

LOURDES DE LAS HERAS KUHN

New York, NY | t (203) 5896699 | ✉ lourdes.heras@columbia.edu | www.linkedin.com/in/lourdes-delasheras

Education

Columbia University School of Social Work

New York, NY

Master of Science in Social Work

Expected May 2017

Concentration: Advanced Clinical Practice / Health, Mental Health, and Disabilities

Relevant Coursework: Cognitive-Behavioral Advanced Clinical Methods, Psychopathology, Alcohol & Chemical Dependency, Motivational Interviewing, Human Sexuality, Advanced DBT Consultation Seminar (2 semesters)

Dialectical Behavior Therapy (DBT) trained

- Intensive Behavioral Tech Training, Part I and II (65 hours)
- Read/notes on DBT primary source texts
- DBT Internship site: Creedmoor Psychiatric Center

University College London (UCL)

London, UK

Master of Research in Developmental Neuroscience and Psychopathology

May 2012

Yale Child Study Center, New Haven, CT

Aug. 2011-May 2012

Thesis Dissertation: Parenting is not all about Being Clean: Narrations from Fathers with Substance Use Disorders

Relevant Coursework: Behavioral Genetics, Neuroimaging, Clinical Application of Psychoanalysis and Neuroscience

Anna Freud National Center for Children and Families, London, UK

Aug. 2010-Jul. 2011

Relevant Coursework: Research Methods, Developmental Science, Child Development, Developmental Disorders, Psychodynamic Perspectives (Attachment Theory), Neuroscience

Universidad de Monterrey (UEM)

Monterrey, Mexico

Bachelor of Science in Psychology, magna cum laude

Dec. 2008

Study Abroad: **Universidad Católica de Argentina (UCA)**, Buenos Aires, Argentina

Jul. 2007-Dec. 2007

Relevant Experience

Creedmoor Psychiatric Hospital (CPC)

Queens, NY

Social Work Intern/DBT trainee - (600 hours completed)

Sep. 2016-present

- Provide twice a week individual DBT therapy and supportive counseling to clients ages 20-55 who present emotion dysregulation and suicidal and/or assaultive behaviors.
- Lead and co-lead twice a week DBT Skills groups to 10-16 patients.
- Provide milieu coaching to patients.
- Lead and participate in weekly 2-hour DBT Consultation Team meetings.
- Participate in twice a week DBT and Social Work supervision led by Associate Clinical Director and LCSW.

Columbia College of Dental Medicine (CDM) – Patient Support Services

Manhattan, NY

Social Work Intern - (600 hours completed)

Sep. 2015-May 2016

- Collaborated with Field Instructor to get Social Work Program up and running.
- Worked with dental students, faculty, and staff to facilitate interactions with clients.
- Designed and implemented the use of psychosocial screening form; improved referral flow used to orient patients to different services within the clinic, and created a manual for future Social Work Interns.
- Provided case management and crisis intervention as needed.

Yale University School of Medicine

New Haven, CT

Research Associate

Jan. 2013-Jun. 2015

- Acted as project manager for pilot research exploring the effects of a mentalizing therapeutic intervention on caregivers involved with Mental Health Services at **West Haven Mental Health Clinic**.
- Administered psychosocial interviews and assessments to parents with psychiatric disorders.
- Coordinated with clinicians to ensure proper research documentation.
- Oversaw general study progress and relayed information to the study's Principal Investigator.
- Coordinated Human Investigation Committee (HIC) renewal and amendment submissions.
- Supervised Research Assistants on data management and administrative tasks.

Research Assistant

Jul. 2012-Jun. 2015

- Recruited subjects for a randomized clinical trial exploring the effects of a therapeutic intervention on parent-child attachment for mothers enrolled in substance abuse treatment at the **APT Foundation**.

- Conducted parenting psychoeducational intervention with mothers with substance abuse and mental health disorders.
- Managed complex study databases.
- Administered study assessments (CBP, NCAST, CIB, SSP)* and interviews (PDI, WMCI.)*

* Curiosity Box Paradigm (CBP), Nursing Child Assessment Satellite Training (NCAST), Coding Interactive Behavior (CIB), Strange Situation Paradigm (SSP); Parent Development Interview (PDI), Working Model of the Child Interview (WMCI).

Other Experience

FEMSA Comercio (international Retail Company)

Monterrey, Mexico

Organizational Analyst

Sep. 2008-Jul. 2010

- Analyzed and designed organizational structures and employee job descriptions for all staff.
- Collaborated with HR leaders in 30 states to implement changes in the local IT department.
- Interacted with employees from all departments, ranging from retail sales associates to the company's CEO.
- Advocated for positive changes employee environments (i.e., flexible schedules and lactation rooms for staff returning from maternity leave.)

Human Resources Intern

Aug. 2005-Aug. 2008

- Assisted the Departments of Selection and Recruitment, Organization and Classification, and Training as part of the Scholarship awarded by FEMSA to outstanding students willing to develop competencies in the organizational field.

Coca-Cola FEMSA

Buenos Aires, Argentina

Human Resources Intern

Sep. 2007-Nov. 2007

- Assisted HR in recruiting and selecting delivery personnel.

Publications

- Suchman, N., Ordway M., **De Las Heras, L.** & McMahon, T. (2016). Mothering from the Inside Out: Results of a pilot study testing a mentalization-based therapy for mothers enrolled in mental health services. *Attachment and Human Development*. 18(6), 596–617.

Presentations

- De Las Heras, L. (2016). *Neurobiology of substance abuse*. Invited oral presentation at the **Brooklyn Youth Alcoholics Anonymous XXII Anniversary Reunion**, New York, NY. February 20, 2016.
- De Las Heras, L. & McMahon, T. (2013). *Fathering is Not Just About Being Clean: Narratives from Substance-Abusing Fathers*. Invited oral presentation at the **Addiction, Partnerships, and Parenting: Biopsychosocial Perspectives from Research and Practice Conference** sponsored by Yale University and the Austen Riggs Center, New Haven, CT. July 22, 2013.
- De Las Heras, L. (2012). *Fathering is Not Just About Being Clean: Narratives from Substance Abusing Fathers*. Poster presentation delivered at the **Development of the Parent as a Person: Psychological, Neurobiological and Genetic Contributions Conference** sponsored by Austen Riggs Center and Yale University, Stockbridge, MA. July 20, 2012.

Trainings

Behavioral Tech

New York, NY

DBT Intensive Training (Part II) – (Jan. 2017)

DBT Intensive Training (Part I) – (Aug. 2016)

Behavioral Tech

Online

Transforming Difficult Moments in Therapy – (Feb. 2017)

Foundations of Exposure – (Oct. 2016)

Skills Training; Validation; Chain Analysis – (Aug. 2016)

Anna Freud National Center for Children and Families

London, UK

Assessing Reflective Functioning on the PDI* – (Apr. 2011)

*Trained on the rationale and technique of applying a coding protocol to *Parent Development Interviews (PDI) in order to assess parents' capacity to mentalize for themselves and their children.*

Skills

- Languages: Spanish (native), English (fluent speaker, reader, writer)
- Proficient in Microsoft Office including Excel and PowerPoint.