

ALEXANDER DANIEL KOHL, PhD, LPC

Psychotherapist (LPC#009495)

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CLINICAL SUMMARY:

I provide therapy services for adolescents and adults. I take a client-centered approach using the biopsychosocial model and incorporate various theoretical orientations, such as humanistic, emotion focused, cognitive and behavioral therapy, dialectical behavioral therapy, mindfulness, psychoanalysis, and family systems. I utilize various techniques, such as accelerated resolution therapy, hypnotherapy, neurotherapy, biofeedback, and traditional talk therapy. I work with a wide variety of populations, but specialize in anxiety, depression, substance use disorders, personality disorders, low self-esteem, life transitions, self-harm, and LGBTQ+ related issues.

EDUCATION

Ph.D. 2008 – 2016

Clinical Psychology & Neuropsychology

Georgia State University – Completed all clinical training and coursework

Saybrook University – Doctoral Thesis: *Understanding Mental Fatigue: A Grounded Theory Study*

M.S. 2006 – 2008

Behavioral & Neural Sciences

Rutgers University – Center for Molecular and Behavioral Neurosciences

UMDNJ (University of Medicine and Dentistry of New Jersey) – Biomedical Sciences

Master's Thesis: *The Neural Correlates of Cognitive Fatigue in Traumatic Brain Injury using fMRI*

B.A. 2001 – 2005

Drew University, Madison, NJ

Biology major GPA 3.4

Drew International Seminar (2002) and Semester Abroad in Chile (2003)

CERTIFICATIONS & ADVANCED TRAINING

- Previous Certified Professional Counseling Supervisor
- Certified Clinical Hypnotherapist
- Accelerated Resolution Therapy
- Board Certified Telemental Health Provider
- Emotionally Focused Couples Therapy & Gottman Method
- Emotionally Focused Individual Therapy
- Certified Life Coach
- Neurotherapy & Biofeedback

CLINICAL & PROFESSIONAL EXPERIENCE

- **Talk it Out**
 - 5/15/20 – Current: Owner and clinical director: Provides individual and family therapy for adolescents and adults experiencing a wide range of mental health concerns. Also provides ketamine assisted psychotherapy (KAP) in-house through Invictus Clinic, LLC. Other roles include creating and managing clinical programs and services as well as ensuring the practice provide high quality services.
- **BetterHelp.com**
 - 9/1/17 – 10/1/2022: Provided online distance therapy to domestic (limited to the state of GA) and international clients (rules and regulations permitting). Online counseling services consist of asynchronous (messaging) and synchronous (video/phone) forms of communication.

