

Laura Wingers, PsyD

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Education

Doctor of Psychology (PsyD)- Clinical Psychology *2005-2011*
Capella University

Master of Science in Education (MSE) – School Psychology *1995*
University of Wisconsin-Whitewater

Bachelor of Arts (BA) – Organizational Communication *1991*
University of Wisconsin-Eau Claire

Certification

Arizona Certified School Psychologist *1998-current*
Nationally Certified School Psychologist (NCSP) *1997-current*

Professional Experience

PsychArizona
Post-Doctoral Psychology Resident *Current*

Conduct comprehensive psycho-educational and psycho-diagnostic evaluations with children, adolescents and adults. Provide individual therapy for children, adolescents, and families. Provide treatment recommendations and consultation to families and schools.

Beljan Psychological Services
Pre-Doctoral Psychology Intern *2010-2011*

Conduct comprehensive neuropsychological, psycho-educational, and psycho-diagnostic evaluations with children, adolescents and adults. Provide individual therapy for children, adolescents, and adults. Provide treatment recommendations and consultation to families and schools. Assist in forensic evaluations. Train and assist in supervision of practicum students. Presenting issues include attention deficit hyperactivity disorder, learning disabilities, autism spectrum disorders, giftedness and twice-exceptionality, traumatic brain injury, behavior and adjustment disorders, attachment issues, depression, and anxiety.

Health South Rehabilitation Hospital

Doctoral Psychology Intern

2010-2011

Provide screening, assessment, diagnosis and treatment recommendations for adult and geriatric patients in an inpatient rehabilitation setting. Conduct neuropsychological assessments. Provide emotional support and psychoeducation to medically complex patients and their families. Co-facilitate rehabilitation education groups for patients and their families. Consult with physical, occupational, and speech therapists and nurses in the provision of patient care. Presenting issues include traumatic brain injury, stroke, trauma, depression, anxiety, and dementia.

Beljan Psychological Services

Practicum Student

2008-2009

Conducted neuropsychological and psycho-educational evaluations with children, adolescents and adults. Provided individual therapy for children and adolescents. Presenting issues included attention deficit hyperactivity disorder, learning disabilities, autism spectrum disorders, giftedness and twice-exceptionality, and traumatic brain injury.

Nowatzke Psychological Services

Independent Contractor

2005-2007

Provided independent, itinerant psycho-educational assessment and recommendations for multidisciplinary educational planning and programming for children and adolescents ages five through 17 at local charter schools.

Mesa Public Schools

School Psychologist

1998-2004

Worked with children with diverse socio-demographic backgrounds and a wide range of mental health and disability issues. Provided psycho-educational and vocational assessment for children and adolescents ages five through 21. Consulted and collaborated with parents, school staff, medical and mental health service providers and community agencies to plan services for children and adolescents with significant mental health, behavioral, and/or academic issues. Provided group therapy and brief individual therapy for adolescents. Led district-wide Crisis Response Team in critical incident debriefing w/faculty & students.

Coordinated evaluations and case management for special education and Section 504 referrals and re-evaluations. Trained and monitored teachers in the provision of services and accommodations for students. Provided staff, parent and student education and training on topics including best practices in working with students with special needs, as well as mental health issues such as substance abuse, dating violence, depression, suicide prevention, anger management, and stress

management. Trained and mentored new MPS psychologists. Assisted in development of long-term strategic plan for school psychological services as a member of Psychologists' Representative Council.

SunHealth; Del Webb Hospital and Boswell Hospital

Behavioral Health Therapist

1999-2000

Conducted intake and neuropsychological screening and assessment of geriatric clients on inpatient psychiatric units and in skilled nursing facilities under neuropsychologist's supervision. Presenting issues included depression, Alzheimer's disease and other dementias. Co-facilitated a chronic pain sufferers' support group.

Milwaukee Public Schools

School Psychologist

1996-1998

Provided assessment, consultation, and intervention for special education and non-special education referrals; coordination and participation in multidisciplinary team staffing and collaborative support team meetings; group and individual therapy; crisis counseling; and administrative functions. Multicultural experience at the early childhood, elementary, middle school and high school levels, as well as with at-risk alternative school settings and low-incidence populations.

Dane County Mental Health Association

Administrative Assistant

1994-1996

Provided administrative services for therapists, psychologists and psychiatrists in the Child, Adolescent and Family Unit and Crisis Intervention Unit of a metropolitan community mental health agency.

Teaching Experience

Arizona State University-West

On Call Teaching Assistant; Undergraduate Course, Health Psychology

2007

Northern Arizona University

Instructor; Graduate Course, Children's Cognitive Development

2000

Research and Presentations

Wingers, L.A. Doctoral Dissertation (2011). "Parents Help-Seeking Behavior During the Gifted Identification Process: Informal and Formal Sources of Support"

Chair: Deborah Fisher, PhD

Committee: William Gibson, PhD, Alan Brue, PhD

Reuter, A.E.F., Wingers, L.A., and Ganas, K. "Mindful Parenting in a Neurodevelopmental Context". Lecture presented at Arizona State University-West Herberger Academy Parent Seminar Series. March 2011. Glendale, AZ.

Reuter, A.E.F. & Wingers, L.A. "Mindful Parenting in a Neurodevelopmental Context". Lecture presented at the California Association for Gifted (CAG) Conference March 2010. Sacramento, CA.

Reuter, A.E.F. & Wingers, L.A. "Mindful Parenting in a Neurodevelopmental Context". Lecture presented at the Arizona Association for Gifted and Talented (AAGT) Conference February 2010. Phoenix, AZ.

Wingers, L.A. "Traumatic Brain Injury in Children and Adolescents." Poster Session presented at the Arizona Association of School Psychologists Conference November 13, 2006. Phoenix, AZ.

Training Workshops

Training Topics:	<i>1997-present</i>
Mindfulness 101: An Educational and Experiential Introduction	
Parenting with Mindfulness	
Understanding Attention Deficit Hyperactivity Disorder: Myths and Realities	
Classroom Management at the Elementary/Secondary Level	
Second Step Violence Prevention Curriculum	
Dealing with Anger: Violence Prevention Curriculum	
SAFE Child Sexual Abuse Prevention Program	
General mental health issues, including adolescent substance abuse, dating violence, depression, suicide prevention, and stress management	

Professional Affiliations

American Psychological Association	<i>2006-present</i>
American Psychological Association of Graduate Students	<i>2006-2010</i>
Arizona Psychological Association	<i>2006-present</i>
National Association of School Psychologists	<i>1997-present</i>
Arizona Association of School Psychologists	<i>1998-present</i>

Awards/Recognition

President's Award For Outstanding Services to the Association	<i>2003</i>
Arizona Association of School Psychologists	
Psychologists' Award For Outstanding Services to Red Mountain High School	<i>2003</i>
Mesa Public Schools	
Student Services Award For Outstanding Support to Special Education	<i>2000</i>
Mesa Public Schools	

Joining Hands Award For Mentoring Services 1999/2000

Professional Advocacy

Arizona Psychological Association
Early Career Psychologists Committee *current*
Academic and Student Affairs Committee, Member
2006-2010
Membership Committee, Student Liaison *2009-2010*

Arizona Association of School Psychologists
Child and Family Advocacy Committee, Member *2007-2009*
Communications Committee, Newsletter Editor *2002-2007*

Community Service

Be the Match/National Marrow Donation Program *2010*
Valley Big Brothers/Big Sisters *2006*
March of Dimes *2005*
American Cancer Society *2004, 2006*
MPS Psychologists' Thanksgiving Food Drive *1998-2004*