

Phoebe (Conklin) Durland, Psy.D.

Licensed Clinical Psychologist NJ # 35SI00613100

The Center for Emotional Health of Greater Philadelphia, LLC

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EDUCATION

Psy.D., Clinical Psychology <i>Rutgers Graduate School of Applied and Professional Psychology</i> Dissertation: Treatment Adherence and Sudden Symptom Changes During Cognitive Behavioral Therapy for Youth Anxiety	2017 New Brunswick, NJ
Psy.M., Clinical Psychology <i>Rutgers Graduate School of Applied and Professional Psychology</i>	2015 New Brunswick, NJ
B.A., Psychology <i>Skidmore College</i>	2009 Saratoga Springs, NY

CLINICAL PSYCHOLOGY EXPERIENCE

The Center for Emotional Health of Greater Philadelphia <i>Licensed Psychologist</i>	July 2019-Present Cherry Hill, NJ
The Center for Emotional Health of Greater Philadelphia <i>Postdoctoral Fellow</i> Supervisor-Marla Deibler, Psy.D. <ul style="list-style-type: none"> • Provided empirically-supported treatment to children, adolescents, and adults in private practice specialized in the evidenced based treatment of anxiety and obsessive-compulsive and related disorders • Provided psychoeducational testing for children and adolescents to assess learning disabilities, attention issues, executive functioning concerns, and other psychological disorders. 	September 2017-July 2019 Cherry Hill and Princeton, NJ
Montefiore Medical Center/Albert Einstein College of Medicine <i>Pre-Doctoral Psychology Intern</i> Director of Training: Simon Rego, Psy.D. <ul style="list-style-type: none"> • Provided evidence-based psychotherapy, intake evaluation, and psychological assessment for children, adolescents, and adults with a range of psychological disorders in two hospital-based outpatient clinics. Conducted neuropsychology testing for children, adolescents and adults. Provided consultation/liason services within the pediatric endocrinology department at the Children's Hospital at Montefiore. Provided short-term therapy and assessment for children in primary care settings through the Behavioral Health Integration Program 	June 2016-July 2017 Bronx, NY
Northwell Health System Rosen Family Wellness Center for Law Enforcement & Military Personnel <i>Extern</i>	June 2015-June 2016 Manhasset, NY

Supervisor: Michelle Brown, Ph.D.

- Received specialized training in evidence-based treatments for PTSD including Cognitive Processing Therapy (CPT), Prolonged Exposure (PE), and Trauma-Focused Cognitive Behavioral Therapy (TF-CBT).
- Provided CPT, PE and other cognitive behavioral therapies for military and law enforcement personnel and their families

Rutgers University Dialectical Behavior Therapy Clinic (DBT-RU)

May 2015-June 2016

Extern

New Brunswick, NJ

Supervisor: Shireen Rizvi, Ph.D.

- Served as a therapist and assessor at this university-based research clinic specializing in DBT
- Conducted assessments using semi-structured interviews (e.g., SCID I, SCID II, SITBI)
- Conducted weekly individual DBT and phone coaching sessions with adult patients with borderline personality disorder and comorbid disorders
- Attended and lead weekly DBT consultation team

New York Presbyterian Hospital – Inpatient Women’s Unit

July 2014-June 2015

Extern

Westchester, NY

Supervisor: Victoria Wilkins, Ph.D.

- Provided group and individual CBT within this inpatient psychiatric unit
- Attended daily team meetings to discuss patient care
- Conducted mental status assessment during daily rounds
- Conducted as-needed personality assessment (e.g., MMPI) to assist treatment team with diagnostic formulation

Rutgers University Youth Anxiety and Depression Clinic

September 2012-June 2016

Extern

New Brunswick, NJ

Supervisor: Brian C. Chu, Ph.D.

- Served as therapist and assessor at this university-based research clinic specializing in CBT for youth anxiety and depression
- Conducted semi-structured parent and child interviews (ADIS-C/P, CDRS-R) and prepared written diagnostic reports
- Provided cognitive behavior therapy (CBT) including *Coping Cat* and *Primary and Secondary Control Enhancement Training* to treat anxiety and mood disorders in youth ages 8-16 with high levels of psychiatric comorbidity

Rutgers Psychological Services Clinic - Assessment Team

September 2013-June 2016

Assessor and Peer Supervisor

New Brunswick, NJ

Supervisors: Michelle Miller, Psy.D., Kenneth Schneider, Ph.D.

