

EDUCATION

University of Miami, Coral Gables, FL

August 2018 – Present

Ph.D. Student, Counseling Psychology

Dartmouth College, Hanover, NH

June 2018

B.A. Psychology & Anthropology

Universidad Torcuato Di Tella, Buenos Aires, Argentina

March 2016

Spanish Language and Cultural Immersion Program

HONORS/AWARDS

2020*Travel award for \$320, University of Miami School of Education and Human Development**First placing poster (score of 4.5 or higher out of 5), Division of International Psychology (#52) at the 2020 APA National Convention*2019*Research support award for \$800, University of Miami School of Education and Human Development**Travel award for \$1,000, University of Miami Graduate School*2018*Cum Laude, Dartmouth College**Second Honors, Dartmouth College**Order of Omega Honor Society, Dartmouth College*2015*Academic citation in an undergraduate class titled "Death and Dying," Dartmouth College*2013*Outstanding Youth Award Finalist, United Way of Miami-Dade County**National Memory Makers Scholarship for \$10,000, Montage Hotels**Leadership Medal for Drive, Humility, and Service Before Self, Ronald Reagan Presidential Foundation and Institute**Orgullo de Nuestra Juventud Scholarship for \$2,000, Univision Communications Inc.***RESEARCH EXPERIENCE**

University of Miami

August 2018 – Present

Miami, FL *Graduate Research Assistant*Challenging Racism and Empowering Communities through Ethnocultural Research (CRECER)

The CRECER team is a community-based participatory research team that is committed to enhancing of the cultural identities of minority and immigrant children and families, bridging communities, and promoting emotional and physical health and wellbeing from a strengths-based approach. Responsibilities include leading theory driven program evaluation efforts, participating in multiple federal and private grant preparations, authoring, editing, and reviewing team manuscripts for publication, and assisting in community-based research through the following outreach programs:

- Strong Roots Project Coordinator and Facilitator

August 2020 – Present

- Assist in the digitization of the empirically based curriculum addressing topics related to racial socialization, parent-child interactions and wellness.
 - Recruit caregivers of Black youth to participate in the program.
 - Conduct focus groups to assess the feasibility of utilizing a remote format for programming.
 - Conduct orientation and training of community co-facilitators, supervise co-facilitators, and administer measures to participants in a group format.
 - Coordinate programming maintain community relationships and partnerships and produce program summaries.
- Impact of COVID19 on Health Care Professionals *Project Coordinator* April 2020 – Present
 - Participated in the development of the IRB protocol to conduct this research project.
 - Constructed the Qualtrics survey for data collection.
 - Recruited participants to complete the survey.
 - Analyzed and synthesized the data using SPSS.
 - Created an executive summary in which the data was reported in a digestible manner along with recommendations applicable to health care professionals, institutions employing these individuals and policies impacting them.
 - The Kulula Project *Supervisor and Co-Coordinator* August 2018 – August 2020
 - Co-ordinated the weekly meeting of undergraduate mentors and elementary aged mentees in order to engage the mentees in an empirically based racial and ethnic socialization program.
 - Recruited, trained, and supervised five undergraduate students in the mentor role.
 - Conducted a program evaluation by creating a theory of change and logic model and utilizing these tools to investigate program efficacy.
 - Ensured mentor adherence to curriculum and provided support by reviewing survey data completed by mentors on a weekly basis.
 - Reviewed and update program curriculum for developmental appropriateness.
 - Compiled executive summary of lab projects for funders and community partners.
 - Assisted in the digitization of the curriculum for virtual delivery.
 - Urgent Inc., Youth Empowerment Program (YES!) Camp *Evaluation Team Member* June 2019 – Present
 - Trained camp counselors in the Kulula Project Afrocentric curriculum within the context of a six-week empowerment summer camp for girls.
 - Conducted one-on-one assessments focusing on racial/ethnic identity development and self-concept with over 30 ethnically diverse girls ages 5-13.
 - Conducted focus groups consisting of 3-5 girls focusing on racial/ethnic identity development and self-concept ages 8-14.
 - Conducted 20 hours of observational research.
 - Analyzed and interpreted quantitative and qualitative data to produce a summary report and recommendations for the camp organizers.
 - Children's Branch Program *Co-Coordinator and Facilitator* August 2018 – 2019
 - Co-coordinate biweekly session with five elementary school aged children to discuss topics of racial and ethnic identity and social and emotional intelligence.
 - Modify the current curriculum to include more appropriate social and emotional intelligence lessons and activities and continue to make changes as feedback is collected from the children.

