

## Curriculum Vitae

# Heidi L. Kar

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## EDUCATION

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- September 2006- **Ph.D. Candidate, Clinical Psychology**  
State University of New York at Stony Brook  
Stony Brook, NY (APA Accredited)  
*Concentration: Trauma & Aggression*  
*Expected Graduation Date: December 2010*
- December 2008 **M.A. in Psychology**  
State University of New York at Stony Brook  
Stony Brook, NY (APA Accredited)
- May 2004 **M.H.S. in International Health**  
Johns Hopkins School of Public Health  
Baltimore, MD  
*Concentration: Interpersonal Violence & HIV/AIDS*
- May 2001 **B.A. in Neuroscience**  
Smith College  
Northampton, MA
- Fall, 1999 **Semester Abroad in Zimbabwe**  
Pitzer College (Sponsoring Institution)  
Final project: Women's Healthcare Needs: Challenges and Barriers to Care

## SUPERVISED CLINICAL TRAINING

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- July 2009- **Extern: Psychological/ Psychoeducational Examiner**  
**Krasner Psychological Center**  
Director: Dina Vivian, Ph.D.  
*Stony Brook, NY*
- Administer, score, interpret, and write reports based on psychoeducational assessment to assess cognitive deficits, attention problems, learning disabilities, and psychological functioning in children and adults. Tests administered included intelligence tests and achievement measures (e.g., WISC, WPPSI, Woodcock Johnson Tests of Cognitive Abilities and Achievement), symptom indexes (e.g., SCL-90, BDI, CBCL, DASS-20), diagnostic instruments (e.g., SCID, K-SADS), and personality measures (e.g., MMPI, SCID-II).
  - Co-developed new psychological evaluation program with Dr. Dina Vivian for bariatric surgery patients based on thorough review of empirically supported assessment instruments for personality pathology, eating disorders, quality and life, extent of social support, and motivation.

August 2009

- Co-developed pre-surgery group treatment program for patients interested in bariatric surgery, and post-surgery group treatment program for patients who have undergone bariatric surgery and are struggling with eating, exercise, side effects, and interpersonal problems following surgery

May 2009  
-September 2009

**Staff Supervisor**  
**Krasner Psychological Center**  
Director: Dina Vivian, Ph.D.  
*Stony Brook, NY*

- Selected by the Director of the Psychological Center to supervise two, less advanced clinical students across four cases
- Supervised two less-advanced graduate student therapists on their clinical cases. Supervision involved weekly individual meetings with each therapist, weekly group supervision with all summer supervisors, review of video- and audio-taped sessions, and supervision of assessment reports, and treatment plans. Supervised adult and adolescent cases dealing with a variety of problems including mood and anxiety disorders, family discord, personality disorders, and interpersonal problems.

September 2008  
- July 2009

**Extern: Psychotherapy**  
**Veterans Affairs Medical Center**  
Supervisors: Stephen Long, Ph.D.; Vivian Mendelsohn, Ph.D.; David Gately, Ph.D.  
*Northport, NY*

- Co-led weekly group therapy focused on Substance Abuse & PTSD recovery with a PTSD in-patient veteran population
- Received formal training in three types of PTSD treatment including: Cognitive Processing Therapy, Interpersonal therapy, and Psychodynamic therapy
- Conducted individual weekly psychotherapy in OEF/OIF outpatient clinic for Iraq, Afghanistan, and Persian Gulf era veterans
- Attended and presented at weekly individual and group supervision with interns.

September 2007-

**Staff Therapist**  
**Krasner Psychological Center**  
Supervisors: *Rotating* (Marvin Goldfried, K. Daniel O'Leary, Susan O'Leary, Dina Vivian)  
*Stony Brook, NY*

- Provide weekly psychotherapy to adult, adolescent, child, and family outpatients presenting with a variety of emotional, behavioral, and personality disorders, incorporating cognitive-behavioral, emotion-focused/process-experiential, psychodynamic, and interpersonal therapeutic approaches. Attend and present at weekly individual and group supervision.
- Conduct intelligence and psychoeducational testing on children and adults utilizing WAIS-IV, WJ-III, MMPI, BAI, BDI-II, CBCL, SCL-90, SCID-IV among other measures.
- Produce integrative testing reports including cognitive, psychoeducational, and psychological assessment results.

