

Judith P. Long, Psy.D.
(C) 719-351-5537
judithlongpsyd@gmail.com

Education

Psy. D.
University of the Rockies
Colorado Springs, CO
1/ 2003 – 10/2009
Concentration: Clinical - General Track

M.A.
Colorado School of Professional Psychology
Colorado Springs, CO
Awarded: 10/2005
Masters-en-route to Psy.D.

B.A., Psychology and Philosophy
Rutgers University
New Brunswick, NJ
9/1987 – 5/1992
Concentration: Cognitive Psychology

Experience

CONSULTANT IN EMERGENCY RESPONDER BEHAVIORAL HEALTH

9/2017 – PRESENT

- Contracted Hourly to provide training, education and consulting for emergency responder organizations including Manitou Springs Fire Department, Tri-Lakes Monument Fire Protection District, Colorado Department of Corrections, Memorial Star Flight Team, Colorado Springs Police Department Victims Advocacy Group, and the United States Air Force Academy.

STAFF PSYCHOLOGIST FOR SEVERAL EMERGENCY RESPONDER AGENCIES

6/2017 – PRESENT

- Contracted yearly as a Staff Psychologist for Colorado Springs Fire Department (6/2017 – Present), Pueblo Fire Department (1/2018 – Present), Cañon City Fire Protection District (4/2018 – Present), Tri-Lakes Monument Fire Protection District (11/2018 – Present), American Medical Response (1/2019 – Present), and Pueblo Police Department (6/2019 – Present).
- Oversees and develops programs and services, including:
 - Tracks utilization and quality of existing behavioral health programs.
 - Works with command to improve the continuity of care for sworn personnel and their families through the design of preventative care, crisis response, EAP and professional psychological services.
 - Determines emerging behavioral health needs of the department.
 - Develops new programs to flexibly meet the changing needs.
 - Coordinates with the Wellness team to include psychological initiatives, such as resiliency building.
 - Helps facilitate cultural change on behavioral health and help-seeking.
- Continues professional development and training of employees, including:
 - Training to line personnel, academy trainees, officers and command staff.
 - Coordination with leadership on behavioral health needs and priorities.
 - Maintains professional acumen on behavioral health issues for first responders.
 - Attends outside meetings and conferences to collect and disseminate best practices for behavioral health in emergency responders.
- Provides oversight of peer support program, including:
 - Conducts new Peer Supporters on request.
 - Provides supervision of Peer Supporters.
 - Delivers quarterly training for existing Peer Supporters.
- Develops programs for families, including:

- Meeting with families during Academies.
- Providing education to spouses/significant others about emergency responder behavioral health and training on skills to help promote healthy responder families.
- Lead groups in processing experiences of being a spouse/significant other.

RESPONDERSTRONG ADVISORY BOARD MEMBER

3/2018 – 12/2019

- ResponderStrong is a state-wide, non-profit organization seeking to identify ways to help all Colorado emergency responders have access to education and tools for promoting psychological wellness and resiliency.
- As a member of the Board, advises the ResponderStrong Program Manager and other Board members in regard to psychological perspectives on emergency responder behavioral health and resiliency. The Board is a multidisciplinary team representing many different types of emergency responder organizations.
- Serves as a member of the Resiliency Team; this is a working team whose purpose is to identify resiliency standards for law enforcement, fire, dispatch, and EMS. The team is also identifying existing resources and developing new resources to share with responders and their families across the state.

INSTRUCTOR

UNIVERSITY OF COLORADO COLORADO SPRINGS (UCCS)

6/2013 – 6/2019

- Served as an Instructor in the Psychology Department teaching undergraduate and graduate level courses. Courses included:
 - Graduate Classes: Clinical Skills Training, Psychotherapy Skills, Ethics, and Cultural and Family Diversity.
 - Undergraduate Classes: Selected Topics in Psychology – Trauma Psychology, Introduction to Psychology, Human Development, and Abnormal Psychology.
- Student evaluations of my teaching can be provided.

