

Shireen L. Rizvi, Ph.D.

GSAPP, Rutgers University
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Licensure: New York State Psychologist #017091

CURRENT POSITION

2009 - Assistant Professor, Graduate School of Applied and Professional Psychology,
Rutgers University, New Brunswick, NJ

PREVIOUS POSITION

2006 - 09 Assistant Professor, New School for Social Research, New York, NY

EDUCATION

2004-06 Postdoctoral Fellowship, National Center for PTSD, Boston, MA

2004 Ph.D., University of Washington, Seattle, WA: Clinical Psychology

2001 M.S., University of Washington, Seattle, WA: Clinical Psychology

1996 B.A., Wesleyan University, Middletown, CT: Psychology

HONORS AND AWARDS

2006-08 Recipient, NIH Extramural Loan Repayment Program for Clinical Research

2002 Society for a Science of Clinical Psychology, Dissertation Grant Award

2002 University of Washington, Department of Psychology, Dissertation Research Award

2002 Society for Psychotherapy Research, Student Travel Award

1996 Graduated with High Honors from Wesleyan University

1996 Holzberg Fellowship, Wesleyan University

GRANTS

4/09 – 3/10 Co-Principal Investigator, National Institute of Drug Abuse (SBIR Phase I Grant: 1R43DA026244-01). “Utilizing Mobile Technology for DBT Skills Generalization with BPD-SUD Clients.”

- 12/03 – 12/05 Consultant, National Institute of Mental Health (SBIR Phase II Grant: 2R44 MH0675790-02). “DBT Skills Computer Training for Routine CMH Providers.” PI: Linda Dimeff, Ph.D.
- 12/03 – 12/05 Consultant, National Institute on Drug Abuse (SBIR Phase II Grant: 2 R44 DA15615-02). “Computer Training in DBT-S Skills for BPD Drug Abusers.” PI: Linda Dimeff, Ph.D.
- 7/02 – 12/03 Principal Investigator; National Institute of Mental Health (National Research Service Award, Individual Pre-Doctoral Fellowship: 1F31 MH065758-01). “Treatment of shame in borderline personality disorder.”

PROFESSIONAL AFFILIATIONS

American Psychological Society

Association for Behavioral and Cognitive Therapies
Member, Awards Committee
Member, Program Committee

International Society for Traumatic Stress Studies

New York City Cognitive Behavioral Therapy Association
Founding Fellow

Society for a Science of Clinical Psychology

PUBLICATIONS

- Rizvi, S.L. (in press). The therapeutic relationship in Dialectical Behavior Therapy for suicidal individuals. In K. Michel and D.A. Jobes (Eds.), *The Therapeutic Alliance with the Suicidal Patient: The Aeschi Papers*. Washington, DC: APA.
- Rizvi, S.L., Brown, M.Z., Bohus, M., & Linehan, M.M. (in press). Shame and borderline personality disorder. In J. Tangney and R. Dearing (Eds.), *Shame in the Therapy Hour*. Washington, DC: APA.
- Kelly, K.A., Rizvi, S.L., Monson, C.M., & Resick, P.A. (2009). The impact of sudden gains in cognitive behavioral therapy for posttraumatic stress disorder. *Journal of Traumatic Stress, 22*, 287-293.
- Rizvi, S.L., Vogt, D.S., & Resick, P.A. (2009). Cognitive and affective predictors of treatment outcome in cognitive processing therapy and prolonged exposure for posttraumatic stress disorder. *Behaviour Research and Therapy, 47*, 737-743.
- Rizvi, S.L., Welch, S.S., & Dimidjian, S. (2009). Mindfulness and borderline personality disorder. In F. Didonna (Ed.), *Clinical Handbook of Mindfulness* (pp.245-257). New York: Springer.

