

Brooke Hersh, Ph.D.

EDUCATION

Doctor of Philosophy, August 2008

The University of Texas at Austin
Department of Educational Psychology
APA-accredited School Psychology Program
Dissertation title: *Exploring Strengths-Based Assessment as an Intervention for Enhancing Strengths in Youth: A Multiple Baseline Study*
Dissertation chair: Cindy Carlson, Ph.D.
GPA: 3.98

Master of Arts, May 2006

The University of Texas at Austin
Department of Educational Psychology
APA-accredited School Psychology Program
Masters Report title: *Enhancing Strengths in At-Risk Youth Through a Strengths-based Assessment Intervention*
Masters Report chair: Deborah Tharinger, Ph.D.

Bachelor of Arts, May 1999

The University of Texas at Austin
Major: Psychology; Minor: Hebrew
Liberal Arts Honors Certificate
University Honors
Phi Beta Kappa
GPA: 3.78

Studies Abroad

Instituto Cultural Oaxaca, Oaxaca, Mexico July-August 2006

Spanish language and cultural immersion program
Level of language proficiency: Basic conversation skills and limited reading comprehension

Hebrew University, Jerusalem, Israel February-July 1998

Level of language proficiency: Very basic conversation skills and limited reading comprehension

PROFESSIONAL EXPERIENCE

Private Practice/Great Oaks Counseling Center June 2013 - present
Round Rock, TX

Assess and treat children, adolescents, and families experiencing a wide variety of social and emotional challenges. Provide parent and school-based consultation and conduct therapy groups.

Austin Psychology & Assessment Center January 2012-April 2012
Austin, TX

Conducted comprehensive psychological assessments and provided assessment feedback to youth and their parents focused on learning and attention difficulties and social-emotional challenges.

New York-Presbyterian Hospital/Westchester Division September 2008-August 2010
White Plains, NY

Psychology postdoctoral fellowship in a hospital outpatient clinic. Conducted individual therapy with youth, family therapy, and parent and school consultation. Conducted psychological assessment and provided assessment feedback to youth, their families, and schools. Led group therapy for young children coping with parental separation and divorce. Co-leader of the Adolescent Dialectical Behavior Therapy (DBT) Program, a treatment for teens struggling with suicidality and self-harming behavior, conducting individual therapy and facilitating multifamily DBT groups. Member of Anxiety Disorders treatment team. Taught course on treating childhood depression.

Westchester Jewish Community Services September 2007-August 2008
White Plains, NY

APA-accredited predoctoral psychology internship in a community- mental health clinic. Conducted individual therapy with youth and adults, family therapy, and parent consultation in both an outpatient mental health clinic and a specialized treatment program for survivors of trauma and abuse. Co-facilitated a DBT skills group for adults. Conducted psychological assessment and provided assessment feedback to youth and their parents. Supervised a psychology doctoral student on case conceptualization, treatment planning, and individual therapy. Consulted with school personnel. Consulted with Assistant Executive Director of agency and leading community mental health professionals on the implementation of school-based mental health screenings across Westchester County. Taught course on treating childhood depression.

Jewish Community Center of Dallas January 2001-June 2002
Dallas, TX

Position: Development Coordinator

Assisted in planning, implementing, and evaluating special events and fundraisers. Developed relationships with new and existing donors, solicited charitable contributions, and served as United Way Employee Campaign Coordinator.

Jewish Federation of Greater Dallas
Dallas, TX

Position: Jewish Civics Initiative Course Instructor

August 2001-May 2002

Taught curriculum on Jewish values and social action to high school students. Chaperoned trip to Washington, DC leadership seminar.

Position: Support Staff for Israel Teen Tour

June-July 1999

Supervised teens and facilitated programming for students on six-week tour of Israel.

Big Brothers Big Sisters of Metropolitan Dallas
Dallas, TX

August 1999-December 2000

Position: Education Services Specialist

Assisted in implementing the School-Based Mentoring Program. Interviewed, trained, and screened mentors and conducted intake interviews with youth. Facilitated curriculum-based mentoring groups. Trained and provided ongoing consultation to case managers on educational resources for clients and coordinated educational and community service programming and provided. Consulted with schools about educational progress of clients and provided case management services.

