

**KATRINA (KATIE) SARDONE, PHD**  
**CURRICULUM VITAE**  
Updated 9/12/2022

Behavioral Health Dallas, PLLC  
7557 Rambler Rd. Suite 425  
Dallas, Texas 75231  
(214) 383-8145 ext. 101  
Sardone@behavioralhealthdallas.com

**EDUCATION**

- 2008 – 2012                    **Doctor of Philosophy in Clinical Psychology**  
*UT Southwestern Medical Center, Dallas, Texas*  
APA Accredited Clinical Psychology Doctoral Program
- 2003 – 2007                    **Bachelor of Arts**  
*Texas Christian University, Fort Worth, Texas*  
Major in Psychology, Major in Spanish, Minor in Art History,  
Magna Cum Laude
- Spring 2008                    **Study Abroad**  
*La Universidad de Belgrano, Buenos Aires, Argentina*
- Spring 2006                    **Study Abroad**  
*La Universidad de Pablo de Olavide, Sevilla, Spain*

**LANGUAGE SKILLS**

Spanish Competency Level: Advanced Conversation, Reading, and Writing  
Practical Skills: Provide treatment interventions in Spanish  
Bilingual proficiency skills validated by Language Access Services at Children’s Medical Center of Dallas 10/2012.

**CURRENT FACULTY APPOINTMENT**

6/2018 – Present              UT Southwestern Medical Center  
Clinical Volunteer Faculty  
Psychiatry Department  
Dallas, Texas

Supervise doctoral clinical psychology students in clinical settings. Guest lecture in didactic series and course material. Serve as an examiner for student clinical exams.

**CURRENT EMPLOYMENT**

6/2017– Present              Behavioral Health Dallas, PLLC  
Dallas, Texas

Founder and manager of private mental wellness practice. Provide psychological interventions to families, couples, and individuals across the lifespan using evidence-based strategies. Provide relevant workshops and support groups for patients and community members. Provide interdisciplinary care by routinely collaborating with medical professionals. Consult with, coach, and train medical professionals. Supervise trainees and manage therapist employees.

**PREVIOUS EMPLOYMENT**

- 1/2016 – 5/2018      UT Southwestern Medical Center  
Clinical Assistant Professor  
Psychiatry and Family and Community Medicine  
Dallas, Texas
- Created the first behavioral health teaching clinic at joint UTSW/THR family medicine residency. Conducted behavioral health research within a primary care setting. Provided consultation regarding behavioral health programming and curriculum development. Taught relevant mental health topics to primary care residents.
- 9/2013 – 6/2017      Women's Mental Wellness  
Dallas, Texas
- Provided psychotherapy and behavioral health intervention to women across the developmental age spectrum who were coping with perinatal mood disorders, infertility, infant loss, and difficulty adjusting to life stressors. Implemented family, couple and parenting interventions.
- 6/2014 – 12/2015      UT Southwestern Medical Center  
Assistant Director of Behavioral Medicine  
Clinical Assistant Professor  
Family and Community Medicine Residency Program  
Dallas, Texas
- Designed a family medicine behavioral health training curriculum for family medicine residents, interns and students involving community partnerships and interdisciplinary clinics. Ran two interdisciplinary training clinics (e.g., behavioral health and geri-clinic). Coordinated behavioral health didactic series and routinely lectured and trained in individual and group formats. Participated in weekly precepting and advisory responsibilities. Served on recruitment and disciplinary committees.
- 8/2013 – 4/2014      UT Southwestern Medical Center  
Research Lab Coordinator  
Psychology Division  
Dallas, Texas
- Coordinated all research lab activities for the READY study under principal investigator Dr. Deborah Wiebe. Managed research assistants, ran weekly meetings, managed data and materials. Implemented neurocognitive testing protocols and research-based interviews.
- 9/2013 – 6/2014      Ware Wellness Group, LLC  
Dallas, Texas
- Completed comprehensive psychoeducational, psychological and Attention Deficit Hyperactivity Disorder evaluations for children, adolescents and adults. Provided psychotherapy services for children and adolescents using evidence-based practices.

**POSTDOCTORAL FELLOWSHIP IN CLINICAL PSYCHOLOGY**

- 8/2012 – 8/2013      Postdoctoral Fellowship in Clinical Child Psychology  
Children's Medical Center, Dallas, Texas

APA Accredited Clinical Child Psychology Fellowship Program  
Supervisors: Gretchen Noble, PsyD, Jami Gross-Toalson, PhD, Julie  
Germann, PhD, Crista Donewar, PhD, Gabriella Reed, PhD

#### Infant Mental Health

Administered cognitive, achievement, developmental, behavioral, and emotional screening in a high-risk clinic setting for children age 0-5 born with low birth weight. Implemented cognitive and academic school readiness evaluations for children ages 4 - 5 years old. Conducted neurocognitive and developmental evaluations for infants and children ranging from 4 weeks to 4 years old prior to and following craniofacial surgery. Worked with low-income, diverse families to implement strategies to foster optimal academic and emotional development, enhance parent-child relationships, and manage behaviors.

