

## Curriculum Vitae

# María M. Quiñones

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## Education

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- July 2017 – *Postdoctoral Fellowship*  
Feb 2020 School of Nursing, University of Rochester Medical Center  
Mentoring team: Kathi Heffner, Ph.D.; Jan Moynihan, Ph.D.; Vankee (Feng) Lin, Ph.D.
- July 2016 *Ph.D. in Clinical Psychology (APA-Accredited)*  
Ponce Health Sciences University, Ponce, PR  
Dissertation: Innate immune activation impairs extinction memory in an animal model of posttraumatic stress disorder  
Chair: James Porter, Ph.D.  
Graduated *summa cum laude*
- July 2015– *Clinical Psychology Predoctoral Internship (APA-Accredited)*  
June 2016 Psychiatry Department, University of Rochester Medical Center
- July 2014 *M.S. in Clinical Psychology*  
Ponce Health Sciences University, Ponce, PR
- May 2010 *B.A. in Psychology*  
University of Puerto Rico, Mayagüez, PR  
Graduated *magna cum laude*

## Professional Employment and Appointments

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- June 2020 – present **University of Rochester School of Medicine and Dentistry, Rochester Roybal Center for Social Ties and Aging Research**  
Director, Hispanic/Latino Engagement Sub-core
- Mar 2020 - present **University of Rochester School of Medicine and Dentistry, School of Nursing, Rochester, NY**  
Assistant Professor of Clinical Nursing
- Mar 2020 – present **University of Rochester School of Medicine and Dentistry, School of Nursing, Rochester, NY**  
Faculty Diversity and Inclusion Officer
- Mar 2020 - present **Elaine Hubbard Center for Nursing Research on Aging, University of Rochester School of Medicine and Dentistry, School of Nursing, Rochester, NY**  
Associate Director of Center Activities, Healthy Aging Research Program

## Licensure

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- Awarded **Licensed Clinical Psychologist**  
Oct 2019 New York 023490

## Research Interests

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- Latino health equity research.
- Methods in cultural adaptation of evidence-based interventions.
- Cognitive aging, psychoneuroimmunology, and emotional wellbeing in older adults.

## Peer-Reviewed Publications

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### Published:

- Wang, J., Cheng, Z., Kim, Y., Yu, F., Heffner, K. L., **Quiñones M. M.**, & Li, Y. (2022). Pain and Dementia in Community-Dwelling Older U.S. Adults: A Nationally Representative Study *Journal of Pain and Symptom Management*.
- Heffner, K., **Quiñones, M. M.**, Gallegos, A. M., Crean, H. F., Lin, F. V., & Suhr, J. A. (2021). Subjective memory in adults over 50 years of age: Associations with affective and physiological markers of emotion regulation. *Aging & Mental Health*, 1-9.
- Quiñones, M.**, Gallegos, A., Lin, F. V., & Heffner, K. (2020). Dysregulation of inflammation, neurobiology, and cognitive function in PTSD: An integrative review. *Cognitive, Affective, and Behavioral Neuroscience*, 20(3), 455-480.
- Heffner, K., France, C. R., Ashrafioun, L., **Quiñones, M.**, Walsh, P., Maloney, M., ... Pigeon, W. R. (2018). Clinical pain-related outcomes and inflammatory cytokine response to pain following insomnia improvement in adults with knee osteoarthritis. *Clinical Journal of Pain*, 34(12), 1133-1140.
- Quiñones, M.**, Lombard-Newell, J., Sharp, D., Way, Val., & Cross, W. (2018). Case study of an adaptation and implementation of a Diabetes Prevention Program for individuals with serious mental illness. *Translational Behavioral Medicine*, 8(2), 195-203.
- Quiñones, M.**, Maldonado, L., Velazquez, B., & Porter, J. (2016). Candesartan ameliorates impaired fear extinction induced by innate immune activation. *Brain, Behavior, and Immunity*, 52, 169-177.
- Quiñones, M.**, Urrutia, R., Torres-Reverón, A., Vincent, K., & Flores, I. (2015). Anxiety, coping skills, and HPA axis activity in patients with endometriosis. *Journal of Reproductive Biology and Health*, 3(2). doi: 10.7243/2054-0841-3-2
- Quiñones, M.**, Haddock, R., & Rosario, E. (2015). Development and validation of an emotional intelligence scale for Puerto Rican students. *Revista Salud y Conducta Humana (Journal of Health and Human Behavior)*, 2(1), 23-34.
- Quiñones, M.**, Larrieux, V., & Pons-Madera, J. (2015). Adaptación cultural del modelo "Acceptance and Commitment Therapy" para tratamiento de dolor (Cultural adaptation of the Acceptance and Commitment Therapy model for chronic pain treatment). *Revista Puertorriqueña de Psicología (Puerto Rican Journal of Psychology)*, 26(1), 108-120.
- Clinton, A., **Quiñones, M.**, & Christo, C. (2011). Phonological awareness: Cross-linguistic comparisons with a focus on Spanish. *Interamerican Journal of Psychology*, 45(2), 263-270.

