

ROSEMARY HALE

5610 Crawfordsville Road, Suite 200
Indianapolis, Indiana 46224-3739

317-241-4673 (office) 317-241-0201 (fax) 317-969-7616 (mobile)
rhale@hopehavenpsych.org

Education

University of Indianapolis, Indianapolis, IN

Doctorate of Clinical Psychology (PsyD) (APA-Accredited)

Concentration: Health Psychology and Behavioral Medicine

Started August 2016

Anticipated graduation: August 2021, GPA: 3.9/4.0

University of Indianapolis, Indianapolis, IN

Master of Arts

Started August 2016, completed August 2018

Clinical Psychology, GPA: 3.9/4.0

Oglethorpe University, Atlanta, GA

Bachelor of Science (APA-Accredited)

Started August 2013, graduated May 2016

Major: Psychology, Graduated Summa Cum Laude

Oxford University, Oxford, England

Scholarship to Study Abroad, Fall 2015

Studied Mindfulness in Therapy and Self-Concept in Disordered Eating

Clinical and Research Interests

- Humanistic and Client-Centered Psychotherapy
- Psychological Assessment
- Cognitive-Behavioral Interventions
- Mindfulness-based Therapies
- Health Psychology
- Mind-Body Medicine
- Disordered Eating
- Body Image
- Obesity

Clinical Experience- Graduate Level

Doctoral Practicum Student/Therapist

August 2019 - May 2020 (16-20 hours/week)

Hope Haven Psychological Resource, LLC

Private Practice

Supervisor: Benetta E. Johnson, Ph.D., HSPP

- Provides individual and family therapy for diverse populations of children and adolescents
- Performs psychological evaluations

Psychological Test Technician

May 2019 – Present (3-8 hours/week)

Meridian Psychological Associates, P.C.

Private Practice

Supervisor: Elizabeth Hahn, PsyD, HSPP

- Performs psychological testing in schools with children ages 6-18. These evaluations are primarily for determining learning disability diagnosis and eligibility for appropriate academic supports.

Doctoral Practicum Student

August 2018- August 2019 (16-20 hours/week)

Connections, Inc., Indianapolis, IN

Child Guidance Clinic and Social Services Agency

Supervisor: Sarah Szerlong, PhD, HSPP

- I conducted full diagnostic evaluations for children and adults referred through the Indiana Department of Child Services (DCS).
- Referral questions included evaluation of intellectual/cognitive abilities, personality, parenting, academic functioning, and mental health needs.
- Recommendations were made for appropriate therapy services (individual, couple/family), academic supports, life skills training, family visitation services, parenting education, and referrals (e.g. psychiatrist, neuropsychologist).
- I was responsible for administering, scoring, and interpreting psychological testing materials, as well as performing clinical interviews, writing reports and making treatment recommendations.
- I conducted 1-2 full evaluations a week and receive a minimum of 1.5 hours of supervision each week.

Elective Doctoral Practicum Student/Therapist

July 2018-December 2018 (8-12 hours/week)

NorthStar Psychological and Consultation Services, Indianapolis, IN

Private Practice

Supervisor: Matthew Grant, PsyD, HSPP

- I chose to stay at NorthStar an additional semester to keep working with my existing clients, and continued to perform intake interviews

- Presenting problems treated included: major depression, general anxiety, posttraumatic stress, grief, self-esteem and self-confidence issues, relationship/family problems, and addiction recovery
- I assisted Dr. Matthew Grant in collecting data from a pilot processing group he conducted on gift theory (see Research Experience)

Doctoral Practicum Student/Therapist

August 2017-July 2018 (16-20 hours/week)

NorthStar Psychological and Consultation Services, Indianapolis, IN

Private Practice

Supervisor: Matthew Grant, PsyD, HSPP

- I conducted adult clinical intakes, individual therapy, and couple's therapy
- I adopted primarily a humanistic approach to psychotherapy with some psychodynamic conceptualization. I also used some cognitive and behavioral interventions as appropriate.
- Most of my clients identified as members of the LGBT+ community, and I saw clients that identified as gay, lesbian, bisexual, transgender, and gender nonbinary
- Presenting problems treated included: major depression, dysthymia, general anxiety, posttraumatic stress, obsessive-compulsive disorder, adjustment disorders, relationship problems, addiction recovery, grief/loss of loved one to suicide, employment issues, and self-exploration.
- I wrote a piece for Dr. Grant's website/blog titled "Introduction to Mindfulness"
- I received a minimum of 1.5 hours of supervision each week.

