

TRISTAN ADAMS

St. Francis College
179 Livingston Street
Brooklyn, NY 11201

EDUCATION

- August 2017 – **LONG ISLAND UNIVERSITY**, Brooklyn, NY
Richard L. Conolly College of Liberal Arts and Sciences
Ph.D. in Clinical Psychology (**APA Accredited**)
- **Dissertation:** Adolescent Decision Making: The Role of Parenting Styles and Information Processing on Risk-Taking Behavior.
 - **Thesis:** The Relationship Between Formal Thought, Separation-Individuation, and Perspective Taking: The Impact on Academic Engagement.
- May 2007 – **LONG ISLAND UNIVERSITY**, Brooklyn, NY
Richard L. Conolly College of Liberal Arts and Sciences
M.A. in Psychology
- **Thesis:** Deciding to Dropout: The Influence of Egocentrism.
- May 2005 – **LONG ISLAND UNIVERSITY**, Brooklyn, NY
Richard L. Conolly College of Liberal Arts and Sciences
B.A. in Psychology

LICENSURE

Licensed Clinical Psychologist (Active) – New York State

ACADEMIC APPOINTMENT/TEACHING EXPERIENCE

- September 2025-Present ***Graduate Director of Psychology***
- September 2022-Present ***Psychology Lecturer***
St. Francis College, Brooklyn, NY
- Introductory and advanced undergraduate level courses: General Psychology, Lifespan Development Psychology, History and Systems of Psychology, Developmental Psychology I: Childhood and Adolescence, Theories of Personality, Applied Psychology, and Introduction to Psychological Research.
 - Graduate level courses: Professional Issues and Ethics and Graduate Seminar

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January 2019-
Present

Adjunct Professor
Long Island University, Brooklyn, NY

- Introductory and advanced undergraduate level courses: Introduction to Psychology, Adult Development, Lifespan Developmental Psychology, Social Psychology, Personality, and Abnormal Psychology
- Graduate level course: Professional Issues and Ethics

CLINICAL EXPERIENCE

August 2017-
August 2018

Dolce Postdoctoral Psychology Fellow
Iona College Counseling Center, New Rochelle, NY

Responsibilities:

- Provided weekly individual psychotherapy with undergraduate and graduate students presenting with various clinical presentations, including depression, anxiety, adjustment disorders, and neuroatypical conditions.
- Co-led a weekly psychoeducational social skills groups for students on the neuroatypical spectrum.
- Conducted weekly triage phone calls and intakes and collaborate with senior staff to determine appropriate treatment options.
- Provided emergency evaluation, risk assessment, and appropriate intervention to students in crisis. Collaborate with senior staff to determine appropriate level of care, including hospitalization or outpatient-based services.
- Conducted Brief Alcohol Screening and Intervention for College Students (BASICS) over two sessions to students deemed to be in violation of Iona's substance abuse policy.
- Provided outreach to faculty, staff, student leaders, and students to increase awareness and understanding of neurodiversity and neuroatypical conditions.
- Conducted research in collaboration with Speech Communication Studies faculty focusing on the effect of instructor teaching style on the learning abilities of students on the neuroatypical spectrum.
- Prepared and presented a formal clinical case conference.
- Co-trained student leaders and resident assistants in conflict management and active listening.
- Collaboratively presented a break-out training session on neurodiversity during 2018 College Counseling Center MetroConference, hosted at Iona College.
- Provided a professional development didactic for Counseling Center trainees and staff focused on working with neuroatypical students in a counseling center setting.

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January 2016-
July 2017

Family Therapist

St. Dominic's Home-Family Based Therapeutic Intervention, Bronx, NY

Responsibilities:

- Provided weekly in home with adolescents and parents utilizing a Functional Family Therapy approach to resolve conflict and cultivate a unified environment.
- Created treatment plans and discharge plans.
- Assisted families to obtain appropriate community services and supports.
- Provided individual therapy to adolescents and young adults in the foster care system.
- Conducted intake interviews and summarized collected information in intake reports.
- Conducted psychological assessments with school-aged children, adolescents, and young adults.
- Led a Parent training group for foster parents.

July 2014-
June 2015

Predoctoral Child Psychology Intern

Rutgers University Behavioral Health Care, Newark, NJ

APA Accredited Internship Program in Clinical Psychology

Responsibilities:

- *Child and Adolescent Outpatient Department:* Provided individual, family, and group therapy with school-aged children, adolescents, and families presenting with various clinical presentations. Clinical duties also included conducting weekly intakes.
- *Child and Adolescent Partial Hospital Program:* Provided individual and family treatment to adolescents presenting with serious emotional disturbances. Clinical duties also included conducting weekly group therapy.
- *New Jersey Training School for Boys:* Provided individual, crisis counseling, and family therapy to adolescent and young adult males in a juvenile detention setting.
- *Child Consultation Liaison:* Conducted bedside assessments within a team framework while providing brief psychiatric care to individuals admitted to the hospital for medical reasons.
- Conducted psychological assessments with adults, children, and adolescents in the community who received services from the Child and Adolescent Outpatient Department and the New Jersey Training School for Boys.
- Assisted with systemic Quality Improvement Project within Child and Adolescent Outpatient Department.
- Conducted educational trainings for Child and Adolescent Outpatient Department Staff and community organization in Newark, NJ.

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PRESENTATIONS & POSTERS

Adams, T., Kose, G., & Kudadjie-Gyamfi, Elizabeth (2019, February). *Adolescent Decision Making:*

The Role of Parenting Styles and Information Processing on Risk-Taking Behavior. Presented at Eastern Psychological Association, New York, NY.

Adams, T. (2018, February) *Working with Neurodiversity.* Presented at Iona College Counseling Center Didactic Meeting, New Rochelle, NY.

Ruggeri, N., **Adams, T.**, & Foster, K. (2018, January) *Supporting Neurodiverse Students on Campus.* Presented at 2018 Metro Conference at Iona College, New Rochelle, NY.

Adams, T. (2016, June) *Oppositional Defiant Disorder & Conduct Disorder.* Presented at St. Dominic's Home for Foster Parent Training, Bronx, NY.

Adams, T. (2015, May). *Homelessness and Mental Illness in Minority Population.* Presented at New Community Corporation, Newark, NJ.

Adams, T. et al. (2015, May). Quality Improvement Project: *Reflecting on Reflection: Evaluating the Effectiveness of Reflection Use in Rutgers UBHC Child and Adolescent Partial Hospitalization Programs.* Presented at Rutgers University Behavioral Healthcare Child and Adolescent Outpatient Department Clinical Staff Meeting, Newark, NJ.

Adams, T. (2014, October). *Humor in Mental Health.* Presented at Rutgers University Behavioral Healthcare Child and Adolescent Outpatient Department Clinical Staff Meeting, Newark, NJ.

Adams, T. (2013, April). *Stages of Development.* Presented at St. Dominic's Home for Foster Parent Training, Bronx, NY.