

Krandhasi Kodaiarasu

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EDUCATION

- 2024-Present **University of Maryland**, College Park, MD
Ph.D., School Psychology
- 2017-2021 **University of Washington**, Seattle, WA
B.S., Psychology
Dean's List
Capstone: 'Veedu-Vaasal': A Psychological Legacy of the Trauma Inherited by the Tamil Diaspora from the Sri Lankan Civil War
Advisor: Ann Culligan, Ph.D.

FELLOWSHIPS, AWARDS & GRANTS

- 2023, 2022 (*nominee*) **Spirit of Excellence Award.** Franciscan Children's Hospital.
- 2023 **Helping Hand Award.** Franciscan Children's Hospital. (*nominee*)
- 2022 **Graduate Research Fellowship Program.** National Science Foundation.
(*unfunded*)
- 2021-2023 **McLean Post-Baccalaureate Clinical Fellowship.** *Simches Division of Child and Adolescent Psychiatry at McLean Hospital.*
- 2021 **Ruth H. Hagenstein Endowed Scholarship.** University of Washington.
- 2021 **Intersectional Sustainability Grant.** Campus Sustainability Fund and The Resilience Lab, University of Washington. (\$2750)
- 2020-2021 **2020 Resilience and Compassion Seed Grant.** Campus Sustainability Fund and The Resilience Lab, University of Washington. (\$2716)
- 2020 **Ethical Global Engagement Grant/Edge Scholarship.** University of Washington Global Research, Internships & Service Program, OmPrakash NGO. (\$600)

PUBLICATIONS

- Sugita, S., Hata, K., **Kodaiarasu, K.**, Takamatsu, N., Kimura, K., Miller, C., Gonzalez, L., Umemoto, I., Murayama, K., Nakao, T., Kito, S., Ito, M., Kuga, H. (2024). *Psychological Treatments for the Mental Health Symptoms Associated With COVID-19 Infection: A Systematic Scoping Review.* (<http://dx.doi.org/10.1002/pcn5.223>)

PRESENTATIONS

***indicates equal contribution/co-authorship**

PAPERS

Sugita, S., Hata, K., Takamatsu, N., Kimura, K., Gonzalez, L., **Kodaiarasu, K.**, Ito, M. (2023, June 1-4). *Psychological treatments for the mental health symptoms associated with COVID-19: A preliminary report on a scoping review* [Paper presentation]. 10th World Congress of Cognitive and Behavioural Therapies.

Gauthier, G. M., **Kodaiarasu, K.**, Hallin, N., Feeny, N. C., & Zoellner, L. A. (2021, November 2-5). *Examining Instability of Self-Reported Peritraumatic Dissociation and Anxiety Before and After Treatment for PTSD* [Paper presentation]. International Society for Traumatic Stress Studies 37th Annual Meeting, virtual.

POSTERS

Ho, R.*, **Kodaiarasu, K.***, O'Brien, E., & Redic, M. (2023, November 17-20). *An AI's Theory of Mind: Perceived Empathy in Chat-GPT*. Poster session presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Seattle.

O'Brien, E.*, Redic, M.*, **Kodaiarasu, K.**, and Ho, R. (2023, June 20-21). *A Review of the Literature on Perception of Empathy in AI*. Poster session presented at the annual convention of the Society for Digital Mental Health, virtual.

Turner, E., Bastos, R., **Kodaiarasu, K.**, Murthy, S., Noumair, M., Phalen, P. (2023, May 11-15). *Contact with Mental Illness and Stigmatization of Voice Hearing*. Poster session presented at the annual Congress of the Schizophrenia International Research Society, Toronto.

Seaver, S., **Kodaiarasu, K.**, Boparai, S., Galtieri, L., Keim, L., Friedman, D., Compas, B. & Katz, L. (2021, November 12). *Is Religious Coping Protective for Caregivers of Children with Cancer?* Poster session presented at the annual Harvard Women in Psychology: Trends in Psychology Summit, Cambridge.

Kodaiarasu, K., Gauthier, G., Bedard-Gilligan, M., Feeny, N., Zoellner, L. (2021, May). *Examining the Effect of Gender on Recollection of Traumatic Emotional Memories*. Poster session presented at the annual UCLA Psychology Undergraduate Research Conference, virtual.

