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Shifra Gross, Psy.D.

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EDUCATION

Doctor of Clinical Psychology (APA accredited)

May 2023

Florida Institute of Technology; Melbourne, Florida

Concentration: Forensic Psychology and Integrated Behavioral Health

Master of Science in Psychology (APA accredited)

December 2019

Florida Institute of Technology; Melbourne, FL

Master of Arts Forensic Psychology: Professional Counselor Licensure Track

(APA Accredited)

August 2017

The Chicago School of Professional Psychology; Washington, DC

Specialization: Forensic

Bachelor of Arts in Psychology

May 2013

Rutgers, The State University of New Jersey, New Brunswick, New Jersey

Minor: Criminology

LICENSURE

Clinical Psychologist in the state of Florida

Since

2024

PROFESSIONAL EXPERIENCES

Forensic and Clinical PsychExperts, LLC.

March 2025

Jupiter, FL

Forensic Psychologist (*40 Hours/ week*)

Population Served: Court-ordered psychological services are provided to individuals across domains and with different needs. Populations have included those with severe mental illness, individuals in correctional settings, and individuals with clinical and general evaluations.

Responsibilities: Assigned to evaluate individuals in a wide array of psychological needs including but not limited to, competency evaluations, VA disability evaluations, Social Security disability evaluation, and guardianship evaluations. Write reports for the court in regards to outcomes, findings, and recommendations. Provide testimony in regards to evaluations and assessments conducted.

Treasure Coast Forensic Treatment Center

September 2023 -

Indiantown, Florida

March 2025

Post-Doctoral Psychology Resident and Forensic Psychologist (*40 hours/ week*)

Population Served: Inpatient psychiatric facility offering adult forensic services. Services include risk assessment and reduction, competency evaluation and restoration programs, as well as integrated treatment for co-occurring psychiatric and substance disorders, court reports, and court

testimony. Individuals committed to the hospital fall into one of three categories; incompetent to proceed, not guilty by reason of insanity, or those under the Rubio Act.

Responsibilities: Assigned the role of forensic psychologist to three units, totaling 42 individuals, with responsibilities of monthly competency evaluations, weekly and monthly hospital notes, and annual psychological evaluations. I was responsible for completing court reports, with regards to hospital updates, step-down recommendations, competency recommendations, and/or risk assessment reports. I conducted psychological assessments for individuals presenting with a range of difficulties including, but not limited to, cognitive impairments, intellectual disabilities, as well as for those with concern of malingering/ feigning of symptoms. I provided group therapy for advanced and enhanced competency restoration. I was also provided the opportunity to conduct psychological training for the new employee orientation, as well as supervision for practicum students

CLINICAL PRACTICUM EXPERIENCE

Georgia Regional Hospital – Atlanta

Atlanta, Georgia

Forensic Psychology Intern (40-45 hours/week)

Supervisor: Dr. Brittany Penson, Psy.D. and Dr. Stephanie Davis, Psy.D.

August 2022 -

August 2023

Population Served: Inpatient psychiatric facility, housing 334 beds offering adult mental health and forensic services. The forensic services program includes three medium secure inpatient units, totaling 124 beds. Each unit houses adults, with a variety of psychiatric diagnoses who are in need of both competency evaluation and competency restoration or have been adjudicated incompetent to stand trial or not guilty by reason of insanity. Individuals who are civilly committed to the hospital engage in treatment, working towards the development of skills necessary for a court-approved conditional release or full release into the community.

Responsibilities: Conducted competency to stand trial and criminal responsibility evaluations and report writing. Conducted psychological and neuropsychological assessments for individuals presenting with a range of difficulties, including but not limited to TBI's, catatonia, intellectual disabilities, cognitive impairments, and psychosis. Additionally, I conducted and wrote reports for risk assessments, annual psychological evaluations, and updated civil commitment letters. Provided group therapy for competency restoration, community reintegration, and Michael's game, a delusional insight-based group. Additionally, I provided individual therapy to individuals for a range of referrals, including competency restoration, memory impairment, psychosis, and overall mental health. I conducted initial, 30, and 90-day competency to stand trial evaluations and report writing. I conducted competency restoration groups and individual therapy. Additionally, I completed psychological and neuropsychological assessments to individuals for a range of referrals. I completed all report writing for said assessments, as well as initial and follow up civil commitment letters.

