

KATHRYN RHOADES
Counseling Psychology Doctoral Student
University of Illinois at Urbana-Champaign

Email: klr3@illinois.edu

LinkedIn: <https://www.linkedin.com/in/kathrynrhoades/>

I am an aspiring counseling and health psychologist interested in women's health, sexual trauma, intimacy and sexuality, and the integration of mental and physical healthcare. At the University of Illinois, I am working with Dr. Robyn Gobin where I research the long-term posttraumatic stress disorder and sexual dysfunction symptoms of sexual assault survivors. My clinical work focuses on client empowerment, positive psychology, psychoeducation, and social justice.

EDUCATION

B.A. Neuroscience, B.A. Psychology August 2012 – December 2016
Minor: Business Entrepreneurship
University of Colorado at Boulder

- Honors: Summa Cum Laude
- Thesis: *Genetic and Contextual Influences on Risky Sexual Behavior: Dopamine Polymorphisms*

HONORS

Phi Beta Kappa Member Initiated: May 12, 2017
Academic Honor Society

Individual Research Grant Awarded: 2015
Undergraduate Research Opportunities Program

2nd Place Winners Awarded: 2016
Business Entrepreneurship Competition, University of Colorado

- Competition of over 40 teams, placed 1st in initial round of competition
- Project: Customizable Bra for Mastectomy and Lumpectomy Patients

PRACTICA

University of Illinois Counseling Center August 2019 – May 2020
Champaign, IL

- Beginning practicum focused on providing counseling and intervention services to university students
- Conducting 4 – 6 hours of individual counseling per week and
- Observing 1 – 2 hours of process group therapy per week when available

CLINICAL AND OUTREACH EXPERIENCE

Sexual Health Graduate Assistant August 2019 – Present
McKinley Health Center
Urbana, IL
Supervisor: Kate Donaldson, M.A.

- Providing specialized education to undergraduate students on sexual education.
- Responsible for gathering information and data to improve resources.

- Updating resources for accuracy, inclusivity, and a sex-positive/trauma-informed stance.

LGBTQ+ Outreach and Allyship Graduate Assistant

August 2018 – May 2019

University of Illinois Counseling Center

Champaign, IL

Supervisor: Elise Lanker, L.C.S.W.

- Managed the Queers & Allies Outreach team for the center. Responsibilities included planning LGBTQ+ mental health outreach, trainings on allyship for students and faculty, and supervising undergraduate paraprofessionals on individual outreach projects
- Assisted the center in general mental health outreach and administrative duties

Support Group Co-Facilitator

August 2018 – May 2019

LGBT Resource Center

Champaign, IL

- Weekly support group for transgender and gay students

Lead Medical Assistant

October 2016 – July 2019

SkinWise Dermatology Clinic

Louisville, CO

Supervisor: Dr. Yan Isabel Zhu, M.D., Ph.D.

- Assistance involved patient intake, patient-physician communication, and explaining complex medical topics to a range of ages, education levels, and English proficiencies
- Administrative duties included training new medical assistants, office management, and scheduling patients
- Medical duties included assisting on biopsies, surgeries, and treatments, as well as minor wound care and equipment sterilization

Peer Educator Intern

August 2014 – October 2016

University of Colorado Counseling and Psychiatric Services

Boulder, CO

Supervisor: Dr. Kenli Urruty, Ph.D.

- Conducted mental health outreach, created social media content, and trained undergraduate volunteers
- Created a year-long outreach project addressing students suffering from body image and self-esteem issues
- Over 200 hours of outreach experience with students on campus discussing mental health
- This internship was under the supervision of licensed mental health counselors and emphasized skills in leadership, professionalism, and networking

Summer Intern

June 2013 – August 2014

Discovery Counseling Center

Danville, CA

Supervisor: Kathy Chiverton, M.A.

- Attended community meetings on mental health issues, prepared summaries for Board of Directors meetings, and participated in fundraising and advertising for the center
- Assisted licensed therapists by checking in patients at the front desk, creating new patient files, and organizing the office's information and events
- Received training in handling confidential information and assisting distressed patients

TEACHING EXPERIENCE

Teaching Assistant

August 2018 – Present

*University of Illinois, College of Education, Department of Educational Psychology
Champaign, IL*

- EPSY 202: Exploring Cultural Diversity
- EPSY 220: Career Theory and Practice

Bounce Back Program Facilitator

August 2015 – May 2016

*CU Boulder Counseling and Psychiatric Services
Boulder, CO*

Supervisor: Dr. Kenli Urruty, Ph.D.

- The Bounce Back Program is an eight-week course designed for undergraduate students on academic probation to teach study skills and increase academic confidence
- Facilitation was conducted by a licensed therapist and an undergraduate intern

LEADERSHIP EXPERIENCE

Project Creator and Team Manager

August 2016 – December 2016

*Business Entrepreneurship Capstone Course, University of Colorado
Boulder, CO*

- Responsibilities included managing four undergraduate team members to create a comprehensive business plan including financing, production, marketing, and distribution
- Project: Customizable Bra for Mastectomy and Lumpectomy Patients

Health Professions Scholar

August 2013 – May 2014

*Health Professions Residential Academic Program, University of Colorado
Boulder, CO*

Supervisor: Dr. Alison Vigers, Ph.D.

- Planned educational, community-building, and healthcare-related events to inform and connect pre-medical students within the program
- Received mentorship from healthcare professionals on effective community outreach and student education

RESEARCH EXPERIENCE

Master's Thesis

October 2018 – Present

*University of Illinois, College of Education, Department of Educational Psychology
Champaign, IL*

Advisor: Dr. Robyn Gobin

- My current study focuses on the moderating effect of betrayal trauma on the posttraumatic and sexual function symptoms as the result of college sexual assault in young females

Undergraduate Honors Thesis

January 2014 – June 2018

*University of Colorado, Institute of Behavioral Genetics, Department of Psychology and Neuroscience
Boulder, CO*

Advisor: Dr. Michael Stallings

- This study examined the influence of dopamine polymorphisms and psychosocial variables on the number of lifetime sexual partners in a young adult community sample enriched with high-risk participants selected for extreme antisocial behavior and drug abuse

PROFESSIONAL SERVICE

Peer Reviews

- *Journal of Affective Disorders*, Student Reviewer 2019
- *Psychology of Women Quarterly*, Student Advisory Board 2019 – 2020

PRESENTATIONS

Undergraduate Research Day 2014, 2015

*University of Colorado, Department of Neuroscience and Psychology
Boulder, CO*

Presentation: *Genetic Influences on Risky Sexual Behavior: Dopamine Polymorphisms*

- Annual presentation day for undergraduate researchers

TRAININGS

Big T, Little t, and Me

Date attended: January 28, 2019

Presenter: Heather Pierce, L.C.P.C.

Urbana, IL

Objectives of training:

- Learn about the different impact of emotional, physical, and sexual trauma on clients
- Explore different ways of approaching clients considering trauma severity and client symptoms
- Understand the impact trauma work has on counselors