

Krista Cargle-Niles, LCSW

EDUCATION

University of Chicago, School of Social Service Administration, Chicago, IL, 9/07-6/09.

- Master of Arts in Social Work; GPA 4.0/4.0;
- Concentration in clinical mental health practice with a cognitive-behavioral orientation.

Stanford University, Stanford, CA, 9/01-6/05.

- Bachelor of Arts in Psychology; GPA 3.7/4.0.

CLINICAL EXPERIENCE

Psychotherapist, Krista Niles & Associates, Private Practice, Oakland, CA 6/12-present.

- Provide evidence-based therapy for individuals and couples using cognitive-behavioral therapy for anxiety and depression, Prolonged Exposure (PE) for PTSD, exposure and response prevention for OCD, dialectical behavior therapy skills training for emotion regulation, and Gottman method therapy for relationship issues.

Founder & Dating Coach, Krista Niles Coaching and Consulting, Oakland, CA 6/12-present.

- Develop courses and workshops to engage psychotherapists in supporting their clients who are dating.

Residential & Classroom Therapist, Seneca Center, San Leandro, CA 3/11-6/12.

- Served as the clinical lead for a Level 14 residential center and a high-school classroom at a day-treatment therapeutic school;
- Provided trauma-focused and cognitive-behavioral individual, group, and family psychotherapy for children and adolescents, ages 6-14, with developmental, complex, and relational trauma;
- Developed and implemented comprehensive treatment plans, and managed all aspects of clients' treatment through collaboration with mental-health, medical, probation, and educational providers.

TBS Clinician, Seneca Center Therapeutic Behavioral Services, Oakland, CA, 7/09-3/11.

- Provided community-based individual and family psychotherapy for high-risk children and adolescents ages 3-19;
- Developed and implement short-term, evidence-based treatment plans including components from cognitive-behavioral, family-systems, psychodynamic, motivational interviewing, dialectical behavior therapy, mindfulness, and acceptance and commitment therapy approaches;
- Monitored treatment efficacy using single-subject designs in order to ensure treatment efficacy.

Family Therapy Facilitator, Military Family Research Inst., West Lafayette, IN, 1/09-5/09.

- Directed teams of volunteers in the implementation of evidence-based therapeutic activities for military families and children ages 3-18 years following the return of a parent from overseas combat.

Psychotherapy Intern, Children's Memorial Hospital, Psychiatry Department, Chicago, IL, 9/08-6/09.

- Provided short-term, evidence-based psychotherapy and case management through individual and group sessions for children, adolescents, and families.

Substance Abuse Counselor, Chicago House Supportive Living Program, Chicago, IL, 9/07-6/08.

- Provided individual and group counseling for HIV+, homeless adult residents of the Chicago House program; conducted comprehensive psychosocial assessments and provided case management.

Rape Crisis Counselor, Santa Clara Valley YWCA Rape Crisis Center, San Jose, CA, 8/04-6/05.

- Provided crisis counseling and after-care referrals for victims and family members by phone and during forensic medical examinations at the hospital.

SUPERVISORY EXPERIENCE

TBS Clinical Manager, Edgewood Center for Children and Families, San Carlos, CA 6/13-present.

- Provide clinical supervision for a team of 10 coaches and clinicians, teaching cognitive behavioral treatment techniques including coaching, modeling, behavioral contracting, monitoring, psychoeducation, Trauma-Focused CBT, co-parenting and behavioral couple's therapy, and Motivational Interviewing.

TBS & MST Program Supervisor, Seneca Center Multisystemic Therapy, Oakland, CA 6/12-6/13.

- Provide clinical supervision for 9 clinicians and coached, adhering to the TBS and MST principles in order to ensure the provision of high-quality evidence-based psychotherapy to children, ages 3-18, and their families;
- Teach a wide range of psychotherapy techniques for use with clients and families, including cognitive-behavioral therapy, substance abuse counseling, crisis management, Trauma-Focused CBT, co-parenting and couple's therapy, Motivational Interviewing, and structural family therapy;
- Manage all administrative aspects of the team, including gathering referrals, cultivating strong relationships with probation stakeholders and referral sources, encouraging team morale, and maintaining adherence to the TBS and MST models and Medi-Cal documentation standards.

Lead TBS Clinician, Seneca Center Therapeutic Behavioral Services, Oakland, CA, 10/10-3/11.

- Served as the clinical lead on a team of clinicians and coaches;
- Facilitated training of new TBS staff and supervised staff's completion of Medi-Cal paperwork;
- Maintained a full client caseload as described below under **TBS Clinician**.

Development Associate, Girls Incorporated of Alameda County, San Leandro, CA, 7/05-7/06.

- Managed system of 40 foundation grants totaling \$750,000 for a \$4.8 million educational nonprofit;
- Supervised two teams of volunteers in implementing a silent auction and art show, raising over \$35,000 for the organization's annual fundraising event.

Editor-in-Chief, Womenspeak Magazine, Stanford, CA, 9/02-6/05.

- Supervised teams of 5-10 editors in the recruitment of submissions, selection of work, graphic design, publication, and distribution of Stanford's feminist student magazine.

ADDITIONAL SOCIAL SERVICE AND PSYCHOLOGY EXPERIENCE

Accreditation Project Facilitator, Illinois Association for Infant Mental Health, Chicago, IL, 9/07-10/08.

- Provided technical and administrative support in establishing a statewide competency certification program in infant mental health;
- Envisioned, designed, and implemented a system of comparing strengths and weaknesses of existing certification programs.

Research Assistant, Mood Disorder and Psychophysiology Labs, Stanford, CA, 1/03-8/04.

- Implemented data collection for a research study on emotional dysregulation and cognitive impairment in participants suffering from Major Depressive Disorder;
- Designed system for coding qualitative, videotaped interview data from a longitudinal study on emotion regulation and psychophysiology.

Teaching Assistant, CA School for the Deaf, Fremont, CA; Bing Nursery School, Stanford, CA 10/02-6/05.

- Designed, implemented, and supervised educational activities for preschool children, ages 2-3.
- Assisted in the education of deaf students, ages 9-12, in math, writing, reading, art, and science.