

RESUME

TERESA I. BOBO, Psy.D., L.P.

Licensed Psychologist

LICENSURE

State of Arizona, # 4789, 10/27/2016 – present (Voluntary inactive license)
State of Florida, # PY 10433
Army Credentialed provider with Florida Army National Guard

EDUCATION

2012 – 2016

Minnesota School of Professional Psychology, Eagan, MN

Clinical Psychology (APA-accredited)

Psy.D.

Dissertation Title: *Mediating Effects of After Deployment Adaptive Parenting Tools/ADAPT on Emotion Regulation Outcomes of National Guard and Reserve Families.*

M.A. Conferred in 2013

Thesis Title: *The Impact of Deployment on National Guard Families: Contributing Factors that may Enhance Stress Related Disorders in Soldiers and Families and Protective Factors that may Enhance Resilience*

1995 – 1999

Coe College, Cedar Rapids, IA

Major: Psychology, Minor: Music

B.A. Conferred in 1999

CLINICAL EMPLOYMENT EXPERIENCE

2020 – present

Comprehensive MedPsych Systems - Orlando: *Women's Behavioral Health Integration Program, Orlando, FL*

Full time clinical psychologist working within a large OB-Gyn practice office as part of an interdisciplinary team providing functional assessment, cognitive screening, and mental health interventions for women presenting with a variety of women's health and mental health related problems such as anxiety, depression, and chronic pain related to such issues as postpartum depression, breast cancer, high blood pressure, diabetes, obesity, etc.

2017 – 2020

Orlando VAMC: *Primary Care Mental Health Integration (PCMHI), Orlando, FL*

Full time clinical psychologist in PCMHI. Working within an interdisciplinary team in Primary Care (PCMHI) to provide functional assessment, cognitive screening, and short-term interventions for Veterans presenting with a variety of problems (anxiety, depression, chronic pain) and health-related concerns (high blood pressure, diabetes, obesity). Additional duties include psychoeducation as part of the monthly diabetes education group and interface with BHL software.

2016 – 2017

APA Accredited Postdoctoral Fellowship: Bay Pines VA Healthcare System
Mental health service line in Primary Care Mental Health Integration (PCMHI)
and residential PTSD program, Bay Pines, FL

This postdoctoral fellowship experience included two six-month rotations, with focus in the women's clinic (PCMHI) and PTSD residential program. Provided functional assessment, cognitive screening, and brief interventions to women Veteran's referred within an interdisciplinary team. Additional duties included pre-surgical organ transplant evaluations (kidney, liver). Provided PTSD assessment, evidence-based treatment for PTSD (PE, CPT), and group therapy in both the Center for Sexual Trauma Services Program (CSTS) and Stress Treatment Program (STP).

2015 – 2016

APA Accredited Internship: Health Psychology Track, Central Arkansas VA Healthcare System (CAVHCS)

Personal training experiences include: Individual and group therapy using evidence-based protocols for treating PTSD, chronic pain, and sleep disorders (CPT, PE, ACT, CBT-i), regional training and certification in CPT, providing treatment to veterans with a history of military sexual trauma (MST), working with a medical interdisciplinary team providing psychological consultation services for both acute and sub-acute patients, providing pre-surgical evaluations for spinal cord stimulator and bariatric evaluations, providing services and psycho education regarding chronic pain, biofeedback, health promotion and disease prevention, and neuropsychological assessment. Placements: Outpatient PTSD Clinic, MST, Neuropsychological assessment, Primary Care Mental Health Integration, Behavioral Medicine, Home Based Primary Care.

2014 - 2015

Advanced Practicum: Minneapolis VA Medical Center

Extended Care and Rehabilitation service line (EC&R), Minneapolis, MN

This advanced practicum training experience within the extended care and rehabilitation service line (EC&R) provided specialized care for veterans with an interdisciplinary team approach. Services provided include: diagnostic assessments, individual therapy, patient and family education and training, psychosocial support, coping skills group, and participating in interdisciplinary team meetings to coordinate the most efficacious services for veterans and their families throughout the rehabilitation process. Primary population served were SCI and disorders, TBI, and other complex medical conditions.

