

DONNA STEINBERG

3 Lebanon Street Suite #39

Hanover, NH

(802) 299-6359

donna.steinberg.psychologist@gmail.com

New Hampshire License #978

Vermont License #048.000794

EDUCATIONAL BACKGROUND

Dartmouth-Hitchcock Medical School

Hanover, NH

Internship training (APA approved) July 1, 1999 through June 30, 2000

Post-doctoral training July 1, 2000 through June 30, 2001

University of Virginia

Charlottesville, VA

Ph.D. in Clinical Psychology, May 2000

Curry Programs in Clinical and School Psychology (APA approved)

Dissertation Completed May 1999: "Mothers' representations of their relationships with their children related to maternal behavior, demographic information, and psychological characteristics."

University of Virginia

Charlottesville, VA

M.Ed., August 1996

Curry Programs in Clinical and School Psychology (APA approved)

Master's thesis title: "Behavioral inhibition as a predictor of Strange Situation classifications"

Wesleyan University

Middletown, CT

B.A. in Mathematics, May 1989

CLINICAL EXPERIENCE

Private Practice

July 2008- present

- Provide short-term and long-term psychotherapy to a diverse population of local college students and community members ages 12 years into adulthood
- Provide family and couples therapy
- Treat a variety of presenting problems, including eating disorders, depression,

- anxiety, self-injury, substance abuse, and relationship issues
- Collaborate with psychiatrists, nutritionists, and other therapists on behalf of mutual clients

Dartmouth College

October 2001 – July 2008

Counseling and Human Development

Staff Psychologist

- Provided short-term and long-term psychotherapy to a diverse population of undergraduate and graduate students
- Provided on-call services for emergency situations
- Co-chaired Eating Disorders Team (February 2003- July 2008)
- Facilitated Group Therapy (Sexual Trauma Survivors group, and a “Food and Mood” group)
- Consulted with deans and other college officials
- Conducted outreach services to educate the college community about a range of issues, such as seasonal affective disorder, healthy relationships, alcohol abuse, eating disorders, and traveling abroad
- Conducted small-scale studies to ensure quality improvement (October 2001- February 2003)

University of Virginia

August 2001-September 2001

NICHD Study of Early Child Care

Consultant

- Reliably coded the Parent Development Interview from videotaped interviews

Dartmouth-Hitchcock Behavioral Health

July 2000 - June 2001

Counseling Center of Lebanon

Clinical Psychology Postdoctoral Fellowship

- Provided individual and family psychotherapy to clients ranging in age from three to 50 years
- Conducted psychological assessments of children, adolescents, and adults
- Contributed to child and adult team meetings
- Consulted with local public high school guidance counselors regarding high-risk students
- Participated in seminar on Davanloo’s intensive short-term dynamic psychotherapy methods, including critiquing videotapes of individual therapy sessions with two young adult clients
- Participated in two hours of individual supervision a week

Dartmouth-Hitchcock Behavioral Health

July 1999 - June 2000

Counseling Center of Lebanon

Clinical Psychology Intern

- Provided individual and family psychotherapy to clients ranging in age from two to 58 years

- Conducted psychological assessments of children, adolescents and adults
- Contributed to child and adult team meetings
- Participated in five seminars (Group, Family/Systems, Assessment, Continuous Case Conference, Research)
- Participated in four to five hours of individual supervision a week

Monticello High School

Spring 1999

Group Leader

Charlottesville, VA

- Designed and conducted two four-week stress reduction workshops for gifted high school students, grades 9-12

Center for Clinical Psychology Services

July 1998 - June 1999

Senior Staff Clinician and Student Assessment Supervisor

The University of Virginia

- Supervised second year graduate students in assessment through one-way mirror, and in data analysis and report writing
- Conducted therapy for four families and two individual adults
- Chosen to be the family team lead therapist. (Received live supervision while a team of eight other graduate students watched behind a one-way mirror. Participated in hour-long discussions regarding the case with the team.)
- Participated in two hours of individual supervision a week
- Participated in one hour of group assessment supervision biweekly
- Co-facilitated a one-day workshop for paraprofessionals and social workers on behavior management skills
- Taught intake procedures to second year students

**DeJarnette (Residential Treatment) Center-
Commonwealth of Virginia**

September 1997 - June 1998

Staff Clinician

Staunton, VA

- Conducted individual therapy on adolescent unit
- Co-conducted family therapy sessions
- Co-facilitated group therapy (Anger Management, Girls' Group, and Teen Topics)
- Participated in multidisciplinary assessment/treatment planning process
- Participated in two hours of individual supervision a week

