

Dr. Julie A. McKay, Psy.D., Licensed Psychologist

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Infant Mental Health Endorsed Level IV: Clinical Mentor

EDUCATION

Sept. 2014 – Sept. 2015

University of Colorado Denver School of Medicine – Aurora, CO

Irving Harris Post-Doctoral Fellow, Infant Mental Health and Child Development

Aug. 2009 - Aug. 2014

Wheaton College Graduate School - Wheaton, IL

Psy.D., Clinical Psychology

Dissertation: Listening to the needs of grieving orphaned children: A qualitative study exploring exemplar
Zambian caregivers' narratives of care.

Aug. 2007 - May 2009

Wheaton College Graduate School - Wheaton, IL

M.A., Clinical Psychology

Aug. 2002 - May 2006

Taylor University - Upland, IN

B.A., Studio Art, Minor - Psychology

CLINICAL EXPERIENCE

Oct 2019 – Present

Private Practice - Lakeside Psychology Services, LLC

- Treat children to adults ages 3-33
- Areas of clinical focus are: behavioral disorders, disorders of mood, anxiety, OCD, elimination disorders, sleep disorders, and attention deficit hyperactive disorder
- Provide the following treatments: Parent Child Interaction Therapy, Child Parent Psychotherapy, Cognitive Behavioral Therapy, Exposure and Response Prevention, Parent Management Training, SPACE Treatment (Supporting Parents of Anxious Childhood Emotions), Trauma Focused CBT, Dialectical Behavior Therapy, Parent Coaching, General supportive psychotherapy and animal assisted therapy
- PsyPact Certified: APPIT 14661
- Infant Mental Health Endorsed Level IV Clinical Mentor - 2024
- Trainings completed and conferences attended since 2019:
 - High Conflict Divorce: William James College: Overcoming Barriers; Rethinking Parent-Child Contact Problems 2019-2020
 - ADHD: PESI Training, CHADD Conference Fall 2022
 - PCIT: CALM protocol training, PCIT Conference in 2021, PCIT Older Child Training for ages 7-10, full year of PCIT consultation with Dr. Cheryl McNeil, Ph.D. out of UVW in 2022 year, PCIT Continuing Education Booster sessions through the state of MN

- OCD: 55 hours of training completed with the Center for the Treatment and Study of Anxiety at University of Pennsylvania Perelman School of Medicine
- SPACE Treatment: June 2020 Completed initial training with Eli Libowitz
- Infant Mental Health: Ongoing reflective supervision and consultation from infant mental health endorsed psychologist Dr. Susan Schultz, Ph.D.
- Minnesota Infant Mental Health Conference: 2018, 2019
- Endorsed Infant and Early Childhood Mental Health Level IV - Clinical Mentor
- Trauma Focused Cognitive Behavioral Therapy - Trained in Jan 2025
- Rule 114 Qualified Neutral - Family Law Facilitative Mediator - Nov 2025

Oct. 2015 – Sept. 2019

Children’s Hospital of Minnesota – Minneapolis-St. Paul, MN

- Certified in Parent-Child Interaction Therapy since 2018
- Recruited to develop and implement evidenced-based mental health treatments for infants and young children, specifically within the primary care setting.
- Treated children in a general psychology clinic and in a fast paced primary care clinic
- Worked with a broad array of clients and presenting concerns
- Hand selected to create and implement an intervention for parents and their medically complex infants/young children.
- Successfully implemented three rounds of this intervention with positive parent ratings.
- This intervention model was highlighted at annual Children’s Hospital Association gala and raised over\$ 125,000.00 for Early Childhood Mental Health; the highest amount raised at the annual gala.
- Selected by Medical Director to innovate service delivery of infant and early childhood mental health in both hospital based primary care and outpatient psychology clinics.
- Routinely and productively participate in program development meetings regarding integrating mental health into primary care and developing early childhood mental health services at Children’s of MN.
- Maintain full caseload of patients and provide clinical services in two clinics: traditional outpatient and hospital-based primary care clinic.
- Completed certificate trainings in Integrated Primary Care from University of Massachusetts and Cherokee Health Systems

Sept. 2014 - Sept. 2015

Post-Doctoral Fellow – Irving Harris Infant Mental Health and Child Development Program, University of Colorado School of Medicine – Aurora, CO

- Specialized in infant mental health, perinatal mental health, and child development.
- Participated in weekly supervision sessions and didactic trainings ranging in topics from child development, assessment, DC:0-3R diagnostic manual, consultation, supervision, and intervention.

