

CURRICULUM VITAE

MONICA M. ALZATE; PHD, LCSW, MA

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EDUCATION

- 08/1999 – 12/2002 **PhD-Doctor of Philosophy in Social Work**, University of Georgia.
Athens, Georgia, USA
Dissertation: The Quality of Life of Women on Welfare in Georgia
and the 1996 Welfare Reform
Advisor: Larry Nackerud, PhD
Won University Wide Dissertation Assistantship Award and
Dissertation Research Grant Award
- 08/1992 – 05/1994 **MSW-Master of Social Work**, University of Alabama.
Tuscaloosa, Alabama, USA
Concentration in Children, Youth, and Families
Clinical Social Work License LCSW # 63487
EMDR and MBSR trained psychotherapist
- 08/1990 – 08/1992 **MA-Master of Arts, Women's Studies**. University of Alabama.
Tuscaloosa, Alabama, USA
Topic: Free Motherhood in Colombia: Between the Catholic Church and the Law
Won College of Arts and Sciences Outstanding Thesis Award
Advisor: Martha I. Morgan, JD.
- 01/1984 - 11/1988 **Bachelor of Arts, Communications and Journalism**.
Universidad Externado de Colombia. Bogotá, Colombia.
Monograph: Mujeres y Comunicación. La Mujer Comunicadora en la TV
Colombiana: Un Estudio de Caso.

PRIVATE PRACTICE

- 01/2025 – Present Owner
Andes Heights Mind Consulting, LLC
Evaluations, Prevention Education, and Psychotherapy
My consulting practice consists of forensic and mental health evaluations,
psychotherapy, case consultations, and prevention education; it is rooted in science,
guided by compassion, and fueled by social and reproductive justice; and its aim is to
promote holistic individual, family, and community wellbeing taking into
consideration social determinants of health.
More details at Andesheights.com

ACADEMIC APPOINTMENTS

08/ 2016 – 09/2024 Assistant Professor, Baylor College of Medicine. Houston, TX.
Department of Family and Community Medicine
Served three-fold role in clinical services, training, research/grant implementation.

Clinical – As a clinical social worker, I provided trauma-informed psychotherapy, psychosocial and behavioral health interventions in one of Baylor Family Medicine outpatient clinics, and contributed to patient care through an integrated health care model that involves physicians, physician assistants, nurses, and psychiatrist if already within care team. Likewise, I provided consultations on behavioral health to Baylor Family and Community Medicine physicians who practiced both in private and community clinics.

Training – Served as Director of Training for two federal grants. Led, developed, and implemented curricula on mental health training, oversaw the scientific accuracy of the content, and updated content as new research became available. Training topics included: common mental health concerns adverse; childhood experiences; climate change and mental health; domestic and intimate partner violence; self-care; life-style medicine; SBIRT (substance use screening, brief intervention and referral to treatment); prevention of alcohol exposed pregnancies; motivational interviewing; mindfulness-based cognitive behavioral therapy. Trainings were tailored in content and/or length to audiences, from physicians, medical residents and students, college students, social/mental health services professionals, school counselors, first respondents, and the general public. **See Appendix A for description of training topics.**

Research - Served as co-investigator to implement federal service grants on prevention of substance use disorders, prevention of fetal alcohol spectrum disorders, and mental health awareness; contributed to strategic planning, community outreach, program coordination, and report writing. Conducted research on health-related topics, published scholarly literature, disseminated findings at professional conferences, sought grant funding, and developed quality improvement projects on the intersection of health and mental health.

08/2002 – 08/2012 Assistant and Associate Professor, Ann and Henry Zarrow School of Social Work, University of Oklahoma (OU). Norman, OK.
Served three-fold role in teaching, research, and service.

Teaching – Taught approximately 130 students/year in both undergraduate and graduate social work programs, for a total of 180 classroom hours per academic year for 10 years. Provided field liaison coordination (10 students/year x 10 years) and supervision of students in practicum sites (2 students in 10 years) including practicum sites visits, and evaluation. Provided academic and professional advisement to students (approximately 16 students/year x 10 years). Served as outside thesis reviewer for a graduate social work student at Smith College.

Research –Engaged in field, qualitative, and quantitative research, published academic articles, book chapters, and professional newsletters. Sought funding for research, obtained several faculty enrichment grants from OU, and was PI on an external grant. Presented at local, national, and international conferences.

Service – Served on committees within the School of Social Work, College of Arts and Sciences, and University at large. Co-led a university wide committee to benefit female faculty. Provided service to (NASW-OK) as committee chair and board member. Additionally, served as board member of local organizations.

- 07/2009 – 08/2012 Associate Professor (with Tenure)
Ann and Henry Zarrow School of Social Work, University of Oklahoma, Norman, OK.
- 08/2009 – 08/2012 Affiliate Faculty, Women’s and Gender Studies Program
Ann and Henry Zarrow School of Social Work, University of Oklahoma, Norman, OK.
- 08/ 2010 – 05/ 2011 Formal Sabbatical Leave
Ann and Henry Zarrow School of Social Work, University of Oklahoma, Norman, OK.
- 08/2002 – 06/2009 Assistant Professor, School of Social Work
Ann and Henry Zarrow School of Social Work, University of Oklahoma, Norman, OK.
- 01/1998 - 07/1999 Assistant Professor, Family Studies Department
Universidad de Caldas, Manizales, Caldas, Colombia.
Teaching & Service
- 07/1995 - 12/1995 Instructor, Social Work Department
Universidad Externado de Colombia, Bogotá, Colombia
Teaching

PROFESSIONAL CONSULTATION

- 07/2018 – 09/2024 Volunteer Forensic Mental Health Evaluator for Physicians for Human Rights (PHR)
– Baylor College of Medicine Human Rights and Asylum Clinic
Coordinated with PHR staff and clients’ lawyer to obtain all relevant documentation. Revised relevant documentation prior to meeting with asylum seekers. Conducted forensic evaluations of female asylum seekers from Latin America victims of gender-based & intimate partner violence and political persecution. Wrote evaluation report to be used in asylum court by clients and lawyers. Available to testify in court as expert witness as needed.

