

Christine M. Giarmo, Ph.D., Psy.D.

727 S. Fayetteville St-C Asheboro, NC 207203

336-625-2073 (Office Phone)

336-402-9414 (Mobile Phone)

cgiarmo@abmnc.com

EDUCATION

Psy.D., Clinical Psychology

Argosy University, D.C. Campus (APA Accredited)
(Formerly American School of Professional Psychology)

1998-2003
Arlington, VA

Ph.D., Social and Personality Psychology

Kansas State University

Doctoral Dissertation: *Individualism, Collectivism, and The Relational Self: A New Approach to The Individualism-Collectivism Debate*

1994-1997
Manhattan, KS

M.A., Developmental Psychology

Loyola University of Chicago

Master's Thesis: *Children's Understanding of Oppositionality In Support of a Predicational Process*

1992-1994
Chicago, IL

B.A., Interdisciplinary Studies; Psychology, History, Philosophy

Georgetown University (*Magna Cum Laude*)

Thesis: *In Pursuit of Delusion: The Attempt to Reconcile Individualism and Community*

1988-1992
Washington, DC

CLINICAL EXPERIENCE

Asheboro Behavioral Medicine

Clinical Director, Licensed Psychologist, Owner
Setting

2007-Present
Asheboro, NC

ABM began as a solo practice which has grown into a group practice opened to fill the need created by Cornerstone Behavioral Medicine's closing its satellite office in Randolph County. Working closely with the medical professionals in the community ABM provides individual, family, and group therapy to clients of all ages with a multitude of problems. Services also include providing parenting skills, crisis management and hospitalization when needed, providing consultation for both the medical and legal community, and conducting diagnostic and psychological assessments. Psychological assessments include but are not limited to substance abuse assessments, pain assessments, personality assessments, bariatric assessments, dementia screens, cognitive assessments, MDE regarding issues of guardianship, parenting assessments, custody evaluations, learning disability assessments, ADHD assessments, and psychopathology diagnostic assessments. Assessments are done for both clinical and forensic settings. ABM also provides PTSD and general psychological assessments for contract houses working with the VA and MDE and therapy for StayWell.

Responsibilities

- Supervise licensed clinicians employed by ABM. Provide supervision of clinical cases, crisis coverage, and response to after hour calls. Supervise and

-
- assist clinicians in coordinating of care and provide oversight of clinical documentation
- Market and help build the practices for all licensed clinicians employed by ABM
 - Oversee the running of ABM including clinical, administrative, billing, and ongoing business planning and development
 - Conduct intake interviews, triaging patients, performing assessment & diagnosis, developing treatment plans, making appropriate referrals, and initiating treatment when indicated
 - Conduct both brief and long term individual, couples, family, and group therapy for clients of all ages in the community with a range of mental health diagnosis and needs including substance abuse treatment and teaching parenting skills
 - Cover same day appointments or walk-ins, conduct crisis assessments and perform hospitalizations when needed, cover after-right call. When requested perform these services within medical offices of physicians regularly work with
 - At physician's request for a second opinion conduct diagnostic assessments at Randolph Hospital of patients making treatment recommendations and coordinating care with Therapeutic Alternatives
 - When a patient of ABM is hospitalized provide coordination of care working with psychiatrists, therapists, and social workers during the patient's hospitalization and discharge planning
 - Provide ongoing coordination of care with the referring physician, and/or specialists when needed. Coordinate care with psychiatrist and community agencies when they are involved in patient care.
 - Document all clinical encounters and consultations in accordance with state regulations and insurance requirements
 - Conduct personality assessments, ADHD assessments, depression and anxiety assessments, substance abuse assessments, pain assessments, bariatric assessments dementia and cognitive assessments, interpret test results, write integrative reports, and provide feedback and recommendations to patients and physicians
 - Conduct for attorneys and court ordered personality assessment, diagnostic assessments, cognitive assessments, MDE evaluations, parenting assessments, assessments of family dynamics, and custody evaluations. Interpret data and prepare written reports on above
 - Testify as an expert witness on forensic assessments and on issues related to parenting, child and adolescent development, family dynamics, and issues related to custody
 - Serve as consultant for physicians, NPs, PA-Cs and lawyers in the community
 - Conducted original marketing and development of ABM. Designed all marketing materials and oversaw distribution. Built and maintain referral base. Network with medical community and community at large on an ongoing basis. Provide ongoing education about the benefits of behavioral healthcare and when and how to make referrals
 - Served on Cancer Committee at Randolph Hospital's Cancer Center

