CURRICULUM VITAE
VARDHA KHARBANDA

Chicago, IL ▪ Vkharbanda@hawk.iit.edu ▪ (516) 838-7932 ▪ linkedin.com/in/vardhakharbanda ▪ www.vardhakharbanda.com

EDUCATION

08/2022- **Present**	**Illinois Institute of Technology** Ph.D. student, Clinical Psychology Program Advisor: Dr. Nikki Legate
08/2019- 08/2021	**Adelphi University,** New York, NY Master of Arts in General Psychology with Specialization in Substance Use Counseling Master's Thesis: *Understanding the Relationship between non-suicidal self-injury, substance use, and family characteristics in American Youth.* Primary Advisor: Dr. Carolyn Springer **GPA**: 4.0
07/2016- 05/2019	**University of Delhi,** New Delhi**,** India Bachelor of Arts in Psychology **Cumulative GPA**: 7.568/10 (*magna cum laude)*

RESEARCH EXPERIENCE

08/22/2022-Present — **Research Assistant**
IIT's Promoting Autonomy, Thriving and Health
About: *Based at Illinois Institute of Technology in Chicago focuses on exploring how relationships, guided by self-determination theory, promote autonomy, thriving, and health, particularly among individuals from marginalized groups like LGBTQ+ individuals.*
www.iit-path.com

- Conduct in-depth research on relationships guided by self-determination theory.
- Emphasize autonomy, thriving, and health in the context of marginalized groups, especially LGBTQ+ individuals.
- Implement self-determination theory to understand and analyze relationship dynamics.
- Address unique challenges and experiences of marginalized groups in research methodologies.
- Contribute to academic discourse through publications and conferences, advancing knowledge in the field.

04/01/2023-Present — **Clinical Research Associate**
IIT's Center for Health Equity, Education, and Research (CHEER); Chicago, IL
About: *committed to tackling health disparities by conducting research, providing training, and implementing community-focused solutions.*

- Collected data from research participants through online surveys, in-person surveys, and personal interviews.
- Maintained security and confidentiality of research data.

- Assisted in maintaining compliance with Institutional Review Board (IRB) and funder requirements.
- Completed administrative tasks related to the research project as needed.
- Organized meetings and ensured smooth communication among team members.
- Collaborated with other offices across campus to facilitate project coordination.
- Adapted to and efficiently handled additional tasks that arose during the study.

01/2023-06/2023 **Research Assistant for Dr. Abigail Gamble**
John D. Bower School of Population Health
University of Mississippi; Jackson, MS
Project Title: CEnR: Maternal & Child Outcomes for Teen Moms in Mississippi

- Conduct literature reviews and assist in the development of research proposals and protocols related to maternal and child health outcomes for teenage mothers in Mississippi.
- Assist in collecting, managing, and analyzing data from various sources, including surveys, interviews, focus groups, and medical records, using appropriate statistical and qualitative methods.
- Assist in the dissemination of research findings through conference presentations, manuscript writing, and community outreach efforts, and contribute to the development of policy recommendations and intervention strategies aimed at improving maternal and child health outcomes for teenage mothers in Mississippi

05/2021- 09/2022 **Research Assistant for Dr. Carolyn Springer**
Gordon F. Derner School of Psychology
Adelphi University; New York, NY
Project Title: AIM 4 Teen Moms (Department of Health and Human Services, USA)

- Managing project communication with other collaborators.
- Developing the impact report, coding, and verifying data in accordance with the protocols.
- Performing statistical analyses including regression analyses, ANOVA, etc.

01/2021- 08/2021 **Research Assistant for Dr. Dolapo Adeniji-Neill**
Ruth S. Ammon School of Education, College of Education and Health Sciences
Adelphi University; New York, NY

- Assisted with literature review and coordinated with libraries to participate in open-access publishing models.
- Managed secondary data and summarized results regarding open-access publishing models.
- Instructed undergraduate students with projects, classes, grading of assignments, etc.

08/2020- 08/2021 **Research Analyst for Dr. Kirkland C. Vaughans**
Gordon F. Derner School of Psychology
Adelphi University; New York, NY

- Facilitated exploratory research focusing on intergenerational transmission of trauma among African Americans.
- Assisted with data analysis and generating correspondence, reports, and graphics.

