

# WILLIAM HAMILTON

## Curriculum Vitae

NC License # 4183

Asheville Integrated Behavioral Health, PC

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### EDUCATION

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- Ph.D. Clinical Psychology** 2007-2009  
Palo Alto University/Pacific Graduate School of Psychology, Palo Alto, CA (APA Accredited)  
Advisor: Amy Wisniewki, Ph.D. GPA 3.950
- Master of Science, Clinical Psychology** 2004-2007  
Pacific Graduate School of Psychology, Palo Alto, CA
- Bachelor of Arts with Distinction and Honors, Anthropology** 1998-2002  
University of North Carolina, Chapel Hill, NC  
Anthropology Honors Thesis: "American Alternative Medicine: Recuperation, American Health Conceptions, and Social and Moral Associations"  
Advisor: Judith Farquhar, Ph.D. GPA: 3.761

### CLINICAL EXPERIENCE

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- Licensed Psychologist** April 2013- Pres  
Asheville Integrated Behavioral Health, PC  
Asheville, NC  
Clinical psychologist in full-time private practice, providing evidence-based treatments to adults. Psychotherapy modalities include: Acceptance and Commitment Therapy, Internal Family Systems, Compassion Focused Therapy, Dialectical Behavioral Informed Therapy, Ketamine Assisted Psychotherapy, Gottman Method, mindfulness-based interventions, and cognitive rehabilitation techniques. Clinical practice also includes neurofeedback and biofeedback (HRV, GSR, HEG). Neuropsychological Assessment services also available. Primary clinical population includes those with chronic medical illnesses, chronic pain, health related anxiety, neurocognitive impairments, trauma disorders, as well as mood and anxiety disorders and substance abuse. Currently on insurance panels for Blue Cross Blue Shield, Medicare, Aetna, MedCost, and Tricare.
- Licensed Psychologist** Nov 2012 –Jun 2016  
Blue Ridge Neuropsychological Associates, PLLC  
Asheville, NC  
Clinical psychologist conducting in-depth and brief neuropsychological assessments to various adult patients referred for evaluation of cognitive and personality functioning. Frequently seen disorders include: dementia, cerebrovascular accidents, traumatic brain injuries, neurodegenerative disorders, as well as chronic health concerns. Previously on insurance panels for Blue Cross Blue Shield, Medicare, and Medicaid.  
**Chief of Staff: Mark Hill, PhD**
- Licensed Psychologist** Jan 2012 – April 2013  
Cognitive Behavioral Therapy Center of WNC, PA  
Asheville, NC  
Full-time clinical psychologist in outpatient group practice, providing evidence-based treatments to adults and children. Psychotherapy modalities include: Behavior Therapy, Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Dialectical Behavioral informed therapy, Motivational Interviewing, mindfulness-based interventions, biofeedback, and neuropsychological assessment. Principal clinical populations include mood and anxiety disorders, substance abuse, trauma disorder, marital problems, chronic pain, and neuropsychiatric impairment.  
**Chief of Staff: Trent Codd, EdD**

**Postdoctoral Fellow (APPIC member)**

Chronic Pain Management Program  
Kaiser Permanente, San Francisco, CA

Sept 2010 – Sep 2011

Postdoctoral fellowship in chronic pain management and health psychology with ethnically diverse patient population in outpatient setting. Primary duties include: weekly day treatment for deconditioned chronic pain patients, weekly psychotherapy/physical therapy groups for chronic pain and migraines, individual and group biofeedback (GSR, EMG, temperature, HRV, HEG, CO<sub>2</sub>), multidisciplinary intakes, clinical hypnosis, relaxation/mindfulness training, and medication management groups. The clinic is multidisciplinary and includes weekly interface with physicians, pharmacists, nurses, physical therapists, acupuncturists, and other support staff. The training program includes weekly didactics on psychophysiology/psychotherapy topics and supervision sessions in order to meet all state licensure requirements. The program was awaiting its APA accreditation evaluation.

Orientation: Cognitive-Behavioral Therapy

**Supervisor: Grace Chow, Ph.D., Licensed Clinical Psychologist****(40 hrs/wk; 1950 Hrs Total)****Chief Intern (APA Accredited)**

