

ILANA S. BERMAN, Ph.D.

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CURRENT POSITION

Postdoctoral Fellow (NICHD T32) Fall 2020 - Present
Carolina Consortium on Human Development
Frank Porter Graham Child Development Institute and Dept of Psychology & Neuroscience
University of North Carolina at Chapel Hill
Mentors: Margaret A. Sheridan, Ph.D., & Cathi Propper, Ph.D.

EDUCATION

Ph.D. in Clinical Psychology July 2020
University of Arkansas (UA), Fayetteville, AR
Defended Dissertation: *Distress Tolerance in Relation to Treatment Persistence, Engagement, and Improvement in an Exposure-Based Treatment for Sexually Abused Incarcerated Women*
Dissertation Advisor: Ana J. Bridges, Ph.D.

Clinical Child Psychology Internship – Trauma Concentration July 2019 – June 2020
Duke University Medical Center, Durham, NC
Mentor: Ernestine Briggs-King, Ph.D.
Internship Director: Christian Mauro, Ph.D.

Master of Arts in Clinical Psychology March 2017
University of Arkansas (UA), Fayetteville, AR
Master's Thesis: *Relationship Between Adverse Childhood Experiences, Household Dysfunction, and Current Maladaptive Beliefs in a Female College Sample*
Thesis Advisor: Patricia Petretic, Ph.D.

Bachelor of Arts in Psychology, Honors Degree with Distinction May 2011
University of Delaware (UD), Newark, DE
Minors: Disabilities Studies, Spanish; GPA: 3.71 – *Cum Laude*
Honors Thesis: *Caregiver History of Trauma and Levels of Support, Avoidance, and Processing in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) for Youth with Post-Traumatic Stress Disorder (PTSD)*
Thesis Advisor: Adele M. Hayes, Ph.D.

AWARDS AND SCHOLARSHIPS

UNIVERSITY OF ARKANSAS, Dept. of Psychology (unless otherwise noted)

Dave and Susie Schroeder Graduate Travel Award (\$1,000) 4/2018
Marie Wilson Howell's Extracurricular Travel Grant (\$1,000) 4/2018
Graduate Psychology Education (GPE) Fellowship (\$25,000 + \$900 travel) 8/2016 – 2017
Doctoral Academy Fellowship (\$10,000/year), Graduate School 4/2014 – 2018
Graduate School Travel Funding (\$1,000/year), Graduate School 4/2014 – 2019
Marie Wilson Howell's Graduate Student Travel Award (\$100/year), 4/2014 – 2019

UNIVERSITY OF DELAWARE

UD Psychology Department Distinguished Service Award 5/2011
UD Honors Enrichment Award (\$1,500), Ofc. of Alumni Relations, UD Honors Program 5/2011
Summer Research Fellowship (\$800), Undergraduate Research Program 5/2010
General Honors Award, Undergraduate Honors Program 9/2009
Dean's List, College of Arts and Sciences 2007-2011

PEER-REVIEWED PUBLICATIONS

- Bridges, A. J., Ledesma, R. J., Guzman, L. E., **Berman, I. S.**, & Diaz Benitez, D. E. (In press). Systematic review and meta-analysis of the relation between acculturation and depression in Latinx adults.
- Berman, I. S.**, Petretic, P., & Bridges, A. J. (2019). Beyond child maltreatment: The incremental value of household dysfunction in the prediction of negative beliefs and internalizing symptoms in women. *Journal of American College Health*. doi:10.1080/07448481.2019.1687483
- Yasinski, C., Hayes, A. M., Ready, C. B., Cummings, J. A., **Berman, I. S.**, McCauley, T., Webb, C., & Deblinger, E. (2016). In-session caregiver behavior predicts symptom change in youth receiving Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). *Journal of Consulting and Clinical Psychology, 84*. 1066-1077. doi:10.1037/ccp0000147
- Grasso, D., Webb, C., Cohen A., & **Berman, I.** (2013). Building a consumer base for Trauma-Focused Cognitive Behavioral Therapy in a state system of care. *Administration and Policy in Mental Health and Mental Health Services Research, 40*. 240-254. doi:10.1007/s10488-012-0410-3

OTHER PUBLICATIONS

- Berman, I. S.**, Pane Seifert, H., Briggs, E. C. (in press). Treatment Considerations for Youth Exposed to Interpersonal Violence. In R. Geffner, J. W. White, L. K. Hamberger, A. Rosenbaum, V. Vaughan-Eden, & V. I. Vieth (Eds). *Handbook of interpersonal violence and abuse across the lifespan: A project of the National Partnership to End Interpersonal Violence Across the Lifespan (NPEIV)*. New York: Springer Nature.
- Spivey-Rita, L. A., **Berman, I. S.** (in press). Navigating Graduate School in Psychology as a Sexual and/or Gender Minority (LGBTQ+) Student. In M. J. Prinstein & M. D. Patterson (Eds). *The portable mentor: Expert guide to a successful career in psychology, Third Edition*. New York: Springer Nature.
- Dopp, A. R., Smith, A. B., **Berman, I. S.**, Hill, M. A. (2018). Family- and community-based treatments. In M. M. Martel (Ed.) *Disruptive, impulse-control, and conduct disorders: Features, assessment, pathways, and intervention* (pp. 263-296). New York, NY: Elsevier Press.
- Berman, I. S.** (2017, November 6). Balancing heavy workloads & caseloads as therapists in training [blog post]. Retrieved from <http://blog.time2track.com/balancing-heavy-workloads-caseloads-as-therapists-in-training/>

