

*CURRICULUM VITAE*

**STEPHANIE A. SACKS, Ph.D.**

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Cognitive Behavioral Therapy Center of the Palm Beaches  
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**EDUCATION**

- 2013**                    **Postdoctoral Fellowship in Trauma**  
Washington DC Veterans Affairs Medical Center (APA Accredited)
- 2012**                    **Ph.D., Clinical Psychology**  
University of Miami (APA Accredited)
- 2012**                    **Psychology Internship**  
Washington DC Veterans Affairs Medical Center (APA Accredited)
- 2009**                    **M.S., Clinical Psychology**  
University of Miami (APA Accredited)
- 2005**                    **Bachelor of Arts, Psychology, Cum Laude**  
University of North Carolina- Chapel Hill

**STATE PSYCHOLOGY LICENSURE**

Florida License #PY10014 Department of Health Board of Psychology	Washington DC License #PSY1001172 Department of Health Board of Psychology
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**CLINICAL EXPERIENCE**

- 2018- Present            **Private Practice Psychologist**  
**Cognitive Behavioral Therapy Center of the Palm Beaches**  
*Boca Raton, FL*
- 2020- Present            **Psychologist**  
**Therapy Aid Coalition, Pro Bono Teletherapy for COVID-19 Frontliners & FEMA Workers**  
*Washington, DC & Florida*
- 2021- Present            **Psychologist**  
**Journalist Trauma Support Network (JTSN)**  
Dart Center for Journalism and Trauma, Columbia University  
*New York City, NY*

2016- 2018            **Staff Psychologist**  
**Capital Institute for Cognitive Therapy**  
*Washington, DC*

2013- 2016            **Staff Psychologist**  
**Washington DC Veterans Affairs Medical Center**  
**Prince Georges VA Community Based Outpatient Clinic**  
*Trauma Services Program*  
*Washington, DC*

2010- 2011            **Therapist**  
**Miami Veterans Affairs Medical Center**  
*Acute Inpatient Psychiatric Unit*  
*Miami, FL*

2009- 2011            **Therapist**  
**Trauma Treatment Program**  
*Psychological Services Center, University of Miami*  
*Coral Gables, FL*

2007- 2011            **Therapist and Evaluator**  
**Schizophrenia Family Study**  
*University of Miami, Department of Psychology*  
*Coral Gables, FL*

2009- 2010            **Therapist**  
**GeoCare, Inc./South Florida State Psychiatric Hospital**  
*Pembroke Pines, FL*

2008- 2009            **Therapist and Evaluator**  
**Psychological Services Center**  
*University of Miami*  
*Coral Gables, FL*

**ACADEMIC AND SUPERVISORY EXPERIENCE**

2019- Present            **Adjunct Professor**  
**Nova Southeastern University**  
*Fort Lauderdale, Fl*

2016- 2019            **Clinical Supervisor**  
**Capital Institute for Cognitive Therapy**  
*Washington, DC*

2012- 2016            **Clinical Supervisor**  
**Washington DC Veterans Affairs Medical Center**  
*Washington, DC*

- 2013- 2016      **Research Supervisor, Postdoctoral Fellowship Program**  
**Washington DC Veterans Affairs Medical Center**  
*Washington, DC*
- 2010- 2011      **Undergraduate Research Supervisor**  
**University of Miami**  
*Coral Gables, FL*
- 2009- 2011      **Teaching Fellow**  
**University of Miami**  
*Coral Gables, FL*
- 2009- 2011      **Teaching Assistant**  
**University of Miami**  
*Coral Gables, FL*

