

Curriculum Vitae

KRISTEN MCALEAVEY NUGENT, Ph.D., L.C.S.W.

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HomeAddress: 5722 Green Hollow
Lane, The Colony, Texas 78652

Education

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| Ph.D.
1995-1999 | <u>Walden University</u> , Minneapolis, MN
Department: Psychology
Dissertation: <i>Treatment Outcomes Among Persons with Substance Abuse ,
Bulimia, And Food Addiction</i> |
| M.S.W.
1992-1993 | <u>West Virginia University</u> , Morgantown, West Virginia
Department: Clinical Social Work
Major Professor: Dr. Larry Locke
Summa cum laude; Advanced Standing |
| B.S.W.
1988-1992 | <u>California University</u> , California, Pennsylvania
Major: Social Work
Cum laude |

Post Doctoral Training Fellowship

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| 1999-2000 | Post-Doctoral Certification in Research
Virginia Commonwealth University, Richmond, Virginia |
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Training sites: Eastern State Hospital, Williamsburg, Virginia,
and Central State Hospital, Petersburg, Virginia

Post Doctoral Mentor: Dr. Nirbhay N. Singh, Ph.D.

Duties include providing assessment, intervention, and consultation to a variety of clinical populations on a statewide basis including psychiatric inpatient facilities and training centers for persons with developmental and behavioral problems, such as epilepsy, AIDS, chemical dependency, dementia, alcohol-induced disorders, schizophrenia, bipolar disorders, personality disorders, elimination disorders, mental retardation, autism, sleep disorders, aggression, self-injurious behavior, and medication noncompliance.

Clinical services include conducting social work assessments, differential diagnosis, implementation of individual behavioral programming, social skills training, evaluate treatment integrity of nursing staff, participate in social work decisions, and development of day-

programming which incorporates functional life and vocational skills.

Research responsibilities include: data collection, data analysis, graphing, editing and writing research pertaining to psychopharmacology, and mental health. Additional responsibilities include attending, participating, and presenting at behavioral committee meetings, interdisciplinary in-service training sessions, and international/national/state conferences.

Current Affiliations

Liberty University, Associate Professor, Department of Social Work, 2016 to Present

University/College Teaching Experience

Liberty University, Department of Social Work, Adjunct Faculty, Instructor Mentor, Associate Professor, 2016 to Present

Capella University, Department of Social Work (MSW), Part-Time Instructor, Fall, 2016

Virginia Commonwealth University, School of Social Work (MSW), Adjunct Professor, June 2015 to 2016. Online and on campus.

August 2001-2016 Longwood University, Department of Social Work, Associate Professor
(Promoted and Tenured, 2007)

Social Work Methods I. Practice with Individuals and Families

Social Work Methods II. Groups

Human Behavior I.

Social Work and Addictions

Social Work Field Education

Social Work Field Seminar

International Social Work

Social Work Research

Introduction to Social Work

Previous Teaching (Undergraduate and Graduate Courses)

Social Work and Psychology Courses

BSW Field Director Interim

Human Sexuality

Research Methods

Human Behavior II.

Special Populations

Advanced Clinical Social Work
 Introduction to Psychology
 Introduction to Human Relations
 Marriage and Family
 Chemical Dependency
 Health Psychology
 Mindfulness
 Global Social Work

2015-2016 John Tyler Community College, Department of Human Service, Adjunct
 Professor,
 Mental Health Skills Training, hybrid course

Develops skills necessary to function as a mental health worker, with emphasis on guided practice in counseling skills as well as improved self-awareness. Includes training in problem-solving, goal-setting, and implementation of appropriate strategies and evaluation techniques relating to interaction involving a variety of client needs.

August 1999-
 2001 Adjunct Professor
 Virginia Commonwealth University
 Department of Social Work
 Richmond, Virginia
 MSW teaching

Instructed Advanced Clinical Social Work Practice 1 Semester course, three lecture hours, three credits. A multi-theoretical orientation to intervention across fields of practice with emphasis on contemporary psycho dynamic and cognitive-behavioral approaches and their empirical support. Used a variety of teaching methods such as: didactic, role play, coaching, experiential and feedback techniques.

