

## CHRISTINA LADD, PhD, LMHC

Nova Southeastern University  
College of Psychology  
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### **EDUCATION**

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**Florida Atlantic University** Boca Raton, FL  
Doctor of Philosophy Counselor Education August 2015

**Florida Atlantic University** Boca Raton, FL  
Master of Education Clinical Mental Health Counseling December 2007

**University of South Florida** Tampa, FL  
Bachelor of Arts Marketing April 1984

### **PROFESSIONAL EXPERIENCE**

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**Nova Southeastern University** Fort Lauderdale, FL  
*Assistant Professor, Counselor Education* August 2017 - Present

- Instruction and assessment of master's level graduate students
- Instruction delivery includes traditional and intensive weekend formats
- Courses include Advanced Treatment Interventions, Counseling Practicum, Diagnosis and Treatment of Adult Psychopathology
- Clinical supervision of Counseling Practicum students
- Counseling research and publication

**Florida Atlantic University** Boca Raton, FL  
*Adjunct Professor, Counselor Education* May 2016 – August 2017

- Instruction and assessment of master's level graduate students
- Courses include Counseling Theories & Techniques, Group Counseling, Life Span Development, Appraisal & Evaluation, Practicum, Advanced Practicum, Internship
- Clinical supervision of Practicum, Advanced Practicum, and Internship students
- Supervision of doctoral level graduate assistants
- Administration and supervision of practicum and internship Exit Exams

**Florida Atlantic University** Boca Raton, FL  
*Visiting Assistant Professor, Counselor Education* August 2015 – May 2016

- Instruction and assessment of master's level graduate students
- Courses include Family Counseling, Group Counseling, Counseling Theories & Techniques, Practicum, Lifespan Development, Career Development
- Clinical supervision of Practicum students
- Supervision of doctoral level graduate assistants
- Administration and supervision of practicum and internship Exit Exams
- Counseling research and publication

**Florida Atlantic University**

Boca Raton, FL

*Graduate Assistant, Counselor Education*

September 2012 – December 2014

- Evaluation and assessment of practicum, advanced practicum, and internship students
- Co-instruction, assessment, and supervision of internship students
- Development and delivery of lectures with PowerPoint presentations
- Formulation of case conceptualizations for Exit Exams
- Preparation of diagnostic evaluation and Cognitive Behavioral Analysis System of Psychotherapy (CBASP) intervention transcripts for Exit Exams
- Supervision of doctoral level students in co-authoring and producing Exit Exam videos for Spring, Summer, Fall 2013; Spring 2014 (two videos produced each semester—eight total)
- Administration and supervision of practicum and internship Exit Exams

**Private Practice**

Palm Beach Gardens, FL

*Therapist/Owner*

November 2011 – June 2017

- Perform intake interviews, assessments, individual therapy, family therapy
- Develop case conceptualizations, treatment plans, aftercare plans, progress notes
- Collaborate with other health care providers on client's behalf
- Attend to administrative and financial responsibilities
- Deliver presentations on substance abuse prevention at local elementary/middle schools

**A New Day**

North Palm Beach, FL

*Primary Therapist*

January 2008 – February 2011

- Responsible for full caseload
- Performed intake/biopsychosocial interviews, individual therapy, family therapy, group therapy, specialty groups (anxiety, depression, anger management, nutrition, relapse prevention)
- Developed personalized treatment plans, aftercare plans, progress notes
- Conducted treatment plan reviews, family contacts, chart maintenance and closing

**Behavioral Health of the Palm Beaches**

Lake Worth/North Palm Beach, FL

*Primary Therapist*

August 2006 – December 2007

- Responsible for full caseload
- Performed intake/biopsychosocial interviews, individual therapy, family therapy, group therapy, specialty groups (anger management, relapse prevention)
- Developed personalized treatment plans, aftercare plans, progress notes
- Conducted treatment plan reviews, family contacts, chart maintenance and closing
- Planned and facilitated weekend women's gender group addressing specific issues, especially in reproduction and abuse

**PROFESSIONAL ORGANIZATIONS**

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- American Counseling Association (ACA)
- Mental Health Association (MHA) of Palm Beach County
- North American Society of Adlerian Psychology (NASAP)

## **PUBLICATIONS**

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Ladd, C., & Sperry, L. (2016). Affordable Care Act. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 1, pp. 35-37). Santa Barbara, CA: ABC-CLIO.

Ladd, C., & Sperry, L. (2016). Aging and older adults. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 1, pp. 39-40). Santa Barbara, CA: ABC-CLIO.

Ladd, C., & Sperry, L. (2016). Biopsychosocial model. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 1, pp. 43-44). Santa Barbara, CA: ABC-CLIO.

Ladd, C., & Sperry, L. (2016). Brain. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 1, pp. 60-62). Santa Barbara, CA: ABC-CLIO.

