

CURRICULUM VITAE

Michael O. Stewart, Ph.D.

Cognitive-Behavioral Therapy Center of Western North Carolina, P.A.
417 Biltmore Avenue, Suite 2E
Asheville, NC 28801
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Licensure:

2008 Washington State Department of Health: PY 00003811

Education:

2006-2007 Postdoctoral Fellow
Stanford University Medical Center
Department of Psychiatry & Behavioral Sciences

2005-2006 Clinical Psychology Intern
The University of Chicago Medical Center
Department of Psychiatry

2002-2006 Ph.D., Clinical Psychology
Vanderbilt University
Steven D. Hollon, Ph.D., Advisor

1999-2002 M.A., Clinical Psychology
Vanderbilt University
Steven D. Hollon, Ph.D., Advisor

1993-1999 B.S., Psychology
Vanderbilt University

Awards:

2008 Superior Performance Award, VA PSHC, Mental Health Service

2008 Certificate of Pride in Public Service, VA PSHCS, Mental Health Service

2003-2005 Developmental Psychopathology Training Grant (T31/T32 MH18921), Trainee

1999-2003 Vanderbilt University, Department of Psychology Academic Scholarship

Professional Associations:

Association for Behavioral and Cognitive Therapies (ABCT)

American Psychological Association (APA)

Clinical Experience:

- February 2009-
Present Staff Psychologist (Part-Time)
Cognitive-Behavioral Therapy Center of Western North Carolina, P.A. (Asheville, NC)
- Providing evidence-based, cognitive-behavioral treatments for mood & anxiety disorders, anger/aggression, behavioral medicine, and couples therapy.
- December 2008-
Present Staff Psychologist (GS-13, Full-Time) – Primary Care/ Mental Health Integration
Department of Veterans Affairs Asheville Medical Center (Asheville, NC)
- Providing mental health services to veterans while embedded in a primary care setting. Working with an interdisciplinary consult team conducting initial evaluations for triage and using brief, evidence-based treatments for mood and anxiety disorders, chronic pain/ chronic illness, and substance use disorders. Acting as the Program Coordinator for the Smoking Cessation Program.
- September 2007-
December 2008 Staff Psychologist (GS-12, Full-Time) – Home Based Primary Care (HBPC)
Department of Veterans Affairs Puget Sound Health Care System (Seattle, WA)
- Provided mental health services within a newly created HBPC psychologist position to veterans with complicated, chronic medical conditions and mental health needs. Provided services in the veteran’s residential setting that included short-term individual and family interventions, cognitive and capacity assessments, and consultation. Worked with two interdisciplinary teams, Seattle VA and American Lake VA, which consisted of primary care providers, nurses, dieticians, occupational therapists, and social workers. Coordinated treatment within these interdisciplinary teams and provided consultation for mental health related complications to medical issues.
- September 2006-
September 2007 Postdoctoral Fellow: Psychotherapy for individuals and couples, Adult
Department of Psychiatry & Behavioral Sciences, Stanford University Medical Center
- Provided CBT and IPT for individual outpatients, DBT for individuals and groups, and structural therapy for couples in an interdisciplinary medical center setting. Conducted intakes, determined diagnoses, and developed collaborative treatment plans with clients with myriad conditions and range of SES. Didactic and experiential seminars provided training in DBT for Borderline Personality Disorder, CBT, ethics, and interdisciplinary case conferences.
- July 2005-
August 2006 Clinical Psychology Intern: Psychotherapy & Assessment, Adult
Department of Psychiatry, The University of Chicago Medical Center
- Conducted evaluations and psychotherapy for outpatients in interdisciplinary medical center setting. Didactic and experiential seminars provided extensive training in cognitive-behavioral treatment of depression, GAD, panic, and aggression. Clinical rotations included:
- Anxiety Clinic: Provided cognitive-behavioral treatments for anxiety-related disorders (GAD, PTSD, panic, social phobia). Co-led treatment group for social phobia. Involved in supervision of advanced doctoral students in treatments of anxiety disorders.

Aggressive Disorders: Conducted diagnostic interviews and provided cognitive-behavioral treatment with clinically aggressive population, with an emphasis on the treatment of intermittent explosive disorder.

