

## **KIM LYNN LEHNERT, PH.D.**

**ADDRESS** Suffolk DBT Psychological Services  
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### **EDUCATION**

	<u><b>Institution</b></u>	<u><b>Degree</b></u>	<u><b>Field of Study</b></u>
1993-1997	Case Western Reserve University Cleveland, Ohio	Ph.D.	Clinical Psychology
1990-1993	Case Western Reserve University Cleveland, Ohio	M.A.	Clinical Psychology
1986-1990	College of the Holy Cross Worcester, Massachusetts	B.A.	Psychology

### **PROFESSIONAL TRAINING**

2010	Dialectical Behavior Therapy: Updates to Emotion Regulation and Crisis Survival Skills, Needham, MA.
2001	Advanced Dialectical Behavior Therapy: Treating the Difficult-to-Manage Borderline Client, 18 <sup>th</sup> Annual Cape Cod Summer Symposium, MA
1999; 2000	Ten-Day Intensive in Dialectical Behavior Therapy. Butler Hospital, Providence, RI
1996; 1997	Ten-Day Intensive in Dialectical Behavior Therapy. Western Psychiatric Institute and Clinic, Pittsburgh, PA

### **PROFESSIONAL POSITIONS**

5/09-present Private Practice, Suffolk DBT Psychological Services, East Setauket, NY

Specialties within my clinical psychology private practice include the treatment of depression, anxiety, personal/familial substance abuse/addiction, and trauma with adults and adolescents. In addition, conduct individual Dialectical Behavior Therapy (DBT) and ongoing DBT Skills Groups for adults and adolescents presenting with chronic suicidality, addiction, eating disorders and mood disorders.

6/02-present Dialectical Behavior Therapy Trainer  
Behavioral Tech, LLC, Seattle, Washington

Provide two-day workshops nationally in Dialectical Behavior Therapy (DBT) that are organized by Behavioral Tech, LLC. Workshops focus on either a general introduction to DBT or on DBT Skills Training. Workshops are large group presentations (greater than 100 participants) provided

to clinicians from various disciplines, including social work, psychology, psychiatry, and other mental health professionals. Workshops include training in the structure of the treatment, teaching of the content of the DBT skills, and discussions of the methods of presentation of the DBT skills.

- 6/04-4/09 Private Practice, Director of Suffolk DBT Group at Family Psychology of Long Island, Oakdale, NY
- Conducted a private practice in clinical psychology. Given my specialization in the area of Dialectical Behavior Therapy, patients in my practice were adolescents and adults in treatment for issues of chronic suicidal and/or parasuicidal behavior.
- 9/00-12/04 Private Practice, Great Neck and Northport, NY
- 11/03-11/04 Director, GamPro, Pederson-Krag Center, Huntington, NY
- Responsibilities included developing and directing a comprehensive behavioral approach for the treatment of gambling addiction; conducting psychological intakes and individual therapy; leading behavioral skills groups; providing supervision and training to other staff; and providing community outreach.
- 7/00-11/03 Chief of Dialectical Behavior Therapy (DBT) and DBT-Substance Abuse (DBT-S) Services  
The Zucker Hillside Hospital, Department of Psychiatry, North Shore-Long Island Jewish Health System, Glen Oaks, NY
- Developed and coordinated a new program in Dialectical Behavior Therapy at the Zucker Hillside Hospital. DBT is an empirically validated cognitive-behavioral treatment for adults who meet DSM-IV criteria for borderline personality disorder. Also developed a specialized clinical track for patients presenting with comorbid substance abuse/dependence. Responsibilities included program development; directing program; leading the DBT multidisciplinary consultation team; conducting individual DBT; leading DBT Skills Groups; providing extensive supervision and training in DBT; and providing community outreach. Also provided regular professional consultation to the Schneider Children's Hospital Adolescent DBT Program.
- 9/02-11/03 Co-director, Postdoctoral Fellowship in Dialectical Behavior Therapy,  
The Zucker Hillside Hospital, North Shore-Long Island Jewish Health System, Glen Oaks, NY
- 9/99-11/03 Clinical Supervisor, Program in Dialectical Behavior Therapy at the Zucker Hillside Hospital Ambulatory Care Center, The Doctoral Internship Program in Clinical Psychology of the North Shore-Long Island Jewish Health System, Glen Oaks, NY
- 11/98-7/00 Psychologist, Developed DBT Program  
The Zucker Hillside Hospital, Department of Psychiatry,  
North Shore-Long Island Jewish Health System, Glen Oaks, NY
- 1996-1998 National Institute of Mental Health (NIMH)-Sponsored Post-Doctoral Clinical Research Fellow in Psychiatry. Western Psychiatric Institute and Clinic, Pittsburgh, PA
- 1995-1996 Intern in Clinical Psychology. Pittsburgh Veterans Administration Health Care Consortium, Pittsburgh, PA

