

NICOLE F. CARON, PsyD
Clinical Psychologist
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SUMMARY

- I have over ten years of clinical experience in the mental health field and have worked with hundreds of trauma survivors, the majority of whom are sexual assault survivors or adult survivors of childhood abuse.
- I have treated survivors of trauma, including sexual assault victims, across multiple levels of care, including inpatient psychiatric hospitals, acute stabilization units, partial hospitalization programs, and outpatient settings. This range of experience has allowed me to work with both individuals in immediate crisis and those seeking support for the long-term psychological effects of sexual trauma.
- I maintain a private practice where I focus on the delivery of trauma-informed care, crisis intervention, and assisting with managing emotional and relational difficulties that follow sexual trauma and other mental health conditions.
- The majority of my caseload (approx. 75%) includes survivors of sexual assault and childhood trauma. My clinical experience also includes working with individuals engaged in sex work and those within BDSM/kink communities, with familiarity with associated stigma, consent frameworks, power dynamics, and relational patterns.

EDUCATION

- **Doctorate in Clinical Psychology (PsyD)**
Nova Southeastern University, August 2020
Specialty: Serious Mental Illness
Dissertation: Borderline Personality Disorder: A Common Factors Integrative Approach
- **Master of Science (MS) in Clinical Psychology**
Nova Southeastern University, August 2017
- **Master of Arts (MA) in Sport and Performance Psychology**
University of Denver, June 2015
Thesis: Effects of Sport Attire on Athletic Performance in Females Participating in Aesthetic and Endurance Sports: An Exploratory Study
- **Bachelor of Arts (BA) in Psychology**
Southern Connecticut State University, August 2013

AREAS OF CLINICAL EXPERTISE

Complex trauma; sexual trauma; trauma-related symptom presentation; clinical work with diverse and stigmatized populations (e.g., individuals engaged in sex work, members within the BDSM/kink communities).

PROFESSIONAL CLINICAL & TRAINING EXPERIENCE

Private Practice, Denver CO

02/2023-Present

Clinical Psychologist

- Provide long-term psychotherapy to adolescents and adults
- Specialize in the treatment of complex trauma across diverse populations, including adult sexual assault survivors, adults with childhood abuse histories, individuals engaged in sex work, and individuals within BDSM/kink communities
- Offering crisis intervention emphasizing safety and stabilization for individuals with acute distress
- Provide clinical consultation to mental health professionals regarding the conceptualization and treatment of individuals with complex trauma and emotional distress

LifeStance Health, Inc., Quincy, MA

Clinical Psychologist and Clinical Supervisor

08/2021-02/2023

- Conducted assessments and treatment planning for adolescents and adults with sexual trauma, other complex trauma histories, mood disorders, and personality pathology
- Worked with diverse trauma-affected populations, including individuals from marginalized or stigmatized communities
- Provided clinical supervision of trainees with emphasis on trauma recovery and safety and stabilization
- Participated in weekly consultation meetings with fellow clinicians to support clinical work with trauma survivors

Clinical Psychology Postdoctoral Fellow

08/2020-07/2021

- Provided assessment, treatment, and psychotherapy to adolescents and adults with complex trauma and significant emotional distress
- Offered trauma-informed mental health treatment integrating evidence-based modalities such as trauma-focused CBT and interpersonal trauma strategies
- Participated in ongoing trauma-recovery training, advancing clinical skills related to trauma assessment, crisis intervention, and stabilization

**Massachusetts Mental Health Center/Harvard Medical School
/Beth Israel Deaconess Medical Center, Boston MA**

07/2019-06/2020

Clinical Psychology Pre-Doctoral Intern

- Provided treatment to individuals with complex trauma, including adult survivors of sexual assault and/or childhood trauma, severe mood disorders, polysubstance use, eating disorders, and chronic suicidality, with clinical exposure to individuals engaged in sex work, and individuals within BDSM/kink communities
- Co-facilitated multiple weekly psychotherapy groups with a focus on distress tolerance, emotion regulation, safety and stabilization, and recovery for individuals with significant emotional distress and complex trauma histories

- Served as a member of the DBT Consultation team for the DBT Outpatient Clinic and provided consultation, education, and support for providers working with individuals with complex trauma and accompanying suicidal behaviors
- Collaborated with community agencies and provided consultation, education, and support
- Provided weekly supervision to two psychology practicum students
- Participated in weekly seminars focusing on trauma-informed care and culturally sensitive interventions

Miami Veteran's Affairs Hospital, Miami FL

08/2018-03/2019

Acute Inpatient Unit & Psychosocial Rehabilitation Unit

Clinical Psychology Trainee

- Conducted assessments and provided clinical treatment to veterans in acute distress suffering from PTSD, trauma-related conditions, and co-occurring substance use
- Co-facilitated DBT/Emotion Regulation skills groups and trauma processing groups for veterans
- Provided individual psychotherapy for veterans suffering from trauma-related conditions where the focus was on coping with trauma through skill-building and re-integrating into their communities

