

DAVID T. WEIBEL, PH.D.

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EDUCATION

Ph.D., Clinical Psychology, 2007

Ohio University

M.S., Clinical Psychology, 2003

Ohio University

Psychology undergraduate courses, 1999-2000

University of California at Berkeley

Psychology undergraduate courses, 1998-99

Stanford University

M.B.A., Management, 1995

San Francisco State University

B.A., Business-Economics, 1992

University of California at Santa Barbara

CLINICAL & PSYCHOTHERAPY EXPERIENCE

Clinical Psychologist & President

December 2010-present

Dr. David T. Weibel & Associates, LLC, Ardmore, PA, formerly LA

Provided assessment and psychotherapy to a diverse range of clients including children, individuals, and couples struggling with full range of issues from psychotic disorders to relationship problems using evidence-based approaches. Conducted sports psychology and peak performance counseling to help people reach their full potential.

Clinical Psychologist

February 2011-May 2015

Social Security and Disability Determination, Baton Rouge, LA

Conducted mental status and intelligence/learning assessments and delivered reports on diagnoses, potential malingering, and functioning to assist with decisions regarding benefits.

Clinical Psychologist

February 2011-March 2012

Veterans Administration, Baton Rouge, LA

Assessed veterans who had served in combat for PTSD, other disorders, and potential malingering to assist with compensation and pension claims.

Staff Psychologist

March 2008-August 2010

Napa State Hospital, Napa, CA

Conducted individual and group psychotherapy for patients living in forensic hospital. Conducted assessments and delivered reports to courts about diagnoses, treatment course, court competency status, potential malingering, and dangerousness to self and others.

Pre-doctoral Intern

August 2005–August 2006

Western Michigan University Counseling Center, Kalamazoo, MI

Conducted assessments and psychotherapy with university students; Supervised one doctoral student.

Psychological Assistant August 2002-March 2005
Woodlands Counseling Agency, Jackson, OH

Conducted assessments and psychotherapy with all ages in community mental health agency.

Mindfulness Group Leader September 2004-July 2005
Ohio University Counseling and Psychological Services, Athens, OH

Led two weekly mindfulness groups for students; Created a stress management audio CD with seven audio tracks. This CD is now being used at two college counseling centers and two state hospitals.

Psychological Assistant September 2004-July 2005
Ohio University Counseling and Psychological Services, Athens, OH

Conducted assessments and psychotherapy in university counseling center.

Group Leader April 2003-July 2004
Domestic Violence Intervention Project, Athens, OH

Helped court-referred men improve their interpersonal skills, express their emotions in adaptive ways, develop positive attitudes toward women, and adopt non-violent lifestyles.

Hotline Volunteer May 1997-February 2000
Family Services Mid-Peninsula, Palo Alto, CA

Listened and provided referrals to parents and teens with a variety of problems.

TEACHING EXPERIENCE

Instructor, Introduction to Psychology Fall 2010
Southeastern Louisiana University, Hammond, LA

Prepared all course content for overview of psychology course for 62 students without a graduate assistant.

Instructor, Child and Adolescent Psychology Fall, Winter, & Spring, 2006-2007
Ohio University, Athens, OH

Prepared all course content and taught an average of 45 students. Highlights: Created thirteen developmental exercises to expand students' perspectives. On the final paper students described their current level of development on three of six models, reviewed how they had developed thus far, and created a plan for how they might continue developing.

Instructor, Abnormal Psychology Fall 2004 & Spring 2005
Ohio University, Athens, OH

Prepared all course content and taught an average of 60 students. Highlights: Invited two people living with schizophrenia to speak. Students debated controversial issues in a team format. Students wrote paper in which they imagined needing to seek help for psychological issues and describing whether they would prefer to be described with DSM categories or via a narrative approach or whether the approaches can be combined.

Instructor, Personality Winter 2004 & Winter 2005
Ohio University, Athens, OH

Prepared all course content and taught an average of 50 students. Highlights: Students wrote a detailed description of themselves or a friend at the beginning of the quarter and later used two theories to try to understand that person and provide strategies for change and growth.

Instructor, Career Exploration Spring 2006
Western Michigan University

Served as primary instructor for 30 students as part of career counseling rotation.