- Harned, M. S., Rizvi, S. L., & Wagner, A. W. (2008). Dialectical Behavior Therapy. In G. Reyes, J. D. Elhai, and J. D. Ford (Eds.), *The Encyclopedia of Psychological Trauma* (pp. 208-211). Hoboken, NJ: John Wiley & Sons.
- Rizvi, S.L., & Nock, M.K. (2008). Single-case experimental designs for the evaluation of treatments for self-injurious and suicidal behaviors. *Suicide and Life-Threatening Behavior*, 38, 498-510.
- Rizvi, S.L. (2008). Applications of Dialectical Behavior Therapy in crisis situations. *Psychiatric Issues in Emergency Care Settings*, 7, 25-27.
- Dobson, K.S., Hollon, S.D., Dimidjian, S., Schmaling, K.B., Kohlenberg, R.J., Gallop, R., Rizvi, S.L., Gollan, J.K., Dunner, D.L., & Jacobson, N.S. (2008). Randomized trial of behavioral activation, cognitive therapy, and antidepressant medication in the prevention of relapse and recurrence in major depression. *Journal of Consulting and Clinical Psychology*, 76, 468-477.
- Rizvi, S.L., Kaysen, D., Gutner, C.A., Griffin, M.G., & Resick, P.A. (2008). Beyond fear: The role of peritraumatic responses in posttraumatic stress and depressive symptoms among female crime victims. *Journal of Interpersonal Violence*, 23, 853-868.
- Resick, P.A., Monson, C.M., & Rizvi, S.L. (2008). Posttraumatic stress disorder. In W.E. Craighead, D.J. Miklowitz, & L.W. Craighead (Eds.), *Psychopathology: History, diagnosis, and empirical foundations* (pp. 234-278). Hoboken, NJ: John Wiley & Sons.
- Clarke, S.B., Rizvi, S.L., & Resick, P.A. (2008). Borderline personality characteristics and treatment outcome in cognitive-behavioral treatments for PTSD in female crime victims. *Behavior Therapy*, 39, 72-78.
- Welch, S.S., Linehan, M.M., Sylvers, P., Chittams, J., & Rizvi, S.L. (2008). Emotional responses to self-injury imagery among adults with borderline personality disorder. *Journal of Consulting and Clinical Psychology*, 76, 45-51.
- Vogt, D.S., Rizvi, S.L., Shipherd, J.C., & Resick, P.A. (2008). Longitudinal investigation of reciprocal relationships: Does hardiness change following stress exposure? *Personality and Social Psychology Bulletin*, 34, 61-73.
- Resick, P.A., Monson, C.M., & Rizvi, S.L. (2008). Posttraumatic stress disorder. In D.H. Barlow (Ed.), *Clinical handbook of psychological disorders* (4th ed., pp. 65-122). New York: Guilford Press.
- Wagner, A.W., Rizvi, S.L., & Harned, M.S. (2007). Applications of Dialectical Behavior Therapy to the treatment of complex trauma-related problems: When one case formulation does not fit all. *Journal of Traumatic Stress*, 20, 391-400.
- Rizvi, S.L., Monroe-DeVita, M., & Dimeff, L.A. (2007). Evaluating your DBT program. In L.A. Dimeff & K. Koerner (Eds.), *Dialectical Behavior Therapy in clinical practice* (pp. 326-350). New York: Guilford Press.

- Gutner, C.A., Rizvi, S.L., Monson, C., & Resick, P.A. (2006). Coping strategies, relationship to the perpetrator, and PTSD symptomatology in female crime victims. *Journal of Traumatic Stress, 19*, 813-823.
- Shaw Welch, S., Rizvi, S.L., & Dimidjian, S. (2006). Mindfulness and Dialectical Behavior Therapy. In R. Baer (Ed.), *Mindfulness-based treatment approaches* (pp.117-139). San Diego, CA: Elsevier.
- Rizvi, S.L., & Linehan, M.M. (2005). The treatment of maladaptive shame in borderline personality disorder: A pilot study of "Opposite Action". *Cognitive and Behavioral Practice, 12*, 437-447.
- Kaysen, D., Morris, M.K., Rizvi, S.L., & Resick, P.A. (2005). Peritraumatic responses and their relationship to perceptions of threat in female crime victims. *Violence Against Women, 11*, 1515-1535.
- Rizvi, S.L., & Linehan, M.M. (2001). Dialectical Behavior Therapy for personality disorders. *Current Psychiatry Reports, 3*, 64-69.
- Dimeff, L.A., Rizvi, S.L., Brown, M., & Linehan, M.M. (2000). Dialectical Behavior Therapy for substance abuse: A pilot application to methamphetamine-dependent women with borderline personality disorder. *Cognitive Behavioral Practice, 7*, 457-468.
- Linehan, M.M., Rizvi, S.L., Shaw Welch, S., & Page, B. (2000). Psychiatric aspects of suicidal behaviour: Personality disorders. In K. Hawton & K. van Heeringen (eds.), *International handbook of suicide and attempted suicide*, (pp. 147-178). United Kingdom: John Wiley & Sons.
- Rizvi, S.L., Peterson, C.B., Crowe, S.J., & Agras, W.S. (2000). Test-retest reliability of the Eating Disorder Examination. *International Journal of Eating Disorders, 28*, 311-316.
- Stice, E., Telch, C.F., & Rizvi, S.L. (2000). A psychometric evaluation of the Eating Disorder Diagnostic Screen: A brief self-report measure for anorexia, bulimia, and binge eating disorder. *Psychological Assessment, 12*, 123-131.
- Rizvi, S.L., Stice, E.M., & Agras, W.S. (1999). Natural history of disordered eating attitudes and behaviors over a 6-year period. *International Journal of Eating Disorders, 26*, 406-413.

