

CURRICULUM VITA

Elizabeth Tam Dexter-Mazza, Psy.D.

Licensed Psychologist, Washington State

ADDRESS: **Work:** 5122 25th Avenue Northeast
Seattle, WA 98105

EDUCATION: Pacific University
Forest Grove, Oregon
Doctoral Program, Clinical Psychology
Doctor of Psychology, August 2004
Dissertation: Examining the Effectiveness of a Suicidology Curriculum Developed by the American Association of Suicidology: A Preliminary Study.
Chairperson: Sydney S. Ey, Ph.D.

Pacific University
Forest Grove, Oregon
Doctoral Program, Clinical Psychology
Master of Science, August 2001
Thesis: Suicidal Clients and Graduate Training: The Students' Perspective.
Chairperson: Kurt A. Freeman, Ph.D.

Florida State University
Tallahassee, Florida
Bachelor of Science (Cum Laude with Honors) Major: Psychology
August 1993 to April 1997 Minor: Communication Disorders
Honors Thesis: Validating a Psychiatric Self-Report Screening Form for Homeless Medical Patients.
Chairperson: Natalie Sachs-Ericsson, Ph.D.

PROFESSIONAL EXPERIENCE:

April 2007 – Present	<p><u>Private Clinical Practice</u> Provide individual, group, and family cognitive behavior therapy to adolescents and adults. Evidence based treatments include Dialectical Behavior Therapy, Behavioral Activation, and Prolonged Exposure.</p>
December 2006 – April 2007	<p><u>Research Scientist/Clinical Director</u> University of Washington Department of Psychology, Behavior Research & Therapy Clinics, Seattle, WA</p> <p>Responsibilities included: Clinical management of two grant funded research clinics and one treatment development clinic. Treatment focuses primarily on developing and testing the effectiveness of Dialectical Behavior Therapy (DBT) with individuals diagnosed with Borderline Personality Disorder (BPD). Provided administrative supervision to postdoctoral fellows, treatment coordinator, and undergraduate research interns. Ensured implementation of research protocols in treatment delivery. Laboratory liaison to the Human Subjects Department for research studies. This included preparing and submitting human subject research modifications.</p>

Direct clinical responsibilities include providing DBT treatment to individuals with BPD and have a history of chronic suicidal behaviors on an NIMH grant funded component analysis study.

September 2004 – December 2006 **Postdoctoral Fellow/Research Associate/Clinical Coordinator**
University of Washington Department of Psychology, Behavior Research & Therapy Clinics, Seattle, WA

Responsibilities included:

Managing two grant funded research clinics and one treatment development clinic. Treatment focuses primarily on developing and testing the effectiveness of Dialectical Behavior Therapy (DBT) with individuals diagnosed with Borderline Personality Disorder (BPD). Ensure that graduate students receive adequate clinical training and supervision in implementing DBT and other empirically supported behavioral treatments.

Direct clinical responsibilities include providing DBT treatment to individuals with BPD and have a history of chronic suicidal behaviors on an NIMH grant funded component analysis study and managing a Family and Friends DBT skills group for individuals with family or friends with difficult to treat problems such as BPD or Alzheimers Disease. .

September 2003 – August 2004 **Psychology Intern**
Albert Einstein College of Medicine/Montefiore Medical Center
Bronx, NY

Responsibilities by rotation:

Child Outpatient Psychiatry Department – 12 months

Conduct intake assessments for patients ranging in age from 6-18 years old; implement treatment plans; manage a caseload of 4 individual/family therapy cases using cognitive behavioral therapy; co-lead two Attention Deficit Hyperactivity Disorder groups with children ages 5-11; participate in team meetings, lead one case conference; conduct five psychological/cognitive evaluations.

Adolescent Depression and Suicide Program – 12 months

Conduct semi-structured diagnostic evaluations (including K-SADS, SCID II); manage caseload of six individual/family outpatient therapy cases, which includes one to two Dialectical Behavior Therapy (DBT) case(s); co-lead DBT Multifamily Skills Training group (six months) and a DBT Graduate group (6 months) with intensively trained supervisors; received advanced training in working with suicidal/depressed adolescents and their families; participate in team meetings and seminars.

