

# Matthew C. Johnson, Ph.D.

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## EDUCATION

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### **Ph.D., Counseling Psychology (APA-Accredited)**

August 2015

The Pennsylvania State University, University Park, PA

*Dissertation: Measuring Countertransference Responses in Therapists towards Clients Using the Core Conflictual Relationship Theme Measure*

### **M.A., Modern Psychoanalysis**

April 2008

Boston Graduate School of Psychoanalysis, Brookline, MA

### **B.A., Psychology, Minors: Philosophy, English**

May 2005

Temple University, Philadelphia, PA

## POST-DOCTORAL EDUCATION

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### **Post-doctoral M.S., Clinical Psychopharmacology**

October 2018

Fairleigh Dickinson University, Teaneck, NJ

### **Certificate in Adult Psychoanalysis**

September 2023

Psychoanalytic Training Institute of the Contemporary Freudian Society, Washington DC

## CLINICAL LICENSURE

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### **American Board of Professional Psychology (ABPP)**

May 2019 - Present

### **District of Columbia**

June 2017 - Present

*License#:* PSY10001265 (Paid Inactive)

### **Louisiana**

September 2020 - Present

*License#:* 1560

### **Maryland**

November 2016 - Present

*License#:* 05910

### **Massachusetts**

December 2022 - Present

*License#:* PSY11993

**Montana**

*License#:* PSY-PSY-LIC-4483

January 2023 - Present

**Ohio**

*License#:* P.07698

October 2022 - Present

**Commonwealth of Virginia**

*License#:* 0810005297

September 2015 - Present

**Additional Licensure**

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**Authority to Practice Interjurisdictional Telepsychology (APIT)**

**Psypact License**

*License#:* 10336

January 2022- Present

**CLINICAL EXPERIENCE**

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**Promoting Health, LLC, Gaithersburg, MD**

*Owner/Head Psychologist*

March 2020 - Present

- Planned and provided direct therapeutic services to 20-25 patients per week
- Provided individual psychotherapy to patients with presenting issues such as adjustment disorders, anxiety, MDD, PTSD, Bipolar disorder, characterological issues, depression, grief and bereavement, substance use disorder, and marital/relationship issues
- Organized and maintained clinical records
- Duties included providing accurate diagnosis, generation of treatment goals, utilization of evidence-based interventions and general case management

**Think Happy Live Healthy, Fall Church, VA**

*Psychologist*

January 2022 - Present

- Planned and provided direct therapeutic services to 15-20 patients per week
- Provided individual psychotherapy to patients with presenting issues such as adjustment disorders, anxiety, characterological issues, depression, grief and bereavement, substance use disorder, post-traumatic stress disorder, and marital/relationship issues
- Organized and maintained clinical records
- Treated approximately 8-10 patients per week. Duties included providing accurate diagnosis, generation of treatment goals, utilization of evidence-based interventions and general case management

**Naval Health Clinic Annapolis, Annapolis, MD**  
*Department Head/Medical Psychologist*

September 2018 – September 2021

- Served as department head and clinical psychologist at outpatient mental health clinic for United States Naval Academy Midshipmen, active duty service members, and active duty dependents
- Provided individual psychotherapy to patients with presenting issues such as adjustment disorders, anxiety, characterological issues, depression, grief and bereavement, substance use disorder, post-traumatic stress disorder, and marital/relationship issues
- Served as a prescribing provider to enhance psychological treatment with psychopharmacological intervention
- Corresponded directly with primary care physicians, direct care staff, and military chain of command to ensure highest level of treatment
- Treated approximately 20-25 patients per week. Duties included providing accurate diagnosis, generation of treatment goals, utilization of evidence-based interventions and general case management

**Moving the Self Psychotherapy Center, Bowie, MD**  
*Private Practice Clinician*

March 2017 – February 2020

- Provided short-term and long-term individual and couples psychotherapy to patients and couples struggling with issues such as adjustment disorders, anxiety, bipolar disorder, depression, grief and bereavement, substance use disorder, post-traumatic stress, interpersonal difficulties, and marital/relationship issues
- Treated approximately 10 patients and couples per week. Duties include providing accurate diagnosis, generation of treatment goals, utilization of evidence-based interventions and general case management

**United States Naval Academy, Annapolis, MD**  
*Midshipmen Development Center*

September 2015 – September 2018

- Provided individual psychotherapy to patients with presenting issues such as adjustment disorders, anxiety, depression, persistent complex bereavement, PTSD, grief and loss, depersonalization/derealization disorder, borderline personality disorder, interpersonal difficulties, and relationship issues
- Corresponded with psychiatrists, primary care physicians, program specialists, military chain of command, and direct care staff to ensure highest level of treatment
- Treated approximately 25 patients per week. Duties included providing accurate diagnosis, generation of treatment goals, utilization of evidence-based interventions and general case management

