

# Karen Dimentstein

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## EDUCATION

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**Doctor of Philosophy (Ph.D.), Clinical Psychology** 2024  
*Health Concentration* *expected*  
Nova Southeastern University, Fort Lauderdale, FL GPA: 3.97  
APA-Accredited

**Dissertation:** Disparities in Pediatric Diabetes Care During COVID-19

**Committee:** Jessica M. Valenzuela, Ph.D. (Chair), Barry Nierenberg, Ph.D., Lourdes Suarez-Morales, Ph.D., and Christian DeLucia, Ph.D.

**Master of Science, Clinical Psychology** 2021  
Nova Southeastern University, Fort Lauderdale, FL  
APA-Accredited

**Master of Public Health** 2019  
*Epidemiology*  
University of Miami Miller School of Medicine, Miami, FL

**Thesis:** Temporary Targets and Post-Meal Outcomes in DIY Artificial Pancreas System (DIYAPS) Users

**Faculty Advisor:** Tulay Koru-Sengul, Ph.D.

**Bachelor of Science** 2016  
*Psychology, Biology*  
University of Miami, Coral Gables, FL

## SUPERVISED CLINICAL EXPERIENCE

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### Formal Practicum Experience

#### **Pediatric Health**

##### *Psychology Trainee*

Nicklaus Children's Hospital, Miami, FL

Provided consultation/liason on medical floors to youth, adolescents, and families with presenting concerns including diabetes, eating disorders, GI concerns, and others. Conducted assessments (e.g., achievement and aptitude tests, intelligence tests, neuropsychological tests, objective and projective tests) and psychotherapy with youth and adolescents using various modalities (e.g., cognitive behavioral therapy, interpersonal therapy, motivational interviewing, acceptance commitment therapy). Provided outpatient services in-person and utilizing HIPAA-compliant telehealth platform. Discussed cases, treatment plans, and treatment progress in weekly supervision meetings. Attended grand rounds and collaborated with interdisciplinary healthcare providers.

Supervisor: Rose Alvarez-Salvat, Ph.D.

**Comprehensive Pediatric Diabetes Center &** 08/2022-Present  
**Pediatric, Gastroenterology Hepatology, and Nutrition Clinic**  
*Clinic Coordinator*

Broward Health Medical Center Salah Foundation Children's Hospital, Fort Lauderdale, FL

Maintained patient/flow encounter data, managed clinical materials and data, prepared training orientation materials, created patient handouts, scheduled didactics to increase education opportunities for practicum students, provided umbrella supervision to practicum trainees and provided additional support to interns assigned to Broward Health.

Supervisor: Jessica Valenzuela, Ph.D.

### **Camp Coral Kids Diabetes Camp**

06/2022

*Group Facilitator*

Broward Health Medical Center Salah Foundation Children's Hospital, Fort Lauderdale, FL  
Session topics include adjustment to diagnosis, effective communication, and barriers to adherence.

Supervisor: Jessica Valenzuela, Ph.D.

### **Pediatric Gastroenterology, Hepatology, and Nutrition Clinic**

05/2022-08/2022

Broward Health Medical Center Salah Foundation Children's Hospital, Fort Lauderdale, FL

*Psychology Trainee*

Collaborated with interdisciplinary team members (e.g., pediatric gastroenterologists, allied health professionals) to provide integrated services focused on pediatric GI concerns (e.g., functional abdominal concerns, short gut syndrome, IBS-D, IBS-C). Conducted screenings, brief assessments, consultation, and interventions (e.g., behavioral therapy, cognitive behavioral therapy, acceptance commitment therapy, motivational interviewing, supportive counseling, psychoeducation), within pediatric gastroenterology clinics.

Supervisor: Jessica Valenzuela, Ph.D.

### **Pediatric Diabetes Support Group**

04/2022-Present

College of Psychology, Nova Southeastern University, Fort Lauderdale, FL

*Lead Group Facilitator*

Co-facilitated monthly psychoeducational and support groups for youth newly diagnosed with T1D and their families.

