

CHRISTINA TSONAS DORO

Florida Licensed Psychologist, PY 8693

Mailing Address:

Institute for Life Renovation, LLC.
Motivational Institute for Behavioral Health, LLC.
3600 N. Ocean Blvd, 2nd Floor
Fort Lauderdale, FL 33308
O: (954) 766-4955
F: (954) 616-5147
Email: DrChristina@renovationoflife.com

CURRICULUM VITAE

EDUCATION

- August 2011:** Psy.D., Clinical Psychology, Center for Psychological Studies, Nova Southeastern University, Fort Lauderdale, FL, American Psychological Association, accredited program
- August 2008:** M.S., Clinical Psychology, Center for Psychological Studies, Nova Southeastern University, Fort Lauderdale, FL, American Psychological Association, accredited program
- May 2006:** B.S., Psychology (Cum Laude), Major: Psychology, Minor: Anthropology, University of Florida, Gainesville, FL

JOB RELATED EXPERIENCE

Institute for Life Renovation, LLC.

Fort Lauderdale, FL

Licensed Psychologist

Director of Program Development

February 2017-Current

October 2021-Current

The Institute for Life Renovation, LLC provides a fully individualized outpatient intensive treatment program tailored to each individual patient's needs based on a comprehensive assessment. Services include individual, couples, and group psychotherapy and psychological testing. Duties include working directly with patients in individual, family, and group psychotherapy utilizing Cognitive Behavior Therapy, Dialectical Behavior Therapy (DBT), Unified Protocol (UP), and Acceptance Commitment Therapy (ACT). Facilitate weekly DBT Distress Tolerance Group and group for adult survivors of childhood abuse. Attend two weekly DBT therapist consultation meetings.

Motivational Institute for Behavioral Health, LLC.

January 2013-Current

Fort Lauderdale, FL

Licensed Psychologist

The Motivational Institute for Behavioral Health, LLC provides behavioral medicine, psychological, and psychoeducational services, including individual, couples, and group psychotherapy and psychological testing. Duties include working directly with patients utilizing CBT, DBT, Unified Protocol, and ACT and outreach to community through workshops.

Nova Southeastern University Center for Psychological Studies May 2013-August 2016

Fort Lauderdale, FL

Intensive Supervisor

Provide intensive supervision to doctoral graduate students in several community clinical practica (residential substance abuse treatment facilities and generalist practica). Train students in evidence-based treatment, ethical issues, case conceptualization, and documentation.

Motivational Institute Mental Health Bridge Clinic, Inc.

Fort Lauderdale, FL

Vice-President, Onsite Supervisor

January 2013-October 2014

The Motivational Institute Mental Health Bridge Clinic, Inc. is a non-profit mental health clinic organized to bridge the gap between quality psychological training and those with mental health needs who cannot afford services. Provides behavioral medicine, psychological, and psychoeducational services such as individual and group psychotherapy and psychological testing with a sliding scale fee. Duties have included providing supervision and didactic training to graduate level practicum students.

CERTIFICATIONS AND CLINICAL TRAINING

- **09/2019-09/2020: Dialectical Behavior Therapy (DBT) Intensive Training;** Presented by Behavioral Tech, Linehan Institute Training Company (52-Week intensive training and supervision in DBT).
- **05/2019-09/2019: Dialectical Behavior Therapy (DBT) Foundational Training;** Presented by Behavioral Tech, Linehan Institute Training Company (16-Week intensive training in the foundational theory and skills of DBT).
- **2017: Maternal Mental Health Certificate Online Training for Mental Health and Clinical Professionals;** Presented by Postpartum Support International's and 2020 Mom (16-hour online training).
- **2007: "Freedom from Smoking" Cessation Program Training for Facilitators;** Presented by American Lung Association; Ft. Lauderdale, FL.

CLINICAL TRAINING EXPERIENCE

Motivational Institute for Behavioral Health, LLC.

