



CURRICULUM VITAE

Erika M. Rajo, Psy.D.

Current Title: Assistant Professor of Clinical Psychiatry
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Education:

Undergraduate (Sept-Dec 2005; post Hurricane Katrina)
Virginia Commonwealth University– Richmond, VA

(2009) B.A. in Psychology
Loyola University New Orleans – New Orleans, LA

Graduate (2012) M.S. in Clinical Psychology,
Loyola University Maryland – Baltimore, MD

(2017) Psy.D. in Clinical Psychology
Pepperdine University – Los Angeles, CA

Internship (2016-2017) Child/Adult Specialization
LSU Health Sciences Center, Department of Psychiatry – New Orleans, LA

Fellowship (2017-2018) Health Psychology Fellow
LSU Health Sciences Center, Department of Psychiatry – New Orleans, LA

Certification: (2017) Infant Mental Health Specialist Certification

Licensure: Clinical Psychologist, LA, #1443, active thru July 31, 2023

Academic, Professional, and Research Appointments:

2018-present Assistant Professor of Clinical Psychiatry
LSU Health Sciences Center New Orleans
Department of Psychiatry, Section of Psychology

2018-present Advanced Practice Professional
University Medical Center New Orleans
Level 1 Trauma Center

Membership in Professional Organizations:

2009 -present Member
Alpha Sigma Nu, National Jesuit Honor Society

2012-present Member
Psi Chi, The International Honor Society in Psychology

2015-present Member
American Psychological Association

2016-2018 Member
Louisiana Psychological Association

2018-present Member
American Psychological Association, Division 56 – Trauma Psychology

2018-present Member
Trauma Survivors Network

2018-present Member
American Trauma Society

2018-present Member
American Psychological Association, Division 12 – Clinical Psychology

2020-2021 Member
Association of Psychologists in Academic Health Centers

Awards and Honors:

2020 Faculty Member of the Year Award in Psychology presented by LSUHSC
Department of Psychiatry

2021 Howard J. Osofsky Award for Faculty Advancement and Achievement presented
by LSUHSC Department of Psychiatry

2021 Healthcare Hero Award presented by New Orleans City Business

2022 40 Under 40 presented by Gambit

TEACHING EXPERIENCE AND RESPONSIBILITIES

Curriculum Development/Implementation

Group Supervision of Supervision (2019 - 2022); 1 hour per week, year-long
Developed and facilitate a clinical supervision training curriculum for the clinical psychology internship program, which provides interns with competency-based supervision of supervision. Each intern is paired with a supervisee (either a psychology practicum student or a psychiatry resident) for the duration of the training year and attends GSOS for 1-hour each week and is exposed to a range of supervision models/techniques via different methods – assigned readings from the supervision literature, didactics, role-plays, feedback on recorded supervision meetings, group discussions, quarterly evaluations and presentations. Starting in 2020, the curriculum was expanded to include postdoctoral psychology fellows providing supervision to less advanced trainees. Modifications were made in response to the pandemic to provide virtual group supervision of supervision to interns and fellows. In 2021, added two additional faculty facilitators and in collaboration with co-facilitators, modified curriculum to accommodate separate but concurrent fellow and intern meetings.

Creation of Enduring Teaching Materials

Trauma Psychology Training PowerPoint presentation: “Am I Doing M.I.?: Motivational Interviewing for SBIs & VoVs”

Trauma Psychology Training Binder

Virtual Psychological First Aid Facilitator Guide

Trauma-Informed Care Training

We Weather Together

Human Behavior and Development Course (2019-2021)

In 2019, assisted in development of materials for active learning sessions (primarily team-based learning) for learning theory. Worked with course instructor to finalize facilitator guides, quizzes, and case study materials (including video vignettes).

Formal Course Responsibilities

Trauma-Informed Care for Medical Providers (2 hours, 4/1/2022)

Co-led a team-based learning course for 200 medical students at LSUHSC School of Medicine. Course introduced learners to the impact of trauma and pathways to recovery on an individual and systemic level, as well as the basic principles of trauma-informed care and culturally sensitive clinical practices.

