

Curriculum Vitae

Date Prepared: August 24, 2021
Name: Vanessa Prosper
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Education

1992-1995	BSc	Biology (concentration neurobiology)	McGill University
1995-1997	BSc Cum Laude	Psychology	McGill University
1998-2000	MA	Counseling Psychology	Boston College
2000-2006	PhD	Counseling Psychology (Brinton Lykes, PhD)	Boston College

Postdoctoral Training

09/2005- 08/2007	Post-Doctoral Fellow	School based mental health	Boston Children's Hospital
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Faculty Academic Appointments

09/2007- 08/2015	Instructor	Psychology	Harvard Medical School
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Appointments at Hospitals/Affiliated Institutions

09/2007- 08/2015	Assistant	Psychology	Boston Children's Hospital
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Other Professional Positions

07/2021-present	Associate Professor of the Practice	Boston College (Counseling Psychology Department)
09/2012-08/2021	Adjunct Professor	William James College
01/2012-05/2021	Adjunct Professor	Lesley University
10/2009-present	Psychologist	Vanessa Prosper, PhD (Private Practice)
10/2008-09/2009	Psychologist	Multicultural Counseling Services (Group Practice)
09/2006-06/2021	Adjunct Professor	Boston College (Counseling Psychology Department)
03/2006-01/2010	Psychologist	SPARK Center, Boston University Medical School
09/2004-08/2005	Pre-Doctoral Intern	Center for Multicultural Training in Psychology, Boston University School of Medicine

Professional Societies

2021-present	Ayiti Community Trust	Executive Board Member
2010-2016	Haitian Mental Health Network	Member, Steering Committee
2009-2011	Massachusetts Psychological Association	Member, Committee of Ethnic Minority Affairs
2007-2010	American Psychological Association	Member
2008-2011	Haitian Multiservice Center	Advisory Board Member

Report of Funded and Unfunded Projects

Funding Information

Past

- 2011-2012 Train the Trainer Workshop for Break Free from Depression Curriculum
DPH/Adcare Educational Services 132-176
PI (\$18,999)
Provide training and consultation to high school adjustment counselors, guidance counselors, clinicians, and teachers on how to implement and teach a depression awareness program at their respective schools
- 2012-2013 Train the Trainer Workshop for Break Free from Depression Curriculum
DPH/AdCare Educational Services 126-223
PI (\$19,565)
Provide training and consultation to high school adjustment counselors, guidance counselors, clinicians, and teachers on how to implement and teach a depression awareness program at their respective schools

Report of Local Teaching and Training

Teaching of Students in Courses

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| 2020 | Ecology of Child Behavioral Health:
Prevention, Intervention,
and Public Policy Summer
Doctoral Students | William James College,
6 hours per week for 6 weeks |
| 2019-present | Psychopathology
1 st year Master students
in Counseling Psychology | Boston College, Counseling Psychology
Department
2.5 hours per week for 14 weeks |
| 2019-2020 | Mental Health Disparities
Doctoral Students | William James College
2 hours per week for 14 weeks |
| 2019-2021 | Assessment and Treatment | William James College |

	of Individuals of African and Caribbean Heritage Doctoral Students	6 hours per week for 5 weeks
2019-2021.	Counseling and Personality Theories II 1 st year Master Students in Counseling Psychology	Boston College, Counseling Psychology Department 2.5 hours per week for 14 weeks
2019	Introduction to Counseling 1 st year Master Students in Counseling Psychology	Lesley University, Counseling Psychology Department 2 hours per week for 6 weeks
2018	Internship & Seminar I Undergraduate Seniors in Psychology	Lesley University Faculty of Arts & Science Department 2.25 hours per week for 14 weeks
2014-2017	Counseling and Personality Theories I 1 st year Master Students in Counseling Psychology	Boston College Counseling Department 2.5 hours per week for 14 weeks
2015-present	Introduction to Play Therapy 1 st year Master Students in Counseling Psychology	Boston College Counseling Department 6 hours per week for 6 weeks
Fall 2013	Child Psychopathology 2 nd year Master Students in School Counseling	Boston College Counseling Psychology Department 2.5 hours per week for 14 weeks
Summer 2013	Assessment Children and Youth Master students in Counseling Psychology	Lesley University Counseling Psychology Department 8 hours per week for 3 weeks
Spring 2013	Intersection of Race, Culture, Poverty, and Mental Health 3 rd year Doctoral Students in Clinical Psychology	William James College 2 hours every other week for 7 weeks
2012-	Child and Adolescent Psychopathology	Lesley University Counseling Psychology

present	1 st year Master Students in Counseling Psychology	Department 2.5 hours per week for 14 weeks
2006-2013	Issues in Lifespan Development 1 st year Master Students in Counseling Psychology	Boston College Counseling Psychology Department 2.5 hours per week for 14 weeks

