

Edmund C. Neuhaus, PhD ABPP

San Diego, CA | +1 617-543-2236 | edmund.neuhaus3@gmail.com

<https://www.linkedin.com/in/ed-neuhaus-phd-abpp-0141048/>

EXECUTIVE SUMMARY

Leader in Behavioral Health, Depression Treatment, and Digital Therapeutics. Innovation, strategy, execution. I offer broad expertise in developing and implementing major initiatives in clinical care, evidence-based treatments, digital therapeutics, treatment outcome research, psychotherapy, Behavioral Psychedelics, and a proven track record in leadership positions. My values inform my approach as a leader: Culture builder and effective manager through emotional intelligence, collaborative action and respect. Prioritize professional development of my team. Use data-driven decision-making. Optimize people and technology resources: utilize people for what they do best and technology for what it does best. Always consider how to scale ideas and processes. Tenacity and agility describe my career of creating value through innovations in clinical treatment, research, digital technology and mental health, and training.

RELEVANT SKILLS

Evidence-based Practice (EBP) | Digital Therapeutics | Behavior Design | Research | Mental Health | Physical Illness
Clinical Content Development | DTx Product Development | Clinical Science | Psychotherapy | Integrated Care | DEI | Mentor

ACADEMIC AFFILIATION AND CERTIFICATION

Assistant Clinical Professor of Psychology, Harvard Medical School, Department of Psychiatry (Adjunct Faculty)
Board Certified Clinical Psychologist, American Board of Professional Psychology (ABPP)

PROFESSIONAL EXPERIENCE

atali LIFE SCIENCES –San Diego, CA

2021 - 2022

Senior Director of Psychology and Psychotherapeutic Development

- Led two-year initiative of clinical content development for Digital Therapeutics DTx app product to deliver digital psychotherapy with Ketamine and Psychedelics at scale
- Created *Behavioral Psychedelics* model establishing criteria for scientific inquiry to achieve durable behavior change through the combination of psychedelics and psychotherapy (Published in *Frontiers in Psychiatry* 2022)
- Led iterative research testing program to validate engagement with DTx app product
- Designed and developed therapeutic assessment approach with EMA integrated into DTx psychotherapy app

COMMUNITY INTERVENTION SERVICES, INC. – Westborough, MA

2013 - 2021

Chief Clinical Officer and Vice President

- Led and managed clinical quality, integrated care, compliance, corporate compliance initiatives for enterprise with 50+ sites providing outpatient services to 30,000 consumers annually with \$100M budget
- Led enterprise-wide initiative for clinical standard of Suicide Risk Assessment for 1000 clinicians with workforce training
- Led enterprise-wide efforts engaging clinical staff on DEI/ Racial and Cultural Diversity to promote communication and down the chain, and strategic planning to address access to care and social determinants of health

INNOVATOR: CLINICAL CARE, DIGITAL THERAPEUTICS, BEHAVIOR DESIGN, & TRAINING

1996 – Present

- Leader in clinical content development for DTx products for depression/anxiety: Clinical treatment design, protocols, scriptwriting, production (video, audio), chatbot dialogs, therapeutic/EMA assessments, interactive progress reviews
- Design DTx products for maximum engagement combining Behavior Design and Evidence-based Practice
- Expertise in: Cognitive Behavioral Therapies, Behavioral Activation, Mindfulness Based Cognitive Therapy (MBCT) and Mindfulness/Acceptance approaches, DBT, Transdiagnostic approaches, and Psychotherapy Common Factors
- Forerunner in eLearning for CBT Training (in 2008) and Transdiagnostic approach, *Flexible CBT* (See publications)
- Specialties/ sub-specialties: Depression, Treatment Resistant Depression, Suicidality, Schizophrenia, Anxiety Disorders, PTSD, Borderline Personality Disorder, Bipolar & Psychotic Disorders, Dual Diagnosis Addiction/Psychiatric

ATHENEUM LEARNING, LLC– Auburndale, MA**2008 - 2014****Founder & CEO**

- Founded start-up company to expand reach of Evidence-based Practice in behavioral health nationally and worldwide by leveraging eLearning technology to train mental health clinicians at scale through an online platform
- Launched first product, “Flexible CBT Online Training,” a CBT approach developed through clinical care and research at McLean Hospital/Harvard Medical School, including ownership of intellectual property
- Established competency standards with metrics to evaluate knowledge, skills, and attitudes
- Negotiated sole-source contract with US Navy Medicine to train military therapists worldwide.
- Expanded Cognitive Behavior Therapy training at China’s largest psychiatric facility, Shanghai Mental Health Center, resulting in 100 clinicians meeting CBT competency standards through participation in six, week-long intensive workshops over three years

McLEAN HOSPITAL / HARVARD MEDICAL SCHOOL – Belmont, MA**1997 - 2009****Assistant Clinical Professor of Psychology, Department of Psychiatry****2003 to present**

- Joint Appointee at Harvard Medical School and McLean Hospital (Faculty member since 1990)
- Promoted to Assistant Professor based on achievements in innovative clinical care, administrative leadership, and achievements with upgrading the Psychology Training Internship program
- Ongoing adjunct faculty status (unpaid) serving as mentor, teacher and clinical consultant

Director, Behavioral Health Partial Hospital Program (Assoc. Director 1997-2001)**1997 – 2009**

- Assumed leadership over failing program and revamped clinical culture, organizational efficiency, and clinical standards to be a premier CBT PHP for mood, anxiety and borderline personality disorders
- Earned recognition as one of McLean Hospital’s signature clinical programs based on Joint Commission Surveys and drawing patients locally, nationally, and internationally

