

CHRISTINA PSAROS
Massachusetts General Hospital
Department of Psychiatry
15 Parkman Street, ACC 815
Boston, MA 02114
cpsaros@partners.org

EDUCATION

July 2007 – present **Internship**
Track: *Behavioral Medicine*
Harvard Medical School / Massachusetts General Hospital,
Boston, MA (*APA Accredited Program*)

Expected 2008 **Ph.D. in Clinical Psychology**
Health Psychology Concentration
Dissertation Title: *Predictors of Non-Adherence to Antiretroviral
Therapy (ART) and Prenatal Care among Pregnant Women with
Human Immunodeficiency Virus (HIV)*
Drexel University, Philadelphia, PA (*APA Accredited Program*)

May 2006 **M.S. in Clinical Psychology**
Health Psychology Concentration
Thesis Title: *Screening for Postpartum Depression: Prevalence,
Barriers, and Attitudes of Health Care Providers*
Drexel University, Philadelphia, PA

May 2001 **B.A. in Psychology**
Saint Anselm College, Manchester, NH

AWARDS AND HONORS

Drexel University Women in Society Award March 2007

PROFESSIONAL AFFILIATIONS

2001-present Association for Behavioral and Cognitive Therapies
2003-present American Psychological Association
2003-present Association of Women in Psychology
2003-2007 Philadelphia Behavior Therapy Association
2003-2004 Graduate Women in Science
2005-present Eastern Psychological Association

CLINICAL EXPERIENCE

July 2007 –
present

**Clinical Fellow, Intern in Outpatient Department
Massachusetts General Hospital, Boston, MA
Department of Psychiatry**

Supervisors: Joseph Greer, Ph.D., Elyse Park, Ph.D., Jennifer Ragan, Ph.D., Steven Safren, Ph.D., Susan Sprich, Ph.D.

Conduct individual outpatient therapy with patients experiencing psychological distress related to managing a chronic illness, as well as patients presenting with a primary psychiatric diagnosis. Conduct assessment batteries and write reports using a variety of assessment measures including (but not limited to) the SCID, MINI, and BDI. Use a variety of resources to plan treatment interventions. Participate in weekly group and individual supervision.

July 2007 -
present

**Clinical Fellow, Internship at the Weight Center
Massachusetts General Hospital, Boston, MA**

Supervisor: Stephanie Sogg, Ph.D. and Lee Kaplan, M.D.

Conduct initial assessments of new patients presenting to the Center for the treatment of obesity. Provide time-limited CBT interventions for patients attempting weight loss. Co-lead group to improve eating habits for patients who have undergone bariatric surgery.

July 2007 -
present

**Clinical Fellow, Internship in Dialectical Behavioral Group
Therapy
Massachusetts General Hospital, Boston, MA
Department of Psychiatry**

Supervisor: Michelle Jacobo, Ph.D.

Co-lead weekly Dialectical Behavioral Therapy with Michelle Jacobo, Ph.D. Participate in case conceptualization, treatment planning, and assessment interpretation. Receive training and supervision in DBT interventions.

July 2006-
June 2007

**Practicum Extern
Children's Hospital of Philadelphia, Philadelphia, PA
Department of Neuropsychology**

Supervisor: Nancy Silverman, Ph.D.

Conducted various cognitive assessments of children with perinatal HIV infection and children with perinatal HIV exposure. Wrote reports and provided feedback and recommendations for relevant school interventions.

July 2005-

Practicum Extern

June 2007

**Student Counseling Center, Center City Hahnemann Campus,
Drexel University, Philadelphia, PA**

Supervisor: Evan M. Forman, Ph.D.

Therapy

Conducted outpatient individual and couples therapy with clients presenting with various referral problems and of various ages and ethnicities. Administered traditional Cognitive-Behavior Therapy or Acceptance and Commitment Therapy.

Assessment

Administered intellectual and achievement testing in order to assess students for learning disabilities. Wrote reports, and made recommendations to the Office of Disabilities regarding academic accommodations.

July 2004-
June 2005

Practicum Extern

**Women's Care Center, Drexel University College of Medicine,
Philadelphia, PA**

Supervisors: Pamela A. Geller, Ph.D. and Sandra Wolf, M.D.

Conducted risk prevention counseling to women presenting for a rapid HIV test in an urban, outpatient obstetrics and gynecology clinic.

July 2004-
June 2005

Practicum Extern

**Project S.T.O.P., Department of Psychology, Drexel
University, Philadelphia, PA**

Supervisors: Christine M. Nezu, Ph.D. and Arthur M. Nezu, Ph.D.

Therapy

Conducted individual and group therapy with persons who have received a diagnosis of mental retardation and who have a history of a sexual offense.

