

**CURRICULUM VITAE  
ELLEN COSTELLO**

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**EDUCATION**

Undergraduate: Barnard College, Anthropology, A.B., 1969

Graduate: University of Hawaii, 1974-1975, Clinical Psychology, M.A.  
University of Hawaii, 1975-1978, Clinical Psychology, Ph.D.

Postgraduate Training: University of Pennsylvania School of Medicine, Philadelphia, PA,  
Department of Psychiatry, Postdoctoral Fellow, 1984-1985

Postdoctoral Internship: Temple University School of Medicine, Philadelphia, PA, Department of  
Psychiatry, Clinical Psychology Internship, 1982-1983

Pre-doctoral Internship: University of Hawaii, Behavior Therapy Clinic, Honolulu, HI, Clinical  
Psychology Intern, 1977-1978

Social Welfare Development and Research Center, Honolulu, HI,  
Clinical Psychology Intern, 1976-1977

Children's Team, Honolulu, HI, Department of Health at Leahi Hospital  
Inpatient Unit Children and Diamond Head Mental Health Center, Clinical  
Psychology Intern, 1975-1976

Pacific Psychiatry and Psychology, Honolulu, HI, Clinical Psychology Intern,  
1974-1975

**POSTGRADUATE HONORS AND AWARDS**

Excellence in Teaching Award, Brown Medical School, 2006

U.S. Public Health Service Fellowship

**POSTGRADUATE HONORS AND AWARDS (continued)**

National Research Service Award

**PROFESSIONAL LICENSES AND BOARD CERTIFICATION**

Psychologist: RI License #412

**ACADEMIC APPOINTMENTS**

Clinical Assistant Professor, Brown University School of Medicine, Department of Psychiatry and Human Behavior, Providence, RI, 1993-present

Rotation Administrator and Supervisor, Brown University Clinical Psychology Training Consortium, Providence, RI, 1993-present

Visiting Assistant Professor, Connecticut College, New London, CT, 1994

Assistant Professor of Psychology, The Pennsylvania State University, 1986-1987

**HOSPITAL APPOINTMENTS**

Director, Women's Partial Program, Butler Hospital, Providence, RI, 2000-present

Psychologist, Dialectical Behavior Therapy Partial Hospital Program, Butler Hospital, Providence, RI, 1995-2000

Psychologist, Outpatient Department, Butler Hospital, Providence, RI, 1990-2001

Research Therapist, Affective Disorders Program, Butler Hospital, Providence, RI, 1990-1992

Allied Professional Staff, Butler Hospital, 1990-present; certify candidates for Group Therapy privileges at Butler Hospital

Psychologist, The Meadows Psychiatric Center. Centre Hall, PA 1986-1990

**OTHER APPOINTMENTS**

Psychologist, Associates in Psychotherapy, North Kingstown, RI, 1993-1998

Senior Project Associate, Psychology Department, The Pennsylvania State University, University Park, PA, 1985-1990

Psychologist in private practice, State College, PA 1984-1990

Psychologist in private practice, State College, PA 1984-1990,

**OTHER APPOINTMENTS (continued)**

Psychologist, Behavior Therapy Section, Dept. of Psychiatry, Temple University School of Medicine, Philadelphia, PA, 1983-1984

Therapist, RCA Employee Assistance Program, Moorestown, NJ, 1983

Acting Project Manager, Technical Assistance Supervisor, National Long Term Care Demonstration Program, Division of Consultation and Training, Institute on Aging, Temple University, Philadelphia, PA, 1980-1981

Research Director, Department of Education and Consultation, Philadelphia Geriatric Center and Temple University, Philadelphia, PA, 1978-1980

Clinical Consultant, Developmental Disabilities Council, Honolulu, HI, 1978

Psychometrician, Kamehameha Schools Early Education Project, Honolulu, HI, 1978

Consultant, Queen's Medical Center Community Mental Health Training Program, Honolulu, HI, 1977-1978

Instructor, University of Hawaii, Honolulu, HI, 1976-1978

Instructor, Queen's Medical Center Community Mental Health Training Program, Honolulu, HI 1976-1978

Psychometrician, Honolulu Community Action Program, Honolulu, HI, 1975

Research Assistant, New York State Office on Aging at the Center for Community Research, New York City, NY, 1973-1974

Anthropology Instructor, American Museum of Natural History in the City of New York, 1969-1972

