

CURRICULUM VITAE

Nicole Laurent

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EDUCATION

Washington School of Professional Psychology, Seattle, Washington

Masters of Arts (M.A.) in Clinical Psychology

2007

Areas of Concentration: Neuropsychology; Alcohol & Substance Abuse

Graduated: 3.96 GPA

Washington School of Professional Psychology, Seattle, Washington

Bachelor of Arts (B.A.) in Psychology

2004

Areas of Concentration: Abnormal Psychology, Cognitive Psychology, Counseling Theories

Honors: Scored in 95th Percentile on Major Field Test in Psychology (MFT)

Graduated: 3.81 GPA

PROFESSIONAL/COMMUNITY ACTIVITIES

Member of Official Board of Advisors - Transitions Global

2008-Current

Consultation regarding treatment planning and development of services for Transitions Global, formally known as Transitions Cambodia, who work to rescue and rehabilitate girls who have become victims of international sex-trade industries. Duties on board include providing sound advice regarding the rehabilitation and development of these young women through psychotherapeutic services and treatment planning through the implementation of Evidence-Based Behavioral Practices (EBBP) and Evidence-Based Treatments (EBTs) to address symptoms of trauma and interrupted tasks of normal child development.

Eastside Family Renewal Service - Issaquah, Washington

2007-Current

Private Practice located at Fern Life Center, LLC, serving individuals, families and couples using Evidence-Based Behavioral Practices to treat a variety of internalizing and externalizing disorders. Providing formal standardized clinical interviews (i.e., SCID-I/NP) and semi-formal interviews to develop working case conceptualizations informing treatment. Implementation of evidence-based treatments (EBTs) designed to meet collaborative goals and treat a variety of populations. Clients are assisted using Behavior Therapy (BT), Cognitive Therapy (CT), Cognitive-Behavioral Therapy (CBT), and Dialectical Behavior Therapy (DBT) through individual and group formats depending upon diagnosis and treatment plans.

Practicum II - Monroe Correctional Complex

2007-2008

Provided therapeutic and assessment services for a chronically mentally-ill male population incarcerated and receiving care at the Special Offender Unit (SOU). Delivered individual therapy to offenders with multi-axial diagnoses and diverse backgrounds (e.g., Pacific Islander, African American, and Native American). Implemented cognitive-behavioral (CBT) and dialectical-behavioral therapy (DBT) to enhance medication compliance, provide substance abuse treatment, and treat a variety of internalizing and externalizing disorders. Successfully completed individual work with offenders to facilitate healthy identity development and improve quality of life issues while serving their sentence to achieve reduced recidivism and management of chronic illnesses. Worked directly to facilitate programs on-site including DBT skills training groups and psycho-educational training for Correctional Officers serving their role within the therapeutic community.

Practicum I - Central Kitsap School District

2006-2007

Provided preschool and elementary assessments and therapy services at Central Kitsap School District. Evaluations include assessment of cognitive, academic, behavioral, emotional, social and adaptive functioning in clients between the ages of 3 and 12. Use of CBT to treat a variety of

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internalizing and externalizing disorders. Assessment of children and parents using clinical interview techniques and behavior checklists specific to externalizing disorders and relevant to parent training (PT) sessions conducted to treat families of children diagnosed with ADHD, ODD, and CD.

Parent Training - ODD/CD/ADHD/ADD

2005-2008

Regular facilitation of parent training for parents of ODD, CD & ADHD children and teens using evidence-based protocols and techniques in a variety of communities throughout the Puget Sound area sometimes as a volunteer and at pro bono rates.

TEACHING EXPERIENCE

Lecture - "Conflict Resolution"

2008

Facilitation of workshop focusing on Conflict Resolution Skills at [East Shore Unitarian Church](#) through their Adult Education Program. Classes began with enhancing the ability of the adult learner to identify conflict, patterns around avoidance of conflict and the effect it has on relationships. The 10+ group of participants explored personal patterns of conflict resolution as participants creative problem solving and win/win approaches. Advanced skills are taught over three classes each of four semesters to include development of empathy, assertive communication, reflective listening, and advanced skills such as mediation. [Conflict Resolution Network's](#) curriculum was modified to allow new participants to build on previous semester offerings.

Lecture - "Relational Aggression"

2007-2008

Development and regular delivery of lecture on prosocial climates and the origin of relational aggression among children and adolescents (ages 3-18). Presented to a variety of community organizations including Issaquah Homeschool Association, East Shore Unitarian Homeschool Cooperative, Seattle Homeschool Group, Seabeck Retreat, and Fern Life Center as well as other organizations throughout the Greater Seattle Area. Topics include how to identify relational aggression, appropriate intervention techniques by adults, and strategies for adults and children to maintain a prosocial environment.

Lecturer - "Disgust."

2005

Developed lecture based upon Rozin, Hiadt & McCauley (2000) and presented to fourth year Cognitive and Affective Processes class at Argosy University, Seattle.