ADVANCED PROFESSIONAL TRAINING

- 02/06-07/2026 **Volunteer Grief Group Facilitator Training.** Instructors – BO's Place staff. BO's Place, Houston, TX. 12 hours.
- 08/25-26/2025 **Expert Witness: Testifying Tips & Strategies.** Instructor – Margaret Bassett, MS, LPC-S. Houston, TX. The Institute on Domestic Violence and Sexual Assault. University of Texas, School of Social Work. 10 hours.
- 03/16-20/2022 **EMDR Eye Movement Desensitization and Reprocessing**
Instructor – Roxanne Grobbel, LCSW, RPT-S. An EMDRIA approved training. Virtual. 40 hours.
- 04/05 – 06/7/2021 **Certificate on Somatic Embodiment and Regulation Strategies**
Instructor- Linda Thai, MSW, faculty at Collectively Rooted (other faculty at this organization include Bessel Van Der Kolk, MD-Trauma expert). Virtual. 10-hours
- 01/16 – 03/19/2021 **Writing Course Race, Resistance, Resilience for Healthcare Professionals**
Instructors- Nikki Herd and Cait Weiss Orcutt, writing fellows at Inprint, Houston, TX. Sponsored by Baylor College of Medicine-Medical Humanities Program & Harris Health System. Virtual. 12-hours.
- 06/20-22/2020 **Course on Mental Health First Aid (MHFA)**
National Council on Behavioral Health: Certified Mental Health First Aid Instructor – Youth. Virtual. 24 hours.
- 01/29 – 03/26/2019 **Mindfulness Based Stress Reduction (MBSR) Course for Mental Health Professionals**
Instructor Miki Fine, M.E, LPC.
Houston, TX. 20 group hours + 2 individual hours = 22 hours.
- 03/23/2019 **Forensic Evaluations of Asylum Seekers**
Instructors: Physicians for Human Rights staff.
Baylor College of Medicine. Houston, TX. 8 hours.
- 07/1996 **Gender Planning**
Instructors: Staff of the joint program of the National Office of Equity for Women of the government of Colombia and GTZ, a German development organization.
Medellín, Colombia. 120 hours.

HONORS AND AWARDS

- Spring 2023 **Women of Excellence Award**
Baylor College of Medicine.
Celebrates individuals who exemplify Baylor Values and demonstrate exceptional dedication to issues that affect women at Baylor College of Medicine, or in the

larger community. Nominated for my clinical work with minority female patients, volunteer forensic evaluations with female asylum seekers, and published articles on women's health.

- 2009-2010 **Ed Cline Faculty Senate Development Award.**
Faculty Senate, University of Oklahoma, Norman, OK.
Awarded to select outstanding faculty members who presented a research proposal to compete for awards from the faculty senate.
- Summer 2003, 2007 **Junior Faculty Fellowship.**
College of Arts and Sciences (CAS), University of Oklahoma, Norman, OK.
Awarded to selected junior faculty (before tenure) who presented a proposal to compete for awards from the CAS. Awards supported junior faculty's scholarship work.
- Fall 2003, 2005, 2006 **Faculty Enrichment Grant.**
College of Arts and Sciences (CAS), University of Oklahoma, Norman, OK.
Awarded to selected faculty who presented a proposal to compete for awards from the CAS. Awards supported the career development of the faculty member, either in teaching or research endeavors.
- Spring 2007 **Presidential International Travel Award.**
Study Abroad Office, University of Oklahoma, Norman, OK.
Awarded for excellence in proposal involving traveling to conduct research abroad.
- 2001-2002 **University-Wide Assistantship Award.**
Graduate School, The University of Georgia, Athens, GA.
Competitive financial award given to select PhD students who demonstrated likelihood of finishing their dissertation within one year of receipt of award through submission of dissertation proposal.
- Fall 2001 **Dissertation Research Grant Award.**
Carl Vinson Institute of Government (CVIOG).
The University of Georgia, Athens, GA.
Competitive award given to a PhD student whose dissertation research involved social policies.
- Fall 1992 **Outstanding Thesis Award.**
College of Arts and Sciences (CAS), University of Alabama, Tuscaloosa, AL.
Competitive award given to the best master's thesis within the CAS.

CLINICAL AND PROFESSIONAL EXPERIENCE

- 07/2014 – 08/2016 **Bilingual Mental Health Therapist.**
Center for Children and Families, Inc – CCFI. Norman, OK.
- Conducted mental health assessments, assigned diagnosis, developed treatment plans, maintained client's records in electronic health records system, and provided

counseling services to children/youth (3 to 19 years of age), and families, as well as case management services. Participated in clinical team meetings and led efforts to reach the local underserved Hispanic population. Served as Clinical Supervisor of graduate social work students doing her practicum at CCFI during the 2015-2016 academic year.

08/2013 – 07/2014

Bilingual Mental Health Therapist.

HOPE Community Services, Inc. Oklahoma City, OK.

Conducted mental health assessments, assigned diagnosis, developed treatment plans, maintained client's records in electronic health records system, and provided counseling services to youth, adults, and parents. Provided case management services and facilitated Children in The Middle parenting groups for divorced/separated parents.

07– 12/1997

Gender Consultant.

Fundación para la Educación Superior (FES). Cali, Valle. Colombia.

Agreement FES - Inter-American Bank of Development. Training Program for Female Heads of Households. Provided gender content analysis and technical assistance to non-governmental organizations (NGOs) in charge of developing and implementing comprehensive training programs with female heads of households receiving micro-loans. Compiled and analyzed information and wrote reports and recommendations.

08/1996 – 06/1997

Research Department Coordinator.

Fundación Servicios Integrales Para La Mujer “Sí Mujer.” Cali, Valle. Colombia.

Developed research projects, wrote grants on women's reproductive health and rights and wrote reports. Provided birth control information to clients as part of an ongoing research study. Represented the organization in the local chapter of the Colombian Women's Network for Sexual and Reproductive Rights.

02/1996 – 06/1996

Program Coordinator.

Quindío Governor's Office - Division of Social Development (Temporary position). Armenia, Quindío. Colombia.

