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## EDUCATION

**Doctor of Philosophy in Social Work**, The University of Texas at Arlington, Anticipated May 2026

Dissertation: "We Progress by Means of Trial: A Phenomenological Approach to Understanding Catholic Suffering"

**Master of Social Work**, The University of Texas at Arlington, May 2023

Specialty: Children and Family

Thesis: "La Pieza Que Falta: How Gender Roles and Cultural Norms Impacted how Latinas Learn about Sex"

**Bachelor of Social Work**, The University of Texas at Arlington, August 2021

## TEACHING APPOINTMENTS

**Adjunct Professor** (SOCW 3308, 5308: Research Methods; Online & In-person), June-August 2024 School of Social Work

- Lesson Planning for Online and Virtual Formats.
- Assignment creation to encourage critical thinking.
- Submitted and updated syllabus.
- Open communication with students as they navigated the course.

**Teaching Assistant** (SOCW 3314: The Latina Experience, Online), January- May 2024

- Communicated with students about grade grievances, missing assignments, sick days, and issues using technology.
- Managed the gradebook and input grades promptly.
- Lectured on sexuality and reproductive health for Latinas
- Updated syllabus and course timeline with the help of the instructor.
- Helped create new assignments for the course that focus on identity and professional plans.

## SOCIAL WORK EXPERIENCE

**Family Violence Research Assistant**, The University of Texas at Arlington, Jan 2023-Present

- Manage different research projects with the supervisor and prepare course plans for semesters.
- Build and maintain open lines of communication with supervisors and other researchers.
- Facilitate conversations with other faculty about potential research opportunities.

- Worked on multiple projects that deal with teaching suicide courses, Latine studies, sex education, and bullying in schools.

**Peer Mentor**, The University of Texas at Arlington School of Social Work, April 2024-May 2025

- Facilitated discussion between students about graduation.
- Provided mentoring for thesis students.
- Taught qualitative research methods.
- Delegated tasks to new mentors in the program.

**Clinical Consultant**, “The effectiveness of expressive writing on the mental health of mothers with long-stay infants in Neonatal Intensive Care”, UTA College of Nursing and Health Innovation, August 2023- May 2025

- Provide clinical services to participants as needed.
- Offer support to the research team in handling mental health concerns in participants.

**Curriculum Development Consultant**, Healthy Start Oklahoma, Postpartum Depression & IPV, June-November 2024

- Conducted research on laws, rules, or procedures relating to IPV care with Mothers.
- Created a deliverable with a multidisciplinary team to be trained on.
- Tasked with specific research areas, including self-care, screening, and safety planning.

**Co-Supervisor**, UTA SSW Peer-Support Virtual Clinic, May-August 2024

- Conducted weekly supervision with a team of MSW interns.
- Delegated tasks to students to ensure placement hours were met.
- Held midterm meetings with students to assess their progress.
- Planned schedules for upcoming meetings and sessions.
- Had professional communication with offices across campus.

**Co-Facilitator**, Nuestra Comunidad, University of Texas at Arlington, Jan 2023- Dec 2023

- Mentored Latine and Hispanic students during events, new student orientation, study breaks, or socials.
- Created weekly newsletters for students to keep up to date with current events and scholarships.
- De-escalated tense situations among students regarding the language being used.
- Planned and facilitated bimonthly support groups for Latine students.
- Collaborated with multiple campus units to support programming.

## OTHER EXPERIENCE

**Social Work Intern**, Saint Maria Goretti Catholic School, Arlington, TX- Aug 2022-May 2023

- Facilitate psychoeducation Presentations with 5<sup>th</sup>-8<sup>th</sup> grade on bullying, racism, study habits, feelings, trauma, and letting children fail with the support of parents

- Provide counseling to individual students and their families for grief, bullying, and adjustment using play and art therapy techniques
- Conduct assessments of students to direct treatment goals
- Provide referrals for students.
- Managed a clinical caseload of 12 students

**Student Worker**, University Catholic Community, Arlington, TX- Aug 2021-May 2023

- Plan events for students
- Conduct fundraising campaigns
- Facilitate scheduling for the campus minister
- Receive funds for various events and other money exchange

**Social Work Intern**, Liberty House, MHMR Tarrant County, Ft Worth, TX- Aug 2021-Dec 2021

- Facilitated group counseling focused on trauma, grief, substance abuse, self-efficacy, respect, and mental illness.
- Managed a caseload of 20 clients
- Provided crisis intervention
- Utilized art therapy with clients

**Undergraduate Student Leader**, UTA School of Social Work, Arlington, TX- Spring 2021-Fall 2021

- Composed weekly newsletters to keep students informed of upcoming events.
- Helped constituents with setting advising appointments, finding resources, contacting faculty, and managing issues in the SW program.
- Met with faculty to debrief issues we were having.
- Attended weekly meetings around the skills to give to our constituents.

