

DAVID PHILLIPS, PhD
Licensed Clinical Psychologist

Licensure

Licensed Clinical Psychologist

Illinois Department of Financial and Professional Regulation

Currently Active: Expiration 09/30/2022

License number: 071010543

EDUCATION

Doctor of Philosophy in Clinical Psychology (2013-2018)

APA Accredited

Eastern Michigan University (Ypsilanti, MI)

Degree conferred August 2018

Internship: Naval Medical Center Portsmouth, Portsmouth, VA

APA Accredited

Masters in Clinical Psychology (2012-2013)

Eastern Michigan University (Ypsilanti, MI)

Degree conferred December 2015

Bachelor of Arts in Psychology (2005-2009)

The Ohio State University (Columbus, Ohio)

Summa cum laude with honors

CLINICAL EXPERIENCE

Private Practice Clinical Psychologist (Sept 2021 – present)

Healthy Mind Psychology, PLLC

Founder of Healthy Mind Psychology, a specialty outpatient mental health treatment center for adults. Providing empirically supported treatments for a range of mental health concerns, including anxiety, depression, trauma, substance use, and behavioral health.

COVID Task Force Lead (Mar 2020- Sep 2021)

Captain James A. Lovell Federal Health Care Center

Managed a team of 8 staff members in the implementation of behavioral health services. Provided advanced outpatient services to service members experiencing elevated clinical concerns, including PTSD, chronic depression, anxiety, and suicidal ideation. Developed operating and clinical procedures for US Navy mental health recruit COVID task force. Spent 4 months deployed to quarantine setting, providing crisis response services to military service members.

Deployed Clinical Psychologist (June 2019- November 2019)

USNS Comfort

Deployed on humanitarian mission throughout Caribbean and central America. Provided outpatient therapy services to over 900 military and civilian personnel. Subject matter expert on occupational impairment, trauma, substance use disorders, and mood disorders. Conducted evaluations and managed mental health related medical evacuations. Provided lectures to host nations on behavioral health topics, such as weight management, diabetes management, and compassion fatigue/provider burn out.

Staff Psychologist (September 2018 – Sep 2021)

Captain James A. Lovell Federal Health Care Center

Duties: Provided clinical services to Great Lakes Naval base, VA hospital, and Recruit Training Command. Therapeutic services included group and individual outpatient treatment, behavioral health care within primary care setting, and disposition evaluations (e.g. psycho-diagnostic, fitness for duty, and security clearance evaluations). Managed and trained staff of eight paraprofessionals and three licensed providers who implemented clinical interventions (e.g. group therapy and risk assessment).

Population: Active duty Navy staff, Navy recruits, and military dependents.

Doctoral Psychology Intern (August 2017- August 2018)

Naval Medical Center Portsmouth

Primary supervisors: CDR Michael Franks, Psy.D; Mary Brinkmeyer, Ph.D.

Duties: Functioned as supervised internship level psychologist across multiple clinics. Provided empirically supported treatments for a wide range of treatment targets, interpreted personality assessments, and consulted with a wide range of medical and military professionals.

Population: Completed supervised rotations within internal medicine as an IBHC, inpatient mental health, and outpatient mental health

Psychotherapeutic Interventions Used (in alphabetical order): Acceptance and Commitment Training, Behavioral Activation, Dialectical Behavioral Therapy, CBT for Chronic Pain/insomnia, Cognitive Therapy, Prolonged Exposure, Motivational Interviewing, and Mindfulness Based Stress Reduction

Practicum Student (August 2016-May 2017)

Ann Arbor VA PTSD & Sleep Clinic

Supervisor: Heather Cochran, Ph.D.

Duties: Conducted intake interviews, provided empirically supported individual therapy for PTSD, trauma related nightmares, and insomnia, and conducted complex personality assessments in various medical department.

Population: Veterans of the United States Military.

Psychotherapeutic Interventions Used (in alphabetical order): Exposure Relaxation and Rescripting Therapy (for nightmares), CBT-Insomnia, and Prolonged Exposure.

Practicum Student (August 2015-August 2016)

Ann Arbor VA Substance Use Disorder Clinic

Supervisor: Jamie Winters, Ph.D.

