

Pamela J. Buck, PhD

5200 SW Macadam, Suite 580

Portland, OR 97239

www.pdbti.org

Phone: (971) 330-2050, Email: buck@alumni.duke.edu

CURRENT POSITION: Manager, DBT-PTSD Program, Portland DBT Institute, Inc., Licensed Clinical Psychologist (OR#2828)

EDUCATION

Doctor of Philosophy

Duke University, Durham, NC (2015)

Clinical Psychology, APA-Accredited Program

Dissertation: Expanding mental health services delivery for depression in the community from Burma in North Carolina: A Paraprofessional Training Program

Master of Arts

Duke University, Durham, NC (2012)

Clinical Psychology, APA-Accredited Program

Thesis: Dissemination of Psychological Treatments for Depression in Non-Traditional Settings

Bachelor of Arts

University at Albany, State University of New York,

Albany, NY (2007), Psychology, Summa Cum Laude,

Presidential Honors, Member: Psi Chi

Non-Degree

Johns Hopkins University - School of Advanced

International Studies, Washington, DC (1985-86).

International Relations, Concentration: Social Change and Development

Bachelor of Science

Georgetown University - School of Foreign Service,

Washington, DC (1982), Foreign Service. Concentration:

Comparative/Regional Studies & Economic Development

FELLOWSHIPS AND GRANTS

National Psychologist Trainee Register Credentialing Scholarship (2014)

Duke Global Health Institute Doctoral Dissertation Grant (2011-2012), \$12,500

Fulbright Fellowship – Alternate (2011)

Title VI Foreign Language Area Studies Fellowship, Duke University - Center for International Studies, Thailand (2010), \$5,000

Duke Global Health Institute Fieldwork Grant, Thailand (2009), \$5,000

Title VI Foreign Language Area Studies Fellowship, Johns Hopkins University – Japanese, \$5,000

Johns Hopkins University, GOPP Fellowship (1985, 1986), \$24,000

Johns Hopkins University Fund Fellowship (1985, 1986), \$26,000

CLINICAL EXPERIENCE

Portland DBT Institute

5200 SW Macadam Avenue
Portland, OR 97035

Manager
DBT-PTSD Program
3/2017 – Present

Full time Program Manager responsible for providing clinical and administrative supervision to team of five licensed clinicians providing Dialectical Behavior Therapy (DBT) and evidence-based treatments for PTSD, including DBT-Prolonged Exposure (PE) Therapy and Cognitive Processing Therapy (CPT). Responsible for consultation team adherence to DBT principles and legal and ethical standards for clinical practice; developing clinical materials; arranging outside PTSD-related trainings, community outreach and recruiting.

As licensed clinical psychologist, concurrently provide full DBT program, with PE and CPT as needed, to adults with posttraumatic stress disorder (PTSD), mood and anxiety disorders, substance use disorders, eating disorders, personality disorders, psychotic disorders and developmental disorders. Provide individual therapy, Standard DBT skills training group, DBT-Path to Mindful Eating Skills Training Group, Parent Group DBT skills training and 24/7 availability for telephone-based skills coaching and crisis calls. Provide mindfulness training in both individual and group formats.

Portland DBT Institute

5200 SW Macadam Avenue
Portland, OR 97035

Clinical Psychologist
Resident
8/2015 – 3/2017

Provided full fidelity Dialectical Behavior Therapy (DBT) program to adults with mood and anxiety disorders, substance use disorders, eating disorders, personality disorders, psychotic disorders and developmental disorders. Rotations included DBT-PTSD Team and DBT-Substance Use Disorders Team. Provided individual DBT therapy, DBT skills training group and 24/7 availability for telephone-based skills coaching and crisis calls. Provided mindfulness training in both individual and group formats.

Durham VA Medical Center

508 Fulton Street
Durham, NC 27705

Psychology Intern
7/2014 – 7/2015

Full time pre-doctoral clinical psychology internship including four six-month rotations, case conferences, diversity seminars, didactics, research colloquia, weekly individual and group supervision, and attendance at monthly staff meetings.

