

CURRICULUM VITA

JEFF SZYMANSKI, Ph.D.

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EDUCATION

1987-1991	B.S. Psychology	Northern Michigan University
1991-1993	M.A. Clinical Psychology	Northern Illinois University
1993-1997	Ph.D. Clinical Psychology	Northern Illinois University

CLINICAL TRAINING

1991-1994	<i>Practicum Student</i> , Northern Illinois University, DeKalb, IL
1995-1996	<i>Psychology Intern</i> , McLean Hospital/Harvard Medical School, Belmont, MA
1996-1997	<i>Post-Doctoral Fellow</i> , Cutler Center, May Institute, Norwood, MA

LICENSURE AND CERTIFICATION

1998 Licensed Psychologist in Massachusetts
1998 Health Service Provider in Massachusetts

ACADEMIC APPOINTMENTS

1999-2001	<i>Associate Faculty Member</i> , May Center for Professional Development; May Institute, Norwood, MA
2001-present	<i>Clinical Instructor in Psychology</i> , Department of Psychiatry, Harvard Medical School, Cambridge, MA.

HOSPITAL APPOINTMENTS

2001-2008	Assistant Psychologist, McLean Hospital, Belmont, MA
Sept 2008- present	Clinical Associate, McLean Hospital, Belmont, MA

AWARDS

- 1991 Association of Governing Boards - Outstanding Graduating Senior,
Northern Michigan University
- 1991 Jean Rutherford Scholarship - Outstanding Graduating Senior,
Psychology Department, Northern Michigan University
- 1992-1993 Northern Illinois University Graduate Fellowship

CLINICAL AND ADMINISTRATIVE EXPERIENCE

1996-2002 *Staff Psychologist*, Two Brattle Center, Cambridge, MA

Duties: Individual and group psychotherapy in three day programs (for adults and adolescents), and participation in a Dialectical Behavior Therapy (DBT) program at an outpatient clinic.

1997-present *Private Practice*, Cambridge, MA.

Activities in my private practice have included individual therapy, individual supervision, and consultation/training at various facilities.

1997-1999 *Staff Psychologist*, May Counseling Center, May Institute, Norwood, MA

Duties: Individual, couples, and family therapy in an outpatient clinic.

1999-2001 *Assistant Director*, May Counseling Center, May Institute, Norwood, MA

Duties: Individual, couples, and family therapy; supervised front office staff; hiring new staff; and led staff meetings at an outpatient clinic.

2000-2001 *Consultant*, Adult Developmental Disabilities Program, McLean, Hospital, Belmont, MA

Duties: On a weekly basis, met with professional staff for training in cognitive-behavior therapy, and developed treatment protocols for use in individual, group, and milieu settings.

2001-2005 *Behavior Therapist*, Obsessive Compulsive Disorders Institute, McLean Hospital, Belmont, MA

Duties: Assessment, treatment planning, individual therapy, and group therapy for patients with OCD in a residential setting.

2006-2008 *Director of Psychological Services*, Obsessive Compulsive Disorders Institute, McLean Hospital, Belmont, MA

Duties: Assessment, treatment planning, individual therapy, and group therapy for patients with OCD in a residential setting; recruited and supervised volunteers and practicum students (up to fifteen) to train as behavioral coaches for patients at the Institute; and generated and implemented program development initiatives at the Institute.

Feb. 2008 -
April 2008 *Consultant*, ABCNews.com

Duties: As a consultant for “ABC News OnCall+ Mind & Mood”, participated in the development of the general overview of the anxiety disorders section of the website, videotaped psychoeducational clips about anxiety disorders and treatments, and was interviewed for articles about panic disorder and scrupulosity (a subtype of OCD) which appeared on the website.

