

## **CONTACT INFORMATION**

Date Prepared: May 31, 2018

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Place of Birth: Toronto, Ont. Canada

Birthdate: March 30<sup>th</sup>, 1979

## **EDUCATION**

Bachelor of Arts (Hons.)  
2001                      Departments of Psychology & Philosophy  
York University, Toronto ON

Masters of Arts  
2003                      Department of Counseling Psychology  
University of Toronto, Toronto ON  
Advisor: Roy Moodley, PhD

Doctor of Philosophy  
2010                      Department of Psychology  
Bowling Green State University, Bowling Green OH  
Advisor: Kenneth I Pargament, PhD

## **PRE AND POSTDOCTORAL TRAINING/FELLOWSHIPS**

Pre-doctoral Internship  
07/2009-06/2010                      Department of Psychology, McLean Hospital/Harvard Medical  
School, Belmont, MA

Post-doctoral Fellowship  
07/2010-06/2011                      Department of Psychology, McLean Hospital/Harvard Medical  
School, Belmont, MA

Visiting Fellow  
08/2011                      Summer Research Institute in Geriatric Mental Health  
Weill Cornell Medical College, White Plains, NY

Visiting Fellow in MRI                      Athinoula A. Martinos Center for Biomedical Imaging

08/2011

Massachusetts General Hospital, Boston, MA

**FACULTY ACADEMIC APPOINTMENTS**

Lecturer 2006-2007	Department of Psychology, Bowling Green State University Bowling Green OH
Non-Resident Faculty 2011-	Center for Spirituality, Theology & Health, Duke University Medical Center, Durham NC (non-voting appointment)
Instructor (Part Time) 2011-2015	Department of Psychiatry, Harvard Medical School McLean Hospital, Belmont MA
Assistant Prof. (Part Time) 2015-	Department of Psychiatry, Harvard Medical School McLean Hospital, Belmont MA

**CLINICAL APPOINTMENTS AT HOSPITALS/AFFILIATED INSTITUTIONS**

Visiting Scholar 2005	Center for Anxiety and Related Disorders, Boston University Boston, MA
Clinical Fellow 2006-2008	Anxiety Treatment & Research Centre, St. Joseph's Healthcare Hamilton, ON
Clinical Fellow 2008-2009	Center for Addiction & Mental Health Toronto, ON
Clinical Fellow 2009-2011	Department of Psychology, McLean Hospital/Harvard Medical School, Belmont MA
Assistant Psychologist 2011-2015	Department of Psychology, McLean Hospital/Harvard Medical School, Belmont MA
Associate Psychologist 2015-	Department of Psychology, McLean Hospital/Harvard Medical School, Belmont MA

**MAJOR ADMINISTRATIVE LEADERSHIP POSITIONS**

Director 2002-	JPSYCH Laboratory for Judaism and Mental Health Research Boston, MA
Director 2011-	Center for Anxiety New York, NY

Director  
2015- Spirituality & Mental Health Program  
McLean Hospital, Belmont, MA

**COMMITTEE SERVICE**

Rounds Coordinator  
2007-2008 Anxiety Treatment and Research Centre  
St. Joseph's Healthcare, Hamilton ON

Assistant Chair  
2008-2009 Spiritual/Religious Issues in Behavioral Change, Special Interest  
Group, Association for Behavioral and Cognitive Therapies

Chair  
2009-2014 Spiritual/Religious Issues in Behavioral Change, Special Interest  
Group, Association for Behavioral and Cognitive Therapies

Member  
2011-2012 Internship Candidate Review Committee  
McLean Hospital/Harvard Medical School

Member  
2011-2012 Program Committee  
American Psychological Association Division 12

Voting Member  
2011-2016 Awards Committee  
Association for Behavioral and Cognitive Therapies

Member  
2014-2015 Program Committee  
Association for Behavioral and Cognitive Therapies

Chair  
2014-2016 Diversity Committee  
Society for a Science of Clinical Psychology (SSCP)  
American Psychological Association, Division 12, Section III

Member  
2015 International Scientific Advisory Committee  
European Association for Behavioural & Cognitive Therapies,  
45<sup>th</sup> Annual Congress

Member  
2015 Program Committee  
Conference on Medicine and Religion

Member  
2016- Initiative on Health, Religion & Spirituality, Harvard University

**MEMBERSHIP IN PROFESSIONAL SOCIETIES**

- 2006- Association of Behavioral and Cognitive Therapies
- 2008- Society for a Science of Clinical Psychology (American Psychological Association Division 12, Section 3)
- 2009- Association for Psychological Science
- 2011- American Psychological Association
- 2011- International Obsessive Compulsive Disorder Foundation

### **GRANT REVIEW ACTIVITIES**

- 2012 John Templeton Foundation

### **EDITORIAL ACTIVITIES**

#### **Editorial Positions**

- 2009-2010 Associate Editor, Special Series on “Spiritual/Religious Issues in Behavior Change,” *Cognitive & Behavioral Practice*
- 2010-2011 Associate Editor, Special Series on “Spirituality & Behavioral Medicine Research,” *Journal of Behavioral Medicine*
- 2011-2012 Associate Editor, Special Series on “Religious and Spiritual Factors in Depression,” *Depression Research & Treatment*
- 2015-2016 Associate Editor, Special Series on “Diversity in Clinical Psychological Science,” *Clinical Psychological Science*
- 2016 Article Editor for *Sage Open*
- 2018 Consulting Editor, *Psychology of Religion & Spirituality*

#### **Ad Hoc Reviewing**

- Addictive Behaviors  
 American Journal of Geriatric Psychiatry  
 Behavior Research and Therapy  
 Behavior Therapy  
 BMC Psychiatry  
 Canadian Medical Association Journal  
 Clinical Psychology Review

Clinical Psychological Science  
Cognitive and Behavioral Practice  
Cognitive Behavior Therapy  
Counseling and Spirituality  
Depression and Anxiety  
Global Advances in Health  
Health Psychology  
International Journal of Aging and Human Development  
International Journal of Psychiatry in Medicine  
International Journal for the Psychology of Religion  
International Journal of Social Psychiatry  
International Journal of Geriatric Psychiatry  
International Journal of Psychology  
International Perspectives in Psychology: Research, Practice & Consultation  
Journal for the Scientific Study of Religion  
Journal of Affective Disorders  
Journal of Behavioral Medicine  
Journal of Consulting and Clinical Psychology  
Journal of Family Violence  
Journal of Geriatric Psychiatry and Neurology  
Journal of Gerontology  
Journal of Health and Social Behavior  
Journal of Moral Education  
Journal of Nervous and Mental Disease  
Journal of Personality  
Journal of Personality and Social Psychology  
Journal of Positive Psychology  
Journal of Psychology: Interdisciplinary and Applied  
Journal of Psychopathology and Behavioral Assessment  
Journal of Psychotherapy Integration  
Journal of Religion and Health  
Journal of Religion, Spirituality and Aging  
Journal of Spirituality and Mental Health  
Mental Health Religion and Culture  
New England Journal of Medicine  
Pediatrics  
Psychiatric Services  
Psychiatry Research  
Psychology of Addictive Behaviors  
Psychology of Religion and Spirituality  
Psycho-oncology  
Psychopathology & Behavioral Assessment  
Quality of Life Research  
Religions  
Review of Religious Research

Scandinavian Journal of Psychology  
Sociology of Religion: A Quarterly Review  
Substance Abuse  
Transcultural Psychiatry

**Book Reviewing**

Guilford Press  
Jessica Kingsley Publishers

**Award Reviewing**

Society for a Science of Clinical Psychology, Student Award  
Society for a Science of Clinical Psychology, Diversity Award

**AWARDS, HONORS & PRIZES**

2004-2008	Graduate Student Research Award Department of Psychology, Bowling Green State University
2007	Katzner Award for Graduate Research Bowling Green State University
2010	Workshop Scholarship Duke University Center for Spirituality, Theology & Health
2010	Elsie Ramos Memorial Student Research Award Association for Behavioral & Cognitive Therapies
2011	Psychologist Credentialing Scholarship National Register of Health Service Providers in Psychology
2012	Emerging Scholar Award TAG Institute for Jewish Social Development
2018	Scientific Prize Jean-Marc Fischer Foundation

**REPORT OF FUNDED & UNFUNDED PROJECTS**

**Past**

2003-2004	<i>Title:</i> Jewish spirituality & mental health: A theoretical framework <i>Grant type:</i> Private donation (\$15,000) <i>Role:</i> Principal investigator
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*Major goals:* To develop a theoretical framework for the treatment of anxiety disorders in the Jewish community based on Jewish religious literature and cognitive theory

