

# Cate Petrowski, Ph.D.

## Curriculum Vitae

### Education

BOWLING GREEN STATE UNIVERSITY – BOWLING GREEN, OH 43403

**Doctor of Philosophy in Clinical Psychology, August 2020**

**Doctoral Dissertation:** *Conflict or Solidarity: Understanding Sibling Relationships in Families Coping with Parental Mental Illness*

**Master of Arts in Clinical Psychology, May 2015**

**Master's Thesis:** *Familial Caregiving, Role Reversal and Social Ties: Experiences of Young Women with Mothers with Mental Illness*

LOYOLA UNIVERSITY CHICAGO – 1032 W. SHERIDAN RD., CHICAGO, IL 60660

**Bachelor of Science in Psychology, Magna Cum Laude, May 2012**

**Minors in Gender Studies and Art History**

### Professional Experience

DEPARTMENT OF COUNSELING AND HUMAN DEVELOPMENT, UNIVERSITY OF LOUISVILLE – LOUISVILLE, KY

**Clinical Assistant Professor/Associate Director of Cardinal Success Program, August 2023 to Present**

COUNSELING AND MENTAL HEALTH SERVICE, TUFTS UNIVERSITY – 120 CURTIS ST., SOMERVILLE, MA 02144

**Staff Clinician, August 2022 to May 2023**

**Post-Doctoral Fellow, August 2021 to August 2022**

- Provided short-term, primarily remote individual and group therapy services to undergraduate and graduate students experiencing a variety of concerns
- Codeveloped and cofacilitated a therapy group for students with loved ones living with mental illness and/or substance use disorders
- Participated in interdisciplinary Trans Care Team to discuss provision of affirming care to transgender and nonbinary students, with providing assessment and support documentation for students seeking gender-affirming hormone treatment and/or surgery
- Provided training for students serving in Ears for Peers, an anonymous, confidential student-run peer support hotline
- Participated in a variety of staff trainings and seminars, as well as a monthly Race Dialogues series
- Utilized Mediat electronic health record and practice management program

MENTAL HEALTH AMERICA OF OHIO – 2323 W. FIFTH AVE., SUITE 160, COLUMBUS, OH 43204

**Pro Bono Counseling Program Coordinator/Client Rights Advocate/Client Advocate, July 2018 to May 2021**

- Coordinated free mental health counseling program that served uninsured or underinsured consumers
- Provided brief assessment of clinical needs and connection to appropriate services
- Built volunteer engagement and recruitment through empirically-based strategies

- Supported and advocated for consumers of mental health and/or substance use recovery services and their family members in understanding their rights and responsibilities
- Provided information, referral, and advocacy services to consumers and their family members
- Documented existing service gaps and community mental health needs

CHILLICOTHE VETERANS AFFAIRS MEDICAL CENTER – 17273 OH-104, CHILLICOTHE, OH 45601

**Psychology Pre-Doctoral Intern, June 2017 to June 2018**

- Worked in clinics specializing in psychosocial rehabilitation and recovery, posttraumatic stress disorder, and outpatient mental health to provide individual and group therapy for rural, Appalachian Veterans coping with a variety of mental health concerns
- Designed and implemented groups incorporating recovery principles for adults with serious mental illness
- Received training in and gained experience providing a variety of evidence-based psychotherapies
- Engaged in group process improvement projects, one on suicide risk assessment and a second on diversity and inclusion in the workplace topics

COUNSELING CENTER, BOWLING GREEN STATE UNIVERSITY – 104 COLLEGE PARK OFFICE BUILDING, BOWLING GREEN STATE UNIVERSITY, BOWLING GREEN, OH 43403

**Graduate Student Counselor, October 2016 to May 2017**

- Provided individual therapy and intake assessment to students coping with a variety of concerns
- Administered and evaluated community intervention and outreach programs for the university community
- Attended training seminars on topics such as diversity issues, interventions, and compliance
- Utilized Titanium electronic medical record and practice management program

PSYCHOLOGICAL SERVICES CENTER – SUITE 300 PSYCHOLOGY BUILDING, BOWLING GREEN STATE UNIVERSITY, BOWLING GREEN, OH 43403

**Graduate Student Clinician, January 2013 to June 2017**

- Provided psychological testing and individual therapy to university students and Northwest Ohio community members coping with a variety of concerns
- Received training in intelligence, ADHD, learning disability, intellectual disability, and mood and personality disorders testing and assessment