2013 - 2014

Therapy Practicum: Family Life Mental Health Center
Coon Rapids, MN

This community mental health center provides a holistic, comprehensive, and multidisciplinary team approach in providing a variety of services to meet the special needs of children, individuals, and families. The primary populations served at this site are SPMI, step/blended families, gay/lesbian/transgendered persons, children, adolescents, adults, and dual diagnosis patients. Duties: Conducted diagnostic assessments, provided individual therapy to children, adolescents, and adults, co-facilitated DBT, anger management, and trauma groups, participated in multidisciplinary team meetings, and received training in sand tray therapy.

2012 - 2013

Assessment Practicum: Center for Attention Learning and Memory
Minneapolis, MN

CALM is a private practice specializing in providing comprehensive assessment services to multiple populations that have received prior diagnosis and treatment, and continue to experience problematic symptomology. Multiple test batteries were administered in conjunction with Quantitative Electroencephalograph brainmapping (qEEG) in order to provide the most accurate diagnosis of ADHD and other mental health disorders. Administered various combinations of test batteries.

2010 - 2013

Group Co-Facilitator: After Deployment Adaptive Parenting Tools (ADAPT)
University of Minnesota, St. Paul, MN

Completed 80 hours of Parent Management Training, Oregon Model (PMTO), an evidenced based parenting intervention program. Co-facilitated four parenting groups for couples or single parent families who had experienced a deployment as part of a research project investigating the efficacy of PMTO with the military population. The groups met on a weekly basis over the course of 14 weeks and the curriculum included emotion coaching and recognition, mindfulness and yoga exercises, family meetings, reinforcement strategies, and problem solving.

2006 – 2007

Social Work Supervisor
Department of Human Services, Des Moines, IA

Supervised five child and adult protective assessment (CPA) staff in three rural counties who assessed allegations of child and dependent adult abuse and neglect. Provided clinical case consultation to CPA staff throughout the assessment process, and facilitated training as necessary. Assigned, reviewed, and approved case reports submitted by CPA staff and ensured completion within mandated timeframes.

2004 - 2006

Social Worker III
Department of Human Services, Des Moines, IA

Assessed allegations of child abuse or neglect by conducting interviews with identified child victims, parents, family members, and other key witnesses. Created safety plans with families, coordinated services, made recommendations to the court, and facilitated appropriate placement for children who had endured abuse and continued to be at risk. Continued to conduct tasks described below.

2002 - 2004

Social Worker II
Department of Human Services, Des Moines, IA

Coordinated services for children and families that met the criteria for *child in need of protective services petition* (CHIPS) and were ordered to comply with services as a result of substantiated child abuse or neglect. Made recommendations to the court for services, monitored compliance with recommended services, created treatment plans, and made reports to the court.

MILITARY EXPERIENCE

- 2015 – present **JFHQ, Medical Detachment Behavioral Health Officer**
This Behavioral Health Officer (BHO) position provides evaluation and treatment recommendations for soldiers in the Florida Army National Guard who are completing pre-deployment or annual health assessment requirements. Additional duties include completing specialty evaluations for snipers, drill sergeant candidates, aviation personnel (to include pilots and flight crew), and soldiers who are command directed to complete mental health evaluations.
- 2007 - 2015 **J35 Plans and Operations Officer**
Minnesota Army National Guard, St. Paul, MN
This position is a joint planning and operations position, which includes responsibilities to the J3 (current operations) and J5 (future plans), which serves as a linkage between current and future operations. Long-range plans developed by the J5 staff are refined and made relevant prior to delivery to the J3 staff for execution. This position also coordinates with adjacent staff and civilian agencies as required in order to respond to natural disasters or terrorist threats.
- 2007 - 2011 **Advocacy Program Manager**
Minnesota Army National Guard, Cottage Grove, MN

