

Raquel Martin, PhD, HSP

Curriculum Vitae

CONTACT INFORMATION

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EDUCATION

Uniformed Services University of the Health Sciences, Bethesda, MD
Ph.D. in Medical and Clinical Psychology, Graduated August 2019

Uniformed Services University of the Health Sciences, Bethesda, MD
M.S. in Medical and Clinical Psychology, Graduated May 2016

Lipscomb University, Nashville, TN
M.S. in Psychology, Graduated May 2012

Fisk University, Nashville, TN
B.A. in Psychology, Graduated May 2010

CLINICAL EXPERIENCE

Clinical Psychologist: TimelyMD
(September 2021 – Present)

- Diagnose mental health disorders, develop individualized treatment plans, and identify treatment goals with patients with measurable outcomes for college students
- Periodically re-assess, re-evaluate, and adjust therapy and treatment goals as needed
- Document clinical interventions

Assessment Psychologist: The Learning Lab
(October 2020 – July 2021)

- Administer assessments for psychodiagnostic clarification including assessments for intelligence, language, motor skills, memory, executive functioning, academic skills, behavior/emotional functioning
- Score and interpret psychological assessments and apply them to treatment plans
- Write integrated reports utilizing clinical and assessment data
- Utilize assessment data to appropriately conceptualize the case, develop diagnoses, and provide recommendations
- Provide feedback to patients and their families regarding assessment results

Postdoctoral Fellow: Johns Hopkins University, Kennedy Krieger Institute – Center for Family and Traumatic Stress

(September 2019 – September 2020)

- Conduct intake screening and assessments, risk assessments, and crisis evaluations
- Conduct evidence-based child, family, individual, and group therapy including CPT, CBT, TF-CBT, and PCIT
- Diagnose mental health disorders, develop individualized treatment plans, and identify treatment goals with patients with measurable outcomes
- Periodically re-assess, re-evaluate, and adjust therapy and treatment goals as needed
- Coordinate community resources, services, and opportunities for patients
- Develop and manage therapy group and collect data regarding efficacy of the group
- Coordinate care with additional workers including social workers, psychiatrists, and primary care physicians
- Provide clinical and assessment consultation
- Responsible for the development and initiation of a new therapeutic model administered at Johns Hopkins University
- Supervise interns and ensure that their clinical and administrative skills improve during their internship
- Document clinical interventions and treatment plans in a timely manner

Psychology Doctoral Intern: Johns Hopkins University, Kennedy Krieger Institute – Child & Family Therapy Clinic

(July 2018 – May 2019)

- Conduct intake screenings and assessments, risk assessments, and crisis evaluations
- Conduct family and individual therapy utilizing evidence-based treatment modalities including CBT and ACT
- Diagnose mental health disorders, develop individualized treatment plans, and identify treatment goals with patients with measurable outcomes
- Periodically re-assess, re-evaluate, and adjust therapy and treatment goals as needed
- Coordinate community resources, services, and opportunities for patients
- Coordinate care with additional workers including social workers, psychiatrists, and primary care physicians
- Document clinical interventions and treatment plans in a timely manner
- Supervise externs and ensure that their clinical and administrative skills improve during their internship

Clinical Extern: Greenbelt CARES

(May 2017 - March 2018)

- Participate in weekly family therapy according to systems theory
- Diagnose mental health disorders, develop individualized treatment plans, and identify treatment goals with patients with measurable outcomes
- Periodically re-assess, re-evaluate, and adjust therapy and treatment goals as needed

- Participate in weekly didactic training and case conferences
- Participate in weekly therapy supervision
- Document clinical interventions and treatment plans in a timely manner

Clinical Extern: Treehouse Child Advocacy Center
(May 2017 – March 2018)

- Conduct diagnostic interviews
- Conduct Trauma Focused Cognitive Behavior Therapy for children and their parents
- Coordinate community resources, services, and activities for patients
- Coordinate care with additional workers including social workers, teachers, lawyers, and police officers
- Document clinical interventions and treatment plans in a timely manner
- Participate in weekly supervision, didactic, and multi-disciplinary meetings

