

CURRICULUM VITAE

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Assistant Professor of Teaching

School of Social Work

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Coordinator-VAWC Certificate Program

Center on Violence Against Women &
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EDUCATION

2018-Present Doctoral Student, Rutgers University, School of Social Work.
2008 M.S.W., Rutgers University, NJ, School of Social Work.
1993 Masters (MA) in English Literature, Jadavpur University, India.
1991 Bachelors (BA) in English Literature (Honors), Jadavpur University, India

POST GRADUATE CLINICAL TRAINING

2015 Gender Based Violence, John Hopkins University
2015 Certificate in Complex Trauma, Rutgers University
2011-2014 Body- Oriented Psychotherapy for Anxiety Disorders,
2012 Mindfulness Based Stress Reduction (MBSR), MBSR Center of NJ
2012-2013 Eye Movement Desensitization Reprocessing (EMDR), EMDR Institute
2013-2014 Marriage and Family Therapy at the Multicultural Family Institute

ACADEMIC POSITIONS

2015–present Assistant Professor of Teaching, School of Social Work, Rutgers University
2013–2015 Adjunct Faculty, School of Social Work, Rutgers University

LEADERSHIP & ADMINISTRATIVE POSITIONS

2015– present Program Coordinator, Center on Violence Against Women & Children School of Social Work, Rutgers University. Oversee implementation of all functions related to the VAWC-Certificate Program, including marketing and recruitment, selection of students, managing field placements and interfacing with external agencies.

2008-2012 Director, Cross Cultural Counseling Center, International Institute of New Jersey

- Structured, planned, staffed, and supervised a multicultural community-based mental health program providing clinical and case management services to immigrants, refugees and asylum seekers in NJ from over 40 countries; [was the only program in NJ funded to provide services to torture survivors]
- Provided leadership and built the Program from a single project program into four projects in 2 years supported by the NJ state, federal and UN funds. Oversaw management including budgeting, structuring, staffing and

supervision of the ‘Survivors of Torture Program’, ‘Anti Trafficking Program’, ‘Immigrant Family Violence Institute Project’ and the ‘Refugee Mental Health Program’.

- Provided training and technical assistance to mental health professionals, law enforcement, health care workers, academia, faith based agencies on topics of trauma, torture, gender based violence, mental health, asylum, and immigration.
- Represented the Institute on State Coalitions, County Multidisciplinary Teams and Social Service Boards
- Developed strategic partnerships with academic institutions, law firms, immigration courts, asylum offices, mental health and medical care providers, human rights organizations, and ethnic communities
- Supervised and managed 15-20 multicultural and multilingual staff comprising of clinicians, caseworkers, Americorp members and student interns
- Provided support to the Executive Director in key decision making and participated in organizational strategic management planning
- Carried clinical caseload, focusing on forensic evaluation, treatment, and advocacy on behalf of survivors of refugee trauma, torture, domestic and sexual violence.

DIRECT PRACTICE POSITIONS

2012-present Private Practice, Highland Park, NJ

Utilizing a holistic and integrative approach, provide psychotherapy to survivors of trauma who have experienced traumatic event/s such as torture, captivity, loss, experience of physical, sexual and emotional abuse, range of anxiety disorders, migration trauma and intergenerational and family conflict. The approaches used comprehensively are Stress Inoculation Techniques (SIT), Cognitive Processing Therapy (CPT), Cognitive Behavioral Therapy (CBT), Mindfulness Based Stress Reduction Techniques (MBSR), Eye Movement Desensitization Reprocessing (EMDR) and forms of Body Oriented Trauma therapy (BOT) with critical emphasis on an individual’s faith, cultural belief systems, family structure, socialization and traditional healing methods.

2011-2014 Team Clinician, Artemis Collaborative - Psychological Care Unit, Médecins Sans Frontières, USA. Contracted by Doctors Without Borders/Médecins Sans Frontières (MSF, USA), the Collaborative comprises four independent consultants (psychologists and social workers) with extensive experience in trauma response and international disaster relief work.

