

CURRICULUM VITA  
**THERESA MARIE SCHMITZ, Ph.D.**

**EDUCATION**

- 2009**                    **VA San Diego Healthcare System and the University of California, San Diego**  
**Department of Psychiatry**  
APA Accredited Pre-doctoral Internship—completed June 2009
- 2009**                    **University of Maryland, Baltimore County**, Baltimore, Maryland  
Human Services Psychology  
Clinical Psychology Doctorate—conferred August 2009  
APA Accredited Doctoral Program
- 2006**                    **University of Maryland, Baltimore County**, Baltimore, Maryland  
Human Services Psychology  
Master of Arts: Psychology—conferred December 2006
- 2000**                    **Pennsylvania State University**, State College, Pennsylvania  
College of Liberal Arts  
Major: Psychology, Dual Minors: Sociology and Business  
Bachelor of Science in Psychology—conferred May 2000

**PROFESSIONAL LICENSURE:**

Pennsylvania, **Psychologist # PS017343**  
New Jersey, **Psychologist # 35SI00553900**

**PROFESSIONAL EXPERIENCE**

- 2011 – present**            **Director of Couples and Family Therapy and Staff Psychologist**  
The Center for Emotional Health of Greater Philadelphia, Cherry Hill, New Jersey  
Responsibilities: Couples and family counseling with patients from a wide range of backgrounds and targeting a range of clinical and systemic concerns. Individual therapy focused on trauma, anxiety, and affective disorders. Parenting education and skills training.
- 2009 – 2011**            **Fellowship: Mental Illness Research, Education, and Clinical Care (MIRECC)**  
Corporal Michael J. Crescenz VAMC, Philadelphia, Pennsylvania  
Responsibilities: Couples counseling with Veterans from all war campaigns and individual therapy focused on trauma and mental health integrated in primary care. Research focused on resilience as a dyadic construct, including construct and measure development and validation.
- 2009**                    **Child Clinical Assessment**  
University of California, San Diego Department of Pediatrics, La Jolla, California

Responsibilities: Structured clinical assessment focused on developmental progress of children along with parental assessment of functioning and parenting.

2007 – 2008

**Staff Therapist**

Chase Brexton Health Services, Baltimore, Maryland

Responsibilities: Structured diagnostic assessment, individual and group counseling using evidenced-based and systems-based approaches to individuals from diverse populations, including gay, lesbian, transgender, HIV infected and affected individuals. I also lead smoking cessation groups.

2005 – 2008

**Program Coordinator**

Men's New Behaviors Program, Domestic Violence Center of Howard County, Columbia, Maryland

Responsibilities: Coordinate administrative and clinical facets of this outpatient, community-based intimate partner violence intervention program for both court ordered and self-referred individuals. Facilitate entry into and progress through the program, provide clinical training of undergraduate research assistants, ensure completion of collateral partner assessment. Provide manualized CBT group counseling for male perpetrators of domestic abuse, supervision of psychology practicum students and group co-therapists.

2004 – 2005

**Group Therapist**

Men's New Behaviors Program, Domestic Violence Center of Howard County, Columbia, Maryland

Responsibilities: Provide manualized CBT group counseling for male perpetrators of intimate partner violence and provide supervision to psychological graduate student co-therapists.

**ACADEMIC APPOINTMENTS**

2009 – 2015

**University of Pennsylvania**—Philadelphia, Pennsylvania  
Department of Psychiatry faculty

2008 – 2009

**University of California, San Diego**—San Diego, California  
Department of Psychiatry faculty

**RESEARCH ACTIVITIES**

2010

**Grant Awarded: Dyadic Resilience: A New Construct in Veteran Couples (PI).**

- Project elucidating the construct of dyadic resilience, or resilience as a couple-level protective factor, including measurement development, construct validation, and preliminary establishment of unique variance.
- Granting Agency: Competitive Pilot Project Fund, Veterans Health Administration VISN 4 Mental Illness, Research, Education, and Clinical Center.

