

**PAMELA S. PERKINS, PSY.D., HSP-P**  
**LICENSED PSYCHOLOGIST**

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**EDUCATION**

**Psy.D.**, Clinical Psychology, Wheaton College Graduate School, Wheaton, IL

**Pre-Doctoral Internship** Jewish Family Services – Richmond, VA

**M.A.**, Clinical Psychology, Wheaton College Graduate School, Wheaton, IL

**B.S.** Elementary Education, Concordia University, River Forest, IL

**LICENSES /CERTIFICATES**

**Psychologist**, State of North Carolina, License No. 4257

**Certified Health Services Provider – Psychologist**, State of North Carolina

**Licensed Clinical Professional Counselor (LCPC)**: State of Illinois, License No. 180-006902 (2008 – 2011)

**Certified Domestic Violence Professional**: State of Illinois (CDVP), Certificate No. 2004312 (2003-2010)

**Certification in Gerontology**, Midwestern University, Downers Grove, IL, July, 2006

**PROFESSIONAL MEMBERSHIPS**

North Carolina Psychological Association 2010-present

Division of Independent Private Practitioners (a division of NCPA) 2010-present

American Psychological Association 2004-present

Divisions: 12 (Sec. II) (Clinical Psychology & Clinical Geropsychology)

42 Psychologists in Independent Practice.

Psychologists in Long Term Care - Newsletter Editor (2010-2012) 2008-present

**CLINICAL AND RELATED EXPERIENCE**

**Pre-doctoral Internship – JFS Consortium, Richmond, VA** 2009-2010

Hours: 1650 (8/24/10) Supervisor: David Israel, Ph.D.

*Jewish Family Services, Richmond, VA*

- Manage client load of 5-8 therapy clients per week; individual, couples, & family
- Perform psychological assessments for: School Accommodations, ADHD, Mood & Personality Disorders, MR Waivers, and Spinal Cord Stimulator Trial Candidates
- Administer, score, interpret and write psychological evaluations, average 1-2 per week
- Develop assessment protocols for agency

*Jewish Community Center, Pre-school, Richmond, VA*

- Observe special needs students in the classroom and make recommendations to teachers and parents
- Participate in Individual Educational & Social Plan (IESP) Meetings
- Devise and implement behavioral interventions for special needs children
- Facilitate monthly parenting support group, presenting a didactic and leading discussion

*Piedmont Geriatric Hospital, Burkeville, VA*

- Administer neuropsychological screenings for new patients
- Write Initial Psychological Evaluations with recommendations for care; 1 evaluation per week
- Informally supervise two undergraduate psychology interns

**Volunteer Crisis Counselor – Northern Illinois University, DeKalb, IL** 2008

Participated in the NIU Counseling and Student Development Center's program to support students as they returned to classes in the wake of the Feb. 14<sup>th</sup> campus shooting. Volunteer counselors were assigned to each classroom the first two days back to school.

**Group Relations Conference – The Family Institute at Northwestern University, Evanston, IL** 2008

Trained and experienced group relations in the Tavistock tradition on authority, leadership and diversity in groups and organizations.

