

Curriculum Vita
Denise D. (Shondrick) Ben-Porath, Ph.D.
John Carroll University

Address:

Denise D. Ben-Porath
John Carroll University
Department of Psychology
20700 North Park Blvd.
University Heights, OH 44118

Education:

1996	Ph.D.	Kent State University Kent, OH Degree: Ph.D. in Clinical Psychology
1993	M.A.	Kent State University Kent, OH Degree: M.A. in Clinical Psychology
1990	B.A.	Ohio State University Columbus, OH Degree: B.A. in Psychology with Distinction

Clinical Psychology Licensure:

1997-2006

State of Ohio #5353

Research and Teaching Experience:

3/00-present	DBT Trainer Behavioral Technology Seattle, WA
8/00-present	Associate Professor John Carroll University University Heights, OH
1/07-present	Research Consultant Akron General Medical Center Akron, OH
1/99-10/06	Research Consultant University Hospitals/Laurelwood Cleveland, OH
1/99-7/00	Assistant Professor Kent State University, Stark Campus Canton, OH
6/00-6/01	Research Consultant Community Support Services, Inc., Akron, OH
8/97-12/97	Adjunct Faculty Baldwin-Wallace College Berea OH
8/92-12/93	Teaching Fellow Kent State University Kent OH

8/90-8/92 **Graduate Research Assistant**
Kent State University, Department of Psychology
Kent, OH

Clinical Experience:

12/08-present **Clinical Psychologist**, Practitioner in Outpatient Private Practice, Cleveland Center for Eating Disorders, Beachwood, OH

12/08-present **Clinical Psychologist**, Consultant in Dialectical Behavior Therapy (DBT) Program Adult Mental Health Outpatient Program Path Community Mental Health Center, Akron, OH

3/04-present **Clinical Psychologist**, Consultant in Dialectical Behavior Therapy (DBT) Program Adult Mental Health Partial Hospitalization Program Akron General Medical Center, Akron, OH

10/03-present **Clinical Psychologist**, Consultant in Adolescent Outpatient Dialectical Behavior Therapy (DBT) Program Bellefaire Jewish and Family Services, University Heights, OH

1/04-present **Clinical Psychologist**, Consultant in Dialectical Behavior Therapy (DBT) Program Oakview Counseling Center/Southwest Hospital, Middleburg Heights, OH

10/03-present **Clinical Psychologist**, Consultant for Dialectical Behavior Therapy (DBT) Program for Adolescent Residential Treatment, Bellefaire Jewish and Family Services, University Heights, OH

6/02-10/06 **Clinical Psychologist**, Consultant in Dialectical Behavior Therapy (DBT) Program University Hospitals Health System/Laurelwood Hospital Euclid, OH

- 9/97-1/99 **Clinical Psychologist**, Program Director of Dialectical Behavior Therapy (DBT) Program
Community Support Services, Inc.
Akron OH
- 9/96-9/97 **Clinical Psychologist**, Staff Psychologist
Community Support Services, Inc.
Akron OH
- 9/96-9/97 **Post-Doctoral Psychology Fellow**
Community Support Services, Inc.
Akron, OH
- 8/95-8/96 **Clinical Psychology Intern**
Cleveland VA Medical Center
Cleveland, OH
- 8/95-8/96 **Clinical Psychology Externship**
Court Psycho-Diagnostic Clinic
Akron, OH
- 7/94-6/95 **Psychology Assistant**
Columbiana Community Mental Health Center
Lisbon, OH
- 7/93-7/94 **Psychology Assistant**
Grafton Correctional Institute
Grafton, OH
- 8/91-7/93 **Psychology Trainee**
Psychological Clinic
Kent State University, Kent, OH

Guest Lecturer:

Ben-Porath, D.D. (2006, December) Dialectical Behavior Therapy: An Overview. Kent State University, Kent, OH

Ben-Porath, D.D. (2006, March). Effectiveness of DBT with an eating disordered population: An evaluation of statistical and clinical significance, Laurelwood Hospital Brown Bag Luncheon.

Ben-Porath, D.D. (2006, March). What is Borderline Personality Disorder?, Presentation to the community, sponsored by Akron General Medical Center.

