

# CURRICULUM VITAE

*Adam C. Payne, Ph.D.*

Licensed Clinical Psychologist

New York State ID#: 013503-1

## Contact Information

Office Address: Center for Cognitive and Dialectical Behavior Therapy (CCDBT)  
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Lake Success, NY 11042

## Educational Background

New York State Licensure: June 1998

Post-doctoral Fellowship in Clinical Psychology: Schneider Children's Hospital  
September 1996 to November 1996  
Discontinued in November 1996 when staff position was offered

Pre-doctoral Internship in Clinical Psychology: Schneider Children's Hospital  
September 1995 to August 1996

Graduate Studies: State University of New York at Stony Brook  
Ph.D. in Clinical Psychology  
December 1996

Undergraduate Studies Swarthmore College  
B.A. in Psychology & Biology, Graduation with distinction in both majors  
Awarded *Phi Beta Kappa*  
June 1991

## Professional Affiliations

American Psychological Association	Member
Association for Behavior and Cognitive Therapies	Member

## Work Experience

### Clinical Director

Center for Cognitive and Dialectical Behavior Therapy (CCDBT)

Lake Success, NY

www.ccdbt.com

October 2006 to Present

Founding member of the Center for Cognitive and Dialectical Behavior Therapy (CCDBT), a private center for psychotherapy on Long Island, NY. Serve as Clinical Director for all therapy programs at the CCDBT, including the cornerstone program in Dialectical Behavior Therapy (DBT). DBT is a treatment for clients who meet criteria for Borderline Personality Disorder. DBT often includes treating suicidal and self-injurious behavior. Provide individual and family therapy for adolescents who are participating in the DBT program. Provide DBT Skills Training groups under the auspices of the Dialectical Behavior Therapy program. Conduct structured diagnostic interviews for patients entering the DBT program. Also conduct individual and family therapy for anxiety, mood, and behavior disorders utilizing standard cognitive behavioral techniques. In the role of Clinical Director, organize and develop training for clinicians at the CCDBT. Conduct outreach seminars for school districts as part of therapy programs for children and adolescents. Integrate new research and treatment developments into the therapy programs that are provided at the CCDBT. Serve as liaison to our affiliate, the Evidence-Based Treatment Center of Seattle (EBTCS).

### National Trainer

Behavioral Tech, L.L.C.

Seattle, WA

June 2002 to Present

Provide Two-Day Workshops and Intensive Workshops in Dialectical Behavior Therapy (DBT). Also provide workshops that serve as a general introduction to Dialectical Behavior Therapy. Provide tailored consultation to programs that are looking to implement Dialectical Behavior Therapy within their systems. Workshops and consultations are organized by Behavioral Tech, L.L.C. across the country and internationally. Two-Day workshops are large group presentations provided to clinicians from various disciplines, including social work, psychology, psychiatry, and other branches of mental health. Two-Day workshops include teaching of the content of the DBT skills, training in the structure of the treatment, and discussions of the methods of presentation of the DBT skills or DBT individual therapy. Intensive workshops include consultation and training on development of DBT programs, development of consultation teams, and development of techniques and strategies to implement DBT.

### Psychologist

Ambulatory Services Department

Division of Child and Adolescent Psychiatry

Zucker Hillside Hospital

North Shore – Long Island Jewish Health System

October 2002 to October 2006

Provided clinical services to children, adolescents, and their families in an outpatient psychiatric setting. Provided individual and family therapy for adolescents who are participating in the Dialectical Behavior Therapy (DBT) program at Zucker Hillside Hospital. Provided DBT Skills Training groups under the auspices of the Dialectical Behavior Therapy program. Conducted structured diagnostic interviews for patients entering the DBT program. Carried an additional caseload of child and adolescent patients for individual and/or family therapy within the general Ambulatory Services Department. Conducted evaluations in the Emergency Department for diagnosis and acute care treatment recommendations.

## Clinical Coordinator

Dialectical Behavior Therapy Program  
 Division of Child and Adolescent Psychiatry  
 Zucker Hillside Hospital  
 North Shore – Long Island Jewish Health System  
 September 1999 to October 2006

Was responsible for the development and coordination of a new program in Dialectical Behavior Therapy (DBT) at Schneider Children's Hospital / Zucker Hillside Hospital. DBT is an empirically validated cognitive-behavioral treatment for adults who meet DSM IV criteria for Borderline Personality Disorder. This treatment is currently being utilized to treat adolescents who exhibit suicidal and parasuicidal behavior. Was responsible for program development, staff training, clinical supervision of cases, and provision of clinical DBT services. Worked with staff members from the DBT multidisciplinary team to design and implement a new research program evaluating the efficacy of Dialectical Behavior Therapy for adolescents.

## Faculty Practice Psychologist

Zucker Hillside Hospital  
 North Shore – Long Island Jewish Health System  
 August 1999 to October 2006

Conducted a faculty practice in clinical psychology at Zucker Hillside Hospital as part of the North Shore – Long Island Jewish Health System's faculty practice program. Carried a caseload of child and adolescent patients for individual and/or family therapy. Diagnoses treated included Panic Disorder, Obsessive Compulsive Disorder, Bipolar Disorder, Schizoaffective Disorder, Oppositional Defiant Disorder, and Attention Deficit Hyperactivity Disorder. Given specialization in the area of Dialectical Behavior Therapy, multiple patients in my faculty practice were in treatment for issues of suicidal and/or parasuicidal behavior.

