

VITA

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Credentials: Licensed Clinical Psychologist, North Carolina; Licensed Health Services Provider, North Carolina; Medicare Provider; Credentialed, WestCare Services

Education:

1995 to 2000 Psy.D., American School of Professional Psychology, Virginia Campus, Arlington, Virginia (APA approved)

1989 to 1995 M.A. in Psychology with a focus on Pastoral Counseling, George Mason University, Fairfax, Virginia and the Virginia Episcopal Theological Seminary, Alexandria, Virginia.

1972 to 1974 B.A., French Literature, George Mason University, Fairfax, Virginia.

1957 to 1960 A.A., French Literature, University of California, Berkeley.

Academic Honors:

1959 Panile Society (sophomore academic honors), University of California, Berkeley.

1957 Lifetime member, California Scholarship Federation (National Honor Society branch).

Current Employment:

3/28/02 to present As listed below except that I now am fully licensed. In that capacity, I am authorized to sign service orders and to authorize hospitalization commitment.

Supervised Training:

10/9/00 to 3/28/02 Post-doctoral work as an adult mental health therapist for Smoky Mountain Center for Mental Health, Developmental Disabilities, and Substance Abuse Services. The work description is the same as below excepting that I am the sole psychologist for the center located in Bryson City, North Carolina. As such I fill a supervisory role with pre-doctoral interns and fill other administrative needs. I lead two groups of DBT Skills Training,

a group focusing on women's issues other than substance abuse, and am trained for duty as a Single Portal Access emergency needs therapist. This latter role is one in which the person assesses patients for voluntary or involuntary commitment.

Post-Doctoral Supervisor was:
Shirley Koehler, Ph.D.
Neuropsychologist

9/1999 to 9/2000

One year pre-doctoral internship with Smoky Mountain Center for Mental Health, Developmental Disabilities, and Substance Abuse Services, a community mental health facility with administrative offices in Webster, North Carolina, providing services from sites in each of the seven southwestern counties of the state. Services provided include: treatment for mental illness, chemical dependency, and developmental disorders. The internship is APPIC accredited. The program is designed to meet APA standards. My internship focus was adult mental health and substance abuse although my case-load included some adolescent and geriatric clients. Duties included: diagnostic assessment according to the DSM-IV nosology; creation of service plans including salient, measurable, and time framed goals; maintenance of clinical records; individual psychotherapy; management of a clinical case load; emergency management and crisis intervention; co-leading a D.B.T. Skills Group; co-leading a men's domestic violence group; administration, scoring, and interpretation of cognitive-intellectual, objective and projective personality, neuropsychological and other psychological assessment measures; evaluations for pain management; staffing of case load; member of D.B.T. Consult Group; and, supervision of undergraduate and graduate practicum students.

Supervisors: Diana E. Damer, Ph.D.
Director of Area Three, and
Director of Training, and

Kimberly D. Franklin, Ph.D.
Staff Psychologist

9/1998 to 5/1999

Diagnostic clinical training associated with degree program in a short-term, acute care psychiatric hospital which focuses on helping people deal with a wide variety of psychiatric and addictive problems. The age range of patients treated, both in-patient and out-patient, is from age five through geriatric. The population served is predominantly inner-city African American

although other races are represented as well. Externs conduct diagnostic interviews, individual therapy and group therapy.

Supervisor: Thomas R. Kraft, Ph.D.
Director of Psychology, and
Director of Training

9/1997 to 6/1998

Therapy clinical training associated with degree program in a geriatric residential setting and in a neuropsychological rehabilitation hospital setting. The residential setting involved working with patients diagnosed with varying forms of dementia as well as patients diagnosed with other forms of psychopathology. The externship in this setting also involved consulting with medical staff, weekly grand rounds, and consultations with families. The hospital setting involved staff consultations, weekly grand rounds administering cognitive screening measures, and conducting therapy and cognitive restructuring work with patients who have experienced closed head injuries, cardiovascular attacks, spinal cord injuries, and respiratory failure. The hospital portion of the externship also included co-leading group therapy for these patients and their families, and co-leading group therapy for these same patients.

Supervisors: Sharlene K. Adams, Psy.D.
Health Psychologist
Psychological Assessments and Interventions
Resources, Inc.

and,

J. Timothy Adams, Psy.D.
Neuropsychologist
Psychological Assessments and Interventions
Resources, Inc.

Research Experience:

1992 to 1995

Research lab assistant for June Tangney, Ph.D. at George Mason University. Focus of the lab is on studies of shame and guilt. Dr. Tangney is widely published and nationally known for her area of study. Responsibilities included conducting structured interviews of subjects while being alert for indices of problems with abuse, drugs, alcoholism, etc.; transcription of taped interviews; rating initial data from studies; literature review research; phone calls to past subjects and their families to encourage them to fill out and return follow-up questionnaires sent to them; general record-keeping and mailings.

Dissertation:

9/1998 to 8/2000 My dissertation is a clinical research paper discussing whether there is an effect of aerobic exercise upon the cognitive function of older adults (ages 50-91). I reviewed literature from the past 14 years to examine the results of exercise on reaction time, short term memory, longterm memory, and attention to see whether or not my hypothesis was supported.

