

Helen Youngju Kim, PhD

SUMMARY

- Licensed psychologist practiced in the provision of accessible and empowering brief therapy to diverse adults, including: 6 years in health service systems, 3 year clinical/research focus in primary care behavioral health, 1 year serving women and families in domestic violence shelter, and 2 years in severe mental illness.
- My approach to therapy is multicultural, strength-based, solution-focused, committed, and creative!
- I stay evidence-based by producing consistent scholarly publications on multicultural mental health.
- Skillful in career counseling, psychological evaluation and testing, group therapy, case management, crisis intervention, program administration, and brief trauma-informed therapy integrating IFS, DBT, CBT, social emotional learning, and more.
- Member of American Psychological Association and Asian American Psychological Association.

EDUCATION

2019	Ph.D. Graduate Minors (2)	Counseling Psychology Gender and Sexuality Studies Integrated Behavioral Health
	Dissertation:	<i>Beginning with My Grandparents' Generation: Stories of Intergenerational Trauma and Healing among Korean American Womxn</i>
	Advisors:	Tracie Hitter, PhD; Hsiu-Lan Cheng, PhD New Mexico State University
2012	M.A.	Clinical Psychology with emphasis in Marriage and Family Therapy Pepperdine University
2007	B.A.	International Studies-Political Science University of California San Diego

GRANTS, HONORS, & SCHOLARSHIPS

APA Division 35 Psychotherapy with Women Award for coauthored article: *Disordered eating among Asian American college women: A racially expanded model of objectification theory*

2018

NMSU Merit-Based Enhancement Fellowship

2016-2017

NMSU Dr. Peggy Glaister Kaczmarek Counseling Endowed Scholarship	2015-2016
Asian American Psychology Association (AAPA) Travel Award	2015
NMSU Counseling and Educational Psychology Tuition Fellowship	2014-2017
California Governor's Scholars Awards	2000-2002

CLINICAL EXPERIENCE

Counseling/Psychotherapy

The Kaiser Permanente Medical Group, Walnut Creek, CA Winter 2020 – present
Intensive Outpatient Program, Department of Psychiatry

Manager: Gieve Ameli LMFT

- Providing psychotherapy, group therapy, and case management to patients with severe symptoms and acute safety concerns (e.g., suicidal ideation) in their goals of safety planning, increased life functioning, and management of symptoms related to depression, anxiety, trauma, substance use, identity, grief and loss, body image, relationships, and work stress.

University of California at Berkeley, Berkeley, CA Summer 2019 – Summer 2020
Postdoctoral Fellow in Health Service Psychology with high risk hospitalization team and career counseling foci

Supervisors: Kin Ming Chan, PhD; Claytie Davis III, PhD

- Supported approx. 100 mild/moderate/severe client caseload, in brief/longer term psychotherapy, through a wide range of concerns incl. adjustment, depression, anxiety/panic, self harm, suicidal ideation, trauma, identity, substance use, grief and loss, body image, relational issues, career/academics, and more.
- Served on Hospital and High Risk Team, providing crisis intervention and case management to post-hospitalization and acute-presentation clients.
- Conducted new client intake assessments to collaboratively assess presenting concerns, acuity, conceptualization, and treatment planning.
- Administered and integrated vocational and psychological assessments including the MMSE, Myers-Briggs Type Inventory (MBTI), Strong Interest Inventory (SII), BAI, BDI, and more.
- Participated in special projects such as Multicultural Staff Development Steering Committee, liberatory book club, Asian Pacific Islander support, and career intern training team.
- Performed triage, assessment, and crisis intervention services for walk-in clients.
- Participated in weekly interdisciplinary clinical case conferences.
- Offered consultation and outreach services to outside providers, student, staff, faculty, and additional campus communities.
- Maintained electronic health records.

Population: Adolescent and emerging adults with intersectional identities including: first generation, low income, sexually and gender diverse, racially and ethnically marginalized, athletes, parents, neuroatypical, and more.

University of California at Berkeley, Berkeley, CA Summer 2018 – Summer 2019
Predocloral Intern in Health Service Psychology

Supervisors: Adisa Anderson, PhD; Claytie Davis III, PhD

- Supported caseload of approx. 90 mild/moderate clients, within brief and longer term psychotherapy, through a wide range of concerns including adjustment, depression, anxiety, suicidal ideation, trauma, identity, substance use, grief and loss, panic, body image, self harm,

relational issues, career/academics.

