

Ana Elizabeth Sierra Arita, PhD, LPC, LCPC, NCC

1629 K. Street NW, #300

Washington, DC 20006

Office: (571) 418 – 2624

Website: www.anasierracounseling.com

Email: asierra@anasierracounseling.com

Founder of Ana Sierra Counseling / Consejeria, PLLC, Dr. Sierra's vision is to provide culturally competent services to the Latinx community in the Washington, DC Metro area. Dr. Sierra provides consulting for organizations working with Latinx communities on matters of mental health, cultural competence, and workplace stress management.

Dr. Sierra is a Licensed Professional Counselor in DC, Maryland, Virginia and is a National Certified Counselor (NCC) with 15+ years of experience in the mental health field. Dr. Sierra is certified as an expert witness as a Child Therapist by the DC Superior Court.

EDUCATION

The Chicago School of Professional Psychology June 2014 – January 2020

PhD in International Psychology: Trauma Services Concentration

Dean's Scholarship (2014-2015)

Research Internship (2014 – 2016)

District of Columbia Psychological Association (DCPA) Research Grant (2017)

The Chicago School of Professional Psychology September 2008-April 2010

Master of Arts (M.A.) in Clinical Counseling Psychology

Latino/a Mental Health Concentration

Research Fellowship: Center for Latino/a Mental Health (2008-2010)

Distinguished Student Award (2010)

Saint Peter's College September 2002 – December 2006

Bachelor of Science (B.S.) in Psychology

Minors: Political Science & Education

Internship: White House Initiative on Educational Excellence for Hispanic Americans (2004)

SKILLS

Languages: Fluent in Spanish and English (writing, speaking, reading and translating). French (intermediate).

Computer: MS Word, MS Excel, MS PowerPoint, MS Publisher, NVivo and SPSS.

Certifications: TF-CBT, CPR, First Aid, AED, Crisis Prevention Institute (CPI).

Licenses: National Certified Counselor (NCC). Licensed Professional Counselor (LPC) in Washington, DC, and Licensed Clinical Professional Counselor (LCPC) in Maryland.

Appointed Expert Witness: Subject Matter Expert as a Child Therapist at Superior Court of District of Columbia.

WORK/CLINICAL EXPERIENCE

Ana Sierra Counseling/ Consejería, PLLC

June 2017 – Present

Washington, DC

Title: Founder & Executive Director

Small private practice offering services in the DC Metro area:

- Consulting for organizations: wellbeing & stress management, diversity & inclusion, Latinx mental health, workplace conflict resolution.
- Comprehensive & Diagnostic Assessments for immigration cases: U Visa, Asylum, Hardship Waivers, VAWA & T Visa applications.
- Individual Counseling / Psychotherapy
- Psycho-educational Workshops on mental health.

District of Columbia – Child & Family Services Agency October 2018 – Present
Washington, DC
Title: Clinical Therapist

- Provide individual psychotherapy and assessments to children and adolescents in foster care. Specializing in commercial sexual exploitation survivors.
- Provide consulting to team of social workers, attorneys, and serve as expert witness in court hearings related to children in foster care.
- Certified Subject Matter Expert as a Child Therapist by DC Superior Court.

International Justice Mission (IJM) August 2015 – July 2018
Washington, DC
Aftercare Program – International consultant.
Title: Aftercare Specialist –Latin American Region