- 2009 – 2010**      **Impact of Fear Related to Domestic Violence in Recently Returned Military Veterans (PI)**
- Project investigating the role of fear experience relevant to domestic violence on treatment uptake, in the presence of co-occurring mental health diagnoses.
- 2005 – 2008**      **Couples, Step-Families, and Adolescents Interaction Project (PI)**
- Project investigating the application of temporal patterning to couples interactions, and comparing this application to alternate assessments of the same interaction, with a focus on the quality of the relationship, as part of a larger project designed to better understand satisfaction within the context of step-families.
- 2006 – 2008**      **Motivational Enhancement Therapy (MET) for Alcohol Problems in Partner Violent Men (Project Coordinator)**
- Study compared treatment outcomes between MET and psycho-education for individuals who present for intimate partner violence counseling.
    - Granting Agency: NIAAA
- 2004 – 2006**      **Individual Behavior Therapy for Partner Violent Men (Project therapist)**
- Study compared treatment outcomes comparing individual cognitive behavioral therapy (ICBT) to manualized CBT group treatment-as-usual for partner violent men.
    - Granting Agency: NIMH
- 2002 – 2007**      **Characteristics of Romantic Relationships Project (PI)**
- Project assessed factors contributing to successful long-term relationships, with a focus on the impact of couples' interactions on their relationship satisfaction.
- 2003 – 2004**      **An Evolutionary Psychology Investigation of Parental Distress and Reproductive Coercion During the “Coming Out” of Gay Sons (Project Coordinator)**
- Study assessed parental response to the “coming out” of gay sons. Study also assessed common factors in parental responding, common strategies in the “coming out” disclosure, and common coping response strategies to initial parental response.
- 2003 – 2004**      **Johns Hopkins University Mother-Child Interactions Project (Project Coordinator and head coder)**
- Study assessed impact of parenting style on child learning of behaviors.
- 2000 – 2002**      **University of Pittsburgh, Adolescent Alcohol Abuse and Attention Deficit Disorder Study (Research assistant)**
- Longitudinal follow-up study of adolescents diagnosed with ADHD, where follow-up visits occurred at several post-treatment time points after engagement in a summer treatment program.
    - Granting Agency: NIAAA

## **TEACHING**

1. Couples Therapy Skills Training Seminar: Philadelphia VA Medical Center.  
Fall and Spring, 2009-2011
2. Experimental Psychology: Design and Analysis II: University of Maryland, Shady Grove campus  
Spring 2007
3. Experimental Psychology: Design and Analysis II: University of Maryland, Baltimore County  
Spring 2004
4. Psychology of Motivation: University of Maryland, Baltimore County  
Fall 2003
5. Clinical Interviewing: University of Maryland, Baltimore County  
Spring 2004
6. Experimental Psychology: Design and Analysis I: University of Maryland, Baltimore County  
Spring 2003
7. Experimental Psychology: Design and Analysis II: University of Maryland, Baltimore County  
Spring 2002

## **PROFESSIONAL SERVICE**

<b>2015 – current</b>	<b>Institute of Medicine Family Involvement Work Group Chair</b>
<b>2015 – current</b>	<b>Clay Hunt Sav Act Implementation Work Group, Action 5 Co-chair</b>
<b>2015 – current</b>	<b>AVAPL Mentoring Work Group</b> , Association of VA Psychologist Leaders
<b>2008 – 2009</b>	<b>Co-Chief Intern</b> , VA San Diego Healthcare System/University of California, San Diego Department of Psychiatry
<b>2006 – 2007</b>	<b>Graduate Student Liaison</b> to the Psychology Department Faculty University of Maryland, Baltimore County
<b>2005 – 2007</b>	<b>Graduate Student Reviewer</b> , Institutional Review Board University of Maryland, Baltimore County
<b>2005 – 2008</b>	<b>Representative</b> on Howard County, Maryland’s Family and Sexual Violence Coordinating Council’s Judicial and Law Enforcement Committee.
<b>2000</b>	<b>National Honor Society in Psychology</b>

