Alejandra Chavez, Psy.D.

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***Education***

**Adler University**

Chicago, IL

APA accredited program

August 2017

Doctorate in Clinical Psychology

**Adler University**

Chicago, IL

June 2016

Master of Arts in Counseling

Specialization in Counseling Psychology

**St. John’s University**

May 2012

Queens, NY

Bachelor of Arts in Psychology, *minor* in Spanish

***Language Skills***

Spoken and written proficiency in Spanish

***Certifications***

Trauma-Focused Cognitive Behavioral Therapy June 2014- Present

Positive Discipline Educator February 2013- Present

***Clinical Experience***

October 2018—

July 2024

**Woodhull Medical and Mental Health Hospital**

Brooklyn, New York

***Adult Outpatient Psychologist Level II***

* Provide group and individual psychotherapy, in English or Spanish, for patients presenting with a variety of diagnoses (mood disorders, posttraumatic stress disorder, and individuals who present with cognitive limitations, traumatic brain injuries, seizures, neurodevelopmental disorders, dementia, etc.) on an outpatient setting.
* Utilize an extensive assortment of interventions rooted in CBT, psychodynamic theories, transtheoretical models, and brief-psychotherapies with a client-centered approach.
* Use a variety of symptoms specific measures such as the PHQ9 to assess for symptom severity.
* Conduct intake assessments in Spanish or English on a weekly basis.
* Provide crisis intervention services for individuals with acute symptoms of psychopathology.
* Collaborate with social workers, community agencies, staff psychiatrists in effort to provide well-rounded care for individuals with both psychological illnesses and psychosocial stressors.

**The Chicago Practice in Psychology**

June 2018 –

August 2018

Chicago, Illinois

***Diagnostician***

* Conducted psychosocial interviews and administered neuropsychological testing batteries in both outpatient and inpatient settings with clients of all age groups, in both English and Spanish.
* Conducted feedback sessions with clients to help review diagnostic findings and recommendations.

**Hartgrove Hospital**

September 2017 –

August 2018

Chicago, Illinois

***Clinical Post-doctoral Fellow***

***Neuropsychiatric Center of Chicago (NPCC) Coordinator***

Supervisor: Missy Bundy, Psy.D., M.B.A.

* Provided weekly intensive, brief, individual psychotherapy, in English and Spanish, for patients including a variety of diagnoses (mood disorders, posttraumatic stress disorder, and individuals who present with cognitive limitations, traumatic brain injuries, seizures, neurodevelopmental disorders, dementia, etc.) in both inpatient psychiatric settings and satellite mental health clinic.
* Program consultation duties included developing and implementing interventions for the cognitive rehabilitation therapy program within NPCC.
* Utilized Trauma-Focused-Cognitive Behavioral Therapy, Cognitive Behavioral Therapy, Mindfulness, Object-Relations, Brief Solution Focused Therapy, Family Therapy, and cognitive rehabilitation strategies with individuals who have brain-based disorders.
* Facilitated psychodynamic and CBT skills-based groups on a weekly basis to inpatient psychiatric patients.
* Conducted intake sessions and crisis interventions at the hospital’s satellite outpatient mental health clinic.
* Provided consultation and supervision to master- and doctoral-level practicum students on a variety of clinical and professional topics.
* Managed patient caseload and oversee the clinical services provided by master- and doctoral-level practicum students.
* Collaborated with the director of psychological services in creating and organizing the training program for incoming training class of 2018-2019.
* Provided hospital staff presentations and trainings on the Psychology Department’s services and specialty programs.
* Collaborated with the Business Development department and facilitate presentations on behalf of the hospital within Chicagoland on a variety of mental health topics monthly.
* Responsible for addressing patient complaints and grievances, partnering with the Risk Management department in investigating and remediating complaints and grievances made by patients.
* Wrote monthly mental health articles for the hospital’s newsletter covering a variety of topics including mindfulness, stress-reduction techniques, and psychoeducation on the benefits of physical exercise, etc.

**Lincoln Medical and Mental Health Hospital**

September 2016 –

August 2017

Bronx, New York

***Clinical Psychology Intern***

**APA Accredited Internship**

Supervisor: Michael Fraser, Ph.D.

