

Curriculum Vitae
Dina Karvounides, Psy.D.

Education:

- 2005 B.A. The Ohio State University
- 2009 M.A. The Illinois School of Professional Psychology
- 2010 Psy.D. The Illinois School of Professional Psychology

Pregraduate Training:

- 2007-2008 Josselyn Center for Mental Health
- 2008-2009 Connections Therapeutic Day School
- 2009-2010 Advocate Illinois Masonic Medical Center

Postgraduate Training and Fellowship Appointments:

- 2010-2011 Intern, Connecticut Children's Medical Center/Hartford Hospital
- 2011-2012 Postdoctoral Fellow, Pediatric Pain/Trauma, Nationwide Children's Hospital
- 2012-2013 Postdoctoral Fellow, Pediatric Chronic Pain, Children's Hospital of Wisconsin

Employment:

- 2014-2022 Pediatric Psychologist, Division of Neurology, Children's Hospital of Philadelphia
- 2022-2023 Médecins Sans Frontières/Doctors Without Borders: Nukus TB Project, Uzbekistan
Mental Health Activity Manager
- 2023-2024 CAYA Care Mental Health, Clinical Psychologist
- 2024-present Self-Employed, Private Practice

Licensure:

- 2013-2017 Wisconsin (#3112)
- 2014-present Pennsylvania (#PS017601)
- 2023-present Ohio (#P.08459)
- 2022-present California (#33172)

Memberships in Professional & Scientific Societies and other Professional Activities:

- 2009-present Society for International Psychology (APA Division 52)
- 2011-present Society of Pediatric Psychology (Pain SIG/Clinical workgroup; APA Division 54)
- 2011-present Society of Clinical Child and Adolescent Psychology (APA Division 53)
- 2013-present International Association for the Study of Pain (Pediatric Pain SIG)
- 2013-2022 American Headache Society
- 2021-present National Register for Health Service Psychologists

Academic and Institutional Committees:

- 2015-2022 Member, Integrative Health Program Development Committee
- 2015-2019 Member, Mind-Body Workgroup, Integrated Health Program Development
- 2015-2019 Member, Mindfulness Workgroup Committee
- 2015-2022 Member, Training Advisory Committee
- 2016-2022 Co-developer, Yoga-CBT pilot study workgroup
- 2016-2022 Member and Curriculum contributor, Miles for Migraine Youth Camp
- 2016-2017 Contributor, Inpatient Migraine Pathway Committee
- 2017-2022 Member, Safety Committee
- 2017-2019 Member, Supervision Policy workgroup

2017-2018	Staff Assistant, CHOP Refugee Clinic
2018-2019	Member, DCAPBS Annual Report workgroup
2018-2020	Co-developer, Extern Group Seminar
2019-2020	Member, Group Core-Privilege working group
2017-2022	Planning Committee, Annual Integrative Health Symposium
2020-2022	Diversity and Inclusion Committee; Peer Group subcommittee
2023-present	UCLA Friends of Semel Institute, Teen Advisory Consultant
2023-present	USC SDP-Keck Human Rights Clinic, Volunteer Clinician-Forensic Psych Evaluations

Major Academic and Clinical Teaching Responsibilities:

2009	Teaching Assistant, Cognitive Behavioral Therapy, The Illinois School of Professional Psychology
2016	Guest Lecturer on Pediatric Chronic Pain, Drexel University
2016-2021	Psychology externship supervisor, Pediatric Headache Program, The Children's Hospital of Philadelphia
2018-2022	Mindfulness Awareness Practice, lead 15 and 30 minutes mindfulness exercises for CHOP staff bi-weekly
2018-2022	Co-Facilitator, Mindfulness Program for Teens/Tweens, University of Pennsylvania and Children's Hospital of Philadelphia (Feb 2018; Oct 2018; Oct 2019; Jan 2021)
Nov 2018	Global Health Allies Trip to the Dominican Republic: taught local promoters and nurses for continuing education and engaged in activities in the local communities
Jan 2019	Co-Facilitator/Creator, Yoga-CBT for Pediatric Chronic Pain, 7 week study
April 2019	Global Health: Conflict Transformation Training, Consuelo, Dominican Republic
Nov 2019	Global Health Allies trip to the Dominican Republic: Education/Training to health promoters in areas of parent-child conflict
Jan 2020	Co-Facilitator/Creator, Yoga-CBT for Pediatric Chronic Pain, 7 week study (2 nd round)

Trainings/Certifications:

2014	Trauma-Focused Cognitive Behavioral Therapy, St. John's University
2015	Mindfulness Based Stress Management 8-Week Foundation Course, University of Pennsylvania
2017	Pediatric Hypnosis, The National Pediatric Hypnosis Training Institute
2018	Mindfulness Based Stress Management with children and adolescents, University of Pennsylvania
2019	Practicum in Mindfulness Based Stress Management, University of Pennsylvania
2020	Family Problem Solving Therapy for Traumatic Brain Injury
2020	HeartMath Interventions Program, HeartMath Certified Practitioner
2021	Biofeedback Board Certification, Widener University/Biofeedback Certification International Alliance
2022	Certificate course on Palliative Care for Humanitarian Healthcare Providers (Project ECHO)
2022	War-Psychological skills for surviving traumatic events: 6 Part Webinar Series
2023	Prolonged Exposure for PTSD, Cognitive Behavior Institute
2023	Exposure and Response Prevention for OCD, Cognitive Behavior Institute
2023	Ketamine-Assisted Therapy Workshop, Psychedelic Science Conference, Denver, Colorado

- 2023 Ketamine Assisted Psychotherapy Foundational Training Cohort, Polaris Insight Center
- 2023 Introduction to Emotionally Focused Therapy, Cognitive Behavior Institute
- 2023 Treatment of Childhood Behavior Disorders, Cognitive Behavior Institute

Lectures given (past 5 years):

- May 2018 “Treatment of Pediatric Headache,” Invited co-presenter to Neurology Fellows, Department of Neurology
- May 2018 “Pediatric Hypnosis and Biofeedback,” Invited presenter for the CHOP Integrative Health residents
- May 2018 “Mindfulness Awareness Practice,” Invited presenter for the CHOP Nurses, CNE and Hospital Flow Facilitators Summit
- Nov 2018 “Mindfulness in Clinical Practice: Providing Practical Tools and Skills for Kids,” Invited co-facilitator, Integrative Health Symposium: Approaches to Pediatric Pain Management
- April 2019 “Pediatric Headache: Effects and Treatment,” Invited presenter to Neurology Residents, Department of Neurology
- Sept 2019 “Mindfulness Techniques for Patient and Provider Well-Being” Invited co-facilitator, Integrative Health Symposium: Approaches to Pediatric Pain Management
- Dec 2019 “Pediatric Hypnosis,” Invited co-presenter for the CHOP Integrative Health residents
- April 2020 “Yoga-Cognitive Behavioral Therapy: Piloting an integrated approach to treating adolescents with chronic pain and their caregivers,” Invited co-presenter for the CHOP Integrated Health/Nutrition Program
- April 2020 “The Many Different Career Paths of a Psychologist,” Invited co-presenter for the CHOP Professional Seminar for psychology interns
- April 2020 “How to set up a new clinical service,” Invited co-presenter for the CHOP Psychology Postdoctoral Fellow Didactic Seminar Series
- April 2020 “A Day in the Life of a Pediatric Psychologist: Evidenced-based approach to pediatric headache,” Invited presenter to psychology graduate students at Yeshiva University
- May 2020 “Pediatric Headache: Treatment Interventions,” Invited presenter to outpatient and inpatient Nurse Practitioners
- May 2020 “Somatic Symptoms and Treatment: Pediatric Chronic Pain” Invited co-presenter to psychology interns and fellows for their Didactic Seminar Series

- Sept 2020 "Treatment for Pediatric Headache" Invited panelist, Integrative Health Symposium: Integrative Approaches to Brain Health
- Nov 2020 "Treatment Update and School Check-In" Invited co-presenter to patients and families with pediatric migraine to discuss coping strategies during the COVID-19 pandemic through a joint, Miles for Migraine and CHOP Virtual Event.
- Nov 2020 "Treatment of Pediatric Headache," Invited presenter to Neurology Residents, Department of Neurology
- March 2021 "Pediatric Hypnosis," Invited presenter to the CHOP Integrative Health residents
- April 2021 "The Many Different Career Paths of a Psychologist," Invited co-presenter to the CHOP Professional Seminar for psychology interns
- May 2021 "Volunteering with Refugees: Behavioral Health Considerations," co-presenter to college volunteers working with the Greek America Foundation and local NGO's in Athens and Chios, Greece
- Sep 2021 "Updates in Pediatric Headache Diagnosis and Treatments: Neurology Webinar Series," Invited co-presenter for local Pediatricians
- Sep 2021 "Biobehavioral Treatments for Pediatric Headache," Invited presenter to CHOP Community Neurology physicians
- May 2022 "Understanding the effects of Trauma- Parts I and II," presentation provided to MSF counselor educator staff, Nukus Project, Uzbekistan
- July 2022 "Cognitive Behavioral Therapy: Basic Principles and Interventions," presentation provided to MSF counselor educator staff, Nukus Project, Uzbekistan
- Sep 2022 "Palliative Care: What is it? Who needs it? How to deliver it" Co-presented to MSF counselor educator staff, Nukus Project, Uzbekistan
- Nov 2022 "Motivational Interviewing," presentation provided to MSF counselor educator and medical staff, Tashkent Project, Uzbekistan
- June 2023 "A day in the life of a Pediatric Psychologist," invited lecturer for psychology doctoral students, San Francisco, California