- Provide psychosocial support through ‘Return Talks’, and ‘Pre-Departure Talks’ to humanitarian relief workers returning from field assignments
- Participate in developing policies and protocols, and operational models of psychosocial support for humanitarian workers

2006-2008 Counselor/Advocate/Educator, Morris County Sexual Assault Center, NJ

- Individual Therapy – Intake, treatment plans & short-term psychotherapy for clients ranging in age from 13 to adults

- Crisis Intervention – Responder to St. Clare’s and Morristown Memorial’s emergency and psychiatric unit for crisis counseling involving sexual assault
- Educating and training law enforcement, municipal court personnel and community agencies regarding prevention of sexual violence and response
- Advocating for clients and collaborating with social service agencies, local law enforcement, County Prosecutor’s Office, hospitals and schools
- Advocate – Member of the Sexual Assault Response Team, interfacing with medical personnel, Prosecutor’s office, relevant law enforcement and community agencies, responding to sexual violence incidences in Morris County

2004-2006 Domestic Violence Advocate, Victim-Witness Advocacy Program, Morris County Prosecutors Office, NJ

- Outreach to victims of domestic violence in the municipal courts
- Investigative interviews with victims for needs assessment
- Reviewing cases with victims and witnesses and providing appropriate referrals to social service agencies
- Victim accompaniment to courts in criminal cases and explaining procedures in the criminal justice system to the victims
- Assistance with victim impact statements and applications for crime victims compensation
- Providing coordinated services to victims as a member of the Multi-Disciplinary Team

2002-2003 Volunteer, Anti-oppression and Resident Services Units, North York Women’s Shelter, Toronto, Canada

- Women’s Services: Providing referrals to individuals, organizations and community groups. Working with donations, understanding and fulfilling requirements. Booking and scheduling interpreter service for residents. Accompanying residents to community group sessions. Managing client expenses in regards to daily disbursement and accounting. Administrative support, data input and documentation of information.
- Communications: Editing the shelter newsletter, photographing special events related to the shelter for shelter documentation

1994-95 Resource Development Executive, CRY (Child Relief & You), Delhi, India
CRY is one of India's foremost Non-Government Organization which implements key initiatives for supporting and developing underprivileged children.

- Prepared case histories and status profiles of various projects undertaken by CRY, for presentation to high net worth individuals and corporations with the objective of raising funds and securing sponsorships
- Researched community resources and established information sources.

HONORS & AWARDS

- 2016 Recipient of the “Community Champion Award,” by SANAR Wellness Institute, NJ
- 2013 Recipient of the “Outstanding Provider Award,” by South Asian Mental Health Awareness Jersey (SAMHAJ), National Alliance of Mental Illness (NAMI, NJ)
- 2008 Rutgers University – Recipient of the Deans Award for the Most Outstanding Student in Direct Practice
Verizon Wireless Violence against women and Children scholarship recipient

GRANTS: Research

- 2020-2021 McMahon, S., Schwartz, R. & **Khetarpal, R.M.** (2020) Innovations in Education and Teaching Pilot Grant, Teaching Intimate Partner Violence through an interactive online case studies module. \$10,000

GRANTS: Direct Service Programs

- 2011-2014 Three-year Program Grant from U.S. Dept. of Health and Human Services/Office of Refugee Resettlement to provide direct services to international victims of human trafficking, subcontracted by Heartland Alliance under the Northern Tier Anti Trafficking Consortium (NTAC), \$22,000 (per year)
- 2009-2012 Four consecutive one-year Program Victims Assistance Grant from NJ State Office of Victim Witness Advocacy to serve survivors of torture related crimes in New Jersey, \$45,000 (per year)
- 2009-2012 Program Grants from the United Nations Voluntary Fund for Victims of Torture (UNVFVT) to provide services to international survivors of torture, \$ 40,000 (per year)
- 2008-2011 Three-year grant from the Department of Health and Human Services, Administration of Children and Families, to develop the Immigrant Family Violence Institute in collaboration with five other national immigrant service agencies. \$300,000
- 2009-2011 Two-year Program Grants from Office of Refugee Resettlement (ORR) as a subcontractor for the United States Conference for Catholic Bishops (USCCB) to serve international victims of sex and labor trafficking. \$ 60,000 (per year)

PUBLICATIONS

Peer Reviewed Publications

1. Johnson, L., Postmus, J. L., **Khetarpal, R.**, Schwartz, R., Buttner, C., & McMahon, S. (2018). The Center on Violence Against Women and Children at Rutgers University *Research on Social Work Practice* 29(2), 234–240.
<https://doi.org/10.1177/1049731518798698>

