

Lillian S. Gibson, Ph.D.

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CURRENT POSITION:

03/2018-Present

Staff Psychologist-Primary Care Mental Health Integration (PCMHI)

Developed a PCMHI service program to treat MH symptoms in an outpatient medical clinic. Responsibilities include providing brief diagnostic assessments, and short-term interventions for the treatment of mild to moderate psychosocial problems such as anxiety, depression, PTSD, anger management, interpersonal difficulties, grief, chronic pain, insomnia, nightmares, and workplace stress. Provides consultation to primary care medical staff on a wide variety of psychosocial patient care issues, and triages moderate to severe cases to specialty mental health care.

- Provides psychoeducational seminars to various disciplines/medical teams
- Committee member of psychology trainee diversity program
- Assists with the training and supervision of practicum students
- National EBP clinical consultant to therapists administering psychology pain services (CBT for Chronic Pain)

10/2010-05/2019

Staff Psychologist-Mental Health Specialty Clinic

Responsibilities included implementing a broad range of advanced psychological interventions in an intensive outpatient medical/mental health setting:

- ▶ Treatment specialties: depression, anxiety (specifically with PTSD), anger management, insomnia, nightmare disorder, chronic pain, re-adjustment counseling, and adaptive coping skills for chronic medical conditions
- ▶ Evidenced Based Psychotherapy Modalities/Competencies:
 - 1) Interpersonal Psychotherapy for Depression
 - 2) Cognitive Behavioral Therapy for Insomnia
 - 3) Cognitive Behavioral Therapy for Chronic Pain
 - 4) Cognitive Processing Therapy for Trauma
 - 5) Acceptance and Commitment Therapy for Trauma
 - 6) Acceptance and Commitment Therapy for Depression
 - 7) Cognitive Behavioral Therapy for Anxiety
 - 8) Image Rehearsal Therapy for Nightmares
 - 9) Integrative Couples Behavior Therapy
- Provided psychoeducational seminars to various disciplines/medical teams
- Committee member of psychology trainee diversity program
- Assisted with the training and supervision of practicum students, and doctoral psychology students
- National EBP clinical consultant to therapists administering psychology pain services (CBT for Chronic Pain)

EDUCATION:

Ph.D. 2009 Clinical Psychology

Jackson State University, Jackson, MS

M.S. 2004 Rehabilitation Counseling

Southern University and A & M College, Baton Rouge, LA

B.S. 2002 Rehabilitation Counseling/Psychology

Southern University and A & M College, Baton Rouge, LA

SUPERVISOR OF TRAINEES:

10/2010-Present

Provide supervision and mental health training seminars to psychology pre-doctoral, doctoral, and medical residents to assist with their clinical service provision.

08/2009-08/2010

Provided weekly layered supervision to psychology pre-doctoral and practicum students to guide their clinical service provision (individual therapy, assessment administration, report writing, and psychology consultation duties).

INVITED GUEST LECTURER:

March 2020

Facilitated a 60-minute presentation on nightmare treatment interventions to doctoral students.

September 2019

Facilitated a 60-minute seminar outlining treatment recommendations for depression in older adults.

April 2019

Trauma case presentation to psychologists outlining the efficacy of evidenced based psychotherapies to treat PTSD.

March 2019

Presented to mental health providers and allied health providers on aspects of whole health to inform medical and psychological treatment interventions.

June 2018

Co-facilitated four 120-minute seminars offering instruction, education, and clinical considerations for Interpersonal Psychotherapy for Depression treatment to doctoral students.

June 2017

Co-facilitated four 120-minute seminars offering instruction, education, and clinical considerations for Interpersonal Psychotherapy for Depression treatment to doctoral students.

December 2016

Co-facilitated a 60-minute overview to medical residents outlining psychotherapy factors to consider when treating chronic pain patients.

August 2016

Co-facilitated a 3-hour seminar to licensed psychologists discussing the impact of chronic stress/PTSD on the experience of chronic pain.

June 2015

Co-facilitated four 120-minute seminars offering instruction, education, and clinical considerations for Interpersonal Psychotherapy for Depression treatment to doctoral students.

March 2015

Co-facilitated a 90-minute seminar to licensed clinicians on Dialectical Behavior Therapy techniques identifying mindfulness and acceptance skills for patient treatment.

January 2015

Provided a 60-minute presentation to caregivers identifying approaches to feel empowered.

December 2014

Provided a comprehensive 60-minute overview of psychotherapy factors to psychology, chaplain, and social work fellows regarding clinical considerations for therapy termination.

May 2014

A 90-minute presentation to community therapists on the following topics were provided: Military Sexual Trauma (MST): Definition, Prevalence, and Biopsychosocial Factors of Trauma, and a Description of Evidenced Based Treatments for MST, and Treatment Issues/Concerns.

May 2014

Provided a comprehensive 60-minute overview of psychotherapy factors to pre-doctoral psychology students with respect to therapy termination.

April 2014

A 60-minute presentation to persons treating individuals with substance abuse disorders learned of the following: MH strategies to assist family members of individuals with co-occurring disorders.

February 2014

Provided a comprehensive 60-minute overview of psychotherapy factors to psychology fellows. Clinical guidelines to consider among older adults engaging in psychotherapy treatment were provided.

July 2013

Presented tenets and therapy strategies of Interpersonal Psychotherapy for Depression to pre-doctoral trainees along with two other licensed clinicians.

November 2013

Presented emotional coping strategies to caregivers to assist with improved self-care and adaptive coping strategies.

December 2012

Presented tenets and therapy strategies of Interpersonal Psychotherapy for Depression to licensed psychologists along with two other licensed clinicians.

November 2012

Facilitated mental health psycho-education seminars to residents of a historical community to increase mental health awareness.

February 2020

Facilitated mental health psychoeducation seminars to inpatient nursing staff to increase patient and nursing relationships.

November 2009

Facilitated a support group for veterans and their caretakers/family members that focused on psychosocial adjustment after an amputation.

ADDITIONAL CLINICAL EXPERIENCE:

08/2009-08/2010

Clinical Psychology Post-doctorate Fellow

- Conducted personality, cognitive, and neuropsychological testing
- Provided evidenced based therapies (individual, couples, family, and group psychotherapy) for inpatient and outpatient geriatric populations
 - ▶ Specific intervention areas: PTSD, depression, generalized anxiety, anger management, adaptive coping skills, bipolar disorder, dementia, delirium, crises, disability adjustment, bereavement, and geriatrics
- Provided consultation to medical personnel to assist with treatment planning/differential diagnosis(es)
- Developed psycho-educational mental health training for medical staff

08/2008-08/2009

Pre-doctoral Clinical Psychology Intern

- Conducted personality, cognitive, and neuropsychological testing
- Provided evidenced based therapies (individual, couples, family, and group psychotherapy) for inpatient and outpatient populations
 - ▶ Specific intervention areas: PTSD, depression, generalized anxiety, anger management, adaptive coping skills, bipolar disorder, dementia, delirium, crises, disability adjustment, and bereavement.
- Provided psychological interventions to persons with physical and visual disabilities
- Provided written and oral psychological report summaries to patients and treatment team members

08/2007-05/2008

Graduate Psychology Clinician

- Provided outpatient individual therapy to adults and adolescents
- Conducted psychological assessments with children, adolescents, and adults
- Part-time duties included conducting forensic evaluations

05/2007-08/2007

Graduate Psychology Clinician

- Conducted social skills training groups for inpatient males with severe mental illness and dual diagnoses
- Developed behavioral treatment plans
- Provided 1:1 supportive therapy to assist patients with community re-integration