

### **Post-doctoral Fellow Manual**

The Counseling Center of Nashua proudly offers two post-doctoral fellowship positions in Clinical Psychology with the possibility of more positions as needed. While we offer clinical services for a wide array of presentations and populations, preference of at least one post-doc position will go towards a Fellow who has training in child, adolescent, and adult therapeutic interventions. We were recently accredited by APPIC for the 2018-2019 year. We are aware that the program's adherence to APPIC membership criteria does not guarantee that trainees in the program will meet individual State licensing requirements. Therefore, our program is set up to meet the supervised practice requirements for the State of New Hampshire. Please note that it is up to the trainee to ensure training requirements are met for any other state, which would be accommodated to the best of our ability.

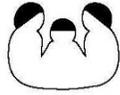
### **The Counseling Center of Nashua**

Established in 1990, the Counseling Center of Nashua is a large, multidisciplinary outpatient group practice comprised of over 85+ providers serving eight geographic regions in New Hampshire. Practice locations include Nashua, Londonderry, Exeter, Hudson, Merrimack, Manchester, Portsmouth and Peterborough, New Hampshire. The Counseling Center has long-standing, strong working relationships with managed care organizations, employee assistance programs, physician referral sources, and other mental health providers. We currently employ the most licensed psychologists and psychiatrists practicing in one location in New England.

The Counseling Center provides psychological and counseling services for children, adolescents and adults for all types of presenting mental health issues or problems. Our staff has a diverse range of training and expertise, with specialties and advanced training in all areas of psychological and mental health practice. We offer individual, family, couples, and group therapy as well as comprehensive evaluation and Testing services. We also provide a chance to work with other mental health professionals including psychiatrists, psychiatric nurse practitioners, and master's level therapists.

### **Program Philosophy and Training Model**

The mission of the Counseling Center of Nashua's post-doctoral psychology program is to provide continued supervised clinical opportunities to Fellows who desire to develop advanced clinical skills in the areas of assessment and intervention. We offer advanced post-doctoral training within the traditional practice area of clinical psychology derived from the concepts associated with the practitioner-scholar model. We identify as clinicians who use practical applications of scholarly knowledge and training. From within this model Fellows will become more advanced in clinical practice that is both evidence-based and ethical. Through processes of individual and peer supervision, Fellows will be assisted with the integration of clinical conceptualization, clinical testing findings, and interventions based on individualized client need, and will gain needed clinical knowledge through weekly scholarly activities and consultation as well as the individual supervision meetings.



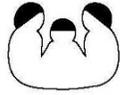
## **Post-doctoral Fellow Manual**

The Psychology Training Program views the post-doctoral fellowship position as a time to build on the training associated with entry-level practice, as Fellows are assisted through the process of becoming independent psychologists, preferably as long-term employees within the practice. The general goal of the post-doctoral training program is for each fellow to develop advanced skills in clinical intervention, assessment, diversity, consultation, and professional identity domains. Post doctoral candidates are encourage to take the EPPP prior to beginning their post doctoral year, if possible, or early in their post doctoral year, to allow for focus on clinical skill development and a rapid transition to becoming independently licensed upon completion of their post doc year.

### **Competencies and Objectives**

The overall goal of the Psychology Training Program is to prepare Fellows for autonomous practice, particularly in the field of private group practice. Specific training goals and objectives for the Psychology Training program are as follows:

- Psychotherapy  
Goal: advanced skills in psychological evaluation, treatment, and consultation adequate for autonomous practice
  - Objectives: complete minimum number of clinical cases per month/quarter as determined by supervisor; complete appropriate documentation in timely manner
- Evidence-Based Practices  
Goal: advanced understanding of up-to-date evidenced-based practices/therapies
  - Objectives: attend mandatory seminars; utilize various EBPs as appropriate to client and presenting problem, as determined by supervisor
- Consultation  
Goal: demonstrate advanced skills in communication and presentation of clinical cases with other providers both in formal and informal context
  - Objectives: complete minimum number (3) of case conceptualization presentations; complete minimum number (3) of journal article presentations; appropriate and timely communication with other providers
- Assessment  
Goals: advanced knowledge of psychological assessment, evaluation, and interpretation