Continuing Education:

- 10/ 7- 8/02 Continuing Education Training. "Advanced DBT Therapy." Mountain Area Education Center, Asheville, North Carolina.
- 6/02 Continuing Education Training. "Emergency Services Training." Smoky Mountain Center, Jackson Center, Sylva, North Carolina.
- 4/02 Continuing Education Training. "Abuse-Neglect Reporting." Smoky Mountain Center, Area Office, Webster, North Carolina.
- 3/02 Continuing Education Training: "DBT & Substance Abuse Patients." Mountain Area Education Center, Asheville, North Carolina.
- 1/02 Continuing Education Training: "Domestic Violence Response Training." Macon County Health Department, Franklin, North Carolina.
- 11/01 Continuing Education Training: "Treating Geriatric Depression." Mountain Area Education Center, Asheville, North Carolina.
- 11/27/01 Continuing Education Training: "Improving Brain Function/Memory." Cortext Educational Seminars, Hickory, North Carolina.
- 8/25 - 28/01 Annual Convention of the American Psychological Association seminars with focus on geriatric issues, DBT as a therapeutic model, and papers presenting research on older adult brain function.
- 4/01 Continuing Education Training: "Bipolar Disorder." Mountain Area Health Education Center, Asheville, North Carolina.
- 3/9/01 Continuing Education Training: "The Addictive Brain." Mountain Area Health Education Center, Asheville, North Carolina.

- 2/01 Continuing Education Training: "Traumatic Brain Injury." Mountain Area Health Education Center, Asheville, North Carolina.
- 1/01 Continuing Education Training: "Therapeutic Interventions With Adolescents." Mountain Area Health Education Center, Asheville, North Carolina.
- 12/1/00 Continuing Education Training: "Cognitive Enhancement Therapy for Clients with Schizophrenia." Mountain Area Health Education Center, Asheville, North Carolina.
- 11/6/00 Continuing Education Training: "Treating Mood Disorders & Psychosis in Pregnancy & Postpartum." Mountain Area Health Education Center, Asheville, North Carolina.
- 11/6/00 Continuing Education Training: "Mood Disorders: Special Populations." Mountain Area Health Education Center, Asheville, North Carolina.
- 9/26/00 Continuing Education Training: "Geriatric Issues In Substance Abuse Treatment." Mountain Area Health Education Center, Asheville, North Carolina.
- 9/21 & 9/22/00 "DBT Skills Training Workshop." The Behavioral Technology Transfer Group. Raleigh, North Carolina.
- 9/15/00 Continuing Education Training: "Understanding the Psychological Aftermath of Trauma: Diagnosis & Treatment of Posttraumatic Stress Disorder." Mountain Area Health Education Center, Asheville, North Carolina.
- 8/5-8/8/00 Annual Convention of the American Psychological Association, Washington, D.C. Seminars and workshops focused on substance abuse treatment, short-term psychoanalytic treatment of trauma, geriatric and women's issues.
- 5/12/00 Continuing Education Training: "The Lifeskills Approach to Managing Anger and Hostility." Mountain Area Health Education Center, Asheville, North Carolina.
- 4/17/00 Continuing Education Training: "Bipolar Disorder Update: Clinical Aspects and Treatment." Mountain Area Health Education Center, Asheville, North Carolina.

- 11/18/99 Continuing Education Training: "Traumatic Brain Injury," Mountain Area Health Education Center, Asheville, North Carolina.
- 11/15/99 Continuing Education Training: "Assessment and Treatment of Persons with MI/MR/SA Disorders," Mountain Area Health Education Center, Asheville, North Carolina.
- 11/1/99 Continuing Education Training: "Cognitive Therapy for Anxiety Disorders," Mountain Area Health Education Center, Asheville, North Carolina.
- 10/4/99 Continuing Education Training: "Innovative Treatment Options for Clients with Eating Disorders," Mountain Area Health Education Center, Asheville, North Carolina.
- 5/1999 Annual Meetings of the Psychoanalytical Division of the APA, Washington, D.C.
- 4/1999 Division 39 (Psychoanalytic) of the APA Spring Conference, New York, New York.
- 1998 Conference, International Society for the Improvement and Teaching of Dialectical Behavior Therapy (ISITDBT).
- 1998 NIH Mini-Medical School Seminar, "The Talking Cure: How Psychotherapy Impacts the Mind and Brain," presented by the NIH Office of Science Education.
- 1998 Conference, "Careers in Aging," presented by George Mason University and the Gerontology Student Association.
- 1998 Seminar: Palliative Training for Caregivers of Cancer Patients, "Issues of Food and Fluid Intake for the Terminally Ill Patient and His/Her Family," presented by the National Cancer Institute.
- 1997 Washington, D.C. Area Geriatric Education Center Consortium (WAGECC) Fellow, following completion of a 12 week course in every aspect of geriatric care and community resources.
- 1997 Continuing Medical Education Seminar: "Depression and Dementia in Older Adults," presented by Inova Fairfax Hospital, Department of Psychiatry and Inova Commonwealth Day Center.

