**Karoline Trovato**

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**EDUCATION**

**University of Maryland, College Park** Expected May 2028

Counseling Psychology, Doctor of Philosophy GPA: 4.00

Advisor: Dr. Karen M. O’Brien

Master’s Thesis

“*Real Partnership is Powerful: Understanding What Women Want and What They Know about Family Work and Communication”*

**University of Maryland, College Park** May 2022

Bachelor of Science, Psychology GPA: 3.99

Minor: Sustainability

Undergraduate Honors Thesis

“*Educate and Empower: An Online Intervention to Improve College Women’s Knowledge and Confidence When Communicating in a Romantic Relationship*”

**GRANTS, AWARDS, AND SCHOLARSHIPS**

George M. Phillips Award for Graduate Research in the Public Interest ($2500) Spring 2024

Fretz Memorial Research Endowment Award ($750) Spring 2024

Janet Shibley Hyde Graduate Student Research Grant ($500) Spring 2023

Student Affiliates of Division 17 APA Convention Funding Award ($300) Summer 2022

Library Award for Undergraduate Research ($1000) Spring 2022

Outstanding Accomplishments in Psychology Award ($100) Spring 2022

National Multicultural Conference and Summit Registration Funding ($150) Winter 2022

College of Behavioral and Social Sciences Student Experience Award ($250) Winter 2020

University of Maryland Summer Scholars Grant Recipient ($3000) Spring 2021

**PRESENTATIONS**

**Trovato, K. J.**,O’Brien, K. M., Peters, R., Wood, K., Mendoza, A. E., Styliadis, A., & Azam, E.

(2024). *Envisioning equity: Educating college women about family work and strategic communication*. [Conference presentation]. American Psychological Association 2024 Annual Conference, Seattle, WA, United States.

O’Brien, K. M., Hill, E. M, **Trovato, K. J.**, Holmer, T., Robbins, S., Carroll, C., Azam, E. &

Styliadis, A. (2024). *We published, now what?: Educating psychology students in best practices for research dissemination.* [Conference presentation]. American Psychological Association 2024 Annual Conference, Seattle, WA, United States.

Pease, M.V., **Trovato, K. J.**, Goodwin, A., & Padrón. R. (2024, February). *Creating a*

*community of connection and care in bereavement.* [Panel presentation]. The Maryland Student Affairs Conference on “CommUNITY: The threads that connect us,” College Park, United States.

O’Brien, K. M., Mosley, M., Salahuddin, N., & **Trovato, K. J.**, (2023, November). *Advancing*

*healthy workplaces through fostering belonging: A discussion with the UMD faculty and staff ombuds*. [Symposium]. University of Maryland TerrapinSTRONG Symposium: Belonging, College Park, United States.

O’Brien, K. M. & **Trovato, K. J.** (2023, April). *Faculty mental health***.** [Conference

Presentation]. Mental Health Task Force Presentation, University of Maryland, College Park, United States.

Cotter, M. O., Mendoza, A. E., Patel, P., Parker A., Wood, K., Skinner, K., Styliadis, A.,

English, A., Carroll, K., Yang, N., Hill, E. M., **Trovato, K. J.**, & O’Brien, K. M. (2023, April). *Adventures in qualitative coding*. [Student poster session]. Annual Department of Psychology Undergraduate Research Fair, College Park, United States.

**Trovato, K. J.**, O’Brien, K. M., Peters, R., Mendoza, A. E., Wood, K., & Styliadis, A. (2023,

August). *Real partnership is powerful: Understanding what women want*. [Conference

presentation]. American Psychological Association 2023 Annual Conference, Washington, DC, United States.

**Trovato, K. J.** & O’Brien, K. M. (2022, August). *Evaluating an online intervention to enhance*

*women’s knowledge and confidence when communicating with a romantic partner.* [Conference session]. American Psychological Association 2022 Annual Conference, Minneapolis, MN, United States.

