

CHRISTINA A. GROSSO, LCAT, ATR-BC, BCETS

CURRICULUM VITAE

EDUCATION

- December 2003 Post Graduate Certificate in Trauma Studies
International Trauma Studies Program
New York University, 100 Washington Square East, New York, NY 10003
- May 2000 M.A., Art Therapy, Concentration in Clinical Psychology
New York University, 100 Washington Square East, New York, NY 10003
- 1998- 2000 New York University Graduate Scholarship
 - 1998- 2000 Dean's List
- June 1996 B.F.A., Art History and Painting
Rhode Island School of Design, 2 College Street, Providence, RI 02903
- 1992-1996 RISD Honors Tuition Grant

LICENSURE

Licensed Mental Health Practitioner, Licensed Creative Arts Therapist, State of New York, State Education Department. License #000057-1

Registered Art Therapist, American Art Therapy Credentials Board, Inc.
Registration Number: 02-142

Board Certified Art Therapist, American Art Therapy Credentials Board, Inc.

Board Certified Expert in Traumatic Stress, Diplomate, American Academy of Experts in Traumatic Stress. Listed in the International Registry of The American Academy of Experts in Traumatic Stress.

PROFESSIONAL EXPERIENCE

July 2008 through present

Jewish Board of Family & Children's Services, 120 W. 57th St, NY, NY 10019

Center for Trauma Program Innovation

Position: *Director of Training and Faculty of the Martha K. Selig Educational Institute (MKS)*

- train agency staff, supervisors and directors on various mental health topics, including but not limited to trauma, psychopathology, assessment, cognitive behavioral therapy, Psychological First Aid and Evidence Based Treatments (EBT).
- Consult with programs and supervise advanced clinicians on EBT's, complex trauma, psychopathology and substance abuse.
- extensive experience in the practice, implementation, supervision and training of trauma based assessment and evidence based and evidence informed practices including Sanctuary[®], Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Childhood Traumatic Grief (CTG), Cognitive Processing Therapy (CPT), Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS), Psychological First Aid (PFA), Attachment Self Regulation and Competence (ARC) and Skills Training in Affective and Interpersonal Regulation and Narrative Story Telling (STAIR/ NST) .
- Implement and disseminate EBT's in agency settings, including residential treatment, domestic violence shelters and clinics.
- Conduct organizational readiness assessments and foster buy in with all levels of program staff to facilitate sustainability of practice.

- Liason with Substance Abuse Mental Health Services Administration (SAMHSA) and the National Child Traumatic Stress Network (NCTSN). Responsible for grant writing and grant related progress reports, data collection and monitoring and assessing progress toward grant goals.
- Co-creator of the curriculum *My Identity My SELF: Addressing the Needs of Lesbian, Gay, Bisexual, Transgender and Questioning Youth (MIMS)* which will be launched nationally June 2009.
- developed and implemented division and agency best practice guidelines protecting LGBTQ clients and staff as well as created a LGBT Climate Survey measuring employees attitudes about working with LGBT clients.
- Planned MKS' training program including curriculum development, evaluation, learning goals and cultural competence.
- Provided Psychological First Aid and Crisis Consultation to agency and community programs and schools.
- Contributor of case study for the development of the diagnosis of Developmental Trauma Disorder for DSM V.

September 2006- June 2008

Jewish Board of Family & Children's Services, 120 W. 57th St, NY, NY 10019

Center for Trauma Program Innovation, Westchester Division, 226 Linda Avenue, Hawthorne, NY 10532

Position: *Co-Director of the Sanctuary[®] Project*

- Directed the implementation, planning and training for Sanctuary[®], a trauma treatment model, for over 300 youth and 200 staff in residential treatment.
- Conducted individual and group therapy.
- Supervised clinical staff on trauma specific treatment and Trauma Focused Cognitive Behavioral Therapy (TF-CBT).
- Provided clinical consultation of trauma related cases, services and treatment, including technical assistance at treatment conferences, team meetings, community meetings and psychoeducation groups.
- Provided psychoeducation and clinical skill based training to staff.
- Coordinated of Sanctuary[®] teams and was responsible for strategic planning for campus and schools.
- Development of curriculums, psychoeducation and training.
- Disseminated and expanded the treatment model to both agency and non-agency programs.
- Monitored and evaluated the Sanctuary[®] Initiative through research and assessment.
- Monitored budget, reporting and progress of grant to the Substance Abuse and Mental Health Services Administration (SAMHSA) and the National Child Traumatic Stress Network (NCTSN).

