

Lauren Berger, Ph.D.

DrLaurenBerger@gmail.com

518-527-6559

LICENSURE

Licensed Psychologist: Florida and New York

License Number: *PY10167 (FL)* and *022016 (NY)*

EDUCATION

Ph.D., Counseling Psychology

August 2014

Department of Educational & Counseling Psychology

University at Albany

Albany, New York

APA Accredited

Dissertation Defended 6/2013

Working Mothers' Work and Family Satisfaction: The Influence of Time Demands and Time-Based Conflict

Master of Science in Education, Mental Health Counseling

December 2008

Department of Educational & Counseling Psychology

University at Albany

Albany, New York

B.A., Psychology

May 2007

Siena College

Loudonville, New York

TEACHING EXPERIENCE

Visiting Assistant Professor of Psychology

September 2015-December 2018,

Department of Psychology

August 2024-Present

Skidmore College

Courses Taught (Undergraduate Level):

- PS 101: Introduction to Psychology
- PS 202: Research Methods I and Statistics in Psychology (7 credit course with lab; Taught 7 sections)
- PS 210: Personality
- PS 214: Abnormal Psychology
- PS 310: Psychological Testing
- PS 315: Clinical Psychology
- PS 320: Advanced Research Methods in Social Psychology (7 credit course with lab)
- PS 375: Senior Thesis in Psychology

Adjunct Instructor

January 2012-May 2015

Department of Psychology

Loudonville, New York

Siena College

- Courses Taught (Undergraduate Level):
 - PSYC 100: Introduction to Psychology (3 credit)

- PSYC 220: Abnormal Psychology (3 credit)
- PSYC 300: Research Methods I (7 credit course with lab)
- PSYC 310: Test and Measurement (3 credit)

Adjunct Instructor

Division of Counseling Psychology

University at Albany, State University of New York

September 2010-December 2014

Albany, New York

- Courses Taught:

- ECPY 620 (Master's Level): Techniques of Consultation and Supervision
- ECPY 240 (Undergraduate Level): Principles of Career and Life Planning

Visiting Assistant Professor of Psychology

Department of Psychology

Siena College

September 2012-May 2013

Loudonville, New York

- Full-time faculty position, three courses: Research Methods I (one section) and Introduction to Psychology (two sections) per semester
- Lead a multicultural psychology research team of undergraduate students

PROFESSIONAL EXPERIENCE

Middle School Counselor

Saint Andrew's School

July 2019-May 2023

Boca Raton, Florida

- Provided structured, goal-oriented individual counseling sessions to meet the needs of individual students and conducted small-group counseling sessions for students who share a common concern or issue
- Facilitated peer mediation and conflict resolution
- Developed and promoted social-emotional-health-and-wellness curricula and programming for the Middle School advisory program and weekly divisional assemblies
- Served as a member of the Middle School leadership team; attend grade-level-team meetings, team-leader meetings, and Student Support Committee meetings
- Worked with faculty to support student behavior in the classroom that facilitates a positive learning environment and social climate
- Assisted in the coordination of ERB CTP 5 standardized testing
- Worked with the director of wellness, nurse manager, and learning specialists to assist students with the medical leave of absence process and support their return to school
- Collaborated with divisional task force members of the Equity and Justice Committee to create and sustain an inclusive community in which all members feel a sense of belonging
- Provided parent education experiences and faculty in-service training focused on topics related to healthy social, emotional, and behavioral development in the middle school years
- Served as a resource for parents in understanding pre-adolescent and adolescent development
- Supervisors: Jacqueline Jaffe, Ph.D. and Mark Stonkus, Ph.D.

Post-Doctoral Fellow

Union College Counseling Center

September 2014-June 2015

Schenectady, New York

- Provide individual counseling to undergraduate students
- Develop and implement outreach programming
- Provide consultation to Human Resources on support of work-life balance among working mothers
- Attend professional conferences and trainings
- On call responsibilities and crisis intervention
- Supervisor: Nalani White, Ph.D.

Pre-Doctoral Internship

Albany Psychology Internship Consortium

August 2013-August 2014

Albany, New York

- APA Accredited Doctoral Clinical Internship
- A psychological consortium through the Samuel S. Stratton Veterans Affairs Medical Center, Albany Medical Center, and Capital District Psychiatric Center.
- Provide inpatient treatment to the admissions unit at CDPC, outpatient treatment at the VA behavioral health clinic, and outpatient treatment at the CDPC Child and Adolescent Outpatient Center.
- Attend seminars and grand rounds.
- Guest instruct second year medical students.
- Provide assessment batteries to both children and adults including neurocognitive and personality testing instruments.
- Supervisors: Leigh Ross, Psy.D., Howard Axelrod, Ph.D., Susan Fisher, Ph.D., Nicholas Pazienza, Ph.D.

