

ROCHELLE I. FRANK, Ph.D.
5655 College Avenue, Suite 317A
Oakland, CA 94618
www.DrRochelleFrank.com
Phone: (510) 764-9862
E-Mail: rochelle.frank@gmail.com

EDUCATION

1977-1981 **Wellesley College, Wellesley, MA**
Bachelor of Arts with Distinction (Psychobiology)

1983-1985 **New York University, New York, NY**
Graduate School of Arts and Sciences, Master of Arts (Psychology)

1985-1992 **Syracuse University, Syracuse, NY**
Graduate School of Arts and Sciences,
Clinical Psychology Doctoral Training Program

1989 **Master of Science (Clinical Psychology)**
1992 **Doctor of Philosophy (Clinical Psychology)**

LICENSURE AND CERTIFICATION

January 1994 **Issuance of New York State License (#011947) (current)**

November 1996 **Issuance of California License (#14928) (current)**

June 2000 Examiner, California Board of Psychology: Administered oral examination for licensure in psychology.

August 2003 **Completion of 60-hour intensive training in Dialectical Behavior Therapy (DBT)**

October 2007 **Completion of 30-hour intensive training certifying competency in Prolonged Exposure Therapy**

May 2009 **Completion of 35-hour intensive training in Cognitive Behavioral Analysis System of Psychotherapy**

January 2016 **Completion of 70-hour intensive training in Radically Open Dialectical Behavior Therapy (RO-DBT)**

PROFESSIONAL EXPERIENCE

CLINICAL AND EXECUTIVE MANAGEMENT

1998 – 2006 **Clinical Director, Family Mosaic Project (FMP), San Francisco, CA:**

- Directed all clinical components of the county's primary intensive care management and wraparound services program, which was responsible for coordination of planning, access, and delivery of multi-disciplinary services to approximately 250 seriously emotionally disturbed children and youth, and their families.
- Member of the FMP Executive Management Team, which developed policies, procedures, and protocols necessary to effect program implementation and delivery of culturally competent services.
- Responsible for the development and enhancement of clinical, wraparound, and care management services, and supervision of licensed clinical supervisors who monitored those services. Provided indirect supervision and ongoing consultation to 14 care managers, conducted risk assessments and coordinated team meetings for high-risk clients, and prepared court reports and testimony for forensic clients.
- Directed the Intensive Care Management (ICM) Quality Assurance/Quality Improvement Program, which addressed quality of care issues (e.g., clinical complexity, fiscal liability) within the county's ICM agencies.
- Managed the agency's grievance process for successful resolution of client and staff complaints.
- Chaired the Program Utilization Review Quality of Care Committee, which performed weekly reviews of medical records to ensure appropriate utilization of services, maintenance of standards of care, and compliance with federal, state, and county guidelines.
- Co-chaired the ICM Integrated Intake and Triage Team, which reviewed county-wide child and youth referrals.
- Developed and coordinated annual in-service training curriculum for all clinical staff, and taught workshops on standards of care, system-wide documentation, and clinical and forensic issues.
- Collaborated with the Medical Director to oversee medical, psychiatric, and nursing services, including supervision of psychiatric fellows and nursing students.
- Developed, directed, and supervised clinical training program for clinical psychology graduate students and California Psychology Internship Council (CAPIC) interns.

10/01 – 12/02 **Interim Executive Director, Family Mosaic Project (FMP), San Francisco, CA:**

- Directed all clinical, fiscal, and operational components of the agency, including management of personnel progressive discipline process, and agency program reviews and audits by county and state regulating bodies.
- Managed annual capitated budget of 3 million dollars.
- Led the FMP Executive Management Team in developing policies, procedures, and protocols for implementation of the program and delivery of culturally competent services to clients.
- Oversaw recruitment, training, supervision, and retention of a diverse, multi-disciplinary staff of 35 full-time individuals, and a contracted private network of approximately 70 individual and agency service providers.
- Served on the Community Behavioral Health Services (CBHS) Children, Youth and Family System of Care Management Team, including policies and procedures for all inpatient, outpatient, and day treatment programs.

