

Karen Torres Ortega, Psy, D.

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Professional Profile

Dedicated person with academic background in the field of Psychology and experience as an educator, tutor and counselor. Possesses interpersonal, communication and creative skills and has the ability to manage and motivate others in a challenging work field. Over nine years of experience, committed to provide quality of clinical patient care and have a positive impact on the population that needs to be served.

Academic Background

2008-2012 Doctorate in Counseling Psychology (PsyD.)

University Ana G. Mendez (El Turabo), Gurabo, P.R.

2004-2006 Master's degree in Psychology

Pacific Graduate School of Psychology, DL program: Palo Alto, CA

2000- 2004 Bachelor of Science in Biology

University of Puerto Rico, Humacao

Professional Experience

February 2020 to November 2022: Lackland, AFB MH Clinic.

1100 Wilford Hall Loop, Lackland AFB, TX 78236

- Mental Health assessments/risk assessment, diagnostic and evaluation services, treatment planning, triage & individual psychotherapy interventions to Active Duty Service Members.
- Evaluations include: NARSUMS/MEB, Fitness for duty evaluations, ADHD evaluations, DODCAF evaluations.
- Evidence based therapy: CBT, DBT, CPT and/or trauma focused therapy, mindfulness, solution-focused therapy and Acceptance commitment therapy (ACT).

March 2018 to February 2020: Adapt Integrated Health Care, Adult Outpatient Services. 621 W. Madrone St. Roseburg, OR 97471

- Mental Health evaluations, diagnostic and counseling services to Adults.
- Risk assessment and treatment planning.
- Crisis intervention, triages, referral for psychiatric hospitalization when appropriate.
- Evidence based therapy: CBT/CPT, Dialectical Behavioral therapy (DBT), ACT, trauma interventions, trauma informed therapy, emotional regulation skills, mindfulness, behavioral coping skills, self-compassion approach.

July 2016- February 2018: N.O.R. Community Mental Health, Outpatient services. P.O. Box 1522 Las Piedras, P.R. 00771

- Mental Health evaluations, risk assessment, referral for psychiatric hospitalization when appropriate.
- Psychological reports: Psychometric reports (to evaluate IQ, learning disabilities).
- Treatment for children and adolescents: individual, group & family therapy.
- Evidence based therapy: CBT, DBT, Family systems approach, play therapy, psychoeducation on social, emotional and behavioral skills, conflict resolution skills, trauma and grief interventions.
- Consultation offered to parents.
- Psychoeducational workshops provided to adolescents and parents.

August 2015- February 2018: Clinicas de Terapias Pediatricas (Psychological Corporation). Calle Aquamarina #66 Villablanca, Caguas, P.R. 00725

- Psychological Services (group and individual therapy) for students served by the Special Education Program in P.R.

- Clinical approaches: CBT, play therapy, psychoeducation on social, behavioral and sustained attention skills.
- Behavioral treatment plan and recommendations for patients with ADHD, Oppositional Defiant Disorder (ODD) and conduct disorders.

August 2014-May 2016: Centro de Patologia de Habla y Lenguaje (Psychological Corporation). Box 579 Humacao, PR 00791

- Psychological Services (group and individual therapy) for students served by the Special Education Program in P.R.
- Clinical approaches such as: CBT, play therapy, psychoeducation on social, emotional and behavioral skills, conflict resolution skills, sustained attention skills, anxiety management and mindfulness.
- Provided consultation to parents and teachers.

August 2012-May 2014: Health Department, Division of Services to Individuals with Intellectual Disability, Bayamón, P.R.

- Quality Control Associate Coordinator: assisting in creating models and mechanisms for the program, quality control procedures, research, assessing home safety where individuals with Intellectual Disability were residing.

September, 2008-January, 2010 : New York Foundling Center, Hato Rey, P.R.

- Psychology facilitator in Psychoballet interventions for Children.

Workshops and Seminars

- **2018:** Working with trauma: the Arc of Treatment
- **2018:** Dialectical Behavioral Therapy Workshop
- **2018:** Boundary Dilemmas in Small Communities
- **2018:** Understanding and Treating Non-suicidal Self Injury
- **2019:** Understanding the Transgender Patient
- **2019:** Ethics in Psychology, HIPAA
- **2019:** Trauma Intervention
- **2019:** CCTS-I Trauma Specialist
- **2020:** HIPAA Law
- **2020:** Cybersecurity Awareness
- **2020:** Columbia Assessment
- **2020:** Substance Misuse and Abuse for Healthcare Personnel (ADAPT)
- **2020:** Covid-19-BLS-ALS
- **2020:** Transgender Module
- **2020:** Safety Planning

- **2020:** Cybersecurity Awareness
- **2021** Suicide Prevention
- **2021:** Transmission based precautions
- **2022:** Ethics in Psychology, HIPAA
- **2022:** Dissociation: Principles, Best practices and clinical approaches.
- **2022:** Integrating Religion and Spirituality into counseling
- **2022:** PTSD
- **2022:** Diversity and social changes in the LBGTTQ community
- **2022:** Infection control

Certifications

CERTIFICATIONS

March-September 2013 (Forensic Consultant Certification)

Educational and Psychological Institute of P.R.

Carolina, P.R.

Licensing Psychology Board: Puerto Rico, licensed since 2013

Affiliations

- American Psychology Association 2013-2015, 2022

Skills

- Active, empathetic listening, communication skills, critical thinking & problem solving skills

Language

- Proficient in English and Spanish (Bilingual)