

Helen J. Wood, MA Cantab, MSc, DClinPsy

Clinical Associate Professor, Department of Psychological Science, University of Vermont

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EDUCATION

- 2007-11 **Canterbury Christ Church University, UK**
DClinPsy, Doctorate in Clinical Psychology
Advisors: Tony Lavender, PhD; Caroline Cupitt, MSc
- 2004-5 **University of Sussex, UK**
MSc Experimental Psychology
- 1998-2002 **University of Cambridge (Clare College), UK**
BA Hons MA Cantab, History (Part I), Theology & Religious Studies (Part II)
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PROFESSIONAL REGISTRATION & LICENSURE

- 2023- Vermont Licensed psychologist: license number: 048.0134976
- 2014- Pennsylvania Licensed psychologist: license number: PS017555
- 2011- UK: Registered Practitioner Psychologist: UK Health and Care Professions Council,
registration number: PYL27172
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EMPLOYMENT HISTORY

- 01/24- **Clinical Associate Professor, Department of Psychological Science, University of Vermont, VT.** Developing graduate course on psychosis, clinical supervision of doctoral clinical psychology students, graduate student mentoring, research. Clinical work with Connecting Cultures: <https://www.connectingculturesvt.org>.
- 08/22- **External Consultant: INSPIRE CBTp training program, University of Stanford, CA:** developing and running international Cognitive Behavioral Therapy for psychosis (CBTp) training workshops and ongoing consultation groups, including collaborating with trainers with lived experience of psychosis.

- 09/19-09/23 **Psychologist III, adult outpatient services and Services for the Treatment of Early Psychosis (STEP), Comprehensive Recovery Services, UPMC Western Psychiatric Hospital (WPH), Pittsburgh, PA:** first permanent psychologist for services: leading evidence-based practice implementation for therapists; CBTp and CBT training; consultation; clinical supervision; quality improvement; established practicum for doctoral psychology students.
- 07/16-05/19 **Program Director, adult psychosis inpatient unit, Comprehensive Recovery Services, UPMC WPH, Pittsburgh, PA:** line management; clinical supervision for milieu therapists and nurses; led introduction of CBTp across service line; initiated sensory modulation practices; reduced seclusion and restraint use; developed MD elective; psychology intern and extern supervision; behavioral consultation; quality improvement; enhanced evidence based practice individual and group therapy; served on hospital committees.
- 02/16-06/16 **Psychologist, University of Pittsburgh Athletics Department, Premier Services, UPMC WPH, Pittsburgh, PA:** assessment; individual therapy; liaison with coaches.
- 08/15- 06/16 **Psychologist, Counseling Center, University of Pittsburgh, Pittsburgh, PA:** supervision of practicum and intern psychologists; assessments; crisis management; group and individual therapy; on-call duties.
- 05/14-08/14 **Program Director (temporary), inpatient units: UPMC WPH, Pittsburgh, PA:** support for permanent program directors; therapeutic program development; enhanced CBT and group therapy training for milieu therapists; team liaison; risk management; behavior management; specialist one-to-one clinical work.
- 10/13-05/14 **Psych Specialty Counselor, Mood and Anxiety Disorder Intensive Outpatient Program: UPMC WPH, Pittsburgh, PA:** obtained supervised clinical hours for PA psychology licensing after move from the UK; provided staff training on psychosis; provided DBT-based 1:1 and group therapy; risk management; assessments.
- 01/12-12/12 **Clinical psychologist and CBT specialist, Medway Secondary Care Psychological Therapies Service (serving community recovery teams), Kent and Medway National Health Service (NHS) and Social Care Partnership Trust, UK:** established innovative day-long 'CBT College' well-being skills groups, and new Acceptance and Commitment Therapy (ACT) group for people with psychosis; offered 1:1 CBT for personality disorders and psychosis, Schema Therapy, ACT; quality improvement; psychiatric nurse supervision; led staff reflective practice group; team consultation; inpatient liaison and consultation; crisis management.
- 04/11-09/11 **Trainee Clinical Psychologist: Older Adult Psychological Therapies Service, Kent and Medway NHS Trust, UK:** inpatient and community work; 1:1 psychodynamic therapy (recurrent depression, anxiety, personality disorders); family therapy; group CBT for anxiety; cognitive assessments (RBANS, WAIS-IV, WMS-IV, D-KEFS); interventions for memory clinic.
- 10/10-04/11 **Trainee Clinical Psychologist: Early Intervention in Psychosis: LEO team, South London and Maudsley (SLaM) NHS Foundation Trust, UK:** inpatient and community work; 1:1 CBT for psychosis; ACT; family work; cognitive assessments (WAIS-III, WTAR, WMS-III); team training.