Sept 2008-
present *Executive Director*, International OCD Foundation, Inc. Boston, MA

Duties: Oversee the planning and implementation of all programmatic, financial, budgetary, managerial, fundraising and other resource needs to ensure that the organization is meeting established annual goals. Ensure all required human resource policies and procedures are followed including compensation and benefits program, job descriptions, employee work plans and employee review processes. Serve as primary contact and liaison to the Board of Directors. Additionally, serve as the public face of the Foundation to stakeholders including the Scientific Advisory Board, Genetics Collaborative, affiliates, support groups, members, donors, treatment providers and to other nonprofit, governmental and community organizations. Finally, serves as the Editor-in-Chief of the quarterly OCD Newsletter.

VOLUNTEER

Nov 2010-
present *Co-Founder and President, Board of Directors*, New England ACT Chapter of the Association for Contextual Behavioral Science, Boston, MA.

Duties: Helped to form a regional chapter to help educate and disseminate information to mental health providers about Acceptance and Commitment Therapy. Will run quarterly board meetings and participate in monthly educational and peer consultation groups.

PUBLICATIONS (Peer Reviewed)

1. O'Donohue, W. T., & **Szymanski, J.** (1993). Change mechanisms in cognitive therapy of a simple phobia: Logical analysis and empirical hypothesis testing. Journal of Rational-Emotive and Cognitive Behavior Therapy, 11, 207-222.
2. **Szymanski, J.**, & O'Donohue, W. T. (1995). The potential role of state dependent learning in cognitive therapy with spider phobics. Journal of Rational-Emotive and Cognitive-Behavior Therapy, 13, 131-150.
3. **Szymanski, J.**, & O'Donohue, W. T. (1995). Fear of Spiders Questionnaire. Journal of Behavior Therapy and Experimental Psychiatry, 26, 31-34.
4. O'Donohue, W. T., & **Szymanski, J.** (1996). Skinner on cognition. Journal of Behavioral Education, 6, 35-48.
5. Christiansen, N., Lovejoy, M. C., **Szymanski, J.**, & Lang, A. (1996). Evaluating the structural validity of measures of hierarchical models: An illustrative example using the Social Problem Solving Inventory. Educational and Psychological Measurement, 56, 600-625.
6. **Szymanski, J.** (in press). Using direct-to-consumer marketing strategies with obsessive compulsive disorder in the non-profit sector. Behavior Therapy.

PUBLICATIONS (Other)

1. O'Donohue, W. T., & **Szymanski, J.** (1994). How to win friends and not influence clients: Popular but problematic ideas that impair treatment decisions. The Behavior Therapist, 17, 29-33.
2. **Szymanski, J.**, & O'Donohue, W. T. (1995). Self-appraisal skills. In W. O'Donohue and L. Krasner (Eds.), Handbook of psychological skills training: Clinical techniques and applications, (pp. 161-179). New York: Allyn & Bacon.
3. **Szymanski, J.** (2011). The perfectionist's handbook: Take risks, invite criticism, and make the most of your mistakes. New York: Wiley Publishing.

PEER REVIEW ACTIVITIES

Ad hoc reviewer for Journal of Anxiety Disorders

TEACHING (Seminars)

1997-2001 Weekly, Cognitive-Behavior Therapy seminar for pre-doctoral psychology interns. May Institute, Norwood, MA.

- 1999-2002 Weekly, Dialectical Behavior Therapy training seminar for professional staff and post-doctoral students. Two Brattle Center, Cambridge, MA.
- 2003-2008 Weekly, Cognitive-Behavior Therapy seminar for pre-doctoral psychology interns. McLean Hospital/Harvard Medical School, Belmont, MA.