**Office Assistant**, Our Lady of Guadalupe Catholic Church, Lubbock, TX- March 2019-July 2020

- Distributed food Vouchers
- Planned events for the Youth group
- Completed grocery shopping to stock the food pantry
- Used QuickBooks to manage funds
- Helped the homeless
- Facilitated financial assistance to the community

## SCHOLARSHIP

### Refereed Journal Articles Published

Rafieifar, M., Gallegos, T., & Praetorius, R., “Understanding Family Dynamics in Mixed-Status Families: A Qualitative Interpretive Meta-Synthesis”, *Child and Family Social Work*, Submitted February 2025, Accepted June 2025

Park, Y., Song, J., Wood, B., **Gallegos, T.**, & Childress, S., “A Global Examination of Applying the Ecological Framework on Attitudes Toward Intimate Partner Violence Against Women: A Multilevel Modeling Analysis” *Violence Against Women*, R & R January 2025, Accepted April 2025

**Gallegos, T.** & Praetorius, R., “¿Por qué no me hablan del sexo?: Latinas’ Barriers to Sex Education” *Social Work and Public Health*, Accepted February 2025

Praetorius, R., **Gallegos, T.**, & Chaturvedi, Z. “Everyone in my immediate family...”: Students’ Experiences with Suicide”, *Journal of Social Work Education and Practice*, Accepted January 2025.

PettyJohn, M., Cary, K., Nolen, E., & **Gallegos, T.** “I’m not experienced...please send advice”: Teens seeking information and advice about sexual behaviors on Reddit, *The Journal of Sex Research*, Accepted January 2025.

Maxwell, D., Robinson S., **Gallegos T.**, & Praetorius R. Sacred Space: A Qualitative Interpretive Meta-synthesis of Women’s Experiences of Supportive Birthing Environments, *BMC Pregnancy and Childbirth*, Accepted May 2024.

### **Manuscripts under Review**

Park, Y., Wood, B., Thor, P., **Gallegos, T.**, Curran, L., & Park, K. (under review). Adolescents’ victimization and perpetration of bullying and their built environment. *Journal of Interpersonal Violence*. Submitted November 2024, R&R June 2025

**Gallegos, T** & Hall, A., ““When the health visitor told me that men also could get [PPD] [I thought] ‘Oh! You can?’”: A Qualitative Interpretative Meta-Synthesis on Father’s Experience of Postpartum Depression”, *Journal of Child and Family Studies*, Submitted January 2024

Praetorius, R., **Gallegos, T.**, & Chaturvedi, Z., “My mother...felt prayer was the cure all”: The influence of religion in MSW students’ understanding of suicide” *Social Work & Christianity*, Submitted June 2024

Maxwell, D., Praetorius, R.T., **Gallegos, T.**, Waters, R., Zacariah, B., Moore, A., & Yonamine, R. “There's no such thing as postpartum depression in my culture”: A qualitative interpretive meta-synthesis on cultural perspectives of postpartum mental health. *Journal of Cross-Cultural Psychology*, Submitted November 2023

### **Manuscripts in Progress**

Praetorius, R.T., Williams, J., & **Gallegos, T.**, “Tears of Joy: Improving BSW student Outcomes”

**Gallegos, T.,** Hall, A. & Praetorius, R., “Sex education has to begin at home...so that the story doesn’t repeat itself”: How to Build Sex Education for Latinas.”

### **Presentations**

#### **Refereed Papers Presented at Conferences and Symposia**

**Gallegos, T.,** “Art Heals: A Case Study on Art Therapy in Catholic Schools”, *Franciscan School of Social Work Conference*, Oral Presentation, March 2025

Hall, A., **Gallegos, T.,** & PettyJohn, M., “I did not want to break his Heart:”, *Society of Social Work Research* E-Poster presentation, January 2025

**Gallegos. T.** & Praetorius. R., “My parents just like countless others left everything they knew and loved so that their children could have better futures”: How immigration experiences shaped Latinas achieving Higher Education”, *National Association of Christian Social Workers* Poster Presentation, October 2024

Praetorius. R., **Gallegos. T.,** & Chaturvedi. Z., ., “My mother...felt prayer was the cure all”: The influence of religion in MSW students’ understanding of suicide”, *National Association of Christian Social Workers* Poster Presentation, October 2024

**Gallegos. T.** & Praetorius. R., “¿Por qué no me hablan del sexo?: Latinas’ Barriers to Sex Education”. *Cannenta Hispanic Mental Health Conference*, September 2024

**Gallegos. T.** La Pieza Que Falta: How Gender Roles and Cultural Norms Impacted how Latinas Learn about Sex. *Cannenta Hispanic Mental Health Conference*, September 2023

Von Schrag. R., **Gallegos. T.,** MSW, and After, *UTA’s Mini-Conference*, October 2023

### **HONORS, AWARDS AND OTHER RECOGNITIONS**

Undergraduate Dean’s List, 2021

Latin Honors, Summa Cum Laude, August 2021

Interprofessional Education certified, June 2023

### **SERVICE**

**Co-Leader**, Doctoral Student Association, The University of Texas at Arlington, August 2024- May 2025

- Facilitated advocacy hour for students in the PhD program
- Offered support for other cohorts on self-care, ambition, and expectation in the program
- Advocated for the representation of students through merch for conferences

**Doctoral Student Representative**, Research Committee, The University of Texas at Arlington, August 2024- May 2025

- Provided student representation during event planning
- Offered insight into the challenges of research

- Advocated for posting publication in the new building
- Served as the liaison between faculty and doctoral students about research

**Mentor**, Arlington, TX, October- Present

- Drop off and pick up for two youth church members
- Provide support to the family during crises

**Volunteer Educator**, Our Lady of Guadalupe Catholic Church, Lubbock, TX- August 2019-2020

- Taught 9<sup>th</sup>-grade Catholic education.
- Planned and led retreats for confirmation.
- Assisted the kids with issues related to their families.
- Facilitated fundraising for two different conferences (young adult and youth).