

Vibh Forsythe Cox, Ph.D.

Curriculum Vita

CONTACT

Behavioral Tech, LLC
1107 NE 45th Street, Suite 230
Seattle, WA 98105
Email: VForsytheCox@behavioraltech.org

VibhCoxPhD.com
VibhCoxPhD@gmail.com

EMPLOYMENT

Behavioral Tech **March 2018-present**
Training and Development Specialist
Trainer and Consultant

Cadence Child and Adolescent Therapy **April 2015-present**
Licensed Staff Psychologist

Department of Psychology, University of Washington **2015-present**
Clinical Instructor

EDUCATION

The Ohio State University | Ph.D. **August 2014**
APA Accredited Program: Clinical Psychology
Advisor: Jennifer S. Cheavens, Ph.D.
Dissertation Title: "Choosing emotion regulation strategies:
The impact of Borderline Personality Disorder symptoms and
interpersonal cues."

The Ohio State University | Master of Arts **February 2011**
APA Accredited Program: Clinical Psychology
Advisor: Jennifer S. Cheavens, Ph.D.
Master's Thesis Title: "The moderating effect of Borderline
Personality Disorder symptoms on interpersonal cues and the
perception of social support."

The University of Kentucky | Bachelor of Arts **August 2007**
Lexington, Kentucky
Major: Psychology
Departmental and University Honors, Summa Cum Laude

PROFESSIONAL AFFILIATIONS

DBT-Linehan Board of Certification Certified Clinician	2019-present
International Society for Improvement and Teaching of Dialectical Behavior Therapy.	2011-present
<i>Board member</i>	2020
<i>Anti-Racism Steering Committee</i>	2020
<i>Anti-Racism Committee Chair</i>	2021
American Psychological Association.	2010-present
Association for Behavioral and Cognitive Therapies.	2008-Present
OSU Psychology Department Positive Psychology Special Interest Group	2013
OSU Psychology Department Emotion Regulation special interest group	2012-2013
Society for Personality and Social Psychology.	2010-2011
<i>Student member.</i>	

PROFESSIONAL INTERESTS

- Pursuing excellence in the clinical delivery of evidence-based treatments.
- Working with adolescents and their families.
- Providing supervision, consultation, and training to support mental health professionals in increasing compassion, competence, and effectiveness as clinicians.
- Helping teams surmount the challenges of having members in different settings, states, and countries.
- Dissemination and implementation of DBT.
- Improving accessibility and delivery of DBT to clients of color.
- Mentoring graduate students of color to increase diversity and representation in mental health research and treatment.

TRAINING DEVELOPMENT

Training and Content Development Specialist	2018-present
• Collaborate with a team of content experts at Behavioral Tech to develop trainings and revise existing training materials.	
• Ensure that training content reflects current evidence, best teaching practices, and CE board requirements.	
• Identify learning objectives, develop training materials, quiz and exam questions.	
Online Comprehensive Training Foundational Pathway	2017-present
• Participated in the development of the online Comprehensive Training program designed to provide the learning content of Behavioral Tech's foundational training in an online format using recorded videos, quizzes, homework assignments and a monitored forum.	

- Organized the content of the online learning including recordings of didactics and demonstrations, and organization of learning materials and assessments.
- Provide ongoing consultation about the structure and delivery of the course.

Online Comprehensive Training Intensive Pathway

2017-present

- Participated in the development of this online Comprehensive Training program designed to provide the learning content of Behavioral Tech's Intensive Part 1 and Part 2 training in an online format using recorded videos, quizzes, homework assignments, monthly consultations, observed program and case consultations, and program sustainability consultation.
- Provide ongoing consultation about the structure and delivery of the course.

Online Comprehensive Training Intensive Plus Pathway

2017-present

- Participated in the development of an online Comprehensive training program designed for individuals who did not belong to a DBT team to be introduced to others in search of a team.
- Teams then complete intensive training together including specified instruction in forming a DBT team.
- Provide ongoing consultation about the structure and delivery of the course.

TRAINING AND CONSULTATION FOCI

Foundational Training in Dialectical Behavior Therapy

- Teaching the standard content of DBT by providing descriptions, explanations, and examples to mental health professionals of different disciplines who are joining existing DBT programs.

Intensive Training Part 1

- Teaching the standard content of DBT to teams of practitioners of varying levels of experience with DBT and are interested in developing a DBT program.

Intensive Training Part 2

- This portion of intensive training involves consulting with Teams regarding their respective DBT programs and providing consultation on a case formulation completed before this component of the training.
- Consultation includes giving feedback, answering questions, treatment demonstrations and Roleplay.