- **North Metro Psychological Services**
 - 8/1/17 – 5/15/20: Provides individual and family therapy for adolescents and adults experiencing various mental health concerns, including anxiety, depression, addiction, bipolar disorder, loss/grief, trauma, and ADHD/academic underachievement.
- **DecisionPoint Wellness Center – Executive Clinical Director**
 - 8/1/17 – 8/15/19: Dually appointed to oversee both mental health care services and intensive outpatient substance abuse program. Provides clinical supervision to ensure a high standard of care and coordinates treatment efforts with both substance abuse counselors and mental health therapists.
- **Georgia Ketamine Clinic**
 - 1/1/17 – 5/1/2020: Provides psychological assessments for ketamine treatment for clients with anxiety, depression and PTSD.
- **DecisionPoint Wellness Center – Clinical Director of Mental Health Services**
 - 10/1/16 – 8/1/17: Responsible for overseeing and developing DecisionPoint Wellness Center’s Mental Wellness Membership Program through tasks such as hiring, evaluating, scheduling, coordinating client services, and providing supervision. Conducted all intake assessments and created customized CarePlans for all incoming clients, as well as created co-occurring treatment plans for clients admitted to DecisionPoint Wellness Center’s intensive outpatient program for substance use disorders. Direct client care included providing individual, group therapy, neurotherapy, and biofeedback services. Responsibilities also included facilitating business development and improving marketing strategies.
- **Alpharetta/Johns Creek and Marietta Counseling for Children & Adults:**
 - 9/1/15 – 4/1/17: Individual, couples, and family therapy for adolescents and adults experiencing various issues and disorders – Addiction, depression, anxiety, relationship difficulties, couples counseling, LGBT issues/gender identity, school difficulties/bullying, self-identity, low self-esteem, life transitions, family and marital problems, trauma, loss/grief, self-harm, specific phobias, OCD, traumatic brain injury & stroke, dementia/Alzheimer’s Disease.
- **Alana Recovery Center:**
 - 11/1/16 – 1/1/17: Provided individual therapy and led process, skills based, and meditation groups for clients with substance use disorders in an intensive outpatient setting.
- **Georgia State University Psychology Clinic:**
 - 8/15/09 – 9/15/14: *Graduate Student:* Psychotherapist for children, adults, and families experiencing difficulties with depression, anxiety, developmental disabilities, autism, learning disorders, and orthopedic injuries – Clinical hours: 690 direct contact & 900 supervision.
- **Children’s Healthcare of Atlanta – Department of Neuropsychology:**
 - 5/15/12 – 8/1/12: *Graduate Student:* Cognitive Remediation for children with neurological and developmental disorders in both an inpatient and outpatient setting in a children’s hospital.
- **Shepherd Center**
 - 8/15/13 – 3/1/14: *Graduate Student:* Individual and group therapy in an outpatient setting for adolescents and adults with traumatic brain injury
- **Caminar Latino**
 - 5/15/12 – 12/15/12: *Graduate Student:* Comprehensive intervention services for Latino families affected by domestic violence.

Assessment Services:

- **Georgia State University – Reagent’s Center for Learning Disorders:**
 - 8/15/10 – 9/15/14: *Graduate Student:* Conducting neuropsychological assessments on college students for diagnostic and school accommodation purposes.
- **Georgia State University – Department of Clinical Neuropsychology:**
 - 8/15/08 – 8/15/10: *Graduate Student:* Conducted neuropsychological testing on adult survivors of childhood brain tumor and Georgia State University undergraduates.
- **Children’s Healthcare of Atlanta – Department of Neuropsychology:**
 - 8/15/10 – 7/1/11: *Graduate Student:* External practicum conducting neuropsychological assessments on children and adolescents in an outpatient setting.
- **Shepherd Center**
 - 8/15/13 – 3/1/14: *Graduate Student:* External practicum conducting neuropsychological assessments for adolescents and adults with traumatic brain injury.

Professional Experience:

- **Continuing Education Unit Presenter – Approved for LPC, LCSW, LMFT, GACA, ADACBGA - Material presented for the Georgia Addiction Counselor’s Association, DecisionPoint Wellness Center, and The Alcohol and Drug Abuse Certification Board of Georgia.**
 - *The neuroscience of addiction and neurotherapy/biofeedback for relapse prevention* – This presentation provides a neuroscientific understanding of how each of the major drug classes impact brain functioning. The benefits of neurotherapy and biofeedback are also discussed.
 - *The effects of meditation on the brain and how to incorporate neurotherapy/biofeedback into your clinical practice* – This presentation discusses the benefits of various forms of meditation on neurocognitive functioning. Practical applications to help promote meditation include audio-visual entrainment therapy and specific biofeedback devices to monitor heart rate variability.
 - *The neuroscience of mental health disorders and how interventions help to change the brain* – This presentation provides an understanding of basic brain structure and functioning and the neuroscience of the most common mental health disorders. How various interventions help to promote healthier brain functioning through altered neuronal activity and synaptic plasticity will then be discussed.
 - *The neuroscience of opioid addiction and how meditation can help to rewire the brain* – This presentation provides an extensive overview of how opioid addiction impacts and changes specific brain regions and neuronal systems. The effects of meditation and how it can help to rewire the brain and help to prevent relapse are also discussed.
- **Workshops**
 - Mindfulness X – Experiential course dedicated to teaching mindfulness. This program was created by the Positive Psychology Program and the Dutch Chamber of Commerce. This group services a wide range of mental health concerns and lasts eight weeks, meeting once per week for 2 hours.
- **Kessler Medical Rehabilitation Research and Education Center (KMRRRC) - Laboratory of Dr. John DeLuca:**
 - 5/2/07 – 7/2/08: *Master’s Student:* Research position aiding in neuropsychological evaluations and fMRI scans on patients with Traumatic Brain Injury and Multiple Sclerosis.

