

DAVID T. WEIBEL, PH.D.

7931 Picardy Avenue
 Baton Rouge, LA, 70809
 d@drweibel.com
 225-678-9389

EDUCATION**Ph.D., Clinical Psychology, 2007**

Ohio University

M.S., Clinical Psychology, 2003

Ohio University

Psychology undergraduate courses, 1999-2000

University of California at Berkeley

Psychology undergraduate courses, 1998-99

Stanford University

M.B.A., Management, 1995

San Francisco State University

B.A., Business-Economics, 1992

University of California at Santa Barbara

CLINICAL EXPERIENCE**Clinical Psychologist & Owner**

December 2010-present

Dr. David T. Weibel & Associates, LLC, Baton Rouge, LA

Provided assessment and psychotherapy to a diverse range of clients in the Baton Rouge area.

Clinical Psychologist

February 2011-May 2015

Social Security and Disability Determination, Baton Rouge, LA

Conducted mental status and intelligence/learning assessments and delivered reports on diagnoses, potential malingering, and functioning to assist with decisions regarding benefits.

Clinical Psychologist

February 2011-March 2012

Veterans Administration, Baton Rouge, LA

Assessed veterans who had served in combat for PTSD, other disorders, and potential malingering to assist with compensation and pension claims.

Staff Psychologist

March 2008-August 2010

Napa State Hospital, Napa, CA

Conducted individual and group psychotherapy for patients living in forensic hospital. Conducted assessments and delivered reports to courts about diagnoses, treatment course, court competency status, potential malingering, and dangerousness to self and others.

Pre-doctoral Intern

August 2005–August 2006

Western Michigan University Counseling Center, Kalamazoo, MI

Conducted assessments and psychotherapy with university students; Supervised one doctoral student's entire caseload.

Psychological Assistant **August 2002-March 2005**
Woodlands Counseling Agency, Jackson, OH

Conducted assessments and psychotherapy with all ages in community mental agency in poverty-stricken region of Appalachia.

Mindfulness Group Leader **September 2004-July 2005**
Ohio University Counseling and Psychological Services, Athens, OH

Led two weekly mindfulness groups for students; Created a stress management audio CD with seven audio tracks. This CD is now being used at two college counseling centers and two state hospitals.

Psychological Assistant **September 2004-July 2005**
Ohio University Counseling and Psychological Services, Athens, OH

Conducted assessments and psychotherapy in university counseling center.

Group Leader **April 2003-July 2004**
Domestic Violence Intervention Project, Athens, OH

Helped court-referred men improve their interpersonal skills, express their emotions in adaptive ways, develop positive attitudes toward women, and adopt non-violent lifestyles.

Hotline Volunteer **May 1997-February 2000**
Family Services Mid-Peninsula, Palo Alto, CA

Listened and provided referrals to parents and teens with a variety of problems such as parenting, relationships, substance abuse, violence, and suicidal ideation.

TEACHING EXPERIENCE

Instructor, Introduction to Psychology **Fall 2010**
Southeastern Louisiana University, Hammond, LA

Prepared all course content for 62 students without a graduate assistant.

Instructor, Child and Adolescent Psychology **Fall, Winter, & Spring, 2006-2007**
Ohio University, Athens, OH

Prepared all course content and taught an average of 45 students with the support of one teaching assistant. Highlights: Created thirteen developmental exercises to expand students' perspectives. On the final paper students described their current level of development on three of six models, reviewed how they had developed thus far, and created a plan for how they might continue developing.

Instructor, Abnormal Psychology **Fall 2004 & Spring 2005**
Ohio University, Athens, OH

Prepared all course content and taught an average of 60 students with the support of one teaching assistant. Highlights: Invited speakers living with schizophrenia to lessen stigma. Students debated controversial issues in a team format. Students wrote paper in which they imagined needing to seek help for psychological issues and describing whether they would prefer to be described with DSM categories or via a narrative approach or whether the approaches can be combined.