- 2007-2009  
*Title:* Spiritually integrated treatment for subclinical generalized anxiety disorder in the Jewish community, delivered via the Internet: A randomized controlled trial  
*Grant type:* Private donation (\$75,000)  
*Role:* Principal investigator  
*Major goals:* To develop and evaluate the comparative efficacy of a self-administered spiritually based treatment for symptoms of stress and worry
- 2007-2009  
*Title:* Stigma, culture and mental health in the Jewish community  
*Grant type:* Private donation (\$15,000)  
*Role:* Principal investigator (co-PI: Steven Pirutinsky, Columbia University)  
*Major goals:* To examine stigma, culture-influenced symptoms, and attitudes towards medical vs. behavioral models of mental illness in the Jewish community
- 2008-2009  
*Title:* Spirituality/religion and mental health among Jews and Christians  
*Grant type:* Private donation (\$10,000)  
*Role:* Principal investigator (co-PI: Elizabeth Krumrei, Pepperdine University)  
*Major goals:* To conduct an initial comparative examination of the relevance of spiritual/religious beliefs and practices to mental health and functioning among Jews and Christians
- 2010-2011  
*Title:* Spirituality & mental health: Development of an experimental paradigm  
*Grant type:* Foundation support (F.I.S.H. Foundation, \$2,500)  
*Role:* Principal investigator (co-PI: Steven Pirutinsky, Columbia University)  
*Major goals:* To develop and pilot stimuli to assess positive vs. negative views of God in the context of the Go-No-Go-Association Task (GNAT)
- 2010-2011  
*Title:* Spiritually integrated cognitive behavioral therapy in an acute psychiatric setting: A pilot study  
*Grant type:* McLean Hospital Development Fund #041537 (\$15,000)  
*Role:* Principal investigator  
*Major goals:* To develop and assess patients' responses to a spiritually integrated CBT group treatment within an acute psychiatric setting
- 2011-2012  
*Title:* Spiritual/religious predictors of symptoms and treatment outcomes in an acute psychiatric setting

- Grant type:* McLean Hospital Development Fund #041537 (\$15,000)  
*Role:* Principal investigator  
*Major goals:* To investigate the relevance of patient spirituality and religion to symptom severity and treatment outcome in a large sample of acute psychiatric patients
- 2010-2012 *Title:* What role does religion play in gratitude?  
*Grant type:* Unfunded research study  
*Role:* Principal investigator  
*Major goals:* To compare the relevance of religious and general gratitude to mental health and well-being, and to examine religious coping as a predictor of gratitude in times of distress
- 2011-2012 *Title:* Core beliefs and the coping model: An integrative framework of spirituality and depression  
*Grant type:* Foundation support (Glazer Institute, \$4,500)  
*Role:* Principal investigator (co-PI: Elizabeth Krumrei, Pepperdine University)  
*Major goals:* To develop and conduct an initial (cross-sectional) examination of a theoretical model integrating cognitive and coping models of spirituality and depression
- 2011-2013 *Title:* Spiritually integrated treatment for generalized anxiety disorder: A pilot study  
*Grant type:* Foundation support (TAG Institute, \$5,000)  
*Role:* Principal investigator  
*Major goals:* To develop a treatment manual integrating spiritual strategies to cope with generalized anxiety disorder
- 2011-2014 *Title:* Conventional vs. religious psychotherapy for major depression in patients with chronic illness  
*Grant type:* Foundation support (John Templeton Foundation, \$1,220,336)  
*Role:* Consultant  
*Major goals:* To examine the biological mechanisms by which religion affects physical health and longevity in the context of a randomized clinical trial of conventional vs. religious cognitive behavioral therapy for depression in patients with chronic illness
- 2012-2014 *Title:* Treatment for depressed and/or anxious rural veterans in home-based primary care  
*Grant type:* US Department of Veterans Affairs Mental Illness Research, Education and Clinical Center (MIRECC) Award (\$59,525)  
*Role:* Consultant  
*Major goals:* To increase access for rural veterans to evidence-based, person centered, spiritually based treatment for anxiety and/or depression



- 2012-2016 *Title:* A six-wave longitudinal and experimental investigation on Judaism and mental health  
*Grant type:* Private donation (\$180,000 over three-years)  
*Role:* Principal investigator  
*Major goals:* To advance the study of Jewish spirituality and mental health with a six-wave longitudinal study involving both self-report and experimental tasks to assess spiritual and religious beliefs and practices
- 2014-2016 *Title:* The Connections Program: A spiritually-integrated prevention program for anxiety, stress and depression  
*Grant type:* Private donation (\$10,000)  
*Role:* Principal investigator  
*Major goals:* To revise and disseminate a curriculum-based spiritually-integrated prevention program for anxiety and affective symptoms
- 2014-2016 *Title:* Spirituality/religion in an acute (inpatient) substance use treatment program  
*Grant type:* Unfunded research study  
*Role:* Co-Principal investigator  
*Major goals:* To investigate the relevance of spiritual and religious beliefs and practices to symptom severity and treatment outcomes in the context of detoxification for substance use disorders
- 2014-2016 *Title:* Spirituality/religion and geriatric mood disorders  
*Grant type:* McLean Hospital Development Fund #041537 (\$35,000)  
*Role:* Principal investigator  
*Major goals:* To investigate the relevance of spiritual and religious beliefs and practices to symptom severity among geriatric mood disordered patients and matched controls
- Current**
- 2015-2018 *Title:* Center for Anxiety, Clinical Measurement Initiative  
*Grant type:* Private donation (\$90,000 over three-years)  
*Role:* Principal investigator  
*Major goals:* To collect data from patients presenting for outpatient treatment at the Center for Anxiety at each point of clinical contact, in order to allow clinicians to monitor treatment effects in real-time and make necessary modifications to help maximize outcomes
- 2016-2019 *Title:* The McLean Spirituality & Mental Health Program  
*Grant type:* Private donations to McLean Hospital Development Fund #041537 (\$380,000 over three-years)  
*Role:* Director

*Major goals:* To advance the provision of spiritually-integrated mental health care across the divisional structure of McLean Hospital; To hire and supervise a chaplain in the provision of spiritually-based care; To establish research collaborations at McLean Hospital to study spirituality and mental health.

2018-2020

*Title:* Spiritually-Integrated Psychotherapy among Acute Psychiatric Patients

*Grant type:* Foundation funding from the Bridges Consortium, a subsidiary of the John Templeton Foundation (\$127,764 over three-years)

*Role:* Principal Investigator

*Major goals:* To evaluate a protocol for Spiritual Psychotherapy among Inpatient, Residential and Intensive Treatment (SPIRIT) in nine inpatient units, three residential units, and the partial program within McLean Hospital; To disseminate this clinical innovation to the academic world via presentations and manuscripts.

## **REPORT OF LOCAL TEACHING, TRAINING, & MENTORING**

*No presentations below were sponsored by outside entities.*

### **Teaching of Students in Courses**

2004-2005

*Course title:* Introduction to Psychology: Study Section

*Location:* Department of Psychology, Bowling Green State University

*Audience:* Psychology undergraduate students

*Effort:* 3 hours/week for 15 weeks

2005-2006

*Course title:* Introduction to Psychology

*Location:* Department of Psychology, Bowling Green State University

*Audience:* Psychology undergraduate students

*Effort:* 3 hours/week for 15 weeks

### **Formal Teaching of Residents, Clinical Fellows and Research Fellows**

2005

*Title:* An ancient Jewish approach to human anxiety

*Location:* Department of Psychology, Bowling Green State University

*Audience:* Psychology graduate students

*Effort:* 1 hour lecture

2006

*Title:* A side-by-side comparison of cognitive behavioral therapy and acceptance and commitment therapy for anxiety disorders

*Location:* Department of Psychology, Bowling Green State University

*Audience:* Psychology graduate students

*Effort:* 1 hour lecture

2007

*Title:* A unified protocol for emotional disorders

*Location:* Anxiety Treatment & Research Centre, St. Joseph's Healthcare

*Audience:* Psychology residents and clinical fellows  
*Effort:* 1 hour lecture

- 2008  
*Title:* A cognitive model of spiritual beliefs and anxiety  
*Location:* Anxiety Treatment & Research Centre, St. Joseph's Healthcare  
*Audience:* Psychology residents and clinical fellows  
*Effort:* 2 hour lecture
- 2010  
*Title:* Introduction to cognitive behavioral therapy  
*Location:* McLean Hospital/Harvard Medical School  
*Audience:* 1<sup>st</sup> year psychiatry residents  
*Effort:* 1 hour lecture
- 2011  
*Title:* Spiritual/religious issues in behavior change  
*Location:* McLean Hospital/Harvard Medical School  
*Audience:* Psychology fellows  
*Effort:* 1 hour lecture
- 2011  
*Title:* The burgeoning science of Jewish psychology  
*Location:* Massachusetts General Hospital, Department of Child Psychiatry  
*Audience:* Undergraduate and graduate students  
*Effort:* 1 hour lecture
- 2012  
*Title:* Cognitive behavioral therapy: A rich but implicit relational framework  
*Location:* McLean Hospital/Harvard Medical School  
*Audience:* 1<sup>st</sup> year psychiatry residents  
*Effort:* 1 hour lecture
- 2012  
*Title:* Spirituality & cognitive behavioral therapy  
*Location:* McLean Hospital/Harvard Medical School  
*Audience:* Psychology fellows  
*Effort:* 1 hour lecture
- 2012  
*Title:* Spirituality & patient care in an evidence-based framework  
*Location:* McLean Hospital/Harvard Medical School  
*Audience:* Psychology fellows  
*Effort:* 1 hour lecture
- 2013  
*Title:* Spirituality & mental health: Research & practice  
*Location:* McLean Hospital/Harvard Medical School  
*Audience:* Student visitors (summer lecture series)  
*Effort:* 1 hour lecture