#### Primary Care

Implemented behavioral health interventions, mental health screening, and developmental consultation as part of an interdisciplinary primary care clinic for young children and their families. Additionally, consulted with medical and psychiatric residents as part of a primary care clinic for children age 0-18 in order to facilitate continuity of medical and mental health care. Promoted physical and mental well-being and preventative strategies in a variety of clinics in the hospital (e.g., promotion of sleep hygiene, healthy eating and exercise habits, and psychoeducation regarding mental health issues).

#### Interdisciplinary Pain Clinic

Conducted psychological evaluations within an interdisciplinary pain team for children and adolescents with varying psychological and physical diagnoses (i.e. headache, back pain, conversion disorders, and joint pain). Conducted evidence-based treatment using biofeedback and cognitive behavioral interventions to decrease symptoms of pain and anxiety in both acute and long-term applications.

#### Gastroenterology

Implemented behavioral health interventions to address abdominal pain, elimination disorders (e.g., encopresis and enuresis), irritable bowel syndrome, and additional gut disorders. Used techniques such as gut-directed hypnotherapy, cognitive restructuring, biofeedback, and behavioral activation. Additionally, ran psychological evaluations as part of a monthly specialty clinic for complex abdominal pain.

#### Endocrinology

Ran an adherence clinic for adolescents with a history of poor adherence to medical recommendations. Common patient diagnoses included Type 1 Diabetes, Type 2 Diabetes, and Obesity. Implemented cognitive behavioral interventions, family systems techniques, parent training, motivational interviewing, and diet/exercise monitoring. Provided consultation with physicians, nutritionists, and medical staff regarding recommendations and strategies to improve adherence.

#### Hematology-Oncology

Treated children and adolescents diagnosed with differing cancer diagnoses in both inpatient and outpatient settings using cognitive behavioral and hypnotherapy strategies. Completed individual, family, and interdisciplinary interventions to improve adjustment to illness, coping,

and mood. Worked with children and families to decrease anxiety and address issues related to death and dying.

#### Solid Organ Transplant

Provided brief psychological interventions using cognitive behavioral and motivational interviewing techniques within patients' routine medical clinic visits in order to increase adherence to medical recommendations, improve coping, and implement preventative health behaviors. Conducted transplant evaluations and worked with children, families, and medical teams to address complex ethical issues. Followed children and adolescents at all stages of transplant with behavior, mood, and adherence problems in inpatient and outpatient settings.

#### Consult-Liaison Psychiatry Team

Conducted psychological evaluations and intervention to medical inpatients in both acute and long-term capacities. Cognitive-behavioral techniques used to address behavioral management, comorbid mental and physical health impairments, and adjustment to extended hospitalization and/or chronic illness. Completed safety evaluations and implemented safety-planning interventions.

#### Structured Learning and Training Experience

Participated in weekly didactic seminars, postdoc seminars (including topics such as training in supervision and professional development), and facilitation of group supervision and research article discussions. Participated in 2 hours of structured individual supervision per week, attend Pediatric Grand Rounds, Psychiatry Grand Rounds at UT Southwestern Medical Center, and Infant Mental Health Grand Rounds on a regular basis.

### **PRE-DOCTORAL INTERNSHIP IN CLINICAL PSYCHOLOGY**

The UT Southwestern Medical Center doctoral program in clinical psychology has an integrated APA accredited pre-doctoral internship comprised of 2000 hours over the 3<sup>rd</sup> and 4<sup>th</sup> years of the program (50% time each year, 20 hours per week).

8/2011 – 8/2012

#### **Clinical Psychology Intern (50% time, APA accredited internship) Rotation: Baylor University Medical Center, Dallas, Texas**

Supervisors: Sandra Pitts, Ph.D., Paula Miltenberger Ph.D.  
Description: Consulted with Ob-Gyn residents regarding mental health issues related to girls and women; for example, provided in-vivo clinic consultation as well as formal training. Provided psychological services, including individual therapy, group therapy, consultation, and personality assessment, to inpatient and outpatient populations. Services provided in specialty clinics including psycho-oncology (e.g., women with breast and gynecological cancers) and Women's Services (e.g., Fetal Care Clinic outpatients and inpatients admitted in the antepartum and postpartum units).