George E. Wahlen VA Healthcare System  
Salt Lake City, UT

Jul 2008-Jul 2009

Predoctoral internship in clinical psychology serving a diverse veteran group on inpatient and outpatient, medical and psychiatric settings. Primary rotations included: inpatient psychiatry (two rotations), primary care clinic, pain and palliative care, physical medicine and rehabilitation, post-traumatic clinical team, and outpatient neuropsychological assessment. Duties included: diagnostic interviews and verbal communication/documentation of results in fast-paced medical and psychiatric settings, representing psychology service on trans-disciplinary treatment teams, evidence-based individual psychotherapy (Acceptance and Commitment Therapy, Motivational Interviewing, Prolonged Exposure), structured clinical interviews (Clinician Administered PTSD Scale), psychotherapy groups (Yalom-style interpersonal process, Acceptance and Commitment Therapy, Operation Iraqi Freedom/Operation Enduring Freedom readjustment), psycho-educational groups, neuropsychological assessment, rehabilitation neuropsychology, personality assessment, decisional capacity assessments, assistance with involuntary committal in primary care setting, hospice and grief counseling, progress reports, interdisciplinary case conferences, presentations, and didactic participation. Additional duties as Chief Intern included: training program development and evaluation, administrative assistance to future intern group, and liaison between interns and psychology staff.

Orientation: Diverse; primarily Acceptance and Commitment Therapy

**Director of Training: Kim Sieber, Ph.D., Licensed Clinical Psychologist****(40 hrs/wk; 2000 hrs total)****Practicum Student, Outpatient Neuropsychological Assessment and Intervention Clinic**

Palo Alto VA Healthcare System, Palo Alto, CA

Aug 2007- Jul 2008

Student therapist in a Veteran's Affairs outpatient clinic conducting neuropsychological assessment of individuals with mild traumatic brain injury and other neuropsychological impairments and conducting weekly therapy and cognitive rehabilitation with these patients and their families. Duties included treatment planning, coordination with other facilities, report writing, weekly didactic training and individual supervision.

Orientation: Psychodynamic

**Supervisor: Harriet Zeiner, Ph.D., Licensed Clinical Neuropsychologist****(20 hrs/wk; 850 hrs total)****Practicum Student, San Jose VA Community Based Outpatient Clinic**

Division of Palo Alto VA Healthcare System, San Jose, CA

Aug 2006- Aug 2007

Student therapist in a Veteran's Affairs community based outpatient clinic conducting individual and group psychotherapy, intake assessments, and neuropsychological assessments. Duties included treatment planning, progress notes, DSM-IV diagnosis, weekly didactic training and individual supervision.

Orientation: Cognitive-Behavioral Therapy

**Supervisor: Gary Miles, Ph.D., Licensed Clinical Neuropsychologist****(25 hrs/wk; 650 hrs total)****Psycho-educational Group Facilitator, Practicum Elective: Inner Resources**

Pacific Graduate School of Psychology, Palo Alto, CA

Aug 2005-Aug 2006

Assist and lead psycho-educational groups through the 8-week meditation protocol "Inner Resources." Attend group supervision, give community presentations, provide psycho-education on meditation-related topics, and facilitate group classes.

**Supervisor: Lynn Waelde, Ph.D., Licensed Clinical Psychologist****(8 hrs/wk; 300 hrs total)**

**SPECIALITY TRAINING**

<b>Internal Family Systems, Level 1 Training</b>	Spring 2021
<b>Introduction to Ketamine Psychotherapy</b> Horizons Conference Class, NYC with Will Van Derverr, MD (8 hours)	Oct 2019
<b>Meditation Teacher Training</b> Buddhist Geeks/Heart of Insight; Vince and Emily Horn (in lineage of Jack Kornfield, PhD/ Spirit Rock, Trudy Goodman, PhD/Insight LA, and Kenneth Folk/Pragmatic Dharma) (est 500 hours)	2017-2019
<b>Certified Mental Health Integrative Medicine Provider (CMHIMP)</b> Nutritional and Integrative Medicine for Mental Health Professionals (18 hours) Leslie Korn, PhD, MPH; Professional Educational Systems	2019
<b>Applications of Dialectical Behavioral Therapy</b> Experiential and Didactics with Kelly Koerner, PhD ACBS Conference 2016 and Practice Ground Learning Community (70 hours)	2016-2018
<b>Science of Happiness, Positive Psychology Introduction (15 hours)</b> Greater Good Science Center, Online University of California, Berkeley	2016
<b>Compassion Focused Therapy Introductory Course</b> Experiential and Didactic Workshop with Dennis Tirch, PhD (15 hours)	2016
<b>Gottman Method, Level 1 Training (12 Hours)</b>	2015
<b>Clinical Biofeedback Training</b> EMG, GSR, temp, CO2, HEG, HRV, breathing (BCIA didactic and clinical hrs)	2010-2011
<b>Introduction to Clinical Hypnosis (ASCH certified)</b> Southern California Society for Clinical Hypnosis (20 hours)	2011
<b>Acceptance and Commitment Therapy</b> Experiential training workshop with Steven Hayes, Ph.D. (25 hours)	2009
<b>Certification Program in Neuropsychological Assessment</b> A certificate program in compliance with Division 40 guidelines in which administration, scoring, and interpretation of child and adult neuropsychological batteries are learned. (5 courses/15 units) Professor: Amy Wisniewski, Ph.D., Program Director	2007
<b>Neural Therapy EEG Biofeedback Certification</b> EEG Spectrum International (40 hours)	2004, 2011
<b>Certified RYT-200 Yoga Instructor</b> Asheville Yoga Center; Asheville, NC (200 Hours)	2003