2. Niklova, K., Buttner C., Cardenas, I., **Khetarpal, R.M.**, Postmus, J., & Simmel, C. (2019) Caseworker’s attitudes about domestic violence (DV): Does personal experience with abuse matter? *Human Service Organizations: Management, Leadership*. DOI: [10.1080/23303131.2020.1869130](https://doi.org/10.1080/23303131.2020.1869130)

Manuscripts under Review

Under 2nd Review

1. Yu, M., Reyes, L., Malik, S., **Khetarpal, R.** & Steiner, J. (2020). (Forced) Migrant Reciprocity: Refugees and Asylees as Agents of Facilitating Integration and Community building for Self and Others. *Journal of Ethnic and Migration Studies*

Under 1st Review

2. **Khetarpal, R.M.** & Johnson, L. (2020) Identifying core competencies for a Violence Against Women and Children Certificate Program. *Journal of Social Work Education*.
3. Mincin, J., & **Khetarpal, R.** & Steiner, J. (2021). Protecting Vulnerable Populations During Health Emergencies: COVID-19 Pandemic and Displaced Populations. *Journal of Emergency Management*.

Manuscripts in Preparation

1. **Khetarpal, R. M.** (2020) Trauma informed supervision trauma informed field supervision for students working with trauma and abuse. *Journal of Social Work Education*
2. Nikolova, K., Steiner, J., Cardenas, I., **Khetarpal, R.** (2020) Women's Help-Seeking in Asia and the Pacific: Factors That Impact Survivors of IPV. *Journal of Interpersonal Violence*.
3. **Khetarpal, R.**, Sharp, G., Banyard, V., & McMahon, S. (2020). Promoting Resilience in Social Workers: Exploring “mattering,” social support and job satisfaction. *Journal of Social Work Education*.
4. **Khetarpal, R.** Madsen, C. Trott., D & Steiner., J. (2020). Alternate Approaches to Addressing Mental Health in Refugees. *Journal of Ethnic and Migration Studies*
5. Mincin, J., **Khetarpal, R.**, Ast, R., Yu, M. & Steiner, J. (2021). Continuity of care among refugees entering the U.S.: A Qualitative case study. *Journal of Immigrant and Refugee Studies*.
6. Mincin, J., **Khetarpal, R.**, & Steiner, J. (2021). **“For the people- by the people.”** Evaluating the Refugee Community Health Promoter Program in New Jersey. International Rescue Committee (IRC), New Jersey Office of Refugees. *Journal of Ethnic and Migration Studies*

PUBLICATIONS-CURRICULUM GUIDES, REPORTS & TOOLKITS

Published

- Council of Social Work Education (2018). *Specialized Practice Curricular Guide for Trauma-Informed Social Work Practice*. Alexandria, VA. Assisted with writing of guide as a member of the National Task Force.
- **Khetarpal, R.** Madsen, C. & Trott., D (2020). Refugee Wellbeing and Mental Health Interventions. Recommendations for refugees in New Jersey. A White Paper for

distribution to all refugee resettlement agencies in NJ. Created under a grant by the New Jersey Office of Refugees (NJOR)

- Mincin, J., **Khetarpal, R.**, & Steiner, J. (2021). Refugee Community Health Promoter Program Evaluation Report for International Rescue Committee (IRC), New Jersey Office of Refugees.
- Trauma Informed Aftercare Manual (TIAM), (2019). SANAR Wellness Institute. Newark, New Jersey. Contributed as a reviewer.

