

Amanda Aster McKenna Psy. D.

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LICENSURE:

New Jersey License No. 5888

New York License No. 022495

EDUCATION:

*September 2011-
May 2016*

KEAN UNIVERSITY, APA Accredited (2016)

UNION, NEW JERSEY

Psy.D. in Clinical and School Psychology, GPA 4.0., *Summa Cum Laude*

Donald R. Marks, Psy.D – Director of Clinical Training

domarks@kean.edu – 908-737-5882

Dissertation: *Mindfulness as a Mediator of PTSD and Depressive Symptom Change in Trauma-Exposed Adult Females*

(Successfully Defended Dissertation, 2/26/2016)

Committee Members: Dr. Donald Marks (Chair), Dr. Jennifer Block-Lerner, and Dr. John Krejci

*September 2011-
May 2013*

KEAN UNIVERSITY

UNION, NEW JERSEY

M.A. in Educational Psychology, GPA 3.98, *Magna Cum Laude*

*September 2006-
May 2010*

SETON HALL UNIVERSITY

SOUTH ORANGE, NEW JERSEY

B.A. in Psychology, GPA 3.96, *Magna Cum Laude*

CLINICAL EXPERIENCE:

*August 2018 –
Present*

INDEPENDENT PRIVATE PRACTICE – Montclair, NJ

Licensed Psychologist

Specialty – Clinical Psychology

Population Specialty – Adults, 18+

Treatment Specialty – Post-Traumatic Stress Disorder, Substance Use Disorders, Anxiety & Mood Disorders, Grief & Loss

- Providing individual outpatient psychotherapy specializing in cognitive-behavioral therapies integrated with mind-body approaches such as mindfulness, meditation, and yoga.
- Specializing in the treatment of anxiety, depression, post-traumatic stress disorder, substance use difficulties, stress management, grief and loss issues, and life transitions from an Acceptance and Commitment Therapy and Mindfulness-Based theoretical orientation.

- Providing individualized therapeutic services to older adolescents, young adults, middle-aged adults, and older adults.
- Conducting clinical interviews, developing treatment plans, and coordinating community resources on an individual basis if needed.
- Utilizing evidence-based assessments to use as an aide for diagnoses and treatment planning from an Acceptance and Commitment Therapy perspective such as the Acceptance and Action Questionnaire-II (AAQ-II), the Philadelphia Mindfulness Scale (PHLMS), and the Valued Living Questionnaire (VLQ).

*January 2018 –
January 2019*

**ADVANCED NEUROPSYCHOLOGICAL SERVICES – Ramsey, NJ
Licensed Psychologist**

- Provided individual outpatient psychotherapy and specialized in providing cognitive-behavioral therapies integrated with mind-body approaches such as mindfulness, meditation, and yoga.
- Provided empirically-supported clinical interventions such as Acceptance and Commitment Therapy (ACT), Cognitive Processing Therapy, and Mindfulness-Based Stress Reduction.
- Conducted clinical interviews, developed treatment plans, and coordinated community resources on an individual basis if needed.
- Participated in structured learning activities including case conferences, seminars on clinical issues, group supervision, individual supervision, program development, and other didactic activities.
- Developed and implemented mindfulness skills training groups for middle school youth.
- Contributed to the media forum such as developing psychoeducational blog-posts designed to reach out and inform the public regarding issues that are psychological in nature.

*July 2016 –
July 2017*

**BRATTLEBORO RETREAT (APA Accredited, 2016)
Post-doctoral Internship – Uniformed Services Program (PHP/IOP)**

Supervisors: Dr. Frank Gallo, Ph.D., Dr. Susan Balaban, Ph.D., & Dr. Jilisa Snyder, Ph.D.

- Provided partial hospitalization and intensive outpatient levels of care focusing on specialized trauma and addiction services to police, fire, military, veterans, emergency medical technicians, and corrections personnel to a population of adults suffering primarily from mood, anxiety, substance-related, and/or posttraumatic stress disorders.
- Conducted clinical interviews, developed treatment plans, discharge planning, and coordinated community resources for continuing care post-treatment.
- Utilized evidence-based assessments to use as an aide for diagnoses and treatment planning from an Acceptance and Commitment Therapy perspective such as the Acceptance and Action Questionnaire-II (AAQ-II), the Philadelphia Mindfulness Scale (PHLMS), and the Valued Living Questionnaire (VLQ).
- Utilized evidence-based suicide risk assessments such as the Modified Scale for Suicidal Ideation (MSSI) and the Columbia Suicide Severity Rating Scale (CSSRS).
- Provided empirically-supported clinical interventions such as Acceptance and Commitment Therapy (ACT), Cognitive Processing Therapy, and Mindfulness-Based Stress Reduction.
- Facilitated psychoeducational and activity groups.

