

Curriculum Vitae

Date Prepared: 06/23/2022
Name: Amy J. Clara, Psy.D.
Office Address: Massachusetts General Hospital Cancer Center, Yawkey 10B, Boston, MA 02114
Work Phone: (617) 724-4553
Work Email: ACLARA@PARTNERS.ORG
Work FAX: (617) 726-7541

Education:

08/06-06/10	B.A.	Psychology	Wheaton College, Norton, MA
08/13-06/15	M.A.	Professional Psychology	William James College, Newton, MA
08/13-06/17	Psy.D.	Clinical Psychology (PI: Rabin)	William James College, Newton, MA

Predoctoral Training

08/15-06/17	Predoctoral Intern in Psychology	Health Psychology / Behavioral Medicine (APA Accredited)	Charles River Community Health Center
-------------	----------------------------------	--	---------------------------------------

Postdoctoral Training:

07/17-07/18	Postdoctoral Fellow in Psychology	Primary Care	Milford Regional Physician Group, Kerzner Associates, PC
-------------	-----------------------------------	--------------	--

Faculty Academic Appointments

05/20-present	Instructor	Psychiatry	Harvard Medical School
09/21-present	Adjunct Associate Professor	Genetics Counseling	MGH Institute of Health Professions Department of Genetic Counseling

Appointments at Hospitals/Affiliated Institutions:

07/18-03/20	Psychologist	Primary Care	Milford Regional Physician Group, Kerzner Associates, PC
05/20-present	Psychologist	Psychiatry	Massachusetts General Hospital

Other Professional Positions:

08/14-6/16	Telehealth Para-professional	Listener, Ginger.io
09/13-05/17	Referral Counselor	INTERFACE Referral Service
04/20-07/20	Telehealth Therapist	BetterHelp, Teladoc, Inc

Major Administrative Leadership Positions

Local

2020-present	Co-developer and leader, Oncology Collaborative Care	Massachusetts General Hospital
--------------	--	--------------------------------

Committee Service:**Local**

2015	Admissions Committee	Student Member, William James College
2020-present	Cancer Outcome Research and Education Program Diversity, Equity, and Inclusion Task Force (CORE DEI Task Force)	Faculty Member, Massachusetts General Hospital

Professional Societies:

2013-2014	Association for Behavioral and Cognitive Therapies	Student Member
2017-2022	Massachusetts Psychological Association	MPA
	2017-2018	Student Member
	2018-2019	Early Career I Member
	2019-2022	Early Career II Member
2018	Collaborative Family Healthcare Association	Post-Doc Member
2018-present	American Psychological Association	Member
2018-present	Society for Health Psychology (D038)	
2022-present	International Psychology (D052)	
2020-present	American Psychosocial Oncology Society SIG: Sexual Health	Member

Laboratory and Other Research Supervisory and Training Responsibilities

2020-Present	Co-supervisor for research assistants in the Cancer Outcomes Research Program/Massachusetts General Hospital	1-2 hours/week
--------------	--	----------------

Mentored Trainees and Faculty

2020	Zoë Schefter, B.A., Research Assistant II, Boston Children’s Hospital Career Stage: Post-baccalaureate. Mentoring role: Professional development
2020	Annemarie Jagielo, B.A., B.S., Clinical Research Coordinator II, Massachusetts General Hospital Career stage: Post-baccalaureate. Mentoring role: Professional development
2020	Brett Goshe, Ph.D., Psychologist Trainee, Massachusetts General Hospital Career stage: Psychology fellow. Mentoring role: Clinical supervisor.
2021	Ashley Nelson, Ph.D., Psychologist Trainee, Massachusetts General Hospital Career stage: Psychology fellow. Mentoring role: Clinical supervisor.
2022	Jacklyn Foley, Ph.D., Psychologist Trainee, Massachusetts General Hospital

Career stage: Psychology fellow. Mentoring role: Clinical supervisor.

Local Invited Presentations *(No presentations below were sponsored by 3rd parties/outside entities)*

- 2011 Standardized Outcomes in Reproductive Cardiovascular Care: Update / Boston Adult Congenital Heart Disease Group Weekly Seminar, Boston Children's Hospital
- 2012 Boston Adult Congenital Heart Group: Current Research / Research Assistant Grand Rounds, Boston Children's Hospital
- 2016 Biofeedback and Anxiety Disorder, Guest lecture, Department of Psychology, Boston University
- 2021 Help Me Understand: Connecting and Coping During Cancer Treatment / Prevention Talks with Community Health Workers as part of Nation Minority Cancer Awareness Month, Massachusetts General Hospital Chelsea and Revere Healthcare Centers
- 2021 Sexual Wellness in Psychosocial Oncology / MGH BMED Internship Seminar, Massachusetts General Hospital

Report of Regional, National and International Invited Teaching and Presentations *(No presentations below were sponsored by 3rd parties/outside entities)*