Dissertation Advising

2020	Doctoral Project Colloquium Discussant for Beverly Ibeh Doctoral Project Title: “School Based Counseling Program for Racially and Ethnically Diverse Youth with Trauma and Associated Risk Factors”	William James College
2017	Dissertation committee member for Crystal Greene Dissertation Title: “Exploring Cultural Belief Systems and Coping Behavior in Haiti after the 2010 Earthquake- A Phenomenological Study”	Chicago School of Profession Psychology
2016	Doctoral Project committee member for Jessica Pierre Doctoral Project Title: “Transgenerational Transmission of Trauma in Haitian Families”	William James College
2016	Doctoral Project Colloquium Discussant for Samantha Zaid Doctoral Project Title: “Clinicians’ Moral Orientation and Likelihood to Report Suspected Child Maltreatment: An Exploratory Study”	William James College
2013	Doctoral Project Colloquium Discussant for Alexis Schmiedigen Doctoral Project Title: “The Experience of Brazilian Women Entering Motherhood in the United States”	William James College

Supervision

2013	Clinical supervision of Center for Multicultural Training in Psychology pre-doctoral interns doing internship at SPARK Center in Boston, MA	Boston University
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Report of Regional, National and International Invited Teaching and Presentations

Invited Presentations and Courses

Regional

- 2021 Working with immigrant children and their families
Professional Development Workshop, Watertown High School, Watertown, MA
- 2021 Beyond Covid: Tips and Strategies for Post-Pandemic Success
Newton Metco Program Webinar, Newton, MA
- 2021 Anti-Racist Approaches in Clinical Work with Students
Professional Development Workshop, Watertown High School, Watertown, MA
- 2020 Racial Trauma
MCLE: 21st Annual Juvenile Delinquency & Child Welfare Law Conference 2020,
Boston, MA
- 2020 Self-Care Strategies for Navigating the Pandemic
Professional Development Workshop Campus Child Care, Boston, MA
- 2020 Engaging in Active Listening and Uncomfortable Conversations
Anti-Racism Faculty Development Series, UMASS Amherst Neuroscience & Behavior
Department, Amherst, MA
- 2020 Trauma and its Impact on Students
Professional Development Workshop, Boston Latin School, Boston, MA
- 2020 Turning the mirror: Identifying, recognizing and dismantling racism at Boston Arts
Academy
Panelist on panel discussion, Boston Arts Academy, Boston, MA
- 2020 Helping young children cope with Covid-19
Instagram live talk with Dr. Maryam Jernigan
- 2020 How to help your child cope through Covid-19
Boston Latin School Parent Workshop, Boston, MA
- 2019 Supporting your Success through Wellness
Beaver Works Summer Institute Middle School Orientation
MIT, Boston, MA
- 2018 Adolescent Mental Health Disorders and Coping Skills
Beautiful Me Girls Conference, Boston, MA

- 2018 Gun Violence in Schools: Sharing Critical Insights and Resources
Panelist on panel discussion, Boston College, Chesnut Hill, MA
- 2018 Communication 101: Getting your Adolescent to Open up
Boston Latin School Parent Workshop, Boston, MA
- 2017 Childhood Trauma & The Classroom
Dover Sherborn School District Professional Development Day, Sherborn, MA
- 2017 Teens in Residence: Strategies for Supporting the Socio-Emotional Health of Adolescent Summer Scholars
Beaver Works Summer Institute Counselor orientation
MIT, Cambridge, MA
- 2016 The Many Shapes and Forms of Student Support in High School
Making Caring Common Conference, Harvard School of Education, Cambridge, MA
- 2015 *Lekol ak Lakay*: How U.S. Schools and Haitian Families Can Work Together to Transform the Educational Lives and Social-Emotional Health of Haitian Students
4th Annual Conference on Haitian Mental Health, Massachusetts School of Professional Psychology, Newton, MA
- 2013 Haiti and Trauma/Guest Lecture for a Course Entitled *Violence and Trauma*
Boston University, Boston, MA
- 2013 Haitian Immigrant Children and Adolescents/Guest Lecture for a Course Entitled *Immigrant Health*
Boston University, Boston, MA
- 2013 Haitian Immigrants in the US: How Cultural Belief Systems, Values, and Practices Influence Help-Seeking Behavior
Diversity Challenge Conference, Boston College, Chesnut Hill, MA
- 2013 Break Free from Depression Curriculum/Train the Trainer Workshop
Waltham, MA
- 2013 Responding to the Boston Marathon Tragedy: A conversation on Community Healing
Massachusetts School of Professional Psychology, Newton, MA
- 2013 Break Free from Depression Curriculum/Train the Trainer Workshop
Springfield, MA
- 2013 Break Free from Depression Curriculum/ Train the Trainer Workshop

