

Alicia Smart, PsyD
Licensed Clinical Psychologist PSY24516

EDUCATIONAL BACKGROUND

California State Licensure: September 2011

Post- Doctoral Psychology Assistant
DBT Center of Marin

March 2009 – September 2011

Post-doctoral Fellowship in Clinical Psychology
Community Mental Health Services Marin

February 2009 – July 2010

Pre-doctoral Internship in Clinical Psychology
Community Mental Health Services Marin

September 2007 – August 2008

Graduate Studies
California Institute of Integral Studies (CIIS)
Doctorate in Clinical Psychology

September 2003 - February 2009

Undergraduate Studies
New York University (NYU) College of Arts and Sciences
B.A. Psychology with Chemistry minor

September 1998 - May 2002

Harborfields High School
Greenlawn, New York

September 1994 - June 1998

PROFESSIONAL AFFILIATIONS

- American Psychological Association Member (APA)
- Association for Behavior and Cognitive Therapies Member (ABCT)
- Marin Psychological Association Member (CPA)
- Dialectical Behavior Therapy National Certification and Accreditation Association (DBTNCAA) Member

WORK EXPERIENCE

Clinical Director and Owner
Guidepost DBT

February 2012 – Present
Corte Madera, CA

Founder and Director of a group practice of 12 therapists and 6 associates. Providing training to therapist, interns and clients as well as psychological services.

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Clinical Supervisor April 2013 – Present
Guidepost DBT Corte Madera, CA
Meet weekly with psych assistants under my supervision at the DBT Center. Review client session notes, offer consultation and teach DBT skills and principles in applying DBT treatment. Have supervised 9 psych assistants over the past 8 years.

Clinical Psychologist September 2011 – Present
Guidepost DBT Corte Madera, CA
Clinical Psychologist providing psychotherapy to adolescents, families, couples and individuals and providing psycho-education groups in DBT skills.

Clinical Psychologist November 2011 – October 2013
Mind Therapy Clinic Corte Madera, CA
Provided psychotherapy to adult individuals and led a psycho-education group in DBT skills.

Psychological Assistant March 2009 – September 2011
DBT Center of Marin San Anselmo, CA
Provided individual DBT therapy (which included chain analysis, exposure procedures, cognitive modification, contingency management, validation, dialectics and mindfulness.) Also co-lead DBT groups, did routine suicide risk assessments and intervention.

Post-Doctoral Intern February 2009 – July 2010
Community Mental Health Services Marin San Rafael, CA
Provided individual therapy, led psycho-educational groups, provided trainings to pre-doctoral interns, supported clinical director in management of program.

Pre-Doctoral Intern September 2007 – August 2008
Community Mental Health Services Marin San Rafael, CA

- *Adult Outpatient Services (AOS)* – Provided weekly psychotherapy serving adult multi cultural individuals and families with diagnoses in the psychotic, depressive, anxiety, and personality-disordered spectrum. Co-facilitated a 12-week anxiety management group. Completed comprehensive intakes, assessments, treatment plans, and weekly progress notes.
- *Psychiatric Emergency Services (PES)* – Conducted intakes and assessment for voluntary and involuntary patients in crisis and who are dangers to self, other or gravely disabled. Collaborated with a multidisciplinary team (Sheriff, Psychiatrist, NP, LCSW, Psy.Ds) when determining treatment plan, referrals, 5150 holds or inpatient hospitalization.
- *HOPE Program- Older adult services* – Conducted intakes, assessments and individual psychotherapy for older adults in their homes and in a clinic setting. Worked with the senior peer counselor program, attending weekly meetings and trainings. Provided supervision support.
- *Dialectical Behavioral Therapy (DBT)* – Provided weekly individual psychotherapy and co-facilitated and lead a 15-week skills group rotation for patients diagnosed with borderline personality disorder.

September 2006 – January 2007

South of Market Mental Health
San Francisco, CA
Conducted initial assessments with new patients referral suffering from disorders in the psychotic, depressive, and substance abusing spectrum. Provided back up support, problem solving and crisis intervention for the South of Market staff. Co-lead 12-week anger management group for self referred clients.

September 2005 – August 2006

Psychology Intern
South of Market Mental Health
San Francisco, CA

Provided weekly, psychotherapy and case management services to low income and homeless, dual and triple diagnosed, Axis I and Axis II patients of various ethnic backgrounds and sexual orientations. Completed assessments, treatment plans and weekly session notes. Provided individual and couples therapy. Case management for clients (included making bed committee referrals, talking to social workers, advocating for SSI when appropriate and coordinating treatment with medical professionals. Co-facilitated a weekly anger management group. Psychological assessment batteries for clients based on referrals.