Coordinated study team of faculty members from Universidad del Quindío. Co-authored study on the situation of women in the state of Quindío. Organized conferences and created networks among public officials and public/private service providers. Reported findings to (then) National Office of Equity for Women.

07/1994 – 03/1995

Social Worker III.

Butler County Children Services Board. Hamilton, OH.

Conducted psychosocial and risk assessments. Provided case management services as well as domestic violence counseling and referrals to families. Maintained contact with service providers, collected appropriate data for possible legal action, wrote reports and recommendations to the juvenile court, and participated in semi-annual

reviews to evaluate clients' progress. Attended case conferences, training sessions, meetings and court hearings.

RESEARCH

- 6/2023 – 09/2024 Co-Investigator and Director of Training. Minority AIDS Initiative: Substance Use Disorder Treatment for Racial/Ethnic Minority. Populations at High Risk for HIV/AIDS. Sub-award - No. TI-22-004. Funding Agency: SAMHSA. Principal Investigator: Sandra Gonzalez, PhD. \$500, 000. PI: Behavioral Health Solutions of South Texas.
- 4/2020 – 4/2023 Co-Investigator and Director of Training, Mental Health Awareness Training-Houston Aware. Funding Agency: SAMHSA. Principal Investigator: Sandra Gonzalez, PhD. \$374,937
- 9/2016 – 09/2018 Co-Investigator Southern States Fetal Alcohol Spectrum Disorder Practice and Implementation Center at Baylor College of Medicine, CDC, Roger Zoorob, M.D., MPH, Principal Investigator
- 9/2016 – 09/2018 Co-Investigator, Screening, Brief Intervention, and Referral to Treatment (SBIRT) Health Professions Student Training, SAMHSA, Fred Ernst, PhD, Principal Investigator
- 04/2018 – 04/2020 Co-Investigator, Peer Recovery Expansion Project, SAMHSA Dillan West – Director Community Agency, Principal Investigator
- 01/2011 – 01/2012 Principal Investigator, Community-Based Participatory Research (CBPR) on Latina Teen Pregnancy in Oklahoma City, OK, SEED grant from Oklahoma IDEa Network of Biomedical Research Excellence (INBRE). School of Community Medicine, OU-Tulsa, \$40,000
- 01/1998 – 01/1999 Grant Writer, Pregnancy in Cases of Rape, COLCIENCIAS, María Ladi Londoño. Founder/Director Fundación Servicios Integrales para la Mujer “Sí Mujer.” Equivalent to \$US30,000 in Colombian pesos

PUBLICATIONS: 26 TOTAL

Peer Reviewed Academic Papers

13. **Alzate, M. M.**, Matas, J., Dongarwar, D., Hirth, J. (2024). The Association of Gender Role Beliefs and Adolescent Pregnancy in Colombia. Findings from the 2015 Colombia DHS survey. *Culture, Health, and Sexuality*. 26(1):30-45. <https://doi.org/10.1080/13691058.2023.2182453> PMID: 37105132. <https://pubmed.ncbi.nlm.nih.gov/31420869/>
12. **Alzate, M. M.** (2023). Reproductive Injustice In Texas: The Future of Reproductive Rights in the USA? *Family Medicine. The Journal of the Society of Teachers of Family Medicine. Fam Med*. 55(2):119-120. DOI: 10.22454/FamMed.2022.468536 Open Access

<https://journals.stfm.org/familymedicine/2023/february/alzate-2021-0618/>

11. **Alzate, M. M.**, Dongarwar, D., & Matas, J., & Salihu, H. (2020). The Impact of Sexual Literacy on Adolescent Pregnancy in Colombia. *Journal of Pediatric Adolescence and Gynecology*, 33(1): 72-82. DOI: 10.1016/j.jpag.2019.09.005; PMID: 31561033
<https://pubmed.ncbi.nlm.nih.gov/31561033/>
This publication was selected by Kaizo, Elsevier's PR agency for research that works with Elsevier's newsroom to distribute research stories worldwide.
10. **Alzate, M. M.**, Dongarwar, D., & Matas, J., & Salihu, H. (2019). Phenotypes and Markers of Caesarian Section Delivery among Colombian Women. *International Journal of Gynecology and Obstetrics*, 147(2):187-194.; DOI: [10.1002/ijgo.12942](https://doi.org/10.1002/ijgo.12942); PMID: 31420869
<https://pubmed.ncbi.nlm.nih.gov/31420869/>
9. Villegas, S., **Alzate, M. M.**, Rosenthal, J., O'Brien, K., Pecora, P. (2018). Pathways to Economic Wellbeing: Comparing Hispanic and Non-Hispanic White Adults after Foster Care. *Journal of Applied Research on Children*, 9(1):1-15. Open Access
<https://digitalcommons.library.tmc.edu/childrenatrisk/vol9/iss1/10/>
8. **Alzate, M. M.**, Villegas, S., Salihu, H. M. (2018). The Power of Culture and Context on Hispanic/Latina Teen Pregnancy and Birth in Oklahoma: Provider and Parental Perspectives. *Social Work in Health Care*, 57(10):890-905. DOI: 10.1080/00981389.2018.1514351; PMID 30183573.
<https://pubmed.ncbi.nlm.nih.gov/30183573/>
7. Singh, N., Weber, M.K., McCann, H; Gonzalez, S., & **Alzate, M.M.** (2018). Adolescent Screening, Brief Intervention, and Referral to Treatment for Substance Use. *Children & Schools*, 40(4): 249-251. DOI: 10.1093/cs/cdy018 Open access <https://academic.oup.com/cs/article-abstract/40/4/249/5077482?redirectedFrom=fulltext>
6. **Alzate, M. M.** (2009). Sexual and Reproductive Rights in Social Work Practice. *Affilia: The Journal of Women and Social Work*, 24(2):108-119. DOI: 10.1177/0886109909331695.
5. **Alzate, M. M.**, Moxley, D., Bohon, S., & Nackerud, L. (2009). The Influence of Perceived Health Status on Poor Women's Confidence in Leaving Welfare: Implications for Social Work. *Social Work in Health Care*, 48(1):57-75. PMID 19197766.
<https://pubmed.ncbi.nlm.nih.gov/19197766/>
4. **Alzate, M. M.**, & Rosenthal, J. (2009). Gender and Ethnic Differences for Hispanic Children Referred to Child Protective Services. *Children and Youth Services Review*, 31(1): 1-7.
DOI: 10.1016/j.chilyouth.2008.05002
3. **Alzate, M. M.** (2008). Sexual and Reproductive Rights of Internally Displaced Women: The Embodiment of Colombia's Crisis. *Disasters*, 32(1):131-148. PMID 18217922
<https://pubmed.ncbi.nlm.nih.gov/18217922/>
This article was highlighted by Reuters-AlertNet (April 2, 2008), a humanitarian news network that provides information on humanitarian crises around the globe and attracts over 10 million users a year.

