

Karley Richard
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Education

Indiana University of Pennsylvania

Master of Clinical Psychology (August 2021)

Doctor of Psychology (Anticipated August 2024)

Dissertation: Marginalized Athletes' Experiences with and Responses to
Microaggressions in the Sport of Powerlifting

Chair: Dr. Anson Long, Ph.D.

Proposal: June 2022

Defense: September 2023

Penn State University

Bachelor of Science (May 2019)

Clinical Psychology Internship

South Texas Veterans Health Care System (July 2023-Present)

PTSD Clinical Team (PCT)

July 2023-Present

Supervisors: Dr. Laurie Russell and Dr. Emma Mata-Galan

- Conduct individual intake appointments, collaborative treatment planning sessions, and evidence-based, trauma-focused treatments (e.g., Cognitive Processing Therapy) with veterans as part of the PTSD clinical team.
- Conduct safety planning and risk assessment with veterans.
- Conduct individual psychodiagnostic assessments to inform treatment planning.
- Complete integrated assessments and provide feedback sessions for veterans.
- Receive ongoing training and supervision in the delivery of evidence-based therapies for PTSD.
- Maintain fidelity of trauma focused EBPs, primarily Prolonged Exposure (PE) and Cognitive Processing Therapy (CPT).
- Prioritize measurement-based care when assessing patient outcomes.
- Implement trauma focused care for complex cases - including those with co-occurring substance use disorders and personality disorders.
- Attended Regional CPT-PTSD 2-day workshop and engaging in six-months of consultation calls.
- Co-facilitated the Women's Empowerment Group, which provided coping skills, resources, and social support to women who have experienced intimate partner violence.

Behavioral Health Interdisciplinary Team

Supervisor: Dr. Karla Caballero

November 2023-March 2024

- Conduct individual, collaborative treatment planning sessions through the shared-decision making process, providing veterans with information about evidence-based therapies available to address their specific symptoms and concerns.
- Conduct individual, evidence-based treatments for a range of presenting concerns including PTSD, depression, anxiety, infertility, interpersonal distress, substance use disorder, and anger

management (e.g., Dialectical Behavioral Therapy, Cognitive Behavioral Therapy, Cognitive Processing Therapy, Prolonged Exposure, Acceptance and Commitment Therapy, and Skills Training in Affective and Interpersonal Regulation).

- Conduct safety planning and risk assessment with veterans.
- Complete integrated assessments to inform treatment planning and diagnostic clarity.
- Provide feedback sessions for veterans regarding assessment outcomes and recommendations.
- Consult and collaborate as part of an interdisciplinary team to provide the best quality of care to our veterans.
- Maintain fidelity of EBPs, primarily Cognitive Behavioral Therapy (CBT), Prolonged Exposure and Cognitive Processing Therapy.
- Prioritize measurement-based care when assessing patient outcomes.

Polytrauma Clinic and Post-Deployment Accelerated Comprehensive Evaluation and Rehab Program (PACER)

Supervisor: Dr. Jennifer Lemmer

March 2024-June 2024

- Conduct individual intake appointments, collaborative treatment planning sessions, and evidence-based, trauma-focused treatments (e.g., Prolonged Exposure; Exposure, Relaxation, and Rescripting Therapy; Clinical Hypnosis, and Cognitive Processing Therapy) with veterans.
- Conduct safety planning and risk assessment with veterans.
- Conduct individual psychodiagnostic assessments to inform treatment planning.
- Complete integrated assessments and provide feedback sessions for veterans.
- Receive ongoing training and supervision in the delivery of evidence-based therapies for PTSD and nightmares.
- Receive training and supervision in the administration of HeartMath.
- Develop and implement an athletic performance optimization group with active-duty service members.

Practicum Experiences

James E. Van Zandt Veterans Administration Medical Center (August 2022-May 2023)

PTSD Clinical Team (PCT)

Supervisors: Dr. Lauren Flowers and Dr. Katie Crandall

- Engaged in individual intake, collaborative treatment planning, and psychotherapy sessions with veteran outpatients.
- Received training in the delivery of evidence-based psychotherapies (EBPs) such as Prolonged Exposure, Cognitive Processing Therapy, and group Dialectical Behavior Therapy (DBT).
- Co-facilitated group therapy as part of the intensive outpatient Substance Use Disorder team.
- Developed and presented a Grand Rounds presentation about women veterans' sexual health and well-being, highlighting sources for additional education and referral.

Indiana University of Pennsylvania Counseling Center (August 2021-May 2023)

Supervisors: Dr. Kristin Faust and Dr. Eric Rosenberger

- Conducted individual intake appointments and time-limited psychotherapy sessions with adult, college students.
- Received ongoing training in Interpersonal Therapy (IPT) and Cognitive Behavioral Therapy (CBT).
- Received ongoing training and supervision in conducting couple's therapy, primarily adhering to Emotionally Focused Couples Therapy (EFT).
- Developed and facilitated a men's interpersonal process group.

