

CURRICULUM VITAE

BIOGRAPHICAL

Name: Carla D. Chugani, Ph.D., LPC

EDUCATION and TRAINING**UNDERGRADUATE:**

2002-2006	Mannes College The New School for Music New York, NY	B.M., 2006	Opera Performance
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GRADUATE:

2008-2010	Florida Gulf Coast University Fort Myers, FL	M.A., 2010	Mental Health Counseling
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2013-2016	University of South Florida Tampa, FL	Ph.D., 2016	Counselor Education
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POSTGRADUATE:

2016- Present	University of Pittsburgh School of Medicine Children's Hospital of Pittsburgh Pittsburgh, PA	NRSA T32	Adolescent Research in Community
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APPOINTMENTS and POSITIONS**ACADEMIC:**

2009	Florida Gulf Coast University Fort Myers, FL	Research Assistant
2012	Florida Gulf Coast University Fort Myers, FL	Adjunct Instructor
2013-2015	University of South Florida Tampa, FL	Teaching Assistant

NON-ACADEMIC:

2009	Crossroad Rehabilitation Program David Lawrence Center Naples, FL	Counselor Intern
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2010	Counseling and Psychological Services Florida Gulf Coast University Fort Myers, FL	Graduate Assistant (Clinical Internship)
2011-2013	Counseling and Psychological Services Florida Gulf Coast University Fort Myers, FL	Staff Clinician DBT Team Leader
2014-2016	Tampa Bay Center for Cognitive Behavior Therapy Tampa, FL	Clinician
2014-Present	Behavioral Tech, LLC Seattle, WA	Expert Consultant
2017-Present	Western Psychiatric Institute and Clinic Pittsburgh, PA	Therapist

CERTIFICATION and LICENSURE

PROFESSIONAL LICENSURE:

Licensed Mental Health Counselor State of Florida	2013-Present
Licensed Professional Counselor Commonwealth of Pennsylvania	2016-Present

MEMBERSHIP in PROFESSIONAL and SCIENTIFIC SOCIETIES

American Counseling Association	2008-Present
American College Counseling Association	2011-Present
Association for Counselor Education and Supervision	2015-Present
Association for Behavioral and Cognitive Therapies	2016-Present

HONORS

Recipient, Staff Travel Grant Florida Gulf Coast University	2012
Recipient, Student Travel Grant University of South Florida	2014

PUBLICATIONS

Refereed Articles

1. Jeong JW, Diwadkar VA, **Chugani CD**, Sinsoongsud P, Muzik O, Behen ME, Chugani H T, Chugani DC. Congruence of happy and sad emotion in music and faces modifies cortical audiovisual activation. *Neuroimage*. 2010;54(4):2973-2982.
2. Elliot EM, Isaacs ML, **Chugani CD**. Promoting self-efficacy in early career teachers: A principal's guide for differentiated mentoring and supervision. *Florida Journal of Educational Administration and Policy*. 2010;4(1):131-146.
3. **Chugani CD**, Ghali MN, Brunner J. Effectiveness of short term dialectical behavior therapy skills training in college students with Cluster B personality disorders. *Journal of College Student Psychotherapy*. 2013;27(4):323–336.
4. **Chugani CD**. A review of dialectical behavior therapy in college counseling settings: Findings and implications for practice. *Journal of College Student Psychotherapy*. 2015;29(2):120-131.
5. **Chugani CD**, Landes SJ. Dialectical behavior therapy in college counseling centers: Current trends and barriers to implementation. *Journal of College Student Psychotherapy*. 2016;30(3):176-186.
6. **Chugani CD**. Recovered voices: Experiences of borderline personality disorder. *The Qualitative Report*. 2016;21(6):1016-1034.
7. **Chugani CD**. Adapting dialectical behavior therapy for college counseling centers. *Journal of College Counseling*, 20(7), 67-80.
8. Muhomba, M, **Chugani, CD**, Uliasek, AA, Kannan, D. Distress tolerance skills for college students: A pilot investigation of a brief DBT group skills training program. *Journal of College Student Psychotherapy*. 2017; published online ahead of print.
9. **Chugani CD**, Mitchell, ME, Botanov, Y, Linehan, MM. The development and initial evaluation of the psychometric properties of the dialectical behavior therapy barriers to implementation scale (BTI-S). *Journal of Clinical Psychology*. In press.

Manuscripts Under Review, Revision, or In Preparation:

1. Gulamani T, Uliaszek, AA, **Chugani CD**, Rashid T. Attendance in group therapy: Pretreatment and treatment-specific predictors across time. Under review.
2. **Chugani CD**, Seiler, AR, Goldstein, TR. Recovery from borderline personality disorder through dialectical behavior therapy. Under review.

