



Irmay Rodríguez Rivera, Ph.D.
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General Information

Overview: Licensed clinical psychologist, researcher, community builder and lifelong learner.
Clinical Psychologist License: 071.011015 (Illinois)
Certification: DBT-Linehan Board of Certification, Certified Clinician™
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Education History

2015-2021	Ph.D. Clinical Psychology Carlos Albizu University San Juan Campus GPA: 3.76
2010-2015	B.A. in Psychology University of Puerto Rico, Mayagüez Campus Bachelor Degree: Major, Psychology GPA: 3.60, Major GPA: 3.81

Research Experience

Aug. 2021-Jan. 2022 **Barriers to a reliable mental-health needs assessment in Puerto Rico**
PI: Chelsea M. Pimentel
Description: Exploratory study of the barriers Puerto Rico phases after natural disasters and COVID. This project seeks to understand the intersectional factors (culture, politics, geography, mental illness, other), previous and current help efforts and the contribution of the community within the barriers of mental health.
Tasks: Main role as a sponsor for this integrative project. Discussion of research, resources and topics related to natural disasters as an expert on the factors and a member of the sample being studied. Revising manuscripts and evaluating progress towards their integrative project needs.

June 2021-2022 **Psychiatric hospital experiences of people who use mental health services: A group discussion based study in Latin-American countries**
PI: Hansel Duque, Master of Research
Description: Qualitative study that aims to understand the experience of people who have been admitted to psychiatric hospitals to explore various problem related to treatment strategies.
Tasks: Conduct discussion groups and translation of research paper.

Oct. - Nov. 2020 **NIST Pilot project on community resiliency**
Research supervisor: Domingo Marqués-Reyes, Psy.D.

Description: Exploratory study on the effects of hurricanes on the populace, their access to resources and their resilience. **Tasks:** Make calls to households to conduct a 25 minute survey using Kolob and Qualtrics. Support the organization of the team and tasks to be completed. Recruit participants through the snow ball method.

Oct. 2018-Dec. 2019 **Building Post-Disaster Resilience: ICT-Enabled Mental Health Support Service**

University of Colorado Mental Health Project

PI: Donna August

Supervisor: Marcos Reyes-Estrada, Ph.D.

Description: Use research and Information & Communication Technology for Development (ICTD) skills to help build resilience in the strained and understaffed medical services network in Puerto Rico. Pilot a prognosis system that can contribute toward building that resilience, and to apply rigorous research methodologies to assess impact of this pilot system in preparation for planning future work. **Tasks:** Mental and behavioral health consultation team, evaluate inventory applicability, identify '330' centers to pilot the program, monitor progress of application and data intake in a '330' hospital center.

September 2018 **Hurricane Maria's Dead**

Center for Investigative Journalism / Centro de Periodismo Investigativo

Research Supervisor: Carla Minet, Laura Candelas

Description: Data intake through phone survey of families that had a member die post hurricane Maria, with aims of comparing the death certificate information issued by the government and the subjective death reasons informed by families. To evaluate if the death was related to the passing of the hurricane the definition developed by the Center for Disease Control and Prevention (CDC) was used. **Tasks:** Data intake in a semi-structure interview format and contact coordination.

Aug. 2018-2021 **In each other's hands: The moderating effect of conventional, cultural, family and technology interventions on suicide risk after natural disasters**

Dissertation (Manuscript defended and sent to IRB)

Carlos Albizu University, San Juan Campus

Research Supervisors: Marcos Reyes-Estrada, Ph.D.; Domingo Marques-Reyes, Psy.D.

Description: Mixed method exploratory project that aims to evaluate the moderating effect on suicide risk of mental health patients after natural disasters, such as hurricane Maria, differentiating between the interventions received. The interventions include services from physical and mental health professionals, religious and spiritual leaders or help resources, family members and technology outreach during the help seeking process. **Tasks:** Developing a thesis

proposal, recruiting sample from mental and physical health environments, analyzing qualitative and quantitative statistical analysis and developing and article for publishing.

Jan.-Feb. 2018 **Quantifying post-hurricane mortality in Puerto Rico using a cluster survey approach**

Harvard University School of Public Health and Albizu University

CO PI: Caroline Buckee, Ph.D.; Sachit Balsari, MD, MPH

Research Supervisor: Domingo Marqués-Reyes, Psy.D.

