

Renata Botello, M.A.

rbotello@bu.edu

EDUCATION

- 2020- Present** **Ph.D. Candidate, Clinical Science, Boston University, Boston, MA**
M.A. completed December 2021
Anticipated graduation 2026
Master's Thesis: *Negative Symptoms and Social Functioning in Schizophrenia: The Contribution of Social Effort.* **Advisor:** Daniel Fulford, Ph.D.
Dissertation: *Determinants of Social Disconnection Across the Psychosis Continuum.*
Advisor: Daniel Fulford, Ph.D.
- 2017** **B.A., University of California Berkeley, Berkeley, CA**
Psychology with a Minor in Disabilities Studies

RESEARCH FUNDING

Active Grants

- 2023-2026** “Supplement to Promote Diversity in Health-Related Research: *Neurobehavioral mechanisms of social isolation and loneliness in serious mental illness,*” Funding Recipient. National Institute of Mental Health (R01MH127265-S). Total: \$209,425.

Completed Grant

- Summer 2017** “Undergraduate Research Apprentice Program (URAP): *Motivators And Barriers To Social Interaction In People With Schizophrenia,*” Funding Recipient. UC Berkeley. Total: \$3,500.

Mentored Grants

- Fall 2023** “Undergraduate Research Opportunities Program (UROP): *Social network, loneliness, and momentary experiences of discrimination in people with and without psychosis,*” Mentor (Mentee: Raj Kundu). Student Research Award (SRA). Total: \$1,500.
- Fall 2022** “Undergraduate Research Opportunities Program (UROP): *Are tendencies toward social motivation and pleasure associated with daily social experiences? An experience sampling study,*” Mentor (Mentee: Celina Nguyen). Student Research Award (SRA). Total: \$1,500.

PEER REVIEWED PUBLICATIONS

1. Oh, H., Karcher, N. R., Verdugo, J. L., **Botello, R.**, DeVlyder, J., Anglin D. (2024). Ethno-racial disparities in psychotic experiences among students in higher education: Findings from the Healthy Minds Study 2020-2021. *Psychiatry Research*. <https://doi.org/10.1016/j.psychres.2024.115959>
2. Savill, M., Banks, L., Tryon V., Ereshefsky, S., Nye, K., **Botello, R.**, Padilla, V.; Munro, K., Loewy, RL., Niendam, TA. (2024). Exploring Data Collection Priorities of Community Partners in Early Psychosis Care. *Journal of Psychiatric Services*. <https://doi-org.ezproxy.bu.edu/10.1176/appi.ps.20230455>

3. **Botello, R.**, Gill, K., Mow, J. L., Leung, L., Mote, J., Mueser, K. T., Gard, D. E., Fulford, D. (2023). Validation of the Social Effort and Conscientious Scale (SEACS) in schizophrenia. *Journal of Psychopathology and Behavioral Assessment*. <https://doi.org/10.1007/s10862-023-10031-1>
4. Grattan, R., Lara, N., **Botello, R.**, Tryon, V., Maguire, A., Carter, C., & Niendam, T. (2019). A History of Trauma is Associated with Aggression, Depression, Non-Suicidal Self-Injury Behavior, and Suicide Ideation in First Episode Psychosis. *Journal of Clinical Medicine*, <https://doi.org/10.3390/jcm8071082>
5. Folk, J., Tully, L., Blacker, D., Liles, B., Bolden, K., Tryon, V., **Botello, R.**, Niendam, T. (2019). Uncharted Waters: Treating Trauma Symptoms in the Context of Early Psychosis. *Journal of Clinical Medicine*, <https://doi.org/10.3390/jcm8091456>

PREPRINTS AND MANUSCRIPTS SUBMITTED FOR PUBLICATION

6. **Botello, R.**, Gandhi, A., Oh, H., Mueser, K.T., & Fulford, D. (2024). Social Adversity and Loneliness in First Episode Psychosis. (Submitted). *Journal of Social Psychiatry and Psychiatric Epidemiology*.
7. Fulford, D., Grunfeld, G., Gandhi, A., **Botello, R.**, & Mueser, K. T. (2024). Loneliness and its correlates in first episode psychosis. In preparation.
8. **Botello, R.**, Oh, H., Gard, D. E., Mote, J., & Fulford, D. (2024). Discrimination and social disconnection in people across the psychosis spectrum: A systematic review. In preparation.

