

Curriculum Vitae (abbreviated)

Edmund Conrad Neuhaus

Founder & President, Atheneum Learning™

Education:

1981 B.A. Middlebury College, Middlebury, Vermont
1984 M.A. Clark University, Worcester, MA
1988 Ph.D. Clark University, Worcester, MA

Pre-Doctoral and Post-Doctoral Training

1987-88 Pre-Doctoral Psychology Intern, McLean Hospital
1988-90 Post Doctoral Fellow in Psychology, McLean Hospital, Cognitive Behavior Therapy Unit

Licensure and Certification:

1989 Licensed Psychologist, Commonwealth of Massachusetts
1990 Health Service Provider, Commonwealth of Massachusetts
1990 Qualified Psychologist, Commonwealth of Massachusetts
2005 American Board of Professional Psychology (ABPP)—
Board Certification in Clinical Psychology

Academic Appointments:

1982 Scholar, Clark University, Department of Psychology
1983-86 Fellow, Clark University, Department of Psychology
1987-88 Clinical Fellow in Psychology (Internship at McLean), Department of Psychiatry, Harvard Medical School
1988-89 Clinical Fellow in Psychology (Post-Doctoral training at McLean), Department of Psychiatry, Harvard Medical School
1990-2002 Instructor in Psychology, Department of Psychiatry of the Harvard Medical School
2002-2008 Assistant Professor of Psychology, Department of Psychiatry of the Harvard Medical School
2008- Assistant Clinical Professor of Psychology, Department of Psychiatry of the Harvard Medical School

Administrative and Clinical Positions (Hospital-Based):

1988-91 Staff Psychologist, Admissions Unit and Long-Term Care Unit, Metropolitan State Hospital, Waltham, MA

Administrative, Clinical, and Research Positions at McLean Hospital:

1989-94 Cognitive Behavior Therapist and Consultant
1991-94 Inpatient Staff Psychologist

1992-93	Coordinator, Women's Unit Partial Hospital Program
1993-96	Senior Psychologist, Cognitive Behavior Therapy Unit
1993-96	Ambulatory Services Coordinator at Clinical Evaluation Center
1995-96	Assistant Director, Psychology Training
1996-2006	Associate Director, Psychology Training
1997-99	Director of Clinical Operations, Mood and Anxiety Partial Hospital Program
1999-	Director, Mood and Anxiety Partial Hospital Program
2001-	Director, Behavioral Health Partial Hospital Program
2002-	Director, Borderline Personality Disorder Partial Hospital Program
2003-	Clinical and Administrative Management Team Member, Borderline Center Program
2003-	Principal Investigator, Treatment Outcome Project, Behavioral Health Partial Hospital Program
2005-	Coordinator, MGH/McLean Psychiatry Residency Training for Cognitive Behavior Therapy (CBT) for PGY-2 Residents
2006-	Co-Director, Psychology Training

Professional Positions as Independent Practitioner / Business Positions:

1989-	Independent Private Practitioner: Psychotherapy and Consultation <u>Psychotherapy Specialties:</u> Borderline Personality Disorder, Depressive Disorders/ Treatment Resistant Depression, Anxiety Disorders, Anger Management, Bipolar Disorder, Schizophrenia
1990-	Expert Witness and Consultant for Legal / Forensic Concerns (particularly for Anger Management, Suicide Risk Assessment)
1991-	Consultant for Business, Organizational, and Employee Concerns
1996-	Psychotherapy Consultant
2005-	Examiner, American Board of Professional Psychology (Clinical)
2007-	Founder, President & CEO, TRi Behavioral™, Lincoln, MA—now Atheneum Learning™

Report of Teaching: Regional/National Contributions

Invited Presentations

- 1) April 2002- McLean /Harvard Medical School conference on Group Therapy. Specific topic is: *Group Therapy for Mood and Anxiety Disorders*.
- 2) June 2002: *Psychosocial Treatments for Depression and Anxiety Disorders*, Psychiatric Practice 2002, Harvard Medical School / McLean Hospital Conference, Department of Continuing Education, Boston, MA
- 3) January 2003: *Treatment of Social Anxiety Disorder*, McLean Hospital, Belmont, MA.

