

ALEEYA SAWYER, M.S., M.A.

Baltimore, Maryland 21202

LICENSURE

Maryland State Board of Examiners of Psychologists

June 2025-Present

Registered Psychology Associate #A01071

EDUCATION

Loyola University Maryland (Baltimore, Maryland)

September 2023-Expected May 2028

Doctor of Psychology in Clinical Psychology

Loyola University Maryland (Baltimore, Maryland)

September 2023- January 2025

Master of Science in Clinical Psychology

University of Denver (Denver, Colorado)

September 2021- June 2023

Master of Arts in Sport and Performance Psychology

Howard University (Washington, D.C.)

August 2017-May 2021

Bachelor of Science in Psychology

Minor in Sports Administration

Summa Cum Laude

Howard University Women's Soccer (Team Captain)

CLINICAL AND RELATED EXPERIENCES

Laurel & Oak Psychological Services, LLC (Baltimore, Maryland)

February 2026-Present

Psychology Associate

Supervisor: Dr. Rebecca Gras, PsyD

- Provide weekly individual psychotherapy to adult clients presenting with a wide array of presenting concerns.
- Develop and collaborate with clients to create individual treatment plans catered towards their presenting concerns and treatment goals.
- Participate in weekly individual supervision to discuss clinical cases, sharpen diagnostic and conceptualization skills, and advance professional development.

Loyola University Maryland Counseling Center (Baltimore, Maryland)

September 2025-Present

Doctoral Extern

Supervisor: Dr. Kourtney Bennett, PhD and Dr. Ryan Sappington, PhD.

- Provide individual psychotherapy to a caseload of 8–10 young adult clients within a brief therapy model, addressing concerns related to anxiety, depression, adjustment difficulties, and interpersonal challenges.
- Participate in weekly individual supervision and didactic seminars to support ethical practice and ongoing professional development.
- Complete monthly cultural journal reflections to aid in exploration and awareness of how my identities shape my experiences with clients, my approach to counseling, and my professional development as a whole.
- Engage in weekly case consultation and group supervision with peers and supervisors to present cases, gather feedback, and enhance clinical conceptualization.
- Facilitate two 90-minute Anxiety Toolbox workshops each semester to support students in understanding and managing anxiety symptoms.

Student-Athlete Mental Health Services Extern

- Provide individual psychotherapy to Loyola University Maryland student-athletes experiencing a broad range of performance related challenges such as performance anxiety, confidence, injury recovery, and stress management.
- Conduct workshops and outreach initiatives (e.g. Team specific workshops, Coaches' Corner, Introductory meetings) with Loyola University Maryland athletics to support student-athlete well being, enhance athlete

support services, and foster relationships.

- Engage in monthly didactic seminars on sport psychology topics such as Working with Women of Color Athletes and Postmodern Approaches to Therapy.

BrykMinds LLC (Baltimore, Maryland)

September 2025-December 2025

Pre-Doctoral Extern

Supervisor: Dr. Bradley Bryk, PsyD

- Engaged in preparation to provide individual virtual psychotherapy to adults and children presenting with a broad range of performance-related concerns.
- Gained insight into the operations and clinical practices of a private practice setting, including case management, treatment planning, and rapport building.
- Participated in weekly individual supervision to support ethical practice and advance professional development.

Loyola Clinical Centers (Baltimore, Maryland)

September 2023-August 2025

Second Year Graduate Clinician

September 2024-August 2025

Supervisors: Dr. Bella Schiro, PsyD (Adult Individual Therapy); Dr. Brittany Nesbitt, PsyD (Child Assessment); Dr. Cara Jacobson, PsyD (IPT Group Therapy)

- Provided psychotherapy to adult individuals with depressive disorders, anxiety disorders, neurodevelopmental disorders, and behavioral difficulties.
- Conducted comprehensive psychoeducational assessments with children presenting with a diverse range of symptoms, including but not limited to attention, learning, anxiety, trauma, and personality functioning.
- Wrote interpretive reports for clients, parents, and schools to assist in creation of IEPs and provide oral and written feedback to discuss findings of the assessment with the clients.
- Co-facilitated an adult interpersonal psychotherapy group aimed at enhancing interpersonal functioning and supporting emotional well-being.
- Attended weekly individual and group supervision to facilitate ethical practice and professional development.

First Year Graduate Clinician

September 2023-August 2024

Supervisors: Dr. Amanda Thomas, PhD. (Child Intake); Dr. Douglas Frew, PsyD. (Adult Intake); Dr. Chris Higginson, PhD. (Assessment)

- Conducted psychological assessment intake interviews with children, their caregivers, and adults, to gather relevant history and background information to inform second-year graduate clinician's selection of assessment battery.
- Wrote the background history of assessment reports after conducting clinical interviews to assist second-year graduate clinician in composing the report.
- Observed and provided feedback to other first year graduate clinicians regarding clinical interviewing skills.
- Observed second-year graduate clinicians as they conducted psychoeducational assessments, administered, scored, and interpreted cognitive measures with adult clients.
- Administered, scored, and interpreted one cognitive measure and one academic achievement measure with an adult client.

