



# INTEGRATIVE MEDICINE GRAND ROUNDS

## TUESDAY, FEBRUARY 2, 2016

### CLINICAL CASE PRESENTATION:

# "CONTEXTUAL COGNITIVE BEHAVIORAL THERAPIES FOR PATIENTS WITH MEDICAL ILLNESS AND DEPRESSION: THREE ACCEPTANCE-BASED CBT APPROACHES."

**PRESENTED BY:** BRIGHAM AND WOMEN'S HOSPITAL (BWH)



**Co-Presenter**

**Abby Altman, PhD**  
Associate Psychologist and Associate Director of Psychiatry Education, BWH; Instructor, Harvard Medical School.



**Co-Presenter**

**Sonia Matwin, PhD**  
Associate Psychologist, BWH Faulkner; Instructor, Harvard Medical School



**Co-Presenter**

**Meghan Searl, PhD**  
Clinical Neuropsychologist, Center for Brain Mind Medicine, BWH; Instructor in Psychology, Department of Psychiatry, Harvard Medical School



**Discussant**

**Megan Oser, PhD**  
Director, CBT and Behavioral Medicine Program, Dept. of Psychiatry, BWH; Instructor, Harvard Medical School

### SPRING 2016 SCHEDULE:

**March 1st**  
**Berklee College of Music**  
Suzanne B. Hanser, Ed.D, MT-BC

**April 5th**  
**Boston Children's Hospital**  
Emily Davidson, MD, MPH

### MONTHLY | FIRST TUESDAY'S | 8:00-9:00AM

Bornstein Family Amphitheater, BWH  
45 Francis St., Boston, MA 02115  
[www.oshercenter.org](http://www.oshercenter.org) | 617.525.8737

**HMS CME CREDITS AVAILABLE**



# Integrative Medicine Grand Rounds

## Speaker Biographies



### **Sonia Matwin, PhD –Associate Psychologist, Department of Psychiatry, BWH**

Sonia Matwin is an Associate Psychologist at Brigham and Women’s Faulkner Hospital (BWFH), as well as an instructor at Harvard Medical School. Dr. Matwin received her PhD in Social Psychology, with a specialization in Health Psychology at the University of Utah. She then completed re-specialization training at Suffolk University where she received a doctoral certificate in Clinical Psychology. Dr. Matwin’s research focuses on developing effective health communications (particularly in relation to health promotion), promoting effective decision-making, and treatment adherence. Dr. Matwin’s clinical expertise is in short-term, evidence-based cognitive behavioral psychotherapies. Dr. Matwin employs mindfulness-based interventions to support targeted treatment in many different medical and psychological illnesses.



### **Abby Altman, PhD – Associate Psychologist and Associate Director of Psychology Education, BWH**

Abby Altman is an Associate Psychologist at BWH, where she is a full-time clinician in the CBT Program. She is also the Associate Director of Psychology Education at BWH, as well as an instructor at Harvard Medical School. Dr. Altman has comprehensive training and specialization in general psychiatry, geropsychology, health psychology, and substance abuse. Dr. Altman is a member of the Motivational Interviewing Network of Trainers, and is certified as an Advanced Alcohol and Drug Counselor from the International Certification & Reciprocity Consortium. Her research interests are in numerous disciplines of CBT, Motivational Interviewing training outcomes, and geropsychology, of which she has trained in. She is currently serving as the mentorship co-coordinator for the American Psychological Association, Division 17 – Older Adult Special Interest Groups.



### **Meghan Searl, PhD, ABPP-CN – Clinical Neuropsychologist, Center for Brain Mind Medicine, BWH**

Meghan Searl is a Clinical Neuropsychologist at the Center for Brain Mind Medicine at BWH, as well as an instructor in psychology at Harvard Medical School. Dr. Searl has been a clinician and supervisor at BWH since 2004, where her practice includes neuropsychological assessments, cognitive rehabilitation therapy, and both individual and group mindfulness interventions. In addition to her training in neuropsychology, she is a graduate of the nine-month Mindfulness and Psychotherapy Certificate Course, from the Institute for Meditation and Psychotherapy in Cambridge, Massachusetts. Dr. Searl has a background in Tibetan Buddhist meditation and is currently pursuing teaching certification in Mindfulness-Based Stress Reduction.



### **Megan Oser, PhD – Director, CBT and Behavioral Medicine Program, BWH**

Megan Oser is Director of the CBT and Behavioral Medicine Program in the Department of Psychiatry at BWH, and an Instructor at Harvard Medical School. Dr. Oser received her PhD in Clinical Psychology from the University of Nevada, Reno, completing a Behavioral Medicine internship at VA Palo Alto Health Care System, and a health services research fellowship at Stanford University. Dr. Oser’s expertise is in the application of acceptance-based behavioral therapies within behavioral medicine. She developed an Acceptance and Commitment Therapy (ACT) group intervention for BWH psychiatry patients with medical conditions. Dr. Oser’s research focuses on promoting patient engagement in ‘difficult-to-tolerate’ medical care through acceptance and mindfulness-based behavioral interventions. She is currently pursuing such investigations with patients enrolled in the ACT group, hepatitis C patients, bariatric surgery patients, and atrial fibrillation patients.