

Kimberly Ann Zito

EDUCATION

- 2018 *anticipated* **Psy.D. Clinical Psychology**
 University of Hartford, *Hartford, CT*
- Dissertation Title: A Family Guidebook for Parents and Youth with Autism Spectrum Disorder Transitioning to Adulthood in Connecticut*
- 2015 **M.A. Clinical Psychology**
 University of Hartford, *Hartford, CT*
- 2013 **M.S. School Psychology**
 St. John's University, *Queens, NY*
- 2010 **B.A. Psychology, Cum Laude**
 Assumption College, *Worcester, MA*

CLINICAL EXPERIENCE

- 2017- Present **South Shore Mental Health, Quincy, MA**
Pre-Doctoral Intern
- Primary Placement Supervisor: Samantha O'Connell, Ph.D.*
Secondary Placement Supervisors: Anne Rowland, Psy.D.
Lauren Brierley, Psy.D.
- Primary Placement: *South Shore Mental Health, Bayview Associates, Quincy MA.* Provide outpatient individual and family therapy to clients aged 5-18 in a community-based multidisciplinary setting. Conduct psychological and neuropsychological assessments, score and interpret test data, write comprehensive reports, and provide recommendations and feedback. Participate in weekly seminars such as Psychological Testing, Professional Issues, Cultural Curiosity, Supervision and Consultation, Play Therapy, and Child Clinical Seminar.
- Secondary Placement: *South Shore Educational Collaborative, Hingham, MA-* a therapeutic day school for children with social and emotional difficulties. Primary clinician for 45-day placement evaluations for children in grades K-12 comprising of: individual sessions with the student,

presenting progress and results of testing at team meetings, frequent contact with family members and collaterals, and integrating all relevant information into a summarized report with recommendations. Co-lead two classroom groups guided by a social skills curriculum. Conduct psychological evaluations and provide consultation to classroom teachers and behavioral specialists.

2016- 2017

Yale Developmental Disabilities Clinic, New Haven, CT
Pre-Doctoral Practicum Student

Supervisor: Julie Wolf, Ph.D.

Provided comprehensive psychological assessment in the areas of cognitive, adaptive, and neuropsychological functioning. Assessment measures utilized include the WPPSI-IV, DAS-II, Mullen Scales of Early Learning, WISC-V, WAIS-IV, Vineland-3, BASC-3, BRIEF-2, and ADOS observation and training. Integral team member who provided services for individuals with autism spectrum disorder and other neurodevelopmental disabilities. Presented at feedback meetings and composed psychological testing results on a weekly basis.

2015-2017

Yale Outpatient Psychiatric Clinic for Children, New Haven, CT
Pre-Doctoral Practicum Student

Primary Supervisor: Jessica Mayo, Ph.D.

Secondary Supervisor: Michele Goyette-Ewing, Ph.D.

Provided individual and family psychotherapy with children ages 4-18 in an outpatient psychiatric setting. Presented at rounds and attended group seminar on a weekly basis. Collaborated with various members of the outpatient clinic in the development of integrated clinical care for each client. Provided regular case management between school psychologists, DCF workers, probation officers, and other providers. Trained and supervised in Parent Management Training (PMT).

2015- 2017

Yale Child Study Center, New Haven, CT
Pre-Doctoral Practicum Student

Supervisor: Denis Sukhodolsky, Ph.D.

Pre-doctoral clinician for three research studies' within the Sukhodolsky lab. Provided manualized CBT treatment for disruptive behaviors such as anger and aggression in children and adolescents ages 8-16. Provided manualized CBT treatment for children with anxiety and autism ages 8-14. Provided organizational skills training within a group setting for children ages 6-10 with ADHD or attention difficulties.

2014- 2015

Albert J. Solnit Children's Psychiatric Center, Middletown, CT
Pre-Doctoral Practicum Student

Supervisor: Mark Kaplan, Ph.D.

