

Kseniya Zhuzha, PhD, CGP

Licensed Psychologist | Certified Group Psychotherapist

Reno, NV • www.kzpsychotherapy.com • info@kzpsychotherapy.com

Professional Profile

Licensed psychologist and Certified Group Psychotherapist with over 10 years of clinical experience. Specializes in group psychotherapy, emotional functioning, and trauma and PTSD. Experienced in helping adults develop greater self-awareness, work through difficult emotions, change longstanding patterns in relationships and daily life, and explore identity and multicultural concerns.

Clinical Areas of Experience

Relationship Concerns • Trauma and Posttraumatic Stress Disorder • Obsessive Compulsive Disorders • Emotional Functioning and Regulation • Shame • Anger • Self-Criticism • Multicultural and Identity Concerns

Therapeutic Modalities

Brief Psychodynamic Therapy • Emotion Focused Therapy • Exposure Response Prevention (ERP) • Eye Movement Desensitization and Reprocessing (EMDR) • Prolonged Exposure (PE) • Cognitive Processing Therapy (CPT) • Skills Training in Affective and Interpersonal Regulation (STAIR) • Psychodrama techniques

Credentials

Licensure & Certifications

Licensed Psychologist, NV

State of NV Board of Psychological Examiners

Active since 2020

#PY0969

Certified Group Psychotherapist

International Board for Certification of Group Psychotherapists

Active since 2022

#64545

PsyPact

Authority to Practice Interjurisdictional Telepsychology

Active since 2021

#5853

Education

PhD Counseling Psychology

2018

Auburn University, Auburn, AL

APA-Accredited Program

Dissertation: International students' intentions to seek group therapy and self-stigma: Effects of informational and therapist rapport interventions

Specialized Clinical Training

- Eye Movement Desensitization and Reprocessing (EMDR)
- Cognitive Processing Therapy (CPT)
- Skills Training in Affective and Interpersonal Regulation (STAIR; Certified)
- Psychodrama

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Work History

Current Clinical Experience

KZ Psychotherapy, Reno, NV

Owner and Psychologist

2021 – present

- Provide individual and group therapy services to adults.
- Provide supervision to clinicians in training

University of Nevada, Reno Counseling Services, Reno, NV

Staff Psychologist

2021 – present

- Provide individual and group therapy services to undergraduate and graduate students.
- Plan treatment and coordinate care.
- Provide supervision, consultation, and training to staff and trainees.
- Create and facilitate mental health educational workshops.

Group Coordinator

2022 – present

- Develop and facilitate interpersonal process, therapy, skills, and educational groups.
- Train clinical staff and trainees in group facilitation and group referrals.
- Support and guide clinicians and trainees in developing new therapy and support groups.
- Oversee the center's group clinical services, including development and management of policies and procedures.

Previous Clinical Experience

Held clinical positions across university counseling centers, inpatient and outpatient mental health clinics, and private practice, providing individual and group psychotherapy to adults. Other responsibilities included psychological assessment, treatment planning, crisis intervention, coordination of care, and outreach.

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University of Maryland Counseling Center, College Park, MD

Staff Psychologist 2020

Staff Therapist 2019 – 2020

University of Nevada, Reno Counseling Services, Reno, NV

Postdoctoral Fellow, Group Therapy Specialization 2018 – 2019

University of Miami Counseling Center, Coral Gables, FL

Pre-doctoral Intern in Health Service Psychology, APA-Accredited Internship 2017 – 2018

West Central Georgia Regional Hospital, Columbus, GA

Clinician in training 2016 – 2017

Central Alabama Veterans Health Care System, Tuskegee, AL

Clinician in training 2016 – 2017

Georgia Institute of Technology Counseling Center, Atlanta, GA

Clinician in training 2015 – 2016

Counseling Services, Inc., LaGrange, GA

Clinician in training 2014 – 2015

Columbus State University Counseling Center, Columbus, GA

Clinician in training 2013 – 2014

Scholarly Work

Publications

Kluck, A. S., Hughes, K., & Zhuzha, K. (2018). Sexual perfectionism and women's sexual assertiveness: Understanding the unique effects of perfectionistic expectations about sex originating from and directed toward the sexual partner. *Sex Roles*, 79, 715-725. doi:10.1007/s11199-018-0901-0

