




Kerry Makin-Byrd


Clinical Psychologist

<https://drkerrymakinbyrd.com/>

Wellington, New Zealand

Direct:

 +64 (022) 689 9038

 +1 (415) 314 7849

Summary

Clinical psychologist, author, and clinical supervisor for medical professionals. Retired from research and startup life.

Expertise in trauma and grief; resilience; and professional burnout.

Recognition

- [Start Here: a practical guide for the overwhelmed](#), published by Hachette UK, November 2025.
- [Ballad of Burnout: a helper lost and found](#). Amazon's #1 New Release. *Part poetic memoir, part hopepunk battlecry.*
- U.S. national special matter expert in sexual trauma and resilience
Co-developed first U.S national trauma intervention for Veteran parents; developed training used by over 300,000 medical professionals to assess and treat sexual trauma, US Veterans Health Administration.
- Veterans Health Administration (VHA) Special Performance Award, annual award recognizing exceptional employee performance (USA; 2013 - 2018)
- VHA Special Contribution Award, recognizing employee contribution with significant national impact on VA mental health services (USA, 2013)

Experience

Private Practice / Registered Clinical Psychologist

MAY 2022 - PRESENT, WELLINGTON REGION, NZ

Providing evidence-based psychology support. Specialization in trauma, grief, or other overwhelming events. (Registered in New Zealand since 2022; licensed in the USA from 2011 to 2023.)

Te Whatu Ora Health New Zealand / Clinical Psychologist

JUNE 2022 - JANUARY 2023, CAPITAL, COAST, HUTT VALLEY & WAIRARAPA

Cancer Support Team, Hutt Hospital. Providing psychology support for patients who have high suspicion of cancer or are receiving cancer treatment. Specialization in supporting sexual trauma survivors and treating posttraumatic symptoms that can hinder treatment adherence.

The Compassion Institute / Certified Compassion Educator

JUNE 2022 - PRESENT, CALIFORNIA, USA

Certified to teach Compassion Cultivation Training (CCT), an evidence-based compassion education program developed by Thupten Jinpa, PhD at Stanford University's Center for Compassion and Altruism Research.

Pace Group, Inc. / Founding Psychologist

AUGUST 2020 - JANUARY 2022, CALIFORNIA & COLORADO, USA

Employee number five at series A funded startup valued at 75 million dollars at exit. Helped with a wide range of company building including program development, talent hiring, and jumping in anywhere.

National VA Office of Mental Health and Suicide Prevention & National Center for PTSD / Informatics and Dissemination Lead

OCTOBER 2012 - MAY 2018, CALIFORNIA & COLORADO, USA

Led the development of sexual trauma screening and intervention trainings for medical professionals. Lead the national revision to mandatory sexual trauma screening including informatics design and collaboration across national offices of nursing, primary care, and mental health.

New York University / Director of Trauma and Resilience Research

SEPTEMBER 2011 - OCTOBER 2012, NEW YORK, USA

Contributed to research design, manuscript writing, and statistical analysis on multiple research projects assessing the prevalence and predictors of family violence and risk behavior.

Education

Foundational Clinical Practice in EMDR Therapy (postgraduate training)
Department of Psychological Medicine, University of Otago

JAN 2025 - NOV 2025, WELLINGTON, NZ

VA Palo Alto Health Care System &
Stanford University (affiliated) / Postdoctoral Fellowship

JULY 2009 - AUGUST 2011, PALO ALTO, CALIFORNIA

University of California, San Francisco / Predoctoral Clinical Intern

JULY 2008 - JUNE 2009, SAN FRANCISCO, CALIFORNIA

Pennsylvania State University / PhD and MS,
Clinical Psychology Focus, Developmental Minor

AUGUST 2002 - AUGUST 2009, UNIVERSITY PARK, PENNSYLVANIA

College of Wooster / Bachelor of Arts in Psychology, Departmental
Honors

AUGUST 1998 - MAY 2002, WOOSTER, OH

Further Recognition

- 2022 Kotahitanga Champion for Collaboration and Integration Award, annual regional allied health award presented to the Cancer Support Team
- Registered Clinical Psychologist, New Zealand (2022 - Present)
- Licenced Clinical Psychologist, Colorado & California, USA (2011 - 2023)
- Elected Board Member to Women's Special Interest Group, World Association for Contextual Behavioral Science (2022)
- International speaker and trainer for over 15 years. Over 60 trainings, talks, and workshops to political, industry, academic, clinical, and community groups.

