

# Rochelle S. Clarke, PhD, LMFT, MSHR

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## PROFESSIONAL EXPERIENCE

### Adjunct Professor

Nova Southeastern University, Fort Lauderdale, FL

08/2015 - present

- Caregiving in the Family, SFTM 6130, DL1 SFTD 6130, DL1 DMFT 6130 DL1
- Internal Practicum I – II, SFTM 5400
- Introduction to Gerontology- GERO 2000
- External Practicum- SFTM 6300
- Politics and Economics in Healthcare- FSHC 5500
- Group Psychotherapy- SFTD 5006

### Supervisor, Bereavement Services | Bereavement Camp Director

Catholic Hospice, Miami-Dade & Fort Lauderdale, FL

06/2015 - present

- Recruit, train, develop, coach and counsel bereavement team and camp volunteers.
- Develop, train and execute new employee orientation on psychosocial signs and onboarding.
- Design community support services programs to include oversight of the logistics and operation of outreach events by working with internal and external agencies to ensure needs are met.
- Create and conduct trainings in the community with medical teams to ensure appropriateness of hospice and self-care measures while building partnerships with tri-county agencies.
- Conduct and present in-services to keep up with trends in healthcare (self-care, compassion fatigue).
- Camp Director charged with developing relationships with hospitals, non-profit agencies, school boards and local company decision makers to recruit and retain volunteers and campers. Manage events leading up to camp and collaborate with agencies to market camp initiatives.
- Develop timeline of activities, work with community agencies to refer campers, develop training and solicitation of volunteers, conduct volunteer trainings, coordinate pre and post activities for camper families and volunteers, design camp procedures in coordination with guidelines from The Moyer Foundation.
- Train and coach employees and volunteers on organizations culture and best practices related to psychosocial.
- Manage financial budgets and design measurement tools to assess the overall production and development of psychosocial support services.
- Lead psychosocial services and develop processes to ensure self-care measures are implemented with Bereavement team and Catholic Hospice associates to ensure optimal performance of patient centered care.
- Coordinate monthly Bereavement meetings and attend inter-professional meetings to assess biopsychosocial-spiritual needs are up to the expected standards of patient-family units.
- Provide strategic direction for Catholic Hospice at joint management meetings and leadership committee meetings to establish goals while managing outcomes.
- Implement psychosocial measures to address critical care of patients in both Miami-Dade and Broward County while monitoring outcomes and driving improvement plans.
- Ensure ethical, moral, and legal standards are upheld adhering to ACHA and JACHO accreditation.
- Progressively increase volunteer and camper participation by 10% each camp, through engagement.
- Build solid relationships with non-profit and for-profit organizations to increase awareness of programs and solicit donations.
- Increased grant by \$7,800 from The Moyer Foundation to support additional campers.
- Attended national meetings and lobbied for grief support initiatives on Capitol Hill.

### Bereavement Coordinator

Catholic Hospice, Miami-Dade & Fort Lauderdale, FL

01/2014 - 06/2015

Developed bereavement programs for the hospice patient caregivers and/or other designated survivors. Responsible for creating atmosphere that fostered productivity and improved performance. Established group activity programs, resource library of written materials, and referral sources for families and interdisciplinary team (IDT). Worked collaboratively with IDT to provide psychosocial care to patient-family units. Built relationships with CHS HUD's to provide psychoeducational and bereavement groups for staff and residents.

- Prepared and facilitated trainings, in-services, and group therapy on self-care of the clinician, Alzheimer's and Dementia, caregiver stress, and advanced directives with Plantation General Hospital, Florida Medical Center, Memorial Hospital, Cleveland Clinic, and Mount Sinai.
- Designed and implemented an in-service for hospice teams in Miami-Dade County and Broward County "A Systemic Approach to Death and Dying" to assist clinicians with self-care.
- Planned, organized and facilitated volunteer and employee development resources.
- Performed bereavement and counseling services on hospice and related issues and bereavement plan of care based on assessments and consultations with inter-professional team.
- Participated in inter-professional team meetings to coordinate care plans, follow up on changes, and problem solved.

