

Anne A. Alarie, Psy.D

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SUMMARY

- Specialize in treating complex trauma, including sexual assault, combat-related trauma, childhood abuse, stalking, and domestic violence, with experience treating both adolescents and adults
- Certified in EMDR, Cognitive Processing Therapy (CPT), and Prolonged Exposure (PE); highly proficient in exposure-based trauma interventions
- Extensive crisis intervention experience across emergency departments, outpatient settings, and home-based care
- Skilled in delivering brief, evidence-based treatments, including Dialectical Behavior Therapy (DBT), Acceptance and Commitment Therapy (ACT), Motivational Interviewing, and mindfulness-based approaches
- Recognized expert in trauma assessment and the psychological dynamics of sexual assault victim and offender behavior
- Experienced supervisor and trainer of psychology interns, externs, and post-doctoral fellows working with trauma survivors
- Specialized in health psychology, with significant experience providing behavioral health consultation in integrated primary care settings
- Experience conducting and interpreting trauma related forensic psychological evaluations for legal matters including custody and visitation, disability determination, competency assessments, and political asylum cases

EDUCATION

The University of Denver

Psy.D. Clinical Psychology

August 2007

Boston College

M.A. Counseling Psychology

June 1997

University of Buffalo

B.A. Psychology; Magna cum laude

June 1995

PROFESSIONAL CLINICAL EXPERIENCE

Thrive Behavioral Health, LLC

Owner

Denver, CO

3/1/2021-present

- Private practice offering telehealth individual therapy, and assessments to adolescents and adults.
- Specialization includes PTSD/trauma, women's issues (traumatic birth, postpartum depression, infertility), sexual assault, IPV, combat-related trauma, anxiety disorders, depression, bipolar disorder, and grief/loss.
- Utilize exposure-related treatments (EMDR, CPT), DBT skills, ACT, and CBT

The University of Denver - Graduate School of Professional Psychology
Clinical Supervisor

Denver, CO
9/1/2022-present

- Provide clinical supervision to both Master's and Doctoral practicum students who provide services to individuals, couples, and families at The Sturm Center providing services to military families
- Services help veterans and their families with military readjustment, grief/loss, depression, anxiety, PTSD, combat-related trauma, and a variety of other issues related to military status

Lifestance Health (formerly Child and Family Psychological Services, Integrated Behavioral Associates).
Psychologist

Weymouth, MA
9/1/11-2/18/21

- Provide individual therapy and assessment to adolescents and adults, specializing in the area of complex PTSD (military trauma, sexual assault, domestic violence, MVA), anxiety disorders, depressive disorders, postpartum depression, and personality disorders
- Skilled in Eye Movement Desensitization and Reprocessing (EMDR) as a specific tool for trauma treatment, as well as anxiety and depressive disorders.
- CE educator on basic trauma and assessment skills, as well as EMDR and appropriate trauma referrals.
- Worked with the Integrated Primary Care director to provide behavioral health consults to patients from both South Shore Medical Center and Granite Medical Center.
- **Supervisory role**
- Supervise post-doctoral candidates to include weekly didactic supervision, peer consultation groups, training, and presentations to both post-doctoral candidates and psychology interns.

Empowered to Change, LLC
Owner

Dedham, MA
11/1/10-9/1/11

- Private practice providing individual therapy and assessment to adolescents and adults.
- Specialization includes PTSD/Trauma, sexual assault, combat-related trauma, Anxiety disorders, Depression, Bipolar Disorder, and grief/loss.
- Provide forensic assessment as an independent contractor for Boston Forensic Associates

Kaiser Permanente – Behavioral Health
Clinical Staff Therapist

Denver, CO
3/10/08-7/14/10

- Provided group, individual, and family therapy to patients covered under the Kaiser Permanente Health Plan
- Responsible for diagnostic/evaluations and assessment of patients, including ADHD, cognitive, and personality testing.
- Used a multi-disciplinary approach to treatment, which includes regular interaction with primary care physicians, psychiatrists, psychiatric nurses, and other medical personnel.

Exempla Healthcare
Emergency Room- Psychiatric Assessment/Referral Clinician

Denver, CO
10/11/07-4/16/08

- Provided psychiatric assessment of Lutheran Medical Center, St. Joseph's Hospital, Good Samaritan Medical Center, and Kaiser Permanente emergency room patients to determine the level of risk for suicidal, homicidal, or gravely disabled patients.
- Collaborated with ER Physicians, Nurses, and Psychiatrists to decide the best course of action regarding admissions and discharges.
- Based on clinical judgment, administered appropriate drug/alcohol assessment to determine the level of intoxication and withdrawal, including the Clinical Opiate Withdrawal Scale (COWS), CAGE Questionnaire, Benzodiazepine Withdrawal Questionnaire, Clinical Institute Withdrawal Assessment of Alcohol Scale Revised (CIWA-R).

Correctional Psychology Associates/Time to Change
Staff Therapist

Denver, CO
10/1/07-5/1/08

- Provided evaluation and treatment of individuals in the custody of the Department of Corrections in a group therapy format

Rape Assistance and Awareness Program (APA-accredited internship)
Doctoral Resident

Denver, CO
8/21/06-8/16/07

- Responsible for providing individual therapy to clients who are victims of sexual assault
- Supervision and training to a full-time Masters student to include education around DSM diagnosis, counseling skills, theoretical orientation, crisis management, and trauma theory.
- Responsible for presentations to the public in the area of sexual assault, trauma response, and post-traumatic stress.
- Worked with the executive director in grant writing for the prevention and education department.
- Responsible for assessment of full battery administrations to include Trauma Symptoms Inventory (TSI), Rorschach, Minnesota Multiphasic Personality Inventory (MMPI), Bender Gestalt, Wechsler Adult Intelligence Test (WAIS-III), Dissociative Experiences Scale, Beck Depression Inventory, and Thematic Apperception Test (TAT).
- Co-facilitation of two Adult Rape groups (16-Week Format).