2. **Alzate, M. M.** (2006). Welfare Recipients' Quality of Life: Lessons from the United Nations Human Development Index for the U.S. Welfare Reform. *European Journal of Social Work*, 9(1): 85-101. <https://www.tandfonline.com/doi/full/10.1080/13691450500480722>
1. Morgan, M., & **Alzate, M. M.** (1992). Constitution-Making in a Time of Cholera. Women and the 1991 Colombian Constitution. *Yale Journal of Law and Feminism*, 4, 353-413.

Peer Reviewed Book Chapters

6. **Alzate, M. M.** (2017). Reproductive Rights Movement. In Nadal, K. L. *Encyclopedia of Psychology and Gender*, pp. 1414-1415. Thousand Oaks: Sage.
5. **Alzate, M. M.** (2014). Adolescent Pregnancy in Colombia: The Price of Inequality and Political Conflict. In A. Cherry and M. Dillon (Eds), *International Handbook of Adolescent Pregnancy: Medical, Psychosocial, and Public Health Responses*, pp.241 – 255. NYC: Springer.
4. Villegas, S., Gray, K. A; & **Alzate, M. M.** (2013). A Matter of Life and Death. In Wolfer, T.A., Franklin, L. D., & Gray, K. A (Eds). *Decision Cases for Advanced Practice: Confronting Complexities*, pp. 132 – 140. Chapter 11. New York: Columbia University Press.
3. **Alzate, M. M.**, Andharia, J., Chowa, G., Weil, M., & Doernberg, A. (2013). Women and Leadership in Development, Planning, Organizing, and Social Change. In M. Weil, M. Reisch & M. L. Ohmer (Eds), *The Handbook of Community Practice*, pp. 654 – 681. 2nd Ed. Chapter 31. Sage.
2. **Alzate, M. M.**, (2012). Tactic of War. In J.L. Postmus (Ed), *Sexual Violence and Abuse: An Encyclopedia of Prevention, Impact, and Recovery*, p.p. 763 – 766. 2nd Ed. CA: ABC-CLIO.
1. Morgan, M., & **Alzate, M. M.**,(2000). Founding Mothers and Contemporary Latin American Constitutions. Colombian Women, Constitution Making, and the New Constitutional Court. In A. K. Wing (Ed.), *Global Critical Race Feminism. An International Reader*, pp. 204-218. New York, London: New York University Press.

Professional Newsletters

3. McCann, H., & **Alzate, M. M.** (2018). Child Welfare Social Workers and Children with Prenatal Substance Exposure: Current Needs and Potential Solutions. *Section Connections*. A publication of the National Association of Social Workers-NASW. Summer. Professional online newsletter available to 130K+ social workers.
2. **Alzate, M. M.** (1999). Women in Latin America Five Years After Cairo. *Crónica Mensual*. January 9th. Washington, D.C: Panos Institute. (Spanish).
1. **Alzate, M. M.** (1997). Sexual and Reproductive Health: Right or Privilege of Colombian Women? *Crónica Mensual*. December 2nd. Washington, D.C: Panos Institute. (Spanish)

White Paper

1. **Alzate, M. M.**, (2005). The Quality of Life of Single Mothers on Welfare in Georgia and the 1996 Welfare Reform. Public Policy Research Series. The Carl Vinson Institute of Government-CVIG. The University of Georgia. The CVIG is the public service and research unit of the University of Georgia. Its mission is to extend resources of professional knowledge and expertise to help communities improved their quality of life.

Reports

3. Physicians for Human Rights. 2022. *"Part of My Heart Was Torn Away:" What the U.S. Government Owes the Tortured Survivors*. My forensic evaluation, including data on family separation, was one of 13 across the country chosen to write this report. April. Available at: <https://phr.org/our-work/resources/part-of-my-heart-was-torn-away/>
Click on link to see Acknowledgments where my name appears.
2. Londoño, M. L., Ramírez, M., & **Alzate, M. M.**, (1997). Program of Promotion and Evaluation of the Use of Diaphragm among Colombian Women. Cali, Colombia. Fundación Sí Mujer. Funded by PATH (Program for Appropriate Technology in Health). (Spanish)
1. Camargo, Z., **Alzate, M. M.**, Ayala, N., & Hernández, G. (1996). Diagnosis of the Situation of Women in the State of Quindío. Armenia, Colombia. Funded by the then National Office of Equity for Women of Colombia. (Spanish)

Blogs

2. **Alzate, M. M.**, (2022). Blog of Baylor College of Medicine-Momentum Blog
October is Domestic Violence Awareness Month. October 7.
<https://blogs.bcm.ed/2022/10/07/october-is-domestic-violence-awareness-month/>.
1. **Alzate, M. M.** (2021). The Impact of Gender on Teen Pregnancy. Blog of the Texas Campaign to Prevent Teen Pregnancy. September. Piece archived.