- Provided guest lectures to undergraduate students about mindfulness, sleep, and interpersonal functioning.
- Conducted psychoeducational talks about mindfulness and sleep to athletes and students in the Greek system.
- Consulted with health services regarding outpatient psychiatric care offered to undergraduate students.
- Assisted students in navigating the Title IX and police reporting processes regarding experiences of sexual assault, intimate partner violence, stalking, and harassment.

Community Guidance Center (May 2022-December 2022)

Supervisors: Dr. Reece Rahman and Dr. Danielle Adamsky

- Conducted individual psychodiagnostic assessments and subsequent feedback sessions for adults and children diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) and Autism Spectrum Disorder (ASD).
- Engaged in group psychotherapy with adult patients with serious mental illness in partial hospitalization program.
- Conducted individual intake appointments, collaborative treatment planning sessions, and psychotherapy sessions with adult outpatients in a rural setting.
- Consulted with internal psychiatric, psychological, and case management staff and external county officials.

Conemaugh Memorial Medical Center (January 2022-May 2022)

Supervisor: Dr. Richard Kutz

- Conducted psychological assessments and subsequent feedback sessions to assist with diagnostic clarification for adult patients seeking outpatient psychological services.
- Completed clinical rounds with medical doctors, nurse practitioners, physical therapists, and physician assistants and conducted brief intervention with inpatient adults diagnosed with traumatic brain injury.
- Served as a consultant to medical staff, teaching brief skills and strategies to improve patient wellbeing.
- Provided brief inpatient psychotherapy with older adults.
- Conducted individual intake appointments and psychotherapy sessions with outpatient adults.

Clymer Family Medicine (August 2021-December 2021)

Supervisor: Dr. David LaPorte

- Conducted individual intake appointments and psychotherapy sessions with adults and adolescents in a rural, primary care medical office.
- Consulted with patients' primary care physicians to best inform treatment.
- Conducted brief psychotherapy and crisis intervention with patients referred by nursing staff and physicians.

Purchase Line High School (October 2020-May 2021)

Supervisor: Dr. Laura Knight

- Conducted brief intakes and cognitive-behavioral therapy with high school students.

Center for Applied Psychology (June 2020 – December 2021)

Assessment Clinic (August 2021-December 2021)

Supervisor: Dr. David LaPorte

- Completed full psychological intakes for patients presenting with various referral questions (i.e., assessment of psychological fitness for military service; forensic, neuropsychological evaluation to assess patient fitness for a veterans' care home).
- Completed integrated reports and provided assessment feedback sessions for patients.

Adult Clinic (May 2021-August 2021)

Supervisor: Dr. Derek Hatfield

- Conducted full psychological intake appointments, collaborative treatment planning sessions, and psychotherapy sessions with adults.
- Received ongoing training in Cognitive Behavioral Therapy and introductory training in Time Limited Dynamic Psychotherapy.

Child and Family Clinic (June 2020-May 2021)

Supervisor: Dr. Laura Knight

- Conducted psychological intake appointments and psychotherapy sessions with adults and adolescents.
- Received introductory training in Cognitive Behavioral Therapy and Motivational Interviewing.
- Conducted in-person and tele-psychological evaluations as well as formal, integrated reports.
- Provided assessment feedback to adult and adolescent populations.

Work Experience

Indiana University of Pennsylvania Alcohol, Tobaccos, and Other Drugs Program

Pennsylvania Liquor Control Board Grant Coordinator (August 2020-May 2021)

- Assisted in the development and implementation of a prevention and intervention campaign for veteran, military affiliated, and graduate students.
- Developed Motivational Interviewing skills to conduct one-on-one psychoeducational meetings with at risk students.

Indiana University of Pennsylvania Counseling Center

Case Manager (January 2020-May 2020)

- Connected students with psychological services, legal services, health care, food, and financial assistance. Aided in outpatient referral for students that fell outside the scope of service.
- Assisted students returning from inpatient care.
- Developed a referral list of community resources.

Research Experience

Indiana University of Pennsylvania (August 2019-Present)

Graduate Assistant for Maureen McHugh, PhD (August 2019-May 2021)

Duties: Conducted manuscript review and editing, completed literature reviews, conducted guest lectures, prepared symposium presentations

Research Projects

- Title IX in the Pennsylvania System of Higher Education (2020)- Examined the functioning of Title IX offices in the state system and developed a course of action to improve Title IX functioning
- Femininity and Shame (2020)- Reviewed multiple conceptualizations of femininity in relation to shame
- Sexual Assault on Campus: AWP Leads the Way (2020)- Reviewed current issues in addressing sexual assault on campus and advocated for best practices for policies and programs
- Women's Consortium Title IX Presentation (2019)- Reviewed data collected from contacting PASSHE Title IX offices

Penn State University (April 2018-August 2019)

Research Assistant for Sonia Molloy, PhD (April 2018-August 2019)

Duties: Conducted manuscript review and editing, completed literature review, conducted qualitative question development, prepared IRB applications, conducted qualitative interviews, coded data in MAXQDA