January 1998 Adjunct Professor
 Bryant and Stratton College
 Department of General Studies
 Hull Street Road, Richmond, Virginia 23236

Instructed Human Relations and Introduction to Psychology, three lecture hours, three credits, per class. Both classes are designed for undergraduate students preparing for careers in computer, business, paralegal, or medical assistance. Human development was addressed in each class to assess universal application of principles and assumptions of theories and perspectives to diverse human experience (gender, socio-economic states, sexual orientation, ethnicity/race, and age).

January 1996-
1997

Teaching Instructor
Edison College and International College
Department of Psychology and Human Services
Naples, Florida

Instructed Introduction to Psychology (Winter 1996), Marriage and Family (Summer 1996), and Independent Clinical Classes (Spring 1996-Winter 1997). Provided supervision, training, and class lectures. Worked one on one with undergraduate and graduate students in a clinical inpatient setting. Used didactic, role-play, coach, and feedback techniques. Assisted with exams and grading.

Supervisor: Fred Bleck, Ph.D. (clinical psychologist)

Professional Affiliations

National Association of Social Workers
National Association of Christian Social Workers
Advisory Board Member at John Tyler Community College
Council of Social Work Education
Association of Behavioral Analysis
International Association of Eating Disorders
Integral Yoga Association

License and Certifications

Licensed Clinical Social Worker, FL, PA, VA, and MN
American Fitness Association America (AFAA)
Certified Eating Disorder Specialist
Master's of Social Work Addiction Counselor

Publications

Nugent, K (2020) *Wounded to Warrior* (print in progress) available on Amazon Kindle now

Kristen Nugent Healthy Lifestyle. (2018). Retrieved from
<http://krisnugenthehealthylifestyle.com/>

Singh N. N., Nugent, K (2018) A mindfulness-based intervention for self-

management of verbal and physical aggression by adolescents with Prader-Willi syndrome. *Developmental Neurorehabilitation* 2017, Vol. 20, No. 5, 253-260

Singh NN, Nugent K. (2017) Effects of samatha meditation on active academic engagement and math performance of students with attention deficit/hyperactivity disorder. *Mindfulness* 2016; 68-75

Nugent, K. (2016, November) Clinical Implications in Working with Biracial Teens. Presented at NACSW, Annapolis, Maryland.

Nugent, K. (2015) Helpfulness of a Structured Meal Plan Study. NASW Specialty Practice Sessions Fall 2012; 3-5

McAleavey, K. (2012) "Case study: Bulimia". (Chapter in book). Corcoran, J. and Walsh, J. (2010). *Mental Health in Social Work: Diagnosis and Strength Based Assessment*. Boston: Allyn and Bacon. (In Press)

McAleavey, K. (2012). Ten years of treating eating disorders: What have we learned? A personal perspective on the application of 12-Step and wellness programs. *Advances in Mind-Body Medicine*. In press.

Singh N. N., Lancioni, G. E., Singh, A. N., Winton, A. S. W., Singh, J., McAleavey, K. M., Adkins, A. D., & Joy, S. D. S. (2011). A mindfulness-based health wellness program for managing morbid obesity. *Clinical Case Studies*, 7(4), 327-339.

Singh, N. N., Lancioni, G. E., Singh, A. N., Winton, A. S. W., Singh, J., McAleavey, K. M., & Adkins, A. D. (2009). A mindfulness-based health wellness program for an adolescent with Prader-Willi syndrome. *Behavior Modification*, 32, 167-181.

Singh, N., Lancioni, G., Winton, A., Singh, J., Curtis, W., Wahler, R., & McAleavey, K. (2009). Mindful parenting decreases aggression and increases social behavior in children with developmental disabilities. *Behavior Modification*, 31(6), 749-771.

Singh, N. N., Winton, A. S. W., Singh, J., McAleavey, K., Wahler, R. G., & Sabaawi, M. (2008). Mindfulness-based caregiving and support. In J. K. Luiselli (Ed.), *Antecedent assessment and intervention: Supporting children and adults with developmental disabilities in community settings* (pp. 269-290). Baltimore, MD: Paul H. Brookes.

