**Summary**

Principled, articulate and innovative with a proven ability to effect positive growth and change for individuals and families through psychotherapy, integrated care and behavior consultation, increase systems functionality through positive behavior support and training. Strong multicultural competency.

**Education**

D. BH College of Health Solutions

05/2016 **Arizona State University GPA 4.0**

Phoenix, Arizona

Doctor of Behavioral Health: Clinical Concentration

Internship at Arrowhead Health Center; Pain Management

Culminating Project (dissertation fulfillment): *Healthy Balance: An Intervention Designed to Manage Comorbid Chronic Pain and Depression through Lifestyle Change*

M.S College of Health and Social Sciences

05/2011 **San Francisco State University GPA 3.94**

San Francisco, CA

Master of Science: Marriage, Family & Child Counseling (MFT)

Emphasis: Rehabilitation Counseling

Culminating Experience Paper (thesis fulfillment): *Learning to Learn and Becoming a Counselor: An Examination of Adjustment to Disability and Childhood Trauma Presented in the Case Study of Cari*

B.A College of Arts and Sciences

08/2006 **University of North Florida GPA 3.90**

Jacksonville, FL

Bachelor of Arts: Psychology

Minor: Sociology

Summa Cum Laude

**Professional Experience**

2016-Present **Arizona State University, College of Health Solutions**

**Tempe, Arizona**

**Faculty Associate, Academic Associate** Develops curriculum and facilitates undergraduate and graduate courses in Integrated Behavioral Health

2019-Present **Arizona State University, College of Integrative Sciences and Arts**

**Tempe, Arizona**

**Faculty Associate** Facilitates graduate courses in Counseling

2015-Present **Healthy Synergy, LLC**

**Tempe, Arizona**

**Owner, Licensed Professional Counselor** Provides individual, couples and family therapy in an outpatient setting

2016-2018 **Bayless Healthcare Group**

**Phoenix, Arizona**

**Emotional Wellness Supervisor** Assisted PCPs as a member of an integrated healthcare team in managing co- occurring

behavioral and medical health issues in the enrolled

population

* Designed, implemented and facilitated the core processes of a PCBH model of integration
* Supervised a team of nine members (5 Masters Level clinicians, 1 intake specialist, 1 Wellness Navigator, 1 Registered Dietician, 1 DBH intern) via individual and group supervision weekly as well as didactic trainings monthly

2016 **University of Arizona Integrative Health Center**

**Phoenix, Arizona**

**Mind-Body Therapist** Provided brief, evidenced-based behavioral interventions to patients receiving care in an integrated, integrative primary care clinic

* Consulted and coordinated care with patients’ team members
* Decreased patient self-report re: depression and anxiety symptoms
* Increased patient behavior change compliance

2015-2016 **Arrowhead Health Center**

**Glendale, Arizona**

**Doctoral Intern** Provided brief, evidenced-based behavioral interventions to patients receiving care at a level 3 Patient Centered Medical Home (Pain Management Clinic).

* Consulted and coordinated care with medical providers to meet the goals of the Triple Aim
* Increased patient treatment adherence and health measures through assessment and outcomes data in ongoing treatment planning

2014-2015 **Banner Behavioral Health Hospital**

**Chandler, Arizona**

**Counselor** Provided mental health intensive outpatient group psychotherapy to adults to increase coping skills and prevent decompensation.

* Decreased (re)admission to inpatient hospitalization by increasing patient coping skills through group psychotherapy
* Increased program viability through thorough assessment of patients at intake followed by group assignment and placement
* Supported patient billing through direct contact with insurance agencies providing clinical diagnosis information and treatment recommendations

2012-2014 **CPES Behavioral Health Services**

**Phoenix, Arizona**

**Counselor/Behavioral Consultant** Provided professional counseling and behavioral consultation to adults and children, skills training and program development.

* Consistently ranked in top 10% of revenue producers
* Decreased crisis utilization and inpatient hospitalization by increasing client coping skills and symptom management through individual psychotherapy
* Decreased challenging behaviors while providing targeted interventions for support systems of individuals with developmental disabilities through the creation and implementation of Functional Behavior Assessments (FBAs)
* Increased program management, documentation accuracy and positive client engagement through positive behavior support (PBS) training in residential group home settings
* Designed, implemented and co-facilitated a process group for female survivors of sexual trauma

2011-2012 **Healthy Families Arizona**

**Phoenix, Arizona**

**Family Support Specialist** Provided home visiting and home- based intervention services to pregnant women and families with newborns identified “at risk.”

* Consistently met encounter expectations for caseload monthly
* Enhanced parent-child interactions through systematic implementation of the PORTAGE system model
* Increased child welfare through consultation with Child Protective Services

2010-2011 **Hearing and Speech Center of Northern California**

**San Francisco, California**

**Clinical Intern** Provided individual psychodynamic and humanistic oriented psychotherapy to clients and family of clients coping with adjusting to and identity surrounding hearing loss

* Co-facilitated a task group for youth diagnosed with hearing loss to facilitate social support

2009-2010 **Bay Area Addiction Research and Treatment**

**San Francisco, California**

**Clinical Intern** Provided individual and group psychodynamic psychotherapy for diverse clients including low-income, homeless, and minority populations diagnosed with opioid dependency at a methadone clinic

* Co-led and facilitated an art therapy group with a fellow intern

**Publications**

Vaughn, M., Silver, K., Murphy, S., Ashbaugh, R., & Hoffman, A. (2014). Women with

disabilities discuss sexuality in San Francisco focus groups. *Sexuality and Disability,* doi:http://dx.doi.org/10.1007/s11195-014-9389-x

**Conference Presentations**

**Oral**

**Kristen Ray, Sophia Murphy. “**Turn the Chair Around: The Art of Integration.” Integrated Healthcare Conference. March 6, 2018. Scottsdale, AZ.

**Sophia Murphy. “**Healthy Balance: An Intervention Designed to Manage Comorbid Chronic Pain and Depression through Lifestyle Change.” Integrated Healthcare Conference. March 7, 2017. Scottsdale, AZ.