

Maria Milo, Psy.D.

2620 Kessler Boulevard East Drive, Suite 235, Indianapolis, IN (317) 762-8084

Education

School of Psychological Sciences, University of Indianapolis

Indianapolis, IN 2012 – 2018

- Doctorate in Clinical Psychology (Psy.D.)
- Fully accredited by the American Psychological Association (APA)

School of Psychological Sciences, University of Indianapolis

Indianapolis, IN 2012 – 2015

- Masters of Arts in Clinical Psychology (M.A.)

School of Psychological Sciences, University of Indianapolis

Indianapolis, IN 2006 – 2010

- Bachelors of Arts
- Graduated Summa Cum Laude
- 1st Major: Psychology / 2nd Major: Corrections

Saint Michael's College

Colchester, VT Jun – Jul 2008

- Diploma in Teaching English as a Foreign Language (TEFL)

Hellenic-American Union

Athens, Greece 2007 – 2008

- Advanced Diploma in Teaching English to Speakers of Other Language (TESOL)
- Accredited by the Commission on English Language Program Accreditation (CEA)

Clinical and Research Interests

- Minority Mental Health
- Religious Coping
- Personality Disorders
- Identity Development
- Individual, Couples, and Group Therapy
- Assessment

**Supervised Clinical
Experience**

Continuum: Mental Health and Wellness, LLC

Indianapolis, IN 2018 – Present

Private Practice

Post-Doctoral Fellow

Clinical Supervisor: Jason Hankee, Psy.D., HSPP

- Provide individual, group, couples, and family psychotherapy to individuals across the life span
- Conduct psychological assessments with children, adolescents, and adults to aid in differential diagnosis, case conceptualization, and treatment planning

Southern Louisiana Internship Consortium

Baton Rouge, LA 2017 – 2018

LSU Outpatient Mental Health Services

Pre-Doctoral Psychology Intern

Clinical Supervisors: Melinda Le, Ph.D., HSPP

David Hayes, Ph.D., HSPP

Tiffany McCaughey, Ph.D., HSPP

- Conducted individual psychotherapy for graduate and undergraduate college students (domestic and international) with presenting concerns including depression, anxiety, bipolar disorders, psychotic symptoms, personality features, trauma, and attachment
- Co-facilitated an interpersonal process group with graduate students (domestic and international) with concerns related to social anxiety, depression, adjustment issues, and grief
- Engaged in risk assessment with undergraduate and graduate students who present in crisis during walk-in hours

Southern Louisiana Internship Consortium

Jackson, LA 2017-2018

Eastern Feliciana Mental Health System

Pre-Doctoral Psychology Intern

Clinical Supervisors: Laura Brown, Ph.D., HSPP

Thomandra Sam, Ph.D., HSPP

- Led competency restoration groups for forensic patients with severe mental illness
- Conducted brief individual therapy with SMI forensic patients
- Performed psychological assessments with forensic patients
- Conducted malingering assessments with forensic patients

Major Psychology Services (affiliated with Major Hospital)

Shelbyville, IN 2016 – 2017

Outpatient Mental Health Clinic

Advanced Doctoral Practicum Student

Clinical Supervisor: Ashleigh Woods, Psy.D., HSPP

- Conducted individual psychotherapy for adolescents and adults as well as play therapy for children (ages 3-10) of rural status from diverse socio-economic backgrounds with presenting concerns including autism, ADHD, externalizing behaviors, depression, anxiety, psychotic symptoms, substance use, personality features, trauma, and attachment
- Provided parent support, psycho-education, and parenting skills training in parent-only sessions, in support of ongoing child-only sessions
- Developed integrative psychological reports with thorough conceptualization, diagnostic impressions, and specific recommendations

Adult and Child Community Mental Health Center

Indianapolis, IN 2015 – 2016

Community Mental Health Center

Doctoral Practicum Student

Clinical Supervisors: Jamie Osgatharp Brandt, Psy.D., HSPP

Jessica Bissey, Psy.D., HSPP, IMH-E® (IV)