- Collaborate with Field Office Leadership and facilitate the development of comprehensive aftercare policies, procedures and best practices to ensure IJM's worldwide aftercare interventions are conducted in an effective, professional and ethical manner.
- Develop basic and advanced training modules to equip IJM's Field Office aftercare personnel worldwide with the skills and knowledge necessary to execute aftercare interventions in accordance with IJM policies, procedures and best practices;
- Train IJM Field Office aftercare staff to ensure aftercare workers have the skills and knowledge necessary to execute aftercare interventions in accordance with IJM best practices.
- Ensure Field Office aftercare workers have specialized resources necessary to conduct aftercare interventions in an effective and ethical manner and are trained in their use; and
- Coordinate closely with Director of Contingency to ensure that risks arising from Field Office aftercare interventions are closely monitored and minimized.
- Assist Field Offices in developing critical relationships with host country aftercare leaders as needed.
- Develop and provide 1 – 5-day topical trainings to host country aftercare workers.
- Participate in assessment teams evaluating potential new sites for IJM expansion.
- Maintain a close network of relationships and build strategic partnerships with leaders in key international, national, and local aftercare organizations, associations and related NGOs.
- Represent and communicate IJM's mission and activities to aftercare organizations, churches, fellowships, ministries, and the media.

Philips Programs for Children and Families

June 2011- January 2016

Annandale, VA

Family Partners Program

Title: Family Counselor

- Provide home-based individual and family therapy for children with disabilities: mood disorders, developmental disabilities, and physical disabilities.
- Implemented the wrap-around model, behavioral plans, CBT, DBT, and MST.
- Experience with clients involved in the juvenile justice system, gang involvement, attachment disorders, substance abuse, and history of sexual abuse/trafficking. Support in legal case as expert witness.
- Provide supervision for families involved in open DHS cases for foster children transitioning to their biological home. Custody cases.
- Case management.
- On-call crisis response 24/7.

Philips Programs for Children and Families

September 2012- June 2014

PHILLIPS Teaching Homes Program

Title: Foster Parent Recruiter and Trainer (Part-time)

- Recruit prospective foster and/or adoptive families in the Northern Virginia area.
- Manage Recruitment budget and Activities/training budget and provide monthly reports.
- Participate in community fairs, conferences, workshops, and networking events to recruit families, promote the growing program and initiate relationships with local businesses.
- Propose and implement marketing recruitment campaigns, through community events, media advertising and speaking engagements. Translate advertising and agency materials from English to Spanish.
- Post monthly newsletters in website, community boards and internally to staff.
- Develop and organize training materials, multimedia visual aids, and other educational materials for monthly In-Service Training.
- Provide monthly information sessions for prospective foster families.
- Provide the 27-Hour PRIDE Training for prospective families, gather documents and clearances as per the State of Virginia's regulations, perform foster/adoption home studies, support families throughout the process of becoming a foster/adoptive parent.
- Maintain data compliance of parent files as per the State of Virginia's regulations and PHILLIPS' policies.
- Participate on the 24/7 on-call rotation schedule.

Heartland Alliance Human Care Services

September 2010-June 2011

Chicago, Illinois

Families Building Communities Expansion Program (FBCE)

Title: Bilingual Clinical Case Manager

- Provide individual home-based therapy to women exiting the sex-trade industry and victims of trafficking with a history of substance use.
- Provide substance abuse therapy: Recovery Group.
- Provide intensive case management.

- Provide support for clients during court proceedings.

Counseling Center of Lakeview

July 2009-August 2010

Chicago, Illinois

Latino Counseling Services: Domestic Violence

Title: Intern/ Bilingual Therapist

- Provide individual therapy for survivors of domestic violence, adult immigrant women and children.
- Provide family and group therapy as needed.
- Participate in outreach activities: fairs and conferences for the community.
- Implement Latino/a Network project to enhance services to the Latino/a community.

The Chicago School of Professional Psychology

November 2008-July 2010

Chicago, Illinois

Center for Latino/a Mental Health Fellowship

Title: Faculty/Research/Administrative Assistant

- Assist with planning events, meetings for the Center for Latino/a Mental Health
- Assist in writing grant applications for funding.
- Grading assignments for various courses and completing administrative tasks as needed.
- Research assistant for three projects (please refer to research experience section).

Casa Central

February 2009-April 2009

Chicago, Illinois

Title: Group co-facilitator-bilingual

- Co-facilitate parenting classes for Latino/a immigrant families.
- Prepare lesson plan and activities for classes using the STEP Program (Systematic Training for Effective Parenting) in Spanish.

