

Stanford



Michele Berk

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Psychiatry and Behavioral Sciences - Child & Adolescent Psychiatry and Child Development

CLINICAL OFFICES

- **Child and Adolescent Psychiatry Clinic**

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Bio

BIO

The focus of my career has been on research, teaching, and clinical service in the area of psychotherapy approaches for treating suicidal behavior in adolescents, with some additional work on suicidal adults. I have been dedicated to the “scientist-practitioner” model, in which my research and clinical work reciprocally inform and enhance each other. I have been fortunate to have obtained a significant amount of both research and clinical experience with suicidal behavior, an understudied area in which relatively few people receive specialized training. Despite the fact that suicide is the third leading cause of death among 10-14 year-olds and the second leading cause of death among 15-24 year-olds (CDC, 2015), there is surprisingly little research on effective psychosocial treatments for these youth. It is my mission to continue to contribute to the research literature in this area, as well as to provide high quality, empirically informed training in suicide assessment and treatment to therapists in training and to mental health professionals in the community. Treating suicidal behavior is one of the most difficult challenges faced by clinicians and the loss of a young person by suicide is a devastating outcome. My goals for my research, teaching, and clinical service are to: a) have a broad impact on the field in terms of developing empirically-supported interventions for adolescent suicide attempters, b) disseminate these interventions into the community, c) increase the quality of service provided to suicidal patients by the mental health professionals I have trained (and indirectly, as those I have trained go on to train others), and ultimately, d) prevent adolescent suicide and suicide attempts.

CLINICAL FOCUS

- Psychology
- Dialectical Behavior Therapy
- Cognitive Behavioral Therapy
- Suicidal and Self-Harm Behavior
- Adolescents

ACADEMIC APPOINTMENTS

- Assistant Professor - University Medical Line, Psychiatry and Behavioral Sciences - Child & Adolescent Psychiatry and Child Development
- Member, Maternal & Child Health Research Institute (MCHRI)

PROFESSIONAL EDUCATION

- PhD Training: New York University (2001) NY
- Ph.D., New York University , Clinical Psychology (2001)
- Fellowship: University of Pennsylvania, Psychopathology Research Center (2003) PA
- Fellowship: Mount Sinai St. Luke's/Roosevelt Hospital (2001) NY
- Internship: Mount Sinai St. Luke's/Roosevelt Hospital (2000) NY

Research & Scholarship

CURRENT RESEARCH AND SCHOLARLY INTERESTS

The focus of my research is on adolescent suicidal and self-harm behavior. I am currently one of four Principal Investigators of a multisite NIMH-sponsored RCT of DBT for adolescents at high risk for suicide (NCT01528020: Collaborative Adolescent Research on Emotions and Suicide [CARES], PI: Linehan, McCauley, Berk, & Asarnow) aimed at evaluating the efficacy of DBT with adolescents compared to a combined individual and group supportive therapy control condition (IGST).

CLINICAL TRIALS

- Collaborative Adolescent Research on Emotions and Suicide, Not Recruiting

Publications

PUBLICATIONS

- **Dialectical Behavior Therapy for Suicidal Self-Harming Youths: Emotion Regulation, Mechanisms, and Mediators.** *Journal of the American Academy of Child and Adolescent Psychiatry*
Asarnow, J. R., Berk, M. n., Bedics, J. n., Adrian, M. n., Gallop, R. n., Cohen, J. n., Korslund, K. n., Hughes, J. n., Avina, C. n., Linehan, M. n., McCauley, E. n.
2021
- **Commentary: Dialectical behavior therapy with parents of youth at risk for suicide** *CLINICAL PSYCHOLOGY-SCIENCE AND PRACTICE*
Berk, M. S.
2020
- **EVIDENCE-BASED TREATMENT APPROACHES FOR SUICIDAL ADOLESCENTS: TRANSLATING SCIENCE INTO PRACTICE**
Berk, M.
ELSEVIER SCIENCE INC.2020: S81
- **Sleep in youth with repeated self-harm and high suicidality: Does sleep predict self-harm risk?** *Suicide & life-threatening behavior*
Asarnow, J. R., Bai, S., Babeva, K. N., Adrian, M., Berk, M. S., Asarnow, L. D., Senturk, D., Linehan, M. M., McCauley, E.
2020
- **Coronavirus Disease 2019 Takes Adolescent Suicide Prevention to Less Charted Territory.** *The Journal of adolescent health : official publication of the Society for Adolescent Medicine*
Szlyk, H. S., Berk, M., Peralta, A. O., Miranda, R.
2020
- **Adapted Dialectical Behavior Therapy for Adolescents with a High Risk of Suicide in a Community Clinic: A Pragmatic Randomized Controlled Trial.** *Suicide & life-threatening behavior*
Santamarina-Perez, P. n., Mendez, I. n., Singh, M. K., Berk, M. n., Picado, M. n., Font, E. n., Moreno, E. n., Martínez, E. n., Morer, A. n., Borràs, R. n., Cosi, A. n., Romero, S. n.
2020
- **Predictors and moderators of recurring self-harm in adolescents participating in a comparative treatment trial of psychological interventions.** *Journal of child psychology and psychiatry, and allied disciplines*
Adrian, M., McCauley, E., Berk, M. S., Asarnow, J. R., Korslund, K., Avina, C., Gallop, R., Linehan, M. M.
2019

