

# MEET OUR FACULTY

*Doctor of Psychology (Psy.D.) | Clinical Psychology*

## Colleen Spada, Psy.D.

*Visiting Senior Lecturer in Psychology*

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Dr. Spada holds a Doctor of Psychology (Clinical Psychology) from Loyola University, and has taught at Stevenson since 2010. She served as a Doctoral Supervisor while at Loyola, supervising master's level clinical and counseling students who were completing their externships. Her clinical experience includes individual therapy for clients presenting issues such as depression, anxiety, addiction, and interpersonal struggles as well as conducting workshops and training for organizations and businesses on topics such as stress reduction, self-esteem building, and relaxation. She currently maintains her own private clinical practice and provides educational services for pregnant women offering information about evidence-based practices during pregnancy, labor and childbirth, as well as labor management through the use of mindfulness techniques.



### AREAS OF FOCUS

- Best practices in working with diverse populations
- Pregnancy, childbirth, and early motherhood
- Assessment, diagnosis, and treatment of stress, anxiety, and related disorders

### CURRENT PROJECTS

- Developing an intervention for math anxiety experienced by undergraduate students.
- Developing a new course for pregnant women focusing on the best practices of pregnancy and childbirth as well as natural pain management during labor and childbirth, including mindfulness training and practice to prepare for natural childbirth without unnecessary anxieties and fears.