September 2007-

**Staff Therapist**  
**Marital Clinic- Stony Brook University**  
Director: K. Daniel O'Leary, Ph.D.  
*Stony Brook, NY*

- Provide marital/couple therapy for couples experiencing significant marital distress; cases include past infidelity, drug abuse, and role disputes.
- Conduct child custody evaluations in response to court orders from Suffolk County Family Court system; evaluations include administration and integration of SCL-90; MMPI-II, BDI-II, BHS, CTS2, DAS, MMSE, among other measures
- Provide family therapy for child visitation cases referred by Suffolk Country Family Court system in which one or both parents have been estranged from the child(ren); generate regular progress reports for the court system on an ongoing basis
- Attend and present at weekly group supervision.

August 2009

- May 2009  
-September 2009
- Couples Therapy Practicum**  
*Center for Couples and Families*  
Director: Richard Heyman, Ph.D.
- Provided weekly therapy to couples presenting with relationship distress
  - Participated in didactic & applied seminar based on Kim Halford's Brief Therapy for Couples and Jacobson and Christensen's acceptance and commitment strategies.
- September 2007  
- August 2008
- Staff Therapist**  
*Stony Brook University Anxiety Clinic*  
Director: Greg Hajack, Ph.D.
- Provided short-term cognitive-behavioral psychotherapy to patients manifesting a range of anxiety disorders
  - Performed full-scale intake assessments including the administration and interpretation of the M.I.N.I, Y-BOCS, SCID-II, among other measures

## **RELATED CLINICAL EXPERIENCE**

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- November 2005  
-April 2006
- Group facilitator**  
*Gateway Program, House of Ruth*  
*Baltimore, MD*
- Successfully completed intensive training to become a group facilitator
  - Co-led batterer intervention groups of 15-20 men court-ordered to attend the program
- October 2004  
-December 2005
- Domestic Violence Counselor**  
*House of Ruth*  
*Baltimore, MD*
- Provided supportive and problem-solving counseling to survivors of domestic violence
  - Assisted in developing "Victim contact" program to maximize safety of patients

## **RESEARCH EXPERIENCE**

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- April 2009 –
- Primary Investigator: Dissertation**  
Stony Brook University/ Veterans Affairs Medical Center-Northport  
Northport, NY  
Title: "Victims who Victimize: The Association between PTSD and Intimate Partner Violence among *Operation Enduring Freedom* and *Operation Iraqi Freedom* Veterans"  
Dissertation Proposal Abstract: To test whether emotional intimacy mediates the association between PTSD and intimate partner violence (IPV) in younger veteran populations. The proposed study tests whether and to what degree, past IPV (pre-deployment) predicts current IPV perpetration. One hundred and ten participants will be recruited through flyers and via screening of medical records. It is anticipated that the study findings will inform our understanding of the relationship dynamics that may partially explain the association between PTSD symptomatology of the veteran and IPV perpetration toward his romantic partner. This information could greatly inform VAMC clinical care of veterans suffering from PTSD.
- September 2007  
- January 2009
- Investigator: Specialties Project**  
Stony Brook University  
Stony Brook, NY  
Title: "Patterns of Psychological Aggression, Dominance, and Jealousy
- August 2009

within Marriage”

Specialties Project Abstract: Differences in psychological aggression, dominance, and jealousy constructs were assessed in a representative sample of 453 married parents. Overall, women had significantly higher dominance, jealousy, and psychological aggression scores. Both male and female respondents in relationships, where there was bi-directional severe psychological aggression, demonstrated higher mean levels of severe psychological aggression, dominance, and jealousy than did their counterparts who were unilaterally severely aggressive. Though previous literature has demonstrated that bilateral physical aggression has more negative impact on both partners than unilateral aggression, this is the first study to demonstrate a similar trend in psychological aggression patterns. Contrary to our hypothesis, there was no differential gender impact of severe psychological aggression.

September 2008  
-December 2009

**Investigator: Master’s Project**

Stony Brook University  
Stony Brook, NY

Title: “Gender Symmetry or Asymmetry in Intimate Partner Victimization? Not an Either/Or Answer

Master’s Project Abstract: Gender differences in physical victimization, sexual victimization, injury, fear, and depressive symptoms were assessed in a representative community sample of 453 young couples. The prevalence of any physical victimization experienced by women and men did not differ (29% v 30%), but men reported more severe physical victimization than women. No difference in prevalence of overall injury was observed, but more women reported severe injury than men. Almost twice as many women as men reported being sexually victimized (28% v 15%). Physically victimized females reported more fear of their partners than physically victimized men. Physically victimized men and women, sexually victimized men and women, and physically injured men and women all had more depressive symptoms than those men and women who were not victimized or injured. Severely victimized women were three times more likely than severely victimized men to have depression scores in the clinical range (27% v 9%).

