**SHIRI COHEN, PHD**

Clinical Psychologist, Couples Therapist and Educator

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# EMPLOYMENT

**THIRD OPTION FOUNDATION,** Washington D.C.

*Family Resiliency Program Lead Sept 2019 – present*

## *Clinical Educator/Consultant* *Oct 2017 – present*

* Coordinate family resiliency programs for members of the CIA’s Special Operations community.
* Develop, coordinate, and expand Family Resiliency Workshops in key strategic locations around high needs content areas such as parenting and marriage resiliency in deployment contexts.
* Provide individual consultation to community couples on relationship adaptation to deployment lifestyle.
* Evaluate effectiveness of resiliency initiatives in adapting to the complex needs of the program participants.

**PRIVATE PRACTICE**   *January 2010 – present*

* Provide weekly outpatient treatment to couples across the lifespan
* Certified in Emotion Focused Couples Therapy (since 2013)
* Well-practiced in attachment-based couples treatment of Complex PTSD/Trauma

**MASSACHUSETTS GENERAL HOSPITAL HOME BASE PROGRAM,** Charlestown, MA.

*Director of Couples Services July 2016 – Aug 2019*

*Staff Psychologist, Family Team Oct 2013 – Aug 2019*

* Oversaw all clinical services and educational programming for veteran and active-duty military couples in the regional New England outpatient center and national Intensive Clinical program.
* Provided trauma-based outpatient therapy for wide range of military couples of various eras and conflicts.
* Managed a team of social workers and psychology fellows offering couples and family services.
* Facilitated peer groups focused on impact of Invisible Wounds of War on relationships and family functioning.
* Developed educational materials for community clinicians interfacing with military couples and families.

**MASS GENERAL HOSPITAL LABORATORY OF ADULT DEVELOPMENT,** Boston, MA

*Project Director Sept 2010 – July 2012*

* Oversaw research projects pertaining to adult development and close attachments across the lifespan.
* Worked with PI and other staff to develop and publish empirical research papers on relationship processes such as empathy, empathic connection, and partner communication.

**CAMBRIDGE HEALTH ALLIANCE COUPLES & FAMILY CLINIC,** Cambridge, MA.

*Staff Psychologist Sept 2008 – Aug 2010*

* Provided culturally competent care to families of diverse ethnic and socioeconomic backgrounds.
* Treated the intersection of relationship/systemic struggles with trauma and chronic systemic adversity.

**HARVARD MEDICAL SCHOOL & JUDGE BAKER CHILDREN’S CENTER,** Boston, MA.

*Research Fellow July 2008 – Aug 2010*

* Received Postdoctoral Institutional NRSA (T32 MH016259-29), Clinical Research Training Program in Biological and Social Psychiatry at Judge Baker Children's Center & Harvard Medical School.
* Under mentorship of Dr. Bob Waldinger at Brigham and Women’s Hospital, developed and conducted independent research projects on adult attachment, partner communication, and empathy.

# EDUCATION

**STONY BROOK UNIVERSITY**, Ph.D. in Clinical Psychology, 2007

HONORS: Predoctoral Individual National Research Service Award (F31 MH071147-01), 2004-2006

Department of Psychology Dissertation Fellowship Award, 2005

Department of Psychology Master’s Research Award 2002

DISSERTATION: *“Development of a Brief Couples Therapy for Depression: Targeting Illness-Related Attitudes and*

 *Behaviors, Empathy, and Support”*

**PENNSYLVANIA STATE UNIVERSITY**, B.S. in Biology (Minor in Psychology), 1999

HONORS: Academic scholarship to Penn State Schreyer Scholars Program

Phi Beta Kappa honor society

Honors in Biobehavioral health

THESIS: *“Symptoms of Depression and Anxiety in Adolescents Related to Heightened Cortical Stress Response”*

# ACADEMIC PUBLICATIONS

Bui, E., Zakarian, R. J., Laifer, L. M., Sager, J. C., Chen, Y., **Cohen, S.,** Simon, N. M., & Ohye, B. (2016). Psychometric properties of the Parenting Sense of Competence Scale in treatment-seeking Post-9/11 Veterans. *Journal of Child and Family Studies,* accepted for publication.