September 2011-January 2013

Fort Lauderdale, FL

Postdoctoral Psychology Resident

Providing psychological and psychoeducational services to adolescents and adults, including individual, group, and couples psychotherapy and psychological testing. Duties also include providing outreach services to the community through workshops. Facilitated weekly group therapy for adult survivors of childhood abuse utilizing DBT principles to address emotional, cognitive, and interpersonal difficulties in adulthood.

Supervisor: **Lori Eickleberry, Ph.D.**

Captain James A. Lovell Federal Health Care Center September 2010-August 2011
Previously the North Chicago Veteran Affairs Medical center, North Chicago, IL

Predoctoral Psychology Intern

Completed an APA accredited internship that involves four rotations and clinical enrichment opportunities. Provided a range of short-term to long-term services to a caseload of 3-5 clients with general mental health conditions throughout the year in addition to participation in specific rotation training. Duties include working directly with patients utilizing CBT, DBT, and ACT.

Stress Disorder Treatment Unit Rotation (October 2010-January 2011)

Client population included veterans and active duty patients who experienced a single incident trauma, such as a military sexual trauma or combat-related PTSD. Clients also presented with chronic childhood neglect, sexual, and/or physical abuse. Conducted psychological assessments and collaboratively develop inpatient mental health treatment plans. Co-facilitated an intensive inpatient supportive Trauma Group three times a week to address the re-experiencing, avoidance, and increased arousal symptomatology associated with PTSD. Provided intensive individual inpatient therapy for veterans utilizing EMDR and CBT to address PTSD and co-morbid concerns. Co-facilitated weekly Family Issues Group utilizing DBT principles with veterans to address interpersonal conflicts and emotional regulation issues. Collaborated with other health care professionals on an interdisciplinary treatment team and attend daily meetings to address care of veterans.

Rotation Supervisor: **John J. Schaut, Psy.D.**

Psychology Testing Laboratory Rotation (January 2011-May 2011)

Provided an array of psychological testing services for both inpatient and outpatient settings. Psychology testing services include screening for memory, functional, and cognitive difficulties related to age and/or Traumatic Brain injury for the purpose of diagnosis and treatment planning. Provided personality and vocational testing as needed. Tests were tailored to the individual client's needs. Performed Compensation and Pension examinations.

Rotation Supervisor: **Kelly Graham, Psy.D.**

PTSD/Substance Abuse Rotation (May 2011-August 2011)

Client population included veterans and active duty patients who experienced a single incident trauma, such as a military sexual trauma or combat-related PTSD, in addition to substance abuse concerns. Co-facilitated group therapy for inpatient and outpatient veterans. Provided Prolonged Exposure to veterans. Performed Compensation and Pension examinations.

Rotation Supervisor: **Michael J. Pinkowski, Ph.D.**

Inpatient Treatment Rotation (May 2011-August 2011)

Client population included veterans and active duty Navy patients on the acute inpatient psychiatry unit in order to address concerns, which include PTSD, mood disorders, and psychotic disorders. Provided individual and group therapy. Collaborated with other health care professionals on an interdisciplinary treatment team and attend daily meetings to address care of veterans. Performed Compensation and Pension examinations.

Rotation Supervisor: **Thomas Martin, Psy.D.**

Healthy Lifestyles Guided Self-Change Program

August 2009-May 2010

NSU Psychological Services Center, Fort Lauderdale, FL

Elective Practicum Student, Total Hours: 10-15/week

Led therapist for groups conducted at the Broward Outreach Center, a residential, rehabilitation center for the homeless located in Hollywood, FL. The focus of group sessions was primarily on relapse prevention using motivational interviewing. Supervised incoming practicum students in group therapy and individual therapy. Individual therapy utilized a cognitive behavioral approach with a motivational interviewing style for the treatment of clients with substance use (alcohol, smoking, and illicit drug use) and lifestyle (eating, exercise, gambling, and procrastination) concerns. Forty-five minute of individual supervision was provided per week.

