

Lois Sharp, Ph.D.

Licensed Clinical Psychologist PSY 18199
Diplomate, Academy of Cognitive Therapy 00637

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Anxiety
Depression
Addictions
Trauma

LOIS D. SHARP, Ph.D.

Clinical Psychologist PSY 18199
Diplomate, Academy of Cognitive Therapy 00637
Member: Association for Behavioral and Cognitive Therapies

SPECIALIZING IN COGNITIVE BEHAVIOR THERAPY FOR

Anxiety (including Panic Disorder, OCD, GAD, and Phobias)
Depression
Trauma
Addictions (Alcohol, Drugs, Food, Internet, Pornography, Gambling)

OFFICE

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ADJUNCT PROFESSOR

Palo Alto University (APA Approved)
1791 Arastradero Road
Palo Alto, CA 94304

CURRICULUM VITAE

EDUCATION

- 11/2011 Credentialed by the Office of Problem Gambling in California to provide treatment sponsored by the state.
- 07/2004 Credentialed at the Diplomate Level in the Academy of Cognitive Therapy Membership based on demonstration of licensure, postgraduate education, training, and experience in cognitive therapy. Also based on direct demonstration of knowledge and skills in cognitive therapy.
- 04/2002 Licensed as a clinical psychologist in the State of California
- 09/2000 Ph.D. in Clinical Psychology
Pacific Graduate School of Psychology (Accredited by the American Psychological Association).
Dissertation: Medical Treatment and Adult Survivors of Childhood Sexual Abuse. Chair: William Froming, Ph.D.
- 09/1993 M.S. in Clinical Psychology
Pacific Graduate School of Psychology
- 09/1990 B.A. in Psychology, First Class Honours
University of Calgary, Alberta, Canada
Thesis: Depression, Early Life Events, and Dysfunctional Thoughts.
Chair: Kerry Mothersill, Ph.D.
- 04/1987 Red Deer College
Red Deer, Alberta, Canada

CLINICAL EXPERIENCE

- 2002-Present - Private Practice
Cognitive Behavior Therapy for adults, adolescents, couples, and families.
Main diagnostic categories are anxiety including phobias, panic, OCD and GAD, depression, addictions, and trauma.
- 2008-2009 Work on a fee-basis program to treat veterans funded by the VA. The program was cancelled December 2009.
- 2002-2003 Received referrals from the Center for Survivors of Torture for assessment and individual therapy, including working with interpreters

2000-2003 Received referrals from Victim Witness, a program for people who have been the victims of crimes

Pre-Licensure Clinical Experience. Total Supervised Hours >8000

2001-2002 **Psychological Assistant in Private Practice**

Supervisor: James Livingston, Ph.D.

Cognitive Behavior Therapy for adults, adolescents, couples, and families. Main diagnostic categories included anxiety, depression, substance abuse, and trauma.

2000-2001 **Postdoctoral Clinical Internship: Alum Rock Counseling Center**

Supervisor: James Livingston, Ph.D.

Direct Clinical Services

- Cognitive Behavior Therapy at a low-fee inner-city counseling center. Short-term therapy for low-income individuals, couples, children, adolescents, and families with a variety of disorders.
- Perform psychological assessments as needed
- Provide clinical in-service training to Ph.D. practicum students and MFT interns

Supervision

- Performed on-site supervision to practicum students and MFT interns
- Supervised intake coordinator to provide initial screening services to clients seeking counseling services

Administration

- Following initial intake interview, coordinated assignment of clients to appropriate counselors
- Coordinated billing of clients and appropriate community funders.

1999-2000 **Predoxal Clinical Internship: Centre for Addiction and Mental Health**

Cognitive Behavioural Therapy Unit

Supervisors: Mark Lau, Ph.D. and Zindel Segal, Ph.D.