### **Post-doctoral Fellow Manual**

- Objectives: complete minimum number of assessment and feedback sessions as determined by supervisor; complete appropriate documentation in timely manner
- Professionalism  
Goal: demonstration of professional and ethical behavior
  - Objectives: active participation in supervision; professional and ethical behavior; time management; active interest in professional development
- Formal Evaluation  
Goal: attainment of competency-based program requirements at an independent level as determined by supervisor
  - Objective: see competency scale document
- Eligibility for State Licensure  
Goal: obtaining State licensure upon completion or shortly after completion of fellowship
  - Objectives: complete all necessary steps towards New Hampshire licensure; including completion of supervised hours, required supervision, and passing of the EPPP.

### **Training Curriculum**

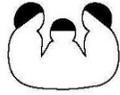
#### Supervision:

All Fellows will be required to participate in 2 hours of regularly scheduled face-to-face individual supervision per week. Additional supervision may be added in the forms of individual or group supervision.

#### Didactics:

All fellows will participate in 2 hours of weekly didactics. Each week will focus on a different form of didactics:

- 1) Monthly Journal Club – Once a month on Wednesdays, led by Dr. Leonard, a Fellow will be required to choose, review, and facilitate a critique and discussion of an article chosen from a peer-reviewed psychology journal or information gathered from conference/graduate research groups or other training modules. This club is also open to other psychologists who wish to share and facilitate discussion on up-to-date psychological research.



### **Post-doctoral Fellow Manual**

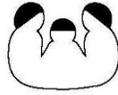
- 2) Professional Development Seminar – Once a month on Wednesdays, Dr. Leonard will facilitate a seminar, which incorporates information in the form of lecture or readings on various developmental topics including licensure and topics relevant to early career psychologists.
- 3) CBT/Continuing Education Seminar Series – Every other week on Tuesdays, Dr. Lewis facilitates lectures, discussion, and/or overview of various evidence-based treatments within the orientation of cognitive-behavioral therapy including Cognitive Behavioral Therapy for depression (CBT-D), Cognitive Processing Therapy (CPT), Acceptance and Commitment Therapy (ACT), etc.
- 4) Case Conceptualization Seminar Series – Every other Tuesday, Dr. Leonard facilitates lectures and/or discussion based on clinically complex cases. Trainees and providers are welcome to bring their own difficult cases for case conceptualization purposes. Other topics include provider self-care, ethics, risk management strategies, and appropriate documentation.
- 5) There are additional peer consultation groups focused on various topics and populations that Fellows may attend depending upon their schedule and topic of interests. Current schedule for all consultation groups will be available for all providers.

### **Training Year**

The training year is a twelve-month commitment that has a flexible start date depending upon requests of the soon-to-be Fellows and their clinical needs with an approximate start date of August 1, 2018 for the 2018-2019 training year. Full time fellows will complete at least 30 clinical units per week (or at least 22.5 clinical hours per week, depending upon the service rendered) over a 4½ day work week in the office with the additional ½ day set aside for professional development (i.e. studying for EPPP, prepping for licensure, etc.). The percentage of the Fellow's time spent in direct service, including assessment, intervention, and consultation is at least 58-60%. Each Fellow receives two hours a week of individual supervision and is provided two hours a week of scheduled didactics. Please refer to list of didactics for descriptions.

Upon commencement of the Fellowship year, each Fellow will meet with his/her primary supervisor to determine where the Fellow currently stands in terms of competence, training, and education and develop a list of training needs, interests, and goals for the year. The fellow will be asked to fill out an initial Individualized Plan of Study to identify training strengths and weaknesses to assist in identifying areas of focus for both the Fellow and supervisor. The Plan of Study is considered to be individualized – a unique and a dynamic document that is specific to each Fellow and can be adjusted after discussion with supervisor.