Skills Introduction

- This training is an introduction to DBT skills including the role this mode of treatment in the context of a comprehensive DBT program, relevant research on DBT skills, skills curricula and a brief introduction to the content of the skills modules.

Behavioral Tech Consultation

- Provides consultation to licensed professionals regarding their DBT programs, consultation team, clinical work, and path to DBT-LBC Certification.

Consultation to prospective trainers

- As part of Behavioral Tech's annual meeting, persons who have been identified as prospective trainers receive group consultation to discuss and practice needed skills for effective training in the delivery of DBT.

Addressing Invalidation Associated with Minority Status

- Questions were submitted for a small group discussion of types of invalidation associated with race, sexual orientation, and gender identity.

Online Comprehensive Training Foundational Pathway

- Currently engaged in the delivery of this learning content via responding to questions in the forum.

Online Comprehensive Training Intensive Pathway

- Currently engaged in the delivery of this learning content via responding to questions in the forum. Provide consultation about the structure and delivery of the course.

Online Comprehensive Training Intensive Plus Pathway

- Individuals without a DBT team are matched with one another and receive specialized content regarding the formation of a DBT team. These teams complete intensive training.

Anti-Racism in DBT

- Private consultation as requested to clinics looking to address questions of bias and systemic racism that may be impacting therapists and clients. The goal of these consultations is to increase equitable delivery of mental health treatment and improve equity for therapists belonging to marginalized groups.

SUPERVISION

Clinical Instructor (group and individual supervision) University of Washington	2015- present
Individual Supervisor Cadence Child and Adolescent Therapy	2016-present
Group supervision Cadence Child and Adolescent Therapy	2020-present

PROFESSIONAL PRESENTATIONS

Forsythe Cox, V., Shaller, E., Cooney, E., Marfo, N., Suara, Z., Cooper, C., (2020) *Doing the Best We Can and Doing Better: The Path to Antiracism in DBT*. Workshop presented virtually for the International Society for the Improvement and Teaching of Dialectical Behavior Therapy annual conference.

<http://isitdbt.net/anti-racist-and-racial-justice-resources/>

Schmidt, S., **Forsythe Cox, V.** & Cooney, E. B. (2018). *Teaching trainees to tightrope across the Grand Canyon: providing effective supervision in DBT*. Workshop presented at the annual conference for the International Society for the Improvement and Teaching of Dialectical Behavior Therapy, Washington DC. <http://isitdbt.net/2018-conference/>

Forsythe, V. (2011, October) Positive Psychology. *Utilizing Positive Psychology to enhance lifespan career development among diverse populations*. Presentation to Ohio Women in Psychology special interest group at the Ohio Psychological Association Convention, Newark, OH

Forsythe, V. (2011, June, August). *Autism Spectrum Disorders: Asperger's Syndrome*. Counseling and Consultation Services, Columbus, OH

Forsythe V., & Cheavens, J., (2011, January). *The moderating effect of Borderline Personality Disorder on interpersonal emotion regulation and the perception of social support*. Society for Personality and Social Psychology Annual Convention, San Antonio, TX

Forsythe, V. (February 2010). *Autism Spectrum Disorders. Social skills facilitation and building relationships in youth*. Autism Society of the Bluegrass, Lexington, KY

Forsythe, V., & Cheavens, J., (2009, November). *Relationships among Mindfulness, Rumination, and Depressive Symptoms*. Poster session 4. Association for Behavioral and Cognitive Therapies National Convention, New York, NY

Forsythe, V., & Cheavens, J., (2009, June). *Relationships among Mindfulness, Rumination, and Depressive Symptoms*. Poster session 2. Black Graduate Students in Psychology Conference, New York, NY

Forsythe, V., & Cheavens, J., (2009, February). *Elucidating the relationship between mindfulness and rumination*” In Psychology 2. Symposium at the Great Lakes Association for the Graduate Education Professoriate in Social and Behavioral Sciences Graduate Student Research Symposium, Chicago, IL

TEACHING EXPERIENCE

Psychology 100 Program

The Ohio State University

Supervisor: Melissa Beers, Ph.D.

*Graduate Teaching Assistant/Instructor- Psychology
Department*

New T.A. Mentorship contact

Tutoring liaison

Fall 2008-Spring 2011, Autumn 2012

September 2008-Autumn 2012

September 2010

January 2011

Harding Hospital

DBT Consultation

Compiled materials for condensed Dialectical Behavioral Therapy skills training and co-facilitate a 3-week term of daily skills training group for patients in OSU Harding Hospital's Intensive Outpatient program. Provided support and consultation Harding Hospital Psychiatry team to help begin a Dialectical Behavior Therapy skills training group.

