



MICHELLE C. FERNANDEZ, PHD

Licensed Psychologist PY9618 · Specializing in children, adolescents, and families

EDUCATION

Postdoctoral Fellow, Pediatric Psychology

Nicklaus Children's Hospital, Division of Psychology, Miami, FL.
June 2015 to June 2016

Pre-doctoral Intern, Behavioral Medicine Track

Miami Children's Hospital, Psychiatry Department, Miami, FL.
July 2011 to July 2012

Doctor of Philosophy

University of Miami, Coral Gables, Florida
Major in Counseling Psychology
Conferred August 2015
Dissertation Title: Immigrant Mothers in Abusive Relationships: Decisions and Actions

Master of Science in Education

University of Miami, Coral Gables, Florida
Major in Mental Health Counseling
Conferred August 2007

Bachelor of Science, Cum Laude

Florida State University, Tallahassee, Florida
Major in Psychology, Minor in Child Development
Conferred December 2003

PROFESSIONAL LICENSE

Florida Psychologist PY 9618

PROFESSIONAL EXPERIENCES

May 2019-current

Clinical Psychologist. Michelle C. Fernandez, P.A.

Private practice, Miami, FL.

- Sole-practitioner specializing in the assessment and treatment of children, adolescents, and young adults presenting with adjustment difficulties, mood disorders, anxiety, behavioral disturbances, bereavement, learning challenges, and developmental disorders. Services include psychotherapy, testing (e.g., gifted, psychoeducational, psycho-developmental evaluations), and consultation.

January 2018-May 2019

Clinical Psychologist. Child Psychology Associates, P.A.

Group private practice, Miami, FL.

- Independent contractor within a group private practice focused on treatment and assessment of children, adolescents, young adults, and their families. Primary presenting concerns include adjustment difficulties, mood disorders, anxiety, behavioral disturbances, bereavement, learning challenges, and developmental disorders. Services include psychotherapy, testing (e.g., gifted, psychoeducational, psycho-developmental evaluations), and consultation.

- Medical staff for consultation-liaison service at Baptist Children's Hospital. Provided psychological assessment, brief intervention, and referrals to children and adolescents hospitalized for medical reasons.

July 2016-December 2017

Clinical Psychologist. Pediatric Specialists of America.

Nicklaus Children's Hospital, Division of Psychology, Miami, FL.

- Provided direct clinical services including psychotherapy, testing, and group therapy in outpatient and inpatient settings
- Supervised and evaluated doctoral level trainees and practicum students
- Presented monthly seminars on topics to trainees and psychology medical staff
- Participated in development of training goals and plans for psychology interns
- Collaborated on the development of various multidisciplinary outpatient clinics
- Grant writing

August 2012-June 2015

Outpatient Therapist, Nicklaus Children's Hospital, Division of Psychology, Miami, FL.

- Provided direct clinical services including psychotherapy, testing, and group therapy in outpatient and inpatient settings
- Worked closely with training director to complete accreditation report (self-study) that is awarded every seven years
- Worked closely with department leadership to identify gaps in services (e.g., long waitlist) and developed programmatic solutions including group intervention

SUPERVISION EXPERIENCES

June 2016-December 2017

Pre-doctoral Psychology Intern Supervisor. Nicklaus Children's Hospital, Miami, FL.

- Clinical supervision of pre-doctoral interns providing group and individual therapy

June 2016-December 2017

Psychology Practicum Supervisor. Nicklaus Children's Hospital, Miami, FL.

- Clinical supervision of practicum students providing group and individual therapy

TEACHING EXPERIENCES

August 2019—December 2020

Adjunct Faculty. University of Miami, Educational and Psychological Studies, Coral Gables, FL.

- Lecturer for graduate course titled, Dynamics of Marriage and Family Systems
- Lecturer for undergraduate course titled, Introduction to Family Studies: Dating, Coupling, Parenting

August 2015-December 2017

Professional developmental series. Nicklaus Children's Hospital, Miami, FL.