**Naval Medical Center Portsmouth, Portsmouth, VA**  
*A.P.A. Accredited Doctoral Internship*

August 2014 – August 2015

- Successfully completed clinical outpatient, psychiatric inpatient, primary care, and pain psychology rotations within a hospital context
- Provided individual and group psychotherapy to patients with presenting issues such as adjustment disorders, anxiety, depression, obsessive-compulsive disorder, panic disorder, chronic pain, PTSD, antisocial personality disorder, borderline personality disorder, narcissistic personality disorder, bipolar disorder, substance abuse, combat trauma, sexual assault and related trauma, grief and loss, interpersonal difficulties, and relationship issues
- Administered and interpreted individual assessments and measures including: Minnesota Multiphasic Personality Inventory Restructured Form (MMPI-2-RF) Millon Clinical Multiaxial Inventory-III (MCMI-III), Rorschach Test, Thematic Apperception Test (TAT), Beck Depression Inventory-II (BDI-II), Yale-Brown Obsessive Compulsive Scale (Y-BOC), Maudsley Obsessional-Compulsive Inventory (MOCI), Compulsive Activity Checklist (CAC-R), Belief Inventory, Obsessive Thoughts Checklist (OTC), Peters et al. Delusions Inventory (PDI), Military Assessment of Symptoms and Outcomes (MASO), PTSD Checklist Civilian Form (PCL-C), Pittsburgh Sleep Quality Index (PSQI), Rosenberg Self-Esteem Scale (RSES), Zung Self-Rating Depression Scale (SDS), Alcohol Use Disorders Identification Test (AUDIT), Generalized Anxiety Disorder-7 (GAD-7), Physical Symptoms Questionnaire (PHQ-15), Personal Health Questionnaire-9 (PHQ-9), Combat Exposure Scale (CES), and Dissociate Experiences Scale (DES)
- Treated approximately 12-20 patients per week. Duties included providing accurate diagnosis, generation of treatment goals, utilization of evidence-based interventions and general case management
- Corresponded with psychiatrists, primary care physicians, program specialists, primary support networks, military chain of command, and direct care staff to ensure highest level of treatment
- Supervision provided by licensed psychologists: 2 hours of group supervision and 2 hour of individual supervision per week. *Supervisors:* Dr. Michael Franks, Psy.D., Licensed Psychologist, Dr. Michelle Sampson-Spencer, Psy.D., Licensed Psychologist

**The Pennsylvania State University, State College, PA**  
**The Moore Psychological Clinic**  
*Advanced Doctoral Practicum Student*

May 2011 – May 2013

- Provided individual outpatient psychotherapy to patients with presenting issues such as schizophrenia, borderline personality disorder, antisocial personality disorder, pedophilia, substance abuse, intellectual disabilities, depression, grief and loss, interpersonal difficulties, sexual identity issues, and relationship problems
- Administered and interpreted individual assessments including: Millon Clinical Multiaxial Inventory-III (MCMI-III), and Psychopathic Personality Inventory-Revised (PPI-R)
- Treated approximately 8 patients per week. Duties included providing accurate diagnosis, generation of treatment goals, and general case management
- Corresponded with psychiatrists, primary care physicians, program specialists, caseworkers, and direct care staff to ensure highest level of treatment



- Supervision provided by licensed psychologists: 2 hours of group supervision and 1 hour of individual supervision per week. *Supervisors:* Dr. Mike Wolff, Ph.D., Licensed Psychologist; Dr. Sandy Testa, Ph.D., Licensed Psychologist

**Centre County Correctional Facility, Bellefonte, PA**  
**Incarcerated Adult Population**

August 2012 – May 2013

*Advanced Doctoral Practicum Student*

- Provided individual therapy to incarcerated individuals with presenting issues such as anxiety disorders, bipolar disorder, depression, sexual assault and abuse, PTSD, substance abuse, personality disorders, dissociative disorders, thought disorders, characterological issues, suicidality, and homicidality
- Provided psychodiagnostic testing and assessment batteries to answer referral questions related to level of cognitive functioning, personality, and diagnostic concerns. Typical instruments utilized included but were not limited to the Anxiety Disorders Interview Schedule-IV (ADIS-IV), Millon Clinical Multiaxial Inventory-III (MCMI-III), and Psychopathic Personality Inventory-Revised (PPI-R)
- Corresponded on a weekly basis with supervisors and correctional facility caseworkers regarding the progress and concerns of individual cases
- Met with a treatment team on a monthly basis to discuss difficult cases in hopes of providing accurate diagnosis and clarification of assessment results
- Supervision provided by licensed psychologists: 1 hour of individual supervision per week. *Supervisors:* Dr. Mike Wolff, Ph.D., Licensed Psychologist; Dr. Sandy Testa, Ph.D., Licensed Psychologist

**Center Volunteers in Medicine, State College, PA**  
*Advanced Doctoral Practicum Student*

January 2012 – May 2012

- Provided short-term individual psychotherapy to a population of high-risk adults in a non-profit medical/dental clinic serving 11,000 uninsured residents of Centre County, PA
- Presenting issues included PTSD, anxiety and panic disorders, major depressive disorder, family of origin concerns, grief and loss, financial concerns, employment concerns, and marriage and relationship issues. Utilized a Cognitive Behavioral Therapy (CBT) approach combined with Interpersonal Therapy (IPT) for both treatment planning and case conceptualization
- Setting included a health psychology focus, which required consultation with family practice doctors regarding the influence of behavior on medical conditions such as diabetes, smoking, and weight management
- Consulted with family practice doctors, nurses, and social workers on a regular basis regarding referrals, level of care needed, treatment planning, and disposition
- Carried approximately 5 short-term clients per week
- Supervision provided by a licensed psychologist: 1 hour of supervision per week. *Supervisor:* Dr. Jeff Hayes, Ph.D., Licensed Psychologist

