

# Lisa Saponaro

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## PROFESSIONAL LICENSES

**State of Florida, Licensed Psychologist, PY7494**

## EDUCATION

### **Doctor of Philosophy in Counseling Psychology**

*University of Memphis*, Memphis, TN. APA Accredited Program, December 2003.  
Dissertation Title: *The Influence of Gender Roles on HIV Risk behavior Among Substance Abusing Women.*

### **Master of Science in Mental Health Counseling**

*Nova Southeastern University*; Davie, FL, July 1996

### **Bachelor of Arts** Major Fields of study: Religion and Psychology

*University of Florida*; Gainesville, FL, May 1994

## CLINICAL EXPERIENCE

4/05 – current ***Lisa Saponaro PhD Inc., Clinical Psychologist; Private Practitioner***

- Providing Individual, Family, Couples and Group Therapy.
- Conducting psychological Testing.
- Providing consultation and seminars to local business and schools.

6/05 - current ***Our Children Our Future, Hollywood, FL; Psychologist Consultant***

- Develop and present professional seminars to students and staff.
- Conduct and supervise psychological testing.
- Assist in grant writing opportunities.

1/04 – 6/05 ***The Starting Place, Hollywood, FL; Program Director***

- Treated adult men and women with primary addiction problems who were residents of Broward OutReach Center.
- Created and implemented a substance abuse program.
- Provided intensive group and individual therapy.
- Conducted intake screenings and program assessment.
- Facilitated recovery from addiction using a 12-Step Model

8/95 – 7/97 *Henderson Community Mental Health Center, Broward County, FL.*

- 10/96- 7/97 Henderson Youth and Family Services.
- Provided individual, group and family counseling to children who display emotional, attentional, and behavioral difficulties.
  - Conducted group therapy for dual diagnosis adolescents.
  - Supervised student interns.
  - Participated in grant writing.
  - Provided on-site services to children at school, in addition to outpatient services.
- 8/95 - 10/96 Henderson New Vistas.
- Targeted chronically mentally ill individuals aged 18 years to 60 years.
  - Lead group modules directed towards independent living.
  - Provided individual therapy and crisis intervention.

## TEACHING EXPERIENCE

- 8/08 - current *Nova Southeastern University, Center for Psychological Studies; Fort Lauderdale, FL.*  
**Adjunct Faculty.** Theory and Practice of Counseling and Psychotherapy (PSY 502) Mental Health Counseling Techniques (PYCL 511)
- Responsible for all aspects of course execution.
  - Designed assignments and tests to improve students' knowledge of counseling theories and use of basic counseling skills.
  - Lectured, led class discussions, and facilitated mock counseling dyads for skills building.
- 1/07 – 12/07 *Academy for Five Element Acupuncture; Hallendale, FL.*  
**Adjunct Faculty.** Introduction to Theories of Counseling and Psychotherapy (ACT511)
- Responsible for planning and developing graduate level course for students of acupuncture.
  - Designed a course to improve students' knowledge of counseling theories and use of basic counseling skills.
  - Lectured, led class discussions, and facilitated mock counseling dyads for skills building.
- 1/99 – 5/99 *The University of Memphis; Memphis, TN.*  
**Co-teacher.** Counseling Gay, Lesbian and Bisexual Clients (COUN 7752/8752)
- Involved in planning and developing course syllabus.
  - Prepared and presented half of course lectures.
  - Graded half of master's student papers.

- Helped create and grade midterm and final exams.

1/99 – 5/99 *The University of Memphis; Memphis, TN.*

**Instructor.** Fundamental Applied Statistical Methods (EDPR 4541)

- Proctored all tests for this self-directed undergraduate class.
- Graded all students' tests throughout the semester.
- Held office hours for tutoring weekly.

8/98 – 12/98 *The University of Memphis; Memphis, TN.*

**Teaching Assistant.** Foundations of Counseling (COUN 7411)

- Involved in selecting readings for this introductory master's level counseling course.
- Facilitated weekly class discussions and lectures.
- Supervised students live mock counseling sessions and provided clinical feedback.

## **PREDOCTORAL INTERNSHIP EXPERIENCE**

8/00-8/01 *Mississippi State Hospital, Whitfield, MS. APA Accredited Program*

- Completed Rotation on Acute Male Receiving Unit providing individual and group counseling to men experiencing crises as well as relapse in psychological problems.
- Rotation on Women's Chemical Dependency Unit was 42-day program to address addiction based on a 12-step model.
- Oak Circle Center Children and Adolescent Unit rotation focused on providing group and individual counseling to troubled teens.
- Participated on a multi-disciplinary treatment team, treatment planning and treatment updates.
- Provided insight-oriented group, individual and family therapy
- Supervised a student extern.