July 2012

Certificate of Training in the Teaching of Psychology

Awarded 2011

SPECIALIZED TRAINING

DBT Trainers' meeting

Behavioral Tech, LLC

Seattle, WA

May 2017-2020

Annual

DBT Prospective trainers' meeting

Behavioral Tech, LLC

Seattle, WA

May 2017-2019

Annual

Getting to Adherence: Essential Strategies, Practical Tips, and Common Pitfalls

Behavioral Research & Therapy Clinics

Trainers: Melanie S. Harned, Ph.D., ABPP; Kathryn E.

Korslund, Ph.D., ABPP

Seattle, WA

September 2017

Behavioral Tech LLC

DBT Prospective trainers' meeting

DBT Trainers' meeting

Seattle, WA

May 2017

Behavioral Tech LLC

Intensive Training in the Dialectical Behavior Therapy

Prolonged Exposure Protocol for PTSD

Trainers: Melanie S. Harned, Ph.D., ABPP; Elizabeth

Dexter Mazza, Psy.D.; Sara Schmidt, Ph.D.

Seattle, WA

April 2017

Suicide Risk Assessment and Management workshop

July 2015

Trainer: Marsha Linehan, Ph.D., ABPP
Seattle, WA

Acceptance and Commitment Therapy Training

August 2010

Trainer: Steven Hayes, Ph.D.
Cleveland, OH

Practicum on the Teaching of Psychology

July 2008

The Ohio State University
Supervisor: Melissa Beers, Ph.D.

SUPERVISED CLINICAL EXPERIENCE

Cadence Child and Adolescent Therapy

August 2014-April 2015

Post-Doctoral Fellow
Supervisors: Milani Smith, Ph.D., Dan Finnegan, MSW

Lexington Veterans Affairs Medical Center

2013-2014

Predoctoral Internship, Lexington, KY
Training Director: Ashley Bechtel, Psy.D.; Kourtnei Badgett, Ph.D.

Post-Traumatic Stress Disorders Clinical Team

Rotation Supervisor: Kourtnei Badgett, Ph.D.,

Psychology Administration

Rotation Supervisor: Autumn McCane, Ph.D., Ashley Bechtel, Psy.D.,

Mental Health Clinic

Rotation Supervisor: Craig Cabezas, Ph.D.

Family Therapy

Rotation Supervisor: Steven Hansel, Psy.D.

Dialectical Behavior Therapy Program

June 2011-July 2012

The Ohio State University
Supervisor: Jennifer Cheavens, Ph.D.

July 2012-June 2013

Graduate Student Therapist
Peer Supervisor

April 2011-August 2011

Counseling and Consultation Services

The Ohio State University
Columbus, OH
Supervisors: Greg Alfred, M.S. under Dennis Alexander, Ph.D.; Amanda Wyrick, M.S. under Shonali Raney, Ph.D.
Graduate Student Therapist

Twin Valley Behavior Healthcare
Timothy B. Moritz Forensic Unit
Columbus, OH
Supervisor: Helen D. Rodebaugh, Ph.D.
Therapy Extern
Peer Supervisor

July 2009-September 2010

June 2010-September 2010

Psychological Services Center
The Ohio State University
Columbus, OH
Graduate Student Therapist

September 2008-July 2009

RESEARCH EXPERIENCE

Mood and Personality Studies Laboratory

2007-2012

Advisor: Jennifer Cheavens, Ph.D.
Department of Psychology, The Ohio State University
Graduate Research Associate

- Played a significant role in multiple studies broadly aimed at improving the understanding of Emotion Regulation and Personality Disorder Symptoms, a subset of which is included below.
 - Selected Project: *Validation and Invalidation in Psychotherapy: Implications for Session Attendance and Symptom improvement*
 - Selected Project: *A randomized controlled trial of personalized treatments using CT and DBT components for depression*
 - Selected Project: *Choosing emotion regulation strategies: The impact of Borderline Personality Disorder Symptoms and interpersonal cues (Dissertation)*
 - Selected Project: *The moderating effect of Borderline Personality Disorder symptoms on the relationship between interpersonal emotion regulation and the perception of social support (Master's Thesis)*
 - Selected Project: *Relationships among mindfulness rumination and depressive and anxious symptoms*

