

# Alyssa Marie Ramírez Stege, Ph.D.

(Pronouns: she/her/ella)

ramirezstege@wisc.edu

Licensed Psychologist

WI 4096-57 | WA PY.61071463

321 Education Building

1000 Bascom Mall

Madison, WI 53706-1326

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## Educational Experience

- 2014-2019      **Doctor of Philosophy**  
University of Wisconsin-Madison  
APA-Accredited Counseling Psychology Program  
**Dissertation Title:** *¿Qué tiene?* Experiences of mental illness and perspectives from providers, patients, and caregivers in Mexico.
- 2012-2014      **Master of Science**  
University of Wisconsin-Madison  
Counseling Psychology
- 2006-2011      **Bachelor of Science (*Licenciatura*)**  
Universidad de las Américas Puebla, Puebla, México  
Psychology | *Magna Cum Laude*

## Positions Held

- 2020-PRESENT      **Clinical Assistant Professor**  
**Director of Esperanza Bilingual Psychological Services Graduate Certificate**  
Department of Counseling Psychology  
University of Wisconsin-Madison
- 2022-PRESENT      **Bilingual (Spanish/English) Psychologist**  
ANESIS Therapy Center  
Madison, WI
- 2021-2022      **Bilingual (Spanish/English) Psychologist**  
Journey Mental Health Center, Clínica Latina  
Madison, WI
- 2019-2020      **Assistant Professor**, tenure-track  
Social, Behavioral & Human Sciences  
School of Interdisciplinary Arts & Sciences  
University of Washington Tacoma
- 2018-2019      **Doctoral Internship**  
Pacific Psychology & Comprehensive Health Clinics  
Portland & Hillsboro, OR  
APA-Accredited, APPIC listed doctoral internship

## Awards

- 2018      **Bouchet Graduate Honor Society (BGHS)**
- Inducted into society inaugurated at Yale and Howard universities as founding chapters in 2005 to honor Dr. Edward Alexander Bouchet, the first African American to earn a doctorate degree from an American university. Society currently includes 16 chapters across the U.S. and each chapter inducts 5 doctoral students each year from across the university campus that demonstrate exemplary qualities of character, leadership, advocacy for students who have been traditionally underrepresented in the academy, scholarship, and service.

- 2017 **Department of Counseling Psychology 2017 R. Wray Strowig Memorial Award  
University of Wisconsin-Madison**
- Awarded \$300 stipend in recognition of academic excellence, excellence in practice, and devotion to professional aims and objectives.
- 2016 **Institute for Regional and International Studies (IRIS) Graduate Student Summer  
Fieldwork Award**
- Awarded \$3,000 to support research on understanding Patient, Caregiver, and Mental Health Provider explanatory models of mental illness in Mexico.
- 2014 **Charles Hughes Fellowship Award  
Society for the Study of Psychiatry and Culture (SSPC)**
- Awarded \$500 to present paper titled “Culture in Context: evaluating the utility of the Cultural Formulation Interview (CFI) in Mexican Mental Health Patients.”
- 2011 **National Council for Learning and Investigation in Psychology (CNEIP) Dissertation  
Contest, Mexico**
- First place in National Dissertation Contest for undergraduate thesis: “P3 Event-related Potentials in Adults with Attention Deficit Disorder.”

## Grants

- 2022 **Mobilizing Action Toward Community Health (MATCH) Grant  
University of Wisconsin Population Health, School of Medicine and Public Health**  
*Project: Despertar del Camino Sagrado (“Awakening the Sacred Path”)*
- \$45,000 awarded in partnership with Centro Hispano of Dane County to develop and implement mental health and wellness programming that centers liberation and Latine indigenous knowledge and practice to build capacity, strengthen and promote healing of local Latine community, social service workers, and clinicians-in-training.
- 2020 **American Psychological Association Commission on Ethnic Minority Recruitment,  
Retention, and Training in Psychology II (CEMRRAT2) Grant**  
*Training: Professional Development/Linguistic Minorities*
- \$7,000 awarded to create a website and implement culturally and linguistically-affirming programming to recruit heritage Spanish-speaking ethnic and racial trainees for Esperanza Bilingual Psychological Services Certificate across Counseling, School and Rehabilitation Psychology at the University of Wisconsin-Madison.
- 2020 **University of Washington Tacoma Interdisciplinary Teaching and Scholarship  
Collaboration (ITaSC) grant**
- \$6,000 awarded to ALAS Faculty Collective (AFC) to conduct ALAS.
- 2020 **University of Washington Tacoma Office of Community Partnerships Faculty Fellows**
- Received \$10,000 as co-PI to develop publicly-engaged scholarship program “ALAS: Adolescent Latinas Advancing Salud mental through Storytelling” in partnership with Proyecto MoLE (Movimiento Latino Estudiantil) in local Mt. Tahoma High School.
- 2014-2019 **Education Graduate Research Scholar (Ed-GRS) Academic Opportunity Fellowship**
- Fellowship awarded based on exemplary academic achievement.
  - Provides tuition remission, stipend and professional development opportunities the first and last year of doctoral degree studies to promote research and service.
- 2013 **Morgridge Center for Public Service Grant, University of Wisconsin-Madison**
- Co-developed application materials for grant awarded to Dr. Stephen Quintana (\$4,952) for the development and instruction of the CP620/CLS530 *Espiritualidad y Lenguaje: Dimensions of Latin@* Mental Health Services course.
- 2012-2018 **Mexican National Council for Science and Technology (CONACYT) Scholarship**
- Scholarship to support graduate school tuition and stipend

