

Katherine Olaya Compitus

DSW, LCSW, MEd, MA

kcompitus@gmail.com

(917) 301-0481

ACADEMIC APPOINTMENTS

New York University, Silver School of Social Work, NY January 2017-Present

Clinical Assistant Professor (September 2022-Present)

Adjunct Assistant Professor/ Lecturer (January 2017- September 2022)

- Instructor: The Human-Animal Bond and Direct Social Work Practice (3 credit course), Spring 2020, Spring 2021, Spring 2022
- Instructor: Human Behavior II, Spring 2020, Spring 2021
- Instructor: Practice 2, Spring 2019
- Field Instructor, Spring 2019
- Instructor: Social Welfare and Policy, Fall 2018
- Instructor: The Human-Animal Bond and Direct Social Work Practice (1 credit course), Summer 2018, Summer 2019, Summer 2020, Summer 2021, Spring 2022
- Created and developed curriculum for new elective (1 credit and 3 credit versions): “The Human-Animal Bond and Direct Social Work Practice”

Fordham University, Graduate School of Social Services, NY September 2018-January 2021

Adjunct Faculty

- Online Instructor: Social Work Skills Lab, Fall, 2020
- Online Instructor: Social Work Skills Lab, Summer 2020
- Online Instructor: Social Work Skills Lab, Spring 2020
- Online Instructor: Social Work Skills Lab, Fall 2018

Columbia University, Graduate School of Social Work, NY January 2017-June 2020

Adjunct Faculty

- Instructor: Adult Psychopathology course, Spring 2020
- Instructor: Adult Psychopathology course, Summer 2018
- Instructor: Adult Psychopathology course, Spring 2018

Borough of Manhattan Community College, CUNY January 2008- June 2008

Adjunct Faculty - Teacher Education Department

- Instructor: Early Childhood Education, Spring 2008
- Instructor: Elementary Education, Spring 2008
- Designed a curriculum for a course on Early Childhood Education and a course on Elementary Education that went beyond the textbooks assigned
- Supervised field observations of Elementary Education students

EDUCATION

New York University New York, NY <i>Doctor of Social Welfare (DSW, Clinical Social Work)</i>	2020
Hunter College New York, NY <i>Master of Arts in Biopsychology (MA, Animal Behavior)</i>	2016
New York University New York, NY <i>Master of Clinical Social Work (MSW)</i>	2011
Hunter College New York, NY <i>Master of Science in Education (MSEd, Elementary Education)</i>	2003
Hunter College New York, NY <i>Bachelor of Arts in Spanish Language and Literature (BA)</i>	2001

PUBLICATIONS

Books

1. Compitus, K. (Under Contract). *Animal House: A Clinician's Guide to Animal Hoarding*. Oxford, England: Oxford University Press.
2. Compitus, K. (2021). *The Human-Animal Bond in Clinical Social Work Practice*. New York, NY: Springer.

Chapters in Books

3. Blazina, C. & Compitus, K. (Under Contract). Individuation and Masculinity. In Bhugra, Watson, Gnanapragasam & Poulter (Eds.) *Oxford Textbook of Men's Mental Health*. Oxford, England: Oxford University Press.
4. Compitus, K. (In Progress). Higher Education and the Human-Animal Bond. In Kagan, L. (Ed.), *Careers in One Health: Social workers' roles in caring for humans and their animal companions*. Abingdon: Routledge
5. Compitus, K. (2020). The Importance of Pets During a Global Pandemic: See Spot Play. In Tosone, C. (Ed.), *Shared Trauma, Shared Resilience During a Pandemic* (pp. 213-218). Springer, Cham.
6. Compitus, K. (2019). Traumatic Pet Loss and the Clinician. In Counselman-Carpenter, E. & Redcay, A. (Eds.), *Working with grief and traumatic loss: theory, practice, personal reflection & self care*. San Diego, CA: Cognella Publishing.

