

Alaina M. Kroes, PsyD
Licensed Clinical Psychologist

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Education

Wisconsin School of Professional Psychology (WSPP) APA-accredited, Milwaukee, WI	2014-2019
PsyD in Clinical Psychology	2019
M.S. in Clinical Psychology	2016
Alverno College Milwaukee, WI	2005-2009
B.A. in Psychology	2009
Minors in Sociology & Chemistry	

Licensure

Licensed Psychologist (LP) in Texas, #39308	03/04/2022
Licensed Psychologist (LP) in Wisconsin, #3857-57	09/24/2020

Professional Positions

Licensed Psychologist/Owner Mindful Psychology & Wellness, PLLC North Richland Hills, Texas	September 2023- Present
<p>Complete comprehensive adult and child psychological evaluations to assess various aspects of a client's cognitive, academic, emotional, behavioral, and personality functioning. Perform pre-adoption international evaluations. Analyze and interpret results. Provide a comprehensive report that summarizes test findings and recommendations based on the client's unique needs. Consult with other professionals to provide insights into the client's assessment results, offer recommendations for interventions, and contribute to the development of personalized treatment plans. Meet with the client/guardian to review results through a feedback session.</p>	
Licensed Psychologist H. Denise Wooten, PsyD, PA Flower Mound, Texas	September 2022- 2024
<p>Provide comprehensive psychological evaluations to children and young adults to identify the underlying causes of symptoms and provide an accurate diagnosis. Examine a variety of mental health issues including autism spectrum disorder (ASD), attention-deficit/hyperactivity disorder (ADHD), mood, anxiety, psychosis, trauma, and personality. Special interest in developmental disorders, trauma, adoption, and differentiating giftedness from mental health symptoms. Review test results with parent/guardian and/or client during feedback session. Complete a comprehensive report with treatment recommendations. Collaborate with other professionals and treatment providers for continuity of care.</p>	

Licensed Psychologist
The Oak Inside: Center for Psychological
Assessment & Counseling
North Richland Hills, Texas

May 2022- August 2023

Provided comprehensive psychological evaluations to children and adults. Examined a variety of mental health issues including developmental disorders, mood, anxiety, psychosis, trauma, and personality. Special interest in developmental disorders, trauma, adoption, and differentiating giftedness from mental health symptoms. Reviewed test results with parent/guardian and/or client during feedback session. Completed a comprehensive report with treatment recommendations. Collaborated with IEP teams, mental health professionals, and other treatment providers.

Licensed Psychologist
Psychological Assessment Services, LLC
Wauwatosa, Wisconsin

September 2020-April 2022

Provided psychodiagnostic evaluations to juveniles and adults in a community clinic. Completed pre-adoption evaluations, observations and standardized testing of autism spectrum disorder, and guardianship evaluations. Examined a variety of mental health issues including mood, anxiety, psychosis, and personality. Consulted with referral sources such as social workers, care coordinators, court officials, and case managers to provide treatment recommendations and continuity of care. Provided feedback sessions to clients and referring agencies. Supervised postdoctoral fellows who provided competency restoration services to juveniles. Supervised practicum students' test administration and report writing. Presented a variety of didactics to practicum students.

Postdoctoral Fellowship
Psychological Assessment Services, LLC,
Wauwatosa, Wisconsin

September 2019- September 2020

Supervisor: Karyn L. Gust-Brey, Ph.D.

Provided psychodiagnostic and forensic evaluations to juveniles and adults in a community clinic setting. Referral questions included diagnostic clarification and treatment recommendations. Consulted with referral sources such as social workers, care coordinators, and case managers. Provided competency restoration to juveniles. Supervised practicum students' test administration and report writing. Provided didactics to practicum students. Participated in ongoing research.

Internship -Supervision provided by licensed psychologists
Department of Corrections (APA-accredited)
Madison, Wisconsin

August 2018- August 2019

Provided individual therapy and psychodiagnostic evaluations to incarcerated offenders and those on extended supervision. Referral questions included diagnostic clarification, and treatment recommendations. Assisted psychiatry by clarifying or ruling out diagnoses; specifically, bipolar disorder, schizophrenia disorder, and posttraumatic stress disorder. Provided consultation to probation and parole agents in the community and with correctional officers in a prison setting. Screened arriving offenders for current or past mistreatment upon incarceration. Co-facilitated psychoeducational groups: life skills (dialectical behavior therapy-informed), positive psychology group, and grief group.

Attended weekly didactics on various topics. Participated in case presentations during group supervision.

