

HEIDI HORSLEY, PsyD, LMSW, MS
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EDUCATION:

- 2003 **UNIVERSITY OF SAN FRANCISCO** San Francisco, CA
Doctorate of Psychology, Psy.D. GPA 3.98
Licensed Psychologist-017485
Major: Counseling Psychology
APA Accredited Psychology Program
Honors: Graduate Merit Scholar, 1998-2000
- 1997 **COLUMBIA UNIVERSITY** New York, NY
Master of Science Social Work, M.S.W. GPA 3.95
Licensed Social Worker-074871
Major: Clinical Social Work
- 1993 **LOYOLA UNIVERSITY** New Orleans, LA
Master of Science, M.S. GPA 4.0
Major: Guidance Counseling
Honors & Awards: Chi Sigma Iota, Alpha Sigma Nu,
American Counseling Association Student Service Award
- 1990 **UNIVERSITY OF UTAH** Salt Lake City, UT
Bachelor of Science, B.S. GPA 3.01
Dual Major: Sociology & Psychology
Awarded Certificate in Criminology

CLINICAL EXPERIENCE:

- June 2008 Heidi Horsley Psychological Services, LLC
Licensed Psychologist & Social Worker
Provide individual, couples, and family therapy to those who have suffered a loss or are going through a life transition. Therapy focuses on working through the pain, building on coping skills and strengths, and finding hope again.
- Feb. 2008 **The Open To Hope Foundation**
Co-Founder and Executive Director
An online resource center that provides information, and resources for those who have experienced a loss. Provides educational grants for those whose studies are focused on improving the care of people who grieve.

Sept, 2009-
Present

OPEN TO HOPE RADIO SHOW

Radio Show Host

Host a weekly internet radio show through CBS Radio. The shows mission is to provide hope to those who have suffered a loss.

Jan. 2006 -
Present

HEALING THE GRIEVING HEART RADIO SHOW

Radio Show Host

Host a weekly internet radio show sponsored by *Health Voice America* and *Compassionate Friends*. The shows purpose is to give hope and renewal to those who have suffered the death of a family member. This show is one of the top ranked on *Health Voice America*, out of 32 weekly shows. This show can also be heard on *World Talk Radio*, the largest internet radio site in the world.

2002-2008

FDNY-CSU/COLUMBIA UNIVERSITY FAMILY GUIDANCE PROGRAM

Clinician and Researcher

Co-investigator on a collaborative research team with Columbia University and the FDNY. This includes a longitudinal qualitative and quantitative research study examining the effects of the 9/11 attack on the families of the New York City Fire Department who lost a firefighter in the World Trade Center. Conduct ongoing sibling loss workshops for the 9/11 siblings who lost their firefighter brothers in the WTC. Provide intensive individual and family therapy in the home

2004-2005

COLUMBIA UNIVERSITY/ FDNY FAMILY ASSESSMENT & GUIDANCE PROGRAM

Postdoctoral Psychology Intern

Longitudinal study examines adjustment and developmental responses of 48 families who lost a firefighter in the World Trade Center. Duties include coding research, entering data into NVIVO program, and analyzing data for patterns and themes. Assessment measures are implemented and analyzed, and feedback is provided, as well as therapeutic interventions.

2000-2001

CALIFORNIA PACIFIC MEDICAL CENTER San Francisco, CA

Predocctoral Psychology Intern –

Child, Adolescent & Adult Psychiatry Department

Received comprehensive training and experience in individual, group, couples, and family psychotherapy and provided crisis intervention to psychiatric outpatients and pediatric inpatients.

Attended a variety of intensive child, family, and adult seminars and was involved in ongoing case conference presentations.

