

RISA E. BROUDY, PHD  
Licensed Clinical Psychologist  
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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

**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-Present

**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

**RESEARCH EXPERIENCE:**

**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

- 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

PRESENTATIONS AND MANUSCRIPTS:

**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