

# SAIRA MALHOTRA

linkedin.com/in/sairamalhotra ♦ Denver, CO

## EDUCATION

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### University of Denver

Graduate School of Social Work  
Master of Social Work

Denver, CO  
Class of 2019  
Cumulative GPA: 4.0

### Boston University

Kilachand Honors College, College of Arts and Sciences  
B.A. in Psychology, Minor in Sociology

Boston, MA  
Class of 2017  
Cumulative GPA: 3.7 (*magna cum laude*)

## RELEVANT CERTIFICATIONS AND COURSEWORK

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Therapeutic Crisis Intervention – Verbal De-escalation and Physical Restraint

Certified June 2018

BLS/CPR for Healthcare Providers

Certified December 2018

Mandatory Reporter Training

Certified June 2018

Solution-Focused Brief Therapy

Coursework Completed November 2018

Suicide Assessment and Intervention

Coursework Completed November 2018

Cognitive Behavioral Therapy

Coursework Completed May 2018

DSM-V Mental Health Assessment

Coursework Completed May 2018

Trauma-Informed Assessment and Intervention

Coursework Completed May 2018

## CLINICAL SOCIAL WORK EXPERIENCE

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### EMPOWER Centers of Excellence in Family Behavioral Health

Denver, CO

Child, Adolescent, and Young Adult Specialist

September 2018 – Present

- Apply evidence-based interventions in therapy with youth and families experiencing anxiety, mood, and relationship issues
- Co-lead and construct curriculum for group therapy sessions around anxiety and emotion regulation
- Contribute to weekly case formulation and reflective supervision meetings with an interdisciplinary team of providers
- Engage in monthly didactics about a variety of clinical practices to support continued education

### Colorado “I Have A Dream” Foundation – STRIVE Prep Ruby Hill

Denver, CO

Therapeutic Crisis Team – Social-Emotional Coach

June 2018 – September 2018; January 2019 – July 2019

- Delivered therapeutic crisis management for an after-school program serving 192 at-risk youth
- Planned and led daily social-emotional learning groups with 30 youth ages 9 to 11
- Completed 20-minute student checks to monitor progress and practice emotion-regulation strategies
- Provided social-emotional support to camp instructors and administrative staff members

### Colorado “I Have A Dream” Foundation – STRIVE Prep Ruby Hill

Denver, CO

Clinical Social Work Intern

September 2017 – May 2018

- Performed individual therapy with elementary-aged youth to build their social-emotional skills
- Co-facilitated and helped plan social-emotional learning groups with youth ages 5 to 7
- Collaboratively developed therapeutic goals and safety plans for all clients on caseload
- Regularly coordinated comprehensive wrap-around support services across multiple domains for clients and families

## CLINICAL RESEARCH EXPERIENCE

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### University of Denver Graduate School of Social Work

Denver, CO

Graduate Research Assistant

January 2018 – Present

*Project Title:* Adaptation of a network-based substance use preventative intervention for young adults experiencing homelessness

- Systematically review existing substance use preventative interventions for adaptation to research population
- Conduct focus groups with homeless young adults about their preferences for a substance use prevention program
- Prepare to pilot and measure outcomes of modified preventative intervention

### University of Denver Graduate School of Social Work

Denver, CO

Graduate Research Assistant

September 2017 – May 2019

*Project Title:* Fostering Healthy Futures – A mentorship-based preventative intervention for youth in out-of-home care

- Entered and cleaned survey data from 36 participating youth, 12 mentors, and 5 supervisors
- Utilized the *Maltreatment Classification System* to code Family Services Plans for various forms of child abuse and neglect
- Prepared manuals and worksheets for mentor training and social-emotional skill-building sessions

## PRESENTATIONS & PUBLICATIONS

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(\* = graduate student researcher; \*\* = undergraduate student researcher)

### Conference Presentations

Graves, D., Seider, S., El-Amin, A., Kelly, L., \*Clark, S., \*Jennett, P., \*Soutter, M., \*Tamerat, J., \*\*Cabral, M., \*\*Johannsen, J., & **\*\*Malhotra, S.** (April 2017). The development of black and Latino students' perceptions of racism: A longitudinal study of urban high school students. Paper presented at roundtable session in the annual meeting of the American Educational Research Association (AERA), San Antonio, TX.