BEHAVIORAL CONNECTIONS OF WOOD COUNTY – 1010 N. PROSPECT ST., BOWLING GREEN, OH 43402

**Clinical Intern, May 2015 to May 2016**

- Provided individual and group therapy to Northwest Ohio community members experiencing mental health and/or substance use concerns within a community mental health center setting
- Conducted intake assessments and psychological testing for a variety of mental health concerns
- Engaged in community outreach and provided training on mental health topics to community members

CONNECTION CENTER – 194. S. MAIN ST., BOWLING GREEN, OH 43402

**Community Advocate Intern, May 2014 to May 2015**

- Worked alongside adults with serious mental illness at a psychosocial rehabilitation clubhouse setting
- Engaged in systems intervention and program development
- Collaborated with clubhouse members to create an arts-based intervention consisting of weekly groups, community integration, and an interactive public art display
- Empowered members to take on new roles and responsibilities in the clubhouse setting and within the structure and content of the art group

NATIONAL RUNAWAY SWITCHBOARD – 3141B N. LINCOLN, CHICAGO, IL 60657

**Crisis Hotline Worker, May 2011 to May 2012**

- Trained in crisis intervention model in a 40-hour program
- Provided direct services over phone, internet chat, and email to diverse, nation-wide population in crisis

CHICAGO COALITION TO SAVE OUR MENTAL HEALTH CENTERS – 5760 W. IRVING PARK RD., CHICAGO, IL 60634

**Paid Internship, June 2010 to August 2010**

- Engaged in community outreach through door-to-door canvassing of residents of diverse Chicago neighborhoods
- Advocated for the rights and needs of individuals and families living with mental illness
- Attended monthly community action meetings to share progress in community outreach

ASIAN HUMAN SERVICES – 2424 W. PETERSON AVE., CHICAGO, IL 60659

**LEAF After-School Program Tutor, September 2009 to May 2010**

- Assisted students in grades 1-6 with homework, reading skills, and other educational activities
- Interacted with students one-and-one, as well as in small groups
- Communicated with parents and supervisors about students' academic progress

## **Research Experience**

***Research Group Member, Clinical-Community Group with Catherine Stein, Ph.D., Bowling Green State University, August 2012 to June 2018***

- Participated in topic exploration and development, data collection and analysis, manuscript writing, and presentation of findings for a qualitative study on the experiences of young adults who experienced the death of a close friend
- Gathered data and began preliminary analysis on a study involving relationships between parents and young adult children
- Engaged in data analysis and presentation of findings for a qualitative study investigating the perspectives of long-term mental health consumers on historical changes in the community mental health system
- Developed and provided a mutual help group for BGSU college students struggling with their academic performance

***Research Assistant to Patricia Rupert, Ph.D., Loyola University Chicago, Department of Psychology August 2011 to May 2012***

- Involved in research investigating work-family conflict and work-family facilitation
- Helped develop a study examining anticipated work-family conflict and facilitation among college students, with special attention paid to factors such as gender and self-efficacy.

***Research Assistant to Julia Pryce, Ph.D., Loyola University Chicago School of Social Work, June 2011 to May 2012***

- Analyzed qualitative data for research project exploring mentoring relationships between college students and at-risk elementary school students
- Trained to use NVIVO coding software

***Independent Research Course, Spring 2012 semester, with advisor Patricia Rupert, Ph.D., Loyola University Chicago, Department of Psychology***

- Studied factors related to planned career traditionality and work-family balance, self-efficacy, and future plans, with particular regard to the impact of gender variables
- Included active participation in the research lab and a written research report

**Teaching Experience**

ANTIOCH COLLEGE – ONE MORGAN PLACE, YELLOW SPRINGS, OH 45387

**Adjunct Faculty, January 2021 to March 2021**

- Winter 2021 Quarter Abnormal Psychology course instructor, which utilized an online asynchronous format

***Guest Lecturer, Introduction to Psychology with Brittany Sizemore, Ph.D., Owens Community College, October 2017***

- Lectured on the topic of Clinical Psychology

***Guest Lecturer, Introduction to Psychology with Brittany Sizemore Ph.D., Bowling Green State University, April 2016***

- Lectured on the topic of Community Psychology

***Teaching Assistant, Lifespan Development with Yiwei Chen, Ph.D., (2 sections), Bowling Green State University, Spring 2014***