Description: We surveyed 3,299 randomly chosen households across Puerto Rico to produce an independent estimate of all-cause mortality following the hurricane. We asked respondents about population displacement, infrastructure loss, and causes of death. Excess deaths were estimated by comparing our estimated post-hurricane mortality rate with the official rate for the same period in 2016. **Tasks:** Data collection, data entry, optimization of data collection, survey logistics by mapping team routes and barrio assignments.

August 2017 **Exploratory analysis of telephone and skills use in Puerto Ricans who undergo Dialectical Behavioral Therapy**

Authors: Irmay Rodríguez, B.A., Melissa Santiago, B.A.

Research Supervisor: Domingo J. Marqués, Psy.D

Description: Case file study of the calls received by therapists from clients who are in Dialectical Behavioral Therapy in the region of San Juan. The study aims to assess the frequency and main reason of calls, the skills discussed with the client and used by the therapist, and group support from the consultation team. **Tasks:** Create a research proposal and data recollection tool, acquisition of secondary data from patient case file, and data analysis with SPSS with aims to publish an article and professional presentations that will further enhance the field.

Aug. 2015- Jul. 2018 **My family, saint and doctor: A qualitative study of the health and help seeking process**

Second Year Project

Carlos Albizu University, San Juan Campus

Mentor: José Martínez, Ph.D. & Alfonso Martínez Taboas, Ph.D.

Description: Qualitative in-depth interview of mental health patients and their experience with traditional and alternative service providers. It explores the meaning, process and perceived outcomes behind help seeking behavior with simultaneous or sequential health services. **Tasks:** Create a proposal with in-depth interview questions, recruit participants in health professional environments and contacting gatekeepers. Teaching and mentoring bachelor level students on qualitative research and processes. Qualitative analysis of transcriptions based of audio recordings, development of scientific presentations and an article for publishing.

Jan. 2015- May 2015 **Profile of people who provide alternative help services: Folkloric spiritism**

PSIC 4065- Research Seminar in Psychology

University of Puerto Rico, Mayagüez Campus

Mentor: Douglas Santos, Ph.D. & José Martínez, Ph.D.

Description: Descriptive qualitative investigation where the subjects studied were spiritists in the west area of Puerto Rico. A semi-structured interview was done where data sociodemographic, treatment, clients, rules and habitual complaints information was gathered to explore the reasons why people look towards spiritists for help. **Tasks:** Create semi structured interview, interview subjects, SPSS and content analysis.

Expanded: Aug. 2015- Dec. 2016

Edition: Subjects from the northeast area of Puerto Rico were included. Semi-structure questions were revised and attitudes towards collaborating with psychologist, heritability and individual background. A poster presentation was developed for professional conferences.

Employment Experience

May 2024 –Pres. **Portland DBT Institute**
DBT Trainer

Description: Providing comprehensive training in DBT online and in person **Director:** Ashley Maliken, Ph.D.

Aug. 2023-Mar. 2024 **Chicago Dialectical Behavioral Therapy Institute**
Staff Psychologist

Description: Staff psychologist in a private practice providing comprehensive DBT clinical services to patients and their family through individual, group, parent, couple and family therapy. Developer of Spanish language adaptation and research related to DBT. Continuous education presenter per APAs guidelines and standards for professionals. Weekly consultation team meetings, therapy for the therapist meetings, workshop attendee and presenter and 24/7 phone coaching provider when assigned in rotation. CDBTI is DBT-Linehan Board of Certification, Certified Program with clinicians that are DBT-LBC. **Supervisor:** Kay Segal, Psy.D. DBT-LBC Certified Clinician

Clinical Experience

August 2021- 2023 **Chicago Dialectical Behavioral Therapy Institute**
Post-doctoral Fellow

Description: Fellowship position in a private practice providing comprehensive DBT clinical services to patients and their family through individual, group, parent, couple and family therapy. Weekly consultation team meetings, therapy for the therapist meetings, workshop attendee and presenter and 24/7 phone coaching provider when assigned in rotation. CDBTI is DBT-Linehan Board of Certification, Certified Program with clinicians that are DBT-LBC. **Supervisor:** Kay Segal, Psy.D. DBT-LBC Certified Clinician

