

HEATHER M. ULRICH

LICENSURE

NC Licensed Psychologist and Health Services Provider License # 3876

DE Licensed Psychologist License # B1-0001061

EDUCATION

University of Montana, Missoula, MT

Ph.D. in Clinical Psychology, 2004-2008

GPA: 4.0

Western Carolina University, Cullowhee, NC

M.A. in Clinical Psychology, 2002- 2004

GPA: 4.0

York College of Pennsylvania, York, PA

B.S. in Psychology, 1998-2002

GPA: 3.66

Minor: English

HONORS AND AWARDS

Founding Member Award, North Carolina Infant Mental Health Association, 2012

Winner of the Bertha Morton Award, The University of Montana, 2006

Scholarship awarded from The University of Montana Graduate School to graduate students based upon their academic, professional, and research achievement. Departments first nominate graduate students, from which the graduate school awards approximately 15 \$2000 scholarships.

Winner of the Best Poster Award, Graduate and Faculty Research Conference, The University of Montana, 2005

Student Advisory Committee to Dean of the College of Education and Allied Professions, 2003-2004

Vice President of Psi Chi Chapter at York College, 2001-2002

York College Trustee Scholarship 1998-2002

Full tuition for four years of undergraduate education. Only 5 incoming freshmen are awarded this scholarship each year.

PROFESSIONAL AFFILIATIONS

Psi Chi Chapter, York College
Psi Chi Chapter, Western Carolina University
Sigma Xi (Scientific Research Society)
NC Infant and Young Child Mental Health Association- founding Board Member

COMMUNITY AFFILIATIONS

Mental Health Consultant to Mountain Projects Head Start Haywood and Jackson County, NC 2010- 2013

Board Member of North Carolina Infant and Young Child Mental Health Association, 2012 to 2016

Member of the Women's Safety Coalition of Buncombe County, 2014-2016

Member of the ACES Conference Planning Committee, 2017-2018

Member of the Buncombe County ACES Collaborative, 2015-2018

Member of the MAHEC Infant Mental Health Conference planning committee, 2011-2018

Program Evaluator for AmeriCorps Project Power and Big Brothers Big Sisters of WNC, 2015-present

Board Member and President of On Our Own of Cecil County, a nonprofit organization focused on supporting individuals with mental health and substance abuse issues August 2021- present

Board Member and Secretary of Cecil Freedom Fund, a nonprofit organization focused on providing bail assistance for those in pre-trial detention without financial resources, July 2021-present

PROFESSIONAL CLINICAL EXPERIENCE

Parent 911, LLC
461 West Claiborne Road, Apt 103
North East, MD 21901

February 2021-current

Position: Owner/CEO/Clinical Director

Responsibilities: Manage a nationwide parent coaching company and provide clinical oversight to parent coaches providing direct services to clients.

Heather Ulrich, Ph.D.

August 2016-current

Position: Owner/Clinical PsychologistResponsibilities: Self run private practice working with individuals of all ranges and a variety of mental health diagnoses providing telehealth-based therapy. Provide community-based trainings on toxic stress and brain development, trauma, and ethical issues. Provide parenting coordination services for high conflict families.**Heather Ulrich, Ph.D.**

June 2016-August 2016

1601 Milltown Road, Suite 22
Wilmington, DE 19808Position: Owner/Clinical PsychologistResponsibilities: Self run private practice working with individuals of all ranges and a variety of mental health diagnoses. Provide community-based trainings on toxic stress and brain development.**One Heart Child and Family Services**

January 2014-May 2016

263 Haywood Street, Suite 102
Asheville, NC 28801Position: Owner/Clinical PsychologistResponsibilities: Self run private practice that specializes in working with children and families. Provide community-based trainings on toxic stress and brain development.**Jackson/Haywood/Macon County
Psychological Services, P.A.**

August 2013-December 2013

669 S. Haywood Street
Waynesville, NC 28786Supervisor:
Raymond Turpin, Psy.D.Position: Birth to Five Program CoordinatorResponsibilities: Provide clinical oversight, supervision and training to therapists providing mental health services to children aged prenatal to 5. Maintain ongoing relationships and collaboration with community organizations focused on the birth to five population.**Jackson/Haywood/Macon County
Psychological Services, P.A.**

