

Amy Kalasunas, LPCC- S, NCC

DBT-Linehan Board of Certification, Certified Clinician™

Ohio Licensed Professional Clinical Counselor – Supervisor E3487-S

Nationally Certified Counselor

Clinical Experience

- Center for Evidence Based Treatment, 19910 Malvern Rd Suite 218, Shaker Hts OH 44122
Dates: March 19, 2018 – present
Title: Adult Services and DBT Director
Duties:
 - Provide evidenced-based, adherent DBT individual and group skills therapy as developed by Marsha Linehan, PhD. to adolescents and adults with mood, anxiety, eating, and personality disorders.
 - Implement Prolonged Exposure Therapy protocol as developed by Melanie Harned, PhD., to clients meeting criteria for Post-Traumatic Stress Disorder while engaged in the primary stages of DBT treatment.
 - Consultation and supervision on applying evidence-based practices to individuals, consultation teams, and agencies.
 - Develop, implement, and monitor adherence to evidence-based treatment programming
 - Supervise clinical staff for the Ohio Board of Counselor, Social Worker, and Marriage and Family Therapists. Monitor fidelity to clinical practice, instruction on the ethical delivery of evidence-based care.

- The Emily Program ,25550 Chagrin Blvd., Suite 200, Beachwood, OH 44122
Dates: February 1, 2012 – present
Title: Dialectical Behavior Therapist
Duties:
 - Provide evidenced-based, adherent DBT individual and group skills therapy as developed by Marsha Linehan, PhD. to adults with mood, anxiety, eating, and personality disorders.
 - Implement Prolonged Exposure Therapy protocol as adapted by Melanie Harned, PhD., to clients meeting criteria for Post-Traumatic Stress Disorder while engaged in the primary stages of DBT treatment.
 - Participate on treatment team and consultation teams, present didactics on DBT to staff, students, and supervisees.

- Supervise clinical staff for the Ohio Board of Counselor, Social Worker, and Marriage and Family Therapists. Monitor fidelity to clinical practice, instruction on the ethical delivery of evidence – based care.
- - Amy Kalasunas, Inc.
 - Dates:* September 1, 2004 – March 15, 2018
 - Title:* President
 - Duties:*
 - Provide consultation and supervision for therapists seeking clinical supervision as outlined by the Ohio Board of Counselor, Social Worker, and Marriage and Family Therapists.
 - Deliver adherent DBT treatment to adults with mood, anxiety, and personality disorders. Offer Prolonged Exposure Therapy for adults with Post-Traumatic Stress Disorder. Consultation with families and friends of loved ones with PTSD, BPD diagnoses.
- University Hospitals Health Services - Laurelwood Hospitals and Counseling Centers
 - Dates:* August 15, 2001 – August 31, 2004
 - Title:* Director of DBT Mental Health Program
 - Duties:*
 - Designed DBT curriculum, implemented programming, and supervised ancillary staff of the intensive outpatient program for adults diagnosed with mood, anxiety, and personality disorders.
 - Developed adherence measures to ensure quality of care while meeting standards for evidence-based treatment.
- University Hospitals Health System - Laurelwood Hospitals and Counseling Centers
 - Dates:* August 1, 1998 – August 15, 2001
 - Title:* Mental Health Clinician
 - Duties:*
 - Facilitated a weekly outpatient DBT skills group for adults diagnosed with anxiety, mood, and personality disorders
 - Provided individual and group therapy for adults using skills-based interventions to address clinical symptoms of anxiety, mood, and substance use disorders. Interventions were based in cognitive behavioral and a 12-step model of care.
- University Hospitals Health System - Laurelwood Hospital
 - Dates:* November 15, 1993 - August 1, 1998
 - Title:* Milieu Therapist – Stabilization Unit
 - Duties:*
 - Monitoring medical and psychiatric symptoms for acutely ill inpatient population.
 - Conducted mental status exams, ensured medication compliance, facilitated group programming, assessed patient safety, and completed non-violent safety intervention as needed

- CareLine Crisis Hotline
Dates: September 1990 – August 1993
Title: Skill Trainer/Contract Worker
Duties:
 - Recruiter, trainer, and supervisor of adult volunteers answering crisis calls for county hotline.
 - Staffed 24-hour crisis intervention hotline offering support, suicide assessments, and urgent referrals for victims of domestic violence, child abuse, and sexual assault.

