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EDUCATION

Graduate

University of Indianapolis, Indianapolis, IN

Expected May 2027

Clinical Psychology (PsyD) Doctoral Program, **APA Accredited**

Concentration: Child & Adolescent Psychology

Master of Arts (MA) in Clinical Psychology, **APA Accredited**

Awarded May 2023

Undergraduate

Tennessee State University, Nashville, TN

Awarded May

2021

Bachelor of Science in Psychology, Summa Cum Laude

Minor: Africana Studies

CLINICAL TRAINING EXPERIENCE

Center for Psychological Development, Muncie, IN

Advanced Practicum Trainee | August 2024 – May 2025

- Managed a diverse caseload of 12–15 children and adolescents (ages 5–17), providing individual, family, and parent-only therapy via in-person and telehealth sessions.
- Provided evidence-based, developmentally appropriate interventions (e.g., play therapy, CBT) for children and adolescents presenting with emotional dysregulation, grief, trauma, anxiety, depression, ADHD, sleep difficulties, encopresis/enuresis, and oppositional behaviors.
- Facilitated family and parent-only therapy sessions within a systemic framework to address relational difficulties and complex family dynamics, including divorce, adoption, blended families, and caregiver transitions.
- Collaborated with parents, schools, DCS, and medical providers to enhance systemic support and improve child functioning.
- Developed treatment plans aligned with Medicaid standards and maintained detailed documentation in InSync (EMR).
- Engaged in weekly clinical supervision and specialized training in Sand Tray therapy to strengthen therapeutic competence and case conceptualization.

Supervisor: Sharon Ezop, Ph.D., HSPP

Christopher Psychological Services, LLC, Seymour, IN

Standard Practicum Trainee | August 2023 – June 2024

- Administered evaluations for Intellectual Disabilities, Specific Learning Disabilities, Autism Spectrum Disorder, and Emotional Disabilities, to assess eligibility for special education services.
 - Administered, scored, and interpreted WISC-V, WIAT-4, WPPSI-IV, BASC-3, and Vineland-3 electronically via iPad, documented behavioral observations, and contributed to comprehensive integrated psychological reports for clinical and educational decision-making.
 - Observed case conferences and collaborated with interdisciplinary teams (including speech-language pathologists, special education teachers, and autism specialists) to support comprehensive student care.
 - Received live supervision and feedback during initial assessment administration.
 - Gained and applied working knowledge of Indiana special education laws to inform case conceptualization, report writing, and consultation in doctoral-level training settings.
- Supervisor: Jill Christopher, Psy.D., HSPP*

DePauw University Counseling Services, Greencastle, IN

Standard Practicum Trainee | August 2022 – May 2023

- Managed a diverse caseload of college students across all academic levels (freshman to senior), providing intake assessments, crisis support, and individual therapy for a range of complex concerns, including depression, anxiety, ACEs/trauma, ADHD, neurodivergence, grief, and identity development.
 - Encouraged students to seek accommodations or additional testing when presenting symptoms impacted academic performance or functional outcomes.
 - Collaborated with the on-site psychiatrist regarding client care and medication management.
 - Participated in weekly individual and group supervision and two case conferences per semester, incorporating video/audio review to enhance clinical skills and case conceptualization.
 - Engaged in campus outreach programming (mental health screenings, mindfulness/stress management, women's health, and disordered eating).
 - Attended weekly didactic seminars on ethics, cultural competence, crisis intervention, practitioner self-care, DSM-5-TR, and therapeutic approaches (including Acceptance and Commitment Therapy, Solution-Focused Therapy, and trauma-informed care).
 - Documented client interactions, assessments, and treatment progress using Titanium Software (EMR).
- Supervisor: Trevor Yuhas, Psy.D., HSPP*

CLINICAL WORK EXPERIENCE

Hope Haven Psychological Resource, LLC, Indianapolis, IN

Contracted Clinician (Supervised) | December 2025 – Present

- Provide individual psychotherapy to adolescents and adults
 - Utilize evidence-based therapeutic approaches, including Cognitive Behavioral Therapy (CBT), psychodynamic, and person-centered techniques, within a trauma-informed framework
 - Conduct psychoeducational assessments and provide school-based therapy services
 - Collaborate with families, schools, and multidisciplinary teams to support client growth across settings
- Supervisor: Benetta Johnson, Ph.D., HSPP*