Adult Outpatient Psychiatry Department – 12 months

Manage a caseload of two individual adults patients using cognitive behavior therapy; implement treatment plans.

Psychiatric Observation Suite (POS) – 1 month

(to be completed in August 2004)

POS is a 5-bed crisis intervention service within the general medical emergency room. Conduct rapid diagnosis of patients in acute states of distress and decompensation; make triage and referral decisions; perform suicide and violence potential assessments; provide crisis intervention.

September 2001 – May 2003

Therapist

Portland Dialectical Behavior Therapy Program, LLC
Portland, OR

Responsibilities:

Conducted mental health assessments; provided individual therapy to both adult and adolescent DBT clients; facilitated DBT skills training groups; facilitated a 3-hour Family and Friends Orientation Workshop; provided 24 hour telephone consultation and skills coaching; participated in weekly team consultation.

September 2002 – April 2003

Student Examiner

Field Placement, Psychological Service Center
Pacific University School of Professional Psychology
Portland, OR

Responsibilities:

Conducted cognitive and psychological assessments to adolescent and adult clients in an outpatient setting. Assessment protocols included a variety of tests and subtests, including the MMPI-II, WAIS-III, WJ-III, WMS-III, CVLT-II, Reitan-Klove Sensory Perceptual Exam, Finger Tapping, Grooved Pegboard, Judgment of Line Orientation, Complex Ideation, Phonological Processing, Boston Naming Test, and the Delis Kaplan Executive Functioning Scales. All assessments and reports completed under the supervision of Dr. Michael Daniel.

September 2000 – August 2002

Student Therapist

Practicum Placement, Psychological Service Center
Pacific University School of Professional Psychology
Portland, OR

Responsibilities:

Provided both individual and group psychotherapy to clients experiencing mood disorders, personality disorders, substance abuse problems, and relationship problems through the use of Rational Emotive Behavioral Therapy and Cognitive Behavioral Therapy under the supervision of Dr. Hank Robb and Dr. Sydney Ey, respectively. Also received clinical supervision from Dr. Paula Truax for participation in a cognitive behavioral treatment research program with depressed clients.

April 2000 – June 2001

Mental Health Therapist

Pacific Gateway Hospital
Portland, OR

Responsibilities:

Provided direct care, advanced therapeutic services to patients in an acute psychiatric hospital through individual and group settings. Documented patient's progress according to goal related treatment plans.

October 1997 - July 1999

Community Living Specialist II

Psychiatric Rehabilitation Program
Vesta, Inc., Landover Hills, MD.

Responsibilities:

Provided direct care services for adults with a severe and persistent mental illness (SPMI). Taught community living skills to SPMI clients through a group setting. Co-led group therapy sessions for caseload along with a certified professional counselor. Implemented treatment plans for SPMI clients. Documented clients' progress and needs according to their treatment plans and as related to successful community living. Provided crisis intervention as needed to clients.

Fall 1995 – Spring 1997

Telephone Counselor

Telephone Counseling and Referral Service (TCRS)
Tallahassee, FL

Responsibilities:

Answered phone lines on a 24-hour, free, confidential and anonymous hotline. Calls dealt with distribution of information and referrals, crisis intervention, suicide prevention and counseling, and provided information regarding referrals and appropriate services available in the community. Completed one hundred hours of both on-line and off-line training.

Fall 1995- Spring 1997

Speaker

TCRS Speaker's Bureau
Tallahassee, FL

Responsibilities:

Provided suicide assessment and prevention presentations to adolescents at the high school level, and facilitated group discussions within classrooms.

Research Positions

September 2002 – July 2003

Research Assistant

Pacific University School of Professional Psychology
Forest Grove, OR

Responsibilities:

Assisting Dr. Paula Truax in research regarding the effectiveness of Cognitive Behavior Therapy with depression in an applied setting. Conduct literature searches, assist and participate in professional writing, assist with depression groups and research meetings, and database maintenance.

