

Silvia M. Lugo Merced

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(787) 361-0559

EDUCATION

Albizu University, Miami, FL.

In Progress

Doctorate in Clinical Psychology (Psy.D.)

John F. Kennedy University, San Francisco, CA.

2018

Master of Arts in Sport Psychology (M.A.)

Barry University, Miami Shores, FL.

2011

Bachelor of (Science) in Psychology (B.S.)

Minor in Business

SCHOLARSHIP

August 2007 to May 2011 Barry University, Division II Women's Soccer Team Scholarship.

- Received athletic and academic scholarships.
- Earn the Most Improved Player (MIP) Award at the Athlete's Banquet season 2008-2009
- Devoted 20+ hours per week to athletics while carrying a full course load.
- Developed leadership, team-building experience, and resiliency.

HONORS & AWARDS

2021 Title V Promoting Postbaccalaureate Opportunity for Hispanic Americans (PPOHA) Fellowship

- The PPOHA program provides grants to expand postbaccalaureate educational opportunities for and improve the academic attainment of Hispanic students.
- Recipient of the 2021 PPOHA by the Dean of Academic Affairs of Albizu University-Miami Campus.

Funded through the 2019 Health Resources & Services Administration (HRSA) grant for the Integrated Opioid Use Disorder (OUD) and Substance Use Disorder (SUD) training program in South Florida.

- Recipient of HRSA grant (# 1 D40HP33382) focused on developing skills in providing culturally competent, evidence-based screening, evaluation, and treatment of OUD/SUD in integrated behavioral health care settings.

- Trained under the mentorship of AU's faculty and renowned experts in the field of substance use disorders.
- Completed experiential training at Borinquen Medical Centers in Miami, FL.
- Received training in telehealth technology for OUD/SUD prevention and treatment.

2003-2014 Puerto Rico's Women's National Soccer Team

- Represented the island of Puerto Rico as a national athlete in the youth and adult category and competed in pre-Olympic tournaments, Central American & Caribbean Games, World Cup qualifiers, and international friendlies.
- Received athletic scholarship and financial sponsorship from the Puerto Rican Sports Department, Puerto Rican Olympic Committee, and Puerto Rican Soccer Federation during my training experience in IMG Academy (Bradenton, FL).
- Developed leadership, mental skills training routines and began acculturation to the United States.

SUPERVISED CLINICAL EXPERIENCE

2021-2022 **Psychology & Beyond** Miami, FL
 Supervisor Luisa Hernandez, Psy.D.

- Conducted initial evaluations and provided individual psychotherapy in English and Spanish, in-person and via telepsychology in an outpatient private practice.
- Provide comprehensive diagnostic evaluations and consultation of pediatric populations where neurodevelopmental disorders are suspected.
- Administered, scored, and interpreted neuropsychological evaluations in English and Spanish with a variety of developmental, neurological, medical, and physical conditions, including ASD, ADHD, TBI, SCI, learning disorder, seizures, tumors, encephalitis/meningitis, stroke, near drowning, and multiple sclerosis/demyelinating illnesses.

2020-2021 **Borinquen Medical Centers** Miami, FL
 Supervisor: Leila Charlemagne, Psy.D.

- Provided individual psychotherapy in English and Spanish to adolescents and adults of low socioeconomic status, homelessness, severe mental illness, veterans, and court-ordered individuals in an outpatient community mental health.
- Facilitated online group psychotherapy in English and Spanish for intensive outpatient programs for addiction rehabilitation.
- At least 40% of individual psychotherapy was with patients with OUD/SUD.
- Served ethnic minorities and immigrant populations at different stages of acculturation.
- Administered psychodiagnostics evaluations and provided educational

interventions during pregnancy to prevent post-partum depression as part of the ROSE (Reach Out, Stay Strong, Essentials for mothers of newborns) program.

