

# NICOLE DROST

## Curriculum Vitae

### Education

#### William James College

Doctoral Student in Clinical Psychology (PsyD); APA Accredited Program

Master of Arts in Professional Psychology

Concentration: Children and Families of Adversity and Resilience

Concentration: Latino Mental Health

Doctoral Project: Completed and Accepted August 20, 2021

*Teacher Perceptions of Inclusion: How Burnout, Previous Training, and School Demographic Factors Impact Educator Viewpoints*

Newton, MA

August 2022

August 2019

#### Stonehill College

Bachelor of Arts in Psychology and Spanish

Study Abroad: Pablo de Olavide Universidad, Seville, Spain, Spring 2016

Easton, MA

May 2017

### Clinical Training Experience

#### Kurtz Psychology Consulting PC

Post-Doctoral Fellow

New York, New York

September 2022- August 2023

- Will provide evidence-based treatment to youth with internalizing and externalizing disorders, including Parent-Child Interaction Therapy (PCIT), PCIT for Selective Mutism (PCIT-SM), Exposure and Response Prevention (ExRP), and other cognitive behavioral therapies
- Will consult with schools to promote comprehensive treatment
- Will conduct group treatment for children and families with various psychological conditions

#### Astor Services for Children and Families

Doctoral Intern

Bronx, NY

August 2021-August 2022

- Provided services for children and adults ages 5-33 in outpatient center and day treatment program
- Implemented evidence-based modalities across settings including Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Parent Child Interaction Therapy (PCIT), Dialectical Behavioral Therapy (DBT), Expressive Arts therapy, and Cognitive Behavioral Therapy (CBT)
- Participated in weekly didactics with topics in play therapy modalities, PCIT, and culturally-sensitive modalities for treatment
- Engaged in biweekly testing seminars for case consultation

#### McLean Franciscan Community Based Acute Treatment (CBAT)

Doctoral Advanced Practicum

Brighton, MA

September 2020- June 2021

- Conducted individual and group therapy for children ages 4-14 in acute, short-term residential hospital
- Provided evidence-based treatment modalities for children diagnosed with trauma, attachment, oppositional, anxiety, and depressive disorder diagnoses during individual therapy sessions
- Participated in rounds to collaborate among a multidisciplinary team of providers
- Worked with social workers on individual cases to promote optimal care during family treatment

- Engaged youth clients in group therapy using Dialectical Behavioral Therapy (DBT), Expressive Arts therapy, Cognitive Behavioral Therapy (CBT) with a trauma-informed lens

**Martha Eliot Health Center at Boston Children's Hospital**

Jamaica Plain, MA

Doctoral Advanced Practicum

September 2019-Present

- Conducted individual, evidence-based therapy for youth ages 5-17 in community health center setting
- Worked with individuals presenting with or diagnosed with trauma, depression, grief, and impulsivity
- Utilized Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and play therapy
- Facilitated weekly group therapy for boys ages 8-12 with challenges related to social skills
- Engaged in weekly didactic seminars based on evidence-based treatment and intervention
- Participated in CBT consultation team
- Attended Grand Rounds at Boston Children's Hospital

**Gosnold, Inc.**

Stoughton, MA

Doctoral Practicum

September 2018- May 2019

- Provided individual and group therapy for adults ages 18-60+ in Partial Hospitalization Program
- Conducted intake assessments to determine appropriate diagnosis and program fit
- Worked with adults diagnosed with mood disorders, anxiety disorders, and personality disorders
- Utilized CBT, DBT, expressive arts therapy, and psychoeducation exercises
- Determined client needs with a focus on finding community resources, trigger identification, and interpersonal challenges
- Consulted with insurance to receive program authorization

**Worcester Public School District**

Worcester, MA

Doctoral Practicum

August 2017-June 2018

- Administered and scored psychological assessments for elementary school students in two separate schools within the Worcester public school district
- Observed and administered testing procedures for individuals with or in need of individualized education plans, including the Wechsler Intelligence Scale Fifth Edition, BASC, Conner's, Vineland, and KSADs
- Worked with first grade student during mealtime and recess on her social skills
- Facilitated three social skills groups, one for fourth grade students and two for fifth grade students
- Presented information on attendance to parents and fourth, fifth, and sixth grade students
- Participated in and attended individual education plan and 504 meetings

**Bradley Hospital**

Providence, RI

Undergraduate Intern

September 2016-December 2016

- Implemented Exposure and Response therapy in Intensive Program for Obsessive Compulsive Disorder for children and adolescents
- Worked with clients in the milieu with Obsessive Compulsive Disorder and comorbidities
- Participated in and observed mindfulness groups
- Attended weekly rounds meetings with milieu therapists, psychologists, and directing psychiatrist

**The New England Center for Children**

Southborough, MA

Undergraduate Intern

August 2015-December 2015

- Worked on life skills with adolescents age 17-21 in the school environment and supervised students as they earned wages in the Career Development Center
- Utilized Applied Behavior Analysis while working as a level 2 teacher with adolescents on the Autism Spectrum
- Measured and recorded behaviors using ACE software
- Assisted students with development of fine motor skills utilizing lesson plans from occupational therapists