**PROFESSIONAL RESEARCH & PROGRAM DEVELOPMENT/ MANAGEMENT EXPERIENCE**

December 2005-  
June 2006

**Research Associate**

*International Center for Research on Women*

Washington, DC

- Conducted quantitative (SPSS) and qualitative (Atlas ti & Nudist) analysis on variety of internationally based violence & HIV/AIDS focused projects (Tanzania, Kenya, India)
- Developed and delivered training programs for local staff on international violence and HIV/AIDS projects (Tanzania & Kenya)

September 2004  
-December 2005

**Project Director**

*Johns Hopkins University School of Nursing*

*Baltimore, MD*

- Directed workplace violence study (NIOSH Funded) focused on investigating prevalence and types of workplace violence experienced by nursing personnel in 3 hospital sites
- Directed domestic violence study (NIH funded) providing domestic violence intervention care within the primary health care setting to, low-income, African-American women

June 2003  
-December

**HIV/AIDS & Violence Technical Advisor**

Muhimbili National Hospital  
Dar es Salaam, Tanzania

August 2009

- Trained local research staff in contextual background of HIV/AIDS & Gender-Based violence, interviewing techniques, referral protocol, qualitative data collection and data coding methods; general program & staff management
- Established data collection & data tracking system to turn over to local staff

## CONSULTING POSITIONS

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June 2006

### **Consultant**

#### ***International Center for Research on Women (ICRW)***

- Developed training curriculum to be used for Kenya-based local staff on conducting qualitative research on gender, HIV/AIDS, and vaccine trials

July 2005

### **Consultant**

#### ***International Center for Research on Women (ICRW)***

- Developed grant proposal for the Gates Foundation, for a multi-site health-sector & community-based HIV/AIDS stigma reduction intervention in Tanzania and Botswana.
- Developed & submitted grant proposal to USAID for a health system-based project working with men and women to address domestic & sexual violence in rural (Ichchapuram) India

January 2005

-August 2005

### **Consultant**

#### ***Women's Wellness Center of Peja, Kosovo***

- Developed program report describing gender-based violence research findings from Kosovo study undertaken in August 2002 (collaboration with the CDC)

## TEACHING EXPERIENCE

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September 2007

- December 2007

### **Instructor**

Stony Brook University

- Taught "Research & Writing" class to junior and senior-level undergraduate psychology majors
- Prepared all course materials, conducted all grading for course
- Guided students through researching for and writing a research publication

September 2008

-December 2008

### **Co- Instructor**

Stony Brook University

- Prepared and taught 6 lectures out of 16 total in undergraduate course of "Topics in Social Psychology: Children at Risk"
- Lectures included: Childhood trauma, Violence affecting children, Child psychopathology, International issues: HIV/AIDS in Africa

September 2006

-December 2006

### **Teaching Assistant**

Stony Brook University

- Provided in-class assistance in Child Development undergraduate course
- Graded examinations and written assignments
- Provided extra help to struggling students

January 2007

-May 2007

### **Teaching Assistant**

Stony Brook University

- Provided in-class assistance in Introduction to Psychology undergraduate course
- Graded examinations and written assignments
- Provided extra help to struggling students

August 2009

## **PUBLICATIONS**

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### Peer-reviewed Journal Articles

**Kar, H. L.** and O'Leary, K. D. (2009). Patterns of Psychological Aggression, Dominance, and Jealousy within Marriage. *In preparation*.

**Kar, H. L.** and O'Leary, K. D. (2009). Gender symmetry or asymmetry in intimate partner victimization? Not an either/or answer. *Accepted for publication*. Journal of Partner Abuse.

**H. Lary**, S. Maman, M. Katebalila, A. McCauley, J. Mbwambo. Explaining the Association between HIV and Violence: Young men's experiences with infidelity, violence, and forced sex in Dar es Salaam, Tanzania, International Family Planning Perspectives, 30(4): 200-206, 2004.

**H.Lary**, S. Maman, J. Mbwambo, M. Katebalila, Working with young men to address violence and HIV in young women: A community-based intervention study in Dar es Salaam, Tanzania, Sexual Health Exchange, 3&4, 2004.

Weiss, E., S. Maman, **H. Lary**, J. Mbwambo, A. McCauley. (2004). Preventing HIV and Partner Violence: Research guides design of peer education and drama components in Tanzania, Horizons Report-Young Men and HIV Prevention. Horizons/The Population Council, 2004.

