

REBECCA E. WERSHBA, Ph.D.

Licensed Clinical Psychologist

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EDUCATION AND LICENSURE

- **Doctor of Philosophy, Clinical Psychology, 2013**
Arizona State University
- **Bachelor of Arts, Psychology, 2003**
University of California, Berkeley
- **ABPP-CN Board Eligible, Written Exam Passed, 2019**
- **MA License #10115**

CLINICAL EXPERIENCE

Boston Metro Neuropsychology (Founder)

July 2020 – Present

- Conduct neuropsychological evaluations and feedbacks for referrals including dementing illnesses, TBI, psychiatric disorders, polysubstance abuse, complex trauma, ADHD, learning disabilities, and other neurological disorders. Conduct Independent Medical Examinations (IMEs), Fitness for Duty Evaluations, and Capacity Evaluations

Whittier Rehabilitation Hospital

December 2024 – present

- Conduct bedside neuropsychological and psychological evaluations for individuals with acute medical conditions (e.g., TBI, stroke, post-surgical recovery) on a consultative basis in a rehabilitation setting

R3 Continuum

December 2020 – present

- Conduct neuropsychological and psychological IMEs and Fitness for Duty Evaluations

Veteran Evaluation Services

October 2016 – Present

- Conduct psychological evaluations for veterans applying for disability benefits for issues including PTSD, depression, sleep disorders, substance use, and TBI

Metrowest Neuropsychology

January 2017 – July 2020

- Conducted neuropsychological evaluations and feedbacks for neurological and psychological concerns.

Massachusetts General Hospital/Home Base Foundation

Advanced Fellowship, September 2015 – September 2016

Supervisors: Grant Iverson, Ph.D., Noah Silverberg, Ph.D., ABPP

- Conducted neuropsychological evaluations and feedback sessions for veterans with head trauma/concussion and comorbid disorders, including PTSD and substance abuse

- Created and facilitated a manualized educational/cognitive rehabilitation group for two-week Intensive Clinical Program targeted at veterans with cognitive concerns secondary to TBI and/or PTSD, depression, and other mood disorders
- Engaged in cognitive rehabilitation with veterans and military personnel
- Completed evaluations with children/young adults with sports-related concussions
- Delivered presentations on TBI/PTSD at conferences and other educational events

Cambridge Health Alliance, Harvard Medical School Affiliate

Neuropsychology Post-Doctoral Resident, September 2014 – August 2015

- Conducted neuropsychological evaluations and feedbacks for referrals including dementing illnesses, TBI, psychiatric disorders, polysubstance abuse, complex trauma, ADHD, Learning Disabilities, and other neurological disorders
- Conducted brief cognitive screens for ADHD and dementia in a Primary Care setting, as well as inpatient evaluations for neurological and psychiatric disorders
- Worked with multicultural patients with the assistance of interpreters
- Attended weekly didactics with faculty and fellows from Harvard Medical School, including neurology seminars, didactic presentations, and journal club

UMass Memorial Medical Center

Neuropsychology Resident, Sept 2013 – August 2014

- Conducted 4 – 5 neuropsychological evaluations per week utilizing a flexible-battery approach
- Referral diagnoses (geriatric, adult and pediatric) included dementing illnesses, epilepsy, traumatic brain injury, cerebrovascular disease, multiple sclerosis, HAND, brain neoplasms, PPDs, chemotherapy/radiation effects, AD/HD, LDs, and psychiatric disorders.

Southern Arizona VA Health Care System, APA-Accredited Internship

Pre-doctoral Intern, Neuropsychology Track, July 2012 – July 2013

Rotation: Neuropsychology, 6-month full time

- Conducted neuropsychological evaluations utilizing a flexible-battery approach with an emphasis on empirically supported assessment approaches
- Worked with a diverse veteran population including young adult to geriatric patients, with complications including concurrent psychological disorders, polysubstance abuse, and secondary gain.

Rotation: Outpatient Mental Health, 6-month full time

- Conducted time-limited psychotherapy with diverse patient populations with variety of Axis I and Axis II disorders, primarily utilizing cognitive-behavioral therapy for depression and anxiety, Mindfulness, and Acceptance and Commitment Therapy
- Conducted group therapy for problems including depression, anxiety, insomnia, CPAP desensitization, smoking cessation, and Mindfulness-based stress reduction
- Created manualized treatment for patients with Alzheimer's disease and their spouses/caretakers entitled *Partners in Planning*

Adjunctive Training, year-round

- Conducted evidence-based psychotherapy over course of internship year, primarily utilizing cognitive-behavioral therapy
- Utilized TeleHealth system to conduct psychotherapy with veterans in remote areas

Mayo Clinic, Psychometrist, 2011 – 2012

Supervisors: Dona Locke, Ph.D., Kristin Kirlin, Ph.D., David Osborne, Ph.D., Jesse Jacobsen