O’Brien, K. M., **Trovato, K**. **J.**, Harris, M., Serrano, S., Ngum, S., Hill, E. M., & Salahuddin,

N. (2022, August). *Transforming our future: An evaluation of the psychology research empowerment program.* [Conference presentation]. American Psychological Association 2022 Annual Conference, Minneapolis, MN, United States.

O’Brien, K. M., Cannon, G., Stearns, A. K., Walsh, C., Hill, E. M., Ashai, S., Cooper, D., Harris,

M., Herman, M., & **Trovato, K. J.** (2022, August). *"I’m not alone": Evaluating the efficacy of an innovative group intervention for grieving children.* [Conference Session]. American Psychological Association 2022 Annual Conference, Minneapolis, MN, United States.

**Trovato, K. J.,** & O’Brien, K. M. (2022, April). *Educate and empower: An online intervention*

*to improve college women’s knowledge and confidence when communicating in a romantic relationship.* [Student poster session]. Annual Department of Psychology Undergraduate Research Fair, College Park, United States.

**Trovato, K. J.,** & O’Brien, K. M. (2022, April). *Educate and Empower: College women’s*

*communication in romantic relationships.* [Student postersession]. Annual University of Maryland Undergraduate Research Day, College Park, United States.

Hill, E. M., O’Brien, K. M., Cannon, G., Stearns, A., Walsh, C., Ashai, S., Harris, M., &

**Trovato, K. J.** (2022, April). *“Five deep breaths”: Helping children learn to cope with grief.* [Conference presentation]. ADEC 2022 Annual Conference, St. Louis, MO, United States.

**Trovato, K. J.** & O’Brien, K. M. (2021, April). *Educate and empower: An online intervention to*

*improve college women’s knowledge and confidence when communicating in a romantic*

*relationship.* [Student poster session]. Department of Psychology Undergraduate Research Fair, College Park, United States.

**PUBLICATIONS**

**Trovato, K. J.,** & O’Brien, K. M. (2024). Educate and empower: An online intervention to

improve college women’s knowledge and confidence when communicating in a romantic relationship. *Journal of Couple & Relationship Therapy*, 1-22. https://doi.org/10.1080/15332691.2024.2373853

Pease, M. V., **Trovato, K. J.**, & Jankauskaite, G. (2023, December). *Senate Bill 23-24-27:*

*Bereavement policies and practices toward an inclusive community of care.* UMD University Senate. https://senate.umd.edu/searchBills/view?billId=875

O'Brien, K. M., & **Trovato, K. J.** (2023). Mental health in the dental workplace: Recognizing

signs, communicating concern, and sharing resources. *The Journal of the Michigan Dental Association*, 105(7), 26-33. https://commons.ada.org/journalmichigandentalassociation/vol105/iss7/3

**SUBMITTED/REVISE AND RESUBMIT MANUSCRIPTS**

O’Brien, K. M., Salahuddin, N., Mosley, M., & **Trovato, K. J.** (submitted for consideration for

publication). Doing our best work: Bringing identity awareness and cultural humility to the ombuds role. *Journal of the International Ombuds Association.*

**Trovato, K. J.** & O’Brien, K. M. (submitted for consideration for publication). *Educate and*

*empower: An online intervention to improve college women’s knowledge and confidence when communicating in a romantic relationship.*

**RESEARCH EXPERIENCE**

**Thesis Research** Faculty Mentor: Karen M. O’Brien, Ph.D.

*Principal Investigator* May 2022 - present

* Conducted in-depth qualitative analysis of data collected from 303 participants to advance understanding of heterosexual women’s desired partner characteristics and specific knowledge of family work and healthy communication and enable improvements to the effectiveness of the PARTNERS video intervention
* Led a team of coders to ensure accurate and consistent qualitative data coding
* Proposed and defended thesis to a committee of three psychology faculty members
* Presented initial findings at the 2023 annual APA conference and submitted a proposal to present additional findings at the 2024 annual APA conference

