Andrew White, PhD, ABPP

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Certification/Licensure

PhD- Licensed Psychologist (OR#1921, WA # PY 61107282, CO #PSY.0007071)
DBT-Linehan Board of Certification Certified Clinician (#80)
Board Certified in Behavioral and Cognitive Psychology (#9306)

Education

Pre Doctoral Fellow *2007*
Harvard Medical School/Massachusetts Mental Health Center, *Boston, MA*
PhD. In Clinical Psychology, University of Rhode Island, *Kingston, RI* *2007*
Dissertation: "Individual and community predictors of frequent usage of psychiatric emergency services"
M.A. in Psychology, Brandeis University, *Waltham, MA* *1999*
Thesis: "Area variation in rates of involuntary psychiatric commitment"
B.S. in Psychology, Carnegie Mellon University, *Pittsburgh, PA* *1996*
Senior Project: "The effect of attributions on help seeking behavior"

Selected Professional Experience

Licensed Psychologist, Associate Director and co-Owner, *Portland Dialectical Behavior Therapy Institute,* Portland OR *2007-Current*
Freelance Research, Evaluation, and Statistical Consultant, Metro Boston and Central Areas, Massachusetts; Providence, RI; Portland, OR *1999-Current*
Freelance Database and Medical Records Programmer, Metro Boston and Central Areas, MA; Providence, RI; Portland, OR *1999-Current*
Lead Evaluator, *Communities for People/Placement Solutions,* Boston, MA/Providence, RI *2003-2012*
Founding Evaluator, *Rhode Island Data Analytic Center*, Providence, RI *2004-2012*
Project Coordinator, *Boston University Medical Center/Boston University School of Public Health*, Boston, MA *2005-2007*
Director of Evaluation, *Gateway Healthcare and Proyecto Esperanza State Incentive Grants*, Pawtucket and Central Falls, RI *2004-2007*
Staff Therapist and Supervisor, *Allen Berry Health Center,* Providence, RI *2003 - 2006*
Lead Database Programmer/Evaluation Coordinator, *Suffolk County District Attorney's Office Crimes Against Children Unit*, Boston, MA *2001-2005*
Staff Therapist, Project S.T.E.P.S, *Psychological Centers,* Providence, RI *2004 –2005*
Clinical Case Advocate, *Project Nexus,* Arlington, MA *1999-2000*
Research Associate, *Center for Research on Mental Health Services, Department of Psychiatry, University of Mass. Medical School*, Worcester, MA *1996-2000*

Honors/Awards

Clackamas County Research Award *2012*
SAMHSA Science and Service Award *2008*
Berger Award, University of Rhode Island *2007*

Research Grants

R44 Grant (Grant Number 11624131): PracticeGround: Transforming Training and Delivery of Mental Health EBPs. Co-Investigator *2014-Current*

R34 Grant: Psychiatric Emergency Room Care: Staff Perspectives *2005-2007*
Role: Research Associate, assisted with grant writing, served as project coordinator

Publications

White, A. W. & Lothes, J. (In Press). Commentary related to "First do no harm: Client and staff experiences of negative effects from dialectical behaviour therapy" (Lawson & Farquharson, 2025). Psychology and Psychotherapy, Theory Research and Practice.

Walton C. J., Skerven K., **White A. W.**, Davine T. Engagement in dialectical behaviour therapy in LBC-certified DBT programs: comparison of in-person *vs* telehealth treatment delivery. Behav Cogn Psychother. 2026 Jun;54(2):198-210. doi: 10.1017/S1352465826101337. Epub 2026 Jul 30. PMID: 42529844.

White, A. W. (In press). Waypoints in the history of DBT. In Bonavitacola, L (Ed), *CBT: Science into Practice.* Springer Nature.

Goana, L., **White, A. W.,** & Bolden, L. (In press). Dialectical Behavior Therapy With Diverse Ethnoracial Groups. In Kazantizis, N. (Ed), in *CBT with Ethnoracial Populations – Implementing Evidence-Based Practice,* Springer Nature.

