

# Mitch Abrams, Psy.D.

Licensed Psychologist

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## Curriculum Vitae

### PROFESSIONAL LICENSURE:

August 2001 Licensed Psychologist - New Jersey # 03936

January 2000 Licensed Psychologist – New York # 014186

### EDUCATION:

September 1994-September 1998 Long Island University, C.W. Post Campus Clinical Psychology Doctoral Program (Psy.D.)  
Areas of Concentration: Family Violence, Treatment of Trauma, Anger Management.  
Doctoral Dissertation Topic: The application of anger management training to male athletes.  
M.S. in Applied Psychology - September 1996  
Psy.D. in Clinical Psychology - September 1998

September 1989-June 1994 Brooklyn College, City University of New York  
B.S. Psychology/Pre-Medical Studies

### WORK EXPERIENCE:

October 2017 – Present University Correctional Healthcare (UCHC)/Rutgers  
Title: Chief Psychologist & Clinician Administrator  
Duties: Responsible for oversight and training of all aspects of psychological intervention inside the New Jersey Department of Corrections including approximately

20,000 inmates and over 100 direct reports. Manage the Corrections Officer Domestic Violence Evaluation process. Responsible for administrative oversight of all aspects of mental health treatment and assessment in seven state prisons. Coordinate the Forensic Track of Rutgers' pre-doctoral psychology internship program – including group supervision, development and provision of the Prison Lecture Series and reviewing, interviewing and ranking/selecting forensic interns. Oversight of all psychology externship placement and supervision. Statewide training of psychologists in Risk Assessment, Disciplinary Evaluations, Treatment Review Committees Participation for the Use of Involuntary Medications and other specialty evaluations. Development and implementation of policies and procedures. Crisis management at the local and statewide levels.

February 2015 – Present

Grant from the Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering and Tracking (SMART) Sponsored by the U.S. Department of Justice. The Campus Sexual Assault Perpetrator Treatment Pilot Project, in the context of Title IX and Clery Act violations, is aimed at offering sentencing options for college students found responsible for sexual misconduct, including a treatment and intervention module. Principal Investigator: Dr. Robert Prentky – Fairleigh Dickinson University

Title: Consultant

Duties: Recruit representatives to utilize athlete populations in the context of the study. Review and edit questionnaires used to increase knowledge of factors related to college sexual violence. Led filmed group conversations with co-ed student groups about contributing sexual violence dynamics. Consulted on topics of male athlete culture, drug & alcohol involvement, toxic masculinity and accountability in prevention, treatment and risk assessment approaches.

July 2008 – Present

Rutgers -Robert Wood Johnson Medical School (Formerly UMDNJ), Clinical Assistant Professor, Department of Psychiatry. Appointed July 31, 2008. Lecture psychology interns, psychiatry residents and fellows on correctional and forensic psychology issues including functional analysis of

inmate behavior, utilization of psychological testing in prison settings and evaluation and treatment of trauma and anger.

- December 2004 – October 2017      University Correctional Healthcare (UCHC)/Rutgers  
Title: Clinician Administrator  
Duties: Responsible for administrative oversight of all aspects of mental health treatment and assessment in seven state prisons under the auspices of the NJ Department of Corrections. Coordinate the Forensic Track of Rutgers' pre-doctoral psychology internship program. Statewide training of psychologists in Risk Assessment and Disciplinary Evaluations.
- January 2002 – December 2004      Center for Family Guidance  
Title: Director of Inpatient Psychology at Northern State Prison  
Duties: All of those mentioned below, in addition to being responsible for the Stabilization Unit which is one of only two such units in the New Jersey State Department of Corrections. Unit is responsible for psychiatric treatment of acute crises with rapid stabilization and appropriate disposition.
- August 2001 - January 2002      Center for Family Guidance  
Title: Lead Psychologist - RTU/TCU at Northern State Prison  
Duties: In addition to treatment responsibilities as noted below, all aspects of operation for the two inpatient psychiatric units at Northern State Prison in the New Jersey State Department of Corrections. These included hiring, training & supervising all of the therapy staff, serve as a liaison between clinical personnel and prison administrators and custody staff. Formalized psychiatric treatment program. On-call 24 hours/day.
- June 2001- January 2005      National Coalition Against Violent Athletes (NCAVA)  
Title: Vice President/Director of Clinical Operations  
Duties: Develop all programmed activities for NCAVA, which is a non-profit organization that works to provide services to athletes to prepare them to handle difficult emotions successfully - without

counterproductive violence that effects all concerned parties negatively. Programs focus on anger management, dating violence prevention and substance abuse education for the athletes. Services provided include organizational consultation, direct intervention, preventative workshops and crisis management.

December 2000 - August 2001

Center for Family Guidance

Title: Staff Psychologist

Duties: Provide individual and group psychotherapy to special needs inmates. Responsible for treatment on two units: The Crisis Stabilization Unit, which is a unit that handles all inmates in acute psychiatric crisis in the New Jersey State prison system. The other location is the Residential Treatment Unit RTU/TCU Transitional Care Unit where intermediate care is provided for special needs inmates that are not psychiatrically stable enough to function in general population.

January 2000 – Present

Private Practice – ***Learned Excellence for Athletes*** and ***Abrams Psychological Services*** – **Founding Partner & Chief Executive Officer**

Responsibilities: Administrative Supervision of all aspects practice that currently provides services for clinical, sport and forensic psychology. The practice also has a Maternal Mental Health Team that provides treatment for issues that include Post-Partum Depression, Anxiety & Psychosis, Perinatal Bereavement, Adjustment to Parenting, Infertility Issues and related psychological issues related to maternity.

Sport Psychology: As a sport psychologist, services directed at athlete population ranging from child through adult – treating athletes & coaches from the youth sport to professionals. Addressing issues ranging from performance enhancement to treatment of clinical psychopathology. Specialty areas include: anger management, treatment of trauma (physical, sexual, emotional abuse & domestic violence – for perpetrators and survivors) & attention deficit hyperactivity disorder (ADHD). Provides forensic sport psychology services that include Risk

Assessment for Dangerousness to Self & Others – Suicidality, Homicidality and/or risk of sexual assault. Talent evaluation and draft preparation.

Clinical Psychology: Practice specializes in the treatment of anger and violence (for both perpetrators and victims) and associated trauma. Focus placed upon survivors of rape, sexual assault/abuse, domestic violence, transition through divorce and other forms of family violence.

Forensic Psychology: Provide forensic evaluations and therapeutic services for legal purposes. These include, but are not limited to, custody evaluations, independent medical examinations for personal injury claims and competency and culpability issues related to civil and criminal matters. Court ordered therapy for anger management, domestic violence issues, reunification therapy. Consultation with attorneys for witness preparation, consideration of mental health issues and cross-examination of expert witnesses.

December 2000 – July 2002;  
September 2004 – January 2005

Brooklyn College

Title: Adjunct Assistant Professor

Classes taught: Undergraduate: Psychotherapy, Child Psychology, Abnormal Psychology; Graduate: Psychopathology.

October 1999 – January 2000;  
August 2004 – 2005

Fairleigh Dickinson University

Title: Adjunct Faculty

Duties: Develop and teach graduate on-line course in Sport Psychology interventions. Supervise doctoral students in sport psychology practicum with FDU Div. I athletes.

November 1998-December 2000

Coney Island Hospital

Title: Senior Psychologist

Duties: Served as a primary therapist for inpatient psychiatric patients, as well as completed psychological evaluations of patients. Supervised externs and interns. Member of Continuing Quality Improvement (CQI) team and Anti-Violence Committee.

- October 1997-Present *Learned Excellence for Athletes*  
 Founder & Principal Consultant providing workshops, as well as individual & group interventions offered to athletic departments, sports agents, parents, athletes & coaches. Specific programming designed for anger management and sexual violence prevention, treatment and risk assessment. Development of Entourage Training.
- September 1996-May 1997 Psychology Department, L.I.U. C.W. Post Campus  
 Title: Adjunct Faculty  
 Duties: Teach introductory psychology course for university students.
- January 1995-June 1995 Academic Resource Center, L.I.U. C.W. Post Campus  
 Title: Psychology Tutor  
 Duties: Tutored undergraduate students who required special services due to various disabilities.

### **WORKSHOPS/PRESENTATIONS/PUBLICATIONS/MEDIA**

- Pending Upcoming article on the assessment of anger in sports: Bartlett, M., Abrams, M., Byrd, M., Treankler, A., & Houston- Norton, R. (In press). Advancing the assessment of anger in sports: Gender differences and STAXI-2 normative data for college athletes. *Journal of Clinical Sport Psychology*.
- Pending Upcoming chapter in sport psychology textbook focusing on anger and aggression in sports: Bartlett, M. & Abrams, M., (In press). Anger & aggression in sport. In M.H. Anshel, T. Petrie, & J. Steinfeldt (Eds.) *Handbook of Sport and Exercise Psychology*, Vol 1.
- October 2017 “Sexual & Domestic Violence in Athletes - Prevention, Treatment & Assessing Risk” - Prevention & Treatment for Sexual, Dating & Domestic Violence in Athlete Populations” – 6 hour Continuing Education workshop providing the state-of-the-art assessment and treatment tools to work with athletes involved with violence. Workshop explained the problems with prevention models currently utilized and presented the Abrams Model of Sexual Assault Prevention that focuses on a three-prong approach requiring *comprehensive prevention, risk assessment & treatment*. Also provided

systemic interventions required to implement any effective program with athlete populations. Attention was paid to educate the audience about the interface of sport and forensic psychology in this work. Presented at Association for Applied Sport Psychology's Annual Conference in Orlando, FL.

