

## CURRICULUM VITAE

HEIDI L. HEARD

St. Louis, Missouri U.S.A.

### EDUCATION:

University of Michigan, Ann Arbor, Michigan  
Bachelor of Arts in Psychology and Political Science, with High Distinction,  
1988.  
University of Washington, Seattle, Washington  
Doctor of Philosophy in Clinical Psychology, 2000.

### CLINICAL POSITIONS:

Consultant and Supervisor  
Beaumaris, Anglesey, U.K. and St. Louis, MO, 1998 to present.  
Consulting to adult outpatient and forensic inpatient teams using Dialectical  
Behavior Therapy (DBT) in Europe and North America. Supervising clinicians  
using DBT in adolescent and adult outpatient settings.

Psychology Intern, Department of Psychology, McLean Hospital and  
Clinical Fellow in Psychology, Department of Psychiatry, Harvard Medical School  
Belmont, MA, 1995 to 1996.  
Treated adults in a day treatment program and on an acute inpatient unit. Clients  
presented with a variety of psychotic, mood, anxiety, substance abuse, eating and  
personality disorders. Conducted evaluations on a crisis unit.

Staff Therapist, Psychological Services and Training Center  
University of Washington, Seattle, WA, 1989 to 1995.  
Treated outpatient individuals, groups and families. Clients presented with a  
variety of mood, anxiety, trauma and personality disorders. Therapeutic  
orientations included psychoanalytic, psychodynamic and behavioral therapy.

### RESEARCH POSITIONS:

Visiting Research Fellow, School of Psychology and Institute for Medical and Social  
Care Research  
University of Wales, Bangor, Gwynedd, U.K., 1997-99.  
Conducted research on borderline personality disorder. Trained community  
psychotherapists in the theory and practice of Dialectical Behavior Therapy.  
Evaluated therapist adherence to treatment protocol.

Research Assistant, Department of Psychology  
University of Washington, Seattle, WA, 1989-1995.

Assisted in research on Borderline Personality Disorder. Wrote grant applications and reports. Coordinated and supervised the assessment section of two treatment outcome studies. Developed outcome assessment instruments.

Research Assistant, Lab of Psychology and Psychopathology  
National Institute of Mental Health, Bethesda, MD, 1988-1989.

Research Assistant, Department of Psychology  
University of Michigan, Ann Arbor, MI, 1988.

Research Assistant, Center for Human Growth and Development  
University of Michigan, Ann Arbor, MI, 1985-1986 & winter 1987.

#### PROFESSIONAL ACTIVITIES:

Director, British Isles DBT Training, 1997-present.  
Consultant, Department of Clinical Neuroscience, Karolinska Institutes, Sweden, 1996-99.  
Co-principal investigator, "Dialectical Behavior Therapy for parasuicidal behavior: Efficacy and mechanisms," Medical Research Council, U.K., 1997- 1998.  
Ad hoc editorial consultant, Behavior Therapy, 1997.  
Ad hoc editorial consultant, Comprehensive Psychiatry, 1997.  
Coordinator, DBT Workshop and Intensive Training, Seattle, 1991-1995.  
Ad hoc editorial consultant, Archives of General Psychiatry, 1993.  
Grant reviewer, British Columbia Health Care Foundation, 1990, 1992.  
Ad hoc editorial consultant, Suicide and Life Threatening Behavior, 1990.

#### PROFESSIONAL TRAINING:

Dialectical Behavior Therapy for borderline personality disorder. Two week advanced trainings conducted at  
University of Exeter, Exeter, Devon, U.K., 2001.  
University of Leeds, Harrogate, North Yorkshire, U.K., 1997-1998, 1999 & 2000-2001.  
Northeastern Health Authority, Dublin, Ireland, 2001.  
Dorset Healthcare NHS Trust, Bournemouth, Dorset, U.K., 1999.  
State of Connecticut Department of Mental Health, Middletown, CT, 1996.  
University of Washington, Seattle, WA, 1994-1995.

Dialectical Behavior Therapy for borderline personality disorder. One and two day introductory workshops conducted at 25 locations, including:  
Psykiatrien I Århus, Århus, Denmark, August, 1999, March, 2000 & August, 2001.  
University of Leeds, Leeds, U.K., April, 1998 and October, 1999.  
Broadmoor Hospital, Crowthorne, Berkshire, U.K., August, 1999.

University of Southampton, Southampton, U.K., July, 1998.  
Karolinska Institutes, Stockholm, Sweden, January, 1996.  
South Carolina Department of Mental Health, Columbia, SC, October, 1994.  
Mental Health Commission of New Brunswick, Moncton, NB, Canada,  
November, 1993.  
Department of Veterans Affairs Medical Center, Murfreesboro, TN, September,  
1993.  
State of Vermont Department of Mental Health and Mental Retardation,  
Burlington, VT, November 1992.  
Department of Veterans Affairs Medical Center, Menlo Park, CA, September,  
1992.

Problem solving and borderline personality disorder. Workshop. Kognitiv Terapi  
Center, Århus, Denmark, August, 2001.

