RISA E. BROUDY, PHD
Licensed Clinical Psychologist
www.risabroudy.com
1655 North Fort Myer Drive Suite 820
Arlington, VA 22209
703-965-7477
rbroudy@gmail.com

EDUCATION:

St. John's University, Jamaica, NY June 2003
Doctor of Philosophy in Clinical Psychology

Washington University, St. Louis, MO May 1997
Bachelor of Arts in Psychology

CLINICAL, ADMINISTRATIVE AND TEACHING EXPERIENCE

Risa Broudy, PLLC, Arlington, VA/Washington, DC
PRIVATE PRACTITIONER September 2008-September 2012, March 2018-Present

- Conduct individual and couples therapy to clients across the lifespan
    - Use DBT, ACT, CBT, Gottman, IFS, and other models
- Provide supervision/consultation to mental health providers
- Conducted psychological evaluations for clients age six to young adult
- Conducted private school admissions testing
- Served as consultant to area schools

The George Washington University, Washington, DC January 2006-Present
DIRECTOR, MELTZER CENTER/CLINICAL ASSISTANT PROFESSOR OF PSYCHOLOGY

- Direct community-based training clinic for graduate students in the doctoral program in clinical psychology
- Manage clinic budget and set clinic policies and procedures
- Hire and manage clinical appointments and supervisory staff
- Coordinate practicum program for graduate students
- Lead live diagnostic intake group with use of semi-structured instruments including the Structured Clinical Interview for DSM-5 (SCID-5)
- Supervise students' therapy and testing cases in individual and group formats
- Courses and seminars taught:
    - Psychological Assessment: Cognitive and Personality
    - Introduction to Psychotherapy
    - Motivational Interviewing
    - Dialectical Behavior Therapy
    - Theories and Practice of Clinical Supervision

James Beard Award Winning Southern Smoke Foundation/The George Washington University June 2024-Present

SUPERVISOR, Behind You Program, Collaboration

- Coordinate four GWU training clinics to provide services to food and beverage industry workers through a service grant provided by the Southern Smoke Foundation
- Create a training program for graduate student clinicians meeting with F&B industry workers and evaluate outcomes

Association of Psychology Training Clinics April 2022-March 2026
TREASURER

- Serve on executive committee
- Chair finance committee
- Manage budget and determine investment options

National Institute on Drug Abuse/The George Washington University May 2017-May 2018
SUB-PRINCIPAL INVESTIGATOR, National Institute on Drug Abuse Phase 2, Multi-Center Trial of Lorcaserin in the Treatment of Cocaine Use Disorder

- Supervised and conducted Structured Clinical Interviews to determine eligibility for the Lorcaserin for Cocaine Dependence study
- Administered and supervised doctoral students administering a 13-week CBT intervention for Treating Cocaine Addiction
- Collaborated with study team from the School of Public Health and the Medical Faculty Associates at GWU

Society for a Science of Clinical Psychology/Varda Shoham Clinical Scientist Training Initiative Grant 2015
Using Problem-Based Learning to Enhance Community-Focused Clinical Science Training

- Brought in a speaker to train faculty and students on the integration of problem-based learning to practice
- Helped faculty begin to create interventions specifically tailored for a problem identified in local communities (ie, magnet high school)

The Wake Kendall Group, PLLC, Washington, DC May 2005-September 2008
PSYCHOLOGY ASSOCIATE

- Completed full neuropsychological, psychoeducational and psychological batteries for children, adolescents, and young adults
- Conducted individual and family therapy
- Participated in full Dialectical Behavioral Treatment (DBT) protocol running groups and treating individual clients

Educational Assessment Associates, Washington, DC September 2004-August 2005
LICENSED PSYCHOLOGIST

- Administered intelligence tests to preschool and elementary age children for admission to private schools using the Wechsler intelligence scales
- Assessed for learning disabilities and consult with educational specialists