- Conducted comprehensive psychological evaluations for children and adolescents
- Conducted Clinical Interview and Assessments (CIAs) for children, adolescents, and adults referred by the Department of Child Services (DCS)
- Conducted individual psychotherapy with adult clients presenting with moderate to severe psychopathology such as chronic trauma, chronic depression, and psychosis

Meridian Psychological Associates

Indianapolis, IN 2015 – 2016

Private Practice

Psychometrician Assistant

School Supervisors: Elizabeth Hahn, Psy.D., HSPP

Susan Galford, Ph.D., HSPP

- Administered, scored, and interpreted a number of cognitive, adaptive, and achievement assessments [e.g., Wechsler Preschool and Primary Scale of Intelligence (WPPSI-III), Wechsler Intelligence Scale for Children (WISC-V), Wechsler Adult Intelligence Scale (WAIS-IV), and Wechsler Individual Achievement Test (WIAT-III)]

Indiana State University Student Counseling Center

Terre Haute, IN 2014 – 2015

College Counseling Center

Doctoral Practicum Student

Clinical Supervisor: Christine Love, Ph.D., HSPP

Kenneth Chew, Jr., Psy.D., HSPP

- Conducted psycho-diagnostic interviews and individual psychotherapy to undergraduate and graduate students (ages 18-35) with varieties of presenting concerns, socio-economic statuses, ethnic backgrounds, and sexual orientations
- Administered, scored, and interpreted cognitive measures (e.g., WAIS-IV,

WIAT-III) to undergraduate students with presenting concerns of ADHD and Learning Disabilities

- Co-delivered alcohol and marijuana educational groups
- Served as a liaison with the Center for Global Engagement and planned outreach activities (e.g., coffee hours) to increase international students' awareness of the services provided at the student counseling center

Teaching Experience

Ivy Tech Community College

Indianapolis, IN 2015 – 2017

Adjunct Instructor

- Instructed Introduction to Psychology (PSYC-101) to undergraduate students varying in age (18-60), socio-economic statuses, and ethnic backgrounds
 - Fall 2015 and Spring 2016 – Instructed one PSYC-101 section respectively
 - Fall 2016 – Instructed three PSYC-101 sections
 - Spring 2017 – Instructed two PSYC-101 sections and one Developmental Psychology (PSYC-201) section

University Heights United Methodist Church Children Center

Indianapolis, IN 2011 – 2012

Assistant Teacher

- Collaborated with physical, occupational, and speech therapists on the in-class progress of a student on the autism spectrum
- Actively monitored students' classroom behavior and produced daily logs on all students' progress

Montessori Garden Academy

Indianapolis, IN 2010 – 2011

Assistant Teacher

- Received training on and applied Montessori teaching and philosophy
- Established a professional, yet cordial relationship with parents and engaged in parenting skills training

Work Experience

Language Training Center (LTC)

Indianapolis, IN 2012 – 2017

Interpreter

- Worked closely with first generation immigrants and other patients from a diverse socioeconomic and educational background in medical settings
- Collaborated with health care professionals to accurately convey important medical information to the patients
- Communicated with host families to facilitate the cultural adjustment of patients who travelled to the U.S.A for medical purposes

Community Programs Center, University of Indianapolis

Indianapolis, IN 2009 – 2010

Office Assistant

Supervisor: Marianna K. Foulkrod, M.A.

- Performed office duties, including, filing, organizing, and management of confidential data
- Facilitated students in seeking and matching with volunteer/service placements
- Communicated with partners to launch new volunteer opportunities and update existing ones
- Promoted volunteer opportunities to students by creating marketing materials
- Coordinated and implemented campus wide events to promote education for service

Marion County Juvenile Probation Department

Indianapolis, IN Spring 2010

Juvenile Probation Officer (P.O.) Intern (220 hours)

- Performed social investigations and evaluations of juvenile offenders
- Conducted interviews with the juvenile offenders, relatives, and members of other social programs
- Acted as advisor, supervisor, and counselor in accordance with court directives

**Research
Experience**

Doctoral Dissertation Research

Title: *A Consensual Qualitative Study of Religious Coping, Stress, and Quality of Life among Saudi Arabian, Muslim Undergraduate Students in the U.S.A.*