Singh, N. N., Lancioni, G. E., Winton, A. S. W., Curtis, W. J., Wahler, R. G., Sabaawi, M., Singh, J., & McAleavey, K. (2008). Mindful staff increase learning and reduce aggression in adults with developmental disabilities. *Research in Developmental Disabilities*, 27(5), 545-558.

Singh, N. N., Lancioni, G.E., Winton A. S. W., Fisher, B.C., Wahler, R.W., McAleavey, K., Singh, J., & Sabaawi, M. (2006). Mindful parenting decreases aggression. Non-compliance and self-injury in children with autism. *Journal of Emotional and Behavioral Disorders*, 14(3), 169-177.

McAleavey, K. (2006). The Single Parent Survival Kit. Parents World. Available at:

<http://www.parentsworld.com/modules.php?op=modload&name=News&file=article&sid=224&mode=thread&order=0&thold=0>

Singh, N. N., Lancioni, G., Winton, A., Curtis, J., & McAleavey, K. (2005). Mindful staff increase learning and reduce aggression and property destruction by adults with developmental disabilities. *Journal of Child and Family Studies*, 9(3), 57-82.

Singh, N. N., Winton. A. S. W., Fisher, B. C., Wahler, R.W., McAleavey. K., Singh. J., & Sabaaw, M. (2005). *Antecedent intervention: Recent developments in community focused behavior support*. Baltimore, MD: Paul H. Brooke.

McAleavey, K. (2003). A video review of child abuse. *Journal of Child and Family Studies*, 12, 487-489

McAleavey, K., & Fiumara, M. (2001). Eating Disorders: Are they addictions? A Dialogue. *Journal of Social Work Practice in the Addictions*, 1(2), 107-113.

Singh, N. N., Winton, A. S. W., & McAleavey, K. M. (1998). Perpetrators of racial violence and hatred. In N. N. Singh (Ed.), *Comprehensive clinical psychology: Vol 9. Applications in diverse populations*. Oxford, UK: Pergamon Press

Winton, A. S. W., Singh, N. N., & McAleavey, K. (1998). Perpetrators of hate crimes. In N.N. Singh (eds.). *Comprehensive clinical psychology: Vol. 9. Applications in diverse populations (pp. 467-481)*. New York: Elsevier.

McAleavey, K. (1998). Treatment comparisons of an eating disorder population. In G. Mills & A.N. Singh (Eds.), *Eighth Annual Virginia Beach Conference: Children and Adolescents with Emotional, Behavioral, and Developmental Disorders*. Richmond, VA: Commonwealth Institute for Child and Family Studies, Virginia Commonwealth University.

McAleavey, K. (1997) *Eating Disorder Intensive (EDI) Outpatient Program Manual*. Naples, Florida: Willough Health Care System.

McAleavey, K. (1996). *Step-by-Step Practicum Manual for Students*. Naples, Florida: Willough Health Care System.

2004 – Appointed as a Editorial Board Member for the Journal of Child and Family Studies

Clinical Experience

June 1997 –
February 1998

Clinical Coordinator of Substance Abuse and Addiction
Willough Health Care System
Counseling Center
Naples, Florida

Duties included development of eating disorders intensive Outpatient program (ED-IOP) and Substance Abuse for people diagnosed or suspected having an eating disorder and substance abuse. Clinical populations included adults with medical, psychiatric, developmental, and behavioral problems such as anorexia, bulimia, obesity, chemical dependence, substance abuse, post-traumatic stress disorder, major depression, bipolar disorder, attention deficit disorder, disassociate disorder, personality disorders, self-injurious behavior, and mental retardation. Clinical services included designing and implementing the ED-IOP, differential diagnosis, providing individual, group, and family therapy for the general psychiatric population including a chemical dependency intensive out-patient program, providing lectures and conducting assessments (social, adaptive, cognitive, and behavioral), supervising two clinical interns, development of individualized treatment programs, evaluating treatment integrity of the direct care participating, and presenting at clinical meetings, membership on an admissions committee, interdisciplinary in service training sessions, international/national/state conferences.

