

Abbi Gutierrez, PsyD
Abbigail.Gutierrez@childrenscolorado.org

EDUCATION

- 2023-2024** **Postdoctoral Psychology Fellow (APA-Accredited Post-Doctoral Fellowship)**
Children’s Hospital Colorado – Aurora, CO
Department of Psychiatry, Pediatric Mental Health Institute
Mike McMorris Cystic Fibrosis Center
- 2022-2023** **Psychology Resident (APA-Accredited Pre-doctoral Internship)**
Denver Health – Denver, CO
Department of Behavioral Health Services
- 2018-2023** **Doctor of Psychology, PsyD (APA-Accredited)**
Baylor University – Waco, TX
Department of Psychology and Neuroscience
Dissertation: *Siblings of Children with Chronic Illnesses: Validation of the Sibling Perception Questionnaire (SPQ)*
- 2018-2020** **Master of Science in Clinical Psychology (M.S.C.P.)**
Baylor University – Waco, TX
Department of Psychology and Neuroscience
- 2013-2017** **B.A. Psychology**
Rice University – Houston, TX
Majors: Psychology & Visual and Dramatic Arts (Photography)

CLINICAL EXPERIENCE

- 2024-Present** **Pediatric Psychologist, Special Care Clinic, Children’s Hospital Colorado**
- Provide psychological consultations and interventions during multidisciplinary outpatient clinic visits to children with multiple complex health diagnoses and/or developmental disabilities.
 - Provide supervision of fellows rotating through Special Care Clinic.
- Multicultural/ Diversity Considerations: Patients served stem from diverse cultural backgrounds (including refugee and immigrant populations). High levels of Autism and ID/DD. Patients experience challenging systemic factors such as familial history of complex trauma, parental mental health disorders, and multiple complex medical diagnoses.
- Pediatric Psychologist, Ehlers Danlos Syndrome Clinic, Children’s Hospital Colorado**
- Develop psychology service for patients with Ehlers Danlos Syndrome (EDS).
 - Provide health and behavior assessment and brief intervention during multidisciplinary outpatient clinic visits for youth with EDS.
- Multicultural/ Diversity Considerations: Patients served stem from diverse backgrounds. Patients with high prevalence of neurodiversity and LGBTQIA+ identities. Patients experience challenging systemic factors such as history of complex medical trauma, parental mental health disorders, and complex medical needs.
- 2023-2024** **Postdoctoral Psychology Fellow, Cystic Fibrosis, Children’s Hospital Colorado**
Supervisors: Emily Muther, PhD & Emma Lyons, PhD
- Provide health and behavior assessment and brief intervention during multidisciplinary outpatient clinic visits and inpatient admissions to children with CF and their families.
 - Provide Supervision of externs and interns rotating through the CF clinic.
 - Development of therapeutic group for siblings of children with CF. Evaluation and assessment of clinical outcomes of new clinical service.

- Multicultural/ Diversity Considerations: Patients served stem from White, Latinx, and other diverse backgrounds. Patients and family members also include members of the LGBTQIA+ community. Patients experience challenging systemic factors such as familial history of complex trauma, parental mental health disorders, and comorbid medical diagnoses.

2022-2023

Pre-doctoral Psychology Resident, Denver Health

Supervisors: Laura Jacobs, PsyD., Thom Dunn, PhD., Sarah Cleary, Ph.D.

- Rotations: Proactive Pediatric Psychology Consultation Liaison (PPPCL), Pediatric Emergency Department and Urgent Care Center (PEDUCC), and Family Oriented Resilience, Growth and Empowerment (FORGE) outpatient clinic.
- Provided psychotherapy for children 1-21 years old with the follow presentations: comorbid medical diagnosis, acute trauma, new diagnosis coping/support, anxiety, depression, gender dysphoria, chronic pain, insomnia, substance misuse, PTSD, C-PTSD, OCD, and SPMI.
- Administered individual and family therapy across outpatient and inpatient medical settings.
- Multicultural/ Diversity Considerations: Patients served stemmed from White, Latinx, Asian, Native, and Black backgrounds. Patients also included members of the LGBTQ+ community. Patients experienced challenging systemic factors such as familial history of complex trauma, parental incarceration, homelessness, parental mental health disorders, parental substance misuse, and comorbid medical diagnoses.

