

# KATHERINE R. FINKELSTEIN, Ph.D.

*Licensed Counseling Psychologist*

The Center for Emotional Health of Greater Philadelphia  
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## EDUCATION

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<b>Seton Hall University</b> Ph.D. in Counseling Psychology ( <i>APA-Accredited</i> ) Dissertation: Survivors of sexual violence and the impact of rape myth internalization, ambivalent sexism, and concealment on formal help-seeking behaviors: An application of minority stress theory	Aug 2018-Aug 2023
<b>Seton Hall University</b> M.A. in Counseling Psychology	Aug 2018-Dec 2020
<b>Brandeis University</b> M.A. in Psychology Thesis: The influence of the dark triad and gender on sexual coercion strategies of a subclinical sample	Aug 2013-Aug 2014
<b>Muhlenberg College</b> B.A. in Psychology, Minor in Music Summa Cum Laude with Honors in Psychology	Aug 2009-May 2013
<b>University of Edinburgh</b> International Study, Edinburgh, UK, Spring Semester	Jan 2012-May 2012

## LICENSES AND CERTIFICATIONS

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<b>Licensed Psychologist</b> Pennsylvania License #: PS020185 New Jersey License #: 35SI00764200
<b>Authority to Practice Interjurisdictional Telepsychology</b> APIT PSYPACT: 19779
<b>Montreal Cognitive Assessment (MoCA)</b> MoCA Certification: USFINKA710706974-01

## CLINICAL EXPERIENCE & TRAINING

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<b>Staff Psychologist</b> The Center for Emotional Health of Greater Philadelphia, Cherry Hill, NJ <ul style="list-style-type: none"><li>Provide treatment to adults and young adults in a group private practice setting utilizing evidence-based treatments for anxiety disorders, mood-related disorders, trauma-processing/PTSD, OCD and anxiety-related disorders, and adjustment-related concerns.</li></ul>	Nov 2024-Present
<b>Staff Psychologist</b> Wilmington VA Medical Center, Wilmington, DE	Sep 2023-Oct 2024

Behavioral Health Integration Program (BHIP), Outpatient  
*Supervisor: Claire Wu, Psy.D.*

- Provided individual psychotherapy to Veterans across service eras. Conditions treated included mood-related disorders, anxiety disorders, PTSD and other trauma-related disorders (combat-related, Military Sexual Trauma), substance use disorders, personality disorders, psychosis, grief, adjustment, and life transitions. Evidence-Based Practices utilized included ACT, CPT, CBT, MI, and Unified Protocol (UP).
- Facilitated Skills Training for Affective and Interpersonal Regulation (STAIR) psychotherapy group for Veterans who have experienced Military Sexual Trauma.
- Collaborated with interdisciplinary treatment team to provide a wide range of outpatient services, including diagnostic evaluations, treatment planning, and group psychotherapy.

