

**Dr. Darla Timbo, Psy.D., LPC**  
Assistant Professor  
Department of Psychology  
California University of PA  
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State of Pennsylvania Professional Counselor #PC006124

Expiration Date: September 2022

## **EDUCATION**

### **Doctor of Counseling Psychology (APA Accredited), 2016**

Carlow University, Pittsburgh, PA

Dissertation: *African American Clients' Perceptions of Their Therapists' Multicultural Competencies*

### **Psychology Internship, August 2015-August 2016**

Western Psychiatric Institute and Clinic, Center for Children and Families (APA Accredited)

### **Master of Science in Counseling Psychology, 2008**

Chatham University, Pittsburgh, PA

### **Bachelors of Science in Health Science, Minor in Business Management, 2006**

Carlow University, Pittsburgh, PA

## **EMPLOYMENT**

### **Assistant Professor, California University of PA, 2018-present**

Department of Student Services, Counseling Center and Department of Psychology  
Pittsburgh, PA

### **Owner /Clinician, Atlas Counseling Services, 2011-present**

Pittsburgh, PA

### **Pre Doctoral Practicum Student, California University of PA, 2014-2015**

Wellness Center, Counseling Center  
Pittsburgh, PA

### **Therapist, Alternatives Regional Chemical Abuse Program, 2014-2015**

Turtle Creek Valley MH/MR  
Pittsburgh, PA

### **Pre Doctoral Practicum Student, Schachner Associates, 2014**

Forensic Psychology Clinical Practice  
Pittsburgh, PA

### **Pre Doctoral Practicum Student, Mercy Behavioral Health, 2013-2014**

East Commons Outpatient Services

Pittsburgh, PA

**Crisis Clinician II, Western Psychiatric Institute and Clinic, 2011-2013**

re:solve Crisis Network and Shuman Detention Center

Pittsburgh, PA

**Drug and Alcohol Program Therapist, Allegheny County Jail, 2009-2011**

Allegheny Correctional Health Services

Pittsburgh, PA

**ACADEMIC APPOINTMENTS**

- 2017-2018 Adjunct Professor, School of Social Change, Carlow University
- 2016-2018 Adjunct Professor, Department of Humanities, Waynesburg University
- 2015-present Adjunct Professor, Department of Counselor Education, California University of PA

**TEACHING EXPERIENCE (Current Course load = 8 course a year)**

***California University of PA, Department of Psychology (Undergraduate level courses)***

- Psychology of Stress Management (Fall 2019; Spring 2020)
- Psychology of Personality (Fall 2019; Spring 2020; Summer 2020; Fall 2020)
- Senior Seminar: Substance Abuse (Fall 2019; Spring 2020)
- Behavioral Modification (Fall 2019; Spring 2020)
- General Psychology (Fall 2019; Spring 2020; Fall 2020)
- Educational Psychology (Fall 2020)
- Forensic Psychology (Fall 2020)

***Carlow University, School of Social Change (Nursing Program Course)***

- Lifespan Development (Spring 2017)

***Waynesburg University, Department of Humanities (Graduate level courses)***

- Social Psychology (Spring 2016)
- Lifespan Development (Summer 2016)
- Group Counseling (Summer 2017)

***California University of PA, Department of Counselor Education (Graduate level courses)***

- Assessment Procedures for Counselors (Fall 2015; Fall 2016)
- Cross Cultural Counseling (Fall 2015)