- **Post-Traumatic Stress Disorder Clinic**, Supervisor: Kate Berlin, Ph.D.
 - Provide individual evidence-based treatment, including PE, CPT and DBT to veterans with PTSD and comorbid psychiatric diagnoses.
 - Co-facilitate CPT group for PTSD and Seeking Safety group for PTSD and substance use disorders.
 - Participate in CPT case consultation conference calls to review treatment and bank credentials for official VA CPT Provider status.
 - Conduct structured and semi-structured psychodiagnostic interviews (e.g. CAPS, SCID, PAI) to assess PTSD and comorbid disorders and write integrated diagnostic reports.

- Participate in multidisciplinary PTSD team and DBT consultation team, in which case conceptualization, treatment planning, and protocol adherence are discussed.
- **Acute Mental Health Inpatient Unit**, Supervisor: R. Brandon Irvin, Ph.D.
 - Provide recovery-oriented, evidence-based group and individual interventions to veterans with severe mental illness.
 - Co-facilitate weekly psychotherapy groups, including social skills training, DBT skills training, and acceptance and commitment therapy (ACT).
 - Provide individual psychotherapy, (e.g. DBT, ACT, exposure and response prevention, solution-focused therapy, motivational interviewing and relapse prevention, social skills training) targeting suicidal and homicidal ideation and behavior, addiction, and psychosis.
 - Conduct psychological and neuropsychological assessments to support differential diagnosis and treatment/discharge planning, and write integrated reports.
 - Coordinate care through multidisciplinary case consultation team meetings in which case conceptualization, treatment and discharge planning are discussed.
- **Health Psychology**, Supervisor: Teresa Fecteau, Ph.D. and Melanie Leggett, Ph.D.
 - Conduct pre-operative psychosocial evaluations of patients and caregivers referred for organ transplant, spinal cord stimulator implantation, and bariatric weight loss surgery.
 - Prepare reports evaluating candidates' suitability for transplant, including recommendations to patients and their medical team to support successful outcomes.
 - Facilitate cognitive-behavioral pain management groups for patients with chronic pain and co-morbid medical and psychiatric disorders.
 - Provide evidence-based individual and group therapy to patients with sleep disorders, including insomnia, breathing-related disorders and nightmares.
- **Substance Use Disorders Clinic**, Supervisor: J. Murray McNiel, Ph.D.
 - Facilitate smoking cessation group using the QuitSmart protocol. Co-facilitate relapse prevention group for veterans with substance use disorders.
 - Engage individual patients in MI/MET based therapy.
 - Conduct screening and intake evaluations of veterans with primary substance use disorders and comorbid psychopathology.
 - Present and discuss cases in interdisciplinary team meetings.

Duke Fertility Clinic

Duke University Medical Center, Durham, NC

Supervisor: Julia Woodward, Ph.D.

Clinical Trainee

7/2013 – 6/2014

- Provided individual, couples, and group psychotherapy to clients considering or pursuing fertility treatment, who have a range of psychological (e.g., depression, anxiety, grief/loss) and secondary medical needs (e.g., obesity, autoimmune disorders, chronic pain)
- Utilized evidence-based treatments, including cognitive behavioral therapy (CBT), acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT) and mindfulness-based stress reduction (MBSR) in a health-based population
- Attended weekly team meetings of reproductive medicine team of physicians, nurses, and psychologists

- Provided psychosocial consultation for clients faced with complex medical decision-making
- Conducted structured interviews, intellectual and personality assessments (intelligence testing; Personality Assessment Inventory (PAI)) for third party reproductive donors and recipients; integrate findings into psychological reports for reproductive medicine team

Coping Skills Training for ICU Patients and their Informal Caregivers

Study Therapist
7/2013 – 7/2014

Department of Medicine – Pulmonology

Duke University Medical Center, Durham, NC

Supervisors: Christopher Cox, M.D., Laura S. Porter, Ph.D.

- Provided CBT-based training via telehealth to patients and caregivers for managing medical symptoms and challenges related to prolonged severe illness.
- Taught mindfulness, progressive muscle relaxation, stress management techniques, pleasant activities scheduling, cognitive restructuring, communication skills, and use of pleasant imagery for improved quality of life.
- Taught patients and caregivers to manage symptoms and problems that were a result of prolonged and severe illness.