Clinical Supervision Didactic Series (4-part didactic series; 2018-2021) LSU Health Sciences Center Department of Psychiatry psychology internship seminar series, New Orleans, LA

Human Behavior and Development Course_(2019-2021; 3 sessions)

Co-facilitated team-based learning session on Learning Theory for 1st year medical student for 3 consecutive years.

Departmental/Interdisciplinary Teaching Conferences

Undergraduate, Medical, or Graduate Students Trained:

1 Loyola Undergraduate practicum student trained annually (2019-present)

Research Advisor for Medical Student (2020-2021)

Served as PI on research project and work collaboratively to develop a project examining the associations between location of burn injury and psychological distress among outpatients with prior burn injury. IRB has been accepted and data collection is in process. Abstract submitted for the annual Southern Burn Conference in 2021.

Graduate Students Trained:

1-6 Psychology Interns trained annually (2018-present)

Provide individual supervision to 1-4 interns on trauma psychology specialty rotation and group supervision of supervision to 6 interns annually. Previously co-facilitated intern psychotherapy consultation group (2019-2021; 1 hour per week for 2 years)

Residents Trained:

Provide psychotherapy supervision to 1-2 psychiatry residents annually (2017-2019; 2021-2022)

Post-Residency Fellows Trained:

Provide psychotherapy supervision and trauma-informed care consultation to 1-2 Consultation-Liaison Psychiatry Fellows annually (2019-present)

Post-Doctoral Fellows Trained:

Lisa Gallagher, Psy.D., Burn Psychology Fellow (2018-2019)

Nahaal Binazir, Psy.D., Trauma Psychology Fellow (2019-2020)

Danielle Cohn, Ph.D., Burn Psychology Fellow (2019-2020)

Nathan Brown, Psy.D., Burn Psychology Fellow (2020-202)

Sandy Hyatt, Psy.D., Trauma Psychology Fellow (2020-2021)

Meghna Krishna, Psy.D., Trauma Psychology Fellow (2021-2022)

Thesis and Dissertation Committees:

RESEARCH AND SCHOLARSHIP

Grants and Contracts:

Title: Trauma Recovery Clinic: An Integrated Approach to Treating the
Traumatically Injured

PI: Erich Conrad, MD

Role: Co-Investigator
Source: Baptist Community Ministries
Total Award: \$422,172
Dates: 3/2017-3/2020
Summary: The Trauma Recovery Clinic is a hospital-based behavioral health outpatient clinic specializing in the treatment of psychologic sequelae following traumatic injury. Patients receive patient-centered, evidence-based interventions and pharmacological treatments for PTSD and comorbidities in a cross-disciplinary environment. Standardized assessments are completed at intake and weekly follow-up visits. Assessment data and comprehensive chart reviews are used to evaluate TRC clinical and economic outcomes. As co-investigator, I coordinated all research activities, supervised research staff, and collaborated on writing manuscripts and conference presentations/posters.

Funded

Title: Preventing Youth Firearm Violence in New Orleans: A Hospital-Initiated Approach (CDC, U01 CE003384-01)
PI: Sharven Taghavi, M.D.
Role: Consultant
Source: Centers for Disease Control and Prevention (CDC)
Dates: 2022-present
Summary: The study objective is to test the long-term effects of a hospital-initiated intervention and examine how social contexts influence its adoption and sustained effects. This study will be conducted in collaboration with the Spirit of Charity Trauma Center at University Medical Center to implement a hospital-initiated intervention to reduce gun violence amongst older youth. The multi-faceted intervention includes motivational interviewing and firearm safety training through credible messengers as part of a broader risk reduction effort involving case management. We will employ a mixed methods approach, including a randomized controlled trial (RCT), to test the efficacy of the Motivational Interviewing (MI) intervention compared to treatment as usual (TAU) control condition. The hypothesis of this study is that this harm reduction intervention will be more effective in changing firearm-related behaviors and beliefs than the control condition at 3- and 6-months and reducing gun violence at 18-months post-baseline.