Neuropsychological Test Technician

July 2017-Present (3-8 hours/week)

Great Lakes Institute for Neuropsychology and Behavioral Health, Greenwood, IN

Private Practice

Supervisor: Sanford Pederson, PhD, HSPP

- I conduct neuropsychological assessment on primarily elderly patients in hospitals or assisted living settings. Most patients presented with some form of cognitive impairment, ranging from mild to severe. This included patients with psychotic disorders, affective disorders, and those that had suffered a traumatic brain injury
- I am responsible for administering and scoring assessment measures.
- I typically perform 1-2 assessments per week.

Other Clinical Experience

Therapy Assistant

Summer of 2015 and Summer of 2016 (30-40 hours/week)

South Community, Inc., Kettering, OH

Community Mental Health

Supervisor: Janet Day, MEd, LPCC-S

- I lead and co-lead a variety of support and therapy groups for children with unique needs and conditions at this therapy intensive summer program for at-risk youth with behavioral and/or mental health disorders (ages 7-17).
- I worked 5 days a week with children whose presenting problems included attention-deficit/hyperactivity, depression, oppositional/conduct issues, posttraumatic stress, and learning disabilities.
- One day each week I worked specifically with children and adolescents with Autism Spectrum Disorders.
- My role was to help establish rapport with children and families and assess overall treatment needs, as well as provide and assist in crisis intervention to clients in acute distress.
- We worked on enhancing the children's interpersonal and community coping skills, especially in the home and school.

Summer Intern and Night Shift Leader

Summer of 2014 (40-60 hours/week)

Safe Harbor House; Springfield, OH

Residential Facility

Supervisor: Amy Willmann

- Residential facility for women coming out of prison, drug addiction, and/or human trafficking to help them get support and become independent.
- I typically worked 7pm-8am shifts where I was the only individual on duty. Earlier in the evening I provided transportation for residents to/ from evening work, church, AA, NA, and other meetings.
- I supervised the self-administration of medication, and administered drug tests and breathalyzer tests as needed.
- I was responsible for locking the house up each night and opening it up in the morning.
- I spent important one-on-one time with the residents in the evenings, checking-in and talking about their goals and setbacks.
- As a night shift leader and not a member of their usual day-time team, the women were more relaxed with me and I was able to mediate concerns between the residents and the day staff.

Volunteer and Support Group Leader

2013-2016 (2.5 hours/week)

T. J's Place of Hope; Centerville, OH

Private Addiction Treatment Center

Supervisor: Greg Crabtree

- T. J's Place of Hope offers unofficial group therapy and a safe place for adolescents (ages 12 to 22) suffering with addiction and comorbid mental health conditions (e.g. depression, anxiety, posttraumatic stress, eating disorders).
- I led and participated in discussions and activities relating to healing and recovery from self-harm behaviors, specifically eating disorders and self-mutilation. I worked primarily with female high school students who appreciated having someone only a few years older and more able to relate to their experience.

Volunteer and Activities Leader

2012-2013 (5 hours/week)

Bethany Lutheran Village; Centerville, OH

Supervisor: Cheryl Bradley

- Bethany is a retirement community that offers residential Alzheimer's and dementia care.
- I helped coordinate and implement activities and events for the residents to exercise their thinking and motor skills.
- I spent one-on-one time with residents who needed individualized care. Many of these residents had few or no visitors and were very appreciative of our time together and having someone to talk to outside of their medical care team. I would take them outside, listen to them talk about their late husband, or just sit and complete a puzzle with them.

Special Education Volunteer

2009-2011

Centerville High School; Centerville, OH

- I volunteered in the special education classroom and helped coordinate after-school activities for the students.
- I helped with the physical education class, which included working one-on-one with various students to engage in an activity appropriate for their abilities.
- I developed positive relationships with the students and promoted social development.

