

## CURRICULUM VITAE

**LIZA E. PINCUS, Psy.D.**

[lpincus@behavioralscienceinstitute.org](mailto:lpincus@behavioralscienceinstitute.org)

Licensed Clinical Psychologist in New Jersey and New York. Authorized to Practice  
Interjurisdictional Telepsychology (PSYPACT)

### **Current Positions**

- Feb 2025-present      **Co-Founder**, Behavioral Science Institute
- July 2022-present      **Co-Director**, Dialectical Behavior Therapy at Rutgers University (DBT-RU)

### **Previous Experience**

- Jul 2021-Jul 2023      **Attending Psychologist and Clinical Director of the Adolescent DBT Program**, Moses Child Outpatient Psychiatry Division, Montefiore Medical Center
- Jul 2022-2025      **Assistant Professor of Psychiatry and Behavioral Sciences**, Albert Einstein College of Medicine
- Jul 2023-2025      **Licensed Clinical Psychologist**, Montefiore-Einstein Psychiatry Associates

### **Education**

- |      |        |   |                                     |
|------|--------|---|-------------------------------------|
| 2012 | B.A.   | Harvard University  | History and Literature<br>Cum Laude |
| 2018 | Psy.M. | Graduate School of Applied and<br>Professional Psychology, Rutgers University | Clinical Psychology                 |
| 2021 | Psy.D. | Graduate School of Applied and<br>Professional Psychology, Rutgers University | Clinical Psychology                 |

### **Predoctoral Internship**

- 2020-2021      **Clinical Psychology Internship**, DBT and trauma treatment tracks

### **Teaching and Training Director Experience**

- Aug 2022-Sept 2022      **Training Director**, Five-day Intensive, Foundational Training in DBT for Psychology, Psychiatry, and Social Work Trainees at Montefiore Medical Center

- Sept 2022-Dec 2022 **Lecturer in Advanced Cognitive Behavioral Therapy**, Graduate School of Applied and Professional Psychology, Rutgers University
- Feb 2023-Mar 2023 **Training Director**, Six-day Intensive Training in DBT for an Intensive Outpatient Program for psychology and social work staff at Montefiore Medical Center
- Jan 2024-Feb 2024 **Training Co-Director**, Intensive Training in DBT for Children's Crisis Intervention Units, Rutgers Biomedical and Health Sciences
- May 2024-Jun 2024 **Training Co-Director**, Intensive Training in DBT for the New Jersey Children's System of Training and Care, Rutgers University Behavioral Health Care

### **Consultation Experience**

- 2019-2021 **Care Strategy Consultant**, Cityblock Health, Inc. Developed protocols and trainings in cognitive-behavioral therapy at healthcare startup utilizing technology to provide integrated, community-based care
- Feb 2023-present **Consultant**, Education First Academy. Collaborate with faculty, students, and content creators on integrating behavioral health into educational materials

### **Professional Society Membership**

- 2016-present Association for Behavioral and Cognitive Therapies (ABCT), member  
 2018-present New York City Cognitive Behavioral Therapy Association (NYC-CBT), member

### **Awards**

- 2016-2017 Graduate School of Applied and Professional Psychology Scholarship Award  
 2019-2020 Graduate School of Applied and Professional Psychology Dissertation Research Stipend

### **Specialized Research Training**

- 2016-2018 **Student Researcher**, Graduate School of Applied and Professional Psychology at Rutgers University
- 2018-2020 **Research Trainee**, Center for the Treatment and Study of Anxiety (CTSA), University of Pennsylvania Perelman School of Medicine
- 2019 **Trainee, Implementation Science Institute**, led by Rinad Beidas, Ph.D., University of Pennsylvania Perelman School of Medicine