Comprehensive Behavioral Health Care (CBHC)

October 2007-July 2008

Hackensack, New Jersey

Adult Partial Care Program

Title: Mental Health Worker/Case Manager

- Caseload of 8-15 adult consumers living with persistent chronic mental illness.
- Conducted therapeutic groups such as Social Enrichment, Assertiveness, Continuing Ed, Cultural Diversity, Basic Conversation, Self-esteem, Tackling Life's Challenges, Spanish Group and Arts & Crafts.
- Group Therapy & Psycho Education.
- Crisis intervention.

Saint Mary's Hospital, Behavioral Health Department

August 2006-July 2008

Passaic, New Jersey

Specialized Residence Program

Title: Residence Counselor

- Medication monitoring to consumers living with persistent mental illness.
- Group activities; Bingo, basic conversation, raffles, etc...
- Personal care skills assistance.

- Transport consumers to medical appointments.
- Crisis Intervention.
- Attend trainings: "Client-centered methods to wellness and recovery", "Management of Assaultive Behavior" and "History of mental illness: a review"

RESEARCH EXPERIENCE

The Chicago School of Professional Psychology September 2014- Present
Department of International Psychology –DC Campus
 Title: Research Assistant & Administrative Support

- Retrieve articles relevant to International Psychology.
- Grant-writing to obtain internal funding for research projects.
- International travel to conduct research, most recent: Guatemala.
- Data collection, analysis, and writing
- Administrative duties as needed.

The Chicago School of Professional Psychology August 2010-January 2011
Department of International Psychology –Chicago Campus
 Title: Research Assistant

- Retrieve articles relevant to topics of presentations.
- Present on topics related to international psychology.
- International travel to facilitate workshops, most recent: Peru.

The Chicago School of Professional Psychology November 2008-August 2010
Center for Latino/a Mental Health Research Lab
 Title: Research Assistant

- Barriers to Mental Health Service Provision to Latino/as Phase I
 - Assisted with Institutional Review Board application.
 - Generate online survey.
 - Recruitment of participants by emailing, calling and personally approaching potential participants.
 - Assisted with Literature Review.
 - Analysis of qualitative data, use of SPSS.
- Barriers to Mental Health Service Provision to Latino/as Phase II
 - Assisted with Institutional Review Board application.
 - Currently in the process of recruitment.
- Student's Evaluation: Cultural Competence
 - Data entry on SPSS.

LEADERSHIP EXPERIENCE

The Chicago School of Professional Psychology September 2009-June 2011
 Chicago, Illinois
Latino/a Network Mental Health Providers

- Participate in the Network by proposing a plan to increase services to underserved populations; cultural competence and outreach activities.
- Attend weekly supervision to address cultural issues related to the Latino/a population.

The Chicago School of Professional Psychology September 2008-July 2010
 Chicago, Illinois
Center for Latino/a Mental Health
 Latino/a Heritage Month Committee Coordinator

- Contact speakers for Colloquiums/presentations.
- Create informational posters/fliers for presentations/exhibit.
- Organize order of events.

The Chicago School of Professional Psychology September 2008-April2010
 Chicago, Illinois
M.A. in Clinical Counseling Psychology (MACC) Program

- MACC Council Representative.
- Attend MACC meetings.
- Gather students' concerns about their experience in grad school and voice their concerns.
- Perform necessary changes within the student community.
- http://www.thechigoschool.edu/content.cfm/macc_council

White House Initiative on Educational Excellence for Hispanic Americans (WHI)
 Washington, District of Columbia September 2004-December 2004
United States Department of Education
 Title: Community & Outreach intern

- Worked with team of government executives and professionals in the field of child psychology to suggest policy recommendations to help Hispanic Americans succeed in the educational system as per administration.
- Gather information on current research regarding Hispanic Americans and present findings in weekly staff meetings and conferences.
- Attend local and out of state conferences/events on behalf of the White House Initiative office to promote family involvement.
- Assisted in coordinating local events and meetings presented by the White House Initiative office.
- Attended the Congressional Arena class as part of internship once weekly.
- Final project: "The Budgetary process: History and reform".