TEACHING (Supervision)

- 1997-2001 Weekly, individual supervision with pre-doctoral psychology interns. May Institute, Norwood, MA.
- 2001-2002 Weekly, group supervision with mental health counselors at the Obsessive Compulsive Disorders Institute. McLean Hospital, Belmont, MA.
- 2001-2005 Weekly, individual supervision with pre-doctoral psychology interns. McLean Hospital/Harvard Medical School, Belmont, MA.
- 2005-2008 Weekly supervision with two PGY3 psychiatry residents. McLean Hospital/ Massachusetts General Hospital/Harvard Medical School, Belmont, MA.
- 2006-2008 Weekly group supervision for undergraduate and graduate practicum students. Obsessive Compulsive Disorders Institute, McLean Hospital, Belmont, MA.
- 2009 Full day group supervision with three follow up, individual phone consultations for five licensed mental health professionals participating in the International OCD Foundation's Behavior Therapy Training Institute. San Diego, CA.
- 2010 Full day group supervision with three follow up, individual phone consultations for six licensed mental health professionals participating in the International OCD Foundation's Behavior Therapy Training Institute. Boston, MA.

TEACHING (Training)

- 1999 Conducted a ten-day training in behavior therapy for professional staff at New Bedford Mental Health Center. New Bedford, MA.
- 2000 Conducted a ten-day training in behavior therapy for professional staff at Brockton Mental Health Center. Brockton, MA.
- 2000-2001 Conducted a ten-session training in behavior therapy for professional staff at Codman Square Mental Health Center. Dorchester, MA.
- 2002-2003 Conducted a weekly training in behavior therapy for professional staff at Two Brattle Center. Cambridge, MA.

- 2005 Conducted a four-session training in behavior therapy for professional staff at Brighton Allston Mental Health Center, Brighton, MA.
- 2010 Co-led part one of a five-day training on treatment of Anxiety Disorders for 90, Chinese, mental health providers at Shanghai Mental Health Center, Shanghai, China.
- 2011 Co-led part two of a five-day training on treatment of Anxiety Disorders for 90, Chinese, mental health providers at Shanghai Mental Health Center, Shanghai, China.

PRESENTATIONS

1. Fisher, J., Goy, E., Swingen, D. N., & **Szymanski, J.** (1994, November). The functional context of behavioral disturbances in alzheimer's disease patients. Poster presented at the Association for the Advancement of Behavior Therapy, San Diego, CA
2. **Szymanski, J.**, Christiansen, N., & Lovejoy, M. C. (1995, May). Affective symptomatology and specific components of social problem-solving. Poster presented at the Midwestern Psychological Association, Chicago, IL.
3. Christiansen, N., **Szymanski, J.**, & Lovejoy, M. C. (1995, May). The structural validity of the Social Problem-Solving Inventory. Poster presented at the Midwestern Psychological Association, Chicago, IL.
4. **Szymanski, J.** (1997, January). Cognitive-behavioral and psychodynamic choice points. Presented at the Addiction Treatment Center of New England, Inc., Brighton, MA.
5. Najavits, L. & Shaw, S. , **Szymanski, J.** & Weiss, R. (1997, March). Why Do Women with PTSD Develop Substance Abuse? Poster presented at the Harvard Medical School Department of Psychiatry Research Symposium, Boston, MA.
6. **Szymanski, J.** (1997, December). How to cope with the holiday blues. A community workshop presented at the May Counseling Center, Norwood, MA.
7. **Szymanski, J.** (1998, May). Coping with Anxiety. A community workshop presented in conjunction with National Anxiety Screening day at the May Counseling Center, Norwood, MA.
8. **Szymanski, J.** (1998, October). Integrating Cognitive-Behavior Therapy into an Eclectic Treatment System. Presented at the New England Society for Behavior Analysis and Therapy, Waltham, MA.
9. **Szymanski, J.** (1998, December). Coordinating the Treatment of Patients with Chronic Affect Dysregulation. Presented at the Adolescent Residential Treatment Program at McLean Hospital, Belmont, MA.

