

# Deirdra F. Frum-Vassallo, Psy.D.

## Curriculum Vitae

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[deirdrafrum@gmail.com](mailto:deirdrafrum@gmail.com)

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2012- Present

**Health Behavior Coordinator Northport VAMC**

Director of Postdoctoral Training

VISN 2 Regional Trainer for Motivational Interviewing

Northport VAMC Tobacco Cessation Lead

Member of Motivational Interviewing Network of Trainers (MINT)

In depth knowledge of psychological factors related to illness and wellbeing. Expertise in the implementation of Patient Centered Care, team building, process improvement and whole health initiatives. Significant experience working with the Chronic illness on an interdisciplinary team. Experience coaching physicians in patient centered practices.

Expert in delivery of behavioral medicine interventions to veterans in Primary Care (PC) and consultation liaison to PC team. Develop and implement preventative medicine and health promotion programing. Trainor and Consultant in National training initiatives for Motivational Interviewing (MI) and member of Motivational Interviewing Network of Trainers (MINT). Certified in CBT for Chronic Pain. Significant experience in the delivery of Mindfulness Meditation for stress reduction (trained through VA CALM initiative).

Director of Postdoctoral Training for APA accredited Psychology Fellowship in clinical psychology with an emphasis on primary care mental health integration, health promotion disease prevention and interprofessional collaboration.

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### EDUCATION EXPERIENCE:

2011-2012

**Postdoctoral Fellowship**

VA New York Harbor Healthcare System

Specialization in Primary Care Health Psychology

Concentration in Pain management with Dr. Marc Goloff ABPP

2008- 2011

**Doctor of Psychology**

La Salle University, Philadelphia, PA

APA accredited PsyD program

2006-2008

**Masters of Arts**

La Salle University, Philadelphia, PA

APA accredited PsyD program

Degree Awarded: May 2008

2000-2005

**Bachelor of Arts, Magna Cum Laude, in Psychology**

University of Massachusetts Amherst, Commonwealth Honors College

Amherst, MA

Degree Awarded: January 2005

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### AWARDS HONORS RECOGNITIONS:

2011 The Society of Behavioral Medicine's Ethnic Minority and Multicultural Health (EMMH) SIG student award

2008 Graduate Student Scholarship for Eight-Week Mindfulness-Based Stress Reduction training with Chris Molnar, PhD, in Philadelphia, PA

2000-2004: Deans List (U-Mass)  
Alpha Lambda Delta Honor Society (U-Mass)  
National Collegiate Honor Scholar (U-Mass)  
Golden Key Honor Society (U-Mass)  
Psi Chi Honor Society (U-Mass)  
Psychological Assessment I PSY 340

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**Clinical Internship:**

2010-2011 **VA Hudson Valley Health Care System**  
Hudson Valley, NY

**CLINICAL DISSERTATION:**

July 2011 **Interactions between Exercise and Body Image on Depressive Symptoms during and after Pregnancy**  
Chair: Randy Fingerhut PhD Chair  
Committee Members: Simon Moon PhD, Stephanie Mattie PsyD

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**INVITED LECTURES:**

February, 2017 "Primary Care Integration and Pain Management"  
**Colloquium Talk** for Yeshiva University, NY

May 2015 "Health Psychology Careers"  
**Guest Lecture**, Columbia University, NY  
Introduction to Applied Psychology

February 2015 "Learning Cognitive Processing Treatment"  
**Didactic Lecture** for VAMC Northport, NY

May 2014 "Mindfulness and Acceptance Based Modalities of Treatment"  
**Didactic Lecture** for VAMC Northport

April 2014 "Careers in Health Psychology"  
**Guest Lecture**, Columbia University, NY  
Introduction to Applied Psychology

February 2014 "Learning Cognitive Processing Treatment"  
**Didactic Lecture** for VAMC Northport, NY

October 2014 "Relating Better to Stress"

Lecture provided for Cardiac Wellness Program  
VAMC Northport, NY

- July 2014 “Working Mindfully with Stress”  
Lecture provided for Employee Assistance Program Stress Reduction Class  
VAMC Northport, NY
- February 2012 “Behavioral Treatments of Insomnia”  
**Didactic Lecture** for New York Harbor Healthcare – New York Campus
- April 2010 “Postpartum Depression”  
**Grand Rounds Lecture** to Jefferson University Hospital- Department of  
Maternal and Fetal Medicine  
Presented with Randy Fingerhut PhD