- Established community partnerships.
- Monitored and tracked expenses.
- Created and conducted trainings on anticipatory and complicated grief to hospice employees. Presented in-service for continuous care nurses about anticipatory grief and complicated grief.
- Developed a children's support group at HOPE in Davie, FL to assist children 6-12 years old cope with the loss of a loved one while developing strategies specific to each child.
- Researched effects of high stress high loss environments on clinical team and developed matrix to reduce effects and improve retention rates.

## **PROFESSIONAL RESEARCH EXPERIENCE**

### **Researcher**

Debbie's Dream, Plantation, FL,

07/2016 - 12/2016

- Responsible for implementing strategy to solicit physicians and create platforms to assist with patient resources
- Build awareness of the effects of stomach cancer and drive support measures to patient-family units

### **Researcher and Group Facilitator**

Nova Southeastern University and Shaping Change, LLC, Fort Lauderdale, FL

01/2013 - 12/2013

- Developed a workshop series to assist families with children diagnosed with Autism Spectrum Disorder. Developed relational guide (supportive training module) to assist families with their child throughout the life cycle while creating a forum for parents to express their needs and concerns.
- Provided a safe place for families to meet, share and unite through their experience while developing a network for the families as they take their journey of life with a child on the spectrum.
- Created a training manual for families to assist with coping with life cycle changes.
- This workshop was awarded the honor of presenting at the American Association for Marriage and Family Therapy 2013 Annual Conference in Portland, Oregon and the Solution-focused Brief Therapy Association in Toronto, Canada.

### **Primary Investigator**

Nova Southeastern University- Fort Lauderdale, FL,

08/2011 - 05/2015

- Dissertation: "Uncovering Meanings of Death, Trauma, and Loss as Experienced by Hospice Bereavement Coordinators: A Phenomenological Study" explored the lived experiences of clinicians delivering biopsychosocial-spiritual support to patient-family units exhibiting signs of anticipatory or complicated grief.
  - Findings suggested a need to incorporate the spiritual aspects of the clinicians in order to develop self-care strategies and skills. There was also a need for continued training and development for clinicians in high stress high loss environments.
  - Collaborative efforts between interdisciplinary teams generated a customized approach to ensure quality centered care was optimal to both the needs of the patient-family units and organizational standards.
  - Training programs were designed and are currently being implemented at local Broward hospitals, nursing homes, and assisted living facilities.

## **INTERNSHIP EXPERIENCE**

### **Family Therapist**

Nova Southeastern University Brief Therapy Institute, Fort Lauderdale, FL

01/2012- 08/2013

Delivered therapy to individuals, couples and families facing life style and life cycle changes. Utilized strength based models of therapy to identify client goals and facilitated therapeutic interventions to attain goals. Worked with dual diagnosis cases, illness, and court mandated cases. Assisted family members with developing new strategies to handle initial problems through new communication patterns.

### **Camp Counselor**

Camp Coral, Fort Lauderdale, FL

02/2011

Responsible for delivering therapy to children that experienced the loss of a family member. Worked closely with children and their siblings who recently lost a family member to discuss emotions they experienced. Facilitated different activities including sharing sessions, cabin activities all geared towards understanding the needs of the children and their interpretation of death to assist them with the transition. Created memory boxes and conducted a memorial services to pay tribute to their deceased loved one.

### **Registered Family Therapist Intern**

Broward General Hospital, Fort Lauderdale, FL

01/2009 08/2013

Provided individual, group, couple and family therapy on a behavioral health unit with dual diagnosis patients. Reviewed treatment plans and worked with hospital personnel to assist patient's mental health status through a variety of therapeutic modalities. Worked alongside supervisor of the unit to identify strategies to reduce alcoholism and substance abuse by identifying the root cause of the addiction while developing non-addictive coping strategies to deal with life events. Conducted daily goal setting and created therapeutic interventions to encourage patient treatment.

### **Family Therapist**

01/2010- 08/2010

Nova Southeastern University Brief Therapy Institute - Fort Lauderdale, FL

Delivered therapy to individuals, couples and families facing medical and/or psychological issues. Facilitated pre-marital counseling and assisted families working through life transitions including divorce, illness, grief and loss, and court mandated cases. Mediated families experiencing sibling rivalry and worked to create new ways of communicating.

