

CURRICULUM VITAE

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LICENSES

Licensed Psychologist, Florida Department of Health License #: PY 9651
Licensed Psychologist, Maryland Department of Health License #: 05695

EDUCATIONAL HISTORY

2009 – 2015 **Ph.D., Clinical Psychology**
 University of Maryland, College Park (*APA-accredited*)

Dissertation Preschool Psychopathology and Psychosocial Functioning:
 Physiological and Behavioral Susceptibility to the Early
 Environment (*Defended May 2014*)

2009 – 2011 **M.S., Clinical Psychology**
 University of Maryland, College Park

Thesis Parental Depression, Parenting, and Cortisol Reactivity in
 Preschoolers (*Defended December 2011*)

2005 – 2009 **B.A., Psychology**
 Emory University

Senior Thesis Peripartum Depression, Mother-Infant Interaction, and Infant
 Stress Response (*Defended May 2009*)

CLINICAL EXPERIENCE

September 2016- Present **Licensed Psychologist**
Katz Counseling and Educational Psychology
 Fort Myers, FL

Provide individual and family psychological services to children, adolescents, and adults. Utilize treatment modalities including cognitive behavioral therapy, behavioral therapy, and parent training. Provide comprehensive neurodevelopmental, neuropsychological, psychoeducational, and psychological evaluations.

**September 2015-
September 2016** **Postdoctoral Resident**
Georgetown Psychological Associates
Bethesda, MD

Supervisors: Dara Thorner, Psy.D., Maria Zimmitti, Ph.D.

Conducted comprehensive psychoeducational evaluations with children, adolescents, and adults. Delivered evidence-based individual and family therapy in a private practice setting. Provided consultations to parents and develop behavior management plans. Attended weekly individual supervision.

**March 2016-
September 2016** **Clinical Assistant Professor**
University of Maryland Psychology Clinic
College Park, MD

Conducted psychoeducational assessments for a range of presenting concerns (e.g., learning disorders, ADHD, anxiety). Supervised clinical psychology doctoral students completing psychoeducational evaluations.

**August 2014 –
August 2015** **Psychology Intern, Predoctoral Psychology Program**
Mt. Washington Pediatric Hospital
Baltimore, MD

Supervisors: Kenneth Gelfand, Ph.D., Elizabeth Getzoff, Ph.D., Kendra Battaglia, Psy.D., Bradley Schwimmer, Psy.D., Kathleen Kane, Psy.D., Stacey LeFevre, Psy.D.

Outpatient Psychological Assessment: Completed weekly psychoeducational assessments (WPPSI-IV/WISC-V/WAIS-IV, WIAT-III, VMI, WRAML-2, OWLS-II, GORT-5). Attended weekly group supervision.

Outpatient Therapy: Delivered individual therapy and parent training to children, adolescents, and families within an outpatient psychology department. Co-led Social Skills groups for school-age children. Attended weekly individual supervision.

Inpatient Consultation and Liaison: Provided assessment, consultation, and intervention to children and families with a wide range of presenting medical issues (e.g., traumatic brain injury, cerebral palsy) as part of a multidisciplinary team. Attended weekly individual and group supervision.

Weigh Smart (Obesity) Program: Provided consultation and intervention (individual and group) to children and families in enacting positive lifestyle changes. Attended weekly individual supervision.

Diabetes Program: Provided consultation and individual therapy to children and families to promote adjustment to diabetes diagnosis and support behavioral adherence.

Feeding Disorders Program: Provided assessment, consultation, and behavioral

intervention to children with behavioral feeding disorders.

Autism Evaluation Program: Provided evidence-based assessment (e.g., ADOS-2) of young children and adolescents for autism-spectrum disorders and developmental disabilities.

**July 2013 –
June 2014**

Psychology Extern, Pediatric Psychology Program

Children's National Medical Center

Rockville, MD

Supervisor: Abigail Romirowsky, Ph.D., *Clinical Psychologist*

Conducted evidence-based intervention with children and families, primarily referred by medical specialty services (e.g., Cardiology, Obesity, Hematology & Oncology, and Neuropsychology), to address both illness-specific concerns (e.g., treatment adherence, adjustment to new diagnosis, coping with chronic medical issues) and more general psychosocial difficulties (e.g., mood, attention, anxiety, and behavior problems). Caseload of 3-4 patients for ongoing therapy. Attended weekly individual supervision.

