

**2nd Annual Virtual Conference:
Advances in Mindfulness and Acceptance Based Clinical Tools for
Treating Adolescents and Young Adults**

Conference Speakers' Bios

Tahirah Abdullah-Swain, PhD: Dr. Abdullah-Swain is co-founder of BARE Mental Health & Wellness, and an Associate Professor of Psychology at the University of Massachusetts Boston. She received her B.A. in Psychology and Africana Studies from the University of Miami, and her M.S. and Ph.D. in Clinical Psychology from the University of Kentucky. Dr. Abdullah-Swain's research focuses on the impact of racism and discrimination on mental health, barriers to help-seeking for mental health problems, mental illness and mental health treatment stigma, and understanding Black Americans' therapy experiences. She aims to use the knowledge gained from her research to improve the quality and accessibility of mental health services for Black Americans, and reduce the stigma associated with mental illness and mental health treatment.

Lisa Coyne, PhD: Dr. Lisa Coyne is an Assistant Professor at Harvard Medical School in the Division of Child and Adolescent Psychiatry, where she founded the McLean Child and Adolescent OCD Institute (OCDI Jr.) and serves as a Senior Clinical Consultant at McLean Hospital where she has trained many postdoctoral fellows, practicum students, and staff. She is the current President of the Association for Contextual Behavior Science, and serves on the Pediatric and Clinical Advisory Boards of the International OCD Foundation (IOCDF). Dr. Coyne's research has focused on parenting and OCD in young people, and she is the founder and director of the New England Center for OCD and Anxiety in Boston. She is the author of several books on parenting, anxiety, and OCD, including *Stuff That's Loud: A Teen's Guide to Unspiraling when OCD Gets Noisy*.

Michelle Friedman-Yakoobian PhD: Dr. Friedman-Yakoobian is the Clinical Director of the Center for Early Detection, Assessment, and Response to Risk ([CEDAR](#)) Clinic, a program aimed at early recognition and treatment of youth showing signs of clinical high risk for psychosis. She is a psychologist at Beth Israel Deaconess Medical Center and is an Assistant Professor of Psychology at Harvard Medical School. Her work has focused on clinical innovation aimed at the development and implementation of innovative psychosocial interventions for individuals experiencing psychosis (or signs of risk) and their families. Her work has led to publications and many invited local, regional, national and international presentations. Dr. Friedman-Yakoobian has been supervising and training psychology graduate students, psychiatry residents and undergraduates within the CEDAR clinic and other programs within BIDMC for more than 15 years. She recently launched the BIDMC Institute for Training in Evidence-Based Assessment and Treatment in order to begin disseminating clinical best practices to professionals and students more widely.

Matcheri Keshavan MD: Dr. Keshavan is the Stanley Cobb Professor and Academic Head of Psychiatry, of Beth Israel Deaconess Medical Center and the Massachusetts Mental Health Center. His work focuses on neurobiological models of psychotic disorders and on the development and implementation of early interventions with biopsychosocial treatment strategies. However, Dr. Keshavan is also an enthusiast of mindfulness and yoga and we have had the pleasure of working together on the development and implementation of an intervention for youth at clinical high risk for psychosis that combines cognitive remediation with elements of acceptance and commitment therapy.

Inez Myin-Germeys PhD: Dr. Myin-Germeys is psychologist, professor of Contextual Psychiatry and head of the Center for Contextual Psychiatry at the Department of Neurosciences, KU Leuven in Belgium. Her work focuses on the interaction between the person and the environment in the development and maintenance of psychopathology in general, and psychosis specifically. She is an international renowned expert on Experience Sampling Methodology assessing individuals in real-time and in the real world. Her focus is on stress-reactivity and emotion regulation as well as on alterations in social interaction, using both ESM as well as passive remote monitoring. She is also an expert in the use of digital technology to implement ecological momentary interventions in real life, including the Acceptance and Commitment Therapy in Daily life (ACT-DL) application.

Matthew Skinta PhD, ABPP: Dr. Skinta is a board-certified clinical health psychologist and assistant professor of psychology at Roosevelt University. He is licensed in both California and Illinois, and through the Vulnerability, Acceptance, & Self-Compassion Therapies (VAST) Lab at Roosevelt University, his work emphasizes the role that these interconnected processes play in ameliorating the effects of stigma and bias experienced by LGBTQ+ people. Past roles have included managing the research program of the UCSF Alliance Health Project, and directing the Sexual & Gender Identities Clinic at Palo Alto University. He has conducted workshops and provided consultation internationally regarding cultural competent care for sexual orientation and gender diverse clients. Dr. Skinta recently published the book, "Contextual Behavior Therapy for Sexual and Gender Minority Clients: A Practical Guide to Treatment."

Robert J. Waldinger, M.D.: Dr. Waldinger is a Professor of Psychiatry (part-time) at Harvard Medical School, Director of the MGH Center for Psychodynamic Therapy, and Director of the Harvard Study of Adult Development, one of the longest longitudinal studies of adult life ever done. His research focuses on the lifetime predictors of healthy adult development, studying 2 groups of men recruited as teenagers from Harvard College and from Boston inner city neighborhoods, and who have been part of the Study for more than 80 years. The Study has now incorporated the children of the original participants and will soon include grandchildren. His 2015 [TED talk](#) about the Study has been viewed by more than 36 million people and is one of the 10 most viewed TED talks of all time. Dr. Waldinger received his undergraduate degree from Harvard College and his MD from Harvard Medical School. He is a practicing psychiatrist and psychoanalyst, and he teaches Harvard medical students and psychiatry residents. He is the author of 2 books and numerous research publications about lifespan development. He is the founder and co-director of the MGH/McLean Program in Psychodynamics, a program that offers psychiatry residents in-depth teaching in the theory and practice of psychodynamic psychiatry. He also practices and teaches Zen meditation.

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