ORAL PAPERS AND SYMPOSIA

1. **Botello, R.** (2024, April), Social adversity and loneliness in first episode psychosis, in *Beyond the Biological Model: Investigating Social Determinants, Loneliness, and Adversity in the Psychosis Spectrum*, Schizophrenia International Research Society, Florence, Italy. Symposium.
2. Niendam, T. A., Savill, M., Tully, L. M., Loewy, R., Tryon, V. L., Nye, K., Ereshefsky, S., Matthews, L., Padilla, V., Hokusui, C., Garman, H., Blay, C., Wilson, E., McNamara, A., Kado, M., Xu, Z., Gilmer, T., Padovani, A., Shapiro, D., Bolden, K., Muro, K., **Botello, R.**, Grattan, R., Smith, L., Wilcox, A., Melnikow, J., Tancredi, D., Hotz, B., Addington, D., Gabrielian, S., Lopez, S., Dixon, L., and Carter, C. S. for the EPI-CAL Group (2022, October), “EPINET: A National Approach for Data-Driven Improvement in Early Psychosis Care.” American Academy of Child and Adolescent Psychiatry (AACAP), Chicago, IL. Symposium.
3. Tully, L. M., Nye, K., Ereshefsky, S., Savill, M., Tryon, V. L., Loewy, R., Banks, L., Padill, V., Hokusui, C., Garman, H., Blay, C., Wilson, E., McNamara, A., Kado, M., Xu, Z., Gilmer, T., Padovani, A., Shapiro, D., Bolden, K., Muro, K., **Botello, R.**, Grattan, R., Smith, L., Wilcox, A., Melnikow, J., Tancredi, D., Hotz, B., Addington, D., Gabrielian, S., Lopez, S., Dixon, L., Carter, C. S., and Niendam, T. A. for the EPI-CAL Group (2022, April), “Implementation of stakeholder-centered ethical data use practices in Beehive: an eHealth technology that promotes data-driven care in the California Early Psychosis Intervention Network (EPI-CAL).” Schizophrenia International Research Society (SIRS), Florence, Italy. Symposium.