## **Internship Training Concurrent with Major Rotation Experiences**

- Testing Mini-Rotation
- Didactic Seminars
- Behavior Management Team
- Crisis Team
- Long-term Therapy Mini-Rotation
- Chief Resident

## **SUPERVISED PRACTICUM EXPERIENCE**

1/99-8/99     ***The Center for Student Development, The University of Memphis. Memphis, TN.***

Practicum I    Personal Counseling Unit.  
1/99-5/99

- Provided mental health service to college students.
- Conducted intakes and crisis stabilization interviews.
- Served as individual therapist for students seeking mental health services.

Practicum II   Testing Center.  
6/99-8/99

- Administered personality and cognitive tests.
- Completed LD evaluations.
- Interpreted and presented testing results.
- Completed comprehensive testing reports.

5/98-12/98    ***Midtown Mental Health Center. Memphis, TN.***

Practicum I    Forensic Unit.  
5/98-8/98

- Targeted individuals in the forensic setting, including those in jails and out of custody awaiting hearings.
- Completed competency and insanity assessments.

Practicum II   HIV Prevention and Outreach.  
8/98-12/98

- Targeted adults who were infected or affected by HIV and who had mental health or substance related diagnoses and are in need of multiple services.
- Conducted agency wide intakes and evaluations.
- Lead and co-lead support groups for people with HIV.

1/98 – 5/98    ***The University of Memphis, Memphis, TN.***

- Co-lead a master's level process group weekly.
- Received weekly individual and group supervision.
- Video and audio taped sessions.
- Conducted self analyses and group stage evaluations.

1/96 - 8/96 *Nova Southeastern University Community Mental Health.  
Interpersonal Violence Program. Davie, FL.*

Practicum I Project for a Safe Family Environment (SAFE).  
1/96-4/96

- Targeted families with children aged 6 months to 17 years and characterized by some form of maltreatment.
- Provided home-based ecobehavioral assessment and behavioral intervention utilizing relaxation training, stress management, and aggression management techniques; facilitated recovery from abuse.

Practicum II Family Violence Program.  
4/96-8/96

- Targeted adult and children victims of domestic violence.
- Provided treatment to perpetrators of domestic abuse.

## **PROFESSIONAL DEVELOPMENT**

### **Memberships**

American Psychological Association. Member since 1997.  
National Register of Health Service Providers in Psychology.  
National Association of Divorced Professionals. Member since 2016.  
American Counseling Association. Member since 2016.

### **Publications**

O'Connell, A. A., & Saponaro, L. A. (1999). Predictors of contraceptive intent and self-assessed likelihood for repeat pregnancy among female African American adolescents. Research in Nursing and Health, under final review.

Phillipsen, L. C., Bridges, S. K., McLemore, T. G., & Saponaro, L. A. (1999). Perceptions of social behavior and peer acceptance in Kindergarten. Journal of Research for Childhood Education, Fall/winter 1999.

### **Presentations**

Saponaro, L (2018) Parenting support for children with special needs, Coast Guard District 7 Air Station Miami.

Saponaro, L (2011) Homework P.A.C.T. (Parents and Children Together). Professional Presentation, St. Bernadette Catholic School.

Saponaro, L (2010) Family Strengthening. Professional Presentation, St. Bernadette Catholic School.

Saponaro, L (2009) Warning signs for At-risk behaviors among youth. Professional Presentation, St. Bernadette Catholic School.

Saponaro, L (2008) Evidence Based Practice. Professional Seminar, Our Children Our Future, Inc.

Saponaro, L (2006) Treatment Planning and Documentation Parts I & II. Professional seminar, Our Children Our Future, Inc.

Saponaro, L (2005) Assessing Clinical Risk and Competency. Professional seminar, Our Children Our Future, Inc.

Bingham, R., & Saponaro, L (2003, August). Social Change for 2025 and the Role of Counseling Psychologists. Paper presented at the APA annual convention in Toronto, Canada.

Saponaro, L. A. (1999, March). Women and HIV. Paper presented at the Twenty-fourth annual Association for Women in Psychology Conference, Providence, RI.

Phillipsen, L. C., Bridges, S. K., & Saponaro, L. A. (1998). Associations between child, parent, and teacher reports of kindergartner's self-esteem. Paper presented at the Fifteenth Biennial Conference on Human Development, Mobil, AL.

Phillipsen, L. C., Bridges, S. K., McLemore, T. G., & Saponaro, L. A. (March, 1999). Perceptions of social behavior and peer acceptance in Kindergarten. Paper presented at SRCE Biennial Meeting, Albuquerque, NM.

Horne, S., Saponaro, L., Knack, C., Loos, R., & Bartlett-Prescott, J. (2000) Teacher/Counselor Training for Gay/Lesbian/Bisexual/Transgendered Teen Issues. To be presented at the Annual Conference for the American Counseling Association, Washington, DC.

## **REFERENCES**

Available upon request.