Peer-Reviewed Articles

7. Compitus, K. (2021). The Process of Integrating Animal-Assisted Therapy into Clinical Social Work Practice. *Clinical Social Work Journal*, 1-9.
8. Compitus, K. (2019). Traumatic pet loss and the integration of attachment-based animal assisted therapy. *Journal of Psychotherapy Integration*, 29(2), 119-131
9. Compitus, K. O. (2016). An Analysis of Canine Processing of Stimulus Compounds Varying in Light and Sound Intensity, CUNY Academic Works, Retrieved from

http://academicworks.cuny.edu/hc_sas_etds/91

10. Compitus, K. (2013). Canine Cognitive Decline and Alzheimer's Disease. Academic Journal of Canine Science. Retrieved from <http://ajcs.org.uk/uncategorized/canine-cognitive-decline-and-alzheimers-disease/>

Online Articles

11. Compitus, K. (30-09-2021). *12 Radical Acceptance Worksheets For Your DBT Sessions*. PositivePsychology.com. <https://positivepsychology.com/radical-acceptance-worksheets>
12. Compitus, K. (16-09-2021). *Animal Therapy Explained: 4 Best Courses & Certifications*. PositivePsychology.com. <https://positivepsychology.com/animal-therapy/>
13. Compitus, K. (26-08-2021). *What Are Distress Tolerance Skills? Your Ultimate DBT Toolkit*. PositivePsychology.com. <https://positivepsychology.com/distress-tolerance-skills/>
14. Feng, A. & Compitus, K. (06-12-2021). *The Human-Animal Bond and Older LGBTQ+ Adults*. PsychologyToday.com. <https://www.psychologytoday.com/us/blog/zooeyia/202107/the-human-animal-bond-and-older-lgbtq-adults>
15. Washington, T. & Compitus, K. (05-19-2021). *Can the Human-Animal Bond Save Us From Social Isolation?*. PsychologyToday.com. <https://www.psychologytoday.com/us/blog/zooeyia/202105/can-the-human-animal-bond-save-us-social-isolation>
16. Wang, B. & Compitus, K. (05-13-2021). *New Companion Animal Relations During COVID-19*. PsychologyToday.com. <https://www.psychologytoday.com/us/blog/zooeyia/202105/new-companion-animal-relations-during-covid-19>
17. Compitus, K. (30-01-2021). *Your Ultimate EMDR Therapy Guide (Incl. Techniques and Training Options)*. PositivePsychology.com. <https://positivepsychology.com/emdr-therapy/>
18. Compitus, K. (20-10-2020). *What Is a Functional Analysis of Behavior in CBT?*. PositivePsychology.com. <https://positivepsychology.com/functional-analysis-cbt/>
19. Compitus, K. (08-31-2020). *What Does the BLM Movement Have to Do With Animal Rights?*. PsychologyToday.com. <https://www.psychologytoday.com/us/blog/zooeyia/202008/what-does-the-blm-movement-have-do-animal-rights>
20. Compitus, K. (08-15-2020). *We Should Watch Our Words When Speaking About Animals*. PsychologyToday.com. <https://www.psychologytoday.com/us/blog/zooeyia/202008/we-should-watch-our-words-when-speaking-about-animals>
21. Chorney, S. & Compitus, K. (05-26-2020). *Fido and Food Therapy: Nurturing Our Pets to Heal Ourselves*. PsychologyToday.com. <https://www.psychologytoday.com/us/blog/zooeyia/202005/fido-and-food-therapy-nurturing-our-pets-heal-ourselves>
22. Compitus, K. (05-20-2020). *Can I Catch COVID-19 From My Cat or Dog?*. PsychologyToday.com. <https://www.psychologytoday.com/us/blog/zooeyia/202005/can-i-catch-covid-19-my-cat-or-dog>