Nguyen, M., **Kodaiarasu, K.**, Ball, M., Nguyen, P., Slater, L., & Kuczynski, A. (2021, May). *The Relationship Between Loneliness and Depression Over Time: A Systematic Review*. Poster session presented at the annual convention of the Association for Psychological Science (APS), virtual.

Datta, S., Dunning E., **Kodaiarasu, K.** Xu, J., Boparai, S., Galtieri, L., Keim, L., Friedman, D., Compas, B. & Katz, L. (2021, April). *Depressive Symptoms During Cancer Treatment: The Moderating Role of Stress and Parenting*. Poster session presented at the biennial meeting of the Society for Research in Child Development (SRCD), virtual.

SYMPOSIA

Kodaiarasu, K. (2023, June). "Pt. EGR, Dialectical Concerns of Complex Trauma and Comorbidities." Case study presented at McLean Hospital, Belmont, MA.

Kodaiarasu, K. (2023, July). *Section 12: A Critical Review of the Levels of Care within the Massachusetts Behavioral Health Care System*. Oral presentation at the inaugural Psych for Peace & Justice 2023 Conference (PPJC), virtual.

Sugita, S. Hata, K., Takamatsu, N., Kimura, K., Gonzalez, L., **Kodaiarasu K.**, Miller, C., Umemoto, I., Murayama, K., Nakao, T., Kito, S., Ito, M., & Kuga, H. (2023) *Research in psychosocial intervention for mental health problems following COVID-19 infection*. The 119th annual meeting of the Japanese Society of Psychiatry and Neurology, June 22-24, 2023, Chiba.

Kodaiarasu, K. (2021, May). A Review of the Psychology Underlying Collective Actions. Lightning talk presented at the annual UW Undergraduate Research Symposium, virtual.

INVITED TALKS

Kodaiarasu, K., Lin, A., Mack, D., Delano, H., Norton, M. (2022, September). *Suicide Prevention*. Invited talk by McLean Hospital at the Arlington Catholic Library, Arlington, MA.

RESEARCH EXPERIENCE

02/2022-06/2023

Research Assistant

Nock Lab

Department of Psychology, Harvard University

Advisor: Matthew Nock, Ph.D

- Assist with project studying contrahedonic motivations in non-suicidal self-injury (NSSI) and eating disorder behavior, by contributing to writing of IRB protocol, recruiting participants via community engagement and social media outreach, creating, and managing assessment battery and database (Qualtrics, SPSS).
- Conduct independent research analyzing qualitative descriptions of engagement in non-suicidal self-injury and disruptive behaviors from adolescents with and without trauma histories.
- Act as reviewer on qualitative study testing the feasibility & acceptability of online safety plans for adolescents with suicidal thoughts and behavior as well as exploring the cognitive processes in severity of ratings for suicidal thought items.
- Contribute to writing of grant proposals and documentation of research procedures.

06/2020-11/2021

Research Assistant

Center for Child and Family Well-Being

Department of Psychology, University of Washington

Advisor: Lynn Fainsilber Katz, Ph.D

- Code caregiver interviews reporting sadness, anger, and fear to better understand emotional awareness, expressivity, acceptance, coaching behaviors, and regulation in the high-stress context of pediatric cancer.
- Responsible for data collection, screening, entry, and analysis from interviews, cross-checking and examining for reliability across coders.
- Prepare abstracts and posters for submission and presentations at professional conferences.

09/2019-06/2021

Research Assistant

Center for the Science of Social Connection
Department of Psychology, University of Washington
Advisor: Jonathan Kanter, Ph.D

- Assist in participant recruitment via flyering, community engagement, and event organization.
- Phone-screen and assess participants (i.e., phone screen logs, consent forms, updated task protocols).
- Collaborate with Principal Investigator to develop a new project aiming to identify microaggressions against the LGBTQ community and minority race communities to evaluate developed microaggression measures (CCAS) and interventions.
- Conduct literature and abstract reviews (1000+ papers) for meta-analyses of longitudinal associations between depression and loneliness
- Responsible for cross-checking, and stress-testing developed interventions to improve doctors' verbal and non-verbal communication patterns with patients of color to improve patient experiences, trust, and medical outcomes.
- Consolidate and analyze data to compare national public databases chronicling weapon usage in incidences by ethnicity, race, and gender to examine racial motivation in police brutality.