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### FACILITATED WORKSHOPS & TRAININGS:

- November 2021 BAP-MI A Stepped-Care Approach to Health Behavior Change; MINT  
Forum Workshop
- October 2021 Virtual Motivational Interviewing 3 day training for VA national.
- October 2019 Regional Motivational Interviewing 3 day training for VISN 2 North
- May 2018 Shift your Operational Mindset by applying Leadership Principles to  
Primary care to Create More Values with Fewer Resources
- April 2018 Regional Motivational Interviewing 3 day training for VISN 2 South
- February 2017 Virtual Motivational Interviewing 3-day training
- December 2015 Optometry Residency Program Solution Focused Team Building
- July 2015 Focus Group Targeting burnout for St. Albans Police department
- March 2015 Focus Group Targeting burnout in management level staff  
VISN 3 of Veterans Health Administration
- February 2014 “Team Building Training for Patient Aligned Care Team”  
VA Hudson Valley Healthcare System, NY
- March 2014 “Managing Difficult Patients”  
VA Northport, NY

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### PUBLICATIONS:

Palladino, J., **Frum-Vassallo, D.** Taylor, J. & Web, V. (2020) Primary Care Mental Health Integration within a

Medical Home Model: Results of a Quality Improvement Project to Improve Medical Residents' Understanding and Utilization of Integrated Primary Care Mental Health Services. *British Medical Journal (BMJ)*.

Tappe, K., Oltarzewski, J., Tarves, E., Brault, M., **Frum, D.**, (2012) Habit Formation among Regular Exercisers at Fitness Centers: An Exploratory Study. *Journal of Physical Activity & Health*.

Barry, V. Meyers, S., Sgrensci, A., Lavery, M.E., **Frum, D.**, O'Hea, E.L. (2009) The usual suspects are not associated with the choice to receive the human papillomavirus vaccine: An investigation of group differences in a female collegiate population. *The Californian Journal of Health Promotion*.

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## PRESENTATIONS:

Columbo, J. & **Frum-Vassallo, D.** (2019). Building Integration of Primary Care Mental Health with in a Medical Home *Presented at Integrating Behavioral Health and Primary Care Models Summit May 2019, Orlando Florida*.

Tarves, E., Brault, M., Fingerhut, R., **Frum, D.** (2012) Body Image, Body Mass Index, and Depression in Prenatal Sample. *Presented at the Society of Behavioral Medicine, New Orleans 2012*.

**Frum, D.**, Fingerhut, R., Brault, M., (2011) Exercise, Body Image, and Depressive Symptoms During and After Pregnancy. *Presented at the Association for the Advancement of Cognitive Behavioral Therapy, Toronto, Canada 2011*.

**Frum, D.**, Brault, M., Fingerhut, R., (2010) Body Image Satisfaction during Third Trimester Pregnancy: A Consideration of Ethnic Differences. *Presented at the Society of Behavioral Medicine, Washington, D.C. 2011*.

**Frum, D.**, Fingerhut, R., Juyrea-Gaston, B., Brault, M., (2010) Interactions between Exercise and Body Image on Depressive Symptoms During and After Pregnancy. *Presented at the Association for the Advancement of Cognitive Behavioral Therapy, San Francisco, CA*.

Juryea-Gaston, B., Fingerhut, R., **Frum, D.**, Valadez, C., Ellway, K., (2010) An Empirical Test of a Cognitive Vulnerability Model Specific to Postpartum Depression. *Presented at the Association for the Advancement of Cognitive Behavioral Therapy, San Francisco, CA*.

**Frum, D.**, Shoemaker, A., Cardaciotto, L., Block-Lerner, J., (2010) Facets of Mindfulness and their Association with Life Satisfaction. *Presented at the Eastern Psychological Association, Brooklyn, NY*.

Tappe, K., Sweeney, A.C., Brault, M.E., **Frum, D.**, Oltarzewski, J., Tarves, E., Endres, M., (2009). Habitual Behavior Patterns Among Regular Exercisers: A Survey Study using the Self-Report Habit Inventory. *Presented at The International Congress of Behavioral Medicine December 2010, Washington D.C.*

**Frum, D.F.**, Scarth, E. E., Sauers, L., Ruddy, M., Lee, E., Moon, S. (November 2009). Personality Traits and Mindfulness Effects on Depression in Female Undergraduate Students. *Poster presented at the Association for the Advancement of Cognitive Behavioral Therapy, New York, NY*.

