

CURRICULUM VITAE

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MAJOR AREAS OF PROFESSIONAL INTEREST

Posttraumatic stress disorder (PTSD) and trauma
Veterans and trauma
Teleconferencing/telemental health
Cultural factors in mental illness and psychotherapy
Mindfulness
Mental health in college populations
Latino/a/x mental health

LICENSURE

2005-present Licensed Psychologist (#PSY 20566), California

EDUCATIONAL HISTORY

2004 **Doctorate in Clinical Psychology**
Department of Psychology
University of Nevada, Reno

2003-2004 **Psychology Intern**, University of California, San Diego/VA San Diego
Healthcare System (UCSD/VASDHS) Internship Program

2002 **Master of Arts in Psychology**
University of Nevada, Reno

1994 **Bachelor of Arts**
University of California, San Diego
Major: Psychology
Honors: Cum Laude/High Distinction, Honors in Psychology

UNDERGRADUATE AWARDS

- 1993 University of California Office of the President Pre-Graduate Mentorship Fellowship
1992 Minority Participation in Graduate Education Program (fellowship)
1992-1994 University of California, San Diego Psychology Honors Program
1991-1994 Provost's List, University of California, San Diego
1990-1991 University of California, San Diego Merit Scholarship
1990-1991 National Hispanic Scholarship

GRADUATE AWARDS (University of Nevada, Reno)

- 2002 Jim Mikawa Ethnic Minority Fellowship (dissertation funding)
2002 Graduate Student Association Scientific Paper Competition Scholarship
2001 Outstanding Graduate Student Scholarship
1997 Jim Mikawa Ethnic Minority Fellowship (master's funding)
1996-2001 Excellence and Diversity Fellowship

OCCUPATIONAL HISTORY

- 2019-present **Clinical Psychologist**
Therapy Changes
Duties: Provide individual psychotherapy. Therapies include Prolonged Exposure (PE), Cognitive Processing Therapy (CPT), Acceptance and Commitment Therapy (ACT), and Cognitive Behavioral Therapy (CBT) for Depression and Anxiety.
- 2013-2019 **Clinical Psychologist, Telemental Health Psychology**
VA San Diego Healthcare System
Duties: Provided empirically based psychotherapy via telemedicine to veterans. Therapies included Prolonged Exposure (PE), Cognitive Processing Therapy (CPT), Acceptance and Commitment Therapy (ACT), and Cognitive Behavioral Therapy (CBT) for Depression and Anxiety. Worked within interdisciplinary teams across VA hospitals and clinics (California and Nevada) to coordinate care. Collected ongoing data on impact of therapies on veterans' symptoms.
- 2005-2013 **Senior Staff Psychologist**
University of California, San Diego (UCSD) Counseling and Psychological Services
Duties: Conducted intake assessments, provided individual/group psychotherapy, and provided outreach to registered students. Groups included Peace of Mind (skills based) and Good Grief. Provided ACT (Acceptance and Commitment Therapy), Prolonged Exposure (PE), Cognitive Processing Therapy (CPT), and general Cognitive Behavioral Therapy (CBT). Provided

crisis management and triage for walk-in urgent care shifts and by telephone on a pager system. Participated on multidisciplinary treatment teams. Served as consultant to faculty and staff. Served as liaison and presenter to Muir College staff. Provided clinical supervision to pre-doctoral intern & post-doctoral fellow trainees. Co-coordinator for Wellness Peer Educator Program-supervised and trained undergraduates to provide outreach on campus.

SUPERVISED CLINICAL EXPERIENCE

- 2004-2005 **Postdoctoral Fellow**
University of California, San Diego (UCSD) Counseling and Psychological Services
Duties: Conducted intake assessments, provide individual/group psychotherapy, and provided outreach to registered students. Provided crisis management and triage for walk-in urgent care shifts. Participated on multidisciplinary treatment teams. Served as consultant to faculty and staff.
Supervisors: Jerry Phelps, Ph.D. and Reina Juarez, Ph.D.
- 2003-2004 **Psychology Intern**
University of California, San Diego and the VA San Diego Healthcare System
Duties: Conducted intakes and neuropsychological assessment and provided individual and group psychotherapy at the UCSD Outpatients Services Gifford Clinic and the Mission Valley VA Clinic (in Behavioral Medicine). Attended clinical seminars and participated on multidisciplinary treatment teams. Multiple presentations at Grand Rounds at UCSD Medical Center. Client presentations included mood disorders, anxiety disorders, and sexual assault trauma, military trauma.
Supervisors: Nancy Thomas, Ph.D. and Ariel Lang, Ph.D.
- 2001-2003 **Advanced Clinical Placement, Student Therapist**
Counseling and Testing Center
University of Nevada, Reno
Duties: Conducted intakes/psychological assessment and individual and group psychotherapy, supervised therapists in training, gave presentations, and participated in the center's outreach activities on campus. Client presentations included individuals with eating disorders, mood disorders, and anxiety disorders, and individuals with a history of child sexual abuse, rape and trauma.
Supervisors: Lois Parker, Ph.D. and Jacqueline Pistorello, Ph.D.
- 2000-2001 **Psychology Extern, Student Therapist**
Counseling and Testing Center
University of Nevada, Reno
Duties: Conducted intakes/psychological assessment and individual and group psychotherapy. Co-facilitated the Intercultural Talking Circle. Client

presentations included eating disorders, mood disorders, and individuals with a history of child sexual abuse, rape and trauma.

