

PROFESSIONAL RESUME

Contact Information

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Education

GRE Scores: Verbal Reasoning = 161
Quantitative Reasoning = 155
Analytical Writing = 4.0

Master's Degree: MA in Counseling Psychology, May 2017
Monmouth University

Graduate GPA: 3.818

Bachelor's Degree: BA in Psychology (minor in Biology), May 2015
Rutgers University – Camden Campus

Undergraduate Psychology GPA: 3.797

Overall Undergraduate GPA: 3.333

Honors and Awards:

- Highest Ranking M.A. in Counseling Psychology Degree Recipient (2017, Monmouth University)
- Graduated college with honors (2015, Rutgers University)
- Dean's List (2014-2015, Rutgers University)
- James Dickson Carr Scholarship (2011-2015, Rutgers University)
- Dean's List (2011-2012, Rutgers University)

Academic Presentations conducted:

- **Reality Therapy (Adetunji O., Preziose, G, Nelson, N., December 2015)**
This presentation was on reality therapy, a form of therapy intended to increase control of one's life and choose the most effective behaviors for one's wants and needs.

- **Conflict Resolution (Adetunji O., Biel, M., November 2015)**

In this presentation, we explored how people deal with conflict. We explained that there are five methods of dealing with conflict: competing (attempting to dominate someone else in some manner, collaborating (working with someone for mutual benefit), compromising (reaching an agreement that is at least minimally acceptable to each party to that agreement), avoiding (withdrawing from the situation), and accommodating (yielding to someone else).

- **Counseling Asian-Americans (Adetunji O., October 2015)**

This presentation was to review the unique aspects that should be considered when counseling Asian-Americans. In the Chinese American culture, respect for ancestors and authority is especially highly valued. Most Japanese Americans were either subject to internment camps or have relatives who were. Issues of identity, autonomy, and perfectionism are especially common for Indian Americans. It is especially common for Southeast Asian-Americans to be refugees from war, with the trauma and difficulty adjusting to the adopted country that commonly comes with refugee status.

Professional Experience:

- **Intake Specialist and Quality Assurance Officer at the Executive Center for Psychological Medicine (ECPM). (September 2019 - Present)**

Position involves:

1. A quantitative assessment of new patients using questionnaires like the Beck Depression Inventory, Montgomery-Asberg Depression Ratings Scale, Hamilton Anxiety Rating Scale, Yale-Brown Obsessive-Compulsive Scale, Primary Care PTSD Screen for DSM-V, Patient Health Questionnaire, Social Phobia Inventory Scale, Adult ADHD Self-Report Scale, and Mood Disorder Questionnaire. This assessment would preliminarily reveal the patient's level of psychopathology, making it possible to recommend the appropriate level of care (for example, any suicidal patient will be referred to the hospital). It also provides a baseline to use to measure patient progress.

2. **The role of designated officer of the New Jersey-Prescription Monitoring Program (NJ-PMP) for the Executive Center for Psychological Medicine.** This involves checking the use of controlled medications by the patients at the ECPM, for example, to see if any patients are obtaining controlled medications from multiple subscribers. This role is an important way to guard against the abuse of controlled drugs, especially opiates; and an important way to guard against harmful drug interactions. Newjersey.pmpaware.net is utilized in this role.
3. **Maintaining the academic presence of the website of the Executive Center for Psychological Medicine** by summarizing the literature on mental health issues for patients' use. One example of the literature summarized in this role is an article titled "Mental health in the COVID-19 pandemic" by Cullen, Gulati, and Kelly (2020); in which the authors argue that access to mental health services should be increased during a pandemic because a pandemic can increase the rates of anxiety and depression. Another example of the literature summarized in this role is an article titled "Citalopram versus other anti-depressive agents for depression" by Cipriani, Purgato, Furukawa, Trespidi, Imperadore, Signoretti, Churchill, Watanabe, and Barbui (2014); in which the authors claim that citalopram and escitalopram are the most effective antidepressants.
4. **Scheduling patients for evaluations** conducted by the psychiatrist and nurse practitioner, which are designed to measure the patients' progress and indicate if any change to their medical treatment is needed.
5. **Overseeing medical records**, checking the insurance details of patients, supervising the administrative staff, and ensuring the collection of copays and deductibles.

- **rTMS Evaluation at Pinnacle Behavioral Health Institute (PBHI), Marlton, New Jersey. (July 2017 – September 2019)**

Description: rTMS is short for repetitive Transcranial Magnetic Stimulation, a treatment that involves sending magnetic pulses through the patient's brain to treat depression in people who struggle with depression despite trying therapy and two types of antidepressant. My role involved the initial evaluation of several symptoms of each patient being considered for rTMS and checking the results against the criteria for use of rTMS. This is done by administering relevant questionnaires like: the Beck Depression Inventory, Montgomery-Asberg Depression Ratings Scale, Fatigue Severity Scale, Generalized Anxiety Disorder Scale, Arizona Sexual Experience Scale, and a screening for contraindication to rTMS (a metal plate insert or history of seizures would be an example of a contraindication to rTMS). The results of these screenings and questionnaires are then utilized by the psychiatrists and insurance companies.

