
DR. HEATHER A. ALVARADO, PH.D.

Post-Doctoral Fellow at Neuro-Educational Clinic
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EDUCATION

Walden University, Baltimore, MD Ph.D. Clinical Psychology in Progress	2014-2020
Walden University, Baltimore, MD M.S. in Applied Psychology, magna cum laude	2016
University of Texas at Arlington, Arlington, TX B.A. in Developmental Psychology, magna cum laude	2009-2013

AWARDS

Completion of Excellence of iEngage Mentoring Program	2012
Mavericks Promise, University of Texas at Arlington	2010 – 2013

SUPERVISED CLINICAL EXPERIENCE

Neuro-Educational Clinic <i>2084 hours</i>	May 2020-Present
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Postdoctoral Fellow, “neuropsychological testing, report writing”

Provide formal individualized psycho-educational assessment for children and individual neuropsychological assessment to school-aged children (ages 3 to 22). Engage in client intake by discussing presenting academic issues with parents. Meet with parents and/or teachers to interpret evaluation results. Participate in staff conferences to exchange information and offer recommendations on matters related to interpretation of evaluations, and development of IEP. Observe students in school environment. Work collaboratively with district and school staff.

Neuro-Educational Clinic <i>2084 hours</i>	June 2018-May 2020
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Psychological Assistant, “psychotherapy, outreach, neuropsychological testing, report writing”

Provide formal individualized neurobehavioral assessment for geriatric residents in nursing facility. Meet with family and/or medical professional to interpret evaluation results. Provides individual psychotherapy to individuals with mood disorders and cognitive disorders. Plan, assess, and attend multidisciplinary meetings for the design and monitoring of ongoing care for geriatric residents.

Brea Olinda School District

Sept. 2018-Present

340 hours

Practicum student, “psychotherapeutic interventions and consultation”

Provides individual and group therapeutic interventions using CBT and insight-oriented modalities to school-age and adolescent students. Assist in crisis management and develop effective treatment plans based on the student’s IEP goals and mental health goals. Plan, assess, and attend staff development for the design and monitoring of behavior support plans.

Neuro-Educational Clinic (*Practicum*)

June 2018-Present

490 hours

Practicum student, “neuropsychological and psychoeducational testing, report writing”

Assist with formal individualized psycho-educational assessment for children as needed. Assist with individual neuropsychological assessment to school-aged children (ages 3 to 22). Meet with parents and/or teachers to interpret evaluation results. Participate in staff conferences to exchange information and offer recommendations on matters related to interpretation of evaluations, and development of IEP. Observe students in school environment. Work collaboratively with district and school staff. Also, work in geriatric setting assessing individuals with cognitive challenges and provides individual psychotherapy.

Norco College Health and Psychological Services

165 hours

Practicum student, “testing, psychotherapeutic interventions”

Apr. 2018-Dec. 2018

Conduct ongoing individual counseling with students from varied levels with a mix of gender, ethnicity, socioeconomic status & developmental issues. Utilize psychotherapeutic methods with clients to enhance individual’s psychosocial development. Assess client’s underlying symptoms to provide accurate diagnosis and treatment plan. Maintain case files that include activities, progress notes, evaluations, and recommendations.

TEACHING AND CLINICAL EXPERIENCE

Mt. San Jacinto Community College & Norco College

2017-Present

Associate Faculty, “Distance education and research/presentation skills”

Designing, preparing and developing teaching materials. Educate and provide technological and academic training to students. Analyze outward signs of problems that students may have that inhibit their achievement and take appropriate action. Use a variety of modalities during instruction (discussion, group work, mini-lectures, question and answer, etc.) to support active learning and student engagement.

Riverside Community College

2016-Present

Associate faculty & guest lecturer

“Distance education and research/presentation skills”

Designing, preparing and developing teaching materials for distance education class. Respond to students in online discussion boards as well as email messages. Educate and provide technological and academic training to students. Analyze outward signs of problems that students may have that inhibit their achievement and take appropriate action. Use a variety of modalities during instruction (discussion, group work, mini-lectures, question and answer, etc.) to support active learning and student engagement. Supports students through a advisor role.

