

ZACHARIAH AARON, M.S. (he/they)

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EDUCATION

LOYOLA UNIVERSITY MARYLAND

Master of Science, Clinical Psychology

American Psychological Association Accredited Clinical Psychology Program

Expected Doctor of Psychology (Psy.D.) in Clinical Psychology in May of 2025

Baltimore, MD

August 2020 - Present

UNIVERSITY of MARYLAND

Bachelor of Arts in Psychology, Dean's List Scholar

College Park, MD

August 2015 - May 2018

CLINICAL EXPERIENCE

MOUNT WASHINGTON PEDIATRIC HOSPITAL

Psychology Extern, General Outpatient Track

Supervisors: Elizabeth Getzoff-Testa, Ph.D., & Erica Lee, Psy.D.

- Provided supportive psychotherapy, administered and scored psychoeducational assessments, and provided treatment education to clients and family members in an outpatient setting.
- Conducted individual treatment sessions with children and emerging adults.
- Created and implemented treatment plans.
- Participated in individual and group supervision.
- Presented therapy and psychoeducational cases in supervision and seminar, gaining feedback regarding assessment, rehabilitation, and discharge planning.
- Developed full psychoeducational reports and provided feedback to client and family members.

Baltimore, MD

July 2022 - Present

LOYOLA CLINICAL CENTERS

Clinical Psychology Extern

Supervisors: Harriette Wimms, Ph.D. & Sarah Gorman, Psy.D.

- Provided supportive psychotherapy, administered and scored psychoeducational assessments, and provided treatment education to clients and family members in an outpatient setting.
- Conducted individual treatment sessions with children and emerging adults.
- **Created and implemented tabletop (DnD) game-based group therapy interventions for LGBTQ+ teenagers.**
- Created and implemented treatment plans.
- Participated in individual and group supervision.
- Presented therapy and psychoeducational cases in weekly supervision gaining feedback regarding assessment, rehabilitation, and discharge planning.
- Developed full psychoeducational reports and provided feedback to client and family members.

Baltimore, MD

August 2021- August 2022

EVERYMIND (National Suicide Prevention Lifeline/Montgomery County Hotline)

Emotional Support Specialist

- Crisis intervention and support services for online chats, texts and calls.
- Trained to use empathy and supportive listening to help with callers' concerns.
- Coordinating wellness checks and police intervention for high risk callers.
- Mentoring and training new volunteers.

Rockville, MD

October 2015 - July 2020

Crisis Call and Online Chat/Text Specialist:

3000 hours on-the-phone/chat shifts

Certified Crisis Worker with the American Association of Suicidology (10/2019)

Completion of **CAMS-Care Suicide Prevention Training** (07/2019)

POSTER PRESENTATION

Aaron, Z. (2017, Dec.). Crisis Support and Intervention Services Internship at EveryMind. Virtual poster session presented at the University of Maryland Psychology Department Internship Demonstration, College Park, MD.

NATIONAL INSTITUTES OF HEALTH, CLINICAL CENTER

Bethesda, MD

Pain and Palliative Care Service

June 2018 - September 2018

“Intramural Research Training Award” (Summer Research Assistant Fellow)

- Clinical interaction with specific patient populations in the NIH Clinical Research Center Hospital
- Assisting with development of Mindfulness Based Self Care intervention protocol/planning
- Assisting in scale development for the NIH- Healing in All Life Stressors (NIH-HEALS) Measure
- Collecting data and assisting with publication/poster preparation
- Observing pain and palliative care interventions; MBSR, spiritual care consultation, acupuncture, etc.

National Institute of Alcohol Abuse and Alcoholism MBSR assistant: 60 hours of MBSR intervention

National Institute of Alcohol Abuse and Alcoholism Inpatient Meetings: 20 hours of patient interaction

Pain and Palliative Consult- Medical Rounds, Multidisciplinary Meetings: 30 hours of observation

NIH Foundation for Advanced Education in the Sciences, MBSR Class: 20 hour training course

POSTER PRESENTATIONS

Ameli, R., Sinaii, N., Luna, M.J., Cheringal, J., **Aaron, Z.**, Berger, A. (2018, Oct.). NIH-HEALS, Resilience, and Mindfulness. Poster session presented at the International Congress on Palliative Care, Montréal, QC.

