

## CURRICULUM VITAE

**Monica G. Pignotti, LMSW, Ph.D.**

### **EDUCATION**

---

Florida State University, Tallahassee, FL, Ph.D (2009)

Florida State University Department of Educational Psychology Certificate in Statistics and Measurement (2009)

Fordham University Graduate School of Social Service, Lincoln Center Campus, New York City, Masters in Social Work (1996)

University of Michigan, Ann Arbor, Michigan, Bachelor of Arts

**LICENSURE:** Licensed Master Social Worker (LMSW), NYS Lic. No. 054327

### **AREAS OF INTEREST AND/OR SPECIALIZATION**

---

#### Mental Health

- Trauma and PTSD
- Anxiety Disorders
- Mood Disorders
- Children's behavioral problems

#### Evidence-Based Practice

- Critical Thinking
- Intervention Choices of Clinical Social Workers
- Pseudoscientific Practices
- Outcome Research on Novel Therapies
- Iatrogenic effects of interventions

#### Gerontology

- Ageism, stereotyping of and discrimination against older adults
- Working and retirement patterns of older adults

#### Diversity

- Women's issues
- Negative stereotyping and stigmatization with regard to civil status

---

## WORK EXPERIENCE

---

### Employment

- 2010-present Self employed (temporarily).  
Seeking full time faculty position or other position that utilizes my skills and experience.
- Fall 2008 to 2009 **Florida State University**  
See "Teaching Experience" below for courses taught
- Spring 2009 **Tallahassee Community College**  
Adjunct Instructor Part Time
- Oct. 2001-July 2006 **Mark Steinberg, Ph.D. and Associates**  
**Los Gatos, California**  
Therapist for a psychologist. Administrative duties also included. Large private practice specializing in children, adolescents and adults with behavioral problems, anxiety and mood disorders, learning disabilities, and autism spectrum disorder.
- Jan. 1997-Oct. 2001 **Saint Vincents Hospital, New York City**  
Program Coordinator, Data Manager  
Geriatric Section, Dept. of Medicine  
Research grants included: palliative care; restraint reduction; medical students' and interns' training in end-of-life communication and symptom management and staff education in geriatric care. Duties included supervising data collection; data collection instrument construction; data management and analysis; coordination of staff trainings; training and assisting MD's on the use of SPSS; report writing, and administrative tasks.
- Sept. 1996 – Sept. 1998 **National Multiple Sclerosis Society, New York City**  
Research Consultant: Duties included grant and proposal writing, data collection instrument construction, program evaluation, data collection, data analysis, report writing.

### Teaching Experience

- Fall 2009 Florida State University  
Taught independently:  
**Practice I** (25 students, BSW level)  
**Measurement (Statistics) in Social Work Research** (28 students, BSW level)  
**Psychopathology** (online course, teaching assistant)  
Graduate, (MSW level)
- Summer 2009 Florida State University  
**Social Work Research** (13 students)  
BSW, taught independently

- Spring 2009 Florida State University  
**Diversity in SW Practice** (26 students)  
BSW, taught independently
- Spring 2009 Tallahassee Community College  
**Introduction to Social Work**  
Students who transfer to a BSW level program at FSU or FAMU receive BSW credit for this course.
- 2006-2009 Guest lecturer for Dr. Bruce Thyer's Research and Program Evaluation classes at both MSW and BSW level
- Fall 2008 Teaching Assistant, Introduction to Social Work
- Fall. 1996, Spring 1997  
Spring 2000-2001 **Fordham University Graduate School of Social Service, New York City**  
Adjunct /Teaching Assistant for research classes  
Taught and tutored MSW and BSW-level students in SPSS and data analysis      Approx. 200 students
- 1997-2002 Taught adult education seminars for mental health professionals in brief therapy techniques for anxiety disorders  
Approx. 200 students

#### **Private Practice and Consultation**

- 1997-2001 Private Psychotherapy Practice, New York City. Individuals and families.
- Oct 2001-March 2004 Private Practice, Los Gatos, CA.  
Practiced Thought Field Therapy (TFT) with Dr. Mark Steinberg. All practice of TFT discontinued in March 2004. Note: TFT constituted approximately 10% of my work with Dr. Steinberg

#### **Field Placements for Masters in Social Work:**

- 1994-5 Public School 85, Bronx, NY  
Individual and group counseling of children with high absentee rates and/or emotional and behavior problems, learning disabilities; also included outreach to families.
- 1995-6 National Multiple Sclerosis Society, New York, NY  
75% Research/25% Clinical  
Designed, implemented and published research on the use of alternative treatments in people with multiple sclerosis. Clinical component included counseling of people with multiple sclerosis. Training in grant and proposal writing was also included.