Supervisor: Jessica Valenzuela, Ph.D.

### **Comprehensive Pediatric Diabetes Center**

08/2021-22

Broward Health Medical Center Salah Foundation Children's Hospital, Fort Lauderdale, FL

*Psychology Trainee*

Conducted screenings, brief assessments, consultation, and interventions (e.g., cognitive behavioral therapy, acceptance commitment therapy, behavioral therapy, motivational interviewing, supportive counseling, family system-based approaches, psychoeducation), within pediatric endocrinology multidisciplinary outpatient clinics. Collaborated with interdisciplinary team members (e.g., pediatric endocrinologists, nutritionists, allied health professionals) to provide integrated services focused on diabetes management. Provided outpatient services utilizing HIPAA-compliant telehealth platform. Discussed cases, treatment plans, and treatment progress in weekly supervision meetings. Presented and attended case conferences and didactic seminars.

Supervisor: Jessica Valenzuela, Ph.D.

### **Multidisciplinary Pediatric Endocrinology & Obesity Clinic**

08/2021-22

Broward Health Medical Center Salah Foundation Children's Hospital, Fort Lauderdale, FL

*Psychology Trainee*

Worked as part of a multidisciplinary team of pediatric endocrinologists, nutritionists, and allied

health professionals to screen and treat patients with obesity and other endocrine conditions (e.g., Klinefelter syndrome, Turner syndrome). Conducted comprehensive evaluations to assess weight-related history, nutrition behaviors, physical activity, and psychosocial functioning. Provided integrated recommendations and evidence-based intervention to aid youth and their families in making healthy lifestyle behavior changes. Provided outpatient services utilizing HIPAA-compliant telehealth platform. Discussed cases, treatment plans, and treatment progress in weekly supervision meetings. Presented and attended case conferences and didactic seminars. Supervisor: Jessica Valenzuela, Ph.D.

### **Child, Adolescent, & Family Services (CAFS)**

08/2020-21

Psychology Services Center, Nova Southeastern University, Fort Lauderdale, FL

#### *Psychology Trainee*

Provided evidence-based individual psychotherapy services to children and adolescents. Administered, scored, and interpreted various assessment batteries, including tests of affect, attention, and behavior. Developed treatment plans, monitored treatment progress, and completed treatment/diagnostic summaries. Provided services utilizing HIPAA-compliant telehealth platform. Discussed case conceptualization, treatment plans, and treatment progress in weekly supervision meetings. Attended case conferences and didactic seminars.

On-Site Supervisor: Yukari Tomozawa, Psy.D.

Intensive Supervisor: Lourdes Suarez-Morales, Ph.D.

### Other Clinical Experience

#### **David A. Yudell Psy.D. & Associates**

01/2020-Present

#### *Psychometrician*

Plantation and Coral Springs, FL

Administered, scored, and interpreted various psychoeducational batteries for children and adolescents (e.g., WISC-V, ASEBA TRF/CBCL/YSR/ASR, FAM-III, TOVA, BRIEF-2, WCJ, Conners-3, SCARED, GSRT, GORT, others). Conducted mental status examinations and wrote comprehensive integrated reports for academic and disability evaluations and custody arrangements.

Supervisor: David Yudell, Psy.D.

## **PEER-REVIEWED PUBLICATIONS**

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**Dimentstein, K.,** Valenzuela, J.M. (2022). Involvement of Racially and Ethnically Minoritized Youths in Behavioral Type 1 Diabetes Interventions: A Systematic Review. [Manuscript submitted for publication]. College of Psychology, Nova Southeastern University.

Valenzuela, J.M., **Dimentstein, K.,** Yee, S., Pan, B., Snyder, M.C., Wolf, R.M. (2022). Psychosocial Impact of the COVID-19 Pandemic in Diverse Youth with Diabetes. [Manuscript under review]. *Journal of Pediatric Psychology*.