**The Meadows Psychiatric Hospital, Centre Hall, PA**  
*Advanced Doctoral Practicum Student*

August 2011 – December 2011

- Provided individual, family, couples, and group psychotherapy to an inpatient population of adults with presenting issues including anxiety, depression, psychosis, personality disorders, substance abuse, grief and loss, trauma, PTSD, suicidality, and homicidality
- Conducted psycho-social assessments on new patients in the main and crisis stabilization units
- Led interpersonal process groups focused on individual process, rehabilitation, and recovery
- Functioned as an active member of an interdisciplinary treatment team, meeting twice weekly to consult on issues such as diagnosis, patient status, and determination of release dates
- Supervision provided by licensed psychologists: 1 hour of individual supervision per week. Supervisors: Dr. John Erikson, Ph.D., Licensed Psychologist; Dr. Jeff Hayes, Ph.D., Licensed Psychologist

**The Pennsylvania State University, State College, PA**  
**Center for Counseling and Psychological Services (CAPS)**  
*Doctoral Practicum Student*

August 2010 – August 2011

- Provided short-term individual psychotherapy to undergraduate and graduate students presenting with anxiety, panic disorder, low self-esteem, depression, grief and loss, OCD, interpersonal difficulties, personality disorders, problematic behaviors, sexual assault, and other trauma related issues
- Saw approximately 6 clients per week, which included 1 intake. Duties included providing diagnosis, generating treatment plans, and case management
- Regularly conferred with supervisors regarding additional assessments and evaluations, psychiatric services and referral options
- Supervision provided by licensed psychologists: 2 hours of group supervision and 1.5 hours individual supervision per week. Supervisors: Dr. Natalie Hernandez Depalma, Ph.D., Licensed Psychologist; Dr. Shannan Smith Janick, Ph.D., Licensed Psychologist

**The Pennsylvania State University, University Park, PA**  
**Bank of America Career Services Center**  
*Doctoral Practicum Student*

January 2010 – May 2010

- Provided individual career counseling and assessment to undergraduate and graduate students related to career and major exploration, career decision making, job and internship search strategies, exploration of interests, values, and abilities, and issues of multiculturalism
- Assigned and interpreted relevant career-related assessments including: Myers-Briggs Type Indicator (MBTI), Strong Interest Inventory (SII), Campbell Interest and Skills Survey, DISCOVER, Self-Directed Search (SDS), and Values Card Sort
- Maintained approximately 5 clients per week
- Supervision provided by one licensed psychologist and one unlicensed psychologist: 2 hours of group supervision and 1 hour of individual supervision per week. *Supervisors:* Dr. Nancy Farber, Ph.D., Licensed Psychologist; Matthew Ishler, M.A.

**The Pennsylvania State University**, University Park, PA  
**CEDAR Clinic**  
*Doctoral Practicum Student*

August 2009 – May 2010

- Provided short-term individual psychotherapy to undergraduate students with presenting issues such as social anxiety, interpersonal concerns, anger management, sexual identity issues, career concerns, trauma, and depression
- Carried a caseload of approximately 5 clients per week. Maintained client records, documented client progress, and participated in treatment planning
- Supervision provided by licensed psychologists: 2 hours of group supervision and 1.5 hours of individual supervision per week (Fall Semester), 2 hours of group supervision per week (Spring Semester). *Supervisors:* Dr. Gowen Roper, Ph.D., Licensed Psychologist; Dr. Susan Woodhouse, Ph.D., Licensed Psychologist

**Hancock Nursing Home**, Dorchester, MA  
*Master's Practicum Intern*

May 2007 – May 2008

- Provided individual psychotherapy to adults with a variety of concerns including serious medical illness, geriatric issues, anxiety, depression, interpersonal concerns, dissociative disorders, psychosis, PTSD, and physical and sexual abuse
- Carried a caseload of 3 clients per week for the entire academic year, and maintained all patient records and progress notes
- Supervision provided by a licensed psychologist: 3 hours of group clinical supervision and 1 hour of individual clinical supervision per week. Supervisor: Dr. Vincent Panetta, Ph.D., Licensed Psychologist

## **GROUP FACILITATION EXPERIENCE**

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**United States Naval Academy**, Annapolis, MD  
*Midshipmen Development Center*  
Cognitive Therapy Group for Anxiety

January 2018 – May 2018

- Created a 4 session, time-limited, cognitive-behavioral group therapy conducted over 4 weeks
- Attempted to treat anxiety within the group format utilizing cognitive behavioral strategies and interventions
- Regularly prepared and utilized CBT worksheets and homework assignments to facilitate group discussion around how anxiety symptoms manifested and could be treated within each individual group member
- Provided additional one-on-one treatment to individual struggles upon completion of group

**Naval Medical Center Portsmouth**, Portsmouth, VA  
*APA Accredited Doctoral Internship*  
Cognitive Therapy Group for Depression (CBT-D)

December 2014 – June 2015

- Co-led a 16 session, time-limited, cognitive-behavioral group therapy conducted over 8 weeks
- Attempted to treat depression, and depressive symptomatology within the group format utilizing cognitive behavioral strategies and interventions
- Regularly prepared and utilized CBT worksheets and homework assignments to facilitate group discussion around how depressive symptoms manifested and could subsequently be treated within each individual