**Related Experience****Child Mind Institute**

New York, NY

Summer Program Clinical Team Leader

June-July 2021

- Guided bachelor and master's level counselors to follow treatment plans for elementary-age youth using PCIT-informed modality of treatment
- Encouraged counselors to use PRIDE skills to shape children's behaviors in a positive manner
- Promoted team-building among counseling group
- Communicated with parents daily to discuss child progress
- Reviewed child progress to create treatment plans
- Engaged with children and promoted "fun" during daily activities in the summer camp setting

**Kaleidoscope Family Services**

Greater Boston Area, MA

In-Home Therapist

March 2020-May 2021

- Provided telepsychotherapy to youth and adolescent clients during the Covid-19 pandemic
- Utilized parent-management strategies in Spanish with relatives of youth clients
- Collaborated across healthcare disciplines to provide families with wrap-around services
- Worked within a team format as a Master's level clinician with the Clinical Therapist in Training and Support (TTNS)
- Received weekly supervision from licensed clinical social worker

**Kurtz Psychology Consulting**

New York, New York

Counselor (In person and virtually respectively)

August 2019; August 2020

- Trained as a Counselor for the Mighty Mouth Kids Camp for children with Selective Mutism
- Learned foundational skills in Parent Child Interaction Therapy-SM
- Engaged in "Fade-In" sessions with children with SM and parents of clients
- Guided parents in utilizing PCIT-SM with children during session
- Observed the Selective Mutism Behavioral Observation Task (SM-BOT)
- Participated in Child Directed Interaction and Verbal Directed Interaction training (training videos)
- Learned about the utility manualized protocols via telepsychology sessions
- Facilitated exposure groups on Zoom platform in a group format
- Praised children and parents for collaborative work and effort throughout treatment virtually

**Instituto de Neurociencias**

Guayaquil, Ecuador

Intern

July 2018-August 2018

- Observed assessment implementation at the international hospital unit
- Facilitated group work with female adults in Unidad Conducta Activa (UCA) for substance use and mental health
- Assisted in planning and implementation of patient art gallery in Centro Rehabilitacion Integral (CRI) for individuals with severe intellectual and learning disabilities
- Planned art therapy groups in CRI
- Assisted in horticulture therapy for patients of CRI
- Assessed patients for weekly assessment using the Positive and Negative Symptoms Scale

### **ABS Behavioral Health**

Worcester, MA

ABA Therapist

January 2017-January 2020

- Work with elementary-age children with an Autism Spectrum Disorder
- Utilize Applied Behavioral Analysis to implement treatment plan
- Work with families of children for treatment
- Implement treatment individually in-home setting
- Coordinate treatment with ABA treatment group

### **William James College**

Newton, MA

Translator for The Brenner Center

October 2017- June 2018

- Translated between the English and Spanish language among clinicians and clients

### **Connecticut Junior Republic**

Waterbury, CT

Undergraduate Intern

May 2016-August 2016

- Supported female adolescents from detention or unstable environments in transitioning into society
- Facilitated group counseling sessions

### **Maquan School**

Whitman-Hanson, MA

Undergraduate Intern

January 2015-May 2015

- Shadowed school psychologist and observed the interactions between children and administrators
- Observed testing procedures for individuals with or in need of individualized education plans
- Attended individual education plan meetings
- Increased knowledge and awareness of children's behavior in the school environment

### **Stonehill College**

Easton, MA

Academic Facilitator

January 2014-2016

- Acted as a scribe in classroom for college students with visual, auditory, and cognitive disabilities
- Assisted with studying by formulating study guides from classroom materials
- Consulted with students with the purpose of reviewing classroom material, upcoming assignments, and general classroom concerns

## **Teaching Experience**

### **Teaching Assistant- Alternative Field Placement Experience**

Newton, MA

William James College

August 2020-May 2021

- Assisted faculty members in the facilitation and implementation of the program to first and second-year students

- Reviewed diagnostic interviews recorded by experienced clinicians and developed teaching points for the class
- Facilitated group discussion on student reflections of clinician modality and strategies during diagnostic interview viewing

**Calasancio School**

English Teacher

Seville, Spain

January 2016-May 2016

- Taught English weekly to 7-year-old students in private school setting
- Introduced children to new vocabulary and cultural customs and traditions within the United States
- Practiced verbal and written skills with students
- Formulated weekly lesson plans for students
- Consulted with teacher about lesson plans and student progress

**Leadership****William James College**

Behavioral Health Service Corps. Mentor

Newton, MA

September 2021-Present

- Mentor two students entering bachelor-level program at William James College
- Encourage mentees to explore professional interests in psychological settings
- Use a strengths-based, developmental approach to meet mentee needs in biweekly meetings

