

Curriculum Vitae

David I.K. Moniz-Lewis, B.A.
“Ikela Lewis”
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Personal Statement: *My heart’s calling is for my life to be of benefit to all living beings. Guided by my daily practices of mindfulness meditation and compassion/heart-based practices, I am driven to sow the seeds of truth, meaning, and connection throughout my community. I deeply believe in the power and necessity of critical thinking and evidence-based action, as well as kindness-informed inquiry and openness to new and culturally diverse perspectives. I am passionate about research and the role that it plays in tilting our cultural trajectory towards one of greater peace and a deeper understanding of the human experience. I am equally as passionate about the application of evidenced based-modalities to aid others in self-actualization. Professionally, I aim to support the further evolution of the helping profession through research design, to apply this in psychotherapeutic practice, and to disseminate this information to as many minds as possible.*

EDUCATION

2021 – Present

The University of New Mexico

- Graduate Student in Clinical Psychology, Ph.D. Program
- Advisor: Dr. Katie Witkiewitz, Ph.D.
- The Addictive Behaviors and Quantitative (ABQ) Research Lab

2016 – 2019

Sierra Nevada University (formerly Sierra Nevada College)

- GPA: 3.97
- BA in Psychology, minor in Music
- Graduated 2019 – graduated in 3 years
- Summa Cum Laude Graduation Honors
- Valedictorian Nominee
- Dean’s Honor Roll (Fall 2016)
- Dean’s Highest Honors (Spring 2017 – Spring 2019)
- Academic Honors College
- INBRE Grant Funded Researcher (2017 – 2019)

RESEARCH

Undergraduate Research

2018 – 2019

Are Isochronic Tones Effective? The Impact of Isochronic Tones on Brainwave Entrainment and Stress.

Moniz-Lewis, D. I.K., & Frederick, C. M. (2020). "Are Isochronic Tones Effective? The Impact of Isochronic Tones on Brainwave Entrainment and Stress." *Inquiries Journal*, 12(11). Retrieved from <http://www.inquiriesjournal.com/a?id=1830>

- Investigated the effect of alpha isochronic tones embedded within a self-produced song on reports of subjective stress as well as brainwave entrainment.
- Grant-funded through Sierra Nevada College Honor's Program and NV INBRE

2018 – 2019

What You See is What You Get: The Impact of Low and High Spatial Frequency Priming on the Global Precedence Effect

- Investigated the effect of low and high special priming on the global precedence effect.
- Authors: Christina M. Frederick PhD., Sarah A. Fricke, Alisa J. Robinson, David I.K. Moniz-Lewis, Kaitlin A. Cabral
- Grant-funded through NV INBRE
- Publication: Published abstract in 2018 NURS Proceedings. Manuscript not submitted for publication at this time.

CONFERENCE PRESENTATIONS

2021 APS Virtual Convention

- Virtual Poster Presentation
- Not As Advertised: Alpha Isochronic Tones Have Contradictory Effects on Brainwave Entrainment and Stress

2019 UCLA Psychology Undergraduate Research Conference

- Poster Presentation
- Are Isochronic Tones Effective? The Impact of Isochronic Tones on Brainwave Entrainment and Stress

2019 Nevada Undergraduate Research Symposium (NURS)

- Poster Presentation
- Are Isochronic Tones Effective? The Impact of Isochronic Tones on Brainwave Entrainment and Stress

2019 SNC Psychology Research Fair

- Poster Presentation
- Are Isochronic Tones Effective? The Impact of Isochronic Tones on Brainwave Entrainment and Stress
- Awarded 1st Place in poster presentations

2019 SNC Senior Research Symposium

- Poster Presentation
- Are Isochronic Tones Effective? The Impact of Isochronic Tones on Brainwave Entrainment and Stress

3rd Annual INBRE State Research Conference (2018)

- Paper Talk
- What You Sea Is What You Get: The Impact of Low and High Spatial Frequency Priming on the Global Precedence Effect

2018 SNC Honor's Program Research Symposium

- Paper Talk
- Are Isochronic Tones Effective? The Impact of Isochronic Tones on Brainwave Entrainment and Stress

2018 Nevada Undergraduate Research Symposium (NURS)

- Poster Presentation
- What You Sea Is What You Get: The Impact of Low and High Spatial Frequency Priming on the Global Precedence Effect

2018 SNC Psychology Research Fair

- Poster Presentation
- What You Sea Is What You Get: The Impact of Low and High Spatial Frequency Priming on the Global Precedence Effect

2018 SNC Senior Research Symposium

- Poster Presentation
- Music As Medicine: Isochronic Tones and Stress.
- Awarded 3rd place in poster presentations

2017 Nevada Undergraduate Research Symposium (NURS)

- Poster Presentation
- What You Sea Is What You Get: The Impact of Low and High Spatial Frequency Priming on the Global Precedence Effect (Pilot Study)

2017 SNC Psychology Research Fair

- Poster Presentation
- What You Sea Is What You Get: The Impact of Low and High Spatial Frequency Priming on the Global Precedence Effect (Pilot Study)

CLINICAL EXPERIENCE

2019 – Present

The Life Change Center - Carson

- Carson City, NV
- Title: Substance Use Counselor (CADCi)/Assistant Site Director
- Responsibilities: Providing individual and group counseling within a Level 1 MAT OTP as a state-certified substance use counselor via a harm reduction model. My primary duties are counseling, medication adjustments, case-management/community referrals, etc. In April of 2020, I was promoted to assistant site-director where I was responsible for the day-to-day functioning of the clinic, client grievances, co-worker mediation, survey design and outcome implementation, and more.