**Predoctoral Psychology Intern (APA-Accredited)**

VA Pittsburgh Healthcare System, Pittsburgh, PA

*Director of Clinical Training: Bernadette Pasquale, Ph.D., ABPP*

Aug 2022-Jul 2023

- *Process-Based Therapy*
  - Provided individual outpatient therapy in BHIP using ACT (ACT) and UP to Veterans with concerns of varying severity and chronicity, including anxiety, depression, adjustment and trauma-related issues, substance abuse, and personality-related difficulties.
  - Implemented assessments, engaged in collaborative treatment planning and differential diagnosis, and utilized appropriate consultation and referral with interdisciplinary VA team.
  - Co-facilitated ACT for Depression psychotherapy group.
- *Treatment of Psychotic Disorders (Sigma Team)*
  - Provided individual outpatient therapy using CBT for Psychosis (CBTp) and Recovery-Oriented Cognitive Therapy (CT-R) to Veterans experiencing acute psychotic symptoms related to schizophrenia and other psychotic disorders.
  - Implemented assessments, engaged in collaborative treatment planning, differential diagnosis, and utilized appropriate consultation and referral with interdisciplinary VA team.
  - Co-facilitated CT-R psychotherapy group.
- *Trauma Recovery Clinic (TRC)*
  - Provided individual outpatient trauma-processing using PE and CPT to treat Veterans with combat-related distress and PTSD across combat eras. Provided combat Veterans with treatment for symptoms secondary to combat exposure, such as anxiety and depression.
  - Collaborated with interdisciplinary treatment team to provide a wide range of outpatient services, including initial diagnostic evaluations, treatment planning, and group psychotherapy.
  - Co-facilitated Anger Management skills-focused group.
- *Center for Treatment of Addictive Disorders (CTAD)*
  - Provided individual outpatient therapy using CBT-SUD and MI to Veterans experiencing substance abuse.
  - Implemented assessments, engaged in collaborative treatment planning (e.g., stabilization, early recovery, maintenance, relapse prevention, moderation, harm reduction) and differential diagnosis, and utilized appropriate consultation with interdisciplinary VA team.
  - Facilitated Boundaries/Communication group for residential treatment program.

- *Sub-Committees and Clinical Teams*
  - ACT Consultation, Interdisciplinary Transgender Treatment Team (ITTT), Diversity Sub-Committee

### **Psychology Extern**

Sep 2021-May 2022

Wilmington VA Medical Center, Behavioral Health Service, Wilmington, DE

*Supervisors: Kristin Salber-Black, Ph.D.; Claire Wu, Psy.D.*

- Provided individual and group psychotherapy for U.S. Veterans across service eras using evidence-based practices (CBT, CPT, STAIR) and measurement-based care with a focus on PTSD, combat and deployment-related stressors, post-deployment adjustment, and Military Sexual Trauma (MST).
- Co-facilitated STAIR groups for Veterans who have experienced MST.
- Facilitated MST Clinic to provide psychoeducation to Veterans about MST and complex trauma.

### **Neuropsychology Extern**

Aug 2020-Jul 2021

Kessler Institute for Rehabilitation, Neuropsychology, West Orange, NJ

*Supervisor: Kelly Kearns, Psy.D.*

- Administered neuropsychological assessments to adult and geriatric populations presenting with various neurological conditions: stroke, epilepsy, TBI, brain tumors, movement disorders, encephalopathy, spinal cord injuries, COVID complications, neuropsychiatric disorders, and neurodegenerative disorders.
- Provided short-term bedside psychotherapy for patients in the inpatient brain injury unit and individual psychotherapy for patients in outpatient rehabilitation programs (CBT, ACT, MI).
- Provided MI interventions for patients with co-occurring substance use disorders.
- Collaborated with a multidisciplinary team to plan effective treatment strategies to maximize patient participation in occupational, speech, and physical therapies.
- Co-facilitated Brain Injury Caregiver Support Group via telehealth.

### **Psychology Extern**

Aug 2019-May 2020

McClintock Center for Psychological Services, Drew University, Madison, NJ

*Supervisor: James Mandala, Ph.D.*

- Provided integrative, outpatient therapy for Drew University students using evidence-based treatments and interventions.
- Co-facilitated group therapy focused on interpersonal communication and emotional processing.
- Collaborated on outreach workshops to promote campus mental health.

### **Integrative Behavioral Health Extern**

Oct 2018-May 2019

Hackensack University Medical Center, Hackensack, NJ

*Supervisor: Brian Amorello, Ph.D.*

- Provided patients with counseling for stress and anxiety management and other behavioral health concerns using solutions-focused and mindfulness-based psychological interventions and psychoeducation.
- Observed patient appointments with medical providers (Pediatric Rheumatology, Migraine Clinic, Multiple Sclerosis Clinic, Geriatrics) and offered counseling interventions where applicable.
- Provided short-term psychotherapy for patients with chronic health conditions.

