



## Jill T. Levitt

Adjunct Clinical Instructor, Psychiatry and Behavioral Sciences

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### Bio

#### BIO

Dr. Jill Levitt is a Licensed Clinical Psychologist and the Director of Training at the Feeling Good Institute in Mountain View, CA. She has more than 25 years of experience conducting Cognitive Behavioral Therapy (CBT) and has been trained by some of the world's leaders in CBT. Dr. Levitt graduated Summa Cum Laude with honors in Psychology from the University of Pennsylvania and received her Ph.D. in Clinical Psychology from Boston University where she was mentored by Dr. David Barlow. She has co-written several scholarly articles in the areas of OCD, PTSD and Panic Disorder. Most recently she has been co-teaching CBT with Dr. David Burns at the Stanford University School of Medicine in her role on the Adjunct Clinical Faculty in the Department of Psychiatry and Behavioral Sciences. Dr. Levitt teaches both in-person and online workshops for the Feeling Good Institute on CBT methods, reducing resistance in psychotherapy, and improving the effectiveness of psychotherapy. She is passionate about helping people overcome depression and anxiety efficiently using CBT.