Registered Psychological Associate: Chesapeake Bay Psychological Services
(November 2016 – November 2017)

- Administer assessments for psychodiagnostic clarification including assessments for intelligence, language, motor skills, memory, executive functioning, academic skills, behavior/emotional functioning
- Score and interpret psychological assessments and apply them to treatment plans
- Write integrated reports utilizing clinical and assessment data
- Utilize assessment data to appropriately conceptualize the case, develop diagnoses, and provide recommendations
- Provide feedback to patients and their families regarding assessment results
- Participate in weekly assessment supervision

Clinical Extern: Department of Community & Human Services - Center for Children & Families
(September 2016 – May 2017)

- Conduct individual therapy with children and adolescents
- Conduct individual, family, and group therapy utilizing evidence-based treatment modalities
- Conduct intake screenings and assessments
- Administer assessments for psychodiagnostic clarification including assessments for intelligence, language, motor skills, memory, executive functioning, academic skills, behavior/emotional functioning
- Score and interpret psychological assessments
- Utilize assessment data to appropriately conceptualize the case, develop diagnoses, and provide recommendations
- Write integrated reports utilizing clinical and assessment data
- Participate in weekly didactic training and case conferences

- Participate in weekly therapy supervision

Clinical Extern: Neuropsychological Associates of Fairfax
(June 2016 – September 2016)

- Administer neuropsychological evaluations
- Score and interpret neuropsychological evaluations for diagnostic clarification
- Participate in weekly testing supervision

Clinical Extern: Mt. Washington Pediatric Hospital
(September 2015 – May 2016)

- Conduct individual therapy for children and adolescents utilizing evidence-based modalities including cognitive behavioral therapy
- Conduct intake screening and assessments to direct patients to the appropriate therapy clinic
- Administer assessments for psychodiagnostic clarification including assessments for intelligence, language, motor skills, memory, executive functioning, academic skills, behavior/emotional functioning
- Score and interpret psychological assessments
- Write integrated reports utilizing clinical and assessment data
- Utilize assessment data to appropriately conceptualize the case, develop diagnoses, and provide recommendations
- Participate in weekly didactic training and case conferences
- Participate in weekly therapy supervision

TEACHING EXPERIENCE

Adjunct Instructor, Undergraduate Introduction to Psychology – Fisk University
(August 2020 - Present)

- Develop syllabus, course assignments, rubrics, and weekly class presentations
- Grade course assignments including essays and exams
- Respond to students in a timely manner regarding concerns and assignments
- Counsel students and provide academic advisement to ensure that students are able to pass the course
- Utilize Canvas online learning system for coursework

Adjunct Instructor, Undergraduate Introduction to Psychology – Iglobal University
(May 2018 - Present)

- Develop syllabus, course assignments, rubrics, and weekly presentations
- Grade course assignments including essays and exams
- Respond to students in a timely manner regarding concerns and assignments
- Counsel students and provide academic advisement to ensure that students are able to pass the course

- Utilize Canvas and Populi online learning systems for coursework

Teaching assistant, Graduate courses - USUHS

(August 2014 – August 2017)

- Assist in the development of course syllabus
- Assist teacher in grading student essays and exams
- Administer course lectures and instruction online and in person
- Maintain office hours for students that need assistance

Co-instructor, Graduate Psychology History & Systems – USUHS

(August 2014 – August 2015)

- Develop course syllabus
- Assist teacher in grading student essays and exams
- Administer course lectures and instruction in person
- Maintain office hours for students that need assistance

RESEARCH EXPERIENCE

Graduate Student Research Assistant, Dr. David Riggs Research Laboratory - USUHS

(May 2016 – April 2018)