### **Rape Crisis Counselor/Medical Advocate**

Feb 2015-Sep 2016

Boston Area Rape Crisis Center (BARCC), Boston, MA

*Medical Advocacy Coordinator: Sandra Leahy*

- Provided crisis counseling and patient advocacy services in Boston-area Emergency Departments for patients presenting for medical care after experiencing sexual violence.
- Ensured survivors understood treatment options and rights regarding forensic evidence collection procedures and medical procedures.
- Facilitated safety planning for survivors with hospital and social work staff.
- Arranged referrals for BARCC's counseling, legal, and case management services.

## SELECTED SEMINARS AND TRAINING

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<i>Exposure and Response Therapy for OCD (4-day intensive workshop)</i> Cognitive Behavior Institute (CBI), Cranberry Township, PA (Web-Based)	2024
<i>Cognitive Processing Therapy (CPT) &amp; Prolonged Exposure (PE)</i> VA Pittsburgh Medical Center, Trauma Recovery Clinic, Supervised Training (Dr. Michael Rosen)	2023
<i>Acceptance and Commitment Therapy for Depression (ACT-D) &amp; Unified Protocol (UP)</i> VA Pittsburgh Medical Center, Process-Based Therapy Rotation, Supervised Training (Dr. Jennifer George)	2022
<i>Rape Crisis Counseling (40-hour training)</i> Boston Area Rape Crisis Center (BARCC), Boston, MA	2015

## EMPIRICALLY SUPPORTED TREATMENTS UTILIZED

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Acceptance and Commitment Therapy (ACT)  
 Behavioral Activation (BA)  
 Emotion-Focused Therapy (EFT)  
 Exposure and Response Prevention for OCD (ERP)  
 Cognitive Behavioral Therapy (CBT)  
 Cognitive Behavioral Therapy for Psychosis (CBTp)  
 Cognitive Behavioral Therapy for Substance Use Disorders (CBT-SUD)  
 Cognitive Processing Therapy (CPT)  
 Motivational Interviewing (MI)  
 Prolonged Exposure (PE)  
 Skills Training in Affective and Interpersonal Regulation (STAIR)  
 Safety Planning, Lethal Means Safety Counseling, & Risk Assessment  
 Unified Protocol for Transdiagnostic Treatment of Emotional Disorders (UP)

## RESEARCH FELLOWSHIP

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### Cognitive Research Fellow

Aug 2014-Jun 2018

Oak Ridge Institute of Science and Education (ORISE) Fellowship  
 U.S. Army Research Institute of Environmental Medicine (USARIEM),  
 Natick Soldier Systems Center, Natick, MA  
*Supervisor: Kristin J. Heaton, Ph.D.*

- Assisted supervisor and institute PIs with protocol development, development of study-related materials, completion of regulatory documents, data collection, assessment administration, database management, project management, training of research staff, and supervision of a seasonal intern.

- Research efforts centered around investigating the impact of military occupational exposure (e.g., mTBI, PTSD, cognitive fatigue, Permethrin exposure, sleep deprivation) on cognitive health of U.S. Army and U.S. Army National Guard service members at USARIEM (laboratory-controlled conditions) and in the field.
- Served as Project Coordinator and primary assessment administrator for two multi-site research collaborations and data collections with MIT Lincoln Labs and Harvard Medical School.
- Served as an institute-credentialed phlebotomist for nutritional research.