- Performed triage, assessment, and crisis interventions for walk-in clients.
- Administered and integrated vocational and psychological assessments including the MMSE, BAI, BDI, MBTI, SII, and more.
- Offered consultation and outreach services to outside providers, student, staff, faculty, and campus communities.
- Led support/skills groups and workshops (e.g., Holistic self-care; Managing Stress Anxiety and Depression group; Asian/Asian American Womxn's Support Group).
- Served on Multicultural Staff Development Steering Committee.

Population: Adolescent and emerging adults with intersectional identities including: first generation, low income, sexually and gender diverse, racially and ethnically marginalized, athletes, parents, neuroatypical, and more.

Mesilla Valley Hospice, Las Cruces, NM

Spring 2017 – Spring 2018

Hospice Behavioral Health Intern

Supervisors: Daubney Boland, PhD; Justin Boland, PhD; Traci White, PharmD

- Provided end-of-life behavioral health services for depression, grief, desire for hastened death, and bereavement using dignity and meaning-centered therapies (home and in-residence visits).
- Completed coordinations of care from physician team, including risk assessments.
- Conducted brief screening protocols including the Death and Dying Distress Scale (DADDS) and MMSE.
- Engaged clinical consultations in weekly interdisciplinary case conferences, seminars, and supervision.

Population: Geriatric and age-diverse community patients with advancing illness, and their families

La Clinica de la Familia, Las Cruces, NM

Fall 2016 – Spring 2017

Integrated Behavioral Health Intern

Supervisor: Virginia Longoria, PhD

- Provided brief behavioral health assessments and treatment for depression, anxiety, PTSD, chronic stress, sleep problems, diabetes management, memory loss and dementia, substance use disorders, grief, and suicidal ideation.
- Completed coordinations of care from physician team, including risk assessments.
- Integrated brief screenings including the PHQ-9, BDI, and MMSE.
- Attended clinical consultations, supervision, and seminars with interdisciplinary team.

Population: Older adult, adult, and adolescent community patients with various primary diagnoses

Aggie Health & Wellness Center, Las Cruces, NM

Fall 2015 – Spring 2017

Practicum Counselor with Group, ADHD Assessment, and Outreach specializations

Supervisors: Corey Vas, PhD; Adam Dziedzic, PhD; Carol Fonseca, PhD

- Conducted formal intake interviews including CCAPS-62 and CCAPS-34 interpretations to guide diagnoses, conceptualization, and treatment.
- Provided short and longer term individual psychotherapy for depression, anxiety, suicidal ideation, trauma, social anxiety, grief/loss, panic, body image, self harm, substance use, relational concerns, and academic distress.
- Engaged crisis and hospitalization services for acute presentations/active suicidality

- Completed multiculturally sensitive, multi-modal ADHD assessment services including clinical interview, semi-structured interview for adult ADHD, Test of Variables of Attention (TOVA), MMPI-2, Retrospective Attention Profile, and WAIS-IV.
 - Provided career counseling and assessments including the Values Card Sort, MBTI, and SII.
 - Developed/led support and skills groups on: transnational student support, conflict resolution, communication skills, self-compassion, and mindfulness.
 - Participated in weekly group supervision and didactic seminars.
- Population: Diverse, intersectional students attending a Latinx-serving state university.

NMSU Community Mental Health & Wellbeing Clinic, Las Cruces, NM Fall 2014 –2015

Counseling Practicum Trainee

Supervisors: Michael Waldo, PhD; David Holcomb, PhD; Chris Blazina, PhD

- Provided individual psychotherapy for adjustment, depression, anxiety, trauma, disordered eating, body image concerns.
 - Conducted formal intake interviews including OQ-45 interpretation to guide diagnoses, conceptualization, and treatment.
 - Participated in weekly individual and group supervision, microskills labs, and didactic seminar.
- Population: Diverse, intersectional students attending a Latinx-serving state university.

Asian Pacific Women's Center, Los Angeles, CA

Summer 2011 – Winter 2012

Marriage and Family Therapist Trainee & Family Advocate

Supervisor: Katie Bryan, LMFT

- Provided culturally responsive, client-centered therapy to 8 survivor families of interpersonal violence living in transitional shelter and permanent housing, emphasizing strengths-based trauma-informed recovery and empowerment through group, individual, and family psychotherapy.
 - Offered culturally responsive case management and advocacy services to 36 families- developed individualized self-sufficiency and safety plans, and provided support and resources to achieve personal goals and meet shelter timeline milestones.
 - Provided daily crisis intervention, violence against women education, resources and referral services to transitional shelter residents, permanent housing residents, and daily hotline callers.
 - Performed intake screenings, lethality assessments, and basic needs assessments for potential residents.
 - Co-facilitated process, psychoeducational, art empowerment, and support groups for adults, teens, children, and toddlers on topics of attachment, non-violence and cycle of violence, communication, conflict-resolution, bullying, and self-esteem.
 - Participated in supervision and consultation services.
- Population: Unsheltered women and children of color.