- Parenting Coordinator – Judicial Districts 18 and 19B

Cornerstone Behavioral Medicine

2007

Clinical Psychologist

Asheboro, NC

Setting

Cornerstone Behavioral Medicine is a private practice consisting of three doctoral psychologists and three master level psychologists who provide ADHD, LD, and personality testing, individual, couples and family therapy for clients of all ages. I was hired to develop a new practice in a satellite clinic located in within a family practice clinic (Deep River Health and Wellness). The mission of the practice was the coordination of client care with physicians. The practice closed due to becoming larger than senior management at Cornerstone had allocated resources to operate. Cornerstone Behavioral Health was unprepared for the size of demand for psychological services in Randolph County, particularly in the Medicare and Medicaid demographic.

Responsibilities

- Conduct intake interviews, triaging patients, performing assessment & diagnosis, developing treatment plans, making appropriate referrals, and initiating treatment when indicated
- Conduct both brief and long term individual, couples, family, and group therapy for clients of all ages in the community with a range of mental health diagnosis and needs including substance abuse treatment and teaching parenting skills
- Cover same day appointments or walk-ins, conduct crisis assessments and perform hospitalizations when needed, cover after-right call
- Document all clinical encounters and consultations in accordance with state regulations and insurance requirements
- Conduct personality assessments, ADHD assessments, depression and anxiety assessments, substance abuse assessments, pain assessments, bariatric assessments, learning disability assessments, psychopathology assessments, and cognitive assessments, interpret test results, write integrative reports, and provide feedback and recommendations to patients and physicians.
- Provide ongoing coordination of care with the referring physician, and/or specialists when needed. Coordinate care with psychiatrist and community agencies when they are involved in patient care.
- Serve as consultant for physicians and nurses at Deep River Health and Wellness and the larger medical community
- Develop and market the practice building a referral basis. Developed marketing materials and handouts which were distributed to physicians in Randolph and adjoining counties. When possible personally met physicians in Randolph and adjacent counties actively cultivating relationships with local physicians, PA-C, and their staff. Provide ongoing education about the benefits of behavioral healthcare and when and how to make referrals
- Build a sustainable satellite practice
- Serve on Cancer Committee

Therapeutic Alternatives Incorporated

Clinical Psychologist

2007

Asheboro, NC

Setting

Therapeutic Alternatives Inc. is a family run business which includes 12 group homes, 2 assisted living facilities, targeted community support programs, and outpatient services for senior citizens, individuals with mental illness, developmental disabilities, mild and moderate mental retardation, and combinations of all of the above. As state agencies were providing less services and private practitioners were reducing the number of individuals that they would see with Medicaid Therapeutic Alternatives was expanding to fill the growing need in mental health services and eventually became the third largest provider of mental health services in North Carolina. It employed at that time a large diverse staff some of whom were: paraprofessionals, cases workers, licensed clinical social workers, nurses, and contract psychiatrists.