**HOSPITAL COMMITTEES**

Clinical Leadership Committee, Butler Hospital, 2000-present

Senior Management, Butler Hospital

**MEMBERSHIP IN SOCIETIES**

American Psychological Association, 1980-present

## **PUBLICATIONS LIST**

### **ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS**

1. Borkovec, T.D., & Costello, E. (1993). Efficacy of applied relaxation and cognitive behavioral therapy in the treatment of generalized anxiety disorder. Journal of Consulting and Clinical Psychology, 61,611-619.
2. Zlotnick, C., Begin, A., Shea, M.T., Pearlstein, T.B., Simpson, E., Costello, E. (1994). The relationship between characteristics of sexual abuse and dissociative experiences. Comprehensive Psychiatry, 35,465-470.
3. Zlotnick, C., Shea, M.T., Zakrinski, A., Pearlstein, T.B., Begin, A., Costello, E., Simpson, E. (1995). Stressors and close relationships during childhood and dissociative experiences in survivors of sexual abuse. Comprehensive Psychiatry, 36, 207-212.
4. Zlotnick, C., Shea, M.T., Pearlstein, T.B., Begin, A., Simpson, E., Costello, E. (1996). Differences in dissociative experiences between survivors of childhood sexual abuse and survivors of assault in adulthood. Journal of Nervous and Mental Disease, 184, 52-54.
5. Zlotnick, C., Shea, M.T., Begin, A., Pearlstein, T.B., Simpson, E., Costello, E. (1996). The relationship between dissociative symptoms, alexithymia, impulsivity, sexual abuse, and self-mutilation. Comprehensive Psychiatry, 37, 12-16.
6. Zlotnick, C., Shea, M.T., Begin, A., Pearlstein, T.B., Simpson, E., Costello, E. (1996). The validation of the Trauma Symptom Checklist-40 (TSC-40) in a sample of inpatients. International Journal of Child Abuse and Neglect, 20,503-510.
7. Zlotnick, C., Zakrinski, A., Shea, M.T., Costello, E., Pearlstein, T.B., Simpson, E. (1996). The long-term sequelae of sexual abuse: Support for complex post-traumatic stress disorder. Journal of Traumatic Stress, 9,105-205.
8. Simpson, E.B., Pistorello, J., Begin, A., Costello, E., Levinson, J., Mulberry, S., Pearlstein, T., Rosen, K., Stevens, M. (1998). The adaption of dialectical behavior therapy to a partial hospital program for borderline women. Psychiatric Services, 49, 669-673.
9. Yen, S., Zlotnick, C. and Costello, E. (2002). Affect regulation in women with borderline personality disorder. Journal of Nervous and Mental Disease, 190, 693-696.
10. Simpson, E.B., Yen, S., Costello, E., Rosen, K., Begin, A., Pistorello, J., and Pearlstein, T. (2004). Combined dialectical behavior therapy and fluoxetine in the treatment of borderline personality disorder. Journal of Clinical Psychiatry, 65, 379-385.

11. Yen, S., Johnson, J., Costello, E., and Simpson, E.B. (2009). A 5-day dialectical behavior therapy partial hospital program for women with borderline personality disorder: Predictors of outcome from a 3 month follow-up study. *Journal of Psychiatric Practice*, 15, 173-182.

### **OTHER PEER-REVIEWED PUBLICATIONS**

1. Costello, E. The impact of language in job advertising on fair practices in hiring. *Journal of Applied Social Psychology*, 1979, 9, 323-325
2. Costello, E. Review of Loneliness: A sourcebook of current theory, research and therapy edited by L.A. Peplau & D. Perlman. *Journal of Behavior Therapy and Experimental Psychiatry*, 1983, 14, 281.
3. Costello, E. Review of Self-control and self-modification of emotional behavior edited by K.R. Blankstein & J. Polivy. *Journal of Behavior Therapy and Experimental Psychiatry*, 1984, 15, 87.
4. Costello, E. Review of Behavior modification with women edited by E.A. Blechman. *Journal of Behavior Therapy and Experimental Psychiatry*, 1985, 16, 356-357.
5. Costello, E. Review of Behavior therapy casebook edited by M. Hersen & C.G. Last. *Journal of Behavior Therapy and Experimental Psychiatry*, 1986, 17, 305.

### **NON-PEER-REVIEWED JOURNAL ARTICLES**

1. Costello, Ellen (2012). The therapeutic dance: Mindful attunement in psychotherapy. *PsycCRITIQUES*, 57 (43). DOI: 10.1037/a0029930.
2. Costello, Ellen (2013). Willpower: A matter of physiology. *PsycCRITIQUES*, 58 (7). DOI: 10.1037/a0031527.
3. Costello, Ellen and Schatten, Heather (2014). Dialectical behavior therapy demonstrated: Strategies for anger management. *PsycCRITIQUES*, 59 (28). DOI:10.1037/a0037476.

