**Brief Bio**

Brittany Freitas-Murrell is the daughter of Darren and Rena Mesch. She has two siblings, Jessica and John. Both of her parents served in the United States military. Her father retired after 20+ years of service, but continued working for the U.S. government in Europe. Brittany graduated high school from Hohenfels High School in Germany. Brittany enjoys spending time with her family and friends, crafting, painting, sledding, and reading.

Brittany came to Anchorage, Alaska in 2006 as a student in UAA’s undergraduate psychology program. During her undergraduate studies, Brittany became a member of Psi Chi-The International Honor Society, the National Society of Collegiate Scholars, Phi Kappa Phi-honor society, . In 2009, Brittany received an AHAINA Woman of Excellence Award. She graduated Magna Cum Laude with both departmental and university honors and was awarded a Bachelor’s in Psychology. Her undergraduate thesis project was titled Examining Hardiness and Depression in Active-Duty Army Spouses: A Positive Psychological Approach.

Brittany continued her education in psychology and was accepted into the M.S. Clinical Psychology program at UAA. She graduated with her Master’s degree in 2012. The title of her thesis was Predicting Attitudes and Intentions toward Seeking Professional Psychological Help in Alaska Natives. During her time spent in the master’s program, Brittany did an internship placement at a therapeutic preschool in which she worked one-on-one doing positive behavioral support and interventions with severely emotionally disturbed (SED) children aged 3 to 5. While at this placement, Brittany also hosted 2 weekly, 1-hour groups in 3-5 year old classrooms encouraging cooperative peer interactions, feeling identification and recognition, and modeling appropriate play skills.

Brittany was accepted to the UAA-UAF Clinical-Community Joint Ph.D. program in 2012. She was recently recognized and invited to the 19th Annual UAA Martin Luther King Student Appreciation Luncheon.

**Research & Clinical Experiences and Interests**

Brittany’s current research interests are typically outcome-research oriented. She is currently working on projects that investigate suicidal ideation and solitary binge drinking, and another project that investigates self-identified Alaska Native students’ help-seeking behavior.

Additionally, Brittany has conducted or assisted in research that investigated Alaska Native preferences for mental health providers and treatment types, investigated influences on cultural dress on altruistic behavior, and examined resiliency factors and depression in Active-Duty Army spouses.

Brittany’s clinical experiences are pretty diverse, having worked with both adults and children. However, her favorite clinical experiences involve play therapy, art therapy, and experiential techniques.

**Publications**

Predicting attitudes and intentions toward seeking professional psychological help in Alaska Natives / by Brittany N. Murrell. 2012.

UAA/APU Consortium Material at the bindery -- IN PROCESS -- Thesis : Material at the bindery