## **PUBLICATIONS**

### **PEER REVIEWED**

Meis, L. A., Schaaf, K. W., Erbes, C. R., Polusny, M. A., Miron, L. R., Schmitz, T. M., & Nugent, S. M. (2012, August 20). Interest in Partner-Involved Services Among Veterans Seeking Mental Health Care From a VA PTSD Clinic. *Psychological Trauma: Theory, Research, Practice, and Policy*. Advance online publication. doi: 10.1037/a0028366

## ALTERNATIVE MEDIA

Barron, A., McCabe, A., **Schmitz, T. M.**, & Sayers, S.L. (2010). New initiatives to assist military Veterans returning from combat duty in Iraq and Afghanistan. *Couples Research and Therapy Newsletter*, 16 (1), 1-6.

## PRESENTATIONS

- Jobe, B., Feldstein, S., & **Schmitz, T. M.** (2006). The interaction of gender, reciprocity, and affect recognition in predicting relationship satisfaction. The 40<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Lynch, L., McKenna, K., **Schmitz, T. M.**, & Sim, T., (2005). The development and psychometric characteristics of the Relationship Perceptions Index (PRI). 76<sup>th</sup> Annual Convention of the Eastern Psychological Association, Boston, Massachusetts.
- Lynch, L., **Schmitz, T.**, Mantakos, S., Cugini, M. & Murphy, C. (2006). Correlates of Lab-Induced Anger in Perpetrators of Intimate Partner Abuse. The 114<sup>th</sup> Annual Convention for the American Psychological Association, New Orleans, Louisiana.
- Mantakos, S., **Schmitz, T. M.**, Cugini, M., Lynch, L., & Murphy, C. (2005). Dissociative symptoms in a clinical sample of partner violent men. The 39<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, Washington, D.C.
- Phebus, L., Feldstein, S., & **Schmitz, T. M.** (2006). Depression and reciprocity as predictors of dyadic adjustment. The 40<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, Chicago, Illinois.
- Schmitz, T. M.**, Avila, M., & Feldstein, S. (2003). Coordinated interpersonal timing in schizophrenic conversations. 16<sup>th</sup> Annual Convention of the American Psychological Society, Chicago, Illinois.
- Schmitz, T. M.**, Feldstein, S., & Murphy, C. M. (2010). Coordinated Interpersonal Timing in Marital Interactions. 118<sup>th</sup> Annual Convention for the American Psychological Association, San Diego, California.
- Schmitz, T.M.**, Haywood, J.L., Layton, W.B., Cooper, E.B., & Sayers, S.L. (2012). Dyadic Resilience: A New Construct in Veteran Couples. The 46<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, National Harbor, Maryland.
- Schmitz, T. M.**, McCabe, A., Barron, A., Dichter, M., & Sayers, S.L. (2010). Impact of fear related to domestic violence on treatment seeking in a sample of recently returned military Veterans. The 44<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, San Francisco, California

Van der Merwe, F., Mantakos, S., **Schmitz, T. M.**, & Murphy, C. (2006). Predictors and correlates of sexual aggression in perpetrators of domestic violence. The 40<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, Chicago, Illinois.

Van der Merwe, F., **Schmitz, T. M.**, Mantakos, S., & Murphy, C. (2005). Comparing three methods of administration of the CTS-II. The 39<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, Washington, D.C.

## **SOCIETIES AND ORGANIZATIONS**

2013-present	Association of VA Psychologist Leaders (AVAPL)
2003-present	Association for Behavioral and Cognitive Therapies (ABCT) Special Interest Group: Couples Research and Therapy
2003 – 2005	American Psychological Society (APS)
2003-present	American Psychological Association (APA) Division 43 Society for Family Psychology