MANUSCRIPT UNDER REVIEW

- Bridges, A. J., Karlsson, M. E., Zielinski, M. J., Calvert, M. L., & **Berman, I. S.** (Under review). Changes in trauma cognitions following group treatment for PTSD in sexually victimized incarcerated women.

PAPER PRESENTATIONS

- Berman, I. S.** & Bridges, A. J. (2019, November). *"I Can't Handle This": How Distress Tolerance Relates to Treatment Engagement and Symptom Improvement from an Exposure-Based Treatment for Sexually Abused Incarcerated Women*. Paper presented via Flash Talks at the 35th annual meeting of the International Society for Traumatic Stress Studies (ISTSS), Boston, MA.

- Petretic, P. A., Henrie, J., **Berman, I. S.**, Ting, L. (2018, July). *Lifetime Trauma in Adult Female Survivors of Interpersonal Violence: The Impact of Cognitive Distortions on PTSS*. Paper presented at the International Family Violence and Child Victimization Research Conference, Portsmouth, NH.
- Hurd, L. E., **Berman, I. S.**, & Feldner, M. T. (2017, August). *Initial Evaluation of a Brief Dissemination and Implementation Program for Electronic Routine Outcome Monitoring in a Graduate Training Clinic*. Paper presented at the 125th annual meeting of the American Psychological Association, Washington, DC.
- Calvert, M., Petretic, P., **Berman, I. S.**, & Lentz, M. (2016, November). *The relation among PTSD symptom clusters and parenting stress*. Paper presented at the 32nd Annual Meeting of the International Society for Traumatic Stress Studies: Dallas, TX.
- Berman, I. S.**, Petretic, P., & Calvert, M. (2016, July). *The Importance of Resilience in Mediating the Effect Between Adverse Childhood Experiences and Posttraumatic Maladaptive Beliefs*. Presented at the International Family Violence Research Conference, Portsmouth, NH.
- Calvert, M., Petretic, P., **Berman, I. S.**, & Lentz, M. (2016, July). *The Effects of Avoidance and Negative Cognitions on Maternal Cognitions of Caregiving*. Presented at the International Family Violence Research Conference, Portsmouth, NH.
- Berman, I. S.**, Petretic, P., Calvert, M. & Roy Chowdhury, S. (2015, April). *Relationship between Adverse Childhood Experience and Cognitive Distortions*. Presented at the 2015 Arkansas Symposium for Psychology Students, University of Central Arkansas, Conway, AR.
- Berman, I.**, Fair, M., Henderson, S. & Green, V. (2013, October). *Addressing the Impact of Intergenerational Trauma through SELF: A Trauma-Focused Intervention Embedded in an Early Head Start Program*. Presented at 5th Annual Pennsylvania Association of Infant Mental Health Conference, University of Pennsylvania, Philadelphia, PA.
- Berman, I.** & Hayes, A. (2011, May) *Associations between Risk of Depression, Trauma History and Supportive Behavior in Caregivers Co-Participating in Trauma-Focused Cognitive Behavioral Therapy*. Paper presented at the annual Undergraduate Research Symposium, University of Delaware, Newark, DE.
- Berman, I.** & Hayes, A. (2011, March). *Associations between Risk of Depression, Trauma History and Supportive Behavior in Caregivers Co-Participating in Trauma-Focused Cognitive Behavioral Therapy*. Paper presented at 24th Annual Children's Mental Health Research and Policy Conference, Department of Child and Family Studies at the Univ. of South Florida, Tampa, FL.
- Grasso, D., Webb, C., Cohen, A. & **Berman, I.** (2011, March). *Building a Consumer Base for Trauma-Focused Cognitive Behavioral Therapy in a State System of Care*. Paper presented at 24th Annual Children's Mental Health Research and Policy Conference, Department of Child and Family Studies at the University of South Florida, Tampa, FL.

POSTER PRESENTATIONS

- Berman, I. S.**, Bridges, A. J., Petretic, P, & Zielinski, M. (2018, November). *Barriers and Facilitators to Implementing Trauma Treatment Groups for Drug Court Participants*. Poster presented at the 34th annual meeting of the International Society for Traumatic Stress Studies (ISTSS), Wash. DC.