- Graded and proctored assignments and exams, guest lecturer for class

***Teaching Assistant, Abnormal Psychology with Kirstin Lauritsin, Ph.D., Bowling Green State University, Fall 2014***

- Graded and proctored assignments and exams

***Teaching Assistant, Psychology of Adolescence with Erin Baker, Ph.D., Bowling Green State University, Fall 2014***

- Graded and proctored assignments and exams, guest lecturer for class

***Teaching Assistant, Human Sexuality with Michael Zickar, Ph.D., Bowling Green State University, Spring 2013***

- Graded and proctored assignments and exams

***Teaching Assistant, Adult Development and Aging with Robert Kirk, Ph.D., Bowling Green State University, Spring 2013***

- Graded and proctored assignments and exams

***Teaching Assistant, Introduction to Psychology with Christopher Lake, Ph.D., Bowling Green State University, Fall 2012***

- Graded and proctored assignments and exams, guest lecturer for class

## Publications

- Stein, C. H., Hartl Majcher, J., Froemming, M. W., Greenberg, S. C., Benoit, M. F., Gonzales, S. M., **Petrowski, C. E.**, Mattei, G. M., & Dulek E. B. (2019). Community psychology, digital technology, and loss: Remembrance activities of young adults who have experienced the death of a close friend. *Journal of Community and Applied Social Psychology*, 257-272.
- Stein, C. H., **Petrowski, C. E.**, Gonzales, S. M., Mattei, G. M., Hartl Majcher, J., Froemming, M. W., Greenberg, S. C., Dulek E. B., & Benoit, M. F. (2017). A matter of life and death: Understanding continuing bonds and post-traumatic growth when young adults experience the loss of a close friend. *Journal of Child and Family Studies*, 1-14.
- Petrowski, C. E.**, & Stein, C. H. (2016). Young women's accounts of caregiving, family relationships, and personal growth when mother has mental illness. *Journal of Child and Family Studies*, 25, 2873-2884.
- Stein, C. H., Leith, J. E., Osborn, L. A., Greenberg, S., **Petrowski, C. E.**, Jesse, S., Kraus, S. W., & May, M. C. (2014). Mental health system historians: Adults with schizophrenia describe changes in community mental health care over time. *Psychiatric Quarterly*, 1-16.

## Presentations

- Petrowski, C. E.** & Quinn, X. (2022). Caring for transgender, nonbinary, and gender diverse clients. Presented to staff at the Tufts University Counseling and Mental Health Services, Zoom Webinar, August 2022.
- Petrowski, C. E.** (2020). Understanding and affirming the LGBTQ+ community: Tools for clinicians and community members. Presented at the Fall Virtual Conference Series sponsored by the Fairfield County Building Trauma-Informed Systems Initiative, Zoom Webinar, December 2020.
- Petrowski, C. E.** (2017). Beyond the binary: Affirmative care for individuals with nonbinary gender identities. Presented to psychology staff at the Chillicothe VAMC, Chillicothe, OH, November 2017.
- Petrowski, C. E.**, Dulek, E. B., Walker, K., Chipps, L., & Stein, C. H. (2017). Solidarity and support: Understanding sibling relationships among families living with parental mental illness. Poster presented at the Society for Community Research and Action, Ottawa, ON, June 2017.
- Stein, C. H., **Petrowski, C. E.**, Gonzales, S. M., Hartl-Majcher, J., Mattei, G. M., Froemming, M., Dulek, E. B., & Benoit, M. F. (2017). Young adults accounts of the death of a close friend: Continuing bonds and digital remembrance. Presented with symposium *Conducting Qualitative Research in Community Psychology: The Story Behind the Stories* at the Society for Community Research and Action, Ottawa, ON, June 2017
- Petrowski, C. E.**, & Gonzales, S. M. (2017). Best friends forever: Fostering remembrance and creating meaning following the death of a close friend. Presented to staff members at the Counseling Center, Bowling Green State University, Bowling Green, OH, April 2017.