10. **Wheelis, J. & Szymanski, J.** (1999, June). Dialectical Behavior Therapy for Patients with Borderline Personality Disorder: A Role-Play Experience. A workshop presented at the New England Society for Group Psychotherapy, Wellesley, MA.
11. **Hollander, M. & Szymanski, J.** (1999, June). Dialectical Behavior Therapy in an Intensive Outpatient Program: Synchronicity, Problems and Challenges. A workshop presented at the New England Society for Group Psychotherapy, Wellesley, MA.
12. **Szymanski, J.** (2000, October). Behavioral Skills Training for Chronic Affective Dysregulation. Workshop presented at the Berkshire Association of Behavioral Analysis and Therapy, Amherst, MA.
13. **Szymanski, J. & Wheelis, J.** (2001, February) Skills Training Groups in Dialectical Behavior Therapy: A Role-Play Experience. Workshop presented at the American Group Psychotherapy Association, Boston, MA.
14. **Szymanski, J.** (2003, September). The Nuts and Bolts of Exposure and Response Prevention Therapy. Presented at the Greater Boston Affiliate of the Obsessive Compulsive Foundation Lecture Series, Belmont, MA.
15. **Szymanski, J.** (2004, March). Treatment Planning with Multi-Problem Patients: Using Treatment Target Hierarchies. Presented at the Aaron T. Beck Institute for Cognitive Studies at Assumption College, Worcester, MA.
16. **Szymanski, J.** (2004, June). Cognitive Behavior Therapy for Chronic Mental Illness. Presented at Psychiatry in 2004, McLean Hospital/Harvard Medical School, Cambridge, MA.
17. **Osgood-Hynes, D., Boxill, R., Shapiro, L., & Szymanski, J.** (2004, July). Intrusive Violent and Sexual Thoughts, Scrupulosity, and Perfectionism: Symptom Specific Concerns. Panel Discussion at the Obsessive Compulsive Foundation annual conference, Chicago, IL.
18. **Boxill, R., Osgood-Hynes, D., Shapiro, L., & Szymanski, J.** (2004, July). Cognitive-Behavior Therapy for OCD: An Open Forum for Questions and Answers. Panel discussion at the Obsessive Compulsive Foundation annual conference, Chicago, IL.
19. **Szymanski, J.** (2005, January). Cognitive Behavior Therapy for Treatment Refractory and Multi-Problem Patients. Presented at McLean Hospital's Grand Rounds, Belmont, MA.
20. **Szymanski, J.** (2005, June). Motivation and Goal Setting in the Treatment of OCD. Presented at the Greater Boston Affiliate of the Obsessive Compulsive Foundation Lecture Series, Belmont, MA.
21. **Szymanski, J.** (2005, June). Cognitive Behavior Therapy for Treatment Refractory Patients. Presented at Psychiatry in 2005, McLean Hospital/Harvard Medical School, Cambridge, MA.

22. **Szymanski, J.** (2006, June). Obsessive Compulsive Disorder. Presented at Psychiatry in 2006, McLean Hospital/Harvard Medical School, Boston, MA.
23. **Szymanski, J.** (2006, November). Obsessive Compulsive Disorder. Presented at McLean Hospital's Grand Rounds, Belmont, MA.
24. **Szymanski, J.** (2007, May). Treating Obsessive Compulsive Disorder. Presented at Massachusetts Mental Health Center's Grand Rounds, Boston, MA.
25. **Szymanski, J.** (2007, June). Treating Obsessive Compulsive Disorder. Presented at Psychiatry in 2007, McLean Hospital/Harvard Medical School, Boston, MA.
26. Vuckovic, A. & **Szymanski, J.** (2008, June). Treatment Resistant Case Presentations: Interactive Format. Panel discussion at Psychiatry in 2008, McLean Hospital/Harvard Medical School, Boston, MA.
27. **Szymanski, J.** (2008, June). Obsessive Compulsive Disorder. Presented at Psychiatry in 2008, McLean Hospital/Harvard Medical School. Boston, MA.
28. Cawley, T, Merlin, P., & **Szymanski, J.** (2008, August). Family Issues in the Treatment of OCD. Presented at the Obsessive Compulsive Foundation annual conference, Boston, MA.
29. **Szymanski, J.** (2008, August). Treating Perfectionism. Presented at the Obsessive Compulsive Foundation annual conference, Boston, MA.
30. **Szymanski, J.** (2008, August). Strategies to Improve Motivation: Integrating Principles of ACT into Treatment. A two-part workshop presented at the Obsessive Compulsive Foundation annual conference, Boston, MA.
31. **Szymanski, J.** (2009, January). Perfectionism. Presented at the Greater Boston Affiliate of the Obsessive Compulsive Foundation Lecture Series, Belmont, MA
32. **Szymanski, J.** (2009, June). Obsessive Compulsive Disorder. Presented at Psychiatry in 2009, McLean Hospital/Harvard Medical School, Boston, MA.
33. **Szymanski, J.**, Mansueto, C., Neziroglu, F., Penzel, F., & Zasio, R. (2009, August). OCD and the Law. Panel discussion at the Obsessive Compulsive Foundation annual conference, Minneapolis, MN.
34. **Szymanski, J.**, Bell, J. & Zasio, R. (2009, August). Increasing Motivation. Presented at the Obsessive Compulsive Foundation annual conference, Minneapolis, MN.
35. Bell, J., Doronn, S., McIngvale, E., Murphy, T., & **Szymanski, J.** (2009, August). OCD in the Media. Panel discussion at the Obsessive Compulsive Foundation annual conference, Minneapolis, MN.