**Honors Thesis Research** Faculty Mentor: Karen M. O’Brien, Ph.D.

*Principal Investigator* May 2020 - May 2022

* Conducted an undergraduate thesis evaluating an online intervention to improve college women’s knowledge and confidence in communicating effectively in romantic relationships
* Created an innovative online video intervention that educated college women about family work distribution, effective communication, a model for effective communication, and increased their confidence in communicating effectively
* Completed a literature review, collected data from 301 participants, and analyzed data to compare differences across experimental conditions
* Proposed and defended thesis to a committee of three psychology faculty members
* Presented the findings at the 2022 annual APA conference
* Prepared a manuscript submitted for consideration for publication

**Counseling Psychology Research Center** Faculty Mentor: Karen M. O’Brien, Ph.D.

*Research Team Member* January 2020 - present

* Participate in bi-weekly lab meetings with graduate and undergraduate students
* Participate in the research process, from project conceptualization to manuscript publication
* Conduct literature searches to identify studies for inclusion in a meta-analysis on interventions to teach medical students about end-of-life communication
* Coded data for a qualitative study on the efficacy of an innovative group intervention for grieving children
* Contributed to developing research informed strategies for disseminating evidence-based interventions
* Assisted in participant recruitment and manuscript edits
* Evaluate surveys, posters, and presentations for graduate and undergraduate student theses and dissertations
* Conducted literature searches for literature review and to identify measures for inclusion in an evaluation of an undergraduate psychology research program (the Psychology Research Empowerment Program; PREP)
* Engaged with PREP students also serving as undergraduate team members to gain firsthand experience with a model of participatory action research

**School of Public Policy Research Collaboration** Faculty Mentor: Karen M. O’Brien, Ph.D.;

*Co-Principal Investigator* Nathan Dietz, Ph.D.; May 2024 – present

* Collaborated in the conceptualization of a research project between the Department of Psychology and School of Public Policy
* Led the manuscript preparation for a Do Good Institute (DGI) research report and submission to a peer-reviewed journal.
* Will present findings at an upcoming professional research conference

**COUNSELING & RELATED EXPERIENCE**

**UTerp Assessment Extern** June 2024 – July 2024

Warner Psychology Associates Greenbelt, MD

Supervisors: *Christine Kindler, Ph.D.; Beth Warner, Ph.D.*

* Provide onsite support for group testing administration for incoming freshman student athletes at the University of Maryland
* Assisted in preparing assessment tools, scoring evaluations, writing interpretive reports, and providing individualized feedback to each student

**Career Counseling Practicum Clinician** February 2024 – May 2024

University of Maryland Counseling Center College Park, MD

Supervisor: *Jihee Hong, Ph.D.*

* Conducted individual therapy sessions for four clients weekly, addressing issues such as depression, suicidality, career planning, and unique concerns related to several students’ international student status
* Participated in weekly supervision with a staff psychologist to enhance clinical skills and ensure effective client care
* Engaged in weekly seminars focused on career counseling theories, research, and intervention strategies

**Advanced Practicum Clinician** September 2023 – Dec. 2023

University of Maryland Counseling CenterCollege Park, MD

Supervisor: *Merrill Reiter, Ph.D.*

* Provided individual therapy to five clients per week with various presenting concerns including adjustment concerns, identity development, anxiety, depression, and suicidality
* Received weekly supervision from a staff psychologist
* Attended weekly group supervision meetings for training and case conceptualization development

**Basic Practicum Clinician** February 2023 – May 2023

University of Maryland Counseling Center College Park, MD

Supervisor: *Grace-Ellen Mahoney, Ph.D.*

* Provided brief individual therapy to three clients per week with broad ranging concerns
* Received weekly individual supervision meetings by a staff psychologist
* Participated in weekly group didactics to learn counseling theories and practice case conceptualization

**Pre-Practicum Student, Psychology Department** October 2022 – December 2022

University of Maryland College Park, MD

Supervisors: *Emily Cygrymus, M.Sc.; Dr. Delida Sanchez, Ph.D.*

* Provided eight weekly sessions of individual tele-therapy to a volunteer client
* Participated in peer supervision and weekly supervision meetings with advanced doctoral student supervisor