**RESEARCH EXPERIENCE**

<b>Dissertation Research Project: “The Convergent Validity of New Executive Function Scales for the Category Test in a Chemically Dependent Sample”</b> Pacific Graduate School of Psychology, Palo Alto, CA Research evaluating the validity of new executive function scales developed for the Category Test by comparing them with well established executive measures. The sample included recently detoxified male alcoholic and polysubstance abusers. Final Defense Completed: June 9, 2008 <b>Committee: Amy Wisniewski, Ph.D., Chair</b> <b>James Moses, Ph.D.</b> <b>Rowena Gomez, Ph.D.</b>	2006-2008
<b>Member, Neuropsychology Research Group</b> Pacific Graduate School of Psychology, Palo Alto, CA Principle Investigator: Amy Wisniewski, Ph.D. Discuss research methodology and analyze scientific articles regarding gender, acculturation, and ethnicity’s effects on executive functions. Perform literature searches, plan a cross-cultural neuropsychological study, recruit participants, administer neuropsychological tests batteries, and perform data analysis. <b>(550 hrs total)</b>	2005- 2008

**Clinician, Neuropsychological Testing Associate**

Posit Science, San Jose, CA

2006

Principle Investigator: Henry Mainke, Ph.D.

Employed as a neuropsychological testing clinician in a study examining computer software intending to improve memory in non-clinical adults above the age of 65. Administered and scored an extensive neuropsychology battery, re-checked other clinicians' work, entered this information into a database, and assessed the suicidality and anxiety of participants.

**(250 hrs total)**

**Research Assistant, Neuropsychology and Substance Abuse**

2004-2005

Pacific Graduate School of Psychology, Palo Alto, CA

Principle Investigator: Amy Wisniewski, Ph.D.

Created data variable dictionary regarding substance abuse and neuropsychological test performance, entered data and maintained database, scored certain neuropsychological tests, analyzed data using SPSS, and created and presented a poster presentation. **(350 hrs total)**

**PRESENTATIONS AND PUBLICATIONS**

**Hamilton, W.** & Sherman, S. Neurodharma: The Science of the Awakening Heart- Meditation, Neuroscience, and Compassion; Buddhist Geeks Online Community 10-week series; Spring 2021

Hinsley, L., Sherman, L., & **Hamilton, W.** Yoga for the hypermobile body. Workshop and book chapter regarding teaching yoga to individuals with hypermobility spectrum disorders and dysautonomia. 2020-21.

**Hamilton, W.**, Sherman, L. & Hinsley, L. Strategies for chronic pain management. Asheville Yoga Center, Teacher Training Program, 2017-2021. Asheville, NC.

Johnson, M. & **Hamilton, W.** Yoga, meditation, and neuroscience. Asheville Yoga Center, Teacher Training Program, 2014-2021. Asheville, NC.

Johnson, M. & **Hamilton, W.** Yoga, chakras, and consciousness: Positive Psychology and the yogic path. Asheville Yoga Center, Teacher Training Program, 2016-2018. Asheville, NC.

**Hamilton W.** Acceptance and Commitment Therapy for chronic pain. 2014. Asheville Area Counseling Professionals Association, Asheville, NC.

**Hamilton, W.** Neuropsychology of chronic pain. 2011 Kaiser Permanente Medical Center, Chronic Pain Management Program Grand Rounds, San Francisco, CA.

**Hamilton, W.** Meditation, psychotherapy, and the brain. 2009 University of Utah Medical School, Psychiatry Seminar Series, University of Utah Medical Center, Salt Lake City, UT.

**Hamilton, W.** Diathesis-stress model of chronic pain and personality: A clinical case example. 2009 Psychology Seminar Series, Salt Lake City VA Medical Center, Salt Lake City, UT.

**Hamilton, W.,** & Wisniewski, A. Culture, language, and interracial testing effects on the Stroop interference task. Poster presented at the 2006 Annual Pacific Research Society Palo Alto, CA.

**Hamilton, W.,** & Wisniewski, A. Performance of alcoholics and poly-substance abusers on Trail Making Test. Poster presented at the 2005 Annual Pacific Research Society Palo Alto, CA.