36. L. Santucci, S. Stanley, **J. Szymanski**, D. H. Barlow, R. K. McHugh, M. R. Sanders (2009, November). Taking CBT, DTC: Direct-to-Consumer Marketing of Evidenced Based Interventions. Panel discussion at the Association for Behavioral and Cognitive Therapies conference, New York, NY.
37. **J. Szymanski** (2009, December). Strategies for Working with Multi-Problem Anxious Patients. Presented at the Anxiety Disorders conference, Cambridge Health Alliance/Harvard Medical School, Cambridge, MA.
38. **Szymanski, J.** (2010, June). Obsessive Compulsive Disorder. Presented at Psychiatry in 2010, McLean Hospital/Harvard Medical School, Boston, MA.
39. Twohig, M., **Szymanski, J.**, Kashdan, T., Herbert, J., & Follette, V. (2010, June). ACT Anxiety Research: Where is the Field Going in the Treatment of Anxiety Disorders? Panel discussion at the Annual World Conference VIII, Association for Contextual Behavioral Science, Reno, NV.
40. Twohig, M. & **Szymanski, J.** (2010, June). How to Integrate Act into Your Existing Treatments for OCD. A workshop presented at the Annual World Conference VIII, Association for Contextual Behavioral Science, Reno, NV.
41. **Szymanski, J.** & Bell, J. (2010, July). Strategies for Increasing Motivation. Presented at the International OCD Foundation annual conference, Washington, DC.
42. Bell, J., Doronn, S., McIngvale, E., **Szymanski, J** & Zasio, R. (2010, July). OCD in the Media: Portraying Challenges and Conveying Hope. Panel discussion at the International OCD Foundation annual conference, Washington, DC.
43. **Szymanski, J.** (2010, August). Treating Obsessive Compulsive Disorder. Presented at the Georgia Psychiatric Physicians Association, Ponte Vedra, FL.
44. Elias, J., Gruner, N., Twohig, M., **Szymanski, J.**, Moquin, D., & Abramowitz, J. (2010, November). Treatment of OCD During the CBT Renaissance. Panel discussion at the Association for Behavioral and Cognitive Therapies conference, San Francisco, CA.
45. **Szymanski, J.** (2010, December). Updates in the Assessment and Treatment of OCD. Presented at McLean Hospital's Grand Rounds. Belmont, MA.
46. **Szymanski, J.** (2011, March). OCD in the Media. Presented at the Greater Boston Affiliate of the Obsessive Compulsive Foundation Lecture Series, Belmont, MA.
47. Wetterneck, C. T., Smith, A. H., Hart, J., & **Szymanski, J.** (2011, March). Clinical Symposium: Understanding and Enhancing Self-Compassion and Values in OCD Treatment: How to Help Both Clients and Caregivers. Discussant at the Anxiety Disorders Association of America conference, New Orleans, LA.

