

Kyla Leonard

Curriculum Vitae

Local Address:

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EDUCATION

Doctor of Philosophy

Clinical Psychology
Expected: May 2024

Northern Illinois University, Dekalb, IL

Trauma Focus, APA accredited

Dissertation: *Self-compassion Intervention for Shame in Trauma-exposed Gender and Sexual Minorities* (proposed August 2022)

Advisor: Michelle Lilly, Ph.D.

Master of Arts

May 2022

Northern Illinois University, Dekalb, IL

Clinical Psychology – Trauma Focus, APA accredited

Thesis: *Sexual Satisfaction and Dysfunction in Female Survivors of Sexual Violence: The Moderating Effect of Sexual Motivations* (defended February 2022)

Advisor: Michelle Lilly, Ph.D.

Cumulative GPA: 3.9

Bachelor of Science

May 2018

University of Miami, Miami, FL

Majors: Psychology

Minors: Biology; Education & Psychological Studies

AWARDS AND HONORS

Beyond the Book Scholarship	\$4,000	2017
Sole recipient of Student Employee of the Year	\$2,000	2017
University of Miami Coral Grant	\$23,600	2014 – 2018
University of Miami President's Scholarship Award	\$13,000	2014 – 2018
University of Miami Enhancement Grant	\$5,900	2015 – 2018
Priscilla J. Schneller Memorial Grant	\$2,000	2016 – 2018
Alison & Howard Cohen Scholarship Grant	\$2,000	2015 – 2016
Marine Corps Scholarship Foundation Award	\$2,500	2014 – 2015,
	\$5,000	2016 – 2018
Just for UM Psychology Students to Accelerate Research Training	\$1,500	2016

CLINICAL EXPERIENCE

Edward Hines, Jr. Veterans Administration Hospital

Trauma Services Program, Mental Health Services Line

Hines, IL

Psychology Extern

Fall 2021 – Summer 2022

Supervisor: Kurtis Noblett, Ph.D., Barbara Pamp, Ph.D., Dana Weber, Ph.D.

- Provided individual psychotherapy using evidence-based cognitive-behavioral approaches to treat PTSD (i.e., Cognitive Processing Therapy and Prolonged Exposure)
- Worked with a diverse population of Veterans from various war eras (e.g., Vietnam War, Persian Gulf War, OEF/OIF War)
- Conducted semi-structured interviews and administered the Clinician Administered PTSD Scale for diagnostic purposes
- Engaged in shared decision treatment planning
- Engaged in Diversity, Equity, and Inclusion building by sharing clinically applicable information (e.g., racial trauma, role of sexuality in treatment, relationship between religion and treatment improvement)
- Attended group consultation on topics such as marijuana use in veterans seeking treatment
- Attended weekly staff meetings, individual supervision, and group supervision

DeKalb County Probation Services

Sycamore, IL

Psychology Extern

Summer 2021 – Present

Supervisor: David Valentiner, Ph.D.

- Prepare, set up, and co-lead anger management group therapy sessions to a culturally diverse population of men in probation
- Develop and conduct evidence-based treatment plans (i.e., Anger Management for Substance Abuse and Mental Health Clients (SMSHA), Building Recognition through Emotional Awareness and Knowledge (BREAK), Emotion Efficacy Therapy (EET) for anger management groups
- Conduct psychological evaluations for individuals who are on probation in order to determine risk and protective factors for their probation experience and identify services that may benefit client
- Engaged in shared decision treatment planning with clients
- Write integrated reports regarding clients' cognitive functioning, trauma history, psychopathology symptoms, and psychosocial history
- Complete session notes and treatment plans
- Consult on best practices for behavioral change, treatment plans, and client interaction with probation officers
- Participate in group supervision

Advanced Therapeutic Solutions

Oak Brook, IL

Clinical Co-Therapist

Spring 2021 – Fall 2021

Supervisor: Carmen Lynas, Ph.D.

- Supported primary therapist in a group setting with community young adult (ages 18-25) clients presenting with anxiety, depression, autism, and other comorbid disorders (e.g., ADHD, OCD)
- Assisted in planning and executing weekly activities based on Acceptance and Commitment Therapy and Cognitive Behavioral Frameworks

- Assisted in broader treatment planning and monitoring children's goals during group sessions

Susan Myket Ph.D., & Associates

Naperville, IL

Clinical Co-Therapist

Spring 2021 – Fall 2021

Supervisor: Mitchell Hoberman, Psy.D.

