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OFFICE

Behavior Therapy Associates, LLC
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EDUCATION

- 2014 Postdoctoral Fellowship in Interprofessional Care
Department of Psychiatry and Human Behavior/Alpert Medical School of Brown University,
Providence, RI
- 2013 Clinical Psychology Predoctoral Internship
Charles George VA Medical Center, Asheville, NC
- 2013 Doctor of Philosophy in Clinical Psychology
Ohio University, Athens, OH
Dissertation: A Brief Mindfulness Intervention to Increase Awareness and Decrease Problematic Alcohol Use among College Students
- 2011 Master of Science in Clinical Psychology
Ohio University, Athens, OH
Thesis: The Relationship between Family Functioning and Substance Use Severity among Adolescents in Residential Treatment for Substance Use Disorders
- 2005 Bachelors of Arts
Georgetown University, Washington, D.C.

PROFESSIONAL EXPERIENCE

- 2015 - Current **Behavior Therapy Associates, LLP, Albuquerque, NM**
Clinical Psychologist: Provide psychodiagnostic assessment and evidence based psychotherapy to adolescents, adults, families and couples. Treatment is based in cognitive-behavioral and mindfulness-based approach. Typical presentations treated include anxiety and mood disorders such as obsessive-compulsive disorder, PTSD, generalized anxiety, panic disorder and depression, relationship stressors, adjustment issues, behavior change (e.g., weight loss, substance use) academic, conduct and family problems and marital distress.
- 2013 – 2014 **Department of Psychiatry and Human Behavior/Alpert Medical School of Brown University, Providence, RI**
Postdoctoral Fellow: Assessment and cognitive behavioral treatment of veterans returning from deployment to Iraq and Afghanistan. Developed chronic pain management clinic for chronic opioid users and walk-in behavioral health sleep-management clinic. Functioned as a member of an interdisciplinary team conducting second level polytrauma/traumatic brain injury evaluations

and facilitated cognitive skills group for veterans with history of traumatic brain injury. Collection and analysis of data for nationally funded randomized control trial assessing efficacy of treatment of co-occurring PTSD and substance use disorder.

- 2012 – 2013 **Charles George VA Medical Center, Asheville, NC**
Predoctoral Intern: Completed rotations in outpatient PTSD treatment, primary care/mental health integration and inpatient psychiatry. Conducted cognitive and personality assessments including projective testing using Exner's comprehensive system for interpretation of Rorschach. Trained in delivery of evidence based treatments including prolonged exposure, cognitive-behavioral therapy, motivational interviewing and acceptance and commitment therapy. Facilitated V-tel (video-telehealth) psychoeducation courses on depression and stress management. Provided same day mental health consults, brief therapy for targeted mental health concerns and triaged patients in ER setting. Delivered behavioral medicine interventions including cognitive-behavioral therapy for chronic pain, weight management treatment, health coaching and assessments for organ transplant candidates.
- 2011 – 2012 **Appalachian Behavioral Healthcare, State Psychiatric Facility, Athens, OH**
Psychology Extern: Provided individual and group psychotherapy for acute inpatient and forensic patients at a State Psychiatric Hospital. Participated in daily treatment rounds.
- 2009 – 2012 **Woodlands Centers Outpatient Clinic and Crisis Stabilization Unit, Gallia, OH**
Psychology Extern/Part-time masters level clinician: Provided individual and group psychotherapy on residential crisis stabilization unit. Conducted diagnostic intake evaluations, developed treatment plans and coordinated care with local services. Provided psychological assessment and treatment for children, families and adults in an outpatient community clinic.
- 2010 – 2011 **VA Community Based Outpatient Clinic, Athens, OH**
Psychology Extern: Provided cognitive-behavioral treatment to veterans referred for military sexual trauma and combat related PTSD, depression and substance use disorders.
- 2008 – 2012 **Center for Addiction Studies in Appalachian Ohio/Health Recovery Services, Athens, OH**
Research Assistant: Participated in longitudinal study of psychosocial correlates of treatment outcome among adolescents receiving residential treatment for substance use disorders. Involved in collection, management and analysis of data, and dissemination of results.
- 2008 – 2011 **Ohio University Psychology and Social Work Clinic, Athens, OH**
Practicum Student: Provided individual and group psychotherapy and psychological testing in an outpatient clinic for children, adolescents, adults and families. Provided interventions from interpersonal, psychodynamic, cognitive-behavioral and acceptance-based approaches.
- 2007 – 2012 **Health Disparities Research and Intervention Lab, Ohio University, Athens, OH**
Research Assistant: Involved in collection and analysis of data for studies developing culturally tailored treatments examining factors related to treatment utilization and treatment outcome among under-represented populations such as HIV positive, rural adults, Latino immigrants with chronic pain and Appalachian community members with Type II diabetes. Duties included serving as a project therapist, project design and data management, coordination with providers at treatment facilities and data analysis and dissemination.