South Florida State Hospital, Pembroke Pines FL

08/2017-08/2018

Clinical Psychology Trainee

- Conducted clinical intake and risk assessments for forensic and civil patients
- Delivered inpatient individual psychotherapy to civil patients with histories of severe traumas (e.g., adult survivors of childhood sexual abuse, sexual assault victims, incest), including individuals from marginalized or stigmatized backgrounds (e.g., individuals engaged in sex work), presenting with suicidal behaviors and significant emotional distress
- Co-facilitated multiple therapy skills groups (e.g., DBT, Seeking Safety, Trauma & Recovery, CBT Skills) for civil and forensic patients
- Provided individual therapy for forensic offenders charged with assault, sex offenses, and homicide
- Co-facilitated inpatient group therapy for forensic patients that were focused around restoring competency, conditional release plans, and risk management

Psychological Services for the Seriously Emotionally Distressed

Psychology Services Center, NSU, Fort Lauderdale FL

Program Clinic Coordinator

03/2018-06/2019

- Conducted intake screenings for clients experiencing severe emotional distress, complex trauma, personality pathology, affective disorders, and psychosis
- Facilitated client placement with doctoral-level psychology practicum students
- Managed daily clinic operations, including training students on trauma-sensitive screening, documentation, and treatment procedures
- Provided constructive feedback and evaluations on students' clinical work
- Offered peer supervision and consultation to doctoral-level practicum students

- Developed and implemented a trauma-related process group designed to support clients with trauma histories, promoting stabilization, psychoeducation, and resilience-building within a safe therapeutic environment

Clinical Psychology Trainee

08/2016-08/2017

- Conducted initial intake interviews, including comprehensive assessments, mental status exams, and population-specific measures, with a focus on identifying trauma histories and related symptoms
- Formulated diagnostic impressions and developed individualized treatment plans to address complex trauma, personality pathology, severe affective disorders, and psychosis
- Delivered individual therapy to adults with serious and persistent mental illness, personality disorders, and histories of complex traumatization, emphasizing safety, stabilization, and recovery

Children and Adolescent Traumatic Stress Program

01/2017-08/2017

Psychology Services Center, NSU, Fort Lauderdale FL

Clinical Psychology Trainee

- Conducted biopsychosocial evaluations and psychological assessments for children and adolescents impacted by childhood abuse and caregiver-perpetuated violence

EDCare, Denver CO

05/2014-09/2014

Milieu Therapist Intern

- Provided individual support and meal supervision to individuals with eating disorders, including Anorexia Nervosa, Bulimia Nervosa, ARFID, and Binge Eating, and co-occurring conditions, including PTSD and other trauma-related disorders.
- Received specialized training in meal processing therapy and actively facilitated meal sessions before, during, and after eating to promote emotional regulation, trust, and recovery
- Planned and co-facilitated weekly process and skills training groups aimed at building adaptive coping strategies to help manage disordered eating behavior and underlying traumas
- Participated in weekly interdisciplinary team meetings focused on comprehensive conceptualization and treatment planning for patients with eating disorders and trauma histories

Center for Performance Excellence, DU, Denver CO

03/2014-05/2015

Performance Consultant Intern

- Conducted assessments and evaluations of mental skills for group and individual athletes and performers aged 5-18, identifying areas of strength and growth
- Developed personalized goals and treatment plans to enhance psychological resilience, focus, and performance
- Facilitated individual and group sessions incorporating interventions such as relaxation techniques, anxiety management, mindfulness exercises, concentration and attentional control strategies, self-talk, goal setting, confidence building, self-esteem, and motivation to support optimal performance and well-being

OTHER GRADUATE POSITIONS

Department of Clinical Training, Nova Southeastern University 10/2017-06/2019

Graduate Assistant

- Assisted with the 2018 APA program evaluation self-study for Psy.D. and Ph.D. clinical psychology programs at the institution; aided in the comprehensive analysis of all aspects of each program
- Regularly assisted with several projects and confidential data entry. Configured data regarding the evaluation and assessment of faculty, supervisors, and practicum sites
- Provided administrative support as needed to faculty, supervisors, and students
- Assisted with clerical duties as needed (i.e., filing paperwork, mailing, answering phone calls)

South Florida Consortium Internship Program

02/2016-10/2017

Nova Southeastern University

Graduate Assistant

- Planned, organized, and attended quarterly meetings with licensed clinical psychologists from eight respective internship sites, including a crisis stabilization unit, psychiatric hospital, eating disorder residential center, and trauma clinic
- Tracked hours, progress, and evaluation of doctoral psychology interns. Prepared documents regarding the interns' performance, general program evaluation, and supervisor feedback when relevant and necessary
- Collected data and perform analysis on program evaluation, quality of supervision, and intern performance. Screen applications for doctoral students applying to the South Florida Consortium Internship Program.

