



## PROFILE

I've been a Licensed Clinical Psychologist in the state since 2008. I'm also an author, lecturer, and clinician who is passionate about helping others through community outreach, research-based psychotherapy and neuropsychological assessment. Regarding therapy services, I have been trained extensively in the following modalities: Acceptance and Commitment Therapy (ACT), Dialectical-Behavior Therapy (DBT), Cognitive-Behavior Therapy (CBT), Internal Family Systems (IFS), family therapy and Eye-Movement Desensitization Reprocessing (EMDR). Regarding assessment services, I have received specialized training in neuropsychological assessment practices related to autism, developmental learning disabilities (LD), ADHD, fetal alcohol syndromes and traumatic-brain injury (TBI).

## CONTACT

### WEBSITES:

[www.drbyanbushman.com](http://www.drbyanbushman.com)  
[www.findingyourway2okay.wordpress.com](http://www.findingyourway2okay.wordpress.com)

### EMAIL:

[bushmanbryan@gmail.com](mailto:bushmanbryan@gmail.com)

# BRYAN BUSHMAN, PHD

Licensed Psychologist / Neuropsychologist / Author / Consultant

## EDUCATION

### Utah State University [Logan, UT]

PhD in Clinical Psychology (2007)/ MS in Counseling (2003).

- APA-accredited Combined Clinical-School-Counseling Psychology Program. National Award for Excellence in Campus Leadership (APAGS).

### University of Texas [Austin, TX]

BS in Psychology (1999)

- Graduated with honors. PSY CHI National Honor Society.

## WORK EXPERIENCE

### The Counseling Center [Centerville, UT]

2022 – Present: *Psychologist and Director of Community Outreach*

- Providing outpatient psychotherapy for patients across the lifespan with depression, anxiety, trauma, addictive behaviors, parenting problems, autism/ developmental delay and TBI.
- In charge of setting up community outreach/ marketing contacts: guest lecturer related to various topics for school, medical and community audiences.
- Weekly supervision of interns and colleagues
- Providing psychological and neuropsychological testing for the entire clinic.

### Bushman Consulting Services [Centerville, UT]

2016 - Present: *Consultant and Neuropsychologist*

- Providing forensic neuropsychological assessment for litigants with TBI. Also providing clinical testing related to autism, learning problems, fetal alcohol syndromes and ADHD.

### McKay-Dee Behavioral Health Institute (BHI) [Ogden, UT]

2008 – 2022: *Clinical Psychologist/ Neuropsychologist*

- Exceeded monthly productivity standards for outpatient psychotherapy each month for 12+ years.
- Provided both neuropsychological and psychological testing for children, teens and adults related to TBI, learning problems, Autism, ADHD, and other mood/ behavioral problems (approximately 1 testing referral per week for 14+ years).
- Set up outcome tracking measures and awarded for innovation in Mental Health Integration (MHI). Asked to represent peers in leadership position. Set up referral relationships with multidisciplinary clinics (Stewart Rehabilitation).
- C/L position in off-site pediatric clinic for multiple pediatricians (Layton, UT). Ran parent-training groups.
- Started, provided and coordinated supervision/ training services for practicum students from USU for both testing and psychotherapy.

### St. Jude Children's Research Hospital [Memphis, TN]

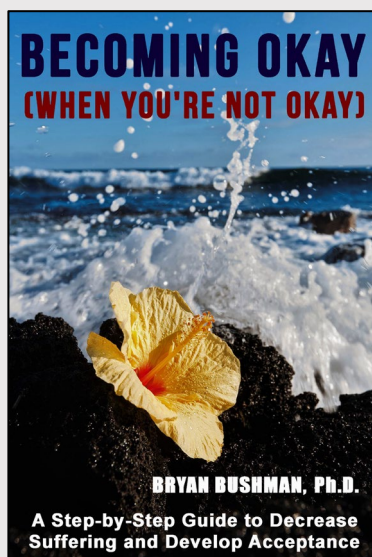
2007 – 2008: *Postdoctoral Fellow*

- One year fellowship providing inpatient/ outpatient consultation on multidisciplinary teams for chronic and acute pain. Training in neuropsychological assessment for patients with cancer.