American School of Professional Psychology at Argosy University, Washington, DC
ASSISTANT DIRECTOR OF TRAINING/ October 2004-December 2005
ASSISTANT FACULTY

- Assisted director in coordinating training program for masters and doctoral level students in the clinical psychology program
- Engaged in site development and oversaw training experiences at over 100 sites
- Served on the Admissions Committee and Training Committee
- Attended annual conferences of the National Council of School and Programs in Professional Psychology
- Served as primary chair or member on students' clinical research projects
- Courses taught:
    - Professionalization Group
    - Practicum Seminar
    - Individual Assessment
    - Integrated Paper

North Shore Child & Family Guidance Center, Roslyn Heights, NY
POSTDOCTORAL PSYCHOLOGY FELLOW July 2003-August 2004

- Administered comprehensive neuropsychological assessments to children, adolescents, and adults
- Carried full caseload conducting ongoing individual and family therapy with children and adolescents and case management
- Ran social skills group for children ages 8-10 with developmental disorders
- Consulted with families, schools, and other mental health professionals, regarding the nature of learning disabilities and behavioral and learning problems
- Participated in program development

New York University Child Study Center, New York, NY

INTERVIEWER February 2001-May 2002
October 2003-April 2004

- Administered in-home semi-structured interviews to both children and their parents for an ongoing research study
- Wrote narratives making lifetime diagnoses; emphasis on differential diagnosis of anxiety disorders in children

St. Luke's/Roosevelt Hospital Center, New York, NY
PSYCHOLOGY INTERN July 2002-June 2003

- Carried outpatient caseload of 12-15 cases including patients ages 5-35 conducting individual and family therapy
- Carried two cases in day treatment program for adolescents conducting individual and family therapy
- Conducted group therapy

    - Dina Dinosaur social skills group for boys ages 5-8 using Carolyn Webster Stratton's manualized treatment program
    - Social skills group for 13-year-old boys with Pervasive Developmental Disorders
    - Expressive writing group for adolescents
    - Recovery group and Relationship skills group for adolescents
- Worked in two day-treatment milieu settings one for adolescents with severe psychiatric disorders and one for adolescents with substance abuse problems
- Administered comprehensive neuropsychological assessments to children and adolescents
- Completed weekly psychiatric evaluations in outpatient intake department
- Provided Consultation and Liaison Services to HIV Clinic

SMART/EST Women's Project, Clinical Directors Network, New York, NY and **St. John's University**, Jamaica, NY
ASSISTANT TREATMENT COORDINATOR June 2001-May 2002

- Assisted in treatment implementation conducting cognitive-behavioral stress management therapy groups for a research study
- Developed research treatment protocol
- Assisted in organizing training seminars for group therapists and in creating and compiling training materials
- Consulted with lawyers, doctors, and other professionals on legal and ethical issues in conducting research with HIV/AIDS population

SMART/EST Women's Project, Clinical Directors Network, New York, NY and **St. John's University**, Jamaica, NY
GROUP CO-THERAPIST May 1999-December 1999
June 2001-May 2002

- Co-led groups of women diagnosed with HIV/AIDS using a manualized treatment plan combining cognitive-behavioral, stress management, and expressive supportive therapy

Prep for Prep, New York, NY
PSYCHOLOGICAL TESTER March 2001-May 2002

- Administered intelligence tests to gifted minority children for entrance into accelerated programs and wrote assessments

St. Mary's Children and Family Services, Syosset, NY
PSYCHOLOGY EXTERN September 2000-June 2001

- Clinician for independent living unit in a residential treatment setting with adolescent boys ages 12-18 often placed by the court on Juvenile Delinquent, PINS, or Neglect petitions
- Conducted individual therapy, co-led weekly process group, performed mental status examinations and completed psychological assessments

Long Island Jewish Schneider Children's Hospital, New Hyde Park, NY
PSYCHOLOGY EXTERN September 1999-May 2000

