

DEBORAH L. POLLACK, PH.D.
Psychology Department, Utica University
1600 Burrstone Road
Utica, NY 13502
dlpollac@utica.edu

EDUCATION

Ph.D. DUQUESNE UNIVERSITY, Pittsburgh, PA Clinical Psychology	2006
Internship: SUNY Upstate Medical University	2005-2006
M.A. DUQUESNE UNIVERSITY, Pittsburgh, PA Psychology	2000
B.A. ST. MARY'S COLLEGE OF MARYLAND, St. Mary's City, MD Psychology and Philosophy	1998

DISSERTATION

“Negotiating Boundaries from Within: A Feminist-Psychodynamic Investigation of Bulimia and Emotional Expression in Context.” Defended July 7, 2005

TEACHING EXPERIENCE

ASSISTANT PROFESSOR Psychology Department, Utica University PSY 372: The Counseling and Interviewing Process PSY 383: Theories of Psychotherapy PSY 361: Abnormal Psychology PSY 470: Practicum in Psychology	8/20 – current
--	----------------

CLINICAL ASSISTANT PROFESSOR Psychiatry Department, SUNY Upstate Medical University Regularly supervise psychology interns on their psychotherapy cases (have also supervised psychiatric residents). Served as assessment supervisor for 7 years. Taught a portion of the internship assessment seminar (Rorschach interpretation) and led assessment case conferences. Have taught a 9-month course on Short-Term Dynamic Psychotherapy (STDP) for psychology interns and psychiatric residents. Supervised and taught Dialectical Behavior Therapy (DBT) to psychology interns, psychiatry residents, and social-work interns.	2/07 - current
---	----------------

CLINICAL INSTRUCTOR

1/14 – 5/20

Psychology Department, Syracuse University

PSY 745: Theories of Psychotherapy

Fall 2019

PSY 648: Assessment II

Spring 2014, 2015, 2016, 2017, 2020 (5 semesters)

CLINICAL SUPERVISOR**Psychological Services Center, Syracuse University**

8/13 – current

Current responsibilities (2013-2020): Regularly supervise 6-8 Ph.D. students in clinical psychology for their psychotherapy and assessment cases at their training clinic. Assist with teaching on special topics for clinic staff meetings.

Past responsibilities (2006-2012): Provided practicum training/supervision on conducting bariatric surgery evaluations for doctoral students in clinical psychology (2008-2012). Created a research-based internship for undergraduate students (2010-2012). Supervised doctoral students in the program on their psychotherapeutic work in the training clinic (2006-2008).

ADVANCED LECTURER**Psychology Department, Colgate University**

Spring 2020

PSYC 361: Psychotherapy & Behavior Change

VISITING ASSISTANT PROFESSOR**Psychology Department, Syracuse University**

PSY 335: Psychology of Childhood

Fall 2006, Spring 2007

PSY 393: Personality

Fall 2006, Spring 2007

INSTRUCTIONAL CONSULTANT FOR TAs***Center for Teaching Excellence, Duquesne University***

7/04 – 6/05

Responsibilities included developing and co-leading new teaching assistant orientations, assisting with new faculty orientations, offering faculty and TA workshops and book studies, consulting with TAs, guiding award nominees with teaching portfolio development, and maintaining teaching resources and CTE website.

LECTURER**Psychology Department, Duquesne University**

Systematic Psychology

Fall 2003, Spring 2004

Please note: This course is now titled, “Brain, Behavior and Cognition” and this more accurately represents my course design and content.

TEACHING ASSISTANT**Psychology Department, Duquesne University**

Introduction to Psychology

Fall 2001, Spring 2002

Served as instructor, responsible for all aspects of course.

Psychology of Gender

Fall 2002, Spring 2003

Served as instructor, responsible for all aspects of course.

INSTRUCTOR

GRE preparation course, The Princeton Review

March 2003 – June 2005

CLINICAL EXPERIENCE

Private Practice

2/11 - current

Individual psychotherapy for adults. Psychotherapy supervision for licensed professionals. Health psychology evaluations, including for kidney donors and bariatric surgery patients.