- October 2017 "Overcoming Rage" Interview on the Better Man Show starring Brian Jones and Gwen Lawrence focusing on skills men can improve to be better, more well-rounded men. This segment focused on building an anger toolbox and not letting one's ego lead to poor decision making in anger generating situations. Quick tips were offered. Available online at: <https://www.youtube.com/watch?v=6mBz3R5VtOg>
- September 2017 "Sex Offenders – Why They Do What They Do" – Keynote presentation to psychologists, therapists, administrators, parole officers and law enforcement at the Pennsylvania Sex Offender Assessment Board's semi-annual meeting in Hershey, PA. Attention was paid to the offender that does not get caught and special populations, such as those that exist and predate in athlete communities. Sponsored by the Pennsylvania Board of Probation and Parole.
- August 2017 "Models to Address Campus Sexual Assault: History and New Directions" – Presented as part of symposium entitled: *Sexual Violence on Campus—Changing Dialogue, Changing Culture* sponsored by Division 41 – American Psychology-Law Society at American Psychological Association's Annual Convention in Washington DC.
- August 2017 "Anger in the Context of Coaching" – Sport Psych Give-Away organized by APA Division 47 – Society for Exercise & Performance Psychology provided for youth soccer coaches at Farlington Recreation Center in Arlington, Virginia.
- June 2017 "Trauma in the Context of Children in Family Law Cases" Training for the CASA Volunteers that explains etiology, symptom presentation and treatment options for those exposed to traumatic events. Sponsored by the Court Appointed Special Advocates (CASA) of Monmouth County.
- June 2017 "Sexual Assault Prevention in Athlete Populations - Real Solutions" – Presentation given to coaches, athletic trainers, sport psychologists and sports medicine physicians focusing on the problems with historical approaches to sexual assault prevention and solutions were explained as to how to provide a more comprehensive model to prevent, assess and treat sexual violence in athlete populations. The 2017 Female Athlete Conference was hosted by the Sorenson Center for the Arts at Babson College, Wellesley, MA and sponsored by Boston Children's Hospital. Course Director: Kathryn E. Ackerman, MD, MPH, FACSM.

- June 2017 “Anger Management – Understanding How to Harness & Manage the Fire” Breakout workshop given to coaches, athletes, league representatives and athlete development specialists at the Athlete Development Summit sponsored by PAADS in Daytona, FL. Focus was on utilizing anger for both performance enhancement as well as transgression reduction with highly competitive athletes.
- May 2017 “The Good, the Bad and the Ugly: Understanding and Assisting the More Complex Patient” Presentation given to the staff of Relief Resources in Lakewood NJ addressing the presentations of anger, trauma and personality disorders, methodology of conceptualization and treatment recommendations.
- April 2017 “The Truth About Sexual Assault & Athletes - The Real Problem and The Comprehensive Solutions” – Keynote Lecture at the 2017 AASP West Regional Conference sponsored by John F. Kennedy University (JFKU). Presentation focused on history of sexual assault prevention programs in athlete populations that have not reduced incidents, while offering comprehensive prevention. In addition, aspects of risk assessment and treatment of perpetrators of sexual violence were introduced.
- March 2017 “Anger – The Hidden Fuel” – Continuing Education Workshop provided for sport psychologists, coaches and students focusing on the performance enhancement qualities of anger management. This was sponsored by Northeast Atlantic Sport Psychology Conference at Temple University and was a Regional Conference for the Association of Applied Sport Psychology (AASP).
- November 2016 “Sexual Assault Prevention in Athlete Populations” and “Anger Management in Sport” Guest Lectures presented in Sport Sociology and Sport Psychology classes for Dr. Latisha Scott-Forster of Rutgers University’s Exercise Science and Sport Studies Department.
- September 2016 “Anger, Violence, Aggression & Anabolic Steroid Use: What Have We Learned?” Presentation as part of symposium entitled, “70 Years In: Anabolic Steroid Use and the Athlete – What Consultants Need to Know”, chaired by Tracy Olrich, Ph.D. and including Mario Vasallo and Kelvin Byrd. Presentation explained away both the myth of “roid rage”, the incidence of mood/psychotic reactions to steroids, and the contributive, but not causative relationship between steroid use and violence. Presented at Association for Applied Sport Psychology’s Annual Conference in Phoenix, AZ.
- September 2016 “Trauma in Sports – Raising Awareness & Empowering Change” Workshop presented with Amanda, Leibovitz, M.A. educating sport psychologists of the many ways in which trauma occurs and symptomologically presents in athlete populations. Second half of the



presentation had a survivor of severe trauma discuss her path to recovery. Presented at Association for Applied Sport Psychology's Annual Conference in Phoenix, AZ.

- June 2016 "Why Do I Sometimes Feel I'm About to Absolutely F\*%&ing Snap?" Article written by Josh Dean and published in the June 2016 Issue of Men's Fitness that highlighted the application of anger management techniques in athlete, inmate and everyday populations. Also available at: <http://www.mensfitness.com/life/anger-management-what-do-when-you-feel-youre-about-absolutely-fing-snap> <http://www.mensfitness.com/life/5-stages-rage-you-reach-you-hit-your-boiling-point>
- June 2016 "Children & Anger: Common Struggles of Those Involved in Family Law Cases" Training for the CASA Volunteers that focused on normalization of anger, how it manifests in children and adolescents, as well as the basics of anger management. Sponsored by the Court Appointed Special Advocates (CASA) of Monmouth County and the Monmouth County Public Library in Shrewsbury, NJ.
- May 2016 "Functional Analysis of Inmate Behavior: Relearning Clinical Interviewing" Invited Grand Rounds for Behavioral Health Services of North Central Bronx Hospital. Lecture that focused upon understanding malingering and manipulation in the context of interviewing and treating forensic patients. Utilization of psychological testing and suicide assessment techniques were included, using case material as examples.
- April 2016 "The Myth of the Violent Athlete" Invited program sponsored by the Clarke Forum for Contemporary Issues presented at Dickinson College. Presentation disproved the myth that athletes are more violent than non-athletes, while addressing issues that make athletes at risk. Topics related to culture, masculinity and sexual assault prevention were highlighted as well. Video can be seen at: <http://clarke.dickinson.edu/mitch-abrams/>.
- April 2016 "Raising Boys to Value Girls" Interview conducted by Hannah Stanley for On Social Health and Change presented by Adler University and broadcasted by WGNPlus. Topics included trophies for participation, athletes and violence, male athletic culture, and coaching education. Available online at: <http://wgnplus.com/2016/04/26/raising-boys-to-value-girls/>
- April 2016 "Wee Chats with Dr. Mitch Abrams" Podcast interview by Dr. Alison Rhodius for her series Wee Chats with Brilliant People in which discussion focused on anger management in sports. Available online at: <http://weechats.com/wee-chat-with-dr-mitch-abrams-sport-psychologist/>.
- March 2016 "Reunification Therapy" Monmouth County Family Law Seminar given to attorneys and judges of Monmouth County providing a view overview of

the reunification process and how orders can be written to avoid the predictable pitfalls that can be avoided.

- February 2016 “Playing Smart – Avoiding Off-Track Issues” Presentation given to drivers advising them of distractions that can interfere with peak performance, especially in light of increased media exposure and scrutiny. 7<sup>th</sup> Annual Driver Development Seminar sponsored by NASCAR, Daytona Beach, Florida.
- February 2016 “Reunification Therapy” Presentation given to attorneys and judges for the Ocean-Monmouth Family Law Inns of Court Seminar highlighting details of the reunification process, how to consider orders to effectuate the process, and predictable pitfalls that can be avoided.
- December 2015 “Athletic Trainers Role in Sport Psychology Services” Invited Presentation given with Dr. Vonetta Kalieta, for Athletic Trainers of the Jersey Shore sponsored by Professional Orthopedics Associates.
- November 2015 “Issues of Trauma in Athlete Populations” – 3-hour workshop presented to the Master’s Program in Sport Psychology at JFK University educating on different types of trauma and how to identify it in athlete populations. Specific attention is given to dating, sexual and domestic violence identification, prevention and treatment in the sports world.
- November 2015 “Anger Management in Sports” – 3 ½ hour workshop presented to the Master’s Program in Sport Psychology at JFK University teaching anger management for peak performance and transgression reduction to athletes across ages and competitive levels.
- October 2015 “Prevention & Treatment for Sexual, Dating & Domestic Violence in Athlete Populations” – 6 hour Continuing Education workshop teaching sport psychologists aspects of prevention, treatment and risk assessment models for violence prevention. Topics included – problems with Bystander Intervention, Issues Related to Trauma, Typologies of Batterers and Systemic Recommendations. Further, introduction to concepts in forensic psychology that are required for sport psychology was provided. Presented at Association for Applied Sport Psychology’s Annual Conference in Indianapolis, IN.
- October 2015 “Partner Violence in Athlete Populations – Guidance from a Survivor's Point of View” Workshop presented with Sarah Pakenham, M.A. that highlighted prevention and treatment strategies for trauma in sport, while also illustrating how exercise and holistic methods may be very useful in healing following violence. Presented at Association for Applied Sport Psychology’s Annual Conference in Indianapolis, IN.
- October 2015 “Five Slides in Five Minutes Session: Special Interest Groups” Symposium

chaired by Mark Aoyagi, Ph.D. where each SIG Coordinator provided five slides to review the themes and work of their group. Presented on Anger & Violence SIG. Presented at Association for Applied Sport Psychology's Annual Conference in Indianapolis, IN.

