

## Meghana Suchak

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Phone: 502-912-1498 Email: [counseling@meghanasuchak.com](mailto:counseling@meghanasuchak.com)

### EDUCATION

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Ph.D.	2008-2014	Purdue University Counseling Psychology (APA-accredited) Advisor: Heather Servaty-Seib, Ph.D.
M. Psych	2003-2005	Monash University, Australia Counseling Psychology (APS-accredited) Advisor: Phillip Greenway, Ph.D.
B.A.	1998-2000	Mumbai University Bachelor of Arts (Psychology)

### PROFESSIONAL LICENSURE AND AFFILIATIONS

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- Licensed in Kentucky. License number: 174664 (active)
- Licensed in Rhode Island. License number: PS01574 (active)
- Licensed in Indiana. License number: 20042911A (active)
- Licensed Psychologist with the Psychologists Registration Board of Victoria. No. 8271 (Currently inactive)
- Life Member, Mumbai Psychologist Society
- Member of the American Psychological Association

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### CLINICAL EXPERIENCES

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#### University of Louisville (U of L)

*Associate Director of Training*

Louisville, KY

05/20 – present

- Co-ordinate the training program at U of L,
- Provide short-term individual counseling to young adults,
- Do walk in consultations and triage clients,

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- Counsel clients with a variety of concerns including identity development, grief and loss, relationship concerns, anxiety, and depression,
  - Populations seen include those who identify as gay or queer or transgendered, and international students
  - Supervise masters and doctoral level students from U of L and Spalding University
  - Do therapy in Marathi, Hindi, and Gujarati as needed

**Meghana Suchak, PhD LLC**

Louisville, KY

*Owner, Private Practice*

10/18- present

- Provide short-term and long-term individual counseling to young and older adults.
- Populations seen include those who identify as gay or queer or transgendered,
- Counsel clients with a variety of concerns including addiction issues, identity development, grief and loss, relationship concerns, anxiety, and depression.
- Provide supervision as needed.
- Do therapy in Marathi, Hindi, and Gujarati as needed.

**Meridian Behavioral Health**

Louisville, KY

*Licensed Psychologist*

05/19- 04/20

- Provided short-term and long-term individual counseling to young and older adults.
- Populations seen include those who identify as gay or queer or transgendered,
- Counseled clients with a variety of concerns including addiction issues, identity development, grief and loss, relationship concerns, anxiety, and depression.
- Spent one day a week at Jewish Hospital doing pre and post-transplant evaluation and counseling for patients who were struggling with mental health issues.

**Hosparus Grief Counseling Center**

Louisville, KY

*Counselor II*

12/17- 04/19

- Did 4-6 intake assessments per week. Provide individual and group therapy to the community of clientele that use hospice.
- Created documentation for safety planning,
- Created psychoeducational resources for adult caregivers and those struggling with traumatic stress
- Participated in bereavement team meetings,
- Provided secondary supervision to a doctoral student from Spalding University and supervise her adult cases,
- Collaborated with other professionals such as nurses, social workers, and chaplains
- Did crisis assessment and stabilization as needed,
- Made referrals as appropriate,
- Participated in three committees (i.e., diversity, family advocacy and planning council, and training) and help in developing targeted staff resources.
- Created a diversity competency on ageism and trained 11 bereavement counselors from the Grief Counseling Center and multiple satellite offices

**Center for Trauma and Children**

Lexington, KY

*Clinical Supervisor and Training Manager*

03/17- 08/17

- Did trauma-based assessments with adults, children, and foster families referred by the Department for Community Based Services (DCBS). See at least 8 families per month,
- Did family interaction procedures and observations for these families,
- Did intake assessments, play evaluations, family interaction assessments, case management and mental health record reviews for individual family members,
- Did testing (Kaufman Brief Intelligence Test-2<sup>nd</sup> Edition, Wide Range Achievement Test-4<sup>th</sup> Edition and Minnesota Multiphasic Personality Inventory) with adults as needed,
- Contributed to report writing, case conceptualization, and treatment recommendations,
- Participated in case conferences, and treatment evaluations,
- Participated in the selection of families that get seen at the Center,
- Led a monthly team meeting, and participate in meetings with the director and associate director for budgetary decisions,
- Interviewed graduate students for a yearlong training at the clinic.
- Worked in collaboration with four team leaders.
- Did crisis management and stabilization as needed.

