

BIRKLEY

TESTING • WELLNESS • TRAINING

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OWNER

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|-------------------|---|
| 3/10/23 – present | Birkley Consulting, LLC, First Responder Private Practice
Services to Agencies include Psychological Assessment including post-conditional offer of employment and fitness-for-duty evaluations, Training, Critical Incident Response, Consultation, Operational Support (e.g., policy review) and Wellness Visits |
| 8/21/23 – present | Clinical Assessment and Intervention for a majority caseload of First Responders and their Spouse/Partner. |

EDUCATION

- | | |
|-------------------|--|
| 9/7/15 – 10/21/16 | Psychology Post-Doctoral Fellow in Trauma Treatment and the Mental Health Care of Homeless Veterans (APA Accredited)
Cincinnati VA Medical Center, Cincinnati, OH |
| 7/27/14 – 7/24/15 | Psychology Intern, Trauma Track (APA Accredited)
Cincinnati VA Medical Center, Cincinnati, OH |
| 2012 – 2015 | Doctor of Philosophy in Clinical Psychology, Awarded 8/7/2015
Purdue University, West Lafayette, IN (APA Accredited) |

2009-2012 Master of Science in Clinical Psychology, Awarded 5/8/2011
University of Kentucky, Lexington, KY (APA Accredited)

2009 Honors Bachelor of Arts in Psychology, Behavioral Neuroscience
Concentration; Honors Bachelor of Arts in Sociology
Purdue University, West Lafayette, IN

License

Independently licensed psychologist in the state of Ohio
License #7508
Issue Date 10/11/2016, Expiration Date 9/30/2024

Independently licensed psychologist in the state of Kentucky
License # 275321
Issue Date 6/20/2022, Expiration Date 9/20/2025

Authority to Practice Interjurisdictional Telepsychology (APIT):
PSYPACT (mobility#: 9336). Home State: Ohio
Issue Date: 10/12/2021; Expiration Date 10/12/2023

Provider Status

Cognitive Processing Therapy (CPT) Provider
Quality Provider for Cognitive Behavioral Conjoint Therapy (CBCT)
for posttraumatic stress disorder (PTSD)
Accelerated Resolution Therapy (ART) Provider

PRIOR ACADEMIC APPOINTMENT

8/2021 - present Associate Professor, CLIN-GEO
University of Cincinnati College of Medicine
Department of Psychiatry and Behavioral Neuroscience

2/6/17 – 7/2021 Assistant Professor, CLIN-GEO
University of Cincinnati College of Medicine
Department of Psychiatry and Behavioral Neuroscience

MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

2022-present International Association of Chiefs of Police (IACP) Member
2020- present Society for Police and Criminal Psychology (SPCP)
2017-present American Psychological Association (APA), Member
Division 18 (Psychologists in Public Service) Member Number: 92919122
Division 56 (Trauma Psychology)
2016-present Ohio Psychological Association (OPA)
2013-2019 Association for Behavioral and Cognitive Therapies (ABCT)
2013-2019 International Society for Traumatic Stress Studies (ISTSS)

2017-2018 International Society for Research on Aggression (ISRA)

Police and Public Safety Psychology Specialty Coursework and/or Certification:

Course Title: ABPPSP: LIVE: Conducting Annual Wellness Visits for Law Enforcement Officers
Description: Palo Alto Course Concepts ABPPSP
Presented by: Nancy Ryba Panza, PhD, ABPP Date & Location: 11/7/22
Distance Learning Live Virtual Training CE Credit: 4 hours

Course Title: ABPPSP: Designing Mental Health Training Curricula for Police Culture
Description: Palo Alto Course Concepts ABPPSP
Presented by: Christopher Weaver, PhD & Vanessa Payne Date & Location: 11/6/22
Distance Learning Home Study CE Credit: 5 hours

Course Title: Group Crisis Intervention #2220606110119781
Description: International Critical Incident Stress Foundation, Inc. (ICISF)
Presented by: Deirdre DeLong Date & Location: 6/6-6/7/22 Hamilton County
CE Credit: 14 hours

Course Title: ABPPSP: Ethical Dilemmas and Complex Relationships in Police and Public Safety Psychology
Description: Palo Alto Course Concepts ABPPSP
Presented by: Jeni McCutcheon, PsyD & Jocelyn Roland, PhD Date & Location: 4/9/22
Distance Learning Home Study CE Credit: 7 hours

Course Title: ABPPSP: Threat Assessment and Mass Casualty Operational Support
Description: Palo Alto Course Concepts ABPPSP
Presented by: Kris Mohandie, PhD, ABPP Date & Location: 1/17/22
Distance Learning Home Study CE Credit: 3.5 hours

Course Title: ABPPSP: Critical Incident Response in Police and Public Safety Psychology
Description: Palo Alto Course Concepts ABPPSP
Presented by: Nancy Bohl-Penrod, PhD and Jamie Brower, PsyD, ABPP Date & Location: 1/16/22
Distance Learning Home Study CE Credit: 7 hours

Course Title: ABPPSP: Foundational and Functional Competencies in Police and Public Safety Psychology
Description: Palo Alto Course Concepts ABPPSP
Presented by: David Corey, PhD & Heather McElroy, PhD Date & Location: 1/4/22
Distance Learning Home Study CE Credit: 8 hours

Course Title: ABPPSP: Evaluations of Police Suitability and Fitness for Duty
Description: Palo Alto Course Concepts ABPPSP

Presenter/Faculty: David M. Corey, PhD & Mark Zelig, PhD Date & Location: 11/20/21
Distance Learning Home Study CEU Credit Hours: 8

Course Title: ABPPSP: Extreme Event Consultation Operational Support

Description: Palo Alto Course Concepts ABPPSP

Presenter/Faculty: Jaime Brower, PsyD, ABPP Date & Location: 10/30/21

Distance Learning Home Study CEU Credit Hours: 4

Course Title: The Specialty of Police and Public Safety Psychology

Presenter/Faculty: Philip Trompetter, PhD, ABPP, Jamie Brower, PsyD, ABPP, Michelle Hoy-Watkins, PsyD, ABPP Date & Location: 10/27/21

