

## LISA H. BERGHORST, PH.D.

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### CLINICAL EMPLOYMENT

- 2016 – present      **Founder, Executive Director**  
Cognitive Behavioral Growth, LLC, Chicago, IL  
*Illinois License: 071009411*
- 2012 – 2018      **Licensed Psychologist** (*via telehealth as of 09/16*)  
Alvord, Baker & Associates, LLC, Rockville, MD  
*Maryland License: 05085, NPI# 1922443944*
- 2012 – 2016      **Director of Clinical Research**  
Alvord, Baker & Associates, LLC, Rockville, MD

### ACADEMIC APPOINTMENTS

- 2017 – present      **Faculty Member, Lecturer**  
Northwestern Feinberg School of Medicine, Department of Psychiatry & Behavioral  
Sciences, Chicago, IL
- 2011 – 2012      **Clinical Fellow**  
Harvard Medical School, Department of Psychiatry, Boston, MA

### EDUCATION

- 2012      **McLean Hospital/Harvard Medical School**, Belmont, MA  
APA Accredited Pre-doctoral Internship in Clinical Psychology
- 2012      **Harvard University Graduate School of Arts & Sciences**, Cambridge, MA  
Ph.D. in Clinical Psychology  
Advisors: Diego A. Pizzagalli, Ph.D. & Jill M. Hooley, Ph.D.
- 2008      **Harvard University Graduate School of Arts & Sciences**, Cambridge, MA  
M.A. in Clinical Psychology
- 2004      **Duke University**, Durham, NC  
B.S. in Psychology with Distinction, Neuroscience Certificate, Cum Laude

### GRANTS, AWARDS & HONORS

- 2010 – 2011      NRSA Predoctoral Training Grant in Advanced Multimodal Neuroimaging
- 2010      Ditmar Fund Travel Grant, Harvard University
- 2010      Bok Center Distinction in Teaching Award, Harvard University
- 2010      Sackler Scholar in Psychobiology Grant  
“Neuroimaging Study on Reward Processing and Life Stress”

2009	Sackler Scholar in Psychobiology Grant “The Impact of Controllable and Uncontrollable Stress on Sensitivity to Reward and Punishment: Wave 2”
2008	Restricted Funds Research Grant, Harvard University “The Impact of Controllable and Uncontrollable Stress on Sensitivity to Reward and Punishment: Wave 1”
2007	Restricted Funds Research Grant, Harvard University “Executive Functioning and Reward Processing in Adolescents with Elevated Depressive Symptoms”
2007	Stimson Fund Research Grant, Harvard University
2006 – 2010	Harvard University Graduate Student Fellowship
2006 – 2009	Karen Stone Fellowship Award, Harvard University
2004 – 2006	Intramural Research Training Award, National Institutes of Health
2004	Latin Honors, Cum Laude; Graduation with Distinction in Psychology
2004	Howard Hughes Fellowship and Forum in Neuroscience, Duke University
2003	Research Support Grant, Duke University
2003 – 2004	Psi Chi National Honor Society in Psychology

### **PREVIOUS CLINICAL EXPERIENCE**

2011 – 2012	<b>Psychology Intern, McLean Hospital/Harvard Medical School</b> , Belmont, MA APA Accredited Pre-doctoral Internship in Clinical Psychology under the supervision of Dr. Throstrur Bjorgvinsson and Dr. Philip Levendusky.
2010 – 2011	<b>Adolescent Intensive DBT Program, McLean Hospital</b> , Belmont, MA Clinical practicum student under the supervision of Dr. Michael Hollander.
2009 – 2010	<b>Bipolar Clinic and Research Program, Massachusetts General Hospital</b> , Boston, MA Clinical practicum student under the supervision of Dr. Thilo Deckersbach.
2008 – 2009	<b>Obsessive Compulsive Disorder Institute, McLean Hospital</b> , Belmont, MA Clinical practicum student under the supervision of Dr. Szu-Hui Lee.
2007 – 2008	<b>Manville School, Judge Baker Children’s Center</b> , Boston, MA Clinical practicum student under the supervision of Dr. James Slavet.
2007 – 2007	<b>Cambridge Hospital, Department of Psychiatry</b> , Cambridge, MA Clinical practicum student under the supervision of Dr. Marla Eby.
2004 – 2006	<b>National Institute of Mental Health, Emotion and Development Branch</b> , Bethesda, MD Pre-doctoral Intramural Research Training Fellow under the supervision of Dr. Ellen Leibenluft and Dr. Daniel Pine.