Ben-Porath, D.D. (2004, December) Dialectical Behavior Therapy: An Overview. Kent State University, Kent, OH

Ben-Porath, D.D. (2003, April) Dialectical Behavior Therapy: Theory, Research and Practice. Kent State University, Kent, OH

Ben-Porath, D.D. (2002, November) Dialectical Behavior Therapy: An Overview. Kent State University, Kent, OH

Grand Rounds Presentations:

Ben-Porath, D.D. (2004, August) Treating Borderline Personality Disorder: An Introduction to Dialectical Behavior Therapy, Akron General Medical Center, Akron, OH

Ben-Porath, D.D. (2002, November) Dialectical Behavior Therapy: An Overview. Cleveland Metro Health Systems, Cleveland, OH

Ben-Porath, D.D. (2002, November) Application of Dialectical Behavior Therapy in a Multi-Level of Care System. University Hospitals Health System, Laurelwood, Euclid, OH

Workshop Presentations:

Ben-Porath, D.D. (December, 2008). Dialectical Behavior Therapy: Application to Clinical Cases. Portage Path Community Mental Health Center, Akron,

OH

- Ben-Porath, D.D.** & Eaton, J. (November 2008). Using Multimedia to Teach DBT Skills. International Society for the Investigation and Teaching of Dialectical Behavior Therapy, Orlando FL
- Ben-Porath, D.D.** (October, 2008). Dialectical Behavior Therapy: An Overview. Portage Path Community Mental Health Center, Akron, OH
- Ben-Porath, D.D.** (September, 2008). Teaching Parents How to Validate their children. PEERS Parents Support Group, Cuyahoga Falls, OH
- Ben-Porath, D.D.** (September, 2008). Teaching DBT Skills to Outpatient Adolescents. Akron Children's Hospital, Akron, OH
- Ben-Porath, D.D.** (2008, September). Dialectical Behavior Parenting. Health and Wellness Center, Akron, OH
- Ben-Porath, D.D.** (2007, November). Dialectical Behavior Parenting: Skills for Practitioners and Parents, Keynote Speaker for Beta Chi Wellness Conference, John Carroll University, Cleveland, OH
- Ben-Porath, D.D.** (2008, May) Dialectical Behavior Therapy: An Introduction to Individual Treatment Strategies in DBT, Applewood Counseling Centers, Cleveland, OH
- Ben-Porath,** (2007, January, February, March) Dialectical behavior therapy: Using the four treatment modalities of individual DBT, skills training, team consultation and telephone consultation, Fulton Center for Stress, Mansfield, OH
- Ben-Porath, D.D.** (2006, September). Dialectical Behavior Therapy: An Introduction to Skills Training in DBT Treatment, Applewood Counseling Centers, Cleveland, OH
- Ben-Porath, D.D.** (2006, January). Dialectical Behavior Therapy: An Introduction to Skills Training in DBT Treatment, Applewood Counseling Centers, Cleveland, OH
- Ben-Porath, D.D.** (2006, January). Dialectical Behavior Therapy: An Introduction to Skills Training in DBT Treatment, Murtis Taylor Center, Cleveland, OH
- Ben-Porath, D.D.** (2005, November). Dialectical Behavior Therapy: Telephone

Consultation, International Society for the Investigation and Teaching of Dialectical Behavior Therapy, Washington, DC

Ben-Porath, D.D. (July 2005) *Dialectical Behavior Therapy: An Introduction*, Akron Children's Hospital, Akron, OH.

Ben-Porath, D.D. (May 2005) *Dialectical Behavior Therapy*, Ohio Ambulatory Behavioral Healthcare Association, Columbus, OH.

Ben-Porath, D.D. (2005, March). *Dialectical Behavior Therapy: The Theory and Technique of Treating Borderline Personality Disorder*, Applewood Child/Adolescent Counseling Center, Cleveland, OH

Ben-Porath, D.D. (2005, January). *Dialectical Behavior Therapy: The Theory and Technique of Treating Borderline Personality Disorder*, Akron General Medical Center, Akron, OH

Ben-Porath, D.D. (2004, December). *Dialectical Behavior Therapy: Telephone Consultation*, University Hospitals, Laurelwood, Willoughby, OH

Ben-Porath, D.D. (2004, November). *Dialectical Behavior Therapy: An Introduction to Skills Training in DBT Treatment*, Community Support Services, Akron, OH

Ben-Porath, D.D. (2004, October). *Treating Borderline Personality Disorder: An Introduction to Individual Therapy Techniques in DBT*, John Carroll University, University Heights, OH