Doctoral Practicum Trainee
Union College Counseling Center

September 2011–Present
 Schenectady, New York

- Short and long-term individual counseling with 8-9 undergraduates per a week.
- Students present with a variety of developmental and psychological issues including depression, anxiety, schizophrenia, borderline personality disorder, bipolar disorder, interpersonal problems, eating disorders, substance abuse, grief, and adjustment concerns.
- On-call services for sexual assault response, homicidal and suicidal assessment.
- Outreach and psycho-educational programs on self-care, sexual assault, and safe sex practices.
- Collaboration with health services, administration, residence life staff, athletic staff, faculty and campus safety.
- Supervisor: Marcus Hotaling, Ph.D., Licensed Psychologist

Doctoral Practicum Trainee
Psychological Services Center, University at Albany

August 2010-May 2011
 Albany, New York

- Conduct individual mental health with adult clients presenting with vocational concerns, adjustment issues, depression, anxiety, compulsive behaviors, eating disorders, personality disorder (e.g. histrionic and borderline personality disorder), exploration of sexuality, and coping with discrimination
- Career counseling
- Phone intakes
- Presented several case presentations and video clips of counseling sessions to supervisor and fellow doctoral trainees
- Conduct assessment batteries for both vocational and mental health concerns
- Supervisors: Andrea Sopko, Ph.D., Licensed Psychologist and LaRae Jome, Ph.D., Licensed Psychologist

Master's Practicum Trainee
The College of Saint Rose Counseling Center

January 2008-December 2008
 Albany, New York

- Provided individual, couples and group counseling to Saint Rose graduate and undergraduate students
- Presentation of case conceptualization to fellow staff and practicum students
- Conducted intake assessments
- Conducted outreach programming to staff, faculty, parents, and students as well as discuss counseling services to students and parents at freshmen orientation.
- Developed and presented psycho-educational information to faculty, staff, and students on self-care, burnout, and multicultural awareness.
- Supervised by Jay Hamer, Ph.D., Licensed Psychologist, and Danielle Stokely, LCSW.

RESEARCH EXPERIENCE

Research Team Member

Clinical Supervision Research Laboratory, University at Albany
 Supervisor: Michael V. Ellis, Ph.D.

August 2007-present
 Albany, New York

- Assisted in the conceptual development of a supervisor and supervisee clinical relationship inventory

- Developed and assessed fit of an evaluation of a taxonomy of harmful and inadequate clinical supervision
- Assist in manuscript writing for publication and presentation
- Disseminate findings at international and national professional conferences
- Conduct statistical analyses and interpretation of the findings
- Act as a mentor to Master's and first year doctoral team members

Research Team Supervisor

Siena Psychology Research Team, Siena College

August 2012- May 2015

Supervisor: Lauren Berger, M.S.:

- The affects of colorblind racial attitudes and vicarious mentorship on college student social justice commitment
- College student's gender role norms and salience related to perceptions of employed mothers

Research Team Member

Multicultural Psychology Laboratory, University at Albany

June 2007- June 2009

Supervisor: Matthew J. Miller, Ph.D.

Albany, New York

- Multicultural Measure Development Study. A content-analysis of the multicultural measure development literature
 - Assessed the use of Exploratory Factor Analysis and Confirmatory Factor Analysis in initial measure development studies
 - Assessed Construct Validity
 - Reviewed literature for appropriate scale development
- A Social Cognitive Predictor of Social Justice Engagement
 - Assisted in conceptual development and item development
 - Data collection and entry into SPSS
 - Assisted in presentation development
- Acculturation Project- A review of Acculturation
 - Content Analysis of acculturation literature across multiple disciplines
 - Assisted in the review and coding of over 400 articles

Research Team Member

Project Winning Steps, Grant Funded Research Team at University at Albany

January 2009-June 2009

Supervisors: Dolores Cimini, Ph.D. and Joseph Monserrat, Ph.D.

Albany, New York

- Administered surveys to current University at Albany student athletes
- Assess for signs of substance abuse
- Data collection and interpretation
- Administration of research incentives
- Attend grant meetings

RESEARCH INTERESTS

- Work-life balance and conflict of employed mothers
- Gender role norms and gender role salience
- Adolescent development
- Impact of Covid-19 on adolescent neuropsychiatric wellness
 - Overlap of PANDAS/PANS post Covid-19 illness

PUBLICATIONS

*Note: Publications under last name Berger or Morere (Maiden name)

Ellis, M. V., **Berger, L.**, Hanus, A., Alaya, E. E., Siembor, M. J., & Swords, B. A. (2014). Inadequate and harmful clinical supervision: Revising the framework and assessing occurrence. *The Counseling Psychologist*, 42, 434 - 472. Supervision and Training Section, **Society of Counseling Psychology Outstanding Publication of the Year Award.**

Berger, L. (2012). Practice what you preach: Being the person you want your clients to be. *Affiliates of Division Seventeen*, 7-9.