- Berman, I. S.,** Zielinski, M., Karlsson, M., Calvert, M., Petretic, P., & Bridges, A. J. (2017, November). *Impact of PTSD symptoms on changes in trauma-related cognitions in a group treatment for sexually victimized incarcerated women.* Poster presented at the 51st Annual Convention for the Association for Behavioral and Cognitive Therapies (ABCT), San Diego, CA.
- Berman, I. S.,** Petretic, P. (2017, June). *The predictive power of resilience in young adult females: relations between adverse childhood experiences and posttraumatic symptoms.* Poster presented at the European Society for Traumatic Stress Studies (ESTSS) Conference 2017, Odense, Denmark.
- Berman, I. S.,** Petretic, P. (2017, June). *The impact of adverse childhood events on posttraumatic maladaptive beliefs and the salient role of resiliency.* Poster presented at the European Society for Traumatic Stress Studies (ESTSS) Conference 2017, Odense, Denmark.
- Berman, I. S.,** Petretic, P. (2017, June). *Posttraumatic symptoms predicted by adverse childhood experiences and posttraumatic maladaptive beliefs.* Poster presented at the European Society for Traumatic Stress Studies (ESTSS) Conference 2017, Odense, Denmark.
- Berman, I. S.,** Petretic, P., Calvert, M., & Lentz, M. (2016, November). *Posttraumatic Maladaptive Beliefs Scale: Enhancing Prediction of PTSD in Adults following Adverse Childhood Experiences.* Poster presented at the 32nd annual meeting of the International Society for Traumatic Stress Studies (ISTSS), Dallas, TX.
- Petretic, P., Calvert, M., **Berman, I. S.,** & Lentz, M. (2016, November). *Lifetime trauma, traumatic distress and healthcare outcome and utilization in a community OB/Gyn sample.* Poster presented at the 32nd Annual Meeting of the International Society for Traumatic Stress Studies (ISTSS): Dallas, TX.
- Berman, I. S.,** Petretic, P., Calvert, M. & Lentz, M. (2016, July). *Expanding Resilience Research: Resilience Predicting Relation Between Childhood Adversities and Accurate PTSD Diagnosis in Young Adult Females.* Poster presented at the International Family Violence Research Conference, Portsmouth, New Hampshire.
- Berman, I. S.,** Petretic, P., Calvert, M., & Lentz, M. (2016, July). *Predicting PTSD from Adverse Childhood Experiences and Posttraumatic Maladaptive Beliefs.* Poster presented at the International Family Violence Research Conference, Portsmouth, New Hampshire.
- Berman, I. S.,** Petretic, P., Calvert, M. & Chowdhury, S. (2015, November). *The Relation between Adverse Childhood Events, Cognitive Distortions, and Traumatic Distress.* Poster presented at International Society for Traumatic Stress Studies (ISTSS) Annual Meeting, New Orleans, LA.
- Calvert, M., Petretic, P., **Berman, I. S.,** & Roy Chowdhury, S. (2015, November). *The Impact of Trauma and Attachment Style on Fear and Helplessness in the Parenting Role.* Poster presented at International Society for Traumatic Stress Studies (ISTSS) Annual Meeting, New Orleans, LA.
- Calvert, M., **Berman, I. S.,** & Petretic, P. (2015, August). *Unique Contributions of Adult Attachment on Mental Health Outcomes after Adverse Childhood Experiences.* Poster to be presented at the 7th Annual International Attachment Conference, New York, NY.
- Berman, I. S.** & Hayes, A. (2011, May). *Associations Between Risk of Depression, Trauma History and Supportive Behavior in Caregivers Co-Participating in Trauma-Focused Cognitive Behavioral Therapy.* Poster presented at 5th Annual Psychology Poster Day, Univ. of Delaware, Newark, DE.

Berman, I. S. & Hayes, A. (2011, April). *Associations between Risk of Depression, Trauma History and Supportive Behavior in Caregivers Co-Participating in Trauma-Focused Cognitive Behavioral Therapy*. Poster presented at 9th Annual Colonial Academic Alliance Undergraduate Research Conference, Hofstra University, New York, NY.

Berman, I. S. & Hayes, A. (2011, April). *Associations between Risk of Depression, Trauma History and Supportive Behavior in Caregivers Co-Participating in Trauma-Focused Cognitive Behavioral Therapy*. Poster presented at Philadelphia Area Psi Chi Research Day, University of Pennsylvania, Philadelphia, PA.

COMMUNITY PRESENTATION

TEDx (2017, October 6). *Ilana Starr Berman: Why we need to offer group trauma treatments to (ordinary) males* [Video file]. Retrieved from https://www.youtube.com/watch?v=BEH15C_KvTw

RESEARCH EXPERIENCE

Postdoctoral Research Fellow 8/2020 – Present
Child Imaging Research on Cognition and Life Experiences (CIRCLE) Lab
Dept. of Psychology & Neuroscience, Univ. of North Carolina – Chapel Hill, NC
Supervisor: Margaret A. Sheridan, Ph.D.

