

Katelyn Tollefson, PsyD

Assistant Professor
Regent University

CURRICULUM VITAE

EDUCATION

Regent University – Virginia Beach, VA August 2016 – May 2021
Psy.D., Clinical Psychology • APA Accredited

Regent University – Virginia Beach, VA August 2016 – Dec. 2018
M.A., Clinical Psychology

Evangel University – Springfield, MO August 2012 – May 2016
B.S., Psychology, minor in BioPsychology

SUPERVISED CLINICAL EXPERIENCE

Psychology Post-Doctoral Fellowship August 2021 – September 2022
Children’s Hospital of the King’s Daughters, Child Advocacy Center (CAC)
935 Redgate Ave • Norfolk, VA • 23507

Position: Post-Doctoral Fellow in Clinical Psychology

Supervisors: *Primary-* Kristina Golden, PsyD, LCP; *Secondary-* Katlin Knodel, PsyD, LCP (assessment and PCIT)

Responsibilities: Conduct assessment intake interviews to children and adolescents aged 3 to 17 to provide treatment recommendations. Provide Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) to children and adolescents presenting with a history of child maltreatment and trauma-related symptoms. Provide Parent Child Interaction Therapy (PCIT) to children aged 3 to 7 presenting with primary behavior concerns. Conduct comprehensive psychological evaluations for children and adolescents with various presentations, including emotional and behavioral difficulties, trauma, cognitive and learning difficulties, among other presenting concerns. Provide feedback of assessment results to families. Work with multidisciplinary team within the Child Advocacy Center comprised of medical professionals, case managers, commonwealth attorneys, detectives, and mental health professionals. Attend monthly multidisciplinary team meetings. Teach weekly, to biweekly, didactic trainings in TF-CBT to doctoral practica students. Provide supervision to doctoral students on an as-needed basis. Receive weekly supervision by Licensed Clinical Psychologist. Complete electronic medical health records.

Psychology Internship • APA Accredited October 2020 – July 2021
Mount Washington Pediatric Hospital
1708 W Rogers Ave • Baltimore, MD • 21209

Position: Psychology Intern

Supervisors: Kenneth Gelfand, PhD, LCP; Lindsay Gavin, PhD, LCP; Jillian Murphy, PhD, LCP; Stephanie Terracciano, PsyD, LCP

Responsibilities: Conduct psychological consultations in order to provide treatment recommendations for children and their families. Conduct comprehensive psychological evaluations (3 monthly) for children and adolescents with various presentations, including emotional and behavioral difficulties, trauma, medical/health issues, cognitive and learning difficulties, among other presenting concerns. Use of evidence-based treatment in outpatient therapy including TF-CBT, CBT, behavioral management techniques, modified DBT, etc. Provide feeding therapy in hospital feeding clinic to meet various feeding goals. Provide inpatient services, including individual and family therapy, to children and adolescents with various comorbid medical and mental health diagnoses. Complete electronic medical health care records. Work with multidisciplinary team including medical professionals, social workers, occupational therapists, physical therapists, speech therapists, among other hospital/health care workers. Attend weekly didactic trainings, staff meetings, medical rounds, and group supervision. Receive 4+ hours of weekly individual supervision by Licensed Clinical Psychologists.

Psychology Internship • APA Accredited July 2020 – October 2020
The Tree House Child Advocacy Center of Montgomery County
7300 Calhoun Pl • Derwood, MD • 20855

Position: Psychology Intern

Supervisors: Alison Kramer-Kuhn, PhD, LCP; Jenna Calton, PhD, LCP; Renee Deboard-Lucas, PhD, LCP

Responsibilities: Conduct intake assessments and psychological assessments to children and their families. Provide individual and family therapy to children presenting with a history of child maltreatment and post-traumatic symptoms, specifically Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). Conduct consultations to assess for risk, assess post-traumatic symptoms, and provide treatment recommendations. Provide Transitional Trauma Therapy (T3) to children recently removed from their homes and placed into foster care. Complete electronic medical health records. Provide supervision to doctoral externs. Work with multidisciplinary team comprised of medical professionals, social workers, attorneys, detectives, and mental health professionals. Attend multidisciplinary team meetings. Attend weekly didactic trainings, staff meetings, and group supervision. Receive 4+ hours of weekly individual supervision by a Licensed Clinical Psychologist.

Children of the Kind's Daughters Child Abuse Program August 2019 – April 2020
935 Redgate Ave • Norfolk, VA • 23507

Position: Practica Student

Supervisor: Dr. Katlin Ternes, PsyD, LCP

Responsibilities: Conduct assessment intake interviews to children and adolescents aged 3 to 17 to provide treatment recommendations. Provide Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) to children and adolescents presenting with a history of child maltreatment and trauma-related symptoms. Work with multidisciplinary team within the Child Advocacy Center comprised of medical professionals, case managers, commonwealth attorneys, detectives, and mental health professionals. Attend monthly multidisciplinary team meetings. Attend weekly didactic training in TF-CBT. Receive weekly supervision by Licensed Clinical Psychologist. Complete electronic medical health records.