**CONSULTATION EXPERIENCE**

- 2016- Present      **National Trainer and Consultant, Cognitive Processing**  
**Therapy for Posttraumatic Stress Disorder**  
Cognitive Processing Therapy for PTSD Training Program
- 2018- 2021      **PTSD Consultant**  
Gavin Farrell Foundation
- 2013- 2016      **National Trainer and Consultant, Cognitive Processing**  
**Therapy for Posttraumatic Stress Disorder**  
Department of Veterans Affairs, Office of Mental Health Services  
and The National Center for PTSD (NCPTSD), Women’s Health  
Science Division, VA Boston Healthcare System
- 2017- 2020      **Cognitive Processing Therapy for Posttraumatic Stress**  
**Disorder Consultant**  
Cohen Veterans Network
- 2016- 2020      **Clinical Consultant**  
Capital Institute for Cognitive Therapy
- 2012- 2015      **Clinical Consultant**  
Washington DC Metropolitan Area Vet Centers

**SPECIALIZED CERTIFICATIONS**

- 2021      **Journalist Trauma Support Network (JTSN) Member**  
Dart Center for Journalism and Trauma,  
Columbia Journalism School
- 2019      **Certified Provider of Exposure and Response Prevention for**  
**Obsessive Compulsive and Related Disorders**  
International Obsessive Compulsive Disorder Foundation,  
Behavior Therapy Training Institute

- 2015                    **VA Certified National Prolonged Exposure Therapy Provider**
- 2012                    **VA Certified National Cognitive Processing Therapy Provider**

## **PUBLICATIONS**

- Aakre, J., **Sacks, S.A.**, Howell, M.K., Chard, K.M & Goldberg, R. (*Under Review*). Current Practices in the Provision of Evidence-Based Treatments for Posttraumatic Stress Disorder in Veterans with PTSD and Co-Occurring Serious Mental Illness: A Survey Study. *Military Medicine*.
- Reich, C., Casanova, E., **Sacks, S.A.**, Farahid, N., Mulzon, T., Pegel, G., & Jamieson, J. (*In Press*). Examining associations between moral binding values and interpersonal trauma survivors' blame attributions. *Journal of Interpersonal Violence*.
- Reich, C. M., McKnight, K., **Sacks, S. A.**, Farahid, N., Mulzon, T., Pegel, G., & Jamieson, J. (2021). Types of trauma-related blame following interpersonal trauma. *Psychological Trauma: Theory, Research, Practice, and Policy*. Advance online publication. <https://doi.org/10.1037/tra0001139>
- Sacks, S.A.**, Schwartz, B., Mueser, K.T. (2016). A pilot study of the Trauma Recovery Group for Veterans with posttraumatic stress disorder and co-occurring serious mental illness. *Journal of Mental Health*.  
Doi: 10.1080/09638237.2016.1222057.
- Sacks, S.A.**, Fisher, M., Garrett, C., Alexander, P., Holland, C., Rose, D., Hooker, C., & Vinogradov, S.V. (2013) Combining computerized social cognitive training with neuroplasticity-based auditory training in schizophrenia. *Clinical Schizophrenia and Related Psychoses*, 7(2), 78-86A. Doi: 10.3371/CSRP.SAFI.012513.
- Sacks, S.A.**, Weisman de Mamani, A.G., & Garcia, C.P. (2012). Associations between cognitive biases and domains of schizotypy in a non-clinical sample. *Psychiatry Research*, 196(1), 115-122. Doi: 0.1016/j.psychres.2011.09.019.
- Garcia, C.P., **Sacks, S.A.**, & Weisman de Mamani, A.G. (2012). Neurocognition and cognitive biases in schizophrenia. *Journal of Nervous and Mental Disease*, 200(8), 722-727. Doi: 10.1097/NMD.0b013e3182614264.
- Dale, C.L., Findlay, A.F., Adcock, R.A., Vertinsky, M., Fisher, M., Genevsky, A., **Aldebot, S.**, Subramaniam, K., Luks, T.L., Simpson, G.V., Nagarajan, S.S., & Vinogradov, S. (2010). Timing is everything: Neural response dynamics during syllable processing and its relation to higher-order cognition in schizophrenia and healthy comparison subjects. *International Journal of Psychophysiology*, 75(2), 183-193. Doi: 10.1016/j.ijpsycho.2009.10.009.
- Aldebot, S.**, & Weisman de Mamani, A.G. (2009). Denial and acceptance coping styles and medication adherence in schizophrenia. *Journal of Nervous and Mental Disease*, 197(8), 1-5. Doi: 10.1097/NMD.0b013e3181b05f8e.