05/2020- 03/2021 **Research Analyst for Dr. Wahiba Abu Ras**
School of Social Work
Adelphi University; New York, NY

- Collaborated with the team in Qatar and other research assistants to manage communication for the project titled "The psychosocial effects of the blockade in Qatar". Conducted a thematic analysis of data, summarization, and discussion of results.

05/2020- 09/2020 **Research Analyst for Dr. Shilpi Sinha**
Ruth S. Ammon School of Education
Adelphi University; New York, NY

- Conducted extensive literature on multicultural issues within education, education for justice and equity, and the effectiveness of different forms of dialogue.
- Explored post-modern themes of education, anti-racist pedagogy, media, and production of the effect.

08/2019- 05/2020 **Graduate Assistant**
International Services
Adelphi University; New York, NY

- Performed comprehensive quantitative analysis using SAS and SPSS to study the academic outcomes of international students and other scholars at Adelphi University.

CLINICAL EXPERIENCE

07/2023-**Present** **Clinical Neuropsychology Extern**
The University of Chicago, Chicago, IL
About: An advanced training in clinical neuropsychology, conducting comprehensive assessments for a variety of neuropathological conditions. Aligned with APA Division 40 and Houston Conference guidelines, focusing on both outpatient and inpatient cases.

- Conducted in-depth clinical history and collateral interviews to obtain comprehensive patient backgrounds.
- Trained in tests like D-KEFS, WAIS-IV, WASI-II, Woodcock-Johnson, Wisconsin Card Sorting Test, Stroop, Trails, WRAT-5, etc.
- Administered, scored, and interpreted neuropsychological test batteries for conditions including dementia, seizures, OCD, Alzheimer's disease, etc.
- Developed and wrote detailed neuropsychological reports, integrating test results with clinical observations.
- Formulated case conceptualizations and contributed to the selection of appropriate assessment strategies.

- Presented findings through oral presentations and participated in case discussions within multidisciplinary teams.

07/2023-07/2024

Behavioral Health Services Extern
Advocate Illinois Masonic Medical Center
About: committed to tackling health disparities by implementing community-focused solutions. The therapy and assessment services are tailored to the needs of a diverse minority community, contributing to the clinic's mission of fostering cultural sensitivity and inclusivity in mental health services.

- Deliver individual, family, couple, and group therapy within Advocate Health Illinois Masonic Medical Center's Behavioral Health Services, addressing diverse mental health needs, particularly within minority populations.
- Apply evidence-based treatments, such as CBT and DBT, in a practitioner-scholar training model, integrating literature and research into clinical practice.
- Receive a minimum of two hours of weekly structured supervision, ensuring ongoing competency-based development in a current externship role.
- Collaborate with interdisciplinary teams, including psychiatrists and physicians, to gain exposure to a wide range of medical and behavioral health presentations, enhancing interdisciplinary consultation skills.
- Contribute to reducing health disparities by actively participating in community-focused solutions and implementing inclusive mental health services.

09/2022- 03/19/2023

Psychological Assessment Examiner
Chicago Public Schools; Chicago, IL
About: aims to provide academically advanced students with a challenging school environment through the gifted and classical programs.

- Administer individual and group achievement testing with 4-5-year-old children for placement in CPS' selective enrollment programs.
- Appropriately diffuse any issues that arise with students during testing.
- Work with parents regarding scheduling, the content of the tests, and testing accommodations.
- Work closely with the project manager and administrative staff.

09/2021- 08/2022

Community Support Specialist
Thresholds; Chicago, IL
About: provides mental health, substance use treatment services, and recovery services throughout Chicago and the surrounding counties for persons with mental illnesses.

- Provided direct services to clients through individual and group counseling/therapy, vocational support, crisis intervention, and psychosocial rehabilitation.
- Coached around the development of a functional, interpersonal support system.
- Promoted the development of problem-solving and coping skills.

- Facilitated smoking cessation and employed the IDDT model to facilitate the quitting process.

