**Nicole Marie LaPlena**

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**248-720-9309**

**Education**

**Miami University Oxford, OH**

Ph.D., Clinical Psychology, Expected 2024 *August 2018-present*

M.A., Clinical Psychology; Thesis Defended, Degree Expected May 2021

**Master’s Thesis:** The Relation Between Child Maltreatment and Mindfulness: The Roles of Severity, Cumulative Maltreatment, and Minimization

**Advisor**: Terri Messman, Ph.D.

**The University of Michigan Ann Arbor, MI**

Bachelor of Arts *April 2016*

**Majors**: Psychology and Spanish

**La Universidad de Salamanca Salamanca, Spain**

CGIS Study Abroad Program through The University of Michigan *June-August 2014*

* Studied translation, Spanish culture, and phonetics of the Spanish language in courses with international students
* Adapted to unfamiliar environment and embraced cultural differences

**Honors and Awards**

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| 2019 | Graduate Student Association Travel Award, Miami University |
| 2016  2016  2016  2014  2012-2014 | Graduated with High Distinction (top 10% of class), The University of Michigan  Elected Phi Beta Kappa, The University of Michigan  Elected Phi Kappa Phi, The University of Michigan  Elected Gamma Sigma Alpha, The University of Michigan  University Honors, The University of Michigan |

**Professional Affiliations**

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| 2019-present | Association for Psychological Science |
| 2019-present  2019-2020  2018-2019 | International Society for Traumatic Stress Studies  Association for Behavioral and Cognitive Therapies  Midwestern Psychological Association |

**Clinical Experience**

**ASSESSMENT**

**Clinical Psychology Trainee, Miami University Psychology Clinic Oxford, OH**

Assessment Practicum Fall 2020

*Site Type:* Outpatient clinic serving youth, families, and adults

*Population*: Child and adolescent community members

Supervisor: Deborah Wiese, Ph.D.

* Presenting problems: academic difficulties, ADHD
* Administered comprehensive psychological assessments, consulted with school personnel, and provided diagnostic feedback

**INDIVIDUAL PSYCHOTHERAPY**

**Doctoral Therapy Intern***,* **Hillcrest Academy Cincinnati, OH**

*Site Type:* Residential treatment facility *June 2020-present*

*Population*: Adolescent males ages 14-19 with a history of delinquent behavior

Supervisor: Bruce Pickens, Ph.D.

* Presenting Problems/Diagnoses: Conduct disorder, ADHD, anxiety, emotion dysregulation, grief, substance abuse, anger dysregulation
* Provide evidence-based individual, group, and family therapy, and conduct psychological assessments
* Work on a multidisciplinary team

**Clinical Psychology Trainee***,* **Miami University Psychology Clinic Oxford, OH**

Children, Adolescents, and Emerging Adults Practicum *Spring 2020*

*Site Type:* Outpatient clinic serving youth, families, and adults

*Population*: Child and adolescent community members

Supervisor: Aaron Luebbe, Ph.D.

* Presenting Problems/Diagnoses: Anxiety, ADHD, emotion dysregulation, aggressive behaviors
* Provide weekly evidence-based psychotherapy to children, adolescents, and their parents
* Conduct thorough intake interviews to diagnose and form case conceptualizations

**Clinical Psychology Trainee***,* **Miami University Psychology Clinic** **Oxford, OH**

Cognitive-Behavioral Psychotherapy Practicum *Fall 2019*

*Site Type:* Outpatient clinic serving youth, families, and adults

*Population*: Adult community members and college students

Supervisors: Terri Messman-Moore, Ph.D., Jennifer Green, Ph.D.

* Presenting Problems/Diagnoses: Depression, anxiety, PTSD, Autism Spectrum Disorder
* Provided weekly psychotherapy to adults from Cognitive Behavioral Therapy (CBT), Motivational Interviewing (MI), and Dialectical Behavior Therapy (DBT) approaches
* Conducted thorough intake interviews to diagnose and form case conceptualizations
* Conducted continuous risk assessments to assess for safety

**CLINICAL GROUP EXPERIENCE**

**DBT Group Co-Facilitator Virtual**

*Miami University February 2021-present*

* Co-facilitate adult DBT groups online for a colleague’s dissertation

Supervisor: Vaishali Raval, Ph.D.

