

WILLIAM HAMILTON

Curriculum Vitae

NC License # 4183

Asheville Integrated Behavioral Health, PC

30 Clayton Street, Asheville, NC 28801

(828) 423-0537; (828) 333-4362 (fax)

www.behealthavl.com

whamiltonphd@behealthavl.com

EDUCATION

- Ph.D. Clinical Psychology** 2007-2009
Palo Alto University/Pacific Graduate School of Psychology, Palo Alto, CA (APA Accredited)
Advisor: Amy Wisniewski, 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

- 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, Ketamine Assisted Psychotherapy, 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 long-term meditation practices, 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 and Aetna.
- 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, CO₂), 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

Living Medicine Institute (LMI), Ketamine Assisted Psychotherapy Training Signi and Meidad Goldmans, MD (30 hours), Asheville NC	2019-2022
Sacred Spaces Ceremony Facilitator Program Fungi Academy, Guatemala	2022
Multidisciplinary Association of Psychedelic Studies (MAPS) MDMA Assisted Psychotherapy (32 Hours), online	Fall 2021
Internal Family Systems, Level 1 Training	Spring 2021
Introduction to Ketamine Psychotherapy Horizons Conference Class, NYC with Will Van Derverr, MD (8 hours)	Oct 2019
Meditation Teacher Training 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
Certified Mental Health Integrative Medicine Provider (CMHIMP) Nutritional and Integrative Medicine for Mental Health Professionals (18 hours) Leslie Korn, PhD, MPH; Professional Educational Systems	2019
Applications of Dialectical Behavioral Therapy Experiential and Didactics with Kelly Koerner, PhD ACBS Conference 2016 and Practice Ground Learning Community (70 hours)	2016-2018
Science of Happiness , Positive Psychology Introduction (15 hours) Greater Good Science Center, Online University of California, Berkeley	2016
Compassion Focused Therapy Introductory Course Experiential and Didactic Workshop with Dennis Tirch, PhD (15 hours)	2016
Gottman Method , Level 1 Training (12 Hours)	2015
Clinical Biofeedback Training EMG, GSR, temp, CO2, HEG, HRV, breathing (BCIA didactic and clinical hrs)	2010-2011
Introduction to Clinical Hypnosis (ASCH certified) Southern California Society for Clinical Hypnosis (20 hours)	2011
Acceptance and Commitment Therapy Experiential training workshop with Steven Hayes, Ph.D. (25 hours)	2009
Certification Program in Neuropsychological Assessment 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
Neural Therapy EEG Biofeedback Certification EEG Spectrum International (40 hours)	2004, 2011
Certified RYT-200 Yoga Instructor Asheville Yoga Center; Asheville, NC (200 Hours)	2003

RESEARCH EXPERIENCE

Dissertation Research Project: “The Convergent Validity of New Executive Function Scales for the Category Test in a Chemically Dependent Sample” 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	2006-2008
Committee: Amy Wisniewski, Ph.D., Chair James Moses, Ph.D. Rowena Gomez, Ph.D.	

Member, Neuropsychology Research Group

Pacific Graduate School of Psychology, Palo Alto, CA

2005- 2008

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. **(550 hrs total)**

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

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

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

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, Costa Rica, Czech Republic, France, Germany, Guatemala, Hungary, Italy, India, Mexico, Netherlands, Nepal, New Zealand, Poland, Switzerland, Spain, Thailand, Turkey, United Kingdom, and Vietnam.

REFERENCES

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
Vincent Horn Meditation Teacher and Podcaster	Buddhist Geeks buddhistgeeks.org ; Vince@Buddhistgeeks.org
Mark Hill, Ph.D. Licensed Clinical Psychologist Neuropsychologist	Blue Ridge Neuropsychological Associates, PLLC 6A Herman Avenue, Asheville NC 828-684-9123; mhillphd@brnaweb.com
Sandy Newes, PhD Licensed Clinical Psychologist	Living Medicine Institute snewes@gmail.com ; 828-545-0437
Signi Goldman, MD Board Certified Psychiatrist Professional Consultation Peer	Living Medicine Institute sgoldman@conciergemp.com
Chris Gilbert, Ph.D. Licensed Clinical Psychologist Chronic Pain Management Biofeedback Supervisor	Kaiser Permanente 4141 Geary Blvd, Ste 212, San Francisco, CA 94118 415-833-242; chris.gilbert@kp.org
Richard Weaver, Ph.D. Licensed Clinical Psychologist Inpatient Psychiatry Internship Supervisor	Department of Veterans Affairs Medical Center 500 Foothill Drive, Salt Lake City, UT 84148 (801) 582-1565 x1062 Richard.Weaver@va.gov
Amy Wisniewski, Ph.D. Professor/ Dissertation Chair	1791 Arastradero Road, Palo Alto, CA 94304 (650) 433-3828; awisniewski@pgsp.edu