Major Rotation: Right Start for Infant Mental Health – Mental Health Center of Denver

- Provided clinical services in a specialty clinic for children birth-5 at a community mental health center serving an ethnically and social-economically diverse population.
- Clinical duties included: assessment of early parent child relationships using the Working Model of the Child Interview, Crowell Problem-Solving Procedure, and DC:0-3 diagnostic manual. Provision of dyadic services using several evidenced based treatment, including Child-Parent Psychotherapy, and Parent Child Interaction Therapy.
- Provided extensive case management and clinical consultation to Denver Department of Human Services workers, including letters to the court and expert witness court testimony when needed.
- Received intensive supervision ranging from group to individual reflective supervision, and video to live supervision.

Minor Rotation: Healthy Expectations – Children’s Hospital of Colorado

- Working with an interdisciplinary team of medical and mental health providers to support women in the perinatal period.
- Therapeutic interventions range from group support for pregnant women, post-partum mothers, infant developmental stimulation, and mother-baby dyadic therapy.
- Providing therapeutic evaluations including the Early Childhood Relational Assessment and Prenatal Marschak Interaction Method
- Supervising psychology extern and lead trainings on several tools such as the ASQ/ASQ-SE

Minor Rotation: Fussy Baby Network – University of Colorado Department of Psychiatry

- Serving as a Fussy Baby specialist, trained in the Fussy Baby model
- Providing in-home support and developmental guidance for family’s experiencing their baby fussy or having challenges with feeding, sleeping, and regulation.

Aug. 2013 - July 2014

Pre-Doctoral Intern – Aurora Mental Health Center – APA Approved Site – Aurora, CO

Major Rotation: Early Childhood and Family Clinic

- Provided services to children ages 0-6 and their families using dyadic and family therapy, including in-home therapy.
- Introduction and expansion of the implementation of Child Parent Psychotherapy, PCIT, Theraplay, and Sandtray Therapy.
- Co-Lead preschool group “Nurturing Parenting Program”
- Trained in administration and feedback of the Marschack Interaction Method and the Crowell Problem-Solving Clinical Procedure.
- Received and provided reflective supervision

Minor Rotation: Intercept School

- Six-month rotation at a therapeutic day school for children and young adults with dual diagnoses of a developmental disability and a mental health disorder.
- Co-lead groups including: Social Skills, Garden, Dance-Movement and Yoga, Human Sexuality, and Adolescent Issues.
- Provided consultation, individual and family therapy to adolescent males in a group home setting and young adults transitioning in adult supportive services.

Minor Rotation: Integrated Primary Care

- Six-month Integrated Primary Care rotation divided between a family practice clinic and refugee clinic.
- Focused training on rapid diagnosis, short-term interventions, and exploring cultural factors related to seeking mental health services and follow through with treatment recommendations.
- Actively worked with other mental health providers to decrease barriers of access to services for refugees.
- Collaborated with medical staff regarding mental health screening for post-partum depression for mothers and trauma in the refugee population

Sept. 2012 - June 2013

Outpatient Therapy Extern – Mt. Sinai Hospital – Under the Rainbow – Chicago, IL

- Conducted outpatient individual and family therapy with children ages 4-17 and their families.
- Worked with clients from an ethnically diverse population from multi-stressed, low-resourced communities in urban Chicago.
- Participated in various training rotations including the pediatric trauma unit, mother-baby unit, crisis intervention in the community, and school-based groups in the Chicago Public school system.
- Advocated for resources for clients (e.g., psychological testing or conjunctive tutoring and after school programs).
- Participated in weekly case-conferences and presented on a monthly basis.
- Attended weekly seminars on a variety of topics, ranging from therapy with African-American or Latino Families, to trainings on trauma-focused therapy and expressive therapies.

