

NIYATEE SUKUMARAN, Ph.D., PMH-C
CA Licensed Psychologist (PSY29467)

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EDUCATION

- Doctor of Philosophy (PhD), Counseling Psychology** July 2016
University of Missouri-Kansas City, Kansas City, MO; *APA Accredited Program*
Dissertation: Racial Microaggressions and Its Impact on Supervisees of Color in Cross-Racial Counseling Supervision
- Master of Arts (MA), Clinical Psychology** December 2010
University of Central Florida, Orlando, FL
Thesis: Religion & Identity Formation: A Cross National Comparison of College Students in India & the USA
- Bachelor of Arts (BA), Psychology** June 2007
Sophia College for Women, University of Mumbai, Mumbai, India

CLINICAL EXPERIENCE

- Therapy Changes, San Diego, CA** November 2022-Present
Counseling Psychologist
- Perform psycho-diagnostic initial evaluations and determine treatment recommendations.
 - Provide multiculturally competent care psychotherapy to clients from diverse cultural backgrounds and identities.
 - Administer tests for cognitive, personality and mood, and provided integrative assessment reports as appropriate.
 - Engage in case consultations to promote and facilitate discussions about mental health diagnosis and treatment.
- Hillcrest Psychological Associates, San Diego, CA** August 2020-October 2022
Counseling Psychologist
- Conducted phone consultations and psycho-diagnostic initial evaluations to determine treatment recommendations.
 - Provided multiculturally competent care via individual and couple psychotherapy services.
 - Provided crisis intervention services for diverse clients as needed.
 - Administered tests for cognitive, personality and mood, and provided integrative assessment reports as needed.
 - Participated and consulted in case consultation to promote and facilitate discussions about mental health diagnosis and treatment planning.
 - Assessed and coordinated in offering referrals for clinical services in the community as appropriate.
 - Created presentations and provide Continuing Education Units (CEUs).
- Counseling and Psychological Services, University of California San Diego, San Diego, CA** December 2017-August 2020
Counseling Psychologist
- Conducted psycho-diagnostic initial evaluations and provide individual/couple/ group psychotherapy.
 - Provided crisis intervention services for diverse students.
 - Facilitated weekly drop-in group therapy for *South Asian/ Asian American students* and *Graduate Students of Color*.
 - Administered tests for cognitive, personality and mood, and provided integrative assessment reports.
 - Participated and consult in a multi-disciplinary team (e.g., Student Health Services, Case Managers) to facilitate and support discussions about mental health diagnosis and treatment planning.
 - Led 3-session workshop series on Biofeedback & Stress management for Graduate and Professional School Students.
 - Co-facilitated and supported the Eating Disorder Forum.
 - Assessed and coordinated in offering referrals for clinical services off-campus as appropriate.
 - Served as the CAPS liaison to South Asian and Muslim-identified students.
 - Collaborated and provided multicultural consultation to student affairs offices (e.g., Asian Pacific Islander Middle Eastern Desi American [APIMEDA], International Center, The Cross-Cultural Center, SPACES).
 - Collaborated with the Triton's Flourish Initiative to serve students with multiculturally diverse identities.
 - Provided trainings seminars to Wellness Peer Educators and supervise outreach presentations.
 - Served as a co-supervisor to Post-Doctoral Residents (PD).
 - Member of the Training Committee: Involved in PD selection, support training activities and training seminars.

Counseling and Psychological Services, University of California San Diego, San Diego, CA*Post-Doctoral Resident*

August 2016-July 2017

- Supervisors: Stephanie Salo, PsyD, Sarah Clavell Storer, PhD, and Judy Goodman Fermin, PhD
- Conducted initial evaluations, provided individual/couple therapy, and Urgent Care Services for diverse students.
- Independently developed and facilitated the weekly drop-in forum for *South Asian/ Asian American students*.
- Independently created and facilitated a didactic 6-session drop-in workshop series called "*Flourish @ UCSD*": this workshop included topics on stress management, loneliness, mindfulness, and self-compassion.
- Co-developed and trained a non-clinician collaborator to co-facilitate the *Graduate Student of Color Forum*.
- Administered tests for cognitive, personality and mood, and provided integrative assessment report.
- Collaborated with Dr. Tiffany O'Meara & Associated Students (AS) for the Triton's Flourish Initiative: co-developed and presented trainings to improve student well-being and success and flourishing at UCSD.
- Provided trainings seminars to Wellness Peer Educators and supervised them on outreach presentations.
- Consultee to an inter-disciplinary treatment team (e.g., Student Health Services, The Cross-Cultural Center, SPACES).

