

Theresa L. Lavoie, Ph.D.

EDUCATION

- 2000 Ph.D. Clinical Psychology (APA Accredited) Suffolk University, Boston, MA.
- 1997 Master's Degree Clinical Psychology, Suffolk University Boston, MA.
- 1995 Bachelor of Science Clinical Psychology, Suffolk University, Boston, MA.

CLINICAL POSITIONS

- 2008 – Private Practice specializing both in neuropsychological assessments as well as treatment of ADHD, anxiety, and depression. Emphasis is on holistic treatment focusing on mindfulness, cognitive behavioral therapy, and specific strategies for keeping people well.
- 2006 – 2008. ADD Health and Wellness Centers, Inc. Director of Psychological Services. National Practice specializing in the treatment of Learning Disabilities, Attention Deficit Hyperactivity Disorder and co-occurring conditions such as anxiety and depression.
 - Corporate, clinical, and administrative responsibilities.
 - Designed outcome database for tracking client progress during treatment.
 - Hiring and retention of national staff
 - Developed and implemented clinical training protocol for all clinical staff
 - Designed and implemented national free screening program for ADHD
- 2005 Private Practice specializing in the diagnosis and treatment of children and adults with learning disabilities, ADHD, anxiety, and depression. Holistic treatment model focusing on keeping people well.
 - Individual and group psychotherapy focusing on cognitive behavioral strategies, mindfulness, meditation, and healthy psychological functioning.
 - Neuropsychological assessments and consultation with individuals, families, and schools regarding accommodations and treatment options.
 - Supervision of other mental health professionals.
 - Day long workshops addressing ADHD and well-being.
 - Forensic expert witness (Federal and Local Courts).
 - Professional contributor to ADDitude Magazine: “Ask the Expert.”
 - Research contributor to a “Sensory Processing Measure” with Western Psychological Services
- 2000 – 2005 The Hallowell Center, Andover MA: Licensed psychologist specializing in the diagnosis and treatment of children and adults with learning disabilities, Attention Deficit Hyperactivity Disorder, anxiety, and depression.
 - Individual and group therapy.
 - Neuropsychological assessments.
 - Independently developed and implemented various 6-week seminars and group treatment programs for adolescents, adults, and couples with ADHD.

- Nationally recognition: Couple's group by US News and World Report (2004) and Reader's Digest (2005). Appearance February 2005 on the Jane Pauley Show focusing on neuropsychological assessment and ADHD.
- Bimonthly article in ADDitude Magazine Beginning April 2005.

POST-DOCTORAL INTERNSHIP

- 2000 New England Medical Center, Pediatric Neurology, Boston, MA. Neuropsychological assessment of children, adolescents, and adults.

PRE- DOCTORAL TRAINING

- 1999 Beth Israel Deaconess Medical Center, Pre-doctoral Internship in Behavioral Neurology, Boston, MA. Neuropsychological assessment of adults and adolescents, and individual and group psychotherapy.
- 1998 Private practice in Needham, MA. Psychotherapy with children and adults.
- 1997 Home for Little Wanderers, Boston, MA. Individual therapy and neuropsychological assessments of children and school based treatment.

PREVIOUS POSITIONS

- 1992-2001 Boston Sailloft, Boston Waterfront, MA. Bartender.
- 1991-1992 Executone Information Systems, Westwood MA. Training, selling, and distribution of telephone equipment to physically challenged individuals.
- 1986-1991 Coldwell Banker Hutchinson Company, Norton MA. Sales manager for one year, Real estate agent, National Circle of Honor award and top female sales associate.

ACADEMIC APPOINTMENTS

- 1996-2001 University of Massachusetts, Boston Massachusetts. Instructor 15+ classes in Psychological Assessment, General Psychology, Child Development, Adolescence, and Group Dynamics.
- 1996-1998 Suffolk University, Boston MA. Instructor of General Psychology, Social Psychology, Psychological Assessment, and Child Development.
- 1995-1996 Quincy College, Quincy, MA. Instructor of General Psychology, Social Psychology, and Child Development.

RESEARCH

- 2006 Development and Implementation of outcome database for ADD Health and Wellness Centers, Inc.
- 2006 Sensory Processing Measure (SPM) Western Psychological Services. Study Coordinator.
- 2004 Pilot study. The effects of the Zone Diet and fish oil supplements on symptoms of ADHD in children (age 10-18). Sears Laboratory and Hallowell Center.
- 2000 Doctoral Dissertation: "The Effects of the Relaxation Response on Symptoms of ADHD in Adult Males." Suffolk University and Beth Israel Deaconess Medical Center.
- 1997 Master's Thesis: Suffolk University, Boston MA: "An Understanding of Rapport in the Therapeutic Relationship."
- 1995 Honors Thesis: Young, Middle-aged, and Older Adult's Cognitive Representations of the City of Boston. Suffolk University, Boston MA.

PRESENTATIONS

- 2007 Trends in ADHD Diagnosis and Treatment, Plano ISD Psychologists.
- 2007 Successful Techniques to Focus the Brain, Brain Science and Mindfulness Concepts. ADDA 2007 Providence Regional Meeting – Providence, RI.
- 2007 Helping children and adults with learning differences reach their potential. Educational Seminar Montgomery County South Regional Library, The Woodlands, Texas.
- 2007 ADHD: A Team Approach Seminar in Cambridge MA for Lorman Group
- 2007 A holistic approach to treating ADHD. Presented to Plano School District teachers, Plano, Texas.
- 2007 Trends in ADHD Diagnosis and Treatment. Great Lakes School, Plano, Texas
- 2005 Trends in Current Thinking on ADHD and the College Student. Disabilities Speaker Series, Merrimack College, Andover MA.
- 2005 A holistic approach to treating ADHD, Andover Public Library Speakers Series.
- 2000 Multiple presentations within Massachusetts school systems regarding learning differences, neuropsychological assessments, and children’s general well being.
- 1995 Poster presentation: Environmental Design Research Association: Young, Middle-aged, and Older Adult’s Cognitive Representations of Boston.

PUBLICATIONS

- 2008 ADHD: A Clinician’s Perspective. The Autism Spectrum. October, 2008
- 2008- Introduction and Overview of ADHD. Exceptional Parenting Magazine (Six Part Series In Press, March 2008)
- 2007 New Centers aim to provide DM-style, multidisciplinary care to people with ADD/ADHD. Disease Management Advisor. Vol 13, No 7.
- 2006 Is it Really ADHD? Kiwi Parenting Magazine with Theresa Cerulli, M.D.
- 2005 “Advice from Experts” Contributor to ADDitude Magazine.
- 2005 Bimonthly articles with Edward Hallowell, M.D. in ADDitude Magazine.
- 2004 Finding Focus, The Eagle-Tribune newspaper article on adult ADHD.
- 2001 Speech Psi Chi Honor Society, Induction Ceremony.
- 2000 Inaugural Hooding Speech, Suffolk University doctoral graduation.
- 1998 College of Arts and Sciences Hooding Ceremony Speech, Suffolk University

LICENSURE AND CERTIFICATION

- 2007 National Register Health Service Provider #51833
- 2003 Massachusetts Psychologist #8088

MEMBERSHIPS AND AFFILIATIONS

- 1998- Massachusetts Neuropsychological Association
- 1997- American Psychological Association

AWARDS AND HONORS:

- 1995 Cum Laude, Suffolk University, Boston MA.
- 1995 Academic Achievement in Psychology
- 1994 Psi Chi, National Honor Society in Psychology