* Provided individual, couples, and family therapy to children, adolescents, adults from low socioeconomic backgrounds and diverse ethnic backgrounds in an outpatient setting.
* Used evidence-based treatments such as CBT, TF-CBT, and ACT to treat a multitude of diagnoses and presenting problems including mood disorders, Attention Deficit Hyperactivity Disorder, psychosis, Post-Traumatic Stress Disorder, substance abuse and more.
* Conducted intake assessments, including diagnosis and preliminary treatment plan.
* Created and co-facilitated a Skills Training in Affect Regulation (STAIR) group for adolescents on a bi-weekly basis.
* Engaged in program evaluation via constructing questionnaires for group members to assess efficaciousness of groups in the child and adolescent outpatient unit.
* Supervised a clinical psychology student extern on both therapy and assessment cases on a weekly basis using the Integrated Developmental Model of supervision.
* Conducted psychosocial interviews and administered neuropsychological testing batteries in both outpatient and inpatient settings with clients of all age groups, in both English and Spanish.
* Worked as a part of the Emergency Department’s Crisis Team conducting risk assessments, utilizing crisis interventions, and conducting full behavioral screenings with patients presenting with acute distress.
* Assessed and provided appropriate referrals and dispositions on medical floors (SICU, MICU, PCCU, Tele, Geriatric/Oncology, M&B, L&D, GMF) as Consult Liaison biweekly.
* Collaborated with both patients and their medical teams by providing integrative medical care as Consult Liaison.

**Advocate Illinois Masonic Behavioral Health Services**

July 2015- July 2016

Chicago, IL

***Advanced Therapy Extern***

Supervisor: Clairalice Campini, Ph.D.

* Provided individual, couples, and family therapy to children, adolescents, adults from low socioeconomic backgrounds and diverse ethnic backgrounds.
* Used evidence-based treatments such as CBT, ACT, and DBT to treat a multitude of diagnoses and presenting problems including mood disorders, Attention Deficit Hyperactivity Disorder, psychosis, Post-Traumatic Stress Disorder, substance abuse and more.
* Co-facilitated a support group for Spanish speaking adult women on a weekly basis in which members were taught mindfulness skills and relaxation exercises.
* Conducted intake assessments, including diagnosis and preliminary treatment plan.
* Assessed and provided appropriate referrals and dispositions on medical floors (SICU, MICU, PCCU, Tele, Geriatric/Oncology, M&B, L&D, GMF) as Consult Liaison biweekly.
* Collaborated with both patients and their medical teams by providing integrative medical care as Consult Liaison.
* Worked as a part of the Emergency Department’s Crisis Team conducting risk assessments, utilizing crisis interventions, and conducting full behavioral screenings with patients presenting with acute distress.

**Austin Family Counseling Center**

July 2014- June 2015

Chicago, IL

***Therapy Extern***

Supervisor: Ashley Kuhl Piwowarski, Psy.D.

* Provided individual and family outpatient therapy to children, adolescents, and adults from low socioeconomic backgrounds and Latino and African American backgrounds.
* Clients were typically adolescents and adults presenting with Mood Disorders, psychosis, Attention Deficit Hyperactivity Disorder, Post-Traumatic Stress Disorder, and substance abuse.
* Conducted intake interviews and mental health evaluations to assess the needs of new clients who enter the clinic for the first time or are seeking reinstatement of therapy services.
* Conducted weekly outcome assessment measures with patients on an inpatient unit at an affiliated private psychiatric hospital to track progress or regression of their mental health.
* Co-facilitated weekly Cognitive Behavioral Therapy (CBT) skills groups for adults in an inpatient unit at affiliated private psychiatric hospital.

**UIC Developmental Disabilities Family Clinic**

September 2013- May 2014

Chicago, IL

***Diagnostic Assessment Extern***

Supervisor: Lucy Perez-Harck, Psy.D.