August 2008-August 2013

669 S. Haywood Street
Waynesville, NC 28786Supervisor:
Raymond Turpin, Psy.D.

Position: Co-Clinical Director

Responsibilities: Provide outpatient individual, group and family psychotherapy in a school-based and/or office setting for children, adolescents and families. Provide consultation to school administration, teachers, Child Protective Services and other community agencies as indicated. Provide clinical and administrative supervision to agency clinicians. Provide clinical oversight and supervision as needed for company. Development and supervision of infant mental health program and psychological testing program. Provide yearly trainings on topics ranging from attachment to family therapy.

Hours: Approximately 45-50 hours a week.

**Milton Hershey School
Psychological Services**

P.O. Box 830
Hershey, PA 17033

August 2007- July 2008

Supervisor(s):

Carlos Pozzi, Psy.D.
Erica Weiler, Ph.D., ABPP
Rose Huntzinger, Ph.D.

Position: Doctoral Intern

Responsibilities: Provide individual psychotherapy and school and home based consultation to minimum of 15 clients, aged 5-18, over the course of 1 year. Conduct, at minimum, 1 therapeutic group and approximately 25 psychological assessments. Participation in child neuropsychology track, which focuses on clinical child neuropsychological assessment.

Hours: Approximately 45-50 hours per week, with 30% of time in clinical activities, 25% of time in assessment activities, 35% of time in consultative activities, and 20% of times in supervision and didactics.

**Clinical Psychology Center
The University of Montana**

1444 Mansfield Avenue
Missoula, MT 59812
(406) 243-2367

January 2005-May 2007

Supervisor(s):

Nadine Wisniewski, Ph.D.
Christine Fiore, Ph.D.
Paul Silverman, Ph.D.
Jennifer Robohm, Ph.D.

Position: Student Clinician

Responsibilities: Provided individual and family therapy for both children and adults. Methods of treatment used have included play therapy, cognitive behavior therapy, insight-oriented therapy, and emotion-focused therapy. Treatment with children has included a strong emphasis on working with the parent child relationship, and has included consultation with schools, daycares, doctors, and other mental health professionals.

Hours: Approximately 6 hours per week of face-to-face time, approximately 4 hours per week of consultation (including supervision), approximately 4 support hours per week (e.g. writing notes, reading, planning, report writing)

Clinical Psychology Center
The University of Montana
 1444 Mansfield Avenue
 Missoula, MT 59812
 (406) 243-2367

September 2006-May 2007
Supervisor: Jennifer Robohm, Ph.D.

Position: CPC Assistant

Responsibilities: Making initial contact to gather more information with persons requesting services at the CPC, monitoring the wait list, being a liaison between the Clinic director and students, assisting the Clinic Director with daily functions of the clinic.

Hours: Approximately 15-20 hours per week.

YWCA Missoula
Children's Program
 1130 West Broadway
 Missoula, MT 59801
 (406) 543-6691

July 2005-May 2007
Supervisor: Christine Fiore, Ph.D.

Position: Support Group Facilitator, ages 4-8

Responsibilities: Developed curriculum and facilitated weekly support groups for children who have witnessed domestic violence or experienced abuse.

Hours: 2 hours a week for group, approximately 1 hour a week in preparation

YWCA Missoula
Life Skills Program
 1130 West Broadway
 Missoula, MT 59801
 (406) 543-6691

June 2006-May 2007
Supervisor: Christine Fiore, Ph.D.

Position: Parenting Skills teacher

Responsibilities: Developed and taught parenting classes to women who have experienced domestic violence or abuse.

Classes taught: "Parenting connection: Creating and environment of peace and love"
 "Improving children's behavior: The basics of effective discipline"
 "Effective parenting: How to clearly communicate with your child"
 "Setting limits and keeping peace within the family."

Hours: 1 hour per month for group, approximately 2 hours per month for preparation

Planet Kids

29 Fort Missoula Road
Missoula, MT 59804
(406) 542-3346

September 2005-June 2006

Supervisor: Christine Fiore, Ph.D.