Distance Learning Home Study CEU Credit Hours: 1

Current Peer Support Team Membership

2022	Cincinnati Fire Department, Medical Director	Registered with IAFF
2022	Hamilton County Sheriff's Office	Registered with ICISF
2022	Warren County Peer Support Team	Registered with ICISF
2022	Tristate Peer Support Team	

First Responder Ride-Along/Observation Experiences

2023	Forest Park Police Department	3 hours
2023	Silverton-Deer Park Joint Fire District	3 hours
2023	Cincinnati Zoo & Botanical Garden	4 hours
2023	Englewood Police Department	5 hours
2023	Vandalia Police Department	3 hours
2023	Springdale Fire Department	3 hours
2023	Springdale Police Department	5 hours
2022	Harrison Fire Department	12 hours
2022	Warren County Dispatch	6 hours
2022	Anderson Fire Department	12 hours, Station 6
2022	Hamilton County Sheriff's Office	Jail and Courthouse Tours, 3 hours Patrol, 8.5 hours
2022	Cincinnati Fire Department	4 hours, Engine 35
2022	Lebanon Police Department	5 hours
2022	UC Health Public Safety	UC Hospital tours, 4 hours
2021	Mason Police Department	20 hours/2 shifts with K-9 units
2021	Covington Fire Department	20 hours/2 shifts with Ambulance-1, Truck, Heavy Rescue

Invited Trainings Provided to First Responders and Agencies that Serve Them

**Denotes volunteered/pro-bono*

2023	Promoting Wellness in Firehouse Design* Emersion Design Architecture Firm	1.5 hours
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2023	Emotional Decon and Stress Recovery for Fire/EMS Personnel Northern Kentucky Firefighters Association	1 hour
2023	Stress Inoculation and Recovery: Working with First Responders* Presented to Police & Fire Chaplains of Southwestern Ohio	1 hour
2023	Firefighter stress and explosive anger: the impact on marriage <ul style="list-style-type: none"> • Fire Service Psychology Association Webinar Series* • Clermont County Law Enforcement Training: Tristate Peer Support Team* 	1 hour
2022- 2023	Recovery and Resilience Training for the Fire Service <ul style="list-style-type: none"> • Franklin Township Fire Department • Harrison Fire Department* • Anderson Fire Department* • Cincinnati Fire Department Recruits • Cincinnati Fire Department EMS ConEd 	2 hours x 3 shifts
2023	“Cop and Doc Talk PTSD Treatment and Recovery” <ul style="list-style-type: none"> • Cincinnati Police Department Peer Support Training • City of Hamilton Police & Fire Peer Support Training* • First Responder Brain and Body Health Symposium 	1 hour

SERVICE

2023-present Bless the Badge Ministries Board Member Secretary

Committee Involvement

2022-present Tristate Trauma Network (for first responders) Member
2020-present Anderson Community Mental Health Collaborative Committee
2019-2023 Appointment, Re-appointment, Promotion & Tenure (ARPT) Committee Member, UC Dept. of Psychiatry
2019-2023 Safety Committee and Stetson Emergency Response Team Member, UC Dept. of Psychiatry
2017-2020 Research Compensation Plan Committee Member, UC Dept. of Psychiatry
2017-2023 Psychology Training Program Committee Member, UC Dept. of Psychiatry
2013-2020 ABCT Forensic Issues and Externalizing Behaviors SIG Leadership Committee Member
2013-2020 ABCT Couples Special Interest Group Member
2010-2012 Kentucky Psychological Association Graduate Student (KAGS) Representative, KPA Board Member
2012 KPA 2012 Undergraduate Poster Competition Judge
2010-2012 KPA Spring Academic Conference Planning Committee

2010-2011 KPA Membership Committee

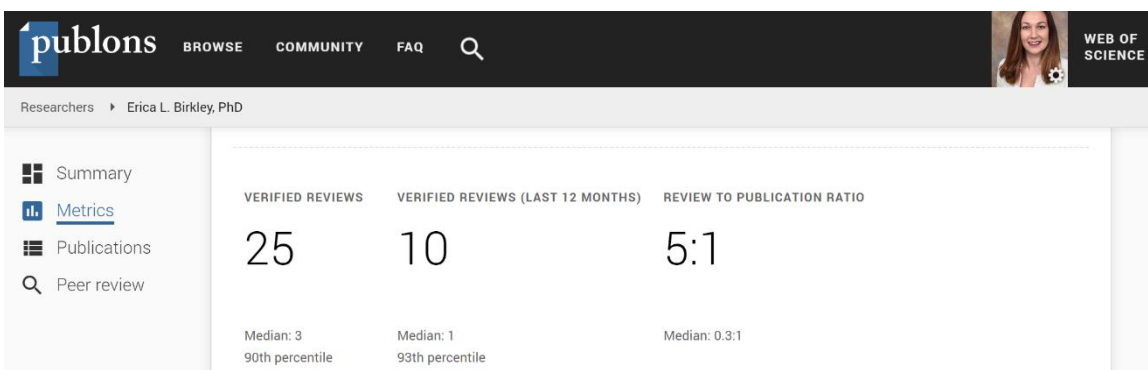
AWARDS AND HONORS

- 2019 Honorarium and Invited Speaker, William Gelfand Lecture presented by Phi Delta Epsilon Ohio Gamma Medical Fraternity, Miami University, OH
- 2018 Second Place, Junior Faculty Category. Research poster presented at the Neuroscience Research Day, University of Cincinnati College of Medicine
- 2017 Selected for a competitive Grant Writers' Seminars & Workshop (only 10 faculty were selected across the University of Cincinnati) in which I received tailored feedback on a K23 NIMH proposal. University of Cincinnati
- 2015 Five-time recipient of a Wow Act for outstanding clinical service, Trauma Recovery Center, Cincinnati VA Medical Center
- 2014 James D. Linden Award Recipient, given annually to the graduate student whose achievements and performance best exemplify the scientist-practitioner model, Purdue University
- 2014, 2013, & 2012 Arthur F. Krueger Research Award, travel and expenses grant to present research at the Association for Behavioral and Cognitive Therapies Annual Conference, Department of Psychology, Purdue University
- 2012 Battlemind to Home Symposium III Scholarship Recipient Indianapolis, IN
- 2012 1st Place Manuscript Presentation Award Winner
Awarded to one graduate student for spoken presentation of research
Kentucky Psychological Association (KPA)
Spring Academic Conference
- 2011 2nd Place Manuscript Presentation Award Winner
Kentucky Psychological Association (KPA)
Spring Academic Conference