8/2010 – 8/2011

#### **Clinical Psychology Intern (50% time, APA accredited internship) Rotation: The Shelton Evaluation Center, Dallas, Texas**

Supervisors: Mary Beth Gober, Psy.D., Laurel Bass Wagner, Ph.D., Laure Ames, Ph.D.  
Description: Administered psychoeducational, psychological, and neuropsychological assessments to children, adolescents and young

adults. Conducted parent intake and feedback sessions, collateral interviews, and wrote interpretive reports.

### **GRADUATE CLINICAL EXPERIENCE**

8/2009 – 8/2012

**Psychotherapist (2-3 outpatient clients per week)  
UT Southwestern Training Clinic, Dallas, Texas**

Supervisors: Noelle McDonald, Ph.D., Katie Sternweis-Yang, Ph.D.,  
Donna Tarver, LCSW

Description: Completed clinical interviews, treatment planning,  
intervention in a diverse adult population using a variety of treatment  
modalities (e.g., cognitive behavioral intervention, insight-oriented  
techniques and motivational interviewing).

8/2009 – 8/2010

**Clinical Psychology Practicum Student (50% time)  
Parkland Family and Community Medicine, Dallas, Texas**

Supervisor: Gabby Reed, Ph.D.

Description: Offered cognitive, emotional and wellness screening and  
intervention within a primary care setting. Provided consultation to  
physicians regarding behavioral health diagnosis and treatment planning.  
Ran the psychology clinic which specialized in short-term, evidence-based  
psychological interventions for health-related issues. Completed  
assessment and evaluation in specialty clinics (e.g., Geriatrics Clinic and  
the Diabetes Clinic).

1/2010 – 7/2010

**Clinical Psychology Practicum Student  
Parkland Psychiatric Emergency Room, Dallas, Texas**

Supervisor: Frank Webster, M.D.

Description: Acted as a mental health consultant in an interdisciplinary  
team dedicated to the psychiatric assessment and evaluation of patients  
who were voluntarily and involuntarily admitted to the ED. Conducted  
clinical interviews, collateral interviews, and discharge planning.

5/2009 – 8/2009

**Clinical Psychology Practicum Student (50% time)  
Juvenile Detention Center, Dallas, Texas**

Supervisor: John Pita, Ph.D.

Description: Conducted psychological assessment and therapy services in  
individual and group settings to youth in detention and associated  
rehabilitation programs. Provided comprehensive psychological reports to  
be used by the courts, probation officers, and various other parties.

8/2008 – 8/2009

**Cultural Diversity Scholar, Predoctoral Fellow (50% time)  
Children's Medical Center, Dallas, Texas**

Supervisor: Crista Donewar, Ph.D., Sunita M. Stewart, Ph.D.

Description: Fellowship award consisting of three areas of responsibility:  
clinical work, research, and outreach projects. Participated in monthly  
rotations throughout inpatient and outpatient units in a variety of settings,  
some of which included: The Lean Families Program, Neuro-oncology,  
Endocrinology, Filial Play Therapy, and Solid Organ Transplant. Attended  
consult liaison rounds, grand rounds and didactics weekly.

### **RELEVANT CLINICAL EXPERIENCE**

8/2007 – 1/2008      **Behavioral Health Pre-Doctoral Intern  
Austin Pain Associates, Austin, Texas**

Supervisor: Krista Jordan, Ph.D.

Description: Worked in a multidisciplinary pain clinic to assist with clinical activities. Observed individual and group psychological intervention, diagnostic evaluations, and psychoeducational classes. Conducted research on chronic pain issues and alternative assessment techniques and attended regular didactic and interdisciplinary team meetings.

8/2007 – 1/2008      **Tutor and Educational Specialist  
Austin Learning Center, Austin, Texas**

Supervisor: Becky Fliss, M.A.

Description: Tutored elementary school - high school students in Spanish, English, and organizational/study skills. Focused on children with learning disabilities (e.g., ADHD, dyslexia, and dysgraphia). Provided education for English and Spanish speaking families regarding their child's learning difficulty, school progress, and academic testing.

### **GRADUATE TEACHING EXPERIENCE**

5/2011      **Joint Admission Medical Program (JAMP), Teaching Assistant  
UT Southwestern Medical Center, Dallas, Texas**

Responsibilities: Taught or assisted professor during lectures, graded assignments, and supervised medical students in skills training sessions

Faculty Professor: Crista Donewar, Ph.D.

Fall 2010      **Clinical Methods I, Lab Instructor  
UT Southwestern Medical Center, Dallas, Texas**

Responsibilities: Taught lab focused on child cognitive and academic assessment, graded assignments, and supervised first year students

Faculty Professor: Deanna Liss, Ph.D.

