

JULIA MARIA BRILLANTE

Graduate School of Applied & Professional Psychology, Rutgers University
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EDUCATION

Rutgers University, Graduate School of Applied & Professional Psychology (GSAPP) May 2019
Doctorate in Clinical Psychology (Psy.D.)

- *Clinical Child, Adolescent, Family and Pediatric Concentration*
- *Dissertation: Examining the Role of Interpersonal Problems in Nonsuicidal Self-Injury in Adolescents and Young Adults (Chair: Edward Selby, Ph.D., Co-Chair: Shireen Rizvi, Ph.D.)*

Florida State University, Tallahassee, FL Jan. 2010
Bachelor of Arts (B.A.) in Psychology and English, *cum laude*

LICENSURE

Authority to Practice Telepsychology (APIT) under PSYPACT 2022 to Present
APIT Number: 131060

Licensed Psychologist in NJ 2021-Present
License Number: 35SI00630800

Licensed Psychologist in NY 2020-Present
License Number: 023870-01

HONORS AND AWARDS

Robert D. Weitz Award (Rutgers, GSAPP) May 2019

- Presented to graduating student whose energy, spirit and enthusiasm evidence a dedication and willingness to work in the interests of professional psychology and the people it serves.

Fowlin Fellowship (Rutgers, GSAPP) Oct. 2016

- Awarded for academic merit as well as interest in and dedication to working with adolescents.

Honorable Mention, Association for Behavioral & Cognitive Therapies (ABCT) Nov. 2013

- Awarded for poster presented at Child & School-Related Special Interest Group at ABCT.

TEACHING & TRAINING EXPERIENCE

Rutgers University, GSAPP- Clinical Psychology Department Sept. 2026-Present
Practicum Coordinator & Assistant Teaching Professor

- Coordinate practicum placements & provide guidance for students in Clinical Psy.D. program.
- Provide clinical supervision and teach courses for doctoral students.

Rutgers University, GSAPP Graduate Course: Fundamentals of DBT Spring 2025 & 2026

- Taught Fundamentals of DBT graduate course to psychology doctoral students.

- Rutgers GSAPP CE Webinar: Building Commitment from a DBT Perspective** **Mar. 2026**
- Conducted 2-hour webinar for continuing education credits for psychologists.
- Workshop: Nonsuicidal Self-Injury (NSSI) in Preteens and Teens: Recognizing, Understanding and Responding** **Mar. 2026**
- Presented 4-hour workshop for Regional Professional Development Academy (RPDA).
- Rutgers GSAPP CE Webinar: Understanding NSSI in Adolescents** **Feb. 2026**
- Conducted 2-hour webinar for continuing education credits for psychologists.
- Consultation: Centenary University Counseling Center** **Jan. 2025-May 2025**
- Provided professional consultation to clinicians at college Counseling Center re: DBT-informed care, interventions, and skills to use with their clients.
- Workshop: Dealing with Depression: Strategies to Help Teens Manage Mood** **Dec. 2024**
- Presented 4-hour workshop for Regional Professional Development Academy (RPDA)
- Workshop: DBT For Youth: Practical Skills for Schools** **Nov. 2024**
- Presented 4-hour workshop for Regional Professional Development Academy (RPDA).
- Workshop: DBT For Youth: Practical Skills for Schools** **July 2024**
- Presented 4-hour in-person workshop for Camden County Technical Schools.
- Consultation: Old Bridge Township Public Schools, Secondary Schools** **Jan. – June 2024**
- Provided bi-weekly consultation on implementing DBT skills & strategies to school counselors.
- Workshop: DBT For Youth: Practical Skills for Schools** **April 2024**
- Presented 2.5-hour in-person workshop for New Brunswick School District.
- Workshop: NSSI in Preteens and Teens: Recognizing, Understanding & Responding** **Mar. 2024**
- Presented 4-hour workshop for Regional Professional Development Academy (RPDA).
- Workshop: DBT For Youth: Practical Skills for Schools (Elementary)** **Oct. 2023**
- Presented 6-hour in-person workshop for Oldbridge Township Public Schools.
- Workshop: DBT For Youth: Practical Skills for Schools (Middle & High)** **Oct. 2023**
- Presented 6-hour in-person workshop for Oldbridge Township Public Schools.
- Workshop: DBT In Schools: Balancing Acceptance (Validation Skills) with Change (Emotion Regulation Skills)** **Oct. 2023**
- Presented 4-hour workshop for Regional Professional Development Academy (RPDA).
- Workshop: DBT for Youth: Practical Skills for the School Setting (Grades 6-12)** **Oct. 2022**
- Presented 4-hour workshop for Regional Professional Development Academy (RPDA).

