Sibylle Georgianna, Ph.D.

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# Education

**University of Koblenz-Landau**, Landau, Germany

Ph.D. Social Psychology, (Magna Cum Laude), October 2003 – July 2005

Dissertation: “Intercultural Features of Self-leadership” in collaboration with Dr. Günther F. Müller.

**University of Hamburg,**  Hamburg, Germany

Master of Science, Clinical and Organizational Psychology April 2003

Thesis: “Perceived changeability of the negative reality during goal striving” in collaboration with Drs. Gabriele Oettingen, Carol Dweck, and Peter M.

Gollwitzer.

Teaching experience in graduate level courses such as Industrial and Organizational Psychology, Advanced Psychological Research Methods, Advanced Social Psychology, Educational Psychology, General Psychology (e.g., Developmental Psychology, Cognitive Psychology), Human Sexual Behavior, Physiological Psychology, and Clinical Psychology (e.g., Neurotic, Stress, and Somatic Disorders, Client Centered Therapy, Behavioral Therapy, Casework in Counseling Settings, Methods and Measures of Development, Diagnosis and Treatment of Loneliness).

**University of Hamburg**, Hamburg, Germany

Bachelor of Psychology August 1999

Research Project: “Assessment of leaders’ and followers’ level of motivation in an Investment Bank”.

##### Chamber of Commerce, Cologne, Germany

Bankauffrau (Investment Banking License) January 1998

Developed training protocols to enhance Investment Banking Interns’ during job rotations.

**Work Experience**

**The Leadership Practice, Psychology Consultations Inc. &**

**Affiliated Services by Sexual Health of Orange County** Laguna Hills, CA

***Clinical Psychologist*** September 2015 – Present

Conducted individual and couple’s therapy for patients struggling with sexual dysfunction, sex addiction, betrayal trauma and chronic post-traumatic stress disorder. Conducted trauma reduction therapy via Eye Movement Desensitization Reprocessing (EMDR) Therapy. Conducted group workshops for individuals recovering from sexual addiction and for individuals recovering from post traumatic stress responses to their loved one(s)’ sexual addiction. Developed and conducted interventions with chronic pain patients and sexual addiction patients. Created and facilitated online classes: (1) Maintain Your Change; (2) Professionals’ Resources to Breakthrough; and (3) More Calm with associated closed Facebook groups. Developed and facilitated closed hybrid task groups for individuals with addiction/compulsivity. Created podcast “Your Mental Wellness Podcast for Your Voice and Sanity”. Created and facilitated an online community “Little Did I know” for family members affected by their loved one’s addiction behaviors. Created and moderated confidential blogs for patients with sexual difficulties and their partners. Taught a continuing education workshop at the 2018 California Marriage and Family Therapist Resource Conference on how to teach self-leadership strategies to at-risk women in order to mitigate the risk of sexual compulsivity. Taught a continuing education class on “Healthy Boundary Settings for Adolescents” with InsightTreatment, Pasadena, CA. Conducted leadership interventions for individuals seeking performance enhancement.

**Vanguard University,**  Costa Mesa, CA

***Adjunct Faculty*** January 2014 – July 2017

***Assistant Professor*** August 2017 – July 2019

Taught undergraduate Psychology of Work class. Developed curriculum and course materials for Vanguard’s Master of Science: Organizational Psychology Program and taught Graduate classes (e.g., Introduction to Psychology and Behavior in Organizations; Applied Research and Critical Analysis; Statistics for Organizational Decision Making; Diversity in the Workplace). Ongoing development of mentoring relationships between Organizational Psychology Graduate students to increase the Graduate student network and alumni relationships.

**Dr. Clifford and Joyce Penner and Associates** Pasadena, CA

***Psychological Assistant and Clinical Psychologist*** June 2010 – August 2015

Conducted individual and couple’s therapy.

**Palomar Community College,**  San Marcos, CA

**Irvine Valley College,** Irvine, CA

**Saddleback College,** Mission Viejo, CA

***Adjunct Faculty (part-time)*** August 2008 – July 2015

Taught Introduction to Psychology, Statistics in the Behavioral Sciences, Research Methods in Psychology, Abnormal Psychology, Developmental Psychology, and Behavior Modification classes.

**Irvine Valley College,**  Irvine, CA

***Research and Planning Analyst*** June 2006 – October 2008

Taught a self-leadership strategy in two English writing classes. Conducted research and developed the College’s strategic planning procedure. Assisted programs and departments through preparation of survey and testing tools. Collected, organized, and analyzed data for internal and State reports using both statistical and other means.

**Weightwatchers.com,**  New York, NY

***Database Coordinator*** June 2003 – May 2006

Coordinated data uploads to Weightwatchers’ international websites. Developed an e-learning tool to teach employees and customers the use of interactive technology to improve their mental, emotional, and physical well-being.

**University of Hamburg,**  Hamburg, Germany

***Research Associate*** November 01–April 03

Researched and analyzed psychological factors associated with the work environment. Managed graduate student sub-projects.