Media Interviews

6. **Alzate, M. M.** (2025). Interview with immigration attorney Ruby Powers, Power Up Your Practice Podcast-Powers Strategy Group. Ep. 59: Trauma, Justice, & Healing: A Conversation with Dr. Mónica Alzate. <https://podcasts.apple.com/us/podcast/ep-59-trauma-justice-healing-a-conversation-with/id1727939889?i=1000704514889>. April 22.
5. **Alzate, M. M.** (2019). Interview: How to Eat Mindfully. Health.com. Blog. April 22.
Piece archived.
4. **Alzate, M. M.** (2019). Interview: How to Use Mindfulness Techniques to Improve Health. Blog. Health.com. April 15. Piece archived.
3. **Alzate, M. M.** (2019). Interview with Fox 26 Houston. How 'mindfulness' can benefit you physically and mentally | FOX 26 Houston <https://www.fox26houston.com/video/530867>. January 28.
2. **Alzate, M. M.** (2019). Interview with BCM Blog about the benefits of Mindfulness on mental health. Baylor College of Medicine. <https://www.bcm.edu/news/general-news/the-art-of-mindfulness>. January 16.
1. **Alzate, M. M.** (2017). Interview with BCM Blog about Healthy Habits.
<https://blogs.bcm.edu/2017/07/24/healthy-habits-dr-monica-alzate/>. July 24.

PRESENTATIONS: 43 TOTAL

International

4. **Alzate, M. M.**, (2009). The Role of Sexual and Reproductive Rights in Social Work Practice. 16th International Consortium for Social Development. Monterrey, Mexico. July 27-31.
3. **Alzate, M. M.**, (2007). Displaced Women in Colombia. Council on Social Work Education (CSWE). Katherine A. Kendal Institute for International Social Work. 1st International Seminar on Disasters. Bridgetown, Barbados. January 10-12.
2. **Alzate, M. M.**, (2006). Sexual and Reproductive Rights of Internally Displaced Women: The Embodiment of Colombia's Crisis. International Federation of Social Workers (IFSW)-World Conference. Munich, Germany. July 31 – August 3rd.
1. **Alzate, M. M.**, (1994). Abortion in Armenia. A Case Study. Meeting on Induced Abortion in Latin America and the Caribbean. Sponsored by the Ford Foundation, the World Health Organization, and the Guttmacher Institute. Universidad Externado de Colombia. Bogotá, Colombia. November 15-18.

National

2. Juneja, M., Kowalchuk, A., Mahmood, H., **Alzate, M.** (2022). Poster presentation. Substance Use Disorder Care Within Community-Based Ambulatory Clinics. Society of Teachers of Family Medicine Annual Meeting. Indianapolis, Indiana. First author was sole presenter at conference. May 3.
1. **Alzate, M. M.** 2003. 06/21-24/2003 “The Quality of Life of Single-Mothers on Welfare in Georgia and the 1996 Welfare Reform” Institute for Women's Policy Research (IWPR). 7th International Conference. Washington, DC. June 21 – 24.

Regional

7. **Alzate, M. M.**, (2025). Abortion as Healthcare and Justice. Health, Rights, and Social Work Practice. Virtual Webinar Sponsored by National Association of Social Workers – TX Chapter. June 27-2025.
6. **Alzate, M.M.**,(2024). Reproductive Injustice in Texas: Health, Rights, and Social Work Practice. National Association of Social Workers – TX Chapter. Annual Conference. Dallas, TX. November 7
5. **Alzate, M.M.**,(2021). Gender Role Beliefs and Adolescent Pregnancy in Colombia: Implications for Hispanic Teens in Texas. Texas Campaign to Prevent Teen Pregnancy 10th Annual Symposium. Virtual. September 28.
4. **Alzate, M. M.**, (2021). Building Healthy Habits for Resilience Through Breathing and Mindfulness Techniques. Fueling Hope Conference (virtual). Behavioral Health Solutions of South Texas. September 20.

3. Villegas, S., & **Alzate, M. M.**, (2018). Hispanic/Latina Teen Pregnancy: Cultural and Contextual Factors. South Texas Adolescent Health Summit. Edinburg, TX. August 7.
2. **Alzate, M. M.**, & Villegas, S. (2018). The Role of Culture and Context in Hispanic Teen Pregnancy. Texas Campaign to Prevent Teen Pregnancy 4th Annual Symposium. Austin, TX. April 16.
1. **Alzate, M. M.**, & Villegas, S. (2012). "Latina Teen Pregnancy in Oklahoma: Between Culture and Context. National Association of Social Workers-Oklahoma Chapter 36th Annual Conference. Norman, OK.

Local

7. Giambra, V. S., Barrera, M., Hasse, E., & **Alzate, M.M.** Panel: Promoting Belonging Through Holistic Immigrant Services. Annual BCM Global Mental Health Conference. Psychiatry & Behavioral Sciences Department. Baylor College of Medicine. Houston, TX. May 22, 2024.
6. **Alzate, M. M.**, Blumenreich, J., Bos, M., Varadarajan, S., and Juneja, M., (2023). "Screen As If Her Life Depends On It: Because It Does!" Quality Improvement Project In Progress. Research Day. Family and Community Medicine. Baylor College of Medicine. Houston, Texas.
5. **Alzate, M. M.** & Villegas, S. (2011). "Latina Teen's Pregnancy in OK: Knowledge and expertise of the Latino Community Development Agency (LCDA)" From Research to Practice Series, Center for Family Resilience-Oklahoma State University-Tulsa & Tulsa Hispanic Resource Association. Tulsa, OK.
4. **Alzate, M. M.**, & Villegas, S. (2011). Latina/Hispanic teens' reproductive experiences in Oklahoma: Knowledge and expertise of the Latino Community Development Agency (LCDA). Poster Presentation. Dissemination Conference-SEED Grant Awardees. Tulsa, Oklahoma. Poster
3. **Alzate, M. M.** (2017). Reproductive Rights of Internally Displaced Women. Women's Studies Program Colloquium Series, University of Oklahoma, Norman, OK.
2. **Alzate, M. M.** (2004). Empowering Women in Latin America through Sexual and Reproductive Rights. Women's Studies Program United Nations Day Celebration. University of Oklahoma. Norman, OK.
1. **Alzate, M.M.** (2001). Composing Lives in the Time of the Welfare Reform Interdisciplinary Qualitative Studies. 14th Annual Quig Conference. University of Georgia. Athens, GA.

