

**April Sobieralski, Psy.D.**  
DBT-Linehan Board of Certification Certified Clinician™.  
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### **Education**

Xavier University, Cincinnati, OH,

APA Accredited, Doctoral Program in Clinical Psychology

Master of Arts in Clinical Psychology received May, 2009.

Doctor of Psychology in Clinical Psychology received May, 2012.

Westminster College, New Wilmington, PA,

Bachelor of Arts, Psychology received May, 2006.

Summa Cum Laude

### **Work Experience**

**LakeWest DBT Center**

Aug 2018 – present

**Position:** Owner and Licensed Clinical Psychologist

Individual Dialectical Behavior Therapy Therapist: Maintain caseload of individual DBT clients in Stage One and Stage Two DBT treatment including Dialectical Behavior Therapy – Prolonged Exposure (DBT-PE) for trauma. Group Therapist: Facilitate Adolescent DBT Multifamily Skills Group, Friends and Family Group for loved ones of DBT clients, Adult DBT skills Group, Adult DBT Graduate Group. Individual Therapist – providing behavioral, cognitive behavioral, mindfulness-based, and exposure therapy for emotional, social, and behavioral concerns. Development and implementation of clinical programming. Design and execution of policies and procedures. Consultation and training – offering supervision, shadowing opportunities, and case consultation to community therapists and students. Providing trainings for staff at the center and outside agencies.

**Tabono Center for Wellbeing**

Sep 2016 – July 2018

**Position:** Clinical Director, Northeast Ohio Region

Individual Dialectical Behavior Therapy Therapist: Maintain caseload of individual DBT clients in Stage One and Stage Two DBT treatment. Group Therapist: Facilitate Adolescent DBT Multifamily Skills Group, Friends and Family Group for loved ones of DBT clients, Adult DBT skills Group. Development and implementation of clinical programming of Northeast Ohio center. Development of clinic policies.

**The Emily Program – Cleveland**

Dec 2014 – Sep 2016

**Position:** Clinical Psychologist

*Individual Dialectical Behavior Therapy Therapist:* Maintain caseload of 27-35 individual DBT clients in Stage One and Stage Two DBT treatment. *Group Therapist:* Facilitate Adolescent DBT Multifamily Skills Group, Friends and Family Group for loved ones of DBT clients, Parent Group in Adolescent DBT Partial Hospitalization Program/Intensive Outpatient Program, and DBT-informed Behavior Chain Analysis group in Adult DBT Partial Hospitalization Program. *Trainer for Program Staff in DBT-informed programming and new DBT therapists:* Review DBT treatment manuals, conduct role-plays, provide case examples, assess for adherence to DBT model.

**Cleveland Center for Eating Disorders**

Sept 2012- Dec 2014

**Position:** Postdoctoral Fellow

*Adolescent Dialectical Behavior Therapy (DBT)-Informed Day Treatment/Intensive Outpatient Program Manager (September 2012-September 2013):* Facilitate DBT-informed group therapy including a Multifamily Skills Group for adolescents with comorbid eating disorders, mood disorders, anxiety disorders, and/or suicidal and self-injurious behaviors; facilitate therapeutic meals; conduct insurance reviews, develop and implement treatment plans; collaborate in development of extending Intensive Outpatient Program to a Day Treatment Program. *Other clinical responsibilities:* Maintain caseload of 25-30 individual DBT therapy clients; facilitate 1-2 groups/week in Adult and Adolescent DBT Day Treatment Program; training newly hired staff in DBT principles and interventions. *Assessment –* Conduct assessments for Biologically-Based Mental Illness (BBMI). Utilize behavioral and personality measures, structured interviews, and history to aid in diagnosis and development of recommendations.

