

# Kristen Lipari, PhD

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## EDUCATIONAL HISTORY

### **Fordham University Graduate School of Education, New York, NY**

PhD in Counseling Psychology

Master of Science in Mental Health Counseling (en route)

**August 2019**

**August 2015**

### **Boston University, Boston, MA**

Bachelor of Science in Psychology and Advertising, *magna cum laude*

**May 2015**

## LICENSURE

### **California Board of Psychology**

Licensed for Independent Practice in Clinical Psychology PSY 32051

**Sept 2020 - present**

## CLINICAL EXPERIENCE

### **Licensed Psychologist in Private Practice, San Diego, CA**

**Sept 2020 - present**

- Provide outpatient individual therapy for adults looking to address anxiety, depression, life transitions, cultural identity development, and relationship difficulties
- Offer specialized treatment for perinatal mental health concerns, trauma/posttraumatic stress disorder (PTSD), reproductive loss and infertility, attention-deficit/hyperactivity disorder (ADHD), obsessive compulsive disorder (OCD), physical health concerns, and sleep/insomnia
- Provide evidence-based therapy grounded in cognitive behavioral, multicultural, and mindfulness frameworks, utilizing a strength-based, collaborative approach

### **Postdoctoral Resident**

**Aug 2019 - July 2020**

### **University of California, San Diego Counseling and Psychological Services, San Diego, CA**

#### **Specialization in Behavioral Health at Student Health Services**

- Provided focused behavioral health assessments and evidence-based, short-term Cognitive Behavioral Therapy (CBT) for concerns such as insomnia/sleep, panic and anxiety, depression, and PTSD
- Provided routine and urgent consultation to medical providers regarding comorbid mental health concerns and crisis management
- Served as urgent care provider; performed suicide assessments, facilitated hospitalizations, and referred students to a higher level of care when necessary
- Facilitated a weekly Coping with Stress workshop based on CBT, Acceptance and Commitment Therapy (ACT), and Dialectical Behavioral Therapy (DBT) skills including emotional regulation, mindfulness, thought defusion, and relaxation strategies
- Hosted forums for graduate student parents about perinatal mood and anxiety disorders and parenting in the COVID-19 pandemic
- Developed an abbreviated Cognitive Processing Therapy (CPT) protocol for PTSD patients in a primary care setting
- Co-taught a Continuing Medical Education seminar on managing difficult patient dynamics for Student Health Services physicians, nurses, and staff

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- Taught four-week Tritons Flourish Summer Bridge course for first-generation, underserved college students focusing on campus resources, healthy relationships, stress management, and effective communication skills

### **Doctoral Intern**

**Aug 2018 – July 2019**

**University of San Diego Counseling Center, San Diego, CA**

#### ***APA-Accredited College Counseling Center***

- Conducted short and long-term individual therapy with diverse college and graduate students including members of the LGBTQ+ community
- Employed CPT and Prolonged Exposure (PE) with clients impacted by PTSD from sexual assault as part of trauma track
- Led a Coping with Stress skills-based therapy group to address common anxiety and depressive symptoms using CBT, ACT, and DBT strategies
- Led an interpersonal process group for graduate students
- Responsible for crisis management for approximately four hours per week
- Administered and scored psychological measures to assess for intelligence, personality, and diagnostic clarity; provided treatment recommendations and client feedback
- Supervised a third-year doctoral practicum student
- Led outreach programming and workshops on topics such as adjusting to college, alcohol and other drugs, eating disorders, and managing stress and anxiety

### **Clinical Fellow**

**Aug 2017 – May 2018**

**City University of New York Graduate Center, New York, NY**

#### ***University Counseling Center***

- Conducted short and long-term individual therapy with diverse doctoral and Master's students at a large, public university
- Facilitated a staff training on CBT interventions
- Provided emotionally focused couples therapy (EFT) for students and their partners
- Co-facilitated a weekly dissertation support group for doctoral students
- Led outreach programming on topics such as parenting while fulfilling graduate student responsibilities, mindfulness practice, and managing stress and anxiety