### Geisinger Medical Center [Danville, PA]

2006 – 2007: *Predoxal Intern*

- Strong emphasis on crisis intervention and various anxiety disorders (APA accredited). Used group and family psychotherapy. Assessment experience included autism, LD and ADHD cases.



## DESCRIPTION

Pain is a part of living; yet, humans naturally resist pain and – in the process of resisting – unintentionally create more pain. In contrast, acceptance softens the struggle with pain and increases the ability to live fully. Combining eastern wisdom and western medicine with the latest psychological research, *Becoming Okay (When You're Not Okay)* provides a step-by-step roadmap to develop acceptance and rise above physical and emotional pain.

## REVIEWS

"A powerfully detailed method of dealing with life's pains and injustices."

- Kirkus Book Reviews

"A well-written self-help book that proves anyone can rebuild their lives – highly recommended"

- Top Shelf Reviews

"Recommended reading for proactive self-help readers who too commonly receive ethereal admonitions not backed up by actual step-by-step processes."

- Midwest Book Reviews

"...a terrific job summarizing succinctly the key steps to suffer less... offers a solid, helpful pathway to healing emotional pain."

- Blue Ink Reviews

## GRADUATE SCHOOL EXPERIENCE (NOT EXHAUSTIVE)

- Provided psychotherapy services for two years at USU's counseling center: outpatient therapy for college students. Ran DBT and other interpersonal groups
- Provided psychotherapy services at community mental health (Bear River Mental Health) for SPMI patients. Ran anger management groups for court-ordered individuals.
- First student selected to provide consultation services for pediatricians at a multidisciplinary clinic (Budge Clinic)
- Interdisciplinary Training Certification: Utah Leadership and Education in Neurodevelopmental Disabilities (ULEND)

## PUBLICATIONS/ RESEARCH (NOT EXHAUSTIVE)

- Bushman, B. (2018). *Becoming Okay (When You're Not Okay): A Step-by-step guide to decrease suffering and develop acceptance*. BCS.
- Bushman, B., & Peacock, G. (2008). Problem Solving Skills Training: Theory and practice in the school setting. *Handbook of School Psychology*.
- Bushman, B., & Crowley, C. (2007). Developmental Changes in the Structure of Affect: Is the Tripartite Model equally valid for older and younger children? *Journal of Psychoeducational Assessment*.
- Bushman, B., & Peacock, G. (2009). Teaching Children to Stop and Think: An experimental evaluation of the efficacy of problem-solving skills training with behavioral parent training for the treatment of oppositional and impulsive social behaviors in children. *Child & Family Behavior Therapy*.

## COMMON MEASURES USED (NOT EXHAUSTIVE)

- Personality: MCMI-III, MACI, MMPI-2-RF, PAI-A, Rorschach (Exner)
- Cognitive/Intellectual: Wechsler scales (adult, child, preschool), Wechsler Memory Scale-IV, Woodcock-Johnson Tests of Cognitive Abilities- 4<sup>th</sup> edition, Delis-Kaplan Executive Function System, Kaufman Assessment Battery for Children- 2<sup>nd</sup> edition, TOMM, TOL-DX-II, ACS, Shipley-2, IGT, WCST-64, WMT, Memory Complaints Inventory, Dot Test, IVA-2, and B Test
- Academic: Comprehensive Test of Phonological Processing, WIAT- 2<sup>nd</sup> edition, Woodcock-Johnson Tests of Achievement- 4<sup>th</sup> edition, GORT
- Developmental: Vineland, Autism Diagnostic Observation Schedule – 2<sup>nd</sup> Edition (ADOS-2), ADI

## CERTIFICATIONS/ HONORS

- Nominated by peers to coordinate clinical issues at the BHI.
- Certified training in ADOS-2; Certified Family Trauma Professional (CTFP); Completed part I and part II training for EMDR (Summer 2015); Basic Training in Hypnosis for Pain Management: American Society for Clinical Hypnosis Certification (November, 2007).
- Award for Mental Health Integration (MHI) innovation (Fall 2017); National Award for excellence in APAGS campus leadership (May, 2005).
- One of the top three therapists at CCTS per patient-based feedback surveys (February 2016).
- References available upon request