

Ana A. Sobel, Ph.D.
Clinical Psychologist
New York State Licensed

Education

Ph.D., Clinical Psychology, University of Maryland Baltimore County, 2002
Dissertation: *Marital Relationships, Parenting and Child Externalizing Behavior: A Longitudinal Investigation of Diverse Families*
Chairperson: Robert H. Deluty, Ph.D.

M.A., Clinical Psychology, University of Maryland Baltimore County, 1999
Thesis: *The Provision of Moral Guidance by Clinical Psychologists and Pastoral Counselors*
Chairperson: Robert H. Deluty, Ph.D.

B.A., Psychology, University of Maryland College Park, 1994
Phi Beta Kappa, *magna cum laude*, Maryland Distinguished Scholar

Clinical Experience

Psychologist, August, 2005 - Present

Capital Psychological Associates - Albany, New York

- Provide psychotherapy to adults, couples, children, and adolescents and conduct assessments in a private practice setting

Psychologist, November 2005 - 2010

Jewish Family Services - Albany, New York

- Provide psychotherapy to adults, families, children, and adolescents

Psychologist, January, 2006 - 2009

Sunnyview Rehabilitation Hospital - Schenectady, New York

- Conduct neuropsychological assessments with children, adolescents, and adults

Psychologist, August, 2004 - June, 2005

Affinity Stress Center (A Division of Hamilton Center, Inc.) - Terre Haute, Indiana

- Provided psychotherapy to adolescents, adults, and couples and conducted assessments

Post-doctoral Fellow, August 2002 - August, 2004

University of Missouri St. Louis, Center for Trauma Recovery

- Conducted assessments and provided psychotherapy to survivors of traumatic life events
 - Provided Cognitive Processing Therapy, a 12-session cognitive behavioral manualized-therapy and Written Exposure Therapy, a 7-session exposure-based manualized-therapy
- Led group supervision for graduate-students and post-doctoral fellows

Psychology Intern, August 2001 - August 2002

Indiana University - Bloomington, Counseling and Psychological Services
APA-accredited internship

- Provided psychotherapy to university students with a variety of presenting problems
- Co-facilitated interpersonal, process group for graduate and returning students
- Conducted ADHD and substance abuse evaluations
- Provided crisis intervention one half-day each week
- Provided weekly individual supervision to a practicum student

Psychology Extern, September 2000 - May 2001

Towson University Counseling Center – Towson, Maryland

- Provided psychotherapy to university students with a variety of presenting problems
- Co-facilitated supportive women's group with a focus on assertive behavior

Research Assistant, January 2000 – July 2001

University of Maryland at Baltimore, Department of Psychiatry

- Conducted assessments for studies comparing individuals with psychotic disorders to individuals with mood and anxiety disorders with regard to substance use and trauma

Psychology Extern, July 1999 – June 2000

University of Maryland at Baltimore, Outpatient Psychiatry Clinic

- Provided psychotherapy to adults with minimal social and economic resources
- Provided family therapy
- Facilitated supportive, psychodynamic therapy group for women

Group Facilitator, November 1999 – March 2000

Howard County Domestic Violence Center – Columbia, Maryland

- Facilitated a 16-week manualized-therapy group for domestically abusive men
 - Each two-hour group consisted of one hour of skills training and one hour of supportive psychotherapy

Therapist, June 1998 – January 2000

Kennedy Krieger Institute, Department of Pediatric Psychology – Baltimore, Maryland

- Provided individual and family behavioral therapy to children displaying psychological symptoms related to medical conditions
- Provided therapy in study comparing effectiveness of distress-reducing behavioral interventions for children undergoing invasive medical procedures

Psychology Extern, July 1998 - June 1999

Maryland Center for Attentional and Developmental Disorders - Baltimore, Maryland

- Conducted psychological assessments of children and adolescents

Psychology Extern, June 1997 – July 1998

Kennedy Krieger Institute, Department of Psychiatry – Baltimore, Maryland

- Co-facilitated a support group for anxious and depressed youth
- Conducted psychological assessments of children and adolescents

Psychology Extern, July 1996 – June 1997

Walter P. Carter Center – Baltimore, Maryland

- Conducted psychological assessments of adults at inpatient hospital

Teaching Experience

University of Missouri St. Louis, August 2003 – December 2003

Women and Mental Health (graduate course)

Towson University, January 2001 – May 2001

Career Development and Life Planning (undergraduate course)

University of Maryland Baltimore County, September 1995 – December 1996

Experimental Design and Analysis I (undergraduate course)