ADDITIONAL SPECIALIZED TRAINING

Mindfulness Based Cognitive Therapy. 5-day intensive training, Rhinebeck, NY. August, 2014.

Cognitive Behavioral Therapy for Chronic Pain. 3-day training. Asheville, NC. November, 2014

Cognitive Process Therapy for PTSD. 3-day training followed by 6-month follow-up consultation, Durham, NC. September, 2012.

Motivational Interviewing. 2-day training. Asheville, NC. December, 2014.

PUBLICATIONS

Mermelstein, L.C. & Garske, J. P. (2014). A brief mindfulness intervention for college student binge drinkers: A pilot study. *Psychology of Addictive Behaviors*.

Murphy, M. J., **Mermelstein, L. C.**, Edwards, K. M., & Gidycz, C. A. (2012). The benefits of dispositional mindfulness in physical health: A longitudinal study of college students. *Journal of American College Health*, 60(5), 341-348. doi: 10.1080/07448481.2011.629260

PRESENTATIONS

Mermelstein, L. (2014, August). *Invisible Injuries of War: Mental Health and Readjustment Issues among OEF/OIF/OND Veterans*. Invited talk presented at College Promise Symposium. Providence, RI.

Mermelstein, L. (2014, April). *OEF/OIF/OND Veterans: A Multidisciplinary Approach*. Symposium at Memorial Hospital Rounds, Providence, RI.

Mermelstein, L. & Garske, J. P. (2014, March). *Alcohol Patterns following a Brief Mindfulness Intervention*. Poster presented at Mind Brain Research Day in Department of Psychiatry and Human Behavior, Brown University, Providence RI.

Mermelstein, L. (2013, November). *Moral Injury: Overview, Assessment and Treatment*. Presented talk at Interprofessional Rounds, Providence VA Medical Center. Providence, RI.

Mermelstein, L., McClintock, A., Petersen, T. & Garske, J. (2013, April). *Using Mindfulness-Based Strategies to Reduce Binge Drinking among College Students*. Invited talk presented at the University of Washington Mindful Families, Schools & Communities Research Meeting.

Mermelstein, L., McClintock, A., Petersen, T. & Garske, J. (2012, November). *A Brief Mindfulness Intervention to Decrease Binge Drinking among College Students*. Invited talk presented at the annual Association for Behavioral and Cognitive Therapies, Baltimore, Maryland.

Mermelstein, L., Wei, C., Petersen, T., Campbell, N., Gay, J. & Heckman, B. (2012, April). *Psychometric Validation of the Family Adaptability and Cohesion Scale-IV*. Symposium at the Joint Meeting for Adolescent Treatment Effectiveness, Washington, D.C.

Averyt, J., Heckman, B., Shubrook, J., Wei, C., **Mermelstein, L.**, Petersen, T. & Schwartz, F. (2012, April). *Comorbid pain conditions in a clinical sample of adults with Type 2 Diabetes*. Poster presented at the annual meeting of the Society of Behavioral Medicine, New Orleans, LA.

Gay, J., **Mermelstein, L.**, Petersen, T., Wei, C., Campbell, N. & Heckman, B. (2010, December). *Adolescent opioid use: National and local trends and clinical patterns*. Poster presented at the annual meeting for Adolescent Treatment Effectiveness, Baltimore, MD.

Mermelstein, L., Petersen, T., Wei, C., Campbell, N., Heckman, B. & Gay, J. (2010, December). *The relationship between family functioning and substance use severity among adolescents in residential treatment for substance use disorders*. Poster presented at the annual meeting for Adolescent Treatment Effectiveness, Baltimore, MD.