Resources: Each fellow will receive:



### **Post-doctoral Fellow Manual**

**Stipend:** Full twelve-month stipend of \$45,000. This stipend is \$5,000 higher at base salary with other similar posts in the geographic region with the option of an additional \$5,000 compensation opportunity if requested and necessary. The (up to) \$5,000 compensation opportunity is to assist the fellow in meeting his/her financial or economic needs to maintain cost of living expenses. Under such circumstances, a fellow may request to add hours on a weekend to be in addition to the training workweek so that the fellow continues to maintain work-life balance during the typical training week. The opportunity is completely voluntary and will need to have the approval of all supervisors. The opportunity will be evaluated on an ongoing basis to determine whether the additional hours are interfering with the fellow's training responsibilities as well as work-life balance.

**Benefits package:** Each fellow will receive the choice of health insurance, dental insurance, 401k assistance, optional FSA plan, dependent childcare expenses, and long-term disability plans.

**Office:** Each fellow will be provided an individual office space with a personal computer and access to the Electronic Health Record system. Training for the system will be offered prior to performing clinical work during general orientation.

**Training Supplies –** Each fellow will have access to many training supplies available for use. Psychological testing supplies may be borrowed from the training program. Office supplies are also available by request

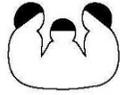
**Clinical/Technical support –** Support staff can assist fellow with many questions pertaining to referrals, intake, scheduling, insurance, billing, technology, etc.

Most, if not all, post-docs will be scheduled to see clients at our main office in Nashua, NH with the possibility of the Manchester office. There may be an opportunity for post-doctoral fellows to move to different office locations once they are licensed and office space opens up with appropriate referrals. While we cannot guarantee that all post-docs will be assigned to the same office every day (the same guarantee we cannot provide our full-time providers), we will do our best to guarantee that all post-docs will have the same office on the same days of the week to maintain consistency.

The main location of The Counseling Center is located in Nashua, approximately 45 miles from Boston, 60 miles from the seacoast (Portsmouth, NH), and within a few hours of various mountains and lake regions of the greater New England area.

### **Application Procedures**

**Eligibility:** Applicants who are attending a program in the process of regional or APA/CPA accreditation or who have obtained a professional doctoral degree from a regionally accredited institute of higher education or an APA/CPA-accredited program AND a pre-doctoral internship



### **Post-doctoral Fellow Manual**

meeting APPIC standards. If requested, clear documentation will be required to demonstrate training has met standards. All applicants but have completed all requirements for their degree. Please note that completion of doctoral degree is defined as having a diploma in hand or a letter from the Director of Graduate Studies verifying completion of all degree requirements pending institution graduation ceremony on the FIRST day of the fellowship.

A new local academic graduate program has yet to obtain APA accreditation, but is in process and on track for such accreditation therefore we are not requiring APA accreditation as this time. The local need and demand for post-doc placements from this program affords an opportunity to provide support to that program and early-career psychologists in New Hampshire where there is a short supply and high demand for services, and hence fulfills a need as Nashua is identified as an FQHC region, and as such is underserved clinically.

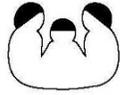
#### Application Requirements:

- Letter of interest outlining past training as well as fellowship and career goals
- Current curriculum vitae
- Three letters of recommendation (from faculty and/or clinical supervisors) or verbal references obtained over the phone addressing areas of structured reference format to establish competency in areas of clinical, record keeping, peer consultation/relationships, and report writing, in lieu of letters of recommendation.
- One de-identified writing sample of applicant's choice in order for to review competency at report writing and/or treatment plan and clinical note writing

As this is our first year of being APPIC certified, we will be accepting application documents through email by emailing the Training Director at [jleonard@counselingcenter.com](mailto:jleonard@counselingcenter.com) for the 2018-2019 training year. Our plan is to utilize the APPA CAS with future Fellow cohorts.

