

# Kayla K. Gurak Thayer, Ph.D., ABPP

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College of Psychology  
3301 College Avenue  
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## LICENSURE AND CERTIFICATIONS

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Licensed Psychologist, Florida PY10292

National Register of Health Service Providers in Psychology, Registrant #57047

ABPP Board Certification in Clinical Psychology (ABCP), Certification #10039

## ACADEMIC APPOINTMENTS

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December 2023- Present	<b>Nova Southeastern University, College of Psychology</b> , Associate Professor
August 2018- 2023	<b>Nova Southeastern University, College of Psychology</b> , Assistant Professor
August 2019- Present	<b>Nova Southeastern University, Dr. Kiran C. Patel College of Allopathic Medicine (NSU MD)</b> , Affiliate Professor
August 2019- Present	<b>Nova Southeastern University, College of Psychology</b> , Director of the NSU Anxiety Treatment Center
2016- 2017	<b>Harvard Medical School, Department of Psychiatry</b> , academic appointment
2016- 2017	<b>Boston University, School of Medicine, Department of Psychiatry</b> , academic appointment

## HIGHER EDUCATION

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<b>Postdoctoral Residency</b> 2017-2018	<b>Bruce W. Carter Miami VA Medical Center</b> APA Accredited Postdoctoral Fellowship: Mental Health Integration- Recovery and Rehabilitation Training Director: Regina Pavone, Ph.D., ABPP
<b>Predocloral Internship</b> 2016-2017	<b>VA Boston Healthcare System</b> APA Accredited Internship: Inpatient Mental Health/Therapeutic Recovery, Substance Abuse Spectrum of Treatment Training Directors: Risa Weisberg, Ph.D., Stephen Lancey, Ph.D.
<b>Doctor of Philosophy</b> August 2017	<b>University of Miami, Coral Gables, FL</b> APA Accredited Program: Clinical Psychology, Specialization in Adults Dissertation Title: <i>Sociocultural Factors that Predict Attrition from a Family Treatment for Schizophrenia</i> Dissertation Chair: Amy Weisman de Mamani, Ph.D.
<b>Master of Science</b> May 2014	<b>University of Miami, Coral Gables, FL</b> APA Accredited Program: Clinical Psychology, Specialization in Adults Thesis Title: <i>Ethnicity, Perceptions of Family Environment, and Schizophrenia Symptoms</i> Thesis Chair: Amy Weisman de Mamani, Ph.D.
<b>Bachelor of Science,</b>	<b>University of Florida, Gainesville, FL</b>

**Bachelor of Arts**  
May 2008

Majors: Psychology (B.S.), Spanish (B.A.); Cum Laude and Phi Beta Kappa

**Semester Abroad**  
January- May 2007

**Universitat de València** Valencia, Spain

## GRANTS

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2024 **NSU President’s Grant for: The Student Wellness and emotional Growth Resiliency (SWAG-R) Program:** *A 6-week Coaching Program Designed for NSU Undergraduate Students to Decrease Anxiety, Depression, and Stress, and Improve Mental Health, Quality of Life, and Resiliency*, awarded \$15,000 PI: Kayla Thayer, Co-investigators: Jonathan Banks, Lindsay Craig, Claudia Ocholski

2020 **Typologies of coping styles in college students: validation during the coronavirus pandemic**  
**NSU College of Psychology, awarded \$4080**  
PI: Aya Shigeto, Co-investigators: Kayla Thayer, Justin Landy, Dan Laxman, Lawrence Scheier

## ACADEMIC HONORS AND AWARDS

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- 2024 **Faculty Research Fellowship**, NSU College of Psychology
- 2019 **Early Career Psychologist Credentialing Scholarship**, The National Register of Health Service Psychologists
- 2019 **NSU Professional Development Award for Teaching and Supervision:** “The Development of an Evidence-Based Diagnostic, Assessment, and Treatment Student Library for the NSU Anxiety Treatment Center”
- 2018 **Distinguished Dissertation in Clinical Psychology Award**, Division 12, Society of Clinical Society, \$300
- 2016 **Ironson Distinguished Speaker Student Award-** \$300
- 2014 **Peter Mundy CARD Graduate Student Award for Clinical Research in Autism -** \$500
- 2013-2014 **Distinguished Fellow for the Center for Latin American Studies at the University of Miami (a National Research Center) -** Full Tuition and Stipend Award
- 2013 **Florida Psychological Association 3<sup>rd</sup> Place Poster-** \$50
- 2013 **APA International Conference Travel Grant-** \$330
- 2011-2016 **GAFAC Travel Award**, University of Miami
- 2011-2016 **Department of Psychology Travel Award**, University of Miami
- 2011-2016 **Kriloff Travel Award**, University of Miami
- 2012 **Outstanding Teaching Assistant Award**, University of Miami Psychology Department
- 2011-2012, 2014-2016 **Commendations** for excellence in clinical work, research, teaching, and academics  
University of Miami Psychology Department

2011-2016 **Teaching Assistant Full Tuition and Stipend Award**, University of Miami