- October 2015 “Emotion Regulation and Anger Management: Skill Building and Better Communication” Community presentation given at the Eatontown Public Library and sponsored by the Mental Health Association of Monmouth County to educate mental health providers, clients and families on the normalization of anger as an emotion, skills to regulate their emotions to perform their best and when to refer to a professional for more complicated problems.
- September 2015 “Diversity Issues in Forensic & Sport Psychology” – Guest lecture for Dr. Raina Lamade in her doctoral course in Clinical Psychology at Fairleigh Dickinson University. Issues related to observational skills, prejudice/bias, socioeconomic status, disproportionate of incarcerated minority individuals and differences in athlete culture were examined through interactive lecture.
- June 2015 “Leadership & Confidence in Sports - Act Like You've Been There” Presentation given to the Student Athlete Advisory Committee of the Big East Conference. Impact of sport psychology and mental side of the game was illustrated in the context of increased performance in sport and in life.
- May 2015 “How to Prevent & Treat Domestic & Sexual Violence in Athletes” – Presentation given to Athletic Development Specialists, Sports Administrators and League Officials at the Professional Association of Athlete Development Specialists' (PAADS) Athlete Development Summit at Major League Baseball Headquarters.
- May 2015 “Post Traumatic Stress Disorder: Understanding the Underlying Roots Related to Trauma” Community presentation given at the Eatontown Public Library and sponsored by the Mental Health Association of Monmouth County to educate mental health providers, clients and families of the symptomology of trauma and evidence-based practices to treat PTSD and related conditions.
- May 2015 “Mastering the Mental Side of the Game – Finding the Zone” Presentation given to coaches, athletic trainers, athletes and parents explaining the impact of sport psychology on increasing sport success, with specific attention given to the relationship between emotion and peak performance. Sponsored by Reach Your Potential Training (RYPT) in Tinton Falls, NJ.
- April 2015 “Psychological Problems Faced By Children Exposed to Trauma” Presentation focused on providing information about symptoms, dynamics and treatment for young individuals that face traumatized situations. Sponsored by the Court Appointed Special Advocates (CASA) of

Monmouth County and the Monmouth County Public Library in Shrewsbury, NJ.

- April 2015 “Deviance in Sport” Guest lecture in University of Denver’s undergraduate sport psychology class that focused on the incidence of transgressions in sport. Lecture focused upon cultural issues in sport that contribute to the problem and systematic recommendations that can be implemented to prevent the development of deviance. Specifically, issues regarding cost-benefit relationship in professional sports were juxtaposed with the preferential treatment that we give athletes and coaches as early as in youth sports were highlighted for targets of intervention.
- April 2015 “Teen Dating Violence” – Invited Keynote Address followed by a 4-member panel discuss on Teen Dating Violence and Cyberbullying. This was provided at the 2<sup>nd</sup> Annual Union County C.A.R.E.S. (Community, Action, Response, Education, Safety) Domestic Violence Symposium held at Kean University. Conference was sponsored by the Trauma and Domestic Violence Consortium of Union County.
- April 2015 “Mastering the Mental Side of Baseball: Finding the Zone” Workshop provided for collegiate and minor league baseball players highlighting the mental conditions necessary for peak performance in baseball and the key elements to “Finding the Zone” more often. Discussion of relaxation exercises and grounding techniques, paired with self-affirmations, cognitive restructuring and reminders were utilized to attack traditional sport-related myths such as slumps. Sponsored by The Hot Corner Baseball Academy – Englishtown, NJ.
- April 2015 “Anger Management for Athletes” – Full day workshop provided to graduate and undergraduate sport psychology students that, after reviewing the history of anger & aggression in sports, taught the details of Dr. Abrams 10 Session Anger Management Program for Athletes. This interactive workshop focused on the “How-To” of the program as opposed to a description of the problem. Sponsored by West Virginia University’s College of Physical Activity and Sport Sciences.
- March 2015 “Anger Management in Sports – Performance Enhancement and Transgression Reduction” – Three-hour workshop provided for faculty and graduate sport psychology students that provided background on vocabulary & theory on the relationship between anger and sports and then provide skills training that can assist athletes with both improving performance and reduce the likelihood of on and off the field transgressions. Sponsored by Adler University.
- March 2015 “Violence Prevention in Sports” – Three-hour workshop provided for faculty and graduate sport psychology students that reviewed aspects of the athlete culture that may contribute to the potential for violence and then

provide frameworks for systemic and individualized interventions to assess and prevent sexual, dating and domestic violence perpetrated by athletes. Sponsored by Adler University.

- March 2015 “Reunification Therapy – How to Make It Work” – Three-hour seminar provided at Abrams Psychological Services for family law attorneys and clinicians focusing on the nuances of Reunification Therapy in the context of common obstacles. Topics covered included Parental Alienation, confidentiality issues, guidance on how to craft orders to gain compliance, and how the best interests of the children can be protected throughout the process.
- November 2014 “Sexting, Cyberbullying & Social Media - The Dynamics Outweigh the Details” Workshop sponsored by Trinitas Regional Medical Center, Department of Behavioral Health and Psychiatry in Elizabeth, NJ and delivered to educators, mental health professionals, administrators and parents. Presentation discussed the ramifications (both legal and personal) which may occur as a result of sexting and cyberbullying; how to engage safety measures so that today’s youth are not prematurely exposed to images or social content of a sexual nature and how to build awareness. Approaches for how to talk to today’s parents and youth about the very serious issues emerging from the use of social media were illustrated.
- October 2014 “Marketing Restrictions for the Sport Psychologist\*” Presentation provided as part of a symposium entitled “Balancing the Scales: Marketing sport psychology services while maintaining client confidentiality” with Glenn Pfenninger, M.S., M.B.A. & Tanya Prewitt, Ph.D. Discussion focused on confidentiality limits and how to ethically navigate marketing issues as a licensed psychologist. Presented at Association for Applied Sport Psychology’s Annual Conference in Las Vegas, NV.
- October 2014 “Anger Management and Violence Prevention for Athletes” – 6 hour Continuing Education workshop teaching sport psychologists theory and providing vocabulary in discussing issues related to anger and sports. Issues related to performance enhancement and violence prevention were addressed and comprehensive programming was offered to deliver such services to athlete populations. Specific attention was spent on the identification, classification and treatment of Domestic Violence – both for perpetrators and survivors. Presented at Association for Applied Sport Psychology’s Annual Conference in Las Vegas, NV.
- October 2014 “Borderline Personality Disorder” – Educational workshop presented at the Eatontown Public Library and sponsored by the Monmouth County Mental Health Association. Audience included advocates, clinicians, educators and family members with the focus outlining diagnostic criteria and treatment approaches to Borderline Personality Disorder. Differential diagnosis and the disorder’s relationship to trauma were highlighted as well.

- August 2014 “Sports in the Public Eye: The Impact of the Media’s Lens” presentation focusing on interface between athletes and the media and how to prepare athletes for this. In symposia entitled, “Taking a Stand? Sport Psychology, Media, and LGBT Athletes in Sochi” presented at American Psychological Association’s Annual Convention in Washington DC.
- Summer 2014 “Anger In Sport: The Good, The Bad, and the Useful” – Article written with Dr. Michelle Bartlett and Megan Byrd for the Association for Applied Sport Psychology’s Newsletter that presented the norming of the STAXI-2 on athletes as well the different impact, positive and negative, anger can have on performance.
- July 2014 “There’s No Crying in Softball” – Presentation focusing on the importance of emotion management & mental skills to optimize athletic performance in female softball players aged 8 – 16 years old. Sponsored by Nike Softball Camp – Verona, NY.
- July 2014 “Sexual Assault Prevention” – Presentation introducing the topics of sexual boundaries and abuse in sports which was directed to the 12 – 16-year-old female softball players. Sponsored by Nike Softball Camp – Verona, NY.
- May 2014 “Winning the Mind Game: The Psychology of Competition in Youth Sports” – Workshop provided as part of the Sports Safety Symposium for the Community – Are YOU Sports Smart? Sponsored by Robert Wood Johnson University Hospital, New Brunswick, NJ.
- November 2013 “Sport Psychology – How Anger Impacts Performance” – Invited lecture for graduate sport psychology class at Columbia University, New York, NY.
- October 2013 “Assessment and Management of Self-Injury, Suicide and Violence in Athlete Populations” – 6 hour Continuing Education workshop teaching sport psychologists methods of risk assessment in athlete populations. Presented at Association for Applied Sport Psychology’s Annual Conference in New Orleans, Louisiana.
- October 2013 “Sexual Countertransference in Sport Psychology Settings” – presentation as part of symposium entitled “Sex and Sexuality Issues in Training and Practice of Applied Sport Psychology” at Association for Applied Sport Psychology’s Annual Conference in New Orleans, Louisiana.
- August 2013 “Sexual Abuse Hidden in the Athletic Culture” presented as part of the symposium: Controversial Topics at the Crux of the Sports/Media Relationship at the American Psychological Association’s Annual Convention in Honolulu, Hawaii. Chaired this symposium. Sponsored by Division 46 – Media Psychology & Division 47 – Sport & Exercise

Psychology.

