

Katie A. Brazaitis, Ph.D.

Clinical Psychologist & Sole Proprietor – Mountain View Mental Health, LLC
Visiting Assistant Professor – NYU Steinhardt, Department of Applied Psychology

EDUCATION

- 2015 Ph.D. in Clinical Psychology, The Catholic University of America, Washington, D.C.
Dissertation: *The Use of Clinical Risk Assessment Coding Systems with Suicidal Soldiers*
- 2012 MA in Clinical Psychology, The Catholic University of America, Washington, D.C.
Master's Thesis: *The Differential Impact of Age and Gender on SSF Qualitative and Quantitative Responses Among Suicidal Inpatients*
- 2008 BA in Psychology, New York University, New York, NY

LICENSURE

- Issued Oct 2016 Arizona Board of Psychologist Examiners, License #4778
Issued Dec 2024 The University of the State of New York, Education Department. Office of the Professions, License #26995

CERTIFICATIONS

- Apr 2024 Approved American Psychological Association Approved Sponsor of Continuing Education for Psychologists
- Apr 2023 Psychology Interjurisdictional Compact Authority to Practice
Interjurisdictional Telepsychology, Mobility #14420

ACADEMIC APPOINTMENTS AND TEACHING EXPERIENCE

- Fall 2025 – Present Visiting Assistant Professor, Department of Applied Psychology, Steinhardt School of Culture, Education, and Human Development, New York University
- 2017 – Present Clinical Associate Professor, Department of Psychiatry, University of Arizona

PROFESSIONAL EXPERIENCE

- Dec 2023 – Present Owner, Trainingwithdr.com, Tucson, AZ
- Oct 2021 – Present Sole Proprietor, Mountain View Mental Health, LLC, Tucson, AZ
- May 2018 – Apr 2019 Clinical Psychologist, Mental Health Clinic, SAVAHCS, Tucson, AZ
- Nov 2015 – May 2018 Clinical Psychologist, Acute Psychiatry Inpatient Unit (1W), SAVAHCS, Tucson, AZ
- July 2014 - July 2015 Pre-Doctoral Clinical Psychology Intern, Southern Arizona VA Health Care System (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, CUA, Washington, D.C.
June 2008 – June 2010 Study Coordinator/Psychometrist, Defense and Veterans Brain Injury Center
(DVBIC) Walter Reed Army Medical Center, Washington, D.C.

PROFESSIONAL SERVICE

Board Positions

Dec 2023 – Present Chair, Professional Outreach Committee, SAPA
Jan 2023 – Dec 2023 Member-At-Large, SAPA

Committee Memberships

Jan 2024 – Present Convention Committee, AZPA
Nov 2024 – Present Leadership Development Committee, AZPA
Nov 2024 – Present Legislative Committee, AZPA
Oct 2022 – Present SAPA in the Community Committee (SITC), SAPA

General Membership

Aug 2024 – Present Arizona Psychological Association (AZPA)
Dec 2023 – Present Southern Arizona Psychological Association (SAPA)
2017 – Present American Psychological Association

INSTITUTIONAL SERVICE

Nov 2015 – Apr 2020 Member, Pre-Doctoral Clinical Internship Program, SAVAHCS
Nov 2015 – Mar 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

PRESENTATIONS

Academic Lectures

Grand Rounds

Brazaitis, K. A. (2024, August 18). *Trauma-Informed Care in a Gynecological Setting*. Arizona Perinatal Psychiatry Access Line (APAL), Virtual.
Brazaitis, K. A. (2022, December). *More than a Risk Assessment: Using the Suicide Status Form*. University of Arizona, Virtual.

Addiction Medicine Fellowship

Brazaitis, K. A. (2023, Spring; 2024, Spring; 2025, Spring). *Three-Part Lecture Series: DBT Skills for Challenging Clients*. University of Arizona, SAVAHCS, Tucson, AZ.

Psychiatry Residency Programs

Brazaitis, K. A. (2024, Spring; 2025, Spring). *Six-Part Lecture Series: DBT*. PGY-3, University of Arizona, Banner Health.
Brazaitis, K. A. (2023, Spring; 2024, Spring; 2025, Spring). *Evidence-Based Therapies for PTSD: Cognitive*

Processing Therapy and Prolonged Exposure. PGY-2 & PGY-3, Maimonides Health.
Brazaitis, K. A & Emerick, K.E. (2022, August). *DBT at the Movies: Teaching DBT Principles Using Disney Pixar's Inside Out*. PGY-3, University of Arizona, Banner Health.
Brazaitis, K. A. (2016, February). *Therapeutic Engagement*. PGY-1, University of Arizona, SAVAHCS.