Supervisors: **Linda Sobell, Ph.D., ABPP**

Mark Sobell, Ph.D., ABPP

Trauma Resolution Integration Program

August 2008-August 2009

NSU Psychological Services Center, Fort Lauderdale, FL

Practicum Student, Total Hours: 15-20/week

Conducted intake interviews consisting of a comprehensive clinical interview, mental status examination, objective personality measures, and a battery of population-specific structured interviews and measures. Client population included adults who experienced a single incident trauma, such as a sexual assault or chronic childhood neglect, sexual and/or physical abuse. Provided intensive, individual therapy utilizing an integrated approach in treating disorders and symptoms related to trauma. Facilitated weekly DBT group sessions for clients experiencing Axis II symptomatology, dissociative symptoms, severe interpersonal conflict, and/or difficulties with emotional control and the ability to tolerate distress. Three-hour weekly group supervision and one half-hour individual supervision was provided.

Supervisor: **Steven Gold, Ph.D.**

Healthy Lifestyles Guided Self-Change Program

August 2007-August 2008

NSU Psychological Services Center, Fort Lauderdale, FL

Practicum Student, Total Hours: 10-15/week

Conducted intake interviews consisting of a comprehensive clinical interview, mental status exam, and population specific measures. Provided individual therapy using a cognitive behavioral approach with a motivational interviewing style for the treatment of clients with substance use (alcohol, smoking, and illicit drug use) and lifestyle (eating, exercise, gambling, and procrastination) concerns. Treatment was also provided for the students, faculty, and staff of Nova Southeastern University. Facilitated group therapy at the Broward Outreach Center, a full-service facility that serves homeless men and women. The focus of group sessions were

primarily on relapse prevention using motivational interviewing. Conducted assessments to determine if residents were an appropriate fit for group. Seven-hour weekly group supervision and one half-hour individual supervision were provided during the first semester of training. Four-hour weekly group supervision and one half-hour supervision were provided during the second semester.

Supervisors: **Linda Sobell, Ph.D., ABPP**
Mark Sobell, Ph.D., ABPP
Jennifer Hochman, Psy.D.

RELATED PROFESSIONAL EXPERIENCE

Healthy Lifestyles Guided Self-Change Program May 2008-May 2010

Program Manager, Nova Southeastern University, Fort Lauderdale, FL

Conducted screenings and scheduled intakes for clients. Coordinated and scheduled intake appointments with practicum students. Assisted in managing daily functioning of the Healthy Lifestyles Guided Self-Change Program. Duties also included training, managing, and supervising new practicum students.

Supervisors: **Linda Sobell, Ph.D., ABPP**
Mark Sobell, Ph.D., ABPP

American Lung Association September 2008-October 2008

Smoking Cessation Group Facilitator- "Freedom from Smoking" Program, Fort Lauderdale, FL

Facilitated smoking cessation group sessions for the "Freedom from Smoking" Program developed by the American Lung Association.

Supervisor: **Linda Sobell, Ph.D., ABPP**

ACADEMIC/TEACHING EXPERIENCE

Graduate Teaching Assistant January 2010-May 2010, January 2009-May 2009

Assessment: Interviewing, Nova Southeastern University, Fort Lauderdale, FL

Assisted in lecture, student advising, and paper grading. Assisted in teaching clinical skills to first year students in preparation for practicum placements. Provided feedback on typed transcripts of mock therapy sessions and intake reports. Utilized WebCT.

Supervisor: **Lori Eickleberry, Ph.D.**

Graduate Teaching Assistant September 2009-December 2009

Professional Issues and Ethics, Nova Southeastern University, Fort Lauderdale, FL

Assist in lecture, student advising, and test grading. Generate an open panel discussion with students in class regarding ethical and diversity concerns as well as professional issues in graduate school.

Supervisor: **Linda Sobell, Ph.D., ABPP**

RESEARCH EXPERIENCE

Women's Health and Stress September 2009-May 2010
Graduate Research Assistant, Nova Southeastern University, Fort Lauderdale, FL
Administer Structured Clinical Interview for DSM-IV-TR Axis I Disorders (SCID) and Clinician-Administered PTSD Scale for DSM-IV (CAPS) to women to examine the correlation between posttraumatic stress disorder and cardiovascular health for National Institutes of Health, Heart, Lung and Blood grant.
Supervisors: **Jeffrey Kibler, Ph.D.**
Steven Gold, Ph.D.
Mindy Ma, Ph.D.