July 2020-June 2021 **Broughton Hospital Full Time Internship**

Primary Rotations: Extended treatment adult geriatric unit, admissions adult unit and adolescent unit

Secondary Rotation: Forensic services

Description: Four month rotation on extended care for geriatric, adult and adolescent population with different levels of functioning and diagnoses such as schizophrenia, schizoaffective, intellectual disability, personality disorders and psychotic symptoms. Interventions focused on brief psychotherapy, group and individual therapy, milieu contact, assessment and report writing, team treatment planning, interdisciplinary consultation and practice. Twelve month rotation at forensic services that required learning and teaching key aspects of North Carolina's legal system and trial process. Capacity restoration process through individual and group interventions for patients deemed incapable to proceed. Opportunities were provided to shadow expert testimony, pretrial evaluations and risk assessment. Rotation developed competency as a liaison between patients, treatment team, attorneys, family members and other professionals.

Supervisor: Wayne Fullerton, Ed.D.; Trever Dangel, Ph.D.; Danita Bowling, Ph.D.

January 2020 **Mental Health First Responder**

International Medical Corps

Description: Psychological first aid volunteer work with interdisciplinary professionals after earthquakes in Puerto Rico. Also, establishing relationships of aid with other volunteers, communities, refugee camps, and developing a registry of needs and providing resources.

January 2020 **Volunteer for humanitarian and outreach missions across the south of Puerto Rico on the aftermath of earthquakes**

Description: Assisting and participating with interdisciplinary personnel in reaching communities affected by earthquakes and their aftermaths. Establishing relationships of aid, psychological first aid, emotion regulation kit development, crisis interventions, nourishment and health resources distribution. Development of media aimed for emotion regulation, mindfulness and skills acquisition. **Supervisor:** Domingo J. Marqués Reyes, Psy.D.

Aug.- Dec. 2019 **Hospital El Maestro**

Health Psychology Intervention in Hospital Setting

Description: Brief solution focused interventions in a hospital setting working hand in hand with physical health professionals. Continuous evaluation of depression, anxiety and other symptoms that impact physical health of adults and elderly patients. Openness to consultation and teamwork with nurses and PCPs, as well as collaboration with social workers and other professionals with the aim of gaining the best outcome for patients. Patients were frequently assessed with PHQ-9, GAD-7 and Mini-Mental State Exam (MMSE) inventories.

Jan. -Jul. 2019 **Mental Services Administration Health and Addiction (ASSMCA)**

San Juan Male Inpatient Division

Description: Individual interventions with male inpatients that had comorbidity of substance abuse and mental disorders with the vision of reinserting them in society and minimizing risk of drug use. Psychological interventions were based on motivational interviewing, dialectical behavioral therapy principles of acceptance and change, solution focus, psychoeducation, case management and other therapeutic models. **Supervisor:** Irma Rivera, Psy.D.

Jan. - Jul. 2019 **Pavia Hospital Hato Rey**

Partial and Traditional Hospitalization

Description: Brief individual and group therapy with adults and adolescents with mental health difficulties in different severities, as well as psychodiagnostic evaluations for hospital admission. Interventions were based on dialectical behavioral skills, solution focus, motivational interviewing, acceptance and commitment therapy and other therapeutic models. Co-creator of group intervention manual for adolescents.

Supervisor: Dra. Hecmarie Nieves; Dr. Rodríguez Capeles; Dr. Lisa Marrero

Aug. - Dec. 2018 **Carlos Albizu Clinic**

VOCA Program for Victims of Domestic Violence

Description: Individual psychotherapy with adults with domestic violence history and comorbid disorders. Therapy focused on STEP and CBT-TF models, also legal assistance was available for those ongoing court processes for protection and divorce.

Supervisors: Eduin Caceres, Ph.D.; Jacqueline Castañeda, Ph.D.

September 2017 **Volunteer for the US ARMY 1st Special Force Command in humanitarian missions across Puerto Rico on the aftermath of Hurricane Maria**

Description: Assisting military personnel in reaching communities affected by hurricane Maria, contacting majors and establishing relationships of aid, creating communication and web arrangements, first aid, trauma, crisis and debriefing interventions, translation efforts and nourishment and health resources distribution. **Supervisor:** Domingo J. Marqués Reyes.