## Academic Publications

\* Denotes co-authorship; Underlining denotes student

### Peer-reviewed Journals

- Ramírez Stege, A. M., & Godinez, J.** (2022). Trusting in God: Religious and Spiritual Support in Mental Health Treatment Expectations in Mexico. *Journal of Religion and Health*. <https://doi.org/10.1007/s10943-022-01554-0>
- Ramírez Stege, A. M.** (2022). Mujeres abnegadas: The influence of gender expectations on the psychiatric encounter in Mexico. *Transcultural Psychiatry*, 13634615221079134. <https://doi.org/10.1177/13634615221079134>
- Ramírez Stege, A. M.,** Cabrera, I. E., Dueñas, M., & Quintana, S. M. (2021). Aprender Haciendo: Undergraduate Curriculum Development for a Latinx Mental Health Service-Learning Course. *Teaching of Psychology*, 009862832110211. <https://doi.org/10.1177/0098628321102119>
- Frost, N. D., Graham, S. R., **Ramírez Stege, A. M.,** Jones, T., Pankey, T., & Martinez, E. M. (2020). Bridging the gap: Addressing the mental health needs of underrepresented collegiate students at psychology training clinics. *Training and Education in Professional Psychology*, 14(2), 138–144. <https://doi.org/10.1037/tep0000282>
- Ramírez Stege, A. M.,** Chin, M. Y., & Graham, S. R. (2020). A critical postcolonial and resilience-based framework of supervision in action. *Training and Education in Professional Psychology*, 14(4), 316–323. <https://doi.org/10.1037/tep0000276>
- Ramírez Stege, A. M.,** Brockberg, D., & Hoyt, W. T. (2017). Advocating for advocacy: An exploratory survey on student advocacy skills and training in Counseling Psychology. *Training and Education in Professional Psychology*, 11(3), 190-197. <https://doi.org/10.1037/tep0000158>
- Ramírez Stege, A. M.,** & Yarris, K. E. (2017). Culture in *La Clínica*: Evaluating the utility of the Cultural Formulation Interview (CFI) in a Mexican outpatient setting. *Transcultural Psychiatry*, 54(4), 466-487. <https://doi.org/10.1177/1363461517716051>
- Valdez, C. R., **Ramírez Stege, A. M.,** Martínez, E., D'Costa, S., & Chavez, T. (2017). A community-responsive adaptation to reach and engage Latino families affected by maternal depression. *Family Process*, 57(2), 539-556. <https://doi.org/10.1111/famp.12310>
- Thompson, M. N., Nitzarim, R. S., Cole, O. D., Frost, N. D., **Ramírez Stege, A.,** & Vue, P. T. (2015). Clinical experiences with clients who are low-income: Mental health practitioners' perspectives. *Qualitative Health Research*, 25(12), 1675-1688. <https://doi.org/10.1177/1049732314566327>

### Book Chapters

- Quintana, S. M., Lambe Sarinana, S., & **Ramírez Stege, A. M.** (2016). I too am Black: Bi/multiracial Black youth speak about their racialized experiences. In Sullivan J. M., & Cross Jr., W. E. (Eds.) *Meaning-making, internalized racism, and African American identity*. (95-109). Albany, NY: State University of New York Press.
- Quintana, S. M., Chávez, T. A., & **Ramírez Stege, A. M.** (2015). What does it mean to be Mexican American? Children's and adolescents' perspectives. In Caldera Y. M., & Lindsey, E. W. (Eds.) *Mexican American children and families*. (13-26). New York, NY: Routledge.

### Other

- Ramírez Stege, A.M.,** Martínez, E. M., & Valdez, C. R. (in review). Redressing the effects of immigration policy on Latinx families. *APA Children, Youth & Families News*.
- Valdez, C.R., Martínez, E. M., & **Ramírez Stege, A. M.** (2016-2017). Family Strengths: A Prevention and Intervention Program for Latino Families Experiencing Depression. Group Leader Intervention Manual for the Parent Program. *Unpublished*, University of Wisconsin-Madison.
- Cabrera\*, I. & **Ramírez Stege\*, A. M.** (2015). *Tomando pasos: Consejos* for Chican@ and Latin@ undergraduates considering graduate school. *Concientización*, 10(1&2), 30-38. Retrieved from: <http://chicla.wisc.edu/sites/chicla.wisc.edu/files/Concientizacion%202015.pdf>
- Cabrera\*, I. & **Ramírez Stege\*, A. M.** (2014). ¡Para arriba y hacia adelante! Chican@ & Latin@ Students Advancing Towards Graduate School. *Regeneración*, 12(1), 8. Retrieved from: [http://chicla.wisc.edu/sites/chicla.wisc.edu/files/Regeneracion%20December%202014%20Website\\_1.pdf](http://chicla.wisc.edu/sites/chicla.wisc.edu/files/Regeneracion%20December%202014%20Website_1.pdf)

### Peer-reviewed Manuscripts in Progress

- Ramírez Stege, A. M. & Godinez, J.** (in preparation). *Psicoeducación*: The overmedicalization of mental distress in Mexico. *Manuscript in preparation*.