White, A. W., Tan, E., Rudder, B., Brooks, B., & Dimeff, L. A. (2024) Balancing Process and Outcomes in Postvention. DBT Bulletin, 8 (1) 24-28.

White, A. W. (2023) Bringing process Based Structures into DBT. DBT Bulletin, 7 (2) 19-22.

White, A. W., Dunn, N.,Matsunaga, E., & Dimeff, L. A. (2022) Feasibility and provision of dialectical behavior therapy skills training for adolescents and their families. Child Adolesc Ment Health. 2023 Sep;28(3):458-460. doi: 10.1111/camh.12605. Epub 2022 Nov 14. PMID: 36373508.

Zalewski, M., Walton, C. J., Rizvi, S. L., **White, A. W.**, Gamache Martin, C., O'Brien, J. R., & Dimeff, L. (in press). Lessons learned conducting dialectical behavior therapy via telehealth in the age of COVID-19. Cognitive and Behavioral Practice.

White, A. W., & Robinson, C. (2022) Skills Groups for Clients on the Waitlist. DBT Bulletin, 6 (1) 7-9.

Matsunga, E., Dunn, N., **White, A. W.**, Williams, C., Johnson, E. & Dimeff, L. (2022) Finding, Training, and Implementing DBT Co-Leaders. DBT Bulletin, 6 (1) 17-19.

Dimeff, L. A., Skerven, K., **White, A. W.**, McMain, S., Comtois, K. A., Koons, C. R., Kim, S. A., Manning, S. Y. & Bellows, E. (2020). Implementing Standard DBT in an Outpatient Setting. In Dimeff, Rizvi, & Koerner (Eds.) Dialectical Behavior Therapy in Clinical Practice: Applications across Disorders and Settings (2nd Edition). New York: Guilford.

Salgado, D. M., **White, A. W.**, Peterson, D., & Dimeff, L. A. (2017). Cultivating wise mind in dialectical behavioral therapy through mindfulness. In I. Ivtzan (Ed.) Handbook of mindfulness-based programmes. London: Routledge.

Lincoln. A., **White, A. W.**, Aldsworth, C., Johnson, P. L., & Strunin, L. (2010). Observing the Work of an Urban Safety-net Psychiatric Emergency Room: managing the unmanageable. Sociology of Health and Illness 32(3) 437-451

Cross, T. P, Mosely, P. R., Leavey, J, **White, A. W.**, & Andreas, J. B. (2004). Outcomes of Specialized Foster Care in a Managed Child Welfare Services Network. Child Welfare 83(6), 533-564.

Fisher, W. H., Barreira, P. J., Geller, J. L., **White, A. W.**, Lincoln, A. K., & Sudders, M. (2001). Long-stay patients in state psychiatric hospitals at the end of the 20th century. Psychiatric Services, 52(8), 1051-1056.

Fisher, W. H., Barreira, P. J., Lincoln, A., Simon, L. J., **White, A. W.**, & Roy-Bujnowski, K. (2001). Insurance Status and length of stay for Involuntarily Hospitalized Patients. Journal of Behavioral Health Services & Research, 28(3), 334-347.

Davis, M. & **White, A. W.** (1996). Review of Drugs, Crime, and other Deviant Adaptations: Longitudinal Studies by Kaplan, HB (ed.); and Coming of Age: The True Adventures of Two American Teens by Miller, G. Psychiatric Services, 48(12):1600-1601.

Selected Convention Presentations

White, A. W., Tan, E., Rudder, B., Brooks, B, & Dimeff, L A. (2023, November). Postvention Case Reviews: Balancing Process and Outcomes. Paper presented at the International Society for the Improvement and Teaching of Dialectical Behavior Therapy, Seattle, WA.

White, A. W., Dunn, N., & Dimeff, L A. (2020, November). Skills Only Treatment for Adolescents and Families: Preparation for or in Place of Standard DBT? Paper presented at the International Society for the Improvement and Teaching of Dialectical Behavior Therapy, Online.