Selected Publications

1. Makin-Byrd, Kerry. *Start Here: A practical guide for the overwhelmed*. Little, Brown Book Group, 2025. ISBN: 9781408783221
2. [Makin-Byrd \(2023\). Ballad of Burnout: a helper lost and found.](#) Amazon's #1 New Release. Part poetic memoir, part hopepunk battlecry.
3. Makin-Byrd, K. & Oberling, V. (2021). The Pace Program Manual 3.0. San Francisco, CA, USA.
4. Cloitre, M. & Makin-Byrd, K. (2017). Parenting STAIR* Essentials: A Therapist Manual To Help Parents Who Are Trauma Survivors. Palo Alto: National Center for PTSD.
5. Foyes, M., Makin-Byrd, K., Skidmore, W., King, M., Bell, B., Karpenko, J., & Greene, L. (2018). Promoting Veterans' recovery from military sexual trauma: Lessons learned from the Veterans Health Administration. *Military Psychology*.

6. Kimerling, R., Makin-Byrd, K., Louzon, S., Ignacio, R. V., & McCarthy, J. F. (2016). Military sexual trauma and suicide mortality. *American journal of preventive medicine*, 50(6), 684–691.
7. ACS-NYU Children's Trauma Institute. (2012). Parenting Skills Training in Affective and Interpersonal Regulation (STAIR*) Treatment Manual. New York: NYU Langone Medical Center.

* STAIR or Skills Training in Affective and Interpersonal Regulation is an evidence-based psychosocial treatment that provides skills training that addresses a wide range of problems in day-to-day functioning that emerge from difficulties in emotion and relationship management. STAIR was initially created for individuals with childhood trauma, who, as a result of repeated and chronic traumatization (e.g., sexual or physical abuse), did not appear to have developed strong emotion management and social skills.

8. Makin-Byrd, K., Nelson, J. P., Slep, A. M. S. & Heyman, R. (Eds.). (2012). *Enhancing Comprehensive Campus Prevention: A Guidebook to Activities That Work*. New York, NY: New York University.
9. Makin-Byrd, K. N. & Bierman, K.L. (2012). Individual and family predictors of dating violence perpetration and victimization in late adolescence. *Journal of Youth and Adolescence*.
10. Makin-Byrd, K.N., Bonn-Miller, M., Drescher, K., & Timko, C. (2012). Posttraumatic stress disorder symptom severity predicts aggression after treatment. *Journal of Anxiety Disorders*, 26(2), 337–342. doi: 10.1016/j.janxdis.2011.11.012
11. Makin-Byrd, K. N., Cronkite, R. C., & Timko, C. (2011). The influence of abuse victimization on attendance and involvement in mutual-help groups among dually-diagnosed male veterans. *Journal of Substance Abuse Treatment*, 41, 78–87. doi:10.1016/j.jsat.2011.02.001
12. Makin-Byrd, K. N. & Azar, S. T. (2011). Beliefs and attributions of partner violence perpetrators: the physical and psychological violence of adolescent males. *Violence and Victims*, 26(2), 177–90. doi:10.1891/0886-6708.26.2.177
13. Makin-Byrd, K., Gifford, E., McCutcheon, S. & Glynn, S. (2011). Family and couples treatment for newly returning veterans. *Professional Psychology: Research and Practice*, 42(1), 47–55. doi:10.1037/a0022292

Selected Presentations

14. Makin-Byrd, K. N. (May, 2024) “When ACT Isn’t Simple: An ACT in Practice workshop” Day-long clinical workshop for advanced mental health professionals presented by ACT Wellington. Wellington, New Zealand.
15. Makin-Byrd, K. N. (March, 2023) “Tender and fierce compassion for self and others: crucial clinical tools for grief, shame, and burnout”. Clinical workshop for therapists presented at the New Zealand College for Clinical Psychologists (NZCCP) annual conference. Wellington, New Zealand.
16. Makin-Byrd, K. N. (March, 2023) “Control is still the problem: Aware, open, and active exercises for burnout prevention and protection” International clinical workshop for mental health professionals presented at the Rocky Mountain and Mid Atlantic ACBS Connection Webinar series, virtual conference.