**Undergraduate:**

2004- 2008 **Pelican Bay Founder's Fund Scholarship** (\$2000/year)

2005, 2006, **President's Honor Roll Award**, 4.0 semester GPA with 15 hours+ semester course work,  
2008 University of Florida

2004, 2006, **Dean's List Award**, 3.75+ semester GPA, University of Florida  
2007

2006 **Anderson Scholar of Distinction**, 3.8 GPA for first two years of undergraduate career, University of Florida

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## TEACHING EXPERIENCE

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### Graduate Level Courses

Adult Psychopathology; Assessment of Intelligence; Adult Intervention I; Clinical Interventions for Anxiety Disorders  
Brain, Body, Behavior (NSU MD, affiliate professor guest lecturer)

### Undergraduate Level Courses

Personality Psychology (Instructor)

*University of Miami (Spring 2014); Supervisor: Jill Kaplan, Ph.D.*

Abnormal Psychology; Social Psychology; Introduction to Biobehavioral Statistics (Guest Lecturer)

*University of Miami (2011- 2015)*

Social Psychology; Introduction to Biobehavioral Statistics; Introduction to Cognition (Teaching Asst.)

*University of Miami (2011-2013)*

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## CLINICAL RESEARCH EXPERIENCE

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### **Miami VAMC PR RTP/5A Program Evaluation Project: Using Measurement Based Care to Track Mental Health Outcomes in Psychiatric Residential Treatment**

Mentor: Raquel Andres-Hyman, Ph.D.

The objective of this study was to evaluate the effectiveness of the evidence-based treatments offered through the Miami VAMC Psychosocial Residential Rehabilitation Program (PR RTP) on several patient mental health outcomes (e.g., alcohol and drug use, anxiety, depression, quality of life, PTSD symptoms, level of impairment due to disability). We utilized data collected via patient self-report measures completed at multiple time points throughout patient psychiatric stays in the PR RTP/5A program.

### **VA Boston Scholarly Inquiry Research Project: The Impact of Providing Services in Spanish on Differential Diagnoses and Other Mental Health Outcomes in Spanish-Speaking Veterans**

Mentor: Heather Walton Flynn, Ph.D.

The objective of this study was to examine how offering mental health services in Spanish for Hispanic/Latino Veterans VA may impact differential diagnoses, treatment, and other important outcomes (e.g., attrition).

### **Dissertation: Sociocultural Factors that Predict Attrition from a Family Treatment for Schizophrenia**

Department of Psychology, University of Miami

Chairperson: Amy Weisman de Mamani, Ph.D.

Defense Date: August 2016

The goal of this investigation was to better understand how sociocultural factors may influence a family's decision to prematurely terminate family psychotherapy treatments for schizophrenia. This study examined whether several sociocultural variables (interdependence, independence, family cohesion, adaptive and maladaptive religious coping) predicted attrition from family therapy in 115 families coping with schizophrenia.

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**Master's Thesis: Ethnicity, Perceptions of Family Environment, and Schizophrenia Symptoms**

Department of Psychology, University of Miami

Chairperson: Amy Weisman de Mamani, Ph.D.

Defense Date: April 2014

The goal of this study was to comprehensively examine risk and protective factors of the family environment (expressed emotion, family member criticism and warmth, cohesion) and their relationship to patient symptom severity in a large, ethnically diverse sample of 221 patients with schizophrenia. We assessed whether ethnicity moderated these relationships and if greater patient-caregiver discrepancies in perceptions of the family environment predicted greater symptom severity.

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**FAMILIES AFFECTED BY DEMENTIA PROJECT, University of Miami, Department of Psychology  
Assessment Service**

August 2013 to July 2015

Principal Investigator: Amy Weisman de Mamani, Ph.D.

Conducted comprehensive telephone assessments with caregivers of patients with dementia by administering the Clinical Dementia Rating Scale (CDR) along with several other measures.

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**SCHIZOPHRENIA FAMILY PROJECT, University of Miami, Department of Psychology  
Principal Investigator: Amy Weisman de Mamani, Ph.D.**

**Family Therapy, Culturally-Informed Therapy for Schizophrenia (CIT-S)**

August 2011 to May 2014

Provided manualized family therapy, in English and Spanish, for patients with schizophrenia and their family members. CIT-S, developed by the PI, is a 15-session psychosocial treatment intervention which consists of five modules: Family Collectivism, Psychoeducation, Spiritual Coping, Communication Training, and Problem-Solving. CIT-S was tested in comparison to 3 sessions of Psychoeducation.

**Multi-Family Group Therapy**

December 2011 to August 2013

The CIT-S protocol (see above) was adapted into a multi-family group format. I co-facilitated a weekly group (6-12 patients and their family members).

**Assessment Service**

August 2010 to May 2014

Conducted comprehensive assessments in both English and Spanish with patients with schizophrenia and their family members. Assessment measures included SCID, BPRS, FMSS, and HVLIT.

**Post-Baccalaureate Research Assistant**

August 2010 to August 2011

Conducted eligibility phone screens and comprehensive assessments in English and Spanish with patients and their family members, attended weekly lab meetings, and prepared and coded data.