Counseling Center, University of California Irvine, Irvine, CA; APA Accredited Training Site*Psychology Intern (Pre-Doctoral)*

August 2015-July 2016

- Supervisors: Frances Diaz, PsyD, Jessica Eldridge, PhD, Jonathan Flojo, PhD, and Vivian Tamkin, PhD
- Performed initial evaluations and provided individual therapy, and Urgent Care Services (crisis intervention).
- Facilitated a skills-based group (Finding Your Calm).
- Co-facilitated an interpersonal process group (Understanding Self & Others), and a support and psycho-educational group (Choices and Voices group for survivors of sexual assault).
- Created and provided outreach and prevention programming for members of the UCI campus community.
- Liaison to the Campus Assault Resources and Education (CARE) office.
- Supervisor to fourteen *Right-To-Know Peers (RTK)* (Peer Educators from the CARE office).
- Taught topics for the *RTK* course: Diversity, Self-Care, Ground rules for Communication & Crisis Intervention.
- Administered tests for cognitive, personality and mood, and provided integrative assessment reports.
- Participated in Training Committee: intern selection, updating training manual and supervisor manual.
- Participated in weekly individual and group supervision, and case disposition and professional development.
- Contributed and provided consultation to inter-disciplinary treatment team and community providers.

Counseling Center, University of Missouri-Kansas City, Kansas City, MO; APA Accredited Training Site*Doctoral Assessment Practicum Student*

August 2014-May 2015

- Supervisors: Heather Noble, PhD
- Conducted AFS intakes and provide individual therapy for students.
- Administered tests for cognitive, personality and mood, and provided integrative assessment reports.
- Engaged in outreach presentations for students and the Kansas City campus community.
- Participated in weekly individual and group supervision, and case conference and professional development.

Center for Behavioral Medicine, Kansas City, MO; APA Accredited Training Site*Doctoral Practicum Student*

August 2013-May 2014

- Supervisors: AnnaMaria Bellatin, PhD and Coral Munoz, PsyD (post-doctoral intern)
- Provided individual and milieu therapy to clients with severe and persistent mental illness (SPMI) and substance abuse in an acute extended inpatient setting.
- Facilitated psycho-educational and process groups: Social Skills, Relationships and Cultural Diversity.
- Co-facilitated psycho-educational groups: Illness Management Recovery (IMR), Positive Behavior Management (PBM), Dealing with Trauma and Psychodrama.
- Participated in weekly individual supervision and monthly group supervision.
- Contributed to inter-disciplinary treatment team meetings regarding client concerns and progress in therapy.
- Attended weekly grand rounds (professional development) and bi-monthly case conferences.

Counseling Center, University of Missouri-Kansas City, Kansas City, MO; APA Accredited Training Site*Doctoral Practicum Student*

August 2012-August 2013

- Supervisors: Lynette Sparkman-Barnes, PsyD, Sherri Theoharidis, PhD, and Brett Haskell, MA (intern)
- Provided bio-psycho-social intake assessments and individual therapy for staff and students.
- Co-facilitated a women's psycho-educational and process group.
- Planned and delivered a total of eight workshops and outreach presentations for students.

- Participated in weekly individual and group supervision, and case conference.

Community Counseling and Assessment Services, University of Missouri–Kansas City, Kansas City, MO

Doctoral Practicum Student

January 2012-May 2012

- Supervisor: John Spiridigliozzi, PhD
- Performed bio-psycho-social intake assessments for children, adolescents, and adults.
- Counseled clients in the community on a wide range of interpersonal, educational, vocational and adjustment issues.
- Organized and delivered outreach on depression among teenagers during “Health week”.
- Participated in weekly individual and group supervision.

Access Center, Lakeside Behavioral Healthcare, Orlando, FL

Assessment Specialist- full time

January 2011-May 2011

- Supervisor: Barbara Perez, MA (Licensed Mental Health Counselor)
- Conducted intake assessments for children, adolescents and adults seeking in- and out-patient services.
- Determined appropriate referrals based on intake interviews and clinical judgment.
- Participated in weekly training seminars, case conferences, individual supervision, and team meetings.
- Trained in Crisis Prevention Intervention (CPI) and certified in CPR (cardio-pulmonary resuscitation).

Counseling and Psychological Services, University of Central Florida, Orlando, FL; APA Accredited Training Site

Pre-Master’s Intern

August 2008-July 2009

- Supervisors: Karen Hofmann, PhD, Shari-Ann James, PhD, Amy Duckwall, MA (intern)
- Performed bio-psycho-social intake assessments, brief individual therapy, and crisis interventions for students.
- Co-facilitated group therapy on self-esteem and family and interpersonal relationships.
- Prepared and delivered workshops and outreach presentations to diverse students.
- Participated in weekly training seminars, individual and group therapy supervision, and case conference.
- Contributed to treatment team meetings such as Substance Abuse and Eating Disorder Treatment Team.
- Served as a LGBT-Q Ally and facilitated outreaches to this community.
- Trained in QPR (suicide prevention gatekeeper).

Counseling Services, Daytona Beach State College, Daytona Beach, FL

Graduate Practicum Student

January 2009-April 2009

- Supervisors: Carole Luby, EdD, and Miguel Riveria, MS (Licensed Mental Health Counselor, National Certified Counselor)
- Shadowed Miguel Riveria for individual and group counseling, and crisis intervention.
- Provided individual therapy and career counseling using Meyers Briggs Type Indicator (MBTI).
- Delivered outreach to students at risk of drop-out, students with disabilities and multiple workshops.