Advanced psychotherapy training and certifications

- Advanced training in Dialectical Behavior Therapy (DBT), 2007
- Core training in Short-Term Dynamic Psychotherapy (STDTP), 2010
- Certification in Accelerated Experiential Dynamic Psychotherapy (AEDP), 2013
- Advanced core training in Intensive Short-Term Dynamic Psychotherapy (ISTDP) 2017-2019
- Completed Training of Trainers through the ISTDP Institute (3 year program), 2017-2020
- Certified Teacher and Supervisor, by the International Experiential Dynamic Therapy Association (IEDTA), 2020
- Certified, Perinatal Mental Health through Postpartum Support International (PMH-C), 2021
- Completed Eastern Group Psychotherapy Society (EGPS) Training Program in Group Psychotherapy, 2022

Department of Psychiatry, Adult Clinic

7/07 – 6/12

SUNY Upstate Medical University

Psychologist and Director, Bariatric Psychology Program

Conducted health psychological evaluations and consultations for bariatric surgery patients, pain patients, and patients with Hepatitis C. Conducted individual psychotherapy and group psychotherapy (DBT). Regularly supervised and taught psychiatric residents and pre-doctoral psychology interns on psychotherapy and assessment.

Principal Investigator: “Psychological Correlates of Bariatric Surgery Patients,” with Kimberly Wisotzke (research database). This data was used for Dr. Wisotzke’s (2013) dissertation.

Dewitt Counseling Services

Psychologist

8/09 – 2/11

Provided psychotherapy and assessment services for adults.

Physical Medicine & Rehabilitation Services

2/07 – 2/08

SUNY Upstate Medical University, Syracuse NY

Psychologist

Responsible for providing psychological assessment and intervention services for acute rehabilitation inpatients and their families. Most suffered from brain injury or adjustment to

major medical conditions (e.g., spinal cord injury, amputations). Provided supervision for psychology interns and Syracuse University undergraduate students.

SUNY Upstate Medical University, Syracuse, NY

9/05 – 8/06

Pre-doctoral Psychology Internship

Major rotations in Health Psychology through the Psychiatric Consultation-Liaison and Physical Medicine and Rehabilitation services, Acute Inpatient Service, and Outpatient Child/Adolescent Psychiatry Clinic. Provided individual psychotherapy. Provided personality, cognitive, and neuropsychological assessment. Co-led outpatient DBT and inpatient SCT (Systems-Centered Therapy) groups. Lectured on psychological testing to medical students.

Chatham College Counseling Services, Pittsburgh, PA

9/03 – 5/04

Conducted time-limited and long term psychotherapy for a small women's college from a developmental approach. Performed intake and evaluation, crisis management and consultation services. Developed and presented workshops to student population on a variety of topics including stress and anger management, healthy relationships, and body image.

Duquesne University Psychology Clinic, Pittsburgh, PA

9/00 – 5/03

Conducted brief and long-term psychotherapy with college students, individual adults, and couples. Performed intake and evaluation services. Performed intellectual and personality assessments for children, adolescents and adults, with a variety of measures, including the Rorschach test (Exner scoring system).

Allegheny General Hospital, Pittsburgh, PA

9/02 – 5/03

Department of Psychiatry and Neuropsychiatric Institute

Conducted over forty inpatient consultation/liaison and outpatient neuropsychological evaluations for adults, geriatric, and children using a variety of testing instruments (neuropsychological, cognitive, and personality). Referrals included post traumatic brain injury, pre and post ECT measures, geriatric depression, dementia screening, epileptic surgery candidates, ADHD evaluations, intellectual evaluations, extent of functional impairment from organic injury, forensic evaluations, and extent of developmental and learning disabilities.

Western Psychiatric Institute and Clinic, Pittsburgh, PA

9/01 – 4/02

Eating Disorders Clinic

Involved in partial hospital, intensive outpatient, and outpatient programs. Led and co-led several DBT and CBT groups for anorexic and bulimic adults and adolescents. Conducted individual therapy for partial hospital patients and outpatients from a cognitive-behavioral and interpersonal perspective. Conducted family therapy. Active member of multidisciplinary treatment team.

Hill House Collaborative, Pittsburgh PA

Children's Group

9/00 – 5/01

Co-led therapeutic group for African-American adolescent girls in an impoverished neighborhood. Focused on building self-esteem and developing positive relationships with others.

ADDITIONAL WORK EXPERIENCE

Big Brothers Big Sisters of Southern Maryland, Leonardtown, MD 9/98 - 7/99
Case Manager. Recruitment and evaluation of Big Brother and Big Sister volunteers. Conducted evaluations of children and helped parents to connect to appropriate social service agencies. Conducted home visits and background checks. Webmaster.

GRANTS AND FELLOWSHIPS AWARDED

American Psychological Foundation, Division 49 Group Psychotherapy Grant.

