

# SEBASTIAN MITCHELL BARR, PH.D.

617-299-6263  
drsebastianbarr@gmail.com  
Cambridge, Massachusetts

## EDUCATION

---

- Ph.D.** Counseling Psychology 2018  
University of Louisville
- Dissertation: *Understanding the relationship between anti-transgender bias, non-affirmation, and post-traumatic stress: A model of internalized transphobia-mediated post-traumatic stress*
- B.A.** Psychology 2010  
Smith College

## ADVANCED CLINICAL TRAINING

---

- Post-Doctoral Clinical and Research Fellow, Program for Psychotherapy 2018 – 2020  
Cambridge Health Alliance / Harvard Medical School
- Psychology Intern 2017 – 2018  
Cambridge Health Alliance / Harvard Medical School

## CLINICAL & CONSULTING EXPERIENCE

---

- Per Diem Mental Health Consultant 2021 – present  
Trans Teens and Families Narratives Project  
Boston Children's Hospital
- Trans Mental Health and Clinical Consultant 2020 – present  
Independent Practice
- Community Mentor on Trans Health and Research 2020  
Sam W. Ho Health Justice Scholars Program  
Tufts University School of Medicine
- Assistant Consultant on Gender and Sexuality Diversity in PreK-12 Schools 2010 – 2012  
Team Finch Consultants

## PRE-DOCTORAL SUPERVISED CLINICAL EXPERIENCE

---

- Clinician, Trauma-Focused Psychotherapy 2016 – 2017  
VHA Lexington – PTSD Clinical Team

Updated March 2021

|   |             |
|---|-------------|
| Clinician, Gender-Affirming Psychotherapy<br>Compass Counseling and Psychological Services, PLLC          | 2015 – 2016 |
| Neuropsychological Assessment Clinician<br>Compass Counseling and Psychological Services, PLLC            | 2015 – 2016 |
| Mental Health Outreach Coordinator<br>University of Louisville Counseling Center                          | 2015 – 2016 |
| Assessment Clinician<br>Brighter Futures, PLLC  | 2015        |
| Clinician, Gender-Affirming Assessment & Group Therapy<br>Private Practice                                | 2015        |
| Clinician, Child and Family Psychotherapy<br>Seven Counties Services – Transitions Trauma Team            | 2014 – 2015 |
| Clinician, Trauma-Focused Psychotherapy with Servicemembers<br>University of Louisville Depression Center | 2013 – 2015 |

## PUBLICATIONS

---

- O'Banion, D., & **Barr, S.M.** (in press). Taking a gender-affirming sexual history. *Fenway Guide to Trans- and Gender-Diverse Health Care*. Forthcoming textbook to be published by McGraw-Hill.
- Silver, Z., Coger, M., **Barr, S.M.**, & Drill, R. (2020). Psychotherapy at a public hospital in the time of COVID-19: Telehealth and implications for practice. *Counselling Psychology Quarterly*. doi: 10.1080/09515070.2020.1777390
- Snyder, K. E., Fong, C. J., Painter, J. K., Pittard, C. M., **Barr, S.M.**, & Patall, E. A. (2019). Interventions for academically underachieving students: A systematic review and meta-analysis. *Educational Research Review*, 28. doi: 10.1016/j.edurev.2019.100294
- Puckett, J. A., **Barr, S.M.**, Wadsworth, L. P., & Thai, J. L. (2018). Considerations for clinical work and research with transgender and gender diverse individuals. *Behavior Therapist*, 41 (5), 253-263. <http://www.abct.org/docs/PastIssue/41n5.pdf>
- Snyder, K. E., **Barr, S.M.**, Honken, N. B., Heuser, A. R., & Ralston, P. (2018). Navigating the first semester: An exploration of short-term changes in motivational beliefs among engineering undergraduates. *Journal of Engineering Education*, 107, 11-29. doi: 10.1002/jee.20187
- Gabel, C.P., Cuesta-Vargas, A., **Barr, S.M.**, Black, S.W., Osborne, J.W., & Melloh, M. (2016). Confirmatory Factor Analysis of the Neck Disability Scale, comparing patients with whiplash

associated disorders to a control group with non-specific neck pain. *European Spine Journal*. doi: 10.1007/s00586-016-4543-z

**Barr, S.M.**, Budge, S.L., Adelson, J. (2016). Transgender belongingness as a mediator between strength of transgender identity and well-being. *Journal of Counseling Psychology*, 63, 87-97. doi: 10.1037/cou0000127

Bryan, J., **Barr, S.M.**, Overtree, C., & Manginge, J. (2015). *Letting go of the binary: Comparing categorical and continuous measures of sex, gender, and sexuality* [White paper].