Center for Clinical Psychology Services

August 1996 - June 1998

Staff Clinician

The University of Virginia

- Conducted therapy for individual adult clients
- Performed intensive personality and cognitive assessments
- Participated in training meetings on issues such as the roles of race, sexual

- orientation, and religion in psychotherapy (July 1996-July 1997)
- Contributed to Family Team and Cognitive Behavioral Team meetings (July 1996 - July 1997)
- Participated in one hour of individual supervision a week

Project Lift

June 1996

Practicum student

Staunton, VA

- Participated in home visits for early intervention with infants and toddlers with epilepsy, congenital deformities, Down Syndrome, and Cerebral Palsy
- Co-developed treatment plans for infants with special needs

**Kluge Children's Rehabilitation Hospital-
University of Virginia Medical Center**

June 1996 - July 1996

Practicum student

Charlottesville, VA

- Shadowed advanced practicum student in assessment of infants and children with special needs
- Participated in team meetings

Albemarle County High School

January 1996 - May 1996

Student School Psychologist

Albemarle, VA

- Administered and interpreted cognitive tests
- Served on committees to determine special education eligibility
- Co-facilitated process groups immediately following two suicides among the students
- Held individual counseling sessions with three female students
- Participated in one hour of supervision a week

Judge Baker Children's Center

October 1991-February 1993

Child-At-Risk Hotline Telephone Case Screener

Boston, MA

- Gathered data from callers, assessed callers' needs, and implemented appropriate responses
- Completed child protection case reports, memoranda to Department of Social Services, and internal records
- Assisted callers under stress through use of crisis intervention techniques
- Provided information and referral assistance to callers

Castle School

August 1989 - June 1991

Cambridge, MA

Team Leader (October 1990 - June 1991)

- Served as intermediary between counselors and administrators at a residential school for emotionally disturbed adolescents
- Supervised and trained new staff and interns
- Coordinated staff scheduling and chaired team and staff meetings
- Organized special events

Counselor (August 1989- June 1991)

- Supervised 12 emotionally disturbed adolescents in all aspects of daily routine
- Devised individual treatment plans and held weekly counseling with two emotionally disturbed adolescents
- Supervised clients' participation in Alcoholics Anonymous and Narcotics Anonymous

Massachusetts Advanced Studies Program

Summer 1988

Intern

Milton, MA

- Supervised and advised nine 16-year-old girls on a dormitory hall
- Assisted master teacher in "Problem Solving" math class
- Led group discussions on various topics including racism, peer pressure, and eating disorders
- Taught modern dance to class of 22 students
- Planned and executed field trips

TEACHING EXPERIENCE

Dartmouth-Hitchcock Medical School

July 2005-2017

Psychology Training Program

Lebanon, NH

- Provided weekly supervision to a pre- or post-doctoral psychology intern. Videotapes of sessions were used as a teaching tool.

Veterans Administration Medical Center

July 2002-June 2015

Clinical Supervisor

White River Junction, VT

- Provided weekly supervision to a pre-doctoral psychology intern. Videotapes of sessions were used as a teaching tool. (July 2002-June 2004)
- Mentored pre-doctoral psychology interns for the Veterans Administration internship (July 2004-June 2015)

Dartmouth-Hitchcock Medical School

July 2002- June 2015

Guest Lecturer

Lebanon, NH

- Provided multiple one-and-a-half hour seminars to psychiatry residents and

- fellows on treating eating disorders in adolescents (July 2007-July 2014)
- Provided one hour seminar on supervision (February 2015)
- Provided one-and-a-half hour seminars to psychology pre-doctoral interns on multiple clinical issues relating to race, and lesbian, gay, and bisexual students (July 2002-July 2007)

University of Virginia

Spring 1999

Guest Lecturer

Charlottesville, VA

- Provided three-hour lectures in graduate level psychopathology class on three separate occasions. Topics included Adjustment, Anxiety, Somatoform, and Dissociative Disorders