August 1999 – August 2002

Research Assistant

Pacific University School of Professional Psychology
Forest Grove, OR

Responsibilities:

Assisted Dr. Kurt Freeman in several research projects including topics such as Self-Monitoring, Primary Enuresis, Juvenile Sex Offenders, and Peer Rejection. Tasks included literature searches, data collection, data monitoring, statistical analyses, writing up professional information and presenting at professional conferences.

May 2000 – August 2001

Researcher Coordinator

Portland Dialectical Behavior Therapy Program, PC
Portland, OR

Responsibilities:

Collection and analysis of weekly and monthly data on clients for therapeutic and research application.

Sept. 1997 – June 1999

Research Assistant

Center for Family Psychology
Catholic University of America.
Washington D.C.

Responsibilities:

Studied suicidal risk factors in adolescents. Included an extensive initial interview of each adolescent and follow up interviews over the course of two years after hospitalization, and the entering and analysis of data.

Teaching Experience

September 2001 – July 2003

Teaching Assistant

Pacific University School of Professional Psychology
Portland, OR

Responsibilities:

Assisting Dr. Jay Thomas in teaching his classes: Statistics, Research Design, and Program Evaluation. Activities include grading homework assignments, providing student study sessions, and teaching class as needed.

Summers 1992, 1993, 1994

Teaching Assistant

Fallsburg Central School District Summer Link Program
Fallsburg, NY

Responsibilities:

Worked with emotionally disturbed and learning disabled children. Prepared ability appropriate lesson plans in math and reading for individual students. Devised point system through use of positive reinforcement. Supervised classroom activities and field trips.

PUBLICATIONS:

Dexter-Mazza, E. T., & Korslund, K. E. (2007). Suicide assessment for adults. In M. Hersen & J. Thomas (Eds.), *Handbook of Clinical Interviewing with Adults*. (pp. 95-113). California: Sage.

Linehan, M. M. & Dexter-Mazza E. T. (2007). Dialectical behavior therapy for borderline personality disorder. In D. Barlow (Ed.) *Clinical Handbook of Psychological Disorders, 4th edition*. (pp.365-420). New York: Guilford.

Miller, A. L., Rathus, J. H., Dubose, A. P., Dexter-Mazza, E. T., Goldklang, A. R. (2007). Dialectical Behavior Therapy for Adolescents. In L. Dimeff & K. Koerner (Eds.), *Dialectical Behavior Therapy in Clinical Practice: Applications Across Disorders and Settings*. (pp. 245-263). New York: Guilford.

Dexter-Mazza, E. T., Harned, M. S., Wagner, J., & Kuo, J. (2006). Dialectical behavior therapy for borderline personality disorder. *Directions in Rehabilitation Counseling, 16*, 13-27.

- Freeman, K. A., Mazza-Dexter, E. T., & Hoffman, K. C. (2005). Comparing personality characteristics of juvenile sexual offenders and non-sex offending delinquent peers: A preliminary investigation. *Sexual Abuse: A Journal of Research and Treatment, 17*, 3-17.
- Freeman, K. A., Dexter-Mazza, E. T., Hoffman, K. C. (2005). Erratum: Comparing personality characteristics of juvenile sexual offenders and non-sex offending delinquent peers: A preliminary investigation. *Sexual Abuse: Journal of Research and Treatment, 17*, 353-354.
- Dexter-Mazza, E. T., & Freeman, K. A. (2003). Graduate training and the treatment of suicidal clients: The students' perspective. *Suicide and Life Threatening Behavior, 33*, 211-218.
- Freeman, K. A., & Dexter, E. (2002). Retention control training. In M. Hersen & W. Sledge (Eds.), *Encyclopedia of psychotherapy: Vol. 2.* (pp. 1-4). New York: Academic Press.
- Dexter, E., & Sachs-Ericsson, N. (1999). Validating a psychiatric self-report screening form for homeless medical patients. *Psi Chi Journal of Undergraduate Research, 4*(3).