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**NIMH CENTER FOR THE STUDY OF EMOTION AND ATTENTION, Department of Psychology  
University of Florida, Gainesville, FL  
Post-Baccalaureate Research Assistant**

August 2009 to December 2009

Principal Investigators: Andreas Keil, Ph.D., Matthias Wieser, Ph.D.

Collected data via an electroencephalography net for a research study examining the visual cortex in both high and low social anxiety populations. Also assisted with data analysis.

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**ASSOCIATION FOR RETARDED CITIZENS, Department of Psychology**

**University of Florida, Gainesville, FL**

**Applied Behavior Analysis Research Assistant**

August 2007 to December 2007

Principal Investigator: Brian Iwata, Ph.D.

Assisted with data collection and calculation and enforced behavioral contracts and treatment plans for consumers with Prader-Willi Syndrome or self-injurious behavior.

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**UNIVERSITY OF FLORIDA, DEPARTMENT OF PSYCHOLOGY, GAINESVILLE, FL**

**Social Psychology Research Assistant**

August 2006 to December 2006

Principal Investigator: Barry Schlenker, Ph.D.

Ran control and experimental conditions and collected, calculated, and interpreted data for various research studies on self-awareness, social awareness, excuses, and integrity.

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**PUBLICATIONS**

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Freeman, B., Salivar, E., & **Thayer, K.** (2023). The Impact of the Military Lifestyle on Adult Military Children Relationships. *Couple and Family Psychology: Research and Practice*.

**Thayer, K.K.**, DeRiso, M., Warren, J., Wilson, A., & Vance, S. (2021). What Therapists Need to Know about the Treatment of OCD when Disgust is Part of the Clinical Presentation: A review. *Journal of Affective Disorders Reports*.

Wilson, A. & **Thayer, K.K.** (2020). Cross-cultural differences in the presentation and expression of OCD in Black individuals: A systematic review. *Journal of Obsessive-Compulsive and Related Disorders*.

**Gurak, K.K.**, Maura, J., Weisman de Mamani, A., Martinez de Andino, & Rosenfarb, I. (2018). Racial and cross-ethnic diagnostic patterns in schizophrenia spectrum disorders. In C.L. Frisby & W.T. O'Donohue (Eds.), *Cultural competence in applied psychology: An evaluation of current status and Future Directions. (Invited Chapter)*.

**Gurak, K.K.**, Weisman de Mamani, A., & Ironson, G. (2017). Does Religiosity Predict Attrition from a Culturally-Informed Family Treatment for Schizophrenia that Targets Religious Coping? *Journal of Consulting and Clinical Psychology*.

Weisman de Mamani, A., Weintraub, M.J., Maura, J., Martinez de Andino, A., Brown, C., & **Gurak, K.** (2017). Acculturation styles and their associations with psychiatric symptoms and quality of life in ethnic minorities with schizophrenia. *Psychiatry Research*.

Weisman de Mamani, Weintraub, M.J., **Gurak, K.**, Maura, J., Martinez de Andino, A., & Brown, C. (2016). Free will perceptions, religious coping, and other mental health outcomes in caregivers of individuals with dementia. *Journal of Religion, Spirituality, and Aging*. 1-22.

**Gurak, K.**, & Weisman de Mamani, A. (2016). Risk and protective factors, perceptions of family environment, ethnicity, and schizophrenia symptoms. *Journal of Nervous and Mental Disease*, 204, 570-577.

- Gurak, K.K.**, Freund, B., Ironson, G. (2016). The use of both prolonged exposure and cognitive processing therapy in the treatment of a person with PTSD, multiple traumas, depression, and suicidality. *Clinical Case Studies*.
- Weisman de Mamani, A., **Gurak, K.**, Maura, J., Martinez de Andino, A., Weintraub, M., & Mejia, M. (2016). Free will perceptions and psychiatric symptoms in patients with schizophrenia. *Journal of Psychiatric and Mental Health Nursing*.
- Gurak, K.**, & Weisman de Mamani, A. (2015). Caregiver expressed emotion and psychiatric symptoms in African-Americans with schizophrenia: An attempt to understand the paradoxical relationship. *Family Process*.
- Tauler, C., Weisman de Mamani, A., & **Gurak, K.** (2014). The effects of a diagnostic label and symptom types on controllability attributions and perceptions of dangerousness towards people with schizophrenia: An analog study. *International Journal of Psychology Research*, 8, 227-241.
- Weisman de Mamani, A., Weintraub, M.J., **Gurak, K.**, & Maura, J. (2014). A randomized clinical trial to test the efficacy of a family-focused, culturally-informed therapy for schizophrenia. *Journal of Family Psychology*, 6, 800-810.
- Weisman de Mamani, A., Weintraub, M.J., Tauler, C., **Gurak, K.**, Maura, J., Mejia, M., & Sapp, S. (2014). Religion and free will perceptions as coping mechanisms in caregivers of individuals with dementia: A review of the literature. *Journal of Religion, Spirituality, and Aging*, 26, 201-214.
- Weisman de Mamani, A., **Gurak, K.**, & Suro, G. (2013). Serious Mental Illness. In F. Leong (Ed.), the American Psychological Association's *Handbook of multicultural psychology, Vol. 2: Applications and training*. (Invited Chapter).
- Weisman de Mamani, A.G., Mejia, M., **Gurak, K.**, & Sapp, S. (2012). Free will perceptions and religion in patients with schizophrenia and their caregivers. *Psychiatry Research Journal*, 2, 37-51. [cross-listed in *Religion: Beliefs, theories, and societal effects*]
- Weisman de Mamani, A.G., Mejia, M., **Gurak, K.**, & Sapp, S. (2011). Free will perceptions and religion in patients with schizophrenia and their caregivers. In P. Bellamy & G. Montpetit (Eds.), *Religion: Beliefs, theories, and societal effects* (Chapter 3). New York: Nova Science Publishers, Inc.