- 2013                    *Title:* Spirituality & cognitive behavioral therapy: From research to practice  
*Location:* McLean Hospital/Harvard Medical School  
*Audience:* Psychology fellows  
*Effort:* 1 hour lecture
- 2014                    *Title:* Spirituality & mental health: Recent research from McLean Hospital  
*Location:* McLean Hospital/Harvard Medical School  
*Audience:* Student visitors (summer lecture series)  
*Effort:* 1 hour lecture
- 2014                    *Title:* Assessment and conceptualization of spirituality in a clinical context: An introduction  
*Location:* McLean Hospital/Harvard Medical School  
*Audience:* Psychology fellows  
*Effort:* 1 hour lecture
- 2015                    *Title:* Spirituality and mental health: What clinicians needs to know  
*Location:* McLean Hospital/Harvard Medical School (AB-II Unit)  
*Audience:* McLean Hospital faculty and staff  
*Effort:* 1 hour lecture
- 2015                    *Title:* Spirituality/religion and mental health  
*Location:* Office for Diversity Inclusion and Community Partnership, Harvard Medical School  
*Effort:* 1 hour lecture
- 2015                    *Title:* Research on spirituality & mental health  
*Location:* McLean Hospital/Harvard Medical School  
*Audience:* Student visitors (summer lecture series)  
*Effort:* 1 hour lecture
- 2015                    *Title:* Spirituality & mental health: An empirical approach  
*Location:* Borden Cottage, McLean Hospital (Camden, ME)  
*Audience:* McLean Hospital faculty and staff  
*Effort:* 1 hour lecture
- 2015                    *Title:* Introduction to spirituality and Cognitive Behavioral Therapy  
*Location:* McLean Hospital/Harvard Medical School  
*Audience:* Psychology fellows  
*Effort:* 1 hour lecture
- 2015                    *Title:* Addressing religion and spirituality in the treatment of patients with personality disorders (Borderline Case Conference)  
*Location:* McLean Hospital/Harvard Medical School

*Audience:* Psychiatry residents, McLean Hospital faculty and staff  
*Effort:* 1 hour lecture

- 2016  
*Title:* Spirituality/religion and group psychotherapy  
*Location:* McLean Hospital/Harvard Medical School  
*Audience:* Group therapy coordinators  
*Effort:* 2-part lecture, 1 hour each (2 hours total)
- 2016  
*Title:* Spirituality/religion & mental health  
*Location:* Nurse Council, McLean Hospital/Harvard Medical School  
*Audience:* Nurse directors and senior nursing staff  
*Effort:* 1 hour lecture
- 2016  
*Title:* The McLean Hospital Spirituality & Mental Health Program  
*Location:* The Pavilion, McLean Hospital/Harvard Medical School  
*Audience:* Faculty, psychology fellows, psychiatry residents  
*Effort:* 1 hour lecture
- 2016  
*Title:* Spiritual/religious issues in mental health  
*Location:* Social Work Seminar, McLean Hospital/Harvard Medical School  
*Audience:* Social work faculty and interns  
*Effort:* 1 hour lecture
- 2016  
*Title:* A group protocol for spirituality/Religion and Treatment  
*Location:* McLean Hospital/Harvard Medical School (Short Term Unit)  
*Audience:* McLean Hospital faculty, staff, and trainees  
*Effort:* 1 hour lecture
- 2016  
*Title:* A pilot consultation service for spirituality & mental health  
*Location:* Psychosomatic Conference, Department of Psychiatry, Massachusetts General Hospital  
*Audience:* Psychiatry faculty and trainees  
*Effort:* 1 hour lecture
- 2016  
*Title:* Spiritual/religious issues in mental health  
*Location:* McLean Hospital/Harvard Medical School (NB-II Unit)  
*Audience:* McLean Hospital faculty and staff  
*Effort:* 1 hour lecture
- 2016  
*Title:* Spiritual issues in mental health  
*Location:* Waverly Place, McLean Hospital/Harvard Medical School  
*Audience:* Clinicians, peer-specialists, and patients  
*Effort:* 1 hour lecture

- 2016 *Title: Spirituality in outpatient treatment*  
*Location: Massachusetts General Hospital/McLean Hospital Adult Residency Training Program in Psychiatry*  
*Audience: PGY-1 cohort*  
*Effort: 2 hour lecture*
- 2016 *Title: Spirituality and Cognitive Behavioral Therapy*  
*Location: McLean Hospital/Harvard Medical School*  
*Audience: Psychology fellows*  
*Effort: 1 hour lecture*
- 2016 *Title: Spirituality & mental health: Research & practice*  
*Location: Social Work Seminar, McLean Hospital/Harvard Medical School*  
*Audience: Social work faculty and interns*  
*Effort: 1 hour lecture*
- 2017 *Title: Spirituality and Cognitive Behavioral Therapy*  
*Location: McLean Hospital/Harvard Medical School*  
*Audience: Psychology fellows*  
*Effort: 1 hour lecture*
- 2018 *Title: Spirituality or psychosis?*  
*Location: McLean Hospital/Harvard Medical School (AB2)*  
*Audience: McLean Hospital faculty, staff, and trainees*  
*Effort: 1 hour lecture*

### **Clinical Supervisory & Training Responsibilities**

- 2010-2011 *Responsibility: Primary supervisor for five psychology graduate students and two psychology fellows in diagnostics rounds program*  
*Location: Behavioral Health Partial Program, McLean Hospital/Harvard Medical School*  
*Effort: 1 hour/week*
- 2010-2011 *Responsibility: Clinical supervisor for one psychology fellow*  
*Location: Obsessive Compulsive Disorders Institute, McLean Hospital/Harvard Medical School*  
*Effort: 1 hour/week*
- 2011-2014 *Responsibility: Primary clinical supervisor for two licensed psychologists and two psychology undergraduates for diagnostic rounds program*  
*Location: Center for Anxiety, New York, NY*  
*Effort: 1 hour/week*
- 2015-2016 *Responsibility: Clinical mentor for hospital chaplain in provision of pastoral counselling to psychiatric patients*

*Location:* McLean Hospital/Harvard Medical School  
*Effort:* 0.5 hours/week

2014-2015      *Responsibility:* Clinical supervisor for staff nurse in provision of spirituality and cognitive behavioral therapy group for psychotic patients  
*Location:* McLean Hospital/Harvard Medical School  
*Effort:* 1 hour/month

2011-            *Responsibility:* Clinical supervisor for three licensed psychologists, fellows, and other clinicians in an outpatient treatment program  
*Location:* Center for Anxiety, New York, NY  
*Effort:* 2 hours/week

2016-            *Responsibility:* Clinical supervisor for group therapists in provision of SPIRIT (Spiritual Psychotherapy for Inpatient, Residential and Intensive Treatment) protocols on nine inpatient and three residential units  
*Location:* McLean Hospital/Harvard Medical School  
*Effort:* 2 hours/month

2017-            *Responsibility:* Clinical supervisor for staff chaplain  
*Location:* McLean Hospital/Harvard Medical School  
*Effort:* 1 hour/week

**Laboratory and Other Research Supervisory & Training Responsibilities**

2010-2011      *Responsibility:* Primary research supervisor for five psychology graduate students, two psychology fellows, and a research assistant  
*Location:* Behavioral Health Partial Program, McLean Hospital/Harvard Medical School  
*Effort:* 2 hours/week

2002-2011      *Responsibility:* Primary research supervisor for graduate and undergraduate psychology students  
*Location:* JPSYCH Laboratory  
*Effort:* 2 hours/week

2011-2015      *Responsibility:* Primary research mentor for graduate student  
*Location:* Harvard School of Dental Medicine  
*Effort:* 1 hour/month

2014-2016      *Responsibility:* Research mentor for psychiatry resident (PGY-3)  
*Location:* McLean Hospital/Harvard Medical School  
*Effort:* 2 hours/month

- 2014-2016      *Responsibility:* Mentor and judge for Reflection in Action: Building Healthy Communities program  
*Location:* Office for Diversity Inclusion and Community Partnership, Harvard Medical School  
*Effort:* 6 hours/year
- 2011-            *Responsibility:* Primary research supervisor for graduate and undergraduate psychology students  
*Location:* Center for Anxiety, New York, NY  
*Effort:* 1 hour/week
- 2017-            *Responsibility:* Research supervisor for Spirituality & Mental Health Program  
*Location:* McLean Hospital/Harvard Medical School  
*Effort:* 2 hours/month

#### **Formally Supervised Trainees & Faculty**

- 2008-2014      *Trainee:* Steven Pirutinsky – Graduate student, Columbia University  
*Accomplishments:* Co-authored 17 peer-reviewed manuscripts; published 19 scientific conference abstracts; received dissertation Award from the American Psychological Association (Division 36)
- 2010-2012      *Trainee:* David Baruch – Graduate student, Department of Psychology, University of Wisconsin, Milwaukee  
*Accomplishments:* Proposed doctoral dissertation; co-authored 2 manuscripts; delivered 3 scientific presentations; received Emerging Scholars Award from TAG Institute for Jewish Social Development
- 2011-2013      *Trainee:* Jaclin Friere – Graduate student, Centro de Investigação Social, Instituto Universitário de Lisboa (Centre for Social Intervention, Lisbon University Institute, Lisbon, Portugal)  
*Accomplishments:* Proposed and successfully defended doctoral dissertation; received training grant from Portuguese Foundation for Science and Technology (FCT); presented conference abstract at an international scientific meeting; published scientific manuscript for peer-review
- 2011-2013      *Trainee:* Jan Byström – Graduate student, Department of Behavioural Sciences and Learning, Linköping University (Linköping, Sweden)  
*Accomplishments:* Proposed and successfully defended masters thesis; developed scientific manuscript for peer-review.
- 2012-2015      *Trainee:* Zev Lazarus – Harvard School of Dental Medicine



*Accomplishments:* Proposed research project; received HMS scholarship; published two research abstracts; developed scientific manuscript for peer-review