2022

Mental Health Professional, Camp Kesem

Organization Focus: Serves children whose parents have been affected by Cancer.

- Provided support to children affected by a parent's cancer.
- Oversaw the emotional needs of children and counselors throughout the week of camp. Trained counselors on how to implement skills needed to work with this population.

2018 – 2022

Graduate Student Clinician, Baylor Psychology Clinic

Supervisors: Christine Limbers, Ph.D., Alisha Wray, Ph.D., Keith Warren, Ph.D., Danielle Young, Psy.D., and Rod Hetzel, Ph.D.

- Provided individual, couples, and group therapy for children 8-18 years and adults 22-36 years who presented with a range of clinical presentations including: attention-deficit/hyperactivity disorder, oppositional defiant disorder, major depressive disorder, social anxiety disorder, generalized anxiety disorder, obsessive compulsive disorder, depressive disorders, and post-traumatic stress disorder.
- Multicultural/ Diversity Considerations: Patients served stemmed from White, Latinx, and Black backgrounds. Patients also included members of the LGBTQ+ community. Patients experienced challenging systemic factors such as familial history of complex trauma, maternal depression and PTSD, comorbid medical diagnoses, challenging school environments with peer victimization and low support, and poverty.

2020- 2021

Graduate Student Clinician, Baylor Speech and Hearing Clinic

Supervisor: Tamara Hodges, Ph.D.

- Provided psychotherapy and assessment for children ages 8-14 in a multidisciplinary clinic for children with speech/language/hearing difficulties.
- Patients presented with adjustment disorder, social anxiety disorder, depression, and oppositional defiant disorder.
- Multicultural/ Diversity Considerations: Patients served stemmed from White and Asian backgrounds. Patients experienced issues related to parental divorce, having a parent coming out later in life as gay, challenging school environments with peer victimization, and intellectual disabilities.

2019-2020

Graduate Student Clinician, Methodist Children's Home

Supervisor: Elise Pinney, Ph.D.

- Provided psychotherapy for children ages 8-18 at residential home and school for children with behavioral and emotional problems.
- Patients presented with attention-deficit/hyperactivity disorder, anxiety, depression, oppositional defiant disorder, conduct disorder, adjustment disorder, and post-traumatic stress disorder.

- Multicultural/ Diversity Considerations: Patients served stemmed from Black, Latinx, and White racial backgrounds. Patients experienced significant trauma exposure, parental substance use in-utero, exposure to dangerous criminal activities in early childhood, homelessness, significant parental medical diagnoses resulting in a housebound parent, comorbid medical diagnoses, poverty, peer victimization and low support, parental incarceration, familial substance use disorders, and past domestic violence.

2018-2019

Graduate Student Clinician, Talitha Koum, Mental Health Therapeutic Nurture Center
Supervisor: Keith Warren, Ph.D.

- Provided individual therapy to children ages 3-5 with anger, aggression, and interpersonal difficulties.
- Multicultural/ Diversity Considerations: Patients stemmed from Black backgrounds with significant trauma exposure, parental substance use in-utero, poverty, parental incarceration, familial substance use disorders, and past domestic violence.

ASSESSMENT EXPERIENCE

2018-2022

Graduate Student Assessment Clinician, Baylor Psychology Clinic

Supervisors: Regina Hiraoka, Ph.D., Alex Beaujean Ph.D., Sara Dolan, Ph.D.

Assessment Duties: Conducted full psychological assessments for children and adults with diverse presenting concerns including attentional difficulties, mood complexities, historical trauma, and social/communication deficits.

2020-2021

Graduate Student Assessment Clinician, Baylor Speech Language and Hearing Clinic

Primary Supervisor: Tamara Hodges, Ed.D.

