

Dr. Yarlle Ruth Nicolas, LMFT

Education and Credentials

Ph.D. Doctor of Philosophy in Marriage & Family Therapy, 2020

Nova Southeastern University- Ft. Lauderdale, Florida

Dr. Kiran Patel College of Osteopathic Medicine

Department of Family Therapy (COAMFTE Accredited)

Dissertation: *Home Field Advantage: An Appreciative Inquiry into the Family Systems' Influence on the Athletic Development of Black Male Professional Athletes*

M.S. Master of Science in Mental Health Counseling, 2014

Nova Southeastern University – Ft. Lauderdale, Florida

Psi Chi International Honor Society in Psychology

B.A. Bachelor of Arts in Psychology, 2009

Florida Atlantic University – Boca Raton, Florida

Licensure and Associations

Licensed Marriage & Family Therapist (#MT 4097)

Association for Applied Sports Psychology (AASP), Active Member 2016- Present

American Association for Marriage and Family Therapy (AAMFT), 2017- Present

Psi Chi, the International Honor Society in Psychology, 2012- Present

Professional Experience

Nova Southeastern University, Ft. Lauderdale, Florida

Adjunct Professor, College of Psychology, 2021- Present

Foster a collaborative environment to propel students to reach their optimal level as future clinicians.

- Adept at creating presentation styles for visual, auditory, and kinesthetic learners.
- Established and maintained positive mutual working relationships, developed trust and peer appreciation through personal interaction and involvement.
- Blended learning, students were responsible for a final project that reflected their theories of adult education and technologies merged into a curriculum that blended online learning with classroom learning.
- Fostered a positive learning environment by developing curriculum and instructional support that targeted and engaged all students in their academic experience
- Instructed courses in Group Theory and Practice and Social and Cultural Diversity

School Board of Broward County, Ft. Lauderdale, Florida

District Suicide Prevention Specialist, 2021- Present

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Provides comprehensive leadership, support, and guidance to a diverse portfolio of administrative leadership from K-12 schools across district. Oversees development of professional development programs and delivers to district staff members and leadership teams on Suicide Prevention.

- Project Lead for creation of Broward County Public Schools (BCPS) *Suicide Risk Assessment (SRA) Training for Leaders*- to tailor a professional development addressing mental health topics in relation to suicide prevention for principals and district personnel. A safe space for leaders to address their stressors and provide best practices for leadership development
- Established solid relationships with school leaders that enabled significant changes to take place that allowed for major improvements in student performance.
- Prioritized delivery of services and support to schools based on suicide prevention needs.
- Co-lead in Suicide Prevention Policy Subcommittee for BCPS-collaborate with project lead and supervisor on strategic plan of implementing Suicide Prevention Policy

District Social Emotional Learning (SEL) Specialist, 2019–2021

Owns full responsibility for setting focus goals for strategic areas of district's Social Emotional Learning (SEL) program. Provides comprehensive leadership, support, and guidance to a diverse portfolio of administrative leadership from middle and high schools across district. Oversees development of professional development programs and delivers to district staff members and leadership teams.

- Triggered 38% increase in favorable responses to implementation of SEL education.
- Led cross-functional team responsible for writing program's master plan and defining indicators for future growth.
- Team lead for District Social Emotional Learning department and responsible for operations and logistics of project managements
- Established solid relationships with school leaders that enabled significant changes to take place that allowed for major improvements in student performance.
- Prioritized delivery of services and support to schools based on social emotional learning needs.

Nova Southeastern University, Ft. Lauderdale, Florida

Research Assistant/Co-Investigator, 2017–2019

Worked closely with Dr. Ron Chenail in executing study designed to assess the effectiveness of the Health Mothers, Health Babies Coalition of Broward County's Fatherhood Mentorship Program. Interviewed participants and reviewed case files to synthesize results within qualitative analysis.

- Commended by supervisors for assisting PhD students demonstrate potential clinical competencies.
- Introduced strategies to enable students to ameliorate critical thinking skills while working with complex cases.
- Gained strong experience in using mixed-methodologies to triangulate program results.