Department of Clinical Psychology, University of Central Florida, Daytona Beach, FL

Graduate Practicum Student

January 2009-April 2009

- Supervisors: Steven Berman, PhD (Associate Professor) and Margaret Kennerley, PhD (Lecturer)
- Co-facilitated a group focused on interpersonal effectiveness and exploration of personal challenges.
- Encouraged group members towards personal growth, critical thinking, and problem-solving skills.

SUPERVISION EXPERIENCE

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

Supervisor: OASIS - Summer Bridge Program

August 2018, 2016

- Co-supervise eight undergraduate Academic Transition Counselors (ATCs) in the Summer Bridge Program
- Provide weekly one-hour supervision to ATCs who support first-generation Summer Bridge students adjust to UCSD.
- Facilitate conflict resolution and interpersonal dynamics amongst ATCs and with their students and attend to ATCs self-care and well-being.

Supervisor: Wellness Peer Education Program

August 2018–July 2020, August 2016-May 2017

- Provided outreach supervision to three undergraduate students in the Wellness Peer Education Program.
- Outreach workshop supervision topics included stress management, mindfulness, loneliness, self-compassion, building resilience, and incorporating positive psychology in a culturally sensitive manner.
- Helped to address and problem solve interpersonal dynamics when presenting to diverse student groups.

Supervisor: Associated Students (AS)

March 2017-May 2017

- Supervised two undergraduate student leaders from AS regarding collaborating and organizing the Desi (South Asian and Asian American Community Forum).

Counseling Center, University of California Irvine, Irvine, CA; APA Accredited Training Site

Individual and Group Co-Supervisor

August 2015-July 2016

- Supervisor of group supervision: Mandy Mount, PhD
- Facilitated individual supervision for fourteen undergraduate Right-To-Know Peers (RTK) Peer Educators.
- Co-facilitated group supervision of RTKs as they created presentations to raise awareness of sexual assault and prevent activities and attitudes that will contribute to the elimination of sexual violence.
- Utilized a non-directive approach to supervision to provide opportunities for RTKs to discuss their outreach experiences, interpersonal dynamics within the RTK group and professional development.
- Provided and processed feedback, as well as offered support.

Community Counseling and Assessment Services, University of Missouri-Kansas City, Kansas City, MO

Individual Supervisor and Group Co-Supervisor

January 2015-May 2015

- Provided weekly supervision to two masters-level practicum students in counseling.
- Supervisory responsibilities included reviewing and signing off on case notes, offering feedback to audio-recordings, overseeing supervisees' caseloads, providing, and processing feedback, and evaluating clinical and professional development.
- Co-facilitated a practicum course and group supervision of six masters-level practicum students; responsibilities included providing and processing feedback, as well as offering support.

TEACHING EXPERIENCE

Division of Counseling and Educational Psychology, University of Missouri-Kansas City, Kansas City, MO

Graduate Teaching Experience

February 2014, October 2014

- Facilitated an in-depth discussion about White Privilege and White Racial Identity for ten master's level students as part of their class (Counseling in a Pluralistic Society).
- Lead a discussion about racial microaggressions and providing culturally sensitive therapy to Asians/Asian Americans with a group of master's level trainees as part of their class (Counseling in a Pluralistic Society).

University College, University of Missouri-Kansas City, Kansas City, MO

Graduate Teaching Assistant (Instructor on Record)

January 2013-May 2013

- Instructed two undergraduate sections on "Career and Life Planning" and graded weekly and final assignments.
- Taught 25 students who identified as non-traditional (ages 28-45) and transfer students in each section.
- Created lesson plans and lectured on "Strengths Finder" Assessment, Myers Briggs Type Indicator (MBTI), Holland Typology, resume building and interviewing skills.
- Attended staff meetings and collaborated with students' academic advisors to assess their progress.

Division of Counseling and Educational Psychology, University of Missouri-Kansas City, Kansas City, MO

Graduate Teaching Assistant

August 2012-December 2012

- Teaching assistant for the Theories and Methods of Group Counseling and utilized multiple teaching modalities to cater to unique learning styles of students.
- Co-facilitated a "model group" for students at the beginning and final class on Multicultural Competencies
- Provided constructive feedback in class for students during the group counseling labs.
- Graded students' reflection logs about their group counseling experiences.
- Prepared and instructed two classes: "Termination process" and "Multiculturalism" in group counseling.

SPECIALIZED TRAININGS RECEIVED

CEs/ Trainings During Employment

- Eye Movement Desensitization Reprocessing Part I (EMDR Part II) November 2022
- Eye Movement Desensitization Reprocessing Part I (EMDR Part I) August 2022
- Perinatal mental health (PMH-C); Postpartum Support International April 2021
- Mindfulness Based Stress Reduction May 2020

- 2-Day Intensive Trauma Treatment Certification Workshop: EMDR, CBT and Somatic-Based Interventions to Move Clients from Surviving to Thriving. June 2019
- Cognitive Processing Therapy (CPT) Training May 2019
- Removing Roadblocks: Challenges and Opportunities in the Muslim Community for Survivor Healing (webinar), by NASPA July 2018

PROFESSIONAL OUTREACH PRESENTATIONS

Invited Outreach/ Presentations:

Sukumaran, N. (December 2022, February 2022, December 2020). Created and presented training titled *Working with Asian International and Asian American students in College Mental Health*. Presented trainings to Psychology Interns at the Counseling Center at University of San Diego (USD), titled *Working with Asian International Immigrants in Psychotherapy*.

