

CURRICULUM VITA

JEFF SZYMANSKI, Ph.D.

OFFICE ADDRESS

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EDUCATION

1987-1991	B.S.	Psychology	Northern Michigan University
1991-1993	M.A.	Clinical Psychology	Northern Illinois University
1993-1997	Ph.D.	Clinical Psychology	Northern Illinois University

CLINICAL TRAINING

1991-1994	<i>Practicum Student</i> , Northern Illinois University, DeKalb, IL
1995-1996	<i>Psychology Intern</i> , McLean Hospital/Harvard Medical School, Belmont, MA
1996-1997	<i>Post-Doctoral Fellow</i> , Cutler Center, May Institute, Norwood, MA

LICENSURE AND CERTIFICATION

1998	Licensed Psychologist in Massachusetts
1998	Health Service Provider in Massachusetts

ACADEMIC APPOINTMENTS

1999-2001	<i>Associate Faculty Member</i> , May Center for Professional Development; May Institute, Norwood, MA
2001-present	<i>Clinical Instructor in Psychology</i> , Department of Psychiatry, Harvard Medical School, Cambridge, MA.

HOSPITAL APPOINTMENTS

2001-2008	Assistant Psychologist, McLean Hospital, Belmont, MA
Sept 2008- present	Clinical Associate, McLean Hospital, Belmont, MA

AWARDS

- 1991 Association of Governing Boards - Outstanding Graduating Senior,
Northern Michigan University
- 1991 Jean Rutherford Scholarship - Outstanding Graduating Senior,
Psychology Department, Northern Michigan University
- 1992-1993 Northern Illinois University Graduate Fellowship

CLINICAL AND ADMINISTRATIVE EXPERIENCE

1996-2002 *Staff Psychologist, Two Brattle Center, Cambridge, MA*

Duties: Individual and group psychotherapy in three day programs (for adults and adolescents), and participation in a Dialectical Behavior Therapy (DBT) program at an outpatient clinic.

1997-present *Private Practice, Cambridge, MA.*

Activities in my private practice have included individual therapy, individual supervision, and consultation/training at various facilities.

1997-1999 *Staff Psychologist, May Counseling Center, May Institute, Norwood, MA*

Duties: Individual, couples, and family therapy in an outpatient clinic.

1999-2001 *Assistant Director, May Counseling Center, May Institute, Norwood, MA*

Duties: Individual, couples, and family therapy; supervised front office staff; hiring new staff; and led staff meetings at an outpatient clinic.

2000-2001 *Consultant, Adult Developmental Disabilities Program, McLean, Hospital, Belmont, MA*

Duties: On a weekly basis, met with professional staff for training in cognitive-behavior therapy, and developed treatment protocols for use in individual, group, and milieu settings.

2001–2005 *Behavior Therapist, Obsessive Compulsive Disorders Institute, McLean Hospital, Belmont, MA*

Duties: Assessment, treatment planning, individual therapy, and group therapy for patients with OCD in a residential setting.

2006-2008 *Director of Psychological Services, Obsessive Compulsive Disorders Institute, McLean Hospital, Belmont, MA*

Duties: Assessment, treatment planning, individual therapy, and group therapy for patients with OCD in a residential setting; recruited and supervised volunteers and practicum students (up to fifteen) to train as behavioral coaches for patients at the Institute; and generated and implemented program development initiatives at the Institute.

Feb. 2008 -
April 2008 *Consultant, ABCNews.com*

Duties: As a consultant for “ABC News OnCall+ Mind & Mood”, participated in the development of the general overview of the anxiety disorders section of the website, videotaped psychoeducational clips about anxiety disorders and treatments, and was interviewed for articles about panic disorder and scrupulosity (a subtype of OCD) which appeared on the website.

Sept 2008-
present *Executive Director, International OCD Foundation, Inc. Boston, MA*

Duties: Oversee the planning and implementation of all programmatic, financial, budgetary, managerial, fundraising and other resource needs to ensure that the organization is meeting established annual goals. Ensure all required human resource policies and procedures are followed including compensation and benefits program, job descriptions, employee work plans and employee review processes. Serve as primary contact and liaison to the Board of Directors. Additionally, serve as the public face of the Foundation to stakeholders including the Scientific Advisory Board, Genetics Collaborative, affiliates, support groups, members, donors, treatment providers and to other nonprofit, governmental and community organizations.

