

Curriculum Vitae
EWELINA KOTOWSKA, Psy.D.

EDUCATION

William James College, Boston, MA

Doctor of Psychology, September 2020

Dissertation Title: Consciousness, neuroscience and spirituality: The reinterpretation of healing in psychotherapy

Columbia University, Teachers College, New York, NY

Master of Arts, Psychology in Education, May 2012

Master's Thesis: Postpartum Depression Among Low-Income Women

State University of New York at Buffalo, Buffalo, NY

Bachelor of Science in Psychology and Minor in Medical Anthropology, September 2009

Concentration: Behavioral Neuroscience

CLINICAL TRAINING EXPERIENCE

Edward M. Kennedy Community Health Center, Worcester, MA

(Consortium APA Accredited Two-Year Internship)

Clinical Intern

August 2015-August 2017

Supervisors: Laurie Costigan, Psy.D. & Kathleen Herrman, Psy.D.

- Conducted screenings and intakes, developed treatment plans, and frequently utilized in person and telephonic interpretation services.
- Provided long-term outpatient psychotherapy for a diverse group of children, adolescents, and adults including refugees and asylees, immigrants, LGBTQ populations, and previously incarcerated individuals.
- Independently administered, scored, and interpreted cognitive testing and neuropsychological assessments to children and adults.
- Participated in weekly team discussions regarding case review and consulted with primary care physicians, RN's, and caseworkers in order to manage and coordinate client care.
- Provided counseling and administrative support for trauma workshops hosted by Dr. Bessel van der Kolk in the Berkshires.

Family Health Center of Worcester, Worcester, MA

Advanced Practicum Student

September 2014-July 2015

Supervisor: Dr. Craig Wiener, EdD

- Provided short-term and long-term individual and family therapy with clients of cultural, racial, economic, and linguistic diversity, many of whom contend with homelessness, domestic and community violence, substance abuse, poverty and marginalization.

- Managed an individual caseload of 10-12 high-risk clients a week who present with a wide range of psychopathology.
- Developed comprehensive diagnostic formulations and client-centered treatment plans.
- Collaborated with advocacy services for clients with refugee status.

Westwood Lodge: Dual Diagnosis Partial Program, Westwood, MA

Advanced Practicum Student

May 2014-August 2014

Supervisor: Martha Hauston, LMHC

- Autonomously facilitated treatment for adults struggling with mental illness and addiction by conducting five group therapy sessions per week on addiction, treatment, relapse prevention, spirituality, mindfulness, cognitive behavioral/psychoeducational groups, social skills.
- Developed clinical skills in biopsychosocial assessments, crisis evaluation, medication monitoring, management, and stabilization, case management and discharge planning.
- Held meetings with clients and families to collaboratively create comprehensive treatment plans and interventions.
- Attended weekly multidisciplinary rounds to discuss client cases.

Freedman Center for Child and Family Development, Newton, MA

Practicum Student

August 2013-June 2014

Supervisor: Dr. Nadja Reilly, PhD

- Facilitated a mindfulness group with elementary aged children struggling with emotional regulation.
- Implemented an evidenced-based prevention program, primary project, focused on the prevention of social, emotional, and adjustment difficulties through child-led play.
- Consulted and collaborated with Boston Public School's staff and administration.

SUPERVISION EXPERIENCE

William James College, Newton, MA

Supervisor in Training

September 2016-May 2017

Supervisor: Dr. Claire Fialkov, PhD

- Provided weekly, one hour, supervision to a first-year doctoral student.
- Supported student's professional and personal development.
- Consulted with course seminar to facilitate supervisor/supervisee relationship.
- Provided supervisee evaluative feedback while maintaining a professional safe space.

INTERNATIONAL CLINICAL EXPERIENCE

Gathage Primary School & KIMO Wellness Foundation, Thika, Kenya

Group Facilitator

July 2016

- Launched KEEP: Kenyan Empowerment & Education Project to implement innovation character strength program designed to increase protective hygiene practices and social emotional learning.

- Utilized a strength-based positive psychology model to empower the community, ensure sustainability, and continuity of care within school and families.
- Developed and taught strength-based curriculum to 1st and 2nd grade students based on the VIA assessment tool.
- Learned and utilized clinical application of appreciative inquiry with school administration, community members and families.

CLINICAL WORK EXPERIENCE

Freedman Center, Newton, MA

Resource and Referral Counselor

August 2013-August 2016

- Conducted intake interviews from MA residents seeking mental health services and treatment.
- Gathered clinical data and present cases to mental health care providers.
- Provided client with referrals for therapeutic services that matched the client's needs.
- Monitored and followed up on cases to ensure that client is receiving the appropriate therapeutic service(s).