23. Compitus, K. (01-13-2020). *Do Pets Keep People Healthy?*. PsychologyToday.com.
<https://www.psychologytoday.com/us/blog/zooevia/202001/do-pets-keep-people-healthy>
24. Compitus, K. (12-02-2019). *No Place to Lay Your Bones?*. PsychologyToday.com.
<https://www.psychologytoday.com/us/blog/zooevia/201912/no-place-lay-your-bones>
25. Compitus, K. (2016). Welcome to the Psych Emergency Room, Huffington Post,
Retrieved from http://www.huffingtonpost.com/entry/welcome-to-the-psych-emergency-room_us_582c0878e4b0cfd1bce1a034

SELECT PRESENTATIONS/ PRESS

- American Psychological Association - HAI Committee Journal Club** 2022
Topic: Discussing my book *The Human-Animal Bond in Clinical Social Work Practice* (Springer, 2021)
- Featured on NPR (National Public Radio)** 2022
Pets are Vehicles of Redemption for Unsheltered People
<https://www.radiopetlady.com/shows/dog-talk/pets-are-vehicles-of-redemption-for-unsheltered-people/>
- Featured in Vogue Magazine** 2021
“*The Unshakeable Interspecies Bond of Pet Moms*” by A. Codinha
<https://www.vogue.com/article/pet-moms-unshakeable-interspecies-bond>
- Featured on Katz on Dogs: Insights for Both Ends of the Leash - KSQD Radio** 2021
Interview Monday, December 13, 2021 at 9pm EST. Topic: “*The Human-Animal Bond and Clinical Social Work*” www.ksqd.org
- Featured in Yahoo! News: Daily Paws** 2021
“*Have You Heard of Cow Cuddling? Therapy Bulls Magnus and Callum Offer Snuggle Sessions for Trauma Survivors*” by E. Schroeder <https://news.yahoo.com/heard-cow-cuddling-therapy-bulls-211701788.html>
- The Lisa Show - BYU Radio** 2021
Interview Friday, May 21st at 8:00am. Topic: “*Pet Companionship During the Pandemic*”
- Dog Lab (Podcast)** 2020
“*Animal Assisted Therapy*” (Part 1), *Grief Counseling for Pet Loss* (Part 2)
- Bellevue Hospital Psychiatry Grand Rounds** 2019
“*The High Rate of Suicidal Ideation in Veterinary Professionals*”
- Animal Behavior Society (ABS) - 2019 Convention** 2019
“*An Adaptation of EMDR to Treat Fear and Phobias in Non-Human Animals*”
- Association of Death Education Counsel (ADEC) - 2019 Convention** 2019
“*Hiding in Plain Sight: Assessment and Intervention of Veterinarian Depression and Suicidal Ideation*”
- Hunter College - Animal Behavior Club at the Graduate Psychology Department** 2018
“*A Brief Introduction to the Human-Animal Bond*”

Seminars at Silver, New York University, Silver School of Social Work, New York, NY 2018
“The Human-Animal Bond and Direct Social Work Practice”

Thesis Defense: Hunter College, Psychology Department, New York, NY 2016
“A Dog’s Use of Use of Compound Stimuli in Decision Making”

43rd Annual Hunter College Psychology Convention, New York, NY 2015
“Information Processing by Dogs of Stimulus Compounds Varying in Light and Sound Intensity”

Association for Psychological Sciences Annual Convention 2015
 Poster: *“A Decision Theory Approach to Generalization of Light-Sound Compounds”*

Good Day New York 2015
 TV Appearance: *“How to recover after a Triathlon using “Doga” - yoga with your dog”*

APPOINTMENTS AS EDITOR/REVIEWER

Society & Animals - Consulting Reviewer August 2021 - Current

British Journal of Social Work - International Editorial Advisor October 2019- Current

Journal of Psychotherapy Integration (APA)- Consulting Reviewer January 2019- Current

Clinical Social Work Journal - Consulting Reviewer January 2019-Current

Human-Animal Interaction Bulletin (a publication of the Section on Human-Animal Interaction: Research and Practice in the APA)- *Consulting Reviewer* July 2022-Current