Medical Student Lectures

Brazaitis, K. A. (2018, July – 2020, January). *Suicide and Self-Harm*. University of Arizona, Third-Year Medical Students, SAVAHCS.
Brazaitis, K. A. (2016, July – 2017, June). *Countertransference*. University of Arizona, Third-Year Medical Students, SAVAHCS.

Pre-Doctoral Clinical Psychology Intern Lectures

Brazaitis, K. A. (2023, Spring; 2024, Spring; 2025, Spring). *Dialectical Behavior Therapy: An Introduction*. Banner Health.
Brazaitis, K. A. (2020, October–November). *Risk Assessment*. SAVAHCS.
Brazaitis, K. A. (2020, July – 2021, April). *Supervision Seminar*. SAVAHCS.
Brazaitis, K. A. (2019, November; 2019, January; 2018, November). *Post-Doctoral Application and Interview Workshop*. SAVAHCS.
Brazaitis, K. A. (2019; 2020). *Self-Care*. SAVAHCS.
Brazaitis, K. A. (2018, November). *Understanding Suicidal Ideation and Related Behaviors*. SAVAHCS.
Brazaitis, K. A. (2016, December; 2016, July). *Wellness Recovery Action Plan (WRAP)*. Clinical Psychology Internship Didactics, SAVAHCS.
Brazaitis, K. A. (2016, June). *Collaborative Assessment and Management of Suicide (CAMS)*. SAVAHCS.
Brazaitis, K. A. (2016, February). *Program Development*. SAVAHCS.

Conference Presentations

Brazaitis, K. (2023, September) *Coping with Compassion Fatigue*. Workshop session presented at the National Association of Social Work, Arizona Chapter Retreat, Flagstaff, AZ
Brazaitis, K. (2024, June). *Rural Challenges in Suicide Prevention*. Workshop session presented at Rural Health Conference, Flagstaff, AZ.
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.

Training with Dr. B Continuing Education Clinical Presentations

- Brazaitis, K. A. (2024, October 26). Making Sense of Suicide CE Workshop. *Live presentation*, Tucson, AZ.
- Brazaitis, K. A. (2025, February 15). Making Sense of Suicide CE Workshop. *Live presentation*, Phoenix, AZ.
- Brazaitis, K. A. (2024, September – Present). Working with Borderline Personality Disorder: Tips and Tricks for Authentic and Sustainable Care. *On-demand course*, <https://trainingwithdrb.thinkific.com>.

Invited Continuing Education Clinical Presentations

- Brazaitis, K. A. (2025, January). Working with Borderline Personality Disorder: Tips and Tricks for Authentic and Sustainable Care. *Invited presentation for Tucson Psychiatric Nurse Practitioner Community*.
- Brazaitis, K. A. (2023, September). DBT at the Movies. *SAPA CE Fundraising Event*, Tucson, AZ.
- Brazaitis, K. A. (2023, August). DBT Part 2: Chain Analysis. *SAPA Virtual*.
- Brazaitis, K. A. (2023, August). Working with Borderline Personality Disorder: Tips and Tricks for Authentic and Sustainable Care. *AZPA Virtual*.
- Brazaitis, K. A. (2023, August). Preparing for a Sustainable Career: The Role of Mental Health. *Arizona Veterinary Medical Association Virtual*.
- Brazaitis, K. A. (2023, February). Working with Borderline Personality Disorder: Tips and Tricks for Authentic and Sustainable Care. *SAPA Virtual*.