Manuscript Reviews

Invited Reviewer: (completed an average of 1 to 2 invited manuscript reviews per month during Academic Appointment 2018-2023) National Science Foundation (NSF) Social Psychology Program, Grant Reviewer; Journal of Traumatic Stress; Trauma, Violence, & Abuse; Child Abuse & Neglect; Alcoholism: Clinical and Experimental Research; Ethnicity and Health; Journal of Family Violence; Psychology of Violence; Psychological Trauma: Research, Theory, and Practice; Clinical Psychology: Science and Practice

Ad Hoc Reviewer: Journal of Consulting and Clinical Psychology; Journal of Family Violence; Psychology of Addictive Behaviors



Department Recruitment Activities

2017-2020 Participation in interviewing faculty, including dinners, and doctoral psychology student candidates

2/2017-2019 Clinical On-Boarding, Credentialing, and Attestations for Psychology Doctoral Students and Post-Doctoral Fellows

Activities: These efforts streamlined on-boarding procedures from 3-4 months to 4 weeks and resulted in new documentation of supervisory contracts and supervision disclosure forms to patients. Aided in drafting and revising attestations for all psychologists in the department in consultation with UC Health Compliance and Billing department.

Department Service Activity – Increasing Access to Psychiatry Care for Residents

Communicated psychiatry resident interest in improvement in access to quality mental health care to Dr. Brian Evans. In collaboration with him and Lauren Goodwin I created steps distributed to psychiatry residents on how to access psychiatric care within the Psychiatry Department, if desired. I engaged in ongoing efforts with Dr. Evans to increase resident access to high quality mental health care, for example, by assisting in discussions related to possible financial assistance to increase access.

Community Service Activities

- 2021-2023 Task Force on Student Mental Health, Founder and Leadership Committee Member, 5 hours per month community organization and mobilization of events that promote education, awareness, and reduce stigma of youth mental health
- 12/2021 Question-Persuade-Refer (QPR) Training, 1n5, mental health provider for two, Two-hour sessions on suicide intervention for Anderson Township members following death by suicide of a high school student (1 of 6 in the last 4 years)
- 2021-2023 Daisy Girl Scout Troop 4362 Co-Leader
- 2021-present Maddox Elementary School PTO, Volunteer
- 2020-present Anderson Community Mental Health Collaborative, Committee Member
- 2018 NAMI Evening of Hope - Attendance and support of faculty recognized
- 2017-2021 NAMI Walks - Fundraising and walk participation
- 2017-2019 UC Serves - Volunteered in a daily community service event

News Media Activities

- 9/2023 Meet Erica Birkley - Bold Journey Magazine.
<https://boldjourney.com/news/meet-erica-birkley/>
- 7/2022 WLWT Channel 5 - Mental health professionals discuss psychology of officer-involved shootings. <https://www.wlwt.com/article/psychology-officer-involved-shootings-madisonville/40717931#>
- 2/2022 55KRC – Simply Medicine with Angenette Levy
Recorded radio interview on suicide rates among students.
<https://www.iheart.com/podcast/53-simply-medicine-with-angene-83513102/episode/simply-medicine-93134784/>
- 1/2022 WCPO Channel 12 - Forest Hills School District continues search for answers to student mental health crisis. <https://local12.com/newsletter-daily/forest-hills-school-district-continues-search-for-answers-to-student-mental-health-crisis-suicide-awareness>
- 12/2021 Safety and Health Magazine - Enforcing mask compliance adds burden to already-stressed workers, expert says.
<https://www.safetyandhealthmagazine.com/articles/22074-enforcing-mask-compliance-adds-burden-to-already-stressed-workers-expert-says>
- 12/2021 WCPO Channel 12 - Parents say local school district needs to do more to help students with mental health. <https://local12.com/news/local/parents-say-local-school-district-needs-to-do-more-to-help-students-with-mental-health-forest-hills-cincinnati-anderson-township-task-force-for-mental-health>

12/2021 WCPO Channel 12 – Broadcasted coverage of Forest Hills School District Board Meeting within which my public statement that we must do more in adding evidence-based programs to combat suicide and promote mental health was included. <https://local12.com/news/local/forest-hills-school-district-community-gathers-to-mourn-lost-students-discuss-solutions-suicide-mental-health-awareness-therapy-psychology-psychiatry-counselors-cincinnati-ohio>

2021 55KRC – Simply Medicine with Angenette Levy
Recorded radio interview on evidence-based strategies to navigate masking and other conversations at the dinner table this holiday.

2021 55KRC – Simply Medicine with Angenette Levy
Recorded radio interview on managing couple-based stress and improving communication

2021 55KRC – Simply Medicine with Angenette Levy
Recorded radio interview on mask wearing and irritability during the pandemic

2021 WCPO Channel 9 Televised interview facilitated by UC
TikTok Rumors Spark Anxiety – story related to “national rape day” and impact on stress for those who saw or heard of this alleged rumor on a social media outlet
<https://www.wcpo.com/news/national/face-check-friday-tiktok-rumors-spark-anxiety>

2021 55KRC Talk Radio Radio interview on the Brian Thomas Show
Live radio interview on the impact of COVID-19 on stress, anger, and PTSD

2020 Heavy Head Podcast Recorded interview by Tanner Hinds
Recorded interview for mental health podcast aired on March 1, 2021 on posttraumatic stress disorder symptoms, evidence-based treatment, and recovery; facilitated by Dr. Stephen Rush.