## Academic Presentations

### Presentations

- Cruz, E. & **Ramírez Stege, A. M.** (2022, September). *HEART at Esperanza: Healing ethno-racial trauma from the inside out*. Presentation at Wisconsin Certified Peer Specialists Communities of Practice. <https://www.wicps.org/webinars/heart-at-esperanza-healing-ethno-and-racial-trauma-from-the-inside-out-september-2022-cps-cpps-community-of-practice/>
- Ramírez Stege, A.M.** (2022, August). Understanding decolonization in mental health care. [Presentation]. The Rainbow Project, Madison, WI.
- Ramírez Stege, A.M.** (2021, March). Esperanza: Nuestra cultura de salud. Bilingual Certificate in Psychological Services Informational Session. [Presentation]. The Rainbow Project. Madison, WI.
- Ramírez Stege, A. M.** (2020, March). *Mujeres abnegadas*: The causal myth of mental illness in self-sacrificing women in Mexico. Presented at the University of Washington Tacoma, Tacoma, WA.
- Ramírez Stege, A. M.** (2020, February). *Cultura y tradición*: A Latinx focus on decolonizing clinical training and practice. Presented at the University of Wisconsin-Madison, Madison, WI.
- Ramírez Stege, A. M.** (2017, April). *¿Qué lo causó?* Patient and caregiver perspectives on the cause of mental illness in Mexico. Presented at the Yale Bouchet Conference, New Haven, CT.
- Ramírez Stege, A. M.** (2016, February). Culture in the Clinic: The utility of the Cultural Formulation Interview (CFI) (*Cultura en la clínica: Utilidad de la Entrevista de Formulación Cultural (EFC)*). Presented at the First Psychiatry Conference at Benemérita Universidad Autónoma de Puebla (BUAP) (*Primeras Jornadas de Residentes de Psiquiatría del Hospital Psiquiátrico "Dr. Rafael Serrano"*), Puebla, PUE., México.
- Ramírez Stege, A. M.** & Valdez, C. (2016, September). *Fortalezas Familiares*: A community-tailored adaptation framework of a prevention program. Presented at the National Latinx Psychological Association Conference, Orlando, FL.
- Ramírez Stege, A. M.** (2015, July). Culture in the Clinic: A study on the Cultural Formulation Interview (CFI) in a Mexican Outpatient psychiatric hospital (*Cultura en la Clínica: Investigación sobre la Entrevista de Formulación Cultural (EFC) en un Hospital Psiquiátrico Mexicano*). Presented at the Interamerican Conference of Psychology (Congreso Interamericano de Psicología), Lima, Perú.
- Ramírez Stege, A. M.** (2015, April). Culture in context: evaluation of the utility of the DSM-5 Cultural Formulation Interview (CFI) in Mexican mental health patients. Charles Hughes Award Presentation at the annual meeting of the Society for the Study of Psychiatry and Culture (SSPC), Providence, RI.

### Symposia

- Ramírez Stege, A.M.** (2022, October 21). Del dicho al hecho: Esperanza mental health and wellness programming during the COVID-19 pandemic in Wisconsin. (Chair). Symposium at the 20<sup>th</sup> National Latinx Psychological Association (NLPA) Conference. Denver, CO.
- Cruz, E., Gaus, G., & **Ramírez Stege, A. M.** (2020, October 28). Linguistically and culturally responsive training to increase mental health and well-being of Latinx communities. In S. Quintana (Chair) Centro Hispano-School of Education Partnership [Symposium]. University of Wisconsin-Madison Diversity Forum, Madison, WI.
- Ramírez Stege, A. M.** (2018, September). *No puedo vivir otra vez sin el medicamento*: Curability and medication compliance in psychiatric care in Mexico. In A. M. Ramírez Stege (Chair), *Culture and adversity: Enhancing inclusivity in psychiatric care in Mexico*. Symposium at the 18<sup>th</sup> World Congress of Psychiatry, Mexico City, Mexico.
- Ramírez Stege, A. M.** (2015, April). Understanding context in mental health: Culture in clinical practice in Mexico (*Entendiendo el contexto de la salud mental: la cultura en la práctica clínica en México*). In K. Yarris (Chair), What is culture in psychological practice? Qualitative studies in Mexico and Guatemala (*¿Qué es cultura en la práctica psicológica? Estudios cualitativos en México y Guatemala*). Symposium at the VII International Psychology Conference at Universidad de las Américas Puebla (*VII Congreso Internacional de Psicología UDLAP*), Puebla, PUE. México.

