

PROFESSIONAL EXPERIENCE**Founder and Director****Capital Youth Services dba Rathbone & Associates****Bethesda and Rockville, Maryland, December 1990 - Present**

Founded multi-therapist adolescent mental health practice that provides assessment and treatment services to adolescents, young adults, and their families. Clinical work specializes in adolescence and young adulthood, with special interest in resistant, difficult to engage, and challenging to treat clients and evidence-based treatment. Conducts parenting workshops and leads multiple ongoing successful psychotherapy groups for adolescents and young adults. Clinical services are of the highest quality and client satisfaction measures consistently report effectiveness of services. Established highly regarded DBT program for young people, first clinician in the area to pass the rigorous standards and be designated a Certified DBT Clinician. Presenter to large professional and lay audiences on issues associated with adolescence on a regular basis. Trains other psychotherapists. Consultant to schools on prevention and mental health issues. Oversees development of practice. Hires clinical staff. Repeatedly named top therapist for adolescents by Washingtonian Magazine and best psychological services for children by Bethesda Magazine.

Director**Washington Center for Mental Health Training****Metropolitan DC Area****2016-Present**

Developed training program for mental health providers focusing on evidence-based practices with youth. Consistently received outstanding ratings on presentation quality, presentation content, and speaker quality. Recognized by the Maryland Board of Social Work Examiners as an approved continuing education provider for social workers.

Faculty**University of Maryland School of Social Work****Baltimore, MD****2019- present**

Designed and taught course "Dialectical Behavior Therapy" to advanced standing graduate students. Received outstanding ratings on student evaluations, exceeded overall mean for instructors and courses in the School of Social Work. All students rated the course as "excellent".

Advisory Committee**Jewish Social Service Agency (JSSA) Training Institute****2014- 2016**

Assisted in development of training focus, with emphasis on identifying emerging treatments, skilled trainers and community need.

Advisory Board**ParentInsider.com****2014- Present**

Provided guidance to editors and editorial content to innovative online magazine for parents of teenagers. Served as professional expert for written and recorded content.

Founding Member**Metropolitan Washington Dialectical Behavior Therapy (DBT) Consortium****Rockville, Maryland, 2009-2015**

Participated in community-based treatment team providing effective and adherent state of the art DBT to adolescents. Provided high quality training to mental health professionals.

Faculty

**The Catholic University of America, National Catholic School of Social Service,
Washington, DC,
2008-2014**

Taught graduate level course "Clinical Social Work with Adolescents and Young Adults" to advanced standing social work master's degree candidates. Participated in curriculum development. Rated at the highest levels for "knowledge and skill of instructor", and "overall effectiveness of instructor" by students.

Faculty

**JSSA Postgraduate Certificate Program
Rockville, Maryland, 2000-2008**

Taught classes to advanced level clinicians on adolescent neurological development and engaging and effectively working with adolescents in various modalities, with particular emphasis on resistance and difficult to treat adolescents. Consistently received the highest ratings for program content and quality of presentations.

Branch Manager

**Jewish Social Service Agency
Gaithersburg, Maryland, September 1992 - March 1996**

Managed office providing non-sectarian psychotherapy services to children, adolescents, and parents. Evaluated therapist and support staff performance. Responsible for program development, outreach and marketing, and assuring therapist productivity. Increased referrals for service by 120% in first eight months. Exceeded all department goals. Monitored budgets and revenue. Successfully managed overall operation of branch. Participated in development of ADHD clinic. Implemented total quality management principles for staff and clients.

Coordinator, Managed Care Programs

**Jewish Social Service Agency
Rockville, Maryland, May 1992 - March 1996**

Developed agency response to managed mental health care requirements. Acted as liaison to managed care companies and monitored staff participation in 12 managed care contracts. Established and negotiated group contracts for agency.

Consultant

**Family Support Center
Bethesda, Maryland, July 1991 - June 1992**

Provided training to therapists on assessment of adolescent mental health and substance abuse problems. Met with private schools to develop prevention programming for youth and parents. Designed and provided extensive substance use and abuse prevention programming to middle school students, teachers, and adults working with youth

Consultant

**Teen Talk Television Production, Montgomery County Cable
Rockville, Maryland, Sept 1990 - June 1991**

Assisted producer in developing topics for ACE Award winning telecast. Contacted, recruited, briefed and prepared guests and audience members.