September 2004 – August 2005

Psychology Intern
Institute on Aging (IOA)
San Francisco, CA

Provide counseling on the 24-hour Friendship Line for the elderly. This phone line offers outreach calls, provides grief support, and is a suicide prevention line. Provided weekly individual psychotherapy in client's homes and at the IOA center. Worked with clients with presenting problems of depression, anxiety, dementia, and victims of elderly abuse. Complete assessments, treatment plans and weekly progress/process notes.

September 2000 – December 2000

Dance Therapist Assistant
Bronx Psychiatric Center
Bronx, NY

Provided support and assistance in psychiatric inpatient unit to dance movement therapist Dr. Miriam Berger (NYU faculty).

TEACHING EXPERIENCE

- 2022 *DBT Skills for Clinical Practice with Children and Adolescents*. Child Training Institute. March 24th, 2022
- 2022 *Managing Suicide Risk and Safety Planning*. DBT Center of Marin. January 26th, 2022
- 2021 *DBT Case Formulation and Treatment Planning*. DBT Center of Marin. March 3rd, 2022
- 2019 *Radically Open Dialectical Behavioral Therapy (RO-DBT) For Disorders of Overcontrol* La Cheim Behavioral Health Services October 10th, 2019
- 2019 *Adapting DBT Therapies for Dysregulation and Over-Control*: Mind Therapy Clinic. Corte Madera, CA, May 22nd, 2019
- 2017 *Integrating DBT Skills into your practice*: MCAMFT (Marin California Association of Marriage and Family Therapist). Corte Madera, CA January, 13th, 2017

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- 2016 1-Day on site *Dialectical Behavioral Therapy Training*: Community Options for Family and Youth (COFY): Pleasant Hill, CA, November, 2, 2016
- 2016 Consultations Provided for Alta Mira Recovery Center: Sausalito, CA
- 2012 *Dialectical Behavioral Therapy for Substance Abuse; Skills for recovery and relapse prevention*: Bayside Marin Treatment Center, San Rafael, CA, November 3rd, 2012
- 2012 *Case Formulation and Treatment Planning in DBT*: Alliant International University: San Francisco, CA, December 2012
- 2012 *Working with Therapy Interfering Behaviors*: Apple Family Works, San Rafael, CA, March 2012
- 2011 *DBT Basics: An Introduction to DBT*: Apple Family Works, San Rafael, CA, September to October 2012
- 2010 *Dialectical Behavioral Therapy Chain Analysis*: Community Mental Health Services Marin: San Rafael, CA, October 2010
- 2009 *Introduction to Group Leadership Training*: Community Mental Health Services Marin: San Rafael, CA, October to November 2009
- 2009 *Basics of Dialectical Behavioral Therapy: Initial Training Review*: Community Mental Health Services Marin: San Rafael, CA, September 2009
- 2009 *Search for Meaning*: Senior Peer Counselor retreat, Dominican University, San Rafael, CA May 2009
- 2009 *Compassion Fatigue and Caregiver Burnout Trainings*: Marin Adult Day Health Center, Novato, CA, January 2009 to September 2009
- 2008 Trainings on depression, grief, loss and clinical skills to senior peer counselors: Community Mental Health Services Marin: San Rafael, CA, September to December 2008
- 2008 DBT Skills Training: South of Market Mental Health Services: San Francisco, CA, November 2008
- 2007 *Anger Management Skills Training*: South of Market Mental Health Services: San Francisco, CA, June 2007
- 2007 *Lifespan Developmental Psychology Class: Teaching assistant*. California Institute of Integral Studies, San Francisco, January to May 2007

Research Experience

Quantitative Dissertation **September 2006 – February 2009**
 California Institute of Integral Studies San Francisco, CA
 Student dissertation as part of graduate requirement with Dr. Katharine McGovern, Ph.D. as chairperson and Susan Hillier, Ph.D. as committee member. *A Program Evaluation on Anger Management Treatment Groups in a Community Mental Health Setting.*

Research Assistant **September 2002 – May 2003**
 Queens Long Island Medical Group North Babylon, NY
 Collected, entered and analyzed data, maintained databases, and researched literature. Co-author two published medical articles, listed in publications.

Senior Thesis **September 2001 - May 2002**

My senior thesis included a research project looking at the effects that having a declared major had on academic performance. The hypothesis was that declared students would have higher academic achievement, mediated by the mindset of students who have made a decision about what they want to focus on academically. Prior studies had shown a relationship between major declaration and academic achievement. I hoped to show this correlation was due to the mindset caused by the pre- and post-major declaration phase. The hypothesis that higher academic achievement (measured by GPA) would be seen in students with declared majors vs. undeclared was not supported by the result of this study. There was, however, strong support for the relationship between mindset and academic achievement (measured by GPA and study motivation). In essence, my research showed that implemental mindset is predictive of academic achievement, a finding that been supported by numerous other studies.