**Cohen, S.,** Schulz, M. S., Liu, S., Halassa, M., & Waldinger, R. J. (2015). Empathic accuracy and aggression in couples: Individual and dyadic links. *Journal of Marriage and Family.*

Waldinger, R. J., **Cohen, S.,** Schulz, M. S., & Crowell, J. A. (2014). Security of attachment to spouses in late life: Concurrent and prospective links with cognitive and emotional well-being. *Clinical Psychological Science.*

Maneta, E., **Cohen, S.,** Schulz, M. S., & Waldinger, R. J. (2014). Linkages between childhood emotional abuse and marital satisfaction: The mediating role of empathic accuracy for hostile emotions. *Child Abuse and Neglect.*

**Cohen, S.,** O’Leary, K. D., Foran, H. M., & Kliem, S. (2014). Mechanisms of change in brief couples therapy for depression? *Behavior Therapy, 45(3),* 402-417.

Malone, J. C., **Cohen, S.,** Liu, S. R., Vaillant, G. E., & Waldinger, R. J. (2013). Adaptive midlife defense mechanisms and late-life health. *Personality and Individual Differences*, 55, 85-89.

O’Leary, K. D., Foran, H. M., & **Cohen, S.** (2013). Validation of the Fear of Partner Scale. *Journal of Marital and Family Therapy*, 39(4), 502-514.

Maneta, E., **Cohen, S.,** Schulz, M. S., & Waldinger, R. J. (2013). Two to tango: A dyadic analysis of links between borderline personality traits and intimate partner violence. *Journal of Personality Disorders, 27(2),* 233-243*.*

Maneta, E., **Cohen, S.,** Schulz, M. S., & Waldinger, R. J. (2012). Links between childhood physical abuse and intimate partner aggression: The mediating role of anger expression. *Violence and Victims, 27(3),* 315-328.

**Cohen, S.,** Schulz, M. S., Weiss, E., & Waldinger, R. J. (2012). Eye of the beholder: The individual and dyadic contributions of empathic accuracy and perceived empathic effort to relationship satisfaction. *Journal of Family Psychology, 26(2),* 236-245.

Liu, L., **Cohen, S.,** Schulz, M.S., & Waldinger, R. J. (2011). Sources of somatization: Exploring the roles of insecurity in relationships and styles of anger experience and expression. *Social Science & Medicine, 73,* 1436-1443.

**Cohen, S.,** O’Leary, K. D., & Foran, H. M. (2010). A randomized clinical trial of a brief, problem-focused couple therapy for depression. *Behavior Therapy, 41(4),* 433-446.

**Cohen, S.,** Klein, D. N., & O’Leary, K. D. (2007). The role of separation/divorce in relapse into and recovery from major depression. *J of Social & Personal Relationships, 24(6),* 855-873.

O’Leary, K.D., & **Cohen, S.** (2007). Treatment of psychological and physical aggression in a couples context. In Hamel, J. & Nicholls, T. (Eds.), *Family Interventions in Domestic Violence: A Handbook of Gender-Inclusive Theory and Treatment (pp. 363-380).* New York: Guilford Press.

# PRESENTATIONS / WORKSHOPS

*Naval Special Warfare Resilient Marriage Workshop: Promoting Marital Health among Combat-Exposed Military Couples.* **Virtual Workshop,** Co-Sponsored by the Seal Legacy Foundation and the Massachusetts General Hospital/Home Base Program. (2020)

*The Science of Relationship Health and Resiliency.* **Workshop,** Home Base Wellness Retreat for Naval Special Warfare Spouses, Co-Sponsored by the Seal Legacy Foundation and the MGH/Home Base Program, Boston, MA. (2019)

*Treating Traumatized Couples using Emotionally Focused Therapy.* **Seminar,** Annual Couples Conference, Cambridge Health Alliance/Harvard Medical School, Boston, MA. (2018)