**Playtime Project** June 2021 - June 2022

*Volunteer* Prince George’s County, MD

* Provided trauma-informed play to children experiencing homelessness living in a shelter for women and children
* Debriefed with volunteers, report concerning behavior to coordinators, facilitate crafts and group play

**Infants and Toddlers Program** June 2019 – August 2019

*Behavioral Aid Technician* Anne Arundel County, MD

* Engaged 2 to 3-year-old children with developmental disabilities/delays to improve communication, social/emotional, fine motor, hearing, and vision
* Worked with a behavioral specialist to meet the children’s unique developmental needs

**AD HOC REVIEWER**

*Journal of Career Assessment*, 2024

**TEACHING EXPERIENCE**

**PSYC 336: Psychology of Women** Course Instructor: Monica Kearney, Ph.D.

*Graduate Teaching Assistant* January 2023 – present

* Implemented evidence-based effective teaching strategies as a guest lecturer
* Assisted the course instructor with tasks such as grading, organizing course materials, managing re-grade requests, and communicating with students
* Provided constructive feedback and support to students on their graded assignments and group research and intervention projects
* Lead undergraduate teaching assistants to reach grading consensus on major course assignments
* Delivered two guest lectures each semester covering topics such racialized sexism, ambivalent sexism theory, women in the workplace, and women’s management of career and family
* Collaborated with the instructional team to manage the course effectively

**PSYC 334: Interpersonal Relationships** Course Instructor: Maria Wydra, Ph.D.

*Graduate Teaching Assistant* May 2023 – June 2023

* Supported course instructor in reviewing course materials and assignments
* Graded and provided timely feedback on students’ written assignments

**PSYC 432: Counseling Psychology - Research, Theory, & Practice** Course Instructor: Nazish *Graduate Teaching Assistant* Salahuddin, Ph.D.

* Assisted in course organization, grading, and providing August 2022 – December 2022

feedback to students on their course assignments

* Lead and supervise undergraduate teaching assistants to ensure accurate and consistent grading
* Provided weekly office hours and individual meetings as requested by students to support their understanding of course concepts and performance on graded assignments
* Contributed to the decision-making process for grading, reviewing course materials and assignments, and facilitating weekly instructional team meetings

**PSYC 355: Developmental Psychology** Course Instructor: Tracy Riggins, Ph.D.

*Graduate Teaching Assistant* May 2022 – July 2022

* Supervised undergraduate teaching assistants to ensure accurate and consistent grading
* Aided course instructor in reviewing course materials and developing grading rubrics
* Assisted in decision making process for grading, developing exam questions, and leading weekly teaching team meetings
* Managed student grades and communications with students

**PSYC 336: Psychology of Women** Course Instructor: Monica Kearney, Ph.D.

*Teaching Assistant* August 2020 – December 2020

* Aided course instructor in grading, course organization, and communicating with students
* Provided feedback and support for students on their graded assignments and group research and intervention projects
* Practiced evidence-based effective teaching strategies as a guest lecturer
* Managed the course as part of the instructional team

**CLINICAL OUTREACH & SOCIAL JUSTICE INITIATIVES**

**Playtime Project, DC Community Partnership** January 2024 - present

* Collaborated with the Program Director and Volunteer Coordinator to develop a cultural competency training for new volunteers
* Developed training materials covering a range of topics aimed at enhancing the volunteers' understanding of cultural humility, identity, intersectionality, bias, microaggressions, and their application to shelter work with practical strategies and case examples, informed by research

**Smash the Scale Outreach Programming** March 2024

* Assisted in facilitating campus program to engage college students in activities that challenge diet culture and promote body positivity and acceptance

**Student Bereavement Policy Proposal** November 2023 – present

* Co-authored a University Senate proposal advocating for student bereavement policies and practices toward an inclusive community care at the University of Maryland