**TEACHING EXPERIENCE**

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- Teaching Assistant, Statistics II (Graduate)** 2007  
Pacific Graduate School of Psychology, Palo Alto, CA  
Conduct weekly lab sessions, assist students in understanding statistical concepts, grade papers and exams, and provide feedback to students.  
**Supervisor: Rowena Gomez, Ph.D., Assistant Professor**
- Teaching Assistant, Statistics I (Graduate)** 2007  
Pacific Graduate School of Psychology, Palo Alto, CA  
Conduct weekly lab sessions, assist students in understanding statistical concepts, grade papers and exams, and provide feedback to students.  
**Supervisor: Rowena Gomez, Ph.D., Assistant Professor**
- Teaching Assistant, Research Methods (Graduate)** 2006  
Pacific Graduate School of Psychology, Palo Alto, CA  
Conduct weekly lab sessions, assist students in developing research project proposals, grade papers and exams, and provide feedback to students.  
**Supervisor: Rowena Gomez, Ph.D., Assistant Professor**
- Teaching Assistant, Psychopharmacology (Graduate)** 2006  
Pacific Graduate School of Psychology, Palo Alto, CA  
Conduct weekly lab sessions, assist students in developing final papers, grade papers and exams, and provide feedback to students.  
**Supervisor: Amy Wisniewski, Ph.D., Professor**
- Teaching Assistant, Psychopathology I (Graduate)** 2005  
Pacific Graduate School of Psychology, Palo Alto, CA  
Assist in creating class syllabus, designed homework assignments, and developed two equivalent forms of the final exam.  
**Supervisor: Becky Jackson, Ph.D., Assistant Professor**
- Tutor, Statistics and Research Methods (Graduate)** 2004-2008  
Pacific Graduate School of Psychology, Palo Alto, CA  
Assist students with statistical concepts and research methodology to prepare them for both course exams and the research comprehensive exam.

**OTHER EXPERIENCE**

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- Meditation Teacher for Buddhist Geeks/Heart of Insight** 2017-Pres  
Buddhistgeeks.org; Asheville NC  
Facilitating meditation sessions, instructions, and lessons online, in-person, and in retreat settings with co-teachers from Buddhist Geeks.
- Volunteer, Light a Path 501c3** 2014-Pres  
Lightapath.org; Asheville, NC  
Volunteer mindfulness instructor for local non-profit serving underserved populations
- Volunteer, Yogis Beyond Coal** 2012-14  
Asheville, NC  
Volunteer for local collaboration of yoga teachers and Sierra Club
- Student Assistant for PGSP's APA Accreditation Self-Study** 2005  
Pacific Graduate School of Psychology, Palo Alto, CA  
Collected and organized necessary supporting documents for APA self-study. Edited and verified information in primary document. Performed data analyses for primary document.  
**Supervisor: Peter Goldblum, Ph.D., Professor; Director of Clinical Training (175 hrs total)**

## **HONORS AND AWARDS**

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2007- William Froming Award for Excellence in Teaching Assistance  
2006- James R. Oteino Award for Excellence in Teaching Assistance  
2005- Robin Welles Kostenbauder Assistantship Award for Excellence in Research  
2004-2009 Pacific Graduate School of Psychology Fellowship  
2001- Phi Beta Kappa

## **PROFESSIONAL ASSOCIATIONS**

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Asheville Area Counseling Professionals Association  
Association of Contextual Behavioral Science; Chronic Pain and Psychedelic Special Interest Groups  
North Carolina Psychological Association  
Multidisciplinary Association of Psychedelic Studies  
Western North Carolina Psychological Association

## **HOBBIES AND INTERESTS**

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Yoga, meditation (Mahamudra and Pragmatic Dharma), Chen tai chi and Qi Gong, weight lifting, DJing, hiking, & travel. Countries visited: Australia, Austria, Brazil, Cambodia, Canada, China, Czech Republic, France, Germany, Hungary, Italy, India, Mexico, Netherlands, Nepal, New Zealand, Poland, Switzerland, Spain, Thailand, Turkey, United Kingdom, and Vietnam.

## **REFERENCES**

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Erika Czerwinski, Psy.D  
Licensed Clinical Psychologist  
Professional Consultation Peer  
Asheville Integrated Psychology  
29 Ravenscroft Dr, Suite 203; Asheville, North Carolina 28801  
828-759-5515; [dr.erikacz@gmail.com](mailto:dr.erikacz@gmail.com)

Vincent Horn  
Meditation Teacher and Podcaster  
Buddhist Geeks  
[buddhistgeeks.org](http://buddhistgeeks.org); [Vince@Buddhistgeeks.org](mailto:Vince@Buddhistgeeks.org)

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Licensed Clinical Psychologist  
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Blue Ridge Neuropsychological Associates, PLLC  
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