### **Psychology Extern**

**Sept 2016 – Apr 2017**

**North Central Bronx Hospital, Bronx, NY**

#### ***Public Inpatient Psychiatric and Partial Hospitalization Hospital***

- Conducted short-term individual and group therapy with underserved, low socioeconomic status individuals struggling with severe mental illness
- Facilitated weekly support group for female-identified patients; led mindfulness and coping strategies groups for individuals in the partial hospitalization program
- Provided regular family consultation sessions and collaborated with community resources to ensure continued care after discharge
- Led weekly community meetings on the inpatient unit to address patient concerns
- Responsible for creating and maintaining patient treatment plans, discharge summaries, insurance approval, and referrals for follow-up care
- Administered, scored, and interpreted personality, career, and neuropsychological assessments; summarized findings and presented to patients and other providers

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**Psychology Extern****July 2015 – June 2016****Montefiore Medical Center, Department of Family and Social Medicine, Bronx, NY****Primary Care/Private Hospital**

- Conducted individual and family therapy with diverse, underserved primary care patients struggling with moderate to severe mental and physical health issues
- Provided psychosocial consultations to patients who suffer from diabetes, hypertension, HIV, cancer, and other chronic illnesses
- Delivered patient support for trauma reactivity, domestic violence, smoking cessation, medication adherence, and various life-stage transitions (e.g. attending college, pregnancy, loss of independence later in life)
- Trained physicians on motivational interviewing, circular questioning, and integration of cognitive behavioral techniques in primary care
- Facilitated monthly diabetes support group among diverse patients with uncontrolled diabetes as part of the interdisciplinary diabetes intensive case management team
- Conducted clinical intake interviews, assessed for suicide risk and self-harm, identified DSM diagnoses, and created treatment plans
- Attended grand rounds and medical resident didactics

**Psychology Extern****May 2015 – Aug 2015****Brightpoint Health (formerly Project Samaritan), Bronx, NY****Primary Care Community Clinic**

- Administered neuropsychological, vocational, and personality assessments; scored and summarized results in integrated testing battery reports
- Administered psychological evaluations for New York City low-income housing
- Provided individual therapy to diverse, underserved adults diagnosed with a variety of severe and persistent mental health disorders including schizophrenia, bipolar disorder, and various personality disorders
- Conducted clinical intake interviews, assessed for suicide risk and self-harm, developed psychosocial multi-axial diagnoses, and created treatment and safety plans
- Coordinated medical and mental healthcare and substance abuse recovery across team of physicians, social workers, and residential treatment program staff

**Psychology Extern****Sept 2014 – May 2015****Barnard College Furman Counseling Center, New York, NY****College Counseling Center**

- Provided short-term individual therapy to diverse college students aged 17-24 diagnosed with a variety of mental health disorders including generalized anxiety disorder, social anxiety disorder, depression, and eating disorders
- Co-facilitated CBT-based social anxiety group
- Led outreach programming to raise awareness and engage student body on issues such as depression, anxiety, and body image and wellness
- Trained students in biofeedback technology and mindfulness techniques to mitigate anxiety
- Employed various theoretical orientations based on client needs; DBT approaches for emotional regulation, CBT for cognitive restructuring, and psychodynamic approaches to uncover impact of early experiences

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- Maintained progress notes for all individual and group clients to ensure proper documentation of session content and interventions

### **Student Counseling Trainee Fordham University, New York, NY University-Based Training**

**Sept 2013 - July 2014**

- Provided supervised mental health counseling for students as part of Foundations in Professional Counseling and Consultation and Counseling Theories courses
- Processed counseling sessions with professor, advanced student supervisors, and client to aid improvement in counseling skills

## **PUBLICATIONS**

Black-Giordano, N., Ponterotto, J., Fietzer, A., Magaldi, D., **Lipari, K.**, Pratt, A., & Dillon, G. (2019). The Multicultural Personality Inventory—short form. *Measurement and Evaluation in Counseling and Development*.

Keitel, M., **Lipari, K.**, & Wertz, H. (2017). Gender differences in meaning-making after treatment for cancer. In E. Altmaier (Ed.) *Reconstructing Meaning After Trauma: Theory, Research, and Practice*. Elsevier.

