

Caroline Hexdall
Licensed Psychologist
Owner, Center for Mindful Development, PLLC

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EDUCATION

Ph.D., School Psychology, August 2004

University of South Carolina, Columbia, South Carolina
Program APA and NCATE approved

Ed.S., School Psychology, May 2000

University of Kansas, Lawrence, Kansas
Program APA and NCATE approved

B.A., Psychology, May 1997

University of Kansas, Lawrence, Kansas
Phi Beta Kappa, Honors in Psychology

LICENSE

Licensed Psychologist, North Carolina, #3161

EMPLOYMENT

Client Engagement Executive, Embolden

Remote work for Embolden
July 2014 to present

Conduct research and develop best practices for applying psychological principles to philanthropy and charitable giving. Collaborate with Embolden team to ensure that the Meaningful Conversations Program is tailored to meet the needs of each specific community foundation, the needs of the internal team, and the dynamics within the board of directors and the community itself.

Owner and Psychologist, Center for Mindful Development, PLLC

Hillsborough, North Carolina
March 2014 to present

Provide psychological services to children, adolescents and families. Evaluation services focus on serving individuals with developmental disabilities or those with concerns about development. Therapeutic services focus on serving children and adolescents with difficulties with mild anxiety, depression, school problems or social relationships in addition to family therapy. In addition, adult therapy is provided for parents wanting support with the role of parenting and inherent stressors. A wide variety of therapeutic techniques are used to address the needs of each client drawing on mindfulness-based approaches, CBT, and DBT. Mindful parenting classes taught privately and through the Program on Integrative Medicine at UNC Chapel Hill.

Mindfulness and Wellness Consultant/Coach

Remote work for Development Corps, Executive Coaching
July 2022 – October 2022

Provided consultative mindfulness and wellness services for employees at Bad Robot Games, via contract with Development Corps. Met with individuals via zoom for 1-3 sessions regarding stress management, mindfulness-based stress reduction skills and practices, fostering motivation, and effective communication and establishing boundaries. Contract with Bad Robot Games ended.

Learning Specialist, Carolina Friends School, Early and Lower Schools

Durham, North Carolina
January 2015 – August 2018

Developed and oversaw learning accommodations plans for students in the Early and Lower Schools at Carolina Friends School. In addition, consultation and training offered to teachers and tutors about meeting the needs of diverse learners. Collaborated and consulted with community providers on behalf of student population and their families occurs regularly to best meet the needs of all students.

Adjunct Clinical Professor, School Psychology Program, UNC

September 2010 to May 2016
 Chapel Hill, North Carolina

Taught courses on assessment, intervention, consultation and professional and ethical issues. Participated as member on students' dissertation committees. Mentored students through the application for internship process.

**Adjunct Assistant Professor, Department of Psychiatry, UNC School of Medicine
 Clinical Scientist, Carolina Institute for Developmental Disabilities**

Chapel Hill, North Carolina
September 2005 to June 2014

CIDD activities include interdisciplinary team evaluations of children and adolescents referred for behavioral, cognitive, academic and social-emotional problems and consult with appropriate clinics at CIDD regarding children and adolescents with Williams syndrome. Supervise post-doctoral fellows, interns and practicum students. Previous contracts held include: Mental Health Consultant for Orange County Head Start teachers and children; multidisciplinary team evaluations of young children with suspected or identified developmental delays in Wake County, North Carolina; provided consultative and therapeutic services to individuals with developmental disabilities.

**Consultant for School Psychology NC DPI (Department of Public Instruction)
 Exceptional Children Division**

Contract with CIDD
 Statewide

July 2008 – February 2014 (.5 FTE from 7/2008 to 6/2010; full time from 7/2010 – 2/2014)
 Consultation and technical assistance was provided to the division as well as LEAs across the state in the area of school psychology as part of the total effort on behalf of students with disabilities. Services included training, program planning, development, management and evaluation all toward the goal of initiation, expansion and improvement of school psychology services for students with disabilities. Renegotiated position from half-time to full-time.

Additional projects coordinated or collaborated on: RtI-SLD Task Force, K-3 Assessment Think Tank, EC Conference committee.

