



DENISE GRETCHEN-DOORLY, PH.D.

DR. DOORLY

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Denise Gretchen-Doorly, Ph.D.
CA Licensed Psychologist (PSY 25131)

Curriculum Vitae

EDUCATION

Certificate	2017	Mental Health Provider Diabetes Education Program Co-Sponsored by the American Psychological Association & American Diabetes Association
Postdoctoral Fellowship	2007-2010	National Institutes of Mental Health (NIMH) Training Grant: Clinical Research in Schizophrenia and Mood Disorders at UCLA
Ph.D.	2005	Fordham University, Graduate School of Education Counseling Psychology (APA-Accredited)
Internship	2003	University of California, San Diego Psychological and Counseling Services (APA-Accredited)
M.Ed.	1997	Columbia University, Counseling Psychology
M.A.	1996	Columbia University, Organizational Psychology
B.A.	1994	University of Delaware, <i>cum laude</i> Interpersonal & Organizational Communication

CLINICAL WORK EXPERIENCE

Private Psychotherapy Practice, Beverly Hills, CA (2014-present)

- Provide psychotherapy for adults living with any type of newly diagnosed or chronic medical illness. Treatment approach helps people confront common barriers that discourage successful disease self-management by developing effective goal setting, problem-solving, and communication skills
- Specialized medical knowledge of endocrine disorders (i.e. diabetes, infertility, thyroid), chronic pain, urology, and psychopharmacology. Other areas of expertise: depression, anxiety, life transitions, low self-esteem, relationships, and career counseling
- Theoretical orientation incorporates psychodynamic, cognitive-behavioral, and solution-focused modalities with an emphasis on multicultural awareness and acceptance

CLINICAL WORK EXPERIENCE

UCLA Department of Psychiatry & Biobehavioral Sciences, Aftercare Research Program, Staff Research Associate V (2010-2014)

- Developed and supervised a clinical training practicum for Master and Doctoral-level students featuring individual and group psychotherapy for outpatients recently diagnosed with schizophrenia
- Conducted group supervision for staff and trainees co-leading healthy lifestyle and physical exercise groups for outpatients recently diagnosed with schizophrenia
- Led healthy lifestyle psychoeducational groups for adults recently diagnosed with schizophrenia

UCLA Department of Psychology, National Institutes of Mental Health Postdoctoral Fellow (2007-2010)

Specialization: Health and wellness-based group treatment approaches for severe mental illness

- Created and implemented a manualized treatment program that taught recent-onset schizophrenia outpatients how to combat the adverse health consequences of schizophrenia and treatment with second-generation antipsychotic medications

UCLA Department of Psychiatry & Biobehavioral Sciences, Aftercare Research Program, Staff Research Associate IV – Supervisor (2005-2007)

- Led healthy lifestyle psychoeducational groups I created for individuals recently diagnosed with schizophrenia
- Conducted group supervision for staff and trainees co-leading healthy lifestyle and wellness groups

University of CA – San Diego (UCSD), Psychological and Counseling Services, Pre-doctoral Intern (APA-Accredited) (2002-2003)

- Full-time pre-doctoral intern engaged in individual and group therapy, outreach and consultation, and clinical supervision of undergraduate trainees
- Caseload 20-30 students for individual therapy per week; groups led included a Biracial Student Discussion Forum, an Undergraduate Women's Support Group, a Graduate Women in Science Discussion Group, a Bulimia Therapy Group, and a Building Social Confidence Psychoeducational Group

Fordham University, Counseling Services, Senior Extern, New York, NY (1999-2001)

- Provided individual short-and long-term psychotherapy and career counseling and assessment to graduate and undergraduate students
- Individual psychotherapy caseload 10-15 students per week



CLINICAL WORK EXPERIENCE

Mount Sinai Services, Elmhurst Hospital Center, Extern, New York, NY (1999-2000)

- Provided cognitive, personality, and neuropsychological assessment of child and adult inpatients and outpatients; primary therapist for 20-30 adult psychiatric inpatients
- Led inpatient psychotherapy groups and served as group process observer for an inpatient psychoeducational group for severely mentally ill adults

Fordham University, Counseling Services, Extern, New York, NY (1998-1999)

- Provided individual short- and long-term psychotherapy to Fordham students. Caseload 8-10 students a week
- Developed and presented a seminar on “Making the Transition to College” as part of the Center’s outreach program; other outreach activities included participation in National Eating Disorders Awareness Week and National Depression Screening Day

