

Alexandra M. Alfonso, Psy.D

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Education

- B.A. Psychology, Florida International University, Miami, FL, 2008
- M.S. Behavior Analysis, Florida International University, Miami, FL, 2011
- Psy.D. School Psychology, Nova Southeastern University, Fort. Lauderdale, FL 2017
- Clinical Internship in Infant Mental Health, APA Accredited, Institute for Child and Family Health, Miami, FL, August 2016- August 2017
- Harris Postdoctoral Fellowship in Early Childhood and Infant Mental Health, University of Colorado School of Medicine, Aurora, CO, September 2017- August 2018

Academic Appointments

- Senior Instruction, University of Colorado School of Medicine, Department of Psychiatry, Aurora, CO, December 2018- Present

Honors and Awards

- Psi Chi, National Honor Society of Psychology, 2008- 2017
- 17th Annual Student Life Achievement Awards, Nova Southeastern University, College of Psychology, 2015
- Faye Henderson Leadership Award for Minority Students Nominee, Florida Association for School Psychology, 2016
- President's Faculty Research and Development Grant Winner, Nova Southeastern University, College of Psychology, 2016
- Mental Health Center of Denver 'Way to Go' Appreciation Award, 2018

Affiliations and Professional Qualifications

- Infant and Toddler Developmental Specialist Certification, Children's Medical Services, 2011
- Disaster Mental Health Certification, American Red Cross, 2012
- BLS for Health Care Providers- American Heart Association CPR Certification, 2015-Present
- Certified bilingual provider at Children's Hospital Colorado, 2017-Present
- Speak Up for Kids Day at the Capitol, attendee, 2018
- Colorado Association for Infant Mental Health, member, 2018-Present
- Zero to Three, member, 2018- Present

Committee and Service Responsibilities

- Colorado Foundations Spanish-speaking Master Trainer for the Colorado Association for Infant Mental Health, 2019
- Certified Lactation Education Course, *Completion of 20-hour course*
- DC:0-5 Provisional Trainer Certificate, Zero to Three, 2019

Licensure and board certification

- Licensed Clinical Psychologist, Colorado, 2018 (PSY.0004929)

Teaching

Bedside Teaching:

- Integrated behavioral health bedside teaching with medical trainees, and psychology postdoctoral fellows at a pediatric practice, Aurora, CO, October 2018-Present.
- Integrated behavioral health bedside teaching with medical providers and prenatal/child wellness group facilitators at a family medicine practice, Denver, CO, October 2018-Present.

Psychology Externs and Postdoctoral Fellows:

- Clinical supervision of psychology extern, Healthy Expectations, October 2017 - June 2018.
- Clinical supervision of psychology intern, Healthy Expectations, June 2018 - August 2018.
- “Introduction to Infant Mental Health.” Guest lecture delivered to ~25 University of Denver, School Psychology graduate students, Denver, CO Fall 2018.

Medical residents and students:

- “Introduction to Healthy Steps.” 1/hour monthly lecture delivered to 4-6 medical trainees of Children’s Colorado Hospital, December 2018- Present

Early Childhood Professionals

- “Learn the Signs Act Early.” 1.5 hour training provided to Spanish speaking daycare workers at 6 sites on the early signs of Developmental Delay and how to refer families to Early Intervention services. Presentation on behalf of the University of Miami Autism and Disabilities Monitoring Network, 2008- 2010
- “Curriculum-based Literacy Assessments and Data Drive Decision-making.” Training ~70 Summer Reading Explorers program volunteers on tiered literacy intervention protocol and data-driven decision making. Training on behalf of Nova Southeastern University, 2015
- “Quieting the Monkey Mind.” ~30 high school students. Presentation given on behalf of Nova Southeastern University, Fort. Lauderdale, FL, 2015
- “Mindfulness for Head Start/Early Head Start Teachers.” Presentation for ~12 teachers. Presentation given on behalf of the Community Action and Human Services Department, Miami, FL, 2016
- 4-week (6 hours) “School Readiness Workshop.” Training for early childhood teachers at Head Start/ Early Head Start centers, on behalf of the Community Action and Human Services Department, Miami, FL, 2016

Community Trainings:

- 6-week (12 hours) *Couples Communication Workshop*. For 5 parents of Head Start/ Early Head Start students, on behalf of the Community Action and Human Services Department, Miami, FL, 2015
- 6-week (12 hours) *Parenting 101*. For 10-16 Adolescent parents participating in Greater Miami Services program, Miami, FL
- “Impacts of Domestic Violence on Children”. Presentation for 15 residents of Safe-Space North, domestic violence shelter, on behalf of the Community Action and Human Services Department, Miami, FL, 2015
- “The Parent-Child Relationship”. Presentation for 13 residents of Safe-Space North, domestic violence shelter, on behalf of the Community Action and Human Services Department, Miami, FL, 2016
- “Toxic Stress and Long-Term Impacts.” Presentation for 13 residents of Safe-Space North, domestic violence shelter, on behalf of the Community Action and Human Services Department, Miami, FL, 2016
- 2-day (16 hours) Colorado Foundations of Infant and Early Childhood Mental Health (Colorado Foundations). Training for Early Childhood Professionals and Partners, on behalf of the Colorado Association for Infant Mental Health.

