

CURRICULUM VITAE

January, 2006

CURRENT POSITION

Private practice: Part-time (1968-73); Full-time (1973-2001); Part-time (2001-2006). MA License #1486. Co-founder of Needham Psychotherapy Associates, LLC, a multi-disciplinary group practice created 1974:

- No longer accepting patients. Practice primarily focuses on children, families and couples. Also work extensively with adults dealing with affective, anxiety, and adjustment disorders. Expert on child development, ADHD, parenting, and marriage.
- Time-sensitive use of individual, marital, and family therapies. Approach is primarily a mixture of cognitive, psychodynamic, and systemic therapies.
- Practice is characterized by a commitment to quality reflected in the recognition of expertise by peers, referral sources, and the general community.
- Monthly website column, "ParenTalk", and frequent contributor to articles/news reports on parenting and family/marriage issues in local media.
- Recognized as an expert on the use of marketing skills in mental health practice.

EDUCATION

- Ph.D. University of Massachusetts, Amherst, MA, 1965.
Doctorate in Clinical Psychology.
- M.S. University of Massachusetts, Amherst, MA, 1963.
Major: Clinical Psychology.
- B.A. Adelphi University, Garden City, Long Island, New York; 1962.
Major: Psychology; Minor: English

PRE-DOCTORAL CLINICAL-TRAINING

- 1965-66 Clinical Psychology Intern, Langley Porter Neuropsychiatric
Institute, full-time.

PROFESSIONAL APPOINTMENTS

- 1997-2005 Allied Professional Staff with Privileges in Psychology, Beth Israel-
Deaconess, Needham Campus, MA
- 1970-73 Director, Mental Retardation Programs and Center for Exceptional
Children Department of Child Psychiatry, Boston University School
of Medicine, Boston, MA
- 1968-70 Chief Psychologist, Boston University-Boston City Hospital
Guidance Center, Department of Child Psychiatry, Boston
University School of Medicine, Boston, MA
- 1966-68 Staff Psychologist, Worcester Youth Guidance Center, Worcester,
MA

TEACHING APPOINTMENTS

- 1975-78 Instructor in Clinical Psychology, Harvard University School of
Medicine, Cambridge, MA
- 1968-74 Instructor in Psychiatry (1968-71); Assistant Professor (1971-74);
Boston University School of Medicine, Boston, MA
- 1968-71 Assistant Professor, part-time, University of Massachusetts-Boston,
Boston, MA

PROFESSIONAL PUBLICATIONS

Web Sites and Private Practice, The Independent Practitioner, V21 (1), 2001.

Psychotherapy with Children and Adolescents: Marketing Tips, Psychotherapy Bulletin, V34 (3), 1999.

Co-authored with Kim Ricketts, M.Ed., The Business of Practice: PICK 42 and Practice Development, The Independent Practitioner, V19 (3), 1999.

Managing Difficult Behavior in Children: Marketing Tips, Psychotherapy Bulletin, V34 (1), 1999.

Serious Illness Marketing Tips, Psychotherapy Bulletin, V33 (3), 1998.

Separation and Divorce Marketing Tips, The Independent Practitioner, V18 (2), 1998.

Is the Tide Really Turning? The National Psychologist, V6 (6), 1997.

Strategic Marketing: How To Achieve Independence And Prosperity In Your Mental Health Practice, Sarasota, FL: Professional Resource Press, 1997.

Letter on Preschool Safety Classes, Journal of Child Sexual Abuse, V4 (2), 1995

Preserving Identities in Stepfamilies, Stepfamily Association of America, Inc., V15 (2), 1995

ADDITIONAL PROFESSIONAL ACTIVITIES

- 1997-2002 Marketing Co-Coordinator, The Brochure Project, Division 29, American Psychological Association, Washington, DC
- 1990-2001 Columnist, Massachusetts Psychological Association Quarterly, Boston, MA.
- 1990-2001 Columnist, "ParenTalk", Suburban World, Inc., Needham, MA
- 1998-2000 Chair, Public Information and Marketing Committee, Division of Psychotherapy, American Psychological Association
- 1996-1999 Facilitator, Programs for Working People, Ashland, MA
- 1996-1999 Facilitator, EAP Systems, Woburn, MA
- 1995-2000 Massachusetts Psychological Association (1995-1998); APA Division of Independent Practice (1998-2000) Representative to the Business of Practice Network, American Psychological Association, Washington, DC
- 1994-1995 Workshop Leader, Marketing Techniques for Mental Health Professionals, in collaboration with Massachusetts Psychological Association
- 1994-1999 Facilitator, The Partnership Group, Lansdale, PA.
- 1983-1986 Management Consultant, The TEC Corporation, Newton, MA

- 1975-1981 Title I Evaluator, Project Realization, Town of Needham, MA
1973-1980 Consultant, Special Needs, Pollard Junior High School, Needham, MA
1973-1977 Consultant, Psychology Department, Children's Unit, Metropolitan State Hospital, Belmont, MA
1973-1975 Consultant, Dimock Street Pre-School for Physically Handicapped Children, Boston, MA
1966-1968 Therapist, Merrifield Center for Emotionally Disturbed Foster Children, Worcester, MA

COMMUNITY/PROFESSIONAL LECTURES and WORKSHOPS:

- 1968-2006 More than 300 presentations in Boston area on a wide variety of topics related to effective parenting and building stronger marriages.
- 1993-2002 Workshops for state psychological associations and for the American Psychological Association on the application of marketing principles to creating more successful private practice.

CORPORATE WORKSHOPS

- 1994-1999 Presented workshops on a range of topics including parenting, communication skills, stress management, anger management, and work-family balance to more than two dozen corporations in the Greater Boston area as part of Employee Assistance Programs.

MEDIA

- 1994-2006 Contributor to articles on parenting and marriage for local and national newspapers and magazines including the Boston Herald, Boston Globe, The Boston Parents' Paper, "Parenting", and "Men's Health".
- 1994-2005 Appearances on local cable and TV news programs as discussant on a variety of parenting and marital issues including New England Cable News and Ch.4, Boston.

NEWSPAPER COLUMNS/ARTICLES

- 1990- More than 150 columns and articles on parenting and marriage have been published in local newspapers and on websites. Most of these articles can be found at www.drheller.com.

CONTINUING EDUCATION

Training Workshops and Institutes in the following areas (primary topics, not inclusive):

Treatment of Psychological Trauma; Diagnosis and Treatment of Dissociative Disorders; Managing High Conflict Divorce; Cyber-sex and Cyber-infidelity; Treating Obsessive Compulsive Disorder; Family Therapy; Marital Therapy; Emotionally Focused Couples Therapy; Cognitive Therapy; Borderline Disorders; Sexual Dysfunction; Substance Abuse; Organizational Diagnosis; Clinical Use of Hypnosis; Short Term Psychotherapy; Suicide in Children and Adolescents; Suicide in Adults; Using the Strong and MBTI in Career Change; Fostering Self-esteem in Children and Adults; Gender Issues in Couples and Couples Therapy; Re-Defining the Roles of Men, Diagnosis and Treatment of ADHD, Treating Anxiety Disorders, Adolescent Anger Management .

MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

American Psychological Association: Division 42 (Independent Practice).

Massachusetts Psychological Association

National Register of Health Service Providers in Psychology