- July 2013 “Emotion Management for Peak Performance – Finding the Zone” – workshop given to coaches, academic coaches, teachers and sports administrators at ATHLife Foundation’s 2013 Conference for Secondary Education Professionals in Alexandria, Virginia.
- July 2013 “Identifying Clinical Issues in Student Athletes” – workshop given to coaches, academic coaches, teachers and sports administrators at ATHLife Foundation’s 2013 Conference for Secondary Education Professionals in Alexandria, Virginia.
- June 2013 “Emotions, Power and Being a Man” – workshop given to student athletes and their adult mentors at the Highland Park Community Teen Center, Highland Park, NJ.
- June 2013 “Get Angry, Go Harder” – Article written on the performance enhancement nature of anger. Published on the internet by FitnessRx for men: <http://fitnessrxformen.com/health/get-angry-go-harder>.
- April 2013 “Treatment of Trauma in Sports” – Continuing Education Workshop provided for sport psychologists, coaches and students focusing on the underattended to topic of abuse in sports. This was sponsored by Northeast Atlantic Sport Psychology Conference at Temple University.
- November 2012 “Stress Management for Athletes” presented at Wells College at the behest of the Athletic Department and sponsored by the NCAA Speakers Grant.
- October 2012 “Anger & Aggression in Combat Sports: A Novel Approach to an Existing Paradigm” chaired this symposium which was presented at the Association for Applied Sport Psychology’s Annual Conference in Atlanta, Georgia.
- October 2012 “Treating Trauma in Athletes” presented a 7 hour Continuing Education Workshop at the Association for Applied Sport Psychology’s Annual Conference in Atlanta, Georgia.
- September 2012 “Sport Psychology: Mastering the Mental Side of the Game” presentation provided for parents, athletes and coaches sponsored by CK’s Baseball 4U Training Facility.
- August 2012 “Athletes and Crime in the Public’s Eye” presented as part of a symposium (that I also chaired) entitled “The Tumultuous Relationship Between Athletes and the Media” sponsored by Division 46, Media Psychology, at the American Psychological Association’s Annual Convention in Orlando, Florida.

- May 2012 “Identification and Treatment of Trauma in Sports” presented to the Master’s Program in Sport Psychology at JFK University.
- May 2012 “Anger Management in Sports” presented as a 4 ½ hour Continuing Education Workshop for the Master’s Program in Sport Psychology at JFK University.
- May 2012 “Mental Health Issues for Student Athletes” presented to the coaches, athletic trainers and athletic directors of the East Coast Conference – DII NCAA – Student Athlete Leadership Conference held on the campus of New York Institute of Technology – Central Islip Campus.
- April 2012 Invited address to Psi Chi at Western Connecticut State University on “Success in Psychology” and also presentation entitled “Violence in Sports” to the Psychology Department.
- February 2012 “Mental Health Issues for Athletes” presented to the student-athletes of the East Coast Conference – DII NCAA – for their Community and Character Leadership Workshop held on the campus of New York Institute of Technology – Central Islip Campus.
- November 2011 “Anger in Sports”. Presentation given to the Athletic Department at Suffolk County Community College (athletes, coaches & administrators) to explain the relationship between elevated anger levels and peak athletic performance.
- October 2011 “Parental Alienation & Reunification Therapy. Presentation given to the Weinberger Law Group in Parsippany, NJ to educate attorneys on psychological factors involved in high conflict custody matters.
- September 2011 “Challenges with Assessing Anger in Sports.” Presentation given as part of symposium at AASP’s annual convention entitled: An Overview of Assessing Anger in Sports. Also chaired this symposium. Honolulu, HI.
- January 2011 Multiple sport psychology entries published in the Encyclopedia of Sports Medicine edited by Lyle J. Micheli, M.D. and published by Sage Publishing.
- October 2010 “Anger Management & Violence Prevention for Athletes.” This two-day workshop offered research and theory as the basis for comprehensive anger management programs geared towards reducing on and off the field violence as well as enhance performance. Sexual violence prevention material was offered as well at this Continuing Education workshop sponsored by AASP at its annual convention in Providence, Rhode Island.



- October 2010 “Anger Modulation to Enhance Sports Performance”. Presentation given as part of larger symposium offered at AASP’s annual convention entitled: Anger, The Misunderstood Emotion – How it Impacts Sports Performance. Also chaired this symposium. Providence, Rhode Island.
- October 2010 “Sport Psychology Applied to Corrections & Forensics”. Presentation given at AASP’s annual convention as part of symposium entitled: Transferable Life Skills for Sport Psychology Students and Practitioners (or How to Find a Job with Your Sport Psychology Degree): Providence, Rhode Island.
- October 2010 “Critical Issues in Sexual Violence Prevention for Athletes”. Presentation offered as part of larger symposium entitled: Silent Taboo: Sexual Transgressions in Sport. Also chaired this symposium. Providence, Rhode Island.
- August 2010 “Violence Reduction in the Sports World” – Workshop sponsored by Division 47 – Sport & Exercise Psychology focusing on the necessary components of violence prevention programs for athletes. Presented at the American Psychological Association’s 118<sup>th</sup> Annual Convention in San Diego, CA.
- February 2010 Anger Management in Sport: Understanding and Controlling Violence in Athletes. Book published by Human Kinetics, Inc.
- February 2010 “Sports Transgressions” – Sport Psychology Blog produced for Psychology Today.com which focuses upon issues related to athletes’ brushes with morals, ethics and the law.
- October 2009 “Treating Mental Illness in State Prisons – A Blueprint” – a Focus Workshop presented at the International Corrections and Prisons Association’s (ICPA) 11<sup>th</sup> Annual Conference held in Barbados.
- September 2009 “Deviant Sports Aggression” presentation given as part of symposium at AASP’s Annual Convention in Salt Lake City. Symposium entitled: “Just (Over) do It: The Trials of a Deviant Sport Ethic” and was chaired by Dr. Sharon Chirban.
- December 2008 “Confidence – How to Always Bring Your “A” Game” – workshop given to the football and basketball teams (boys and girls) of Abraham Lincoln High School in Brooklyn, NY – organized by Lainie Hodges, Play It Smart Academic Coach.

- September 2008 “Post Traumatic Stress Disorder – Evidence Based Practices” – Didactic training provided for UMDNJ/University Behavioral Health Care’s Psychology Interns, Psychiatry Residents and Fellows.
- September 2008 “Athletes, Criminals, They’re the Same Thing...Right?” presentation focusing on issues of criminality amongst athletes – pointing out lower incident rates than the media recognizes and increasing tendency towards athletes being targets of crime. Was part of symposium entitled, “Discussing the Taboo in Sport Psychology”, chaired by Dr. Abrams, presented for the Annual Conference of the Association for Applied Sport Psychology (AASP) held in St. Louis, MO.
- June 2008 “Dealing with the ‘Bad’ Emotions in Sport”. Presented for the 24<sup>th</sup> Annual Conference on Counseling Athletes at Springfield College. Presentation focused upon normalization of emotions commonly referred to as negative, how to manage and harness them for peak performance in sports.
- June 2008 “Emotion Management for Football Success”. Presented for New Jersey high school football players as part of the NFL’s High School Player Development (HSPD) camp coordinated by Gerhard Sanchez and held at Roselle Park High School.
- November 2007 “Beyond Mad and Bad: Psychological and Systems Issues” presentation given at UMDNJ/University Correctional HealthCare’s First Annual Statewide Conference – “Rising to the Challenge.
- October 2007 “Let’s Talk About Sex” – Critical Issues in Sexual Violence Prevention for Athletes. Presented for the Annual Conference of the Association for Applied Sport Psychology (AASP) held in Louisville, KY.
- October 2007 “Assessment Issues from the Clinical Perspective.” Presentation given at AASP’s Annual Conference held in Louisville, KY. In addition to presenting, also chaired the symposium entitled “Putting Athletes to the Test – Using Formal Assessment Tools in Consultations” which featured presentations by doctoral students Brad Jurica & Glenn Pfenninger.
- September 2007 “Utility of Psychological Testing in Prison Settings” Training provided to Psychologists, Psychiatrists and Social Workers working in both Inpatient and Outpatient settings at South Woods State Prison.
- August 2007 “Athletes and the Media – A Love-Hate Relationship” Symposium presented for Division 46 – Media Psychology and chaired by Dr. Chris Carr at the American Psychological Association’s Annual Convention in San Francisco, CA.