### Currently working on:

- Quiñones, M.**, Silva, C., Sorensen, S. Vanorden, K., & Heffner, K. (in progress). Recruiting socially disconnected Latinos caring for a person with Alzheimer's disease and related dementias: Lessons learned.
- Quiñones, M.**, Silva, C., Vanorden, K., & Heffner, K. (in progress). Exploring social connectedness among Latino caregivers.
- Lane, J., **Quiñones, M.**, Sorensen, S. (in progress). Racial differences in the effect of verbal and nonverbal episodic memory for future care needs among older adults.

## Research Funding

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### Current

Increasing Wellness for Latino Older Adults with Vision Loss. University of Rochester Aging Institute and Wilmot Cancer Center Pilot Award Program in Aging. **(Co-Principal Investigator)**. 7/1/2022-6/30/2023.

Engaging Older Latino Caregivers in Design of a Cultural Adaptation Clinical Trial. NIA/RCCN Inter-NIA Center/CTSA Hub Pilot/Project Proposals for Implementation Activities in Support of Inclusion of Older Adults in Clinical Trials. **(Co-Principal Investigator)**. 6/1/2022-5/31/2023.

The Role of Inflammation on Computerized Cognitive Training Effects on Co-morbid Depressive and Anxiety Symptoms in Older Adults. Harriet J. Kitzman Center for Research Support, URMC School of Nursing. **(Principal Investigator)**. 8/1/2021-12/31/2021.

Rochester Roybal Center for Social Ties & Aging Research. NIH P30 AG064103. **(Co-investigator)**. 9/15-2019-5/30/2024

Cognitive Training to Protect Immune Systems of Older Caregivers. NIA R01 AG049764. **(Co-investigator)**. 1/15/2016-12/31/2021

Mindfulness Based Stress Reduction for Family Caregivers of Dementia Patients. NIA R01 AG052495. **(Co-investigator)**. 5/15/2016-4/30/2022

### Submitted, Awaiting Review

N/A

### In Preparation

N/A

### Submitted, Unfunded

Cultural Adaptation of a Cognitive Training Intervention for Older Latinos with MCI. NCATS Research Supplement to Promote Diversity in Health-related Research. **(Candidate)**.

Cognitive Training for Co-morbid Depression and Anxiety in older adults. Clinical and Translational Science Institute URMC KL2. **(Principal Investigator)**.

### Completed Research Support

Connection for Latinos Caring for a Family Member with Dementia. Rochester Roybal Center for Social Ties in Aging Research Pilot Program. **(Co-investigator)**. 6/1/2020-5/31/2022.

Cognitive Training to Protect Immune Systems of Older Caregivers. NIA Research Supplement to Promote Diversity in Health-related Research (NIA R01 AG049764-S1). **(Postdoc)**. 07/01/2017-06/30/2019

## Presentations

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Silva, C. & **Quiñones, M.** (2020, Nov). *Connection for Latinos Caring for a Family Member with Dementia*. Oral presentation of pilot studies at the First Annual Roc STAR Research Symposium hosted by the Roybal Center for Social Ties and Aging Research, Rochester, NY.

**Quiñones, M.**, Heffner, K., Lin, F. V., Gallegos, A., Sorensen, S., Podgorski, C., Weber, M., Crean, H. (2020, August). *Cognitive Training to Promote Healthy Aging in Caregivers of a Loved One*

*with Dementia: Rationale and Methods for Targeting Mechanisms to Improve Caregiver Interventions.* Peer-reviewed virtual poster presented at the NIH National Research Summit on Care, Services, and Supports for Persons with Dementia and Their Caregivers, Bethesda, MD.

**Quiñones, M.** & Heffner, K. (2020, April). *Cognitive Training to Promote Healthy Aging in Caregivers of a Loved One with Dementia: Rationale and Methods for Targeting Mechanisms to Improve Caregiver Interventions.* Peer-reviewed symposium abstract for the 41<sup>st</sup> Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA. Published on *Annals of Behavioral Medicine*, 54(1) Supplement. (Conference cancelled due to COVID-19).

Heffner, K., **Quiñones, M.**, & Gallegos, A. (2020, April). *Considerations and Strategies for Recruitment and Retention of Older Adults, Including Older Caregivers.* Pre-conference workshop course accepted for the 41<sup>st</sup> Annual Meeting of the Society of Behavioral Medicine, San Francisco, CA. (Conference cancelled due to COVID-19).

Rosenthal, E., **Quiñones, M.**, & Heffner, K. (2019, October). *Does Social Connectedness Affect Executive Function in Older Caregivers for Patients with Dementia?* Poster presented Annual Medical School Poster Day, University of Rochester Medical Center, Rochester, NY.

**Quiñones, M.**, & Heffner, K. (2019, June). *Associations among Markers of Emotion Regulation and Cognitive Control, and Depressive and Anxiety Symptoms in Caregivers of a Loved One with Dementia.* Peer-reviewed poster presented at the 17<sup>th</sup> Annual American Academy of Clinical Neuropsychology, Chicago, IL.

**Quiñones, M.**, & Heffner, K. (2019, March). *Moderating Role of Perceived Stress on Associations among Mood and Executive Function in Older Adult Caregivers of a Loved One with Dementia.* Peer-reviewed poster presented at the 77<sup>th</sup> Annual Meeting of the Psychosomatic Society of America, Vancouver, CA.

Heffner, K., France, C., **Quiñones, M.**, Pigeon, W. (2018, November). *Cognitive-Behavioral Therapy for Insomnia in Adults Over Age 50 Years with Osteoarthritis Pain Improves Insomnia, Physical Function, and Quality of Life.* Paper presented at the Gerontological Society of America annual scientific meeting, Boston, MA.