**Trauma Group Co-Facilitator Cincinnati, OH**

*Hillcrest Academy August 2020-present*

* Facilitate evidence based trauma treatment groups among adolescent males involved in the juvenile justice system

Supervisor: Bruce Pickens, Ph.D.

**Small Group Co-Facilitator Oxford, OH**

*Bogan Elementary School January 2020-present*

* Facilitate small groups targeting externalizing problems, emotion regulation, and social skills for school-aged children

Supervisor: Jennifer Green, Ph.D.

**Incredible Years Classroom Intervention Co-Facilitator Oxford, OH**

*Bogan Elementary School August 2018-present*

* Implement the social emotional learning intervention for elementary classrooms

Supervisor: Jennifer Green, Ph.D.

**Social Skills Group Co-Facilitator Oxford, OH**

*Miami University Psychology Clinic June 2019-July2019*

* Facilitated activities for boys with aggression difficulties to enhance social and emotion regulation skills

Supervisor: Jennifer Green, Ph.D.

**OTHER CLINICAL EXPERIENCE**

**Grief Group Co-Facilitator Cincinnati, OH**

*Fernside Center for Grieving Children and Families March 2019-present*

* Prepare and facilitate activities for a group of elementary-aged children who are grieving a death

**Behavior Technician** **Bingham Farms, MI**

*Gateway Pediatric Therapy*  *September 2016- April 2017*

* Implemented Applied Behavior Analysis to build skills and bring about positive behavior changes in children with Autism Spectrum Disorder
* Effectively managed maladaptive behaviors in diverse children with ASD

**Clinical Presentations**

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| November 2020 | *Clinical Case Presentation.* Nicole LaPlena. Presentation to clinical psychology brown bag/case conference. Miami University |
| February 2020 | *Integrating Polyvagal Theory & Breathing Exercises into Psychotherapy.* Annika Goldman, Nicole LaPlena, Kate Wargel, & Terri Messman-Moore. Presentation to clinical psychology brown bag/case conference. Miami University. |

**Clinical Coursework**

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| Spring 2021 | Multicultural Clinical Psychology (PSY 605) |
| Spring 2021 | Evidence-Based Child Practicum 2 (PSY 750B) |
| Fall 2020 | Clinical Supervision I (PSY 6450A) |
| Fall 2020  Spring 2020 | Assessment Practicum (PSY 750AA)  Consultation with Communities (PSY 645A) |
| Spring 2020 | Evidence-Based Practice of Psychology with Children, Adolescents, and Emerging Adults (PSY 750A) |
| Spring 2020 | Psychological Assessment II (PSY 647) |
| Fall 2019 | Evidence-Based Practice of Psychology with Adults (PSY 750A) |
| Fall 2019 | Psychological Assessment I (PSY 646) |
| Spring 2019 | Adult Evidence-Based Clinical Intervention (PSY 653) |
| Spring 2019 | Ethics in Clinical Psychology (PSY 649) |
| Fall 2018 | Child Clinical Intervention (PSY 660) |
| Fall 2018 | Developmental Psychopathology over the Lifespan (PSY 648) |

**Clinical Trainings**

Thinking for a Change 2020

* 20-hour training on the Thinking for a Change intervention presented by certified trainer Erin Miller at Hillcrest Academy

Trauma-Focused Cognitive Behavioral Therapy 2020

* 11-hour online training course on TF-CBT created by Medical University of South Carolina

Understanding The Culture of Poverty 2020

* Day-long training to better understand and serve clients experiencing poverty presented by Dr. Kynetta McFarlane and hosted by the National Youth Advocacy Program and the Center for Innovative Practices

Motivational Interviewing 2017

* Two-day training at Michigan Medicine led by Motivational Interviewing Network of Trainers (MINT) certified trainers

**­­­­­**Applied Behavior Analysis 2016

* 32-hour training led by Board Certified Behavior Analysts at Gateway Pediatric Therapy