- 04/10-09/10 **Trainee Clinical Psychologist: Community Team for Adults with Intellectual Disabilities, London, Oxleas NHS Foundation Trust, UK:** inpatient and community work; 1:1 and couples' CBT; systemic working (psychosis, behavioral difficulties, anxiety, depression, anger); mental capacity assessments; cognitive assessments (WAIS-IV, BPVS, Ravens Matrices); team training.
- 10/09-04/10 **Trainee Clinical Psychologist: Child and Adolescent Mental Health Service (including neurodevelopmental team), SLaM NHS Foundation Trust, UK:** 1:1 and family-oriented CBT and Brief Solution Focused Therapy; co-facilitating group for parents of children with challenging behavior; cognitive assessments for ADHD and intellectual disabilities (WISC-IV, WPPSI-III); behavioral observations; quality improvement service evaluation.
- 10/08-09/09 **Trainee Clinical Psychologist: Adult Community Mental Health Team, SLaM NHS Foundation Trust, UK:** 1:1 CBT and Schema Focused Therapy for bipolar disorder, anxiety, depression, personality disorders; cognitive assessments (WAIS-III, BADS, Trail Making, Verbal Fluency); quality improvement.
- 10/07-01/08 **Trainee Clinical Psychologist: Adult Psychological Therapies Service and Recovery Community Mental Health team, SLaM NHS Foundation Trust, UK:** 1:1 CBT for psychosis, PTSD, anxiety, depression; cognitive assessments (WAIS-III, WMS-III).
- 11/05-06/07 **Psychology Assistant: Cognitive Remediation Therapy (CRT) and Supported Employment study** (Principal Investigators: Til Wykes, PhD; Clare Reeder, PhD, DClinPsy). Centre for Recovery in Severe Psychosis, Institute of Psychiatry, Psychology and Neuroscience (IoPPN), King's College London, UK: study set-up and recruitment; outcome measure collection, including neuropsychological assessments; study therapist; developing CiRCUITS computerized CRT.

RESEARCH & QUALITY IMPROVEMENT WORK (INCLUDING CONSUMER-PROVIDER COLLABORATION)

- 2023 - Co-investigator (with K. Eisen, PhD, Stanford University, Principal Investigator). Evaluating the use of Cognitive Behavioral Therapy for psychosis (CBTp) in early psychosis services in North America. Stanford University IRB: 6208.
- 2022 Graduate student mentor and co-investigator (with D. K. Sarpal, MD, Principal Investigator, & Pavan Brar, Co-investigator): Examining fluctuations in anomalous experiences and paranoid ideation in schizophrenia: A pilot study using experience sampling method. University of Pittsburgh IRB: STUDY21100233
- 2021 Sponsor/leader: Implementation of CBT for psychosis at Comprehensive Recovery Services: An evaluation of staff training. UPMC QI project 4189.
- 2020 Sponsor/leader: CBTp implementation in Comprehensive Recovery Services outpatient and STEP (Services for the Treatment of Early Psychosis) – Does CBTp improve recovery outcomes in service users experiencing psychosis? UPMC QI project 2530.