Position: Parenting Class teacher and Orientation facilitator

Responsibilities: Provided orientation sessions for both residential and nonresidential parents before they began to use the supervised custody and exchange services offered at Planet Kids. Created and ran a parenting class entitled, "Parenting Connection: Creating an Environment of Love and Peace" for both residential and nonresidential parents. Class included information on developmental milestones of children and adolescents, the effects of crisis on children, and the basic components of attachment.

Hours: Approximately 6 hours face to face, approximately 10 hours in preparation

Jackson County Schools

398 Hospital Road
Sylva, NC 28723
(828) 586-2311

January 2004-June 2004

Supervisor: Raymond Turpin, Psy.D.

Position: Psychology Intern

Responsibilities: Provided individual and group therapy for children ranging from Kindergarten to 8th grade within several mainstream schools, as well as the alternative school. Conducted family therapy sessions once a month for the children placed at the alternative school.

Hours: Approximately 30 hours a week of face to face time, approximately 10 hours of support time

Western Carolina University

Cullowhee, NC 28723
(828) 227-7211

Summer 2003

Supervisor: Harrison Kane, Ph.D.

Position: Clinical Psychology Graduate Student

Responsibilities: Administered, scored and interpreted the Woodcock-Johnson Tests of Cognitive Ability and Tests of Achievement. Wrote 2 psychological reports addressing the question of whether two 3-year-old females qualified for early entry into Kindergarten.

Hours: Approximately 8 hours face to face, approximately 6 hours support time.

**Blue Ridge Center
Child and Family Services**
257 Biltmore Avenue
Asheville, NC
(828) 258-2597

January 2003-May 2003
Supervisor: Shawn Acheson, Ph.D.
Marsha Ring, M.A.

Position: Practicum Student

Responsibilities: Completed comprehensive psychological evaluations on adults, children, and developmentally disabled clients, participated in dialectic behavior group therapy, and attended court when appropriate. Completed approximately 10 comprehensive psychological evaluations

Hours: Approximately 12 hours a week of face to face time, approximately 6 hours a week of support time

**The Children's Home of York
Tindall House**
441 Linden Avenue
York, PA 17404
(717) 846-1135

June 2000-June 2001
Supervisor: Kevin Bentley, Ph.D.
Celia Keeseey, M.S.

Position: Youth Counselor for abused boys aged 6-10

Responsibilities: Ran a Skillstreaming group, one-on-one therapeutic sessions with residents, as well as group therapeutic sessions. Performed physical restraints when needed. Completed daily logs, participated in behavior modification system, and helped therapist with case notes.

PROFESSIONAL TRAINING PRESENTATIONS

**Mountain Area Health Education Center
Asheville, NC**

Summer 2021

Presentation Title: "Ethical Issues: Treating Pandemic Trauma"

**Pee-DEE Area Health Education Center
Florence, SC**

Spring 2021

Presentation Title: "Ethical Issues: Treating Pandemic Trauma"

**Mountain Area Health Education Center
Asheville, NC**

Spring 2020

Presentation Title: “Parenting in Place: Supporting our Children and Ourselves in a Time of Social Distancing”

Preventing and Responding to Youth Violence: Supporting Communities & School Age Youth” **Summer 2018**
Asheville, NC

Presentation Title: “Preventing and Treating Developmental Trauma in Children and Adolescents: Harnessing the Power of Relationships and Communication”

AmeriCorps Project Power Program **Summer 2018**
Asheville, NC

Presentation Title: “Trauma Informed Care of Children and Adolescents”

Southeastern ACES Regional Summit **Fall 2017**
Asheville, NC

Presentation Title: “A Neurological Framework for Understanding and Treating ACES in Children”

First Responders of Western North Carolina **Fall 2016**
Clyde, NC

Presentation Title: “Toxic Stress: Critical Training for First Responders”

30th Judicial District Alliance Training **Spring 2016**
Waynesville, NC

Presentation Title: “Toxic Stress and Trauma: Best Practices for First Responders”

UNCA Sexual Misconduct Hearing Board Training **Spring 2015**
Asheville, NC

Presentation Title: “Sexual Assault: What do we need to know?”