Title: A Policy Relevant US Trauma Care System Pragmatic Trial for PTSD and Comorbidity (Trauma Survivors Outcomes and Support [TSOS 6]) Protocol
PI: Douglas Zatzick, MD
Role: Co-Investigator
Source: National Institutes of Mental Health
Total Award: \$6,271,713
Dates: 10/2018 -7/2019
Summary: The overarching goal of this UH2-UH3 project is to yield findings that can inform policy efforts and be incorporated into national trauma center requirements

and verification criteria. For this study, a stepped-wedge cluster randomized clinical trial was conducted at 25 US level 1 trauma centers. The primary objective was to concurrently evaluate the implementation and effectiveness of a brief stepped collaborative care intervention targeting PTSD and comorbid conditions. The intervention consisted of evidence-based pharmacotherapy, psychotherapeutic elements, and proactive case management to assist patients as they transitioned from hospital to outpatient and community settings. The hypothesis of this study was that injured patients receiving a brief stepped collaborative care intervention would experience significant reductions in PTSD symptoms compared to control patients receiving enhanced usual care. It was also hypothesized that the intervention could effectively reduce depressive symptoms, alcohol use, and post-injury functional impairments.

Not funded

Title: The Association between Burn Location and Psychological Distress among Adult Outpatients with Prior Burn Injury
Role: Principal Investigator
Summary: In collaboration with Dr. Nathan Brown (Co-investigator) and other LSUHSC faculty and trainees to assess the relationship between anatomical location of burn injury and emotional distress using quantitative methods among adult outpatients at the University Medical Center New Orleans Burn Center.

Journal Publications:

Refereed

Rajo, E., Brown, N., Hyatt, S., Whitley, M. (2022) Adapting Psychological First Aid for Healthcare Workers Fighting COVID-19 at an Academic Medical Center and partner Institutions. Journal of Louisiana Public Health Association.

Beiter KJ, Whitham E, Suss A, Rajo E, Conrad EJ. Criminal Conviction History And Psychiatric Symptom Severity In An Outpatient Trauma Clinic. Journal of the Louisiana Public Health Association 2021; 2(1) 30-37

Non-refereed

Published Abstracts:

Rajo, E. (2017) A mixed methods study examining parent impressions of a psychoeducational program on common issues during childhood. Theses and Dissertations. 817.
<https://digitalcommons.pepperdine.edu/etd/817>

Scientific Presentations:

LOCAL

Rajo, E., Brown, N. H., & Smith, L. (9/16/2019) Identifying and Responding to Vicarious Trauma. Presentation for staff of the Advocacy Center of Louisiana, New Orleans, LA.

Brown, NH., Cohn, D., Hyatt, S., & Rajo, E. (3/11/2021) The Role of Psychology in an Academic Medical Center. Panel presentation for graduate students of The Chicago School of Professional Psychology at Xavier University, New Orleans, LA.

Batiste, C., Hyatt, S., & Rajo, E. (3/15/2021) Working with Trauma Survivors: Occupational Challenges & Strategies for Building Resilience. Presentation on the impact of exposure to trauma in the workplace and methods of promoting resilience when working with traumatized individuals at Southern Solidarity, New Orleans, LA.

Batiste, C., Hyatt, S., & Rajo, E. (4/27/2021) Trauma Informed Care. Presentation to 30 mentors of children with significant trauma histories at Son of a Saint, New Orleans, LA.

Hughes, J., & Rajo, E. ... Conversations on Death & Dying

Hyatt, S., & Rajo, E. (5/14/2021) Trauma Informed Care in Emergency Medicine. Presentation to 30 emergency medical residents introducing trauma-informed care in healthcare at University Medical Center, New Orleans, LA.

Hyatt, S., & Rajo, E. (10/27 & 11/3/2021). Trauma-Informed Care for LOPA Personnel. Presentation on trauma-informed practices to individuals working with the Louisiana Organ Procurement Agency, Covington, LA.

Hyatt, S., & Rajo, E. (11/12/21) Trauma Informed Care in Critical Care Nursing. Presentation on trauma-informed practices in healthcare to 150 critical care nurses at a nursing conference in Covington, LA.