Columbia University, Center for Psychological Services, Extern, New York, NY (1997)

- Provided individual psychotherapy and career counseling to members of the public and Columbia University students; caseload 4-5 clients per week

City University of New York – Baruch College, Counseling & Career Development Centers, Extern (1996-1997)

- Provided individual short-term career and psychological counseling to Baruch students. Caseload: 8-10 students per week
- Participated in Center’s outreach efforts including Career Day, Job Fair, and Mental Health Awareness Week

RESEARCH AND TEACHING EXPERIENCE

UCLA Department of Psychiatry & Biobehavioral Sciences, Aftercare Research Program, Staff Research Associate, Supervisor (2003-2014)

- Supervised data collection for an interdisciplinary team of mental health practitioners for several pharmaceutical and NIH/NIMH grant-funded studies examining neurocognition and antipsychotic medication effects in individuals recently diagnosed with schizophrenia
- Heavily engaged in research activities including data collection, statistical analyses, writing articles for peer-reviewed journals, writing NIH and NIMH grant proposals, and creating posters and presentations summarizing research efforts of the program for professional conferences



RESEARCH AND TEACHING EXPERIENCE

Hunter College, City University of New York, Department of Educational Foundations & Counseling Programs, Adjunct Instructor (2001-2002)

Baruch College, City University of New York, Department of Psychology, Adjunct Instructor (1998-1999)

Fordham University, Division of Curriculum & Teaching, Graduate Assistant (1998-1999)

Fordham University, Division of Psychological & Educational Services, Graduate Assistant (1997-1998)

Columbia University, Department of Counseling & Clinical Psychology, Teaching Assistant for Professor Peter C. Cairo, Ph.D. (1996-1997)

PUBLICATIONS

Nuechterlein, K.H., Ventura, J., Subotnik, K.L., **Gretchen-Doorly, D.**, Turner, L.R., Casaus, L.R., Luo, J., Boucher, M.L., Hayata, J.N., Bell, M.D., & Medalia, A. (2020, in press). A randomized controlled trial of cognitive remediation and long-acting injectable risperidone after a first episode of schizophrenia: Improving cognition and work/school functioning. *Psychological Medicine*, 2020 Sep 28; 1-10. [PMID: 32981534](#).

Nuechterlein, K.H., Subotnik, K.L., Ventura, J., Turner, L.R., Gitlin, M.J., **Gretchen-Doorly, D.**, Becker, D.R., Drake, R.E., Wallace, C.J., & Liberman, R.P. (2020). Enhancing return to work or school after a first episode of schizophrenia: The UCLA RCT of Individual Placement and Support and Workplace Fundamentals Module training. *Psychological Medicine*, 50(1): 20-28. [PMID: 30606273](#).

Ventura, J., Subotnik, K.L., **Gretchen-Doorly, D.**, Casaus, L., Boucher, M., Medalia, A., Bell, M.D., Hellemann, G.S., & Nuechterlein, K.H. (2019). Cognitive remediation can improve negative symptoms and social functioning in first-episode schizophrenia: A randomized controlled trial. *Schizophrenia Research*, 203: 24-31. [PMID: 29128326](#).

Nuechterlein, K.H., Ventura, J., McEwen, S.C., **Gretchen-Doorly, D.**, Vinogradov, S., & Subotnik, K.L. (2016). Enhancing cognitive training through aerobic exercise after a first schizophrenia episode: Theoretical conception and pilot study. *Schizophrenia Bulletin*, 42 Suppl 1: S44-52. [PMID: 27460618](#).

Subotnik, K.L., Casaus, L.R., Ventura, J., Luo, J.S., Hellemann, G.S., **Gretchen-Doorly, D.**, Marder, S., & Nuechterlein, K.H. (2015). Long-Acting injectable risperidone for relapse prevention and control of breakthrough symptoms after a recent first episode of schizophrenia. A randomized clinical trial. *JAMA Psychiatry*, 72(8): 822-829. [PMID: 26107752](#).

Ventura, J., Ered, A., **Gretchen-Doorly, D.**, Subotnik, K.L., Horan, W.P., Hellemann, G.S., & Nuechterlein, K.H. (2015). Theory of mind in the early course of schizophrenia: stability, symptom and neurocognitive correlates, and relationship with functioning. *Psychological Medicine*, 45(10):2031-43. [PMID: 25647289](#).