- Participated in structured learning activities including case conferences, seminars on clinical issues, group supervision, individual supervision, program development, and other didactic activities.
- Participated as an active member of the multidisciplinary treatment team which consisted of physicians, psychiatrists, psychologists, social workers, nurses, and mental health workers.
- Supervised clinical psychology interns and practicum students.
- Developed program content to enhance group treatment curriculum from an Acceptance and Commitment Therapy model.
- Developed Acceptance and Commitment Therapy content for didactic training for social work interns.
- Developed the mindfulness and compassion workshop content for a Mind-Fitness and Resiliency Training weekend retreat for the Connecticut State Police.
- Actively involved in program management such as scheduling groups, contacting referral sources, and marketing the program to Employee Assistance Representatives from a variety of law enforcement programs within the surrounding area.

Post-doctoral Internship – Anna Marsh Behavioral Care Clinic (Outpatient)

Supervisors: Dr. Susan Balaban, Ph.D. & Dr. Jilisa Snyder, Ph.D.

- Conducted clinical interviews.
- Provided individual therapy at the outpatient level of care utilizing evidenced-based treatment, and more specifically, using Acceptance and Commitment Therapy (ACT) and Mindfulness-based interventions, to a population of adults suffering primarily from mood, anxiety, substance-related, and/or posttraumatic stress disorders.
- Participated in structured learning activities including case conferences, seminars on clinical issues, group supervision, individual supervision program development, and other didactic activities.
- Participated as an active member of the multidisciplinary treatment team which consists of psychiatrists, psychologists, social workers, nurses, and mental health workers.

*July 2015 –
July 2016*

BRATTLEBORO RETREAT (APA Accredited, 2016)

Pre-doctoral Internship – Birches Treatment Center (6-month major rotation)

Director of Clinical Training for the Clinical Psychology Doctoral Internship Program: Dr. Susan Balaban, Ph.D.

Supervisors: Dr. Susan Balaban, Ph.D. & Dr. Jilisa Snyder, Ph.D.

- Conducted clinical interviews.
- Provided partial hospitalization and intensive outpatient individual and group short-term individual therapy to a population age 18 and older with a broad range of problems including anxiety, depression, and chronic pain, eating disorders, phobias, substance abuse, and sleep problems.
- Provided empirically-supported clinical interventions such as Cognitive and Behavioral Therapies, Acceptance and Commitment Therapy (ACT), Stages of Change, Psychodynamic Therapy, and Mindfulness-Based Stress Reduction.
- Facilitated psychoeducational and activity groups, and co-facilitating psychotherapy groups.
- Participated in structured learning activities including case conferences, seminars on clinical issues, group supervision, program development, and other didactic activities.
- Participated as an active member of the multidisciplinary treatment team which consists of psychiatrists, psychologists, social workers, nurses, and mental health workers.

- Supervised practicum students.

Pre-doctoral Internship – Uniformed Services Program (6-month major rotation)

Supervisors: Dr. Susan Balaban, Ph.D. & Dr. Jilisa Snyder, Ph.D.

- Conducted clinical interviews.
- Provided partial hospitalization and intensive outpatient levels of care focusing on specialized trauma and addiction services to police, fire, military, veterans, emergency medical technicians, and corrections personnel to a population of adults suffering primarily from mood, anxiety, substance-related, and/or posttraumatic stress disorders.
- Provided empirically-supported clinical interventions such as Acceptance and Commitment Therapy (ACT), Cognitive Processing Therapy, and Mindfulness-Based Stress Reduction.
- Facilitated psychoeducational and activity groups, and co-facilitating psychotherapy groups.
- Provided individual therapy to adults utilizing evidenced-based treatment, and more specifically, using Acceptance and Commitment Therapy (ACT) and Mindfulness-based interventions.
- Participated in structured learning activities including case conferences, seminars on clinical issues, group supervision, program development, and other didactic activities.
- Participated as an active member of the multidisciplinary treatment team which consists of psychiatrists, psychologists, social workers, nurses, and mental health workers.
- Supervised practicum students.

Pre-doctoral Internship – Mind Body Pain Management Clinic (12-month minor rotation)

Supervisor: Dr. James Benton, Ph.D.

- Conducted clinical interviews.
- Provided individual, outpatient treatment for clients with chronic pain.
- Provided clients with an alternative to medications and surgery by helping them tap into the innate power of the mind-body connection.
- Provided empirically-supported clinical interventions such as mindful movement (yoga, qi-gong), Acceptance and Commitment Therapy (ACT), relaxation training, daily activity planning, mindfulness, and guided visualization.
- Participated in clinical case conferences.

Pre-doctoral Internship – Psychological Testing Services (12-month minor rotation)

Supervisor: Dr. James Benton, Ph.D.

- Conducted clinical interviews.
- Provided psychological assessments to support diagnosis and treatment planning for adults as part of the Anna Marsh Outpatient Clinic of Brattleboro Retreat.
- Utilized a broad range of cognitive and personality assessments, such as the Minnesota Multiphasic Personality Inventory (MMPI-2), Millon Clinical Multiaxial Inventory-III (MCMI-III), Wechsler Adult Intelligence Scale-IV (WAIS-IV), Wechsler Abbreviated Scale of Intelligence-II (WASI-II), Rey-Osterrieth Complex Figure Test (RCFT), Controlled Oral Word Association Test (COWAT), Stroop Color and Word Test, Trail Making Test, and Conner's Continuous Performance Test (CPT).
- Developed psychological reports and participating in clinical case conferences.