Duke Eating Disorders Program

Clinical Trainee
8/2012 – 7/2013

Duke University Medical Center, Durham, NC

Supervisors: Rhonda M. Merwin, Ph.D. Nancy Zucker, Ph.D.

- Provided weekly individual and family psychotherapy to adolescents, adults and their families struggling with eating disorders including anorexia nervosa, bulimia nervosa, and binge eating disorder, in an intensive outpatient setting.
- Implemented empirically-supported treatments based on models of Maudsley Family Therapy, CBT, Acceptance and Commitment Therapy, and Dialectical Behavior Therapy.
- For Duke's Immersive Family Program, provided intensive individual therapy and neuropsychiatric assessments to children with selective eating problems. Assessment battery included measures of executive functioning, sustained attention, visuo-spatial and organizational skills and memory, and intelligence.
- Collaborated with a multidisciplinary treatment team of medical doctors, psychiatrists, psychologists, clinical social workers and nutritionists on a weekly basis.

Evaluation of Telephone-Based Mindfulness Training for Survivors of Critical Illness and their Caregivers

Study Therapist
11/2012 – 3/2013

Department of Medicine – Pulmonology

Duke University Medical Center, Durham, NC

Supervisors: Christopher Cox, M.D., Jeffrey M. Greeson, Ph.D.

- Provided telephone-based mindfulness training to caregivers and patients who survived acute respiratory failure on the Intensive Care Unit and have symptoms of PTSD, depression and anxiety.

Eating Disorders and Type I Diabetes: Mechanisms of Comorbidity

Clinical Assessor
10/2012 – 7/2013

Duke Eating Disorders Clinic

Duke University Medical Center, Durham, NC

Supervisor: Rhonda M. Merwin, Ph.D.

- Administered structured clinical interviews – the Diabetes–Eating Disorders Examination, to individuals with Type I diabetes and current eating disorder symptoms to investigate how they manage their diabetes, eating, weight and shape concerns.

Center for AIDS Research, Duke Global Health Institute

Duke University, Durham, NC

Supervisor: Christina S. Meade, Ph.D.

Clinical Trainee

8/2012 – 4/2013

- Conducted psychodiagnostic assessments of patients living with or at high risk for HIV/AIDS, cocaine dependence and other comorbid psychiatric disorders.
- Assessed health risk behaviors with a particular emphasis on drug addiction and mental illness.

Duke Neurogenetics

Laboratory of Neurogenetics

Duke University, Durham, NC

Supervisor: Bartholomew Brigidi, Ph.D.

Clinical Trainee

1/2011 – 6/2011

- Administered clinical diagnostics and neurocognitive tests to high-functioning college students with a range of psychopathology.
- Assessments include tests of attention, intelligence, memory, working memory, motor, visuo-spatial reasoning, processing speed.

Duke Attention Deficit Hyperactivity Disorder (ADHD) Program

Duke University Medical Center, Durham, NC

Supervisors: Julie A. Hammer, Ph.D., John T. Mitchell, Ph.D.

Clinical Trainee

8/2010 – 12/2010

- Provided individual treatment to children, adolescents and adults with ADHD and Learning Disabilities.
- Co-led group CBT with mindfulness component for adults with ADHD.
- Completed assessments for ADHD, intelligence testing, and learning disabilities.

**Duke Cognitive Behavior Therapy and
Dialectical Behavior Therapy (DBT) Clinic**

Duke Cognitive-Behavioral Research and Treatment Program

Duke University Medical Center, Durham, NC

Supervisor: Clive J. Robins, Ph.D.

Clinical Trainee

8/2009 – 5/2010

- Conduct semi-structured diagnostic intake interviews and provided individual CBT for patients with major depressive disorder, generalized anxiety disorder, obsessive-compulsive disorder with and without hoarding, and post-traumatic stress disorder.
- Provided individual Dialectical-Behavior Therapy for patients with borderline personality disorder.
- Co-led weekly Dialectical-Behavior Therapy skills groups for patients with borderline personality disorder and comorbid Axis I disorders.
- Attended and contributed to weekly supervision team meetings consisting of psychologists, psychiatry residents, and other practicum student therapists.