Duties: Conducted intake interviews, facilitated CBT treatment groups, provided individual therapy, and conducted program evaluation (i.e., developed a fidelity measure, evaluated outcomes of the clinics Contingency Management program and CORE CBT program).

Population: Military Veterans. All patients seen in the clinic had some form of a substance use problem and most had at least one comorbidity. Substances of abuse varied, with alcohol being the most common. Comorbidities included but were not limited to PTSD, MDD, anxiety disorders, personality disorders, TBI, and chronic pain.

Psychotherapeutic Interventions Used (in alphabetical order): BRIGHT manual for depression and SUD; CBT for substance use, anxiety, and chronic pain; Mindfulness Based Relapse Prevention; Motivational Enhance Therapy/Motivational Interviewing.

Graduate Student Therapist and Assessor (September 2013-June 2017)

Eastern Michigan University Psychology Clinic, Ypsilanti, MI

Supervisors (in alphabetical order): Michelle Byrd, Ph.D., Claudia Drossel, Ph.D., Ph.D., Carol Freedman-Doan, Ph.D., Flora Hoodin, Ph.D., Melissa Grey, Ph.D., Ellen Koch, Ph.D., Karen K. Saules, Ph.D., Judith Shazer, Ph.D, Thomas Waltz, Ph.D., Ph.D.

Duties: Conducted in-person and telephone semi-structured interviews. Provided short-term and long-term individual therapy to adults. Facilitated weekly Dialectical Behavior Therapy (DBT) skills training group. Conducted full battery psychological and neuropsychological assessments, wrote assessment reports, conducted feedback sessions, and provided brief behavioral interventions.

Population: Treated primarily low-income individuals with a variety of problems including, but not limited to, borderline personality disorder, major depressive disorder, posttraumatic stress disorder, bipolar disorder, social anxiety disorder, gender dysphoria, Attention Deficit Hyperactivity disorder, Learning Disability, Intellectual Developmental Disorder, and adjustment disorder.

Psychotherapeutic Interventions Used (in alphabetical order): Acceptance and Commitment Therapy, Behavioral Activation, Cognitive Therapy, Dialectical Behavioral Therapy, Prolonged Exposure.

Pre-practicum Student (April 2013-May 2013)

Autism Collaborative Center, Eastern Michigan University, Ypsilanti, MI

Supervisors: Susan Risi, Ph.D., Marilyn Bonem, Ph.D.

Duties: Provided behavioral intervention for a young adult diagnosed with Autism. This included conducting a functional behavior analysis, creating a treatment plan using applied behavioral analysis procedures, and implementing treatment in an in-home context.

Case Worker (August 2011-December 2011)

Youth Advocacy Program, Austin, TX

Duties: Appointed advocate for client's legal, educational, and medical needs. Liaison between the client and his/her service providers. Provided instrumental support to client families. Secured community donations.

Community Coach (August 2010- December 2010)

Community Coaching Center Inc., San Diego, CA

Duties: Used applied behavioral analysis interventions (e.g. Pivotal Response Training) to promote functional behavior modification in adolescents with autism. Constructed behavioral treatment plans with an emphasis on participant-community integration.

Suicide Hotline crisis counselor (September 2009 – May 2010)

Suicide Prevention Services, Columbus, OH

Duties: Provided crisis intervention services to a diverse array of callers. Collaborated with emergency services to locate and provided services to actively suicidal callers. Referred callers to appropriate social and mental health services, and provided basic psycho-education.

Youth Leader (December 2009- March 2010)

Pomegranate Health Systems, Columbus, OH

Duties: Supervised in-patient adolescents to ensure safety and engagement in appropriate instructional, leisure, and daily living activities. Coordinated and engaged in emergency and crisis intervention responses. Assisted in developing intervention strategies that reinforce effective behaviors.

