

Clara L. Fajardo, PsyD
Licensed Clinical Psychologist
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EDUCATION

- 2017 **The University of Denver**, Denver, CO
Graduate School of Professional Psychology, APA-Accredited
Doctor of Clinical Psychology
- Doctoral Paper Title: *Affect Valence and Acquired Capability for
Suicide Within the Military Veteran Population*
Faculty Advisors: Kimberly A. Gorgens, PhD and Peter M.
Gutierrez, PhD
- 2014 **The University of Denver**, Denver, CO
Graduate School of Professional Psychology, APA-Accredited
Master of Arts in Clinical Psychology
- 2004 **Bennington College**, Bennington, VT
Bachelor of Arts in Literature and Psychology
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CURRENT POSITIONS

- 2019-Present **New York City Health + Hospitals – Bellevue**
Psychologist Level II (Inpatient Unit)
- 2019-Present **New York University (NYU) School of Medicine**
Clinical Instructor
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POSTDOCTORAL TRAINING

- 2017-2018 **Durham VA Medical Center**, Durham, NC
Postdoctoral Fellow, Psychosocial Rehabilitation
APA-Accredited/APPIC Member Program
Supervisors: J. Murray McNiel, PhD, Eric Elbogen, PhD, Ilana Lane,
PhD

Fellowship Rotations:

Psychosocial Rehabilitation and Recovery Clinic (PRRC): Recovery plan development and psychotherapy for Veterans diagnosed with a SMI (includes Bi-Polar disorders, Mood Disorders, Psychotic spectrum disorders, and Personality Disorders) and a history of inpatient psychiatric hospitalizations. Primary facilitator for Social Skills Training (SST) groups; Illness Recovery & Management (IMR) co-faciliator; CBT for Pain for SMI-diagnosed Veterans; Interdisciplinary (psychiatry, psychology, social work, occupational therapy, chaplain) treatment team member.

Substance Use Disorders Outpatient Clinic (SUD): Provide Cognitive Behavioral Therapy for SUD including opioid, stimulant, alcohol, marijuana, inhalant, and hallucinogen use disorders; Motivational Interviewing (MI/MET) trained interventions in both individual and group settings; SMART Recovery group co-leader; Provider of additional evidence-based therapies for SUD including Twelve-Step Facilitation, an SUD psychotherapy aimed at 12-step engagement; training in smoking cessation counseling as a certified QuitSmart Smoking Cessation counselor; Co-occurring substance use and serious mental illness group facilitator; Social Skills for SUD group facilitator; provider of family therapy for SUD; Completion of intake evaluations and treatment planning; Clinic screenings and disposition planning; Member of an interdisciplinary treatment team consisting of psychiatry, psychology, social work, and nursing disciplines.

Mental Health Intensive Case Management (MHICM): Provider of community-based psychotherapy on an interprofessional team consisting of psychiatry, psychology, social work, and nursing disciplines.

Primary Care Mental Health Integration (PCMH-I): Elective rotation includes orientation to PCMH-I clinic, interface between PCMH-I and other VA clinics, PCMH-I screenings, PCMH-I evaluations. Co-facilitator of CBT for Chronic Pain (VA manualized group therapy) with Veterans diagnosed with a serious mental illness (SMI).

Research: Programmatic line of research with a focus on trauma & SMI, suicide, and personal responsibility & SMI among Veterans living with Serious Mental Illness.

PREDOCTORAL TRAINING

2016-2017 **McLean Hospital**, Middleborough, MA
South Shore Mental Health, Quincy, MA
APA-Accredited/APPIC Member Program
Setting: Community Mental Health, Inpatient Unit, and Partial Hospitalization Program
Internship Director: Bruce Roberts, PsyD
Clinical Supervisors: Samantha O’Connell, PhD, Laura Diaz, PsyD, and Sara Thomason, PsyD

Internship Rotations:

McLean Hospital Adult Inpatient and Partial Hospitalization Units: McLean Hospital SouthEast is a satellite program of McLean Hospital in Belmont, MA. These programs consist of a 30-bed adult inpatient unit and a 16-slot adult partial hospital program treating both men and women with a wide range of psychiatric conditions. Provided both individual and group CBT and psychoeducational therapy in addition to family therapy and case management. Also provided regular flexible battery psychological testing.

