

## Curriculum Vitae

### **Rachael Unger, Psy.D. Licensed Psychologist PY9585**

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### **Education**

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**Nova Southeastern University**  
**August 2009 – June 2014: Psy.D., Clinical Psychology**  
APA accredited clinical psychology program  
Center for Psychological Studies  
Fort Lauderdale, FL  
- Cumulative GPA: 3.94  
- Concentration: Long Term Mental Illness

**Nova Southeastern University**  
**August 2009 – January 2012: M.S., Clinical Psychology**  
Center for Psychological Studies  
Fort Lauderdale, FL

**Towson University**  
**August 2004 – May 2008: B.S., Clinical Psychology**  
Towson, MD  
- Cumulative GPA: 3.72; Magna Cum Laude; Honors Clinical Psychology  
- Major: Psychology – Thesis Required

### **Employment**

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**Motivational Institute for Behavioral Health, LLC**  
**Licensed Psychologist**  
**July 2016 – Present**

Fort Lauderdale, FL

*Responsibilities include:*

- Psychotherapy with adults, adolescents, couples, and families utilizing a multitude of empirically based treatments.
- Comprehensive Psychological Testing, including: Neuropsychology, Personality, Intelligence, Learning Disability, Academic, Achievement, Adaptive Functioning,

- and Projective assessments – administration, scoring, interpretation, and report writing
- Supervision and training of doctoral students

### **Post Doctoral Residency**

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#### **Nicole Valdes PhD & Associates**

##### **Clinical Psychology Resident**

**August 2014 – July 2016**

North Miami, FL

##### *Responsibilities include:*

- Psychotherapy with adults, adolescents, couples, and families
- Vocational Rehabilitation testing, including: Personality, Intelligence, Learning Disability, Academic, Achievement, Adaptive Functioning, and Projective assessments – administration, scoring, interpretation, and report writing
  - o BDI-II, BAI, Incomplete Sentences Blank, WAIS-IV, PAI, WJ-IV-A, MMSE, ABAS-3, Projective Drawings, Vineland
    - Supervisor: Nicole Swaggerty-Valdes, Ph.D.

#### **Lori Ben-Ezra, Ph.D.**

##### **Clinical Psychology Resident**

**February 2015 – July 2016**

Hollywood, FL

##### *Responsibilities include:*

- Psychotherapy with adults, adolescents, couples, and families
- Social Security Disability testing, including: Intelligence, Learning Disability, Academic, Achievement, and Memory assessments – administration, scoring, interpretation, and report writing
  - o WAIS-IV, WISC-IV, MMSE, WIAT-III, WMS
    - Supervisor: Lori Ben-Ezra, Ph.D.

#### **The Center for Clinical and Forensic Psychology**

##### **Clinical Psychology Resident**

**January 2015 – July 2016**

Plantation, FL

##### *Responsibilities include:*

- Department of Juvenile Justice testing, including: Personality, Intelligence, Learning Disability, and Adaptive Functioning – administration, scoring, interpretation, and report writing
  - o WAIS-IV, WISC-IV, MMPI, MMSE, Vineland, KBIT, projective assessments
- ChildNet evaluations, including: Parenting Assessments, Personality, and Intelligence – administration, scoring, interpretation, and report writing
  - o WAIS-IV, HTP projective drawings, parenting assessments, BDI-II, BAI, MMSE
    - Supervisors: Janice Ellery, Ph.D., Jo-Anne Bliss, Ph.D.

**The Caring Minds Psychological Center, Inc.**

**Clinical Psychology Resident**

**June 2014 – July 2016**

Coral Gables, FL

*Responsibilities include:*

- Vocational Rehabilitation testing, including: Personality, Intelligence, Learning Disability, Academic, Achievement, Adaptive Functioning, and Projective assessments – administration, scoring, interpretation, and report writing
  - o WAIS-IV, PAI, MMPI-2, SA-45, WJ-IV-A, MMSE, Projective Drawings, Vineland, TOVA
    - Supervisor: Maclovia Barclay, Psy.D.