2019 Cincinnati Enquirer
Published article on PTSD patient and Japps bartender created named cocktails in honor of her treatment team including Dr. Birkley



<https://www.cincinnati.com/story/entertainment/dining/2019/03/22/jappsmanager-injured-attackthanks-doctors-cocktail-list/3245493002/>

2019 WCPO Channel 9 Televised interview facilitated by UC Health PR
Cincinnati traffic could be hurting more than your schedule; it could be impacting your health, too

<https://www.cincinnati.com/story/entertainment/dining/2019/03/22/japps-manager-injured-attack-thanks-doctors-cocktail-list/3245493002/>

2018 WCPO Channel 9 Televised interview facilitated by UC Health PR
University of Cincinnati Health Stress Center Tri-Staters work through their PTSD

<https://www.wcpo.com/news/local-news/hamilton-county/cincinnati/university-of-cincinnati-health-stress-center-helps-tri-staters-work-through-their-ptsd>

Division of Forensic Psychiatry Services and Activities

Type of Service	Client	Atty	Year(s)	Other details
Post Conditional Offer of Employment Psychological Evaluations	UC Health Dept of Public Safety	N/A	2022	Suitability to carry a firearm for non-sworn security guards
Fitness for Duty	UC Health Dept of Public Safety	N/A	2022	
Fitness for Duty	Ohio Board of Nursing	N/A	2020-2023	
Forensic Assessment for Tort case	Defense	Joseph Mulvey 317-721-1339	2020	PTSD evaluation
Forensic Psychopathology Assessment	Defense	Kristie Karl 513-725-5525	2021	Client engaged in child custody hearings

TEACHING

Past Supervisees/Mentees

Supervisee/Mentee and year(s)	Program	Description of Involvement	Current Position
Caitlin DeLong, MD 2022 – present	UC Psychiatry	CBT Individual Supervision, 1hr/wk	PGY-3

Rohan Patel, MD 2022 - present	UC Psychiatry	CBT Group Supervision, 1hr/wk	PGY-3
Zachary Wickline, MD 2022 - present	UC Psychiatry	CBT Group Supervision, 1hr/wk	PGY-3
Carly Green, MS 2022 - present	Xavier PsyD	Clinical and research supervisor, 20hr/wk	3 rd year
Josie Jakary, MS 2022 - present	Xavier PsyD	Clinical and research supervisor, 20hr/wk	3 rd year
Alli Duncan, MS 2021 - 2022	Xavier PsyD	Clinical and research supervisor, 20hr/wk	4th year
Daniel Bebo, MD 2021 - 2022	UC Psychiatry	CBT Supervision, 1hr/wk	PGY-4
Paul Hochwalt, MD 2021 - 2022	UC Psychiatry	CBT Supervision, 1hr/wk	PGY-4
Brock Partlow, MS 2020 - 2021	Xavier PsyD	Stress Center clinical and research supervisor, 20hr/wk	Psychology Intern at the Minneapolis, MN VAMC
Darshana Bhattacharyya, MD 2020 - 2021	UC Psychiatry	CPT Supervision, 1hr/wk	Psychiatrist
Katherine Zappia, MD 2020 - 2021	UC Psychiatry	CBT Group Supervision, 1hr/wk	PGY-4 TB
Julia Ronecker, MD 2020 - 2021	UC Psychiatry	CBT Group Supervision, 1hr/wk	PGY-4 TB
Jason Seymour, MD 2020 - 2021	UC Psychiatry	CBT Group Supervision, 1hr/wk	PGY-4
Caleb Hendrix 2018 - 2019	UC	Stress Center research mentor with Dr. Sprunger	Undergraduate
Allison Sylvia, MS 2019 - 2020	UC PhD	CPT Supervisor 4 hr/wk; PTSD Research supervisor	4th year

Ashley Thompson, MS 2019 - 2020	Wright State SOPP PsyD	Stress Center clinical supervisor, 16 hr/wk	Terminated from program by WSU SOPP
Joel Sprunger, PhD 2019 - 2020	Post-doctoral fellow UC	Stress Center, couple therapy, 1hr/wk	Assistant Professor, Psychologist UC Psychiatry
Stephen Wilkening, MD 2019	UC Psychiatry	CPT Rotation, 4hr/wk	Psychiatrist
Ryaja Johnson, MS 2018 - 2020	Wright State SOPP PsyD	Stress Center clinical and research supervisor, 16 hr placement; dissertation committee member	#1 ranked internship at Cherokee Health Systems in Knoxville, TN
Abigail Ngayan, MS 2018 - 2019	Wright State SOPP PsyD	Stress Center clinical and research supervisor, 16 hr/wk	Post-doctoral fellow, General mental health clinic, Phoenix VA
Joi Moore, MD fall 2018	UC Psychiatry	CBT Supervision 1h/biweekly	Psychiatrist, UC Psychiatry
Emily Sykes, MD 2017 – 2020	UC Psychiatry	CBT Supervision, CPT Rotation 4hr/wk	Psychiatrist, ARC Psychiatry
Julia Kaufman, MS 2017	Miami U. of Ohio PhD	Stress center clinical supervision, 12 hr/wk	Withdrew from placement after mediation from Miami U.
Ashley Fedynich, MS 2017 – 2018	Wright State SOPP PsyD	Stress center clinical and research supervision, 16 hr/wk	Staff Psychologist Cleveland VAMC, PTSD and Couple Therapy

Grand Rounds and Invited Talks

- 7/24/22 **Birkley, E.L.** *Mental Health and Substance Abuse Issues Affecting Police Officers*. Invited presentation for the 2022 Annual Municipal Law Institute.
- 12/15/21 **Birkley, E.L.** & Gimble, T. Invited to host a webinar training by the Anderson Mental Health Collaborative to the greater Anderson Township community after a sixth high school student died by suicide within the past four years. *Talking with your Kids about Trauma: A Community-Driven Call to Action & Discussion*. Recorded talk and slides published on YouTube: https://www.youtube.com/watch?v=gJ7_CIPCrQI
- 3/12/21 **Birkley, E.L.** Invited to facilitate group processing and science-informed discussion of facilitating recovery from stress, anger, and grief for a UC

College of Medicine Department in which the department experienced a traumatic loss of one of their members.

