

CURRICULUM VITAE

GEORGE SILBERSCHATZ, Ph.D.

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EDUCATION

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| 1972 | B.A. | University of California, Berkeley |
| 1975 | M.A. | New York University, Department of Psychology (Clinical) |
| 1978 | Ph.D. | New York University, Department of Psychology (Clinical) |
| 1978-80 | Post-Doctoral Fellowship | Mount Zion Hospital and Medical Center, Department of Psychiatry |

HONORS AND AWARDS

NIMH Fellowship, New York University (1974-1977).
Brian Tomlinson Memorial Award for Outstanding Achievement in the Field of Psychology (New York University, 1979).
NIMH Post-doctoral fellowship, Mount Zion Hospital (1978-80).
Chapman Research Fund Fellow, Mount Zion Hospital (1982-84).
President, North American Chapter, Society for Psychotherapy Research (2009-2011)
President, Society for Psychotherapy Research (2012 – 2013)

PROFESSIONAL EXPERIENCE

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| 2004 - | Clinical Professor, Department of Psychiatry, University of California, San Francisco. |
| 1993 - 2004 | Associate Clinical Professor, Department of Psychiatry, University of California, San Francisco. |
| 1978 - | Private practice in clinical psychology: Psychotherapy, consultation, and clinical supervision. |
| 1981 - 1993 | Co-Director, Mount Zion Brief Psychotherapy Research Project, Mount Zion Medical Center of UC San Francisco. |
| 1982 - 1993 | Assistant Clinical Professor, Department of Psychiatry, University of California, San Francisco. |

- 1981 - 1991 Principal Investigator, NIMH Research Grant: Process and Outcome of Psychotherapy, Department of Psychiatry, Mount Zion Medical Center of UC San Francisco.
- 1980 - 1991 Psychologist, Department of Psychiatry, Mount Zion Medical Center of UC San Francisco: Psychotherapy research and adult outpatient psychotherapy.
- 1982 - 1984 Member, Special Review Group (Psychotherapy Research) National Institute of Mental Health.
- 1979 - 1984 Psychological Consultant, Pain Center, Mount Zion Medical Center of UC San Francisco: Psychological evaluation of chronic pain patients.
- 1978 - 1980 Post-Doctoral fellowship in psychotherapy and psychotherapy research, Department of Psychiatry, Mount Zion Medical Center of UC San Francisco: Outpatient psychotherapy; instructor in clinical research methodology; psychotherapy research.
- 1977 - 1978 Pre-Doctoral fellowship in psychology, Department of Psychiatry, Mount Zion Medical Center of UC San Francisco: Adult and child psychotherapy (long-term and brief), psychological testing of adults and children, crisis intervention (Crisis Clinic), psychosocial rehabilitation of cancer patients (community outreach and group therapy); psychotherapy research.
- 1976 - 1977 Instructor, Department of Psychology, New York University (undergraduate seminar in clinical psychology, graduate seminar in personality assessment).
- 1974 - 1976 Teaching assistant, Department of Psychology, New York University (personality, abnormal, clinical).
- 1974 - 1977 Psychological associate, New York University Psychology Clinic. Individual outpatient psychotherapy, group therapy, personality assessment, community consultation.

LICENSE

California State Psychology License (1978).

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PROFESSIONAL ORGANIZATIONS

American Psychological Association (Member)
Society for Psychotherapy Research (Member)

San Francisco Psychotherapy Research Group (Board Member; Chairman, Education and Research Committee)
Society for the Exploration of Psychotherapy Integration (Member)

PROFESSIONAL PRESENTATIONS (Selected*)

*I have given over 350 presentations throughout North America, Europe, and Australia and therefore list only a small sample here

An empirical study of analytic neutrality. Ninth Annual Meeting of the Society for Psychotherapy Research, Toronto, Canada (June, 1978).

A research strategy for comparing competing psychoanalytic hypotheses. George Klein Research Forum, American Psychoanalytic Association Convention, New York (December, 1978).

The impact of the therapist's behavior on the psychotherapeutic process. Twelfth Annual Meeting of the Society for Psychotherapy Research, Aspen, Colorado (June, 1981).

Assessing the impact of the patient-therapist interaction. Annual convention of the American Psychological Association, Los Angeles, California (August, 1981).

Research on the psychodynamic process in the treatment of older persons. NIMH Conference on psychodynamic perspectives on Aging, Bethesda, Maryland (November, 1982).

New perspectives on brief psychotherapy. Invited lecture, San Mateo County Psychological Association (November, 1983).

Empirical studies of alternative psychoanalytic explanations of the therapeutic process. American Psychoanalytic Association Convention, New York (December, 1983).

Effect size and the unit of measurement in psychodynamic psychotherapies, NIMH conference on Methodologic Challenges in Psychodynamic Research, Bethesda, Maryland (September, 1984).

