

Araba A. Kuofie, Ph.D.

EDUCATIONAL HISTORY

Ph.D.

August 2016 – August 2022
 University of Kansas (KU)
 (APA-accredited), Health Psychology Specialization

M.A.

August 2016 – October 2018
 University of Kansas

B.S.

August 2011 – May 2015
 University of Missouri – Kansas City (UMKC)
Major: Psychology, Minor; Spanish
Magna Cum Laude
Departmental Honors

INTERESTS & SPECIALTY AREAS

Health disparities, mental health help-seeking behaviors, trauma, women's health, behavioral medicine/health psychology

CLINICAL EXPERIENCE

Postdoctoral Fellow, Adult Health Psychology 2022 – 2023

University of Chicago Medicine, Department of Psychiatry and Behavioral Neuroscience

- *Rotations:* Integrated Primary Care/Behavioral Medicine rotation, Adult Outpatient Psychotherapy, OB/GYN Mental Health Program

Pre-doctoral Internship, Health Psychology Track 2021 – 2022

Rush University Medical Center (RUSH), Department of Behavioral Sciences

- *Rotations:* Outpatient Psychotherapy/Behavioral Medicine, Women's Behavioral and Mental Health (Emphasis), Geriatric & Rehabilitation Psychology, Psychosocial Oncology/Bone Marrow Transplant, Behavioral Sleep Medicine

Graduate Student Practica 2017 – 2021

University of Kansas & University of Kansas Medical Center

- *Experiences:* Covid-19 Behavioral Health Outreach via Telehealth, Psychological Clinic Practicum, Integrated Behavioral Health, NeuroRehabilitation Psychology Inpatient Consult Service, Behavioral Pediatrics Outpatient Clinic, Onco-Psychology and Bone Marrow Transplant Evaluation Service, Telemedicine Consult Service

OTHER CLINICAL EXPERIENCE

Clinic Coordinator 2020 – 2021
 KU Edwards Psychological Clinic, University of Kansas

CLINICAL WORKSHOPS

Prolonged Exposure Therapy Training 2022
 Narrative Exposure Therapy for Perinatal PTSD: Fundamentals and Advanced Practice 2022
 Image Rehearsal Therapy Training 2022
 Telehealth ECHO series 2020
 Telepsychology Best Practices 101: Clinical Evaluation and Care: Cultural Competencies; Documentation 2020
 Exposure, Relaxation, and Re-scripting Therapy for Military (ERRT-M) 2018
 KC Hospice and Palliative Care Training 2018
 Acceptance and Commitment Therapy Training 2018
 Screening, Brief Intervention, and Referral to Treatment for substance use (SBIRT) 2017

RESEARCH EXPERIENCE

RUSH, Department of Psychiatry and Behavioral Sciences (NET Lab) 2021- 2022
 Description: Various projects examining the feasibility of Narrative Exposure Therapy for perinatal women with a history of trauma.

University of Kansas Medical Center, Department of Family Medicine 2020 – 2021
 Description: Project examining COVID-19 health disparities in a family medicine clinic population.

University of Kansas, Department of Psychology 2020 – 2021
 Description: (Dissertation) Study examining West African immigrants' lived experiences with mental health services in the United States.

University of Kansas, Department of Psychology 2019 – 2020
 Description: A comprehensive literature review of Immigrants' Experiences with Mental Health Services in their Host Countries.

University of Kansas, Office of Research, Research Assistant 2019
 Description: Reviewing/Processing grant applications and submissions for studies conducted at the University of Kansas and beyond.

University of Missouri – Kansas City, Community Health Research Group 2017 – 2018
 Description: Examined HIV knowledge and risk behaviors among church-affiliated Blacks.

University of Kansas, Baker Lab 2017 – 2018
 Description: A study investigating the general well-being of adult Black males with chronic illness.

Kansas African Studies Center, KU 2018
 Description: Promoting an understanding of Africa and its diaspora in the university, the state of Kansas, the Midwest, and beyond.