Ben-Porath, D.D. (2004, September). *The Role of Validation in Dialectical Behavior Therapy*, Wickliffe, OH

Ben-Porath, D.D. (2004, June). *Dialectical Behavior Therapy: Skills Training* Akron General Medical Center, Akron, OH

Ben-Porath, D.D. (2004, May). *Dialectical Behavior Therapy: Telephone Consultation* Akron General Medical Center, Akron, OH

Ben-Porath, D.D. (2004, March). *Dialectical Behavior Therapy: An Overview* Akron General Medical Center, Akron, OH

Ben-Porath, D.D. (2004, January). *Dialectical Behavior Therapy: An Overview* Southwest Hospital, Oberlin, OH

- Ben-Porath, D.D.** (2003, November). An Introduction to Dialectical Behavior Therapy: Ohio Psychological Association, Columbus, OH
- Ben-Porath, D.D.** (2003, October). An Introduction to Dialectical Behavior Therapy: Part II, Bellefaire Jewish and Family Services, University Heights, OH
- Ben-Porath, D.D.** (2003, October). The Psychiatrist's Role in Promoting Skills Generalization in Dialectical Behavior Therapy, University Hospital/Laurelwood, Euclid, OH
- Ben-Porath, D.D.** & Britton, P. (2003, October). Human Life Span Development and Spirituality, Ignatian Series, John Carroll University, University Heights, OH
- Ben-Porath, D.D.** (2003, June). Dialectical Behavior Therapy: An Introduction. John Carroll University, University Heights, OH
- Ben-Porath, D.D.** (2003, May). Group Skills Training in Dialectical Behavior Therapy Center for Families and Children, Cleveland, OH
- Ben-Porath, D.D.** & White, V. (2003, April). Treatment Approaches to Self-Injury Sponsored by Lillian Education Services, Youngstown, OH
- Ben-Porath, D.D.** (2003, April). Dialectical Behavior Therapy: An Introduction. Bellefaire Jewish and Family Services, University Heights, OH
- Ben-Porath, D.D.** (2002, November). Dialectical Behavior Therapy and the Team Approach. John Carroll University, University Heights, OH
- Ben-Porath, D.D.** (2002, November). Dialectical Behavior Therapy: An Introduction, Center for Families and Children, Cleveland, OH
- Ben-Porath, D.D.** (2002, October). Dialectical Behavior Therapy and the Team Approach, John Carroll University, University Heights, OH
- Ben-Porath, D.D.** (2002, October). Dialectical Behavior Therapy and Distress Tolerance Skills, University Hospital/Laurelwood, Euclid, OH
- Ben-Porath, D.D.** (2002, October). Treating Borderline Personality Disorder: An Introduction to Dialectical Behavior Therapy, Ohio Psychological Association, Columbus, OH
- Ben-Porath, D.D.** (2002, October). DBT and Distress Tolerance Skills,

UHHS/Laurelwood Hospital and Counseling Centers, Cleveland, OH

- Ben-Porath, D.D.** & Wisniewski, L. (2002, September). DBT and its application to borderline personality disorder and eating disorders, Mental Health Association in Geauga County, Chardon, OH
- Ben-Porath, D. D.** (2002, April). DBT and the Team Approach, John Carroll University Department of Continuing Education, University Heights, OH
- Ben-Porath, D.D.** (2001, November). Dialectical Behavior Therapy, Connections Positive Education Program, Euclid, OH
- Ben-Porath, D.D.** (2001, January). Dialectical Behavior Therapy: An introduction, John Carroll University, University Heights, OH
- Shondrick, D.D.** (1999, April). Implementing Dialectical Behavior Therapy, Community Support Services, Akron, OH
- Shondrick, D.D.** (1998, March). Treating Borderline Personality Disorder, Community Support Services, Akron, OH
- Shondrick, D.D.** (1997, January). Research Outcomes, Community Support Services, Akron, OH
- Shondrick, D.D.** (1997, July). Understanding Borderline Personality Disorder, The Haven of Rest, Akron, OH

Fellowships, Honors and Grant Awards:

- Summer Research Fellowship, John Carroll University (October 2007)
University Grauel Fellowship, John Carroll University (October 2006)
Summer Teaching Fellowship, John Carroll University (October 2005)
Summer Research Fellowship, John Carroll University (October 2002)
Summer Research Fellowship, John Carroll University (October 2001)
Summer Research Fellowship, John Carroll University (October 2000)
Summer Research and Creativity Fellowship, Kent State University (December 1999)

