

CURRICULUM VITA

Janina Washington-Birdwell, M.A., LSSP, Psy.D.

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EDUCATION:

Psy.D. 2005

Alliant International University (CSPP), Alhambra, California
Clinical Psychology - Multicultural Community Proficiency

M.A. 2005

Alliant International University (GSOE), Alhambra, California
School Psychology

M.A. 2003

Alliant International University (CSPP), Alhambra, California
Clinical Psychology - Multicultural Community Proficiency

M.A. 2001

John F. Kennedy University, Orinda, California
Sport Psychology

B.A. 1998

Spelman College, Atlanta, Georgia
Major: Psychology
Minor: Sociology

CLINICAL INTERESTS: Children, adolescents, young adults and families; Child development; Study skills; Parenting; Behavior problems; Learning differences; Multicultural and diversity training; Child and adult ADHD; Emotionally disturbed; Communication skills; Academic teaching; Group counseling; Life skills; Academic and psychosocial assessments; Sport psychology techniques (time management, concentration, goal setting, etc.)

PROFESSIONAL SERVICE/ ORGANIZATIONS:

American Psychological Association (Member)

C.H.A.D.D. Organization (Member)

2001-2004 Student Co-Chair

Ujima, California School of Professional Psychology

2002-2004 Student Government Association

Multicultural Community Emphasis Student Representative

2002-2004 PsyD. Program Committee

Student Representative

CLINICAL EXPERIENCE:

08/2008-Present

Psychological and Social Services

Dallas Independent School District

Provide individual, group, and family services. Consult with parents, school personnel, educational teams, and related child specialists regarding the school performance of individuals and groups. Provide skills and strategies to help teachers implement more effective classroom management. Create intervention plans. Present on various topics for teacher's staff development, HIPPI and PTA. Perform formal and informal assessments of the emotional, behavioral, and academic adjustment of students. Respond as a member of the district's crisis intervention team.

09/2007- 06/2008

2007-2008 Clinical (Post-Doc) and LSSP Intern

Psychological and Social Services

Dallas Independent School district

Provide individual, group, and family services. Consult with parents, school personnel, educational teams, and related child specialists regarding the school performance of individuals and groups. Provide skills and strategies to help teachers implement more effective classroom management. Create intervention plans. Perform formal and informal assessments of the emotional, behavioral, and academic adjustment of students. Respond as a member of the district's crisis intervention team.

10/2005-2/2006 Director of Children's Services and Mental Health

Jenese Center, Incorporated

Responsible for all children's and some Mental Health services in this Domestic Violence Shelter. Worked with a multidisciplinary team. Duties include supervising childcare staff teaching Parenting Classes, with a goal to rebuilding the children's program. Some responsibilities included assisting mothers in enrolling children in school, observing mother/child interactions during visitations, and monitoring mental health, academic and developmental progress of children. Duties also included assisting clients with any mental health needs. Served as liaison to Intern's Supervisor , provided on site contact for mental health interns, aided them in connecting with clients, and overcoming difficulties with clients and staff. Population consisted of majority African American and Latino Women and Children. Ages of children ranged from Newborn to 16 years old.

9/2004-7/2005 Clinical Internship

Children's Youth and Family Services

A school-based program in the Alhambra School District.

Provided counseling for students in a public elementary School. Population consists of majority Asian American and Latino students from low to middle socioeconomic status. Provided interventions for students dealing with depression, ADHD, learning differences, difficulties with peer relationships, divorce, academic stressors, custody, and issues of grief and loss. Interventions were also provided to administrators and faculty in dealing with "problem" students.

CLINICAL EXPERIENCE Continued:**11/2002-9/2004 Mental Health Intern (not an internship)****Magic Johnson School Based Health Clinic**

Provided mental health services for students and families of Jordan High School in Watts. Dealt with a variety of such as academic problems, pregnancy, depression, substance abuse, family conflicts, and run-away.

9/2003-7/2004 Clinical Internship**Children's Institute International**

Provided therapeutic services for children and their families. Worked with a multidisciplinary team. Population consists of majority African-American and Latino families from low socioeconomic status. Provided interventions for victims of domestic violence and sexual abuse as well as children who are experiencing family relationship difficulties, issues with divorce and custody, behavioral problems, academic difficulties and a variety of other issues. Worked closely with Family Preservation cases and Schools. Co-facilitated year long domestic violence group for 6 -7 year olds.

09/2002-6/2003 Clinical Practicum**South Central Training Consortium**

Provided individual, family and group therapeutic services for low-income minority population. Worked with a multidisciplinary team. Provided interventions for victims of domestic violence and sexual assault, as well as women with substance abuse issues, low parenting skills, and severe mental illness. Helped women rebuild their role as a mother and connections with their children. Duties also included conducting mental health assessments. Began support group for children of women in domestic violence program.