Responsibilities

- Conduct diagnostic intakes, develop treatment plans, and make referrals for medication management, community support, and targeted case management
- Conduct both brief and long term individual, couples, family, and group therapy for clients of all ages in the community with a range of mental health diagnosis and needs including substance abuse treatment
- Conduct substance abuse assessments
- Cover same day appointments or walk-ins, conduct crisis assessments and cover after-right call.
- Document all clinical encounters and consultations in accordance with state regulations and insurance requirements.
- Coordinate care with psychiatrist and community agencies when they are involved in patient care.
- Conduct behavior analysis for residents needing behavior plans
- Develop behavior programs for residents in assisted living facilities and group homes. Develop protocol for charting, training staff, keeping data, collecting data, and implementing behavior plans
- Sign off on and review all community support Person Centered Plans
- Provide Clinical Supervision for Qualified Professionals in Community Support
- Serve as a consultant for behavioral healthcare staff, case managers, community support personnel, and all staff members in residential facilities
- Develop and Conduct in-service training for clinical staff and staff in residential facilities
- Work collaboratively with staff in Behavioral Healthcare, Residential treatment homes, targeted case management teams, Geriatric Care Teams, Group Homes, and Assisted living facilities
- Assist in the development of all of the protocols for the new

Behavioral Healthcare Department

Moses Cone Health System**2006**

Psycho-Oncology Program
Wesley Long Regional Cancer Center

Greensboro, NC

*Clinical Psychologist*Setting

The Regional Cancer Center is a large comprehensive community cancer center that then treated 400 patients daily. It consisted of 10 Medical Oncologists, 5 Radiation Oncologists, 7 Mid-levels, 15 radiation therapists, 80 nurses, 5 pharmacists, and 5 phlebotomists, a social worker, and a pastoral care counselor. Patients receive both chemotherapy and radiation in the Regional Cancer Center. The cancer center is attached to Wesley Long Hospital which has a full inpatient Oncology unit of 35 beds and continuity of care is emphasized.

Responsibilities

- Conduct both brief and long term individual, couples, family, and group therapy for patients and their families with a range of mental health diagnosis and needs including substance abuse treatment and issues related to caregiver burnout
- Conduct intake interviews, triaging patients, performing assessment & diagnosis, developing treatment plans, making appropriate referrals, and initiating treatment when indicated
- Cover same day appointments or walk-ins, conduct crisis assessments and perform hospitalizations when needed, cover after-right call. Respond to calls for crisis assessments performing on site crisis assessments in the clinic, chemotherapy, and on the Oncology unit in the hospital
- Document all clinical encounters and consultations in accordance with state regulations, insurance requirements, and JACO regulations.
- Provide ongoing coordination of care with patient's Oncologist, and other medical staff involved in patient care, social work, pastoral care and Hospice as needed. Consult with the pharmacy to gather information for Oncologist as needed. When the patient was in the hospital work with nursing staff as needed.
- Develop a psychology program at the Regional Cancer Center establishing and documenting policies and procedures for daily procedures regarding running a clinic (e.g., scheduling, registration, insurance verification, and filing).
- Develop a referral system within the Cancer Center and Wesley Long Hospital and educate the staff on which patients make appropriate referrals
- Coordinate the Psychosocial Oncology Supportive Care Program
- Select and implement a screening tool and write a protocol for its use within the clinic by non-mental health professionals
- Evaluate patients to determine whether they needed to be on psychotropic medication and if so assist their oncologist with this decision, if needed arrange for a psychiatric consultation
- Perform intakes, assessments, diagnosis, and appropriate referrals.

- Work collaboratively with physicians and case managers with difficult family issues when the family or patient refused to placement in a nursing home, hospice in order to shorten length of unnecessary hospital stay.
- Serve as consultant for all the providers in the cancer center on an ongoing basis.
- Attend and participate in treatment care meetings on the Oncology Unit

DeWitt Army Hospital
Department of Behavioral Health
Post-Doctoral Resident

2003-2004
Fairfax, VA

Settings

Outpatient behavioral health serving both active duty and retired military personnel and their families. DeWitt is a multidisciplinary setting in which medical physicians, psychologists, social workers, and psychiatrists work together. Opportunities existed for coordinated psychological and medical care with many clients presenting with comorbid physical problems, e.g. multiple sclerosis, epilepsy, post-partum depression.