Mermelstein, L., Petersen, T., Wei, C., Heckman, B. & Gay, J. (2010, November). *Differences among heroin addicted and non-heroin using opioid dependent adolescents*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

- Tansill, E. C., **Mermelstein, L. C.** & Gidycz, C. A. (2010, November). *Initial symptom reduction among participants in a sexual assault/abuse survivor group*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Wei, C., Campbell, N., **Mermelstein, L.**, Petersen, T., Gay, J. & Heckman, B. (2010, December). *Psychosocial predictors of relapse among adolescents in residential treatment for substance use disorders*. Poster presented at the annual meeting for Adolescent Treatment Effectiveness, Baltimore, Maryland.
- Petersen, T., **Mermelstein, L.**, Wei, C., Heckman, B. & Gay, J. (2010, October). *Implications of heterogeneous operational definitions of substance use severity*. Poster presented at the annual meeting of the Ohio Psychological Association, Columbus, OH.
- Wei, C., Heckman, B., Gay, J., Weeks, J., Heckman, T. & Project Soar Research Team [**Mermelstein, L.**]. (2010, August). *Predictors of motivation to change in adolescents undergoing residential treatment for substance use disorders*. Poster presented at the annual meeting of the American Psychological Association, San Diego, CA.
- Mermelstein, L.**, Petersen, T., Wei, C., St. Pierre, V. & Heckman, B. (2009, November). *Understanding the relationship between substance use severity and client's improvement during treatment*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Wei, C., **Mermelstein, L.**, Petersen, T., St. Pierre, V. & Heckman, B. (2009, November). *Changes in psychosocial factors among adolescents undergoing residential behavioral treatment for substance use disorders*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Petersen, T., **Mermelstein, L.**, Wei, C., Heckman, B. & Gay, J. (2009, October). *Characteristics of the new generation of heroin addicts: Patterns and predictors of use*. Poster presented at the annual meeting of the Ohio Psychological Association, Columbus, OH.
- Mermelstein, L.**, Petersen, T., Wei, C. & Heckman, B. (2009, August). *Urban and Appalachian substance abusing adolescents: Importance of family environment*. Poster presented at the annual meeting of the American Psychological Association, Toronto, Canada.
- Murphy, M. J., **Mermelstein, L.**, Edwards, K. M., Hranica, D. L. & Gidycz, C. A. (2009, August). *A holistic approach to health: The benefits of mindfulness*. Poster presented at the annual meeting of the American Psychological Association, Toronto, Canada.
- Mermelstein, L.**, Lewis, K., Petersen, T. & Heckman, B. (2008, October). *Barriers to naturalistic longitudinal design research with Latino immigrant populations: Graduate students perspective on Project Salud*. Poster presented at the annual meeting of the Ohio Psychological Association, Columbus, OH.
- Petersen, T., Lewis, K., **Mermelstein, L.**, Ellis, G. & Heckman, B. (2008, October). *Private residential treatment centers: Ethical challenges and opportunities*. Poster presented at the annual meeting of the Ohio Psychological Association, Columbus, OH.
- St. Pierre, V., Wei, C., **Mermelstein, L.**, Watakakosol, R. & Heckman, B. (2008, March). *Health behaviors and correlates of depression in rural women living with HIV/AIDS*. Poster presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA.
- Watakakosol, R., Heckman, B., Campbell, N., Ellis, G., Lewis, K., Wei, C., St. Pierre, V. & **Mermelstein, L.** (2008, March). *Does the patient-physician relationship predict premature treatment termination in patients with headache disorders?* Poster presented at the annual meeting of the Society of Behavioral Medicine, San Diego, CA.

GRANTS/AWARDS/PROFESSIONAL SERVICE

Apr 2016	Early Career Psychologists Representative, New Mexico Psychological Association
Apr 2013	University of Washington Center for Child and Family Well-Being Travel Award
Nov 2012	Association for Behavioral and Cognitive Therapy, Graduate Student Research Award
Sept 2011	Ohio University Competitive Graduate Student Research Funds in Psychology
Mar 2011	Ohio University Original Work Award
Aug 2009	APA Division 38 Travel Award

Sept 2007 Student Stipend Enhancement Award

TEACHING POSITIONS

2011-2012 Course Instructor: Psychology of Personality
Ohio University, Athens, OH

2007-2011 Graduate Teaching Assistant: Statistics for the Behavioral Sciences, Child and Adolescent
Psychology, Abnormal Psychology
Ohio University, Athens, OH