- **Ethical Considerations in Research on Suicide Prediction: Necessity as the Mother of Invention.** *JAMA psychiatry*
Roberts, L. W., Berk, M. S., Lane-McKinley, K.
2019
- **Evidence-Based Treatment Approaches for SUICIDAL ADOLESCENTS Translating Science Into Practice Introduction** *EVIDENCE-BASED TREATMENT APPROACHES FOR SUICIDAL ADOLESCENTS: TRANSLATING SCIENCE INTO PRACTICE*
Berk, M., Berk, M.
2019: 1–18
- **Management of Suicidal Youth** *CLINICAL HANDBOOK FOR THE DIAGNOSIS AND TREATMENT OF PEDIATRIC MOOD DISORDERS*
Clarke, S., Ragan, E., Berk, M., Singh, M. K.
2019: 391–422
- **Recent advances in understanding and managing self-harm in adolescents.** *F1000Research*
Clarke, S., Allerhand, L. A., Berk, M. S.
2019; 8
- **Dialectical Behavior Therapy for Suicidal Multiproblem Adolescents** *EVIDENCE-BASED TREATMENT APPROACHES FOR SUICIDAL ADOLESCENTS: TRANSLATING SCIENCE INTO PRACTICE*
Miller, A. L., Rathus, J. H., Berk, M., Walker, A. S., Berk, M.
2019: 87–115
- **Safety Planning and Risk Management** *EVIDENCE-BASED TREATMENT APPROACHES FOR SUICIDAL ADOLESCENTS: TRANSLATING SCIENCE INTO PRACTICE*
Berk, M., Clarke, S., Berk, M.
2019: 63–84
- **Parental Validation and Invalidation Predict Adolescent Self-Harm** *PROFESSIONAL PSYCHOLOGY-RESEARCH AND PRACTICE*
Adrian, M., Berk, M. S., Korslund, K., Whitlock, K., McCauley, E., Linehan, M.
2018; 49 (4): 274–81
- **Efficacy of Dialectical Behavior Therapy for Adolescents at High Risk of Suicide** *JAMA Psychiatry*
McCauley, E., Berk, M. S., Asarnow, J. R., et al
2018
- **Implementation of Dialectical Behavior Therapy with Suicidal and Self-Harming Adolescents in a Community Clinic** *Archives of Suicide Research*
Berk, M. S., Starace, N. K., Black, V. P., Avina, C.
2018: 64–81
- **Emergency Department Youth Patients With Suicidal Ideation or Attempts: Predicting Suicide Attempts Through 18 Months of Follow-Up.** *Suicide and life-threatening behavior*
Rosenbaum Asarnow, J., Berk, M., Zhang, L., Wang, P., Tang, L.
2016
- **Assessment of suicidal youth in the emergency department.** *Suicide and life-threatening behavior*
Berk, M. S., Asarnow, J. R.
2015; 45 (3): 345-359
- **The SAFETY Program: a treatment-development trial of a cognitive-behavioral family treatment for adolescent suicide attempters.** *Journal of clinical child and adolescent psychology*
Asarnow, J. R., Berk, M., Hughes, J. L., Anderson, N. L.
2015; 44 (1): 194-203
- **Conducting Research on Adolescent Suicide Attempters: Dilemmas and Decisions.** *The Behavior therapist / AABT*
Berk, M., Adrian, M., McCauley, E., Asarnow, J., Avina, C., Linehan, M.
2014; 37 (3): 65-69
- **Differential susceptibility in longitudinal models of gene-environment interaction for adolescent depression** *DEVELOPMENT AND PSYCHOPATHOLOGY*
Li, J. J., Berk, M. S., Lee, S. S.
2013; 25 (4): 991-1003