Workshop: NSSI in Preteens and Teens: Recognizing, Understanding and Responding Feb. 2022

- Presented 4-hour virtual workshop for Regional Professional Development Academy (RPDA).

Webinar: Recognizing and Understanding Self-Harm and Suicidal Ideation in Teens April 2021

- Presented virtual webinar for New Jersey Council for Exceptional Children (NJCEC).

DBT Didactics – Robert Wood Johnson Medical School March 2021

- Taught virtual DBT didactics for Child and Adolescent Psychiatry Fellows.

Webinar: Self-Care when you don't have time for self-care: DBT Skills Feb. 2021

- Presented virtual webinar teaching select DBT acceptance and distress tolerance skills.

CBT for Youth Anxiety Didactics – New York-Presbyterian (NYP)/Columbia Sep. 2019

- Created and taught didactics regarding CBT for youth anxiety for psychology externs.

DBT Summer Training - New York-Presbyterian (NYP)/Columbia Aug. 2019

- Presented DBT didactics for psychiatry/psychology trainees and staff.

Training, Supervision and Consultation Course – Rutgers, GSAPP Spring 2018

- Teaching assistant for Dr. Brian Chu's course for clinical psychology doctoral students.
- Assisted in teaching course, grading assignments, and providing supervision and feedback through video recordings and facilitating small group discussions.

CLINICAL EXPERIENCE

Center for Cognitive Behavior Therapy, East Brunswick, NJ Sep. 2020-June 2026

Licensed Psychologist

- Provided evidence-based treatments for children, adolescents, and adults, including CBT and comprehensive DBT.

Trinitas Regional Medical Center, Elizabeth, NJ Sep. 2020-Oct. 2021

Adolescent DBT Program- Licensed Psychologist

- Served as clinician on Adolescent DBT team providing comprehensive DBT for teens at Trinitas Regional Medical Center's Child/Adolescent Outpatient Department.

Columbia University Medical Center- NewYork-Presbyterian Hospital Aug. 2019 - August 2020

Psychology Post-Doctoral Fellow (Director of Fellowship: Clare Gaskins, Ph.D.)

Supervisors: Laura Mufson, Ph.D.; Liora Hoffman, Ph.D.; Shayne Ragbeer, Ph.D.; Melissa Klosk, Psy.D.; Scott Hirose, Psy.D.

- Provided evidence-based care for youth and families, including CBT for anxiety & depression and Interpersonal Psychotherapy for Adolescents (IPT-A) for depression.
- Continued specialization in treating high-risk teens and providing comprehensive DBT-A.
- Provided trauma treatments (Trauma Focused-CBT; Child-Parent Psychotherapy) for youth and families including involvement with foster care agencies and incarcerated caregivers.
- Conducted psychological evaluations and comprehensive neuropsychological evaluations.
- Provided family therapy and conduct couples co-therapy with supervisor.

Disruptive Behaviors Rotation

Supervisors: Tasha Brown, Ph.D.; Yessenia Mejia, Psy.D.

- Provided Parent-Child Interaction Therapy (PCIT) for child-parent dyads (ages 5-7) with oppositional and disruptive behavior.
- Led Incredible Years groups for children (ages 5-10) with inattention and noncompliance.

Pediatric Care (Oncology, Chronic Illness)

Supervisors: Dara Steinberg, Ph.D.; JP Reyes, Ph.D.

- Provided outpatient therapy to youth in Special Needs Clinic with chronic medical illnesses including HIV.
- Provided outpatient therapy and inpatient consultation in Department of Pediatrics, Division of Hematology & Oncology for youth undergoing treatment for cancer and blood disorders, and individual therapy with young adult cancer survivor.

