

## CURRICULUM VITAE

**Rupa M. Khetarpal, LCSW**

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### **Assistant Professor of Teaching**

School of Social Work

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### **Program Coordinator**

Center on Violence Against Women &  
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### **EDUCATION**

2008 M.S.W., Rutgers University, NJ, School of Social Work.  
1993 Masters in English Literature, Jadavpur University, India.  
1991 Bachelors in English Literature (Honours), 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**

- 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**

- 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.
- 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
- 2009-2012 Program Grants from the United Nations Voluntary Fund for Victims of Torture (UNVFVT) to provide services to international survivors of torture
- 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.
- 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)

## **TRAINING/CONSULTING**

### 2008- Present

Provided extensive training and technical assistance to social service agencies, mental health professionals, law enforcement personnel, immigration attorneys, and Social Work graduate students and Law students (Rutgers University). As consultant with the Mental Health Association of New Jersey, CultureConnections NJ, Jersey Battered Women’s Service, Community Hope at the programs Supportive Services for Veteran Families (SSVF) and Hope for Veterans (HVP), and other social services and mental health agencies, provided extensive training on cultural competency in working with trauma survivors. Some of the subjects covered were cross cultural issues, gender based violence, migration, survivors of torture and the impact of trauma on psychological well being, “non-traditional” methods of psychotherapy with immigrant populations, refugee trauma, immigrant experience of domestic violence, intergenerational and family conflict, role of religion and spirituality in trauma, international human trafficking and vicarious trauma and self care.

## Training/Workshops

- 2016 NJ Courts Education Conference, Family Court and Criminal Court Divisions, April & May 2016, ***“Understanding the Perpetuation of Violence against Women.”***
- Jersey Battered Women’s Service (JBWS), January, 2014, April 2013, and October 2013 ***“Cultural Competency in working with South Asians.”***
- Community Hope, SSVF, May 2013, ***“Working with Trauma and Post Traumatic Stress Disorder.”***
- Culture Connections of New Jersey, October 2012, ***“Violence Against Women,” A Global Epidemic.”***
- Culture Connections of New Jersey, August 2012, ***“Trauma and Culture,” Treating Trauma within a Multicultural Perspective***
- Mental Health Association of New Jersey (MHANJ), January 2010: ***“DV and Culture”, Understanding the experience of immigrant victims of DV and help seeking behavior***
- Mental Health Association of New Jersey (MHANJ) Training, July and August 2010: ***“Behind the Pain”, Understanding the experience of trauma amongst immigrant survivors of domestic violence; assessment and treatment of PTSD within the multicultural context***
- GSAPP Conference, Rutgers Graduate School of Applied and Clinical Psychology, October 2010: ***“Hear the Silent Cries”, Understanding the experience of immigrant victims of DV and help seeking behavior***
- Domestic Violence Resource Network Policy Annual Meeting, June 2010: ***Domestic Violence in a cultural context***
- NJ Association of DV Professionals (NJADVP) Conference, June 2010: ***“Immigrant Battered Women: Understanding help-seeking behavior and Immigration relief”***
- International Society for Traumatic Stress Studies (ISTSS) Conference, November 2010: ***“The Hidden Shame”, Understanding the experience of immigrant male victims of DV”***

## PROFESSIONAL AFFILIATIONS

- Member of the Phi Alpha Honor Society Nu Omicron Chapter
- Member of National Association of Social Workers (NASW)
- Member of the United Way of Morris County Inclusion Committee
- Member of the United Way of Northern New Jersey ALICE Committee
- Member of the Domestic Violence Working Group, Morris County, & Hudson County
- Member of the Northern Jersey Coalition against Human Trafficking, NJ
- Member of the State Anti Trafficking Taskforce, DCJ, NJ
- Member Representative of IINJ associated with DPI-United Nations, NY

## TEACHING EXPERIENCE

### Graduate Courses – Rutgers University

- Clinical Social Work: Working with Survivors of Abuse & Trauma –weekend formats

- Violence & Abuse in Adulthood – weekly
- Social Work with Immigrants and Refugees-weekend, Intensive Weekend: hybrid format

### **COMMUNITY SERVICE**

2007-present: Member of the Advisory Council of SAMHAJ [South Asian Mental Health Awareness of Jersey]

2012-present: Member of the Morris County Children's Sub Committee Working Group

### **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