- Monthly presentation to psychology trainees and department psychologists

July 2011-July 2012

Resident Training. Nicklaus Children's Hospital, Miami, FL.

- Trained medical residents on early childhood development and screening for childhood developmental and psychological disorders

November 2009

Guest Lecturer. University of Miami, Coral Gables, FL.

- Undergraduate course titled, Social and Cultural Foundation of Education

PUBLICATIONS

- Gonzalez-Guarda, R.M., Cummings, A.C., Becerra, M.M., & **Fernandez, M.C.** (2013). Needs and Preferences for the Prevention of Intimate Partner Violence among Hispanics: A Community's Perspective. *Journal of Primary Prevention, 34*(4), 10.1007/s10935-013-0312-5. <http://doi.org/10.1007/s10935-013-0312-5>
- Aldarondo, E. & **Castro-Fernandez, M.** (2009). Risk factors for perpetration of domestic violence. In J. W. White, M. P. Koss, & A. E. Kazdin, (Eds.) *Violence against women and children* APA Presidential Initiative--Violence against women and children: Consensus, critical analyses, and emergent priorities. Washington, DC: American Psychological Association Press
- Aldarondo, E. & **Castro-Fernandez, M.** (2008). Intimate partner violence and recidivism following interventions with men who batter: Cultural and empirical considerations. In R. Carillo & J. Tello (Eds.) *Family violence and men of color: Healing the wounded male spirit* (2nd edition). New York, NY: Springer Publishing Company.
- Jacquez, F., Stout, S., Alvarez-Salvat, R., **Fernandez, M.**, Villa, M., Sanchez, J., Eidson, M., Nemery, R., & Delamater, A. (2008). Parent perspectives of diabetes management in schools. *The Diabetes Educator*.
- Delamater, A.M., Valenzuela, J.M., & **Castro, M.M.** (2007). Psychosocial therapies for psychiatric disorders and diabetes. In M.D. Llorente & J.E. Malphurs (Eds.), *Psychiatric disorders and diabetes mellitus*. Oxfordshire, UK: Informa Healthcare.

PRESENTATIONS

- Gonzalez-Guarda, R.M., **Fernandez, M.**, Mitchell, E., & Lopez, J. *The vulnerabilities of clients seeking services for intimate partner violence: Does Hispanic ethnicity and birthplace matter?* Symposium accepted presentation for The Council for Advancement of Nursing Science. Washington, D.C. September, 2012.
- Gonzalez-Guarda, R.M., Becerra, M.M., Cummings, A.M., & **Fernandez, M.C.** *The Partnership for Domestic Violence Prevention- Preventing intimate partner violence among Hispanics*. Symposium presentation at the 6th Biennial National Conference on Health and Domestic Violence. San Francisco, California. March, 2012.
- Malhotra, K., Gonzalez-Guarda, R.M., Cummings, R., **Fernandez, M.**, & Becerra, M. *Partnership for domestic violence prevention: A collaboration to reduce health disparities in the Hispanic Community*. Poster presentation at the 6th Biennial National Conference on Health and Domestic Violence. San Francisco, California. March, 2012.
- Cummings, A.M., **Castro-Fernandez, M.**, Becerra, M., Mesa, I., Aldarondo, E., Gonzalez-Guarda, R.M. *Preventing domestic violence in the Hispanic community: A comparison of perceived needs as reported by service providers and general community members*. Roundtable presentation for the 119th Annual Convention of the American Psychological Association, Washington, DC. August, 2011.
- Gonzalez-Guarda, R.M., **Fernandez, M.C.**, Becerra, M.M., Cummings, A.M., Sandoval, M., Aldarondo, E., Mesa, I. *Preventing domestic violence health disparities among Hispanics*. Poster presentation for the 36th annual conference of The National Association of Hispanic Nurses, Las Vegas, Nevada. July, 2011
- Gonzalez-Guarda, R.M., Aldarondo, E., Mesa, I., Becerra, M., **Fernandez, M.C.**, Cummings, A., Kempf, M. & Lipman Diaz, E. *Partnership for domestic violence prevention (PDVP): An assessment of needs and preferences for Hispanics in Miami, Fl*. Podium presentation for the Nursing Network for Violence Against Women International Conference, New Zealand. February, 2011.

