

## Sumithra Raghavan, PhD

### EDUCATION

- 2013      PhD in Clinical Psychology  
            MA in Psychology  
            Dissertation Topic: Factor Structure and Measurement Invariance of the Brief Symptom Inventory in Survivors of Torture and Severe Trauma  
            MA Thesis: Correlates of Symptom Reduction in Treatment Seeking Survivors of Torture  
            American Psychological Association Minority Fellow  
            Advisor: Barry Rosenfeld  
            *Fordham University -Bronx, NY*
- 2004      BA in Psychology  
            Minor in English and American Literature  
            *New York University-New York, NY*

### ACADEMIC APPOINTMENTS

- 2016-present    Assistant Professor, Psychology Department  
                    *William Paterson University-Wayne, NJ*
- 2013-2016      Assistant Professor, Psychology Department  
                    *College of Mount Saint Vincent-Riverdale, NY*

### LICENSURE

- 2014-present    New York State Licensed Psychologist (#020970-1)

### ACADEMIC PUBLICATIONS

*In preparation*

**Raghavan, S.**, Karasz, A., Maier, W., Kushid, A., and Ryder, A. Understanding perinatal distress in two distinct cultural groups: A qualitative analysis.\*\*\*

Karasz, A., **Raghavan, S.**, Maier, W., Kushid, A., and Ryder, A. Culture, class and situation: exploring the sick role in perinatal distress.\*\*\*

Karasz, A. and Kushid, A., Maier, W., **Raghavan, S.**, and Ryder, A. When distress becomes disorder: The context and impact of disease attributions for symptoms of social origin

*In review*

**Raghavan, S.,** Hu, D., Rendon, K. & Akoto, M. (in review, revise & resubmit) Mental health, social capital and academic Success in first generation college students. *Frontiers in Psychology: Educational Psychology*

*Published*

**Raghavan, S. & Sandandapitchai, P.** (2020) The relationship between cultural variables and resilience to psychological trauma. *Traumatology*, advance online publication.  
<https://doi.org/10.1037/trm0000239>.

**Raghavan, S. & Sandanapitchai, P.** (2019) Cultural predictors of resilience in a multinational sample of trauma survivors. *Frontiers in Psychology: Cultural Psychology, 10*, 1-6.  
<https://doi.org/10.3389/fpsyg.2019.00131>\*\*

**Raghavan, S.** (2019) Cultural considerations in the assessment of survivors of torture: A review. *Journal of Immigrant and Minority Health, 21*, 586-595. <https://doi.org/10.1007/s10903-018-0787-5>

**Raghavan, S., Rosenfeld, B., & Rasmussen, A.** (2017). Measurement invariance of the Brief Symptom Inventory in survivors of torture and trauma. *Journal of Interpersonal Violence, 32*(11)  
<https://doi.org/0886260515619750>

Karasz, A., **Raghavan, S.,** & Patel, V. (2016). ASHA: Using participatory methods to develop an asset-building mental health intervention for Bangladeshi immigrant women. *Progress in Community Health Partnerships, 9*(4), 501-512. <https://doi.org/10.1353/cpr.2015.0080>

**Raghavan, S., Rasmussen, A., Rosenfeld, B., & Keller, A. S.** (2013). Correlates of symptom reduction in treatment-seeking survivors of torture. *Psychological Trauma: Theory, Research, Practice, and Policy, 5*(4), 377-383. <https://doi.org/10.1037/a0028118>

Rasmussen, A., Nguyen, L., Wilkinson, J., Vundla, S., **Raghavan, S.,** Miller, K., and Keller, A. (2010). Rates and impact of trauma and current stressors among Darfuri refugees in Eastern Chad. *American Journal of Orthopsychiatry, 80* (2), 227-236.

Reid, M., Palamar, J., **Raghavan, S.** and Flammino, F. (2007) Effects of Topiramate on cue induced craving and the response to a smoked cigarette in briefly abstinent smokers. *Psychopharmacology, 192*, 1, 147-158.