Received August 2021 for “The Focus on Feelings group for mothers: A pilot study of a new group therapy intervention for women with perinatal mood and anxiety disorders.”

American Psychoanalytic Association

Fellow of the College of Research, 2021-2022.

PUBLICATIONS

Pollack, D. (2021). Maternal ambivalence in session: Helping mothers face mixed feelings towards their children with intensive short-term dynamic psychotherapy. *Women & Therapy, 1-31.*

Seddio, K., Pollack, D., Lewis, J., & Crawford, H. (2022). Attention-deficit/hyperactivity disorder and anxiety during the COVID-19 pandemic. *Journal of American College Health.*

Pollack, D. (2017). Behavioral determinants of obesity. In Silverman, R.K. (Ed.), *Obesity medicine: Management of obesity in women’s healthcare* (pp. 123-139). New York, McGraw Hill.

Pollack D. & Keaschuk R. (2008). An integrative study of the socio-cultural influences on the object relations of bulimic women. *Eating Disorders: The Journal of Treatment and Prevention 16:* 14-29.

Willingham-McLain, L. & Pollack, D. (2006). Exploring the application of best practices to TA awards: One university’s approach. *To Improve the Academy, 24,* 247-258.

Pollack, D. (2003). Pro-Eating disorder websites: What should be the feminist response? *Feminism and Psychology, 13(2):* 246-251.

BOOK REVIEW

Pollack D. (2011) Review of *Object Relations in Practice*, (part of the “Little Psychotherapy Book” Series), by Allan Frankland. *Psychiatric Times, Vol. 28, No. 2*

PRESENTATIONS

NATIONAL AND INTERNATIONAL CONFERENCES:

Accepted: Pollack, D. & Broudy, C. The Holding Space: A New Experiential-Dynamic Group Therapy for Mothers with Postpartum Mood and Anxiety Disorders.

Accepted to present at the Society for the Exploration of Psychotherapy Integration (SEPI) 's annual conference, Vancouver, Canada, May 2023.

Pollack, D. & Broudy C. (2022, October). Experiential dynamic group therapy for mothers with postpartum mood and anxiety disorders. *Presented in the Group and Inpatient Therapy Panel at the International Experiential Dynamic Therapy Association 's biannual conference, Venice, Italy, October 13-15, 2022.*

Pollack, D. & Broudy C. (2022, October). The Holding Space Group: A mixed-methods study of outcome and process of experiential dynamic group therapy for mothers with postpartum anxiety and depression. *Presented at the Research Symposium of the International Experiential Dynamic Therapy Association 's biannual conference, Venice, Italy, October 13-14, 2022.*

Franco, D., Pollack, D., Sawyer, C., & Przygoda, S. (2022, October). Adapting the helpful aspects of therapy form for semi-structured qualitative psychotherapy process interviews. *Poster presented at the New York State Psychological Association 2022 convention (online), October 22-23, 2022.*

Pollack, D., DePerno, M. Stone, S. Marmet, S., AlAswaj, S. (2022, September). This Might Hurt: A Documentary About Mind/Body Pain with a Structured Discussion from Practitioners in the Field. *Presented at the Integrative Healthcare Conference at Utica University, September 10, 2022.*

Pollack D. (2021). "Helping mothers face mixed feelings towards their children using feminist-psychodynamic theory and techniques from ISTDP. *Presented at the Society for Psychotherapy Integration (SEPI), Annual Meeting, June 2021 (virtual).*

Pollack D. (2018). "To Lead and Follow: Using Experiential Dynamic Therapy Techniques to Help Clients Reach Their Goals." *Presented at the Canadian Experiential Dynamic Therapy Society, Inaugural Symposium, Montreal, Quebec, Oct. 12, 2018.*

Pollack D. (2006). "Representations of mothering in popular and psychiatric discourse since WWII and their psychological impact on mother-daughter relationships." *Presented at the Association for Women in Psychology, 31st Annual Feminist Psychology Conference, Ann Arbor, Michigan. March 30 – April 2, 2005.*

Millilo, D., Pawlowski, B., Harris, A., & Pollack, D. (2006) "Making her way: Words and wisdom from successful mentors." *Presented at the Association for Women in*

Psychology, 31st Annual Feminist Psychology Conference, Ann Arbor, Michigan, March 30 – April 2, 2005.