### Roundtables & Panels

- Gaus, Hinojosa, G\*, Rivera, N.\*, Lam, S., Deole, G., **Ramírez Stege, A. M.**, Graham, S., Quintana, S. (2022, August). Linguistic Hegemony in US Psychology: Demand for increased linguistically sensitive training and services. Critical Conversation presented at the American Psychological Association Convention, Minneapolis, MN. (\*denotes first co-authorship).
- Evans, D., Marte, C., **Ramírez Stege, A. M.**, & Takahashi, N. (2020, December 4). Decolonizing mental health care. Panel presenter for the University of Wisconsin-Madison Health Sciences Interprofessional Diversity and Equity Lunch and Learn Series 2020-2021, Madison, WI.

Abrajan, C., Hamm, E., Williams, C.Y., & Ramírez Stege, A.M. (2020, October). Graduate School Applications. Panel presenter for the University of Wisconsin-Madison Chican@ & Latin@ Studies Promotores Académicos Sembrando, Orientando y Superando (PASOS) Mentoring program, Madison, WI.

**Ramírez Stege, A. M.,** Cabrera, I. E., Dueñas, M., & Quintana, S. M. (2016, May). *Espiritualidad y lenguaje: Development of cultural competence with Latinx populations through a service-learning course*. Panel presenter at the annual meeting of the Society for the Study of Psychiatry and Culture (SSPC), Minneapolis, MN.

## **Posters**

Riordan, K. M.\*, Robledo, D.\*, Gauthier, P., Dunn, C., Ramírez Stege, A. (May 2022). *Mental Health, Self-Awareness, and Social Justice — Working in Diverse Communities: Development of a Scalable, Asynchronous Course for Undergraduates Entering the Helping Professions*. Poster to be presented at the 34th annual meeting of the Association for Psychological Science (APS) Teaching Institute. Chicago, IL. (\*denotes first co-authorship).

Rivera, N., Gaus Hinojosa, G., Quintana, S., Ramírez Stege, A. M. (August 2021). *Translingualism: A Model of Language Usage for Psychotherapy*. Poster presented at the American Psychological Association Convention, Online.

Gaus Hinojosa, G., Rivera, N., Robledo, D., Cervantes, J., Ramírez Stege, A., Quintana, S. (August 2021). *The Experiences and Training Needs of Multilingual Psychotherapists in New-Growth Latinx Communities: An Update*. Poster presented at the American Psychological Association Convention, Online.

Gaus Hinojosa, G., Rivera, N., Robledo, D., Cervantes, J., Ramírez Stege, A., Quintana, S. (July 2021). *Multilingual Psychotherapists' Experiences and Training Needs in New-Growth Latinx Communities*. Poster presented at the Society for the Psychological Study of Culture, Ethnicity and Race Biennial Convention, Online.

Quintana, S., Ramírez Stege, A. M., Gaus Hinojosa, G., Rivera, N. (April 2021). *Esperanza (hope): Community-University Partnership to Reduce Mental Health Disparities in Latinx Communities*. Poster presented at the Society for the Study of Psychiatry and Culture Annual Convention, Online.

Rivera, N., Gaus Hinojosa, G., Quintana, S., Ramírez Stege, A. M. (October, 2020). *Translingualism: A Model of Language Use for Psychotherapy*. Poster presented at the National Latinx Psychological Association Annual Convention, Online.

Robledo, D., & Ramírez Stege, A.M. (2021, February). Mental health, self-awareness & social justice: Teaching through an anti-racist framework during the COVID-19 pandemic. Poster presented at the 38<sup>th</sup> annual Teachers College Columbia University Winter Roundtable (online due to COVID-19 pandemic), New York, NY.

Gaus Hinojosa, G., Gonzalez, B., Benito, M., Quintana, S., & Ramírez Stege, A. M. (2019, October). Perceived barriers and points of access to mental health treatment in Puebla, México. Poster presented at the annual conference of the National Latinx Psychological Association (NLPA), Miami, FL.

Godinez, J., Godinez, K., Gaus Hinojosa, G. & Ramírez Stege, A.M. (2018, August). *Voces que importan: Mexican patients' description of mental illness and treatment expectations*. Poster presented at the annual convention of the American Psychological Association (APA), San Francisco, CA.

**Ramírez Stege, A. M.,** Brockberg, D., Meier, E., & Hoyt, W. (2016, August). Advocating for advocacy: a survey on student advocacy skills and training in counseling psychology. Poster presented at the annual meeting of the American Psychological Association (APA), Denver, CO.

**Ramírez Stege, A. M.,** Brockberg, D., Meier, E., & Hoyt, W. (2016, May). Advocating for advocacy: assessing advocacy skills and student development in counseling psychology programs. Poster presented at the annual meeting of the Society for the Study of Psychiatry and Culture (SSPC), Minneapolis, MN.