September 2014 –
May 2015

KEAN UNIVERSITY PSYCHOLOGICAL SERVICES – UNION, NJ

Pre-doctoral Practicum

Supervisor: Dr. Andrew Wolanin, Psy.D

- Conducted clinical interviews.
- Conducted comprehensive psychological and cognitive assessments of learning disabilities, ADHD, and other psychopathology in college and graduate students, as well as other adults.
- Developed psychological reports.
- Participated in clinical case conferences.
- Supervisor supervised all cases through verbal report and video on a weekly basis.

June 2014 –
May 2015

**GAME-BASED COGNITIVE BEHAVIORAL THERAPY TRACK
METROPOLITAN REGIONAL DIAGNOSTIC TREATMENT CENTER
CHILDREN'S HOSPITAL OF NEW JERSEY
BETH ISRAEL MEDICAL CENTER – NEWARK, NJ**

Pre-Doctoral Clinical Psychology Extern

Supervisors: Dr. Craig Springer, Ph.D. & Dr. Justin Missurell, Ph.D.

- Received specialized training and supervision in child abuse and maltreatment.
- Conducted forensic psychosocial maltreatment evaluations.
- Performed pre- and post-treatment assessments.
- Provided individual and group therapy to children, adolescents, and families using the GB-CBT approach.

September 2013 –
June 2014

PRINCETON HOUSE BEHAVIORAL HEALTH – NORTH BRUNSWICK, NJ

Pre-doctoral Clinical Psychology Extern – Women's Program

Supervisors: Dr. Tonita Balcom, Psy.D & Dr. Nathalie Edmond, Ph.D.

- Provided individual and group therapy to a treatment population focused on adult women experiencing severe emotion dysregulation and complex PTSD utilizing evidence-based treatments primarily informed by DBT and Mindfulness-based trauma approaches in a Stage 1 trauma treatment model.
- Facilitated psychoeducational and activity groups, and co-facilitated psychotherapy groups.
- Participated as an active member of the multidisciplinary treatment team which consisted of psychiatrists, psychologists, social workers, professional counselors, nurses, and expressive art therapists.
- Clinical Director and task supervisor supervised all cases through verbal report on a weekly basis through individual and team meetings.
- Attended weekly didactics, grand rounds, DBT consultation team meetings, and case conferences.

Pre-doctoral Clinical Psychology Extern – Adolescent Afterschool IOP & Full Day PHP Program

Supervisor: Lisa Sanders, LCSW

- Provided individual, group, and family therapy to a treatment population focused on adolescents from ages 13-18 who sought help for a variety of acute emotional and behavioral problems, in addition to co-occurring substance abuse problems, to find the

support necessary to regain stability and return to improved functioning at home and school.

- Facilitated psychoeducational, activity groups, and expressive groups, and co-facilitated psychotherapy groups.
- Participated as an active member of the multidisciplinary treatment team which consisted of psychiatrists, psychologists, social workers, professional counselors, nurses, and expressive art therapists.
- Clinical Director/Supervisor supervised all cases through verbal report on a weekly basis through individual and team meetings.
- Attended weekly didactics, grand rounds, team meetings, and case conferences.

*July 2013 –
September 2014*

**KEAN UNIVERSITY PSYCHOLOGICAL SERVICES – UNION, NJ
Pre-doctoral Practicum**

Supervisor: Dr. Jennifer Block-Lerner, Ph.D.

- Provided individual therapy to adults utilizing evidenced-based treatment, and more specifically, using Acceptance and Commitment Therapy (ACT) and Mindfulness-based interventions.
- Conducted integrated psychological assessments and evaluations.
- Created and implemented treatment plans to address clients' mental health issues.
- Participated in clinical case conferences.
- Clinical Director supervised all cases through verbal report and video on a weekly basis.

*September 2012-
September 2013*

**KEAN UNIVERSITY PSYCHOLOGICAL SERVICES – UNION, NJ
Pre-doctoral Practicum**

Supervisor: Dr. Frank Gardner, Ph.D.

- Provided individual therapy to court-mandated domestic violent offenders utilizing evidenced-based treatment, namely, Contextual Anger Regulation Therapy (cART).
- Conducted integrated psychological assessments and evaluations.
- Created and implemented treatment plans to address clients' mental health issues.
- Participated in clinical case conferences.
- Clinical Director supervised all cases through verbal report and video on a weekly basis.

*September 2012-
June 2012*

**GLENROCK BOARD OF EDUCATION – GLENROCK, NJ
School Psychology Pre-doctoral Extern**

Supervisors: Dr. Lee Mishler, Ph.D. & Dr. Melissa Silverman, Psy.D

- Conducted classroom observations and provided consultation to teachers and Child Study Team staff regarding student behaviors and teacher performance.
- Conducted and wrote psycho-educational, intellectual, and socio-emotional evaluations.
- Utilized Tracker operating system to create, review, and revise IEPs.
- Provided individual and group counseling to elementary and middle school students (ages 10-14) with socio-emotional and behavioral concerns while receiving direct and indirect supervision from credentialed school psychologists.