Seider, S., Graves, D., Kelly, L., \*Tamerat, J., \*Clark, S., \*Soutter, M., \*Jennett, P., El-Amin, A., **\*\*Malhotra, S.**, \*\*Johannsen, J., & \*\*Cabral, M. (April 2017). The development of sociopolitical consciousness of race and class inequality in adolescents attending urban schools. Paper presented at roundtable session in the annual meeting of the American Educational Research Association (AERA), San Antonio, TX.

Seider, S., Graves, D., \*Kelley, L., \*Clark, S., \*Tamerat, J., \*Soutter, M., \*\*Cabral, M., **\*\*Malhotra, S.**, \*\*Johannsen, J. (April 2017). The development of critical consciousness of race and class inequality in adolescents attending urban high schools. Accepted for the biennial meeting of the Society for Research in Child Development (SRCD), Austin, TX.

Seider, S., Graves, D., El-Amin, A., \*Soutter, M., \*Clark, S., \*Tamerat, J., \*Jennett, P., \*\*Gramigna, K., **\*\*Malhotra, S.**, & \*\*Johannsen, J. (April 2016). The sociopolitical development of adolescents attending urban no excuses and progressive charter high schools. Paper presented at the annual meeting of the American Educational Research Association (AERA), Washington, D.C.

Seider, S., Graves, D., El-Amin, A., \*Soutter, M., \*Clark, S., \*Tamerat, J., \*Jennett, P., \*\*Gramigna, K., **\*\*Malhotra, S.**, & \*\*Johannsen, J. (April 2016). The sociopolitical development of black adolescents attending urban progressive and no excuses charter high schools. Paper presented at roundtable session in the annual meeting of the American Educational Research Association (AERA), Washington, D.C.

\*Soutter, M., Seider, S., & **\*\*Malhotra, S.** (April 2016). The role of *The Leader in Me* in the social-emotional development of elementary students. Paper presented at the annual meeting of the American Educational Research Association (AERA), Washington, D.C. Winner of the Graduate Student SEL SIG Award for Excellence in Social Emotional Learning Research.

### Invited Scholarly Presentations

Seider, S., \*Tamerat, J., \*Clark, S., & **\*\*Malhotra, S.** (November 2015). Preparing adolescents attending progressive and no excuses charter high schools to analyze, navigate, and challenge race and class inequality. Invited talk for Harvard Graduate School of Education Civic & Moral Education Initiative, Cambridge, MA.

### Publications

Seider, S., Kelly, L., Jennett, P., Graves, D., El-Amin, A., Clark, S., Soutter, M., **\*\*Malhotra, S.**, \*\*Cabral, M. (2018). Fostering the Sociopolitical Development of African American and Latinx Adolescents to Analyze and Challenge Racial and Economic Inequality. *Youth and Society*, 1-39. doi:10.1177/0044118X18767783

El-Amin, A., Seider, S., Graves, D., \*Tamerat, J., \*Clark, S., \*Soutter, M., \*\*Johannsen, J., & **\*\*Malhotra, S.** (2017). "I see the bigger picture:" Addressing Black Achievement through Critical Consciousness Development. *Phi Delta Kappan*, 98(5), 18-23. doi: 10.1177/0031721717690360

Seider, S., Graves, D., El-Amin, A., \*Tamerat, J., \*Jennett, P., \*Clark, S., \*Soutter, M., & **\*\*Malhotra, S.**, \*\*Johannsen, J. (2017). Developing sociopolitical consciousness of race and social class inequality in adolescents attending progressive and no excuses urban secondary schools. *Applied Developmental Science*, 1-19. doi: 10.1080/10888691.2016.1254557