Bayview Associates Outpatient Adult Clinic: Psychological testing including neuropsychological testing; EFT and IBCT-informed couples therapy; individual caseload of ethnically, racially, and diagnostically diverse adult community clients.

South Shore Mental Health Crisis Team: Provided in-home, community, and hospital ER-based services to children, teens, and adults via South Shore Mental Health's Emergency Services Program (ESP). Administered psychiatric evaluation and treatment to support and stabilize clients while transitioning them to the appropriate level of care within the community. ESP training also included an open, six-bed stabilization unit that offers an alternative to hospitalization for clients in need of short-term crisis intervention.

PEER-REVIEWED PUBLICATIONS

Elbogen, E.B., Daaleman, C., Dail, J., **Fajardo, C.**, Nolen, M., Tarr, J. (in preparation) Applying SAMHSA's Guiding Principles of Recovery to Veterans.

Fajardo, C.L., Gorgens, K., Gutierrez, P. (2018). *Positive self-perception and negative affect in military Veterans at risk for suicide*. Manuscript submitted for publication.

Leith, J., **Fajardo, C.L.**, Kimbrel, N.A., Wagner, H.R., Graziano, R., Holtzman, C., Elbogen, E.B. (2018). *Psychotic Symptoms and Suicide Risk in Iraq and Afghanistan Veterans*. Manuscript submitted for publication.

Rychik, J.M., Donaghue, D.D., Levy, S.A., **Fajardo, C.L.**, Combs, J., Zhang, X., Szwaast, A., Diamond, G.S. (2013). Acute Psychological Stress on Mothers of Prenatal Diagnosis of Congenital Heart Disease (CHD). *Journal of Pediatrics*, 162 (2), 302-307.

PROFESSIONAL PRESENTATIONS

Fajardo, C.L. (August, 2018.) *Direct and Indirect Trauma Informed Care (TIC) for Individuals Living with a SMI*. Durham VA Medical Center. Durham, NC

Fajardo, C.L. (June, 2018). *Trauma Interventions for Serious Mental Illness (SMI)*. 41st Annual Wellness and Recovery Summit. Psychiatric Rehabilitation Association (PRA) Conference. Denver, CO.

Fajardo, C.L. (January, 2015). *A Year in Washington: Politics and Psychology*. Second Annual Graduate Research and Performance Summit: Building Bridges Across the Disciplines at The University of Denver. Denver, CO.

Fajardo, C.L., Rychik, J.M., Levy, S.A., Diamond, G.S., Donaghue, D.D., Zhang, X. (June, 2010). *Acute Psychological Stress on Mothers of Prenatal Diagnosis of Congenital Heart Disease (CHD)*. Leadership Education in Neurodevelopmental & Related Disabilities (LEND) Annual Symposium at The Children's Hospital of Philadelphia. Philadelphia, PA.

ACADEMIC HONORS AND AWARDS

Competitive Award Placements

2014 - 2015 **American Psychological Association (APA)**
Full Year Public Interest Policy Internship, Washington, DC
113th & 114th United States Congress legislative and public policy advocacy for a portfolio consisting of AIDS/HIV, suicide, Interpersonal Violence (IPV), youth homelessness, incarceration, LGBT issues, childhood gender identity, mental health of men & boys, and school-based sexual education curriculums.

Graduate Honors

2013 **Military Suicide Research Consortium (MSRC)**
American Association of Suicidology (AAS) Pre-Conference Training Day Fellow, Austin, TX

2013 - 2014 **American Psychological Association (APA)**
Graduate Student Campus Representative, Denver, CO

Graduate Scholarships

University of Denver Graduate 5-Year Dean's Scholarship (\$60,000 per year)
Colorado Lamplighters/Beta Omicron Endowment Recipient (\$1500)
Community Foundation of Western Massachusetts James Z. Naurison Scholarship (\$500)

ADDITIONAL CLINICAL EXPERIENCE

2011-2016 **University of Denver Psychology Clinic**, Denver, CO
Setting: Department Clinic
Supervisors: Carolyn Zeiger, PhD, Will Menaker, PhD, Jennifer Cornish, PhD, Katy Barrs, PsyD, Rob Rosenthal, PsyD, Kathleen Henken, PsyD, Dustin Shaver, PsyD
Conducted diagnostic intake assessments, personality and cognitive assessments, and provided individual psychotherapy for adults and adolescents. Client diagnoses ranged in co-morbid clinical presentations, and co-occurring medical presentations. Scored and drafted corresponding assessment and therapy reports. Attended weekly group seminar and individual case supervisions.