Consultant on Bayley-III

NIH Grant, Early Child Care and Risk of Obesity

PI: Sara Benjamin Neely, Ph.D., MPH, RD

Department of Community and Family Medicine

Duke University Medical Center

Durham, North Carolina

January 2010 – December 2016

Provided training on administration of the motor portion of the Bayley-III (Infant Toddler standardized assessment) as well as quality control for research assistants who were administering the assessments with infants who were birth – 12 months old. Quality control consisted of checking for understanding, reviewing video tapes of administrations and accompanying research assistants on data collection visits.

Staff Psychologist, Shigley Family Services

Raleigh, North Carolina

September 2005- August 2006

Provided evaluation and therapeutic services to children, adolescents and families presenting with learning, behavioral or emotional concerns. Conducted multidisciplinary preschool evaluations for young children with suspected or identified developmental delays in Wake County.

FELLOWSHIP

Psychology Post-doctoral Fellow

LEND (Leadership Education in Neurodevelopmental and Related Disabilities) Fellow

The Clinical Center for the Study of Development and Learning

A University Center for Excellence in Developmental Disabilities

University of North Carolina School of Medicine

Chapel Hill, North Carolina

September 2004 to August 2005

Provided regular training, consultation and technical assistance to offices of the North Carolina Mentor Network throughout North Carolina. Provided direct service to children and adults with developmental and other disabilities, and continuing education to therapeutic foster parents and other direct service providers in an effort to improve training and service. Provided therapeutic services (group and individual) to adult clients with dual diagnosis of intellectual disability and mental illness (borderline personality disorder) using a Dialectical Behavioral Therapy approach. Participated in multidisciplinary team evaluations of children and adolescents referred for behavioral, cognitive, academic and social-emotional problems. Supervised practicum students in assessment and interviewing. Provided consultative and evaluation services in monthly clinic serving children and adolescents with Prader-Willi syndrome. Served as Mental Health Consultant for Chapel Hill Carrboro Head Start/Pre-K teachers and children.

INTERNSHIPS

Pre-doctoral School Psychology Intern

Division of Developmental and Behavioral Pediatrics

Children's Hospital, Greenville Hospital System

Greenville, South Carolina

August 2003 to August 2004

Conducted individual psychological evaluations for children and adolescents with behavioral, educational and emotional problems. Participated on interdisciplinary team assessments of school-age children with learning and attention problems. Evaluated infants in Neonatal Follow-Up clinic with nurse practitioner and physical therapist. Shadowed pediatric neuropsychologist and assisted in evaluation of young children with neurodevelopmental genetic disorders and of children and adolescents infected with the HIV/AIDS virus. Assisted with evaluations of children referred for communication disorders and those of the autistic spectrum in Autism clinic. Trained in the Autism Diagnostic Observation Schedule – Generic (ADOS-G). Attended regular didactics with topics such as seizures, psychopharmacology, diabetes, pediatric oncology and sleep problems. Engaged in preparation and delivering of parent training programs to regional parent groups.

Supervisors: Steven R. Shaw, Ph.D., Jodi L. Dodd, Ph.D.

Ed.S. Level School Psychology Intern

Department of Developmental Pediatrics

Children's Hospital, Greenville Hospital System and School District of Greenville
County

Greenville, South Carolina

August 1999 to June 2000

Completed psycho-educational evaluations of children and adolescents with academic, social, emotional, attention and other psychological problems. Worked collaboratively with developmental pediatricians, social worker, and other psychologists on select cases as part of interdisciplinary team. Provided counseling services to children and adolescents with severe emotional disturbance. Assisted teachers and children in the hospital school with instruction. Participated on pre-referral team and consulted with teachers, guidance counselors, and school psychologists at two local elementary schools. Consulted with parents and family members on individual cases at schools.

Field Supervisors: Doris Pérez, Ph.D., Steven Shaw, Ph.D. and Melanie DeWitt, Ph.D.

University Supervisors: Marvin Fine, Ph.D. (University of Kansas); Richard Nagle, Ph.D. (University of South Carolina)

TEACHING EXPERIENCE

Lead Instructor

University of North Carolina, Program on Integrative Medicine

Mindful Parenting

Fall 2015 – present

Use adapted curriculum based on *Mindful Parenting: A Guide for Mental Health Practitioners* by Susan Bögels and Kathleen Restifo for 8-week and 4-week classes. Parents

Lead Instructor

University of North Carolina, School Psychology Program

EDUC 718: School Psychology Intervention and Assessment

August 2014 to December 2014

Created portions of course traditionally taught by UNC School Psychology Department faculty. Delivered lectures, created group projects, linking students' understanding of assessment to intervention needs and vice versa.