**Quiñones, M.** & Heffner, K. (2018, April). *Metamemory and Self-Regulation in Healthy Adults over Age 50.* Peer-reviewed poster presented at the 39<sup>th</sup> Annual Meeting of the Society of Behavioral Medicine, New Orleans, LA. Published on *Annals of Behavioral Medicine*, 51(1), Supplement.

**Quiñones, M.**, Lombard-Newell, J., & Cross, W. (2016, June). *Identifying an Adaptation Framework for a Diabetes Prevention Program for Individuals with Severe Mental Illness.* Poster presented at 3<sup>rd</sup> Annual Trainee Poster Day, University of Rochester Medical Center, Rochester, NY.

**Quiñones, M.**, Velazquez, B., Maldonado, L., & Porter, J. (2014, December). *Activation of Innate Immune System Impairs Auditory Fear Extinction.* Peer-reviewed poster presented at 23<sup>rd</sup> Annual Puerto Rico Neuroscience Conference, Interamerican University, Bayamón, PR.

**Quiñones, M.**, & Pons, J. (2014, May). *Psychological Treatment for Pain: Acceptance and Commitment Therapy for the Puerto Rican Population.* Peer-reviewed poster presented at Primer Simposio Estudiantil de Investigación en Salud Mental (First Student Symposium in Mental Health Research), Carlos Albizu University, San Juan, PR.

Urriutia, R., **Quiñones, M.**, Torres-Reverón, A., Vincent, K., & Flores, I. (2014, May). *Hypocortisolism in endometriosis.* Peer-reviewed poster presented at the 12<sup>th</sup> World Congress on Endometriosis, Sao Paulo, Brazil.

**Quiñones, M.**, Velazquez, B., Maldonado, L., & Porter, J. (2013, August). *Effects of Peripheral Immune Activation with Lipopolysaccharide on Auditory Fear Extinction.* Peer-reviewed poster presented at the 121<sup>st</sup> American Psychological Association Annual Conference, Honolulu, Hawaii.

**Quiñones, M.,** Pacheco, R., Martínez, K., Lopez, N, & Rosario, E. (2013, August). *Development and Validation of an Emotional Intelligence Scale for Students*. Peer-reviewed poster presented at the 121<sup>st</sup> American Psychological Association Annual Conference, Honolulu, Hawaii.

**Quiñones, M.** (2012, November). *Manejo de casos: La realidad dentro del sistema de salud pública (Case Management: The reality inside the Public Health System)*. Panel session at the 59<sup>th</sup> Puerto Rican Psychology Association Conference, Rio Grande, PR.

**Quiñones, M.,** Plakke, B., & Poremba, A. (2009, October). *Neuronal Activity in the Primate Prefrontal Cortex during an Auditory Memory Task*. Peer-reviewed poster presented at the Poster Exposition of Students Research in Social Sciences, University of Puerto Rico, Mayagüez Campus, Mayagüez PR.

**Quiñones, M.,** Plakke, B., & Poremba, A. (2009, July). *Neuronal Activity in the Primate Prefrontal Cortex during an Auditory Memory Task*. Peer-reviewed poster presented at the Committee of Institutional Cooperation Conference, University of Michigan, Ann Arbor, MI.

**Quiñones, M.,** Plakke, B., & Poremba, A. (2009, July). *Neuronal Activity in the Primate Prefrontal Cortex during an Auditory Memory Task*. Peer-reviewed poster presented at the Summer Undergraduate Research Conference, University of Iowa, Iowa City, IA.

### Invited Addresses

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**Quiñones, M. & Sorensen, S.** (2022, May). *Latino Community Engagement in Cultural Adaptation of Evidence-Based Interventions*. Oral presentation at the Roybal Center for Social Ties and Aging Research Seminar Series, Rochester, NY.

**Quiñones, M.** (2014, April). *Adaptación cultural de un modelo de terapia grupal basado en la teoría de aceptación y compromiso (Cultural Adaptation of a Group Therapy Model Based on the Acceptance and Commitment Therapy)*. Lecture conducted at the Ponce Health Sciences University, Ponce, PR.

### Research

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#### Investigator

University of Rochester School of Medicine and Dentistry, Rochester, NY

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| June 2022<br>- Present     | School of Nursing & Warner School of Education<br>Principal Investigators: Silvia Sorensen & Maria M. Quiñones<br>Pilot grant funded by the University of Rochester Aging Institute and the Wilmot Cancer Center<br><i>Increasing Wellness for Latino Older Adults with Vision Loss.</i> <ul style="list-style-type: none"> <li>▪ Engaging a Latino community advisory board in cultural adaptation of an evidence-based intervention for older Latinos with vision loss.</li> </ul> |
| June 2022<br>- Present     | School of Nursing & Warner School of Education<br>Principal Investigators: Maria M. Quiñones & Silvia Sorensen<br>Pilot grant funded by the NIA Research Centers Collaborative Network<br><i>Engaging older Latino caregivers in design of a cultural adaptation clinical trial.</i> <ul style="list-style-type: none"> <li>▪ Engaging a Latino community advisory board in cultural adaptation of an evidence-based intervention for older Latino dementia caregivers.</li> </ul>   |
| July 2020<br>- May<br>2022 | School of Nursing & Psychiatry Department<br>Principal Investigator: Caroline Silva<br>Pilot grant funded by the Roybal Center for Social Ties and Aging Research<br><i>Connection for Latinos Caring for a Family Member with Dementia</i> <ul style="list-style-type: none"> <li>▪ Performing a cultural adaptations of two behavioral interventions to understand and address cultural barriers that contribute to Latino caregivers' social disconnectedness.</li> </ul>         |