Winter Haven Hospital – Neuropsychology Rehabilitation

Winter Haven, Florida

Practicum Clinician (18-20 hours/week)

Supervisor: Jeffery Reddout, Ph.D.

July 2021 –
December 2021

Population Served: Outpatient neuropsychological rehabilitation center that serves individuals presenting with mild cognitive impairment, brain injuries, dementia, Alzheimer's, and others memory and neurological difficulties. Patients served in this practicum are primarily older adults (65 years and older), with memory impairments or concerns. Telehealth services were provided for therapeutic interventions when needed.

Responsibilities: Conducted neuropsychological intakes, assessments, and feedback sessions for individuals presenting with memory and neurological concerns, including but not limited to mild cognitive impairments, brain injuries, dementia, and Alzheimer's. Additionally, conducted spinal cord stimulator assessments for individuals in need of pain relief and spinal cord stimulation surgery. Completed neuropsychological and spinal cord evaluation report writing. Provided patients with suggestions and methods of moving forward with diagnosis and interventions. Consulted with other medical and rehabilitative providers and team members. Provided individual therapy for individuals presenting with traumatic brain injury difficulties. Implementing and documenting interventions and patient progress. Write

Brevard Health Alliance

Melbourne, Florida

Practicum Clinician and Peer-Supervisor (18-20 hours/week)

Supervisor: Chad Breznay, Psy.D.

January 2020 -
December 2021

Population Served: Primary care clinical patients with problems related to behavioral health issues, substance abuse, chronic illnesses, and/or treatment adherence difficulties. Patients served in this practicum are primarily uninsured and homeless adults ages 18 and older. Transitioned to telehealth services delivery during pandemic in Spring and Summer 2020.

Responsibilities: Conducted same-day brief screenings and assessments for mental and behavioral health problems. Consulted with medical providers and other treatment team members and provided warm handoff patient consultations. Attended treatment team and clinic staff meetings, as well as required training. Developed and documented integrated treatment plans in conjunction with patients and other team members. Implemented and documented behavioral health interventions and patient progress. Followed-up with patients as needed and referred to appropriate internal and community resources. Conducted sessions with patients through Telehealth, phone visits, translators, and in-person.

Brevard County Jail Complex- Mental Health Unit

Cocoa, Florida

Practicum Clinician (15 hours/week)

Supervisor: Alexandra Cedeno, M.S., MBA, LMHC and Patrick Aragon, Psy.D.

January 2020 -
May 2020

Population Served: County jail that houses male, female, and juvenile inmates. The population consisted of a diversity of inmates including race, age, gender, and sexual orientation. Detainees

include criminally charged individuals who are awaiting trial, awaiting transfer to another jurisdiction, convicted and awaiting transfer to the Department of Corrections, or those convicted and serving sentences generally less than one calendar year. The Mental Health Unit provides services to detainees with chronic, acute, and situational psychiatric disturbances. The Mental Health Unit houses many of the seriously mentally ill inmates and those at high risk for suicidal behaviors.

Responsibilities: Provided psychological assessments and individual therapy to male and female inmates within the mental health unit. Additionally, I provided psychological assessments, crisis interventions, and therapeutic interventions to inmates housed in the general adult male population, juvenile population, maximum security, the women's annex, and the medical unit, which houses inmates with acute and chronic physical ailments. Involved in initiation and discontinuation of suicide precaution protocols and direct watch orders and initiation of Mental Health Holds that resulted in involuntary hospitalizations.