Supervisors: Jacqueline Pistorello, Ph.D. and Kevin Gaw, Ph.D.

1997-2002

Student Therapist

Psychological Service Center

University of Nevada, Reno

Duties: Conducted intakes/ psychological assessment and provided individual, couples, and family psychotherapy. Client presentations included individuals with mood disorders, anxiety disorders, interpersonal problems, and parenting issues, and individuals with a history of child sexual abuse, rape and trauma.

Participated in group and peer supervision teams (Trauma Institute of Nevada, Functional Analytic Psychotherapy, Victims of Crime team, and the pediatric behavioral medicine team).

Supervisors: Victoria Follette, Ph.D.

RESEARCH AND WORK EXPERIENCE

2002-2004

Dissertation Research

University of Nevada, Reno

A Brief Didactic Intervention for Emotion Regulation in College Students: Administered a psychoeducational emotion regulation coping skills videotape to students presenting at the University of Nevada, Reno Counseling and Testing Center for psychological services. Examined the impact of the video on students' psychological health and future therapy attendance.

Advisors: Victoria Follette, Ph.D. and Jacqueline Pistorello, Ph.D.

1997-2002

Master's Thesis Research

University of Nevada, Reno

Childhood and Adolescent Sexual Abuse in Latinas: Abuse characteristics, moderating variables, and long-term correlates. Conducted semi-structured clinical interviews with college and community samples of Latinas to explore the role of the potential moderating variables of social support satisfaction, family of origin environment, coping strategies, and religiosity in the psychological outcome of child and adolescent sexual abuse.

Advisor: Victoria Follette, Ph.D.

1999-2000

Staff Counselor/Graduate Assistant

Ethnic Student Resource Center

University of Nevada, Reno

Duties: Provided academic and personal counseling to ethnic minority (Latino, African-American, Asian-American, and American Indian) scholarship recipients. Assisted selecting scholarship recipients, tracked and counseled the recipients, and assisted planning academic and social activities for students at the center.

Participated in outreach activities both on campus and in the ethnic minority communities, trained undergraduate peer counselors, and lead workshops with middle school and high school ethnic minority students.

Supervisor: Laura Vargas (Director of the Ethnic Student Resource Center)

- 1996-2000 **Research Assistant**
Trauma Institute of Nevada
University of Nevada, Reno
Duties: Data collection and input for various projects in the research laboratory including working with college students in a reaction time study and clinical interviews with elderly women from the community concerning their trauma histories. Also supervised undergraduate students as they mentored at-risk high school students in an AVID tutoring program.
Supervisor: Victoria Follette, Ph.D.
- 1997-1999 **Recruitment and Retention Coordinator**
Dean's Office, College of Arts and Science
University of Nevada, Reno
Duties: Provided academic advising, participated and planned outreach activities both on and off campus, attended college recruiting fairs, and tracked students' progress toward graduation.

TEACHING EXPERIENCE

- 2013-Present **Guest Lecturer**
Annual/semi-annual guest lecturer for trainees at the University of California, San Diego Counseling and Psychological Services Center (UCSD CAPS).
Presentations include Professional Journey; Telemental Health in a VA system, and Providing Empirically Based Treatments for Trauma via Telemental Health
- 2013-Present **Guest Lecturer**
Annual/semi-annual guest lecturer for Psy.D. students at California School of Professional Psychology (CSPP) at Alliant International University. Presentations include Professional Journey and Trauma in Psychotherapy; Telemental Health in a VA system, and Providing Empirically Based Treatments for Trauma via Telemental Health.
- 2004-2013 **Group Leader, Workshop Presenter, and Guest Lecturer**
Led workshops such as Peace of Mind and Good Grief. Annual guest lecturer for Dimensions of Wellness class. Taught College Success Strategies class to Summer Bridge Students.
- 2003-2004 **Group Leader and Workshop Presenter**
Led Dual Diagnosis Supportive Care Group and Rest and Relaxation Group at the UCSD Gifford Clinic (outpatient psychiatric services). Led behavioral medicine

workshops in the Mission Valley VA. Presented neuropsychological testing results at UCSD Psychiatry Grand Rounds (case presentations). Presented research and clinical work at intern seminars.

- 2000-2003 **Presenter, Trainer, and Group Leader**
Counseling and Testing Center presentations to undergraduate students, topics included depression, eating disorders, anxiety, sexual assault prevention and services, and stress management. Trained resident advisors on how to recognize and handle mental health issues in their dormitories. Co-lead skills groups as well as the Intercultural Talking Circle.
- 1999-2003 **Guest Speaker/Workshop Presenter**
Community events such as the Native American Youth Conference, Hispanic Leadership Conference, conflict resolution workshops with middle/high school students, Upward Bound workshops, and Ethnic Student Resource Center outreach. Peer Educator Training. Guest lecturer for Racial Differences in Psychology class.