- 3/4/21 **Birkley, E. L.** *Tackling Fear, Anger, and Grief during the Pandemic.* Invited and recorded talk for EmpowerU Ohio. Recorded talk and slides published at:
https://nyc3.digitaloceanspaces.com/empoweruohio/recordings/GMT20210305-000031_Tackling-F_3240x2160.mp4
- 2/17/21 **Birkley, E. L.** *Mental Health Check-in: Posttraumatic Stress Disorder (PTSD).* Invited presentation for Jacobs Engineering Group.
- 1/26/21 **Birkley, E.L.** *Managing Anger, Stress, and Grief During the Pandemic: Science-Based Strategies for Couples and Parents.* Hosted the Speaker Series for the Anderson Mental Health Collaborative attended by over 60 residents of Anderson Township, Ohio.
- 10/21/20 **Birkley, E. L.** *Incest and Sex Trafficking: Case Presentation of Prolonged Exposure (PE) for Posttraumatic Stress Disorder (PTSD).*
Grand Rounds Presentation with CME/CEU ethics credit at UC Department of Psychiatry, Cincinnati, OH
Quality of the speaker presentation: Excellent: 69%, Good: 31%
- 10/15/20 **Birkley, E. L.** *Caregiver fatigue during COVID-19.* Invited talk for the Esther Marie Hatton Center (homeless shelter for women). Cincinnati, OH.
- 10/13/20 **Birkley, E. L.** *The “Perfect Storm” for Intimate Partner Violence: Impacts of COVID-19.* Invited psychology staff presentation with CEU credit at the Cincinnati VAMC.
Evaluations: 4.96/5 “Erica is fabulous at presenting facts and studies in an interesting way.”
- 3/17/20 **Birkley, E. L.** *DE-ESCALATION TRAINING: Promoting Positive Outcomes for Patients, Staff, & Providers.* Invited Training for the Esther Marie Hatton Center (homeless shelter for women). Cincinnati, OH.
- 9/24/19 **Birkley, E. L.** *Intimate Partner Violence: The Role of Acute Alcohol Intoxication.*
Invited talk to the Substance Use and Dependence (SUDEP) Unit at the Cincinnati VAMC
- 2/27/19 Sykes, E. & **Birkley, E. L. (faculty case supervisor and sponsor).**
Finding the silver lining: A CBT case of workaholic

- 1/30/19 Grand Rounds Presentation with CME/CEU ethics credit at UC Department of Psychiatry, Cincinnati, OH
Birkley, E. L. *Presentation of Clinical Cases of Cognitive Processing Therapy (CPT)*
Grand Rounds Presentation with CME/CEU ethics credit at UC Department of Psychiatry, Cincinnati, OH
Quality of the speaker presentation: Excellent: 13/16 = 81.25%, Good: 3/16 = 18.75%
- 2/28/18 **Birkley, E. L. *Intimate Partner Violence, Aggression, and PTSD: Ethics, Treatment Guidelines, and Research***
Grand Rounds Presentation with CME/CEU ethics credit at UC Department of Psychiatry, Cincinnati, OH
- 2016-2021 **Birkley, E. L. *Intimate Partner Violence (IPV) Workshop***
 Cincinnati VAMC psychology intern annual training; Presentation included clinical role-plays and ethical reporting guidelines
- 4/2017 **Birkley, E. L. *Intimate Partner Violence (IPV): Theory, Ethics, & Practice Guidelines***
 UC Department of Psychiatry monthly psychologist meeting; CEU credits were provided for ethics.
- 1/2016 **Birkley, E. L. *Responding to Patients Displaying Anger and/or Aggressive Behavior***
 Cincinnati VAMC Nursing Staff; Clinical practice guidelines and clinical role plays including examination of past patient behaviors and staff responses.

Courses Taught

- 12/16/21 **Faculty Instructor, *CBT 11 - Challenging Cases***, PGY-3 Resident CBT Lecture, UC Psychiatry
- 12/16/21 **Faculty Instructor, *CBT 3 - Assessment and Formulation***, PGY-1 Resident CBT Lecture, UC Psychiatry
- 4/2018-2023 **Faculty Instructor, *Biweekly***, PGY-2-4 Psychiatry Resident Process Group, UC Psychiatry

Activities: Facilitate process group for psychiatry residents on a biweekly basis to fulfill national accreditation requirements for formal group experiences aimed at increasing well-being and reducing burn-out. Process groups include collaborative processing of experiences during

residency related to the topics of well-being and burn-out in addition to my instruction and active practice of CBT skills directly addressing these important topics.

Evaluations: Beneficial experience = 4.45/5 (4 = agree; 5 = strongly agree); “Has enhanced my residency experience”; “It’s great. Just want to advocate that FMPs have this time protected”; “Wish I was able to come more. I loved it”; and “Thank you for reinstating this”.

- 9/2021-2023 **Faculty Instructor, *Monthly***, PGY-1 Psychiatry Resident Process Group, UC Psychiatry
Activities: Facilitate process group for PGY-1 psychiatry resident interns on a monthly basis to fulfill national accreditation requirements for formal group experiences aimed at increasing well-being and reducing burn-out.
- 10/22/2020 **Faculty Instructor, *Behavioral Methods I***, PGY-3 Psychiatry Resident CBT Lecture via Microsoft Teams due to COVID-19 restrictions, UC Psychiatry
- 8/27/2020 **Faculty Instructor, *Principles and Applications of Inpatient CBT 1***, PGY-2 Resident CBT Lecture, UC Psychiatry
- 2/25/2020 **Faculty Instructor, *Assessment and Formulation***, PGY-1 Psychiatry Resident CBT Lecture, UC Psychiatry
- 2/13/2020 **Faculty Instructor, *Perfect Storm for Intimate Partner Violence (IPV) Perpetration and Ethics in Reporting***, Doctoral Students in Psychology Didactic Training, UC Psychiatry
- 1/16/2020 **Faculty Instructor co-led with CBT supervisee, PGY-4 Emily Sykes, *CBT 11 - Challenging Cases***, PGY-3 Psychiatry Resident CBT Lecture, UC Psychiatry
- 11/21/2019 **Faculty Instructor, *Anger and Aggression***, Doctoral Students in Psychology Didactic Training, UC Psychiatry
- 11/7/2019 **Faculty Instructor, *Behavioral Methods Part I***, PGY-3 Psychiatry Resident CBT Lecture, UC Psychiatry
- 10/24/2019 **Faculty Instructor, *Intimate Partner Violence Ethics and Reporting Requirements***, Doctoral Students in Psychology Didactic Training, UC Psychiatry
- 9/5/2020 **Faculty Instructor, *Principles and Applications of Inpatient CBT 1***, PGY-2 Resident CBT Lecture, UC Psychiatry

