

NORIS C. RIOS

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EDUCATION

University of Miami

Ph.D. Student, Counseling Psychology

Coral Gables, FL

Expected completion: Summer 2018

University of Miami *Magna cum Laude*

B.A., Major in Psychology, Foreign Languages Minor

Coral Gables, FL

May 2009

CLINICAL EXPERIENCE

University of Miami Counseling Center

Practicum Student Clinician

Coral Gables, FL

Aug 2014 - May 2016

Supervisors: Ernesto Escoto, Ph.D. and Kisha Bazelaïs, Ph.D.

- Conducted individual psychotherapy with an average weekly caseload of 8-10 clients from a diverse university student population
- Co-led an interpersonal process group across two semesters
- Participated in weekly individual and group supervision meetings to conceptualize cases, conduct case presentations, and review videotaped sessions
- Completed case management and clinical paperwork in a timely manner (e.g., intake summaries, treatment plans, progress notes, and case summaries)
- Addressed presenting problems such as behavioral and coping difficulties, family conflict, depression, anxiety, bereavement, and emotion regulation concerns
- Participated in a variety of outreach events:
 - Completed presentations to UM students on topics such as stress, anxiety, and time management
 - Conducted student screenings on National Depression Screening Day
 - Provided assistance for the Walk A Mile in Her Shoes event to raise awareness about sexual violence
 - Participated in tabling for Anxiety Awareness Day and UReact: A Chain Reaction of Kindness event, which is a student led event to raise awareness about mental health concerns and Counseling Center resources

Strong Roots Parent and Caregiver ProgramCoconut Grove, FL
Aug 2014 - May 2015**Group Facilitator***Supervisor: Guerda Nicolas, Ph.D.*

- Conducted a bi-weekly psychoeducation group for ethnically diverse parents and caregivers that addressed ethnic identity development, self-esteem, problem-solving, violence, relationships, and dealing with racism
- Facilitated discussions of culture, community, and parenting strategies to support parents' positive development and empowerment

Institute for Individual and Family CounselingCoral Gables, FL
Jun 2013 - Aug 2014**Practicum Student Clinician***Supervisor: Manuela Menéndez, Psy.D.*

- Provided psychotherapy in English and in Spanish to adolescents, adults, and couples from a diverse local community population with a weekly caseload of 3-5 clients
- Conducted telephone screenings and intake assessments in English and in Spanish
- Participated in weekly individual (in English and in Spanish) and group supervision meetings to conceptualize cases, conduct case presentations, and review videotaped sessions
- Attended bi-monthly in-service trainings on suicide assessment and prevention, conducting intake interviews, parenting trends, substance abuse, psychopharmacology, working with GLBTQ clients, working with clients who have been sexually abused, working with adolescent clients, trauma, and clinical supervision.
- Completed case management and clinical paperwork (e.g., intake summaries, treatment plans, progress notes, and case summaries)

ASSESSMENT EXPERIENCE**Institute for Individual and Family Counseling Assessment Lab**Coral Gables, FL
Jun 2014 – Jun 2015**Assessment Practicum Student***Supervisor: Rachel Miller, Psy.D., J.D.*

- Conducted clinical interviews with children and parents
- Administered, scored, and interpreted psychoeducational and clinical assessments (self, parent, and teacher scales): Behavioral Assessment System for Children, Conners 3rd Edition, Wechsler Intelligence Scale for Children 4th Edition, Wechsler Individual Achievement Test 3rd Edition, Woodcock-Johnson III Tests of Cognitive Abilities and selected Achievement subtests, Thematic Apperception Test
- Completed 4 comprehensive reports including diagnostic and clinical impressions, as well as recommendations
- Provided feedback to parents
- Participated in weekly group supervision

TEACHING EXPERIENCE

University of Miami

Coral Gables, FL
Aug 2015 - May 2016

Teaching Fellow

Supervisor: Debbiesiu Lee, Ph.D.

- Taught undergraduate course: EPS270-Lifespan Human Development for an average of 25 students
- Selected textbook and supplemental readings from research journals
- Created syllabus that was consistent with University of Miami guidelines
- Prepared lectures consistent with learning objectives, as well as multi-media presentations including electronic polling and quizzing software
- Created interactive class activities like small group discussions and projects
- Created and graded assignments, including empirical article critiques, class presentations on development topics, weekly online quizzes and assignments, and written midterm and final exams
- Met with students during weekly office hours to provide additional support
- Consulted with supervisor and dean to promote student progress

Role-Play Supervisor

Aug 2014 - Dec 2014

Supervisor: Manuela Menendez, Ph.D.

- Completed course: EPS 634 Clinical Supervision and Consultation
- Supervised 3 Masters-level beginning clinicians in role-plays over the course of a semester as part of a counseling skills course that is a prerequisite to them providing psychotherapy to community clients
- Provided group, individual, and written feedback to each student for role-plays

Guest Lecturer

Oct & Nov 2014

Supervisor: Monica Page, Ph.D.

- Guest lectured on Psychoanalytic Theory for undergraduate course: EPS420 Introduction to Counseling and Psychotherapy
- Guest lectured on Cognitive Behavioral Therapy for undergraduate course: EPS420 Introduction to Counseling and Psychotherapy

Guest Lecturer

Nov 2013

Supervisor: Anna Wheatley, B.A.