Regional

- 2018 The Emotional Stress of Invisible Illnesses
Invited presentation, Kerzner Associates, PC, Foxboro, MA
- 2019 Introduction to Biofeedback
Invited presentation, Kerzner Associates, PC, Foxboro, MA
- 2019 Integrated Care in Primary Care Settings
Guest lecture, Department of Health Psychology, William James College, Newton, MA
- 2022 Introduction to Counseling Techniques
Guest lecture, Department of Genetic Counseling, Massachusetts General Hospital Institute of Health Professions, Boston, MA

Report of Clinical Activities and Innovations

Current Licensure and Certification:

- 2018-present Massachusetts Clinical Psychology License, 10863
- 2020-2021 New Hampshire Clinical Psychology License, EL02610 (Temporary for Covid-19 PHE)
- 2021 Maine Clinical Psychology License, PS2287 (Temporary for Covid-19 PHE)
- 2021-present New Hampshire Clinical Psychology License, 1521

Practice Activities:

2018-2020	Psychotherapy, assessment, and consultation	Milford Regional Physician Group, integrated care through Kerzner Associates, PC (Hopkinton Family Practice, Mendon Internal Medicine, Blackstone Valley Family Physicians, Franklin Family Practice, Kerzner Associates)	40 hrs/wk
2020-present	Psychotherapy, assessment, consultation, and research intervention	Psychiatric Oncology, Massachusetts General Hospital	40 hrs/wk
2021-2022	Psychotherapy	MGH Employee CARES Clinic	1 hr/week

Clinical Innovations:

2019 The Use of Psychological Assessments in Primary Care to Measure Efficacy of Integrated Services	This pilot study provided primary care clinicians relevant background on patients who may benefit most from short-term integrated psychological services (regarding referral clarity, acute vs. chronic mental health needs, treatment modalities effect on mild-moderate disorder severity). These outcomes were presented as a poster at the Collaborative Family Healthcare Association conference, as well as to the clinicians working in the primary care clinics where the data were collected. I started this project as a postdoctoral fellow under PI: Vishnevsky and completed the project as a staff psychologist.
2020-present Oncology Collaborative Care	This program was designed to address referral efficacy, communication gaps, and improved delivery of mental health care within oncology department at Massachusetts General Hospital. This program will allow for oncology social workers, psychiatrists, triage nurses, and psychologist to work cohesively toward directing referrals to the appropriate clinicians, improve clinical acuity, and improve the overall the outcome of oncology patients and their families.

Report of Education of Patients and Service to the Community *(No presentations below were sponsored by 3rd parties/outside entities)*

Activities

2011	Public Presentation to Boston ACHD Patients, BCH / Presenter Presented research findings to a local patient group and facilitated discussion of patient-focused concerns.
2014	Mental Health Service Trip to Haiti / Participant Participated in an international volunteer trip focused on health and trauma rehabilitation through education and programming.
2016	Josephine A. Fiorentino Community Center / Presenter Presentation and demonstration of a Healthy Parents Series Program. Delivered in Spanish.
2016	Charles River Community Health Center / Program Developer Developed and lead a month-long series on healthcare provider self-care strategies (diet, mindfulness, relaxation, and self-compassion).

- 2016 Mental Health Service Trip to Guatemala / Participant
Participated in an international volunteer trip focused on trauma rehabilitation through therapeutic use of art and music.
- 2017 Charles River Community Health Center / Presenter
Designed and presented “Día de Diabetes,” an informational and interactive seminar offered to adult patients with diabetes.
- 2017-2018 YMCA / Support Group Co-Lead
Provided monthly emotional support to leaders of the Livestrong YMCA Program in Foxboro, MA/Attleboro, MA
- 2021 James M. Foley Memorial Community Center
Presented on Mindfulness to older adults at a senior citizen event
Rochester, NH

