

Sonia Dhaliwal, Psy.D.

Licensed Psychologist

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EDUCATION

Post-Doctoral Clinical Fellowship University of Nevada Las Vegas, Counseling Center Emphasis Area: Crisis Intervention Work	July 2012
APA Accredited Doctoral Clinical Internship, Michigan State University, Counseling Center	August 2011
Psy.D. Clinical Psychology APA Accredited Program: Organizational Consulting Track Pacific University, Oregon, School of Professional Psychology	August 2011
Master of Arts, Counseling Psychology: Organizational Consulting/Development Track Pacific University, Oregon, School of Professional Psychology	May 2006
Bachelor of Arts in Psychology; Minor: Philosophy University of Hawaii at Manoa	August 2004

LICENSURE

Psychologist	State of Nevada,	March 2019-present	(NO. PY0890)
Psychologist:	State of Missouri,	July 2014-2020	(NO. 2012034188)

I am PSYPACT/APIT certified, which authorizes me to provide telehealth therapy to clients in 34 states and jurisdictions.

PRESENT EMPLOYMENT

Licensed Psychologist at **Dhaliwal Psychological Services, LLC.** 2022-Present.
Licensed Psychologist at **Kutner & Associates,** 2022-Present.

Diversity, Equity and Inclusion Specialist at **Dhaliwal Diversity Consulting.**
2021-Present. <https://www.raddiversityconsult.com/>

PAST EMPLOYMENT

Assistant Director/Director of Training at APA accredited training program at the University of Nevada, Las Vegas, NV. 2018-2021

Director of Clinical Training and Assistant Teaching Professor, Department of Educational, School and Counseling Psychology. University of Missouri. Columbia, MO. 2015-2018.

Doctors Without Borders -Medecins Sans Frontieres – USA
2015-2020.

Senior Staff Psychologist, University of Missouri Counseling Center. Columbia, MO. 2012-2015.

CERTIFICATES

Certificate from Certified ADHD Professional (ADHD-CCSP) on 06/01/23.

Clinical Military Counselor Certificate (CMCC). Completed on 10/27/2022.

LEAD1x: Exercising Leadership: Foundational Principles. A course of study offered by HarvardX, an online learning initiative of Harvard University. Completed on 07/29/20.

LEADERSHIP EXPERIENCE

President of the Southern Region Board of the Nevada Psychological Association (NPA) May 2023-May 2024.

Vice President & Secretary of the Southern Region Board of the Nevada Psychological Association (NPA) May 2022-May 2023.

Association of Counseling Center Training Agencies (ACCTA)

- ACCTA represents one of the largest single training settings for APA-Accredited internships in the United States.

Special Task Group (STG) for response to COVID-19 pandemic. Division 17.

- The purpose of this STG is to identify ways to support our counseling psychology and larger mental health community in related fields during the time of COVID-19.
- College of Education at Mizzou- **Diversity Committee member** (Fall 2015-2018)
 - Improved minority recruitment and retention by building relationships with different civil rights organizations.
 - Attend monthly meetings with other staff and faculty representatives within the College of Education.

- To promote transformative experiences and curricula that increase cultural competence and facilitate positive environments.
- Designed new hiring strategies that increased diversity in the workplace.

University of Nevada, Las Vegas

Active member of the Nevada Psychological Association (NPA)

- Member of the **Diversity, Equity, and Inclusion** (DEI) committee (NPA)
- Discuss and implement legislative **DEI** initiatives.
- Discuss new hiring strategies to help increase diversity at UNLV.
- Assess diversity gaps across 5 different departments on campus and improve employment practices in accordance with EEO standards.

Past member of the *Mental and Behavioral Health Coalition* UNLV

- Attend meetings each semester with representatives from different mental health departments on campus.
- Engage in dialogues about the lack of resources around mental health in Southern Nevada.
- Discuss post-doctoral and other training opportunities to help retain professionals in Southern Nevada.
- Discuss relevant research and opportunities to collaborate with different departments on campus to expand mental health awareness through programming.

University of Missouri

Active member of *Griffiths Leadership Society* (part of distinguished group of MU alumnae women committed to being catalysts for connection in personal and professional life)

- Mentorship and networking
 - Mentored young professional women of color into different leadership roles.
- Promote growth and education of women and to create a nationwide network of women leaders with ties to Mizzou.
- Involved in setting up 2 conferences (Fall and Spring) per year.

President for MIZ-OUT, LGBTQ Organization (fall 16 & spring 2017)

- 1-year term.
- Preside at all meetings of MIZ-out.
- Handle special concerns and implement programs as directed by the Board of Directors.

Department of Educational, School and Counseling Psychology

- Counseling Psychology Director of the Coalition of Cultural Competency (CCC) (fall 2015-present).
 - Chair of Dual-Degree & 1 +1 Master's admission committee.

- Leads the Cross-Cultural Immersion Experience to NTNU (National Taiwan Normal University).
- Counseling Psychology Director of Clinical Training, (Spring 2016-present)
 - Coordinator of Practicum placements and Internship process, (Fall 2015-present).
 - Developing new practicum sites & performing yearly site visitations.
 - Working with graduate students to work through and resolve clinical concerns related to practicum and internship.
- Advisory Board Member for *The Bridge* (Spring 2016- 2017)
 - Serve as a mentor to meet and advise students running the Bridge on a monthly basis.
 - To provide faculty and staff with a foundational understanding of some core concepts related to enhancing diversity and inclusion on our campus.
- **ESCP**: Lead organizer for ESCP conference 2016-present
 - In charge of developing conference theme, involving students and bringing in 2 speakers.
- **Counseling Psychology Lead organizer for Gysbers, Johnston, Heppner and Heppner (GJHH) Distinguished Lecture Series**

LANGUAGE SKILLS

Fluent in Oral and Written English, Malay and Indonesian. Conversational French.