Responsibilities

- For both military personnel and their families conduct both brief and long term individual, couples, family, and group therapy for clients with a range of mental health diagnosis and needs including substance abuse treatment and teaching parenting skills
- Conduct intake interviews/diagnostic assessments, triaging patients, performing assessment & diagnosis, developing treatment plans, making appropriate referrals, and initiating treatment when indicated
- Cover walk-in and crisis assessments
- Document all clinical encounters and consultations in accordance with state regulations, military regulations and JACO regulations.
- Regularly case patients with psychiatry to provide coordinated care and address any issues of treatment compliance in therapy and assist in monitoring side-effects of all medications
- Work with other departments and agencies to coordinate care on an ongoing basis
- Design neuropsychological , psycho-educational, psychopathology test batteries. Interpret results of psychometric batteries writing integrated reports including treatment recommendations, provide patients and referring health care provider with feedback regarding testing results
- Conduct substance abuse assessments and provide treatment as needed
- Develop, Market, and lead Dialectical Behavioral Therapy Skills group
- Conduct National Depression Screening Day in the primary care clinics
- Develop and conduct in service trainings
- Attend all continued education with psychiatric staff and case consultations
- Attend weekly psychological case meeting and trainings
- Staff and review cases with my supervisor

University of Puget Sound
Counseling Health and Wellness Services

2002-2003

Tacoma, WA

Resident

Internship Project: *Dialoguing with African American and Asian American students*

Designed a project that involved series of taped interviews with African American and Asian American students exploring their experiences of diversity and their expectations and fears about engaging in counseling. End product was incorporated in the training curriculum for all future residents.

Setting

Multidisciplinary college counseling center comprised of psychologists, general practitioner, masters counseling students, nurse practitioners, and psychiatrist, providing individual and group psychotherapy to a culturally and diagnostically diverse student population. Counseling services were located within the student medical clinic.

Responsibilities

- Conduct both brief and long term individual, couples, family, and group therapy for college students with a range of mental health diagnosis and needs including substance abuse treatment
- Conduct intake interviews, triaging patients, performing assessment & diagnosis, developing treatment plans, making appropriate referrals, and initiating treatment when indicated
- Document all clinical encounters and consultations in accordance with state regulations for WA and departmental requirements
- Coordinate care when appropriate with nursing staff, psychiatrist, student life, patient's professors, and residential staff. For clients who had co-morbid medical issues coordinated care with their medical specialist.
- Coordinate and co-facilitate Grief Psychotherapy Group
- Conduct substance abuse assessments based on Motivational Interviewing
- Cover walk-in, crisis assessments, and supervised after hour call
- When a student needed to be medically discharged for psychological reasons conducted assessment, coordinated care with Student Life, Housing, and Academic Services.
- Due to a traumatic event that occurred on campus had to conduct campus wide crisis intervention programs for staff and students
- Provided clinical supervision for a master level therapist
- Attend weekly psychological case meeting and trainings
- Staff and review cases with my supervisor. As part of training sessions with clients were taped and reviewed during supervision. Also attended supervision of the supervision I provided for the masters level clinician.

**DeWitt Army Hospital
And Fairfax Behavioral Health Care Clinic**

Clinical Extern

1999-2002

Fort Belvoir, VA

Fairfax, VA

Settings

An outpatient clinic serving both active duty and retired military personnel and their families. DeWitt is a multidisciplinary setting in which psychologists, social workers, and psychiatrists work together. Opportunities exist for coordinated psychological and medical care with many clients presenting with comorbid physical problems, e.g. multiple sclerosis, epilepsy, post- partum depression.