Review of Applications: All applications will be reviewed by the Director of The Counseling Center of Nashua and the Training Director of the Psychology Training Program to determine a list of candidates to be invited for an interview. Among the considerations taken into account during this process are the applicant's own stated goals and interests consistent with the program, the depth and breadth of past supervised training experiences, and quality of letters of recommendation. The list will be determined by a numeric rating system of each application; there are no specific cut-off scores as the entire applicant and his/her training experiences will be taken into account. As soon as possible, all applicants will be notified via e-mail as to whether or not they are invited for an interview.

In-person interviews are highly encouraged, as it is a time for both the applicant and the program to determine whether placement is a good fit. Interviews include a meeting with the Director and Training Director on an individual basis for 30-60 minutes as well as a current Fellow, if



### **Post-doctoral Fellow Manual**

available. Effort will be made for the applicant to meet with a potential supervisor; however that will be determined by the supervisor's schedule at that time. At minimum, a follow-up phone call with a potential supervisor will be offered to the applicant.

Methods of Fellow Evaluation:

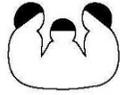
Upon entry, supervisors will collaboratively create goals, and generally assess current level of competency in each domain of clinical practice interest. Fellows will be formally evaluated two times during their fellowship year at the 6-month and 12-month mark or otherwise determined by the supervisor. If deemed necessary, additional formal evaluations may be added throughout the year for areas of identified growth, or upon request by the Fellow. In the event of a grievance, please take note of the due process and grievance process for both the Fellow and the program as outlined below. Each Fellow will be formally evaluated on a competency scale (Level 1-5) for areas of psychotherapy, consultation, assessment, professionalism, and evidence-based practice domains. Please refer to Competency outline/survey. Each Fellow will pursue a competency level of either 4 or 5, depending upon the level of clinical expertise and independence they came to the program with. Those seeking training in clinical domains where prior competency commenced at level 3, will be expected to advance to level 4 or 5, while those competency areas starting at level 4 would be expected to attain level 5 independent practice upon completion of the post doc program. Supervisors will use the competency-based evaluation to determine whether or not the Fellow successfully completed the training year.

### **Grievance Process and Due Process**

The following includes the due process and grievance procedures to clarify the policies of how the Psychology Training Program and Fellows manage potentially difficult problems, as both Fellows and staff are expected to treat and be treated with respect and professionalism.

Grievance Process:

- 1) Fellows who are dissatisfied with their supervisor/case load/evaluations, are encouraged to initially resolve informally with said supervisor as laid out in the APA Ethics Code.
- 2) However, if the Fellow believes that an informal resolution may not be in his/her best interest, he/she is encouraged to seek advice from the Director of Training, or the Director of The Counseling Center of Nashua if the problem concerns the Director of Training. At that point, the Director of Training (or Director of The Counseling Center of Nashua) will consult both the Fellow and supervisor before offering a solution within 10 business days.
- 3) If the Fellow remains dissatisfied with the initial problem or the proposed solution, he/she may file a formal grievance in the form of a written complaint within 20 business days. The formal complaint is presented to the Director of Training (or the Director of The



### **Post-doctoral Fellow Manual**

Counseling Center of Nashua if the problem concerns the Director of Training) who at that point will have 10 business days to resolve any issues addressed in the written complaint. During this time, the Director of Training may consult with other psychologists involved in the Psychology Training Program as deemed necessary.

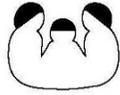
- 4) If the Fellow is dissatisfied with the result, he/she may
  - a. appeal the decision in writing to the Director of Training if new evidence arises or to the Director of The Counseling Center of Nashua
  - b. inform the American Psychological Association or Association of Psychology Postdoctoral and Internship Centers to file a formal grievance against the Psychology Training Program.

#### **Due Process:**

The purpose of the postdoctoral fellowship year is to advance skills and training in identified weaker areas of clinical knowledge and experience. The supervisor's role is one of training, mentoring, and evaluation. The supervisor will attempt to identify any problematic areas informally and as soon as possible, with additional suggestions for improvement during supervision. If a more serious problem arises, particularly those that include ethical concerns or that interferes with satisfactory accomplishment of goals laid out in the competency levels, the subsequent policies are to be followed.