PUBLICATIONS

- Rezaie, L., **Phillips, D.**, & Khazaie, H. (2021). The experiences of adherence and non-adherence among patients with obstructive sleep apnea undergoing treatment with continuous positive airway pressure in Western Iran: a qualitative study. *Scandinavia Journal of Sleep Medicine*, 1 (1).
- Sexton, M. B., Dawson, S., Spencer, R. J., **Phillips, D.**, Reckow, J. M., ...Chermack, S. T. (2020). Relationship between insomnia and Alcohol and Cocaine use frequency with aggression among veterans engaged in substance use treatment. *Sleep Medicine*.
- Rezaie, L., **Phillips, D.** (2020). Post-discharge needs of Iranian women diagnosed with severe mental illness: a qualitative study. *Journal of Psychiatric Mental Health Nursing*, 27(6).
- Rezaie, L., **Phillips, D.**, & Khazaie, H. (2018). Barriers to acceptance and adherence to continuous positive airway pressure therapy in patients with obstructive sleep apnea: a report from Kermanshah province, western Iran. *Patient preference and adherence*, 12, 1299.
- Rezaie, L., **Phillips, D.**, Fobain, A., & Khazaie, H. (2018). Barriers to insomnia treatment for general physicians in Iran: A mixed-method study. *European Journal for Person Centered Healthcare*, 6(2), 248-256.
- Phillips, D.**, & Lauterbach, D. (2017). American Muslim Immigrant Mental Health: The Role of Racism and Mental Health Stigma. *Journal of Muslim Mental Health*, 11(1).
- Rezaie, L., Shafaroodi, N., & **Phillips, D.** (2017). The barriers to participation in leisure time physical activities among Iranian women with severe mental illness: A qualitative study. *Mental Health and Physical Activity*, 13, 171-177.
- Poehacker, S., **Phillips, D.**, Riggs, J., & Lauterbach, D. (2017). Longitudinal trajectory of exposure to psychological interpersonal violence. *Journal of Interpersonal Violence*.
- Phillips, D** & Lauterbach, D (2015). Exposure therapies and stress inoculation training. In J. Wright (Ed), *International Encyclopedia of Social and Behavioral Sciences* (2nd edition). London, UK: Elsevier.

ORAL PRESENTATIONS

- Lauterbach, D., Armour, C., Paschall, E., **Phillips, D.**, & Poehacker, S., (2017). *Sex differences in trajectories of externalizing symptoms in a sample of maltreated children*. Presented at the European Society for Traumatic Stress Studies 15th convention, Odense, Denmark.
- Lauterbach, D., Allen, B., Poehacker, S., & **Phillips, D.** (2016). *Trajectories of self-regulation symptoms among child maltreatment survivors: Finds from a multisite study*. Presented at the International Society for Traumatic Stress Studies 32st annual convention, Dallas, TX.
- Lauterbach, D., Poehacker, S., Chow, C., Armour, C., **Phillips, D.**, & Guyon-Harris, K. (2015). *A practical guide to conducting Growth Mixture Modeling: A technique for integrating theory, clinical findings, and policy decisions*. Presented at the International Society for Traumatic Stress Studies 31st annual convention, New Orleans, LA.

Phillips, D., Riggs, J., Guyon-Harris, K., & Lauterbach, D. (2014). *Caregiver reports of partner-to-partner psychological aggression: A latent class growth analysis.* Paper presented at the International Society for Traumatic Stress Studies 30th annual convention, Miami, FL.

Phillips, D. & Koch, E. (2014). *The attrition of attrition data: How the under reporting of dropout data is crippling the external validity of RCTs.* Paper presented at the Midwestern Psychological Association 2014 annual meeting, Chicago, IL.

POSTER PRESENTATIONS

Phillips, D., Lauterbach, D., & Murphy, J. (2018). *The Effect of Native Reading Language on WAIS-IV Processing Speed Index Performance.* Paper presented at the Association for Psychological Sciences 2018 annual meeting, San Francisco, CA.

Murphy, J., Young, M., & **Phillips, D. (2018).** *The Impact of Affective Arousal on Monitoring Processes in Extended Emotion Regulation.* Paper presented at the Association for Psychological Sciences 2018 annual meeting, San Francisco, CA.

Dean, L., Cherie, Ethan, P., Chong M. C., Poehacker, S. & **Phillips, D. (2017)** Sex Differences in Trajectories of Externalizing Symptoms in a Multi-Site Sample of Maltreated Children. Paper presented at the ISTSS 2017 annual meeting, Chicago, IL.

Gardner, K., O'Chel, Smith, E., & **Phillips, D (2017).** *The effect of English proficiency on native Arabic readers WAIS-IV Symbol Search performance.* Paper presented at the Midwestern Psychological Association 2017 annual meeting, Chicago, IL.