Ventura, J., Subotnik, K.L., Gitlin, M.J., **Gretchen-Doorly, D.**, Ered, A., Villa, K.F., Hellemann, G.S., & Nuechterlein, K.H. (2015). Negative symptoms and functioning during the first year after a recent onset of schizophrenia and 8 years later. *Schizophrenia Research*, 61(2-3):407-13. [PMID: 25499044](#).



PUBLICATIONS

McCleery, A., Ventura, J., Kern, R. S., Subotnik, K. L., **Gretchen-Doorly, D.**, Green, M. F., Hellemann, G. S., & Nuechterlein, K. H. (2014). Cognitive functioning in first-episode schizophrenia: MATRICS Consensus Cognitive Battery (MCCB) profile of impairment. *Schizophrenia Research*, 157 (1-3), 33-39. [PMID: 24888526](#).

Subotnik, K. L., Ventura, J., **Gretchen-Doorly, D.**, Hellemann, G. S., Agee, E. R., Casaus, L. R., Luo, J. S., Villa, K. F., & Nuechterlein, K. H. (2014). The impact of second-generation antipsychotic adherence on positive and negative symptoms in recent-onset schizophrenia. *Schizophrenia Research*, 159(1):95-100. [PMID: 25108771](#).

Ventura, J., Subotnik, K. L., Ered, A., **Gretchen-Doorly, D.**, Hellemann, G. S., Vaskinn, A., & Nuechterlein, K. H. (2014). The relationship of attitudinal beliefs to negative symptoms, neurocognition, and daily functioning in recent-onset schizophrenia. 40(6):1308-18
Schizophrenia Bulletin. [PMID: 24561318](#).

Gretchen-Doorly, D., Kite, R. E., Subotnik, K. L., DeTore, N. R., Ventura, J., Kurtz, A. S., & Nuechterlein, K. H. (2012). Cardiorespiratory endurance, muscular flexibility and strength in first-episode schizophrenia patients: Use of a standardized fitness assessment. *Early Intervention in Psychiatry*, 6(2), 185-190. [PMID: 22168582](#).

Nuechterlein, K. H., Subotnik, K. L., Ventura, J., Green, M. F., **Gretchen-Doorly, D.**, & Asarnow, R. F. (2012). The puzzle of schizophrenia: tracking the core role of cognitive deficits. *Developmental Psychopathology*, 24(2), 529-536. [PMID: 22559128](#).

Gretchen-Doorly, D., DeTore, N. R., Ventura, J., Hellemann, G., Subotnik, K. L., & Nuechterlein, K. H. (2011). Relationships between perceptions of the family environment and of negative life events in recent-onset schizophrenia patients. *Schizophrenia Research*, 127(1-3), 266-267. [PMID: 20719475](#).

Nuechterlein, K. H., Subotnik, K. L., Green, M. F., Ventura, J., Asarnow, R. F., Gitlin, M. J., Yee, C. M., **Gretchen-Doorly, D.**, & Mintz, J. (2011). Neurocognitive predictors of work outcome in recent-onset schizophrenia. *Schizophrenia Bulletin*, 37 Supp2, S33-S40. [PMID: 21860045](#).

Gretchen-Doorly, D., Subotnik, K. L., Kite, R. E., Alarcon, E., & Nuechterlein, K. N. (2009). Development and evaluation of a health promotion group for individuals with severe psychiatric disabilities. *Psychiatric Rehabilitation Journal*, 33(1), 56-59. [PMID: 19592382](#).

Lee, J., Nuechterlein, K. H., Subotnik, K. L., Sugar, C. A., Ventura, J., **Gretchen-Doorly, D.**, Kelly, K., & Green, M. F. (2008). Stability of visual masking performance in recent-onset schizophrenia: An 18-month longitudinal study. *Schizophrenia Research*, 103, 266-274. [PMID: 18450427](#).

Ponterotto, J. G., **Gretchen, D.**, Utsey, S. O. & Stracuzzi, T. & Saya, R. Jr. (2003). A critique and confirmatory test of the Multigroup Ethnic Identity Measure (MEIM). *Psychological and Educational Measurement*, 63(3), 516-532.

Ponterotto, J. G., **Gretchen, D.**, Utsey, S. O., Reiger, B. P., & Austin, R. (2002). A revision of the Multicultural Counseling Awareness Scale. *Journal of Multicultural Counseling and Development*, 30(3), 153-180.