Adcock, R.A., Dale, C., Fisher, M., **Aldebot, S.**, Genevsky, A., Simpson, G.V., Nagarajan, S., & Vinogradov, S. (2009). When top down meets bottom-up: Auditory training enhances verbal memory in schizophrenia. *Schizophrenia Bulletin*, 53(6), 1132-1141. Doi: 10.1093/schbul/sbp068.

Weisman de Mamani, A.G., Dunham, R.G., **Aldebot, S.**, Tuchman, N., & Wasserman, S.M. (2009). Family-focused psychoeducational programs for minorities with serious mental illness. Invited chapter in *Determinants of Minority Mental Health and Wellness*. Eds. S. Lowe and M. Sajatovi. Springer Press: New York, NY.

### **SELECTED WORKSHOPS, SYMPOSIA & TRAININGS**

Bassett, G., **Sacks, S.A.** (2022, November). *Strengthening the working alliance in Cognitive Processing Therapy for PTSD: How to improve relational responsiveness to reduce drop out and increase client outcomes*. Pre-Meeting Institute Workshop. 38th Annual Conference for the International Society for Traumatic Stress Studies. Atlanta, Ga.

**Sacks, S.A.** (2022, October). *Evidence-based Assessment and Treatment of Co-Occurring OCD and PTSD*. OCD Awareness Week. International OCD Foundation Palm Beach Chapter. Boca Raton, Fl.

**Sacks, S.A.** (2022, April). *PTSD and Law Enforcement*. Invited lecture for the North Miami Police Department Crisis Intervention Training Program. North Miami, Fl.

**Sacks, S.A.** (2022, January). *Trauma and Resiliency*. Invited seminar for writers and historical researchers working on a project about the Holocaust and the Frankfurt Trials. Virtual due to COVID-19.

**Sacks, S.A.** (2021, December). *Posttraumatic Stress Disorder and Obsessive Compulsive Disorder*. Invited webcourse for the National Center for PTSD, Consultation Program Webinar Series. Boston, MA.

**Sacks, S.A.** (2021, November). *Advanced Posttraumatic Stress Disorder Case Conceptualization*. Simple Practice Learning. Continuing Education Course.

**Sacks, S.A.** (2021, September). *Differential Diagnosis for Trauma Exposure*. Simple Practice Learning. Continuing Education Course.

**Sacks, S.A.** (2021, August). *Using Socratic Dialogue to Improve Therapy Outcomes*. Simple Practice Learning. Continuing Education Course.

**Sacks, S.A.** (2021, August). *Assessing Client Readiness for Trauma Treatment*. Simple Practice Learning. Continuing Education Course.

**Sacks, S.A.**, & Johnson, R. (2021, June). *Grief, Trauma and OCD*. International OCD Foundation Southeast Regional OCD Conference. Virtual due to COVID-19.