## **PRESENTATIONS**

**Lipari, K.** (2025, March). Caregivers Have Feelings Too: Experiences with Loss. Panel discussion at the Institute for Reproductive Grief Care Annual Symposium. San Diego, CA.

**Lipari, K.** (2024, May). Evidence based treatment of perinatal trauma: cognitive processing therapy and interdisciplinary treatment considerations. Presentation at the National Perinatal Association Conference. Anaheim, CA.

**Lipari, K.** (2021, May). Perinatal mood and anxiety disorders: risk factors and treatment considerations. Online presentation for the San Diego Women's Association for Addiction Treatment.

**Lipari, K.** & Kederian, C. (2020, October). Coping with intergenerational trauma and survivor guilt. Online presentation for the Armenian American Mental Health Association.

**Lipari, K.**, Stempel, T., & Salo, S. (2020, January). Managing challenging patients in primary care. Continuing Medical Education presentation at University of California, San Diego, Student Health Services. San Diego, CA.

**Lipari, K.**, Ponterotto, J., Stram, D., Keitel, M., & Keller, S. (2018, August). Intergenerational trauma of Armenian Genocide descendants. Poster session at the American Psychological Association Annual Meeting. San Francisco, CA.

**Lipari, K.** & Ponterotto, J. (2016, August). Intergenerational trauma of Holocaust descendants. Poster session at the American Psychological Association Annual Meeting. Denver, CO.

**Lipari, K.**, Pitcan, M., Wertz, H., Bassolino, D., & Keitel, M. (2016, February). Caregivers in the digital age. Poster session at the Columbia University Teachers College Winter Roundtable Conference, New York, NY.

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Black-Giordano, N., Ponterotto, J., Fietzer, A., Magaldi, D., **Lipari, K.**, Pratt, A., & Dillon, G. (2015, August). Introducing the Multicultural Personality Inventory—short form: development and validation. Poster session at the American Psychological Association Annual Meeting. Toronto, Canada.

Park-Taylor, J., Keitel, M., Contovasilis, L., Houlihan, S., Schaffzin, T., & **Lipari, K.** (2014, October). Heroin. Poster session at the Annual Guidance Exposition, White Plains, NY.

Keitel, M., Park-Taylor, J., Suzuki, L., **Lipari, K.** & Lamm, A. (2014, August). Advocating for social emotional learning in the schools. Roundtable discussion at the American Psychological Association Annual Meeting. Washington, DC.

## **TEACHING EXPERIENCE**

### **Guest Lecturer**

**Sept 2019 – Oct 2022**

#### **University of California, San Diego, San Diego, CA**

- Present to Counseling and Psychological Services postdoctoral residence regarding tasks of the early career psychologist
- Delivered guest lectures in undergraduate courses about CBT and DBT coping strategies and combating the stigma against seeking mental health services

### **Guest Lecturer**

**Sept 2015 – May 2018**

#### **Fordham University, New York, NY**

- Delivered guest lectures in Fordham University Master's and doctoral level courses about qualitative research methods and developmental psychology

### **Director of Counseling Psychology Department Writing Center**

**Sept 2015 – May 2017**

#### **Fordham University, New York, NY**

- Served as the editor of the department's Writing Center
- Reviewed papers and proposals written by students in the Counseling Psychology PhD program and Mental Health/School Counseling Master's programs

### **Student Mentor**

**Sept 2014 – May 2018**

#### **Fordham University, New York, NY**

- Mentored first-year doctoral students in the Counseling Psychology PhD program
- Provided academic advising and guidance for the externship application process

### **Teaching Assistant and Clinical Supervisor**

**Jan 2015 – May 2015**

#### **Fordham University, New York, NY**

- Provided feedback on clinical interventions and coursework as teaching assistant and clinical supervisor for Theories of Counseling course

### **Guest Lecturer and Mentor**

**Feb 2012 – May 2015**

#### **Ithaca College NYC Internship Program, New York, NY**

- Authored strategy lectures and guest lectured for Ithaca College NYC program interns
- Mentored students interested in careers in advertising research; hosted agency visits

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**Curriculum Consultant****Apr 2012 - Sept 2013****Boston University, Boston, MA**

