

October 31, 2010

**Cody L. Hobza, M.A.**

Ph.D. Candidate: Counseling Psychology Program  
Department of Educational Psychology  
The University of Texas at Austin

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**EDUCATION:**

<b>Ph.D. Candidate</b>	Counseling Psychology University of Texas at Austin	Expected Graduation: July, 2013
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Dissertation Title: *Individual Differences and the Effects of Viewing Ideal Media Portrayals on Body Satisfaction and Drive for Muscularity: Testing New Moderators for Men.*  
Chair: Aaron Rochlen, Ph.D.  
Proposed: September, 2010

**Master of Arts**      Counseling Psychology      May, 2006  
The University of Nebraska-Lincoln

<b>Bachelor of Science</b>	Psychology Business Administration minor Wayne State College (Wayne, NE) <i>Magna cum laude</i>	May, 2003
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**HONORS:**

- **2010 Counseling Psychology Excellence in Research Award.** The Department of Educational Psychology, University of Texas at Austin. Award received and research presentation given on May 5, 2010.
- **2007 Outstanding Student of the Year.** Division 51 of the American Psychological Association (Society for the Psychological Study of Men and Masculinity). Award received at the 2007 APA Convention in San Francisco, CA.

- **Division 51 Presentation Proposal Reviewer.** 2006-2009 APA Conventions.
- **2006 Joseph L. Henderson and Katherine D. Henderson Foundation Student Scholarship.** University of Texas at Austin.
- **Undergraduate Dean's List:** Four semesters. Wayne State College, Wayne NE.
- **2005 Nebraska Energy Federal Credit Union Continuing Education Scholarship.** Nebraska Energy Federal Credit Union, Columbus NE.
- **Second Place; 2003 Great Plains Student Psychology Convention.** University of Nebraska-Kearney, Kearney NE.
- **2003 Employee of the Year Nominee.** Behavioral Health Specialists, Norfolk NE.
- **2003 Achievement Recognition Award.** Psychology Department, Wayne State College, Wayne NE.
- **Undergraduate President's List:** Three semesters. Central Community College, Columbus NE.
- **Multiple Travel Awards.** University of Nebraska—Lincoln College of Education, University of Texas at Austin Department of Educational Psychology.

## CLINICAL EXPERIENCE:

September 2009 – Present  
Doctoral Practicum Trainee

**Sumpter & Gonzalez, LLC** (Austin, TX)  
Supervisor: Stephen A. Thorne, Ph.D.

- Conduct forensic evaluations and psychotherapy in a law firm setting and in prison/detention centers.
- Provide psychological consultation to assist defense attorneys with criminal cases.
- Population served is diverse in all demographics including gender, age, race, ethnicity, sexual orientation, and socioeconomic status.

August 2008 – May 2009  
Doctoral Practicum Trainee

**Capitol Area Mental Health Center** (Austin, TX)  
Supervisors: Sherry Dickie, Ph.D, Frank Cohn, LPC

- Conducted outpatient individual psychotherapy with a diverse community population.
- Served adults and adolescents presenting with a broad range of mental health problems including Major Depressive Disorder, Anxiety Disorders/OCD, ADHD, Bipolar Disorder, Schizoaffective Disorder, dissociative symptoms, and Axis II Personality Features.

August 2007 – August 2008  
Doctoral Practicum Trainee

**San Marcos Residential Treatment Center** (San Marcos, TX)  
Supervisors: John Gould, Ph.D., Walter Harrell, Ph.D.

- Conducted cognitive, academic, personality, and neuropsychological assessments with a diverse, inpatient adolescent population.
- Co-led weekly CBT group therapy sessions.
- Served clients presenting with a broad range of mental health problems including Major Depressive Disorder, Anxiety Disorders, Bipolar Disorder, Schizophrenia, Mental

Retardation, Autism Spectrum Disorders, Learning Disorders, Impulse-control Disorders, Conduct Disorder, and Axis II Personality Features.

August 2005 – December 2005      **Centerpointe Adult Residential Dual-Diagnosis Treatment Center** (Lincoln, NE)  
Master's Practicum Trainee

Supervisors: Deenie Tarver, Ph.D., Mary Howell, LMHP, LDAC

- Conducted individual and group therapy with dually-diagnosed (chemical dependency/major mental health) inpatient adults.
- Facilitated bi-weekly men's groups.
- Population served was diverse in most demographics including gender, age, race, ethnicity, and sexual orientation.
- Served clients presenting with a broad range of mental health problems including chronic substance abuse, Schizophrenia, Schizoaffective Disorder, Major Depressive Disorder, Bipolar Disorder, Anxiety Disorders/OCD, ADHD, Pain Disorder, and Axis II Personality Features.
- Formulated and implemented client treatment plans.