- 2013-2015 *Trainee:* Rachel Diamond – Graduate student, Columbia University  
Department of Counseling & Clinical Psychology  
*Accomplishments:* Proposed and successfully defended masters thesis; published scientific conference abstract; submitted scientific manuscript for peer-review
- 2014-2015 *Trainee:* Miri Korbman – Postbaccalaureate student, Touro College  
*Accomplishments:* Presented eight scientific conference abstracts at national conferences; co-authored two manuscripts published in peer-review journals
- 2014-2016 *Trainee:* Dovid Green – Graduate student, Fordham University  
Department of Psychology; Postdoctoral Fellow, Center for Anxiety  
*Accomplishments:* proposed/defended doctoral dissertation; Presented three scientific conference abstracts at national conferences; co-authored two manuscripts published in peer-review journals
- 2015-2016 *Trainee:* Rev. Terrence McGillicutty – Mental Health Chaplain, McLean Hospital  
*Accomplishments:* Provided individual pastoral counselling to 5-10 patients/week; facilitated a spirituality group for substance abuse patients
- 2014-2016 *Trainee:* Morgan Medlock – PGY3, McLean Hospital/Massachusetts General Hospital Psychiatry Residency Program, Harvard Medical School  
*Accomplishments:* Presented two scientific conference abstracts at regional conferences; co-authored peer-reviewed scientific manuscript
- 2014-2017 *Trainee:* Hadar Naftalovich – Postbaccalaureate student, Emory University  
*Accomplishments:* Published nine scientific conference abstracts at national conferences
- 2014-2016 *Trainee:* Lisa Tobio – Psychiatric Nurse, AB2, McLean Hospital  
*Accomplishments:* Collaborated to create “Spirituality” group on unit; provided group-based spiritually integrated treatment to 6-12 patients/week

### **Local Invited Presentations**

- 2009 *Title:* Cognitive behavioral therapy for panic disorder with agoraphobia: A case presentation

*Location:* Stanton Lecture, McLean Hospital/Harvard Medical School  
*Audience:* Psychology fellows and psychiatry residents

- 2011  
*Title:* Research in the psychology of spirituality & religion  
*Location:* Department of Child Psychiatry, Massachusetts General Hospital/Harvard Medical School  
*Audience:* Undergraduate and graduate students
- 2011  
*Title:* Spiritual resources & struggles: Relevance for borderline personality disorder  
*Location:* Laboratory for Adult Development, McLean Hospital/Harvard Medical School  
*Audience:* Faculty, psychology fellows, psychiatry residents, research fellows, and research assistants
- 2012  
*Title:* Spirituality & mental health: From research to practice  
*Location:* Grand Rounds, McLean Hospital/Harvard Medical School  
*Audience:* Faculty, psychology fellows, psychiatry residents, research fellows, and research assistants
- 2013  
*Title:* Spirituality  
*Location:* Psychiatry in 2013, McLean Hospital/Harvard Medical School  
*Audience:* Faculty, psychology fellows, psychiatry residents, research fellows, and research assistants
- 2015  
*Title:* Interest in spiritually-integrated psychotherapy among acute psychiatric patients  
*Location:* McLean Hospital/Harvard Medical School, Research Day  
*Audience:* McLean Hospital faculty and staff
- 2015  
*Title:* Spiritual/Religious Issues in the Treatment of Anxiety  
*Location:* Treating Anxiety: Children, Adolescents, and Adults, Cambridge Health Alliance/Harvard Medical School  
*Audience:* Faculty, psychology fellows, psychiatry residents, research fellows, and research assistants
- 2016  
*Title:* So help me God: Spirituality & Mental Health  
*Location:* Schwartz Rounds, McLean Hospital/Harvard Medical School  
*Audience:* Clinical faculty, psychology fellows, psychiatry residents, research fellows, and research assistants
- 2016  
*Title:* Spirituality & Mental Health: Theory, Research & Clinical Practice  
*Location:* Hebrew Senior Life/Harvard Medical School  
*Audience:* Chaplaincy faculty and trainees

## **REPORT OF REGIONAL, NATIONAL AND INTERNATIONAL INVITED TEACHING & PRESENTATIONS**

*No presentations below were sponsored by outside entities.*

### **Regional**

2013                      The science of Jewish social development  
Brandeis University, Waltham, MA

### **National**

2010                      Integrating spirituality into cognitive behavioral therapy  
Clinical Workshop, Association for Behavioral and Cognitive Therapies,  
44<sup>th</sup> Annual Meeting, San Francisco, CA

2010                      The basics of cognitive behavioral case formulation  
Clinical Workshop, International Network of Orthodox Mental Health  
Professionals, Annual Meeting, New York, NY

2011                      Integrating spirituality into cognitive behavioral therapy  
Clinical Workshop, Center for Anxiety, New York, NY

2011                      Integrating religious beliefs into a cognitive model of worry  
Symposium Presentation, American Psychological Association, 119th  
Annual Meeting, Washington, DC

2011                      Anxiety and depression: An 11th century Jewish perspective  
Symposium Presentation, American Psychological Association, 119th  
Annual Meeting, Washington, DC

2012                      Spiritual issues in college counseling:  
Clinical Workshop, Stern College/Yeshiva University Counseling Center

2012                      Why and how to integrate spirituality into cognitive behavioral therapy  
Clinical Workshop, American Institute for Cognitive Therapy, New York,  
NY

2012                      Recent advances in the study of spirituality & mental health  
Invited Address, Universidad Inter-Americana de Puerto Rico (Inter-  
American University of Puerto Rico), Ponce, PR

2012                      Integrating spirituality into treatment of mental disorders  
Invited Address, Universidad Inter-Americana de Puerto Rico (Inter-  
American University of Puerto Rico), Ponce, PR

- 2012                    Spiritual struggle and depression among Orthodox Jews: A longitudinal study in a clinical sample  
Symposium Presentation, American Psychological Association, 120<sup>th</sup> Annual Meeting, Orlando, FL
- 2012                    Integrating spirituality into Cognitive Behavioral Therapy in an acute psychiatric setting: A pilot study  
Symposium Presentation, American Psychological Association, 120<sup>th</sup> Annual Meeting. Orlando, FL
- 2012                    Spiritually based stress reduction for the Jewish community  
Clinical Workshop, Center for Anxiety, New York, NY
- 2012                    Spirituality/religion and behaviorism: From theory to practice  
Master Clinician Seminar, Association for Behavioral and Cognitive Therapies, 46<sup>th</sup> Annual Meeting, National Harbor, MD
- 2012                    A behavioral approach to opening up shop  
Panel Discussion (Chair), Association for Behavioral and Cognitive Therapies, 46<sup>th</sup> Annual Meeting, National Harbor, MD
- 2013                    Spirituality and mental health research: Implications for patient care  
Grand Rounds, Department of Psychiatry, Geisel School of Medicine, Dartmouth College, Hanover, NH
- 2013                    Spirituality & psychopathology: What is the relationship?  
Invited Address, Keck School of Medicine, University of Southern California, Los Angeles, CA
- 2013                    Integrating spirituality into cognitive behavioral therapy  
Invited Clinical Workshop, Department of Psychology, Fordham University, Bronx, NY
- 2013                    How to integrate spirituality into cognitive behavioral therapy: A brief intervention.  
Clinical Workshop, Association for Behavioral and Cognitive Therapies, 47<sup>th</sup> Annual Meeting, Nashville, TN
- 2013                    Spirituality and mental health research: Recent findings from McLean Hospital  
Presentation, Association for Behavioral and Cognitive Therapies, 47<sup>th</sup> Annual Meeting, Nashville, TN.
- 2014                    Integrating spirituality into cognitive behavioral therapy

Invited Clinical Workshop, School of Psychology & Counseling, Regent University, Virginia Beach, VA

- 2014 Belief in God and changes in depression over the course of acute psychiatric treatment: Mechanisms of effect  
Symposium Presentation, American Psychiatric Association, 167<sup>th</sup> Annual Meeting, New York, NY
- 2014 An initial evaluation of the Connections Program: A spiritually-based treatment for generalized anxiety disorder  
Symposium Presentation, American Psychological Association, 122<sup>nd</sup> Annual Meeting, Washington, DC
- 2014 Conceptualizing and assessing spirituality in cognitive behavioral therapy  
Clinical Workshop, Association for Behavioral and Cognitive Therapies, 48<sup>th</sup> Annual Meeting, Philadelphia, PA
- 2014 Taking care of business: A real-world discussion about owning and operating a clinical practice  
Panel Discussion (Chair), Association for Behavioral and Cognitive Therapies, 48<sup>th</sup> Annual Meeting, Philadelphia, PA
- 2014 Is there cognitive behavioral therapy in heaven? Addressing spirituality in the context of cognitive behavioral therapy  
Clinical Round Table (Chair), Association for Behavioral and Cognitive Therapies, 48<sup>th</sup> Annual Meeting, Philadelphia, PA
- 2014 Religious coping among psychotic patients: Relevance to suicidality and treatment outcomes  
Association for Behavioral and Cognitive Therapies, Suicide and Self-Injury Special Interest Group, Association for Behavioral and Cognitive Therapies, 48<sup>th</sup> Annual Meeting, Philadelphia, PA
- 2015 Interest in spiritually-integrated psychotherapy & integrating spirituality into cognitive behavioral therapy for acute psychiatric patients  
4<sup>th</sup> Annual Conference on Medicine and Religion (sponsored by University of Chicago), Cambridge, MA
- 2015 The role of resilience in the health and well-being of minority populations  
Symposium (Discussant), Association for Behavioral and Cognitive Therapies, 49<sup>th</sup> Annual Meeting, Chicago, IL
- 2015 The business side of CBT: A real-world discussion about owning and operating a CBT clinical practice