Co-Director Psychology Training**1997 – 2009**

- Revamped Psychology Training after major downsizing and funding cuts, eventually earning APA Award in 2006 for Top Psychology Internship Training Program in US among 900 programs
- Designed and led training program to be fully integrated into the Behavioral Health Partial Hospital Program services

Principal Investigator, Treatment Outcome Research Program**2001 - 2009**

- Started comprehensive treatment outcome research program integrated with clinical program (Behavioral Health Partial Hospital).
- Successfully mobilized staff to create a clinical culture where outcomes measurement was valued and utilized to improve clinical care
- Findings in peer reviewed journals demonstrating effectiveness of Flexible CBT approach (see publications list)

PUBLICATIONS**Original Articles in Peer Reviewed Journals**

1. Neuhaus, E. (2006) Fixed Values and a Flexible Partial Hospital Program Model. *Harvard Review of Psychiatry*, 14 (1), 1-14.
2. Tellides, C., Harrington, A., Neuhaus, E., & Shapiro, E. (2007) Strategic Choices in the Psychotherapy of a “Fragile” Patient. *Harvard Review of Psychiatry*, 15 (1), 18-29.
3. Neuhaus, E., Christopher, M., Jacob, K., Guillaumot, J, & Burns, J (2007) Short-Term Cognitive Behavioral Partial Hospital Treatment: A Pilot Study. *Journal of Psychiatric Practice*, 13 (5), 298-307.
4. Sylvia, L.G., Kopeski, L.M, Mulrooney, C., Reid, J., Jacob, K., Neuhaus, E.C. (2009). Does exercise impact mood?: Exercise patterns of patients in a psychiatric partial hospital program. *Journal of Psychiatric Practice*, 15(1): 70-78.

5. Christopher, M., Jacob, K., Neuhaus, E., Neary, T., & Fiola, L., (2009) Cognitive and Behavioral Changes Related to Symptom Improvement among Patients with a Mood Disorder Receiving Intensive Cognitive Behavioral Therapy. *Journal of Psychiatric Practice*, 15(2): 95-102.
6. Jacob, K., Christopher, M., & Neuhaus, E. (2011) Development and Validation of the Cognitive Behavioral Therapy Skills Questionnaire (CBTSQ), *Behavior Modification* 35 (6), 595-618.
7. Bjorgvinsson, T, Kertz, S, Bidga-Peyton, J., Rosmarin, D, Aderka, I, and Neuhaus, E. (2014) Effectiveness of Cognitive Behavior Therapy for Severe Mood Disorders in an Acute Psychiatric Naturalistic Setting: A Benchmarking Study. *Cognitive Behaviour Therapy*, 1-12.
8. Neuhaus, E. & Slavich, G. (2022). Behavioral Psychedelics: Integrating Mind and Behavior Changes to Improve Health and Resilience. *Frontiers in Psychiatry* (14) March.
<https://www.frontiersin.org/articles/10.3389/fpsy.2022.821208/full>

Online Publication/ Educational Program

1. Neuhaus, E. (2008) *The Flexible CBT Approach*, Online Textbook, and Training Program, published by Tri Behavioral, LLC /Atheneum Learning™, *Comprehensive Training in Cognitive Behavior Therapy: Foundational Knowledge (Fixed Values), Assessment, Skills Training and Psychoeducation, and the Development of the Therapist-Patient Relationship*.

Book Chapters

1. Gunderson, J., Gratz, K., Neuhaus, E. & Smith, G. (2005) Levels of Care in Treatment, in *Textbook of Personality Disorders*. Edited by Gabbard, G., Washington D.C.: American Psychiatric Publishing, Inc.
2. Gunderson, J. Gratz, K, Neuhaus, E. & Smith, G. (2009) Levels of Care In Treatment. In: *Essentials of Personality Disorders*. Edited by John Oldham, Andrew Skodol, and Donna Bender, American Psychiatric Publishing, Inc.
3. Neuhaus, E. (2011) Becoming a CBT Therapist: Striving to Integrate Professional and Personal Development, in *On Becoming a Psychotherapist: the Personal and Professional Journey*, Edited by Robert H. Klein, Harold S. Bernard, and Victor L. Schermer, Oxford Press.

CREDENTIALS AND BOARD MEMBERSHIPS

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| Board Certified Clinical Psychologist and Licensed Psychologist | Current |
| Education Director / Board of Directors Member, American Board of Clinical Psychology—ABPP | 2017- 2022 |
| Director of Continuing Education and Board Member, San Diego Psychological Association | 2019 - 2020 |
| Board Member and Scientific Advisor, Assoc. Ambulatory Behavioral Healthcare | 2008 - 2013 |

EDUCATION AND TRAINING

B.A., Middlebury College, Middlebury, Vermont

PhD, Clark University, Worcester, MA

Post-Doctoral Fellowship, in Cognitive Behavioral Therapy, Harvard Medical School/ McLean Hospital

REFERENCES (upon request)

Frank Ghinassi, PhD, President/CEO, Rutgers University Behavioral Health Care

David Keene, VP Digital Therapeutics, atai Life Sciences

Zindel Segal, PhD, Global Leader of Mindfulness Based Cognitive Therapy (MBCT) for Depression; Professor, U Toronto

Sona Dimidjian, PhD, Thought leader in Behavioral Activation and Mindfulness for Depression; Professor, U Colorado

Matthew Sacks, PhD, Associate Director of Psychotherapeutic Development, atai Life Sciences

Karen Jacob, PhD, Director, Gunderson Borderline Center, McLean Hospital/ Harvard Medical School

George Slavich, PhD, Director UCLA Stress Lab/ Psycho-immunology, Professor Behavioral Sciences, UCLA

Austin Miller, CEO, Esteem Health, Digital Therapeutics for Children and Adolescents