Persons, J. B., Osborne, T. L., & **White, A. W.** (2019, November). Living as a scientist-practitioner: How to conduct research in your clinical practice. Paper presented at the Association for Behavioral and Cognitive Therapies, Atlanta, GA.

Tan, E., Homan, J., **White, A. W.**, &, Dimeff, L. (2017, November). Clinic Recovery from Client Suicide: Principles and Practicalities. Paper presented at the International Society for the Improvement and Teaching of Dialectical Behavior Therapy, Chicago, IL.

White, A. W., Dimeff. L. (2017, October). Client Reports of Loneliness in Standard DBT vs. Skills-Only Treatment. Paper presented at the DBT Strategic Planning Meeting, Seattle, WA.

White, A. W., Dimeff. L. (2016, September). Continued "Waiting Well" in a Free Standing Comprehensive DBT Program: Updates to the DBT Enhanced Skills Program. Poster presented at the DBT Strategic Planning Meeting, Seattle, WA.

White, A. W., Homan, J, Patrick, K., &, Dimeff, L. (2015, November). Continued "Waiting Well" in a Free Standing Comprehensive DBT Program: Evaluation Update of the DBT Enhanced Skills Program. Poster presented at the International Society for the Improvement and Teaching of Dialectical Behavior Therapy, Chicago, IL.

White, A. W., Patrick, K., &, Dimeff, L. (2015, November). The Use of Inbox and Commitment Techniques to Add Clinicians to a DBT Consultation Team. Poster presented at the International Society for the Improvement and Teaching of Dialectical Behavior Therapy, Chicago, IL.

White, A. W., Homan, J, Patrick, K., &, Smith, J. (2014, November). Running a successful, free-standing DBT clinic: Learning from the dialectical dillemas. Workshop presented at the International Society for the Improvement and Teaching of Dialectical Behavior Therapy, Philadelphia, PA

White, A. W., Homan, J, &, Patrick, K., & Dimeff, L. (2014, November). "Waiting Well" in a Free Standing Comprehensive DBT Program: Development and Evaluation of the DBT Enhanced Skills Program. Poster presented at the International Society for the Improvement and Teaching of Dialectical Behavior Therapy, Philadelphia, PA

White, A. W.. (2014, September). "Waiting Well" in a Free Standing Comprehensive DBT Program: Development and Evaluation of the DBT Enhanced Skills. Lecture presented at the DBT Strategic Planning Meeting, Seattle, WA.

White, A. W., Homan, J, &, Kim, S. (2012, November). Individual and Group predictors of referral completion, program initiation, and Phase I graduation from an adult DBT program. Poster presented at the International Society for the Improvement and Teaching of Dialectical Behavior Therapy, Washington, DC

Homan, J, **White, A. W.**, &, Kim, S. (2012, November). Factors influencing client drop out during initial assessment, orientation, and commitment period in an adult DBT program. Poster presented at the International Society for the Improvement and Teaching of Dialectical Behavior Therapy, Washington, DC

White, A. W., Jendritza, T., Kim, S., Homan, J., &Johnson, J. (2011, November). Group and individual predictors of graduation from a dialectical behavior therapy program. Paper presented at the International Society for the Improvement and Teaching of Dialectical Behavior Therapy, Toronto, Canada

Kim, S., Jendritza, T., **White, A. W.**, Homan, J., & Johnson, J. (2011, November). Using DBT to treat team interfering behavior. Paper presented at the International Society for the Improvement and Teaching of Dialectical Behavior Therapy, Toronto, Canada

Adams, W., Kim, S., Borges, L., & **White, A. W.** (2010, February). A Biosocial Treatment for the Sequelae of Complex/Relational Trauma: Program Description and Preliminary Findings. Poster presented at the Association for Women in Psychology, Portland, OR