**Brown Brothers Harriman & Co.,** Human Resources Management, New York, NY

***Employee Assistance Program Intern*** September 00 – May 01

Developed and implemented an interactive database to engage Brown Brother Harriman’s employees in learning about the improvement of mental health.

**United Nations Headquarters,** Staff Counsellor´s Office, New York, NY

***Staff Counsellor’s Office Intern*** January - May 2001

Developed and implemented an electronic resource tool to teach the Staff Counsellor’s Office’s employees how to help the United Nation’s employees foster their mental, emotional, and physical health.

**Professional Service Experience**

Mentored psychology students to present posters on psychological research at the 4th Annual Irvine Valley College & Saddleback College Student Research Symposium (Fall 2015).

Presented on “Healthy Sexual Boundaries for Adolescents” for continuing education of clinical psychologists and marriage and family therapists at InsightTreatment in Pasadena, CA (Summer 2014).

Developed and coordinated a "surf-and-stats" extracurricular activity with Saddleback's Psi Beta and Psychology club students (since Summer 2013). Extracurricular activity included the analysis of a nautical dataset to predict the amount of fun a surfer can have based on the variables collected.

Research and Statistics Advisor for Saddleback College’s Psi students (since Spring 2013). Projects include the development of a research calendar to outline due dates for research presentations (e.g., at the Western Psychological Association meetings) and the facilitation of monthly statistics meetings.

Sponsored four research projects for inclusion in the 2013 and 2014 Psychology Teachers at Community Colleges (PT@CC) Student Research Contests (since Fall 2012).

Mentored IVC's Phi Theta Kappa students, IVC's Psi Beta and Saddleback's Psi Beta students on how to network with professors at four-year schools (since Fall 2011).

Provided service-learning experience for Introduction to Psychology students at Palomar College (Fall 2009).

Co-chaired Irvine Valley College’s Institutional Effectiveness Committee, Irvine Valley College (from 2007 - 2008).

**Publications and Research Reports**

2021 Georgianna, S., & Müller, G.F. The impact of intuitive and advanced self-lead relaxation strategies on life and work satisfaction. *International Journal of Research in Commerce and Management Studies, (3)4,* 42-59.ISSN 2582-2292

2020 Georgianna, S., & Jagerson, J. The effect of internal locus of control and social- emotional learning on life and relationship satisfaction. *Psychology and Cognitive Science*, 6(2): 31-49. doi: 10.17140/PCSOJ-6-157

2020 Georgianna, S., Müller, G.F., Hohmann, S., & Foley, M. Lead yourself, locally and globally: the validation of the German self-leadership questionnaire for use in the United States. *International Journal of Research in Commerce and Management Studies, (2)5,* 25-44.ISSN 2582-2292.

2020 Georgianna, S., Müller, G.F., Schermelleh-Engel, & K., Lohaus, D. The Effect of Self-leadership and Physical Vitality on Life and Work Satisfaction. *International Journal of Research in Commerce and Management Studies, 2(2),* 26-42. ISSN 2582-2292.

2017 Georgianna, S. Seven Ways To (Re)Kindle Desire. Amazon Digital Services LLC. ASIN: B075RQFWTZ.

2016 Georgianna, S., Müller, G.F., Schermelleh-Engel, K., & Petersen, B.

Entrepreneurs' Job Satisfaction and Its Relationship to Super-Leadership and Self-Leadership. *Journal of Research in Business, Economics and Management, 6(3),* 928-940. ISSN: 2395-2210*.*

2015 Georgianna, S. Addressing Risk Factors Associated With Women’s Sexually Compulsive Behaviors Through Psycho-Education And Self-leadership Development. *Sexual Addiction & Compulsivity: The Journal of Treatment and Prevention, 22 (4),* 314-343*.* doi: 10.1080/1072162.2015.1072489

2015 Georgianna, S. (2015). Assessing and Developing Entrepreneurs’ Self-Leadership and Super-Leadership. *Journal of Entrepreneurial and Organizational Management, 4,* 146. doi:10.4172/2169-026X.1000146.

2013 Müller, G. F., Georgianna, S., Schermelleh-Engel, K., Roth, A.C., Roth, W.A., Sauerland, M., & Muessigmann, M.J. Super-leadership and work enjoyment: direct and mediated influences. *Psychological Reports: Employment Psychology & Marketing, 113 (3*), 804-821.

2010 Müller, G. F., Georgianna, S., & Roux, G. Self-leadership and Physical Vitality. *Psychological Reports, 107* (2), 383-392*.*

2010 Ingredients For and Fruits of Academic Success: A Comparison of Two-year and Four-year Students’ Academic Goal Striving. *Report to Willard Hom, Director of Research & Planning for the System Office of the California Community Colleges.*

2009 Fostering Student Success: An Exploratory Study in English Writing Classes. *Journal of Applied Research in Community Colleges, 158 (2),* 1-24 *.*

2009 A Study of Individuals’ Goal Striving In the Kurdish Zone of Iraq. *Report to the Governing Council of the Kurdish Zone of Iraq.*

2007 Self-leadership: A Cross-cultural Perspective. *Journal of Managerial Psychology, 22(6),* 569-589.

2007 *Self-leadership and Goal-striving across Cultures: A Comparison of United States and Chinese Undergraduate Students*. Mellen Press: New York, NY.