CLINICAL THERAPIST

UNIVERSITY OF COLORADO COLORADO SPRINGS (UCCS)

9/2011 – 8/2017

- Served as Program Manager at the *Trauma, Health, and Hazards Center (THHC)* for Peer Support program with Colorado Springs Fire Department, Cañon City Fire District, and Pueblo Fire Department to address trauma in emergency responders. Major responsibilities include:
 - Deliver training to both new and current Peer Supporters.
 - Provide clinical supervision to Peer Supporters.
 - Collect and analyze outcome data for services provided by UCCS in the Peer Support program.
- Served as Clinical Trainer on a research project evaluating the effectiveness of a top-down cognitive protocol for improving post-TBI (traumatic brain injury) functioning in retired military. The goal of this research is to identify effective ways to improve post-TBI functioning in order to better assist with the treatment of posttraumatic stress disorder (PTSD) that can be utilized in military settings as well as other settings. Major responsibilities include:
 - Modify top-down protocol for use in our clinical setting and for the trials.
 - Provide direct clinical training to participants in the randomized controlled trial (RCT).
 - Collect qualitative data on participants' experiences of the training.
 - Assist with data analysis.
- Served as Clinical Therapist on grant investigating the secondary traumatic stress (STS) and burnout in military behavioral health providers at Fort Carson. Major responsibilities include:
 - Review research on clinical interventions for behavioral health providers.
 - Develop clinical intervention appropriate for military behavioral health providers to address STS and burnout.
 - Coached military behavioral health providers to assist with secondary traumatic stress and burnout.
 - Assist team in writing journal articles, researching grant opportunities, and analyzing data.

THERAPIST

PRIVATE PRACTICE IN COLORADO SPRINGS

9/2011 – 8/2017

- Serve as owner of Bock Therapy, a private practice offering psychotherapeutic services to an array of clients with various presenting issues.
 - Conducted intake assessments, formulate diagnoses, develop treatment plans, and deliver quality services to clients.
 - Assisted individuals, couples, families, and adolescents with trauma, anxiety, depression, and adjustment disorders.
 - Specialized in the treatment of combat-related traumatic stress and Posttraumatic Stress Disorder (PTSD).
 - Utilized a number of therapeutic approaches, including Mindfulness- Based Cognitive Therapy (MBCT), Acceptance & Commitment Therapy (ACT), Interpersonal Therapy (IPT), Prolonged-Exposure Therapy (PET), Cognitive-Processing Therapy (CPT), and Dialectical Behavior Therapy (DBT).
 - Served as biller for the practice, working with insurance companies to obtain fee for services delivered and to advocate for the needs of the clients.
 - Marketed and managed referrals to sustain business viability.

DIRECTOR OF OUTPATIENT SERVICES

HAVEN WARRIOR SUPPORT CENTER

5/2010 – 9/2011

- The Haven Warrior Support Center (WSC) is a privately-owned company that provides outpatient behavioral health services to active-duty military, retired military, and their dependents.
- Served as the managerial and clinical supervisor to the 8-12 member outpatient team.
- Conducted needs analyses to determine gaps in the services provided to active-duty members and their dependents and developed corresponding programming to help met these needs.
- Tracked various business metrics, including the clinical contact types for the team of clinicians, the no-show percentages, and clinical outcomes.
- Collected and analyzed outcome data to determine efficacy of the services and programs delivered.
- Analyzed business data for the outpatient program to determine if we were meeting revenue objectives and developed models for potential revenue projections.
- Responsible for interviewing and hiring new staff as well as training new staff members.
- Maintained an active clinical caseload of 10-15 clients per week as Clinical Director.
- Coordinated training seminars for the clinical team to help improve clinical skills and to remain informed about recent research developments in the field.

CLINICIAN

WARRIOR SUPPORT CENTER

11/2009 – 5/2010

- Served as member of the clinical team for the Warrior Support Center (WSC) where the clinical focus was on the treatment of combat-related trauma, stress, and PTSD. Interventions used include: Prolonged-Exposure Therapy (PET), Cognitive-Processing Therapy (CPT), Acceptance & Commitment Therapy (ACT), and other mindfulness-based interventions.
- Maintained a caseload of 20-25 clients each week.
- Conducted assessments to determine diagnosis using clinical interview in addition to various applicable diagnostic instruments.
- Developed appropriate treatment plans for clients based on clinical diagnosis, evidenced-based practices, and client goals.
- Administered various interim assessment instruments to help with the treatment and therapeutic progress of clients.
- Coordinated care with psychiatrists, case managers, and primary care providers on Fort Carson and Peterson Air Force Base.
- Obtained post-doctoral supervision hours.