- 2020 Sponsor/leader: Evaluating the effectiveness of the Thrive Vidyio therapy group at STEP (Services for the Treatment of Early Psychosis). UPMC QI project 3245.
- 2019 Consultant with duties to: Contribute to interpretation of study findings, writing of manuscripts, and recruitment of participants: R01 MH118267 S. Eack, PhD (Principal Investigator) 09/01/2019-06/30/2024. NIH/NIMH \$3,521,230. Cognitive Enhancement for Persistent Negative Symptoms in Schizophrenia. The purpose of this project is to conduct a confirmatory efficacy trial of Cognitive Enhancement Therapy for schizophrenia patients with persistent negative symptoms to examine the impact of engaging neurocognitive and social-cognitive targets on negative symptom reduction in this population.
- 2018 Sponsor/leader: Evaluating the impact of turning a seclusion room into a sensory room on seclusion numbers and therapeutic environment. UPMC QI project 1645.
- 2018 Sponsor/leader: Implementation of an Acceptance and Commitment Therapy (ACT) for psychosis psychotherapy group on an acute inpatient psychiatric unit. UPMC QI project 1634.
- 2017 Co-investigator (S. Eack, PhD, Principal Investigator): Clinician fidelity and patient outcomes during cognitive behavior therapy for psychosis. University of Pittsburgh IRB: STUDY19110102.
- 2011-12 Steering committee member: ResearchNet (consumer-led research group), UK: supported consumer to carry out research project in our community mental health service.
- 2011 DCLinPsy research dissertation: The experience of cognitive impairment in people with psychosis (“Highly Commended”). Research design and project set-up, recruitment, data collection, data analysis (Interpretative Phenomenological Analysis), project write-up. Advisors: Tony Lavender, PhD; Caroline Cupitt, MSc.
- 2011 Leader: established trainee-staff reflective discussion group exploring the position of personal experience in professional practice, Canterbury Christ Church University, UK.
- 2009-10 Graduate student representative: Salomons Advisory Group of Experts (consumer advisory group), Canterbury Christ Church University, UK
- 2005-2007 Psychology Assistant: Cognitive Remediation Therapy (CRT) and Supported Employment study (Principal Investigators: Til Wykes, PhD; Clare Reeder, PhD, DCLinPsy). Centre for Recovery in Severe Psychosis, Institute of Psychiatry, Psychology and Neuroscience (IoPPN), King’s College London, UK: study set-up and recruitment; outcome measure collection, including neuropsychological assessments; study therapist; developing CiRCUTTS computerized CRT.
- 2005 MSc research thesis: Parent-child interactions during play. SiBs (Sisters and Brothers) study. Advisor: Alison Pike, PhD.

PUBLICATIONS

ARTICLES IN PREPARATION

1. **Wood, H. J.**, Jones, N. et al. US provider perspectives on trauma-related care in US early intervention in psychosis services. (In preparation).
2. **Wood, H. J.**, Alpern, Z., Broussard, B., Jones, N., Palanci, J., Smith, A., Steingard, S. & Cotes, R. Coordinated Specialty Care and Open Dialogue in the United States: What can we learn about adapting care for people experiencing First Episode Psychosis? (In preparation).