January 2005 – July 2005      **University of Nebraska Counseling and School Psychology Clinic** (Lincoln, NE)  
Master's Practicum Trainee

Supervisors: Michael J. Scheel, Ph.D., Oksana Yakushko, Ph.D., Tanya Razzhavaikina, M.A.

- Conducted individual therapy with a diverse community/forensic adult population.
- Population served was diverse in most demographics including gender, race, ethnicity, and socioeconomic status.

January 2005 – May 2005      **Lincoln Northeast High School Academic Counseling Center** (Lincoln, NE)  
Master's Practicum Trainee

Supervisor: Michael, J. Scheel, Ph.D.

- Conducted academic and psychological counseling with low-achieving high school students.

## **PUBLICATIONS:**

### ***Journal Articles***

Hobza, C. L., & Rochlen, A. B. (2009). Gender role conflict, drive for muscularity, and the effects of ideal media portrayals on men. *Psychology of Men & Masculinity*, 10, 120-130.

Hobza, C. L., Walker, K. E., Yakushko, O., & Peugh, J. L. (2007). What about men? Social comparison and the effects of media images on body and self-esteem. *Psychology of Men & Masculinity*, 8, 161-172.

## **Book Chapters**

Hobza, C. L. (2011). Sex and Gender (contributing author). In L. A. Moore, S. L. Caples, B. E. Rodarte-Luna, M. K. Baker, M. R. Whilde & M. S. Stout (authors.), *Issues and Debates in Life Development* (pp. 138-141). Austin, TX: Self-published.

## **PRESENTATIONS:**

Finley, A., & Hobza, C. L. (August, 2008). *Adolescents and Body Image*. Presentation given at the 25<sup>th</sup> Annual Conference on Service to Youth and Families. Austin, TX.

Hobza, C. L., & Rochlen, A. B. (August, 2007). *Gender role conflict and the impact of ideal media portrayals on men*. Poster presented at the Annual Convention of the American Psychological Association (APA). San Francisco, CA.

Hobza, C. L., Hoffman, T., & Bitz, A. (August, 2007). *Real Men. Real Depression: Bringing the campaign to campus*. Poster presented at the Annual Convention of the American Psychological Association (APA). San Francisco, CA.

Hobza, C. L., & Yakushko, O. (August, 2005). *Evolution and effects of media on male body and self-esteem*. Poster presented at the Annual Convention of the American Psychological Association (APA). Washington, D. C.

Hobza, C. L. (March, 2003). *What about men? Evolution and the effects of media images on body and self-esteem*. Poster presented at the Great Plains Student Psychology Convention. University of Nebraska-Kearney, Kearney, NE.

## **OTHER RESEARCH EXPERIENCE:**

2003 – Present                    **Independent research.** Studying the relationship between viewing ideal media portrayals of men and body dissatisfaction/drive for muscularity, as well as factors impacting that relationship.

Doctoral Dissertation: *“Individual Differences and the Effects of Viewing Ideal Media Portrayals on Body Satisfaction and Drive for Muscularity: Testing New Moderators for Men.”*

- The dissertation will examine the moderating effects of several personality factors (i.e., perfectionism, neuroticism, self-esteem, gender role adherence) on men’s body satisfaction and drive for muscularity when viewing television portrayals of muscular men. Participants will complete a series of pre-test questionnaires before being assigned to either a muscular-image or average-image condition. After viewing television commercials corresponding to their assigned conditions, they will complete a series of post-test questionnaires. It is hypothesized that men assigned to the muscular-image condition will

report significantly lower body satisfaction and higher drive for muscularity than men assigned to the average-image condition. It is also hypothesized that for men in the muscular-image condition, but not the average-image condition, higher levels of perfectionism, neuroticism, self-esteem and gender role adherence, as well as lower levels of self-esteem will result in lower body satisfaction and higher drive for muscularity.

August 2007 – May 2008      **Therapeutic Assessment Project (TAP)**

PI: Deborah Tharringer, Ph.D.      University of Texas at Austin

- Assisted in studying the mechanisms of change in therapeutic assessment as well as its effectiveness with families in the Austin community.
- Primary responsibilities included audio/video recording of sessions, coding of data, and assistance with manuscript review.

August 2005 – August 2006      **Research Associate: Doctoral Seminar**

Supervisor: Oksana Yakushko, Ph.D.      University of Nebraska-Lincoln

- Investigated the career development of women, immigrants, and refugees, and the development of women's/feminist spirituality.

