

Heather K. Poma, Psy.D., Psychologist, IMFT-S

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Licensure

- 2013-present **Licensed Psychologist**, License # 7091
Psychology Board, State of Ohio
- 2014-present **Licensed Independent Marriage & Family Therapist-Supervisor**
License # F. 1400018-SUPV, LE-00028424
Counselor, Social Worker, Marriage & Family Therapist Board, State of Ohio
(Previously licensed as Marriage and Family Therapist from 2011-2014)

Education

- Psy.D. Program in Clinical Psychology** Aug 2006 — Aug 2012
Regent University, Virginia Beach, VA (APA-Accredited Program)
- M.A., Clinical Psychology** Aug 2006 – May 2009
Regent University, Virginia Beach, VA
- B.S., Psychology** Aug 1998—May 2002
Rhodes College, Memphis, TN (Graduated with Honors, Magna cum Laude, English Minor)

Employment History

Psychologist & Independent Marriage and Family Therapist-Supervisor, Jan 2021 – present

Overcoming: Psychological & Relational Therapy Solutions

- Provides therapy part-time at a private practice agency with outpatient clients who are experiencing trauma or functional difficulties at work
- Conducts clinical interviews and individual therapy for adult, adolescent, and child clients
- Conducts couples' therapy frequently and some family therapy
- Areas of specialization include veteran, military, trauma, highly religious individuals/Christian counseling, and sexual health concerns

Psychologist & Independent Marriage and Family Therapist-Supervisor, Aug 2014 – present

Apex Psychological Care & Memory Center, Boardman, OH

- Provides therapy part-time at a private practice agency with outpatient clients with various insurance
- Conducts clinical interviews and individual therapy for adult, adolescent, and child clients
- Conducts couples' therapy frequently and some family therapy
- Areas of specialization include veteran, military, trauma, highly religious individuals/Christian counseling, and sexual health concerns
- Conducts psychological testing, provides testing interpretation, and writes reports

Supervisor: Carla Arlien, Ph.D.

Independent Contractor, Portage Path Behavioral Health, Akron, OH

Jan 2014 – Oct 2014

- Worked part-time (28 hours weekly) for a community agency with indigent clients exceeding 70% productivity
- Coordinated the THRIVE (Total Household Re-Integration for Veteran Enhancement) program, with a focus on family/loved one/support persons in addition to veterans themselves, developing an outpatient group for families of veterans and a strategy for working with veterans and families
- Conducted clinical interviews and individual therapy for adult clients, and some couples' therapy
- Conducted psychological testing, provided testing interpretation, and wrote reports
- Worked as part of a treatment team with diverse mental health professionals

Supervisor: Daniel Langer, Ed.D.

Portage Path Behavioral Health, Akron, OH

Sep 2012 – Oct 2013

Psychology Resident (Post-doctorate)

- Worked full-time (40 hours weekly) at a community agency with indigent clients
- Conducted clinical interviews and individual therapy for adult clients, and some couples' therapy
- Developed the THRIVE (Total Household Re-Integration for Veteran Enhancement) program, developing an outpatient group for families of veterans, interacting with other professionals and stakeholders in the community of veterans
- Worked as part of a treatment team with diverse mental health professionals

Supervisor: Daniel Langer, Ed.D.

Dayton Veterans Administration Medical Center

Aug 2011 – Aug 2012

Pre-doctoral Internship Accredited by the American Psychological Association (APA), Dayton, OH

Psychology Intern

- *Mental Health Clinic Major Rotation (08/11-01/12):* Provided individual therapy through the mental health clinic for a variety of disorders with emphases on Integrative Behavioral Couples' Therapy, sexual health, pain, older veterans, seriously mentally ill veterans, and sexual minorities. Conducted Cognitive Processing Therapy with veterans with PTSD, and co-facilitated a weekly group on depression and anxiety. Conducted clinical initial interviews and comprehensive assessments.
Supervisor: Belinda Chaffins, Psy.D.

- *Post-Traumatic Stress Disorder Clinical Team Major Rotation (01/12-05/12):*
Conducted CPT with veterans who had experienced combat or sexual trauma. Conducted clinical assessment interviews using the PSSI and conducted comprehensive psychological evaluations with veterans with dual diagnoses. Co-facilitated Seeking Safety and Anger Management groups. Worked as part of a multidisciplinary PTSD Clinical Team.
Supervisor: Maria Noce, Psy.D.