Ameli, R., Sinaii, N., Luna, M.J., Cheringal, J., **Aaron, Z.**, Berger, A. (2018, Oct.). Psycho-Social-Spiritual Healing and its Relationship to the Incidence of Traumatic Life Events in patients with severe and life limiting illness. Poster session presented at the International Congress on Palliative Care, Montréal, QC.

Ameli, R., Sinaii, N., Luna, M.J., Cheringal, J., **Aaron, Z.**, Berger, A. (2018, Oct.). Development of the NIH-HEALS: Factor Analysis, Confirmatory Factor Analysis, Convergent, and Divergent Validity. Poster session presented at the International Congress on Palliative Care, Montréal, QC.

Luna, M.J., Sinaii, N., Cheringal, J., **Aaron, Z.**, Berger, A., Ameli, R. (2018, Oct.). Gender Differences in Psycho-Social-Spiritual Aspects of Healing. Poster session presented at the International Congress on Palliative Care, Montréal, QC.

MARYLAND PSYCHOTHERAPY CLINIC and RESEARCH LAB

College Park, MD

Leading Research Assistant

August 2015 - May 2018

- Assisting in scale development for Meaning in Life Measure
- Collecting data and conducting statistical analysis
- Overseeing and working with undergraduate research assistants to code therapy sessions

Coding Psychotherapy Sessions for Research Protocols: 80 hours of therapy observed

Basic Helping Skills Lab (therapy skills training class): 30 hours training, 3x mock sessions

Basic Helping Skills Lab, Undergraduate Teacher's Assistant: 30 hours assisting, oversaw sessions

PUBLICATION and POSTER PRESENTATION

Hill, C. E., Kline, K. V., Kivlighan, D. M., **Aaron, Z.**, King, S. (2017). Changes in meaning in life across the course of psychodynamic psychotherapy. *Counseling Psychology Quarterly*.

- Using the Meaning in Life Questionnaire (MLQ), we studied Presence of meaning and Search for meaning in 34 adult clients in psychodynamic psychotherapy
- Assisted in literature review and drafting of article introduction

Aaron, Z. (2018, May). Perception of “Meaning in Life” in Mental Health. Poster session presented at the University of Maryland Undergraduate Research Day, College Park, MD.

COMMUNITY SERVICE EXPERIENCE

OpenDiv PROJECT

Presenter

Virtual

December 2021

- Presenter for the Nontheistic Sanctification course
 - Shared academic research on the topic of Sacred Spaces for nonreligious people
 - Held discussion for community reflection on nontheistic sanctification
- <https://www.opendiv.org/sanctification>

NATIONAL ALLIANCE on MENTAL ILLNESS

Lead Presenter

Rockville, MD

December 2015 - December 2018

- Presenter for the “Ending the Silence” program in Montgomery County High Schools and Middle Schools
- Engaging with students to help break down the stigma around mental illness
- Educate students about the warning signs for suicide

DANISH INSTITUTE of STUDY ABROAD

European Clinical Psychology Practicum

Copenhagen, Denmark

August 2016 - December 2016

- Application and practice of theories and intervention in Danish Social Psychiatry context
- Observation, interviewing, and support services targeting outpatient populations

Practicum Student and Researcher:

30 hours + Clinical Supervision

POSTER PRESENTATIONS

Aaron, Z. (2017, May). Measuring Meaning in Life in Denmark. Poster session presented at the Danish Institute of Study Abroad Research Conference, Copenhagen, Denmark.

Aaron, Z. (2017, May). National Discourse on Sugar and Health in Denmark. Poster session presented at the Danish Institute of Study Abroad Research Conference, Copenhagen, Denmark.

Aaron, Z. (2016, Dec.). Perception of Meaning in Social Psychiatry. Poster session presented at the Danish Institute of Study Abroad Research Conference, Copenhagen, Denmark.