**Naval Medical Center Portsmouth, Portsmouth, VA**  
*APA Accredited Doctoral Internship*  
New Directions Learning Skills Group

January 2015 – May 2015

- Conducted a one week, skill-development group in hopes of helping group members become more assertive in social situations
- Utilized frequent emotion focused strategies and role plays to modify restrictive behaviors exhibited within individual group members
- Regularly utilized psychodynamic and interpersonal techniques to help facilitate insight-oriented group discussions

**Naval Medical Center Portsmouth, Portsmouth, VA**  
*APA Accredited Doctoral Internship*  
Substance Use Disorder Group

October 2014 – December 2014

- Co-led recovery focused, time-limited psychotherapy groups one time per week with adults struggling with substance use/dependence and were currently being treated on the corresponding inpatient unit.
- Utilized here-and-now group interventions to create intensity and facilitate the instillation of hope within the group process
- Regularly utilized psychodynamic and interpersonal techniques to help facilitate insight-oriented group discussions. Groups had a particular focus on substance abuse and recovery goals

**Naval Medical Center Portsmouth, Portsmouth, VA**  
*APA Accredited Doctoral Internship*  
Interpersonal Process Group

October 2014 – December 2014

- Co-led interpersonal process groups twice weekly with adults being treated on the hospital inpatient unit
- Framed interventions towards solution-focused strategies aimed at facilitating growth both within and outside of the immediate group
- Regularly utilized psychodynamic and interpersonal techniques to help facilitate insight-oriented group discussions. Groups had a particular focus on mental health recovery strategies

**Midtown Health & Wellness, Manhattan, NY**  
Substance Abuse Recovery Group

September 2013 – October 2013

- Led recovery focused groups twice weekly with adult opiate addicts who were using PCM-prescribed Suboxone to help aid their recovery
- Regularly utilized psychodynamic and interpersonal techniques to help facilitate insight regarding addiction. Groups had a particular focus on substance abuse and recovery goals

**Pennsylvania State University**, State College, PA

August 2012 – May 2013

*Doctoral Practicum*

Skill Development Group for Men with Intellectual Disabilities

- Co-led a weekly skills-building group for men with intellectual disabilities. Group focused on building skill sets that would help with issues commonly caused by intellectual and interpersonal limitations

**The Meadows Psychiatric Hospital**, Centre Hall, PA  
2012

August 2011 – April

Daily Inpatient CBT Psychoeducational Group

- Led daily inpatient CBT structured psycho-educational groups with adults and adolescents that focused on symptom management and upcoming discharge

## **ASSESSMENT AND SELECTION**

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**Atlantic Occupsych**, Towson, MD  
*Contract Staff Psychologist*

February 2022 – Present

- Conduct preemployment psychological evaluations to screen in and screen out candidates based on characteristics that relate to essential job functions
- Conduct customized mental health wellness initiatives to foster support and sustain programming as well quick-response contacts after a critical incident
- Provide one-on-one psychological support to help employees navigate the effects of workplace violence or other traumatic event
- Conduct comprehensive assessments to evaluate current and prospective first officers' and employees' ability to manage the stress and demands of their role

**Marine Corps Embassy Security Group**, Quantico, VA

May - June 2016

*Marine Corps Embassy Security Group*

- Assessed 193 United States Marines for counterintelligence vulnerabilities at the Joint State Department/Marine Corps Embassy Security Group (MSCEG)
- Was member of staff responsible for hand-selecting suitable United States Marines to guard highly classified information and diplomatic staff abroad
- Administered and interpreted multiple assessments and interviews to better select Marine Security Guards

## **TRAINING EXPERIENCE**

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**Naval Health Clinic Annapolis**, Annapolis, MD

September 2018 - Present



**Midshipmen Development Center**

*Pre-Practicum/Practicum Clinical Supervisor*

- Supervised 1 doctoral level students (1 direct) as part of clinical externship requirement; extren had a caseload of approximately 8 clients
- Provided feedback on session content using self-report and in-vivo supervision
- Provided intense weekly supervision for 1 clinical psychology extern in preparation for internship process
- Provided clinical and administrative direction regarding clinical skill development and internship application preparation

**The United States Naval Academy, Annapolis, MD**

September 2016 – September 2018

**Midshipmen Development Center**

*Pre-Practicum/Practicum Clinical Supervisor*

- Supervised 3 doctoral level students (1 direct, 2 indirect) as part of their clinical externship requirement; each extren had a caseload of approximately 8 clients
- Provided feedback on session content using self-report and in-vivo supervision
- Provided intense weekly supervision for 1 clinical psychology extern in preparation for internship process
- Provided clinical and administrative direction regarding clinical skill development and internship application preparation

**The Pennsylvania State University, University Park, PA**

August 2012 – May 2013

**CEDAR Clinic**

*Pre-Practicum/Practicum Clinical Supervisor*

- Supervised 3 students enrolled in a Master's-level graduate training program and pre-practicum course during the Fall 2012 semester
- Provided clinical supervision to 3 students enrolled in a Master's-level graduate training program and practicum course during the Spring 2013 semester; each student had a caseload of 5 patients
- Provided feedback on basic counseling skills demonstrated via mock therapy sessions.
- Supervision provided by one licensed psychologist and one licensed professional counselor: 1.5 hours of group supervision and 1 hour of individual supervision per week. *Supervisors:* Dr. Maria Vinca, Ph.D., Licensed Psychologist; Dr. JoLynn Carney, Ph.D., LPC