- Performed manualized individual Cognitive Behavior Therapy for depressive disorders
- Performed suitability assessments for Cognitive Behavior Therapy
- Performed diagnostic interviews

Anxiety Disorders Unit

Supervisor: Martin Katzman, MD., FRCP

- Trained in and performed individual and group manualized Cognitive Behavior Therapy for a variety of specific anxiety disorders

Concurrent Disorders Unit

Supervisor: Tony Toneatto, Ph.D.

- Trained in individual Cognitive Behavior Therapy for those with substance abuse and concurrent psychiatric disorders e.g., alcoholism and/or other forms of substance abuse concurrent with mood and anxiety disorders

Dialectical Behaviour Therapy Unit

Supervisor: Shelley McMain, Ph.D.

- Trained in and performed manualized combined individual and group treatment for Borderline Personality Disorder and concurrent substance abuse
- Performed structured clinical interviews to determine entry to the DBT program

1997-1999

Clinical Practicum: National Center for PTSD, Palo Alto VAHCS, Menlo Park, CA

Supervisors: Kent Drescher, Ph.D. and Ronald Murphy, Ph.D.

Case Management

- Developed, monitored, and adjusted master treatment plans for veterans
- Provided support for difficulties adjusting to inpatient therapy
- Supported grievances encountered during treatment
- Served as part of a treatment team to discuss progress or necessary actions to be taken with veterans

Process Group Co-facilitator

- Weekly therapy group (4-10 men) to facilitate adjustment to inpatient therapy
- Provided a forum for patients to practice newly-learned skills, and to aid in conflict resolution

Communication Skills Group Co-Leader

- Weekly group (30-50 men) designed to teach assertive communication skills, focusing on the “DESCript” tool
- Group included teaching and supervised role-plays

Motivational Enhancement Group Co-Leader

- Weekly group (30-50 men) based on motivational interviewing techniques. Designed to assist patients in moving from “precontemplation” to “contemplation” of a variety of PTSD-related behaviors

Trauma-Cue Exposure Group Co-Leader

- Each group (4-6 men or 4 women) met several times a week
- Exposure through retelling and cognitive restructuring to war/service-related traumas

“Three-Sided Mirror” Group Co-Leader

- Weekly group (34-40 men or 6 women) focused on autobiographical story-telling

Assessment

- Trained to complete comprehensive assessments of PTSD and comorbid psychopathology
- Included structured interviews, semi-structured interviews, and interpretation of computerized testing
- One assessment battery and written report per week
- Trained practicum students and interns in assessment procedures

1995-1996 **Clinical Practicum: Alum Rock Counseling Center, San Jose, CA**
Supervisor: James Livingston, Ph.D.

- Low-income, ethnically-diverse population
- Trained in case management
- Trained in intake interviews, diagnostic assessment and case formulation
- Consultations with social workers and probation officers as needed
- Used CBT and Solution-Focused models

1994-1995 **Clinical Practicum: Pacific Graduate School of Psychology, In-House Clinic**
Supervisor: Wendy Stock, Ph.D.

Individual CBT

- Trained in individual CBT for parenting problems and Bulimia

Couples Counseling

- Trained in CBT-based couples counseling

Group Therapy: Assertiveness Group for Women

- Developed, recruited, interviewed potential participants
- Co-lead group
- Format included both didactic and role-playing activities

1992-1996 **Contact Crisis Phone Line**

Contact, Santa Clara County Hotline

- Suicide, crisis, listening and counseling, information and referral
- Updated lists of referral sources
- Supervised new workers
- Trained other counselors in the use of computers
- Involved in case review

Giarretto Center

- After-hours answering service for crisis calls to the Giarretto Center for Child Sexual Abuse Treatment

Warm Line for Children

- Crisis line for children 2-16 who need to talk

Mid-Peninsula Support Network for Battered Women

- After-hours calls from women in crisis and from husbands requesting information on their wives' whereabouts
- Facilitated crisis placement of battered women