Kaiser Permanente – Eating Disorder Program
Psychology Trainee

Denver, CO
9/13/05-8/7/06

- Provided inpatient (hospital setting), intensive outpatient, individual, family, and group therapy to individuals with eating disorders.
- Use of a multi-disciplinary approach to treating eating disorders to include medical management and nutrition counseling

Arapahoe County Jail (Correctional Psychology Associates)
Psychology Trainee

Englewood, CO
8/30/05-8/31/06

- Responsible for the evaluation of incarcerated mentally ill for suicide potential and need for emergency hospitalization

Veterans Affairs Medical Center
Substance Abuse & PTSD Unit
Psychology Trainee

Denver, CO
9/14/04-7/29/05

- Conducted mental health and substance abuse assessments and provided individual treatment for veterans presenting with a dual diagnosis, most specifically PTSD.
- Developed proficiency in the administration of the Addiction Severity Index and screened patients for participation in Antabuse therapy
- Co-facilitated a 36-week Domestic Violence group for male veterans
- Co-facilitated an open group for dual diagnosis vets using Acceptance and Commitment Therapy
- Co-facilitated a 12-week PTSD support group, which included the use of solution-focused therapy and a meditation component
- Multi-disciplinary approach to treatment of Veterans

Bethesda Employee Assistance Program
Psychology Trainee

Denver, CO
9/31/03-8/1/04

- Provided short-term individual, couples, and family therapy to employees in the Health One Network
- Conducted Critical Incident Stress Debriefing as needed

Professional Psychology Center (PPC)
Psychology Trainee

Denver, CO
9/30/03-8/1/06

- Provide short- and long-term individual and group therapy for a population with a variety of psychological diagnoses

18th Judicial District Juvenile Assessment Center
Intake Specialist

Englewood, CO
12/15/03-7/1/06

- Responsible for intake and processing of adjudicated juveniles being charged with criminal offenses and non-status offenses
- Conduct, score, and interpret the Massachusetts Youth Screening Instrument – second version (MAYSI-2), a screening instrument designed to assess the level of mental health needs of the juvenile
- Provide Detention Assessment Reports (DARS) for Arapahoe County District Courts, which include information about the juvenile's delinquency history, family life, education, mental health, and an assessment of the level of risk that they pose to themselves and the public

The Astor Home for Children
Coordinated Children's Services Initiative (CCSI) Site Supervisor

Poughkeepsie, NY
6/1/01-8/13/03

- Facilitated weekly Network meetings, coordinating services for families with children at risk of out-of-home placement.
- Managed the CCSI program and the Supportive Case Management program, a Medicaid program for at-risk children.
- Managed and appropriated state-funded grants.

- Participated in several community projects and made recommendations as to how the agency could work collaboratively with other members of the community.

Staff Clinician

2/12/03-8/12/03

- Provided child and family therapy one night per week in the agency’s outpatient clinic

Mobile Crisis Worker

8/28/00-6/1/01

- Provided in-home crisis intervention for families experiencing acute mental health problems
- Performed risk assessments for suicidal and homicidal youth to prevent or facilitate hospitalization
- Responsible for the marketing of the new mobile crisis program to outside agencies and developing/analyzing data for measuring the program’s effectiveness
- Promoted to the CCSI Supervisor position

INVITED PRESENTATIONS

- PTSD/Rape Trauma Syndrome to University of Denver victim advocates, **October 2006**
- Suicide assessment to RAAP hotline volunteers, **February 2007**
- Co-facilitated the “Someone I Love” workshop/presentation to family and friends of sexual assault victims in the community, **March 2007**
- RAAP services, sexual assault myths and facts, and Rape Trauma Syndrome to a Psychology of Aggression and Violence class at Metro State College of Denver, **July 2007**
- RAAP services, sexual assault, and rape trauma to University of Phoenix students in school counseling, **August 2007**
- CE: EMDR: Theory of practice and appropriate referrals **2013, 2018, 2020**
- CE: Basic Trauma Assessment **2016**

SPECIALIZED TRAINING

- Treating Dissociative Disorders with EMDR 2024
- An Introduction to Internal Family Systems 2023
- Racism and Trauma 2021
- Continued Impact of COVID-19 Grief 2021
- Breaking the Cycle of Violence: EMDR Interventions 2020
- Providing therapy during COVID-19 2020
- DBT-Two Day Intensive Training 2018
- EMDR -Treating Complex Trauma and Dissociative Disorders 2017
- ICD-10 Training 2015
- State of the Art EMDR – Body Mind Connection 2014
- Developments in Behavioral Health Coding 2013
- State of the Art EMDR -Enhancing Clinical Practice 2013
- EMDR Basic Training Level II 2012
- Training in Biofeedback for Anxiety, Depression, and Pain 2008
- Ending Violence Against Women (EVAW) Sexual Assault Training 2006
- EMDR Training Level I 2006
- Acceptance and Commitment Behavioral Therapy Institute 2005
- Acceptance and Commitment Behavioral Therapy 2003

- Child Victims of Sexual Assault 2002
- Intensive Home-Based Therapy- Train the Trainer 2002
- Intensive Home-Based Therapy 2001
- Critical Incident Stress Debriefing 2000
- Psychological Trauma & Domestic Violence 2000
- Domestic Violence Training in the Duluth Model 1996