

**Caroline Hexdall**

*Licensed Psychologist*

*Owner, Center for Mindful Development, PLLC*

*Learning Specialist, Early Schools and Lower School*

*Carolina Friends School*

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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**

**Learning Specialist, Carolina Friends School, Early and Lower Schools**

Durham, North Carolina

*January 2015 - present*

Develop and oversee 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. Collaboration and consultation with community providers on behalf of student population and their families occurs regularly to best meet the needs of all students.

**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. A wide variety of therapeutic techniques are used to address the needs of each client drawing on

mindfulness-based approaches. Mindful parenting classes taught privately and through the Program on Integrative Medicine at UNC Chapel Hill.

**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 is 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 include training, program planning, development, management and evaluation all toward the goal of initiation, expansion and improvement of school psychology services for students with disabilities. 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 – present*

Provide training on administration of the motor portion of the Bayley-III (Infant Toddler standardized assessment) as well as quality control for research assistants who are administering the assessments with infants who are birth – 12 months old. Quality control consists 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 Páez, 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, 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.

**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, Advisory Council, KidSCOPE - Early Intervention and Family Support, A program of the Chapel Hill Training and Outreach Project**

*September 2014 - present*

**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*

Rebecca Edmondson-Pretzel, Ph.D.  
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