CLINICAL AND EXECUTIVE MANAGEMENT (CONT'D)

- 1996 – 1998 **Chief Psychologist, Seneca San Francisco Alternatives Program, San Francisco, CA:**
- Directed clinical treatment services of 12-bed, sub-acute residential treatment program providing highly structured and intensive mental health services to severely emotionally disturbed adolescents.
 - Assisted the Program Director in ongoing administration and crisis management of the unit, including 24-hour coverage of executive decision-making responsibilities, and agency representation on county-wide committees.
 - Member of Continuing Quality Improvement/Quality Assurance Committee, including direction of ongoing Quality Improvement projects regarding clinical services (e.g., standardization and training of medical record documentation and clinical service delivery; development of programmatic policies and procedures regarding client safety; direction of critical incident focus studies, in coordination with the Medical Director of the CBHS Child, Youth, and Family Services; participation in development of a locked community treatment facility.
 - Supervised master's-level therapists, provided clinical consultation regarding treatment and case management services, and collaborated with outside agencies for client care.
 - Assisted Medical Director in developing training experiences and providing supervision for medical students and psychiatry post-doctoral fellows from the University of California San Francisco, School of Medicine.
 - Provided clinical services, including diagnostic assessment and psychological evaluation of clients, admission and intake screenings, crisis intervention; developed and co-facilitated psychoeducational and therapeutic groups, and provided clinical consultation to psychology, social work, medical, and nursing staff.
- 1995-1996 **Supervising Psychologist, Pinefield Children & Youth Unit, Mohawk Valley Psychiatric Center, Utica, NY:**
- Provided team leadership and clinical and administrative supervision to master's-level psychologists.
 - Addressed and resolved organizational and administrative concerns to ensure effective interactions among professional disciplines, and represented the Psychology Department at unit and hospital-wide meetings
 - Participated in Quality Improvement and Total Quality Management projects; developed a unit-wide behavior management protocol.
- 1993-1995 **Unit Liaison for Psychology, Pinefield Children & Youth Unit, Mohawk Valley Psychiatric Center, Utica, NY:**
- Unit representative providing ongoing contact between psychologists and administrative bodies.

ADDITIONAL CLINICAL EXPERIENCE

- 2007-current **Private Practice, Oakland, CA:**
- Provide diagnostic evaluations and clinical consultation, and deliver evidence-based psychological treatments to adults, adolescents, couples, and families. Areas of specialization include mood, dissociative, personality, and trauma disorders and complex psychiatric comorbidities.
- 2007-2010 **Staff Psychologist, Gateway Psychiatric Services, San Francisco, CA:**
- Conduct diagnostic evaluations and deliver evidence-based psychological treatments in inter-disciplinary practice specializing in mood & complex psychiatric disorders.
- 2006-2007 **Consulting Clinical Psychologist, Diablo Behavioral HealthCare, Danville, CA:**
- Conducted diagnostic evaluations and psychological assessments, and delivered evidence-based treatments in inter-disciplinary practice specializing in mood, developmental, and complex psychiatric disorders.
- 1992-1996 **Associate Psychologist, Pinefield Children & Youth Unit, Mohawk Valley Psychiatric Center, Utica, NY:**
- Provided individual, group, and family therapy to severely disturbed children and adolescents (ages 5 – 17) on a 39-bed unit of an acute-care state hospital.
 - Conducted comprehensive diagnostic assessments, including court-ordered forensic evaluations and testimony.
 - Provided in-service training and consultation to unit staff and supervised undergraduate psychology students.
- 1991-1992 **Predoctoral Fellow, Yale Psychiatric Institute, Department of Psychiatry, Yale University School of Medicine, New Haven, CT (APA-approved clinical psychology internship):**
- Provided intensive individual, family, and milieu therapy with severely disturbed, treatment-refractory adolescents and young adults on a 24-bed, long-term psychiatric inpatient unit.
 - Conducted comprehensive diagnostic assessments and psychological evaluations on adolescent and adult inpatients, and adolescent partial hospital patients.
 - Co-facilitated weekly multi-family therapy group.
- 1990-1991 **Graduate Assistant Therapist, Syracuse University Counseling Center, Syracuse, NY:**
- Provided extended evaluation, short-term counseling, psychological assessment, crisis intervention, and group psychotherapy to university students.