- Petrowski, C. E.** (2017). Feminist psychology and contributions of women to mental healthcare. Presented to National Council of Negro Women, Inc. members at Bowling Green State University, Bowling Green, OH, March 2017.
- Petrowski, C. E.** (2016). Seasonal affective disorder. Presented to Public Employee Retirees, Inc. (PERI), Bowling Green, OH, February 2016.
- Petrowski, C. E., Gonzales, S. M., & Stein, C. H.** (2015). Changed for good: Young women's accounts of coping with mothers' mental illness. Poster presented at the Society for Community Research and Action, Lowell, MA, June 2015.
- Petrowski, C. E., & Stein, C. H.** (2015). Coping with mom's mental illness: Young women's accounts as daughters. Presented at the Midwestern Psychological Association Annual Meeting, Chicago, IL, May 2015.
- Pentzien, C. L., **Petrowski, C. E.,** Ghoul, A. M., & Bonadio, F. A. (2013). Putting research to work: A practical review of methodology and outcomes of community-based interventions for juvenile delinquency. Poster presented at the Society for Community Research and Action, Miami, FL, June 2013.
- Leith, J. E., **Petrowski, C. E.,** & Stein, C. H. (2013). Evaluation of a measure of positive transformations for loss due to mental illness. Poster presented at the Society for Community Research and Action, Miami, FL, June 2013.
- Stein, C. H., Leith, J. E., Osborn, L. A., Greenberg, S., Kraus, S. W., May, M. C., Jesses, S., & **Petrowski, C. E.** (2013). Mental health historians: Understanding community mental health care reform from adults with schizophrenia. Presented at the Society for Community Research and Action, Miami, FL, June 2013.

## **Community Intervention and Prevention**

### ***Tips to Conquer Test Anxiety, Bowling Green State University, April 2017***

- Tabling event for BGSU students at the Jerome Library

### ***GRIT Events, Bowling Green State University, November 2016, February 2017, March 2017, April 2017***

- Tabling events to disseminate knowledge of ways to build resilience and growth mindset among the BGSU student population

### ***Stay the Course, Bowling Green State University, February 2015 to April 2015***

- Mutual help group for BGSU students on academic probation
- Co-facilitated groups with graduate student peers, supervised by Dr. Catherine Stein

### ***I CAN DO, Bowling Green State University and Bowling Green Public Schools, September 2014 to December 2014***

- Prevention program targeted at fourth grade students in Bowling Green, OH elementary schools
- Co-facilitated lessons that discussed issues of stress and coping, bullying, moving away and homelessness, and additional psychosocial stressors
- Supervised by Dr. Eric Dubow

## **Professional Development Workshops and Trainings**

### ***Introduction to EMDR, February 2023***

- Presented by Xavier Quinn, LICSW and Sophie Ricks, LICSW

### ***After a College-Student Dies by Suicide: The Impact on Clinicians, Teachers, and the Community, January 2023***

- Presented by Vanessa McGann, Ph.D.

### ***Imposter Syndrome on College and Graduate Students, November 2022***

- Presented by Lisa Orbe-Austin, Ph.D.

### ***Positive Psychology for Substance Use, October 2022***

- Presented by Bettina Hoepfner, Ph.D.

### ***Clinical Issues in Working with Transgender and Nonbinary Youth, September 2022***

- Presented by Sidney Tranthan, Ph.D.

### ***The Master's House: Paved with Good Intentions, August 2022***

- Presented by Chakira M. Haddock-Lazala, PhD

### ***Impact of Racism and Trauma on Black Mental Health, April 2022***

- Presented by Christine Crawford, MD, MPH

### ***Intersectionality and Cultural Awareness, March 2022***

- Presented by Michael Mobley, Ph.D.

### ***Mental Health Issues and Concerns Among Asian American College Students, February 2022***

- Presented by Karen Suyemoto, Ph.D.

### ***Helping Students with Eating, Exercise, and Body Image Concerns: Approaches and When Intuitive Eating Fits, January 2022***

- Presented by Kate Sweeney, MS, RD, LDN

### ***Reaching and Working with Suicidal College Students, December 2021***

- Presented by Joanna Bridger, LICSW

### ***Pornography and Online Exploration of Sexuality, November 2021***

- Presented by Erin Belfort, MD and Amy Mayhew, MD

### ***Eastern and Western Approaches to the Treatment of Anxiety, October 2021***

- Presented by Marni Chanoff, MD

***Sexting and Digital Sexuality in Youth, September 2021***

- Presented by Elizabeth Englander, Ph.D.

***Decolonizing Mental Health Treatment, September 2021***

- Presented by Charmain Jackman, Ph.D.