Hyatt, S., & Rajo, E. (6/20/2022) Trauma Informed Care in Medicine. Presentation on trauma-informed practices in healthcare for the UMC Patient Experience Council at University Medical Center, New Orleans, LA.

Hyatt, S., & Rajo, E. (9/9/2022) Preventing Burnout Blindness. Presentation on stress management, burnout and vicarious trauma for LSUHSC Ophthalmology residents.

LOCAL WITH CE CREDIT

2020 Injury Prevention Conference? At UMC

Hyatt, S., & Rajo, E. (8/31/2022) To Debrief or Not to Debrief?
Virtual presentation on practice of debriefing/mixed findings about effectiveness and how and when to seek individual therapy for the LSUHSC Emergency Medicine Residency Conference at LSUHSC in New Orleans, LA. (zoom)

REGIONAL WITH CE CREDIT

Rajo, E. & Levine, K. (11/1/2019), "Working with Trauma Survivors: Occupational Challenges & Strategies for Building Resilience." Invited Presenter. North Oaks Shock Trauma Center & Southeastern College of Nursing & Health Sciences 3rd Annual "Prepared for the Unexpected" Trauma Symposium. Hammond, LA.

NATIONAL WITH CE CREDIT

Hughes, J., Conrad, E.C., Russ, J., Starkman, C., & Rajo, E. (8/2017). Trauma Recovery Clinic: An Integrated Approach to Treating the Traumatically Injured. Poster Presentation at the American Psychological Association Annual Conference, Washington D.C.

Videos, Electronic Media, and Multimedia:

City business (10/22/2021)

Emerge Summit (12/3/2021)

Nola.com article. They lost loved ones to violence in New Orleans. Here's what they want survivors to know (2/8/2022)

Tulane VPI article about CDC project. Tulane, community partners launch CDC-funded research hub for youth violence prevention. (2/23/22)

WBOK (6/20/2022) – 1 hour ; need for a comprehensive trauma recovery center

Gambit "40 Under 40" (6/28/22)

S02 E03 - Gun Point: Helping to cure Acute Trauma (8/28/2022) –
What the Doctor Say with Dr. K; Uzima Health and Wellness by Dr. Kendra Outler

Nola.com article: "New Orleans police - and police alternatives - in spotlight as City Hall preps budget" (10/23/22)

WWL Radio – Tommy Tucker (10/25/22)

WWL Radio – Tommy Tucker (11/30/22)

Invited Presentations and Seminars:

2022 Pepperdine University Professional Development Seminar

(9/15/2022) City Council Session on Mental Health

SERVICE AND ADMINISTRATION

University/Institutional Service:

Departmental committees:

- 2017-present Committee for Diversity, Equity, Inclusion and Belonging
Within the Department of Psychiatry at LSUSHC, the Committee for Diversity, Equity, Inclusion and Belonging (CDEIB) represents the sections of Psychology and Social Work in the Department of Psychiatry. This committee was initially formed in 2017 to ensure that the section of Psychology was thoroughly addressing diversity through our training program and faculty development. This initial mission has expanded to help identify and eliminate barriers to cultural inclusivity in the broader department of psychiatry. As a faculty consultant of this group, I collaborate with other members of the committee to plan, develop, evaluate various activities/efforts aligned with the committee's mission.
- 2018-present Clinical Psychology Internship Committee
Within the Department of Psychiatry at LSUSHC, the section of Psychology has a Clinical Psychology Internship Committee that meets monthly to discuss the quality of internship program, implement any necessary changes to the training program, review selection criteria of applicants to invite for interviews and determine selection of applicants to rank for positions. As a member of this committee, I discuss individual interns' progress and contribute to the internship program's continued growth.
- 2019-present Fellowship Planning Executive Committee

School committees

LSUHSC (campus) committees

Hospital committees

- 2018-present Trauma Multidisciplinary Committee
- 2021-present Schwartz Rounds Planning Committee
- 2022-present Behavioral Health Service Line Council
- 2022-present Level 1 Trauma Center & Burn Center Service Line Council
- 2022-present Schwartz Stress First Aid Program- Clinical Lead
At University Medical Center, hospital administration and select clinical attendings are working with the Schwartz Center to develop a Stress First Aid program for the hospital. This program will be implemented hospital-wide to support all healthcare professionals and reduce stress injuries associated with occupational responsibilities. As the lead of the

Trainer team, I will support the implementation of the Stress First Aid program by training others within our organization.