## Coordinator, Adolescent Treatment Team

Child and Adolescent Day Hospital  
 Zucker Hillside Hospital  
 North Shore – Long Island Jewish Health System  
 May 1998 to October 2002

Was responsible for the coordination of the psychiatric treatment for 17 adolescents in the Child and Adolescent Day Hospital (CADH) program at Zucker Hillside Hospital. Coordinated the actions of the multidisciplinary treatment team. Engaged in program development for the Child and Adolescent Day Hospital (e.g., redesigned CADH behavioral milieu, developed group therapy manuals for anger management skills training and Dialectical Behavior Therapy skills training). Conducted and evaluated performance improvement projects for the Child and Adolescent Day Hospital.

## Intake Coordinator, Adolescent Treatment Team

Child and Adolescent Day Hospital  
 Zucker Hillside Hospital  
 North Shore – Long Island Jewish Health System  
 September 1997 to October 2002

Screened referral packets to determine appropriateness for treatment in the Child and Adolescent Day Hospital at Hillside Hospital. Reviewed psychiatric summaries, Individualized Education Plans, and psychological evaluations to assess whether day hospital is the appropriate level of care. Conducted screening interviews with the adolescents and their families to further assess appropriateness for day hospital level of care. Coordinated the multidisciplinary team's review of screening information. Coordinated efforts with the Resource Management Department at Hillside to obtain precertification from managed care companies when an adolescent is determined to be appropriate for admission. Worked directly with managed care companies to obtain precertification for day hospital admission. Oriented families to the Child and Adolescent Day Hospital's structure, treatment, and rules. Coordinated the teenagers' initial interviews with the staff psychiatrist on the date of admission.

## Psychologist

Child and Adolescent Day Hospital

Zucker Hillside Hospital

North Shore – Long Island Jewish Health System

November 1996 to June 1998 as Assistant Psychologist

June 1998 to August 2004 as Psychologist

October 2002 to August 2004, services provided part-time when other responsibilities within the medical center were assumed. Primary therapist for adolescent patients who attended a psychiatric day hospital program five days per week. Conducted individual psychotherapy, group therapy, and family therapy sessions for these teenagers. Disorders treated included Major Depressive Disorder, Bipolar Disorder, Schizoaffective Disorder, Schizophrenia, Attention Deficit Hyperactivity Disorder, Oppositional Defiant Disorder, Conduct Disorder, Eating Disorders, Learning Disabilities, and features of Personality Disorders. Therapeutic issues included self-injury and suicidal ideation, foster care issues, sexual abuse, and medication noncompliance. Primarily utilized a cognitive-behavioral perspective for individual psychotherapy and a structural family therapy orientation for family work. Supervised psychological testing and psychotherapy services provided by psychology externs on the service.

### Psychologist

Ambulatory Services Department

Schneider Children's Hospital

North Shore – Long Island Jewish Health System

November 1996 to June 1998 as Assistant Psychologist

June 1998 to April 1999 as Psychologist

Secondary to service at the Child and Adolescent Day Hospital, worked additionally in the Ambulatory Services Department of the Division of Child and Adolescent Psychiatry. Conducted individual psychotherapy and family therapy sessions.

## **Teaching Experience**

### Fellowship Co-Director

Division of Child and Adolescent Psychiatry

Schneider Children's Hospital & Zucker Hillside Hospital

North Shore – Long Island Jewish Health System

March 2002 to August 2004

Co-directed a Postdoctoral Fellowship in Dialectical Behavior Therapy (DBT) that spanned DBT services at Zucker Hillside Hospital and Schneider Children's Hospital. Co-directed the fellowship with Nilde Leo, C.S.W., who was the Chief of DBT Adult Services at Zucker Hillside Hospital. With Ms. Leo, reviewed application packets, conducted interviews, and selected the fellow for the position. Conducted clinical supervision of adolescent DBT cases. Co-led a DBT Skills Group for adolescents and parents with the fellow. Participated in Education and Training Meetings with psychology administration at the medical center to determine the scope and direction of psychology training in general and as it pertained to the fellowship.

### Clinical Supervisor

Division of Child and Adolescent Psychiatry

Schneider Children's Hospital

North Shore – Long Island Jewish Health System

June 1998 to October 2006

Provided clinical supervision for psychology post-doctoral fellows, interns, and externs from clinical psychology programs from local universities. Worked with psychology interns or fellows in live supervision, co-leading a Skills Group in Dialectical Behavior Therapy. Provided training in Dialectical Behavior Therapy, cognitive behavioral psychotherapy and structural family therapy.

### Staff Trainer

Division of Child and Adolescent Psychiatry

Schneider Children's Hospital

North Shore – Long Island Jewish Health System

April 2000 to October 2006

Provided and coordinated training in Dialectical Behavior Therapy (DBT). Taught staff about the DBT biosocial theory of Borderline Personality Disorder. Taught psychiatry staff, psychology staff, psychiatric rehabilitation staff, and psychiatric nursing staff about the framework and techniques of individual DBT therapy, DBT skills group, and *in vivo* telephone consultation. Provided case consultation during Consultation Team Meetings.

## **Professional Training**

Completed 10-Day Intensive Training in Dialectical Behavior Therapy for Borderline Personality Disorder. Conducted by the Behavioral Technology Transfer Group at Butler Hospital, Rhode Island. Training conducted in two non-concurrent weeks starting in September 1999 and finishing in April 2000. Trainers: Cindy Sanderson, Ph.D. and Kelly Koerner, Ph.D.

Completed 2-Day Workshop on Advanced Topics in Dialectical Behavior Therapy for Borderline Personality Disorder. Conducted by the Behavioral Technology Transfer Group in Holyoke, MA. Trainers: Charles Swenson, M.D. and Alec Miller, Psy.D.