Anti-Hate Hotline

- County line for reports of harassment due to race or gender

Project Rachel

- Support line for women who require post-abortion counseling

1991-1992 **Telecare Suicide/Crisis Phone Line, Calgary, Canada**

Trained in suicide and crisis intervention, listening and counseling, information and referral

**SPECIALIZED CLINICAL TRAINING
(Past 5 years only)**

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|------|---|
| 2011 | California Problem Gambling: Treatment Services Program Training (30 hours) |
| 2009 | Ethical Decision-Making and Risk Management in Clinical Practice (6 hours) |
| 2009 | Current Evidence in the Treatment of Generalized Anxiety Disorder (1 unit) |
| 2009 | Suicide in College Students: Prevalence, Prevention and Liability (2 hours) CPA |
| 2009 | Between Supervisor and Supervisee (2 hours) CPA |
| 2009 | Why Consistency is the Wrong Benchmark for Credibility in Asylum (2 hours) CPA |
| 2009 | Guidance for Psychologists on "Red Flag Rule" Compliance (2 hours) CPA |
| 2009 | Understanding Disorders of Impulse Control (6 hours) |

- 2009 College and University Withdrawal Policies for Suicidal Students (2 hours) CPA
- 2009 Balancing Student Safety and Privacy on College Campuses (2 hours) CPA
- 2009 Psychological Assessment of the Special Educational Needs of Juvenile Offenders (2 hours) CPA
- 2009 Psychologists and the Laws Against Snooping (2 hours) CPA
- 2009 Psychologist and Medicare (2 hours) CPA
- 2009 Working with Multiple People in Therapy (2 hours) CPA
- 2009 Psychotherapist-Patient Privilege Applies to Convicted Child Molester Obtaining Treatment on Parole (2 hours) CPA
- 2008 Legal and Ethical Risks: APAIT Sequence III (6 hours)
- 2008 Subpoenas: It's Not Easy Being a Psychologist (2 hours) CPA
- 2007 Psychologists Can be Liable for Improper Release of Confidential Patient Records, But Generally Not if Pursuant to a Court Order (2 hour) CPA
- 2007 Guidelines for Treating Children in High Conflict Divorce (1 hour) CPA
- 2007 Guidelines for Custody Evaluators in High-Conflict Cases (1 hour) CPA
- 2007 Suicide and Malpractice Risk Part II: Implementing Risk Management Strategies (1 hour) CPA
- 2007 Psychologist's Quick Reference Guide to Selected California State Practice Laws (2 hours) CPA
- 2007 Hold That Thought: The Ins and Outs of LPS Holds (2 hours) CPA
- 2007 Supervision vs. Consultation: What You Need to Know (2 hours) CPA
- 2007 When Therapist are Pulled into Litigation Responding to Subpoenas for Records and for Depositions-Pitfalls for Practitioners (2 hours) CPA
- 2007 Obsessive-Compulsive Disorder (3 hours) AATBS
- 2007 Emotions, Stress & Disease (6 hours) Institute for Natural Resources

TEACHING ACTIVITIES

- 2011 Palo Alto University (APA Approved)
Psychopathology I and II Courses in diagnostics following the DSM-TR, Axes I and II, not including childhood disorders
Evidence-Based Treatments: Survey course of the empirical evidence for common treatments along with an introduction to the idea of using empirical evidence as a basis for treatment decisions
Cognitive Behavior Therapy: Basic theory and techniques (on campus)
- 2010-Present Palo Alto University (APA Approved)
Ethics For first year students
- 2004-Present Palo Alto University (formally Pacific Graduate School of Psychology)
Distance Learning Program
Cognitive Behavior Therapy: Basic theory and techniques
- 2002-2005 California Institute of Integral Studies (APA Approved)
Cognitive Behavior Therapy: Basic theory and techniques
Proseminar 1: Treatment planning
- 2001-2002 Pacific Graduate School of Psychology (APA Approved)
Psychopathology and Diagnostics: Interviewing skills and diagnostic skills using the DSM-IV
Advanced Cognitive Behavior Therapy: Parts 2 and 3 of a 3-part sequence
Adult Development and Aging
- 1998 Invited lecture, University of Calgary: Diagnosis and Treatment of PTSD