Produce research and manuscripts related to early-life adversity (ELA) and the dimensional model of adversity and psychopathology (DMAP). Lead team of graduate, post-baccalaureate, and undergraduate research assistants to conduct observational coding of parent-child interaction recordings from the (WHALE R01-MH115004) study, which includes 300 children ages 4-7.

Project Director 8/2020 – Present
Brain and Early Experience (BEE) Lab, BEE Study
Frank Porter Graham, Child Development Institute, Univ. of North Carolina – Chapel Hill, NC
Supervisor: Cathi Propper, Ph.D.

Oversee data collection and management for the Brain and Early Experiences (BEE) Study (NIH-funded R01 HD091148-01A1). Supervise team of graduate, post-baccalaureate, and undergraduate research assistants in data collection for up to 230 families, followed longitudinally from pre-natal through age 3. Manage IRB submissions and revisions.

Graduate Research Assistant 1/2018 – 7/2020
Diversity Research & Enhanced Access for Minorities (DREAM) Laboratory
Dept. of Psychological Science, Univ. of Arkansas, Fayetteville, AR
Supervisor: Ana J. Bridges, Ph.D.

Collaborated with research team in weekly group meetings regarding project data analysis, conference submissions, and manuscript preparation. Broadly speaking, our lab focused on research of scientifically-informed clinical practice that aims to reduce health disparities by examining the interplay between culture, mental health, and service utilization. We aimed to understand and ameliorate factors that interfere with vulnerable and underserved diverse groups initiating help seeking, remaining in treatment, and obtaining benefits from therapy.

Graduate Research Assistant 5/2017 – 7/2020
Group Treatment with Incarcerated Female Sexual Assault Victims: Is Exposure Critical to Successful Outcomes?

One-Year American Psychological Foundation Visionary Grant (total costs = \$18,124)

PI: Ana J. Bridges, Ph.D.; Co-I: Marie Karlsson, Ph.D.

Administered self-report questionnaires for treatment outcome evaluation. Collaborated with research team to analyze findings and determine set of research measures for administration.

Graduate Research Assistant 8/2014 – 5/2018
Stress, Trauma, & Resilience Research (STARR) Laboratory

Dept. of Psychological Science, Univ. of Arkansas, Fayetteville, AR

Supervisor: Dr. Patricia Petretic, Ph.D.

Contributed to collaborative research group meetings regarding project data analysis, conference submissions, and manuscript preparation. Broadly speaking, our lab examined the impact of cumulative childhood traumatic experiences and re-victimization in adulthood by exploring related physical and psychological sequelae and potential mechanisms of resilience and recovery.

Graduate Research Assistant 10/2014 – 8/2017
Domestic Violence Service Utilization Project

Dept. of Psychological Science, Univ. of Arkansas, Fayetteville, AR

Supervisor: Ana Bridges, Ph.D.

Conducted structured and semi-structured interviews (e.g., MINI) and administered self-report measures after recruiting and explaining consent procedures with survivors of domestic violence about mental health history and domestic violence service utilization.

Graduate Research Assistant 5/2016 – 9/2017
Implementing Group Trauma Treatment for Female Drug Court Participants affected by Interpersonal Trauma

PI: Melissa Zielinski, Ph.D.

Designed research questions and selected evaluation measures with PI; recruited participants from two local counties' drug courts; and administered pre- and post-treatment, and weekly self-report questionnaires for treatment outcome evaluation.

Graduate Research Assistant 8/2015 – 8/2016
Psychological Clinic at the University of Arkansas

Dept. of Psychological Science, Univ. of Arkansas, Fayetteville, AR

Supervisor: Matthew T. Feldner, Ph.D.

Contributed to research design and aided in conducting a small-*n*, concurrent, multiple baseline study to assess the implementation of a routine outcome monitoring (ROM) software (Owl Insights) in our graduate training clinic. Implementation involved software customization requests, training graduate student clinicians, and conducting evaluation of clinician utilization over the first semester.

Project & Research Coordinator 10/2011 – 07/2014
Enhanced Home Visitation Program (EHVP)

Health Federation of Philadelphia – Early Head Start (EHS) Program, Philadelphia, PA

Supervisors: Leslie Lieberman, MSW & Maria Frontera, MSW, LSW

Funding: Department of Justice (DOJ), Office of Juvenile Justice & Delinquency Prevention (OJJDP)

Developed and maintained databases to monitor participant recruitment, retention, engagement, and curriculum adaptations; recruited participants; conducted assessments at baseline & follow-up (6, 12 month); trained and supervised research assistants on data collection and entry for a randomized controlled trial within *Safe Start Promising Approaches* integrating a trauma-specific intervention, (*S.E.L.F.*; Bloom, Foderaro, & Ryan, 2006) into an *Early Head Start* (prenatal to age 3) home-based model to prevent and reduce the impact of children's exposure to violence and intergenerational trauma transmission.

Project Manager

6/2009 – 6/2011

Child Wellbeing Initiative

Delaware State Dept. of Services for Children, Youth & Families

Division of Prevention and Behavioral Health Services, Wilmington & New Castle, DE

Supervisors: Adele M. Hayes, Ph.D., Gwen Derr, Charles Webb, Ph.D. & Damion Grasso, Ph.D.