University of Denver Center for Performance Excellence (Denver, Colorado)

November 2021-May 2023

Performance Consultant

Supervisors: Dr. Breigh Jones-Coplin, PsyD; Dr. Adam O'Neil, PhD.; Dr. Margaret Ottley, PhD.; Dr. Artur Poczwardowski, PhD.; Dr. Jamie Shapiro, PhD.; Dr. Ricki Walker, PhD, CMPC

- Designed, implemented, and executed performance psychology and mental skills interventions for an individual client, an elite club volleyball team, a high school varsity girls' gymnastics team, an Elite Club National League (ECNL) boys' soccer team, and an Elite Club National League (ECNL) girls' soccer team.
- Collaborated with clients to establish both individual and team goals that were specific, measurable, attainable, relevant, and time-based.
- Attended and observed clients' weekly practices and competitions.

- Received 3+ hours per week of face-to-face supervision from licensed supervisors.

TEACHING EXPERIENCE

University of Denver (Denver, Colorado)

September 2022- December 2022

Graduate School of Professional Psychology Teaching Assistant, Theories of Performance Excellence

- Assisted professor with grading assignments and provided in-depth feedback on five first-year graduate students' papers on a weekly basis.
- Provided comprehensive support to first-year graduate students' learning within the classroom setting.
- Addressed students' inquiries and encouraged ongoing dialogue and engagement outside the classroom environment.

ADDITIONAL WORK EXPERIENCE

Loyola University Maryland Recreation and Wellness (Baltimore, Maryland)

August 2023-June 2024

Fitness and Wellness Graduate Assistant

- Demonstrated strong practical skills, knowledge, interpersonal communication, organizational abilities, and reliability to support student recreation center programs and facility operations.
- Collaborated with the Fitness and Wellness Director to execute daily tasks, including staff recruitment, event logistics, and administrative duties, while ensuring alignment with departmental goals and objectives.
- Provided staff motivation and skill-building through individualized feedback and development opportunities to encourage growth and performance within the workplace.

University of Denver Graduate School of Professional Psychology (Denver, Colorado)

September 2021-May 2023

Sport and Performance Psychology Graduate Assistant

- Provided administrative support to the Sport and Performance Psychology faculty, contributing to the operational and organizational efficiency of academic and professional initiatives.
- Applied evidence-based sport psychology principles to enhance task execution to support faculty and student needs.
- Facilitated prospective student engagement through informational meetings, employing effective communication and active listening strategies to address inquiries and promote the University of Denver's Sport and Performance Psychology Program.

LEADERSHIP & VOLUNTEER EXPERIENCE

Loyola University Maryland (Baltimore, Maryland)

August 2024-Present

Member, Multicultural Peer Consultation Group (MPC)

- Engage in peer-led discussions on a variety of clinical topics including client conceptualization, culturally informed treatments, professional dilemmas, cultural considerations, and implicit bias.
- Collaborate, provide, and receive constructive feedback on culturally responsive approaches to clinical cases and professional dilemmas with a diverse group of peers.
- Enhance understanding and awareness of own cultural humility, cultural (missed) opportunities, and cultural comfort.

Loyola University Maryland (Baltimore, Maryland)

May 2024-Present

Doctoral Student Mentor

- Serve as a mentor and resource for an incoming first-year doctoral student.
- Provide guidance to help mentee navigate and address challenges encountered during Loyola's doctoral program.
- Offer tailored support to facilitate mentee's progress toward achieving their personal and professional goals.

GEDCO Cares Epiphany House (Baltimore, Maryland)

May 2024-July 2024

Volunteer

- Created and conducted weekly psychoeducational presentations to the residents of a low-income senior living community.

- Facilitated weekly group discussions between community members and fostered meaningful relationships.
- Collaborated with staff members to address resident needs and enhance community engagement.

The Sistah Network: University of Denver

September 2021- May 2023

Member

- Attended organization meetings held three times per academic quarter to foster professional development and community engagement.
- Networked with other Black women graduate students and faculty members to build meaningful connections.
- Engaged in community service opportunities to provide high school Black women students the opportunity to participate in programming that promotes leadership, academic achievement, and community involvement while developing their Black woman identity.

ASSESSMENT EXPERIENCE

Validity:

- Pediatric Performance Validity Test Suite (PdPVT)

Cognitive:

- Wechsler Adult Intelligence Scale – Fourth Edition (WAIS-IV)
- Wechsler Intelligence Scale for Children – Fifth Edition (WISC-V)

Academic Achievement:

- Wechsler Individual Achievement Test – Fourth Edition (WIAT-4)

Memory, Attention, and Learning:

- Wide Range Assessment of Memory and Learning – Third Edition (WRAML-3)
- Conners Continuous Performance Test – Third Edition (CPT-3)
- Delis-Kaplan Executive Function System (D-KEFS)

Questionnaires and Projectives:

- Behavior Assessment System for Children – Third Edition (BASC-3)
- Conners Comprehensive Behavior Rating Scales (Conners CBRS: Self, Parent, and Teacher Report)
- Diagnostic Interview for Anxiety, Mood, and OCD and Related Neuropsychiatric Disorders
- Sentence Completion Test- Adolescent
- Minnesota Multiphasic Personality Inventory-Adolescent-Restructured Form (MMPI-A-RF)

CONFERENCES ATTENDED

Association for Applied Sport Psychology Southwest Regional Conference (Denver, CO)

April 2022

Attendee

Diversity in Sport Regional Conference (Virtual)

April 2022

Attendee