

## Curriculum Vitae

**Bradford C. Richards, Ph.D., ABPP**  
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### Education

- 7/1994-6/1996 Clinical Fellow, Department of Psychiatry, Harvard Medical School
- 9/1989-1/1996 Ph.D. in Clinical Psychology, Graduate Faculty, The New School for Social Research
- 5/1986-8/1987 M.A. in General and Experimental Psychology, Southern Methodist University
- 9/1981-5/1986 B.A. in Psychology, Southern Methodist University

### Licensure, Registration, & Certification

New Mexico License in Psychology, 2003, #0855  
New York State License in Psychology, 1998, # 013335  
National Register of Health Service Providers in Psychology, #50353  
Diplomate, Oral Examiner, American Board of Professional Psychology, #6682  
Diplomate, Fellow, Certified Trainer, Academy of Cognitive Therapy, #748

### Professional Experience

- 10/2004-Pres. ***Director, The Cognitive Behavioral Institute of Albuquerque, LLC***  
Direct, manage, and supervise a group practice of Clinical Psychologists specializing in Cognitive Behavioral psychotherapy. Provide outpatient cognitive behavior therapy to adults, and provide supervision to postdoctoral fellows and trainees of the institute.
- 9/2003-10/2004 ***Psychologist, Presbyterian Medical Group, Albuquerque, NM***  
Provided outpatient cognitive behavior therapy, psychological assessment, neuropsychological testing, and inpatient consultation to a wide variety of patients served by Presbyterian and Kaseman Hospitals. Provided clinical supervision to psychotherapists employed by Presbyterian Healthcare Services.
- 1/1998-6/2002 ***Adjunct Assistant Professor of Psychology, Seton Hall University, South Orange, NJ***  
Taught three doctoral-level courses in the Ph.D. program of the Department of Professional Psychology and Family Therapy. *Principles of Learning and Behavior Modification* covered basic research and applied techniques involved in behavioral modification and therapy. *Theories of Cognition* covered basic research and theory in cognitive psychology and cognitive neuroscience. *Practicum Supervision* guided doctoral candidates in their initial psychotherapeutic work.

- 6/1999-4/2003 **Director, Cognitive Behavioral Associates, New York, NY**  
Provided outpatient cognitive behavior therapy for mood, anxiety, substance abuse, personality and behavioral disorders. Areas of specialization included behavioral medicine, relapse prevention, stress management, and in-vivo behavioral techniques.
- 5/1997-6/1999 **Staff Psychologist, American Institute for Cognitive Therapy, New York, NY**  
Provided outpatient cognitive behavior therapy for mood, anxiety, and personality disorders. Areas of specialization included impulse control problems, relapse prevention in bipolar and unipolar depressive disorders, and health-related anxiety.

### **Training Experience**

- 7/1995-6/1996 **Fellowship in Clinical Psychology, Harvard Medical School and McLean Hospital, Boston, Massachusetts**  
Provided cognitive behavior therapy to inpatients, outpatients, and partial hospital patients suffering from mood, anxiety, personality, and psychotic disorders. Received training and supervision in behavioral medicine and general cognitive behavioral technique. Responsibilities included development and administration of group therapy programs for anxiety disorders, design, implementation, and supervision of home-based behavior therapy programs for OCD, and provision of cognitive behavior therapy to patients with bipolar disorder and schizophrenia in a long-term rehabilitation program.
- 7/1994-6/1995 **Internship in Clinical Psychology, Harvard Medical School and McLean Hospital, Boston, Massachusetts**  
Administered inpatient, outpatient, and partial hospital cases and provided long term and short term cognitive behavior therapy to patients suffering from a wide variety of disorders. Received training and supervision in cognitive behavior therapy for alcohol and substance abuse, bipolar disorder, anxiety, depression, OCD, and severe personality disorders.
- 9/1993-6/1994 **Externship in Clinical Psychology, Beth Israel Medical Center, New York, NY**  
Provided individual cognitive behavior therapy to adult outpatients suffering from a wide variety of anxiety, mood, character, and medical disorders. This half-time externship provided training in Barlow's behavioral treatments for anxiety and panic, Beck's cognitive treatments for depression, Linehan's dialectical behavior therapy for personality disorders, and general interpersonal psychotherapeutic technique as applied to cognitive behavior therapy.
- 9/1992-6/1993 **Externship in Clinical Psychology, Harlem Hospital, New York, NY**  
Provided individual psychotherapy and diagnostic assessments to inpatients, outpatients, and day hospital patients in a half-time externship. Received supervision in psychodynamic and cognitive behavioral therapies, and gained experience in the administration, scoring and interpretation of neuropsychological assessments using the Halstead-Reitan approach.

## **Other Professional Experience in Psychology**

- 9/1987-10/1988 ***Family Counselor, Casa De Los Amigos, Dallas, Texas***  
Provided counseling and therapy to families of adolescent residents of a short-term emergency shelter. This half-time job also included individual casework. An average caseload consisted of approximately 4 families and 4 individual cases.
- 6/1987-7/1989 ***Psychological Associate, Clinical Neuropsychology Laboratory, Parkland Memorial Hospital, University of Texas Southwestern Medical Center, Dallas, Texas***  
Full-time responsibilities included clinical neuropsychological assessment of hospitalized brain-injured patients. Population included psychiatric inpatients, patients undergoing surgical treatment for epilepsy, Parkinson's disease patients receiving experimental transplantation surgery, and geriatric patients undergoing evaluation for Alzheimer's disease and cerebrovascular dementia. Administered approximately 70 full neuropsychological batteries, including WAIS-R, Wechsler Memory Scale, the complete Halstead-Reitan battery, and other instruments.