DHALI WAL PSYCHOLOGICAL SERVICES LLC & KUTNER & ASSOCIATES DUTIES
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SKILLS

- a. Provides psychotherapy services to a diverse client case load.
 - a. Meets with 30-35 individual patients a week.
 - b. 40% of patient case load is active-duty military and veterans.
 - c. Maintain accurate clinical notes and records.
 - d. Familiar with using EHR systems for documentation and to provide telehealth services.
 - i. Zoom, SimplePractice, Google Meets, DoxyMe and Skype
 - e. Meet with high-risk patients, provide crisis management and intervention as needed.
 - f. Experience in several therapeutic models including **DBT, CBT, EFT, and trauma informed care.**
- b. Facilitated the following **DBT skills-based** group with patients:

- a. Week 1: Introductions & DBT Basics
- b. Week 2: Dialectics - Principles & Applications
- c. Week 3: Mindfulness - Mindfulness Myths & The Wise Mind
- d. Week 4: Emotion Regulation - Changing Your Relationship to Emotions
- e. Week 5: Emotion Regulation – Techniques
- f. Week 6: Distress Tolerance - Guidelines for Use
- g. Week 7: Interpersonal Effectiveness - Building & Maintaining Strong Relationships
- h. Week 8: Cognitive Modification & Problem Solving

Diversity, Equity, and Inclusion specialist at DHALI WAL DIVERSITY CONSULTING DUTIES

- a. Provides diversity, equity, and inclusion consulting to a diverse clientele of individuals and organizations.
- b. Conducted coaching seminars for 40 staff members on cultural awareness, improving team diversity and communication.
- c. Ability to facilitate engaging training and group conversations on DEI topics for a variety of skill and knowledge levels:
 - a. **Three-hour didactic and experiential trainings:**
 - i. Building Allying Workshop Series
 - ii. Psychological Self Defense Trainings
 - iii. Addressing Microaggressions in the Workplace
 - iv. Introduction to Cultural Competence
 - 1. Building understanding of social justice terminology.
 - 2. Learning a culturally humble approach.
 - 3. Identifying resources for increasing your knowledge.
 - 4. Developing strategies to better know your communities.
 - v. **Building Awareness of Implicit Bias:**
 - 1. Learn about implicit bias and dispel common misconceptions.
 - 2. Develop understanding of how implicit bias is related to explicit behavior.
 - 3. Take accountability for the effects of your bias and learn how to interrupt biased behaviors.
- d. **Strategic Planning:**
 - a. Incorporating anti-racism into an organization’s work.
 - b. Difficult Dialogues in the Workplace.
 - i. Improving team communication
- e. Effective problem solving and conflict resolution skills, with an ability to manage stressful situations.
- f. Strong project management skills and ability to work on multiple projects simultaneously and meet deadlines with a drive for results.

PAST ASSISTANT DIRECTOR ADMINISTRATIVE DUTIES
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1. The Assistant Director for Training (ADT) has responsibility for all training programs offered by CAPS, including responsibility for maintaining accreditation of an APA-approved doctoral internship, the recruitment, selection, training and evaluation of doctoral interns and master's and doctoral level practicum students. Plans and oversees training and supervision for all trainees and provides consultation and/or consultative supervision to designated training program supervisors. Provides direct clinical supervision and training to doctoral interns and practicum students. Oversees the development, interpretation, and execution of training policies and procedures. This position also requires the provision of clinical services including individual, couples, and group counseling, intake evaluation, crisis assessment and intervention, and outreach programming and consultation services. The ADT is a member of CAPS leadership team and assists with departmental strategic planning and leadership responsibilities. While the training program supports the mission of UNLV by ensuring trainees have excellent training and supervision, the ADT appreciates that the center's primary mission is to provide quality clinical service to UNLV's student population. As such, the ADT ensures ongoing integration of training into the overall counseling center activities while being mindful of resources, and advance the center by creating a value of life-long professional development and learning which will, in turn, enhance service provision throughout the center.

SKILLS

Required

- a. Excellent clinical skills including diagnostic evaluation, assessment, crisis intervention, and evidenced-based behavioral health interventions.
- b. Strong critical thinking skills to use logic and reasoning to identify the strengths and weaknesses of various conclusions or approaches to problems.
- c. Strong judgment and decision-making skills.
- d. Strong organizational and time management skills.
- e. Flexibility and prioritization skills to perform multiple job responsibilities in various locations.
- f. Excellent written, verbal, and interpersonal communication skills.
- g. Active learning to understand the implications of new information for both current and future problem solving and decision making.
- h. Excellent training and supervision skills.

TRAINING DIRECTOR DUTIES

1. Responsible for the screening, selecting, and hiring of 4 doctoral interns and 2 graduate assistants each year.
 - a. Worked with Human Resources in initiating the hires of trainees for each academic year.
 - b. Wrote justification to help maintain internship program through COVID pandemic.

2. Program Evaluation
 - a. Responsible for writing end of year report, analyzing data received from each training cohort. Examine data for increased competence in training benchmarks in pre and post score.
 - b. Presented data to the Director of the Counseling Center and staff during retreat.
 - c. Develop surveys to assess different aspects of the training program.
 - i. 2019-2020, a COVID-19 survey was developed to assess how the training program transitioned to remote telehealth while being able to support doctoral interns and trainees.
3. Staff Evaluation
 - a. Responsible for evaluating staff on various goals and objectives related to training.
 - i. Provide verbal and written feedback for each academic year.

Professional Seminars

4. Planned and oversee training and evaluation of doctoral interns, master's and doctoral level practicum students.
5. Prepared, organized and delivered 5 different professional seminars, according to APA guidelines, for the practicum students & doctoral interns:
 - a. Professional Development Seminar, Clinical and Professional Issues Seminar, Supervision of Supervision, Case Conference Seminar and Group Practicum seminar
 - b. Each week was responsible for bringing in professional speakers on a variety of different mental health issues for the trainees.