Supervisor: Virginia Condello, M.D. (Medical Director)

June 1994-
July 1997

Lead Therapist, Substance Abuse and Food Addiction
Willough Health Care System
Inpatient Hospital
Naples, Florida

Lead therapist duties included conducting therapy in an in-patient Hospital for people diagnosed with an eating disorder. Clinical populations included adults with medical, psychiatric, developmental, and behavioral problems such as anorexia, bulimia, obesity, chemical dependency, substance abuse, post-traumatic stress disorder, major depression, bipolar disorder, attention deficit disorder, dissociative disorder, personality disorders, self-injurious behavior, and mental retardation. Lead therapists duties entailed supervising four clinical interns, development of individualized treatment programs, evaluating treatment integrity of the direct care clinical staff, and conducting staff in-service training. Clinical services included differential diagnosis, providing individual, group, and family therapy for the general psychiatric population including a chemical dependency unit, providing lectures and conduction assessments (social, adaptive, cognitive, and behavioral).

August 1993-
June 1994

Medical Social Worker/Case Manager
University of Pittsburgh Medical Center
Department of Social Work
Pittsburgh, Pennsylvania

Assigned to a general oncology, toxicology, and medical surgical unit for people diagnosed with cancer, exposure to toxic levels of chemicals due to accidental injury, and persons who had attempted suicide or intentional drug overdoses. Duties included: providing crisis intervention, including brief treatment, crisis oriented therapy for individuals and families, completing involuntary commitments, serving as a Liaison to assist with patient staff relations, patient advocacy, and referring to skilled nursing facilities/personal care homes. Served as a member of the Crisis Intervention Team, Human Rights Committee, Discharge Planning, Toxicology, and Quality Assurance Committee.

Supervisor: Marilyn Brinkman, Ph.D.

January 1992-
August 1992

Practicum Student
St. Francis Medical Center
Department of Social Work
Pittsburgh, Pennsylvania

Psychiatric social work intern on inpatient eating disorder unit. Conducted individual, group, and family psychotherapy. Obtained psychological histories, facilitated referrals to appropriate treatment modality and attended interdisciplinary treatment meetings as well as grand rounds.

Supervisor: Claudia Warner, Ph.D.

Select Lectures, Workshops, and Media Appearances

Nugent K, (2020) Self-Care from a Holistic Perspective. 2nd Annual VirtualConference, Clinical Mental Health Counseling(CMHC)

Nugent K, (2019) Self-Care from a Holistic Perspective. 2nd Annual VirtualConference, Clinical Mental Health Counseling(CMHC)

Lecture:

Nugent K, (2019) Self-Care from a Holistic Perspective. 2nd Annual Virtual Conference, Clinical Mental Health Counseling(CMHC)

Nugent,K, (2014, November) Clinical Implications in Working with Biracial Teens. Presented at NACSW, Annapolis, Maryland.

Integrating The Body, Brain, and Spirit: New Trends for Eating Disorder Treatment in Social Work. International Association of Eating Disorder Professionals. Chicago, IL (September 2012)

- Workshop: East Meets West in Social Work: New Trends for Eating Problems. International Association of Eating Disorder Professions. Pittsburgh, PA (August 2011)
- Workshop: Wellness Model for Eating Problems in Social Work. The Food Addiction Summit. Naples, FL (August 2011)
- Lecture: Teen Talk about Eating Problems in Social Work. New Dominion School: Buckingham, VA (August 2010)
- Lecture: Recovery Dynamics and Substance Abuse. New Dominion School: Buckingham, VA (July 2010)
- Lecture: Feast or Famine in Substance Abuse. Sunchase at Longwood, Farmville, VA (June 2009)
- Lecture: Yoga and Substance Abuse. Sunchase at Longwood, Farmville, VA (June 2009)
- Lecture: Are you Setting Healthy Goals? Sunchase at Longwood, Farmville, VA (May 2008)
- Lecture: Body, Mind, and Spirit Talk. Food Addiction Summit. Seattle, WA (April 2008)
- Keynote Lecturer: A Wellness Approach to Eating Problems. City Hall, Richmond, VA. (February, April, May, July 2007)
- Lecture: “If They Can’t Pronounce it Why Are They Eating it?” Roanoke, VA (October 2007), NASW Conference
- TV Appearance: “Dr. Phil’s Weight loss challenge” Richmond, VA. Channel 12 (February 2007)
- TV Appearance: “A Hole in the Soul” Richmond, Va. Channel 12 (April 2006)TV
- Appearance: “Relapse Prevention” Richmond, Va. Channel 12 (July 2006) TV
- Appearance Goal Setting for the New Year. Richmond, VA Channel 12. (Jan. 3, 2003)
- Workshop Yoga for eating problems. Johnson Willis Hospital. Richmond, VA. (March 2002)
- Lecture: Eating Disorders. Longwood University. Guest Speaker. (November 2002)
- Workshop Yoga for Social Workers. Johnson Willis Hospital. Richmond, VA.