- Collaborate on institutional review board (IRB) submissions, study design, study implementation, data collection, data analysis, and poster and manuscript preparation.
- Utilize public health knowledge to develop and manage research projects
- Participate in weekly lab meetings on health equity research
- Supervise lab employees and researchers/clinicians in training

Graduate Student Research Assistant, Dr. Neil Grunberg Research Laboratory – USUHS

(August 2013 – April 2016)

- Collaborate on institutional review board (IRB) submissions, study design, study implementation, data collection, data analysis, and poster and manuscript preparation.
- Utilize public health knowledge to develop and manage research projects
- Participate in weekly lab meetings on nicotine and leadership research
- Supervise lab employees and researchers/clinicians in training

Research Study Leader, Nicotine Stress Research Study - USUHS

(January 2014 – January 2016)

- Assisted in the design of a study examining the effects of nicotine in attenuating the stress response in male and female rats, the sex differences in these effects, and the impact of nicotine on memory, learning, and information processing
- Perform organizational tasks such as scheduling the animal behavioral measures, ordering supplies, and calculating the study budget
- Conduct animal behavioral measures, including acoustic startle response, passive avoidance, open field activity, and neurological severity scale – revised
- Conduct warrior stress paradigm which models the environment service members

- experience with the use of a predator scent and unpredictable stimuli
- Conduct data entry and data analysis
- Collaborate on poster and manuscript preparation

Clinical Research Project Coordinator, Dr. Maureen Sanderson – Meharry Medical College
(August 2012 - August 2013)

- Responsible for overseeing the day to day operations of clinical research studies as well as supervising interns and project management
- Data collection, analysis, and interpretation
- Utilized a community based participatory research model to identify barriers to care for Black women and adolescents through focus groups and clinical interviews
- Attended seminars and events to promote studies, recruit and screen study participants
- Documented and reported on the daily operations of current research studies

Research Assistant, Dr. Maureen Sanderson – Meharry Medical College
(November 2011 - August 2012)

- Provided support for research studies.
- Recruited and interviewed subjects.
- Data collection, analysis, and interpretation
- Responsible for maintaining accurate records of interviews and safeguarding the confidentiality of subjects, as necessary

SCHOLARLY WORKS

- 2019 Dissertation (Medical and Clinical Psychology): “Minority Adolescent Mental Health Diagnosis Disparities in a Nationally Representative Sample.” Supervised by David Riggs, Ph.D., Uniformed Services University of the Health Sciences, Bethesda, MD.
- 2014 Master’s Thesis (Medical and Clinical Psychology): “Effects of nicotine and stress on learning, memory, and information processing in rats.” Supervised by Neil E. Grunberg, Ph.D., Uniformed Services University of the Health Sciences, Bethesda, MD.
- 2012 Graduate Thesis (Psychology): “Program review of the sexual assault center: Effectiveness of Cognitive Processing Therapy in reducing hopelessness.” Supervised by John. D. Alden, Ph.D, Lipscomb University, Nashville, TN.

MANUSCRIPTS

1. Martin, R., Banaag, A., Riggs, D., & Koehlmoos, T., (2021). *Minority Adolescent Mental Health Diagnosis Differences in a National Sample*, Military Medicine, usab326, <https://doi.org/10.1093/milmed/usab326>
2. Selove, R., Foster, M., **Mack, R.**, Sanderson, M., & Hull, C.P. (2017). *Using the Consolidated Framework for Implementation Research (CFIR) to identify potential facilitators and barriers of an intervention to increase HPV vaccine uptake*. Journal of Public Health Management & Practice. <https://www.ncbi.nlm.nih.gov/labs/articles/27902559/>
3. Toomer, S., & **Mack, R.** (2017). Crisis urgent dispatch: Calling on leadership to respond to violence in black neighborhoods. In K. Bogard, V. M. Murry, & C. Alexander (Eds.),

Perspectives on health equity and social determinants of health. Washington, D.C.: National Academy of Medicine.