MEMBERSHIPS:

- Board Member of the Mental Health Association of Essex and Morris, *March 2019-Present, Attending Monthly Board Meetings, Member of the Advocacy Committee, and Organizing Social Events*
- Manager of the New York City Chapter of the Association for Contextual Behavioral Science, *January 2018-Present; Attend Monthly Board Meetings and Organizing Social Events*
- Association for Contextual Behavior Science, *2013-Present; Attend Annual Conferences*
- New York City Chapter for Association for Contextual Behavior Science, *2013-Present; Attend monthly meetings/seminars/case conferences/didactics/group and peer supervision*
- New Jersey Chapter for Association for Contextual Behavior Science, *2015-Present; Attend monthly meetings/seminars/case conferences/didactics/group and peer supervision*
- Association of Behavioral and Cognitive Therapy, *2011-Present; Attend Annual Conferences*
- American Psychological Association, *2009-Present; Attend Annual Conferences*
- New Jersey Psychological Association, *2009-Present; Attend Annual Conferences*
- Eastern Psychological Association, *2008-Present; Attend Annual Conferences*
- Psi Chi National Psychology Honor Society, *2008-Present*
- Golden Key National Honor Society, *2008-Present*

ASSESSMENT TRAINING/SPECIALITY COURSES:

KEAN UNIVERSITY – UNION, NJ

Combined School and Clinical Psy.D Program

- Advanced Developmental Psychology, *Fall 2011*
- Cognitive Assessment with Practicum
 - WAIS-IV, SB-5, WJ-III Achievement, *Fall 2011*
 - WISC-IV, WPPSI, WIAT-III, Bender, *Spring 2012*
- Projective Personality Assessment with Practicum, *Summer 2012*
 - Rorschach Inkblot Method, Thematic Apperception Test
 - Sentence Completion, Kinetic Family Drawing, House-Tree-Person
- Objective Personality Assessment with Practicum, *Fall 2012*
 - MMPI-II, MMPI-2-RF, MCMI, PAI
- Autism Diagnostic Observation Schedule, 2nd Edition (ADOS-2), Training for Clinicians by Alexandra DeGeorge, Psy.D, *August, 2014; 2-day, 16-hour training*

SPECIALIZED CLINICAL TRAINING:

- ACT Peer-to-Peer Supervision Group with Chuck Beardsley, LCSW, *September 2018 – February 2019, Bi-weekly meetings*
- 28th Annual International Trauma Conference: Psychological Trauma, Neuroscience, Identity and the Transformation of Self, *June, 2017, 2-day workshop, 16 hours total*
- Functional Analytic Psychotherapy Parts I and II: Science and Practice with Jonathan W. Kanter, Ph.D., ACBS Webinar Series, *February, 2017, 2 hours*
- Clinical Intervention Training in Process-Focused ACT: An Intermediate ACT Workshop with Steven C. Hayes, Ph.D., ABCT 50th Annual Convention, *October, 2016, 2-day workshop, 16 hours in total*
- Written Exposure Therapy: A Brief Treatment Approach for PTSD with Denise M. Sloan, Ph.D. and Brian P. Marx, Ph.D., ABCT 50th Annual Convention, *October, 2016, 3-hour workshop*
- Comprehensive Couples Treatment with David C. Treadway, Ph.D., Brattleboro Retreat Continuing Education Conferences, *March, 2016, 8-hour workshop*