- *Substance Abuse Rotation (05/12-08/12)*
Co-facilitated process and psychoeducational emotional regulation groups in the inpatient Polysubstance Rehabilitation Program. Conducted individual therapy with adults to address mental health problems. Conducted initial assessments of residential clients and comprehensive evaluations of dual-diagnosis clients. Participated the multi-disciplinary residential treatment team.
Supervisor: Peter Herr, Ph.D.

- *Family Services Minor Rotation (12/11-08/12):*
Observed and conducted couples' therapy using Cognitive Behavioral Couples' Therapy for PTSD throughout all rotations. Co-facilitated Support and Family Education group for families.
Supervisor: Rahema Rodgers, Psy.D.

PsyCare Behavioral Health and Counseling, Inc., Canfield and Howland, OH Sep 2010 – Aug 2011

Psychological Associate (paid position)

- Worked 17 hours weekly at a private practice agency exclusively with Medicaid patients
- Conduct individual therapy with adult and child clients
- Conducted family therapy with child clients and their families
- Worked with workers' compensation cases for assessment and treatment

Supervisor: Jessica Hart, Ph.D.

Previous Clinical Experiences

Portage Path Behavioral Health, Akron, OH

Jul 2010 – Jul 2011

Advanced Clinical Practicum

- Worked 20 hours weekly at a community agency with indigent clients
- Co-facilitated outpatient groups on grief, boundaries, and self-esteem and partial-hospitalization treatment groups for seriously mentally ill clients
- Conducted clinical interviews and individual therapy for adult clients, and some couples' therapy
- Conducted psychological testing, provided testing interpretation, and wrote reports
- Worked as part of a treatment team with diverse mental health professionals

Supervisor: Daniel Langer, Ed.D.

Pendleton Child Services Center, Virginia Beach, VA

Aug 2008 – Jul 2009

Graduate Practicum Student

- Participated in therapeutic milieu 15-20 hours per week in a residential/day treatment setting
- Facilitated individual, family, and group psychotherapy with children ages 5-12 with serious behavioral problems (with a focus on social skills groups)
- Conducted psychological testing, provided testing interpretation, and wrote reports
- Conducted psychoeducational and process groups with parents

Clinical Supervisor: Sue Wilson, M.A., LPC

Testing Supervisor: Susan Dye, Ed.D., LPC

Regent University Psychological Services Center (PSC), Virginia Beach, VA

Aug 2007 – Jul 2008

Graduate Practicum Student

- Facilitated individual, marital, family, and group therapy with students and community members
- Conducted clinical interviews and utilized empirically supported treatment protocols
- Conducted psychological testing, provided testing interpretation, and wrote reports

Supervisor: William Hathaway, Ph.D.

Adjunct Practica Experiences:

- *First District Juvenile & Domestic Relations Court Services Unit (CSU), Chesapeake, VA:* Administered psychological assessments and wrote reports for adolescents in the court system
Supervisor: William Hathaway, Ph.D.
- *Career Resource Services (CRC), Regent University, Virginia Beach, VA:* Provided career consultations, administering assessments and creating reports with vocational recommendations
Supervisor: William Hathaway, Ph.D.
- *Career Resource Services (CRC), Regent University, Virginia Beach, VA:* Provided career consultations, administering assessments and creating reports with vocational recommendations
Supervisor: William Hathaway, Ph.D.

United States Army, Community Mental Health Services, Fort Bliss, TX Mar 2003 – May 2006
NCO in Charge/Office Manager & Mental Health Specialist/Clinician

- Ensured clinic coverage for intakes, follow-ups, and emergencies
- Monitored administrative procedures and took corrective action as necessary to ensure compliance with clinic policies and HIPPA regulations
- Provided mental health consultation and training to military units
- Counseled clients with mental health issues, maintaining a full-time caseload and documentation
- Conducted clinical intakes and administered and scored tests with supervision
- One year of Army training on conducting therapy and assessment, as well as psychopathology

Supervisors: Ramon Castaneda, SFC, and Mark Brown, M.D., CPT, U.S. Army

Youth Villages, Boystown, Memphis, TN Jun 2001 – Aug 2001
Undergraduate Residential Intern

- Supervised females aged 14-18, creating treatment plans and evaluating behavior hourly

Supervisor: Sister Barbara Spencer

Research Experiences

Dissertation Research, Regent University, Virginia Beach, VA Defended: Dec 2010
“Spirituality, Sexual Intimacy, and Marital Satisfaction in Mixed Orientation Marriages”

Dissertation Chair: Mark Yarhouse, Psy.D., Committee Member: Jennifer Ripley, Ph.D.

Undergraduate Honors Thesis, Rhodes College, Memphis, TN Defended: Mar 2002
“The Influence of Biological Gender and Social Role on Interpersonal Competence in Close Relationships”

Advisor: Chris Wetzel, Ph.D.