WORK EXPERIENCE

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|----------------------|---|----------------|
| 2019- <i>Current</i> | Juego Mental LLC | San Juan, PR. |
| | <ul style="list-style-type: none">▪ Founder, administrator, and mental skills coach for athletes.▪ Mental Performance coach for individuals & groups. Coach mental skills training, leadership workshops, consulting & administrative responsibilities (e.g., creating curriculums and organizing professional talks). | |
| 2023 | First Choice Neurology- Baptist Health System | Kendall, FL. |
| | <ul style="list-style-type: none">▪ Psychometrician. Administer comprehensive neuropsychological test batteries in English and Spanish under the supervision of Dr. Rafael Rivas-Vasquez, PsyD. | |
| 2022-2023 | Healthy Solutions for Children & Families | Doral, FL. |
| | <ul style="list-style-type: none">▪ Provide counseling to individuals, families, couples and play therapy to children, under the supervision of Karina La Banca, Licensed Mental Health Counselor. | |
| 2018-2022 | Blu-Chip Analytics | Nashville, TN. |
| | <ul style="list-style-type: none">▪ Develop psychological profiles (i.e., lifestyle, coachability, character, winning mentality, social qualities) for athletes and coaches based on social media content. Consultation services. Remote. | |
| 2018 | Pittsburgh Pirates | Bradenton, FL. |
| | <ul style="list-style-type: none">▪ Mental Performance coach for players and coaches at the minor league and professional levels. Administered mental skills training focused on sports performance, injury rehabilitation, and team building. | |
| 2017-2018 | IMG Academies | Bradenton, FL. |
| | <ul style="list-style-type: none">▪ Mental Performance coach for individuals & groups of international athletes from diverse sports and ages. Administered mental skills training focused on improving sports performance, leadership skills & personal development. | |
| 2013-2021 | KACE Company | Ashburn, VA. |
| | <ul style="list-style-type: none">▪ Provided linguist services, including monitoring of judicially authorized communications, transcription & translation, and cultural advisory services. | |

SPORT PSYCHOLOGY RELATED INTERNSHIP EXPERIENCE

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| 2017 | Softball Team Metropolitan University of Puerto Rico | San Juan, PR. |
| | <ul style="list-style-type: none">▪ Mental skills training program (eleven weeks) for players and coaches. | |

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| 2016 | San Juan Football Club | San Juan, PR. |
| | <ul style="list-style-type: none"> ▪ Mental skills training program (thirteen weeks) teams of different ages, coaches, and parents' education. | |
| 2016 | Sport, Leadership, and Management (SLAM) High-school | Miami, FL. |
| | <ul style="list-style-type: none"> ▪ Facilitated an 8-week mental skills training program for 200 campers. | |
| 2014 | Puerto Rico's Women's National Soccer Team | PR. |
| | <ul style="list-style-type: none"> ▪ Participated in the 2010 Central American and Caribbean Games. | |
| 2013 | Puerto Rico's Under 17 National Soccer Team-Women | PR. |
| | <ul style="list-style-type: none"> ▪ Participated in group seminars on self-confidence and visualization skills. | |

RESEARCH EXPERIENCE

On the Standardization and Normalization of Neuropsychological Tests Among Hispanic Populations in the US.

Fall 2019-Present

- Worked as a research assistant under the supervision of Miriam Rodriguez, Ph.D., for an international, normative study conducted by Juan Arango-Lasprilla, Ph.D., on developing neuropsychological tests for Spanish speakers. Supported research efforts to develop normative test data for neurologically healthy adults who are monolingual Spanish-speaking and bilingual Spanish/English speaking.
- Administer, score, and interpret neuropsychological battery in Spanish to participants between the ages of 18 to 80 years.

GRADUATE TEACHING EXPERIENCE

PsyD-710 Personality Assessment II, **Teacher Assistant**

Fall 2022

- Worked under the supervision of Edward Cunliffe, Ph.D.
- Participated in weekly meetings with Dr. Cunliffe to aid with lesson preparation, including collecting materials and setting up equipment.
- Reviewed lessons with students on a one-on-one basis and in small groups.
- Assisted students with special learning requirements, including ESOL.

PsyD-736 Psychopathology, **Teacher Assistant**

Fall 2022

- Worked under the supervision of Edward Cunliffe, Ph.D.
- Participated in weekly meetings with Dr. Cunliffe to aid with lesson preparation, including collecting materials and setting up equipment.
- Reviewed lessons with students on a one-on-one basis and in small groups.