**Assessment Instruments**

* Adolescent Sentence Completion Test
* Adverse Childhood Experience Questionnaire (ACE)
* Alcohol Use Disorder Identification Test (AUDIT)
* Beck Depression Inventory, Second Edition (BDI-2)
* Behavior Assessment System for Children, Third Edition (BASC-3)
* Behavior Rating Inventory of Executive Function (BRIEF)
* Children’s Sentence Completion Test
* Child and Adolescent Trauma Screen (CATS)
* Child Impairment Rating Scale (C-IRS)
* Conners 3rd Edition
* Counseling Center Assessment of Psychological Symptoms-62 (CCAPS-62)
* Diagnostic Interview for Anxiety, Mood, and Obsessive-Compulsive and Related Neuropsychiatric Disorders (DIAMOND)
* How I Think Questionnaire (HIT)
* Kiddie Schedule for Affective Disorders and Schizophrenia (KSADS)
* Minnesota Multiphasic Personality Inventory 2 Restructured Form (MMPI-2-RF)
* PTSD Checklist for DSM-5 (PCL-5)
* Revised Children’s Anxiety and Depression Scale (RCADS)
* Structured Assessment of Violence Risk in Youth (SAVRY)
* \*\*Self-Injurious Thoughts and Behaviors Interview (SITBI)
* Symptoms Checklist-90-Revised (SCL-90-R)
* \*\*The Mini-International Neuropsychiatric Interview (MINI)
* Wechsler Intelligence Scale for Children, Fifth Edition (WISC-V)
* \*Wechsler Adult Intelligence Scale, Fourth Edition (WAIS-IV)
* Wechsler Individual Achievement Test, Third Edition (WIAT-III)
* Weiss Functional Impairment Rating Scale-Parent Report (WFIRS-P)

Note: \* denotes administered with volunteers, not clients

\*\* denotes administered in a research setting

**Research Experience**

**Graduate Student Assistant Oxford, OH**

*Parent Child Interaction Lab January 2020-May 2020*

Miami University Psychology Department

**Project Topics:** math performance and African American girls, low math performance among girls

* Assist Dr. Harris with generating research questions and designing new research studies
* Recruit children and parents for research studies and collect data

**Supervisor/Lab Director:** Yvette Harris, Ph.D.

**Laboratory Manager Oxford, OH**

*Trauma and Emotion Regulation Lab August 2018-August 2020*

Miami University Psychology Department

**Project Topics:** sexual assault, shame, child maltreatment, mindfulness, self-compassion

* Oversee several research projects investigating trauma
* Create schedule for research assistants and maintain effective communication with RAs
* Interview potential research assistants and manage necessary trainings

**Supervisor/Lab Director:** Terri Messman-Moore, Ph.D.

**Research Assistant Ann Arbor, MI**

*Department of Psychiatry April 2017- May 2018*

University of Michigan-Michigan Medicine

**Project Topics:** social media, substance use, motivational interviewing (MI), adolescents and young adults (NIH funded)

* Implemented a motivational interviewing intervention with 16-24 year old participants in secret Facebook groups to decrease risky drinking and health behaviors
* Engaged in weekly supervision meetings to improve motivational interviewing skills
* Trained undergraduate RAs in project procedures and managed their daily laboratory tasks
* Used natural language processing software to collect and analyze participation metrics in intervention and control groups

**Supervisors:** Maureen Walton, Ph.D.; Erin Bonar, Ph.D.

**Research Assistant**  **Ann Arbor, MI**

*Department of Psychiatry January 2015-September 2016*

University of Michigan Health System

**Project Topics**: opioid overdose prevention, transactional sex, medical marijuana trajectories in use, pain, and functioning (NIDA funded)

* Recruited participants from inpatient rehabilitation center
* Conducted timeline follow back interviews with participants in the community to gather information on risky sex and substance use
* Located difficult to reach participants to schedule follow-up meetings, including contacting jails and prisons to conduct follow-ups with incarcerated participants

**Supervisors:** Amy Bohnert, Ph.D.; Mark Ilgen, Ph.D.

**Research Assistant**  **Ann Arbor, MI**

*Discrimination, Intersectionality, and Compassion in Organizations* *Lab July 2015- May 2016*

University of Michigan Psychology Department

**Project Topics**: mindfulness and stereotyping, mindfulness and anxiety

* Scheduled participants for study sessions via email and phone
* Sent reminder emails to participants and resolved scheduling dilemmas
* Guided participants through study protocol and procedures with fidelity

**Supervisor:** Verónica Rabelo, Ph.D.

**Research Presentations**

**LaPlena, N.**, Salim, S., Bhuptani, P., & Messman-Moore, T. (2020, November). *Positive and negative self-compassion mediate the link between emotional maltreatment and depression among college men and women.* Poster session presented at the 36th annual International Society for Traumatic Stress Studies Conference, Virtual.

