

diagnostic and risk assessments, immigration assessments, and capacity assessments.

10/10 – 01/15

Clinical Psychologist 1

Greystone Park Psychiatric Hospital

Morris Plains, NJ

Provided individual and group psychotherapy and psychodiagnostic assessment to civilly committed patients with violent histories and to mentally ill offenders who were adjudicated not guilty by reason of insanity (NGRI). Conducted violence risk assessments and completed reports for review committees which oversee levels of supervision in the hospital. Facilitated multi-disciplinary treatment team meetings, completed treatment plans, and wrote and implemented behavioral plans to reduce violence and impulsivity, improve coping strategies, and increase activities of daily living. Assisted other treatment teams in managing difficult or violent patients. Faculty Member for APA-Accredited psychology internship program. Assisted in the training of psychology interns by providing supervision and didactic trainings.

08/09 – 08/10

Psychology Intern, (inpatient rotations)

Greystone Park Psychiatric Hospital

Morris Plains, NJ

Provided treatment to inpatient adults diagnosed with severe and persistent mental illnesses in general, admissions, and forensic units. Worked closely within a multi-disciplinary treatment teams. Conducted individual and group psychotherapy using psychodynamic and cognitive behavioral interventions to increase patients' understanding of mental illness and to improve their level of functioning. Conducted psychological evaluations and risk assessments to determine patients' needs and develop treatment plan goals. Participated in treatment team meetings and weekly colloquia.

08/09 – 08/10

Psychology Intern, (outpatient rotation)

Counseling and Psychological Services

Montclair State University

Provided weekly individual therapy using a psychodynamic framework to students with presenting problems such as depression, anxiety, and grief. Conducted weekly intakes and provided appropriate follow-up interventions, including referrals for psychiatric, community, and academic support services.

09/08 – 05/09

Psychology Extern

University Behavioral Health Care, (UMDNJ)

New Brunswick, NJ

Provided individual psychotherapy using a cognitive behavioral model to Spanish monolingual adults diagnosed with mood and anxiety disorders. Responsible for treatment planning and helping clients access community resources. Participated in weekly clinical meetings to address issues relevant to this population.

06/08 – 08/08

Psychology Extern

Beth Israel Medical Center (RDTC)

Newark, NJ

Conducted psychological evaluations to assess the emotional and cognitive functioning of children and adolescents recently placed in foster care or with histories of sexual or physical abuse. Provided brief weekly individual play therapy to children to help them process experiences of physical or sexual abuse and gain adaptive coping skills. Assisted in leading a process and skills training group of latency-age children who were sexually abused.

09/07 – 05/08

Psychology Extern

Counseling and Psychological Services Montclair State University

Provided weekly individual therapy to a caseload of students from diverse backgrounds, ages 18-36, presenting with symptoms related to depression, anxiety, sexual identity concerns, and immigration issues. Psychodynamic and cognitive behavioral interventions were employed according to the student's presenting problem(s). Conducted weekly intakes and consultations as needed.

06/07 – 05/09

Research Assistant

Psychiatry Department, (RWJ Medical School) Piscataway, NJ

Conducted diagnostic assessments with Spanish speaking Latino participants. Utilized the Structured Clinical Interview for DSM-IV-TR Axis I Disorders (SCID) to assess for mood disorders, anxiety, psychosis, and substance use. Evaluated severity of depression via an interview and the Beck Depression Inventory II (BDI-II; Spanish version). Provided motivational interviewing sessions to participants assigned to the treatment condition. Responsible for patient contact and data entry.

09/06 – 06/07

Psychology Extern

Youth Consultation Service (YCS) East Orange, NJ

Provided weekly play, dyadic, and family therapy to children ages three to seven who presented with behavioral, emotional, and social problems. Children and their families were primarily Spanish speaking, had a history of domestic violence, and lived in urban areas. Consulted with schools regarding children's progress and attended Child Study Team meetings when necessary.

12/05 – 05/09

Clinical Extern

Psychological Clinic, Rutgers University (GSAPP) Piscataway, NJ

Provided long-term, weekly therapy, using a psychodynamic approach, to adults with histories of disrupted attachment, depression, and anxiety.

09/05 – 07/06

Psychology Extern

Youth Development Clinic (YDC) Newark, NJ

Provided weekly play and group therapy at two Head Start preschools to children ages three to four referred for behavioral and social problems. Consulted with parents and teachers regarding children's progress and implemented behavior modification plans in the classroom.