Responsibilities

- For both military personnel and their families conduct both brief and long term individual, couples, family, and group therapy for clients with a range of mental health diagnosis and needs including substance abuse treatment and teaching parenting skills
- Conduct intake interviews/diagnostic assessments, triaging patients, performing assessment & diagnosis, developing treatment plans, making appropriate referrals, and initiating treatment when indicated
- Document all clinical encounters and consultations in accordance with state regulations and military regulations and JACO regulations
- Regularly case patients with psychiatry to provide coordinated care and address any issues of treatment compliance in therapy and assist in monitoring side-effects of all medications
- Develop, market, and lead groups in Stress Reduction, Self-Esteem, and a support group for Coping with the Holidays
- Cover walk-in and conduct crisis assessments
- Conduct National Depression Screening Day in the primary care clinics
- For both adults and children design, interpret, write up the results and recommendations and provide feedback to the patient and patient's family on neuropsychological, psycho-educational, and personality test batteries
- Attend all continued education with psychiatric staff and case consultations
- Attend weekly psychological case meeting and trainings
- Attend staff meetings, individual, and group supervision

Westview Psychological Services

Clinical Extern

2000-2001

Rockville, MD

Setting

A small private practice where the clients served ranged in age, diagnosis, and severity. The focus was on conducting individual psychotherapy, community workshops, and marketing.

Responsibilities

- Conduct both brief and long term individual, couples, family, and group therapy for clients of all ages in the community with a range of mental health

- diagnosis and needs and teaching parenting skills
- Conduct intake interviews, triaging patients, performing assessment & diagnosis, developing treatment plans, making appropriate referrals, and initiating treatment when indicated
- Conduct intake interviews
- Document all clinical encounters and consultations in accordance with state regulations for MD and insurance requirements.
- Design psycho-educational and ADHD test batteries
- Write psychological reports and provide feedback regarding results of testing
- Organize and coordinate National Depression Screening Day for the general community
- Participate in both the planning marketing for the practice and in the actual marketing
- Contribute to the development of short and long term business plan involving decisions about the allocation of resources
- Help plan long term marketing strategies based on available and expected resources
- Attend meetings with officials in the local schools and community centers which were potential referral sources
- Attend staff meetings, individual, and group supervision

Northern Virginia Training Center

Clinical Extern

2000

Fairfax, VA

Setting

A residential treatment center for adults with diagnosed with both Severe and Profound Mental Retardation. Most residents have comorbid psychological problems requiring functional assessment and behavioral programs. The majority of residents also have comorbid physical problems including failure to develop speech.

Responsibilities

- Conduct psychopathology screens
- Conduct functional analysis of behavior
- Conduct adaptive skills assessments and social skills assessments
- Gather and integrate data on residents from multiple sources
- Write behavioral programs and work with multidisciplinary staff to implement behavioral programs and communicate testing results
- Supervise staff, teach and test them on behavioral plans to be implemented with the patients
- Conduct in-service staff trainings
- Write psychological assessment reports
- Attend and participate in multidisciplinary staff meetings, individual and group supervision meetings

The Washington Home Hospice*Clinical Assistant***1998-1999***Washington, DC*Setting

A nursing home in which I worked on the following units: Hospice, Dementia, and the Transitioning Unit for senior citizens who needed extended care following medical procedures and/or illness.

Responsibilities

- Educating clients about available community resources
- Assist with Discharge planning
- Working with community agencies to establish continuity of care
- Conducting intakes
- Co-leading programs such as the music program on the Dementia Unit

ACADEMIC POSITIONS**Responsibilities**

As an adjunct professor at Argosy University I had the responsibility of monitoring and managing any complications that arose from the dual role of being faculty and student at the same institution. Other responsibilities (common to all of my positions) included designing the course, writing the syllabus, selecting texts and required readings, designing and implementing lectures and, designing and grading outcome measures of learning. In addition to the above, at Morehead State University as a member of the clinical department I was responsible for designing and grading the Competency Exam in Personality Psychology for the Master's students in Clinical Psychology.