- 2/26/2019 **Faculty Instructor**, *Assessment and Formulation*, PGY-1 Psychiatry Resident CBT Lecture, UC Psychiatry
- 10/25/2018 **Faculty Instructor**, *Behavioral Methods II*, PGY-3 Psychiatry Resident CBT Lecture, UC Psychiatry
- 2018 **Faculty Instructor**, *PTSD Evidence-based Assessment and Treatment*, Doctoral Students in Psychology Didactic Training, UC Psychiatry
- 2018 **Faculty Instructor**, *Intimate Partner Violence Ethics and Reporting Requirements*, Doctoral Students in Psychology Didactic Training, UC Psychiatry
- 2017 **Faculty Instructor**, *CBT Assessment and Formulation* PGY-2 Psychiatry Resident Lecture Series, Evidence-Based Psychiatry; UC Psychiatry
Evaluations: 9.49/10 and 10/10 – “This was another fantastic lecture. It was applicable, interesting, and we also had to role play, which was challenging but very useful”!

Psychiatry Resident Journal Club

- 2019 **Faculty Sponsor** (facilitates discussion) for Tricia Minton, MD, PGY-3; *Trial for Prazosin for Posttraumatic Stress Disorder in Military Veterans*, New England Journal of Medicine

Teaching Materials Developed

- 2018 **Birkley, E. L.** *Managing the Aggressive and Intimidating Psychiatric Patient*, American Physician Institute, CME to Go including multiple choice questions for CME credit
- 2018 **Evidence-Based Psychiatry CBT PGY-2 and PGY-3 Lectures**: Assessment, treatment and contraindications for PTSD, and Risk assessment for the PGY-2 Psychiatry Resident Lecture Series, Evidence-Based Psychiatry
- 2011 **Course Developer**, PSY100: Introduction to Psychology Online Course University of Kentucky

Thesis and Dissertation Committee Member Service

- 2020 - 2022 Katie Abrahamowicz, MS, “The Association between the Dark Tetrad,

Gender, and Technological Intimate Partner Violence”, Wright State University School of Professional Psychology; **Dissertation Committee Member**

2020 – 2021 Allison Sylvia, MS, Title TBD, University of Cincinnati Clinical Psychology Doctoral Program; **Written Major Qualifying Exam Committee Member**

2019 Anthony Hitch, BA, “Abuse, Emotional Regulation, and Problematic Alcohol Use in African American Young Women”, University of Cincinnati Clinical Psychology Doctoral Program; **Master’s Thesis Committee Member**

2018 Ryaja Johnson, PsyM, “Spirituality as a Change Mechanism in Cognitive Processing Therapy for Posttraumatic Stress Disorder”. Wright State University School of Professional Psychology; **Dissertation Committee Member**

RESEARCH

Completed Research Support

Byrne Grant (USDOJ-Ohio Dept of Safety) **Birkley (PI)** 2022-
Self-report data gathered from the Mentally Tougher first responder resilience program will be analyzed, disseminated and serve as pilot information for further examination of the long-term potential impact of this program on promoting wellness and stress recovery among this trauma-exposed population.
Roles: Investigator, Data Review and Dissemination, Manuscript Preparation, Planned Grant Submission(s)

Chris T. Sullivan Foundation Chard (PI) 2016 - 2020
A Comparison of Cognitive Processing Therapy (CPT) versus Accelerated Resolution Therapy (ART) versus Wait List (WL)
This randomized controlled trial is the first to compare CPT, an evidence-based treatment for PTSD, to ART, a novel PTSD treatment, as compared to a wait list control condition.
Roles: Site Project Coordinator, Sub-investigator, Therapist

Departmental Institutional Commitment **Birkley** 2016 – 2019
The Dean of the College of Medicine at the University of Cincinnati has provided an institutional commitment to fund 10% of my salary for 3 years for independent research activities.

1R21HD079899-01A1 Gilman (PI) 2016 – 2018

Research on Children in Military Families: The Impact of Parental Family Deployment and Reintegration on Child and Family Functioning

This is a randomized controlled trial to compare the efficacy of Cognitive-Behavioral Conjoint Therapy (CBCT) to CBCT plus a novel addition of Parent Management Training (CBCT - PMT).

Roles: Site Project Coordinator, Therapist

Research Program Initiative (RIP) Grant **Birkley (PI)** 2015 - 2016
Anger Intervention for Veterans with PTSD

This phase I pilot clinical trial examined the effectiveness of a novel, evidence-based cognitive-behavioral 10 week intervention specifically designed to treat anger, hostility, and aggression for Veterans with PTSD.

Role: PI

1R01AA020578-01A1 Eckhardt, Parrott (Co-PIs) 2012 - 2015

Mechanisms of Alcohol-Facilitated Intimate Partner Violence This laboratory-based investigation examined cognitive and affective mediators of the relationship between acute alcohol intoxication and intimate partner violence among romantic couples.

Role: Site Project Coordinator, Graduate Research Assistant

VA RR&D B7571N Davis (PI) 2010 - 2014
Mindfulness-based Cognitive Behavioral Couples Therapy for PTSD and Relationship Function

This project is a randomized clinical trial designed to further develop and compare a mindfulness-based extension to Cognitive Behavioral Couples Therapy for PTSD to a relationship-skills control group.

Role: Graduate Therapist, Graduate Research Assistant

Peer-Reviewed Publications *denotes student

According to ResearchGate, authored publications have 3,245 reads and 360 citations.

*Partlow, B. & Birkley, E. L. (2022). Cognitive Processing Therapy for Psychogenic Nonepileptic Seizures (PNES): A Case Study for Treatment of Dual Diagnosis of PTSD and PNES. *Cognitive and Behavioral Practice*.

*Fedynich, A. L., **Birkley, E. L.** (2020). Cognitive Behavioral Conjoint Therapy for Posttraumatic Stress Disorder: A Case Study of Continued Co-Parenting among Married Couple with Perpetrator of Past Domestic Violence. *Cognitive & Behavioral Practice*.

Birkley, E. L., & Eckhardt, C. (2018). Effects of instigation, anger, and emotion regulation on intimate partner aggression: Examination of "Perfect Storm" theory. *Psychology of Violence*, 9(2), 186-195.

