

Sejal Patel, PsyD., ABPP, CGP

EDUCATION

University of Denver Graduate School of Professional Psychology PsyD., Clinical Psychology Concentration: Cross Cultural Psychology, Psychodynamic Psychotherapy, and Couples Therapy Accredited by the American Psychological Association—Approved 1984 Doctoral Paper: <i>A Self Psychological Conceptualization of Traditional Gender Role Men and Considerations in Couples Treatment.</i> Specialties: Couples Therapy, Group Therapy, Multicultural and Sociocultural Issues	Denver, CO	August 2012
University of Denver Graduate School of Professional Psychology M.A., Clinical Psychology	Denver, CO	August 2009
Cornell University College of Arts and Sciences B.A., Psychology and Cultural Anthropology	Ithaca, NY	December 2005
School for International Training Fiji: Cultural History and Geography Non-degree semester study abroad program	Suva, Fiji	Sep.-Dec. 2004
University of Massachusetts at Boston Advanced High School Program for Seniors Non-Degree Program	Boston, MA	Sep. 2001-June 2002
Harvard University at the Extension School Graduate Courses: <i>Anthropology of Sex & Gender</i> <i>Psychology of Diversity</i>	Cambridge, MA	Jan. 2016-Dec. 2017
New England Center for Emotionally Focused Therapy Externship for Emotionally Focused Couples Therapy	Lebanon, NH	April 2017
Psychodynamic Couples and Family Institute of New England Couples Therapy Fellowship Program	Newton, MA	Sep. 2017-June 2018

CLINICAL EXPERIENCE

<u>CLINICAL PSYCHOLOGIST</u> Private Practice	Cambridge, MA	July 2014-Present
<ul style="list-style-type: none"> • Providing individual and couples therapy • Providing consultation & supervision upon request 		

STAFF CLINICAL PSYCHOLOGIST

Cambridge, MA. Aug. 2015-June

2022

MIT Mental Health & Counseling

- Group Coordinator
- Provided supervision to post-doctoral interns and doctoral practicum students
- Provided individual therapy to undergraduate and graduate students
- Led a graduate student women's group, women of color group, DBT skills groups, and CBT groups
- Provided outreach & liaison services to wider campus organizations and housing personnel

CLINICAL PSYCHOLOGIST

Cambridge, MA Nov. 2013-June 2015

Cambridge Eating Disorder Center

- Provided individual outpatient psychotherapy for a range of eating disorder diagnoses
- Provided supervision to post-doctoral interns
- Led, oversaw, and coordinated services for the Saturday Partial Hospital Program
- Provided CBT & DBT based group psychotherapy and psycho-education for emotional regulation, general psychotherapy, relationships issues, and identity exploration

SENIOR CLINICAL FELLOW

Boston, MA Sep. 2013-Aug. 2015

The Danielsen Institute at Boston University

- Provided individual & couples psychotherapy services to adolescents and adults for long term treatment; incorporating dimensions of spirituality when appropriate
- Administered and scored a full battery of psychological assessments and writing integrated reports for referrals related to ADHD, learning disorders, and psychological functioning
- Provided supervision to pre-doctoral and post-doctoral fellows
- Co-led the group psychotherapy seminar for training fellows

POST-DOCTORAL CLINICAL FELLOW

New York, NY Sep. 2012-Aug. 2013

New York University Counseling and Wellness Services

- Provided individual, couples, & group psychotherapy/psycho-education services to students for short term treatment
- Specialized in the assessment and treatment of trauma with comorbid substance abuse and eating disorder concerns
- Led Sexual Encounters & Empowerment group for women survivors of sexual assault/rape and interpersonal violence
- Led psycho-educational seminar for students struggling to complete their dissertation
- Provided outreach services for stress management and relaxation techniques
- Provided supervision to 4th year doctoral graduate student externs