1) The supervisor will bring the identified problems/problematic behavior to the attention of the Training Director whose primary goals will be to hear the supervisor's concerns, determine a clear identification of the problem through discussion, and determine consequential action including potential remediation if deemed necessary. The goal of remediation is to assist the Fellow to demonstrate improvement in the areas of concern within a reasonable period of time. The Training Director may also choose to involve the Director of The Counseling Center of Nashua.

2) If remediation is determined as the best course of action, the Fellow will be informed and a Performance Improvement Plan containing the input of both the Fellow and supervisor will be completed within two weeks. This plan will include a) a specific outline of the identifiable problem/problematic behavior, b) identified performance goals to rectify the said problem, c) detailed steps necessary to reach the goals, and d) a reasonable timeframe by which these goals are to be achieved. The Performance Improvement Plan will be discussed with the Fellow in person, in addition to a written format that will be kept on file with distributed copies to be provided to the Fellow, supervisor, and Training Director. The Fellow's performance will be monitored on an on-going basis by both the supervisor and Training Director up until the previously identified deadline. Once the goals are satisfactorily met, the Fellow's performance



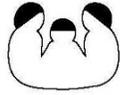
### **Post-doctoral Fellow Manual**

plan will be completed. All Performance Improvement Plans must be completed in order to be eligible for Certificate of Completion of the fellowship.

In those cases where the Performance Improvement Plan does not remedy the identified area of concern the Training Director and Director may decide that the individual be dismissed from the program, although best efforts following APA guidelines for feedback and corrective action of a psychologist will be followed as part of this process. Also, depending on the nature of the identified concern, if a Performance Improvement Plan is deemed as an inappropriate course of action, or in the judgment of the supervisor and/or Training Director such remedial steps will likely be insufficient to remedy the concern, dismissal may be chosen. This would be particularly so if the fellow engages in illegal or unethical behavior which may bring disrepute to the clinical practice, and to others practicing, in which case the Training Director and Director may decide that the individual would need to be dismissed from the program. In this circumstance the Fellow will be notified in person immediately with a written statement. While staff will attempt to identify problems/problematic behavior as soon as possible, we reserve the right to require remediation, or to take any other steps needed to assure the integrity of this program at any time during the training year.

At this time, the fellow has the right to appeal through the following steps:

- 1) Fellow may request a hearing in writing to the Training Director and/or The Director of The Counseling Center of Nashua within in 10 days of the immediate dismissal
- 2) The Training Director shall schedule a hearing to include the Training Director, The Director of The Counseling Center of Nashua, and at least one other member of the Training Committee. If a third chosen member has the potential to be impartial due to the nature of the charge, the Fellow may request a neutral third and potentially fourth member.
- 3) The committee will write the findings of the hearing in a report within 10 days of the hearing to determine whether or not there should be termination.
- 4) The Fellow will be notified by mail once the report is generated. All copies of written reports will be placed in the Fellow's file.



**The Counseling Center of Nashua**

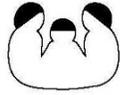
## **Post-doctoral Fellow Manual**

### **Training Staff:**

**Beth Connolly, Psy.D., Licensed Psychologist**

### **Supervisor**

Dr. Beth Connolly earned her Bachelor of Arts degree in Psychology, cum laude, from Saint Michael's College in Colchester, Vermont. Dr. Connolly subsequently earned her Master of



### **Post-doctoral Fellow Manual**

Science and Doctoral degree in Clinical Psychology from Antioch University New England. Dr. Connolly attended her accredited predoctoral internship at Park Center in Fort Wayne, Indiana. Dr. Connolly's internship training included a variety of training experiences, including multimodal outpatient therapy, psychological testing, and multidisciplinary work in childhood day treatment programs. Dr. Connolly's practicum training includes work within residential, school, outpatient, and inpatient settings. Dr. Connolly is a member of the American Psychological Association and the Association for Play Therapy. She will complete her post-doctoral training hours at The Counseling Center of Nashua preceding licensure in the state of New Hampshire.