Jan. 2017-Aug. 2018 **Mente Sabia Clinic**

Description: Private practice setting that is teamwork oriented with other psychologists. Individual and group psychotherapy with adolescents and adults within Dialectical Behavioral Therapy with patients that live with Borderline Personality Disorder. **Supervisor:** Domingo J. Marqués, Psy.D.

Aug. 2016-Jan. 2020 **Carlos Albizu Clinic**

Dialectical Behavioral Therapy and Research Program

Description: Individual and group psychotherapy with adolescents, adults with borderline personality disorder as well as psychoeducation with caretakers and significant others that care for a person that lives with the diagnostic. Facilitator of *Family Connections*, a psychoeducation course that meets weekly to provide education, skills training and support for people who know and care for someone who lives with borderline personality disorder. Furthermore skills training is given to patients using mindfulness, training videos with Marsha Linehan, worksheets and activities designed to improve distress tolerance, risk reduction, interpersonal effectiveness and emotion clarity, understanding and regulation. Telephone coaching and crisis intervention is offered to patients. Group therapy was facilitated to reinforce and practice skills and reduce risk, crisis, hospitalizations and self harm behavior. Participation in individual supervision and consultation group was done weekly.

Supervisors: Karelys Osorio, Psy.D.; Domingo Marques, Psy.D.

Aug. 2015-Dec. 2019 **Carlos Albizu Clinic**

Description: Provide psychological interventions to a culturally diverse clientele which include children, adolescents and adults. Consequently diagnoses treated in the scenario include but are not limited to mood disorders, anxiety disorders, obsessive compulsive disorder, bipolar

disorder, trauma and post traumatic stress disorder, attention deficit/hyperactivity disorder, interpersonal difficulty, rearing practices, chronic illness, and others. Interventions include but are not limited to individual therapy, couple therapy, family therapy, psychometric evaluation, psychodiagnostic evaluation, intake interview. Therapy models include the use of evidenced-based psychotherapies and third generation therapies such as cognitive behavior therapy, acceptance and commitment therapy, positive discipline/parenting skills and solution focused therapy, play therapy, narrative therapy and exposure therapy. Participation in weekly individual supervisions underwent for each case.

Supervisors: Jovette Sanchez, Ph.D.; María Batlle, Ph.D.; Yesenia Rivera, Psy.D.; Karelys Osorio, Psy.D.; Maribella Gonzalez, Psy.D.

Presentations

Rodríguez Rivera, I. (2023). Highlights of current DBT research. Continuous education presentation at Chicago DBT Institute.

Rodríguez-Rivera, I. (2021). Health Systems, natural disasters and risk of suicide. [Sistemas de ayuda, desastres naturales y el riesgo de suicidio.] Teleconference presentation and discussion at Corporación Universitaria Reformada during Psychology week 2021.

Rodríguez, I. (2019). Understanding Dialectical Behavioral Therapy through the patients' perspective. Panel discussion at Carlos Albizu University San Juan Campus during Borderline Personality Disorder Awareness Month.

Rolón, M., Burgos, N., & **Rodríguez, I.** (2018). What is there? Opportunities for the youth and the hands that give them. Magisterial Panel at 2nd Conference of the Advances in Research and Action in Children and Youth at University of Puerto Rico Mayagüez Campus.

Rodríguez, I., Martínez, J., & Martínez-Taboas, A. (2018). My family, saint and doctor: People's process searching for help. Poster presentation at 126th Annual Convention of the American Psychological Association.

Rodríguez, I., Santiago, M., & Marqués-Reyes, D. (2018). Exploratory analysis of telephone and skills use in puertorricans who undergo Dialectical Behavioral Therapy. Poster presentation at 3rd Annual South Florida Student Research at Albizu University.

Rodríguez, I., Santiago, M., & Marqués-Reyes, D. (2017). Exploratory analysis of telephone and skills use in puertorricans who undergo dialectical behavioral therapy. Poster presentation at the 3rd NEABPD GAP Conference held at Albizu University San Juan, PR.