Practicum Experience- Supervision provided by licensed psychologists

Doctoral Level Evaluator and Therapist June 2017- July 2018
Professional Services Group, Kenosha, Wisconsin

Provided individual therapy to children and adults through a community mental health clinic. Various therapeutic approaches were used such as play therapy, cognitive behavioral therapy, and psychodynamic techniques. Provided psychodiagnostic evaluations to children and adults to clarify diagnoses and provide treatment recommendations. Typical referral questions included parental capacity, current psychosocial needs, and recommendations for troubled youth. Provided feedback to clients and referring agencies.

Doctoral Level Evaluator September 2017- May 2018
Private Practice, Milwaukee, Wisconsin

Administered and scored cognitive and academic instruments to children in a clinic setting. Produced psychological reports for referring agencies and clients. Participated in feedback sessions with parents/caregivers. Typical referral questions included cognitive and academic functioning, autism spectrum disorder, and/or attention-deficit/hyperactivity disorder.

Graduate Student Outreach August 2016-December 2017
Wisconsin School of Professional Psychology
Milwaukee, Wisconsin

Promoted WSPP's mission and educational opportunities to students in undergraduate programs throughout Wisconsin. Presentation modalities included participating in small/large group presentations, break-out groups, and serving on discussion panels. Reached out to prospective students through social media and responded to inquiries. Participated in WSPP program application process by meeting with potential graduate students through informal interactions during interview days.

Doctoral Level Evaluator June 2016- June 2017
Healthy Connections
Milwaukee, Wisconsin

Administered and scored neuropsychological, cognitive and personality instruments to children, adolescents, and adults in a private practice clinic. Evaluations with juveniles also occurred in an inpatient hospital setting. Produced psychological reports for referring agencies and patients. Typical referral questions included cognitive and personality functioning, traumatic brain injury, trauma, autism spectrum disorder, and attention - deficit/hyperactivity disorder.

WSPP Liaison June 2016- June 2017
Meta House
Milwaukee, Wisconsin
Facilitated weekly formal reporting between WSPP and Meta House. Relayed pertinent information to Meta House from group facilitators. Attended weekly staffing meetings and participated with a multidisciplinary team. Communicated with group facilitators, student therapists, and student evaluators. Updated policies and procedures regarding Meta House files maintained by student therapists and evaluators. Consulted with student therapists and evaluators regarding proper documentation, storage, and maintenance of client files.

Teaching Assistant November 2016- May 2018
Wisconsin School of Professional Psychology
Milwaukee, Wisconsin
Role-played as a patient to provide an in-vivo experience of an “angry client.” Evaluated student therapist on rating scales of compassion, responsivity, and risk assessment. Attended scheduled supervision meetings and compared student performance with fellow teaching assistants. Followed a general script to provide students with multiple therapeutic experiences. Provided feedback to students to further develop their therapeutic techniques.

Group Therapy Facilitator May 2015- June 2017
Meta House
Milwaukee, Wisconsin
Co-facilitated weekly groups at a residential facility for women with substance use disorders. Provided individual therapy and psychodiagnostic evaluations to two adults. Presenting problems included: depression, mania, limited cognitive abilities all of which co-occurred with substance use. Attended weekly supervision and discussed group dynamics with fellow group facilitators. Supervised junior peer facilitator and provided weekly supervision as a peer supervisor.

Doctoral Level Therapist August 2015- May 2018
Wisconsin School of Professional Psychology Clinic
Milwaukee, Wisconsin
Provided on-going psychotherapy to one child, one family, and three adults through a community mental health clinic. Presenting problems included interpersonal problems, parenting abilities, depression, anxiety, and trauma.

Doctoral Level Therapist June 2015- June 2016
Autism Behavioral Network
Milwaukee, Wisconsin
Observed family interviews and intakes. Administered and scored various cognitive and neuropsychological measures. Performed weekly in-home line therapy to one child diagnosed with autism spectrum disorder. Areas of intervention included promoting playfulness, appropriate social behaviors, and academics. Completed ongoing documentation of line therapy sessions.

Professional Activities

Monthly Lunch & Learns on various psychological topics	2020- 2022
Guest Speaker for High School students	2020-2022
Monthly newsletters to community professionals	2019-2022
Didactics for practicum students	2019-2022

Publications

Kroes, A. (2018) Premature Babies. Mom's Notes, 44, 24-26.

Kroes, A. (2017) Grad school and motherhood working out. National Psychologist, 26(2), 19.

Presentations

Kroes, A. (2025, September). Attachment Theory, Co-Regulation, and Child Self-Regulation [In-Person Presentation]. Parent Workshop, Keller, TX, United States.

Kroes, A. (2025, February). Supporting Self-Regulation in the Classroom [In-Person Presentation]. Wellness Professional Development Workshop, Southlake, TX, United States.