July - Dec. 2011

Outpatient Therapy Extern - Mt. Sinai Hospital - Under the Rainbow – Chicago, IL

- Assigned to Family Therapy training rotation consisting of weekly group supervision and didactic meeting, co-family therapy with the Clinical Training Director, and a multi-family group with two resident psychologists.
- Maintained a caseload of children and adolescents focused on utilizing play therapy, sand-tray therapy techniques, and family therapy within a diverse, urban population.
- Co-facilitated a weekly social-skills and self-regulation group for children ages 5-7.
- Participated in weekly group supervision meetings and seminars, and presented in case-conferences on a monthly basis.

July 2010 - June 2011

Inpatient Therapy Extern - Hartgrove Hospital – Chicago, IL

- Worked within an inpatient psychiatric hospital setting in an ethnically diverse, low-income, urban context.
- Client population had a high level of acuity, chronic trauma, and disrupted attachment histories.
- Conducted short-term therapy, family therapy, and co-facilitated 2-3 process-oriented groups per week.
- Attended weekly therapy and diagnostic seminars.
- Presented on Public Housing and Diversity in Chicago at the hospital and Child Abuse Awareness in the community.

Feb. - July 2010**Diagnostic & Outpatient Therapy Extern - Heartland Counseling Center: Center for Rural Psychology - Elburn, IL**

- Conducted psychological assessments for children ages 6-17.
- Included the clinical interview, selection of test battery, interpretation of test data, feedback sessions, and integrated reports.
- Utilized the Rorschach and Exner interpretation system.
- Contributed to weekly group supervision under a live-supervision model.
- Maintained therapy caseload consisting of family therapy and school consultation for clients aged 3-6 for an underserved rural population.

Sept. 2009 - Jan. 2010**Diagnostic & Outpatient Therapy Extern - Adult & Pediatric NeuroCare at Central DuPage Hospital – Winfield, IL**

- Administered, scored, and interpreted neuropsychological batteries on a weekly basis for pediatric to geriatric population.
- Wrote integrated neuropsychological assessments.
- Participated in clinical interviews and feedback sessions for neuropsychological assessments.
- Contributed to weekly case conceptualizations and didactic trainings surrounding presenting problems for neuropsychological testing. This ranged from dementias, stroke, and Parkinson's, to fetal alcohol syndrome, autism, and A.D.H.D.
- Maintained therapy caseload that included individual and couples therapy under an audio supervision model.
- Participated in school and church consultations.
- Co-facilitated a Stroke Support Group for stroke survivors and their caregivers.

June 2008 - June 2009**Master's Outpatient Therapy Intern - TriCity Family Services – Geneva, IL**

- Provided therapy under a live supervision model for children, adolescents and their families.
- Population included children and families from low-income suburban-rural area.
- Conducted clinical interviews and collaborated with clients on comprehensive treatment plans.
- Utilized art and play therapy techniques.
- Initiated school consultations, classroom interventions, and psychiatric consultations.
- Presented on effective parenting strategies to the local community.
- Engaged in weekly case consultations with staff.
- Co-facilitated a women's treatment group.

PROFESSIONAL PRESENTATIONS

Hospital Presentations:

Troy, M., Chawla, P., & Rabb, J. (2016). Early Childhood Mental Health. Presentation: STARS Group. Presented personally developed pilot intervention to over 1,000 invitees at a large hospital foundation fundraising event. Raised over \$125,000 for Early Childhood Mental Health.

Wright, C., Shalla-Leisak, K., & Rabb, J. (2016). Infant and Early Childhood Mental Health in Minnesota. Hospital Wide Grand Rounds: Children's Hospital of MN.

Rabb, J. (2016). Early Childhood Mental Health: Psychological Services at Children's of MN. Presentation to Occupational, Speech, and Physical therapists at Children's of MN.