2015-2016 **Denver VAMC CBOC**, Golden, CO
Setting: VA Outpatient Clinic
Supervisor: Patricia Alexander, PhD
Provided individual therapy as part of a treatment team to community Veterans. Attended weekly supervision, completed daily treatment records, and learned basic tenets of CPT, EMDR, and neurophysiological effects of trauma.

2014-2015 **District of Columbia Jail**, Washington, DC
Setting: Urban Jail
Supervisor: Ronald Klein, PhD, ABPP

Utilized biopsychosocial approach to conduct intellectual and personality assessments to inform community re-entry. Also provided individual psychotherapy services to male and female inmates. Facilitated Seeking Safety as well as relational interventions with a population facing issues of homelessness, institutionalized racism, severe mental illness, history of TBI, and chronic medical diagnoses including HIV, Hepatitis B, Hepatitis C, and diabetes.

2013-2014 **Aurora Mental Health Center**, Aurora, CO
Setting: Community Mental Health Center
Supervisor: Jeff Longo, PhD

Received training in case conceptualization and intervention in Cognitive Behavioral Therapy (CBT). Maintained a caseload of clients diagnosed with severe mental illness, personality disorders, and co-occurring medical diagnoses including persons with disabilities and chronic medical conditions. Provided individual and group psychotherapy to Medicaid and private pay clients. Co-facilitator of modified Social Skills Training psychotherapy group (SST) for severe mental illness.

2013-2014 **Colorado Counseling Professionals**, Westminster, CO
Setting: Neuropsychology Practice
Supervisor: Jacob Pomerantz, PhD

Conducted neuropsychology assessment batteries with adults. Clients ranged in ages from young to older adult population. Participated in weekly supervision to discuss cases after each assessment was conducted. Responsible for administration, scoring, and selected report writing.

RESEARCH EXPERIENCE

2012-2013 **Denver VA Medical Center/Rocky Mountain MIRECC for
Veteran Suicide Prevention**, Denver, CO
Setting: VA Medical Center
Supervisor: Peter Gutierrez, PhD

Conducted clinical triage and research assessments of suicide ideation, self-harm, and feelings of burden and belonging based on Thomas Joiner's Interpersonal Psychological Model of Suicide. Conducted research assessments for a separate DoD-funded medication adherence study. Gathered doctoral paper data for empirical study of suicide within Veteran population.

2009-2013 **The University of Pennsylvania**, Philadelphia, PA
Children's Hospital of Philadelphia, Philadelphia, PA
Setting: Research University/Academic Medical Center
PI: Guy Diamond, PhD
Supervisor: Suzanne Levy, PhD

Assisted with developing coding tree and publications regarding impact of stress on mothers and their fetuses. Administered measures directly to couples regarding stress, coping, and depression. Conducted semi-structured clinical interviews with mothers and fathers, separately, on coping during their children's surgeries for fetal heart anomalies. Hired and supervised graduate research assistants. Consulted with clinical team to triage suicidal ideation, depression, and clinically-elevated stress levels of participants. Collaborated with research team to identify correlational variables that

serve as protective or risk factors for impact of maternal stress on developing fetus. Edited NIH and DoD grant submissions. Edited and co-authored peer-reviewed publication(s).

2008-2009 **The Pennsylvania State University**, College Park, PA

Setting: Research University

PI: Kenneth N. Levy, PhD

Served as a liaison between the Penn State IRB and the Levy lab through correspondence and submission writing and management. Facilitated the proper and ethical maintenance of all identifying participant data. Managed the assignment of workload to research assistants including but not limited to transcription of AAI's (Adult Attachment Interview), SPSS and Data Builder data entry, and organization of measures and records. Supervised the 14 undergraduate research assistants including overseeing their HIPAA, NIMH, and IRB certification. Consented participants and coded data.