Ladd, C., & Sperry, L. (2016). Columbine shooting. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 1, pp. 244-245). Santa Barbara, CA: ABC-CLIO.

Ladd, C., & Sperry, L. (2016). Family assessment. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 2, pp. 443-444). Santa Barbara, CA: ABC-CLIO.

Ladd, C., & Sperry, L. (2016). Kleptomania. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 2, pp. 626-627). Santa Barbara, CA: ABC-CLIO.

Ladd, C., & Sperry, L. (2016). Lies and deceit. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 2, pp. 640-641). Santa Barbara, CA: ABC-CLIO.

Ladd, C., & Sperry, L. (2016). *Principles of Psychology, The (Book)*. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 2, pp. 868-869). Santa Barbara, CA: ABC-CLIO.

Ladd, C., & Sperry, L. (2016). Prescription drug abuse. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 2, pp. 865-866). Santa Barbara, CA: ABC-CLIO.

Ladd, C., & Sperry, L. (2016). Somatopsychic. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 3, pp. 1068-1069). Santa Barbara, CA: ABC-CLIO.

Ladd, C., & Sperry, L. (2016). Trichotillomania. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 3, pp. 1157-1159). Santa Barbara, CA: ABC-CLIO.

Ladd, C., Sperry, J., & Sperry, L. (2016). Erectile disorder. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 1, pp. 408-409). Santa Barbara, CA: ABC-CLIO.

Sperry, L., & Ladd, C. (2016). Behavioral medicine. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 1, pp. 129-130). Santa Barbara, CA: ABC-CLIO.

Sperry, L., & Ladd, C. (2016). Combined treatment. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 1, pp. 245-246). Santa Barbara, CA: ABC-CLIO.

Sperry, L., & Ladd, C. (2016). Dual diagnosis. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 1, pp. 373-374). Santa Barbara, CA: ABC-CLIO.

Sperry, L., & Ladd, C. (2016). Emotional intelligence. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 1, pp. 397-398). Santa Barbara, CA: ABC-CLIO.

Sperry, L., & Ladd, C. (2016). Emotionally focused psychotherapy. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 1, pp. 399-400). Santa Barbara, CA: ABC-CLIO.

Sperry, L., & Ladd, C. (2016). Epigenetics. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 1, pp. 406-407). Santa Barbara, CA: ABC-CLIO.

Sperry, L., & Ladd, C. (2016). Fetal alcohol syndrome. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 2, pp. 464-465). Santa Barbara, CA: ABC-CLIO.

Sperry, L., & Ladd, C. (2016). Hallucinogen-related disorders. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 2, pp. 537-538). Santa Barbara, CA: ABC-CLIO.

Sperry, L., & Ladd, C. (2016). Inhalant-related disorders. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 2, pp. 586-587). Santa Barbara, CA: ABC-CLIO.

Sperry, L., & Ladd, C. (2016). Internet addiction disorder. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 2, pp. 601-602). Santa Barbara, CA: ABC-CLIO.

Sperry, L., & Ladd, C. (2016). Nicotine-related disorders. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 2, pp. 760-761). Santa Barbara, CA: ABC-CLIO.

Sperry, L., & Ladd, C. (2016). Phencyclidine-related disorders. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 2, pp. 842-844). Santa Barbara, CA: ABC-CLIO.

Sperry, L., & Ladd, C. (2016). Risk management. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 3, pp. 951-952). Santa Barbara, CA: ABC-CLIO.

Sperry, L., & Ladd, C. (2016). Substance abuse treatment. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 3, pp. 1109-1110). Santa Barbara, CA: ABC-CLIO.

Sperry, L., & Ladd, C. (2016). Systems biology. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 3, p. 1125). Santa Barbara, CA: ABC-CLIO.

Sperry, L., & Ladd, C. (2016). Work orientation. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 3, pp. 1193-1194). Santa Barbara, CA: ABC-CLIO.

Sperry, L., Ladd, C., Sperry, J., Cunningham, A., & Cunningham, W. (2016). Gambling disorder. In L. Sperry (Ed.), *Mental health and mental disorders: An encyclopedia of conditions, treatments, and well-being* (Vol. 2, pp. 494-496). Santa Barbara, CA: ABC-CLIO.

### **CONFERENCE PRESENTATIONS**

Association for Assessment and Research in Counseling (AARC) (2016). Case conceptualizations: The first step in educating counselors for evidence-based practice. Fort Lauderdale, Florida.

### **LICENSURE, CERTIFICATION & TRAINING**

- State of Florida Licensed Mental Health Counselor #10442
- State of Florida Licensed Mental Health Counselor Supervisor
- State of Florida Licensed Marriage and Family Therapy Supervisor
- Level 1 Clinical Training, Gottman Method Couples Therapy
- American Red Cross CPR Certification
- Advanced Personal Training Certification—National Academy of Sports Medicine (NASM) (Active in physical fitness and wellness education for more than 20 years)