

## ANN ROSEN SPECTOR

### Office Addresses:

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### EDUCATION, HONORS, AWARDS:

- |      |   |
|------|---|
| 2005 | Sybil Cohen Award for Teaching Excellence<br>Rutgers University, Camden, New Jersey   |
| 1985 | Ph.D., University of Pennsylvania<br>Specialization: Social Psychology, Gender Studies, Family,<br>Childhood and Adolescence, Health and Psychology |
| 1982 | M.A., University of Pennsylvania, Summa Cum Laude<br>University Fellow: 1980-1981, 1981-1982<br>Teaching Fellow: 1982-1985                          |
| 1975 | M.A., Villanova University, Summa Cum Laude<br>Counseling Psychology  |
| 1973 | B.A., Pennsylvania State University, Magna Cum Laude<br>Phi Beta Kappa; Phi Kappa Phi<br>George M. Moffett Scholarship                              |

### COUNSELING, ADMINISTRATION, AND CONSULTING EXPERIENCE:

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| 1987-present | <u>Private Practice in Clinical Psychology</u><br>Psychological counseling with individuals, couples, and families<br>Areas of specialty include:<br>1) Anxiety and Depression resulting from specific life stressors<br>and normal stages of childhood, adolescent and adult development<br>2) Job stress issues, especially with professionals; including<br>person/job fit, balance of professional and personal issues, ability<br>to succeed in working independently and as a team member, and<br>successfully integrating constructive criticism.<br>3) Couples' Counseling (premarital, cohabitating, dual career,<br>marital, and remarriage counseling including step-parenting skills)<br>4) Health/Reproduction/Sexuality, including infertility and<br>sterility, high-risk pregnancy, sexual variations and dysfunctions |
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- 2008-2010 Rittenhouse Women's Wellness Center  
Consulting psychologist; wellness assessments, psychological evaluation and treatment
- 1989-1997 Rutgers University  
Co-coordinator, Developmental Advisor (workshops, faculty training, counseling students with academic and personal difficulties in groups and individually)
- 1985-1987 The Counseling Program of Pennsylvania Hospital  
Clinical Associate in the Department of Psychiatry  
Psychological treatment of individuals, couples, and families, and design and implementation of staff workshops and presentations for corporate clients
- 1984-1985 AT&T Information Systems  
Consultant: Design and implementation of training program for mentoring and networking for both senior executives and junior managers
- 1981-1985 Women in Transition  
Special Assistant to the Director: Staff training, design and coordination of special projects, production of agency brochures and Annual Reports, directed media contacts and public relations, and coordinated fundraising and special events  
  
Staff Psychologist: Individuals, couples, families and groups. Supervision of student interns and professional development of counseling staff
- 1977-1981 Center for the Study of Adult Development, affiliated with the University of Pennsylvania  
  
Co-Founder and Associate Director: Administration of professional and support staff, long- and short-range planning, production of agency brochures and Annual Reports, coordination of media contacts and public relations, coordination of fundraising and special events  
  
Staff Psychologist: Individuals, couples, families, and groups. Consultant: Design and implementation of workshops for private and public organizations about stress management, adult development, mentoring and networking, transition planning, and individualized managerial role development.

## TEACHING:

1988-2010	<u>Rutgers University</u> Honor's Scholar Seminar Introduction to Clinical Psychology Psychology of Couples and the Family Family Therapy Abnormal Psychology Psychology of Adjustment Social Psychology Men and Women in Society Individual and Society Intimate Relationships
1985	<u>Temple University</u> Sex Roles (Undergraduate and Graduate Course)
1981-1985	<u>University of Pennsylvania</u> Childhood Personality and Social Structure Social Theory
1980	<u>University of West Virginia</u> Adult Development (Graduate course)

## PUBLICATIONS:

### Scholarly Articles

"Psychological Issues and Interventions with Infertile Patients"  
Special Issue of Women and Therapy [Joan C. Chrisler, Editor]  
Vol. 27, No. 3/4, 2004.

"Childhood Health-Care Practices Among Italians and Jews in the  
United States, 1910-1940." Health Transition Review, Vol. 4, No.  
1, April, 1994. (with Alice Goldstein and Susan Cotts Watkins)

### Editorials

"No Such Thing as Closure" Philadelphia Inquirer  
September 8, 2014.