Provided individual psychotherapy with children ages 13-18 in an inpatient psychiatric setting. Also provided family therapy, group counseling, and comprehensive psychodiagnostic assessments. Assessment measures utilized include WISC-IV, WAIS-IV, Rorschach Inkblot Test and Exner Scoring System, MACI, MMPI-A, MAPI, Incomplete Sentences, TAT, TESI, BASC-2, BRIEF, and PAI-A. Presented at evaluation conferences and grand rounds, and attended weekly seminar trainings. Collaborated with the multidisciplinary team in developing treatment plans and integrated clinical care.

2012 – 2013

Valley Stream School Central High School District, Valley Stream, NY
School Psychology Intern

Supervisor: Mark Peterson, Ph.D.

Conducted triennial and initial evaluations, provided counseling, instruction, and mentored students struggling with social, emotional, and behavioral problems, assisted in crisis consultations, administered psychological assessments, conducted classroom observations, attended meetings of the CSE and BOCES, designed and implemented academic and behavioral interventions. Assessment measures utilized include WISC-IV, WAIS-IV, WJ-III-Cog, WJ-III-Ach, KABC-II, KTEA-II, KBIT-2, BASC-2, BRIEF, DAS-II, Conners-3 and Conners-CBRS.

2012- 2013

Valley Stream Union Free School District 13, Valley Stream, NY
School Psychology Intern

Supervisor: Karen Jason, Ph.D.

Provided weekly individual and group therapy, administered psychological assessments, conducted classroom observations, designed and implemented academic and behavioral interventions, conducted triennial and initial evaluations, and attended CSE meetings. Assessment measures utilized include WPPSI-IV, WISC-IV, WJ-III-Cog, KABC-II, BASC-2, and BRIEF.

2011-2012

St. John's University Center for Psychological Services, Queens, NY
Student Clinician

Supervisors: Marlena Sotelo-Dynega, Ph.D. and Emma Hettrich, Ph.D.

Interviewed and assessed 6 clients, administered intellectual, academic achievement, memory, visual-motor, personality and behavioral measures, conducted classroom observations for school cases, provided feedback during individual sessions with clients/parents, suggested appropriate and effective interventions. Assessment measures utilized include WISC-IV,

WAIS-IV, WJ-III-Cog, WJ-III-Ach, KABC-II, KTEA-II, KBIT-2, Bender Gestalt II, BASC-2, BRIEF, DAS-II, and Conners-3.

2009-2010

Flagg Street School, Worcester, MA
Undergraduate Practicum Student

Supervisor: Patricia Henningson

Worked one-on-one within two third grade classrooms, designed special groups within the classroom for children in need of extra help and developed a lunch bunch group for children with social skill deficits. Assisted in the development of Individualized Education Plans for three students with whom I worked directly.

TEACHING EXPERIENCE AND INVOLVEMENT

2016- 2017

University of Hartford, Hartford, CT
Teaching Assistant: Introduction to Counseling and Psychotherapy

Teaching assistant to a yearlong course that provided experience with varied approaches to counseling and psychotherapy, such as psychoanalytic, client-centered, and behavior therapies. Conducted mock psychotherapy sessions with master-level clinical psychology students. Provided individual supervision to all students during the course of both semesters.

2014- 2016

University of Hartford, Hartford, CT
Teaching Assistant: Assessment I and II

Instrumentally teaching first year clinical doctoral level students completing their laboratory component of a core Assessment I and II course. Grading assessment protocols and psychological reports, teaching application of testing materials with kits and protocols, and observing practice testing of each of the measures. Teaching how to utilize the WISC-V, WAIS-IV, MMPI-2, Rorschach Inkblot Test, Sentence Completion, TAT, and Figure Drawings.

2014

University of Hartford, Hartford, CT
Faculty Search Committee Member

One of two doctoral students selected to partake in a faculty search committee seeking to fill a tenure-track Assessment I and II position. Actively participated throughout the whole search process including resume review, individual interviewing of each candidate selected, and critically evaluating their potential as an instructor through presentations and mock lectures.