- **Rutgers University - Center for Molecular and Behavioral Neuroscience - Laboratory of Dr. April Benasich:**
 - 1/1/07 – 5/1/07: *Master's Student*: Tested auditory processing abilities of Specific Language Impaired Children using electroencephalogram/event-related potential (EEG/ERP).
- **Kessler Institute for Rehabilitation - Inpatient Therapy:**
 - Spring 2005: *Volunteer Position*: Aided physical therapists with rehabilitative therapy for Parkinson's disease and Stroke patients.
- **Physiotherapy Associates:**
 - 2004 – 2005: *Physical Therapist Assistant*: Prepared equipment for physical/occupational therapists and assisted in patient care.
- **Georgia Institute of Technology:**
 - 9/1/05 – 5/1/06: *Research Assistant*: Pairing optical recording with electrical stimulation and recording on multi electrode arrays (MEAs), calcium imaging of MEAs.

TEACHING EXPERIENCE

Georgia State University:

1/15/12 – 12/15/13 *Teaching Assistant*: Instructed four Advanced Research Methods courses for undergraduate students. Taught statistical analysis and research methodology

New Jersey Governor's School in the Sciences at Drew University:

7/15/06 – 8/12/06 *Counselor*: Aided students in conducting an independent research project: Identification and Characterization of *Enterococcus* spp. in Local Surface Waters
Teaching Assistant: Laboratory for Environmental Microbiology

AWARDS

- 2009 1st place award – General Research Division for Graduate Students at the Annual Meeting of the Georgia Psychological Association, Atlanta, GA
- 2005 The Novartis Pharmaceuticals Award – Outstanding Research in the Field of Neuroscience: awarded to the premier neuroscience student at Drew University
- 2005 Poster award at the Beta Beta Beta Biological Honor Society Convention, Northeast District 2

RESEARCH

Publications:

1. **Kohl, A. D.** (2016). *Understanding mental fatigue: A grounded theory study* (Order No. 10251229). Available from ProQuest Dissertations & Theses Global. (1878222049).
2. **Kohl, A.D.**, Wylie, G.R., Genova, H.M., Hillary, F.G., DeLuca, J. (2009). The Neural Correlates of Cognitive Fatigue in Traumatic Brain Injury using Functional MRI *Brain Injury*, 5:420-32.
3. Wylie, G.R., Voelbel, G.T., **Kohl, A.D.**, DeLuca, J., Pei, Y., Xu, Y., and Barbour R. (2009). Using Co-variations in the Hb Signal to Detect Visual Activation: a Near Infrared Spectroscopy Study *Neuroimage* 47(2):473-481.

Presentations:

1. Karcher, W., Grinage, B., **Kohl, A.**, Oswin, S. (2022, May). *Alternative Treatment Modalities, for Treatment-Resistant Diagnoses: Ketamine and KAP*. Presented at the 34th LPCA Annual Convention and Regional Conference. LaGrange, GA.
2. **Kohl, A.D.**, Wylie, G.R., Genova, H.M., Hillary, F.G., DeLuca, J. (2007, October). *The Neural Correlates of Fatigue in Traumatic Brain Injury*. Presented at the Integrative Neuroscience Minisymposium (Rutgers University, UMDNJ, New Jersey Institute of Technology). Rutgers University, NJ.
3. Jayakar, R., **Kohl, A.D.**, King, T., Morris, R., & Krawiecki, N. *Presence of Radiation Impacts CVLT Performance in Long Term Survivors of Childhood Brain Tumors*. Symposia presented at the Thirty-Ninth Annual Meeting of the International Neuropsychological Society, Boston, MD. Final Program. Abstract published in the Journal of the International Neuropsychological Society

Abstracts:

1. **Kohl, A.D.**, King, T.Z., Morris, R., & Krawiecki, N. (2011, February). *The Impact of Radiotherapy on Recognition Memory False Positive Error Rates in Long-Term Survivors of Childhood Brain Tumors*. Poster session presented at the Thirty-Ninth Annual Meeting of the International Neuropsychological Society, Boston, MD. Final Program. Abstract published in the Journal of the International Neuropsychological Society.
2. **Kohl, A.D.**, Ivanisevic, M., King, T.Z., Morris, R., Krawiecki, N. (2010, February). *The Neurological Predictors of Adaptive Functioning in Long Term Survivors of Childhood Brain Tumors*. Presented at the Annual Meeting of the Georgia Psychological Association, Atlanta, GA.
3. **Kohl, A.D.**, Wendell, J., King, T.Z., Morris, R., Krawiecki, N. (2010, February). *Processing speed mediates the relationship between increased neurological events and academic achievement in adult survivors of childhood brain tumors*. Poster session presented at the Thirty-Eighth Annual Meeting of the International Neuropsychological Society, Acapulco, Mexico. Final Program. Abstract published in the Journal of the International Neuropsychological Society, Volume 16, February 2010, pp i - 218. doi:10.1017/S1355617710000226
Also presented at: (2010, April) Brains & Behavior Spring Retreat, Atlanta, GA.
4. **Kohl, A.D.**, Wendell, J., King, T.Z., Morris, R., Krawiecki, N. (2009, February). *Neurological Predictors of IQ in Adult Survivors of Childhood Brain Tumor; an 18 year follow up study*. Presented at the Annual Meeting of the Georgia Psychological Association, Atlanta, GA. **Presentation earned 1st place award – General Research Award for Graduate Students**.
Also presented at: (2009, May) Brains & Behavior Spring Retreat, Atlanta, GA.
5. **Kohl, A.D.**, Papazoglou, A., King, T.Z., Morris, R., Krawiecki, N. (2009, February). *Neurological Predictors of Academic Achievement in Adult Survivors of Childhood Brain Tumor*. Poster session presented at the Thirty-Seventh Annual Meeting of the International Neuropsychological Society, Atlanta, GA. Final Program. Abstract published in the Journal of the International Neuropsychological Society, Volume 15, Supplement S1, February 2009, pp i-249. doi:10.1017/S1355617709090420
6. **Kohl, A.D.**, Wylie, G.R., Genova, H.M., Hillary, F.G., DeLuca, J. (2009, February). *The Neural Correlates of Mental Fatigue: A Comparative Study Between Multiple Sclerosis and Traumatic Brain Injury*. Poster session presented at the Thirty-Seventh Annual Meeting of the International Neuropsychological Society, Atlanta, GA. Final Program. Abstract published in the Journal of the International Neuropsychological Society, Volume 15, Supplement S1, February 2009, pp i-249. doi:10.1017/S1355617709090420
7. **Kohl, A.D.**, Wylie, G.R., Genova, H.M., Hillary, F.G., DeLuca, J. (2008, April). *The Neural Correlates of Fatigue in Traumatic Brain Injury*. [Abstract]. 15th Annual Cognitive Neuroscience Society Meeting. Journal of Cognitive Neuroscience (Supplement): 110.
8. Voelbel, G.T., Lengenfelder, J., Wylie, G., Smith, A., **Kohl, A.D.**, Barbour, R.L., Pei, Y., and DeLuca, J. (2007, November). *Functional Near Infrared Spectroscopy Study of the PASAT in Healthy Controls*. 27th National Academy of Neuropsychology: Abstracts from the 27th Annual Meeting, Scottsdale, Arizona, November 14–18, 2007 Arch Clin Neuropsychol (2007) 22(7): 793-907 doi:10.1016/j.acn.2007.07.001.
9. **Kohl, A.D.**, McKittrick, C.R. (2005, April). *The Correlation between Learning and Memory and Nitric Oxide/Superoxide Dismutase of an Alzheimer's Disease Rat Model*. Beta Beta Beta Biological Honor Society Convention, Northeast District 2. **Presentation earned 3rd place award**.