- Jan 2020 – Jan 2021 Psychiatry Department  
Principal Investigator: Autumn Gallegos, Ph.D.  
URMC Division of Collaborative Care & Wellness Innovation Grant  
*Heart Rate Variability Biofeedback among Survivors of Intimate Partner Violence*
- Provide guidance to and collaborate with staff and PI to problem-solve issues related to the delivery of the intervention.
- Aug 2018 – Aug 2019 School of Nursing  
Stress and Health Laboratory  
Principal Investigator: Kathi Heffner, Ph.D.  
*Feasibility of a Heart Rate Variability Biofeedback Training for Older Adults*
- Co-led the implementation of and testing the feasibility of a heart rate biofeedback training intervention with cognitively healthy older adults and older adults with Mild Cognitive Impairment.
  - Oversaw staff training and supervision of assessments and delivery of intervention.
  - Performed participant interviews and delivered the intervention.
- Feb 2020 – Present School of Nursing  
Stress and Health Laboratory  
Grant: R01AGO49764  
Principal Investigator: Kathi Heffner, Ph.D.  
*Cognitive Training to Protect Immune Systems of Older Caregivers*
- Spearheading efforts to increase recruitment and retention of underrepresented minorities into the clinical trial.
  - Analyzing clinical trial data to develop manuscripts for publication and abstracts to present at annual conferences.
  - Overseeing staff training, supervision, and interpretation of neuropsychological testing.

### **Post-doctoral Researcher**

University of Rochester School of Medicine and Dentistry, School of Nursing, Rochester, NY

- Jul 2017 – Feb 2020 Stress and Health Laboratory  
Grant: R01AGO49764  
Principal Investigator: Kathi Heffner, Ph.D.  
*Cognitive Training to Protect Immune Systems of Older Caregivers*
- Conducted screening for potential participants, administration of baseline and post-intervention psychosocial measures and neuropsychological testing, and monitoring participant's progress during the cognitive training intervention.
  - Analyzed baseline clinical trial data to identify associations among inflammatory markers, cognitive function, and subclinical depressive and anxiety symptoms in older adult caregivers.
  - Performed Enzyme-Linked ImmunoSorbent Assay (ELISA) to assess inflammatory biomarkers.
  - Participated and co-lead the psychoneuroimmunology (PNI) journal club.
  - Developed manuscripts for publication.
  - Delivered presentations annually with team members at national and international meetings.
  - Provided staff training, supervision, and interpretation of neuropsychological testing.

### **Research Collaborator**

University of Rochester, Warner School of Education, Rochester, NY

- Nov 2016 – Present Laboratory for Aging, Population Health, Disparities, and Intervention Research  
Principal Investigator: Silvia Sorensen, Ph.D.  
*A Resilience Building Intervention to Prevent Late-life Depression with Vision Loss*
- Translating and modifying intervention (Problem-Solving Therapy) materials for the Spanish-speaking older adult population.
  - Providing consultation for a grant proposal to work with the Hispanic/Latino community.

### **Research Assistant**

University of Rochester School of Medicine and Dentistry, Psychiatry Department, Rochester, NY

- Jul 2015 – Sleep and Neurophysiology Research Lab  
 Jun 2016 Grant: R01 NR013909  
 Primary mentor: Wilfred Pigeon, Ph.D.  
*Cognitive Behavior Therapy for Insomnia*
- Conducted individual psychotherapy using the Cognitive Behavior Therapy model for insomnia (CBT-I) for patients with chronic pain and post-traumatic stress disorder.
  - Performed data entry of participants' self-reported outcome measures.

