

CURRICULUM VITAE

NAKITA M. CARROLL

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EDUCATION

Florida State University	Tallahassee, FL
Doctor of Philosophy, Marriage and Family Therapy (In progress)	Completion Anticipated 2023
University of Central Florida	Orlando, FL
Master of Arts, Marriage and Family Therapy (<i>CACREP accredited</i>)	2012
Bachelor of Science, Psychology	2009

LICENSES & CERTIFICATIONS

Licensed Marriage and Family Therapist

License No. MT 3822

Certificate, Play Therapy

May 2017

UCF Counselor Education Program

PROFESSIONAL EXPERIENCE

NAKITA CARROLL COUNSELING, LLC **Orlando, FL**

Owner & Lead Therapist

01/2016-Present

- Provide individual and couple's counseling in private practice setting
- Screen prospective clients and perform intake assessments to determine appropriate fit for services
- Serve as privacy officer, including maintaining policies and paperwork to meet HIPPA standards
- Maintain business finances, annual reports, and required business permits

UCF MARRIAGE AND FAMILY RESEARCH INSTITUTE

Orlando, FL

Project Harmony (Grant #90FM0078)

Assistant Director of Family Services

11/2018-09/2020

- Promoted to Administrative Team to provide oversight for all Family Services Department efforts
- Hire and provide direct supervision to Family Case Coordinators, Relationship Educators, Family Program Assistants, Federal Work Study Students, and Social Work Interns
- Direct Family Services Department activities and troubleshoot day-to-day issues
- Conduct check-in and team meetings on bi-weekly basis
- Compile implementation data for Federal reports and quantitative data on FCC caseloads to Senior Implementation Administrator

Family Case Manager

04/2016-11/2018

- Supported research couples' and individuals' workshop engagement and program completion through case management visits, phone calls, texts, and email correspondence
- Lead clinical intake process of informed consent review, assessment administration, and group orientation
- Implemented study intervention by facilitating Relationship Education, financial, and career workshops
- Provided group facilitation feedback to Relationship Educators for educational groups
- Train new full-time staff and Relationship Educators on curriculum used as intervention for study

UCF MARRIAGE AND FAMILY RESEARCH INSTITUTE**Orlando, FL**Project Together (Grant # 0039-01-00)*Family Services Counselor*

01/2015-09/2015

- Provided short-term, individual and couple's counseling
- Connected participants to resources to address their needs and increase research program retention
- Lead clinical process during data collection at group intakes by administering assessments and responding to immediate clinical needs and crises
- Collected and maintained data of participants for \$6.5 million, grant-funded research project
- Taught psycho-educational workshops on relationship enhancement, communication, financial literacy, and workforce/career improvement

LAKESIDE BEHAVIORAL HEALTHCARE (Aspire Health Partners)**Orlando, FL***PATH Therapist*

10/2012-01/2015

- Provided individual counseling, screening, and assessment services to homeless population
- Provided case management services, including referrals to additional services, housing assistance, application assistance, and client follow-up to address co-morbid issues
- Developed relationships with community agencies to promote continuity of care for clients
- Assisted licensed staff and law enforcement in initiation of Baker Acts when needed
- Participated in community outreach events to reach un/under-served clients

UCF MARRIAGE AND FAMILY RESEARCH INSTITUTE**Orlando, FL**Project Together (Grant # 0039-01-00)*Relationship Educator*

10/2012-01/2015

- Implemented intervention for research study through facilitation of relationship education workshops for couples and individuals
- Communicated needs of participants to staff to promote participant retention and engagement, as well as connection to project and outside services

Intake Specialist

05/2012-09/2012

- Developed rapport and conducted intake interviews as part of a research study at a leading state university
- Administered and scored study-related assessments
- Facilitated workshops aimed at helping individuals improve employability
- Taught marriage education curriculum to couples and individuals in a group setting
- Assisted with needs associated with research efforts

ADDITIONAL CLINICAL EXPERIENCE**UCF MARRIAGE AND FAMILY RESEARCH INSTITUTE****Orlando, FL**Project Together (Grant # 0039-01-00)*Counseling Intern*

08/2011-05/2012

- Provided short-term, individual and couple's counseling
- Co-Facilitated educational workshops aimed to enhance relationship strength and satisfaction
- Administered, scored, and discussed relationship and psychological assessments as a part of clinical assessment and case formulation
- Developed rapport and conducted intake interviews to orient participants to research study and complete informed consent process
- Managed practicum student's client caseloads and facilitated client-therapist matching