RELATED WORK EXPERIENCE

- 2015- Present **Advanced Psychological Services, LLC**, Tolland, CT
Clinician/School Psychologist
- Conduct psychological and neuropsychological assessments, score and interpret test data, write comprehensive reports, and provide recommendations and feedback for both adult and child clients. Primary reasons for referral included Attention Deficit/ Hyperactivity Disorder, Learning Disorders, Intellectual Disability, Post-Traumatic Stress Disorder, Anxiety, Depression, and Autism Spectrum Disorders.
- 2013- Present **Independent Care Provider**, West Hartford, CT
In-Home Supportive Services Aid
- Providing support services to two adolescents with autism spectrum disorder (ages 19 and 21). Assisting with the acquisition, improvement and retention of skills and providing necessary individual support both within the community and the home.

RESEARCH EXPERIENCE

- 2014- 2016 **University of Hartford**, Hartford, CT
Principle Investigator: "Suicide Prevention Among College Students: Can The Interpersonal Theory of Suicide Help Inform Risk Assessment and Cognitive-Behavioral Interventions?"
- Focused on predicting depression, suicide attempts, and completed suicide through assessment of the Interpersonal Theory of Suicide.
- 2013- 2014 **University of Hartford**, Hartford, CT
Principle Investigator: "Physical Activity and Adjustment to College"
- Examined the relationships between college students' participation in physical and social activity, and academic and emotional adjustment to college.
- 2012 **St. John's University**, Queens, NY
Research Assistant: "Barriers to Implementation of Violence Prevention Programs in Schools"
- Evaluated evidence-based interventions aimed at preventing future acts of violent behavior in children and youth. Reviewed what interventions were currently being used in practice as well as examined what barriers (time, resources, and socio-economic status) existed that may have impacted the delivery of best practices.

2011- 2012 **Hand in Hand Development, LLC**, New York, NY
Research Assistant

Analyzed and coded the current comprehensive data set with measures such as the ADOS, Leiter-R, and TONI-4. Identified any topics or themes that became apparent, and focused on further research opportunities. Hand in Hand Dev. is an early intervention center that provides Evaluation Services, Service Coordination and Early Intervention Therapy.

2010 **Assumption College**, Worcester, MA
Principle Investigator: Influences Affecting Body Dissatisfaction Among College-Aged Men and Women”

Examined the contribution of peer and media influences to the development of body satisfaction and self-esteem in males and females. Several factors were examined, including gender, family pressure, media influence, and self-esteem.

CERTIFICATIONS, HONORS & AFFILIATIONS

2013 Certified School Psychologist- Connecticut and New York State
 2012 Certification in Child Abuse & Maltreatment: Identification, Reporting, & Intervention
 2011 Certification in School Violence Prevention and Intervention
 2010 Recipient of the Certificate of Appreciation from the Worcester Public School System
 2010 Cum Laude Award Recipient
 2008-2010 Recipient of the Greek Catholic Union National Scholarship
 2008-2010 Assumption College Dean’s List

CONFERENCE PRESENTATIONS

Zito, K., Brown, S., & Luckhardt, M. (October, 2014). *Sports, Extracurricular Activities, and Adjustment to College*. Poster presented at the annual meeting of the Connecticut Psychological Association (Haddam, CT).

Budgazad, M., Zito, K., McMullen, D., Mehm, J., Varga, C., & Wallace, C. (November, 2014). *Suicide Prevention Among College Students: Can The Interpersonal Theory of Suicide Help Inform Risk Assessment and Cognitive – Behavioral Interventions?* Proposed research study presented at the Suicide Special Interest Group meeting at the Association for Behavioral Cognitive Therapies Conference, Philadelphia, PA.

PROFESSIONAL MEMBERSHIPS

American Psychological Association (APA)

Connecticut Psychological Association (CPA)
Association for Behavioral and Cognitive Therapies (ABCT)
National Alliance on Mental Illness (NAMI)
National Association of School Psychology (NASP)

VOLUNTEER EXPERIENCE

2013-2017	Mentor Program, University of Hartford
2011-2013	Mentor Program, St. John's University for Master's Students
2006-2010	Wheeler Clinic, Pen Pal Program, Assumption College