## PROFESSIONAL APPOINTMENTS

- 6/99-11/03     Assistant Professor of Psychiatry  
Albert Einstein College of Medicine, Bronx, NY
- 1997-1998     Instructor, Dialectical Behavior Therapy Skills, Domestic Violence Shelter, Pittsburgh, PA
- 1993            Instructor, Chemical Dependency, Department of Psychology, Case Western Reserve University, 1993.

## CERTIFICATION and LICENSURE

Psychologist            The State Education Department of New York  
License 013596            Division of Professional Licensing Services

## MEMBERSHIPS IN PROFESSIONAL SOCIETIES

American Psychological Association  
Association for Behavioral and Cognitive Therapies  
New York State Psychological Association

## RESEARCH GRANTS

Dissertation research; awarded Charles Reilly Armington Grant at Case Western Reserve University; *Perceived Parental Emotional Neglect, Perceived Parental Alcoholism and Adolescent Psychopathology*; PI; Funded 5/94.

Pilot study; Mental Health Clinical Research Center for the Study of Affective Disorders (MHCRC) at Western Psychiatric Institute and Clinic; *Emotional Trauma and Impairments of the Self: The Role of Emotional Invalidation in Borderline Personality Traits and Suicidality*; PI; Funded 10/97.

## PROFESSIONAL WORKSHOPS

An Introduction to Dialectical Behavior Therapy. One-day workshop for family-based case managers, social workers, psychologists and psychiatrists, Harrisburg, PA, May, 1998.

Dialectical Behavior Therapy for Borderline Personality Disorder: Comprehensive Introductory Workshop. Co-presented with K. Koerner, Ph.D. for the Behavioral Technology Transfer Group at the Brattleboro Retreat, Brattleboro, VT, 12/2-12/3/02.

Dialectical Behavior Therapy Skills Training. Co-presented with A. Payne, Ph.D. for the Behavioral Technology Transfer Group, Lancaster, PA, 10/24-10/25/02.

Dialectical Behavior Therapy for Borderline Personality Disorder: Comprehensive Introductory Workshop. Co-presented with R. Oswaltz-Reitz, Ph.D. for the Behavioral Technology Transfer Group at the Coles County Mental Health Center in Mattoon, IL, 6/25-6/26/03.

Dialectical Behavior Therapy Skills Training. Co-presented with S. Rizvi, Ph.D. for Behavioral Tech, Cleveland, OH, 3/22-3/23/04.

Dialectical Behavior Therapy Skills Training. Co-presented with R. McCann, Ph.D. for Behavioral Tech, Denver, CO, 3/29-3/30/04.

The Identification and Treatment of Pathological Gambling: A New Application of Dialectical Behavior Therapy (DBT). One-day workshop at Marworth Drug and Alcohol Rehabilitation Center, Waverly, PA, 6/29/04.

Dialectical Behavior Therapy for Substance Abusers. Co-presented with J. Sayrs, Ph.D. for Behavioral Tech. Danville, PA, 6/16-6/17/05.

Dialectical Behavior Therapy: Cognitive-Behavioral Treatment for Borderline Personality Disorder – An Overview. Presented to counseling staff of Half Hollow Hills High School, Dix Hills, NY, 3/12/07.

Dialectical Behavior Therapy: Cognitive-Behavioral Treatment for Borderline Personality Disorder – An Overview. Presented to counseling staff of Northport High School, Northport, NY, 10/26/07.

### INVITED LECTURES

Suicide among college students: Prevention and early intervention. Talk given to the fraternity and sorority chapters of Case Western Reserve University, October, 1990.

Assessment and treatment of cognitive biases. Seminar presented at the Department of Psychiatry, Laurelwood Hospital, Willoughby Hills, Ohio, 1994.

Cognitive-behavioral treatment of panic disorder. Colloquium presented at the Department of Psychology, Case Western Reserve University, 1994.

An Overview of Dialectical Behavior Therapy Skills. Seminar given to Staff Psychiatric Evaluation and Intervention Services, Western Psychiatric Institute and Clinic, 1997.