Book Chapters:

1. Uliaszek AA, **Chugani CD**, Williams G. Dialectical behavior therapy in college counseling centers. In: Swales M, ed. *Oxford Handbook of Dialectical Behaviour Therapy*. Oxford, UK: Oxford University Press; in press.

2. Pistorello J & **Chugani CD**. Dialectical behavior therapy in college counseling centers. In: Dimeff L & Koerner K. eds. *Dialectical Behavior Therapy in Clinical Practice: Applications Across Disorders and Settings, 2nd ed.* New York, NY: Guilford Press; in preparation.

Proceedings of Conference and Symposia:

Poster Presentations:

1. **Chugani CD**, Ghali MN. (2012, October). Time Limited Dialectical Behavior Therapy Skills Training for Treatment of College Students with Cluster B Personality Disorders. Poster presented at the meeting of the American College Counseling Association Annual Conference, Orlando, FL.
2. **Chugani CD**. (2014, March). Efficacy of Dialectical Behavior Skills Training in College Students with Cluster B Personality Disorders. Poster presented at the Graduate Student Research Symposium, University of South Florida, Tampa, FL.
3. **Chugani CD**. (2015, November). Recovered Voices: Experiences of Borderline Personality Disorder. Poster presented at the annual meeting of the International Society for the Improvement and Teaching of Dialectical Behavior Therapy, Chicago, IL.
4. **Chugani CD**, Mitchell M, Botanov Y, Linehan MM. (2016, October). The development and initial evaluation of the psychometric properties of the dialectical behavior therapy barriers to implementation scale (BTI-S). Poster presented at the Dialectical Behavior Therapy Strategic Planning Meeting, University of Washington, Seattle, WA.

Papers and Symposia:

1. **Chugani CD**. (2012, October). Efficacy of Dialectical Behavior Skills Training in College Students. Paper presented at the Dialectical Behavior Therapy Strategic Planning Meeting, University of Washington, Seattle, WA.
2. **Chugani CD**. (2014, September). Dialectical Behavior Therapy in College Counseling Centers: Current Implementation Trends. Paper presented at the Dialectical Behavior Therapy Strategic Planning Meeting, University of Washington, Seattle, WA.
3. **Chugani CD**, Ivanoff A. (2014, October). Adapting Dialectical Behavior Therapy for the College Counseling Setting: Current Research and Best Practices. Presented at the meeting of the American College Counseling Association, San Antonio, TX.
4. **Chugani CD**, Landes SJ. (2015, November). Trends and Barriers in Implementation of Dialectical Behavior Therapy in College Counseling Centers. In M. Harned (Chair), *Implementation and Sustainability of Dialectical Behavior Therapy in Diverse Community Settings*. Symposium conducted at the meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
5. **Chugani CD**. (2017, March). Dialectical Behavior Therapy: Considerations in Implementation. In C. Chugani and A. Franklin, *Dialectical Behavior Therapy (DBT): Clinical Practice and Considerations in Implementation*. Joint practice and research

presentation delivered at the Higher Education Suicide Prevention Conference, Pittsburgh, PA.

Abstracts:

1. Jeong JW, Divadkar VA, Chugani CD, Chugani HT, Chugani DC. Cortical activation in superior temporal gyrus and fusiform gyrus modulated by congruence of emotional content in music and face. Proc. Int. Soc. Magnetic Resonance In Medicine, Montréal, 2011.
2. Jeong JW, Kuentzel JG, Diwadkar VA, Chugani CD, Chugani HT, Chugani DC. Atypical auditory-visual integration mechanism in borderline personality disorder: a fMRI analysis using emotional congruence and incongruence and facial images. Proc. Int. Soc. Magnetic Resonance In Medicine, Melbourne, May 5-11, 2012.

PROFESSIONAL ACTIVITIES

TEACHING:

Courses:

1. Appraisal Procedures (MHS 6200)
Description: Assessment and appraisal procedures for professional counselors
Date: 2012
Number of times offered: 1
Audience: Master's level counseling students
Number of students: 25
Role: Adjunct Instructor
Institution: Florida Gulf Coast University, Fort Myers, FL
2. Counseling Trends and Principles (MHS 6006)
Description: Introduction to the field of counseling
Date: 2013
Number of times offered: 1
Audience: Master's level counseling students
Number of students: 15
Role: Teaching Assistant
Institution: University of South Florida, Tampa, FL
3. Counseling Theories (MHS 6400)
Description: Introduction to major theories of counseling
Date: 2014
Number of times offered: 1
Audience: Master's level counseling students
Number of students: 15
Role: Teaching Assistant
Institution: University of South Florida, Tampa, FL
4. Practicum in Counseling (MHS 6800)

Description: Clinical supervision of counseling students during their first practicum experience.