Susan B. Anthony Recovery Center, Pembroke Pines, Florida

Developmental Therapist, 2015 – 2016

Provided counselling services to pregnant women and single mothers enrolled in substance abuse recovery programs. Assessed patients and developed treatment plans. Monitored patient progress and maintained open lines of communication to understand patient's needs.

- Proved highly efficient in employing motivational interviewing techniques, recovery model, and CBT.
- Empowered mothers to realize value in employing nurturing parenting techniques.

Henderson Behavioral Health, Ft. Lauderdale, Florida

Clinical Therapist, 2014–2015

Facilitated individual, group, and family therapy sessions for adolescents with high dual diagnosis. Engaged patients using cognitive behavioral therapy, motivational interviewing, and Bowen therapy.

- Acquired in-depth experience accessing DSM-V to identify mental health diagnostic criteria.

ADDITIONAL EXPERIENCE:

- **Intern, Outpatient Clinical Therapist**, The starting Place – Plantation, FL
- **Clinical Therapist**, Legacy Healing Center – Margate, FL
- **Clinical Therapist**, CMET – Ft. Lauderdale, FL
- **Marketing Graduate Assistant**, Nova Southeastern University – Ft. Lauderdale, FL

Presentations

Nicolas, Y. R. (March 2021). *Waiting to Exhale: Stress Management in the Virtual Platform*. Virtual presentation at the National Black Masters in Business Administration Association South Florida Chapter.

Nicolas, Y.R. (December 2020). *Cultural Diversity Three-Part Series: "A Different World" Understanding Cultural Diversity in the Workplace, Classroom and Life*. Virtual Presentation for Broward County Public Schools.

Daise, B., Googins., S., Nicolas, Y.R. & Sant-Angelou, C. (December 2020). *Re-Imagining Middle Grades (RMG) Subcadre Meeting: Equity & SEL*. Virtual Presentation for Principals at Broward County Public Schools.

Nicolas, Y.R. (December 2020). *Cultural Diversity Three-Part Series: "A Different World" Understanding Cultural Diversity in the Workplace, Classroom and Life*. Virtual Presentation for Broward County Public Schools.

Daise, B., & Nicolas, Y.R. (November 2020). *Conscious Discipline and Social Emotional Learning for Leaders*. Virtual Presentation for First Year Assistant Principals at Broward County Public Schools.

Nicolas, Y.R. (November 2020). *Cultural Diversity Three-Part Series: "A Whole New World" Understanding Social Emotional Learning and Cultural Diversity in Classroom*. Virtual Presentation for Broward County Public Schools.

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Nicolas, Y.R., Sant-Angelou, C. (October 2020). *SEL & Mindfulness for Families of Gifted Students*. Virtual Presentation for Broward County Public Schools and Gifted Advisory Council.

Nicolas, Y.R. (October 2020). *SEL Coffee and Conversation: Social Emotional Learning for Leaders*. Virtual Presentation for Broward County Public Schools.

Nicolas Y.R.(August 2020). *Home Field Advantage: An Appreciative Inquiry on the Positive Influences of Families on Black Male Professional Athletic Development*. Virtual Presentation for Nova Southeastern University.

Nicolas, Y.R. (May 2020). *Conscious Discipline Overview*. Virtual Presentation for Broward County Public Schools.

Nicolas, Y.R. (March 2020). *History of Social Emotional Learning*. Presentation for School Counseling & BRACE Department at Broward County Public Schools.

Teaching and Training

Broward County Public Schools – Ft. Lauderdale, FL

SEL Specialist, Spring 2019 to Present

Corporate Trainer; Professional Development

Selected Contributions:

- **February 2020- Presented on “Bridging the Gap”: Understanding Assessments, Communication, and ADULT SEL**
 - Trained principals and administrators on understand School Climate Research and Metrics and understanding Leadership Styles
 - Conducted training in workshop and collaborative style
 - Engaged principals in group discussion about ADULT SEL and provided clinical research
 - Self-care strategies to ad in stress management
- **February 2020- Conducted Professional Development for District Personnel- Presented on “Cultural Diversity and SEL”**
 - Trained District Personnel on Cultural Conscious SEL
 - Implementing Workshop format, conducted training in interactive and collaborative way
 - Expanded on the following topics: diversity/inclusion; equity; culturally context when working with students of various demographics
- **January 2020- Presented and Trained Department of Student Health Services- Director Mrs. Bynoe Team. Presented “Stress Management and SEL” (Workshop Format)**