"More Questions Than Answers." Philadelphia Inquirer  
August 13, 2014.

"Learn How to Argue." Philadelphia Inquirer  
February 14, 2014.

Rendell's shine light on love and real marriage."  
[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen). Feb. 9, 2011

"Laughter is the glue for a long marriage."  
[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen). May 31, 2010.

"Sexuality is not an employment issue."  
[Philly.com/Philly/Phillywomen](http://Philly.com/Philly/Phillywomen). May 18, 2010.

"Education: A matter more important than degrees."  
[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen). May 10, 2010

"Bullies are made, not born."  
[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen). April 28, 2010.

"Expecting more from teaching and teachers."  
[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen). April 21, 2010.

"Parents are the most important and influential teachers."  
[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen). April 15, 2010.

"The New 3 R's: realistic, rigorous, and rational."  
[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen). April 8, 2010.

"Blindsided or myopic: Fooling yourself about fooling around."  
[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen). April 1, 2010.

"Grieving isn't as easy as 1-2-3."  
[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen). March 23, 2010.

"Listening to the long good-bye."  
[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen). March 9, 2010.

"Job interviewing and hiring: not a science."  
[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen). March 2, 2010.

"Graffiti; the ultimate monologue."  
[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen). February 20, 2010.

"To sleep, perchance to rest."

[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen). February 13, 2010.

“Compassion Fatigue.”

[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen). February 2, 2010.

“Why Haiti requires the long view.”

[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen). January 22, 2010.

“The death panels are here already.”

[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen). December 31, 2009.

“Resilience and transformation, not resolutions.”

[Philly.com/phil](http://Philly.com/phil) [Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen).

December 24, 2009.

“Tiger Woods’ entitlement zone.”

[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen). December 9, 2009

“Wading into the baby end of the friendship pool.

[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen). December 2, 2009.

“Thanksgiving: a bittersweet holiday.”

[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen). November 11, 2009.

“Arrogance deconstructed.”

[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen). November 4, 2009.

“Stop the soulmate insanity.”

[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen).

“The importance of gossip.”

[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen).

“Rituals and ceremonies: the way it always was, wasn’t.”

[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen). December 17, 2009.

“Thoughts on the Ft. Hood tragedy.”

[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen). November 12, 2009.

“Love at first sight.”

[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen). November 4, 2009.

“A daughter remembers her Dad.”

[Philly.com/philly/phillywomen](http://Philly.com/philly/phillywomen). October 2, 2009.

“A Field Guide to Everyday Psychos.” Philadelphia Daily News.  
January 13, 2009.

“Groupthink vs. Actual Thinking.” Philadelphia Daily News.  
August 6, 2008.

“Parenting Adult Children.” The Feminist Psychologist, Newsletter  
of the Society for the Psychology of Women, Division 35 of the  
American Psychological Association. Summer, 2008.

“The Way We Mourn.” Philadelphia Daily News.  
June 23, 2008.

“June, Moon, Croon, Swoon.” Philadelphia Daily News.  
June 2, 2008

“Please Hold the Vitriol.” Philadelphia Daily News. May 7, 2008.

“How Hillary Lost My Vote.” Philadelphia Daily News.  
April 9, 2008.

“Clinton Gets More Criticism than her Rivals.” Camden Courier-  
Post. March 9, 2008.

“The Ill Treatment of the Mentally Ill.” Philadelphia Daily News.  
February 25, 2008.

“The Lost Art of Privacy.” Philadelphia Daily News.  
October 29, 2007.

“Parents Shouldn’t Do It for You.” Philadelphia Daily News.  
October 1, 2007.

“The Mother-Daughter Hotline.” Philadelphia Daily News.  
August 3, 2007.

“Tony’s Gone, But Families Are Forever.” Philadelphia Daily  
News.  
June 15, 2007

“The Anger-Management Scam.” Philadelphia Daily News.  
May 31, 2007.

“VA Tech: Keep the Fixes in Sight.” Philadelphia Daily News.  
May 15, 2007

“Once More, The Horrors of Day Care.” Philadelphia Daily News.  
April 4, 2007

“Real Reasons They Don’t Have Male.” Philadelphia Daily News.  
February 6, 2007

“White House Sleeping Sickness.” Philadelphia Daily News.  
January 10, 2007.