Supervision and Meetings

6. Facilitate Supervisor Team meetings and Training Committee meetings biweekly to ensure trainees are meeting training competencies.
7. Provide direct clinical supervision to doctoral interns and practicum students.
 - a. Supervised advanced doctoral students, 1 hour per week, from Clinical Psychology Program
 - b. Supervised Doctoral Intern, 2 hours per week.
 - c. Supervised Doctoral Interns in Supervision of Supervision and Professional Development Seminar.
 - d. Providing weekly supervision and training to **DBT** counselor interns.
8. Oversee development, interpretation, and execution of training policies and procedures.
 - a. Developed various rotation areas for doctoral intern training:
 - i. Sport Psychology emphasis area
 - ii. Multicultural Rotation
 - iii. Eating Disorder Rotation

- iv. Outreach Rotation
- v. Behavioral Health Team Rotation
- vi. Trauma Rotation

Clinical Work

9. Maintain a caseload of 25 patients per week.
 - a. Provided **DBT-informed skills** to a diverse patient population.
 - b. Facilitated 2 different **DBT skills-based groups**.
 - i. Mindfulness Based Cognitive Therapy
 - ii. Emotion Regulation
 - iii. Distress Tolerance
 - iv. Interpersonal Skills (DEAR MAN skills)
 - c. Performed outreach to various communities on campus twice per week.
 - i. This consisted of giving oral presentations to different groups on campus.

ASSISTANT TEACHING PROFESSOR DUTIES
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Graduate courses taught:

University of Missouri, Columbia, MO

1. Psychology of Crossing Cultural Borders ESCP 8780-11 (Fall 2014-2017)
2. Online Diversity course: Diversity Issues in School Mental Health ESCP 8450 (Fall 2014, Summer 2015, Summer 2016)
3. Career Development of Women ESCP 8990-01 (Spring 2015)
4. Research in ESCP: Resilient International Students will exhibit higher levels of acculturation and advanced coping skills in their environment 8095 (Spring 2015, Fall 2015, Spring 2016)
5. Methods in Group Counseling 8110 (Fall 2015-2018)
6. Advanced Counseling Theories 8360 (Fall 2015-2018)
7. Internship Counseling Psychology 9091 (Fall 2015, Spring 2016, Summer 2016)
8. Positive Psychology 7200 (Spring 2016 & 2017)
9. Counseling Methods and Practice 8040 (Spring 2016-2018)
 - a. Lab Sections 8040 1 A & B
10. Interview, Diagnosis and Assessment 8640 (Spring 2016-2018)
11. Field Placement counseling/supervision 8948 (Spring 2016-2018)

**New courses: Self-developed and Conducted

1. **Difficult Dialogues ESC_PS 8087** (Spring 2016 & 2017)
 - a. The purpose of difficult dialogues is to productively and constructively learn how to engage each other on issues on which we differ, and actively listen in a respectful manner for what it is that we can learn-about the subject, ourselves, others, and about our common values. Topics include:
 - i. Freedom
 - ii. Sustainability and the role of higher education
 - iii. People of Color
 - iv. Perceptions of Diversity
 - v. Privilege

- vi. Healthcare & Immigration
- vii. Sexual Identity
- viii. Racism and Systems Theory

2. Understanding and Applying: CBT & IPT ESC_PS 8087 (Fall 2016)

- a. Purpose of course is to expose students to Interpersonal Process Theory and Cognitive Behavioral Theory. Course consists of applying learned concepts from theories to case vignettes throughout the course. Students will be exposed to role plays where they will apply what they have learned in each theory to skills they can use with clients.
 - i. Interpersonal Process Approach
 - 1. Interpersonal, Cognitive and Familial Domain
 - 2. Case Vignettes/ Role Plays
 - ii. Establishing a Working Alliance
 - 1. Empathic understanding
 - 2. Immediacy Interventions
 - iii. Honoring the client's resistance
 - 1. Reluctance, Shame & Guilt
 - 2. Case Vignettes/Role Plays
 - iv. Internal Focus for Change
 - 1. Shifting to an Internal Focus
 - 2. Placing the Locus of Change with clients
 - 3. Tracking Client's Anxiety
 - v. Relational Themes and Reparative Experiences
 - 1. Testing Behavior
 - 2. Transference, enmeshment and disengagement, Termination
 - 3. Case Vignettes

3. Evidence-Based Approaches to Psychotherapy (Fall 2018)

- a. Objective of course is to understand the definition of “evidence- based practice” as well as the purposes of using such practices in psychotherapy. Second objective is to gain an understanding of the basic research methods used in establishing a therapy as an evidence-based practice. This will enable you to be able to use the research/professional literature, in combination with an understanding of your client, to aid in choosing effective treatment techniques. Third objective is to conceptualize clients within a variety of evidence-based approaches (cognitive, behavioral, person-centered, and psychodynamic).

Teaching Assistant (Former)

Pacific University, School of Professional Psychology

- 1. Multicultural Skills Lab (fall 2009)
- 2. Program Development (fall 2009)
- 3. Diagnosis and Treatment Planning (spring 2009)

4. Basic Clinical and Counseling Skills (fall 2008)

DISSERTATION COMMITTEES

- Serve on 7 dissertation committees & 2 thesis committees (Fall 2017-2018)
- Advisor for **3** Counseling Psychology Master's students (Fall 2016-2018)

PROFESSIONAL ACTIVITIES/SERVICE

- Serve of the Slate Committee of **Diversity for the Association** of Counseling Center Training Agencies (ACCTA).
- Serve on the Nevada Psychology Association Board of Psychologists
- Division 52 Special Focus Committee: Member for Multicultural Mental Health Practices Around the World (Spring 2013-present)
 - Serving on special focus workgroup for Violence, Suicide and Prevention (2016-present)
- APA Division 56 Trauma Psychology: Member of International Committee (Fall 2016-present)
- Representative on the Diversity Advisory Council (DAC) for the Mid-Western Psychological Association (MPA) fall 2013- present
- Division 52 Chair of Marketing subcommittee, Early Career Psychologists (spring 2016- present)
- Active member of the Psi Chi national board (2011-present)

Former:

- Co-Chair of Division 52-International Psychology APA (fall 2011-2014)
- Managing Editor and List Serve Coordinator for the International Psychologist (ICP) Co-Managing Editor, July 2009-2010

JOURNAL REVIEWS, AD-HOC

- Ad-Hoc reviewer for the AERA Division E (Counseling and Human Development) Awards Committee (spring 2016)
- Ad-Hoc reviewer for the American Psychologist (fall 2015-present)
- Ad-Hoc reviewer for the Eurasian Journal of Educational Research (spring 2015-present)
- Ad-Hoc reviewer for International Psychology Division 52 (spring 2015)

HONORS AND AWARDS

- **Received Recognition Award for serving on the Psi Chi board** (2008 to present)

- **Board member of Global Conference on Education and Research (GLOCER)**
Fall 2016-present
- **Invited by Step Up! to present on “Complex Trauma through an Emotion Focused Lens” and “Positive Psychology 101” at the Nsanga Counseling Center in Rwanda**
Summer 2016
- **Invited to be visiting scholar to Chonnam National University, Busan, South Korea.** Summer 2016
- **Presented paper at UNHCR entitled “Violence against Women in Third World Countries.”** September 2014
 - Outcome of this presentation resulted in funds being allocated to the people of East Timur to help set up outreach programming events for women. Project was completed and implemented in 2016.
- **PSI CHI, International Honor Society in Psychology Award-** EPA conference. March 2014
 - Recognition of outstanding contribution to achievement of the goals of Psi Chi, to encourage, stimulate, and maintain excellence in scholarship of individual members in all fields, particularly in psychology, and to advance science of psychology.
- **Paul Dressel Outstanding Intern Award**
Fall 2011
 - The Paul Dressel award is a competitive award given to doctoral interns based on outstanding performance with respect to professional contribution, multicultural competency, and counseling skills. I was chosen during 2010 and 2011 academic year along with one other intern in our cohort of four.
- **Outstanding Student Status, School of Professional Psychology (SPP).**
Pacific University August 2009 - 2011.
- **Managing Editor and List Serve Coordinator for the International Psychologist (ICP)** Co-Managing Editor. July 2009-2010
- **Certificate of Appreciation for serving as the editor of The International Psychologist.** May 2009
- **Awarded the Outstanding Practitioner-Scholar Award in MA Counseling Program.** May 2006

- **Honored by the National Society of Collegiate Scholars.**
Fall 2002, Spring 2003, Fall 2003, Spring & Fall 2004

SPECIALIZED TRAININGS AND WORKSHOPS

Difficult Dialogue Workshops offered to undergraduates at University of Missouri

- Created and developed learn effective strategies for facilitating difficult dialogues on current social and cultural issues. The workshop will focus on preparing students to identify specific communication and listening issues that may be contributing to a difficult dialogue. The hope is to increase overall self-awareness, of both outward behaviors and inner thoughts and feelings, so that there is an improvement in communication and explore possibilities for more mindful and fruitful exchanges in classrooms and relationships with the larger community.

Difficult Dialogue Workshops offered to faculty at University of Missouri

- I assist faculty members in identifying specific communication and listening barriers that may contribute to a difficult dialogue. The goal is to increase overall self-awareness, of both outward behaviors and inner thoughts and feelings, so that there is an improvement in communication and facilitation toward cultural competency. Activities in these monthly sessions are designed to facilitate self-awareness and recognition for Mizzou Ed faculty members.

PROFESSIONAL PRESENTATIONS:

Dhaliwal, S. (2023, September). *Supporting Professional Women and Professional Women of Color in the Field*. Nevada Psychological Association. Online via Zoom.

Dhaliwal, S. (2022, September). *Working with an Immigrant Population: Best Clinical Practices*. Nevada Psychological Association. Online via Zoom.

Dhaliwal, S., (2021, October). Creating a Diversity, Equity, and Inclusion Committee within a University Counseling Center. Oral Presentation at the 2021, ACCTA conference. Online via Zoom.

Newell, J., & Dhaliwal, S. (2020, April). *A Game Based Approach to Cultural Competence Training*. Oral Presentation at the 2021, ACCTA conference. Online via Zoom.

Dhaliwal, S. (2020, June 17). Relocating During COVID-19. [Panel Presentation]. Online via Zoom.

- Robinson, D., & Dhaliwal, S.** (2020, February). *Multicultural Dialogues in Supervision*. Oral Presentation at the 2020 Winter Roundtable Conference, Teachers College, Columbia, New York.
- Newell, J., & Dhaliwal, S.** (2020, April). *A Game Based Approach to Cultural Competence Training*. Oral Presentation at the 2020 APPIC Membership Conference, San Diego., CA.
- Dhaliwal, S., Savala, A, Liu, X.** (2018, August). *The Posttraumatic Stress Experiences of Women in the Middle East*. Conversation Hour at the American Psychological Association, D.C., Washington.
- Dhaliwal, S., & Alexander, K.** (2018, April). *Difficult Dialogues in the Classrooms: Outcomes*. Paper presentation at The Bridge, Columbia, MO.
- Dhaliwal, S., & Hunt, B.** (2016, August). *Trauma Treatment for Rwandan Survivors of Genocide: A Multi-Theoretical Approach*. Paper presented at the meeting of the American Psychological Association, D.C., Washington.
- Dhaliwal, S.** (2016). *Trauma through a Cross-Cultural Lens*. Paper presentation at The Bridge, Columbia, MO.
- Valentin, C., DeHoff, L. G., Zafran, D., Kalibatseva, Z., & **Dhaliwal, S.** (2016, August). *Division 52 international psychology early career psychologists: Emerging international leaders with purpose*. Poster session presented at the APA Annual Convention, Denver, CO.
- Dhaliwal, S., & Perez, O.** (2016, June). *Engaging in Difficult Dialogues*. Paper Presentation at the Cambio De Colores Conference, Columbia, Missouri.
- Hunt, E., & **Dhaliwal, S.** (2016, June). *Addressing Racial Climate on College Campuses*. Paper Presentation at the Unified Summit, Las Vegas, Nevada.
- Dhaliwal, S., Chen, H., & Smith, C.** (2015, March). *Inclusive Campus: Building Relationships and Breaking down Barriers*. All day workshop at the NASPA annual conference, New Orleans, Louisiana.
- Dhaliwal, S.,** (2014, March). *The use of interpreters in working with linguistic minorities*. Oral presentation at the EPA conference, Boston, MA.
- Dhaliwal, S.,** (2012, October). *Resilience*. Paper presentation at the PCCHA conference, Las Vegas, Nevada.
- Dhaliwal, S.,** (2012, October). *The Evolution of the DSM-5*. Paper presentation at the PCCHA conference, Las Vegas, Nevada.

