Curriculum Vitae

LISA ANN IMBROGULIO POST, Ph.D.

CURRENT POSITIONS

Clinical Associate Professor

Director, Health Connect - Resident and Fellow Wellness Program

Chief, Sports Medicine in Psychiatry Director, Interpersonal Problems Clinic

Department of Psychiatry and Behavioral Sciences

Stanford University School of Medicine

401 Quarry Road

MC 5722

Stanford University

Stanford, California 94305

650.725.2372

lpost@stanford.edu

EDUCATION

Ph.D. Clinical Psychology

1992 California School of Professional Psychology

Berkeley, California (APA – accredited program in Clinical Psychology)

B.A. Politics

1981 Princeton University

Princeton, New Jersey

LICENSURE AND CERTIFICATIONS

1993-present Licensed Psychologist, California PSY13514

2010_present Mind-Body Medicine Program for Medical Faculty and Residents 2002-present Certified: Cognitive Therapy for Bulimia Nervosa and Binge Eating

Disorder

1995-present Certified: Dialectical Behavior Therapy

1995-present Certified: Cognitive Behavioral Analysis System Therapy

1993-present Active Medical Staff

Stanford Hospital and Clinics, Stanford, CA

AREAS OF INTEREST

Physician training and mental health

Curriculum development and psychosocial treatment for anxiety and depression

in physicians and residents

Psychosocial treatments/Performance enhancement for elite athletes

Group and team communication and interpersonal dynamics

Application of CBT and DBT to specialized populations

Mindfulness based stress reduction

2001 Director

Health Connect

Resident and Fellow Mental Wellness Program

Stanford School of Medicine Stanford Hospital and Clinics

Program development and management of a mental wellness program for approximately 900 Physicians in Training at Stanford University Medical Center (SUMC). Manage a dedicated, 24/hour clinical assessment and referral line for residents and fellows in need of psychiatric and psychological services. Provide consultation to SUMC Department Chairs, Clinical Program Directors and staff regarding resident mental health, burnout and self-care. Collaborate with the Office of Graduate Medical Education and various individual clinical departments regarding mental health well-being curriculum development. Lecture, upon request, on topics such as burnout, stress, depression and substance abuse in physicians in training at SUMC grand rounds. Provide outreach to SUMC residents and fellows. Direct management responsibility for two junior clinical faculty's participation in the program. Participate in additional SUMC activities listed in the Service Section.

2000-present

Chief

Sports Medicine in Psychiatry

Stanford School of Medicine, Stanford, CA

Program development and management of a mental health service that provides psychosocial treatment for elite athletes, including a population of approximately 800 Stanford University Varsity athletes and the San Francisco 49ers National Football League franchise. Consultation and collaboration with Department of Sports Medicine, Stanford School of Medicine and the Department of Athletics, Stanford University. Supervision of post-doctoral fellows

1996-present

Director

Interpersonal Problems Clinic

Stanford School of Medicine, Stanford, CA

Program development and management of an outpatient clinic specializing in the comprehensive treatment of patients with Borderline Personality Disorder diagnoses using a Dialectical Behavior Therapy (DBT) model. Conduct assessments and provide individual DBT adherent therapy. Lead DBT group skills training classes (see clinical experience section). Lead Stanford's DBT Treatment Consultation Team. Supervise post-doctoral Clinical Psychology fellows and Psychiatry residents. Provide supervision and educational opportunities for PGSP/Stanford Consortium Doctor of Psychology students.

1994-1996

Director of Training and Psychological Assessment Alcohol and Drug Treatment Center

Stanford School of Medicine, Stanford, CA

Program development and administration for the clinical training and selection of pre-doctoral psychology interns (approximately 7 annually), including individual and group supervision and oversight of clinical curriculum. Provided management and oversight of the Center's psychological assessment services. Conducted team case review meetings and instructed psychology interns in the administration, scoring, interpretation and write up of psychological assessments of clinic patients.

1982-1983 Assistant Director

Neurological Learning Center, Pasadena, CA

Provided program and administrative support for a non-profit, out-patient rehabilitation center for individuals recovering from traumatic brain injury.

CONSUTLING EXPERIENCE

2009 Consulting Psychologist

Veterans Administration Hospital, San Diego, CA

Provided consultation regarding implementation of a Dialectical Behavior Therapy protocol in the hospital's outpatient psychiatry service.

