

Madison Perry  
NJPA Introduction Article  
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My name is Madison Perry. I am a fourth year doctoral candidate in the Clinical Psychology PsyD program at the Graduate School of Applied and Professional Psychology (GSAPP) at Rutgers, The State University of New Jersey. I am originally from Portland, Oregon, where I spent two years working as a special education paraeducator prior to applying for graduate school in psychology. I moved to New Jersey for the program at GSAPP and thankfully I have extended family here in NJ. I am an animal lover and I love to spend time outdoors -- hiking, biking, and camping.

My clinical interests are varied. As an overarching goal, I would like to work in the community to provide high quality, evidence based mental health services to children, adolescents, and their families. I have experience with behavioral therapy, cognitive behavioral therapy, family systems therapy, and now dialectical behavior therapy. I have experience working with children ages 3-17 and adults from ages 18-55. My passion is in working with children, adolescents, and families who are from historically underserved groups (particularly ethnic minority clients and low-SES families). I hope to be able to spend my career ensuring that these patients and their families are equipped with skills to manage their mental health, behave in effective ways, and to care for their communities. I believe that as psychologists we are in a position to empower those with whom we work, and that this effect ripples through generations and across households.

This academic year (2019-2020), I will be spending 16-20 hours per week at Trinitas Regional Medical Center in the Child/Adolescent Outpatient Unit. There, I divide my time between providing comprehensive and adherent dialectical behavior therapy to adolescents and their families and working with patients from the general outpatient population. In DBT, I perform intake evaluations, individual therapy, family therapy, and multi-family skills group therapy. I am part of a DBT consultation team that meets for 1.5 hours per week for consultation team. I co-lead one multifamily skills group per week for two hours. In addition I currently carry two individual DBT cases, a 13-year-old female and a 16-year-old male.

In CA/OPU, I perform intake evaluations (which include an extensive history, diagnostic clarification, diagnostic measures, treatment recommendations, and treatment planning); individual therapy, family therapy, and group therapy. One of the group therapies that I currently co-lead is a parent psychoeducation and treatment group using the Incredible Years protocol, for families of children and adolescents with ADHD. In addition I currently treat two CA/OPU individual therapy cases, providing prolonged exposure (PE) for PTSD for a 15-year-old female and teaching CBT coping strategies to a 15-year-old male with a chronic pain condition. I also perform two hour-long diagnostic intake evaluations once per week. My time at Trinitas is filled with training and clinical experiences that are new to me. I am currently learning three new treatment protocols (DBT, Incredible Years, and PE for PTSD). I am excited for the opportunities that this site has afforded me and know that by the end of the year I will have gained invaluable experience working with

patients from the Elizabeth area. Some of my goals for the year are to become increasingly adherent to the DBT model of treatment, to increase my ability to provide culturally sensitive and tailored treatments in a patient- and family-centered manner and to continue to develop my skills in accurate diagnosing and treatment planning.