- Assessment Duties: Provided assessment services primarily to children ages 5-18 and some adult patients. Assessments were conducted both in-person and adapted to a virtual format in light of the COVID-19 pandemic.
- Completed full psychological, learning and cognitive assessment batteries with integrative reports and feedback sessions with children and families.

2018-2019

Graduate Student Assessment Clinician, Baylor University, Diana R. Garland School of Social Work

Primary Supervisors: Christine Limbers, Ph.D. and Helen Harris, EdD.

Assessment Duties: Provided assessment services to generate brief integrated reports in a population of children ages 5 to 10 years for a research study that broadly aims to examine the clinical presentations of ADHD symptoms in young children with early childhood trauma exposure and systemic challenges.

RESEARCH POSITIONS & EXPERIENCE

2023-2024

Postdoctoral Fellow, Children's Hospital Colorado, Cystic Fibrosis Center

Mentors: Emily Muther, Ph.D. & Emma Lyons, Ph.D.

Research Duties: Develop clinical research project to support and evaluate clinical outcomes of a therapeutic group intervention for siblings of children with CF.

- Assess social/emotional/behavioral functioning of healthy siblings and the impact this has on the child with CF's physical health outcomes.
- Submitted CHCO IRB and developed clinical treatment manual.
- Assessing medical data to evaluate health equity in the CF clinic.

2018- 2023

Graduate Research Assistant, Baylor University, Department of Psychology and \ Neuroscience

Mentor: Christine Limbers, Ph.D.

Research Duties: Conducted research on children with chronic illnesses and their siblings and caregivers experiences.

- Managed multiple research studys, wrote manuscripts, assisted with submission processes, created research posters, trained undergraduate members of the lab, developed IRB proposals, executed extensive literature reviews, and recruited difficult to reach populations.

- 2019-2020** **Field Researcher, Pearson Assessments**
Supervisor: Sara Dolan, Ph.D.
Research Duties: Administered proposed versions of the Weschler Adult Intelligence Scale, 5th edition and Weschler Memory Scale, 5th edition to aid in collecting assessment norming data in a unique and diverse population.
- 2016-2017** **Research Assistant, Rice University, Department of Psychology**
Supervisor: Stephan Motowidlo, Ph.D.
Research Duties: Assisted with research on agreeableness and personality. Served as an actor-facilitator, created situation-response behaviors in subjects during a videotaped session, coded videotaped sessions, and assisted with the analysis and dissemination of findings.
- 2016** **Research Support Staff, OpenSTAX**
Research Duties: Worked in a cohesive team to input, code, and transform paper measures to assess the viability of OpenSTAX's main education project, which is to create effective and accessible education resources.
- 2014-2016** **Research Assistant, Rice University, Department of Psychology**
Supervisor: Anton Villado, Ph.D.
Research Duties: Assisted in conducting research on teamwork and team training with the goal to develop more effective communication strategies. Ran subjects through team training simulations, conducted pre and post assessments of team confidence, scored psychological measures, and coded data for later statistical management.
- 2015** **Research Coordinator, Community Youth Outreach**
Supervisor: Janet Kasper, LCSW
Research Duties: Assisted in conducting a research survey project of youth homelessness in Houston. Responsible for recruitment and training a team of volunteers to work as surveyors and support for the youth. Organized and compiled over a hundred responses into usable data.