- July 2007 “Emotion Management for Peak Performance” Invited workshop presented at the National Football Foundation & College Football Hall of Fame’s 10<sup>th</sup> Annual Play It Smart Conference held at the Ritz-Carlton in Atlanta, Georgia. Presentation focused on training academic coaches, educators and football coaches the benefits of and skills associated with modulating one’s emotions to optimize performance in school, in sport and in life.
- July 2007 “Focus, Concentration & Attention” Invited presentation given at the Essex County Life Skills/Football Camp held at West Side Park in Newark, NJ. Program educated the 9 to 14-year-old football players about the importance of emotional control and mental focus in performing well in school and in sport.
- June 2007 “Did You Get My “Yes”?” – Sexual Violence Prevention for Athletes. Presentation given at Springfield College’s 23<sup>rd</sup> Annual Conference on Counseling Athletes with the theme of Mentoring. Outlined the relevant cultural, legal, and emotional issues related to sexual violence especially as applicable to athlete populations.
- October 2006 “Diagnostic & Therapeutic Issues in Complex PTSD & Borderline Conditions in Inmate Populations” – Presentation given to psychiatry residents, psychologists, social workers and psychology interns at UMDNJ, Newark Campus as part of the Prison Lecture Series offered to provide training on difficult clinical issues found in correctional populations.
- September 2006 “Violence Prevention Tools for Sports” – Presentation outlining what individual, team and systemic interventions would prove helpful in reducing sports violence. This was given as part of symposium entitled New Directions in Anger & Sports sponsored by the Association for Applied Sport Psychology, Miami, FL.
- September 2006 “Anger Management in Prison” Presentation given to psychiatry residents, psychologists, social workers and psychology interns at UMDNJ, Newark Campus as part of the Prison Lecture Series offered to provide training on how to work with a very violent population with high incidence of both Axis I & Axis II pathology. It included what works for whom.
- June 2006 “Initial Anger Management Session with an Athlete: An Interactive Demonstration” Presentation given at the 22<sup>nd</sup> Annual Conference on Counseling Athletes sponsored by the Springfield College Center for Performance Enhancement and Applied Research. The theme was LETS PLAY (Life Enhancement through Sport; Promoting Life Skills and

Academics in Youth). This presentation provided a hands-on, how- to demonstration of how to initiate anger management work with athletes.

- April 2006 “Team Psychology Can Contribute to Assaults: ‘Groupthink’ often overrides individual morals.” Written by Marc Lallanilla for [ABCNews.com](http://ABCNews.com) and posted in their April 20, 2006 edition. Stemming from the Duke Lacrosse Team rape accusations, the author interviewed Dr. Mitch Abrams focusing on how group dynamics plays a role in athletes’ behavior.
- April 2006 “Scandal at Duke: Is lacrosse to blame?” article that appeared in the April 14, 2006 edition of [TheWeekMagazine.com](http://TheWeekMagazine.com) where Dr. Mitch Abrams was referenced for his comments noting that it is easier to blame sports or society than holding people individually accountable.
- April 2006 “Athletes Must Be Trained as Men, Too” – Guest Op/Ed written for [Newsday's](http://Newsday's) April 7, 2006 edition in response to the Duke Lacrosse Team rape accusations. Main theme was that sexual crimes are not committed by people because they are rich, athletes or intoxicated, and thus, these behaviors, are not simply a sports issue. The need for proactive sexual assault prevention workshops provided to athletes not because they are more likely to engage in criminal behavior but because they are at-risk due to their popularity.
- April 2006 “Did You Get My Yes? A Student-Athlete’s Guide to Sexual Assault” Proactive rape prevention program provided to approximately 250 student-athletes from East Stroudsburg University, educating them about the legalities of sex crimes, the fact that athletes are an at-risk group due to their popularity, and other aspects of prevention specifically tailored to college student-athletes. Was highlighted in an article written by Dan Berrett and appeared in the 4/5/06 edition of the [Pocono Record](http://Pocono Record).
- November 2005 “Disciplinary Evaluations for Competence, Responsibility and the Ability to Tolerate Administrative Segregation in State Prison” – Interactive workshop provided to all psychologists employed in New Jersey’s State Prison system who will complete these evaluations for special needs inmates if/when they break institutional rules. Forensic issues included confidentiality, malingering and impact of mental illness on behavior.
- October 2005 “Counseling Sessions Create Coping Mechanisms”, article written by Jessica Adler and appeared in the October 11, 2005 edition of the [Herald News](http://Herald News). Dr. Abrams was interviewed to provide readers some details of the how-to’s of anger management.
- October 2005 “Sexual Violence and Athletes” – Lecture given as part of symposium at AAASP’s national conference entitled: [Sex and Sexuality Issues in](#)

Training and Practice of Applied Sport Psychology chaired by Dr. Judy Van Raalte. Presentation focused on the difficulties in studying the phenomenon, review of different approaches to prevention and recommendations for an ideal prevention strategy.

- September 2005 “It’s All Fun & Games Until Someone Gets Hurt – Teaching young athletes how to manage their anger” – Invited speaker for the International Youth Sports Congress – Youth Sports: A New World of Possibilities organized by the National Alliance for Youth Sports. Presentation for 300 worldwide delegates that included Certified Youth Sports Administrators, Police Athletic League directors, YMCA, and other youth sport organizations that outlined the issues related to Codes of Conduct, changing the environment to decrease angry outbursts, and the specifics of anger management skills that could be helpful for parents, coaches, athletes, and officials.
- August 2005 “Emotion Management for Peak Performance in Sport” – Presentation given to the football team of Dunbar High School in Washington DC as part of the American Psychological Association Division 47’s Sport Psych Give-Away where sport psychologists volunteered to give workshops to teams with minimal resources.
- August 2005 “Anger Management in Football” – Presentation given to Iona College’s Football Team. Focused on the different forms of aggression and how anger is related to them. Presented the model as both a performance enhancement tool as a means to minimize off-the-field transgressions.
- July 2005 “Assessment of Malingering in Correctional Settings” – Lecture given to Pre-Doctoral Psychology Interns at Pilgrim Psychiatric Center in West Brentwood, NY. Gave an overview of formal assessment tools – such as SIRS, MMPI-2 and projectives, but spent more time on the value of time and observing inmates when they do not realize they are being observed. Different issues that increase the probability of malingering such as pending court detainers, the desire to change custody status or housing location, or pending appeals with the goal of change in Judgment of Conviction yielding shorter sentence on the grounds of Not Guilty by Reason of Insanity or Diminished Capacity.
- July 2005 “Anger Management for High School and Collegiate Athletes” – Presentation given to graduate students at Long Island University/C.W. Post’s Institute for Counseling Student Athletes. Outlined the specific aspects of anger management for this age group as well as the necessary components of successful programming.
- July 2005 Forensic Psychopathology Training for Corrections Officers Working on Specialized Mental Health Units in Prison. Workshop given to Officers and

Supervisors who work in Inpatient Psychiatric Units inside Northern State Prison to improve their proficiency in managing the difficult inmate and further their understanding of mental illness. Topics covered include suicide prevention, assessment of dangerousness to self and others, determination of malingering and behavioral control of difficult inmates.

- March - April 2005 “Disciplinary Evaluations for Competence, Responsibility and the Ability to Tolerate Administrative Segregation in State Prison” – Interactive workshop provided to all psychologists employed in New Jersey’s State Prison system who will complete these evaluations for special needs inmates if/when they break institutional rules. Forensic issues included confidentiality, malingering and impact of mental illness on behavior.
- March 2005 “Anger Management for Young Athletes” – Workshop given to coaches, counselors, athletic directors and sport psychologists at the Summit on Positive Youth Development Through Sport sponsored by the National Football Foundation Center for Youth Development Through Sport at Springfield Conference.
- November 2004 “Anger Management May Not Help at All”, article written by Benedict Carey for the November 24, 2004 edition of the New York Times. In addition to other experts in the field, Dr. Abrams was interviewed to address the use of anger management skills for athletes following the actions of Ron Artest in which he and other members of the Indiana Pacers conflict with some fans in Detroit.
- October 2004 “Best to temper our judgment of angry athletes” – Op/Ed printed in The Star Ledger cautioning the assumption that athletes do not have emotional problems or engage in criminal behavior. The main focus was that it is not their athletic affiliation that causes such problems and they need to have support available to them like other members of society.
- October 2004 SIRIUS Sports Action News Desk – Dr. Abrams was interviewed by hosts Larry Samuels and Mike Yam regarding the psychological factors at work in sports – specifically focusing upon pressure during the Major League Baseball’s Championship Series and recent angry outbursts of baseball players such as Milton Bradley and Jose Guillen.
- October 2004 “Anger: How to Moderate Hot Buttons and Reduce Violence in Sport”. Chapter written with Dr. Bruce Hale and published in The Sport Psych Handbook edited by Dr. Shane Murphy. It outlines the theoretical framework that anger and sports emanate from as well as a discussion presenting the intervention options in order to reduce anger in sports to optimize performance in sport and in life.

