

CURRICULUM VITAE

Name: Christian Zal-Herwitz, PhD
Licensure: Oregon #2878
Email: christian.zal-herwitz@post.harvard.edu
Website: <http://christian.herwitz.com>

Education

- PhD: Clinical Psychology, The University of Montana, Missoula, MT, Summer 2015
- MA: Clinical Psychology, The University of Montana, Missoula, MT, Summer 2012
- ALB (Bachelor of Liberal Arts): Psychology, Harvard University Extension School, Cambridge, MA, Spring 2009
- HS Diploma: Cambridge Rindge and Latin High School, Cambridge, MA, June 1999

Clinical experience

- *Staff Psychologist*, Primary Care-Mental Health Integration, VA Southern Oregon Rehabilitation Center & Clinics, White City, OR (40 hours per week); October 2016-present.
 - Coverage for seven primary care teams comprising medical, nurse-practitioner, clinical pharmacy, social work, and nursing staff
 - Additional coverage via telehealth for primary care teams at two community-based outpatient clinics
 - Brief individual psychotherapy (e.g., Focused Acceptance and Commitment Therapy, Behavioral Activation for Depression, Motivational Interviewing) and assessment (e.g., PCL5, MoCA) in-person and via telehealth
 - Brief group psychotherapy/psychoeducation (i.e., offerings for Veterans with chronic pain, Mindfulness-Based Stress Reduction) in-person and via telehealth
 - Program development (e.g., expansion of chronic pain programming and psychologist representative on Pain Management Advisory Committee)
 - Training and supervision of predoctoral interns
 - Involvement in facility-wide improvement (e.g., psychologist representative on EEO Diversity Committee, “Own the Moment” customer service trainer)

- *Postdoctoral Fellow*, Boise VA Medical Center, Boise, ID (40 hours per week); August 2015-August 2016. Directors of Clinical Training: Jill Hedt, PhD, Brienne Dyer, PsyD
 - Specialization: Primary Care-Mental Health Integration within Center of Excellence in Primary Care Education
 - Integration with primary care team comprising medical, nurse-practitioner, clinical pharmacy, and nursing trainees and staff
 - Brief individual psychotherapy (e.g., Focused Acceptance and Commitment Therapy, Behavioral Activation for Depression, Motivational Interviewing) and assessment (e.g., PCL5, MoCA)
 - Program development (i.e., creation and implementation of interprofessional Balint-esque self-care group, development and implementation of diabetes shared medical appointment)
 - Training and supervision of predoctoral interns
 - Participation in year-long interprofessional training curriculum
 - Ancillary rotation: PTSD Clinical Team
 - Residential PTSD restructuring workgroup (i.e., shift from cohort to rolling admission, reorganization of curriculum and schedule)
 - Individual psychotherapy (i.e., Cognitive Processing Therapy)
 - Assessment (i.e., PHQ9, PCL5)
 - Ancillary rotation: Administration
 - Redevelopment of training curriculum for Center of Excellence in Primary Care Education (i.e., greater incorporation of psychology, creation of pathway for predoctoral intern participation)
- *Predoctoral Intern*, VA Central Western Massachusetts Healthcare System, Northampton, MA (40 hours per week); July 2014-July 2015. Directors of Clinical Training: Henry Rivera, PsyD, Mark Schneider, PhD, Christina Hatgis, PhD, Brad Brummett, PhD
 - Major rotation: Health Psychology at Springfield CBOC
 - Individual psychotherapy (e.g., CBT for Chronic Pain, Motivational Interviewing)
 - Group psychotherapy and psychoeducation (i.e., CBT for Chronic Pain, MOVE! Class, MOVE! Support Group, Tobacco Cessation Class, Tobacco Cessation Support Group)
 - Assessment (e.g., chronic pain interview, ASRS, MoCA)