Team Leader- Trauma Focused-Cognitive Behavioral Therapy (TF-CBT) Pilot

- Implement TF-CBT in campus programs in collaboration with the NCTSN Eastern TF-CBT Learning Collaborative.
- Supervise team of eight clinicians both administratively and clinically on the adaptation of model
- Responsible for JBFCS and
- Conduct individual TF-CBT with residential client

Co- Chair LGBTQ (Lesbian, Gay, Bisexual, Transgender and Questioning) Committee

- Lead division wide initiative in promoting tolerance and understanding of LGBTQ issues.
- Coordinate action plans at various sites to implement initiative.
- Creation and implementation of Policy and Guidelines for working with LGBTQ youth in JBFCS Residential Treatment Programs incorporating ACS anti-discrimination policy.
- Created training and psychoeducation for staff.
- Created campus wide psychoeducational group for children and adolescents.

Member- Agency Wide GLBT Steering Committee

- Serve as a liaison for the Westchester Division.
- Creation of Policy and Guidelines for promoting tolerance and antidiscrimination for lesbian, gay, bisexual, transgender and questioning (LGBTQ) staff and clients in JBFCS.
- Created a survey to measure staff perspective on LGBTQ issues agency-wide and track cultural change post training initiatives.

May 2000- September 2006

Jewish Board of Family & Children's Services, 120 W. 57th St, NY, NY 10019

Ittleson Center, 5050 Iselin Avenue, Riverdale, NY 10471

Position: *Supervisor, Primary Therapist*

- Provided individual and group therapies to children and adolescents in a residential treatment facility and day treatment program with severe psychopathology and complex trauma.
- Provided crisis response for children and families following traumatic events, such as WTC disaster and incidents of abuse and domestic violence.
- Provided family treatment, including therapy, psychoeducation and home visits to parents and guardians.
- Provided treatment planning, assessment and coordination of care on a multi-disciplinary team.
- Co-led monthly case conferences, presented patient case studies, and assumed leadership role in treatment, assessment and case planning initiatives.
- Conducted and wrote clinical assessments including, psychosocial and art diagnostic assessments, treatment plans, treatment plan reviews, integrative treatment summaries, progress notes, home assessments, hospitalization referrals and court reports.
- Consulted with the milieu staff daily and provide psychoeducation to staff.
- Coordinated all collateral services with ACS, planning agencies and law guardians, prepared testimonials for court and testified as an expert witness.
- Coordinated academic programming for social work, art therapy and psychology interns/ externs on site including; clinical administrative training, charting and case supervision.
- Supervised graduate students in a clinical internship program that was adjunct to New York University's, Pratt and School of Visual Arts graduate art therapy programs.
- Created and implemented an electronic record of standardized goals, objectives and interventions for agency wide standardization of treatment.
- Created standardized practice measures and a therapeutic treatment model consisting of "an integrated system comprised of the treatment team, family and community working towards trauma resolution and recovery" as mandated by the Office of Mental Health. Created and conducted assessment instrument to validate efficacy of treatment model.

2004- present **New York University**, 34 Stuyvesant Street, New York, NY 10003

Adjunct Faculty- Steinhardt School, Graduate Art Therapy and Applied Psychology Departments

Position: *Professor of Clinical Internship Seminar*

- Lecture weekly over two semesters on clinical theory and practice.
- Supervise students on clinical matters and interface with site supervisors.
- Assimilate students learning through the critical exploration and processing of issues utilizing both theoretical and clinical perspectives.

Position: *Professor of Thesis and Research*

- Lecture weekly over one semester on research methodologies and practice.
- Consult with students individually and in group on topic formation and thesis structure.
- Serve as an advisor and reader on final thesis.

10/02- present **Private Practice**

- Provide individual psychotherapy and art therapy for children, adolescents and adults with trauma, anxiety, depression, affect dysregulation, substance abuse and other mental health related issues.
- Served as a consultant to the City of New York, Project Liberty and the New York University Child Care Center providing and coordinating therapeutic art activities for children and their families affected by the World Trade Center disaster.

1997-1999 **Sotheby's Holdings, Inc.**, 1334 York Avenue, New York, NY 10021

Position: Administrator of Marketing

Position: Administrator of Strategic Planning

Primary department correspondent to nationwide and international affiliates, including London, Paris, Geneva, Zurich, Amsterdam and Hong Kong.

- Compiled monthly status reports for all major international marketing initiatives.
- Coordinator of Sotheby's Holdings, Inc. Board Meeting/ Management Retreat/ International Operating Committee

- Brand Equity Study Project Coordinator: researched key clients' opinions on development and extension of brand name.
- Digital Auction Research Analyst: analyzed various auction and sale websites as research for sothebys.com.