PUBLICATIONS

O'Donohue, W. T., & **Szymanski, J.** (1993). Change mechanisms in cognitive therapy of a simple phobia: Logical analysis and empirical hypothesis testing. *Journal of Rational-Emotive and Cognitive Behavior Therapy*, *11*, 207-222.

O'Donohue, W. T., & **Szymanski, J.** (1994). How to win friends and not influence clients: Popular but problematic ideas that impair treatment decisions. *The Behavior Therapist*, *17*, 29-33.

Szymanski, J., & O'Donohue, W. T. (1995). The potential role of state dependent learning in cognitive therapy with spider phobics. Journal of Rational-Emotive and Cognitive-Behavior Therapy, 13, 131-150.

Szymanski, J., & O'Donohue, W. T. (1995). Fear of Spiders Questionnaire. Journal of Behavior Therapy and Experimental Psychiatry, 26, 31-34.

Szymanski, J., & O'Donohue, W. T. (1995). Self-appraisal skills. In W. O'Donohue and L. Krasner (Eds.), Handbook of psychological skills training: Clinical techniques and applications, (pp. 161-179). New York: Allyn & Bacon.

O'Donohue, W. T., & **Szymanski, J. (1996).** Skinner on cognition. Journal of Behavioral Education, 6, 35-48.

Christiansen, N., Lovejoy, M. C., **Szymanski, J., & Lang, A. (1996).** Evaluating the structural validity of measures of hierarchical models: An illustrative example using the Social Problem Solving Inventory. Educational and Psychological Measurement, 56, 600-625.

TEACHING (Seminars)

1997-2001 Weekly, Cognitive-Behavior Therapy seminar for pre-doctoral psychology interns. May Institute, Norwood, MA.

1999-2002 Weekly, Dialectical Behavior Therapy training seminar for professional staff and post-doctoral students. Two Brattle Center, Cambridge, MA.

2003-2008 Weekly, Cognitive-Behavior Therapy seminar for pre-doctoral psychology interns. McLean Hospital/Harvard Medical School, Belmont, MA.

TEACHING (Supervision)

1997-2001 Weekly, individual supervision with pre-doctoral psychology interns. May Institute, Norwood, MA.

2001-2002 Weekly, group supervision with mental health counselors at the Obsessive Compulsive Disorders Institute. McLean Hospital, Belmont, MA.

2001-2005 Weekly, individual supervision with pre-doctoral psychology interns. McLean Hospital/Harvard Medical School, Belmont, MA.

2005-2008 Weekly supervision with two PGY3 psychiatry residents. McLean Hospital/Massachusetts General Hospital/Harvard Medical School, Belmont, MA.

2006-2008 Weekly group supervision for undergraduate and graduate practicum students. Obsessive Compulsive Disorders Institute, McLean Hospital, Belmont, MA.

TEACHING (Training)

- 1999 Conducted a ten day training in behavior therapy for professional staff at New Bedford Mental Health Center. New Bedford, MA.
- 2000 Conducted a ten day training in behavior therapy for professional staff at Brockton Mental Health Center. Brockton, MA.
- 2000-2001 Conducted a ten session training in behavior therapy for professional staff at Codman Square Mental Health Center. Dorchester, MA.
- 2002-2003 Conducted a weekly training in behavior therapy for professional staff at Two Brattle Center. Cambridge, MA.
- 2005 Conducted a four session training in behavior therapy for professional staff at Brighton Allston Mental Health Center, Brighton, MA.

PRESENTATIONS

Fisher, J., Goy, E., Swingen, D. N., & **Szymanski, J.** (1994, November). The functional context of behavioral disturbances in alzheimer's disease patients. Poster presented at the Association for the Advancement of Behavior Therapy, San Diego, CA.

Szymanski, J., Christiansen, N., & Lovejoy, M. C. (1995, May). Affective symptomatology and specific components of social problem-solving. Poster presented at the Midwestern Psychological Association, Chicago, IL.