Testing alternative hypotheses about the psychotherapeutic process: Research on brief dynamic psychotherapy. 8th Workshop on Empirical Research in Psychoanalysis, Department of Psychotherapy, University of Ulm, Ulm, West-Germany (July, 1985).

Computer databases: The Mount Zion Psychotherapy Data Bank. 8th Workshop on Empirical Research in Psychoanalysis, Department of Psychotherapy, University of Ulm, Ulm, West-Germany (July, 1985).

Resistance to treatment among elderly patients. American Psychological Association, Los Angeles, California (August, 1985).

Research on the process of change in psychotherapy. George S. Klein Forum, American Psychoanalytic Association Annual Meeting, San Francisco, California (May, 1989).

A comparison of psychodynamic and cognitive therapy case formulations. 20th Annual Meeting of the Society for Psychotherapy Research, Toronto, Canada (June, 1989).

An empirical test of psychotherapy process predictions derived from alternative psychodynamic formulations. 21st Annual Meeting of the Society for Psychotherapy Research, Wintergreen, Virginia (June, 1990).

Empirical research on change processes in psychoanalytic therapy. International Conference on the Scientific Validation of Psychoanalytic Psychotherapy (Centro Ricerche Studi Dinamiche Relazionali e Psicoterapia -- Venezia), Venice, Italy (May, 1991)

Testing alternative hypotheses about how therapy works, II. 70th Annual Meeting of the American Orthopsychiatric Association, San Francisco, CA (May, 1993).

Research on the process of change in psychotherapy. Clinical psychology colloquium, Department of Psychology, University of California, Berkeley (February, 1995).

Why do we suffer? Psychoanalytic and Buddhist perspectives on a perennial question (Panel organizer and presenter). American Psychological Association Annual Convention, San Francisco, CA (August, 1999).

The process of change in psychoanalysis and psychotherapy. George S. Klein Forum, American Psychoanalytic Association Mid-winter Meeting, New York, New York (December, 2000).

Corrective relational experiences in psychotherapy. Seventh International Cuenca Seminar, Cuenca, Spain (2005)

How and why does psychotherapy work? Department of psychology, New York University (January, 2008)

Predicting outcome from ratings from therapy interventions. American Psychiatric Association Annual Convention, San Francisco, CA (May, 2009).

Do therapist's interventions predict outcome? Yes, if they are compatible with the patient's needs. 41st Annual Meeting of the Society for Psychotherapy Research, Asilomar, CA (June, 2010).

Psychotherapy and Zen Buddhism. Green Gulch Farm, San Francisco Zen Center (2010)

The origins of psychopathology and the nature of change in psychotherapy. Department of psychology, University of Bern, Bern Switzerland (2011).

Transformative relationships: An evidence-based approach to optimizing the therapeutic relationship, Brisbane, Australia (November, 2012).

Improving the yield of psychotherapy research: Lessons from a farmer. Presidential address to the 44th International Meeting of the Society for Psychotherapy Research, Brisbane, Australia (July, 2013).

The control-mastery theory of psychotherapeutic change. Department of Psychology, University of Bergen, Bergen, Norway (June, 2014)

What are effective therapists doing that their less effective counterparts are not? 47th International Meeting of the Society for Psychotherapy Research, Jerusalem, Israel (June 2016)

Can we identify effective therapists and empirically assess what makes them effective? Invited plenary address Italian Society for Psychotherapy Research, Milan, Italy (October, 2016)

Tailoring psychotherapy to the patient's needs: The plan formulation method. Department of psychology Sapienza University, Rome, Italy (October, 2016)

Individualizing psychotherapy research and practice. Invited plenary address North American Society for Psychotherapy Research, Berkeley, CA (November, 2016)

PUBLICATIONS

Goldberger, L., Reuben, R., and Silberschatz, G. Symptom removal in psychotherapy: A review of the literature. Psychoanalysis and Contemporary Science, 1976, 5, 513-536.

Silberschatz, G. Selective attention and changes in clinical state. Journal of Research in Personality, 1978, 12, 197- 204.

Curtis J. T., & Silberschatz, G. Clinical implications of research on brief dynamic psychotherapy. I. Formulating the patient's problems and goals. Psychoanalytic Psychology, 1986, 3, 13-25.

Rosenberg, S., Silberschatz, G., Curtis, J. T., Sampson, H., & Weiss, J. The plan diagnosis method: A new approach to establishing reliability for psychodynamic formulations. American Journal of Psychiatry, 1986, 143, 1454-1456.

Silberschatz, G. Testing the analyst. In J. Weiss, H. Sampson, and the Mount Zion Psychotherapy Research Group, The Psychoanalytic Process: Theory, clinical observation, and empirical research (256 -266), New York: Guilford Press, 1986.