Birkley, E. L., Eckhardt, C. I., & Dykstra, R. (2016). Posttraumatic stress disorder symptoms, intimate partner violence and relationship functioning: A meta-analytic review. *Journal of Traumatic Stress, 5*, 397-405. doi: 10.1002/jts.22129.

Gardner, F. L., Moore, Z. E., **Birkley, E.L.,** & Eckhardt, C. I. (2016). History, comparative outcomes, and future directions for intimate partner violence intervention programs. *the Behavior Therapist, 39(5)*, 168-174.

Birkley, E. L., & Schumm, J. A. (2016). Posttraumatic stress disorder, aggressive behavior, and anger: Recent findings and treatment recommendations. *Current Treatment Options in Psychiatry, 3*, 48-59.

Birkley, E. L., & Eckhardt, C. I. (2015). Anger, hostility, internalizing negative emotions, and intimate partner violence perpetration: A meta-analytic review. *Clinical Psychology Review, 30*, 40-56.

Birkley, E. L., Zapolski, T. C. B., & Smith, G. T. (2015). Race differences in the prospective relationship between depression and alcohol use from elementary school to middle school. *Journal of Studies on Alcohol and Drugs, 76-5*, 799-808.

Birkley, E. L., Giancola, P. R., & Lance, C. E. (2012). Psychopathy and the prediction of alcohol related physical aggression: The roles of impulsive antisociality and fearless dominance. *Drug and Alcohol Dependence, 128*:58-63.

Birkley, E. L., & Smith, G. T. (2011). Recent advances in understanding the personality underpinnings of impulsive behavior and their role in risk for addictive behaviors. *Current Drug Abuse Reviews, 4*:215-27.

Book Chapter

Pearson, C. M., Guller, L., **Birkley, E. L.,** & Smith, G. T. (2012). Multiple personality dispositions to engage in rash, impulsive action. In M. A. Cyders (Ed.), *The Psychology of Impulsivity*. New York: Nova Science Publishers.

Manuscripts in Progress *denotes student

*Sylvia, A., Jastrowski Mano, K., Mano, Q., & **Birkley, E. L.** (Under review). A Systematic Review of Dispositional Mindfulness and Avoidance Among Those Exposed to Traumatic Events. *Trauma, Violence, and Abuse*.

Oral Presentations Given at Scientific Meetings (Maiden name Weber)

Birkley, E. L. & Elliott, J. (2023, October). *Origin and Development of the Peer Support Program in the Cincinnati Fire Department*. Sixth Annual Fire Service Psychology Association Conference, to be held in Atlanta, GA.

Birkley, E. L. Sherman, M., & Foley, A. (2022, September). *Evaluation and Utilization of "Mentally Tougher": Outcomes and Approaches to Bringing Resilience Training to Police Departments in an Era of Funding Challenges*. Society of Police and Criminal Psychology (SPCP) 2022 Conference, Quebec, Canada.

Birkley, E. L. (2020, November). *Couple-based Treatment of PTSD: Case Study of a Police Officer Responding to Completed Suicides*. Presented remotely at the Society of Police and Criminal Psychology (SPCP) 2020 Online Conference.

Birkley, E. L., Schumm, J. A., & Chard, K. M. (2017, November). *Anger, Hostility, and Aggression (AHA) Intervention for Veterans with PTSD: Phase I Pilot Trial Results*. Association for Behavioral and Cognitive Therapies (ABCT) Annual Conference, San Diego, CA.

***Symposium chair and presenter**

Birkley, E. L., Mesa, F., Schumm, J. A., & Chard, K. M. (2017, November). *Utility of the MMPI-2-RF and STAXI-2 among Justice Involved Veterans with PTSD*. Association for Behavioral and Cognitive Therapies (ABCT) Annual Conference, San Diego, CA.

Schumm, J., **Birkley, E.**, Chard, K., & Eckhardt, C. (2016, October). *Anger, Hostility, and Aggression among US Veterans Receiving Residential PTSD Treatment*. International Society for the Traumatic Stress Studies (ISTSS) Annual Conference, Dallas, TX.

Birkley, E. L., Pukay-Martin, N. D., Fredman, S. J., Vorstenbosch, V., Macdonald, A., & Monson, C. (2015, November). *Trait anger and depression moderate treatment outcomes for cognitive behavioral conjoint therapy for PTSD*. Presented this symposium talk at the Association for Behavioral and Cognitive Therapies (ABCT) Annual Conference, Chicago, IL.

Symposium chair and presenter

Birkley, E. L., Dykstra, R., Hennessey, C. M., & Eckhardt, C. I. (2014, November). *Posttraumatic Stress Disorder Symptoms, Intimate Partner Violence and Relationship Functioning: A Meta-Analytic Review*. Presented this symposium talk at the Association for Behavioral and Cognitive Therapies (ABCT) Annual Conference, Philadelphia, PA.

Birkley, E.L., Roth, L.A., & Eckhardt, C. (2013, November). *A meta-analytic review of anger, hostility, and self-regulation of emotions among partner abusive men and women*. Presented this symposium talk at the Association for Behavioral and Cognitive Therapies (ABCT) Annual Conference, Nashville, TN.

Symposium chair and presenter

Birkley, E.L., Luedtke, B.L., Eicher, A.C., Davis, L.W. (2013, November). *Mindfulness based cognitive behavioral couples therapy (MB-CBCT) for PTSD: Associations with partner aggression and anger among returning OEF/OIF veterans*. Presented this symposium talk at the International Society for the Traumatic Stress Studies (ISTSS) Annual Conference, Philadelphia, PA.

Eckhardt, C., Sprunger, J., & **Birkley, E.** (2012, November). *Instigating, impelling, and inhibiting factors in intimate partner violence: The effects of anger arousal, cognitive distortions, and alcohol use*. Presented this symposium talk at the Association for Behavioral and Cognitive Therapies (ABCT) Annual Conference, National Harbor, MD.

Birkley, E. L., Zapolski, T. C. B., & Smith, G. (2012, March). *Race differences in the prospective relationship between depression and alcohol use from elementary school to middle school*. Paper presented at the Kentucky Psychological Association (KPA) Spring Academic Conference, Lexington, KY.

Received first place award for graduate student paper presentation.