### Research Assistant

Ponce Health Sciences University, Ponce, PR

- Oct 2012 – Department of Clinical Psychology  
 December Primary mentor/Advisor: José Pons, Ph.D. and Gloria Durán, Psy.D.  
 2014 *Cultural adaptation of a therapeutic model for chronic pain based on Acceptance and Commitment Therapy*
- Culturally adapted a pain management intervention based on Acceptance and Commitment Therapy (ACT).
  - Guided adaptation process using the Selective and Directed Treatment Adaptation Framework.
  - Translated two group therapy manuals from English to Spanish.
  - Implemented treatment in a community-based mental health clinic.
  - Conducted qualitative and quantitative data analysis of treatment outcomes.
- Oct 2012 – Department of Microbiology and Department of Pharmacology  
 May 2015 Grants: R01-HD050559, S06-GM08239-20, and 1R25DK098067-01  
 Advisors: Idhaliz Flores, Ph.D. and Annelyn Torres, Ph.D.  
*HPA axis activity, coping skills, quality of life, and psychological repercussion in patients with Endometriosis*
- Co-designed and conducted a study to assess correlates of HPA axis activity with depression, stress, and anxiety in patients with endometriosis.
  - Administered and scored participant's self-reported measures of variables of interest.
  - Collected saliva samples for cortisol and DNA measures.
  - Performed quantitative data analysis of research findings.
  - Collaborated on a poster that presented these findings at a national meeting in Brazil.
- Sep 2012 – Department of Clinical Psychology  
 May 2013 Advisor: Summer Acevedo, Ph.D.  
*Validation of the Memory Island visuospatial test and its correlates to ApoE4*
- Performed neuropsychological testing.
  - Collected saliva samples for genetic analysis.
- Jan 2012 – Department of Pharmacology  
 Oct 2015 Grants: NIMHHD G12MD007579-27 and R15 MH101700  
 Primary mentor: James Porter, Ph.D.  
*PTSD animal model of conditioning and extinction of fear*
- Conducted fear conditioning, extinction, and recall testing on rats using the Pavlovian fear conditioning model and performed data analysis.
  - Validated a contextual fear protocol to assess extinction of fear in an animal model.
  - Assessed effects of activation of the peripheral immune system with lipopolysaccharide (LPS) on learning and memory of extinction in fear conditioned rats.
  - Carried out immunohistochemistry to evaluate c-Fos activation in mPFC and amygdala.
  - Tested PDTC (NF-KB antagonist) effects on extinction memory after fear conditioning in rats.
  - Tested NMDA antagonists (MK-801 and CPP) effects on extinction memory on fear conditioned rats.
  - Participated and led Journal Clubs.
- Oct 2011 – Behavioral Research and Integrative Neuroscience Core

- May 2015      Research Centers in Minority Institutions  
Supervisors: James Porter, Ph.D. and Kenira Thompson, Ph.D.
- Assisted in conducting literature reviews for potential research projects.
  - Mentored graduate students on development of dissertation studies.
  - Participated in the Neuropsychology Journal Club.
  - Performed administrative work (e.i. facilitating assessment tools for students and cataloging testing materials).
- Aug 2011 –    Department of Clinical Psychology  
Jan 2012      Primary mentor: María Garrido, Psy.D.  
*Development of appropriate norms for the Puerto Rican population for the Hispanic version of the MMPI-2*
- Performed administration of pre-test and post-test of the MMPI-2 for developing appropriate norms in the Puerto Rican population.
- Jan 2011 –    Department of Clinical Psychology  
Advisor: Ernesto Rosario, Ph.D.
- Apr 2013      *Development and validation of the Emotional Intelligence Scale for Puerto Rican students*
- Developed and validated an instrument to assess Emotional Intelligence in Puerto Rican college and graduate students.
  - Administered questionnaires for validation and performed data analysis.
- Jan 2011 –    Department of Clinical Psychology  
May 2012      Advisors: José Pons, Ph.D. and Summer Acevedo, Ph.D.  
*Functioning of memory under stress in students*
- Conducted neuropsychological testing to assess the effects of stress related to interview and final examination on memory in Puerto Rican students.

### **Research Assistant**

University of Puerto Rico, Mayagüez, PR

- Jan – May     Department of Psychology  
2010           Course: PSIC 4065 Seminar on Psychological Research  
Advisor: Douglas Santos, Ph.D.  
*Characteristics and factors associated to men and women sexual worker's behavior*
- Co-designed a descriptive-correlational research study for the Seminar in Psychology course.
  - Recruited participants in public housings and the streets of Mayagüez, PR.
  - Developed a questionnaire to describe this population and assess factors associated with motivation to become a sexual worker.
- Jan – May     Department of Psychology  
2009           Advisor: Amanda Clinton, Ph.D.  
*Strong Start – Strong Kids – Strong Teens*
- Facilitated teaching of adaptive social and emotional skills, resilience, strengthening assets, and coping skills to 10<sup>th</sup> graders.
  - Assessed pre- and post-program social and emotional skills in 10<sup>th</sup> graders.

### **Research Assistant**

University of Iowa, Iowa City

- Jun – Jul     Department of Psychology  
2009           Advisor: Amy Poremba, Ph.D.  
*Neuronal activity in the primate prefrontal cortex during an auditory memory task*
- Assessed auditory processing of simple and complex sounds.
  - Performed single-unit neuronal recordings in the ventral lateral prefrontal cortex (vlPFC) while primates were challenged by tasks requiring auditory discrimination, recognition, and memory.

### **Program Adaptation**

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- Sep 2015 – Dec 2015 **Intervention Adaptation**  
*Barlow's Unified Protocol for Anxiety and Depression*  
 University of Rochester School of Medicine and Dentistry, Rochester, NY
- Collaborated in adaptation of a group intervention for depression and anxiety to fit the needs of a community mental health population.
- Sep 2015 – Jul 2016 **Intervention Adaptation**  
*Diabetes Prevention Program*  
 University of Rochester School of Medicine and Dentistry & East House Corporation, Rochester, NY
- Collaborated in identifying the process of intervention adaptation, an adaptation framework, and the importance in translation of the program to patients with severe mental illness.
  - Documented process of adaptation and analyzed pilot program data.
- Oct 2012 – December 2014 **Intervention Adaptation**  
*Acceptance and Commitment Therapy for Pain Management*  
 Ponce Health Sciences University, Ponce, PR  
 American Psych Systems (APS), Aguadilla, PR
- Performed a cultural adaptation of an intervention for pain management based on the Acceptance and Commitment Therapy for the Puerto Rican population.