### **PREVIOUS RESEARCH EXPERIENCE**

2006 – 2012	<b>Center for Depression, Anxiety, and Stress Research</b> , McLean Hospital, Belmont, MA <b>Affective Neuroscience Laboratory</b> , Harvard University, Cambridge, MA Graduate research under the supervision of Dr. Diego Pizzagalli and Dr. Jill Hooley.
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- 2004 – 2006      **National Institute of Mental Health, Emotion and Development Branch**, Bethesda, MD  
Pre-doctoral Intramural Research Training Fellowship under the supervision of Dr. Ellen Leibenluft and Dr. Daniel Pine.
- 2003 – 2004      **Brain Imaging and Analysis Center**, Duke University Medical Center, Durham, NC  
Independent Study under the supervision of Dr. Scott Huettel.
- 2003 – 2003      **Center for Cognitive Neuroscience**, Duke University, Durham, NC  
Undergraduate research assistant under the supervision of Dr. Elizabeth Brannon.
- 2002 – 2003      **Brain Imaging and Analysis Center**, Duke University Medical Center, Durham, NC  
Undergraduate research assistant under the supervision of Dr. Scott Huettel.

### **TEACHING EXPERIENCE**

- 2017-present      **Special Topics in Clinical Psychology: Dialectical Behavior Therapy (CLIN-PSY 498)**,  
Feinberg School of Medicine, Chicago, IL  
Designed syllabus and course materials; teach Clinical Psychology MA/PhD students.
- 2010                **Psychological Science of Living Systems (SLS 20)**, Harvard University, Cambridge, MA  
Teaching fellow for Dr. Daniel Gilbert. Taught three sections, ~20 students/section.
- 2009                **Abnormal Psychology (PSY 18)**, Harvard University, Cambridge, MA  
Teaching fellow for Dr. Shelley Carson. Taught two sections, ~20 students/section.
- 2009                **Psychopharmacology (PSY 1201)**, Harvard University, Cambridge, MA  
Teaching fellow for Dr. Scott Lukas. Taught two sections, ~15 students/section.

### **MENTORING EXPERIENCE**

- 2018                **Chair of Clinical Qualifying Exam (CQE)**, Feinberg School of Medicine, Chicago, IL  
Provided guidance to Clinical Psychology PhD student on written, taped, and oral review of evidence-based case study.
- 2014 – 2016      **Graduate Student Externship Supervision**, Alvord, Baker & Associates, Rockville, MD  
Supervised 2 graduate students in clinical research externships.
- 2010 – 2011      **Senior Honors Thesis Supervision**, Harvard University, Cambridge, MA  
Graduate student mentor of an undergraduate's honors thesis.
- 2008 – 2011      **Undergraduate Supervised Research and Training**, Harvard University, Cambridge, MA  
Supervised 2-3 undergraduate students per year.

### **PUBLICATIONS**

- Rich, B. A., Shiffrin, N.D., Cummings, C. M., Zarger, M. A., **Berghorst, L.H.**, & Alvord, M. K. (2019). Resilience-based intervention with underserved children: Impact on self-regulation in a randomized clinical trial in schools. *International Journal of Group Psychotherapy*, 69(1), 30-53.
- Raggi, V.L., Samson, J.G., Felton, J.W., Loffredo, H.R., & **Berghorst, L.H.** (2018). *Exposure Therapy for Treating Anxiety in Children and Adolescents: A Comprehensive Guide*. Oakland, CA: New Harbinger Publications.

