

Curriculum Vitae

Christopher Varghese

Weston, FL

EDUCATION

8/15-8/21: Psy.D., Clinical Psychology.

Nova Southeastern University, Center for Psychological Studies. Davie, FL.
American Psychological Association, accredited clinical psychology program.
Directed Studies: Asian american adolescents and the impact of acculturation on psychological well-being.

1/12-5/14: M.A., General Psychology. Marshall University. Huntington, WV.

8/7-5/11: B.S., Psychology. Major: Psychology, University of Alabama at Birmingham, Birmingham, AL.

CLINICAL EXPERIENCE

09/2021 to Current: Postdoctoral Resident

Neurobehavioral Institute – Weston, FL

Responsibilities: Utilizing Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), and Exposure-Based Therapy interventions (ERP, PE) for teens and adults with OCD, anxiety, eating disorders, ASD, depression, and PTSD. In addition, scoring and interpreting psychological tests to obtain information on individual's level of functioning and ability, developing treatment plans based on client's needs, consulting with appropriate providers and agencies regarding patient care, maintaining appropriate patient contact to continue to shape patient care, identifying mental health issues and providing diagnosis as they arise, documenting treatment progress, and assessing for risk for the benefit of patients and others.

Supervisor: Dr. Wilfredo Rivera, Psy.D.

8/20-8/21: Psychology Intern

University of Memphis Student Health and Counseling Services-Counseling Center.
University of Memphis, Memphis, TN.

Responsibilities: Providing college students at the University of Memphis with psychological services through telehealth. Short-term individual psychotherapy, couples counseling, group counseling, crisis counseling, after-hours emergency coverage, triage, assessment,

consultation, outreach, and supervision of practicum students. Regarding assessments, providing LD/ADHD assessments and objective and projective personality measures. In addition, receiving training through various seminars regarding crisis triage, multicultural awareness, sports, and performance psychology, Trauma and Displacement, Risk Assessment/After hour crisis intervention, personality disorders, substance use and abuse, couples counseling, family therapy, assessment, as well as other seminars scheduled throughout the year. In addition, development of an individual outreach project from a social justice perspective that seeks to engage hard to reach student populations through consultation with both student body organizations as well as university departments. Finally, a group outreach project was also developed based on the intern cohort's mutual interests.

Supervisor: Dr. Linh Luu, Ph.D.

8/19-8/20: Psychology Trainee

Community Action and Human Services Department. Miami, FL.

Responsibilities: Providing elderly/disabled adults with evidence-based interventions to meet client's individual needs. In addition, receiving training in report writing, treatment planning, developing therapeutic skills, providing psychoeducation, participating in multi-disciplinary team meetings, participating in staffing meetings, program development and consultation, and providing professional presentations and staff trainings.

Supervisor: Dr. Tiffany Amrich, Psy.D.

8/18-12/19: Psychology Trainee

Anxiety Treatment Center. Nova Southeastern University, Psychology Services Center, Fort Lauderdale, FL.

Responsibilities: Providing children, adolescents, and adults with anxiety assessment and treatment. In particular, treatment of panic disorder, social anxiety disorder, generalized anxiety disorder, specific phobias, and obsessive-compulsive disorder utilizing empirically supported treatments. In addition, receiving training in report writing, treatment planning, developing therapeutic skills, and providing psychoeducation.

Supervisors: Dr. Lindsay Stewart, Ph.D.; Dr. Kayla Thayer, Ph.D.

16-8/17: Psychology Trainee

ChildNet. Fort Lauderdale, FL.

Responsibilities: Providing clients, most of which are children, adolescents and their families who are involved with child welfare services, with individual therapy and family therapy. In addition, facilitate therapeutically supervised visits, attend/testify in dependency court hearings, receiving training in treatment planning, developing therapeutic skills, and providing psychoeducation.

Supervisor: Dr. Scott Rosiere, Psy.D.

HONORS AND REWARDS

PSI CHI International Honor Society in Psychology, 2018, 2019

RESEARCH

8/09-8/11: Undergraduate Student Research Assistant

Patient Activity At Home (PAAH) lab. Larger lab is UAB CI Therapy Research Group: UAB-CITRG.

Responsibilities: data collection and data entry regarding rehabilitation of movement after stroke, multiple sclerosis (MS) and traumatic brain injury utilizing constraint-induced movement therapy.

Primary Instructor: Dr. Gitendra Uswatte, PhD.

POSTER PRESENTATIONS/ PUBLICATIONS

Journal Papers

Barman, J., Uswatte, G., Ghaffari, T., Sokal, B., Ezekiel, B., Trinh, E., Brewer, M., **Varghese, C.**, and Sarkar, N. "Sensor-Enabled RFID System for Monitoring Arm Activity: Reliability and Validity," in IEEE Transactions on Neural Systems and Rehabilitation Engineering, vol. 20, no.6, pp. 771-777, 2012.

Abstract-based Conference Papers

Barman, J., Uswatte, G., Ghaffari, T., Sarkar, N., Sokal, B., Byrom, E., Trinh, E., **Varghese, C.**, Brewer, M., and Shih, A. "Sensor-enabled radio frequency identification tags for remotely monitoring everyday arm activity: sensitivity and specificity" [Abstract]. Archives of Physical Medicine and Rehabilitation, 92, 1696, 2011.

Poster Presentations

Barman, J., Uswatte, G., Ghaffari, T., Sarkar, N., Sokal, B., Byrom, E., Trinh, E., **Varghese, C.**, Brewer, M., and Shih, A. (2011, October). "Sensor-enabled radio frequency identification tags for remotely monitoring everyday arm activity: sensitivity and specificity". Poster presented at the Annual Meeting of the American Congress of Rehabilitation Medicine. Atlanta, GA.

Roberta Abreu, **Christopher Varghese**, Kristen Payne, Nina Polini, Michael Quinones. (2017, June). "A Longitudinal Analysis of the Relationship between Cigarette and Marijuana Smoking and Suicidal Ideation in Adolescents". Poster presented at The Journal of Clinical Child and Adolescent Psychology Future Directions Forum, University of Maryland.