- Authored lecture content, syllabi, and required reading for courses
- Lectured on role of a marketing strategist, how to author a creative brief, research methodologies, and measurement and analysis in advertising

**ADDITIONAL WORK EXPERIENCE****Graduate Assistant for Counseling Psychology Program Director****Sept 2013 - May 2017****Fordham University, New York, NY**

- Created clinical exercises and assignments for introductory clinical instruction class
- Updated doctoral program standards and competencies based on APA general competencies, APA Division 17 competencies, Fordham core values and standards
- Authored program externship handbook to guide students' search for practicums
- Conducted research for article and book chapter literature reviews
- Drafted proposals for national and regional conferences
- Designed doctoral program course sequence for students
- Assisted with preparation of self-study of Fordham University's Mental Health Counseling and School Counseling Masters programs for school's application for Masters in Counseling Accreditation Council (MCAC) accreditation

**Market Research Strategist****Jan 2011 - Mar 2013****Account Manager****Sept 2008 - Jan 2011****Geometry Global, New York, NY**

- Authored qualitative and quantitative research proposals, focus group discussion guides, and questionnaires
- Led focus groups, in-depth interviews, agency-client brainstorm sessions
- Synthesized findings from research into meaningful marketing insights
- Trained colleagues and mentored strategic planners at various levels
- Conducted consumer research; investigated purchase incentives and barriers
- Translated qualitative and quantitative research findings into campaign ideas
- Led strategic brainstorming sessions; wrote research proposals and creative briefs
- Mentored account management interns

**Senior Associate****July 2007 - Sept 2008****Ogilvy and Mather, New York, NY**

- Designed qualitative research that tested marketing communications with international focus group participants
- Distilled research findings to inform effective advertising campaigns
- Oversaw strategic development and assigned campaigns to creative teams
- Mentored and supervised interns in the Summer Internship Program

**Program Consultant****Sept 2006 - May 2007****Boston Institute for Psychotherapy, Boston, MA**

- Advised on overall promotional strategy for the Boston Institute for Psychotherapy, a local mental health treatment organization, as part of Boston University's AdClub

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- Drafted promotional materials to increase participation in the Institute's various programs, including a postpartum adjustment therapy group for new mothers

### **Program Consultant**

**Sept 2006 - May 2007**

#### **Action for Boston Community Development, Boston, MA**

- Designed a public awareness campaign for largest human-services agency in New England that helps low-income Boston residents reach self-sufficiency

### **Dean's Host**

**Sept 2004 - May 2007**

#### **Boston University College of Communication, Boston, MA**

- Conducted in person tours of the College of Communication for prospective students
- Served as main point of student contact for potential applicants

### **Peer Advisor**

**Sept 2004 - May 2005**

#### **Boston University College of Communication, Boston, MA**

- Helped a group of 10 incoming freshmen and transfer students adapt to college by organizing weekly community-based activities that fostered new peer social connections
- Hosted academic advising and counseling office hours during which students brought assignments for review and discussed personal issues and future plans

## **ASSESSMENT EXPERIENCE**

### **Cognitive and Neuropsychological Assessments**

Wechsler Adult Intelligence Scale (WAIS-IV and V), Wechsler Intelligence Scale for Children (WISC-IV and V), Bender Gestalt II, Wechsler Abbreviated Scale of Intelligence (WASI-II), Wechsler Individual Achievement Test – Third Edition (WIAT-III)

### **Personality Assessments**

Minnesota Multiphasic Personality Inventory – Second Edition (MMPI-II), Millon Clinical Multiaxial Inventory (MCMI-IV), Personality Assessment Inventory, Thematic Apperception Test (TAT), Figure Drawings Test (House Person Tree), Rorschach Inkblot Test (Exner), Sentence Completion Test

### **Career Assessments**

Myers-Briggs Type Indicator (MBTI), Strong Interest Inventory, Self-Directed Search (SDS), Career Decision Making System Revised (CDM-R), Career-in-Culture Interview