- Pollack, D. (2005) "Alexithymia and bulimia nervosa in context: A feminist-psychodynamic investigation." *Poster presented at the American Psychological Association Annual Convention, Washington, D.C. August 18-21, 2005.*
- Willingham-McLain, L., Pollack, D., and Frayer, D. (2005). "Teaching awards and student learning: What's the connection?" *Improving University Teaching, 30th Annual International Conference, Pittsburgh, PA. July 9-10, 2005.*
- Pollack, D. (2005) "Bulimia nervosa, emotional expression, and attachment in context: A feminist-psychodynamic investigation." *Association for Women in Psychology, 30th Annual Feminist Psychology Conference, Tampa, FL. February 25-27, 2005.*
- Pollack, D., Tartaro, J., & Cosgrove, L. (2005). "Taking care of ourselves in graduate school: Body, mind, and spirit." *Workshop presented at the Association for Women in Psychology, 30th Annual Feminist Psychology Conference, Tampa, FL. February 25-27, 2005.*
- Pollack, D. (2004) "Affected bodies in psychosomatic distress: Towards an intersubjective understanding of the alexithymia construct." *International Human Science Research Conference, St. Catharines, ON August 5-8, 2004.*
- Pollack, D. (2004) "Psychosomatic women: Towards a feminist understanding of alexithymia and attachment." *International Association for Women's Mental Health, 2nd World Congress on Women's Mental Health, Washington DC, March 17-20, 2004.*
- Pollack, D. (2004) "Learning to let go: Qualitative research design for beginners." *Association for Women in Psychology, 29th Annual Feminist Psychology Conference, Philadelphia, PA. February 26-29, 2004.*
- Pollack, D. (2003) "The culturally embodied unconscious: Contributions from Merleau-Ponty's phenomenology of language." *Society for Phenomenology and the Human Sciences Conference, Boston, MA. November 6-8, 2003.*
- Pollack D. (2003) "Eating disorders as language disorders? Exploring the alexithymia connection." *Association for Women in Psychology, 28th Annual Feminist Psychology Conference, Jersey City, NJ. March 6-9, 2003.*
- Pollack, D. (2001) "Anorexia as a lifestyle? The proliferation of pro-eating disorder groups on the world wide web." *Women's Studies Network (UK) Association, 14th Annual Conference, Cheltenham & Gloucester College of Higher Education. July 12th-14th, 2001.*

LOCAL AND INVITED PRESENTATIONS AND WORKSHOPS:

Pollack D. (March, 2023), "Types of Psychotherapy," Invited guest on WCNY's *Cycle of Health*, Airdate: 03/09/2023.

Pollack, D. (August, 2022), "Postpartum Anxiety and Depression," *ThriveSpot, New Mothers Support Group, Fayetteville, NY, Aug. 22, 2022.*

Pollack, D. (May, 2022) "The Holding Space: A group for moms to build emotional resilience." *Healthy Babies Consortium, Utica, NY, May 12, 2022.*

Pollack, D. & Broudy, C. (2022) "Do you have mixed feelings towards your children? Healing anxiety and chronic pain and motherhood through an ISTDP approach." *TMS Roundtable, March 28, 2022.*

Pollack, D. (2021). "Perinatal mood and anxiety disorders." *Presented to the Family Medicine Residency Program, Mohawk Valley Health System, Utica, NY, December 8, 2021.*

Pollack, D. (2021). "Having mixed feelings towards your kids: Why it's ok and how to handle it!" *Presentation and talk for the Sacred Women's Support Group, Mohawk Valley Perinatal Network, Utica, NY, August 20, 2021.*

Pollack, D. (2021). "What heals in psychotherapy?" *Invited talk for the Heretics Club, Office of the Chaplaincy, Colgate University, Hamilton, NY, March 4, 2021.*

Pollack, D. (2019) "Short-term dynamic psychotherapy." *Full day workshop for Psy.D. students in clinical psychology at Point Park University, Pittsburgh, PA, March 16, 2019.*

Pollack, D. (2018). "Working with resistance to increase therapeutic effectiveness with skills from short-term dynamic psychotherapy." *Presented to the Central New York Psychological Association, Oct. 18, 2018.*

Pollack D. & Keaschuk R. (2006) "Re-conceptualizing bulimia: Integrating socio-cultural and object-relational perspectives." *SUNY Upstate Medical University, Department of Psychiatry Grand Rounds. March 30, 2006.*

Pollack D. (2006) "Qualitative research software" *Invited workshop sponsored by the Duquesne University Center for Interpretive and Qualitative Research (CIQR) and the Duquesne University Graduate Association for Psychology (GAP), Pittsburgh, PA, April 21, 2006¹.*

¹ As a direct result of this workshop, the Dean of the College of Arts and Sciences purchased 10 educational licenses of the qualitative research software, Qualrus, for student and faculty use.