- September 2004 “Did You Get My Yes?” – Dating Violence Prevention workshop presented for the Metro Atlantic Athletic Conference’s (MAAC) Student Athlete Advisory Committee. Presentation was funded by the NCAA Speakers Grant and it highlighted legal as well as psychological issues related to dating violence on the college campus. The audience consisted of representative student athlete advisors from all of the participating MAAC universities.
- September 2004 Anger and Athletes: A New Direction – Presented at AAASP’s Conference in Minneapolis, MN introducing a new framework of anger inside a sports context. Differentiation of different forms of aggression was outlined and corresponding recommendations for interventions were recommended.
- July 2004 Anger Management for Athletes – The Nuts & Bolts – Academic Coach Training – The National Football Foundation and College Football Hall of Fame’s Play It Smart program is an educational program targeted at kids from inner city environments lacking support. The “Academic Coach” is an athletically oriented counselor who assists the athletes with support of various types (academic, study hall, time management, developmental adjustments, etc.). This training was to educate the Academic Coaches on the finer points of anger management and violence prevention to assist with increasing the emotional intelligence of their athletes. Information was both didactic and interactively presented and spanned the gamut from definitions and theories to assessment and interventions.
- July 2004 Anger Management for Athletes – The Nuts & Bolts - Presentation given to counselors, coaches and teachers at Summer Institute for Counseling the Student Athlete sponsored by Long Island University – Rockland Campus. Program focused on the development of new definitions, overview of related theory, and explanation of the need for and “how to” of implementation of anger management programs for student athletes to facilitate peak performance in sport and in life. Dating violence prevention and substance abuse issues were covered as well.
- May 2004 Anger Management – A Means to Success in Sport and Life. A colloquium presented to a combined audience of the Clinical Psychology and Athletics Departments at Fairleigh Dickinson University. Introduced research in the field of athletes and violence as well as dispelling the Myth of the Violent Athlete. Outlined the basic components of an anger management program for athletes as well as specific issues related to the athlete population.
- April 2004 - Present Healthy Relationships – Interactive presentation given annually to seven health classes of male and female seniors at Millburn High School, in preparation for their graduation, focusing on the aspects of healthy relationships including respect, mutuality, communication and

independence. Issues related to dating violence and abusive relationships were covered as well but not as the primary focus.

- February 2004 Forensic Psychopathology Training for Corrections Officers Working on Specialized Mental Health Units in Prison. Workshop given to Officers and Supervisors who work in Inpatient Psychiatric Units inside Northern State Prison to improve their proficiency in managing the difficult inmate and further their understanding of mental illness. Topics covered include suicide prevention, assessment of dangerousness to self and others, determination of malingering and behavioral control of difficult inmates.
- October 2003 Advanced Psychopathology for Sport Psychologists – What You Need to Know. Colloquium presented at AAASP’s Annual Conference addressing diagnostic factors needed to identify athlete psychopathology. Highlighted assessment and interventions for psychiatric emergencies: suicidality and psychosis; as well as other dangerous pitfalls that can emanate from a trauma history or character disorders.
- October 2003 Anger Management for Athletes – The Nuts and Bolts. This six-hour workshop geared toward sport psychologists from the psychology and sport science field was a C.E. program sponsored by AAASP. Offered comprehensive information regarding research and theory associated with violence and sports as well as illustration of necessary components of effective programs to be delivered to athletes to optimize peak performance in sport and in life. In addition, dating violence prevention material was included as ancillary, related work.
- August 2003 Athletes and Crime: What’s the Connection? Sport psychologist representation on a three-member panel of experts (along with a judge and sports journalist) on the radio show “Street Soldiers” hosted by Lisa Evers on Hot97 FM.
- July 2003 Focused Aggression Training: The Key to Athletic Success. Presentation given to counselors, coaches, teachers at Summer Institute for counseling student athletes given by C.W. Post – Brentwood Campus. Program focused on the theory, need and implementation of anger management programs for student athletes to facilitate peak performance in sport and in life. Dating violence prevention and substance abuse issues were covered as well.
- June 2003 Treatment Strategies for Mentally Ill Inmates on Specialized Prison Units. Colloquium presented at the Mid-Atlantic States Corrections Association (MASCA) outlining three levels of intensive psychiatric care inside the New Jersey Department of Corrections. Management of difficult, violent cases was highlighted as well as diagnostic issues that assist with detection



of malingering and organizational procedures that optimize treatment and reduce risk.

- June 2003      Borderline Personality Disorder: Theory & Intervention. Two\_      four-hour workshops given to the Inpatient and Outpatient Psychology Departments (which included psychiatrists, social workers, art therapists and interns) at Northern State Prison that outlined differential diagnosis, theoretical underpinnings and treatment approaches to Borderline Personality Disorder. Highlighted was object relations theory as well as cognitive-behavioral interventions – specifically Dialectical Behavior Therapy.
- April 2003      Sexual Assault Workshop for Student Athletes. Two workshops given to male and female student athletes at Iona College which focused upon education regarding the legal definitions and procedure associated with dating violence, the impact of sexual stereotypes and substance abuse on the problem, as well as the specific factors that are unique for the athlete subset of a collegiate population.
- April 2003      Management of Specialized Units Inside the Department of Corrections. Presentation given to inpatient psychiatric staff at New Jersey State Prison to educate about the nuances of treatment in this unique population of forensic patients. Identified creative intervention techniques to shape motivations and utilization of systemic resources in a manner conducive to meeting settlement agreement criteria and assisting patients reach their highest level of functioning.
- July 2002      Complex PTSD Syndromes and Borderline States. Presentation given to all levels of mental health staff (inpatient, outpatient, gang unit, administrative segregation) at Northern State Prison identifying the symptomatic sequelae of trauma-related syndromes for diagnostic and intervention purposes. Provided guidelines for differential diagnosis of borderline personality disorder and PTSD as well as introduction of novel therapeutic techniques in a correctional setting.
- July 2002      Counseling the Student Athlete: A Developmental and Multicultural Perspective. Presentation given to counselors, coaches, teachers, and graduate students at the above titled summer institute offered by Long Island University's C.W. Post Campus. Educated participants of the need for emotion management techniques in athletic populations as well as identifying optimal emotional states that are conducive to peak performance.
- April 2002      Anger Management Across the Spectrum. Presentation provided to the Psychology Department at Trinitas Hospital which focused upon anger management both for the purpose of utilizing in psychotherapeutic opportunities, crisis management and as staff self-awareness interventions

necessary when working with difficult populations.

- February 2002      Corrections Officers' Role in the Treatment of Psychiatric Inmates. Presentation given to Lieutenants, Sergeants and Corrections Officers at Northern State Prison in Newark, NJ working with Special Needs inmates on specialized treatment units. Focused upon forensic psychopathology, diagnostic issues, medication management, assessment & interventions with clinically unstable inmates and coordination of custody and mental health personnel around such crises.
- October 2001      Clinical Pitfalls in Sport Psychology Presentation given at AAASP's national conference held in Orlando, Florida that focused on potential clinical symptomology that often goes undiagnosed by people not adequately trained in counseling and/or clinical psychology. Discussion focused upon the need for stricter training and ethical guidelines in order to protect athletes as a clientele.
- August 2001      Anger Management for Athletes: The Nuts & Bolts Workshop given at APA's national convention held in San Francisco that discussed the descriptive anger literature in sport psychology and offer comprehensive anger management programming for athletes to fill the void in the literature. Skills taught included recognition of autonomic arousal, relaxation exercises, imagery and visualization, prediction of consequences & improving communication skills.
- August 2001      Violence in Our Society - Addressing Three Different Populations Chaired symposium given at APA's national convention held in San Francisco that identified society's perception that the mentally ill, substance abusers and youth populations are most likely to be violent and thus require specialized preventative programs. Also presented as part of this symposium: Anger Management: Successes & Failures on an Inpatient Psychiatric Ward
- June 2001      Athletes and Dating Violence - "Did You Get My 'Yes'?" Workshop given at The Eighteenth Annual Conference on Counseling Athletes at Springfield College. Discussed the development of a multi-tiered proactive program to prevent dating violence among athletes. Focused upon incidence rates, legal statute, myths and analysis of current programs. Highlighted clinical issues, anger management, substance abuse and male athletic culture as targets for interventions.
- June 2001      Corrections Officers' Role in the Treatment of Psychiatric Inmates. Presentation given to Lieutenants, Sergeants and Corrections Officers at Northern State Prison in Newark, NJ working with Special Needs inmates. Focused upon forensic psychopathology, diagnostic issues, medication management, assessment & interventions with clinically unstable inmates

and coordination of custody and mental health personnel around such crises.