## **EDUCATION**

PhD Family Therapy- May 2015, Nova Southeastern University, Davie, FL

Master of Science, Marriage and Family Therapy- May 2011, Nova Southeastern University, Davie, FL

Master of Science, Human Resource Management- November 2008, Nova Southeastern University, Davie, FL

Bachelor of Arts, Sociology & Women Studies- May 2003, Florida Atlantic University, Boca Raton, FL

## **PROFESSIONAL AFFILIATIONS**

American Association of Marriage and Family Therapists

YMCA Board Member

L.I.V.E. Event Committee Member

A Day for Children Committee Member

## **PUBLICATIONS**

Clarke, R. (2015). Uncovering Meanings of Death, Trauma, and Loss as Experienced by Hospice Bereavement Coordinators: A Phenomenological Study. ProQuest, Nova Southeastern University, Ft. Lauderdale, FL.

## **PRESENTATIONS**

**Panelist, Debbie's Dream Foundation-** 8<sup>th</sup> Annual Debbie's Dream Foundation: Curing Stomach Cancer- Psychosocial and Survivorship.

**Speaker, St. Anthony's Rehabilitation-** 2016 "Importance of Self-Care" presented research findings related to working in high stress environments, discussed compassion fatigue and burnout. Provided activities to reduce stress and self-care techniques with upper management team.

**Speaker, Catholic Health Services-** 2016, "Put Your Mask on First" training on the importance of daily self-care and correlation between stress management and delivery of optimal patient care.

**Speaker, Catholic Health Services-** 2015, "Difficult Cases and Stress Reduction Techniques" opened the platform for Social Services Department to express bio-psychosocial spiritual changes they experienced when working with difficult cases, taught breathing techniques to manage stressors.

**Speaker, Cleveland Clinic-** 2015 "Alzheimer's and Dementia" presented an overview of the disease process and the functional incapability's, educated on appropriateness of hospice care at final stages with Social Services Department.

**Speaker, Florida Medical Center-** 2014, "Compassion Fatigue and Burnout" created an interactive dialogical presentation to educate management team on the warning signs and reduction techniques.

**Speaker, Mt. Sinai Medical Center-** 2014, "Hospice 101" educated Social Workers on the appropriateness of hospice referrals.

**Presenter, Annual Conference, Solution-Focused Brief Therapy Association, Toronto, Canada- 2013,** "A Solution-Focused Approach to family journeys with autism" was a presentation on a workshop series designed for families coping with Autism Spectrum Disorder (ASD) throughout phases of life. SFBT techniques of scaling exception questions and coping questions allowed participants to identify, develop, and collect strengths within the family.

**Presenter, 2013 Annual Conference American Association for Marriage and Family Therapists, Portland, Oregon – 2013,** "A relational backpacking for family journeys with autism", presented lessons learned from a workshop series to assist families with children diagnosed on the Autism Spectrum. Discussed strategies that families found useful and how therapists could assist these families with coping strategies.

### **COMPUTER SKILLS**

Proficient in Microsoft Office (Word, Excel, PowerPoint, Access, Outlook), Ten-Key and Internet applications. Typing speed is 95 (wpm) words per minute. Seibel, Banner and Suncoast.

### **CERTIFICATIONS AND SPECIALIZED TRAINING**

Certified Hypnotherapist- 2012, Inviting Trance, Inventing Change: A relational approach to hypnosis and hypnotherapy (50 hours beginning, intermediate and advanced levels)  
Family Systems Healthcare Certificate- May 2011, Nova Southeastern University  
Lean Six Sigma White Belt- 2011, Nova Southeastern University  
Human Resource Development Certificate- November 2008, Nova Southeastern University  
Supervisor Orientation Training- November 2007, American Heart Association  
Consultative Training- June 2006, American Heart Association  
STAR Training (Seibel)- January 2006, American Heart Association  
Heart Ball Training- November 2005, American Heart Association  
Heart Walk Training- October 2005, American Heart Association  
Extended Stay Sales Edge, February 2005- Marriott International  
Sales Shoot for the Start, February 2005- Marriott International  
Marriott STAT Sales Class, December 2003- Marriott International  
Marriott Clued Inn Sales Training Workshop, April 1999- Marriott International  
Marriott Management Workshop, November 1998- Marriott International

### **LICENSE**

Licensed Marriage and Family Therapist MT3183 (State of Florida)

### **REFERENCES**

Available upon request