PRE-DOCTORAL INTERN

Brigham Young University Counseling Services

Provo, UT

Aug. 2011-July 2012

Accredited by the American Psychological Association—Approved 1989

- Provided individual, couples, and group psychotherapy to students for both short term and long term treatment for multiple presenting concerns
- Co-led a sexual concerns group through an ACT framework, a trauma and empowerment group through a CPT approach, and a general process group
- Co-taught a positive psychology seminar
- Supervised 4th year practicum students in BYU's doctoral clinical psychology programs
- Conducted full battery assessments for ADHD, chaplaincy, TBI, Asperger's, and wrote integrated reports
- Trained in couples therapy and biofeedback services rotations and collaborated with the University Accessibility Center in conducting neuropsychological evaluations

ON-SITE RESIDENT CLINICIAN
Karis Community Therapeutic Home

Denver, CO

July 2010-July 2011

- Provided eclectic psychotherapeutic support through individual and group psychotherapy to a psychotherapeutic community of 18 individuals, both male and female
- Helped community members perform daily tasks and provided resources for employment and psychiatric services
- Trained in severe and persistent mental illness treatments, including a range of Axis I and II disorders such as Bipolar II, Major Depression, Schizophrenia, and Borderline Personality
- Co-led community meetings one day per week with other staff
- Responded to emergencies and crisis pages four days per week

PSYCHOLOGICAL ASSESSMENT TESTER
Allied Assessments

Denver, CO

June 2010-July 2011

- Administered, scored, and interpreted the WAIS-IV, WISC-IV, WMS-IV, and Bender Gestalt-II with clients who were applying for Social Security Disability Income

ADVANCED PRACTICUM THERAPIST
University of Colorado at Boulder
Counseling and Psychological Services (CAPS)

Boulder, CO

Aug. 2009-May 2010

- Provided brief individual solution focused psychotherapy to students and carried two long term cases per supervisory recommendation
- Co-facilitated a DBT skills training group focused on mindfulness skills for daily living
- Conducted alcohol screening and assessments
- Provided outreach tabling and screening services at campus events for substance abuse and eating disorder concerns

EXTERN THERAPIST
College Living Experiences

Denver, CO

Aug. 2008-July 2009

- Provided individual psychotherapy to young adults transitioning to college and beyond with wide variety of developmental, cognitive, and social deficits such as high functioning Asperger's, TBI, Mental Retardation, Bardet-Biedl syndrome, non-verbal learning disorders, and ADHD

- Helped teach skills on improving interpersonal relationships and professional relationships with employers/professors, how to request appropriate accommodations, and functioning independently
- Conducted group therapy once a week on a wide variety of topics ranging from social skills training to stress management.

EXTERN THERAPIST

Denver, CO

Oct. 2007-Aug. 2008

Progressive Therapy Systems

- Provided offense-specific individual & group sex offender treatment utilizing a cognitive behavioral approach and structured homework assignments mandated by the state (Colorado SOMB standards)
- Specialized in the of treatment of sexual behaviors, anger management, and interpersonal boundaries
- Helped coordinate and teach a family program which gave family members legal authority to be held accountable for clients
- Conducted intake assessments and administered two forensic evaluations using formal and informal psychological tests, including the MMCI and Abel Assessment

STUDENT THERAPIST

Denver, CO

Sep. 2007-Aug. 2011

University of Denver Professional Psychology Center

- Provided long term individual and couples psychotherapy to adults in the Denver community
- Conceptualized and utilized skills and inventions from cognitive behavioral, psychodynamic, existential, and self-psychology approaches taught during each yearly graduate seminar
- Administered, scored, and wrote comprehensive reports for psychological batteries that included objective, personality, and cognitive tests cases referred to the PPC's forensic and cognitive assessment seminars

RELEVANT CLINICAL WORK EXPERIENCE

CRISIS COUNSELOR

Washington, DC

Feb.-July 2007

Woodley House Psychiatric Crisis Bed

- Provided community based mental health services and temporary crisis services to adult individuals experiencing acute psychiatric crisis
- Worked primarily with individuals with an Axis I diagnosis of Schizophrenia, Bipolar II disorder, and Major Depressive disorder often comorbid with substance abuse issues
- Provided psychiatric monitoring and assisted patients with developing a recovery care plan
- Coordinated case management and collaborated with department of mental health in order to assist with recovery and care