**Graduate Internship**

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**Saint Elizabeths Hospital**

**Clinical Psychology Intern**

**July 2013 – June 2014**

APA accredited program

Washington, D.C.

*Responsibilities include (requirements to graduate):*

- Maintaining an individual therapy caseload of three individuals
- Co-facilitate four to five group therapy hours weekly, including: Dialectical Behavioral Therapy, Acceptance and Commitment Therapy, Relaxation and Stress Management, and Coping Skills: Interpersonal Process Group
- Conduct meetings for, train staff, and implement two Behavioral Intervention Plans and track the progress
- Administer, score, analyze, and write integrated reports for six psychological evaluations, referrals including: diagnostic clarification, intelligence testing, malingering tests, risk assessments, and adaptive functioning measures
- Conduct 16 initial biopsychosocial interviews including: clinical interview and using the RBANS, WRAT 4, WTAR
- Facilitate a Forensic Review Board meeting with hospital administrators and complete a status document for a patient
- Attend and participate in Grand Rounds
- Work with an interdisciplinary team and consult with psychiatry, social work, clinical administration, nurses, and recovery assistants daily
- Attend five to six hours of didactic seminars weekly, including: group therapy seminar, individual therapy seminar, forensic seminar, assessment seminar, professional development seminar, ethics seminar, psychopharmacology seminar, and cultural competency seminar
- Maintain four hours of face-to-face individual supervision weekly
- Maintain two and a half hours of face-to-face group supervision weekly
- Selection process of next years practicum students, including: review applications, conduct interviews, and select practicum students

- Treat individuals with Axis I disorders, specifically: Schizoaffective Disorder, Schizophrenia, Major Depressive Disorder, and Bipolar I and II Disorders
- Treat individuals with Axis II disorders, specifically: Borderline Personality Disorder, Antisocial Personality Disorder, and Narcissistic Personality Disorder in individual and group therapy
- Six month rotation on a long term, chronic unit and six months on an admissions unit, both with forensic and civil patients
- **Minor rotation at Harbor Lights Center, an inpatient residential substance abuse treatment facility**
  - o Maintain a caseload of four individual therapy patients
  - o Consult with case managers/counselors as needed
  - o Administer psychological measures as necessary
  - o Work 10 hours a week with a wide range of dual diagnosis individuals, including a variety of Axis I and Axis II disorders
- **Unit Supervisors: Christine Kelley, Psy.D.; Eric Jones, Psy.D.**
- **Individual Therapy Supervisors: Christine Kelley, Psy.D.; Katherine Murphy, Psy.D**
- **Assessment Supervisor: Erik Hansen, Psy.D.**
- **Group Therapy Supervisors: Michelle Marsh, Psy.D.; Ivan Marin-Soler, Psy.D.**
- **Minor Rotation/Harbor Lights Supervisor: Sid Binks, Ph.D., ABPP-CN**

### *Graduate School Practicum Experience*

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#### **Adolescent Drug Abuse Prevention and Treatment (ADAPT) program Psychology Trainee/Elective Practicum Student**

Davie, FL

September 2012 – May 2013

*Responsibilities include:*

- Maintained a caseload of several adolescents for individual therapy
- Maintained a caseload of several sets of parents for parent training
- Worked with adolescents using a Cognitive-Behavioral approach implementing: problem solving, assertiveness training, substance abuse education, relaxation techniques, mindfulness, and relapse prevention
- Worked with parents through parent training on: communication skills, disciplinary measures, relaxation, and stress management
- Completed biopsychosocial assessments for new individual therapy clients
- Administered, scored, analyzed, and wrote reports using several measures including: Behavior Assessment System for Children, Parent Satisfaction Scale, Youth Self-Report, Child Depression Inventory, Beck Depression Inventory-II, Beck Anxiety Inventory, and the Family Environment Scale
- One hour of group supervision weekly and one hour of individual supervision weekly
- **Site Supervisor: Vincent Van Hasselt, Ph.D.**