Undergraduate:

- Teaching Assistant, Research Methods, Nova Southeastern University, Fort, Lauderdale, FL, Spring 2016
- “Battelle Developmental Inventory- 2nd Edition: Administration, Scoring, and Interpretation.” (2017). Training for 6 doctoral interns, on behalf of The Community Action Human Services Department, Miami, FL
- Promoting Positive Behaviors in Preschoolers. (2017). Training for 6 doctoral interns, on behalf of The Community Action Human Services Department, Miami, FL

Bibliography

Peer-Reviewed Papers:

1. Waxmonsky, J. G., Wachbusch, D. A., Babinski, D. E., Humphrey, H. H., **Alfonso, A.**, Crum, K., Bernstein, M., Slavec, J., Augustus, J. N., Pelham, W. E. (2014). Does pharmacological treatment of ADHD in adults enhance parenting performance? Results of a double-blind randomized trial. *CNS Drugs*;28(7):665-77.
2. Babinski D. E., Waxmonsky J. G., Waschbusch D. A., Humphrey H, **Alfonso A.**, Crum K I., Pelham, W. E. (2014). A Pilot Study of Stimulant Medication for Adults with Attention-Deficit/Hyperactivity Disorder (ADHD) Who Are Parents of Adolescents with ADHD: The Acute Effects of Stimulant Medication on Observed Parent-Adolescent Interactions. *Journal of Child and Adolescent Psychopharmacology*;24(10):582-85.
3. Serrano, V., Hasbrouck, S., **Alfonso, A.**, Ashby, B., Paul, J., & Buchholz, M. (2018). Focusing on fathers: Recognizing the role of paternal mental health in family well-being during the postpartum period. *Zero to Three Journal*;38(6). 13-20.

Conference Proceedings:

1. Española, E., Gutierrez, A., **Alfonso, A.**, Hale, M., Durocher, J., & Alessandri, M. (2011, September). *A Comparison of Parent Report and Parent Delivery of Social Consequences*. Poster at the annual meeting of the Florida Association for Behavior Analysis, Daytona, FL. Maharaj, A., Gutierrez, A., **Alfonso, A.**, Española, E., Hale, M., & Caceres, W. (2011, September). *A Comparison of three methods to assess social reinforcers for children with ASD*. Symposium at the annual meeting of the Florida Association for Behavior Analysis, Daytona, FL.
2. **Alfonso, A.**, Gutierrez, A., Española, E., Hale, M., Durocher, J., & Alessandri, M. (2011, September). *Validation of Preferred Social Consequences in Preschool Aged Children with ASD*. Symposium at the annual meeting of the Florida Association for Behavior Analysis, Daytona, FL.
3. **Alfonso, A.**, Mikhail, S., Waguespack, A., & Gardini, D. H (2013, February). *Treatment integrity of out-of-school time literacy interventions*. Paper Presentation at the annual meeting of the National Association of School Psychologists, Washington, DC.
4. **Alfonso, A.**, Fletcher, J., Solomon, M., & Waguespack, A. (2013, October). *Promoting school readiness: A review of the literature*. Paper Presentation at the annual meeting of the Florida Association of School Psychologists, Orlando, FL.
5. **Alfonso, A.** (2013, October). *School improvement plans: Where do we fit in?* Paper Presentation at the annual meeting of the Florida Association of School Psychologists, Orlando, FL.
6. Cash, R. E., & **Alfonso, A.** (2014, October). *Counseling and psychotherapy in schools: The evidence and the practicality*. Presentation at the annual meeting of the Florida Association of School Psychologists, Sarasota, FL.
7. Pryce, J., **Alfonso, A.**, Gardini, D, Driscoll, J., Mikhail, S. (2014, October). *Building resiliency in high school students*. Paper Presentation at the annual meeting of the Florida Association of School Psychologists, Sarasota, FL.
8. **Alfonso, A.** (2014, April). *Mindful teaching*. Paper Presentation at the annual Head Start conference, Miami, FL.