- Trained the District Nursing Department on ADULT SEL and Emotional Intelligence
- Implementing Workshop format, conducted training in interactive and collaborative way
- Self-care Strategies in the workplace
- **October 2019- Collaborated with Social Emotional Learning Department to present at the Annual BCPS Educating All Students with Excellence (EASE) Conference - "Advancing Authentic, Intentional, Thoughtful and Mindful Inclusive Practices".**
 - Presented on "Won't you be my neighbor?" Creating a SEL Culture in the Classroom
 - The purpose of the presentation was to help educators on building a positive classroom environment to help elicit social emotional development in adults and students
 - In my segment, I focused on clinical research addressing *stress contagion theory* and its correlation how stress in teachers can impact learning. Provided insight on

Nova Southeastern University – Ft. Lauderdale, FL

Teaching Assistant, Fall 2018 to Present

Ph.D. Course: Family Systems I

Collaborate with Dr. Ron Chenail, PhD, Associate Provost for the Division of Applied Interdisciplinary Studies, and Qualitative Professor at NSU (Chief Investigator). Teaching Assistant for Dr. Ron Chenail for Family Systems I. The course focused on the following: The study of those systemic therapies informed by cybernetics and oriented to the social organization of communication are included in this course. Emphasizes are place on the work of the Mental Research Institute and Solution-Focused Brief Therapy.

Selected Contributions:

- Teaching Assistant for Family Systems I: assist professor in graduate Ph.D. level teaching course on systemic theories and applications within families, business/organizations and institutions
- Provide Ph.D. students insight on complex theories and implement strategies by creating curriculums, supplemental and pragmatic tools for Ph.D. students to comprehend. Assist Ph.D. students demonstrate potential clinical competencies as a family therapist, and learn a variety of systemic / relational family therapy approaches and to reflect upon their clinical practice so they can begin to articulate and demonstrate innovation, creativity, and/or a well-grounded position in systemic practice and/or systemic theory
- Encourage Ph.D. students to ameliorate critical thinking skills, effective communication, decisive judgment with working with complex cases.

Nova Southeastern University – Ft. Lauderdale, FL

Teaching Assistant, Fall 2017

Ph.D. Course: Human Growth Development

Teaching Assistant for Dr. Ann Rambo, PhD, Professor / Director of M.S. and Graduate Certificate Programs. The course focused on the following: Human development throughout the life cycle is studied, with consideration of the family life cycle and cross-cultural comparisons. Students are introduced to therapeutic techniques appropriate to different age groups. Describe and discuss the

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family life cycle and generational differences, as reflected in current practice in the field; Understand normative developmental life stages; Identify appropriate therapeutic techniques for each age group and stage in life.

Selected Contributions:

- Teaching Assistant for Human Growth: assist professor in graduate Ph.D. level teaching course on human growth development from a systemic approach. Collaborated on informing masters and doctorate students on various stages throughout life span.
- Provide Ph.D. students insight on complex theories and implement strategies by creating curriculums, supplemental and pragmatic tools for Ph.D. students to comprehend (E.g. visual aids, hands-on activities, and discussion formats)
- Encourage Ph.D. students to ameliorate critical thinking skills, effective communication, decisive judgment with working with complex cases.

Henderson Behavioral Health – Ft. Lauderdale, FL

Trainer, Fall, 2017

Topic: Self-Care Strategies for Novice and Season Therapist

Invited to present and train Youth & Family Clinical Therapist and Adult Clinical Therapists on practical ways to implement work-life balance in a challenging field.

Selected Contributions:

- Taught on the epistemology of stress and its affect to physical, mental and emotional health.
- Provided clinical therapist and staff insight on complex theories and implement strategies by creating curriculums, supplemental and pragmatic tools for clinical therapists to comprehend (E.g. visual aids, hands-on activities, and discussion formats)
- Encouraged clinical therapist and staff to ameliorate critical thinking skills, effective communication, decisive judgment with working with complex cases and self-care tips.
- Collaborated with local vendors and business to provide trainees community resources to relax and self-care.