- Major rotation: Primary Care-Mental Health Integration
 - Brief individual psychotherapy (e.g., Focused Acceptance and Commitment Therapy, Behavioral Activation for Depression, Motivational Interviewing)
 - Redevelopment and program evaluation of Pain School (i.e., interprofessional psychoeducation class for Veterans with chronic pain)
 - Participation in Pain Clinic (i.e., interprofessional interview and treatment planning for Veterans with chronic pain)
 - Assessment (e.g., MCMI, CAPS-5, MoCA)
- Major rotation: Specialized Inpatient PTSD Unit
 - Group psychotherapy (i.e., Acceptance and Commitment Therapy, Interpersonal Therapy, Guilt and Moral Injury Group, skills groups)
- Ancillary rotation: Program Development
 - Development of pilot Psychosocial Rehabilitation Program (i.e., classes for Veterans with serious mental illness)
- *Clinical Assistant*, Access to Therapy, Partnership Health Center, Missoula, MT (16 hours per week); August 2012-April 2014. Clinical Supervisors: Christine Fiore, PhD, Bryan Cochran, PhD
 - Brief and long-term individual psychotherapy (i.e., primary care-mental health integration, general mental health)
 - Group psychotherapy (i.e., development and facilitation of Anxiety Disorders Group)
 - Assessment (e.g., MMPI-2, WAIS-IV, CAPS-IV, Rorschach, BAI/BDI)
 - Development and facilitation of Staff Mindfulness Group
- *Clinical Trainee*, Clinical Psychology Center, The University of Montana, Missoula, MT (16 hours per week); September 2010-May 2013. Clinical Supervisors: Jennifer Waltz, PhD, Paul Silverman, PhD, David Schuldberg, PhD, Bryan Cochran, PhD
 - Brief and long-term individual psychotherapy
 - Group psychotherapy (i.e., Dialectical Behavior Therapy Skills Group)
 - Psychodiagnostic assessment (e.g., MMPI-2, MMPI-A, WAIS-IV, WISC-IV, CAPS-IV, Rorschach, BAI/BDI)
 - Development and facilitation of Staff and Student Mindfulness Group

Research experience

- *Primary Investigator*, An Empirical Investigation of the Buddhist Concept of “Not-Self,” The University of Montana, Missoula, MT, October 2013-May 2015; Research Advisor: Jennifer Waltz, PhD
 - Doctoral dissertation: investigation of Buddhist and western psychological approaches to the self in response to distressing circumstances
- *Primary Investigator*, An Experiential Perspective on the Buddhist Not-Self, The University of Montana, Missoula, MT, July 2010-May 2012; Research Advisor: Jennifer Waltz, PhD
 - Master’s thesis: qualitative investigation of fundamentals of a Buddhist approach to the self
- *Research Assistant*, Experienced Meditators Study, The University of Montana, Missoula, MT, September 2009-present; Research Advisor: Jennifer Waltz, PhD
 - Investigation of psychological effects on experienced meditators after brief mindfulness practice
- *Research Assistant*, Pathways of Risk & Resilience in Firefighter Recruits (Grant #1R01MH073808-01A2), VA Boston Healthcare System, Boston, MA, March 2008-July 2009; Principal Investigator: Suzy Bird Gulliver, PhD, Co-Principal Investigator: Rose Zimering, PhD
 - Three-year longitudinal investigation of development of PTSD and alcohol and substance use in firefighters, beginning at training academy
- *Research Assistant*, Predicting Health Behavior Change Among Cardiac Patients, VA Boston Healthcare System, Boston, MA, August 2008-July 2009; Principal Investigator: Amy Helstrom, PhD
 - Investigation of psychological markers related to health behavior change in Veterans with heart disease
- *Research Assistant*, Harvard University Extension School, Cambridge, MA, Fall 2007; Primary Investigator: Tyler Carpenter, PhD
 - Preliminary literature search on “psychache” and suicidal ideation

Teaching experience

- *Instructor*, Introduction to Psychology, The University of Montana, Missoula, MT, Autumn and Spring, 2011-2012; Faculty instructor: Nabil Haddad, PhD
- *Instructor*, Abnormal Psychology, The University of Montana, Missoula, MT, Winter, Spring, and Summer, 2011; Faculty instructor: Bryan Cochran, PhD

- *Instructor*, Child and Adolescent Psychological Disorders, The University of Montana, Missoula, MT, Autumn, 2010; Faculty instructor: Greg Machek, PhD
- *Teaching Assistant*, Research Methods III, The University of Montana, Missoula, MT, Autumn and Spring, 2009-2010; Professor: Nabil Haddad, PhD

Related work experience

- *Psychiatric Technician*, Neurobehavioral Medicine Inpatient unit, St. Patrick's Hospital, Missoula, MT (16 hours per week); January-June, 2011