- Goolsby, J., Rich, B. A., Habayeb, S., Hinnant, J. B., **Berghorst, L.H.**, De Los Reyes, A., & Alvord, M. K. (2018). Parent child informant discrepancy is associated with poorer treatment outcome. *Journal of Child and Family Studies*, 27, 1228-1241.
- Myerberg, L., Rich, B. A., **Berghorst, L.H.**, & Alvord, M.A. (2018). Effectiveness of a group therapy program for children with psychosocial deficits: Benefits of concurrent participation in organized activities. *Child and Family Behavior Therapy*, 40 (1), 40-64.
- Berghorst, L.H.**, Kumar, P., Greve, D.N., Deckersbach, T., Ongur, D., Dutra, S., Pizzagalli, D.A. (2016). Stress and reward processing in bipolar disorder: An fMRI study. *Bipolar Disorders*, 18, 602-611.
- Alvord, M.K., Rich, B.A., & **Berghorst, L.H.** (2016). Resilience Interventions. In J.C. Norcross, G.R. VandenBos, & D.K. Freedheim (Eds.), *American Psychological Association Handbook of Clinical Psychology* (pp. 505-519). Washington, DC: APA Books.
- Alvord, M.K. & **Berghorst, L.H.** (2015). Telepsychology: What, Why, When, Who, Where, and How? *The Maryland Psychologist*, 60, 13-16.
- Berghorst, L.H.** & Alvord, M.K. (2014). Coping with conflicting emotions and grief after a suicide. APA Help Center. [www.yourmindyourbody.org](http://www.yourmindyourbody.org)
- Kumar, P., **Berghorst, L.H.**, Nickerson, L.D., Dutra, S.J., Goer, F., Greve, D., Pizzagalli, D.A. (2014). Differential effects of acute stress on anticipatory and consummatory phases of reward processing. *Neuroscience*, 266, 1-12.
- Alvord, M.K., Rich, B.A., & **Berghorst, L.H.** (2014). Developing social competence through a resilience model. In S. Prince-Embury & D.H. Saklofske (Eds.), *Resilience Interventions for Youth in Diverse Populations* (pp. 329-351). New York, NY: Springer Books.
- Alvord, M.K. & **Berghorst, L.H.** (2014). Using technologies to enhance cognitive behavioral treatments. *Advances in Cognitive Therapy*, 14 (2), 9-10.
- Berghorst, L.H.**, & Alvord, M.K. (2013). Social Phobia in Children: Clinician Application. In S. Walfish & L. Grossman (Eds.), *Translating Psychological Research Into Practice* (pp. 91-97). New York, NY: Springer Books.
- Berghorst, L.H.**, Bogdan, R., Frank, M.J., & Pizzagalli, D.A. (2013). Acute stress selectively reduces reward sensitivity. *Frontiers in Human Neuroscience*, 7 (133), 1-15. doi:10.3389/fnhum.2013.00133.
- Berghorst, L.H.**, & Pizzagalli, D.A. (2010). Defining depression endophenotypes. In C.E. Beyer & S.A. Stahl (Eds.), *Next Generation Antidepressants: Moving Beyond Monoamines to Discover Novel and Differentiated Treatment Strategies for Mood Disorders* (pp. 70-89). New York, NY: Cambridge University Press.
- Rich, B.A., Fromm, S.J., **Berghorst, L.H.**, Dickstein, D.P., Brotman, M.A., Pine, D.S., & Leibenluft, E. (2008). Neural connectivity in children with bipolar disorder: Impairment in the face emotion processing circuit. *Journal of Child Psychology and Psychiatry*, 49, 88-96.
- Rau, G., Blair, K.S., **Berghorst, L.H.**, Knopf, L., Skup, M., Luckenbaugh, D.A., Pine, D.S., Blair, R.J., & Leibenluft, E. (2008). Processing of differentially valued rewards and punishments in youths with bipolar disorder or severe mood dysregulation. *Journal of Child and Adolescent Psychopharmacology*, 18, 185-196.

- Nelson, E.E., Vinton, D.T., **Berghorst, L.H.**, Towbin, K.E., Hommer, R.E., Dickstein, D.P., Rich, B.A., Brotman, M.A., Pine, D.S., & Leibenluft, E. (2007). Brain systems underlying response flexibility in healthy and bipolar adolescents: an event-related fMRI study. *Bipolar Disorders*, *9*, 810-819.
- Dickstein, D.P., Rich, B.A., Roberson-Nay, R., **Berghorst, L.H.**, Vinton, D., Pine, D. & Leibenluft, E. (2007). Neural activation during encoding of emotional faces in pediatric bipolar disorder. *Bipolar Disorders*, *9*, 679-692.
- Leibenluft, E., Rich, B.A., Vinton, D.T., Nelson, E.E., Fromm, S.J., **Berghorst, L.H.**, Joshi, P., Robb, A., Schachar, R.J., Dickstein, D.P., McClure, E.B., & Pine, D.S. (2007). Neural circuitry engaged during unsuccessful motor inhibition in pediatric bipolar disorder. *American Journal of Psychiatry*, *164*, 52-60.
- Rich, B.A., Vinton, D.T., Roberson-Nay, R., Hommer, R.E., **Berghorst, L.H.**, McClure, E.B., Fromm, S.J., Pine, D.S., & Leibenluft, E. (2006). Limbic hyperactivation during processing of neutral facial expressions in children with bipolar disorder. *Proceedings of the National Academy of Science*, *103*, 8900-8905.
- Rich, B.A., Bhangoo, R.K., Vinton, D.T., **Berghorst, L.H.**, Dickstein, D.P., Grillon, C., Davidson, R.J., & Leibenluft, E. (2005). Using affect-modulated startle to study phenotypes of pediatric bipolar disorder. *Bipolar Disorders*, *7*, 1-10.