Research Experience

Dissertation Research

University of Indianapolis, Indianapolis, IN

December 2016-April 2019

Advisor: Nicole Taylor, PhD

Proposal Accepted: August 2017, Defense Completed: April 2019

The Influence of Chakras on Disordered Eating Patterns through Body-Image Self-Discrepancies

- My dissertation demonstrated reliability and content validity of a new self-report measure of chakra energy that I created, and examined the relationships between chakra energy imbalances and disordered eating behaviors.

- Based on the self-discrepancy theory of disordered eating, different patterns in chakra energy were expected to correlate with either actual-ideal body image self-discrepancies or actual-ought body image self-discrepancies, and subclinical bulimia or anorexia symptomatology, respectively.
- The chakras were found to directly and indirectly predict subclinical disordered eating patterns, with body image self-discrepancies serving as significant mediators in these relationships.
- I presented this research at the 4th Multidisciplinary Scholarly Activity Symposium at the University of Indianapolis in May 2019.

Research Assistant

Northstar Psychological and Consultation Services; Indianapolis, IN

August 2018 – Present

Supervisor: Matthew Grant, PsyD

- I am currently assisting Dr. Matthew Grant in collecting data from a pilot processing group he is running with gay men using gift theory.
- The group is based on Raymond L. Rigoglioso's book *Gay Men and the New Way Forward*.
- Each group runs for 16 weeks and we are collecting data on substance use, depression, anxiety, self-esteem, and self-efficacy. One group has been completed, the second is expected to begin September 2019.

Undergraduate Thesis

Oglethorpe University; Atlanta, GA

January 2015-May 2015

Supervisor: Leah Zinner, PhD

Study title: Stress-eating and Self-esteem

- I designed and conducted an experiment to look at the relationship between strong emotional states (stress, positive affect, and control) and self-esteem (high and low) on eating behaviors.
- It was predicted that strong emotional states would increase eating in low self-esteem participants but decrease eating in high self-esteem participants, and that self-esteem would be the best predictor of emotional-eating.
- I was the sole experimenter responsible for designing the study, administering the conditions and questionnaire, data entry and analysis in SPSS, and the writing of a full manuscript on the study.
- I presented this study at Oglethorpe University's PRISM (Presentations of Research in Science and Math) poster session during the Liberal Arts and Science Symposium, May 2015.

Research Assistant

University of Oxford; Oxford, England

September 2015-December 2015

Supervisor: Alla Yankouskaya, PhD

- I assisted in research to explore the role of perceptual associations in the development of eating disorders.
- During this first stage of the study, participants were individuals undiagnosed with an eating disorder in order to establish a baseline for the patterns of typical perceptual associations. Using a series of paired-association tasks while the patient was in an fMRI machine, the study aimed to explore the typical process by which the brain codes personally relevant information and valence information.

Research Assistant

Oglethorpe University; Atlanta, GA

October 2014-May 2015

Supervisor: Lisa Hayes, PhD

Study title: Fostering Academic Achievement and Student Retention

- The goals of the study were to foster achievement and understand retention rates in freshman students at Oglethorpe University. I assisted the psychology faculty in pre- and post-test data collection and entered all data into SPSS.

Research Assistant

Oglethorpe University; Atlanta, GA

August 2014-December 2014

Supervisor: Leah Zinner, PhD

- Under the guidance of my academic adviser, several peers and I individually collected and analyzed data for both a correlational study and an experimental study to learn the process of each.
- Predicting Multitasking Behavior: Self-Efficacy, Self-Regulation, and Perception of Multitasking Ability as Important Variables
 - Participants were asked about their multitasking behaviors while studying and assessed for working memory, self-regulation, task motivation, self-efficacy, and their perception of the difficulty of the course they were studying for.
- Effects of Arousal and Mere Exposure on Stimuli Preference
 - Arousal was manipulated with an exercise task and participants were exposed to a series of neutral, meaningless words to determine the influence of arousal on the mere exposure effect, which states that individual will show a preference for more familiar stimuli.

