

Cecilia Frometa, PhD.

Bio



Dr. Cecilia Frometa is a Licensed Clinical Psychologist and Assistant Professor at Yale University School of Medicine. She is a core faculty member within the Psychology Section at the Child Study Center and provides clinical training in Family Therapy and Cultural Diversity. Dr. Frometa additionally leads state-wide training coordination for a child and family centered psychiatric model developed at Yale.

She has delivered several key note speeches, served on expert panels on trauma, presented at several national child policy conferences and legislative Connecticut televised talks and podcasts. Most recently, she has been Co-Director of the CONNECTing Children and Families to Care project, a federally awarded SAMHSA Systems of Care grant focused on engaging multiple stakeholders from various child and family serving sectors in creating more cohesive family driven child mental health system in Connecticut. The ‘CONNECT’ project focused on the implementation of the Connecticut Child Behavioral Health Care Plan (Public Act 13-178) following the tragic events of Sandy Hook. She led the Cultural and Linguistic Appropriate Services portion of the work with the purpose of ensuring the child and family agencies addressed health disparities in the communities they served.

Dr. Frometa obtained her Ph.D. in Counseling Psychology from Northeastern University and completed her pre-doctoral clinical internship at Harvard Medical School/Department of Medical Affairs with a clinical focus on trauma related disorders. She additionally completed her post-doctoral fellowship at Yale University School of Medicine. She was a Merck Scholar during her doctorate dissertation work and received a presidential fellow award for her master’s work.

She has been in the mental health field for over 20 years and has extensive clinical, teaching, program development, public policy, consultation and supervisory experience. Her work has been published in several issue briefs on race, culture and trauma-informed care.