**August 2011 –
June 2014**

Therapist, Parent-Child Interaction Therapy (PCIT) Practicum

University of Maryland ADHD Program

College Park, MD

Supervisors: Andrea Chronis-Tuscano, Ph.D., *Associate Professor*
Kelly O'Brien, Ph.D., *Research Assistant Professor*

Conducted Parent-Child Interaction Therapy (PCIT) to treat preschool- and school-age children with ADHD. Attended weekly supervision meetings for case management.

**June 2010 –
June 2014**

Assessor, Maryland Child Emotion Study

University of Maryland

College Park, MD

Supervisor: Lea R. Dougherty, Ph.D., *Research Assistant Professor*

Conducted clinical semi-structured diagnostic interviews using the Preschool Age Psychiatric Assessment, a parent interview assessing emotional and behavioral problems in preschoolers. Participated in weekly supervision.

**June 2011-
June 2014**

Clinic Intern, University of Maryland Psychology Clinic

University of Maryland

College Park, MD

Supervisor: Colleen Byrne, Ph.D., *Director, Psychology Clinic*

Served as a contact person for individuals seeking psychotherapy and psychoeducational assessment services. Conducted and processed extensive intake interviews. Responsible for screening both testing and therapy clients over

the telephone and assessing appropriateness for the University of Maryland's graduate training clinic. Referred cases not meeting criteria to alternatives in the community when necessary. Collaborated with faculty supervisors to assign cases to graduate student therapists. Served as a liaison between faculty and graduate students. Provided on-site supervision to graduate students during clinic evening hours.

**June 2013-
June 2014**

Peer Supervisor, University of Maryland Psychology Clinic

University of Maryland

College Park, MD

Supervisor: Colleen Byrne, Ph.D., *Director, Psychology Clinic*

Provided peer supervision to clinical psychology graduate students in individual and family psychotherapy with outpatient child, adolescent, and adult populations.

**July 2012 –
June 2013**

Psychology Extern, IDEAL (Overweight/Obesity) Clinic/Obesity Institute

Children's National Medical Center

Washington, DC

Supervisor: Eleanor Race Mackey, Ph.D., *Clinical Psychologist*

Conducted psychodiagnostic assessments, provided individual and family therapy and consultation, and worked closely with a multidisciplinary team (e.g., pediatrics, cardiology, nutrition, and sleep medicine). Conducted weekly pre-surgical psychological evaluations of candidates for bariatric surgery and provided consultation to the surgery team regarding recommendations for care. Caseload of 2-3 patients for ongoing therapy referred through IDEAL Clinic and Bariatric Surgery Team. Attended weekly individual supervision and monthly Bariatric Surgery grand rounds.

**July 2012 –
June 2013**

Psychology Extern, Department of Nephrology

Children's National Medical Center

Washington, DC

Supervisor: Megan McCormick King, Ph.D., *Clinical Psychologist*

Conducted psychosocial assessments and individual therapy for children and adolescents with chronic kidney disease. Worked within an interdisciplinary medical team (e.g., pediatrics, social work, nutrition) providing ongoing education to increase psychosocial awareness. Acted as a liaison between patients and the medical team. Provided consultation to children and families in the Hemodialysis Unit, Peritoneal Dialysis Clinic, and Kidney Transplant Clinic on issues related to adherence, as well as emotional and behavioral concerns. Caseload of 2-4 individual patients for ongoing therapy referred through the Nephrology Medical Team. Attended weekly individual supervision and Psychology/Psychiatry grand rounds.