*Book Chapters*

Torres, A., **Raghavan, S.,** & Perera, A. (2020) Cultural considerations in treating trauma related disorders in Benuto, L., Gonzalez, F., & Singer, J. (Ed). *Cultural Factors in Behavioral Health: A Guide for the Helping Professional*. New York: Springer.\*\*

ACADEMIC PRESENTATIONS

Akoto, M., **Raghavan, S.,** Hu, D. and Rendon, K. (2020). Mental health, social capital and academic success in a first-generation college student population: Findings from a mixed methods study. Paper presented at the 2020 Eastern Psychological Association Conference Online (Original Conference Cancelled due to Covid-19).\*\*

Akoto, M., **Raghavan, S.,** Hu, D. and Rendon, K. (2020). Mental health, social capital and academic success in a first-generation college student population: Findings from a mixed methods study. Paper Presented at the 2020 Explorations Conference Online (Original Conference Cancelled due to Covid-19).\*\*

- Rendon, K., Akoto, M., and **Raghavan, S.** (2019). Mental health, social capital and academic success in first generation college students: Early findings from a pilot study. Poster presented at William Paterson Explorations Conference.\*\*
- Raghavan, S.** (2019). Correlates of resilience in a multinational sample of trauma survivors. Paper presented at the Faculty Research Forum, William Paterson University, Wayne, NJ.
- Sandanapitchai, P. & **Raghavan, S.** (2018). Correlates of resilience in a multinational trauma population. Paper presented to the 2018 Eastern Psychological Association Conference, Philadelphia, PA.\*\*
- Raghavan, S.,** Ingravallo, I., & King, S. (2016). The relationship between acculturative stress and academic achievement in a diverse college sample. Paper presented at the Eastern Psychological Association Conference, New York, NY.
- Karasz, A., **Raghavan, S.,** & Patel, V. (2014) Using participatory methods to develop an asset-building depression intervention for immigrant women. Paper presented at 14th Annual Diversity Challenge Conference at Boston College, Boston, MA.
- Jopp, D. S., Park, M.-P., Cavanagh, A., Meschian, Y., DeFeo, M., Paggi, M., Tropea, M. & **Raghavan, S.** (2012) Predictors of well-being in centenarians: preliminary results from the Fordham Centenarian Study. Paper presented at the 65. Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.
- Jopp, D. S., Park, M.-P., Cavanagh, A., Meschian, Y., DeFeo, M., Paggi, M., **Raghavan, S.** & Weiss, R. (2012). Valuation of life in centenarians: preliminary results from the Fordham Centenarian Study. Paper presented at the 65. Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.
- Raghavan, S.,** Rasmussen, A., Rosenfeld, B., & Keller, A. Correlates of symptom reduction in treatment seeking survivors of torture. Paper presented at the annual conference meeting of the International Society for Traumatic Stress Studies, Chicago, IL, November 2008.
- Rasmussen, A., **Raghavan, S.,** & Sachs, E. The reliability of definitions of torture. Paper presented at the annual conference of the meeting of the International Association of Forensic Mental Health Services (IAFMHS), Vienna, Austria, July 2008.
- Sachs, E., Rasmussen, A., **Raghavan, S.,** & Rosenfeld, B. Torture definitions applied: Sequelae in a Punjabi sample. Paper presented at the annual conference of the meeting of the International Association of Forensic Mental Health Services (IAFMHS), Vienna, Austria, July 2008.

\*\*Project involves a WPU Student author or presenter

#### OTHER PUBLICATIONS

Rao, A. and **Raghavan, S.** (2001) "Asha's Journey". North Brunswick, NJ: NAMI-NJ.

#### GRANTS AND FELLOWSHIPS

- 2021 HSS Summer Research Grant awarded in the amount of \$1000
- 2020 HSS Summer Research Grant awarded in the amount of \$2800
- 2020 Assigned Release Time for Research 2 Year Award (1.5 years awarded)
- 2019 Russel Sage Foundation funding sought in the amount of \$10,000 (unfunded)
- 2019 HSS Summer Research Grant awarded the amount of \$3900
- 2018 HSS Summer Research Grant awarded in the amount of \$4000