48. Bell, J., **Szymanski, J.**, Chelf, S., Ikeda, A., Madison, K., Zasio, R. (2011, July). OCD in the Media: An Inside Look at OCD in the News, on Television, and in Film. Panel discussion at the International OCD Foundation annual conference, San Diego, CA.
49. **Szymanski, J.** (2011, July). Practically Perfect: When and Why Perfectionism Pays off or Backfires. Presented at the International OCD Foundation annual conference, San Diego, CA.
50. Hoffman, J., Elias, J., & **Szymanski, J.** (2011, July). Teletherapy and Videoconferencing in OCD Treatment: Weighing the Benefits and Risks. Panel discussion at the International OCD Foundation annual conference, San Diego, CA.
51. Moritz, K., **Szymanski, J.**, Tanaka-Matsumi, J., Hoffman, J. & Herbert, J. (2011, November). Legal and Clinical Perspectives in Using Teleconferencing in CBT. Panel discussion at the Association for Behavioral and Cognitive Therapies conference, Toronto, Ontario, Canada.

MEDIA COVERAGE

Newspaper

1. *Associated Press (January 4, 2009)*. Interviewed for: “Cincinnati Judge Sets Up Effort to Help Hoarders, Requiring Mental Health Treatment in Code Cases”
http://www.cleveland.com/nation/index.ssf/2009/01/cincinnati_judge_sets_up_prog.html
2. *Boston Globe (March 2, 2009)*. Interviewed for: “When Perfectionism Becomes a Problem”
http://www.boston.com/news/health/articles/2009/03/02/when_perfectionism_becomes_a_problem/
3. *Cape Cod Times (April 19, 2009)*. Interviewed for: “No Looking Back After OCD Battle”
<http://www.capecodonline.com/apps/pbcs.dll/article?AID=/20090419/NEWS/904190335/-1/NEWSMAP>
4. *Sacramento Bee (August 2, 2009)*. Interviewed for: “Free from OCD’s Bonds”
<http://www.sacbee.com/livinghere/story/2069988.html>
5. *Chicago Tribune (August 3, 2009)*. Interviewed for: “Obsessive-Compulsive Disorder: Nearly a Lifetime Without Treatment”. <http://www.chicagotribune.com/health/chi-ocd-03-aug03.0.6624571.story>
6. *USA Today (November 30, 2009)*. Interviewed for: “Hoarders’ digging up drama, helping compulsive pack rats”. http://www.usatoday.com/life/television/news/2009-11-30-hoarders30_CV_N.htm