Clinical Supervisorial Experience

University of California at Berkeley, Berkeley, CA

Summer 2018 – Summer 2020

Predoctoral Intern and Postdoctoral Fellow in Health Service Psychology

Supervisors: Chris McLean, PhD

- Provided weekly clinical individual supervision to 1 master's level career counselor intern.
- Co-led weekly clinical group supervision to 4 master's level career counselor interns.

NMSU Community Mental Health & Wellbeing Clinic, Las Cruces, NM

Helping Skills Lab Leader and Clinical Supervisor

Fall 2016 – Spring 2017

Supervisors: Eve Adams, PhD; Ivelisse Torres, PhD

- Provided individual supervision to 4 master's level counseling psychology and school counseling practicum counselors.
- Conducted 8 weeks of counseling microskills training practicum counselors.

TEACHING EXPERIENCE

University of San Francisco, San Francisco, CA

Spring 2020; Spring 2019

Adjunct Professor

- Primary instructor of CPSY654-02: Career Counseling for Master's in Counseling Psychology/MFT students.
- Provided an overview of major career development theories, techniques, and their application to provide career counseling for diverse populations, integrating sociopolitical contexts, familial influences, and multicultural factors. Explored the significance of work in clients' lives and their mental health. Offered overview of career assessments, career counseling practice, and online career information systems.

The Wright Institute, Berkeley, CA

Spring 2019

Guest Lecturer – Dissertation Topics

New Mexico State University, Las Cruces, NM

Instructor – CEP300 Human Relations

Fall 2014 – Fall 2017

Guest Lecturer – Anxiety Management (CEP 512)

Spring 2017

Guest Lecturer – Intersectional Feminism (Feminism and Counseling)

Fall 2016

Teaching Assistant – CEP451 Introduction to Counseling

Fall 2016

Instructor – CEP461 Family Guidance

Spring 2015

RESEARCH EXPERIENCE

Peer Reviewed Manuscripts

Cheng, H-L., **Kim, H.Y.**, Reynolds, J.D., Tsong, Y., & Wong, Y.J. (In press). COVID-19 anti-Asian racism: A tripartite model of collective psychosocial resilience. *American Psychologist*.

Cheng, H-L., Zhang, J., Su, J., & **Kim, H.Y.** (2020). Race-based marginalization and private racial regard in Asian Americans: Self-esteem and nativity as moderators. *Asian American Journal of Psychology*, 11(3), 187-197.

Boland, D. H., Juntunen, C. L., **Kim, H.Y.**, Adams, E. M., & Navarro, R. L. (2019). Integrated behavioral health curriculum in counseling psychology training programs. *The Counseling Psychologist*, 47, 1012-1036.

Choi, N.-Y., **Kim, H.Y.**, & Gruber, E. (2019). Mexican American women college students' willingness to seek counseling: The role of religious cultural values, etiology beliefs, and stigma. *Journal of Counseling Psychology*, 66, 577-587.

Cheng, H-L. Lopez, A., Rislin, J.L., **Kim, H.Y.**, Turner, J., Terhorst-Miller, H., Lopez, J., Cha, C-H. (2018) Latino/Hispanic community adults' health care experiences in a New Mexico borderland region. *Journal of Health Disparities*, 4, 69-90.

Cheng, H. L., & **Kim, H.Y.** (2018). Racial and sexual objectification of Asian American

- women: Associations with trauma symptomatology, body image concerns, and disordered eating. *Women & Therapy*, 1-24.
- Cheng, H.-L., Tran, A. G. T. T., Miyake, E. R., & **Kim, H. Y.** (2017). Disordered eating among Asian American college women: A racially expanded model of objectification theory. *Journal of Counseling Psychology*, 64, 179–191. doi:10.1037/cou0000195
- Boland, D. H., Scott, M. A., **Kim, H.Y.**, White, T., & Adams, E. (2016). Interprofessional immersion: Use of interprofessional education collaborative competencies in side-by-side training of family medicine, pharmacy, nursing, and counselling psychology trainees. *Journal of Interprofessional Care*, 30, 739–746. doi:10.1080/13561820.2016.1227963
- Cheng, H.-L. Lopez, A., Rislin, J.L., **Kim, H.Y.**, Turner, J., Terhorst-Miller, H., Lopez, J., Cha, C-H. (in progress). Development of a Latino/Hispanic healthcare discrimination experiences measure.