Publications

- Taylor, N., & Hale, R. (2019). United Kingdom and Ireland. In C. Steward (Ed.), *Gender and Identity Worldwide*. Santa Barbara, CA: ABC-CLIO.
- Hale, R. (2016). Mindfulness in Therapy. *Adorans*, Spring 2016.
- *Adorans* is the Agora Institute's Undergraduate Academic Journal

Honors and Awards

- 2016-2021 Excellence in Academic Performance and Public Service Fellowship from the University of Indianapolis
- 2016 Graduated Summa Cum Laude from Oglethorpe University
- 2016 Awarded the Margaret Floy Washburn Award for Distinguished Work in Psychological Research and Academics from Oglethorpe University
- 2015 Inducted into Alpha Chi, National Collegiate Honor Society
- 2015 Inducted into Psi Chi National Honor Society
- 2015 Received Scholarship to Study Abroad at Oxford University
- 2014 Inducted into the National Society of Leadership and Success
- 2013-2016 Dean's List at Oglethorpe University for all 6 semesters attended
- 2013 Received the Presidential Scholarship with Recognition from Oglethorpe University

Presentations and Leadership

- 2019 Presented dissertation research at the 4th Multidisciplinary Scholarly Activity Symposium, a collaboration between the University of Indianapolis and Community Health Network- Indianapolis, IN.
- 2015 Presented undergraduate thesis research at Oglethorpe's Liberal Arts and Sciences Symposium- Atlanta, GA.
- 2014-2015 Co-leader and founder of peer support groups at Oglethorpe University Counseling Center- Atlanta, GA.
- 2014-2015 Historian of S.M.A.S.H (Students Motivating Action for Safety and Health Peer Educators), Oglethorpe University Chapter- Atlanta, GA.
- 2013-2016 Volunteer and Support Group Co-Leader at T. J's Place of Hope- Centerville, OH.
- 2012-2013 Volunteer and Activity Leader at Bethany Lutheran Village Retirement Home- Centerville, OH.

Selected Coursework

- Advanced Techniques in Health Psychology • Brief Therapy and Crisis Intervention • Cognitive and Cognitive-Behavioral Approaches to Treatment • Child and Adolescent Psychopathology • Clinical Neuropsychology & Geropsychology • Cognitive and Intellectual Assessment • Comprehensive Personality Assessment • Fundamentals of Psychological Assessment •

Humanistic Approaches to Treatment • Learning and Behavior Approaches to Treatment •
Psychopharmacology • Psychotherapeutic Interventions with Older Adults • Treatment of Eating
Disorders

Special Training

2018 Transgender & Gender Non-Conforming (TGNC) Clients: Clinical Issues and Treatment
Strategies

- Online workshop presented by Dianne Nicolls, MS, LMFT, published by PESI

2017 CITI Human Protections Training

2014 QPR Suicide Prevention Training- at Oglethorpe University, Atlanta, GA

2013 Green Dot Training- at Oglethorpe University, Atlanta, GA

Assessment Tools Used

- Adult Adolescent Parenting Inventory (AAPI-2)
- Alcohol Use Disorders Identification Test (AUDIT)
- Animal Fluency Test
- Beck Anxiety Inventory (BAI)
- Beck Depression Inventory (BDI-2)
- Benton Visual Retention Test
- Berry-Buktenica Visual-Motor Integration Test (Beery VMI)-6th Edition
- Boston Naming Test
- California Verbal Learning Test
- Child Abuse Potential Inventory
- Child Behavior Checklist (CBCL), 6-18
- Child Sexual Behavior Inventory (CSBI)
- Clock Drawing
- Comprehensive Test of Phonological Processing (CTOPP-2)
- Conduct Disorder Scale (CDS)
- Conners-3rd Edition
- Conners Continuous Performance Test- 3rd Edition
- Contour Drawing Rating Scale (CDRS)
- Controlled Oral Word Association Test (COWAT)
- Cognistat
- Cognitive Estimation Test
- Developmental Profile-3
- Eating Attitudes Test (EAT-26)
- Ego-Resilience Scale (ER89)
- Finger Tapping Test
- Frost's Indecisiveness Scale
- Generalized Anxiety Disorder (GAD-7)