## Clinical Experience

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- Jul 2017 – Feb 2020 **Postdoctoral Fellow**  
 University of Rochester School of Medicine and Dentistry, School of Nursing, Rochester, NY  
 Supervisor: Autumn Gallegos, Ph.D.
- Conducting psychosocial assessments and neuropsychological testing.
  - Interpreting psychosocial assessments and neuropsychological testing results.
  - Conducting training and supervision of psychosocial assessments and neuropsychological testing.
- Jul 2015 – Jun 2016 **Clinical Psychology Predoctoral Intern- Adult Track [APA Accredited]**  
 University of Rochester School of Medicine and Dentistry, Department of Psychiatry, Rochester, NY
- 12-month Rotations:
- Psychological Testing Service - Strong Hospital Behavioral Health*
- Supervisor: Marc Swogger, Ph.D.
  - Performed neuropsychological and psychodiagnostic testing and case report writing to assist providers with diagnostic clarification for patients
- Sleep Behavioral Medicine Rotation*
- Supervisor: Wilfred Pigeon, Ph.D.
  - Provided individual Cognitive-Behavior Therapy (CBT) for Insomnia.
- Strong Hospital Behavioral Health Adult Ambulatory Clinic*
- Supervisors: Kathryn Castle, Ph.D. and Autumn Gallegos, Ph.D.
  - Performed assessment, individual, and group psychotherapy with ethnically and socioeconomically diverse adult outpatients with an emphasis on CBT, Mindfulness-Based therapies, and Problem-Solving Therapy.
  - Received training and supervision in assessment and treatment utilizing Dialectical Behavior Therapy, Problem-Solving Therapy, and Interpersonal Therapy.
  - Attended weekly multidisciplinary treatment team meetings.
  - Participated in weekly clinical seminars and attended weekly grand rounds.
- Leadership Project*
- Mentor: Wendi Cross, Ph.D.
  - Evaluation of the adaptation process of an evidence-based intervention for diabetes prevention for the severely mentally ill population in a community-based agency.

6-month Rotations:

*New York State Rochester Psychiatric Center- Rochester Regional Forensic Unit  
(Long-term inpatient unit)*

- Supervisor: Jaime, Doolittle, Psy.D.
- Performed psychodiagnostic and neuropsychological testing and case report writing to assist with diagnostic clarifications.
- Provided assessment, individual, and group psychotherapy to treatment refractory patients with severe mental illness.
- Participated in treatment team meetings.

*Urgent Care Clinic*

- Supervisor: Kathryn Castle, Ph.D.
- Provided evidence-based, brief psychotherapy for patients experiencing crisis.

April –  
May  
2014

**Practicum Clinical Student**

Clínica de Servicios Psicológicos (Psychological Services Clinic)  
Ponce Health Sciences University, Ponce, PR  
Supervisor: Javier Hernandez, Psy.D.

- Performed neuropsychological testing and case report writing.

Aug 2013 –  
Dec 2014

**Practicum Clinical Student**

Damas Hospital  
Behavioral Medicine and Neurocognitive Rehabilitation, Department of Behavioral

Medicine and Clinical Psychology, Ponce, PR

Supervisor: Javier Hernandez, Psy.D.

- Performed assessment, neurocognitive screening, cranial nerves evaluation, and deep tendon reflexes examination with **socioeconomically and able diverse** older adult inpatient adults.
- Performed neuropsychological testing and case report writing.
- Facilitated neurocognitive rehabilitation.
- Provided Brief CBT and ACT-based individual therapy.
- Participated in advanced seminars in neuropsychology and neurology.
- Facilitated behavioral activation in patients during physical rehabilitation.
- Co-facilitated inpatient group psychotherapy for pain management.
- Participated in weekly staff meetings.

Jun – Jul  
2013

**Clinical Neuropsychology Extern**

UT Southwestern Medical Center Neuropsychology Clinic, Dallas, TX

Supervisors: Laura Lacritz, Ph.D. and Heidi Rossetti, Ph.D.

- Performed neuropsychological testing and case report writing.
- Participated in clinical interviewing and feedback sessions with patients.

Apr – May  
2013

**Practicum Clinical Student**

Social Attitude Institute, Ponce, PR

Supervisor: Ileana Pagán, Psy.D.

- Performed assessment and psychodiagnostic testing and case report writing.
- Provided group psychotherapy for a) domestic violence offenders and b) alcohol and substance abuse.

Jan – Feb  
2013

**Practicum Clinical Student**

Forensic Psychiatric Hospital, Ponce, PR

Supervisor: Axel Santo, Ph.D.

- Performed clinical assessment for inpatient severely mentally ill patients retained under criminal procedure.
- Routinely screened patient's mental status and provided brief individual psychotherapy.

Aug – Dec  
2012

**Practicum Clinical Student**

American Psych Systems (APS), Aguadilla, PR

Supervisor: Gloria Durán, Psy.D.

- Culturally adapted and implemented a Pain Management Program based on the Acceptance and Commitment Therapy (ACT).
- Performed assessment of **socioeconomically diverse** adult outpatients.

- Developed and carried out CBT and Problem-Solving-based group psychotherapy for patients with substance and alcohol abuse disorders.