- Conducted psychoeducational and neuropsychological assessments for youth and adults.
- Wrote integrative evaluation reports summarizing data from administered assessment instruments, behavioral observations, and self-report measures
- Provided training on psychological assessment instruments to novice students
- Provided feedback on videos of students conducting psychological assessments
- Provided feedback on student assessment reports

Rutgers Psychological Services Clinic - Individual and Family Therapy

September 2012-June 2016

Student Therapist

Supervisors: Craig Springer, Ph.D., Michael Asher, Ph.D.,

New Brunswick, NJ

Judith Margolin, Psy.D., and Elizabeth Brown, Psy.D.

- Provided outpatient CBT, psychodynamic therapy, and family therapy to individuals and families in the community

Rutgers University Institute for Research on Youth Depression and Prevention January-July 2014
Parent Group Co-leader New Brunswick, NJ
 Supervisor: Jami Young, PhD

- Co-lead parent groups utilizing the CBT Coping with Stress treatment manual as part of a randomized control trial for the prevention of depression in an adolescent population.

Rutgers School Climate Initiative July 2013-July 2014
Student Consultant New Brunswick, NJ
 Supervisor: Maurice J. Elias, Ph.D.

- Consulted with administrators and teachers to design and implement systemic changes aimed at improving school climate, increasing student motivation, and preventing academic failure, drop out, violence and substance abuse
- Created social-emotional homeroom curriculum and assisted with implementation.
- Assisted individual teachers with behavior management and implementing SEL skills in the classroom

CLINICAL WORKSHOPS COMPLETED

Trichotillomania Learning Center Professional Training Institute May 18-20, 2018
Trichotillomania Learning Center Newark, NJ
Mansueto, C., Penzel, F., Reinardy, R.

Five-Day Dialectical Behavior Therapy Intensive Training August, 2016
Miller, A., Lupkin, M., Perret, K., Morris, B., & Liebman, M. Bronx, NY
 Montefiore Medical Center/Albert Einstein College of Medicine,

One-Day Training in Emotionally Focused Couples Therapy September 11, 2015
Skean, K. & Brown, E. Piscataway, NJ
 Rutgers Graduate School of Applied and Professional Psychology

Exposure & Response Prevention Therapy for Obsessive-Compulsive Disorder September 12-15, 2011
Foa, E., Yadin, E., Capaldi, S., Kushner, E., Lichner, T., Yusko, D., Gillihan, S. Philadelphia, PA
 CTSA, University of Pennsylvania School of Medicine

Prolonged Exposure Therapy for Posttraumatic Stress Disorder October 10-12, 2011
Foa, E., Yadin, E., Capaldi, S., Lichner, T., Yusko, D. Philadelphia, PA
 CTSA, University of Pennsylvania School of Medicine

RESEARCH EXPERIENCE

Rutgers University Youth Anxiety and Depression Clinic (YAD-C) September 2012-May 2017
 New Brunswick, NJ

Supervisor: Brian C. Chu, Ph.D.

- As part of YAD-C research team, participated in weekly lab meetings and collaborated with graduate students, undergraduate RAs, and post-baccalaureate RAs. Notable projects included:

Collaborator: “*Scalable Options for Extended Skill Building Following Didactic Training in Cognitive-Behavioral Therapy for Anxious Youth*”

- Assisted with study design and coordination, IRB submissions, participant recruitment, data management, and manuscript writing for this pilot randomized controlled trial

First Author: “*Sudden Gains and Sudden Regressions in the Treatment of Youth Anxiety.*”

- Initiated research project to identify predictors and outcomes associated with sudden symptom changes in CBT for youth anxiety

Dissertation: “*Treatment Adherence and Sudden Symptom Changes During CBT Treatment for Youth Anxiety*”

- Aim: Examine whether adherence to specific treatment procedures predicts sudden symptom changes on a session-to-session basis. Examine whether sudden symptom changes predict subsequent treatment adherence and child involvement

University of Pennsylvania, Center for the Treatment and Study of Anxiety (CTSA) July 2010-June 2012
Research Assistant Philadelphia, PA

“*Treatment for Adolescents with CSA-related PTSD.*”

Supervisor/P.I.: Edna Foa, Ph.D.