- October 2000 Anger Management as a Necessary Part of Coping. Presentation given at the Association for the Advancement of Applied Sport Psychology (AAASP's) national convention in Nashville, TN. Program focused on the specifics of anger management and how it fits in a coping model.
- August 2000 Managing Your Anger to Discipline Your Children Effectively. Workshop given at Hewlett-Woodmere Public Library to parents, grandparents and educators focused on how anger interferes with effective discipline and provided skills training to modulate this emotion.
- August 2000 Anger Management: Coney Island Hospital – School-Based Program. Inservice workshop given to staff of Coney Island Hospital teaching the theoretical underpinnings, history, and crucial elements of anger management services. Presentation was given to psychology staff, social workers, caseworkers and intake workers. After didactic seminar, problem solving of participants' examples was offered and questions were answered.
- July 2000 Counseling the Student Athlete: A Developmental and Multicultural Perspective. Presentation given to counselors, teachers, and graduate students at the above titled summer institute offered by Long Island University's Rockland Campus. Focused on ways to facilitate athletic success, peak performance and interpersonal efficacy through Focused Aggression Training.
- June 2000 A Coping Model for Athletes: Three Perspectives, One Objective. One of three presentations given at a symposium at The Seventeenth Annual Conference on Counseling Athletes at Springfield College. The seminar outlined how anger management is a crucial aspect of coping and why these skills are particularly needed by athletes of all developmental levels.
- November 1999 Anger Management for Coaches and Athletes. Presentation given to the Athletic Department of Central Connecticut State University. One-hour seminar was given for coaches from all sports explaining the relationship between anger and sports performance. Feedback on coaching styles, coaching interventions, and assessment of athletes was provided as well as brief introduction to interventions used to curb anger from interfering from sports performance. Three one-hour presentations were given to approximately 400 student-athletes illustrating the relationship between anger and performance in sport and in life. Issues covered included getting "psyched" for competition, on-the-field as well as off-the-field violence, performance enhancement, and dating violence.
- August 1999 Anger Management for Optimal Performance. Presentation given as part of symposium entitled Controlling Negative Affect States to Facilitate Peak

Sports Performance. Recognizing the detrimental effects hyper-arousal associated with anger has on performance, anger management skills were offered as a means to reduce this affect state. Recognition of physiological sequelae associated with anger, relaxation techniques, identification of triggers, problem solving, and consequence prediction were presented as necessary skills for athletes to facilitate optimal performance.

- August 1999 Implications for Professional Practice in Sport Psychology. Participant in Discussion entitled: Criminality in the NFL – The Effects of Pros and Cons. Offered statistical analysis of incidence of NFL athletes participating in criminal activity, as well as, an examination of the outcomes of criminal charges filed against NFL athletes. Delivered the point that athletes at all levels need more proactive programming to prevent transgressions.
- July 1999 Counseling the Student Athlete: A Developmental and Multicultural Perspective. Presentation given to counselors, teachers, and graduate students at Long Island University focusing on performance enhancement via emotion management. This included discussion of negative affect states experienced in sport and presentation of skills necessary to reduce intense emotions that interfere with optimal functioning.
- May 1999 Facilitating Athletic Success through Focused Aggression Training. Presentation given at Springfield College's Sixteenth Annual Conference on Counseling Athletes. Optimal performance requires the ability to focus one's attention and aggressively pursue their goals. This presentation illustrated how anger management, prediction consequence, self-monitoring, and mental planning allow athletes to focus their aggression and avoid sabotaging athletic success.
- February 1999 The Utilization of Anger Management Strategies when Working with Substance Abusers. Inservice training provided to psychologists, social workers, nurses, and counselors who comprise the therapeutic staff of Coney Island Hospital's Comprehensive Drug Addiction Treatment Program (CDATP). Emphasizing the incidence of anger disorders in MICA populations, skills were offered to reduce interpersonal violence. Relaxation exercises provide self-soothing mechanisms to be substituted for self-medicating. Cognitive distortions often found in substance abusers were addressed and reframing alternatives provided.
- February 1999 Facilitating Athletic Success through Focused Aggression Training. Workshop given to athletes, coaches and support staff at Iona College focusing on the need to identify the different types of aggression and reducing the forms that interfere with optimal performance. Emotion labeling, anger management and imagery are discussed as methods to meet athletic goals.

- October 1998      Anger Management and Sports: How It Helps You Reach Your Goals. Interactive presentation given to the men's and women's basketball team, as well as the men's soccer team at Passaic County Community College. Focused on the need to control emotions to elicit peak performance. Provided skills training to assist athletes in reaching performance goals. Examples of professional athletes who utilize such techniques facilitated skills acquisition.
- August 1998      Violence Reduction Via Anger Management for Male Athletes. Poster session presented at the APA's Annual Convention. Outlined a research study demonstrating the effectiveness of a 10-session anger management program for male, high school athletes. Included in program are comprehensive skills training and a dating violence prevention component.
- July 1998          Anger Management for Athletes. Presentation given to coaches, teachers, and graduate students focusing on anger in sports at Long Island University's – Summer Institute: *Counseling the Student Athlete: A Developmental and Multicultural Perspective*. This included discussion of anger on and off the field, as well as how different participants in sporting events (players, coaches, referees) experience this emotion. Fundamentals of anger management were introduced.
- May 1998          Anger Management for Athletes - presentation at Springfield College's Fifteenth Annual Conference on Counseling Athletes. Demonstrated the need for such a program on both the amateur and professional levels. Noted research suggesting elevated levels of anger and incidence rates of violent behavior (including dating violence) perpetrated by athletes. Outlined the important aspects of an anger management program suitable to athletes including: relaxation training, cognitive restructuring, prediction of consequences and the concept of personal power.
- April 1998          Anger Management for Athletes - lecture given to graduate level counseling students at C.W. Post/Long Island University. Focused on the necessity of a prosocial, preventative program to provide athletes with skills to prevent conflict. Discussion of student-athletes as an "at-risk" population and outlined the basic components of anger management as applied to athletes. Contact: A. Scott McGowan, Ph.D., Chairman; Counseling Department - C.W. Post.
- March 1998          Parents of Athletes: Help Your Kids Become Real Winners - Margaret Basner Parenting Center of Tempo Group - Interactive lecture on issues such as: teamwork, competition/losing, modeling, living vicariously through one's children, the importance of athletics being balanced with academics, how society treats athletes, and learning to recognize and deal with anger, anxiety, and depression associated with sports.

- Feb - March 1998 Anger Management Training - Nassau County Youth Board - Training for Caucus Members - Provide Anger Management & Conflict Resolution Training for 40 high school students who are being trained at Nassau Community College to become Caucus Members to the Youth Board.
- Feb - March 1998 Anger Management for Coaches - Mid-Island Y Jewish Community Center - Workshop over two sessions (one hour each) that introduced the basic tenets of anger management to coaches to communicate more effectively with their players and model how to cope with frustration. Also, a primer for similar workshops was directed to athletes and their parents.
- Feb - March 1998 How to Manage Anger & Discipline Your Children - Mid-Island Y Jewish Community Center - 2-part 4-hour workshop for parents of children aged 2 - 10. Focused on methods of controlling parents' anger related to frustration with parenting. Techniques to de-escalate parental arousal were presented to provide more effective disciplining.
- January 1998 Keeping Your Anger Under Wraps: Emotional Control Leads to Performance Enhancement. Article written for Muscle & Fitness magazine and appeared in November 1998 issue. Delineated the reasons for anger management as related to weight training and meeting health and fitness goals. Presented a "how-to" model of reducing unfocused anger to enhance performance in the gym and out.
- December 1997 In Sports: Winning Isn't Everything by Jay Jaffe appeared in the December 11-17, 1997 edition of the Nassau Herald. Article which described the application of the Anger Management program to the Hewlett High School Basketball Team. Was interviewed for the specifics of the curriculum. Support and justification of the need for such a program were provided by the Head Varsity Coach, Athletic Director and Principal.
- November 1997 Anger Management Workshop - Deer Park School District - 2 1/2-hour workshop at the Superintendent's Meeting to provide training in anger management techniques for counselors, social workers and psychologists to utilize in working with school-age children.
- November 1997 Anger Management Workshop - Oyster Bay-East Norwich School District - Office of Special Services. Two-hour presentation included discussion of anger as a reaction to situations and strategies for de-escalation.
- November 1997 Consequences - Dating Violence Prevention Workshop - Hofstra University's Upward Bound Program, Hempstead, N.Y. - Led a two-hour workshop with students from Upward Bound program with Mr. Thomas Mims. Presentation included discussion of dating norms, incidences of dating violence and date rape, male-female attitudes about dating, healthy

vs. unhealthy relationships and the consequences of the above situations. Role-plays were utilized to illustrate the above issues. Contact: Mr. Thomas Mims; Asst. Dir., Upward Bound.

- October 1997 Anger Management Workshop - Hofstra University's Upward Bound Program, Hempstead, N.Y. - Led a two-hour workshop with students from Upward Bound program with Mr. Thomas Mims. Focused on coping strategies to avoid violence and conflict in low S.E.S. high-crime neighborhoods.
- February 1997 Anger Management Workshop - Great Neck High School, Great Neck, N.Y. - Co-led with Dr. Eva Feindler a one-day group with Great Neck High School students involved in a series of physical altercations. Mandatory participation was alternative to judicial action for the males involved.
- March - June 1996 Positive Approaches to Disciplining 2 - 5-Year-Old Children, C.W. Post Campus - University Day Care Center. Psychoeducational group focusing on the application of learning principles to yield effective, stable disciplining of children.

