

Kelsey J. Schroeder, Psy.D. (she | her)
Licensed Clinical Psychologist
Curriculum Vitae

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EDUCATION

The Chicago School of Professional Psychology, Chicago, Illinois

APA- Accredited

Doctor of Psychology in Clinical Psychology

Dissertation: *Culturally Sensitive Framework for Black Cis-Gendered Women Survivors of Intimate Partner Violence: A Critical Review*

The Chicago School of Professional Psychology, Chicago, Illinois

Master of Arts in Forensic Psychology

University of Northern Iowa, Cedar Falls, Iowa

Bachelor of Arts

Majors: Psychology and Criminology

Honors: Alderman Scholarship Recipient

CLINICAL EXPERIENCE

Room to Breathe Psychotherapy & Yoga

Chicago, IL

Staff Psychologist & Training Coordinator, August 2022-Present

- Provide multidisciplinary and evidence-based telehealth clinical services to individuals, families, couples, and groups.
- Utilize an integrated therapeutic approach including psychoeducation, motivational interviewing, insight-oriented strategies, relational approach, feminist theory, and psychodynamic theoretical lenses.
- Center values focusing on offering affirming and culturally humble clinical care to clients who experience systematic oppression, and identify as BIPOC, LGBTQIA+, all gender identities and expressions, veterans, individuals with disabilities, and folks from all socioeconomic backgrounds and with varying religious/spiritual beliefs.
- Responsible for creating and facilitating CEU trainings to ensure up-to-date ethical and clinically affirming therapeutic care. Additionally responsible for facilitating in-house CEU trainings for staff.
- Collaborate with colleagues and fellow clinicians in weekly clinical consultation and offering supervision. Additionally, engage in ongoing mentorship and supervisory roles for new clinicians and staff.

University of Tennessee, Knoxville Student Counseling Center**Knoxville, TN**

Doctoral Intern (APA- Accredited), 2021-2022

- Provided telehealth and in-person direct clinical service to undergraduate and graduate students, including triage, single sessions, walk-in crisis, individual, couples, and group therapy under a time-limited model (average 12-sessions).
- Provided weekly individual supervision to beginning practicum student.
- Co-facilitated weekly Graduate Student Interpersonal Process Group.
- Provided outreach, collaboration, and consultation with division partners and other student groups including psychoeducational workshops on boundaries/healthy relationships, mental health care, test anxiety, difficulties adjusting to college, and sleep hygiene.
- Served on Center committees, including Training Committee and Diversity Committee.
- Completed a year-long Supervision Training Track, co-facilitated weekly group supervision for advanced and individual supervision for therapy practicum students.
- Completed a year-long EFCT training track with certified EFCT psychologist and provided couples therapy in alignment with EFCT training and clinical framework.
- **Supervisors:** Maggie Klotz, Ph.D., Elizabeth Baker, Psy.D., and Ashley Ross, Ph.D.

City Colleges of Chicago: Malcolm X College Wellness Center**Chicago, IL**

Intermediate & Advanced Practicum Extern, 2019-2021

- Provided telehealth services to students who identified primarily as African American and/or Latino/a and were of low socio-economic status facing difficulties including homelessness, interpersonal and/or neighborhood violence, poverty, and deficient prior educational services.
- Conducted thorough clinical interviews, mental status exams, risk assessments, CCAPS assessments, crisis walk-in appointments, individual psychotherapy, and group psychotherapy.
- Provided short-term counseling to address academic and interpersonal difficulties to enhance coping strategies and skills regarding boundaries, time management, stress, and organization.
- Co-facilitated with supervisors an Anti-racism Accountability Group for white students to engage in workshop-style learning and discussion focused on the practices of allyship.
- Facilitated outreach by providing psychoeducation and workshops focusing on self-care, test anxiety, communication and boundaries skills, and general services offered at the MXC Wellness Center in classrooms and common areas on campus.
- Triaged students to assist in immediate interventions, coordinating future appointments, and referring to appropriate campus and community-based resources.
- **Supervisors:** Erica Schweitzer, Psy.D. and Emily Hallendy, Psy.D.

Riveredge Hospital**Forest Park, IL**

Diagnostic Practicum Extern, 2018-2019

- Served clients from diverse backgrounds, including individuals from underserved communities, diagnosed with chemical dependencies, involuntarily committed, and both pediatric and adult clients who expressed suicidal ideation and intent.
- Conducted thorough clinical interviews, mental status exams, risk assessments, and background intakes with children, adolescents, and adults.