- Pollack D. (2005). "Emotional and personality issues for patients with mild traumatic brain injury." *In-service presentation for Physical Medicine and Rehabilitation staff, University Hospital, Syracuse, NY, November 23, 2005.*
- Pollack, D. (2005). "Using PowerPoint to promote active learning." *Presented for Duquesne University Faculty, through the Center for Teaching Excellence, Duquesne University, Pittsburgh, PA, March 2, 2005 and repeated at faculty request through Computing and Technology Services, May 25, 2005.*
- Pollack, D., Gawalt, E., & Walsh, R. (2004). "Walking the TA tightrope: Balancing teaching and graduate studies." *Presented for Duquesne University graduate students, through the Center for Teaching Excellence, Duquesne University, Pittsburgh, PA, September, 2005.*
- Pollack, D. (2004). "Using PowerPoint in the psychology classroom." *Invited workshop for the graduate students of the Psychology Department, Duquesne University, May 19, 2004.*
- Pollack, D. (2002) "Pro-eating disorder cyber discourse as indicative of failures of feminist theorizing on women's subjectivity." *Duquesne University Graduate Student Organization's 9th annual interdisciplinary conference. October 24-25th 2002.*
- Pollack, D. (2001). "The presence of alexithymic traits in Bulimia Nervosa." *Greater Pittsburgh Psychological Association, 3rd Annual Student Poster Presentation.*
- Pollack, D. (2001). "Women in cyberspace: The Internet as a site of oppression and liberation." *Duquesne University Graduate Student Organization's 8th annual interdisciplinary conference. March 23-24 2001.*

HONORS AND AWARDS

- Invited to Chair the panel on Group and Inpatient Therapy for the International Experiential Dynamic Therapy Association (IEDTA)'s biannual conference in Venice, Italy in October 2022.
- Invited to Chair the Research Symposium for the International Experiential Dynamic Therapy Association (IEDTA)'s biannual conference in Venice, Italy in October 2022.
- Associate Fellow at the College of Research Fellows of the American Psychoanalytic Association (APSAA).
- Awarded an American Psychological Association-American Psychological Foundation Division 49 Grant (Society of Group Psychology and Group Psychotherapy), 2021-2022
- Awarded "Psychologist of the Year" in 2013 by the Central New York Psychological Association
- Nominee for McAnulty College and Graduate School of Liberal Arts, Duquesne University, Award for Excellence in Scholarship, March 2006

Nominee for Duquesne University Graduate Student Award for Excellence in Teaching,
March 2004

Who's Who among American College and University Students, 2003

Duquesne University Psychology Department Graduate Student Award for Excellence in
Teaching, April 2003

PROFESSIONAL AFFILIATIONS

Central New York Psychological Association (CNYPA)

Communications Officer, 2019 – current

Co-Chair, Academic Committee, 2020-current

Program Committee, 2006 - current

Chair, Website Committee, 2017-2018

President, 2016

President, 2015

Board Member, 2013 - 2015

Recording Secretary, 2007 – 2009

International Experiential Dynamic Therapy Association

Recording Secretary, current

Research Committee, 2020- current

Diversity Committee, 2021

New York State Psychological Association (NYSPA)

Convention Chair, 2021 Annual Convention

Member of NYSPA's legislative committee, 2013-2016

Society for the Exploration of Psychotherapy Integration (SEPI)

Member

Society for Qualitative Inquiry in Psychology (SQIP)

Member

Association for Women in Psychology (AWP)

Chair of the Student Caucus, 2004-2006

Program reviewer for annual conference, 2005 - 2008

American Psychological Association of Graduate Students (APAGS)

Campus representative for Duquesne University, 2000-2001

OTHER PROFESSIONAL ACTIVITIES

- Helped develop the curriculum and co-led a week-long training in Kenya for women care-givers who work with orphaned and traumatized children.
- Dissertation consultant and editor for Jennifer Jondreau, Ph.D. Candidate in Psychology at the Union Institute².
- Independent reviewer for the empirical research on pro-eating disorder web-sites by Dr. Lori Rosenthal for her tenure committee, School of Communication Sciences & Disorders, Emerson College, Boston, MA².

² I was sought out by Ms. Jondreau and Dr. Rosenthal for my expertise in qualitative research and eating disorders and pro-eating disorder websites, respectively. We had no prior relationship.