Emotional Intelligence and Implicit Bias Among Adults

August 2020 – Present

This graduate student-initiated pilot study aims to explore the feasibility of utilizing an Ambiguous Situation style assessment with adults in an online format to assess implicit bias. Further, this study aims to explore the relationship between expressions of implicit bias and emotional intelligence.

- Acquire \$800 in funding for the project and utilize the funds to hire an artist to design elements used in the survey.
- Create the IRB protocol to conduct this research project.
- Construct the Qualtrics survey for data collection.

- Engage in literature review to design items for the Ambiguous Situation Task that assess colorism implicit bias colorism, rather than a Black/White racial dichotomy bias.
- Recruit participants to complete the survey.
- Analyze the qualitative data.
- Analyze and synthesize the quantitative data using SPSS.

Research Supervisor: Guerda Nicolas, Ph.D.

Rebati Sante Mentale, Teacher's Mental Health Training

July 2019

Ti Goave, Haiti *Graduate Research Assistant*

- Assisted in the deliverance of a "Train the Trainers" model of a mental health training seminar for teachers from various regions of Haiti.
- Collected observational and qualitative data gauging program efficacy.
- Summarized findings in a program evaluation report used to improve the program for future iterations.

Research Advisors: Guerda Nicolas, Ph.D.

Mailman Center for Child Development

June 2019 – January 2020

Miami, FL *Graduate Research Assistant*

The Children's Trust Parent Club Workshops: This is a research project that collects data from individuals participating in one or more "parenting workshops" aimed at providing ethnically diverse caregivers in marginalized communities psychoeducation to efficiently improve parent child relationships and utilize empirically supported parent child intervention therapy (PCIT) strategies at home.

- Conducted literature reviews and assisted in decision regarding research design.
- Assisted in the training of workshop facilitators and evaluation of fidelity of material delivery.

Research Advisors: Allison Weinstein, Ph.D., Anai Cuadra, Ph.D.

Dartmouth College, Department of Psychological and Brain Sciences

March 2017 – June 2018

Hanover, NH

Research Assistant

- Collaborated in the development of a mobile intervention application that provides counseling to underserved and underprivileged populations that have are in need of supplemental clinical support.
- Performed literature review on social support networks and mobile health interventions.
- Developed content and designed the current prototype training manual that is being used for training mobile interventionists.
- Evaluated the efficacy of the intervention strategies by recruiting research participants with a background in psychology to conduct simulations of conversations with research participants.
- Synthesized the data from the simulations to evaluate the efficacy of the different intervention strategies.
- Collaborated with other research assistants to design a coding method for the data on interactions between trained mobile interventionists and patients and subsequently coded and analyzed the data.

Research Supervisor: William Hudenko, Ph.D.

Dartmouth College, Department of Psychological and Brain Sciences

June 2016 – August 2016

Hanover, NH

Research Practicum

- Pursued a research question regarding context dependent learning with the aid of three peers.
- Created the research design to optimally pursue the research question.
- Recruited participants that would be asked to listen to a recording of a list of thirty words that were coded as "outdoor," "indoor," or "neutral" words.
- Collected data by requiring participants to write down all the words they could remember after instructing them to do so, and the recording the data on Google Sheets.
- Analyzed that data using SPSS and Microsoft applications and presenting the findings at an informal poster presentation for the Psychological and Brain Sciences Department at Dartmouth College.

Research Supervisor: Jeremy Manning, Ph.D.

PUBLICATIONS

Book Chapter:

Meyer, M. L., McKenny, M., Liddell-Quintyn, E., Nicolas, G., St. Louis, G., (Accepted, 2021). Racial Stress and Racialized Violence among Black Immigrants in the U.S. In P. Tummala-Narra (Eds). *Trauma and Racial Minority Immigrants*. APA Division 45 Book Series.