**August 2011 –
August 2013**

Therapist, General Child, Adolescent, and Adult Therapy Practicum
University of Maryland Psychology Clinic
College Park, MD

Supervisors: Colleen Byrne, Ph.D., *Director, Psychology Clinic*
Andres De Los Reyes, Ph.D., *Research Assistant Professor*
Kelly O'Brien, Ph.D., *Research Assistant Professor*
Veronica Raggi, Ph.D., *Clinical Psychologist*

Conducted diagnostic assessments, individual and family therapy for children, adolescents, and adults experiencing psychiatric problems including: depression, generalized anxiety disorder, binge eating disorder, social anxiety, attention deficit hyperactivity disorder (ADHD), and oppositional defiant disorder (ODD). Attended weekly group supervision.

Semi-Structured Interviews: Anxiety Disorders Interview Schedule for DSM-IV (ADIS), Schedule for Affective Disorders DSM-IV Interview for Children (K-SADS), Structured Clinical Interview for DSM-IV Disorders (SCID-IV).

Treatment experience: Cognitive Behavioral Therapy (CBT), Behavioral Parent Training, Acceptance and Commitment Therapy (ACT), Coping Cat, Family Therapy, Motivational Interviewing, Exposure Therapy, Assertiveness Skills Training.

**October 2011-
December 2011**

Therapist, Shyness & Behavioral Inhibition Group Therapy Practicum
University of Maryland Turtle Project
College Park, MD

Supervisors: Andrea Chronis-Tuscano, Ph.D., *Associate Professor*
Kelly O'Brien, Ph.D., *Research Assistant Professor*

Conducted group therapy with parents of behaviorally inhibited preschool-age children using a modified version of Parent-Child Interaction Therapy for children with anxiety disorders.

**June 2011 –
September 2011**

Evaluator, Child Assessment Practicum
University of Maryland Psychology Clinic
College Park, MD

Supervisor: Kelly O'Brien, Ph.D., *Research Assistant Professor*

Conducted psychoeducational evaluations of preschool-age and school-age children with learning disorders, ADHD, ODD, anxiety and other psychiatric disorders. Administered psychoeducational tests, interpreted test data, formulated diagnoses and case conceptualizations, wrote integrated assessment reports, and provided feedback to clients by reviewing assessment performance, DSM-IV-TR diagnoses, treatment recommendations, and suggestions for classroom accommodations.

Assessment Measures: Wechsler Intelligence Scale for Children (WISC-IV), Wechsler Preschool and Primary Scale of Intelligence, Third Edition (WPPSI-III), Wechsler Individual Achievement Test, 3rd Edition (WIAT-III), Trail Making Tests, Conners' Continuous Performance Test (CPT-II).

Semi-Structured Interview: Schedule for Affective Disorders DSM-IV Interview for Children (K-SADS).

**January 2011 –
May 2011**

Evaluator, Adult Assessment Practicum
University of Maryland Psychology Clinic
College Park, MD

Supervisor: Colleen Byrne, Ph.D., *Psychology Clinic Director*

Conducted psychoeducational evaluations of adults with ADHD, learning disabilities, and other psychiatric disorders. Administered psychoeducational tests, interpreted test data, formulated diagnoses and case conceptualizations, wrote integrated assessment reports, and provided feedback to clients by reviewing assessment performance, DSM-IV-TR diagnoses, treatment recommendations, and suggestions for classroom accommodations.

Assessment Measures: Wechsler Adult Intelligence Scale, 4th Edition (WAIS – IV), Wechsler Individual Achievement Test, 3rd Edition (WIAT-III), Conners' Continuous Performance Test (CPT-II).

Semi-Structured Interviews: Structured Clinical Interview for DSM-IV Disorders (SCID-IV), Attention Deficit Disorder Screening - Modified KSADS for DSM-IV.