## SYMPOSIA

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- Thayer, K.K.** (2024, October). *Tailoring Mental Health Program Design Using Survey Feedback and Other Unique Methods*. Presented as a Roundtable at the APS Global Psychological Science Summit (virtual).
- Thayer, K.K.** (2024, March). *From Launching to Leading a Private Practice* (Panel). Presented as a webinar for the APA Division 12, Section 10.
- Thayer, K.K.** (2023, February). *Navigating Post-Doc Offers* (Panel). Presented as a webinar for the APA Division 12, Section 10.
- Thayer, K.K.** (2022, February). *Effectively coping with anxiety, depression, and burnout during COVID-19*. Presented as a webinar for the Florida Bar Association.

- Thayer, K.K.** (2020, September). *How clinical psychology can be used to enhance sports performance: Basic principles and other influential factors*. Presented at the annual conference of the International Society of Sports Nutrition, Daytona Beach, FL.
- Thayer, K.K.** (2020, April). *Developing an Effective Coping Kit During the Anxiety Provoking Time of COVID-19*. Presented as a webinar for the NSU Shark Chats Academic Forums. Fort Lauderdale, FL.
- Thayer, K.K.** (2020, February). *Common Myths about Suicide and How to Effectively Challenge them in Your Clinical Work*. Presented to the NSU College of Psychology, NSPIRE group (Nova Students for the Prevention and Intervention of Suicide and Response to Emergencies. Fort Lauderdale, FL.
- Thayer, K.K.** (2019, December). *Ways to Effectively Address Anxious and Depressive Thoughts Following a Heart Event*. Presented at WomenHeart, The National Coalition for Women with Heart Disease, Boca Raton Regional Hospital, Boca Raton, FL.
- Garcia-Lavin, B., & **Thayer, K.K.** (2019, April). *Diversity in Case Conceptualization: Planning for Clinical Competency Examination Oral Defenses*. Presented to the NSU College of Psychology. Fort Lauderdale, FL.
- Thayer, K. K.,** & Weisman de Mamani, A.G. (2019, November). Religion/Spirituality as a Predictor of Attrition from a Culturally Informed Family Treatment for Schizophrenia that Targets Religious Coping. In **Thayer, K. (Chair)**. *The Integration of Religion/Spirituality into Culturally-Informed, Cognitive-Behavioral Mental Health Treatments*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
- Thayer, K.K.,** & Andres-Hyman, R. (2018, July). *Using Measurement Based Care to Track Mental Health Outcomes in Psychiatric Residential Treatment*. Presented at the Miami VAMC, Miami, FL.
- Gurak, K. K.,** & Weisman de Mamani, A.G. (2016, October). Caregiver Expressed Emotion and Psychiatric Symptoms in African-Americans with Schizophrenia: An Attempt to Understand the Paradoxical Relationship. In Nagendra, A. (Chair). *African-Americans and Schizophrenia*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York City, NY.
- Gurak, K. K.,** & Weisman de Mamani, A.G. (2016, April). *Caregiver Sociocultural Variables (Family Cohesion, Religiosity, Interdependence) as Predictors of Number of Therapy Sessions Attended in a Culturally Informed Family Treatment for Schizophrenia*. Presented at the 2016 South Florida Student Graduate Research Conference, University of Miami, Coral Gables, FL.
- Gurak, K. K.,** & Weisman de Mamani, A.G. (2016, April). *Examining Sociocultural Variables as Predictors of Attrition from a Culturally Informed Family Treatment for Schizophrenia*. Presented as a part of the Distinguished Speakers Colloquium Series, University of Miami, Coral Gables, FL.
- Gurak, K. K.,** & Weisman de Mamani, A.G. (2016, March). *Caregiver Religiosity as a Predictor of Attrition from Family-Focused Treatments for Schizophrenia*. Presented at the 11<sup>th</sup> Annual Conference of the Social Sciences, University of Florida, Gainesville, FL.
- Weisman de Mamani, A.G., Suro, G., **Gurak, K.K.,** Weintraub, M., Maura, J., & Martinez de Andino, A. (2015, November). Family-focused, culturally informed therapy for schizophrenia that reduces patient psychiatric symptoms and caregiver burden and guilt. In Weisman de Mamani, A.G. (Chair). *What's*

*new in family interaction and family research?* Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Weisman de Mamani, A., Weintraub, M., **Gurak, K.**, Maura, J., & Martinez de Andino, A. (2015, May). *Religious coping, free will perceptions, and quality of life in caregivers of patients with dementia.* Presented at the Annual Interprofessional Geriatrics Training Institute: Collaborating for quality care. Fort Lauderdale, FL.