17. Bahr, G., Sedley, B., Makin-Byrd, K. N. & Whitehead, K. (November, 2022) *“Loving yourself and holding your work lightly: Common stumbles in the search for perfectly imperfect ACT therapy.”* Clinical workshop for therapists presented at the Australia and New Zealand Association for Contextual Behavioral Science (ANZ ACBS) annual conference. Virtual conference, Wellington, New Zealand.
18. Makin-Byrd, K. N. (November, 2022) *“An ACT Framework for understanding and intervening on professional burnout.”* Clinical workshop for psychologists presented at the annual Te Whatu Ora Psychology Study Day. Wellington, New Zealand.
19. Makin-Byrd, K. N. & Sorenson, D. (November, 2022) *Control is still the problem: Aware, open and active exercises for burnout prevention and protection.* Clinical workshop for therapists presented at the Australia and New Zealand Association for Contextual Behavioral Science (ANZ ACBS) annual conference. Virtual conference, Wellington, New Zealand.
20. Makin-Byrd, K. N. (June, 2022) *Family interventions to impact adults’ psychological inflexibility and improve child outcomes.* Clinical workshop for therapists presented at the Association for Contextual Behavioral Science World Conference. Virtual conference, San Francisco, US.
21. Makin-Byrd, K. N. (November, 2021) *5 Principles of Burnout Prevention for Carers.* Invited virtual talk presented as part of the DMV Perinatal Mental Health Symposium. (Washington DC, USA)
22. Makin-Byrd, K. N. (November, 2021) *Aware, Open, and Active Parenting: ACT Based Parenting Exercises for Clinical Work.* Clinical workshop for therapists presented at the Australia and New Zealand Association for Contextual Behavioral Science (ANZ ACBS) annual conference. Virtual conference, Wellington, New Zealand.
23. Makin-Byrd, K. N. (May, 2021) *Thriving through uncertainty and complexity: control, connection and mastery.* Invited virtual talk presented to the 2021 On Deck Health Fellows, an incubator for health tech startups. (national virtual presentation, USA)
24. Makin-Byrd, K. N. (June, 2020) *Caring for the caretakers: Mindfulness and compassion skills for self-care.* Invited talk for over 200 therapists and caretakers for Assuring Better Child Health and Development Colorado (ABCD) non-profit. (Colorado, USA)
25. Makin-Byrd, K. N. (April, 2020) *Inhale to Exhale: Self care and telehealth in a global pandemic.* Invited talk for over 200 therapists and caretakers for Right Start Colorado. (Colorado, USA)
26. Makin-Byrd, K. N. (January, 2018) *Self Care in the New Year: Person, team, and organization level practices for a happy, healthy, purpose-driven workforce.* Invited half-day workshop for employees, managers, and executives presented at the Thrive Autism Collaborative, Denver, CO. (USA)
27. Makin-Byrd, K. N. (October, 2017) *Mindful Parenting: ACT and mindfulness exercises for parents.* Clinical workshop for therapists and helpers presented at the Rocky Mountain Association for Contextual Behavioral Science biannual conference, Denver, CO. (USA)
28. Makin-Byrd, K. N. (2013, June) *The Impact of Cumulative Trauma On Veterans’ Relationships: Implications For Treatment.* Invited talk presented at the Military Sexual Trauma Teleconference Training Series, Department of Veterans Affairs (USA)

29. Makin-Byrd, K. N. (2010) *Family Involvement in Veteran Care: Initiatives, Barriers, and Future Directions*. Invited paper presented at the Center for Health Care Evaluation Research Forum, VAPAHCS, Menlo Park, CA USA

Additional information on specialized training, publications, educational products, national service, and invited presentations available on request.