Ascension St.Vincent Heart Center, Carmel, IN

Customer Service Representative (Patient Registration) | November 2024 – November 2025

- Serve as the first point of contact for patients checking into hospital and laboratory settings, ensuring a welcoming and compassionate experience during high-stress situations.
- Collect and verify sensitive personal, medical, and insurance information with accuracy and efficiency while maintaining confidentiality and compliance with healthcare regulations.
- Communicate clearly and empathetically with diverse populations, addressing concerns and questions to ease patient anxiety and build trust.
- Collaborate with healthcare teams—including physicians, nurses, and administrative staff—to ensure seamless registration and support urgent care needs in a fast-paced environment.
- Manage multiple technology platforms simultaneously to input, update, and retrieve patient data under time-sensitive conditions.
- Adapt quickly to changing situations, demonstrating emotional composure and professionalism in the presence of illness, injury, or emergency scenarios.
- Use strong interpersonal, problem-solving, and multitasking skills applicable to counseling, crisis response, and school-based support settings.

Indiana University School of Medicine, Indianapolis, IN

Behavioral Health Intern | March 2024 – May 2025

- Engaged in community-based participatory research to inform program development and implementation for the Diabetes Tune-Up intervention project.
- Co-facilitated virtual and in-person distress management groups for Black/African American women with Type 2 diabetes, in collaboration with a registered Diabetes Educator.
- Facilitated five time-limited groups (1.5 hours/week for six weeks each), with group sizes ranging from 5 to 9 members and varying consistency in attendance.
- Delivered psychoeducation on SMART goals, stages of change, diabetes-related stress and burnout, cognitive distortions/unhealthy thinking habits, self-care, and relapse prevention.
- Tracked individualized participant goals weekly, supporting ongoing engagement and treatment adherence.
- Participated in group supervision and case review, receiving structured feedback on facilitation, group dynamics, and cultural responsiveness.

Supervisor: Mary de Groot, Ph.D., HSPP

Sandra Eskenazi Mental Health Recovery Center, Indianapolis, IN

Mental Health Technician | January 2023 – April 2024

- Delivered individual and group skills training to diverse adult patients (18+) in alignment with Person-Centered Treatment Plans, while implementing behavioral health interventions and connecting clients to needed services and resources.
- Collaborated with licensed social workers to co-facilitate psychoeducational and therapeutic groups focused on mental health awareness, mindfulness, and coping skills.
- Provided direct patient care, including assisted daily living (ADL) assistance, vital-sign monitoring, blood glucose checks, dressing changes, and safety checks.
- Responded to psychiatric crises using CPR and Crisis Prevention Intervention (CPI) in MHRC and Triage units.
- Maintained a safe, therapeutic environment through ongoing assessment, proactive intervention, and adherence to infection-control protocols.
- Completed crisis-intervention and de-escalation training, including Acute Care CPI for neurodivergent individuals.
- Documented client interactions, interventions, and behavioral observations in Epic (EMR) with accuracy.

Cummins Behavioral Health Systems, Inc., Greencastle, IN

Mental Health Technician | May 2022 – August 2022

- Built therapeutic relationships with adult residents (ages 18+) and provided behavioral support consistent with the facility's treatment objectives.
- Maintained a safe and structured environment through continuous observation, risk assessment, and proactive intervention in alignment with individualized treatment goals.
- Supported residents in developing independent living skills, including cooking, cleaning, personal hygiene, and household maintenance.
- Facilitated social engagement and daily routines to promote emotional stability, cooperation, and community integration.
- Monitored and documented resident behavior, mood, and progress, implementing person-centered interventions as appropriate.
- Administered and recorded medications in accordance with medical charts and organizational protocols to ensure accurate and compliant care delivery.