#### **CONFERENCE PRESENTATIONS, WORKSHOPS & SYMPOSIA**

- Emanuele, J., Alvord, M., **Berghorst, L.H.**, Busman, R., Furr, J., Shiffrin, N. (2019, March). *Do you Skype, Zoom, or VSee?: Ethical Telehealth with Children, Adolescents, and Young Adults*. Presentation at the Anxiety and Depression Association of America Annual Convention, Chicago, IL.
- Alvord, M.K., **Berghorst, L.H.**, Cummings, C., Rich, B. (2016, February). *Enhancing Resilience in Youth across Settings*. Presentation at the American Group Psychotherapy Association Annual Convention, New York, New York.
- Berghorst, L. H.** (Chair), Southam-Gerow, M., Bjorgvinsson, T., Rich, B., Swan, A., Alvord, M.K. (2015, November). *Strengthening the Reciprocal Relationship between Practice and Research: Logistics, Challenges, and Benefits from Treatment Effectiveness and Dissemination Studies*. Presentation at the Association for Behavioral and Cognitive Therapies Annual Convention, Chicago, IL.
- Alvord, M.K., **Berghorst, L.H.** (2015, January). Workshop on *Cognitive Behavior Therapy: Group Therapy* for inpatient, partial and outpatient mental health staff at Dominion Hospital, Arlington, VA.
- Alvord, M.K., **Berghorst, L. H.** (Co-chairs), Prince-Embury, S., Rich, B. Brendtro, L. Callen, M.A., Saltzman, W. (2014, August). *Building Resilience Within Special Populations: Focus on Youth and Military Family Systems*. Symposium at the American Psychological Association Annual Convention, Washington, D.C.
- Berghorst, L.H.**, Bogdan, R., Pizzagalli, D. (2010, October). *The influence of controllable vs. uncontrollable stress on sensitivity to reward and punishment*. Poster presented at the 24<sup>th</sup> annual meeting of the Society for Research in Psychopathology, Seattle, WA.
- Berghorst, L.H.**, Bogdan, R., Pizzagalli, D. (2010, May). *Individual differences in punishment sensitivity under acute stress: convergence between subjective and objective measures*. Poster presented at the 22<sup>nd</sup> annual convention of the Association for Psychological Science, Boston, MA.

- Brotman, M.A., Guyer, A.E., Azhdam, B., **Berghorst, L.H.**, Pine, D.S., Leibenluft, E. (2006, November). Facial emotion identification in youth at risk for bipolar disorder? In I.H. Gotlib & J. Joormann (Chairs), *Risk factors for emotional disorders in children and adolescents: Integrating psychological and biological perspectives*. Panel conducted at the 40<sup>th</sup> annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Brotman, M.A., **Berghorst, L.H.**, Knopf, L. Dickstein, D.P., Rich, B.A., Budhani, S., Blair, R.J.R., Pine, D.S., Leibenluft, E. (2006, April). *Passive avoidance learning in pediatric bipolar disorder phenotypes*. Poster presented at the 4<sup>th</sup> annual NIMH Pediatric Bipolar Disorder Conference, Chicago, IL.
- Dickstein, D., Rich, B., Roberson-Nay, R., Vinton, D., **Berghorst, L.H.**, Pine, D., Leibenluft, E. (2005, December). *Neural activation during encoding of emotional faces in pediatric bipolar disorder*. Poster presented at the annual meeting of the American College of Neuropsychopharmacology, Hawaii.
- Berghorst, L.H.**, Leibenluft, E., Rich, B., Nelson, E., Fromm, S., Dickstein, D., Pine, D. (2005, September). *Neural circuitry engaged during unsuccessful motor inhibition in pediatric bipolar disorder*. Poster presented at the 9<sup>th</sup> annual National Institute of Mental Health Scientific Conference, Gettysburg, PA.
- Rich, B.A., **Berghorst, L.H.**, Vinton, D., McClure, E., Pine, D., Leibenluft, E. (2005, September). *Neural and behavioral deficits when processing facial expressions in pediatric bipolar disorder*. Presented as part of the clinical neuroscience oral presentation session at the 9<sup>th</sup> annual National Institute of Mental Health Scientific Conference, Gettysburg, PA.
- Berghorst, L.H.**, Huettel, S., McCarthy, G. (2004, April). *Spatial specificity of impoverished face and object stimuli in the fusiform gyrus*. Poster presented at the 11<sup>th</sup> annual Meeting of the Cognitive Neuroscience Society, San Francisco, CA; also presented at the Howard Hughes Research Poster Session, Durham, NC.

### **AD HOC REVIEWER**

2010                      Biological Psychology

### **PROFESSIONAL AFFILIATIONS**

2020 – present            International OCD Foundation  
2016 – present            Anxiety and Depression Association of America  
2010 – present            American Psychological Association  
2007 – present            Association for Behavioral and Cognitive Therapies  
2007 – present            Association for Psychological Science  
2013 – 2016                Maryland Psychological Association  
2009 – 2012                Society for Research in Psychopathology