#### MANUSCRIPTS UNDER REVIEW

---

**Barr, S.M.**, Snyder, K.E., Adelson, J., & Budge, S.L. (under revision). Post-traumatic stress in the trans and gender diverse community: The roles of anti-transgender bias, non-affirmation, and internalized transphobia

#### SELECTED ACADEMIC CONFERENCE PRESENTATIONS

---

Blasdel, G., St. Amand, C., Grimstad, F., Everhart, A., & **Barr, S.M.** (2020, November). Trans care consent models: Enhancing consent practices in gender affirming hormone therapy. Mini Symposium presented at the 26th Scientific Symposium of the World Professional Association of Transgender Health, Virtual Conference.

**Barr, S.M.** 2018. Non-affirmation and exposure to anti-transgender bias related to increased severity of PTSD symptoms: Evaluating a model of partial mediation by internalized transphobia. In J. Shipherd (Discussant), *Understanding the experience of trauma and minority stress in lesbian, gay, bisexual, and transgender populations: Implications for conceptualizations, practice, and policy*. Symposium presented at the International Society for Traumatic Stress Studies Annual Meeting, Washington, D.C.

Hayes-Skelton, S., **Barr, S.M.**, Montoya, H., Puckett, J.A., & Wadsworth, L.P. (2018, April). Enhancing the cultural sensitivity of psychosocial interventions for anxiety and depression when working with LGBTQ+ clients. Roundtable presented at the ADAA Anxiety and Depression Conference, Washington, D.C.

**Barr, S.M.**, Thai, J.L., & Keo-Meier, C. (2017, February). Examining White and POC transgender men's non-linear decrease in depression, anxiety, and stress symptoms across the first year of testosterone treatment. In S. Budge (Discussant), *Recent research on transgender men's psychological distress: Focusing on risk factors, protective factors, and impact of gender transition*. Symposium presented at USPATH Scientific Conference, Los Angeles, CA.

**Barr, S.M.**, & Budge, S.L. (2016, August). Experiences of self-esteem and well-being for individuals with non-binary gender identities. In S. Chang (Discussant), *Identity processes, well-being, and emotional processes for individuals with non-binary identities*. Symposium presented at the annual meeting of the American Psychological Association, Denver, CO.

Rosenkrantz, D.E., & **Barr, S.M.** (2016, August). Validating the subscales of the Objectified Body Consciousness Scale in a population of trans women. In Ruth E. Fassinger (Discussant),

*Emerging areas of science, practice, and education with LGBTQ women.* Symposium presented at the annual meeting of the American Psychological Association, Denver, CO.

- Keller, B.L., **Barr, S.M.**, & Budge, S.L. (2014, August). “For every bad, there’s 40 good things that happen”: A qualitative approach to understanding the positive emotional experiences of trans\* women. In I. dickey (Discussant), *The other side of the story: Trans\* individuals’ experiences of positivity and resilience.* Symposium presented at the meeting of the American Psychological Association, Washington, D.C.
- Barr, S.M.**, & Budge, S.L. (2013, June). The role of identity integration in the emotional well-being of post-transition individuals. In *WPATH graduate research symposium.* Symposium presented at the Philadelphia Trans Health Conference, Philadelphia, PA.
- Budge, S.L., & **Barr, S.M.** (2013, April). Emotional and identity processes of trans\* youth: A developmental approach. Paper presented at the Biennial Meeting of the Society for Research on Child Development, Seattle, WA.
- Barr, S.M.**, Stahl, A., Manthos, M., & Budge, S.L. (2012, November). “It means there aren’t any rules and you don’t have to ascribe to a specific binary”: A qualitative examination of genderqueer identity. Paper presented at the Chicago LGBTQ Health & Wellness Conference, Chicago, IL.