Lead Instructor

University of North Carolina, School Psychology Program

EDUC 820: Professional Seminar in School Psychology

August 2010 to December 2010

Created experiential assignments that were directly applicable to professional development. Delivered lectures, group and individual projects intended to aid the translation from theory to practice in the field of school psychology.

Course Instructor

Wake Technical Community College

Psychology 241: Developmental Psychology

January 2008 to May 2008

Developed and provided lectures on developmental psychology to students at Wake Tech. Created exams and other evaluation materials, grade exams and other assignments, maintained course records, and conducted final evaluations of students.

Course Instructor

Wake Technical Community College

Psychology 150: Introduction to Psychology

August 2007 to May 2008

Developed and provided lectures on introductory topics in psychology to students at Wake Tech. Created exams and other evaluation materials, graded exams and other assignments, maintained course records, and conducted final evaluations of students.

Guest Lecturer

University of North Carolina

School Psychology Doctoral Program – Supervision and Professional Development Class

Fall 2007

Lead Instructor: John Brantley, Ph.D.

Guest Lecturer

University of North Carolina

School Psychology Doctoral Program – Preschool Assessment Class

November 2006 and November 2007

Lead Instructor: Rune Simeonsson, Ph.D.

Bayley III Trainer

PsychCorp/Harcourt Assessment, Inc.

August 2005 to January 2006

Trained psychologists, early intervention specialists and other practitioners in administration and interpretation of the newly revised Bayley Scales of Infant and Toddler Development – Third Edition.

Instructor of Record

Course: Psychology 101: Introduction to Psychology

University of South Carolina, Columbia, South Carolina

August 2002 to May 2003

Developed and provided lectures on introductory topics in psychology to undergraduates. Created exams and other evaluation materials, graded exams and other assignments, maintained course records, and conducted final evaluations of students.

Supervisor: David Clement, Ph.D.

Teaching Assistant

Course: Psychology 701: Behavior Modification

University of South Carolina, Columbia, South Carolina

June 2001 to July 2001

Prepared and taught lab associated with related lecture course. Assisted in evaluation of students. Supervised fieldwork experiences of graduate students.
Supervisor: Laurie Ford, Ph.D.

RESEARCH EXPERIENCE

Primary Investigator

University of North Carolina, Center for Development and Learning
December 2004 to 2008

Developing a measure of strengths for individuals with developmental disabilities (AIMS: Assessment of Individual Motives and Strengths), piloted the measure in spring 2005.

Co-Primary Investigator at UNC site

University of North Carolina, Center for Development and Learning
May 2007 to December 2009

Engaged in pilot study research in collaboration with Suzanne McDermott, Ph.D. and University of South Carolina on transitioning of care for individuals with intellectual disabilities. Focus group occurred August 30, 2007, data collection continued until funding ceased.

Children's Subjective Well-Being Lab, member

Faculty sponsor and coordinator: Scott Huebner, Ph.D.

University of South Carolina, Columbia, South Carolina
Spring 2001 to May 2004

Discuss positive psychology constructs in a group format. Share research ideas with fellow graduate students and faculty. Present research at state and regional conferences, collaborate in data collection of fellow graduate students.

Doctoral Dissertation

University of South Carolina, Columbia, South Carolina
January 2002 to May 2004

Designed a study to explore positive psychology constructs such as life satisfaction, hope, and positive and negative affect in pediatric oncology patients.

Chair: Scott Huebner, Ph.D.; Committee Members: Bob Deysach, Ph.D., Jeff Schatz, Ph.D., Don Wuori, M.D.

PUBLICATIONS

Hexdall, C.M. & Hexdall, E. (February 2016). Paving the path of healing with authenticity. *Health and Healing*, Vol. 18, Number 5.

Hexdall, C.M. (2011). Early head start. In S. Goldstein and J. Naglieri (Eds.), *Encyclopedia of Child Behavior and Development*, New York, NY: Springer.