Dialectical Behavior Therapy for Adolescents: Background, individual therapy and skills group training. Four-week colloquia given to Child Outpatient Psychiatry Department at Schneider Children's Hospital of North Shore-Long Island Jewish Health System, January, 2000.

Dialectical Behavior Therapy: Background, individual therapy and skills group training. Four-week colloquia given to clinical psychology interns of the Doctoral Internship Program in Clinical Psychology at Long Island Jewish Medical Center, April, 2001.

Treating teens at risk: An introduction to Dialectical Behavior Therapy. Co-presented with A. Payne & B. Silverman at Grand Rounds, Sagamore Children's Psychiatric Center, November, 2001.

Dialectical Behavior Therapy: Background, individual therapy and skills group training. Two-day workshop co-presented with A. Payne for psychiatry residents, psychology fellows, and psychology interns/trainees at the Zucker Hillside Hospital, North Shore-Long Island Jewish Health System, September, 2002.

The Identification and Treatment of Compulsive Gambling. Seminar given to alcohol and drug counseling staff of ACCESS, Town of Islip, NY, January, 2004.

Dialectical Behavior Therapy: Cognitive-behavioral treatment for parasuicidal behavior. Four-week Grand Rounds presentation given to mental health staff at Pederson-Krag Center in Huntington, NY, April, 2004.

Dialectical Behavior Therapy: Cognitive-behavioral treatment for parasuicidal behavior. Four-week Grand Rounds presentation given to mental health staff at Pederson-Krag Center in Smithtown, NY, June, 2004.

The Identification and Treatment of Pathological Gambling. Seminar given for the members of the Suffolk Coalition to Prevent Alcohol and Drug Dependencies, Hauppauge, NY, August, 2004.

### **Invited Introductory Lectures on Dialectical Behavior Therapy for Borderline Personality Disorder**

Lehnert, K.L. & Proietti, J. University of Pittsburgh Medical Center-South Hills Satellite Clinic, Bethel Park, PA, December, 1997.

Lehnert, K.L. & Stimac, P. Department of Case Management, Western Psychiatric Institute and Clinic, February, 1998.

Lehnert, K.L., & Ghorpade, A. Counseling Dept., Queensborough Community College, NY, December, 1998.

Lehnert, K.L., & Ghorpade, A. Ambulatory Care Center, Hillside Hospital, NY, January, 1999.

Lehnert, K.L., & Ghorpade, A. National Alliance for the Mentally Ill-Queens, NY Chapter, February, 1999.

Lehnert, K.L. Department of Psychology, North Shore-Long Island Jewish Healthcare System, May, 1999.

Lehnert, K.L., & Ghorpade, A. Department of Psychiatry, Holliswood Hospital, NY, May, 1999.

Lehnert, K.L. Partial and Day Programs, Hillside Hospital, February, 2000.

Lehnert, K.L. Project Outreach, North Shore-Long Island Jewish Healthcare System, October, 2000.

Lehnert, K.L. Department of Social Work, Hillside Hospital, February, 2001.

Lehnert, K.L. Interboro Counseling Center, Brooklyn, NY, March, 2001.

Lehnert, K.L., Payne, A., & Silverman, B. Child Outpatient Psychiatry Department, Schneider Children's Hospital of North Shore-Long Island Jewish Health System, September, 2001.

Lehnert, K.L., Payne, A., & Silverman, B. Mental Health Clinic, The Pederson-Krag Center, Huntington, NY, April, 2002.

Lehnert, K.L. Mental Health Clinic, The Pederson-Krag Center, Smithtown, NY, April, 2003.

Lehnert, K.L. Teaching Rounds, Psychiatry Residency Training Program, North Shore-Long Island Jewish Healthcare System, Presented every 4 months from May, 1999 to November, 2003.

Lehnert, K.L. Intensive Outpatient Eating Disorders Program, Mather Memorial Hospital, Port Jefferson, NY, November 2007.

## **PUBLICATIONS**

### **Journal Articles**

Overholser, J.C., & Lehnert, K.L. (1993). Professional impairment in Ohio psychologists. The Ohio Psychologist, 39, 22-25.