Provided brief individual counseling to students at Lawson Elementary School once a week, and consulted with school personnel. Worked on an interdisciplinary treatment team with ongoing collaboration between psychiatry residents, psychology interns, and faculty. Conducted psychotherapy in the intensive Brief Psychotherapy Program led by Dr. Hanna Levenson. Conducted psychological assessments with adolescents, children and adults. Tests administered, scored, and interpreted include:

- Beck Depression Inventory
- Bender-Gestalt
- Minnesota Multiphasic Personality Inventory
- Projective Drawings
- Rorschach
- Wechsler Adult Intelligence Scale
- Wechsler Intelligence Scale for Children

1999-2000

UNIVERSITY OF SAN FRANCISCO San Francisco, CA
COMMUNITY COUNSELING CLINIC

Clinic Coordinator

Oriented doctoral student trainees to practicum site procedures and clinical responsibilities. Assisted in planning and implementing all clinic operations including marketing, advertising, and outreach. Monitored student progress at the practicum site and coordinated completion of required clinical hours and corresponding documentation. Served as a liaison between students, clinic director, and university administration. Attended weekly staff meetings and supported students with case related issues.

1998 - 1999

UNIVERSITY OF SAN FRANCISCO San Francisco, CA
COMMUNITY COUNSELING CLINIC

Psychology Trainee

Provided individual, couple, and family therapy in a low-fee, university-based community counseling setting. Addressed issues of depression, anxiety, grief and loss, self-esteem, social skills, anger management, and eating disorders. Utilized a short-term problem-oriented, solution-focused model within a systematic framework. Supervision included cognitive behavioral and psychodynamic orientations.

1998 – 1999

PRESIDIO CHILD DEVELOPMENT San Francisco, CA
CENTER

Consultant Trainee

Provided consultation to administration, faculty, and staff of a large day-care and pre-school center. Observed children in the classroom to detect developmental and behavior problems

Provided recommendations and interventions regarding behavior modification, classroom management, multicultural issues, and effective communication. Appointed as team leader, serving as a liaison between second year doctoral students and faculty at the Presidio.

- 1996 - 1997 **ST. LUKES/ROOSEVELT HOSPITAL** New York, NY
Columbia University Affiliated Teaching Hospital
Social Work Intern – Second Year Field Placement
Child and Adolescent Psychiatry Department:
Conducted individual, group, and family therapy with adolescents and children with severe emotional and behavioral problems.
Worked in coordination with psychologists and psychiatrists on a crisis team.
Conducted weekly intakes using the Kid Structured Clinical Interview for DSM-IV Axis I Disorders (KSCID)
Extensive training included clinical observation behind one-way mirror, training in numerous assessment instruments, group and individual supervision, and weekly case presentations.
- 1995 - 1996 **MANHATTAN PSYCHIATRIC CENTER** New York, NY
Social Work Intern – First Year Field Placement
Health Unit and Geriatric Services:
Primary therapist on long-term inpatient psychiatric unit.
Conducted intensive individual, group, and family therapy with chronic mentally ill patients.
Responsible for case management, and crisis follow-up.
Responsibilities included psychosocial assessments, progress notes, treatment plan formulation, and discharge planning.
Attended student seminars in psychopharmacology and DSM-IV.
- 1993 - 1994 **HOPE HAVEN RESIDENTIAL TREATMENT CENTER** New Orleans, LA
Director of Admissions
Responsible for coordinating admissions of 150 severely disturbed children and adolescents who were in states custody.
Determined placement decisions based on pre-placement interviews, and clinical records.
Provided individual and group psychotherapy to an acute population, and was involved in “on-call” crises work.
Collaborated with collateral agencies to develop comprehensive treatment plans and therapeutic goals.
- 1993 **LOYOLA UNIVERSITY COUNSELING** New Orleans, LA

CENTER

Masters Program Internship

Provided psychotherapy and career counseling to college students. Prepared clinical presentations for participation in weekly staff advisory meetings with University psychologists and psychiatrists. Administered Minnesota Multiphasic Personality Inventory (MMPI) and various vocational tests.

1989

NATIONAL DRUG TASK FORCE Washington, D.C.

Hinckley Institute Fellowship (Summer)

Researched State drug enforcement laws for the implementation of stricter regulations in school zones.

Worked on research project to determine issues related to drug “activity-control” laws and prison capacity fill rates.

Responsible for nationwide press release preparation and distribution for drug-free school zones.

1987 - 1988

JUVENILE COURT Salt Lake City, UT

Probation Officer

Conducted preliminary interviews with juveniles and their parents. Petitioned cases for juveniles in Third District Court as probation officer.