- Supported primary therapist in a group setting with community young adult (ages 18-25) clients presenting with anxiety, depression, autism, and other comorbid disorders (e.g., ADHD, OCD)
- Assisted in planning and executing weekly activities based on Acceptance and Commitment Therapy and Cognitive Behavioral Frameworks
- Assisted in broader treatment planning and monitoring children's goals during group sessions

Psychological Services Center

Northern Illinois University, Dekalb, IL

Graduate Student Therapist

Clinic Director: Karen J. White, Ph.D.

Fall 2019 – Summer 2020

Supervisors: Karen J. White, Ph.D., Liz Shelleby, Ph.D., Holly K. Orcutt, Ph.D., Michelle Lilly, Ph.D

- Provided individual psychotherapy using primarily cognitive-behavioral techniques
- Conducted cognitive, socioemotional, and psychodiagnostics assessments with diverse population
- Engaged in risk assessment and safety planning
- Wrote session notes, treatment plans, and integrative assessment reports
- Applied Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, and Supportive Counseling with adults presenting with varying concerns (e.g., PTSD, ADHD, anxiety, depression, emotional difficulties, life event processing)
- Conducted assessments with adult clients for PTSD, specific learning disorder, intellectual disabilities, and other clinical disorders
- Attend case conference presentations, participate in group and individual supervision, and attend weekly staff meetings

STRUCTURED INTERVEIWS AND ASSESSMENTS

- Clinician-Administered PTSD Scale for DSM-5 (CAPS-5)
- Structured Clinical Interview for DSM-5 (SCID-5)
- Structured Clinical Interview for DSM-5 Personality Disorders (SCID-5-PD)
- NEO Personality Inventory – Revised (NEO-PI-R)
- Minnesota Multiphasic Personality Inventory, 2nd Edition, Restructured Form (MMPI-2-RF)
- Wechsler Adult Intelligence Scale, Fourth Edition (WAIS-IV)
- Wechsler Intelligence Scale for Children, Fifth Edition (WAIS-V)
- Woodcock-Johnson Tests of Cognitive Abilities (WJ-IV-COG)
- Woodcock-Johnson Tests of Achievement-IV (WJ-IV ACH)
- Woodcock-Johnson Tests of Oral Language (WJ-IV-OL), select subtests

- Wechsler Memory Scale, Fourth Edition (WMS-IV)

WORKSHOP AND TRAINING PARTICIPATION

<p>Cumulative Trauma: Assessment Challenges and Treatment Implications September 2020</p>	<p>Department of Veteran Affairs Kathleen Colangelo, Ph.D. Discussed influence of multiple traumas on the process of trauma assessment using the CAPS-5. Focused on the DSM recommendation of basing diagnosis on “worst” trauma.</p>
<p>Prolonged Exposure August 2021; January 2022</p>	<p>Department of Veteran Affairs Kurtis Noblett, Ph.D. & Jonathan Beyer, Ph.D. Online, interactive training discussing exposure theory, structuring in-vivo exposures, as well as implementation of imaginal exposure and breathing retraining (5 hours)</p>
<p>Cognitive Processing Therapy August 2021; January 2022</p>	<p>Department of Veterans Affairs Barbara Pamp, Ph.D. & Kathleen Colangelo, Ph.D. Online, interactive training discussed cognitive theory, implementation of Socratic questioning, identification of stuck points within trauma accounts and impact statements, and delivery of cognitive skills (5 hours)</p>
<p>Telepsychology Best Practice 101 Series August 2020</p>	<p>American Psychological Association Marlene M. Maheu, Ph.D. Webinar detailed competencies needed for telepractice including crucial ethical, legal, clinical, technical issues, and reimbursement strategies. Series discusses practical ways to use technologies on video conferencing in addition to techniques to reach more people, lower overhead, and focus on specialty areas (8 hours)</p>
<p>Training on Intensive Treatment for Selective Mutism June 2020</p>	<p>Advanced Therapeutic Solutions Carmen M. Tumialan Lynas, Ph.D. Two-day training in evidence-based behavioral exposure therapy techniques to address selective mutism in children. Causes, maintenance, assessment, theory, and treatment were discussed. COVID-19 precautions for in-person treatment were also presented. (16 hours)</p>
<p>The State of Human Trafficking during Covid-19 April 2020</p>	<p>The Mavuno Project, Kristi House, Glory House, PAIN2PURPOSE, & Chance Program Amanda Altman, Tania Andre, Betty Lara, Shanda Roberts, Maria Clara Harrington This live learning opportunity discussed how traffickers are taking advantage of vulnerable youth within the uncertain times of COVID-19 and how organizations are fighting both locally and internationally during the shutdown (1 hour)</p>
<p>Grounding Techniques in Tele-Therapy April 2020</p>	<p>Trauma Institute & Child Trauma Institute Jessica Horder, LMHC Webinar identified indicators of client dissociation and described how to coach therapy clients through telephone or video to use DBT skills (TIPP and Self-soothing with the Senses) for grounding (1 hour)</p>
<p>CBT-I April 2020</p>	<p>CBTIweb Daniel J. Taylor, Ph.D.</p>

