

Karianne Bilsky, Ph.D.

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Education

Ph.D. Counseling Psychology, West Virginia University, August 2013

M.S., Professional Counseling, Carlow University, 2009

B.S., Psychology, Messiah College, 2005

Minors: Counseling; Human Development & Family Studies

Current Position

1/18-Present Schachner Associates, P.C. (Pittsburgh, PA)

Licensed Psychologist

- Conduct diagnostic intakes
- Provide individual therapy (ages 15+) and couples therapy
- Perform psycho-educational and psychological evaluations for clinical and forensic purposes
- Provide supervision for pre-doctoral and post-doctoral trainees, as needed
- Complete consultation with community providers

8/13-12/17 Veterans Administration Pittsburgh Healthcare System (Pittsburgh, PA)

Staff Psychologist, PTSD Clinic Team (PCT)

- Conducted semi-structured PCT initial evaluations
- Administered and interpreted various psychological testing tools to aid in PTSD and differential diagnosis
- Provided individual psychotherapy (including CPT and PE) with veterans with symptoms of PTSD and other trauma-related disorders
- Facilitated outpatient psychotherapy groups for veterans with PTSD
- Participated in weekly treatment team and case conference meetings
- Presented scholarly articles and participate in discussion during PTSD Journal Club
- Completed psychiatric Compensation and Pension examinations
- Supervised pre-doctoral interns on CSRC rotation
- VA CPT and PE provider-designated
- Additional Duties:
 - Functioned as the facility Intimate Partner Violence Coordinator
 - Provided brief diagnostic evaluation and treatment planning in the Behavioral Health Clinic
 - Assisted with didactics for APA-accredited psychology internship and fellowship trainees
 - Served on the Professional Advisory Group for the chaplain training program (2014 – Present)
 - Served on the Disruptive Behavior Committee (3/2017 – Present)
 - Served on the Women’s Mental Health Subcommittee (2016 – Present)

Clinical Internship

8/12-8/13 Veterans Administration Pittsburgh Healthcare System (Pittsburgh, PA)
Director of Clinical Training: Bernadette Lauber, Ph.D.

Rotations

4/22-8/13 PTSD Clinic Team (PCT)

- Conduct semi-structured PCT initial evaluations
- Administer and interpret various psychological testing tools to aid in PTSD and differential diagnosis
- Provide individual psychotherapy (including CPT and PE) with veterans with symptoms of PTSD and other trauma-related disorders
- Co-facilitate outpatient psychotherapy groups for veterans with PTSD
- Participate in weekly treatment team and case conference meetings
- Present scholarly articles and participate in discussion during PTSD Journal Club

1/13-4/19 GRECC

- Administer, score, and interpret common cognitive screening instruments
- Provide individual psychotherapy to older adults in the home setting
- Provide interventions to reduce caregiver stress in patients' homes
- Participate in consultation and liaison during Geriatric Evaluation and Management Clinic and Home-Based Primary Care interdisciplinary meetings

8/12-Present Primary Care (PRIME)

- Conduct brief assessments in the primary care setting and the Mental Health Walk-In Clinic
- Diagnose major presenting problems, identify psychosocial issues impacting functioning, and develop appropriate treatment plans
- Conduct evaluations for insomnia and deliver CBT-I
- Provide brief, individual psychotherapy and health psychology interventions using short-term, empirically-validated treatments for common presenting issues
- Participate in consultation and liaison with primary care staff during PACT meetings
- Conduct Phase I organ transplant psychological evaluations

Externship

1/13-8/13 Center for the Treatment of Addictive Disorders

- Conduct substance abuse initial evaluations
- Provide group psychotherapy for veterans in residential, opioid-replacement therapy, and outpatient treatment

Clinical Experience

8/11-5/12 Allegheny General Hospital, Department of Psychiatry (Pittsburgh, PA)
Supervisor: Michael D. Franzen, Ph.D.
Position: Doctoral Practicum Student
Population Served: Adolescents, Adults, Older Adults

- Conducted neuropsychological evaluations at the inpatient level of care
- Provided inpatient consultation and liaison services for patients of diverse ages, ethnic/racial backgrounds, and presenting problems (TBI, dementia, memory loss)

- Administered and scored outpatient, comprehensive, flexible neuropsychological batteries
- Composed integrative reports based on clinical interview, test results, and review of the medical record

5/11-8/11

Schachner Associates (Pittsburgh, PA)

Supervisor: Samuel K. Schachner, Ph.D.

