

## MICHAEL E. GOTLIB, Psy.D.

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The Center for Emotional Health of Greater Philadelphia  
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### EDUCATION:

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2015, September	<b>University of Hartford</b> <i>Graduate Institute of Professional Psychology</i> Doctor of Psychology, Clinical Psychology	West Hartford, CT
	<i>Dissertation: Addressing the Mental Health Needs of College Men: Review and Best Practices (Otto Wahl, Ph.D., Chair)</i>	
2012, September	<b>University of Hartford</b> <i>Graduate Institute of Professional Psychology</i> M.A., Clinical Practices	West Hartford, CT
2009	<b>Farmingdale State College, State University of NY</b> Post-baccalaureate psychology coursework	Farmingdale, NY
2006, May	<b>Binghamton University</b> B.A., Political Science <i>Summa Cum Laude</i> Minor, Business <i>Study Abroad Fall 2005: University of Rome</i>	Binghamton, NY

### AWARDS/HONORS:

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2012 – 2013	Regents' Honor Award for Graduate Students – <i>Highest graduate student award</i> – University of Hartford
2011 – 2012	Greatest Contribution to the Department of Psychology
2010 – 2011	Academic Excellence and Service Award – University of Hartford
2010 – 2011	Greatest Contribution to the Department of Psychology

### CLINICAL EXPERIENCE:

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Aug 2016 – Present	<b>Drexel University</b> <b>Office of Counseling and Health Services</b> <u>Staff Psychologist/Group Coordinator:</u> Coordinate group and workshop program. Conduct initial triage appointments, individual, and couples psychotherapy. Train staff and doctoral level trainees to implement skills workshops based on Acceptance and Commitment Therapy (ACT) and Dialectical Behavior Therapy (DBT). Collaborate with multiple campus partners to teach students psychological flexibility skills with a focus on supporting students who are on academic probation. Provide weekly supervision to doctoral-level intern as part of APA accredited internship program. Participate in after-hours emergency on-call rotation.	Philadelphia, PA
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*August 2016 – Present*

**The Center for Emotional Health of Greater Philadelphia** Cherry Hill, NJ  
Clinical Psychologist: Conduct psychotherapy with adolescents and adults with anxiety and mood disorders. Facilitate ACT and DBT based skills workshops.

*Sept 2015 – Aug 2016*

**Princeton University** Princeton, NJ  
**Counseling and Psychological Services (CPS)**  
Post-Doctoral Fellow: CPS is part of University Health Services and is accredited by the International Association of Counseling Services. Completed year-long clinical specialization as part of the Alcohol and Other Drug team. Conducted individual and couples psychotherapy, initial intake interviews, and urgent care triage. After hours on-call and Crisis Intervention team during spring semester. Co-facilitated an ongoing Adult Children Empowerment (ACE) process therapy group for students with complex family of origin concerns. Co-facilitated Anxiety Workshop with focus on skills building. Created and lead a weekly mindfulness and mental flexibility skills group. Provided approximately one hour of outreach programming each week, focusing on cultural humility and suicide prevention. Coordinated and provided workshops as a participant of the multidisciplinary, University Health Services Mind-Body team. Coordinated the Princeton University Health Services educational initiative for White Privilege education. Participated in group supervision with training director, weekly seminars, all staff case conference, and peer supervision with staff psychologists.

*Aug 2014 – Aug 2015*

**University of Iowa** Iowa City, IA  
**University Counseling Services (UCS)**  
Doctoral Intern: UCS is an APA accredited doctoral internship site with a time-limited therapy model. Completed year-long clinical emphasis in Acceptance and Commitment Therapy (ACT). Conducted psychotherapy, initial intake interviews, and served in the role of consultant-on-duty (COD). Co-facilitated an ongoing 90-minute men's process therapy group and two 8-week ACT on Life skills building therapy groups. Provided approximately one hour of outreach programming each week, including participation on the multidisciplinary, University Early Intervention Team (EIT). Taught Dialectical behavioral Therapy skills (distress tolerance) to first year students as part of outreach project. Provided clinical supervision to a doctoral-level practicum student and co-lead doctoral level group supervision during spring semester. Served on the Clinical Services Team, Diversity Issues Steering Committee, and Intern Selection Committee. Participated in a semester long Time-Limited Dynamic Therapy (TLDP) case conference. Participated in various seminars including, Assessment, Diversity, Consultation, Supervision and Evidence-Based Practice (CBT, ACT, TLDP).