Teacher**Summer 2002****Casa Xelaju, Quetzaltenango, Guatemala**

Tutored children in Spanish; created teaching guidelines; designed token economy to boost motivation.

SUPERVISING PSYCHOTHERAPISTS**Supervision Rotation****Spring 2006****Western Michigan University Counseling & Testing Center, Kalamazoo, MI**

Supervised a fourth year Ph.D. student's psychotherapy with ten clients.

Supervision Practicum**Winter 2005****Ohio University Psychology Clinic, Athens, OH**

Supervised a second year Ph.D. student's psychotherapy with two clients.

BOOKS**Weibel, D.** (2015). *Beyond Me: Practices for Expanding Compassion*. Compassion Publishing: Baton Rouge, Louisiana.**PUBLICATIONS**Anderson, T., Stone, S.J., Angus, L., & **Weibel, D.T.** (2021). Double trouble: Therapists with low facilitative interpersonal skills and without training have low in-session experiential processes, *Psychotherapy Research*, DOI: 10.1080/10503307.2021.1913293**Weibel, D. T.**, McClintock, A. S., & Anderson, T. (2016). Does loving-kindness meditation reduce anxiety? Results from a randomized controlled trial. *Mindfulness*, doi: 10.1007/s12671-016-0630-9.Stice, E., Mazotti, L., **Weibel, D.**, & Agras, W.S. (2000). Dissonance prevention program decreases thin-ideal internalization, body dissatisfaction, dieting, negative affect, and bulimic symptoms: A preliminary experiment. *International Journal of Eating Disorders*, 27, 206-212.Giese-Davis, J., Hermanson, K., Koopman, C., **Weibel, D.**, Spiegel, D. (2000). Quality of couples' relationship and adjustment to breast cancer. *Journal of Family Psychology*, 14, 251-266.**PAPER & CONFERENCE PRESENTATIONS****Weibel, D.** (2018, April). Mindfulness as a doorway to peak performance and thriving. A Day of Mindfulness for Mental Health Practitioners, Baton Rouge, Louisiana.**Weibel, D.** (2015, April). Compassion practices for therapists and clients. A Day of Mindfulness for Mental Health Practitioners, Baton Rouge, LA.**Weibel, D.** (2014, April). Attention regulation as a mechanism of mindfulness. A Day of Mindfulness for Mental Health Practitioners, Baton Rouge, LA.**Weibel, D.** (2013, April). Helping clients integrate mindfulness into their lives. A Day of Mindfulness for Mental Health Practitioners, Baton Rouge, Louisiana.**Weibel, D.** (2013, March) A therapist's response to the lay person's question, "So are you going to analyze me?" Monthly meeting of the Baton Rouge Area Society of Psychologists, Baton Rouge, LA.**Weibel, D.** (2012, April) Loving-kindness meditation for therapists and clients: Reducing empathy fatigue and promoting happiness. A Day of Mindfulness for Mental Health Professionals, Baton Rouge, Louisiana.**Weibel, D.** (2012, April). Research on techniques for enhancing compassion in clients and therapists. Louisiana Psychological Association Annual Conference, Baton Rouge, Louisiana.

Weibel, D. (2011, May) Review of the literature on loving-kindness meditation. Monthly meeting of the Baton Rouge Area Society of Psychologists.

Weibel, D., Anderson, T. (2007, April). A novel loving-kindness intervention: Boosting compassion for self and others. Ohio Society for Psychotherapy Research, Oxford, Ohio.

Weibel, D. (2003, April). Keeping up with the Joneses: Might the American dream need revisiting? Ohio Society for Psychotherapy Research, Athens, Ohio.

Weibel, D., Anderson, T. (2002, July). The effects of therapist interpersonal skill and training on client emotional experiencing. North American Society for Psychotherapy Research, Santa Barbara, California.

Weibel, D., Noice, J. Herman, A., Anderson, T. (2002, April). The effects of therapist interpersonal skill on client experiencing. Ohio Society for Psychotherapy Research, Oxford, Ohio.

Weibel, D., Baldrachi, R. (2001, November). The effects of low Facilitative Interpersonal Skills (FIS) on therapy outcome. North American Society for Psychotherapy Research, Puerto Vallarta, Mexico.