CLINICAL WORKSHOPS

November 2013 **Cognitive Behavioral Therapy (CBT) for Children and Adolescents With OCD: Incorporating Parents in Treatment and Managing Complex Symptoms**

Presented by: *Stephen Whiteside, Ph.D., Mayo Clinic in Rochester, MN*
Eric A. Storch, Ph.D., University of South Florida

November 2013 **The Compassionate Use of Exposure Strategies in Acceptance and Commitment Therapy**

Presented by: *John P. Forsyth, Ph.D., University at Albany, SUNY*

November 2013 **Introduction to Mindfulness-Based Cognitive Therapy for Children (MBCT-C)**

Presented by: *Randy J. Semple, Ph.D., University of California, Los Angeles*

July 2013 **Suicide Risk Assessment and Formulation**

Presented by: *Colleen Byrne, Ph.D., University of Maryland, College Park*

- February 2013** **Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) for Children**
Presented by: *Julia Felton, Ph.D., University of Maryland, College Park*
- November 2012** **Cognitive Behavioral Therapy (CBT) for Depressed Adolescents**
Presented by: *Mark A. Reinecke, Ph.D., Northwestern University*
John F. Curry, Ph.D., Duke University
- November 2012** **Avoiding Common Stumbling Blocks in Parent-Child Interaction Therapy (PCIT): A Workshop for Experienced PCIT Clinicians**
Presented by: *Cheryl B. McNeil, Ph.D., West Virginia University*
- July 2010** **Empirically-Supported Treatments for Youth Anxiety**
Presented by: *Philip C. Kendall, Ph.D., Temple University*
- June 2010** **Motivational Interviewing and Motivational Enhancement Strategies**
Presented by: *Melanie E. Bennett, Ph.D., UMD School of Medicine*

RESEARCH EXPERIENCE

Fall 2009 – August 2014 **Graduate Research Assistant, Child Stress and Emotions Lab**
University of Maryland, College Park
Project: Depression Risk and Stress Functioning in At-Risk Preschoolers
Principle Investigator: Lea R. Dougherty, Ph.D.

Project: This ongoing longitudinal study examined neuroendocrine functioning and depression risk in preschoolers. The primary risk factors assessed included early child temperament, parenting quality, history of parental psychopathology, and stress functioning.

Responsibilities: Assisted with design of the study, creation of laboratory protocols, and recruitment of participants. Trained and supervised undergraduate research assistants. Administered the Laboratory Temperament Assessment Battery. Conducted comprehensive semi-structured clinical interviews with parents of preschool-age children using the Preschool Age Psychiatric Assessment (PAPA) to assess preschool psychopathology. Coded child temperament data, and lead coding meetings. Assisted with collection, management and analysis of project data for publication.

Fall 2007 – Spring 2009 **Undergraduate Research Assistant, Biosocial Underpinnings Involved in Learning and Development (BUILD) Lab**
Emory University
Project: Peripartum Depression and Infant Stress Functioning
Principle Investigator: Patricia Brennan, Ph.D.

- Project:* In collaboration with doctors Zachary Stowe and D. Jeffrey Newport of the Emory Women's Mental Health Program (WMHP), this project aimed to examine neuroendocrine functioning of infants of mothers who experienced depression during the peripartum period by assessing cortisol reactivity.
- Responsibilities:* Collected mother and child cortisol data, developed a coding scheme for mother/infant interactions, attended lab meetings focused on the presentation of graduate student research results.

RESEARCH TRAINING

- April 2013** **Workshop to Advance Basic Behavioral Science Research on Obesity**
Presented by: *National Institute of Diabetes and Digestive and Kidney Diseases*
- Two day workshop on potential behavioral mechanisms relevant to obesity, with a focus on basic behavioral science, at the individual level, in three scientific areas: (1) Impulsivity and Executive Function, (2) Memory and Reward, and (3) Stress and Self-regulation. Aimed at highlighting scientific opportunities and gaps in knowledge, particularly focused on research with clear implications for translation into human intervention.
- May 2011** **An Overview of Latent (Growth) Curve Models Using Structural Equation Models**
Presented by: *Kenneth A. Bollen, Ph.D.*
- Three hour workshop providing a theoretical and practical introduction to structural equation modeling and its application to latent growth curve models.