Sponsored by Department of Public Health, Worcester, MA

- 2013 Break Free from Depression Curriculum/ Train the Trainer Workshop
Sponsored by Department of Public Health, Boston, MA
- 2013 Poverty and Mental Health in Haitian and Haitian American Youth/Presentation
12th Annual Haitian Health Conference, Boston University, Boston, MA
- 2013 Ethnic, Cultural, and Linguistic Considerations in the Community/Professional
Development Workshop
Priority Professional Care, Inc., Boston, MA
- 2012 Break Free from Depression Curriculum/Train the Trainer Workshop
Sponsored by Department of Public Health, Massachusetts School of Professional
Psychology, Newton, MA
- 2012 Break Free from Depression Curriculum/Train the Trainer Workshop
Sponsored by Department of Public Health, Hingham, MA
- 2012 Adolescent Depression/Professional Development Workshop
Medfield High School, Medfield, MA
- 2012 Behavioral Management of Children and Adolescents Diagnosed with Autism Spectrum
Disorders/ Professional Development Workshop
Priority Professional Care, Inc., Mattapan, MA
- 2012 Social Skills /Professional Development Workshop
Priority Professional Care, Inc., Mattapan, MA
- 2012 Maintaining Proper Boundaries with Clients/Professional Development Workshop
Priority Professional Care, Inc., Mattapan, MA
- 2012 Stress Management and Self-Care/ Professional Development Workshop for Teachers
Boston Arts Academy, Boston, MA
- 2012 Health Issues in The Haitian Community/Guest Lecture for Course Entitled *Immigrant
Health*
Boston University, Boston, MA
- 2011 Haitian Mental Health and Community Interventions/Presentation
Lesley University Trauma Conference, Lesley University, Cambridge, MA
- 2011 Child And Adolescent Depression: What Do We Know, What Does It Look Like, And
What Can We Do?/Professional Development Workshop for Teachers

Boston Latin School, Boston, MA

- 2011 Stress Management and Self-Care/Parent Workshop
St-Patrick School, Roxbury, MA
- 2011 Child And Adolescent Depression: What Do We Know, What Does It Look Like, And
What Can We Do?/ Professional Development Workshop For School Nurses
Waltham, MA
- 2010 School Performance Vs. Racial And Ethnic Identity Issues In Youth/ Professional
Development Workshop For Staff
English High School, Jamaica Plain, MA
- 2010 Adult Depression: What Do We Know, What Does It Look Like, And What Can We Do?/
Grand Rounds Presentation for Physicians
Shattuck Hospital, Jamaica Plain, MA
- 2010 Child and Adolescent Depression: What Do We Know, What Does It Look Like, And
What Can We Do? Professional Development Workshop For School Nurses
Cape Cod, MA
- 2010 School Performance Vs. Racial and Ethnic Identity Issues In Youth/
Professional Development Workshop Presentation for Student Support Coordinators
Brookside Community Health Center, Roxbury, MA
- 2009 Adolescent Depression: What Do We Know, What Does It Look Like, and What Can We
Do?/ Professional Development Workshop Presentation For Teachers
English High School, Jamaica Plain, MA
- 2009 Haitian Mental Health/Presentation
Committee of Ethnic Minority Affairs of Massachusetts Psychological Association
Conference, Massachusetts School of Professional Psychology
West Roxbury, MA
- 2008 Understanding and Dealing with Children with Anger Management Issues/
Professional Development Workshop for Teachers
St-Patrick School, Roxbury, MA
- 2007 Assessing and Working with Clients Of African Descent/ Guest Lecturer For An
Undergraduate Psychology Course
Boston University School of Medicine, Boston, MA
- 2006 Challenges and Benefits of Engaging Parents/ Professional Development Workshop For
Teachers
St-Patrick School, Roxbury, MA
- 2006 Navigating Different Worlds: Racial and Ethnic Identity Of American Born Young Adult

Women With Haitian Immigrant Parents/Presentation
Mass Bay Community College Presidential Inauguration Week
Framingham, MA

2005 Feeling the Blues: Depression Among Haitians/Workshop
2nd National Haitian American Health Alliance Conference, Randolph, MA

National

2018 Fostering Positive Mental Health Outcomes for Immigrant Youth in Schools and in the
Community
American Psychological Association Convention CE Workshop, San Francisco, CA