FORMAL ORAL PRESENTATIONS

- Gutierrez A.** (September, 2024). Therapeutic Support Group for Siblings of Children with CF: SibSOAR (Siblings Supporting Others and Achieving Resilience). Symposium at the National Cystic Fibrosis Annual Conference (NACFC), Boston, MA.
- Gutierrez, A.** (March 2024). Medical Trauma: Understanding and Addressing Trauma Reactions in Patients and Families. Presented at Childrens Hospital of Colorado, Denver, CO.
- Gutierrez, A.** (February 2024). Managing Emotional, Behavioral, and Cognitive Changes after Pediatric Stroke. Presented at Childrens Hospital of Colorado, Denver, CO.
- Gutierrez, A.** (July 2023). Siblings of Children with Chronic Illnesses: Validation of the Sibling Perception Questionnaire (SPQ). Dissertation defense at Baylor University, Waco, TX.
- Gutierrez, A.** (May 2023). Psychological Assessment with Children in the Foster Care System. Presented at Denver Health, Denver, CO.
- Gutierrez, A.** (April 2023). Location of Self: Opening the Door to Dialogue on Intersectionality in the Therapy Process. Presented at Denver Health, Denver, CO.
- Gutierrez, A.** (August 2021). Siblings of Children with Chronic Illnesses: Validation of the Sibling Perception Questionnaire (SPQ). Dissertation proposal presented at Baylor University, Waco, TX.
- Gutierrez, A.** (February 2020). The patient-centered medical home: Mental health and parenting stress in mothers of children with Autism Spectrum Disorder. Presented at Baylor University, Waco, TX.

Gutierrez, A., & Zimmermann, J. (April 2019). Coping Cat: A Manualized Treatment for Anxiety in Children: A Case Example for Group Therapy. Presented at Baylor University, Waco, TX.

PEER-REVIEWED PUBLICATIONS

Gutierrez, A. & Limbers, C. A. (2024). Validation of the Sibling Perception Questionnaire in Healthy Siblings of Children with Chronic Illnesses. *Journal of Health Psychology*, 13591053241235095. Advance online publication. <https://doi.org/10.1177/13591053241235095>

Gutierrez, A., Horan, M., & Limbers, C. A. (2023). A systematic review of the psychometric properties of the sibling perception questionnaire. *Clinical child psychology and psychiatry*, 28(3), 1192–1216. <https://doi.org/10.1177/13591045231157141>

Limbers, C. A., **Gutierrez, A., & Cohen, L. A.** (2020). The Patient-Centered Medical Home: Mental Health and Parenting Stress in Mothers of Children with Autism. *Journal of primary care & community health*, 11, 2150132720936067. <https://doi.org/10.1177/2150132720936067>

ABSTRACTS & PRESENTATIONS AT NATIONAL CONFERENCES

Gutierrez A, Lyons, E., Muther E. (2024, September). *Therapeutic Support Group for Siblings of Children with CF: SibSOAR (Siblings Supporting Others and Achieving Resilience)*. [Poster presentation]. National Cystic Fibrosis Annual Conference (NACFC), Boston, MA.

Gutierrez, A, Lyons, E., Muther E. (2024, April). *A Review of Mental Health Support for Children Living with Cystic Fibrosis: A Comparison between English and Spanish-speaking Families* [Poster presentation]. Society of Pediatric Psychology Annual Conference (SPPAC), New Orleans, LA.

Gutierrez, A. (2022, April). *A Systematic Review of the Psychometric Properties of the Sibling Perception Questionnaire (SPQ)* [Abstract presentation]. Society of Pediatric Psychology Annual Conference (SPPAC), Phoenix, AZ.

Gutierrez, A., Cohen, A., Limbers, C. (2020, April). *The Patient-Centered Medical Home: Mental Health and Parenting Stress in Mothers of Children with Autism* [Poster presentation]. Society of Pediatric Psychology Annual Conference (SPPAC), Dallas, TX.

Cohen, A., **Gutierrez, A., Limbers, C.** (2019, April). *Patient Centered Medical Home Care and Mental Healthcare Services Use Among Families of Children with Seizure Disorders* [Poster presentation]. Society of Pediatric Psychology Annual Conference (SPPAC), New Orleans, LA.

TEACHING EXPERIENCE & LEADERSHIP

2022-2023 **Medical Seminar Teaching Series**, Denver Health, Pediatric Medical Unit
Duties: Taught medical interns, residents and attendings about topics related to psychology in the pediatric medical unit. Topics included assessing acute stress/ PTSD in children and families, parent mental health impacts, motivational interviewing, and sleep hygiene.