- 4) June 2003: *Psychosocial Treatments for Depression and Anxiety Disorders*, Psychiatry 2003, Harvard Medical School / McLean Hospital Conference, Department of Continuing Education, Boston, MA
- 5) June 2004: *Psychosocial Treatments for Depression and Anxiety Disorders*, Psychiatry 2004, Harvard Medical School / McLean Hospital Conference, Department of Continuing Education, Boston, MA.
- 6) June 2005: *Psychosocial Treatments for Depression and Anxiety Disorders*, Psychiatry 2005, Harvard Medical School / McLean Hospital Conference, Department of Continuing Education, Boston, MA
- 7) Neuhaus, E. (2005) *Borderline Personality Disorder: Life Management Skills, CBT, and Partial Hospital*. Family Workshop for Borderline Personality Disorder, Sponsored by McLean Hospital and New England Personality Disorder Association.
- 8) Neuhaus, E. (2006) *Borderline Personality Disorder: Diagnosis, Flexible Treatment, and Life Skills Management*. Colloquium of Neurosciences, Oaxaca, Mexico.
- 9) Neuhaus, E. (2007) *Evidence-Based Knowledge to Real World Practice: The State of the Art*. Keynote Speech at Conference for the Association for Ambulatory Behavioral Healthcare (AABH), Boston, MA,
- 10) Neuhaus, E. (2007) *Collaborative Psychoeducational Interventions for Anxiety Disorders*. Conference (2007) sponsored by the Cambridge Health Alliance, Department of Psychiatry at Cambridge Hospital and Harvard Medical School, Boston, MA. (Scheduled for Nov./Dec. 2007).
- 11) Neuhaus, E. (2008) *Collaborative Psychoeducational Interventions for Anxiety Disorders*. Sponsored by Shanghai Mental Health Center, Shanghai, China.
- 12) Neuhaus, E. (2008) *Cognitive Behavioral Treatment (CBT) for Social Anxiety Disorder*. Sponsored by Shanghai Mental Health Center, Shanghai, China.
- 13) Neuhaus, E. (2008) *The Flexible CBT Approach: Three Modules and Case Consultation*. Presented as two-day workshop at the 1st Chinese CBT Conference. Sponsored by Nanjing Brain Hospital, Nanjing, China.
- 14) Neuhaus, E. (2008) *Cognitive Behavior Therapy (CBT) in North America: Current State and Future Directions*. Keynote Address at the 1st Chinese CBT Conference. Sponsored by Nanjing Brain Hospital, Nanjing, China.
- 15) Neuhaus (2008) *Fixed Values and a Flexible Partial Hospital Program Model*. Audio Conference for the Association of Ambulatory Behavioral Healthcare (AABH).
- 16) Neuhaus, E. (2008) *Borderline Personality Disorder: Diagnosis, Assessment, and Matching Treatment to Patients*. One-day workshop presented at Mountain View Hospital, Gadsden, Alabama.
- 17) Neuhaus (2008) *Core CBT Skills for Partial Hospital*. Audio Conference for the Association of Ambulatory Behavioral Healthcare (AABH).
- 18) Neuhaus (2008) *Borderline Personality Disorder: Diagnosis and Flexible Treatment*. Grand Rounds presented at Department of Psychiatry & Behavioral Sciences, Berkshire Medical Center, Pittsfield, MA.
- 19) Neuhaus, E. (2008) *Flexible CBT: Basic to Advanced Clinical Practice*. Two-day workshop presented at Department of Psychiatry & Behavioral Sciences, Berkshire Medical Center, Pittsfield, MA.

- 20) Neuhaus, E. (2009) *Borderline Personality Disorder: Diagnosis and Flexible Treatment*. Audio Conference for the Association of Ambulatory Behavioral Healthcare (AABH).
- 21) Neuhaus, E. (2009) *Flexible CBT for Partial Hospital and Outpatient*. Grand Rounds presented at Lehigh Valley Health Systems, Lehigh Valley, PA.
- 22) Neuhaus, E. (2009) *Application of Flexible CBT in Partial Hospital: Demonstration by Live Patient Interviews*, Alta Bates Partial Hospital Program, Alta Bates Hospital, Berkeley, CA
- 23) Neuhaus, E. (2009) *The Flexible CBT Approach: Basics of Cognitive Behavior Therapy and Becoming a CBT Therapist*. Intensive 5-Day Workshops (October 2009 and May 2010), Shanghai Mental Health Center, Shanghai, China.