## PUBLICATIONS

### Refereed Journals

Pignotti, M. & Thyer, B. (2011). Novel and empirically supported therapies: Patterns of usage among licensed clinical social workers. *Behavioural and Cognitive Psychotherapy*. DOI: 10.1017/S135246581100052X

Pignotti, M. & Thyer, D. (in press). Guidelines for the treatment of obsessive compulsive disorder. *Best Practices in Mental Health*.

Thyer, B. & Pignotti, M. (in press). Evidence-based Practices do not exist. *Clinical Social Work Journal*.

Pignotti, M. (2011). Reactive attachment disorder and international adoption: A systematic research synthesis. *The Scientific Review of Mental Health Practice*, 8, 30-49.

Pignotti, M. & Albright, D. (2010). Mixing apples and oranges and other methodological problems with a meta-analysis of long-term psychodynamic psychotherapy. *Clinical Social Work Journal*. DOI: 10.1007/s10615-010-0297

Thyer, B. A. & Pignotti, M. (2010). Science and pseudoscience in developmental disabilities: Guidelines for social workers. *Journal of Social Work in Disability and Rehabilitation*, 9, 110-129.

Bhar, S. S., Thombs, B. D., Pignotti, M., Bassel, M., Jewett, L., Coyne, J. C., & Beck, A. T. (2010). Is longer term psychodynamic psychotherapy more effective than shorter term therapies? Review and critique of the evidence. *Psychotherapy and Psychosomatics*, 79, 208-216. DOI: 10.1159/000313689

Mercer, J., Pennington, R.S., Pignotti, M., & Rosa, L. (2010). Dyadic Developmental Psychotherapy is not "evidence-based": Comments in response to Becker-Weidman and Hughes. *Child and Family Social Work*, 15, 1-5.

Pignotti, M. & Thyer, B. A. (2009). The use of novel unsupported and empirically supported therapies by licensed clinical social workers. *Social Work Research*, 33, 5-17.

Pignotti, M. & Thyer, B. A. (2009). Some Comments on "Energy Psychology: A Review of the Evidence": Premature Conclusions Based on Incomplete Evidence? *Psychotherapy Theory, Research, Training, Practice*, 46, 257-261.

Pignotti, M. & Abell, N. (2009). The negative stereotyping of single persons scale: Initial psychometric development. *Research on Social Work Practice*, 19, 639-652.

Mercer, J. & Pignotti, M. (2007). Shortcuts cause errors in systematic research synthesis: Rethinking evaluation of mental health interventions. *The Scientific Review of Mental Health Practice*, 5, 59-77.

Pignotti, M. (2005). Thought Field Therapy Voice Technology vs. random meridian point sequences: a single-blind controlled experiment. *The Scientific Review of Mental Health Practice*, 4(1), 72-81.

Pignotti, M. (2005). Regarding the October 2001 JCLP Special Issue on Thought Field Therapy: Retraction of conclusions in the article "Heart Rate Variability as an outcome measure for Thought Field Therapy in clinical practice." *Journal of Clinical Psychology*, 61(3), 361-365.

Pignotti, M. (2005). Callahan fails to meet the burden of proof for Thought Field Therapy claims: Rejoinder to Callahan. *Journal of Clinical Psychology*, 61(3), 251-255.

Pignotti, M. (2005, Fall/Winter). Thought Field Therapy in the media: a critical analysis of one exemplar. *The Scientific Review of Mental Health Practice*, 3(2) p. 60-66.

Ury, W.A., Berkman, C., Weber, C., Pignotti, M., Leipzig, R. (2003). Assessing medical students' training in end-of-life communication: a survey of interns at one urban teaching hospital. *Academic Medicine*, 78(5), 530-7.

Ury, W., Rahn, M., Tolentino, V., Pignotti, M., Yoon, J.; McKegney, P., Sulmasy, D. (2002). Can a pain management and palliative care curriculum improve the opioid prescribing practices of medical residents? *Journal of General Internal Medicine*, 17(8), 625-31.

Leipzig, R., Berkman, C., Ramirez-Coronado, S., Pignotti, M., (2001). Integrating housestaff into a geriatric inpatient interdisciplinary team. *Gerontology and Geriatrics Education*, 21(3), 63-72.

Berkman, C, Pignotti, M, Cavallo, P, Holland, N, (1999) Use of alternative treatments by people with multiple sclerosis., *Neurorehabilitation and Neural Repair*, 13,. 243-54.

### **Invited Articles, Book Chapters, Letters to the Editor and Book Reviews**

Thyer, B & Pignotti, M. (in press). Clinical social work and evidence-based practice: An introduction to the special issue. *Clinical Social Work Journal*.

Thyer, B. A. & Pignotti, M. (2011). Science and pseudoscience in clinical assessment. In C. Jordan & C. Franklin (Eds.). *Clinical assessment for social workers: Quantitative and qualitative approaches (pp 163-178)* (third edition). Chicago, IL: Lyceum Press.