Rodríguez, I., & Martínez, J. (2016). Folkloric spiritism as an alternative help service: A case study of providers. Electronic poster presentation at Hominis 2016, VI Intercontinental Convention of Psychology

Rodríguez, I., & Santos, D. (2015). Folkloric spiritism as an alternative help service: A case study of providers. Electronic poster presentation at the Puerto Rico Psychology Association (APPR) 62nd Convention

Publications

Rodríguez-Rivera, I., Reyes-Estrada, M., & Marqués-Reyes, D. (2021). *The effect of help systems on suicide risk after natural disasters*. [Doctoral dissertation]

Arce-Morales, J. L. & **Rodríguez-Rivera, I.,** (2020). El síndrome de burnout en supervisados en Terapia Dialéctica Conductual: Una revisión de literatura. [Burnout syndrome in Dialectical Behavioral Therapy in supervisees: A literature review.] *Análisis y Modificación de Conducta*, 46, 173-174. <http://dx.doi.org/10.33776/amc.v46i173-4.3465>

Rodríguez, I., Martínez, J., & Martínez-Taboas, A. (2020). Estudio cualitativo de la experiencia de búsqueda de ayuda en pacientes de salud mental. [Qualitative study of mental health patients' help seeking experience]. *Revista Caribeña de Psicología*, 4(1), 55-69. <https://doi.org/10.37226/rcp.v4i1.2051>

Rodríguez-Rivera, I., Martínez-González, J., & Martínez-Taboas, A. (2020). ¿Quién me cuida?: Estudio exploratorio del proceso de referido entre recursos de ayuda familiar, folclórico y convencional. [Who cares for me?: Exploratory study of the process of referral between family, folkloric and conventional resources] En Rodríguez-Gómez, J. (Ed.) *Aspecto religiosos y psicosociales en Puerto Rico: Una perspectiva novel de investigación*. [Religious and psychosocial aspects in Puerto Rico: A novel investigation perspective] Submitted for publication.

Rodríguez, I., Santiago, M., & Marqués, D. (2018). Exploratory study of the telephone use by participants of the Dialectical Behavioral Therapy in Puerto Rico. Unpublished manuscript.

Kishore, N., Marqués, D., Mahmud, A., Kiang, M., **Rodríguez, I.,** Fuller, A., Ebner, P., Sorensen, C., Racy, F., Lemery, J., Maas, L., Leaning, J., Irizarry, R., Balsari, S., & Buckee, C. (2018). Mortality in Puerto Rico after Hurricane Maria. *The New England Journal of Medicine*. 10.1056/NEJMsa1803972

Santiago, M., **Rodríguez, I.**, & Marqués, D. (2017). En los grandes aprietos, crece el entendimiento: Una década de DBT en Puerto Rico. [In difficult moments grows understanding: A decade of DBT in Puerto Rico] *Boletín Asociación de Psicología de Puerto Rico*, 40 (3) 14-17.

Bonilla, J., Feliciano, C., **Rodríguez, I.** & Santos, D. (2015). Entre proyectos, enmiendas y órdenes ejecutivas. ¿Dónde queda la gente? [Between projects, ammendments and executive orders. Where are people left?] *Boletín Asociación de Psicología de Puerto Rico*, 38 (1) 18-22.

Clinical Training

April 2021

DBT Foundational Training

Behavioral Tech a Linehan Institute Training Company

Description: Five day training for therapists that are members of an intensively trained DBT team. Lecture, video, role-play and group exercises were used to learn theory and strategies of DBT.

Resources: Randy Wolbert, LMS, CAADC, CCS; Janet Campbell, MSW

October 2020

Clinical Suicidology Training for Graduate Students

National Register of Health Service Psychologists Associate Certificate Program

Description: Three online sessions on working with individuals who are suicidal, suicide risk assessment and evidence based practices. Also, further discussion on research and the experience of being a professional that works with people who are suicidal and the impact on the professional's mental health.

Resources: Samantha Chaker, Ph.D.; Blaire Ehret, Ph.D.; Josephine Au, Ph.D.

March 2020

EMDR Online: El desafío de la presencia terapéutica virtual

Description: Online master class that aims to include EMDR in the therapeutic practice in crisis circumstances through telebehavioral adaptations.