**The Pennsylvania State University, University Park, PA**

August 2010 – Dec 2010

**CEDAR Clinic**

*Group Therapy Training Facilitator*

- Participated in a course designed to provide advanced training in the theory, research, and practice of group psychotherapy
- Served as co-leader for a 7-week process experiential training group for undergraduate and graduate students
- Provided feedback and evaluations related to group leadership skills for Master's level



students enrolled in the course

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### **ADDITIONAL RELEVANT CLINICAL WORK EXPERIENCE**

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**VIVE Family Support Program**, Manhattan, NY  
**New York/New Jersey & Surrounding Areas**  
*Therapeutic Mentor*

September 2013 – present

- Served as a therapeutic mentor to upper SES, high-risk youth in the New York, New Jersey, and Washington D.C. area who recently finished a therapeutic wilderness program
- Worked collaboratively with educational consultants, parenting coaches, parents, and other community resources to provide systemic therapy to at-risk families and teenagers
- Maintained accurate records and reports according to clinic guidelines and compliance standards
- Supervisor: Janet Levitt, M.A., LCPC

**Midtown Health & Wellness**, Manhattan, NY  
2013  
*Substance Abuse Counselor*

September 2013 – October

- Worked as a therapist on an interdisciplinary treatment team aimed at providing individual substance abuse and general psychological treatment in a holistic manner
- Provided individual outpatient psychotherapy to patients presenting with issues such as opiate addiction, alcohol and substance abuse, sexual addiction, anxiety, panic disorder, depression, borderline personality disorder, schizophrenia, bipolar disorder, grief and loss, PTSD, and suicidality
- Met with primary care physician on a daily basis to tailor and modify individual treatment plans for all patients served
- Maintained accurate reports according to clinic guidelines and compliance standards
- Supervisor: Dr. Dana Saltzman, M.D.

**The Meadows Psychiatric Hospital**, Centre Hall, PA  
*Therapist*

January 2012 – June 2012

- Provided individual short-term inpatient psychotherapy to patients with presenting issues such as bipolar disorder, schizophrenia, borderline personality disorder, antisocial disorder, substance abuse, depression, grief and loss, interpersonal difficulties, relationship problems, sexual assault, suicidality, and homicidality
- Functioned as an active part of a treatment team, providing continuous patient care, supervision, interaction and role modeling
- Led interpersonal process groups on both the adult and child units that focused on individual process, rehabilitation, and recovery

- Conducted family sessions aimed at solidifying support networks and discharge plans

**Pennsylvania Counseling Services, York, PA**  
*Structural Family Therapist*

April 2008 – July 2009

- Provided 24/7 on-call assistance to in-crisis families
- Aided high-risk, lower SES families in the development and implementation of intensive treatment plans tailored to accent the strengths of the family
- Attended monthly therapeutic clinics provided by the Philadelphia Child and Family Therapy Training Center to better understand the Ecosystemic Structural Family Therapy models' theoretical underpinnings for pragmatic implementation with families served
- Provided intensive individual and family therapy multiple times per week for a duration of 8 – 16 months to child, adolescent and adult family members
- Functioned as an active part of a treatment team, providing continuous patient care, supervision, interaction and role modeling
- Conducted integrative sessions with families and multidisciplinary care providers aimed at solidifying support networks and discharge recommendations

**North Suffolk Mental Health, East Boston, MA**  
*Community Outreach Coordinator*

November 2005 – October 2007

- Assisted in creation and establishment of personal, familial, financial and social goals of each consumer via individual sessions, 2 – 3 times per week
- Developed and helped consumers execute weekly, monthly and annual treatment plan objectives
- Provided on-call assistance to in-crisis clients
- Connected consumers with outside agencies and other resources to establish better support networks
- Participated in voluntary and involuntary inpatient hospitalization procedures
- Served as organization's human rights advocate for a 1-year period
- Worked with the community and fellow advocates to resolve human rights claims

## **RELEVANT CERTIFICATES OF TRAINING**

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**College and University Suicide Prevention Specialist Certification**

June 2017

*American Association of Suicidology, Washington D.C.*

- Satisfactorily met all requirements and examination standards established by American Association of Suicidology to become an accredited College and University Prevention Specialist
- Completed 10 contact hours

**Intensive Basic Training Course**

January 2016 - June 2016

*EMDR of Greater Washington, Chevy Chase, MD*

- Completed 51 basic training hours of basic Eye Movement Desensitization and Reprocessing over 1 week

- Completed 10 group consultation hours to ensure best practice
- Presented short-term trauma case utilizing the EMDR technique as demonstration of basic skill mastery

### **Internal Behavioral Health Consultant (IBHC) Certificate**

*Naval Medical Center Portmsouth, Portsmouth, VA*

December 2015 – April 2015

- Worked within primary care setting in hopes of mitigating influx of mental health patients who could be better treated with more behaviorally focused interventions
- Saw patients 2-5x for 20-30 minute sessions
- Provided short-term, solution-focused, behavioral interventions
- Utilized mindfulness based interventions to help patients learn self-soothing and relaxation techniques

