

BRIANA CERAMI-GUARINO, Psy.D.

EDUCATION

- Adler University, Chicago, IL** Sept. 2018 – Oct. 2023
Doctor of Psychology in Clinical Psychology
APA-Accredited Program
Emphasis in Traumatic Stress Psychology
Master of Arts in Clinical Psychology June 2020
- Loyola University Maryland, Baltimore, MD** Sept. 2014 – May 2018
Bachelor of Arts in Psychology
Minors in Forensic Studies and Sociology
- Danish Institute for Study Abroad (DIS)** Aug. 2016 – Dec. 2016
Copenhagen, Denmark

EMPLOYMENT

- John L. Gildner Regional Institute for Children & Adolescents (JLG-RICA)** Aug. 2023 – Present
Psychology Associate
Primary Supervisor: Julie Mudryj, Psy.D., Elissa Stieglitz, Ph.D.

- Provide individual, family, and crisis intervention therapy to a diverse caseload of 6 day and residential students (ages 14-16) with a wide range of complex presentations including social, emotional, behavioral, and developmental challenges
- Supervise psychology interns in psychological assessment, providing guidance on administration, scoring, interpretation, report writing, and feedback delivery
- Conduct comprehensive psychological evaluations, including cognitive, executive functioning, and socioemotional assessments
- Lead feedback sessions with students, families, and multidisciplinary teams to communicate assessment results and guide treatment planning and educational decision-making
- Co-facilitate a psychotherapy group (Arts & Crafts) for students ages 11–16, focusing on emotion regulation, distress tolerance, and interpersonal effectiveness
- Develop and update individualized treatment plans, progress notes, and other clinical documentation in compliance with agency standards
- Collaborate closely with multidisciplinary teams, including clinical, educational, and residential staff, to ensure consistency of care and intervention planning
- Participate in regular clinical consultation, team meetings, and professional development to support evidence-based practice and continued clinical growth
- Contribute to program development by creating and implementing organizational systems to improve clinical workflow and consistency (e.g., development of a Clinical Manual)

- John L. Gildner Regional Institute for Children & Adolescents (JLG-RICA)** Aug. 2022 – Aug. 2023
Doctoral Clinical Psychology Intern
APA Accredited Doctoral Internship Program
Primary Supervisors: Elissa Stieglitz, Ph.D., Annie Kimball, Psy.D., Jennifer Carter, Psy.D., Justin Leak, Psy.D.

- Provided weekly individual and family therapy, and crisis management to a caseload of 5 day and residential students (aged 10–14) presenting with a range of emotional, social, and behavioral difficulties

- Administered, scored, interpreted, and wrote comprehensive psychological evaluations that included findings about a student's cognitive, executive, and socioemotional functioning
- Presented psychological evaluation findings to the student and parents during feedback sessions and to multidisciplinary educational teams at Individualized Education Plan (IEP) meetings
- Provided treatment, gathered historical information, wrote a comprehensive evaluation, and determined diagnoses and treatment recommendations for two students referred to the Evaluation Unit
- Co-facilitated two weekly psychotherapy groups, Dialectical Behavior Therapy (DBT) and expressive therapy (music) for students aged 9 to 19 years old
- Maintained clinical documentation including progress notes, treatment plans, and insurance updates in accordance with program and ethical standards
- Collaborated daily with multidisciplinary teams (clinical, educational, and residential staff) to coordinate treatment approaches and ensure consistency of care
- Received weekly individual supervision from four Licensed Clinical Psychologists
- Attended and participated in weekly group supervision, didactic seminars, team meetings, psychiatry meetings, interdisciplinary meetings, and intern process group
- Conducted a research project with intern cohort examining cultural competence in clinical practice

CLINICAL TRAINING EXPERIENCE

South Campus Therapeutic Day School – Palatine, IL

Aug. 2021 – Aug. 2022

Advanced Therapy Extern

Primary Supervisor: Vanessa Davidson, Psy.D.