- University of Kansas, Department of Psychology 2017 – 2018
Description: (Master’s thesis) A study examining mental health literacy among West African immigrants in the United States.
- University of Kansas Medical Center, Telemedicine and Telehealth, Research Assistant 2017
Description: Examined the utility of technology in delivering health care to various populations and underserved areas.
- UMKC School of Nursing and Health Sciences, Evaluation Coordinator 2015 - 2016
Screening, Brief Intervention and Referral to Treatment for substance use (SBIRT)
Description: A program that trained and evaluated healthcare professionals to screen for substance use (SAMHSA Grant).
Inter-professional Education (IPE)
Description: A project that implemented and evaluated inter-professional healthcare teams.
- UMKC Community Health Research Group, Research Assistant 2014 - 2015
Description: (NIMH) Grant. Implemented HIV testing intervention in African American Churches.

PROGRAM DEVELOPMENT

- University of Chicago Medicine (UCM), Lifestyle Intervention Group 2023
- UCM, Trauma/Community Violence Skills Group 2022
- University of Kansas Medical Center, COVID-19 Behavioral Health Outreach 2020 – 2021
- University of Kansas Medical Center, Family Medicine Practicum Orientation Handbook 2020
- University of Kansas, Edwards Psychological Clinic 2019 – 2021
- KU Diversity Committee Panel – *Trends in Diversity within Clinical Psychology* 2019

OTHER PROFESSIONAL EXPERIENCE

- Invited Speaker, Sakhi International Women’s Day 2023
NSS of Chicago Women’s Forum, Chicago, IL
Presentation: “*Mindful Coping with Stress*”
- UCM Internship Application Committee 2022
Department of Psychiatry and Behavioral Sciences
- Project development 2021
Department of Psychiatry and Behavioral Sciences, Rush University Medical Center
Project: Patient handout for posttraumatic growth, used for inpatient rehab populations.
- Ad Hoc Article Reviewer 2020

Journal: Ethnicity and Health

Abstract Reviewer

2019 – 2020

Conference: American Public Health Association Annual Conference

TEACHING EXPERIENCE

Guest Lecturer

2023

OB/GYN Mental Health Program, University of Chicago Medicine

1. Presentation: *“From pregnancy to parenting: Emotional well-being during this important transition.”*

Guest Lecturer

2022 - 2023

Department of Psychiatry and Behavioral Neuroscience, University of Chicago Medicine

1. Presentation: *“Culturally-Responsive Cognitive Behavioral Therapy.”*
2. Presentation: *“Cognitive Behavioral Therapy for Insomnia.”*

Guest Lecturer

2022

Department of Psychiatry and Behavioral Sciences, Rush University Medical Center

1. Presentation: *“The Psychological and Cognitive Impact of COVID-19: Outcomes from a Small Cohort of Patients Across Two Integrated Health Care Settings.”*

Sleep Disorders Service and Research Center (Grand Rounds), Rush University Medical Center

2. Presentation: *“Towards Health Equity: The Role of Sleep in Addressing Health Disparities”*

Graduate Assistant Instructor

2016 – 2021

Department of Psychology, University of Kansas

Guest Lecturer

2020

Department of Health, Sport, and Exercise Sciences, University of Kansas Medical Center

1. Presentation: *“COVID-19 & Mental Health Issues”*

Guest Lecturer

2017, 2019, 2020

Department of Psychology, University of Kansas

1. Presentation: *“Racial and Ethnic Disparities in Health Outcomes”*
2. Presentation: *“Culture and Health”*
3. Presentation: *“HIV interventions in the Black Church community.”*

Academic Tutor

2014 - 2016

Athletics Department, University of Missouri -Kansas City

Subjects: Psychology, Spanish.

BOOK CHAPTER

1. Baker, T.A., Atakere, D.K., Minahan, J.A., **Kuofie, A.A.**, & Dirth, T.P. (2017). Issues of Diversity in the Aging Community. *The Praeger Handbook of Community Mental Health Practice*

