

Curriculum Vitae

**Christina R. Theodore-Oklota**

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**Education**

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- 2004**      **The Ohio State University**, Columbus, Ohio  
*B.S. in Psychology, Cum Laude*
- 2004-**      **Suffolk University**, Boston, Massachusetts  
**present**      *M.A in Clinical Psychology*  
*anticipated May 2006*  
*Ph.D. in Clinical Developmental Psychology, Child Concentration*  
*anticipated May 2009*

**Research Experience**

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**Research Assistant**, *East Boston Family Study*  
University Illinois – Chicago Department of Psychology, Harvard University Channing  
Laboratory, and Brigham and Woman’s Hospital      2004-Present  
*Principal Investigator: Lauren Wakschlag, Ph.D.*  
*Project Director: Gretchen Biesecker, Ph.D.*

Assessment Duties

- Research assistant for National Institute on Drug Abuse (NIDA) funded longitudinal study of pathways from prenatal exposure to cigarettes to patterns of adolescent problem behavior, including sex differences in these patterns and the moderating role of family context.
- Conducted diagnostic and structured interviewing of adolescents and parents about problem behavior and family context using a computer assisted personal interviewing (CAPI) format
- Responsible for tracking, tracing and recruitment efforts of families through the 4 year length of the study
- Entering, editing, and maintaining the integrity of the data collected for tracking and tracing and scientific efforts.
- Assisted in design modification of a secure Access database used to maintain records about the families in the study and details about tracking efforts and interview outcomes
- Youth administered measures include Youth Psychopathy Inventory, Diagnostic Interview Schedule for Children (DISC), Antisocial Behavior Checklist-Youth Version, Family Adaptability and Cohesion Evaluation Scales (FACES II), Hetherington Discipline Scale
- Parent administered measures include Antisocial Behavior Checklist (ASBC), Drug Abuse Screening Test (DAST), Michigan Alcoholism Screening Test

(MAST), Zuckerman-Kuhlman Personality Questionnaire (ZKPQ), Family Adaptability and Cohesion Evaluation Scales (FACES II), Hetherington Discipline Scale

**Senior Honors Thesis**, Psychology Department

The Ohio State University

2003 - 2004

*Prediction of Treatment Utilization in Families of Children with Early Onset Bipolar Spectrum Disorder (EOBSD)*

*Supervisors:* Mary Fristad, Ph.D., ABPP and Nicholas Lofthouse, Ph.D.

**Objective:** examining the effect of multiple variables in predicting effective treatment utilization for families of children with bipolar disorder.

- Used the Double ABCX theoretical model to analyze multiple predictor of treatment utilization
- Data collected utilizing Medication Usage and Service Provider Grids, Understanding Mood Disorders Questionnaire (UMDQ), Structured Clinical Interview for Disorders (SCID), Coddington Life Events Scale, Psychiatric Diagnostic Interview – Revised (PDI-R), Parental Treatment Beliefs Scale, Demographic Information.
- Data analysis using logistic regression over nine variables
- Performed literature searches using PSYCHInfo and Medline.
- Data analysis using SPSS
- Applied for and received funding through College of Arts and Sciences Undergraduate Research Scholarship.

**Research Assistant**, Psychology Department

The Ohio State University Medical Center

2002 - 2004

*The Ohio State University Stress and Health Study*

*Principal Investigator:* Janice Kiecolt-Glaser, Ph.D.

**Assessment Duties:**

- Research Assistant for several longitudinal studies looking at effects of stress and other psychological factors on immune and endocrine functioning in human body including *Marriage and Stress Study*, *Allergies and Stress Study*, *Olfaction, Mood, and Physiological Responses Study* and *Relaxation Study*.
- Measuring healing of small dermal wounds created on participants' arms utilizing computer program linked to a DermaLab machine that measured the transepidermal water loss of wounds.
- Screening potential participants using Cardiff Teleform and corresponding with applicants not eligible for the study.
- Conducting participant appointments at the Clinical Research Center located in the University Medical Center following outlined protocol for procedure, proper interaction, and data integrity.
- Administering multiple measures including Beck Depression Inventory (BDI), Pittsburgh Quality Sleep Index, Life Events List, Positive and Negative Affect Scale (PANAS), Recent Health Behaviors, News York University Loneliness Scale (NYUL).

**Administrative Duties:**

- Using Pinnacle Studio Software to render Digital Video into Compact Disc format for use in transcribing spoken thoughts and protocol review.

- Redesigning layout and design to Microsoft Access Database.
- Entering and checking data utilizing Cardiff Teleform software.
- Transcribing participants spoken thoughts and communications
- Recording all participant interaction and correspondence using Microsoft Access Database.
- Performing literature searches using PSYCHInfo and Medline.

**Research Assistant, Psychology Department**

The Ohio State University Medical Center

2002 – 2004

Division of Child Adolescent Psychiatry

*Multi Family Psychoeducation Group Study, (MFPG) Study / Individual Psychoeducation Study, (IFP) Study*

*Principal Investigator: Mary Fristad, Ph.D., ABPP*

Assessment Duties:

- Assessing parental psychopathology and treatment history. Using: Hamilton Depression Scale (HAM-D), Mania Rating Scale (MRS), Psychiatric Diagnostic Interview – Revised (PDI-R), and Medication Usage and Service Provider Grids.
- Administering self-report questionnaires documenting child and parent functioning, including: Structured Clinical Interview for Disorders (SCID), Coddington Life Events Scale, and Children’s Depression Inventory – Parent form (CDI-P).
- Coding and scoring results and written assessment reports.
- Participating in case reviews to determine family study eligibility.