- Nonviolent Crisis Intervention Training Program** – *Crisis Prevention Institute, Inc, Naperville, IL* 2007  
 Learned communication strategies to prevent escalation of acting out behaviors and to minimize and contain violent responses by patients.
- Advanced Therapy Clerkship** – *Alcorn & Allison Clinical Associates, Glen Ellyn, IL* 2007- 2008  
 Hours: 521 Supervisor: Dr. Chad Alcorn
- Managed client load of 8-10 clients per week
  - Obtained experience in individual and family therapy
  - Performed testing & assessment
- Therapy Practicum II** - *Central DuPage Pastoral Counseling Center, Carol Stream, IL* 2006 - 2007  
 Hours: 800 Supervisor: Dr. Patricia Francis
- Managed client load of 8-10 clients per week
  - Obtained experience in individual, marital and family therapy
  - Administered testing & assessment & completed written reports
  - Presented psycho-educational workshops
- Therapy Practicum I** - *Outreach Community Center Older Adults Program, Carol Stream, IL* 2005 - 2006  
 Hours: 550 Supervisor: Dr. Helen DeVries
- Interacted with adults 60 and older in a variety of settings
  - Obtained experience in individual counseling, group counseling, community interventions and program development
  - Administered neuropsychological testing & assessment & completed written reports
- M.A. Clinical Internship** - *Family Shelter Service, Wheaton, IL* 2003 – 2004  
 Hours: 506 Supervisor: Sandy Prichard
- Managed client load of 7-10 clients per week
  - Co-led Weekly Educational Group and Moms & Kids Program Groups (Adult & Children)
  - Taught community presentations and participated in program development
- President & Co-Founder - Berwyn Chapter of DBSA, Chicago, IL** 2001 - 2002  
 (Depression and Bi-Polar Support Alliance)
- Led meetings, facilitated talk groups, taught on topics of depression & bi-polar illness
  - Presented workshop at National Convention on starting successful DBSA chapters
- Co-leader of 30+ Singles Group** - *Vineyard Christian Fellowship, Oak Park, IL* 1998 - 2000
- Initiated relationship building with group members & performed informal counseling
- EMPLOYMENT**
- Psychologist** – *Perkins Counseling & Psychological Services, Wake Forest, NC* 2010 – present
- Private practice specializing in psychological assessment and therapy
- Psychotherapist** - *Alcorn & Allison Clinical Associates, Glen Ellyn, IL* 2007-2008
- Managed client load of 8-10 clients per week
  - Obtained experience in individual and family therapy
  - Performed testing & assessment
- Behavioral Health Associate** – *Child & Adolescent Unit, Linden Oaks Hospital, Naperville, IL* 2007
- Engaged patients in the milieu
  - Facilitated groups, case management & updating of client records
  - One on one monitoring of severely ill patients
- Therapist/Counselor/Educator** - *Family Shelter Service, Wheaton, IL* 2004 - 2007
- Managed client load of 9-12 clients per week
  - Facilitated groups for victims of domestic violence and abuse, including an art expressive

- therapy group for adolescent girls, Mom & Kids Program, adult and children's groups
- Coordinated and taught weekly domestic violence education group
- Participated on leadership team for Mom & Kids Group program
- Taught on mental health issues for 40 hour training in DV

**Office Mgr., Bookkeeper, Marketing** - *OAK Design & Construction, Oak Park, IL* 1992 - 2002

- Proficient in M/S Word, Access, Publisher, and Quick Books Pro
- Skilled with computers and all general office equipment

**Church Administrator/Treasurer** - *Vineyard of Oak Park, Oak Park, IL* 1998 - 1999

- Responsible for recruiting volunteers
- Planned and executed national church denomination conference

### TEACHING EXPERIENCE

**Adjunct Instructor** – *ITT Technical Institute, Cary, North Carolina* Fall, 2010 - present

- Intro to Psychology
- Research Methods
- Strategies for the Technical Professional

**Adjunct Instructor** – *Kishwaukee Community College, Malta, Illinois* Spring, 2009

Undergraduate Program

- Intro to Psychology – Psyc 102 – Two sections

**Guest Instructor** - *Wheaton College, Wheaton, Illinois* 2005 - present

Undergraduate Program

- Intro to Psychology Lab – Psyc 101L
- Developmental Psychology - Psyc 317

Graduate Program

- Group Therapy: Didactic – Psyc 614
- Group Facilitator- Group Therapy II Class

**Tutorial Instructor** – *Wheaton College Graduate School, Wheaton, IL* 2006 - present

Organized and administered self-study course in physiological psychology for doctoral students needing to complete this requirement for the Psy.D. program.

**Research Assistant** - *College Provost, Wheaton College, Wheaton, IL* 2005 - 2007

**Teaching Assistant, Wheaton College, Wheaton, IL** 2006 - 2007

- Psyc 345: Learning & Memory
- Psyc 351: Cognition & Perception
- Psyc 790 & 890: Professional Development
- Assistant to Coordinator of Clinical Psychology M.A. Program 2003 - 2005

mentoring first year graduate students, research, teaching and administration

### CURRENT RESEARCH

Currently pursuing expansion of dissertation study to collect additional data.

Studies related to successful aging strategies.

#### *Dissertation Study*

Impact of a Horticultural Therapy Program On the Well-Being of Low-Income Community Dwelling Older Adults.

### PROFESSIONAL PRESENTATIONS

Duquette, P. & Perkins, P. (October, 2011). *Becoming a Psychologist*. Presentation at the 18<sup>th</sup> Annual Psychology Undergraduate Conference, Greensboro, NC.

Perkins, P., (September, 2010). *Herb Gardening with Older Adults*. Presentation at “Healing Through Gardening,” Therapeutic Gardening Symposium. Williamsburg, VA.

