

Jason Silverberg, Psy.D.

The Center for Emotional Health of Greater Philadelphia, LLC
1930 Route 70, East, Suite R91, Cherry Hill, NJ 08003
856-220-9672 ext. 135
silverberg@thecenterforemotionalhealth.com

EDUCATION

University of Denver, Graduate School of Professional Psychology **December 2020**
Psy.D., Clinical Psychology

Specialty Focus: Mindfulness- and Acceptance-Based Psychotherapies for Children, Youth, and Families

Advisor: John McNeill, Psy.D.

Doctoral Paper: A Phenomenology of Early Career Psychologist Self-Care: Exploring the Lived Experiences of Alumni from a Psy.D. Program

Doctoral Paper Committee: Artur Poczwardowski, Ph.D., CMPC (Chair), Gwen Mitchell, Psy.D., Thomas Olson, Ph.D.

University of Denver, Graduate School of Professional Psychology **August 2017**
M.A., Clinical Psychology

Muhlenberg College **May 2013**
B.A., Psychology and Philosophy

Honors: Phi Sigma Tau (International Honor Society in Philosophy), Dean's List

Awards: Segal AmeriCorps Education Award, Muhlenberg College Merit Scholarship

LICENSE

Licensed Psychologist

- New Jersey Licensed Psychologist #35SI00720800

CLINICAL EXPERIENCE

The Center for Emotional Health of Greater Philadelphia, Cherry Hill, NJ **July 2023 – Present**
Staff Psychologist Outpatient

- Provide evidence-based treatment in an outpatient setting to children, adolescents, and adults living with anxiety, obsessive-compulsive, depressive and tic disorders
- Utilize approaches including Acceptance and Commitment Therapy (ACT), Exposure and Response Prevention (ERP), and Comprehensive Behavioral Intervention for Tics (CBIT)

The Center for Emotional Health of Greater Philadelphia

Post-doctoral Fellow

Oct 2020 – July 2023

Outpatient

Supervisors: Jacquelin Gola, Psy.D., Marla Deibler, Psy.D.

- Provided evidence-based treatment in an outpatient setting to children, adolescents, and adults living with anxiety, obsessive-compulsive, depressive, and tic disorders.
- Utilized approaches including Acceptance and Commitment Therapy (ACT), Exposure and Response Prevention (ERP), and Comprehensive Behavioral Intervention for Tics (CBIT)

Terry Children’s Center

State of Delaware Division of Prevention and Behavioral Health Services

Pre-doctoral Psychology Intern - APA Accredited Internship Program

July 2019 – June 2020

Multiple Settings

Supervisors: Erica Burgoon, Ph.D., Thomas Olson, Ph.D.

Minor Rotation Supervisors: Drs. Katie Powers, Linda Friedman, and Rebecca Zenkert

- Provided cognitive and behaviorally focused evidenced-based treatment services (e.g., individual, group, and family therapy, case management, school consultation, *in vivo* behavioral/crisis intervention) to diverse, typically low-income children and their families in residential and day treatment settings (4 days per week). Most youth served struggle with disruptive behavior disorders, mood disorders, family problems, and other complications arising from complex trauma and poor attachment
- Worked on a multi-disciplinary team of psychiatrists, counselors, nurses, and teachers
- Provided group therapy services in a crisis stabilization unit setting (1 day per week)
- Participated in a half-year rotation providing individual and group therapy to adolescents at the Ferris School for Boys, a Juvenile Justice Level 5 (Locked and Secured) Residential Program (1 day per week)
- Participated in a half-year rotation at the Consultation and Assessment Unit for the Division of Prevention and Behavioral Health conducting psychological assessments focused on youth within the Juvenile Justice system (1 day per week)

Maria Droste Counseling Center, Integrated Care Program

Extern Behavioral Health Consultant at Every Child Pediatrics

Aug 2018 – June 2019

Integrated Primary Care

Supervisor: Sandra Mann, Psy.D.