### **ADMINISTRATIVE & LEADERSHIP EXPERIENCE**

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**Naval Health Clinic Annapolis, Annapolis, MD**

September 2018 – September 2021

*Department Head*

- Served as department head of day-to-day operations of an outpatient mental health clinic for United States Naval Academy Midshipmen, active duty service members, and active duty dependents
- Oversaw approximately 10 active duty, public health, and civilian administrators and mental health providers on a daily basis
- Oversaw neuropsych and substance abuse sub-specialties in outpatient capacity in hopes of providing comprehensive care to midshipmen, active duty personnel and active duty dependents
- Corresponded with primary care physicians, military chain of command, and direct care staff to ensure highest level of treatment
- Was in charge of a yearly budget of approximately \$10,000

**The Pennsylvania State University, University Park, PA**

August 2009 – May 2011

**CEDAR Clinic**

*Administrative Supervisor*

- Oversaw day-to-day operations of a college counseling center that provided psychological counseling services to 75 - 150 clients per week
- Supervised a staff of 15+ undergraduate and graduate students
- Collaborated with practicum clinicians, clinical supervisors, and practicum coordinators to ensure the highest quality of clinical services
- Coordinated client services between faculty, clinical supervisors, clinicians, clients, and staff on a day-to-day basis
- Served as an on-site resource for crisis situations, as-needed
- Maintained an orderly client record system and ensured confidentiality in accordance with FERPA compliance regulations
- Acted as referral liaison between the CEDAR clinic and the Counseling and Psychological Services at Pennsylvania State University

- Assisted researchers in sampling clients and following IRB-approved protocols

**North Suffolk Mental Health Association**, East Boston, MA

October 2006 – July 2008

**Princeton House Apartments**

*Administrative Supervisor*

- Solely-managed a Supported Housing Building with 17 mental health clients who were integrating back into the community from mental health facilities
- Served as a liaison between client and program managers concerning home living problems and implemented temporary on-site solutions when required
- Assisted in and performed quarterly activities around the property to further client safety and advance client-worker relationships

## **TEACHING EXPERIENCE**

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**The Contemporary Freudian Society**, Manhattan, New York

March 2023 – April 2023

**Program: Psychoanalytic Psychotherapy Program**

**Course: Psychoanalytic Theories of Development**

Adjunct Professor

- Developed curriculum for 6 of 12 week graduate level psychoanalytic development class for approximately 8 international graduate students
- Facilitated group discussions on classic psychoanalytic stage development
- Utilized a variety of instructional methods including lecture and class discussion

**Washington Adventist University**, Takoma Park, MD

January 2017 – 2022

**Course: Psychopathology**

Adjunct Professor

- Developed curriculum for an 8 week, master's level psychopathology class for approximately 8-20 graduate students in counseling and social work
- Facilitated group discussions on a variety of psychopathology topics
- Utilized a variety of instructional methods including lecture, class discussion, class readings, and video segments

**Washington Adventist University**, Takoma Park, MD

April 2017 – 2022

**Course: Abnormal Psychology**

Adjunct Professor

- Developed curriculum for an 8 week, undergraduate class for approximately 5-8 undergraduate students from a variety of degree programs
- Facilitated group discussions and class projects on a variety of abnormal psychology topics including "What is Abnormal?"
- Utilized a variety of instructional methods including lecture, class discussion, class readings, and video segments

**Washington Adventist University**, Takoma Park, MD  
**Course: Psychopharmacology of Addiction**  
Adjunct Professor

January 2018 – 2022

- Developed curriculum for an 8 week, master's level psychopharmacology of addiction class for approximately 10 graduate students in counseling and social work
- Facilitated group discussions on a variety of psychopharmacology topics
- Utilized a variety of instructional methods including lecture, class discussion, class readings, and video segments

**United States Naval Academy**, Annapolis, MD  
**Course: Counseling Practicum for Non-Practitioners, Graduate Level**  
Curriculum Developer and Instructor

January 2017 – May 2018

- Developed curriculum for a master's level counseling practicum class to aid a joint effort between the United States Naval Academy's Department of Organizational Leadership and Learning and George Washington University to develop Naval Officers into Naval Academy leadership positions
- Arranged guest speakers for class including authors of books on mentorship and skilled mental health specialists on a variety of topics including sports psychology, eating disorders, ethical dilemmas and trauma to provide class with wide ranging overviews from clinical experts
- Facilitated group discussions on a variety of pertinent mental health issues for non-professional counselors on a weekly basis
- Utilized a variety of instructional methods including lecture, class discussion, class readings, and video segments

**United States Naval Academy**, Annapolis, MD  
**Course: Introduction to Human Behavior, Undergraduate Level**  
*Instructor*

September 2016 – December 2016

- Taught a MCAT-specific semester long lecture series on Human Development for one section of 22 undergraduate students at the United States Naval Academy
- Administered and graded multiple choice examinations and "grand finale" paper where students were required to research and write on a psychological topic of choice
- Provided extra support and mentorship for students planning to take the MCAT
- Utilized a variety of instructional methods including lecture, class discussion, class readings, and video clips

**Brooklyn College**, Brooklyn, NY  
**Substitute Assistant Professor of School Counseling, Graduate Level**  
*Professor*