M. Yonas, N. Fredland, **H.Lary**, G. Shelley, J. Kub, P. Sharps, N. Glass, K. Kemp, T. Araya, K. Lawal-Muhammad, K. Bates, S. Dougherty, K. Cephas, J. Campbell. (2007). Dating Violence in African American adolescents: Theoretical foundation, program components and lessons learned. In L. Reese, D. Whitaker, G. Shelley (Eds). Culturally competent violence prevention demonstration projects: A monograph. Atlanta, Georgia: Centers for Disease Control and Prevention.

### Book Chapters

O'Leary, K., D. & **Kar, H. L.** (*in press*). Partner Abuse: Assessment and Treatment In Hersen & Thomas (Eds) (*in press*) *Handbook of Clinical Psychology Competencies*. Washington, DC: American Psychological Association.

**Kar, H.L.**, & Garcia-Moreno, C. Intimate partner violence across cultures. In O'Leary, K. D., & Woodin, E. M. (Eds). (2009). *Understanding psychological and physical aggression in couples: Existing evidence and clinical implications*. Washington, DC: American Psychological Association.

## **SELECT PRESENTATIONS/ POSTERS**

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**Kar, H.L.** Cross-Cultural Predictors of Partner Aggression: India. Symposium presentation. Association for Behavioral and Cognitive Therapy, *accepted*, New York, NY.

**Kar, H.L.** & O'Leary, K. D. Psychological Aggression, Dominance, and Jealousy Patterns of Husbands and Wives. Poster Presentation. Association for Behavioral and Cognitive Therapy, *accepted*, New York, NY.

**Kar, H.L.** & O'Leary, K. D. Gender Differences in Prevalence of Intimate Partner Violence Victimization, Injury and Fear in a Randomized Community Sample. Poster Presentation. Association for Behavioral and Cognitive Therapies, November 2008, Orlando, FL

**Kar, H.L.** & O'Leary, K. D. Gender Differences in Prevalence of Intimate Partner Violence Victimization, Injury, and Fear in a Randomized Community Sample. Poster Presentation. International Society for Traumatic Stress Studies, November, 2007, Chicago, IL.

**Lary, H.**, & Duvvury, N. Violence, Trauma, and Masculinity: Findings from the MSM community in India. Poster Presentation, International Society for Traumatic Stress Studies, November 2007, Baltimore, M.D.

**Lary, H.,** Maman, S., Mbwambo, J, Katebalila, M., McCauley, A. Complicated Roads to HIV: Young women, Poverty, and Romance in Dar es Salaam. *Oral Presentation*, American Public Health Association, November 2004, Washington, D.C.

**Lary, H.,** Maman, S., Mbwambo, J., Katebalila, M., McCauley, A. Explaining the Association between HIV and Violence: Young men's experiences with infidelity, violence and forced sex in Dar es Salaam, Tanzania, *Poster Presentation*, World AIDS Conference, July 2004, Bangkok, Thailand.

**Lary, H.,** Maman, S., Mbwambo, J, Katebalila, M. HIV & Violence Prevention Among Young Men in Dar es Salaam, Tanzania, *Oral Presentation*, 6<sup>th</sup> World Psychiatric Association, East African Congress, April 2004, Arusha, Tanzania.

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## **SPONKEN LANGUAGES**

Farsi: Low Intermediate Level (native language)

Spanish: Intermediate Level (student for 5 years)

Swahili: Low Intermediate Level (Immersion experience for 9 months in Tanzania)

Shona: Basic Level (Immersion experience in Zimbabwe for 6 months)

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## **HONORS AND AWARDS**

2009	Stony Brook Department of Psychology Travel Award
2008	Stony Brook Graduate Student Organization Travel Award
2003	Georgeda Buchbinder Award, Johns Hopkins Bloomberg School of Public Health
2003	Margaret Mitchell Scholarship, Johns Hopkins Bloomberg School of Public Health
2000	Peace & Conflict Resolution Stipend, Smith College
2000	Praxis Summer Stipend Award, Smith College
1999	Howard Hughes Medical Scholarship, Smith College

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## **JOURNAL REVIEWER**

2005-	Studies in Family Planning
2005-	Journal of Aggression, Maltreatment, & Trauma
2006-	Journal of Family Violence Prevention and Health Practice

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## **PROFESSIONAL MEMBERSHIP**

- American Public Health Association (APHA)
- International Society for Traumatic Stress Studies (ISTSS)
- Psychologists for Social Responsibility (PSR)
- Association for Behavioral and Cognitive Therapies (ABCT)
- Academy on Violence and Abuse (AVA)