Refereed Conference Presentations

- Kim, H.Y.**, Gruber, E., & Choi, N-Y. (2018, August). *Mexican American women's willingness to seek counseling: Testing a religious sociocultural model*. Presentation presented for the 2018 Annual Convention of the American Psychological Association, San Francisco, CA.
- Cheng, H.-L., **Kim, H.Y.**, Liao, K.Y., Gonzalez, R., Li, C., & Ngo, M. (2018, August). *Ethnic/racial discrimination, forbearance, cognitive restructuring, and outcomes among Latino adults*. Presentation presented for the 2018 Annual Convention of the American Psychological Association, San Francisco, CA.
- Ho, I., Tsong, Y., Kim Prieto, C., Uy, K., Noh, E., Maru, M., Cheng, H.-L., & **Kim, H.Y.** (2018, August). *Trauma and well-being among Asian American women*. Presentation presented for the 2018 Annual Convention of the American Psychological Association, San Francisco, CA.
- Cheng, H.-L., **Kim, H.**, Liao, K.Y.-H., Gonzalez, R., Li, C., & Ngo, M. (2017, August). *Ethnic/racial discrimination, forbearance, cognitive restructuring, and outcomes among Latino adults*. Poster session presented for the 2017 Annual Convention of the American Psychological Association, Washington, D.C.
- Cheng, H.-L., **Kim, H.**, Zhang, J., Rislin, J., & Portnoy, S. (2017, August). *Acculturative stress and family conflict among Latino college students: A cross-lagged design*. Poster session presented for the 2017 Annual Convention of the American Psychological Association, Washington, D.C.
- Cheng, H.-L., Tran, McDermott, R., Wong, J.Y., Rislin, J., **Kim, H.**, & Portnoy, S. (2017, August). *Latino college students' academic distress: Longitudinal effects of discrimination and depression*. Poster session presented for the 2017 Annual Convention of the American Psychological Association, Washington, D.C.
- Cheng, H.-L., McDermott, R. C., La, S., Rislin, J. L., **Kim, H.**, & Miller, H. (2016, August). *Rejecting or identifying with one's ethnic ingroup: Psychocultural and mental health correlates*. Poster session presented at the 2016 Annual Convention of the American Psychological Association, Denver, CO.
- Cheng, H.-L., Lopez, A., Rislin, J., La, S., **Kim, H.**, Miller, H., Williams, C., James, L., Cha, C., Valdovinos, K., Lopez, J., Turner, J., Liu, G. A., & Durham, C. (2016, August). *Perceived racial/ethnic discrimination in healthcare settings: Latino/a adult's experiences*. Poster session presented at the 2016 Annual Convention of the American Psychological Association, Denver, CO.
- Cheng, H.-L., **Kim, H.**, La, S., Rislin, J. (2016, July). *The interplay between personal self-esteem and private racial regard: Race-based marginalization as context*. Poster session

presented at the 2016 American Psychological Association Division 45 Research Conference - Society for the Study of Culture, Ethnicity, and Race Research, Stanford, California.

Cheng, H-L., Su, J., Zhang, J., **Kim, H.**, La, S., Lopez, J., & Rislin, J. (2016, July). *Race based marginalization moderates Asian Americans' self-esteem and private racial regard*. Poster session presented at the meeting of the 2016 American Psychological Association Division 45 Research Conference, Palo Alto, CA.

Cheng, H-L., **Kim, H.**, La, S., Cha, C. H., Liu, G., Su, J. C., & Tran, A. G-T. (2015). Roles of perceived discrimination, perpetual foreigner racism stress, and racial teasing in disordered eating among Asian American women. In Su (2015), *Interfacing with the Dominant Culture: The Asian/Asian American Experience*. Symposium conducted at the meeting of the Asian American Psychological Association 2015 Annual Convention, Toronto, Canada.

Additional Conference Presentations

Ondrey Gruber, L., **Kim, H.Y.** & Choi, N. (2018, March). *Mexican American women's willingness to seek counseling: Testing a religious sociocultural model*. Symposium conducted for the 2018 New Mexico State University Counseling and Educational Psychology Annual Multicultural Research Symposium, Las Cruces, NM.

