

MARÍA JOSÉ RENDÓN, PH.D.

LICENSED PSYCHOLOGIST

Potomac, MD, 20854

Phone: 240.200.0842, Email: admin@potomaccbt.com

CREENTIALS

Maryland Licensed Psychologist 06138
DC Licensed Psychologist PSY1001375
Virginia Licensed Psychologist 0810005989
Authority to Practice Interjurisdictional Psychology (APIT): 8207

EDUCATION

Ph.D. Counseling Psychology, University of Miami, 2015

B.A. Psychology, Smith College, 2008

CLINICAL EXPERIENCE

Clinical Psychologist and Founder, Potomac CBT Center, Rockville, MD | September 2022 – Present

- Provide tailored individual therapy for adults from an evidence-based, cognitive behavioral based approach. Specialize in the treatment of PTSD, anxiety, depression, and OCD, with focus on serving high achieving Latinx, ADHD, and Autistic patients. Coordinate care with medical providers. Deliver services in English and Spanish.

Independent Contractor, Ascellus, Miami, FL | November 2022 - Present

- Provide trauma-informed, cognitive behavioral interventions to address PTSD, anxiety, depression, and adjustment to injured workers. Engage in multidisciplinary coordination with claims adjusters, case managers, treating physicians and rehabilitation professionals. Experienced in navigating requirements, treatment authorizations, and documentation standards consistent with workers' compensation guidelines.

Staff Psychologist, The Snow Psychology Group, Rockville, MD | August 2018 – July 2022

- Provided outpatient, individual therapy for adults. Offered cognitive behavioral treatment for depression, anxiety, and OCD in a private care setting.

Staff Psychologist, Behavioral Health Institute, Coral Springs, FL | March 2017 – May 2018

- Delivered individual therapy for children, adolescents, and adults, treating depression, anxiety, trauma, behavioral issues, and family conflict in English and Spanish. Conducted ADHD, developmental, and psychoeducational assessments as well as psychological clearance assessment for bariatric and spinal cord stimulator surgery.

Independent Contractor, Center for Psychological Growth and Wellness, Plantation, FL | December 2016 – August 2017

- Provided outpatient individual therapy for children, adolescents, and adults, addressing diverse clinical presentations, including depression, anxiety, trauma, body image, and

family conflict, in both English and Spanish. Conducted ADHD, developmental, psychoeducational, and pre-bariatric surgery, assessments.

Post-Doctoral Resident, Center for Psychological Growth and Wellness, Plantation, FL | December 2015 – December 2016

- Delivered outpatient individual therapy for children and adults with depression, anxiety, trauma, and behavioral concerns. Conducted standardized cognitive assessments and provided school-based guidance and group interventions. Conducted ADHD, developmental, psychoeducational, and pre-bariatric surgery, assessments.

Pre-Doctoral Intern, Florida International University Counseling and Psych. Services | August 2014 – July 2015

- Offered outpatient individual therapy and crisis intervention for college and graduate students using cognitive behavioral therapy and mindfulness approaches. Conducted triage assessments, facilitated process and mindfulness groups, and provided neuropsychological assessments for disability accommodations.

Practicum Student, Florida International University Counseling and Psych. Services | August 2013 – April 2014

- Provided outpatient individual therapy to students and co-facilitated mindfulness groups. Participated in seminars on cultural and clinical topics.

Research Clinician, Dept. of Educational & Psychological Studies, University of Miami, Coral Gables, FL | July 2010 – August 2013

- Provided manualized cognitive behavioral sessions for the intervention arm of the CAMPOS Project, a study evaluating the efficacy of CBT for PTSD and somatization among Latinos. Participated in culturally focused training and supervision in Spanish.

Practicum Student, Mailman Center for Child Development, Miami, FL | January 2012 – February 2013

- Delivered outpatient individual and family therapy for children and adolescents with medical needs, conducted standardized cognitive assessments, and provided early intervention services.

Practicum Student, Institute for Individual and Family Counseling, Coral Gables, FL | September 2011 – August 2012

- Performed psychoeducational testing for children and adults, wrote assessment reports, and collaborated with interdisciplinary teams.

Practicum Student, Family Counseling Services of Greater Miami, South Miami, FL | August 2010 – December 2011

- Conducted individual and family therapy with a CBT and systems approach. Co-facilitated groups for mothers of abused children and conducted evaluations for children. Conducted standardized cognitive and achievement assessments.

Practicum Student, Institute for Individual and Family Counseling, University of Miami, Coral Gables, FL | August 2009 – December 2010

- Provided individual therapy for adolescents and adults, addressing anxiety, family conflict, and emotional regulation, while receiving weekly supervision.

RESEARCH EXPERIENCE

Doctoral Dissertation: *The Cultural Adaptation of the Clinician Administered PTSD Scale (CAPS-5) for Spanish Speaking Latinos with Limited English Proficiency in the United States*

- Culturally adapted a PTSD measure for Spanish-speaking Latinos, focusing on cross-cultural measurement validity, psychometrics, and culturally appropriate assessment practices.

Research Project Coordinator, Dept. of Educational & Psychological Studies, University of Miami, Coral Gables, FL | 2009 – 2013

- Assisted the P.I. in launching and managing the CAMPOS Project, an open trial on the efficacy of a CBT intervention for Latinos with PTSD and somatization. Coordinated IRB submissions, participant recruitment, and cultural adaptation of Spanish-language materials.