- Provided weekly individual therapy to a caseload of 3 adolescents and 1 child with emotional disabilities and behavioral concerns
- Developed and implemented student's therapeutic goals for their IEP
- Facilitated two psychotherapy groups per week focused on emotional regulation, interpersonal relationships, and skill building
- Utilized educational, therapeutic, family, and community connections to promote academic achievement and personal/emotional growth from a strengths-based perspective
- Provided crisis intervention and conducted risk assessments for children and adolescents in distress
- Engaged in data collection and progress monitoring for each student on caseload through weekly tracking of therapeutic and social/emotional goals identified on their IEP
- Received specialized training on family therapy, trauma-informed practices, autism spectrum disorder, neuropsychological disorders, school refusal, multicultural competence, trans-affirming practices, psychotropic medications, and legal and ethical issues
- Participated in weekly multi-disciplinary team meetings comprised of teachers, program aides, behavior specialists, art therapists, a substance use therapist, speech and reading specialists, and administrative staff
- Consulted with site's psychiatrist, family therapy supervisor, and other providers on a monthly basis
- Received weekly individual supervision from a Licensed Clinical Psychologist
- Participated in weekly group supervision with two Licensed Clinical Psychologists
- Received weekly individual peer supervision from a Licensed Allied Mental Health Professional

Andersonville Behavioral Health – Chicago, IL

March 2021 – Nov. 2021

Therapy Extern

Primary Supervisor: Samantha Soll, Psy.D.

- Provided weekly individual teletherapy to a caseload of 5 adults and 1 child with diverse backgrounds that presented with a range of conditions, such as ADHD, mood disorders, and trauma-related disorders
- Conducted weekly parental guidance therapy sessions which focused primarily on parenting skills

- Maintained confidential records of each client through weekly progress notes
- Completed comprehensive intakes to help inform the therapeutic process or psychological assessment
- Conducted comprehensive psychological assessments and wrote psychological reports focused on differential diagnosis
- Provided clinical feedback sessions with assessment clients to communicate diagnostic results of psychological assessments and to discuss recommendations for future treatment
- Assisted in developing a program, specifically for intakes and new client inquiries or referrals
- Provided peer supervision to assessment and therapy externs
- Supported leadership team in policy development and collaborated as a liaison to communicate the student experience
- Received weekly individual supervision from a Licensed Clinical Psychologist
- Participated in group supervision with four Licensed Clinical Psychologists
- Presented a didactic presentation on “The Use of Music in Psychotherapy”

The Winston Knolls School – Hoffman Estates, IL

Aug. 2020 – March 2021

Therapy Extern

Primary Supervisor: Laura Hunt, Psy.D.

- Provided weekly individual psychotherapy, teletherapy, case management, and family consultation to a caseload of 7 students aged 7 to 18 years with diagnoses including autism, anxiety, depression, down syndrome, ADHD, and PTSD
- Guided clients in therapeutic exercises integrated from different modalities, such as Cognitive Behavior Therapy, Gestalt Therapy, Dialectical Behavior Therapy, and Play Therapy
- Maintained confidential records of each client through weekly progress notes and comprehensive therapeutic summaries
- Provided case management for 8 additional students by consulting with classroom staff, attending IEP meetings, and maintaining regular communication with parents or guardians
- Continued to build competency by using the Social Communication, Emotional Regulation, Transactional Support (SCERTS®) model, which addresses challenges faced by children and adolescents with autism spectrum disorder and related disabilities
- Wrote social developmental studies on students for individual and case management caseloads
- Collaborated in multidisciplinary team meetings to monitor treatment plans and progress of each student on individual caseload
- Engaged in weekly trainings on dynamic topics such as special education procedures, documentation, case conceptualization, treatment planning, crisis intervention, diversity, and professional development
- Received weekly individual supervision from a Licensed Clinical Psychologist
- Participated in weekly group supervision with a Licensed Clinical Psychologist

Riveredge Hospital – Forest Park, IL

July 2019 – July 2020

Diagnostic Extern

Primary Supervisor: Martin Blackman, Psy.D.

- Administered cognitive, objective, and projective assessments to children and adolescents in an inpatient psychiatric hospital
- Conducted clinical interviews with patients to obtain information regarding their presenting problems
- Scored and interpreted diagnostic test batteries
- Wrote integrated psychological reports that included important findings obtained through testing as well as treatment recommendations

- Collaborated with an interdisciplinary team of therapists, psychiatrists, nurses, and other mental health professionals to determine treatment recommendations
- Provided brief individual therapy to patients who needed additional support
- Observed and participated in group therapy
- Received weekly individual from a Licensed Clinical Psychologist
- Participated in weekly group supervision with a Licensed Clinical Psychologist
- Presented a didactic presentation on ‘Mass Shootings’

SUPERVISED TRAINING EXPERIENCE

Office of the Cook County Public Guardian – Chicago, IL

Oct. 2018 – June 2019

Social Justice Extern

Primary Supervisor: Mark Ruehl, Ph.D.