- Perkins, P., (August, 2010). *Impact of a Horticultural Therapy Program on the Well-Being of Low Income Community Dwelling Older Adults*. Presentation to attendees at the bi-yearly International People Plant Symposium. Nova Scotia Agricultural College, Bible Hill, Nova Scotia.
- Strening Perkins, P., (April, 2008). *The Sandwich Generation: Caring for Yourself, While Caring for Others*. Presentation to members on how to navigate the challenges of Middle Adulthood. Peace Lutheran Church, Glen Ellyn, IL.
- Strening, P.V., (Sept., 2006 & Feb., 2007, 2008). *Spirituality in Marriage*. Component of pre-marital class. Central DuPage Pastoral Counseling Center, Carol Stream, IL.
- Strening, P.V. & Knox, J. (May, 2006). *Healthy Relationships*. Presentation to parents & teens on domestic violence and teen dating relationships. St. Paul Lutheran School, Maywood, IL.
- DeVries, H.M., Roth, V., Hawkins, L., Baker, E.J. & Strening, P.V. (April, 2006). *Developing effective partnerships between colleges and community agencies: A model for enhancing mental health service capacity and professional training*. Presentation at the 6<sup>th</sup> annual Mental Health and Aging Conference: The art of aging: Mind, body and spirit, Schaumburg, IL.
- Bacote, V., Jones, S., McMinn, L. & Strening, P.V. (April, 2006). *Ministry in truth and love to the homosexual neighbor*. Panel presentation, Wheaton College, Wheaton, IL.
- Strening, P.V. (April, 2006). *Domestic Violence Education*. Presentation to graduate level family systems class, Wheaton College, Wheaton, IL.
- Strening, P.V. (December, 2005). *Domestic Violence 101*. Presentation to an Intro to Sociology class at College of DuPage, Glen Ellyn, IL.
- Niekamp, D., Strening, P.V., & Van, R.S. (August, 2005). *Conduct disorder in the school system*. Presentation for DeKalb County Schools, DeKalb, IL.
- Strening, P.V. & DeFrancisco, L. (May, 2005). *Mom & Kids group program for families recovering from domestic violence*. Workshop presentation at the annual Convening of Crisis Intervention Personnel, Chicago, IL.
- Strening, P.V. (January, 2005 & November, 2005). *The road to becoming an LPC in Illinois*. Workshop presented to Wheaton College Students on how to apply for licensing in the state of Illinois, Wheaton College, Wheaton, IL.
- Graves, B. & Strening, P.V. (May, 2004 -2008). *Clinical implications of counseling clients with same sex attraction*. Presentation to Psy.D. program Diversity class, Wheaton College, Wheaton, IL.
- Milligan, A. & Strening, P.V. (April, 2004). *Educational series for victims of domestic violence*. Workshop presentation at the annual Convening of Crisis Intervention Personnel, Chicago, IL.
- Strening, P.V. (March, 2004, November, 2004 & 2005). *Domestic Violence Education*. Presentation to graduate level marital therapy classes, Wheaton College, Wheaton, IL.
- Graves, B., Mangis, M., Strening, P.V. & Watson, T.S. (March, 2004). *It's not about sex: Helping clients with unwanted same sex attraction*. Panel presentation at Wheaton College and the annual meeting of the Christian Association for Psychological Studies (CAPS), Tampa, FL.
- Strening, P.V. & Hanna, E. (February, 2004). *Domestic Violence Education*. Training session for school counselors. DuPage County Regional School District Institute Day. Glenbard East High School, Lombard, IL.
- Rushlow, L. & Strening, P.V. (October, 2003). *Depression and domestic violence*. Community educational presentation. DuPage County Health Department, Wheaton, IL.
- Strening, P.V. (August, 2002). *Creative ideas for successful DBSA chapters*. Workshop presentation at the annual Depression and Bi-Polar Support Alliance (DBSA) national convention, Orlando, FL.

#### **PUBLISHED WORK**

- Strening, P.V. (July, 2007). Nature pansies, on trial. *Custom Publication for American Takii*. Perkins Communications.
- Strening, P.V. (July, 2007). The top ten landscape applications for the amazing nature series pansy. *Custom Publication for American Takii*. Perkins Communications.
- Strening, P.V. (Jan, 2007). Southern hospitality, the Bay Gardens way. *Greenhouse Business Magazine*, 13, (1)
- Strening, P.V. (Oct, 2006). To light or not to light; is that the question? *Greenhouse Business Magazine*, 12 (10), 14 – 20.