Assessment

Conducted intellectual and risk assessments on the same population.

September 2003-
July 2005

Intake Coordinator

**Student Counseling Center, Center City Hahnemann Campus,
Drexel University, Philadelphia, PA**

Supervisor: Evan M. Forman, Ph.D.

Gathered information regarding referral problem and psychiatric history to clients seeking services at the Student Counseling Center. Screened for suicidal ideation and provided crisis counseling to walk-in clients.

June 2001-

Program Coordinator

May 2003

**Perinatal and Reproductive Psychiatry Program,
Massachusetts General Hospital, Boston, MA**

Supervisor: Lee S. Cohen, M.D.

Served as intake coordinator for the Program consultation service. Provided general information about perinatal and reproductive psychiatry, made appropriate referrals to potential patients, providers, and other health care personnel. Attended weekly Perinatal Psychiatry Rounds.

RESEARCH EXPERIENCE

July 2007 -
present

**Study Therapist / Fidelity Assessor
Behavioral Medicine Service**

Massachusetts General Hospital, Boston, MA

Conduct manualized treatments and perform fidelity assessments on various federally funded research projects being conducted in the Behavioral Medicine Service, including studies designed to increase adherence in persons receiving treatment for diabetes or HIV.

June 2006-
present

Original Research

Drexel University, Philadelphia, PA

Predictors of Non-Adherence to Antiretroviral Therapy (ART) and Prenatal Care among Pregnant Women with Human Immunodeficiency Virus (HIV)

Investigating factors that affect adherence to antiretrovirals and prenatal care among pregnant women with HIV. Supervising three research assistants.

July 2005-
June 2007

Research Therapist

Drexel University, Philadelphia, PA

Traditional Versus Acceptance-Based Variations of Cognitive-Behavioral Therapy for Mood and Anxiety Disorders

Supervisors: Evan M. Forman, Ph.D. and James H. Herbert, Ph.D. Investigated the efficacy of CBT and ACT in a university student counseling center population. Conducted initial assessments, performed therapeutic interventions, and assessed treatment outcomes.

June 2005-
June 2007

Behavioral Interventionist

University of Pennsylvania, Philadelphia, PA

Managed Problem Solving (MAPS): An HIV Adherence Trial

Supervisors: Robert Gross, M.D. and Steven Palmer, Ph.D. Conducted a manualized problem-solving therapy with persons who are HIV positive and naïve to highly active retroviral therapy (HAART) or beginning a new HAART regimen in order to

increase medication adherence. Helped modify the fidelity manual and created a workbook to complement the treatment manual.

October 2004-
present

Original Research

Drexel University, Philadelphia, PA

Screening for Postpartum Depression: Prevalence, Barriers, and Attitudes of Health Care Providers

Investigated the barriers to and prevalence of routine screening for postpartum depression among various health care providers. Developed an online questionnaire in order to address these questions and recruited participants from several medical professions. Supervised two research assistants.

September 2004-
April 2005

Research Assistant

Drexel University, Philadelphia, PA

Post-traumatic Stress Symptoms, Daily Stress, Medical Outcomes and Quality of Life in Renal, Liver, and Heart Transplant Recipients

Supervisor: A. Kyle Possemato, M.S.

Investigated the relationship between post-traumatic stress syndromes on medical outcomes and quality of life who have undergone renal, liver, or heart transplants. Obtained informed consent, conducted health history, and administered study questionnaires.

September 2003-
present

Graduate Research Assistant

Drexel University, Philadelphia, PA

Pregnancy Loss Project

Supervisor: Pamela A. Geller, Ph.D.

Aided in several grant submissions, including an R01 submission to the NIH. Currently developing a web-based curriculum for OB/GYN residents in order to help them achieve knowledge of how to manage patients experiencing a pregnancy loss. Also examining risk factors of psychopathology following a pregnancy loss.

September 2003-
June 2004

Research Assistant

Drexel University, Philadelphia, PA

Behavioral Health and Cardiovascular Risk Factors in Post-Menopausal Women

Supervisor: Jacqueline D. Kloss, Ph.D.

Investigated the protective effects of written emotional disclosure on cardiovascular events in an at-risk population. Obtained informed consent, managed subject recruitment, and administered study questionnaires.

June 2001-
May 2003

**Program Coordinator / Research Assistant
Massachusetts General Hospital, Boston, MA**

Supervisor: Lee S. Cohen, M.D. and Adele C. Viguera, M.D.