## RESEARCH EXPERIENCE

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### Department of Profession Psychology and Family Therapy

Aug 2018-Aug 2020

Seton Hall University

*Graduate Research Assistant*

- PI: Corinne Datchi, Ph.D., ABPP
- Research: Participant experiences in New Jersey drug court system

### U.S. Army Research Institute of Environmental Medicine (USARIEM)

Aug 2014-Jun 2018

Oak Ridge Institute for Science and Education (ORISE), Natick Soldier Systems Center

*Cognitive Research Fellow*

- *Project Coordinator & Administrator*
  - PI: Kristin J. Heaton, Ph.D. (USARIEM) & MIT Lincoln Laboratory
    - Research: Multimodal assessment of cognitive readiness and recovery: Initial modeling of physiological and neurological inputs
  - PI: Kristin J. Heaton, Ph.D. (USARIEM) & Harvard Medical School
    - Research: Identifying biomarkers that distinguish posttraumatic stress disorder and mild traumatic brain injury using advanced magnetic resonance spectroscopy
- *Research Assistant/Associate*
  - PI: Kristin J. Heaton, Ph.D. (USARIEM)
    - Research: Automated Neuropsychological Assessment Metrics Version 4 (ANAM4): Examination of select psychometric properties and administration procedures
  - PI: Robert Kenefick, Ph.D. (USARIEM)
    - Research: Quantifying the effects of a red flag heat category at 3,000 meters on measurements of cognitive and physical performance
  - PI: Roy M. Salgado, Ph.D. (USARIEM)
    - Research: Utilizing heat acclimation to optimize warfighter health and performance when rapidly exposed to altitude
  - PI: Marilyn Sharp, M.S. (USARIEM)
    - Research: Development of military occupation-specific physical employment standards: Study 3
  - PI: Susan Proctor, D.Sc. (USARIEM)
    - Research: Permethrin exposure dosimetry: Biomarkers and modifiable factors
  - PI: Tracey Smith, Ph.D., RD (USARIEM)
    - Research: Nutrition intervention to promote immune recovery from sleep restriction
- *Phlebotomist*
  - PI: Erin Gaffney-Stomberg, Ph.D., R.D. (USARIEM)

- Research: Efficacy of a once daily calcium and Vitamin D fortified food product to improve bone microarchitecture in response to army basic combat training

## Department of Psychology

Aug 2013-Aug 2014

Brandeis University

Graduate Research Assistant

- PI: Raymond Knight, Ph.D., Psychopathy and Sexual Aggression Lab
- Research: Psychopathy, development of sexual aggression, and predictors of desistance vs. recidivism of sexual offending

## Department of Psychology

Jan 2010-May 2013

Muhlenberg College

Research Assistant

- PI: Katherine Richmond, Ph.D.
- Research: Gender identity; institutionalized discrimination of transgender individuals

## PUBLICATIONS

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Heaton, K. J., Donovan, A. A., Haven, C., **Finkelstein, K.**, Ekon, N., Choffnes, S., Nguyen, Vy T., Vincent, Andrea A., & Proctor, S. P. (2024). Automated Neuropsychological Assessment Metrics: Normative Reference Values for US Army National Guard Soldiers. *Archives of Clinical Neuropsychology*, acae061.

Heaton, K. J., Williamson, J. R., Lammert, A. C., **Finkelstein, K. R.**, Haven, C. C., Sturim, D., Smalt, C. J. & Quatieri, T. F. (2020). Predicting changes in performance due to cognitive fatigue: A multimodal approach based on speech motor coordination and electrodermal activity. *The Clinical Neuropsychologist*, 34(6), 1190-1214.

Wijsekera, O., Chen Gonzalez, E., Siegel, M., **Finkelstein, K.**, Quijije, N., Glass, L., Lewis-O'Connor, A., Petricone, R., March, G., & Bell, S. (2018). On-the-go training: Downloadable modules to train medical students to care for adult female sexual assault survivors. *MedEdPORTAL*.

## CONFERENCE PAPERS

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Williamson J. R., Heaton K. J., Lammert A. C., **Finkelstein K.**, Sturim D., Smalt C., Ciccarelli G., Quatieri T. F. (Accepted, 2020, July). *Audio, visual, and electrodermal arousal signals as predictors of mental fatigue following sustained cognitive work*. 42nd Annual International Conference of the IEEE Engineering in Medicine and Biology Society (EMBC), Montréal, Canada.