**Gurak, K. K.**, & Weisman de Mamani, A.G. (2014, August). *Family environmental risk and protective factors and symptom severity in schizophrenia.* Presented at the annual meeting of the American Psychological Association, Washington D.C.

Weisman de Mamani, A. G., **Gurak, K.**, Weintraub, M. & Maura, J. (2014, August). *Testing the efficacy of a family-focused, culturally-informed therapy for schizophrenia.* Presented at the annual meeting of the American Psychological Association, Washington D.C.

**Gurak, K. K.**, & Weisman de Mamani, A.G. (2014, April). *Ethnicity, perceptions of family environment, and schizophrenia symptoms.* Presented at the 2014 Center for Latin American Studies Graduate Research Symposium, Coral Gables, FL.

**Gurak, K. K.**, & Weisman de Mamani, A.G. (2014, March). *Do attrition rates decline for Hispanic patients in culturally-informed, versus culture general treatments for schizophrenia?* Presented at the 2014 South Florida Student Graduate Research Conference, Boca Raton, FL.

Weisman de Mamani, A.G., Suro, G., **Gurak, K. K.**, Mejia, M. G., Maura, J., & Weintraub, M. (2013, July). *The impact of a culturally informed, family focused, therapy for schizophrenia on patient psychiatric symptoms and shame and guilt in schizophrenia caregivers.* Symposium conducted at the 7<sup>th</sup> World Congress of Cognitive and Behavioral Therapies, Lima, Peru.

Weisman de Mamani, A., Suro, G., **Gurak, K.**, Maura, J., & Mejia, M. (2012, August). A culturally informed psychosocial intervention for schizophrenia. *Culture and minority considerations.* Symposium conducted at the annual meeting of the American Psychological Association, Orlando, FL.

Weisman de Mamani, A.G., **Gurak, K.**, & Mejia, M. (2011, November). A culturally informed psychosocial intervention for Latinos with schizophrenia. In Rosenfarb, I.S. (Chair). *Implementing culturally sensitive interventions for Latinos with schizophrenia.* Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.

## POSTER PRESENTATIONS

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Ocholski, C., Craig, L., Banks, J., & **Thayer, K.** (2024, October). Meeting the Mental Health Needs of University Students: Insights from a Needs-Based Survey. Poster presented at the APS Global Psychological Science Summit (virtual).

Quimby, H. & **Thayer, K.**, (2024, August). *Relationship Satisfaction in Anxious-Preoccupied and Dismissive Avoidant Partners.* Poster presented at the annual meeting of the American Psychological Association, Seattle WA.

- Craig, L., **Thayer, K.**, & Banks, J. (2024, February). *Self-Compassion: A Construct for Fostering Psychological Skills Related to Sports Performance in Collegiate Athletes*. Poster presented at the annual Society for Neurosports Conference, Fort Lauderdale, FL.
- Craig, L., **Thayer, K.**, & Banks, J. (2024, February). *Cultivating Resilience: Self Compassion as a Resource to Reduce Psychological Distress in Collegiate Athletes*. Poster presented at the Society for Clinical Psychology Conference, Atlanta, GA.
- Mammo, L., Suarez-Morales, L., & **Thayer, K.** (2023, August). *A systematic review of obsessive-compulsive disorder in racial and ethnic minority groups*. Poster presented at the annual meeting of the American Psychological Association, Washington, D.C.
- Williams, K.L., Davidtz, J., & **Thayer, K.** (2023, August 10). *Understanding the phenomenology and treatment experience of bipolar disorders in the African American population: A critical literature review*. [Poster presentation]. Nova Southeastern Annual Virtual Research Conference, Fort Lauderdale, FL, United States.
- Henican, L., & **Thayer, K.K.** (2022, August). *The Misdiagnosis of Post-Traumatic Stress Disorder in African American*. Poster presented at the annual meeting of the American Psychological Association.
- Vance, S., Poland, S., & **Thayer, K.K.** (2021, August). *Psychological Outcomes and Gender Reporting Rates Related to Military Sexual Trauma Among U.S. Military Veterans*. Poster presented at the annual meeting of the American Psychological Association, virtual location.
- Mathias, S.A., Brochu, P.M., & **Thayer, K.K.** (2021, August). *Adverse Childhood Experiences, Internalized Homophobia, and Belonging Among Sexual Minority Women*. Poster presented at the annual meeting of the American Psychological Association, virtual location.
- Mathias, S.A., Brochu, P.M., & **Thayer, K.K.** (2021, May). *Internalized Homophobia Mediates the Association between Adverse Childhood Experiences and Wellbeing in Sexual Minority Women*. Poster presented at the National LGBTQ Health Conference, virtual location.
- Freeman, B., Georgia Salivar, E., & **Thayer, K.** (2020, November). *The Impact of the Military Lifestyle on Adult Military Children Relationships*. Poster presented at the Association for Behavioral and Cognitive Therapies Convention, Atlanta, GA.
- Vega Suarez, C. & **Thayer, K.** (2020, August). *The impact of cultural barriers in the diagnosis and treatment of personality disorders among Hispanics*. Presented at the annual meeting of the American Psychological Association, virtual location.
- Andres-Hyman, R., & **Thayer, K.K.** (2019, May). *Innovative Practices and Promising Results in Psychiatric Rehabilitation*. Presented at the National Residential Rehabilitation Treatment Program Conference, Orlando, FL.
- Gurak, K.K.**, & Weisman de Mamani, A.G. (2017, May). *Religiosity As a Predictor of Attrition from a Culturally-Informed Family Treatment for Schizophrenia That Targets Religious Coping*. Presented at the annual meeting of the Association of Psychological Science, Boston, MA.
- Gurak, K.K.**, Festin, F.E., AhnAllen, C., & Walton-Flynn, H. (2017, May). *Recovery-Oriented Care in Inpatient Mental Health*. Presented at the VA National Research Week, VA Boston Healthcare System, Boston, MA.