PRESENTATIONS AND POSTERS

- Rizvi, S.L., Harned, M., Jackson, S.C., & Linehan, M.M. (2008, November). A comparison of borderline personality disorder with and without PTSD. In M. Harned (Chair), *The nature and treatment of co-occurring borderline personality disorder and posttraumatic stress disorder*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

- Foster, A., & Rizvi, S.L. (2008, November). *What are we measuring with shame and guilt measures? Problems of definitional obfuscation*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Grossman, B.R., & Rizvi, S.L. (2008, November). *Linguistic analyses of writing about shame experiences in individuals with and without borderline personality disorder characteristics*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Resick, P.A., Gradus, J., & Rizvi, S.L. (2008, November). Pretreatment predictors of treatment response across two studies of cognitive behavioral treatment for PTSD. In *Recent Developments in PTSD Treatment Outcome Research*. Symposium conducted at the annual meeting of the International Society for Traumatic Stress Studies, Chicago, IL.
- Steenkamp, M.M., Humphreys, K.L., Rizvi, S.L., McSweeney, L., Suvak, M.K., Litz, B.T., Shea, T., Sevin, M., & Yen, S. (2008, August). *Relationship among shame, borderline personality disorder, and PTSD symptomatology*. Poster presented at the annual meeting of the American Psychological Association, Boston, MA.
- Johnson, A.L., & Rizvi, S.L. (2007, November). *That was then, this is now: Examining the relationship between narcissism, shame, and autobiographical memory*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Ertl, A.C., Suvak, M.K., Coelho, P., Remmert, B.C., Diamond, B.P., & Rizvi, S.L. (2007, November). *Shame and borderline personality disorder symptomatology*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Rizvi, S.L. (2006, November). Development of a shame induction procedure for laboratory studies. In S.L. Rizvi (Chair), *Toward a science of shame: From clinical lore to scientific discourse*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Brown, M.Z., & Rizvi, S.L. (2006, November). Treatment of shame with exposure therapy and opposite action: A multiple baseline study. In S.L. Rizvi (Chair), *Toward a science of shame: From clinical lore to scientific discourse*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Kelly, K.A., Rizvi, S.L., & Resick, P.A. (2006, November). Sudden gains in cognitive behavioral treatments for PTSD. In T.P. Andrusyna (Chair), *Sudden gains in CBT and behavioral activation treatment of depression and PTSD*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Rizvi, S.L., Kuo, J., Shaw Welch, S., Comtois, K., & Linehan, M.M. (2005, November). Disentangling the effects of stage I DBT for BPD: Changes in emotion regulation. In J.

