

Patricia S. Harvey, LCSW-C, ACSW

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DBT Coach, Trainer, Consultant

PROFESSIONAL SPECIALTIES

Coaching and Support for Parents of Young People and Adults with Emotion Dysregulation
DBT Skills Training Groups for Parents and Siblings
DBT Training, Workshops, Presentations and Consultations
Clinical Supervision

PRIVATE PRACTICE AND CONSULTATION

Private Practice, Consultation and Trainings

Jan. 2005 - Present

Maryland

- Facilitating Parent and Siblings DBT Skills Training Groups
- Individualized coaching for parents, siblings and family members of individuals with emotion dysregulation
- Providing trainings, workshops and presentations on the use of DBT skills and parent coaching
- Providing supervision and consultation

St. Luke's House

Program Consultant

October, 2007 – November, 2010

Trainer

September, 2005-Present

- Clinical consultation and training to 9 programs including residential, supported housing, a life skills program and a mental health clinic

Adventist Behavioral Health

DBT Consultant and Trainer

January, 2010 – July, 2011

- Facilitate DBT Consultation Team, supervise and train clinical staff in DBT on adolescent in-patient units; provide ongoing support and guidance for implementation of DBT on adolescent units; provide ongoing training.

NAMI-MD

Public Policy Consultant

January, 2007 – December, 2009

- Consult on state legislative policy related to mental health concerns, testify to General Assembly
- Participate in State Transformation Grant subcommittees
- Chair and coordinate work of NAMI System Reform Committee

PROFESSIONAL EMPLOYMENT

Family and Child Services of Washington DC

Clinical Services Director

Sept. 2005 – Sept. 2006

- Provided clinical supervision in the child welfare unit and the mental health unit
- Facilitated clinical rounds to develop treatment plans for children in foster care
- Developed and implemented a support and training group for foster parents
- Provided training for staff throughout the agency
- Chaired agency committees, including CQI record review sub committee
- Re-established the mental health unit for accreditation

The Bridge Of Central Massachusetts, Worcester, MA
 Division Director, Metro-Suburban Division

Aug. 2000 – Nov. 2004

- Responsible for overall fiscal, programmatic and clinical aspects of a DBT adolescent group home, a DBT young adult group home, and a dual diagnosis adult program for individuals with mental illness
- Developed a DBT Group home for adolescents; Implemented DBT treatment in Young Adult program
- Supervised and Structured a Drop-In/Crisis Intervention Program for GLBTQ youth
- Provided clinical supervision of Master's level Clinicians and supervision of Program Managers
- Collaborated with Department of Mental Health funding agencies
- Conducted training and workshops for staff and agency personnel
- Developed, facilitated and reported on Quality Management Plans for programs
- Developed and facilitated Parents DBT Skills Training Group

Robert F Kennedy Children's Action Corps, Lancaster, MA
 Clinical Director/Lancaster Campus

Feb. 1999 - May 2000

- Provided overall clinical supervision of treatment for boys ages 6-17 in residential treatment
- Supervised Master's Level Clinicians
- Coordinated treatment with outside agencies
- Developed campus wide behavior management system

BOOKS

- Harvey, P and Rathbone, B, "Parenting a Teen Who Has Intense Emotions: DBT Skills to Help Your Teen Navigate Emotional and Behavioral Challenges", New Harbinger Publications (December, 2015)
- Harvey, P and Fialkoff, D. "Hey, I'm Here Too: A Book for Tween/Teen Siblings of a Young Person With Emotional Issues" (September, 2014)
- Harvey, P and Rathbone, B. "Dialectical Behavior Therapy for At-Risk Adolescents: A Practitioner's Guide to Treating Challenging Behavior Problems" New Harbinger Publications (January, 2014)
- Harvey, P and Penzo, J. "Parenting a Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills To Help Your Child Regulate Emotional Outbursts and Aggressive Behaviors" New Harbinger Publications Inc. (November, 2009)

JOURNAL PUBLICATIONS

- Harvey, P and Ahmann E "Validation: A Family-Centered Communication Skills" Nephrology Nursing, January/February 2016
- Harvey, P. and Ahmann E. "Validation: A Family-Centered Communication Skill", Pediatric Nursing, May/June, 2014
- Penzo, J., and Harvey, P. "Understanding Parental Grief as a Response to Mental Illness: Implications for Practice". Journal of Family Social Work, 2008