Phillips, D., Tully, M., Silvestri, M., & Winters, J. (2016). *Implementing CM at the Clinic Level: Outcome from a Midwestern VA medical hospital.* Submitted for presentation at the 50th annual Association for Behavioral and Cognitive Therapies convention in New York, NY.

Winters, J., **Phillips, D.,** Coughlin, J., M., Silvestri, M., Raak, J. & Paggeot, A. (2016). *Predictors of dropout from Group-CBT for substance use disorders at a Midwestern VA medical hospital.* Submitted for presentation at the 50th annual Association for Behavioral and Cognitive Therapies convention in New York, NY.

Phillips, D. (2016). *A Review of Religiosity and Acculturation Measures for use in Muslim Mental Health Research.* Presented at the 8th annual Muslim Mental Health Conference, Lansing, MI.

Phillips, D., Poehacker, S., & Lauterbach, D. (2015). *Trauma Focused Therapy for American Muslim Immigrants: No Basics to Get Back to.* Presented at the International Society for Traumatic Stress Studies 31st annual convention, New Orleans, LA.

Phillips, D., Poehacker, S., & Lauterbach, D. (2015). *Latent Class Growth Analysis: Procedural Recommendations for Model Specification.* Presented at the International Society for Traumatic Stress Studies 31st annual convention, New Orleans, LA.

Poehacker, S., **Phillips, D.,** Teslow, J., & Lauterbach, D. (2015). *Maternal trajectories of Intimate Partner Psychological Aggression and child mental health outcomes.* Presented at the International Society for Traumatic Stress Studies 31st annual convention, New Orleans, LA.

- Phillips, D. & Koch, E. (2014).** *Equivalency analysis of attrition: PE, CPT, & EMDR.* Poster presented at the International Society for Traumatic Stress Studies 30th annual convention, Miami, FL.
- Phillips, D. & Waltz, T. (2014).** *Contemporary changes in the conceptualization of mental health: Challenges and opportunities for clinical behavior analysis.* Poster presented at the Applied Behavioral Analysis International 40th annual convention, Chicago, IL.
- Phillips, D. (2014).** *Using ABA to promote independent living skills in high functioning adult populations: A case study.* Poster presented at the Behavioral Analysis Association of Michigan 2014 convention, Ypsilanti, MI
- Phillips, D., Doré, C. M., & Delprato, D. J. (2013).** Mathematical foundations of clinical functional analysis: Relations and functions. Poster presented at the Applied Behavioral Analysis International 39th annual convention, Minneapolis, MN.

TEACHING EXPERIENCE

De-escalation Training Speaker (Apr 2021)

FT McCoy Army Base, Tomah, WI

Course: De-escalation in the context of Mental Health

Duties: Presentation made to junior enlisted medical corpsmen

Diversity Lecturer (Jan 2021)

CAPT James A. Lovell FHCC, North Chicago, IL

Course: Diversity and mental health stigma in the Navy

Duties: Presentation made as part of psychology diversity didactic series

Public Health Expert Panel (Oct 2019)

St. Kitts

Course: Behavioral Health Panelist

Duties: Answer and present information about psychological factors impacting health to members of St. Kitts' government and police during townhall style panel.

Service Animal Behavioral Analysis Training (Aug 2019)

Trinidad and Tobago

Course: Behavioral analysis and modification among police K-9s

Duties: Present behavioral principles to Trinidad's police K-9 unit

Natural Disaster Panel Guest Speaker (July 2019)

Costa Rica

Course: How to design mental health screening and support team for natural disaster programs.

Duties: Share information on how to assess and select first responders, and how to monitor/treat symptoms in natural disaster context.

Psychiatry Resident Guest Lecturer (July 2018)

Naval Medical Center Portsmouth, Portsmouth, VA

Course: Lecture on neuropsychological assessment presented to 2nd year psychiatry residents

Duties: Develop and present curriculum with two fellow interns.