**Roger Williams University**  
*Psychological Counselor*

Bristol, RI  
02/16-03/17

- Provided short-term and long-term individual counseling to 15 to 20 young adults per week. This clientele includes biracial, gay, lesbian, and transgendered young adults,
- Counseled clients with a variety of concerns including identity development, sexual assault, sexuality, bereavement, grief and loss, navigating chronic illnesses, relationship concerns, anxiety, depression, and personality issues.
- Conducted 4 to 6 intakes per week,
- Provided clinical supervision to three doctoral interns
- Led group supervision for the doctoral intern cohort
- Served on call one day per week for clients needing urgent evaluation. Manage crisis consults and third-party calls from the campus community, collateral contacts and students' family members
- Provided after hours on-call consult and crisis intervention
- Participated in campus outreach activities
- Participated on the cultural diversity committee on campus
- Facilitated a class on the first-year college experience
- Presented a didactic seminar on the topic of disability and multiculturalism
- Member of three interview panels for new hires and new interns of the center

**Wabash Valley Alliance**  
*Licensed Psychologist*

Lafayette, IN  
03/2015- 02/2016

- Provided short-term and long-term individual counseling to 59 adults, six teenagers, and seven children. This clientele included nine African American adults, a lesbian adult, and a transgendered teenager and adult,
- Provided family therapy and couples therapy,
- Conducted 35 initial appointments and four emergency consultations,
- Conducted therapy utilizing a Spanish translator,
- Created treatment plans and updated them every three months,

- Administered a Wechsler's intelligence test for children- fifth edition to an 11-year-old client and a Minnesota Multiphasic Personality Inventory-Adolescent (MMPI-A) to a 13-year-old client,
- Counseled clients with a variety of concerns including identity development, post-traumatic stress disorder, sexuality, bereavement, grief and loss, navigating chronic illnesses, relationship concerns, anxiety, depression, and personality issues,
- Worked with case managers and other community mental health professionals to make appropriate referrals,
- Wrote reports to the Department of Child Services (DCS) when working with their clientele,
- Ran the anxiety management group for two sessions.

Supervisor: Cathy Streifel, PhD, HSPP

**University of Illinois-Urbana Champaign (UIUC) Counseling Center** Champaign, IL  
*Doctoral Intern* 08/2013- 07/2014

- Provided short-term and long-term individual counseling to 102 clients including 14 international students and a couple
- Conducted therapy bilingually (in Hindi and English) with two Indian international students
- Conducted 81 initial appointments and seven emergency consultations
- Counseled clients presenting with a variety of concerns including but not limited to, identity issues, depression, anxiety, trauma, relationship conflicts, transition issues, substance use/abuse, academic concerns, and diversity concerns
- Provided primary supervision to a doctoral level practicum counselor and mentor two undergraduate paraprofessionals who were creating a study skills workshop
- Consulted with other clinicians to make appropriate internal or external referrals
- Served on the Alcohol and Other Drugs Treatment Team, Queer and Allies Committee,
- Served on the Intern Selection Committee, read 40 sets of application materials, participated in phone and in person interviews and made recommendations around the selection of the incoming class.

Supervisors: Rakhi Sen, Ph.D., Corey Steele, Ph.D., Jodi Thomas, Psy.D,

**Riverbend Hospital** West Lafayette, IN  
*Inpatient Therapist* 08/2012- 12/2012

- Served a low-income patient population that presented in crisis
- Provided short-term individual counseling related to crisis management and stabilization to approximately 31 adults
- Counseled clients presenting with issues such as substance use, familial concerns, bereavement issues, and personality disorders
- Co-led two process/psychoeducation groups on mood regulation and coping strategies
- Consulted with other clinicians about patient issues and made appropriate referrals
- Taught a class on "Introduction to Cognitive therapy" to the patients.