TRAININGS, WORKSHOPS AND PRESENTATIONS

- *"DBT Skills Training and Foundation Concepts"*, Cornerstone Montgomery, January 27, 2017
- *"Effective Parenting: Managing Intense Emotions and Problematic Behaviors Skillfully"*, Arlington Public Schools, NAMI and Arlington County Department of Human Services, November 2, 2016
- *"Dialectical Behavior Therapy: Foundation Concepts and Skills Training"*, Washington County Public Schools, October 7 and November 4, 2016
- *"Implementing DBT: Foundational Concepts and Skills Training Groups"*, Child and Adolescent Day Hospital at Shepard-Pratt, August 12, 2016
- *"Dialectical Behavior Therapy: Skills Training Groups"* Baltimore Public Schools, May 20, 2016
- *"DBT Interventions for Families: Helping to Develop Effective Parenting Strategies"*, Pennsylvania Society for Clinical Social Work, April 9, 2016
- *"Structuring the Environment: DBT Interventions for Parents of Adolescents"*, University of Maryland School of Social Work, October 29, 2015
- *"DBT for At-Risk Adolescents: Individual Treatment, Skills Training and Parent Interventions"*, Brook Lane, October 16, 2016
- *"Dialectical Behavior Therapy for Adolescents"*, University of Maryland School of Social Work, September 16, 2015
- *DBT for Emotional and Behavioral Problems in Children and Adolescents"*, District of Columbia Public Schools, May 1, 2015
- *"Structuring the Environment: DBT Interventions for Parents"*, NASW-MD Conference, March, 27, 2015
- *"DBT for At-Risk Adolescents: Individual Treatment and Parent Coaching"*, Jewish Social Service Agency Symposium, October 24, 2014
- *"Dialectical Behavior Therapy For Adolescents"* University of Maryland School of Social Work, October, 2013, May, 2014
- *"DBT Skills Training With Adolescents and Parents"*, Jewish Social Service Agency, February, 2014
- *Using DBT Skills and Philosophy to Teach Effective Parenting Strategies to Parents of Children with Intense Emotions"*, Jewish Social Service Agency, May, 2013
- *"Adolescents and Transitioning Adults with Emotion Dysregulation and Potential of Self-Injury: Helping Family Members Use DBT and Mindfulness Skills"* The Association of Practicing Psychologists, April, 2012
- *Using DBT Skills To Reduce Emotion Dysregulation and Reactivity in Children/Adolescents and Parents"* the Anxiety Disorders Association of American National Conference, April , 2012
- *"DBT for Children/Adolescents and Parents"* Anxiety Disorders of America Association, National Conference, March 2011.
- *"Chain Analysis: Why and How"* Hildreth School in Rochester, New York
- *"DBT for Children/Adolescents and their Parents"* Anxiety Disorders of America Association, National Conference, March, 2011
- *"DBT and Effective Parenting"* at Arlington Children's Mental Health Program, November, 2010
- *"Using DBT Skills to Support and Inform Parents of Children with Mental Illness"* NAMI National Conference, July 2010
- *"DBT Skills to Help Children with Emotion Dysregulation and their Parents"* Anxiety Disorders of America Association, National Conference, March, 2010
- *"DBT Skills for Social Workers: Using DBT Philosophy to Engage and Treat Parents and Children"* NASW Maryland Annual Conference, March, 2010
- *"DBT Skills for Emotional and Behavioral Disorders in Children and Adolescents"*, PESI Healthcare, Arizona, December, 2009
- *"Dialectical Behavior Therapy with Suicidal Adolescents"*, Maryland's 21st Annual Suicide Prevention Conference, October 6, 2009
- *"DBT Principles and Concepts"* Montgomery County School Psychologist, July, 2009

- *“DBT Principles and Skills Revisited”* at Zumbro Valley Mental Health Center, August, 2008
- *“Using DBT Skills training and Philosophy to Understand, Engage and Motivate Clients “*
Montgomery County Commission for Women in January, 2008
- *DBT Skills Training for Adolescents*, Zumbro Valley Mental Health Center, Rochester, Minnesota,
November, 2007
- *DBT Skills Training: Partnering with Parents to Help Children*; seminars given throughout the United
States for PESI, Inc June, 2007 – November 2007
- *Working with Children and Families Using Dialectical Behavior Therapy as a Guiding Philosophy*
Family and Child Services of Washington DC, 2005-2006
- *DBT, Grove Street and Working with Parents* presented as a Seminar to Psychiatric Residents at
UMASS Med School, April 30 and May 6, 2004
- *DBT Used in a Community Residence for Adolescents* presented at The International Society for the
Investigation and Teaching of Dialectical Behavior Therapy, November, 2003

- COPACE, Clark University Worcester, MA Summer 1981–Spring 1988
Lecturer: *“Family Counseling Techniques and the Therapist’s Own Family”*
“Introduction to Cognitive Behavioral Therapy Techniques”
“Interventions with Severely Emotionally Disturbed Adolescents

EDUCATION

Master of Social Work, University of Michigan, Ann Arbor, MI April 1977
Bachelor of Arts in Psychology, Queens College, City University of New York June 1975

CERTIFICATIONS

Licensed Certified Social Worker – Clinical (Maryland) March 2005
Academy of Certified Social Workers June 1981
Licensed Independent Clinical Social Worker (Massachusetts) 1980-2006

ORGANIZATIONS

National Association of Social Workers Member since 1977
National Alliance on Mental Illness Member since 2005
Metro DBT Consortium – Founding Member November, 2009
Anxiety Disorders Association of America Member since 2010

COMMUNITY ADVOCACY

Center for Mental Health in Pediatric Primary Care:
 Advisory Council Member April, 2008 – Oct. 2011
 NAMI-Montgomery County: Board Member July, 2005-April, 2007
 Member NAMI-MD Public Policy Committee Sept 2005-December, 2009