- 2018 William T. Grant Foundation Officer's Grant funding sought in the amount of \$10,000 (unfunded)
- 2018 Assigned Release Time for Research 2 Year Award (received)
- 2018 William T. Grant Foundation Major Grant funding sought in the amount of \$50,000 (unfunded)
- 2017 HSS Summer Research Grant funding awarded the amount of \$3800

## COURSES TAUGHT

2016-present William Paterson University

Community Psychology (hybrid & traditional), Clinical Practicum I and II (graduate), Psychopathology (graduate), Theories of Psychotherapy (graduate-doctoral) Trauma, Violence and the Politics of Memory (Social Science Honors Seminar), Psychology Internship (undergraduate), Independent Research in Psychology, Abnormal Psychology (boat, traditional, and asynchronous online)

2013-2016 College of Mount Saint Vincent

Introduction to Psychology, Abnormal Psychology, Trauma and Family Violence, Interviewing and Counseling, Psychological Testing

2010-2011 Fordham University

Biopsychology, Research Methods, Aging and Society

## PROFESSIONAL ACTIVITIES AND SERVICE

2020-2021

University Level Participation: UCC Writing Intensive Committee, UCC Technology Council (Tech Council beginning Fall 2021)

College Level Participation: College Integration Committee (Decolonizing the Curriculum Subcommittee)

Departmental Participation: Retention and Tenure Standards Committee, MA Program Committee

Professional Development: Acceptance into Journalist Trauma Support Network an invitation-only training to prepare clinicians to work with traumatized media professionals. Completed 2 days of training and am participating in a year-long supervision and continuing education group

\*\*Note: Family Leave Fall 2020 Semester\*\*

2019-2020

Community Level Participation: South Asian Journalists Association webinar, panelist for supporting mental health during the pandemic. International Women's Media Foundation, panelist for discussing trauma in journalists of color.

College Level Participation: Dean's Internship Committee, Faculty Writing Group, Center for Teaching Excellence Workshop Presenter

Department Level Participation: Chair Search Committee, Adjunct Support Committee, MA Program Committee

2018-2019

University Level Participation: Interim Honors Track Director Social Science Honors Track Spring Semester

College Level Participation: HSS Contexts Conference Co-Chair, Faculty Writing Group, Faculty Research Forum Presenter, Living Writers Series presenter

Departmental Level Participation: Congratulations Committee, Honors Thesis Mentorship, MA Program Committee

2017-2018

College Level Participation: HSS Contexts Conference Co-Chair and committee member, Faculty Writing Group, Center for Teaching Excellent Workshop Presenter

Department Level Participation: Faculty Search Committee, Curriculum Committee, Honors Thesis Mentorship, MA Program Committee

2016-2017

College Level Participation: HSS Contexts Conference Committee, DNP Thesis Reader, Writing Across the Curriculum Student Submission Judge, Faculty Writing Group

Department Level Participation: Faculty Search Committee, Curriculum Committee, MA Program Committee, PsyD Program Workshop Facilitator (Working with Underserved Populations)

## PROFESSIONAL AFFILIATIONS AND ORGANIZATIONS

American Psychological Association-Member

Asian American Psychological Association (Division on South Asian Americans)-Member

Eastern Psychological Association-Member

Ad-hoc reviewer, Psychological Trauma: Theory, Research, Practice & Policy; Conflict & Health

## RESEARCH POSITIONS

2013-present    Consultant  
SAPNA-NYC -Bronx, NY

2010-2011      Interviewer  
Fordham University Adult Aging Lab, Bronx, NY

2009-2010      Research Assistant  
University of Virginia CARES Clinic, Richmond, VA

2006-2008      Research Assistant  
Bellevue/NYU Program for Survivors of Torture, New York, NY

2004-2006      Clinical Trials Research Assistant  
New York University School of Medicine-New York, NY

## SELECTED CLINICAL POSITIONS

2015-present    Primary Psychologist and Sole Proprietor (NYS License # 020970)

2012-2013 Downtown Brooklyn Therapy-Brooklyn, NY  
Psychology Intern  
Elmhurst Hospital/Mt. Sinai Services-Queens, NY

2011-2012 Psychotherapy Extern  
Manhattan Center for Cognitive Behavioral Therapy-New York, NY