Riverside Emergency Services, Norwood, MA

Crisis Clinician

July 2014-July 2015

- Provided emergency psychiatric intervention, evaluation, and disposition determination for children, adolescents, and adults experiencing acute crises, including suicidal or homicidal ideation, substance dependence and psychosis.
- Conducted hospital-based and mobile-crisis evaluations in emergency rooms, client homes, group homes, therapeutic placements, schools and other community locations.
- Provided solution focused therapy for individuals in order to avoid hospital level of care while promoting psychological well-being and safety.

Play Group Co-Facilitator

William James College, Newton, MA

September 2013-July 2014

- Co-led a weekly infant/toddler prevention group to promote motor, language, social-emotional and sensory development through play and social interaction.
- Devised and applied a program curriculum to educate parents and caregivers on infant/toddler mental health and brain development.
- Provided support and advice to parents in need of resources or information on child development.

PROFESSIONAL EXPERIENCE

Child Care Associate

Private home

New York, NY

September 2011-July 2013

- Provided support services to an 11-year-old boy by identifying triggers leading to aggressive behavior and suicidal ideation.

- Applied clinical knowledge to minimize aggressive behavior and language.
- Coordinated with psychologist and parent to implement behavioral strategies, resulting in successful reduction in emotional outbursts and self-harm behaviors.

Geriatric Volunteer Service

Lott Residence-Assisted Living

New York, NY

October 2010-July 2013

Supervisor: Susanna Jacobi, Ph.D.

- Coordinated with psychologist to implement activities and psychosocial support for an elderly client diagnosed with a severe case of OCD, anxiety, and depression.
- Conducted weekly visits to enhance and improve psychological state and well being by motivating and facilitating the process of leaving the home and sustaining independence.
- Supported and reassured client by applying clinical knowledge to promote well being and to offer a new positive perspective.

Adolescent Mentor

Private Home

Roslyn Heights, NY

March 2010-September 2010

- Supervised and socially engaged a 10-year-old girl struggling with anxiety and psychosomatic illness by implementing new changes in her daily life.
- Determined factors that provoked anxiety by providing guidance and psychological support on social and developmental trajectories in order to alleviate anxiety.
- Engaged family members to ways to build child's self-esteem and reduce stress levels.

RESEARCH EXPERIENCE

Research Assistant

University at Buffalo, Department of Psychology: Research Institute on Addictions

Buffalo, NY

January 2008-March 2010

Supervisor: Alexis C. Thompson, Ph.D.

1. Study 1: The effect of Neuropeptide Y on cue-, drug-, and stress-induced reinstatement of cocaine-mediated behavior in the rat.

2. Study 2: The effect of LSD and DOM on glutamate release and induced head-twitch response in the medial prefrontal cortex in a rat model

- Set up video tracking systems and behavioral testing equipment to observe drug induced rodent behavior.
- Conducted, observed and video coded behavioral experiments to facilitate data analysis.
- Observed social interactions and atypical motor activity in rats and coded data to prepare for behavioral neuroscience and psychology presentations.
- Maintained software and equipment for administering microinjections into rodents brain.

Research Associate

St. Vincent's Medical Center, Emergency Medicine

Bridgeport, Connecticut

June-August 2008

Supervisor: Keith Bradley, M.D.

Participated in a research study to assess tobacco use among visitors and non-emergent ER patients and measured the rate of referrals made to a telephone-based tobacco cessation service

- Screened and recruited 200+ subjects using questionnaires to compile data.
- Surveyed and interviewed patients and visitors in the ER on their psycho social background and tobacco use to determine nicotine dependence.
- Collaborated with students to secure ideal candidates to strengthen validity of research.
- Administered referrals for ER patients to smoking cessation services to address patients' nicotine dependence.

Research Assistant

University at Buffalo, Department of Counseling and Educational Psychology

January 2007 - May 2007

Supervisor: Jennifer Toomey, Ph.D.

Contributed to a research study that focused on observing and coding different behavioral patterns of children with Asperger's Syndrome

- Evaluated different behavioral patterns related to children with Asperger Syndrome to further develop their social competencies allowing them to optimally connect with their peers, siblings, teachers and caregivers.
- Conducted 100+ behavioral observations using audio and video recordings of child play and social interaction to determine frequency and/or infrequency of behavior.
- Utilized sampling to capture and code specific behavioral parameters during time intervals.
- Created anecdotal notes during event sampling to address behavioral inconsistencies using the behavioral measurements provided.