Bibliography

Original Articles:

1. Neuhaus, E. (2006) Fixed Values and a Flexible Partial Hospital Program Model. *Harvard Review of Psychiatry*, 14 (1), 1-14.
2. Tellides, C., Harrington, A., Neuhaus, E., & Shapiro, E. (2007) Strategic Choices in the Psychotherapy of a “Fragile” Patient. *Harvard Review of Psychiatry*, 15 (1), 18-29.
3. Neuhaus, E., Christopher, M., Jacob, K., Guillaumot, J., & Burns, J (2007) Short-Term Cognitive Behavioral Partial Hospital Treatment: A Pilot Study. *Journal of Psychiatric Practice*, 13 (5), 298-307.
4. Sylvia, L.G., Kopeski, L.M, Mulrooney, C., Reid, J., Jacob, K., Neuhaus, E.C. (2009). Does exercise impact mood?: Exercise patterns of patients in a psychiatric partial hospital program. *Journal of Psychiatric Practice*, 15(1): 70-78.
5. Christopher, M., Jacob, K., Neuhaus, E., Neary, T., & Fiola, L., (2009) Cognitive and Behavioral Changes Related to Symptom Improvement among Patients with a Mood Disorder Receiving Intensive Cognitive Behavioral Therapy. *Journal of Psychiatric Practice*, 15(2): 95-102.

Online Books

1. Neuhaus, E. (2008) *The Flexible CBT Approach*, Online Textbook, and Training Program, published by Atheneum Learning™ <http://www.atheneumlearning.com> *Comprehensive Training in Cognitive Behavior Therapy: Foundational Knowledge (Fixed Values), Assessment, Skills Training and Psychoeducation, and the Development of the Therapist-Patient Relationship*.

Book Chapters:

1. Gunderson, J., Gratz, K., Neuhaus, E. & Smith, G. (2005) Levels of Care in Treatment, in *Textbook of Personality Disorders*. Edited by Gabbard, G., Washington D.C.: American Psychiatric Publishing, Inc.
2. Gunderson, J. Gratz, K, Neuhaus, E. & Smith, G. (2009) Levels of Care In Treatment. In: *Essentials of Personality Disorders*. Edited by John Oldham, Andrew Skodol, and Donna Bender, American Psychiatric Publishing, Inc.
3. Neuhaus, E. (in press) Becoming a CBT Therapist: Striving to Integrate Professional and Personal Development, in *On Becoming a Psychotherapist: the Personal and Professional Journey*, Edited by Robert H. Klein, Harold S. Bernard, and Victor L. Schermer.

Proceedings at Meetings:**Professional Conference Presentations / Posters:**

1. Neuhaus, E., Crowley, M., & Stember, D. (2001) *Cognitive Behavioral Approaches in a Hospital Setting*. Workshop at the 58th Annual Conference of the American Group Psychotherapy Association, Boston, MA.
2. Gunderson, J., Neuhaus, E., Smith, G., Murphy, E., & Berkowitz, C. (2003) *Integrating Services for Patients with Borderline Personality Disorder*. Symposium at the American Psychiatric Association's 55th Institute on Psychiatric Services, Boston, MA.
3. Gunderson, J., Neuhaus, E., Smith, G., Gratz, K. (2004) *Effective Psychiatric Services for Patients with Borderline Personality Disorder*. Symposium at the American Psychiatric Association's 56th Institute on Psychiatric Services, Atlanta, GA.
4. Neuhaus E. & Christopher, M. (2005) *A Preliminary Study of Cognitive Behavioral Treatment in a Short-Term Partial Hospital Program*. Poster presented at Harvard Psychiatry Poster Day, Harvard Medical School, Boston, MA.
5. Neuhaus, E., Cutter, C., Weinberg, I., & Jacob, K. (2006) *Assessing the Real World Effects of a Short-Term Partial Hospital Treatment Program: The Introduction of a New Measure*. Poster presented at Harvard Medical School, Department of Psychiatry Research Day.