**Dimentstein, K.,** Sosenko, J. M., & Goodman, K. W. (2021). Do-It-Yourself Diabetes Management: Perspectives of a Patient, a Physician, and an Ethicist. *Clinical Diabetes*, 40(1). <https://doi.org/10.2337/cd20-0058>

**Dimentstein, K.** & Valenzuela, J.M. (2021). JPP Student Journal Club Commentary: Predictors of HbA1c Trajectories in Predominantly Black Adolescents with Type 1 Diabetes. *Journal of Pediatric Psychology*, 46(3), 251–253. doi:10.1093/jpepsy/jsab024

Ponder, S. W., Atkinson, C., Imber, A., Jordán, C. A.L., Matheson, D.L., **Dimentstein, K.**, Espinel, Z., Shultz, J.M. (2020). Supporting Persons Living with Type 1 Diabetes during Hurricanes. *ADCES in Practice*, 8(3), 20–25. doi:10.1177/2633559X20915436

**Dimentstein, K.**, Leyva Jordán, C.A., Ponder, S., Matheson, D., Sosenko, J., Espinel, Z., & Shultz, J. (2020). Provider-guided emergency support for persons living with type 1 diabetes during Hurricanes Harvey, Irma, and Maria. *Disaster Medicine and Public Health Preparedness*, 14(1), 150-154. doi:10.1017/dmp.2020.17

## ORAL AND POSTER PRESENTATIONS

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Valenzuela, J.M., **Dimentstein, K.**, Pan, B., Yee, S., Snyder, M., Wolf, R.M. (2022, April 7-9). *COVID-19 Exposure and Impact in a Diverse Sample of Youth with Diabetes*. Poster presented at the Society of Pediatric Psychology Annual Conference, Phoenix, AZ.

Greenberg, B., Stripling, A., **Dimentstein, K.**, Valenzuela, J.M. (2022, April 7-9). *Assessing Disordered Eating in Diverse Adolescents and Young Adults (AYA) with Type 1 Diabetes (T1D): A Systematic Review*. Poster presented at the Society of Pediatric Psychology Annual Conference, Phoenix, AZ.

**Dimentstein, K.**, Yee, S., Valenzuela, J.M., Pan, B., Snyder, M., Wolf, R.M. (2021, June 25-29). *Psychosocial Impact of COVID-19 on Pediatric Diabetes*. Poster presented at the American Diabetes Association's virtual 81st Scientific Sessions.

Marchetta, A., **Dimentstein, K.**, Perez-Carrion, K., Ali, R., & Valenzuela, J.M. (2021, April 8-9). *Food Insecurity and Food Waste: Outcomes of a Community-Based Participatory Research Partnership in an Ethnically and Racially Diverse Middle School During COVID-19*. Poster presented at the virtual Society of Pediatric Psychology Annual Conference.

**Dimentstein, K.**, Nuccio, A.G., & Stripling, A. (2020, August 6-9). *Depression Status and the Burden of Caregiving in African American Grandparents*. Poster presented at the virtual American Psychological Association Annual Conference.

**Dimentstein, K.**, Valenzuela, J.M., & Crosby, L. (2020, March 19-21). *Involvement of Racial and Ethnic Minority Youths in Behavioral Type 1 Diabetes Interventions*. Symposium presented at the virtual Outstanding Student/Trainee Research Symposium, Society of Pediatric Psychology Annual Conference.

**Dimentstein, K.**, Shultz, J. (2018, November 10-14). *DACA Recipients with Type 1 Diabetes and Special Medical Conditions: Deportation as a Threat to Life*. Poster presented at the American Public Health Association Annual Conference, San Diego, CA.

## INVITED LECTURES

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**Dimentstein, K.**, Ramos, A., Mateo, K., Valenzuela, J.M. (2022, May 11). [Webinar]. *Diabetes Distress in Children and Adolescents with Type 1 Diabetes*. Presented to medical residents at Broward Health Medical Center, Fort Lauderdale, FL.

Mateo, K. **Dimentstein, K.**, Honsa, E., Valenzuela, J.M. (2022, May 6). *The Role of Pediatric Psychology in Healthcare Settings*. [Webinar]. Presented to medical residents at Broward Health Medical Center, Fort Lauderdale, FL.

