

Rahsheda D. Perine, PhD
Clinical Psychologist
TX License 36633
LA License #909
7707 Thorncreek Way
Houston, TX 77095
504-782-3388
rahsheda@yahoo.com

Educational and Professional Training:

December 2000	University of Maryland. College Park, Maryland Doctorate of Psychology in Clinical Psychology
1998	University of Maryland. College Park, Maryland Master of Arts in Psychology
1994	Florida Agricultural and Mechanical University. Tallahassee, FL Bachelor of Science in Psychology

Teaching Experience

Assistant Professor of Practice/Director of Psychology Clinic

August 2023-present.

Instruct undergraduate and graduate students in psychological theories and therapy techniques. Supervise doctoral students in assessments and therapy in a training clinic.

Trainer, Louisiana Integrated Treatment Services Curriculum

Department of Health and Hospitals, Baton Rouge, LA

May 2005- August 2005

Provide training on co-occurring disorders and its treatment to all Office of Mental Health, Office of Addictive Disorders, and Developmental Disabilities employees throughout the state of Louisiana.

Assistant Professor, General Psychology, Abnormal, and Theories of Personality

Department of Psychology: Southern University, Baton Rouge, LA.

August 2003- August 2009

Instructed psychology courses about various psychological theories, themes, and concepts. Also discussed ways in which they can apply these to their own lives. Experiential exercises, group presentations, and book chapters were used to facilitate the learning process

Instructor, Introduction to Psychology

Department of Psychology: Xavier University, New Orleans, LA.

August 2002-May 2004

Instructed psychology course about various psychological theories, themes, and concepts. Also discussed ways in which they can apply these to their own lives. Experiential exercises, group presentations, and book chapters were used to facilitate the learning process

Instructor, Child Psychology

Department of Psychology: University of Southern Mississippi, Hattiesburg, MS.

January 2001-May 2001

Instructed spring psychology course on issues related to child and adolescent physical, cognitive, and socio-emotional development. Experiential exercises, class projects, films, and book chapters were used to facilitate the learning process.

Instructor, Abnormal Psychology and Psychology of Learning
Department of Psychology: University of Southern Mississippi, Hattiesburg, MS.
August 2000-December 2000

Instructed fall psychology course on the various descriptions, etiologies, and treatments of DSM-IV classifications of psychological disorders. Used popular film to illustrate mental disorders via classroom as well as student projects in which students were asked to diagnose characters from film.

Clinical Experience

Clinical Psychologist/Managing Member, My Bright Future, LLC
Houston, TX, October 2017-present

Conduct therapy and psychological assessments to patients in clinic and in the community; also supervise Master-level clinicians and graduate interns. Serving populations from youth to geriatric and their respective life challenges.

Contract/Part time Psychologist, MedTex
Houston, TX, November 2013-2019

Conduct mental status exams for applicants for Social Security Disability in the State of Texas.

Contract Clinical Psychologist, Psych on Site/Urgent Psych
Houston, TX, March 2016-June 2018; June 2022-February 2023

Supervise Pathways To Progress Program, a school based program in which clinicians provide services to youth within the schools; Conduct neuropsychological and psychological evaluations to patients in skilled nursing facilities and at outpatient/emergent psychology clinic; perform individual, group, and family therapy; consultations and trainings to area schools; supervise Master Level Clinicians.

Clinical Director/Psychologist, Kinghaven Counseling Group
Houston, TX, July 2014-February 2016; October 2019- February 2021

Conduct psychological evaluations; supervise Licensed Psychology Associates, Interns and Practicum students, with a focus on training and the development of Autism and other counseling programs.

Part-Time Psychologist, Vericare
Houston, TX, October 2013-March 1, 2016

Conduct neuropsychological evaluations and provide motivational interviewing, brief therapies and cognitive behavioral therapy to adult and geriatric populations who are in rehabilitation and skilled nursing facilities throughout the Houston area.

Clinical Psychologist, Oasis Behavioral Health, LLC
Baton Rouge and New Orleans, LA August 2010-August 2013

Co-owned private counseling practice; conducted psychological evaluations with social security disability, developmental disability determinations, and for custody cases within judicial system, ADHD diagnostic screenings, and behavioral assessments; develop and implement behavioral plans; provide counseling and consultation to the children, adolescent, and adult population with an emphasis on using cognitive-behavioral therapy techniques. Had contracts with Department of Children and Family Services, the Social

Security Administration, Blue Cross/Blue Shield of Louisiana, Magellan Behavioral Health, and ValueOptions Military One Source Program.

**Psychologist IV, Metropolitan Human Services District, Developmental Disabilities Office
New Orleans, LA September 2010-November 2012**

Director of Psychological Services/Entry Unit; conducted psychological evaluations to determine eligibility for psychological services, as well as competency to make decisions, and entry into the developmental disability system. Developed and implemented crisis and behavior support plans. Trained in competency restoration for people with developmental disabilities who are involved in the criminal justice system. Supervised contract clinicians; conducted educational trainings for staff in the agency and for providers of disability services in the larger community.