Dialectical Behavior Therapy in forensic hospitals. Workshop. The State Hospital,  
Carstairs, Lanarkshire, U.K., February, 1999 & June, 2001.

Dialectical Behavior Therapy for dual diagnosis clients. Workshop.  
Argyll and Bute NHS Trust, Lochgilphead, Argyll, U.K., February, 1998.  
National Temperance Hospital, London, December, 1997.

Dialectical Behavior Therapy for adolescents with emotional disorders. Workshop.  
South Thames Regional Health Authority, Ticehurst, East Sussex, U.K., October,  
1997.

Dialectical Behavior Therapy: Strategies for youths with problems in emotional  
regulation. Workshop. DARE Family Services, Inc., Boston, MA, July, 1996.

#### PRESENTATIONS:

Heard, H.L. (2001, October). Psychotherapy for severe personality disorders. Invited  
address delivered at the annual conference of the Missouri Institute of Mental  
Health, University of Missouri, St. Louis.

Heard, H.L. (2001, June). Research and development in DBT. Keynote address  
delivered at the national conference on Dialectical Behavior Therapy sponsored  
by the Ministry of Defense, Manchester, U.K.

Heard, H.L. (2000, October). Dialectical Behavior Therapy for borderline personality  
disorder: Overview and outcomes. Grand rounds conducted at St. Louis  
University Medical School, St. Louis.

Heard, H.L. (2000, October). "Targeting therapy-interfering behavior with DBT  
strategies" and "Mindfulness in DBT". Papers presented as part of the Feldman  
Lecture series at Grey Nuns Hospital, Edmonton, Canada.

Heard, H.L. (1998, July). The application of mindfulness in Dialectical Behavior  
Therapy. In J. Teasdale (Chair), Clinical applications of mindfulness.  
Symposium conducted at the meeting of the British Association for Behavioral  
and Cognitive Psychotherapies, Durham, U.K.

- Heard, H.L. (1998, March). Applying Dialectical Behavior Therapy in the United Kingdom. Paper presented at the meeting of the British Psychological Society, Brighton, U.K.
- Heard, H.L. (1997, November). Enhancing efficacy with principled treatment: Principles of cognitive-behavioral therapies in the treatment of parasuicide. Keynote address delivered at the national conference on Managing Self-harm sponsored by the Henderson Hospital, London.
- Heard, H.L. (1997, July). But can we afford it: Cost implications of Dialectical Behavior Therapy. In K. Davison (Chair), Cognitive behavior therapy and personality disorders. Symposium conducted at the meeting of the British Association for Behavioral and Cognitive Psychotherapies, Canterbury, U.K.
- Heard, H.L. (1997, April). Dialectical dilemmas in the psychotherapy of borderline personality disorder. Paper presented at the meeting of the Royal College of Psychiatrists, Bristol, U.K.
- Heard, H.L. (1996, June). Group therapy for borderline personality disorder: Dialectical Behavior Therapy. Paper presented at the meeting of the Northeastern Society for Group Psychotherapy, Boston.
- Heard, H.L. (1995, June). The dialectical principles of Dialectical Behavior Therapy. In V. van den Bosch (Chair), Dialectical behavioral treatment and borderline personality disorder: Principles, adolescents and substance-abusers. Symposium conducted at the International Congress on the Disorders of Personality, Dublin.
- Heard, H.L. & Linehan, M.M. (1994, November). The volatile and relational self clusters in borderline personality disorder. In R.M. Turner (Chair), The empirical identification of subgroups of borderline personality disorder patients. Symposium conducted at the meeting of the Association for Advancement of Behavior Therapy, San Diego.
- Heard, H.L. & Linehan, M.M. (1994, May). Behavior therapies for borderline patients. In J.H. Triebwasser (Chair), Do borderline patients benefit from treatment? Symposium conducted at the meeting of the American Psychiatric Association, Philadelphia.
- Linehan, M.M. & Heard, H.L. (1994, January). Borderline personality disorder. In J. Clarkin & N. Miller (Chairs), Examining the efficacy and cost-effectiveness of psychotherapy interventions for specific disorders. Symposium conducted at the NIMH conference on The Effectiveness and Cost of Psychotherapy, Washington, D.C.
- Heard, H.L. & Linehan, M.M. (1992, November). Self and borderline personality disorder. In J.B. Caire (Chair), The self: Cognitive and behavioral perspectives. Symposium conducted at the meeting of the Association for Advancement of Behavior Therapy, Boston.
- Linehan, M.M., Tutek, D.A. & Heard, H.L. (1992, November). Interpersonal and social treatment outcomes for borderline personality disorder. Poster presented at the meeting of the Association for Advancement of Behavior Therapy, Boston.

Heard, H.L. & Linehan, M.M. (1991, August). Predicting parasuicidal behavior in borderline clients. Poster presented at the meeting of the American Psychological Association, San Francisco.