Hope-Focused Marriage Therapy Research Team, MMATE Center, Regent U. Aug 2006 – Jun 2010

- Provided couples with individualized feedback and tailored marriage therapy while gathering data for a study on the efficacy of the Hope approach, including assessments and videotaping
- Co-led a *Military Couples Branch* to adapt the Hope approach for military couples, recruited students to select assessment tools for military couples, and networked in the military community

Supervisor: Jennifer Ripley, Ph.D.

Institute for the Study of Sexual Identity (ISSI), Regent University Aug 2008 – Jun 2010

- Assisted with marketing, research projects, and outreach to community organizations
- Received training and observed cases with individuals questioning their sexual identities
- Part of the *Mixed-Orientation Couples Team*, contributed to a questionnaire for use with mixed-orientation couples, analyzed data on spirituality and sexuality, and analyzed qualitative data

Supervisor: Mark Yarhouse, Psy.D.

Psychology Research Assistant, Rhodes College (Memphis, TN) Aug 2001 – May 2002

- Entered and analyzed data on adolescent sexual practices and collaborated on a publication

Supervisor: Anita Davis, Ph.D.

Supervisory Experiences

MFT Supervision, *Independently Provided as an AAMFT Supervisor Candidate* Dec 2015 – present

- Currently offering supervision (with three students previously completing supervision) to MFT graduate students during their practicum as part of their MFT training.
- Work in coordination with another professional supervisor (usually an LPC) and providing feedback to the University of Akron MFT program on their hours of training and development

AAMFT Approved Supervisor Mentor: Daniel Langer, Ed.D.

Group Supervisor, *HOPE-Focused Marital Therapy Team, MMATE Center* May 2009 – Jun 2010

- Co-facilitated couples' therapist group supervision under umbrella supervision
- Processed transference issues, developed treatment plans, and consulted on emergent issues

Supervisor: Jennifer Ripley, Ph.D.

Peer Supervisor, *Psychological Services Center, Regent University* Aug 2009 – Nov 2009

- Provided guidance to a student on treatment plans, clinical skills, and professional development
- Completed an assessment of the clinician's skills and evaluation of the supervisory experience

Supervisor: LaTrelle Jackson, Ph.D.

Live Peer Supervisor *HOPE-Focused Marital Therapy Team, MMATE Center* Jan 2009-Jun 2010

- Supervised less experienced students in real-time, providing guidance on treatment planning and clinical skills immediately following sessions, as well as intervening with high-risk couples

Supervisor: Jennifer Ripley, Ph.D.

Certifications

2012	Certification as a Cognitive Processing Therapy Provider
2010	Hope-Focused Couples' Counseling Certificate, MMATE Center, Regent University
2009	Crisis Prevention Qualified, <i>Crisis Prevention Institute, Virginia Beach,</i>
2009	PREPARE/ENRICH Facilitator

Consultation Experiences

Consultant, *Hope-Focused Marital Therapy Team* Jan 2010-Apr 2010

MMATE Center, Regent University, Virginia Beach, VA

- Created, administered, and scored a survey and an interview protocol for service members, spouses, and chaplains regarding the unique needs of military marriages
- Adapted the Hope approach into a weekend intensive program specifically for military couples

Supervisor: Joseph Francis, Ph.D.

Project Leader, *Consultation and Assessment Services Team* Jan 2010-Apr 2010

Student Services Department, Regent University, Virginia Beach, VA

- Led a team conducting structured interviews with leaders in the Student Services Department
- Wrote report documenting current compliance and recommending strategies for improvement addressing Counsel for Advancement of Standards in Higher Education guidelines

Supervisor: Latrelle Jackson, Ph.D.

Consultant, Office of Consumer and Family Affairs

Sep 2009 – Dec 2009

Mental Health Substance Abuse Division, Virginia Beach Dept. of Human Services, Virginia Beach, VA

- Evaluated outcomes of the Friends and Family Education Program for loved ones of substance abusers, including editing the outcome measure to increase psychometric and content validity
- Researched SAMHSA accreditation and advised on changes to pursue this accreditation

Supervisor: Latrelle Jackson, Ph.D.