- General Self-Efficacy Scale (GSE)
- Grooved Pegboard Test
- Halstead Category Test
- Heartland Forgiveness Scale (HFS)
- Millon Clinical Multiaxial Inventory (MCMI)-III and IV
- Millon Adolescent Clinical Inventory (MACI)
- Mini-Mental State Examination (MMSE)
- Minnesota Multiphasic Personality Inventory-2 (MMPI-2)
- Minnesota Multiphasic Personality Inventory-Adolescent (MMPI-A)
- Parenting Stress Index (PSI)- 4th Edition
- Perceived Stress Scale
- Personality Inventory for Youth (PIY)
- Patient Health Questionnaire (PHQ-9)
- Reitan-Indiana Aphasia Screening Test
- Revised Children's Manifest Anxiety Scale 2nd Edition (RCMAS-2)
- Revised Restraint Scale
- Rey Complex Figure Test
- Rey Verbal Learning Test
- Reynold's Child Depression Scale 2nd Edition (RCDS-2)
- Rosenberg Self-Esteem Scale
- Rotter Incomplete Sentences Blank (RISB)
- Social Connectedness Scale (SC-15)
- Substance Abuse Subtle Screening Inventory 4th Edition (SASSI-4)
- Substance Abuse Subtle Screening Inventory Adolescent (SASSI-A)
- State-Trait Anxiety Inventory (STAI)
- State Self-Esteem Scale
- Stroop Test
- Test of Memory Malingering (TOMM)
- Tokens Test
- Tower of London Test
- Trails A & B
- Trauma Symptom Checklist for Children (TSCC)
- Trauma Symptom Checklist for Young Children (TSCYC)
- Trauma Symptom Inventory 2 (TSI-2)
- Wechsler Adult Intelligence Scale 4th Edition (WAIS-IV)
- Wechsler Individual Achievement Test 3rd Edition (WIAT-III)
- Wechsler Intelligence Scale for Children 5th Edition (WISC-V)
- Wechsler Memory Scale 4th Edition (WMS-IV)
- Wide Range Achievement Test 4th and 5th Edition (WRAT-4/5)
- Wisconsin Card Sorting Test

- Youth Self-Report (YSR), 11-18

Assessment Tools Trained On (academic experiences):

- Mini Mental Status Exam (MMSE)
- Montreal Cognitive Assessment (MoCA)
- Personality Assessment Inventory (PAI)
- Projective Drawings (House-Tree-Person)
- Rorschach Performance Assessment System (R-PAS)
- Stanford-Binet 5th Edition (SB-5)
- Thematic Apperception Test (TAT)

Computer and Media Experience

Extensive experience with Microsoft Word, Excel, PowerPoint, and Adobe. Also proficient in SPSS.

References

Benetta E. Johnson, PhD

Practicum Supervisor at Hope Haven Psychological Resource, LLC

5610 Crawfordsville Rd Building 2, Suite 200

Indianapolis, IN 46224

(317) 241-4673

Email: bjohnson@hopehavenpsych.org

Sanford L. Pederson, PhD

Employer at Great Lakes Institute for Neuropsychology and Behavioral Health

494 S Emerson Ave # C

Greenwood, IN 46143

(317) 889-3901

spederson@glinstitute.org

Sarah Szerlong, PhD

Former Practicum Supervisor at Connections, Inc.

7333 E 21st St

Indianapolis, IN 46219

(317) 423-1000

Email: sszerlong@connections-inc.net

Matthew Grant, PsyD

Former Practicum Supervisor at NorthStar Psychological + Consultation Services

429 E. Vermont Street Suite 307

Indianapolis, IN 46202

(317)-572-7847

Email: drgrant@northstarpsych.com

Nicole Taylor, PhD

Academic/Dissertation Advisor at the University of Indianapolis

1400 E Hanna Ave

Indianapolis, IN 46227

(317) 788-3368

Email: ntaylor@uindy.edu