CONFERENCE PRESENTATIONS:

- Linehan, M.M. & Dexter-Mazza, E.T. (2005, April). *University of Washington Risk Assessment Protocol: UWRAP*. Poster presented at the annual convention for the American Association of Suicidology, Denver, CO.
- Dexter-Mazza, E.T., & Ey, S.S. (2004, April). *Preliminary Results of a Suicidology Curriculum*. Poster presented at the annual convention for the American Association of Suicidology, Miami, FL.
- Nathan, J.S., Miller, A.L., Hartstein, J., Goldklang, A., & Dexter-Mazza, E.T. (2004, April). *Working with families in a DBT framework*. In J. Nathan (Chair) Symposium, Family Interventions for suicidal youth. Submitted to the annual convention for the American Association of Suicidology, Miami, FL.
- Dexter, E. T., & Freeman, K. A. (2002, April). *Suicidal clients and graduate training*. Poster presented at the annual convention for the American Association of Suicidology, Bethesda, MD.
- Dexter, E., Waites, J., & Freeman, K. A. (2001, May). *Evaluating the effectiveness of self-monitoring for disruptive classroom behavior*. Poster presented at the annual convention for the Western Psychological Association, Maui, HI. Also presented by Freeman, K. A., Dexter, E., & Waites, J. (2001, May). In K. A. Freeman (Chair), *Treating conduct problems exhibited by adolescents*. Symposium presented at the annual convention for the Association for Behavior Analysis, New Orleans, LA.
- Freeman, K. A., & Dexter, E. (2001, November). *Comparing personality characteristics across juvenile sex offenders and non sex-offending delinquent peers: An exploratory study*. Poster presented at the annual convention of the Association for Advancement of Behavior Therapy, Philadelphia, PA.
- Freeman, K. A., & Dexter, E. (2001, November). *Comparing social skills of juvenile sex offenders and non sex-offending delinquent peers*. Poster presented at the annual convention of the Association for Advancement of Behavior Therapy, Philadelphia, PA.

GRANT:

- Principal Investigator, The Effectiveness of a Suicidology Curriculum Developed by the American Association of Suicidology: A Preliminary Study. Northwest Health Foundation Small Grants Program for Student Research, February 2003, Portland, OR. (\$400).
- Principal Investigator, Graduate Training and Treatment of Suicidal Clients. Northwest Health Foundation

Small Grants Program for Student Research, January 2000, Portland, OR. (\$1,770).

AD HOC REVIEWS:

Reviewer: *Cognitive and Behavioral Practice, Clinical Psychology Review*
 Guest Reviewer with K. A. Freeman, Ph. D. *Aggression and Violent Behavior; Journal of Developmental and Physical Disabilities; Journal of Family Violence*

INVITED LECTURES AND ACADEMIC PRESENTATIONS

Dexter, E. T., & Shallcross, R. (2001). *Suicide assessment and intervention*. Grand Rounds Presentation. Pacific University's Psychological Service Center. December 11, 2001.

Dexter, E. T. (2001). *Treating a young adult with borderline personality disorder with a Dialectical Behavior Therapy approach*. Michel Hersen, Ph.D., Discussant. Grand Rounds Presentation. Pacific University's Psychological Service Center. October 16, 2001.

Guest Lecture. *Early adulthood*. Human Growth and Development, Pacific University School of Professional Psychology. November 15, 2001.

Guest Lecture. *Crisis intervention and emergency procedures*. Prepracticum class, Pacific University School of Professional Psychology. June 26, 2001.

Guest Lecture. *Suicide assessment*. Prepracticum class, Pacific University School of Professional Psychology. June 19, 2001.

HONORS:

Graduate Student Research Award, American Psychological Association, Division 12-Section VII Clinical Emergencies and Crises. August 2004.

President's Award for Academic Excellence, Pacific University School of Professional Psychology. May 2004.

Phi Beta Kappa, FSU, Selected Member. National Honor Society for academic excellence. Initiated Spring 1997.

Dean's List, FSU. Award for academic excellence. Fall 1993, Spring 1994, Spring 1995, Fall 1995, Spring 1996, Fall 1996, Spring 1997.

Seminole Torchbearers, FSU, Selected Member. Alumni Organization for outstanding Community and University Leaders. Initiated Spring 1997.