Peer Reviewed Manuscripts Submitted:

Meyer, M. L., Nicolas, G., Louder, C., (Submitted, Revise and Resubmit). Creating *With*, Not *For* People: Theory of Change and Logic Models for Culturally Responsive Community-Based Intervention. *American Journal of Evaluation*.

Coupet, S., Nicolas, G., Louder, C., **Meyer, M.,** (Submitted, Under Review) When Public Health Messages Become Stressful: Managing Chronic Disease During COVID-19.

Meyer, M. L., Young, E., (Submitted, Revise and Resubmit). A Model for Psychologists Working with Marginalized Populations Impacted by COVID19. *Professional Psychology: Research and Practice*.

Non-Traditional Publications:

Nicolas, G., **Meyer, M.,** & Louder, C. (2019, September 24). Mental-health specialists in Dorian-battered Bahamas must respect Haitians' values | Opinion. *Miami Herald*. Retrieved from <https://www.miamiherald.com/opinion/op-ed/article235429307.html>

Meyer, M. (2019, July 26). Training teachers in Haiti to address mental health. Retrieved from <https://news.miami.edu/stories/2019/07/training-teachers-in-haiti-to-address-mental-health.html>

Manuscripts in Preparation:

Meyer, M. L. Impact of Exposure to Heritage Language on Immigrant-Background Adolescents' Relationship with Caregivers.

Meyer, M.L., Louder, C., Nicolas, G., Self, Kyle. The Psychological Impact of the COVID-19 Pandemic on Health Care Workers in the United States.

ACADEMIC PRESENTATIONS AND WORKSHOPS

Meyer, M.L. (2020). *Impact of Exposure to Heritage Language on Immigrant-Background Adolescents' Relationship with Caregivers*. Paper presented at the 20th Annual Diversity Challenge: Race, Culture, & WHMP. Boston College's Institute for the Study of Promotion of Race and Culture (ISPRC). Virtual.

Meyer, M.L., Louder, C., (2020). *SEL is "WEIRD!" Centering Culture and Diversity in Social and Emotional Learning*. Roundtable presented at the 20th Annual Diversity Challenge: Race, Culture, & WHMP. Boston College's Institute for the Study of Promotion of Race and Culture (ISPRC). Virtual.

Nicolas, G., **Meyer, M.L.,** Louder, C., Bastien, G. (2020). *Community-based Programs for Racial Identity Development: Theoretical Foundations and Applications*. Roundtable for Annual Convention of the American Psychological Association, Virtual. (Division 45 programming canceled)

Meyer, M.L. (2020) *Can the presence of heritage language in the home impact adolescent immigrant family relationship?* Poster presentation at Annual Convention of the American Psychological Association, Virtual. <https://www.youtube.com/watch?v=cXR6Fcbt6z4&t=82s>

Meyer, M.L., Fernandez-Burgos, M., Schooley, R. (2020). *Empathy and Graduate Training: the good, the bad, the incomplete*. Roundtable for the 2020 Counseling Psychology Conference in New Orleans, LA, <https://web.cvent.com/event/c6132ca8-b151-434c-9c88-9d78537dfc55/summary> (Conference canceled)

Meyer, M.L. (2020) *Exploring Prejudice in Children: Who Do Kids Hold Prejudice Against and How Can We Find Out?* Poster presentation at the Graduate + Postdoctoral Research Symposium. University of Miami. Miami, FL.

Louder, C. & **Meyer, M.L.** (2020) *Maintaining Motivation for Academic Achievement for Ethnically Diverse Students through Mentorship*. Roundtable presented at the Teachers College Winter Roundtable, Columbia University, New York, NY.

Meyer, M.L., & Nicolas, G. (2019) *Designing Community-Based Interventions to Empower Ethnically Diverse and Immigrant Individuals* Workshop presented at the 19th Annual Diversity Challenge: Race, Culture, & WHMP. Boston College's Institute for the Study of Promotion of Race and Culture (ISPRC). Chestnut Hill, MA.

Meyer, M.L., & Nicolas, G. (2019) *Friends, Family, and Faith: An Exploration of Protective Factors and Risk-Taking Behaviors among Ethnically Diverse and White Adolescents*. School of Education and Human Development Graduate Student Research Poster Showcase. University of Miami. Miami, FL.