- **Dialectical Behavior Therapy and Suicidal Behavior in Adolescence: Linking Developmental Theory and Practice** *PROFESSIONAL PSYCHOLOGY-RESEARCH AND PRACTICE*
Neece, C. L., Berk, M. S., Combs-Ronto, L. A.
2013; 44 (4): 257-265
- **Suicide Attempt Risk in Youths: Utility of the Harkavy-Asnis Suicide Scale for Monitoring Risk Levels** *SUICIDE AND LIFE-THREATENING BEHAVIOR*
Asarnow, J., McArthur, D., Hughes, J., Barbery, V., Berk, M.
2012; 42 (6): 684-698
- **An Emergency Department Intervention for Linking Pediatric Suicidal Patients to Follow-Up Mental Health Treatment** *PSYCHIATRIC SERVICES*
Asarnow, J. R., Baraff, L. J., Berk, M., Grob, C. S., Devich-Navarro, M., Suddath, R., Piacentini, J. C., Rotheram-Borus, M. J., Cohen, D., Tang, L.
2011; 62 (11): 1303-1309
- **Suicide Attempts and Nonsuicidal Self-Injury in the Treatment of Resistant Depression in Adolescents: Findings from the TORDIA Study** *JOURNAL OF THE AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY*
Asarnow, J. R., Porta, G., Spirito, A., Emslie, G., Clarke, G., Wagner, K. D., Vitiello, B., Keller, M., Birmaher, B., McCracken, J., Mayes, T., Berk, M., Brent, et al
2011; 50 (8): 772-781
- **Effective Components of TORDIA Cognitive-Behavioral Therapy for Adolescent Depression: Preliminary Findings** *JOURNAL OF CONSULTING AND CLINICAL PSYCHOLOGY*
Kennard, B. D., Clarke, G. N., Weersing, V. R., Asarnow, J. R., Shamseddeen, W., Porta, G., Berk, M., Hughes, J. L., Spirito, A., Emslie, G. J., Keller, M. B., Wagner, K. D., Brent, et al
2009; 77 (6): 1033-1041
- **Family Intervention for Suicide Prevention: A Specialized Emergency Department Intervention for Suicidal Youths** *PROFESSIONAL PSYCHOLOGY-RESEARCH AND PRACTICE*
Asarnow, J. R., Berk, M. S., Baraff, L. J.
2009; 40 (2): 118-125
- **The Sting of Lack of Affection: Chronic Goal Dissatisfaction in Transference** *SELF AND IDENTITY*
Berk, M. S., Andersen, S. M.
2008; 7 (4): 393-412
- **Pediatric emergency department suicidal patients: Two-site evaluation of suicide ideators, single attempters, and repeat attempters** *JOURNAL OF THE AMERICAN ACADEMY OF CHILD AND ADOLESCENT PSYCHIATRY*
Asarnow, J. R., Baraff, L. J., Berk, M., Grob, C., Devich-Navarro, M., Suddath, R., Piacentini, J., Tang, L.
2008; 47 (8): 958-966
- **Characteristics of recent suicide attempters with and without Borderline Personality Disorder.** *Archives of suicide research*
Berk, M. S., Jeglic, E., Brown, G. K., Henriques, G. R., Beck, A. T.
2007; 11 (1): 91-104
- **A cognitive therapy intervention for suicide attempters: An overview of the treatment and case examples** *COGNITIVE AND BEHAVIORAL PRACTICE*
Berk, M. S., Henriques, G. R., Warman, D. M., Brown, G. K., Beck, A. T.
2004; 11 (3): 265-277
- **History of multiple suicide attempts as a behavioral marker of severe psychopathology** *AMERICAN JOURNAL OF PSYCHIATRY*
Forman, E. M., Berk, M. S., Henriques, G. R., Brown, G. K., Beck, A. T.
2004; 161 (3): 437-443
- **The impact of past relationships on interpersonal behavior: Behavioral confirmation in the social-cognitive process of transference** *JOURNAL OF PERSONALITY AND SOCIAL PSYCHOLOGY*
Berk, M. S., Andersen, S. M.
2000; 79 (4): 546-562