*Healing Trauma and Loss in Military Families: The Transformative Power of Attachment Bonds and Emotional Re-Wiring.* **Invited workshop,** 18th Annual Conference of the Worcester Institute on Loss and Trauma, Special Session – The Road Back Home: Supporting Military Families. (2017)

*Emotionally Focused Couple Therapy with Military PTSD and Complex Trauma.* **Clinician’s Workshop: Master Series in Couples Therapy Approaches**, Therapy Training Institute of Boston. (2017)

*Military Families and Mental Health: Three-Generational Model of Care.* **Lecture Series,** Adult Psychiatry Residency Program, Department of Psychiatry, McLean Hospital. (2017)

*Introduction to Emotionally Focused Therapy for Couples.* **Grand Rounds,** Department of Social Work, Massachusetts General Hospital. (2016)

*Couples Therapy: Addressing the Challenges Faced by Post 9/11 Veterans and their Partners.* **Webinar Course,** MGH Academy and Training Institute at Home Base: A Welcome Back Veterans Education Initiative. (2015)

*Emotionally Focused Couples Therapy for Military PTSD.* **Clinical Case Conference,** Home Base Program, Massachusetts General Hospital/Red Sox Foundation. (2015)

*The Role and Needs of Military Families: The Impact of Separation and Re-integration.* **Symposium,** Massachusetts National Guard Sponsored Conference on Suicide Prevention. (2015)

*Empathic Communication – The Key to Connection.* **Featured Talk,** MIT Museum Second Fridays Program: Social Behavior in Relationships, Cambridge, MA. (2015)

*Treating Depression in Couples.* **Seminar,** Annual Couples Conference, Cambridge Health Alliance/Harvard Medical School, Boston, MA. (2013)

*Brief Couples Therapy for Depression.* **Invited Symposium,** Annual Meeting of the Association for Advancement of Behavior & Cognitive Therapies, Washington, D.C. (2012)

*Empathic accuracy during couple conflict: Links to intimate partner aggression.* **Poster,** Harvard Medical School Department of Psychiatry Mysell Lecture and Research Conference, Boston, MA. (2012)

*How does love change as we grow older? The quality of attachment to romantic partners in younger and older adults.* **Lecture,** Harvard Medical School Department of Psychiatry Mysell Lecture and Research Conference, Boston, MA. (2010)

*How important is it to feel understood by one’s partner? An examination of interpersonal sensitivity, marital satisfaction, and gender in couples.* **Poster,**Annual Meeting of the Association for Behavioral and Cognitive Therapies, New York. (2009)

*Dyadic Treatment Approaches to Depression.* **Grand Rounds,** Department of Psychiatry, Stony Brook University School of Medicine. (2007)

# OTHER

#  Professional Summary

Clinical Psychologist with 15 years’ experience specializing in couples and family therapy, and 7 years’ experience specializing in intersection with military mental health. Passion for working with military families, supporting ongoing recovery from Invisible Wounds of War and managing challenges of adapting to military life cycles. Specific focus on treatment of complex trauma. Commitment to application of attachment theory, particularly through Emotionally Focused Therapy. Excel at providing systemically informed, evidence-based therapies to adult dyads/families to allow them to experience stronger, more healing connection. Experience in varied settings including non-profit private healthcare organization for veterans and military families; community mental health; hospital psychiatry services; hospital-based clinical and academic research centers; and private practice. Skilled in program development, administration, and evaluation in role as Director of a couple’s clinical service. Proficient in clinical supervision of psychology fellows. Clinical educator offering workshops, seminars, and consultation to special military and general populations on relationship resiliency.

# Skills / Specialized Training

* Expert in working with complex trauma and PTS using an attachment focus.
* Certified in Emotionally Focused Therapy for Couples (International Center for Excellence in EFT).
* Trained in Cognitive-Behavioral Couple Therapy for Posttraumatic Stress Disorder (Massachusetts General Hospital/U.S. VA National Center PTSD).
* Proficient in delivering clinical workshops and research presentations at national and regional conferences to clinical and academic research audiences (see presentations below).
* Experienced with writing and publishing in scientific, peer-reviewed journals *(pub list available)*.