CONFERENCE PRESENTATIONS

1. **Khetarpal, R.** (2021). *Social Work Responses to Collective Trauma*. Panelist at the Doctoral Student Panel, SSWR 2021, virtual conference.
2. Nikolova, K., Steiner, J., Cardenas, I., **Khetarpal, R.** (2019) *Factors that impact women's help seeking who are facing IPV in Asia and the Pacific*, SSWR 2020, Washington, D.C.
3. **Khetarpal, R.M.** (2019) "*Hear the Silent Cries*" Domestic Violence in Immigrant Communities." At the Crossroads of Complex trauma: Domestic Violence and Addiction. Annual Conference at the Graduate School of Applied Psychology, Rutgers University. New Brunswick, NJ
4. **Khetarpal, R.M.** (2019) "*Lost in a new land: Addressing Refugee Mental Health.*" Racism in Medicine Conference. Cooper Medical School, Rowan University, Camden, NJ.
5. Banyard, V, **Khetarpal, R.M.**, Sharpe, G. & McMahon, S. (2019) *Promoting resilience in social workers: Exploring "mattering," social support and job satisfaction*, CSWE APM 2019, Denver, Colorado
6. Steiner, J.J., Cardenas, I., Nikolova, N. & **Khetarpal, R.M.** (2019) *Incubations for knowledge mobilization: Connecting research and practice for GBV and refugees*, CSWE APM 2019, Denver, Colorado
7. **Khetarpal, R.M** (2019). *Lost in a New Land: Cultural practices and resilience in torture survivors*, ResCon, Nashville, TN
8. **Khetarpal, R.M.**, McMahon S., & Johnson, L. (2018). *Developing core competencies for a Violence Against Women and Children Certificate Program*. CSWE APM 2018, Orlando, FL
9. **Khetarpal, R.M.** & Oceanak, N. (2017) *Trauma informed field supervision for students working with trauma and abuse* (CE) CSWE APM Conference, Dallas, TX
10. Schwartz, R., **Khetarpal, R.M.** & Oceanak, N. (2017) *Integrating innovative ways for teaching interpersonal trauma online*. CSWE APM Conference, Dallas, TX
11. Lin, H.F., **Khetarpal, R.M.** & Oceanak, N (2017) *Work together! Engagement of alumni network for MSW VAWC Certificate Program*. CSWE APM Conference, Dallas, TX

SSWR Posters 2021

12. Malik, S., Reyes, L. **Khetarpal, R.**, Yu, M. & Steiner, J. (2020) Resettlement Experiences of Refugees in the Tri-State Area: Examining the Role of Community Ethnic Density. SSWR, 2021
13. Yu, M., Reyes, L., Malik, S., **Khetarpal, R.** & Steiner, J (2020). Migrant Reciprocity: Refugees and Asylees As Agents of Facilitating Integration for Self and Others. SSWR, 2021

Research Contribution

14. Steiner, J., **Khetarpal, R.M.**, Mincin, J. & Indart, M. (2019). *Addressing Wellbeing, Mental Health, and Integration of Refugee Survivors of Sexual Violence in the U.S.* Unveiling Inequality & Gender Based Violence: A Global Public Policy Symposium, Monmouth University, NJ

Proposed

15. Banyard, V, **Khetarpal, R.M.**, Sharpe, G. & McMahon, S. (2021) *Promoting resilience in social workers: Exploring “mattering,” social support and job satisfaction*, ResCon, Nashville, TN (Cancelled 2020- will be presenting in 2021)

INVITED & CONTINUING EDUCATION PRESENTATIONS

1. **Khetarpal, R.M.**, Trott, D. (2021). Refugee Wellbeing and Mental Health Interventions for Refugees. Rutgers Continuing Education Department, New Jersey.
2. **Khetarpal, R.M.** & Roebuck, J.(2020) *Building Trauma Informed Classrooms, A Solution.* Faculty Development Seminar, Rutgers School of Social Work
3. **Khetarpal, R.M.** (2020). *Definition and Prevalence of Sexual Violence, Understanding Safety and Consent.* Desi Dance Network. A National South Asian Dance Competition Organization
4. **Khetarpal, R.M.** (2019) “*Looking Through the Invisible Borders: A cross cultural response to trauma survivors*” Rutgers Continuing Education Department, New Jersey
5. **Khetarpal, R.M.** & Roebuck, J. (2019). “*Understanding Sexual Harassment: The not-so hidden acts of privilege and power.*” Culture Connections, New Jersey
6. **Khetarpal, R.M.** (2019). “*The Secret Shame: Male and LGBTQ survivors of Intimate Partner Violence.*” Jersey Battered Women’s Service (JBWS), NJ.
7. **Khetarpal, R.M.** & Roebuck, J. (2018). “*Lost in a New Land- psychological evaluations for at risk immigrants.*” Rutgers Continuing Education Department, New Jersey
8. **Khetarpal, R.M.** & Roebuck, J. (2018). “*Understanding Sexual Harassment.*” Rutgers Continuing Education Department, New Jersey
9. **Khetarpal, R.M.** (2018) “*Working with Muslim clients and families: culturally competent care*” California Board of Social Services, CalWORKS, CA, Online Webinar
10. **Khetarpal, R.M.** (2018) “*Working with Muslim clients and families: culturally competent care.*” Ackerman Institute, New York
11. **Khetarpal, R.M.** (2018) “*Trauma informed care for homeless youth*” New Jersey Department of Child Protection and Permanency (DCP &P) and Corporation for Supportive Housing (CSH) Collaborative, New Jersey
12. **Khetarpal, R.M.** (2017) “*Working with Muslim clients and families: culturally competent care*” Adelphi University, New York
13. **Khetarpal, R.M.** (2017) “*Working with Muslim clients and families: culturally Competent Care.*” Ackerman Institute, New York
14. **Khetarpal, R.M.** (2017) “*Looking through the invisible borders: A cross cultural response to trauma survivors*” Marywood University, School of Social Work, PA
15. **Khetarpal, R.M.** & Roebuck, J.(2017) “*Looking through the invisible borders: A cross cultural response to trauma survivors*” Rutgers Continuing Education Department, New Jersey
16. **Khetarpal, R.M.** (2016) “*Working with Muslim clients and families: culturally competent care*” Culture Conference, Graduate School of Applied Psychology, Rutgers university, NJ