Applied Psychology Center Dissertation Research Award, Kent State University (August 1995)

Graduate Student Senate Teaching Award, Kent State University (August 1992)

Summer Tuition Scholarship, Kent State University (June 1992)

Professional Societies:

1997- present American Psychological Association, Member

2002- present Ohio Psychological Association, Member

2001-present Association for the Advancement of Behavior Therapy, Member

2001-present Cleveland Psychological Association, Member

Publications:

Ben-Porath, D.D., Wisniewski, L. & Warren, M. (in press). Differential Treatment Effects of Dialectical Behavior Therapy in Eating Disordered Patients with and without comorbid Borderline Personality Disorder. *Eating Disorders*.

Wisniewski, L. & **Ben-Porath, D.D.** (2005). Dialectical behavior therapy and the role of telephone skills coaching in an eating disordered population. *European Eating Disorders Review*, 13, 1-7.

Ben-Porath, D.D. & Koons, C.R. (2005). Telephone coaching in dialectical behavior therapy: A decision-tree model for managing intersession contact with clients, *Cognitive and Behavioral Practice*, 12 (4).

Ben-Porath, D.D., Peterson, G.A., & Smee, J. (2004). Treatment of individuals with borderline personality disorder using dialectical behavior therapy in a community mental health setting: Clinical application and a preliminary investigation. *Cognitive and Behavioral Practice*, 2 (4), 424-434.

Ben-Porath, D.D. (2004). Strategies for securing commitment to treatment from individuals diagnosed with borderline personality disorder. *Journal of Contemporary Psychotherapy*, 34 (3), 247-263.

Ben-Porath, D.D. (2004). Managing intersession telephone contact with clients diagnosed with borderline personality disorder: Lessons from dialectical behavior therapy. *Cognitive and Behavioral Practice*, 11, 222-230.

Ben-Porath, D.D., Peterson, G.A., & Piskur, C. P. (2004). Effectiveness of and Consumer Satisfaction with an Assertive Community Treatment Program for the Severely Mentally Ill: A Three-Year Follow-Up. *Psychological Services, 1(1)* 40-47.

Ben-Porath, D.D. (2002). Stigmatization of individuals who receive psychotherapy: An interaction between help-seeking behavior and the presence of depression. *Journal of Social and Clinical Psychology, 21*, 400-413.

Ben-Porath, D.D. & Taylor, S.P. (2002). The effects of a hostile disposition and diazepam (valium) on human aggression. *Addictive Behaviors, 27*, 167-177.

Ben-Porath, Y.S., **Shondrick, D.D.**, Stafford, K.P. (1995). MMPI-2 and race in a forensic diagnostic sample. *Criminal Justice and Behavior, 22* 19-32.

Hall, G.C.N., Hirschman, R. Boardman, A.F., **Shondrick, D.D.**, Stafford, K.P., Codispoti, V., Heinbaugh, G., Neuhaus, S., & Kendrick, D. (1994). Conclusion: Complementary approaches to sexual aggression. In G.C.N. Hall, R. Hirschman, J.R. Graham, & M.S. Zaragoza (Eds.), *Sexual Aggression Against Adults: Issues in Assessment, Treatment, and Policy*. Washington, DC: Hemisphere.

Hall, G.C.N., **Shondrick, D.D.**, Hirschman, R. (1993). The role of sexual arousal in sexually aggressive behavior: a meta-analysis. *Journal of Consulting and Clinical Psychology, 61* 1091-1096.

Hall, G.C.N., **Shondrick, D.D.**, & Hirschman, R. (1993). Conceptually-derived treatments for sexual aggressors. *Professional Psychology: Research and Practice, 24* 62-69.

Shondrick, D.D., Serafica, F.C., Clark, P.M., & Miller, K.G. (1992). Interpersonal problem solving and creativity in boys with and boys without learning disabilities. *Learning Disabilities Quarterly, 15*, 95-102.

Conference Presentations:

Ben-Porath, D.D. & Wisniewski, L., Warren, M, & Afarasarid, F. (2006, November). Paper presented at the International Society for Investigation and Teaching of Dialectical Behavior Therapy, Chicago, IL .