6. Cutter, C., Jacob, k., Becker, J., Kopesku, L., Magovcevic, M., Neuhaus, E. K. (2006). Acquisition of CBT knowledge in a partial hospital patient population. Mysell Poster Day, Harvard Medical School, Boston, MA.
7. Cutter, C., Armengol, C., Neuhaus, E., Weinberg, I. (2006) *Predictors of Treatment Outcome Within a CBT-Based Short-Term Partial Hospital Program*. Poster presented at Association of Behavior and Cognitive Therapy (ABCT) Annual Conference, Chicago, IL.
8. Neuhaus, E., Jacob, K., Kim, H.J., Cutter, C., Chok, Magovcevic, M. (2006) *Examining the Psychometrics of a New Measure: Assessing the Acquisition and Use of CBT Skills in a Partial Hospital Population*. Poster presented at Association of Behavior and Cognitive Therapy (ABCT) Annual Conference, Chicago, IL.
9. Jacob, K., Kim, H.J., Kopeski, L., Cutter, C., Chok, J., Magovcevic, M., Becker, J., Neuhaus, E. (2006). *Skill Acquisition as a Mediator of Treatment Outcome in a Short-term Partial Hospital Program*. Poster presented: ABCT: Chicago, IL.
10. Grandin, L.D., Cutter, C., Chok, J., Becker, J., Jacob, K., Neuhaus, E. (2007). Behavioral Scheduling and Psychopathology in a Partial Hospital Setting. Mysell Lecture and Poster Day, Harvard Medical School, Boston, MA
11. Neuhaus, E., Jacob, K., Cutter, C., Kim, H.,J., Weinberg, I., Chok, J., Magovcevic, M., Kopeski, L. (2007). Examining the Psychometrics of a New Measure: Assessing Patients' knowledge of CBT skills in a Partial-hospitalization population. Poster presented at APA: San Francisco, CA.
12. Dulgar-Tulloch, L., Cutter, C.C., Becker, J., Jacob, K., Neuhaus, E.C. (2007). Borderline Symptomatology and Skill Knowledge vs. Skill Use in Cognitive Behavioral Therapy. Poster presented at ABCT, Philadelphia, Pennsylvania.
13. Magovcevic, M., Cohane, G., Jacob, K., Neuhaus, E. (submitted for 2007). Masculinity and Depression: Further Validation of the Masculine Depression Scale. Poster presented at ABCT, Philadelphia, Pennsylvania.
14. Fiola, L., Laudate, C., Jacob, K., Neuhaus, E.C. (2008). Hopelessness and Symptom Improvement in a Short-Term CBT-Oriented Partial Hospital Setting. To be presented at American Psychological Association (APA) Annual Conference: Boston, MA.

Thesis:

PhD. Dissertation: A Developmental Approach to Children's Planning (Clark University, 1988)

Seminars and Presentations for Clinical Training:

Seminars / Presentations for Psychology Training at McLean Hospital/ Harvard Medical School

1996-

General Issues of Theory, Research, and Practice:

Overview of Cognitive-Behavior: Overview of Dialectical Behavior Therapy (DBT); Overview of Psychodynamic Psychotherapy: Empirically Supported Treatments (Evidence-Based Treatments) for Depressive Disorders, Anxiety Disorders, and Borderline Personality Disorders; Partial Hospital: Historical Developments; Psychosocial Milieu Treatment; Levels of Care in Psychosocial Treatment Group Therapy Principles, Group Dynamics and Process, Skill-Based Group Therapy; Differential Diagnosis; Fixed Values and a Flexible Partial Hospital Program Model

Treatment Applications and Psychotherapy Issues:

Overview of Different Approaches for Borderline Personality Disorder; Adapting DBT to Partial Hospital; Working with High Risk Patients; Managing Self-Injurious Behaviors; Impulse Control; Anger Management; CBT and Life Management Skills for Borderline Personality Disorder; Differential Diagnosis Factors and Co-Morbidities Pertaining to Borderline Personality Disorder and Axis I Disorders (Mood, Anxiety, Substance Use, Eating Disorders, PTSD); Psychosocial Treatments for Depression and Anxiety; Depressive Disorders and Treatment Refractory Depression; Exposure-Response Prevention Treatment for Anxiety Disorders; Treatment of Bipolar Disorder; Psychosocial Treatment of Schizophrenia; Psychoeducational Approaches for Depression, Anxiety, Bipolar, and Personality Disorders; Consultation-Liaison; Clinical Formulation; Levels of Care in Psychiatric Treatment; Transference and Counter-transference Issues in Cognitive Behavior Therapy; Risk Management and Clinical Judgment; Therapy with Treatment Resistant Patients; Professional Development as a Clinician /Therapist; Collaborative Psychoeducation.

Seminars and Presentations for Psychiatry Residency Training at McLean Hospital and Harvard Medical School.

2003-

Foundational Principles in CBT and Psychosocial Treatment

Foundations of Cognitive-Behavior Therapy; Applications of Cognitive-Behavior Therapy; Evidenced-Based Treatments for Mood, Anxiety, and Personality Disorders; Consultation

Approaches for CBT; Treatment Planning for CBT; Introduction to Group Therapy; Introduction to CBT Skills-Based Group Therapy; Development of Flexible Group Modules; Overview of Psychosocial Milieu Treatment; Cognitive-Behavior Therapy with Treatment Resistant Patients; Psychoeducational Approaches for mood, anxiety, and personality disorders; Collaborative Psychoeducation.

Major Administrative Responsibilities

Program Development Initiatives and Projects:

1988-91 *Team Member*
 Clinical Program Development for newly formed Admissions Unit, Metropolitan State Hospital, Waltham, MA

Program Development Initiatives and Projects (Administrative, Clinical, and Training) at McLean Hospital:

1989-91 *Team Member*
 Program Development to provide Cognitive Behavioral Individual and Group Therapies in a Psychodynamic, Residential Program for Personality Disorders.

1992-93 *Coordinator and Team Leader*
 Program Development of new Women's Unit Partial Hospital Program to treat multiple diagnoses including PTSD, dissociative disorders, mood and anxiety disorders, personality disorders (entailed designing clinical programming, negotiating agreements to convert insurance benefits for partial hospital, create billing algorithm for program and fee-for-service staff, and monitor quality assurance).

1993-94 *Team Member*
 Program Development project for re-organization of Cognitive Behavior Therapy Unit into partial hospital / residential program.

1993-94 *Team Member*
 Program Development project for new Admissions Unit at McLean (Clinical Evaluation Center—CEC).

1994-95 *Team Leader and Coordinator*
 Program Development for Urgent Care Ambulatory Services for newly formed Clinical Evaluation Center.

1996 *Co-Leader of Team (and Associate Director of Psychology Training)*
 Program Development project to re-organize APA approved Pre-Doctoral Psychology Internship (for re-designing training curriculum and integration of training program with clinical programs).

- 1997 *Team Leader*
Pre-Doctoral Psychology Internship Curriculum Development: As newly appointed Director of Mood and Anxiety Partial Hospital Program, the task was to solidify changes made in the previous year, and to insure clinical training and clinical service needs were fully integrated.
- 1997- *Team Leader*
Ongoing Program Development and curriculum updates for APA approved, Pre-Doctoral Psychology Internship.
- 1997-98 *Team Leader*
Program Development initiative to re-organize Mood and Anxiety Partial Hospital Program (MAP) clinical and administrative systems and design short-term, empirically informed treatment curriculum and protocols for group and individual therapies
- 1998-99 *Team Leader*
Program Development to design flexible group therapy modules which adapt empirically supported treatments (evidence-based) to real world partial hospital practice.
- 2001 *Program Director and Team Leader*
Objective was to merge Mood and Anxiety Program (MAP) with Bipolar and Psychotic Disorders Program to create Behavioral Health Partial Hospital Program (entailed integration of disparate staffs and management structures, staff downsizing, new budget parameters, and clinical program development).
- 2001 *Program Director and Team Leader*
Created administrative and management system for Behavioral Health Partial Hospital Program (to admit approximately 700 patients per year—60 admissions and discharges per month; to provide 100 groups per week; to create flexible staffing system; to establish tracking system of all aspects of the program to maximize Continuous Quality Improvement).
- 2002 *Program Director*
Implemented the model I developed, whereby both clinical and organizational aspects of the Behavioral Health Partial Hospital Program can effectively adapt to changing demands of the mental health care environment (later described in my 2006 article in the *Harvard Review of Psychiatry*).
- 2001-02 *Co-Team Leader*
Program Development to re-organize clinical programming from long-term to short-term for Bipolar and Psychotic Disorders Partial Hospital Program (within the Behavioral Health Partial Hospital Program).
- 2001-2002 *Team Leader*
Program Development to design specialty partial hospital program track for Borderline Personality Disorder.