January 2014 – May 2014

- Created a semester long lecture series on Human Development for 3 sections of 30 Master's level graduate students

- Created a semester long lecture series on Urban Trauma for one section of 15 post-master's level New York City School Counselors as a requisite for their counseling certification
- Conducted 3 sections of group supervision for first-semester school counseling students
- Utilized a variety of instructional methods including lecture, class discussion, online discussion, and film clips
- Helped connect students with professional mentors who might help guide them both academically and professionally

**Harlem Hospital Center, Harlem, NY**

September 2013

**Course: Motivational Interviewing for Healthcare Professionals**

*Instructor*

- Created a two-day long lecture series offered to health care professionals on how they might use Motivational Interviewing to enhance their work with patients
- Used role plays and interactive experience to help hospital nurses become familiar with Motivational Interviewing
- Provided clinical examples in conjunction with evidence based research to augment and strengthen the points made throughout the lectures
- Utilized a variety of instructional methods including lecture, class discussion, and film clips

**The Pennsylvania State University, University Park, PA**

January 2012 – May 2012

**Course: Resolving Individual and Family Problems, Undergraduate Level**

*Instructor*

- Created a semester long lecture series on psychological theories for approximately 50 undergraduate students
- Formed an interactive syllabus that required response papers to classic psychological works
- Utilized a variety of instructional methods including lecture, class discussion, and film clips
- Administered and graded multiple choice and essay question examinations

**The Pennsylvania State University, University Park, PA**

July 2011 – August 2011

**Course: Counseling Theory and Method, Master's Level**

*Co-Instructor*

- Served as the instructor for 6 of 12 classes and covered topics such as multicultural awareness, psychoanalytic theory, and behavioral therapy
- Provided lecture and technical support for 15+ Master's level students
- Utilized a variety of instructional methods including lecture, class discussion, and video segments

**The Pennsylvania State University, University Park, PA**

August 2010 – December 2010

**Course: Counseling Theory and Method, Master's Level**



*Instructor's Assistant*

- Provided lecture and technical support for 35+ Master's level students
- Utilized a variety of instructional methods including lecture, class discussion, and video segments
- Administered and graded multiple choice and essay question examinations

**The Pennsylvania State University**, University Park, PA

February 2010 – May 2010

**Course: Introduction to Counseling as a Profession, Undergraduate Level**

*Instructor's Assistant*

- Provided lecture and technical support for 106 undergraduate students
- Guest lectured concerning a variety of topics regarding theoretical and clinical application
- Utilized a variety of instructional methods including lecture, class discussion, and video segments

**Guest Lectures**

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**United States Naval Academy**, Annapolis, MD

April 2016

*Guest Instructor – Abnormal Psychology*

- Facilitated class discussion on the portrayal of mental health stereotypes in Hollywood
- Used student produced video clips to examine diagnostic criteria as it pertains to DSM V
- Provided clinical examples in conjunction with evidence based research to augment and strengthen the points made throughout the lectures
- Utilized a variety of instructional methods including lecture, class discussion, and film segments

**United States Naval Academy**, Annapolis, MD

March 2016

*Guest Instructor – Introduction to Psychology, Sleep & Dreams*

- Created a one day lecture for undergraduate students on sleep, dreams, and historical uses within psychology
- Provided clinical examples in conjunction with evidence based research to augment and strengthen the points made throughout the lectures
- Utilized a variety of instructional methods including lecture, class discussion, and powerpoint presentations to better illustrate lecture material

**RESEARCH EXPERIENCE**

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**The Pennsylvania State University**, University Park, PA

August 2009 – August 2015

**College of Education**

*Primary Investigator*

- Conducted objective research in a scientific and ethical manner aimed towards the generation of independent, high quality, and reproducible results

- Trained and provide continuous training to a team of coders tasked with executing an intricate interpersonal coding procedure known as the Core Conflictual Relationship Theme (CCRT) coding method
- Prepared and submitted proposed scientific procedures to Pennsylvania State University's Institutional Review Board
- Was responsible for the management and integrity of design, conduct, and ethical reporting regarding the research project's findings

**The Pennsylvania State University**, University Park, PA  
**Center for Collegiate Mental Health**  
*Graduate Assistant*

August 2009 – August 2012

- Member of a research team that analyzed, presented, and published data from a large, national sample of students seeking mental health services at college counseling centers
- Met bi-weekly with the Center for Collegiate Mental Health's research team; topics discussed included collegiate mental health, utilization of campus psychological services, substance abuse, and atypical college populations
- Collaborated with other research members regarding individual and group research projects
- Edited, reviewed, and provided consultation for CCMH promoted manuscripts, presentations, and research projects

**Temple University**, Philadelphia, PA  
**Psychology Department – Behavioral Research**  
*Research Assistant*

February 2003 – May 2003

- Worked in behavioral lab that studied high-risk behavior in pigeons
- Helped run tests in behavioral processing database and observed subsequent results
- Met weekly with supervising psychologist to discuss laboratory needs
- Took care of animal subjects in accordance with proper APA ethical guidelines
- *Supervisor:* Dr. Michelle Ennis, Ph.D.