2007-present Consulting Psychologist

San Francisco 49ers, National Football League

Provide consultation on a weekly basis regarding mental health and interpersonal group dynamics to athletes, coaches and executive staff. Provide individual counseling services to athletes and facilitate referral to ancillary psychological and psychiatric services, including neuropsychological assessment and learning specialists. Participated in the curriculum development for the National Football League's Rookie Success Program.

SUPERVISION EXPERIENCE

Clinical Associate Professor

Clinical Supervisor

Department of Psychiatry and Behavioral Sciences

Stanford School of Medicine, Stanford, CA

2007-present Faculty

Lead a Treatment Consultation Team Seminar in Dialectical Behavior Therapy for clinical faculty, psychiatry residents, post-doctoral psychology fellows and adjunct faculty who are engaged in the treatment of Axis II patients.

1996 – present Psychiatry Residents and Postdoctoral Fellows

Supervise postdoctoral fellows and psychiatry residents carrying a caseload of adult patients presenting with a wide variety of Axis I and Axis II disorders. Provide specialized training in Dialectical Behavior Therapy and Cognitive Behavioral Therapy.

CLINICAL EXPERIENCE

2011-present Clinical Associate Professor

Group Facilitator

Surgery Residency Program Department of Surgery

Stanford School of Medicine, Stanford, CA

Facilitate weekly work-life balance support groups for all residents in Stanford Department of Surgery's Residency Program.

2005-present **Clinical Associate Professor**

Stanford University School of Medicine

Interpersonal Problems Clinic, Sports Medicine, Behavioral Medicine

Clinics

Provide assessment and individual and group psychotherapy.

(See Administrative Section for additional activities)

2007-present Consulting/Clinical Psychologist

San Francisco 49ers National Football League

Provide individual psychosocial treatment for professional athletes.

(See Consultation Section for additional activities)

1994-1995 Director of Training and Psychological Assessment

Staff Psychologist

Alcohol and Drug Treatment Center Stanford School of Medicine, Stanford CA

Provided individual and group therapy for patients with substance abuse and

dependency diagnoses. Provided family based interventions and

neuropsychological assessments.

(See Administrative Section for additional activities)

1993-present **Licensed Psychologist**

Private Practice, Palo Alto, CA

Provide individual, group psychotherapy and couples therapy. Specialize in Cognitive Behavioral Therapy, and Mindfulness-based treatment modalities. Emphasis in treating depression, anxiety, enhancing personal performance (sport and professional), life transitions. Provide consultation to businesses in team, group and interpersonal dynamics.

1992-1996 Staff Psychologist

Interpersonal Problems Clinic

Stanford University School of Medicine, Stanford CA

Provided assessment and treatment of patient's diagnosed with Axis II disorders. Provided individual and group psychotherapy.

1990-1993 **Psychological Assistant**

Psychological Services Group

Group Private Practice, San Jose, CA

Provided individual psychotherapy with clients diagnosed with Axis I and Axis II conditions. Specialized in treating substance dependency, anxiety and depression, couples and adolescents with physical and sexual abuse histories. Conducted comprehensive clinical assessments for Family Court Services of Santa Clara County. Supervisors, Michael Kerner, Ph.D., Terri Johnston, Ph.D.,

Special Master, Santa Clara County

1988-1989

Clinical Psychology Intern

Alcohol and Drug Treatment Center

Stanford School of Medicine, Stanford, CA

Conducted neuropsychological assessments on patients entering an inpatient hospital program for substance dependency. Produced comprehensive reports summarizing neuropsychological and personality related findings and recommending individualized treatment protocols and post-treatment follow-up. Conducted individual psychotherapy with substance dependent and dual diagnosis patients. Co-lead a group psychotherapy intervention for individuals in early recovery from substance dependence. Co-lead a group for Adult Children of Alcoholics. Supervisors: Michael Kerner, Ph.D., Robert Matano, Ph.D.

1987-1988

Clinical Psychology Intern Adult Outpatient Program Santa Clara County

Community Mental Health Center, Palo Alto, CA

Conducted individual psychotherapy and neuropsychological assessments with wide range of adults. Emphasis in assessment and treatment of Axis II clients. Supervisor: James Livingston, Ph.D.

1986-1987

Clinical Psychology Intern

Community Counseling and Education, Fremont, CA

Conducted individual and group psychotherapy with adult clients diagnosed with a wide range of Axis I and Axis II disorders in a community based practice. Emphasis in dual diagnosis and substance abuse.