Silberschatz, G., & Curtis, J. T. Clinical implications of research on brief dynamic psychotherapy. II. How the therapist helps or hinders therapeutic progress. Psychoanalytic Psychology, 1986, 3, 27-37.

- Silberschatz, G., Fretter, P. B., & Curtis, J. T. How do interpretations influence the process of psychotherapy? Journal of Consulting and Clinical Psychology, 1986, 54, 646-652.
- Silberschatz, G., Sampson, H., and Weiss, J. Seeking gratification versus testing the analyst. In J. Weiss, H. Sampson, and the Mount Zion Psychotherapy Research Group, The Psychoanalytic Process: Theory, clinical observation, and empirical research (267 – 276), New York: Guilford Press, 1986.
- Curtis, J. T., Silberschatz, G., Sampson, H., Weiss, J., & Rosenberg, S. E. Developing reliable psychodynamic case formulations: An illustration of the plan diagnosis method. Psychotherapy, 1988, 25, 256-265.
- Settlage, C. F., Curtis, J. T., Lozoff, M., Lozoff, M. Silberschatz, G., & Simburg, E. Conceptualizing adult development. Journal of the American Psychoanalytic Association, 1988, 36, 347-369.
- Silberschatz, G., Curtis, J. T., Fretter, P. B., & Kelly, T. J. Testing hypotheses of psychotherapeutic change processes. In H. Dahl, H. Kachele, & H. Thoma (Eds.), Psychoanalytic process research strategies. Berlin: Springer-Verlag, 1988.
- Windholz, M. J. & Silberschatz, G. The Vanderbilt Psychotherapy Process Scale: A replication with adult outpatients. Journal of Consulting and Clinical Psychology, 1988, 56, 56-60.
- Brown, J. D., & Silberschatz, G. Dependency, self-criticism, and depressive attributional style. Journal of Abnormal Psychology, 1989, 98, 187-188.
- Nergaard, M. O. & Silberschatz, G. The effects of shame, guilt, and the negative reaction in brief dynamic psychotherapy. Psychotherapy, 1989, 26, 330-337.
- Perry, C. J., Luborsky, L., Silberschatz, G., & Popp, C. An examination of three methods of psychodynamic formulation based on the same videotaped interview. Psychiatry, 1989, 52, 302-322.
- Silberschatz, G. The art of psychoanalysis and the psychoanalysis of art. (Book review) Contemporary Psychology, 1989, 34, 392-393.
- Silberschatz, G., Curtis, J. T., & Nathans, S. Using the patient's plan to assess progress in psychotherapy. Psychotherapy, 1989, 26, 40-46.
- Silberschatz, G. Psychology's contribution to the future of psychoanalysis: A scientific attitude. In M. Meisels & E. Shapiro (Eds.), Tradition and Innovation in Psychoanalytic Education. N.J.: Erlbaum, 1990.
- Persons, J. B., Curtis, J. T., & Silberschatz, G. Psychodynamic and cognitive-behavioral formulations of a single case. Psychotherapy, 1991, 28, 608-617.

- Silberschatz, G., Curtis, J. T., Sampson, H., & Weiss, J. Research on the process of change in psychotherapy: The approach of the Mount Zion Psychotherapy Research Group. In L. Beutler & M. Crago (Eds.), Psychotherapy research: An international review of programmatic studies. Washington, D.C.: American Psychological Association, 1991.
- Silberschatz, G. & Curtis, J. T. Time-limited, psychodynamic psychotherapy with older adults. In W. A. Myers (Ed.), New techniques in the psychotherapy of older patients. American Psychiatric Press, 1991.
- Silberschatz, G. & Sampson, H. Affects in psychopathology and psychotherapy. In J. D. Safran & L. S. Greenberg (Eds.), Emotion, psychotherapy, and change. New York: Guilford Press, 1991.
- Luborsky, L., Barber, J. P., Binder, J., Curtis, J. T., Dahl, H., Horowitz, L. M., Horowitz, M., Perry, J. C., Schacht, T., Silberschatz, G., & Teller, V. Transference-related measures: A new class based on psychotherapy sessions. In N. E. Miller, L. Luborsky, J. P. Barber, & J. P. Docherty (Eds.), Psychodynamic treatment research: A handbook for clinical practice. New York: Basic Books, 1993.
- Silberschatz, G. & Curtis, J. T. Measuring the therapist's impact on the patient's therapeutic progress. Journal of Consulting and Clinical Psychology, 1993, 61, 403-411.
- Silberschatz, G. The patient's testing of the therapist: A critical component. The California Psychologist, 1993, 26, 15-28.
- Fretter, P. B., Bucci, W., Broitman, J., Silberschatz, G., & Curtis, J. T. How the patient's plan relates to the concept of transference. Psychotherapy Research, 1994, 4, 58-72.
- Luborsky, L., Diguier, L., Andrusyna, T., Friedman, S., Tarca, C., Popp, C. A., . . . Silberschatz, G. (2004). A method of choosing CCRT scorers. *Psychotherapy Research*, *14*(1), 127-134.
doi:<http://dx.doi.org/10.1093/ptr/kph008>
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- Silberschatz, G., Curtis, J. T., Sampson, H., & Weiss, J. La ricerca sul processo di cambiamento in psicoterapia: l'approccio del Gruppo di Ricerca in Psicoterapia di San Francisco. In A. Zbonati, P. Migone, & G. Maschietto (Eds.), *La validazione scientifica delle psicoterapie psicoanalitiche* (pp. 61-78). Venezia: IPAR, 1994.
- Curtis, J. T., Silberschatz, G., Sampson, H. & Weiss, J. The Plan Formulation Method. Psychotherapy Research, 1994, 4, 197-207.
- Curtis, J. T. & Silberschatz, G. Strukturierte psychodynamische Falkonzeptionen: Der Mt. Zion Ansatz. In F. Caspar (Ed.)