DOCTORAL PSYCHOLOGY INTERN

COLORADO WEST MENTAL HEALTH CENTER

9/2007 – 8/2008

- Served as member of Adult Treatment Team:
 - Provided treatment for individuals, ages 18-67.

- Co-lead DBT Skills Group using standardized curriculum.
- Co-lead a Pre-DBT Group for Developmentally Disabled adults.
- Performed intake assessments and provided written reports and recommendations to treatment team.
- Served as member of Child & Family Treatment Team:
 - Provided treatment for individuals, ages 5-16.
 - Co-lead Coping Skills Group for children ages 7-9 to assist children in learning about feelings, relaxation, and impulse control.
 - Performed intake assessments and provided written reports and recommendations to treatment team.
- Served as member of Emergency Services team:
 - Provide evaluation, intervention, and
 - Developed and documented safety plans for individuals in crisis.
- Completed a rotation at the Marillac Clinic, where medical and therapeutic assistance was provided to underserved and uninsured individuals:
 - Worked closely with medical services providers to integrated care to patients by developing a comprehensive treatment plan.
 - Developed curriculum and co-lead a mindfulness-based chronic pain group to increase patient skills and to decrease reliance on medication.
- Performed psychological testing.

STUDENT THERAPIST IN PRACTICUM *SWITZER COMMUNITY COUNSELING CENTER* **12/2004 – 12/2006**

- Served as a student therapist in a community counseling center associated with the Colorado School of Professional Psychology.
- Received licensed, clinical supervision for all activities in the clinic.
- Conducted several clinical evaluations and authored integrated clinical reports.
- Provided phone support for clinic, which included performing intakes for potential clinic clients.

STUDENT MANAGER ON DUTY (SMOD) *SWITZER COMMUNITY COUNSELING CENTER* **12/2004 – 12/2006**

- Served as the initial point of contact for clinical emergencies while on duty as a SMOD.
- Provided leadership and guidance to other students in the clinic.
- Conducted supervision sessions of other students conducting clinical and probation evaluations.
- Conducted clinic meetings to communicate vital information about procedures and practices in the clinic.
- Supported administrative functions by filling-in as needed.

Licenses

LICENSED PROFESSIONAL COUNSELOR *COLORADO* **LICENSE NO: 5271**

Teaching Experience

INSTRUCTOR *UNIVERSITY OF COLORADO COLORADO SPRINGS* **6/2014 – PRESENT**

- Taught the following undergraduate courses: Human Development (Summer 2014); Selected Topics in Trauma (Fall 2014, Fall 2015, and Fall 2016); Sensation and Perception (Spring 2015 & Spring 2016).
- Taught graduate level courses: Psychotherapy Skills (Spring 2015 and Spring 2017); Clinical Skills (Fall 2016); Cultural & Family Diversity (Spring 2017).

INSTRUCTOR *COLORADO SCHOOL OF PROFESSIONAL PSYCHOLOGY* **3/2007 – 6/2007**

- Taught undergraduate-level course in statistics for the humanities.

Other Work Experience

HUMAN FACTORS ENGINEER (HFE) *VARIOUS CORPORATIONS* **1/1992 – 6/2010**

- Used principles of cognitive psychology to design and improve software systems for a variety of large and small domestic and international companies.

Research Skills

RESEARCH *UNIVERSITY OF COLORADO* **9/2011 – PRESENT**

- Participate on team to research interventions for traumatic brain injury (TBI) for military veterans with posttraumatic stress disorder. Conducting research on stress and trauma in firefighters.
- Participated on research team to conduct research on Secondary Traumatic Stress and Burnout in military mental health providers treating PTSD.

DOCTORAL DISSERTATION *UNIVERSITY OF THE ROCKIES* **5/2008 – 10/2009**

- Researched relationship between mindfulness and burnout in psychotherapists.

GRADUATE RESEARCH ASSISTANT *CENTER FOR CREATIVE LEADERSHIP* **9/2004 – 5/2005**

- Participated on team to evaluate critical factors and best practices in executive coaching with Gina Hernez-Broome, Ph.D.

GRADUATE RESEARCH ASSISTANT *NEW YORK UNIVERSITY* **9/1995 – 6/1997**

- Researched the development of hypothetical reasoning in 2-4 year-olds under the supervision of Doug Frye, Ph.D.