**GEO Care Inc./South Florida State Hospital  
Psychology Trainee/Practicum Student**

Pembroke Pines, FL

August 2011 – August 2012

*Responsibilities included:*

- Maintained a caseload of 4-5 inpatient individual therapy clients suffering from persistent and severe mental illnesses
- Led weekly therapy groups that included: Dialectical Behavior Therapy Skills Group, Anger Management Group, CBT for Schizophrenia, and Young Patients Group
- Treated individuals with Axis I disorders, specifically: Schizoaffective Disorder, Schizophrenia, Major Depressive Disorder, Bipolar I Disorder, and substance abuse/dependence
- Treated individuals with Axis II disorders, specifically: Borderline Personality Disorder and Antisocial Personality Disorder, in individual and group therapy
- Clients were treated with an integrative approach incorporating cognitive-behavioral, psychodynamic, supportive, and dialectical behavioral therapy techniques
- Presented "Family Therapy with Patients who suffer from Schizophrenia" for didactic seminar
- Attended and presented challenging and intriguing cases for weekly Case Conferences
- Participated in physicians' Grand Rounds and psychiatrists' monthly treatment team meetings
- Completed initial psychological assessments and annual psychological assessments with patients on a weekly basis
- Offered consultation to psychiatrists on an ongoing basis to clarify diagnosis and/or determine need for neurological or neuropsychological referral. Assessment utilized: Mini Mental Status Exam (MMSE)
- Completed personality and intelligence assessments
- Weekly supervision and training: 2 hours of individual supervision, 1 hour of DBT group supervision, weekly case conferences, and weekly didactic seminars
  - **Site Supervisor: Rachel Kaplan, Psy.D.**
  - **Intensive Supervisor: Nicole Swaggerty-Valdes, Ph.D.**

**Henderson Mental Health Center  
Psychology Trainee/Practicum Student**

Fort Lauderdale, FL

August 2010 – August 2011

*Responsibilities included:*

- Worked with adult outpatients with severe and persistent mental illnesses maintaining a caseload of 8-14 clients
- Clients were diagnosed with Major Depressive Disorder, Bipolar I and II, and Axis II disorders
- Engaged in individual therapy sessions, treatment planning with clients, and agency admission intakes
- Clients were treated with an integrative approach incorporating cognitive-behavioral, supportive, psychodynamic, and dialectical behavioral therapy techniques
- Consulted with psychiatrists on a regular basis

- Received 2 hours of weekly individual supervision and 1 hour of weekly group supervision

- **Site Supervisor: Jean Bratcher, Psy.D.**

- **Intensive Supervisor: Eugene May, Ph.D.**

### **Work-Related Experience**

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#### **Early Reading First, Mailman Segal Institute**

##### **Psychometrician**

Davie, FL

May 2010 – June 2010; September 2010 – October 2010; May 2011 – June 2011;

September 2011 – October 2011

##### *Responsibilities included:*

- Assessed pre-school and kindergarten aged children in Broward County Schools for school system research

- Gave assessments to children between ages 3 and 5 in low socioeconomic communities and Head Start Programs

- Assessments given: Phonological Awareness Literacy Screening (Pre-K PALS), Peabody Picture Vocabulary Test (PPVT), Expressive One-Word Picture Vocabulary Test (EOWPVT)

- Assessments were completed during six weeks in the beginning and end of each school year to assess progress made with students

- Worked 12 hours a week and assessed 4-8 students a week

#### **Team of Tutors**

##### **Tutor**

Davie, FL

August 2010 – May 2011

##### *Responsibilities included:*

- Tutored children in all subject areas including: math, reading comprehension, writing, science, social studies, language arts, and geography

- Worked 5-10 hours a week and carried a case load of 4-6 students at a time

#### **The Center for Behavioral Care Services**

##### **Case Manager/Group Facilitator**

Lakewood, NJ

October 2008 – July 2009

##### *Responsibilities included:*

- Worked with adults diagnosed with severe and persistent mental illnesses including Schizophrenia, Schizoaffective Disorder, Major Depressive Disorder, and Bipolar I and II in an outpatient day program