6/2009 – 12/2009      **Behavioral Health Coaching, Teaching Assistant  
UT Southwestern Medical Center, Dallas, Texas**

Responsibilities: Assisted a team of professors in training a group of nurses in motivational interviewing techniques

Faculty Professors: Monty Evans, Ph.D. and Ted Asay, Ph.D.

### **GRADUATE RESEARCH EXPERIENCE**

8/2011 – 8/2012      **Research Assistant**

Supervisor: Deborah Wiebe, Ph.D.

UT Southwestern Psychology Division, Dallas, Texas

Description: Recruited and ran participants in the READY study, which focused on neurocognitive effects of adolescents Type 1 Diabetes and young adults' transition into the adult health care system. Administered neurocognitive testing.

8/2010 – 8/2011      **Research Lab Coordinator**

Supervisor: Deborah Wiebe, Ph.D.  
UT Southwestern Psychology Division, Dallas Texas  
Description: Coordinated all lab activities regarding the MADRE research study. Ran weekly meetings, oversaw research assistants, and managed data and materials.

8/2008 – 8/2010      **Research Assistant**

Supervisor: Deborah Wiebe, Ph.D.  
Description: Collaborated with Dr. Wiebe and team members to initiate innovated pediatric psychology research focused on health disparities in Latino and Caucasian youth with type 1 diabetes. Responsibilities included: translating materials into Spanish, recruiting participants, data collection, data management, and analysis.

4/2009 – 8/2009      **Research Assistant**

Supervisor: Crista Donewar, Ph.D.  
Children's Medical Center, Dallas, Texas  
Description: Assisted in a multisite therapeutic intervention designed to increase adherence and psychological wellbeing in children with Acute Lymphoblastic Leukemia. Intervention involved teaching problem solving skills to children and their families.

**UNDERGRADUATE RESEARCH EXPERIENCE**

8/2006 –5/2007: **Research Assistant**

Supervisor: Charles G. Lord, Ph.D.  
Texas Christian University, Fort Worth Texas  
Description: Assisted with research projects concerning memory and attitude change. Ran subjects, collected data, stored data, and interpreted data analyses.

**PUBLICATIONS**

- 8/2014      Main, A., Wiebe, D. J., Croom, A. R., **Sardone, K. C.**, Godbey, E.,  
Tucker, C., White, P. C. Associations of Parent-Adolescent Relationship Quality with Type 1 Diabetes Management and Depressive Symptoms in Latino and Caucasian Youth. *Journal of Pediatric Psychology*, 1-11.  
doi:10.1093/jpepsy/jsu062
- 8/2012      **Griffith, K.C.** (2012). *Parental Strategies for Adolescent Diabetes Management in Latino and Caucasian Youth*. (Unpublished doctoral dissertation). UT Southwestern Medical Center, Dallas, Texas.
- 5/2011      Drew, L. M., Berg, C. A., King, P., Verdant, C., **Griffith, K. C.**, Butler, J., & Wiebe, D. J. Depleted Parental Psychological Resources as Mediators of the Association of Income with Adherence and Metabolic Control. *The Journal of Family Psychology*, 25, 751-758.

**POSTER PRESENTATIONS**

- 4/2011      **Griffith, K.C.**, Tucker, C., Croom, A., Fincher, J., White, P.C., Wiebe, D. J. *Appraised Maternal and Paternal Involvement in Type 1 Diabetes*

*Management in a Diverse Adolescent Simple*. Presented at the Society of Pediatric Psychology Conference March 16 2011.

- 4/2010 **Griffith, K.C.**, Croom, A., Drew, L., Wiebe, D.J. *Parental Involvement in Hispanic and Caucasian Families of Adolescents with Type 1 Diabetes: A Pilot Study*. Presented at The Society of Behavioral Medicine 31<sup>st</sup> Annual Meeting, April 8, 2010.
- 4/2010 Croom, A., **Griffith, K.C.**, Berg, C., Wiebe, D.J. Associations between Shared Decision Making with Physicians and Perceptions of Self-Efficacy and Control in Adolescents with Type 1 Diabetes. Presented at The Society of Behavioral Medicine 31<sup>st</sup> Annual Meeting, April 8, 2010.
- 4/2007 Stovall, S.E., **Griffith, K.C.** & Frye, G.D. The Memory of Past Moments...Do Memories Change Attitudes or do Attitudes Bias Memories? Examining the Mechanisms of the False Memories-Attitude Change Phenomenon. Presented at the Student Research Symposium at Texas Christian University, April 2007.