Williamson J. R., Quatieri, T. F., Lammert, A., Mitchell, K., **Finkelstein, K.**, Ekon, N., Dillon, C., Kenefick, R., Heaton, K. (2018, September). *The Effect of Exposure to High Altitude and Heat on Speech Articulatory Coordination*. In *Interspeech* (pp. 297-301).

Mariano, L. J., Irvine, J. M., Rowland, B., Liao, H., Heaton, K., Orlovsky, I., **Finkelstein, K.**, & Lin, A. P. (2017, October). *Virtual Biopsy: Distinguishing Post-traumatic Stress from Mild Traumatic Brain Injury Using Magnetic Resonance Spectroscopy*. In 2017 IEEE Applied Imagery Pattern Recognition Workshop (AIPR) (pp. 1-6). IEEE.

## ABSTRACTS & POSTERS

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- Finkelstein, K. R.** (2024, August). *Formal help-seeking by survivors of sexual violence: An application of minority stress theory*. Poster presented virtually at the 2024 American Psychological Association Annual Conference, Seattle, WA.
- Finkelstein, K. R.** & Brady-Amoon, M. (2021, March). *Female young adult sexual assault survivors' nondisclosure to family members: An exploration of barriers*. Poster presented at the virtual 2021 Association for Women in Psychology Annual Conference.
- Finkelstein, K. R.** & Knight, R. (2019, November). *The influence of the dark triad and gender on sexual coercion strategies of a subclinical sample*. Poster presented at the 2019 New Jersey Psychological Association Conference, Livingston, NJ.
- Mariano, L., Irvine, J.M., Rowland, B., Liao, H., Heaton, K., Orlovsky, O., **Finkelstein, K.**, & Lin, A. (2017, October). *Virtual biopsy: Distinguishing post-traumatic stress from mild traumatic brain injury using magnetic resonance spectroscopy*. Abstract presented at IEEE Applied Imagery Pattern Recognition Workshop, Washington, DC.
- Wijesekera, O., Chen Gonzalez, E., Siegel, M., **Finkelstein, K.**, Quijije, N., Glass, L., Lewis-O'Connor, A., Petricone, R., March, G., & Bell, S. (2017, May). *On-the-go training: Downloadable modules to educate students in care for sexual assault survivors*. Poster presented at BUMC 12<sup>th</sup> McCahan Education Day, Boston, MA.
- Finkelstein, K. R.** (2014, April). *Social acceptance of pain in consensual context*. Poster session presented at the Eastern Psychological Association Annual Conference, Boston, MA.

## PRESENTATIONS

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- Finkelstein K. R.** & Re, S. (2020, February). *Sexual harassment in supervision: A roundtable discussion*. Presented at the 2020 Winter Roundtable Conference, Teachers College, Columbia University, New York City, NY.
- Finkelstein, K. R.** (2017, February). *Sexual assault recount: Recorded fictional monologue for BMC SANE Kit evidence collection training*. Recorded monologue used at Boston Medical Center, Boston, MA.
- Bell, S., **Finkelstein, K. R.**, Deegan, H., Santiago-Taylor, K., & Leahy, S. (2016, March). *Domestic violence and sexual assault survivors: Boston Medical Center Simulation Lab training and discussion for OBGYN interns*. Training presented Boston Medical Center, Boston, MA.
- Bell, S., **Finkelstein, K. R.**, Arnold, A., Santiago-Taylor, K., & Leahy, S. (2015, July). *Domestic violence and sexual assault survivors: Boston Medical Center Simulation Lab training and discussion for ER interns*. Training presented at Boston Medical Center, Boston, MA.
- Finkelstein, K. R.** (2013, April). Keynote speech delivered at the biannual Psychology Day at Muhlenberg College, Allentown, PA.