TEACHING EXPERIENCE

- October 2011;** **Guest Lecturer,** University of Maryland, College Park
March 2012; Course: Child Psychopathology
October 2012;
March 2013 Lectured regarding the phenomenology, prevalence, diagnosis and treatment of
October 2013 depression in preschool-age children.
- December 2012;** **Guest Lecturer,** University of Maryland, College Park
November 2013 Course: Developmental Psychology
- Lectured regarding the phenomenology, classification, and etiology of child psychopathology.

- March 2012** **Guest Lecturer**, University of Maryland, College Park
Course: Introduction to Clinical Psychology
- Lectured regarding professional development in the field of clinical psychology.
- September 2010-
December 2010;
January 2011-
May 2011** **Graduate Teaching Assistant**, University of Maryland, College Park
Course: Statistical Methods in Psychology
- Taught weekly discussion sections, graded weekly homework assignments and exams, met with students during office hours to further explain concepts.

PUBLICATIONS

1. **Kushner, M.R.**, Barrios, C., Smith, V. C., & Dougherty, L. R. (in press). Physiological and behavioral vulnerability markers increase risk to early life stress in preschool-aged children. *Journal of Abnormal Child Psychology*.
2. Dougherty, L.R., Leppert, K., Merwin, S.M., Smith, V.C., Bufferd, S.J., & **Kushner, M.R.** (2015). Advancements and Future Directions in Preschool Mental Health Research. *Child Development Perspectives*, 9, 14-19.
3. Romirowsky, A.M., **Kushner, M.R.**, Elliot, C.A., Nadler, E.P., & Mackey, E.R. (2015). Evidence-Based Psychological Interventions to Support an Adolescent Undergoing Bariatric Surgery: A Case Report. *Clinical Practice in Pediatric Psychology*, 3, 71-79.
4. **Tolep, M.R.**, & Dougherty, L.R. (2014). The Conundrum of the Laboratory: Challenges of Assessing Preschool-Age Children's Salivary Cortisol Reactivity. *Journal of Psychopathology and Behavioral Assessment*, 36, 350-357.
5. Dougherty, L.R., **Tolep, M.R.**, Bufferd, S.J., Olino, T.M., Dyson, M.W., Laptook, R.S., Rose, S., Carlson, G.A., Durbin, C.E., & Klein, D.N. (2013). Preschool Anxiety Disorders: Comprehensive Assessment of Clinical, Demographic, Child and Familial Correlates. *Journal of Clinical Child and Adolescent Psychology*, 42, 577-589.
6. Dougherty, L.R., **Tolep, M.R.**, Smith, V.C., & Rose, S. (2013). Early Exposure to Parental Depression and Parenting: Associations with Young Offspring's Stress Physiology and Oppositional Behavior. *Journal of Abnormal Child Psychology*, 41, 1299-1310.

CONFERENCE PRESENTATIONS

1. Leppert, K.A., **Kushner, M.R.**, Smith, V.C., Lemay Jr., E.P., & Dougherty, L.R. Children's cortisol responses to a laboratory stressor from early to middle childhood. Poster to be presented at the 28th Annual Convention of the Association for Psychological Science, May 26-29, 2016, Chicago, IL.