Aug 2011 – **Practicum Clinical Student**  
 Jun 2012 Administración de Servicios de Salud Mental y Contra la Adicción (ASSMCA)  
 (Administration of Mental Health and Against Addiction Services), Mayagüez, PR  
 Supervisors: Brenda Crespo, Psy.D. and Emir Rivera, Psy.D.

- Performed assessment and CBT and ACT-based individual psychotherapy with **socioeconomically diverse** adult outpatients.
- Performed neuropsychological testing and case report writing.
- Co-led group psychotherapy for depression.
- Performed assessments at the Children and Adolescent Psychiatric Emergency room.

Aug 2009 - **Practicum Undergraduate Student**  
 Apr 2010 Hospital La Concepción, San German PR/ Private Office  
 Supervisor: Walter Rodríguez, Psy.D.

- Assisted in Neuropsychological testing in patients with Traumatic Brain Injury (TBI).

## Honors and Awards

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2022 Mary Dombeck Diversity Enhancement Faculty Award, University of Rochester School of Nursing  
 2013 American Psychological Association Annual Conference Travel Award  
 2011, 2014 - Puerto Rico Council of Education Award  
 2015  
 2009-2010 Honor Registration Award Department of Psychology, University of Puerto Rico, Mayagüez.  
 2007-2008 Honor Dean's List Award University of Puerto Rico, Mayagüez  
 2006-2007 Honor Registration Award Department of Chemistry, University of Puerto Rico, Mayagüez

## Teaching Experience

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Fall 2019 **Instructor**, School of Nursing, University of Rochester Medical Center  
 Independent Study at the Doctoral Level course  
 Faculty: Kathi Heffner

- Engaged in discussions with student to define and refine research questions.
- Facilitated reading material to guide research interest.
- Engaged in biweekly meetings to discuss progress in class and readings.

Spring 2015 **Lecturer**, Clinical Psychology Program, Ponce Health Sciences University  
 Short-Term Psychotherapy (Graded, graduate students)  
 Faculty: José Pons

- Conducted lecture on cultural adaptation of evidence-based interventions.

Spring 2014 **Lecturer**, Clinical Psychology Program, Ponce Health Sciences University  
 Short-Term Psychotherapy (Graded, graduate students)  
 Faculty: José Pons

- Conducted lecture on Mindfulness-based interventions with a focus on Acceptance and Commitment Therapy.

Fall 2013 **Teaching Assistant**, Clinical Psychology Program, Ponce Health Sciences University  
 Neuropsychological Assessment course (Graded, graduate students)  
 Faculty: Walter Rodríguez, Psy.D. and Beatriz Cintrón, Psy.D.

- Conducted small groups sessions with student to discuss neuropsychological testing and teach and practice testing.

- Provided supervision on administration of neuropsychological testing.
- Coordinated data collection on norms for a Latin-American normalization of neuropsychological testing project.

Fall 2011 – Fall 2014 **Senior Lab Instructor**, Department of Anatomy, Ponce School of Medicine and Health Sciences

Neuroanatomy Lab (Graded, graduate students)

Faculty: Juan Fernández, Ph.D.

- Taught the integration of neuroanatomy and Psychology to first year clinical psychology graduate students.
- Utilized human brain specimens and technology-based approaches to compliment course sessions.
- Developed and conducted study sessions with students to prepare them for lab exams.
- Supervised teaching instructors.
- Collaborated with faculty to develop lab exams.

## Service & Outreach

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2022 - Present **Facilitator, Emory Roybal Center for Dementia Caregiving Collaboration**

- Facilitator for the three-part webinar series “Employing Design Thinking Methods to Create Behavioral Interventions Prioritizing Latino Caregivers.”

2022 – Present **Editorial Board Member**

- Journal *Translational Behavioral Medicine*

2022 - Present **Educational Series: Chatting about our Mental and Cognitive Health**

- Educational series developed collaboratively with the educational team at Ibero’s Latino senior center Centro de Oro (Golden Center)
- Seminars are provided every other month to older Latinos attending the center and include topics on cognitive aging, what is behavioral and clinical research, and mental health care.

2020 – Present **Journal Reviewer**

- Brain, Behavior, and Immunity (2022)
- Brain Sciences (2022)
- Cerebral Cortex (2020)

Mar 2020 - Present **Dean’s Leadership Council**  
School of Nursing, University of Rochester Medical Center

Mar 2020 – June 2022 **Faculty Search Committee**  
School of Nursing, University of Rochester Medical Center

Oct 4 2019 **Inauguration Celebration**  
Rochester, NY

- Represented the Elaine Hubbard Center for Nursing Research on Aging and demonstrated a real-time cardiac-respiratory biofeedback intervention
- Provided guests with the opportunity to engage with the biofeedback program

2018 - Present **Poster, Paper, Symposium Abstract Reviewer**

- Gerontological Society of America (GSA)
- American Psychological Association (APA), Division on Adult Development and Aging (Div. 20).