17. **Khetarpal, R.M.** (2016) “*Understanding the perpetuation of violence against women.*” NJ Courts Education Conference, Family Court and Criminal Court Divisions, April & May 2016, New Jersey
18. **Khetarpal, R.M.** (2014, 2013) “*Cultural competency in working with South Asians.*” Series of 3 sessions of 5 hours each. Jersey Battered Women’s Service (JBWS), New Jersey
19. **Khetarpal, R.M.** (2013) “*Working with trauma and post-traumatic stress disorder.*” Veterans Administration (VA) Community Hope, SSVF, New Jersey
20. **Khetarpal, R.M.** (2012) “*Violence against women, a global epidemic.*” Culture Connections of New Jersey, 2012, New Jersey
21. **Khetarpal, R.M.** (2012) “*Trauma and culture, treating trauma within a multicultural perspective*”, Culture Connections of New Jersey, New Jersey
22. **Khetarpal, R.M.** (2010) “*Domestic violence and culture, understanding the experience of immigrant victims of domestic violence and help seeking behavior*” Mental Health Association of New Jersey (MHANJ), New Jersey
23. **Khetarpal, R.M.** (2010) “*Behind the Pain, understanding the experience of trauma amongst immigrant survivors of domestic violence; assessment and treatment of PTSD within the multicultural context*” Mental Health Association of New Jersey (MHANJ) Training, 2 part Series, New Jersey
24. **Khetarpal, R.M.** (2010) “*Hear the Silent Cries, understanding the experience of immigrant victims of domestic violence and help seeking behavior*” Culture Conference, Graduate School of Applied Psychology, Rutgers University, New Jersey
25. **Khetarpal, R.M.** (2010) “*Domestic violence in a cultural context*” Domestic Violence Resource Network Annual Meeting (DVRN), North Dakota
26. **Khetarpal, R.K.** (2010) “*Immigrant battered women: understanding help-seeking behavior and immigration relief*” NJ Association of DV Professionals (NJADVP) Conference, New Jersey
27. **Khetarpal, R.M.** (2010) “*The Hidden Shame, understanding the experience of immigrant male victims of domestic violence*” International Society for Traumatic Stress Studies (ISTSS) Conference, Montreal, Canada

MEDIA & PRINT

1. Documentary (2020): Interviewed for the documentary: Anik Khan- I Vote Because. Story of a young Bangladeshi Immigrant Rap Artist from NYC.
<https://m.youtube.com/watch?v=FhgRnZeJop8>
2. Podcast Series: *What will people say? Understanding domestic violence in South Asian homes.*” (October 2020). A series of 8 podcasts. Channel: [DV Podcast Series](#) Introductory: [Introduction to the Series](#)
3. Video (2020). COVID 19 Stressors and Ways to Cope for Health Workers. [SAMBHAV COVID video](#)
4. Khetarpal, R. & Berkowitz, A. (2021) Human Trafficking Prevention Month.
<https://socialwork.rutgers.edu/news-events/news/human-trafficking-month>
5. Television: Live interview by Vikas Nangia on TV Asia, Focus Live (2019) “*Empowering Domestic Violence Survivors: Addressing domestic violence in South Asian families.*”