RESEARCH

Bovine-Assisted Therapy December 2020-Present
 Co-primary investigator with Dr. Sonya M. Bierbower, William Paterson University

Zooyia: Pet Ownership as a Social Determinant of Health May 2019- February 2020
 Advisor: Dr. Alissa Mallow, Montefiore Medical Group/ Einstein College of Medicine

Depression and Suicidality Among Veterinarians January 2019- June 2019
 Advisor: Dr. Carol Tosone, NYU Silver School of Social Work

A Comparison of Information Processing in Domestic Dogs and Humans January 2015-May
 Hunter College, Supervised by Dr. Sheila Chase and Dr. James Gordon 2016

An Analysis of Feline Arterial Thromboembolism September 2010-February 2011
 The Animal Medical Center, Assisting Dr. Phil Fox

SOCIAL WORK EXPERIENCE

Surrey Psychotherapy / Kokoro MB November 2020-Present
Clinical Director/ Founder

- Provided direct psychotherapy to a full caseload of private clients, specializing in OCD and Anxiety Disorders
- Organized and facilitated group psychotherapy and therapeutic workshops
- Developed curriculum for therapeutic dance and yoga classes
- Managed staff of the studio, budget and payroll

NOCD

February 2021- September 2021

Behavioral Psychotherapist

- Conducted diagnostic mental health assessments of children and adults
- Developed treatment plans for members diagnosed with Obsessive-Compulsive Disorder
- Conducted Exposure and Response Prevention therapy with members

PositivePsychology.Com

June 2020 - September 2021

Freelance Writer

- Contributed informational content frequently to the website.
- Wrote multiple articles on a variety of topics related to positive psychology.

The Brearley School Alumni Association

February 2020- Present

Member of the Board of Directors

Psychology Today, Online

December 2019- Present

Blogger

- Creator of the “Zooeyia” Blog on the Psychology Today website.
- Managed and wrote multiple articles in the Zooeyia blog on the psychology of the human-animal bond.

Sarama Animal Rescue Organization

August 2018-Present

Member of the Board of Directors

Montefiore Medical Center, Bronx, NY

February 2019- January 2020

Social Work Manager

- Managed the daily activities of a designated clinical function to ensure effective and cost efficient health care services. Provided clinical supervision to social work staff.
- Administered the budget, supervised staff, and developed business opportunities. Resolved all operational issues and complaints to promote patient satisfaction.
- As part of the management team, was responsible for overseeing the day to day functioning of the social work staff in all the MMG sites (approximately 60 clinicians).
- Embedded in and focused on managing five particular behavioral health outpatient sites and co-managed 23 outpatient behavioral health sites at Montefiore Medical Group.

ANDRUS, Peekskill, NY

August 2018- January 2019

Bilingual Clinician

- Provided direct psychotherapy with families and children in both Spanish and English at the Peekskill clinic
- Provided bilingual psychotherapy in Peekskill Middle School to student clients
- Utilized a variety of therapeutic modalities including psychodynamic psychotherapy, CBT, TF-CBT, and Play Therapy

Great Moments, Ridgewood, NJ

November 2017-November 2018

Clinical Psychotherapist

- Provided direct psychotherapy with families and individuals; Assessed and diagnosed clients
- Utilized a variety of therapeutic modalities including psychodynamic psychotherapy, DBT, EMDR and Hypnotherapy
- Clients had a variety of illnesses including GAD, Personality Disorders, PTSD, Eating Disorders, Adjustment Disorders and Substance Abuse
- Specialized in trauma informed psychotherapy and working with disorganized attachment styles.