4. Hutchinson, J., **Mack, R.**, Perez Koehlmoos, T., DeLeon, P. (2016). Lessons for Health Equity: Military Medicine as a Window to Universal Health Insurance. In K. Bogard, V. M. Murry, & C. Alexander (Eds.), *Perspectives on health equity and social determinants of health.* Washington, D.C.: National Academy of Medicine. <https://nam.edu/lessons-for-health-equity-military-medicine-as-a-window-to-universal-health-insurance/>

CONFERENCE & POSTER PRESENTATIONS

1. Baisley, M.C., Webb, A.R., Yarnell, A.Y., Barry, E.S., **Mack, R.**, Grunberg, N.E. (2015, May) *“Pouring a bucket of water on a man in a pool? An animal model of how caffeine and deployment stress affect information processing”* The Annual Convention of the Association for Psychological Science, New York, NY
2. **Mack, R.**, Weisbrod, A.S., Baisley, M., Barry, E.S., Graham, A.M., Grunberg, N.E. (2015, February) *The effects of nicotine and stress differ depending on sex for activity and depressive-like behavior in rats.* The Annual Meeting of the Society for Research on Nicotine and Tobacco, Philadelphia, PA
3. **Mack, R.**, Baisley, M., Barry, E.S., Graham, A.M., Weisbrod, A.S. (2015, March) *Nicotine and stress have greater cognitive effects on females than males.* The Annual Meeting of the Eastern Psychological Association, Philadelphia, PA
4. Sanderson, M., Neal, R., Khabele, D., Hargreaves, M., Cooper, L., **Mack, R.**, & Hull, P. (2012, December). *Development of an HPV vaccine and cervical cancer screening provider intervention.* National Institute on Minority Health and Health Disparities Conference, National Harbor, MD
5. **Martin, R.**, Banaag A, Riggs DS, Koehlmoos TP (2018, July). *Minority Adolescent Mental Health Diagnosis Disparities: A Nationally Representative Population.* The Biennial APA Division 45 Research Conference. Austin, TX.

SPEAKING ENGAGEMENTS

Martin, R. Exposure to Environmental Traumas and Its Impact on The Family System. Oral presentation at Turning Points for Children Community Umbrella Agency. September 2020. Philadelphia, PA.

Martin, R. Racial Identity as a Shield Against Racism and a Bridge to Esteem Development and Academic Growth. Oral Presentation at Johns Hopkins University, Kennedy Krieger Institute. August 2020. Baltimore, MD.

Martin, R & Costa, L. Evidence-Based Practice with Traumatized Children. Oral Presentation at Johns Hopkins University CORE Course. March 2020. Baltimore, MD.

Martin, R. Assisting At-Risk Youth in Identifying Appropriate Resources. Oral presentation at Turning Points for Children Community Umbrella Agency. February 2020. Philadelphia, PA.

Martin, R. Cultural Competence and Proper Mental Health Diagnoses of Minority Adolescents. Oral presentation at Turning Points for Children Community Umbrella Agency February 2020. Philadelphia, PA.

Martin, R. Cultural Competence and Proper Mental Health Diagnoses of Minority Adolescents. Oral presentation at Turning Points for Children Community Umbrella Agency. February 2019. Philadelphia, PA.

HONORS AND AWARDS

2012 *Psi Chi* (Psychology Honor Society)

RELEVANT CERTIFICATIONS & TRAINING

- 2021 Authority to Practice Interjurisdictional Telepsychology under PSYPACT for: AL, AZ, CO, DE, DC, GA, IL, KY, MD, MN, MO, NE, NV, NH, NC, OH, OK, PA, TN, TX, UT, VA, WV
- 2020 Licensed Clinical Psychologist – MD Department of Health #06494
- 2020 Licensed Clinical Psychologist – TN Department of Health #3755
- 2020 Health Service Provider in Psychology – National Register of Health Psychologists #57475
- 2020 Trauma Focused Cognitive Behavior Therapy
- 2020 Cognitive Processing Therapy
- 2020 Parent Child Interaction Therapy