Ben-Porath, D.D. & Wisniewski, L., Warren, M, & Afarasarid, F. (2006, November).
Dialectical behavior therapy in eating disordered clients: An evaluation of statistical

and clinical significance. Poster presented at the annual meeting for the Association for the Advancement of Behavioral and Cognitive Therapy, Chicago, IL .

Ben-Porath, D.D. & Wisniewski, L. (2005, November). *Differential treatment response in individuals diagnosed with an eating disorder vs. an eating disorder and borderline personality disorder.* Paper presented at the annual meeting for the Association for the Advancement of Behavioral and Cognitive Therapy, Washington, DC.

Ben-Porath, D.D., Wisniewski, L, Hackman, J.L, & Antekowiak, E., & Maxin, S. (2004, July). *The role of affect regulation in women with eating disorders.* Poster presented at the annual meeting for the American Psychological Association, Honolulu, Hawaii.

Ben-Porath, D.D. (2004, July). *Gender differences and perceptions of individuals seeking psychotherapy.* Poster presented at the annual meeting for the American Psychological Association, Honolulu, Hawaii.

Ben-Porath, D.D., Wisniewski, L, Hackman, J.L, & Antekowiak, E. (2003, November). *The effectiveness of dialectical behavior therapy with individuals diagnosed with eating disorders.* Paper presented at the annual meeting of the International Society for Investigation and Teaching of Dialectical Behavior Therapy, Boston, MA.

Ben-Porath, D.D. & Peterson, G.A., Smee, J., Herbener, S.E. (2001, November). *The effectiveness of dialectical behavior therapy with individuals diagnosed with borderline personality disorder and a major illness.* Paper presented at the annual meeting of Association for Advancement of Behavior Therapy, Philadelphia, PA.

Ben-Porath, D.D. &. (2000, May). *Perceptions of individuals receiving psychotherapy.* Paper presented for presentation at the International Conference on Psychology, Haifa, Israel

Piskur, C.A., Peterson, G.A & **Ben-Porath, D.D.** &. (2000, May). *The evolution of an ACT Program: A six year history of innovative services and effective treatment.* Paper presented for presentation at the Assertive Community Treatment Association, Grand Rapids, MI.

Ben-Porath, D.D. Smee, J., Herbener, S.E., & Peterson, G.A. (1999, March). *The utility of pre-treatment assessment in predicting the progress in dialectical behavior therapy (DBT): A preliminary report.* Paper presented at the Society for Personality Assessment, New Orleans, LA.

Shondrick, D.D., Ben-Porath, Y.S., & Stafford, K.P. (May, 1992). *Forensic assessment with the MMPI-2: Characteristics of individuals undergoing court-ordered evaluations.*

Paper presented at the 27th Annual symposium on recent developments in the MMPI/MMPI-2, Minneapolis, MN.

Hall, G.C.N., **Shondrick, D.D.**, & Hirschman, R. (1992, July). *The role of sexual arousal in sexually aggressive behaviors: A meta-analysis*. Paper presented at the Meeting of the World Congress of Behaviour Therapy, Surfers Paradise, Queensland, Australia.

Shondrick, D.D., Hall, G.C.N., & Hirschman, R. (1992, August). *Subject's willingness to show pornography to a provocatively dressed female*. In G.C.N. Hall (Chair), Laboratory approaches to sexual aggression. Symposium conducted at the meeting of the 100th Annual Meeting of the American Psychological Association, Washington, DC

Shondrick, D.D., Serafica, F.C., Clark, P.M. (May, 1991). *Interpersonal problem solving and creativity in boys with and without learning disabilities*. Paper presented at the Midwestern Psychological Association, Chicago, IL.

Serafica, F.C., **Shondrick, D.D.** (April, 1991). *Teachers' perceptions of students' competence and psychopathology: Relationship to students' problem solving skills*. Paper presented at the Biennial meeting at Society for Research in Child Development, Seattle, WA.

Scholarly Reviewer:

Psychological Services, Member of Editorial Board
Cognitive and Behavioral Practice, Member of the Editorial Board
Counseling and Clinical Psychology Journal, reviewer
Psi Chi Undergraduate Journal, reviewer
Journal of Contemporary Psychology, reviewer
British Journal of Clinical Psychology, reviewer
Journal of Social and Clinical Psychology, reviewer
Division 12 APA research symposium proposals, reviewer
Addictive Behaviors, reviewer