POSTERS AND PRESENTATIONS

*Denotes mentee author

1. Nye, K., Tryon, V., Hayes, S., Barch, D., Savill, M., Ereshefsky, S., Pierce, K., Miller, C., Miles, M., McNamara A. P., Kado-Walton, M., Nguyen, K., Sharma, N., Hokusui, C. K., Padilla, V., Safdar, M., Lowey, R., Tully L. M., Padovani, A. J., Smith L., Wilcox, A. B., Banks, L., Muro, K., Shapiro, D., Bolden K., **Botello, R.**, Grattan, R., Zhang, Y., Melnikow, J., Tancredi, D., Hotz, B., Gabrielian, S., Lopez, S., Dixon, L., Carter, C.S., & Niendam, T. for the EPI-CAL Group (April 2024). *Experiences of Childhood Poverty among Coordinated Specialty Care Service Users and Associations with Clinical Outcomes: Preliminary Data from the California EPI-CAL Project*. Poster presented at the Schizophrenia International Research Society Annual Meeting, Florence, Italy.
2. Sharma, N., Pierce, K. M., Nguyen, K. L. H., Tryon, V. L., Bolden-Thompson, K. A., Nye, K.E., Tully, L. M., Savill, M., Ereshefsky, S., McNamara, A. P., Kado-Walton, M., Hokusui, C. K., Miller, C., Miles, M. J., Padilla, V., Loewy, R., Padovani, A. J., Smith, L., Wilcox, A. B., Banks, L., Hayes, S. L., Muro, K., Shapiro, D., **Botello, R. M.**, Grattan, R., Zhang, Y., Loureiro, S., Melnikow, J., Tancredi, D. J., Hotz, B., Gabrielian, S., Lopez, S. R., Dixon, L., Carter, C. S., Niendam, T. A. for the EPI-CAL Group (September 2023). *High number of ACEs associated with increased marijuana and nicotine usage among individuals with early psychosis: Preliminary data from the California EPI-CAL Project*. Poster presented at the annual meeting of the Society for Research in Psychopathology.
3. Miles, M., Pierce, K. M., Tryon, V. L., Nye, K. E., Savill, M., Ereshefsky, S., McNamara, A. P., Kado-Walton, M., Hokusui, C., Miller, C., Nguyen, K., Sharma, N., Padilla, V., Loewy, R., Padovani, A., Smith, L., Banks, L., Hayes, S. L., Muro, K., Shapiro, D., Bolden-Thompson, K., Tully, L. M., **Botello, R. M.**, Grattan, R., Zhang, Y., Lourerio, S., Wilcox, A. B., Melnikow, J., Tancredi, D., Hotz, B., Gabrielian, S., Lopez, S., Dixon, L., Carter, C. S., Niendam T. A. for the EPI-CAL Group (November 2023). *High ACEs in individuals with early psychosis associated with lower client-reported family functioning: Preliminary data from the California EPI-CAL Project*. Poster submitted for presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies.
4. Sharma, N., Ereshefsky, S., Miller, C., Nguyen, K. L., Hokusui, C., Shapiro, D., Sardo, A., **Botello, R. M.**, Bolden, K., Muro, K., Niendam, T. A. (November 2022). *The Effect of Childhood Trauma on Social and Role Functioning in Individuals with Early Psychosis*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York City, NY.
5. **Botello, R.**, Schupbach, E., Tairmae, T., Gandhi, A., Riley, L., Onnela, J., Gard, D., Busso, C., Fulford, D. (September 2022). *Social adversity and loneliness in the daily lives of young adults and people with serious mental illness*. Poster presented at the annual meeting of the Society for Research in Psychopathology, Philadelphia, PA.
6. Savill, M., Banks, L., Ereshefsky, S., Nye, K., Tryon, V., Muro, K., **Botello, R. M.**, Loewy, R., Niendam, T., (September 2022). *Community Partner Perspectives on What Data Should be Collected as Part of Early Psychosis Care: A Focus Group Study*. Poster presented at the annual meeting of the Society for Research in Psychopathology, Philadelphia, PA.
7. **Botello, R.**, Gill, K., Mow, J., Leung, L., Mueser, K., Gard, D., Fulford, D. (September 2021). *Negative Symptoms and Social Functioning in Schizophrenia: The Contribution of Social Effort*. Poster presented at the annual meeting of the Society for Research in Psychopathology, Virtual Meeting.