- Provided brief psychotherapy to underserved children, adolescents, and families with identified psychological needs at a pediatric integrated primary care clinic
- Delivered infant and early childhood mental health prevention and psychoeducation services
- Consulted with primary care providers (PCP) to assist in multidisciplinary case conceptualization and coordination of care
- Engaged in “warm hand-offs” with patients at Well Child Check visits in which the PCP identifies a behavioral/mental health concern

- Provided crisis intervention and targeted case management services as needed

Knippenberg, Patterson, Langley, and Associates

Jul 2018 – Jun 2019

Extern Therapist and Assessor

Private Practice

Supervisor: Jim Langley, Psy.D.

- Co-facilitated a weekly interpersonal process group for adolescent boys focused on social skills acquisition, development, and practice
- Conducted psycho-educational assessment batteries for children and adolescents, typically with emphasis on learning disorders, ADHD, and related neurodevelopmental disorders
- Conducted personality and socio-emotional batteries as needed

Professional Psychology Clinic at University of Denver

Dec 2015 – June 2019

Doctoral Student Therapist

Departmental Clinic

Supervisors: Drs. Debbie Fishman, Diane Guerra, John McNeill, Gil Millburn-Westfall,

Shelly Smith-Acuña, and Jason Turret; Joanne Steinwachs, LCSW and Yael Shuman, LMFT

- Provided weekly individual psychotherapy services to adolescents and emerging adults integrating a range of third-wave therapeutic models, including: Contextual Behavior Analysis, Acceptance and Commitment Therapy, Functional-Analytic Psychotherapy, Dialectical Behavior Therapy, and Cognitive-Behavioral Therapy
- Provided weekly family therapy services utilizing Structural, Strategic, Experiential, Bowenian, and Emotionally Focused models
- Experience with clients presenting with severe and persistent mental illness, trauma (both simple and complex), and histories of suicide attempts
- Experience developing case formulations from several theoretical orientations, including: Functional-Contextual / Radical Behavioral, Family Systems, Cognitive-Behavioral, and Psychodynamic / Relational

Families First Children's Treatment Center

July 2017 – Jan 2018

Extern Play Therapist and Assessor

Residential Treatment

Supervisor: Claire Poole, Psy.D.

- Provided twice-weekly psychotherapy from a developmental, attachment-focused, and psychodynamic orientation, emphasizing non-directional play therapy
- Maintained a caseload of children who have been unable to thrive in other court-appointed, out-of-home placements due to symptoms of complex trauma from histories of severe abuse and neglect
- Conducted psychological assessments as needed
- Attended weekly team meetings and provided input for treatment planning and case review

Creative Treatment Options

July 2016 – June 2017

Extern Substance Use Disorder Counselor

Community-based Forensic Outpatient

Supervisor: Joyce Smith, Psy.D.

- Provided intake, assessment, and mindfulness-based individual psychotherapy services to forensic and voluntary adult clients with difficulties surrounding substance use disorders in a community-based outpatient setting
- Experience with spiritually-informed psychotherapy
- Provided direct services for clients presenting with severe and persistent mental illness, history of trauma, history of incarceration

Denver Public Schools / Elementary Schools

Dec 2015 – June 2016

Extern Therapist

School District

Supervisor: Brian Gustman, Ph.D., NCSP

- Collected behavioral assessment data, developed reports for Individualized Education Plans (IEPs), shadowed school psychologist during school-based meetings
- Provided individual psychotherapy for children from families of minority status facing issues related to systematic oppression and traumatic experiences

OTHER CLINICAL EXPERIENCE

Clarity Service Group, Trevoise, PA

Sept 2014 – Aug 2015

Applied Behavior Analysis (ABA) Therapist, bachelor's level

School-Based

- Delivered individual positive behavioral interventions and supports, discrete trial and intensive table teaching, natural environment teaching, and verbal behavior programming to children with developmental and/or emotional disabilities
- Focus on Autism Spectrum Disorder and "emotional disturbance"
- Worked under the supervision of a master's-level clinician