- Panel Discussion (Chair), Association for Behavioral and Cognitive Therapies, 49<sup>th</sup> Annual Meeting, Chicago, IL
- 2016 Looking forward: Diversity in clinical psychological science  
Panel Discussion, Association for Behavioral and Cognitive Therapies, 50<sup>th</sup> Annual Meeting, New York, NY
- 2016 Spirituality & religion in CBT: What clinicians can learn from the teachings of different religious  
Panel Discussion, Association for Behavioral and Cognitive Therapies, 50<sup>th</sup> Annual Meeting, New York, NY
- 2017 Spirituality & mental health: What clinicians need to know  
National Center for Responsible Gaming, 18<sup>th</sup> Annual Conference, Las Vegas, NV
- 2017 Spiritual issues in psychotherapy  
Invited Clinical Workshop, Department of Psychology, Long Island University (Post-Campus), Brookville, NY
- 2017 Using evidence-based practices with specific religious and non-religious populations  
Panel Discussion, Association for Behavioral and Cognitive Therapies, 51<sup>st</sup> Annual Meeting, San Diego, CA
- 2017 Spirituality and cognitive behavioral therapy  
Clinical Workshop, Association for Behavioral and Cognitive Therapies, 51<sup>st</sup> Annual Meeting, San Diego, CA
- 2018 Treatment of Orthodox Jews with cognitive behavior therapy  
Judaism, Science & Medicine, 10<sup>th</sup> Annual Meeting, Austin, TX
- 2018 Spirituality & mental health: Conceptual & empirical foundations, and clinical assessment  
Indiana Council on Problem Gambling, Indianapolis, IN
- International**
- 2012 Faith, trust and anxiety disorders: An empirically-supported conceptual framework  
Invited Address, Department of Psychology, Interdisciplinary Center, Herzliya, Israel
- 2012 Spirituality & cognitive behavioral therapy: Research & practice  
Invited Address, Department of Psychology, Ryerson University, Toronto, ON

- 2015 Interest in spiritually integrated psychotherapy among acute psychiatric patients  
Symposium Presentation, American Psychiatric Association, 168<sup>th</sup> Annual Meeting, Toronto, ON
- 2015 Religion and spirituality in diverse medical settings: Individual and family implications  
(Discussant) Symposium Presentation, American Psychological Association, 123<sup>rd</sup> Annual Meeting, Toronto, ON
- 2015 Practicing CBT with religious patients in Christian, Muslim and Jewish Communities  
Clinical Round Table, European Association for Behavioural and Cognitive Therapies, 45<sup>th</sup> Congress, Jerusalem, Israel
- 2015 How to conceptualize and assess for spirituality/religion in Cognitive Behavioral Therapy  
Clinical Workshop, European Association for Behavioural and Cognitive Therapies, 45<sup>th</sup> Congress, Jerusalem, Israel
- 2017 Spirituality & mental health: What clinicians need to know  
Clinical Workshop, Machon Dvir, Jerusalem, Israel

## **REPORT OF CLINICAL ACTIVITIES**

### **Current Licensure & Certification**

- 2011- Licensed Clinical Psychologist  
State of Massachusetts (License #9389)
- 2011- Licensed Clinical Psychologist  
State of New York (License #019078)
- 2016- Board Certified in Clinical Psychology  
American Board of Professional Psychology (Diploma #8149)
- 2017- Licensed Clinical Psychologist  
State of New Jersey (License #5769)

### **Practice Activities**

- 2011- *Activity:* Outpatient psychological treatment  
*Location:* Center for Anxiety, New York, NY

*Effort:* 10-20 hours of outpatient service per week including consultations as well as individual, group and intensive cognitive behavioral therapy for anxiety and affective disorders

### **Clinical Innovations**

- 2010 *Internet-based Spiritually-integrated treatment for anxiety among Jews*  
This Internet-based treatment program integrates Jewish spirituality into an evidence-based approach for the treatment of chronic worry and stress in the Jewish community. To date, the treatment program has been utilized by over 600 Jewish individuals around the globe.
- 2012 *Spiritually-integrated cognitive-behavioral therapy for a partial hospital*  
This single-session treatment manual integrates spiritual themes and practices into group cognitive-behavioral therapy for acute psychiatric patients in a partial-hospital setting. Using a transdiagnostic approach, the manual targets highly comorbid and varied symptoms. To date, the manual has been used with over 400 McLean Hospital patients.
- 2014 *Spiritually-integrated treatment for Generalized Anxiety Disorder*  
This 16-session treatment manual integrates a spiritual framework culled from Jewish religious thought into an evidence-based approach to the treatment of Generalized Anxiety Disorder (GAD). This manual and its subsequent iterations have been utilized with over 50 outpatients to date in the greater New York area.
- 2015 *Spiritually-integrated cognitive-behavioral therapy for an inpatient unit*  
This treatment manual is based on the 2012 innovation above and harnesses spiritual themes and practices in the provision of group-based cognitive-behavioral therapy for psychiatric inpatients. To date, the manual has been successfully delivered to approximately 100 McLean Hospital patients.
- 2018 *Spiritual Psychotherapy for Inpatient, Residential and Intensive Treatment (SPIRIT)*  
This treatment protocol is a more advanced version of the 2012 and 2015 works above. The flexible approach can accommodate provision of spiritually-based psychotherapy across inpatient, residential, and partial units. At present, more than 1,000 McLean Hospital patients participate in SPIRIT groups each year.

## **REPORT OF PATIENT EDUCATION & SERVICE TO THE COMMUNITY**

*Those activities below sponsored by outside entities are so noted by identification of the sponsor in italics.*

### **Activities**



**Regional**

- 2011- Advisory board Member/Consultant – *Rofeh International* (an international medical referral agency in the Jewish community), Brookline, MA
- 2011 A spiritual and psychological approach to anxiety disorders  
Invited Lecture – *Meor* (a campus-based educational program for Jewish students, Tufts University, Medford, MA)
- 2011 Jewish wisdom for modern minds: Anxiety disorders and their treatment  
Invited Lecture – *Meor*, Boston University, Boston, MA
- 2011 Connection, disconnection and anxiety disorders: An ancient approach to a modern problem  
Invited Lecture – Spirit Seekers, Boston, MA
- 2012 Three steps to getting motivated and staying motivated  
Invited Lecture – *Hillel*, *Northeastern University*, Boston, MA
- 2012 Judaism and mental health: An empirical approach  
Invited Lecture – *Meor*, *Massachusetts Institute of Technology*, Cambridge, MA
- 2012 Spirituality/religion and anxiety disorders  
Invited Lecture – *Hillel*, *Tufts University*, Medford, MA
- 2012 Worlds of connection and disconnection  
Invited Lecture – *Hillel*, *Boston University*, Boston, MA
- 2012 Judaism & mental health research  
Invited Lecture – *Meor*, *Harvard University*, Boston, MA
- 2012 Anxiety disorders: A spiritual and psychological approach  
Invited Lecture – *Hillel*, *Boston University*, Boston, MA
- 2012 Spirituality & student mental health  
Invited Lecture – Harvard Health Policy Review, Harvard College, Cambridge, MA

**National**

- 2011 Faith, trust & anxiety: An empirical approach  
Invited Lecture – Yeshiva College, New York, NY
- 2011 Test & exam anxiety: A spiritual & psychological approach  
Invited Lecture – Stern College for Women, New York, NY

- 2012                    Observant or obsessive? Religious life and OCD  
Invited Lecture – Mt. Sinai Jewish Center of Washington Heights, New York, NY
- 2012                    Is there room for God in psychotherapy?  
Invited Lecture – *East Hill Synagogue, Englewood, NJ*
- 2012                    Connection, disconnection and anxiety disorders: A Jewish psychological approach to a modern problem  
Invited Lecture – *East Hill Synagogue, Englewood, NJ*
- 2012                    Sex, violence, blasphemy and sin: Treatment of "bad thoughts" in OCD  
Invited Lecture – *New Jersey OCD (Affiliate of the International Obsessive Compulsive Disorder Foundation), New Brunswick, NJ*
- 2012                    Test and exam anxiety: A spiritual and psychological approach  
Invited Lecture – *Stern College, New York, NY*
- 2012                    Judaism & mental health: An empirical approach and personal journey  
Invited Lecture – *Active Minds, Stern College, New York, NY*
- 2013                    Taking the guesswork out of Jewish outreach: The role and importance of social science research  
Invited Lecture – Association of Jewish Outreach Professionals, Stamford, CT
- 2013                    Spirituality & mental health  
Invited Lecture – *Meor, Northwestern University, Evanston, IL*
- 2013                    What is the relationship between spirituality and mental health?  
Invited Lecture – Home of Rev. Dr. Barbara H. Nielsen, Palm Beach, FL
- 2013                    Judaism & mental health: An empirical approach  
Invited Lecture – Jewish Family Service, Los Angeles, CA
- 2013                    The worlds of connection & disconnection: An ancient Jewish approach to a modern problem  
Invited Lecture – *Meor, Yale University, New Haven, CT*
- 2013-                    Advisory Board  
Member/Consultant – Refa'enu (a non-profit that tries to raise awareness about mental health issues in the Jewish community, Teaneck, NJ)
- 2015                    Spirituality & mental health  
Invited Lecture – Center for Anxiety, Brooklyn, NY