VOLUNTEER EXPERIENCE

- 2019 **Alumni Mentor, Triton to Work Match Program**
University of California, San Diego
Duties: Mentor UCSD undergraduate students with focus in clinical psychology
- 2017-Present **Volunteer, Feeding San Diego**
San Diego, CA
Duties: Assist with organization and packing of food for families in need in San Diego County
- 2008-2010 **Participant, *Out of the Darkness* walk for suicide prevention** (American Foundation for Suicide Prevention)
San Diego, CA
Duties: Participant, representing University of California, San Diego Counseling and Psychological Services Center
- 2002-2003 **Secretary for the Latino Alumni Chapter (ALMA)**
University of Nevada, Reno
Duties: Attended chapter meetings, graduation planning and fundraising committee work.
- 2000--2001 **Volunteer, Alliance of Latinas in Teen Action and Solidarity (ALITAS)**
Reno, Nevada
Duties: Guest speaker for ALITAS meetings in local middle schools, consultant for program coordinators, and graduation ceremony coordination at UNR.

- 1998-1999 **Program Coordinator, Alliance of Latinas in Teen Action and Solidarity**
Reno, Nevada
Duties: Co-coordinated 8 middle schools, approximately 19 Latina mentors, and 200 middle school Latinas for the ALITAS program including lesson plan outline for the year, fieldtrips, mentor training, school liaison work, parent liaison work, donation collection, outreach activities, and graduation ceremony planning.
- 1996-1997 **Group Leader and Mentor, ALITAS**
Reno, Nevada
Duties: Created lesson plans and co-lead twice monthly group meetings with 60 middle school Latinas. Topics covered included: introduction to different career opportunities, interviewing skills, conflict resolution, history in Latino culture, and respect for oneself and others.

PUBLICATIONS

- Backhaus, A., Agha, Z., Maglione, M. L., Repp, A., Ross, B., Zuest, D., **Rice-Thorp, N. M.**, Lohr, J., & Thorp, S. R. (2012). Videoconferencing psychotherapy: A systematic review. *Psychological Services, 9*, 111-131.
- Rice, N.M.**, & Follette, V.M. (2003). Termination and Referral. *Handbook of Professional Ethics for Psychologists*. Thousand Oaks, CA: Sage Publications, Inc.

ACADEMIC PRESENTATIONS

- Rice, N. M.**, & Follette, V. M. (2002, November). *Disclosure of childhood sexual abuse: Results from a community sample*. Poster presented at the annual Association for Advancement of Behavior Therapy Convention, Reno, NV.
- Pasillas, R. M., Follette, V. M., **Rice, N. M.**, Palm, K. M., Leonard, L. M., & Gray, L. (2002, November). *Work stress and coping among law enforcement officers as related to domestic violence*. Poster presented at the annual Association for Advancement of Behavior Therapy Convention, Reno, NV.
- Pistorello, J., Campbell, L., **Rice, N.**, Rosenthal, Z., & Buchanan, J. (2001, November). *DBT applied at a university counseling center setting*. Poster presented at the annual meeting of ISITDBT, Philadelphia, PA.
- Rice, N.M.**, Follette, V.M., Pasillas, R., & Madrigal, A.C. (2001, November). *Moderating variables and long-term correlates of child sexual abuse: Results from a Latina community sample*. Poster presented at the annual Association for Advancement of Behavior Therapy Convention, Philadelphia, PA.

Rice, N.M., Follette, V.M., Madrigal, A.C., & Avina, C. (1998, November). *Moderating variables and long-term correlates of child sexual abuse: A Latina community sample*. Poster presented at the annual Association for Advancement of Behavior Therapy Convention.

Batten, S.V., Follette, V.M., Byrd, M.R., & **Rice, N.R.** (1996, November). *The development of the self and its relationship to childhood sexual abuse*. Poster presented at the annual meeting of the International Society for Traumatic Stress Studies, San Francisco, CA.

ADVANCED TRAINING

- 2015 **Acceptance and Commitment Therapy for Depression ACT-D**
Training in ACT for Depression protocol (2 day) and ongoing group consultation calls
Presenter and Consultant Robyn Walser, Ph.D.
- 2014 **Certification in Prolonged Exposure (PE)**
Certification involved 4 workshop training days, recording sessions; individual and group supervision; and data collection. After certification, was invited to train to become a supervisor.
Supervisor Carolyn Allard, Ph.D.
Trainers Sheila Rauch, Ph.D. and Peter Tuerk, Ph.D.
- 2014 **Authorized Provider in Cognitive Processing Therapy (CPT)**
Certification involved workshop days, group consultation calls, chart review, and data collection
Trainers and Supervisors Tara Galovsky, Ph.D. and Amy Williams, Ph.D.
- 2005 **Acceptance and Commitment Therapy (ACT)**
Presenter: Robin Walser, Ph.D.
- 2000 **Acceptance and Commitment Therapy (ACT) (2-day retreat)**
Presenter: Steven C. Hayes, Ph.D.