Honors and Awards

2006-2010	<i>Academic Merit School of Psychology Award</i>
2006-2010	<i>School of Psychology and Counseling Dean's Leadership Award</i>
2007-2008	<i>Luther J. Stallings, Jr. and Elizabeth A. Stallings Memorial Scholarship</i>
2008	<i>Honorable Mention, Diversity Paper Competition, Regent University</i>
2006-2007	<i>Dr. Aurelio M. Cacomo Family Foundation Memorial Scholarship</i>
2002	<i>E. Llewellyn Queener Award, Psychology Department, Rhodes College</i>
2002	<i>Honorable Mention, Paper Presentation, Mid-South Psychology Conference</i>
2001-2002	<i>Psi Chi Member, Rhodes College</i>
1998-2002	<i>Mortar Board, Interdepartmental Honor Society, Member, Rhodes College</i>
1998-2002	<i>Morse Scholarship, Rhodes College</i>

Conference Presentations

- Poma, H., Yarhouse, M., & Ripley, J. (2011, April). Spirituality, Sexual Intimacy, and Marital Satisfaction in Mixed Orientation Marriages. Poster Presentation for the Loyola University Maryland Department of Pastoral Counseling & Division 36 (Psychology of Religion) of the American Psychological Association Mid-Year Research Conference, Columbia, MD.
- Tatum, R., Poma, H., Conway, A., Watzika, G., & Atkinson, A. (2009, September). PREP couples' training. Community organization, Virginia Beach, VA.
- Ripley, J., Smith, A., Rainwater, S., Atkinson, A., Trent, A., Pearce, E., King, M. Conway, A., Kemp, H., Kays, J., & Dewberry, J. (2009, March). Hope for couples: The clinical cutting edge of Hope Focused couples treatment. Presentation for the Christian Association of Psychological Studies National Conference, Orlando, FL.
- Kemp, H. (2007, November). Military families: Special issues in intervention. Presentation for the Cultural Diversity Luncheon Series, Regent University, Virginia Beach, VA.
- Ripley, J., Dewberry, J., Bennett, L., Kays, J., Kemp, H., Moran, T., Rainwater, S., Anderson, E., Conway, A., Cosio, S., Jones, R., Lloyd, B., & Stelmach, J. (2007, November). Empathizing with the betrayer: Why empathy matters in forgiving others. Paper Presentation at the Christian Association for Psychological Studies, East Regional Conference Conference, Chambersburg, PA.
- Conway, A. & Kemp, H. (2007, October). Depression in the Jewish population. Beacon of Hope Conference, Sponsored by I Need a Lighthouse, Virginia Beach, VA.

Publications and Papers

- Poma, H. (2010). The study of mixed-orientation couples: Preliminary Results. *ISSI Update: A news bulletin of the Institute for the Study of Sexual Identity (13)*. Institute for the Study of Sexual Identity, Virginia Beach, VA. http://www.sexualidentityinstitute.org/?page_id=6
- Yarhouse, M. A., Kays, J. L., Poma, H. K., & Atkinson, A. (2010). *Sexual identity: A guide for spouses*. [Brochure]. Virginia Beach, VA: Institute for the Study of Sexual Identity.
- Poma, H. & Doolin, H. (2010). Treating couples with hyperactive sexuality or sexual addiction within the hope approach. In Ripley, J. S., Davis, E. B., Quigley, C., & Worthington, E. L. (Eds.) *The hope-focused couples approach: Treatment manual*. Regent University, Virginia Beach, VA (in review).
- Sierra, T. A. & Kemp, H. (2009). Strategies for working with military couples in hope-focused couples approach. In Ripley, J. S., Davis, E. B., Quigley, C., & Worthington, E. L. (Eds.) *The hope-focused couples approach: Treatment manual*. Regent University, Virginia Beach, VA (in review).
- Kemp, H. & Morgante, C. (2009). Strategies for working with premarital couples in the HFA. In Ripley, J. S., Davis, E. B., Quigley, C., & Worthington, E. L. (Eds.) *The hope-focused couples approach: Treatment manual*. In review, Regent University, Virginia Beach, VA (in review).
- Kemp, H. (2008). Strategies for addressing pornography and internet sexuality in the hope approach. In Ripley, J. S., Davis, E. B., Quigley, C., & Worthington, E. L. (Eds.) *The hope-focused couples approach: Treatment manual*. Regent University, Virginia Beach, VA (in review).

