

# KIMBERLY HOOK

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## EDUCATION

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<b>Doctor of Philosophy, Counseling Psychology</b> <i>Loyola University Chicago, Chicago, IL</i>	In progress
<b>Certificate in Addictions Counseling</b> <i>College of DuPage, Glen Ellyn, IL</i>	July 2015
<b>Master of Arts, Clinical Psychology</b> <i>Wheaton College, Wheaton, Illinois</i>	May 2013
<b>Bachelor of Science, Health Education and Behavior</b> <i>University of Florida, Gainesville, FL</i> <i>Minors: Mass Communication Studies, Communication Studies</i>	May 2009

## PROFESSIONAL LICENSURE AND CERTIFICATION

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<b>Certified Alcohol and Other Drug Abuse Counselor (CADC)</b> <i>Illinois Certification Board</i>	Aug. 2015 - present
<b>Licensed Professional Counselor (LPC)</b> <i>State of Illinois</i>	Feb. 2014 - present

## CLINICAL EMPLOYMENT

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<b>Case Therapist</b> <i>Central DuPage Hospital Behavioral Health Services Winfield, IL</i>	June 2013 - July 2014
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- Provided 1960 hours of psychological services and counseling for adult and adolescent patients in day hospital programming (direct responsibilities for up to 8 patients at a time while also leading 1-2 groups per day)
- Used treatment modalities such as individual, group, and family therapy
- Gained competencies in utilizing Cognitive Behavioral Therapy, Dialectical Behavior Therapy (DBT), psychodynamic approaches, experiential group work, and expressive/art therapies
- Performed case management tasks, including development and maintenance of treatment plans, coordination of patient care with physicians, and communication with patients' families, schools and/or outpatient providers

## CLINICAL TRAINING

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<b>Practicum Therapist</b> <i>Insight Behavioral Health Centers Chicago, IL</i>	July 2015 - present
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- Currently completed approximately 400 hours of training in partial hospitalization setting (expected to complete 1000+ hours at this site)
- Led group counseling focusing on DBT skill building and substance abuse interventions
- Provided individual therapy services and coordinated treatment care for caseload of patients
- Participated in program staff meetings and received extensive DBT didactic training

**Addictions Counseling Intern**

May 2015 - July 2015

*Presence Saint Joseph Hospital, Professionals Program Chicago, IL*

- Completed a 300 hour internship in an addictions-specific partial hospitalization setting
- Observed and provided different treatment modalities, including individual therapy, process groups, psychoeducation groups, relapse prevention groups, and family therapy groups
- Gained competencies in motivational interviewing, knowledge of addictions disease model, and effective use of counseling skills (e.g., relapse prevention, use of 12-step approaches)

**Clinical Psychology Intern**

Sept. 2012 - May 2013

*Central DuPage Hospital Behavioral Health Services Winfield, IL*

- Completed a 700 hour internship in a partial hospitalization setting
- Worked with patients with a wide range of diagnoses, including dual-diagnosis patients
- Observed and provided different treatment modalities, including individual therapy, process groups, psychoeducation groups, expressive groups, and other similar types of group work
- Developed competency in creating treatment plans, working through courses of treatment with patients, collaborating with different medical professionals, and documenting case work

**TEACHING EXPERIENCE**

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**Adjunct Professor (Course: Counseling Techniques)**

Oct. 2015 - present

*North Park University Chicago, IL*

- Developed course syllabus, created and provided class lectures, graded coursework, and mentored masters level counseling students

**Adjunct Professor (Course: Appraisal of Individuals)**

March 2015 - April 2015

*North Park University Chicago, IL*

- Developed course syllabus, created and provided class lectures, graded coursework, and mentored masters level counseling students

**Teaching Assistant (Course: Theories of Counseling & Psychotherapy)**

Jan. 2015 - May 2015

*Loyola University Chicago Chicago, IL*

- Prepared and delivered classroom lectures
- Actively participated in class administrative matters and provided insight in classroom activities/discussions

**Teaching Assistant (Course: Counseling Skills)**

Aug. 2014 - Dec. 2014

*Loyola University Chicago Chicago, IL*

- Assisted masters-level students in gaining clinical counseling skills by facilitating learning process (e.g., reviewed counseling sessions and provided feedback, helped students think critically via questioning or considering alternative clinical decisions, etc.)
- Evaluated student work and made recommendations about student progress
- Actively participated in class administrative matters and provided insight in classroom activities/discussions

**Guest Lecturer**

Oct. 2013; Sept. 2013; May 2013

*Concordia University Chicago River Forest, IL*

- Developed mindfulness-based lectures for students in an introductory psychology course

**English Class Instructor**

June 2009 - Dec. 2009

*International Mission Board Saint Petersburg, Russia*

- Developed, coordinated, and selected curriculum for an "English as a Second Language" class; instructed class weekly and developed relationships with students

**Co-Instructor (Course: First-Year Florida)**

June 2008 - Aug. 2008; Aug. 2007 - Dec. 2007

*University of Florida* Gainesville, FL

- Prepared and presented lectures and activities to facilitate student interaction and arranged service projects and social opportunities for students
- Evaluated and graded student work
- Met with students individually to provide support and education about college transitions
- Appointed Co-Instructor Lead Mentor in March 2008, with duties including facilitating monthly meetings of First Year Florida co-instructors and providing assistance and guidance for instructors

**RESEARCH EXPERIENCE**

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**Lab Research Member**

Aug. 2014 - present

*Dr. Elizabeth Vera, Loyola University Chicago* Chicago, IL

- Participated in designing research study and data collection
- Served as assistant to professor by coordinating lab meetings and completing administrative tasks