7. *Oakland Tribune* (February 16, 2010). Interviewed for: "Hoarding: When the stuff we get gets out of control". http://www.insidebayarea.com/search/ci_14405695?IADID=Search-www.insidebayarea.com-www.insidebayarea.com
8. *The Jewish Week* (February 17, 2010). Interviewed for: "Orthodox Compulsive Disorder?". http://www.thejewishweek.com/viewArticle/c36_a17938/News/New_York.html
9. *San Jose Mercury News* (February 19, 2010). Interviewed for: "Lessons from OCD". http://www.mercurynews.com/books/ci_14429768?nclick_check=1
10. *The Jewish Exponent* (August 5, 2010). Interviewed for: "On Top of OCD?". <http://www.jewishexponent.com/article/21666/>
11. *The Indianapolis Star* (August 8, 2010). Interviewed for: "Overstuffed Homes can Signal OCD, Lead to Health Problems". <http://www.indystar.com/article/20100808/LIVING01/8080327/1083/LIVING01/Overstuffed-homes-can-signal-OCD-lead-to-health-problems>
12. *Taunton Daily Gazette* (September 28, 2010). Interviewed for: "Hoarding: When Too Much Stuff Just Isn't Enough". http://www.tauntongazette.com/lifestyle/home_and_garden/x1165100158/Hoarding-When-too-much-stuff-just-isn-t-enough
13. *The Oklahoman* (October 25, 2010). Interviewed for: "Researchers Say Hoarding Knowledge and Treatment are Limited". <http://newsok.com/researchers-say-hoarding-knowledge-and-treatment-are-limited/article/3507839>
14. *The News Journal* (November 2, 2010). Interviewed for: "Bringing Fear and Anxiety out of the Shadows". <http://www.delawareonline.com/apps/pbcs.dll/article?AID=201011020305>
15. *New York Times* (December 22, 2010). Interviewed for: "For the Hyper-Neat, a Special Strain Comes with the Season". <http://www.nytimes.com/2010/12/23/garden/23neat.html>
16. *Philadelphia Daily News* (January 24, 2011). Interviewed for: "Her Things Have Taken Possession of Her Life". http://www.philly.com/dailynews/columnists/stu_bykofsky/20110124_Stu_Bykofsky_Her_things_have_taken_possession_of_her_life.html
17. *New York Times* (March 11, 2011). Interviewed for: "It's Just Fine to Make Mistakes". http://www.nytimes.com/2011/03/12/your-money/12shortcuts.html?_r=2&pagewanted=1
18. *Orange County Register* (July 22, 2011). Interviewed for: "His New Obsession? Health". <http://www.ocregister.com/news/tronsen-309199-ocd-says.html>
19. *The Daily Breeze* (July, 2011). Interviewed for: "Mother and Son Learn Strategies for Dealing with his OCD". <http://www.kpbs.org/news/2011/jul/29/san-diego-meeting-focuses-obsessive-compulsive-di/>

20. *Boston Globe* (September 5, 2011). Interviewed for: “Why We Pursue Perfection”.
http://www.boston.com/lifestyle/health/articles/2011/09/05/jeff_szymanski_talks_about_perfectionists/
21. *Detroit Free Press* (September 24, 2011). Book overview: “Harvard Medical School Advisor: Obsession with Perfection Can Wreck Your Self-Esteem”.
22. *Boston Globe* (October 31, 2011). Interviewed for: “Arlington Psychologist to Discuss Book on OCD in Belmont”.
http://www.boston.com/yourtown/news/arlington/2011/10/arlington_psychologist_to_disc.html
23. *USA Today* (November 1, 2011). Interviewed for: “OCD Roots in Children Beginning to be Explored”. <http://yourlife.usatoday.com/health/medical/mentalhealth/story/2011-10-31/OCD-often-begins-in-childhood-but-usually-can-be-treated/51020102/1>
24. *New York Times* (January 25, 2012). Interviewed for: “No Room for Mistakes”.
http://www.nytimes.com/2012/01/26/garden/design-perfectionists-at-home.html?_r=1&ref=garden
<http://www.nytimes.com/slideshow/2012/01/26/garden/20120126-DESIGNPERFECTION-16.html>

Television

1. *Korean Broadcast System, 60 Minutes* (December, 2009). Interviewed for a feature program on OCD and the International OCD Foundation.
2. *Fox News 25 – Boston* (January, 2011). Interviewed for: “E-Hoarders: Pack Rats of the Digital Age”. http://www.myfoxboston.com/dpp/news/special_reports/e-hoarders-pack-rats-of-the-digital-age-20110127
3. *Fox News 5 – San Diego* (July 27, 2011). Interviewed for: “Inside OCD”
<http://www.fox5sandiego.com/videobeta/dc37f835-abff-43dd-a025-5775be30d4b4/Health/Inside-OCD>
4. *Fox News 25 – Boston* (August 24, 2011). Interviewed for: “Are You a Perfectionist?”.
<http://www.myfoxboston.com/dpp/morning/are-you-a-perfectionist-20110824>
5. *Teen Kids News* (January 1, 2012). Interviewed for: “OCD in kids and teens”
http://www.teenkidsnews.com/index.php?option=com_content&view=frontpage&Itemid=169