- Gurak, K.K., & Weisman de Mamani, A.G.** (2016, October). *Caregiver family cohesion, religiosity, and interdependence as predictors of attrition from a culturally informed treatment for schizophrenia*. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York City, NY.
- Gurak, K.K., & Weisman de Mamani, A.G.** (2016, February). *Caregiver expressed emotion and psychiatric symptoms in African-Americans with schizophrenia*. Presented at the Graduate School's Distinguished Scholar/Mentor Lecture Series, Coral Gables, FL.
- Gurak, K.K., & Weisman de Mamani, A.G.** (2015, November). *Caregiver expressed emotion and psychiatric symptoms in African-Americans with schizophrenia: An attempt to understand the paradoxical relationship*. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Weisman de Mamani, A.G., **Gurak, K.K.**, Maura, J., Martinez de Andino, A., Weintraub, M., & Mejia, M. (2015, November). *Free will perceptions and psychiatric symptoms in patients with schizophrenia*. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Tauler, C., Weisman de Mamani, A.G., & **Gurak, K.K.** (2014, August). *Controllability attributions and perceptions of dangerousness towards people with schizophrenia*. Presented at the annual meeting of the American Psychological Association, Washington D.C.
- Gurak, K.K., & Weisman de Mamani, A.G.** (2014, July). *Patient perceptions of family risk and protective factors, ethnicity, and symptom severity in schizophrenia*. Presented at the annual meeting of the Florida Psychological Association, Bonita Springs, FL.
- Gurak, K.K., & Weisman de Mamani, A.G.** (2013, July). *Ethnicity, patient perceptions of quality of family environment, and symptom severity in schizophrenia*. Presented at the 7<sup>th</sup> World Congress of Cognitive and Behavioral Therapies, Lima, Peru.
- Gurak, K.K., & Weisman de Mamani, A.G.** (2013, July). *Ethnicity as a predictor of attrition rates in general versus culturally-informed treatment for schizophrenia*. Presented at the annual meeting of the Florida Psychological Association, Palm Beach Gardens, FL.

## CLINICAL EXPERIENCE

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### MIAMI VA MEDICAL CENTER, Miami, FL

#### Mental Health Integration- Recovery and Rehabilitation Postdoctoral Resident

September 2017 to September 2018

#### Psychosocial Residential Rehabilitation Treatment Program (PRRTP)

Supervisor: Raquel Andres-Hyman, Ph.D.

Worked as a part of an interdisciplinary treatment team and provided evidence-based group interventions (CBT, DBT, ACT, Seeking Safety, MI, Mindfulness, Relapse Prevention, Tobacco Cessation, IMR, WRAP) for veterans with severe psychiatric conditions and comorbid personality disorders, alcohol and substance use, and comorbid medical conditions (e.g., HIV). Common clinical issues included chronic suicidality, severe depression, PTSD, substance abuse/dependence, and psychosis. Also conducted weekly intake assessments.

#### Inpatient Mental Health Services

Supervisor: Teresa Rosario, Ph.D.,

Created and conducted a weekly Coping Skills group for veterans on the acute psychiatric unit. Common clinical issues included acute suicidality, homicidal ideation, acute psychosis, severe depression, PTSD, substance abuse/dependence, anger management issues, and chronic maladaptive patterns of coping with psychosocial stressors.

### **Individual Psychotherapy Services**

Supervisor: Joseph Fineman, Ph.D.,

Provided individual psychotherapy/evidence-based treatments for outpatient veterans. Common clinical issues included depression, panic disorder, and PTSD. Individuals presented with multiple psychiatric and medical comorbidities such as chronic pain, HIV, and epilepsy.

### **Psychological Assessment Service**

Hierarchical Supervisor: Jennifer Gillette, Psy.D.; Courtney Spilker, Psy.D.