ARTICLES

1. **Wood, H. J.**, Babusci, C.* Hardy, K. V., Maikranz, K., Sarpal, D. K., & Gannon, J. (2024). Evaluating the impact of training in CBT for psychosis on therapists in early and longer-term psychosis services. *Psychosis*. 1-3. <https://doi.org/10.1080/17522439.2024.2386615>.
2. **Wood, H. J.**, Jones, N., Eack, S. M., Chengappa, K. N. R., Prasad, K. M., Kelly, C., Montrose, D., Schooler, N. R., Ganguli, R., Carter, C. S., Keshavan, M. S., & Sarpal, D. K. (2024). STEP at 30+ years: The Pittsburgh experience with early psychosis. *Early Intervention in Psychiatry*. Advance online publication. <https://doi.org/10.1111/eip.13536>.
3. Brar, P.*, Pienkos, E., Porto, A., **Wood, H. J.**, Sarpal, D. K., Kalarchian, M. A., Schreiber, J. B., & Kranjec, A. (2024). Methods and models for investigating anomalous experiences in Schizophrenia Spectrum Disorders. *Philosophical Psychology*. Advance online publication. <https://doi.org/10.1080/09515089.2024.2305232>
4. **Wood, H. J.**, Eisen, K., Hardy, K., Reznik, S. J., Shapiro, D., Thompson, E., Gaither, M. L., & Kopelovich, S. (2023). Confronting the dialectic between quality and access in early psychosis care in the US: Finding the synthesis by leveraging psychological expertise. *Psychological Services* special issue. (Advance online publication).
5. **Wood, H. J.**, Babusci, C.*, Bendall, S., Sarpal, D. K., & Jones, N. (2023). Trauma & trauma informed care in early intervention in psychosis: State of implementation & provider perspectives on challenges. *Psychiatric Services*. DOI 10.1176/appi.ps.20220624
6. **Wood, H. J.**, Gannon, J. M., Chengappa, K., & Sarpal, D. K. (2020). Group teletherapy for first-episode psychosis: Piloting its integration with coordinated specialty care during the COVID-19 pandemic. *Psychology and psychotherapy*, 10.1111/papt.12310. Advance online publication.
7. **Wood, H. J.** & Brown Padilla, S. (2019). Peer support work on an inpatient unit for adults experiencing psychosis. *Psychosis*, 11 (2), 128-137. DOI: 10.1080/17522439.2019.1603321
8. **Wood, H. J.**, Cupitt, C., & Lavender, T. (2013). The experience of cognitive impairment in people with psychosis. *Clinical Psychology and Psychotherapy*. DOI: 10.1002/cpp.1878
9. **Wood, H. J.**, Holttum, S. & Lea, L. (2013). Finding the personal in the clinical psychology swamp: Implications for learning and professional development. *Journal of Mental Health Training, Education and Practice*, 8, 13, 15-25.

10. Wykes, T., Reeder, C., Huddy, V., Taylor, R., **Wood, H.**, Ghirasim, N., Kontis, D. and Landau, S. (2012). Developing models of how cognitive improvements change functioning: Mediation, moderation and moderated mediation. *Schizophrenia Research*, 138, 88-93.
11. Reeder, C., Shivji, R., **Wood, H.**, Ruddle, A. and Wykes, T. (2008). Cognitive remediation: Does it work? *Advances in Schizophrenia and Clinical Psychiatry*, 3, 40-47.
12. Rice, C., Reeder, C., Kelly, M., **Wood, H.**, Shivji, R., Johnson, T., Illingworth, G., & Wykes, T. (2008). Cognitive Predictors of Work Performance for People with Schizophrenia. *Schizophrenia Research*, 102 (1-3), S126-127.

BOOK CHAPTER

1. Gaither, M. & **Wood, H. J.** (2022). The road ahead: A call to action. In M. Stacy & C. Davidson (Eds). *“Recovering” the U.S. mental healthcare system: The past, present, and future of psychosocial interventions for psychosis*. CUP: Cambridge.

*Graduate student co-author

PRESENTATIONS

1. **Wood, H. J.** (Panellist). (2024). Coordinated Specialty Care. 10th Regional Gathering for Dialogic Practice, Bolton Valley Resort.
2. **Wood, H.J.** (2023). Invited speaker. Early Intervention CBTp implementation survey in North America. *Beckfest (Amsterdam)* – invitation-only international CBTp meeting.
3. Morris, E., Johns, L., O'Donoghue, E., **Wood, H. J.**, Nicholls, J., Newman, E. et al. (2021). Acceptance and Commitment Therapy for psychosis: Recovery and connection across cultures. *ACBS Virtual World Conference*.
4. **Wood, H. J.** & Riley Graham, J. (2020). ACT for change: Piloting a novel group therapy on an inpatient unit for individuals experiencing psychosis. *International Society for Psychological and Social Approaches to Psychosis, United States Chapter, 19th meeting*.
5. Brown Padilla, S. & **Wood, H. J.** (May 2019). Holistic wellness through peer support for adults experiencing psychosis. *NAMI Pennsylvania Mental Health and Wellness Conference*.
6. **Wood, H. J.**, Cupitt, C., & Lavender, T. (2015). Cognitive impairment in psychosis: Learning from people's experiences. *19th International Conference of International Society for Psychological and Social Approaches to Psychosis*, New York.
7. **Wood, H. J.** (2011). Invited speaker. The experience of cognitive difficulties in people with psychosis. *Psychosis and Complex Mental Health Faculty, British Psychological Society*, London, UK.