Bethel Church of God – Ft. Lauderdale, FL

Trainer, Spring 2015

Topic: Depression in the Church- Practical Tools to Overcome

Invited to present and train at a two-day conference- congregants on ways implement healthy strategies and clinical insight on depression. Trained leaders how to help and decipher if a congregant has symptoms of depression.

Selected Contributions:

- Collaborated with Dr. Cassandra Esperant, PharmD and taught on the epistemology and pharmacology of depression and its affect to physical as well as its effect on family systems

- Provided clergy and staff insight on complex theories and implement strategies by creating curriculums, supplemental and pragmatic tools for clergy and staff to comprehend (E.g. visual aids, hands-on activities, and discussion formats).
- Implemented Collaborative Therapy techniques and had trainees in subgroups in seminar to discuss topics and questions
- Collaborated with local vendors and business to provide trainees community resources to relax and self-care.

Volunteer and Internship Experience

Different Brains, Inc. – Ft. Lauderdale, FL

Marketing Intern, 2017 to 2017

Assisted Mentor and CEO, Dr. Hackie Reitman, M.D., and Coordinator with operational and logistics of as it pertained to marketing and social media for Neurodiversity. Worked collaboratively with sports psychologists, physicians, sports medicine, marketing executives and business partnerships.

Selected Contributions:

- Host weekly web series called "[The Week in Neurodiversity](#)"
- Collaborate with marketing interns, CEO and NSU's Transitional Research and Economic
- Development (TRED) department on organizing NSU and Different Brains ® Neurodiversity Conference

ProCamps Worldwide, Inc. – Ft. Lauderdale, FL

Sports Marketing Intern Leader, 2011 to 2016

Oversaw diverse marketing functions, supporting all marketing intern projects and information-management processes. Compiled and analyzed data from monthly reports and prepared presentations for director of marketing/operations. Developed internal correspondence that facilitated effective communication and transfer of information between regional office and conveying communication to marketing interns.

Selected Contributions:

- Played key role in design of inter-office intranet, collaborating with Director of Operations and Director of Marketing to diverse team of interns to identify and define essential components of site functionality.
- Market for **NBA player Dwayne Wade** (Miami Heat)'s annual basketball camp; NFL Players Reggie Bush, Ryan Tannehill, and **Former NFL player Jason Taylor** football camps
- Significantly increased the registration rate for camp (March 2011- 14.8% registered to March 2012-45.5% registration; a 30.75% percent increase in 1-year span) through effective collaboration.

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Abundant Life Ministries—Margate, FL
Violinist, 2017- Present

A multi-cultural ministry, Abundant Life is a thriving charismatic church located in Margate, FL. Under the leadership of Bishop Rick and Pastor Kathy Thomas. An active member of the Worship & Arts Department. Work collaboratively with music, dance and arts/media ministry to foster worship experience for congregants.

Selected Contributions:

- Music Ministry- Violinist (2017- Present)
- Active member in YAF- Young Adult Fellowship and Young Women's Ministry
- Volunteer for Community Outreach Ministry- Cleaning up Margate Elementary
- Volunteer for 4th of July in collaboration with the city of Margate Parade

Bethel Ministries, Inc.—Margate, FL
Chief Youth Choir Director/Violinist, 2005- 2017

A Haitian-American ministry, active member of the Youth and Music Departments. Work collaboratively with Senior Pastor and leadership, youth committee, Sunday School, music, dance and arts/media ministry to foster worship experience for congregants.

Selected Contributions:

- Oversaw administrative affairs of the choir and developed and coordinated through planning, scheduling, government, prayer, and special choir tasks
- Created *Leadership Team* to delegate different responsibilities and create cohesion and collaboration among members. Consist of four main teams: *administrative, music, media, and leadership advisors*
- Developed children and youth –increased the number of members in two years from 20 members to approximately 65 members (youth choir) and forming 35 members in children's choir
- Incorporate collaboration with live band in every rehearsal