Hermitage Hall Children's Residential Facility, Nashville, TN

Mental Health Technician | January 2021 – July 2021

- Supervised and ensured the safe transport of youth (ages 8–18) across units and prepared therapeutic spaces for individual and group activities.
- Monitored, recorded, and reported vital signs upon admission to the charge nurse, supporting accurate clinical assessment and continuity of care.
- Built therapeutic relationships with children and adolescents, delivering trauma-informed care consistent with facility treatment goals and behavioral expectations.
- Observed and documented behavioral, emotional, and interpersonal patterns, promptly communicating changes to nursing and clinical staff.
- Supported daily living skills, including hygiene, meal preparation, and structured recreation, while promoting peer socialization and emotional regulation.
- Facilitated interactive group sessions on emotional processing, coping strategies, and mindfulness to enhance self-awareness and interpersonal functioning.

TEACHING EXPERIENCE

University of Indianapolis College of Education & Behavioral Sciences, Indianapolis, IN

Instructor of Record – Educational & Career Pathways in Psychology | August 2025 – Present

- Implement a 16-week undergraduate course introducing psychology subfields, educational trajectories, and career opportunities, tailored to student interests in areas such as Neuroscience, Criminal Justice, Nursing, Traditional Psychotherapy, and Marriage & Family Therapy.
- Integrate experiential learning, guest speakers, and mentorship initiatives to enhance student engagement and professional development for 29 students.
- Employ inclusive teaching practices highlighting diverse professionals and perspectives within psychology.
- Support students in academic and career planning, providing individualized guidance aligned with personal interests and goals.
- Manage grading and course materials through Brightspace, ensuring timely feedback and accurate assessment.

University of Indianapolis, Indianapolis, IN

Guest Lecturer – Abnormal Psychology | Fall 2024

- Delivered a 60-minute guest lecture on child and adolescent psychological disorders to undergraduate students as part of the Psychology of Teaching course.
- Prepared instructional materials integrating DSM-5 criteria, case examples, and culturally informed perspectives to enhance student learning and engagement.
- Facilitated class discussions promoting critical thinking about diagnostic frameworks, cultural context, and practical application in mental health.
- Observed and received feedback from Dr. Michael Poulakis, the course instructor, on instructional techniques, content delivery, and student engagement.
- Applied experiential learning from the Psychology of Teaching course to refine teaching strategies and enhance effectiveness in undergraduate education.

RESEARCH

Doctoral Dissertation Research

University of Indianapolis, Indianapolis, IN | May 2022 – Present

Dissertation Chairperson: Katie Kivisto, Ph.D., HSPP

Committee Members: Benetta Johnson, Ph.D., HSPP; Roderick Currie, Ph.D.

Dissertation Title: *What Happens Here, Stays Here: Generational Transmission of Alcoholism in Black Families*

- Dissertation Proposal: May 29, 2024
- Dissertation Defense: Expected Spring 2026

Tennessee State University, Nashville, TN

Lab Research Assistant | August 2019 – August 2020

- Collaborated with a multidisciplinary research team of tenured professors and undergraduate researchers.
- Investigated physiological abnormalities in the “pre-alarm” display of patient information to optimize environmental conditions for healthcare providers.
- Conducted a site visit at Vanderbilt University Hospital to observe and evaluate existing patient information display systems.
- Performed literature reviews, data analysis, and contributed novel research ideas, advancing the team’s understanding of effective display design.
- Contributed to the publication of research findings in the *Human Factors & Ergonomics Society (HFES) Congress* proceedings.

Tennessee State University, Nashville, TN

Undergraduate Researcher | August 2019 – May 2020

- Conducted a senior thesis examining drug and alcohol use among Black college students, including the generational transmission of substance use.
- Designed and implemented culturally sensitive research methods, performing a comprehensive literature review and data analysis to address gaps in existing research on substance use in Black communities.
- Presented findings to the Tennessee State University Psychology Department and local community, increasing awareness and bridging knowledge gaps regarding substance use in this population.

