

Curriculum Vitae
Gabrielle M. del Rey
GMD27@miami.edu
(786) 942-7410

EDUCATION

- University of Miami**, Coral Gables, FL *Expected 2024*
Doctoral Student in Counseling Psychology (APA Accredited)
- University of Southern California**, Los Angeles, CA *May 2019*
Master's in Marriage and Family Therapy
- University of Texas**, Austin, TX *May 2016*
Bachelor of Arts, Psychology (Sociology minor)
Departmental Honors, Psychology

CLINICAL EXPERIENCE

Nicklaus Children's Hospital *2021–Present*
Miami, FL
Supervisors: Rose Alvarez-Salvat, Ph.D., Lissette Perez-Lima, Ph.D.
Clinician

- Perform consultation–liaison services in English and Spanish for children, adolescents, and families affected by a range of medical conditions, including an intake interview and tailored psychological and behavioral recommendations
- Maintain a case load of at least five individual and/or family outpatient therapy cases for children and adolescents presenting with a variety of major behavioral/developmental disorders as well as medical conditions
- Provide outpatient therapy of different modalities including a manualized and evidence-based cognitive behavioral therapy treatment for anxiety, person-centered and process-oriented therapy, and skills-based therapy for self-harm
- Administer, score, and write psychological assessments and reports for youth presenting with undiagnosed learning difficulties including the Woodcock-Johnson IV test of cognitive abilities for diagnostic clarification
- Provide psychological services to youth with diabetes and their families as part of a multi-disciplinary monthly clinic
- Attend seminars discussing the nature and psychological presentation of medical conditions such as diabetes, migraines, and neurodevelopmental disorders

Culturally Informed and Flexible Family-Based Treatment for Adolescents *2020–2021*
Coral Gables, FL
Supervisor: Maite Mena, Psy.D.
Clinician

- Provided weekly individual and family therapy to Latino adolescents ages 11 to 18 who have engaged in self-harm and their families
- Taught psychoeducational modules addressing mental health topics such as distress tolerance, emotion regulation, parenting, interpersonal effectiveness, self-harm, family acculturation stress
- Implemented interventions including dialectical behavioral therapy and motivational interviewing
- Attended weekly 1-hour group supervision to review clinical cases and discuss treatment plans
- Maintained timely and confidential client records

Institute for Individual and Family Counseling

Coral Gables, FL

Supervisor: Annie Khan, Ph.D., Lissette Perez-Lima, Ph.D.

Practicum Student Clinician

- Provided psychotherapy at a community-based training clinic to six clients ranging in age from 18 to 40
- Conducted telephone screenings in English and Spanish as well as bilingual intake assessment sessions for new clients
- Performed case management including intake summaries, case conceptualizations, treatment plans, and progress notes
- Participated in weekly 1-hour individual and 2-hour group supervision meetings focused on collaborative case conceptualization, formal case presentations, and review of videotaped therapy sessions
- Attended bi-weekly in-service trainings featuring advances in empirically supported treatments

URGENT, inc.

2020–2021

Miami, FL

Coordinator and Facilitator

- Conducted 30-minute mental health check-ins with five to eight middle school-aged girls participating in a girl's self-esteem and empowerment camp
- Prepared emotional processing and self-esteem building activities to facilitate emotional awareness, emotional expression, coping skills, and strong self-esteem

Camino Nuevo Charter Academy Dalzell-Lance High school

2018–2019

Los Angeles, CA

Supervisor: Olga Aguilar, LMFT

Marriage and Family Therapy Trainee

- Provided free individual therapy to 15 high achieving, under privileged Latino high school students and their families, totaling 230 direct individual therapy hours
- Co-facilitated therapy groups for high school students, one focusing on raising girls' self-esteem and another to support LGBTQ+ students, totaling 24 group therapy hours
- Participated in weekly 1-hour individual and 2-hour group supervision, totaling 80 hours of supervision