Adjunct Lecturer (September 2016- April 2017)

Eastern Michigan University, Ypsilanti, MI

Course: Psychotherapy (Psy 361)

Duties: Designed and delivered upper level undergraduate course

Study Abroad Teaching Assistant (June 24th – July 6th)

Eastern Michigan University, Ypsilanti, MI

Course: History and systems

Duties: Coordinate class logistics throughout Austria, Germany, and England

Department Appointed Course Developer (September 2013- December 2014)

Eastern Michigan University, Ypsilanti, MI

Course: All psychology 103 labs

Duties: Completely redesigned a major undergraduate class (40 sections filled per semester). Primary author of course manual and materials. Trained all 2014-2015 103 lab instructors

Adjunct Lecturer (September 2012- July 2013)

Eastern Michigan University, Ypsilanti, MI

Course: Psychology 103 - General Psychology Laboratory

Duties: Developed and delivered educational lectures utilizing an eclectic mix-media approach. Facilitated labs in research design, professional writing, and statistical analysis. Graded homework assignments and tests. Instructor for seven sections over the course of three semesters

RESEARCH EXPERIENCE

Doctoral Fellow (September 2013 – 2018)

Eastern Michigan University

Research Mentor: Dean Lauterbach, Ph.D.

Duties: Develop own line of research, contribute to collaborative research projects, and mentor undergraduate research assistants. Research revolves around PTSD, exposure therapies, and minority populations. Collaborative projects include co-authoring an encyclopedia chapter on exposure therapies, preparing manuscripts for publication, and investigating relationship between early life trauma, and future psychopathology, associated protective factors using Latent Class Growth Analysis.

PTSD Treatment Analysis (June 2012-September 2014)

Eastern Michigan University

Research Mentor: Ellen Koch, Ph.D.

Duties: Conducted exhaustive systematic review of multiple databases. Analyzed the relationship between exposure amount, attrition, and trauma type in PTSD efficacy studies. Clarified attrition rates for Prolonged Exposure, Cognitive Processing Therapy, and EMDR.

Statistical Consultant (August 2013- August 2015)

Methods Consultants of Ann Arbor

Duties: Managed data in SPSS and Excel on multiple projects including dissertations, legal investigations, and national program analyses. Text edited academic and legal documents. Edited education materials for graduate level statistics courses using LaTeX.

Autism Intervention Research Assistant/Database Manager (August 2010- December 2010)
Rady Children's Hospital & University California San Diego

Primary Investigator: Aubyn Stahmer, Ph.D.

Duties: Video recorded Pivotal Response Training sessions and diagnostic assessments. Created digital and paper databases to track data collection progress and securely maintain participant files.

Cognition and Worry Research Assistant (January 2009- May 2009)

The Ohio State University Depression Studies Lab

Primary Investigator: Daniel Strunk, Ph.D.

Duties: Ran Medialab experiments on adult human subjects to investigate the correlation between the use of mental images and worrying.

Cognitive Behavioral Therapy Effectiveness Research Assistant (September 2008- December 2008)

The Ohio State University Depression Studies Lab

Primary Investigator: Daniel Strunk, Ph.D.

Duties: Rated treatment adherence and efficacy of CBT for depression. Received direct CBT training supervised by a licensed clinician and analyzed over 60 hours of therapy with an adult population

AWARDS & SCHOLARSHIPS

Blue Cross Blue Shield Student Award research grant (2016)

BCBS Foundation of Michigan

Graduate School Student Research Support Scholarship (2016)

Eastern Michigan University Graduate School

Health Professionals Scholarship Program (2014-2018)

The United States Navy

Gold Medallion award for Outstanding Professionalism by a Student Employee (2015)

Eastern Michigan University, Ypsilanti, MI

Doctoral Fellowship (2013-2018)

Eastern Michigan University, Ypsilanti, MI

Graduate Assistantship (2012-2013)

Eastern Michigan University, Ypsilanti, MI

Psychology Department Travel Award (2012, 2013, 2014, & 2015)

Eastern Michigan University, Ypsilanti, MI

Dean's Student Travel Funds (2012, 2013, 2014, & 2015)

Eastern Michigan University College of Arts and Sciences, Ypsilanti, MI

Conference Travel Award (2012, 2013, 2014, 2015)

Eastern Michigan University Graduate School, Ypsilanti MI

Fiat Award Program for North America (2006 & 2010)

FIAT S.p.A., Bachelor and High School categories

The Ohio State University Partial Academic Scholarship (2006-2009)
The Ohio State University, Columbus, OH