Kroes, A. (2024, October). Supporting Self-Regulation in the Classroom [In-Person Presentation]. Illuminate the Path, Richardson, TX, United States.

Kroes, A. (2024, April). Spotting the Signs: When to Explore a Psychological/Neuropsychological Evaluation for your Child [Virtual Presentation]. Homework in a Cafe, Flower Mound, TX, United States.

Kroes, A. (2024, January). Attachment-Based Emotional Regulation Discussion [In-Person Presentation]. Church at the Cross of Grapevine, Grapevine, TX, United States.

Kroes, A. (2024, February). Differential Diagnosis of Autism Spectrum Disorder and Traumatic Stress Related Disorders [In-Person Presentation]. Keller Counseling Association, Keller, TX, United States.

Kroes, A. (2020, October). The influence of chronic medical conditions on parent-child interactions [Poster presentation]. WPA 2020 Annual Convention-Virtual, Milwaukee, WI, United States.

Gust-Brey, K., Kroes, A., & Bliske, M. (2020, October). The utility of trauma instruments in psychological evaluations of child protective services [Conference session]. Annual Convention-Virtual, Milwaukee, WI, United States.

Kroes, A. (2020, September). Discussion of the positive effects of group psychotherapy in the prison population [Conference session]. Alverno College Annual Mental Health Summit, Milwaukee, WI, United States.

Research

Examination of the Utility of Trauma Instruments in Psychological Evaluations of Child Protective Services (CPS) Referred Clients 2019
Worked with colleagues (Karyn Gust-Brey, Ph.D. and Madeline Bliske, M.S.) to assess the use of trauma instruments in evaluations.

Compiled descriptive statistics of 189 evaluations to investigate how trauma instruments across the lifespan added to the clarification of the resulting diagnoses. The specific trauma instrument, validity of the trauma instrument, elevations present, and the diagnoses were analyzed. This study agreed with previous research that trauma instruments effectively differentiated trauma symptoms from other mental health symptoms and using multiple raters, when applicable, provided clarity for the clinician.

Pretest and Posttest of Positive Psychology Groups, DOC 2018-2019
This research project compared two positive psychology therapy groups to evaluate the

group curriculum's impact on incarcerated offenders. Group participants received a pretest that measured their level of subjective happiness at the first group session and completed the questionnaire again at the last session. The results indicated a positive change in the offender's level of subjective happiness.

Doctoral Dissertation Research, WSPP 2017-2019
Chair: Robert Lueger, Ph.D.

This research project investigated how a mother's attachment style and her premature child's chronic health condition affected mother-child interactions. This study matched previous literature in the finding that when chronic medical conditions increased, the mother's interactive behaviors decreased. It is hoped this study will inform future research and provide information to support the need of early interventions for mother and child.

Test-Retest Project of the STIC, WSPP 2016
Supervisor: Robert Lueger, Ph.D.

This research project involved administering the Systemic Therapy Inventory of Change (STIC) and then re-administering the instrument. In a therapeutic setting, clients were asked to fill out the STIC after each appointment which measures client's change over time. The test-retest reliability was measured to assess use as a therapeutic instrument.

Honors & Awards

Margaret Bernauer Scholarship	2020
National Psychologist Trainee Register Credentialing Scholarship	2018
Psi Chi Honors Society Member	2016-Present
Alverno Academic Scholarship	2005

Professional Affiliations

National Register of Health Service Psychologists	2019-Present
American Psychological Association (APA)	2019-Present
Wisconsin Psychological Association (WPA)	2015-Present
American Psychological Association, Student Affiliate	2015-2017
American Psychological Association of Graduate Students	2015-2017
Association of Professional Psychology Students (APPS)	2014-2019
Treasurer of WSPP-APPS	2016-2017

Seminars & Continuing Education

Selected Continuing Education (Most Relevant Summarized Below)

- Attachment, Parenting, and Family Systems
- Adoption Best Practices
- Clinical and Ethical Issues
- Assessment Focused for ASD, ADHD, OCD
- Human Trafficking
- Law and Mental Health Series
- Trauma and Ethical Guidelines

Additional CEUs completed annually in accordance with licensure requirements.

Volunteer Activities

Mental Health Booth	Woodland Springs Family Event, Fort Worth, Texas	2023
March for Babies	March of Dimes, Racine, WI	2013-2022
Sewn cloth diapers	The Cloth Diaper Foundation, Katy, TX	2013-Present
Read with Children	Fernwood Montessori School, Milwaukee, WI	2016-2017
Mental Health Booth	Wisconsin Psychological Association, WI	2015
Briggs & Al's	Children's Hospital, Milwaukee, WI	2008
Run & Walk		