ADDITIONAL CLINICAL EXPERIENCE (CONT'D)

- 1990 **Staff Therapist, St. Joseph's Hospital Health Center, Syracuse, NY:**
- Conducted intake evaluations, psychological assessments, crisis intervention, and short-term individual and family therapy with adolescents and young adults at a community hospital outpatient clinic.
- 1988-1989 **Graduate Assistant Senior Staff Therapist, Syracuse University Psychological Services Center, Syracuse, NY:**
- Provided clinical consultation and informal supervision to novice therapists and graduate students at a community outpatient mental health clinic.
 - Conducted intake evaluations, suicide assessments, crisis intervention, and individual psychotherapy with adults, adolescents, and children, as well as marital and family therapy.
- 1987-1988 **Psychology Trainee, St. Joseph's Hospital Health Center, Syracuse, NY:**
- Provided individual and family therapy to adults in both outpatient and inpatient community hospital settings.
 - Diagnostic assessment and psychological evaluation of children and adults.
- 1986-1987 **Graduate Assistant Therapist, Syracuse University Psychological Services Center, Syracuse, NY:**
- Conducted intake evaluations, suicide assessments, crisis intervention, and individual psychotherapy with adults, adolescents, and children, as well as marital and family therapy.
 - Developed long-term psychotherapy group for adult women survivors of incest.
- 1982-1985 **Crisis Counselor, Sexual Assault Victims' Assistance Program, Bellevue Hospital, New York, NY:**
- Volunteer member of multi-disciplinary team providing immediate crisis intervention and short-term follow-up counseling to adult female victim-survivors of sexual assault.
 - Psychiatric assessment, screening, and referral of emergency room patients.
 - Clinical instruction and supervision of counseling trainees and nursing personnel.

RESEARCH AND TEACHING

- 2020 **Adjunct Professor, Psychopathology II, The Wright Institute, Berkeley, CA:**
- Taught advanced class in Psychopathology, focusing on assessment and treatment of anxiety, mood, personality, and trauma disorders from a transdiagnostic, process-based, multicultural approach.
- 20016 – current **Adjunct Professor, Advanced Clinical Seminar, The Wright Institute, Berkeley, CA:**
- Teach advanced doctoral candidates treatment methods in cognitive-behavioral therapy and other evidence-based psychological interventions, provide case consultation, and serve as interim academic advisor, in an Advanced Clinical Seminar.
- 20015 – current **Clinical Supervisor, The Wright Institute Cognitive-Behavioral Therapy Clinic, Berkeley, CA:**
- Supervise graduate student trainees in the delivery of cognitive-behavioral therapy and other evidence-based psychological interventions in a community clinic.
- 2008 – current **Assistant Clinical Professor, U. C. Berkeley Graduate Program in Clinical Science, Berkeley, CA & Volunteer Faculty, UCSF School of Medicine Department of Psychiatry, San Francisco, CA:**
- Supervise doctoral candidates and child and adolescent psychiatry fellows in delivery of evidence-based psychological treatments to adult and adolescent outpatients.
 - Guest lecturer (evidence-based interventions) in Clinical Case Conference for doctoral candidates.
- 2007 – 2010 **Clinical Research, Private Practice, Oakland & San Francisco, CA:**
- Developed and piloted self-monitoring instruments for tracking and modulating emotions and facilitating schema change to reduce patients' subjective distress, mitigate psychiatric symptoms, and enhance self-esteem.
- 2004 – 2009 **Adjunct Professor of Clinical Psychology, Argosy University, San Francisco Bay Area Campus, Alameda, CA:**
- Developed and taught curriculum for psychological assessment courses (cognitive and personality) and an advanced seminar (Evidence-Based Treatment of Severe Mental Illness) in APA-accredited clinical psychology training program.
- 2003 – 2006 **Intensive Care Management Training Director, Community Behavioral Health Services, Children, Youth & Family Services Training Consortium, San Francisco, CA:**
- Participated in development of California Psychology Internship Council (CAPIC)-accredited predoctoral internship consortium across four agencies within CBHS-CYF System of Care.
 - Developed and taught curriculum for clinical case conference series for master's- and doctoral-level students.
 - Provided training and supervision to psychology interns and practicum students in the psychological assessment, diagnostic evaluation, and treatment and discharge planning of severely disturbed children and youth.