- 2002 *Team Leader*
Program Development to expand specialty partial hospital services for the Borderline Center.
- 2002- *Co-Team Leader.* Program Development to design Continuum of Care Services for Borderline Center (Partial, Residential, IOP, Outpatient Services) in collaboration with John Gunderson, MD.
- 2003 *Team Leader*
Created new Consultation-Liaison service system in the Behavioral Health Partial Hospital Program to manage approximately 700 consultations per year
- 2003 *Team Leader*
Lead initiative to begin empirical investigation of treatment outcome in the Behavioral Health Partial Hospital Program.
- 2004 2005 *Team Leader*
Re-design of clinical programming in Mood and Anxiety Partial Hospital Program informed by results of empirical treatment outcome study.
- 2005 *Team Leader*
Designed curriculum to train PGY-2 Psychiatry Residents in Cognitive Behavior Therapy (CBT) to meet requirements for “Core Competency” in CBT—Training program located in the Behavioral Health Partial Hospital Program. A second objective was to promote inter-disciplinary collegiality and mutual learning between psychology trainees and psychiatry residents.
- 2006- *Team Leader*
Treatment Protocol Project to develop group therapy and individual therapy protocols for Cognitive Behavioral Treatment in the Behavioral Health Partial Hospital Program

Major Committee Assignments:

- Metropolitan State Hospital**
- 1989-91 Utilization Review Committee, Psychology Department Representative
- McLean Hospital**
- 1992-93 Chairperson, Women’s Partial Hospital Program Development Committee
- 1992-96 McLean Ambulatory Services Committee
- 1992- Partial Hospital Committee
- 1993-94 Guest Relations Committee
- 1993-95 Cognitive Behavior Therapy Unit-Partial Hospital Committee
- 1993-94 Clinical Evaluation Center: Program Re-organization Committees
- 1994-95 Provider Network Committee
- 1994- Medical Records Committee
- 1995- Co-chair, Psychology Training Committee

1996-97	Practice Plan Committee
1998	Clinical Quality Improvement Sub-Committee
1999-	Library Committee
2000-05	Patient Care Coordinating Committee
2000-03	McLean Group Therapy Council
2000-01	Joint Conference Committee
2000-	McLean Teaching and Graduate Education Committee
2003-	Quality of Care Committee (Board of Trustees Committee)
2005-	Psychiatry Residency Training Committee for Massachusetts General Hospital (MGH) / McLean Adult Psychiatry Residency Training Program
2005-	Psychiatry Residency Psychotherapy Training Committee for Massachusetts General Hospital (MGH) / McLean Adult Psychiatry Residency Training Program
2006	Research Initiative Committees: Borderline Personality Disorder; Anxiety Disorders; Study of Treatment Outcome
2006	Appleton Program Development Committee (for re-development of Psychotic Disorders Residential Treatment Program with Social /Vocational Rehabilitation Model
2006-07	Chair, Program Development Committee to develop treatment manuals in Behavioral Health Partial Hospital Program
2007-08	Member, Strategic Planning Work Group (SPWG)
2008	Co-Chair, Strategic Planning Work Group (SPWG) sub-Committee—Task Force on Evidence-Based Treatments for Depression and Anxiety
2008	Co-Chair, Strategic Planning Work Group (SPWG) sub-Committee—Task Force on Enhancing the Care Model at McLean

Harvard Medical School, Department of Psychiatry

1996-2001	Harvard Psychology Council Committee (disbanded in 2001)
2006	Harvard Psychology Council Committee—re-convened