Duke Psychology Clinic

Department of Psychology and Neuroscience
Duke University, Durham, NC

Clinical Trainee
5/2008 – 5/2010

Supervisors: Ronald M. Batson, M.D., David L. Rabiner, Ph.D.

- Provided long-term individual psychotherapy for mood and anxiety disorders on a weekly basis to late adolescent and adult populations from the university and broader community.
- Conducted semi-structured diagnostic intake interviews; collected and scored measures of emotional and psychosocial functioning; wrote intake reports, transfer/termination summaries and weekly progress notes.
- Participated in weekly team and individual supervision; completed monthly case presentations.

UPBEAT Study

Department of Psychiatry and Behavioral Sciences
Duke University Medical Center, Durham, NC

Clinical Assessor
5/2008 – 8/2008

Supervisor: James B. Blumenthal, Ph.D.

- Administered Structured Clinical Interview for DSM-IV and physiological checklist to participants in study of prognostic benefits of exercise and antidepressant therapy for people with depression and heart disease

ADDITIONAL CLINICAL EXPERIENCE

Vermont Veterans Home

Bennington, VT

Clinical Trainee
9/2006 – 4/2007

Supervisor: Grace Becker, M.S.W.

- Worked one-on-one with patients with Alzheimer's disease and gathered life history information from their family members.
- Completed 8-hour training program in Alzheimer's disease and care of patients with dementia.

Vermont State Office of Vocational Rehabilitation

Department of Aging & Disability
Bennington, VT

Clinical Trainee
10/2006 – 4/2007

Supervisor: Richard Stickney

- Developed and presented "Job Club" curriculum to clients with psychiatric disorders, physical disabilities and substance dependence.

American Red Cross in Greater New York

New York, NY

Family Support and
Benefits Counselor
9/2011 – 11/2011

- Supported Spanish-speaking families who had lost loved ones in World Trade Center attacks in finding the proper channels for information and benefits.

SPECIALIZED TRAINING AND DIDACTIC SEMINARS

DBT-RELATED TRAINING:

DBT-Prolonged Exposure Therapy Training [32 Hrs]

Trainers – Melanie Harned, PhD and Lori Ritschel, PhD
Morristown, NJ

3/2018

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| Dialectical Behavior Therapy (DBT) Trainer/Supervisor, Clive J. Robins, Ph.D. Duke Cognitive-Behavioral Research and Treatment Program Duke University Medical Center, Durham, NC | 8/2009-5/2010 |
| DBT Comprehensive Intensive Training Initiative (CITI) [40 hrs] Presented by Linda Dimeff, PhD and Jesse Homan, PhD Portland DBT Institute Portland, OR | 2016 |
| DBT for Substance Use Disorders Training Presented by Linda Dimeff, PhD Portland DBT Institute Portland, OR | 2015 |
| DBT for Stage 2 PTSD Treatment Training Presented by Amy Wagner, PhD Portland DBT Institute Portland, OR | 2015 |
| DBT for Eating Disorders Presented by Charlotte Thomas, LCSW Portland DBT Institute Portland, OR | 2016 |
| Cognitive Processing Therapy (CPT) Training [25.5 Hrs] Presented by Carolina P. Clancy, Ph.D. Durham VA Medical Center, Durham, NC | 7/2014 |
| Prolonged Exposure (PE) Therapy [29 Hrs] Presented by Eric F. Crawford, Ph.D. Durham VA Medical Center, Durham, NC | 8/2014 |
| Acceptance and Commitment (ACT) Therapy Trainer/Supervisor, Rhonda M. Merwin, Ph.D. Duke Eating Disorders Program | 8/2012-7/2013 |
| Trainer Supervisor, Julia T. Woodward, Ph.D. Duke Fertility Clinic, Durham, NC | 7/2013-6/2014 |
| Mindfulness Training for Professionals Program [80 Hrs] Duke Center for Integrative Medicine, Durham, NC Presented by Jeffrey Brantley, M.D. and Maya McNeilly, Ph.D. | Spring 2011, Spring 2013 |
| Transforming Trauma: Contemplative Approaches to Spiritual Healing [4 Hrs] Cary, NC, Presented by James Finley, Ph.D. | 4/12/2013 |

Consultative and Supervision Seminar [6 Hrs] Fall 2013
Duke University Medical Center, Durham, NC
Presented by Christian Mauro, Ph.D.