Rabb, J. (2016). STARS Group: Pilot Intervention for Parents with Children 0-5 with Complex Medical Needs. Presentation to hospital staff psychologists, neuropsychologists, and medical director.

Troy, M., & Rabb, J. (2016). Early Childhood Mental Health at Children's of MN. Presentation to Children's Hospital Association Foundation Board of Directors on program development and fundraising.

Troy, M., & Rabb, J. (2016). Update: Early Childhood Mental Health at Children's of MN. Follow-Up Presentation to Children's Hospital Association Foundation Board of Directors on program development and fundraising.

Conference Presentations:

Sward, A & Rabb, J. (2015). Partners in Care: Fussy Baby Network Colorado; Helping you and the babies you serve. Interdisciplinary Institute: Identifying Fragile Infants, Supporting Fragile Families. Presentation for Special Kids Special Care, Inc. and the Postgraduate Institute for Medicine on June 12, 2015.

Paul, J. & Rabb, J. (2015). The Influence of Culture on Caregiving. Presented at Rocky Mountain Early Childhood Conference on April 17, 2015.

Rabb, J. (2015). The Proposed Application of Reflective Supervision and Consultation for Zambian Caregivers of Orphaned Children: A Cross-Cultural Perspective on Self-Care. Paper presentation to Christian Association for Psychological Studies Conference on April 10, 2015.

Griffith, S., Rabb, J., Mitchell, H., and Neal Kimball, C. (2011). Exploring Men's and Women's Unwanted Sexual Experiences. Paper presentation to the Christian Association for Psychological Studies.

Poster Presentations:

Rabb, J. and Neal Kimball, C. (2013). Exemplar Zambian Caregivers Narratives of Caring for the Grief of Orphaned Children. APA Poster presented to the Division of International Psychology. Received 2nd Place Award for Division 52-International Psychology.

Griffith, S., Rabb, J., Mitchell, H., and Neal Kimball, C. (2011). Differences Between Men's and Women's Unwanted Sexual Experiences. Poster presentation to the Christian Association for Psychological Studies.

Community Presentations:

Chawla, P., Geopford, A., and Rabb, J. (2016). Anxiety, Depression, and LGBTQ in School Based Settings. Presentation to Hennepin Country teacher training on mental health.

Rabb, J. (2015). Power Struggles: Avoiding Wrestling Matches with Young Children. Presentation to community providers in Canon City, CO.

Rabb, J. and Willoughby, J. (2014). Fussy Baby Network. Presentation to graduate level psychology trainees at Aurora Mental Health Center.

Rabb, J. and Huebner, S. (2014). Fussy Baby Network. Presentation to Integrated Care Providers at the Aurora Mental Health Center.

Rabb, J. (2014). Caregiver's Strategies for Meeting the Grief Needs of Orphaned Children. Presentation to Hope for Grieving Children-Africa board members and benefactors.

Guest Lectures:

Rabb, J. (2015). Working Model of the Child Interview: An Introduction. Presentation to perinatal mental health providers in Healthy Expectations program at Children's Hospital Colorado.

Rabb, J. (2015). Understanding the Application of the ASQ and ASQ:SE. Presentation to perinatal mental health providers in Healthy Expectations program at Children's Hospital Colorado.

Rabb, J. (2015). What is Infant Mental Health? Part 2. Presentation to psychology trainees at Children's Hospital Colorado.

Rabb, J. (2015). What is Infant Mental Health? Part 1. Presentation to psychology trainees at Children's Hospital Colorado.

TEACHING EXPERIENCE

Infant Observation, Sections I, II, and III - University of Minnesota - Institute for Child Development Fall 2019-Winter 2020

Taught Masters level course for those seeking a degree in Early Childhood Development in the Institute for Child Development. Worked under Elizabeth Carlson, Strange Situation Trainer and Developer. Scaffolded students ability to reflect in the parallel process between observer, parent and infant in a year long, weekly observation of an infant from birth to year one. Provided feedback on weekly written reflections and conducted weekly reflective meetings to support students application of child development and the reflective process

Teaching Assistant - Wheaton College Graduate School - Wheaton, IL Spring 2011, Spring 2009

Family Systems (Masters Level Course)

Aided in development of curriculum and evaluation process. Guest lectured on the clinical use of genograms and Bowenian family systems theory. Appraised mid-term and final papers.