---

#### **SELECTED INVITED OUTREACH AND PROFESSIONAL PRESENTATIONS/WORKSHOPS**

- Barr, S.M.** (2021, November). Traumatic stress in the transgender community. To be presented virtually at Traumatic Stress course conference offered by Harvard Medical School and Cambridge Health Alliance.
- Barr, S.M.** (2021, April). Working effectively and affirmingly with trans and gender diverse patients. To be presented virtually at Psychiatry Department Grand Rounds, Beth Israel Deaconess Medical Center, Boston, MA.
- Matsuno, E. & **Barr, S.M.** (2021, March). Affirmative psychotherapy with trans and nonbinary clients. Virtual workshop offered through Society for Counseling Psychology.
- Barr, S.M.** (2021, February). Traumatic impact of oppression and marginalization: Expanding our understanding of trauma within the trans population. Virtual presentation offered to The Brookline Center for Community Mental Health, Brookline, MA.
- Barr, S.M.** (2020, December). Conducting meaningful, impactful, and affirming research with marginalized populations: A critical trans research framework. Virtual session to offered to Health Justice Scholars at Tufts University School of Medicine, Boston, MA.
- Barr, S.M.** (2020, November). Trans mental health research. Virtual Q&A offered to Hanover College community, Hanover, IN.
- Barr, S.M.** (2020, September). Mental health and wellness: Risk, resilience, and coping in the trans community. Invited virtual lecture for Kentucky Health Justice Network.

- Barr, S.M.** (2020, February). The pathologization of gender diversity: What the psy fields get wrong about transgender people. Invited lecture at University of Girona, Girona, Spain.
- Barr, S.M.** (2020, February). Healing requires recognition: Making space for and naming the traumatic impact of bias and non-affirmation on trans people's lives and health. Invited lecture at Faber Residency, Olot, Spain.
- Barr, S.M.** (2019, November). Impact of trans identity and transition history on clinical perspective. Presented at Sex, Gender, and Sexuality offered by Harvard Medical School, Boston, MA.
- Barr, S.M.** (2019, September). Mental health considerations when working with the trans and gender diverse community. Presented as part of symposium during Department of Medicine Grand Rounds at Cambridge Health Alliance / Harvard Medical School, Cambridge, MA.
- Barr, S.M.** (2019, April). Effective and affirming clinical work with transgender and gender diverse young adults. Presented at Treating Young Adults: Mental Health Risks and Challenges offered by Harvard Medical School and Cambridge Health Alliance, Boston, MA.
- Barr, S.M.** (2019, March). A Fantastic Woman: What Marina's story can help us understand about trauma and resilience in the trans community. Talk given accompanying a film screening for the Massachusetts chapter of the National Association of Social Workers, Newton, MA.
- Barr, S.M.** (2018, November). Considerations for clinical work with transgender and gender diverse students. Invited professional development workshop at American University Counseling Services, Washington, D.C.
- Barr, S.M., & Barr, K.R.** (2016, July). Introduction to transgender youth and their needs in a primary care setting. Invited presentation to doctors, nurses, and staff, Novant Health – Steelecroft Pediatrics, Charlotte, NC.
- Barr, S.M. & Roane, S.J.** (2016, June). Effectively addressing comorbid issues in affirmative therapy with trans clients. Workshop presented as part of the professional training track at the Philadelphia Trans Health Conference. Philadelphia, PA.
- Barr, S.M.** (2015, January). Coping 101: A primer on helpful coping for trans youth. Workshop presented to trans youth and mentors, Louisville Youth Group, Louisville, KY.
- Barr, S.M.** (2015, June). A review of trans psychology and mental health. Invited presentation to mental health clinicians, medical healthcare providers, transgender community members, and allies, Charlotte, NC.
- Barr, S.M., Eleazer, J., Nguyen, Y., & Budge, S.L.** (2014, January). "I just want to deal with it on my own": Learning helpful coping strategies related to trans\* stressors. Workshop presented to active duty transgender services members at a confidential conference.
- Budge, S.L., **Barr, S.M.**, & Orovecz, J. (2013, April). LGBTQ+ identities in college. Invited presentation to undergraduate students, graduate students, faculty, and staff, Georgetown College, Georgetown, KY.

Budge, S.L., **Barr, S.M.**, Orovecz, J., & Rossman, H.K. (2012, November). Clinical work with LGBT youth. Workshop presented at the Annual Kentucky Psychological Association Conference, Louisville, KY.

**Barr, S.M.** (2011). Trans\* 101: A training for students, faculty, and administrators. Invited presentation to undergraduate students, faculty, and staff, Hendrix College, Hendrix, AR.