Research Lab Member, Dept. of Educational & Psychological Studies, University of Miami | 2008 – 2010

- Supported community-focused initiatives for the Black Caribbean community in South Florida, including research on racial identity and cultural adaptation of mental health measures.

Research Assistant, Dept. of Epidemiology, University of Miami Miller School of Medicine | 2008 – 2009

- Contributed to studies on health behaviors and survival in Black and Latino cancer patients, assisting P.I. with literature summaries and collection and organization of academic sources.

Research Lab Member, Dept. of Psychology, Smith College | 2006 – 2008

- Co-led a survey study on perfectionism among female college students of color, with responsibilities in study design, IRB processes, and literature reviews.

Summer Research Internships

- University of Michigan (2007): Evaluated Detroit's Neighborhood Fine Arts and Culture Program through ethnographic data collection.
- Florida International University (2006): Supported at-risk youth research, managing assessment data and coding survey responses.
- University of Miami (2005): Assisted Autism Research Lab on early signs of autism studies, with tasks including recruitment, test scoring, and literature summaries.

SELECTED PUBLICATIONS AND PRESENTATIONS

Peer-Reviewed Publications

Burgos, A.M., DiBartolo, P.M. & Rendón, M.J. (2016). Can the Frost Multidimensional Scale assess Perfeccionismo? *Psychological Assessment*. doi:10.1037/pas0000374

Pérez Benítez, C.I., Zlotnick, C., Gomez, J., Rendón, M.J., & Swanson, A. (2013). Cognitive behavioral therapy for PTSD and somatization: An open trial. *Behaviour Research and Therapy*, 51, 284–289. doi:10.1016/j.brat.2013.02.005

Rendón, M.J. & Nicolas, G. (2012). Deconstructing the portrayals of Haitian women in the media: A

thematic analysis. *Psychology of Women Quarterly*, 36, 227–239.
doi:10.1177/0361684311429110

DiBartolo, P.M. & Rendón, M.J. (2012). A critical examination of perfectionism and its relationship to mental health in Asian and African Americans. *Clinical Psychological Review*, 32, 139–152.
doi:10.1016/j.cpr.2011.09.007

Conference Presentations

Rendón, M.J. & Buki, L.P. (2016, September). The cultural adaptation of the Clinician-Administered PTSD Scale for Spanish speakers. National Latino Psychological Association, Orlando, FL.

Rendón, M.J., Donnelly, S., & Schwartz, B. (2011, August). Integrating culture and development in measurement practices. American Psychological Association, Washington, D.C.

Rendón, M.J., Gómez, J. & Pérez Benítez, C. (2010, February). Adapting a cognitive behavioral treatment for Latinos. Teachers College Winter Roundtable, New York City, NY.

DiBartolo, P., Rendón, M., Mullett, J. & Karim, S. (2008, November). The relationship between perfectionism, parental criticism and perceived social support. ABCT, Orlando, FL.

DiBartolo, P.M., Rendón, M., Leopold, A., Little, J., Salstein, L., & Sunshine-Hill, A. (2007, November). The relationship of perfectionism to psychological well-being in women of color. ABCT, Philadelphia, PA.

CONTINUING EDUCATION AND SPECIALIZED TRAINING

Neurodivergence & OCD

Neuroaffirming Approach to Treating OCD for Autism, ADHD, and SPD using I-CBT May 2025
CBI · 9 credits · Live

Assessment of ADHD and Executive Functions Across the Lifespan May 2026
Massachusetts General Hospital · 11.25 credits · Self-study

Neurodiversity in Women: Therapeutic Strategies for Empowering Women with Autism or ADHD Apr 2026
4 credits · Self-study

Virtual Behavioral Treatment Training Institute (en Español) Oct 2023
IOCDF · 20 credits · Live Training

Virtual Behavior Therapy Training Institute Jan 2022
IOCDF · 20 credits · Live Training

Treating OCD in Culturally and Ethnically Diverse Populations Jan 2022
IOCDF · 1 credit · Self-study

Cognitive Behavioral Therapy — Beck Institute

CBT for Personality Disorders Mar 2021
Beck Institute (IBH) · 15 credits · Self-study

CBT for Depression Mar 2022
Beck Institute (IBH) · 9.75 credits · Self-study

CBT for Anxiety Dec 2020
Beck Institute (IBH) · 16 credits · Self-study

Essentials of CBT Jun 2020

Beck Institute (IBH) · 8 credits · Self-study

Perinatal Mental Health

Spanish Perinatal Mood and Anxiety Disorders Components of Care Certificate Course Jul 2024

Postpartum International · 15 credits · Live

Advanced Spanish Psychotherapy Training Jul 2024

Postpartum International · 6 credits · Live

Telehealth & Licensure

Telepsychology and Interjurisdictional Practice Apr 2026

The Trust · 3 credits · Self-study

Certified Clinical Telemental Health Provider Training Apr 2022

PESI · 12 credits · Self-study

Consultation Groups

Neurodivergent Affirming Care Biweekly Consultation Group 2024–25

Biweekly Consultation Group in Spanish 2022–25

AWARDS & HONORS

School of Education and Human Development Carolyn Garwood Award for Service

University of Miami 2016

William Sentman Taylor Prize for Academic Achievement

Smith College 2008

Honors College Scholarship

Miami Dade College 2003-05

Florida Bright Futures Scholarship

Florida Department of Education 2003-05