- Dhaliwal, S., & Turner, D.** (2011, February). *Developing a culturally sensitive intake template for Latino populations*. Oral presentation at the Big 10 Counseling Center, Minneapolis, Minnesota. Big 10 Conference.
- Dhaliwal, S.** (2010, November). *Psychological Assessments with Latino populations*. Oral presentation at the Multi-Ethnic Counseling Center Alliance (MECCA), Michigan State University, Counseling Center. East Lansing, Michigan.
- Dhaliwal, S.,** Christopher, M., Peraza, J., & S, Charoensuk. (2010, June). *Confirmatory Factor Analysis of a Thai Version of the Center for Epidemiologic Studies Depression Scale (CES-D)*. Paper presented at the World Congress of Behavioral Health and Cognitive Therapies (WBCT), Boston.
- Dhaliwal, S., & Peraza, J.** (2010, April). *Creating a culturally sensitive intake template for Latino populations*. Poster presented at Western Psychological Association (WPA). Cancun, Mexico.
- Dhaliwal, S.,** (2009, August). *Perceptions of Malaysian and Singaporean women in the media: A Singaporean case study*. Oral presentation at the American Psychological Association (APA) Division 52, International Committee for Women. Toronto, Canada.
- Dhaliwal, S.,** Peraza, J., D'Souza, J., Christopher, M. (2009, June). *A test of personality-culture clash hypothesis in Thailand and the United States*. Oral presentation at the 9th Conference of The Asia Pacific Sociological Association (APSA). Bali, Indonesia.
- Bloom, A., & **Dhaliwal, S.** (2009, April). *Applying mindfulness-based cognitive therapy to a Malaysian Alzheimer's population*. Poster presented at the annual Western Psychological Association, Portland, OR.
- McKittrick, D., Adelhart, S., **Dhaliwal, S.,** Jacob, K., Stotler-Turner, E., & Vaughn, H (2008, October). *Interdisciplinary health professions education program development that bridges health professional and arts and sciences studies*. Poster presented at the 2008 Conference of the Association of Schools of Allied Health Professions, Baltimore, MD.
- Stotler-Turner, E. & **Dhaliwal, S.** (2008, October). *Relapse prevention for male Malay-Malaysian sexual offenders*. Poster presented at the Oregon Counseling Association (ORCA). The Hilton, Eugene, Oregon.
- Dhaliwal, S., & Bloom, A.** (2008, February). *The possible treatment of Alzheimer's disease with a mindfulness intervention: A clinical case application*. Oral presentation at the Oregon Academy of Science (OAS).

Dhaliwal, S., & Bloom, A. (2008, May). *Self-Constraint and Distress among Individualistic and Collectivistic Societies*. Poster session presented at the annual Western Psychological Association (WPA), Irvine, California.

Dhaliwal, S., & Larsen, B. (2007, October). *Field Theory in action: A Gestalt approach to understanding Organizational Corporate Culture*. Oral presentation at the Oregon Counseling Association (ORCA), Seaside, Oregon.

Christopher, M., **Dhaliwal, S., & Schaefer, S.** (2007, August). *MEIM (Multi-group Ethnic Identity Measure)*. Poster session at the American Psychological Association APA division 45 (Ethnic Minority Issues).

Dhaliwal, S., Yoder, R., Schaefer, S., & Richardson, A. (2007, June). *Organizational Productivity through a cross-cultural lens*. Poster presented at the Diversity Day event, Forest Grove, OR.

Schaefer, S., & **Dhaliwal, S.** (2007, May). *Application of cross cultural theories in a clinical case conceptualization*. Poster session presented at the annual Western Psychological Association, Vancouver, B.C.

Dhaliwal, S., & Richardson, A. (2006, October). *Examining trauma through a cross-cultural lens using culturally sensitive models*. Oral Presentation at the Oregon Counseling Association (ORCA), Kaneetah, OR.

Dhaliwal, S., & Schaefer, S. (2006, February). *Cross-cultural trauma: A case study*. Oral Presentation at the Oregon Academy of Science (OAS) University of Oregon, Eugene, OR.

MANUSCRIPTS IN PREPARATION OR PUBLICATION

Christopher, M., D'Souza, J. B., **Dhaliwal, S., & Peraza, J.** (2009). A test of personality-culture clash hypothesis in Thailand and the United States. Published in the International Journal of Culture and Mental Health, 3: 2, 107-116.

Thomas, J., & **Dhaliwal, S.** (2009). Helping: How to offer, give and receive help [Review of the book Helping: How to offer give and receive help]. Published in Psyc CRITIQUES- Contemporary Psychology: APA Review of books.

RESEARCH EXPERIENCE

University of Missouri

Research Project

Title: A review of evidence-based interventions used to treat complex trauma within the context of genocide: Cultural adaptation for application in Rwandan culture.

Scope:

- Conducting a literature review to identify evidence-based interventions and examine how cultural factors specific to Rwanda impact delivery of these interventions. Cultural factors to consider are: historical racial context and relevance to the 1994 genocide against the Tutsi; Sociocultural and political climate in Rwanda; culturally appropriate vernacular in delivering EBP interventions (e.g., the use of the term “survivor”); the pros and cons in using interpreters to deliver therapy to this population and the ability to identify psychosomatic manifestations of trauma symptoms in this population.