Art Therapy in Clinical Practice [3 Hrs] 10/13/2012
The Art Therapy Institute, Sponsored by University of North Carolina –
Chapel Hill, School of Social Work, Chapel Hill, NC
Presented by Ilene Sperling, M.A., LPC-S

Written Emotional Disclosure/Expressive Writing to Improve Health [8 Hrs] 9/12 -10/3/2012
Duke Center for Integrative Medicine, Durham, NC
Presented by John Evans, M.A.T., M.A., EdD

**Acceptance and Commitment Therapy:
Focusing on Mindfulness and Values Work [16 Hrs]**
Durham, NC 4/15-4/16/2011
Presented by Kelly G. Wilson, Ph.D.

Assessment and Management of Suicidal Risk [2.5 Hrs] 1/2009
University of North Carolina at Chapel Hill Training Clinic
Chapel Hill, NC
Presented by Erika Wise, Ph.D.

Mindfulness-Based Stress Reduction Program (MBSR) [20 Hrs] 7/10 - 8/28/2008
Presented by Jeffrey Brantley, M.D. and Ronald L. Vereen, M.D.
Duke Center for Integrative Medicine, Durham, NC

Motivational Interviewing Training [22.5 Hrs] 8/18-8/20/2008
Presented by Cathy Cole, M.S.S.W., L.C.S.W.
Chapel Hill, NC

Mindfulness: The Practice of Compassionate Presence [8 Hrs] 6/13/2008
Raleigh, NC, Presented by David Cole, C.C.-C.H.T. and Carol Ladas-
Gaskin, M.A.

Cognitive-Behavior Therapy Skills Training [8 Hrs] 5/21/2008
Raleigh, NC, Presented by John Ludgate, Ph.D.

RESEARCH EXPERIENCE

Psychology Internship Research, Mentor: Jason Nieuwsma, Ph.D., Chaplaincy 8/2014-6/2015
and Mental Health Initiative, Durham VA, Mid-Atlantic MIRECC (VISN 6):

- Developed 8-session Spirituality & Recovery Group to be facilitated by Chaplain Resident and Psychologist in the SUD Clinic of Durham VA.
- Prepared posters ABCT and ISTSS: 1) CBT training of Chaplains, 2) Chaplains and Moral Injury in Veterans.

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| Research Assistant to Ruth Q. Wolever, Ph.D., Duke Executive Health, Duke Integrative Medicine. Perform literature search, data summary, survey of assessment measures to modify algorithm for psychosocial risk factors and updating template reports for application in clinical encounters. | 2014 |
| “Expanding mental health services delivery for depression in the community from Burma in North Carolina: A Paraprofessional Training Program.” Advisor: Clive J. Robins, Ph.D., Duke University. | 2012-2014 |
| “The expansion of Thai mental health services delivery,” Chiang Mai, Thailand. Advisor: Clive J. Robins, Ph.D., Duke University. | 2011-2012 |
| Research Assistant to Joanna Maselko, SC.D., Duke Global Health Institute, “Association of frequency of religious activities, self-rated physical and mental health,” and “Negative religious coping and mental health effects of bus accident injuries in Karnataka, India” | 2010-2011 |
| “The integration of Buddhist monks into the Thai mental health care system,” Chiang Mai, Thailand. Advisors: Clive J. Robins, Ph.D. and Owen Flanagan, Ph.D., Duke University | 2009 |
| Research Assistant to James A. Blumenthal, Ph.D., Duke University, Department of Psychiatry and Behavioral Sciences | 2007-2008 |
| Research Assistant to Sharon Danoff-Burg, Ph.D., SUNY Albany. Health Psychology Lab | 2006-2007 |
| Research Assistant to James H. Neely, Ph. D., SUNY Albany. Memory, Attention & Priming Lab | 2005-2006 |
| <u>Directed Study</u> - Obesity Research with Drew Anderson, Ph.D., SUNY Albany. Literature reviews: 1) physiological causes of obesity: genetic and endocrine mechanisms, and 2) environmental causes of obesity. | Spring 2006 |
| <u>Directed Study</u> - Behavior Genetics, Anorexia Nervosa Research with Bruce Dudek, Ph.D., SUNY Albany, Literature review of the genetics of anorexia nervosa based on recent twin studies. | Spring 2005 |