“Marriage, Beyond Tinseltown.” Philadelphia Daily News,  
November 27, 2006.

“Removing the Stain of Therapy.” Philadelphia Daily News,  
October 18, 2006.

“Mother is on the Track She Prefers...” Philadelphia Inquirer,  
May 13, 1995.

“When the Valentine is a Memory...” Philadelphia Inquirer,  
February 11, 1995.

“School Problems Begin at Home...” Philadelphia Inquirer,  
September 28, 1994.

“Risky Business: Inordinate Shyness...” Philadelphia Inquirer,  
June 28, 1994.

“Being a Mother is a Pretty Good Job.” Philadelphia Inquirer,  
May 8, 1994.

“Women are Often in Mortal Fear When They Retaliate Against  
Men....” Philadelphia Inquirer, February 11, 1994.

“The Serious Message from ‘Mrs. Doubtfire’...” Philadelphia  
Inquirer, January 8, 1994.

“Parents, Teachers Can Talk: They Should Bond as a Team....”  
Philadelphia Inquirer, November 27, 1993.

“The Three R’s for Children who are Unwanted...” Philadelphia  
Inquirer, October 13, 1993.

“Infertile Couples Don’t Need Harassment...” Philadelphia Inquirer, August 17, 1993.

“Woody, Mia, the University of Pennsylvania and the Loss of Community...” Philadelphia Inquirer, July 3, 1993.

“Should Mom Bring her Daughter to Work?” Philadelphia Inquirer, April 27, 1993.

“Valentine’s Day – Then and Now...” Philadelphia Inquirer, February 14, 1993.

“Tabled Emotions.” Philadelphia Inquirer, January 10, 1993.

“The ‘Home Alone’ Case Focuses on the Suitability of Parents...” Philadelphia Inquirer, January 14, 1993.

“Advice for Charles, Di: Just Have a Good Fight...” Philadelphia Inquirer, December 10, 1992.

“The ‘Traditional’ Family is Largely a Fictional Ideal.” Philadelphia Inquirer, October 9, 1992.

“When Kids Go Back to School, Parents Shouldn’t Follow Them...” Philadelphia Inquirer, September 7, 1992.

“Political Spouses: Who Has Control?” Philadelphia Inquirer, July 16, 1992.

### **Commentary**

“Should You Really Have Let These People Into Your House?” Weiner, J., Philadelphia Inquirer, May 10, 1998.

“Dangerous Love Obsession Can Lead to Murder...” Heller, K., Philadelphia Inquirer, July 3, 1994

### **PAPERS PRESENTED:**

- 2007 “Mentoring for Change in a Changing World: Cross-cultural Translations.”  
Association for Women in Psychology Conference,  
San Francisco, CA.
- 1991 "Demographic Patterns and Family Behavior Among Jewish and Italian Women in the United States, 1900-1940." Social Science History Meeting, New Orleans, LA.



- 1982 "Comparison of Fertile, Infertile, and Sterile Women."  
American Psychological Association, Washington, D.C.
- 1980 "Mentoring and 'Womentoring'." Academy of Management  
Detroit, MI.
- 1980 "Adult Development: Transition Planning." American Psychiatric  
Association, San Francisco, CA.

**INVITED LECTURES:**

- 1991 "The Continuum of Sexuality" for the Office of Student Life,  
Rutgers University, during "Diversity Week"
- 1991 "Definitions and Meanings of Sexual Orientations:  
Recommendations for Counseling Techniques" at the New Jersey  
State Counselor Training Institute

**LICENSURE:**

- 1984 Psychologist, Commonwealth of Pennsylvania

**PROFESSIONAL MEMBERSHIPS:**

American Psychological Association  
Division 35, Psychology of Women  
Executive Committee; Chair, Committee on Reproductive Issues  
Division 42, Independent Practice

Philadelphia Society of Clinical Psychologists

Diplomate-Fellow in Psychopharmacology; FACAPP Board  
Certified  
International College of Professional Psychopharmacology  
and Prescribing Psychologists' Register.