Greater Williamsburg Child Assessment Center/ Colonial Behavioral Health

925 Capitol Landing Rd • Williamsburg, VA • 23185

August 2018 – July 2019

Position: Practica Student

Supervisor: Dr. Lori Burkett, PsyD, LCP

Responsibilities: Conduct intake assessments, individual therapy, and comprehensive psychological assessments to children and adolescents aged 5 to 18 with various presenting concerns. Assessments of intellectual and cognitive functioning, executive and behavioral functioning, personality, as well as specialized evaluations including Parenting Capacity Evaluations. Family systems treatment with focus on parenting skills training and stress management. Use of evidence-based treatment in therapy including CBT, ACT, and IPT. Create and implement collaborative treatment plans with a person-centered approach. Complete electronic medical health care records. Interpret and integrate testing results to provide diagnosis and recommendations. Collaborate with other health care professionals. Attend weekly individual supervision by a Licensed Clinical Psychologist as well as group supervision with allied mental health professions. Case conceptualizations weekly.

Psychological Services Center

August 2017 – July 2018

1000 Regent University Dr. CRB 188 • Virginia Beach, VA • 23464

Position: Service Provider

Supervisor: Dr. Erynne Shatto, PhD, LCP

Responsibilities: Conduct intake assessments for diverse community of clients. Conduct individual therapy with adults, adolescents and children with various presenting problems. Conduct family therapy. Use of evidence-based treatment in therapy including ACT, CBT, DBT, and EFT. Create and implement treatment plans. Complete electronic medical health care records. Administer 6 comprehensive psychological assessments as well as interpret and integrate psychological test results to create assessment report with diagnosis. Attending weekly individual and group supervision by a licensed, clinical psychologist. Video and audio reviewed by supervisor. Make case presentations once per semester demonstrating case conceptualization of a client. Completed rotation in outreach and professional development activities. Completed rotation at Virginia Beach Court Services Unit conducting psychological histories and assessment screeners for adolescents in the Virginia Beach Juvenile Justice System.

RELATED CLINICAL EMPLOYMENT

Psychological Services Center

August 2018 – June 2020

Regent University

Virginia Beach, VA

Position: Teaching Fellowship-Clinic Coordinator

Supervisor: Dr. Rachael Stephens, PsyD, LCP

Responsibilities: Supervision of other students at university clinic, 8 hours a week. Facilitate weekly team meetings of student providers in the clinic. Provide consultation to student providers concerning crisis, therapeutic needs, and assessment recommendations. Attend weekly administration meetings. Contact community mental health professionals to schedule didactic presentations. Review client files. Complete miscellaneous tasks including provider schedule updates, weekly administration needs, and collaborative work concerning clinic updates.

Abt Associates/ Department of Veterans Affairs
Rockville, MD

May 2018 – August 2018

Position: Assessment Extern

Supervisor: Karen Jarvis, Field Manager and Dr. Aaron Schneiderman, PhD, MPH, RN

Responsibilities: Collected assessment data on the neurocognitive functioning of post 9/11 veterans for a study conducted by the Department of Veterans Affairs. The CHAI study is a nation-wide study designed to determine if there are differences in the cognitive functioning among veterans who were deployed versus those who were not. Contacted veterans to schedule in-home assessment appointments. Completed 18 batteries. Scored assessments.

Consumers Direct
Springfield, MO

June 2014 –June 2016

Position: Personal Aide

Responsibilities: Provided one-on-one care to sixteen-year-old adolescent female diagnosed with Autism Spectrum Disorder. Aided in the improvement of appropriate behaviors and use of language and social skills. Facilitated clients' daily activities while monitoring clients' behavior. Demonstrated and taught appropriate life skills to develop independence including skills of personal hygiene, social interaction, and chores. Routine visitations to psychiatrist and medical doctors. Completed daily electronic medical health care records.

PROFESSIONAL PRESENTATIONS

Tollefson, K. (2023). Parenting Young Children. Virtual PowerPoint presentation presented for DHS foster care parents through PandoConsulting, Virginia Beach, VA.

Tollefson, K. (2023). Trauma 101. Virtual PowerPoint presentation presented for DHS foster care parents through PandoConsulting, Virginia Beach, VA.

Tollefson, K. (2019). Does the political climate impact the psychological well-being of black and white Americans? Poster presentation presented at Regent University's Research Symposium, Virginia Beach, VA.

Tollefson, K., Norris, M., Hall, C., Wood, K., & Shatto, E. (2018). Employee burnout in a faith-based treatment facility. Poster presentation presented at Christian Association for Psychological Studies (CAPS), Chesapeake, VA.

Tollefson, K. (2016). Rate a face: The impact of media on perceptions of attractiveness. Oral presentation presented at The Midwest Christian Psychology Conference, Springfield, MO.

Tollefson, K., & Zukow, K. (2015). The stereotypes of student athletes and academic achievement. Poster presentation at Midwest Christian Psychology Conference, Bolivar, MO.

