



6288 Montrose Rd.

Rockville, MD 20852

301-525-5448

Licensed Psychologist

B. TOVA RUBIN, PH.D.

Licensed Clinical Psychologist

Licensed in Texas, Maryland, and Washington DC

www.tovarubin.com

btovarubin@gmail.com

PRIVATE PRACTICE - ADULT PSYCHOTHERAPY

6288 Montrose Rd.
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January 2015-Present

Adult Psychotherapy Private Practice

San Antonio, TX 78231

July 2004-December 2014

PROFESSIONAL ACTIVITIES

- Facilitator for weekly Caregivers of Parkinson's Members group through Georgetown Hospital (June, 2015-June, 2016)
- Adjunct Faculty GWU -Supervision of 4th and 5th year Clinical Psychology student weekly at George Washington University (June, 2015)
- Clinical Faculty at University of Texas Health Science Center – Supervision of Psychiatry Residents (2008-present)
- Adjunct Faculty University of Texas San Antonio-Instructor Positive Psychology in Honors College (Fall 2014,2013)
- Annual Visiting Instructor for "On Becoming a Doctor" course for First year Medical Student at UTHSCSA (2010-2014)
- Member of Mayor's Fitness Council of San Antonio (2010-2013)
- President of Bexar County Psychological Association (2004-2005)
- Instructor for Psychology 101 at St. Mary's University (Fall 2006)
- Consultant and Counselor at Community High School, a recovery high school for drug addicted teens (Fall 1999-Spring 2001)

PRESENTATION AND WORKSHOPS

- "The Science of Positive Psychology in Work and Life" (Riderwood Staff Retreat; August 2018)
- "Boundary Issues for Daily Money Managers" Luncheon speaker for AADMM (April 2018)
- Panel Discussant for Caregiving of Parkinson's Patient Georgetown Hospital (November 2017)
- Brief Introduction to Positive Psychology for GWU clinical students and faculty (Sept. 2017)
- Facilitator at "When Caregiving ends....what's next" weekend retreat with Hospice Caring, Inc. (October 2017)
- "Taking Care of Others: Taking Care of Ourselves" Keynote for JSSA Volunteer Celebration (May, 2017)
- "The Science of Positive Psychology in Work and Life" (Jewish Social Service Agency Staff Retreat; November 2012)
- "How to Help Families be Happier: Using The Science of Positive Psychology in Family Therapy" (Jonah Greene and Associates; June 2016)
- "Depression in Parkinson's Patients and Interventions that Work" (National Parkinson's Foundation Support Group; March, 2016)
- Panelist for 'Fund a Fellow Parkinson's Dinner & Panel: Caring for Caregivers' at Georgetown University Medical Center (October 13, 2015)
- Delivered Keynote address for Honors College Graduation University of Texas San Antonio (December, 2014)

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- “Entertaining Ethics: Mirror, Mirror on the Wall” writer/presenter of Musical Ethics Workshop (February, 2015; October, 2013; September, 2011, May, 2011)
- “Don’t Worry Be Happy; Positive Psychology in Our Daily Lives”(May 2012, February, 2011)
- “The Science of Positive Psychology” (Community Group, 2010, 2011)
- “Helping Kids make Healthy Choices” Prevention of Childhood Obesity Presentation (December, 2012, March, 2012, February 2011, June 2010)

COMMUNITY ACTIVITIES

- Hospice Helping Hands Volunteer November, 2016- present
- 7 Musical Theater Events-Writing, Producing, and Performing March 2010 - November 2014
- Board of Trustees for Eleanor Kolitz Academy September 2009-July 2011
- Chair of Israeli Independence 60th Anniversary May 2008
- Co-Chair of Chabad Lubavitch of South Texas L’Chaim Event December 2006

POSTDOCTORAL FELLOWSHIP

September 2003-June 2004

University of Texas at San Antonio, San Antonio, Texas

University Counseling Center Therapist
Therapist for individuals and couples

CLINICAL INTERNSHIP

September 2002-August 2003

University of Texas Health Science Center San Antonio, San Antonio, Texas

Variety of sites including:

- Psychiatric Emergency Room
- San Antonio State Hospital –Forensic Medical Unit
- St. Mary’s University Counseling Center
- Southwest Texas Addiction and Research Treatment Center
- Laurel Ridge Inpatient Facility
- Psychiatry Department STEP-BD Project
- Group Psychotherapy

TRAINING EXPERIENCES

START CENTER Administrative Assistant, San Antonio, Texas
Preparation of Institutional Review Board Documentation for Research

May 2002- August 2002

Veteran’s Hospital, Nashville, Tennessee

December 2001- April 2002

Research Analyst

- Collected and interpreted data, providing a written report and presentation to National Evaluation Project Staff

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- Collated survey data from hospitals and regional offices across the nation
- Summarized data, created tables and charts describing results
- Produced a written report and Power Point slide presentation

Vanderbilt University, Nashville, Tennessee

1995-2002

Clinical Experience

September 1998-November 2001

Group facilitator for patients with chronic pulmonary diseases

- Kim Dayani Health Promotions Center

Therapist for children, couples, families and individual adults

- The Guidance Center in Murfreesboro

Psychological Examiner for children with disabilities

- Child Development Center, Vanderbilt Medical Center

EDUCATION

- PH.D. in Clinical Psychology
Vanderbilt University, Nashville, TN

December 2002

- Defended Dissertation with Distinction

February 2002

- M.S. Masters of Science, Clinical Psychology
Vanderbilt University, Nashville, TN

May 1998

- B.A. Bachelor of Arts, English Major
University of Pennsylvania, Philadelphia, PA

May 1992

PROFESSIONAL MEMBERSHIP

Maryland Psychological Association

Bexar County Psychological Association

Texas Psychological Association

American Psychological Association

Division 42 Independent Practice of APA

LANGUAGES

English – native speaker

Hebrew – native speaker

Spanish – conversational

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