WNC Adoption Resources Training **Spring 2015**
Asheville, NC

Presentation Title: “Toxic Stress and Brain Development”

Break by the Lake: A Student Services Personnel Conference **Fall 2013**
Lake Logan, NC

Presentation Title: “Emerging Trends in Autism Spectrum Disorders: Diagnosis and Treatment”

**Head Start of Jackson and Haywood County
Waynesville, NC** **Summer 2013**

Presentation Title: “Promoting Social and Emotional Competence in Infants,
Toddlers, and Young Children”

Jackson County Psychological Services In House Training **Summer 2013**

Presentation Title: “Functional Family Therapy: An Overview”

Jackson County Psychological Services In House Training **Fall 2012**

Presentation Title: “Basics of Family Therapy”

Haywood County School Counselor and Psychologist Training **Summer 2012**

Presentation Title: “Developing Social Skills and More: Using Stories and Pictures”

Jackson County Psychological Services In House Training **Fall 2010-11**

Presentation Title: “Attachment and Parenting”

PROFESSIONAL TRAININGS ATTENDED

**Preventing and Responding to Youth Violence:
Supporting Communities & School Age Youth** **Summer 2018**

Presented by: 1 day training at Mountain Area Health Education Center,
Asheville, NC
Speakers: Kenneth Dodge, Ph.D.; Heather Ulrich, Ph.D.; Ronni
Zuckerman, MSW; Richard Spurling, EdD

Description: Provided training focused on key variables contributing to violence and
trauma, on identifying novel and evidenced based solutions for the prevention of future
violence as well as caring for community members who are experiencing trauma.

*Also presented at conference

Southeastern ACES Regional Summit **Summer 2017**

Presented by: 1.5 day training in Asheville, NC
Multi-speaker conference

Description: Providing training focused on a variety of topics related to Adverse
Childhood Experiences and their impact on mental health and adaptive functioning.

Provided a multi-disciplinary view of ACES research and its direct application with populations in a diverse settings.

10th Annual Infant Mental Health Conference: Fall 2014
Trauma in Infancy and Early Childhood: Intervention with Young Children and Their Caregivers.

Presented by: 1 day training held at Mountain Area Health Education Center,
 Asheville, NC
 Speaker: Julie Larrieu, Ph.D.

Description: Child-Parent Psychotherapy and Preschool PTSD Treatment, which can be used to intervene with young children and their caregivers who have been traumatized, were discussed. Techniques that compromise the intervention, when they are recommended for use, and when they can be most effective, were reviewed. Commonalities among approaches were highlighted, and videotaped interactions were used to illustrate the interventions.

8th Annual Infant Mental Health Conference: Summer 2012
Bridging the Gaps: Infant Mental Health as an Interdisciplinary Practice:
An Introduction to the Neurorelational Framework

Presented by: 1 day training held at Mountain Area Health Education Center,
 Asheville, NC
 Speaker: Connie Lillas, Ph.D., MFT, RN

Description: Provided training and introduction on the Neurorelational Framework, a model that encompasses both infant mental health and intervention services. Within the context of assessing both quality of parent-child engagement and individual differences, this model offers three steps for assessment and intervention that are global and can complement the work in any diagnostic category - whether from the infant mental health side of trauma and socio-emotional delays or from the early intervention side of developmental delays and disabilities.

*Also assisted in planning of conference.

7th Annual Infant Mental Health Conference: Summer 2011
The Importance of Relationships

Presented by: 2 day Training held at Mountain Area Health Education Center,
 Asheville, NC
 Keynote Speaker: Joy Osofsky, Ph.D.

Description: Provided training on the importance of relationships in healing trauma and mental health symptoms in children as well information about relationship based assessments. Provided overviews of several relationship based treatments including PCIT and Parent Child Psychotherapy.

*Also assisted in planning of conference.

“Transtheoretical Model of Clinical Supervision” Summer 2008

Presented by: Dr. Jamie Aten

Description: Provided theoretical basis for incorporating the transtheoretical model of change into clinical supervision and illustrated concept with case examples.

Multicultural Diversity Fall 2007

Presented by: Full Day Workshop at Lehigh University, PA

Description: Provided training on multicultural issues. Training attended included the topics of LGBTQ and poverty.