2012 Break Free from Depression Curriculum/Presentation
17th Annual School Mental Health Conference, Salt Lake City, Utah

2007 Between Worlds: Immigrant Women of Color in The United States/Presentation
American Psychological Association Convention, San Francisco, CA

2001 Facilitating Multicultural Training of Counseling Psychology Graduate Students:
Experiential Learning in A Diverse Setting/Presentation
19th Annual Teachers College Winter Roundtable on Cross Cultural Psychology and
Education, New York, NY

International

2021 Healing Principles for Navigating Racial Trauma
Bell Canada Black History Month Speaker Series, Montreal, Qc, Canada

2009 Navigating Different Worlds: Racial and Ethnic Identity Issues of American Born Young
Adult Women with Haitian Immigrant Parents/Workshop
Caribbean Studies Association Conference, Kingston, Jamaica

2007 Racial and Ethnic Identity Issues of Haitian American Young Adult Women/Workshop
Caribbean Studies Association Conference, Salvador Da Bahia, Brazil

2004 Does Family Heal? Social Support Networks of Haitians/Workshop
Haitian Studies Association Conference, San Juan, Puerto Rico

Report of Clinical Activities and Innovations

Current Licensure and Certification

2007-present Massachusetts Psychologist Provider License

Practice Activities

2015-present	Clinical Coordinator /School based clinical work (individual therapy, crisis intervention, consultation, case management, coordinating a transition program for students who have accrued long absences, coordinating a program geared toward students whose emotional impairment is severely impacting their academic functioning, clinical assessment)	Boston Latin School	5 days/week
2011-2015	School based clinical work with diverse high school students (clinical assessment, short term therapy, classroom prevention, consultation, crisis intervention, case management)	Boston Latin School	2 days/week
2009-	Individual and family therapy with children, adolescents, and young adults	Vanessa Prosper, PhD (Private practice)	6 -8 sessions/week

2008-2009	Individual and family therapy with children, adolescents, and young adults	Multicultural Counseling Services (Group Practice)	6 sessions/week
2006-2010	Individual and family therapy with children and adolescents	SPARK Center	2 sessions/week
2005-2011	School based clinical work with middle school students (group therapy, individual therapy, classroom prevention, consultation, crisis intervention, case management)	St. Patrick School	2 days/week
2005-2007	School based clinical work (group therapy, individual therapy, classroom prevention, consultation, crisis intervention, case management)	Patrick Lyndon School	2 days/week
2004-2005	Psychological testing, individual therapy, group therapy, and clinical assessment of inpatient adults	Shattuck Hospital, Inpatient Unit	2 days/week
2004-2005	Individual therapy, group therapy, case management, and crisis intervention of children and adolescents	SPARK Center	2 days/week
2002-2004	Individual therapy and family therapy with children, adolescents, and young adults	Cambridge Health Alliance Haitian Mental Health Clinic	2 days/week
2001-2004	Group therapy focused on social skills and social pragmatics, case management, and behavioral management of children and adolescents diagnosed with autism spectrum disorder	McLean Hospital: Camp New Connections	5 days/week for 6 weeks

2001-2002	Individual therapy, career counseling, and crisis intervention of college students	Boston University Counseling Center	2 days/week
1999-2000	Individual therapy, psychological testing, and case management of children and adolescents	Institute for Child and Adolescent Development	2 days/week

Clinical Innovations

Co-creation and development of Break Free from Depression documentary and accompanying manual at Boston Children’s Hospital

Thus far, this adolescent depression awareness curriculum has been implemented in over 100 schools in the Boston and greater Boston community with over 10,000 students who have participated in the program. This curriculum has proven to be effective (pre- and post-tests were filled out by students) in its ability to increase students’ knowledge about depression and suicide, increase students’ confidence in their ability to readily identify signs and symptoms of depression in themselves or in their peers, increase students’ skills in terms of knowing what to do if they need help for themselves or if they need to help a friend, and achieve high program satisfaction.