Revised and developed the curriculum for MN ARNG reintegration events. Served as the officer in charge for multiple large-scale reintegration events, and held additional responsibilities of state suicide program manager and resilience program manager. Supervised a team of eleven mental health professionals that provided a variety of services to soldiers and families. Developed strategies to disseminate relevant, mental health information and resources to the community, soldiers, and families. Analyzed data and presented statistical analysis of suicide variables and resilience program initiatives and goals to MN ARNG leadership.
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RESEARCH EXPERIENCE

- 2017 **Investigator: Comorbid obsessive compulsive disorder (OCD) and posttraumatic stress disorder (PTSD) in veterans: Is OCD overlooked?**

The purpose of this study is to examine OCD tendencies in a sample of veterans, comorbidity rates with PTSD, and impact on functioning. It is anticipated that participants with PTSD who exhibit OCD tendencies will demonstrate higher anxiety sensitivity, lower cognitive flexibility, decreased posttraumatic growth, and more guilt than participants with PTSD without comorbid OCD tendencies.

2016

Doctoral Clinical Research Project

Title: *Mediating effects of After Deployment Adaptive Parenting Tools/ADAPT on Emotion Regulation outcomes of National Guard and Reserve Families.*

This research project examines relationships between deployment and factors contributing to stress related disorders in a sample primarily consisting of National Guard and Reserve soldiers and families. The effectiveness of the Parent Management Training Oregon Model (PMTO) and a modification for deployed military families: After Deployment Adaptive Parenting Tools (ADAPT), is reviewed. Lastly, this study aims to understand the effects of the ADAPT intervention on parents' self-report of emotion regulation at baseline, and eight months post-intervention in a sample of families randomly assigned to participate in ADAPT or treatment-as-usual conditions.

2010 - 2013

Investigator: After Deployment Adaptive Parenting Tools (ADAPT), University of Minnesota, St. Paul, MN

Served as investigator as part of a research project seeking to understand the efficacy of Parent Management Training – Oregon Model (PMTO) adapted for the military population, *After Deployment Adaptive Parenting Tools (ADAPT)*. Completed 80 hours of Parent Management Training, Oregon Model (PMTO), an evidenced based parenting intervention program. Co-facilitated 4 parenting groups, which consisted of approximately 5-10 couples who had experienced a deployment. Groups met on a weekly basis over the course of 14 weeks and the curriculum included emotion coaching and recognition, mindfulness and yoga exercises, family meetings, reinforcement strategies, and problem solving.

PRESENTATIONS

Bobo, T.I. (2009, August). *Minnesota National Guard Research Initiatives*. Presented at the APA convention to Division 19, Toronto, Canada.

Bobo, T.I. (2017, May). *After Deployment Adaptive Parenting Tools: How might this EBP be integrated into VA?* Grand Rounds, Bay Pines VA Healthcare System, Bay Pines, FL.

Bobo, T.I. (2016, February). *Prolonged Exposure for comorbid PTSD and TBI: A case study examining the course of therapy, challenges, and outcome for a Veteran with history of MST and mild TBI*. Department of Psychology, Central Arkansas VA Healthcare System, Little Rock, AR.

Bobo, T.I. (2015, September). *Mediating Effects of After Deployment Adaptive Parenting Tools (ADAPT) on Emotion Regulation outcomes of National Guard and Reserve Families*. Department of Psychology, Central Arkansas VA Healthcare System, Little Rock, AR.

ADDITIONAL TRAINING AND CERTIFICATIONS

2018 Aeromedical Psychologist Training - Ft. Rucker, AL
2018 VA PCHMI Competency Training
2016 Motivational Interviewing
2015 Cognitive Processing Therapy (CPT) Regional Training
2015 Acceptance and Commitment Therapy (ACT)
2015 Prolonged Exposure Therapy (PE)
2015 Cognitive Behavior Therapy for insomnia (CBT-i)
2013 Trauma Focused Cognitive Behavior Therapy
2011 *VA/DoD Annual Suicide Prevention Conference, Boston, MA*
2008 *Warrior Resilience Conference, Fairfax, VA*

PROFESSIONAL AFFILIATIONS

2011 – present Division 19: Military Affairs
2010 – present American Psychological Association
2018 – present Landmark Worldwide