Sukumaran, N. (March 2022). Created and presented for Coastal Continuing Education training titled *Working with Asian International Immigrants in Psychotherapy*. Created content for a continuing education program, and presented literature on key considerations of cultural factors influencing the experiences of Asian International Immigrants and conceptualizing their concerns, San Diego, CA.

Sukumaran, N. (May 2020). Co- created and served as a panelist for the Asian Pacific Islander Middle Eastern and Desi American (APIMEDA) Panel talk on “Why is Belonging Conditional: The Effect of Microaggressions on Asian Americans.” Served as a panelist to discuss the impact of systemic racism, racial microaggressions and xenophobia on Asian/ Asian American mental health, University of California San Diego (UCSD), San Diego, CA.

Sukumaran, N. (July 2019). Invited as a Panelist to UCSD COMSCICON. Served on the panel to address mental health concerns among culturally diverse graduate students in the sciences, University of California San Diego (UCSD), San Diego, CA.

Sukumaran, N. (May 2019). Bhagat Puran Singh Health Initiative (BPSHI) Mental Health Awareness across various countries in the world. Presented on mental health concerns among college students and introduction to CAPS services, and co-presented and facilitated a discussion about mental health stigma and considerations across various countries in the world, University of California San Diego (UCSD), San Diego, CA.

Sukumaran, N. (May 2018). Invited as a keynote speaker for a program by Pilipin@ Undergraduate Society for Health (PUSH). Presented to ethnically diverse students on mental health and well-being within a multicultural context, provided an overview of CAPS services, and participated in the career panel @ the PUSH Summit, University of California San Diego (UCSD), San Diego, CA.

Sukumaran, N. (May 2018). Supported the panel programming and set-up for “Things Left Unsaid: A Mental Health Panel on Queer Asian American Communities Asian and Pacific Islander (API). This panel was a collaborative effort to support events for May Is Mental Health Awareness Month, Counseling and Psychological Services, University of California San Diego (UCSD), San Diego, CA.

Sukumaran, N. (June 2017). Invited as a keynote speaker for a program by UCSD ISPO, Study Abroad and I-House. Presented on culture and reverse culture shock to graduating international students and shared a self-reflective statement about own experiences of reverse culture, International Senior Sendoff @ Friday International Café, University of California San Diego (UCSD), San Diego, CA.

Sukumaran, N. (May 2017). Invited to present at the “Asian and Pacific Islander (API) Mental Health Panel” for May Is Mental Health Awareness Month. Presented on the topic of multicultural issues related to working with the South Asian and Asian American community as part of the API Mental Health Panel, Counseling and Psychological Services, University of California San Diego (UCSD), San Diego, CA.

Sukumaran, N. (April 2017). Invited by Coalition of South Asian Peoples (CSAP) organization to their monthly meeting. Interacted and discussed about topics related to mental health and well-being with South Asian American students

and provided information about CAPS services, Counseling and Psychological Services, University of California San Diego (UCSD), San Diego, CA.

Sukumaran, N. (February 2016). *Paint your stress away!* Invited to facilitate a stress management and relaxation skills workshop for the Student Outreach and Resource Center (SOAR) office, Counseling Center, University of California Irvine, Irvine, CA.

Sukumaran, N. (January 2014 and 2013). *Culture Shock: A transition process.* Outreach presentation about experiences of culture shock to international students seeking a year of cultural immersion experience at the orientation of International Students Affairs Office, University of Missouri-Kansas City, Kansas City, MO.

Sukumaran, N. (August 2013 and 2014). *Culture Shock.* Outreach presentation about experiences of culture shock to international undergraduate and graduate students at the orientation of International Students Affairs Office, University of Missouri-Kansas City, Kansas City, MO.

Haggins, I., Herron, E., Spencer-Carver, E. L., **Sukumaran, N.** & Zeigenhorn, D. (November 2013). *The Power of Story to Connect Across Faiths and Cultures.* Facilitated a multicultural dialogue for graduate students from the School of Social Work at the Redemptorist Church Our Lady of Perpetual Help, Kansas City, MO.

Sukumaran, N. (February 2012). *Depression, Just the “Blues” & Signs of Mood Issue.* Presented and facilitated a multicultural discussion about mental health, depression, mood swings and anxiety to high school students at Cristo Rey High School, Kansas City, MO.

Specialized Multicultural Trainings and Presentations:

Quach, D., Tappero, L., & **Sukumaran, N.** (August 2018). *APIMEDA ASCEND.* Community building events for Asian-identified, first generation first year college and transfer students, Counseling and Psychological Services, University of California San Diego (UCSD), San Diego, CA.