TEACHING EXPERIENCE

University of Miami

Coral Gables, FL

Instructor

Fall 2021–Spring 2022

EPS280: Introduction to Family Studies: Dating, Coupling, and Parenting

- Taught course to 25 undergraduate students per semester on the theory and practice of social, romantic, parent-child, and family relationships
- Created course syllabus, three exams, and a final paper assignment aimed at facilitating students' application of the material learned in the course to a case study family
- Utilized a variation of teaching strategies including didactic lectures, facilitated group discussions, and prompted personal reflection designed to engage students in critical thinking of course material

Guest Lecturer

October 2021, April 2022

EPS 420: Introduction to Counseling and Psychotherapy

Instructor: Marisol Meyer

- Presented on Bowenian family theory and family therapy to a class of over 20 undergraduate students
- Facilitated a group discussion based on the material presented

Teaching Assistant

EPS672: Therapy for Couples (master's level course)

Instructor: Guerda Nicolas, Ph.D.

- Provided support to 22 graduate students in and out of the classroom as needed
- Presented lecture on infidelity and strategies to support couples healing from infidelity
- Prompted group role plays and discussions teaching students clinical skills for working with couples in therapy
- Graded students' final presentations, which required they apply a theoretical orientation to a case study

Guest Lecturer

September 2020

EPS671: Family Therapy (master's level course)

Instructor: Maite Mena, Psy.D.

- Presented on the history of Bowenian family theory and the practical application of Bowenian family therapy to 20 graduate students
- Led and facilitated group discussion of family therapy techniques, including some role plays for master's students to practice skills

PUBLICATIONS IN PRESS AND IN PROGRESS

Louder, C. N., Franklin, A. R., Meyer, M. L., **del Rey, G. M.**, Gutierrez, M. A., Masters, B., & Nicolas, G. (accepted). The fight for civil rights and its connection to mental health in black communities. In M. Fuller & C. Small (Eds.), *Anti-Blackness: White Privilege, Allyship, and Psychology* (1st ed). Oxford University Press.

Mena, M., **del Rey, G. M.**, Gutierrez, M., Gattamorta, K., Lazarus, B., & Santisteban, D. Culturally informed flexible family based treatment for adolescents: Designing a technology assisted treatment to better serve adolescents with self-harm behavior. (submitted)

Louder, C. N., Meyer, M., **del Rey, G. M.**, & Franklin, A. Elevating community-driven socioecological participation and action: A case study with Black youth. (submitted)

Nicolas, G., Simmons, A., Louder, C. N., Franklin, A., & **del Rey, G. M.** Racial health inequities in BIPOC communities. (submitted)

PRESENTATIONS

Del Rey, G. M. (2022, August). Modifications of CIFTA for self-harming youth. In Gattamorta, K. A. (Chair), *Theoretical foundations and adaptations for self-harm and sexual and gender minority youth* [Symposium]. Annual American Psychological Association Convention. Minneapolis, MN

Gutierrez, M., **del Rey, G. M.**, Mena, M., & Santisteban, D. (2021, October). *Culturally Informed and Flexible Family Based Treatment for Adolescents: Theory, Evidence, Practice, and Training* [Conference symposium]. National Latino Psychological Association Annual Conference.

Louder, C. N., Meyer, M., **del Rey, G. M.**, & Franklin, A. (2021, July). *A Sociological Approach for Psychological Well-Being in Black Families: An Interactive Panel Discussion* [Conference discussion]. APA Division 45 Annual Conference.

Santisteban, D., & **del Rey, G. M.** (2021, April). *Working with Latino adolescents and families to treat self-harm and other behavioral and emotional issues* [Virtual community presentation]. The University of Miami Student Counseling Center.