Radio

1. *Minnesota Public Radio (July 24, 2009)*. Interviewed for: “Conference Hopes to Help Those Coping with OCD”. <http://minnesota.publicradio.org/display/web/2009/07/23/ocd-conference/>
2. *KSTP AM Radio (August 6, 2009)*. Live interview for: “OCD and OCD Foundation National Conference”. Minneapolis, MN.
3. *KSRO AM Radio (December 1, 2009)*. Live interview for: “Prime-Time Pack Rats”. Sonoma County, CA. <http://www.ksro.com/Programs/KSROAMNews/Interviews/blogentry.aspx?BlogEntryID=10074369>
4. *National Public Radio – All Things Considered (July 27, 2011)*. Interviewed for: “Parkinson’s Treatment Could Work for OCD, too” <http://www.npr.org/2011/07/27/138748778/parkinson-s-treatment-could-work-for-ocd-too>
5. *KPBS Public Radio (July 29, 2011)*. Interviewed for: “San Diego Meeting Focuses on OCD”. San Diego, CA. <http://www.kpbs.org/news/2011/jul/29/san-diego-meeting-focuses-obsessive-compulsive-di/>
6. *Sirius Radio - Maggie Mistal Show (September 23, 2011)*. Interviewed for: “Perfectionism: How it Works for and Against Us”.
7. *WBGH Radio – Emily Rooney Show (October 13, 2011)*. Interviewed for: “When Perfectionism Becomes a Problem”. Boston, MA. <http://www.wgbh.org/programs/The-Emily-Rooney-Show-854/episodes/Thurs-101311When-Perfectionism-Becomes-A-Problem-32225>
8. *WBUR Public Radio (October 14, 2011)*. Interviewed for “Event Aims to Understand OCD Through Art”. Boston, MA. <http://www.wbur.org/2011/10/14/ocd-art>

Magazine

1. *Men’s Health (August, 2008)*. Interviewed for: “Are You Crazy Enough to Succeed?” <http://www.msnbc.msn.com/id/25415322/>
2. *Independence Today (November 30, 2009)*. Interviewed for: “OCD Sufferer Fighting Bad Days with ‘Greater Good’”. http://www.itodaynews.com/august2009/OCD_Edited_MP_81709.htm
3. *Florida Times Union (January 4, 2010)*. Interviewed for: “Coping with OCD: Are Anxiety-Filled, Obsessive Rituals Running Your Life?” http://jacksonville.com/lifestyles/health_and_fitness/2010-01-05/story/coping_with_ocd_are_anxiety_filled_obsessive_rituals_

4. *Canadian Business* (November 17, 2011). Interviewed for: “Getting the Most Out of Perfectionists”. <http://www.canadianbusiness.com/article/57021--getting-the-most-out-of-perfectionists>
5. *Personal Excellence* (November, 2011). “Perfectionism: It Can be a Plus or Minus”
6. *Woman’s Health* (December, 2011). Interviewed for: “Second Hand Health Hazards”. <http://www.womenshealthmag.com/health/secondhand-health?cat=29800>

Internet

1. *ABCNews.com* (February, 2008 – April, 2008)
 - Consultant: <http://abcnews.go.com/Health/AnxietyDisorders/story?id=4741859>
 - Video Clip: “Are Any Anxiety Disorders Curable or are They Chronic Conditions” <http://abcnews.go.com/Health/AnxietyOverview/story?id=4660268>
 - Video Clip: “Can An Anxiety Disorder Be Prevented?” <http://abcnews.go.com/Health/AnxietyOverview/story?id=4660291>
 - Video Clip: “What is Exposure Therapy, and How is it Used for the Treatment of Anxiety Disorders?” <http://abcnews.go.com/Health/AnxietyTreating/story?id=4665240>
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