OTHER WORK EXPERIENCE

City of Jersey City Department of Recreation August 2004-August 2007
 Jersey City, New Jersey
Aquatics Program/ American Red Cross
 Various Titles: Pool manager/Swimming Instructor/Water safety classes, Lifeguard/CPR/First Aid Instructor/Swim coach.

- Manage pool staff of 25 (lifeguards and locker attendants) ages 14-21.
- Monitor and enforce rules and regulations as per New Jersey state laws and the Red Cross and maintain a safe environment for swim camps and children in local area.
- Report to supervisor in weekly staff meetings. Conduct lifeguarding, CPR, first aid courses and adheres to Red Cross rules and regulations.

- Teach swimming according to Red Cross' standards to all levels (1-6) from babies to older adults. Also, begin training for young teens interested in lifeguarding.
- Perform rescues and in-service training and educate patrons about rules and regulations of facility.

Saint Peter's College

September 2003-May 2004

Jersey City, New Jersey

Desk Attendant

- Attend front desk of residential community.

PROFESSIONAL PRESENTATIONS

Sierra, A. E. (2021). *Treatment of Adolescents with Substance Use and Abuse Disorders, 14 sessions*. Virtual Training. CICAD, Organization of American States.

Sierra, A. E. (2021). *EmPOWERED Men's Health Roundtable: Men of Color & Mental Health*. American Heart Association, virtual presentation.

Sierra, A. E. (2021). *Virtual Mental Health Series: Women of Color*. Prince George's County Council, Maryland.

Sierra, A. E. (2021). *Salud Mental después del COVID19 (Mental Health After COVID19)*. Hispanic Heritage Foundation, Washington, DC.

Sierra, A. E. (2021). *El Cerebro y el Uso de Sustancias (The Brain and the Use of Substances)*. Virtual training broadcasted in Querétaro, Tamaulipas, Aguascalientes y la Ciudad de México, MX.

Sierra, A. E. (2021). *Latinx Cultural Sensitivity Training in the Clinical Setting*. Training series conducted in Fairfax County and Arlington County in Virginia.

Sierra, A. E. (2020). *Intervenciones practicas con niños, niñas y adolescentes en situación de riesgo*. Organization of American States – CICAD. Oaxaca, MX.

Sierra, A. E. (2020). *Neurobiología del estrés. El teléfono de la esperanza*. Virtual workshop.

Sierra, A. E. (2020). *Self-care During the COVID19 Pandemic*. Presentation for The National Council of Hispanic Employment Program Managers (NCHEPM). Virtual Workshop.

Sierra, A. E., Magermans, E. Tello, A. (2020). *Violencia intrafamiliar: el otro virus que mata*. Guatemala Prospera. Virtual workshop.

Sierra, A. E. (2019). *Mental Health and the Latinx Community*. Hispanic Heritage Foundation. Washington, DC.

Sierra, A. E. (2019). *Manejando el estrés laboral*. Organization of American States (OAS). Washington, DC.

Sierra, A. E. (2019). *Trauma-Informed Care practices for children and families involved in the child welfare system*. Washington, DC.

Sierra, A. E. (2019). *Las mejores formas de manejar el estrés y destrezas de disciplina con niños y niñas*. San Pedro Sula, Honduras.

Lee, M., **Sierra, A.** (2016). *Aftercare Successful Outcomes; a measurement of client*

Restoration. American Public Health Association (Dallas, Texas) & International Society for Traumatic Stress Studies (Denver, Colorado).