Weber, E. L., Giancola, P. R. (2011, March). *Psychopathy as a Moderator for Alcohol Related Aggression*. Master's thesis presented at the Kentucky Psychological Association (KPA) Spring Academic Conference, Frankfurt, KY.

Received second place award for graduate student paper presentation.

Weber, E.L. Eckhardt, C. I. (2009, April). *Evaluating the Role of Alcohol and Psychopathy in Predicting Intimate Partner Violence*. Honors thesis presented at the annual Midwestern Psychological Association (MPA) Conference, Chicago, IL.

Weber, E. L. (2008, April). *Antisocial Personality Disorder: Treatment Strategies based on Primary Intervention through the Identification of Comorbid Risk Factors, Multi-Systemic Therapy and Family-based Intervention*. Honors paper presented at the annual Purdue University Honors Colloquium, West Lafayette, IN.

Weber, E. L. (2007, April). *Advertising Race as a Cultural Icon in the Music Industry*. Honors paper presented at the annual Purdue University Honors Colloquium, West Lafayette, IN.

Posters Presented at Scientific Meetings (*denotes student-supervised presentation)

*Sylvia, A., Birkley, E. L., Partlow, B., & Chard, K.M. (2020, November). *Preliminary Comparative Effectiveness of Brief Cognitive Processing Therapy Compared to Traditional Cognitive Processing Therapy on Reducing PTSD Symptom Severity and Externalizing Behaviors*. Poster will be presented remotely at the Association for Behavioral and Cognitive Therapies Annual Conference.

*Partlow, B. & **Birkley, E.L.** (2020, November) *Cognitive Processing Therapy Prevents PTSD Relapse: Police Assault during the Black Lives Matter Protests*. Poster will be presented remotely at the Society for Police and Criminal Psychology 2020 Online conference.

Sprunger, J. G., Rowe, C., **Birkley, E. L.**, & Chard, K. M. (2020, November). *Innovative Methods for Using REDCap as a Platform to Improve Client Access to Reliable Measurement-based Care in CBT-related Therapies*. Poster will be presented remotely at the 54th Annual Convention for the Association for Behavioral and Cognitive Therapies in Philadelphia, Pennsylvania.

Birkley, E. L. & Nery, F. (2019, April) *Treating Comorbid Psychogenic Nonepileptic Seizures (PNES) and Posttraumatic Stress Disorder (PTSD) Using Cognitive-Behavioral Conjoint Therapy: A Family-Based Case Report*. Poster presented at the UCGNI/NRC Neuroscience Research Day at the University of Cincinnati College of Medicine.

*Fedynich, A. L., **Birkley, E. L.**, & McCutcheon, J. (April 2019). *Cognitive-Behavioral Conjoint Therapy for Posttraumatic Stress Disorder: A Case Study of Continued Co-Parenting among Married Couple with Perpetrator of Past Domestic Violence*. Poster presented at the UCGNI/NRC Neuroscience Research Day at the University of Cincinnati College of Medicine.

*Ngayan, A. A., Sprunger, J. G., **Birkley, E. L.**, & Chard, K. M. (April, 2019) *Differences in PTSD Symptom Severity and Drop-Out Among First Responders, U.S. Veterans, and Civilians presenting for Evidence-Based Treatment in an Outpatient Clinic*. Poster presented at the UCGNI/NRC Neuroscience Research Day at the University of Cincinnati College of Medicine.

Birkley, E. L., Schumm, J. A., & Chard, K. M. (2018, November) *Anger, Hostility, and Aggression (AHA) Intervention for Veterans with PTSD: Phase I Pilot Trial Results and Integration into Residential PTSD Treatment*. International Society for the Traumatic Stress Studies (ISTSS) Annual Conference, Washington D.C.

*Fedynich, A. L., **Birkley, E. L.**, Gilman, R. C., & Chard, K. M. (2018, November)

- Differential Treatment Response among U.S. Veterans compared to Civilians receiving Cognitive Processing Therapy for PTSD in an Academic Medical Center Clinic.* International Society for the Traumatic Stress Studies (ISTSS) Annual Conference, Washington D.C.
- Birkley, E. L.,** Schumm, J. A., & Chard, K. M. (2018, April) Aggression, hostility, and anger (AHA) intervention for patients with PTSD: Phase I Pilot Trial Results. Poster presented at the Neuroscience Research Day at the University of Cincinnati College of Medicine.
- *Fedynich, A. L., **Birkley, E. L.,** Gilman, R. C., & Chard, K. M. (2017, October). *Differential treatment response among U.S. veterans compared to civilians receiving cognitive processing therapy for PTSD in a community mental health clinic.* Poster presented at the San Antonio Combat PTSD Conference, San Antonio, TX.
- Birkley, E. L.,** Eckhardt, C. I., & Dykstra, R. (2016, April). *Posttraumatic stress disorder symptoms, intimate partner violence, and relationship functioning: A meta-analytic review.* Poster presented at VA Research Week, University of Cincinnati, Cincinnati OH.
- Birkley, E. L.,** Sprunger, J.G., Pendergast, K., & Eckhardt, C.I. (2015, November). *Effects of instigation, anger, and emotion regulation on IPV-related behaviors: A test of perfect storm theory.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Chicago, IL.
- Weber, E. L.** & Giancola, P.R. (2011, June). *Psychopathy as a Moderator for Alcohol Related Aggression.* Poster presented at the annual meeting of the Research Society on Alcoholism (RSA), Atlanta, GA.
- Weber, E. L.,** Zapolski, T., & Smith, G. T. (2011, April). *Elementary School Depression Predicts Middle School Alcohol Consumption.* Poster presented at the first annual meeting of the Child and Adolescent Risk conference, Lexington, KY.
- Samper, R. E., **Weber, E. L.,** & Eckhardt, C. I. (2008, May). *Do Hyperarousal Symptoms Predict Intimate Partner Violence?* Poster presented at the annual meeting of the Midwestern Psychological Association (MPA), Chicago, IL.
- Samper, R. E., Denham, A., Blandford, J., **Weber, E. L.,** Harker, A., & Eckhardt, C. I. (2007, November). *Examining the Relationships between Hyperarousal, Alcohol Use, and Intimate Partner Violence: A Daily Diary Study.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA.