

Carole E. Porcari, Ph.D.

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Education

Eastern Michigan University

Ypsilanti, Michigan

Doctor of Philosophy in APA-Accredited Clinical Psychology Program August 2009

Dissertation Defended: *Predictors of Help-seeking Behavior in Returning*

Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (OIF) Veterans June 2009

Master of Science, Clinical Psychology March 2006

Thesis: *Telemedicine and PTSD Assessment of Veterans*

Michigan State University

East Lansing, Michigan

September 1978 – April 1982

Bachelor of Science – Electrical Engineering

Clinical Experience

Carole Porcari PhD, PLLC (Private Practice)

February 2011 – Present

I am a licensed clinical psychologist working part time in an independent private practice. My duties include providing outpatient individual psychotherapy to adolescents and adults in the community.

WSU-UM Treatment Outcome Study

Pain and Stress Management for Fibromyalgia

July 2011 – Present

Provide cognitive behavioral group therapy for managing symptoms of Fibromyalgia.

CAPS - Counseling and Psychological Services

Eastern Michigan University

November 2010 – April 2012

My duties included intake assessments and therapeutic interventions for EMU students. In addition, my responsibilities included case assignments and supervision of practicum students for intake interviews and reports.

VA Ann Arbor Health Care System

September 2004 – April 2007

Provided assessment and therapeutic services for veterans in the PTSD Clinic at the VA Ann Arbor Healthcare System. Assisted in reviewing and modifying current assessment procedures to ensure consistency among clinicians. Assisted in training new clinicians to administer the CAPS.

Eastern Michigan University Psychology Clinic

April 2004 – August 2007

Provided therapeutic services for the general clinical adult population at the EMU Psychology Clinic. Therapeutic interventions included prolonged exposure, crisis intervention, cognitive behavioral therapy, and supportive therapy.

Applied Behavioral Analysis – Home Program

August 1993 – May 1996

Trained in Lovaas/Applied Behavioral Analysis (ABA) through UCLA's Clinic for the Behavioral Treatment of Children with Autism. Lead therapist for ABA program for 3 years providing 10-12 hours of ABA therapy

per week for 4 year old boy. Hired, trained and supervised 7 therapists and oversaw a 30-hour per week ABA program in the home.

Clinical Psychology Postdoctoral Fellowship

VA Ann Arbor Healthcare System

September 2009 – August 2010

Rotations: Posttraumatic Stress Disorder Clinic & Mental Health Clinic

Provided assessment and therapeutic services for veterans at the VA Ann Arbor Healthcare System. Assessments included self-report questionnaires, information from family members and other healthcare professionals, and semi-structured patient interviews that included the Clinician-Administered PTSD Scale (CAPS) and the Mini International Neuropsychiatric Interview (MINI). Therapeutic interventions included individual and group psychotherapy including prolonged exposure (PE), cognitive processing therapy (CPT), cognitive behavioral analysis system of psychotherapy (CBASP), cognitive behavioral therapy, motivational interviewing, crisis intervention, and supportive therapy. In addition, I developed and facilitated a 10 week session Anxiety Group, based on Craske, Barlow, and O'Leary's cognitive-behavioral intervention for Generalized Anxiety.

Clinical Psychology Internship

John D. Dingell VA Medical Center

September 2008 – August 2009

Rotations: Mental Health Clinic (all year), Closed Psychiatric Unit, Intensive Outpatient Program for Addiction, Neuropsychology, & Behavioral Health Clinic

Conducted individual and group psychotherapy, intake assessments, assessment of acute psychiatric symptomology, standardized neuropsychological assessment, and compensation and pension examinations for the veteran population. Interventions included cognitive behavioral therapy, motivational interviewing, supportive therapy, and brief psychodynamic therapy. Provided clinical observations in interdisciplinary treatment team meetings and offered opinions regarding assessment and treatment planning

TEACHING

Oakland Community College

May 2012 – Present

INSTRUCTOR: Marriage and Family (SSC 2610)

Schoolcraft College Psychology Department

September 2010 – Present

INSTRUCTOR: Introductory Psychology (Psych 201)
Abnormal Psychology (Psych 239)

Eastern Michigan University Psychology Department

September 2006 – April 2007

INSTRUCTOR: Abnormal Psychology

Engineering Experience

Systems Engineer

Unisys Corporation, Plymouth, Michigan

September 1982 - May 1992

Designed and developed real-time software programs for a variety of applications. Coordinated specifications from the hardware and software designers. Wrote detailed technical manuals for use in the field. Supervised the training and work assignments of a college intern. Supervision required planning of instruction on software programming and operation of various computer systems.

Publications

- Porcari, C. E.**, Amdur, R., Koch, E. I., Richard, D. C. S., Favorite, T., Martis, B., & Liberzon, I. (2009). Assessment of post-traumatic stress disorder in veterans by videoconferencing and by face-to-face methods. *Journal of Telemedicine and Telecare* 15, 89-94.
- Rauch, S.A.M. Favorite, T., Giardino, N., **Porcari, C.**, Defever, E. and Liberzon, I. (2009). Relationship between anxiety, depression, and health satisfaction among veterans with PTSD, *Journal of Affective Disorders*.
- Porter, K., **Porcari, C.**, Koch, E., Fons, C. & Spates, R. (2006). In vivo exposure treatment for agoraphobia. *The Behavior Analyst Today*, 7(3), 434-440.
- Buis, L., Kotagal, L., **Porcari, C.E.**, Rauch, S.A.M., Krein, S., & Richardson, C. 2011. Perceptions of Physical Activity in Post-Deployment OEF/OIF Veterans. *Journal of Rehabilitation Research & Development*, 48(1), 83-88.

Manuscripts In Preparation

- Porter, K., Porcari, C., Koch, E.I., & Rauch, S.A.M. 2011. Higher Order Factors of Help-Seeking in Returning Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (OIF) Veterans. Manuscript submitted for publication in Psychological Services.

PRESENTATIONS

- Porcari, C.**, Rauch, S.A.M., Koch, E.I., & Hoodin, F. (2009, November). *Predictors of Help-Seeking in Returning Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (OIF) Veterans*. Poster session presented at the annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Porter, K.E., **Porcari, C.**, Koch, E.I., & Rauch, S.A.M. (2009, November). *Higher Order Factors of Help-Seeking in Returning Operation Enduring Freedom and Operation Iraqi Freedom Veterans*. Poster session presented at the annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Messina, M., Smith, E., Favorite, T.K., & **Porcari, C.** (2009, November). *Cognitive Behavioral Analysis System for Psychotherapy: Group Therapy in the Treatment of Veterans with Chronic Depression*. Poster session presented at the annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Porcari, C.**, Rauch, S.A.M., Koch, E.I., & Hoodin, F. (2009, November). *Health Care Utilization Patterns and Barriers to Care for Returning OEF and OIF Veterans*. Poster session presented at the annual convention of the International Society for Traumatic Stress Studies, Atlanta, GA.
- Fons, C.E., Stanley-Kime, K., **Porcari, C.**, Porter, K.E., Bunton, K., & Koch, E.I. (2008, March). *The Relationship Between Anxiety Sensitivity and Physical and Psychological Health in a College Sample*. Poster session presented at the Anxiety Disorders Association of America, Savannah, GA.
- McCourt, M., **Porcari, C.**, & Koch, E. (2007, November). *Effects of an Introductory Speech Course on Student's Speech Anxiety*. Poster session presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Porcari, C.**, Amdur, R., Koch, E., Richard, D., Favorite, T., Martis, B., & Liberzon, I. (2007, March). Telemedicine and PTSD Assessment of Veterans: A Study of Equivalence Between Videoconferencing (VTC) and Face-to-Face (FTF) Methods. In J. Himle (Chair), *Telemedicine in Mental Health*. Symposium conducted at the annual convention of the Anxiety Disorders Association of America, St. Louis, MO.