10/2001 Research Assistant**Pasadena, CA**

Aided in distributing tests in public school to 5th graders in groups of 40.

11/1999-9/2001 Mental Health Assistant**The Seneca Center**

Worked in the classroom of public alternative school to create a day treatment program for SED children and worked on behavior modification from a cognitive behavioral approach. Served as a liaison between therapist and teacher. Majority African American boys age 10-12 years old. Assisted in moderating group therapy, tutored children, taught study skills, assisted teacher and therapists in developing and implementing interventions. Kept daily clinical notes for each client in my class. Employment also included PART, CPR, and First Aid training.

CLINICAL EXPERIENCE Continued:

Summer 2001 Sport Psychology Intern

Conducted coaches' and counselors' workshops. Helped supervise first year interns. Counseled star player of the college football team in performance enhancement and academic achievement.

Summer 2000 Sport Psychology Intern

Saint Mary's College Sports Camp

Created internship teaching Sport Psychology techniques to the many different classes within the program. Ages ranged from 5 - 17 years of age. Groups ranged from 20-70 people majority Caucasian. Conducted coaches' workshops. Conducted workshops for the counselors. Aided in supervision of first year interns.

3/2001-6/2001 Sport Psychology Intern

Contra Costa Community College

Counseled individuals from the Track team. Worked on Sport Psychology techniques including, goal setting, time management, imagery, focus and concentration and several more. Population was mostly African American and Latino.

11/1999- 3/2000 Sport Psychology Intern

Mount Diablo High School

Sport Psychology consultant for the boy's J.V. Basketball team in public school. Conducted individual and group sessions. Conducted coaches' workshop on being a better coach for the athletes. Population majority African-American.

Summer 1999 Sport Psychology Intern

Byron Boys Ranch Correctional Facility

Counseled juvenile offenders on life skills using Sport Psychology techniques such as goal setting, problem solving and anger reduction. Created program and activities to help teach life skills. African American population was ranging from 13-17 years old.

Summer 1999 Sport Psychology Intern

John F. Kennedy Sports Camp

Created and conducted program teaching sport psychology techniques and life skills in groups and individuals. Population middle class Caucasians as well as children from the Battered Women's Shelter. Age range was 7-12 years old.

PROFESSIONAL EXPERIENCE:

Summer 2007 Youth Believing In Change

Summer Camp Responsibilities included teaching 2nd and 3rd grade children in general academics as well as Biblical studies. Also included developing curriculum, organizing daily activities and field trips, and supervising 2-3 teachers aids.

10/2006- 4/2007 Little Gym

Lead teacher for gymnastics and sports classes. Ages ranged from 2-12 years old. Responsible for teaching curriculum, registration, and extra activities such as birthday parties and camps.

2/2002 Coach and Consultant

Stretch-N-Grow

Taught a variety of sports to children ages 5-15 as well as began to develop a program to teach sport psychology techniques.

2/1999-12/1999 Athletic Director

Walnut Creek Kids Club

Was responsible daily for creating, scheduling, organizing, and directing all outdoor activities for after school program for students grades K-5th.

8/1998-1/1999 Middle School Coordinator

Greenhill School Extended Day Program

Was responsible for creating and implementing middle school after school program and activities. Kept daily logs of check-ins. Ran study hall.

8/1998-1/1999 Preschool Counselor

Greenhill School Extended Day Program

Was responsible for picking up preschoolers from their classrooms, serving snack, taking them to their carpools and extended day classrooms.

Summer 1998 Children's Counselor

Atlanta Children's Center

One of three counselors for forty 4 and 5 year old children. Was responsible for creating, organizing and implementing daily activities and planning field trips. Served as a substitute for the counselors of the teenage group when needed.

Summer 1996 & 1997 Athletic Director/ Senior Camp Counselor

Atwater Summer Camp

A camp sponsored by the Urban League for African American boys and girls ages 5- 16 years of age. Was responsible for 12 girls in my cabin helping them emotionally and physically. Was in charge of all athletic equipment and programs. Taught tennis classes. Employment included training in First Aid as well as infant and child CPR.

PROFESSIONAL TRAININGS/ PRESENTATIONS CONDUCTED:

2011 Strategies to Enhance Your Child's Social Emotional Development and Enhance School Readiness

2010 Social Emotional Development of Children Ages Birth- 5

2010 Bullying in the Schools

2009 C.H.A.D.D. National Conference

2008 The ADHD Student

2008 Response To Threats of Suicide

2007 Teen Workshop: Healthy and Unhealthy Relationships

2007 Response to Intervention

2006 Aids/HIV The Ripple Effect (presented for the government of Barbados)

2005 Study Skills for the Learning Disabled and ADHD child

2003 Domestic Violence Peer Training

2003 Rape Crisis Response Training

2003 Communication Skills