- The Transference/Countertransference Matrix: Love and Hate in the Therapist's Office with Andrea Celenza, Ph.D., Brattleboro Retreat Continuing Education Conferences, *November, 2015, 8-hour workshop*
- The Mainstreaming of Mindfulness in America: The Promise and the Perils" with Jon Kabat-Zinn, *October, 2015, 2-hour workshop*
- Fundamental Steps of Sensorimotor Psychotherapy with Janina Fisher, Ph.D., Brattleboro Retreat Continuing Education Conferences, *October, 2015, 4-hour workshop*
- Self-Compassion in Psychotherapy: Brain-Based Techniques with Tim Desmond, LMFT, Brattleboro Retreat Continuing Education Conferences, *October, 2015, 8-hour workshop*
- Transforming Trauma-Related Shame and Self-Loathing with Janina Fisher, Ph.D., Brattleboro Retreat Continuing Education Conferences, *October, 2015, 8-hour workshop*
- Multiple Relationships, Clinical Boundaries, and Confidentiality: Ethical Challenges in Daily Practices with Jilisa Snyder, Ph.D., *August 2015, 7-hour workshop*
- Acceptance and Commitment Therapy Using Mindfulness, Compassion, and Values with Robyn Walser, Ph.D., ABCT 48th Annual Convention, *November 2014, 3-hour workshop*
- Trauma-Focused Cognitive Behavioral Therapy Online Training Course Completion, *May, 2014*
- Fierce Compassion Focused Training for Anxiety with Dennis Tirch, Ph.D., NJ Psychological Association 2014 Spring Conference, *April, 2014, 8-hour workshop*
- Acceptance-based Emotion Regulation Group Therapy for Deliberate Self-harm among Women with Borderline Personality Disorder with Kim Gratz, Ph.D. and Matthew Tull, Ph.D., ABCT 47th Annual Convention, *November 2013, 3-hour workshop*
- The Mindful Way Through Anxiety: An Acceptance-based Behavioral Therapy for GAD and Comorbid Disorders with Elizabeth Roemer, Ph.D. and Susan Orsillo, Ph.D., ABCT 47th Annual Convention, *November 2013, 5-hour workshop*
- A Presentation on Acceptance and Commitment Therapy (ACT), Mike Femenella, Ph.D., Richmond County Psychological Association & The Staten Island Cognitive Behavioral Therapy Association, *September 2013, 2-hour workshop*
- Understanding and Treating Non-Suicidal Self-Injury: Introducing a Stepped Care Model, Barent Walsh, Ph.D., Cares Plus NJ, Inc., *June 2013, 3-hour workshop*
- Understanding and Treating Traumatized Clients: Phase 2, Mario Masciandaro, Psy.D, Cares Plus NJ, Inc., *April 2013, 3-hour workshop*
- Suicide Risk Assessment Prevention for Professionals, Susannah Heguy, LCSW of Sage Day Schools and Care Plus NJ, Inc., *March 2013, 2-hour online seminar*
- Acceptance and Commitment Therapy Boot Camp with Steven C. Hayes, Ph.D., Robyn Walser, Ph.D., Mathieu Vilatte, Ph.D., Jennifer Vilatte, M.A., Jason Luoma, Ph.D., Jenna LeJeune, Ph.D., Louise McHugh, Ph.D., and Louise Hayes, Ph.D., Reno, Nevada, *March 2013, 4-day workshop*
- Anger Regulation Therapy: A Mindfulness and Acceptance Based Approach with Frank Gardner, Ph.D., La Salle University, *December 2012, 3-hour workshop*
- The Compassionate Use of Exposure Strategies in Acceptance and Commitment Therapy with John P. Forsyth, Ph.D., ABCT 46th Annual Convention, *November 2012, 6-hour workshop*
- Cognitive Behavioral Therapy for Depressed Adolescents with Mark Reinecke, Ph.D. and John Curry, Ph.D., ABCT 46th Annual Convention, *November 2012, 3-hour workshop*
- Integrating Mindfulness & Acceptance into REBT: Obstacles & Possibilities with Frank Gardner, Ph.D., Albert Ellis Institute, *October 2012, 3-hour workshop*
- An Introduction to Compassion Focused Therapy (CFT) with Dennis Tirch, Ph.D., *November 2011, 3-hour workshop*
- School-based Mental Health Model – Cognitive Behavioral Therapy with Children and Adolescents, *November 2010, 2-hour workshop*
- Solutions for Coping with Anxiety and Depression in Uncertain Times: A Solution Focused Brief Therapy Training, *October 2009, 3-hour workshop*

- Psychopharmacology in the School Setting: The medications students are most frequently on, what they are for, and what are the most common side effects, *October 2009, 3-hour workshop*

HONORS/AWARDS:

- Community Service Project Grant, *2014*
- Kean University Psy.D Doctoral Assistantship, *2011-2016*
- Phi Kappa Phi, Honor's Society, *2013*
- Alpha Epsilon Lambda, National Honor Society for Graduate Students, *2012*
- Seton Hall Experiential Education Award, *2010*
- Seton Hall Department Service Award, *2010*
- Seton Hall University's Dean List, *2006-2010*
- Seton Hall University Academic Scholarship, *2006-2010*

TEACHING EXPERIENCE:

*December 2013-
Present*

KEAN UNIVERSITY – UNION, NJ

Adjunct Professor in the Department of Advanced Studies in Psychology (Graduate) & The School of Psychology at Nathan Weiss Graduate College (Masters)

Course Title: Adult Psychopathology – PSYD 7421

Course Title: Group Psychological Counseling Techniques – PSY 5740

Course Title: Analysis of Small Group Processes – PSY 5640

Course Title: Advanced Theories of Personality – PSY 5515

Course Title: Test and Measurements – PSY 5320

Course Title: Learning Theory and Applications – PSY 5230

Course Title: Psychology of Aging – PSY 5170

Course Title: Developmental Psychology: Child and Adolescent – PSY 5010

Course Title: Psychotherapy and Counseling Techniques – PSY 4450

Course Title: Psychology of Learning – PSY 3301

Course Title: Professional Psychology: Principles and Practices – PSY 2000

Course Title: General Psychology – PSY 1000

*September 2010-
June 2011*

THE CHILDREN'S INSTITUTE – VERONA, NJ

Teacher's Aide & One-to-One Aide in Special Education

- Assisted Education/Disabilities middle-school coordinator with activities to promote appropriate social and emotional skills among children.
- Taught children skills related to empathy, emotion management, and social problem solving.
- Worked with individual student to reinforce learning of material or skills identified by teacher.
- Assisted teacher/behaviorist in following individual behavior plans according to the needs of the students.
- Engaged students in communication to foster language development.

