



- *Assistant Professor*
 - *Division of Pediatric Behavioral Health*
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Conditions Treated:

- *Psychological & Social Issues*
- *Depression*
- *Anxiety*
- *Insomnia*
- *Coping Skills*
- *Family Problems*
- *Memory and Other Cognitive Difficulties*
- *Emotional Health (Pediatric)*

Programs & Services:

- *National Jewish Health for Kids / Pediatric Programs*
- *Day Program (Pediatric)*
- *Outpatient Clinic (Pediatric)*
- *Division of Pediatric Behavioral Health*

My specialty is treating children with co-occurring medical and psychiatric conditions. Modalities can include individual, family, and group therapy. I use behavioral health interventions that are focused on the mind/body connection, with a preference for empirically supported treatments, such as Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Acceptance Commitment Therapy, motivational interviewing, and skills training.

My research interests are applied clinical research to assess efficacy of treatment programs and identify ways to improve quality of care provided to patients and families, factors that promote resilience, factors associated with post-traumatic growth, and patient and family factors associated with clinical presentation, response to treatment, and treatment outcome.

Education

Emory University, BA, Psychology And Sociology, Summa Cum Laude
2006 University of Pittsburgh, PhD, Clinical and Developmental Psychology

Fellowship

2006 - 2008 USC/Children's Hospital Los Angeles,

Teaching or Professional Positions

2015-present: Instructor for Basic Psychology Course for Medical Students at the University of Colorado-Denver
2014: Director of Psychological Assessment Course for Psychiatry Fellows at the University of Colorado-Denver
2011:2015: Co-facilitator for Team Based Learning for Inter-professional Education and

Development at University of Colorado-Denver
2011:2015: Co-Director of Supervision Course at The Children's Hospital
2009-2010: Co-Director of Consult-Liaison Seminar Course at The Children's Hospital

Affiliations with the University of Colorado Denver

Adjunct Faculty, Department of Psychiatry, University of Colorado Denver

Professional Memberships

American Psychological Association
Colorado Psychological Association

Awards & Recognition

2008-2015: Member of Training Committee at Children's Hospital Colorado
2013-2015: Member of Diversity and Inclusion Committee at Children's Hospital Colorado
2014-2015: Member of Rosenberry Planning Committee at Children's Hospital Colorado
2014-2015: Co-Editor of the Department of Psychiatry Journal
2011: Professionalism in Supervision Award, Children's Hospital Colorado
2008: National Register Early Career Psychologist Credentialing Scholarship
2008: Psychology Postdoctoral Fellowship Clinical Excellence Award, Children's Hospital Los Angeles
2006: Bassell Student Publication Award, University of Pittsburgh
Alumni Member, Psi Chi, National Honor Society in Psychology
Alumni Member, Alpha Kappa Delta, National Honor Society in Sociology
Alumni Member, Alpha Phi Omega National Service Fraternity
Invited Peer Reviewer, American Journal of Orthopsychiatry: Interdisciplinary Perspectives on Mental Health and Social Justice
Invited Peer Reviewer, Journal of Adolescence
Invited Peer Reviewer, Journal of Abnormal Child Psychology
Invited Peer Reviewer, Journal of Marriage and the Family

Publications

Oland, A. & Shaw, D.S.(2005). Pure vs. Co-Occurring Externalizing and Internalizing Symptomatology in Children: The Potential Role of Socio-Developmental Milestones. *Clinical Child and Family Psychology Review*, 8 (4), 247-270.

Silk, J., Shaw, D.S., Skuban, E., **Oland, A.**, & Kovacs, M.(2006). Emotion regulation strategies in offspring of childhood-onset depressed mothers. *Journal of Child Psychology and Psychiatry*, 47 (1), 69-78.

Johns, A., **Oland, A.**, Katz, E., & Sahler, O. (2009). Qualitative Analysis of the Role of Culture in Coping Themes of Latina and European-American Mothers of Children with Cancer. *Journal of Pediatric Oncology Nursing*, 26(3), 167-175.

Arpawong, T.E., **Oland, A.**, Milam, J.E., Ruccione, K., & Meeske, K.A. (2013). Post-traumatic Growth among an Ethnically Diverse Sample of Adolescent and Young Adult Cancer Survivors. *Psychooncology*, 22(10), 2235-2244.

Doctor's Contact Information

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Fax: 303.270.2141

Locations

National Jewish Health Main Campus
1400 Jackson St.

Denver, CO 80206