Kuo (Chair), *Stages of treatment in DBT: Transitioning from stage I to stage II*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Putnam, K.M., Rizvi, S.L., Warfield, G., Zanarini, M., & McSweeney, L. (2005, November). Emotion regulation and borderline personality disorder: Ecological momentary assessment. In U. Ebner (Chair), *Ecological momentary assessment in behavioral therapy: Possible applications and recent findings*. Symposium conducted at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Gutner, C.A., Rizvi, S.L., & Resick, P.A. (2005, November). *Coping strategies and posttraumatic distress in female crime victims*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Clarke, S.B., Rizvi, S.L., & Resick, P.A. (2005, November). *BPD and treatment outcome in cognitive-behavioral treatments for PTSD*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Rizvi, S.L., Kaysen, D., Gutner, C.A., Griffin, M.G., & Resick, P.A. (2005, November). *Peritraumatic responses and distress in female crime victims*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Rizvi, S.L., & Linehan, M.M. (2004, November). A targeted intervention for shame: Pilot findings and implications for trauma work. In A.W. Wagner (Chair), *Innovations in the treatment of PTSD and related problems*. Symposium conducted at the annual meeting of the International Society for Traumatic Stress Studies, New Orleans, LA.

Dobson, K., Dimidjian, S., Hollon, S., Schmaling, K., Kohlenberg, R.J., Rizvi, S.L., & Dunner, D. (2003, November). Behavioral activation, cognitive therapy, and antidepressant medication in the treatment of major depression: Follow-up phase outcomes. In S.D. Hollon (Chair), *Behavioral activation, cognitive therapy, and antidepressant medication in the treatment of major depression*. Symposium conducted at the annual meeting of the Association for the Advancement of Behavior Therapy, Boston, MA.

Rizvi, S.L., Dimidjian, S., Nomensen, K., & Kohlenberg, R.J. (2002, November). Client expectations and early engagement in the Treatments for Depression Study. In S. Dimidjian (Chair), *What can process research contribute to our knowledge of treatments for depression? New findings and future directions*. Symposium conducted at the annual meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.

Reynolds, S.K., Rizvi, S.L., Sayrs, J.H.R., & Linehan, M.M. (2002, November). The University of Washington treatment study for borderline personality disorder: Therapist training and characteristics. In S.K. Reynolds (Chair), *The University of Washington treatment study for borderline personality disorder: DBT versus*

nonbehavioral treatment by experts in the community. Symposium conducted at the annual meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.

Rizvi, S.L., & Shaw Welch, S. (2002, November). *Has behavior therapy sold out? A look at the relationship between convention, ethics, efficacy, and practice.* Chaired panel conducted at the annual meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.

Rizvi, S.L., Lindenboim, N., & Linehan, M.M. (2002, June). Treating borderline personality disorder: Therapist burnout, expectancies, and alliance. In S.L. Rizvi (Chair), *The University of Washington treatment studies for borderline personality disorder.* Panel presented at the annual meeting of the Society for Psychotherapy Research, Santa Barbara, CA.

Rizvi, S.L., & Linehan, M.M. (2002, May). *Treatment of shame in borderline personality disorder: A pilot study.* Poster presented at the NIMH conference, New Directions in Borderline Personality II, Minneapolis, MN.

Rizvi, S.L., & Shaw Welch, S. (2001, November). *Preserving the future of empirically supported treatments: Issues in training graduate students.* Chaired symposium conducted at the 35th annual meeting of the Association for the Advancement of Behavior Therapy, Philadelphia, PA.

Rizvi, S.L., Comtois, K.A., & Linehan, M.M. (2001, November). *Characteristics and predictors of treatment expectancies in women with borderline personality disorder.* Poster presented at the annual meeting of the Association of the Advancement of Behavior Therapy, Philadelphia, PA.

Rizvi, S.L., Dimidjian, S., & Dobson, K. (2000, November). Whom do we enroll in clinical trials? In K. Dobson (Chair), *The University of Washington Treatments for Depression Study: Design, subject, assessment, and treatment evaluation considerations.* Symposium conducted at the annual meeting of the Association of the Advancement of Behavior Therapy, New Orleans, LA.

Rizvi, S.L., Reynolds, S.K., Comtois, K.A., & Linehan, M.M. (2000, November). *Therapeutic alliance in the treatment of borderline personality disorder.* Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.

Rizvi, S.L., Stice, E.M., & Agras, W.S. (1998, April). *Natural history of disordered eating attitudes and behaviors over a 6-year period.* Poster presented at the International Conference on Eating Disorders, New York, NY.