Eating Disorders Awareness Association

06/2016-08/2017

Nova Southeastern University

President

- Served as the liaison between Student Government Association, faculty advisor, and executive board. Prepared, coordinated, and delivered presentations for graduate and undergraduate students on eating disorders and co-occurring disorders
- Orchestrated community outreach programs. Planned, organized, and facilitated activities for Eating Disorder Awareness Week

Student Athlete Support Services

08/2013-06/2014

Athletic Dept., University of Denver

Academic Advisor

- Provided academic advisement and emotional support to student-athletes
- Served as a communication liaison between coaches and athletes for relevant academic issues pertaining to eligibility
- Monitored study hall practices and documented weekly attendance.

TEACHING EXPERIENCE

Graduate Teaching Assistant, Nova Southeastern University

Summer 2018 & Winter 2019

Course: *Crisis Intervention*

Responsibilities: Assisted with weekly class preparation and lectures, participated in class lectures and facilitated discussions. Facilitated and partook in role-plays involving crisis scenarios and provided feedback to students regarding their skills in crisis intervention and risk assessment

Graduate Teaching Assistant. Nova Southeastern University Winter 2019

Course: *Pre-Practicum*

Responsibilities: Presented on skills associated with diagnostic interviewing (e.g., abuse assessment and reporting, diversity considerations, risk assessments). Facilitated role-plays with simulated patients and provided feedback to pre-practicum doctoral level students.

Graduate Teaching Assistant. Nova Southeastern University Summer 2018

Course: *Community Psychology & Serious Mental Illness*

Responsibilities: Prepared lectures and facilitated class discussions on community psychology and treatment for individuals with serious mental illness. Reviewed assignments and coordinated field trips to Crisis Stabilization Unit and psychiatric hospital with site directors.

Graduate Teaching Assistant. Nova Southeastern University Winter 2018

Course: *Diagnostic Interviewing*

Responsibilities: Assisted with preparation of course material and provided lectures as needed. Provided direct and indirect feedback to doctoral psychology students regarding their diagnostic interview skills in preparation for their first clinical practicum rotation. Provided written and oral feedback on case history reports, mental status examinations, risk assessments, and interview templates. Met with students on an individual basis to participate and facilitate role-plays in order to provide direct feedback related to interviewing and diagnostic skills.

Graduate Teaching Assistant. Nova Southeastern University Winter 2018

Course: *Case Conceptualization*

Responsibilities: Assisted in weekly class preparations/discussions regarding case conceptualization, grading term papers, and handled students' general questions about the course, as well as readings and assignments.

Graduate Teaching Assistant. GSPP, University of Denver Spring 2015

Course: *Clinical Issues: Interviewing and Diagnostics*

Responsibilities: Actively participated in weekly class lectures regarding clinical interviewing skills and formulating diagnostic impressions. Facilitated class discussions and role-plays and provided direct feedback to students on their interviewing and diagnostic skills. Graded biopsychosocial evaluations and provided feedback regarding report writing skills.

Graduate Teacher's Assistant. GSPP, University of Denver Winter 2015

Course: *Sport and Performance Psychology Interventions*

Responsibilities: Co-facilitated lectures related to sport/performance interventions (e.g., positive self-talk, cognitive restructuring, confidence, motivation, relaxation) to students. Observed and evaluated students' demonstration of interventions via practical assessments.

PROFESSIONAL MEMBERSHIPS

- American Psychological Association
- APA Division 56, Trauma Psychology
- APA Division 29, Society for the Advancement of Psychotherapy
- Society for the Exploration of Psychotherapy Integration

CERTIFICATIONS & SPECIALIZED TRAININGS

Structured Clinical Interview for DSM-5 Dissociative Disorders (SCID-D)

- Certified in administration and scoring (October 2018)

POSTER PRESENTATIONS & LECTURES

Caron, N., Daly, N., Davidtz, J., Gold, S. (2019, June). When the working alliance is the therapy: The vicissitudes of treating individuals with complex traumatization. Symposium presented at the Society for the Exploration of Psychotherapy Integration (SEPI) Conference. Lisbon, Portugal.

Caron, N. (2018, June). Treating individuals with serious mental illness in an inpatient psychiatric facility. Invited guest lecture at Nova Southeastern University, Ft. Lauderdale, FL.

Caron, N. (2018, March). Suicide: Models, Myths, and Safety Planning. Seminar presentation at South Florida State Hospital, Pembroke Pines, FL.

Rubin, R., Spearman, Z. Lewis, R., **Caron, N.,** Brochu, P. (2017, August). Weight-bias and eating disorders. Presentation at the American Psychological Association (APA) Convention. Washington, D.C.

Caron, N. (2017, May). A case study of an integrative approach to treating borderline personality disorder: Considering the client's voice. Poster presentation at the Society of Psychotherapy Integration (SEPI) Conference. Denver, Co.

Caron, N., Rubin, B. (2016, September). Eating Disorders Association Presents: Eating Disorders: How to be an advocate. Seminar presentation at Nova Southeastern University, Fort Lauderdale, FL.

Caron, N., Thompson, T., & Lampert, B. (2015, March). The Effects of Sport Attire on Athletic Performance in Aesthetic and Endurance Sports: An Exploratory Study. Presentation for Applied Association for Sport Psychology Southwest Regional Student Conference. Presented at University of Denver, Denver, CO

REFERENCES

Available upon request