Psy.D. Directed Study September 2008-May 2009
Graduate Researcher, Nova Southeastern University, Fort Lauderdale, FL
Reviewed pertinent literature regarding suicidality and victimization of gay, lesbian, and bisexual youth within the school system. Integrated the literature to create a Directed Study literature review titled, Homophobia in the School System: A Call for Awareness.
Supervisor: **Scott Poland, Ed.D.**

Promoting Self-Change from Alcohol Problems: Mechanisms of Change in a Community January 2008-September 2009
Graduate Research Assistant, Nova Southeastern University, Fort Lauderdale, FL
Conducted screenings for participants in a research study for National Institute on Alcohol Abuse and Alcoholism of the National Institutes of Health. Duties also included preparing materials for participants in study.
Supervisors: **Linda Sobell, Ph.D., ABPP**
Mark Sobell, Ph.D., ABPP
Craig Marker, Ph.D.

Healthy Lifestyles Guided Self-Change Program January 2006- May 2007
Graduate Research Assistant, Nova Southeastern University, Fort Lauderdale, FL
Reviewed previous clients' charts and assisted in data entry for ongoing research database.
Supervisor: **Linda Sobell, Ph.D., ABPP**

POSTERS AND PRESENTATIONS

Eickleberry, L.L., & **Doro, C.T.** (June 2019). *How media helps to shape society towards psychological inflexibility*. Ignite Session presented at the ACBS Conference. Dublin, Ireland.

Eickleberry, L.L., **Doro, C.T.**, Unger, R., Simler, A., Purdy, C., & Abu-Suwa, H. *A integrated treatment planning model for the simultaneous treatment of complex patients with multiple comorbidities*. Poster presented at the 2019 ACBS Conference. Dublin, Ireland.

Doro, C.T. (May 2019). *Trauma informed care*. Presented at 2019 United Way Behavioral Health Conference. Davie, FL.

Eickleberry, L.L., & **Doro, C.T.** (August 2012). *Motivational interviewing to improve quality of care and job satisfaction among staff in nursing homes: An area for future research.* Poster presented at the 2012 APA Annual Convention. Orlando, FL

Tsonas, C.V. (February 2012). *Survivors of childhood abuse: A workshop focusing on the importance of understanding the unique concerns facing childhood abuse survivors that extend past a diagnosis of PTSD and how to tailor treatment.* Presented at Barry University. Miami, Florida.

Tsonas, C.V. (December 2011). *Stress management and healthy lifestyles workshop.* Presented at Lighthouse Point Library. Lighthouse Point, Florida.

Tsonas, C.V., & Wacha-Montes, A. (June 2010). *Suicide awareness: A closer look at suicide prevention worldwide and in Spain.* Presented at Universitas Miguel Hernandez. Alicante, Spain

Tsonas, C.V., & Poland, S. (April 2010). *Homophobia in the school system: A Call for awareness.* Poster presented at the 43rd Annual Conference for the American Association for Suicidology. Orlando, Florida.

Poland, S., & **Tsonas, C.V.** (2010, January 1). LGBT students need support at school: homophobia in districts is widespread--and can have tragic results. *District Administration*. <https://www.districtadministration.com/viewarticle.aspx?articleid=2267>.

HONORS

- Undergraduate President's Honor Roll, 2004, 2005, 2006
- Florida Academic Scholars Award, Florida Department of Education Bright Future Scholarship Program, 2002-2006

PROFESSIONAL AFFILIATIONS

- American Psychological Association (Division 50), student member, 2009 – 2011
- American Psychological Association, associate member, 2011-current
- Postpartum Support International, individual professional provider, 2017-current

REFERENCES

Provided per request