Report of Education of Patients and Service to the Community

Activities

2020	Boston Latin School Parent Workshop: How to support your adolescent emotionally and academically in this pandemic
2015	Boston Latin School

Teacher workshop on Adolescent Depression

2013 Brookline High School
Parent Workshop on Adolescent Depression

2013 Health Careers Academy
Break Free from Depression Curriculum, 10th Graders

2012 Match High School
Parent Workshop on Adolescent Depression

2012 Wellesley St-Paul's Church
Parent Workshop on Adolescent Depression

2012-2013 Match High School
Break Free From Depression Curriculum, 10th & 11th Graders

2012 English High School
Break Free From Depression Curriculum, 10th & 11th Graders

2012 Boston Arts Academy
Break Free From Depression Curriculum, 10th Graders

2011 Boston Arts Academy
Parent Workshop on Adolescent Depression

2011 Uphams Corner Community Health Center
Provided Psychological First Aid Workshop to Recent Haitian Immigrants Who Survived The 2010 Haiti Earthquake

2010 St-Angela's Church, Mattapan
Provided Psychological First Aid Workshop to Recent Haitian Immigrants Who Survived The 2010 Haiti Earthquake

2010 Haitian Mental Health Network, Port-Au-Prince, Haiti
Provided Psychological First Aid Workshops to Young Adults And Professionals Earthquake Survivors In Port-Au-Prince, Haiti

2008 O'Bryant High School
Provided Psychoeducation About Adolescent Depression and Anxiety, 9th Grade Science Class

Report of Scholarship

Publications

Peer reviewed publications in print or other media

1. Nicolas, G., Desilva, A.M., Subrebst, K.L., Breland-Noble, A., Gonzalez-Eastep, D., Manning, N., Prosper, V., & Prater, K. (2007). Expression and treatment of depression among Haitian immigrant women in the United States: clinical observations. *American Journal of Psychotherapy*, 61 (1), 83-98.

Non-peer reviewed scientific or medical publications/materials in print or other media

1. Reilly, N., Prosper, V., & Feigenberg, L. (2011). *Break free from depression: a 4-Module depression prevention curriculum for students in grades 9-12*. Boston Children's Hospital.

Professional educational materials or reports, in print or other media

1. Reilly, N., Prosper, V., & Miremedi, D. (2008). *The key: a guide to addressing adolescent depression & suicide (college version)*. Boston Children's Hospital

Thesis

Prosper, V. (2006). *Navigating different worlds: ethnic and racial identity of American born young adult women with Haitian immigrant parents*. Boston College, Chesnut Hill, MA.

Narrative Report

Throughout my years as a doctoral student, a pre-doctoral intern, a post-doctoral fellow, and a psychologist, I have been able to greatly sharpen my clinical, teaching, and research skills. Consequently, I have been able to blossom into a versatile psychologist capable of not only providing culturally competent and sensitive care to a diversity of children, adolescents, young adults, and families, but also

capable of shaping and molding graduate students in the field into culturally competent, insightful, and clinically savvy mental health clinicians through a plethora of accumulated teaching and mentoring experience as an adjunct faculty at Boston College, Lesley College, and William James College over the years.

Moreover, I have been able to partake in different research projects focusing on Haitian mental health throughout the years and contributed to one peer reviewed journal article regarding depression in Haitian women. It is also important to note that for the past 15 years, through my work for the Childrens Hospital Neighborhood Partnership Program and my work at Boston Latin School, I have been able to specialize in school based clinical work where I am constantly challenged, as I have to simultaneously juggle different clinical responsibilities such as consulting with teachers, administrators, and guidance counselors regarding students, conducting clinical assessments of students that are of concern, conducting short term therapy of students who are struggling emotionally, working collaboratively with students' family and outside providers for the management of their clinical care, and providing some crisis intervention when needed. Needless to say, that I have become very skilled at consulting and navigating the different systems impacting children and adolescents in order to coordinate their best clinical care.

I have also been able to demonstrate innovation and creativity by greatly participating in the creation, development, implementation, and evaluation of a school based depression awareness curriculum (Break Free from Depression) centered around a documentary featuring real adolescents discussing their struggle and coping strategies with depression, which I have also helped develop. It has been immensely rewarding to have been able to not only co-create and develop this curriculum but to have also been able to implement and teach this curriculum, which has allowed me to witness how it has impacted students and teachers in different schools through raising their awareness and knowledge about depression and through diminishing their stigmatized way of perceiving mental illness. It is also quite fulfilling to have been able to participate in the evaluation of this curriculum, which thus far indicates that students, staff, and parents have been able to enhance their awareness, knowledge, and confidence in their ability to identify signs and symptoms of adolescent depression.

As I reflect on my professional development journey as a psychologist, I have come to realize that I have always been committed and devoted to raising awareness and knowledge in the community, which is also reflected in my past involvement with the Haitian Mental Health Network through which I work with a team of Haitian mental health clinicians in the Boston community to raise awareness and knowledge about Haitian mental health in the Haitian and non-Haitian communities in order to enhance culturally competent clinical care of Haitian immigrants living in Boston. I firmly believe that the vast range of experiences that I have accrued over the years in the field of research, teaching, and clinical practice have further rendered me an insightful, culturally competent, and clinically knowledgeable teacher, researcher, and clinician.