- Louder, C. N., & del Rey, G. M. (2021, February). *Contextualizing suicide in Black children and adolescents: Integrating systemic and sociocultural factors* [Conference roundtable]. Columbia University Teachers College Winter Roundtable Conference.
- del Rey, G. M., Kopchick, E., & Tarm, J. (2021, February). *University of Southern California Master's in Marriage and Family Therapy Alumni Panel on Doctoral Programs* [Panel discussion]. The University of Southern California.
- Mena, M., Santisteban, D., & del Rey, G. M. (2020, November). *Working with adolescents and families to treat self-harm and other behavioral emotional issues* [Community presentation]. Miami-Dade County Mental Health Coordinators.
- del Rey, G. M., Stanton, A. M., & Meston, C. M. (2017, February). *The relationship between sexual shame and sexual self-schemas* [Conference poster presentation]. International Society for the Study of Women's Sexual Health, Atlanta, GA.
- Stanton, A. M., del Rey, G. M., Nichols, L., & Meston, C. M. (2016, February). *A brief intervention to increase heart rate variability increases physiological sexual arousal in sexually functional women: Results from a pilot study* [Conference paper presentation]. International Society for the Study of Women's Sexual Health, Charleston, SC.
- del Rey, G. M., Stanton, A. M., & Meston, C. M. (2016, April). *The relationship between sexual shame and sexual self-schemas* [Poster presentation]. The University of Texas at Austin College of Liberal Arts Honors Day Reception, Austin, TX.
- del Rey, G. M., Stanton, A. M., Meston, C. M. (2016, April) *The relationship between sexual shame and sexual self-schemas* [Poster presentation]. The Longhorn Research Bazaar for Undergraduate Research, Austin, TX.

RESEARCH EXPERIENCE

University of Miami, Coral Gables, FL

Graduate Research Assistant

2020–Present

Challenging Racism and Empowering Communities through Ethnocultural Research (CRECER) Lab

Principal Investigator: Guerda Nicolas, PhD.

- Project coordinator for a community-based program for Black minority and immigrant parents and guardians
- Reviewed and updated community-based program curriculum based on empirically based Strong Roots manual to incorporate up-to-date information on children's racial and ethnic identity socialization
- Meet with parents and caregivers bi-weekly, implementing the community-based program curriculum which includes processing of parenting Black and immigrant children

Graduate Research Assistant

2019–Present

Culturally Informed and Flexible Family-based Treatment for Adolescents (CIFFTA) Lab

Principal Investigators: Daniel Santisteban, PhD and Maite Mena, PsyD

- Recruit participants for the Computer-Assisted CIFFTA (CA-CIFFTA) project, which implements CIFFTA (a flexible treatment model including family, individual adolescent, and psychoeducational therapy sessions) to treat adolescents struggling with self-harm and their families
- Perform data entry and data management tasks for two CIFFTA research studies with a combined total of over 300 participants
- Help draft national grant applications and peer-reviewed journal articles

University of Southern California, Los Angeles, CA*Research Assistant*

2017–2019

USC Family Studies Project

Principal Investigator: Gayla Margolin, PhD

- Contributed to weekly lab meetings discussing data collection, relevant constructs, and current projects including a longitudinal study examining risk and resilience in young adults
- Assisted graduate students in collecting both physiological and psychological data to examine dyadic interactions between romantic couples
- Transcribed audio recordings of romantic partners' daily conversations to examine the association between childhood adversity and later interpersonal conflict

University of Texas, Austin, TX*Undergraduate Honors Thesis Candidate*

2016

The Sexual Psychophysiology Lab

Principal Investigator: Cindy Meston, PhD**Research Advisors:** Cindy Meston, PhD, Amelia Stanton, PhD, and Theresa Jones, PhD

- Conducted a yearlong study aimed at exploring the relationship between sexual shame and sexual self-identity in 300+ college-age women
- Performed statistical analyses and wrote an undergraduate honors thesis
- Presented results of this study at a regional and international conference

Research Assistant

2015–2016

The Gender and Racial Attitudes Developmental Lab

Principal Investigator: Rebecca Bigler, PhD

- Participated in the conceptualization and execution of research projects exploring heterosexism and interracial friendships in young children
- Administered one-on-one interviews and psychological measures on school children ages 4 to 14
- Helped develop a lesson plan intervention to reduce levels of internalized sexualization in children ages 10-14