Columbia University Medical Center- NewYork-Presbyterian Hospital July 2018 - June 2019

Clinical Psychology Intern- Child Track

Director of Child Track: Laura Mufson, Ph.D.

- Provided treatment to children, adolescents and families in the Washington Heights community and surrounding areas with a range of psychiatric disorders and psychosocial stressors.
- Attended weekly individual and group supervision for a variety of treatment modalities and orientations (see below), didactics, team disposition meetings and grand rounds.

Child Anxiety and Depression Clinic

Supervisors: Jenna Zucchi, Ph.D.; Shayne Ragbeer, Ph.D.

- Provided CBT for anxiety and depression to children and adolescents with a variety of diagnoses (i.e., social anxiety disorder, agoraphobia, GAD, MDD).
- Conducted TF-CBT with children who have experienced trauma, including sexual abuse, physical abuse and witnessing violence.

Dialectical Behavior Therapy (DBT)/Acute Care Rotation

Supervisor: Shayne Ragbeer, Ph.D.

- Provided individual DBT to high-risk adolescents, led weekly DBT multi-family skills group (MFSG), provided daytime phone coaching and attended DBT consultation team.
- Provided weekly short-term treatment and crisis stabilization for high-risk youth in need of immediate care and often at risk for hospitalization (Supervisor: Scott Hirose, Psy.D.).

Interpersonal Psychotherapy for Adolescents (IPT-A)

Supervisor: Laura Mufson, Ph.D.

- Received training in IPT-A and provided weekly IPT-A to depressed adolescent.

Family Therapy

Supervisor: Scott Hirose, Psy.D.

- Implemented weekly family therapy using structural and narrative frames, including family team conducting monthly live observation of sessions through one-way mirror.

Child Parent Psychotherapy (CPP) Program

Supervisor: Liora Hoffman, Ph.D.

- Conducted CPP, a dyadic treatment for children (ages 0-5) and caregivers who have witnessed or experienced violence and/or trauma.

Neuropsychological and Psychological Evaluations

Supervisor: Pooja Vekaria, Ph.D.

- Conducted neuropsychological assessment batteries and wrote integrated assessment reports for youth with presenting concerns including ADHD, learning disabilities and language disorders.
- Conducted diagnostic & psychosocial evaluations of youth- Supervisor: Yessenia Mejia, Ph.D.

Adult Psychiatry Outpatient Clinic

Supervisor: Belinda Carrasco, Ph.D.

- Provided weekly psychodynamic psychotherapy to adult outpatients.
- Completed psychological evaluations with adults presenting for outpatient treatment.

Adolescent Inpatient Program (1 West)

Northwell Health (formerly LIJ Hospital), Zucker Hillside Hospital, NY July 2017 - June 2018

Clinical Psychology Extern

Supervisors: Madeline McGee, Ph.D.; Alison Tebbett, Ph.D.

- Provided individual DBT and CBT to diverse group of 12-17 year olds on inpatient unit with various difficulties including recent suicide attempts, bipolar disorder, psychosis and trauma.
- Conducted family sessions focused on safety planning and increasing familial communication.
- Led DBT groups twice weekly with group size ranging from 10-22 adolescents.
- Collaborated on interdisciplinary team including psychiatrists, nurses, social workers and mental health workers to provide treatment and disposition planning.
- Provided comprehensive case management including consulting with caregivers, schools, past providers, ACS/CPS and foster care agencies.
- Conducted disposition planning including referrals, coordinating next level of care, completing C-SPOA applications and writing CSE letters.
- Ran weekly community meetings and led mindfulness activities with full staff and patients.
- Served as integral part of therapeutic milieu through conducting milieu coaching and implementing behavioral points systems.

Cognitive Behavioral Consultants of Westchester & Manhattan, NY

July 2016 - July 2017

Clinical Psychology Extern

Supervisors: Chad Brice, Ph.D.; Alec Miller, Psy.D.; Amy Walker, Ph.D.; Faye Rigogiannis, Psy.D.