Chairperson: Nicole Taylor, Ph.D., HSPP

Defense Passed: March 2018

Research Assistant

Feb 2016 – Present

Richard L. Roudebush VAMC in collaboration with IUPUI

Lead Investigator: Vincent Starnino, Ph.D., LCSW

Title: *Spiritual Wounding among Veterans who have experienced Combat-Related Trauma: How does Participation in an 8-Week Spirituality-Related PTSD Intervention Help?*

Research Assistant

May 2016

University of Indianapolis

Lead Investigators: Mixalis Poulakis, Psy.D., & Renita Sengupta, Psy.D.

Title: *Lesbian Women's Attitudes Regarding Sexuality: A Qualitative Examination*

Research Assistant

May 2016

University of Indianapolis

Lead Investigators: Mixalis Poulakis, Psy.D., & Nidaa Shaikh, Psy.D.

Title: *Factors Contributing to Marital Satisfaction in South Asian Americans: A Qualitative Study*

Research Assistant

Apr 2015

University of Indianapolis

Lead Investigators: Mixalis Poulakis, Psy.D., & Kai Shin Chu, Psy.D.

Title: *Chinese Parenting: A Qualitative Study of the Culture-Specific Training*

Research Assistant

May 2014 – Dec 2015

Richard L. Roudebush VAMC

Lead Investigator: Paul H. Lysaker, Ph.D.

Title: *Randomized Controlled Trial of Treatment for Internalized Stigma in Schizophrenia*

Research Assistant

Mar 2014

University of Indianapolis

Lead Investigators: Mixalis Poulakis, Psy.D., & Emily Dubosh, Psy.D.

Title: *Policing in the Terror Decade: Understanding Law Enforcement's Attitudes Toward Muslim Americans*

Research Assistant

Feb 2014 – Jul 2015

University of Indianapolis

Lead Investigator: Katherine Little Kivisto, Ph.D., HSPP

Title: *Attitudes, Behaviors, & Emotion Regulation in College Students, a study that is exploring the complexities of emotion regulation in a late adolescent/emerging adult population*

Conference Presentations

Poulakis, M., **Milo, M.**, Songer, M. (2016, August). *Greece's Refugee Crisis in the Midst of the Economical and Political Unrest*. Poster presented at the 124th Annual Convention of the American Psychological Association, Denver, Colorado, U.S.A.

Milo, M., & Poulakis, M. (2015, October). *Are you a Greek or a Barbarian?* Oral presentation delivered at the 15th Annual Diversity Challenge: Race, Culture, and Social Justice of the Boston College, Boston, Massachusetts.

Poulakis, M., Menediatou, A., Sengupta, R., Kazi, N., **Milo, M.**, & Carter, E. (2015, August). *A modern tragedy: The continued impact of the financial recession on Greek mental health*. Poster presented at the 123rd Annual Convention of the American Psychological Association, Toronto, Ontario.

Poulakis, M., Menediatou, A., Kazi, N., Sengupta, R., Carter, E., & **Milo, M.** (2015, August). *The sad state of psychiatric hospitals in Greece*. Poster presented at the 123rd Annual Convention of the American Psychological Association, Toronto, Ontario.

Service Activities

Emergency Medical Services

Indianapolis, IN 2015 – May 2017

Trainer

- Trained EMS personnel about mental health disorders and how they may impact service calls during training academy
- Took part in role playing scenarios in order to provide feedback based upon trainees' behavior

Southeast Community Services Center

Indianapolis, IN Jan 2016 – Jun 2016

Volunteer, Youth Center

- Provide after-school services to elementary school children
- Plan and implement educational activities

International Symposium on Service Learning

University of Indianapolis

Indianapolis, IN May 2015

Volunteer

- Implemented registration and orientation of attendees to the university's facilities
- Assisted in the creation of a detailed photograph album
- Attended workshops

College Mentors for Kids

University of Indianapolis Chapter 2009 – 2010

Mentor

- Provided mentor services to elementary school children of diverse backgrounds
- Performed weekly educational and interactive activities that aimed to educate children about higher education
- Received training on the regulations and laws of Indiana's public education system
- Worked with students who differ in socioeconomic status and ethnic background