Hexdall, C.M. (2011). Object permanence. In S. Goldstein and J. Naglieri (Eds.), *Encyclopedia of Child Behavior and Development*, New York, NY: Springer.

Hexdall, C.M. (2011). Sesame Street. In S. Goldstein and J. Naglieri (Eds.), *Encyclopedia of Child Behavior and Development*, New York, NY: Springer.

Hexdall, C.M., Kitson, R., & Newman, B.A. (2011). Williams syndrome. In S. Goldstein and J. Naglieri (Eds.), *Encyclopedia of Child Behavior and Development*, New York, NY: Springer.

- Hexdall, C.M. & Huebner, E.S. (2007). Subjective well being in pediatric oncology patients, *Applied Research in Quality of Life*, 2, 189-208.
- Huebner, E. S., Suldo, S., Smith, L. C., & McKnight, C. G. (2004). Life satisfaction in children and youth: Empirical foundations and implications for school psychologists, *Psychology in the Schools*, 41, 81-93.
- Huebner, E. S., Valois, R. F., Suldo, S. M., Smith, L. C., McKnight, C. G., Seligson, J. L., Zullig, K. J., & Wanzer, J. D. (2004). Perceived quality of life: A neglected component of adolescent health assessment and intervention. *Journal of Adolescent Health*, 34 (4), 270-278.
- Lopez, S. J., & McKnight, C. G. (June, 2002). Moving in a positive direction: Toward increasing the utility of positive youth development efforts. *Prevention and Treatment*.
- McKnight, C. G., Huebner, E. S., & Suldo, S. (2002). Relationships among stressful life events, temperament, problem behavior and global life satisfaction in adolescents. *Psychology in the Schools*, 39, 6.
- McKnight, C. G. (2001). School psychologists in pediatric settings: Intelligence testing. *The School Psychologist*, 55, p. 25.
- McKnight, C. G. (2001). Preparing yourself to answer the question, "So what exactly do you do?" *SASP News*, spring newsletter.
- McKnight, C. G. (2000). School psychologists in pediatric settings: What are the possibilities? *SASP News*, winter newsletter.

COMMUNITY PRESENTATIONS

- Hexdall, C.M. *Consider the Possibilities of Mindfulness*. Presentation for parents, caregivers and professionals with relationships to individuals with disabilities. Jewish Community Center, Durham, North Carolina. (February, 2016).
- Hexdall, C.M. *Learning Disabilities and Mental Health: A Relationship that Requires Care*. Presentation for the Family Advocacy Network (FAN) of Mental Health America of the Triangle. Chapel Hill, North Carolina. (December, 2015).
- Hexdall, C.M. *Emotional Intelligence in the Workplace*. Guest lecture for Professional Science Master's program, University of North Carolina, Chapel Hill. (October, 2015).
- Hexdall, C.M. *An Introduction to Mindful Parenting*. Presentation for parents of children with disabilities sponsored by the Goodwill Community Foundation. Durham, North Carolina. (September, 2015).
- Hexdall, C.M. *Incorporating Mindfulness in Work With Individuals with Substance Abuse History and Developmental Disabilities*. Presentation to professionals for Mental Health America of the Triangle. Chapel Hill, North Carolina. (April, 2015).
- Hexdall, C.M. (August 2014). *Essentials of Evaluation in Educational Settings*. Presentation to Educators in Chatham County, North Carolina. Chapel Hill, North Carolina.