1996- 1997

Ozone Art Gallery, SoHo, NY

Position: *Co-Director/ Co-Curator*

- Manager of accounts, publicity, advertising and special events, including sales, acquisitions and consultation of emerging artists.
- "Billy", Muralist from Broadway's RENT- exhibition of cast portraits. Hosted exclusive reception with cast facilitating 80% sales volume.

CLINICAL INTERNSHIPS

1999- 2000

Jewish Board of Family & Children's Services, 120 W. 57th St, NY, NY 10019

Ittleson Center for Child Research, 5050 Iselin Avenue, Riverdale, NY 10471

Position: *Clinical Intern in Art Therapy*

- Conducted individual and group art therapy sessions with children in an in-patient residential treatment facility for the chronically mentally ill.
- Participated in rounds, clinical meeting, and treatment team conferences.
- Conducted projective assessments and presented cases.

Spring 1999

South Oaks Hospital, Amityville, NY

Psychiatric Division

Position: *Clinical Intern in Art Therapy*

- Lead in-patient children, adolescent, adult, geriatric and adult dual diagnosis art therapy groups.
- Participated in daily rounds and case presentation.
- Administered projective drawing tests and presented patient case studies.

Fall 1998

Mount Sinai Medical Center, New York, NY

Child Life Pediatric Hematology Oncology Department

Position: *Clinical Fieldwork Student in Art Therapy*

- Lead inpatient individual and group sessions.
- Participated in weekly seminar, rounds and case presentations.

COMMUNITY SERVICE

May 2002- present

Treasurer, Board of Directors for 6200 Riverdale Ave Corp., Cooperative

July 2001- 2006

Clinical Supervisor of Volunteers in the JBFC Big Brother/ Big Sister Program

RESEARCH & PUBLICATIONS

Grosso, C. (2010) Me first? a personal account of self care. *Mental Health News 12:3*, 20.

Peacock, C. & Grosso, C. (2009) My Identity My SELF: Addressing the Needs of LGBTQ Youth. National Child Traumatic Stress Network Product.

Panzer, P., Anderson, R., Cushman, M., Dino, M., Feldman, A., Grosso, C., Langosch, D., Paula, S., Payne, L., Peacock, C., Psirakis, A. (2009) Responding to ptsd in our communities. *Mental Health News 11:1*, 36.

Grosso, C. & Pelier, E. (2006) Trauma work within the residential milieu: an innovative parallel process. *American Academy of Children's Residential Centers Journal*.

Master's Thesis: The clinical application and evaluation of the HTP projective drawings of a traumatized child, 2000.

Draw a Super Hero Assessment (DASH). Projective drawing instrument to identify elements of physical and sexual abuse in children through graphic analysis and metaphorical responses, 2003.

PRESENTATIONS

- March 2009 National Child Traumatic Stress Network Annual Meeting. "My Identity My SELF: Addressing the Needs of LGBTQ Youth (MIMS)". Florida Conference Center, Orlando, Florida.
- April 2008 Jewish Board of Family and Children's Services. "Transforming Mainstream Treatment Programs into Safe Environments for LGBT Youth". Co-presented with Caroline Peacock.
- March 30, 2007 Jewish Board of Family and Children's Services, Westchester Division Clinical Grand Rounds: "Trauma and Loss Group Treatment within the Residential Milieu: *An Innovative Parallel Process*".
- November 2, 2006 American Association of Children's Residential Centers 50th Annual Meeting. "Trauma Work within the Residential Milieu: An Innovative Parallel Process". Drake Hotel, Chicago, Illinois.
- December 3, 2005 New York University, Steinhardt School, Graduate Art Therapy Program and the Department of Art and Art Professions. "Art as Therapy with Children Symposium: Honoring Edith Kramer". Presentation: "The Exploration of the Superhero through the Art of the Traumatized Child".
- October 18, 2004 Jewish Board of Family and Children's Services, Henry Ittleson Center Divisional Committee Meeting, Clinical Case Presentation: "Kenny: Treatment Implications of a Gender Identity Disordered and Traumatized Boy".
- 2004 Jewish Board of Family and Children's Services: *Restoring Hope, Rebuilding Lives*. Appearance on agency video summarizing art therapeutic techniques with a client.
- December 2003 Jewish Board of Family and Children's Services, Henry Ittleson Center Clinical Meeting "Art Therapy with Traumatized Children".
- January 2003 Jewish Board of Family and Children's Services, Henry Ittleson Center Clinical Meeting "Pictorial Analysis and Graphic Indicators of Trauma".

