

AMANDA L. SALAZAR

EDUCATION:

Hofstra University, Hempstead, NY
Psy.D. School-Community Psychology

Adelphi University, Garden City, NY
M.A. School Psychology, 05/12

ACHIEVEMENTS:

- Student Representative for 2012 School Psychology Graduate Cohort
- The Richard Klein Award for Outstanding Academic Performance
- ECAC Tennis Flight Champion & Scholar Athlete of the Year
- Adelphi University Women's Tennis Team Captain

PROFESSIONAL CERTIFICATION & TRAINING:

- New York State Post Doctoral Level Psychologist, 2017
- Mindfulness Based Stress Reduction Qualified Teacher, 2016
- The Science of Happiness: Training to explore the roots of a happy and meaningful life, 2014
- Level I Reiki Certification, 2013
- CPR & First Aid Certification, 2012
- New York State Provisional School Psychologist, 2012
- Mandated S.A.V.E. Act Training: Safe Schools Against Violence in Education, 2011
- Raising A Thinking Child: Training to foster healthy communication within families, 2011
- Friendship Matters: Bully prevention and relational aggression training, 2011
- Choices (Alcohol Abuse Prevention) Training Certification, 2010
- Certificate for completion of the New York State Child Abuse Training, 2010
- Stand Up and Speak Out: Bully prevention training, 2010
- Dialectical Behavioral Therapy Skills Certification, 2008

WORK HISTORY & CLINICAL EXPERIENCE:

- **Mindful Mothering, LLC** Dec. 2015- Present
Founder
Facilitate an online support group for over 3,000 members. Design presentations and teach classes on mindfulness. Create curriculums for workshops dedicated to fostering a sense of community, while teaching individuals the skills to parent more mindfully
- **Institute for Rational Counseling**, Bohemia, NY June 2014- Present
Clinical Psychology Intern
Provide individual, couples and family counseling to clients diagnosed with variety of pathology. Maintain progress notes for all clients to ensure proper documentation of session content and interventions. Participate in forensic evaluations. Facilitated mindfulness exercises and co-lead a DBT group for adolescents
- **Center for Cognitive & Dialectical Behavior Therapy**, Lake Success, NY Jan. 2013- Jan. 2014
Client Services Coordinator
Facilitated mindfulness exercises while co-leading a DBT skills group and observed various diagnostic interviews; provided public relations and coordination of client services
- **Valley Stream North High School**, Franklin Square, NY Sept. 2012 – June 2014
School Psychologist
Lead school psychologist for classified middle and high school populations; provided individual, group, and class-wide counseling services, administered cognitive, academic, and personality assessments, and participated in various consultations with family and faculty members
- **Concern for Independent Living**, West Sayville, NY June 2012 – Present
Per Diem Counselor
Aid adults diagnosed with various psychiatric disorders through medication monitoring and distribution, crisis intervention, and counseling services
- **Valley Stream North High School, (7-12)** Franklin Square, NY Sept. 2010- May 2012
- **Wheeler Avenue Elementary School (K-6)**, Valley Stream, NY Sept. 2011- May 2012
School Psychology Intern
Administered comprehensive psychological assessments, provided social skills training, meditation practice for select students, counseling services, developed behavior intervention plans, Manifestation