9. Dari, K., **Alfonso, A.**, Konvier, M. (2015, October). *Early home literacy environment: Importance, barriers, and programs for reading achievement*. Presentation at the annual meeting of the Florida Association of School Psychologists, Orlando, FL.
10. Fraser, M., **Alfonso, A.**, Konvier, M. (2015, October). *Class-wide socio-emotional curriculum in early childhood: Need, availability, and barriers*. Presentation at the annual meeting of the Florida Association of School Psychologists, Orlando, FL.
11. **Alfonso, A.** (2015). *Promoting Positive Behaviors in Pre-School Aged Children*. Presentation at the Head Start Annual Conference, Miami, FL.
12. **Alfonso, A.** (2015, March). *Treatment integrity: A predictor of academic success in summer programs*. Presentation at the annual meeting of the National Association of School Psychologists, Orlando, FL.
13. **Alfonso, A.**, Mikhail, S., Waguespack, A., & Gardini, D. H. (2016, October). *Multi-tiered system of supports and program evaluation during the summer*. Presentation at the annual meeting of National Association of School Psychologists, New Orleans, LA.
14. **Alfonso, A.** and Carrion, K. (2017, March). *Mindfulness in Schools*. Presentation at the Dade County Student Services Mini- Conference, Miami, FL.
15. **Alfonso, A.**, Stainback-Tracy, K., Paul, J. (2018, April). *Mommies Babies and Moods Oh My!* Paper presented at the 2018 Parent Possible Home Visiting Conference; Westminster, Colorado.
16. **Alfonso, A.**, Piccard, M. (2018, September). *Somos Unidos: Enhancing Protective Factors in Latinas Through a Dyadic Prevention Group*. Strengthening Families Annual Conference, Denver, CO
17. **Alfonso, A.**, Stainback-Tracy, K., Paul, J. (2018, September). *Healthy Moms, Healthy Babies*. Paper presented at the 2018 Strengthening Families Annual Conference; Vail, Colorado.
18. **Alfonso, A.**, and Piccard, M. (2018, October). *Somos Unidos: a Dyadic Prevention Group for Latinas*. Poster session presented at the Zero to Three 2018 Annual Conference; Denver, CO.
19. **Alfonso, A.** (2019, April). *Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood (DC:0-5): An Overview for Home Visitors*. Paper presentation at the 2019 Parent Possible Home Visiting Conference; Westminster, Colorado.

Webinars:

1. **Alfonso, A.** and Carrion, K. (2016, October) *Mindful Schools*. Webinar for Miami-Dade County Public Schools Student Support Staff, Miami, FL.
2. **Alfonso, A.**, and Stainback-Tracy K. (2018, March). *The Home Visitor's Guide to Caregiver Depression Screening: The What, How, and Then What?* Webinar for Home Visitors in the Parent Possible program; Denver, Colorado.

Translation:

- Assisted in Spanish translation of a 3-part Lecture Doodle video series on topics relevant to infant mental health, brain building, and promoting resiliency, 2018.
- Assisted in Spanish translation of Vroom brain building tips for parents that are showcased around the Child Health Clinic, 2019.

Clinical Work

- School Psychology Extern, Fienberg Fisher K-8 Center, August 2012- December 2012
- Early Childhood Mental Health Consultant, Mailman Segal Center for Human Development, Fort. Lauderdale, FL, January 2013- April 2013
- School Psychology Extern, NSU University School, August 2013- December 2014
- School Psychology Extern, Aventura Waterway K-8 Center and Morningside Elementary School, January 2014- April 2014

- Assessment Specialist, School-related Psychological Assessments and Clinical Interventions (SPACI), May 2014- May 2015
- Early Childhood Mental Health Consultant, Head Start/ Early Head Start, Miami, FL, August 2014-May 2015
- Early Childhood Mental Health Clinician, Head Start/ Early Head Start, Miami, FL, August 2014-May 2015
- School Psychology Intern, NSU University School, August 2015- May 2016
- Adult Outpatient Mental Health Clinician for survivors of domestic violence and human trafficking, Coordinated Victims Assistance Center, Miami, FL August 2015- May 2016
- TF-CBT group facilitator for preschool age (3-5) and school-age (6-12) child survivors of domestic violence, Coordinated Victims Assistance Center, Miami, FL August 2015- May 2016
- Early Childhood Outpatient Mental Health Clinical Intern, Institute for Child and Family Health, Miami, FL, August 2016- August 2017
- Postdoctoral Psychology Fellow, Harris Program in Early Childhood and Infant Mental Health, Rotations in Pregnancy-Related Mood Disorders, Early Childhood Outpatient Mental Health, and Integrated Pediatric Primary Care, Aurora, CO, September 2017 – August 2018
- Healthy Steps Specialist for Clinical Psychologist, Children’s Hospital Colorado Child Health Clinic, Aurora, CO, November 2018- Present
- Early Childhood Behavioral Health Clinician, Montbello Family Health Center, Denver, CO, November 2018- Present