## EDITORIAL ACTIVITIES

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Journal of American College Health, Scholarly Review

2019

## TEACHING & SUPERVISORY EXPERIENCE

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### Supervisor

Seton Hall University, South Orange, NJ

Sep 2021-May 2022

- Provided weekly, supplementary supervision to master's student during their externship training as part of Supervision Practicum course.

**Writing Assistant**

Aug 2010-May 2013

*Muhlenberg College Writing Center, Allentown, PA*

- Assisted professor in teaching academic writing to a first-year seminar and tutored students one-on-one to enhance writing development.
- Tutored students in Writing Center with focus on developing thesis statements, identifying basic writing errors, and structuring academic papers.
- Mentored one student on a weekly basis to support writing development.
- Level 3 Master Tutor (Writing) Certification from the College Reading and Learning Association: International Tutor Training Program (CRLA-ITTPC).

**OTHER PROFESSIONAL EXPERIENCE**

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**CAEP Accreditation Graduate Assistant**

Aug 2018-Jul 2021

*College of Education and Human Services, Seton Hall University*

- Managed materials, surveys, and data associated with the College of Education and Human Services (CEHS) Council for the Accreditation of Educator Preparation (CAEP) credentialing.
- Designed surveys on Qualtrics and generated data reports and visuals.
- Managed and updated rubrics and evaluative course materials for CEHS programs.

**OUTREACH & SERVICE**

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*Introduction to Multicultural Supervision*

Sep 2024

APA-Accredited Internship Training Program, Wilmington VAMC

*EASE-ing Self Stigma Training for VA Personnel*

Apr 2022

Co-organizer &amp; Virtual Facilitator, Wilmington VAMC

*Conversations on Race with Dr. Jelani Cobb*

Oct 2020

Virtual Group Discussion Facilitator, South Orange/Maplewood Coalition on Race

*Ask the Experts: Couple & Family Research Q&A*

Aug 2020

Organizer, Virtual Panel Facilitator, APA Division 43

*SHUVets: Working with Military Veterans, service members, and their dependents in our community*

Nov 2019

Co-organizer, Seton Hall University, Academic Advising Academy Panel

*Writing Therapy & Journaling Informational Outreach*

Nov 2019

Organizer, Drew University

**LEADERSHIP**

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**Counseling Psychology Student Association (CPSA)**

Seton Hall University

President (May 2020 – May 2021)

Secretary (May 2019 – May 2020)

Social Justice Chair (Aug 2018 – May 2019)



**American Psychological Association (APA)**

Division 43: Society for Couple and Family Psychology  
Student Representative (*Aug 2019 – Aug 2020*)

**New Jersey Psychological Association (NJPA)**

NJ Psychological Association of Graduate Students  
Seton Hall University Campus Co-Representative (*Jan 2018 – Dec 2020*)

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**HONORS & AWARDS**

Kappa Delta Pi: International Honor Society in Education (Seton Hall University)	Inducted 2019
Oak Ridge Institute for Science and Education Research Fellowship (USARIEM)	2014 – 2018
Brandeis Merit Scholarship (Brandeis University)	2013 – 2014
Carol E. Hutchinson Memorial Prize for Research in Psychology (Muhlenberg College)	2013
Psi Chi: The International Honor Society in Psychology	Inducted 2011
Omicron Delta Kappa: The National Leadership Honor Society	Inducted 2011
Benjamin Scholarship, Muhlenberg College Merit Scholarship	2012 – 2013
Karl A. Peckman Scholarship, Muhlenberg College Merit Scholarship	2009 – 2013
Commitment to Excellence, Muhlenberg College Merit Scholarship	2009 – 2013
Music Talent Scholarship, Muhlenberg College Talent Award	2009 – 2013
Dean's List, Muhlenberg College, All Semesters	2009 – 2013

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**PROFESSIONAL MEMBERSHIPS**

American Psychological Association (APA)  
*Counseling Psychology, Division 17*

Pennsylvania Psychological Association (PPA)