

Natalie Hernandez DePalma, M.A., L.P.C.
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Education

The Pennsylvania State University, University Park, Ph.D.

September 2005-present

3rd year Doctoral student in the Counseling Psychology program. GPA 4.0, expected graduation, 2009. Areas of concentration include family systems, emotion regulation, obesity prevention and eating problems.

Boston College, School of Education, M.A.

May 2002

Masters received in Counseling Psychology, completed 60-credit track, 600 hour internship at a college counseling and advising center, GPA 3.92.

Tufts University, School of Arts and Sciences, B.A.

May 2000

Bachelors received in Psychology and Child Development, also fulfilled coursework required for Clinical Psychology major. Included on Dean's List, GPA 3.21

Experience

Doctoral Counseling and Research Experience

Graduate Assistant, Counseling and Psychological Services (CAPS)

August 2007-present

Supervisor: Jill Morgan, Ph.D.

Provide short term and long term individual therapy for university students presenting with issues of social anxiety, depression, eating disorders, sexual assault, relationship issues, relationship problems, stress and identity issues. Participate in weekly group supervision for 1 hour and individual supervision for 1.5 hours. Co-lead group for undergraduate women for 1.5 hours per week and partake in supervision with co-leader for 1 hour weekly.

Graduate Assistant, Department of Counseling Psychology

September 2006-May 2007

Coordinate recruitment efforts as part Dr. Elizabeth Skowron's CYFC-grant funded study on child maltreatment. Conduct lab interviews with mothers and children, facilitate collection of physiological, behavioral and written data. Assist Dr. Robert Slaney in study of adaptive perfectionism through interview coordination and research duties, act as teaching assistant for undergraduate course on Discrimination.

Practicum Supervisor, Department of Counseling Psychology

September 2006-May 2007

Provide individual weekly supervision for one hour to two students in Counseling Psychology Masters program during spring semester. During fall semester provide supervision to 3 students for a total of 3 one-hour sessions per student. Monitor progress through videotape and session content. Participate in weekly group supervision for 2 hours and receive individual faculty supervision for 1 hour.

Counselor, Doctoral Practicum – Counseling and Psychological Services (CAPS)

July 2006-present

Supervisors: Jill Morgan, Ph.D., Patty Johnstone, M.S., and Chloe House, Ph.D.

Provide short term and long term individual therapy for university students presenting with issues of anxiety, depression, eating disorders, sexual assault, relationship issues, anger management, relationship problems, stress and identity issues. Participate in weekly group supervision for 2 hours and individual supervision for 1.5 hours.

Counselor, Doctoral Practicum – MBNA Career Center

January 2006-May 2006

Supervisors: Dulin Clark, Ph.D. and Susan Woodhouse, Ph.D.

Provide individual career counseling to university students for career/major exploration and graduate school consulting. Administer and interpret career assessments (e.g. Myers Briggs Type Indicator, Self Directed Search), assist with resume writing and interviewing skills. Receive weekly supervision for 2 hours and individual supervision for 1.5 hours.

**Group Facilitator – Department of Counseling Psychology, Group Psychotherapy Course
September 2006-December 2006**

Supervisor: Kathleen Bieschke, Ph.D.

Facilitate group on issues of diversity, power and inequality for Masters level counseling trainees. Partake in group supervision for 1.5 hours weekly.

Counselor, Doctoral Practicum – Cedar Clinic

September 2005-May 2006

Supervisors: Robert Slaney, Ph.D., Jeffrey Hayes, Ph.D. and Susan Woodhouse, Ph.D.

Provided short term and long term individual therapy for university students presenting with issues such as anxiety, depression, eating disorders, identity disturbance, educational difficulties and stress. Participate in weekly supervision for 2 hours and individual supervision for 1.5 hours.

Counseling Employment

Mental Health Counselor

Wesley Academy

August 2004-August 2005

Provide emotional support, behavioral modification, crisis intervention, academic guidance and social skills treatment to middle and high school students during the school day in a private school. Assist in formulation and modification of students' IEPs. Gain certification in the *Therapeutic Crisis Intervention* approach. Receive weekly individual supervision for one hour.

Family Therapist

FamilyLinks Family-Based Program

November 2002-August 2004

Provide family therapy and crisis intervention to children and their families in home and community settings. Utilize multiple therapeutic methods, refer to appropriate resources and work within a strength-focused paradigm. Provide on-going supervision to Bachelor's level partner. Participate in hiring of new applicants, weekly supervision, monthly clinical groups and training. Receive weekly co-supervision for 1.5 hours.

Teaching Employment

Adjunct Faculty

Robert Morris University

September 2003-December 2004

Part-time instructor in Social Science department. Responsible for all teaching duties of General Psychology Introductory course (fall and spring semesters '03 and '04) and Life Span Development (Fall semesters '03 and '04). Each course fulfills 3 credits.

Masters Counseling Experience

Counseling and Advising Intern

Berklee School of Music, Counseling Center

September 2001-May 2002

Fulfill role of clinical counselor and academic advisor to college students as part of 600 hour internship through Boston College. Coordinate with community psychiatrists. Receive individual supervision weekly for 1.5 hours. Responsible for 240 direct service hours.

Admissions and Career Counselor

Boston College, Office of Graduate Admissions

September 2000-June 2001

Position duties include career counseling to prospective students, represent Boston College at graduate school fairs, respond to phone inquiries and perform administrative duties.

Psychology Intern

University of Pittsburgh, Western Psychiatric Institute and Clinic

July-September 2000

Mentor eating disordered patients during meals at the Center for Overcoming Problem Eating at the University of Pittsburgh Medical Center. Lead art therapy groups.

Awards

American Psychological Association Division 17 Prevention Section Award Winner

December 2006

\$200 award for student to assist in work toward dissertation research.

The Pennsylvania State University Fellowship Winner

April 2005

Two-year award provides tuition remission and stipend. Two awards granted annually.

Boston College TEAM Scholarship Winner (The Excellence Award for Minorities)

Scholarship granted to students who demonstrate superior academic achievement, defrays half the cost of tuition to Boston College per year.

Research

Principal Investigator

May 2006-October 2006

Plan and execute pilot study entitled "Maternal Relational Characteristics and Eating Attitudes" under guidance of advisor and co-author: Dr. Elizabeth Skowron. Study accepted and presented as poster presentation at APA National conference August, 2007.

Research Presentations

DePalma, N. H. & Skowron, E. A. (2007). Maternal Relational Characteristics and Eating Attitudes. *The American Psychological Association Annual Convention, San Francisco, CA.*

Licensure/Certification

Licensed Professional Counselor

June 2005-present

LPC status in the state of Pennsylvania, participate in on-going education and licensed to conduct therapy independently and bill insurance.

Professional Membership

September 2002-present

American Psychological Association Student Affiliate