- Administered and scored neuropsychological assessments to adult patients with a variety of neurological disorders, most notably neurodegenerative disorders and epilepsy, but also MS, stroke, and other neurological etiologies, as well as occasional psychiatric presentations (e.g., somatoform disorder and depression)
- Conducted assessments for a research study on behavioral interventions for patients with Mild Cognitive Impairment and their spouses

National Institute on Drug Use and Health, *Clinical Interviewer*, 2011 – 2012

- Administered Structural Clinical Interview for the DSM-IV (SCID) to respondents nationwide to collect data on mental health and drug and tobacco usage throughout the United States

ASU Clinical Psychology Center, *Student Therapist*, 2007 – 2012

- Conducted cognitive– behavioral therapy, mindfulness, and guided imagery with clients presenting with a variety of disorders, specializing in adult clients with medical conditions

Mayo Clinic, *Student Clinical Placement*, 2010 – 2011

- Administered and scored neuropsychological assessment exams to identify neurodegenerative disorders, disorders of other neurological etiologies, psychological functioning, and surgical readiness in adult and geriatric patients
- Administered assessments with inpatients on the Epilepsy Monitoring Unit and post-stroke
- Conducted heart rate variability biofeedback with patients suffering from a variety of physical and psychological symptoms, including migraine, anxiety, insomnia, and fibromyalgia

ASU Clinical Psychology Center, *Student Residential Therapist*, 2009 – 2010

- Administered, scored and wrote reports, and provided feedback for Learning Disability and AD/HD assessments
- Administered, scored and wrote reports, and provided feedback for Vocational Rehabilitation assessments for visually impaired clients through the Arizona Institute for the Blind
- Conducted psychotherapy with clients presenting with a variety of disorders, with a focus on clients with health issues
- Organized Health Team meetings and recruited professional community speakers to present to students on health-oriented topics

Psychological Assessment Advanced Treatment Module, Arizona State University, 2010

- Administered learning disability and ADHD assessments

The Neuropsychology Clinic, *Psychometrist, Student Clinical Placement*, 2008 – 2009

- Administered and scored assessments to determine neurological damage resulting from traumatic brain injury, both in forensic and non-forensic settings
- Assisted in clinical interviews with pre-criminal and traumatic brain injury populations
- *Supervisor: Jay Youngjohn, Ph.D., ABPP-CN*

Group Facilitator – Stress and Healthy Aging, 2008

- Co-facilitated and administered manualized treatment for elderly community members

ADDITIONAL CLINICAL TRAINING

Expert Witness Workshop, Cambridge, MA, 2014

- Gained experience in being an expert witness under simulated court room conditions, with repeated examinations and cross-examination by Harvard law students, with feedback from

experienced trial attorneys and senior mental health faculty

MMPI-2 and MMPI-2-RF Workshop, Tempe, Arizona, 2009

Instructors: Yossef S. Ben-Porath, Ph. D., Auke Tellegen, Ph. D., Paul A. Arbisi, Ph. D., and John R. Graham, Ph. D.

- Volunteered at and attended continuing education workshop focused on creation and history of the MMPI– 2 and MMPI– 2RF and techniques of administering, scoring, and interpreting

American Academy of Pain Management Clinical Meeting, Phoenix, Arizona, 2009

- Volunteered at continuing education workshop focused on pain management including the integrative approach to assessing pain, the role of past abuse in chronic pain, acupuncture for chronic pain, and motivating patients with pain to become physically active

PUBLICATIONS

- Silverberg, N., Wojtowicz, M., Bui, E., Wershba, R., Zafonte, R., Laifer, L., Simon, N.M., Iverson, G.L. (2017). Contribution of Perceived Cognitive Functioning to Quality of Life in Service Members and Veterans with Posttraumatic Stress Disorder. *Journal of Traumatic Stress, (30)*, 318-322
- Wershba, R., Locke, D.E., & Lanyon, R.I. (2015) Analysis of Minnesota Multiphasic Personality Inventory– 2– Restructured Form response bias indicators as suppressors or moderators in a medical setting. *Psychological Assessment, e– pub ahead of print.*
- Lanyon, R. I., Goodstein, L. D., & Wershba, R. (2014). “Good impression” as a moderator in employment-related assessment. *International Journal of Selection and Assessment, (22)1*, 52– 61
- Lanyon, R.I., Maxwell, B.M., Wershba, R. (2013). The relationship of pre-operative health status to sustained outcome in gastric bypass surgery. *Obesity Surgery*. doi: 10.1007/s11695– 013– 1085– x
- Lanyon, R. I. & Wershba, R. (2013). The effect of under-reporting response bias on the assessment of psychopathology. *Psychological Assessment, 25(2)*, 331– 338
- Locke, D.E., Kirlin, K., Wershba, R., Osborne, D., Drazkowski, J., Sirven, J., & Noe, K. (2011) Randomized comparison of the Personality Assessment Inventory and the Minnesota Multiphasic Personality Inventory-2 in the epilepsy monitoring unit. *Epilepsy & Behavior, 21(4)*, 397– 401.
- Youngjohn, J.R., Wershba, R., Stevenson, M., Thomas, M., & Sturgeon, J. (2011). Independent validation of the MMPI-2-RF somatic/cognitive and validity scales in TBI litigants tested for effort. *The Clinical Neuropsychologist, 25*, 463– 476.
- Finan, P. H., Zautra, A. J., & Wershba, R. (2009). The dynamics of emotion in adaptation to stress. In R.J. Contrada & A. Baum (Eds.), *The Handbook of Stress Science: Biology, Psychology, and Health* (pp. 209– 220). Springer Publishing.