Administrative Duties:

- Created and maintaining secure Microsoft Access Database to record participant information and track data.
- Using Microsoft Outlook to maintain schedule of upcoming interviews and to notify interviewers of scheduled appointments.
- Implementing system to convert videos of assessments and groups to digital media and supervising students performing task.
- Providing payment to subjects for interviews.
- Reconciling bank and grant statements.
- Maintaining supplies for office and group sessions.
- Attending weekly lab meetings to discuss clinical and research issues and recording and distributing written meeting minutes.
- Performing literature searches using PSYCHInfo and Medline.

## **Clinical Experience**

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**Clinical Psychology Practicum Student**

Manville School of Judge Baker Children’s Center

2005-present

*Supervisor: Mitch Abblett, Ph.D.*

- Provided individual and group therapy in addition to psychological evaluations to children and adolescents with emotional, behavioral, and neurological or learning disabilities at an onsite therapeutic day school

- Responsible for the case management of 3 cases including but not limited to consultation with outside agencies, providing referrals for appropriate services, and coordinating and conducting weekly treatment meetings,
- Involved in-school crisis intervention for individual cases
- Provided individual treatment with parents and family treatment on various concerns most commonly regarding the implementation of behavioral management plans
- Part of a multidisciplinary team approach to facilitate the educational, emotional, and behavioral development of the child
- Consulted with team weekly on cases to review progress made and to adjust treatment plan accordingly
- Coordinated and conducted yearly case conferences
- Provided written and oral feedback to school administrators and parents about the cognitive and academic strengths and weaknesses.
- Consulted with school system administrators on the results
- Attended didactic seminars on psychological and medical topics in addition to participating in training seminars

**Multi-Family Psychoeducation Group Co-Therapist**

The Ohio State University Medical Center

2003 - 2004

Division of Child Adolescent Psychiatry

*Supervisor:* Mary Fristad, Ph.D., ABPP

- Co- child therapist in 8-week Multi Family Psychoeducation Group sessions for children aged 8-11 with mood disorders.
- Trained in a manualized treatment for children with mood disorders.
- A main goal of treatment groups was to provide psychoeducation regarding symptoms of mood disorders, common comorbid conditions, as well as medications, side effects, and side effect management
- Addressed the children's development of helpful coping strategies, social skills, and problem-solving strategies
- Participated in weekly treatment team meetings

**ABA Therapist / Independent Provider, Single Family**

Columbus, Ohio

2002 - 2004

*Supervisor:* Michael Wolf, M.A.

- Application of Applied Behavior Analysis in treatment of a six year-old (at onset) with Asperger's disorder.
- Received training and participating in monthly case meetings related to the development of behavior interventions.
- Implementing behavior programs targeting disruptive and externalizing behavior problems, including enuresis and encopresis.
- Organizing and supervising generalization trips and peer interactions.
- Providing supervision at school activities.

**Residential Specialist, PsychTemps**

Columbus, Ohio

2002 - 2004

*Supervisor:* Marilyn Tribbe, LSW

- Employed at Granville House, a residential facility for adults with serious mental illness who were previously treated at Twin Valley Psychiatric Hospital.

- Assisting clients with daily activities such as personal hygiene, daily chores, and meal preparation.
- Regulating items for each client according to instruction (e.g. number of caffeinated beverages per day).
- Documenting client activities at hour intervals and providing written shift reports.
- Participating in shift report meetings at shift change.
- Supervising residents on outings (e.g. Ohio State Fair, movies)

**Mental Health Technician / Crisis Technician, Netcare**

Columbus, Ohio

2002 – 2003

*Supervisor: Kathy Brown, MSW, LSW*

- Provided crisis intervention for walk in and emergency clients
- Provided support for residents in seven-day facility.
- Completed intake interview on new emergency clients, which included: paper work, personal inventory, and introductory interview.
- Documented all client activities at hour intervals according to billing procedures.
- Facilitated group therapy / sharing sessions.
- Planned activities for residents (e.g. journal writing, crafts, games).
- Conducted room and person searches to ensure client safety.
- Participated in shift report meetings at shift change.
- Underwent crisis and diversity training.

**Awards**

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- Graduation with Distinction in Psychology
- *Recipient*, College of Arts and Sciences Undergraduate Research Scholarship
- *Member*, University Honors Program, The Ohio State University, 2003-2004
- Dean's List, Kent State University, 1994-1995
- Dean's List, Ohio State University, 2002-2003

**Professional Organizations**

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- *Student Affiliate*, American Psychological Society, 2002-Present
- *Student Affiliate*, American Psychological Association, 2003-Present
- *Student Affiliate American Psychological Association, Division 53 Society of Clinical Child and Adolescent Psychology, 2004- Present*
- *Student Affiliate Association for Advancement of Behavior Therapy, 2005-Present*

**Presentations**

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Theodore-Oklota-C., Fristad, M.A., & Lofthouse, N., (May, 2004). Prediction of treatment utilization in families of children with early-onset bipolar spectrum disorders. Poster presented at the Ohio State University Denman Undergraduate Research Forum, Columbus, OH.

Theodore-Oklota C., Fristad, M.A., & Lofthouse, N., & Dingus, C. (October, 2004). Prediction of treatment utilization in families of children with early-onset bipolar spectrum disorders. Poster presented at the Kansas Conference in Clinical Child and Adolescent Psychology (Division 53) Lawrence, KS.

## **Publications**

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### ***Manuscript in Preparation:***

Theodore-Oklota-C., Fristad, M.A., & Lofthouse, N., (2004). Prediction of treatment utilization in families of children with early-onset bipolar disorders. Manuscript in Preparation