Resource: Gabriela Segura Fonseca, EMDR Full Trainer & CREA EMDR founder

March 2020

Telepsychology Best Practice 101 Series

American Psychological Association

Description: Eight hour online course on telepsychology evidence based clinical service delivery. Topics learned were clinical evaluation and care, cultural competencies, documentation, technology management, applications, messaging, issues on ethical, legal and regulatory standards, payments and marketing. The series discusses practical ways to leverage a variety of technologies with a focus on video conferencing. It also discusses introductory overview and orientation to Telehealth services. **Resource:** Marelene M Maheu, Ph.D.

October 2019 **Psychological First Aid**
International Medical Corps

Description: Psychological first aid certification focused on evidence based interventions that decrease short and long term suffering, promotes adaptive functioning and coping skills. The primary aim is to help children, adolescents, adults and families to confront immediate consequences after disasters or a terrorism act. Didactics, role play and assessment were used to help gain and install knowledge through the workshop.

Resource: International Medical Corps

June- Oct. 2019 **Eye Movement Desensitization and Reprocessing (EMDR)**
EMDR Humanitarian Assistance Programs

Description: Capacitation, practice and clinical supervision in EMDR's basic manual. Intensive training of the 8 stages of EMDR, its application for mental pathologies, inclusion in other therapy modalities and self-introspection as a clinician going through EMDR. Includes individual and group consultation for intervention hours.

Resources: James Randy Webb, LMHC; Cocoy Garcia, Ph.D.; Neriluz Maldonado, Ph.D.; Vanessa Cintrón, M.A.

February 2019 **Motivational Interviewing: Practical application in clinical practice and other diverse clinical scenarios**
Professional Studies and Continuous Education Program

Description: Training on client centered intervention style that guides the person on the exploration, resolution of ambivalence and change speech. The workshop emphasized on intervention principles and included in vivo practice.

Resource: Jessica Talavera-Valentín, Ph.D.

September 2018 **Acceptance and Commitment Therapy (ACT) for Adolescents**
Professional Studies and Continuous Education Program

Description: Training in a third wave evidence based approach in ACT with the aim to impact children and adolescents through play and dynamic exercises to encourage and facilitate acceptance and diffusing their internal and external world experience.

Resource: Jessica Talaveras Valentín, Ph.D

Aug.-Sept. 2018 **Cognitive Behavioral Therapy Trauma Focused**
VOCA Program for Victims of Domestic Violence

Description: Cognitive Behavioral Therapy Trauma Focused training applied to people affected by partner violence and with possible trauma history, and interpersonal deficiency.

Resource: Eduin Cáceres Ortiz, Ph.D.

Aug.-Sept. 2018 **STEP: Empowerment program for survivors**
VOCA Program for Victims of Domestic Violence

Description: Survivor Therapy Empowerment Program training applied to people affected by partner violence and with possible trauma history, substance use, anxiety and interpersonal deficiency.

Resource: Eduin Cáceres Ortiz, Ph.D.

August 2018 **National Alzheimer's and Dementia Resource Center & Administration for Community Living**

First Responder Training and Programs to Support People with Dementia

Description: Discussing lessons learned through partnership with law enforcement, local government, and health and human organizations. Also offer practical strategies for outreach, training and collaboration interested in working with local law enforcement departments and first responder units. With the goal of helping people with dementia who live alone remain safely in their homes as long as possible information is provided on the development of the Emergency Medical Services Visitor Program in Wisconsin that is bridging gaps and connecting the elderly population to community based resources,

Resources: Jessica Empeño, MSW; Molly Schroeder, CSW

February 2018 **National Education Alliance for Borderline Personality Disorder**
Family Connections Program

Description: Training to obtain the latest knowledge and most current recent information, as well as coping skills for family of persons living with BPD.

Faculty: Alan E. Fruzzetti, Ph.D. and Perry Hoffman, Ph.D.

October 2017 **“Apoyando al que apoya”:** **Our school community after Maria**
Third Mission Institute Carlos Albizu University; Community Services
Division of the Medical Sciences Campus; University of Medicine of South
Carolina (MUSC)

Description: Training in an evidence based approach in Psychological First Aid with the aim to impact social workers who later train teachers, parents and students. The workshop teaches about different dynamics for wellbeing, trauma and typical effects on a person after a traumatic or catastrophic event. **Faculty:** Lili Sardiñas Ph.D. and Paloma Torres Dávila, Ph.D.