- Sacks, S.A., & Basset, G.** (2020, November). *Enhancing Competence in Cognitive Processing Therapy for PTSD: Improving Skills for Detecting Assimilation and Harnessing the Power of Socratic Dialogue*. Pre-Meeting Institute Workshop. 36th Annual Conference for the International Society for Traumatic Stress Studies. Virtual due to COVID-19.
- Sacks, S.A. (2019, December).** *Assessment of PTSD in Individuals with Schizophrenia-Spectrum Disorders*. Workshop presented at the Annual Prevention and Recovery Conference sponsored by the Oklahoma Department of Mental Health and Substance Abuse Services. Norman, OK.
- Sacks, S.A. (2019, December).** *Treatment of PTSD in Individuals with Schizophrenia-Spectrum Disorders*. Workshop presented at the Annual Prevention and Recovery Conference sponsored by the Oklahoma Department of Mental Health and Substance Abuse Services. Norman, OK.
- Sacks, S.A.** (2019, October). *Bolstering Mental Health and Wellness in the Face of Adversity*. Workshop presented to parents, teachers and community members affected by Margery Stoneman Douglas School shooting. Eagles' Haven Community Center. Parkland, Fl.
- Jacob, M.L., **Sacks, S.A.** (2019, September). *OCD, Anxiety and Obsessive-Compulsive Disorders in Healthcare*. Workshop sponsored by the International OCD Foundation Central and South Florida Affiliate. Boca Raton, Fl.
- Sacks, S.A.** (2019, June). *Hope and Healing after Trauma*. Workshop presented to parents, teachers and community members affected by Margery Stoneman Douglas school shooting. Eagles' Haven Community Center. Parkland, Fl.
- Carlin, E.M., **Sacks, S.A.**, Mattice, L.D., & Miller, M. (2018, November). *How to Practice Best when Best Practices Don't Fit: Addressing the Needs of Individuals With PTSD Who Do Not Benefit from or Engage in an Evidence-Based Intervention*. Panel at the 34<sup>th</sup> Annual Conference for the International Society for Traumatic Stress Studies. Washington, DC.
- Sacks, S.A.**, Healy, E.T., & Chard, K.M. (2018, November). *Cognitive Processing Therapy (CPT) for Veterans with Posttraumatic Stress Disorder and Co-Occurring Schizophrenia-Spectrum Disorders: Data from the Veterans Affairs CPT Training Program*. Interactive Enhanced Poster Presentation at the 34<sup>th</sup> Annual Conference for the International Society for Traumatic Stress Studies. Washington, DC.
- Sacks, S.A.** (2018, September). *Common Pitfalls for Novice Cognitive Processing Therapy Therapists*. Webinar provided as part of the Cognitive Processing Therapy Enrichment Training Program. Washington DC Veterans Affairs Medical Center. Washington, DC.

- Sacks, S.A.** (2018, April). *Cognitive Processing Therapy for Posttraumatic Stress Disorder: Introduction and Empirical Support*. Workshop provided as part of the Florida Psychological Association Continuing Education Training Series. Faulk Center for Counseling. Boca Raton, FL.
- Kanathy, H., **Sacks, S.A.**, Meade, T. (2018, April). *Bridging the Gap between #MeToo vs. #WeToo: Creating Safe Spaces and Communities for Survivors and Allies*. Panel provided as part of Teal Talks: A Conversation Series in honor of Sexual Assault Awareness Month. Lantana, FL.
- Sacks, S.A.**, (2017, July). *Assessment and Treatment of PTSD in Individuals with Schizophrenia-Spectrum Disorders: Clinical Tips and Guidelines*. Invited webinar for the National Center for PTSD, Consultation Program Webinar Series. Boston, MA.
- Sacks, S.A.**, (2017, April). *Recovery from Trauma: Assessment and Treatment of Posttraumatic Stress Disorder*. Invited workshop provided to Southern Methodist University psychology staff and doctoral students. Southern Methodist University; Dallas, TX.
- Sacks, S.A.**, (2016, September). *Cognitive Behavioral Therapy for PTSD in Individuals with Serious Mental Illness*. Invited workshop provided to UCLA clinical staff in Intensive Outpatient Program for adults with chronic and persistent mental illnesses. University of California- Los Angeles.
- Sacks, S.A.**, (2016, June). *Trauma and Serious Mental Illness: Best Practices for Assessment and Intervention*. Invited workshop provided for Assertive Community Treatment Yearly Conference. Minnesota Department of Human Services.
- Sacks, S.A.**, Cho, J., Jones, R., Carlin, E. (May, 2016). *Clinical Panel Discussion: VA Clinician Experiences Working with Veterans with PTSD and Serious Mental Illness*. Panel provided as part of the VISN 5 Mental Illness Research, Education and Clinical Center-sponsored Conference entitled "Implementing Trauma Informed Care for Veterans with Serious Mental Illness." Baltimore, MD.
- Sacks, S.A.**, (2016, January). *Assessment and Treatment of Trauma Related Disorders in Veterans in Recovery from Serious Mental Illness*. Webinar provided to VA Psychosocial Rehabilitation Fellowship Program. VISN 5 Mental Illness Research Education and Clinical Center (MIRECC). Baltimore, MD.
- Resick, P., Mueser, K.T., **Sacks, S.A.**, Gottlieb, J., Van der Gaag, M., van den Berg, D., Steel, C. (2014, November). *Treatment of PTSD in Persons with Serious Mental Illness: Research on Cognitive Restructuring, Prolonged Exposure, and Eye Movement*. Symposium at the 48<sup>th</sup> Annual Conference for the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.