- **Clinical Attachment at Pinnacle Behavioral Health Institute (PBHI), Marlton, New Jersey. (February 2015 - July 2017)**

Position involved:

1. Assisting with a research project on Motivational Enhancement Therapy (MET) conducted at Pinnacle Behavioral Health Institute; an outpatient mental health and substance abuse facility where patients have intake evaluations, counseling, psychometric testing and medication management. This is a mode of therapy intended to decrease the risk of substance use in which the therapist: empathizes with the client, explains discrepancies between the client's actions and the client's goals, avoid arguing with the client, rolls with any resistance, and supports the client's self-efficacy. The major finding of this project is that adherence to protocols to prevent substance abuse improved when patients at Pinnacle Behavioral Health Institute underwent MET, especially when MET was supplemented with medical treatment for addiction.

2. **Rotating under the counselors, therapist and the psychologist** and learning their counseling methods at Pinnacle Behavioral Health Institute. List of treatment methods observed in this role include:
- **Cognitive-Behavioral Therapy (CBT)**, an analysis of how thoughts influence behavior. CBT was the most popular treatment method at this Institute
 - **Cognitive-Behavioral Therapy for Insomnia (CBTi)**, where patients keep a record of their sleep efficiency (how much of their time in bed was actually spent asleep) and reduce the amount of time they spend asleep until their sleep efficiency is greater than 90%
 - **Eye Movement Desensitization and Reprocessing (EMDR)**, where the therapist moves fingers back and forth in front of the client's face and the client follows these hand motions with the eyes while recalling the traumatic event. Recalling the traumatic event is intended to access the trauma stored in the client's echoic memory, whilst moving the fingers back and forth in the client's face is intended to reduce the excessive potency of the trauma stored in the client's iconic memory. The combination makes it easier to reprocess the trauma and thus treat Post-Traumatic Stress Disorder (PTSD).
 - **Motivational interviewing**, which is primarily used to treat substance use disorder. The therapist explores the patients' readiness for change and counsels them about how their behaviors affect their goals. Motivational Interviewing is based on the 6 stages of change: Precontemplation, Contemplation, Preparation, Action, Maintenance, and Termination. This technique was found to be most useful at the Precontemplation and Contemplation stages. However, clients that were at the Action stage were also consistently given positive feedback and were encouraged to constantly self-audit how their action stage has positively impacted their lives.
 - **Solution-focused approach** where the therapist and the patient problem-solve and define the goals and the path to achieve them. I have seen the therapists at Pinnacle help patients call Social Services Disability to enquire about how patients can submit applications; I have also observed them use google to search for resources to help their clients.

Academic Research Experience:

- **(In Progress) Reviewing the effect of prescription-monitoring on substance use**

Description: As mentioned earlier in this resume, I've checked the use of controlled medications by the patients at the Executive Center for Psychological Medicine, as part of a comprehensive effort to guard against the abuse of controlled drugs and thus reduce the devastating consequences in the society at large. This work got me interested in the effect that prescription monitoring programs have had on substance use, so I've started reviewing literature on the impact of prescription monitoring programs. Thus far, the literature suggests that prescription monitoring programs can help curb deaths from drug overdoses; however, this literature review is still in progress.

- **2015: Advanced Independent Study in Psychology with Professor Cavanaugh**

Description: The project was Sisters Informing Sisters About Topics on AIDS (SISTA), an education program for women in domestic violence shelters to teach them how to convince their partners to use condoms.

Duties –

1. Condense the manuscript about SISTA into a presentation.
2. Complete CITI Human Subjects Training for social, behavioral, and epidemiologic research investigators.
3. Convert one survey to Questionnaire Development System (QDS) format.
4. Search for several articles on the relationship between interpersonal violence and drug use.

- **2014: Advanced Independent Study in Psychology with Professor Duffy**

Description: There were two projects on human perception of relative size and two projects on the human ability to memorize.

Duties –

1. Educate the participants about the study.
2. Make sure they understand the instructions.
3. Ensure that they sign the consent forms.
4. Answer any questions that they have during the experiments.

Conclusion - The major finding of this project is that when estimating relative size, humans tend to estimate towards the middle.

Volunteer Work:

- Honors College Telethon on March 3rd, 2015 for 2 hours
-Description: Call students who had been invited to the Honors College to let them know of their offer and record the results of each call.
Organizer: Laura Collins, e-mail: laura.collins@rutgers.edu
- Supervising children at Family Success Center in Camden on 02/07/2014, for 2 hours
-Description: Play various games, decorate cookies, and decorate bags with children.
Organizer: Jason Baker, e-mail: jason.baker@rutgers.edu
- Martin Luther King Day of Service on January 20th, 2014 for 4 hours
-Description:
 1. Help with building the foundation of a greenhouse in Camden.
 2. Serve lunch for Camden residents.Organizer: Office of Civil Engagement, e-mail: ccounty@camden.rutgers.edu
- Gardening Work at Center For Environmental Transformation on November 2nd, 2013 for 3 hours
-Description: General gardening work: cut tree branches, rake leaves, and clean the garden.
Organizer: Ari Rosenberg, e-mail: ari@CFET.org
- Service in the Cathedral Kitchen (2011-2015) on May 5th, 2011, on June 7th, 2014, and on September 6th, 2014, from 11:00 a.m. to 1:00 p.m. each time
-Description: serve food, wrap food, clean tables, and clean chairs.
Name of Community Relations Manager: Alexandra Willis, email: alex@cathedralkitchen.org

Co-curricular Activities: Participating in activities at the Honors College and Psychology Club