RESEARCH EXPERIENCE

1997-2005

Staff Psychologist

Department of Psychiatry and Behavioral Sciences

Stanford School of Medicine, Stanford, CA

Served as a Psychotherapist for the following clinical trials:

- A psychotherapy outcome study comparing the effectiveness of the cognitive behavioral analysis system of psychotherapy and brief supportive psychotherapy for augmentation of antidepressant nonresponse in chronic depression. (PI/Supervisor: Bruce Arnow, Ph.D.) (2003-2005).
- 2. A psychotherapy outcome research protocol comparing CBT to Self-Help for Bulimia Nervosa. (PI and Supervisor: Stewart Agras, M.D.) (2002-2004).
- A psychotherapy outcome research protocol comparing trauma-focused group therapy with present-focused group treatment for survivors of childhood sexual abuse. (PI/Supervisor: Catherine Claussen, Ph.D.) (1999-2001).
- 4. A psychotherapy outcome study examining the effectiveness of nefazodone, cognitive behavioral analysis system of psychotherapy and their combination. (PI: Alan Schatzberg, M.D., Bruce Arnow, Ph.D.; Supervisor: Bruce Arnow, Ph.D.) (1997-1999).

1989-1990 Research Assistant

Alcohol and Drug Treatment Center

Department of Psychiatry and Behavioral Sciences

Stanford School of Medicine

Assisted with several projects examining the impact of psychosocial interventions to address alcohol abuse in the workplace. Supervisor: Robert

Matano, Ph.D.

1984-1986 Research Assistant

Spanish Speaking Mental Research Institute

University of California, Los Angeles, Los Angeles, CA

Participated in basic and applied research on mental health issues affecting Hispanics. Participated in a research project focusing on stress, coping, and adaptation within the Mexican-American population.

TEACHING EXPERIENCE

2007-present Instructor

Rookie Conduct Management/Rookie Success Program

National Football League

Instructor for an annual, psycho-educational program for rookie athletes to ease their transition into professional football.

2005 -present Clinical Associate Professor

Clinical Instructor

PGSP-Stanford Psy.D. Consortium

Stanford School of Medicine, Stanford, CA

Teach Dialectical Behavior Therapy for Borderline Personality Disorder to third

year pre-doctoral candidates.

2003-2006 Staff Psychologist

Instructor

Stanford School of Medicine, Stanford, CA

Dialectical Behavior Therapy for Borderline Personality Disorder. A weekly clinical lecture and case seminar for psychiatry residents and clinical psychology

post-doctoral fellows

2000 - 2001 Staff Psychologist

Invited Instructor

Counseling Psychology Program

Stanford University School of Education, Stanford, CA

Introduction to Empirically Supported Psychotherapies: DBT for Borderline

Personality Disorder...

2005-2009 Clinical Associate Professor

1999-2005 Staff Psychologist

Instructor

Residency Training Program

Department of Psychiatry and Behavioral Sciences

Stanford School of Medicine, Stanford, CA

Taught a course in empirically supported psychotherapy for Borderline

Personality Disorder.

PRESENTATIONS

2011 Invited Lecturer

Enhancing Resiliency during Residency

Neurology Residency Program

Department of Neurology and Neurological Sciences

Stanford University, Stanford, CA

2011 Invited Lecturer

Predicting and Combating Burnout in Medical Students

Wilderness Leadership and Mentorship Skills for Medical Students

Stanford School of Medicine, Stanford, CA

Lecture given as part of the training of second year medical students on

physician resiliency and prevention of professional burnout.

2011 Invited Lecturer

Enhancing Sport Performance: The Mental ABC's

Sports Medicine Seminar

Stanford University, Stanford, CA

Lecture given to Stanford University students.

2011 Invited Lecturer

Psychological Consulting in Professional Sports Organizations

Consultation Psychology Course PGSP-Stanford Psy.D. Consortium Stanford School of Medicine, Stanford, CA

2010 Invited Lecturer

From Stress to Success: Strategies for recognizing preventing and overcoming

stress

Women's Achievement Network and Development (WANDA)

Presented on the topic of stress to a group of single Bay-area working mothers.

2009 Invited Lecturer

Dialectical Behavior Therapy: Basics and Beyond Veterans Administration Hospital, San Diego, CA

Developed and presented a multi-day workshop for senior mental health providers at the Veterans Administration Hospital, San Diego, California.

2009 Invited Lecturer/Panelist

The Mind of the Anorexic

Advanced Team Physician Course

Sponsored by: American College of Sports Medicine, American Medical Society for Sports Medicine,

American Orthopaedic Society for Sports Medicine.