Coyne, J. C., Bhar, S. S., Pignotti, M., Tavote, K. A., & Beck, A. T. (2011). Missed opportunity to rectify or withdraw a meta-analysis of longer-term psychodynamic psychotherapy. *Psychotherapy and Psychosomatics*, 80, 53-54. DOI: DOI: 10.1159/000317537

Pignotti, M. (2010). Review of Social Work Practice: A Critical Thinker's Guide by Eileen Gambrill. *Inquiry: Critical Thinking Across the Disciplines*, 25, 36-39.

Pignotti, M. (2010). Review of Critical Thinking for Helping Professionals: A Skills Based Workbook by Eileen Gambrill and Leonard Gibbs. *Inquiry: Critical Thinking Across the Disciplines*, 25, 40-43.

Pignotti, M. & Thyer, B. A. (2009). Why randomized clinical trials are important and necessary to social work practice. In H. W. Otto, A. Polutta, & H. Ziegler. *Evidence-based practice: Modernizing the knowledge base of social work* (pp. 99-109). Farmington Hills, MI and Opaladen, Germany: Barbara Budrich Publishers.

Pignotti, M. (2009). Book review of *The Lucifer Effect* by Philip Zimbardo. *Cultic Studies Review*, 8 45-51.

Thyer, B. A. & Pignotti, M. (2008). Treatment plans for clients with social phobia. In A. R. Roberts (Ed.). *Social Worker's Desk Reference (2<sup>nd</sup> edition)* (pp. 545-551). New York: Oxford University Press.

Pignotti, M. (2007). Questionable interventions taught at top-ranked school of social work. *The Scientific Review of Mental Health Practice, 5*, 78-82.

Pignotti, M. & Mercer, J. (2007). Holding therapy and Dyadic Developmental Psychotherapy are not supported and acceptable practices: A systematic research synthesis revisited, *Research on Social Work Practice, 17*, 513-519.

Pignotti, M. (2007). Thought Field Therapy: A former insider's experience. *Research on Social Work Practice, 17*, 392-407.

Mercer, J. & Pignotti, M. (2007). Letter to the editor (neurofeedback research critique). *International Journal of Behavioral and Consultation Therapy, 3*, 324-325.

Pignotti, M. (2006). Review of *Essentials of Clinical Hypnosis: An Evidence-Based Approach* by Steven Jay Lynn and Irving Kirsch, Washington, D.C.: American Psychological Association, 2006. *Traumatology, 12*, 101-102.

Pignotti, M. & Thyer, B. A.. Guidelines for the treatment of Obsessive Compulsive Disorder. [This chapter was accepted for publication in A. R. Roberts (Ed.). *Social Worker's Desk Reference (2<sup>nd</sup> edition)*. New York: Oxford University Press, but was unintentionally omitted due to an error. The chapter will be resubmitted to a journal]

**Note:** Practice and endorsement of Thought Field Therapy (TFT) discontinued on March 1, 2004 and therefore no longer endorse the conclusions in any of the articles listed below on TFT.

Pignotti, M. (2002). Using Thought Field Therapy (TFT) to help survivors of destructive cults. In *Brief Treatments for the Traumatized: A project of the Green Cross Foundation*. Figley, C (ed), Westport, CT: Greenwood Publishing Group.

Callahan, R, Pignotti, M, (2001). Thought Field Therapy. In *Handbook of Innovative Therapy*, Corsini, R (ed.), New York: John Wiley & Sons.

Pignotti, M., Steinberg, M., (2001). Heart rate variability as an outcome measure for Thought Field Therapy in clinical practice. *Journal of Clinical Psychology, 57*(10), 1193-1206. *This article was published without peer review. The first author published a retraction (see refereed articles).*

Pignotti, M. (2000). Using Thought Field Therapy (TFT) to help survivors of destructive cults. *Traumatology, 6*(3), Article 5. Available: <http://www.fsu.edu/~trauma/v6i3/v6i3a5.html>

Pignotti, M., Holland, N (1997). Considering the Alternatives. *Self Care in Multiple Sclerosis: A Wellness Guide*, Washington, D.C.: Paralyzed Veterans of America.