PUBLICATIONS

Fuertes, J. N. & **Gretchen, D.** (2001). Emerging theories and models of multicultural counseling. In J. G. Ponterotto, J. M. Casas, L. A. Suzuki and C. M. Alexander (Eds.). *Handbook of Multicultural Counseling* (2nd ed.) pp. 509-541. Thousand Oaks, CA: Sage Publications.

Note: This is considered a shared first-authored piece. Authorship is alphabetical.

Ponterotto, J. G., **Gretchen, D.**, & Chauhan, R. (2001). Cultural identity assessment. In L. A. Suzuki, P. J. Meller, and J. G. Ponterotto (Eds.) *Handbook of Multicultural Assessment: Clinical, Psychological, and Educational Applications* (2nd ed.) pp 67-100. San Francisco, CA: Jossey-Bass.

Fuertes, J. N., Miville, M. L., Mohr, J. J., Sedlacek, W. E., & **Gretchen, D.** (2000). Factor structure and short form of the Miville-Guzman Universality Diversity Scale. *Measurement and Evaluation in Counseling and Development*, 33(3), 157-169.

Flaxman, E., Guerrero, A., & **Gretchen, D.** (1999). *Career development effects of career magnets versus comprehensive schools* (MDS-803). Berkeley: National Center for Research in Vocational Education, University of California.

INVITED PUBLICATIONS

Gretchen-Doorly, D. (2020, Spring). Working with chronic pain: A primer for psychologists, Part II: Psychotherapeutic interventions for pain. *The Los Angeles Psychologist*, 34(1), 10-11.

Gretchen-Doorly, D. (2019, Winter). Working with chronic pain: A primer for psychologists, Part I. *The Los Angeles Psychologist*, 33(4), 6-7.

INVITED PRESENTATIONS

Gretchen-Doorly, D. (2016, February). *Early identification and treatment of comorbid mental disorders in patients with metabolic syndrome or diabetes mellitus*. Cedars-Sinai Medical Center, Office of Continuing Medical Education, Interdisciplinary Conference on Diabetes and Metabolism Grand Rounds, Los Angeles, CA.

Gretchen-Doorly, D. (2016, November). *Living well with diabetes: Self-management strategies*. Cedars-Sinai Medical Center, Diabetes Outpatient Treatment & Education Center, Los Angeles, CA.

Gretchen-Doorly, D. (2012, June). *The importance of a healthy lifestyle for people diagnosed with schizophrenia: Exploring attitudes and behaviors*. Semel Institute for Neuroscience and Human Behavior at UCLA, Aftercare Research Program, Los Angeles, CA.

Gretchen-Doorly, D. (2007, October). *What about wellness? Health behavior training programs for schizophrenia patients*. UCLA Department of Psychology, Research Seminar on the Psychoses, Los Angeles, CA.

Gretchen-Doorly, D. (2006, January). *Development and pilot test of a health behavior training program for first-episode schizophrenia patients*. UCLA Department of Psychology, Research Seminar on the Psychoses, Los Angeles, CA.



POSTDOCTORAL AWARDS AND GRANTS

National Institutes of Mental Health (NIMH), Division of AIDS and Health and Behavior Research (DAHBR), Health and Behavior Research Branch, Behavior Change Research Program, *Developmental Processes in Schizophrenic Disorders (R01 MH37705, Keith H. Nuechterlein, PI): Administrative Supplement for Evaluation of Health Behavior Training Program.* (2006-2010)

National Institutes of Health (NIH), Ruth L. Kirschstein National Research Service Award (NRSA) (2006-2008)

PREDOCTORAL SCHOLARSHIPS AND AWARDS

Dissertation Title: A Social-Cognitive Analysis of Self-Efficacy for Multiple Role Management, Multiple Role Realism, Goals and Psychological Well-Being. Mentor: Margo A. Jackson, Ph.D.

Winner of the 2005 American Council for Polish Culture *Pulaski Scholarship for Advanced Studies*

Winner of the 2004 American Psychological Association Division 17 Section on the Advancement of Women *Dissertation and Thesis Award*

Winner of the 2003 Fordham University Advisory Committee on Multicultural Affairs *Outstanding Dissertation Proposal Award*

Student Travel Award, American Psychological Association (1999)

Outstanding Contributor to Student Life Scholarship, Fordham University Graduate School of Education (1999)

Alumni Scholarship Award, Fordham University Graduate School of Education (1998)

PROFESSIONAL MEMBERSHIPS

American Psychological Association
American Diabetes Association
Los Angeles County Psychological Association
National Career Development Association
Phi Beta Kappa
Phi Delta Kappa
Phi Kappa Phi