Meyer, M.L., & Nicolas, G. (2019) *Is Self Esteem Enough?: An Exploration of Risk-Taking Behaviors Among Ethnically Diverse and White Adolescents*. Poster presentation at the Graduate + Postdoctoral Research Symposium. University of Miami. Miami, FL.

INVITED PRESENTATIONS:

Meyer, M.L., Louder, C., (2020) *Managing Mental Health as an Adolescent During COVID19*. Urgent INC. Virtual.

Nicolas, G., **Meyer, M.L.,** (2019) *Impact of Racism and Community Violence Workshop*. Melissa Institute. Miami, FL.

TEACHING EXPERIENCE

University of Miami July 2020 – August 2020

Miami, FL *Teaching Assistant*

Course: Therapy for Couples

Instructor: Guerda Nicolas, Ph.D.

- Served as a teaching assistant for a master's level course.
- Presented a two-hour lecture to introduce the topic of couples counseling and provide a brief history of the field.
- Facilitated class discussions and activities.
- Created supplemental content for students to use outside of class.

University of Miami

Miami, FL *Guest Lecturer*

February 2019

Course: Advanced Child Development/Observation and Civic Engagement

Instructor: Rebecca Bulotsky Shearer, Ph.D.

- Presented a 50-minute lecture with two other individuals titled: "Working with Diverse Youth in Classroom and Community Settings."

Dartmouth College

November 2016 – June 2018

Hanover, NH *Tutor for PSYC 001: Introduction to Psychology*

Responsibilities:

- Based on the qualification of above the median final grade (A-) in Introductory Psychology, I was invited to tutor students enrolled in Psychology 1: Introductory Psychology on an individual basis.
- Clarified topics students struggle particularly with.

- Reviewed, researched and developed a deep understanding of the specific topics students required additional help with before one-on-one sessions.

Montshire Museum of Science,

June 2017 – September 2017

Norwich, VT *Science Educator*

- Guided family-oriented science experiments on various topics at the “Science Discovery Lab” and encouraged scientific thinking skills such as making observations, developing hypotheses, and increasing science literacy during demonstrations and informal interactions at various exhibits on display.
- Facilitated open-ended engineering projects by supporting autonomous exploration while providing didactic guidance.
- Completed the Donely Fellowship Program in which college students are expected to attend seminars centered around informal education.

CLINICAL EXPERIENCE

Institute for Individual and Family Counseling

January 2020 – Present

Coral Gables, FL *Practicum Student Clinician*

Supervisor: Annalesa Kahn, Psy.D.; Lissette Perez-Lima, Ph.D.

- Collaboratively engage in psychotherapy with individuals ranging in ages 20 to 55 from a diverse local community population with a weekly caseload of 3-5 clients.
- Conduct telephone screenings and intake assessments.
- Participate in weekly individual and group supervision meetings to conceptualize cases, conduct case presentations, and review videotaped sessions.
- Attend bi-monthly in-service trainings on psychopharmacology, family therapy, and trauma-informed therapy.
- Complete case management and clinical paperwork (e.g., intake summaries, treatment plans, progress notes, and case summaries).

URGENT Inc.

October 2020 – Present

Virtual, *Coordinator and Facilitator*

- Conduct weekly 30-minute mental health check-ins with 5-8 middle school aged girls enrolled in Rites of Passage Girls camp through URGENT Inc.
- Prepare psychoeducation material on various social and emotional learning topics such as emotional identification, emotional literacy, and coping skills.
- Recruit therapists in training and serve as a liaison between community partners through URGENT Inc and therapists to schedule sessions, and ensure participants are receiving desired support and psychoeducation on relevant topics.

Crisis Text Line Non-Profit

August 2017 – August 2018

Crisis Counselor

- Trained in crisis intervention and management skills, rapport building and active listening skills, and collaborative problem-solving skills.
- Supported people in crisis in a one-time anonymous conversation by thinking quickly, establishing trust, and providing appropriate resources.