6. Print: Blog for South Asian Mental Health Initiative & Network (SAMHIN). No Escape: Domestic Violence During the COVID 19 Pandemic. September 2020. <https://samhin.org/blog/>
7. Print: Article published in *Tiranga*, an online magazine for the South Asian Community. [Domestic Violence Article](#)
8. Print: Interviewed by Vidya Sri, Ganashakti.org, (2017) Voices from the Frontline: Addressing Forced Marriage within the United States http://projects.iq.harvard.edu/files/carrcenter/files/vidyasri_voicesfromthefrontline.pdf
9. Documentary Film: Director and Producer. *Hear the Silent Cries*. Interviews with four Refugee women survivors of domestic violence. (2012). <https://vimeo.com/57466750>

PROFESSIONAL AFFILIATIONS

- Council on Social Work Education (CSWE)
- The Society for Social Work and Research (SSWR)
- Phi Alpha Honor Society Nu Omicron Chapter
- National Association of Social Workers (NASW)
- United Way of Morris County Inclusion Committee
- United Way of Northern New Jersey ALICE Committee
- Domestic Violence Working Group, Morris County, & Hudson County
- State Anti-Trafficking Taskforce, DCJ, NJ
- Representative of IINJ associated with DPI-United Nations, NY

TEACHING EXPERIENCE

Graduate Courses – Rutgers University

- Clinical Social Work: Working with Survivors of Abuse & Trauma – Fully Online, On the Ground (OTG) and Hybrid formats. Developed and taught this course
- Violence & Abuse in Adulthood – On the ground (OTG), Fully Online
- Social Work with Immigrants and Refugees-Hybrid, Intensive Weekend (IW)
- Self-Care for Professional Practice: Online Module for MSW students [Under review]

Course Development: Rutgers University

- 2016: Clinical Social Work: Working with Survivors of Abuse & Trauma (WSAT)
- 2019: Self Care for Professional Practice, MSW Program
- 2019: Study Abroad Program for Kolkata, India
- 2020: Social Work in Complex Times, 5 Modules in “Self-Care”

Course Coordinator: Rutgers University

- Violence & Abuse in Adulthood – On the ground (OTG)
- Clinical Social Work: Working with Survivors of Abuse & Trauma – Fully Online, On the Ground (OTG), Hybrid and Intensive Weekend formats.

COMMUNITY SERVICE

New Jersey State

1. Co- Founder, SAMBHAV [South Asian Mental & Behavioral Health AdVocacy] 2018-present
2. Co-Chair of the Refugee Wellness Committee, NJ State Office of Refugees/International Rescue Committee (IRC) 2018-present
3. New Jersey Human Trafficking Services Committee, a consortium of interdisciplinary trafficking service providers in New Jersey. 2020-present
4. Member of the Advisory Council of SAMHAJ [South Asian Mental Health Awareness of Jersey] 2007-2018
5. Member of the Northern Jersey Coalition against Human Trafficking, NJ, 2017-present
6. Member of the Clinical Advisory Committee & Community Champion, SANAR Wellness Institute, NJ, 2016-present
7. Member of the Morris County Children's Sub Committee Working Group 2012-present

Rutgers University

1. Member of the Pre- Arrest Diversion Program Committee (Human Trafficking), Rutgers Law School 2020
2. STAFF domestic Violence and Asylum Working Group, representing Rutgers University, 2018- 2020
3. Member of the Culture Conference Committee, Graduate School of Applied Psychology, Rutgers University, NJ 2016-2019
4. Member of the CSWE Trauma Competencies Taskforce, representing Rutgers University, School of Social Work, 2017- 2018
5. Member, Curriculum Committee, Rutgers School of Social Work, 2017-2019
6. Member NTT Annual Evaluation Committee Rutgers School of Social Work, 2017- 2019

SOCIAL WORK LICENSE

NJ State Board of Social Work: Licensed Clinical Social Worker (LCSW) #44SC05504400
NY State Education Department: Licensed Clinical Social Worker (LCSW) # 084111