- 2015 Evidence-based treatments for mental disorders  
Invited Lecture – Yeshiva Beth Yehuda, Detroit, MI
- 2016 Spirituality & mental health  
Invited Lecture – Home of Rev. Dr. Barbara H. Nielsen, Palm Beach, FL
- 2016 Observant or obsessive? Religion & OCD  
Invited Lecture – Center for Anxiety, Brooklyn, NY
- 2017 How spirituality can be used in the process of psychotherapy  
Invited Lecture – Home of Rev. Dr. Barbara H. Nielsen, Palm Beach, FL

**International**

- 2012 A spiritual approach to the treatment of anxiety  
Invited Lecture – Forest Hill Jewish Center, Toronto, ON
- 2013 Mental health and spiritual growth: The importance of connection  
Invited Lecture – Village Shul Learning Center, Toronto, ON
- 2013 Intimacy and connection: The relevance of spirituality.  
Scholar in Residence – *International Organization of Mussar Vaadim, Jerusalem, Israel*
- 2013 Connection, disconnection and anxiety disorders  
Invited Lecture – Home of Mr. & Mrs. Jeremy Melnick, Toronto, ON
- 2014 The connections paradigm: A spiritual model of heroism.  
Scholar in Residence – *International Organization of Mussar Vaadim, Jerusalem, Israel*
- 2015 Mental disorders: What do clergy need to know?  
Invited Lecture – *Center for Kehilla Development, Jerusalem, Israel*
- 2015 Observant or Obsessive? Religion and OCD  
Invited Lecture – *Center for Kehilla Development, Jerusalem, Israel*
- 2015 Suicidality & Non-suicidal Self-Injury: An Introduction for Clergy  
Invited Lecture – *Center for Kehilla Development, Jerusalem, Israel*
- 2016 Losing Touch with Reality: What Clergy Need to Know about Psychosis  
Invited Lecture – *Center for Kehilla Development, Jerusalem, Israel*

**Educational Materials for Patients and the Lay Community**

- 2010                   Examining treatment efficacy in the naturalistic context of a partial hospital program  
McLean Hospital Alumni Newsletter (03/10)
- 2011                   Have a little faith: Research on spirituality & mental health  
Aish.com (Magazine Article, 08/11)
- 2011                   Does a belief in God make you worry less?  
WBUR, Radio Boston (Radio Interview, 08/11)
- 2011                   Religious faith and peace of mind  
Sound Medicine, WFYI Indianapolis (Radio Interview, 12/11)
- 2012                   Anxiety disorders: An evidence-based approach  
Jewish Press (Magazine Article, 01/12)
- 2012                   Why am I never invited to the wedding? Stigma and mental health in the Jewish community  
*Inyan Magazine* (Magazine Article, 04/12)
- 2012                   Spirituality & mental health  
About Health, Boston City TV (Television Interview, 05/12)
- 2012                   Prozac for life?  
*Inyan Magazine* (Magazine Article, 06/12)
- 2012                   Shy today, gone tomorrow: Behavior therapy for social anxiety disorder  
*Inyan Magazine* (Magazine Article, 10/12)
- 2012                   Antidepressant medication and the pursuit of happiness  
*Inyan Magazine* (Magazine Article, 12/12)
- 2013                   Coping with terrorism: A spiritually based approach  
*Inyan Magazine* (Magazine Article, 05/13)
- 2013                   Faith in God and psychiatric treatment  
Sound Medicine, WFYI Indianapolis (Radio Interview, 05/13)
- 2013-                   Monthly columnist (“From Crisis to Connection”)  
*Inyan Magazine*

**REPORT OF SCHOLARSHIP**

\* signifies author was a trainee under supervision at time of writing

## Research Investigations

- 1) **Rosmarin DH**, Krumrei EJ, Andersson G. Religion as a predictor of psychological distress in two religious communities. *Cogn Behav Ther.* 2009;38(1):54-64.
- 2) **Rosmarin DH**, Pargament KI, Krumrei EJ, Flannelly KJ. Religious coping among Jews: Development and initial validation of the JCOPE. *J Clin Psychol.* 2009;65(7):670-683.
- 3) **Rosmarin DH**, Pargament KI, Flannelly KJ. Do spiritual struggles predict poorer physical/mental health among Jews? *Int J Psych Relig.* 2009;19:244-258.
- 4) **Rosmarin DH**, Pargament KI, Mahoney A. The role of religiousness in anxiety, depression and happiness in a Jewish community sample: A preliminary investigation. *Ment Health Relig Culture.* 2009;12(2):97-113.
- 5) **Rosmarin DH**, \*Pirutinsky S, Pargament KI, Krumrei EJ. Are religious beliefs relevant to mental health among Jews? *Psychol Relig Spiritual.* 2009;1(3):180-190.
- 6) **Rosmarin DH**, Bourque LM, Antony MM, McCabe RE. Interpretation bias in panic disorder: Self-referential or global? *Cogn Ther Res.* 2009;33(6):624-632.
- 7) \*Pirutinsky S, **Rosmarin DH**, Pargament KI. Community attitudes towards culture-influenced mental illness: Scrupulosity vs. non-religious OCD among Orthodox Jews. *J Community Psychol.* 2009;37(8):949-958.
- 8) **Rosmarin DH**, Pargament KI, \*Pirutinsky S, Mahoney A. A randomized controlled evaluation of a spiritually- integrated treatment for subclinical anxiety in the Jewish community, delivered via the Internet. *J Anxiety Disord.* 2010;24(7):799-808.
- 9) **Rosmarin DH**, \*Pirutinsky S, Siev J. Recognition of scrupulosity and non-religious OCD by Orthodox and non-Orthodox Jews. *J Soc Clin Psychol.* 2010;29(8):930-944.
- 10) **Rosmarin DH**, Krumrei EJ, Pargament KI. Are gratitude and spirituality protective factors against psychopathology? *Int J Existential Psychol Psychother.* 2010;3(1):1-5.
- 11) \*Pirutinsky S, Rosen DD, Safran R, **Rosmarin DH**. Do medical models of mental illness relate to increased or decreased stigmatization among Orthodox Jews? *J Nerv Ment Dis.* 2010;198(7):508-512.
- 12) **Rosmarin DH**, Auerbach RP, \*Bigda-Peyton JS, Björgvinsson T, Levendusky PG. Integrating spirituality into cognitive behavioral therapy in an acute psychiatric setting: A pilot study. *J Cogn Psychother.* 2011;25(4):287-303.
- 13) **Rosmarin DH**, \*Pirutinsky S, Auerbach RP, Björgvinsson T, Bigda-Peyton J, Andersson G, Pargament KI, Krumrei EJ. Incorporating spiritual beliefs into a cognitive model of worry. *J Clin Psychol.* 2011;67:691-700.

- 14) **Rosmarin DH**, \*Pirutinsky S, Pargament KI. A brief measure of core religious beliefs for use in psychiatric settings. *Int J Psychiatry Med*. 2011;41(3):253-261.
- 15) **Rosmarin DH**, \*Pirutinsky S, Cohen AB, \*Galler Y, Krumrei EJ. Grateful to God or just plain grateful? A comparison of religious and general gratitude. *J Positive Psychol*. 2011;6(5):389-396.
- 16) \*Pirutinsky S, **Rosmarin DH**, Pargament KI, Midlarsky E. Does negative religious coping accompany, precede, or follow depression among Orthodox Jews? *J Affect Disorders*. 2011;132(3):401-405.
- 17) \*Pirutinsky S, **Rosmarin DH**, Holt CL, Feldman RH, Caplan LS, Midlarsky E, Pargament KI. Does social support mediate the moderating effect of intrinsic religiosity on the relationship between physical health and depressive symptoms among Jews? *J Behav Med*. 2011;34(6):489-496.
- 18) \*Pirutinsky S, **Rosmarin DH**, Holt CL. Religious coping moderates the relationship between emotional functioning and obesity. *Health Psychol*. 2012;31(3):394-397.
- 19) Kertz SJ, \*Bigda-Peyton JS, **Rosmarin DH**, Björgvinsson T. The importance of worry across diagnostic presentations: Prevalence, severity, and associated symptoms in a partial hospital setting. *J Anxiety Disord*. 2012;26:126-133.
- 20) Bonelli R, Dew RE, Koenig HG, **Rosmarin DH**, Vasegh S. Religious and spiritual factors in depression: Review and integration of the research. *Depress Res Treat*. 2012;Article 962860.
- 21) Kuller AM, Libben MR, **Rosmarin DH**, Björgvinsson T. Does symptom type moderate the relationship between insight and outcome in cognitive behavioral therapy for psychosis: A preliminary investigation. *Cogn Behav Ther*. 2012;41:298-309.
- 22) **Rosmarin DH**, \*Bigda-Peyton JS, Kertz SJ, Smith N, Rauch SL, Björgvinsson T. A test of faith in God and treatment: The relationship of belief in God to psychiatric treatment outcomes. *J Affect Disorders*. 2013;146:441-446.
- 23) **Rosmarin DH**, \*Bigda-Peyton JS, Ongür D, Pargament KI, Björgvinsson T. Religious coping among psychotic patients: Relevance to suicidality and treatment outcomes. *Psychiatry Res*. 2013;210:182-187.
- 24) **Rosmarin DH**, Green D, Pirutinsky S, McKay D. Attitudes toward spirituality/religion among members of the Association for Behavioral & Cognitive Therapies. *Prof Psychol-Res Pr*. 2013;44:424-433.
- 25) Krumrei EJ, Pirutinsky S, **Rosmarin DH**. Jewish spirituality, depression and health: An empirical test of a conceptual framework. *Int J Behav Med*. 2013;20:327-336.