8. *Tambe, E., Nguyen, C., **Botello, R.**, (2021, August), “Loneliness and Neurobiology in People with Schizophrenia.” Research in Science & Engineering Program (RISE). Virtual Talk.
9. Niendam, T., Savill, M., Tully, L., Loewy, R., Tryon, V., Nye, K., Ereshefsky, S., Matthews, L., Padilla, V., Hokusui, C., Garman, H., Blay, C., Wilson, E., Moran, A., Kado, M., Gilmer, T., Padovani, A., Shapiro, D., Bolden, K., Muro, K., **Botello, R.**, Grattan, R., Wilcox, A., Melnikow, J., Tancredi, D., Hotz, B., Addington, D., Gabrielian, S., Lopez, S., Dixon, L...Carter, C. (December 2021). *Development of the California Collaborative Network to Promote Data Driven Care and Improve Outcomes in Early Psychosis (EPI-CAL): Preliminary Qualitative and Quantitative Findings*. Poster presented at the annual American College of Neuropsychopharmacology (ACNP), San Juan, PR.
10. Maguire, A. M., Grattan, R.E., Lesh, T.A., **Botello, R. M.**, Lara, N., Demian, A.P., Blendermann, M., Carter, C.S., Niendam, T. A. (2019). Trauma History And Cannabis Use Are Associated With Positive Symptomatology In An Early Psychosis Population. *Journal of the American Academy of Child & Adolescent Psychiatry*. 58: S238. DOI: 10.1016/j.jaac.2019.08.295
11. **Botello, R.**, Grattan, R., Tryon, V., Maguire, A., Lara, N., Blendermann, M., Demian, A., Laquidara, J., Berger, L., Tully, L., Carter, C., & Niendam, T. (September 2019). *Association Between Trauma Experiences, Functioning and Psychiatric Symptom Severity in Psychosis*. Poster presented at the annual meeting of the Society for Research in Psychopathology, Buffalo, NY.
12. Laquidara, J., **Botello R.**, Tryon, V., Shapiro, D., Tully, L., Maguire, A., Sardo, A., Grattan, R., Carter, C., & Niendam, T. (September 2019). *Factors Associated with Engagement in Group Treatment at An Early Psychosis Coordinated Specialty Care Clinic*. Poster presented at the annual meeting of the Society for Research in Psychopathology, Buffalo, NY.
13. Grattan, R., Lara, N., **Botello, R.**, Tully, L., Lesh, T., Carter, C., & Niendam, T. (September 2019). *Trauma History is Associated with Suicide Ideation and Non-Suicidal Self-Harm Behavior in Early Psychosis*. Poster presented at the annual meeting of the Society for Research in Psychopathology, Buffalo, NY.
14. Lara, N., Grattan, R., Tryon, V., Maguire, A., **Botello, R.**, Blendermann, M., Demian, A., Tully, L., Carter, C., & Niendam, T., (September 2019). *Association of Trauma and Aggressive Behavior in an Early Psychosis Population*. Poster presented at the annual meeting of the Society for Research in Psychopathology, Buffalo NY.
15. Esbit, S., Satterfield, B., LaFollette, K., **Botello, R.**, Alkozei, A., & Killgore, S. (February 2019). *High Self-Perceived Adroitness:An Altered Perception of Reality During Sleep Deprivation*. Poster presented at the annual International Neuropsychological Society, New York City, NY.
16. Chuang, B., Mote, J. Stanci, J., Delavary, D., **Botello, R.**, & Kring, A. (September 2017). *Incongruent Emotion in Schizophrenia and Healthy Controls*. Poster presented at the annual meeting of the Society for Research in Psychopathology, Denver, CO.

RESEARCH EXPERIENCE

2020- Present

**Doctoral Student Researcher, Approach Motivation and Participation Lab
Boston University**

Advisor: Dr. Daniel Fulford

Developed study procedures, IRB documentation, and training of research assistants for the “Stable and dynamic neurobehavioral phenotypes of social isolation and loneliness in serious mental illness” (R01MH125426) and the “Passive Sensing of Social Isolation: A Digital Phenotyping Approach” (R01MH122367) NIMH-funded studies. Collaborated with other researchers on study design, implementation, and data analysis of the multi-site studies aimed at using mobile technology to administer ecological momentary assessment and passive sensing data to understand predictors of loneliness and isolation in people with a schizophrenia spectrum disorder.

2018- 2020

**Outcomes Coordinator, Anchor Lab
University of California, Davis**

Advisors: Dr. Tara Niendam & Dr. Laura Tully

Collaborated with other researchers in the development of English and Spanish focus groups for the “California Collaborative Network to Promote Data Driven Care and Improve Outcomes in Early Psychosis (EPI-CAL)” NIH funded study (1R01MH120555-01). Created an original Spanish translated version of a comprehensive assessment for staff members to determine eligibility for participation in the EDAPT and SacEDAPT programs. Managed EDAPT and SacEDAPT programs’ database assessing substance use concerns and treatment outcomes in people receiving services in an early psychosis program for the Substance Abuse and Mental Health Service Administration (SAMHSA) report and the Mental Health Block Grant (MHBG) national study.

