

# JUSTIN M. LAIRD, PH.D, LP

## EDUCATION

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- Post-Grad** Gestalt Associates for Psychotherapy and Training  
Post-Graduate Certificate for NYS Psychoanalytic License  
NYS Licensed Psychoanalyst #001008  
May 2017
- PhD** University of Texas at Austin  
College of Education, Health Promotion  
Dissertation: An Interactive Qualitative Analysis of Health  
and Student Development in College Freshmen  
August 2001
- MSED** Baylor University  
Health Education  
May 1996
- BS** University of Oklahoma  
Health and Sports Science  
May 1994

## TEACHING EXPERIENCE

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**City University of New York** 2011 to present  
**Adjunct Associate Professor, School of Labor and Urban Studies (previously affiliated with School of Professional Studies)**

- Teach graduate certificate courses: leadership, health disparities, healthcare administration, politics of health.
- Teach undergraduate certificate courses: Urban Health Services in Institutions, Research Methods in Healthcare Administration and Public Administration.
- Develop interactive course discussion activities and assignments, sustained online communication between weekly class meetings, provided feedback and grades, refer to appropriate campus learning resources, and periodically revise and update the syllabus.

**SUNY College at Brockport** 2001 to 2007  
**Assistant Professor, Department of Health Science**

- Taught undergraduate and graduate courses to health professions students training to be school and community health educators. Classes ranged from 20-200 students per semester.
- Served on multiple departmental and university-wide committees and as a faculty in residence.
- Advised 70+ undergraduate and 5-10 graduate students each academic year.

**University of Texas at Austin**

1997 to 2001

**Instructor, College of Education**

- Taught courses in health behavior theory, program planning and evaluation, and epidemiology, classes ranged from 20-40 students per semester.
- Developed course assignments, projects, and created and graded exams.

**Baylor University**

1994 to 1996

**Graduate Teaching Assistant, Department of Health, Human Performance and Recreation**

- Taught courses in personal health to undergraduate students to 40 students per semester.
- Developed and delivered lectures with faculty guidance, administered and graded exams.

**PROFESSIONAL EXPERIENCE**

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**Columbia University Irving Medical Center**

2010 to present

**Associate Director (2017)/Assistant Director, Center for Student Wellness**

- Provide individualized wellness appointment services to students, particularly in the areas of relationships, stress reduction, time management, communication skills development, and conflict resolution; Identify students in distress and provide both emergency and non-emergency referral to campus/community resources.
- Seek and cultivate interdisciplinary campus and community partnerships that advance and integrate wellness across schools and academic offices, with an emphasis on curriculum infusion.
- Develop strategic plans, goals and quantifiable objectives to measure wellness initiatives.
- Develop qualitative, quantitative, and mixed-methods research to inform CSW's strategies and initiatives.
- Apply theory and evidence-informed practices in order to develop and implement population-level interventions, which promote health for the CUMC student population.
- Develop and implement trainings and lectures across CUMC schools related to coping, resilience, communication, transition to graduate school and other health professions wellness topics.
- Develop and implement strategies aimed specifically at increasing students' emotional health and maximizing student's ability to sustain academic success.
- Develop and deliver 10-20 talks per academic year across school and programs.
- Chair Student Health Service Website Committee and represent division on campus-wide communication committees.

**Consultant**

2010 to 2018

- Developed projects with higher education institutions to review current health, wellbeing, and alcohol initiatives to determine scope and effectiveness, make recommendations for future services and resources for prevention and intervention.
- Facilitated discussion amongst stakeholders at Manhattan residential cooperative to resolve disputes.
- Developed and presented talks on various health and wellbeing topics at undergraduate campuses through Campus Outreach Services.

**Columbia University**

2007 to 2010

**Senior Health Promotion Specialist**

- Led initiatives related to the prevention/intervention of high risk drinking; developed, implemented, and evaluated health promotion efforts related to fitness, nutrition, sexual and reproductive health for undergraduate and graduate students.
- Supervised full time, graduate, and undergraduate student staff.
- Collaborated with campus stakeholders for campus trainings related to health and wellness.