- Advocated for the rights, needs, and safety of abused and neglected youth
- Observed attorneys, guardians ad litem, a clinical psychologist, and child welfare professionals confronting the systemic and structural inequities for children and adolescents in Illinois
- Learned how the child welfare and mental health systems in Illinois provided for the needs of abused and neglected youth, but also sometimes failed to meet their needs
- Gained an understanding of the dangers youth face in the child welfare system, the systemic barriers that impact this marginalized population, and the need for social justice and advocacy in this arena
- Attended clinical staffing’s and courtroom proceedings
- Received weekly individual supervision from a Licensed Clinical Psychologist

PRESENTATIONS

Cerami-Guarino, B. & Kopper, B. (2020, August 6-9). *Understanding the effects of school mass shootings through a bioecological approach*. [Poster presentation]. APA 2020 Convention, Washington, D.C., United States.

Cerami-Guarino, B. & Kopper, B. (2020, May 29-30). *The benefits of music therapy on grief*. [Poster presentation]. North American Society of Adlerian Psychology (NASAP) Annual Conference, Atlanta, GA, United States.

Kopper, B. & **Cerami-Guarino, B.** (2020, March 6). *Surviving life without parole as a woman*. [Poster presentation]. 10th Annual Multifaceted Themes of Diversity Conference, Adler University, Chicago, IL, United States.

Cerami-Guarino, B. (2019, June 7). *Mental health consequences of mass shootings*. [Poster presentation]. 1st Annual Symposium on Addiction and Psychological Trauma, Adler University, Chicago, IL, United States.

Cerami-Guarino, B. (2019, May 17). *Are news reports perpetuating mass shootings?* [Poster presentation]. Cultural Impact Conference: Gun Violence Prevention – The Mental Health Implications of Mass Shootings, The Chicago School of Professional Psychology, Chicago, IL, United States.

Cerami-Guarino, B., & Milosz, A. (2019, May 28). *The office of the Cook County public guardian*. [Poster presentation]. Social Justice Practicum Symposium, Adler University, Chicago, IL, United States.

Cerami-Guarino, B. (2018, November 10). *Treatment of transgender inmates in the criminal justice system*. [Poster presentation]. 2018 Multifaceted Themes of Diversity Conference at Adler University, Chicago, IL, United States.

Case, A., **Cerami-Guarino, B.,** & Sauro, D. (2017, April 6-9). *“NO 1 LIKES U”: Possible predictors of cyberbullying behavior*. [Poster presentation]. National Conference on Undergraduate Research, University of Memphis, Memphis, TN, United States.

Case, A., **Cerami-Guarino, B.**, & Sauro, D. (2017, April 21). "NO 1 LIKES U": Possible predictors of cyberbullying behavior. [Poster presentation]. Undergraduate Student Research and Scholarship Colloquium at Loyola University Maryland, Baltimore, MD, United States.

RESEARCH EXPERIENCE

Cultural Competence at JLG-RICA

Aug. 2022 – Aug. 2023

Intern Cohort Research Project

JLG-RICA, Rockville, MD

Primary Supervisors: Jessica Cavuoto, Psy.D. & Heather Mann, Psy.D.

- Investigated the relationship between the amount of diversity training and level of cultural competence for direct care staff at JLG-RICA
- Created scenarios based on the ADDRESSING model and a Likert scale to measure cultural competence
- Collected and analyzed data to determine the need for more diversity training
- Presented findings and recommendations to clinical, school, and administrative staff

Doctoral Dissertation, Adler University

Jan. 2021 – June 2022

Title: Processing Grief Through Music: The Experiences of Parental Loss in Emerging Adulthood

Chair: Susan Zoline, Ph.D.

- Utilized a phenomenological approach to examine how emerging adults use music to find meaning in grief following the loss of a parental figure
- Reviewed literature on death, grief, meaning-making, and music therapy to inform study design & analysis
- Recruited participants between the ages of 20 to 30 from *The Dinner Party* who experienced the loss of a parental figure at least two years ago and after the age of 18
- Conducted in-depth interviews with seven individuals about their experiences of loss, grief, and music
- Analyzed participant narratives to identify common themes related to grief processing and meaning reconstruction through music

The Roles of Self Compassion & Mindfulness in Attorney Compassion Fatigue Oct. 2020 – Oct. 2021

Research Assistant

Adler University, Chicago, IL

Primary Supervisor: Marla Vannucci, Ph.D.

- Investigated the relationships among attorney compassion fatigue, mindfulness, self-compassion, social support, and vicarious trauma
- Reviewed previous literature that explores the experiences of attorneys who work with traumatic material
- Developed an online survey using Qualtrics that was distributed to participants
- Recruited licensed attorneys that currently practice in the United States through various professional organizations, such as the Chicago Bar Foundation and the Office of the Cook County Public Guardian
- Collected and analyzed data to better understand attorney's exposure to traumatic client material and the impact it has on their overall well-being
- Identified resilience and risk factors associated with compassion fatigue among attorneys

Office of the Cook County Public Guardian

Oct. 2018 – May 2019

Researcher

Juvenile Division, Chicago, IL

Primary Supervisor: Mark Ruehl, Ph.D.