August 2004 – August 2005      **Research Associate: Doctoral Seminar**

Supervisor: Michael J. Scheel, Ph.D.      University of Nebraska-Lincoln

- Investigated factors influencing academic achievement in high school students.

August – December 2003      **Research Assistant: Experimental Psychology**

Supervisor: Karen Walker, Ph.D.      Wayne State College

- Assisted students with research projects in fulfillment of their Experimental Psychology course requirements.

**GRANTS FUNDED:**

Hobza, C. L., & Hoffman, T. D. (2006). *Real Men. Real Depression Campaign funding proposal*.  
Funded by the Council for Student Affairs Directors. (\$500).

Hobza, C. L., & Hoffman, T. D. (2006). *Real Men. Real Depression Campaign funding proposal*.  
Funded by the Kim Foundation. (\$1000).

Hobza, C. L., & Hoffman, T. D. (2006). *Real Men. Real Depression Campaign funding proposal*.  
Funded by the Pepsi Diversity Program Fund. (\$500).

Hobza, C. L., & Hoffman, T. D. (2006). *Real Men. Real Depression Campaign funding proposal*.  
Funded by the Pepsi Student Events Fund. (\$780).

Hobza, C. L., & Hoffman, T. D. (2006). *Real Men. Real Depression Campaign funding proposal*.

Funded by the University of Nebraska-Lincoln Alumni Center Student Enhancement Fund. (\$500).

Hobza, C. L., & Hoffman, T. D. (2006). *Real Men. Real Depression Campaign funding proposal*.  
Funded by the University of Nebraska-Lincoln University Program Committee (\$250).

## **EMPLOYMENT/TEACHING EXPERIENCE:**

August 2011 – Present      **Assistant Instructor**

EDP 312: Issues and Debates in Life Development, UT at Austin  
Supervising Lecturer: Leslie Ann Moore, Ph.D.

- Teach an introductory psychology course for 33 freshman undergraduates enrolled in the Longhorn Scholars Program at the University of Texas at Austin.
- Provide instruction and administer assignments/assessments on various topics including: career development, study skills, relationships, sexual and gender identity development, stress and coping, race and ethnicity, and issues of abilities.

December 2007 – Present      **Psychological Evaluator**

San Marcos Treatment Center/MediSys Rehabilitation, Austin TX  
Supervisor: John Gould, Ph.D.

- Conduct cognitive, academic, and personality assessments with a diverse, inpatient adolescent population and a diverse community population.
- Serve clients presenting with a broad range of mental health problems including Major Depressive Disorder, Anxiety Disorders, Bipolar Disorder, Schizoaffective Disorder, Mental Retardation, Autism Spectrum Disorders, Learning Disorders, Impulse-control Disorders, Conduct Disorder, and Axis II Personality Features.

December 2008 – Present      **Sales/Business Development Manager**

Diversified Solutions, Inc., Austin TX  
Supervisor: Michael J. Lundy

- Sales associate for a national telecommunications consulting firm.
- Train other associates in sales and project management procedures.
- Develop marketing materials and more efficient company procedures.

September 2006 – May 2009 **Graduate/Teaching Assistant**

Office of the Dean of Undergraduate Studies/Research, UT at Austin  
Supervisor: Linda Gonzales

- Recruited undergraduate students into research-related programs.
- Planned, coordinated, and facilitated information sessions for undergraduates interested in research opportunities.
- Provided one-on-one advising for students interested in research.

- Prepared select students to submit proposals and present their research projects at the National Conference on Undergraduate Research (NCUR).
- Served as a teaching assistant for Representing Identities, a freshman forum seminar course.

May 2007 – December 2007 **Psychological Evaluator**

Austin Behavioral Health Clinic, Austin TX

Supervisor: Jack King, Ph.D.

- Conducted cognitive, academic, and personality assessments, particularly ADHD and bariatric surgery assessments.
- Population served was a diverse community population.

May 2006 – August 2006 **Program Coordinator**

SIPS Academic Scholarship Program, University of Nebraska-Lincoln

Supervisor: Jamar Banks

- Assisted the Director of the Summer Institute for Promising Scholars (SIPS) in implementing a scholarship program designed to help minority and first-generation college students adjust to campus life.
- Planned, coordinated, and supervised program events.
- Supervised SIPS Resident Assistants.
- Conducted weekly advising sessions with SIPS students.
- Assisted with program evaluation.