Education

- Master of Arts – Clinical Counseling – John Carroll University
September 1995 – June 1998
High Honors
- Bachelor of Arts- Psychology, Ohio University
September 1990 – December 1992
Summa Cum Laude, Phi Beta Kappa
- Cleveland State University
September 1988 – June 1990

Presentations

- “Empirically Founded Treatments for Eating Disorders” – Staff didactic – Neighborhood Family Practice, Cleveland, OH – May 2018
- “Dialectical Behavior Therapy, Prolonged Exposure, and Eating Disorders: Getting Ready” – Staff didactics – Columbus Park Eating Disorder Experts, New York, NY – May 2018
- Descriptive poster – “Prolonged Exposure Therapy during Stage 1 DBT in an Eating Disorder Population” International Society for the Improvement and Teaching of Dialectical Behavior Therapy. New York City, New York October 26, 2016
- “Radically Open Dialectical Behavior Therapy and its Application to Eating Disorders Treatment”. Grand Rounds - Cleveland Center for Eating Disorders – January 2014
- “Behavior Chain Analysis “– Staff didactic - Cleveland Center for Eating Disorders – October 2013
- “Emotion Regulation Skills “- Staff didactic - Cleveland Center for Eating Disorders – August 2013
- “Biosocial Theory of Borderline Personality Disorder – Staff didactic -Cleveland Center for Eating Disorders - June 2013
- “Dialectical Behavior Therapy as Applied to.....” March 2001 - December 2003
 - “EAP Work “– Progressive Insurance Company – December 2003
 - “Inpatient Populations” – UHHS Laurelwood; UHHS Geauga Hospitals October 2003
 - “Theory and Practice “– Fielding Graduate Institute – September 2002
 - “Community Psychiatry” – 5th All Ohio Institute on Psychiatry – Case Western Reserve University – May 2002
 - “College Aged Adults” – Case Western Reserve University Counseling Center - March 2001

Dialectical Behavior Therapy Trainings

“DBT Skills with Multi-Problem Adolescents” – New Haven, CT, Yale New Haven Hospital. June 7 – 8, 2018 – 12.5 CEU’s

“Is it Good DBT – Session rating Bootcamp” – Practice Ground Learning Community, Seattle, WA. April 15, 2017 – August 15, 2017 – 6 CEUs

“Advanced Training in the DBT Prolonged Exposure Protocol for Post-Traumatic Stress Disorder” – March 18 – 20 - 2017. University of Washington, Seattle, WA. 17.25 CEUs

“21st Annual International Society for the Improvement and Teaching of Dialectical Behavior Therapy Conference” – October 27, 2016. New York, NY. 6.75 CEUs

“Evidence-based Essentials of Clinical Supervision for the DBT Supervisor” – August 11, 2016. Seattle, WA. 1 CEU

“Cognitive Behavior Therapy and Mindfulness” – August 24, 2016. Independence, Ohio. 6.25 CEUs

“Mindfulness Meditation in Clinical Practice” – September 12, 2016. Seattle, WA. 1.5 CEU

“20th Annual International Society for the Improvement and Teaching of Dialectical Behavior Therapy” – Chicago, IL. 6.75 CEUs

“Conceptualizing Cases in Dialectical Behavior Therapy” – Treatment Implementation Collaborative, August 2016, Seattle, WA. 4 CEUs

“Intensive Training in Dialectical Behavior Therapy Prolonged Exposure Protocol for Post-Traumatic Stress Disorder” – March 26 – 29, 2015. 24 CEUs.

“Treating Post-Traumatic Stress Disorder in Dialectical Behavior Therapy with High –Risk Borderline Personality Disorder Clients” – June 23 – 24, 2014. De Pere, WI. 12.5 CEUs

“Meeting the Challenges of Painful Emotions and Behaviors in Borderline Personality Disorder and Co-Occurring Disorders” – April 25, 2014. 6 CEUs

“Introduction to Radically Open – Dialectical Behavior Therapy” – September 30 – October 1, 2013. Lynnwood, WA. 12.5 CEUs

“Improving Consultation on DBT Teams” – March – June 2013. Seattle, WA. 6 CEUs

“Ten Day Intensive Training Course in Dialectical Behavior Therapy” – June 2002 – October 2002. Rochester, NY. 65.25 CEUs.