Psi Chi, FSU Chapter, Selected Member. National Honor Society for academic excellence in psychology. Initiated- Fall 1995, Pledge President- Fall 1995, Fund Raising Chair- Spring 1996, President: May 1996 - April 1997.

Golden Key, FSU Chapter, Selected Member. National Honor Society for excellence for upper-level undergraduates. Initiated Fall 1995.

Phi Eta Sigma, FSU Chapter, Selected Member. National Honor Society for academic excellence for freshman. Initiated- Fall 1994.

PROFESSIONAL ACTIVITIES:

- April 2006 – April 2007 Program Chair, American Association of Suicidology Annual Conference, New Orleans, LA 2007.
- March 2002 – Nov 2005 Planning Committee, International Society for the Investigation and Teaching of Dialectical Behavior Therapy (ISITDBT). Responsibilities include the distribution and coordination of attendee registration materials and hotel coordination with event planning department.
- April 2004 – April 2005 Member-at-Large, American Association of Suicidology, Appointed position to the Council of Delegates.
- January 2004 – Jan 2005 Student Representative, American Psychological Association, Division 12, Section VII – Clinical Emergencies and Crises.
- April 2002 – April 2004 Committee member, American Association of Suicidology Education and Training Committee.

PACIFIC UNIVERSITY SERVICE:

- 2001, 2002 & 2003 Planning committee, Pacific University School of Professional Psychology Diversity Day
- 2001 - 2002 Pacific University School of Professional Psychology Student Association, position: Secretary.
- 2001 & 2002 Selected member, Pacific University School of Professional Psychology Admissions Committee.
- 2001 Student Representative, Pacific University School of Professional Psychology. Pacific University's Evening in the Grove Donor Dinner.

TRAININGS ATTENDED:

- Summer Research Institute on Suicide Prevention (June 19-25, 2005). The University of Rochester Center for the Study and Prevention of Suicide.
- Rohde, Paul. (April-May, 2004). *Coping with Depression – Adolescent (CWD-A) group treatment program*. Presented by the Montefiore Medical Center Adolescent and Depression Suicide Program. 16 hours.
- Koerner, K. (September 9-10, 2003). *Individual psychotherapy in dialectical behavior therapy*. Presented by the Behavioral Technology Transfer Group. 12.5 hours.
- Dimeff, L. & Kim, S. (November 4-5, 2002). *Skills training in dialectical behavior therapy*. Presented by the Behavioral Technology Transfer Group. 12.5 hours.
- Dimeff, L. & Koerner, K. (February 4-8, 2002). *Dialectical behavior therapy intensive training course: Part II*. Presented by the Behavioral Technology Transfer Group. 35 hours.
- Portland Dialectical Behavior Therapy Clinical Staff (September 8, 2001). *Suicide summit*. Presented by Portland Dialectical Behavior Therapy Program. 8 hours.
- Linehan, M. M. & Dimeff, L. (June 7-11, 2001). *Dialectical behavior therapy intensive training course: Part I*. Presented by the Behavioral Technology Transfer Group. 35 hours.
- Capuzzi, D. (July 17, 2001). *Youth at risk: The suicidal child and adolescent*. Presented by Portland State University. 6 hours

Ellis, T. (April 18, 2001). *Using cognitive therapy to help suicidal individuals*. Presented by American Association of Suicidology. 3 hours

Meichenbaum, D. (March 2, 2001). *Life-span treatment approach to PTSD & anger management*. Presented by the Oregon Psychological Association. 8 hours.

Koerner, K. & Dimeff, L. (June 1-2, 2000). *Two-day workshop on dialectical behavior therapy*. Presented by The Behavioral Technology Transfer Group. 14 hours.

Rudd, M. D. (May 19, 2000). *New developments in assessment and treatment of suicidal behavior*. Presented by the Oregon Psychological Association. 6 hours.

PROFESSIONAL ORGANIZATIONS:

September 2002 – Present	Association for Behavioral and Cognitive Therapies, Member
September 2000 – Present	American Association of Suicidology, Member
March 2001 – Present	American Psychological Association, Member
April 2000 – April 2001	Oregon Psychological Association, Member
November 2000 – November 2001	Western Psychological Association, Member