- Provided CBT and comprehensive DBT to youth, adults and families with varied presentations including emotion dysregulation, nonsuicidal self-injury (NSSI), anxiety disorders.
- Group leader of weekly two-hour DBT Multi-Family Skills Group (MFSG).
- Provided 24-hour phone coaching for individual DBT client and for parents in MFSG.
- Served as member of weekly DBT consultation team.
- Trained in weekly didactic seminars regarding clinical application of CBT and DBT.
- Weekly participation in individual supervision, CBT peer supervision, dyadic DBT supervision, as well as monthly participation in one hour of CBT Team for case consultation.
- Co-led 10-week social anxiety group for college-aged young adults.

Assessment Team at Rutgers University, Piscataway, NJ

Sept. 2015 - July 2017

Clinical Psychology Extern

Supervisor: Kenneth Schneider, Ph.D.; Catharina Carvalho-Corbett, Ph.D.; Christina Carrasso-Cantanzaro, Psy.D.

- Completed comprehensive cognitive, learning and ADHD evaluations for children and adults.
- Administered, scored and interpreted assessments (e.g., WAIS-IV, WJ-COG, NEPSY).
- Wrote integrative assessment reports and conducted feedback sessions to review findings.

Personalized Depression Prevention Project, Piscataway, NJ

Sep. 2014 - June 2017

Clinical Evaluator & Extern

Supervisors: Jami Young, Ph.D.; Jessica Benas, Ph.D.; Christie Schueler, Ph.D.

- Conducted diagnostic assessments using semi-structured interviews such as K-SADS and battery of standardized self-report measures with children and adolescents aged 11-17.
- Attended individual supervision to determine diagnoses and eligibility for prevention program.
- Co-led Interpersonal Psychotherapy Adolescent Skills Training (IPT-AST) group for prevention of depression in teens.
- Provided individual IPT to young adult and received weekly supervision.

Rutgers Psychological Services Clinic, Piscataway, NJ

Sep. 2014 - June 2017

Student Clinic Practicum

Supervisors: Craig Springer, Ph.D.; Peter DeNigris, Psy.D.; Steve Gordon Ph.D.;

Marta Aizenman, Ph.D.

- Provided individual treatment (CBT and Psychodynamic therapy) to adult outpatients.
- Utilized self-report outcome measures (e.g., BDI, PHQ-9) to monitor treatment progress.
- Supervised in CBT and psychodynamic approaches, accompanied by respective coursework.

Tourette Syndrome (TS) Program at Rutgers University, Piscataway, NJ

Sep. 2015 – Mar. 2017

Clinical Psychology Extern

Supervisor: Daniela Colognori, Psy.D.

- Provided CBT and habit reversal treatment (HRT) to children and adolescents with TS and comorbidities (e.g., GAD, trichotillomania, ADHD, behavioral difficulties).
- Conducted comprehensive assessments including Yale Global Tic Severity Scale (YGTSS) and Children's Yale-Brown Obsessive Compulsive Scale (CY-BOCS).
- Attended weekly didactics (e.g., Parent Management Training) and individual supervision.
- Co-led 10-week social skills group for children with TS and comorbidities (e.g., ADHD, ASD).
- Conducted intake screeners to assess client eligibility for social/emotional learning skills group.

Emotion & Psychopathology Lab at Rutgers University, NJ

Nov. 2014 - Jan. 2016

Clinical Evaluator

Supervisor: Edward A. Selby, Ph.D.

- Conducted semi-structured diagnostic interviews (e.g., Miniature-International Neuropsychiatric Interview, Brief Assessment of Adolescent Suicide and Self-Injury).
- Administered battery of self-report measures to determine study eligibility for teens and young adults engaging in NSSI.
- Assessed risk level due to history of suicidality & severe psychopathology among participants.

Child Mind Institute, New York, NY

Aug. 2012 - Feb. 2014

Staff Associate, Anxiety & Mood Disorders Center

- Served as main contact in maintaining treatment for families (e.g., scheduling therapy, coordinating patient care, managing clinicians' caseloads).
- Conducted phone intakes of patients' presenting symptoms & observed diagnostic evaluations.
- Assisted with exposure and response prevention in 5-day intensive program for OCD/phobias.
- Co-led 6 week Cognitive Behavioral Intervention for Trauma in Schools (CBITS) group for elementary school children affected by Superstorm Sandy.