1997 NIH Mini-Medical School Seminar Series: "Alternative Medicine," "Medical Ethics," "Infectious Diseases," "Mental Illness," "The Brain and Brain Disease," and "Aging," presented by the NIH Office of Science Education.

Volunteer Experience:

- 1997 Volunteer at The Washington House, Alexandria, a retirement residence for older adults. Duties included assisting with activities, visiting with the residents--those in independent living, assisted living, and those living on the nursing floor--observing psychological care by staff, and attending staff meetings.
- 1994 to 1995 Volunteer for Mt. Vernon Mental Health Association. Responsibilities included work in the Victims Assistance Network office, updating files, and working with the Hot Line. Other responsibilities were involved in assisting with intake night at the Springfield facility. These responsibilities were mostly those of a record-keeping receptionist; however, many potentially volatile situations with and among clients arose that needed to be addressed and stabilized. It was also my responsibility to try to match client need to therapist specialty.
- 1986 to 1995 Volunteer twice a month with St. Paul's Church, Alexandria in helping provide and serve dinner at Carpenter's Shelter and David's Place--respectively, a shelter for homeless families and a hypothermia unit for homeless men. In addition to serving dinner, I visited with the families being served and listened to their stories.
- 1986 to 1992 Member of the Governing Board, National Cathedral School for Girls, Washington, D.C.; Committee memberships: Development, Curriculum, Facilities, Community Outreach (we established a community service requirement for students during my term), and Finance. Chair of the Alumnae Search Committee for A New Headmistress.
- 1981 to 1983 President, Alumnae Association, National Cathedral School for Girls, Washington, D.C.; Alumnae Association representative on the Governing Board 1969 to 1980. Driver for Alexandrians Involved Ecumenically (ALIVE), an assistance group transporting indigent people to medical appointments and on errands for other personal needs for which they could not provide their own transportation.

1969 to present

Chorister with the Choral Arts Society of Washington and its community outreach group, Singers for All Seasons; Alto section leader (1969-1987); organized Christmas caroling as a fund raiser for Cystic Fibrosis; member of the Board of Directors and its Vice-Chairman (1987-1993), serving on its endowment committee to raise over \$2 million for the endowment fund; traveled in concert tours to New York City (Carnegie Hall, Lincoln Center); Boston (Symphony Hall); Salzburg Music Festival, Austria; Italy (St. Peters, the Vatican; Spoleto Festival; Cathedral of St. Francis, Assisi); Russia with the National Symphony under Mstislav Rostropovich; England (Sadlers Wells Hall, London); France (Evian Festival; Notre Dame, Paris; Auvers Sur l'Oise Festival; and, Cahors Music Festival under Robert Shaw, director); Grand Teton Music Festival, Jackson Hole, Wyoming; and, The Proms Festival, London, England. The chorus has sponsored and sung in an annual concert honoring Dr. Martin Luther King. It has also been part of nationally televised events such as Presidential inaugurations, the funeral of Robert F. Kennedy, the annual Kennedy Center Awards, and the Fourth of July celebration with the National Symphony on the steps of the Capitol. Additionally, the chorus has several recordings on national labels. Its community outreach choir performs for those of the Greater Washington Metropolitan Area who are infirm and unable to attend our regular performances at Kennedy Center. Among its performances in the 1996/1997 season, the community choir performed for the older adult residents of The Washington House at my request.

Publications:

2000

Co-authored an article concerning Dialectical Behavior Therapy (D.B.T.) for the Smoky Mountain Center's quarterly newspaper.

1998

Column concerning various topics of psychology, of interest to older adults, for monthly in-house publications (published in two Northern Virginia residential settings) for older adults.

Work Experience:

1963 to 1994

Co-founder, Secretary-Treasurer, Chief Financial Officer, Hoven Corporation, a homebuilding subcontractor serving the Washington, D.C. metropolitan to Richmond, Virginia areas. Responsibilities included every phase of managing a business except sales and field operations. I had oversight of financial report preparation, tax reports, record-keeping, payroll, accounts payable and receivable, long-range financial planning, investments, insurance (business and group health), federal

regulation compliance. I also was responsible for the equipment selection, the custom design of computer programs and overseeing the installation of an integrated computerized system of payroll, contract billing and receipts, cost analyses and financial statements. Unofficially, I served as counselor to office staff and field personnel in listening to personal and family problems, facilitating their acquiring assistance from local social services and public housing authorities, assisting in problems with receiving or enforcing child support, and basically being a caring support for my employees in need of help. Employees numbered up to 350 during peak season.

1974 Temporary replacement French teacher at my children's school. Grades taught: 2nd. through 8th.

Special Skills: Fluent in French.
I lived in Japan and the Philippines as a child and am well-versed in those cultures. I worked, in my 1998/1999 clinical experience, with a predominantly African American population who seemed to be very comfortable with me. My employees in my former business were African Americans, Vietnamese, Cambodians, Hispanics, and Native Americans in addition to Caucasians--many of whom came to me with their personal problems.

Professional Memberships: American Psychological Association; Western North Carolina Psychological Association; American Society for Aging; Washington Area Geriatric Consortium, Fellow.