TEACHING, MENTORING & CLINICAL SUPERVISION

TEACHING

Wood, H. J. (2024). Attachment theory and psychosis (2-hour workshop for providers at Counseling Service of Addison County, Middlebury, VT).

Wood, H. J. (2023). CBT for psychosis informed skills. (3-day workshop for North American providers). *INSPIRE Clinic, Stanford University.*

Wood, H. J. (2018-23). Evidence based treatments for psychosis (1 hour), *Clinical Psychology Internship Program, Department of Psychiatry, University of Pittsburgh, PA.*

Jones, N. & **Wood, H. J.** (2023). Psychosocial and therapeutic approaches to psychosis. *School of Social Work Professional and Continuing Education, University of Pittsburgh.*

Horton, L. & **Wood, H. J.** (2022-23). Psychosocial interventions in FEP and CHR populations. *PGY4-5 psychiatric residency program, University of Pittsburgh.*

Wood, H. J. (2022). CBT for psychosis. (3-day workshop for North American providers). *INSPIRE Clinic, Stanford University.*

Jones, N. & **Wood, H. J.** (2022). What is psychosis and what is CBT for psychosis? *Petronella Vaulx-Smith Journal Club series, UPMC Western Psychiatric Hospital.*

Wood, H. J. (2020-22). Formulation-driven CBT for psychosis. (3 days). *UPMC, Pittsburgh, PA.*

(2016-19) teaching on group therapy, psychotic disorders, positive approaches to behavioral support and crisis management, *UPMC Western Psychiatric Hospital, Pittsburgh, PA.*

Reeder, C., **Wood, H. J.** et al. (2005-2010). Cognitive Remediation Therapy training (3 days), IoPPN, King's College London, UK .

GRADUATE AND POSTGRADUATE LEVEL MENTORING & CLINICAL SUPERVISION

2023 - Mentor for graduate students with clinical and research interests in Serious Mental Illness (SMI): a collaboration between the Association for Behavioral and Cognitive Therapies Psychosis and Schizophrenia Spectrum (PASS) Special Interest Group and the American Psychological Association Division 18 SMI/Serious Emotional Disturbance subsection.

2022 Graduate student mentor and co-investigator (with D. K. Sarpal, MD, Principal Investigator, & Pavan Brar, Co-investigator): Examining fluctuations in anomalous experiences and paranoid ideation in schizophrenia: A pilot study using experience sampling method. University of Pittsburgh IRB: STUDY21100233.

2020-21 Psychology practicum students from Doctoral Program of Clinical Psychology, University of Pittsburgh.

2019 PGY-3 (resident psychiatrist) elective from UPMC/University of Pittsburgh.

- 2018-22 Psychology practicum students from Doctoral Program of Clinical Psychology, Duquesne University, Pittsburgh, PA.
- 2017-19 Psychology internship students from Department of Psychiatry, University of Pittsburgh (APA accredited internship program), PA.
- 2015-16 Psychology internship students within University of Pittsburgh Counseling Center (APA accredited internship program), PA.