RESEARCH AND TEACHING (CONT'D)

- 2000 – 2009 **Adjunct Faculty, The Wright Institute, Berkeley, CA:**
- Developed psychology field placement training program in community mental health agency for advanced doctoral students enrolled in APA-accredited clinical psychology training program.
 - Provided training and supervision in the psychological assessment, diagnostic evaluation, and treatment and discharge planning of severely disturbed children and youth.
 - Developed and taught seminar on cognitive-behavioral interventions for children and adolescents.
- 1998 **Training Committee, Bipolar Disorder Task Force, Community Behavioral Health Services, Children, Youth & Family System of Care, San Francisco, CA:**
- Participated in system-wide training on the diagnosis and treatment of pediatric bipolar disorder.
- 1997 – 2000 **Adjunct Professor of Clinical Psychology, California School of Professional Psychology, Alameda, CA:**
- Developed and taught graduate-level seminar addressing normal and pathological aspects of psychological development from infancy through adolescence.
- 1994 **Guest Lecturer, Department of Psychology, Colgate University, Hamilton, NY:**
- Taught advanced undergraduates in Developmental Psychopathology course.
- 1989 – 1990 **Teaching Assistant, Department of Psychology, Syracuse University, Syracuse, NY:**
- Taught and supervised first-year doctoral students administering, scoring, and interpreting psychological assessment techniques, including clinical interviews, intelligence tests, personality inventories, and projective measures.
- 1985 – 1986 **Research Assistant, Department of Psychology, Syracuse University, Syracuse, NY:**
- Research design, data collection, and statistical analysis of faculty research, including perspective taking and interpersonal problem solving in preschool children, and the incidence of eating disorders in college women.

PAPERS AND PUBLICATIONS

- Frank, R. I., & McKay, M. (2020). Psychological vulnerabilities and coping responses: An innovative approach to assessment and treatment planning in the age beyond DSM-5. In S. G. Hofmann & S. C. Hayes (Eds.), *Beyond the DSM: Toward a process-based alternative for diagnosis and mental health treatment*. Oakland, CA: Context Press.
- Frank, R. I., & Davidson, J. (2014). *The transdiagnostic road map to case formulation and treatment planning: Practical guidance for clinical decision making*. Oakland, CA: New Harbinger.
- Frank, R. I. (2010). Psychotherapy, in T. Wootton (Ed.), *Bipolar in order: Looking at depression, mania, hallucination and delusion from the other side* (pp. 143 – 148). San Francisco, CA: Bipolar Advantage.
- Dresser, K., Frank, R. I., and Chan-Sew, S. L. (1999). High users of children's mental health services: Profiles and directions. Poster presented at the 107th annual convention of the American Psychological Association, Boston, MA, August 1999.
- Fiese, B. H. and Frank, R. I. (1992). Family risk and protective factors for college women sexually abused as children. Unpublished manuscript, Syracuse University and Yale Psychiatric Institute.
- Frank, R. I. (1996). Developmental correlates of interpersonal problem-solving ability in preschoolers: Implications for primary prevention and treatment of disruptive behavior disorders in children and adolescents. Unpublished manuscript, New York State Office of Mental Health.
- Frank, R. I. (1992). Object relations and history of childhood sexual abuse in a sample of college women: Structural and qualitative dimensions of interpersonal relatedness. *Dissertation Abstracts International*, *54* (02), 1095B.
- Frank, R. I. (1997). Object relations deficits in college women with histories of childhood sexual abuse: A qualitative analysis. Unpublished manuscript, New York State Office of Mental Health.
- Frank, R. I., Klemchuk, H. P., & Hutchinson, C. B. (1989). Social-cognitive inference and social competence in preschool children. Poster presentation, American Psychological Association, New Orleans, LA, August 1989.
- Jorgensen, R. P., Boxer, L. M., & Frank, R. I. (1990). Rorschach scoring and interpretation manual. Unpublished manuscript adopted for use by clinical faculty and students, Syracuse University.