Prepared extensive case studies on all interviews and was responsible for follow-up completion of each individual judicial and non-judicial case.

TEACHING EXPERIENCE:

Fall 2004-
Present

COLUMBIA UNIVERSITY SCHOOL OF SOCIAL WORK

Adjunct Professor

Course: Social Work Practice with Children

Graduate level course which introduces students to issues in working with children and their families in a variety of settings using a multi-modality approach.

Fall 2006

COLUMBIA UNIVERSITY SCHOOL OF SOCIAL WORK

Adjunct Professor

Course: Clinical Practice with Children

Graduate level course which teaches students assessment, diagnosis, and intervention techniques when working clinically with children.

Spring 2005 &
Spring 2006

COLUMBIA UNIVERSITY SCHOOL OF SOCIAL WORK

Adjunct Professor

Courses: Interventions for Grief, Loss and Bereavement

Taught graduate level course which examined the specific application of assessment, intervention, and evaluation strategies to families confronting a major loss. Assessment and differential treatment selection within the context of this particular vulnerable population were explored.

Fall 2004 &
Fall 2005

COLUMBIA UNIVERSITY SCHOOL OF SOCIAL WORK

Adjunct Professor

Course: Clinical Case Evaluation

Graduate level course designed to introduce the tools for documenting the effects of social work intervention. This course emphasizes: monitoring practice interventions, empirically supported treatment, single case design options, and empirically supported treatment.

Spring 2005

COLUMBIA UNIVERSITY SCHOOL OF SOCIAL WORK

Adjunct Professor

Course: Human Behavior in the Social Environment (HBSE I)

Graduate level course which provided the foundation and knowledge for social work practice with individuals and families in their interactions with environmental factors and social systems. Using a developmental, life course, and systems framework, this course emphasized the biological, psychological, and social circumstances that influenced how people grow and function.

RESEARCH EXPERIENCE:

2004-2005

**COLUMBIA UNIVERSITY/ FDNY FAMILY
ASSESSMENT & GUIDANCE PROGRAM**

Postdoctoral Psychology Intern

Longitudinal study examines adjustment and developmental responses of 48 families who lost a firefighter in the World Trade Center. Duties include coding research, entering data into NVIVO program, and analyzing data for patterns and themes. Assessment measures are implemented and analyzed, and feedback is provided, as well as therapeutic interventions.

2002-Present

**COLUMBIA UNIVERSITY/ FDNY FAMILY
ASSESSMENT & GUIDANCE PROGRAM**

Clinician and Researcher

Work on a collaborative research team with Columbia University and the FDNY. This includes a longitudinal research study examining the effects of the 9/11 attack on the families of the New York City Fire Department who lost a spouse/parent firefighter in the World Trade Center. Provide intensive individual and family therapy in the home.

- 2001- 2003 **UNIVERSITY OF SAN FRANCISCO**
Dissertation Research
 Dissertation Title: The Effects of a Parent Guidance Intervention on Communication among Adolescents who have Experienced the Sudden Death of a Sibling.
- 1998 **UNIVERSITY OF SAN FRANCISCO**
Graduate Research Assistant
 Elena Flores, Ph.D.
 Conducted vast interdisciplinary literature searches for longitudinal study concerning parental conflict, teenage appraisal, and risk behavior in Mexican-American families. Prepared critical reviews of pertinent research articles.
- 1996 **COLUMBIA UNIVERSITY**
Graduate Research Assistant
 Grace Christ, D.S.W.
 Longitudinal study which examines the psychosocial adjustment and developmental responses of 157 children before and after the death of a terminally ill parent. Duties included reviewing transcripts and transcribing audiotapes. Themes and concepts applicable to the loss were identified.
- 1993 - 1994 **HOPE HAVEN CENTER**
Research and Development Assistant
 Scott Stage, Ph.D.
 Gathered clinical data in order to determine the types of Axis I disorders that Hope Haven was most successful in treating. Designed a survey and conducted follow-up interviews with state workers, parents, and residents at three month, six month, and twelve month intervals.
- 1988 - 1989 **UNIVERSITY OF UTAH**
Research Assistant
 James Alexander, Ph.D.
 Coded therapeutic videotapes which were used in the development of a treatment program to provide specialized out-patient services for ADHD adolescents and their families.