PROFESSIONAL PRESENTATIONS

- Hexdall, C.M. *School Psychology Institute: Traumatic Brain Injury*. Presentation for the North Carolina Conference on Exceptional Children, Greensboro, NC (November, 2013).
- Hexdall, C.M. *From the Ground Up: Building a System That Supports ALL Students*. Presentation to the Charlotte Mecklenburg School System, Charlotte, NC (August, 2013).
- Hexdall, C.M., Flynn, P., Ray, L., Holahan, L. *Boot Camp and Tune Up*. Presentation for the Department of Public Instruction Summer Institutes, Greensboro, NC. (July, 2013)
- Hexdall, C.M., Flynn, P., Ray, L., Holahan, L. *Clinical Education Programs in North Carolina Public Schools*. Presentation for the Department of Public Instruction Summer Institutes, Greensboro, NC. (July, 2013)
- Hexdall, C.M., Flynn, P., Ray, L., & Holahan, L. *Health Care Professionals in an Educational World*. Presentation for the Northwest Regional Educational Service Alliance. Wilkesboro, NC (April, 2012).
- Hexdall, C.M. (*Learning Disabilities: Definition, Policy and Practice*. North Carolina Lead School Psychologists' biannual meeting. (September, 2011).
- Hexdall, C.M. *Profiles of individuals with intellectual and developmental disabilities*. Presentation for the North Carolina Conference on Exceptional Children, Greensboro, NC (November, 2010).
- Hexdall, C.M., *School Psychology Frequently Asked Questions*. Presentation for the North Carolina Conference on Exceptional Children, Greensboro, NC (November, 2010).
- Hexdall, C.M. *Beyond happy and sad: Social and emotional assessment and intervention needs of preschool children*. Presentation for the North Carolina School Psychology Association, Asheville, NC (October, 2010).
- Hexdall, C.M & Abernethy, S. *DPI: Updates for School Psychologists*. Presentation for the North Carolina School Psychology Association, Asheville, NC (October, 2010).
- Hexdall, C.M. *Progress monitoring and reporting strategies*. Presentation for the North Carolina Conference on Exceptional Children (November 2009).
- Hexdall, C.M., Scriven, B., Davison, E., Dowless, R. & Massengill, M. *Determining eligibility for ID, OHI, SLD and SED in North Carolina*. Presentation for the North Carolina Conference on Exceptional Children, Greensboro, NC (November, 2008).
- Hexdall, C.M. & Wheeler, A.C. *Identifying strengths in individuals with developmental disabilities: A pilot study of the Assessment of Individual Motives and Strengths (AIMS)*. Poster presentation for the annual meeting of the American Association on Intellectual and Developmental Disabilities (May, 2008).
- Havercamp, S.M. & McKnight, C.G. *One Approach to Providing Dialectical Behavior Therapy*

to Adults with Developmental Disabilities. Presentation for the annual meeting of the National Association for the Dually Diagnosed (October, 2005).

McKnight, C.G., Suldo, S.M., & Williams, A.L. *Internship and Practicum Supervision: Lessons from the Field.* Presentation for the annual meeting of the National Association of School Psychologists (April, 2005).

Suldo, S.M., McKnight, C.G., Sadd, C., Waizenhofer, R., Smith, L.M. *Progressive Internship Programs in School Psychology.* Symposium for the annual meeting of the National Association of School Psychologists (April, 2005).

Jones, J. & McKnight, C. G. *ADHD: Behavioral and Educational Interventions.* Presentation for the Developmental-Behavioral Pediatrics Conference, Greenville, South Carolina (March, 2004).

McKnight, C.G. *Positive psychological functioning in pediatric oncology patients.* Poster presentation accepted for the Society of Pediatric Psychology National Conference on Child Health Psychology, Charleston, South Carolina (April, 2004).

McKnight, C.G. & Williams, A.L. *Strengthening NICU follow-up: Expanding psychology's role.* Poster presentation accepted for the Society of Pediatric Psychology National Conference on Child Health Psychology, Charleston, South Carolina (April, 2004).

Suldo, S. M., Smith, L. C. & McKnight, C.G. *Enhancing student research labs.* Presentation for the annual meeting of the National Association of School Psychologists (NASP), Dallas, Texas (April, 2004).

McKnight, C. G. & Warren, M. E. *Serial assessments of children and adolescents with HIV/AIDS: Improving educational outcomes for a special population.* Presentation accepted for the annual meeting of the National Association of School Psychologists, Toronto, Canada (April, 2003).

McKnight, C. G., DeSantis, A., & Valle, M. *Hopeful beginnings and futures: Enabling youth to reach their goals.* Presentation accepted for the annual meeting of the National Association of School Psychologists, Toronto, Canada (April, 2003).

McKnight, C. G., Seligson, J. L., Suldo, S. M., Smith, L. C., Funk, B., DeSantis, A., Howe, J. & Huebner, E. S. (April, 2002). *Positive psychology and promoting children's well-being: Findings and implications for practicing psychologists.* Presentation at the annual meeting of the South Carolina Psychological Association. Myrtle Beach, SC.