Lifetime Counseling Center

Cocoa, Florida

Practicum Clinician (18-20 hours/week)

Supervisor: Lori Parsons, Ph.D.

May 2019 –

January 2019

Population Served: Outpatient community mental health clinic serving children, adolescents, and adults in Brevard County. Specialization in working with individuals who are court-ordered for substance abuse evaluations and treatment, as well as those from within the community.

Responsibilities: Provided individual therapy sessions to clients of a variety of demographics and psychological disorders. Conducted group substance abuse therapy sessions for adults who were court-ordered and from within the population. Conducted court-ordered substance abuse evaluations. Completed psychological evaluations and mental health evaluations contracted by the Florida Department of Corrections, Brevard Family Partnership, and other community mental health service providers. Completed intake interviews, testing administration, report writing, and treatment planning.

Community Psychological Services

Melbourne, FL

Practicum Clinician (10-15 hours/week)

Supervisors: Patrick Aragon, Psy.D., and Vida L. Tyc, Ph.D.

September 2018 -

April 2019

Population Served: Outpatient community mental health clinic serving children, adolescents, adults, and elderly from Brevard County.

Responsibilities: Engaged in weekly individual therapy sessions with child, adolescent, and adult clients fitting a wide variety of demographics, psychological disorders, and physical and mental disabilities. Completed intake interviews, personality testing, psychological exams, integrative assessment report writing, treatment planning, and weekly administrative duties. Utilized therapeutic feedback sessions and performed outcome assessments. Completed treatment plans and treatment plan updates.

Prince George's County Correctional Center
Upper Marlboro, MD
Internship Clinician (18-20 hours/week)
Supervisor: Mercedes Hernandez, Ph.D.

September 2016 -
July 2017

Population Served: County jail that houses male, female, and juvenile inmates. The population consisted of a diverse population group, including criminally charged individuals who are awaiting trial, awaiting transfer to another jurisdiction, convicted and awaiting transfer to the Department of Corrections, or those convicted and serving sentences generally less than 18 months. The Mental Health Unit provided services to detainees with chronic, acute, and situational psychiatric disturbances. The Mental Health Unit houses those at high risk for suicidal behaviors.

Responsibilities: Provided psychological assessments and individual therapy to male and female inmates within the mental health, medical, disciplinary, and general population units. Involved in initiation and discontinuation of suicide precaution protocols and direct watch orders. Conducted group therapy program for inmates with severe and chronic mental illness, including substance abuse, anger management, and re-entry program. Developed and implemented group therapy curriculums for communication and mindfulness groups. Provided group therapy in maximum security, mental health, and trustee units. Facilitated mental health training for correctional officers and provided recommendations for treatment.

GRADUATE EXPERIENCE

Clinical Research Center of Florida
Rater and Clinical Research Coordinator
Pompano Beach, FL

December 2021 -
April 2022

Responsibilities: Conducted clinical screeners and assessments for individuals participating in clinical trials for post-partum depression. Obtained baseline and follow up reports from participants, as well as conducted follow up screeners.

Psychological Associations of Melbourne,
Psychometrist
Melbourne, FL

February 2019 -
August 2019

Responsibilities: Conducting psychological assessment and integrative report writing for children and adults of a diverse population. Population included, court-mandated psychological testing, individuals with non-verbal deficits, learning disabilities, and those with possible autism spectrum diagnosis.

Circles of Care Inc.: Inpatient Psychiatric Hospital
Intake Specialist
Melbourne, FL

August 2018 -
August 2019

Responsibilities: Provided pre-crisis intervention and support to the chronically mentally ill client and their families, assisted the patients in remaining in the least restrictive environment, and provided the necessary referrals to the patient or families to the appropriate treatment providers.

Diverted inappropriate psychiatric inpatient admission. Intervened in crisis situations in order to restore appropriate functioning to individual patients and their families.