Funding: SAMHSA & US Department of Health and Human Services

The *Child Wellbeing Initiative* was a federally funded, state-wide dissemination and effectiveness trial of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) for youth (ages 7-17) from a community sample who screened positively for PTSD. Responsibilities included: maintaining databases, facilitating data cleaning, teaching and supervising additional data entry staff; assessing child & adolescents trauma history and PTSD symptoms; administering clinical measures to caregivers and children on-site or in home at baseline and follow-up (3, 6, 9 & 12-month intervals); and connecting clients to “BioLog” equipment to monitor and record skin conductance and heart rate during sessions.

Research Assistant

9/2008 – 6/2011

Depression and Wellness Research Lab

Department of Psychology, University of Delaware, Newark, DE

Supervisor: Adele M. Hayes, Ph.D.

Coordinated team assignments and coded audio recordings of child/adolescent and caregiver sessions of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) for youth (ages 7-17) to examine facilitators and inhibitors of therapeutic change and therapist adherence to TF-CBT manual (Cohen, Mannarino, & Deblinger, 2006) for the Child Abuse Research and Education Services (CARES) Institute at UDMNJ for over 150 sessions conducted via the *Child Wellbeing Initiative* (See above). Also, coded videotapes of children and caregivers participating in experiments (e.g., Strange Situation) for the *Maternal Depression Project* and conducted weekly experiments with undergraduate students to explore anxiety in initial interactions for the *Peer Inter-Relations Study*.

CLINICAL EXPERIENCE

Postdoctoral Fellow

9/2020 – Present

Child Imaging Research on Cognition and Life Experiences (CIRCLE) Lab

Dept. of Psychology & Neuroscience, Univ. of North Carolina – Chapel Hill, NC

Supervisors: Margaret Sheridan, Ph.D., Adam Bryant-Miller, Ph.D. & Carrie Dittner, Ph.D.

- Supervise research assistants and provide on-call risk management (e.g., child abuse/neglect, suicidality) for the Wellness Health and Life Experiences (WHALE) study
- Teach clinical psychopathology diagnostic criteria and instruments to research assistants

Psychotherapist

8/2019 – 12/2020

Center for Child and Family Health (NCTSN Category III Member Site), Durham, NC

Supervisors: Darden White, MEd, LCMHC & Kelly Sullivan, Ph.D.

- Conduct Parent Child Interaction Therapy (PCIT) sessions with youth and families

Clinical Psychology Intern

3/2019 – 6/2020

Employee, Trainee, & Student (ETS) Team, COVID-19 Psychiatry Response Team

Supervisors: Christian Mauro, Ph.D., Marla Wald, MD, & Susan Hazlett, Ph.D.

- Design and facilitate daily/weekly peer support groups for medical residents and fellows
- Coordinate and disseminate mental health wellness literature and resources
- Conduct parent support groups for medical faculty
- Provide behavioral health support and resources for faculty via wellness phone line

Clinical Psychology Intern 7/2019 – 6/2020
Center for Child and Family Health (NCTSN Category III Member Site), Durham, NC

Supervisors: George “Tripp” Ake, Ph.D. & Darden White, MEd, LCMHC

- Conduct comprehensive trauma assessments (e.g., UCLA PTSD RI) of youth & families at intake
- Provide evidence-based trauma-informed treatments (e.g., TF-CBT) to youth and families
- Conduct PCIT with youth and families
- Participate in facilitation of SPARCS-Skills Training group
- Document via electronic medical records (MindLinc)

Clinical Psychology Intern 7/2019 – 6/2020
Duke Family Studies Program & Clinic, Duke University Medical Center, Durham, NC

Supervisors: P. Susan Hazlett, Ph.D. & Christian Mauro, Ph.D.

- Conduct couples & family therapy with live team-based supervision
- Participate in live observation teams, providing live feedback to clinician via computer prompts

Clinical Psychology Intern 7/2019 – 6/2020
Duke Psychosocial Treatment Clinic, Duke University Medical Center, Durham, NC

Supervisor: David Goldston, Ph.D.

- Conduct intakes and provide psychotherapy to youth with collateral caregiver participation
- Document encounters via electronic health records (Epic/Maestro)

Clinical Psychology Intern 7/2019 – 6/2020
Duke ADHD Clinic, Duke University Medical Center, Durham, NC

- Conduct child & adult neuropsychological/psychodiagnostic assessments and provide feedback
- Provide parent management training and therapy to manage ADHD symptoms to youth/families

Graduate Student Clinician 8/2018 – 5/2019
Havenwood, Bentonville, AR

Supervisor: Lindsay S. Ham, Ph.D.