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- Curtis, J. T. & Silberschatz, G. Plan formulation method. In T. D. Eells (Ed.), Handbook of psychotherapy case formulation (pp. 116 -136). New York: Guilford, 1997.
- Persons, J. B. & Silberschatz, G. Are results of randomized controlled trials useful to psychotherapists? Journal of Consulting and Clinical Psychology, 1998, 66, 126-135.
- Persons, J. B. & Silberschatz, G. How useful for psychotherapists are randomized controlled experiments? Harvard Mental Health Letter, 1999 (July).
- Bugas, J. & Silberschatz, G. How patients coach their therapists in psychotherapy. Psychotherapy, 2000, 37, 64-70.
- Knobloch, L. M., Endres, L. M., Stiles, W. B., & Silberschatz, G. Convergence and divergence of themes in successful psychotherapy: An assimilation analysis. Psychotherapy, 2001, 38, 31-39.
- Luborsky, L., Diguier, L., Andrusyma, T., Friedman, S., Tarca, C., Popp, C. A., Ermold, J. & Silberschatz, G. A method of choosing CCRT scorers. Psychotherapy Research, 2004, 14, 127-134.
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- Curtis, J. T. & Silberschatz, G. Plan formulation method. In T. D. Eells (Ed.), Handbook of psychotherapy case formulation (Second Edition, pp. 198 - 220). New York: Guilford, 2007.
- Silberschatz, G. (2007). Comments on "The necessary and sufficient conditions for therapeutic personality change". Psychotherapy: Theory, Research, Practice, Training, 44, 240-248.
- Silberschatz, G. (2008). How patients work on their plans and test their therapists in psychotherapy. Smith College Studies in Social Work, 2008, 78, 275-286.
- Silberschatz, G. (2009). What have we learned about how the alliance develops over the course of therapy? Psychotherapy: Theory, Research, Practice, Training, 46(3), 295-297.
- Itzhar-Nabarro, Z., Silberschatz, G., & Curtis, J. T. (2009). The Adjective Check List as an outcome measure: Assessment of personality change in psychotherapy. Psychotherapy Research, 19, 707-717.
- Silberschatz, G. (2010). The control-mastery perspective: A clinical formulation of David's plan. Journal of Psychotherapy Integration, 20, 81-88.

Caspar, F., Silberschatz, G., Goldfried, M., & Watson, J. C. (2010). Similarities and differences in four views of David. *Journal of Psychotherapy Integration, 20*, 101-110.

Silberschatz, G. (2013). Therapeutic responsiveness. In H. Znoj & T. Berger (Eds.), Die kunst und wissenschaft der psychotherapie (pp.81 -100). Bern: Hans Huber, Hogefe, 2013.

Holt, H., Beutler, L. E., Castonguay, L. G., Silberschatz, G., Forrester, B., et. al. (2013). A Critical Examination of the Movement toward Evidence-Based Mental Health Treatments in the U.S. Department of Veterans Affairs. *The Clinical Psychologist, 66*, 8-13.

Silberschatz, G. (2017). Improving the yield of psychotherapy research. *Psychotherapy Research, 27*, 1-13.

Zilcha-Mano, S., Snyder, J., & Silberschatz, G. (In press). The effect of congruence in patient and therapist alliance on patient's symptomatic levels. *Psychotherapy Research*.

Snyder, J., & Silberschatz, G. (In press). The Patient's Experience of Attunement and Responsiveness (PEAR) Scale. *Psychotherapy Research*.

Silberschatz, G. & Aafjes-van Doorn, K. (In press). Pathogenic Beliefs Mediate the Relationship between Perceived Negative Parenting and Psychopathology Symptoms. Journal of Aggression, Maltreatment, and Trauma.