211 Crisis Hotline, Tallahassee, FL
Crisis Counselor

May 2009 - July 2011

- Provided over 200 hours of short-term phone counseling to distressed callers and suicidal callers on the National Suicide Prevention Lifeline.

SUPERVISION EXPERIENCE

DBT Skills Group Supervision – Center for Cognitive Behavior Therapy **2023 to 2026**

- Provided supervision for post-doctoral psychology fellows co-leading DBT skills groups.
- Provided additional peer supervision and mentorship on consultation team for individual cases.

Supervision of Supervision - New York-Presbyterian (NYP)/Columbia **Sep. 2019 – Aug. 2020**

- Provided supervision of clinical psychology extern conducting CBT for youth anxiety.
- Received supervision, including training in supervision techniques, from licensed psychologist.

Supervision and Training – Rutgers, GSAPP **Feb. 2017 – Apr. 2017**

- Provided peer supervision sessions (including didactics, viewing video-taped sessions, and providing guidance and feedback) for graduate student conducting CBT with adult outpatient.

RESEARCH EXPERIENCE

Emotion and Psychopathology Lab at Rutgers University, NJ **Nov. 2014 - June 2018**

Graduate Researcher

Advisor: Edward A. Selby, Ph.D.

- Participated on a research team studying NSSI in adolescents and young adults using ecological momentary assessment (EMA) data.
- Developed research questions and prepared data to present findings at professional conferences.
- Assisted in co-authoring manuscripts and book chapters.
- Consented and trained participants in smart phone application to monitor NSSI in real-time.
- Trained participants to use bio-watch measuring psychophysiological electrodermal activity (e.g., skin conductance).

Tourette International Collaborative Genetics Study, NJ

June 2015 - Aug. 2016

Research Coordinator

Advisor: Gary Heiman, Ph.D.

- Coordinated research visits with families affected by TS and related co-morbidities (e.g., ADHD, OCD) for NIH-funded study examining genetic factors associated with TS.
- Conducted phone screenings and pedigrees to outline family history of psychopathology.

Cognitive & Behavioral Consultants of Westchester & Manhattan, NY

June 2015 - Aug. 2015

Research Intern

Advisor: Elizabeth Courtney-Seidler, Ph.D.

- Assisted a research team implementing DBT in school-based settings (e.g., working on IRB submissions and researching assessments for evaluation of DBT programs).
- Participated in DBT consultant research meetings and observed school-based DBT training.

Montefiore Medical Center, NY

Oct. 2013 - July 2014

Research Assistant in Adolescent Depression and Suicide Program

Advisors: Alec L. Miller, Psy.D.; Miguelina Germán, Ph.D.

- Coded data regarding NSSI and suicidality in an adolescent clinical population.
- Conducted literature reviews, prepared abstracts, and created presentations on topics such as adolescent BPD, NSSI in schools, and modifying evidence-based treatments for children.
- Prepared and presented posters exploring deliberate self-harm (e.g., NSSI and suicide attempts) within adolescent ethnic minority population.
- Attended weekly lab meetings to discuss research developments.

Autism Institute at Florida State University College of Medicine, FL

June 2011 - Aug. 2012

Research Coordinator

Advisors: Amy M. Wetherby, Ph.D.; David McCoy, Ph.D., CCC; Sheri Stronach, M.S., CCC-SLP

- Managed projects involving observation of red flags for early diagnosis of ASD in toddlers.
- Coded communicative and repetitive behaviors in clinical settings through Communication and Symbolic Behavior Scales (CSBS) and home observations.
- Supervised and trained undergraduate research assistants in coding behavioral data.
- Conducted and documented inter-rater reliability measures among coders.

Clinical Psychology Laboratory, Florida State University, Tallahassee, FL **Jan. 2010 - Dec. 2011**

Research Assistant

Advisors: Thomas Joiner, Ph.D.; April Smith, Ph.D.

- Administered experiments examining eating disorders, suicide and body image.
- Studied relationship between suicidal ideation and agitation levels by administering research battery to suicidal inpatient residents.
- Trained participants in computerized testing
- Debriefed participants regarding deception involved with priming conditions.