Determination meetings, and delivered universal screenings to establish benchmark data
 • **Adelphi University**, Garden City, NY August 2010- May 2012
Graduate Assistant
 Assisted graduate students in intellectual assessment classes. Graded test protocols and administered competency exams to first year graduate students
 • **Institute for Parenting**, Garden City, NY April- Sept. 2011
Summer Research Internship
 Performed tasks to become more familiarized with research in a culturally sensitive framework; included but not limited to: literature reviews, data entry, and “child-parent therapy” observation
 • **Bridges to Adelphi Program**, Garden City, NY Jan. - July 2011
Academic Coach and Counselor
 Helped to enhance college life for students with nonverbal learning disabilities and anxiety and co-created a curriculum for a graduate course in counseling students with Autism
 • **Giant Steps**, Hauppauge, NY Dec. 2010 – May 2011
Recreational Counselor
 Facilitated and promoted social interaction in a group setting with adults ages 18-32
 • **Freshman Orientation Experience**, Garden City, NY August 2010- June 2011
Teacher Assistant
 Assisted professors with their freshman orientation classes. Lead class discussions and educated students on topics such as transitioning, academic honesty, and alcohol abuse prevention
 • **West Islip Public Schools**, West Islip, NY August 2010- June 2011
Teacher Aid
 Assisted in the implementation of daily classroom scheduling and management under direction of the classroom teacher. Assisted in all elementary, junior high school, and senior high school locations
 • **Kramer Learning Center**, Bay Shore, NY March 2010- Jan. 2011
1:1 Classroom Aid
 Assisted classroom teacher and ABA specialists in general supervision of students. Provided additional aid to developmentally disabled students in need of extra support
 • **South Oaks Psychiatric Hospital**, Amityville, NY Jan. 2008- July 2009
Behavioral Counselor and DBT Skills Trainer
 Provided crisis intervention, 1:1 counseling and group counseling to preadolescent children. Ran staff meetings to educate employees on appropriate therapeutic skills training and mindfulness
 • **Town of Babylon Parks and Recreation**, Islip, NY Summers 2002- 2007
Lifeguard and Swim Coach
 Maintained constant surveillance of patrons in the facility, acted immediately and appropriately to secure safety of patrons in the event of emergency, and provided supervision and practice plans for a swimmers ranging in ages 5 to 17

PROFESSIONAL EXPERIENCE & PUBLICATIONS:

- Author of: “Improving Adolescent’s Working Memory Through A Long-Term MBSR Curriculum” (2017) *ProQuest* (pending publication)
- Attended Meditation and Ethical Living: Keys to Spiritual Growth, a mindful meditation retreat facilitated by Jim Rose, M.Ed., in Amityville, NY, 2014
- Attended The Edge of Therapy: Student Yoga and Mindful Practice, Uniondale, NY, 2014
- Author: “Non-Suicidal Self Injury and Ethical Implications” (2013) *Significant Findings*, 17, 5-7.
- Interviewed incoming graduate students applying to Hofstra University, 2013
- Presented at the NASP Conference in Philadelphia, PA, 2012
- Co-author of: “Moving Beyond the Stigma: An inclusive look into self-injurious behavior”
- Presented at the Society for Personality Assessment in Chicago, IL, 2012
- Co-author of: “Assessing the Differential Diagnosis and Construct Validity of DSM-IV Schizoid and Avoidant Personality Disorders”
- Attended Teen Anger Management Education Presentation (T.A.M.E.) in Commack, NY, 2011
- Presented at the NYASP Conference in Verona, NY, 2011
- “Culturally Responsive Schools and Positive Behavioral Interventions and Supports”
- Presented S/T on Bully Prevention at annual academic conference at Adelphi University, 2011
- Attended the NASP Conference in San Francisco, CA, 2011
- Interviewed incoming graduate students applying to Adelphi University, 2010 & 2011
- Attended Clinical Issues in School Psychology Conference presented by Nassau Psychological Services Institute, 2010

- Discussant for Dr. Ionas Sapountzis, Director of Adelphi University's Masters in School Psychology program, professional case study paper, 2010
- Attended More Than Sad: Teen depression presentation, Westbury, NY, 2009
- Attended the NYASP Conference in White Plains, NY, 2009

CULTURAL EXPERIENCE & COMMUNITY SERVICE:

- **Alternative Spring Break**, Costa Rica March 2011
Provided education and inspiration to Costa Rican Children through workshops and helped create structure though building beds for families in need
- **Girls on the Run**, San Francisco, CA February 2011
Participated in a 5K that raised money to help educate and prepare girls for a lifetime of self-respect and healthy living via a curriculum of running
- **Child Abuse Protection Services**, Roslyn, NY Sept. 2010- June 2014
Provided educational lectures to 6th and 7th grade students about bully prevention
- **American Foundation for Suicide Prevention**, Westbury NY Sept. 2010- Present
Out of the Darkness Community annual walks and volunteered with check-in at the registration booth

REFERENCES

Jeffery Froh, Psy.D.
School-Community Psychologist
Professor
Hofstra University
(t) 631-513-0560

Mark Peterson, Ph.D.
Chief School Psychologist
Valley Stream North High School
(t) 516-564-5500
(f) 516-564-5539

Ionas Sapountzis, Ph.D.
Director of School
Psychology Program
Adelphi University
(t) 516-877-4743
(f) 516-877-4754