- Conduct individual (adult, child) and family psychotherapy at a 2-year residential program for homeless mothers and young children (≤ 10 years) in need of housing, resources, and guidance towards self-sufficiency
- Conduct psychosocial assessments (e.g., MINI, PSI-4, KBIT-2, and self-report questionnaires) and provide feedback and recommendations to client and coordinated care team
- Consult weekly with staff and treatment team (e.g., site director, case manager, social work interns) to facilitate comprehensive care plans for clients

Graduate Student Clinician 10/2015 – 8/2018
Psychological Clinic, University of Arkansas, Fayetteville, AR

Supervisors: Ana J. Bridges, Ph.D., Timothy Cavell, Ph.D., Alex R. Dopp, Ph.D., Lindsay S. Ham, Ph.D., Matthew T. Feldner, Ph.D., Patricia Petretic, Ph.D., Jennifer C. Veilleux, Ph.D. & Tara M. Cole, Ph.D.

- Provided individual therapy (adult; child), family therapy, & couples therapy
- Provided telepsychology services (via GoToMeeting and WebEx)
- Neuropsychology and psychodiagnostic assessment
 - WAIS-IV, WISC-V, WPPSI-IV, WJ-ACH-IV, TMT, RAVLT, Conner’s CPT-3, COWA, NEPSY-II, Barkley Scales, BASC-2, ADIS-5, & self-report measures (e.g., PHQ-9, PCL-5)
- Utilized electronic medical records (Titanium Schedule) to enter documentation and schedules

Integrated Behavioral Health Consultant 5/2018 – 8/2018
Community Clinic, Springdale, AR

Supervisor: Ana J. Bridges, Ph.D.

- Provided brief, evidence-based functional assessment and therapy for behavioral (e.g., smoking, insomnia, diabetes) and mental health (e.g., depression, anxiety, PTSD) difficulties to primary care patients (diverse population of children [ages 5 – 16], family, and adult patients seeking services), referred by health care providers at a federally qualified health center (FQHC)
- Worked with interpreters for non-English speakers (e.g., Spanish, Ukrainian)
- Interdisciplinary collaboration (medical providers, nurses, medical assistants, & case managers)
- Entered progress notes via electronic medical records (eClinicalWorks)

Graduate Student Clinician 8/2017 – 5/2018
Encompass Health LLC, Bentonville, AR

Supervisor: Lisa Fitzgibbons, Ph.D.

- Provided clinical therapy to children and adolescents (ages 3 – 17) and families
- Co-led weekly Dialectical Behavioral Therapy (DBT) skills groups (1.25 hours/session) for adults; and for adolescents (ages 14-17) and their parents
- Participated in weekly consultation calls for support and adherence with licensed DBT providers

Psychology Clerk/Extern 8/2016 – 8/2017
Peace at Home Family Shelter, Fayetteville, AR

Supervisor: Jennifer C. Veilleux, Ph.D.

- 20 hour/week placement providing clinical therapy to women, children (ages 5 – 16), and families (residents living at the shelter and off-site clients) affected by domestic violence
- Coordinated with team members to enhance case management services for clients

Group Co-Facilitator, *Piece by Piece* Trauma Recovery Group 5/2016 – 9/2017
Psychological Clinic, University of Arkansas, Fayetteville, AR

Washington & Benton County Drug Courts; Fayetteville & Rogers/Bentonville, AR

Supervisors: Matthew T. Feldner, Ph.D., & Melissa Zielinski, Ph.D.

- Conducted two complete rounds of weekly 12-session exposure-based therapy groups (1.5 hours/session) with female participants convicted of substance abuse related felonies, who experienced interpersonal trauma
- Led participants through individual imaginal exposures; provided psychoeducation on trauma, emotions and emotion regulation, coping skills, and mindfulness
- Recruited participants; conducted semi-structured intake interviews and assessments
- Trained and supervised junior clinician in delivering protocol

Psychology Clerk/Extern 8/2016 – 12/2016
Washington County Juvenile Detention Center, Fayetteville, AR

Supervisors: Alex Dopp, Ph.D., Timothy Cavell, Ph.D., & Shelley Clingan, LCSW, CMFSW, RTC

- Provided individual therapy for youth offenders (ages 12 – 18) pre- & post-adjudication
- Conducted biopsychosocial interviews (e.g., MAYSI, PCL-5) with youth and caregivers
 - Provide provisional diagnostic summaries and recommendations to the court for future services (e.g., family therapy, neuropsychological evaluations)
- Facilitated referrals to community agencies, as needed
- Observed adjudication and sentencing hearings for youth offenders

Group Co-Facilitator, *Survivors Healing from Abuse: Recovery through Exposure (SHARE)*

Northwest Arkansas Community Correction Center, Fayetteville, AR

10/2015 – 12/2016

Supervisor: Ana J. Bridges, Ph.D.

- Co-led seven rounds of an 8-week exposure-based trauma treatment groups (1.5 hours/session) at a minimum security prison for incarcerated women with a history of sexual violence experiences
- Provided psychoeducation about trauma, avoidance, and exposure treatment; taught coping skills; integrated trauma-related themes
- Guided participants in imaginal exposures

Clinic Assistant

8/2015 – 8/2016

Psychological Clinic, University of Arkansas, Fayetteville, AR

Supervisor: Matthew T. Feldner, Ph.D.