The Scott Center for Autism
Clinician
Melbourne, FL

September 2017 -
May 2018

Responsibilities: Developed and implemented a curriculum for parents of children with Autism in conjunction with the children's program. Co-led group therapy and group support therapy in conjunction with the weekly presented curriculum for parents of children with Autism.

TEACHING EXPERIENCE

Florida Institute of Technology
Teaching Assistant – Clinical Skills II
Melbourne, FL
Supervisor: Patrick Aragon, Psy.D.

January 2021
- May 2021

Responsibilities: Assisted in teaching graduate level students Clinical Skills II course. Prepared and implemented role plays and demonstration for portions of the course, demonstrating skills and techniques for intake and therapeutic sessions. Provided feedback to students engaged in role play exercises and written assignments.

Florida Institute of Technology
Teaching Assistant- Cognitive Behavioral Therapy Model
Melbourne, FL
Supervisor: Vida L. Tyc, Ph.D.

May 2019
- August 2019

Responsibilities: Assisted in teaching graduate level Cognitive-Behavioral Therapy class. Prepared and implemented demonstrations for portions of class demonstrating aspects of cognitive-behavioral therapy. Provided in-vivo feedback to students engaged in role-play exercises. Provided written feedback on case conceptualizations and treatment plans.

CLINICAL SUPERVISORY AND LEADERSHIP EXPERIENCE

Brevard Health Alliance
Peer-Supervisor for Graduate Student Clinicians (5 -10 hours/ week)
Melbourne, Florida
Supervisor: Chad Breznay, Psy.D.

August 2020 -
December 2021

Responsibilities: Assisted in supervising a group of 5 graduate-level clinicians. Prepared educational training in a variety of areas including but not limited to pain management, diabetes, panic attack, personality disorders, polypharmacy, and chronic illness treatment and presented to graduate level clinicians. Provided individual supervision to supervisees, assisting clinicians with client conceptualization, psychological interventions, treatment planning, psychological assessment intervention, and test feedback to clients. Discussed clinician-patient dynamics related to clinician growth, competency, and skill level. Edited and reviewed students' clinical and progress notes.

VOLUNTEER EXPERIENCE

Florida Tech School of Psychology
Graduate Student Mentor
Melbourne, FL

August 2018
- July 2019

Responsibilities: Served as a peer mentor to first-year doctoral students. Provided support, information on academic coursework requirements, guidelines to successfully navigate the first year of the doctoral program, networking advice, and recommendations to assist the student in succeeding in the first year.

RESEARCH EXPERIENCE

Doctoral Research Project (DRP)

Defended September 2021

Location: Florida Institute of Technology; Melbourne, FL

Chair: Vida L. Tyc, Ph.D.

Title: Vaping, Smoking, Dual Use, and Stealth Vaping/Smoking Among First Responders: Law Enforcement, Firefighters, and Paramedics/Emergency Medical Technicians (EMT)

Description: Research study which utilized a self-report survey to determine the rate of First Responders who utilize ENDS and engage in stealth vaping, as well as to examine the association between these behaviors and self-perceived level of job stress, health risk perceptions, and other factors.

POSTER PRESENTATION

Gross, S. and Tyc, V. L. (Aug 2021). *Vaping, Smoking, Dual Use, and Stealth Vaping/Smoking Among First Responders: Law Enforcement, Firefighters, and Paramedics/Emergency Medical Technicians (EMT)*. American Psychological Association, virtual conference.

PROFESSIONAL TRAINING AND WORKSHOPS

4-Hour Initial Examining Committee Course

Sponsor: Florida State Guardianship Association

March 18, 2025; Virtual Training

Presenter: Lance M. McKinney, Esq.

Evaluating Mitigation for Sentencing

Sponsor: Institute of Law Psychiatry and Public Policy

January 22, 2025; Live Online Training

Presenters: Daniel Murrie, Ph.D.

Florida Forensic Examiner Training

Sponsor: South Florida State Hospital

September 6th-8th, 2024; Pembroke Pines, FL

Presenter: Randy Otto, Ph.D.