Presentations

- Herwitz, C., Damon, E., Weiss, J., & Waltz, J. (2014, November). *Relationship between mindfulness and emotion regulation*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Weiss, J., Herwitz, C., Waltz, J. (2014, November). *Relationship of non-attachment to psychological symptomology*. Poster presented at the annual meeting of the National Collegiate Honors Council, Denver, CO.
- Herwitz, C. & Kramer, Z. D. (2013, November). *Problems and the self: Pilot data on the appeal of four self-related coping strategies*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Herwitz, C. & Kramer, Z. D. (2013, November). *Pilot data on the appeal of four self-related coping strategies*. Poster presented during the Mindfulness SIG poster session at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Kramer, Z. D. & Herwitz, C. (2013, November). *The language of not-self: How exploratory lexical analysis informs the concept*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Herwitz, C., Waltz, J., Barrett, K., Robert, L., Caballero, K. (2012, November). *Beyond mindfulness: Buddhist perspectives on not-self and the implications for Western psychological perspectives on the self*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Herwitz, C. & Waltz, J. (2011, April). *An experiential perspective on the Buddhist not-self: Preliminary findings*. Paper presented at the Graduate Student and Faculty Research Conference at The University of Montana, Missoula, MT.
- Knight, J. A. & Herwitz, C. (2010, August). *Measuring clinical hypervigilance: Psychometric properties of the Hypervigilance Scale*. Paper presented at the annual meeting of the American Psychological Association, San Diego, CA.

- Arditte, K. A., Herwitz, C., Liverant, G. I., & Kamholz, B. W. (2009, November). *The use of emotion-regulation strategies in stress responding within a sample of heavy drinkers*. Poster presented at annual the meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
- McNeill, S. A., Herwitz, C., Arditte, K. A., Carper, T. M., Liverant, G. I., & Kamholz, B. W. (2009, November). *Drinking motives and fear of emotion among heavy drinkers*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Kruse, M. I., Keppel, E. M., Meyer, D. L., Morissette, S. B., Kamholz, B. W., Munroe, J., Knight, J. A., Herwitz, C., Zimering, R. T., & Gulliver, S. B. (2009, June). *Changes in heavy drinking during the first year of fire service: Results from a longitudinal study of firefighter recruits*. Poster presented at the annual meeting of the Research Society on Alcoholism, San Diego, CA.
- Herwitz, C., Keppel, E. M., Zimering, R. T., Kamholz, B. W., Meyer, D. L., Gulliver, S. B., Morissette, S. B., Munroe, J., & Knight, J. A. (2009, April). *Self-assessment of mental health and social support in firefighters*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Montreal, QC, Canada.
- Meyer, D. L., Gulliver, S. B., Kamholz, B. W., Morissette, S. B., Knight, J. A., Zimering, R. T., Keppel, E., & Herwitz, C. (2008, November). *Conceptual and methodological issues in longitudinal trauma-related research*. Poster presented at the annual meeting of the International Society for Traumatic Stress Studies, Chicago, IL.
- Meyer, D. L., Smith, L., McNeill, S. A., Liverant, G. I., Kamholz, B. W., Gulliver, S. B., Keppel, E., & Herwitz, C. (2008, November). *Relationship between religious coping and PTSD symptoms among firefighter recruits*. Poster presented at the annual meeting of the International Society for Traumatic Stress Studies, Chicago, IL.
- Knight, J. A., Gulliver, S. B., Zimering, R. T., Kamholz, B. W., Morissette, S. B., Munroe, J., Meyer, D. L., Keppel, E., & Herwitz, C. (2008, August). *Prospective analysis of risk and resilience variables in firefighters*. Poster presented at the annual meeting of the American Psychological Association, Boston, MA.
- Meyer, D. L., Knight, J. A., Zimering, R. T., Gulliver, S. B., Kamholz, B. W., Morissette, S. B., Munroe, J., Keppel, E., & Herwitz, C. (2008, August). *Preliminary report on prospective firefighter recruit study*. Poster presented at the annual meeting of the American Psychological Association, Boston, MA.

Awards & activities

- AmeriCorps Compact Service Corps Careers in the Common Good Scholarship for presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies in Nashville, TN; November 2013

- The University of Montana Psychology Department Graduate Student Travel Funding award for presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies in Nashville, TN; November 2013
- The University of Montana Provost's Office Student Travel Fund award for presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies in Nashville, TN; November 2013
- AmeriCorps Compact Service Corps Healthy Futures Scholarship for clinical assistantship at Partnership Health Center, Missoula, MT (16 hours per week); October 2013
- The University of Montana Psychology Department Graduate Student Travel Funding award for presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies in National Harbor, MD; November 2012
- The University of Montana Provost's Office Academic Enrichment Funds award for presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies in National Harbor, MD; November 2012
- The University of Montana Psychology Department travel award for attendance at The International Symposia for Contemplative Studies in Denver, CO; April 2012
- Voted "best presentation at the conference" at the Graduate Student and Faculty Research Conference at The University of Montana, Missoula, MT; April 2011
- Ad-hoc reviewer for the following journals
 - *Clinical Psychology Review*
 - *Psychological Assessment*

References

- Available upon request