Bibliography:

1. **Karvounides D.**, Simpson, PM, Davies HW, Khan KA, Weisman SJ, Hainsworth KE (2016). Three studies supporting the initial validation of the stress numerical rating scale-11 (Stress NRS-11): A single-item measure of momentary stress for adolescents and adults. *Pediatric Dimensions*, 8(4), 105-109.
2. Junghans-Rutelonis AN, Weiss KE, Tamula MA, **Karvounides D**, Harbeck-Weber C, Martin S (2017). Pediatric Pain Assessment Methods and Interventions Used by Mental Health Providers: A Survey by the Pain Special Interest Group of the Society of Pediatric Psychology. *Professional Psychology: Research and Practice* (48)6, 445-452.

3. Hall AL, **Karvounides D**, Gelfand AA, Mankin H, Kessel S, Corroco J, Malavolta CP, Pezzuto T, Chadehumbe M, Szperka CL (2019). Improving the Patient Experience with Migraine Camp, a one-day group intervention for adolescents with chronic headache and their parents. *Headache*, 0;1-9.
4. Marzouk M, Buse D, **Karvounides D**, Powers SW, Seng EK. Not their Fault: Mental health characteristics of parents with migraine and the migraine status of their children. (2023). Submitted to *Headache*.
5. **Karvounides D**, Marzouk MA, Ross AC, VanderPluym JH, Pettet C, Ladak A, Ziplow J, Patterson Gentile C, Turner S, Anto M, Bamherzig R, Chadehumbe M, Kalkbrenner J, Malavolta CP, Clementi MA, Gerson T, Szperka CL (2020). The Intersection of COVID-19, school, and headaches: Problems and solutions. *Headache*, 00:1-12.
6. **Karvounides D**, Ross A, Marzouk MA. In: Gladstein J, Szperka CL, & Gelfand A (Eds). *Pediatric Headache (Chapter 13: Acute Behavioral headache management)*. San Diego: Elsevier Inc., 2021: pp 153-158.
7. Ross A, **Karvounides D**, Marzouk MA. In: Gladstein J, Szperka CL, & Gelfand A (Eds). *Pediatric Headache (Chapter 17: Preventive behavioral headache management)*. San Diego: Elsevier Inc., 2021: pp 191-202.
8. Anto M, **Karvounides D**, Magerman Lynch J, Chadehumbe M, Szperka CL (2023). Implementing Screening and Treatment for Adverse Childhood Experiences in Pediatric Patients with Headache at the Children's Hospital of Philadelphia. *Headache*, 00: 1-3.
9. Marzouk MA, Murphy C, **Karvounides D**, Powers SW, Seng, E, Hershey AD, Szperka CL (2023). Behavioral Health Services for Headache Patients with Continuous or Daily Headache in a Pediatric Neurology Setting. Submitted to *American Headache Society*.

Poster Presentations:

1. **Karvounides, D.**, Jacobson, A., Simpson, P. M., Guastello, A., Anderson Khan, K., Weisman, S. J., Hainsworth, K. (2013, April). Initial Validation of the Stress Numerical Rating Scale-11 (SNRS-11): A succinct measure of current stress. Poster session presented at the National Conference in Pediatric Psychology, New Orleans, LA.
2. **Karvounides, D.**, Jastrowski Mano, K., Tran, S., Weisman, S. J., Davies, W. H., Hainsworth, K. (2013, April). Initial Validation of the Stress Numerical Rating Scale-11 (SNRS-11) with a community sample of parents with school-age children. Poster session presented at the National Conference in Pediatric Psychology, New Orleans, LA.
3. Hall, A.L., **Karvounides, D.**, Gelfand, A. A., Mankin, H., Kessel, S., Corroco, J., Malavolta, C. P., Pezzuto, T., Chadehumbe, M., Szperka, C. L. Improving the Patient Experience with Migraine Camp, a one-day group intervention for adolescents with chronic headache and their parents (2019, May). Poster session presented at CHOP's 9th Annual Quality and Safety Day.