RESIDENTIAL CARE STAFF

Windsor, NH

June-Aug. 2005-2007

Wediko Children's Services

- Provided therapeutic care to severely emotionally disturbed children for 45 consecutive days for three summers utilizing the stop-gap treatment model

- Worked with teen and pre-teen boys and girls with a variety of high-risk and challenging behaviors related to social skills deficits, ADHD, depression & bipolar disorders, autism spectrum disorders, loss and trauma, learning disabilities, anxiety, atypical development, and attachment disorders
- Implemented behavioral interventions which helped improve residents' ability to develop healthy interpersonal relationships, regulate affect, increase self-observation, increase problem solving skills, frustration tolerance, and follow rules and pursue goals
- Participated in bi-weekly supervision meetings and helped write final reports

CLINICALLY RELEVANT CONFERENCE PRESENTATIONS AND TRAININGS

Challenges in discussing race related issues with couples, workshop at the **Couples Institute Conference**, June 2022

Identifying and naming differences in social location and racial socialization with interracial couples, **PCFINE 1st Yr Fellowship**, May 2022

Identifying and Responding to Modern "isms" and Internalized Oppression Behaviors in an Interpersonal Process Group, **AGPA Annual Conference 2022**, March 2022

AAPIs and Suicide: Deepening the Understanding of Mental Health Risk and Resiliency Factors for Asian-American/Pacific Islanders, **Seneca Family of Agencies CA**, February 2022

Understanding the Historical and Social Implications of Microaggressions, **MIT Medical Department**, August 2021

Exploring Identity: Incorporating Religious Upbringing into DEI Trainings, **Medicine & Religion Conference**, March 2021

Guidelines for Effective Cross Cultural Dialogue, I am a LEADer Conference **MIT Division of Student Life**, February 2021

Understanding Self as a Cultural Being, Power, and Racial Microaggressions, **Mental Health Providers Ottawa**, October 2020

Identity Intersectionality & Supporting BIPOC communities, **Boston Psychiatric Rehabilitation Center**, October 2020

A Dialogue on Racial Injustice & Becoming Antiracist, **Couples Institute**, June 2020

Deepening Cross Difference Dialogue: Integrating Social Justice Language and Concepts in the Treatment of Interracial Couples Using the Cultural Contextual Model, **Couples Institute**, July 2020

S. Sandage, Patel, S. & Langford R. (2016). *Intersubjectivity, Spirituality, and Disappointment in Group Therapy for Loss*. Colloquium Presented at the **American Group Psychotherapy Conference**: New York City.

Oppression, Privilege, and the Intersection of Identity, **New York University Counseling Center**, August 2014

VISIONS CONSULTANT **VISIONS, Inc.**

Dorchester, MA Jan. 2018-Present

- Lead Diversity, Equity, and Inclusion Consultant

- Helping organizations address “isms,” move towards cultural pluralism, transform power differentials, improve cross cultural dialogue, and develop more complex understanding of sociocultural identities and differences in work place settings

TEACHING

TEACHING FACULTY AND BOARD MEMBER Newton, MA. May 2022-Present **Psychodynamic Couples and Family Institute of New England**

- Teaching fellows on “Identifying Modern Isms and Internalized Oppression Behaviors in Couples Therapy”
- Attending quarterly board meetings and participating in DEI initiatives

CLINICAL INSTRUCTOR OF PSYCHOLOGY *Boston, MA* Feb. 2021-Present **Harvard Graduate School of Education**

- Teaching Preventative and Developmental Group Counseling
Boston University School of Medicine Mental Health Program
- Teaching spring course *Marriage & Family Counseling*
Boston University Wheelock School of Education & Applied Psychology PhD. program
- Teaching *Effective Interventions for Adults, Theories of Group Counseling*