#### **ADDITIONAL TRAINING SEMINARS:**

- June 2017 "Female Athlete Conference" held at the Sorenson Center for the Arts at Babson College, Wellesley, MA sponsored by Boston Children's Hospital. Experts in sports medicine, sports psychology, sports science, nutrition and sports culture presented strategies to prevent and treat clinical issues and injuries that can limit a female athlete's performance. The Division of Psychology, Department of Psychiatry at Boston Children's Hospital is approved by the American Psychological Association to sponsor continuing education for psychologists. The Division of Psychology, Department of Psychiatry at Boston Children's Hospital maintains responsibility for this program and its content. This program awarded 12 hours of continuing education credit(s). Course Director: Kathryn E. Ackerman, MD, MPH, FACSM.
- August 2016 "Advances in Addressing Violence: Assessment, Attachment, and Treatment" – 6-hour Continuing Education Workshop presented by Lisa Firestone, PhD and Robert Kinscherff, PhD, JD, addressing the Risk-Needs-Responsivity approach to assess violence risk in the context of developmentally informed models. Added attention was offered for attachment-focused treatment, even for those with psychopathic characteristics.
- August 2015 Critical Issues in Child Custody Work – a 7-hour workshop given by Marc J. Ackerman, Ph.D. at the 123<sup>rd</sup> American Psychological Association Annual Convention in Toronto, CA. Specific attention paid to Parental

- Alienation, Relocation Plans, Domestic Violence, Attachment & Developmental Psychology and Standards of Practice.
- April 2014      Violence, Mental Health & Communities Conference sponsored by Steven Silverstein, Ph.D. & The Violence Institute of Rutgers, New Brunswick, NJ.
- October 2012      Malingering and Forensic Practice: Conceptual Issues and Clinical Methods – a 7-hour workshop given by Richard Rogers, Ph.D., ABPP and sponsored by the American Academy of Forensic Psychology in San Juan, Puerto Rico.
- October 2012      Forensic Applications of the Rorschach – a 7-hour workshop given by Irving B. Weiner, Ph.D., ABPP and sponsored by the American Academy of Forensic Psychology in San Juan, Puerto Rico.
- July 2012      Best Practices in Forensic Mental Health Assessment: Evaluation of Criminal Responsibility – 5.5 CE Credits, based on same-titled book written by Ira K. Packer, Ph.D., earned for the online course sponsored by ConCEPT.
- July 2009      Assessing Psychopathy: Clinical-Forensic Applications of the PCL-R and PCL:SV – a 14 hour, two-day training course sponsored by John Jay College of Criminal Justice, New York, NY and instructed by Stephen Hart, Ph.D.
- September 2008      Forensic Applications of the MMPI-2 – a 7-hour workshop given by Roger L. Greene, Ph.D. and sponsored by the American Academy of Forensic Psychology in Las Vegas, NV.
- September 2008      Child Custody Evaluations - a 7-hour workshop given by Stephen Sparta, Ph.D. and sponsored by the American Academy of Forensic Psychology in Las Vegas, NV.
- June 2007      Suicide Risk Management: A Best Practice Approach for Assessing Suicide in Correctional Populations – 8-hour workshop identifying the many risk factors associated with inmate suicide and demonstration of the HELPER protocol which incorporates all of the accepted suicide risk factors. Presented at the North American Correctional and Criminal Justice Psychology Conference in Ottawa, CA. Presenter: Thomas White, Ph.D.
- May 2007      Understanding Violence within a Cultural Context: Community Violence and Mental Health. Presentation given by Jack Farrell, L.C.S.W. of University Behavioral HealthCare UBHC/UMDNJ focusing on multiple factors that contribute to violence. Specific attention given to gang



recruitment and involvement.

- January 2007      Comprehensive Child Custody Evaluations – 7-hour intensive workshop presented by Marsha Hedrick, Ph.D., ABPP and sponsored by the American Academy of Forensic Psychology in San Diego, California. This program highlighted the ethical issues, relevant case law, use of psychological testing and report writing necessary to provide high quality evaluations.
- January 2007      Advanced Topics in Expert Testimony: The Presentation – 7-hour workshop sponsored by the American Academy of Forensic Psychology and presented by Randy Otto, Ph.D., ABFP and Stuart Greenberg, Ph.D., ABFP in San Diego, California. Utilizing extensive video material from testimony, the presenters targeted the crucial areas necessary to be a credible, competent and effective witness in forensic proceedings.
- January 2007      Jury Selection: Research and Practice – 7-hour workshop sponsored by the American Academy of Forensic Psychology and presented by Christina Stuebaker, Ph.D. Presentation reviewed landmark legal decisions regarding jury selection, the intricacies of voir dire, demographic, personality and attitudinal predictors of verdict and the use of focus groups and market research to understand better the tendencies of a potential jury pool.
- June 2006      Assessment of Dangerousness and Expert Testimony in Civil Commitment and Forensic Hearings – 6 ½ hour workshop sponsored by Robert Wood Johnson Medical School and Trenton Psychiatric Hospital and presented by Phillip Resnick, M.D. This program identified legal definitions, clinical conceptualization, decision making processes and report writing skills that are necessary to offer risk assessments to legal proceedings.
- April 2006      Violence in the Bipolar Patient: Assessing the Risk, Containing the Behavior. Workshop sponsored by ABCComm, Inc. that outlined the incidence and treatment of Bipolar Disorder specifically focusing on the forensic population.
- August 2005      Introduction to the Assessment of Malingering in Clinical Forensic Examinations – APA Annual Convention in Washington DC earned 4 CE credits. Focused on the use of the SIRS, MMPI-2 and other instruments to detect malingering in prison populations.  
Presenter: Richard Frederick, Ph.D.
- June 2003      Treating Complex Forms of Posttraumatic Stress Disorder: An Overview and Update. Five-day seminar offered by Harvard Medical School focusing on complicated diagnostic issues regarding trauma as well as

Standards of Care for treatment of Complex PTSD and related dissociative phenomena.

Presenter: Christine Courtois, Ph.D.

- April 2003      The 1<sup>st</sup> Annual Middlesex County Drug Summit. Conference sponsored by the U.S. Justice Dept.; D.E.A.; Middlesex County Prosecutor's Office, Rutgers Police and the National Council on Alcoholism and Drug Dependence (NCADD) that highlighted new trends in drugs of abuse. Included specific information regarding changes in trade routes and distribution vehicles as well as the use of substances for sexual predation.
- February 2003      Evaluation of Inmates for Sexually Violent Predator Commitment. Presentation given by Larry Siegel, M.D.; Rusty Reeves, M.D.; Rob Thompson, Ph.D., Harry Green, Psy.D. and Mary Beth Wood, Esq. – Deputy Attorney General that outlined the assessment of inmates for commitment under the SVP laws. It included the use of actuarial and clinical interview techniques as well as critical understanding of the legal process involved.
- October 2001      “Suicide Risk Assessment and Prevention” – Three-hour workshop facilitated by Dr. Joel Friedman identifying the necessary components of prevention of suicide in prisons.
- June 2001      Evaluation of Corrections Officers for Fitness of Duty. Presentation focused upon assessment instruments, interviewing strategies and criteria for inclusion for potential officer candidates. Contact: Matthew Guller, Esq.; Institute for Forensic Psychology.
- June 2000      Violence Risk and Threat Assessment. Presentation focused on base rates and predictive accuracy of violence. Eighteen factors were identified as at-risk flags and instruments were introduced that are utilized to assess a subject's potential for violence. Psychopathy was discussed in clinical and forensic terms. Stalkers and threats on public figures were also highlighted to identify empirical risk factors and recommendations for treatment and consultation.  
Presenter: J. Reid Meloy, Ph.D., ABPP
- June 1998      Violence Prevention: A Cross-Systems Perspective. Two day multidisciplinary conference focusing on different aspects of aggressive behavior across different populations. Overview given of Aggression Replacement Training (ART) first designed by Dr. Arnold Goldstein and the Alternatives to Violence Project (AVP) developed in Albany. Special attention paid to school violence and sexual assault/abuse.  
Sponsored by: New York State Office of Mental Health. Albany, New York.

- May 1998                    730.30 Workshop Training (Competency Exam) - half-day workshop provided training in forensic evaluation of the assessment of a criminal's competency to stand trial and assist in his/her defense. Sponsored by Pilgrim Psychiatric Center.
- September 1996            Dialectical Behavior Therapy – Intensive training workshop on the history, the theory, and the treatment based on Marsha Linehan's model of Dialectical Behavior Therapy (DBT), Jill Rathus, Ph.D., C.W. Post.
- January 1996                “Critical Incident Debriefing Seminar,” - The Jeffrey Mitchell model of debriefing after a traumatic event, Richard E. Ovens, Psy.D., C.W. Post.

**MEMBERSHIPS:**

- A.P.A. American Psychological Association
- Division 41 – American Psychology-Law Society
- Division 46 – Media Psychology
- Division 47 - Sport and Exercise Psychology
- Member at Large 2016 - 2018
- A.A.S.P. Association for Applied Sport Psychology
- Founder & Coordinator of Anger & Violence Special Interest Group (SIG)
- NJPA – New Jersey Psychological Association
- Sport Psychology Specialty Group
- PAADS – Professional Association of Athlete Development Specialists

**BOARD ACTIVITY:**

- November 2013 - Present    Board of Directors  
CASA of Monmouth County – Court Appointed Special Advocates