Child Development Center

Jan. 2015-Nov. 2015

Program Teaching Assistant, “case management & behavioral interventions”

Developed lesson plans weekly based upon developmental milestones. Employed behavioral modification plans in order to support psychosocial development. Utilized solution focused strategies in order to redirect youth to make positive choices.

Penny Lane Centers

Child and Family Specialist (CFS), “crisis intervention skills, mentoring, coaching, behavioral interventions, case management”

Nov 2015- Oct 2016

Developed strategies and behavior modifications for family plan and provided behavioral and educational support. The CFS tracked weekly progress of individual rehabilitation goal and modified strategies in order to increase frequency of goal(s). The CFS utilizes problem solving and crisis intervention skills in order to deescalate potential volatile situations and also maintains a close and supportive relationship with the child and family, educational personnel, program staff, and any others who may be involved with the youth.

Newport News Schools

Jun 2013-Dec 2013

Facilitator and Therapeutic Program Counselor, “mentoring, coaching, behavioral interventions, group management”

Facilitated group-play among children, interacted with children who experienced emotional problems, established time for nutrition, and regulated activities such as arts and crafts to enhance individual and social behavior. Developed behavioral plans for providing structure of activities in order to facilitate physical, social, and emotional health for children in program.

COURSES TAUGHT

Abnormal Psychology

Introduction to Psychology

Research Methods

Developmental Psychology

Child Development

CERTIFICATIONS & TRAININGS

The Aging Brain: Dementia and Other Cognitive Diseases

Suicide Awareness and Prevention

CORA Racial Microaggressions

Executive Functioning Skills in the School Environment
ADHD Certification
Cultural Considerations for Mindfulness Based Interventions
Mental Health Challenges in the Classroom

RELATED EXPERIENCE

Mt. San Jacinto College

February 2020

Faculty Mentor

Assist faculty in developing online distance education shells. Provide mentorship and feedback on course content as well as facilitate creation on new assignments.

Riverside University Health System Behavioral Health

April 2019

Directing Change Judge-Suicide Awareness Month

Responsible for viewing a variety of different media submissions related to the awareness of suicide prevention. Collaborated with other professionals in assessing quality and sensitivity of media related to suicide on rubric scale.

University of Texas at Arlington, Industrial/Organizational Laboratory **May 2012 –April 2013**

Research Assistant

Facilitated in coding of data collection, assisted in writing of research and paper documents, conducted study in regards to research protocol and procedures.

University of Texas at Arlington, iEngage Mentoring Program

Mentee

June 2012-Aug 2012

Gain research experience, instilled academic discipline, and refined skills critical for academic and professional growth.

University of Texas at Arlington, Reading and Memory Laboratory

Research Assistant

May 2011–June 2012

Complied reports: including statistical significant figures, Provided additional support in research articles for literature reviews, facilitated writing of proposals, conducted study in regards to research protocol and procedures.

RELEVANT COURSEWORK

Multicultural psychology
Foundations of Clinical Psychology
Interventions I & II
Research Methods and Design
Lifespan Development
Social Psychology

Personality & Cognitive Assessment
Ethical Standards of Psychological Practice
Supervision and Consultation
Writing a Quality Prospectus/Dissertation
Clinical Psychopharmacology
Advanced Quantitative Reasoning and Methods
Social Change in Psychology
History of Systems
Cognitive and Affective Bases for Behavior
Stress and Coping
Changing Health Behavior
Teaching of Psychology

PUBLICATIONS

Attachment and Perceived Infidelity of Military Spouses during Active-Duty Members' Deployment (2019)

POSTER PRESENTATIONS

Narrative Processing in Young Adults and Children (2012)
The Debate: Prescribing Pharmacological Agents by Clinical Psychologists (2016)

LANGUAGES

English - native language
Spanish speaking - fluently

MEMBERSHIPS

California Psychological Association
University of Texas at Arlington Alumni Association

REFERENCES

Furnished upon request