4. Miller, K.A., **Karvounides, D.**, Marquez de Prado, B., Hedler, G. A Yoga and Cognitive Behavioral Therapy (Y-CBT) Pilot Group Intervention for Adolescents with Chronic Pain: Evaluation of Preliminary Longitudinal Outcomes. (2020, March). Poster accepted for the National Conference in Pediatric Psychology, Dallas, TX, however unable to present due to cancellation due to COVID-19 pandemic.
5. Blucker, R., **Karvounides, D.**, Deverlis, A. Training Promotoras to Address Family Conflict: A Pilot Educational Program in Consuelo, Dominican Republic (2020, May). Poster accepted for the Pediatric Academic Societies Meeting in Philadelphia, PA, however unable to present due to cancellation due to COVID-19 pandemic.
6. Blucker, R., **Karvounides, D.**, Deverlis, A. Training Promotoras to Address Family Conflict: A Pilot Educational Program in Consuelo, Dominican Republic. (2020, October). Poster presentation at the Children's Hospital of Philadelphia Annual Pediatric Global Health Conference.
7. **Karvounides, D.**, Miller, K.A., Marquez de Prado, B., Hedler, G. Yoga and Cognitive Behavioral Therapy (Y-CBT) Pilot Group Intervention for Adolescents with Chronic Pain: Evaluation of Preliminary Longitudinal Outcomes in Parents. (2021, July). Poster will be presented at the International Association Study of Pain World Congress on Pain, Amsterdam, NL (rescheduled due to COVID-19 pandemic).
8. Murphy, C., Riisen, A., Scotti-Degnan, C., **Karvounides, D.**, Lynch, J., Molissani, S., Szperka, C. Diversity, Equity, and Inclusion: Implementation of Mood and Anxiety Screening for Pediatric Neurology Patients. (2023, March). Poster session presented at the Society of Pediatric Psychology Annual Conference, Chicao, IL.

Alternative Media:

1. Szperka C, Betts P, Dorland K, **Karvounides D**, Malavolta C, Lin N, Lavelle J, Salas-Humara C: Inpatient Pathway for the Evaluation/Treatment of the Patient with Migraine Headache. <http://www.chop.edu/clinical-pathway/migraine-headache-clinical-pathway-inpatient> April 2015.
2. Hall A, Malavolta C, **Karvounides D**, & Szperka CL: Inpatient Resources for Patients with Headaches. CHOP Patient-Family Education Manual August 2015.
3. Hall A, **Karvounides D**, & Szperka CL: SMART Lifestyle Changes for Headache. CHOP Patient-Family Education Manual May 2016.
4. Hall A, **Karvounides D**, & Szperka CS: Integrative Treatments for Acute Headache Pain. CHOP Patient-Family Education Manual May 2016.
5. Hall A, **Karvounides D**, & Szperka CS: Integrative Treatments for Headache Prevention. CHOP Patient-Family Education Manual May 2016.
6. Hall A, **Karvounides D**, & Szperka CS: Integrative Treatments for Headaches with Other Symptoms. CHOP Patient-Family Education Manual May 2016

7. Szperka CL, **Karvounides D**, Section of Community & General Neurology within the Division of Neurology: School Policy Regarding Headaches. CHOP Patient-Family Education Manual May 2016.
8. Hall A, **Karvounides D**: Caring for Your Child: Headache Management Strategies for Caregivers. CHOP Patient-Family Education Manual May 2016.
9. Hall A, **Karvounides D**: Caring for Your Child: Stress Reduction Therapies for Common Pediatric Migraines. CHOP Patient-Family Education Manual May 2016.
10. Szperka CL, **Karvounides D**: Children's Health Tip: Headaches in Children: When to Worry. CHOP Family Education Tips Listserve August 2002.
11. **Karvounides D**, Ross A: "How to Create a Routine that Works for your Child with Migraine." American Migraine Foundation November 2020

Grants and Sponsored Research:

- 2019 Blucker, R. T. & **Karvounides, D**: "Family Conflict Transformation with *Promotoras*: A Peace Psychology Training Project in Consuelo, Dominican Republic," Sponsored by APA Division 48 Peace Psychology Small Grant, Current Funding: \$1,960.00
July 1, 2019 - June 30, 2020

Languages:

- English - Proficient
Greek - Beginner level; conversational