Sierra, A. E. (2014). *Mi casa es su casa: home-based counseling with Latino/a families*. Presentation at Center for the Study of Social Policy, Orlando, Florida

Wolowitz, L., **Sierra, A. E.** (2011). *Border crossing; working with our cultural compasses*. Presentation at Cultural Impact Conference, Chicago, Illinois

Lopez-Tamayo, R. & **Sierra, A. E.** (2010). *The relationship between marianismo and Latino/a cultural values among Mexican immigrant women*. Presentation at the National Latino/a Psychological Association, San Antonio, Texas

Sierra, A. E. & Lopez-Tamayo, R. (2010). *The relationship between marianismo and Latino/a cultural values among Mexican immigrant women*. Presentation at University of Illinois Urbana-Champaign, Urbana, Illinois

Wolowitz, L., **Sierra, A. E.** (2010). *Family trauma: child abuse and gender issues in a cultural context*. Presentation at Universidad Peruana de Ciencias Aplicadas, Lima, Perú

Sierra, A. E. (2010). *Gender Issues, Machismo and Marianismo*. Counseling Center of Lakeview presentation, Chicago, Illinois

Sierra, A. E., Chirinos, P., Danieder, H., Ely, K., Reclichz, K. (2009). *Puerto Rico 101 Colloquium: Politics*. Presentation at the Chicago School of Professional Psychology, Chicago, Illinois.

Sierra, A. E., Mejia, C., Camacho, Y., Ligget, M., Garibay, G. (2009). *Black Male Summit Reflections*. Colloquium at the Chicago School of Professional Psychology, Chicago, Illinois.

Chavez-Dueñas, N.Y., **Sierra, A. E.**, & Lopez-Tamayo, R. (2008). *The relationship between acculturation, parenting style, and adherence to traditional Latino cultural values among parents of Mexican descent*. Colloquium presentation at The Chicago School of Professional Psychology, Chicago, Illinois.

Chavez-Dueñas, N.Y., **Sierra, A. E.**, & Lopez-Tamayo, R. (2008). *The relationship between acculturation, parenting style, and adherence to traditional Latino cultural values among parents of Mexican descent*. Poster presented at the biannual meeting of the National Latino Psychological Association, Costa Mesa, California.

PUBLICATIONS

Intimate Partner Violence and adherence to Marianismo among Honduran women (*dissertation manuscript*) -2020

Social Issues in Living Color; Challenges and Solutions from the Perspective of Ethnic Minority Psychology, Volume 3. Chapter 11: Ethnic Minority Psychology and Interpersonal Violence (*book chapter*) -2017

PROFESSIONAL AFILIATIONS

Salvadoran American Chamber of Commerce (SACC)	August 2018 – Present
International Society for Traumatic Stress Studies (ISTSS)	November 2016- Present

American Public Health Association (APHA)	November 2016- Present
Midwest Association of Latino Psychologists (MALP)	September 2009- Present
Member of American Psychological Association (APA)	October 2008-Present
Member of National Latino/a Psychological Association (NLPA)	October 2008-Present
Member of American Counseling Association (ACA)	November 2007-Present

SPECIAL TRAININGS

CITI Certificate	May 2020
<ul style="list-style-type: none"> Ethical Research Training 	
American Psychological Association	July 2016
<ul style="list-style-type: none"> ACT Raising Kids Safe Program 	
Phillips Programs	January 2015
<ul style="list-style-type: none"> CPI - Crisis Response 	
National Child Stress Network Certificate	May 2012
<ul style="list-style-type: none"> TF-CBT- Trauma Focused Cognitive Behavioral Therapy 	
North Western University	March 2012
<ul style="list-style-type: none"> CSPI – Childhood Severity of Psychiatric Illness 	
Phillips Programs	January 2012
<ul style="list-style-type: none"> CPI - Crisis Response CANS- Child and Adolescent Needs and Strengths 	
Casa Central	February 2009-April 2009
<ul style="list-style-type: none"> STEP- Systematic Training for Effective Parenting 	
The Chicago School of Professional Psychology	March 2009-April 2010
<ul style="list-style-type: none"> Specialized administration of Kiddie-Schedule for Affective Disorders and Schizophrenia-Present and Lifetime Version-Plus (KSADS-PL Plus) modified by Eric Youngstrom, PhD. 	

REFERENCES

Will be furnished upon request.