(October 2000)

Lecture: Stress Reduction for the Holidays. Briarwood Fitness (December 1999)

Workshop: Holistic approach with eating disorders. St. Mary's Retreat House, Pittsburgh, Pennsylvania (April 1998)

Workshop: Therapeutic techniques for eating problems. University of Kentucky (February 1997)

Lecture: Interviewing skills for financial planners. Naples, Florida (1995 and 1996)

TV Appearance: Athletes with eating disorders. Colony Cable, Florida (March 1996)

TV Appearance Maintaining recovery during the holidays. Colony Cable (May 1996)

Select Academic Service at Longwood University

Fall (2014) and Spring 2015: Sabbatical granted for Fall, 2014. Spring includes: Faculty Senate, Promotion and Tenure Committee, Participated in Social Work Open Houses, Student Advising, Social Work Program Meetings, Social Work advisory dinner, Coordinated with Admissions for high school students "what is Social Work?"

Fall (2012 & 2013) and Spring (2013 & 2014): Chair of the following Committees for 2012-2016 Promotion and Tenure,*** Dept. Curriculum, ***College Curriculum***. Program Curriculum*** Advisor for Federation of Student Social Workers (FSSW) & Alpha Delta

Mu(ADM)In addition, served on the additional committees: Faculty member for CSWE reaffirmation duties include: writing section of CSWE Explicit Curriculum section as well as preparing for CSWE site visit in 2013 (actual site visit-this is my second experience in assisting with CSWE reaffirmation process. Attended CSWE training for Reaffirmation Nov 2013, online educational training committee, and media newsletter committee, admissions open houses for Social Work, Dept of Social Work program meetings.

(Fall and Spring, 2010-2011) College Committee for Department of Education, Communication Disorders, Special Education, and Social Work. Served on By-Law Committee.

(Fall and Spring, 2010-2011) College Committee for Department of Education, Communication Disorders, Special Education, and Social Work. Served on Awards Committee.

(Fall and Spring, 2009-2010) College Committee for Department of Education, Communication Disorders, Special Education, and Social Work. Chair for recruiting Social Work students.

(Fall and Spring, 2008-2009) College Committee for Department of Education, Communication Disorders, Special Education, and Social Work. Served on the Promotion and Tenure Committee

(Fall and Spring, 2008-2009), College Committee for Department of Communication Disorders, Special Education, and Social Work. Served on CSWE accreditation and re-affirmation.

(Fall and Spring, 2006-2007) College Committee for Department of Education, Communication Disorders, Special Education, and Social Work. Served on College Curriculum Committee.

(Fall and Spring, 2006-2007) College Committee for Department of Education, Communication Disorders, Special Education, and Social Work. Served on Department Curriculum Committee.

(Fall and Spring, 2006-2007) University Committee for Department of Health, Recreation, Exercise Physiology, And Social Work. Served as Chair for “What’s Eating You?” committee.

(Fall and Spring, 2006-2007) College Committee for Department of Education, Communication Disorders, Special Education, and Social Work. Served as Chair for restructuring college committee.

(Fall and Spring, 2005-2006) Reactivated and sponsored Alpha Delta Mu, an honorary fraternity in Social Work

(Fall and Spring, 2004-2006) Served as Field Director for Social Work Program.

Consultant to SAG (Sexual Awareness Group) at Longwood University

(Spring Break 2004) Social Work Students, including myself, traveled to Metropolitan State Hospital (Southern, CA) to create a web page for a psychosocial Rehab mall.

(October 2004/2016) Serving on a committee in the Department of Education, SPED, and Human Services to discuss APA guidelines for college students.

(2004) Host for one of the students from China where we meet once a week to discuss the socio-cultural aspects of Western and Eastern cultures and traditions from a Social Work point of view.