*July 2013 – July 2014*

**Yale School of Medicine**

New Haven, CT

**Yale-New Haven Psychiatric Hospital Intensive Outpatient**

**Dialectic Behavioral Therapy – Substance Abuse Disorder Track**

Clinical Psychology Extern: Conducted therapy in a comprehensive DBT program within a group-based day hospital setting for patients with chronic patterns of suicidal or other self-destructive behaviors as well as substance abuse or dependence. Primary clinician to three patients and co-lead a variety of DBT therapy groups including skills training, diary card review, and behavioral analysis. Conducted weekly individual meetings with primary patients, conducted weekly telephone skills coaching and as needed family session. Performed ongoing risk assessment and management. Participated in weekly consultation team meetings. As part of the general track IOP, co-led a men's trauma group and psychodynamic emotion regulation group. Conducted brief personality assessment using the PAI.

Completed an 8-week DBT seminar

*Sept 2013 – June 2014*

**Westbury High School**

Westbury, NY

Clinical Psychology Extern: Performed psycho-educational assessments and individual counseling at high school located in a diverse and low socioeconomic community. Provided supportive mental health services to students, including short-term and crisis counseling. Other activities included consultation with staff and parents, and behavioral class observations.

*Sept 2012 – Sept 2013*

**Yale Center for Anxiety and Mood Disorders**

New Haven, CT

Clinical Psychology Extern: Conducted individual therapy with clients suffering from moderate to severe mood and anxiety disorders. Practiced evidence-based treatments, including mindfulness- and acceptance-based behavioral therapies. Co-created 10-week mindfulness based skills training group.

*Sept 2012 – July 2013*

**Middlesex Hospital Behavioral Health Outpatient**

Middletown, CT

Clinical Psychology Extern: Individual and group therapy with a diverse and socioeconomically disadvantaged client population. Conducted cognitive and psychological testing. Co-led process group from an internal family systems orientation (IFS). Additional activities included case management, treatment planning, and weekly didactic seminars. Observed the Crisis Assessment and Triage Service Team.

*Sept 2011 – May 2012*

**Eastern Connecticut State University**

Willimantic, CT

**Counseling and Psychological Services**

Clinical Psychology Extern: Individual therapy with college students. Performed crisis intervention during second half of practicum and participated in suicide prevention programming. Supervision conducted from an interpersonal and family systems perspective. Additional responsibilities included maintaining progress and process notes on clients.

PROFESSIONAL EXPERIENCE:

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2011 – 2013

**Teaching Assistant – University of Hartford**

Psychological Assessment I, II & III: Instructor of lab component for first and second year doctoral students. Responsibilities included leading a weekly 2-hour class, editing evaluation reports, and providing extra support for students as needed.

Spring 2011

Fall 2011 & Fall 2012

**Adjunct Instructor – University of Hartford**

PSY 405 History & Systems of Psychology

The course is designed to present an overview of the philosophical underpinnings, major “systems” of thought, and major intellectual influences on the development of psychology as a separate scientific discipline.

COMMITTEES & LEADERSHIP ACTIVITIES:

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2016 – Present

**Drexel University Student Life - Pi Lambda Phi**

Chapter Advisor: Serve as an advocate for undergraduate chapter to University administration and the larger community. Enhance the academic and social mission of Pi Lambda Phi at Drexel University.

2012 – Present

**Board of Directors – Volunteers in Psychotherapy (VIP)**

Board Member: VIP is a community nonprofit organization that provides clients private psychotherapy in exchange for community service of their choice. Assist with creation of bylaws, marketing and export initiatives, fundraising events, and grant opportunities. (ctvip.org)

2015 – Present

**Communications Committee – Association for Contextual Behavioral Science (ACBS)**

Member: Committee is responsible for coordinating and facilitating the communications media of ACBS. Members oversee marketing efforts through communications channels designed to increase awareness of and membership in ACBS. Work on developing and maintaining a strategic plan to maximize impact of communications methods.

2015 – Present

**Men's Allied Voices for a Respectful & Inclusive Community (MAVRIC) – Princeton University**

Advisory Board Member: MAVRIC project is an alliance of Princeton University undergraduate and graduate students, staff, and alumni committed to preventing the occurrence of interpersonal violence and abuse within the community. Attend biweekly conversation workshops, quarterly board meetings, and assist with the overall direction and marketing initiatives of the organization.