- Gonzalez-Guarda, R.M., Aldarondo, E., Mesa, I, **Fernandez, M.C.**, Cummings, A., Becerra, M. *Culturally-specific intervention strategies for the prevention of intimate partner violence among Latinos in South Florida*. Poster presentation for the 138th APHA Annual Meeting, November, 2010.
- Cummings, A., **Fernandez, M.C.**, Becerra, M., Gonzalez-Guarda, R.M., Aldarondo, E., Mesa, I. *Preventing domestic violence among Hispanics in Miami-Dade County: Provider perceptions of needs and preferences*. Poster presentation for the 138th APHA Annual Meeting, November. 2010.
- Cummings, A.M., **Fernandez, M.C.**, Becerra, M., Gonzalez-Guarda, R.M., Mesa, I. & Aldarondo, E. *Preventing intimate partner violence at the community level*. Roundtable presentation for the Division 35 Hospitality Suite at the 118th Annual Convention of the American Psychological Association, San Diego, California. August, 2010.
- Aldarondo, E., **Fernandez, C.**, Ameen, E., Lee, D., Diem, J. & Perlmutter, B. *Advancing the human rights and well-being of unaccompanied immigrant children: Research, practical and ethical considerations*. Workshop presented at the Race, Ethnicity, and Place conference, Miami, Florida, November 2008
- Aldarondo, E., Dulen, S., Ameen, E. & **Fernandez, M.C.** *Promoting the well-being of unaccompanied immigrant children through community based partnership*. Workshop presentation at the Boston College Diversity Challenge, Boston, Massachusetts, October 2008
- Aldarondo, E., Diem, J., Ameen, E., **Fernandez, M.C.**, Dulen, S., Weyler, A., Paula, T., Alfonso, V., & Villamar, J. *Using life narratives to understand and promote the well-being of unaccompanied immigrant children*. Poster presentation at the 116th Annual Convention of the American Psychological Association, Boston, Massachusetts, August 2008.
- Valenzuela, J., **Fernandez, M. C.**, Hsin, O., Moine, C., La Greca, A., & Delamater, A. *Psychometric Findings for a Spanish Translation of the Diabetes Self Management Profile (DSMP)*. Poster presentation at the National Conference in Child Health Psychology, Miami, Florida, April, 2008.
- Fernandez, M. C.**, Ameen, E., & Dulen, S. *Here on their own: The story of the unaccompanied immigrant child*. Workshop presentation at the National Student Campaign against Hunger and Homelessness, East Coast Conference, Miami, Florida, February, 2008.
- Valenzuela, J., **Castro, M.**, Moine, C., Sanchez, J., La Greca, A., Delamater, A. *Predicting Regimen Prescriptions for Youth with Type 1 Diabetes*. Poster presentation at 114th Annual American Psychological Association Conference, New Orleans, Louisiana, August 2006.
- Delamater, A., McCullough, J., **Castro, M.**, Sanders, L., Light, M., Piedimonte, G. *CD-ROM Intervention for Children with Asthma*. Poster presentation at the 27th Annual Society of Behavioral Medicine Conference, San Francisco, California, March 2006.
- Delamater, A., Rios, J., **Castro, M.** Sanchez, J. *Psychosocial and Behavioral Issues for Management of Type 2 Diabetes in Youth*. Poster presentation at the 66th Annual American Diabetes Association Scientific Sessions, Washington, DC, June, 2006.
- Delamater, A., Matheson, D., **Castro, M.**, Sanchez, J., & Nemery, R. *Concerns of Parents of Preschool-Age Children with Type 1 Diabetes*. Poster Presentation at the 31st Annual International Society for Pediatric and Adolescent Diabetes conference, Krakow, Poland, August, 2005.
- Delamater, A., McCullough, J., Valenzuela, J.M., **Castro, M.**, & Kramer, R. *Psychosocial adjustment of clinically referred obese children and adolescents*. Paper presentation at the 113th Annual American

Psychological Association Conference, Washington, DC, August, 2005.