### **PROFESSIONAL PRESENTATIONS**

- 9/2/2022 Physician Well-Being and Burnout Prevention  
UT Southwestern Medical Center
- 7/19/2022 Pediatric Behavioral Intervention  
Inwood Village Pediatrics
- 6/28/2022 Physician Burnout Prevention  
General Medical Staff Meeting  
Texas Health Flower Mound
- 2/4/2022 Family Medicine-Health Psychology  
UT Southwestern Medical Center
- 1/27/2022 Infant Mental Health and Maternal-Child Attachment  
UT Southwestern Medical Center
- 11/9/2021 Building a Mindful Practice  
Texas Health Huguley Hospital
- 10/4/2021 Women's Health on the Consult-Liaison Team  
Parkland Memorial Hospital
- 3/1/2021 NICU Mental Health Part 2  
Baylor Medical Center
- 2/25/2021 NICU Mental Health Part 1  
Baylor Medical Center
- 2/4/2021 Interdisciplinary Women's Health  
Psychology Division Didactic Series  
UT Southwestern Medical Center
- 1/11/2021 Women's Health Updates  
Ob-Gyn Department  
Texas Health Resources Presbyterian Hospital



12/10/2020	Physician Well-Being General Medical Staff Meeting Texas Health Frisco
11/13/2020	COVID19 and the Impact on the Profession of Psychology Texas Psychological Association Annual Conference
11/10/2020	Postpartum Depression Training for Physical Therpists Baylor Scott and White
9/23/2020	Self-Care for Busy People Take Command Health
5/20/2020	Relationship Resilience During a Crisis Live Webinar with SquadCare
5/14/2020	Career Coaching with the DRiV Live Webinar Career Coaching Panel Leadership Worth Following, Dallas, Texas
4/17/2020	Live Q&A for Physicians Managing COVID19 Concerns The Well-Being Index
4/2/2020	Pandemic Response Training: Managing Stress, Anxiety and Depression During a Crisis Private Business
4/1/2020	Suicide Prevention: What, When and How to Support Yourself and Others Private Physician Group
2/4/2020	Optimizing Perinatal Behavioral Health Texas Health Resources
11/12/2019	Parent Perks Series: Raising Secure Children The Lamplighter School
10/29/2019	Provider Well-being and Burnout Prevention Texas Health Huguley Hospital, Fort Worth
10/23/2019	Raising Secure, Confident and Socially Competent Children Ascension Day School
9/29/2019	Provider Well-Being and Burnout Prevention Grand Rounds Texas Health Resources Fort Worth, Texas
9/7/2019	Provider Burnout 8 <sup>th</sup> Annual Gynecological Oncology Symposium Joan Katz Cancer Resource Center Baylor Scott & White Fort Worth, Texas
8/15/2019	Panelist: Expert Q&A "Tips and Tricks to Renew your Home and Mind before Back-to-School"
7/31/2019	Maternal Depression, Anxiety and Stress: Impact on Infant

First3Years

5/9/2019	Provider Self-Care Texas Health Resources, Fort-Worth
5/13/2019	Maternal Well-Being Texas Health Resources Mommy Mixer
5/16/2019	Conflict Resolution National Association of the Remodeling Industry, Dallas Chapter
4/16/2019	Women's Mental Health Physical Therapy Department Baylor University Medical Center,
2/26/2019	Physician Well-Being Texas Health Resources
1/14/2019	Perinatal Mood Disorders Texas Health Mommy Mixer
11/16/2018	Perinatal Mood Disorders Texas Psychological Association
10/4/2018	Suicide Assessment and Prevention Pastoral Care Department Texas Health Resources, Dallas, Texas
6/18/2018	Suicide Assessment and Safety Planning: Clinical and Ethical Perspectives (Ethics CME) GYN Tumor Conference Texas Health Resources, Dallas, Texas
5/9/2018	Patient Introduction to Postpartum Depression Mother's Day Event Texas Health Resources, Dallas, Texas
5/8/2018	What Women Want: Interdisciplinary Panel Discussion GYN Tumor Conference Texas Health Resources, Dallas, Texas
4/20/2018	Women's Mental Health: A Developmental Perspective Therapy Hive, Dallas, Texas
4/10/2018	Maternal Depression Plano Area Mothers of Multiples (PAMOM) Medical City, Plano, Texas
3/20/2018	Perinatal Mood Disorders GYN Tumor Conference Texas Health Resources, Dallas, Texas
Annual Lecture 2015 - Present	Primary Care Psychology Health Psychology Class UT Southwestern Medical Center, Dallas, Texas