Directly observed and supervised predoctoral interns on comprehensive psychodiagnostic assessment cases to diagnose learning, emotional, behavioral difficulties, and/or cognitive impairments. Responsibilities included assisting with clinical interviews, conducting risk assessments, test administration and scoring, interpretation and diagnostic impressions, and providing feedback to patients.

### **Psychosocial Rehabilitation and Recovery Center (PRRC)**

Supervisor: Janette Rodriguez, Psy.D.

Worked as a part of an interdisciplinary treatment team and provided recovery-oriented, evidence-based individual and group interventions (IMR, SST, Health Promotion & Disease Prevention, Dating & Relationships, Anger Management, Living Life after Trauma group, Mindfulness Based Relapse Prevention group) for veterans with chronic and severe psychiatric conditions. Conducted weekly intake assessments. Provided in-service trainings to PRRC staff on differential diagnoses, personality disorders, motivational interviewing, and the treatment of psychotic symptoms.

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## **VA BOSTON HEALTHCARE SYSTEM, Boston, MA**

### **Inpatient Mental Health/Therapeutic Recovery Intern**

August 2016 to August 2017

### **Inpatient Mental Health Services**

Supervisors: John Pepple, Ph.D., Heather Walton Flynn, Ph.D.

Worked as a part of an interdisciplinary treatment team and provided evidence-based individual and group interventions (CBT, CBT for psychosis, DBT, MI, BA, Mindfulness) for patients on the detoxification, acute, and long-stay units. Common clinical issues included acute suicidality, severe depression, PTSD, substance abuse/dependence, and psychosis. Also conducted psychodiagnostic, risk, and capacity assessments.

### **Psychiatric Rehabilitation and Recovery Center (PRRC)**

Supervisor: David Topor, Ph.D.

Provided recovery-oriented, evidence-based outpatient individual and group therapy for veterans with chronic and severe mental illness. Therapeutic approaches included social skills training, CBT, CBT for insomnia, MI, ACT, DBT, and Illness Management and Recovery.

### **PTSD Clinical Treatment Team**

Supervisors: Julie Weismore, Ph.D., Julie Klunk-Gillis, Ph.D.

Provided outpatient trauma-focused treatment (CPT) to veterans with combat and/or other military-related trauma(s).

### **Substance Abuse Spectrum of Treatment**

Supervisors: Judith Bayog, Ph.D., Aida Cajdric-Vrhovac, Ph.D.

Provided evidence-based assessment and treatment for veterans with alcohol and substance use disorders and other co-occurring psychiatric conditions. Worked as a part of an interdisciplinary residential treatment team and provided intensive, evidence-based individual and group interventions (MI, Relapse Prevention, harm reduction, CBT, BA) for patients in the residential treatment program (SARRTP/CIRCA). Responsibilities also included veteran case management and discharge planning related to aftercare treatment and housing. Also worked as a part of an interdisciplinary outpatient treatment team and conducted outpatient individual and group therapy (MI, Relapse Prevention, Harm Reduction, Seeking Safety; Stage I).

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**TRAUMA TREATMENT PROGRAM, University of Miami, Department of Psychology**

**Individual Psychotherapy**

August 2014 to July 2015

Supervisors: Gail Ironson, M.D., Ph.D., Blanche Freund, Ph.D.

Provided outpatient individual trauma-focused psychotherapy (PE, CPT) and conducted assessments and eligibility phone screens for the program.

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**OLIVER-PYATT CENTERS OF MIAMI, Miami, FL**

**Individual and Group Psychotherapy for Eating Disorders**

August 2014 to May 2015

Supervisor: Kelli Malkasian, Psy.D.

Provided individual and group therapy for adult and adolescent females with eating disorders and other comorbid disorders in an intensive outpatient setting. Led process-oriented groups, co-facilitated weekly supportive meals, and attended weekly case conference. Treatment orientation was primarily cognitive-behavioral, but integrated interpersonal, humanistic, family systems, and dialectical behavioral techniques.

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**AUTISM SPECTRUM ASSESSMENT CLINIC, University of Miami, Department of Psychology**

**Individual Psychotherapy**

August 2013 to May 2015

Supervisor: Jennifer Durocher, Ph.D.

Provided long-term outpatient individual psychotherapy for an adult female client with comorbid Asperger's syndrome and delusional disorder. Treatment orientation was primarily cognitive-behavioral, but included interpersonal, humanistic, and family systems approaches.

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**MIAMI VA MEDICAL CENTER, POST-DEPLOYMENT CLINIC, Miami, FL**

**Neuropsychological Assessment Service**

August 2013 to May 2014

Supervisors: Lisa Johnson-Greene, Ph.D., Jennifer Gillette, Psy.D.

Conducted neuropsychological screenings and psychodiagnostic/neuropsychological assessments with veterans in order to diagnose learning, emotional, behavioral difficulties, and/or cognitive impairments. Assessment batteries included tests of intelligence, academic achievement, cognitive functioning, memory, attention, executive functioning, and visual-motor processing. During this practicum, I wrote comprehensive assessment reports and provided veterans with feedback in order to explain results, conclusions, and recommendations.