- Conducted intensive short-term individual and family therapy in an inpatient facility for children with severe mental illness on a latency-age unit
- Performed extensive case management including discharge planning
- Led a weekly inpatient child therapy group addressing social skills
- Administered, interpreted, and wrote psychological test batteries of children and adolescents

St. John's University/NYC Police Department Collaborative Project, New York, NY
GROUP CO-THERAPIST February 1999-July 1999

- Conducted group therapy using a manualized treatment program with NYC traffic agents focusing on cognitive-behavioral methods for anger reduction and stress management

St. John's University Psychological Services Center, Jamaica, NY
FAMILY THERAPIST May 1999-May 2001
Marital and Family Therapy Specialization

- Conducted weekly therapy with couples and families

INDIVIDUAL THERAPIST September 1997-May 2001
Clinical Practicum – Level I-IV

- Conducted intake interviews and provided psychotherapy to individual child, adolescent, and adult clients

PSYCHOLOGICAL TESTER September 1998-May 2001

Youth Emergency Service, St. Louis, MO
INTERN September 1996-May 1997

- Worked on crisis intervention hotline and provided peer and family counseling

Eastern Pennsylvania Psychiatric Institute, Philadelphia, PA
SUMMER INTERN May 1996-August 1996

- Worked with children ages 5-14 diagnosed with conduct and behavioral disorders in a token economy established to manage children's behaviors
- Administered brief intelligence tests and emotional assessments

<u>RESEARCH EXPERIENCE:</u>
St. John's University, Health and Behavior Laboratory, Jamaica, NY
RESEARCH FELLOW September 1997-May 2002
Elizabeth Brondolo, Ph.D., Professor

- Prepared manuscripts for publication
- Assisted in ongoing research projects collecting data in the laboratory and the field
    - Studied the relationship between blood pressure, work stress, psychosocial and personality variables in New York City Department of Transportation Traffic Agents and in teachers.

    - Studied the effects of exercise on ambulatory blood pressure and cardiac autonomic control in the general population
    - Studied the effects of perceived ethnic discrimination on hypertension
- Performed data input and analysis using SAS
- Involved in writing grants to get funding for various research projects
- Collaborated with Columbia Presbyterian Medical Center: Behavioral Science Laboratory, Mount Sinai School of Medicine: Integrative & Behavioral Cardiology Program, and Clinical Director's Network

Mt. Sinai School of Medicine, Integrative and Behavioral Cardiology Program NY, NY

RESEARCH ASSISTANT September 2000-May 2001
Thomas Pickering, MD, DPhil, Director

- Performed bed-side motivational interviews assessing behavioral risk factors for patients on the cardiology floor and provided necessary referrals
- Researched comorbidity of anxiety and mood disorders with hypertension and heart disease
- Conducted data management and data entry using SPSS for on-going research projects

Center for Outcome Analysis, Ardmore, PA
RESEARCH ASSISTANT Summer 1996 & Summer 1997
James Conroy, Ph.D.

- Researched the comparison of kinship foster care to non-relative foster care
- Performed data input and analysis using SPSS

<u>COURSES TAUGHT</u>
Clinical Supervision
Introduction to Therapy
Motivational Interviewing
Cognitive Assessment
Personality Assessment
Diagnostic Assessment

<u>PRESENTATIONS AND MANUSCRIPTS:</u>
Bill, C., **Broudy, R.,** & O'Brien, L.P. (2026, June). *Mental Health Panel*. 10th Annual FAB Festival. Charleston, SC.

Hidinger-Kendrick, J., Cikowski C., **Broudy, R**., & Pierre, S. (2026, June). *Burnout Panel*. 10th Annual FAB Festival. Charleston, SC.

Broudy, R. & Rivera, L. (2014, February). *Integrating Therapeutic Assessment in a Clinical Psychology Training Clinic.* Poster presented at the annual Association of Psychology Training Clinics Conference, San Juan, Puerto Rico.