Research Project

Title: Racial Identity Development in International Students

Scope:

- Running 5-7 focus groups with International Students throughout the Spring semester. Purpose of these groups is to assess Racial Identity Development for each student and how this could impact their ability to comprehend Racial Climate events from Fall 2015.

Research Project

Title: The Process of Difficult Dialoguing with International Student Groups

Scope:

- Ran 5-7 focus groups with International students throughout the Spring 2016 semester. Questions for focus groups were based on BioPsychoSocial framework.

Research Project

- Pre-Doctoral Internship Research Project (completed on 06/11): Cultural Specificity: Creating a culturally sensitive clinical intake template for Latino students.
 - Conducted focus groups with Latino students from the College Assistance Migrant Program.
 - Soliciting students’ perceptions regarding the Interpersonal Cultural Grid and Addressing Model.
 - Modifying the intake assessment template to create cultural specificity.

Title: Organizational Commitment, Organizational Citizenship Behavior and Environmentally Conscious Behaviors.

Scope:

- Examined the relationship between organizational commitment, organizational citizenship behavior and environmental concern.

Research Project

September 2008

Title: Correlates of anxiety and depression in Asian American students: The role of stress and cultural values.

Scope:

- Reviewed articles and gathered data on Asian American culture and the role of values in identifying sources of anxiety in Asian American students.

Research Project

July 2007

Title: MEIM (Multi-group Ethnic Identity Measure)

Scope:

- Examined the psychometrics of the Revised Multigroup Ethnic Identity Measure among a college student sample composed of African American, Asian American, Latino American and European American participants. Results were presented as a poster at the American Psychological Association Conference in August, 2006.

PROFESSIONAL CLINICAL EXPERIENCE

Counseling Center

University of Nevada Las Vegas

2018-2020

Clinical Responsibilities:

Groups Developed:

- COVID-19 support group for UNLV students
- Career Services psychoeducation group for both graduate and undergraduate UNLV students

Individual Therapy:

- Utilization of evidence-based treatments
 - Emotion-Focused Therapy within a Multicultural Framework
 - Cognitive-Behavioral Therapy
 - Interpersonal Process Therapy

Counseling Center

University of Missouri-Columbia

2012-2015

Responsibilities:

Groups developed:

- Career Related Concerns support group for International Students (Fall 2017)
- People of Color group (Fall 2014, Spring 2015)
- Substance Abuse Group- Thinking About Change (Fall 2013-2014)
- Mindfulness Based Cognitive Therapy Group (Spring & Summer 2013)
- Mind Over Mood Group (Fall, 2012-2013)

Seminars for trainees (2012-2014)

- Presented topic on Motivational Interviewing Strategies
- Presented topic on “Drugs, Treatment Interventions & Assessments”

Diversity Seminar for Pre-Doctoral Intern Cohort (2012-2015)

Position: Co-Facilitator

Responsibilities: Leading a 12-week seminar on Multicultural Issues

Spring term, 2013 & 2014

Topics included:

- Interns sharing their own cultural stories
- Socioeconomic status/Intergenerational Privilege, Gender & Religion
- Confronting privilege/micro aggressions by others
- The International Student experience in therapy
- Cross-cultural supervision: Supervising a supervisee from a multicultural perspective

Self-Developed Workshops:

- Conducted ADHD workshops for undergraduate students on campus that consisted of teaching students the following:
 - Time management strategies
 - Effective Organization & Planning
 - Self-help skills
 - A-B-C model
 - Distress tolerance
 - Mindfulness-Based Stress Reduction (MBSR)

Individual Therapy:

- Utilization of Evidence Based Treatments
 - Cognitive-Behavioral Therapy, Emotion-Focused Therapy within Multicultural Framework.
 - Carried a case load of 15-20 clients per week, ran 2 psychotherapy groups.

CLINICAL SUPERVISION EXPERIENCE
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Supervision: Specialize in working with International Doctoral level students

- Supervised doctoral interns and a fifth year advanced Clinical Psychology practicum student.
- Supervised 2, 2nd year doctoral students and 1 Masters level clinician (Fall 2017-

- present)
- Supervised a 3rd year Doctoral level clinician in Spring 2015
 - Supervised a 3rd year Doctoral level clinician Fall 2014
 - Supervised a 2nd year Masters level clinician in Spring 2014
 - Supervised 4th year Doctoral level clinician in Spring 2013
 - Supervised a 2nd year Masters of Social Work intern, Spring & Summer 2013
 - Supervised 4, 2nd year Masters in Counseling intern, Fall 2010-2012

PROFESSIONAL LIAISON

- Liaison with **Career Center** on UNLV campus
 - Facilitate support groups
 - Interpret career assessments for students
- Liaison with **Career Center** on University of Missouri campus
 - Taught the weekly beginning practicum course
 - Facilitated support groups
 - Developed and implemented Psychoeducational workshops addressing Acculturation Issues and Culture Shock for International Students
- Liaison with **Black Cultural Center (BCC)** on campus.
 - Monthly staff meetings to enhance communication between the BCC and Counseling Center.
 - Coordinated “If only you knew” event in March 2013
 - Mental Health 101 presentation to 60 non-majority students
 - Coordinated the “Am I still Black if?” event in February, 2014
- Liaison with **International Student Center (ISS)**
 - Developed Psychoeducation Workshops on Acculturative Stress and Adjustment for International Students at the University of Missouri
 - Meet with the director once per couple of months and maintain communication between ISS and counseling center. Collaborate on various professional events and activities.
 - Worked on a pilot project adopting Positive Psychology techniques to destigmatize mental health for international student populations.
 - QPR (Question, Persuade & Refer) Suicide Prevention training for International Student Center staff.
- Liaison with **Multicultural Center (MCC)**
 - Meet with the director monthly to collaborate on events designed to empower and support non majority students.
 - Facilitated the “Wait a minute” event at the multicultural center which was an open dialogue about suicide.
 - Radio show event: Body Image Issues: Women of Color in the media,

- 2014.
 - Facilitated dialogue entitled “Cross-cultural stigma around mental health issues.”
- Liaison with **NASPA (Student Affairs Administrators in Higher Education)**
 - Member of Equity and Diversity focus area social justice and continued diversification in today’s higher education environment.