INTERNSHIPS

2017 - 2019

Sierra Nevada College Psychology Department

- Incline Village, Nevada
- Title: Intern to the Psychology Program Chair – Christina M. Frederick, Ph.D.
- Responsibilities: General office management (email correspondence, schedule management, etc.) assistance with the development of the Psychology Scholar Program, planning of and attendance to undergraduate research conferences (UCLA PURC, UNR PURG, Stanford Undergrad Research Conference, SNC Psychology Research Faire), management of Psychology Department Blog, Creation of the Annual Proceedings of the SNC Psychology Research Faire, organized campus guest-speaker series,

2017 – 2019

Sierra Nevada College Student Strategies

- Incline Village, Nevada
- Title: Assistant Class Developer & Student Mentor
- Responsibilities: Developed the academic structure of the class to be based on the students' academic and personal life goals. Assisted in curriculum design. Advise, tutor, and mentor students on how to navigate the undergraduate experience.

VOLUNTEER EXPERIENCE

- 2020 **Inner Resilience Network – Transition US**
- International Non-Profit
 - Presently leading and organizing a bi-weekly practice group titled “Navigating ‘Othering’ for Engaged Community Change” in which I teach and bring awareness to separation, bias, and harmful in/out-group dynamics within the present sociopolitical climate. I specifically teach mindfulness and compassion practices, and mentor group members in creating grass-roots movements within their communities aimed at healing and greater social harmony.
- 2020 **Night Off The Streets – Homeless Shelter**
- Carson City, NV
 - Volunteered over-night in temporary shelters to provide individuals experiencing homeless a safe and warm place to place during the winter months. Assisted in coordinating donations for warm clothing, sleeping bags, hygiene products, etc.
- 2019 **Zendo Project – Psychedelic Harm Reduction Peer Support**
- Burning Man, NV
 - Volunteered over 25+hours a peer support for individual’s experiencing substance-induced distress. I sat with people who had either willfully or unwilfully taken a large amount of hallucinogens and were experiencing crisis. For more information please go to: <https://zendoproject.org>.
- 2019 **North Lake Tahoe Truckee Leadership**
- Incline Village, NV
 - Led a day-long conference and workshop on survey design for community-oriented service programs.
- 2019 **SNC Winter Coat/Clothing Drive**
- Incline Village, NV
 - Assisted in organizing an on-campus coat drive during the winter of 2018-2019, all apparel was donated to the Reno Community Resource Center
- 2018 **Tahoe Table Talks Guest Speaker**
- Incline Village, NV
 - Severed as a guest speaker representing SNC Psychology
 - Lead a talk on mindfulness, compassion and gratitude for Lake Tahoe Community
- 2018 **2018 Midterm Elections – SNC Voter Registration & Poll Transportation**
- Incline Village, NV
 - Led and organized a campus initiative to register students and community members to vote in the 2018 midterm elections.
 - Transported students and community members to the polls on election day

AWARDS, RECOGNITIONS, & SCHOLARSHIPS

- Summa Cum Laude Graduation Honors (2019)
- Valedictorian Nominee (2019)
- Dean's Honor Roll (Fall 2016)
- Dean's Highest Honors (Spring 2017 – Spring 2019)
- Distinction in Research and Scholarship Award (2019)
- Outstanding Psychology Assistant Award (2019)
- National Grant Supported Research Award (2019)
- Honor's Student of the Year (2018 & 2019)
- Distinction as Executive Assistant to the Psychology Research Chair (2018 & 2019)
- SNC Honor's Program Research Grant Recipient (2019)
- SNC Outstanding Psychology Student (2018)
- WOW Award for Excellence in Service – The Life Change Center (2019)
- Founder and President of the SNC Mediation Sangha (2018 - 2019)
- George Croom Scholarship Recipient (2017 - 2019)
- Greater Nevada Credit Union Outstanding Scholar Recipient (2016)
- Abowd & Rose Financial Group Leadership Scholarship (2016)
- Millennium Scholar (2016 – 2019)
- Kim and Harold Louie Family Foundation Scholarship Recipient (2016)
- Soroptimist International of Carson City Education Scholarship (2016)
- Glenn Eagles Scholarship Recipient (2016)
- Albert and Frances Seeliger Scholarship Recipient (2016)
- Families United Scholarship (2016)

PROFESSIONAL MEMBERSHIP

2021 – Present **The Association for Psychological Science**

- Student Affiliate

REFERENCES

Christina M. Frederick. Ph.D
Associate Professor, Psychology Program Chair, Dean of Online Education – Sierra Nevada University
cfrederick@sierranevada.edu

Robert King, Ph.D.
Associate Professor, Honors Program Chair – Sierra Nevada University
rking@sierranevada.edu