* Worked in an outpatient setting as a diagnostic extern and completed 13 comprehensive batteries with children, adolescents, and adults.
* Conducted diagnostic interviews with clients and parents referred to the clinic for an evaluation or consultation.
* Administered various psychological tests including: MMPI-A, Roberts Apperception Test, The Children’s Apperception Test, Incomplete Sentences Blank, WAIS-III, WISC-IV, VMI, Bender-Gestalt Test, WRAT-4, Leiter-r, The T.O.V.A test, The Gordon Diagnostic System, WRAML2, and various behavior rating scales.
* Scored, analyzed, and interpreted individual tests using an integrative strength-based approach aimed at highlighting the client’s academic and cognitive strengths and weaknesses.
* Integrated test findings, background history, and a diagnostic interview to produce a comprehensive diagnostic report.
* Utilized diagnostic assessment results to develop treatment recommendations that capitalize on the client’s personal strengths to overcome any deficits.
* Presented diagnostic findings to clients in a feedback session.
* Attended and contributed to monthly treatment team meetings during which the treatment team discuss behavioral concerns, recommendations, and possible treatment-related issues.

***Publications***

**It’s All in the Raiz: Mexican Immigrant Mothers’ Perception of Academic Success**

*Published Fall 2017*

Adler University Dissertation

**Mexican American Immigrant Parents Striving to Raise Resilient Children: Obstacles, Tension Points, and Resiliency Factors**

*Published Fall 2017*

Journal of Individual Psychology

***Teaching Experience***

August 2015- January 2016

**Adler University**

Chicago, IL

***Teaching Assistant***

***Course: Adlerian Therapy I: Introduction to Assessment***

Instructor: Paul Fitzgerald, Psy.D.

* Facilitated lecture on assessment protocols of Adlerian therapy, including the Lifestyle Assessment.
* Researched and collected articles on Individual Psychology and their respective assessment instruments to supplement lectures for students.
* Provided
* Supported doctoral-level graduate students when extra assistance is needed outside of class.
* Other responsibilities included grading assigned papers and scoring students’ interpretations of assessment measures.

***Research Experience***

**Doctoral Dissertation**

*Published August 2017*

Adler University

Chair: Josefina Alvarez, Ph.D.

* Focus of study is gaining a narrative of immigrant mothers’ experience in raising academically successful children.
* Population includes recently immigrated Mexican mothers (8 years or less) who have children enrolled in the American school system, and are from low SES backgrounds.
* The qualitative study will conduct semi-structured, one-hour interviews with each participant in Spanish.
* Data has been analyzed and conceptualized using a thematic approach.

May 2013- May 2014

**Research Assistant, Disciplina Positiva**

Supervisor: Maricruz Ramos, Ed.D.

Primary Investigator

* Created a set of guidelines and curriculum used for parenting workshops targeting low-income Hispanic families.
* Translated coursework of Positive Discipline from English to Spanish.
* Created outcome measures in Spanish for participants in Positive Discipline groups.
* Conduct Positive Discipline groups in Spanish with Latina mothers.
* Administered outcome measures to participants regarding quality and effectiveness of parenting workshops.
* Collected outcome measures.
* Transcribed outcome measures of participants’ responses from Spanish to English.

***Presentations***

**Chavez, A.Y.** (2018, February). Compassion Fatigue. Guest speaker presentation held at Oak Lawn School District’s Grand Rounds in Oak Lawn, IL.

**Chavez, A.Y.,** Strike. S., Jourdan, B., Vibert, B., Davis, L.(2017, April). Working with Transpeople in the Hospital Setting: Treatment and Policy Interventions for Medical Staff. Guest speaker presentation held at Lincoln Medical and Mental Health Center’s Grand Rounds in Bronx, NY.

**Chavez, A.Y.** (2014, November). It’s all in the ‘raiz’: How Mexican families can lay the groundwork for academically successful shildren*.* Poster session presented at the Multifaceted Themes of Diversity Conference at the Adler School of Professional Psychology, Chicago, IL.

Osten-Garner, K., **Chavez, A.Y.,** Atchinson, A., Moses, S. (2014, October). Applying Peace Psychology to work with Gay, Transgender and Men Who Have Sex with Men in the Dominican Republic*.* Poster session presented at the 3rd annual Chicago LGBTQ Health and Wellness Conference at the Center on Halsted, Chicago, IL.