PUBLICATIONS

- Buck, PJ**, Maselko, JA, Robins, CJ, Perera, B, Ostbye, T. (2016). Association of frequency of religious activities, self-rated physical and mental health: Findings from a population-based study in Sri Lanka. Submitted on April 1, 2016 to *Journal of Social Psychiatry and Psychiatric Epidemiology* for review.
- Maselko, JA, **Buck, PJ**. (2016). Bad karma? Negative religious coping and mental health effects of bus accident injuries in Karnataka, India. (*In progress*).
- Cox, CE, Porter, LS, **Buck, PJ**, Hoffa, M, Jones, D, Walton, B., Hough, CL, Greeson, JM. (2013).

Development and preliminary evaluation of a telephone-based mindfulness training intervention for survivors of critical illness. *Annals of the American Thoracic Society*, 11(2), 173-81.

TEACHING EXPERIENCE AT DUKE UNIVERSITY

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| Fall 2012 | Graduate Student Instructor PSY-105, Abnormal Psychology |
| Fall 2010 | Graduate Student Instructor PSY-105, Abnormal Psychology |
| Spring 2010 | Graduate Student Instructor PSY-183B, Research Methods in Child Observation |
| Fall 2009 | Graduate Student Instructor PSY-105, Abnormal Psychology |
| Spring 2009 | Graduate Student Instructor PSY-105, Abnormal Psychology |
| Fall 2008 | Graduate Student Instructor PSY-105, Abnormal Psychology |
| Spring 2008 | Graduate Student Instructor PSY-185C, Research Methods in Health and Clinical Psychology |

GUEST LECTURER

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| Guest Lecturer May 28, 2015 | “Common Ground: Cognitive-Behavioral Therapy and Buddhism,” Psychology of Mindfulness Meditation: Theory, Research and Practice (Undergraduate Course) Duke University |
| Conference Speaker Aug. 29, 2011 | “Mindfulness, psychological health and psychotherapy: A review of the evidence,” Conference on Cognitive-Behavioral Therapy. Chiang Mai University – School of Medicine, Chiang Mai, Thailand |
| Guest Lecturer Feb. 28, 2011 | “Mental health among Burmese refugees in Thailand” Global Mental Health (Undergraduate/Graduate Course) Duke Global Health Institute, Duke University |
| Guest Lecturer Sept. 14, 2010 | “Expanding mental health Service Delivery in Thailand by Training Buddhist monks” Global Health Challenges (Graduate Course) Duke Global Health Institute, Duke University |
| Guest Lecturer Nov. 17, 2009 | “Etiology of Schizophrenia” Abnormal Psychology (Undergraduate Course) Duke University |
| Guest Lecturer Mar 4, 2008 | “Written Emotional Disclosure and Health” Research Methods in Health and Clinical Psychology (Undergraduate course), Duke University |

PROFESSIONAL MEMBERSHIPS

Association for Behavioral and Cognitive Therapies (ABCT)
American Psychological Association (APA)
Association of Psychological Science (APS)
Association for Contextual Behavioral Science (ACBS)
Refugee Health Coalition, Orange County, NC

LANGUAGES

Fluent in Spanish, French, Portuguese and Italian; varied proficiency in Thai, Japanese, Arabic, Hebrew, Russian and German.

OTHER EDUCATIONAL EXPERIENCE

New York University, (1998) Certificate in Translation - Spanish, French, Portuguese and Italian to English.
The Juilliard School - British American Drama Academy, Oxford, England, (1994) Classical Theater.
American University in Cairo, Egypt, (1981-82) Middle East Studies and Intensive Arabic.
Hebrew University in Jerusalem, Israel, (1981) Middle East Studies and Intensive Hebrew.
Participated in additional educational programs in Quebec, Mexico, Venezuela, France and Japan.