White, A. W., Kim S., Borges, L. & Jendritza, T. (2009, November). Application of DBT in a Private Practice Setting: An Outcome Study. Poster presented at International Society for the Improvement and Teaching of Dialectical Behavior Therapy, New York, NY

Adams, W, Kim S., Borges, L. & Wh**ite, A. W.** (2009, November). Portland DBT Trauma Recovery Program: Path to Calm Awareness. Poster presented at International Society for the Improvement and Teaching of Dialectical Behavior Therapy, New York, NY

White, A. W., Salgado, D. M., Mena, J & Quinlan, K. J. (2006, November). Predictors of attitudes, beliefs, and behavioral intentions towards individuals who are homeless. Poster presented at the American Public Health Association 134th annual meeting, Boston, MA

White, A. W., Lincoln, A., Johnson, P. L., Strunin, L. & Benedict, N. (2006, October). 24 Hours in the psychiatric emergency room. Poster presented at the American Psychiatric Association Conference on Psychiatric Services, NYC

Lincoln, A. & **White, A. W.** (2006, August). A Re-Examination of Frequent Users Of Psychiatric Emergency Room Services. Paper presented at the American Sociological Association Annual Conference, Montreal, Canada

White, A. W., Lincoln, A., Johnson, P. L., & Fitzgerald, A. (2004, August). Frequent use of the psychiatric emergency room: A multilevel analysis. Poster presented at the 112th convention Poster of the American Psychological Association, Honolulu, HI

Salgado, D. M., **White, A. W.**, Mena, J. A., & Jones, J. (2004, August). Reducing the distance: Perceptions and beliefs about homelessness. Paper presented at the 112th convention Poster of the American Psychological Association, Honolulu, HI

Leavey, J., Mosley, P. R., Cross, T. P., & **White, A. W.** (2004, February). Innovative Management Approaches to Improving Child Welfare Services. Paper presented at the Child Welfare League of American Annual Conference, Washington, DC

Celebucki, C. C., Florin, P. R., Zahn, J., & **White, A. W.** (2003, December). Optimizing scarce resources in comprehensive community programs. Paper presented at the National Conference on Tobacco or Health, Boston, MA

Lincoln, A., White, A. W., Johnson, P.L. & Fitzgerald, A. (2003, November). Reexaming frequent use of psychiatric emergency room services. Poster presented at the American Psychiatric Association Conference on Psychiatric Services, Boston, MA

White, A. W. (2002, November). Technical Assistance Tracking as a tool in sustaining systemic change. Paper presented at the American Evaluation Association Annual Conference, Washington, DC

Andrade, M., **White, A. W.**, & Mena, J. (2002, March). Working with State Systems to Build Capacities for Community-Based Prevention. Paper presented at the Annual Meeting of the Eastern Psychological Association, Boston, MA

Barriera, P. J., Fisher, W. H., Duckworth, K., Lincoln, A., **White, A. W.**, Roy-Bujnowski, K. (2001, February). The Three Year Study of Involuntary Commitment in Massachusetts. National Association of State Mental Health Program Directions (NASMHPD) Conference on State Mental Health Agency Services Research, Program Evaluation and Policy, Washington, DC

Selected DBT Implementations

DBT CITI: Comprehensive Implementation and Training Initiative. Lead trainer (2019 to present, Portland, OR)

Apache Behavioral Health Services DBT Implementation. Lead Trainer and Consultant. (2019 to present, White Mountain, AZ)

Atlantic Street School DBT Implementation. Lead Trainer and Consultant. (2017, 2018, Seattle, WA)

Selected Technical Reports

White, A. W. (2012, January). Statistical analysis on the efficacy of drug diversion programs. Submitted to NPC Research, Portland, OR

White, A. W. (2010, September). Final Report for the Coalition of Community Health Centers. Submitted to the Coalition of Community Health Centers, Portland OR

White, A. W. (2008, July). Mixed method program evaluation of the Oregon Zoo ZAP. Submitted to the Oregon Zoo, Portland OR