Positions

Adjunct Professor Northern Virginia Community College, *Alexandria, VA* **2004-2006**

Undergraduate Courses

- Introduction to Psychology (2 course)

Adjunct Professor Argosy University, D.C. Campus, *Arlington, VA* **1998-2001**

Graduate Courses

- Social Basis of Behavior (5 courses)
- Special Topics: Advanced Theories of Personality (1 course)
- History and Systems of Psychology (2 courses)
- Writing Tutorial (4 tutorials)

Assistant Professor Morehead State University, *Morehead, KY* **1997-1998**

Graduate Courses

- Theories of Personality (1 course)

Undergraduate Courses

- Seminar in the Relationship Between Self and Society (1 course)
- Social Psychology (1 course)
- Introduction to Psychology (7 courses)

Instructor Kansas State University, *Manhattan, KS*

1996

Undergraduate Course

- Introduction to Psychology (1 course)
-

SAMPLES OF GROUP PSYCHOTHERAPY CONDUCTUED

Substance Abuse Group - *Decrease Your Risk Training*

A 1½ hour harm reduction workshop based on Alan Marlatt's model for individuals considered at high risk for substance abuse. The workshop presents both positive and negative aspects of drinking, focusing on strategies for drinking in moderation. Education is provided about the bi-phasic effect of alcohol, signs of alcohol poisoning, other illegal drugs, and state law.

Dialectical Behavioral Therapy Skills Group

Structured 8-session group based on Lineham's protocol for DBT skills groups with some CBT elements added. The focus was on teaching and applying crisis skills, mindfulness, and emotional regulation in a myriad of situations.

Bereavement Group

Semi-Structured 8-session group that was based upon Yalom's model of group psychotherapy. Some of the issues explored included expression of emotions, unresolved issues, coping skills, and changing family dynamics.

Stress Management

Structured 4-session group incorporating CBT principles, psycho-education about the physiology of stress, and in vivo learning of relaxation techniques.

Self-Esteem Group for Women

Semi-structured 4-week group based on CBT. Some of the issues explored included women's roles and relative worth, identification of negative self-talk, learning skills to rebut negative thoughts, issues of assertiveness, etc.

Coping With the Holidays

Semi-Structured 4-week group that included identification of stressors, learning relaxation techniques, development of behavioral plans, and discussion of communication skills, social significance of the holidays, and family issues.

Living with a Physical Disability

Unstructured 12-session group that included information about accommodations, and discussion of social awkwardness, dating with a disability, adjustment to college, independence, assertiveness, etc.

SAMPLES OF STAFF IN-SERVICE TRAININGS CONDUCTED FOR BEHAVIORAL HEALTH STAFF**Substance Abuse Awareness --*Six Pack of Common Sense***

A 3-hour workshop based on Social Norms Theory presented to staff who are then trained to present the program. Program includes information about actual versus perceived norms about drinking, and information about social norms theory and alcohol poisoning.

Dialectical Behavioral Therapy (DBT)

Taught clinical skills to therapist so they could incorporate them into their practice

Dealing with Trauma

Presentation for clinical staff educating about the types of trauma and associated symptoms as well as factors that can intensify the experience of trauma, resilience factors, and coping mechanisms.

Listening and Counseling Skills

Staff was trained to recognize the severity of the problem, specific listening skills, and boundary setting. Participants subsequently engaged in role plays and were provided feedback.

The Culture of Physical Disabilities

presentation comparing and contrasting the culture of physical disabilities with that of other minorities. Therapeutic issues and suggested guidelines for conducting therapy with individuals with physical disabilities were discussed.

Understanding Eating Disorder

presentation providing information about signs and symptoms of eating disorders, increase therapist awareness of the presence of eating disorders, included information from the patient's perspective, and discussed treatments and resources.

Successfully Working with Agitated Patients

provided information on what to and not to do when working with agitated clients. Discussed common mistakes and ways to avoid escalating the situation providing examples of strategies that will help deescalate the client while keeping control. Participants practiced skills

taught.