Tappero, L., & **Sukumaran, N.**, (May 2018). *The "Real World: Transitioning from College To..."* Developed and presented a workshop to first-generation graduating seniors related to coping with the stressors of upcoming life transitions (e.g., finding a job after graduation, career uncertainty), and motivated them to seek assistance with goal-setting, self-care strategies, and to talk with your peers about adjusting to these upcoming life changes, Counseling and Psychological Services, University of California San Diego (UCSD), San Diego, CA.

Sukumaran, N., & Vannavuth, S. (May 2017). *Muslim Student Association: Post-intervention.* Provided a listening, supportive and healing space for the Muslim student community and students who identified as being Black Muslims after a recent shooting near the UCSD community, Counseling and Psychological Services, University of California San Diego (UCSD), San Diego, CA.

Quach, D., & **Sukumaran, N.** (May 2017). *Healing space.* Provided a listening, supportive and healing space for resident students in the African/Black Diaspora Living-Learning Community after a recent shooting near the UCSD community, Counseling and Psychological Services, University of California San Diego (UCSD), San Diego, CA.

O'Meara, T., & **Sukumaran, N.** (May 2017). *Pave Your Way!* As part of the Triton Flourish Initiative, we developed and presented this workshop related to coping with the stressors of upcoming life transitions (e.g., graduation, moving back home) and to learn to cope with the uncertain future, get assistance with goal-setting, self-care strategies, and to talk with your peers about how to adjust to these upcoming life changes, Counseling and Psychological Services, University of California San Diego (UCSD), San Diego, CA.

Sukumaran, N., & Wellness Peer Educators (May 2017). *Take Charge: Create a Life of Meaning, Purpose, and Well-Being.* Prepared and supervised Wellness Peer Educators to co-present on the topics related to increasing well-being by using concepts of positive psychology in a multiculturally sensitive manner to Muslim-identified students, Counseling and Psychological Services, University of California San Diego (UCSD), San Diego, CA.

O'Meara, T. & **Sukumaran, N.** (March 2017). *"#Lifegoals: Increasing Happiness In Your Life" to Wellness peers Educators.* As part of the Triton Flourish Initiative, we developed this presentation on exploring the meaning of

happiness, seven Mistakes of Happiness and habits to create a happy and fulfilling life, which is adapted from an online course on Happiness called “A Life of Fulfillment and Happiness” by Prof. Raj Raghunathan, Counseling and Psychological Services, University of California San Diego (UCSD), San Diego, CA.

O’Meara, T. & **Sukumaran, N.** (February 2017). *“Take Charge: Create a Life of Meaning, Purpose and Well-Being” to Wellness peers Educators.* As part of the Triton Flourish Initiative, we developed this presentation to creating a life based on your values, flourishing, positive psychology, building resilience, grit and the power of thoughts and positive emotions, Counseling and Psychological Services, University of California San Diego (UCSD), San Diego, CA.

Sukumaran, N. (February 2017). *Multicultural Supervision and Understanding the Influence of experiencing Racial Microaggressions on Supervisees of Color in Cross-Racial Supervision.* Trained and facilitated a discussion on how to utilize multicultural supervision to address racial micro aggressions in counseling supervision, Counseling and Psychological Services, University of California San Diego (UCSD), San Diego, CA.

Schul, R., & **Sukumaran, N.** (February 2017). *International Student Support.* Co-facilitated a supportive space post-election at the International Center to address students’ concerns about immigration policies of new administration, Counseling and Psychological Services, University of California San Diego (UCSD), San Diego, CA.

Sukumaran, N. (November 2016). *Dialogue with students.* Attended and offered supported to students on-campus who were protesting the raise in tuition at UCSD, Counseling and Psychological Services, University of California San Diego (UCSD), San Diego, CA.

Sukumaran, N., & Thompson (November 2016). *Outreach to Associated Student (AS) at UCSD.* Attended and offered a supportive space to discuss student leaders’ concerns post-2016 elections, specifically related to the sociopolitical climate on and off-campus, Counseling and Psychological Services, University of California San Diego (UCSD), San Diego, CA.

Luna, R., **Sukumaran, N.,** & Vannavuth, S. (November 2016). *Outreach to The Raza Centro at UCSD.* Attended and co-facilitated a discussion about students’ concerns post-2016 elections, specifically related to the sociopolitical climate on and off-campus, Counseling and Psychological Services, University of California San Diego (UCSD), San Diego, CA.

Li, M., & **Sukumaran, N.** (November 2015). *Asian/ Asian American Mental Health.* Created and co-presented on cultural factors that influence Asian/ Asian American Mental Health and help-seeking to second- and third-year students at School of Medicine, University of California Irvine, Irvine, CA.

Sukumaran, N. & Sparkman-Barnes, L. (April 2015). *Don’t Back Down: Join us for a dialogue on understanding and preventing sexual assault & rape.* Facilitated and processed reactions within a culturally informed context to the documentary: India’s Daughter, University of Missouri-Kansas City, Kansas City, MO.

Sparkman-Barnes, L., & **Sukumaran, N.** (August 2014). *“I Am Mike Brown: iMatter.”* Attended, marched, and facilitated discussions about African American students’ experiences of the Ferguson shooting, riots and participate in their endeavors to actively support their community, University of Missouri-Kansas City, Kansas City, MO.