PUBLICATIONS

- Lawson, A. *A Program Evaluation on Anger Management Treatment Groups in a Community Mental Health Setting*. 2009
- Lawson, A.; Hills, D. *Rapid Screening for Carotid Disease*. *Ultrasound in Medicine and Biology*. Volume 29, 5S, May 2003.
- Lawson, A.; Hills, D. *When the Mammogram is Negative: The Role of Ultrasound in Breast Cancer Diagnosis*. *Ultrasound in Medicine and Biology*. Volume 29, 5S, May 2003

PROFESSIONAL TRAININGS

- 2023 *DBT with Autistic Adults*. Portland DBT institute. Instructor: Lorie Ristchel, Ph.D. May 10th, 2023
- 2023 *DBT for Children Intensive Training* with Francheska Perplechikova, PhD. Virtual. Part 1: March 12th - 27th, Part 2: October 15th - 30th.
- 2023 *Assessment and Treatment of ADHD in adults and adolescents*. Instructor: Keith Sutton, PsyD. Institute for the advance of psychotherapy. March 10th, 2023
- 2022 *Enhancing Neuroplasticity: Strategies for Rewarding the Brain*. Instructor: Linda Graham, MFT. Online course November 2022
- 2022 *Building the Ability to Experience Emotions without Avoiding: Using Informal Exposure in Stage 1 DBT*. Instructors: Melanie Harned, PhD, ABPP October 17, 2022
- 2021 *Intensive Training in the Dialectical Behavior Therapy Prolonged Exposure Protocol for PTSD*. Instructors: Melanie Harned, PhD, ABPP & Annie McCall, LMHC May 17th-20th , 2021
- 2020 *Suicide: Effective Risk Assessment and Intervention*. CPA online course December 24th, 2020.
- 2020 *Family Systems Training*. Instructor: Kenneth Perlmutter, PhD October, 28th, 2020
- 2020 *Supervision in Mental Health Care*. Instructor: Benjamin E. Caldwell, PSYD, LMFT April 19, 2020
- 2019 *Radically Open Dialectical Behavior Therapy Intensive Training* with Tomas R. Lynch,

- PhD and Nicole Little, Ph.D. San Mateo, CA Part 1: January 28th – February 1st, 2019
 Part 2: September 23rd -27th, 2019
- 2018 *Creating Flexible Exposures in Treating OCD and Related Anxiety Disorders*
 Patricia Zurita Ona, Psy.D. October 31, 2018
- 2018 *Angst: The tsunami of anxiety in children and young adults: treatment considerations*
 September 26, 2018
- 2018 *Best Practices for an Online World*. APA Online course. September, 9th, 2018
- 2018 126th American Psychological Association Annual Convention August 9th –12th, 2018
- *Deliberate Practice and the Expertise-Development model of Supervision and Consultation*
 - *Treatment of Difficult PTSD Cases with Cognitive Processing Therapy and Prolonged Exposure Therapy*
 - *Cannabis, Psilocybin, LSD and Ketamine – Reclamation as Therapy?*
- 2017 *The Body Keeps the Score: Trauma and Healing with Bessel van der Kolk, M.D.*
 Online training course – October 2017
- 2017 *The Top 5 Shame Research Findings that Should Influence Your Practice* with Jason Luoma, Ph.D. September 28, 2017
- 2017 *End the Insomnia Struggle* with Colleen Ehrnstrom, PhD, ABPP, and Alisha Brosse, PhD May 4th, 2017
- 2016 *Certified Clinical Trauma Professional (CCTP)* with Eric Gentry, Ph.D., LMHC. 12 week online training course May – July 2016
- 2015 *Supervision: Advanced Topics, Ethics and Law*. Zur Institute, LLC:
 Distance Learning Course - Online Course, November 1,2015
- 2015 *DBT Track Practice Session*. Evidence-Based Practice Institute, LLC Kelly Koerner, PhD September 2014 to May 2015
- 2015 38th Annual Psychotherapy Networker Symposium "The Colors of Tomorrow" March 26th –Sunday, March 29th, 2015
- Post Traumatic Growth with Lisa Ferentz, LCSWC,
 - Let the Beauty We Love Be What We Do with Jon KabatZinn, PhD
 - The Power of Mindfulness as Practice with Jon KabatZinn, PhD
 - Cyber Intimacy and Cyber Solitude with Sherry Turkle, PhD
 - Squeeze Box: A One Woman Show with Ann Randolph, MA
 - What Really Works in Therapy: Myths and Realities John Gottman, PhD + Julie Schwartz Gottman, PhD
 - The 10 Principles of Effective Couples Therapy with John Gottman, PhD + Julie Schwartz Gottman, PhD
 - The New Rules of Love and Commitment with Esther Perel, LMFT
 - The 10 Principles of Effective Couples Therapy with John Gottman, PhD + Julie Schwartz Gottman, PhD
 - Seeing Ourselves on the Screen: Therapists in the Movies with Ofer Zur, PhD
 - Flash Forum: The Psychotherapy of Tomorrow with B.van der Kolk, MD + J.Gottman, PhD + D.Siegel, MD + D.Ackerman, PhD
- 2015 *Behavioral Principles Training for Clinicians - Becoming flexible and confident with your most challenging clients* with Joanne Steinwachs, LCSW, Gareth Holman, Ph.D., & Michael Vurek, LCSW March 7-8, 2015
- 2014 *Implementing the Collaborative Assessment and Management of Suicidality: from first contact to ongoing treatment*. November to December 2014

