

Carla Chugani, Ph.D., LPC

Consultant & Trainer with the Treatment Implementation Collaborative, LLC

Carla Chugani, Ph.D., LPC is a postdoctoral scholar in the Department of Pediatrics, Division of Adolescent and Young Adult Medicine at Children's Hospital of Pittsburgh, University of Pittsburgh. Dr. Chugani is an expert in applications of DBT in college counseling centers and much of her clinical and research experience is centered on this topic. Along with her team, she developed and evaluated the DBT program for Florida Gulf Coast University's (FGCU) Counseling and Psychological Services. The program has been running since 2009 and has continued sustainably since she left FGCU in 2013 to pursue doctoral study at the University of South Florida. Dr. Chugani is passionate about reducing implementation issues associated with bringing DBT into campus based practice settings. She has collaborated with Dr. Marsha Linehan in the psychometric evaluation of the DBT Barrier to Implementation Scale (BTI-S). She also independently operates a free listserv for clinicians who are interested in DBT in college counseling centers (you may request to join the listserv at www.carlachugani.com).

Dr. Chugani has completed numerous training experiences in DBT including intensive and advanced intensive training. She is also a Certified DBT Clinician by the DBT-Linehan Board of Certification. Dr. Chugani is currently a member of the adult DBT team at Western Psychiatric Institute and Clinic, Pittsburgh, PA, where she maintains a small clinical caseload in addition to her research activities. One of her long-term research goals is to develop transdiagnostic DBT interventions for college students at the primary prevention and early intervention levels. She strongly believes that access to high quality, evidence-based care has the potential to profoundly impact the life trajectories of young people.

Carla is a Certified DBT Clinician by the DBT-Linehan Board of Certification.