RESEARCH EXPERIENCE

University of Virginia

August 1995 - June 1999

Research Assistant for Robert Pianta

NICHD Study of Early Child Care

- Lead research assistants in reliably coding the Parent Development Interview from transcriptions
- Compiled and analyzed multiple and extensive data sets
- Lead undergraduates in reliably coding videotapes of children and parents
- Developed coding system of expressed affect between mothers and four-year-old children
- Adapted Jerome Kagan's temperament variables for new research on the role of behavioral inhibition in Mary Ainsworth's Strange Situation classifications
- Collected videotape data (of father/child and child/friend interactions) for longitudinal study

Harvard University

January 1993 - July 1995

Research Assistant for Jerome Kagan

Harvard Infant Study

- Administered protocols to 21-month-old and four to seven-year-old children to collect both behavioral and physiological data
- Organized the scheduling and coding of play sessions for groups of three to six children
- Initiated contact and maintained relationships with parents who have been diagnosed with panic disorder or major depression
- Coded videotapes of children of various ages for behavioral temperament indices
- Interviewed parents

RECIPIENT

Infant and Family Intervention Training Project September 1995 - September 1996

- Training grant to gain expertise in infant and family assessment and intervention

PRESENTATIONS

Austin-Riggs Center
Stockbridge, MA

September 2005

- Provided a case presentation about managing the difficult client to multi-disciplinary, working group of professionals from about twelve different colleges

New England College Health Association Conference
Portsmouth, NH

October 2004

- Presented lecture entitled, "Group Treatment for Eating Disorders: an Eight Week Curriculum"

New England College Health Association Conference
Saratoga Springs, NY

October 2003

- Lectured, along with colleagues, for one and a half hours regarding the team approach to the treatment of eating disorders

Middlebury College
Middlebury, VT

March 2003

- Presented lecture to Middlebury College's Eating Disorder Team on short-term psychotherapy treatments for eating disorders

American Psychological Association
Boston, MA

August 1999

- Presented poster by Thomas Sheeran, Ph.D., Robert S. Marvin, Ph.D., and Robert Pianta, Ph.D. entitled "Mental Models of Marital Relationships: Evaluating the Spouse Relationship Interview"

Society For Research in Child Development
Washington, DC

April 1997

- Presented poster entitled "Temperament as a predictor of Strange Situation classifications"

VOLUNTEER WORK

Thetford Academy

June 2015-June 2024

Member of the Board of Trustees

Board Management Committee Chair from September 2019-June 2021

Resources Committee member December 2019-June 2024

Vice President from December 2019- June 2021

President July 2021-June 2024

Thetford, VT

- Ensured Board policies are current, reviewed Head of School's performance, recruited new trustees, planned and executed board retreats, provided consult regarding budget planning and setting tuition rates, and served on the following task forces:
- Strategic Planning
- Head of School search
- Barrett Property
- Anti-Racism task force (co-chaired)
- As president, worked closely with the Head of School and Committee of Chairs to support the mission of the school, ran monthly Board meetings, and presented information about Thetford Academy at yearly Town Meetings

PUBLICATIONS

Steinberg, D.R. & Pianta, R.C. (2006). Maternal representations of relationships: Assessing multiple parenting dimensions. In Mayseless, O. (Ed.) *Parenting Representations: Theory, Research, and Practice*. New York, New York: Cambridge University Press.

Lloyd, J.W., Steinberg, D.R., & Wilhelm-Chapin, M. (1999). Research on the transition to kindergarten. In R.C. Pianta & M.J. Cox (Eds.), *The transition to kindergarten: Research, policy, training and practice*. Baltimore, MD: Paul Brooks.

Kagan, Arcus, Snidman, Peterson, Steinberg, Rimm-Kaufman. (1995). Asymmetry of Finger Temperature and Early Behavior. *Developmental Psychobiology*, 28, 1-9.

MEMBERSHIP IN PROFESSIONAL ASSOCIATIONS

American Psychological Association

New Hampshire Psychological Association

Vermont Psychological Association

REFERENCES

Mark Reed, M.D., Director of Dartmouth College Health Center, 7 Rope Ferry Road, Hanover, NH 03755. (603) 650-1442.

Heather Earle, Ph.D., Director of Counseling and Human Development, 7 Rope Ferry Road, Hanover, NH 03755, (603) 650-1994.

Miriam Osofsky, Ph.D., 20 West Park Street, Suite 216, Lebanon, NH 03766. (603) 643-1664.

Robert C. Pianta, Ph.D., NICHD Study of Early Child Care, P.O. Box 9051, Charlottesville, VA 22906. (804) 243-5483.