Orange Regional Medical Center, Middletown, NY

August 2015-September 2018

Behavioral Health Clinician (Bilingual) - Emergency Department

- Conducted full clinical assessment and diagnosis of all psychiatric patients entering the Emergency Department
- Provided direct psychotherapy to patients in crisis
- Patients were from all demographics (including pediatric, adult and geriatric patients)
- Conducted suicide assessments (using the CSSRS) and safety planning
- Provided psychoeducation to patients and their families; advocated for patients
- Assisted in discharge planning including transfer to an inpatient facility or referrals to outpatient mental health clinics.
- All assessments, direct psychotherapy, psychoeducation and safety planning were conducted in both Spanish and English.

Surrey Hills Sanctuary, Goshen, NY

October 2013- Present

Chairman of the Board of Directors and President

- Helped to establish a non-profit organization dedicated to nurturing positive human-animal interactions.
- Provided animal assisted therapy through Pet Partners (formerly the Delta Society)
- Provided animal-assisted therapy to adolescent trauma survivors
- Established a fund to help low income clients pay for emergency veterinary bills
- Developed and implemented long and short-term goals for fundraising

Wiggly Pups Pet Care

November 2010- December 2015

Managing Member, New York NY

- Helped to establish a luxury dog daycare and boarding facility
- Worked as human resources director and facility manager
- Established criteria for welfare of animals at the facility
- Trained psychiatric service dogs for clients with mental illness

AHRC St. Francis de Paola

February 2011- August 2011

Social Work Intern, New York, NY

- Implemented the first AHRC-SFP animal assisted therapy program
- Consulted with the school psychologist and parents in order to develop an appropriate treatment plan for children with developmental disabilities
- Provided supportive counseling for parents and staff members in both Spanish and English

- Connected parents with outside agencies providing support services for parents of children with developmental disabilities

The Animal Medical Center

September 2010- February 2011

Grief Counselor/ Social Work Intern (Bilingual), New York, NY

- Provided crisis intervention for clients in the emergency department to minimize the potential for psychological trauma; Assisted clients to draw on their own strengths and develop healthy coping mechanisms
- Provided grief counseling to clients with sick or dying companion animals; Helped individuals grieve their losses in their own unique ways
- Provided supportive counseling to veterinarians and staff members to provide a productive and supportive work environment to all employees

NYU Hospital For Joint Diseases

September 2009- May 2010

Bilingual Social Work Intern - Ambulatory Care Department, New York, NY

- Provided crisis intervention and short term emergency counseling to ambulatory care patients (in Spanish and English)
- Co-facilitated a psychological support group for Lupus patients (In Spanish)
- Provided ongoing direct psychotherapy for patients from the Initiative for Women with Disabilities (IWD)
- Provided Animal Assisted Therapy to pediatric hospital patients
- Helped patients with entitlements such as insurance, transportation and obtaining home care (M11Q)

LICENSES

- New York LCSW Lic # 087712
- New Jersey LSW Lic # 44SL06118900
- Pennsylvania LCSW Lic #CW021835

SKILLS & CERTIFICATIONS

- Certified Family Trauma Professional, International Association of Trauma Professionals
- Trauma Focused CBT (TF-CBT) Certified
- Columbia Suicide Severity Rating Scale (C-SSRS) Certified
- National Board Certified Clinical Hypnotherapist (NBCCH)
- EMDR Training (Parnell Institute)
- DBT Training
- ERP Training
- Basic Life Support Certified
- Certified in Preventing and Managing Crisis Situations (PMCS)
- Certified Animal Trainer, APDT and CPDT

AWARDS & AFFILIATIONS

- Member of the International Society for Anthrozoology
- Recipient of the MENSA Grosswirth-Salny Scholarship 2018

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- Member of the National Association of Social Workers
 - Member of the Association of Death Education and Counseling
 - Member of the International Association of Trauma Professionals
 - Member of the Society for the Exploration of Psychotherapy Integration
 - Member of the Animal Behavior Society
 - Member of SWAHAB the NASW sub-committee for the study of the human-animal bond
 - Member of Psi Chi, the psychology honor society
 - Member of the Golden Key Honor Society
-