

# SAMANTHA E. JOHNSON

LMFT, MFA

## Education

### University of Rochester School of Medicine

Master of Science, Marriage & Family Therapy  
2022

### The College at Brockport, State University of New York

Master of Fine Arts, Dance Performance & Choreography  
2016

### University of Rochester

Bachelor of Science, Neuroscience  
2011

### University of Washington

Pursued BS in Biological Sciences; coursework transferred to University of Rochester  
2007 – 2008

## Professional Experience

### Monte Nido & Affiliates | Residential Eating Disorder Treatment

Primary Therapist | September 2022 – June 2023

- Provided individual and group therapy services to individuals in residential eating disorder treatment; facilitated 20-30 hours of individual therapy and 5-10 hours of group therapy and/or meal support weekly
- Treated adult patients across the full range of feeding and eating disorder diagnoses including Anorexia Nervosa, Bulimia Nervosa, Binge-Eating Disorder, Avoidant/Restrictive Food Intake Disorder (ARFID) and Other Specified Eating Disorder. Treated co-occurring diagnoses including Major Depressive Disorder, Generalized Anxiety Disorder, Borderline Personality Disorder, Obsessive Compulsive Personality Disorder, Social Anxiety Disorder, and substance use disorders
- Managed caseload of 4 individuals, in addition to clinical oversight of 8 other members of milieu
- Conducted regular biopsychosocial assessments and implemented treatment plans in line with evidence-based treatments and interventions
- Assessed for patient safety and self-harm regularly and collaboratively constructed patient-centered safety plans and behavioral contracts
- Managed acute crisis intervention and communication with community supports including 9-1-1 Emergency Services, UR Comprehensive Psychiatric Emergency Program, and other local hospitals and mobile crisis teams

- Facilitated weekly family sessions focused on psychoeducation, problem expansion, and integration of communication and DBT-based skills for families and supports
- Communicated regularly with family members and patient-identified supports to facilitate re-integration into recovery focused ecosystem
- Collaborated with other providers daily including nursing staff on site and medical and psychiatric providers covering patient care within 24-hour residential care model
- Acted as point of contact for outpatient and partial hospitalization teams following patient cases across levels of care
- Provided referrals to higher levels of care and specialized services as clinically indicated; communicated with relevant providers to ensure smooth transition of care
- Documented patient encounters using behavioral health EMR platform (KIPU) in accordance with OMH regulations and HIPAA Privacy Rule
- NYS Division of Professional Licensing Services Limited Permit Number: P118380

### **UR Medicine | Mental Health & Gender Wellness at Gender Wellness, OB/GYN**

Marriage & Family Therapy Trainee | July 2021 - July 2022

- Provided individual and couple therapy services as part of OMH regulated integrated care setting at UR Medicine, Gender Wellness, Obstetrics & Gynecology
- Managed a caseload of 10-15 individuals and couples from diverse backgrounds across race, gender identity, sexual orientation, age, socioeconomic, disability, and immigration status
- Conducted regular diagnostic biopsychosocial assessments surrounding symptom presentation, psychosocial stressors, and maintenance of problem within family system; determined DSM-5-TR diagnoses and communicated diagnoses with patients
- Assessed for patient safety (SI/HI), domestic violence, interpersonal violence, and substance use and collaboratively constructed patient-centered safety plans
- Engaged patients in treatment planning and revision throughout therapeutic process; brought partners and family members in as indicated
- Delivered evidence-based treatment interventions to individuals aged 20-40 years with a range of presenting diagnoses and concerns including Postpartum Depression and Anxiety, Major Depressive Disorder, Generalized Anxiety Disorder, Obsessive-Compulsive and Related Disorders, Post-Traumatic Stress Disorder, Panic Disorder, Eating Disorders, as well as infant loss, chronic illness and disability, and life-cycle transitions
- Provided referrals to Perinatal Medication Consultation Clinic (PNCC) on site at Gender Wellness, OB/GYN
- Collaborated with OB/GYN providers regularly to facilitate patient-centered outcomes
- Provided psychosocial consultation services bi-weekly in OB/GYN clinic alongside medical physicians as part of integrated care setting
- Participated in weekly clinician consult and case report meetings with psychiatry staff across Mental Health and Gender Wellness, Strong Perinatal Associates, and Strong Infertility Clinic
- Provided referrals to higher levels of care, local clinics, and specialized mental health services as needed
- Documented patient encounters using electronic health record (EPIC) in accordance with OMH regulations and HIPAA Privacy Rule

## **UR Medicine | Strong Family Therapy Services**

Marriage & Family Therapy Trainee | July 2021 - July 2022

- Provided individual, couple, and family therapy services in Office of Mental Health (OMH) regulated community mental health setting as part of Strong Memorial Hospital, Department of Psychiatry, Institute for the Family
- Managed a caseload of 10-15 couples, families, and individuals from diverse backgrounds across race, gender identity, sexual orientation, age, socioeconomic, disability, and immigration status
- Conducted regular diagnostic biopsychosocial assessments surrounding symptom presentation, psychosocial stressors, and maintenance of problem within family system; determined DSM-5-TR diagnoses and communicated diagnoses with patients and families
- Assessed for patient safety (SI/HI), domestic violence, interpersonal violence, and substance use and collaboratively constructed patient-centered safety plans with patients and families
- Engaged patients and families in treatment planning and revision throughout therapeutic process
- Delivered evidence-based treatment interventions to patients and families within a biopsychosocial and family systems model of care
- Treated patients and families with a range of presenting diagnoses and concerns including Major Depressive Disorder, Generalized Anxiety Disorder, Borderline Personality Disorder, Obsessive Compulsive Personality Disorder, Gender Dysphoria, Social Anxiety Disorder, Prolonged Grief Disorder, as well as marital distress, infidelity, coparenting concerns, and navigating divorce.
- Collaborated with other providers and systems to facilitate best family outcomes (medical system, school system, social services, child protective services, family court, etc.)
- Provided referrals to higher levels of care, local clinics, and specialized mental health services as needed
- Documented patient encounters using electronic health record (EPIC) in accordance with OMH regulations and HIPAA Privacy Rule