Supervisor: Brian Primeau, Ph.D, HSPP

**Purdue Psychology Treatment, and Research Clinics**

West Lafayette, IN

*Assessment Practicum Trainee*

08/2012- 12/2012

- Did an intake assessment and an Attention Deficit Hyperactivity Disorder (ADHD) assessment with an adult client over a semester
- Administered, scored, and interpreted Connor's Adult ADHD Diagnostic Interview, Personality Assessment Inventory and California Verbal Learning Test
- Integrated the intellectual and personality test results into a formal report for a medication referral
- Provided therapeutic feedback to the client specifically addressing the client's concerns

Supervisor: Elizabeth Akey, Ph.D, HSPP

**Indiana University Purdue University Indiana**

Indianapolis, IN

*Student Counselor*

8/2009- 11/2009, 08/2010-06/2011

- Provided short-term and long-term individual psychotherapy to domestic and international graduate and undergraduate students
- Counseled 80 clients that presented with a variety of concerns including identity issues, depression, anxiety, trauma, relationship conflicts, ADHD concerns, and diversity-related issues
- Completed 112 intake assessments
- Created treatment plans for clients continuing for more than five sessions
- Conducted therapy bilingually (in Gujarati and English) with an Indian international student
- Consulted with other clinicians and made appropriate referrals
- Developed and discussed case conference presentations around challenging client concerns

Supervisors: Misty Spitler, Psy.D, HSPP, Ciara Lewis, Psy.D, HSPP, Luana Nan, Ph.D., HSPP

**Purdue Counseling and Guidance Center**

West Lafayette, IN

*Counselor in Training*

08/2008-07/2009

- Provided individual, couples, and career counseling to undergraduate college students, and residents of the West Lafayette community
- Counseled 29 clients that presented with identity issues, mood disorders, trauma and relationship concerns
- Administered assessments including the MMPI-2, Millon Clinical Multiaxial Inventory-III (MCMI-III) and the Strong Interest Inventory to an undergraduate client
- Developed and discussed case conference presentations around challenging client concerns

Supervisor: Mary Carole Pistole, Ph.D. and Heather Servaty-Seib, Ph.D, HSPP

**Cancer Patients Aid Association (CPAA)**

Mumbai, India

*Counseling Psychologist*

08/2006-04/2008

- Served a low-income population of parents whose children were diagnosed with cancer
- Counseled parents on grief and loss issues, provided psycho-education around cancer-related familial concerns, and advocated for the parents when needed
- Worked on an art therapy project with approximately 9 children dealing with cancer

- Created a research study comparing the experience of approximately 40 high and low-income parents coping with concerns related to childhood cancer
- Supervised two masters level counselors
- Created an indigenous model of counseling for adult cancer patients and their families
- Created a three-day training workshop in teaching counseling skills based on the indigenous model to ten volunteers working in the area of psycho-oncology
- Created and ran a two-day workshop on basic counseling skills for 18 medical professionals who were learning about genetic counseling
- Co-chaired a cancer survivor's discussion at the International Confederation of Childhood Cancer Parent Organizations (ICCCPO) Regional Meet in Indonesia.

Supervisor: Shubha Maudgal, Ph.D.

### **Crisis Support Services**

Melbourne, Australia

*Crisis Counselor*

08/2005- 06/ 2006

- Provided crisis-related counseling to men on a 24-hour national phone support service
- Counseled two fathers in a project named, "Taking Fathering Further" a callback service for adults going through parenting issues
- Consulted and provided appropriate referrals

### **Ranges Community Health Centre**

Lilydale, Australia

*Provisional Psychologist and Associate Psychologist*

01/2005- 12/2005

- Served a low-income population of approximately 60 adults and two children struggling with concerns such as substance abuse, domestic violence, childhood trauma, relationship conflicts, mood disorders, and adjustment to chronic health conditions
- Conducted approximately 80 intake assessments
- Provided short-term therapy within a solution-focused framework
- Received training in single session therapy and did single-session therapy both individually and with a co-therapist
- Co-facilitated two sessions for a psycho-educational parenting group with six mothers struggling with postpartum depression
- Member of the Family and Children's team which created psychoeducational programs for members of the Lilydale and Belgrave community
- Did a psychoeducational presentation on the importance of exercise when struggling with depression

Supervisor: Jacinta Horan-Smith, M.Psych (Couns)

### **New Concepts Counseling Services**

Berwick, Australia

*Provisional Psychologist*

11/2004- 12/2004

- Observed counseling sessions of senior clinicians
- Scored and wrote a report on the MMPI-2 for an adult client struggling with depression
- Organized the test library

Supervisor: Trevor Corran, Ph.D.

