

## **Heather Turmel, Psy.D.**

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Bradenton, Florida 34207

### **EDUCATION:**

*Doctorate in Clinical Psychology*, Florida Professional School of Psychology, Argosy University Tampa, APA accredited, September 2008

*Masters in Clinical Psychology*, Florida Professional School of Psychology, Argosy University Tampa, APA accredited, May 2007

*Masters in Counseling Psychology*, University of Colorado, Denver, December 2002

*Bachelor of Arts, Gerontology*, University of South Florida, August 1998

### **CLINICAL EXPERIENCE:**

*Psychologist*, Carter Psychology Center, Bradenton, FL (January, 2009- Current)

- Individual therapy for adults, children, and adolescents for the treatment of anxiety, depression, parenting issues, trauma, personality disorders, and behavioral disorders.
- Psychological assessment of learning disabilities, emotional disorders, behavioral disorders, mental health evaluations, and personality disorders.
- Additional training in the treatment and assessment of children.
- Family therapy and parent skills training to address attachment, communication, healthy discipline, and behavior modification.

*Pre-Doctoral Internship*, Park Place Behavioral Health Care, Kissimmee, FL (August 2007-August 2008)

- Supervised by Clinical Psychologist Thelma Lynch, Ph.D. and Leslie Hulett-Johnson, Psy.D.
- Functioned as an individual, group and family therapist in multiple settings.
- Conducted psychological assessments for adult and child populations. Referral questions included differential diagnosis, personality assessment, learning disabilities, mental retardation, and memory.
- Treatment plan trainer, provided training on producing consumer friendly treatment plans for CARF requirements.
- **Outpatient Therapy Rotation:**  
Provided individual therapeutic services to individuals with chronic and severe mental illness, addictions, personality disorders, and behavioral disorders. Therapeutic approaches included cognitive behavioral therapy, dialectical behavioral therapy, motivational interviewing, interpersonal therapy, behavior modification and play therapy.
- **Residential Group Home Rotation:**  
Provided individual therapy, family therapy, group therapy, and crisis intervention to adolescents in an emergency shelter, residential group care, and a specialized therapeutic group home. Therapeutic approaches included behavior management, cognitive behavioral therapy, and trauma focused therapy.

- **Substance Abuse/Forensic Rotation:**  
Provided individual and group therapy in a residential substance abuse program to voluntary and court ordered clients. The rotation also provided individual therapeutic services to a forensic residential group home which functioned to rehabilitate clients who are being released from the legal system with a mental health diagnosis and state hospitals in order to help transition them back into the community with intensive therapeutic services.
- **Department of Juvenile Justice Rotation:**  
Provided therapeutic and assessment services to a 50 bed male and female juvenile detention center. The center served children age 8 to 18 years of age. Individual therapy, crisis intervention, and assessment of mental health was provided, as well as follow up with family to provide a continuum of services.
- **Crisis Stabilization Unit Rotation:**  
Provided short-term psychiatric stabilization to children and adults for both voluntary and involuntary commitments. Services provided included brief family therapy, psycho-education, and discharge planning.

***Pre-Doctoral Therapy-Practicum,*** Hillsborough County Children Services/Dorothy Thomas School, Tampa, FL (July 2006- May 2007)

- Supervised by Clinical Psychologist, Charles Furman, Psy.D.
- Provided individual and group therapy to children and adolescents in residential placement and a school for emotionally disturbed and conduct disordered children.
- Utilized cognitive behavioral, behavioral modification, and trauma focused therapeutic approaches.
- Provided case management with outside facilities to provide a continuum of care.

***Pre-Doctoral Diagnostic-Practicum,*** Ruth Cooper Center, Fort Myers, FL (September 2005- June 2006)

- Supervised by Clinical Psychologist Jeanine Kubiak, Ph.D.
- Performed psychological assessments in a community mental health setting including psychosocial assessments, test administration, scoring, interpretation and report writing.
- Client consultation to review testing results and discuss appropriate recommendations for treatment or placement.
- Populations served include outpatient adult and children, crisis stabilization unit, inpatient drug rehabilitation, and short term residential treatment program.
- Reports were utilized to aid in treatment planning, differential diagnosis, and client placement.

***Master Level Therapy- Internship,*** Colorado West Mental Health Agency, Rifle, CO (May 2002-December 2002)

- Supervised by Clinical Psychologist, Joe Lasky, Psy.D. and Therapist, Rebecca Jovanovich, M.A.
- Provided individual, family, and group therapy for clients of all ages and backgrounds in a community mental health outpatient clinic.
- Provided in home family therapy.
- Facilitated family assessments with other members of the marriage and family team.

- Worked with team member's to prepare in depth reports based on observations discovered during family assessments and made necessary recommendations for course of treatment in coordination with the Department of Family services.
- Facilitated several groups including anger management and self-development.
- Kept in depth progress notes, thorough treatment plans, and completed necessary opening paper work for private pay and Medicaid clients.
- Provided case management with outside facilities to provide a continuum of care.

***Masters Level Therapy-Practicum***, University of Colorado Mental Health Counseling Center, Denver, CO (January 2002- May 2002)

- Supervised by Clinical Psychologist, Steven Byers, Ph.D.
- Student-therapist under direct supervision via one-way mirror.
- Provided counseling to University Students and low-income community members.
- Conducted intake assessments.
- Kept in depth progress notes and treatment plans.

## **RESEARCH:**

Presentation, *The Impact of Borderline Personality Disorder on Internalizing and Externalizing Behaviors in Children: The Need for an Integrated Approach to Treatment*, September 2008. Research examined the impact of mental illness on parenting, including attachment, effective discipline, and likely outcomes for the children. Explored current methods of treating both the parent and child.

## **TEACHING EXPERIENCE:**

*Teaching Assistant*, Fall 2005-2006 Clinical Interviewing course

*Teaching Assistant*, Fall 2004-2005 Clinical Interviewing course

## **PROFESSIONAL AFFILIATIONS:**

American Psychological Association, Student Affiliate 2003

## **Trainings Attended:**

Parent Coordination Training, 2009

Client Focused Treatment Plans, 2008

Play Therapy Tools of the Trade, 2008

Ethics in Forensic Psychology, 2005