### **BOOKS AND BOOK CHAPTERS**

1. Costello, E., Borkovec, T.D. (1992). Generalized anxiety disorder. A. Freeman & F.M. Datillo (Eds.). Comprehensive Casebook of Clinical Psychology: New York: Plenum Press.
2. Miller, I.W., Costello, E., Keitner, G.I. (1993). Major depression. C. Last & M. Hersen (Eds.), Adult Behavior Therapy Casebook, New York: Plenum Press.
3. Borkovec, T.D., Crnic, K, Costello, E. (1993). Generalized anxiety disorder. R.T. Ammerman & M. Hersen (Eds.), Handbook of Behavior Therapy with Children and Adults: A Developmental and Longitudinal Perspective, Boston, MA: Allyn and Bacon.

**EDITORIAL REVIEW**

Journal of Behavior Therapy and Experimental Psychiatry, 1984-1990

**ABSTRACTS**

1. Zlotnick, C., Pearlstein, T.B., Simpson, E., Begin, A., Costello, E. (May, 1994). Self-mutilation, dissociative experiences, and alexithymia. New Research Abstract # 98, 147<sup>th</sup> Annual Meeting of the American Psychiatric Association, Philadelphia, PA.
2. Zlotnick, C., Begin, A., Shea, M.T., Pearlstein, T.B., Simpson, E., Costello, E. (May, 1994). Dissociative experiences, psychopathology and maladaptive schemas. New Research Abstract # 99, 147<sup>th</sup> Annual Meeting of the American Psychiatric Association, Philadelphia, PA.
3. Zlotnick, C., Simpson, E., Kemp, M., Shea, M.T, Pearlstein, T.B., Begin, A., Costello, E. (May, 1995). An intervention for self-injurious behavior on an inpatient unit. New Research Abstract # 417, 148<sup>th</sup> Annual Meeting of the American Psychiatric Association, Miami, FL.
4. Zlotnick, C., Pearlstein, T.B., Simpson, E.B., Costello, E., Begin, A. (May, 1996) Predictors and correlates of self-mutilation during hospital stay. New Research Abstract # 293, 149<sup>th</sup> Annual Meeting of the American Psychiatric Association, New York, NY.
5. Rosen, K.J., Simpson, E.B., Pearlstein, T., Pistorello, J., Costello, E., Begin, A. (June, 1998). Polypharmacy of BPD: Prescribing patterns from a naturalistic setting. New Research abstract # 271, 151<sup>st</sup> Annual Meeting of the American Psychiatric Association, Toronto, Canada
6. Simpson, E.B., Rosen, K.J., Pearlstein, T., Pistorello, J., Costello, E., Begin, A. (June, 1998). Dialectical behavior therapy applied to a partial hospital setting: A hospital diversion program. New Research Abstract # 582, 151<sup>st</sup> Annual Meeting of the American Psychiatric Association, Toronto, Canada.
7. Simpson, E.B., Rosen, K.J., Pearlstein, T., Pistorello, J., Costello, E., Begin, A. (June, 1998). Dialectical behavior therapy applied to a partial hospital setting: A hospital diversion program. New Research Abstract # 582, 151<sup>st</sup> Annual Meeting of the American Psychiatric Association, Toronto, Canada.
8. Rosen, K.L., Simpson, E.B., Pearlstein, T., Costello, E., Pistorello, J.M., Begin, A., (May, 1999) Gabapentin in the treatment of depression and anxiety in borderline personality disorder. New Research Abstract # 394, 152<sup>nd</sup> Annual Meeting of the American Psychiatric Association, Washington, DC.

**INVITED PRESENTATIONS/WORKSHOPS**

1. Sex-biased language in job advertising as a deterrent to equal employment opportunity (1978). Paper presented at the annual meeting of the Western Region Association for Humanistic Psychology, Honolulu.
2. Requisite skills for effective interpersonal problem-solving (1978). Paper presented at the annual meeting of the Western Psychological Association, San Francisco.
3. A systematic approach to decreasing missing data in an applied research setting (1979). Paper presented at the annual meeting of the Evaluation Research Society, Minneapolis.
4. Suppression, acceptance, and monitoring of a personally-relevant unwanted thought among women diagnosed with borderline personality disorder (November, 1980). Paper presented at the 32<sup>nd</sup> Annual Meeting of the Association for the Advancement of Behavior Therapy.
5. Technical assistance and program development (1980). Symposium presented at the 26th annual meeting of the Western Gerontological Society, Anaheim, California.
6. Technical assistance and evaluation strategies (1980). Symposium presented at the annual meeting of the Gerontological Society, San Diego.
7. Characteristics of clients receiving in-home services (1980). Paper presented at the 33rd Annual Scientific Meeting of the Gerontological Society, San Diego.
8. Health and self-care factors differentiating well and impaired elderly (1981). Paper presented at the annual meeting of the International Congress of Gerontology, Hamburg, Germany.
9. Long term care of the impaired elderly: Policy and practice (1981). Symposium presented at the 27th annual meeting of the Western Gerontological Society, Seattle.
10. In-home services: problems, solutions, and policy issues (1981). Workshop presented at the 31st annual meeting of the National Council on Aging, Nashville.
11. Differences in the health and functional capacity of senior center and in-home services clients (1981). Paper presented at the 27th annual meetings of the Western Gerontological Society, Seattle.
12. Why people lose weight (1982). Paper presented at the 15th annual meeting of the Society for Nutrition Education, Boston.
13. Social competence in preschool children (1982). Paper presented at the 90th annual convention of the American Psychological Association, Washington, D.C.
14. Two day workshop on clinical supervision (1984). Sponsored by the Area Agency on Aging, Philadelphia