Heard, H.L. (1991, June). Core strategies of Dialectical Behavior Therapy group therapy. In H.E. Armstrong (Chair), Treatment needs of the high utilizer: The borderline patient. Symposium conducted at University of Washington Medical School, Seattle and at Sacred Heart Medical Center, Spokane, WA.

#### PUBLICATIONS:

Corrigan, F.M., Davidson, A. & Heard, H.L. (2000). The role of dysregulated amygdalic emotion in borderline personality disorder. *Medical Hypotheses*, 54, 574-579.

Fast, I., Marsden, K.G., Cohen, L., Heard, H.L. & Kruse, S. (1996). The self as subject: A formulation and an assessment strategy. *Psychiatry: Interpersonal and biological processes*, 59, 34-47.

Heard, H.L. (1994). Acceptance and sexual abuse survivors: A discussion of the cultural and therapeutic context. In S.C. Hayes, N.S. Jacobson, V.M. Follette & M.J. Dougher (Eds.) *Acceptance and change: Content and context in psychotherapy* (pp. 269-271). Reno, NV: Context Press.

Heard, H.L. (2000). Psychotherapeutic approaches. In K. Hawton & K. van Heeringen (Eds.) *International handbook of suicide and attempted suicide* (pp. 503-518). Chichester, West Sussex: John Wiley and Sons.

Heard, H. L. (In press). Dialectical Behavior Therapy. In A. Bateman and J. Holmes (Eds.) *Integration in Psychotherapy: Theory, Models & Practice*. Oxford: Oxford University Press.

Heard, H.L. & Linehan, M.M. (1993). Problems of self and borderline personality disorder: A dialectical behavioral analysis. In Z.V. Segal & S.J. Blatt (Eds.), *The self in emotional distress: Cognitive and psychodynamic perspectives*, (pp. 301-325). New York: Guilford Press.

Heard, H.L. & Linehan, M.M. (1994). Dialectical Behavior Therapy: An integrative approach to the treatment of borderline personality disorder. *Journal of Psychotherapy Integration*, 4, 55-82.

Jones, B., Heard, H.L., Startup, M., Swales, M., Williams, J.M.G. & Jones, R.S.P. (1999). Autobiographical memory and dissociation in borderline personality disorder. *Psychological Medicine*, 29, 1397-1404.

Linehan, M.M., Armstrong, H.E., Suarez, A., Allmon D., & Heard, H.L. (1991). Cognitive-behavioral treatment of chronically parasuicidal borderline patients. *Archives of General Psychiatry*, 48, 1060-1064.

Linehan, M.M. & Heard, H.L. (1992). Dialectical Behavior Therapy. In J.F. Clarkin, E. Marziali & H. Munroe-Blum (Eds.), *Borderline personality disorder*, (pp. 248-267). New York: Guilford Press.

- Linehan, M.M. & Heard, H.L. (1993). Commentary on 'The self in borderline personality disorder: A psychodynamic perspective by D. Westen and R.P. Cohen.' In Z.V. Segal & S.J. Blatt (Eds.), *The self in emotional distress: Cognitive and psychodynamic perspectives*, (pp. 361-368). New York: Guilford Press.
- Linehan, M.M. & Heard, H. L. (1993). Impact of treatment accessibility on clinical course of parasuicidal patients: In reply to R.E. Hoffman. [Letter to the editor]. *Archives of General Psychiatry*, 50, 157-158.
- Linehan, M.M. & Heard, H.L. (1999). Borderline personality disorder: Costs, course and treatment outcomes. In N. Miller & K. Magruder (Eds.) *The cost-effectiveness of psychotherapy: A guide for practitioners, researchers and policy makers*, (pp. 291-305). New York: Oxford Press.
- Linehan, M.M., Heard, H.L. & Armstrong, H.E. (1993). Naturalistic follow-up of a behavioral treatment for chronically parasuicidal borderline patients. *Archives of General Psychiatry*, 50, 971-974.
- Linehan, M.M., Tutek, D.A., Heard, H.L. & Armstrong, H.E. (1994). Interpersonal outcomes of cognitive behavioral treatment for chronically suicidal borderline patients. *American Journal of Psychiatry*, 151, 1771-1776.
- Startup, M., Heard, H.L., Swales, M., Jones, B., Williams, J.M.G. & Jones, R.S.P. (2001). Autobiographical memory and parasuicidal behavior in borderline personality disorder. *British Journal of Clinical Psychology*, 40, 113-120.
- Swales, M, Heard, H.L. & Williams, M. (2000). Linehan's Dialectical Behavior Therapy (DBT) for borderline personality disorder: Overview and adaptation. *Journal of Mental Health*, 9, 7-23.

#### THESES AND SUBMITTED MANUSCRIPTS:

- Heard, H.L. (1988). Self-structure as a predictor of coping in middle and late adulthood. Unpublished honors thesis, University of Michigan, Ann Arbor, MI.
- Heard, H.L. (2000). Cost-effectiveness of Dialectical Behavior Therapy for borderline personality disorder. Unpublished doctoral thesis, University of Washington, Seattle, WA.