### **Other Psychological Assessments**

Mini Mental Status Exam, Beck Depression Inventory II (BDI-II), Columbia-Suicide Severity Rating Scale (C-SSRS), Alcohol Use Disorders Identification Test (AUDIT), Wepman Auditory Discrimination Test (ADT), Adult ADHD Self-Report Scale (ASRS-v1.1) Symptom Checklist, Yale Brown Obsessive Compulsive Scale (Y-BOCS), Autism Spectrum Quotient (ASQ), Coping Efficacy Scale (CES); The SCOFF Eating Disorders Questionnaire; Eating Disorder Examination-Self Report Questionnaire (EDE-Q); Eating Disorder Quality of Life Questionnaire (EDQOL); Body Dysmorphic Disorder Questionnaire (BDDQ), Edinburgh Postnatal Depression Scale (EPDS), Perinatal Anxiety Screening Scale (PASS)

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### **PROFESSIONAL DEVELOPMENT WORKSHOPS AND CONFERENCES**

- Postpartum Support International Conference, July 2025, New Orleans, LA
- Institute for Reproductive Grief Care Conference, March 2025, San Diego, CA
- National Perinatal Association Conference, May 2024, Anaheim, CA
- Postpartum Support International Conference, July 2024, Washington DC
- Acceptance and Commitment Therapy 2-day Intensive Certificate Training, Center for Deployment Psychology, May 2022
- Exposure and Response Prevention for OCD, 4-day Intensive Training, Cognitive Behavior Institute, March 2022
- Postpartum Support International Perinatal Mood Disorders Advanced Training, September 2020
- Cognitive Behavioral Therapy for Insomnia (CBT-I) 2-day Intensive Training, Center for Deployment Psychology, May 2020
- Mental Health Care of Trans and Gender Non-Conforming People, April 2020, San Diego, CA
- Supervision Training with Dr. Nicholas Ladany, March 2020, San Diego, CA
- Postpartum Support International Perinatal Mood Disorders 2-day Intensive Certificate Training, December 2019, San Diego, CA
- Legal and Ethical Issues in Behavioral Health in California, October 2019, San Diego, CA
- Annual Conference of the American Psychological Association, August 2018, San Francisco, CA
- Annual Conference of the American Psychological Association, August 2016, Denver, CO
- Columbia University Annual Winter Roundtable Conference, February 2016, New York, NY
- Annual Conference of the American Psychological Association, August 2015, Toronto, Ontario
- Aftermath of Mass Cultural Violence, February 2015, Columbia University, New York, NY
- How This Could Have Happened: Explaining the Holocaust, February 2015, Fordham University, New York, NY
- An Interpersonal Approach to Trauma Across Generations, October 2014, New York University Postdoctoral Program, New York, NY
- Gestalt Therapy for Couples, October 2014, NY Center for Gestalt Therapy, New York, NY
- Annual Conference of the American Psychological Association, August 2014, Washington DC
- United Nations Annual Psychology Conference, May 2014, New York, NY
- NYC College Counseling Conference, Pace University, January 2014, New York, NY

### **PROFESSIONAL MEMBERSHIPS**

- Postpartum Health Alliance Board Member, President, 2024 - present
- Postpartum Health Alliance Board Member, Education Chair, 2021 - 2023
- San Diego Psychological Association Member, 2020 - 2021
- American Psychological Association Member, 2014 - 2021

### **HONORS, AWARDS, AND OTHER MEMBERSHIPS**

- Postpartum Support International BIPOC Provider Scholarship, 2024, 2025
- St. Sarkis Armenian Sunday School Board of Directors, 2023-present
- National Register of Health Service Psychologists Credentialing Scholarship, 2019
- New York City Mayoral Service Recognition Award (for public service work at North Central Bronx Hospital), May 2017
- Editor, Fordham's Counseling Psychology Newsletter, 2016-2017
- G2 USA Solutions Guru Award, November 2010

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- Unilever Marketing Excellence Award, 2008
- Gold Effie Award for marketing effectiveness, 2007
- David Ogilvy Award, 2007
- Boston University College of Communication Dean's List, 2006-2007
- Member of the Order of Omega National Honor Society, 2005-2007
- Recipient of Dinesen Memorial Grant, 2005-2007
- Recipient of Sam and Eva Kaplan Merit Scholarship, 2005-2007
- Recipient of Boston University Grant, 2004-2007
- President of Boston University's Armenian Students Association, 2004-2007