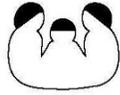
Dr. Connolly employs an integrative approach to treatment based on the needs and presentation of the individual with whom she is working. Dr. Connolly believes that psychotherapy necessitates flexibility of approach and intervention in order to appropriately serve clients. Dr. Connolly has a strong interest and background in working with children and families, and tends to utilize cognitive-behavioral interventions in combination with a strong emphasis on the relational aspects of the therapeutic alliance. Dr. Connolly's specific areas of interest include working with individuals dealing with the effects of trauma, childhood behavior disorders, severe mental illness, depression, and anxiety. Dr. Connolly's psychological testing background includes a variety of assessment experiences, such as evaluation of learning and memory problems, diagnostic clarification, parenting, and personality. Dr. Connolly places strong emphasis on the strengths of the client and family, and incorporates this into treatment in order to provide individualized and effective therapeutic interventions.

### **Heather Gallagher, Ph.D., Licensed Psychologist**

#### **Supervisor**

Dr. Gallagher received her Bachelor of Arts in Psychology from Smith College and her masters and doctoral degrees in clinical psychology from the University of Southern Mississippi. She completed an APA approved predoctoral internship at Children's National Medical Center in Washington, DC, followed by a postdoctoral fellowship in pediatric psychology at The Cleveland Clinic in Cleveland, OH. During the course of her training, Dr. Gallagher has worked with children and adolescents in both inpatient and outpatient clinical settings. She has also worked extensively in pediatric medical settings with children suffering from a broad range of medical conditions.

Dr. Gallagher joined the Counseling Center in 2001 and is licensed to practice in the state of New Hampshire. She specializes in therapy with children and their families. She currently works primarily with children under 12 years of age. Dr. Gallagher particularly enjoys working with



### **Post-doctoral Fellow Manual**

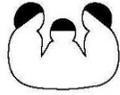
children suffering from anxiety, as well as those with ADHD and Autism Spectrum Disorders. She also enjoys working with children adjusting to acute and chronic medical conditions. Dr. Gallagher specializes in cognitive behavioral therapy, but takes the developmental level of the child into account in planning appropriate interventions. She frequently utilizes play with young children to help increase their comfort level. Dr. Gallagher most often works with both children and their parents, and strongly believes in coaching parents to utilize cognitive and behavioral techniques with their children outside of the therapy session. She routinely works with parents around managing childhood behavioral issues, and also consults regularly with teachers and guidance counselors to enhance a child's functioning in school.

### **Evan Greenwald, Ph.D., Licensed Psychologist**

#### **Director**

Dr. Greenwald received his Ph.D. in clinical psychology from the University of Vermont. He obtained clinical training at Vermont State Hospital, West Central Community Mental Health Services in Lebanon, New Hampshire, and completed a clinical fellowship in the Department of Psychiatry at Dartmouth Medical School. He is licensed to practice psychology in New Hampshire, and is a member of the New Hampshire Psychological Association. Dr. Greenwald has served on the faculty in the Department of Psychiatry at Harvard Medical School for research investigating Post-traumatic Stress Disorder among Vietnam veterans, as well as conducting his own research on the long term effects of childhood sexual abuse. He has been practicing in Nashua, NH since 1987, when he worked for Matthew Thornton Health Plan and Hitchcock Clinic. He founded the Counseling Center of Nashua in 1990, and has developed the practice to be the largest and most comprehensive private outpatient multi-disciplinary behavioral health practice in New Hampshire.