04/2019-06/2021

Research Assistant

Center for Anxiety & Traumatic Stress
Department of Psychology, University of Washington
Advisors: Lori A. Zoellner, Ph.D, Michele Bedard-Gilligan, Ph.D

Project STEP – [Short Term Exposure Study for PTSD](#), Project SARAH – [Sexual Assault Recovery and Hope](#)

- Administer psychophysiological tests (processing speed, attention, startle response, audio and visual stimuli) to at-risk participants with a history of PTSD in a clinical setting.
- Record their biometric feedback (ECG, GSR) via specialized equipment (e.g., ePrime, AcqKnowledge, BioPAC), and analyzed and scored resulting data.
- Accountable for maintaining HIPAA protections, database scripting and maintenance, managing therapy resources, and conducting literature reviews.
- Collaborate with other research assistants, lab coordinators, graduate researchers, and faculty weekly to review and discuss contemporary scientific literature relevant to our clinical research goals.
- Assist in participant recruitment via flyering, community engagement, and event organization.
- Work extensively with graduate student researchers reviewing scientific literature regarding neurological correlates between positive & negative affect and PTSD symptomatology, as well as how SSRIs/SNRIs impact these correlates.
- Responsible for coding, cross-checking, and stress-testing clinical measures in Qualtrics for submission to IRB and clinical usage.
- Implement new treatment procedures and revise existing protocols/treatments to accommodate for COVID-19 regulations.
- Prepare abstracts and posters for submission and presentations at professional conferences.

CLINICAL EXPERIENCE

04/2023-06/2024

Mental Health Specialist II

- Meet with unit educators to review training process; assists with leading new staff training, precepting and orienting staff to unit.
- Identify staff questions or concerns regarding specific cases and conveys information to social work team, staff psychologist, and/or team leads; actively participates in case conferences.
- Debrief critical incidents with patients and staff; ensures accompanying documentation is complete and collaborating in triaging for prevention strategies in future escalations.
- Assists with development and maintenance of communication and organizational systems which enhance milieu safety and functioning.

07/2021-04/2023

Mental Health Specialist

McLean-Franciscan-BCH Child and Adolescent Inpatient Program (Unit 1)
Franciscan Children's Hospital, Boston, MA

- Collaborate with the clinical team 40+ hrs/wk to provide trauma-informed therapeutic care to children and adolescents in therapeutic group, school, recreational and daily living situations within the hospital setting.
- Introduce patients to a range of behavioral techniques (including positive, strength-based treatment, dialectical behavior therapy, cognitive behavior therapy, and acceptance and commitment therapy) designed to assist in stabilizing children in crisis, reducing high-risk symptoms and beginning the acquisition of skills related to overcoming mental health crises.
- Interact with residents to maintain therapeutic milieu, in a way that facilitates adaptive coping and life skills through implementation of treatment plan goals and objectives.
- Apply crisis prevention and intervention techniques to children and adolescents with behavioral and psychiatric conditions. Restrained or assisted with restraints of residents weighing up to 350 pounds when intervention is necessary to ensure safety per regulations guidelines.
- Conduct suicidal risk, emotional, and behavioral assessments of patients daily.
- Observe patients, record significant conditions and reactions, and notify supervisors of patient's conditions and reaction to medication, treatments, and significant incidences.