**3M Austin**

1997 to 2000

**Graduate Research Assistant**

- Planned, implemented and evaluated health promotion programs for 3,000 research and development and manufacturing employees at two worksites.

**CLINICAL EXPERIENCE**

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**Private Practice Psychotherapist, New York**

2017 to present

- Maintain a caseload of 5-10 private psychotherapy clients.
- Approach: My training is grounded in the interpersonal, creative and embodied approach of Gestalt Therapy, with an additional foundation in classic and modern approaches to psychoanalysis. I am most drawn to the "here and now" experience of Gestalt, its support for self-responsibility, and how clients are empowered to identify and meet their own needs. Those seeking therapy often share they feel incomplete and notice psychological and physical symptoms as a result. By attuning to what is happening physically and emotionally in the moment, clients build self-awareness, challenge old patterns, and establish new ways to live more fully.

**Psychoanalytic Candidate**

2012 to 2017

**Gestalt Associates for Psychotherapy and Training, New York**

- Under supervision, maintained a caseload of 5-10 psychotherapy clients, attended weekly supervision and peer supervision, maintained SOAP notes, quarterly reports, and case narratives for all clients.

## **COURSE AND CURRICULUM DEVELOPMENT**

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### **CUNY School of Labor and Urban Studies**

2016 to present

#### **Joseph S. Murphy Institute for Worker Education and Labor Studies**

Co-lead for a process for reviewing and upgrading the current undergraduate and graduate certificate program, including:

- Development of new course material in each course, as identified by assessing student and garnering faculty feedback.
- Strengthened the distinction between the undergraduate and graduate certificates and reduce duplication between courses and across certificates.
- Created a special topics course on the topic of leadership/change management.

### **CUIMC College of Dental Medicine**

2017 to present

- Partnered with College of Dental Medicine Faculty and administrators to develop the humanism content for their Foundations in Excellence for Dental Practice course; a course aimed at addressing interpersonal skills necessary for learning, for patient care, and for making meaningful contributions to the profession.
- The goal was to provide the level of educational experience that students expect, by incorporating several modules to enhance their training at CDM while aligning curriculum with University wide initiatives; aim is to address social justice issues and develop ways to discuss the current societal concerns of diversity and inclusion.

### **Columbia University**

2016 to present

#### **Safe Zone Curriculum**

- Partnered with Columbia University Office of Multicultural Affairs to adapt undergraduate curriculum to a health professions campus.
- Adapted class content and facilitator guide for campus-wide safe zone training for students, faculty, and staff.

## **RECENT INVITED PRESENTATIONS AND LECTURES**

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**Invited Lecture**, “Contemporary Relationships: Meeting the Other”. Gestalt Associates for Psychotherapy and Training. October 2018.

**Invited Lecture**, “Identities, Intersections, and Gestalt Therapy”. Gestalt Associates for Psychotherapy and Training. November 2018

**Distinguished Speaker**, “LGBT Advocacy during Graduate Training” Building the Next Generation of Academic Physicians, LGBT Health Workforce Conference, May 2018

**Invited Lecture**, “Working with the LGBTQ+ Population”. Gestalt Associates for Psychotherapy and Training, April 2018

**Invited Lecture**, “Pedagogy Workshop”, CUNY School of Professional Studies, March 2017

## SELECTED PUBLICATIONS

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### Book Chapter

Holleran-Steiker, L.K., Goldbach, J. T., Sagun, D., Hopson, L., Laird, J. M. (2009). Prevention Science. In Cohen, L. M., Collins, F. L, Young, A. M., McChargue, D. E., & Leffingwell, T. R. (Eds.) *Pharmacology and Treatment of Substance Abuse: Evidence and Outcome Based Perspectives*. Routledge Publishers, New York, NY.

### Journal Publications

Grubb H, Hutcherson H, Amiel J, Bogart J, Laird J. Cultural Humility with Lesbian, Gay, Bisexual, and Transgender Populations: A Novel Curriculum in LGBT Health for Clinical Medical Students. MedEdPORTAL; 2013. Available from: [www.mededportal.org/publication/9542](http://www.mededportal.org/publication/9542)

Peterson, F., Cooper, R., and Laird, J. Enhancing Teacher Health Literacy in School Health Promotion: A Vision for the New Millennium, *Journal of School Health*. April, 2001; 71(4):138-144.

### Select Conference Papers

Laird, J., Bogart, J., Rozen, S. Assessing the LGBTQ+ Climate and Curriculum on a Health Professions Campus. Presented at The American College Health Association Annual Conference. Austin, TX. June 2017

Laird, J. Cultural Humility and Gestalt Therapy: An Exploration of Intersections. European Association for Gestalt Therapy and Association for Advancement of Gestalt Therapy Joint Conference, Taormina, Italy. September 2016.

Cameron, D., Laird, J. Assessing the Curricula and Climate for LGBTQIA Students in a Health Professions Academic Center. LGBT Workforce Conference, New York, NY. April 2016.

Cameron, D., Hernandez, M., Laird, J., Bogart, J. LGBT Workforce Conference, Hunter College. New York, NY. April 2015

Laird, J. Administering an Online BASICS Program: Gaining Support from Campus Stakeholders. Presented at NASPA Strategies Conference: Alcohol Abuse Prevention & Intervention. New Orleans, LA January 2010.

Laird, J. Interactive Qualitative Analysis: A Systematic Approach to Qualitative Research in Health Promotion (poster session). Society for Behavioral Medicine Annual Conference. Montreal, Canada April 2009.

Kenzig, M., Laird, J. & Olson, M. Developing a Web-Based High Risk Drinking Intervention for Emerging Adults. Presented at NASPA Strategies Conference: Alcohol Abuse Prevention & Intervention. Boston, MA January 2009.

Kenzig, M. & Laird, J. Online tools to manage BASICS (Brief Alcohol Screening and Intervention in College Students). Presented at NASPA Strategies Conference: Alcohol Abuse Prevention & Intervention. Boston, MA January 2009.

Laird, J. Developing Web-based Health Promotion Interventions. Presented at the National Conference of the American College Health Association. Orlando, FL June 2008.

Laird, J. Success Stories in Mental Wellness Programs: Lessons Learned in the Residence Halls. Presented at the National Conference of the American College Health Association. San Diego, CA June 2005.

Laird, J. Beaver, A. Practical Tools in Stress Management and Mind/Body Wellness: An Interactive Workshop. . Presented at the National Conference of the American College Health Association. San Diego, CA June 2005.

Quirolgico, R., Laird, J. Health Science Faculty and Residence Life: Partners for Healthy Student Success. Presented at the National Conference of the American College Health Association. San Diego, CA June 2005.

Berliner, M., Laird, J. Sexual Behaviors, Alcohol Use, Anxiety and Depression: Understanding the Relationship. Presented at the National Conference of the American College Health Association. San Diego, CA June 2005.

Laird, J. Leiferman, J. Interactive Qualitative Analysis: An Emerging Paradigm in Qualitative Health Science Research. Presented at the National Conference of the American Academy of Health Behavior. Charleston, SC. February 2005.

Oswalt, S., Laird, J., Buhi, E., Foy, B., Goodson, P. Learning the Basics: A Primer on Research for Every College Health Professional. Presented at the National Conference of the American College Health Association. New Orleans, LA, June 2004

Fallon, S., Peterson, F., Laird, J. The Theory and Science of Risk Taking Behavior, with Lessons in Maximizing Risk Sensitization and Self-Efficacy in HIV/STD Prevention Presentations. Presented at the National Conference of the American College Health Association. New Orleans, LA, June 2004.