Program Coordinator

Served as liaison for the Perinatal and Reproductive Psychiatry Program to the Institutional Review Board (IRB) as well as the Office of Research Management and Finance. Coordinated submission of annual reviews for over thirteen research studies for submission to the IRB, as well as prepared and submitted amendments to various study protocols. Created annual fiscal reports to various funding agencies. Assisted in submission of several new grant proposals to various funding agencies, including the R01 and T50 mechanism at NIH. Maintained the fiscal integrity of the Program.

Research Assistant

A Prospective Study of the Course of Bipolar Disorder in Pregnancy and the Postpartum

Served as research assistant on a federally funded prospective study of the course of bipolar disorder during pregnancy and the postpartum period. Obtained informed consent. Conducted various mood assessments and managed subject recruitment and retention.

January 2000-
May 2001

Original Research

Saint Anselm College, Manchester, NH

The effects of perceived authority and question type on the suggestibility of primary school-aged children

Investigated the effects of perceived authority and question-type (open ended versus closed) on the suggestibility of children's responses to a recall task.

TEACHING EXPERIENCE

Fall 2006

Adjunct Faculty

Drexel University, Philadelphia, PA

Women's Health Psychology

Taught course at undergraduate level. Developed course curriculum.

Spring 2006

Guest Lecturer

Drexel University, Philadelphia, PA

Introduction to Psychology

Professor: Arthur M. Nezu, Ph.D.

Lectured on social psychology and the psychology of personality to undergraduate students.

Winter 2005

Graduate Teaching Assistant

- and Winter 2006
- Drexel University, Philadelphia, PA**
Psychopathology of Adults
 Professor: Pamela A. Geller, Ph.D.
 Critiqued, graded, and provided feedback on graduate students' case presentations and research reports.
- Spring 2005,
 Spring 2006,
 Spring 2007
- Guest Lecturer**
Drexel University, Philadelphia, PA
Counseling Psychology
 Professor: Pamela A. Geller, Ph.D.
 Lectured on clinical issues in HIV testing and counseling to undergraduate students.
- Spring 2004
- Teaching Assistant**
Drexel University, Philadelphia, PA
Human Learning and Memory
 Professor: John Kounios, Ph.D.
 Lectured, led class activities, maintained attendance, and graded exams.
- Winter 2004
- Teaching Assistant**
Drexel University, Philadelphia, PA
Introduction to Psychology: Laboratory
 Professor: Jacqueline D. Kloss, Ph.D.
 Developed course curriculum and lectured weekly on research methods. Graded weekly assignments and maintained attendance and grade records.
- Fall 2003-
 Spring 2004
- Graduate Teaching Assistant**
Drexel University, Philadelphia, PA
Clinical Practicum Seminar
 Professor: Pamela A. Geller, Ph.D.
 Responsible for maintaining attendance records as well as maintenance of database of practica opportunities for graduate students in psychology. Organized bi-monthly lectures for practicum students.

MANUSCRIPTS

Geller, P.A., **Psaros, C.**, & Kerns, D. (2006). Web-based resources for health care providers and women following pregnancy loss. *Journal of Obstetric, Gynecologic, and Neonatal Nursing*, 35(4), 523-532.

Psaros, C., Geller, P.A., Sciscione, A. (submitted). Screening for postpartum depression: prevalence, barriers, and attitudes of health care providers.

Psaros, C., Aaron, E., & Geller, P.A. (in preparation). Why should we treat depression in HIV infected, pregnant women?

Geller, P.A., **Psaros, C.**, Kerns, D. (in preparation). Women's satisfaction with care following miscarriage: A review.

PROFESSIONAL PRESENTATIONS

Woodland, M.B., Geller, P.A., **Psaros, C.**, Kornfield, S.V., & Vorndran, A.K. (May, 2007). *Pregnancy Loss Curriculum Development and Validation*. Poster presented at the 55th Annual Meeting of the American College of Obstetricians and Gynecologists, San Diego, CA.

Psaros, C. & Geller, P.A. (February, 2007). *Who is screening for postpartum depression: Results from a survey of health care providers*. Poster presented at the 34th Annual Meeting of the North American Society for Psychosocial Obstetrics and Gynecology, Portland, OR.

Psaros, C. & Geller, P.A. (January, 2007). *Optimal management of pregnant women with HIV infection: A review of the literature*. Poster presented at the Institute for Women's Health and Leadership Annual Sex and Gender Research Forum, Drexel University College of Medicine, Philadelphia, PA.

Psaros, C. & Geller, P.A. (October, 2005). *Who is screening for postpartum depression? Data from a nursing sample*. Poster presented at the Institute for Women's Health and Leadership Annual Sex and Gender Research Forum, Drexel University College of Medicine, Philadelphia, PA.

Psaros, C. & Geller, P.A. (March, 2005). *Routine screening for postpartum depression: The development of a pilot study of health care providers' practices*. Poster session presented at the annual meeting of the Eastern Psychological Association, Boston, MA.