Roy, K.S., Connacher, C., Miller, M.J., Blanco, S., Muniz, C., **Morere, L.**, Bernardi, S. (2009) College students' social justice interest and commitment: A social-cognitive perspective. *Journal of Counseling Psychology*, 56, 495-507.

Morere, L. (2007) Perception of personal attractiveness associated with automobiles. *Psychology Journal*, 4, 102-109.

REFEREED PRESENTATIONS

Ellis, M. V., Ayala, E, Kotary, B., **Berger, L.**, & Fetzer, A. (2015, June). Exemplary clinical supervision: Testing a taxonomy and assessing occurrence. Paper presentation at the 11th Annual International Clinical Supervision Conference. Stonybrook, New York.

Berger, L., Kangos, K., Ellis, M. V., Nicolas, A., Hutman, H., Corp, D., & Gibson, A. (2015, August). APA Guidelines for clinical supervision: Implications for supervisees. In E. E. Ayala & M. V. Ellis, (Co-Chairs), Clinical supervision practices and self-care: Lifelong training implications for psychologists. Paper to be presented at the 123rd Annual Convention of the American Psychological Association, Toronto, Ontario, CA, 2015, August.

Ellis, M. V., Ayala, E. E., Fetzer, A., **Berger, L.**, & Kotary, B. (2015, August). Exemplary clinical supervision: Testing a taxonomy and assessing occurrence. In E. E. Ayala & M. V. Ellis, (Co-Chairs), Clinical supervision practices and self-care: Lifelong training implications for psychologists. Paper to be presented at the 123rd Annual Convention of the American Psychological Association, Toronto, Ontario, CA, 2015, August.

Berger, L., Ring, E., Hanus, A., Swords, B. & Ellis, M.V. (2010) *The prevalence of harmful and inadequate clinical supervision*. Poster presented at the American Psychological Association Annual Convention: San Diego, CA.

DelTosta, J. & **Berger, L.** (2010). *State of the art of clinical supervision*. Poster presented at the American Psychological Association Annual Convention: San Diego, CA.

Morere, L., Dovi, N. (2009) *The occurrence and impact of positive feedback in supervision*. Poster presented at the American Psychological Association Annual Convention: Toronto, Canada.

Ellis, M.V., Siembor, M., Swords, B., **Morere, L.**, Blanco, S. (2008) *Prevalence and Characteristics of Inadequate and Harmful Supervision*. Paper presented at The Fourth International Interdisciplinary Conference on Clinical Supervision. Buffalo, NY.

Miller, M.J., Roy, K.S., Connacher, C.C., Blanco, S., Muñoz, C., & **Morere, L.** (2008). *A social cognitive perspective on social justice engagement*. Poster presented at the American Psychological Association Annual Convention. Boston, MA.

Farrell, J., Dorsheimer, K., Miller, M.J., Bernardi, S., & **Morere, L.** (2008) *Content Analysis of Multicultural Measure Development*. Poster presented at the American Psychological Association Annual Convention, Boston, MA.

Kasson, D. M., Farrell, J. A., Miller, M. J., Wang, C., & **Morere, L.** (2007). *A review of acculturation*. Poster accepted for presentation at the annual conference of the American Psychological Association, San Francisco, CA.

PROFESSIONAL SERVICE

Journal Reviewer for Sage OPEN

March 2013- Present

***Student Representative for Society of Counseling Psychology
Awards and Recognitions Committee***

Society of Counseling Psychology (Division 17; APA)

December 2011-August 2014
Washington, D.C.

Chief Newsletter Editor

Student Affiliates of Division 17 (APA)

June 2012-August 2013
Albany, New York

Student Representative

Section on Supervision and Training (DIV 17; APA)

August 2009-June 2010

Executive Committee Member of Diversity Conference

University at Albany

August 2009-May 2010
Albany, New York

Student Coordinator

National Battered Mother's Custody Conference

September 2004-December 2009

Student Representative to the Faculty

University at Albany

September 2007-Dec. 2008
Albany, New York

CONSULTATION

Invited Consultant

Work-Life Balance Among Union College Employees

April 2015
Schenectady, New York

Invited Consultant

Review of Sexual Assault Response at Union College

September 2010-December 2010
Schenectady, New York

Invited Consultant

Staff and Faculty Burnout Prevention at the College of Saint Rose

December 2008
Albany, New York

HONORS AND AWARDS

Supervision and Training Section of Division 17 Outstanding Publication of the Year award
Initiatives for Women Honored Dissertation Award
Psi Chi Honor Society- Psychology Honor Society
Alpha Mu Gamma- National Foreign Language Honor Society
Delta Epsilon Sigma- National Scholastic Honor Society

PROFESSIONAL AFFILIATIONS

American Psychological Association Student Affiliate
American Psychological Association Division 17 (Counseling Psychology)
New York State Mental Health Counselor Association