PAPERS AND PUBLICATIONS (CONT'D)

Klemchuk, H. P., Frank, R. I., & Talukder, E. A. B. M. (1987). Eating Disorders Inventory: Factor structure and cognitive-behavioral correlates. Poster presentation, American Psychological Association, New York, NY, August 1987.

Klemchuk, H. P., Hutchinson, C. B., & Frank, R. I. (1990). Body dissatisfaction and eating-related problems on the college campus: Usefulness of the Eating Disorders Inventory with a non-clinical population. *Journal of Counseling Psychology*, *37*, 297-305.

PROFESSIONAL PRESENTATIONS

March 2021 **Leaving Protocols Behind: Building Resilience Via a Transdiagnostic Model for Treating Depression and its Related Problems.** Workshop presented at the 40th Annual Conference of the Anxiety and Depression Association of America (conference virtual due to COVID).

March 2019 **Using Skillful Creativity to Enhance Client Motivation, Build Collaboration, and Individualize Treatment: Tailoring Therapy to Clients' Needs Through Media, Imagery, Metaphor, and So Much More!** Workshop Presented at the 39th Annual Conference of the Anxiety and Depression Association of America, Chicago, IL.

August 2018 **What To Do When Therapy Isn't Working: A Transdiagnostic Model for Improving Treatment Outcomes.** Workshop presented at the 126th Annual Meeting of the American Psychological Association, San Francisco, CA.

April 2018 **What To Do When Therapy Isn't Working: A Transdiagnostic Model for Assessing Progress, Changing Course, and Improving Outcomes in the Treatment of Anxiety and its Related Problems.** Workshop presented at the 38th Annual Conference of the Anxiety and Depression Association of America, Washington, DC.

April 2017 **Mindfulness, Exposure, and Everything in Between: A Practical Roadmap for Selecting Interventions When Treating Anxiety Disorders.** Workshop presented at the 37th Annual Conference of the Anxiety and Depression Association of America, San Francisco, CA.

April 2017 **Acceptance vs. Coping: Oil and Water or Unlikely Bedfellows?** Panel participant at the 37th Annual Conference of the Anxiety and Depression Association of America, San Francisco, CA.

October 2016 **What Are Transdiagnostic Mechanisms? Bridging the Research-Practitioner Gap With Mechanism-Specific Case Formulations and Treatment Plans.** Workshop presented at the 50th Annual Convention of the Association of Behavioral and Cognitive Therapies, New York, NY.

August 2016 **Anxiety, Depression, and Everything in Between: A Clinician's Roadmap for Transdiagnostic Treatment Planning.** Workshop presented at the 124th Annual Meeting of the American Psychological Association, Denver, CO.

April 2016 **Transdiagnostic Treatment of Depression: Targeting Mechanisms for Lasting Change.** Invited webinar sponsored by the Anxiety and Depression Association of America.

April 2016 **Anxiety: Knowing Our Vulnerabilities and Changing How We Cope with Them.** Workshop presented at the 36th Annual Conference of the Anxiety and Depression Association of America, Philadelphia, PA.

September 2015 **Treating Emotion Dysregulation Problems by Targeting Transdiagnostic Mechanisms.** Invited series of online groups offering professional consultation on clinical care, sponsored by the Anxiety and Depression Association of America.

August 2015 **The Transdiagnostic Roadmap: Individualizing Treatment by Targeting Psychological Mechanisms.** Workshop presented at the 123rd Annual Meeting of the American Psychological Association, Toronto, Canada.

November 2014 **Targeting Transdiagnostic Mechanisms: A Practical Road Map to Case Formulation and Treatment Planning.** Workshop presented at the 48th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

September 2014 **Transdiagnostic Mechanisms: Mapping the Way to Case Formulation and Treatment Planning.** Workshop presented to the Northern California Cognitive Behavioral Therapy Network, Berkeley, CA.