Social Psychology Laboratory, Florida State University, Tallahassee, FL **July 2009 - May 2010**

Research Assistant

Advisors: Roy F. Baumeister, Ph.D.; Diane M. Tice, Ph.D.; Will Crescioni, B.S.

- Conducted studies investigating the relationship between free will and moral reasoning.
- Recruited, trained and debriefed participants; administered experiments involving deception.
- Recorded and compiled data and results for further analysis.

PUBLICATIONS

Kranzler, A., Fehling, K.B., **Brillante, J.**, & Selby, E.A. (2020). Does self-injury hurt? Understanding the experience and potential functions of pain in self-injury. In M. Incayawar, M. Clark & S. Maldonado-Bouchard (Eds), *Overlapping Pain and Psychiatric Syndromes – Global Perspectives* (pp. 303–313). Oxford University Press.

Selby, E.A., Kranzler, A., Fehling, K.B., **Brillante, J.**, Yuan, F., Gao, X., Lindqvist, J., & Miller, A.M. (2019). The dynamics of pain during nonsuicidal self-injury. *Clinical Psychological Science*. 7 (2), 302-320.

- Kranzler, A., Fehling, K.B., Lindqvist, J., **Brillante, J.**, Yuan, F., Gao, X., Miller, A.M., & Selby, E.A. (2018). An ecological investigation of the emotional context surrounding nonsuicidal self-injurious thoughts and behaviors in adolescents and young adults. *Suicide and Life-Threatening Behavior*. 48(2), 149-159.

SYMPOSIUM PRESENTATIONS

- Selby, E. A., Kranzler, A., Fehling, K., Panza, E., **Brillante, J.**, & Lindqvist, J. (October 2016). Exploring the emotional context surrounding nonsuicidal self-injury in those with and without nonsuicidal self-injury disorder. In R. Hershenberg & L. Starr (Chairs), *New Insights from Intensive Longitudinal Research Exploring Daily Processes in Psychopathology*. Symposium presented at the 50th Annual Convention of the Association for Behavioral and Cognitive Therapies, New York City, NY.
- Omar, Y., Panza, E., Fehling, K., **Brillante, J.**, Kranzler, A., Lindqvist, J., & Selby, E. A. (October 2016). Sleep problems are longitudinally associated with difficulties in emotion regulation in adolescents and young adults. In S. Fitzpatrick (Chair), *The Transdiagnostic Influence of Sleep Disruption on Emotion Dysregulation*. Symposium presented at the 50th Annual Convention of the Association for Behavioral and Cognitive Therapies, New York City, NY.
- Bubrick, J., Busman, R., Meister, J., Rooney, E., Shuldiner, M., Rayfield, N., & **Brillante, J.** (July 2013). A weekend adventure in kicking OCD's butt! Two-day clinical, experiential workshop for children presented at The International OCD Foundation (IOCDF) Conference, Atlanta, GA.

POSTER PRESENTATIONS

- Fehling, K., Lim, N., **Brillante, J.**, Omar, Y., Panza, E., Plasencia, M., & Selby, E. (October 2016). "Invisible sexual minority" Heterosexual-identified adults report more mental health problems than exclusively heterosexual adults. Poster presented at the 50th Annual Conference of the Association for Behavioral and Cognitive Therapies, New York City, NY.
- Omar, Y., Fehling, K., Panza, E., **Brillante, J.**, Kranzler, A., Lindqvist, J., & Selby, E. A. (October 2016). *Smoking and rumination are longitudinally associated in adolescents and young adults who self-injure*. Poster presented at the 50th Annual Convention of the Association for Behavioral and Cognitive Therapies, New York City, NY.
- Dodson, S., Panza, E., Omar, Y., Fehling, K., Kranzler, A., **Brillante, J.**, Plasencia, M., Linqvist, J. & Selby, E.A. (October 2016). *Nonsuicidal self-injury disorder vs. borderline personality disorder: interpersonal functioning and affect*. Poster presented at the 50th Annual Convention of the Association for Behavioral and Cognitive Therapies, New York City, NY.
- Brillante, J.**, Fehling, K.B., Kranzler, A. & Selby, E.A. (November 2015). *The role of rumination in the automatic negative reinforcement function of nonsuicidal self-injury*. Poster presented at the 49th Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