## **PRESENTATIONS AND PUBLICATIONS**

- Timbo, D.M. (2017, November). *Lifespan Development and the Grieving Child*. Presentation for Glade Run Luther Services, Pittsburgh, PA.
- Timbo, D.M. (2017, July). *The Grieving Child*. Presentation for Jeremiah's Place, Pittsburgh, PA.
- Timbo, D.M. (2017, June). *African American/Black Clients' Perceptions of Therapists' Multicultural Counseling Competencies*. Poster presented at the Pennsylvania Psychological Association Annual Conference, Pittsburgh, Pennsylvania.
- Timbo, D.M. (2016, October). *African American Clients' Perceptions of Their Therapists' Multicultural Competencies*. Dissertation, Pittsburgh, PA.
- Timbo, D.M. (2016, January). *Relieving Financial Stress after the Holidays*. Written for The Mount Magazine, Pittsburgh, PA.
- Timbo, D.M. (2015, April). *Counseling Center Overview*. Presentation for Current Health Issues Course, California University of PA, California Pennsylvania.
- Timbo, D.M. (2014, October). *Selecting, Administering, and Scoring Assessment Batteries*. Presentation for Counselor Education Master's Degree Program, California University of PA, California, Pennsylvania.
- Timbo, D.M. (2014, April). *African America/Black Clients' Perceptions of Therapists' Multicultural Counseling Competencies*. Poster presented at the 10th Annual Graduate Colloquium, Carlow University, Pittsburgh, Pennsylvania.
- Timbo, D.M. (2013, March). *Multicultural Crisis Counseling*. Presented at California University of PA, California, Pennsylvania.
- Timbo, D.M. (2012, September). *Kids in Crisis*. Presented at the Annual Crisis Intervention Association of Pennsylvania Annual Conference, Western Psychiatric Institute and Clinic, Seven Springs, Pennsylvania.
- Timbo, D.M. (2012, August). *Crisis Counseling and Intervention Across the Lifespan*. Presented at California University of PA faculty workshop, California, PA.
- Timbo, D.M. (2012, April). *Crisis Counseling and Intervention Across the Lifespan*. Presented at Mt. Ararat Baptist Church Counseling Ministries Training Series, Pittsburgh, PA.
- Timbo, D.M. (2012, July). *Crisis Counseling*. Presented at Shuman Detention Center, Pittsburgh, PA.

## **RESEARCH PROJECTS**

**Investigator:** *Black Exposure: PhDing While Black*

Co-Investigators: None

### **Private Funding**

The purpose of this study is to examine Black women's experiences of racism and oppression while obtaining higher academic affiliation. Further, the project will examine the ways in which Black women perceive academia, whether they are obtaining a doctoral degree, have already obtained a doctoral degree, or work in higher education.

## **GRANTS**

NEH Humanities Connection Grant Proposal (Proposed July 2020; proposed amount \$35000)  
Interdisciplinary Study of Humanities and Social Science

## **SUPERVISED RESEARCH**

### **Dissertations:**

Committee Member: Ann Rinehart, PsyD. Successfully Defended

### **Independent Study Projects:**

- Brittany Roberts, *Dream Analysis*
- Jenna Stefanyszyn, *Police Brutality Presentation*

## **ACCOMPLISHMENTS AND PROFESSIONAL SERVICE**

2018-2019 Faculty Professional Development Committee, California University of PA

2018-present Fredrick Douglas Institute, California University of PA

2018-2019 Member Board of Directors, YMCA of Greater Pittsburgh

2018-present Committee to hire Counseling Center Faculty, California University of PA

## **CLINICAL EXPERIENCE**

- Tenure-Track Assistant Professor/Clinician: Counseling Center, California University of PA  
January 2018-August 2019  
Conducted one-to-one counseling/psychotherapy services, psychological consultation with students, provided psychological consultation with administration, student personnel staff, faculty, and other health care professionals, and conducted clinical consultation concerning cases and referrals. Made referrals, as appropriate, to on and off campus services, assist with crisis intervention services as assigned by the site supervisor, and completed all end-of-semester reports as required.
- Owner/Licensed Professional Counselor: Atlas Counseling Services  
November 2011 – present  
Conduct assessments of new patients using the identified format for documentation and clinical decisions regarding treatment, interventions and referrals, as instructed. Provide individual treatment, therapy and recommendations as necessary.
- Pre-Doctoral Resident: Western Psychiatric Institute and Clinic Center for Children and Families; ADHD Clinic  
November 2015-September 2016  
Conduct assessments of new patients using the identified format for documentation and clinical decisions regarding treatment, interventions and referrals, as instructed. Participates in regular treatment team meetings to discuss clinical cases, review and update patient treatment plans, monitor therapeutic progress and initiate recommendations for referral and continuing care. Reviews cases and/or groups periodically.
- Pre Doctoral Practicum Student: California University of PA Counseling Center  
August 2014 - May 2015  
Conducted one-to-one counseling/psychotherapy services, psychological consultation with students, provided psychological consultation with administration, student personnel staff, faculty, and other health care professionals, and conducted clinical consultation concerning cases and referrals. Made referrals, as appropriate, to on and off campus services, assist with crisis intervention services as assigned by the site supervisor, and completed all end-of-semester reports as required. Developed and organized groups and conducted group therapy sessions for students struggle with transitions related issues.
- Therapist: Alternatives Regional Chemical Abuse Program Turtle Creek Valley MH/MR  
January 2014 – March 2015  
Complete intake bio psychosocial assessments, which include diagnostic interview and documentation. Conceptualize assessment information and make appropriate recommendations for treatment. Develop, organize, and facilitate groups therapy sessions for geriatric and adult males struggle with motivation and recovery related issues.
- Pre Doctoral Practicum Student: Schachner Associates  
January 2014--May 2014  
Collected accurate and relevant data from structured and semi-structured interviews and mini-mental status exams, demonstrated ability to adapt environment and materials according to client needs (e.g., lightning, privacy ambient noise, etc.), articulated relevant developmental features and clinical symptoms