- Administered assessments included: WAIS-IV, WISC-V, WASI-II, WRAT-V, BYI-II, CDI, PAI, PAI-A, TAT, RBANS, Roberts-2, TABS, TSCC, PQ-B, Brown ADD Scales, Vineland, House-Tree-Person Projective Drawings, and the Sentence Completion Test.
- Co-facilitated process and psychoeducation groups on the chemical dependency inpatient unit and collaborated to develop group curriculum focusing on harm reduction utilizing systems and multicultural approaches.
- **Supervisor:** Martin Blackman, Psy.D.

Advocate Illinois Masonic Medical Center Behavioral Health Services **Chicago, IL**
 Therapy Practicum Extern, 2016-2017

- Conducted individual, family, and couples therapy with clients ranging from ages 3 to 65 years old from diverse communities and cultural backgrounds; Co-facilitated weekly substance use and recovery group within the Intensive Outpatient Program (IOP).
- Worked on multidisciplinary teams, including psychiatrists, case managers, probation officers, parents and teachers to best assess and meet clients' individual needs.
- **Supervisors:** Zachary Friedman, Psy.D. and Antonio Romano, LCPC

TEACHING AND ACADEMIC WORK EXPERIENCE

The Chicago School of Professional Psychology **Chicago, IL**
 Adjunct Professor, Spring 2023- Fall 2025

- Created course curriculum and taught (PY248) Group Processes in Therapy, (PY674) Basic Interventions: Systems, (PY646) Substance Use Disorders, and (PY674) BI: Systems Theory (Family & Couples Therapy) to graduate students in the Clinical Psychology Doctoral Program.
- Engaged in ongoing collaboration regarding expectations, responsibilities, questions from students, and integrating feedback on ways to improve courses.
- Supported students in connecting learning, lived experience, and psychology/clinical care to foster an environment that center students' needs and equity within the learning space.

Roosevelt University **Chicago, IL**
 Adjunct Professor, August 2022-Spring 2025

- Created course curriculum and taught (PSYC 103) Introduction to Psychology to undergraduate students, as well as (PSYC 642) Psychodynamic Counseling and (PSYC 697) Practicum Seminar to graduate students in the Clinical Psychology, Counseling Practice Master's Program.
- Create course curriculum and taught (PSYC 643) Evidence Based Theory in Clinical Practice to graduate students in the Clinical Psychology Doctoral Program.
- Engage in ongoing collaboration regarding expectations, responsibilities, questions from students, and integrating feedback on ways to improve courses.
- Passionate about supporting students in connecting learning, lived experience, and psychology/clinical care to foster an environment that center students' needs and equity within the learning space.
- Committed to working successfully with other faculty and within the department to establish course guidelines, modify and keep updated curriculum, and achieve program's goals.

The Chicago School of Professional Psychology

Chicago, IL

Teaching Assistant, 2019- 2021

- Assisted in implementing lesson plans, grading assignments for various courses, and completing administrative tasks.
- Met with students to provide instructions and feedback regarding writing, assignments, and/or academic concerns.
- Guest lectured: (PY426) History & Systems of Psychology- Psychodynamic & Systems Approaches, (PY458) Research Methods- Qualitative Research- Grounded Theory & Ethnography.
- Courses included: (PY426) History & Systems of Psychology, (PY715) Refugee & IDP Trauma, (PY458) Research Methods- Qualitative Research, (PY451) Social Bases of Behavior, (PY562) Special Topics: Advocacy.
- **Supervisor:** Nancy Bothne, Ph.D.

RESEARCH EXPERIENCE

The Chicago School of Professional Psychology

Doctoral Dissertation

Title: *Culturally Sensitive Framework for Black Cis-Gendered Women Survivors of Intimate Partner Violence: A Critical Review*

- Conducted a critical review of literature on topics including intimate partner violence (IPV), systematic racism and historical oppression of Black cisgender women, Critical Race Theory, and Intersectional Feminist Theory.
- Assessed how systematic racism and oppression against Black women has impacted their experiences of intimate partner violence regarding assistance and treatment in the mental health field. Then, created a theoretical framework encompassing cultural sensitivity and humility to conceptualize the experiences of IPV for Black cisgender women incorporating Critical Race Theory and Intersectional Feminist Theory.
- **Chairperson:** Michelle Cutler, Ph.D.; **Committee Member:** Rachel Nitzarim, Ph.D.