TEACHING EXPERIENCE

01/2021-03/2021

CLUE Tutor

Psychology 101

Center for Learning and Undergraduate Enrichment
University of Washington

01/2021-03/2021

Undergraduate Teaching Assistant

Psychology 101

Department of Psychology
University of Washington

- 03/2020-12/2020 **Instructor/FIG Leader**
General Studies
 First Year Interest Groups, First Year Programs
 University of Washington
- 09/2019-03/2020 **Classroom Scribe**
JSIS 500, JSIS 578, BIO 354, HCDE 231
 Disability Resources for Students (DRS)
 University of Washington
- 06/2018-09/2018 **Educational Assistant**
 St. Louis Institute for the Deaf and Blind

COMMUNITY INVOLVEMENT & OUTREACH

- 08/2022-Present **Stem Professional Pen Pal**
Letters to a Pre-Scientist
- Match with a student between 5th and 10th grade in low-income communities within the US as a pen pal to exchange 8+ letters throughout the school year.
 - Aim to broaden students' awareness of what STEM professionals look like, discussing higher education pathways, career journeys, and obstacles/hurdles to accessibility and equity in opportunities.
- 06/2022-06/2024 **Peer Mentor**
Post-Baccalaureate Child and Adolescent Clinical Fellowship Program
 Simches Division of Child and Adolescent Psychiatry, McLean Hospital
- Counsel 4 fellows on resource referrals, research opportunities, career and/or graduate school preparation through monthly in-person conversations and weekly virtual Zoom meetings.
 - Serve as liaison between administrative personnel, career mentors, and fellows in debriefing workplace conflicts and identifying questions or concerns regarding specific clinical cases during grand rounds.
 - Encourage, inform, and recommend therapeutic and communicational improvements to enhance milieu safety and functioning; discuss goals and incorporate further training as necessary.
 - Review and edit drafts of multiple cover letters, writing samples, resumes/CVs in preparation for career opportunities and/or graduate school.
- 04/2022-05/2024 **Committee Member**
Social Justice/Diversity, Equity, and Belonging Committee,
Ethics and Restraint Prevention Committee,
Therapeutic Group Development/Facilitations Committee
 McLean Hospital/Franciscan Children's Hospital
- Examine organizational policies and practices to determine systemic equities and implement constructive changes that promote inclusivity and work culture on the behavioral mental health units and throughout the hospital.
 - Promote and advocate for the protection of patients from harm and from the potential for harm that could result from the use of physical restraints.
 - Triage and debrief previous milieu escalations to improve training in crisis prevention and review unit policy to maintain a safe environment for patients and all members of the care team.

- Brainstorm and develop new therapeutic group curriculum for the unit while evaluating and improving existing elements of therapeutic education in group facilitation.
- Review coping skills and psychological topics, as well as learn new therapeutic techniques to introduce to patients on floor.

09/2019-06/2021

Director of Programming

International Student Mentorship Program (ISMP)

University of Washington

- Collaborate with program officials in organizing weekly workshops.
- Lobby to ASUW (student government) for the implementation of a task force to bolster the visibility, representation, and support of international and undocumented students at university.
- Provide resources and support to individuals seeking professional, personal, and academic development.

08/2019-06/2021

Volunteer Counselor

Crisis Textline

- Provide free crisis intervention through network's web platform via SMS messages.
- Counsel clients dealing with a range of issues (abuse, relationships, depression, stress, self-harm, substance abuse, suicidal ideation, etc.) to help guide them from an immediate crisis to a calm understanding.
- Collaborate with the texter to find, explore, and create a support system and action plan.

03/2020-09/2020

Editorial and Archive Intern

Global Research, Internship, & Service Program (GRISP)

University of Washington

- In partnership with Seattle non-profit *OmPrakash*, connected with ethical media and publishing company *Gaysi* to support and learn through dialogue to collaboratively reflect and build community with grassroots social impact organizations.
- Compile resources and archives for the South Asian and diaspora LGBTQ+ community, curating a safe space to explore genres and representation.
- Assist with workshops, live sessions, interviews as expected to improve platform's accessibility.
- Support development of free educational guidebooks for the public to aid in the navigation of conversations on LGBTQ+ topics across various professions (i.e: healthcare professionals, classroom education, sexual health, and physical hygiene).
- Collaborate with creative heads in project pitches, campaign ideation, and grant-writing for funding.

10/2019-04/2020

Anti-Racism and Community Health Conference Committee Lead

Students of Color for Public Health (SCPH)

University of Washington

- Plan conferences for 100+ students and public health professionals to support the spread of community health awareness, with structured workshops centered on inclusion and diversity, keynote speeches, and networking opportunities.