**Applewood Centers, Inc.**

Aug 2011 – Sept 2012

**Position:** Psychology Intern

*Provision of Clinical Services –* Provide individual psychotherapy to children, adolescents, and families in outpatient and school settings for a minority and low-SES population; average 20 clients per week. Interventions included Parent-Child Interaction Therapy (PCIT), Exposure Therapy, Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), CBT and behavioral, Mindfulness, Dialectical Behavior Therapy, and anger management techniques. Engage in frequent consultation to teachers, school staff, and other professionals. Conduct prevention groups targeting stress, anger, and social skills to a variety of classrooms in an urban school district. Implement and lead an outpatient Dialectical Behavior Therapy Multifamily Skills Training Group for adolescents and families. Complete intake evaluations, develop treatment plans. Provided consultation and milieu therapy, implemented a token economy system and provided individual and group support for students. Conduct comprehensive psychological evaluations assessing for mood, behavior, developmental, and personality disorders. Utilize cognitive, neuropsychological, emotional, projective, educational, and behavioral assessment measures for children in outpatient, school, and residential settings. Complete diagnostic reports and offer recommendations.

**Additional Relevant Trainings Attended**

23<sup>rd</sup> Annual ISITDBT Conference. Program Chairs: Esme Shaller, Ph.D. and Katherine Dixon-Gordon, Ph.D. November 15, 2018.

22<sup>nd</sup> Annual ISITDBT Conference. Program Chairs: Kelly Graling, Ph.D. and Adrada Neacsiu Ph.D. November 16, 2017.

Advanced Training for the DBT Prolonged Exposure Protocol for PTSD. Melanie Harned, Ph.D., ABPP and Kathryn Korslund, Ph.D., ABPP. March 18-20, 2017.

21<sup>st</sup> Annual ISITDBT Conference. Program Chairs: Kelly Graling, Ph.D. and Adrada Neacsiu Ph.D. October 27, 2016.

Facing Suicide: Applying What We Know to Assessment, Prevention & Intervention with the Suicidal Client. Josephine Ridley, Ph.D. March 12, 2016.

20th Annual ISITDBT Conference. Program Chair: Lynn McFarr, Ph.D. November 12, 2015.

Summer in Seattle with Marsha & Friends: Advanced Topics in DBT. Presenters: Elizabeth Dexter-Mazza, Psy.D.; Anthony DuBose, Psy.D.; Melanie Harned, Ph.D., ABPP; Andre Ivanoff, Ph.D.; Marsha Linehan, Ph.D., ABPP; and Jennifer Sayrs, Ph.D., ABPP.

Suicide Prevention and Assessment. Web-based training through The Emily Program. May 21, 2015.

Transforming Difficult Moments in Therapy: Effective Strategies with Dr. Marsha Linehan and Other DBT Experts. Online training through Behavioral Tech, LLC January – March 2015

Meeting the Challenges of Painful Emotions and Behaviors in Borderline Personality Disorder and Co-occurring Disorders. Melanie Harned, Ph.D. and Alan Fruzzetti, Ph.D. April 25, 2014.

19th Annual ISITDBT Conference. Program Chair: Lynn McFarr, Ph.D. November 20, 2014

Foundations of Exposure. Online training through Behavioral Tech, LLC. 2014.

Adapting Your DBT Program for Adolescents: Helping Emotionally Dysregulated and Suicidal Teens. Jill Rathus, Ph.D. October 4-5, 2013.

**Presentations and Trainings Provided:**

September 25, 2018 – Using a DBT-Informed Behavior Chain Analysis in a Family Session. Presented to: Applewood Centers, Inc. Intern and Postdoctoral supervision.

December 3, 2015 – Dialectical Behavior Therapy and Eating Disorders. Presented to: Cleveland Clinic Foundation psychiatry residents.

October 14, 2015 - Introduction to Dialectical Behavior Therapy for Adolescents with Suicidal and Self-harming Behaviors. Presented to: Bellefaire JCB.

July 25, 2014 - Introduction to Dialectical Behavior Therapy for Adolescents with Suicidal and Self-harming Behaviors. Presented to: Applewood Centers, Inc.

May, 2014 – Eating Disorders: An Overview. Presented with Kelly Bhatnagar, Ph.D.

November 13, 2013 – Dialectical Behavior Therapy: An Introduction. Presented to: Cleveland Clinic Foundation psychiatry residents.