**CONTINUING EDUCATION:**

- March, 2017 "How Should a Psychologist Advise a Heterosexual Man Who  
[1 credit] Sexual Thoughts About Men?" [CE, APA]
- February, 2017 "Forgiveness Can Improve Mental and Physical Health. Research  
[1 credit] Shows How to Get There." {CE, APA}

January, 2017 [1 credit]	“Research on Suicide Overlooks Young Children and Psychologists Are Working to Change That.” [CE, APA]
January, 2017 [3 credits]	“Updated Child Abuse Recognition and Reporting Training for Mandated Reporters.” [PSCP]
November, 2016 [3 credits]	“Ethical Practice in the Modern Age.” [Gestalt Therapy Institute of Philadelphia]
October, 2016 [1 credit]	“Depression During Pregnancy is an Often-Overlooked Opportunity to Intervene Early.” [CE, APA]
September, 2016 [1 credit]	“Facebook as a Research Tool.” CE – APA]
September, 2016 [1 credit]	“Don’t Cry Over Spilled Milk – The Research on Why It’s Important to Give Yourself a Break.” [CE, APA]
July, 2016 [1 credit]	“Protecting Patient Privacy When the Court Calls.” [CE – APA]
May, 2016 [1 credit]	“Avoiding a Disconnect with Telemental Health” [APA – CE]
May, 2016 [6 credits]	“Passive Aggression, Sarcasm, Cold Anger, Hostility, and Aggression: Brain-Based Advances in Managing Anger.” [Institute for Brain Potential, California]
March, 2016 [1 credit]	“Competent, Affirming Practice With Older Lesbian and Gay Adults.” [CE, APA]
February, 2016 [1 credit]	“Do U.S. Laws Go Far Enough to Prevent Bullying at School?” [CE, APA]
December, 2015 [1 credit]	“Emerging Ethical Threats to Clinical Privacy in Cloud Communication and Data Storage.” {CE, APA]
April, 2015 [1 credit]	“The Psychology of Personal Finance: What Research Tells Us About the Financial Health of Psychologists & Their Clients – And Why it Matters.” [APA –The Community for Psychologists in Independent Practice]
February, 2015 [2 credits]	“Child Abuse Recognition and Reporting in Pennsylvania.” [Elite Continuing Education, Florida]

October, 2014 [1 credit]	“Sharpen Your Couple and Family Therapy Skills with the Assimilative Therapy Model.”[APA - The Community for Psychologists in Independent Practice]
August, 2014 [4 credits]	“Practice Applications: The APA Task Force on Appropriate Therapeutic Responses to Sexual Orientation” [APA]
August, 2014 [4 credits]	“Ethics and Self-Care: Balancing Our Lives and Reducing Risk.” [APA]
August, 2014 [7 credits]	“Couple Power Therapy: Building Lifelong Love in Commitment, Cooperation, Communication, and Community.” [APA]
May, 2014 [6 credits]	“Dealing with Major Loss: A Gestalt Therapy Approach to Grieving & Healing of Trauma.” [The Gestalt Therapy Institute of Philadelphia]
April, 2014 [1 credit]	“Healing Thyself.” [APA Education Directorate]
March, 2014 [6 credits]	“Advance Your Cultural Competency in the Clinical Setting: DSM-V Guidelines, Ethical Standards, and Multicultural Awareness.” [PESI]
October, 2013 [3 credits]	“The Business of Families: The ABC’s of Consulting to Family Organizations.” [American Academy of Psychotherapists]
October, 2013 [3 credits]	“The Ethics of Boundaries and Intimacy in Psychotherapy.” [American Academy of Psychotherapists]
October, 2013 [3 credits]	“Getting Known as the Go-to Expert in your Community: [The Community for Psychologists in Independent Practice]
April, 2013 [6 credits]	“The Wounded Self: Narcissism, Rage and Revenge.” Psychoanalytic Center of Philadelphia
February, 2014 [3 credits]	“Good Ethics from Good Clinical Practice.” [The Gestalt Therapy Institute of Philadelphia]

