

# **Sarah E. Gilbert, Ph.D.**

**Licensed Clinical Psychologist**  
in New York & North Carolina

## Work Experience

- May 2022-  
Present**                      **Clinical Psychologist**  
*Carolina Wellness Psychiatry, Chapel Hill, North Carolina*
- July 2015-  
present**                      **Clinical Psychologist in Private Practice**  
*New York, New York*
- February 2021-  
January 2022**                **Manager of Psychology Systems and Co-director of Adult Outpatient Psychiatry**  
Adult Outpatient Psychiatry Clinic  
*Columbia University Irving Medical Center/NY Presbyterian Hospital, New York, New York*
- July 2017-  
February 2021**              **Clinical Psychologist**  
Adult Outpatient Psychiatry Clinic  
*Columbia University Irving Medical Center/NY Presbyterian Hospital, New York, New York*
- July 2015-  
June 2017**                    **Clinical Psychologist**  
Adult Inpatient Psychiatry, 9 Garden North unit  
*Columbia University Medical Center/NY Presbyterian Hospital, New York, New York*

## Academic Appointments

- July 2018-  
January 2022**                **Assistant Professor of Clinical Psychology in Psychiatry**  
*Columbia University Irving Medical Center*
- July 2016-  
June 2018**                    **Clinical Instructor of Clinical Psychology in Psychiatry**  
*Columbia University Medical Center*

## Education and Training

- June 2015**                      **Clinical Psychology Postdoctoral Fellow**  
*Columbia University Medical Center/NY Presbyterian Hospital, New York, New York*
- June 2014**                      **Clinical Psychology Predoctoral Intern**  
*Columbia University Medical Center/NY Presbyterian Hospital, New York, New York*
- December 2014**              **Ph.D., Clinical Psychology**  
*University of Tennessee, Knoxville, Tennessee*  
Dissertation: *Using Mindful Self-Compassion to Improve Self-Criticism, Self-Soothing, Cravings, and Relapse in Substance Abusers in an Intensive Outpatient Program*
- May 2011**                      **M.A., Psychology**  
*University of Tennessee, Knoxville, Tennessee*  
Masters Thesis: *Predicting Forgiveness in Women Experiencing Intimate Partner Violence*
- May 2007**                      **B.A., Psychology**  
*The University of North Carolina, Chapel Hill, North Carolina*

## Educational and Teaching Contributions

- August 2014-  
May 2020**                      **City University of New York**  
Psychology Clinic  
*Clinical Supervisor*
- August 2015-  
May 2017**                      **Albert Einstein College of Medicine**  
Ferkauf Graduate School of Psychology  
*Adjunct Professor*  
Courses Taught: *Cognitive Assessment with Practicum; Clinical Assessment with Practicum*
- January 2016-  
May 2016**                      **Fordham University**  
Graduate School of Education  
*Adjunct Professor*  
Course name: *Theories of Family Therapy*
- June 2011-  
May 2012**                      **University of Tennessee**  
*Graduate Student Teaching Associate*  
Courses Taught: *Abnormal Psychology; Introduction to Psychology (3 sections)*

## Publications

- Garner, A. R., **Gilbert, S. E.**, Shorey, R. C., Gordon, K. C., Moore, T. M., & Stuart, G. L. (2020). A Longitudinal investigation on the relation between self-compassion and alcohol use in a treatment sample: A brief report. *Substance Abuse: Research and Treatment*, 14, 1-5. <https://doi.org/10.1177/1178221820909356>
- Gilbert, S. E.**, Gordon, K. C. (2016). Predicting forgiveness in women experiencing intimate partner violence. *Violence Against Women*. doi: 10.1177/1077801216644071
- Willett, J. M., **Gilbert, S. E.**, & Gordon, K. C. (2014). Infidelity and Couple Dysfunction. In E. Lawrence & K. Sullivan (Eds.), *The Oxford Handbook of Relationship Science and Couple Interventions*. Oxford University Press.
- Gilbert, S. E.**, & Gordon, K. C. (2013). Interpersonal psychotherapy informed treatment for avoidant personality disorder with subsequent depression: A case study. *Clinical Case Studies*, 12(2), 111-127.
- Gilbert, S. E.**, Willett, J. M., Carmody, P., & Gordon, K. C. (2010). *Forgiveness as a resolution strategy for severe marital conflicts*. Marriage: Conflicts, Roles and Stability. Nova Science Publishers, Inc. Hauppauge, NY.

## Selected Clinical Trainings/Workshops Attended

- Liu, T. (2019, February). *Broken Bonds: Healing the Wounds of Infidelity*. Training presented at Wyndham Pittsburgh University Center. Pittsburgh, PA.
- Behavioral Tech (2018, January). *Dialectical Behavior Therapy Intensive Training*. Training presented at Columbia University School of Social Work. New York, NY.
- Harkaway, J. E., Reiner Platt, J., & Treadway, D. (2012, November). *The Department of Psychiatry and Cambridge Health Alliance Physicians Organization presents: Treating Couples*. Training presented at Boston Park Plaza Hotel. Boston, MA.
- Germer, C. K., Reiner Platt, J., & Siegel, R. D. (2012, May). *Harvard Medical School Presents: Meditation and Psychotherapy- Practicing Compassion for Self and Others*. Training presented at Boston Park Plaza Hotel. Boston, MA.