WORKSHOPS/SEMINARS PRESENTED

- 2010 Cognitive Behavior Therapy: An Introduction to the Treatment of Depression and Anxiety. Sponsored by the Santa Clara County Psychological Association, 3 CE units.
- 2002-2010 Invited speaker for Community Emergency Response Teams on the topic of Critical Incident Stress Management
- 2006 Provided a series of public lectures through the Mental Health Support Program at Sunnyvale Presbyterian Church. Topics included:
Depression
Anxiety and Panic
How to get a Good Night's Sleep

- 2003 Invited speaker for Chevron's Rally Plan Exercise on the topic of Critical Incident Stress Management
- 2001 In-service training at Alum Rock Counseling Center
Medical Conditions and Psychopharmacology: Charting re: Medications and Other Medical Issues
- 1998 VA, San Jose Outpatient PTSD Unit: Introduction to Patient Education
- 1997 Tips for Surviving the Dissertation Process
- 1994 Contact Crisis Line: Group facilitator for trainees
- 1993-1996 Guest lecturer at the Contact crisis line volunteer training: Sexual Abuse

MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS

- OC Foundation (2010)
Association for Behavioral and Cognitive Therapies (2010)
American Psychological Association (1994)
Santa Clara County Psychological Association (2002)
California Psychological Association (2003)
Academy of Cognitive Therapy (2004)
International Association for Cognitive Psychotherapies (2004)

PROFESSIONAL PRESENTATIONS AND PUBLICATIONS

Sharp, L., Murphy, R., Ramirez, G., Cameron, R., & Drescher, K. (1999). Concordance of Objective Measures and Self-Perception of Need to Change PTSD Symptoms and Related Behaviors. Poster presented at the Annual Meeting of AABT, the Association for Advancement of Behavior Therapy, November 11-14, 1999.

Sharp, L., Murphy, R., Drescher, K., Regan, T., Wetherell, J., Foy, D., & Gusman, F. (1999). Reporting Rates of Sexual Abuse in Inpatient Veterans With PTSD: A Comparison of Intake and Exit Data. Poster presented at the Annual Meeting of AABT, the Association for Advancement of Behavior Therapy, November 11-14, 1999.

Murphy, R. (1999). A Group Treatment Targeting Motivation to Change PTSD Symptoms: Process and Evaluation. Round Table at the Annual Meeting of AABT, the Association for Advancement of Behavior Therapy, November 11-14, 1999. (Written and presented by **Lois Sharp**)

Murphy, R., Cameron, R., **Sharp, L.**, & Ramirez, G. (1999). Motivating veterans to change PTSD symptoms and related behaviors. National Center for Posttraumatic Stress Disorder Clinical Quarterly, 8(2), 32-36.

Sharp, L., Thomas, T., Ramirez, G., Murphy, R., Woodward, S., & Drescher, K. (1998). Association of intelligence with PTSD severity: Partial replication and commentary. Poster presented at the Annual Meeting of ISTSS, the International Society for Traumatic Stress Studies annual meeting, November 20-23, 1998.

Rosen, C., & **Sharp, L.** (1998). Using the elaboration likelihood model (ELM) to improve motivational interventions. Paper presented at the Annual Meeting of ISTSS, the International Society for Traumatic Stress Studies annual meeting, November 20-23, 1998. (Presented by Lois Sharp, MS)

Murphy, R., Cameron, R., & **Sharp, L.** (1998). A group treatment for enhancing motivation to change PTSD behaviors. Paper presented at the Annual Meeting of ISTSS, the International Society for Traumatic Stress Studies annual meeting, November 20-23, 1998. (Presented by Lois Sharp, MS)

Sharp, L., Thomas, T., Franklin, C., Ruddy, R., & Drescher, K. (1998). Associations with treatment improvement and worsening among PTSD inpatient veterans. Poster presented at the Annual Meeting, American Psychological Association, San Francisco, CA, August 1998.