Stanford University, Stanford, CA

Presented on the topic of eating disorders in female elite and college athletes as part of a course designed to provide up-to-date information on the evaluation and treatment of medical illnesses and musculoskeletal injuries occurring in competitive and recreational athletes.

2005 Invited Lecturer

DBT for Borderline Personality Disorder

Palo Alto Medical Foundation, Palo Alto, CA

An Overview. A workshop presented to the Psychology staff of the Palo Alto

Medical Foundation.

2005-2010 Invited Lecturer

Sport Psychology

Sports Medicine Seminar

Stanford University, Stanford, CA

Lecture given quarterly to Stanford undergraduates as part of their Sports

Medicine Seminar.

2001 Invited Lecturer

Women, Athletics and Success

Princeton University Alumni Association

Princeton University, Princeton, NJ

PUBLICATIONS

Depression. In D McKay, JS Abramowitz, S Taylor (Eds.) Arnow, BA, **Post, LI**. Cognitive Behavioral Therapy for Refractory Cases: Turning failure into success. Washington, DC: American Psychological Association Press., 2009: 183-210

King, R. & **Post, LI**. (1995). Aesthetic Preference and DSM – IIIR Personality Disorders. *Personality and Individual Differences*, Vol. 18, No 6.

Coping Skills, Expectancies and Alcohol Abuse in Adult Offspring of Alcoholics. Doctoral Dissertation, 1991.

Post, LI. (1989). Health Promotion and Work: Harnessing the Power of Integrated Resources. *The Almacan*.

MANUSCRIPT REVIEW

2010-present Academic Psychiatry

2004-present The Physician and Sports Medicine,

A McGraw Hill Company.

PROFESSIONAL AFFILIATIONS

American Psychological Association (APA), Division 47 Association for Behavioral and Cognitive Therapies (ABCT)

SERVICE

STANFORD UNIVERSITY MEDICAL CENTER

2011-present Physician Wellness Steering Committee2011-present Physician Wellness Resource Sub-committee

2011-present Well-Being Committee

STANFORD DEPARTMENT OF PSYCHIATYAND BEHAVIORAL SCIENCES

2010-present Mental Health Well-Being Committee2000-present Post-doctoral Fellow Selection Committee

1997-2001 Utilization Review Committee

REFERENCES

Bruce Arnow, Ph.D.
Professor and Associate Chair
Department of Psychiatry and Behavioral Sciences
Stanford University School of Medicine
401 Quarry Road, Stanford, CA 94305
650.725.5729
arnow@stanford.edu

Justin A. Birnbaum, M.D.
Clinical Associate Professor
Chief, Psychiatry Inpatient Services
Medical Director G2P, Behavioral Medicine/Medical Psychiatry Unit
Medical Director, Geriatric Psychiatry Inpatient Service
Stanford University School of Medicine
Stanford University Medical Center
Stanford, CA 94305
650.736.0106
jbirn@stanford.edu

Gordon O. Matheson, M.D.
Professor of Orthopaedic Surgery
Director of Sports Medicine
Stanford University School of Medicine
Sports Medicine Center
341 Galvez Street
Stanford, CA 94305-6175
650.723.2258
650.725.8202
gord@stanford.edu

Daniel Garza, MD
Assistant Professor,
Department of Orthopaedic Surgery / Department of Surgery
Medical Director, San Francisco 49ers
Stanford University School of Medicine
Sports Medicine Center
341 Galvez Street
Stanford, CA 94305-6175
garza@stanford.edu

Ralph S. Greco, M.D.
Johnson and Johnson Distinguished Professor
Department of Surgery
Surgery Program Director
American College of Surgeons Education Institute and Goodman Simulation Center
Stanford University School of Medicine
650-736-1250

grecors@stanford.edu

Harry Edwards, Ph.D.
Professor Emeritus, U.C. Berkeley
Consultant: San Francisco Forty Niners
bozeedwards@yahoo.com

James P. McCullough, Jr.
Professor of Psychology & Psychiatry
Department of Psychology
Virginia Commonwealth University
806 W. Franklin Street
Richmond, VA. 23284-2018
804.828.5641
jmccull@vcu.edu

Leslie Sokol, Ph.D.
Director of Education
Beck Institute for Cognitive Therapy and Research
Distinguished Founding Fellow
Treasurer, Academy of Cognitive Therapy
1 Belmont Ave, Suite 700
Bala Cynwyd, PA 19004-1610
610.664.3020
lsokol@aol.com