Responsible for the coordination of this NIMH-funded RCT

- Oversaw patient recruitment and outreach efforts
- Coordinated patient scheduling, conducted phone screens
- Managed data collection and entry
- Assisted with manuscript preparation

PUBLICATIONS

- Durland, P. H.**, Wyszynski, C. M., & Chu, B. C. (2018). Predictors and Outcomes of Sudden Gains and Sudden Regressions in Cognitive Behavioral Therapy for Youth Anxiety. *Behavior Therapy*, 49(5), 823-835. doi: 10.1016/j.beth.2018.01.006
- Chu, B. C., Carpenter, A. L., Wyszynski, C. M., **Conklin, P. H.**, & Comer, J. S. (2015). Scalable Options for Extended Skill Building Following Didactic Training in Cognitive-Behavioral Therapy for Anxious Youth: A Pilot Randomized Trial. *Journal of Clinical Child & Adolescent Psychology*, 1-10. doi: 10.1080/15374416.2015.1038825
- McLean, C. P., Morris, S. H., **Conklin, P. H.**, Jayawickreme, N., & Foa, E. B. (2014). Trauma characteristics and posttraumatic stress disorder among adolescent survivors of childhood sexual abuse. *Journal of Family Violence*, 29(5), 559-566. doi: 10.1007/s10896-014-9613-6
- Gillihan, S.J., **Conklin, P.H.**, & Foa, E.B. (2014). Dissemination and implementation of evidence-based treatments for anxiety disorders. In P. M. G. Emmelkamp & T. Ehring (Eds.), *International handbook of anxiety disorders: Theory, research and practice*, Vol. 2 (pp. 1228-1241). Hoboken, NJ: Wiley Blackwell.
- Gillihan, S.J., Aderka, I.M., **Conklin, P.H.**, Capaldi, S., & Foa, E.B. (2013). The Child PTSD Symptom Scale: Psychometric properties in female adolescent sexual assault survivors. *Psychological Assessment*, 25, 23-31. doi: 10.1037/a0029553
- Bonner, J.B., Letko, M., Nikolaus, B.O., Krug, L., Cooper, A., Chadwick, B., **Conklin, P.H.**, Lim, A., Chien, C., & Dorsky, R.I. (2012). Midline crossing is not required for subsequent pathfinding decisions in commissural neurons. *Neural Development*, 7, 18-25. doi: 10.1186/1749-8104-7-18
- Lopez, H.H., Hay, A.C., & **Conklin, P.H.** (2009). Attractive men induce testosterone and cortisol release in women. *Hormones & Behavior*, 56, 84-92. doi: 10.1016/j.yhbeh.2009.03.004

PRESENTATIONS

- Durland, P.H.**, Yadegar, M., & Chu, B.C. (October 28, 2016). Agreement between therapist and observer-rated treatment adherence in CBT for youth anxiety. Poster presentation at the 2016 ABCT Annual Conference, New York, NY.

- Conklin, P.H.**, Wyszynski, C.M., & Chu, B.C. (November 21, 2014). Sudden gains and sudden regressions in the treatment of youth anxiety. Poster presentation at the 2014 ABCT Annual Conference, Philadelphia, PA.
- Conklin, P.H.**, Hoffman, L.J. (September 4, 2013). Assessment and treatment of youth anxiety and depression. Clinical talk presented to school nurses at the Orange County Public School District, Orange, NJ.
- Conklin, P.H.**, Gillihan, S.J., & Foa, E.B. (March 24, 2011). The Child PTSD Symptom Scale (CPSS): Psychometric properties in a sample of adolescents with sexual abuse-related PTSD. Poster presentation at the 2011 Anxiety Disorders Association of America (ADAA) Annual Conference, New Orleans, LA.
- Conklin, P.H.**, Jayawickreme, N., McLean, C.P., & Foa, E.B. (November 11, 2011). Does the CDI improve our ability to detect depression in female adolescents above and beyond the BDI? Poster presentation at the 2011 ABCT Annual Conference, Toronto, Canada.
- Conklin, P.H.**, & Bonner, J.B. (July 31, 2008). Location and influence of robo2 and robo3 genes. Research talk presented to the Skidmore College Collaborative Research community.

TEACHING EXPERIENCE

Training, Supervision, and Consultation

Fall 2015

Graduate School of Applied and Professional Psychology

*New Brunswick, NJ**Teaching Assistant*

- This course provided an overview the current body of research on training, clinical supervision, and professional consultation in psychology. Led breakout small group discussions, provided individual support to graduate students and graded student work

AWARDS AND HONORS

- GSAPP Student Representative for the National Council of Schools and Programs in Professional Psychology (NCSPP) 2015 Midwinter Conference
- Graduate School of Applied and Professional Psychology Tuition Scholarship, Rutgers University, September 2012
- Collaborative Research Grant, Arthur Vining Davis Foundations, May 2008
- Psi Chi, The National Honor Society in Psychology, September 2008
- Periclean Honor Society, September 2007
- Dean's List, Skidmore College, Academic Years, 2006-2009

PROFESSIONAL AFFILIATIONS

International OCD Foundation (IOCDF)

Association for Behavioral and Cognitive Therapies

Association for Contextual Behavioral Science