Evidence-Based Practice Institute, LLC *Stephen O'Connor, PhD and Kate Comtois, PhD, MPH*

- 2014 American Psychological Association 122nd Annual Convention
August 7th -10th 2014
- Skill-Building Session: Prevention Groups for At-Risk Students How and Why Groups Work
 - Symposium: The Affordable Care Act Implications for People With Serious Mental Illnesses
 - Symposium: APA Guidelines for the Practice of Telepsychology and Future Regulatory Developments
 - Symposium: Climate Change Impacts, American Psychological Responses, and Practical Opportunities for Engagement
 - Symposium: Worth Waiting For The Evolutionary and Developmental Foundations of Self-Control
 - Symposium: Ethical and Legal Issues in Teleconsulting and International Consultation
 - Discussion: Plenary Two of a Kind? Understanding Research Domain Criteria and DSM-5
 - The Science of Happily Ever After. Plenary Ty Tashiro, PhD
 - Skill-Building Session: Obsessive Thinking It's Not Just for OCD Anymore
 - Skill-Building Session: Working With Suicidal Patients---Practical, Legal, and Ethical Considerations
 - Mindfulness Based Interventions with Adolescents with Sam Himelstien, Ph.D
- 2014 Collaborative Change Track Practice Session. Evidence-Based Practice Institute, LLC
Kelly Koerner, PhD June to July 2014
- 2013 Applied Brain-Based Therapy 2, John Arden, PhD. San Rafael, CA, March 16th, 2013
- 2013 DBT in Action, Berkeley, CA, Rebecca Walters, June 14th, 2013
- 2013 Skills, Chain and Validation. Behavioral Tech. 12 months Online Learning Course with
Marsha Linehan, Ph.D. ABPP
- 2012 Telehealth and Psychology of the Web: Conducting Psychotherapy in Cyberspace.
November 18, 2012
- 2012 Mental Health Apps: A Therapist in Your Pocket November 19, 2012
- 2012 Telehealth: The New Standard - Ethical, Legal, Clinical, Technological, and Practice
Considerations November 25, 2012
- 2012 Transforming Difficult Moments in Therapy. Behavioral Tech. 12 months Online
Learning Course with Marsha Linehan, Ph.D. ABPP
- 2011 Treating Anxiety Disorders in Multi-Problem Clients with BPD: How, when and why to
use Exposure Procedures in DBT. March 21st-22nd, 2011
- 2011 Troubled Teens, Troubled Brains and Troubled Families. Mark Schiller, MD and Kenneth
Pulmutter, Ph.D. November 4th, 2011
- 2011 Atypical use of anti-psychotic medications, Cotati, CA September 23th, 2011
- 2009 Five-Day Foundational DBT Training Course Denver, CO. October 26th - 30th,
- 2009 The Labyrinth of Caregiving, Current and Future Issues and Options
February 11th, 2009
- 2008 Telling Our Stories: 17th Annual Conference American Association of Senior Peer
Counselors May 28th-30th, 2008
- 2007 Mood Management Strategies for Clients With Bipolar Disorder & Their Families
September 20th, 2007
- 2006 Motivational Interviewing. April 26th, 2006

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- 2006 Treating Trauma in the Real World: Trauma Informed for Complex PTSD. January 27th, 2006
- 2005 How to Survive & Thrive During Integration Implementation. October 27th, 2005