Stress & Depression Program: Provided 16-week behavioral activation and stress inoculation coping (BASIC) treatments in a pilot clinical trial for early-onset, chronic depression and was actively involved in treatment development.

Smoking Cessation Program: Conducted diagnostic interviews and provided 8-week individual cognitive-behavioral and motivational enhancement smoking cessation treatment for nicotine dependent outpatients.

Obesity and Eating Disorders Clinic: Evaluated preparation, coping, and psychopathology in morbidly obese patients seeking bariatric surgery for weight reduction; presented treatment considerations to interdisciplinary team. Provided behavioral weight management and cognitive-behavioral therapy for patients presenting with eating disorder pathology pre- and post-bariatric surgery.

Adult Outpatient Clinic: Provided long-term interpersonal psychotherapy for outpatients with Axis I and Axis II disorders.

August 2004-
May 2005

Consultant: Assessment, Adult
“Epidemiology of Diabetes Interventions and Complications (EDIC) Neurobehavioral Study: Does treatment affect cognition in Type I diabetes?”
The Diabetes Center, Vanderbilt University Hospital

Administered neurobehavioral assessment battery for a multi-center longitudinal study that assessed neurocognitive change in adults with insulin-dependent diabetes. Testing battery included WMS, WAIS-R, Halstead-Reitan battery, spatial working memory, Wisconsin Card Sorting Test, Rey Complex Figure, and supplementary assessments.

June 2004-
April 2005

Research Assistant: Assessment, Child & Family
“Parent Child Project” & “Prevention of Depression Project”
Department of Psychology & Human Development, Vanderbilt University, Nashville, TN

Conducted evaluations with parents in a longitudinal study of adolescents at risk for depression. Assessments included SCID-I, SCID-II, and family history.

January 2004-
June 2004

Extern: Assessment, Adult
Nashville VA Hospital, TN

Conducted and wrote integrated compensation and pension exams at VA hospital with veterans spanning WW-II to the present. Utilized a semi-structured interview format (psychopathology, mental status, GAF) in conjunction with the Personality Assessment Inventory (PAI) and a comprehensive review of the veteran’s military and medical records.

April 2003-
April 2004

Research Assistant: Assessment, Adult
“Prevention of recurrence in depression with drugs and cognitive therapy (CPT III)”
Vanderbilt Adult Psychiatry, Village at Vanderbilt, Nashville, TN

Conducted evaluations for patients in randomized clinical trial of pharmacotherapy singly and in combination with CBT. Intake and maintenance assessments included SCID-I, SCID-II, HRSD, LIFE, and writing narrative summaries.

September 2003-
June 2004 Extern: Psychotherapy, Adult
Vanderbilt Cognitive Therapy Clinic, Nashville, TN

Provided cognitive-behavioral therapy for adult outpatients through referrals from the Vanderbilt-Ingram Cancer Center. Conducted intakes, determined diagnoses, and developed collaborative treatment plans with clients. Supervision included review of audio and videotapes of treatment.

July 2003-
February 2004 Extern: Psychotherapy, Group co-leader, Adult
DBT & Interpersonal Skills Training
Vanderbilt Outpatient Mental Health Center, Nashville, TN

Co-led dialectical behavior therapy (DBT) and interpersonal skills training group. Involved in developing and implementing group treatment for two groups of adult clients with a primary diagnosis of borderline personality.

July 2002-
May 2003 Extern: Psychotherapy, Child & Family
Vanderbilt Outpatient Mental Health Center, Nashville, TN

Conducted cognitive-behavioral and eclectic therapy for children, adolescents, and their families in area public schools as well as at the Child and Adolescent Outpatient Clinic at Vanderbilt. Conducted intakes, determined diagnoses, TPG TennCare ratings, and developed collaborative treatment plans with clients.

September 2001-
May 2002 Extern: Psychotherapy, Adult
The Guidance Center, Murfreesboro, TN

Conducted cognitive-behavioral and eclectic treatments for caseload of psychotherapy clients in a community mental health setting. Conducted intakes, determined diagnoses, determined CRG TennCare ratings, and developed collaborative treatment plans with clients.

May 2000-
August 2000 Extern: Assessment, Adult
Vanderbilt Adult Psychiatry (Inpatient), Psychiatric Hospital at Vanderbilt, Nashville, TN

Assessed new inpatients at the Psychiatric Hospital at Vanderbilt. Assessment battery and integrated report utilized the Personality Assessment Inventory (PAI), Rorschach, and Thematic Apperception Test (TAT).