Guest Lectures International

2. **Alzate, M. M.** (2018). Emotional Self-Regulation - Didactic 3-hour workshop with 28 pre-teens and adolescents. Rural School Miguel Valencia. Jardín, Antioquia. Colombia. November, 26.
1. **Alzate, M. M.** (2018). Behavior Management - 2-hour presentation with 15 rural school teachers. Jardín, Antioquia. Colombia. November, 26.

Guest Lectures Local/Regional

21. Levine Reisner, L & **Alzate, M.M.** (2024). The Power of Plant-Based Nutrition for Health & Healing. Pant Powered Metro New York. Virtual. May 20.
20. **Alzate, M. M.** (2024). DocTalk. “Natural Disasters & Climate Change: How To Keep Our Sanity.” Baylor College of Medicine. Houston, TX. May 9.
19. **Alzate, M. M.** (2024). Trauma-Informed Care Conference. Child Advocates of Fort Bend. “What Does Trauma Look Like? Understanding The Impact of ACEs And How to Prevent It.” Rosenberg, TX. March 22.
18. **Alzate, M. M.,** Boyd, W; Banu, S., (2023). The Role of Mental Health Professionals in the Asylum Process. Grand Rounds Presentation - Menninger Department of Psychiatry and Behavioral Sciences. Virtual. Baylor College of Medicine. Houston, TX. December 6.
17. **Alzate, M. M.** (2023). Practice PEP Talk. “Health & Rights Post Roe v Wade and Your Practice in Between.” Family and Community Medicine, Baylor College of Medicine. Houston, TX. April 2.
16. **Alzate, M. M.** (2023). Faculty and Fellows Seminar. “From Clinical Practice to Scholarship, Advocacy, and Ethics.” Family and Community Medicine, Baylor College of Medicine. Houston, TX. February 20.
15. **Alzate, M.M.** (2024). “Managing Emotions for a Healthier Life.” Healthy Together Intensive Workshop by Peaceful Planet Foundation. Trinity East United Methodist Church. Third Ward. Houston, TX. February, 3.
14. **Alzate, M. M.** (2023). Peaceful Planet Foundation Monthly Meeting. “The Habits of Self-Care. Barriers & Strategies.” Houston, TX. January 22.
13. **Alzate, M. M.** Blumenreich, and J., Bos., (2023). Practice Improvement Series. “Intimate Partner Violence. What PCP Teams Can Do In Busy Clinics.” Family and Community Medicine. Baylor College of Medicine. Houston, TX. Co-developers: January 31.
12. **Alzate, M. M.** (2022). Rice University, Rice Alliance for Mental Health Awareness student group. “Common Mental Health Concerns Among College Students.” Houston, TX..October 5.
11. **Alzate, M. M.,** (2022). DocTalk. “Adverse Childhood Experiences.” Baylor College of Medicine. Co-presenter Sandra Gonzalez. Houston, TX. June 15.
10. **Alzate, M. M.** (2022). University of Houston, Honors in Community Health Student Leaders - UHHCH Members’ General Meeting. Virtual. “Social Determinants of Women’s Mental Health.” March 9.
9. **Alzate, M. M.** (2022). Veterans Affairs Nursing Research and EBP Council.”Self Care Practices Through Breathing and Mindfulness Techniques.” January 21.

8. **Alzate, M. M.** (2021). Grand Rounds. “Mental Health Awareness.” Audience: Primary Care Providers & Physicians from Baylor College of Medicine and University of Texas Health Science Center, Houston, TX. Co-presenter Sandra Gonzalez. April 4.
7. **Alzate, M. M.** (2019). Grand Rounds. “Mental Health Awareness.” Audience: Primary Care Providers. Family and Community Medicine, Baylor College of Medicine. Houston, TX. Co-presenter Sandra Gonzalez. February 9.
6. **Alzate, M. M.** (2019). Faculty and Fellows Seminar. “The Association of Gender Role Beliefs and Adolescent Pregnancy in Colombia. Findings from the 2015 Colombia DHS survey” Family and Community Medicine, Baylor College of Medicine. Houston, TX. December 16.
5. **Alzate, M. M.** (2019). Chinese Fellows Program. “State of Mental Health Services in USA.” Family and Community Medicine. Baylor College of Medicine. Houston, TX. November 21.
4. **Alzate, M. M.** (2019). Chinese Fellows Program. “Trauma Informed Care in Primary Care Settings.” Family and Community Medicine. Baylor College of Medicine. Houston, TX. May 16.
3. **Alzate, M. M.** (2017). Chinese Fellows Program. “Mental Health in USA: Current State of Affairs”. Family and Community Medicine. Baylor College of Medicine. Houston, TX. May 16.
2. **Alzate, M. M.** (2016). Faculty and Fellows Seminar. “Development of the Teen Pregnancy Screening Tool for Hispanic Adolescents” Family and Community Medicine. Houston, TX. November 21.
1. **Alzate, M. M.** (2018). Partnership for Baylor College of Medicine, Topic: “The Overscheduled Family: Managing Stress and Family Dynamics in a Digital Age.” Co-presenter Asim, A. Shah (Chief, Division of Community Psychiatry-BCM). Houston, TX. May 15.

TRAINING, MENTORSHIP, SUPERVISION & ADVISEMENT OF STUDENTS/RESIDENTS/FELLOWS

Spring 2023	Medical Students at BCM. Family and Community Medicine Clerkship. Module on Intimate Partner Violence and Contraception. Asynchronous recorded lecture (60min) and synchronous live discussion (75 minutes). Six cohorts of students = 60 students.
Fall 2022– Present	Research Fellow Training BCM-FCM Mentored two T-32 fellows in survey development to assess immigrant health care access among patients of charitable clinics, as well as on community outreach.
Spring 2023	Resident Training- BCM-FCM 15-20 Residents. Behavioral Health Lectures with experiential component. Topics: Common Mental Health Concerns; Self-Care : Myths and Best Practices; Mindfulness and Cognitive Behavioral Therapy. 3.5 hour
Spring 2022	Medical Students BCM-FCM. DDASH SBIGA workshop on Implicit Bias. Facilitated medical students’ discussion on Implicit Bias. 20 students. 2 hours.