**Psychologist III, North Lake Supports and Services
Hammond, LA
August 2009-August 2010**

Provided supervision to doctoral, masters, and bachelor level staff in regards to the assessment and treatment of individuals living with developmental disabilities in an institutional setting; worked within several multidisciplinary teams which included psychiatrists, physical and speech therapists, and nurses. Designed and delivered diversity training to professional level staff as a way to address ongoing conflict among the workforce.

**Coordinator of Adolescent Services, Free Ineed: Intensive Outpatient Substance Abuse Services,
Baton Rouge, LA
April 2007-October 2009**

Provided assessment, and treatment, of adolescents and adults with co-occurring disorders of substance and psychiatric disorders; also assisted in the development of adolescent intensive outpatient and outpatient substance abuse treatment curriculum and program. Developed and implemented undergraduate and graduate level internship to provide exposure and experience in the substance abuse treatment milieu for psychology students.

**Psychologist, Center for Psychological Healthcare
Baton Rouge, LA
October 2004-April 2006
May 2009-August 2009**

Assessed and provided individual and group therapy to children and adolescents who lived in a group home. Conducted psychological evaluations for people in the community and for juveniles in the court system, and developed treatment plans for adolescents who are in state's custody.

**Psychologist II, Jefferson Parish Human Services Authority: Office of Developmental Disabilities
Metairie, LA
August 2001-May 2004**

Assessed and provided behavior support plans (cognitive-behavioral based treatment) for families who have children, adolescents, and adults with developmental disabilities; also conducted intellectual and adaptive behavioral evaluations in order to determine eligibility for disability services.

**Post Doctoral Fellow at Pine Grove Child and Adolescent Day Treatment Program, a subsidiary of
Forrest General Hospital. Hattiesburg, MS
August 2000-August 2001**

Provided therapeutic and assessment services for severe emotionally and behaviorally disturbed children and adolescents who are in a day treatment program as well as on an outpatient basis. Case consultations

held weekly with social workers, nurses, school board members and psychiatrists. In addition, consultation and observation with various Head Start programs in Hattiesburg.

**University of Southern Mississippi Internship Consortium: Pine Grove Recovery Center, Pine Belt Mental Health Care Resources' Children Services, and University of Southern Mississippi Counseling Center. Hattiesburg, MS
August 1999-August 18, 2000**

Received training through four month rotations at each site in a variety of areas such as: inpatient/outpatient group therapy, individual, couples, and family therapy, psychological assessment of adults and children, involvement with civil commitments, treatment/discharge planning, community and organization consultation, and supervision of practicum students.

**Edgemeade Residential Treatment Center. Upper Marlboro, MD.
September 1997-August 1998**

Conducted individual, group, and family therapies with males between 12-18 years of age presenting with diagnoses of Schizophrenia, Schizoaffective, Bipolar, Attention-deficit/hyperactivity, Major Depression with suicidal tendencies, and Cognitive Disorders. Case consultations held weekly with social workers, nurses, and psychiatrists. Tri-monthly calls with managed care organizations to discuss individual cases.

**Psychological Assessment Externship: Patuxent Institution, Jessup , MD
February 1996- February 1997**

Conducted interviews and evaluations of adult and adolescent inmates, with various criminal convictions.

Research Presentations

Perine, R. (2009, July) Psychological Factors that Influence African-American Students Standardized Test Performance-Revisited. Proposal accepted for Presentation at the International Conference of Learning, Madrid, Spain.

Perine, R., Harrison, M. & Toldson, I. (2004, July). Exploring HIV/AIDS knowledge among Rural South African and African-American Youth. Proposal accepted for poster presentation at the annual meeting of the American Psychological Association.

Perine, R. & Toldson, I. (2004, February). Strategies for establishing the cross-cultural validity of educational and mental health assessments. Workshop conducted at the annual meeting of the Winter Roundtable at Columbia University, New York, NY.

Perine, R & Toldson, I. (2004, February). Exploring the Relationship between Family Processes and Knowledge about HIV/AIDS among rural American and rural South African children. Symposium conducted at the annual meeting of the Winter Roundtable, New York, NY.

Perine, R (2002, August). Stereotype threat's influence on the Standardized Test Performance of African-American students. Panel conducted at the annual meeting of the American Psychological Association, Chicago, IL

Perine, R. (2001, January) Racial identity's influence on the Standardized Test Performance of African-American students. Symposium entitled "Psychological Models Impacting African-American Students' Standardized Test Performance". Discussant: J.E. Helms. Conducted at the Annual Relevance of Assessment and Culture in Evaluation (RACE) convention. Tempe, AZ

Perine, R. (2000, October) Cultural Diversity. Discussion conducted at University of Southern Mississippi Internship Consortium Lecture Series

Perine, R. (2000, February) Politics and the Black Family: Using the Power Within. Discussion conducted at the Black Administrators in Child Welfare 2000 Annual Symposium, Washington, DC

Trainings and Consultations

Da Mind Matters Podcast, Houston TX (November 2021-October 2022): Developed and presented weekly audio/video podcast on various mental health and wellness topics.