**Dimentstein, K.** (2022, April 1). *Psychosocial Impact of the COVID-19 Pandemic in Diverse Youth with Diabetes*. [Webinar]. Presented to Health Psychology Research Blitz, College of Psychology, Nova Southeastern University.

**Dimentstein, K.** (2021, April 23). *JPP Student Journal Club Commentary: Predictors of HbA1c Trajectories in Predominantly Black Adolescents with Type 1 Diabetes*. [Webinar]. Presented to Student Journal Club, Journal of Pediatric Psychology.

**Dimentstein, K.** (2020, June 25). *Involvement of Racial and Ethnic Minority Youths in Behavioral Type 1 Diabetes Interventions*. [Webinar]. Presented to Diabetes Special Interest Group, Society of Pediatric Psychology.

**Dimentstein, K.** (2019, 2018, 2016, 2015, May). Invited speaker and panelist, Annual Chronic Disease Panel, University of Miami Miller School of Medicine, Miami, FL.

## **RESEARCH EXPERIENCE**

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### **Promoting Health and Eliminating Disparities (PHED Up!) Research Lab**

*Graduate Research Assistant*

2019-Present

College of Psychology, Nova Southeastern University, Fort Lauderdale, FL

Managed lab website, meetings, agendas, and minutes. Provided support to new research assistants and participated in volunteer opportunities held in the community.

Supervisor: Jessica Valenzuela, Ph.D.

#### **PROJECT: Clinic Screening Practices in Youth with Type 1 Diabetes**

*Co-Investigator*

10/2020-Present

Contributed to the development of study protocol, consent forms, IRB, regulatory documents, and Qualtrics survey. After surveys are complete, data entry and analysis will be conducted to examine which tools are used in pediatric T1D clinics, if/how clinics decide when to distribute screening protocols, and other psychosocial concerns clinics face.

Co-PIs: Jessica Valenzuela, Ph.D., Brooke Greenberg, B.A.

#### **PROJECT: Impact of COVID-19 on Youth with Diabetes and their Families**

*Co-Investigator*

05/2020-Present

Contributed to the development of study protocol, consent forms, IRB, regulatory documents, and REDCap survey and database at two sites (Johns Hopkins University, Broward Health Medical Center). Completed data entry and analysis to assess exposure and impact of COVID-19 on psychosocial and glycemic control outcomes.

Co-PIs: Jessica Valenzuela, Ph.D., Risa Wolf, M.D.

### **Sylvester Comprehensive Cancer Center**

2016-2019

University of Miami Miller School of Medicine, Miami, FL

**ROLE:** *Research Support Specialist*

12/2017-07/2019

Recruited, screened, confirmed eligibility, obtained consent, phlebotomized, processed and shipped blood samples, and overall coordination of the NCI-funded clinical trial: Use of the CA 125 Algorithm for the Early Detection of Ovarian Cancer in Low-Risk Women. Educated

and recruited participants through speaking engagements at community events on gynecologic oncology, current clinical trials, and research at SCCC. Built and maintained databases and surveys. Wrote and revised study protocols, consent forms, IRB, and regulatory documents.

Supervisor: Brian Slomovitz, M.D.

**ROLE:** *Clinical Research Assistant* 06/2016-12/2017

Created personalized treatment plans for late-stage oncology patients, processed tumor tissue from oncology surgeries, collected patient histories from medical records. Coded and analyzed data from gynecologic oncology patients' Next Generation Sequencing testing. Involved in the development of the Sylvester Comprehensive Cancer Center's Precision Medicine Initiative. Assisted with IRB protocol submission and manuscript preparation. Supervisor: Brian Slomovitz, M.D.

### **Diabetes Research Institute**

University of Miami Miller School of Medicine, Miami, FL

2014-2015

**PROJECT:** **Type 1 Diabetes TrialNet: Natural History Study of the Development of Type 1 Diabetes**

*Clinical Research Assistant*

06/2014-09/2015

Served as primary contact for this NIDDK-funded clinical trial. Managed tracking, scheduling, continued eligibility, and retention of subjects during the course of the trial.