Spring 2018	Medical Residents BCM-FCM. Behavioral Health Lectures. Topics: Trauma & Adverse Childhood Experiences. 15 residents. 3.5 hours.
Fall 2020 & 2021	Medical Students BCM-FCM. Social Determinants of Health (SDOH) Workshop DDASH. Facilitated medical students' discussion on mental health as part of the SDOH workshop DDASH. 2 hours.
09/2018 – 04/2019	Graduate Student BCM – FCM. Contributed to clinical supervision of social work graduate student from the University of Houston doing his field practicum at BCM-FCM Kirby Clinic. 1 hour/16 weeks.
Fall 2017 & 2018	Medical Residents BCM-FCM. Behavioral health observations of resident-patient interactions and feedback to residents. 15 residents. 15 hours.
Fall 2015 – Spring 2016	Social Work Clinical Supervisor Provided 1-hour, weekly clinical supervision to social work graduate student from the University of Oklahoma doing required practicum of 20 hours/week for one academic year. Center for Children and Families. Norman, OK.
Fall 2002 – Spring 2012	Feld Liaison & Practicum Supervisor Provided field liaison coordination to 9 social work juniors and seniors per academic year for 10 years. This included two visits per year, per student, for a minimum of 18 contact hours with students and site supervisors. Some organizations were in rural areas. I was also in charge of guiding student's practicum experience, objectives of practicum, and evaluation. Likewise, I provided practicum supervision to two graduate students for two years. School of Social Work. University of Oklahoma. Norman, OK.
Fall 2002 – Spring 2012	Academic and Professional Advisement Provided academic advisement to social work juniors and seniors to guarantee completion of course requirements and credits to graduate on time. Provided professional advisement to both undergraduate and graduate social work students in both concentrations: direct practice and community practice. School of Social Work. University of Oklahoma. Norman, OK.
Spring 2007	External Master Thesis Reviewer Smith College student in the graduate Social Work program. School of Social Work, University of Oklahoma. Norman, OK.
Spring 1998 – Spring 1999	Undergraduate Thesis Advisor Provided thesis advisement to 5 seniors. One hour per week per team x 16 weeks. Helped students select thesis topic and develop a thesis proposal. Audience: Junior and Senior year Family Studies students, Family Studies Department, Universidad de Caldas, Manizales, Caldas. Colombia.

COURSES DEVELOPED & TAUGHT

08/2002 – Ann and Henry Zarrow School of Social Work, University of Oklahoma, Norman Oklahoma
08/2012 Developed, updated, and taught required courses to obtain bachelors (BSW) or master's (MSW) degrees in social work. All classroom courses were 3 contact hours/week, 45 hours/semester. Average 130 students per academic year; 180 class hours/year. Additionally, served as practicum liaison for 10 students per academic year. Evaluated students, maintained students' records and course management system. Provided professional and academic advice.

Audience: Social Work juniors, seniors, and graduate students.

Graduate level:

Community Development and Organizing

Decision Cases

Human Behavior with Groups, Organizations, and Communities

Human Diversity and Societal Oppression

Generalist Practice with Individuals and Families

Practicum Liaison and Supervision

Undergraduate level:

Generalist Practice with Individuals and Families

Human Behavior with Groups, Organizations, and Communities

Human Diversity and Societal Oppression

Practicum Liaison and Supervision

01/1998- Universidad de Caldas, Family Studies Department, Manizales, Caldas. Colombia
07/1999 Developed and taught required courses to obtain a bachelor's degree in Family Studies. All courses were 4 contact hours/week, 80 hours/semester. Average 100 students per academic year; 320 contact hours/year. Evaluated and maintained students' records.
Audience: Family Studies juniors and seniors.

Undergraduate Level:

Research Methods 1

Research Methods 2

Thesis Advisement

08/1995 - Universidad Externado de Colombia, Social Work Department, Bogotá, Colombia
12/1995 Developed and taught required course towards bachelor's degree in Social Work. Course was 3 contact hours/week, 80 hours/semester. 13 students and was in charge as well of evaluating students and maintaining students' records. Developed curriculum of Introduction to Women's Studies Course to be implemented in subsequent years.
Audience: Social work seniors.

Undergraduate Level:

Seminar in Family Studies

Introduction to Women's Studies – developed course syllabus and content to be implemented in subsequent semesters.

ELECTED POSITIONS

- 08/2005 – 08/2007 Board Member, National Association of Social Workers (NASW), Oklahoma Chapter
Served as an elected representative of the association's board of directors in charge of making all necessary decisions to run the organization and to evaluate the association's president.
- 08/2005 – 08/2007 Additional Representative, National Association of Social Workers (NASW) - Oklahoma Chapter
Served as an elected representative for Cleveland County by local NASW members. Conducted county meetings, set agendas and activities for each year, and promoted the organization among social work students.

ADMINISTRATIVE ASSIGNMENTS AND COMMITTEES

- 07/2017 – 08/2024 Core Member, FCM CME Committee Quality Assurance
Family and Community Medicine. Baylor College of Medicine. Houston, TX.
- 07/19 – 08/24 Facilitator DDASH-SBIGA course/workshop for medical students
Baylor College of Medicine. Houston, TX.
- 08/2021 – 12/2022 Member, National Association of Social Workers -Texas Chapter
Branding Committee.
- 09/2020 – 04/2022 Member, Social Determinants of Health (SDOH) Journal Club
Journal Club ended in April, 2022.
Baylor College of Medicine. Houston, TX.
- 04/2018 - 08/2018 Member, Temporary Safety Task Force Committee FCM clinics
Family and Community Medicine. Baylor College of Medicine.
Houston, TX.
- 08/2011 – 05/2012 Chair, Social Justice Committee
Women's and Gender Studies Program, Center for Social Justice.
University of Oklahoma. Norman, OK.
- 08/2008 – 05/2012 Member, Social Justice Committee
Women's and Gender Studies Program, Center for Social Justice. University of Oklahoma, Norman, OK.
- 08/2011 – 05/2011 Member, Course and Curriculum Committee
College of Arts and Sciences. University of Oklahoma. Norman, OK.

