

Kennedi Parks

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RESEARCH INTEREST

My research focus prioritizes the impact of mental health diagnosis in the African American community. I intend to gain a comprehensive understanding of the process of diagnosing the individuals of this community, the myths/opinions created, the racial challenges faced, and the best source of therapy for this community. Additionally, I plan to investigate the effectiveness of current chosen assessment tools in accurately capturing the experiences and symptoms of mental illness specifically within this community. Through adequate research and practice, I would like to shed light on the disparities faced, resources needed, and the cultural influence that exists. Furthermore, I would like to focus on the effect of substance abuse on our society. I would like to apply similar methods of observation and research regarding treatment methods, stigmas, and assessment tools used to treat this population.

EDUCATION

Tennessee State University PhD in Counseling Psychology	Present
Fisk University M.S. in Clinical Psychology	August 2022 - May 2024
Mississippi State University B.S. in Psychology Cum Laude	August 2018 - May 2022

RESEARCH EXPERIENCE

Lead Researcher, Fisk University August 2022 - May 2024

“Promoting Mental Well-Being: The Essential Role of Self-Care Practices in Reducing Anxiety and Depression among Young Adults”

- I created this qualitative study to focus on the levels of self-care participation in young adults who experience anxiety and depression symptoms.
- The participants of this study will complete a series of assessments to assess their self-care utilization, their level of self-efficacy, and their anxiety and depression levels.

Following their participation, data will be entered into the statistical program, *SPSS*.

Research Assistant, Mississippi State University

August 2021 - April 2022

“Greater Entropy Leads to more Explicit Referential Forms during Language Production”

- I was responsible for administering assessments to volunteer participants.
- After the assessments were completed, I filed each assessment appropriately, so that the lead researcher would be able to score the data with ease.
- *Lead Researcher: Dr. Hossein Karimi*

HONORS & AWARDS

- **Commencement Speaker**, Fisk University 2024
- **Dean’s List**, Mississippi State
- **Brick and Mortar 1st Place**, Center for Entrepreneurship & Outreach

PROFESSIONAL EXPERIENCE

Founder/CEO, K.P. Candle & Co., Nashville

March 2022 - PRESENT

- Determine appropriate temperature and time settings for each material and mold to reduce non-conformances.
- Maintain high levels of quality standards by closely monitoring progress and effectively streamlining procedures.
- Prepare mixtures for new molds by measuring, mixing and pouring raw materials.

Clinical Therapist Intern, Monroe Harding, Nashville

May 2024 - August 2024

- I am responsible for providing individual therapy to students who are active in the program. We meet once a week for 50 minutes to discuss current circumstances and ways to reach the individual’s goals.
- I conduct house therapy once a week to the girls who reside in the independent living resource provided by the program. We meet to discuss common issues that many may experience at this age and in this society.

Intern Therapist, Monroe Harding, Nashville

June 2023 – May 2024

- At this practicum site, I am responsible for four clients, who receive individual therapy from me once a week.
- Additionally, I assist with group therapy every two weeks for all of the students within the program, and a monthly group therapy for the residents of the group home.

Intern Therapist, Fisk Counseling Center

August 2023 – May 2024

- I am responsible for providing individual therapy to three Fisk University students, every week.

- In these sessions, we discuss personal issues and ways to cope during their college experience.

Wellness Advisor, YogaSix, Nashville April 2023 - November 2023

- Assisted members before classes with their check in procedure.
- Answered phone calls that occurred throughout the shift
- Call, text, and email prospective members to inquire about memberships

Leasing Agent, The Vista, Starkville August 2021 - March 2022

- Led property tours to showcase amenities to prospective tenants and offered valuable information regarding major features.
- Maintained accurate records of correspondence with and from tenants

Leasing Agent, Aspen Heights, Starkville January 2021 - July 2021

- Answered calls and responded to inquiries from various parties using strong active listening and open-ended questioning skills to resolve problems.
- Developed strong, professional relationships with residents by delivering exemplary service and engagement.

Sales Associate, Hibbett Sports, Starkville June 2020 - January 2021

- Helped customers find specific products, answered questions and offered product advice.
- Collected payments and provided accurate change.

PROFESSIONAL AFFILIATIONS

- **Psi Chi**, member since 2024
- **American Psychological Association**, member since 2022
- **The Association of Black Psychologists**, member since 2022
- **Alpha Kappa Alpha Sorority, Inc.**, member since 2019

VOLUNTEER EXPERIENCE

Tom Joy Elementary, Nashville *September 2023 - PRESENT*

- I was invited to speak with 4th grade Tom Joy Students twice, as I taught them the meaning of self-care.

- During these times, I purchased small journals for the students. The students used these journals, following the presentation, to express their emotions and the circumstances they were facing.

Substance Abuse Focus Group Participant

November 2023

- During this session, I interacted with individuals who are currently experiencing substance abuse and those who are recovering from a substance addiction.
- I participated in conversation regarding common substance use in Nashville, TN, while listening to individuals describe their own personal experiences.