

## **Behavioral Tech, LLC Trainer Biosketch**

Shireen Rizvi, Ph.D.

Graduate School of Applied Professional Psychology at Rutgers University

Shireen Rizvi, Ph.D., received her doctorate in clinical psychology from the University of Washington. She studied borderline personality disorder and DBT for more than five years under the mentorship of Dr. Linehan and worked as a research therapist in Dr. Linehan's research lab, providing individual psychotherapy and skills training. Her dissertation research focused on the use of the DBT skill of "opposite action" to treat shame. She completed her predoctoral clinical internship at the Boston Consortium in Clinical Psychology and an NIMH postdoctoral fellowship at the National Center for PTSD at the Boston VA Healthcare System. Following her fellowship, Dr. Rizvi was Assistant Professor of Psychology at the New School for Social Research in New York City. Beginning in 2009, Dr. Rizvi is Assistant Professor of Psychology at the Graduate School of Applied and Professional Psychology (GSAPP) at Rutgers University. Dr. Rizvi has written and presented numerous theoretical and research papers on BPD, DBT, and trauma. Her areas of research and clinical expertise include shame, treatment development, trauma, and development of mobile technology applications to aid in skills generalization. With colleagues at Behavioral Tech Research, she has received grant support from the National Institute of Drug Abuse to develop a prototype for a DBT skills coaching program to be used on smartphones.