Valenzuela, J.M., **Castro, M.**, Patiño, A.M., Ring, C., Sanchez, J., Eidson, M., Nemery, R., & Delamater, A.M. *Glycemic Control and Regimen Prescriptions in Minority Youths with Type 1 Diabetes*. Poster Presentation at the 25th Society of Behavioral Medicine Conference, Boston, Massachusetts, April, 2005.

-Abstract published in *Annals of Behavioral Medicine*, 29 (Supplement), S137

Castro, M., Patiño A.M., Delamater, A. *Relationship between obesity, diet, and high blood pressure among Hispanic children*. Poster presentation at the Society of Pediatric Psychology Conference, Charleston, South Carolina, March, 2005

PROFESSIONAL AFFILIATIONS

American Psychological Association

FUNDED GRANTS

Awarded June 2016

Community Impact Award \$10,000 funded by CureSearch for Children's Cancer

- Grant funds resources to enhance training and education to improve psychosocial cancer care.

Awarded December 2015

Mental Health Coordinator Award \$30,000 funded by Cystic Fibrosis (CF) Foundation

- Grant funded part-time psychologist in a Cystic Fibrosis clinic to implement annual screening and follow-up; coordinate evidence-based treatment for depression and anxiety; develop and maintain a referral network of community-based mental health practitioners; and, serve as an educator and liaison for mental health care in CF for the CF Center, hospital or institution, community practitioners, and payers.

AWARDS AND HONORS

Barbara Marks Research Scholarship, 2007, 2008, 2009 (total \$6000)

Carolyn Garwood Award for Service, 2010

TRAINING AND CERTIFICATION

Collaborative IRB Training Initiative (CITI)

Bilingual and Bicultural Counseling certificate

Crisis Prevention Training

COMMUNITY OUTREACH

January 2021- current

Practical Parenting workshops at local schools and parenting groups

- Childhood anxiety and disorders
- Children's digital well-being
- Parenting teens and tweens
- Parent self-care
- Child development, emotions, and behavior: When to seek help
- Supporting students: Be ready for back-to-school

January 2021-current

Practical parenting (kid edition!) workshops for youth (Girl Scouts troop, summer camps, etc.)

- Figuring out friendships
- Growing from mistakes
- When big feelings take over

- The mind-body connection: how to calm your body
- Tackling school stress

October 2020

Panelist on Community Townhall Webinar

- My kids are back at school: Now what?

April 2020

Invited speaker for Le Femme women's professional group

- Tapping into resiliency during the COVID-19 pandemic

August 2019

Invited speaker for faculty and staff at Our Lady of Lourdes Parish School

- Preventing burnout

June 2018

Invited speaker for parents at The Children's Exchange

- Taming Tantrums

June 2016

Nicklaus Children's Hospital Facebook Live

- Adolescent depression symptoms and treatment

March 2016-March 2017

Liaison for therapy room remodel

- Coordinated with Nicklaus Children's Hospital's Foundation and donors to remodel four therapy rooms at the Division of Psychology

October 2016

Invited speaker at Cancer Awareness Night at Our Lady of Lourdes Academy in Miami, Florida

- Psychosocial Impact of Pediatric Oncology

September 2016

Invited speaker at Sickle Cell Family Reunion in Miami, Florida

- Psychosocial Impact of Sickle Cell Disease

November 2015

Invited guest on reporter Beatriz Canales' web-series, Beatriz Blogs

- Attention Deficit Hyperactivity Disorder: Symptoms and Treatments

June 2008-January 2010

Director of Alternative Outreach. StandUp For Kids, Miami. FL.

- Developed and facilitated weekly life skills groups at a local shelter housing runaway and homeless youth.

LANGUAGES

Fluent in English and Spanish