## **Graduate Assistantships**

- 10/1989-5/1994 ***Research Assistant, Cognitive Science Laboratory, New School for Social Research***  
Responsible for the design, planning, implementation, analysis and write-up of research projects in cognitive neuroscience, with a specialization in human amnesia stemming from medial temporal lobe damage. Gained extensive experience in computer programming, statistical analysis, structural modeling, and interpretation of neuroscientific data.
- 9/1986-5/1987 ***Teaching Assistant, Physiological Psychology, Southern Methodist University, Dallas***  
Responsible for conducting lab sessions and grading examinations in a graduate course on brain structures and functions.

## **Awards and Honors**

- 2015 ***Fellow, Association for Behavioral and Cognitive Therapies***  
In recognition of outstanding and sustained contributions to the behavioral and cognitive therapies.
- 1990 ***University Fellow, New School for Social Research***  
This merit scholarship covered all tuition expenses.
- 1986 ***Psi Chi***, National Honorary Society in Psychology, Southern Methodist University.

## **Professional Associations**

- 1996 – present American Psychological Association, member  
1996 – present American Psychological Society, member  
1999 – present Association for Behavioral and Cognitive Therapies, member  
Ambassador (2008-present)  
1999 – present International Association for Cognitive Psychotherapy, member

- 2004 – present Academy of Cognitive Therapy, Diplomate, Fellow, Certified Trainer/Consultant, Board of Directors (2014-present), Chair of Ethics Committee (2014-present)
- 2005 – present New Mexico Psychological Association, member; Ethics Committee (2006); Chair of Ethics Committee (2007); Board of Directors (2007 - 2013)
- 2009 – present American Board of Professional Psychology, Diplomate in Cognitive and Behavioral, Oral Examiner, (2014-present)

### **Other Professional Activities**

- 2002 – present Violinist, *The New Mexico Philharmonic*, tenured
- 2004 – present Music Director, *The Orchestra of the Duke*, a baroque orchestra on period instruments

### **Significant Presentations**

Panel Discussion Chair, *Reconsolidation of Amygdala-Based Fear Memories: A Newly Discovered Mechanism and its Implications for Exposure*. With Stefan Hofmann and Michael Otto. 46<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD, November, 2012

Symposium Chair. *Cognitive Vulnerability to Bipolar Disorder: Converging Advances*. With Sheri Johnson, Charles Carver, Lori Eisner, Warren Mansell, and Robert Leahy. 43<sup>rd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY, November 2009.

Symposium Chair: *Processes in Cognitive Psychotherapy*, Sixth International Congress of Cognitive Psychotherapy, Rome, Italy, June 2008.

Symposium paper presentation, *The Yerkes-Dodson Law After 100 Years: It's Not Dead Yet*. Sixth International Congress of Cognitive Psychotherapy, Rome, Italy, June 2008.

Grand Rounds, Graystone Park State Psychiatric Hospital, Graystone Park, New Jersey: *Maximizing Gain and Minimizing Pain, at Least Intermittently: Behavioral and Cognitive Problem Solving Approaches*. July 19, 2001.

National Geographic Documentary, *Phobia*, presenting state-of-the-art cognitive behavioral methodology for the treatment of phobic anxiety disorders. Produced by Pangolin Pictures for National Geographic, this documentary featuring Dr. Richards' treatments aired on the National Geographic Channel in December 2002.

### **Editorial Positions**

- 2011–present *Editor*, Cognitive Behavioral Therapy Book Reviews  
An online journal of the International Association for Cognitive Psychotherapy

### **Publications**

- Richards, B.C., & the Cognitive Behavioral Institute of Albuquerque, (2014) iPromptU™, A Mobile Application for CBT Homework, available free in the Apple App Store and the Google Play Market.
- Richards, B.C. (2012). Review: An Introduction to Modern CBT; Psychological Solutions to Mental Health Problems, by S. Hofmann. Cognitive Behavioral Therapy Book Reviews, 8, 5.
- Richards, B.C. (2011). Review: Treatment Resistant Anxiety Disorders, by Sookman, D. & Leahy, R. (Editors). Cognitive Behavioral Therapy Book Reviews, 7, 1.
- Richards, B.C. (2007). Review: Protecting the Self: Defense Mechanisms in Action, by P. Cramer. Cognitive Behavioral Therapy Book Reviews, 3, 11.
- Richards, B.C. (2003). Review: Acute Stress Disorder: A Handbook of Theory, Assessment, and Treatment, by R. Bryant & A. Harvey. Journal of Cognitive Psychotherapy, 17, 3, 282-283.
- Richards, B.C. (2000). Review: Cognitive Vulnerability to Depression, by R. Ingram, J. Miranda, & Z. Segal. Journal of Cognitive Psychotherapy, 14, 3, 69-72.
- Richards, B.C. (1996). Implicit and explicit memory biases across anxiety states: Implicit facilitation interacts with explicit avoidance of threat. Dissertation Abstracts International: Section B: the Sciences & Engineering. 57(2-B), August 1996, 1480.
- Phelps, E.A., Hirst, W., Piers, C., Hartman, S., Richards, B., & Volpe, B. (1992). The absence of contextual interference in the mnemonic performance of amnesics. Society for Neuroscience Abstracts, 18, 746.
- Pennebaker, J.W., Czajka, J.A., Cropanzano, R., & Richards, B.C. (1990). Levels of thinking. Personality and Social Psychology Bulletin, 16, 4, 743-757.