“Relationships as the Context for Intervention” Fall 2005

Presented by: Julie Larrieu, Ph.D.
Tulane Institute of Infant and Early Childhood Mental Health

Description: Provided theoretical basis for working with parent child relationships to prevent and treat child abuse. Provided case illustrations to demonstrate clinical applications of working with young children and their caregivers to improve attachment relationships and decrease abusive situations.

TEACHING EXPERIENCE

University of North Carolina-Asheville

Assistant Professor of Psychology

Fall 2014-current

Courses:

Abnormal Psychology

Psychology of Family Violence

Senior Seminar: Internship in Psychology

Lecturer in Psychology

Fall 2013-Spring 2014

Courses:

Theories of personality

Psychology of Family Violence

Introduction to Psychology

Western Carolina University

Adjunct Faculty-Psychology Department

Fall 2008-Fall 2010

Courses:

Advanced Child Psychopathology (graduate level course)
 Child and Adolescent Development

The University of Montana

Instructor- Psychology Department

Spring 2005-Spring 2007

Courses:

Psychology of Family Violence
 Introduction to Psychology

Guest Lecturer- Psychology Department

Fall 2004

Course:

Introduction to Psychology

Western Carolina University

Graduate Teaching Assistant- Psychology Department

Fall 2002-Fall 2003

Courses:

Psychological Assessment I
 Introduction to Psychology
 Abnormal Psychology

Guest Lecturer- Psychology Department

Spring 2003

Course:

Introduction to Psychology (1 time)

Presentation on MMPI-2- Counseling Department

Spring 2003

Course:

Assessment and Testing in Counseling

PUBLICATIONS

Ulrich, H., Randolph, M., & Acheson, S. (2005-6). Child sexual abuse: A reexamination of the meta-analytic examination of child sexual abuse by Rind, Bauserman, and Tromovitch (1998). *Scientific Review of Mental Health Practice, 4*, 37-51.

Ulrich, H. (2001). Effect of peers' behavior decisions on conformity to experimenter provided examples. *New Perspectives: A Social Sciences Journal*. (York College Publication).

CONFERENCE PRESENTATIONS

Ulrich, H. (2017). *Mental health experiences in western North Carolina: A climate survey*. Poster session presented at the annual meeting of the South Eastern Psychological Association, Atlanta, GA.

- Ulrich, H., & Fiore, C. (2015). *Examining the variability in the long-term outcome of child sexual abuse victims*. Poster session presented at the annual meeting of the South Eastern Psychological Association, Hilton Head, SC.
- Ulrich, H. Randolph, M., & Patton, M. (2006). *Female attractiveness: Influences of Self-Perception*. Poster session presented at the annual meeting of the Western Psychological Association, Palm Springs, CA.
- Ulrich, H., Randolph, M., & Acheson, S. (2005). *Child sexual abuse: A replication of the meta-analytic examination of child sexual abuse by Rind, Bauserman, and Tromovitch (1998)*. Poster session presented at the annual meeting of the Western Psychological Association, Portland, Oregon.
- Ulrich, H., Randolph, M., & Acheson, S. (2005). *A Partial Reexamination of the Meta-Analytic Examination of Child Sexual Abuse by Rind, Tromovitch, and Bauserman (1998): Gender Differences and Self-Reported Effects and Reactions*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
- Ulrich, H., Randolph, M., & Acheson, S. (2005). *Child sexual abuse: A complete reexamination of the meta-analytic examination of child sexual abuse by Rind, Tromovitch, and Bauserman (1998)*. Poster session presented at the annual Graduate Student and Faculty Research Conference at the University of Montana, Missoula, Montana.
- Ulrich, H. & Randolph, M. (2004). *Female attractiveness: How an individual's body shape affects their perception*. Poster session presented at the annual Women's Conference at Western Carolina University, Cullowhee, North Carolina.
- Ulrich, H., Randolph, M., & Acheson, S. (2004). *Child sexual abuse: A replication of the meta-analytic examination of child sexual abuse by Rind, Bauserman, and Tromovitch (1998)*. Poster session presented at the annual Women's Conference at Western Carolina University, Cullowhee, North Carolina.
- Ulrich, H., Owings, L., & Acheson, S. (2003). *Behavioral and emotional correlates of binge drinking and alcohol blackouts*. Poster session presented at the annual meeting of the South Eastern Psychological Association, Atlanta, Georgia.
- Ulrich, H. & Randolph, M. (2003). *Gender differences and perceived attractiveness*. Poster session presented at the annual Women's Conference at Western Carolina University, Cullowhee, North Carolina.

