

## EDUCATION

Ball State University, Muncie, IN	<b>May 2025</b>
Doctor of Philosophy in Educational Psychology	
Valparaiso University, Valparaiso, IN	<b>August 2018</b>
Master of Arts in Clinical Mental Health Counseling, GPA 4.0/4.0 CACREP accredited	
Purdue University, West Lafayette, IN	<b>May 2015</b>
Bachelor of Science in Psychological Sciences Minors: Forensic Science, Spanish, Law & Society	GPA 3.65/4.0

## WORK EXPERIENCE

### Graduate Assistant

*Ball State University*

**August 2021-Present**

- Created relationships with students to foster a sense of belonging and to provide support both personally and academically
- Monitored growth of Ryan Scholars based on their academic, personal, and professional goals and served as an advocate for these students
- Assisted the director and administration with research regarding student success, retention, diversity, equity, and inclusion

### Therapist

*Crown Counseling Services*

**May 2019-August 2021**

- Provided outpatient individual therapy and teletherapy to clients suffering from depression, anxiety, bipolar disorder, trauma, etc. and developed treatment plans using Case Management Pro to ensure goals were being met
- Conducted intakes, assessments, and risk assessments and provided corresponding documentation using Kareo
- Delivered services to middle school students in the schools and to elderly patients in an assisted living facility to help them reach treatment goals

### Direct Support Professional

*Tradewinds Rehabilitation Center-Lake Park Group Home/101<sup>st</sup> Group Home*

**May 2014-August 2017**

Merrillville, IN

- Provided care to residents with intellectual disabilities to help them become self-sufficient
- Collaborated with other staff to aid residents in preparing meals and doing chores
- Helped residents manage their money to make certain that they were spending it responsibly
- Used psychology knowledge to form relationships with residents

### Teaching Assistant

*Valparaiso University*

**August 2016-May 2017**

Valparaiso, IN

- Collaborated with statistics professor to discuss possible projects for students enrolled in the Intro to Statistics class
- Aided professor in calculating and entering students' grades online to ensure grades were updated
- Organized and sorted through students' assignments to assist in grading

### Mental Health Technician

*Wabash Valley Alliance- Elmwood Group Home*

**August 2015-January 2017**

Lafayette, IN

- Assisted clients who have various mental illnesses with developing adult daily living skills
- Developed relationships with residents and helped them form coping skills to manage their disorders
- Provided a daily schedule for residents to follow and helped them manage their medications
- Modeled for clients various skills needed for them to live on their own, such as cooking and cleaning
- Collaborated with other staff to discuss clients' treatment plans and perform skills training

## PROFESSIONAL EXPERIENCE

### Intern Therapist

*Michiana Behavioral Health Center*

**May 2018-August 2018**

Plymouth, IN

- Provided group therapy by providing psychoeducation on addiction and teaching concepts from dialectical behavior therapy
- Conducted assessments with patients from the adult detox/acute psych unit, child/adolescent psych unit, and residential unit
- Observed family therapy sessions in the residential unit and in the detox/acute psych unit
- Documented all interactions with clients and discussed clients' treatment plans with other therapists

## **Intern Therapist**

**August 2017-May 2018**

*Valparaiso University Counseling Center*

Valparaiso, IN

- Collaborated with staff during case conferences to discuss clients' treatment needs
- Provided individual counseling to undergraduate, graduate, and law students using an integrative approach
- Participated in outreach opportunities in order to educate students on various issues, such as substance use, stress management, and multicultural competence
- Conducted intakes and alcohol/drug assessments in order to assess clients' needs and obtain information
- Advocated for clients when necessary to ensure that they were being treated fairly and had the opportunity to succeed
- Used Titanium to document interactions with clients, report clients' goals, and track clients' progress

## **Intern Therapist**

**May 2017-August 2017**

*Midwest Center for Youth and Families*

Kouts, IN

- Conducted psychosocial assessments with new residents to obtain information
- Ran groups with other therapists utilizing principles of dialectical behavior therapy to teach residents new skills
- Documented assessments and wrote up case notes to ensure that all information was recorded
- Observed therapy sessions to learn new skills and build rapport with children ages 10-20 with emotional, behavioral or psychiatric challenges who were living in a residential facility

## **RESEARCH EXPERIENCE**

### **Research Assistant, Dept of Psychological Sciences**

**August 2013-May 2014**

*Purdue University*

West Lafayette, IN

- Worked in two different labs assisting graduate students and professors with running experiments to conduct research on topics such as ostracism, memory of past events, and online communication among Chinese students
- Consulted with various professors and graduate students to help prepare and organize experiments
- Showed students how to participate in various tasks throughout the experiments and use necessary equipment
- Collected data on students by setting up and monitoring online surveys, by using a cyberball study, and by using a voice recorder and debriefed and explained experiments to students when necessary

## **PROFESSIONAL PRESENTATIONS**

Gold, R (2018, May). The Use of the Insanity Defense When Considering Alcohol Abuse. Poster presented at the *Valparaiso University Psychology Department Conference*, Valparaiso, IN.

## **COMMUNITY ENGAGEMENT**

Outreach on substance use and abuse, Valparaiso University  
Outreach on multiculturalism, Valparaiso University  
Outreach on depression, anxiety, and stress, Valparaiso University  
Workshop on alcohol safety and education, Valparaiso University

Feb 2018, Dec 2017, Oct 2017  
November 2017  
November 2017  
October 2017

## **COURSES**

- Testing and Appraisal, Research Methods
- Research Experience in Psychology, Research Methods in Psychology, Statistics in Psychology, Research Experience in Psychology

Valparaiso University  
Purdue University

## **EXTRACURRICULAR ACTIVITIES/PROFESSIONAL ORGANIZATIONS**

Athenaeum, The Honor Society of the Valparaiso University Graduate School  
Chi Sigma Iota, Zeta Sigma Chi Chapter, Valparaiso University  
American Counseling Association  
Psi Chi International Honors Society, Purdue University  
Alpha Lambda Delta Phi Eta Sigma Honors Society, Purdue University  
National Society of Collegiate Scholars, Purdue University  
Peer Mentor for Undecided Students, Purdue University

May 2018-Present  
June 2017-Present  
January 2017-Present  
January 2013-Present  
January 2012-Present  
January 2012-Present  
August 2013- May 2014

## **AWARDS & HONORS**

Graduate with Highest Distinction  
Dean's List, Valparaiso University  
Graduate Merit Scholarship, Valparaiso University  
Dean's List/Semester Honors, Purdue University  
Presidential Scholarship, Purdue University

May 2018  
December 2016-May 2018  
August 2016-May 2017  
December 2011-May 2015  
August 2011- May 2015

## **CERTIFICATIONS**

National Certified Counselor (NCC), The National Board for Certified Counselors  
Licensed Mental Health Counselor Associate, State of Indiana

August 21, 2018-August 31, 2023  
January 22, 2019-April 1, 2022

## **SKILLS**

- Proficient in Microsoft Office (Word, PowerPoint, Excel)
- Able to read, write, and speak Spanish
- Experience with using the Credible mental health software program to document interactions
- Experience with using Titanium, Kareo, and Case Management Pro to write therapy notes and treatment plans
- Knowledgeable about different ways to collect and analyze data
- Experience with sand tray therapy