2018-2020

Independent Project: History of Trauma is Associated with Aggression, Depression, Non-Suicidal Self-Injury Behavior, and Suicide Ideation in First Episode of Psychosis

Advisors: Dr. Tara Niendam & Dr. Rebecca Grattan

Co-authored manuscript for publication assessing the intersection between psychosis and trauma experience, and how it interacts with functioning, suicidality, and aggression. Prepared an extensive literature review, developed a coding scheme, and data analysis for poster presentations and manuscript.

2017-2018

Research Technician, Social, Cognitive & Affective Neuroscience Lab University of Arizona, Tucson, AZ

Advisor: Dr. William Killgore

Recruited, screened, and administered study procedures to active military and non-military participants in a 6-week study evaluating the effects of Post-Traumatic Stress Disorder (PTSD) on emotional awareness, objective and subjective sleep, and fear conditioning/fear extinction for the Department of Defense's (DOD) United States Army Medical Research Acquisition Activity funded study (W81XWH-14-1-0570). Developed the first enrichment program for undergraduate research assistants at the lab and served as an assistant course supervisor by creating syllabi and course planning in areas like literature search, professional development, and data analysis.

2016-2017

Research Assistant, Emotion and Social Interaction Lab University of California, Berkeley

Advisor: Dr. Ann Kring

Recipient of the Undergraduate Research Apprentice Program (URAP), awarded to selected UC Berkeley students pursuing independent research projects. Collaborated in the coding scheme development, qualitative transcription, data analysis and literature review of a study comparing the different motivators and barriers to social interaction in people with schizophrenia that resulted in a publication and poster presentation.

2016

Research Assistant, Gopnik Cognitive Development Lab University of California, Berkeley

Advisor: Dr. Alison Gopnik

Recruited, consented, and administered study on causal reasoning and optimism at partnering schools, Head Start programs, and museums to participants in English and Spanish (ages 4-5). Managed data entry for a study comparing causal reasoning in Peruvian and US children with diverse SES backgrounds.

PANELS AND CAMPUS TALKS

1. "Psychology Graduate School Panel." (2023, March). Behavioral Health Program at McLean Hospital, Boston, MA.
2. "AMP Lab Overview." (2021, September). Clinical Psychology Colloquium, Boston, MA.
3. "A Cultural Framework for Understanding Deferred Action for Childhood Arrivals (DACA)." (2020, March). Early Psychosis Programs at UC Davis, Sacramento, CA.
4. "Cultural Considerations for Spanish Speaking Families" (2019, January). Early Psychosis Programs at UC Davis, Sacramento, CA.

CLINICAL EXPERIENCE

2023-Present

Practicum Student, Psychosis Division at McLean Hospital

Supervisor: Dr. Julie McCarthy

Appleton Residential Program

Developed group therapy protocol for three different groups on Cognitive Behavioral Therapy (CBT), Mindfulness, and Self-Compassion. Led group and individual therapy for adolescents and adults with schizophrenia and bipolar disorder receiving treatment at the residential setting. Presented case conceptualization and progress monitoring of her individual caseload during multidisciplinary team meetings.

Schizophrenia and Bipolar Disorder Inpatient Program

Developed group therapy protocol on CBT and Dialectical Behavioral Therapy (DBT) skills and led weekly sessions for individuals receiving services in an inpatient setting.

Community Reinforcement and Family Training (CRAFT)

Coached CRAFT skills including functional analysis and effective communication tools for family members of individuals with comorbid early psychosis and substance use. Entered outcomes data assessment on RedCap.

Support, Treatment, and Resilience Program (STAR) Outpatient

Delivered individual co-therapy via telehealth and in-person at the at clinical high risk for psychosis (CHR) outpatient clinic. Participated in the weekly STAR team meetings aimed at coordinating care of CHR teens and adolescents.