Sparkman-Barnes, L., & **Sukumaran, N.** (August 2014). *Welcoming Students at Residential Life from Ferguson Missouri.* Provided support to newly arrived African American students by processing their experiences of the Ferguson shooting and riots, University of Missouri-Kansas City, Kansas City, MO.

Sukumaran, N., Ta-Pryor, J. & Wolford, L. (April 2013). *The Hidden Closet.* Developed and co-facilitated a multicultural dialogue on intersecting identities (race/ethnicity and sexual orientation for undergraduate and graduate students, University of Missouri-Kansas City, Kansas City, MO.

- Sukumaran, N.** (March 2013). *Healthy Eating*. Developed multiple modalities in collaboration with UMKC dining services and the Counseling Center to present to undergraduate students, University of Missouri-Kansas City, Kansas City, MO.
- Sukumaran, N. & Clark, S.** (February 2013, October 2012). *Diversity Training*. Presented and facilitated diversity training for the undergraduate students, University of Missouri-Kansas City, Kansas City, MO.
- Sukumaran, N.** (February 2013). *Soul Food Friday with an Intercultural dialogue*. Facilitated a multicultural dialogue for students, University of Missouri-Kansas City, Kansas City, MO.
- Sukumaran, N. & Dees-Burnett, K.** (January 2013). *Diversity Conversations*. Co-developed and facilitated diversity training geared towards increasing awareness of cultural diversity, multiculturalism, understanding the effects of stereotypes and using inclusive language for the volunteers in the Big Brother Big Sister program, Kansas City, MO.
- Sukumaran, N. & Dissassa, D.** (December 2013). *Who Am I? Living in a Color-Blind society*. Co-facilitated a multicultural dialogue for the students at University of Missouri-Kansas City, Office of Multicultural Student Affairs, Kansas City, MO.
- Sukumaran, N.** (November 2012). *Inclusive language for Racial/Ethnic Minorities*. Presented and facilitated a dialogue for resident assistant students (RA's) at Resident Life, University of Missouri-Kansas City, Kansas City, MO.
- Sukumaran, N.** (October 2012). *Who Am I? Exploring My Racial/Ethnic and Cultural Identity*. Presented and facilitated a multicultural dialogue with undergraduate students, University of Missouri-Kansas City, Kansas City, MO.
- Sukumaran, N.** (September 2012). *Getting Connected: Post the Shooting at the Sikh Temple in Oak Creek, Wisconsin*. Presented and supported international students to connect and process any reactions and experiences related to racial and religious discrimination, Indian Student Association, University of Missouri-Kansas City, Kansas City, MO.

Additional College Counseling Outreach and Presentations Topics:

- Pre-screening and Preparing Student Athletes about Mental Health. September 2018
- Orientation Leaders Training: Active Listening. April 2018, August 2017
- "Med Talks:" Co-facilitated and trained pre-health/premed students on topics including helping a friend in distress/ Stigma Reduction. March 2017
- "Flourish @ UCSD" Developed a 6-session drop-in workshop series, presented, and supervised a Wellness Peer Educator to co-present on the topics that included topics on stress management, loneliness, mindfulness, and self-compassion. October 2016-November 2016
- Healthy coping with Stressors. Presented to multicultural student organization leaders of The Cross-Cultural Center on healthy ways to cope with academic and socio-political stressors and to prevent burn out. November 2016
- First Year Experience presentation at UCSD. Presented to two classes of freshman and transfer students on personal well-being and academic success. October 2016
- Resident Assistant Training: Sixth College. October 2018, September 2017, 2016
- Orientation trainings and Introduction to CAPS services. September 2018, 2016
- Coping with relationship break-ups. March 2016
- Goals in Action: Co-Taught one section across five weeks to students with concerns of academic standing about creating and achieving their academic and career goals. January 2016-February 2016
- Support to Survivors of Suicide Loss. November 2015
- National Depression Screening Day (NSDS). September 2015
- Wellness at UCI: Cultural Adjustment. September 2015
- International Students Move-in support. September 2015
- *Relationship Jeopardy*. Presented and facilitated dialogues for high school students in the community attending during African American Youth Day and Latina/o Youth Day. March 2015, October 2014, February 2013
- *ISAO Roo Fair*. Interacted with newly arrived international students and promoted services of the Counseling Center. August 2014, 2012

- *Presented on Test Preparation, Test Anxiety and Note Taking 101* to Students of Color. April 2014, 2013, June 2013
- *Mental Health Screening*. Provided outreach about mental health symptoms through multiple screenings at the Health Fair for National Association for the Advancement of Colored People (NAACP). February 2013

RESEARCH

Sukumaran, N., & Nilsson, J.E., (2016). *Racial microaggressions and its impact on supervisees of color in cross-racial counseling supervision*. Unpublished Pre-dissertation, University of Missouri-Kansas City.

Sukumaran, N., Nilsson, J.E., & Schale, C.L., (2013). *Understanding Adult Attachment and Life Satisfaction Among Third Culture Kids (TCKs)*. Unpublished Pre-dissertation, University of Missouri-Kansas City.

