

Katherine A. Brazaitis

Clinical Psychologist
Sole Proprietor, Mountain View Mental Health, LLC
UA Dept. of Psychiatry Clinical Associate Professor

Chronology of Education

Oct 2015 PhD Clinical Psychology, The Catholic University of America (CUA), Washington, D.C.
Dissertation: The Use of Clinical Risk Assessment Coding Systems with Suicidal Soldiers

Dec 2012 MA Clinical Psychology, CUA, Washington, D.C.
Master's Thesis: The Differential Impact of Age and Gender on SSF Qualitative and Quantitative Responses Among Suicidal Inpatients

Julye 2014 - July 2015 Pre-Doctoral Clinical Psychology Intern, Southern Arizona VA Health Care System (SAVAHCS), Tucson, AZ

May 2008 BA Psychology, New York University, New York, NY

Certification/Licensure

Oct 2016 Arizona Board of Psychologist Examiners, License #4778

Dec 2015 Prevention and Management of Disruptive Behavior, Therapeutic Containment

July 2014 Prevention and Management of Disruptive Behavior, Verbal Interventions

Chronology of Employment

Oct 2021 - Clinical Psychologist, Sole Proprietor Mountain View Mental Health, LLC, Tucson, AZ

May 2018 – April 2019 Clinical Psychologist, Mental Health Clinic, SAVAHCS, Tucson, AZ

Nov 2015 – May 2018 Clinical Psychologist, Acute Psychiatry Inpatient Unit (1W), SAVAHCS, Tucson, AZ

June 2011 – May 2014 Research Assistant/Program Evaluator, Laboratory for the Treatment of Suicide-Related Ideation and Behavior, Uniform Services University of Health Science, Bethesda, MD

Sept 2010 – Oct 2015 Research Assistant/Consultation and Training Assistant/Program Evaluator Suicide Prevention Lab (SPL) CUA, Washington D.C.

June 2008 – June 2010 Study Coordinator/Psychometrist, Defense and Veteran's Brain Injury Center (DVBIC) Walter Reed Army Medical Center, Washington, D.C.

Committees/Teams

June 2020 – Oct 2020 Member, Diversity Committee, SAVAHCS

Nov 2015- April 2020 Member, Pre-Doctoral Clinical Internship Program, SAVAHCS

Nov 2015 – March 2020 Member, Dialectical Behavior Therapy (DBT) Consultation Team, SAVAHCS

2016-2018 Champion, Strategic Analytics for Improvement and Learning Measure on Post-Discharge Follow-up Improvement Project, SAVAHCS

May 2017 – Dec 2017 Member, Accident Review Board, SAVAHCS

2016-2017 Lead, Veteran Experience Improvement Project, SAVAHCS

Professional Organizations

Dec 2023-	Professional Outreach Chair, Southern Arizona Psychological Association (SAPA)
Jan 2023- Dec 2023	Member-At-Large, SAPA
Oct 2022-	Committee Member, SAPA in the Community Committee (SITC), SAPA, Tucson, AZ
Sept 2022-	Member, SAPA
2017 -	Member, American Psychological Association
2010-2015	Student Member, American Association of Suicidology

Clinical Presentations:

Invited, CE Offered

Sept 22, 2023	Facilitator, <i>Coping with Compassion Fatigue</i> , National Association of Social Work, Arizona Chapter Retreat, Flagstaff, AZ
Sept 8, 2023	Lecturer, <i>DBT at the Movies</i> , Southern Arizona Psychological Association (SAPA), CE Fundraising Event, Tucson, AZ
Aug 16, 2023	Lecturer, <i>DBT Part 2: Chain Analysis</i> , SAPA, Virtual CE Event
Aug 9, 2023	Lecturer, <i>Working with BPD: Tips and Tricks for Authentic and Sustainable Care</i> , Arizona Psychological Association, Virtual CE Event
Aug 1, 2023	Lecturer, <i>Preparing for a Sustainable Career: The Role of Mental Health</i> , Arizona Veterinary Medical Association, Virtual CE Event
Feb 17, 2023	Lecturer, <i>Working with BPD: Tips and Tricks for Authentic and Sustainable Care</i> , SAPA, Virtual CE Event