Laird, J., Leiferman, J., Beaver, A. Emotional Well-Being and Identity Development in College Freshmen. Presented at the National Conference of the American College Health Association. Miami, FL, May, 2003

Laird, J., Peterson, F., Northcutt, N. An Interactive Qualitative Analysis of Health and Student Development in College Freshmen. Presented at the National Conference of the American College Health Association. Washington, D.C. May, 2002

Peterson, F., Laird, J., Cooper, R., Jordan, T. Adolescent Risk Taking Behavior: Moving from “Just Say No” to “Just Say Know.”, Annual Conference of the American Public Health Association. Atlanta, GA, October 2001.

Laird, J., Peterson, F., and Cooper, R. An Interactive Qualitative Analysis of Health and Student Development in College Freshmen. Presented at the Annual Conference of the American Alliance for Health, Physical Education, Recreation, and Dance, Cincinnati, Ohio, March, 2001.

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## **PROFESSIONAL AND ACADEMIC SERVICE**

### **Conference Program Reviewer**

- Association for the Advancement of Gestalt Therapy, Toronto 2018
- American College Health Association National Conference, 2018, 2017, 2009
- Association for the Advancement of Gestalt Therapy/European Association for Gestalt Therapy, Taormina, 2016
- NASPA Alcohol and Other Drug Abuse Prevention and Intervention Conference, 2010
- NASPA Multicultural Institute, 2009

### **Peer-Reviewer**

- Academic Psychiatry November, 2013 – present
- International Journal of Health Education, 2012 – present

### **Nightline Advisor, Barnard University**

2008 – 2012

- Provide assistance with training and certification of Nightline trainees one to two times per semester.

### **Faculty in Residence, SUNY Brockport**

2003 to 2007

- The Faculty in Residence is a SUNY Brockport faculty member who lives in an apartment in a residence hall learning community. The Faculty in Residence serves as a liaison between faculty and students while encouraging the intellectual stimulation and academic involvement of resident students.

### **Educational Opportunities Program Mentor, SUNY College at Brockport**

2003 - 2007

### **Institutional Review Board (IRB) Committee Member - SUNY College at Brockport**

2003 - 2007

**Chair – Department of Health Science Graduate Committee - SUNY College at Brockport, 2004 - 2007**

**Undergraduate Advisement Co-Coordinator, Department of Health Science, SUNY College at Brockport . 2003-2004**

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#### **CONTINUING EDUCATION**

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**Building the Next Generation of Academic Physicians**

LGBT Workforce Conference: New York, NY,  
April/May 2018, 2017, 2016, 2015, 2014

**Psychology and the Other Conference:** Lesley University, Cambridge, MA.  
October 2017, 2015, 2013

**European Association for Gestalt Therapy and Association for Advancement of Gestalt Therapy Joint Conference,** Taormina, Italy  
September 2016

**The American Psychoanalytic Association National Meeting.** New York, NY.  
January 2014

**Group Relations Conference.** Leadership and Team Development in a World of Difference. New York Center for the Study of Groups, Organizations, and Social Systems. An affiliate of the A.K. Rice Institute. New York University, March 2011

**Group Relations Conference.** Authority, Leadership and Participation in Groups and Organizational Systems. New York Center for the Study of Groups, Organizations, and Social Systems. An affiliate of the A.K. Rice Institute. Teacher's College, November 2009

**People's Institute. Undoing Racism Training.** Puerto Rican Family Institute, New York, NY. January 2008

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#### **COMMUNITY SERVICE**

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**New York Gay Football League,** Board Member, 2012-2014

**Fundraising**

Team organizer and participant, AIDS Walk New York 2011, 2012 (\$15,000+ raised)

Team leader and rider, AIDS Life Cycle 2012, 2014 (\$18,000+ raised)

AIDS Service of Austin, AIDS Walk Co-Chair, 2000 (300,000+ raised)

## **PROFESSIONAL AFFILIATIONS**

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American Psychoanalytic Association, Educator Associate  
Association for the Advancement of Gestalt Therapy, Member  
American College Health Association, Member

## **TECHNOLOGY SKILLS**

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Drupal, CANVAS, Blackboard, Qualtrics, Microsoft Office Suite, JIRA.