Online training was a provider-focused, web-based learning course for Cognitive Behavioral Therapy for Insomnia, which is the first line of treatment for chronic insomnia. The basics of sleep, assessment of insomnia, behavioral model of insomnia, and the efficacy about CBT-I. The components of the therapy including sleep restriction, relaxation training, cognitive restructuring, sleep hygiene, and relapse prevention (2.5 hours)

Intensive Trauma-Focused Therapy & The Flash Technique
April 2020

Trauma Institute & Child Trauma Institute
Ricky Greenwald, Psy.D.

Workshop outlined benefits and shortcomings of intensive trauma-focused therapy, reviewed the literature, and explained how to conduct this therapy. The focus was on how to implement procedures required to provide intensive trauma-focused therapy to clients (3 hours)

Provider Strategies for Coping with Burnout and Secondary Traumatic Stress
November 2019

National Center for PTSD
Robyn Walser, Ph.D., Katherine Juhasz, M.S., Patricia Watson, Ph.D., Katharine Edwards, Ph.D.

Webinar addressed how psychologists can assess their own levels of burnout and secondary traumatic stress in addition to providing information on how to cope (1 hour)

Training to Administer and Score Clinician-Administered PTSD Scale for DSM-5
September 2019

National Center for PTSD
Brian Marx, Ph.D., Michelle Bovin, Ph.D., Patricia Watson, Ph.D.
This web course provided instruction on administration and scoring of the CAPS-5 (4.5 hours)

Assessment and Treatment of PTSD in Individuals with Co-Occurring Psychotic Disorders
August 2019

National Center for PTSD
Stephanie Sacks, Ph.D.
Web course described relationship between trauma exposure, PTSD, and psychosis, summarized empirical research related to PTSD in those with psychosis, allowed engagement in assessment and treatment planning, and outlined how to implement evidence-based treatments (1 hour)

Assessment of Suicidality and Safety Planning
August 2018, September 2019

Karen J. White, Ph.D., Northern Illinois University
In-person training in which participants watched role-plays of suicidal clients, practiced assessing suicidality in a therapy session, and practiced making a safety plan (3 hours)

Assessment and Treatment of Torture Survivors: Resilience-Centered Healing
December 2016

Adeyinka Akinsulure-Smith, Ph.D., Katherine Porterfield, Ph.D., Hawthorne Smith, Ph.D., and Charles Figley, Ph.D., APA
Webinar addressed the clinical evaluation and care of those who have survived torture. A description was provided of trauma-informed and interdisciplinary approaches to healing (1.5 hours)

Organizing for Change: Students Taking Action Against Human Trafficking
September 2016

International Human Trafficking Institute
Conference engaged and enhanced college student involvement in social and civil justice campaigns, specifically geared towards eradicating human trafficking (8 hours)

LGBTQI Competency + Sensitivity Training
February 2016

Chief Francesco Duberli-Rivera, M.S., Survivors' Pathway
Workshop addressed complexities of gender identity and sexual orientation from a cultural perspective and provided tools to promote provision of LGBTQI-sensitive services within communities. (3 hours)

<p>Commercial Sexual Exploitation of Children (CSEC) October 2015</p>	<p>Maria Clara Rodriguez, M.S., Kristi House Overview of commercial sexual exploitation of children, the scope of the problem nationwide, and the impact of trauma on children. Included information on how to identify victims and report cases to authorities. (3 hours)</p>
<p>Children and Traumatic Stress May 2016</p>	<p>Dawn Thompson, M.A., Kristi House Workshop articulated trauma-informed intervention strategies and detailed the impact of trauma on the development and behavior of children and their caregivers. (3 hours)</p>
<p>Children with Problematic Sexual Behavior June 2016</p>	<p>Dawn Thompson, M.A, Kristi House Workshop distinguished the difference between normal sexual development and problematic sexual behaviors, including signs and symptoms of problematic behavior. Included information on how to create a positive environment for these children. (2 hours)</p>

PUBLICATIONS

Peer-Reviewed Publications

- Leonard, K. A.**, Ellis, R. A., & Orcutt, H. K. (2020). Experiential avoidance as a mediator in the relationship between shame and posttraumatic stress disorder: The effect of gender. *Psychological Trauma: Theory, Research, Practice, and Policy*, *12*(6), 651.
- Simpson, E. A., Maylott, S. E., Lazo, R. J., **Leonard, K. A.**, Kaburu, S. S., Suomi, S. J., ... & Ferrari, P. F. (2019). Social touch alters newborn monkey behavior. *Infant Behavior and Development*, *57*, 101368.
- Simpson, E. A., Maylott, S. E., **Leonard, K. A.**, Lazo, R. J., & Jakobsen, K. V. (2019). Face detection in infants and adults: Effects of orientation and color. *Journal of Experimental Child Psychology*, *186*, 17-32.