CONFERENCES AND TRAINING

- June 2010 Trauma Focused Cognitive Behavioral Therapy (TF-CBT) Supervisors Training (12 hours)
- March 2010 Cognitive Processing Therapy with Patricia Resick (14 hours)
- April 2009 Seeking Safety: A Cognitive-Behavioral Therapy For Co-Occurring PTSD and Addictions (3 hours)
- March 2009 Psychological First Aid (PFA) and PFA for Schools (8 hours)
- November 2008 Childhood Traumatic Grief (CTG) Web Based Certification (6 hours)
- October 2008 Cognitive Processing Therapy (CPT) (12 hours)
- October 2008 Military Cultural Competence. Center for Deployment Psychology
- September 2008 Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS) (6 hours)
- 2004- 2008 Sanctuary[®] Training (50 hours)
- August 2008 Trauma Focused Cognitive Behavioral Therapy (TF-CBT) Supervisors Training (12 hours)
- March 2009 Attachment Self Regulation and Competence (ARC) (6 hours)
- November 2006 Trauma Focused Cognitive Behavioral Therapy Web-Based Certification. (10 hours)

2006/ 2009	Trauma Focused Cognitive Behavioral Therapy Training (24 hours)
2003- 2007	Critical Race theory and Cultural Competence (30 hours)
June 2007	Jewish Board of Family and Children's Services, Interdivisional Symposium: "From Systems to Practice: What's Race Got To Do With It". Keynotes: David Billings, DMin., Kenneth V. Hardy, Ph.D. (3 hours)
March 2007- March 2008	National Child Traumatic Stress Network: Eastern Trauma Focused Cognitive Behavioral Therapy Learning Collaborative. Faculty: Judith Cohen, MD, Erika Ryan, Ph.D., Carrie Epstein, LCSW. (36 hours)
March 2007	Jewish Board of Family and Children's Services, Interdivisional Symposium: "Dialogues: Moving from Unspoken to Spoken". Keynote: Kenneth V. Hardy, Ph.D. (3 hours)
February 2007	National Child Traumatic Stress Network: All Network Meeting, Pittsburgh, PA (20 hours)
December 2006	Jewish Board of Family and Children's Services, Interdivisional Symposium: "Dialogues on Race: Promoting Change". Keynotes: Marjory Freeman and Kenneth V. Hardy, Ph.D. (3 hours)
November 2006	American Association of Children's Residential Centers 50 th Annual Meeting: "Golden Opportunities: Building on Foundations to Enrich the Future". (20 hours)
October 2006	Jewish Board of Family and Children's Services, Divisional Senior Management Retreat: "Developing Leadership". (6 hours)
October 2006	Andrus Children's Center: Sanctuary Network Conference. "Creating Sanctuary: Treating Trauma in Children, Adults, Organizations and Society". Keynotes: Bessel Van der Kolk, MD and Sandra Bloom, MD. (6 hours)
June 2006	Jewish Board of Family and Children's Services, Interdivisional Symposium: "Dialogues for Bridging Differences". Keynote: Kenneth V. Hardy, Ph.D. (3 hours)
January 2006	Jewish Board of Family and Children's Services, Interdivisional Symposium: "Children, Families and Trauma: A Relational Approach". Keynote: Kenneth V. Hardy, Ph.D. (3 hours)
November 2005	Jewish Board of Family and Children's Services, Divisional Senior Management Retreat: "Developing a Vision of Permanence". (6 hours)
June 2005	Jewish Board of Family and Children's Services, Interdivisional Symposium: "Issues of Race, Racism, and Culture in Supervision". Keynote: AJ Franklin, Ph.D. (3 hours)
April 2005 & March 2001	Certification and Training in Identification and Reporting of Child Abuse and Maltreatment. (3 hours)
Winter 2005	Jewish Board of Family and Children's Services In-Service Training: Loss & Bereavement Training. Directors: Nina Koh, MD and Hillel Hirschbein, LMSW, MPH. (25 hours)
2004-2005	Jewish Board of Family and Children's Services In-Service Training: Introduction to Supervision. Instructor: Judith Levitan, CSW. 10 week clinical and administrative training course for supervisors.
November 2004	Jewish Board of Family and Children's Services, Interdivisional Symposium: "Issues of Race, Racism, and Culture in the Clinical Supervisory Processes". Keynote: Nancy Boyd-Franklin, Ph.D. (3 hours)
September 2004	Jewish Board of Family and Children's Services: "In and Out: Working with 'Out' Youth in Residential Treatment". Presenter: Caroline Peacock, CSW. (2 hours)
September 2004	Jewish Board of Family and Children's Services: Presentation of Arbor Health Systems and Bessel Van der Kolk, MD "Psychological Effects of Trauma" Conference. Speaker: John Stadler, MD. Focus on psychobiology and neurobiology. (3 hours)