Hospital, Health Care, and Professional Organization Service Responsibilities:

2000-01	McLean Staff Associates, Psychology Member-at-Large
2001-2008	Massachusetts Behavioral Health Partnership: Voting Member (and Psychologist Representative) of Credentialing Committee for Medicaid Providers
2005-	Examiner, American Board of Professional Psychology (for Oral Exams for Board Certification in Clinical Psychology)

Professional Societies:

1982-1989	American Psychology Association, Student Affiliate
1989-	American Psychological Association, Member

1989- Massachusetts Psychological Association
 2005- American Board of Professional Psychology

Community Service Related to Professional Work: N/A

Editorial Boards: Editorial Advisor to *Journal of Psychiatric Practice*

Awards and Honors:

- 1982 New York State Psychological Association Award, Social Psychology Undergraduate Category, for Senior Honors Thesis: *“An Investigation of the Work Adjustment of Deinstitutionalized Mental Patients Who Live With Their Families”*
- 2006 APPIC (Association of Psychology Post-doctoral and Internship Centers) Award for Excellence in Internship Training for the McLean Pre-doctoral Psychology Internship Program (Director of Training: Philip Levendusky, PhD, ABPP).
 In my role as then Associate Director of Training (and now as Co-Director) I am responsible for all aspects of implementing internship training: curriculum development; coordination of all training and supervision; oversight of training faculty; direct training, supervision, and mentoring of interns; and integration of training with clinical services in the Behavioral Health Partial Hospital Program of which I am the director.

Report of Clinical Activities

- 1) Clinical Practice: Over the past 20 years my I have maintained a strong clinical practice which has combined hospital-based practice and private practice. Prior to 1997 the vast majority of my clinical work was hospital based at McLean, at inpatient, partial, and outpatient levels of care. I have done extensive group therapy (upwards of 2000 hours) training and practice, plus individual therapy. The combination of my clinical practice experience in groups psychotherapy and the program development I have done in recent years has lead to my being recognized as the main authority of cognitive behavior group therapy at McLean.

While I have extensive experience in working with a wide array of patients (e.g., psychotic disorders, bipolar, depression, anxiety disorders, personality disorders), I have sub-specialties of cognitive behavior therapy, and treatment of personality disordered and mood disordered patients, and anger management.

In recent years, my main focus in my clinical practice has been for treating patients suffering from severe borderline personality disorder, and treatment refractory depression. I also do frequent psychotherapy consultations, as well as forensic

evaluations offering expert clinical opinions. In effect, my clinical practice in individual and group therapies has paved the way for me to train the trainees under my supervision in a wide range of clinical areas.

- 2) Patient Load: I specialize in treating patients with multiple diagnoses and who have had significant past failures in treatment, including treatment refractory and patients who have been difficult to engage in treatment. My priority is on improving a patient's functioning, usually with patients who present with severe deficits. In my small private practice, I see some patients for consultations, for intensive treatment (2-3 times per week), others for symptom focused, time limited therapy, and still others for long-term supportive therapy.

- 3) Clinical Contributions: The most significant clinical contributions I have made have been through my Clinical Directorship position. In these positions I have initiated and completed major program development projects, mainly in partial hospital, with some involvement in outpatient care at McLean hospital. I planned and started the first short-term track (4 weeks or less) in 1997 for partial hospital in the MAP program, and have continued to work diligently, in collaboration with staff and trainees, to provide the highest quality, cost effective partial hospital treatment available. We value and incorporate evidenced-based treatments and translate them into real-world practice. Under my leadership we have developed one of the most comprehensive group program curriculum in the country. In addition, I have been instrumental in developing the Borderline Specialty Partial Hospital Program, in collaboration with John Gunderson, MD. This partial hospital treatment for borderline personality disorder is unique in that it draws on a wide range of evidence-based treatments and coordinates treatments with other programs in the McLean system of care.

In short, I believe my clinical contributions have been successful because I have the requisite clinical knowledge and I can mobilize the resources to operationalize the treatment approaches. The BHP, with MAP and the Borderline Program have become nationally recognized in recent years.