Cantrell, C., Fogle, L., Gagnon, R., & McKnight, C. G. (October, 2001). *Facilitating the re-entry process for middle and high school students returning from alternative settings: Ensuring a continuum of care.* Presentation at the bi-annual meeting of the South Carolina Association of School Psychologists, Columbia, SC.

Kessler, M. L., McKnight, C. G., & Fogle, L. (October, 2001). *Student involvement in*

professional organizations: How to succeed in your career and have fun along the way. Presentation at the annual South Carolina Psychological Association's Academic Day, Columbia, SC.

Ehrhardt, G., Turner, M., & McKnight, C. G. (August, 2001). *Internship planning and preparation.* Presentation at the annual meeting of the American Psychological Association, San Francisco, CA.

McKnight, C. G., & Lee, S. W. (April, 2001). *Effects of phonological awareness training on early literacy development.* Poster presentation at the annual meeting of the National Association of School Psychologists, Washington, D.C.

Fogle, L., Huebner, E. S., McKnight, C. G., Rigby, B., Seligson, J., Smith, L. & Suldo, S. (March, 2001). *The science of positive psychology: Implications for the practice of school psychology.* Presentation at the spring conference of the South Carolina Association of School Psychologists, Charleston, SC.

McKnight, C. G. (June, 2000). *Phonological awareness: Putting it all together – general information for school psychologists and speech language therapists.* Center for Developmental Services, Greenville, SC.

McKnight, C. G. (February, 2000). *Inservice on Attention Deficit Hyperactivity Disorder for educators.* Greenview Elementary School, Greenville, SC.

ADDITIONAL PROFESSIONAL EXPERIENCE

Leader, A Mindful Retreat, Carolina Friends School Staff Retreat. Carolina Friends School, Durham, North Carolina, August 21-22, 2016.

Counselor and Volunteer, The Children's Center for Cancer and Blood Disorders

Richland Memorial Hospital, Columbia, South Carolina

June 2001 to June 2002

Visited with children and families at beginning, middle, and end of treatment stages for various forms of cancer. Attended grand rounds on periodic basis. Assisted in counselor training at *CampKemo*, camp for children and adolescents who were being treated for or who were in remission from cancer. Worked as a camp counselor at weekend camp, *New Horizons*, camp for siblings of children and adolescents who died from cancer.

Supervisor: Julian Ruffin, Ph.D.

Specialization in Early Childhood Special Education Services

University of Kansas, Lawrence, Kansas

August 1997 to May 1999

Completed specific coursework through Department of Special Education, University of Kansas, and received extra training in early childhood special education services to school psychology graduate students.

Supervisors: Barbara Thompson, Ph.D. and Robert Harrington, Ph.D.

PROFESSIONAL SERVICE

Member, Orange Partnership for Alcohol and Drug Free Youth

September 2022 – present

Support coalition members on projects aimed at reducing or eliminating youth substance use in Orange County, North Carolina.

Member, Advisory Council, KidSCOPE - Early Intervention and Family Support, A program of the Chapel Hill Training and Outreach Project
September 2014 – February 2017

Member, Children and Youth Committee, State TBI Council
March 2014 – March 2016

Co-Chair, Children and Youth Committee, State TBI Council
July 2012 – February 2014

Member, Editorial Advisory Board, *School Psychology Forum: Research and Practice*
National Association of School Psychologists
March 2010 to July 2014

Co-Chair, CDL Program Training Committee
CDL, UNC
August 2009 to August 2010

Co-chaired committee on education and training activities, co-mentorship concepts and evaluation strategies, interdisciplinary concepts, and trainee clinic participation

Member, UNC Internship Committee
CDL, UNC

September 2005 to August 2010

Represent the CDL as a training site for the APPIC and APA-approved UNC Psychology Internship.

PROFESSIONAL AFFILIATIONS

North Carolina Psychological Association (NCPA)

COMMUNITY SERVICE

Volunteer, Durham Rescue Mission, Durham, North Carolina, November 2007

Volunteer, Girls on the Run, Chapel Hill, North Carolina, *September 2005 to September 2006*

Volunteer, South Carolina Children's Theatre, Greenville, South Carolina
September 1999 to May 2000

References

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