Christiansen, N., **Szymanski, J.**, & Lovejoy, M. C. (1995, May). The structural validity of the Social Problem-Solving Inventory. Poster presented at the Midwestern Psychological Association, Chicago, IL.

Szymanski, J. (1997, January). Cognitive-behavioral and psychodynamic choice points. Presented at the Addiction Treatment Center of New England, Inc., Brighton, MA.

Najavits, L. & Shaw, S. , **Szymanski, J.** & Weiss, R. (1997, March). Why Do Women with PTSD Develop Substance Abuse? Poster presented at the Harvard Medical School Department of Psychiatry Research Symposium, Boston, MA.

Szymanski, J. (1997, December). How to cope with the holiday blues. A community workshop presented at the May Counseling Center, Norwood, MA.

Szymanski, J. (1998, May). Coping with Anxiety. A community workshop presented in conjunction with National Anxiety Screening day at the May Counseling Center, Norwood, MA.

Szymanski, J. (1998, October). Integrating Cognitive-Behavior Therapy into an Eclectic Treatment System. Presented at the New England Society for Behavior Analysis and Therapy, Waltham, MA.

Szymanski, J. (1998, December). Coordinating the Treatment of Patients with Chronic Affect Dysregulation. Presented at the Adolescent Residential Treatment Program at McLean Hospital, Belmont, MA.

Wheelis, J. & **Szymanski, J.** (1999, June). Dialectical Behavior Therapy for Patients with Borderline Personality Disorder: A Role-Play Experience. A workshop presented at the New England Society for Group Psychotherapy, Wellesley, MA.

Hollander, M. & **Szymanski, J.** (1999, June). Dialectical Behavior Therapy in an Intensive Outpatient Program: Synchronicity, Problems and Challenges. A workshop presented at the New England Society for Group Psychotherapy, Wellesley, MA.

Szymanski, J. (2000, October). Behavioral Skills Training for Chronic Affective Dysregulation. Workshop presented at the Berkshire Association of Behavioral Analysis and Therapy, Amherst, MA.

Szymanski, J. & Wheelis, J. (2001, February) Skills Training Groups in Dialectical Behavior Therapy: A Role-Play Experience. Workshop presented at the American Group Psychotherapy Association, Boston, MA.

Szymanski, J. (2003, September). The Nuts and Bolts of Exposure and Response Prevention Therapy. Presented at the Greater Boston Affiliate of the Obsessive Compulsive Foundation Lecture Series, Belmont, MA.

Szymanski, J. (2004, March). Treatment Planning with Multi-Problem Patients: Using Treatment Target Hierarchies. Presented at the Aaron T. Beck Institute for Cognitive Studies at Assumption College, Worcester, MA.

Szymanski, J. (2004, June). Cognitive Behavior Therapy for Chronic Mental Illness. Presented at Psychiatry in 2004, McLean Hospital/Harvard Medical School, Cambridge, MA.

Osgood-Hynes, D., Boxill, R., Shapiro, L., & **Szymanski, J.** (2004, July). Intrusive Violent and Sexual Thoughts, Scrupulosity, and Perfectionism: Symptom Specific Concerns. Panel Discussion at the Obsessive Compulsive Foundation annual conference, Chicago, IL.

Boxill, R., Osgood-Hynes, D., Shapiro, L., & **Szymanski, J.** (2004, July). Cognitive-Behavior Therapy for OCD: An Open Forum for Questions and Answers. Panel discussion at the Obsessive Compulsive Foundation annual conference, Chicago, IL.

Szymanski, J. (2005, January). Cognitive Behavior Therapy for Treatment Refractory and Multi-Problem Patients. Presented at McLean Hospital's Grand Rounds, Belmont, MA.

Szymanski, J. (2005, June). Motivation and Goal Setting in the Treatment of OCD. Presented at the Greater Boston Affiliate of the Obsessive Compulsive Foundation Lecture Series, Belmont, MA.