- 26) \*Agishtein P, \*Pirutinsky S, \*Kor A, \*Baruch D, Kanter J, **Rosmarin DH**. Integrating spirituality into a behavioral model of depression. *J Cog Behav Psychother*. 2013;13;275-289.
- 27) **Rosmarin DH**, Malloy MC, Forester BP. Spiritual struggle and affective symptoms among geriatric mood disordered patients. *Int J Geriatr Psychiatry*. 2014;29;653-660.
- 28) Hafizi S, **Rosmarin DH**, Koenig, HG. Brief Trust/Mistrust in God Scale: Psychometric properties of a Farsi version in Muslims. *Ment Health Relig Culture*. 2014;17:415-420.
- 29) \*Baruch DE, Kanter JW, \*Pirutinsky S, Murphy J, **Rosmarin DH**. Depression stigma and treatment preferences among Orthodox and non-Orthodox Jews. *J Nerv Ment Dis*. 2014;202;556-561.
- 30) Björgvinsson T, Kertz SJ, \*Bigda-Peyton JS, **Rosmarin DH**, Aderka IM, Neuhaus EC. Effectiveness of cognitive behavior therapy for severe mood disorders in an acute naturalistic setting: A benchmarking study. *Cog Behav Ther*. 2014;43;209-220.
- 31) **Rosmarin DH**, Forester BP, Shassian DM, Webb C, Björgvinsson T. Interest in spiritually-integrated psychotherapy among acute psychiatric patients. *J Consult Clin Psychol*. 2015;83:1149-1153.
- 32) Pirutinsky S, Siev J, **Rosmarin DH**. Scrupulosity and Implicit and Explicit Beliefs about God. *J Obsessive Compuls Relat Disord*. 2015;6:33-38.
- 33) Pirutinsky S, Schechter I, Kor A, **Rosmarin DH**. Family size and psychological functioning in the Orthodox Jewish community. *Ment Health Relig Culture*. 2015;18(3):218-230.
- 34) \*Lazarus Z, Pirutinsky S, \*Korbman M & **Rosmarin DH**. Dental utilization disparities in a Jewish context: reasons and potential solutions. *Comm Dent Health*. 2015;32:247-251.
- 35) Winkeljohn-Black S, Pössel P, Jeppsen BD, Tariq A, **Rosmarin DH**. Poloma and Pendleton's (1989) prayer types scale in Christian, Jewish and Muslim praying adults: One scale or a family of scales? *Psychol Relig Spiritual*. 2015;7;205-216.
- 36) Koenig HG, Pearce MJ, Nelson B, Shaw SF, Robins CJ, Daher N, Cohen HJ, Berk LS, Belinger D, Pargament KI, **Rosmarin DH**, Vasegh S, Kristeller J, Juthani N, Nies D, King MB. Religious vs. conventional cognitive-behavioral therapy for major depression in persons with chronic medical illness. *J Nerv Ment Dis*. 2015;4:243-251.
- 37) **Rosmarin DH**, Pirutinsky S, \*Greer-Shabtai D, \*Korbman M. Maintaining a grateful disposition in the face of distress: The role of spirituality. *Psychol Relig Spiritual*. 2016;8:134-140.

- 38) \*Freire J, Moleiro C, **Rosmarin DH**. Calling for awareness and knowledge: Perspectives on religiosity, spirituality and mental health in a religious sample from Portugal (a mixed methods study). *Open Theol*. 2016;2:681-699.
- 39) **Rosmarin DH**, Pirutinsky S, \*Carp S, \*Appel M, Kor A. Religious coping across a spectrum of religious involvement. *Psychol Relig Spiritual*. 2017;9, S96-S104.
- 40) Pirutinsky S, \*Carp S, **Rosmarin DH**. A paradigm to assess implicit attitudes towards God among Jews: The positive/negative God associations task. *J Relig Health*. 2017;56:305-319.
- 41) Winklejohn-Black S, Pössel P, **Rosmarin DH**, Tariq A, Jeppsen, BD. Prayer type, disclosure and mental health across religious groups. *Couns Values*. 2017;62;216-234.
- 42) \*Medlock MM, **Rosmarin DH**, Connery HC, Griffin LM, Weiss RD, Karukula SL, McHugh K. Religious coping in patients with severe substance use disorders receiving acute inpatient detoxification. *Am J Addict*. 2017;26;744-750.
- 43) **Rosmarin DH**, Pirutinsky S, Appel M, Kaplan T, Pelcovitz D. Childhood sexual abuse, mental health, and religion across the Jewish community. *Child Abuse Negl*. 2018;81;21-28.
- 44) Pirutinsky S, **Rosmarin DH**. The PIOS among the Pious: Validity of the Penn Inventory of Scrupulosity (PIOS) among Orthodox Jews. *Ment Health Relig Culture*. In Press.
- 45) Pirutinsky S, **Rosmarin DH**. Protective and harmful effects of religious practice on depression among Jewish individuals with mood disorders. *Clin Psyc Sci*. In Press.
- 46) Freire J, Moleiro C, Freire M, **Rosmarin DH**. A call for collaboration: Perceptions of religious and spiritual leaders about mental health (a Portuguese sample). *J Spirit Ment Health*. In Press.

#### **Other Peer-Reviewed Publications**

- 1) **Rosmarin DH**, Pargament KI, Robb HB III. Spiritual and religious issues in behavior change: Introduction (editorial). *Cog Behav Prac*. 2010;17(4):343-347.
- 2) Pargament KI, **Rosmarin DH**. Pastoral counseling. In: Weiner I & Craighead E, eds. *The Corsini Encyclopedia of Psychology*. New York, NY: John Wiley and Sons; 2010;1166.
- 3) Krumrei EJ, **Rosmarin DH**. Processes of religious and spiritual coping. In: Aten JD, O'Grady KA, Worthington EL, eds. *The psychology of religion and spirituality for clinicians: Using research in your practice*. New York: Routledge; 2011;245-273.
- 4) **Rosmarin DH**, Wachholtz A, Ai A. Beyond descriptive research: Advancing the study of spirituality & health (editorial). *J Behav Med*. 2011;34(6):409-413.



- 5) **Rosmarin DH.** Spirituality & mental health: A case against ignorance (editorial). *Harvard Health Policy Rev.* 2012;13:36.
- 6) Vasegh S, **Rosmarin DH**, Koenig HG, Dew RE, Bonelli RM. Religious and spiritual factors in depression (editorial). *Depress Res Treat.* 2012;Article 298056.
- 7) Levendusky PG, **Rosmarin DH.** Cognitive behavior therapy: A rich but implicit relational framework within which to deal with therapist frustrations. In: Wolf AW, Goldfried MR, Muran JC, eds. *Transforming negative reactions to clients: From frustration to compassion.* Washington, DC: American Psychological Association Press; 2013;45-68.
- 8) **Rosmarin DH**, \*Greer-Shabtai D, \*Pirutinsky S, Pargament KI. Jewish religious coping & trust in God: A review of the empirical literature. In: Levin J, Prince M, eds. *Judaism and health: A handbook of practical, professional, and scholarly resources.* Woodstock, VT: Jewish Lights Publishing; 2013;265-281.
- 9) **Rosmarin DH.** Integrating spirituality into cognitive behavioral therapy (editorial). *Adv Cognitive Ther.* 2013;10;6-7.
- 10) **Rosmarin DH**, Green D, Pirutinsky S, McKay D. Spirituality/religion: Beliefs, practices, attitudes, & training among ABCT members (editorial). *Behav Ther.* 2014;37;193-196.
- 11) **Rosmarin DH**, Hankin B. Diversity and the science of clinical psychology (editorial). *Clin Sci.* 2014;17;4-5.
- 12) Pirutinsky S, **Rosmarin DH.** Review of the book *A New Approach to Religious Orientation: The Commitment-Reflectivity Circumplex* by Stephen W. Krauss & Ralph W. Hood. *J Relig Health.* 2014;53;631-633.
- 13) **Rosmarin DH**, Sklar AG & Greer-Shabtai D. Behavior therapy. In: Milosevic I & McCabe RE, eds. *Phobias: The psychology of irrational fear, an encyclopedia.* Santa Barbara, CA: ABC-CLIO/Praegar; 2015;53-56.
- 14) Moreno O, Kor A & **Rosmarin DH.** Cultural differences. In: Milosevic I & McCabe RE, eds. *Phobias: The psychology of irrational fear, an encyclopedia.* Santa Barbara, CA: ABC-CLIO/ Praegar; 2015;99-102.
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- 16) \*Greer-Shabtai D, Pirutinsky S & **Rosmarin DH.** Judaism & cognitive behavioral therapy. In: Ives R, Ben-Avie M & Loewenthal K, eds. *Applied Jewish values in social sciences and psychology.* Medford, MA: Springer International; 2016;133-149.