Quintana, S., Ramírez Stege, A. M., & Pereira, S. (2015, July). *Espiritualidad y Lenguaje: training through service*. Case study of curriculum development for Latin@ mental health providers. Poster presented at the Interamerican Conference of Psychology (Congreso Interamericano de Psicología), Lima, Perú.

Quintana, S., Ramírez Stege, A. M., Minero, L. P., & Gonzalez, L. M. (2015, July). *No sabe o no entiende*. Working through mental health service barriers in Guatemala. Poster presented at the Interamerican Conference of Psychology (Congreso Interamericano de Psicología), Lima, Perú.

**Ramírez Stege, A. M.** (2012, June). P3 Event-related Potentials in Adults with Attention Deficit Disorder. Poster presented at the LVI Mexican National Congress of Physiological Sciences. León, GTO., México.

## **University & Community**

**Ramírez Stege, A.M.** (2021, October 22). Conducting independent research and getting your dissertation PhiniseD. [Presentation]. University of Wisconsin-Madison Education Graduate Research Scholars (Ed-GRS). Madison, WI

**Cruz, E. & Ramírez Stege, A. M.** (2021, August 18). *Esperanza: Nuestra cultura de salud*. A Centro Hispano and School of Education partnership to increase mental health and well-being of Latinx communities. [Presentation].

University of Wisconsin-Madison School of Medicine and Public Health: Department of Family Medicine and Community Health. Madison, WI.

- Ramírez Stege, A.M., & Robledo, D.** (2021, March 29). Youth HEART (Healing Ethno- And Racial Trauma) Workshop: How can culture heal? [Workshop]. Latinx Youth Summit. Madison, WI.
- Cruz, E. & **Ramírez Stege, A.M.** (2021, February 25). Centro Hispano-School of Education Partnership: Linguistically and culturally responsive training to increase mental health and well-being of Latinx communities. [Presentation]. Recovery Coalition of Dane County. Madison, WI.
- Ramírez Stege, A.M., Rivera, N., & Robledo, D.** (2020, November). Post-election youth program diálogo. Workshop developed for Centro Hispano of Dane County Youth Program facilitators. Madison, WI.
- Ramírez Stege, A.M.** (2020, November). Working through cultural transference to promote resilience. University of Wisconsin-Madison Counseling Psychology Training Clinic (CPTC) In-service presentation. Madison, WI.
- Ramírez Stege, A.M.** (2020, May). Critical post-colonial and resilience-based model of supervision. University of Washington Tacoma Counseling Services Intern Seminar. Tacoma, WA.
- Ramírez Stege, A. M.** (2019, October). Culture Matters: local meanings of mental illness & care in Mexico. University of Washington Tacoma Psychology Seminar Series. Tacoma, WA.
- Ferris, A., Gonzalez, T., Masuret, M., Torres, J., & Ramírez Stege, A. M. (2019, July). Vicarious trauma. Workshop developed for lawyers and staff at SOAR Immigration Legal Services. Hillsboro, OR.
- Smith, J. & **Ramírez Stege, A. M.** (2019, May). Personality disorders. Guest lecture developed for naturopathic doctor training at the National University of Natural Medicine (NUNM). Portland, OR.
- Masuret, M., Torres, J., & Ramírez Stege, A. M. (2019, April). Trauma and the Latinx population. Workshop developed for lawyers and staff at SOAR Immigration Legal Services. Hillsboro, OR.
- Ramírez Stege, A. M.** (2018, October). Use of the Cultural Formulation Interview (CFI). Workshop developed for clinician training at Pacific Psychology & Comprehensive Health Clinics. Hillsboro & Portland, OR.
- Ramírez Stege, A. M.** (2018, October). Clinical intakes in Spanish. Guest lecture developed for the Sabiduría Latina/o Psychology Emphasis in the Pacific University Graduate School of Psychology, Hillsboro, OR.
- Cabrera\*, I. & **Ramírez Stege\*, A.M.** (2017, September). *Sin pelos en la lengua*: Communicating our individual needs without masking our emotions. Spanish-speaking workshop developed for the Centro Hispano Community Health Workers (*Promotoras*) and their partners to improve couples' communication, Madison, WI.
- Chin\*, Mun Yuk & **Ramírez Stege\*, A.M.** (2017, February). Finding hope and strengthening self-care amidst uncertainty. Workshop developed for the University of Wisconsin-Madison PEOPLE program undergraduate student retreat, Delavan, WI.
- Ramírez Stege et al.** (2014, October). *Tomando PASOS*: Different paths to graduate school. Panel presentation at the University of Wisconsin-Madison Chican@ & Latin@ Studies Program, Madison, WI.
- Cabrera\*, I. & **Ramírez Stege\*, A.M.,** (2014, September). PASOS CVs & Personal Statements. Workshop developed for Chican@ & Latin@ Studies undergraduate students applying or thinking about applying to graduate school, Madison, WI.
- Quintana, S., **Ramírez Stege, A. M.,** & Herrera, N. (2014, April). Microaggressions. Workshop presented at the University of Wisconsin-Madison annual Academic Staff Institute, Madison, WI.