May 2004	Jewish Board of Family and Children's Services, Interdivisional Symposium: "Effective Approaches When Treating People of Color". Keynote: Anderson J. Franklin, Ph.D. and Nancy Boyd-Franklin, Ph.D. (3 hours)
May 2004	Jewish Board of Family and Children's Services, "Beyond Cultural Diversity: Moving Along the Road to Delivery of Culturally Competent Services". Speaker: Frank Delano, CSW. (3 hours)
October 2003	Jewish Board of Family and Children's Services, Interdivisional Symposium: "The Impact of Racism on Our Client's Lives: Implications for Effective Service Delivery". Keynote: Anderson J. Franklin, Ph.D. and Nancy Boyd-Franklin, Ph.D. (3 hours)
June 2003	Jewish Board of Family and Children's Services, Interdivisional Symposium: "Treatment Intervention with Abused Children". Speaker: Lucy Berlinger, MSW "The STAIR Treatment Program: An Evidence-Based Treatment for Sexually Abused Girls". Speaker: Marylene Cloitre, Ph.D. (3 hours)
March 2003	Jewish Board of Family and Children's Services: "Health Insurance Portability and Accountability Act of 1996 (HIPAA): Regulations and Training. Kathleen McGlade, Ph.D. (2 hours)
November 2002	New York State Coalition for Children's Mental Health Services Annual Conference. The Sagamore, Bolton Landing, NY. (10 hours) <ul style="list-style-type: none"> ▪ "Psychiatric Medications for Children and Adolescents". Brian Grobois, M.D. ▪ "Developing and Implementing Anger Management for Severely Emotionally Disturbed Children and Adolescents". David M. Pratt, Ph.D.
October 2002	Jewish Board of Family and Children's Services, Center for Trauma Program Innovation. "Building Safe Communities". All-day conference and workshops. Keynotes: Sandra Bloom, MD, Bessel Van der Kolk, MD, Claude Chemtob, MD. (3 hours)
September 2002	New York University, Steinhardt School of Education and the Post Graduate Psychoanalytic Institute. "Symposium: The Creative Arts Therapies' Response to 9/11". Keynote: Bessel Van der Kolk, MD. (6 hours)
September 2002	Jewish Board of Family and Children's Services, Interdivisional Symposium: "Secondary Trauma and Systems of Social Support". Keynote: Sandra Bloom, MD. (3 hours)
July 2002	New York State Office of Mental Health, "Residential Treatment of Sexually Aggressive Youth". Speaker: Joann Schladale, M.S., C.M.F.T. (3 hours)
2000 – 2002	Jewish Board of Family and Children's Services In-Service Training Program (180 hours)
October 2001	Jewish Board of Family and Children's Services, Interdivisional Symposium: "Interventions with Trauma and Loss". Keynote: Claude Chemtob, M.D. (3 hours)
September 2001	Jewish Board of Family and Children's Services, Center for Trauma Program Innovation. Workshop: "Helping Children Cope with Crises is Response to 9/11". (3 hours)
April 2000	New York State Office of Mental Health, "Mastering the Key Connection VI: A Clinical Teaching Conference on Trauma Services In the Public Mental Health System". Keynote: Claude Chemtob, MD. (7 hours)
October 2000	New York State Coalition for Children's Mental Health Services Annual Conference. Catskills, NY. (7 hours)
June 2000	Certified: Therapeutic Crisis Intervention.
June 2000	New York State Office of Mental Health, RTF Discharge Planning Workshop (3 hours)

PROFESSIONAL AFFILIATIONS

Diplomate, American Academy of Experts in Traumatic Stress
Professional Member, American Art Therapy Association
Member, Art Therapy Credentials Board
Member, National Child Traumatic Stress Network

HONORS

2002 Employee of the Year, New York State Coalition for Children's Mental Health Services
March 2002 Employee of the Month, Henry Ittleson Center for Child Research
1997 Sotheby's Silver Gavel Award Recipient for Outstanding Administrative Support
1992 Congressional Award for Academic Excellence
1992 Congressional Award for Art Excellence
1992 All-American Scholar
1992 Phyllis Streit Memorial Scholarship
1992 Belle Street Artist Award

SKILLS

Proficient in Windows Operating System, Word, Excel, Powerpoint
Pictorial and graphic Analysis
Graduate and post graduate training in psychopharmacology

Kenshikai Karate 2nd KYU
Scuba Diving