as applied to presenting diagnostic question., identifies areas of concern across all five axes of diagnosis as defined by the DSM-IVTR (current edition). Selected assessment tools that reflect awareness of the client population served (e.g. diagnoses, age, ethnicity, race, sexual orientation, etc.), demonstrated being a critical consumer of research. Demonstrated clear presentation and communication skills, demonstrated understanding of research methods and techniques of data analysis. Compiles and analyzes data on own clients in terms of outcome measurements, as well as, observe and complete structured intake assessments, which include diagnostic interview, documentation, and testing. Observes and assess the correlation between mental health and the forensic system, developed conceptualization skills that inform interventions. Strengthen theoretical orientation as it relates to forensic psychology and gain increased knowledge and understanding of interventions implemented within the legal system as it pertains to psychology.

- Pre Doctoral Practicum Student: Mercy Behavioral Health East Commons Outpatient Services  
August 2013--May 2014

Completed intake assessments, which included diagnostic interview and documentation, with geriatric and adult clients. Observed BHRS assessments and consulted with assessing psychologist. Observe and investigate the correlation between mental health and the legal system, specifically as it impacts African-American clients. Develop conceptualization skills that inform interventions. Strengthen theoretical orientation in existential approached and develop psychodynamic orientation. Attended community provider meetings with supervisor.

- Crisis Clinician II: UPMC – Western Psychiatric institute and Clinic re:solve Crisis Network and Shuman Detention Center

June 2011--December 2013

Completing D&A assessments and intervention at re:solve engagement center. These clients included geriatric, adult, and adolescent clients that were interested in receiving D&A treatment/referrals for their addiction part time. In addition to providing D&A crisis intervention, I provided clinical services within the phone crisis unit and Shuman Detention Center. Within the phone crisis unit, telephonic crisis services were provided for clients calling in with mental health emergencies. At Shuman responsibilities included assisting the residents with crisis clinical services. Primary responsibility is responding to crisis calls from community professionals, persons within Allegheny County, and adolescents incarcerated at Shuman Detention Center. This includes, but is not limited to, answering questions, obtaining clinical information and scheduling outpatient evaluations, responding to telephone crisis, and documentation of all duties previously mentioned.

- D&A Therapist: Allegheny Correctional Health Services

April 2009—October 2011

Facilitated drug and alcohol treatment groups and individual therapy sessions, for incarcerated geriatric and adult males in Allegheny County Jail. Responsibilities included completing post intake assessments, assessments to determine eligibility for programming based on PCPC criteria, developing long term and short term treatment plans/goals with client, preparing curriculum outlines for psycho education groups, coordinating trainings for staff, and supervising interns during their practicum/internships. Treatment modalities include and focus on enhancing motivation, teaching specialized skills and raising awareness of choices, while using motivational interviewing principles and skills, CBT, and existential therapy techniques in order to reduce recidivism and drug and alcohol use and/or abuse.

## **CLINICAL SUPERVISION**

- 2015-2018* Supervision of master level license trainee (LPC), Atlas Counseling Services, Oakland, Pittsburgh, PA
- 2015-2019* Supervision of master level license trainee (LPC), Atlas Counseling Services, Oakland, Pittsburgh, PA
- 2018* Supervision of master level license trainee (LPC), Atlas Counseling Services, Oakland, Pittsburgh, PA
- 2018-2020* Supervision of master level license trainee (LPC), Atlas Counseling Services, Oakland, Pittsburgh, PA

## **PROFESSIONAL AFFILIATIONS**

- Association of Women in Psychology
- American Psychological Association (APA) American Psychological Association (APA) Division 45- Ethnic Minority Issues
- American Psychological Association (APA) Division 35- Psychology of Women
- Chi Sigma Psychology Honor Society
- Professional Women's Network

## **AWARDS AND HONORARIUMS**

*2015* **Sisters of Mercy Award**--10th Annual Graduate Colloquium, Carlow University, Pittsburgh, PA