Szymanski, J. (2005, June). Cognitive Behavior Therapy for Treatment Refractory Patients. Presented at Psychiatry in 2005, McLean Hospital/Harvard Medical School, Cambridge, MA.

Szymanski, J. (2006, June). Obsessive Compulsive Disorder. Presented at Psychiatry in 2006, McLean Hospital/Harvard Medical School, Boston, MA.

Szymanski, J. (2006, November). Obsessive Compulsive Disorder. Presented at McLean Hospital's Grand Rounds, Belmont, MA.

Szymanski, J. (2007, May). Treating Obsessive Compulsive Disorder. Presented at Massachusetts Mental Health Center's Grand Rounds, Boston, MA.

Szymanski, J. (2007, June). Treating Obsessive Compulsive Disorder. Presented at Psychiatry in 2007, McLean Hospital/Harvard Medical School, Boston, MA.

Vuckovic, A. & **Szymanski, J.** (2008, June). Treatment Resistant Case Presentations: Interactive Format. Panel discussion at Psychiatry in 2008, McLean Hospital/Harvard Medical School, Boston, MA.

Szymanski, J. (2008, June). Obsessive Compulsive Disorder. Presented at Psychiatry in 2008, McLean Hospital/Harvard Medical School. Boston, MA.

Cawley, T, Merlin, P., & **Szymanski, J.** (2008, August). Family Issues in the Treatment of OCD. Presented at the Obsessive Compulsive Foundation annual conference, Boston, MA.

Szymanski, J. (2008, August). Treating Perfectionism. Presented at the Obsessive Compulsive Foundation annual conference, Boston, MA.

Szymanski, J. (2008, August). Strategies to Improve Motivation: Integrating Principles of ACT into Treatment. A two-part workshop presented at the Obsessive Compulsive Foundation annual conference, Boston, MA.

Szymanski, J. (2009, January). Perfectionism. Presented at the Greater Boston Affiliate of the Obsessive Compulsive Foundation Lecture Series, Belmont, MA

Szymanski, J. (2009, June). Obsessive Compulsive Disorder. Presented at Psychiatry in 2009, McLean Hospital/Harvard Medical School, Boston, MA.

Szymanski, J., Mansueto, C., Neziroglu, F., Penzel, F., & Zasio, R. (2009, August). OCD and the Law. Panel discussion at the Obsessive Compulsive Foundation annual conference, Minneapolis, MN.

Szymanski, J., Bell, J. & Zasio, R. (2009, August). Increasing Motivation. Presented at the Obsessive Compulsive Foundation annual conference, Minneapolis, MN.

Bell, J., Doronn, S., McIngvale, E., Murphy, T., & **Szymanski, J.** (2009, August). OCD in the Media. Panel discussion at the Obsessive Compulsive Foundation annual conference, Minneapolis, MN.

L. Santucci, S. Stanley, **J. Szymanski**, D. H. Barlow, R. K. McHugh, M. R. Sanders (November, 2009). Taking CBT, DTC: Direct-to-Consumer Marketing of Evidenced Based Interventions. Panel discussion at the Association for Behavioral and Cognitive Therapies conference, New York, NY.

J. Szymanski (December, 2009). Strategies for Working with Multi-Problem Anxious Patients. To be presented at the Anxiety Disorders conference, Cambridge Health Alliance/Harvard Medical School, Cambridge, MA.

MEDIA COVERAGE

Newspaper

Associated Press (January 4, 2009). Interviewed for: “Cincinnati Judge Sets Up Effort to Help Hoarders, Requiring Mental Health Treatment in Code Cases”
http://www.cleveland.com/nation/index.ssf/2009/01/cincinnati_judge_sets_up_progr.html

Boston Globe (March 2, 2009). Interviewed for: “When Perfectionism Becomes a Problem”
http://www.boston.com/news/health/articles/2009/03/02/when_perfectionism_becomes_a_problem/

Cape Cod Times (April 19, 2009). Interviewed for: “No Looking Back After OCD Battle”
<http://www.capecodonline.com/apps/pbcs.dll/article?AID=/20090419/NEWS/904190335/-1/NEWSMAP>