PEER-REVIEWED PUBLICATIONS

1. **Kuofie, A.**, Bauer, A., Berkley-Patton, J., Bowe-Thompson, C. (2019). HIV knowledge and risk behaviors among older church-affiliated Blacks. *Gerontology and Geriatric Medicine*, 5, 2333721419855668.
2. Atakere, D., Naemi, P., **Kuofie, A.**, & Hess, R. (2019). General well-being in adult Black males with chronic illness. *Gerontology and Geriatric Medicine's special issue on diverse race and ethnic populations and aging*.
3. Gotham, H. J., Wilson, K., Carlson, K., Rodriguez, G., **Kuofie, A.**, & Witt, J. (2019). Implementing substance use screening in family planning. *The Journal for Nurse Practitioners*, 15(4), 306-310.
4. Knopf-Amelung, S., Gotham, H., **Kuofie, A.**, Young, P., Stinson, R. M., Lynn, J., ... & Hildreth, J. (2018). Comparison of instructional methods for screening, brief intervention, and referral to treatment for substance use in nursing education. *Nurse educator*, 43(3), 123.
5. Kelly, P., Gotham, H. J., Knopf-Amelung, S., Kohnle, K., & **Kuofie, A.** (2018). Distance Versus On-Site Educational Strategies for Competency-Based Screening, Brief Intervention, and Referral to Treatment Education. *Journal of Addictions Nursing*, 29(4), E1-E8.
6. Knopf-Amelung, S., Gotham, H., & **Kuofie, A.** (2017). Consider the setting: Challenges in integrating screening, brief intervention, and referral to treatment into nursing and social work students' clinical practice. *Journal of Addictive Behaviors, Therapy & Rehabilitation*, 6(1), 1-3.

RESEARCH PRESENTATIONS

1. **Kuofie, A.**, Hardin, A., Buehler, S., Khou, C., (2022, May) *The psychological and cognitive impact of COVID-19: outcomes from a small cohort of patients in an acute rehabilitation setting*. [Poster] Association of Psychological Science (APS) Annual Meeting Conference, Chicago, IL.
2. **Kuofie, A.**, Laffer, A., Jenkins, L., Malhotra, K. (2021, March) *COVID-19 and health disparities: preliminary analyses*. [Poster] Association of Psychologists in Academic Health Centers (APAHC) Virtual Conference 2021.
3. Laffer, A., **Kuofie, A.**, Jenkins, L., Malhotra, K. (2021, March) *Behavioral Health Outreach for COVID-19 Patients: Lessons Learned from a Primary Care Clinic* [Poster] Association of Psychologists in Academic Health Centers (APAHC) Virtual Conference 2021.
4. Malhotra, K., Laffer, A., **Kuofie, A.**, Jenkins, L., (2021, May) *Preventative behavioral health outreach and COVID-19 positive patients: lessons learned*. [Oral presentation] Society of Teachers of Family Medicine (STFM) Virtual Conference 2021.
5. **Kuofie, A.**, Baker, T.A. (2020, June) *Factors related to attitudes toward seeking professional psychological help among West African Immigrants in the United States*. [Poster presentation] Association of Psychological Science (APS) Annual Meeting Virtual Conference.