**Diversity Education Task Force Advocacy** December 2021

* Student advocacy at University of Maryland Senate Hearing in support of modifying general education requirements to incorporate a coursework component focused on structural inequality and the examination of systems of oppression

**Psychoeducational Outreach** February 2021 – June 2021

Developed and displayed informational boards informed by research in residence halls to educate students about mental health and how to support their wellness and help others

*Dating Violence* June 2021

* Taught students about warning signs of dating violence and an empirically designed bystander intervention method for how to help

*Helping a Grieving Friend* June 2021

* Taught students about how to help a bereaved friend and delivered as students navigated the pandemic
* Provided intervention method with steps and specific examples for how to help

*Self-Care Strategies* June 2021

* Educated students about the significance of self-care and how to implement self-care

*Fixed versus Growth Mindset* February 2021

* Empowered students to approach academics with a growth vs fixed mindset and provided examples

*Grit and Resilience* February 2021

Educated students about grit and resilience and ways to cultivate these skills

**Building Community within Covid-19 Safety Guidelines** April 2021

* Co-led a program for UMD students in residence halls to connect with one another and promote community in a safe and healthy way
* Led a group of undergraduate students through an outdoor activity to promote social engagement and connection

**Dating Violence Awareness** February 2021

* Primary prevention program for University of Maryland students in residence halls
* Provided residents with information and resources about prevalence and warning signs of dating violence and effective bystander interventions supported by research by Herman and O’Brien (2020)

**WORK EXPERIENCE**

**University of Maryland Ombuds Office, The Office of the President**

*Graduate Assistant* August 2022 – present

* Support the activities of the faculty and staff ombuds
* Provide administrative support such as handling inquiries, scheduling and arranging meetings, and webpage maintenance
* Assist in special projects and event planning including the Big Ten Faculty and Staff Ombuds Gathering in Fall 2022
* Contribute to data analysis for the development of ombuds annual reports
* Conduct literature searches to inform and support ombuds presentations and research
* Participate in developing a research study on the role of cultural identity in Ombuds work

**University of Maryland Department of Psychology**

*Graduate Student Academic Advisor* May 2022 – August 2022

* Lead individual orientation meetings for newly admitted first-year undergraduates assisting students with course planning and scheduling
* Provided graduate school advising meetings to undergraduates expressing interest in pursuing graduate study in psychology
* Maintained and improved the program website
* Conducted psychology major workshops and informational meetings for students
* Assisted in interviewing and hiring a new psychology academic advisor

**University of Maryland Department of Psychology**

*Undergraduate Program Manager* June 2021 – May 2022

* Helped to plan, publicize, and attend departmental events, such as Welcome to PSYC Day, PSYC Research Day, PSYC Networking night
* Assisted in the development and leadership of the Transfer Integration Program for Psychology Students to support transfer students transitioning academically and socially to the University of Maryland
* Provided support to advisors via creating programming materials, and resources
* Assisted in administrative tasks including grading exams, directing students to resources, scheduling advising appointments
* Aided in the development of proposals for new departmental programs

**University of Maryland Department of Resident Life**

*Resident Assistant* January 2021 – May 2022

* Worked to foster a positive living/learning community of 64 residents by planning and implementing programs to support personal development and academic excellence
* Managed administrative tasks such as duty and crisis management
* Attend training sessions and engage in staff discussions on effective bystander interventions for various crisis situations
* Mediated interpersonal conflicts and resident disagreements
* Assisted students regarding personal, social, and/or academic concerns or needs and refer students as necessary to appropriate university and community resources
* Assisted in interviewing and hiring new Resident Assistants

**PROFESSIONAL AFFILIATIONS**

**American Psychological Association (APA)**

*Graduate Student Affiliate* January 2023 – present

* Society of Counseling Psychology, Division 17
* American Psychological Association of Graduate Students (APAGS)
* Section of College and University Counseling Centers (SCUCC), Division 17
* The Society of the Psychology of Women (SPW), Division 35

*Undergraduate Student Affiliate* July 2020 – December 2022

* Society of Counseling Psychology, Division 17