ADMINISTRATIVE EXPERIENCE:

September 2011-

September 2013 **KEAN UNIVERSITY – UNION, NJ**

Program Assistant

Department of Advanced Studies in Psychology - Combined School and Clinical Psychology, Psy.D Program

- Coordinated admissions process with the university graduate admissions director.
- Assisted Program Director in coordination of program activities.
- Created and updated program materials and database for recruitment.
- Recruited Psy.D students by attending Open Houses and Graduate Fairs in NJ.
- Assisted the program director in achieving recognition of Kean's PsyD program as a designated program in psychology by the Association of State and Provincial Psychology Boards (ASPPB).
- Supervised two program assistants in accordance with their assigned assistantship duties.

September 2008-

September 2012

THE LAW OFFICES OF FRANCINE M. ASTER, ESQ. – VERONA, NJ

Paralegal

- Conducted research on current custody and parenting time court cases.
- Attended and observed family court proceedings and cases being heard before the family court involving child custody issues.
- Observed family mediation sessions of custody and parenting time issues in progress.
- Maintained scheduling and facilitation of communication between clients, courts, and counsel.

PROFESSIONAL SERVICE ACTIVITIES

- Appointment, Retention, Tenure, and Promotion (ARTP) Reviewer, 2013
- Psy.D Student Advisory Committee at Kean University, 2011-Present

COMMUNITY SERVICE ACTIVITIES:

November 2020 –

May 2021

MOUNT SAINT DOMINIC ACADEMY

Senior Student Mentor

Caldwell, NJ

- Mentored a senior on her Senior Capstone in Directed Research as an alumnae mentor.
- Fostered connections between women on Mount Saint Dominic Academy – past and present.
- Collaborated with students to provide access to invaluable real-world expertise and interaction, and supporting current students.
- Mentor responsibilities included prodding students' thinking and understanding the real-world application to areas of interest; recommending published texts and peer reviewed journal articles; helping to refine and focus students' research topics.

January 2018 –

January 2019

ATLANTIC HEALTH SYSTEM, MORRISTOWN MEDICAL CENTER

DEPARTMENT OF PSYCHIATRY

Volunteer Allied Health Psychologist

Morristown, NJ

- Attended and contributed to the department of pediatric and adult psychiatric grand rounds.

- Developed and implemented mental health awareness presentations for grand rounds to present to the medical residents.
- Acted as a liaison in facilitating admission to the behavioral health care unit to persons in need.

*April 2013-
May 2015*

ALPHA EPSILON LAMBA, GRADUATE STUDENT NATIONAL HONORS SOCIETY

Vice President

Nathan Weiss Graduate College of Kean University, Union, NJ

- Designed, promoted, and implemented community service projects.
- Created and developed program brochures for the annual induction ceremony.
- Participated in the organization, planning, and implementation of the annual induction ceremony.

*September 2007-
May 2010*

SETON HALL UNIVERSITY – SOUTH ORANGE, NJ

Tutor/Peer Mentor

Undergraduate Psychology Department

- Mentored undergraduate psychology students addressing issues of appropriate study skills and college success.
- Tutored undergraduate psychology students in undergraduate psychology courses such as: *Introduction to Psychology, Abnormal Psychology, Drug and Alcohol Abuse, and Adolescent Psychology, Biology, Research Methods*
- Assisted undergraduate junior and senior psychology majors in applying for Masters/Doctoral Level Programs.

RESEARCH EXPERIENCE:

*September 2013-
February 2016*

KEAN UNIVERSITY –UNION, NJ

Graduate Investigator/First Author/Dissertation Research

Department of Advanced Studies in Psychology, Dr. Donald Marks, Psy.D

- “Mindfulness as a Mediator of PTSD and Depressive Symptom Change in Trauma-Exposed Adult Females”.
- Examined the mediating influence of mindfulness skills on the association between duration of an empirically supported treatment and PTSD and depressive symptoms in a population specifically geared towards females with complex trauma histories.
- Received IRB approval from both the academic institution and the hospital affiliated with existing archival data.
- Attended weekly research team meetings to discuss progress of project initiation, data collection, data analytic plans, data analysis, and interpretation of data.
- Presented research findings at national conferences (see below).
- Successfully completed dissertation defense on February 26th, 2016.

*November 2012-
November 2013*

KEAN UNIVERSITY –UNION, NJ

Graduate Investigator/Second Author

Department of Advanced Studies in Psychology, Dr. Daniela Colognori, Psy.D

- “Teacher Identification and Treatment of Childhood Anxiety in Elementary School-Aged Children in a Parochial School Setting”.
- Completed IRB forms, creating demographic survey, research design and methodology.
- Attended weekly research team meetings to discuss progress of project initiation and data collection.
- Administered measures to teachers and students in order to determine teachers’ ability to successfully identify anxiety disorders in students attending a Catholic School.
- Co-lead group therapy beginning in Spring, 2013 using the *G-BAT* (Group Behavioral Activation Therapy; Chu, Colognori, Weissman, & Bannon, 2009), which assists school-age children in recognizing anxious feelings and reactions to anxiety, clarifying thoughts in anxiety-provoking situations, and developing a plan to cope with anxious situations.
- Examined treatment integrity and fidelity.
- Presented research findings at national conferences (see below).