- Maintained a caseload of 10-14 clients

- Led groups with clients on life management skills, medication management, goal setting, self esteem, communication skills, team building, relaxation techniques, and psychoeducation

- Developed Individualized Recovery Plans and set goals for clients

## **Honors and Awards**

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NSU Students for Prevention, Intervention, and Response to Emergencies (NSPIRE)  
Student Life Achievement Award (STUEY) Nomination 2012

NSPIRE Student Leadership Award Nomination 2012

NSPIRE Student Leadership Award Nomination, Best Event, 2012

NSPIRE Student Life Achievement Award (STUEY) Finalist 2011

Dean's List; Towson University  
- Fall 2006, Spring 2007, Fall 2007, Spring 2008

Psi Chi (National Honor Society in Psychology)  
- April 2007 – Present

## **Volunteer Work and Undergraduate Internships**

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**Florida Initiative for Suicide Prevention; Sibling Survivor Support Groups**  
- Jackie Rosen

**Power of Pain Walk and Community Fest; Nova Southeastern University (NSU), US  
Pain Foundation (USPF), and Reflex Sympathetic Dystrophy Syndrome Association  
(RSDSA)**

**Volunteer Committee Member**

<http://www.poweroverpainwalk.com/>

Davie, FL

November 2011 – June 2013

*Responsibilities included:*

- Helped develop website ([www.poweroverpainwalk.com](http://www.poweroverpainwalk.com)), brochures, advertisements, and T-shirts for Power Over Pain Walk and Community Fest in order to raise funds for pain research and education. This was accomplished by organizing volunteers to elicit financial support from local businesses and working as a liaison between NSU, USPF, and RSDSA.

**Sheppard Pratt Health System; Center for Sexual Medicine**

**Research Intern**

Towson, MD

August 2007 – May 2008

*Responsibilities included:*

- Met with patients to determine drug trial appropriateness, effectiveness, and progress while assessing for changes in sexual functioning  
- Data entry and analysis with drug trials and clinical samples

- Administer baseline and follow up assessments to patients involved with the clinical department: Symptoms Checklist-90-Revised (SCL-90-R), Derogatis Affects Balance Scale (DABS), and Derogatis Interview for Sexual Functioning, Male and Female forms (DISF-M/F), score, and analyze results
  - Presented assessment results in weekly meetings in the clinical department of the unit
- Supervisor: Leonard Derogatis, Ph.D.**

### **Saint Katherine's Elementary School**

#### **Group Co-facilitator Intern**

Baltimore, MD

September 2007 - December 2007

#### *Responsibilities included:*

- Worked with minority 5<sup>th</sup> graders in a co-ed group therapy environment
- Educated students on how to implement daily coping skills and problem solving skills
- Gave psychoeducational lessons and led groups focused on mental health, drug use, gang-related activities, crime, fighting, educational opportunities, employment for later life, and self esteem activities
- Consulted with teachers and supervisors in instances of crisis, high risk activities by children, and children at high risk

**- Supervisor: Jean Ayers, Ph.D.**

### **Villa Maria School System**

#### **Classroom Intern at a Level 5 school**

Timonium, MD

January 2007 – May 2007

#### *Responsibilities included:*

- Worked with 9 emotionally and behaviorally disturbed male children and adolescents in the classroom (aged 11 – 15)
- Provided one-on-one tutoring assistance with general education lessons
- Counseled students in crisis to de-escalate situation
- Consulted with teachers and principles about their students and how to better serve them
- Used behavioral strategies to change ineffective, maladaptive behaviors

**- Supervisor: Jean Ayers, Ph.D.**

### **Sheppard Pratt Health System**

#### **Volunteer at the Child and Adolescent Day Hospital**

Towson, MD

June 2006 - August 2006

#### *Responsibilities included:*

- Observed group therapy sessions with adolescents
- Observed group play with children
- Organized group activities for residential children and adolescents



## ***Publications, Presentations, and Research***

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Directed Study: "Family therapy treatment: For those with relatives suffering from schizophrenia"

**Chair: William Dorfman, Ph.D., ABPP**

**Second Reader: Adam Schulman, Ph.D.**

**Unger, R.** (2011, November). *Family therapy treatment: For those with relatives suffering from schizophrenia*. Didactic Seminar presented at Geo Care./South Florida State Hospital, Pembroke Pines, FL.