Ruddy, R., Franklin, L., **Sharp, L.**, Thomas, T., & Drescher, K. (1998). Establishing normative demographic comparisons among PTSD inpatient combat veterans. Paper presented at the 106th Annual Convention of the American Psychological Association, San Francisco, CA.

Thomas, T., **Sharp, L.**, Wisniewski, A., Ruddy, R., & Drescher, K. (1998). COGNISTAT performance and Posttraumatic Stress Disorder: Are they related? Poster presented at the 106th Annual Convention of the American Psychological Association, San Francisco, CA.

Sharp, L., Froming, W., Livingston, J. & Ruebsamen, M. (1998). Childhood sexual abuse survivors, coping mechanisms, and Pap smears. Poster presented at the Annual Meeting of the Western Psychological Association, Albuquerque, NM, April 19, 1998.

Sharp, L. (1997). Medical Treatment and Adult Survivors of Childhood Sexual Abuse. Unpublished Dissertation, Pacific Graduate School of Psychology.

Sharp, L., Froming, W., Livingston, J., & Ruebsamen, M. (1997). Adult survivors of childhood sexual abuse and medical treatment. Poster presented at the National Conference on Women, SAMHSA: Substance Abuse and Mental Health Services, Administration, US Department of Health and Human Services, September 23, 1997.

Mothersill, K., and **Sharp, L.** (1991). Relationships among the WAIS-R, GATB and vocational interests in a vocational rehabilitation population. Paper presented at the Annual General Meeting, Canadian Psychological Association, Calgary, June 1991.

OTHER HUMAN SERVICES EXPERIENCES

- 2005 Joined the Medical Reserve Corps as a psychologist

- 2005 Joined the American Red Cross as a Mental Health Volunteer

- 2002 Joined the Community Emergency Response Team
 Training included
 - CPS and First Aid certification
 - Search and Rescue for large earthquakes, accidents, fires
 - Fire suppression
 - Terrorism
 - Hazardous materials
 - Triage

- 1999 Ad hoc reviewer for Cognitive Therapy and Research

- 1998 Field reviewer for Center for Substance Abuse Treatment: Treatment Improvement Protocol (TIP) series

ASSESSMENT EXPERIENCE

Beck Depression Inventory	Over 100
Schema Questionnaire (Young)	Over 100
Child Maltreatment Interview Schedule	Over 100
Patient Reactions Assessment	Over 100
SCID-IV	Over 100
Clinician Administered PTSD Scale (CAPS)	67
Mississippi Scale for Combat Related PTSD	64
State Trait Anger Inventory	63
Cognistat	61
PTSD Symptoms Checklist	61
Combat Exposure Questionnaire	60
Social Support Questionnaire	60
Alcohol Dependence Survey	58
Drug Abuse Severity Test	58
Wide Range Achievement Test III	57
Shipley Institute of Living Scale	56
Sexual Abuse Experiences Questionnaire	56
Parental Bonding Instrument	54

SF-36	54
Assessing Environments –III	53
Quality of Life Inventory	51
SCID-II Borderline Personality Disorder Section	31
Hamilton Rating Scale for Depression	26
MMPI-2	25
GATB	20
Canadian Occupational Interests Inventory	20
Rorschach (Exner)	21
MCMII	11
SCID-II (Personality)	10
SCID-III	10
International Personality Disorders, Borderline Section	10
WAIS-R	8
Beck Anxiety Inventory	5
Composite International Diagnostic Interview – Short Form (CIDI-SF)	5
Personality Assessment Inventory	4
TAT	3
WISC-III	3
Life Stressor Index	3
Bender Gestalt	1
MMPI-A	1
Rotter Incomplete Sentences Blank	1