University of Northern Iowa

Research Assistant

- Assisted a full-time faculty member and Clinical Psychologist in collecting research data from first and second-year university students. Additionally, analyzed data regarding interpersonal communication between self-identified genders.
- **Supervisor:** Nicholas Schwab, Ph.D.

PRESENTATIONS

Room to Breathe Psychotherapy & Yoga

Staff Psychologist

- Presented a 60-minute lecture focusing on conceptualizing, supporting, and enhancing evidence-based interventions with clients struggling with political-based anxiety, election concerns, and dysregulation regarding the social and political climates.
- Facilitated transitioning the lecture into a training opportunity and applied for CEU accreditation with presentation for the practice in Fall 2024.

University of Tennessee- Knoxville, Student Counseling Center

Doctoral Intern

- Presented a 60-minute lecture to advanced and basic practicum students, regarding clinical assessment and intervention of IPV and dating violence for college students.
- **Supervisors:** Elizabeth Baker, Psy.D. and Maggie Klotz, Ph.D.

University of Tennessee- Knoxville, Student Counseling Center

Doctoral Intern

- Presented a 60-minute lecture to senior staff within the Counseling Center, as well as fellow interns and practicum students, regarding dissertation research and proposed framework focused on Black women's experience of IPV utilizing Critical Race Theory and Intersectional Feminist Theory.
- **Supervisors:** Elizabeth Baker, Ph.D. and Ashley Ross, Ph.D.

Riveredge Hospital

Diagnostic Practicum Extern

- Presented a 60-minute lecture to LCPC staff and fellow externs regarding psychoeducation focused on IPV and ways to integrate cultural humility into the initial screening assessment, clinical interview, conceptualization, and treatment planning.
- **Supervisor:** Martin Blackman, Psy.D.

INTERNSHIP EXPERIENCE

Black Hawk County District Attorney's Office

Intern

- Assisted the Victim Advocate Social Worker in providing support to victims and their families throughout court proceedings
- Assisted attorneys in categorizing and preparing files and evidence for first-degree murder trials, domestic violence trials, and a child-endangerment trials
- **Supervisors:** Thomas Ferguson, D.A.

LEADERSHIP AND VOLUNTEER EXPERIENCE

University of Northern Iowa

Senior Representative Criminology Department

- Co-facilitated classroom presentations regarding opportunities for students within the Criminology Department at University of Northern Iowa; provided information with incoming and current students about the credentials, requirements, and opportunities within the Criminology major
- **Supervisor:** Gayle Rhineberger-Dunn, Ph.D.

PROFESSIONAL AFFILIATIONS

- Midwestern Psychological Association
- American Psychological Association
- Illinois Psychological Association

PROFESSIONAL TRAININGS

- *Gender Affirming Care 101: Clinical Competencies*
- *Decolonizing Trauma Work: Rising Above Privilege of Post-Traumatic Growth*
- *Systematic Racism and Disparities: Strategies for Accountability and Repair (4-part series),*
- *Educating Before Vaccinating: Understanding the Concerns of Black Americans about COVID-19 in the Service of Decision-Making for Self and Others*
- *Telepsychology Best Practices 101: Segments 1-4, (American Psychological Association)*
- *Family Matters: A Systems View of Substance Use Disorders*
- *Chicago Recovery Alliance Opioid Overdose Responder Training*
- *Recovery Month Speaker: Opioid Addiction*
- *Can International Human Rights Based Advocacy Offer New Strategies for Social Justice in the U.S.?*
- *Psychodrama Training*
- *Women in Leadership Panel*
- *Practical Transition: A First-Person Perspective on Transman Experiences and Medical Interventions*
- *Let's Talk About Sex...Ethically: Ethical Treatment of Sexual Concerns in Therapy*

REFERENCES

Sara Buxton, LCPC

Practice Owner and Clinical Supervisor
Room to Breathe Psychotherapy
25 E. Washington, Suite 1025, Chicago, IL, 60602
Email: sara@roomtobreathechicago.com
Capacity: Practice Owner and Licensed Therapist

Erica Schweitzer, Psy.D.

Clinical Director
Room to Breathe Psychotherapy
25 E. Washington, Suite 1025, Chicago, IL, 60602
Email: drschweitzer@roomtobreathechicago.com
Phone: (312) 850-7122
Capacity: Clinical Director & Licensed Clinical Psychologist

Michelle Cutler, Ph.D.

Clinical Psychology Department
The Chicago School of Professional Psychology
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Phone: (312) 410-8968
Capacity: Former Dissertation Chair & Licensed Clinical Psychologist