UNDERGRADUATE RESEARCH ASSISTANT *RUTGERS UNIVERSITY, LAB OF VISION RESEARCH* **10/1990 – 5/1992**

- Authored computer program to generate a random-dot stereogram version of the Ebbinghaus illusion and collected research data under the supervision of Thomas Pappathomas, Ph.D. and Bela Julesz, Ph. D. This program was used to measure the effect of depth on the perception of this illusion.

Human Factors Engineer (HFE) *Various Corporations* **1/1992 – 8/2007**

- Designed surveys, conducted usability studies, and contextual inquiries.
- Conducted data collection, analysis, and reports on the findings.

Workshops Attended

Dialectical Behavior Therapy (Spring 2005) *Mindfulness in Clinical Practice* (Summer 2007)

Treatment of Eating Disorders (Spring 2007) *Prolonged-Exposure Therapy* (Spring 2008)

Cognitive Processing Therapy (September 2010)

Advances in the Treatment of PTSD (Spring 2011)

Power of Mindfulness Inside and Outside the Therapy Hour (Spring 2011)

Stress First Aid for First Responders
(November 2013)

Psychological First Aid (November 2013)

Professional Presentations

Buddhism & Western Psychology (Winter 2008, February 2013)

Prolonged-Exposure Therapy (Summer 2008)

Dialectical Behavior Therapy Training (Winter 2008)

Mindfulness-Based Therapy (Fall 2009)

Mindfulness in Practice (Spring 2011)

Stress & Trauma in Firefighters (Spring 2012, Summer 2013)

Trauma-Informed Training for CSPD Victim Advocates Academy (March 2016, 2017, 2018 & 2019)

Awards

SAFETY AWARD

Presented by the Colorado Springs Fire Department (February 2016)
For professional work to ensure the psychological safety of the CSFD sworn personnel

Professional Publications

Note: **Bock** is former married name.

Bock, J., & Benight, C. (2016). SupportNet coaching. Chapter in *Secondary Trauma and Burnout in Military Behavioral Health Providers: Beyond the Battlefield*. Palgrave Macmillan, New York, NY.

Bock, J., Shoji, K., Cieslak, R., & Benight, C. C. (August, 2013) Effects of social support and self-efficacy on secondary traumatic growth. Poster presented at the American Psychological Association Annual Conference, Honolulu, Hawaii.

Cieslak, R., Anderson, V., **Bock, J.**, Moore, B. A., Peterson, A. L., & Benight, C. C. (2013). Secondary Traumatic Stress Among Mental Health Providers Working With the Military: Prevalence and Its Work- and Exposure-Related Correlates. *The Journal of Nervous and Mental Disease*, 201(11), 917–925. doi:10.1097/NMD.0000000000000034

Shoji, K. **Bock, J.**, Cieslak, R., Zukowska, K., Luszczynska, A., & Benight, C. C. (2014). Cultivating secondary traumatic growth among healthcare workers: The role of social support and self-efficacy. *Journal of Clinical Psychology*, 70, 831-846. DOI: 10.1002/jclp.22070

Shoji, K., Gibson, F. W., Cieslak, R., Anderson, V., **Bock, J.**, Decker, L., Yeager, C., & Benight, C. C. (2014, November). SupportNet: Preliminary results of a randomized controlled trial. Poster session presented at the annual conference of the Medicine 2.0. Maui, HI.

Shoji, K., Yeager, C., Gibson, F.W., Cieslak, R., **Bock, J.**, Decker, L., Anderson, V., & Benight, C. C. (2014, October). SupportNet for military behavioral healthcare providers: Website engagement and job burnout. Poster session presented at the annual conference of the International Society for Research on Internet Intervention. Valencia, Spain.

Yeagar, C., **Bock, J.**, & Benight, C. (2016). The SupportNet website: A social media self-care system. Chapter in *Secondary Trauma and Burnout in Military Behavioral Health Providers: Beyond the Battlefield*. Palgrave Macmillan, New York, NY.

Professional Affiliations

AMERICAN PSYCHOLOGICAL ASSOCIATION

1/2003 - Present

**PSYCHOLOGICAL SOCIETY OF THE PIKES PEAK
REGION**

1/2003 – Present

President 6/1/2015-5/31/2016

Treasurer 6/1/2013 – 5/31/2015

SOCIETY FOR PSYCHOLOGICAL RESEARCH

5/2008 - Present

References

Provided upon request.