

# Kathryn Roberts

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## EDUCATION

Florida State University, Tallahassee, FL Fall 2017  
Doctorate in Philosophy, Marriage and Family Therapy

Florida State University, Tallahassee FL Spring 2017  
Master of Science, Counseling and Human Systems Spring 2017  
Education Specialist, Counseling and Human Systems  
Concentration: Mental Health Counseling  
*CACREP Accredited*  
3.92 GPA

University of Maryland, College Park, Maryland  
Bachelor of Arts in Psychology May 2015  
Minor in Art History Spring 2014- Spring 2015  
Dean's List  
3.45 Undergraduate GPA  
3.59 Psychology GPA

## CLINICAL EXPERIENCE

FSU Human Services Center Summer 2016  
Dr. Sarah Mbiza  
Practicum Therapist  
Florida State University  
Tallahassee, FL

- Provided individual counseling services to members of the FSU community.
- Provided feedback to other counselors, as well as documented client sessions.
- Presented case conceptualizations on clients.
- Wrote SOAP notes to document progress of client and created treatment plans for future sessions.

Miles & Associates Summer 2016  
Linda Miles, Ph.D., LMFT  
Practicum Intern  
Tallahassee, FL

- Observed individual, family, and marriage sessions along with a supervisor.
- Co-lead sessions and created treatment plans for each client.
- Conducted intake sessions and completed SOAP notes following each session.
- Conducted research within the field of mindfulness and developed various techniques to implement in client sessions.

Miles & Associates Fall 2016-Spring 2017  
Linda Miles, Ph.D., LMFT  
Counseling Intern  
Tallahassee, FL

- Provided individual, marriage, and family therapy to the community.
- Created treatment plans and homework assignments for clients.
- Co-lead sessions with supervisor.

- Documented sessions through SOAP notes and received constructive feedback and supervision for future sessions.
- Implemented mindfulness techniques into individual, family, and couple sessions.

Marks & Associates  
 Roberts Miles, MD.

Summer 2016-Spring 2017

Practicum and Counseling Intern

- Observed therapy sessions and medication evaluations.
- Administered diagnostic assessments for medication and symptom management.
- Gained in-depth knowledge of medications and various interactions with specific disorders

## **PUBLICATIONS/ PRESENTATIONS**

Bunger, A. & Miles, L. (2016). *All Aboard the Brain Train* (In press)

Editor

- The book walks parents through mindfulness activities and practices to engage in themselves and to teach their children.
- This book can be used as a guide to practice mindfulness with young children and offer alternative ways to parent.
- Contributed a mindful eating practice
- Edited the entirety of the book.
- Worked on graphics for the book and re-formatted the content.

Florida Mental Health Counselors Association (FMHCA) Conference

- McNeal, T. & Roberts, K. (2016). *Strength in numbers: A group therapy curriculum for survivors of gun violence on college campuses*. Manuscript under review.

## **SERVICE**

Brain Train Seminar  
 Co-Leader  
 Tallahassee, FL

Summer 2016- Spring 2017

- Created a manual for parents to teach children mindfulness techniques. Seminar provided background research and information about mindfulness, rationale of the manual, and demonstrated specific techniques.
- Seminars were conducted in public libraries and various churches in the greater Tallahassee area.

Distance Education Course: Mommy Whisperer

Present- Spring 2017

- This course will provide pregnant women with the opportunity to learn more about the importance of incorporating mindfulness into their lives during the pregnancy.
- This course will provide background information on mindfulness in general and more specifically the benefits of mindfulness on the developing fetus and on the child's later development.

Mindfulness Rewrites Blog

Summer 2016- Spring 2017

- Contributed articles to a blog that is focused on bringing mindfulness to a greater audience. My primary article focuses on teaching parents to practice mindful eating practices with their children. Additionally, this article incorporates relevant research in the field that demonstrates the importance of mindful eating.

## **RESEARCH EXPERIENCE**

**Interpersonal Relationships Lab, University of Maryland, College Park, Maryland**

September 2014- May 2015

Psychology Research Assistant,

- Used Qualtrics software to create follow up questionnaire for a study analyzing romantic relationships and friendships.
- Worked on two different studies involving interpersonal relationships between friends and romantic partners.
- Worked with participants to collect data by leading participants through various studies and follow up measures.
- Used Google drive, calendar, and email to contact participants.
- Used an overall Psychology research database (SONA) to grant participants course credit for their participation.
- Coded behavioral reactions and responses from video recordings of participants

**Comprehensive Assessment and Intervention Lab, University of Maryland, College Park, Maryland**

October 2013- April 2014

Psychology Scheduling Coordinator

- Managed the schedules for a psychology lab of 30 people.
- Scheduled meetings for the director of the lab.
- Presented an orientation to each new member of the lab.
- Monitored progress of each member in the lab, and scheduled them for reviews by the director.

Psychology Research Assistant

January 2013- April 2014

- Ran studies to assess particular social and behavioral traits.
- Advertised the lab for recruitment purposes.
- Interacted with both adult and adolescent participants and guided them through a study.

**PROFESSIONAL ORGANIZATIONS**

American Counselors Association (ACA), *Student Affiliate*

March 2016-Present

Golden Key Honors Society

Fall 2016-Present