### **Swinburne University Counseling Services**

Melbourne, Australia

*Provisional Psychologist*

06/2004-11/2004

- Provided short-term individual counseling to undergraduate and graduate university students
  - Counseled clients on concerns around relationship issues, depression, anxiety, and adjustment to college issues
  - Co-presented an introductory workshop on counseling services during orientation week
- Supervisor: Helen Kalaboukas, M.S. (Couns)

## **GROUP EXPERIENCES**

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### **University of Louisville**

Louisville, KY

#### *PRISMS*

05/20- present

- Run a telehealth process group for 6-8 LGBTQ students.

### **Hosparus Grief Counseling Center**

Louisville, KY

#### *Hope for the Holidays*

11/18 – 12/18

- Facilitated a psychoeducational/process group for 14 adults who are dealing with bereavement issues,
- Engaged in group activities.

#### *Rooted in Hope*

02/18- 04/18

- Co-facilitated a process group for 12-15 adults around bereavement concerns with another licensed psychologist
- Engaged in group activities,
- Provided psychoeducation as needed around grief and loss issues connected to bereavement.

#### *Staff Caregiver Group*

02/18-04/18

- Facilitated a process group for 5 staff members of Hosparus Health around their caregiving experiences
- Provide psychoeducation as needed around the burdens of caregiving

#### *Staff Self Care Group*

04/18- 07/18

- Facilitated a psychoeducation/process group for 13 staff members of Hosparus Health
- Provided psychoeducation as needed around six topics on self-care
- Created initial screenings, scored, and utilized the Professional Quality of Life Scale (PROQOL) to deliver targeted topics of self-care.

#### *Prism Group*

04/18-07/18

- Co-facilitator for a process group for the LGBTQ population who have gone through a death loss of a loved one (i.e., spouse, partner, sibling, family member, friend, so on).
- Developed group screening,

**Roger Williams University**

*LGBQ and Q process group*

Bristol, RI

08/2016-03/2017

- Co-facilitated a process group for six undergraduate students around sexual orientation
- Engaged in a variety of group activities
- Provided psychoeducation about different issues such as relationship break up, healthy relationships, identity concerns

**University of Illinois, Urbana-Champaign**

*Tuesday Process Group*

Champaign, IL

08/2013- 5/2014

- Co-facilitated a process group for nine undergraduate and two graduate students (including an international student) over two semesters.
- Provided psychoeducation about different issues such as relationship break up, healthy relationships, grief and loss, identity concerns, bereavement, alcohol and drug dependence, mood disorders and academic stress
- Assessed for risk and substance use and provided appropriate referrals

Supervisor: John Corey Steele, Ph.D.

**Purdue University**

*By Remembering I Develop, and Grow (BRIDGE)*

West Lafayette, IN

02/2012- 04/2012

- Co-facilitated an adult support group with six participants
- Provided psycho-education around grief, loss, and bereavement issues

Supervisor: Heather Servaty-Seib, Ph.D.

*Building Pride and Potential*

05/21/2011 and 06/04/2011

- Co-facilitated a children's group with five children from low-income families
- Group activities concentrated on developing family pride and resilience

Supervisor: Heather Servaty-Seib, Ph.D.

**Hippensteel Funeral Services**

*The Trails of Hope*

Lafayette, IN

10/2009

- Co-facilitated a parents group with five adults
- Provided psycho-education on how children cope with a death in the family

Supervisor: Heather Servaty-Seib, Ph.D.

**OUTREACH EXPERIENCES**

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**Hosparus Health Grief Counseling Center**

*Hope and Healing*

Louisville, KY

- Help set up for this event attended by at least 150-250 adults and children who experienced a homicide/suicide-related death in the city of Louisville.
- Provided information about grief counseling center as needed.