GRAND ROUNDS AND INVITED PRESENTATIONS

Rizvi, S.L. (2008, May). *Dialectical Behavior Therapy for complex trauma-related problems.* Invited address at the 4th annual Yale Borderline Personality Disorder Conference, New Haven, CT.

- Rizvi, S.L. (2008, April). *Dialectical Behavior Therapy for Borderline Personality Disorder*. Invited address at 44th annual Sheppard Pratt Scientific Day, Baltimore, MD.
- Rizvi, S.L. (2008, February). *Dialectical Behavior Therapy for pervasive emotion dysregulation: Characteristics and clinical outcomes*. Psychiatry Grand Rounds, Bronx Lebanon Hospital, New York, NY.
- Rizvi, S.L. (2008, February). *Dialectical Behavior Therapy for Borderline Personality Disorder: Essential characteristics and research data*. Psychiatry Grand Rounds, Beth Israel Hospital, New York, NY.
- Miller, A.L., & Rizvi, S.L. (2007, November). *Treating therapy-destroying and therapy-interfering behavior in Dialectical Behavior Therapy skills groups*. Invited Master Clinician Seminar presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Rizvi, S.L. (2004, November). *BPD and shame: Research findings and treatment implications*. Presentation at the 9th annual meeting of the International Society for the Investigation and Teaching of Dialectical Behavior Therapy, New Orleans, LA.
- Rizvi, S.L. (2004, July). *Treating maladaptive shame in borderline personality disorder: A pilot study using single subject design methodology*. Invited presentation for the NIMH International Think Tank for the More Effective Treatment of Borderline Personality, Baltimore, MD.

WORKSHOPS AND TRAININGS

- Rizvi, S.L., & Korslund, K.E. (2008, November). *Avoiding polarization with Dialectical Behavior Therapy: Effectively balancing change and acceptance strategies*. Workshop presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Rizvi, S.L., & Miller, A.L. (2008, November). *Treating therapy-destroying and therapy-interfering behavior in Dialectical Behavior Therapy skills groups*. Workshop presented at the annual meeting of the International Society for the Investigation and Teaching of Dialectical Behavior Therapy, Orlando, FL.
- Swenson, C.R., & Rizvi, S.L. (2008, June). *Dialectical Behavior Therapy Intensive Training Course, Part II*. Five-day workshop sponsored by Behavioral Tech, LLC, Northampton, MA.
- Rizvi, S.L. (2008, April). *Dialectical Behavior Therapy: Frontline Strategies for Treating Borderline Personality Disorder*. Workshop presented at Contemporary Forums Psychiatric Nursing conference, Philadelphia, PA.
- Swenson, C.R., & Rizvi, S.L. (2008, January). *Dialectical Behavior Therapy Intensive Training Course, Part I*. Five-day workshop sponsored by Behavioral Tech, LLC, Northampton, MA.

- Rizvi, S.L. (2008, January). *Introduction to Dialectical Behavior Therapy*. One-day workshop at the American Institute for Cognitive Therapy, New York, NY.
- Rizvi, S.L., & Reynolds, S.K. (2007, July). *Introduction to Dialectical Behavior Therapy*. Workshop presented at the World Congress of Cognitive and Behavioral Therapies, Barcelona, Spain.
- Wagner, A.W., & Rizvi, S.L. (2006, November). *Applications of Dialectical Behavior Therapy to Trauma-Related Problems*. Workshop presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Rizvi, S.L. (2006, November). *Coping with Chaos: Dialectical Behavior Therapy for the Multiply-Disordered Client*. Two-day workshop sponsored by Behavioral Tech, LLC, Little Rock, AR.
- Swenson, C.R., & Rizvi, S.L. (2006, May). *Coping with Chaos: Dialectical Behavior Therapy for the Multiply-Disordered Client*. Two-day workshop sponsored by Behavioral Tech, LLC, Houston, TX.
- Rizvi, S.L. (2006, May). *Skills Training in Dialectical Behavior Therapy*. Three-day workshop presented to Military Sexual Trauma Counselors in VA VISN6, Salisbury, NC.
- Wagner, A.W., & Rizvi, S.L. (2005, November). *Applications of Dialectical Behavior Therapy to Trauma-Related Problems*. Workshop presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
- Simpson, E., & Rizvi, S.L. (2005, April). *Intensive Training in Dialectical Behavior Therapy, Part III*. Two-day workshop sponsored by Manakau Counties Health Board, Auckland, New Zealand.
- Simpson, E., & Rizvi, S.L. (2004, October). *Intensive Training in Dialectical Behavior Therapy, Part II*. Five-day workshop sponsored by Manakau Counties Health Board, Auckland, New Zealand.
- Simpson, E., & Rizvi, S.L. (2004, March). *Intensive Training in Dialectical Behavior Therapy, Part I*. Five-day workshop sponsored by Manakau Counties Health Board, Auckland, New Zealand.
- Rizvi, S.L., & Lehnert, K. (2004, March). *Skills Training in Dialectical Behavior Therapy*. Two-day workshop sponsored by Behavioral Tech, LLC, Cleveland, OH.
- Rizvi, S.L. (2003, November). *Using Opposite Action to Treat Maladaptive Shame in DBT*. Workshop presented at the 8th annual meeting of the International Society for the Investigation and Teaching of Dialectical Behavior Therapy, Boston, MA.
- Dimeff, L.A., & Rizvi, S.L. (2003, February). *Skills Training in Dialectical Behavior Therapy*. Two-day workshop sponsored by Behavioral Tech, LLC, Seattle, WA.