The Institute for Behavior Change, Exton, PA

Jan 2014 – Sept 2014

Therapeutic Staff Support (TSS), bachelor's level

In-Home, School-Based, & Community-Based

- Delivered individual EPSDT Behavioral Health Rehabilitation Services to children and adolescents to facilitate pro-social behavior, deter socially undesirable behavior, and assist parents in helping their children to develop more successful, healthy, and age-appropriate emotional coping and behavior skills.
- Experience with various developmental disorders, focus on Autism Spectrum Disorder
- Worked under the supervision of a master's-level clinician

Holcomb Behavioral Health Systems, Exton, PA

Nov 2014 – Jan 2014

Therapeutic Support Staff (TSS)

In-Home & School-Based

- Delivered individual therapeutic services to a child who displayed delays in emotional development
- Worked under the supervisor of a master's-level clinician

Wediko Children's Services, Windsor, NH / Boston, MA

Summers 2012 & 2013

Direct Care Residential Counselor (2012 & 2013)

Intensive Residential Treatment

- Worked with children ages 9 to 15 diagnosed with various psychiatric, behavioral, and emotional disorders, including Schizophrenia spectrum disorders, disruptive behavior and impulse control disorders, mood disorders, and behavioral misconduct associated with sexual, physical, and emotional trauma
- Implemented universal, group-specific, and individualized therapeutic interventions informed by Positive Behavioral Interventions and Supports; administered cognitive-behavioral checklists to children three times a day; engaged in crisis management, behavioral observation, truth and reconciliation problem-solving, and relationship repair/processing

Research Liaison (2013)

- Entered daily data from cognitive-behavioral checklists into a real-time data-tracking program.
- Administered test-retest design peer assessment interviews in one cabin. Interviews assessed children's perceived and actual social status, pro-social behaviors, and anti-social behaviors.
- Daily and peer interview data was used to inform group- and child-specific booster interventions.

Activity Specialist (2012)

- Co-led Brain Games activity, in which students learned social skills such as sharing, patience, frustration tolerance, and emotion regulation through playing card and board games.

TEACHING AND SUPERVISION EXPERIENCE

Center for Emotional Health of Greater Philadelphia

May 2022

Continuing Education Presenter

- One hour live interactive webinar
- Program description: The American Psychiatric Association (APA) published a major text revision to the DSM –DSM-5-TR–on March 18, 2022, almost 9 years after the DSM-5 was first published. Chief among the changes are a newly recognized diagnosis (prolonged grief disorder), codes to clearly articulate suicidal and non-suicidal self-injury, modifications to criteria sets for over 70 disorders, and comprehensive edits to languaging throughout the DSM to better reflect a commitment to diversity, equity, and inclusion. This presentation provided a primer to understanding the DSM revisions that are most likely to affect clinical practice in an outpatient setting. Limitations were also discussed.

University of Denver, Graduate School of Professional Psychology

Fall 2018

Graduate Teaching Assistant

CPSY 5420

Supervisor: John McNeill, Psy.D.

Behavior-Analytic Principles I

- Taught a weekly one-hour lab and assisted teaching a weekly two-hour class

- Course description: This course (part one of a four-course sequence) covers philosophical foundations, assumptions, and principles underlying major systems and models of Behaviorism. Emphasis is given to the philosophy of science called Radical Behaviorism and its behavior-analytic, functional-contextualistic tradition. This course specifically targets contingency-shaping selection processes based upon Pavlovian and operant conditioning paradigms. Recommended prerequisite: CPSY 5000

University of Denver, Graduate School of Professional Psychology

Spring 2018

Graduate Teaching Assistant

CPSY 5000

Supervisor: Ragnar Storaasli, Ph.D.