1. *Intercultural Features of Self-leadership.* Shaker Press, Aachen, Germany.

**Conference Presentations**

2019 Co-presented at the 2019 ARC Resource conference on the topic “It’s all about the data: Using Environmental Scans for Strategic Planning.

2019 Facilitated a workshop at the 2019 Ensure Justice Conference on (Mis) Perceptions & What To Do About Betrayal Trauma and Moral Injury: A Breakout Session for (Current And Future) Educators and Individuals in Helping Professions.

2019 Co-facilitated a workshop on betrayal trauma and moral injury: strategies from trauma to empowerment at the 2019 Advancing Women in Leadership (AWIL) Conference.

2018 Co-facilitated a workshop at Vanguard University of Southern California’s Creating Healthy Organizations conference. Workshop was titled “How to Create Customized Employee Profiles for Work Enjoyment & Productivity” (with Jim Hill, Director of HR & Technology at Quadrant Law, and Michael Gomez, Ed. D.)

2018 Co-facilitated a workshop at Vanguard University of Southern California’s Creating Healthy Organizations conference. Workshop was titled “Put the Oxygen Mask on First: Resilient Coping and Productivity”.

2018 Co-facilitated a Project Incubator on Using Environmental Scans for the Talent Acquisition and Management Process.

2018 Co-presented at the 2018 California Marriage and Family Therapist Conference. Workshop was titled “Risk factors associated with young women’s sexuality”.

2018 Co-presented a poster at the 30th Association for Psychological Science Annual Convention on Creating Positive Work Environments: Perceived Organizational Support, Voice, and Engagement.

2017 Co-presented at Vanguard University of Southern California Healthy Organization: The Science and Practice of Productivity and Well-being conference on Individual and Contextual Variables in Organizational Health – Empirical Investigations on Job Satisfaction and Well-being Through Self- and Super-leadership.

2013 Poster presentation on “Self-leadership and Sexual Compulsivity in Females: Empowering Females to Master Compulsive Sexual Behaviors Through The Use Of Self-leadership Strategies” at the 2013 Annual Convention of the American Psychological Association.

2013 Presentation “Your Phone: Friend or Foe?” at the Saddleback College Psychology Week, Fall 2013.

2013 Presentation “From Automated Unconsciousness to Empathetic Mindfulness” at the

Saddleback College Psychology Week, Spring 2013.

2012 Poster presentation on “Self-leadership Strategies: Universal or cultural? An Analysis of Self-leadership Strategies Used By American, German, Belgian, and Irish Students” at the 2012 Annual Convention of the American Psychological Association.

2011 Panel presentation on “Ingredients For and Fruits Of Academic Success: A Comparison of Two-Year and Four-Year Students’ Goal-Striving” at the Annual Southern California Student Success Conference.

2011 Panel presentation “Helping Careers in Psychology Career Panel” during Saddleback College’s Psychology Week, Spring 2011.

2010 Poster presentation on “Individuals’ Goal Striving In the Kurdish Zone of Iraq” at the 2010 Annual Convention of the American Psychological Association.

2008 Poster presentation on “When East meets West: Similarities of and Differences between Chinese and U.S. Undergraduate Students” at the 2008 Annual Convention of the American Psychological Association.

2008 Poster Presentation on “Fostering Student Success: An Exploratory Study in English Writing Classes” at the Annual Convention of the California Community College Research and Planning Group.

2006 Poster presentation on “Intercultural Features of Self-leadership at the 2006 Annual Convention of the American Psychological Association.

**Professional Memberships**

American Psychological Association.

**Professional Licenses**

Psychologist by the Board of Psychology, CA.

Certified Eye Movement Desensitization and Reprocessing (EMDR) Therapist (EMDR International Association).

Certified Sex Addiction Therapist (International Institute for Trauma and Addiction Professionals).

Clinical Partner Specialist (Association of Partners of Sex Addicts Trauma Specialists).

Certified Sex Therapist (Institute of Sexual Wholeness, Atlanta, GA).

**Awards**

2007 The Irvine Valley College Administrators Award for Excellence.

1998 Honors for Extraordinary Academic Performance, Chamber of Commerce, Cologne, Germany.

**Grants**

2015 Stipend to statistically analyze the Money and Adaptive Work Style Inventory (MAWASI).

2009 Stipend to implement Service Learning in Introduction to Psychology class at Palomar College.

2004 Third-Party Funding, University of Koblenz-Landau, Germany.

2002 “Funding for Completing Master’s Research Abroad,” German Academic Exchange Service (DAAD).

**Skills**

Fluent in English, French and German. Experienced with MS Word, Power Point, Excel, Access, FrontPage/ HTML, SPSS, LISREL, Infusionsoft.

**Interests**

Classical music (Mahler); cross-cultural psychology; surfing.

**Immigration Status**

Green Card (Permanent Residence Status).