Invited

April 20, May 25, June 2, 2023	Facilitator, <i>Three Part Lecture Series: DBT Skills for Challenging Clients</i> , University of Arizona (UA) Addiction Medicine Fellowship Tucson, SAVAHCS
March 7, 14 2023	Lecturer, <i>Evidenced Based Therapies for Posttraumatic Stress Disorder: Cognitive Processing Therapy and Prolonged Exposure</i> , Maimonides PGY 3 Psychiatry Residents, Maimonides Health (virtual)
Feb 2023	Instructor, <i>Feelings into Words: Journaling for Pet Parents</i> , A Loyal Companion Online: Canine Mobility Resource Center, Recorded Interview
Feb 2023	Lecturer, <i>Dialectical Behavior Therapy: An Introduction</i> , UA Psychology Interns, Banner Health
Dec 2022	Lecturer, <i>More than a Risk Assessment: Using the Suicide Status Form</i> , UA Grand Rounds, Banner Health
Oct 2022	Instructor, <i>How to Manage Anticipatory Grief</i> , A Loyal Companion Online: Canine Mobility Resource Center, Recorded Interview
Aug 2022	Co-lecturer, <i>DBT at the Movies: Teaching DBT principles and skills using Disney Pixar's Inside Out</i> , UA PGY 3 Psychiatry Residents, Banner Health

SAVAHCS

August 2020	Lecturer, <i>Self-Care</i> , Clinical Psychology Interns (CPI), Internship Orientation, SAVAHCS
July 2018-Jan 2020	Lecturer, <i>Suicide and Self-Harm</i> , UA Third Year Medical Students, SAVAHCS
Oct/Nov 2020	Facilitator, <i>Risk Assessment</i> , CPI, Assessment Seminar, SAVAHCS
July 2020-April 2021	Facilitator, <i>Supervision Seminar</i> , Clinical Psychology Interns, SAVACHCS
Nov 2019	Lecturer, <i>Post-Doctoral Application and Interview Workshop</i> , CPI, SAVAHCS
Nov 2019	Lecturer, <i>Self-Care</i> , CPI, Didactics, SAVAHCS

Sept 2019	Presenter, <i>Chain Analysis</i> , DBT 2-day training, SAVAHCS
Jan 2019	Lecturer, <i>Post-Doctoral Application and Interview Workshop</i> , CPI, SAVAHCS
Nov 2018	Lecturer, Understanding Suicidal Ideation and Related Behaviors, CPI, Didactics, SAVAHCS
Nov 2018	Lecturer, <i>Post-Doctoral Application and Interview Workshop</i> , CPI, SAVAHCS
Sept 2018	Presenter, <i>Chain Analysis</i> , DBT 2-day Training, SAVAHCS
Sept 2017	Presenter <i>Chain Analysis</i> , DBT 2-Day Training, SAVAHCS
July 2016-Jun 2017	Lecturer, <i>Countertransference</i> , UA Third Year Medical Students, SAVAHCS
Dec 2016	Lecturer, <i>Wellness Recovery Action Plan (WRAP)</i> , CPI, Didactics, SAVAHCS
Sept 2016	Presenter, <i>Chain Analysis</i> , DBT 2-Day Training, SAVAHCS
Sept 2016	Lecturer, <i>DBT</i> , IW Nursing Staff, SAVAHCS
July 2016	Lecturer, <i>WRAP</i> , CPI, Didactics, SAVAHCS
June 2016	Lecturer, <i>Collaborative Assessment and Management of Suicide (CAMS)</i> , CPI, Didactics, SAVAHCS
May 2016	Lecturer, <i>WRAP</i> , 1W Nursing Staff, SAVAHCS
March 2016	Lecturer, <i>Group Facilitation and Self-Care</i> , 1W Nursing Staff, SAVAHCS
Feb 2016	Lecturer, <i>Program Development</i> , CPI, Didactics, SAVAHCS
Feb 2016	Facilitator, <i>Therapeutic Engagement</i> , UA PGY 1, SAVAHCS
Jan 2016	Lecturer, <i>Introduction to the Recovery Model</i> , 1W Nursing Staff, SAVAHCS
May 2013	Co-Lecturer, <i>CAMS</i> , Andrew Radar US Army Mental Health Clinic, Ft Meyers, VA
Sept 2012	Lecturer, <i>CAMS</i> , District of Columbia Superior Court, Washington DC
March 2013	Training Assistant, <i>CAMS</i> multi-day training, SPL Department of Defense Southern Regional Medical Command Warrior Resiliency Program suicide prevention initiative, Ft. Campbell, KY
July 2011	Training Assistant, <i>CAMS</i> multi-day training, SPL Brook Army Medical Center Process Improvement, Ft. Sam Houston, TX

Scholarly Presentations/Conferences

Brazaitis, K. (2023, October). *DBT Skills for Sustainable Practice: Validation, Boundary Setting, and Self-Care*. Workshop session presented at Canadian Society for Addiction Medicine Scientific Conference, Victoria, British Columbia.