*September 2011-
August 2013*

KEAN UNIVERSITY – UNION, NJ

Principal Investigator

Department of Advanced Studies in Psychology, Dr. Frank Gardner, Ph.D.

- “Emotion Regulation and Adult Attachment Style as Predictors of Negative Affect and Affective Verbalizations in Court Mandated Violent Offenders”.
- Completed of IRB forms, creation of demographic survey, research design and methodology.
- Attended weekly research team meetings to discuss progress of project initiation and data collection.
- Examined deficits in emotion regulation and adult attachment styles as predictors of negative affect in client mandated to anger treatment.
- Assessed participant affect after exposure to anger provocation stimuli via video exposure.
- Presented findings at national conferences (see below).

*September 2011-
November 2012*

KEAN UNIVERSITY – UNION, NJ

Third Author

Department of Advanced Studies in Psychology, Dr. Frank Gardner, Ph.D. & Dr. Donald Marks,

Ph.D.

- “The Mediating Role of Emotion Regulation on the Relationship Between Insecure Attachment Style and Negative Affect”.
- Examined the mediating influence of emotion regulation on the association between insecure attachment and negative affect, particularly anger.
- Completed expedited IRB forms using a preexisting data set of 449 undergraduate students.
- Attended weekly research team meetings to discuss data analyses, results, and discussion.
- Presented findings at national conferences (see below).

*September 2009-
September 2010*

SETON HALL UNIVERSITY – SOUTH ORANGE, NJ

Research Assistant

Department of Psychology, Dr. Paige Fisher, Ph.D.

- Conducted a comprehensive review of the empirical research of how anxiety impacts college students both academically and socially by searching psychological and educational databases.
- Assisted in the facilitation, transcription, and coding of focus groups assessing successful or unsuccessful transitions to college for first year freshman students.
- Assisted in data collection from running participants through experiments done in a laboratory setting.
- Promoted standards of practice as it relates to psychological research in an undergraduate institution.

September 2008-
September 2009

SETON HALL UNIVERSITY – SOUTH ORANGE, NJ

Research Assistant/Third Author

Department of Psychology, Dr. Pamela Foley, Ph.D.

- Conducted a comprehensive review of the empirical research of religion and parent-child relationship in adult children of Gay and Lesbian Parents.
- Assisted doctoral level candidate in the Counseling Ph.D. program in transcribing interviews conducted between Ph.D. Student and participants in her dissertation.
- Assisted researcher in the coding and data collection of the qualitative study and examined common themes of responses of each individual participant.
- Granted co-authorship in paper exploring religion as a factor in parent-child relationships of adults with a gay or lesbian parent as well as a heterosexual parent (see below).

SELECTED PRESENTATIONS:

- **Aster-McKenna, A.M.** (2020, January). Live Podcast “Impact of the COVID-19 Pandemic on Mental Health” with Dr. Indra Cidambi of the Center for Network Therapy.
- **Aster, A.M.,** Marks, D.R., Block-Lerner, J., & Krejci, J. (2014, November). Do changes in mindfulness predict decreased PTSD and depressive symptoms posttreatment in an intensive outpatient group? *Association of Behavior and Cognitive Therapies 48th Annual Convention*. Philadelphia, PA.
- Kowarz, K., Barrasso, C., **Aster, A.M.,** Raskin, L., Block-Lerner, J., Wolanin, A. (2014, November). Background Music in Mindfulness Practice: Examining Emotional Arousal and Psychological Flexibility. *Association of Behavior and Cognitive Therapies 48th Annual Convention*. Philadelphia, PA.
- **Aster, A.M.,** & Marks, D.R. (2014, October). Kaleidoscope or Chaos? Making Sense of a Mindfulness Miscellany [Review of the book *Psychology of Mindfulness*, by K. Murata-Soraci]. New York, NY: Nova Science Publishers.
- **Aster, A.M.,** Shortway, K., Marks, D.R., Block-Lerner, J., Colognori, D. (2014, September). Acceptance and commitment therapy case conceptualization and treatment of major depressive disorder: A case study. *Kean University, Grand Rounds*. Union, NJ
- **Aster, A.M.,** Smith-Casey, R.A., Lenda, A., Gardner, F.L. (2014, April). Comparing the relationship between negative affect and affective verbalizations in court mandated domestic violence offenders: A continuation of a pilot study. *Kean University Research Day*. Union, NJ.
- **Aster, A.M.** (2014, April). In Introduction to Acceptance and Commitment Therapy for Beginners: In-Service Training. *Princeton House Behavioral Health*. North Brunswick, NJ.
- **Aster, A.M.,** Smith-Casey, R.A., & Gardner, F.L. (2013, November). Comparing the relationship between negative affect and affective verbalizations in court-mandated violent offenders: A

continuation of a pilot study. *Association of Behavior and Cognitive Therapies 47th Annual Convention*. Nashville, TN.