Instructor, Personality **Winter 2004 & Winter 2005**
Ohio University, Athens, OH

Prepared all course content and taught an average of 50 students with the support of one teaching assistant. Highlights: Students wrote a detailed description of themselves or a friend at the beginning of the quarter and later used two applicable theories to try to understand that person and provide strategies for change and growth.

**Instructor, Career Exploration
Western Michigan University**

Spring 2006

Served as primary instructor for 30 students as part of career counseling rotation.

**Teacher
Casa Xelaju, Quetzaltenango, Guatemala**

Summer 2002

Tutored children in Spanish; created teaching guidelines; designed token economy to boost motivation.

SUPERVISING EXPERIENCE

**Supervision Rotation
Western Michigan University Counseling & Testing Center, Kalamazoo, MI**

Spring 2006

Supervised a fourth year Ph.D. student's psychotherapy with ten clients.

**Supervision Practicum
Ohio University Psychology Clinic, Athens, OH**

Winter 2005

Supervised a second year Ph.D. student's psychotherapy with two clients.

BOOKS

Weibel, D. (2015). *Beyond Me: Practices for Expanding Compassion*. Compassion Publishing: Baton Rouge, LA.

SEMINARS

Weibel, D. (2012). *The Struggles and Joys of Private Practice*, Student Counseling Center, LSU.

Weibel, D. (2007). *A therapist's guide to the role of mindfulness in healing and health promotion*. Ohio University Counseling & Psychological Services, Athens, Ohio.

PUBLICATIONS

Weibel, D. T., McClintock, A. S., & Anderson, T. (2016). Does loving-kindness meditation reduce anxiety? Results from a randomized controlled trial. *Mindfulness*, doi: 10.1007/s12671-016-0630-9.

Stice, E., Mazotti, L., **Weibel, D.**, & Agras, W.S. (2000). Dissonance prevention program decreases thin-ideal internalization, body dissatisfaction, dieting, negative affect, and bulimic symptoms: A preliminary experiment. *International Journal of Eating Disorders*, 27, 206-212.

Giese-Davis, J., Hermanson, K., Koopman, C., **Weibel, D.**, Spiegel, D. (2000). Quality of couples' relationship and adjustment to breast cancer. *Journal of Family Psychology*, 14, 251-266.

Weibel, D. (2007). DSM [a poem]. *San Francisco Psychologist*, quarterly magazine for members of the San Francisco Psychological Association.

PAPER & CONFERENCE PRESENTATIONS

Weibel, D. (2015, April). Compassion practices for therapists and clients. A Day of Mindfulness for Mental Health Practitioners, Baton Rouge, LA.

Weibel, D. (2014, April). Attention regulation as a mechanism of mindfulness. A Day of Mindfulness for Mental Health Practitioners, Baton Rouge, LA.

Weibel, D. (2013, April). Helping clients integrate mindfulness into their lives. A Day of Mindfulness for Mental Health Practitioners, Baton Rouge, Louisiana.

Weibel, D. (2013, March) A therapist's response to the lay person's question, "So are you going to analyze me?" Monthly meeting of the Baton Rouge Area Society of Psychologists, Baton Rouge, LA.

Weibel, D. (2012, April) Loving-kindness meditation for therapists and clients: Reducing empathy fatigue and promoting happiness. A Day of Mindfulness for Mental Health Professionals, Baton Rouge, Louisiana.

Weibel, D. (2012, April). Research on techniques for enhancing compassion in clients and therapists. Louisiana Psychological Association Annual Conference, Baton Rouge, Louisiana.

Weibel, D. (2011, May) Review of the literature on loving-kindness meditation. Monthly meeting of the Baton Rouge Area Society of Psychologists.

Weibel, D., Anderson, T. (2007, April). A novel loving-kindness intervention: Boosting compassion for self and others. Ohio Society for Psychotherapy Research, Oxford, Ohio.

Weibel, D. (2003, April). Keeping up with the Joneses: Might the American dream need revisiting? Ohio Society for Psychotherapy Research, Athens, Ohio.

Weibel, D., Anderson, T. (2002, July). The effects of therapist interpersonal skill and training on client emotional experiencing. North American Society for Psychotherapy Research, Santa Barbara, California.