Personality Studies Laboratory

2007

Supervisor: Thomas Widiger, Ph.D.
Department of Psychology, University of Kentucky
Undergraduate Research Assistant
Research Focus: The diagnosis and classification of psychopathology

Behavioral Pharmacology Laboratory

2006-2007

Supervisor: Mark Fillmore, Ph.D.
Department of Psychology, University of Kentucky
Undergraduate Research Assistant
Research focus: Behavioral pharmacology, drug addiction, and cognitive impairment

AWARDS AND SCHOLARSHIPS

Dissertation year funding

July 1, 2011-June 30, 2012

- Meritorious Teaching award** 2011
 Awarded by the Psychology 100 program at OSU to recognize outstanding contributions to the Psychology 100 program.
- AGEP/SBES Summer Research Assistantship Summer** 2009, 2010
 Funding for this assistantship comes from a national science foundation grant to increase underrepresented minority involvement in research. The assistantship covers tuition and fees and includes a stipend of \$4,200 paid over 3 months.
- Graduate Student Conference Presentation Travel Award** 2009, 2011
 The Ohio State University Department of Psychology
- Dean's Graduate Enrichment Fellowship** 2007-2008
 Awarded by the Graduate School at The Ohio State University, this fellowship is conferred to newly accepted graduate students who demonstrate significant potential to contribute to the diversity of the graduate school. This fellowship includes financial support for the student's first year and dissertation year.
- Jules B LaPibus Fellow** 2007
 This fellowship designation is awarded to one recipient of the Deans Graduate Enrichment Fellowship in recognition of outstanding achievement or potential.
- Social and Behavioral Sciences Fellowship** 2007-2008
 Awarded by the College of Social and Behavioral sciences, this fellowship includes support for the one month before the beginning of the first quarter and support for the second summer of graduate school to facilitate research.
- National Achievement Scholarship- Finalist** 2003
 The National Achievement Scholarship program is an academic competition affiliated with the National Merit Scholarship program. The purpose of the program is to recognize African-American high school students for academic achievement. Of the 160,000 students who enter the program, 800 students are chosen as finalists. I was awarded a corporate sponsorship, which paid full 4-year tuition, as well as first year room and board at my undergraduate institution.
- Kentucky Governor's Scholar** 2002
 The Kentucky Governor's scholars program selects applicants from high schools across the state and offers outstanding applicants a 5-week residential learning program. The program curriculum allows students to choose a major and minor study focus area. Scholars who choose to attend state institutions are offered full tuition and stipend.

VOLUNTEER WORK

Guest lecturer University of Washington School of Social work	2019, 2020
Psychology 100 Textbook Committee Ohio State University Department of Psychology	2012
Invited Speaker for Psychology and the Law course Dr. Joseph Roberts, Ph.D.	2011
Student facilitator OSU Student Research Opportunity Program	2010
Diversity Committee The Ohio State University Psychology Department	2012
Panel member The Ohio State University Minority Student Recruitment	2009, 2011, 2012
Class Representative OSU Department of Psychology Clinical Area Faculty Meetings	2007-2008
Eastern State Mental Hospital Department of Psychology, The Ohio State University	2006-2007
Reading Camp <i>Position:</i> Ambassador <i>Responsibilities:</i> <ul style="list-style-type: none">Assisted in the training of South African volunteers to develop an affiliate Reading Camp program in Grahamstown and Port Elizabeth, South Africa.	1999-2009 2007-2009
<i>Position:</i> Head Counselor <i>Responsibilities:</i> <ul style="list-style-type: none">Trained, organized, and supervised reading camp counselors.Trained counselors to provide mentorship and care,Trained and mentored others in the prevention of sexual misconduct and the evaluation and report of child abuse.	2000-2007
<i>Position:</i> Counselor <i>Responsibilities:</i> <ul style="list-style-type: none">Provided mentorship and supervision for children aged 8-10 who had been identified as being troubled or reluctant readers, who often carried ADHD diagnoses, or came from families with low socioeconomic status or abusive backgrounds.	1999-2000

Autism Society of the Bluegrass

1997-2007

Position: Sibling Chair

Responsibilities:

- Provided socio-emotional support for siblings of children with Autism.
- Organized and participated in sibling panel discussions.
- Consulted with parents about fostering relationships with their neuro-typical children, and between their neuro-typical children and their child with Autism.
- Organized a summer experience for siblings of children with Autism to teach strategies for coping.

Position: Childcare coordinator

Supervisor: Melanie Tyner-Wilson

Responsibilities:

- Trained and scheduled childcare workers to work in home with children with Autism.
- Worker support contact person.