**Lab Research Member**

May 2012 - June 2014

*Youth Risk and Resilience Lab, Wheaton College* Wheaton, IL

- Initiated project related to parental monitoring of media exposure and adolescent alcohol use
- Acquired IRB documentation, received approval for use of a large national dataset, solely completed literature review, and analyzed and managed resulting data with group members
- Led project team and provided guidance to advance project

**Research Coordinator and Co-Investigator**

July 2013 - Feb. 2014

*Central DuPage Hospital Behavioral Health Services* Winfield, IL

- Developed and designed project to assess patient completion of hospital-based psychiatric treatment and subsequent need for future psychiatric in-patient hospitalization with future plans to submit project for poster presentation
- Completed IRB paperwork and extensive literature review

**Lab Research Member**

August 2012 - Dec. 2013

*Humanitarian Disaster Institute Applied Research Lab, Wheaton College* Wheaton, IL

- Collaborated with community organizations to develop Community Emergency Response Teams and plan specifically targeted interventions to address needs of immigrant populations in disaster situations
- Researched and collaborated on projects related to disaster relief, trauma in Africa, and the effectiveness of lay counselors in recovery efforts
- Worked with fellow lab members to create tip sheets for use in disaster response work

**Neurological Research Assistant**

March 2007 - May 2009

*Shands Medical Plaza, University of Florida* Gainesville, FL

- Initiated and received IRB approval for retrospective patient study
- Worked on thorough patient data analysis via chart review, which culminated in a poster presentation and an undergraduate thesis
- Developed proficiency interacting with patients and providing education in the clinic setting
- Shadowed neurologist weekly during clinical rounds and administered neurological tests to patients including Montreal Cognitive Assessment (MoCA) and Mini-Mental State Examination (MMSE)

## OTHER RELEVANT EXPERIENCE

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### Graduate Assistant

Aug. 2015 - present

*Chicagoland Partners for English Language Learners, Loyola University Chicago* Chicago, IL

- Served as member of grant-funded team to further school district efforts related to student English language learning
- Gained competency in the use of SPSS via quantitative data input and analysis of output
- Completed needs assessments and data reports and furthered skills in both quantitative and qualitative data analysis
- Maintained log related to grant and school district efforts

### Program Facilitator

June 2011; June 2009; June 2008; June 2006; June 2005

*International Mission Board* Saint Petersburg, Russia

- Conducted outreach programs for inner-city and rural youth
- Assessed the feasibility and planned the implementation of program activities
- Fostered successful cross-cultural working relationships between American and Russian team members and between team members and local governing authorities

### Volunteer Liaison

March 2007 - Dec. 2008

*Haven Hospice* Gainesville, FL

- Arranged patient intake appointments to evaluate patients and patient environments for volunteer safety
- Completed and submitted patient evaluation reports
- Worked in the Care Center by providing patient care such as compassionate listening and mindful presence

## PUBLICATIONS

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### Accepted Publications

Smigelsky, M. A., Aten, J. D., Gerberich, S., Sanders, M., Post, R., **Hook, K.**, Ku, A., Boan, D. M., & Monroe, P. (2014). Trauma in sub-Saharan Africa: Review of cost, estimation methods, and interventions. *International Journal of Emergency Mental Health, 16*(2), 127-136.

### Publications in Preparation

Aten, J., Hovis, R., & **Hook, K.** (in preparation). Disaster spiritual and emotional care. In J. Aten & D. Walker (Eds.), *Treating trauma in Christian counseling and psychotherapy*. Downers Grove, IL: InterVarsity Press.

Smith, L., Aycock, C., **Hook, K.**, Chen, P., & Rueger, S. (in preparation). Parental monitoring moderates the relationship between radio exposure and adolescent substance use.

Smith, L., Aycock, C., **Hook, K.**, Chen, p., & Rueger, S. (in preparation). Parental communication with adolescents: Moderating media exposure depicting substance use.

### Presentations

Vera, E. M., Carr, A., Aydin, F., Adams, K., Roche, M. K., Daskalova, P., Haywood, S., Raziuddin, A., **Hook, K.**.... Odunewu, L. (2015, August). *Contextual influences on bullying participation of urban ethnic minority youths*. Poster presented at the meeting of the American Psychological Association, Toronto, Ontario.

Smigelsky, M. A., Aten, J. D., Gerberich, S., Sanders, M., Post, R., **Hook, K.**,....Monroe, P. (2014, August). *Trauma in Sub-Saharan Africa: Review of cost, estimation methods, and interventions*. Paper presented at the meeting of the American Psychological Association,

Washington, D.C.

Aycock, C., **Hook, K.**, Chen, P., Smith, L., Lindsey, M., & Rueger, S. (2014, May). *Parental monitoring buffers the effects of music-related media exposure on underage drinking*. Poster presented at the meeting of the Association for Psychological Science, San Francisco, CA.

**Hook, K.**, & Finney, G. (2009, April). *Comparison of delayed recall tasks in a memory clinic*. Poster presented at the meeting of the American Academy of Neurology, Seattle, WA.

## **LANGUAGES**

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### **Russian**

- Engaged in full-time Russian language study and passed university-level Russian language proficiency exams at Saint Petersburg State University in Saint Petersburg, Russia
- Testing components included reading, writing, and speaking proficiency measures

## **HONORS AND AWARDS**

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**Undergraduate thesis awarded “*Summa cum Laude*”** May 2009

- Entitled, “*Assessing Treatment and Test-Retest Effects in Cognitive Dysfunction*”

**Nominee, Health Education and Behavior Student of the Year**

April 2009