Radical Behaviorism/Functional Contextualism Models

- Taught two weekly one-hour labs and assisted teaching a weekly three-hour class
- Course description: CPSY 5000 is designed to provide a historical, philosophical and conceptual background to better understand and appreciate Behaviorist views of "being-in-the world". The course lays the foundation for the sophisticated application of a science of behaviorist theories and methods to the assessment of clinical problems and the art of doing psychotherapy. The course will invite a little discomfort, disturb some preconceptions, and compel students to address some difficult questions and thorny issues. Among the goals of this course are to see students commit to being more than a psychologist technician; to encourage them to develop a guiding philosophical core in their practice as a psychologist; to assist them in clarifying or deepening of whatever philosophical worldview they may hold; and achieve an informed understanding of radical behaviorism/functional contextualism - whether or not they choose to further pursue these models.

University of Denver, Graduate School of Professional Psychology

Spring 2018

Psychological Consultant

- Provided consultation to a master's-level Sport and Performance Psychology student addressing both personal and professional development
- Received formal supervision training through practicum class taught by Jennifer Cornish, Ph.D., ABPP

PUBLICATIONS

Silverberg, J. (2020). A Phenomenology of early career psychologist self-care: Exploring the lived experiences of alumni from one Psy.D. program. *Graduate School of Professional Psychology: Doctoral Papers and Masters Projects*. 404.

Alexander, A. & **Silverberg, J.** (unpublished manuscript). Laugh at my pain: Exploitation, pain, and toxic masculinity in Black Museum.

Synopsis: Explored themes of toxic masculinity, rape culture, and exploitation of minorities cloaked beneath the visage of technological and social progress presented in the nineteenth episode of the popular Netflix series, Black Mirror.

Faust, C., **Silverberg, J.**, & Rudski, J. M. (2011). The box top spatial maze. *Journal of Behavioral and Neuroscience Research*, 9, 34-36.

PRESENTATIONS

Scherbakov, A. & **Silverberg, J.** (November, 2022) *Family fear-fighting: Strategies to motivate and support loved ones with OCD*. Workshop presented at the annual International Obsessive-Compulsive Foundation (IOCDF) Conference. Online: November, 2022.

Alexander, A., **Silverberg, J.**, Ward, A., & Bowden, S. *Anyone can wear the mask: Diversity, inclusivity, and representation*. Panel presented at Denver Pop Culture Con. Denver, CO: June, 2019.

Alexander, A., **Silverberg, J.**, & Blackmond, L. *A rose from concrete: Examining post-traumatic growth in media*. Panel presented at Denver Comic Con. Denver, CO: June, 2018.

Silverberg, J. *An investigation into the effects of spirituality and monotheistic faith on the objective quality of "gut" decisions*. Paper presented at the University of Denver Research and Performance Summit. Denver, CO: April, 2017.

Silverberg, J. *Therapeutic intervention or state-sponsored murder? An ethics-driven investigation into the effects of electroconvulsive therapy on personal identity*. Paper presented at the Muhlenberg College Social Research Social Justice Conference. Allentown, PA: April, 2013.

Silverberg, J. *On Aristotelian friendship: Resolving a logical tension*. Unpublished manuscript presented at the 2013 Moravian College Undergraduate Philosophy Conference. Bethlehem, PA: March, 2013.

Faust, C., Moshman, N., **Silverberg, J.** *Effects of the physical environment on creativity*. Poster presented at the 2012 Muhlenberg College Psychology Day Poster Session. Allentown, PA: May, 2012.

PROFESSIONAL AFFILIATIONS

American Psychological Association (APA)	2015 – Present
Division 53: Society of Clinical Child and Adolescent Psychology	2019 – Present
Division 12: Society for Clinical Psychology	2019 – 2021
Division 24: Society for Theoretical and Philosophical Psychology	2019 – 2021
Association for Contextual Behavior Science (ACBS)	2016 – Present
Children, Adolescents, and Families Special Interest Group (SIG)	2017 – Present
OCD and Related Disorders SIG	2020 – Present

International OCD Foundation (IOCDF) 2020 – Present

New Jersey Psychological Association (NJPA) 2021 – Present

SELECT PROFESSIONAL DEVELOPMENT ACTIVITIES

When the Feared Outcome is Potentially Lethal: Exposure Therapy for Impairing Anxiety in the Context of Food Allergy May 2023

- 2 hour live, interactive webinar
- Organizer: Center for Emotional Health of Greater Philadelphia
- Instructor: Katherine Dahlsgaard, Ph.D., ABPP.