Research Projects

- What Dads Want (In Progress)- Analyzed service providers' interpretations of father involvement and engagement in rural Appalachia
- Military Men and Romantic Relationships (In Progress)- Investigated male military members' interpretations and meaning making of romantic relationships, sexual scripts, romantic rejection, femininity, and masculinity

Research Assistant for Nicole Muscanell, PhD (June 2018-May 2019)

Duties: Conducted literature review, prepared survey items (Qualtrics), prepared IRB application, coded data in SPSS, prepared poster presentation, presented research

Research Projects

- Emoji Interpretations (2018)- Analyzed cultural differences in emoji interpretation

Parental Involvement With Infants Scale (May 2018-May 2019)

Co-Investigators: Daniel Singley, PhD, Anthony Isacco, PhD, Sonia Molloy, PhD

Duties: Research assistant to Sonia Molloy, PhD, edited manuscripts, attended biweekly meetings

Peer-Reviewed Publications

Richard, K. & Molloy, S. (October 2020) An examination of emerging adult military men: Masculinity and military climate. *Psychology of Men and Masculinities*.

Symposium and Workshop Presentations

Richard, K. (March 2022). *Impacts of gender harassment on women athletes*. Symposium presented at the annual meeting for the Association for Women in Psychology Annual Conference, Chicago, IL

Richard, K. (March 2021). *Sexual harassment of female athletes on Instagram*. Symposium presented at the annual meeting for the Association for Women in Psychology Annual Conference, Online.

Richard, K. & Molloy, S. (March 2020). *Gender harassment and shame among military men*. Symposium presented at the annual meeting for the Association for Women in Psychology Annual Conference, Austin, TX.

McHugh, M., Dean, K., Edwards, K. Ullman, S., Keener, E., & Richard, K. (March 2020). *Sexual assault on campus: AWP leads the way*. Workshop presented at the annual meeting for the Association for Women in Psychology Conference, Austin, TX.

Poster Presentations

Richard, K. & Molloy, S. (August 2019). *An examination of emerging adult military men: masculinity and romantic relationships*. Poster presented at the annual meeting for the American Psychological Association Conference, Chicago, IL.

Wong, K., Caswell, M., Richard, K., & Weibley, C. (February 2019). *What does that emoji mean? Culture and interpretation of emojis in interpersonal contexts*. Poster presented at the annual meeting for the Society for Personality and Social Psychology Conference, Portland, OR.

Conferences

STRONG STAR Combat PTSD Conference

Attended October 2023

San Antonio, TX

Association for Women in Psychology

Presenting Author March 2022

Chicago, IL

Association for Women in Psychology

Presenting Author March 2021

Online

American Psychological Association Annual Conference

Attended August 2020

Online

Association for Women in Psychology

Presenting Author March 2020

Austin, TX

American Psychological Association Annual Conference

Presenting Author August 2019

Chicago, IL.

Society for Personality and Social Psychology Annual Conference

Presenting Author February 2019

Portland, OR.

Midwestern Psychological Association Annual Conference

Attended April 2018

Chicago, IL.

Professional Associations & Organizations

Association for Women in Psychology (2019-Present)

American Psychological Association (2018-Present)

Division 51: Psychological Study of Men and Masculinities

Leadership Roles

Psychology Graduate Student Organization President (May 2022-May 2023)

- Represented students' interests and concerns, met and collaborated with director of clinical training, collected and disseminated data about program climate, organized diversity events, organized extracurricular events, and planned and hosted monthly meetings to check-in with student cohorts

Psychology Graduate Student Organization Vice President (May 2021-May 2022)

- Represented the interests and concerns of the cohort within the organization. Collaborated with other cohorts to address concerns.

Division 51 Academic Outreach Chair (August 2019-August 2022)

- Connected students with relevant interests to the mentorship program. Connected professionals with syllabi and division resources. Developed outreach materials.

Clinical Training Committee Representative (August 2019-August 2021)

- Represented the interests and concerns of the cohort at meetings. Communicated meeting information with cohort and address student questions.

Psychology Graduate Student Organization Representative (August 2019-August 2021)

- Represented the interests and concerns of the cohort within the organization. Collaborated with other cohorts to address concerns.

President of the Penn State York Psychology Club (August 2018- May 2019)

- Advertised and recruited membership for students interested in psychology. Organized educational and academic meetings. Planned off-campus events.

Honors and Awards

Richard Magee Scholarship (2022)

Phi Kappa Phi (2022)

Summa Cum Laude (2019)

Academic Achievement Award (2019)

Evan Pugh Scholar Award (2019)

Penn State University Libraries Undergraduate Research Award (2019)

Alpha Sigma Lambda (2019)

Dean's List (2017-2023)

PROFESSIONAL REFERENCES

Laurie Russell, Psy.D.

PTSD/SUD Psychologist

South Texas Veterans Health Care System

Laurie.Russell@va.gov

Emma Mata-Galan, Psy.D.

ACOS Mental Health Services

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