- Guest Lectured on Cultural Diversity: Family Strengths and Weaknesses for undergraduate course: EPS280 Introduction to Family Studies: Dating, Coupling, Parenting

PRESENTATIONS

- Rios, N. (2015, March). *Coping Approaches Utilized By Haitians Living In Haiti Following the 2010 Earthquake*. Presented at Preparing Future Faculty Research Forum, University of Miami, Coral Gables, FL.
- Rios, N. (2014, August). *Development and Evaluation of a Coping Measure for Haitian Individuals*. Poster presented at the American Psychological Association Convention, Washington, DC.
- Rios, N. (2014, February). *Coping Approaches Utilized By Haitians Living In Haiti Following the 2010 Earthquake*. Poster presented at the Teachers College Winter Roundtable, Columbia University, New York, NY.
- Rios, N. (2009, April). *Brooding and Pondering Rumination in Relation to Depression*. Poster presented at the Research and Creativity Forum, University of Miami, Coral Gables, FL.

RESEARCH EXPERIENCE

CRECER Research Team Member

University of Miami

Supervisor: Guerda Nicolas, Ph.D.

Aug 2012 - Present

Coral Gables, FL

Research Assistant

- Participated in conceptualizing research aimed at promoting ethnic identity development and well-being among culturally diverse populations
- Collaborated on team projects to enhance ethnic identity development in children and parents, promote well-being and mental health in Haiti and the Haitian Diaspora, and promote civic engagement within the Miami community
- Participated in weekly research team meetings to collaborate on manuscript writing and coordination of community-based research projects
- Collected, entered, and analyzed data using SPSS and Excel

Strong Roots Parent and Caregiver Program Coordinator and Group Facilitator

- Implemented empirically based group parenting intervention for parents and caregivers of children of color
- Provided psychoeducation and facilitated group discussions focusing on racial socialization, parent-child interaction, and well-being
- Administered psychosocial measures to participants in order to evaluate program effectiveness and participant needs

Breakthrough Miami Evaluation Project Coordinator

- Administered psychosocial measures (self-efficacy, racial/ethnic socialization, gender attitudes, leadership skills) to high school students
- Administered psychosocial measures (self-efficacy, gender attitudes) to teachers

- Authored program evaluation report including analysis and interpretation of academic and psychosocial variables, and recommendations
- Coordinated ongoing meetings with community partners

Breakthrough Miami Mentoring Program Coordinator

- Facilitated focus groups of Breakthrough Alumni
- Transcribed audio recordings for 6 focus groups, 46 total participants
- Coded transcript data and wrote a report summarizing themes
- Developed a mentoring program curriculum for high school students based on themes derived from focus group data and evidence-based best practices for mentoring programs
- Coordinated and led training sessions for about 6-10 college student mentors per semester over two academic years
- Coordinated mentoring program for college and high school students
- Created and administered evaluation surveys for mentors and mentees
- Coordinated ongoing meetings with community partners
- Managed mentoring database

Kulula Tutoring and Mentoring Project Coordinator and Evaluator

- Coordinated and supervised the implementation of the Kulula Project, an empirically based mentoring and tutoring program focused on enhancing ethnic identity and self-efficacy in children
- Administered measures to children individually to evaluate program effectiveness
- Recruited and trained assessment volunteers
- Supervised mentors and tutors in the delivery and fidelity of the curriculum
- Conducted weekly meetings to discuss program progress
- Recruited and trained university student volunteers on mentoring program curriculum, tutoring, and child development

Perceptions of Depression Measures Project

- Coded 3 transcripts from focus groups of Black folks from varying backgrounds
- Analyze thematic patterns in focus group data
- Participated in team meetings to discuss coding decisions
- Coordinated the manuscript writing process and authored sections of the manuscript

Mood and Anxiety Disorders Lab

University of Miami

Supervisor: Jutta Joormann, Ph.D.

May 2007 - May 2009

Coral Gables, FL

Research Assistant

- Completed Senior Honors Thesis: Brooding and Pondering Rumination in Relation to Depression
- Participated in Psychology Research Initiatives Mentorship Experience
- Conducted phone screenings of potential study participants
- Scheduled and facilitated cognitive assessment sessions
- Kept detailed logs of participant progress through each study
- Collected, entered, and analyzed data using SPSS and Excel
- Aided in the general clerical upkeep of the lab (made copies of questionnaire packets, kept files for each participant, transcribed interview recordings)
- Attended weekly lab meetings to discuss the progress of studies, collaborate in the design of new studies, and make PowerPoint presentations

PROFESSIONAL DEVELOPMENT

Florida Psychoanalytic Institute Scientific Meetings

Westin Colonnade Hotel

Fall 2013 - Fall 2014

Coral Gables, FL

Institute for Individual and Family Therapy

Bi-weekly In-Service Training

University of Miami

Aug 2013 - May 2014

Coral Gables, FL

Adults and Children Together Raising Safe Kids Facilitator Training

South Miami Hospital

Oct 2012

Coral Gables, FL

PROFESSIONAL MEMBERSHIPS

American Psychological Association, Student Affiliate (Division 17)

Aug 2012 - Present

HONORS/AWARDS

University of Miami

Undergraduate studies

Coral Gables, FL

Aug 2006 - May 2009

Magna cum Laude, Departmental Honors, Florida Academic Scholar, George E. Merrick Scholarship, President's Honor Roll, Provost's Honor Roll, Dean's List