06/2017- 09/2019 **Joint Secretary**
Siyasat Welfare Foundation; New Delhi, India
About: aims to empower young minds to integrate Indian polity with health, education, law, and social work. The focus is on providing resources to the underserved and rural communities in India and advocating for them through campaigns, litigation, and more.

- Provided psychological aid to women and children of underserved communities in Central India.
- Coordinated sexual, alcohol, and drug awareness workshops for children of incarcerated parents and adolescents in juvenile detention centers.

06/2018- 01/2019 **Mental Health Intern**
Unique Institute of Behavioural Sciences; New Delhi, India
About: A mental health aiming to provide quality training, courses workshops, internships, and coaching in psychology.

- Conducted psychometric tests (e.g., 16PF, WAPIS, WISC, etc.)
- Developed skills to utilize clinical tools (MSE, SCID, CAGE, etc.) to perform intake assessments.
- Facilitated Cognitive-behavioral/problem-solving groups for Alcohol and other Drugs (AOD).

FELLOWSHIP, AWARDS & LEADERSHIP EXPERIENCE

10/02/2024-10/06/2024 **AAPA GLI 2024**
Asian-American Psychological Association Georgia, AT, USA
About: *Selected from over 100 applicants to participate in the prestigious AAPA Graduate Leadership Institute (GLI) 2024, aimed at expanding leadership opportunities for Asian American & Pacific Islander (AA&PI) student*

- Developed a leadership identity through a strength-based and decolonized framework, emphasizing cultural humility, advocacy, and social justice.
- Engaged in didactic sessions, experiential activities, and mentorship to deepen understanding of self and others within the AA&PI community.
- Participated in discussions on lived experiences, fostering a supportive and nonjudgmental environment for sharing difficult or traumatic experiences.
- Collaborated with AAPA mentors who represent diverse leadership paths to facilitate dialogue and activities around AA&PI leadership.
- Built a community of support and networked with fellow student leaders and mentors to enhance leadership skills and opportunities within AAPA.

08/07/2024-08/11/2024 **APA Convention 2024**

American Psychological Association Seattle, WI, USA
About: Served as Vice Chair for APA Convention 2025, overseeing planning, programming, and coordination of events and presentations.

- Led the planning and execution of the APA Convention 2025, including logistical coordination and event management.
- Oversaw the selection of poster presentations and talks, ensuring high-quality content and diverse representation.
- Managed the convention's programming, including scheduling sessions and coordinating with speakers.
- Organized and supervised campus ambassador programs to enhance student engagement and representation.
- Coordinated and hosted meet-and-greet events for convention leadership, fostering networking and collaboration.
- Attended and contributed to the APA NIDA Town Hall, engaging with key issues and discussions relevant to the field.

04/2024-Present

APAGS Graduate School Affordability Workgroup
American Psychological Association of Graduate Students, Virtual
About: Contributed to the APAGS Graduate School Affordability Workgroup, focusing on raising awareness and advocacy for graduate school funding issues.

- Developed strategies to inform and engage graduate students and internal APA entities about affordability issues.
- Collaborated with APA Advocacy and ACT to influence federal debt relief legislation.
- Worked on plans to address graduate school funding with states and institutions.
- Assisted in preparing fact sheets on graduate school affordability for distribution via social media channels.

03/22/2023-03/23/2023

APAGS 2024 Spring Consolidated Meeting
American Psychological Association of Graduate Students, Washington D.C, USA
About: participated in the APAGS Spring Consolidated Meeting to review specialty petitions, discuss strategic priorities, and advance initiatives on graduate school affordability and student advocacy.

- Participated in the review of APAGS Operating Procedures, including identifying gaps and recommending revisions to improve clarity and functionality.
- Engaged in strategic discussions regarding APA's new strategic plan and its implications for graduate student priorities.
- Collaborated with subcommittees to address issues related to EDI initiatives and election processes.
- Contributed to discussions on graduate school affordability, including developing strategies for advocacy and support.
- Assisted in planning and organizing the Presidential candidate Town Hall, including generating and vetting questions for the event.

REVIEWS AND COMMENTARY

Kharbanda, V., & Bradshaw, S. (2024). American Psychological Association Graduate Student Committee [APAGS] comments on the Addiction Psychology Specialty Petition. Provided substantive review and feedback on the new petition for Addiction Psychology specialty. Commission for the Recognition of Specialties and Subspecialties in Professional Psychology (CRSSPP).

Kharbanda, V., Hutnyan, M., & Twitty, D. (2024). American Psychological Association Graduate Student Committee [APAGS] comments on the Geropsychology Specialty Petition. Provided comprehensive review and feedback on the renewal petition for the Geropsychology specialty. Commission for the Recognition of Specialties and Subspecialties in Professional Psychology (CRSSPP).

POSTERS & PRESENTATIONS

Kharbanda, V., & Morris, E. (2024). H*arnessing peer power: Implementing CBPR for transformative advocacy* [Workshop]. National Association of Peer Supporters: Reclaiming Our Power, Rosemont, IL, United States. October 16-17, 2024.

Kharbanda, V. & Sheehan, L. (2024, April 19) *Beyond the Veil: Exploring Suicide Stigma in Malaysia* [Paper Talk]. Midwestern Psychological Association, Chicago, IL, United States

Morris, E., Stovall, K.B, & **Kharbanda, V**. (2023, November 17). *Reducing Health Disparities Through Community-Based Participatory Research (CBPR)* [Workshop]. Midwest ECO Conference 2023, Chicago, IL, United States

Kharbanda, V., Tsai, H. & Du Bois, S. (2023, August 18). *Beyond Borders: Understanding the Association Between State Politics and Immigrant Children's Mental Health* [Poster Session]. Illinois Institute of Technology's Welcome Week Student Research Day/Poster Session, Chicago, IL, United States

Kharbanda, V., Dunn, M. & Legate N., (2023, August 05). *Examining parental support and mental health disparities for LGB Youth using the Add Health Dataset* [Poster Session]. American Psychology Association Conference, Washington D.C., United States

Dunn, M. & **Kharbanda, V.**, Legate N., (2023, June 01). *A longitudinal examination of the effects of three types of parental support - autonomy support, social support, and instrumental support – on mental health outcomes of sexual minority individuals.* [Poster Session]. Self-Determination Theory Conference, Orlando, FL, United States

Kharbanda, V. (2023, May 15). *Towards a culturally appropriate measure of stress assessment for South Asian immigrants*. [Conference Session]. Michigan School of Psychology Cultural Competency Conference, Farmington Hills, MI, United States

Kharbanda, V., Alam, S, J., Cranston, K, Morris-Hill, S., Welsch, M. & Gamble, A. (2023, April 27). *So Baby Don't Stick: Maternal Social Support for Physical Activity in Predominantly Black Perinatal Teens.* [Rapid Communication Poster]. Society of Behavioural Medicine 44th Annual Meeting, Pheonix, AZ, United States

Kharbanda, V., Tsai, H., Gluhovski, J., Oluwadamilola, A & Du Bois, S. (2023, April 20). *Influence of State-wise socio-political climate on the mental health of children of immigrants* [Paper Talk]. Midwestern Psychological Association, Chicago, IL, United States

Kharbanda, V., (2021, August 23). *How to plan and pursue higher education abroad* [Online event]. Ulektz Events. https://www.ulektzevents.com/How-to-Plan-and-Pursue-Higher-Education-in-Abroad-MTE0MA==

Kharbanda, V. (2021, April 27). *Understanding the relationship between non-suicidal self-injury, substance use, and family characteristics in American youth* [Poster presentation]. The 18th annual Scholarship and Creative Works Conference, Adelphi University, New York, USA. https://www.adelphi.edu/research/wp-content/uploads/sites/29/2021/04/Adelphi-Conference-Program-2021.pdf

Kharbanda, V. (2021, February 23–25). *Till pandemic do us apart: impact of COVID-19 on marital stability* [Poster presentation]. Doha International Family Institute Conference on Marriage: Formation and Constituents of Stability, Doha, Qatar. https://event.difi.org.qa/en/#agenda

Kharbanda, V. (2020, December 25–27). *Parenting and attachment security in Indian cultures* [Poster presentation]. Department of mental health and behavioral sciences, Fortis healthcare limited, Gurgaon, India. https://www.fortishealthcare.com/mhbs-conference/

RESEARCH PAPERS

Published in Peer-Reviewed Journals

Kharbanda, V. (2021). Case study inquiry on psychosocial outcomes of uninvolved parenting in the Indian context. *International Journal of Sociology of the Family*, *47*(1-2 (2021)), 15–38. https://serialsjournals.com/abstract/86238_2-case_study_inquiry_on_psychosocial_outcomes_of_uninvolved_parenting_in_the_indian_context.pdf

Kharbanda V. (2022). Understanding issues in the Indian education system through the lens of the movie 3 Idiots (2009). *International Journal of Indian Psychology, 10*(1), 877-887. dip:18.01.090.20221001, doi:10.25215/1001.090

Abu-Ras, W., Elzamzamy, K., Burghul, M. M., Al-Merri, N. H., Alajrad, M., & **Kharbanda, V.** (2022). Gendered Citizenship, Inequality, and Well-Being: The Experience of Cross-National Families in Qatar during the Gulf Cooperation Council Crisis (2017–2021). *International Journal of Environmental Research and Public Health, 19*(11), 6638. https://doi.org/10.3390/ijerph19116638

In Preparation

Kharbanda, V., Legate N., Springer C. (in preparation). Understanding the relationship between non-suicidal self-injury and substance use among American college students.

Kharbanda, V., Legate N., Springer C. (in preparation). Understanding religiosity as a protective factor against non-suicidal self-injury (NSSI), substance use among American college students.

Under Review

Chua, S. N., Chong, J., Lee, Y. C. K., **Kharbanda, V**., Ren, Y., Pinheiro, N., Darshini, S., & Sheehan, L. (in preparation). *Exploring the stigma of suicide in Malaysia: Lived experience perspectives*. Relate Mental Health Malaysia and Illinois Institute of Technology.

In Press

Chua, S. N., Chong, J., Lee Yih Chee, K., *Kharbanda, V., *Ren, Y., *Pinheiro Mehta, Darshini, S., Sheehan, L. (in review). Exploring the stigma of suicide in Malaysia: Lived experience perspectives. Death studies

BOOKS & BOOK CHAPTERS

Published

Corrigan, P.W., Talluri, S, S., Sheehan, L., Stovall, K., Backus, J., **Kharbanda, V**. & Wendeln, B. (2024). *Inspiring Change Manual: Revised. A community-based participatory research manual for diverse groups in research on their health and wellness needs*. Chicago, Illinois: Illinois Institute of Technology.

Corrigan, P.W., Talluri, S, S., Sheehan, L., Stovall, K., Backus, J., **Kharbanda, V**. & Wendeln, B. (2024). *Inspiring Change Manual: Revised. A community-based participatory research manual for diverse groups in research on their health and wellness needs.* Chicago, Illinois: Illinois Institute of Technology.

In Press

Corrigan, P., & **Kharbanda, V**. (2025). Chapter 11. Practical guide to shared decision-making and mental health. In P. Corrigan (Ed.), *Shared decision making and serious mental illness*. American Psychological Association

Corrigan, P., **Kharbanda, V.**, & Lahey, B. B. (2025). Can dimensional conceptualizations of psychological problems help reduce mental health stigma? In C. Hopwood & C. Sharp (Eds.), *Dimensional diagnosis: Practical and conceptual issues in the integration of personality and psychopathology*. Guilford Publications, Inc.

TEACHING EXPERIENCE

Instructor, Introduction to Psychopathology (PSYCH 303)	Fall 2023, Fall 2024
Instructor, Introduction to Psychological Science (PSYCH 221)	Summer 2023

MENTORING EXPERIENCE

02/29/2024	Judge, BIO 545 Advanced Cell Biology Class Presentations *Illinois Institute of Technology* ● Evaluated student presentations designed to communicate recent bioscience discoveries to lay audiences. ● Assessed effectiveness in conveying complex scientific concepts without technical jargon, contributing to the development of student's communication skills in science advocacy.
07/2022-07/2024	Mentor Psychin' Out PhD. Application Mentorship Program ● Mentored over 10 students from minority and underserved communities, providing guidance throughout the PhD application process. ● Assisted students in understanding the intricacies of PhD

applications, including selecting programs, preparing application materials, and navigating admissions requirements.
- Collaborated with students to craft compelling and competitive applications, focusing on highlighting their unique strengths and experiences.
- Successfully supported six students in gaining admission to PhD programs on their first attempt, demonstrating the effectiveness of personalized mentorship and support.
- Fostered an inclusive and empowering environment that encouraged students to pursue advanced academic opportunities despite systemic barriers.

PROFESSIONAL LICENSURE

New York Certified Alcoholism and Substance Abuse Counselor Trainees (CASAC-T)
License Validity: 2021-2026

PROFESSIONAL AFFILIATIONS

Student Representative, Diversity Committee: APA Division-18
Chair, American Psychological Association of Graduate Students (APAGS) Convention Committee

PROFESSIONAL TRAINING

10/2021	Clinician Assisted Tobacco Cessation *(Thresholds)*
10/2021	Integrated Dual Disorder Treatment *(Thresholds)*
08/2020	Mandated Reporter Training: Identifying and Reporting Child Abuse and Maltreatment *(New York State Office of Children and Family Services)*
08/2020	Supporting Recovery with Medications for Addiction Treatment (MAT) *(Addiction Technology Transfer Center Network)*
10/2020	Naloxone Rescue Training *(NYS Office of Addiction Services and Supports)*
10/2020	Motivational Interviewing *(Addiction Technology Transfer Center Network)*
12/2020	Level of Care of Alcohol and Drug Treatment Referral *(NYS Office of Addiction Services and Supports)*
12/2020	SBIRT for Health and Behavioral Health Professionals *(Addiction Technology Transfer Center Network)*

COMMUNITY ENGAGEMENT

06/2023- 07/2023	**Communications Officer**: **Clinical Psychology Graduate Student Organization (CPGSO)** Illinois Institute of Technology, Chicago, IL *About: promotes research and professional development for students. It manages research-related activities such as internal/external funding, research conferences, travel grants, fellowships, etc.*
07/2020 - **Present**	**Advisor: Association of Indian Students** New Delhi, India *About: providing Indian students all over the globe with opportunities for professional growth and development, educational advancement, and skill enhancement.*
09/2022- 06/2023	**Administrative Officer**: **Clinical Psychology Graduate Student Organization (CPGSO)** Illinois Institute of Technology, Chicago, IL *About: promotes research and professional development for students. It manages research-related activities such as internal/external funding, research conferences, travel grants, fellowships, etc.*
09/2020 - 08/2021	**Volunteer: Panther Pantry** Adelphi University, New York, NY *About: providing members of the Adelphi community with basic food items, personal care products, clothing, and household items in a confidential and free-of-charge manner. Volunteer*
02/2020 - 09/2021	**Secretary: Graduate Student Council** Adelphi University, New York, NY *About: represents graduate students of Adelphi University to the Administration, staff, faculty, and the Board of Trustees on matters of past and future University policies.*
09/2019- 11/2019	**Leadership Certificate Program** Adelphi University, New York, NY *About: consists of diverse workshops spanning across different areas within diversity, inclusion, and equity.*
10/2017	**Organizer: International Conference on Fragmented Self.** Indraprastha College for Women, New Delhi, India *About: International research conference organized to explore Contemporaneous developments, technological advancements, and psychological underpinning around the concept of "self" and "not self"*

TECHNOLOGICAL KNOWLEDGE

- SPSS (Advanced)

- SAS (Intermediate)
- MySQL (Beginner)
- R (Beginner)
- Microsoft Office (Advanced): Word, PowerPoint, and Excel
- Graphic designing: Keynote, Canva, and Adobe Spark
- WordPress (Advanced)
- Wix (Advanced)
- Email marketing: Mail Chimp, Constant Contact & Survey Monkey

LINGUISTIC KNOWLEDGE

- English (Advanced)
- Hindi (Advanced)
- Punjabi (Basic)
- Urdu (Basic)