**Roger Williams University**

*Depression Screening Day*

Bristol RI



- Conducted screenings for depression, and anxiety disorders and provided psychoeducational information for mood disorders to more than ten students
- Provided referral information to the counseling center

*Audrie and Daisy*

- Attended a film screening and panel discussion around sexual assault
- Provided referrals to the counseling center

*International Student Orientation*

- Provided information about the counseling center to approximately 10 international students

*Roger Williams University Experience*

- Facilitator for a class of 25 first year undergraduate students
- Provide information about campus resources and psychoeducation around transition issues

**University of Illinois, Urbana-Champaign**

Champaign, IL

*Home for the Holidays*

- Supervised a masters level student doing a psychoeducational presentation on issues that may come up for college students who identify as LGBTQ when they go home over winter holidays

*LGBTQ Ally Training*

- Co-presented in an ally training for 23 third-year medical students

*The Legal Difficulties Faced by Same Sex Couples*

- Participated with fellow interns in assigned activities towards helping 24 undergraduate students understand what it was like for same sex couples to navigate the legal world
- Processed and debriefed the activities with the students

*Alcohol and Drug Supervisor*

- Supervised six graduate students who were presenting two workshops on the Alcohol Culture Explored Interactive Theater (ACE-IT)

*International Graduate Students and Spouses*

- Provided information about the counseling center to approximately 10 graduate students and spouses

**Purdue University**

West Lafayette, IN

*Multiculturalism and Diversity*

- Developed a presentation on diversity, discrimination, social justice, and multiculturalism
- Co-presented to two undergraduate classes with more than 20 participants in each class

*Just in Time: Career Fair*

- Created handouts on cover letters, and job-related correspondence for internship applications
- Provided 10 undergraduate university students with information on cover letters, resume writing, and interview etiquette

*Outreach Co-Facilitator for ALIVE@Purdue*

- Received training in suicide assessment and outreach
- Provided psychoeducational training to approximately 30 resident assistants on discussing concerns around suicide and making appropriate mental health referrals

*Cancer, Culture, and Community*

- Co-created a brochure on the gains and losses associated with experience of cancer
- Administered the Perceived Impact of Life Events Scale to ten attendants
- Processed the gains and losses associated with the experience of cancer

*Navigating the World of Work: Preparing a Toolkit for Finding Jobs and Keeping Them*

- Performed a needs-based assessment at the Mental Health of America located in Lafayette, IN
- Developed and co-presented to five participants on job-seeking strategies, resume creation, and workplace stress management strategies
- Co-led experiential activities on job interviewing

**Indiana University Purdue University Indiana**

Indianapolis, IN

*Substance Abuse Screening*

- Conducted screenings and provided psychoeducational information for alcohol and drug-related issues for more than ten students at the student campus center
- Provided referral information to the counseling center

*Screening for Depression and Anxiety Disorders*

- Conducted screenings for depression, and anxiety disorders and provided psychoeducational information for mood disorders to more than ten students at the student campus center
- Provided referral information to the counseling center

**PUBLICATION**

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**Suchak, M.** (2007). *Leukemia per Amit ke Jeet*. Mumbai, India: Akar Publishers.  
(The book has now been translated in several Indian languages).

**ADDITIONAL TRAINING**

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**American Red Cross Disaster Training**

Lafayette, IN

- Attended a training and received certification to provide disaster relief mental health assistance to an adult populations facing a disaster

**First Aid Skills**

Lafayette, IN

- Trained in providing cardiopulmonary resuscitation (CPR) for adults and children

**RESEARCH EXPERIENCES**

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**Discovery and Learning Research Center, Purdue University**

West Lafayette, IN

*Research Assistant*

08/2009 – 07/2013

- Wrote mixed-method evaluation reports for a four-year National Institutes of Health (R25CA128770) funded project on training undergraduate and graduate students to work within interdisciplinary teams in the field of cancer prevention
- Provided recommendations to the core committee for enhancing the training program
- Collected quantitative and qualitative data from 20 graduate and 40 undergraduate students going through the training program
- Conducted focus groups with graduate students every six months
- Transcribed and coded focus group interviews conducted with graduate and undergraduate students
- Used specialized softwares such as NVIVO for qualitative analysis and SPSS for quantitative data analysis
- Created and coded pre and post-test scenarios of interdisciplinary learning created by the students and visually represented their learning through web diagrams
- Co-created presentations with supervisors for various conferences

Supervisors: Dorothy Teegarden, Ph.D., Omolola Adedokun, Ph.D., Loran Carleton- Parker, Ph.D.