CLINICAL TRAINING ATTENDED (1 day and longer)

- 2023-24 Vermont Collaborative Networking Approach (adapted Open Dialogue) Level 1 training. Counseling Services of Addison County, Vermont. (15 days)
- 2023 Master Clinician Series: monthly workshops by international experts on clinical interventions for psychosis. Stanford University (6 days).
- 2022-23 Integrating cognitive-behavioral and psychodynamic approaches for working with people experiencing psychosis: A study course. Michael Garrett, MD. UPMC/University of Pittsburgh (12 hours).
- 2022 Master Clinician Series: monthly workshops by international experts on clinical interventions for psychosis. Stanford University (6 days).
- 2021/22 Virtual psychotherapy for psychosis course and consultation group. Michael Garrett, MD. Psychoanalytic Association of New York (9 hours).
- 2021 Master Clinician Series: monthly workshops by international experts on clinical interventions for psychosis. Stanford University (6 days).
- 2020 Child Psychodynamic Psychotherapy, Pittsburgh Psychoanalytic Center (12 hours).
- 2020 Recovery Oriented Cognitive Therapy. Aaron Brinen, PhD (3 days).
- 2018 CBT for psychosis, Kate Hardy, DClInPsy, Stanford University (3 days) (CTS-R competency reached 01/2019).
- 2017 Changing Patient Behavior in Dialectical Behavior Therapy: Skills Training and Coaching New Behavior, TIC, LLC (2 days).
- 2016-17 Pittsburgh Psychoanalytic Center, Advanced Year, James T. McLaughlin Training Program.
- 2013-14 Pittsburgh Psychoanalytic Center, Year One, James T. McLaughlin Training Program.
- 2013 Visiting Fellow: Center for Public Service Psychiatry, University of Pittsburgh.

- 2012 CBT for Personality Disorders: Module of Postgraduate Diploma in Psychological Therapy, University of Sussex and Sussex Partnership NHS Foundation Trust, UK (6 days).
- 2012 Transdiagnostic treatment protocol for OCD, Kent and Medway NHS and Social Care Partnership Trust, UK (1 day).
- 2012 Schema Therapy for Complex Cases (Mode Work), Gill Heath, DClinPsy; Tara Cutland Green, DClinPsy; Tunde Vanko, PhD, British Psychological Society , UK (2 days).
- 2011 Introduction to Psychodynamic Concepts, Tavistock Clinic, Tavistock and Portman NHS Foundation Trust, UK (5 days).
- 2011 Acceptance and Commitment Therapy workshop, Russ Harris, PhD/British Association of Behavioral and Cognitive Psychotherapy, UK (2 days).
- 2011 CBT Collaborative Case Conceptualisation, Christine Padesky, UK (1 day).
- 2010 Acceptance and Commitment Group Therapy for Psychosis, Eric Morris, PhD, and Joe Oliver, PhD, Lambeth Early Onset team/Institute of Psychiatry, King's College London, UK (2 days).
- 2010 Psychodynamic Understanding of Psychotic Disorders, Tavistock Clinic, Tavistock and Portman NHS Foundation Trust, London, UK (1 day).
- 2005 Cognitive Remediation Therapy for Psychosis, Clare Reeder, PhD, DClinPsy, Institute of Psychiatry, King's College London, UK (3 days).

SERVICE

- 2024 - MHITC Rural Early Psychosis Sub-working group.
- 2023 - Reviews for *npj Mental Health Research* (Ed. Jack Tsai, PhD); *Community Mental Health Journal* (Ed. Sandra Steingard, MD); *Psychological Services* (Ed. Lisa K. Kearney, PhD).
- 2023- Working group member: SMI-FATE (Serious Mental Illness Future of Academics, Research and Training): American Psychological Association (Division 18) with Association for Behavioral and Cognitive Therapies.
- 2021- Co-chair early psychosis working group: North American CBTp Network.
- 2020-23 Executive committee member: Early Psychosis Intervention Network (EPINET) Connection Learning Health System (Maryland and Pennsylvania).
- 2018 International Society for Psychological and Social Approaches to Psychosis (ISPS)-US Philadelphia Conference organizing board.
- 2013-16 Allegheny County Consumer Provider Collaborative: Recovery dialogue steering committee.

PROFESSIONAL MEMBERSHIP

American Psychological Association (Division 18, Division 39).

REFERENCES

Available on request.