- Recorded and tracked attendance.
- Assisted students with special learning requirements, including ESOL.

GRAL-705 Addictive Behavior and Their Treatment, **Teacher Assistant**

Spring 2022

- Worked under the supervision of Scott Hyman, Ph.D.
- Assisted with scheduling presentations, continued education (CE) credits, and other course-related duties.
- Supported clerical duties related to Doctoral Projects of PsyD candidates.

PsyD-710 Personality Assessment II, **Teacher Assistant**

Fall 2021

- Worked under the supervision of Edward Cunliffe, Ph.D.
- Participated in weekly meetings with Dr. Cunliffe to aid with lesson preparation, including collecting materials and setting up equipment.
- Reviewed lessons with students on a one-on-one basis and in small groups.
- Recorded and tracked attendance.
- Assisted students with special learning requirements, including ESOL.

PsyD-710 Personality Assessment II, **Teacher Assistant**

Fall 2021

- Worked under the supervision of Edward Cunliffe, Ph.D.
- Participated in weekly meetings with Dr. Cunliffe to aid with lesson preparation, including collecting materials and setting up equipment.
- Reviewed lessons with students on a one-on-one basis and in small groups.
- Recorded and tracked attendance.
- Assisted students with special learning requirements, including ESOL.

PROFESSIONAL PRESENTATIONS

Lugo S., Ramallo Y., Leonor K., Aguiar, S., Hernandez, L. (2022, October 12-15). *Autism Spectrum Disorder (ASD) presentation in females* [Poster session]. National Academy of Neuropsychology, Denver, CO.

Hyman S., **Lugo S.**, Shore K., & Colon E. (2022, August 3-6). *Integrated OUD/SUD Training program in South Florida: A capacity building project* [Symposium session]. American Psychological Association, Minneapolis, MN.

Lugo S., Arias Y., Landestoy A., Victorero, N., & Rodriguez, M. (2022, August 3-6). *Acculturation and emotional intelligence in the Latinx community* [Poster session]. American Psychological Association, Minneapolis, MN.

Lugo, S., Victorero, N., & Arbelo, F. (2022, June 11th). *When mindfulness meets psilocybin* [Poster session]. 6th Annual South Florida Student Research Symposium, Albizu University, Miami, FL.

Arias, Y., Landestoy A., **Lugo, S.**, Victorero, N., & Rodriguez, M. (2022, June 11th). *What effect does acculturation have on cognitive functioning among Hispanic adults?* [Poster session]. 6th Annual South Florida Student Research Symposium, Albizu University, Miami, FL.

Lugo, S., & Dahlin, P. (2020, February 21-22). *The effects of mindfulness-based interventions on Opioid Use Disorder* [Poster session]. Association for Applied Sport Psychology Southeast Regional Conference, City, ST.

PROFESSIONAL AFFILIATIONS

American Psychological Association (APA), Student Affiliate.

- Rehabilitation Psychology (APA Div. 22).
- Society for Clinical Neuropsychology (APA Div. 40).
- Society for Sport, Exercise and Performance Psychology (APA Div. 47).
- Society of Addiction Psychology - Student Affiliate (APA Div. 50).

Association for Applied Sport Psychology (AASP), Student Affiliate.

National Academy of Neuroscience (NAN), Student Trainee.

Rorschach Club at Albizu University-Miami Campus, Student Member.

CERTIFICATIONS

Autism Diagnostic Observation Schedule (ADOS-2), *Sunfield Center for Autism, ADHD, and Behavioral Health*, November 2021.

Certified Trauma Professional, *Evergreen Certifications*, July 2021.

Addictions 2021, *McLean Hospital/American Psychological Association*, June 2021.

Training Workshop on Mindfulness-Oriented Recovery Enhancement for Addiction, Stress, and Pain, *Continuing Education Unites 13.0, Eric Garland, PhD, LCSW, Professor, University of Utah College Social Work*, May 22-23, 2021.

LANGUAGES

Fluent speaking and writing skills in **English** and **Spanish**.

Basic **French** Course from Barry University, Miami Shores, FL., 2010.

Basic **Portuguese** Course from Universidad del Sagrado Corazón, Puerto Rico, 2008.