Sacramento Bee (August 2, 2009). Interviewed for: “Free from OCD’s Bonds”
<http://www.sacbee.com/livinghere/story/2069988.html>

Chicago Tribune (August 3, 2009). Interviewed for: “Obsessive-Compulsive Disorder: Nearly a Lifetime Without Treatment”. http://www.chicagotribune.com/health/chi-ocd-03-aug03_0,6624571.story

Radio

Minnesota Public Radio (July 24, 2009). Interviewed for: “Conference Hopes to Help Those Coping with OCD”. <http://minnesota.publicradio.org/display/web/2009/07/23/ocd-conference/>

KSTP AM Radio (August 6, 2009). Live interview for: “OCD and OCD Foundation National Conference”

Magazine

Men’s Health (August, 2008). Interviewed for: “Are You Crazy Enough to Succeed?” <http://www.msnbc.msn.com/id/25415322/>

Internet

ABCNews.com (February, 2008 – April, 2008)

Consultant: <http://abcnews.go.com/Health/AnxietyDisorders/story?id=4741859>

- Video Clip: “Are Any Anxiety Disorders Curable or are They Chronic Conditions?” <http://abcnews.go.com/Health/AnxietyOverview/story?id=4660268>
- Video Clip: “Can An Anxiety Disorder Be Prevented?” <http://abcnews.go.com/Health/AnxietyOverview/story?id=4660291>
- Video Clip: “What is Exposure Therapy, and How is it Used for the Treatment of Anxiety Disorders?” <http://abcnews.go.com/Health/AnxietyTreating/story?id=4665240>
- Video Clip: “What Can Family Members Or Friends Do To Help Someone Manage Symptoms Of An Anxiety Disorder?” <http://abcnews.go.com/Health/AnxietyLiving/story?id=4659726>
- Video Clip: “Can Anxiety Be Prevented?” <http://abcnews.go.com/Health/AnxietyOverview/story?id=4660284>
- Video Clip: “How Effective Is Group Therapy for The Treatment Of Anxiety Disorders?” <http://abcnews.go.com/Health/AnxietyTreating/story?id=4665298>
- Video Clip: “Can A Spouse Or Other Family Member Compel An Adult To Receive Treatment For An Anxiety Disorder Against His/Her Will?” <http://abcnews.go.com/Health/AnxietyLiving/story?id=4659791>
- Video Clip: “Should I Have Contact With The Doctor Who Is Treating My Family Member For An Anxiety Disorder?” <http://abcnews.go.com/Health/AnxietyLiving/story?id=4659887>
- Video Clip: “What Is Psychodynamic Therapy, And How Is It Used For The Treatment Of Anxiety Disorders?” <http://abcnews.go.com/Health/AnxietyTreating/story?id=4665292>

ABCNews.com (March 31, 2008). Interviewed for: “When People Can’t Stop Praying: A Man Describes His Rare Religious Form of OCD”

<http://abcnews.go.com/Health/MindMoodNews/story?id=4546594&page=1>

ABCNews.com (April 4, 2008). Interviewed for: “Not So Vain: Carly Simon's Panicky Past”
<http://a.abcnews.com/Health/SummerConcert/Story?id=4754440&page=1>

AOLHealth.com (March, 2009). Interviewed for: “Hoarding vs. Being a Packrat”
http://www.aolhealth.com/health/feature/_a/hoarding-vs-being-a-packrat/20090402162009990001

ABCNews.com (May 5, 2009). Interviewed for: “Swine Flue: Handwashers Blasé for Now”
<http://abcnews.go.com/Health/MindMoodNews/story?id=7500000&page=1>

CNN.com (August 13, 2009). Interviewed for: “Some Obsessions, Compulsions Not Part of OCD”.
<http://www.cnn.com/2009/HEALTH/08/13/obsessive.compulsive.disorder.ocd/>

Newsweek.com (September 14, 2009). Interviewed for: “Don’t Panic: Showerhead Germs Won’t Kill You (Or Make You Sick)”
<http://blog.newsweek.com/blogs/thehumancondition/archive/2009/09/14/don-t-panic-shower-head-germs-won-t-kill-you-or-make-you-sick.aspx>