Bernice A. Ray Elementary School

September 2017 – November 2017

Hanover, NH *Intern with the Behavioral Specialist Department and School Counselors*

- Supported children with behavioral and emotional disturbances using applied behavior analysis techniques such as token economy systems.
- Shadowed school counselors and behavioral specialists to observe strategies and tools used to correct maladaptive cognition and socially unacceptable behavior in students and observe how to model desirable behavior for those students.
- Compiled data on student behavior with potential need for intervention by recording behavioral antecedents/ setting events, classifying maladaptive behavior, and natural and created consequences of the behaviors being observed.

- Created a board game based on research on effective ways to increase emotional literacy and intelligence skills in an elementary school population that is still currently used by the school counselor as a tool to engage students that experience emotional disturbances.

X Family Foundation

September 2012 – June 2014

Miami, FL *Youth Liaison*

- Supervised and engaged with elementary school aged children with Fragile X.
- Organized and managed up to 15 high school aged volunteers to assist with the Leaning Links School end of year show and trained them in the nuances of Fragile X.
- Facilitated events, managed and recruited volunteers, and participated in fundraising activities for a non-profit with a mission to help students with Fragile X.
- Recruited and connected youth in the theater community with volunteer opportunities through the X Family Foundation and other organizations involving children with sensory difficulties, yielding a significant increase in awareness in the adolescent community.

PROFESSIONAL MEMBERSHIP

American Educational Research Association 2018 – Present

American Psychological Association

Student Affiliate of Division 17: Society of Counseling Psychology 2018 – Present
 Student Affiliate of Division 45: Society for the Psychological Study of Culture, Ethnicity, and Race 2018 – Present
 Student Affiliate of Division 52: Division of International Psychology 2019 – Present

American Psychological Association of Graduate Students (APAGS) 2018 – Present

Society for Research on Child Development 2019 – Present

ADVANCED TRAININGS

Preparing Future Faculty (PFF) 2018 – 2019

University of Miami, School of Education

- Prepared individuals in the intensive to:
 - Refine research interests
 - Apply for grants
 - Network at academic conferences
 - Explore and adopt various teaching methods
 - Pursue mentorship

Rockefeller Global Leadership Program 2017

Dartmouth College, Nelson A. Rockefeller Center for Public Policy and the Social Sciences

- One of 20 diverse individuals selected from a competitive pool of applicants to engage in a ten-week training in intercultural leadership competencies
- Seminars, small-group and individual activities, case studies, and a culminating project focused on the following topics:
 - Cultural identity
 - Cross-cultural communication
 - Culture shock
 - Diversity
 - Self-awareness
 - Globalization

Lectures

Latinx Communities: Race, Gender, and Class in Education and Health

February 2, 2020

Nancy López, Ph.D. University of Miami Institute for Advanced Study of the Americas (UMIA)

- Highlighted measures currently utilized in research on race, gender, class, and ethnicity

- Explored the concept of “street race”
- Emphasized the need for an intersectional approach to enrich the lessons that can be learned from data
- Discussed implications of intersectional research for legal policy

Saving our Youth Symposium

October 26, 2018

U-Turn Consulting

- Utilized an interdisciplinary lens to understand how various institutions and systems (e.g., foster care) impact youth

Workshops

Preparing and Institutional Review Board (IRB) Protocol

January 30, 2019

Vivienne Carrasco, University of Miami

- Provided recommendations for and step-by step demonstration of necessary steps for submitting and IRB application through the university.

Writing the Literature Review

October 31, 2019

April Mann, Writing Center at the University of Miami

- Explored the most salient and essential dimensions of writing a literature review.

Introduction to R

May 19, 2020

Trent Combs, M.Ed., University of Miami

- Explored basic functions of R such as importing and visualizing data and simple coding

OTHER PROFESSIONAL EXPERIENCES

Social Justice Committee

June 2020 – Present

Counseling Psychology Doctoral Program at University Miami

- Participate in meetings aiming to explore how values of social justice can be infused across various aspects of the University of Miami’s Counseling Psychology Doctoral program
- Create a Qualtrics survey to assess student and faculty readiness to make appropriate changes to ensure a social justice-orientation is embedded throughout the program’s various operations.

SKILLS

Computer/Technical: Proficient in SPSS, Qualtrics, Microsoft Excel and PowerPoint, and Google Sheets for data collection and analysis. Proficient in iMovie and Canva for creating video and media.

Languages: Spanish (Reading, Writing, Speaking and Understanding at an Intermediate Level).