## **PUBLICATIONS**

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Verlade, C., **Johnson, M.C.**, Hayes, J.A., & Villaran, V. (2023). Identifying the origins of countertransference using the core conflictual relationship theme method: A multiple case study approach. *Psychotherapy Research*, Jun 21:1-13. [https://doi:10.1080/10503307.2023.2225723](https://doi.org/10.1080/10503307.2023.2225723)

**Johnson, M.** (2021). Panel Report, IPA Congress Vancouver 2021 (Online): The Infantile and its Dimension in the Finding of Unconscious Fantasy. *International Journal of Psychoanalysis*, 102(6), 6 1190-1192. <https://doi.org/10.1080/00207578.2021.1995165>

Johnson, B., **Johnson, M.**, & Landsinger, K.L. (2018). Trauma-informed supervision in deployed military settings, *The Clinical Supervisor*, 37(1), 102-121. <https://doi.org/10.1080/07325223.2017.1413472>

**Johnson, M.C.,** Graceffo, J.M., Hayes, J.A., Locke, B.D. (2014). Examining treatment seeking college students with and without military experience and trauma histories. *Journal of College Counseling*, 17(3), 260-270. <https://doi.org/10.1002/j.2161-1882.2014.00062.x>

**Johnson, M.C.,** Graceffo, J.M., Hayes, J.A., Locke, B.D. (2014). Examining distress in treatment seeking college students with and without military experience and trauma histories. *Psychotherapy Bulletin*, 49(1), 7-12.

## **PROFESSIONAL PRESENTATIONS**

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Johnson, M. (April, 2019). **Discussant on JICC Case Presentation.** Presented at the Joint Institutes Candidates Committee (JICC), Washington, D.C.

Johnson, M.C. (May 2017). **The Art of Listening.** Presented at the United States Naval Academy, Annapolis, MD.

Johnson, M.C., Landsinger, K., Johnson, B. (2016, Oct). **Trauma Informed Supervision in Deployed Military Settings.** Presented at the Listening to Trauma: Insights and Actions Conference at George Washington University, Washington, DC.

Johnson, M.C. (2016, Sept). **Suicide Prevention.** Presented at the United States Naval Academy, Annapolis, MD.

Johnson, M.C., Ralph, J. (2016, Aug). **The Stress Response Cycle and Active Recovery.** Presented at the United States Naval Academy, Annapolis, MD.

Frederickson, J., Johnson, M., Johnson, R. (2015, Dec). **Festivus of Food and Family Survival Guide: How to Enjoy the Holidays While Maintaining Your Goals.** Presented at the United States Naval Academy as part of the Life-Skills for Leaders Series, Annapolis, MD.

Johnson, M., Hayes, J.A. (2015, June). **Using the Core Conflictual Relationship Themes (CCRT) Method as a Countertransference Coding Technique.** Presented at the Annual Conference for Society of Psychotherapy Research, Philadelphia, PA.

Johnson, M., Morin, M., Finton, B. (2015, June). **Projective Assessment.** Presented as part of psychiatric residents' learning series at Naval Medical Center Portsmouth Grand Rounds, Portsmouth, VA.

Johnson, M., Buchholz, A., Shippy, J. (2015, May). **An Integrative Systems Approach to Treating Refractory Comorbid Depression and OCD.** Presented at Naval Medical Center Portsmouth Grand Rounds, Portsmouth, VA.

Johnson, M., Hayes, J.M., Locke, B. (2010, June). **Military Personnel and Racial/Ethnic Variance in CCAPS Subscales: Quantitative Data from the Collegiate Center of Mental Health's Clinical Sample.** Presented at the Annual International Conference for Society of Psychotherapy Research, Asilomar, CA.

## **POSTERS**

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Johnson, M., Buchholz, A., Shippy, J (2015). **An Integrative Systems Approach for Treating Severe Comorbid Depression and Obsessive-Compulsive Disorder – A Novel Approach to Refractory Treatment.** Presented at the 2015 NME Academic Research Competition, Portsmouth, Virginia.

## **HONORS AND AWARDS**

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### **The Psychoanalytic Center of Philadelphia (PCOP) Psychoanalytic Fellowship** **Date of Award: 2011-2013**

- This academic honor is awarded to individuals in the academic, psychiatric, psychological, or social work community who show outstanding interest in psychoanalytic studies.

### **Society for Clinical and Experimental Hypnosis Student Scholarship** **Date of Award: September, 2012**

- This scholarship is given on a yearly basis to qualified students who demonstrate an interest in the area of clinical and experimental hypnosis.

### **The Edwin L. Herr Scholarship for the Education of Counselors** **Date of Award: 2011 – 2012, 2012-2013**

- This scholarship is given to outstanding doctoral students enrolled in Counselor Education or Counseling Psychology who intend to become college professors, committed to the training of professional counselors or counseling psychologists, and who have financial need
- Was awarded this scholarship for two consecutive academic years (2011-2012, 2012-2013)

### **United States Navy Health Professions Scholarship Program (HPSP)** **Date of Award: Fall 2011**

- Each year this scholarship is awarded by the United States Navy to a select group of students who have demonstrated academic excellence in the field of psychology

### **The Pennsylvania State University, College of Education** **Recipient, Travel Grant: Spring 2011**

- Received \$500 award to travel and present research at the Annual International Conference in Asilomar, CA

## **PROFESSIONAL AFFILIATIONS**

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**Society for Psychotherapy Research (2009 – 2010), Graduate Student Affiliate**

NOT YET RETAINED