Understanding Childhood Mental Health, Houston TX (April 2016): presented workshop regarding identifying mental health symptoms and effective strategies for teachers to use while in the classroom to early development teaching personnel.

Using the Autism Diagnostic Observation Scale (ADOS), Houston, TX (April 2015): conducted training on using the measurement to clinical staff.

Understanding Co-Occurring Disorders, New Orleans, LA (August 2011): Presented a workshop geared toward developing or enhancing the knowledge base of recognizing and best treatments for people with developmental disabilities and mental illness. The audience was comprised of providers, clinicians, educators, and family members of people with developmental disabilities.

Building Positive Social Relationships, New Orleans, LA (December 2010): Presented workshop on the importance and how to assist people with developmental disabilities on creating relationships with others to an audience of DD population, providers, and family members.

Mental Health Awareness Day in Baton Rouge, LA (May 2009): Presented a workshop on co-occurring disorders to audience of professionals and people living with mental illness for Volunteers of America.

Free Indeed Substance Abuse Treatment Facility in Baton Rouge, LA (March 2009): Presented a workshop on understanding the purpose and importance of therapy to adults who have substance abuse and dependent diagnoses.

Association of Black Psychologists, New Orleans, LA (March 2009): Coordinated and led graduate school/career workshops for undergraduate and graduate students in the mental health field.

Free Indeed Substance Abuse Treatment Facility in Baton Rouge, LA (September 2008): Presented and discussed importance of self-care, and symptoms of depression and PTSD, with volunteer organizations who were first responders to Hurricane Gustav.

Mental Health Awareness Day in Baton Rouge, LA (May 2008): Presented a brief workshop on identifying co-occurring disorders to audience of professionals and people living with mental illness.

Ashe Cultural Center in New Orleans, LA (Feb –Jun 2007): Presented a series of community workshops geared around helping victims of Hurricane Katrina deal with mental health concerns.

Office of Mental Health/Office of Addictive Disorders, State of Louisiana (May 2005- August 2005): presented the Louisiana Integrated Treatment Services (LITS) Curriculum to psychiatrists, social workers, nurses, psychologists, substance abuse counselors and other paraprofessionals throughout the state of Louisiana.

Jefferson Parish Human Services Authority, (November 2001-May 2003): Developed and presented cultural diversity training and other psychoeducational workshops to various organizations in the Greater New Orleans community that serve people with developmental disabilities and staff that work with the HIV/AIDS population.

St. Michaels' Special School, New Orleans, LA (March 2002, March 2003). Developed and presented educational workshop to parent groups. Workshop concerned the symptoms and appropriate treatment of mental health disorders with children who have developmental disabilities.

Departmental Office Support Staff at the University of Southern Mississippi, (November 2000): Developed and presented three-hour training workshop on importance of cultural diversity in the workplace to office support staff from various departments on campus.

City of Hattiesburg (November 2000): Developed and presented workshops to various city departments' managers on training management how to have cultural diverse and sensitive work environments.

Pine Belt Mental Healthcare Services, Hattiesburg, MS (April 2000): Developed and presented workshop on the importance of examining cultural diversity in the treatment of adult mental health patients to social workers and psychologists.

Forrest County General Hospital, Hattiesburg, MS (February - March 2000): Developed and presented training workshops on the importance of cultural diversity using APA guidelines and experiential exercises, in the treatment of patients, as well as in the workplace.

WDSU an NBC affiliate evening news, Hattiesburg, MS (March 2000): Asked to provide brief information on cultural diversity and conflict resolution in the workplace to the Hattiesburg viewing area.

Headstart (February-March 2000): Observed various headstart classrooms throughout surrounding communities of Hattiesburg and provided recommendations for better services to teaching and administrative staff.

Publications

Toldson I, Harrison M., Perine, R, Carreiro P,& Caldwell, L. (2006) Assessing the Impact of Family Processes on Rural African American Adolescents' Competence and Behavior Using Latent Growth Curve Analysis. *The Journal of Negro Education*, 75(3), 430-442.

Certifications

Diversity Train the Trainer (2012): Trained to assist organizations in handling multicultural and ethnicity issues within the workplace.

Professional Affiliations:

The Association of Black Psychologists, 2001- 2013; Past President of Greater New Orleans chapter: 2005-2010

Volunteer/Community Involvement:

World Youth Foundation Volunteer, Houston, TX (2014-present)

Correspondent Secretary for the Guild Leadership of The Greater New Orleans Chapter of the National Urban League: 2012-2013

Birthing Project, Served as a mentor for pregnant women, also conduct parent trainings: 2012-2013

Responsible and Informed Teens Empowered for Success (RITES) August 2009- 2012: co-founded a mentor group for adolescent girls.

Behavioral and Social Science Volunteer Program (BSSV) for the American Psychological Association in Washington, DC- Feb 2009-Aug 2009

Katrina Citizen Leadership Corp., funded under Children's Defense Fund- October 2008-October 2009

Awards

Teacher of the Year for the College of Sciences, Southern University at Baton Rouge 2008-2009

References Available Upon Request