6. **Kuofie, A., Baker, T.A.** (2019, November) *Determinants of attitudes toward seeking professional psychological help among West African Immigrants in the United States.* [Poster accepted] American Public Health Association (APHA) Conference, Philadelphia, PA.
7. **Kuofie, A., Baker, T.A.** (2019, November) *Mental health literacy and attitudes toward mental health services: focus on West African immigrants in the United States.* [Oral presentation accepted] American Public Health Association (APHA) Conference, Philadelphia, PA.
8. **Kuofie, A., Baker, T.A.** (2019, April). *Determinants of mental health literacy: focus on West African immigrants in the United States.* [Oral presentation] Kansas African Studies Center (KASC) Graduate Student Workshop, Lawrence, KS.
9. **Kuofie, A., Baker, T.A.,** (2019, March). *The relationship between age and openness to mental health services among West African immigrants in the United States.* [Poster presentation] Society of Behavioral Medicine (SBM) Conference, Washington, DC.
10. **Kuofie, A., Baker, T.A.,** (2018, November). *Mental Health Literacy among West African immigrants in the United States.* [Poster presentation] American Public Health Association (APHA) Conference, San Diego, LA.
11. **Kuofie, A., Baker, T.A.,** (2018, April). *Mental health literacy and perceptions among West African immigrants: the role of acculturation.* [Poster presentation] Xavier University of Louisiana Health Disparities Conference, New Orleans, LA.
12. **Kuofie, A., Baker, T.A.** (2018, March). *Mental health issues among West African immigrants.* [Oral presentation] Kansas African Studies Center (KASC) Graduate Student Workshop, Lawrence, KS.
13. **Kuofie, A., Booker, A., Baker, T.A., Berkley-Patton, J., Bowe-Thompson, C., Berman, M.** (2017, November). *HIV Knowledge, Beliefs, and Sexual Behaviors Among Younger and Older African Americans.* [Oral presentation] American Public Health Association (APHA) Conference, Atlanta, GA.
14. **Kuofie, A., Booker, A., Baker, T.A., Berkley-Patton, J., Bowe-Thompson, C., Berman, M.** (2017, October). *Risky sexual behavior, perceived severity, and knowledge of HIV/AIDS among younger and older African American church members.* [Poster presentation] Heartland Conference on Health Equity and Patient Centered Care, Overland Park, KS. (This poster won the conference's Best Poster Award.)
15. **Kuofie, A., Booker, A., Baker, T.A., Berkley-Patton, J., Bowe-Thompson, C., Berman, M.** (2017, April). *HIV knowledge and behaviors among younger and older African Americans.* [Oral presentation] University of Kansas Graduate Student Research Competition, Lawrence, KS.
16. **Kuofie, A., Booker, A., Baker, T.A., Berkley-Patton, J., Bowe-Thompson, C., Berman, M.** (2017, March). *HIV knowledge and beliefs among African Americans: Does age matter?* [Poster presentation] Xavier University of Louisiana Health Disparities Conference, New Orleans, LA.

17. Gotham, H. J., Knopf-Amelung, S., & **Kuofie, A.** (2016, October). *Three-year results of competency-based SBIRT training for nursing and social work students.* [Poster presentation] Addiction Health Services Research Annual Meeting, Seattle, WA.
18. Knopf-Amelung, S., Gotham, H. J., & **Kuofie, A.** (2016, October). *If you train them, will they practice? Challenges integrating SBIRT into nursing and social work students' clinical experiences.* [Poster presentation] Addiction Health Services Research Annual Meeting, Seattle, WA.
19. Gotham, H. J., Knopf-Amelung, S., Lynn, J., Young, P., Stinson, R. M., Barker, K., & **Kuofie, A.** (2016, November). *Comparison of instructional methods for delivering SBIRT training to baccalaureate nursing students.* [Poster presentation] Association for Medical Education and Research in Substance Abuse (AMERSA) conference, Washington, DC.
20. Ellington, E., Gotham, H. J., Thiem, L., Knopf-Amelung, S., M., & **Kuofie, A.** (2016, April). *Implementing adolescent screening, brief intervention and referral to treatment (SBIRT) training into interprofessional practice.* [Poster presentation] International Society of Psychiatric-Mental Health Nurses Annual Conference. Minneapolis, MN.
21. Kelly, P., Gotham, H. J., Knopf-Amelung, S., Young, P., Lynn, J., Kohnle, K., & **Kuofie, A.** (2015, November). *Educating nursing students about the secondary prevention of drug and alcohol use.* [Poster presentation] American Public Health Association (APHA) Conference, Chicago, IL.
22. Clark, A., Berkley-Patton, J., Bowe-Thompson, C., Berman, M., Booker, A., Harris, T., Barclay, J. & **Kuofie, A.** (2015, November). *The relationship between intentions and motivations for receipt of HIV testing.* [Poster presentation] American Public Health Association (APHA) Conference, Chicago, IL.
23. Haggins, I., Gotham, H. J., Knopf-Amelung, S., Endicott, R., & **Kuofie, A.** (2015, August). *Tailoring SBIRT training across professions: Meeting the educational needs of Master of Social Work students.* [Oral presentation] Clute Institute 2015 International Business Conference /International Education Conference, New York, NY. (This paper won the conference's Best Paper Award.)
24. **Kuofie, A.**, Berman, M., Booker, A., Berkley-Patton, J. (2015, April). *The effects of socioeconomic status and education on HIV knowledge in the African-American church setting.* [Poster presentation] 2015 SEARCH Undergraduate Research Symposium, Kansas City, MO.