- 1/12/2018 Taking Care of Yourself Through Pregnancy, Postpartum and Toddler Years  
Mothers of Preschoolers, Dallas, Texas
- 11/16/2017 Effectively Working with Patients as a Pediatric Psychologist  
Texas Psychological Association Annual Convention Houston, Texas
- 2017 CBT in Primary Care  
UT Southwestern Medical Center, Dallas Texas
- 2017 Understanding Postpartum Depression  
The Next, Dallas, Texas
- 2017 Perinatal Mood Disorders  
UT Southwestern Medical Center, Dallas, Texas
- 2017 Women's Health Across the Lifespan  
Medical Student Elective
- 2016 Physician Experience Workshop (Part 2)  
Internal Medicine Department  
UT Southwestern Medical Center, Dallas, Texas
- 2016 Physician Experience Workshop (Part 1)  
Internal Medicine Department  
UT Southwestern Medical Center, Dallas, Texas
- 2016 Behavioral Health 101  
Workshop for Community Health Fellowship Program  
UT Southwestern Medical Center, Dallas, Texas
- 2016 Medical Ethics Seminar III  
Co-Presented with Philip Day, PhD  
UT Southwestern Medical Center, Dallas, Texas
- 2016 Professional Communication  
Sardone Construction, LLC, Dallas, Texas
- 2015 Mentoring Residents (Faculty Development)  
Co-Presented with Dan Sepdham, M.D.  
UT Southwestern Medical Center, Dallas, Texas
- 2015 Medical Ethics Seminar II  
Co-Presented with Philip Day, PhD  
UT Southwestern Medical Center, Dallas, Texas
- 2015 Medical Ethics Seminar I  
Co-Presented with Philip Day, PhD  
UT Southwestern Medical Center, Dallas, Texas
- 2015 Motivational Interviewing Review and Practice  
Co-Presented with Alvin Dawson, M.A.  
UT Southwestern Medical Center, Dallas, Texas
- 2015 Behavior Change  
Workshop for Community Health Fellowship Program  
UT Southwestern Medical Center, Dallas, Texas

- 2015 Introduction to Team-Based Learning (Faculty Development)  
Co-Presented with Amer Shakil, M.D.  
UT Southwestern Medical Center, Dallas, Texas
- 2014 Behavioral Health Introduction Series for Medical Students  
UT Southwestern Medical Center, Dallas, Texas
- 2014 Assessing Competency in Primary Care  
Co-Presented with Soraya Gollop, PhD  
UT Southwestern Medical Center, Dallas, Texas
- 2014 Breaking Bad News  
Co-Presented with Tamara McGregor, M.D.  
UT Southwestern Medical Center, Dallas, Texas
- 2014 Suicide Assessment and Safety Planning  
UT Southwestern Medical Center, Dallas, Texas
- 2014 Introduction to Behavioral Health  
UT Southwestern Medical Center, Dallas, Texas
- 2014 Neurocognitive Screening in Primary Care  
UT Southwestern Medical Center, Dallas, Texas
- 2013 Complex Case Presentation: Conversion Disorder  
Children's Medical Center, Dallas, Texas
- 2013 Maternal Depression and Child Outcomes  
Children's Medical Center, Dallas, Texas
- 2013 Complex Pediatric PTSD  
Children's Medical Center, Dallas, Texas
- 2011 Managing Breast Cancer Related Pain  
Baylor Medical Center, Dallas, Texas
- 2011 Social Skills in Professional Work  
Baylor Medical Center, Dallas, Texas
- 2009 Motivational Interviewing: Basics and Application in a Medical Clinic  
Behavioral Health Coaching, Aston Center, Dallas, Texas
- 2008 United to Serve: Domestic Violence Awareness  
TJ Rusk Middle School, Dallas, Texas

**MEDIA**

- 12/2019 Mommy Burnout Part 2  
DFW Child Magazine, Dallas, Texas
- 11/2019 Mommy Burnout Part 1  
DFW Child Magazine, Dallas, Texas
- 2019 What is Baby Brain?  
Therapy Hive, Dallas, Texas
- 2019 Mentally Preparing for After Baby Comes

Therapy Hive, Dallas, Texas

- 9/2018 7 Experts You Should Call During Pregnancy  
DFW Child Magazine, Dallas, Texas
- 4/2018 The Real Deal on Postpartum Depression – Plus How to Beat PPD  
DFW Child Magazine, Dallas, Texas
- 2/21/2018 Postpartum Depression Interview and Write Up  
Baby Magazine, DFW Child, Dallas, Texas
- 4/1/2015 Expert commentary on stress management  
Presented on behalf of Women’s Mental Wellness  
WFAA News, Dallas, Texas
- 7/2014 Expert commentary on adolescent self-esteem building  
Presented on behalf of Women’s Mental Wellness  
WFAA News, Dallas, Texas