TEACHING EXPERIENCE

Reading Buddy

School and Community Partnerships, Teachers College, Columbia University

Placed in Harlem School District, P.S. 36,

New York, NY

September 2010 - June 2011

- Assessed and evaluated four of the lowest ranked students in order to help them reach standard reading levels and to develop reading competency.
- Provided a daily one-to-one systematic instruction in phonics, while also addressing the development of vocabulary and comprehension.
- Closely collaborated with teachers, students, professors and school psychologists in the development of individualized plans.
- Acted as a liaison between teachers, students and parents to increase communication in order to improve self-esteem and assertiveness.
- Utilized technology to enhance the effectiveness of pedagogical technique.

AWARDS, HONORS, AND FELLOWSHIPS

Office of School and Community Partnerships, Teachers College, Columbia University, Arthur Zankel Urban Fellowship, Reading Buddy, \$10,000, August 2010-June 2011

University at Buffalo, Certificate of Excellence for Exemplary Work in Undergraduate Research and Scholarship, April 2009

University at Buffalo, NCAA Division I athlete-awarded student-athlete scholarship for women's rowing, August 2007-January 2009

PRESENTATIONS

Kotowska, E., (2020, March). *Consciousness, neuroscience and spirituality: The reinterpretation of healing in psychotherapy*. 13th annual Humanistic Psychology Conference, New Orleans, Louisiana. Conference canceled.

Kotowska, E., (2020, April). *Consciousness, neuroscience and spirituality: The reinterpretation of healing in psychotherapy*. The Science of Consciousness Conference, Tucson, Arizona. Conference rescheduled.

Fialkov, C., Haddad, D., Jean-Felix, F., **Kotowska, E.**, Meigs, J., Ajibose, A., Cournoyer, K., Sweeper, D., and Bah, O. (2016, October). Center for Multicultural & Global Mental Health: Kenya Immersion Presentation. Presented at William James College, Newton, Massachusetts.

Fialkov, C., Haddad, D., Jean-Felix, F., **Kotowska, E.**, Meigs, J., Ajibose, A., Cournoyer, K., Sweeper, D., and Bah, O. (2016, September). *The Kenya Empowerment and Education Project*. Presented at William James College, Newton, Massachusetts.

Kotowska, E., (2013, April). *Depression in Low-Income and Minority Women and The Impact it has on the Development and Behavior of Children in Regards to Education*. Video and Roundtable Discussion presented at the 4th Diversity in Research and Practice Conference, Teachers College, Columbia University, New York, NY

Ali, A., Athan, A., **Kotowska, E.**, Thomas, M., Vousoura, E. (2011, February). *Weaving Women's Voices, The Distinct Culture of Women*. Video Presented at the 28th Annual Winter Roundtable, Teachers College, Columbia University, New York, NY

Kotowska, E. (2009, April). *Modeling Cocaine Withdrawal Induced Anxiety in Rats*. Poster presented at the 5th Annual Celebration of Academic Excellence, University at Buffalo, Buffalo, NY

Feeney, C., **Kotowska, E.**, Lee, J. D., Thompson, C, A., Rabin, A, R., & Winter, C, J. (2009, September). *The Effects of 2,5-Dimethoxy-4-Methylamphetamine and Lysergic Acid Diethylamide on Head twitch Response and Glutamate levels in Medial Prefrontal & Somatosensory Cortices of the Rat*. Poster Presented at the 3rd Annual Neuroscience Research Day, University at Buffalo, Buffalo, NY

PROFESSIONAL AFFILIATIONS

American Psychological Association
The Association for Women in Psychology
Society for Humanistic Psychology

PROFESSIONAL QUALIFICATIONS and TRAININGS

Computer: Proficient on both Macintosh and Windows operating systems, SPSS, Microsoft, Excel, Word, Power Point, iMovie, Video-Integrated Software for behavior recognition from Clever Systems, and Multimedia video editing and full production

The National Institutes of Health (NIH): Web based training course: Protecting Human Research Participants (2010); New York State Office of Children & Family Services: State Mandated Reporter of Child Abuse and Maltreatment (2014); Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) (2016); Preventing and Managing Crisis Situations (2015); CITI Training and Human Subjects Education (2016); Child and Adolescents Needs and Strengths (CANS) Certified Assessor (2017).

LANGUAGES

Fluent in Polish: Reading/Writing/Speaking