

4th Annual Virtual Conference: Advances in Mindfulness and Acceptance Based Clinical Tools for Treating Adolescents and Young Adults

Conference Speaker Bios



Lisa Damour PhD: Dr. Lisa Damour is an APA-recognized thought leader, licensed clinical psychologist, co-host of the Ask Lisa podcast, author of books for parents, and contributor to the New York Times CBS News. She maintains a clinical practice and also speaks to schools, professional organizations, and corporate groups around the world on the topics of child and adolescent development, family mental health, and adult well-being.

Read more about Dr. Lisa Damour [here](#).



Janina Scarlet PhD: Dr. Janina Scarlet is a Licensed Clinical Psychologist, an award-winning author, TEDx speaker, and a creativity coach. She immigrated to the United States from Ukraine at the age of 12 with her family and later, inspired by the X-Men, developed Superhero Therapy to help patients with anxiety, depression, and PTSD. She is the recipient of the Eleanor Roosevelt Human Rights Award by the United Nations Association. Her work has been featured on, BBC, NPR, The New York Times, Forbes, and many other outlets.

Read more about Dr. Janina Scarlet [here](#).



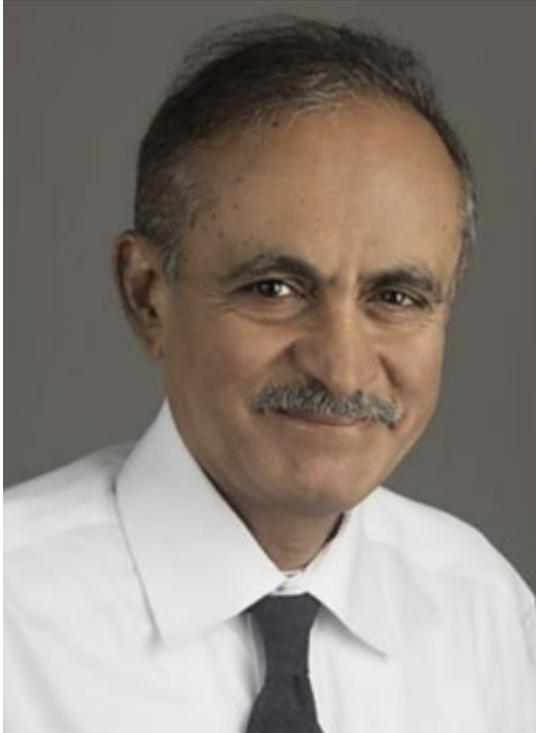
Balachundhar Subramaniam: MD, MPH, FASA: Dr. Subramaniam is a Professor of Anaesthesia at Harvard Medical School. He received his medical degree from Jawaharlal Institute of Postgraduate Medical Education and Research (JIPMER, Pondicherry, India) and completed his residency in anesthesiology at All India Institute of Medical Sciences, New Delhi, India. He received his postdoctoral training in Anesthesia at Beth Israel Medical Center, Harvard Medical School in Boston. Since 2014, he has served as the Director of the Center for Anesthesia Research Excellence is the first incumbent of the Ellison "Jeep" Pierce Chair of Anesthesia.

Read more about Dr. Balachundhar [here](#).



Carmine DiChiara PsyD: Dr. DiChiara is a licensed clinical psychologist, practicing in the states of New Hampshire and Massachusetts. He is an experienced ACT therapist, helping individuals 14 and up explore the struggles they have managing what's going on inside of them. Dr. DiChiara's primary focus is in the overuse of technology, the Internet, and video games; he also has experience helping clients with substance use and avoidance behaviors including procrastination and perfectionism. He also helps couples through EFT, transforming distance and conflict into more connected, interdependent relationships.

Read more about Dr. DiChiara [here](#).



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.



Michelle Friedman-Yakoobian PhD: Dr. Friedman-Yakoobian is the Clinical Director of Research and Development at 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 also licensed clinical psychologist, the Principal Investigator at the Response To Risk program 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

Read more about Dr. Friedman-Yakoobian [here](#).