15. Workshop on eating disorders (1985). Sponsored by the Garden State Area Health Education Center.
16. Symposium on Obesity (1985). Invited address: Body weight set point. Presented at the Bronx VA Medical Center.
17. Broken boundaries: Clinical issues (1993). Paper presented at Rhode Island Psychological Association Conference. Sexual Misconduct by Mental Health and Healthcare Providers: Prevention, Treatment, and Recourse, Providence, RI.
18. Efficacy of applied relaxation and cognitive-behavioral therapy in the treatment of generalized anxiety disorder (1993). Paper presented at the Society for Psychotherapy Research annual International Meeting, Pittsburgh, PA.
19. Costello, E., Pistorello, J., Begin, A., Simpson, E., Levinson, J., Mulberry, S., Pearlstein, T., Rosen, K., Stevens, M. (November, 1996). Dialectical behavior therapy in a 5-day partial hospital program. Paper presented at the 12<sup>th</sup> Annual Meeting of the International Society for Traumatic Stress Studies, San Francisco, CA.

#### **INVITED PRESENTATIONS/WORKSHOPS (continued)**

20. Dialectical behavior therapy (DBT) applied to a 5-day partial hospital program: Treatment development and outcome (November 1997). Poster presentation at the 31<sup>st</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, Miami Beach, FL.
21. Measuring borderline personality disorder symptoms with a self-report instrument: Preliminary validity and reliability data (November, 1997). Poster presentation at the Brown University Research Symposium, Providence, RI.
22. Experiential avoidance and borderline personality disorder: How are they related (November, 1997). Poster presentation at the 31<sup>st</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, Miami, FL.
23. Dialectical Behavior Therapy (September, 1998). Two day Workshop for Professionals. Providence, RI.
24. Behavior Therapy (November, 1998). Two day Workshop for Professionals, Providence, RI.
25. Becoming a DBT Skills Trainer (December, 1998). Two day Workshop for Professionals, Providence, RI.
26. Advanced individual DBT training (January, 1999). Two day Workshop for Professionals, Providence, RI.



27. Combined Dialectical Behavior Therapy and fluoxetine pharmacotherapy in patients with borderline personality disorder: Is there an additive effect (May, 2000)? Poster presentation at the 153<sup>rd</sup> Annual Meeting of the American Psychiatric Association, Chicago, IL.
28. The relationship between focused distraction and psychological health across clinical and non-clinical samples (May, 2001). Paper presented at the annual meeting of the Western Psychological Association, Maui, Hawaii.
29. Mindfulness and Radical Acceptance. Professional Lecture at Butler Hospital, 2007.
30. The Internship Process. Invited Address to the Department of Psychology and the Psychological Services Center, University of Nevada, Reno, Nevada, July, 2010.

## **GRANTS**

Combined dialectical behavior therapy and Fluoxetine Treatment of women with borderline personality disorder 1997-1998. (\$15,800). Department of Psychiatry and Human Behavior, Brown University School of Medicine. Co-Principal Investigator.

Comparison of fluoxetine and DBT to placebo and DBT in borderline personality disorder, 1997-1998. (\$45,000), Lilly. Co-Principal Investigator.

A Brief Emotion-focused Treatment for Inpatient Adolescents with Anorexia Nervosa: A Pilot Study, 2009. (\$10,000), Brown University National Center of Excellence in Women's Health Innovations in Women's Health Research SEED Grant, Diane DerMarderosian, M.D., Principal Investigator, Department of Pediatrics. Ellen Costello, Ph.D. Co-Principal Investigator.

Exploratory Study of Patients' Experiences of Acute Partial Hospital Treatment, 2013. (\$17,000). Department of Psychiatry and Human Behavior. Ellen Costello, Ph.D., Co-Principal Investigator.

## **UNIVERSITY TEACHING ROLES**

2000-present, Seminar on Dialectical Behavior Therapy, Psychology residents, 6 students; Psychiatry PG-Y3 residents, 12 students.

2009-present. Seminar on Non-Suicidal Self-injury and Suicidal Behaviors. Psychiatry PG-Y1-2 residents, 14 students.

Rotation supervisor in Adult Track Psychology Internship, 3 residents per year, 1 post-doctoral fellow

Supervise PG-Y4 Psychiatry residents, 3 per year.