LECTURE EXPERIENCE / WORKSHOPS:

- 2007-
 Present **Radio Show Guest**
 Interviewed by dozen of radio stations throughout the country as an expert on grief/loss issues. Talk shows range from loss as a result of California wildfires, Hurricane Katrina, and various tragedies resulting in death.

- 2008 It Takes a Village: Building Networks of Support," A loss and grief seminar for Mental Health and Medical Professionals. The National Compassionate Friends Conference; Nashville TN.
- 2008 "What Parents Need to Know About Teen Grief," Workshops for parents, focusing on how to help bereaved teens and young adults. The National Compassionate Friends Conference; Nashville TN, July 2008; Oklahoma City, OK, July 2007; Deerborn MI, July 2006; Boston MA, July 2005; Atlanta GA, July 2004.
- 2008 "Adolescent Sibling Panel," Moderated a bereaved teen panel for adolescents. The National Compassionate Friends Conference; Nashville TN, July 2008; Oklahoma City, OK, July 2007; Boston MA, July 2005.
- 2008 "Adult Siblings Grieve Too," A workshop for adult bereaved siblings. National Compassionate Friends Conferences, Nashville TN, July 2008, Oklahoma City, OK, July 2007; Deerborn, MI, July 2006; Boston MA, July 2005; Atlanta GA, July 2004.
- 2008 "Adolescent Siblings Grieve Too," A workshop for adolescent bereaved siblings. National Compassionate Friends Conferences, Nashville TN, July 2008, Oklahoma City, OK, July 2007; Deerborn, MI, July 2006; Boston MA, July 2005; Atlanta GA, July 2004.
- 2008 "Loss and Adoption." A seminar for parents who have adopted children internationally, Gladney Center for Adoption, Family Education Program, NY.
- 2008 "Helping Families Continue Bonds After Loss." A seminar for the public and professionals, University of Utah College of Nursing, SLC, UT.
- 2008 "Bridging the Gap Between Knowledge and Practice: Helping Teenagers Deal with Loss." A symposium for hospice professionals, 23rd Annual End-of-Life Symposium; Florida Hospices and Palliative Care.
- 2006 **ABC'S 20/20 TELEVISION SHOW**
Interviewed as a grief expert about the traumatic death of Eric Clapton's son, and addressed issues unique to the sudden death of a child
- 2006 **THE INSTITUTE OF URBAN FAMILY HEALTH**
From Tragedy to Triumph: Healing After Loss

- A seminar for mental health clinicians on therapeutic interventions with bereaved adults.
- 2006 **COLUMBIA UNIVERSITY CENTER FOR WOMEN'S REPRODUCTIVE CARE**
Healing the Broken Bond: Mourning Pregnancy Loss
A workshop for individual's who have suffered a pregnancy loss and professionals who work in the field.
- 2005-Present **FDNY-CSU/COLUMBIA UNIVERSITY FAMILY ASSESSMENT PROGRAM**
Sibling Workshops
Conduct ongoing workshops with 9/11 bereaved siblings. Issues addressed are specific to sibling loss.
- 2004-Present **COMPASSIONATE FRIENDS**
National Conference-Professional Day
Present annual seminars to professionals working with bereaved families. Discuss issues of child and adolescent bereavement from a developmental perspective. Strategies for intervening with bereaved parents and siblings are addressed.
- 2003-Present **COMPASSIONATE FRIENDS**
National Conference
Present workshops to bereaved parents about issues specific to their surviving children and teens. Topics relate to sibling death, developmental issues, and cognitive reactions to loss. Specific parenting practices that promote resilience and the healthy resolution of the sibling loss are discussed.
- 2003-Present **COMPASSIONATE FRIENDS**
National Conference
Present workshops to bereaved adult siblings talking about issues specific and unique to sibling loss.
- 2003-Present **COMPASSIONATE FRIENDS**
National Conference
Present adolescent workshops to bereaved teens and moderate an adolescent panel. Issues addressed are specific to teen grief and topics related to sibling death.
- 2005 Radio show guest on *Life After Loss*, KTOE Radio, 1420 AM, Minnesota. Spoke on issues pertaining to adolescent bereavement.
- 2004 **COLUMBIA UNIVERSITY**
Guest Lecturer – "Adolescent Bereavement"
Presented lectures to social work students on teen grief. Reviewed

adolescent reactions to loss, developmental issues, and grieving family patterns and issues. Discussed distinctions between normal grief reactions and complicated grief, and how to assess the adolescent's current functioning, and facilitate healthy mourning.