Position: Doctoral Practicum Student

Population Served: Children, Adults

- Conducted psychosocial interviews
- Administered and interpreted measures of cognitive ability, academic achievement, visual-motor skills, and executive functioning
- Administered and interpreted self-report instruments, objective and projective personality measures for psychoeducational and court-ordered evaluations
- Composed integrated summaries of test results for supervising psychologist
- Reviewed collateral material and summarized findings for supervising psychologist

5/11-8/11

Mindfit Clinic, Carruth Center for Psychological and Psychiatric Services, West

Virginia University (Morgantown, WV)

Supervisor: Daniel G. Long, II, Ph.D.

Position: Doctoral Practicum Student

Population Served: Adults

- Conducted ADHD screenings utilizing clinical interview, IVA+ CPT, and NV-MSVT
- Prepared integrative reports of ADHD screening results
- Provided clients with feedback and recommendations
- Conducted individual counseling interventions within a brief therapy model

9/10-5/11

Veterans Administration Pittsburgh Healthcare System, PTSD Clinical Team

(Pittsburgh,PA)

Supervisor: Melissa R. Marcario, Ph.D.

Position: Doctoral Practicum Student

Population Served: Adults

- Implemented CBT and CPT with veterans diagnosed with PTSD, adjustment disorders, and anxiety disorders
- Co-facilitated weekly Seeking Safety group therapy for veterans diagnosed with PTSD and substance abuse disorders
- Co-facilitated weekly anger management group for the PTSD Intensive Outpatient Program
- Conducted initial diagnostic mental health evaluations, made appropriate referrals, and prepared intake reports

5/09-8/09

Gateway Rehabilitation Center (McMurray, PA)

Supervisor: Alison Bryant, L.S.W.

Position: Master's Intern

Population Served: Adults

- Co-facilitated daily group psychotherapy and psychoeducation sessions for substance abuse partial hospitalization program
- Delivered cognitive-behavioral and recovery-oriented group interventions
- Conducted individual psychotherapy sessions

- Completed initial intake paperwork and screening, progress notes, treatment plans, and discharge summaries
- 1/09-4/09 Schachner Associates (Pittsburgh, PA)
 Supervisor: Stephen P. Schachner, Ph.D.
 Position: Master's Practicum Student
 Population Served: Children
- Conducted intake interviews for child assessment
 - Administered and scored measures of cognitive ability and broad academic achievement
 - Administered and scored parent and child symptom inventories
 - Presented feedback, recommendations, and referrals to parent and child
- 7/05-1/06 Children's Crisis Treatment Center, Project Tamaa (Philadelphia, PA)
 Supervisor: Anne Holland, Ph.D.
 Position: Co-Facilitator
 Population Served: Children
- Conducted initial trauma interviews with children and adolescents
 - Co-facilitated West African Refugee Children's Trauma- and Grief-Focused Therapy Groups
 - Implemented therapy modules on a weekly basis for one elementary and one middle school psychotherapy group
 - Completed weekly progress notes and attended weekly supervision meetings
- 6/03-8/03 The Bradley Center (Mt. Lebanon, PA)
 Supervisor: Mark A. Sullivan, M.S.
 Position: Undergraduate Clinical Intern
 Population Served: Children
- Participated in daily therapeutic activities on the Mental Health/Mental Retardation Residential Unit
 - Assisted Program Director with psychiatric rounds, clinical review, and interagency meetings
 - Co-facilitated group psychoeducation and psychotherapy

Publications/Presentations

Daniels, J. A., Angleman, A. J., Vecchi, G. M., Bilsky, K. D. P., Leonard, J., Page, J., ..., & Ramirez, B. (2015). Motives of criminal captive-takers: A preliminary investigation. *Journal of Police and Criminal Psychology*. doi: 10.1007/s11896-015-9167-4

Bilsky, K. (2011, April). *Multiple cultural identities and post-deployment spiritual beliefs: A biracial veteran's perspective*. Poster presented at the annual Great Lakes Conference, Bloomington, IN.

Bilsky, K. D. P. (2009, April). *The interplay of school and family roles for adult learners who are mothers: Implications of expansionist theory*. Presented at the annual Graduate Colloquium, Carlow University, Pittsburgh, PA.

Daniels, J. A., Amores, M. J., Haist, J., Chamberlain, S., **Bilsky, K.**, & Leonard, J. M. (2011, August). *Initial validation of voice recognition interpretation methodology*. Poster presented at the annual convention of the American Psychological Association, Washington, D.C.