Fall 2010

Introduction to Christian Spirituality (Undergraduate Course)

Contributed to the development of undergraduate students through weekly evaluations of student papers.

Spring 2009**Group Therapy (Masters Level Course)**

Taught sections of course, conducted role-plays, and facilitated class discussions.

Fall 2008**Humanistic & Experiential Therapy (Masters Level Course)**

Peer-reviewed and critiqued basic clinical interviewing skills. Fostered growth of incoming students through extended mentoring. Taught class sections on guided meditation and progressive muscle relaxation. Performed role-plays and guided follow-up discussions.

International Teaching Experience**Aug. - Dec. 2006****Nairobi, Kenya**

Taught art to grades K-9 at West Nairobi School. Tutored at a group home for street boys. Collaborated with students from local university to assist in modifying trauma treatment curriculum for children in slums. Participated in various small business organizations offering vocational training for women survivors of war, trauma, and poverty. Instructed children in village schools on academic and life skills. Lived with various families in city and village settings.

Aug. - Dec. 2001**Arua, Uganda**

Taught art and physical education in a village school and ex-patriot community school. Participated in weekly support meetings for refugees from Sudan and the Democratic Republic of Congo. Studied Ugandan history and contemporary politics.

RESEARCH EXPERIENCE

Aug 2013 - Aug 2014**APA Internship Research Rotation: Integrated Primary Care**

Donaldson, W., Medjuck, J., Rabb, J., San Tse, P., and Wahiwe, G. (2014). Integrated Primary Care: Hope, Health and Wellness. Aurora Mental Health Center

- Collaborated with fellow interns to review access and use of mental health services in adult integrated care clinics. Presented findings to all integrated care managers and 25 board members of Aurora Mental Health

Sept. 2012 - May 2014**Dissertation - Listening to the needs of grieving orphaned children: A qualitative study exploring exemplar Zambian caregivers' narratives of care**

- Developed, obtained funding, and carried out an original study taking place in Zambia. Conducted 21 interviews with Zambian caregivers focused on their perception of grief in the orphaned children in their care. Themes of caregivers' experiences in meeting a child's grief needs and the caregivers' corresponding needs were also considered. Results were reported back to the supporting organization for program development and curriculum improvement for trainings of orphan caregivers.

Sept. 2009 - Aug. 2012**Research Assistant - Wheaton College Graduate School - Wheaton, IL**

- Assistant under Cynthia Neal Kimball, Ph.D. in Developmental Psychology. Experienced with quantitative and qualitative data collection and use of Nvivo10 software. Participated in a research team analyzing data on men's and women's unwanted sexual experiences among college aged men and women. Focused on how gender role beliefs impact views of unwanted sexual experiences. Analyzed interviews for differences and similarities based on gender of participant and type of unwanted sexual experience.

COURT TESTIMONY

June 24, 2015

Qualified as an expert witness in Child Development and Infant Mental Health to provide court testimony for a termination hearing for parental rights for the Denver Department of Human Services in a child abuse and neglect case.

March 25, 2015

Qualified as an expert witness in Child Development and Infant Mental Health to provide court testimony in contested visitation hearing for the Guardian Ad Litem's office in a child abuse and neglect case.

SCHOLARSHIPS, BOARD MEMBERSHIPS, COUNCIL APPOINTMENTS

Jan. 2016 - Jan 2020– Board Member of the Minnesota Association for Early Childhood and Infant Mental Health

Invited to participate on Minnesota state board for informing policies, providing education, and shaping the direction of mental health care for children 0-5.