**Group Therapy Service**

August 2013 to May 2014

Supervisors: Lisa Johnson-Greene, Ph.D., Alanna Hochman, Psy.D.

Co-facilitated a weekly psychotherapy group for veterans with comorbid PTSD and TBIs (8-10 clients/group).

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**PSYCHOLOGICAL SERVICES CENTER, University of Miami, Department of Psychology**

**Outpatient Individual Therapy Service**

May 2012 to August 2013

Supervisors: Judith McCalla, Ph.D., Jutta Joormann, Ph.D. Jennifer Durocher, Ph.D., Kiara Timpano, Ph.D.

Provided short and long-term outpatient individual psychotherapy in English and Spanish with adult clients from a culturally diverse population. Individual therapy issues included anxiety, depression, bulimia nervosa, bipolar II, social phobia, obsessive-compulsive disorder, and Asperger's syndrome. Provided empirically supported treatments (e.g., CBT, ERP). Conducted intake assessments, presented cases to an intake committee, and attended and presented at a weekly therapy case conference with other therapists in training.

### **Assessment Service**

May 2012 to May 2013

Supervisor: Saneya Tawfik, Ph.D.

Conducted formal psychoeducational and psychodiagnostic assessments in English and Spanish with children, adolescents, and adults. I wrote comprehensive assessment reports and provided clients and their families with feedback in order to explain results, conclusions, and recommendations. Assessment batteries included measures of intelligence, academic achievement, cognitive functioning, memory, attention, personality, executive functioning, visual-motor processing, reading comprehension and fluency, and emotional functioning.

## **OTHER RELEVANT CLINICAL EXPERIENCES**

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### **PSYCHOLOGICAL SERVICES CENTER, University of Miami, Department of Psychology**

#### **Clinic Assistant**

June 2014 to July 2016

Supervisors: Judith McCalla, Ph.D., Saneya Tawfik, Ph.D.

Conducted eligibility phone screens, assigned cases to student clinicians, audited clinic charts, helped prepare students for external practica, and served on the clinic's intake committee. 15 hour per week assistantship.

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### **MERIDIAN BEHAVIORAL HEALTHCARE, INC., Gainesville, FL**

#### **Forensic Team Assistant Specialist**

August 2007 to May 2008

Supervisor: Leah Vail, M.A.

Assisted a forensic specialist with case management of individuals with severe mental health conditions and co-occurring substance abuse. Conducted client monitoring in the community and correctional facilities, attended court hearings, reported on client compliance, and supplied recommendations for post-release.

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### **NORTH FLORIDA EVALUATION AND TREATMENT CENTER, Gainesville, FL**

#### **Undergraduate Intern**

January 2006 to May 2006

Supervisor: Victor Buehler

Conducted intake interviews for individuals with severe mental illness who were deemed not guilty by reason of insanity or incompetent to proceed to trial. Assessed for malingering, completed mental status exams, wrote resident monthly summaries, assisted with daily competency interviews, monitored and documented resident progress, and made recommendations for continuance of care.

## **REVIEW RESPONSIBILITIES**

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**Ad Hoc Reviewer:** *Schizophrenia Research, Family Process, Global Research Journal of Education, International Journal of Nursing Studies, Journal of Consulting and Clinical Psychology, Journal of Family Psychology, Journal of Nervous and Mental Disease, Psychiatry Research, Social Psychiatry and Psychiatric Epidemiology, Clinical Case Studies, Journal of the International Society of Sports Nutrition, Aggression and*

## **PROFESSIONAL AFFILIATIONS & SERVICE**

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Society of Clinical Psychology, Division 12, **Diversity Committee member**

Society of Clinical Psychology, Section 10, Early Career Psychologists and Graduate Students, **President-Elect (2021-2023); President (2024-present)**

American Board of Clinical Psychology (ABPP), **Examiner (2022-present)**

International Society of Sports Nutrition (ISSN), member

Society for Neurosports, member

Florida Psychological Association (FPA), member

Association for Behavioral and Cognitive Therapies (ABCT), member

American Psychological Association (APA), member; Member of APA Division 12

Association for Psychological Science (APS), member

Miami VAMC Diversity Committee, Co-Chair (2017-2018)

VA Boston Diversity Committee, Member (2016-2017)

University of Miami Psychology Graduate Student Association, Adult Track Representative (2013-2014)

American Psychological Association of Graduate Students (APAGS; 2011-2018)

Psi Chi International Honor Society in Psychology

Sigma Delta Pi National Collegiate Hispanic Honor Society

Phi Beta Kappa Academic Honor Society

## **ADDITIONAL SKILLS**

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- Fluent in Spanish; Experience in conducting psychotherapy and psychological interviews/assessments with native and bilingual Spanish-speaking clients
- Completed the MUSC Cognitive Processing Therapy (CPT) Course
- Certified Clinical Dementia Rating Scale (CDR) rater
- Certified Provider of Cognitive Processing Therapy (CPT)
- Certified in the Montreal Cognitive Assessment (MoCA)

## **REFERENCES**

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Available upon request