**University of Texas Southwestern Medical Center/
Children's Medical Center of Dallas, Pediatric Psychiatry Clinic**
Dallas, TX

December-January 1997;

July-August 1998

Position: Unit Assistant

Assisted in pediatric psychiatry outpatient clinic and double-blind research trials on psychotropic medication with children. Took vital signs and performed EKG and phlebotomy work. Attended to medication requests, maintained patient files, and attended multi-disciplinary team meetings.

GRADUATE TRAINING CLINICAL EXPERIENCE

THERAPY

The ACTION Program

August 2003-May 2007

Pflugerville, TX; Georgetown, TX

An NIMH-funded clinical research program investigating school-based, cognitive-behavioral group therapy for girls with depression. Conducted twice weekly group therapy with youth, weekly parent training, ongoing parent and teacher consultation, and periodic individual and family therapy sessions. Conducted child booster sessions and parent booster sessions.

Austin Child Guidance Center

September 2005-May 2006

Austin, TX

Conducted weekly individual therapy using an integration of interpersonal, cognitive-behavioral, solution-focused, play therapy, and family therapy techniques with clients. Co-facilitated a group for young children with emerging oppositional behavior using the Incredible Years curriculum. Co-facilitated a multifamily process group at a juvenile justice center for adolescents on probation due to serious drug and alcohol offenses.

Galindo Elementary School

January-May 2005

Austin, TX

Conducted weekly family therapy using structural, strategic, and solution-oriented family therapy techniques under live supervision.

Tippit Middle School and Georgetown High School

January-May 2004

Georgetown, TX

Provided individual cognitive-behavioral therapy to adolescents. Conducted in-home exposure therapy as indicated. Collaborated with teachers and families.

ASSESSMENT

Riverside Publishing

December 2005-April 2006

Itasca, IL

Administered the Cognitive Assessment System-2 and supporting measures to volunteer participants during the measure's revision process.

Pro-Ed, Inc.

July 2003-July 2005

Austin, TX

Administered the Child and Adolescent Neurological Screening Test (Semrud-Clikeman, in press) and associated validity measures to child and adolescents volunteering for the re-norming study. Administered other psychological tests in construction or in the re-norming process.

Department of Educational Psychology, University of Texas

January-May 2005

Austin, TX

Conducted integrated neuropsychological assessment incorporating interviews and tests of psychoeducational and social-emotional functioning. Provided feedback and recommendations to the youth, parents, and schools.

The Griffin School

August-December 2003

Austin, TX

Conducted comprehensive social-emotional assessment, including interviews, classroom observations, projective and objective personality measurement, and tests of cognitive and academic functioning with adolescents. Provided feedback and recommendations to the youth, parents, and schools.

Village Elementary School

August-December 2003

Georgetown, TX

Conducted comprehensive psychoeducational assessment, including interviews, classroom observations, and tests of cognitive and academic functioning. Provided feedback to youth, parents, schools. Presented findings at child's Annual Review and Dismissal (ARD) meeting.

Department of Educational Psychology, University of Texas

January-May 2003

Austin, TX

Conducted a comprehensive psychoeducational assessment, including interviews, classroom observations, and tests of cognitive and academic functioning. Provided feedback to youth, parents, and schools.

CONSULTATION

Windermere Elementary School

September 2004-June 2007

Pflugerville, TX

Consulted with teachers regarding teachers' role in promoting treatment gains of students participating in the NIMH-funded ACTION research study. Consulted with school guidance counselor and administrators regarding behavioral and emotional needs of non-participating students. Provided an in-service training for teachers on depression and anxiety in children.

McCullough Academy of Excellence Charter School

August 2004-December 2005

Austin, TX

Consulted with elementary school teachers and administrators struggling with challenging student behaviors and systems issues using a conjoint-behavioral consultation model. Provided all-staff trainings on childhood depression and anxiety and cultivating resiliency in children.

SUPERVISION

University of Texas Elementary School

January-May 2006

Austin, TX

Provided live supervision to a school psychology student conducting family assessments and family therapy in a school setting. Provided written and oral feedback to student after each weekly session and at the conclusion of training. Lectured on the use of reflecting teams in family therapy. Participated in didactics to further develop supervision skills.

RESEARCH EXPERIENCE

Graduate Research Assistant, University of Texas

August 2002-June 2007

Austin, TX

CBT vs. CBT+Parent Training for Girls with Depression (NIMH Grant # RO1 MH63998-01A1)

This program, entitled ACTION, is a five-year NIMH-funded study investigating the efficacy of school-based cognitive-behavioral group therapy with and without parent training for 4th-7th grade girls with depression. Served in multiple roles, including: Therapist Coordinator, Parent Training Supervisor, Therapist, Diagnostic Interviewer, Measures Administrator, Project-School Liaison, Scholarly Activities, and Program Development. Primary Investigator: Kevin D. Stark, Ph.D.