- **Aster, A.M.**, Smith-Casey, R.A., & Gardner, F.L. (2013, November). Comparing the relationship between adult attachment styles of court mandated domestic violent offenders and a non-clinical control group. *Association of Behavior and Cognitive Therapies 47th Annual Convention*. Nashville, TN.
- **Aster, A.M.**, Smith-Casey, R.A., Lenda, A. & Gardner, F.L. (2013, November). Emotion regulation as a predictor of negative affect in court mandated violent offenders. *Association of Behavior and Cognitive Therapies 47th Annual Convention*. Nashville, TN.
- Smith-Casey, R.A., **Aster, A.M.**, & Gardner, F.L. (2013, November). The use of affective verbalizations as an outcome measure for court-mandated anger management clients. *Association of Behavior and Cognitive Therapies 47th Annual Convention*. Nashville, TN.
- Smith-Casey, R.A., **Aster, A.M.**, Lenda, A. & Gardner, F.L. (2013, November). The relationship between the emotionally disengaged subscale of the criminogenic thinking profile and total negative affect after an emotionally arousing stimulus. *Association of Behavior and Cognitive Therapies 47th Annual Convention*. Nashville, TN.
- Rittenhouse, N., **Aster, A.M.**, Autera, J., Pess, R., Moran, L., & Colognori, D. (2013, November). Teacher attitudes towards school-based mental health in parochial schools. *Association of Behavior and Cognitive Therapies 47th Annual Convention*. Nashville, TN.
- Prempeh, B., Bhasin, G., **Aster, A.M.**, & Pess, R. (2013, November). Initial effectiveness and satisfaction of a school-based group anxiety program for elementary and middle school-aged youth in a parochial school district. *Association of Behavior and Cognitive Therapies 47th Annual Convention*. Nashville, TN.
- Pess, R., Moran, L., Glazer, S., **Aster, A.M.**, Almeida, A., Autera, J., Rittenhouse, N., Thom, A., Brandwein, D., & Colognori, D. (2013, November). School-based identification of anxiety disorders in children: An examination of concordance between parent, teacher, and child self-reports. *Association of Behavior and Cognitive Therapies 47th Annual Convention*. Nashville, TN.
- **Aster, A.M.**, Smith-Casey, R.A., Gardner, F.L., & Marks, D.R. (2013, April). Comparing the relationship between PANAS scores and affective verbalizations in court mandated non-instrumental violent offenders. *Kean University Research Day*. Union, NJ.
- **Aster, A.M.**, Smith-Casey, R.A., Gardner, F.L., & Marks, D.R. (2013, March). Comparing the relationship between negative affect and affective verbalizations in court mandated violent offenders. *Eastern Psychological Association Annual Meeting*. New York, NY.
- **Aster, A.M.**, Smith-Casey, R.A., Gardner, F.L., & Marks, D.R. (2012, November). Emotion regulation and adult attachment styles as predictors of negative affect and affective verbalizations in court-mandated violent offenders. *Association of Behavior and Cognitive Therapies 46th Annual Convention*. National Harbor, MD.
- Pess, R., Trachta, H., **Aster, A.M.**, Gardner, F.L., Marks, D.R., & Moore, Z.E. (2012, November). The mediating role of emotion regulation on the relationship between insecure attachment style and negative affect. *Association of Behavior and Cognitive Therapies 46th Annual Convention*. National Harbor, MD.
- **Aster, A.M.**, & Smith-Casey, R.A. (2012, April). Grad School: Applying to Doctoral Programs in Psychology. *The College of New Jersey Psychology Seminar Series*, Ewing, NJ.
- Lytle, M.C., Foley, P., & **Aster, A.M.** (2013, May). Adult children of gay and lesbian parents: Religion and the parent-child relationship, *The Counseling Psychologist*, 41(4), 530-567. Doi: 10.1177/0011000012449658.

WORKSHOPS:

- **Aster-McKenna, A.M.** (2022, May-August). Trauma-Focused Acceptance and Commitment Therapy. Presented at New Pathways Counseling Center, Pine Brook, NJ.
- **Aster, A.M.,** Block-Lerner, J., Ricardo, P. (2018, May). Fostering psychological flexibility and nurturing communities through acceptance and mindfulness-based approaches. Presented at Morris County Psychological Association monthly seminar series, Florham Park, NJ.
- Richards, R., Kowarz, K., **Aster, A.M.** (2017, April). Mind fitness and resiliency training weekend-long retreat for first responders. Co-hosted by the Connecticut Alliance to Benefit Law Enforcement and the Uniformed Service Program at the Brattleboro Retreat; Funded by Believe 208. Presented at St. Thomas Seminary, Bloomfield, CT.
- Richards, R., Kowarz, K., **Aster, A.M.** (2016, March). Mind fitness and resiliency training weekend-long retreat for law enforcement professionals. Co-hosted by the Connecticut Alliance to Benefit Law Enforcement and the Uniformed Service Program at the Brattleboro Retreat; Funded by Believe 208. Presented at Mercy by the Sea conference center, Madison, CT.

References

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