- 09/03 – 08/05 Mental Health Specialist II
University Behavioral Health Care (UMDNJ) *Newark, NJ*
 Provided treatment for children and adolescents who attended the partial hospitalization program. Population consisted of low-income ethnic minorities with histories of psychiatric hospitalizations and/or residential treatment. Assisted clinician with group therapy and with home and school visits. Organized and implemented daily therapeutic activities and carried out behavior modification system. Responsible for intake procedures in outpatient service.
- 09/03 – 06/04 Psychology Extern
University Behavioral Health Care (UMDNJ) *Newark, NJ*
 Conducted weekly individual and family therapy in child and adolescent partial hospitalization services with clients, ages 11 and 12, who had multiple psychiatric diagnoses and came from lower-income, multi-problem families with high levels of trauma in their histories. Attended school meetings and provided home-based therapy as needed.
- 03/02 – 08/03 Court Appointed Special Advocate
Court Appointed Special Advocate of Essex County *Newark, NJ*
 Volunteered to oversee the progress of ethnic minority children placed in foster care by the Division of Youth and Family Services (DYFS). Assessed their living conditions and adjustment to the new home setting. Provided supervisor with progress updates and recommendations on how to maintain the welfare of the children.
- 07/00 – 09/03 Counselor
Inter-County Council on Drug and Alcohol Abuse *Kearny, NJ*
 Provided individual counseling to adults with substance abuse histories referred by the courts, the Division of Youth and Family Services, and Intoxicated Driver Resource Centers. Responsible for managing cases for Spanish-speaking clients and for communicating with referring agencies. Conducted intakes and drug screens as needed.

PUBLISHED DOCTORAL DISSERTATION

Harris, L. A. (2011). Therapeutic alliance factors in a sample of depressed Latinos receiving brief motivational interviewing. (Doctoral Dissertation). Retrieved from ProQuest Dissertations and Theses. (Accession Order No. AAT 3443379)

ADDITIONAL TRAINING

2019 Link Between Complex Trauma & Addictions
 Sponsor: Rutgers University

- 2019 Supporting Recovery from Partner Violence with Seeking Safety
Sponsor: Rutgers University
- 2019 Associated Features in Working with Complex Trauma
Sponsor: Rutgers University
- 2019 Interviewing Skills for Violence Risk Assessment & Management
Sponsor: Concept Professional Training
- 2019 Irvin Yalom: Foundations of My Life and Work
Sponsor: Psychotherapy.net
- 2017 Behavioral Science of Firearms
Sponsor: Concept Professional Training
- 2012-2013 Recovery-Oriented Cognitive Therapy
Sponsor: Aaron T. Beck Psychopathology Research Center,
University of Pennsylvania
- 2012 Ascending Leadership (10 session course)
Sponsor: Fairleigh Dickinson University
- 2011 Sexual Risk Assessment
Sponsor: New Jersey Department of Human Services
- 2009 Basic Life Support: Adult CPR and AED
Sponsor: American Safety and Health Institute, Morris Plains, NJ
- 2008 Transformational Chairwork: Introduction to Psychotherapeutic Dialogues
Sponsor: New York City University, New York
- 2007 Motivational Interviewing: The Basics and Advanced Motivational
Interviewing (three day course)
Sponsor: Health Education and Training Institute, Portland, ME

INVITED ADDRESSES GIVEN BY DR. ALDANA

Getting Through the Shock of a Devastating Diagnosis. (2018, December). *Invited Guest:* Parents Are Hard to Raise Podcast with Diane Berardi.

Caregiver Burnout. (2018, August). *Invited Guest:* Parents Are Hard to Raise Podcast with Diane Berardi.

HONORS

- 2005 Ralph Johnson Bunche Distinguished Graduate Award, Rutgers University
- 2004 Outstanding Student of the Year, Montclair State University
- 2004 Phi Kappa Phi Honor Society, Montclair State University
- 2003 Alpha Epsilon Lambda Honor Society, Montclair State University
- 2003 Court Appointed Special Advocate Rookie of the Year, CASA of Essex County
- 2000 Golden Key National Honor Society, Montclair State University

PROFESSIONAL SERVICE PAST

Diversity Task Force (2010-2015), *Greystone Park Psychiatric Hospital, Morris Plains, NJ*
Served as the Vice President of the DTF. The purpose of this committee was to promote diversity to create an accepting environment for both patients and staff.