## Research Experience

### University of Wisconsin-Madison Counseling Psychology

- 2021-  
PRESENT      **Latinx/e Strengths Assessment Tool**  
*Co-Principal Investigator*
- Develop an assessment tool that can be used across different settings that can influence future health and mental health equity research to nurture individual and community assets
- 2021-  
PRESENT      **Latinx/e Spanish-speaking Gender Minority Stress & Discrimination Measurement**  
*Faculty Advisor*
- Translation and validation of gender-inclusive Spanish-speaking measures of Coping with Discrimination Scale and Gender Minority Stress and Resilience measure
- 2021-2022      **Saraguro Health Narratives Team**  
*Faculty Advisor*
- Qualitative research investigating the experiences, health beliefs and health practices of migrant indigenous Saraguro families from Ecuador in Wisconsin

- 2020-  
PRESENT **Esperanza Research Team**  
*Faculty Advisor*  
Current Projects:
- Translingualism in Psychotherapy Project
  - Bilingual Social Service Providers Training Needs
- 2016-  
PRESENT **Explanatory Models of Mental Illness in Mexico (MX Team)**  
*Principal Investigator*
- Qualitative research understanding the explanatory models of mental illness of patients, caregivers, and providers in Puebla, Mexico, and their impact on treatment expectations.
- 2015- 2021 **Chican@ and Latin@ Studies (CLS) Research Team**  
*Research Team Leader*
- Assessment of undergraduate service-learning course: Dimensions of Latinx mental health.

### **University of Washington Tacoma**

- 2019-  
PRESENT **ALAS: Adolescent Latinas Advancing Salud mental through Storytelling**  
*Co-Principal Investigator*
- Youth Participatory Action Research (YPAR) project and partnership with Proyecto MoLE (Movimiento Latino Estudiantil) aimed at promoting mental health, well-being, and support among Latina adolescents in Tacoma, WA to respond to disproportionately high rates of depression.
- 2019-2020 **Latinx Mental Health Research Team**  
*Principal Investigator*
- Supervise 6 undergraduate students developing research on culturally-based healing in Mexican populations and culturally-responsive treatment for Latinxs in local Tacoma, WA.

### **University of Wisconsin-Madison Counseling Psychology (graduate research)**

- 2013-2017 **Fortalezas Familiares Research Team**  
*Research Team Member; supervised by Dr. Carmen Valdez*
- Development and implementation of family-based interventions for Latina mothers with depression.
- 2015-2017 **Advocating for Advocacy Research Team**  
*Research Team Leader*
- National survey assessing advocacy competencies in master's and doctoral counseling psychology students.
- 2015-2017 **Lives of Immigrant Families Equipo (LIFE)**  
*Research Team Member; supervised by Dr. Carmen Valdez*
- Qualitative research studying the experience of immigrant families in Arizona, NM
- 2015 **Latin@s For Ladin@s Research Team**  
*Research Team Leader*
- Qualitative research examining how Guatemalan mental health care providers understand clients' mental health concerns.

### **Other**

- 2014 **Latino Mental Health Research Training Program**  
**NIMHD-funded Minority Health & Health Disparities International Research Training (MHIRT)**  
*Research Team Co-leader*
- Co-developed and implemented research project: "Culture in context: Evaluation of the utility of the DSM-V Cultural Formulation Interview (CFI) in Mexican mental health patients."

## **Teaching Experience**

### **Course or Curriculum Development**

Undergraduate-level:

- Abnormal Psychology (new curriculum)
- Existential Psychology (new curriculum)
- Mental Illness Across Cultures (new curriculum)
- Mental Health, Self-Awareness, & Social Justice: Working with Diverse Communities (new curriculum)
- Prevention & Intervention in Mental Health Across the Lifespan (new curriculum)

Graduate-level:

Esperanza Bilingual Psychological Services certificate (all new courses):

- Radical Healing & Ethics of Latinx Bilingual Training
- Dimensions of Latinx Mental Health
- Strengthening Latinx Health
- Prac I: Case Conceptualization with Latinxs
- Prac II: Treatment Planning & Interventions with Latinxs

### **University of Wisconsin-Madison**

#### **COUN PSY 575 Prac I: Case Conceptualization with Latinxs**

Fall 2022 enrollment = 8

#### **COUN PSY 525 Dimensions of Latinx/e Mental Health (graduate)**

Summer 2022 enrollment = 8

#### **COUN PSY 500 Radical Healing & Ethics of Latinx Bilingual Training (graduate)**

Spring 2022 enrollment = 9

#### **COUN PSY 237 Mental Health, Self-Awareness, & Social Justice: Working in Diverse Communities (undergraduate)**

Fall 2020 (online during COVID-19 pandemic) enrollment = 150  
Summer 2021 (online during COVID-19 pandemic) enrollment = 20  
Fall 2021 (online during COVID-19 pandemic) enrollment = 190  
Fall 2022 enrollment = 207