## **Create Space PNW | Portland, Oregon**

Founder & Director | September 2017 – April 2020

- Established independently owned and operated business dedicated to promoting physical practices and outdoor experiences as pillars of preventative healthcare
- Guided movement classes in yoga techniques, stretching and proprioceptive training, fundamental alignment and posture, mindfulness, and somatic release techniques
- Consulted with clients regularly to develop individualized and integrated health goals
- Directed community building experiences including outdoor retreats and creative empowerment events
- Developed management, financial, and marketing plans to optimize business goals

## **University of Arkansas at Little Rock**

Visiting Assistant Professor of Dance | August 2016 – June 2017

- Taught undergraduate courses in dance technique and movement science including Modern I, Modern II, Modern III/IV, Ballet I, Ballet III/IV, Improvisation, Dance Repertory, and Dance Science & Kinesiology

- Developed curriculum, syllabi, and assessment tools for teaching undergraduate coursework and continually assessed student learning outcomes
- Advised over 30 undergraduate dance majors surrounding academic and personal goals
- Organized guest artist residencies and student professional development experiences: prepared travel arrangements, arranged on-site events, and developed learning goals and itineraries

## Awards, Affiliations & Certifications

**Awards** | Rose L. Strasser Service Award (2016) | Distinguished Professor Graduate Research Award (2015) | Nat Goodhart Award for Excellence in Dance Science (2014) | Distinction in Neuroscience (2011) | Transfer Student Award, Office of the Dean of Students (2011)

**Trainings** | SafeSide Suicide Prevention Training, Dr. Anthony Pisani, Ph.D., LMFT, 2022 | Domestic Violence Training, HEAL Collaborative, 2022

**Committees** | Western NY Comprehensive Care Center for Eating Disorders

**Membership** | American Association for Marriage & Family Therapy (AAMFT) | Association for Applied Sport Psychology (AASP) | Academy for Eating Disorders (AED) | Collaborative Family Healthcare Association (CFHA) | International Association of Dance Medicine & Science (IADMS) | Queer and Trans Advocacy Network (AAMFT)

**Certifications** | Medical Family Therapy (URMC Department of Psychiatry) | Registered Yoga Teacher, RYT200 (Yoga Alliance) | Pediatric & Adult CPR/AED (American Red Cross)

## Scholarship

### University of Rochester School of Medicine | Marriage & Family Therapy Training Program

Master's Project Research | January 2022 - April 2022

- Completed comprehensive literature review surrounding anorexia nervosa (AN) risk within elite athletics
- Conceptualized ecosystemic risk model for AN in elite collegiate distance runners
- Project titled, "Running on Broken Glass: Ecosystemic Considerations for Collegiate Athletes with Anorexia Nervosa"
- Presented at URMC Trainee Poster Day, June 2022

### University of Arkansas at Little Rock | Undergraduate Honors Program

Faculty Research, Primary Mentor | October 2016 - May 2017

- Acted as primary mentor of undergraduate honors student in year-long research project combining major interests in dance and chemistry; research investigated impact of acute and chronic conditioning on salivary metabolites in modern dancers
- Project sponsored by Arkansas Department of Higher Education's Student Undergraduate Research Fellowship, University of Arkansas Department of Dance, and University of Arkansas System Division of Agriculture
- Research published in *Research in Dance and Physical Education Journal*: Rosenkrans, L., Johnson, S. E., & Rosenkrans Jr, C. (2019). The biopsychosocial model and salivary metabolites in modern dancers. *Research in Dance and Physical Education*, 3(1), 1-16.

**The College at Brockport, State University of New York | Department of Dance**

Graduate Researcher, Dance Science | August 2014 – April 2016

- Performed year-long ethnographic research study combining emerging theories of cognitive science, specifically embodied cognitive and dance enaction, with phenomenological theories of movement and physical embodiment
- Commissioned three professional dance artists to set work on self and documented experience via video, language analysis, personal reflection, and interview
- MFA thesis research, sponsored in part by Distinguished Professor Graduate Research Award 2015: Johnson, S.E. (2016). Translating embodiment: A look at language and cognition of dance performance from studio to stage. *Department of Dance*. The College at Brockport, SUNY.

**University of Rochester | Department of Neuroscience**

Undergraduate Researcher | September 2010 – May 2011

- Conducted research on the nigrostriatal pathway within the rat brain—researched focused on unilateral lesions to the substantia nigra pars compacta and consequent effects on turning behavior

**Stanford University School of Medicine | Department of Neuroscience**

Undergraduate Researcher | May 2010 – August 2010

- Research focused on anesthetic discrimination between tonic and phasic GABA receptors on hippocampal CA1 neurons