- Oversee major event preparations, fundraisers, promotions, and outreach to sponsors/contributors.

09/2019-03/2020

Volunteer

API Chaya

- Engage with community groups, provided education, and organized towards the prevention of domestic and sexual violence, exploitation and human trafficking.
- Reach out to local communities and connected them to grassroots and legal services to help advocates address the needs of people served.

PROJECTS

2022-2023

Deconstructing Stigma Project

Writer, Interviewer

McLean Hospital

- Conducted interviews and wrote articles highlighting experiences with psychiatric illnesses and the stigma they experience as part of a global mental health awareness initiative focused on expanding public education and encouraging compassion for individuals and their families directly affected by these disorders.

2020-2021

The Komorebi Project

Founder

UW CSF and UW Resilience Lab

- Launch a student-run multimedia platform with a mission to support resilience- and compassion-building initiatives that foster connection within the UW community.
- Manage a team of 8 in curating a novel resource for self-expression; provided creative direction and assigned and evaluated works of editors, illustrators, graphic designers.
- Oversee content creation and development of website directories, reviewed articles, layouts, designs, images, etc. before publication.

2020

Open Letter Project on Anti-Blackness

Moderator/Translator

Letters for Black Lives

- Moderate a crowdsourced, multilingual initiative to provide culturally aware resources aimed at creating a space for open and honest conversation about racial justice, police violence, and anti-Blackness in ethnic communities.
- Translate, proofread, and edit translations of initiative letters, guides, and infographics in French and Tamil regarding the Black Lives Matter Movement.

2020

COVID-19 Guidelines

Pro Bono Translator

Doctors of the World (UK)

- In partnership with the UK National Health Service and the British Red Cross, translated and proofread UK NHS guidelines and updates regarding the COVID-19 pandemic (Tamil).

- 2019 **Deep Dive Dialogue Series**
Roundtable/Panel Speaker
 UW Carlson Leadership & Public Service Center
- One of 12 students chosen to discuss and learn from others' lived experiences to understand one another's motivations, concerns, and hopes.
 - Cultivate the skills necessary to interact constructively across divergent perspectives engage in developing a more nuanced understanding of critical issues in our present.

- 2017 **ICE Rights Guide**
Pro Bono Translator
 NYCLU Immigration Rights
- In partnership with New York Civil Liberties Union under ACLU (American Civil Liberties Union), translated immigrant rights for those who encounter immigration enforcement (ICE) officers in New York State (Tamil).

PROFESSIONAL ORGANIZATIONS & AFFILIATIONS

University of Maryland Student Affiliates of School Psychologists (SASP)
 University of Washington Alumni Association (UWAA)
 Association for Behavioral and Cognitive Therapies (ABCT)
 Association for Psychological Science (APS)
 American Psychological Association (APA)
 APA Division 53 (Society of Clinical Child and Adolescent Psychology)
 Project Students for Higher-Ed Opportunities and Representation in Training (SHORT)
 Next-Gen Psych Scholars Programs at the University of Minnesota (NPSP)

CERTIFICATION & TRAININGS

Certifications:
 CITI Human Subjects Research, Social/Behavioral Research (Basic)

Trainings:

08/2021, 07/2022 **Nonviolent Crisis Intervention (CPI):** Kelsey Belgrade, MS and Juliette Noonan, RN. 8 hours training. Boston, Massachusetts.

07/2021 **Behavioral Health Orientation:** Kelsey Belgrade, MS. 10 hours training. Franciscan Children's Hospital.

SELECTED SKILLS

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|--|---|
| Statistical Software and Coding | <i>Proficient:</i> SPSS <i>Intermediate:</i> R, RStudio <i>Basic:</i> Git, HTML, CSS |
| Statistical Skills | Descriptive and inferential statistics (ANOVA, regression, linear and generalized linear fixed-effects and mixed-effects modeling), |

multi-level modeling

Data Management

Qualtrics, REDCap, RefWorks

Languages

Fluent: Tamil

Advanced: Telugu

Intermediate: French

Conversational: Hindi, Urdu

Elementary: Malayalam, Korean