Special assignments – ad hoc task forces/working groups, projects, etc.

- 2021- 2022 Challenging behaviors task force / TIC subcommittee
- 2020-2021 Virtual Psychological First Aid
Within LCMC hospitals, a group of mental health clinicals from LSUHSC’s section of psychology developed a virtual program for the delivery of Psychological First Aid to healthcare personnel in the wake of COVID-19. As a member of this team, I helped organize and implement PFA to healthcare workers throughout the hospital system.
- 2022-present New Orleans Health Department’s Community Health Improvement Plan: Violence Prevention Working Group
NOHD recently released the 2022-2025 CHIP, and one of the priority areas is ensuring community safety through violence prevention, specifically reducing serious incidents of violence in public schools, reducing access to illegal firearms, and reducing violence in the home. Members of this working group that meet every 2-3 months to steer implementation planning.
- 2019 Navy SEAL Resilience-Building Training Project Planning committee

Clinical Service

In-patient service activities:

2018-present University Medical Center; 12 hr/week
Primary responsibilities include screening inpatients hospitalized for traumatic injuries to assess for symptoms of PTSD, depression, and alcohol/substance use disorders. Brief therapeutic intervention is provided to patients and family members. I also provide client-centered and consultee-centered case consultation to interdisciplinary teams.

Clinic coverage

Clinician:

- 2018-2019 University Medical Center Cancer Center – Psycho-Oncology Clinic
- 2018-2019 LSU Health Network Multidisciplinary Clinic – GI Clinic
- 2018-2020 LSUHSC Behavioral Sciences Center; 4 hr/per week
Provided four hours a week of direct services for individual psychotherapy for children, adolescents and adults.

2018-present University Medical Center Trauma Recovery Clinic
Provide trauma-specific and informed psychotherapy to adolescent and adult trauma survivors. I also participate in weekly multidisciplinary treatment team meetings aimed at care-coordination and program development.

Researcher:

2018 – present Spirit of Charity Trauma Center Psychiatry Research Unit

Call:

2019-present MCI Behavioral Health Response- Lead
In the event of a mass casualty incident in the Greater New Orleans and surrounding areas, the Trauma Recovery Team will be activated to provide Psychological First Aid to family and loved ones of the MCI victims/survivors. As lead of this response, I have developed a response plan to address needs of patients' family members/visitors immediately following the event and to link them with resources for follow up as needed. As part of this plan, I recruited a team of volunteer responders, mostly faculty and trainees within the LSUHSC Psychiatry department, organized a Psychological First Aid training for volunteers without previous disaster response experience, and reviewed MCI Behavioral Health Response Plan with them.

Administrative Responsibilities:

Departmental

2022-present Director, UMC Trauma Psychology Services

School

LSUHSC

Hospital

2019-present Director, UMC Trauma Recovery Clinic

2019-present Co-director, Spirit of Charity Trauma Center Psychiatry Research Unit

Interdisciplinary/other program (center or program)

2022-present Board of Directors, Raintree Children & Family Services

Community Service Activities:

2018-2020 Cure Violence Peace Fest

- 2019-present National Trauma Survivors Day annual event
- 2021 Reclaiming Identity Space and Energy to Uplift People of color (RISE UP)
- 2021 PFA for Chaplain Residency
- April 9, 2022 Community Health Fair at University Medical Center; 5hr
Provided general information about mental health services available to the community as well as psychoeducation on mental health and adaptive psychological coping. This event was open to any member of the public
- April 25, 2022 Mindfulness Workshop for Healthcare Personnel; 2hr
Volunteered for a workshop for healthcare personnel at University Medical Center. At this event, I provided psychoeducation on mindfulness techniques that can be easily used during a work shift to manage occupational stress and secondary trauma