Broudy, R., Brondolo, E., Coakley, V., Brady, N., Cassells, A., Tobin, J.N., & Sweeney, M. (2007). Perceived ethnic discrimination in relation to daily moods and negative social interactions. *Journal of Behavioral Medicine, 30,* 31-43.

Brondolo, E., Thompson, S., Brady, N., **Appel, R.**, Cassells, A., Tobin, J.N., & Sweeney, M. (2005). The relationship of racism to appraisals and coping in a community sample. *Ethnicity & Disease*, S514-S519.

Broudy, R. (2005, January). *Assessing learning disabilities in young adults.* Presentation to graduate student group at the counseling center of the Art Institute/Washington D.C.

Appel, R., & Brondolo, E. (2003, March). *Perceived ethnic discrimination and its association to ecological momentary assessment of daily interactions.* Paper presented at the conference of the Society of Behavioral Medicine, Salt Lake City, Utah.

Appel, R., Aguera, F., Eichler, R., & Brondolo, E. (2002, April). *Racism, appraisals, and coping responses.* Paper presented at the conference of the Society of Behavioral Medicine, Washington, D.C.

Brondolo, E.N., Cini, L.A., & **Appel, R.** (2001). *Training non-behaviorally trained clinicians to implement cognitive-behavioral therapy programs: Problems and solutions.* Unpublished manuscript.

Brondolo, E.N., Brinson, K., & **Appel, R.** (2000, April). *The relationship of trait anger and social support to absenteeism.* Poster presented at the conference of the Society of Behavioral Medicine, Nashville, TN.

Appel, R., Brondolo, E.N., & Sloan, R.P. (2000, April). *The relationship between cardiac autonomic regulation and anger-related traits in a sample of New York City traffic enforcement agents.* Poster presented at the conference of the Society of Behavioral Medicine, Nashville, TN.

Sloan, R.P., Brondolo, E.N., Bagiella, E., **Appel, R.**, Taravella, J., Kuhl, J.P., & Myers, M.M. (1999, March). *Cardiac autonomic control and blood pressure regulation in the field.* Paper presented at the conference of the Society of Behavioral Medicine, San Diego, CA.

Brondolo, E., **Appel, R.**, Lewis, L., & Rabinowitz, D. (1999, March). *Trait anger and state anger responses to changes in job stress.* Poster presented at the conference of the Society of Behavioral Medicine, San Diego, CA.

Appel, R. (December 1998 & December 1999). *Anger Management Workshop.* Mental Health Day, St. John's University, Jamaica, NY.

CERTIFICATIONS, HONORS, & ORGANIZATIONS

- ASPPB E.Passport and PSYPACT Authority to Practice Interjurisdictional Telepsychology (APIT) #8021 (continuously since 2021)
- Licensed Psychologist, Commonwealth of Virginia (continuously since 2004)
- Licensed Psychologist, District of Columbia (continuously since 2004)
- Licensed Psychologist, State of New York (2003; Inactive)
- Recognized by the National Register of Health Service Providers in Psychology, effective 02/28/2005
- Outstanding Student of the Year Award, Long Island Association of Marital and Family Therapy, June 2001
- Certificate of Academic Excellence, St. John's University, Graduate Division, January 2001
- Doctoral Fellowship, St. John's University, September 1997-May 2001
- Washington University Dean's List, 1994-1996
- Washington University, Graduated with College Honors, May 1997
- Psi Chi, National Honor Society in Psychology, Inducted 1994, Treasurer, Executive Board 1996-1997
- Golden Key National Honor Society, Inducted 1997
- National Honor Society, Inducted 1992
- American Psychological Association, 1992-Present
- Society of Behavioral Medicine, Student Affiliate, 1998-2003
- Virginia Psychological Association (VPA)
- Virginia Academy of Clinical Psychologists (VACP)
- Northern Virginia Society of Clinical Psychologists (NVSCP)
- Association for Psychological Science (APS) 2013