SELECTED ASSESSMENT PROFICIENCY

Cognitive and Achievement: Wechsler Adult Intelligence Scale (WAIS-IV), Woodcock Johnson Tests of Achievement (WCJ-III), Wechsler Abbreviated Scale of Intelligence (WASI-II), Wide Ranging Achievement Test 4 (WRAT-4)

Neuropsychological and Tests of Malingering: Rey 15 Item Test, Rey-Osterrieth Complex Figure Test and Recognition Trial, Trail Making Test (TMT) A & B, Continuous Performance Test (CPT-2), Ohio State University Traumatic Brain Injury Identification Method (OSU-TBI ID), Automated Neuropsychological Assessment (ANAM), Wide Range Assessment of Memory and Learning (WRAML-2), Clock Drawing Task, Stroop Color and Word Test, Wisconsin Card Sort, Boston Naming Test, California Verbal Learning Test (CVLT-2), Shipley-2, Visual Object and Space Perception Battery (VOSP), Weschler Memory Scale – Revised (WMS-R), FAS Test of Phonemic Fluency, Tests of Memory Malingering (TOMM)

Personality/Projective: Rorschach (Exner Comprehensive System), Minnesota Multiphasic Personality Inventory (MMPI- 2, MMPI-A), Thematic Apperception Test (TAT), Personality Assessment Inventory (PAI), Millon Clinical Multiaxial Inventory (MCMI-III), Human Figure Drawing Task

Symptom Inventories and Rating Scales: Connor's Adult ADHD Rating Scales (CAARS), Beck Depression Inventory (BDI-II), Beck Anxiety Inventory (BAI), Revised Self-Harm Behavior Questionnaire (SHBQ-R), Brief Adherence Rating Scale (BARS; Medication Adherence), The Medical Outcomes Study Short Form Questionnaire (SF-36), The Outcome Questionnaire-45 (OQ-45), The Interpersonal Needs Questionnaire (INQ), The Survey of Life Principles (SLP), The Multidimensional Suicide Inventory (MSI-28)

SPECIALIZED TRAINING

2018 **Motivational Interviewing/Motivational Enhancement Therapy**

Durham VA Medical Center, Durham, NC

- 2018 **Social Skills Training for Schizophrenia (and Serious Mental Illness)**
Durham VA Medical Center, Durham, NC
- 2018 **Dialectical Behavioral Therapy**
Durham VA Medical Center, Durham, NC
- 2018 **Quit Smart Smoking Cessation Interventions**
Durham VA Medical Center, Durham, NC
- 2012-2017 **Clinical and Research Interventions for Suicide Among Veterans**
University of Denver, Denver, CO
Denver VA Medical Center/Rocky Mountain MIRECC, Denver, CO
Programmatic line of research and clinical focus at the graduate level.
Individualized faculty-approved training plan incorporating clinical
practice of suicide assessment and additional research coursework.
- 2012 **Queer and Ally Training Network Level 1 and Level 2 Training**
The University of Denver, Denver, CO

SERVICE ACTIVITIES

- 2018-2019 **American Association of Suicidology (AAS)**
Paul G. Quinnett Lived Experience Writing Contest Judge
- 2018 **Western Psychological Association**
2018 Conference Poster Judge, Portland, OR
- 2018 **American Psychological Association**
2018 Conference Poster Judge, San Francisco, CA
- 2012-2014 **American Association of Suicidology (AAS) Student Newsletter**
Student Accomplishments Section Editor

PROFESSIONAL ASSOCIATIONS

- 2011 – Present American Psychological Association (APA)
- 2012 – Present American Association of Suicidology (AAS)
- 2018 – Present Association for Behavioral and Cognitive Therapies (ABCT)
- 2018 – Present Society for a Science of Clinical Psychology (SSCP)
- 2018 – Present Society for the Exploration of Psychotherapy Integration (SEPI)
- 2018 – Present New York State Psychological Association (NYSPA)
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