Spring 2022 **Assistant Teacher**, Baylor University, Department of Psychology & Neuroscience
Spring 2020 Course Title: Community Internship in Psychology
Faculty Instructor: Stacy Ryan-Pettes, Ph.D.
Duties: Instructed a once-a-week class to undergraduate students teaching skills about working in community placements and exploring a future career in the field of psychology.

Fall 2021 **Teaching Assistant**, Baylor University, Department of Psychology & Neuroscience
Course Title: Child Assessment
Faculty Instructor: Christine Limbers, Ph.D.
Duties: Instructed a supplemental lab twice/week to graduate students teaching skills related to administering, scoring and interpreting assessments for children and adolescent patients.

2020 – 2021	Governance Committee , Baylor University <u>Duties:</u> Represented cohort interests and concerns in monthly meetings with faculty and administration.
Fall 2019	Teaching Assistant , Baylor University, Department of Psychology & Neuroscience <u>Course Title:</u> Cognitive Behavioral Therapy <u>Faculty Instructor:</u> Gary Elkins, Ph.D. <u>Duties:</u> Instructed a supplemental lab twice/week to graduate students teaching skills related to the implementation of CBT.
2017 – Present	Child Resource Committee , Baylor University <u>Duties:</u> Organized child play therapy rooms, ordered new materials as needed, facilitated conversations about needs of child patients seen in the Baylor Psychology Clinic.
2017 – 2019	Admissions Committee , Baylor University <u>Duties:</u> Assisted in organizing and facilitating admissions process and interview activities.

AWARDS

2019	Graduate School Conference Travel Award , Baylor University Financial award for students traveling to a professional convention to present research
2018-Present	Graduate School Fellowship , Baylor University Financial fellowship awarded to top 4 - 5% of applicants.
2017	President's Honor Roll , Rice University The top 30 percent of all undergraduates receive this academic recognition

PROFESSIONAL DEVELOPMENT

2024	Circle of Security Parenting (COSP) Training, Children's Hospital of Colorado <u>Number of Hours:</u> 10
2022	Alternative for Families CBT (AF-CBT) Training, Denver Health Instructors/ Supervisors: Sarah Cleary Ph.D., Monica Fitzgerald <u>Number of Hours:</u> 20
2021	Gottman Couples Therapy Level 1 Training: Bridging the Couple Chasm, Baylor University Instructor: Rod Hetzel, Ph.D. <u>Number of Hours:</u> 11 <ul style="list-style-type: none"> Participated in training for Level 1 on the use of the Gottman Method for couple's therapy.
2021	Decolonizing Psychology Training Conference, Columbia University Instructors: Carol Falender, Ph.D., Celeste Malone, Ph.D., Amanda Sullivan, Ph.D., Jasmine Mena, Ph.D. <u>Number of Hours:</u> 8 <ul style="list-style-type: none"> Participated in full-day conference centered on providing resources to critically examine and decolonize their curricular, research, supervision, and mentorship practices.
2020	Complicated Grief Therapy, Baylor University Instructor: Sam Synett, LCSW <u>Number of Hours:</u> 3 <ul style="list-style-type: none"> Participated in workshop centered on understanding complicated grief/ Persistent Complex Bereavement Disorder.
2019	Listening Well: The Art of Empathetic Understanding, Baylor University Instructor: Bill Miller, Ph.D. <u>Number of Hours:</u> 6

- Participated in a workshop centered on employing accurate empathy and using motivational interviewing techniques.

2019

Acceptance and Commitment Therapy (ACT) with Children and Families, Baylor University

Instructor: Amy Murrell, Ph.D.

Number of Hours: 4

- Participated in a workshop exploring the theory and methods behind utilizing ACT with children and families.

2018

What's the Big Deal? Understanding the Cultural Appropriation, Racism, Prejudice, and Microaggressions, Baylor Psychology Clinic

Instructor: Ann Louis Lockhart, Psy.D., ABPP

Number of Hours: 3

- Participated in a workshop examining multicultural aspects and issues in the field of Psychology.

REFERENCES

Dr. Emily Muther, Ph.D

Children's Hospital Colorado
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Dr. Emma Lyons, Ph.D.

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