**Book in Preparation:**

Thyer, B. A. & Pignotti, M. *Science and Pseudoscience in Social Work* (under contract with Oxford University Press)

### **AWARDS AND HONORS**

Association for Behavioral and Cognitive Therapies Special Interest Group on Science and Pseudoscience Review: Standing up to Pseudoscience Award (November, 2010)  
On the "short list" for Herbert A. Raskin Child Welfare 2009 Pro Humanitate Literary Article  
Golden Key International Honour Society  
1996: Langenfeld Research Award (presented by Fordham University Graduate School of Social Service for best Master's Thesis)

### **PROFESSIONAL ASSOCIATIONS**

Council on Social Work Education  
Society for Social Work Research  
Association for Behavioral and Cognitive Therapies  
Association for Psychological Science (formerly American Psychological Society)  
American Psychological Association Full Member  
Society for a Science of Clinical Psychology  
International Cultic Studies Association

### **CERTIFICATIONS AND LICENSURE**

Licensed Masters Social Worker, New York State  
Statistics and Measurement, Department of Educational Psychology, Florida State University  
Program for Instructional Excellence certificate, Florida State University

### **Have served as reviewer for the following journals:**

Research on Social Work Practice, The Scientific Review of Mental Health Practice, Traumatology, Journal of Clinical Psychology, Clinical Social Work Journal (co-editor, upcoming special issue)  
Editorial Board (as of January 2009) Research on Social Work Practice

### **PRESENTATIONS, SEMINARS AND MEDIA APPEARANCES**

#### **Conference Presentations**

Pignotti, M. (January, 2010). Novel unsupported and empirically supported therapies: Patterns of Usage Among Licensed Clinical Social Workers. Paper presented at Society for Social Work Research conference, January 14-17, San Francisco, California.

Pignotti, M. (November, 2009). Novel unsupported and empirically supported therapies by Licensed Clinical Social Workers: Patterns of usage. Paper presented at Annual Program Meeting for Council on Social Work Education (CSWE) October 30-November 2, San Antonio, Texas

Mann, C. & Pignotti, M. (October, 2009). Cults, PTSD, and Dissociation: Is the medical model helpful to ex-cultists? Paper presented at International Cultic Studies Association Conference: Psychological manipulation, cultic groups, and harm, October 2-3, Denver, CO.

Pignotti, M. (November 2008). The use of Novel Unsupported and Empirically Supported Therapies by Licensed Clinical Social Workers. Paper presented at Annual Program Meeting for Council on Social Work Education (CSWE) October 31-November 2, Philadelphia, PA.

June, 2008. Thought Field Therapy. Presentation to International Cultic Studies Association annual conference, Philadelphia, PA.

May, 2008. The use of Novel Unsupported Psychological Therapies by Licensed Clinical Social Workers. Conference Poster Presentation: Association for Psychological Science

(APS, formerly known as American Psychological Society) 20<sup>th</sup> Annual Convention, Chicago, Illinois.

October, 2005. Thought Field Therapy: A Former Insider's Experience, Case Conference Presentation to Clinical Psychology Graduate Students, Binghamton University.

January, 2005. Society for Social Work Research, Miami, FL.  
Oral presentation: Thought Field Therapy Voice Technology vs. random meridian point sequences: a single-blind controlled study.

October, 2002. Association for Thought Field Therapy, San Diego, CA. How TFT Was Discovered.

November, 2000. International Society for Traumatic Stress Conference, San Antonio, TX. Poster Presentation with Robert L. Bray, Heart Rate Variability in verifying treatment efficacy for Thought Field Therapy.

November, 1999. Energy Psychology Conference, Toronto, Ontario, Callahan Techniques Thought Field Therapy.

May, 1999. International TFT Conference, Oslo, Norway, An Overview of TFT Theory.

April, 1999. Energy Psychology Conference, Las Vegas Nevada. Callahan Techniques Thought Field Therapy.

November 1998. Multiple Sclerosis and Quality of Life Conference, New Jersey Chapter, National Multiple Sclerosis Society. Multiple Sclerosis: Choosing Alternative Treatments" Presentation on results of research.

March, 1997. Columbia Presbyterian Hospital Symposium on Multiple Sclerosis. Multiple Sclerosis: Choosing Alternative Treatments: Presentation on Results of Research.

December, 1995. Cult Awareness Network Meeting, Jewish Board of Family and Children's Services. The Self Help Movement:- Being a Good Consumer.

November, 1995, National Cult Awareness Network Conference. Issues in Cult Recovery, White Plains, New York.

August, 1995, American Family Foundation Research Meeting, New York. Oral presentation: Cults, Stress and Support, Who is Vulnerable: results of research.

April, 1993. Cult Awareness Network Conference, Teaneck, NJ. Panel presentation with Steve Hassan, Behavioral, emotional, thought, and information control in Scientology.

November, 1989. National Cult Awareness Network Conference, Teaneck, NJ. Panel on Communicating with Cult Members.

### **Media Appearances**

March 29, 2006. Unorthodox Therapy Raises Concern in New Orleans, National Public Radio "All Things Considered", interviewed by Alix Spiegel.



September, 2004, Thought Field Therapy: A Former Insider's Experience, The Labyrinth Internet Radio Show with Dr. John Riolo.

April, 1997, MSNBC, TV Interview on Heaven's Gate Suicides.