Lecturer - "Early Shame Experiences and Infant Brain Development"

2005

Developed graduate level education lecture based upon Allan N. Schore (2001) and presented to 4th-year students in Cognitive and Affective Processes class at Argosy University, Seattle.

RELATED EXPERIENCE

Evidence-Based Behavioral Practice

2008

Continuing Education

Northwestern Evidence-Based Behavioral Practice (EBBP) sponsored series of training modules using a simulated client and/or community successfully completed. Mastery of the steps involved with the EBBP process strategies for choosing and using EBBP information tools and systematic review were achieved. Training modules funded by the Office of Behavioral & Social Sciences Research, National Institutes of Health through Northwestern University.

Depression as a Mind-Body Disorder in Minority Populations

2008

Continuing Education

Quadrant Medical Education in cooperation with CME Outfitters sponsored CE course created for psychologists and social workers. Learning objectives designed to allow clinician to better identify manifestations of depression in minorities, apply culturally sensitive approaches designed to involve minority patients in their diagnosis and treatment, and create goal-directed plans to treat depression in minority patients. Taught and Facilitated by Rahn Kennedy Bailey, MD, FAPA; Vladimir Maletic, MD, Madhukar H. Trivedi, MD and Rakesh Jain, MD, MPH. CME Attendance Certificate granted.

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- Ethical Issues in the Treatment of Nonmalignant Pain* 2008
Continuing Education
Completion of American Academy of Pain Management (AAPM) online continuing medical education activity intended for members (aapainmanage.org). Learning objectives met included better understanding of impact of chronic pain sufferers with under treatment of their pain. Education regarding barriers among physicians leading to such occurrences of under treatment such as federal regulations regarding prescription pain medication, and risks to prescribers. A review of recent analgesics and their potential impact on the treatment of chronic pain was also part of material covered. Faculty included Myra Christopher as Program Director (President/Chief Executive Officer, Center for Practical Bioethics, Kansas City, MO); Jennifer E. Bolen, JD; Douglas Gourlay, MD, MSc, FRCPC, FASAM.
- Coping with Chaos: Treating Multiple Severe Disorders with DBT* 2007
Continuing Education
APA-approved, two-day workshop providing training in using DBT with high-risk, multi-problem clients completed. Training provided by Marsha Linehan, Ph.D., ABPP and Amy Wagner, Ph.D.
- Child and Adolescent Eye Movement Desensitization and Reprocessing - (EMDR)* 2007
Continuing Education
Attended two-day APA approved professional training workshop focusing on EMDR with child and adolescent populations. Portland, WA
- Cognitive-Behavioral Therapy (CBT) for Treatment of Child and Adolescent Depression* 2006
Continuing Education
Attended one-day APA approved professional training workshop taught by Dr. Mark Reineke. Topics covered provided an overview of current research and lecture regarding strategies for using CBT methods with children, adolescents and their families who suffer from depression and/or suicidal ideation. Children's Medical Center, Seattle, WA
- Eye Movement Desensitization and Reprocessing - (EMDR)* 2006
Continuing Education
Attended APA approved two-day, Part Two Training Series addressing EMDR as a comprehensive treatment for anxiety disorders, PTSD, and adult children of those suffering from substance abuse. Seattle, WA
- Functional Analytic Psychotherapy - (FAP)* 2005
Continuing Education
Attended 1st Annual, APA-approved conference of Functional Analytic Psychotherapy (FAP), taught by Robert J. Kohlenberg, Mavis Tsai, and colleagues. Conducted over two-days with didactic training, lecture, and experiential exercises involving mindfulness. - Seattle, WA
- Dialectical Behavior Therapy (DBT): Skills Training - Emotional Regulation (ER)* 2005
Continuing Education
Attended three day, APA-approved, DBT Skills Training workshop teaching the most current version of Emotional Regulation skills taught by Marsha Linehan, Ph.D., ABPP.
- 7 Hours Acquired Immune Deficiency Syndrome (AIDS) Training* 2005
Continuing Education
Attended 7 hour AIDS training requirement.

GRADUATE PSYCHOLOGY COURSES

- **Clinical**
 - Psychopathology I: Childhood and Adolescence
 - Psychopathology II: Adult - Axis I & II Disorders

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- Interventions I: Individual Therapy
- Person Centered Theory & Therapy
- Cognitive Behavioral Theory & Therapy
- Special Topics: Substance Abuse Interventions
- Group Psychotherapy
- Pain Psychology: Assessment & Treatment – Directed Study
- Introduction to Neuropsychology
- Consultation & Supervision