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Kluck, A. S. & **Zhuzha, K.** (2017). Mini Mental Status Examination, 2nd Edition (MMSE-2) [Review]. In J. F. Carlson, K. F. Geisinger, & J. L. Johnson (Eds.), *The twentieth mental measurements yearbook*. Lincoln, NE: Buros Institute of Mental Measurements. Published online at <http://eds.b.ebscohost.com/ehost/detail/detail?sid=57b8f160-1c11-4702-b9f9-e0c9481687ce%40sessionmgr104&vid=0&hid=111&bdata=JnNpdGU9ZWWhvc3QtbGl2ZQ%3d%3d#AN=test.6474&db=loh>

Kluck, A. S., **Zhuzha, K.**, & Hughes, K. (2016). Sexual perfectionism in women: Not as simple as adaptive or maladaptive. *Archives of Sexual Behavior*, 45(8), 2015-2027. doi:10.1007/s10508-016-0805-4

Kluck, A. S., Carriere, L., Dallesasse, S. Bvunzawabaya, B., English, E., Cobb, M., Borges, T., **Zhuzha, K.**, & Fry, D. (2014). Pathways of family influence: Alcohol use and disordered eating in daughters. *Addictive Behaviors*, 39, 1404-1407. doi:[10.1016/j.addbeh.2014.05.015](https://doi.org/10.1016/j.addbeh.2014.05.015)

Selected Posters & Presentations

Zhuzha, K. & Castro Bueno, A. (2026, March). *Intensive transdiagnostic exposure therapy group: A model implemented in a university setting*. Workshop presented at AGPA Connect 2026, New York, NY

Cooper-Bhatia, J., Dehili, V., Scille, S., Turner, M., & **Zhuzha, K.** (2019, March). *Group training and supervision in university counseling centers: Attending to multiple aspects of supervisor and supervisee experiences*. Open session presented at AGPA Connect 2019, Los Angeles, CA

Zhuzha, K. & Kluck, A.S. (2018, August). *Marketing group therapy to international students: Strategies and their effectiveness*. Poster presented at the annual meeting of the American Psychological Association, San Francisco, CA

Song, H., Sun, Y., **Zhuzha, K.**, Hayes, D., Kluck, A. S., & Cornish, M. A. (2017, August). *Mechanisms used through university counseling centers' websites to encourage group counseling*. Poster presented at the annual meeting of the American Psychological Association, Washington DC.

Zhuzha, K., Sun, Y., Kluck, A. S., & Deaton, L. V. (2016, August). *Why not group therapy? Predictors of international students' attitudes towards group treatment*. Poster presented at the annual meeting of the American Psychological Association, Denver, CO.

Zhuzha, K., Hughes, K., Miles, A., Crozier, E. & Kluck, A. S. (2015, August). *Self-objectification and sexual functioning in women: Roles of sexual perfectionism and communication*. Poster presented at the annual meeting of the American Psychological Association, Toronto, Canada.

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Professional Involvement

American Group Psychotherapy Association (AGPA)

College Counseling and Other Educational Settings Special Interest Group

Education Co-Chair

2019 – present

- Organize nation-wide online events on topics pertaining to group therapy at university counseling centers, moderate panel discussions, and lead consultations.
- Past events:
 - Consultation hours on transitioning services to teletherapy at university counseling centers
 - Online Process Groups with University Students: Panel Discussion
 - Addressing Diversity in Process Groups with University Students
 - Drop-in Groups at UCCs: What Works? Panel Discussion
 - Process Observers in UCC Groups: Panel Discussion
 - Supervising Trainee Co-Leaders: Panel Discussion
 - Social Skills Groups in UCCs: Panel Discussion
 - Decrease in UCC Group Attendance & What We Can Do: Community Discussion
 - Group Training for Senior Staff in University Counseling Centers: Panel Discussion

Process Group Immersion (PGI)

PGI is the annual 2-day professional development program in interpersonal process groups for clinical trainees developed and organized by Shemika Brooks, PsyD, CGP, AGPA-F

Interpersonal Process Group Facilitator

2024, 2025, 2026

- Facilitated virtual interpersonal process group (10 hours) and debriefings with clinical trainees, supporting their development of group process skills and clinical insight.

Languages

Ukrainian – native speaker; proficient

Russian – native speaker; proficient