

DR. CASANDRA CLARK MAZARIEGOS PSY.D, LP

casandra@catalystmentalhealth.com

EDUCATION AND TRAINING:

PONCE SCHOOL OF MEDICINE AND HEALTH SCIENCES, Ponce, PR <i>Psy.D in Clinical Psychology</i>	2014
HAZELDEN BETTY FORD FOUNDATION, Center City, MN <i>Postdoctoral Residency</i>	2015
HAMPSHIRE COLLEGE, Amherst, MA <i>Bachelor of Arts in Multicultural Clinical Psychology</i>	2000

SPECIALTIES:

Populations

- **Adults & Young Adults (15+)**
- **individual Therapy, Group Therapy, and Chemical Health**
- **Neuropsychological / Psychological Assessment**
- **Special populations, Spanish speakers, People who have immigrated to the US and other Minority Populations.**

Specialized Training

- **Eye Movement Desentization Therapy (EMDR)**
- **Mindfulness Based Stress Reduction (MBSR)**

Conditions

- **Addictive Disorders**
- **Traumatic disorders**
- **Neurological Disorders**
- **Impulse Control Disorders**
- **Anxiety**
- **Depression**

EXPERIENCE:

CATALYST MENTAL HEALTH, Telehealth Provider	2020 – Present
THE HEALING MOMENT, Saint Paul, MN	2018 – Present

Psychologist

- Conduct Healing Movement Workshops for BIPOC (Black, Indigenous and People of Color) and service providers dedicated to this population.
- The “Healing Movement “ workshops combine dance, yoga and meditation in a therapeutic environment. Our hope is to connect women of color to healing modalities, anchored in movement, tradition and awareness. Our workshop begins with meditation intended to help participants

determine their intentions for the day. Through out the rest of our activities we ask participants to evoke their intentions and think about how those intentions can be expressed in the movement of dance or yoga. Participants are encouraged to use these movements to channel an internal process of healing.

THE EMILY PROGRAM, Saint Paul, MN

2019 – 2020

Psychologist

- Worked as an outpatient therapist and assistant program coordinator for an intensive outpatient program (IOP) for adults with Eating Disorders.
- Conducted psychoeducational and skills training using methods from Dialectical Behavioral Therapy, Mindfulness Based Stress Reduction, Eye Movement Desensitization Reprocessing, Somatic Experiencing, Yoga and Yoga Nidra.

CATALYST MENTAL HEALTH, Minneapolis, MN

2015 – 2019

Psychologist

- Conducted individual therapy with men and women ages 15 and up.
- Conducted group therapy focused on recovery from addictive disorders and Trauma.
- Conducted neuropsychological and psychological assessment in Spanish and English.

HAZELDEN BETTY FORD FOUNDATION, Saint Paul, MN

2014 – 2015

Postdoctoral Resident

- Conducted diagnostic assessments
- Conducted individual therapy with men and women ages 18 and up.
- Ran the following groups: Seeking Safety for Co-occurring disorders, Opioid Support Groups and psycho-educational groups for people in early recovery
- Received individual supervision once a week.

HAZELDEN BETTY FORD FOUNDATION, Center City, MN

2013 – 2014

Predoctoral Intern

- Worked with patients that have co-occurring disorders, both chemical dependency and a mental health diagnosis.
- Conduced the following assessments: Neuropsychological screens, Eating Disorders, Gambling, Vocational, Sexual Compulsivity, diagnostic and personality
- Conduct individual therapy with men and women ages 21 and up.
- I also ran the following groups, Co- Occurring, Healthy Relationships, Trauma, Food and Body Awareness and Skill Building
- Received individual supervision twice a week and group supervision once a week.

PONCE SCHOOL OF MEDICINE AND HEALTH SCIENCES, Ponce, PR

2010 – 2013

Teaching Assistant-Psychology Department

Neuropsychological Research lab Coordinator

2008 – 2013

- Worked as research assistant and teacher's assistant to geneticist, Dr. Summer Acevedo and Psychologist, Dr. Walter Rodriguez.
- Develop research in cognition using questionnaires, neuropsychological assessment instruments, physiological measures and clinical interviewing.
- Research Projects:
 - Effects of ApoE on Spatial Learning and Memory in Young Hispanics Principal Investigators and

Authors: Casandra Clark Mazariegos, Maria Quinones, Summer Acevedo Ph.D

- Relationship Between Relapse Styles, Levels of Impulsivity and Resiliency in Substance use Disorders Subjects: An Examination of the Underlying Neurobiological Mechanisms Principal Investigators and Authors: Adlin Adorno, Casandra Clark Mazariegos, Summer Acevedo Ph.D, Walter Rodriguez Psy.D
- Heroin and Injection Drug Use in Puerto Rico: A Profile of the Population and a Review of the Services Principal Investigators and Authors: Casandra Clark Mazariegos, Summer Acevedo Ph.D, Walter Rodriguez Psy.D
- SCL-90-R Symptoms Checklist and Mini International Neuropsychiatric Interview (M.I.N.I.): A Study of Concurrent Validity in the Puerto Rican Population Principal Investigators and Authors: Walter Rodriguez Psy.D, Casandra Clark Mazariegos, Maria Quintana, Yassira Cerrano, Yazdel Guzman, Yissel Berrios Status
- The Impact of Endometriosis Symptoms in the Well-being and Quality of Life of Teens Principal Investigators and Authors: Summer Acevedo Ph.D, Idhaliz Flores Ph.D Status: Writing article for publication

NEUROPSYCHOLOGY CLINIC, UT SOUTHWESTERN, Dallas, TX

2012

Practicum Student

- Administered, scored, and integrated neuropsychological evaluations that resulted in reports
- Participated in weekly supervision.

CENTRO PONCEÑO DE AUTISMO (CEPA), Ponce, PR

2011 – 2012

Practicum Student

- Provided individual therapy to diverse patients, with an emphasis in children with developmental disorders.
- Participated in weekly training, supervision, case consultations, staff meetings and supervision
- Administered, score, and integrate neuropsychological, diagnostic and psychometric assessments that resulted in psychological report for children at risk for autism.

DR YMA LOPEZ AND ASSOCIATES, Ponce, PR

2012

Practicum Student

- Provided individual therapy to a general population of diverse adult patients.
- Participated in weekly supervision
- Psychotherapy and supervision is psychoanalytically oriented.

FORENSIC HOSPITAL, Ponce, PR

2009 – 2011

Practicum Student

- Provided individual, group and family therapy to a wide variety of psychiatric patients.
- Participate in weekly trainings, supervision, case consultations, staff meetings and supervision.
- Administered, scored, and integrated diagnostic and psychometric assessments that result in psychological reports.

CASA BELEN CENTER FOR WOMEN WITH ADDICTION, Ponce, PR

2009 – 2010

Practicum Student

- Provided individual therapy to diverse patients, with an emphasis in women with substance use disorders.
- Participated in weekly trainings, supervision, case consultations, staff meetings and supervision

- Administered, scored, and integrated diagnostic and psychometric assessments that result in psychological reports.

SOCIEDA LATINA AND INQUILINOS BORICUAS EN ACCION, Boston, MA 2004 – 2007

Youth Counselor

- Taught weekly classes for a group of 30 peer leaders from different community agencies through out the city. Training categories included: drug awareness, leadership skills, interpersonal relations and current issues facing urban youth of color, violence prevention, communication skills, advocacy, harm reduction skills

SOCIEDAD LATINA, Boston, MA 2004 – 2006

Youth Development Specialist

- Coordinated a mentoring group for Latinas between the ages of 10-14 called "Viva La Cultura"; Matched young ladies with a positive Latina role model from the community; Conduct monthly cultural activities for mentors and mentees. Activities are intended to increase self-esteem, visibility and accessibility to positive Latina role models, knowledge of cultural heritage and cultural pride
- Organized cultural events open to the public, intended to raise awareness about the diverse heritage of Latinos including Indigenous, African and Spanish ancestry; Receive weekly supervision from the program director.
- Participated in the process of creating a revised youth development model relevant to modern Inner-City Youth culture.
- Conducted health awareness sessions through out the city with the peer leaders as co-facilitator
- Coordinated and implemented weekly youth development training for a group of 30 peer leaders from different community agencies through out the city. Training categories included: artist development, leadership skills, community education, interpersonal relations and current issues facing urban youth of color, violence prevention, communication skills, Advocacy, Hip Hop and Reggaeton Advocacy, risk reduction skills,

HEALTHY FAMILIES, Brighton, MA 2004 – 2005

Counselor, Case Manager

- Visited pregnant and parenting adolescents in their home, met with young mothers on a weekly basis to assess current needs, provided support in the challenges of young motherhood and made referrals determined by weekly interview sessions;
- Participated in weekly trainings, supervision, case consultations, staff meetings and supervision
- Received over 150 training hours on topics including: pregnancy, child and adolescent development, cultural sensitivity, immigration issues, community outreach, community organization, forming collaborations and extensive training on creating and facilitating successful peer groups
- Co-facilitated mixed mother/child play groups.

MCLEAN HOSPITAL, Harvard- Belmont, MA 2002 – 2003

Research Assistant to John Halpern Ph.D

- Assisted in an investigation addressing "pure" ecstasy use among a population of Mormon teenagers in Salt Lake City, Utah. "Pure Ecstasy" in this case refers to a population that has extensive experience using Ecstasy and minimal experience with all other forms of alcohol, drugs and tobacco.
- Investigators aimed to address problems with previous studies in this area; most existing research on the effects of ecstasy is based on a population of multi drug users.
- Assisted in recruiting "pure ecstasy" users to an initial interview session

- Assisted in creating the interview material and conducting the interview sessions
- Wrote a report of the on the first round of interviews conducted in Salt Lake City, Utah for the Multidisciplinary Association of Psychedelic Studies, MAPS
- Assisted in an investigation addressing the relationship between alcohol and peyote use amongst the Navajo Nation in New Mexico. This investigation aims to explore the disproportionate rate of alcoholism among Native Americans, the unique Peyote ceremonies conducted by Shamans and whether there is a negative or positive correlation between resilience to alcoholism and participation in Peyote ceremonies.

CAMBRIDGE CARES ABOUT AIDS, Cambridge, MA

2000 – 2002

Case Manager

- Assisted in opening and planning the structure and programming of a drop in center for homeless youth.
- Created and developed the clinical aspects of the program.
- Counseled members of the drop in center, conducted needs assessments and referred members to agencies throughout Cambridge and Boston that provide the following services: employment, housing, education, health, mental health, family planning and emergency shelter.
- Participated in weekly training, supervision, case consultations, staff meetings and supervision
- Held regular training sessions to educate new staff members and volunteers on adolescent development and how to implement services in a harm reduction based manner.
- Facilitated weekly gender-specific peer groups for youth center members.
- Conducted weekly group supervision for volunteers.
- Conducted a summer-long drug information workshop series that covered all of the drugs most prominent among member population.
- Created and implemented a curriculum on drug information for prevention and intervention.
- Conducted drug information workshops for youth workers in the Cambridge and Boston area on how to work with adolescents and substance abuse from a harm reduction approach.
- Created a service and advocacy coalition in order to better service the needs of youth.