Vanderbilt University, Nashville, TN

Undergraduate Research Intern | June 2019 – July 2019

- Contributed to doctoral dissertation research examining coping mechanisms and emotion regulation in response to stress and adversity across the lifespan.
- Collaborated in a research lab with two other undergraduate students, engaging in experiential learning and skill development in research methodology.
- Observed and supported family-based depression prevention and Adverse Childhood Experiences (ACE) intervention programs.
- Managed and entered family-consented data into the ASEBA EMR system for ongoing analysis and research purposes.
- Assisted in data coding, literature synthesis, and preliminary statistical analysis, enhancing the lab's research outputs and supporting dissemination efforts.

Publications

Fleishman, S., Hess, A., Sloan, L., Schlesinger, J. J., & Shive, J. (2021, May). Detecting abnormalities on displays of patient information. In *Congress of the International Ergonomics Association* (pp. 287–300). Cham, Switzerland: Springer International Publishing.

EDUCATIONAL LEADERSHIP & MENTORSHIP

Graduate Psychology Association, University of Indianapolis

Peer Mentor & Resource | 2022–2024

- Mentored first-year graduate psychology students; provided academic, professional, and emotional support.
- Participated in graduate student diversity panels and served as a DEI panelist during program interview days.

Association of Black Psychologists – UIndy Student Circle, University of Indianapolis

President | 2022–2024

National Member | 2018–Present

- Led chapter restructuring efforts and campus certification process; supervised a team of officers.
- Organized mental health advocacy events, student mentorship, and community service projects.
- Partnered with the national and local ABPsi chapter to promote culturally competent care and mentorship.
- Notable Events:
 - “*Make a Card: Spread the Positivity*” – Community service campaign for foster youth and individuals with mental health challenges.
 - *Indiana ABPsi Student Reception* – Mentorship and networking event with Indiana-based Black mental health professionals.
 - “*Lounge & Listen: Mad Love Poetry Slam*” – Mental health awareness through artistic expression.

Delta Sigma Theta Sorority, Inc. – Alpha Chi Chapter, Tennessee State University

Physical & Mental Health Thrust Chair | 2020–2021

- Developed and led events addressing mental health awareness, trauma, and stigma in the Black community.
- Notable Events:
 - “Red Stain Girl Talk” – Domestic violence and trauma discussion space.
 - “Speak OUT: Myths About Therapy” – Community panel debunking therapy myths.

Phi Eta Sigma National Honor Society, Tennessee State University

President | 2020–2021

- Directed chapter programming and led community engagement initiatives.
- Notable Events:
 - *Winter Clothing Drive* – Donated to shelters supporting unhoused populations.
 - “Do You Know About Money?” – Financial literacy fundraiser supporting families impacted by ICE raids.

Tiger Tutoring & Psychology Tutoring Program, Tennessee State University

Co-Founder & Peer Tutor | 2018–2021

- Provided one-on-one tutoring in psychology and writing; adapted instruction to diverse learning styles.
- Advocated for academic support initiatives in faculty meetings and promoted tutoring across campus.

HONORS & AWARDS

- **College of Behavioral Sciences Graduate Assistantship (GA)** | August 2022 – August 2024
- **President’s & Dean’s List Awardee**, Tennessee State University | May 2021
- **Co-founder**, Tennessee State University Psychology Peer Tutoring Program | January 2020
- **Member**, Psi Chi, International Honor Society in Psychology | September 2020
- **Inductee**, Tennessee State University Honors College | October 2019
- **Inductee**, Phi Eta Sigma National Honor Society | October 2019
- **Scholarship Tea Keynote Speaker**, Delta Sigma Theta Sorority, Inc., Champaign-Urbana Alumnae Chapter | June 2018
- **Scholarship Recipient**, Delta Sigma Theta Sorority, Inc. | June 2017

PROFESSIONAL MEMBERSHIPS

- **Graduate Psychology Association (GPA)** | 2021 – Present
- **Delta Sigma Theta Sorority, Inc.** | 2020 – Present
- **Psi Chi, International Honor Society in Psychology** | 2019 – Present
- **National Association of Colored Women’s Clubs, Inc. (NACWC)** | 2019 – Present
- **Association of Black Psychologists (ABPSI)** | 2018 – Present
- **Phi Eta Sigma National Honor Society, Inc.** | 2018 – Present