Sukumaran, N. & Berman, S.L. (2010). *Religion & Identity Formation: A Cross National Comparison of College Students in India & the USA*. Unpublished Master's Thesis, University of Central Florida.

PUBLICATIONS

Scalise, D. A., **Sukumaran, N.,** Merson, E. S., Johnson, C., Pursell, C., Grossman, L., Elliot, J. (2018). A qualitative analysis of early career women's adjustment to work in professional psychology: Practitioners' reflections. *Journal of Career Development*.

Nilsson, J.E., Berkel, L., Kelly, P., Trummer, M., Maung, J. & **Sukumaran, N.** (2014). Women in the National Guard: Experiences with Children during Deployment. *Counseling Psychology Quarterly*.

Berman, S. L., Ratner, K., Cheng, M., Li, S., Jhingon, G., & **Sukumaran, N.** (2014). Identity distress during the era of globalization: A cross-national comparative study of India, China, and the United States of America. *Identity: An International Journal of Theory and Research*.

Caycedo, C., Duarte, C., Granados, I., Berman, S., Cheng, M., **Sukumaran, N.,** & Briones, E. (2009). Globalización e identidad personal y global en universitarios colombianos, chinos, hindúes y norteamericanos. *Identidad y Globalización en Universitarios. Universitas Psychologica*, 8, 859-876.

Sukumaran, N & Tulsiani, A. (2006). Attitude of Doctors toward Dying Patients – A Qualitative Analysis. *Journal of the Bombay Psychological Association (BPA)*, 21,61-64.

NATIONAL PAPER, POSTER, AND OTHER PROFESSIONAL PRESENTATIONS

Choi, Y., Diaz, F., Irani, T., Jacobs., S., Kim, G., Mukkamala, S., **Sukumaran, N.,** Shah, T., & Young, J. (2021). *Feminist and "Foreign": International Psychologists' Lived Experience of Structural Barriers*. American Psychological Association, Washington, D.C. <http://division35section5.weebly.com/conferences.html>

Sukumaran, N., Nilsson, J. E. (2014). *Supervising International Students of Color: An Intersection of Multicultural and Interpersonal Dimensions in Supervision*. Facilitated a roundtable discussion at the 122nd Annual Convention of the American Psychological Association, Washington, D.C.

Sukumaran, N., Nilsson, J. E., & Schale, C.L., (2014). *Abuse, Adult Attachment and Life Satisfaction Among Third Culture Kids (TCKs)*. Accepted poster presentation to be presented at the 122nd Annual Convention of the American Psychological Association, Washington, D.C.

Nilsson, J. E, Kelly, P., Berkel, L.Y., Trummer, M., Maung, J. & **Sukumaran, N.** (2014). *Women in the National Guard: Experiences with Children during the Deployment Period*. Accepted poster presentation at the Counseling Psychology Conference, Atlanta, GA.

Berkel, L.Y., Nilsson, J. E. Kelly, P., Anderson, M., Davids, C., Trummer, M., **Sukumaran, N.,** Heredia, D., & Maung, J. (2013) *Honey, I'm Home! Women Soldiers' Stories of Family Re-integration after deployment*. Poster presentation at the American Psychological Association Annual Conference, Honolulu, HI.

- Berkel, L.Y., Nilsson, J. E. Kelly, P., Anderson, M., Davids, C., Trummer, M., **Sukumaran, N.**, Heredia, D., Maung, J., & Williams, S. (2013). *For God and country: The role of religion and spirituality in the lives of women National Guards soldiers before, during and after deployment*. Paper presentation for the annual meeting at the Midyear Conference of Religion and Spirituality, Loyola University, MD.
- Nilsson, J. E., Jorgenson, K.C., & **Sukumaran, N.** (2012). *Acculturation and Self-Report of PTSD symptoms in Somali Refugee Women*. Poster presentation at the 120th Annual Convention of the American Psychological Association, Orlando, FL.
- Sukumaran, N.**, Berman, S., Mendes, J., Singh, N., Cheng, M., & Compson, J. (2011). *Assessing the Role of Quest & Religiosity on Identity Formation among Emerging Adults in India & the USA*. Poster presentation at the 119th Annual Convention of the American Psychological Association, Washington, DC.
- Sukumaran, N.**, Berman, S., Mendes, J., Singh, N., Cheng, M., & Compson, J. (2011). *Religion and Identity: Understanding the impact of Religiosity on Identity Formation*. Poster presentation at the 18th Annual Conference of the Society for Research on Identity Formation (SRIF), Daytona Beach, FL.
- Sukumaran, N.**, Berman, S., Mendes, J., Singh, N., Cheng, M., Compson, J., & Ecker, R. (2009). *Cultural Diversity and Identity Development: Measuring the effects of Religion on Identity Distress Among Indian and American College Students*. Poster presentation at the 17th Annual Conference of the Society for Research on Identity Formation (SRIF), Philadelphia, PA.
- Ecker, R., **Sukumaran, N.**, Cheng, M., Compson, J., & Berman, S. (2009). *Religiosity and Identity Among Baptist, Methodist, and Catholic Congregants*. Poster presentation at the 17th Annual Conference of the Society for Research on Identity Formation (SRIF), Philadelphia, PA.
- Sukumaran, N.**, & Tulsiani, A. (2006). *A Quantitative Study of Adolescents Attitude towards Euthanasia in Mumbai*. Paper presentation at the Annual Conference of the Bombay Psychological Association, Mumbai with Institute for Psychological Health, Thane, and Post Graduate Department of Psychology, SNDT Women's University, Mumbai, India.