- Studied children who, under Illinois Department of Children and Family Services care, were in psychiatric hospitals beyond medical necessity and awaiting placement in a less restrictive setting
- Reviewed literature, case histories, and legal documents
- Researched how youth are deprived of adequate, normative educational and social experiences, witness the extreme behavior of other patients, and are potentially subject to additional trauma and maltreatment while hospitalized beyond necessity
- Gathered and organized vital information to understand the individual and systemic factors that result in abused and neglected youth to languish in psychiatric hospitals beyond medical necessity
- Provided the office with data that addressed this child welfare problem and could lead to individual and systemic action, including advocacy, litigation, and legislation

Columbia University New York State Psychiatric Institute

June 2017 – Aug. 2017

Research Interviewer

Child Psychiatric Epidemiology Group, New York, NY

Primary Supervisor: Christina Hoven, Ph.D.

- Investigated the relationship between child psychopathology and substance abuse within the family on adolescent substance use to determine patterns and differences in cognitive development
- Conducted and lead structured, field-based clinical interviews with parents and respective child participants from South Bronx, New York
- Analyzed and reported interview data back to the head researchers
- Gained an understanding of research that focused on and incorporated epidemiology, psychology, geography, and psychiatry

“NO 1 LIKES U”: Possible Predictors of Cyberbullying Behavior

Sept. 2015 – Apr. 2017

Researcher

Loyola University Maryland, Baltimore, MD

Primary Supervisor: Theresa DiDonato, Ph.D.

- Purpose of the study was to explore the correlation between cyberbullying tendencies and narcissism as well as self-esteem and narcissism
- Hypothesized a positive correlation between high self-esteem and cyberbullying, and high narcissism with high self-esteem
- Data confirmed a weak positive relationship between high self-esteem and cyberbullying and a strong, positive relationship between narcissism and self-esteem
- Results provided parents, therapists, and school advisors insight into present-day cyberbullying crisis

COMMUNITY ENGAGEMENT

Rainbows for All Children – Chicago, IL

Feb. 2021 – March 2024

Associate Board Member

- Member of a nonprofit organization dedicated to helping children and adolescents as they navigate grief and heal from loss, specifically death, divorce, deployment, deportation, and incarceration
- Fundraise and organize events, such as Rainbows Color Run for Miles and Smiles, to raise money for the organization to provide free and confidential support groups for children ages 3 to 18 years old

- Foster community awareness and education about the importance of providing support to grieving youth
- Advise and support the organization and its governing board through technical expertise and assessment of various programs

LEADERSHIP EXPERIENCES

Children and Adolescent Student Association (CASA), Adler University Sept. 2019 – Aug. 2022
President

- Helped facilitate a vision for the organization through events
- Provided information and support to executive board members via monthly check-ins
- Encouraged collaboration with faculty members and other student organizations

Recreation and Relaxation Student Organization, Adler University Sept. 2019 – Sept. 2020
Social Chair

- Created flyers and conducted social outreach to inform students and other programs about events
- Planned and organized events that promoted self-care for students

Mentor Program, Adler University Sept. 2018 – Sept. 2019
Mentor

- Provided advice and support to new students during their first year at Adler University
- Answered questions about the program, University, and Chicago

ORGANIZATIONAL MEMBERSHIPS

Current

Maryland Psychological Association (MPA) Aug. 2022 – Present
 The American Psychological Association (APA) Dec. 2018 – Present

Former

Psi Chi, The International Honor Society in Psychology Sept. 2021 – Oct. 2023
 Traumatic Stress Psychology Student Association (TSPSA) Sept. 2018 – Oct. 2023
 Illinois Psychological Association (IPA) Feb. 2020 – Oct. 2023

CERTIFICATIONS

Current

Prevention and Management of Aggressive Behavior (PMAB) Aug. 2022 – Present
 Cardiopulmonary Resuscitation (CPR) Certification Sept. 2018 – Present

Former

Crisis Prevention Institute (CPI) - Nonviolent Crisis Intervention Sept. 2019 – Aug. 2022
 Illinois Department of Children and Family Services (DCFS) Mandated Reporter Sept. 2019 – Aug. 2022

SCHOLARSHIPS & AWARDS

Doctoral Merit Scholarship, Adler University Sept. 2018 – Aug. 2022