Weibel, D., Noice, J. Herman, A., Anderson, T. (2002, April). The effects of therapist interpersonal skill on client experiencing. Ohio Society for Psychotherapy Research, Oxford, Ohio.

Weibel, D., Baldrachi, R. (2001, November). The effects of low Facilitative Interpersonal Skills (FIS) on therapy outcome. North American Society for Psychotherapy Research, Puerto Vallarta, Mexico.

Anderson, T., **Weibel, D.,** Fende, J., Wang, V. (2001, August). Psychopathologizing of everyday life - examples and alternatives; understanding therapist facilitative communication skills through participant observation case studies. American Psychological Association, San Francisco, California.

Anderson, T., **Weibel, D.,** Fende, J., Wang, V. & Baldrachi, R. (2001, April). Understanding Therapist Facilitative Interpersonal Skills through participant-observation case studies. Ohio Society for Psychotherapy Research, Oxford, Ohio.

POSTERS

Weibel, D. (2004, April). Mindfulness for helpers. Society for Psychotherapy Research, Athens, Ohio.

Weibel, D. (2003, April). The tyranny of the self. Society for Psychotherapy Research, Athens, Ohio.

Weibel, D., Anderson, T. (2001, November). The influence of therapist skill on therapist interventions. North American Society for Psychotherapy Research, Puerto Vallarta, Mexico.

Giese-Davis, J., **Weibel, D.,** Hermanson, K., Koopman, C., Spiegel, D. (1998, August). Affective engagement and couple's adjustment to metastatic breast cancer. American Psychological Association, San Francisco, California.

RESEARCH EXPERIENCE

Lab Member

2000-2007

**Psychotherapy, Interpersonal Process, and Health Laboratory
Ohio University, Athens, OH**

Collaborated on psychotherapy process and outcome research; revised alliance measures; Led emotional experiencing scale training; coded psychotherapy tapes using the Verbal Response Modes.

Dissertation: A novel loving-kindness intervention: Boosting compassion for self and others.
Thesis: The influence of therapist training and interpersonal skill on client emotional experiencing.
 Advisor: Timothy Anderson, Ph.D.

Research Assistant **July 1998-April 2000**
Stanford Psychiatry and Behavioral Sciences, Stanford, CA

Coded emotions of women living with metastatic breast cancer in group therapy; Recruited and trained research assistants; Wrote computer programs; Monitored assignments; Analyzed data.

Primary investigators: Janine Giese-Davis, Ph.D., David Spiegel, M.D.

Research Assistant and Counselor **January 1998-September 1998**
University of California at Berkeley, CA

Conducted assessments with children diagnosed with ADHD as part of the Multimodal Treatment Study; Served as counselor and research assistant at summer camp for girls living with ADHD.

Primary investigator: Stephen Hinshaw, Ph.D.

Research Assistant **1997-1998**
Stanford Psychiatry & Behavioral Sciences, Stanford, CA

Helped design a cognitive dissonance intervention to lower internalization of the thin-ideal and body dissatisfaction among women at risk for eating disorders; Assisted with data collection.

Primary investigator: Eric Stice, Ph.D.

EXPERIENCE PRIOR TO PSYCHOLOGY CAREER

Certified Personal Fitness Trainer **1997-1999**
Reach Fitness, Fitness Together, & clients' homes, Palo Alto, CA

Helped clients overcome body image issues, low motivation, and injuries to achieve better health.

Marketing Manager **1995-1997**
Inverse Ink, Mountain View, CA

Managed marketing strategy and implementation for startup software company; Managed three web designers and one public relations person; Researched market by conducting focus groups; Wrote product copy; Coordinated product design, production, and tradeshows.

SERVICE

President, Baton Rouge Area Society of Psychologists **2013-2014**

AFFILIATIONS

American Psychological Association
 Baton Rouge Area Society of Psychologists

Louisiana Psychological Association

LANGUAGES

Speak, read, and write Spanish at an advanced level and have conducted psychotherapy in Spanish.

Louisiana license #1137

California license #22677