Phebus, L., **Unger, R.**, Karns, L., Michaels, L., & Gold, S. (2011, August). *Sexual Experiences Inventory*. Poster presented at the annual American Psychological Association Conference, Washington, D.C.

Derogatis, L. R. & **Unger, R.** (2010). Symptom checklist-90-revised. In I. B. Weiner & W. E. Craighead (Eds.), *The Corsini Encyclopedia of Psychology, Volume 4, 4<sup>th</sup> edition* (1743-1744). New Jersey: John Wiley & Sons, Inc.

**Unger, R.** (2008, January). *Self Esteem, Body Image, Relationship Status, and GPA in College Aged Women*. Poster presented at the annual Towson University Research Fair, Towson, MD.

Undergraduate Thesis: "Self Esteem, Body Image, Relationship Status, and GPA in College Aged Women"

**Chair: Jean Ayers, Ph.D.**

**Defended: April 9, 2008**

## ***Teaching/Lectures***

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**Nova Southeastern University, Graduate Teaching Assistant**

**1501 Assessment: Intelligence Testing with Lab**

Davie, FL

August 2011 – December 2011; August 2012 – December 2012

*Responsibilities included:*

- Taught students assessment procedures when administering the Wechsler Adult Intelligence Scale-Fourth Edition and Wechsler Intelligence Scale for Children-Fourth Edition
- Scored several students a year during a full administration of both the WAIS-IV and WISC-IV
- Held workshops to teach students scoring procedures for the WAIS and WISC
- Analyzed completed and scored WAIS (3 per student) and WISC (3 per student) assessments, graded the scoring of all 15 subtests, and listened to the recordings of all assessment administrations and critiqued assessment procedures

**- Instructor 2011: Lourdes Suarez-Morales, Ph.D.**

**- Instructor 2012: Kristen Jones, Psy.D.**

**Nova Southeastern University, Guest Lecturer**  
**4682 Treatment of Serious Mental Illness**

Davie, FL

October 2012

“Family therapy treatment: For those with relatives suffering from schizophrenia”

**- Instructor: Maria Burke, Psy.D.**

**Nova Southeastern University, Guest Lecturer**  
**4682 Treatment of Serious Mental Illness**

Davie, FL

October 2012

“Family treatment and family interventions for persistent and serious mental illnesses”

**- Instructor: Maria Burke, Psy.D.**

***Professional Memberships***

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American Psychological Association, (Division 50), Graduate Student Affiliation, 2011 – Present

***Extracurricular Activities***

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NSU Students for Prevention, Intervention, and Response to Emergencies (NSPIRE)

- Member: August 2009 - Present
- Board Member: Vice President academic year 2011-2012
- Board Member: Social and Fundraising Chair academic year 2010-2011
- Nominated for Student Organization of the Year Award; March 2011
- Florida Initiative for Suicide Prevention annual conference
- Red Cross Training annually
- Annual fundraisers including: Yoga classes and bake sales

Jewish Psychology Students Association (JPSA)

- Member: August 2009 – Present
- Board Member: Treasurer for JPSA academic year 2011-2012
- Board Member: Treasurer for JPSA academic year 2010-2011

Trauma Resolution and Integration Program (TRIP)

- Member: August 2009 – Present
- Research for TRIP including Sexual Experiences Inventory

Psi Chi (National Honor Society in Psychology)

- Member: April 2007 - Present
- Board Position: Treasurer for Psi Chi academic year 2007 – 2008

## **Extra Training**

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Institute for Criminal Justice Studies

- Violence Knows No Boundaries: Sex Crimes and Offenders
- 6 training hours

Red Cross Psychological First Aid and Disaster Action Team Training

- 7 training hours

## **References**

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Nicole Valdes, Ph.D.

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Christine Kelley, Psy.D.

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