UCF COMMUNITY COUNSELING AND RESEARCH CENTER**Orlando, FL***Practicum I & II*

01/2011-08/2011

- Conducted individual, couple, and family counseling sessions
- Assisted first-semester students with clinic procedures, treatment plans, and progress note composition
- Coordinated with community partners and facilitated life skills group with high school students
- Co-facilitated anger-management group with high school students with history of conduct issues
- Completed intake assessments for all potential clients assigned to caseload

LEADERSHIP EXPERIENCE & TRAINING

- UCF Leadership Empowerment Program (LEP) Scholar Fall 2019 – May 2020
- Fundamentals of Supervision and Management, UCF Continuing Education November 2018
- Building Teams that Work, UCF Continuing Education November 2018
- Social Health Ministry Servant Leader, Christian Family Worship Center Orlando 2014-2016
- Ethics and Diversity Chair, Central Florida Association for Marriage and Family Therapy 2012-2013
- Level 3 Trained PREP (Prevention and Relationship Enhancement Program) Leader
- Level 1 Gottman Method Relationship Training
- Harbor House of Central Florida Domestic Violence Training
- Safe House of Seminole Domestic Violence Training

SUPERVISION EXPERIENCE

Assistant Director, Family Services

Supervise Family Case Coordinators, Family Program Assistants, and Social Work Interns who provide case management services to research participants on implementation protocol adherence, crisis intervention protocols, retention strategies, and their professional development.

November 2018 – Present

Supervise Relationship Educators who facilitate relationship enhancement, financial, and career workshops to research participants on curriculum fidelity and the development of their facilitation skills.

November 2018 – Present

RESEARCH EXPERIENCE

In Progress for Publication

Barden, S., et al. Consensual Qualitative Research analysis of Project Harmony participant focus groups.

Project Harmony (Grant #90FM0078)

Assistant Director (2018-2020)

Family Case Manager (2016-2018)

Project Together (Grant # 0039-01-00)

Family Services Counselor (2015)

Relationship Educator (2012-2015)

Intake Specialist (2012)

TEACHING EXPERIENCE

- Invited Guest lecturer; Couples Counseling Graduate Course; University of Central Florida 2019
- Facilitator; Prevention and Relationship Enhancement Program; Project Harmony (Grant #90FM0078) 2016-2020
- Invited Guest lecturer; Psychology Undergraduate Course; University of Central Florida 2015
- Facilitator; Prevention and Relationship Enhancement Program; Project Together (Grant #90FM0039-01-00) 2012-2015

CONFERENCE PRESENTATIONS

- **Carroll, N., & Silverio, N.** (2019, October). *Relationship Education: A practical tool for social wellness*. Co-presented 90-minute session at the Florida Counseling Association 70th Annual Convention, Tampa, FL.
- **Carroll, N., Santos, J, Silverio, N., & Toussaint, B.** (2017, January.) *Community Trauma: Investigating the impact of publicized violence towards blacks on minority mental health*. Co-presented 90-minute session at the UCF Counseling Conference, Orlando, FL.
- **Carroll, N.** (2016, October). *Investigating the influence of relationship education for parents coping with economic challenges*. Poster presented at the Florida Counseling Association 67th Annual Convention, Orlando, FL.

COMMUNITY PRESENTATIONS

- Herman-Stahl, M., Mattox, L., Carlson, R., **Carroll, N.** (2020, September). *Communicating through implementation challenges: Conversations for researcher-practitioner partnerships*. Co-panelist for 90-minute webinar of the Marriage Strengthening Research and Dissemination Center.
- **Carroll, N.** (2019, January). *The impact of personal wellness on the workplace*. Presented 60-minute session at the Orange County PASS Coordinators Annual Training, Orlando, FL.
- **Carroll, N.** (2018, October). *What Now? Healing through identity and authenticity*. Presented 60-minute session at Christian Family Worship Center's SISTERS annual retreat, Orlando, FL.
- **Carroll, N.** (2018, August). *Wellness and Spirituality*. Presented 90-minute session at Christian Family Worship Center's SISTERS quarterly meeting, Orlando, FL.
- **Carroll, N.** (2017, December). *Wellness and the workplace*. Presented 75-minute session at the Goodwill Job Center of Central Florida's Annual Training, Orlando, FL.
- **Carroll, N.** (2017, May). *Practicing wellness as a coping skill for managing stress*. Presented 90-minute session at the Howard Phillips Center for Children and Families Early Steps Training, Orlando, FL.