Dissertation Research, University of Texas

July 2006-June 2007

Austin, TX

Exploring Strengths-Based Assessment as an Intervention for Enhancing Strengths in Youth: A Multiple Baseline Study

Created, conducted, and evaluated a strengths-based assessment intervention with seven middle school students that explored the effects of the assessment experience on students' self-perceived strengths and hope for the future. The study, rooted in the positive psychology, resilience, and psychological assessment literatures, used a multiple-baseline, across participants design. Results suggested a significant increase in participants' self-reported hope after the assessment. Participants indicated that the assessment experience was helpful and meaningful in independent social validity interviews following the study. Primary Investigator: self

Graduate Research Assistant, University of Texas

March 2003-June 2007

Austin, TX

The Efficacy of Therapeutic Assessment with Children and Families

Therapeutic Assessment (TA) is a method of collaborative assessment between client and clinician. Conducted a TA with a nine-year-old girl and her family, consulted with parents while they observed their child's assessment behind a one-way mirror, administered quantitative measures, conducted school observations, scored and interpreted data, and contributed to scholarly activities and program development. Primary Investigators: Stephen E. Finn, Ph.D., Deborah Tharinger, Ph.D.

Undergraduate Research Assistant, University of Texas

January-May 1999

Austin, TX

Ran participants for various studies in the social psychology department and entered data.

Primary Investigator: William Swann, Ph.D.

Undergraduate Research Assistant, Austin Police Department, Victim Services

Austin, TX

January-May 1997; August-December 1997

Compiled database of information from child victims and witnesses of family violence and their families, co-facilitated school-based group therapy, and participated in crisis intervention with a mobile Crisis Intervention Team. Primary Investigator: George Holden, Ph.D.

PUBLICATIONS

- Stark, K. D., Hargrave, J., Greenberg, M., **Hersh, B. L.**, Fisher, M. & Gerber, B. (in press). Maximizing the effectiveness of psychosocial interventions for children. In T. Gutkin (Ed.) *Child and adolescent depression: Causes, treatment, and prevention*. New York: Guilford Press.
- Seligman, A., Fowler, J., **Hersh, B. L.**, Austin, C., Finn, S. E., & Tharinger, D. J. (2009). "Why won't my parents help me?": Therapeutic Assessment of a child and her family. *Journal of Personality Assessment.*, 91(2), 108-120.
- Tharinger, D. J., Finn, S. E., **Hersh, B. L.**, & Wilkinson, A., Christopher, G., & Tran, A. (2008). Assessment feedback with parents and pre-adolescent children: A collaborative approach. *Professional Psychology: Research and practice*, 39, 600-609.
- Stark, K. D., Hargrave, J., **Hersh, B. L.**, Greenberg, M., Herren, J. & Fisher, M. (2007). Treatment of youth depression: The ACTION Program. In J. R. Z. Abela & B. L. Hankin (Eds.) *Depression in children and adolescents: Causes, treatment, and prevention*. New York: Guilford Press.
- Hersh, B. L.** (2006). Positive psychology and special education. In A. M. Bursztyrn (Ed.), *The Praeger handbook of special education*. Westport, CT: Praeger Publishers.
- Shepard, K., DeHay, T., & **Hersh, B. L.** (2006). Self-harming behavior in youth. *Social workers and mental health workers training and resource manual*. New York: Oxford University Press.

SYMPOSIA AND POSTER PRESENTATIONS

- Shepard, K., DeHay, T., & **Hersh, B. L.** (2006, August). *Effective Treatments for Adolescent Self-Mutilation*. Poster presented at the 2006 American Psychological Association annual convention, New Orleans, LA.
- Hersh, B. L.** & Roberts, G. (2005, March). *Initial Quantitative Findings from the Therapeutic Assessment Project*. Symposium presentation at the 2005 Annual Meeting of the Society for Personality Assessment, Chicago, IL.
- Hersh, B. L.**, Greenberg, M.W., Sander, J.B., Stapleton, L., & Stark, K. (2004, August). *Diagnosing depression: Who reports symptoms more accurately, parent or child?* Poster at the 2004 American Psychological Association annual convention, Honolulu, HI.