March 2017 **McLean Borderline Personality Disorder Training Institute Harvard**
Medical School

Good Psychiatric Management for Borderline Personality Disorder.
University of Miami School of Medicine
Miami, Florida

Description: Training in an empirically validated treatment approach General Psychiatric Management (GPM). The course teaches psychiatrists and other mental health clinicians what they need to know to become skilled providers who can derive satisfaction from treating patients living with BPD.

Faculty: Lois Choi-Kain, M.D.; John Gunderson, M.D.; Teresa Carreno, M.D.; and Radu Saveanu, M.D.

March 2017 **Leiter-3 and Toni 4 Training Workshop**

Description: Non verbal intelligence evaluation training for clients who exhibit difficulty in verbal communication and motor difficulty. The workshop included the presentation of the evaluations, scoring and literature on the implementation on Puerto Rican samples.

Faculty: Vanesa Rivera Cruz, Psy. D.

August 2016 **Cognitive Behavioral Therapy Certification Applied to Puerto Rico**

Description: Cognitive behavioral training (CBT) and diverse applications with depression, suicidal behavior and ideation, anxiety, eating disorders, diabetes and cancer. Theory and practical themes were presented as well as a case presentation applying CBT to participants' clients. 50 hours of continued education by the Psychology Examination, Professional Counseling and Rehabilitation Committee.

Faculty: Guillermo Bernal, Ph.D; Emily Sáez, Ph.D.; Eduardo Cumba, Ph.D.; Julio Santana, Ph.D.; Yovanska Duarté, Ph.D.; Mae Lynn Reyes Ph.D.; and, María I. Jiménez, Ph.D.

Aug. 2016-Jan. 2020 **DBT onsite training**

Description: Graduate student experience in Carlos Albizu University San Juan Campus where the student evaluates, educates and provides individual and group psychological treatment to people that live with borderline personality disorder and their families. Services provided include module education on techniques to modulate emotions, crisis prevention and attention through phone interaction and research proposal development on the subject.

Clinical Supervisors: Karelys Osorio, Psy.D.; Domingo Marqués, Psy.D.

Teaching/Training Experience

March 2024 DBT in a Nutshell: Treating multi-diagnostic, complex individuals
Co-Trainer
Portland DBT Institute
Co Trainer: Jason Fritts, LCSW, DBT-LBC

Task: Provide a portion of the two day virtual training for mental health and other professionals about DBT and its implementation for patient's with a variety of complex problems.

August 2017 Carlos Albizu University
Teaching Assistant
Course: PSYE 670 Couples Therapy
Faculty: Domingo Marqués-Reyes, Psy.D.

Tasks: Prepare resources to facilitate teaching, class participation and assignments to further knowledge acquisition. Facilitate course material as an interactive conference.

Program Development

August 2023-Pres. PAISES-TDC Proyecto de Acceso e Implementación Social en Español de Servicios de Terapia Dialéctica Conductual [Access and social implementation of services in Spanish of Dialectical Behavioral Therapy]

Description: Development, design and use of resources of different modes of DBT therapy for Spanish speaking professionals and patients. Initial tasks and goals are focused on developing, implementing and researching group interventions (adult and multifamily) for Spanish speaking patients. Ultimate goal is to develop a guideline for adaptation of DBT, adoption into DBT and training of professionals and the community regarding diversity needs and impact of the therapy to increase access while increasing knowledge of factors required to respect context and maintain DBT principles.