Not Just Picky Eating: Introduction to the Phenomenology and Treatment of Avoidant / Restrictive Food Intake Disorder (ARFID) in Children Mar. 2023

- 3 hour live, interactive webinar
- Organizer: Center for Emotional Health of Greater Philadelphia
- Instructor: Katherine Dahlsgaard, Ph.D., ABPP

Using ACT with Children and Adolescents Feb. 2023

- 2 hour live, interactive webinar
- Organizer: Center for Emotional Health of Greater Philadelphia
- Instructor: Tamar Black, Ph.D.

The Unified Protocol for the Transdiagnostic Treatment of Emotional Disorders Oct. 2022

- 3 hour live, interactive webinar
- Organizer: Center for Emotional Health of Greater Philadelphia
- Instructor: Shannon Sauer-Zavala, Ph.D.

Bringing OCD Treatment with Kids to Life Sept. 2022

- 1.5 hour live, in-person seminar
- Organizer: Center for Emotional Health of Greater Philadelphia
- Instructor: Jennifer Gola, Psy.D.

Diagnosis and Treatment of Adult ADHD Sept. 2022

- 4 hour live, interactive webinar
- Organizer: Center for Emotional Health of Greater Philadelphia
- Instructor: Ari Tuckman, Psy.D., CST

Severe Irritability in Youth Aug. 2022

- 1.5 hour live, interactive webinar
- Organizer: Center for Emotional Health of Greater Philadelphia
- Instructor: Ramaris German, Ph.D. and Jamell White, Ph.D., LCSW-C

ADHD in Adults: The Latest in Diagnosis, Nature, Assessment, Impairments, and Management Jul. 2022

- 3 hour live, interactive webinar
- Organizer: Cognitive Behavior Institute
- Instructor: Russell A. Barkley, Ph.D.

Introduction to the Phenomenology and Treatment of Hoarding Disorder Apr. 2022

- 2.5 hour live, in-person seminar
- Organizer: Center for Emotional Health of Greater Philadelphia
- Instructor: Marla Deibler, Psy.D., ABPP

Behavior Therapy for Tourette Syndrome in Children and Comprehensive Behavioral Intervention for Tics (CBIT) Jan. 2022

- 4.5 hour asynchronous webinar
- Organizer: APA Div. 53 and Florida International University Center for Children and Families
- Instructor: Douglas Woods, Ph.D.

Exposure and Ritual Prevention for OCD Jul. 2021

- 4-day intensive live, interactive webinar (32 hours total)
- Organizer: Cognitive Behavior Institute (CBI)
- Instructors: Steven Tsao, Ph.D.; Christina DiChiara, Psy.D.; and David Yusko, Psy.D.

Assessment and Treatment of OCD Across the Developmental Spectrum Nov. 2020

- 6-hour live, interactive webinar
- Organizer: Rogers Behavioral Health
- Instructor: Martin E. Franklin, PhD

National Register Associate Certificate Program: Clinical Suicidology Oct. 2020

- 3-part (4.5 hour) mini-certificate, interactive webinar series
- Organizer: National Register of Health Service Psychologists
- Instructors: Samantha Chalker, Ph.D.; Blaire Ehret, Ph.D.; Josephine Au, Ph.D.; and David Jobes, Ph.D.

Stuff That's Loud: Integrating ERP and ACT for Youth with Anxiety and OCD Sept. – Oct. 2020

- 8-week live, interactive webinar (16 hours total)
- Organizer: Praxis
- Instructors: Lisa Coyne, PhD and Ben Sedley, PhD, PGDipClinPsyc

Acceptance and Commitment Therapy Bootcamp Oct. 2019

- 4-day live, experiential and didactic workshop
- Organizer: Praxis
- Instructors: Robyn Walser, PhD; Kelly Wilson, PhD; and Steven Hayes, PhD