- Fehling, K.B., **Brillante, J.**, Kranzler, A. & Selby, E.A. (November 2015). *Ecological momentary changes in emotion before and after nonsuicidal self-injury with emotional regulation expectations*. Poster presented at the 49th Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Gonzalez, G., Rubin, L., **Brillante, J.**, Miller, A., & Germán, M. (November 2014). *Exploring the role of ethnicity in the relationship between body regard and nonsuicidal self-injury within an adolescent clinical population*. Poster presented at the 48th Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Ellois, V., Germán, M., Rubin, L., & **Brillante, J.** (June 2014). *Predictors of teen deliberate self-harm among an African American and Latino sample*. Poster presented at the International Society for the Study of Self-Injury (ISSS) Convention, Chicago, IL.
- Brillante, J.**, Isler, Y., & Howard, J.M. (November 2013). *Responding to superstorm Sandy in the schools: A modified CBITS intervention*. Poster presented at the 47th Annual Convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

MANUSCRIPT IN NEWSLETTER

Brillante, J., Isler, Y., & Howard, J. (2014). Responding to superstorm Sandy in the schools: A modified CBITS intervention. *ABCT Child and School-Related Issues Special Interest Group Newsletter, Spring 2014*, 6-7.

SPECIALIZED CLINICAL TRAINING

Getting to Adherence in DBT Individual Therapy: 3-Day Workshop **June 2026**

Training from The DBT Adherence & Fidelity Project

Instructed by Melanie Harned, Ph.D., ABPP & Sarah Schmidt, Ph.D.

Acceptance and Commitment Therapy (ACT) for Beginners: 6-Week Online Course **Mar. 2026**

Training from Psycwire

Instructed by Dr. Russ Harris, M.B.B.S.

Doing Dialectical Behavior Therapy: Advanced Intensive Training: 3-Day Workshop **June 2024**

Sponsored by Behavioral Care Center of NJ & Metro NY DBT Center

Instructed by Charlie Swenson, M.D. & Shireen Rizvi, Ph.D.

Dialectical Behavior Therapy with Parents, Couples and Families: 4-Day Workshop **April 2021**

Sponsored by Center for DBT and Families

Instructed by Alan Fruzzetti, Ph.D.

Dialectical Behavior Therapy Intensive Training, Part II: 5-Day Workshop **Jan. 2017**

Dialectical Behavior Therapy Intensive Training, Part I: 5-Day Workshop **Aug. 2016**

Sponsored by Behavioral Tech, LLC & Columbia University

Instructed by Randy Wolbert, LMSW, CAADC, CCS and Gwen Abney-Cunningham, LMSW

- Cognitive Behavioral Therapy: Five 5-Day Foundational Training** **July 2016**
Sponsored by Cognitive Behavioral Consultants
Instructed by Lata McGinn, Ph.D.
- Advanced Parent-Child Interaction Therapy (PCIT) 8-Hour Workshop** **Nov. 2016**
Sponsored by Cognitive & Behavioral Consultants
Instructed by Cheryl McNeil, Ph.D.
- Interpersonal Psychotherapy Adolescent Skills Training (IPT-AST) Workshop** **May 2015**
Sponsored by Institute for Research on Youth Depression & Prevention, Rutgers University
Instructed by Jami Young, Ph.D.

ORGANIZATIONS & PROFESSIONAL AFFILIATIONS

- International Society for the Implementation and Training of DBT (ISITDBT)** **2020 to present**
Member: Attend yearly conference.
- Association of Behavioral and Cognitive Therapies (ABCT)** **2015 to present**
Suicide and Self Injury Special Interest Group Member
- Mental Health Disparities Team (NYP/Columbia): Member** **2019-2020**
Attended meeting focused on increasing awareness of mental health disparities; worked with colleagues to improve access and equity of mental health care to the community.
- GSAPP Committee on Diversity: Member** **2014-2017**
Attended meetings & conferences discussing diversity in clinical practice.
- GSAPP Asian Student Association: Member** **2016-2017**
Attended ASA meetings and colloquiums pertaining to mental health in Asian communities.