#### **COUN PSY 531 Prevention & Intervention in Mental Health Across the Lifespan (undergraduate)**

Spring 2021 (online during COVID-19 pandemic) enrollment = 100  
Spring 2022 enrollment = 102

### **University of Washington Tacoma**

#### **TPSYCH 312 Mental Illness Across Cultures (undergraduate)**

Summer 2020 (online during COVID-19 pandemic) enrollment = 20  
Spring 2020 enrollment = 38  
Winter 2020 enrollment = 26

#### **TPSYCH 210 Abnormal Psychology (undergraduate)**

Spring 2020 (online during COVID-19 pandemic) enrollment = 38  
Autumn 2019 enrollment = 40

#### **TPSYCH 410 Existential Psychology (undergraduate)**

Winter 2020 enrollment = 37

### **Graduate-school teaching (University of Wisconsin-Madison):**

COUN PSY & CHICLA 525 Dimensions of Latinx Mental Health  
COUN PSY 225 Intersectionalities, Self-awareness, and Social Actions for Change  
COUN PSY Academic Enhancement Seminar (AES)  
CEO (Center for Educational Opportunity) Educational Effectiveness seminar  
COUN PSY 650 Theory & Practice of Interviewing



## Program Development & Consultation

- 2020-  
PRESENT **Esperanza Bilingual Psychological Services Certificate** (University of Wisconsin-Madison)  
*Director of Emerging Certificate*
- Conducted national assessment of bilingual certificates for clinical training
  - Developed curriculum and courses for UW-Madison bilingual certificate grounded in liberation psychology, anti-racist and decolonization frameworks
  - Developed course and certificate application for university approval at all levels of governance
  - Developing Esperanza Certificate Website to promote student recruitment, highlight community-engaged work and streamline graduate student application process
- 2020-  
PRESENT **Esperanza at Centro Hispano of Dane County** (Madison, WI)  
*Esperanza Co-lead*
- **Centro Staff Wellness:** develop and co-facilitate monthly staff wellness curriculum to increase staff capacity and effectiveness to conduct community-engaged work
  - **HEART (Healing Ethno-And Racial Trauma) Community of Practice:** develop and co-facilitate monthly meetings in Spanish among community social service workers and university students and partners to recognize the impact of ethnic and racial trauma, align and enhance collective impact, and promote radical healing in our local Latinx communities through collaboration and critical transformation of systems. In 2022 HEART will expand to include *Santuarios* (processing groups) and *Talleres* (workshops with indigenous elders from across Latin America)
  - **Momentos de Esperanza Social Media:** supervise development of social media campaigns for Esperanza at Centro Hispano that integrate current Latine-focused programming, public health messaging and mental health literacy and psychoeducation
  - **HEART at Centro:** Following Centro's "healing from the inside out" model, Esperanza is currently conducting a consultation project to facilitate dialogues with each Centro staff workgroup (i.e., youth and family programs, workforce development programs, development and administrative teams) to understand how they are currently applying the HEART Framework and co-develop support strategies to further infuse healing ethno-racial trauma in their work.
- 2020-2022 **APA CEMRRAT (Commission on Ethnic Minority Recruitment, Retention and Training in Psychology) Esperanza Programming** (University of Wisconsin-Madison)  
*Faculty Lead*
- Organize, develop and coordinate culturally-affirming programming to enhance the professional development of Esperanza certificate graduate students and connect with community resources
  - Coordinate *Despertar del Camino Sagrado* (Awakening the Sacred Path) by Ana Paula Soares to expand indigenous healing and training that centers on re-building connection to indigenous wisdom
- 2020-  
PRESENT **PASOS (Promotores Académicos Sembrando, Orientando y Sobresaliendo) Mentoring** (Chican@ & Latin@ Studies Program at the University of Wisconsin-Madison)  
*Faculty Advisor*
- Faculty lead for mentorship program to help Chican@ & Latin@ Studies (CLS) Program undergraduates explore and pursue entry into graduate school
  - Develop and implement monthly mentor and mentee group meetings
  - Supervise individual graduate student mentors

## Supervision Experience

- 2018-2019 **Pacific Psychology Comprehensive and Health (PCH) Clinics** (Portland & Hillsboro, OR)  
*Doctoral Intern Supervisor*
- Provided group and individual supervision in Spanish and English to Psy.D. and Ph.D. practicum students for their foundational clinical experience
  - Supervised outreach seminar helping practicum students implement outreach activities in the Latinx community

- 2017-2018 **Counseling Psychology Training Clinic (CPTC) Teaching Assistant** (Madison, WI)  
*Supervisor & Clinical Manager*
- Provided individual supervision to master's students and group supervision to master's and doctoral trainees
  - Administered day-to-day clinic needs including telephone triage, scheduling intakes for incoming clients, supervising front desk duties, and live observation of clinical trainees
- 2017 **Counseling Psychology Training Clinic (CPTC)** (Madison, WI)  
*Supervisor*
- Provided individual supervision to two master's level counseling psychology trainees
  - Completed semester-long supervision course reviewing major theories in supervision, working from the Integrated Developmental Model (IDM) of supervision
  - Administered Supervisory Working Alliance Inventory-Trainee Form (SWAI-T) and Supervisee Levels Questionnaire-Revised