**Faculty of Education, Purdue University**

West Lafayette, IN

*Research Assistant*

08/2008-07/2009

- Researched articles, organized, and reviewed research material for a research project on acculturation of Italian immigrants

Supervisor: Ayse Ciftci, Ph.D.

**Faculty of Education, Monash University**

Clayton, Australia

*Research Assistant*

08/2003- 02/2004

- Entered and analyzed quantitative data using SPSS for two research projects focusing on the perceptions of 200 middle and high school students towards the Victorian Police force

Supervisor: Terence Bowles, Ph.D.

**ROUNDTABLE DISCUSSIONS, ACADEMIC PAPERS AND POSTER PRESENTATIONS**

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**Suchak, M.** (2018). *Social Advocacy*. Presentation, Spalding University, Louisville KY.

**Suchak, M., & Servaty-Seib, H.** (2016, April). *College student adjustment and familial chronic illness*. Paper submitted for presentation at the 38<sup>th</sup> Association of Death Education and Counseling's Annual Conference.

Tedrick-Parikh, S., Callahan-Panday, C & **Suchak, M.** (2016, April). International students and crisis: Focus on Nepali students.

Banks, J, Henke, L., Macy,S., & **Suchak, M.** (2013, September). *Microaggressions in the educational setting*. Facilitated a roundtable discussion for the Annual Dennis H. May Diversity Conference. Champaign, IL.

**Suchak, M.** (2013, April). *Effects of familial illness on college students: A review*. Poster session presented at the 35<sup>th</sup> Association of Death Education and Counseling Annual Conference, Hollywood, CA.

Parker, L.C., **Suchak, M.**, Adedokun, O., Adams, R., Teegarden, D., Childress, A., & Burgess,W (2012, April). *Assessing cross-disciplinary thinking in cancer prevention research*. Paper presented at the 2012 Annual Meeting of the American Educational Research Association. Vancouver, Canada.

Adedokun, O., Lee, J., Parker, L., **Suchak, M.**, Childress, A., Burgess, W., & Teegarden, D. (2010, October). *Examining the Benefits of an Undergraduate Research Experience in Cancer Prevention*. Poster session presented at the 2010 Annual Meeting of the American Association for Cancer Education, San Diego, CA.

**Suchak, M.** (2009, March). *A review of literature on the utilization of mental health services by Asian Indian immigrants in US*. Poster session presented at the 22nd Great Lakes Regional Counseling Psychology Conference, Muncie, IN.

**Suchak, M.** (2007, April). *Coping mechanisms of parents whose children suffer from cancer*. Paper presented at the International Confederation of Childhood Cancer Parent Organizations (ICCCPO) Regional Meet. Bali, Indonesia.

**Suchak, M.** & Maudgal, S. (2007, November). *Sibling adaptation to childhood cancer in India*. Poster session presented at the 39th Annual Congress of the International Society of Pediatric Oncology (SIOP), Mumbai, India.

**Suchak, M.**, Maudgal, S, & Chacko, V (2006, September). *Art therapy for children with cancer*. Paper presented at the 38th International Society of Pediatric Oncology (SIOP) Annual Conference. Geneva, Switzerland.

Bowles, T. & **Suchak, M.** (2003, October). *A cross- cultural comparison of the effects of self-construal on the factors of communication*. Paper presented at the 38th Annual Australian Psychological Society Conference, Perth. Australia.

## **ADDITIONAL ACTIVITIES**

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- Student organizer/ entry reviewer/ student judge for the poster session, Great Lakes 2012 Conference, 2011-2012
- Organizer for the student orientation planning committee, Purdue University, 2009
- Coordinator for CPAA for the Standard Charter Mumbai Marathon, 2007

## **HONORS AND AWARDS**

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- Purdue Research Fund Recipient (1-year of funding), College of Education, Purdue University
- Recipient of the Governor's award for fund raising Indian Rupees 25, 00,000 (approximately \$42,000) for Cancer Patients Aid Association through the Standard Chartered Marathon event 2007

## **LANGUAGES**

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- Gujarati – native level proficiency
- Hindi- native level proficiency
- Marathi- native level proficiency

## **REFERENCES**

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- On request