Dr. Greenwald provides psychological services to children, adolescents, and adults, including individual, marital, family, and group psychotherapy. He specializes in overcoming the effects of growing up in dysfunctional families, managing post-traumatic stress reactions, reducing anxiety/panic, and improving family/marital and other interpersonal relationships. With children and adolescents, he specializes in behavioral management training (i.e., parenting, discipline, and behavior modification in the classroom), Attention Deficit Hyperactivity Disorder, and family counseling for parent-teen conflict. He has a subspecialty in psychological testing for Learning Disabilities, ADHD, disruptive behavior disorders, and PTSD, as well as evaluating parent-child interaction difficulties. He consults to schools on topics of IEP programming, behavioral management, and educational placement. He also maintains an interest in consulting with patients, providers, employers, and attorneys regarding needed workplace accommodations under the American's with Disabilities Act (ADA) for individuals impacted by learning, psychological, and psychiatric disabilities, and has provided forensic expert evaluation and testimony in ADA cases. Dr. Greenwald has presented and published professional articles on post traumatic stress disorder, childhood sexual abuse, and the impact of sibling sexual experiences.



### **Post-doctoral Fellow Manual**

He is also the Director and CEO of The Counseling Center's offices, and provides consultation to other psychologists, psychiatrists, and medical operations managers around business and operations management of behavioral health practices.

#### **Alisa Hurwitz, Psy.D., Licensed Psychologist**

##### **Supervisor**

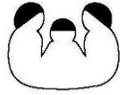
Dr. Alisa Hurwitz earned her Bachelor of Science degree in Psychology from Brandeis University, and her Master of Science and Doctor of Psychology degrees in Clinical Psychology from Long Island University. Dr. Hurwitz completed her APA accredited internship at Mercy First Home in New York, providing psychological assessments for male adolescents in residential treatment and individual and family therapy for court-referred female adolescents in a group home setting. In addition, Dr. Hurwitz's training has focused on cognitive behavioral and family therapy at Schneider Children's Hospital, as well as Trauma-Focused Cognitive Behavioral Therapy at North Shore Hospital. Dr. Hurwitz joined The Counseling Center of Nashua in the spring of 2010. She is a member of the American Psychological Association, the Division of Family Psychology, and the Asperger's Association of New England.

Dr. Hurwitz provides cognitive behavioral therapy for children, adolescents, and adults, as well as couples and family therapy. Her areas of interest include multicultural issues, adolescents with conduct or oppositional defiant behavior, depression, anxiety, family therapy, spirituality, and trauma. She has developed a specialty in providing individual cognitive behavioral therapy for children, adolescents, and young adults on the autism spectrum, including Asperger's Syndrome. Within the autism population, Dr. Hurwitz most often provides interventions for anxiety, depression, and transitional issues related to entering adulthood. For every client, Dr. Hurwitz employs aspects of positive psychology in order to utilize individual strengths in treatment.

#### **Jessica Leonard, Ph.D., Licensed Psychologist**

##### **Training Director**

Dr. Jessica Leonard earned her doctoral degree in Counseling Psychology from West Virginia University. She completed her APA accredited postdoctoral residency at VA Maine Healthcare System in Augusta Maine and her APA accredited pre-doctoral internship at VA Pittsburgh Healthcare System in Pittsburgh Pennsylvania. While at the VA, Dr. Leonard provided outpatient and inpatient individual and group therapy, psychological assessments, and diagnostic intake evaluations for adults with a wide range of symptoms and presentations. She earned her Masters of Science Degree from Ithaca College in New York with a concentration in Sport Psychology where she focused on assisting others (athletes, teams, exercisers) with performance enhancement. She earned her Bachelor of Arts Degree in Psychology with an emphasis in



### **Post-doctoral Fellow Manual**

Women's Studies from St. Mary's College of Maryland. She is a member of the American Psychological Association and Association for Contextual Behavior Sciences.