RESEARCH POSITIONS

- 2004-06 **National Institute of Mental Health Postdoctoral Fellow**, National Center for PTSD, Boston Consortium in Clinical Psychology; Primary Mentors: Patricia Resick, Brett Litz
- 2002-04 **Investigator**, Treatment of Shame in Borderline Personality Disorder, Behavioral Research and Therapy Clinics, University of Washington
- 2000-03 **Research Assistant**, Treatments for Depression Study, Center for Clinical Research, University of Washington; Principal Investigators: Neil Jacobson, Steve Hollon, Keith Dobson, David Dunner
- 2000-03 **Clinical Assessor**, Treatment of Depression in Parents: Impact on Children Study, Seattle Children's Hospital, University of Washington; Principal Investigator: Elizabeth McCauley
- 1998-00 **Research Assistant**, Treatment of Parasuicidal Behavior in Borderline Personality Disorder, Behavioral Research and Therapy Clinics, University of Washington; Principal Investigator: Marsha Linehan
- 1996-98 **Research Assistant**, Treatment Studies for Eating Disorders, Department of Psychiatry, Stanford University; Principal Investigators: W. Stewart Agras, Christy Telch
- 1995-96 **Research Assistant**, New England Women's Health Project, Wesleyan University; Principal Investigator: Ruth Striegel-Moore

TEACHING EXPERIENCE

- 2006 - Department of Psychology, Graduate Faculty, New School for Social Research
Courses: Evidence Based Treatments, Assessment and Treatment of Borderline Personality Disorder, Externship Seminar
- 2006 - Department of Psychology, Eugene Lang College, New School for Liberal Arts
Courses: Methods of Inquiry (Research Methods), Abnormal Psychology, Adult Clinical Psychology, Research Practicum
- 2000-03 ***Eating Disorder Examination and Structured Clinical Interviews for DSM-IV (SCID-I and SCID-II)***, Trainer, Various locations.
- 2000, Sum **Fundamentals of Psychological Research**, Teaching Assistant, University of Washington
- 2000, Spr **Fundamentals of Psychological Research**, Teaching Assistant, University of Washington
- 1996, Spr **Psychological Statistics**, Teaching Assistant, Wesleyan University

CLINICAL AND SUPERVISORY EXPERIENCE

- 2007- **Clinical Psychologist**, American Institute for Cognitive Therapy, New York, NY.