Understanding Human Behavior: Behavioral Therapeutic Techniques Based on Reinforcement and Punishment

Workshop includes presentation of basic principals of behaviorism and how they effect behavioral issues and psychopathology. Treatment techniques based on these principals were presented.

How Results of Psychometric Tests Can Inform Therapy

didactic workshop presented to psychiatrists and social workers providing information about the different psychometric tests, what to look for when reading a testing report, and ways that information can inform therapy choices.

SAMPLES OF STAFF IN-SERVICE TRAININGS CONDUCTUED

Working with Clients with Behavioral Health issues

For staff interacting with patients on when and how to make appropriate referrals for therapy, engage in active listening skills, and handle crisis situations. Various scenarios were presented and worked through in small groups and then as a larger group.

Crisis Response Training

A presentation which was used as part of staff training with the goal of teaching staff to evaluate the severity of the situation and respond correctly including how to recognize a crisis, when to make a crisis referral, and what to do while waiting for mental health to arrive.

Dialectical Behavioral Therapy

Multidisciplinary on what it is to aid in making appropriate referrals & understanding treatment notes and what is available for referrals, discussing both the theory and the pragmatics of starting a DBT skills group at DeWitt Behavioral Health. The presentation emphasized the ways that each specialty could contribute through collaboration to the treatment of clients who have difficulties regulating emotions.

Understanding and Knowing Referral Skills

provided information about recognizing signs and symptoms of mental illness particularly in a medical setting, information about different behavioral health treatments, and how to make referrals.

Successfully Working with Agitated Clients

provided information on what to and not to do when working with agitated clients. Discussed common mistakes and ways to avoid escalating the situation providing examples of strategies that will help deescalate the client while keeping control. Participants practiced skills taught.

Practical Guidelines for working with patients and Individuals With Physical Disabilities

Workshop in which issues about physical disabilities and the provision of accommodations were discussed. Participants were taught sighted guide in addition to other techniques for working with patients and family members who are visually impaired and hearing impaired. Goal of workshop was to increase awareness, sensitivity, and provide educational information.

Understanding Human Behavior: Behavioral Therapeutic Techniques Based on Reinforcement and Punishment

Workshop includes presentation of basic principles of behaviorism and how they affect behavioral issues seen in residential or treatment settings. Discussed how staff can unintentionally positively reinforce or reward acting out behaviors by giving them a great deal of attention and strategies for handling difficult clients.

SAMPLE OF COMMUNITY OUTREACH CONDUCTUED***Parenting Under Two Roof***

Presenter for program covering the mental health, childhood development and importance to children that parents divorcing draw boundaries and not involve the children in the adult situations.

Parenting Strategies for Single Mothers

workshop presented at a local community center for single mothers. Workshop consisted of information about parenting strategies applied to the parenting concerns and problems provided by the mothers.

Unwind Before You Unravel: A Holistic Approach to Getting A Good Night's Sleep

presentation on the physiology and psychology of sleep disorders including suggestions for falling asleep and dealing with insomnia. Participants were taught relaxation techniques.

Make Love Not War: How to Survive Cliques and Avoid Having Your Friends Become Your Enemies

presentation focusing on female/covert aggression. Participants identified behaviors that were examples of covert aggression. Information was provided about factors that cause and maintain these behaviors and how to handle cliques and aggressive behaviors and bullying.

Road to Resilience

A one-hour presentation of the American Psychological Association's program designed as a response to the events of 9/11/2001.

Re-entry From Study Abroad

A one-hour interactive presentation for college students returning from a semester abroad focusing on the re-acculturation process and providing information about re-entry shock.

Understanding Eating Disorder

presentation providing information about signs and symptoms of eating disorders, suggestions on how to assist someone with an eating disorder, and information about community resources, caregiver-boundary setting and self-care.

Who Am I and What Do I Bring?***Exploring Issues of Diversity on Campus***

workshop involving several exercises designed to increase participants awareness of the diversity that exists on campus and to increase awareness of their own

Community Health Fair

Provided information on various mental illness how they present in everyday situations, how to handle stress, community resources, and information for caregivers.