- Conducted client intake interviews, wrote intake reports, and provided case presentations for individuals seeking treatment
- Conducted informal needs assessment with graduate student clinicians, supervising faculty, and clinic staff
- Implemented a procedure for auditing client documentation; conducted weekly reviews of graduate students' client charts
- Developed new documentation forms for clinical service provision
- Developed and disseminated weekly e-newsletter for clinical faculty and students
- Participated in weekly staffing meetings to assess appropriateness of clinical and assessment cases before assigning to graduate student clinicians

TEACHING AND MENTORING

Within the Department of Psychological Sciences, University of Arkansas (unless otherwise noted)

Instructor of Record:

9/2018 – 5/2019 **Abnormal Psychology**, undergraduate course

Teaching Assistant:

GRADUATE LEVEL

8/2018 – 12/2018 **Psychopathology**, Supervisor: Lindsay S. Ham, Ph.D.

1/2018 – 5/2018 **Multivariate Statistics Seminar**, Supervisor: Ana J. Bridges, Ph.D.

UNDERGRADUATE LEVEL

8/2018 – 12/2018 **Abnormal Psychology**, Supervisor: Lindsay S. Ham, Ph.D.

8/2014 – 5/2015 **Research Methods (2 semesters)**, Supervisor: Joel Freund, Ph.D.

1 – 5/2015 **Research Methods**, Supervisor: Brenda Zies, Ph.D.

Guest Lectures:

GRADUATE LEVEL

9/2018 **Mood Disorders and SCID-IV**, Psychopathology

UNDERGRADUATE LEVEL

4/2020 **Trauma Treatments for Youth & TF-CBT Overview**

Child and Adolescent Interventions, Duke University Psychology Dept.

4/2019 **Assertiveness in the Classroom**, High School STEM Teaching (Educ. Dept.)

11/2018 **Adverse Childhood Experiences**, Abnormal Psychology

10/2018 **Schizophrenia and Psychotic Disorders**, Abnormal Psychology

1/2018 **History of Abnormal Behavior**, Abnormal Psychology

1/2018 **Abnormal Psychology and Stigma**, Abnormal Psychology

3/2017 **Stress and Health**, General Psychology

1/2017 **History of Abnormal Psychology**, General Psychology

10/2015	Developmental Psychology , General Psychology
3/2015	Language Development , Developmental Psychology
3/2015	Self & Identity , Developmental Psychology
3/2015	Human Development , General Psychology (2 sections)
4/2015	Abnormal Psychology , General Psychology (2 sections)

Mentoring:

8/2018 – 7/2020	Research Assistant Supervision <i>Diversity Research & Enhanced Access for Minorities (DREAM) Laboratory, Dept. of Psychological Science, Univ. of Arkansas</i> Supervisor: Ana J. Bridges, Ph.D.
1 – 5/2015 & 8 – 12/2017	Research Assistant Supervision <i>Stress, Trauma, and Resilience Research (STARR) Laboratory, Dept. of Psychological Science, University of Arkansas</i> Supervisor: Dr. Patricia Petretic, Ph.D.

CERTIFICATIONS & SPECIALIZED TRAINING

Parent-Child Interaction Therapy Certification - NC (Level 1 Training Model) 9/2019 – 12/2020
Center for Child & Family Health Trainers: Darden White, LCSW & George “Tripp” Ake, Ph.D.

TF-CBT Learning Collaborative 8/2019 – 3/2020
North Carolina Child Treatment Program Trainers: Leila Keen, LCSW & Donna Potter, LCSW

- Completed six (of seven) face-to-face days of training in TF-CBT
- Individual bi-weekly consultation calls and monthly group consultation calls with master trainers
- Provided PRAC modules of TF-CBT to clients in efforts toward national certification

TF-CBT Web 2.0 8/2019
National Child Traumatic Stress Network

Psychological First Aid, NCTSN Web Course 3/2020

Couples Therapy in the 21st Century 4/2019
ArPA & UAMS Couples Center Trainer: Chelsea Wakefield, Ph.D., LCSW; Fayetteville, AR

Qualitative Data Analysis Camp (4 days) 4/2018
ResearchTalk, Inc., Instructors: Ray Maietta, Ph.D., Alison Hamilton, Ph.D., Kevin Swartout, Ph.D. & Jeff M. Petruzzelli; Carrboro, NC

Applied Suicide Intervention Skills Training (ASIST; 2 days) 6/2016
LivingWorks Trainer: Velvet Shoults, Mercy Trauma Program Washington County Juvenile Detention Center, Fayetteville, AR

Trauma-Informed Yoga for Youth (2.5 days) 4/2016
Street Yoga Training; Trainer: Ivy Katz; Philadelphia, PA

Safety, Emotions, Loss and Future (S.E.L.F.) Consultation 10/2011 – 7/2014
Instructor: Ruth Ann Ryan, R.N. (*Curriculum Co-Developer*)
Enhanced Home Visitation Program, Health Federation of Philadelphia
Monthly personalized group consultation on adapting *S.E.L.F.* (CommunityWorks; Bloom, Federaro, & Ryan, 2006), a group psycho-education curriculum, for individualized home-based service delivery with mothers/caregivers of young children

TF-CBT Fidelity Monitoring and Tape Coding Protocol Training 11/2010
CARES Institute, University of Medicine and Dentistry of New Jersey

Instructor: Esther Deblinger, Ph.D.