Kim, H.Y., Cheng, H-L., Tran, A. G-T., & Miyake, E. (2016, March). *Disordered eating among Asian American women: A racially-expanded model of objectification theory*. Symposium conducted for the 2016 New Mexico State University Counseling and Educational Psychology Annual Multicultural Research Symposium, Las Cruces, NM.

Research Labs

New Mexico State University

Department of Counseling Psychology

Fall 2014 – Spring 2018

Decolonial Feminist Research Writing Group (Drs. Manal Hamzeh, Perla Barbosa, Tabitha Collins)

Mental Health & Stigma Lab (Dr. Na-Yeun Choi)

Integrated Behavioral Health & Interprofessional Training Lab (Dr. Daubney Harper Boland)

Qualitative Methods Lab (Drs. Tracie Hitter, Anna Lopez)

Multicultural Contextualization of Mental Health Research Lab (Dr. Hsiu-Lan Cheng)

Teen Screen Assessment Lab (Dr. Linda Summers)

Pepperdine University

Department of Clinical Psychology

Fall 2011 – Spring 2012

Pepperdine Applied Research Center

Cambodian Community Mental Health Qualitative Research Lab (Dr. Yuying Tsong)

ADDITIONAL PROFESSIONAL EXPERIENCE

Genesis Healing Institute, Oakland, CA

Spring 2018 – Present

Core Committee, Lifeforce Initiative and Liberation Academy

- Serving on the core planning committee for a professional association and educational training, enrichment, and healing program for graduate students of color in psychology, psychiatry, therapy, social work, and allied fields interested in decolonizing mental health.

New Mexico State University, Las Cruces, NM

Summer 2015 – Spring 2016

Psychopharmacology Program and Grant Assistant

Supervisors: Eve Adams, PhD; Jo Velasquez, PhD

- Coordinated Postdoctoral Masters of Science in Clinical Psychopharmacology (MSCP) Program for prescribing psychologists.
- Provided administrative coordination and grant writing on Department of Counseling Psychology GANN application.

Children's Hospital Los Angeles, Los Angeles, CA

Fall 2013 – Summer 2014

Center for Innovation Program Administrator

- Administered patent matters, material transfer agreements, and non-disclosure agreements in support of institutional research projects, inventions, collaborations, and partnerships.

The Broad Medical Research Program, Los Angeles, CA

Spring 2013 – Summer 2013

Research and Grants Administrator

- Processed research grant proposals, coordinated peer review process, and tracking progress of accepted grant projects.

University of Southern California, Los Angeles, CA

Fall 2007 – Spring 2010

Compliance Administrator, Stevens Institute for Innovation

- Ensured that university intellectual property arising out of faculty, researcher, and graduate student inventions remained in compliance to federal and private funding contracts.

PROFESSIONAL AND SERVICE AFFILIATIONS

Member, <i>APA Section V of Division 35: Psychology of Asian Pacific American Women</i>	Present
Member, <i>APA Division 35: Society for the Psychology of Women</i>	Present
Member, <i>APA Division 17: Counseling Psychology</i>	Present
Member, <i>Asian American Psychological Association</i>	Present
Co-Chair, <i>Gender and Sexual Diversity Task Force of APA Section V of Division 35</i>	2017
Founding Co-Chair, <i>NMSU Pan-Asian Student Union</i>	2016 – 2018
Member, <i>NMSU Students of Color Support Group</i>	2016 – 2018
Treasurer, <i>NMSU CEP Doctoral Students' Association</i>	2015
Founding Co-Chair, <i>Pepperdine Asian American Psychology Students' Association</i>	2011
<i>Psi Chi, International Honor Society in Psychology</i>	2011

CERTIFICATIONS AND TRAINING

Internal Family Systems Level 1 Training	2020
8 hour Crisis Prevention Institute (CPI) Nonviolent Crisis Intervention	2017
Comunidades en Acción y de Fé (CAFé) Community Action Training	2017
Hospice Behavioral Health Training	2017
APA Division 35 Leadership Institute for Indigenous and Diverse Women of Color	2016
Behavioral Health Psychology Interprofessional Immersion Training	2016
ADHD and Integrated Psychological Assessment Training	2016
Applied Suicide Intervention Skills Training (ASIST) Training	2015
14 hr Non-Violent Parenting Training, Echo Parenting & Education	2012
4 hr Trauma-Informed Care (TIC) Training, CA Center of Excellence for TIC	2012
14 hr Children's Windows Art Workshop Training, A Window Between Worlds	2012
40 hr Domestic Violence Training, Center for the Pacific Asian Family	2011