**CONFERENCES ATTENDED**

- 11/2020 The Texas Psychological Association 2020 Annual Convention  
Virtual Format
- 11/2019 The Texas Psychological Association 2019 Annual Convention  
San Antonio, Texas
- 11/2018 The Texas Psychological Association 2018 Annual Convention  
Houston, Texas
- 2/2017 The Society of Consulting Psychology 2017 Annual Conference  
Seattle, Washington
- 11/2016 The Texas Psychological Association 2016 Annual Convention  
Austin, Texas
- 4/2014 Society of Behavioral Medicine 35<sup>th</sup> Annual Meeting and Scientific Session  
Philadelphia, Pennsylvania
- 4/2011 The National Conference of the Society of Pediatric Psychology  
San Antonio, Texas
- 4/2010 Society of Behavioral Medicine 31<sup>st</sup> Annual Meeting and Scientific Session  
Seattle, Washington
- 2/2009 Health Disparities: From Local to Global  
Center for Health Promotion Research in University Populations  
The University of Texas, Austin, Texas
- 6/2009 Cultural Immersion Program: Language and More  
The Interamerican Society of Psychology, Antigua, Guatemala

**SELECTED PROFESSIONAL TRAININGS**

- 10/2020 Interpersonal Psychotherapy LEVEL A Perinatal Course

- Live 20-hour online training  
Interpersonal Psychotherapy Institute
- 9/18/2020 Exploring our Own Implicit Bias: A Primer for Multicultural Supervision  
Jaya Mathew, PhD and Peter Thomas, PhD  
UT Southwestern Medical Center, Dallas, Texas
- 9/02/2020 COVID-19, Pandemic of the Century: What do we know? What do we do?"  
Robert W. Haley, MD  
Dallas Psychological Association, Dallas, Texas
- 9/1/2020 SOAR to Health and Wellness  
Postgraduate Institute for Medicine
- 07/17/2020 A Science-Based Perspective on Cannabis Use and Clinical Impressions  
in Adolescence through Adulthood  
Adriane dela Crus, MD, PhD, and Jessica Moore, MD  
Dallas Psychological Association, Dallas, Texas
- 6/11/2020 Resilience in the COVID-19 Pandemic: Supporting Patients While  
Addressing My Own Mental Health Needs  
Jennifer L. Hughes, PhD, MPH  
Dallas Psychological Association, Dallas, Texas
- 2/28/2020 Psychology, Aging and Cognition: Ethical Considerations in Working with  
Older Adults  
Mary Camp, MD and Daniela Vela, PhD  
Dallas Psychological Association
- 2/7/2020 Advanced Perinatal Mental Health Psychotherapy Training  
Postpartum Support International
- 11/23/2019 Cognitive-Behavioral Approaches to Posttraumatic Stress  
Amy Williams, PhD and Reed Robinson, PhD, ABPP  
Dallas Psychological Association, Dallas, Texas
- 10/25/2019 Identifying Caps in Your Multicultural Care Approaches  
Laura Howe-Martin, PhD  
Dallas Psychological Association, Dallas, Texas
- 6/14/2019 An Introduction to a Psychobiological Approach to Couple Therapy  
(PACT)  
Stan Tatkin, Psy.D.  
Dallas Psychological Association, Dallas, Texas
- 6/7/2019 DRiV Certification Workshop  
Leadership Worth Following  
Dallas, Texas
- 2/7/2019 An Introduction to Consulting Psychology: Working with Individuals,  
Groups, and Organizations  
SPIM/SCP Joint Conference
- 10/12/2018 Let's Have a Conversation: Provision of Mental Health Care with the Black  
Community  
Dr. Olufunke Awosogba, Dr. Kevin Lambert, and Dr. Mona Robbins

- 9/20/2018 Updates on Suicide Prevention Across the Lifespan  
Kimberly Roaten, PhD, CRC, and Jennifer L. Hughes, PhD, MPH
- 4/6/2018 Clinical, Legal and Ethical Considerations for Documentation, Business  
Structure, and Use of Technology in Practice  
Michael Flynn, JD, PhD  
Dallas, Psychological Association
- 3/23/2018 Overcoming Anxiety with Yoga: A Preview of the Mat's Workshop  
Therapy Hive and The Mat
- 11/4/2017 The Science of the Art of Psychotherapy  
Allan N. Schore, PhD  
DSPP, DPA, DPC, Dallas, Texas
- 2/17/2017 Trauma Workshop  
John Briere, PhD  
Dallas, Psychological Association, Dallas, Texas
- 11/18/2016 Supervision Workshop  
Dallas Psychological Association, Dallas, Texas
- 9/22/2016 Psychopharmacological Updates for Psychologists  
Dallas Psychological Association, Dallas, Texas
- 6/2016 Sleep Medicine Workshop  
UT Southwestern Medical Center, Dallas, Texas
- 5/21/2016 Substance Disorder Treatment for the General Provider  
UT Southwestern Medical Center, Dallas, Texas
- 4/1/2016 Building an Ethical Practice  
Dallas Psychological Association, Dallas, Texas
- 2/26/2016 Cultural Blind Spots in the Treatment of Latino Clients Dallas  
Psychological Association, Dallas, Texas
- 2015 Maternal Mental Health Certificate Training  
7-Week Series  
Postpartum Support International
- 3/2015 14<sup>TH</sup> Annual TBLC Conference  
Team-Based Learning Collaborative, St. Petersburg, Florida
- 4/2015 Bringing Baby Home  
Gottman Institute Seattle, Washington
- 12/2014 Motivational Interviewing for Primary Care  
Scott Walters, PhD  
UT Southwestern Medical Center, Dallas, Texas
- 11/2014 Key Practices in Culturally Alert Counseling  
American Psychological Association On-Demand CEU
- 5/2014 Public Mental Health Care: Models, Choices and Opportunities  
UT Southwestern Medical Center