Specialized lab team training from treatment co-developer on audio tape coding for therapist adherence in TF-CBT sessions including review manual of protocol and procedures (Cooper, Young, & Deblinger, 2008)

Training for Certification in TF-CBT (2.5 days) 9/2010

Sponsor: *Delaware Department of Services for Children, Youth & their Family, Division of Prevention and Behavioral Health*, Wilmington, DE

Instructors: Charles Webb, Ph.D. & Beth Joselow, LHMC

Comprehensive training intended for licensed clinicians prior to beginning supervised practice for TF-CBT certification

PROFESSIONAL AFFILIATIONS

International Society of Traumatic Stress Studies (ISTSS)

Society for Research in Child Development (SRCD)

Association for Behavioral and Cognitive Therapies (ABCT)

Society for Emotion and Attachment Studies (SEAS)

American Psychological Association (APA) and APA of Graduate Students (APAGS)

Psi Chi National Psychology Honors Society

OTHER RELEVANT WORK EXPERIENCE

Personal Care Assistant, Woman with Traumatic Brain Injury (TBI) 6/2010 – 12/2013

Newark, DE

Coached client on interpersonal and emotion regulation skills (e.g., cuing client to monitor emotion escalation and impulsivity); trained to handle simple partial and complex partial seizures; skilled in mobility training to prevent falls while using walker and electric scooter; and assisted in maintenance of hourly schedules for Activities of Daily Living (ADLs)

Child Care Provider 8/2011 – 12/2012

Individual with Autism Spectrum Disorder (non-verbal), Abington, PA

Collaborated with care team to create and enforce afternoon schedules using behavioral incentive plan for 10-year-old male and supervised neuro-typical sibling

Coach, Summer Transition Education Program (STEP) 7/2010

University of Delaware, Center for Disabilities Studies, Newark, DE

Coached young adults (ages 16 – 21) with disabilities in their individual goals towards independence at an interactive 10-day college experience; charted individual “Pathways” for success with each student; lead and facilitated hands-on educational activities

DEPARTMENT SERVICE

UNIVERSITY OF NORTH CAROLINA – CHAPEL HILL, Dept. of Psychology & Neuroscience,

Clinical Support Committee Member 9/2020 – Present

Design and disseminate survey of department satisfaction and supportive climate. Create action plans to improve departmental climate of support for graduate students, postdoctoral fellows, and faculty.

UNIVERSITY OF ARKANSAS, FAYETTEVILLE, AR, Dept. of Psychological Science

Clinical Training Committee (CTC) Graduate Student Representative 8/2018 – 5/2019

Provide student perspective to clinical faculty regarding department policies, procedures, and curriculum changes; Summarize and report meeting minutes to graduate student body

Diversity Science Committee Student Member 8/2018 – 5/2019
Coordinated “Diversity Science in Psychology: Emerging Perspectives” conference (February 2018) with invited eminent scholars presenting on diversity excellence in teaching and research; conduct preliminary research for book proposal related to diversity science in psychology; maintain relevant diversity science resources for department

Secretary, Graduate Student Board 8/2016 – 8/2017
Recorded and disseminated communication of elected graduate student officers

Graduate Student Clinician, National Alcohol Screening Day 8/2015, 2016
Administered, scored, & provided feedback from alcohol use screening tools to university students

Clinical Training Committee (CTC) Liaison 8/2015 – 7/2016
Coordinated prospective student visits during non-interview season; represent clinical doctoral graduate student opinions, record, and disseminate notes at departmental faculty meetings in absence of clinical student representative

Vice President, Graduate Student Board 8/2014 – 7/2015
Represented graduate students at departmental faculty meetings; recorded and distributed meeting minutes to students in the absence of the President

EXTRAMURAL LEADERSHIP

Sexual Assault Hotline Volunteer 2/2015 – 5/2019
NWA Center for Sexual Assault (Formerly *Rape Crisis Center of Northwest Arkansas*), **Fayetteville & Springdale, AR**
Answer and respond to hotline calls during non-office hours to provide support and resources; represent agency at community events

Emotional Support and *Parents Left Behind* Event Volunteer 8/2015 – 8/2018
Parents Left Behind, Rogers & Fayetteville, AR
Provided emotional support for individuals experiencing distress at annual conferences for bereaved caregivers grieving the loss of a child