ADJUNCT INSTRUCTOR OF PSYCHOLOGY *Cambridge, MA* Jan. 2016-Dec. 2018 **Lesley University**

- Taught *Cross Cultural Psychology* to undergrad students
- Taught *Abnormal Psychology* to undergrad students
- Taught a *Senior Seminar* for students completing their final internship placements in counseling psychology, human services, and expressive arts therapy
 - Coordinated with internship sites around training goals & areas of growth for students
 - Facilitated a group supervision with students & presenting didactic material around clinical & professional issues in early training

ADJUNCT PROFESSOR OF PSYCHOLOGY *Weston, MA* Summer 2016 **Regis College**

- Taught *Group Dynamics and Development* to graduate students in counseling psychology

ASSOCIATE LECTURER OF PSYCHOLOGY *Milton, MA* Fall 2015 **Curry College**

- Taught *Substance Abuse Counseling* to undergraduate and continuing education students

PRE-DOCTORAL INTERN

Co-Lecturer for *Psychology of Well Being* *Provo, UT* Fall 2011

- Helped lead discussions after didactic lecture portion of the class was completed
- Helped with the preparation of power point lectures and homework assignments

BYU Generalized Anxiety Program *Provo, UT* Fall 2011

- Co-led three different four week didactic, experiential, and process groups on cognitive behavioral and exposure therapy techniques for students with moderate to severe anxiety disorders including obsessive compulsive disorder, generalized anxiety, social anxiety, and panic attacks
- Taught relaxation techniques, conducted exposure exercises, and processed exposure experiences in group context

The Psychology of Public Speaking and Anxiety *Provo, UT* October 2011

- Co-presented an outreach presentation to BYU faculty, staff, and students with a fellow pre-doctoral intern on the anxiety response system, perceived threats related to public speaking, research on public speaking related issues, and strategies for decreasing anxiety and increasing effectiveness of public speaking

The Assessment and Treatment of Asperger's *Provo, UT* May 2012

- Completed a program evaluation toolkit for BYU's counseling center and created a power point presentation on current assessments, treatment considerations, and resources for students with Asperger's Syndrome and for students with information processing difficulties/abnormalities

SEMINAR LEADER *Denver, CO* Jan.-Feb. 2008

Voices of Discovery Dialogue Group

- Co-facilitated a six week seminar for undergraduate students on issues related to diversity and inclusiveness; topics included oppression, privilege, race, gender, sexuality and liberation
- Created outlines, exercises, and researched relevant issues in the media in order to teach about diversity issues and the current and past social injustices associated with each topic
- Taught skills on ways to increase awareness, how to discuss diversity and social issues with others, how to cope with feelings of discomfort, and how to integrate multicultural issues into one's life.

SAFE SPACE LEADER

University of Denver's GSPP Orientation Program *Denver, CO* Sept. 2008

- Led a two day workshop teaching LGBTQA themes & special considerations
- Created exercises that allowed incoming students to better understand issues the LGBTQA community experiences

NGO INTERN *Urubamba, Peru* Jan.-Feb. 2006

Pro-Peru Service Corps.

- Worked in a beginning grassroots shelter for women and children with abuse histories
- Initiated team building and self-esteem activities, hosted workshops on basic English language skills, and informally educated women about their rights, domestic violence, and offered support on how they could reintegrate their lives both socially and economically
- Assisted with other projects improving the educational system for the local population and developing connections in Cusco with organizations that could donate materials for sewing, handicrafts, and books for the children's library.