Peer Exchange Program

Indianapolis, IN 2009 – 2010

Mentor

- Provided one-on-one mentoring for a student diagnosed with Autism Spectrum Disorder (formerly Asperger's)
- Delivered social skills training to the student, focusing on voice regulation, turn-taking, and other pragmatic communication skills

Organization of Therapeutic Riding

Athens, Greece 2008 – 2009

Volunteer

- Assisted children and young adults with physical/intellectual disabilities with a range of severity, in their participation to therapeutic activities
- Participated in training workshops to familiarize self with the therapeutic orientation practiced in the facility
- Played a pivotal role in attending to the care of the therapy horses

Awards and Honors

University of Indianapolis

Indianapolis, IN May 2010

Marvin Henricks Award 2010 for Outstanding Student in Criminal Justice

University of Indianapolis

Indianapolis, IN May 2010

Marvin Henricks Award 2010 for Outstanding Student in Social Science

University of Indianapolis

Indianapolis, IN Aug 2009

Academic Scholarship

- Received a 45% tuition remission scholarship awarded for academic excellence

Professional Training Experience

Christian Theological Seminary Counseling Center

Indianapolis, IN Feb 2016 – Mar 2016

Dream Work Group

Facilitator: Felicity Kelcourse, Ph.D., LMHC

University of Indianapolis Annual CE Workshop

Indianapolis, IN Nov 2015

Working with LGBT Individuals in a Pediatric Multidisciplinary Setting

Speakers: Charla Weiss, Ph.D., Kirsten Simonton, M.D., Lee Ann Conard, DO, RPh, MPH and Sarah Painer, MS, LISW.

International Psychotherapy Institute Indianapolis Chapter CE Workshop

Indianapolis, IN Nov 2014

Individuality from Ten Psychoanalytic Angles of Vision: Implications for Psychotherapy

Speaker: Nancy McWilliams, Ph.D.

University of Indianapolis Annual CE Workshop

Indianapolis, IN Jan 2014

Understanding the DSM-5: Problems and Prospects in the Process of Diagnostic Revisions

Speaker: Greg J. Neimeyer, Ph.D.

University of Indianapolis Annual CE Workshop

Indianapolis, IN Apr 2013

Because Your Mind Has a Brain of Its Own: The Relevance of Neuroscience for Psychodynamic Theory and Practice

Speaker: Maggie Zellner, Ph.D., LP & Marcia Kaplan, M.D.

University of Indianapolis Annual CE Workshop

Indianapolis, IN Nov 2012

The Gender Paradigm: More than a Continuum. Ethical and Therapeutic Considerations in Psychological Practice when Working with Clients of Varying Genders.

Speaker: Kand McQueen, Ph.D.

University of Indianapolis Annual CE Workshop

Indianapolis, IN Oct 2011

Intersections of Identities in Psychotherapy: Ethical & Clinical Challenges in Addressing Sexuality and Religious/Spiritual Beliefs in Psychotherapy

Speaker: Beverly Greene, Ph.D., ABPP

43rd Annual Indiana Early Childhood Conference

Indianapolis, IN Apr 2011

Keynote Speaker: Ellen Galinski

Professional Memberships

American Psychological Association of Graduate Students

APA, Jan 2014 – Present

Student Affiliate

Diversity Affairs Committee, University of Indianapolis

Indianapolis, IN Aug 2012 – Aug 2018

Member

- Increase awareness of a variety of issues pertaining to different aspects of diversity
- Organized campus-wide social and movie discussion events to explore the meaning of diversity

Graduate Psychology Association (GPA), University of Indianapolis

Indianapolis, IN Aug 2012 – Aug 2018

Member

- Attend monthly meetings to discuss issues pertaining to graduate students
- Participated in Mentor-Mentee program and mentored first year Psy.D. students

Alpha Chi Honor Society, University of Indianapolis Chapter

Indianapolis, IN Apr 2009 – Present

Member

Languages

- Native fluency in Greek
- Native fluency in Albanian

References

Available upon request.