Professional Affiliations and Development

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| 2007-2014 | Christian Association of Psychological Studies (CAPS)
<i>Positions Held:</i> Treasurer 2008-2009, Vice President 2009 – 2010 |
| 2010-present | Ohio Psychological Association (OPA), Early Career Member |
| 2014-present | American Association of Marriage and Family Therapists |

Select Specialized Training

- Recovery from Infidelity in Marriage** Sep 2018
John Carroll University, Presented by Christine Elliott, Ph.D., in Cleveland, OH
- Attended a full-day training on techniques, interventions, and psychological concepts related to addressing infidelity within the marriage relationship
- Star Behavioral Health Providers: Tier I** May 2018 in Youngstown, OH and **Tier II** (anticipated) Feb 2021
- Attended a one-day training on working with the military, primarily targeted at understanding military culture and problems to competently treat individuals in this population
 - Currently affiliated with and recommended by Star Behavioral Health Providers
- Trauma Competency Conference** April 2017
PESI, Presented by Robert Rhoton, PSYD, LPC, D.A.A.E.T.S., in Cleveland, OH
- Attended a two-day training on the 10 Core Competencies of Trauma, PTSD, Grief & Loss
 - Training focused on Evidence-Based Trauma Treatments & Interventions

American Association of Marriage & Family Therapy, Fundamentals of Supervision Training Jan 2015
AAMFT, Presented by Thorana Nelson, Ph.D., virtually

- Participated in a virtually presented 30 hour course (including didactic and interactive components) on the fundamentals of supervision for AAMFT
- Completed a paper on philosophy of supervision after attending the weekly classes

Assessing and Managing Suicide Risk May 2014
Presented by Ohio Department of Mental Health, in Akron, OH

- Attended a full-day training for mental health professionals related to suicide
- Training included video clips of experienced therapists, working as a team, brainstorming, and learning evidence-based strategies to help with suicidal ideation and intervention

Geriatric Education Series Oct 2011-Mar 2012
Geriatric Research Education and Clinical Center Minneapolis VA, Virtually presented in Dayton, OH

- Attended hour long trainings provided monthly which focused on work with older adults
- Topics included spiritual well being and spiritual practices; differentiating dementia, MCI, and depression; geriatric psychotic disorders; and treatment for Alzheimer's disease

Military Sexual Trauma (MST): MST and VA Disability Compensation Examinations Mar 2012
Presented at MST Support Team, VA Office of Mental Health Services by Margaret Bell, Ph.D.

- Attended training on the Compensation and Pension assessment process with veterans who have experienced Military Sexual Trauma, including VHA and VBA definitions of MST
- Learned about the difficulties for assessors and for veterans in this process

The Parallels of Elder Abuse, Family Violence and Undue Influence Feb 2012
Cuyahoga County Adult Protective Services, Presented at Louis Stokes VAMC, Cleveland, OH

- Attended training on understanding OH laws related to abuse of the elderly and undue influence, particularly when and how to intervene in these situations

An Introduction to the MMPI-2-RF (Restructured Form) Workshop Dec 2011
Pearson Assessments, Presented by Yossef Ben-Porath, Ph.D., Dayton, OH

- Attended two-day training on the MMPI-2-RF, and advanced training in assessing over-reporting of symptoms, TBI, PTSD, personnel screening evaluations, and using comparison group scoring

Providing Health Care for Transgender and Intersex Veterans Nov 2011
VHA, VACO Office of Patient Care Services: Office of Subspecialty Care, Mountain Home VAMC

- Attended training on Health Care for Transgender and Intersex veterans in and outside the VHA

Assessment and Treatment of Deployment-Related Sleep Disturbances Nov 2011
Center for Deployment Psychology, Dayton, OH

- Attended two days of training on evidence-based treatments for sleep-related disturbances, such as nightmares and insomnia, including medical issues that could mimic psychological difficulties

Listening to the Body: Understanding the Language of Stress-Related Symptoms Mar 2011
Institute for Brain Potential, Presented by Bill Sieber, Ph.D., Warren, OH

- Attended full day of training on procedures for working with individuals with different stress-related disorders and the psychobiology of stress-related difficulties

Monthly Staff Training *Portage Path Behavioral Health, Akron, OH* Aug 2010-May 2011

- Attended 3 hour trainings on issues including Co-occurring Disorders, PTSD, and Memory Loss

FOCCUS “Train the Trainer” Training, *Smart Marriages Conference, Atlanta, GA* July 2006

- Training allows to train new FOCCUS counselors in FOCCUS, REFOCCUS, and BRIDGES; included role-play scenarios and video-driven and live training

Volunteer Experiences

Assessment Volunteer, *National Eating Disorders Awareness Day, Regent University* 2006 –2008

Assessment Volunteer, *National Depression Screening Day, Regent University,* 2007

SMART Marriages Intern, *SMART Marriages Conference, Atlanta, GA.* 2006

Crisis Hotline Responder, *The Crisis Center, Memphis, TN.* 1999 – 2002

Volunteer, *Developmentally Delayed Adolescents’ Cabin, Youth Villages, Memphis, TN.* 2001 –2002

References

Available upon request