SUICIDE CRISIS COUNSELOR *Ithaca, NY* June 2003- Aug.2004

Suicide Crisis and Prevention Center

- Completed 40 hours of training on suicide counseling
- Provided hotline crisis counseling to Thompson County in New York State
- Gained competency in applied suicide intervention skills that helped prevent immediate risk of suicide
- Provided referral assistance



RESEARCH & PUBLICATION EXPERIENCE

ACADEMIC PAPERS & BOOK REVIEWS

David R. Paine M.A., Sarah H. Moon Psy.D., Rachel Langford PsyD., **Sejal Patel Psy.D.**, Andrea Hollingsworth Ph.D., Steven J. Sandage Ph.D., Miriam Bronstein M.S.W., LICSW & Barbod Salimi Ph.D. (2017). Group Therapy for Loss: Attachment, Intersubjectivity, and Healing. *International Journal of Group Psychotherapy*, 00, pp. 1-25

Review of *Group Counseling: Concepts and Procedures* by Larry Berg in the journal GROUP: Eastern Group Psychotherapy Society. Fall, 2013

Review of *Socioanalytic Methods: Discovering the Hidden in Organizations and Social Systems* edited by Susan Long in GROUP: Eastern Group Psychotherapy Society. Fall, 2014

Review of the *The Marriage Checkup Practitioner's Guide: Promoting Lifelong Relationship Health* by James Cordova in The Journal for Sex and Marital Therapy. Vol 41 (2), 2014.

DOCTORAL PROJECT

Denver, CO

Aug. 2009-Aug. 2011

University of Denver (GSPP)

- Critically examined recent research in masculine gender role stress and male socialization processes in order to conceptualize traditional gender role men through self-psychology and how this particular psychodynamic theory can inform the psychological development of masculine structures and inform treatment considerations for this subgroup of men in couples therapy.
- Integrated current research to apply to one couples therapy case seen at the U. of Denver's professional psychology center

RESEARCH ASSISTANT

Ithaca, NY

Oct. 2003-May 2004

Cornell University

- Acted as a research confederate and helped analyze research for social psychology Ph.D. student (now Dr. Jane Risen of University of Chicago) studying target vs. observer reactions to coerced vs. spontaneous apologies

- Published as “Target and Observer Differences in the Acceptance of Questionable Apologies” in the *Journal of Interpersonal Relations and Group Processes* (August 2006) and also noted in fall 2006 edition of *Psychology Today*

RESEARCH ASSISTANT

Boston, MA

July-Aug. 2003

University of Massachusetts at Boston

- Transcribed interviews for Ph.D. clinical psychology candidate researching “Asian American students’ feelings of inclusion and exclusion”
- Helped find relevant research and readings on Asian American acculturation, identity development, and coping mechanisms around exclusion and racism

SCHOLARSHIPS, AWARDS, PROFESSIONAL AFFILIATIONS

Professional Psychology Scholarship, 2009-2010 academic years
VP Doctoral Fellowship Inclusive Excellence, 2008-2009 academic years
VP Doctoral Fellowship Inclusive Excellence, 2007-2008 academic years
American Psychological Association, 2007-present
American Group Psychotherapy Association, 2012-present
Colorado Psychological Association, 2008-2010

PROFESSIONAL CERTIFICATIONS

American Board of Professional Psychology Certified in Couples and Family Psychology
Certified Group Psychotherapist (AGPA)
Certified Prepare & Enrich Facilitator
Core Power Yoga Certified Yoga Instructor CYT200

CURRENT PROFESSIONAL REFERENCES

For Diversity, Equity, and Inclusion Work:

Valerie Batts, PhD. Founder of VISIONS, Inc.
Phone: 617-460-0172
Email: vabatts@visions-inc.org

Rick Pinderhughes, PsyD. VISIONS Consultant and Director of Programs
Phone: 781-413-6288
Email: rickp@visions-inc.org

For Clinical Work and Training/Supervising:

Dan Debowy MD, Team Leader Mental Health and Counseling at MIT
Phone: 617-253-2916

Email: debow@med.mit.edu
Cambridge, MA

George Stavros, PhD., Clinical Director of the Danielsen Institute at Boston University
Phone: 617-353-6522
Email: Stavros1@bu.edu

Anne McEneaney, PhD. Psychologist at NYU
Phone: 212-443-9999
Email: anne.mceneaney@nyu.edu

For Teaching:

Jori Berger-Greenstein, PhD.
Phone: 617-358-5481
Email: jberger@bu.edu

Grace Kim, PhD.
Email: gkim15@bu.edu