University of Maryland Baltimore County, January 1997 – May 1998

Experimental Design and Analysis II (undergraduate course)

Outreach and Consultation

- Workshops presented to campus and community groups:

<i>Topic</i>	<i>Organization/University</i>	<i>Year</i>
Cognitive Processing Therapy	Hamilton Ctr. (Terre Haute, IN)	2005
Gender Issues and Trauma	University of Missouri St. Louis	2004
Cognitions Following Sexual Assault	University of Missouri St. Louis	2003
Sexual Assault	University of Missouri St. Louis	2002
Trauma-related Guilt	University of Missouri St. Louis	2002
Treatment of PTSD	University of Missouri St. Louis	2002
Traumatic Loss	University of Missouri St. Louis	2002
Eating Disorders	Indiana University - Bloomington	2002
Depression and Suicide	Indiana University - Bloomington	2002
Bereavement	Indiana University - Bloomington	2002
Seeking Help at a Counseling Center	Indiana University - Bloomington	2001
Women and Substance Abuse	Indiana University - Bloomington	2001
Stress Management	Indiana University - Bloomington	2001
Time Management	Towson University	2000

- Organized monthly colloquium series at University of Missouri St. Louis - Center for Trauma Recovery, 2002-2003
- Provided counseling to campus groups following September 11th at Indiana University-Bloomington, 2001
- Assisted in organization of and participated in Depression Awareness Day, Eating Disorders Awareness Day and Alcohol Awareness Day at Indiana University - Bloomington, 2001-2002

- Counseled students before and after they received HIV tests at Towson University Health Center, 2000-2001

Publications

- Fox, N. A., Sobel, A. A., Calkins, S. D., & Cole, P. M. (1996). Inhibited children talk about themselves: Self-reflection on personality development and change in 7-year-olds. In M. L. Hersen & M. W. Sullivan (Eds.), *Emotional development in atypical children* (pp. 131-147). Mahwah, NJ: Lawrence Erlbaum.
- Galovski, T. E., Sobel, A. A., Phipps, K., & Resick, P. A. (in press). Trauma recovery: Beyond the treatment of symptoms of PTSD and other Axis I psychopathology. In F. Columbus (Ed.), *Progress in Post-Traumatic Stress Syndrome Research*. Hauppauge, NY: Nova Science Publishers.
- Resick, P. A., & Sobel, A. A. (in press). Trauma management therapy. In M. L. Hersen & J. Rosqvist (Eds.), *Encyclopedia of Behavior Modification and Cognitive Behavior Therapy*. Thousand Oaks, CA: Sage Publications.
- Sobel, A. A., Resick, P. A., & Rabalais, A. E. (manuscript in preparation). Post-rape cognitions and symptoms of PTSD and depression before and after Cognitive Processing Therapy.

Presentations

- Sobel, A. A., & Deluty, R. H. (2000, March). *The provision of moral guidance by clinical psychologists and pastoral counselors*. Poster presented at the annual meeting of the Eastern Psychological Association, Baltimore, Maryland.
- Sobel, A. A., Maieritsch, S. W., & Ficke, S. L. (2002, February). *9-11: Responding to the needs of the campus community in the wake of a tragedy*. Symposium conducted at the annual meeting of the Big Ten Counseling Centers Conference, Iowa City, Iowa.
- Rabalais, A., & Sobel, A. A. (2003, July). *Treating the traumatized adult: Cognitive Processing Therapy*. Symposium conducted at the annual meeting of the University of Missouri Summer Institute of Psychological Trauma, Columbia, Missouri.
- Sobel, A. A., Resick, P. A., Rabalais, A. E., Hershberger, J. J. (2003, November). *Cognitions following sexual assault*. Chairs: Kaysen, D., L., & Nixon, R. D. Discussant: Bryant, R. A. Symposium conducted at the annual meeting of the Association for the Advancement of Behavior Therapy, Boston, Massachusetts.
- Sobel, A. A., & Resick, P. A. (2005, March). *Cognitive Processing Therapy: A cognitive-behavioral treatment for trauma survivors*. Paper presented at the annual mental health conference of the Indiana State University Department of Social Work and the Hamilton Center, Inc., Terre Haute, Indiana.

Sobel, A. A. (2005, April). *Cognitive Processing Therapy: A cognitive-behavioral treatment for trauma survivors*. Paper presented at the spring meeting of the Champaign Area Psychological Society, Champaign, Illinois.

Professional Affiliations

- New York State Psychological Association
- Psychological Association of Northeastern New York