***Professional Memberships***

January 2014-

December 2014

Society for the Psychological Study of

Ethnic Minority Issues, Division 45 of the

American Psychological Association

*Student Affiliate*

Society of State, Provincial, and Territorial

January 2013-

Present

Psychological Association Affairs, Division 31 of

the American Psychological Association

*Student Affiliate*

***Editorial Activities***

**Reviewer***,* Division 45, American Psychological Association Convention Program, 2017

***Academic Honors and Awards***

Adler School of Professional Psychology April 2016

Elina Manghi Children and Adolescent Scholarship

Adler School of Professional Psychology August 2013- July 2014

Alfred Adler Scholarship Recipient

Adler School of Professional Psychology February 2013

Professional Development Scholarship Recipient

***Professional Experience***

**Su Casa Catholic Worker**

March 2013- April 2013

***Positive Discipline Educator for Parents***

Chicago, IL

Supervisor: Jay Colker, D.M.

* Organized and taught four one hour workshops in Spanish for Latino immigrant parents on a weekly basis.
* Focused workshops around positive discipline, providing strategies on how to increase parent-child communication in respectful and efficient ways.
* Worked closely with group of parents who are survivors of domestic violence living in a women’s shelter in the south side of Chicago.

**Child Center of NY OST Program**

***After-school teacher***

August 2011- May 2012

Queens, NY

Supervisor: Heather Merlis, M.A.

* Served a class of 20 youths, 8- and 9-year-old elementary students focusing on character development through homework assistance, lectures in the arts, cultures, and sports, and literacy enrichments with hands-on learning experiences.
* Educated students in the practice of yoga and other positive outlets to relieve feelings of frustration and improve self-esteem.
* Spread awareness on vigorous environmental practices such as recycling, animal rights, social equality, and knowledge of world cultures.

**St. John’s University**

August 2010- May 2012

**Discover New York Program**

***Student Mentor***

Queens, NY

Supervisor: Lauren Harding, M.A

* Facilitated first-year students’ transition from their high school settings to university atmosphere, specifically St. John’s University, stressing the university’s mission and Vincentian values.
* Assisted first-year students in assigned classes in academics to promote success in their undergraduate career.
* Collaborated and held field trips for classes centered on lessons taught in particular classes within New York City.

***Leadership Experience***

**Diversity Leadership Program**

September 2014- July 2016

***Peer Leader***

Chicago, IL

Supervisor: Vida Dyson, Ph.D.

* Designed, scheduled, and facilitated two school-wide events which focused on academic and professional development for students each semester.
* Established and maintained monthly contact with students to provide mentorship.
* Developed assessment tools that measure quantitative, qualitative, and programmatic data for the program that will be administered to students throughout meetings.

**Adler School of Professional Psychology**

September 2012- June 2015

***Graduate Work Study Position***

Chicago, IL

Supervisor: Judy Skorek, EdD

* Organized scholastic material utilized for academic curriculum.
* Filed important and confidential documents.
* Assisted the department chair of master’s Clinical Mental Health Counseling program in consolidating course syllabi from adjunct and core faculty to align with CACREP standards.

**Latino Student Association**

December 2013- July 2015

***Executive Board/President***

Chicago, IL

* Revitalized an inactive organization on Adler’s campus through recruiting other self-identified Latino/Hispanic students.
* Organized and planned meetings, activities, and workshops centered on current events, especially around immigration reform.
* Provided social and moral support for other Latino/Hispanic students through mentorship, creating leadership opportunities, and social events outside of Adler’s campus.

***Community Engagement***

**Telpochcalli Community Education Project (TCEP)**

January 2013- July 2013

***Assistant Program Coordinator***

Chicago, IL

Supervisor: Maria D. Velasquez

* Documented processes of organization’s proceedings, such as scheduling of programs and events, and implemented evaluative tools to measure outcomes of program.
* Coordinated workshops, trainings, and meetings to support the needs of the target population served primarily Mexican immigrant communities.
* Assisted children engaged in the program, their ages ranging from five to ten, in homework and cognitive development through structured activities.

**Grupo Salto/ Latino Autism Society Working with Optimism**

September 2013- May 2015

***Volunteer***

Chicago, IL

* Created hands-on, interactive activities for children and young adults with Autism.
* Facilitated learning for young children (ages 1-3) through expressive arts activities.

**Loma Linda Veteran’s Affairs Hospital**

July 2006- August 2008

***Volunteer***

Loma Linda, CA

* Provided care to both outpatient and in-patient veterans in improving interpersonal skills.
* Assisted in group therapy sessions that focused on the transition from combat zone to civilian life.
* Filed confidential documents.
* Assisted in transporting in-patient veterans that lacked physical mobility throughout Hospital premises.