Research Assistant

2014–2016

The Sexual Psychophysiology Lab

Principal Investigator: Cindy Meston, PhD

- Processed heart rate variability data using programs such as Kubios
- Worked on a Food and Drug Administration Phase 2 Trial of an experimental product for female sexual arousal dysfunction
- Administered physiological measures using electrocardiography and vaginal photoplethysmography
- Conducted phone interview screenings for eligibility for studies aimed at exploring the relationship between childhood sexual abuse and adult sexual functioning
- Drafted literature reviews on women's sexual functioning and sexual health

Judicial Intern

2014

Eleventh Judicial Circuit of Florida, Miami, FL

Judge: The Honorable George A. Sarduy

- Performed legal research for decisions on complex family litigation cases
- Discussed cases, arguments, and outcomes in family law
- Assisted judge during daily motion calendar in high-volume family law courtroom

VOLUNTEER EXPERIENCE

Safe Place for Youth

May–August 2018

Venice, CA

Drop-In Center Volunteer

- Prepared and served meals at a center that empowers homeless youth
- Provided support services for clients, such as XXX

Kristi House Child Advocacy Center

January–June 2017

Miami, FL

Child Ambassador

- Provided care for child survivors of sexual abuse ages 3-18
- Engaged in structured activities with children while their parents and family members received mental health services
- Received donations through outreach and information provision at annual fundraiser

ACADEMIC AWARDS AND HONORS

John C. Mitchell Research Fellowship in Psychological Trauma

2022–2023

University of Miami School of Education and Human Development, awarded to support doctoral student research on diverse aspects of psychological trauma

Graduate School Fellowship

2020–2022

University of Miami School of Education and Human Development, awarded for academic achievement

Interview Process Student Ambassador

2018–2019

University of Southern California School of Education and Human Development, Master's in Marriage and Family Therapy, selected for leadership skills and consideration as esteemed alumni

Research Assistant Award of Excellence

2016

University of Texas at Austin, awarded annually to one research assistant who demonstrates excellence and commitment to the Women's Sexual Psychophysiology Laboratory

PROFESSIONAL DEVELOPMENT

National Latinx Psychological Association Conference

2020

Attendee, Annual Conference, Virtual

Suicide Prevention: Identifying and Modifying Risk Factors That Can Lead to Suicide Attempts in Latino Youth

2020

Attendee, National Hispanic and Latino PTTC

Hispanic Stress and Resilience During the Holidays

2020

Attendee, National Latino Behavioral Health Association, Webinar

Culturally Informed and Flexible Family-Based Treatment for Adolescents

2020

Attendee, Training

Deciphering Gender and Orientation

2020

Attendee, YES Institute, Training

Responding to the Alarm: Addressing Black Youth Suicide

2020

Attendee, The National Institute of Mental Health, Webinar**Toward a Better Understanding of Evidence-based Treatments**

2020

Attendee, National Latino Behavioral Health Association, Webinar**Therapeutic Interventions for Hispanic and Latino Populations with Trauma Experiences: Considerations During the Pandemic**

2020

Attendee, National Hispanic and Latino Mental Health Technology Transfer Center Network
Funded by the Substance Abuse and Mental Health Services Administration, Webinar**PROFESSIONAL AFFILIATIONS**

American Psychological Association, Student Affiliate (Divisions 17, 35, 45) 2019–Present**American Association for Marriage and Family Therapy**, Member 2018–2019**Psi Chi International Psychology Honors Society**, Member 2015–Present**Phi Alpha Delta Pre-Law Fraternity**, Member 2013–2015**SKILLS**

Statistical Analysis Programs: Proficiency in organizing, analyzing, and presenting research data with robust statistical techniques; experience with both R and SPSS as data analysis packages**Languages:** English (native); Spanish (advanced understanding and reading, intermediate speaking and writing)