Ulrich, H. & Randolph, M. (2003). *Gender differences and perceived attractiveness*. Poster session presented at the annual meeting of the South Eastern Psychological Association, Atlanta, Georgia.

Owings, L., Ulrich, H., & McCord, D. (2003). *Measuring open-mindedness: A validation study*. Poster session presented at the annual meeting of the South Eastern Psychological Association, Atlanta, Georgia.

Turner, Q., Ulrich, H., VanBuskirk, S., Chang, P., Hooper, M. (2002). *Emotional intelligence, attributional style, and fear of negative evaluation*. Poster session presented at the annual meeting of the Eastern Psychological Association, Boston, Massachusetts.

DISSERTATION RESEARCH

Ulrich, H. (2006) Examining the variability in the long-term outcome of child sexual abuse victims.

Dissertation Chair: Christine Fiore, Ph.D.

Examined a proposed model to explain the variability that has been found in the long-term outcome of child sexual abuse victims within a college population. Social support, family environment, and attributional styles were examined, in addition to the abuse characteristics of intrafamilial versus extrafamilial, gender, the presence of treatment interventions, severity of the abuse, and the handling of the disclosure. This model attempted to identify which of the aforementioned variables are most strongly correlated with the presence or absence of trauma symptomatology in child sexual abuse victims. Results indicated that the child sexual abuse victim's attributions about the abuse and their current satisfaction with their social support were most strongly correlated with presence of trauma symptoms, over and above the other variables.

Responsibilities: Conducted literature review, created hypotheses and methods, collecting data, and analyzing data. Supervising research assistants who are entering the collected data into SPSS.

MASTER'S THESIS

Ulrich, H. (2004). Child sexual abuse: A replication of the meta-analytic examination of child sexual abuse by Rind, Bauserman, and Tromovitch (1998).

Thesis Chair: Mickey Randolph, Ph.D.

A partial replication of the meta-analysis that concluded there is not sufficient evidence that child sexual abuse is inevitably harmful to its victims. The replication examined the relationship between child sexual abuse and later psychological functioning, as well as

the interaction that family environment has with child sexual abuse, by correcting for methodological criticisms.

Responsibilities: Gathered articles for meta-analysis, coded data, performed necessary analyses, and wrote up the results for publication.

DEPARTMENT, UNIVERSITY AND COMMUNITY SERVICE

Sexual Assault Misconduct Hearing Board, UNCA, 2015-2018
 Citizenship Education Board, UNCA, 2013-2018
 Psychology Department “Psychology and Life” Series Coordinator, UNCA, 2014-2018
 Planning Committee for MAHEC Infant Mental Health Conference, 2011- 2018
 Planning Committee for MAHEC ACES Conference, 2017
 Psychology Department Faculty Search Committee, UNCA, 2014-2014
 Psychology Department Admissions Liason, UNCA, 2014-2016
 Founding Board Member for North Carolina Infant and Young Child Mental Health Association
 Trainer and Consultant for WNC Adoption Resources, 2013- 2016

REFERENCES

Christine Fiore, Ph.D.
 Associate Professor of Psychology
 The University of Montana
 Department of Psychology
 Missoula, MT 59812
 (406) 243-2081

Nabil Haddad, Ph.D.
 Associate Professor of Psychology
 The University of Montana
 Department of Psychology
 Missoula, MT 59812
 (406) 243-4384

Nadine Wisniewski, Ph.D.
 Adjunct Assistant Professor of Psychology
 The University of Montana
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 Missoula, MT 59812
 (406) 243-4578

Shawn Acheson, Ph.D.
 Department of Psychiatry &
 Behavioral Sciences
 Duke University Medical Center
 and Neurobiology Research Lab
 Durham VA Medical Center
 919-286-0411, x6093

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 Milton Hershey School
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