August 2005 – May 2006 **Graduate Assistant**

NU Connections Mentoring Program, University of Nebraska-Lincoln

Supervisor: Cameya Ramirez

- Assisted Program Director with a mentoring program designed to help freshman and sophomore minority students succeed in college.
- Supervised program mentors in their work with mentees.
- Led other Graduate Assistants in event planning and implementation.
- Planned/coordinated program events.
- Mentored 15 sophomore minority students.

October 2004 – July 2006 **Life Skills Trainer/Youth Care Specialist**

Developmental Services of Nebraska, Lincoln NE

Supervisor: Michelle Johnson

- Supervised adolescents and adults with developmental disabilities.
- Executed client behavioral and independent living plans, including appropriate problem-solving and de-escalation methods.

September 2003 – July 2004 **Independent Living Skills Coordinator**

Behavioral Health Specialists/Sunrise Place, Norfolk NE

Supervisor: Becky Darnell-Tielke

- Assessed the independent living skills of adolescent males with chemical dependency and developed/implemented individualized treatment plans.
- Developed and facilitated daily life and social skills activities, providing education in money management, housing, communication, social integration, and self-care.
- Served on a multidisciplinary team to provide updates to clinical staff and formulate new ideas for treatment.

July 2003 – July 2004

**Community Educator**

Rural Aids Prevention Project (RAPP), Norfolk NE

Supervisor: Trevor Johnson

- Educated youth on HIV/AIDS transmission and prevention.
- Promoted abstinence from sex, drugs, and alcohol while providing knowledge for safer sex.
- Facilitated client behavioral change through personalized HIV risk assessment and intervention.
- Developed HIV/AIDS curriculum, including online HIV/AIDS and STD courses.
- Attended Sudanese and Latino Cultural Awareness Forums.

January 2004 – March 2004 **Mentor**

Nebraska Health and Human Services, Norfolk NE

- Provided mentorship to at-risk youth.
- Assisted in the development of youth independent living skills.

July 2000 – September 2003 **Youth Service Worker**

Behavioral Health Specialists/Sunrise Place, Norfolk NE

Supervisor: Becky Darnell-Tielke

- Supervised adolescent males with chemical dependency and assisted in the implementation of positive coping strategies for a drug-free lifestyle.
- Provided education and insight into the dynamics of behaviors, thought patterns, and social interactions through one-on-one and group interaction.
- Facilitated weekly lectures on various topics, including the 12-step recovery process.
- Served as a multidisciplinary team member to formulate client goals and review treatment progress.

**VOLUNTEER/COMMUNITY OUTREACH EXPERIENCE:**

2005 – 2006

**Campaign Chair**

University of Nebraska-Lincoln Real Men. Real Depression Campaign

- Founded and led efforts to implement the Real Men. Real Depression Campaign at the University of Nebraska-Lincoln.



- Sought additional volunteers and facilitated weekly program committee meetings.
- Planned and coordinated campaign advertising and special events on campus.
- Prepared grant proposals and secured campaign funding.
- Enlisted support from various campus organizations, colleges, and departments.

1998 – 2000

**Volunteer/Treatment Liasion**

Behavioral Health Specialists/Sunrise Place, Columbus NE

- Provided mentorship and support to adolescent males with chemical dependency.
- Collaborated with outside organizations (e.g., Alcoholics Anonymous, Health and Human Services) to enhance client addictions treatment.

**PROFESSIONAL/ACADEMIC MEMBERSHIPS:**

January 2005 – Present	Student Affiliate, American Psychological Association
January 2006 – Present	Division Member, Division 51 (Society for the Psychological Study of Men and Masculinity) of the American Psychological Association
January 2007 – Present	Division Member, Division 17 (Society for Counseling Psychology) of the American Psychological Association
August 2004 – May 2006	Leadership Team Member, University of Nebraska-Lincoln Counseling Psychology Student Organization (CPSO)
August 2004 – August 2005	Counseling Psychology Master's Program Representative, University of Nebraska-Lincoln Counseling Psychology Program Committee
August 2004 – August 2005	Leadership Team Member, University of Nebraska-Lincoln Graduate Student Advisory Board (GSAB)
August 2004 – August 2005	Facilitator-in-training/Research Associate, University of Nebraska-Lincoln International Student Discussion Group Series
2002 – Present	Member, Psi Chi National Psychology Honor Society
2001 – Present	Member, Pi Gamma Mu National Social Science Honor Society, Delta Chapter.
2001	Treasurer, Psychology Club, Wayne State College
2000 – Present	Member, Phi Theta Kappa National Honor Society

**REFERENCES:**

Stephen A. Thorne, Ph.D.  
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Austin, TX 78746  
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Email: drstephenthorne@yahoo.com

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