Date: 2014

Number of times offered: 1

Audience: Master's level counseling students

Number of students: 4

Role: Instructor/Clinical Supervisor

Institution: University of South Florida, Tampa, FL

5. Mental Health Planning, Evaluation, and Accountability (MHS 7740)

Description: Survey course in mental health evaluation techniques

Date: 2015

Number of times offered: 0 (Assisted in designing an online, handicapped-accessible version of this course)

Audience: Master's and doctoral level students in the health professions

Number of students: 0

Role: Teaching Assistant

Institution: University of South Florida, Tampa, FL

Invited Lectures:

1. Introduction to Dialectical Behavior Therapy for Treatment of Borderline Personality Disorder (Feb. 2011). Florida Gulf Coast University, Fort Myers, FL
2. Introduction to Dialectical Behavior Therapy for Treatment of Borderline Personality Disorder (Oct. 2011). Florida Gulf Coast University, Fort Myers, FL
3. Introduction to Dialectical Behavior Therapy and Applications in Diverse Clinical Populations (Fall 2013). University of South Florida, Tampa, FL
4. Qualitative Research and the IRB Process (Oct., 2014). University of South Florida, Tampa, FL
5. DBT in College Counseling Centers (April, 2015). University of South Florida, St. Petersburg, FL
6. Introduction to Dialectical Behavior Therapy (April, 2016). Pennsylvania State University, University Park, PA (lecture delivered via Skype)
7. Introduction to Dialectical Behavior Therapy and Applications to College Health (September, 2016). Children's Hospital of Pittsburgh, Pittsburgh, PA.
8. Self-Injury and Borderline Personality Disorder (December, 2016). Pittsburgh Science and Technology Academy, Pittsburgh, PA.
9. Poetic Inquiry (January, 2017). Adolescent Medicine Fellows' Seminar, Children's Hospital of Pittsburgh, Pittsburgh, PA.
10. Introduction to Dialectical Behavior Therapy (February, 2017). Florida Gulf Coast University, Fort Myers, FL (lecture delivered via Skype).

11. Introduction to Dialectical Behavior Therapy (April, 2017). Pennsylvania State University, University Park, PA (lecture delivered via Skype)

Professional Education Workshops:

1. "Introduction to Dialectical Behavior Therapy for Borderline Personality Disorder" and "Dialectical Behavior Therapy for College Counseling Centers"
Four Hour Workshop (open to the public)
Hosted by University of Central Florida, Counseling and Psychological Services
May 23, 2016, Orlando, FL
2. "An Overview of Dialectical Behavior Therapy for Borderline Personality Disorder and Other Difficult to Treat Clients"
Three Hour Workshop
Hosted by Suncoast Mental Health Counselors Association
May 20, 2016, Tampa, FL
3. "An Introduction to Dialectical Behavior Therapy for Treatment of Borderline Personality Disorder"
Three Hour Workshop (open to the public)
Hosted by University of South Florida, Clinical Psychology Program
April 21, 2016, Tampa, FL

RESEARCH:

Prior Grant Support:

2014-2015	Recovery from Borderline Personality Disorder	Principal Investigator 50%	Herman B. Lustigman Charitable Foundation \$10,500
2016	College Counseling Center Staff Perceptions of Dialectical Behavior Therapy Programs on Campus: A Qualitative Investigation	Co-Investigator 20%	Vanderbilt Institute for Clinical and Translational Research \$2,000

Financial Support for Clinical Program Development:

2009	Internal Funding for Staff Training in DBT associated with initial DBT program development	Team Leader	Florida Gulf Coast University \$10,000
2012	Internal Funding to co-host the first DBT Intensive Training in the State of Florida (associated with continued DBT program development and expansion)	Team Leader	Florida Gulf Coast University \$20,000

SERVICE:

University:

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1. Chapter President (2010-2011)
Chi Sigma Iota – Gamma Eta Omega Chapter
Counseling Academic and Professional Honor Society International
2. Student Advisory Board Member (2015-2016)
Counselor Education Program
University of South Florida, Tampa, FL
3. DBT Consultant (Pro-bono; 2015-2016)
DBT Training Program, Clinical Psychology Program Clinic
University of South Florida, Tampa, FL

Community:

1. Founder, DBT-CCC (2013-Present)
Online Network for College Counselors Practicing Dialectical Behavior Therapy