- 3/2014 Ethics Workshop: Where law and psychology bump heads  
Dallas Psychological Association, Dallas, Texas
- 1/2014 Values and Ethics when Considering Alternative Psychotherapies  
UT Southwestern Medical Center and Dallas Psychological Association  
Dallas, Texas
- 11/2013 Attachment Workshop  
Dallas Psychological Association, Dallas, Texas
- 9/2013 Couple Therapy Level 1 Training  
Gottman Training Institute, Dallas, Texas
- 7/20/2013 DSM-V Diagnostic Changes, Values & Alternatives  
UT Southwestern Department of Psychiatry  
Dallas, Texas
- 2013 Parent Child Interaction Assessment (PCIA-II) Training  
University of North Texas, Denton, Texas
- 11/9/12 – 11/11/12 Therapeutic Assessment Workshop  
Dallas Psychological Association and Children's Medical Center  
Dallas, Texas
- 11/16/2021 Teen Suicide Workshop  
Dallas Psychological Association  
Dallas, Texas
- 8/14/11 – 8/20/11 Intensive Spanish Language Immersion Program  
Spanish Abroad, INC., San Juan, Puerto Rico
- 5/10 – 5/14/10 Intensive Spanish Language Immersion Program  
Spanish Abroad, INC., Tamarindo, Costa Rica
- 10/29/09 – 10/30/09 Motivational Interviewing: Preparing People to Change Behavior (2-Day  
Workshop)  
Scott Walters, PhD, UT Southwestern Medical Center, Dallas, Texas

### **LEGISLATIVE INVOLVEMENT**

- 5/5/2017 Participated in Legislative Day for Texas Psychological Association  
Austin, Texas
- 12/8/2016 Testified on behalf of the Texas Psychological Association at the Sunset  
Advisory Commission Hearing, Austin, Texas

### **HONORS**

- 5/2021 Past President  
Dallas Psychological Association, Dallas, Texas
- 5/2020 President  
Dallas Psychological Association, Dallas, Texas
- 5/2019 President-Elect  
Dallas Psychological Association, Dallas, Texas



5/2018	President-Elect Designate Dallas Psychological Association, Dallas, Texas
5/2017	Trustee Dallas, Psychological Association, Dallas, Texas
6/2016	TPA Member Spotlight Texas Psychological Association, Dallas, Texas
5/2011	FOCUS Research Award UT Southwestern Medical Center, Dallas, Texas
12/2010	Outstanding Performance in Southwestern Training Therapy Clinic UT Southwestern Medical Center, Dallas, Texas
2008 – 2009	Cultural Diversity Scholar Children's Medical Center, Dallas, Texas

#### **PROFESSIONAL SOCIETY MEMBERSHIP**

2014 – Present	Texas Psychological Association
2010 – Present	Dallas Psychological Association
2010 – 2017	American Psychological Association
2014 – 2016	Society of Teachers of Family Medicine
2010 – 2015	Society of Behavioral Medicine

#### **BOARD MEMBERSHIP AND CONSULTATIVE ROLES**

6/2017 – Present	Dallas Psychological Association Executive Committee Current Role: Past President Dallas, Texas
5/2016 – 8/2016	Managing Board Member of North Texas Performing Arts Dallas, Texas
1/2014 – 12/2015	Advisory Board Member for Play and Go Depot. INC. Dallas, Texas

#### **LICENSURE AND CERTIFICATIONS**

9/2013	Licensed Psychologist in Texas #36502
5/2013	Maternal Mental Health Professional Certificate
10/2021	LEVEL A: Interpersonal Psychotherapy Perinatal Certification
4/2020	HOGAN Certification
6/2019	DRiV Certification