

CURRICULUM VITAE

Aydasara Ortega Torres
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EDUCATION

- PhD Studies* 2009 Centro de Estudios Avanzados de Puerto Rico y el Caribe. San Juan, P.R.
- M.A. in Liberal Studies* 2004 City University of New York, Brooklyn College. Brooklyn, N.Y.
- Juris Doctor Studies* 2002 CUNY School of Law, Queens College. Queens, N.Y.
- B.A. in Education* 1996 University of Puerto Rico, Rio Piedras Campus. San Juan, P.R.

EXPERIENCE

1998 to date - Faculty/Lecturer

Design and teach higher education courses:

College of Mount Saint Vincent 2019 - present

Nevada State University 2020 - present

- Faculty Senate Ad Hoc Committee

Southwest School of Art 2021 - 2022

Kingsborough Community College 2017

ILSC 2016

New York Career Institute 2013 - 2016

Holy Names University 2009 - 2010

Art Institute of California 2008

City College of San Francisco 2008

Colegio Universitario del Este 1998

→ Courses include:

- Advanced Qualitative Methods
- Codes of Gender
- Cognitive Psychology
- Introduction to Psychology
- Introduction to Research Methods
- Introduction to Statistical Methods
- Law and Ethics
- Professional Development
- Psychological Statistics
- The Individual and Society

AIHE Academic Institute for Higher Education GmbH 2020 - present

➤ Introduction to Mental Health

- Law, legal frameworks & ethics
- Cross-cultural competence and Intercultural Communication

- Psychological Interventions for Mental Health
 - Perspectives on psychological well-being
 - Psychotherapeutic approaches & their ethics
 - Allied approaches
- Nutrition & Mental Health
 - Nutritional effects and Mental Health
- Hormonal & Immune System
- Contemporary Findings, Diagnostics and Therapy

2019 - Community Liaison, New York City Council District 38

Inform constituents about the various issues that affect them, get their input on these to develop policy, and direct community members to the different services that are available and could address their needs.

2018 - Outreach Coordinator, End of Life Choices New York

Develop/present in English and Spanish in NYC on ethical, health, and legal related topics, translate documents, coordinate outreach efforts and speaking engagements, collect evaluations, and provide summary reports.

2018 - Benefits and Housing Counselor, Good Old Lower East Side, New York

Educate, counsel and assist local individuals on housing and benefits issues, develop, facilitate and coordinate bi-weekly workshops on educational, financial, health, legal, and recreational topics.

2002 - 2004 - Educational Counselor, The Osborne Association, Bronx, New York

Guide and empower participants through cognitive behavioral changes and practical steps needed to achieve self-sufficiency, adopt healthy lifestyles, enter the workforce, and rejoin families and communities. Provide individual counseling, group therapy, peer support groups, educational workshops, and various exercises including lecturing, discussion, role-playing, and journal writing.

PUBLICATIONS/CONFERENCES

- Archibald, Matthew E., Pamela Behrman, Jordan Yakoby, John McCullagh and Aydasara Ortega Torres. “The impact of residential instability and serious psychological distress on substance use disorders: Testing exposure and vulnerability hypotheses for Non-Hispanic White, African American, and Latinx populations,” Section on Drugs and Society, American Sociological Association Annual Meeting, Los Angeles, CA, August 2022.
- Archibald, Matthew E., Jordan Yakoby, Pamela Behrman, John McCullagh and Aydasara Ortega Torres “An examination of chronic illness, distress and long-term disability among Non-Hispanic White, African American, and Latinx populations.” Conference on Social Stress Research Bi-Annual Meeting, Savannah Georgia, June 2022.
- “[Outreach Project.](#)” Aydasara Ortega. *End of Life Choices New York*. 2019.
- <https://psiquiatria.com/directorio/aydasara-ortega-torres-122754>
- <https://hubpages.com/@aydasara>
- <https://medium.com/@aydasara>
- <https://issuu.com/revistacruce>