National Depression Screening Day

Conducted Depression Screens and provided consultations in addition to different symptoms associated with depression, community resources, and information for caregivers.

CONSULTATION & UNIVERSITY SERVICE

Asian American Theme Year *University of Puget Sound***2003-2004**

A year long series of activities and speakers designed to increase awareness of Asian American culture. Responsibilities included assisting in the process of creating programming around the following generated themes: forced migration, inclusion and exclusion, mixed race Asian Americans, names and labels, privilege and oppression, social class, gender and ethnicity, and turning points in cultural awareness.

African American Theme Year *University of Puget Sound***2002-2003**

A year long series of activities and speakers designed to increase awareness of Asian American culture. Responsibilities included assisting in the process of selecting issues to highlight during the year and selection and creation of events such as a discussion on the impact of the Rodney King beating, the nature of riots, and racial profiling.

Women's Voices *University of Puget Sound***2002-2003**

A weekly student group dedicated to the discussion of issues relevant to women. As staff facilitator my responsibilities consisted of marketing and recruitment of student leaders, providing an organizational structure and provide feedback to student leaders, assisting leaders in processing their experience, serving as a liaison to other campus offices, and providing consultation, information, and guidance at meetings as needed.

Mentor's Program *Loyola University of Chicago***1993-1994**

The mission is to provide both support for students with physical disabilities and awareness of issues related to disabilities. I was responsible for organizing and mediating the Awareness

panel for students and faculty, leading group discussions, and coordinating information about available accommodations.

**Challenge Georgetown: Increasing Awareness
about Physical Disabilities** *Georgetown University*

1990-1992

The mission is to promote discussion and provide awareness of issues related to physical disabilities. As leader, responsibilities included organizing and marketing *Adopt A Disability Day*, panel discussions for faculty and students, awareness workshops, and educational seminars, overseeing fundraising, serving as a liaison to the Department of Student Affairs and Special Services, writing group's constitution and mission statement, and working to maintain a healthy atmosphere within the group.

DIVISIONAL MEMBERSHIP

Association of Family and Conciliation Courts	2011-2016
American Psychology Association	1992-2016
Law and Psychology Association	2011-2016
North Carolina Psychology Association & Division of Independent Practice	2005-2016
Society of Clinical Psychology, Student Affiliate (Division 12)	2002-2004
American Psychology Association and Practice Organization	1992-2016
American Psychosocial Oncology Society	2005-2006
Division of Psychotherapy (Division 29)	2003-2016
Division of Counseling Psychology, (Division 17)	2003-2004
Society for the Psychological Study of Ethnic Minority Issues, (Division, 45)	2002-2004
Society for the Psychology of Women, (Division 35)	2002-2004
Washington State Psychological Association,	2002-2004
Society for the Exploration of Psychotherapy Integration	2000-2002
Spiritual Wisdom and Mental Health	2000-2001
Theoretical and Philosophical Psychology, (Division 24)	1992-1998
International Society for Theoretical Psychology	1996-1998
Society for Personality and Social Psychology, Student Affiliate (Division 8)	1994-1996

HONORS

Best student paper Division 24 (Theoretical and Philosophical Psychology) presented at APA annual conference	1996
University Wide Fellowship at Kansas State University	1993
Three year assistantship to Dr. Joseph F. Rychlak (Maude C. Clark Professor of Psychology, Loyola University of Chicago)	1992
Phi Beta Kappa	1992
Recipient of the Louis McCahill Award for Academic Perseverance	1992
Cosmos Scholar (best paper in the College of Arts and Sciences at Georgetown University)	1992
Rhodes Scholarship Semi-Finalist	1991
Alpha Sigma Nu (National Jesuit Honor Society)	1991

Psi-Chi (National Psychology Honor Society)

1991

REFERENCES

Available upon request