2003-2004

FDNY/COLUMBIA UNIVERSITY PARENTING WORKSHOP

Workshop presenter

Developed and co-lead workshops focused on parenting issues after 9/11/01. Workshops assisted FDNY widows with the new role of being a single parent and managing both normative and unique child rearing issues that arouse due to the traumatic sudden loss of their spouse.

2003

COLUMBIA UNIVERSITY

Guest Lecturer – “Childhood Bereavement”

Presented lectures to social work students on children's grief. Discussed developmental differences in grieving, how children at different ages experience and express grief. Reviewed how to facilitate healthy mourning in children.

2003

COMPASSIONATE FRIENDS

National Conference

Interactive workshop presented to bereaved siblings. Unique aspects and challenges related to a sibling death were addressed.

2001

UNIVERSITY OF SAN FRANCISCO

Co-facilitated pre-doctoral internship workshop for psychology graduate student population.

1999 and 2000

UNIVERSITY OF SAN FRANCISCO

Clinical Practicum In-Service – “Issues of Grief and Loss”

Presented an inservice training seminars to psychology doctoral students on child and adolescent bereavement. Reviewed issues of grief and loss that children and adolescents bring to therapy. Specifically covered therapeutic strategies used to work with kids based on their developmental stage.1999

1999

UNIVERSITY OF SAN FRANCISCO

Guest Lecturer - “Issues of Grief and Loss in the Therapy Session”

Presented a lecture to marriage and family masters' level students on grief and loss. Covered the stages of grief , kinds of loss (i.e., sibling loss, parental loss), therapeutic interventions, and complicated versus uncomplicated bereavement.

1999 and 1998

PRESIDIO CHILD DEVELOPMENT CENTER

Conducted parent workshops to provide training to parents and improve appropriateness of their communication and discipline of their children.

PUBLICATIONS:

Hipple, E., Horsley, G. & Horsley, H. (2008). *Real Men Do Cry: A Quarterback's Inspiring Story of Tackling Depression and Surviving Suicide Loss*, Quality of Life Publishing Co.

Horsley, H., & Horsley, G. (2007). *Teen Grief Relief: Parenting with Understanding, Support, and Guidance*, Rainbow Books, Inc.

Horsley, G., & Horsley, H. (2007). What Parents Need to Know to Help Grieving Teens. *The Compassionate Friends Magazine*. Summer 2007, 12-13.

Horsley, H., Patterson, T. (2006). The Effects of a Parent Guidance Intervention on Communication among Adolescents who have Experienced the Sudden Death of a Sibling. *American Journal of Family Therapy*, 34 (2), 119-137.

Packman, W., Horsley, H., Davies, B., & Kramer, R. (2006). Sibling Bereavement and Continuing Bonds. *Death Studies*, 30, 817-841.

Horsley, G., & Horsley, H. (2006). Continuing Bonds. *The Compassionate Friends Magazine*. Summer 2006. 19-20.

Horsley, H. (March 2006). Continuing Bonds: How to Honor Sibling Loss. *The Link: A Newsletter for the FDNY Families from the Counseling Service Unit of the Fire Department of New York*.

Horsley, H. (2002, Fall). Teenagers Grieve, Too! *The Compassionate Friends Magazine: We Need Not Walk Alone*, pp. 6.

PROFESSIONAL AFFILIATIONS:

New York Licensed Psychologist # 017485
New York State Licensed Social Worker # 074871
American Psychological Association (APA)
Division 17, Counseling Psychology, American Psych. Association

Division 43, Family Psychology, American Psych. Association
National Association of Social Work (NASW)
The Compassionate Friends Organization

REFERENCES

Available upon request