***ServeOhio Virtual Conference Series on Strengthening Service & Volunteerism, October 2020***

- Attended trainings on sustaining and adapting volunteer engagement, strengthening relationships and community in a virtual world, strategies to identify and overcome implicit bias, and creating a more diverse and inclusive environment through volunteer engagement

***Understanding the Role of Resilience in Gender and Sexual Minority Communities, Virtual Training, September 2020***

- Presented by Kristen Krause, Ph.D., MPH
- Received training on using a resiliency-based approach to health disparities and the strengths of the gender and sexual minority community in coping with stigma and discrimination

***Blinded by Bias: Rooting Out Bias in Your Organization, Virtual Training, September 2020***

- Received training on implicit bias, bias in hiring processes, and system biases in organization operations

***Recovery LIVE! Supporting Recovery for All: Racial Equity in Recovery Support Communities and Services, Virtual Training, August 2020***

- Received training on creating equitable recovery services for BIPOC living with substance use disorders and mental illness

***Whiteness at Work, Virtual Training Series, June - July 2020***

- Presented by Desiree Adaway, Jessica Fish, and Ericka Hines
- Attended trainings on racial inequities, identity and white dominant culture, building anti-racist skills, and operationalizing racial equity

***ServeOhio Conference on Service and Volunteerism, Columbus, OH, October 2019***

- Attended trainings on diversifying your volunteer base, inspiring peak performance from volunteers, and building capacity through skills-based volunteer engagement

***Screening, Brief Intervention, and Referral to Treatment Implementation Training, Lancaster, OH, August 2019***

- Presented by Debra Scholten, LPC, CRC
- Received training on substance use disorders, motivational interviewing, and brief intervention and referral

***Cultural Competency in the LGBTQ+ Community, Ohio State University, August 2019***

- Received training on LGBTQ+ identities and the ethics of being an LGBTQ+ ally



***Mystery of Risk: Drugs, Alcohol, Pregnancy, and the Vulnerable Child, Lancaster, OH, July 2019***

- Presented by Dr. Ira Chasnoff
- Received training on the impact of substance use on pregnancy and how to work with pregnant individuals with substance use concerns

***Ethics of Supervision: A Trauma-Informed Approach, Lancaster OH, May 2019***

- Presented by Adam Peltier, LISW-S
- Received training on providing trauma-informed supervision and working with trainees through a trauma-informed, interpersonal lens

***Improving Cultural Competency: Working with People in the Criminal Justice System Who Have Mental Illnesses, Webinar, May 2019***

- Received training on working with individuals with mental illness in the criminal justice system

***Working with Multiethnic, Pluralistic and Linguistically Diverse Populations, Ohio State University, April 2019***

- Presented by Edwin J. Nichols, Ph.D.
- Received training on cultural competency and humility, particularly in regards to working with therapy clients

***Problem Gambling Training: An Overview, Lancaster, OH, February 2019***

- Presented by Scott Anderson, AS, LCDC
- Received training on screening, assessment, evidence-based practices, and data on gambling disorders

***Safe Zone Training, Bowling Green State University, April 2017***

- Received updated training, with particular focus on working with LGBTQIA-identified individuals in a clinical setting

***Acceptance and Commitment in Psychotherapy Seminar, Novi, MI, April 2014***

- Presented by Steve Hayes, Ph.D.
- Received training on the theory, model, and interventions of Acceptance and Commitment Therapy (ACT) through lecture, clinical demonstrations, and experiential exercises

***Making a Difference: Cultural Competency and Racial Responsiveness in Clinical Practice, Bowling Green State University, March 2014***

- Presented by John Lee, Ph.D.
- Received training on distinguishing between race and culture, and the use of racial responsiveness and cultural competency within clinical interventions.

***OPAGS Acceptance and Commitment Therapy (ACT) Workshop, Ohio State University, November 2013***

- Presented by Laurie Greco, Ph.D.
- Received training on the theoretical underpinning, clinical model, and interventions of ACT through lecture, clinical demonstrations, and experiential exercises

***Safe Zone Training, Bowling Green State University, December 2012***

- Presented by Justine Ray and Tobias Spears
- Received training on LGBTQIA issues

**Community Service**

SAAFE CENTER – 1022 N PROSPECT ST., BOWLING GREEN, OH 43402

**Victim Advocate Volunteer, 30+ hours per month, January 2013 to October 2015**

- Victim advocate for Wood County's Sexual Assault Crisis Center
- Provided crisis intervention, information about aftercare and legal/court systems, and agency referral for victims of sexual assault and related crimes
- Trained new advocates through one-on-one and group peer supervision