2014 – 2015

**Men's Anti-Violence Council (MAC) – University of Iowa**

Member: MAC is a volunteer group providing an opportunity for men to get involved in preventing violence. The main purpose of the group is to provide a space for men to discuss issues related to masculinity and

violence. MAC facilitates workshops about healthy masculinity, mentoring, and bystander intervention skills.

2014 – 2015

**Diversity Issues Steering Committee – University of Iowa**

Member: Support efforts of the University Counseling Services and Division of Student Life to develop multicultural competence. Co-lead needs assessment sub-committee to gather qualitative data on the mental health related experiences of minority groups on campus.

2012

**Board of Directors – Connecticut Psychological Association**

Graduate Student Member: Task force to digitize communication and marketing initiatives. Assisted with implementation of programming and public education.

2012

**Multicultural Committee – University of Hartford**

Member: The multicultural committee discussed diversity related issues and desired changes in the program regarding multicultural training. The committee created and distributed an in-depth survey addressing multicultural training to the student body. Results and recommendations were distributed to faculty.

2011 – 2012

**Board of Regents – University of Hartford**

Graduate Student Member: Committee for Institutional Advancement and Committee for University Education. Attended Board meetings, voted on policy issues, and assisted in the formulation and implementation of policy for the University.

2011 – 2012

**Academic and Personal Integrity Committee – University of Hartford**

Member: Nominated by President of the University of Hartford. Contributed graduate student perspective on the investigation of student, faculty, and staff integrity.

2010 – 2011

**Doctoral Training Committee – University of Hartford**

First Year Student Representative: Elected by first year cohort. Attended bi-weekly meetings with faculty to discuss program initiatives and student issues. Assisted in developing and executing program initiatives and community events.

2010 – 2011

**Active Minds Launch Committee – University of Hartford**

Student Founder: Active Minds is a student-run mental health awareness, education, and advocacy group on college campuses. Launched Active Minds at the University of Hartford with a faculty member. Liaison between the National Office and the launch committee. Presented to the University of Hartford Student Government Association for campus accreditation.

## RESEARCH EXPERIENCE:

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2013 - 2014

### **Yale Anxiety Emotions Lab (YAEL) – Yale University**

Research Assistant: The lab focuses primarily on adolescent emotion regulation and anxiety disorders in adults. Consulted on clinical issues with undergraduate and post-baccalaureate research assistants.

Assisted in systematic literature review and proofreading.

*Principal Investigator: David Klemanski, Psy.D.*

## RELATED EXPERIENCE:

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*October 2013 – July 2014*

### **Independent Support Services, Inc.**

Long Island, NY

*Part-time*

Community Integrator: Assisted a 22-year-old male, who has a primary diagnosis of high-functioning autism spectrum disorder. Directly worked with the client to increase community integration. Supported client in learning activities of daily living, social skills, and coping strategies for anxiety. Engaged in various other activities with the client based on his personal goals.

*February 2007 – May 2009*

### **Glaceau Vitaminwater & Smartwater**

New York, NY

District Marketing Manager: Assessed and negotiated regional media opportunities including radio, print, agency, and online. Developed strategic marketing programs to grow volume, penetrate new territories, and support overall company goals. Trained, supervised, and mentored entry level marketing employees and interns.

## PROFESSIONAL MEMBERSHIPS:

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Association for Contextual Behavioral Science, Member

American Group Psychotherapy Association, Member

Society for the Psychological Study of Men and Masculinity (SPSMM)

Philadelphia Behavior Therapy Association, Member

## SELECT PROFESSIONAL DEVELOPMENT ACTIVITIES:

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Acceptance and Commitment Therapy (ACT): Yearlong Intensive Training with Evidence-Based Practice

Institute, LLC, Presenter: Matthieu Villatte, PhD

ACT II: Clinical skills-building intensive, Presenter: Stephen Hayes, PhD

ACT for Adolescents, Presenter: Russ Harris, MD

The Thriving Adolescent: ACT with Teens, Presenter: Louis Hayes, PhD

Foundations of Dialectical Behavior Therapy Seminar at Yale School of Medicine, Presenter: Seth

Axelrod, PhD

FACT: Focused Acceptance and Commitment Therapy, Presenter: Kirk Strosahl, PhD

Compassionate Mindfulness, Presenters: Dennis Tirch, PhD and Laura Silberstein-Tirch, PsyD

Mindfulness training for the extreme states of mind and body, Presenter: Chris Molnar, PhD

Clinician Self-care within Acceptance and Commitment Therapy, Presenter: Kelly Wilson