- Daniels, J. A., **Bilsky, K.**, Chamberlain, S., & Haist, J. (2011). School barricaded captive-takings: An exploratory investigation of school resource officer responses. *Psychological Services, 8*(30), 178-188. doi: 10.1037/a0024738
- Daniels, J. A., **Bilsky, K. D. P.**, Chamberlain, S., & Haist, J. (2010, August). *School barricaded hostage events: A grounded theory of school resource officer responses*. Poster presented at the annual convention of the American Psychological Association, San Diego, CA.
- Daniels, J. A., **Bilsky, K.**, & Wassif, J. (2011, August). *School hostage-taking: A case study*. Poster presented at the annual convention of the American Psychological Association, Washington, D.C.
- Daniels, J., Little, W., Leonard, J. M., & **Bilsky, K. D. P.** (2011, Nov.). *Research with violent offenders: Motives and methods*. Symposium accepted for presentation at the annual conference of the American Society of Criminology, Washington, D.C.
- Wilsey, S. A. Ley, L., Zombeck, T., & **Bilsky, K. D. P.** (2009). *The interplay of school and family roles for adult students who are mothers*. Poster and roundtable discussion presented at the Society for Research in Adult Development Symposium, Denver, CO.

Research Experience

- Doctoral Dissertation When the Sacred Hurts: Using Grounded Theory to Understand How Former Members Experienced Abuse of Religious Authority in Christian Groups
- 8/09-5/12 Research Team Member, West Virginia University
Principal Investigator: Dr. Jeffrey Daniels
Research Emphases: School violence, captive-taking
Assisted in researching incidents of school-based captive-takings; in collaboration with the research team, conducted grounded theory analysis (using NVivo software) of qualitative interviews with school resource officers about averted school violence; conducted literature review for a study on a new translation methodology; conducted literature review for a study on an averted school shooting.
- 8/09-5/12 Co-Investigator, An Armed School Captive-Taking in Colorado: A Case Study
- 8/09-5/12 Co-Investigator, Initial Validation of Real-Time Voice Recognition Translation Methodology for Cross-Cultural Research
- 8/08-12/08 Research Team Member, Carlow University
Principal Investigator: Stephanie Wilsey, Ph.D.
Participated in conducting research with student mothers; edited and finalized survey items; conducted and composed a literature review; assisted in coordinating survey dissemination; compiled qualitative survey responses.
- 8/04-4/05 Student Worker, Messiah College
Principal Investigators: John Addleman, Ph.D.
Charles Jantzi, Ph.D.
Assisted with research on technology and communication between college

students and parents; proofread research questionnaires; coded participant responses; entered data into SPSS.

8/03-4/05

Scholar Intern, Messiah College

Principal Investigator: Winston Seegobin, Ph.D.

Transcribed 50 interviews of inhabitants of Trinidad and Tobago for research on mate selection and marriage; coded qualitative data and used SPSS to enter data from 50 interviews with children from Trinidad and Tobago about children's perceptions of deity. Invited to co-present findings at the 2004 APA Conference.

Teaching Experience

8/04-4/05

Work Study, Messiah College Psychology Department

Supervisor: John Addleman, Ph.D.

Instructed one undergraduate class each in Abnormal Psychology (eating disorders) and History & Systems of Psychology (Neo-Freudian Theory); maintained records; assisted with test scoring.

1/05-4/05

Co-Facilitator, Messiah College

Observed undergraduate students' counseling skills, provided feedback and demonstrations to students; assisted students to practice basic counseling skills.

Service Activities

Washington County Behavioral Health/Developmental Disabilities Advisory Board

2/10-2/13

Chairperson

6/10-12/10

Program Evaluation Subcommittee Member

2/09-2/10

Secretary

9/09-10/11

APAGS Advocacy Coordinating Team

State Advocacy Coordinator, West Virginia

Honors and Awards

2014

West Virginia University, CEHS Outstanding Graduating Student

2013

West Virginia University, CEHS Alumni Association Outstanding Student Award

2005

Outstanding Senior Student, Messiah College Psychology Department

2005

Women in Leadership Award, Messiah College & PA's 50 Best Women in Business

2004-2005

Boyer Scholar, Messiah College

2003-2004

Outstanding Junior Student, Messiah College

2001-2005

Trustees' Scholarship for Excellence, Messiah College

2001-2005

National Merit Scholarship Finalist