Outreach Presentations:

Dhaliwal, S. (2017 October). *Acculturative stress in International Students*. Oral presentation at the International Center at the University of Missouri, Columbia.

Dhaliwal, S. (2014 April). *A discussion on women of color in social media*. Panel presentation on KOMU at University of Missouri, Columbia.

Dhaliwal, S. (2014 March). *Body image in women of color*. Panel Presentation at the Multicultural Center at the University of Missouri, Columbia.

Dhaliwal, S. (2014 October). *Mental health 101- Suicide Prevention*. Oral presentation to the Black fraternity at the University of Missouri, Columbia.

Dhaliwal, S. (2013 October). *Raising mental health awareness*. Oral presentation to Residence Hall at the University of Missouri, Columbia.

Dhaliwal, S. (2013 November). *Mental health 101*. Oral presentation to the students from the Black Cultural Center at the University of Missouri, Columbia.

University of Nevada Las Vegas Counseling Center

Postdoctoral Scholar

2011-2012

Responsibilities:

Outreach:

- National Depression Screening Day:
 - Coordinated National Depression Screening Day (10/06/11)
 - Recorded numbers for data collection and presentation to staff.
- National Alcohol Screening Day:
 - Coordinated Alcohol Screening day on (04/05/12)
 - Developed flyers to advertise the event.
 - Collect and record numbers for data collection for counseling center.
- International Student Workshops:

- Developed and presented series of workshops for International students
- Topics included: *Transitions: Adjusting to the American culture*, *International students and dating*, *Finances and the International Student*.
- **Media Campaign Contributions:**
 - Created a podcast for the counseling center promoting Question Persuade and Refer and discussing Suicide Prevention strategies.
 - Coordinated a project which involved filming International Students documenting their experiences around *Acculturation* and *Life in the United States*. The 2-minute video was later uploaded onto UNLV's International Student website. Launch date (Spring, 2012).
- **Love Your Body Day:**
 - Administered Disordered Eating Surveys to students.
 - Psychoeducation around Eating Disorders/Healthy Body Image.

Groups:

- Developed and facilitated International Student support group (Spring 2012).

Workshops:

- International Students and Mental Health Issues (Topics: Acculturation, Culture Shock) Spring 2012

Trainings:

- **Question, Persuade, Refer (QPR) Certified (Spring 2012-2015)**
 - Suicide prevention gatekeeper.

Assessment:

- Administered assessments and wrote integrated reports for students seeking accommodations for Learning Disability and/or Attention Deficit Disorder.
 - Measures administered included:
 - CCAPS, OQ-45, BAI-, BDI-II, PHQ-9 and BHS.

Outreach Presentations:

Dhaliwal, S. (2012 February). *Acculturative Stressors within the International Student Community*. Oral presentation to International students at the University of Nevada, Las Vegas.

Dhaliwal, S. (2011 November). *Understanding Depression in college student populations*. Oral presentation to freshmen students at University of Nevada, Las Vegas, NV.

Michigan State University Counseling Center (APA Accredited)

Responsibilities:

Assessment:

- Administered assessments and wrote integrated reports for students seeking accommodations for Learning Disability and/or attention deficit disorder.
 - Measures administered included:
 - CCAPS, OQ-45, BAI, BDI-II, BHS, Wechsler Abbreviated Intelligence Scale (WASI), Connors test for ADHD, CARE and BRIEF-A inventory, Wechsler Memory Scale IV, Woodcock Johnson III (Cognitive and Achievement Batteries)

Outreach:

- Media Campaign Contributions
 - Created podcast for UNLV Counseling Center discussing psychological effects of COVID-19 pandemic and ways to cope.
 - Narrated PowerPoint was uploaded onto the counseling center’s website.
 - Created podcast for MSU Counseling Center website discussing ADHD and assessment services offered.
 - Provided campus presentations to undergraduates on Stress Management and Eating Disorder issues.

Groups:

- Psychodrama group to enhance Relationship Building Skills (1 year)
 - Group met once per week for 2 semesters.
- Eating Disorder Group (Spring and Summer, 2011)
 - Group met once per week for 2 semesters.
- Mindfulness Based Cognitive Therapy Group (Fall 2010, Spring 2011 & Summer 2011)

Workshop:

- “Free your mind now!” (Spring and Summer, 2011)
 - Presented every first and third Monday of each month. Taught students CBT oriented techniques to help break negative thought patterns.

Outreach Presentations:

Dhaliwal, S., & Drake, R. (November, 2010). *Living a balanced life*. Oral presentation to freshman students in the East Neighborhood at Michigan State University.

Dhaliwal, S. (October, 2010). *Stress Management in college students: A Mindfulness Approach*. Oral presentation for doctoral Neuroscience students at Michigan State University.

CLINICAL TRAINING

Portland State University, Counseling Center

Portland, OR

Title: Clinical Fieldwork Student

August 2008 to June 2010

Responsibilities:

- Administering assessments and writing integrated reports. Measures administered included:
 - Wechsler Intelligence Scale for Adults (WAIS-IV), Integrated Visual Auditory Performance Test (IVA), Rey Complex Figure Test, Stroop Color and Word Test, Nelson-Denny Reading Test, Gray Oral Reading Test (GORT-IV), Brown ADD Rating Scale, Adult ADHD Self-Report (ADDES), Minnesota Multiphasic Personality Inventory (MMPI-2)

Portland State University, Counseling Center

Portland, OR

Title: Clinical Fieldwork Student

September 2009 to February 2010

Responsibilities:

- Co-facilitated an academic group with students who present with test anxiety and inadequate study skill strategies. Taught students coping skills and strategies to better improve their performance on coursework material and tests.
- Co-facilitated a CBT based group with students who have ADHD. This group focused on specific self-management skills, such as self-soothing behaviors and positive self-talk techniques, to help raise awareness around disruptive behaviors.