- **Assessment**
 - Cognitive Assessment: Intellectual
 - WAIS-III & WISC-IV
 - Objective Personality Assessment
 - MMPI-2, PAI, TSI, MCMI-III & MMPI-A
 - Integrative Assessment
 - Focus on Integrating Test Data from several tests and writing a cohesive and well written report tailored to receiving audience
 - Advanced Assessment – Neuropsychological Assessment
 - Focus on neuropsychological concepts, neurobehavioral syndromes, psychometric theory, test battery selection, interpretation and report procedures
 - Comprehensive overview of assessment instruments covering the measurement of memory/visio-spatial, attention/concentration, motor, executive functioning, personality/emotional functioning, response bias
 - WMS-III, WIAT, WTAR, CVLT, RAVLT, Rey Complex Figure (RCT)
 - RCT, JLO, Hooper VOT, Benton Facial Recognition Test
 - Boston Naming Test, Verbal Fluency Test, Token Test, BDAE
 - Conner’s CBT, Brief Test of Attention, Trailmaking Test
 - WCST, Booklet Category Test, Stroop Test, Finger Tapping Test, Grip Strength, Grooved Pegboard
 - Child Neuropsychological Assessment – NEPSY, appropriate modification and interpretation of adult version instruments

- **Theoretical**
 - Lifespan Development: Infants, Children & Adults
 - Professional Ethics, Conduct & Law
 - Professionalization Group I
 - Professionalization Group II
 - Assessment and Treatment of Diverse Populations
 - Cognitive & Affective Processes
 - History & Systems
 - Social Psychology
 - Physiological Psychology

- **Research**
 - Statistics & Quantitative Research Methods
 - Qualitative Research Methods

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RESEARCH ACTIVITIES

- **Research Participant**

Computer-Based Training in Behavioral Activation Treatment for Depressed Adults

Sponsor: National Institute of Mental Health, Rockville Maryland, United States

Investigator: Linda Dimeff, Ph.D.

Sub-Investigators: Sona Dimidjian, Ph.D. & Christopher R. Martell, Ph.D., ABPP

Site: Behavioral Tech Research, Inc., Seattle, Washington, United States

Description: Provided feedback for improving the quality and usability of computer-based training program designed to teach therapists what Behavioral Activation (BA) is, how it works, its evidence base, client orientation to BA, and how to conduct BA sessions.

- **Qualitative Research**

Home schooling mother's personal experiences and how they influenced their decision to home school their own children.

Chair: Dr. Susan DeMattos, Ph.D.

Description: Qualitative work examining the role of past experiences in the decision of whether or not to home school one's own children

Date of Proposal: March, 2006

Date of Completion: April, 2006

RESEARCH INTERESTS

- Group CBT for Chronic Pain populations and investigation of outcomes
- Cognitive Mediation training in various business, non-profit and governmental settings and related outcomes
- Human development and lifespan topics from social and biological science perspectives.
- Investigation of relationship between attachment style in infancy and possible correlation with cognitive distortions in adulthood which may later be shown to be amiable to CBT
- Rehabilitation opportunities in prison, related outcomes, and recidivism percentages; physiological and neurological abnormalities identified in early childhood and adult prison populations
- Parent-Child dynamics in families that choose homeschooling over traditional public and/or private schooling

CLINICAL INTERESTS

- Implementation of Evidence-Based Behavioral Practices (EBBP)
- Personality-guided cognitive and behavioral psychotherapy
- CBT, DBT, CT and Behavioral Modification, Motivational Interviewing, Person-Centered and their implementation through a Feminist Theoretical Lens
- Psychology of Trauma/PTSD – Assessment, Diagnosis, Evidence-Based Treatments and use with culturally diverse populations
- Working with children and families in crisis; Parent Training; Treatment of ODD, CD & ADD/ADHD
- Neuropsychological structures and processes underlying effective therapeutic techniques
- Pain Psychology and understanding Chronic Pain as a Chronic Neurological Illness with psychological and social implications
- Working with those facing terminal illness and related health psychology ([Thanatology](#))

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SKILLS

- Familiarity with Quantitative Statistical Package for the Social Sciences (SPSS)
- Familiarity with Qualitative Research Tools (e.g., Nvivo8)
- Intermediate to Advanced User of Windows 2000/XP/Vista; Microsoft Office 2007 Suite
- Familiarity with Flow Chart Programs, including Visio & SmartDraw

PROFESSIONAL AFFILIATIONS

- American Psychological Association ([APA](#)) - Associate
 - Division 7 - Developmental Psychology
 - Division 42 - Psychologists in Independent Practice
- American Counseling Association - General Member ([ACA](#))
- American Academy of Pain Management - General Member ([AAPM](#))
- International Association for Cognitive Psychotherapy ([IACP](#))
- Association for Behavioral and Cognitive Therapies ([ABCT](#))
 - Behavior Analysis (BASIG); Eye Movement Desensitization and Reprocessing Procedures; Schizophrenia and Other Serious Mental Disorders
- National Alliance on Mental Illness ([NAMI](#)) - Volunteer/State Advocacy/Fundraising
- [Ophelia Project](#) - Volunteer/State Advocacy/Fundraising
- Conflict Resolution Network ([CRN](#))- Associate and Trainer

LICENSES/REGISTRATIONS

- Licensed Mental Health Counselor Associate in State of Washington, #MC 60153003