Brazaitis, K. (2015, April). *The use of clinical risk assessment coding systems with suicidal Soldiers*. Paper presentation presented at the 48th American Association of Suicidology Annual Conference, Atlanta, Georgia.

Brazaitis, K. (2014, April). *The first large scale randomized controlled trial of CAMS*. Research Symposium presented at the 47th American Association of Suicidology Annual Conference, Los Angeles, California.

Brazaitis, K., Comtois, K.A., Corona, C., Schembari, B., & Jobes, D. (2013, April). *Suicide Typologies and Quantitative Risk as Determined by the SSF Section B*. Paper session presented at the 46th American Association of Suicidology Annual Conference, Austin, Texas.

Brazaitis, K., Jobes, D.A., Kulish, A., & Lineberry, T. (2012, April). *SSF quantitative and qualitative data among suicidal inpatients and the potential differential impact of age and gender*. Paper session presented at the 45th American Association of Suicidology Annual Conference, Baltimore, Maryland.

Brazaitis, K., Lineberry, T., Moore, K.M., Galardy, C., Lento, R., Jennings, K., & Jobes, D.A. (2011, April). *The appeal of suicide: Differences in direct and indirect drivers of suicide amongst youth, adult and geriatric inpatient populations*. Paper session presented at the 44th American Association of Suicidology Annual Conference, Portland, Oregon.

Publications

- Brazaitis, K.**, (2023). Feelings into words: Journaling for pet parents. *A Loyal Companion Online: Canine Mobility Resource Center*, <https://learn.loyalcompanion.com/courses/take/journaling/texts/41189563-feelings-into-wordsjournaling-for-pet-parents>
- Brazaitis, K.**, (2022). 7 ways to manage anticipatory grief. *A Loyal Companion Online: Canine Mobility Resource Center*, <https://learn.loyalcompanion.com/courses/take/anticipatory-grief/texts/39470672-7-ways-to-manage-anticipatory-grief>
- French, L., Anderson-Barnes, V., **Brazaitis, K.**, & Bhagwat, A. (2012). Military Traumatic Brain Injury and the Postconcussive Syndrome. In *Veterans Health Reference Book*. Praeger.

Peer Reviewed Publications

- Archuleta, D., Jobes, D. A., Pujol, L., Jennings, K., Crumlish, J., Lento, R. M., **Brazaitis, K.**, Moore, B. A., & Crow, B. (2014). Raising the clinical standard of care for suicidal Soldiers: An Army process improvement initiative. *Army Medical Department Journal*, 4, 55-66.
- Corona, C.D., Jobes, D.A., Nielsen, A.C., Pedersen, C.M., Jennings, K.W., Lento, R.M., & **Brazaitis, K.A.** (2013). Assessing and treating different suicide states in a Danish outpatient sample. *Achieves of Suicide Research*, 17(3), 302-312.
- Jobes, D. A., Lento, R., & **Brazaitis, K.** (2012). An evidence-based clinical approach to suicide prevention in the department of defense: The collaborative assessment and management of suicidality (CAMS). *Military Psychology*, 24, 604-623.

Community Education and Outreach:

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| Nov 2023 | Participant, Audience Discussion: <i>The Left Hand of Darkness</i> , SITC, Rogue Theater |
| May 2023 | Facilitator, SAPA Coffee Social: Media, Pop Culture, and Mental Health |
| April 2023 | Panelist, SAPA Coffee Social: Pre-Doctoral Internship: A Discussion of Experiences Before, During, and After Internship |
| Nov 2022 | Participant, Audience Discussion: <i>Great Expectations</i> , SITC, Rogue Theater |
| Oct 2022 | Participant, Gallery Conversations: <i>Nothing in Statis</i> , SITC, Tucson Museum of Art |

Service

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| Jan 2023 – May 2023 | Mentor, BASIS Phoenix North, Senior Research Project, Tucson, AZ |
| Fall 2017 – Spring 2022 | Theater Usher, Centennial Hall, Tucson, AZ |
| Fall 2015 – Fall 2016 | Fundraising Coordinator, Tucson's Cause for Canines, Tucson, AZ |
| Fall 2012 – Jan 2014 | Dog Foster, Mid-Atlantic Bully Buddies, Baltimore, MD |