Nov. 2010 – October 2018 - Board Member and Researcher: Hope for Grieving Children Africa

Invited to serve as a Board Member for an international, non-profit organization to advise curriculum development for teaching counseling skills to orphan caregivers. Traveled to Lusaka, Zambia in July of 2012 to conduct research for dissertation and program development for the organization. Presented at annual benefit on research. Asked to assist with developing strategic goals and fundraising efforts.

Aug. 2010 - May 2011 - Wheaton College Faculty Council

Selected to represent graduate school on a campus wide faculty council. Participated in planning for monthly faculty business meetings, faculty handbook policies, while working along side the Provost in discussing major decisions for the institution.

Aug. 2009 - May 2010 - Wheaton College Educational Policies & Curriculum Council

Invited to represent graduate school to review and assess curriculum changes. Collaborated with College Provost, Dean of Graduate School, Registrar, and other academic chairs on monthly basis. Offered insights into graduate curriculum and maintained voting rights in making decisions with regard to campus-wide curriculum proposals.

Aug. 2007 - May 2009 - Graduate Psychology Student Association - Wheaton College

Elected V.P. 2008-2009 academic year on behalf of graduate psychology students

2009 - 2014 - Wheaton College Doctoral Scholarship

2008 - 2009 - Sandra Barnett Memorial Scholarship

PROFESSIONAL AFFILIATIONS

Oct 2016 - Current - Minnesota Psychological Association
Oct 2016 - Current - Minnesota Association for Infant and Early Childhood Mental Health
Aug. 2014 - Sept 2016- Colorado Association for Infant Mental Health
Aug. 2014 - Sept 2016 - Colorado Psychological Association
Aug. 2014 - Present - World Association for Infant Mental Health
Aug. 2009 - Present - American Psychological Association

NEURO & PSYCHOLOGICAL TESTS ADMINISTERED

Neuropsychological:

Beery
 Benton Judgment of Line Orientation
 Boston Naming Test
 Brief Visuospatial Memory Test- Revised
 California Verbal Learning Test-2
 Children's Memory Scale
 Controlled Oral Word Association Test
 DK-EFS: Color Word Interference, Verbal Fluency, Animal Fluency & Tower Tests
 Grooved Peg Board
 Neuropsychological Assessment Battery -Memory Module
 Rey Complex Figure Test Symbol Search
 Trails A and B

Cognitive:

Psychological:

BASC, CBCL, Conners, CPI, Millon, MMPI-II, MMPI-A, NEO-PRI, 16PF, Roberts Apperception Test, Rorschach – Utilized Exner System, Thematic Apperception Test
 WAIS, WIAT-II, WISC-IV, WJ-III-C/A, WRAT-4, WPPSI-4, Baley Scales of Infant Development, Mullen

Relational:

Working Model of the Child Interview
 Early Childhood Relational Assessment
 Crowell Problem Solving Procedure
 Prenatal/Marschak Interaction Method

INFANT MENTAL HEALTH TRAININGS AND CONFERENCES

Nov 2017

Added annual Zero To Three conference and updated DC:0-5 training

Jan. 2017 – Current

Participating in the Infant Observation course with the University of Minnesota Infant and Early Childhood Mental Health Certificate Program.

Aug 2017

Reflective Supervision Conference with CEED

May 2017

Reflective Consultation: Building Skills for Supervisors, by Jill Hennes.

June 2015

Interdisciplinary Institute: Identifying Fragile Infants, Supporting Fragile Families. Conference for NICU providers.

Mar 2015

Adverse Childhood Experiences: California Maternal Mental Health Conference. Videocast live at Children's Hospital Colorado.

Oct 2014

Norona, C., and Frankel, K (2014). *Deeping Our Clinical Practice in Solidarity for Social Justice: Diversity-Informed Infant Mental Health Tenets*. Colorado Infant Mental Health Fall 2014 Teach-In, Denver, CO.

Sep 2014

Frankel, K., and Huebner, S. *Fussy Baby Network Level I Training*. Aurora, CO.

Sep 2014

Frankel, K. *DC:0-3 Diagnostic Manual Training*. Aurora, CO.

Sep 2013

Frankel, K. *DC:0-3 Diagnostic Manual Training*. Aurora, CO.