2020- Present

Diagnostic Assessor, Boston University Approach Motivation and Participation Lab

Supervisor: Dr. Jasmine Mote

Administered unstructured clinical interviews as part of a variety studies assessing for DSM-V Axis I disorders (Structured Interview for Prodromal Syndromes; Scale of Prodromal Symptoms), symptoms severity (Brief Psychiatric Rating Scale; Clinical Assessment Interview for Negative Symptoms), levels of functioning (Quality of Life Scale; Global Assessment of Functioning) to outpatient individuals with a schizophrenia spectrum disorder and non-psychiatric controls.

2022-2023

Practicum Student, Behavioral Health Partial Hospital Program at McLean Hospital

Supervisor: Dr. Michaela Swee

Administered intake assessments for adults admitted to the partial hospital program. Led Acceptance and Commitment Therapy (ACT), DBT, and CBT skills group and individual treatment for people with severe mental illness. Developed group protocol for a process group on coping with loss. Collaborated with a multidisciplinary team in the coordination of care for people at the partial hospital program. Training included presenting cases during weekly team meetings and weekly didactics on evidence based treatments.

2021-2022

**Practicum Student, Center for Anxiety and Related Disorders (CARD) at Boston University
Supervisor: Dr. Lisa Smith**

Provided individual CBT therapy and comprehensive assessment to adolescents and adults with anxiety, depressive, trauma, and obsessive-compulsive related disorders. Led group therapy for people with social anxiety disorders. Collaborated and consulted with the clinical team in the development of comprehensive treatment plans, case conceptualization, and treatment engagement of individuals receiving treatment at the outpatient clinic. Administered, scored, and documented adolescent and adult neuropsychological testing to provide diagnostic clarity and recommendations for Attention-Deficit/Hyperactivity Disorder (ADHD) or related disorders.

2018-2020

**Clinic Coordinator, EDAPT & SacEDAPT Early Psychosis at University of California, Davis
Supervisor: Dr. Dan Shapiro**

Led and organized weekly case management meetings with multidisciplinary team in the coordination of care for early psychosis youth. Facilitated bi-monthly Spanish and cultural consultation with psychiatrist, clinician, peer advocate, and school/employment specialist. Administered clients' vitals and assisted in 5150 and hospitalization procedures. Completed new patient clinic referrals and eligibility assessments in English and Spanish. Participated as a liaison between clinic and pharmacy to ensure clients access to their prescribed medication and Treatment Authorization Request (TAR) issues. Served as point of contact in community outreach events including UC Davis Early Psychosis conference and Brunch and Learn psychosis education event by providing information about the EDAPT and SacEDAPT clinics. Trained staff in medical records management, client referrals, eligibility assessment, case management coordination, and Sacramento County documentation.

SUPERVISORY EXPERIENCE

2023

**Peer Supervisor, Boston University Approach Motivation and Participation Lab
Supervisor: Dr. Jasmine Mote**

Supervised first and second year PhD students on clinical assessments and diagnostic interviews of outpatient individuals with schizophrenia and other psychotic disorders. Led weekly group supervision to ensure clinical consensus on the different assessments completed.

2021- 2023

**Research Assistant Advisor, Boston University Approach Motivation and Participation Lab
Principal Investigator: Dr. Daniel Fulford**

Supervised and trained research assistants on extensive literature reviews, data, data analysis, research presentations, introduction to clinical interviews, and professional development. Facilitated weekly journal club and individual supervision. Mentored two research assistants on study design and writing for a research funding application. Both research assistants were awarded research funding.

TEACHING EXPERIENCE

February 2024

Guest Lecture, “Cognitive Behavioral Theory and Applications.” Department of Occupational Therapy Graduate Students at Boston University, Boston, MA.

October 2023

Guest Lecture, “Tools for Working with People with Severe Mental Health Concerns.” Department of Occupational Therapy Graduate Students at Boston University, Boston, MA.

2016-2017

Academic Peer Adviser, UC Berkeley College of Letters & Science at the University of California, Berkeley. Led academic program planning workshops for college undergraduate students. Provided one-on-one advising on academic program planning and graduation requirements to undergraduate students.