Supervisor

**Jewish Social Service Agency, Adolescent Services
Rockville, Maryland, May 1988 - March 1996**

Established non-sectarian adolescent outreach and treatment service. Increased number of adolescents seen by over 1000%. Supervised professional staff and graduate students. Led workshops and seminars for parents, youth, and youth service providers. Trained and supervised peer counselors and acted as consultant to staff and community on adolescent substance abuse issues. Represented agency on youth service committees and coalitions. Provided individual, group and family therapy services to adolescents

and their parents. Nominated twice for Montgomery County Commission on Children and Youth Outstanding Service to Youth Award. Participated on agency community response team providing services to youth in aftermath of tragedies. Created Teen SOS crisis intervention service. Wrote advice column for teenagers published locally. Developed successful marketing materials. Led over 150 Family Life Education workshops. Developed and administered pregnancy prevention program for high-risk youth at local juvenile detention center. Secured grant funding for program. Monitored compliance with requirements for grants.

**Social Worker/Substance Abuse
The Door, Psychological Counseling Service
New York, New York, May 1986 - May 1988**

Conducted long and short-term individual, group and family treatment for adolescents. Primary case management of inner-city adolescent substance abusers and children of alcoholics. Developed drug prevention program recognized and funded by the Nancy Reagan Drug Abuse Foundation. Clinically supervised graduate students. Presented seminars and served as consultant to staff and community.

INTERNSHIPS

**The Door, Crisis Intervention Service
New York, New York, 1985 - 1986**

Provided crisis intervention services and planned short-term treatment to inner-city youth within a large multiservice agency. Organized and led weekly milieu mental health groups. Developed team structure resulting in greater productivity.

**Coney Island Community Support Systems Project
Brooklyn, New York, 1984 - 1985**

Provided long-term supportive psychotherapy and extensive group work to deinstitutionalized individuals with schizophrenia in a residential setting. Assessed potential residents for admittance to program. Member of interdisciplinary team.

EDUCATION

Columbia University School of Social Work, New York, New York
Master of Science, Social Work
Concentration: Clinical Social Work

University of Maryland, College Park, Maryland
Bachelor of Arts
Dual Major: Sociology and Criminology

PUBLICATIONS

Dialectical Behavior Therapy Skills Group coauthored with JoJo Gaul. Chapter in edited volume *The Handbook of Child and Adolescent Group Therapy*, Routledge, 2017

Parenting a Teen Who Has Intense Emotions: DBT Skills to Help Your Teen Navigate Emotional and Behavioral Challenges, New Harbinger, 2016. Coauthored with Pat Harvey

What Works with Teens: A Professional's Guide to Engaging Authentically with Adolescents to Achieve Lasting Change, New Harbinger, 2015. Coauthored with Julie Baron

Dialectical Behavior Therapy for At-Risk Adolescents: A Practitioners Guide to Treating Challenging Behavior Problems, New Harbinger, 2014. Coauthored with Pat Harvey

AFFILIATIONS

Designated Qualified Clinical Social Worker
Designated NASW Diplomate in Clinical Social Work
Member, Greater Washington Society for Clinical Social Work
Maryland LCSW-Clinical #05955
Listed in NASW Register of Clinical Social Workers
Clinical Member, American Group Psychotherapy Association
Listed in Registry of Group Psychotherapists

CERTIFICATIONS

Certified Group Psychotherapist, American Group Psychotherapy Association
Certified DBT Clinician #103, DBT-Linehan Board of Certification
Certified DBT Clinician, DBT-NCAA
Certified PEERS® Social Skills Training for Young Adults Provider

AWARDS

Bethesda Magazine "Readers' Choice Top Pick" Child Therapist/Psychologist, January-February 2020
Bethesda Magazine "Readers' Choice Top Pick" Child Therapist/Psychologist, January-February 2018
Washingtonian Magazine listing of "Top Washington Psychotherapists" July 2010
Washingtonian Magazine listing of "Top Washington Psychotherapists" April 1998

MEDIA

Interviewed on air by WTTG Fox5 News, WJLA Channel 7, and for publication by The Washington Post, USA Today, Washingtonian magazine, and Bethesda magazine

RECENTLY PRESENTED PROFESSIONAL TRAININGS

- *Psychotherapy Networker 2020: Scary Teen Behaviors – Strategies for Achieving Safety and Stability*
- *Psychotherapy Networker 2020: Accelerating Therapy - Using Techniques from Dialectical Behavior Therapy (DBT) to Solve Your Toughest Clinical Problems*
- *Psychotherapy Networker 2019: Cracking the Code with Adolescents*
- Goal Oriented Group Psychotherapy for Adolescents
- What Works With Teens: Strategies for Improving Treatment Outcomes
- Unified Protocol for Transdiagnostic Treatment for Adolescents (UP-A)
- DBT With Adolescents and Families
- DBT Skills Training
- Effective Use of Phone Coaching in DBT
- Disruptive Behavior Disorders in Adolescents: Etiology, Assessment, and Treatment
- Comprehensive DBT Training (14 weeks)