



DR. NIKKI MASSEY-HASTINGS, PSYD,
Licensed Clinical Psychologist
DR. HASTINGS & ASSOCIATES, LLC
*There are many paths to a satisfying life.
I'm dedicated to helping you find and navigate yours.*

EDUCATION

- Psy.D**
2012 **Clinical Psychology: Family, Couples & Children Concentration**
Advisor: Mudita Rastogi, PhD
♦ Illinois School of Professional Psychology at Argosy University, Schaumburg, IL
♦ Fully Accredited by the American Psychological Association
- M.A.**
2008 **Clinical Psychology**
Advisor: Donna Mahoney, PhD
♦ Illinois School of Professional Psychology at Argosy University, Schaumburg, IL
- B.A.**
2006 **Psychology & English-Writing**
Honors College Advisor: Jennifer Wiley, PhD
♦ University of Illinois at Chicago: Honors College Fellow
♦ Dean's List

ACADEMIC POSITIONS

- 2013 ♦ *Adjunct Faculty*, Illinois School of Professional Psychology, Argosy University-Schaumburg, PsyD Program
 Personally created course: The Psychology and Systems of Reproduction and Family Formation

PROFESSIONAL LICENSURE

- 2012 ♦ *Licensed Clinical Psychologist* Illinois License #: 071.008745

CERTIFICATIONS & TRAINING

- 2013 ♦ Perinatal Mood & Anxiety Disorders: Components of Care Certificate Training, Post-Partum Support International
- 2012 ♦ Autism Diagnostic Observation Schedule 2 (ADOS-2) Clinical Training, Kaite Gotham, PhD, Western Psychological Services
- 2011 ♦ *Certified by Therapy Dogs International (TDI)* to provide Animal Assisted Therapy (AAT)
- 2011 ♦ Nonviolent Crisis Intervention (NCI) Certification, South Campus Therapeutic Day School
- 2010 ♦ Facial Expression, Awareness, Compassion, Emotions (F.A.C.E) Training by Dr. Paul Ekman; Micro Expression Training Tool (METT): Online Version
- 2009 ♦ Trauma Focused Cognitive Behavioral Therapy: Medical University of South Carolina, Online course
- 2008 ♦ Gottman Method Couples Therapy, A Research Based Approach: Level 1

HONORS & AWARDS

- 2015 ♦ *Distinguished Alumna Award*, The Illinois School of Professional Psychology
- 2015 ♦ *Best Paper Recipient with Co-Author Dr. Mudita Rastogi*, The Clute Institute
- 2012-2013 ♦ *International Graduate Student Prize Recipient*, Society for Reproductive and Infant Psychology
- 2010-2011 ♦ *Graduate Academic Scholarship Recipient*, Argosy University
- 2006 ♦ Psi Chi International Honor Society in Psychology
- 2003 ♦ Golden Key National Honor Society
- 2001-2005 ♦ *Undergraduate Scholarship Recipient*, Rot Foundation
- 2001-2002 ♦ *Undergraduate Scholarship Recipient*, Teacher's Association of Hinsdale South High



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School

2001 ♦ Phi Eta Sigma National Honor Society

PROFESSIONAL POSITIONS

2011 ♦ Ad Hoc Reviewer, *New School Psychology Bulletin*
2010-Present ♦ Ad Hoc Reviewer, *Journal of Marital and Family Therapy*
2010-2013 ♦ Conference Committee Member, Illinois Association of Marriage & Family Therapy
2010-2011 ♦ Editorial Board, *New School Psychology Bulletin*
2010-2011 ♦ Peer Reviewer, *Graduate Student Journal of Psychology*
2010-2011 ♦ Chapter President and Benevolence Committee Chair, Psi Chi Honor Society, Argosy University: Schaumburg Chapter

PROFESSIONAL SOCIETIES

- ♦ American Psychological Association
- ♦ Society for Reproductive and Infant Psychology
- ♦ Society of Clinical Child & Adolescent Psychology
- ♦ Society for Family Psychology
- ♦ American Psychological Association: Division of Developmental Psychology
- ♦ Society for Clinical Neuropsychology

PROFESSIONAL CLINICAL EXPERIENCE

2013 – Present **Owner, Clinical Psychologist** **Dr. Hastings & Associates**
♦ Individual therapy with toddlers, children, adolescents, and adults
♦ Couple and family psychotherapy
♦ Clinical case consultation with psychotherapists/clinical psychologists
♦ Psycho-educational and clinical case consultation with school districts, psychiatrists, physicians, and pediatricians
♦ Neuropsychological assessments for children
♦ Clinical Supervisor for my trainee Post-Doctoral Fellow

2013-June 2014 **Clinical Psychologist** **Center for Psychological Services**
Vicki Williams, PsyD ♦ Assistant Director & Creator: Early Childhood Mental Health Assessment and Treatment Clinic
♦ Clinical childhood (2 years, 6 months and older) psycho-diagnostic assessments including assessment for Autism Spectrum Disorders, Intellectual Disability, anxiety disorders, depressive disorders, other Neurodevelopmental Disorders, and many other classes of diagnoses
♦ Individual therapy with children, adolescents, and adults
♦ Couple and family psychotherapy
♦ Clinical case consultation with psychotherapists/clinical psychologists
♦ Psycho-educational and clinical case consultation with school districts, psychiatrists, physicians, and pediatricians
♦ Attended Individualized Education Plan (IEP) meetings for clients, presented on the needs of the youth and family system, advocated for services

2012-2013 **Post-Doctoral Fellow** **Center for Psychological Services**
Vicki Williams, PsyD ♦ Assistant Director & Creator: Early Childhood Mental Health Assessment and Treatment Clinic
♦ Clinical childhood (2 years, 6 months and older) psycho-diagnostic assessments including assessment for Autism Spectrum Disorders, Intellectual Disability, anxiety disorders, depressive disorders, other Neurodevelopmental Disorders, and



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many other classes of diagnoses

- ◆ Individual therapy with toddlers, children, adolescents, and adults
- ◆ Couple and family psychotherapy
- ◆ Clinical case consultation with psychotherapists/clinical psychologists
- ◆ Psycho-educational and clinical case consultation with school districts, psychiatrists, physicians, and pediatricians
- ◆ Attended Individualized Education Plan (IEP) meetings for clients, presented on the needs of the youth and family system, advocated for services

2011 – 2012

Kati Hefferon, PsyD
Beth Becker, PsyD
Sol Rappaport, PhD
John Schuler, PsyD

Pre-Doctoral Intern

South Campus Therapeutic Day School

- ◆ Internship fully accredited by the Association of Psychology Post-Doctoral and Internship Centers (APPIC)
- ◆ Individual and group psychotherapy with culturally diverse, challenging, and complicated children. Children were deemed to have needs greater than the public school system can meet due to behavioral and emotional disturbances.
- ◆ Family psychotherapy with clients and their families and monthly family therapy seminars
- ◆ Monthly consultation with school staff psychiatrist and monthly psychiatry didactics
- ◆ Case management with outpatient service providers including psychiatrists, therapists, psychologists, pediatricians, and school districts
- ◆ Attended Individualized Education Plan (IEP) meetings for clients, presented on the needs of the youth and family system, advocated for services
- ◆ Worked as part of a multi-disciplinary team within the milieu setting

2009 – 2011

Dawn Kroencke, PhD

Extern, Advanced

DuPage Medical Group

- ◆ Performed initial intake interviews for clients including an extensive psychosocial history and clinical interview of symptomatology in order to arrive at an initial diagnosis and treatment recommendation. Wrote full psychosocial history reports for each intake
- ◆ Typical diagnoses included mood disorders, Axis II disorders, cognitive disorders, and disorders diagnosed in childhood
- ◆ Administered, scored, interpreted, and wrote psychological evaluations, with a neuropsychological emphasis, for a wide range of clientele in a group practice setting.
- ◆ Actively participated as part of a dyadic team in the Department of Psychology to develop, implement, and run, as a co-therapist, a group therapy curriculum to meet the needs of the population (e.g. groups related to coping with terminal illnesses, making meaning in later life, parenting concerns, women's issues, etc.)

2008 - 2009

Amy Ray, PhD

Extern, Psychotherapy

Dwight Correctional Center

- ◆ Provided weekly individual therapy, primarily Cognitive Behavioral Therapy, to culturally diverse female offenders with Axis I and Axis II diagnoses and a wide range of crimes, including violent crimes
- ◆ Co-led psychotherapy groups that dealt with issues of trauma, substance abuse, anger management, the relationship between thoughts, feelings and behaviors, stress-management skills, and interpersonal relationships
- ◆ Attended weekly didactic training seminars which focused on adjusting to the prison environment, professional development issues, diagnosis, and counter-transference; also attended morning meetings related to offenders on crisis watch
- ◆ Monitored the diagnoses, crimes, and out-dates for women on the Mental Health Unit to facilitate appropriate placement upon parole

2007 - 2008

Judith Kahn, PhD

Extern, Psychodiagnostic

Mental Health and Deafness Resources

- ◆ Administered, scored, interpreted, and wrote psychological evaluations for Deaf and Hard of Hearing and culturally diverse children and adolescents in an inpatient



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psychiatric unit in order to arrive at a diagnosis and treatment recommendations

◆ Provided services to individuals from various ethnic, economic, and linguistic backgrounds who presented with developmental disorders, mood disorders, psychotic disorders, behavioral disturbances, and self-injurious behaviors

◆ Provided weekly individual therapy; co-led art and inpatient socialization group therapy

◆ Beginning level conversational and testing fluency in American Sign Language

2005 - 2006

Cheryl Brown, MA

Crisis Line Paraprofessional **Association for Individual Development**

◆ Engaged in active and empathic listening for clients with issues ranging from everyday adjustment issues to chronically mentally ill clients and/or developmental disabilities

◆ Provided assessment of suicidal lethality and coordination of crisis intervention if necessary

◆ Provided community service referrals

◆ Made scheduled "sunshine calls" to isolated members of the community to provide social interaction and medication reminders

PUBLICATIONS & MEDIA

Massey-Hastings, N. (2015). Book review: Cut it out: The C-Section epidemic in America. *Journal of Reproductive and Infant Psychology*, 33, 99-100, DOI: 10.1080/02646838.2014.990873

Massey-Hastings, N. & Rastogi, M. (2013). Initial pilot study findings: Choosing the childfree or parenting lifestyle (CCOPL): A manualized primary intervention for couples regarding reproductive decisions. DOI: 10.5176/ 2251-1865_CBP13.18

Rastogi, M., Massey-Hastings, N., Weiling, E. (2012). Barriers to seeking mental health services in the Latino/a community: A qualitative analysis. *Journal of Systemic Therapies*, 31, 1-17.

Regular expert contributor for articles on www.PsychCentral.com

Massey-Hastings, N. & Rastogi, M. (in preparation). Choosing the childfree or parenting lifestyle (CCOPL).

Professional Presentations

- | | | |
|-------------|---|--|
| 2014 | Workshop | International Family Therapy Association |
| | ◆Massey-Hastings, N. & Rastogi, M. <i>CCOPL: Online Intervention for Couples Regarding Reproductive Decisions</i> . Workshop presented at the annual World Family Therapy Congress of the International Family Therapy Association, Panama City, Panama. | |
| 2013 | Presentation | International Conference on Cognitive & Behavioral Psychology |
| | ◆Massey-Hastings, N. & Rastogi, M. <i>Choosing the Childfree or Parenting Lifestyle (CCOPL): Initial Findings</i> . Paper presented at the annual International Conference on Cognitive and Behavioral Psychology, Singapore. | |
| 2012 | Workshop | Indian Psychological Science Congress |
| | ◆ Rastogi, M. & Massey-Hastings, N. (2012). <i>Choosing the Childfree or Parenting Lifestyle (CCOPL): A Psycho-educational Program for Couples</i> . Workshop presented at the annual Indian Psychological Science Congress meeting in Chandigarh, India. | |
| 2012 | International Graduate Student Prize Presentation | Society for Reproductive and Infant Psychology |



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- ◆ Massey-Hastings, N. & Rastogi, M. (2012). *Choosing the Parenting Lifestyle: A Manualized Primary Intervention for Couples Regarding Reproductive Decisions*. Presented as the winner of the International Graduate Student Prize at the Annual Conference for the Society for Reproductive and Infant Psychology, University of Oxford, Oxford, England.
- 2012** **Brief Report Presentation** **International Family Therapy Association**

◆ Massey-Hastings, N. & Rastogi, M. (2012). *CPL: A Manualized Primary Intervention for Couples Regarding Reproductive Decisions*. Brief report presented at the annual World Family Therapy Congress of the International Family Therapy Association, Vancouver, Canada.
- 2011** **Poster Session Presentation** **American Association of Marriage & Family Therapy**

◆ Rastogi, M., Massey-Hastings, N., Weiling, E. (2011). *Barriers to seeking mental health services in the Latino/a community: A qualitative analysis*. Poster session presented at the annual meeting of the American Association of Marriage and Family Therapy, Fort Worth, Texas.
- 2011** **Poster Session Presentation** **Council for Contemporary Families**

◆ Massey-Hastings, N & Rastogi, M. (2011). *Choosing the parenting lifestyle: A manualized psycho-educational primary intervention for couples regarding reproductive decisions*. Poster session presented at the annual meeting of the Council on Contemporary Families, Chicago, Illinois.
- 2011** **Workshop Presentation** **Illinois Association of Marriage & Family Therapy**

◆ Massey-Hastings, N. (2011). *Childhood sexual development and treatment: Sexting and other trends*. Workshop presented at the annual meeting of the Illinois Association of Marriage and Family Therapy, Elgin, Illinois.
- 2010** **Television Appearance** **CANTV, Chicago**

◆ Massey-Hastings, N. (2010). *Vicarious traumatization*.
- 2010** **Poster Session Presentation** **Illinois Association of Marriage & Family Therapy**

◆ Massey-Hastings, N & Rastogi, M. (2010). *Choosing the parenting lifestyle: A psycho-educational program for couples*. Poster session presented at the annual meeting of the Illinois Association of Marriage and Family Therapy, Elgin, Illinois.
- 2009** **Poster Session Presentation** **Illinois Association of Marriage & Family Therapy**

◆ Massey-Hastings, N. (2009). *The fathering niche: A literature review and call to action*. Poster session presented at the annual meeting of the Illinois Association of Marriage and Family Therapy, Elgin, Illinois.

RESEARCH EXPERIENCE

- 2011-Present** **Lead Researcher** **Illinois School of Professional Psychology**

◆ Active research investigating the *Choosing the Parenting Lifestyle (CPL)* and *Choosing the Childfree or Parenting Lifestyle (CCOPL)*. Active research in the phenomenology of reproductive/family formation decisions and creation of assessment methods of positions and decision making styles. Co-lead a research team of 5 graduate students.
- 2009-2011** **Researcher/Writer** **Illinois School of Professional Psychology**

◆ Completed theoretical Dissertation/Clinical Research Project, *Choosing the Parenting Lifestyle: A Manualized Psycho-educational Primary Intervention for Couples Regarding Reproductive Decisions*.
- 2009** **Research Assistant/Rater** **Illinois School of Professional Psychology**

◆ Rated Process-Experiential/ Emotion Focused Therapy session tapes with the use of the OMAR.



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- 2008 – 2010** **Writer/Researcher** **Illinois School of Professional Psychology**
 ♦ Qualitative research examining Latino mental health needs. Manuscript accepted for publication.
- 2008** **Co-Therapist/Therapy Process Research** **Dwight Correctional Center**
 ♦ Co-led a psychotherapy group as part of psychotherapy process research for a new past-focused treatment model for trauma and substance abuse, *Creating Change* (Najavits, 2010), a sequel to *Seeking Safety* (Najavits, 2001), a present-focused treatment model for trauma and substance abuse
 ♦ Consultation with researcher to discuss ways to improve the treatment
- 2004 -2005** **Research Assistant** **Howard Brown Health Center**
 ♦ Conducted screenings and enrollments with a counseling component for the Treatment Advocacy Program: a National Institute of Health funded study of men who have sex with men who are HIV positive (Raja, McKirnan, & Glick, 2007)
 ♦ Data entry and accuracy checks with Study Manager
- 2004** **Research Assistant** **University of Illinois at Chicago**
 ♦ Conducted informed consent procedures with subjects
 ♦ Provided instructions for participants who completed an on-line survey testing the intimacy of sibling and twin relationships (Tancredy & Fraley, 2006)
 ♦ Preliminary coding and synthesis of data

OTHER PROFESSIONAL PRESENTATIONS

- 2013** **Guest Speaker** **CHEERS for All Moms**
 ♦ Massey-Hastings, N. (2013). *Raising an emotionally regulated child*. CHEERS for All Moms Parenting Series. Chicago, Illinois.
- 2010** **Guest Speaker** **Argosy University**
 ♦ Massey-Hastings, N. (2010). *A beginning clinician's guide to primary emotion recognition via facial expressions*. Invited to present to a graduate Basic Models of Intervention class. Schaumburg, Illinois.
- 2010** **Guest Speaker** **Argosy University**
 ♦ Rastogi, M., Massey-Hastings, N., Wieling, E. (2010). *Latino/a mental health in Chicago: Issues of barriers, access and utilization of services*. Invited to present to Clinical Psychology graduate students during a research forum. Schaumburg, Illinois.
- 2009** **Guest Speaker** **Argosy University**
 ♦ Massey-Hastings, N. (2009). *Choosing the parenting lifestyle: A psycho-educational program for couples based in attachment theory, family structure, and parental role identification*. Invited to present to a graduate adult development class. Schaumburg, Illinois.
- 2009** **Didactic Presentation** **Stateville & Dwight Correctional Centers**
 ♦ Massey-Hastings, N. (2009). *Common missteps in treatment: A literature review*. Presentation at didactic training for the Correctional Psychology Training Program, Joliet, Illinois

TEACHING EXPERIENCE

- 2013** **Adjunct Faculty, Doctor of Clinical Psychology Program** **Argosy University**
 ♦ Developed and taught *The Psychology and Systems of Reproduction and Family Formation*



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- 2011** **Supervisor in Training** **Argosy University, Schaumburg**
 ♦ Provided in-vivo supervision for an *Advanced Family and Couple Therapy* class during in class role plays and practice sessions
 ♦ Provided in-vivo supervision to students regarding their personal genograms, family of origin issues, and clinical sensitivities
 ♦ Provided in class demonstrations of advanced Family and Couple Therapy skills
 ♦ Led class discussions and assist professor in choosing texts and creating curriculum
- 2010** **Teaching Assistant** **Argosy University, Schaumburg**
 ♦ Provided in-vivo supervision on *Initial Interviewing Skills* and *Basic Models of Intervention* during in class role plays and practice sessions
 ♦ Graded assignments and interviewing tapes
 ♦ Provided additional help to students outside of class on assignments or mastering the material
- 2009-2010** **Teaching Assistant** **Argosy University, Schaumburg**
 ♦ Provided in-vivo supervision on *Client-Centered Therapy* and *Process-Experiential Therapy* during in class role plays and practice sessions
 ♦ Created and ran supplemental “therapy labs” where students listen to therapy tapes and refined skills related to various levels of empathic responding and intervention
 ♦ Graded assignments and therapy practice tapes
 ♦ Provided additional help to students outside of class on assignments or mastering the material
- 2008 –2010** **Teaching Assistant** **Argosy University, Schaumburg**
 ♦ Provided in-vivo supervision on *Structural Family Therapy* and *Emotionally Focused Couples Therapy* during in class role plays
 ♦ Graded written assignments and exams
 ♦ Provided help to students outside of class on assignments or mastering the material; facilitated review sessions for exams

COMMUNITY SERVICE

- 2016** **Volunteer Clinical Psychologist Consultant** **Ilula Orphan Program**
 ♦ Will continue to provide consulting services to the program and will implement the program’s first trauma and developmental psychology informed trainings for various populations within the IOP community (staff, administration, orphans, students, parents and foster parents).
- 2014, 2015** **Volunteer Clinical Psychologist Consultant** **Ilula Orphan Program**
 ♦ Served as a Clinical Psychologist Consultant in a girl’s orphanage and in the foster family program in Irigna, Ilula, Tanzania
- 2012** **Volunteer** **United Planet**
 ♦ Served in a girl’s orphanage and in the foster family program in Irigna, Ilula Tanzania.
- 2008** **Volunteer** **HOPE Worldwide**
 ♦ Worked with 2,000 college students to remove debris from property in one of the most impoverished areas of New Orleans which had been profoundly devastated by Hurricane Katrina, in preparation for rebuilding
- 2004-2009** **Volunteer** **Chicago Church of Christ**
 ♦ Co-led a support group for young dating, engaged, and married couples; provided pre-marital preparation for engaged couples
 ♦ Created and facilitated a sexual trauma support group for church members due to an overwhelming need for such services



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- ◆ Sunday school teacher for infants and 2/3 year olds' class
- ◆ Midwest Campuses Women's Weekend 2007: core planning committee member and presented a lecture entitled: "Allowing the fullness of God to create freedom in relationships"
- ◆ Midwest Campuses Women's Weekend 2006: Core planning committee member and presented a lecture entitled: "Healing the heart, mind, soul, and strength"

2003

Tutor

University of Illinois at Chicago: Writing Center

- ◆ Provided individual tutorial assistance for students in a university writing center. Goal of tutoring sessions was to assist students in re-constructing papers and theses