2010-2012

Special Education Teacher Assistant, Howard Pence Elementary in San Diego, CA. Math lesson planning and teaching in rotating small groups (4-5 kids at a time) for middle school children on the Autism Spectrum and other learning concerns. Provided one-on-one instruction and assessment to middle school children with learning concerns.

UNDERGRADUATE MENTEES

Raj Kundu, Boston University
Ekansh Tambe, Boston University
Celina Nguyen, Boston University
Kelly Long, Boston University
Rebecca Canfield, University of California Davis
Dylan Keating, University of Arizona
Simon Esbit, University of Arizona

AD HOC JOURNAL REVIEWER

Substance Use and Misuse (Mentored by Dr. Daniel Fulford)
Journal of Psychiatry Research (Mentored by Dr. Daniel Fulford)
Schizophrenia Research
Journal of Mental Health

ORGANIZATION LEADERSHIP

2021- 2024

Publicity Chair, Colloquium Committee at Boston University

Invited and advocated for the participation of early career and BIPOC researchers around the U.S. to speak at the university's weekly colloquium meeting. Developed speakers schedule, flyers, and reminders for the colloquium speaking engagements.

2021

Social Media Committee Member, Society for Affective Sciences (SAS)

Administered the social media platform of the organization to increase the access and visibility to the conference and research work presented by individuals of color and young student researchers.

2019-2021

Student Contributor, Society for Research in Psychopathology (SRP)

Volunteered with the publication committee in interviewing the president of the society. Collaborated with other post-bacc and graduate students from different programs to write and edit the president's vision and goals for SRP published in the organization's newsletter.

COMMUNITY INVOLVEMENT AND OUTREACH

2019-2021

Yoga Studio Assistant, Yoga Seed Collective Sacramento, CA

Volunteered in weekly studio classes and outreach programs at hospitals, jails, and other diverse settings with the goal of providing others with the opportunity to practice mindfulness exercises.

2014-2017

Physical Therapy Aide, Special Needs Aquatic Program (SNAP) Berkeley, CA

Provided physical therapy in the water to kids (1-2 kids at a time) on the autism spectrum, cerebral palsy, and other cognitive and physical limitations and tracked their monthly improvement. Trained on aquatic exercises to improve attention to task, language, social skills, balance, coordination, and cardiovascular fitness.

2015-2016

Administrative Assistant, HAAS Institute for a Fair & Inclusive Society University of California, Berkeley Program Director: Dr. John Powell

Prepared speaking engagement materials, itinerary, and reservations for the director and research fellows in their participation at education events on topics of equity, inclusion, and social change. Coordinated conference calls among donors and founders in support of the nonprofit's mission.

CONTINUING EDUCATION AND TRAINING

- February 2024** Foundations of Compassion Focused Therapy for Psychosis (CFTp)
- July 2023** Structured Interview for Prodromal Syndromes (SIPS) and Scale of Prodromal Symptoms (SOPS), Certified
- May 2021** Unified Protocol for Transdiagnostic Treatment of Emotional Disorders
- April 2018** Listen, Empathize, Agree, and Partner (LEAP) & the Schizophrenia and Related Disorders Alliance of America (SARDAA)
- February 2018** IMHR Epicenter First Annual Symposium on Early Intervention for Psychosis

SKILLS

Technical and Clinical: MINI, WASI-II, RBANS, WRAT4, KIDDIE SADS, WAIS-IV, D-KEFS, WMS-IV, WJ-IV Ach, Rey Complex Figure, ADIS-5, Polysomnography Scoring, SPSS, R Studio, Mplus, REDCap, Qualtrics, Zotero, EPIC, Adobe Photoshop, Multiple Sleep Latency Test, SCID-5, SIPS/SOPS, CAINS, BPRS, QLS, GAF, CSSRS, CDSS, and Safety Planning (Intermediate).

Language Proficiencies: Spanish (Native), English (Fluent), and American Sign Language (Intermediate).