ASSESSMENT EXPERIENCE

Mood and Symptoms

- Beck Anxiety Inventory and Beck Depression Inventory II (BAI & BDI-II)
- Brief Symptom Inventory (BSI)
- Posttraumatic Stress Disorder Checklist (PTSD-Checklist)
- The Yale–Brown Obsessive Compulsive Scale (Y-BOCS-II)

Personality and Behavior

- Millon Clinical Multiaxial Inventory-III (MCMI-III)
- Minnesota Multiphasic Personality Inventory-2 (MMPI-II and RF)
- NEO Personality Inventory-Revised (NEO-PI-R)
- Personality Assessment Inventory (PAI)

Cognitive, Intelligence and Achievement

- The Mini Mental State Examination
- Repeatable Battery for the Assessment of Neuropsychological Status (RBANS)
- Wechsler Adult Intelligence Scale-IV (WAIS-IV)
- Wechsler Memory Scale-IV (WMS-III)
- Wechsler Intelligence Achievement Scale-IV (WIAT-IV)
- Wide Range Achievement Test-4 (WRAT-4)

Career and Interest

- Myers Briggs Type Inventory (MBTI)
- Strong Interest Inventory (SII)

OTHER SKILLS

Language

- Proficient in English and Hindi
- Conversational in Malayalam and Marathi
- Working knowledge of Tamil

RELATED EXPERIENCES

American Psychological Association, Special Task Force for Division 17, International Mentoring and Orientation Committee

Publicity Committee Co-Chair for IMOC August 2017-August 2019

- Actively participate in a diverse team of psychologists to raise awareness by establishing a network of support for international students in the counseling psychology community.
- Assist in publicizing the IMOC committee to international students and doctoral programs.
- Advocate for the developing needs and specific concerns for international counseling psychology students (e.g., job search, mentorship relationships).

American Psychological Association Special Task Force: Diversity and Public Interest for Division 17

Member April 2015-July 2016

- Contributed to a diverse team of psychologists to raise multicultural awareness and social justice advocacy within the psychology community.
- Responded to critical global and domestic tragedies by writing articles about increasing self-awareness and providing resources to facilitate dialogues about issues of multicultural competence and social justice advocacy.

Division of Counseling and Educational Psychology, University of Missouri-Kansas City, Kansas City, MO

Mentor June 2012-July 2016

- Served as a mentor to three current doctoral counseling psychology students.

Student Affiliates of Seventeen, University of Missouri-Kansas City, Kansas City, MO

Secretary June 2012-June 2013

- Planned and implemented activities for counseling students on campus such as incoming students' orientation.
- Organized multi-cultural dialogue sessions and presentations and for interview day.

Globalization Special Task Group, American Psychological Association, 120th Convention

Leader & Volunteer August 2011-July 2012

- Organized and lead a group of doctoral students; researched and presented about the current trends in training internationally competent research and practitioners within psychology doctoral programs.

Council of Chairs of Training Councils Joint Conference

Volunteer February 2009

- Assisted Council members with registration and attended symposiums.

AWARDS AND HONORS

AAPA Early Career Award for Distinguished Contribution to Service, Online Conference

October 2020

Recognized for my distinguished contribution in the areas of practice, advocacy, and application to the field of Asian American psychology by an early career psychologist.

Women's Council, University of Missouri-Kansas City, Kansas City, MO

Graduate Assistance Fund (total of \$1200 for dissertation research and attending APA)

March 2014, 2015

Association for University and College Counseling Center Outreach (AUCCCO)

Trainee Scholarship (\$250 scholarship to attend the AUCCCO outreach conference)

June 2013

Division of Counseling and Educational Psychology, University of Missouri-Kansas City, Kansas City, MO

Helen Stevens Scholarship (\$1,500 award in the doctoral program in counseling psychology)

August 2011

Jacobs Foundation to attend the Biennial Meeting by Society for Research on Adolescence (SRA), 2010

International Young Scholars Program (\$500 award as an international young scholar)

March 2010

Sophia College for Women, University of Mumbai, India

Silver Jubilee Scholarship (Rs. 500 for good academic standing and responsible involvement in extra-curricular college activities)

June 2006

PROFESSIONAL AFFILIATIONS

Postpartum Support International January 2021-Present

American Psychological Association January 2015-Present

- Division 45: Society for the Psychological Study of Culture, Ethnicity, and Race.

Asian American Psychological Association (AAPA) January 2014-Present

- AAPA- Division of South Asian (DoSAA)

American Psychological Association January 2010-Present

- Division 17, Society of Counseling Psychology