In-services

- Brazaitis, K. A. (2024, February). *Building Confidence in Risk Assessment*. In-service for Calm OCD Clinic, Tucson, AZ.
- Brazaitis, K. A. (2024, April). *Group Psychotherapy Full Day Workshop*. Centered Spirit Program, Pascau Yaqui Tribe, Tucson, AZ.
- Brazaitis, K. A. & Way, C. (2016, September). *DBT*. In-service for 1W Nursing Staff, SAVAHCS, Tucson, AZ.
- Brazaitis, K. A. (2016, May). *WRAP*. In-service for 1W Nursing Staff, SAVAHCS, Tucson, AZ.
- Brazaitis, K. A. (2016, March). *Group Facilitation and Self-Care*. In-service for 1W Nursing Staff, SAVAHCS, Tucson, AZ.
- Brazaitis, K. A. (2016, January). *Introduction to the Recovery Model*. In-service for 1W Nursing Staff, SAVAHCS, Tucson, AZ.
- Brazaitis, K. A. (2016–2019). *Chain Analysis: DBT 2-day training for all Mental Health Staff* (Presenter). SAVAHCS, Tucson, AZ.
- Brazaitis, K. A. & Ehret, B. (2013, May). *Collaborative Assessment and Management of Suicidality (CAMS)*. Andrew Rader, U.S. Army Health Clinic, Fort Myer, VA.
- Collaborative Assessment and Management of Suicidality (CAMS), multi-day training*. (2013, March). Department of Defense Southern Regional Medical Command Warrior Resiliency Program, Fort Campbell, KY. Participated as a training assistant.
- Brazaitis, K. A. (2012, September). *Collaborative Assessment and Management of Suicidality (CAMS)*. Presenter, District of Columbia Superior Court, Washington, DC.
- Jobs, D. A., & Brazaitis, K. A. (2011, July). *Collaborative Assessment and Management of Suicidality (CAMS), multi-day training*. Training assistant, Department of Defense, Brooke Army Medical Center, Fort Sam Houston, TX.

PUBLICATIONS

Peer Reviewed

- Brazaitis, K. & Stetson, A. (2025). Disney Pixar's *Inside Out* as a Dialectical Behavior Therapy-Informed Intervention for Adults. *American Journal of Psychotherapy*.
- Archuleta, D., Jobs, 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., Jobs, 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.

Jobs, 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.

Book Chapters

French, L., Anderson-Barnes, V., Brazaitis, K., & Bhagwat, A. (2012). Military Traumatic Brain Injury and the Postconcussive Syndrome. In the *Veterans Health Reference Book*. Praeger.

Online

Brazaitis, K., (2023). Facing Frustration. *A Loyal Companion Online: Canine Mobility Resource Center*, https://learn.loyalcompanion.com/courses/take/facing_frustration/texts/49677465-facing-frustration

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>

Public Scholarship

Brazaitis, K. A. (n.d.). *Training with Dr. B* [Blog]. <https://trainingwithdrb.com/blog/>

Brazaitis, K. A. (2024, May). *Arizona Veterinary News*, AZVMA. Mountain View Mental Health. Distributed via email to members.

COMMUNITY PARTNERSHIPS

Legal Community

May 2024 Contributor, *Navigating Today's Ethical Issues & Hot Topics*, Pima County Bar Association, Virtual

Mar 2024 Contributor, *Barriers to Credibility: Understanding Domestic Violence in Family Law*, Southern Arizona Legal Aid, Virtual

A Loyal Companion

2023 Instructor, *Facing Frustration*, Recorded Interview

2023 Instructor, *Feelings into Words: Journaling for Pet Parents*, Recorded Interview

2022 Instructor, *How to Manage Anticipatory Grief*, Recorded Interview

SERVICE

Mar 2025 – Present Mentor, AZPA Mentorship Program

Spring 2025 Mentor, BASIS Mesa, Senior Research Project, Virtual

Spring 2023, 2024 Mentor, BASIS Phoenix North, Senior Research Project, Virtual

Spring 2023, 2024, 2025 Mentor, BASIS Ahwatukee, Senior Research Project, Virtual

Fall 2017 – Spring 2022 Theater Usher, Centennial Hall, Tucson, AZ

Fall 2015 – Fall 2016 Fundraising Coordinator, Tucson's Cause for Canines, Tucson, AZ

HONORS AND AWARDS

June 2024	UA PGY 3 Academic Teaching Award
Mar 2021	Special Contribution Award, SAVAHCS
2020	Acute Psychiatry Inpatient Unit "Recovery Handbook" named "Outstanding Accomplishment" in Joint Commission Survey, SAVAHCS
Feb 2019	Special Contribution Group Award, SAVAHCS
Feb 2019	Special Contribution Award, SAVAHCS
Aug 2018	Special Contribution Award, SAVAHCS
Dec 2017	Special Contribution Award, SAVAHCS