for CPT, including 20 weeks of consultation calls with a VA-certified CPT trainer

PROFESSIONAL AND LEADERSHIP EXPERIENCE

- 2020-2023 **Treasurer**, APA Division 17, Section for Professional Practice of Counseling Psychology
- 2018-2020 **Multicultural and Diversity Committee**, National VA Psychology Training Council
- 2018-2020 **Multicultural and Diversity Committee**, VA Palo Alto Health Care System
- 2015-2020 **Ad Hoc Reviewer**, *Psychology of Women Quarterly*
- 2014-2018 **West Point Cadet Sponsor**, United States Military Academy
- 2015- 2017 **Co-Editor-in-Chief**, Asian American Psychological Association Newsletter
- 2015- 2017 **Student Representative**, Society for the Psychology of Women Executive Committee

PROFESSIONAL MEMBERSHIPS

American Psychological Association (APA)
 APA Division 17 (Society of Counseling Psychology)
 APA Division 35 (Society for the Psychology of Women)
Asian American Psychological Association

SOCIAL MEDIA

@psychforthepeople (Instagram), Co-Founder and Content Director
[Resource Guide to Fighting Anti-Blackness in AAPI Communities](#), Co-Author
[Imagine Talks podcast interview](#) regarding Asian/Asian American activism and allyship