## Clinical Experience

- PRESENT **Anesis Center for Marriage and Family Therapy** (Madison, WI)  
*Bilingual Spanish-speaking Psychologist*
- Provide culturally affirming adult, couples and family psychotherapy in English and Spanish
- 2021-2022 **Journey Mental Health Center Clínica Latina** (Madison, WI)  
*Bilingual Spanish-speaking Psychologist*
- Provide adult individual psychotherapy in Spanish to uninsured Dane County Latinx/e population in a Community Mental Health setting
- 2018-2019 **Pacific Psychology Comprehensive and Health (PCH) Clinics** (Portland & Hillsboro, OR)  
*Doctoral Intern*
- Provided adult individual and couples therapy in Spanish and English
  - Conducted integrative neurocognitive psychological assessments with children
  - Led Cultural Consultation, group supervision focused on cultural factors that influence psychotherapy and supervision
  - Led and supervised outreach student groups and advocacy efforts in Portland, Hillsboro and broader Oregonian communities
- 2017-2018 **William S. Middleton Memorial Veterans Hospital** (Madison, WI)  
*Doctoral Extern*
- Provided individual evidence-based interventions for veterans diagnosed with PTSD using the Cognitive Processing Therapy and Prolonged Exposure manualized treatments
- 2016-2017 **Mendota Mental Health Institution (MMHI)** (Madison, WI)  
*Advanced Practicum Clinician*
- Conducted assessments of cognitive and intellectual functioning (e.g., WAIS-IV, Cognistat, RBANS), achievement (e.g., WRAT-4), personality (e.g., MMPI, PAI), and malingering (e.g., TOMM) for competency-related psychological reports
  - Provided individual and group treatment for competency to stand trial in English and Spanish
- 2016-2017 **University of Wisconsin-Madison Division of Diversity, Equity, and Educational Achievement (DDEEA) Community Support Specialist** (Madison, WI)  
*Advanced Practicum Clinician*
- Provided individual psychotherapy, psychoeducational groups, and skills-building workshops to underrepresented University of Wisconsin-Madison undergraduate students affiliated with the DDEEA scholarship programs
  - Conducted outreach activities to increase psychotherapy service utilization

- 2015-2016 **The Rainbow Project** (Madison, WI)  
*Foundational Practicum Clinician*
- Provided bilingual (Spanish & English) psychotherapy to children, adults, and families who experienced trauma, domestic violence, and/or abuse
  - Co-facilitated psychotherapy group for Spanish-speaking women who experienced abuse
  - Co-facilitated school-based emotional regulation intervention for children 6-8 years old
- 2014-2015 **Counseling Psychology Training Clinic (CPTC)** (Madison, WI)  
*First-year Practicum Experience*
- In-depth clinical skills development focusing on one primary case throughout the first year of doctoral training
  - Provided psychotherapy to a trans-woman at the beginning of her transition process
  - Provided psychotherapy to an older adult experiencing depressive symptoms in response to major life changes
- 2013-2014 **Journey Mental Health Center** (Madison, WI)  
*Master's Practicum Clinician*
- Provided bilingual counseling (Spanish & English) in Latino Clinic and Outpatient Services
  - Co-facilitated Anger Management, PTSD & substance use (Seeking Safety), and AODA orientation groups
- 2009-2010 **Casa de Salud Inpatient Psychiatric Clinic** (Puebla, PUE., MEX)  
*Practicum Clinician*
- Led group therapy aimed at emotional appraisal and regulation
  - Delivered individual therapy and conducted Raven's Matrices psychological assessments
  - Led CBT-oriented group therapy and imparted psychoeducation to adults diagnosed with anxiety, bipolar disorder, depression, and schizophrenia

## Affiliations & Service to the Profession

- 2022-  
PRESENT **United Way of Dane County**  
*Health Community Support Team (CST) Volunteer*
- Help engage the community; evaluate strategies, results and performance of programs, and make investment recommendations
- 2020-  
PRESENT **Latinx Mental Health Coalition**  
*Member*
- Advocacy group of mental health care leaders in Madison, WI
  - Data gathering and presentation of advocacy-related needs to improve mental health care for Spanish-speaking Latinx/e population
- 2020-  
PRESENT **National Latinx Psychological Association (NLPA)**  
*Conference Reviewer*
- Reviewed conference submissions
- 2019-  
PRESENT **Journal Peer-Review**  
*Manuscript Reviewer*
- International Perspectives in Psychology: Research, Practice, Consultation (APA Division 52 International Psychology Journal)
  - Journal of Latinx Psychology
  - Psychology of Sexual Orientation and Gender Diversity (APA Peer-review Journal)
  - Teaching of Psychology (SAGE Peer-review Journal)
- 2015-  
PRESENT **Society for the Study of Psychiatry and Culture (SSPC)**  
*Conference Reviewer*
- Review fellowship submissions for the annual conference