Psaros, C. & Geller, P.A. (2004, November). *Routine screening for postpartum depression: A pilot study of health care providers' practices*. Poster session presented at the annual meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA.

Psaros, C., Geller, P.A., Kerns, D., Fortune, P., & Castille, D.M. (2004, February). Interventions for women who have experienced pregnancy loss: What is available and what works? In P.A. Geller (Chair), *Pregnancy loss: Psychiatric morbidity, research, and clinical interventions*. Symposium conducted at the 39th annual meeting of the Association for Women in Psychology, Philadelphia, PA.

Viguera, A.C., Cohen, L.S., Reminick, A. M., **Psaros, C.,** & Hennen, J. (2002, May). *Risk of recurrence in pregnant women with bipolar disorder: A prospective study*. Poster session presented at the annual meeting of the American Psychiatric Association, Philadelphia, PA.

Reminick, A. M., Viguera, A.C., **Psaros, C.,** Hennen, J., & Cohen, L.S. (2002, May). *Psychosocial functioning in pregnancy and risk for relapse in women with bipolar disorder*.

Poster session presented at the annual meeting of the American Psychiatric Association, Philadelphia, PA.

Psaros, C. (2001, April). *The effects of perceived authority and question type on the suggestibility of primary school-aged children.* Poster session presented at the annual meeting of the Eastern Psychological Association, Washington, D.C.

INVITED LECTURES

Psaros, C. & Cos, T.A. (2007, June). *Stress management 101: Incorporating stress management techniques into your life.* Invited workshop presented to students in the Physician Assistant Program at Drexel University. Philadelphia, PA.

Psaros, C. & Cos, T.A. (2006, May). *Stress management 101: Incorporating stress management techniques into your life.* Invited workshop presented to students in the Physician Assistant Program at Drexel University. Philadelphia, PA.

Psaros, C. (2006, March). *Postpartum depression 101: Information for clinicians.* Workshop presented to students and staff at Drexel University, Winter 2006 Mental Health Workshop Series. Philadelphia, PA.

Psaros, C. & Markowitz, J.T. (2006, February). *Volumetrics and the new food pyramid: Making them part of your life.* Workshop presented to Drexel University College of Medicine students, Winter 2006 Wellness Series. Philadelphia, PA.

Markowitz, J.T. & Psaros, C. (2005, November). *Healthy eating in a not so healthy environment.* Workshop presented to students and staff at Drexel University, Fall 2005 Mental Health Workshop Series. Philadelphia, PA.

Psaros, C. & Markowitz, J.T. (2005, October). *The balancing act.* Workshop presented to students and staff at Drexel University, Fall 2005 Mental Health Workshop Series. Philadelphia, PA.

Psaros, C. & McGrath, K.B. (2004, October). *Recognizing depression.* Workshop presented to students and staff at Drexel University, Fall 2004 Mental Health Workshop Series. Philadelphia, PA.

EDITORIAL ACTIVITIES

Ad-hoc Reviewer	<i>European Journal of Psychology</i>
Annual Conference	<i>Association for Women in Psychology</i>
Submission Reviewer	

COMMUNITY OUTREACH

- June 2006 and
June 2007
- Participant**
AIDS Walk Boston
Independently raised over \$1,500 each year to support AIDS Action Committee of Massachusetts as a participant in the 10K walk.
- September 2004-
present
- Active Member**
Junior League of Philadelphia, Philadelphia, PA
Currently working on the “Achieve College Today” subcommittee, which focuses on mentoring students from an economically disadvantaged high school in Philadelphia through the college application process. Directly paired with two high school juniors. Also worked on the “Cultural Clinic” subcommittee, which organizes and supervises various cultural activities for middle school aged girls from an economically disadvantaged school in West Philadelphia.
- June 2001-
May 2002
- Mentor**
Big Brothers / Big Sisters Association of Greater Boston, Boston, MA
Mentored a 10-year-old girl from inner city Boston for one year.
- September 2000-
May 2001
- Mentor**
Youth Opportunities Unlimited, Manchester, NH
Creatively developed strategies to engage “at-risk” youth in an after school program.
- September 1999-
May 2000
- Hotline Operator**
Samaritans of South Central New Hampshire, Manchester, NH
Received extensive crisis intervention training. Gained experience in problem resolution and client referral. Acquired knowledge of similar human service agencies.
- September 1998-
May 1999
- Mentor**
Webster House, Manchester, NH
Achieved insight into the social, educational, and judicial issues facing court adjudicated adolescents in a residential facility. Mentored children in the age bracket of 7-18 years old. Responsibilities included supervising dinner, tutoring, and role modeling.