Workshop Presentations/Collaborations

- Rodríguez Rivera, I.,** Marshall, H., McBroome, K. (2022). *Relationships: When to build, care for or end relationships in Wise Mind*. Outreach workshop for students at Libertyville High School as part of their LHS Green Dot program.
- Rodríguez-Rivera, I.** (2021). *Colonization*. Diversity effort workshop provided to the psychology department staff of Broughton Hospital.
- Rodríguez-Rivera, I.** (2021). Mi formación profesional y el programa DBT: Una mirada de sus ex-integrantes y lugares de internado. [My professional development and the DBT program: A look of the ex-members and their internship placement]. Invited by the DBT program of Albizu University as part of the BPD Awareness Month.
- Rodríguez-Rivera, I.** (2020, June). [In Spanish] *Dialectical Behavioral Therapy as Contextual Therapy*. Invited Speaker in Contextual Therapies Class for PhD Doctoral Students at Carlos Albizu University San Juan Campus, online course.
- Rodríguez, I.,** & Rodríguez, N. (2019, May). [In Spanish] *Dialectical Behavioral Therapy Principles*. Workshop given to partial and traditional mental health hospitalization employees and students at Pavia Hato Rey.
- Rodríguez, I.,** Mirabal, G., & Rodríguez, L. (2018, December). [In Spanish] *Learning how to live without violence: Myths and realities of violence in a relationship, emotion regulation, styles of communication and problem solving skills*. Workshop given to inpatient women with substance abuse and other diagnoses at Casa la Providencia.
- Rolón, M. & **Rodríguez, I.** (2018, November). [In Spanish] *Contextual therapies, DBT model*. Invited Speaker in Psychology Counseling Program at Carlos Albizu University San Juan Campus.
- Claudio, A., **Rodríguez, I.,** & Villegas, Y. (2018, May). [In Spanish] *What does it feel like living in a rollercoaster?: Trastorno de Personalidad Limítrofe*. Workshop given to the general community and clinical personnel at Carlos Albizu University San Juan Campus.
- Lorenzo, A. & **Rodríguez, I.** (2017, December). [In Spanish] *Interpersonal relationships*. Presentation and workshop given to personnel held at Casa la Providencia.
- Rodríguez, I.,** Colón, E. & Lorenzo, A. (2017, December). [In Spanish] *Suicide behavior and self harm*. Presentation and workshop given to personnel held at Casa la Providencia.

General Professional Activities

Jan. 2022-Pres.	Member of ISIT DBT Anti-racism committee BIPOC Clinicians in DBT
October 2023	Invitee to the World DBT Association strategic planning meeting
October 2019	6 th Student Meeting of Scientific Investigation invited poster and oral presentation judge at Carlos Albizu University San Juan Campus
2019-2021	“Camino del Medio” podcast series coordinator, creator and director with aims to expand awareness of Borderline Personality Disorder, Dialectical Behavioral Therapy and other mental health related issues in Spanish
2019	Coordinator of Awareness Month in May about Borderline Personality Disorder at Carlos Albizu University San Juan Campus
2018	Member of the validation team for the Survivor Therapy Empowerment Program (STEP) manual in a mental health Puerto Rican community
2018- 2019	“Abre tu Mente Antes de Abrir tu Boca” Spanish translation and recording of the NEABPD video series Open your Mind Before you Open your Mouth.
May, Aug. 2018	Speaker in WAPA Radio on topics such as suicide awareness and prevention, Borderline Personality Disorder and aftermath of hurricane Irma and Maria
April 2018	Co-coordinator in Mental health in Puerto Rico after hurricanes Irma and Maria: Impact and community intervention at Bayamon Central University
October 2017	Facilitator and Aid in “Apoyando al que apoya”: Our school community after Maria held at a variety of schools in Puerto Rico
August 2017	Member of Auspice Committee and Presenter Attendant: NEABPD GAP Conference held at Albizu University San Juan, Puerto Rico

Professional Qualifications

- Fluent Bilingual in Spanish and English (Write, Read and Speak)
- Basic Sign Language
- Excellent multidisciplinary and interdisciplinary consultation and team work
- Advanced training in psychological testing, including the Wechsler tests, Minnesota Multiphasic Personality Inventory (MMPI), Millon Clinical Multiaxial Inventory-III (MCM-III), Vineland-III, Thematic Apperception Test (TAT) and Children’s Apperception Test (CAT)
- Professional network development, durability and interprofesional connections
- Computer knowledge in:

- Data bank creation and analysis using SPSS program
- Electronic surveys using Qualtrics program and Survey Monkey
- Microsoft Office (Power Point, Word, Excel)
- Deployment coordination using QGIS mapping
- Podcasts and social media management and creation

References

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