April 1 2015 **Neuroscience of Learning**  
Asociación de Maestros de PR (PR Teachers Association), San Juan, PR

- Provided a didactical seminar about the neuroscience of learning to elementary, secondary, and high school teachers

- Described the basics of important brain structures utilizing an interactive approach with brain specimens
- Nov 27  
2014

**Brain Awareness Week**  
Universidad Metropolitana (Metropolitan University), Yauco, PR

  - Presentation on the importance of executive functions to undergraduate students
- Mar 23  
2013

**Endometriosis PR**  
Hospital Auxilio Mutuo, San Juan, PR

  - Collaborated in an support group teaching adaptive coping skills to patients with Endometriosis
- Oct 19  
2012

**Mental Health Fair**  
American Psych Systems (APS), Aguadilla, PR

  - Educated children and adolescents treated at the clinic about the importance of keeping a healthy brain
- Aug –  
Dec 2012

**Psycoeducation in Mental Health to the Community**  
American Psych Systems (APS), Aguadilla, PR

  - Provided monthly psychoeducation to patients and companions on waiting room about relevant mental health issues

## Professional Development & Professional Experiences

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- April 6  
2022 –  
April 5  
2023

**Diversity Institute for Emerging Leaders**  
In-person Training: April 6, 2022  
Baltimore, Maryland  
Sponsor: Society of Behavioral Medicine

  - Year-long mentoring program to develop leadership skills to address issues related to diversity and inclusion
- Nov 13  
2019

**Resource Centers for Minority Aging Research Workshop. Recruitment and Retention of Minority Elders: An NIA priority.**  
Austin, Texas  
Sponsors: The Minority Issues in Gerontology Committee and the Research on Quality of Care (RESQCARE) Interest Group

  - 8.5 hours of didactic seminars and small group discussions
- July 15 –  
May 30  
2018-  
2019

**Research Career Institute in Mental Health of Aging**  
In-person Training: July 15-20, 2018  
Nashville, Tennessee  
Director: Faith Gunning, Ph.D.

  - Year-long mentoring program in mental health of aging, with an intensive in-person 6-day summer institute
- Nov 9-12  
2017

**Acceptance and Commitment Therapy (ACT) Bootcamp**  
Nashua, New Hampshire  
Program resources: Matthew Boone, LCSW; Robyn Walser, Ph.D.; Kelly Wilson, Ph.D.; Emily Sandoz, Ph.D.

  - 8 hours of experiential learning and didactic seminars per day
- Nov 9  
2016

**Problem-Solving Therapy for Primary Care**  
University of Rochester Warner School, Rochester, NY  
Program resource: Mark T. Hegel, Ph.D.

  - 4 hours of didactic seminar
- Aug 2015-  
June 2016

**Interpersonal Therapy**  
University of Rochester School of Medicine and Dentistry, Rochester, NY  
Program resource: Stephanie A. Gamble, Ph.D.

  - 1-hour monthly seminar

- Weekly supervision of cases
- Oct 27  
2015     **Commitment to Living: Understanding and Responding to Suicide Risk**  
Center for the Study and Prevention of Suicide  
Program resource: Anthony R. Pisani, Ph.D.
- 4 hours of didactic seminar and experiential learning
  - Standardized patient experience- Suicide risk assessment and safety planning
- Sep 22  
2015     **Recognition and Response to Intimate Partner Violence**  
Laboratory of Interpersonal Violence and Victimization  
Program resources: Catherine Cerulli, JD, Ph.D.; Diane Morse, MD; Nicole Trabold, Ph.D.
- 6 hours of didactic seminar and experiential learning
- Aug 2015-  
June 2016     **Problem-Solving Therapy**  
University of Rochester School of Medicine and Dentistry, Rochester, NY  
Program resource: Kathryn Castle, Ph.D. and Kevin Coffey, Ed.D.
- 4 hours of didactic seminar and experiential learning
  - Weekly supervision of cases
- Jul 2015-  
June 2016     **Dialectic-Behavioral Therapy**  
University of Rochester School of Medicine and Dentistry, Rochester, NY  
Program resource: Lisa Corigliano, NP
- 15 hours of didactic seminar and experiential learning
  - Weekly supervision of cases
- May 10 –  
Jun 7  
2014     **Psychosomatic Medicine**  
Improving Success, Rio Piedras, PR  
Program Resources: Luis Caraballo, Psy.D. and Cecilia Salas, Psy.D.
- 30 credit hours of didactic experience
- Sep 2013     **Clinical Practicum Exam**  
Ponce Health Sciences University, Ponce, PR  
Four standardized patient experiences to assess trainee's competence in assessment, diagnosing, clinical management, problem-solving around ethical issues, and writing skills.  
Graduate Program Requirement
- Jun – Jul  
2009     **Neuropsychological Testing**  
University of Iowa Hospital and Clinics, Iowa City, IA  
Observed neuropsychological testing and participated in case discussions conducted by Daniel Tranel, Ph.D.

## Professional Organizations

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2019 – 2020	American Academy of Clinical Neuropsychology
2018 – 2020	American Psychosomatic Society
2018 – Present	Society of Behavioral Medicine
2012 – Present	APA Division 20, Adult Development and Aging
2012 – 2016	National Academy of Neuropsychology
2012 – Present	APA Division 40, Society for Clinical Neuropsychology
2010 – 2016	American Psychological Association of Graduate Students (APAGS)
2008 – 2016	American Psychological Association (APA)
2008 – 2016	Asociación de Psicología de Puerto Rico (Puerto Rican Psychology Association)

## Languages

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Fluent in Spanish and English (reading, writing and speaking). Some proficiency in French.

## Software Expertise

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SPSS, GraphPad Prism, Microsoft Office

## **References**

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Available upon request