Sweeney, A., Foran, K., **Frum, D.**, Fingerhut, R. (November 2009). Self-Care Practices Among

Psychology Graduate Students: Exploration of Behaviors and Demographic Variables. *Poster presented at the Association for the Advancement of Cognitive Behavioral Therapy, New York, NY.*

Crozier, M., Holston, M, **Frum, D.**, Schoemaker, A., Murray, B. & Block Lerner, J. (November, 2009). Dispositional Mindfulness Skills as Predictors of Response to a Mindfulness Based Intervention. *Poster presented at the Association for the Advancement of Cognitive Behavioral Therapy, New York, NY.*

Mautone, J. A., Power, T. J., Watkins, M. W., Giangrasso, K., & **Frum, D.** (2010, March). Multidimensional assessment of homework: Validation of the Homework Performance Questionnaire. *Poster presented at the annual convention of the National Association of School Psychologists, Chicago, IL.*

Sauers, L., Wright, T., Saxton, V., Donahue, J., **Frum, D.**, & Scarth, E. (March, 2009). Preliminary investigation into the relationship between mindfulness and emotion regulation. *Poster presented at the annual Grimes Symposium at LaSalle University, Philadelphia, PA.*

Fink, S., Foran, K.A., Sweeney, A., Sgreci, A., Patel, S., **Frum, D.F.**, O’Hea, E.L. (November, 2008). Mindfulness and Sexual Body Image. *Poster presented at the Association for the Advancement of Cognitive Behavioral Therapy, Orlando, FL.*

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#### **CONTINUING EDUCATION/ CERTIFICATIONS:**

2020- 2021	<b>VA CALM National Mindfulness Facilitator Training (MFN-FT)</b>
2020	<b>Motivational Interviewing Network of Trainers Training for New Trainers (MINT TNT)</b>
2019	<b>National Primary Care Mental Health Integration Trainor Competency Training</b> Certification to train and certify staff in collaborative and co-located care and care management.
2018	<b>Power of the Loving Heart</b> 28-day online immersion meditation course lead by Sharon Salzberg and Krishna Das
2018	<b>National Primary Care Mental Health Integration Competency Training</b> Certification in collaborative and co-located care and care management.
2018	<b>Motivational Interviewing (MI) Motivational Enhancement Therapy (MET) Train-the-Trainer</b> Training offered to successful completers of the VHA MI/MET Consultant Training Program and who will become MI/MET Regional and Virtual Trainers in VHA’s MI/MET training program.
2017	<b>Mindfulness Based Inquiry Training Intensive</b> The Mindfulness Institute Thomas Jefferson University Hospital Philadelphia, PA
2016	<b>MI/ MET Consultant Training</b> VHA training on coding and consultation for Motivational Interviewing.

- 2013- 2014                   **Bridges to the Future Class of 2014**  
VA VISN 3 Leadership Mentoring Program  
Specialized Training in Leadership, Personal Development  
And Project Management
- 2013                           **Lean Yellow Belt Training**  
VA specialized training in project management.
- 2013                           **“Wise Concentration”**  
Five-day silent meditation retreat  
Intensive training in concentration meditation  
Insight Meditation Society Barre, MA
- 2013                           **Cognitive Behavioral Therapy for Chronic Pain (CBT-CP):**  
VA Training Workshop Albany, NY
- 2009                           **The Four Reminders: Applying Buddhism to Every Day Life**  
Facilitator: Ralph Jaffe PsyD
- 2009                           **Learning From Mindfulness**  
Facilitator: John Kabat-Zinn PhD
- 2008                           **Mindfulness Based Stress Reduction**  
Facilitator: Chris Molnar PhD
- 2007                           **ACT for the Challenging Client**  
Facilitators: Kirk Strosahl PhD, Steven Hayes PhD
- 2006                           **Mindfulness Based Stressed Reduction for Professionals Workshop**  
Facilitators: Diane Reibel PhD, Donald McCown, MAMS, MSS
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**PROFESSIONAL MEMBERSHIPS**

- Suffolk County Psychological Association  
Eastern Group Psychological Association  
American Psychological Association  
Motivational Interviewing Network of Trainers (MINT)
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