CONFERENCE PRESENTATIONS

- Wershba, R. et al. (2016). *Normative Data for the Post-Concussion Scale in High School Girls*. Poster presentation at the International Brain Injury Association’s World Congress on Brain Injury. The Hague, Netherlands. March 2 – 5, 2016.

- Iverson, G., Wershba, R., et al. (2016). *Normative Data for the Post-Concussion Scale in High School Boys*. Poster presentation at the International Brain Injury Association's World Congress on Brain Injury. The Hague, Netherlands. March 2 -5, 2016.
- Wilner, E., Geier, F.M., Wershba, R., Chow, C.M., & Lanca, M. (2016) *Cross-cultural Literacy Screening in Low-educated Immigrants: A Pilot Study*. Poster presentation at International Neuropsychological Society. Boston, Massachusetts, February 3-6, 2016.
- Locke, D.E.C. & Wershba, R. (2012). *The MMPI-2-RF in the epilepsy monitoring unit*. Platform presentation at the 46th Annual Symposium on Recent MMPI Research. Las Vegas, Nevada. April 27-28, 2012.
- Wershba R. & Locke D.E.C. (2012). *Using bias indicators to improve the ability of substantive indicators to discriminate between epilepsy and non-epileptic seizure disorders*. Poster presentation at the 46th Annual Symposium on Recent MMPI Research. Las Vegas, Nevada. April 27-28, 2012.
- Wershba, R., Stevenson, M., Thomas, M., Sturgeon, J., Youngjohn, J.R. *MMPI-2-RF Validity and Somatic Scales: Relations to Symptom Validity Test Outcomes*. Poster presented at the annual meeting of the National Academy of Neuropsychology in New Orleans, LA, November 2009
- Wershba, R., Fowler, A., Zautra, A. *The role of fatigue and sleep in physical and mental health among Rheumatoid Arthritis patients*. Poster presented at the annual meeting of the Society of Behavioral Medicine Annual Meeting in San Diego, CA, March 2008
- Wershba, R., Sturgeon, J., Fowler, A., Zautra, A., Davis, M. *Differential predictors of sleep quality and fatigue in women with fibromyalgia*. Poster presented at the annual meeting of the American Psychosomatic Society Conference in Baltimore, MD, March 2008
- Fowler, A., Wershba, R., Davis, M. *Satisfaction with spouse support as a moderator of pain catastrophizing and depression*. Poster presented at the annual meeting of the American Psychosomatic Society Conference in Baltimore, MD, March 2008
- Wershba, R. E., Parrish, B. P., Fowler, A.C., Zautra, A. J., & Davis, M.C. *The Role of Depression on Daily Pain and Pain Coping in Rheumatoid Arthritis Patients*. Poster presented at the annual meeting of the American Psychosomatic Society, Budapest, Hungary, March 2007

PRESENTATIONS/GUEST LECTURES

"Mood and Sleep Changes" (2020)

- Web-based presentation to almost 90 community members

"Primary Progressive Aphasia" (2020) – UMass Medical/Worcester VA Didactics

- Presentation explaining PPA through videos, case studies, and didactics

"Invisible Wounds of War" (2016) – Conference for Maine Association of Physician Assistants

- Presentation describing mechanisms of TBI and PTSD and their interaction in veterans

"Neurological Disorders" (2015) – Guest lecturer at Lesley College

- Guest lecturer for graduate psychology class “Psychopathology in Clinical Practice”
- "Surviving Stress"** (2015) – Guest lecturer at Illinois College
- Symposium delivered to over 130 college students explaining factors involved in stress and teaching coping skills, including deep breathing and cognitive reappraisal
- "Learning Disabilities"** (2015) – Cambridge Health Alliance, Harvard Teaching Affiliate
- Lecture delivered to psychology interns describing learning disabilities
- "Surviving Stress"** (2010) – Arizona State University
- Symposium geared towards and presented to an audience of more than 50 ASU employees