**LaPlena, N.,** Salim, S., Bhuptani, P., & Messman-Moore, T. (2019, November). *Number of child maltreatment types experienced, mindfulness, and self-compassion among college women.* Poster session presented at the 35th annual International Society for Traumatic Stress Studies Conference, Boston, MA.

**LaPlena, N.,** Salim, S., Bhuptani, P., & Messman-Moore, T. (2019, November). *Emotion dysregulation mediates the relation between fear of self-compassion and depression, anxiety, and stress among women with child maltreatment histories*. Poster session presented at the 53rd annual Association for Behavioral and Cognitive Therapies Conference, Atlanta, GA.

**LaPlena, N.,** Salim, S., Bhuptani, P., & Messman-Moore, T. (2019, April). *The impact of child maltreatment on mindfulness.*Poster session presented at the annual Midwestern Psychological Association Conference, Chicago, IL.

**LaPlena, N.,** Schneeberger, D**.**, Bonar, E., Bourque, C., Young, S., Bauermeister, J., Blow, F., Cunningham, R., Bohnert, A., Zimmerman, M., Walton, M. (2017, October). *Social media interventions to reduce alcohol use among youth*. Poster session presented at the 5th Social Work Research Symposium, Telling Your Story: Translating Your Practice into Research, Ann Arbor, MI.

Thomas, L., Nulph-Zbizek, L., Sanborn, M., **LaPlena, N.,** Jannausch M., Bonhert, A. (2015, October). *The role of HIV knowledge in HIV risk behavior*. Poster session presented at the University of Michigan Health System Department of Social Work Research Symposium, Ann Arbor, MI.

Thomas, L., Nulph-Zbizek, L., Sanborn, M., **LaPlena, N.,** Jannausch M., Bonhert, A. (2015, May). *The Role of HIV Knowledge in HIV risk behavior*. Poster session presented at the Annual Albert J. Silverman Research Conference, Ann Arbor, MI.

Sanborn, M., Zbizek-Nulph L., Thomas L., **LaPlena N.,** Jannausch M., Bohnert A. (2015, May). *Self-reported overdose history of adults in a residential drug treatment facility*. Poster session presented at the Annual Albert J. Silverman Research Conference, Ann Arbor, MI.

**Teaching & Advising Experience**

**Intergroup Dialogue Co-Facilitator (IDS 153) Oxford, OH**

*Miami University Fall 2020*

* Co-facilitated intergroup dialogue for a one-credit course of 12 undergraduate students.
* Served on a diverse team with two other students.
* Facilitated dialogue among participants from diverse backgrounds on the topics of national or international identity and gender identity.

**Guest Lecturer Oxford, OH**

*Miami University April 2020*

* Presented lecture on childhood disorders for Abnormal Psychology course.

**Intergroup Dialogue Co-Facilitator (IDS 253) Oxford, OH**

*Miami University Spring 2020*

* Completed the intense training program the theory and practice of intergroup dialogue in higher education provided by Miami’s Global Initiatives through its Center for American and World Cultures.
* Served on a diverse team with two other students to co-facilitate a 3-credit course on intergroup dialogue among a cohort of 20 undergraduate students around the themes of racial bias and other intersectional social identities.
* Facilitated dialogue among participants from diverse backgrounds and lived experiences to help participants develop in their active listening skills, understanding of power, privilege, and oppression, teamwork, allyship, anti-racism, conflict navigation, intercultural communication, and leadership.

**Graduate Student Assistant Oxford, OH**

*Miami University* *August 2019-May 2020*

* Assisted Brooke Spangler-Cropenbaker, Ph.D. with grading papers, exams, and writing assignments for undergraduate courses, including “Developmental Psychology,” “Psychology of Play,” and “Lifespan Development”

**Graduate Teaching Assistant Oxford, OH**

*Miami University* *August 2018-May 2019*

* Assisted Terri Messman-Moore, Ph.D. with grading, attendance, participation scoring, and proctoring examinations for undergraduate courses, including “Mindfulness in Clinical Psychology” and “Abnormal Psychology”

**Language Teaching Assistant Ann Arbor, MI**

*Ann Arbor Languages Partnership, University of Michigan**September 2015-April 2016*