Manuscripts Under Review

- Suarez, L. S. & **Leonard, K. A.**, Alfonso, D., Vazquez, A. (Under Review). Through the Survivor's Lens: A Photovoice Inquiry of Child Sex Trafficking. *Journal of Human Trafficking*.
- Hill, S. Ung, S. D., **Leonard, K.A.**, Jessen, A., & Lilly, M. (Under Review). The impact of organizational support on mental health and impairment in 9-1-1 telecommunicators.

Manuscripts In Preparation

- Leonard, K. A.**, Alfonso, D., Robinson, D., Ellis, R.A., Hill, S., Suarez, L.S. (In prep). Adverse Childhood Experiences as a risk factor for sex trafficking: A meta-analysis.
- Ellis, R.A., Awada, S.R., **Leonard, K.A.**, Alfonso, D., Orcutt, H.K., Shelleby, E.C. (In prep). Evaluation of association between psychopathic traits and symptoms of PTSD and depression: A replication and extension.
- Awada, S.R., Ellis, R. A., **Leonard, K.A.**, Hill, S., Shelleby, E. (In prep). Characteristics of sexual perpetrators.
- Leonard, K. A.**, Alfonso, D., Suarez, L.S. (In prep). Human Trafficking: A review.
- Alfonso, D., Awada, S.R., Leonard, K.A., Shelleby, E.C. (In prep). Contextual Pathways to Adolescent Delinquency: Poverty and Collective Efficacy.

RESEARCH PRESENTATIONS

Presented Posters

- Leonard, K. A.**, Ellis, R. A., Awada, S. R., Shelleby, E. K., Orcutt, H. K. (2021, November 1-5). *Sex trafficking experiences in college students: Prevalence rate and relation to trauma exposure and psychopathology*. Poster presented at International Society for Traumatic Stress Studies, virtual.
- Leonard, K. A.**, Ung, S. D., Hill, S., Lilly, M. (2020, November 4-14). *Impact of organizational support on impairment in 9-1-1 telecommunicators*. Poster presented at International Society for Traumatic Stress Studies, virtual.
- Ung, S. D., **Leonard, K. A.**, Valdez, A., Hawkins, C. Bridgett, D. J. (2020, May 21-24). *Household chaos and maternal negative parenting during childhood are associated with mindfulness skills in emerging adults*. Poster presented at Association for Psychological Science in Chicago, IL.
- Alfonso, D., **Leonard, K.A.**, Awada, S., Keane, J., Shelleby, E.C. (2020, March 19-21). *Contextual pathways to adolescent delinquency: Poverty and collective efficacy*. Poster presented at Society for Research on Adolescents in San Diego, CA. (Conference cancelled due to COVID-19).
- Leonard, K. A.**, Ellis, R.A., & Orcutt, H.K. (2019, November). *Victims of Childhood Abuse, Shame, and the Moderating Role of Experiential Avoidance*. Poster presented at International Society for Traumatic Stress Studies in Boston, MA.
- Leonard, K.A.**, Alfonso, D., Awada, S., Shelleby, E.C. (2020, March 19-21). *Victims of childhood physical and emotional abuse, risky substance use, and the mediating effect of externalizing disorders*. Poster accepted by Society for Research on Adolescents in San Diego, CA. (Conference cancelled due to COVID-19).
- Suarez, L. S., Vazquez, A. A., Monroig, M. M., & **Leonard, K. A.** (2017, February). *Understanding the experiences of commercially sexually exploited children*. Poster presented the Roundtable on Cultural Psychology and Education in New York, NY.
- Suarez, L. S., Monroig, M. M., Vazquez, A. A., & **Leonard, K. A.** (2017, March). *Understanding the experiences of commercially sexually exploited children*. Poster presented at the Cultural Impact Conference in Chicago, IL.