May 1998-
August 1999 Research Assistant: Assessment, Adult
“Cognitive therapy and pharmacotherapy for depression (CPT II)”
Vanderbilt Adult Psychiatry, Village at Vanderbilt, Nashville, TN

Screened patients by phone for depression study using HRSD and SCID—screen. Responsible for data entry and data cleaning. Participated in weekly rater meetings and trained in SCID-I and SCID-II assessments.

May 1998-
January 1999 Research Assistant: Psychotherapy & Assessment, Adult
“Multimodal treatment of criminal offenders (MTCO)”
Tennessee Department of Corrections (TDOC)
Lois M. DeBerry Special Needs Facility, Riverbend Maximum Security Institution
Nashville, TN

Trained in the cognitive skills and communication modules for larger research study, Multimodal Treatment of Criminal Offenders. Co-developed and co-led 13-week pilot psychotherapy group on cognitive skills as adapted from *Mind Over Mood* (Greenberger and Padesky, 1995) to group of 12 prisoners. Taught inmates how to complete Automatic Thought Records and Cognitive Conceptualization Diagrams. Trained to rate psychopathy using Hare’s Psychopathy Check List (PCL-R).

Papers & Manuscripts:

Hollon, S. D., Stewart, M. O., & Strunk, D. R. (2006). Enduring effects for cognitive behavior therapy in the treatment of depression and anxiety. *Annual Review of Psychology*, 57, 285-315.

Strunk, D. R., Stewart, M. O., Hollon, S. D., & DeRubeis, R. J. *Can pharmacotherapists be too warm? A process study of active medication and placebo controls in the treatment of depression.* Manuscript in preparation.

Presentations:

Stewart, M. O., Strunk, D. R., Radin, V., Pollack, B., Higa, N., Hollon, S. D., & DeRubeis, R. J. (2003, November). *Adherence, quality, and alliance in pharmacotherapy for the treatment of depression: Is it more than medication?* Poster presented at the 37th annual meeting of the Association for the Advancement of Behavior Therapy, Boston, MA.

Stewart, M. O., Haman, K. L., Hollon, S. D., & DeRubeis, R. J. (2002, November). *The therapeutic alliance as predictor of outcome in depression: Whose perception is correct?* Poster presented at the 36th annual meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.

Strunk, D. R., Stewart, M. O., DeRubeis, R. J., & Hollon, S. D. (2002, November). Therapist competence ratings in cognitive therapy for depression: Psychometric properties and relation to outcome. In S. Dimidjian (Chair), *What can process research contribute to our knowledge of treatments for depression? New findings and future directions.* Symposium conducted at the 36th annual meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.

Stewart, M. O. (2002, March). The relation of specific and common factors to symptom reduction in cognitive therapy for depression. In M. O. Stewart (Chair), *Treatment of depression.* Symposium conducted at the 94th annual meeting of the Southern Society for Philosophy and Psychology, Nashville, TN.

Brotman, M. A., Stewart, M. O., & DeRubeis, R. J. (2000, November). *Cognitive therapy for depression: Therapist and patient contributions to change.* Poster presented at the 35th annual meeting of the Association for the Advancement of Behavior Therapy, Philadelphia, PA.

Research Experience:

- August 2003-
July 2006 Dissertation: “Observer rated client mechanisms associated with prediction of relapse in cognitive therapy for depression”
Department of Psychology, Vanderbilt University
- Trained group of undergraduates to rate factors hypothesized to mediate the prophylactic effect of cognitive therapy in preventing relapse and recurrence. Developed an observer-rating manual, which utilizes in-session content to rate client’s life events, beliefs and schema, and degree of skill acquisition over the course of a 16-week treatment with cognitive therapy (four rated sessions per client). Analyses compared observer ratings of these factors with client self-report measures and determined the relation of rated variables to relapse using survival analysis across a 2-year follow-up.
- January 2005-
May 2005 Review: “Enduring effects for cognitive behavior therapy in the treatment of depression and anxiety”
Department of Psychology, Vanderbilt University
- Conducted extensive review and critique of acute and follow-up randomized clinical trials to assess enduring effects of treatment. Acute treatment with cognitive behavioral therapy demonstrated a lasting effect after treatment cessation across most clinical trials for anxiety and depression. Paper accepted for publication.
- August 2003-
July 2005 Empirical: “Can pharmacotherapists be too warm? A process study of active medication and placebo controls in the treatment of depression”
Departments of Psychology, Vanderbilt University & University of Pennsylvania
- Trained raters and led collaborative effort at Vanderbilt with group at University of Pennsylvania on in-session process variables in pharmacotherapy for depression. Rated specific therapist behavior—adherence and quality of clinical management performed (CSPRS—CM, & CMS), the therapeutic alliance (WAI), and therapist-offered facilitative conditions (CSPRS—FC). Discerned relation of these factors to outcome at three time-points for active medication and placebo conditions. Manuscript is in preparation for submission.
- August 2003-
August 2004 Review: “Mechanisms of change for acute response and prevention of relapse in cognitive therapy for depression”
Department of Psychology, Vanderbilt University
- Reviewed and critiqued literature on client mechanisms of change hypothesized to mediate acute response and prevention of relapse for cognitive therapy in the treatment of depression.
- August 1999-
August 2002 Master’s Thesis: “Specific and common factors in cognitive therapy for the treatment of depression”
Departments of Psychology, Vanderbilt University & University of Pennsylvania
- Trained raters and led collaborative effort at Vanderbilt with group at University of Pennsylvania on in-session process variables in cognitive therapy for depression. Evaluated specific (concrete and abstract) and common factors (facilitative conditions and therapeutic alliance). Rated therapy session videotapes using the Collaborative Study

Psychotherapy Rating Scale (CSPRS) and the therapeutic alliance (WAI); discerned relation of rated factors with time of session in treatment (three sessions per client) to depressive symptoms.

August 1997-
May 1998

Research Assistant: "Child Health and Development Project"
Department of Psychology & Human Development, Vanderbilt University

Rated videotaped sessions of mother-child interactions for longitudinal study on contributions to the development of depressive disorders among adolescents. Ratings evaluated mother/child dyads on positive/negative affect, influence, and involvement. Administered assessment battery to child subjects, including Life Events and Subjective Threats.

August 1997-
May 1998

Research Assistant: "The therapeutic alliance across psychodynamic and cognitive behavioral modalities: Are we comparing apples to apples?"
Department of Psychology, Vanderbilt University

Rated CBT and PD therapy sessions for study comparing elements of the alliance using the WAI and Vanderbilt Psychotherapy Process Scale (VPPS-3).

January 1996-
May 1998

Research Assistant: Various projects
Department of Cell Biology, Casagrande Lab, Vanderbilt University

Worked closely with doctorate and post-doctorate students in a vision research laboratory. Assisted in experiments: cut, mounted, stained and cover-slipped brain tissue for microscopy (non-human primates, rats, and ferrets); made buffers; completed training for animal handling certification; and entered data.

Teaching Experience:

January 2003-
May 2003

Principles of Experimental Design: Teaching Assistant, Vanderbilt University

Held weekly office hours, conducted review sessions, and developed and graded exams for undergraduate students. Served as an advisor for four student groups who were designing and conducting their own experiments as per course requirements.

August 2002-
December 2002

Abnormal Psychology: Teaching Assistant, Vanderbilt University

Held weekly office hours, conducted review sessions, and developed and graded exams for undergraduate students. Guest lectured two classes.

January 2002-
May 2002

Personality: Teaching Assistant, Vanderbilt University

Held weekly office hours, conducted review sessions, and developed and graded exams for undergraduate students.

August 2001-
December 2001

General Psychology: Teaching Assistant, Vanderbilt University

Held weekly office hours, conducted review sessions, and developed and graded exams for undergraduate students. Graded papers that were assigned as part of the writing component for this course.

January 2001-
May 2001

Behavioral Statistics: Teaching Assistant, Vanderbilt University

Held weekly office hours, conducted review sessions, and developed and graded exams for undergraduate students. Taught and proctored statistics lab for students' homework and guest lectured class on several occasions.

August 2000-
December 2000

Drugs & Behavior: Teaching Assistant, Vanderbilt University

Held weekly office hours, conducted review sessions, and developed and graded exams for undergraduate students.

References:

Available upon request.