Greenberg, M.W., **Hersh, B.L.**, Sander, J.B., Stapleton, L., & Stark, K. (2004, August). *The Relationship between Parents' and Children's Self-views in Depressed Girls*. Poster at the 2004 American Psychological Association annual convention, Honolulu, HI.

PROFESSIONAL PRESENTATIONS

New York-Presbyterian Hospital/Westchester Division, April-May 2010
Course Title: CBT for Childhood Depression: The ACTION Treatment Program

New York-Presbyterian Hospital/Westchester Division Grand Rounds, June 2, 2009.
Presentation topic: Exploring Strengths-Based Assessment as an Intervention for Enhancing Strengths in Youth.

Westchester Jewish Community Services Educational Institute Course, August 2008.
Course title: Treatment for Childhood Depression, the ACTION Program

Windermere Elementary School Staff Training, October 7, 2005.
Presentation topic: Depression and anxiety in children

McCullough Academy of Excellence Staff Training, November 5, 2004.
Presentation topics:
Session 1: Depression and Anxiety in Children and How Teachers Can Help
Session 2: Cultivating Children's Strengths

SELECTED LISTING OF ADDITIONAL TRAININGS

Advanced Assessment and Treatment of Attention Deficit Disorders (ADD/ADHD). Presented by Thomas E. Brown, Ph.D., American Psychological Association, 2013.

Dialectical Behavior Therapy Intensive Training. Presented by Behavioral Tech, 2008.

Trauma-Focused Cognitive Behavioral Therapy. Online and in-person training at Westchester Jewish Community Services, 2007.

Skills Training in Affective and Interpersonal Regulation/Narrative Storytelling (STAIR/NST). Presented by Tamar Gordon, Ph.D., and Andrew Levin, M.D. Westchester Jewish Community Services, Yonkers, NY, 2007.

Solution-Focused Therapy Training. Presented by Insoo Kim Berg, MSSW. Austin Child Guidance Center, 2006.

Advanced Clinical Training in Solution-Focused Therapy. Presented by Cynthia Franklin, Ph.D. Austin Child Guidance Center, 2006.

Undercurrent Therapy: Treating the Secret Wounds of Kids and Adults. Presented by Scott P. Sells, Ph.D. Austin Child Guidance Center, 2006.

Advanced therapist training for NIMH Study: Cognitive-Behavioral Therapy for Treatment of

Depression in Pre-Adolescent Girls. Presented by Nadine Kaslow, Ph.D., to the ACTION Program research team, 2005.

Grief and Loss in the Family Context: Biennial Symposium. Keynote addresses by Kenneth Doka, Ph.D., and Marcia Levetown, M.D. Institute for Grief, Loss, and Survival and The Texas Partnership for End-of-Life Care, 2005.

Solution-Focused Alternatives for Education: An Evaluation of Gonzalo Garza Independence High School. Presented by Insoo Kim Berg, MSSW. University of Texas, 2005.

Theory and Practice of Therapeutic Assessment, an Introductory Workshop. Presented by Stephen Finn, Ph.D. University of Texas, 2005.

Advanced therapist training for NIMH Study: Cognitive-Behavioral Therapy for Treatment of Depression in Pre-Adolescent Girls. Presented by Judith Beck, Ph.D., to the ACTION Program research team, 2004.

Combating Youth Depression Using Primary and Secondary Control: A CBT Workshop Presented by John Weisz, Ph.D., to the ACTION Program research team, 2004.

Integrative Problem-Centered Therapy. Presented by Carol Middleberg, Ph.D., to the Therapeutic Assessment Program research team, 2004.

HONORS AND AWARDS

2006-2007 Graduate Student Committee representative, University of Texas

Elected by school psychology classmates as student representative at educational psychology department faculty meetings.

2003, 2004 Alexander Caswell Ellis Fellowship, University of Texas

Competitive award, open to all students in the Department of Educational Psychology, based on academic merit and financial need.

2004 Educational Psychology Professional Development Award, University of Texas

Award-supported travel to professional conference.

2003 Mickey and Ruth Schimmel Memorial Scholarship, Jewish Federation of Greater Dallas

Competitive award, open to all students in the Dallas area, based on academic merit, extracurricular activities, and financial need.

2002 Educational Psychology Department General Scholarship, University of Texas

Award to incoming first year students based on academic merit and financial need.