- 17) **Rosmarin DH**, Forester B, Björgvinsson T. Spirituality/religion: Initiating a discussion with patients (letter to editor). *Psych Serv*. 2016,6;359.
- 18) **Rosmarin DH**. Diversity science: New dawn in a golden age (editorial). *Clin Psychol Sci*. 2016;4;701.
- 19) **Rosmarin DH**. A long road ahead for diversity science (editorial). *Clin Sci*. In Press.
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- 21) \*Medlock MM, **Rosmarin DH**. Outpatient psychiatry. In: Petet JR, Fung A & Dell M, eds. Ethical considerations at the intersection of psychiatry and religion. New York: Oxford University Press; 2018.
- 22) **Rosmarin DH**, Moreira-Almeida A, Koenig H. Religion and psychotic experiences (letter to editor). *Acta Psychiatr Scand*. 2018;
- 23) **Rosmarin DH**. Spirituality, religion, & cognitive-behavioral therapy: A guide for clinicians. New York: Guilford; 2018

#### **Professional Materials or Reports, in Print or Other Media**

- 1) **Rosmarin DH**, & Pargament KI. Spiritually-based stress reduction for the Jewish community (“Increase your trust in God”). Electronic treatment program; 2010.
- 2) **Rosmarin DH**, & Auerbach RP. Spiritually-integrated cognitive behavioral therapy for an acute psychiatric setting. Treatment manual; 2012.
- 3) Ciarrocchi JW, Schechter D, Schwartz J, **Rosmarin DH**, & Pearce MJ. Religious cognitive behavioral therapy for depression in the context of chronic physical illness (Jewish version). Treatment manual; 2013.
- 4) **Rosmarin DH** & Kelemen L. The connections program: A 16-session spiritually-integrated treatment for generalized anxiety disorder. Treatment manual; 2014.
- 5) **Rosmarin DH**. Psychologists shouldn’t ignore the soul. (opinion-editorial). *Wall Street Journal*; December 29<sup>th</sup>, 2017.

#### **Theses & Dissertations**

- 2003            A psychometric instrument to measure the religious Jewish construct Trust in God: A first step towards researching religious Jewish beliefs and psychology  
Masters Thesis, University of Toronto  
Advisor: Roy Moodley

2006            A randomized controlled evaluation of a spiritually integrated intervention for sub-clinical anxiety among Jews, delivered via the Internet  
Doctoral Dissertation, Bowling Green State University  
Committee: Kenneth I. Pargament (Advisor), Annette Mahoney, Dale Klopfer & Timothy Murnen

**Abstracts, Poster Presentations, and Exhibits at Professional Meetings (Past 3 Years)**

*\* signifies author was a trainee under supervision at time of presentation*

- 1) **Rosmarin DH**, Shassian DM, Forester BP, & Björgvinsson T. Interest in spiritually integrated treatment among acute psychiatric patients. Poster presentation. McLean Hospital Research Day. January, 2014.
- 2) Diamond R, Pirutinsky S, Kor A, & **Rosmarin DH**. Negative religious coping in the Jewish community: Does religiousness moderate effects on mental distress? Poster presentation. Association for Behavioral and Cognitive Therapies, 48<sup>th</sup> Annual Meeting. Philadelphia, PA. November, 2014.
- 3) Korbman, MD, Naftalovich, H, Pirutinsky S, Kor A & **Rosmarin DH**. Spirituality, religion, neither or both? Effects on mental health in the Jewish community. Poster presentation. Association for Behavioral and Cognitive Therapies, 48<sup>th</sup> Annual Meeting. Philadelphia, PA. November, 2014.
- 4) Naftalovich H, Pirutinsky S, Alper D, Blatt R, Sklar A & **Rosmarin DH**. Religious Mentorship & Mental Health: The Mediating Effect of Religious Coping. Poster presentation. Spiritual/Religious Issues Special Interest Group. Association for Behavioral and Cognitive Therapies, 48<sup>th</sup> Annual Meeting. Philadelphia, PA. November, 2014.
- 5) **Rosmarin DH**, Naftalovich H, Korbman M, Sklar A & Pirutinsky S. An initial evaluation of the Connections Program: A spiritually-based treatment for generalized anxiety disorder. Rosmarin DH. Poster presentation. Spiritual/Religious Issues Special Interest Group. Association for Behavioral and Cognitive Therapies, 48<sup>th</sup> Annual Meeting. Philadelphia, PA. November, 2014.
- 6) Medlock M, McHugh KR, **Rosmarin DH**, Connery HS, Griffin ML, McDermott KA, Srisarajivakul E & Weiss RD. Spirituality and religiosity among individuals receiving substance abuse treatment. Poster presentation. McLean Hospital Research Day. January, 2015.
- 7) Medlock M, McHugh KR, **Rosmarin DH** & Connery HS. Clinical relevance of spirituality and religion to patients in an inpatient substance detoxification program. Poster presentation. Harvard Medical School Psychiatry Research Day. March, 2015.

- 8) Naftalovich H, Pirutinsky S & **Rosmarin DH**. Integrating spirituality into the cognitive model of depression: An initial study in a Jewish sample. Poster presentation. Association for Psychological Science 27<sup>th</sup> Annual Convention. New York, NY. May, 2015.
- 9) Green D & **Rosmarin DH**. Can a brief training program change implicit attitudes about religion among CBT clinicians? Poster presentation. Association for Behavioral and Cognitive Therapies, 49<sup>th</sup> Annual Meeting. Chicago, IL. November, 2015.
- 10) **Rosmarin DH**, Green D, Pirutinsky S, Korbman M, Naftalovich H & Alper D. Disseminating cognitive behavioral therapy to the Orthodox Jewish community. Poster presentation. Association for Behavioral and Cognitive Therapies, 49<sup>th</sup> Annual Meeting. Chicago, IL. November, 2015.
- 11) Alper D, Green D, Korbman M, Pirutinsky S, Naftalovich H. & **Rosmarin DH**. Using the PIOS among the pious: Validity among Orthodox Jews. Poster presentation. Association for Behavioral and Cognitive Therapies, 49<sup>th</sup> Annual Meeting. Chicago, IL. November, 2015.
- 12) Blatt R, Naftalovich H, Korbman M, Pirutinsky S, Alper D & **Rosmarin DH**. Religious support/coping and depression over time: A longitudinal study among Jews. Poster presentation. Association for Behavioral and Cognitive Therapies, 49<sup>th</sup> Annual Meeting. Chicago, IL. November, 2015.
- 13) Korbman M, Pirutinsky S, Alper D, Naftalovich H & **Rosmarin DH**. Does gender moderate the effect of religion on mental health in the Jewish community? Poster presentation. Association for Behavioral and Cognitive Therapies, 49<sup>th</sup> Annual Meeting. Chicago, IL. November, 2015.
- 14) Naftalovich H, Korbman M, Pirutinsky S & **Rosmarin DH**. So help me God: Religious coping as a longitudinal predictor of mental health in the context of major life events in the Jewish community. Poster presentation. Association for Behavioral and Cognitive Therapies, 49<sup>th</sup> Annual Meeting. Chicago, IL. November, 2015.
- 15) Pirutinsky S, Siev J, Korbman M & **Rosmarin DH**. Scrupulosity and implicit and explicit beliefs about God: An experimental study in the Jewish community. Poster presentation. Association for Behavioral and Cognitive Therapies, 49<sup>th</sup> Annual Meeting. Chicago, IL. November, 2015.
- 16) Freire J, Moleiro C & **Rosmarin DH**. Attitudes, beliefs and competences among Portuguese mental health professionals about addressing religious/spiritual issues in psychotherapy. Presentation at the 5<sup>th</sup> European Conference on Religion, Spirituality & Health. Gdansk, Poland. May, 2016

## NARRATIVE REPORT

I aspire to embody the scientist-practitioner (Boulder) model of clinical psychology by striving for excellence as both a clinician and a researcher. Professionally, my time is split between these domains (~35% research, ~35% clinical practice), with additional time (~30%) dedicated to administration, teaching, mentorship.

My program of research moves beyond the descriptive realm by examining explanatory models of why and how both positive and negative facets of spirituality can functionally impact psychiatric symptoms and their treatment. Approximately half of my research has focused on the Jewish community, with the other half more broadly assessing how spiritual and religion relate to mental health among psychiatric patients. I have been a principal investigator on 15 studies to date which have received over \$1,000,000 in support (mostly private donations).

As a clinician, I am staunchly committed to taking an evidence-based approach to psychotherapy, and my primary modality is cognitive behavioral therapy (CBT). My clinical approach is connected to my research, in that I have innovated several methods for integrating spirituality into psychosocial treatments. I have written four psychotherapy manuals outlining how to assess for and address patient spirituality in the context of evidence-based psychiatric care. One of these manuals (currently under revision) is presently being used in 11 units across the divisional structure of McLean Hospital, to provide spiritually-integrated treatment to over 80 patients each week. As well, I recently authored a full length text entitled *Spirituality-Religion & Cognitive Behavioral Therapy: A Guide for Clinicians* (Guilford Press; May, 2018), and I regularly deliver lectures and workshops for clinicians on this subject matter.

I am also dedicated to the dissemination of CBT to under-served populations, including the Orthodox Jewish community, which I am a member of. To this end, I direct an outpatient program (Center for Anxiety) with three offices in the New York area, that provides culturally- and spiritually-sensitive CBT. With a staff of 15 clinicians, our program serves over 300 new patients each year, many of them Orthodox Jews who otherwise would receive inadequate mental health care.

I also have a strong passion for teaching and mentorship. In the past three years I have served on five dissertation committees at other institutions, two of which were international. In addition, I regularly provide consultation and professional development guidance to colleagues and students (~10 meetings/month). I am also very proud to regularly serve as a media interviewee, magazine columnist, and invited lecturer at community events.

In sum, I feel truly blessed to have both clinical and research expertise in the understudied yet important area of spirituality and mental health. My goal is to build a national and international reputation as a leader and innovator in this area over the course of my career.