Posters Under Review

- Jessen, A., **Leonard, K.A.**, Lilly, M. (2022, November). *Patterns of PTSD symptoms, alcohol use, experiential avoidance, social support in 9-1-1 telecommunicators*. Poster accepted to be presented at International Society for Traumatic Stress Studies in Atlanta, GA.
- Leonard, K. A.**, Jessen, A., Lilly, M. (2022, November). *Sexual satisfaction and dysfunction in female survivors of sexual violence: predictive value of sexual motivations and relationship satisfaction*. Poster accepted to be presented at International Society for Traumatic Stress Studies in Atlanta, GA.

RESEARCH EXPERIENCE

Illinois Department of Children and Family Services Integrated Assessment Program

Department of Psychology, Northern Illinois University, DeKalb, IL

Primary Investigator: Laura Pittman, Ph.D.

Graduate Research Assistant

Fall 2019 – Summer 2020

This lab assists with ongoing research efforts and program evaluation of the NIU DCFS integrated assessment program.

- Entered, tracked, and maintained confidential data regarding child and families involved in

- DCFS evaluations to monitor parental prognosis
- Reviewed Early Childhood Referrals and Screening Tools
- Updated and provided Early Childhood Tools Utilized Report
- Reviewed, logged, scanned, recorded, troubleshooted, and prepared referrals and screening tools for mailing
- Conducted literature reviews
- Quality assurance
- Attend weekly RA meetings

Partnership for Prevention and Social Change

School of Education and Human Development, University of Miami, Miami, FL

Primary Investigator: Debbiesiu Lee, Ph.D.

Research Assistant

Fall 2016 – Summer 2018

This lab's research examines how individuals cope with discrimination and the impact of such on mental and physical health.

Understanding the Experiences of Commercial Sexually Exploited Children

- Conducted comprehensive literature search on topics such as sex trafficking and commercial sexual exploitation of children
- Revised manuscript with updated information gained through literature search
- Edited manuscript for content and clarity

Participant Empowerment

- Met with local artist and venue to negotiate a space for the participants (survivors of human trafficking) to paint a mural in conjunction with the artist
- Participated in meetings with the participants and the artist to create a concept for the mural
- Painted the mural with participants and artist

TEACHING EXPERIENCE

Intro to Psychology

Northern Illinois University, Dekalb, IL

Graduate Advanced Teaching Assistant

Fall 2020 – Spring 2022

Graduate Teaching Assistant

Fall 2018 – Spring 2019

Supervisor: Anne Britt, Ph.D., Michelle Lilly, Ph.D.

- Determined structure for online classes
- Set up and maintained undergraduate data collection via an online platform (SONA)
- Initiated and implemented a culturally diverse section for each of 10 chapters
- Mentored graduate teaching assistants on teaching skills, material development, and handling student concerns
- Troubleshooted student technological concerns, lead recitation sessions, proctored exams
- Created assignments, quizzes, and exams

PROFESSIONAL SERVICE

Undergraduate Trauma Journal Club

Northern Illinois University, Dekalb, IL

Coleader, Founder

Spring 2020 – Present

The Undergraduate Trauma Journal Club is a monthly meeting designed to mentor undergraduates to

hone critical thinking skills, explore research interests, learn to read research articles, and foster professional development.

- Co-developed opportunity with faculty and other graduate students to mentor undergraduates
- Planned meetings, recruit interested undergraduates
- Co-lead meetings to discuss importance of research, structure of a research article, how to find research articles, and exploring trauma research interests
- Mentored undergraduates on how to get involved with research, learning about graduate school options, and CV building

Diversity Taskforce

Northern Illinois University, Dekalb, IL

Cohort Representative, Founder

Summer 2020 – Present

The Diversity Taskforce was developed to identify and implement actionable changes within the department of psychology at NIU.

- Founded the organization: set up meetings with students and faculty
- Identify needs within the program (e.g., access to diversity training for students and faculty, recruitment of diverse students and faculty, etc.)
- Implement changes (e.g., hold brownbag meetings on diversity topics twice a year, update diversity materials on website, create a welcoming diversity statement for the psychology clinic, rewrite and update the diversity course, develop a catalogue of diversity resources, etc.)
- Plan general meetings, created organizational structure and accountability for tasks

SKILLS: SPSS, R, NVivo, EndNote, Tobii eyetracking, RedCap, Qualtrics

AFILIATIONS: APA, APAGS, APA division 56, National Organization of Women, and Society of Research on Adolescents (SRA)

REFERENCES

Michelle Lilly, Ph.D.

Professor of Clinical Psychology
Northern Illinois University
Department of Psychology
mlilly1@niu.edu

Kurtis Noblett, Ph.D.

Clinical Psychologist, Trauma Services Program
Edward Hines, Jr., VA Hospital
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Holly Orcutt, Ph.D.

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Northern Illinois University
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