**Sacks, S.A.** (2014, December). *Implementing Cognitive Processing Therapy with Patients with Co-Occurring Psychosis: Considerations and Practical Guidelines*. Invited webinar provided to Veterans Affairs Medical Center Cognitive Processing Therapy Providers. Cognitive Processing Therapy Implementation Program. Boston, MA.

**FUNDED RESEARCH**

2013-2016                      PI: Stephanie Sacks  
 Trauma Recovery Group for Veterans with PTSD and Co-occurring Serious Mental Illness: A Pilot Trial  
 Washington DC Veterans Affairs Medical Center Institute for Clinical Grant (ICR)  
 Total Direct Costs: \$3,500

**DEPARTMENTAL AND INSTITUTIONAL SERVICE**

Institutional

2015- 2019	<b>Clinical Core Committee</b> , VISN 5 Mental Illness Research Education and Clinical Center (MIRECC)
2016- 2018	<b>Postdoctoral Fellowship Training Committee</b> , Capital Institute for Cognitive Therapy
2016- 2018	<b>Psychology Externship Training Committee</b> , Capital Institute for Cognitive Therapy
2013- 2016	<b>Didactics Coordinator</b> , Psychology Postdoctoral Fellowship and Psychology Internship Program, Washington DC VA Medical Center
2012- 2016	<b>Postdoctoral Fellowship Training Committee</b> , Washington DC VA Medical Center
2011- 2016	<b>Psychology Internship Training Committee</b> , Washington DC VA Medical Center
2014	<b>Scientific Review Panel</b> , Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury

Department of Psychology

2009- 2011	<b>Awards Committee</b> , Student Member, University of Miami
2009	<b>Adult Track Representative</b> , American Psychological Association of Graduate Students, University of Miami

**HONORS AND AWARDS**

2019	<b>Behavioral Therapy Training Institute Scholarship</b> , International Obsessive Compulsive Disorder Foundation
2012	<b>Credentialing Scholarship</b> , National Register of Health Service Psychologists
2007- 2012	<b>Predocctoral Fellowship</b> , Florida Education Fund, <i>McKnight Program</i>
2007- 2012	<b>University Fellowship</b> , tuition and stipend support, <i>University of Miami</i>
2008- 2011	<b>Letters of Commendation</b> , <i>University of Miami</i>



- 2010            **Rod Gillis Award for Excellence in Undergraduate Teaching,**  
*University of Miami*
- 2009            **Poster Award,** Spirituality Special Interest Group, *Association for Behavioral and Cognitive Therapies Convention*
- 2009            **Student Poster Award,** Society for a Science of Clinical Psychology,  
*Association for Psychological Science*

**EDITORIAL ACTIVITIES**

- 2012- Present            Psychiatry Research  
2012- Present            Schizophrenia Research  
2011- Present            Clinical Schizophrenia and Related Psychoses

**PROFESSIONAL AFFILIATIONS & POSITIONS HELD**

- 2018- Present            International Obsessive Compulsive Disorder Foundation  
2018- Present            Florida Psychological Association  
2014- Present            International Society for Traumatic Stress Studies  
2009- Present            Association for Behavioral and Cognitive Therapies  
2009- 2012            Association for Psychological Science  
2008- 2012            Cognitive Neuroscience Society  
2008- 2009            Society for Research in Psychopathology