January, 2013 [6.25 credits]	“Revolutionizing Diagnosis & Treatment Using the DSM-V.” [PESI]
October, 2012 [3 credits]	“Positive Psychology and Goal Achieving Psychotherapy.” [Philadelphia Society of Clinical Psychologists]
June, 2010 [15 credits]	“Psychological Assessment Review.” [PPR]
February, 2010 [15 credits]	“Medical Error, Risk management in mental health practice” [PPR]
August, 2009 [18 credits]	“PPR 2009 Update” [PPR]
July, 2009 [18 credits]	“Series Seven” Prescription Privilege Preparation Program [PPR]
June, 2009 [15 credits]	“Understanding and Utilizing Family Therapy Beyond Systems and Structures.” [PPR]
May, 2009 [15 credits]	“Update on Ethics: An Opportunity for Risk Management” [PPR]
October, 2007 [18 credits]	“Series Six” Prescription Privilege Preparation Program [PPR]
March, 2007 [5 credits]	“Beyond Dualities,” “Jewish Women’s Psychological Well-Being,” “Men Are From Earth, Women Are From Earth,” and “A Critical Look at Diagnosis.” California Psychological Association/AWP
October, 2006 [3 credits]	“Mandated Reporting of Child Abuse: Ethical and Legal Considerations.” Human Services Center of the Philadelphia Society of Clinical Psychologists
August, 2005 [18 credits]	“Series Five” Prescription Privilege Preparation Program [PPR]
May, 20 [3 credits]	“Religious & Spiritual Issues in Clinical Practice: Practical and and Ethical Considerations” [ University of Pennsylvania]

October, 2003 [3 credits]	“Ethics in the Managed Care Marketplace” Human Services Center of the Philadelphia Society of Clinical Psychologists
March, 2003 [18 credits]	“Series Four” Prescription Privilege Preparation Program [PPR]
December, 2002 [3 credits]	“Ethical Issues” Human Services Center of the Philadelphia Society of Clinical Psychologists
October, 2001 [18 credits]	“Series Three” Prescription Privilege Preparation Program [PPR]
May, 2000 [6 credits]	“Ethical Issues and Risk Management” Human Services Center of the Philadelphia Society of Clinical Psychologists and the Montgomery County Intermediate Unit.
October, 1999 [18 credits]	“Series Two” Prescription Privilege Preparation Program [PPR/Antioch University]
November, 1998 [3 credits]	“Ethics of Death and Dying” Human Services Center of the Philadelphia Society of Clinical Psychologists
March, 1998 [1 credit]	“Genetic Selfhood and Mental Illness” Human Services Center of the Philadelphia Society of Clinical Psychologists
July, 1996 [15 credits]	“Organizational Diagnosis” [Harvard Medical School]
May, 1996 [1 credit]	"The Aspiration and Experience of Adult Love" [Institute of Pennsylvania Hospital]
April, 1996 [1 credit]	"Post-Traumatic Stress Disorder: The Aftermath of Rape" [Institute of Pennsylvania Hospital]
February, 1996 [18 credits]	"Series One" Prescription Privilege Preparation Program [PPR/University of Massachusetts]
January, 1995 [20 credits]	"Relationship Enhancement Therapy" [NIRE]

July, 1994 [15 credits]	"Process Consultation and Organizational Culture" [Albert Einstein School of Medicine]
June, 1993 [2 credits]	"ABC's of Psychotropic Medication" [Institute of Pennsylvania Hospital]
May, 1993 [8 credits]	"Intervening in Borderline Personality Disorders" [Temple University]
May, 1993 [6 credits]	"Hormones, Diet, and Behavior" [Institute for Natural Resources]
February, 1993 [7 credits]	"Special Issues in the Treatment of Adult Survivors of Childhood Abuse" [Temple University]
November, 1991 [15 credits]	"Qualitative and Quantitative Data: Understanding People's Lives" [Association for Social History]
May, 1990 15 credits]	"Psychological Biographies" [Harvard University]
February, 1989 [7 credits]	"Conference on the Well-Being of Children" [University of Pennsylvania]
March, 1989 [7 credits]	"Therapeutic Impasse" [Institute of Pennsylvania Hospital]
November, 1989 [6 credits]	"Dreams, Dreamers, Dreaming" [Philadelphia Association of Jungian Analysts]
December, 1989 [7 credits]	"Impact of Family Violence" [Institute of Pennsylvania Hospital]
March, 1988 [7 credits]	"Surviving Sexual Abuse" [Association for Women in Psychology]
September, 1987 [7 credits]	"Conflicts for Psychologists in an Age of Litigation: Ethics, Confidentiality, and

## Legal Liability" [APA]