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| 08/2009 – 05/2009 | Member, Committee on Latin America (COLA).
College of Arts and Sciences. University of Oklahoma. Norman, OK. |
| 08/2007 – 05/2009 | Co-Chair, Provost Advisory Committee on Women's Issues (PACWI)
University of Oklahoma. Norman, OK. |
| 08/2006 – 05/2006 | Member, Provost Advisory Committee on Women's Issues (PACWI)
College of Arts and Sciences. University of Oklahoma. Norman, OK. |

NATIONAL, REGIONAL AND LOCAL PARTICIPATION IN PROFESSIONAL OR VOLUNTARY ORGANIZATIONS

- | | |
|-------------------|---|
| 08/2023 – 02/2024 | Committee Member, NASW-TX. Branding Committee & Strategic Planning. |
| 01/2023 – Present | Volunteer at Peaceful Planet Foundation
PPF is dedicated to fostering peace and wellness in individuals by introducing and advocating for a holistic lifestyle that focuses on plant-based nutrition, yoga, and meditation. I present on wellbeing topics during workshops in underserved areas of Houston and help with logistics during annual retreat. |
| 04/2011 – 07/2016 | Founding Member, Latina WIN (Women in Norman, OK), Norman, OK.
Facilitated communication and access to resources, critical to the success of Latino/Hispanic families with children in the Norman Public School System. |
| 9/2012 – 07/2015 | Board Member, Smile Education Foundation Norman, OK.
Provided educational and social development opportunities to low-income children. |
| 03/2004 – 03/2009 | Chair Women's Issues Committee, National Association of Social Workers (NASW) Oklahoma Chapter
Led agenda to promote women's welfare in the state of Oklahoma. Recruited volunteers to participate in the committee, organized a panel on women's health during the annual NASW-OK Chapter meeting, advocated locally and state-wide for women's issues, and represented NASW-OK during the March for Women's Lives March in Washington, DC in 2004. |
| 10/2005 – 10/2007 | Board Member, United Nations Association-USA (UNA-USA), Oklahoma, Norman, OK. Supported and promoted the work of UNA within USA-OK. |

LICENSURE

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| 12/2016 – Present | Texas State Board of Social Work Examiners |
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PROFESSIONAL AFFILIATIONS

- | | |
|-------------------|--|
| 05/1994 – Present | Member: National Association of Social Workers (NASW) |
| 08/2016 – Present | Member: NASW-TX |
| 03/2026 – Present | Member: Association of Family and Conciliation Courts (AFCC) |

03/2026 – Present Member: AFFCC-TX

LANGUAGES : Spanish (native); English (fluent)

APPENDIX A - TRAININGS by Mónica M Alzate; PhD, LCSW

Title	Topics
1. Mental Health Awareness- Common Disorders, Identification, And Tools to Manage Them. 1 hour.	Participants learn about the most common mental health disorders that affect children, youth, and adults and how to identify them. They learn as well basic mental health first aid techniques to help someone in distress
2. Adverse Childhood Experiences – ACEs. 1 hour.	Participants learn how certain experiences during childhood can change our brains, affect our physical/mental health, and impact our behaviors/outcomes throughout our lifespan. They also identify factors that create resilience.
3. Mental Health and Domestic Violence (DV)-Emphasis on Intimate Partner Violence (IPV) Part I. 1 hour.	Participants learn about the types of DV in the life cycle, its impact on family dynamics, myths of DV and the cycle of abuse, screening for DV, and how crisis like COVID-19 has affected DV.
4. Mental Health and Domestic Violence (DV)-Emphasis on IPV- Part II. 1 hour.	Participants learn about DV as an adverse childhood experience, trauma as a result of DV, common mental health disorders as a result of DV experiences, substance use, misuse, and disorders after or while experiencing DV, suicide assessment within families with DV situations, safety plans, and common treatments for DV survivors. It is recommended that participants take the ACE trainings prior to this one.
5. Intimate Partner Violence in Primary Care Settings 1 hour.	Compacted version of IPV I & II adapted for health care providers. Includes importance of learning about IPV in primary care settings, screening instruments for IPV and how to document results.
6. Natural Disasters & Climate Change: How to Keep Our Sanity. 1 hour.	Participants learn about the psychological and behavioral responses to disasters and climate change, when they are considered traumatic events, basic skills to recognize distress in self and others, skills to help someone experiencing distress, and tips to avoid certain negative outcomes during a natural disaster.

7. The Habit of Self-Care: Barriers and Strategies. 1.5 hours.	Participants explore notions and myths of self-care, barriers towards self-care, and develop a definition that takes into account overall well-being. Likewise, they learn and practice specific tools from relaxation and mindfulness techniques to help them build long lasting habits to enhance resilience.
8. Mindfulness Based Cognitive Behavioral Therapy to Improve Well-being. 1 hour	Participants learn the basic principles of Cognitive Behavioral Therapy and Mindfulness Techniques and understand how they help re-wire their mind.
9. Motivational Interviewing (MI)* 2.5 hours.	Participants learn about the principles of this technique that enhances effective communication, stresses self-efficacy, and promotes well-being by helping people find reasons to change or avoid risky behaviors. It is applicable to a range of situations, from school truancy, drugs/alcohol use, risky sexual behavior, to medical treatment adherence.
10. Screening for Alcohol/Drugs, Brief Intervention, and Referral to Treatment (SBIRT) and prevention of alcohol-exposed pregnancies. 3 hours	Participants learn how to implement the SBIRT approach to assess individuals' risk in their use of alcohol or drugs, provide a brief intervention, and refer to treatment. Likewise, they learn how to prevent alcohol-exposed pregnancies.
11. Nutrition and Healthy Habits Through Lifestyle Medicine 3 hours	Participants understand the pillars of Lifestyle Medicine, their impact on health, the importance in society, and techniques to implement them.
12. Abortion as Healthcare and Justice: Health, Rights, and Ethical Practice	Participants learn about the relevance of abortion healthcare and rights through a reproductive justice framework; understand how legal changes since the overturn of Roe v. Wade impact client's health, families, and communities; and assess ethical dilemmas in light of professional ethics.

Length of each topic depends on format: presentation, workshop, or case consultation.