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Education

B.A. in Psychology, Scripps College, *Claremont, CA* 2023
Honors Thesis: "Ableism in Education: Professor Perpetuation of Disability Discrimination Through Accommodation Non-Compliance"

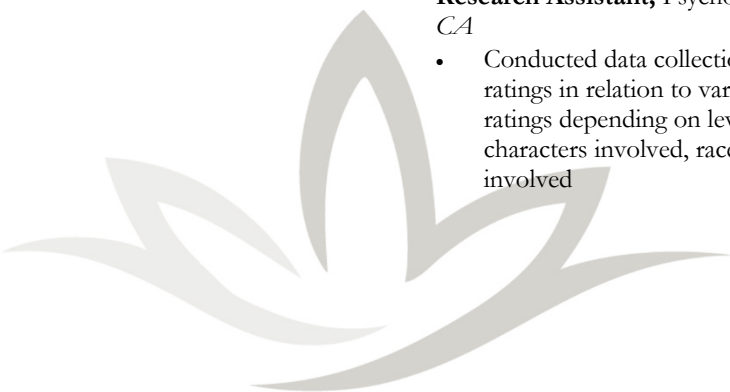
Selected Professional Experience

Intensive Outpatient Clinic Operations and Research Associate, 2023-present
Portland DBT Institute, *Portland, OR*

- Managing Intensive Outpatient (IOP) waitlists for the Eating Disorders IOP and Salem Adult IOP: assisting clients in obtaining medical clearance, communicating with outside providers to obtain medical records, orienting clients to the programs, scheduling appointments, assigning clients to individual therapists, and ensuring insurance authorizations are approved before client start dates
- Reviewing IOP client mental health assessments to determine risk level for suicide
- Facilitating IOP group therapy sessions in the Eating Disorders IOP, the adult IOPs, and teen IOP: providing validation and feedback on client homework practices, teaching DBT skills, leading mindfulness practices, and assisting clients in setting effective goals
- Co-facilitating IOP group therapy sessions in the Eating Disorders IOP, the adult IOPs, and the teen IOP: providing one-on-one skills coaching to clients experiencing emotional dysregulation, nausea, and difficulty completing meals
- Attending weekly clinical supervision and weekly consultation team meetings
- Conducting internal and external research on DBT
- Updating clinic forms and the clinic website
- Co-managing an internship program for co-facilitators of Standard Program groups, communicating with interns and group leaders to schedule interns into groups and connecting them with individual supervisors
- Facilitating meal groups in Eating Disorders IOP: evaluating client meals to ensure that individual meal plan guidelines are met, coaching clients to add food to their meal when applicable, supporting clients in identifying hunger cues, providing individualized nutritional guidance for clients with a history of bariatric surgery, and facilitating effective and light-hearted conversation to maintain client regulation during meals

Research Assistant, Psychology and Law Lab, Scripps College, *Claremont, CA* 2022-2023

- Conducted data collection on a research project about TV and Movie ratings in relation to various intimate scenes; examining differences in ratings depending on level of intimacy, sexuality and gender identity of characters involved, race of characters involved, and age of characters involved



Respite Carer, California Respite Care, *Upland, CA*

2020-2021

- Cared for medically-complex and autistic children aged 5 to 15 years needing one-on-one support
- Assisted children in attending school, completing homework, and improving motor skills
- Provided support in emotion regulation to children in overstimulating and emotionally-intense situations

Conference Presentations

- Johnson, E., Matsunaga, E., Williams, C., **Bumgardner, K.**, Jaques, C., Silva, J., White, A., Dimeff, A. (2023, November). *Collecting the Facts: Gathering and Utilizing Inclusive Demographic Data*. Poster presented at the 2023 ISITDBT Annual Conference, Seattle, WA.
- Jaques, C., **Bumgardner, K.**, Silva-Alvarez, J., White, A., Vay, K. (2024, November). *The Relationship Between DBT Phone Coaching Implementation and Therapist Burnout*. Poster presented at the 2024 ISITDBT Annual Conference, Philadelphia, PA.

Clinical Workshops & Training Experiences

- DBT for Parents of Multi-Diagnostic Young Adults: Finding Synthesis with SPACE**, Amy Kasalunas, LPCC-S, HCC, December 3, 2024
- Generational Perspectives on Depression and Suicide Risk: Theory, Research, and Intervention**, Rhonda Boyd, Ph.D., November 13, 2024
- DBT as a Modality to Address Psychotic Spectrum Disorders**, Maggie Mullen, LCSW, DBT-LBC; Shaina Ponce, Ph.D.; Sarah Hope Lincoln, Ph.D., November 13, 2024
- Dialectical Behavior Therapy for LGBTQ+ Populations**, Elizabeth Kingfield, PsyD; Lily Assaad, Ph.D., November 13, 2024
- Embodying Antiracism for our Collective Healing and Liberation**, Nathalie Edmond, PsyD, RYT-500, November 13, 2024
- Suicide: Reducing Stigma, Increasing Effectiveness**, Andrew White, Ph.D., ABPP, DBT-LBC, November 5, 2024
- Suicide Summit**, Kate Comtois, Ph.D., MPH, October 29, 2024
- Ethics, Boundaries of Competence, Avoiding Harm, and Risk Management: Working Well with a Suicidal Patient**, Andrew White, Ph.D., ABPP, DBT-LBC, April 5, 2024