- 2006-07 **Clinical Supervisor**, Cognitive Behavioral Consultants of Westchester, White Plains, NY. Provided supervision to postdoctoral fellows on Dialectical Behavior Therapy.
- 2004-06 **Postdoctoral Fellow Therapist**, National Center for PTSD, Boston VA Healthcare System, Boston, MA. (Primary emphasis: Posttraumatic Stress Disorder, Borderline Personality Disorder)
- 2004-06 **Clinical Supervisor**, National Center for PTSD, Boston VA Healthcare System, Boston, MA. Provide supervision to clinical psychology interns and practicum students on therapy with male and female clients diagnosed with Posttraumatic Stress Disorder and other comorbid conditions.
- 2004 **Clinical Supervisor**, Outpatient Center, Boston VA Healthcare System, Boston, MA. Provided supervision for practicum student in psychology for clients with Posttraumatic Stress Disorder.
- 2003-04 **Clinical Psychology Intern**, Boston Consortium in Clinical Psychology, Boston, MA (Primary emphasis: Posttraumatic Stress Disorder)
- 1999-03 **Dialectical Behavior Therapy Research Therapist**, Behavioral Research and Therapy Clinics, Department of Psychology, University of Washington (Primary emphasis: Borderline Personality Disorder, suicidal behaviors)
- 2001-03 **Dialectical Behavior Therapy Skills Group Leader**, Behavioral Research and Therapy Clinics, Department of Psychology, University of Washington (Primary emphasis: Borderline Personality Disorder, suicidal behaviors)
- 2001-03 **Prolonged Exposure Research Therapist**, Department of Psychology, University of Washington (Primary emphasis: Posttraumatic Stress Disorder)
- 2001-01 **Cognitive Therapy Research Therapist**, Center for Clinical Research, University of Washington (Primary emphasis: Major Depression)
- 2000 **Group Co-Therapist**, Private Practice, Seattle, WA (Primary emphasis: Social Anxiety Disorder)
- 1999-02 **Staff Therapist**, Psychological Services Training Center, Department of Psychology, University of Washington (Varied clinical populations)

SPECIALIZED CLINICAL TRAINING

- 2004-06 **Cognitive Processing Therapy**: Weekly didactic and consultation group for treatment for Posttraumatic Stress Disorder. Instructor: Patricia Resick, Ph.D.
- 1998-03 **Dialectical Behavior Therapy**: Weekly seminar on fundamentals of dialectical behavior therapy; behavioral theory, behavioral assessment, mindfulness. Instructor and primary supervisor: Marsha Linehan, Ph.D.

- 2003 **Mindfulness-Based Cognitive Therapy:** Two day workshop. Instructor: Zindel Segal, Ph.D.
- 2001 **Diagnosis and Treatment for Anxiety and Panic Disorder:** Two day workshop. Instructors: David Barlow, Ph.D., and David Spiegel, M.D.
- 2001 **Effective Treatment for OCD and PTSD:** Two day workshop. Instructor: Edna Foa, Ph.D.
- 2000-01 **Cognitive Therapy Treatment Group:** Weekly didactic and consultation group with emphasis on treatment for depression. Instructor and primary supervisor: Sandra Coffman, Ph.D.
- 1999 **Assessment and Treatment of Suicidal Behaviors:** Three day workshop. Instructor: Marsha Linehan, Ph.D.
- 1998-00 **Functional Analytic Psychotherapy Research Group:** One-year weekly seminar on treatment of depression; conducted 30-session individual therapy case as part of a series of single-case research designs. Instructors and supervisors: Robert Kohlenberg, Ph.D., and Mavis Tsai, Ph.D.

INVITED RESEARCH INSTITUTES

- 2007, October Strategic Planning Meeting on Dialectical Behavior Therapy, University of Washington
- 2006, October Strategic Planning Meeting on Suicide Interventions, University of Washington
- 2005, June Summer Research Institute in Suicide Prevention, University of Rochester Center for the Study and Prevention of Suicide, Rochester, NY, sponsored by the National Institute of Mental Health
- 2005, March Strategic Planning Meeting on Dialectical Behavior Therapy, University of Washington
- 2004, July NIMH International Think Tank for the More Effective Treatment of Borderline Personality, Baltimore, MD, sponsored by the National Institute of Mental Health
- 2002, May New Directions in Borderline Personality Disorder II, Minneapolis, MN, sponsored by the National Institute of Mental Health

AD HOC REVIEWER

Behavior Therapy

Behaviour Research and Therapy

Cognitive and Behavioral Practice

Journal of Cognitive Psychotherapy

Journal of Social and Clinical Psychology

Journal of Traumatic Stress