

# 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 Huston, 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 1<sup>st</sup> and 2<sup>nd</sup> 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*. 13<sup>th</sup> 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 4<sup>th</sup> Diversity in Research and Practice Conference, Teachers College, Columbia University, New York, NY

Ali, A., Athan, A., **Kotowska, E.**, Thomas, M., Voursoura, E. (2011, February). *Weaving Women's Voices, The Distinct Culture of Women*. Video Presented at the 28<sup>th</sup> 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 5<sup>th</sup> 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 3<sup>rd</sup> 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