July 2008 **Use of Self-Monitoring and Personal Narrative in Schema Change: Interventions to Enhance Positive Emotions and Self-Esteem in Bipolar Depression.** Poster presented at the Annual Meeting of the British Association of Behavioural and Cognitive Psychotherapies, Edinburgh, Scotland.

PROFESSIONAL PRESENTATIONS (CONT'D)

- May 2008 **Use of Self-Monitoring and Personal Narrative in Schema Change: Interventions to Enhance Positive Emotions and Self-Esteem in Bipolar Depression.** Invited webinar presented to the Evidence-Based Practices Online Learning Community.
- April 2011 **Transdiagnostic Use of DBT in Everyday Practice.** Invited workshop presented to the Northern California Cognitive Behavioral Therapy Network, Oakland, CA.
- March 2008 **Out of the Abyss: Building Positive Emotions and Self-Esteem in Bipolar Depression.** Workshop presented at the 49th Annual Meeting of the Northern California Psychiatric Association, Monterey, CA.
- September 2006 **Juvenile-Onset Bipolar Disorder: Under-Diagnosed, Under-Treated, Under Discussion.** Senior clinical consultant on interdisciplinary development and production team for two-day, APA-accredited continuing education workshop on pediatric bipolar disorder, Stockton, CA.
- May 2003 **Two Sides of the Coin: Adolescent Victims and Offenders.** Invited address at the annual Return to Respect and Responsibility (3R) Conference, sponsored by the Alameda County Office of the District Attorney, Oakland, CA.
- October 2002 **Questioning Youth: A Cultural Perspective of Adolescent Sexual Development and the Clinical Process.** Panel discussion and workshop presented to CBHS-CYF Annual All-Staff Meeting, San Francisco, CA.
- October 2002 **Community Mental Health Strategies for America's Children: Training Mental Health Professionals in Systems of Care.** Participated in development and presentation of Special Program by the American Academy of Child & Adolescent Psychiatry (AACAP) Work Group on Community-Based Systems of Care, 49th Annual Meeting, San Francisco, CA.
- October 2002 **Intensive Care Management: A Foundation for Systems of Change.** Clinical Practicum presented at the 49th Annual Meeting of the American Academy of Child & Adolescent Psychiatry (AACAP), San Francisco, CA.
- Fall 2002 **Assessment of Children, Youth, and Families: Understanding and Integrating Cultural Issues.** Participated in mandatory system-wide training workshop for all clinical staff within CBHS-CYF, San Francisco, CA.
- June 2001 **Suicide Prevention with Children and Adolescents: CBHS-CYF Suicide Management Guidelines.** Training workshop presented to CBHS-CYF, San Francisco, CA.
- December 1998 **Child and Adolescent Bipolar Disorder: Psychopathology, Diagnosis, & Outpatient Treatment Modalities.** Training seminar presented to CBHS-CYF, San Francisco, CA.
- March 1996 **The Psychopathology of Externalizing Disorders: A Lifelong Analysis.** System-wide teleconference discussion of the etiology, diagnosis, and treatment of disruptive behavior disorders across the lifespan, New York State Office of Mental Health, Statewide Grand Rounds Program, Albany, NY.

PROFESSIONAL AFFILIATIONS AND ASSOCIATIONS

- 2019 – current Member, Board of Directors, Institute for Better Health
- 2018 – current American Psychological Association, Publications Division Reviewer
- 2018 – current Anxiety and Depression Association of America, Conference Division Reviewer
- 2018 – current Clinical Consultant and Advisory Board Member, Oakland DBT and Mindfulness Center
- 2018 – current Clinical Adviser, Octave Health Group
- 2017 – current Clinical Fellow, Anxiety and Depression Association of America
- 2015 – current Member, Anxiety and Depression Association of America
- 2009 – 2010 President, Alameda County Psychological Association.
- 2008 – 2009 President-Elect & Chair of Continuing Education Programs, Alameda County Psychological Association.
- 2008 – current Member, Northern California Cognitive Behavioral Therapy Network
- 2007 – current Member, Alameda County Psychological Association
- 2007 – current Member, Association of Behavioral and Cognitive Therapies.
- 2007 – current Member, California Psychological Association.
- 1993 – current Member, American Psychological Association.

REFERENCES

Available upon request.