- Rauch, S.M., Corden, M., Favorite, T.K., Porter, K., King, T., & **Porcari, C.** (2007, March). *Factors Influencing Treatment Seeking In OEF/OIF Veterans at the VA Ann Arbor Healthcare System*. Poster session presented at the annual convention of the Anxiety Disorders Association of America, St. Louis, MO.
- Porcari, C.**, Amdur, R., Koch, E., Richard, D., Favorite, T., Martis, B., & Liberzon, I. (2006, November). *Telemedicine and PTSD Assessment of Veterans: A Study of Satisfaction and Alliance between Videoteleconferencing (VTC) and Face-to-face (FTF) Methods*. Poster session presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Porter, K., Koch, E., Fons, C., Mason, S., & **Porcari, C.** (2006, November). Impact of Exposure Dose on Treatment Efficacy: A Meta-Analysis. In D.C.S. Richard (Chair), *Treatment for Anxiety Disorders*. Symposium conducted at the annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Fons, C., Koch, E., Abelson, J., McLean, S., **Porcari, C.** & Pole, Nnamdi, P. (2006, November). *Physiological Arousal and Acute Stress Disorder Among Trauma Survivors in an Emergency Department*. Poster session presented at the annual convention of the International Society for Traumatic Stress Studies, Hollywood, CA.
- Porcari, C.**, Amdur, R., Koch, E., Richard, D., Favorite, T., Martis, B., Garrity, C., & Liberzon, I. (2006, November). *Telemedicine and PTSD Assessment of Veterans: Comparing Videoconferencing and Face-to-face Methods*. Poster session presented at the annual convention of the International Society for Traumatic Stress Studies, Hollywood, CA.
- Rauch, S., Giardino, N., Favorite, T., **Porcari, C.**, Martis, B., & Liberzon, I. (2006, November). *Relationship Between Anxiety, Depression, and Health Satisfaction Among Veterans with PTSD*. Poster session presented at the annual convention of the International Society for Traumatic Stress Studies, Hollywood, CA.
- Hoodin, F., Gillis, M., Lynch, T., **Porcari, C.**, Sehgal, R., Sprinkle, R., Vannest, N., & Weber, S. (2003, June). *Mental Functioning, Social Support, and Emotional Functioning after Bone Marrow Transplant*. Paper presented at the Bone Marrow Transplant Educational Forum, Livonia, MI.
- Porcari, C.**, Sprinkle, R., Lynch, T., Weber, S., Vannest, N., Edwards, T., Sehgal, R., & Hoodin, F. (2003, March). Quantitative Analysis and Self-Report Measures of Efficacy of Written Exposure Across Trials. In M. Byrd (Chair), *Emotional Disclosure in Bone Marrow Transplant Survivors*. Symposium conducted at the annual conference of the Behavioral Analysis Association of Michigan, Ypsilanti, MI.
- Sprinkle, R. **Porcari, C.**, Weber, S., Lynch, T., Edwards, T., Vannest, N., Sehgal, R. & Hoodin, F. (2003, March). Thematic Analysis of Written Exposure Across Trials. In M. Byrd (Chair), *Emotional Disclosure in Bone Marrow Transplant Survivors* Symposium conducted at the annual conference of the Behavioral Analysis Association of Michigan, Ypsilanti, MI.
- Vannest, N., Lynch, T., Weber, S., Sehgal, R., Sprinkle, R., **Porcari, C.**, Edwards, T. & Hoodin, F. (2003, March) *Social Contingencies and Emotional Disclosure* In M. Byrd (Chair), *Emotional Disclosure in Bone Marrow Transplant Survivors*. Symposium conducted at the annual conference of the Behavioral Analysis Association of Michigan, Ypsilanti, MI.