Report of Scholarship

Peer-Reviewed Scholarship in print or other media

Research Investigations

1. Gurvitz M, Valente AM, Broberg C, Cook S, Stout K, Kay J, Ting J, Kuehl K, Eaing M, Webb G, Houser L, Opotowsky A, **Harmon A**, Graham D, Khairy P, Gianola A, Verstappen A, Landzberg M, and Alliance for Adult Research in Congenital Cardiology (AARC). Prevalence and predictors of gaps in care among adult congenital heart disease patients: HEART-ACHD (The Health, Education, and Access Research Trial). *J Am Coll Cardiol*. 2013 May 28;61(21):2180-2184.
2. Cook SC, Valente AM, Maul TM, Dew MA, Hickey J, Burger JP, **Harmon A**, Clair M, Webster G, Cecchin F, and Khairy, P. Shock-related anxiety and sexual function in adults with congenital heart disease and implantable cardioverter-defibrillators. *Heart Rhythm*. 2013 Feb 18;10(6):805-810.
3. Valente AM, Lewis M, Vaziri SM, Bautista-Hernandez V, **Harmon A**, Kim Y, Wu FM, Joyce C, Loyola H, Mayer JE, Bacha E, and Landzberg MJ. Outcomes of Adolescents and Adults Undergoing Primary Fontan Procedure. *Am J of Cardiol*. 2013 Dec 15;112(12) 1938-1942.
4. Valente AM, Landzberg MJ, Gianola A, **Harmon AJ**, Cook S, Ting JG, Stout K, Kuehl K, Khairy P, Kay JD, Earing M, Houser L, Broberg C, Milliren C, Opotowsky AR, Webb G, Verstappen A, Gurvitz M, and Alliance for Adult Research in Congenital Cardiology (AARC) Investigators. Improving heart disease knowledge and research participation in adults with congenital heart disease (The Health, Education and Access Research Trial: HEART-ACHD. *Int J Cardiol*. 2013 Oct 9;168(4):3236-3240.
5. Wu FM, Jonas MM, Opotowsky AR, **Harmon A**, Raza R, Ukomadu C, Landzberg MJ, Singh MN, Valente AM, Egidy Assenza G, and Perez-Atayde AR. Portal and centrilobular hepatic fibrosis in Fontan circulation and clinical outcomes. *J Heart Lung Transplant*. 2015 Jul;34(7):883-891.
6. Wu FM, Kogon B, Earing MG, Aboulhosn JA, Broberg CS, John AS, **Harmon A**, Sainani NI, Hill AJ, Odze RD, Johncilla ME, Ukomadu C, Gauvreau K, Valente AM, and Landzberg MJ. Liver health in adults with Fontan circulation: A multicenter cross-sectional study. *J Thorac Cardiovasc Surg*. 2017 Mar;153(3):656-664.

7. Valente AM, Landzberg MJ, Gauvreau K, Egidy-Assenza G, Barker N, Partington S, Morgan RB, **Harmon AJ**, Hickey K, Mullen MP, Carabuena JM, O’Gara P, and Economy KE. Standardized Outcomes in Reproductive Cardiovascular Care: The STORCC Initiative. *Am Heart J.* 2019 Nov;217:112-120.

Non-peer reviewed scholarship in print or other media

Reviews, chapters, monographs and editorials

Cha CB and Nock MK.* Suicidal and Nonsuicidal Self-Injurious Thoughts and Behaviors. In: Mash EJ and Barkley RA, editors. *Child Psychopathology* (3rd Ed). New York: The Guilford Press, 2014. (**unlisted member of the research and writing group; my contribution was the genetic and familial etiology.*)

Thesis

Harmon, AJ. Chair: Rabin C. “Barriers to Diagnosis of Peripartum Depression in Latino Women.” Defended 2017 May 15. Unpublished.

Abstracts, Poster Presentations and Exhibits Presented at Professional Meetings:

Harmon, AJ, Cha, C, & Nock, M. A closer examination of the relationship between panic and suicidal behavior. Poster presented at: Annual Conference of Massachusetts Psychological Association; 2014 Nov 1; Norwood, MA.

Harmon, AJ, Vishnevsky, T. Examining the use of psychological assessments in primary care clinics to measure efficacy of integrated psychological services. Poster presented at: Annual Conference of Collaborative Family Healthcare Association; 2018 Oct 18-20; Rochester, NY.

Narrative Report

I am a licensed clinical psychologist specialized in the mental health care of patients with major medical illness or disease. After completing my specialization in Health Psychology at William James College, I pursued APA accredited pre-doctoral training at Charles River Community Health Center. I completed my post-doctoral training in integrated primary care at four family and internal medicine offices of the Milford Regional Physician Group. I joined the faculty of Kerzner Associates, PC as a staff psychologist and continued working as the integrated psychologist for the Milford Regional Physician Group offices. After a year working with the Milford Regional Physician Group, I joined the faculty at Massachusetts General Hospital (MGH). At MGH I provide clinical care, administrative support, referral and resource development, and delivery of research protocols in the Center for Psychiatric Oncology and Behavioral Sciences.

My clinical interests and expertise revolve around the practice of integrated psychological practices in medical specialties. Between 2010-2013, my medical specialty interest included adults with congenital heart diseases (ACHD). Since 2013 and throughout my training, my interests evolved to include other major medical illnesses with associated psychiatric conditions: fertility/pregnancy, sexual health, gastrointestinal disorders, rheumatological disorders, and oncology. In each of the locations I served, i.e. community, internal, and family practices, I contributed to improvement of communication between departments, referral development and education, and self-care programs for providers.

I have been actively involved in the education of clinical and non-clinical care providers about integrated psychological services. Through community-based programming as well as seminars delivered to colleagues, I hope to increase mental health visibility, decrease psychiatric stigma across cultures, and improve the referral process within an integrated healthcare setting. I am currently co-leading a collaborative

care initiative to improve referrals, delivery of care, and communication strategies with oncology mental health providers in the MGH Cancer Center.

I am working to further develop my clinical care, teaching ability, and connection to future healthcare providers. Through my community-based work, my writing, review, and delivery of research, my involvement in professional societies, and my execution of program development, I seek to improve the health and healthcare experience of patients with psychiatric disorders secondary to major medical illness or disease.