White, A. W. (2006, November). Demographics, clinical service characteristics, and clinical outcomes for selected high risk youth. Submitted to Rhode Island Department of Children, Youth, and Families for a senate hearing

White, A. W. (2006, June). Demographics of youth ending child welfare services on the run 1/1/2004-12/31/2004. Submitted to Rhode Island Department of Children, Youth, and Families

White, A. W. (2006, June). Relationships between youth clinical evaluations and demographics, clinical service characteristics, and clinical outcomes for youth entering Rhode Island Emergency Shelters 1/1/2004-12/31/2005. Submitted to Rhode Island Department of Children, Youth, and Families

White, A. W. (2005, September). Shelter level variation in demographics, clinical service characteristics, and clinical outcomes for youth entering Rhode Island Emergency Shelters 1/1/2005-12/31/2005. Submitted to Rhode Island Department of Children, Youth, and Families

White, A. W. (2005, September). Evaluation of the Gateway State Incentive Grant Leadership and Resiliency Program. Submitted to Gateway Healthcare

White, A. W. (2005, September). Catchment Area variation in demographics, clinical service characteristics, and clinical outcomes for youth entering Rhode Island Emergency Shelters 1/1/2005-12/31/2005. Submitted to Rhode Island Department of Children, Youth, and Families

White, A. W. (2005, March). Clinical outcomes for youth enrolled in the Worcester Communities of Care Wraparound Program. Submitted to Worcester Communities of Care

White, A. W. (2004, July). Evaluation of the Gateway 6th District Court jail diversion program. Submitted to Gateway Healthcare

DBT Specific Training

Prolonged Exposure in DBT intensive training	*2023*
5-Day Silent Mindfulness Retreat with Marsha Linehan, PhD, ABPP	*2013*
5- Day Behavioral Tech LLC Advanced Intensive Training with Marsha Linehan, PhD	*2011*
Updates to emotion regulation and crisis survival skills in DBT: Marsha Linehan, PhD	*2010*
5-Day Behavioral Tech LLC Foundational Training	*2008*

Professional Service

Reviewer: Cognitive and Behavioral Practice, Borderline Personality Disorder and Emotion Dysregulation

Lead Site Reviewer, Linehan Board of Certification

Member, Scholarship Committee, Linehan Board of Certification

Member, Oregon Behavioral Health Steering Committee

Communications Director, World DBT Association

Co-Chair, Oregon Task Force on Community Safety and Firearm Suicide Prevention

Other Specialized Training

Harvard School of Public Health Geocoding Training

Hierarchal Linear Modeling

Advanced SPSS and SAS Syntax Training

Visual Basic, SQL, Microsoft Access Expertise

Data Encryption and Security Expertise

Selected Musical Discography

Leafminer- *"Stay Buried",* Ashtray Monument Records, Guitar, 2026
Leafminer- *"3",* Ashtray Monument Records, Guitar, 2022
Leafminer- *"Midgrade Enjoyment",* Self-Released EP, Guitar, 2018
Leafminer- *"3 Songs",* Self-Released EP, Guitar, 2016

Neutria- "*Bringer of Light",* Self-Released LP, Guitar, 2019

The Many Mansions – "*Early Retirement*", Self-Released LP, Guitar, Piano, 2015

Numbers Station – "*Self-Titled*", Self-Released LP, Guitar, 2013

Pointillist – "*The Mills of the Gods Grind Slowly*", Self-Released LP, Guitar, 2026
Pointillist – "*Statistics of Deadly Quarrels*", Self-Released 7" EP, Guitar, 2019
Pointillist – "*Pointillist*", Self-Released LP, Guitar, Piano, 2005

Garrison- "TV or the Atom Bomb", LP, Artic Rodeo Recordings, 2020, Guitar

Garrison – "*A Mile in Cold Water*", LP, Revelation Records, 2000, Guitar

Garrison – "*The Bend Before the Break*", EP, Revelation Records, Guitar, 1999

Garrison – "*24*", 7", Espo Records, Guitar, 1998