Clackamas Community College, Counseling Center

Clackamas, OR

Title: Practicum Student

August 2007 to July 2008

Responsibilities:

- Individual and group psychotherapy as well as vocational counseling [i.e., Holland's career inventories, Discover and California Personality Inventory, (CPI)] for individuals aged 18 years and older.
- Taught undergraduate course on Diversity Perspectives (Fall, 2007).

Clackamas Community College, Counseling Center

Clackamas, OR

Title: Practicum Student

January 2008 to July 2008

Psychoeducational Lesbian Gay Bisexual Transgender/Transsexual Group

Responsibilities:

- Discussed career/workplace issues involving lesbian, gay, bisexual and transgender (LGBT) student populations.

Washington County Harkin's House Shelter

Hillsboro, OR

Title: Masters Practicum Student

September 2005 to July 2006

Responsibilities:

- Provided individual and family counseling to adolescents aged 12-17 years using

- a CBT framework.
- Facilitated and co-facilitated psychoeducational groups with male and female adolescents regarding sexually transmitted infections, self-esteem issues, stress management and career goals.
- Completed comprehensive intake interviews of newly admitted clients and met with supervisor for weekly consultation.
- Attended training seminars on working with children who grow up within a gang culture.

**Donald E. Long Detention Center
Hillsboro, OR**

Title: Masters Practicum Student

February 2006 to May 2006

Responsibilities:

- Provided individual, family psychotherapy with adolescent and adult clientele. Duties included intake evaluations and phone consultation.
 - Emphasis on empirically supported treatments (i.e., CBT and Solution-Focused Interventions).

**Career Development Center Pacific University
Forest Grove, OR**

Title: Organizational Consulting Track Practicum Student

October 2005 to March 2006

Responsibilities:

- Provided career counseling services which included looking at resumes, curriculum vitae and educational plans.
- Provided career assessment/evaluation through the administration of the Myers Briggs Inventory and the Strong Interest Inventory.

ORGANIZATIONAL CONSULTATION

The Konterra Group:

August 2017- 2021

Position: International Organizational Consultant

- Working as an organizational consultant to manage international development, humanitarian and emergency management operations. Provide support to clients that operate in high-stress environments—both inside and outside the US—where organizations and their staff face difficult challenges.
- Provide tele health services
 - Have weekly Skype therapy sessions with different clients residing in different parts of the world.

SCHOOL OF MEDICINE PRESENTATIONS AND LECTURES:

Dhaliwal, S., & Eddy, C. (2018). *Evidence-Based Interventions for assessments with adolescents.* for Dept. of Psychiatry. School of Medicine, University of Missouri, Columbia, MO.

Dhaliwal, S., Sawhney, A., Sebastian, B., Lewis, C., Onwonga, R. & Park, CJ. (2018). *A Clinical Case Presentation.* for Dept. of Psychiatry. School of Medicine, University of Missouri, Columbia, MO.

Dhaliwal, S. (2017). *Short-Term Trauma Interventions for an Outpatient Population.* for Dept. of Family Medicine. School of Medicine, University of Missouri, Columbia, MO.

Dhaliwal, S. (2017). *Culturally Adjusted Evidence-Based Interventions.* Invited presenter for Dept. of Psychiatry. School of Medicine, University of Missouri, Columbia, MO.

Dhaliwal, S. (2017). *Trauma Treatments for Outpatient Populations.* Invited presenter for Dept. of Family Medicine. School of Medicine, University of Missouri, Columbia, MO.

Dhaliwal, S., & Labuschagne, Z. (2017). *Acceptance and Commitment Therapy.* Invited presenter for Dept. of Psychiatry. School of Medicine, University of Missouri, Columbia, MO.

Dhaliwal, S. (2017, February). *Cognitive-Behavior Therapy with Generalized Anxiety Disorder.* Invited presenter for Dept. of Psychiatry. School of Medicine, University of Missouri, Columbia, MO.

Dhaliwal, S. (2016, December). *Complex Trauma through a multi-theoretical lens.* Invited presenter for the Psychiatry Grand Rounds. School of Medicine, University of Missouri, Columbia, MO.

INTERNATIONAL INVITED PRESENTATIONS:

Dhaliwal, S. (2016, July). *Positive Psychology 101.* Paper Presentation for Step UP! Organization. Kigali, Rwanda.

Dhaliwal, S., & Hunt, E. (2016, July). *Emotion Focused Trauma Therapy.* Paper Presentation for Step UP! Organization. Kigali, Rwanda.

Dhaliwal, S. (2008, January). *Alzheimer's disease Foundation of Malaysia (ADFM). Delirium, Dementia and Other Cognitive Disorders*. Oral Presentation. Taman Seputeh 58000, Kuala Lumpur, Malaysia.

Dhaliwal, S. (2008, July). *A mindfulness approach to Alzheimer's disease: Foundation of Malaysia (ADFM)*. Conducted a 1-day Workshop. Taman Seputeh 58000, Kuala Lumpur, Malaysia

PROFESSIONAL SERVICE:

Organized and Coordinated Cross-Cultural Immersion visit for 15 Scholars visiting from National Taiwan Normal University (NTNU)
Columbia, Missouri, October, 2017

Served on Post-Doctoral selection committee for 2014-2015 for Counseling Center at UMC
University of Missouri-Columbia, January-March, 2014

Served on Intern selection committee for the intern cohort of 2012-2013 for Counseling Center at UMC
University of Missouri-Columbia, January-March, 2013

Served on search committee for a Psychologist position for Counseling Center at UMC
University of Missouri-Columbia, January-March, 2013

Served on search committee for a Nurse Practitioner position for Student Health Center at UNLV
University of Nevada Las Vegas, July 2012

Served on interview panel for Psychiatrist search at Counseling Center at UNLV
University of Nevada Las Vegas, March-May 2012