**William James College Latino Mental Health Program**

Student Assistant of Latino Mental Health Program

Newton, MA

August 2018- August 2021

- Assisted director on program management for school-wide academic concentration
- Planned events related to program outreach and to enhance academic development
- Attended biweekly meetings with staff of the Multicultural and Global Mental Health concentrations

**William James College Office of Admissions**

Student Ambassador

Newton, MA

January 2018-Present

- Spoke with prospective students about graduate school inquiries
- Attended Open Houses, Orientation, and related programming through admissions

**Stonehill College Office of Admissions**

Student Ambassador

Easton, MA

April 2014-2017

- Hosted Open House events on campus and introduced prospective students to the campus during tours
- Interviewed student applicants as part of the application process

**Research and Program Development****Program Co-Developer- Alternative Field Placement Experience**

William James College

Newton, MA

May 2020-August 2020

- Co-created the Alternative Field Placement Experience (AFPE) project, which is made up of 13 modules in order to supplement learning negatively impacted by the COVID-19 pandemic
- Networked with and recruiting expert clinicians to be a part of the Alternative Field Placement Experience program

- Developed clinical case vignettes of varying ages, ethnicities, presenting problems, and settings
- Worked with *New England Clinical Skills Consulting* in order to choose hired actors/actresses to be the standardized patient for each session
- Scheduled and recorded sessions with expert clinician and standardized patient
- Formulated each case and asked relevant formulaic questions

## Community Service and Activities

### ALANAA (African/Caribbean American, Latino, Asian American/Pacific Islander, Native American/Native Alaskan, and Arab American)

Club Member

Newton, MA  
January 2018-Present

- Attend events hosted by club members

### Yawkey House of Possibilities

Best Buddies Mentor

North Easton, MA  
January 2015-2016

- Attended the HOPE House weekly to engage with members and develop greater understanding for individuals with disabilities
- Assisted with cheerleading team program encouraging members of the HOPE House to cheer at games and weekly practices with the Stonehill College Cheerleading team

## Presentations

- Latino Mental Health APA Internship Panel, August 2021
- Latino Mental Health Alumni Panel, August 2020
- Graduate Education in the Field of Psychology (October, 2019), Stonehill College.
- Multicultural and Global Mental Health Work- (April, 2018) Brandeis University.
- Salvias, A., **Drost, N.**, Coughlin, C., Kelly, S., Templeton, R., & Capezza, N. (October, 2017). *Sex, race, class, and system, threat: Factors influencing the blame of victims of identity theft*. Poster presented at the annual meeting of the New England Psychological Association, Newton, MA.
- Barnies, K., **Drost, N.** (2016, October) *Academic Stress: Do College Students Resort to Negative Behaviors to Cope with Failure?* Conducted at annual New England Psychological Association Conference.

## Memberships

- American Psychological Association (APA)
- Massachusetts Psychological Association (MPA)
- Selective Mutism Association
- Society of Clinical Child and Adolescent Psychology (SCAAP) Division 53

## Awards and Certifications

- University of Justice and Liberation at UC Davis, 2020
- Redcap Certification, 2020
- WJC Clinical Telehealth Training 101, 2020

- TF-CBT Online Certification, 2019
- Selective Mutism 101 Certificate, 2019
- Child Adolescent Needs and Strengths (CANS) Certified, 2019
- Portfolio Award, William James College, 2018
- CPR Certification, August, 2018

### **Professional Development**

- APA Convention 2020, August, 2020
- My PCIT: A Personalized Version of PCIT for Culturally Diverse Families, Dr. Kristen McCabe and Dr. Steven Kurtz, July 2020
- Cafecito Virtual Series: Staying Grounded during Moments of Crisis, Natalie Garcia, April 2020
- Considerations for Neuropsychological Testing for Children with Selective Mutism" Evaluation and promised resources, April 2020
- National Register Webinar with Dr. Mary Alvord—Telepsychology with Children and Teens, April 2020
- Townhall on Anti-Asian Racism: Race, Struggle, and Solidarity, March 2020
- Conexión, Boston, MA, September 2019
- Culturally Responsive Assessment Practices for Latinx: Meeting the Needs of a Growing and Diverse Population, April, 2019
- Las Jornadas (International Mental Health Conference), Guayaquil Ecuador, August 2018
- Ecuadorian Culture class, Guayaquil, Ecuador, July-August 2018
- Trauma's Toxic Cousin: Shame in the Lives of Children, Worcester Public School District, September 20, 2017
- Panel Discussion: Immigrant Stories, William James College, January 2018
- Native American Resilience Through Art, UMass Boston, February 2018
- Red Monster: Film Screening, William James College, February 2018
- Trauma, Healing, and the Holocaust, William James College, March 2018
- Gender Dysphoria-A Discussion with China, UMass Medical School March 2018
- Lion: Eighth Annual "Hollywood Scriptures" Film Series on the Psychology of Human Nature in Cinema, Museum of Fine Arts, April 2018
- Coursework in American Sign Language, Stonehill College 2016, August-December 2016