Unique educational course that allows undergraduate students to independently teach elementary students Spanish during the school day

* Maintained contact and positive relationships with teachers
* Created lesson plans and materials for instruction of Spanish to a young audience
* Applied decision-making and problem-solving skills in order to manage inappropriate behaviors in the classroom

**Supervisor:** Maria Coolican, Ph.D.

**Project Outreach Group Leader Ann Arbor, MI**

*University of Michigan**August-December 2014*

Service-learning course that combines field and classroom experiences and gives undergraduates the opportunity to work with children in educational settings

* Led weekly discussions with a group of five undergraduates
* Graded papers and maintained student records including attendance, midterms and final project
* Acted as a liaison between the volunteer site and students, resolving any issues that arose

**Supervisors**: Adrian Gale, Ph.D. candidate and Jerry Miller, Ph.D.

**Outreach Activities & Volunteering**

**Child Trauma Task Force International**

*Group Member*

* Task force led by Dr. Julian Ford, which focuses on creatively problem solving the gap between resources and children and families experiencing trauma

**Diversifying Psychology Weekend, Miami University Oxford, OH**

*Lodging Coordinator February 2020*

* Organize lodging for undergraduate students visiting for Diversifying Psychology Weekend, which aims to prepare students from underrepresented and diverse backgrounds to apply for a doctorate in psychology

\*event cancelled due to COVID-19

**External Relations Committee, Miami University Oxford, OH**

*Graduate Student Representative August 2019-present*

* Provide input during committee meetings from the graduate student perspective
* Distribute important information to the graduate students across clinical, social, and brain, cognitive, and developmental programs

**Diversity Interest Group, Miami University Oxford, OH**

*Member May 2019-present*

* Meet biweekly to discuss various issues pertaining to diversity
* Collaborate to create projects that teach others about diversity, inclusion, and privilege

**The Coalition for the Advancement and Application of Psychological Science**

*Social Media Corps Volunteer* *March 2019-May 2020*

* Post content on social media platforms about psychological science in order to spread awareness and information regarding psychopathology and evidence-based treatments

**Stress Less Day, Miami University Oxford, OH**

*Volunteer April 2019*

* Provided information to students regarding mental health services provided by the psychology clinic
* Assisted students in making coping cards

**Clinical Psychology Interview Weekend, Miami University Oxford, OH**

*Coordinator* *February 2019*

* Organized interview weekends for clinical psychology applicants, including arranging host accommodations, meals, and resolving transportation issues

**Global Buddy Program, Miami University**  **Oxford, OH**

*Buddy Volunteer February 2019-May 2019*

* Interacted with an international student throughout the year to enhance cultural awareness and competence

**CARE House of Oakland County Pontiac, MI**

*General Volunteer*  *December 2016- April 2017*

Organization that seeks to prevent child abuse and neglect and protect children

* Positively engaged with abused children before their forensic interviews to ease nerves and build rapport
* Participated in group activities with abused children and their siblings while non-offending caregivers were in a family support group

**Awaken Ann Arbor Ann Arbor, MI**

*Member 2015-2016*

* Brought like-minded people together for group meditations, yoga, and discussions about purpose of life and other topics related to mindfulness and spirituality

**To Write Love on Her Arms** **Ann Arbor, MI**

*Member 2012-2013, Secretary 2013-2014, Co-president 2014-2015*

* Spread awareness about mental illness and raised funds to support treatment for individuals who could not otherwise afford it

**Web-Based Writing/Outreach Programming**

*ABCT Fact Sheets:* Sexual Assault. Read by and video created by Nicole LaPlena. (10/2020)

*Ohio Psychological Association CoSR Article Series:* Human Trafficking: Awareness and Resources (11/2019)

*Staples Connect:* Tips for Managing Homework and Study-Induced Stress (11/2019)

**Professional References**

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| Terri Messman-Moore, Ph.D.  Professor  Department of Psychology  Miami University  Oxford, OH 45056  513-529-2403  messmat@miamioh.edu | Jennifer Green, Ph.D.  Associate Clinical Professor  Department of Psychology  Miami University  Oxford, OH 45056  513-529-2448  greenjh@miamioh.edu | Aaron Luebbe, Ph.D.  Associate Professor  Director of Clinical Training  Department of Psychology  Miami University  Oxford, OH 45056  513-529-2404  luebbea2@miamioh.edu |