- Adams, D.M., Overholser, J.C., & Lehnert, K.L. (1994). Perceived family functioning and adolescent suicidal behavior. Journal of the American Academy of Child and Adolescent Psychiatry, 33, 498-507.
- Lehnert, K.L., Overholser, J.C., & Spirito, A. (1994). Internalized and externalized anger in adolescent suicide attempters. Journal of Adolescent Research, 9, 105-119.
- Lehnert, K.L., & Overholser, J.C. (1995). Cognitive-behavioral treatment of panic disorder: Symptom reduction and development of self. Anxiety Disorders and Practice Journal, 2, 63-83.
- Overholser, J.C., Adams, D.M., Lehnert, K.L., & Brinkman, D. (1995). Self-esteem deficits in adolescent psychiatric inpatients. Journal of the American Academy of Child and Adolescent Psychiatry, 34, 919-928.
- Overholser, J.C., Brinkman, D., Lehnert, K.L., & Ricciardi, M. (1995). Children's Depression Rating Scale: Development of a CDRS short-form. Journal of Clinical Child Psychology, 24, 443-452.
- Lehnert, K.L., Overholser, J.C., & Adams, D.M. (1996). The Cognition Rating Form: A new approach to assessing self-generated cognitions in adolescent sentence completions. Psychological Assessment, 8, 172-181.
- Adams, D.M., & Lehnert, K.L. (1997). Prolonged trauma and subsequent suicidal behavior: Child abuse and combat trauma reviewed. Journal of Traumatic Stress, 10, 619-634.
- Freiheit, S.R., Overholser, J.C., & Lehnert, K.L. (1998). The association between humor and depression in adolescent psychiatric inpatients and high school students. Journal of Adolescent Research, 13, 32-48.

### **Book Reviews**

- Overholser, J.C., & Lehnert, K.L. (1996). [Review of J. Richman, Preventing Elderly Suicide]. Clinical Psychology Review, 16, 173-174.

### **CONFERENCE PRESENTATIONS**

- Lehnert, K.L., Overholser, J.C., & Spirito, A. (1992, June). Internalized and externalized anger in adolescent suicide attempters. Presented at the International Conference of Suicidal Behavior, Pittsburgh, PA.
- Overholser, J., Ricciardi, M., Brinkman, D., & Lehnert, K.L. (1992, August). Children's Depression Rating Scale: Development of a CDRS short-form. Presented at the American Psychological Association Convention, Washington, DC.
- Adams, D., Overholser, J.C., & Lehnert, K.L. (1993, August). Perceived family functioning and adolescent suicidal behavior. Presented at the American Psychological Association Convention, Toronto, Canada.
- Overholser, J.C., Adams, D.M., Lehnert, K.L., & Brinkman, D.C. (1993, August). Self-esteem deficits in adolescent psychiatric inpatients. Presented at the American Psychological Association Convention, Toronto, Canada.
- Lehnert, K.L., Overholser, J.C., & Adams, D. (1993, November). The Cognition Rating Form: Assessment of cognitions in adolescent psychiatric inpatients using Rotter Incomplete Sentences Blanks. Presented at the 27th Annual Association for the Advancement of Behavior Therapy Convention, Atlanta, GA.

- Cautin, R., Overholser, J.C., Lehnert, K.L., & Goetz, P. (1994, April). Assessment of mode of anger expression in adolescent psychiatric inpatients. Presented at the annual meeting of the Society for Personality Assessment, Chicago, IL.
- Freiheit, S., Overholser, J.C., Lehnert, K.L., & Clarke, J. (1994, April). Assessment of humor in adolescence. Presented at the annual meeting of the Society for Personality Assessment, Chicago, IL.
- Adams, D.M., & Lehnert, K.L. (1994, November). Adolescent children of substance-abusing parents: Perceptions of family functioning in adolescent boys and girls. Presented at the 28th Annual Association for the Advancement of Behavior Therapy Convention, San Diego, CA.
- Adams, D.M., Overholser, J.C., & Lehnert, K.L. (1996, November). Child abuse, family functioning and adolescent suicidal behavior. Presented at the 30th Annual Association for the Advancement of Behavior Therapy Convention, New York, NY.
- Lehnert, K.L., Overholser, J.C., & Adams, D.M. (1996, November). Perceived parental alcoholism, perceived parental emotional neglect and adolescent psychopathology. Presented at the 30th Annual Association for the Advancement of Behavior Therapy Convention, New York, NY.
- Lehnert, K.L., Pilkonis, P.A., & Proietti, J.M. (1997, November). Development of clinical pathways for clients with borderline personality disorder. Paper presented at the 31st Annual Association for the Advancement of Behavior Therapy Convention, Miami, FL.