Dr. Leonard believes in the resilience of all humans and has a client-centered approach in assisting clients live a more purposeful and meaningful life and providing tools to manage life stressors. She is trained as a generalist psychologist and treats a wide range of diagnoses (including mood and anxiety disorders) while specializing in trauma, including childhood, sexual, combat, and complex trauma. She utilizes an integrative and collaborative approach, and depending on the client's needs and requests, and can provide therapies that focus on cognitions and behaviors and/or problem or solution focused therapy. Dr. Leonard is trained in Cognitive-Behavior Therapy (CBT), Cognitive Processing Therapy (CPT), Acceptance and Commitment Therapy (ACT), and Dialectical Behavior Therapy (DBT). She also specializes in group therapy intervention and believes that groups can provide a great source of social interaction, support, and hope while also providing a safe environment in which to learn.

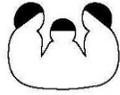
### **Sari Lessard, Ph.D. Licensed Psychologist**

#### **Supervisor**

Dr. Sari Lessard earned her Bachelor of Arts Degree in Psychology from the University of California, San Diego. She received her doctoral degree in Clinical Psychology from the Pacific Graduate School of Psychology in Palo Alto, California in 2004. As part of her training, Dr. Lessard completed her predoctoral internship and postdoctoral residency at Riverbend Community Mental Health, Inc. in Concord, New Hampshire where she provided outpatient psychological services to children, adolescents, and adults, including psychological testing and psychotherapy.

Dr. Lessard brings with her experience in treating individuals and families who struggle with issues of depression, anxiety, trauma and abuse (victims), parenting stressors, relationship problems, difficulty adjusting to life changes, grief and loss, child and adolescent behavioral problems, and self-injurious behavior. Dr. Lessard has also received specialized training in Dialectical Behavior Therapy (DBT), which helps individuals increase coping skills, emotion regulation skills, and interpersonal effectiveness skills, and in child sexual abuse treatment. In addition, she is a member of the American Psychological Association, and the New Hampshire Psychological Association.

Dr. Lessard utilizes a cognitive behavioral approach to treatment, which focuses on the relationship between thoughts, feelings, and behaviors, in conjunction with a psychodynamic and interpersonal approach to help clients eliminate or control troubling and painful symptoms so that they can more fully understand themselves and their environment, improve the quality of their interpersonal world, and return to previous levels of functioning. Dr. Lessard also values and respects the importance of genuineness, empathy and acceptance in the therapeutic



### **Post-doctoral Fellow Manual**

relationship. She believes that these factors are necessary components to foster an environment of healing, insight, and growth.

#### **Johanna Lewis, Ph.D., Licensed Psychologist**

##### **Supervisor**

Dr. Lewis is a licensed clinical psychologist with expertise in working with children, adolescents, adults, and their families. She received her Ph.D. in clinical psychology from the Department of Clinical and Health Psychology, Shands Teaching Hospital, at the University of Florida. Dr. Lewis's past positions include a clinical fellowship at the Department of Psychiatry, Children's Hospital/Harvard Medical School in Boston, Massachusetts, and a postdoctoral research fellowship at the Center for Alcohol and Addiction Studies, Brown University where she also received postdoctoral clinical training at Hasbro Children's Hospital in Providence, Rhode Island. Dr. Lewis is licensed to practice in New Hampshire, and is a member of the American Psychological Association, New Hampshire Psychological Association, Association for Behavioral and Cognitive Therapies, Tourette Syndrome Association, and the International Obsessive Compulsive Disorder Foundation.

Dr. Lewis uses a cognitive-behavioral approach, including exposure and response prevention, in her treatment of children, adolescents, and adults. Her specialty is in obsessive-compulsive behaviors and tic disorders; she received specialized training from the International Obsessive Compulsive Disorder Foundation, and in the Comprehensive Behavioral Intervention for Tics (CBIT) program by the Tourette Syndrome Association. She also works with patients exhibiting body focused repetitive behaviors including trichotillomania, skin picking and stereotypic behaviors, as well as patients with anxiety disorders, obesity and eating disorders, and depression. Dr. Lewis's experience in behavioral medicine and in hospital-based settings has allowed her to work with patients requiring assistance managing their chronic medical condition. Her work with children, adolescents and their families also incorporates treatment of childhood behavioral problems, and help with parenting challenges and family conflict.