## Invited Lectures

- Apr 2017      *Respectful Adoption Language*. A workshop presented to foster and adoptive families through Middlesex County Foster & Adoptive Family Services (FAFS), South Plainfield, NJ
- Jan 2019      *Understanding Borderline Personality Disorder*. A presentation to families of individuals with severe and persistent mental illness through the National Alliance on Mental Illness (NAMI), New Brunswick, NJ
- Sept 2021      *Five-day Intensive, Foundational Training in DBT*. A half-day lecture for psychology, psychiatry, and social work trainees on delivering DBT for adolescents, Montefiore Medical Center, Bronx, NY
- Oct 2021      *Suicide Awareness Workshop*. A virtual training presented to social work interns working in Bronx public high schools, Bronx, NY
- Nov 2021      *Conducting Suicide Risk Assessment in Youth*. A virtual workshop presented to social work interns working in Bronx public high schools, Bronx, NY
- Feb 2022      *Conducting Suicide Risk Assessment in Youth*. A virtual workshop presented at the Children's Evaluation and Rehabilitation Center (CERC), Montefiore Medical Center, Bronx, NY
- Mar 2022      *Integrated Didactics: Dialectical Strategies in DBT*. A virtual workshop for psychiatry fellows, psychology interns and externs, and research assistants, Montefiore Medical Center, Bronx, NY
- Apr 2022      *DBT Mindfulness and Distress Tolerance Skills in Schools*. A virtual workshop for school-based psychologists at Montefiore Medical Center, Bronx, NY
- Jun 2022      *DBT Phone Coaching Strategies*. A virtual workshop for psychology interns across outpatient divisions at Montefiore Medical Center, Bronx, NY
- Jun 2022      *Introduction to DBT Skills*. A virtual training for clinical psychology doctoral students at Hofstra University, Hempstead, NY
- Sept 2022      *Developing Mindfulness Skills for Children and Adolescents*. A webinar presented to parents as part of a community lecture series through Montefiore Nyack Hospital, Nyack, NY
- Feb 2023      *Integrated Didactics: Responding to Suicidal and Non-suicidal Self-Injurious Behaviors*. A virtual workshop for psychiatry fellows, psychology interns and externs, and research assistants, Montefiore Medical Center, Bronx, NY
- April 2023      *DBT Phone Coaching Strategies*. A virtual workshop for psychology interns across outpatient divisions at Montefiore Medical Center, Bronx, NY

## Professional Presentations

**Pincus, L. E.,** Wakschal, E., McCann, J., Foa, E. B., & Brown, L. A. (2018, Nov.). *The relationship between skin conductance response (SCR) and PTSD symptom reduction in 60 versus 90 minutes of prolonged exposure therapy for PTSD.* Poster presented at the 52<sup>nd</sup> annual meeting of the Association for Behavioral and Cognitive Therapies Convention, Washington, D.C.

**Pincus, L. E.,** Capaldi, S., Comeau, C., Foa, E. B., & Brown, L. A. (2019, Nov.). *Dissemination and implementation of prolonged exposure in Philadelphia community mental health: Assessing rates of trauma exposure and PTSD.* Poster presented at the 53<sup>rd</sup> annual meeting of the Association for Behavioral and Cognitive Therapies Convention, Atlanta, GA.

## Bibliography

### Journal Articles

Shahidullah, J. D., Forman, S., Palejwala, M., Chaudhuri, A., **Pincus, L. E.,** Lee, E., Shafir, S., & Barone, C. (2019). National survey of chief pediatric residents' attitudes, practices, and training in collaborating with schools. *Journal of Interprofessional Education & Practice, 15:* 82-87.

**Pincus, L. E.** & Quinn, A. (2019). When psychological comorbidities demand flexibility: Treatment adaptations for youth anxiety disorders. *Pragmatic Case Studies in Psychotherapy, 15*(1): 84-89.

**Pincus, L. E.** (2020). Telemental health during a global pandemic: clinical lessons from guided self-help, telephone therapy case studies. *Pragmatic Case Studies in Psychotherapy, 16*(1): 118-183.

**Pincus, L. E.,** Brown, L. A., Capaldi, S., Comeau, C., & Foa, E. B. (2021). Trauma Exposure and PTSD in Philadelphia Community Mental Health. *Community Mental Health Journal, 58*(3): 547-552.

**Pincus, L. E.,** Brumfield, R., & Brown, L. A. (2022). Consultation and Professional Development within the Prolonged Exposure Initiative. *Journal of Community Psychology, 1-12.*

### Book Chapters

Shahidullah, J. D., Lee, E., **Pincus, L. E.,** & Shafir, R. (2019). Systems of pediatric healthcare delivery and the social-ecological framework. In S. G. Forman & J. D. Shahidullah (Eds.), *Handbook of pediatric behavioral healthcare: An interdisciplinary, collaborative approach.* New York: Springer.

### Other Publications

**Pincus, L.,** Daly, K., & Spira, E. G. (Fall 2021). A Virtual Peer DBT Consultation Group. *Behavioral Health News.*