Performed phlebotomy to screen patients for clinical trial eligibility. Assisted in preparation, storage, and shipment of blood samples.

Site PI: David Baidal, M.D.

Supervisor: Della Matheson, R.N., C.D.E.

## **PROFESSIONAL LEADERSHIP & SERVICE**

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### National Leadership

**Society of Pediatric Psychology Annual Conference**, Phoenix, AZ

04/2022

*Student Ambassador*

**Student Advisory Board**, Society of Pediatric Psychology (APA Division 54)

01/2022-24

*Podcast Co-Chair, Communications Committee*

**Society of Pediatric Psychology (APA Division 54)**

11/2021-22

*Network Campus Representative*, Nova Southeastern University

**Diabetes Special Interest Group**, Society of Pediatric Psychology (APA Division 54)

*Leadership Board Trainee Member-at-Large*

05/2021-23

*Dissemination Committee Trainee Member-At-Large*

09/2020-22

**Student Journal Club**, Journal of Pediatric Psychology

2020-21

*Invited Commentator*

### Scholarly Service

**Association of Diabetes Care & Education Specialists (ADCES) in Practice** 04/2022-Present

*Invited Reviewer*

**Clinical Practice in Pediatric Psychology** 01/2020-06/2020  
*Ad Hoc Mentored Reviewer*  
Mentor: Jessica Valenzuela, Ph.D.

**Journal of Pediatric Psychology** 11/2019-02/2020  
*Ad Hoc Mentored Reviewer*  
Mentor: Jessica Valenzuela, Ph.D.

University & Community Service

**Inter-Professional Diabetes Education and Awareness (IDEA)** 09/2020-05/2021  
*College of Psychology Representative, Medication Adherence Group*  
Nova Southeastern University, Fort Lauderdale, FL

**Hands On Broward Service Project** 01/2020  
*Volunteer*  
Broward College, Dillard High School, Fort Lauderdale, FL

**HONORS & AWARDS**

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**Professional Development Travel Funding Award** 2020, 2022  
College of Psychology, Nova Southeastern University

**Division 54 Student Conference Award** 2021  
Society of Pediatric Psychology Annual Conference

**Psi Chi National Psychology Honor Society** 2020  
Nova Southeastern University

**Diabetes Special Interest Group Poster Award** 2020  
Society of Pediatric Psychology Annual Conference

**TEACHING EXPERIENCE**

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**PSY 2604: Child and Adolescent Interventions**  
*Graduate Teaching Assistant* Fall 2021  
College of Psychology, Nova Southeastern University, Fort Lauderdale, FL  
Updated and managed course content, proctored examinations, graded course materials,  
practiced therapeutic skills with students.  
Lead instructor: Lourdes Suarez-Morales, Ph.D.

**PSY 2604: Child and Adolescent Interventions**  
*Graduate Teaching Assistant* Fall 2021  
College of Psychology, Nova Southeastern University, Fort Lauderdale, FL  
Proctored examinations, graded course materials.  
Lead instructor: Kelly Santandrea, Psy.D.

**PSY 1408: Child and Adolescent Psychopathology**  
*Graduate Teaching Assistant* Spring 2021, 2022  
College of Psychology, Nova Southeastern University, Fort Lauderdale, FL  
Updated and managed course content, proctored examinations, graded course materials.

Lead instructor: Lourdes Suarez-Morales, Ph.D.

## **PROFESSIONAL AFFILIATIONS**

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**Society of Pediatric Psychology** (APA Division 54) 2019-Present

Diabetes Special Interest Group  
Diversity Special Interest Group  
Caregiver Wellbeing Special Interest Group  
Jewish Affinity Group

**American Diabetes Association** (ADA) 2019-Present

Behavioral Medicine & Psychology Interest Group  
Public Health & Epidemiology Interest Group

## **SPECIALTY TRAINING & SKILLS**

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### **Electronic Medical Record Systems**

Including Epic and Cerner

### **Data Management and Software Systems**

Including SPSS, REDCap, Velos, and SAS