Anderson, T., **Weibel, D.,** Fende, J., Wang, V. (2001, August). Psychopathologizing of everyday life - examples and alternatives; understanding therapist facilitative communication skills through participant observation case studies. American Psychological Association, San Francisco, California.

Anderson, T., **Weibel, D.,** Fende, J., Wang, V. & Baldrachi, R. (2001, April). Understanding Therapist Facilitative Interpersonal Skills through participant-observation case studies. Ohio Society for Psychotherapy Research, Oxford, Ohio.

POSTERS

Weibel, D. (2004, April). Mindfulness for helpers. Society for Psychotherapy Research, Athens, Ohio.

Weibel, D. (2003, April). The tyranny of the self. Society for Psychotherapy Research, Athens, Ohio.

Weibel, D., Anderson, T. (2001, November). The influence of therapist skill on therapist interventions. North American Society for Psychotherapy Research, Puerto Vallarta, Mexico.

Giese-Davis, J., **Weibel, D.,** Hermanson, K., Koopman, C., Spiegel, D. (1998, August). Affective engagement and couple's adjustment to metastatic breast cancer. American Psychological Association, San Francisco, California.

SEMINARS

Weibel, D. (2012). *The Struggles and Joys of Private Practice*, University Counseling Center, Louisiana State University, Baton Rouge, LA.

Weibel, D. (2007). *A therapist's guide to the role of mindfulness in healing and health promotion*. Ohio University Counseling & Psychological Services, Athens, OH.

Weibel, D. (2019). *Recognizing our own biases and patterns to become effective businesspersons*. Alpha Kappa Psi-Beta Chi Chapter, Business Fraternity, Louisiana State University, Baton Rouge, LA.

RESEARCH EXPERIENCE

Research Assistant/Lab Member **2000-2007**
Psychotherapy & Interpersonal Process Lab, Ohio University, Athens, OH

Collaborated on psychotherapy process and outcome research; revised alliance measures; Led emotional experiencing scale training; coded psychotherapy tapes using the Verbal Response Modes.

Dissertation: A novel loving-kindness intervention: Boosting compassion for self and others.

Thesis: The influence of therapist training and interpersonal skill on client emotional experiencing.

Advisor: Timothy Anderson, Ph.D.

Research Assistant **July 1998-April 2000**
Stanford Psychiatry and Behavioral Sciences, Stanford, CA

Coded emotions of women living with metastatic breast cancer in group therapy; Recruited and trained research assistants; Wrote computer programs; Monitored assignments; Analyzed data.

Primary investigators: Janine Giese-Davis, Ph.D., David Spiegel, M.D.

Research Assistant and Counselor **January 1998-September 1998**
University of California at Berkeley, CA

Conducted assessments with children diagnosed with ADHD as part of the Multimodal Treatment Study; Served as counselor and research assistant at summer camp for girls living with ADHD.

Primary investigator: Stephen Hinshaw, Ph.D.

Research Assistant **1997-1998**
Stanford Psychiatry & Behavioral Sciences, Stanford, CA

Helped design a cognitive dissonance intervention to lower internalization of the thin-ideal and body dissatisfaction among women at risk for eating disorders; Assisted with data collection.

Primary investigator: Eric Stice, Ph.D.

PRIOR TO PSYCHOLOGY CAREER

Certified Personal Fitness Trainer **1997-1999**
Reach Fitness and clients' homes, Palo Alto, CA

Assessed clients' fitness needs, wrote all workouts, instructed proper form, and provided motivational support to help people reach fitness and wellness goals.

Marketing Manager **1995-1997**
Inverse Ink, Mountain View, CA

Managed marketing strategy and implementation for startup software company; Managed three web designers and one public relations person; Researched market by conducting focus groups; Wrote product copy; Coordinated product design, production, and tradeshow.

SERVICE

President, Baton Rouge Area Society of Psychologists **2013-2014**

AFFILIATIONS

American Psychological Association
 Philadelphia Psychology Network

Pennsylvania Psychological Association

LANGUAGES

Speak, read, and write Spanish at an advanced level and conduct psychotherapy in Spanish.

Licenses:

California #22677

Pennsylvania #PS019060

Louisiana #1137