2. Barrios, C., Leppert, K., Smith, V., **Kushner, M.**, & Dougherty, L.R. (2016, October). *Early childhood stress physiology predicts greater attentional bias toward threat in middle childhood*. Poster session to be presented at the meeting of the Association for Behavioral and Cognitive Therapy, New York, NY.
3. **Tolep, M.R.**, Leppert, K., Quinn, M.E., Smith, V.C., & Dougherty, L.R. (November, 2013). Depressogenic Cognitions in Preschoolers: Correlates and Risk for Psychopathology. Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
4. Mintz, A., Nadler, E., Barefoot, L., **Tolep, M.R.**, & Mackey, E.R. (August, 2013). Using Psychosocial Indicators to Predict Weight Loss and to Inform Psychological Treatment in the Adolescent Bariatric Surgery Process. Symposium presented at the 121st annual convention of the American Psychological Association, Honolulu, HI.
5. Dougherty, L.R., **Tolep, M.R.**, & Smith, V.C. (June, 2013). Early Exposure to Parental Depression and Parenting: Associations with Young Offspring's Stress Physiology and Oppositional Behavior. Symposium presented at the meeting of the International Society of Child and Adolescent Psychiatry (ISRCAP), Leuven, Belgium.
6. **Tolep, M.R.**, Condit, C.S., Smith, V.C., & Dougherty, L.R. (May, 2013). The Conundrum of the Laboratory: Challenges of Assessing Preschool-Age Children's Salivary Cortisol Reactivity. Poster presented at the 25th annual meeting of the Association for Psychological Science, Washington, DC.
7. Smith, V.C., **Tolep, M.R.**, & Dougherty, L.R. (May, 2013). Noisy Spit: Parental Noncompliance with Child Cortisol Collection. Poster presented at the 25th annual meeting of the Association for Psychological Science, Washington, DC.
8. Sheikh, H.I., Kryski, K.R., Smith, H.J., **Tolep, M.R.**, Smith, V.C., Dougherty, L.R., Hayden, E.P., Singh, S.M. (May, 2013). Pathways between Glucagon-like Peptide-1 Receptor Gene Polymorphisms (Leu260Phe) and Internalizing Symptoms in Early Childhood: The Roles of HPA Axis Reactivity and Early Life Stress. Poster presented at the 68th annual meeting of the Society of Biological Psychiatry, San Francisco, CA.
9. **Tolep, M.R.**, Dougherty, L.R., Smith, V.C. & Rose, S. (May, 2012). Exposure to Parental Depression and Parental Hostility: Associations with Young Offspring's Stress Physiology and Behavior. Poster presented at the 24th annual meeting of the Association for Psychological Science, Chicago, IL.
10. **Tolep, M.R.**, Bufferd, S.J., Condit, C.S., Olino, T.M., Dyson, M.W., Rose, S.A., Dougherty, L.R., & Klein, D.N. (May, 2011). Preschool Anxiety Disorders: Comprehensive Assessment of Clinical, Demographic, Child, and Familial Correlates. Poster presented at the 23rd annual meeting of the Association for Psychological Science, Washington, DC.
11. Quinn, M.E., **Tolep, M.R.**, Smith, V.C.H., Condit, C.S., Hayden, E.P., & Dougherty, L.R.

(May, 2011). Negative Cognitive Styles and Cortisol Reactivity in Preschoolers: Investigating Mechanisms of Risk for Depression. Poster presented at the 23rd annual meeting of the Association for Psychological Science, Washington, DC.

HONORS AND AWARDS

- 2012, 2013** **Jacob K. Goldhaber Award (\$1000)**
Awarded to support participation in the 24th annual meeting of the Association for Psychological Science and the 47th annual meeting of the Association of Behavioral and Cognitive Therapies.
- 2012** **Society for a Science of Clinical Psychology Student Poster Award (\$100)**
Awarded to 13 distinguished posters evaluated by a panel of judges for scientific merit.
- 2011** **Distinguished Teaching Assistant Award**
Awarded to the top 10% of University of Maryland teaching assistants for outstanding contributions to undergraduate education.
- 2009** **Phi Beta Kappa National Honor Society**
Awarded to the top 10% of students at Emory University.
- 2007** **Psi Chi**
Inducted into Emory University's chapter of Psi Chi, the National Honor Society in Psychology.
- 2005 – 2009** **Dean's List, Emory University**
Awarded to the top 20% of students in the Emory College of Arts and Sciences.

PROFESSIONAL SERVICE

August 2012 – August 2013 **Student Representative: Clinical Psychology Program**
University of Maryland, College Park

Coordinated interview day for visiting graduate students, served as a liaison between students and faculty by communicating student concerns and working with director of clinical program on addressing these concerns, collaborated with faculty to coordinate social events to enhance the overall climate of the program to promote positive student-faculty relations.

AD-HOC STUDENT EDITORIAL EXPERIENCE

Journal of Clinical Child and Adolescent Psychology
Development and Psychopathology

PROFESSIONAL AFFILIATIONS

American Psychological Association (APA)
Florida Psychological Association (FPA)
Child, Adolescent, & Family Division