LEADERSHIP EXPERIENCE

Peer Supervisor
Regent University, Psychological Services Center

September 2019 – May 2020

Student Mentor
Regent University, Clinical Psychology PsyD Program

August 2017 – July 2018

Conference Co-Facilitator
The Midwest Christian Psychology Conference

August 2015 – May 2016

RESEARCH INTERESTS AND EXPERIENCE

Dissertation: Does the Political Climate Impact the Psychological Well-being of Black and White Americans?
December 2017 – June 2020

Chair: Dr. Cassandra Page, PsyD, LCP

Committee Member: Dr. Mark Yarhouse, PhD, LCP

Responsibilities: Investigated the role of religion in the psychological well-being of Black and White Americans who have experienced, or have perceived to experience, racial discrimination. Defended June of 2020.

Forum Presentation: The Misdiagnosis of Unrecognized Trauma in African-American Youth
Regent University
February 2020

Forum panel: Portia Rawles, PsyD; Erynne Shatto, PhD; Hannah Jones, PsyD; Katelyn Tollefson, MA; and Olufunke Felix, M.Ed, MA

Member: CARY Lab- Child Psychology Research Team
Regent University

August 2016 – July 2018

Facilitator: Dr. Erynne Shatto, PhD, LCP

Responsibilities: Complete didactic trainings on information relevant to the literature of child Psychology. Assist in collection of dissertations and other archival data.

Literature Review: The Impact of Early Intervention on Children with Developmental Delays
Regent University
January 2018 –Present

Research Assistant
Evangel University

August 2015 – May 2016

Principal Investigator: Dr. Heather Kelley, PhD

Responsibilities: Assist in the collection of archival data. Solely responsible for inputting data into SPSS. Assisted professor with research and presentations for academic year of 2016.

TEACHING AND ACADEMIC EXPERIENCE

Psychological Services Center Team Meeting
Didactic Presentation

September 2019

Supervisor: Dr. Rachael Stephens, PsyD, LCP

Responsibilities: Provided a didactic presentation to second-year doctoral students on how to use supervision well. Discussed the literature on effective supervision and the variables of good supervision.

Regent University's PsyD Program in Clinical Psychology
1000 Regent University Dr. • Virginia Beach, VA • 23464

January 2018 – May 2018

Position: Multicultural Group Facilitator

Supervisor: Dr. Carissa Dwiwardani, PhD, LCP

Responsibilities: Facilitate group discussion on topics of diversity and culture. Provide opportunity and direction for group processing of challenging topics in our society that affect our profession as mental health care providers. Focus of the group is on the delivery of culturally sensitive services to those who suffer from mental illness. Grade weekly journals. Attending weekly group supervision by a licensed, clinical psychologist.

Regent University's PsyD Program in Clinical Psychology May 2018 – July 2018
1000 Regent University Dr. • Virginia Beach, VA • 23464

Position: Pre-Practica Teaching Assistant

Supervisor: Dr. Carissa Dwiwardani, PhD, LCP

Responsibilities: Provide clinical didactics, training, and overview of assessments to other students. Supervise students on performance of conducting assessments.

Psychological Services Center Team Meeting
Didactic Presentation

November 2017

Supervisor: Dr. Cassandra Page, PsyD, LCP

Responsibilities: Provided a lecture on the challenges of working with children in clinical settings. Provided recommendations and a review of the literature behind engaging children in therapy or assessment.

PROFESSIONAL CONFERENCES AND TRAINING SEMINARS ATTENDED

Trauma-Focused Cognitive-Behavioral Therapy (TFCBT) February 2022
For Preschool and School-age Children with Problematic
Sexual Behaviors (PSB)
Virtual, 2-day training (8 hours)

San Diego Conference on Child and Family Maltreatment January 2022
Virtual, 5-day training (21.75 hours)
San Diego, CA

Trauma-Focused Cognitive Behavioral Therapy Training July 2020
Virtual, 2-day training (14 hours)
Vickie Beck, APRN-PMH

Trauma-Focused Cognitive Behavioral Therapy Training July 2019
Live, 2-day training (14 hours)
Alicia Meyer, PhD, LCP
Chesapeake, VA

CAPS - Christian Association for Psychological Studies April 2018
Chesapeake, VA

The Midwest Christian Psychology Conference Springfield, MO	April 2016
The Midwest Christian Psychology Conference Bolivar, MO	April 2015
Dialectical Behavior Therapy (DBT) Didactic Session Dr. Erynne Shatto, PhD, LCP Regent University Virginia Beach, VA	November 2017
Parent-Child Interaction Therapy (PCIT) Didactics Dr. Erynne Shatto, PhD, LCP Regent University Virginia Beach, VA	December 2016 – July 2018

PROFESSIONAL AFFILIATIONS & AWARDS

Outstanding Graduate Student	May 2021
Department Scholarship Awards	August 2016 – May 2021
Dean's List for 8 consecutive semesters	August 2012 – May 2016
Athletic and Academic Scholarships	August 2012 – May 2016
Outstanding Research Student Award	May 2016