#### **PROFESSIONAL RECOGNITION**

---

|  |      |
|--|------|
| QLGBTI Residency<br>Faber-Llull Institute  | 2020 |
| Student Research Award and Grant<br>World Professional Association for Transgender Health  | 2017 |
| Inaugural Meeting Scholarship<br>U.S. Professional Association for Transgender Health  | 2017 |
| Transgender Research Award<br>American Psychological Association Society for the Psychology of Sexual Orientation & Gender Diversity | 2014 |

#### **ADDITIONAL RELEVANT EXPERIENCE**

---

|  |             |
|--|-------------|
| Trans Youth Advisor<br>Community Action Youth Programs | 2010 – 2012 |
|--|-------------|

#### **ACADEMIC TEACHING EXPERIENCE**

---

##### **University of Louisville**

###### Graduate Level

|  |             |
|--|-------------|
| Guest Lecturer, <i>Human Development</i> (ECPY 605)                      | Spring 2016 |
| Adjunct Instructor, <i>Human Growth &amp; Development</i> (ECPY 507/607) | Fall 2015   |
| Guest Lecturer, <i>Human Development</i> (ECPY 605)                      | Spring 2015 |
| Teaching Assistant, <i>Human Growth &amp; Development</i> (ECPY 507/607) | Fall 2014   |
| Teaching Assistant, <i>Human Growth &amp; Development</i> (ECPY 607)     | Spring 2014 |
| Teaching Assistant, <i>Human Growth &amp; Development</i> (ECPY 507/607) | Fall 2013   |
| Guest Lecturer, <i>Differential Diagnosis &amp; Treatment</i> (ECPY 621) | Spring 2013 |
| Teaching Assistant, <i>Evaluation &amp; Measurement</i> (ECPY 540)       | Spring 2013 |
| Teaching Assistant, <i>Evaluation &amp; Measurement</i> (ECPY 540)       | Fall 2012   |

###### Undergraduate Level

|  |           |
|--|-----------|
| Guest Lecturer, <i>Learning Theory &amp; Human Growth/Development</i> (ECPY 107) | Fall 2014 |
|--|-----------|

##### **Additional Institutions**

University of Girona, Spain, Undergraduate Level

|  |             |
|--|-------------|
| Guest Lecturer, <i>Deconstructing Psychopathology</i>  | Spring 2020 |
| <u>University of Utah, Graduate Level</u><br>Guest Lecturer, <i>Multicultural Counseling</i> (EDPS 6360) | Spring 2019 |

## **SERVICE**

---

### Editorial Activities

|  |                |
|--|----------------|
| Consulting Editor<br><i>Psychology of Sexual Orientation and Gender Diversity</i>        | 2020 – present |
| Ad Hoc Reviewer<br><i>Journal of Counseling Psychology</i>                               | 2020 – present |
| Consulting Editor<br><i>Psychotherapy</i>  | 2019 – present |
| Ad Hoc Reviewer<br><i>Psychology of Sexual Orientation and Gender Diversity</i>          | 2019 – 2020    |
| Ad Hoc Reviewer<br><i>Psychotherapy</i>  | 2017 – 2020    |
| Ad Hoc Reviewer<br><i>Transgender Health</i>   | 2017           |
| Reviewer<br>Psychology of Sexual Orientation and Gender Diversity Student Research Award | 2014 – 2016    |

### Professional Service

|  |                |
|--|----------------|
| Member, Awards & Recognition Committee<br>APA Division 17 (Society for Counseling Psychology)                              | 2021 – present |
| Chair, Communications Committee<br>APA Division 44 (Society for the Psychology of Gender and Sexuality Diversity)          | 2020 – present |
| Member, Task Force on Diversity, Equity, and Inclusion<br>Massachusetts Psychological Association                          | 2019 – 2020    |
| Member, Gender-Affirming Healthcare Consultation Listserv  | 2019 – present |
| Member, Trans Health Equity Committee<br>Cambridge Health Alliance   | 2018 – 2020    |
| Member, Gender & Sexuality Diversity Clinical Team / Consult Service<br>Cambridge Health Alliance / Harvard Medical School | 2018 – 2020    |

Co-Chair, Communications Committee  
APA Division 44 (Society for the Psychology of Gender and Sexuality Diversity) 2018 – 2020

Community Service

Equity Officer  
ACLU of Kentucky 2014

Member, Board of Directors  
ACLU of Kentucky 2013 – 2016

Mentor  
Louisville Youth Group 2013 – 2014

Writer/Blogger on Trans Experiences and Issues  
Multiple outlets, including xxboy and Autostraddle 2012 – 2016