

Mark A. Sperber
Curriculum Vitae

December 2019

Personal:

Work Address: 3418 Mercer St., Ste. 201
Houston, Texas 77027
Phone: (713) 389-0329
E-mail: sperber@counselingmail.com
Licenses: Licensed Professional Counselor - Supervisor, Texas #65899
Licensed Professional Counselor, Louisiana #7605
Licensed Marriage and Family Therapist, Texas #201651
Licensed Chemical Dependence Counselor, Texas #11113

Current Positions:

Healthcare for the Homeless – Houston, TX
Present

January 2015 -

Behavioral Health Consultant

- Provide brief behavioral health interventions using PCBH (Primary Care Behavioral Health) model of care
- Participate as team-member of integrated primary care practice with homeless individuals

Sperber Counseling, PC, Houston, TX

Psychotherapy – **Private Practice**

October 2013 – Present

- Provided individual therapy for anxiety, mood disorders, and substance abuse concerns using ACT (Acceptance and Commitment Therapy)
- Dyadic therapy using Gottman interventions

Presentations:

Sperber, M. A. (July 2018). *Training psychological flexibility: An experiential introduction to the ACT matrix.* Lecture presented at the meeting of *Southeast Texas ACBS*, Houston, TX. (1.5 Hour training).

Sperber, M. A. (January 2018) *A primer to Acceptance and Commitment Therapy (ACT).* Presentation at SEARCH Homeless Services, Houston, TX.

Hess, E. A., **Sperber, M. A.**, & McCants, N., (2017, October). *Suicide assessment and safety planning in primary care.* Presentation at the annual meeting of the Collaborative Family Healthcare Association, Houston, TX.

Maguire, N.J., Barker, S.L., **Sperber, M. A.** & Buck, D.S. (October 2017). *Values-based care training*. Lecture presented at Patient Care Intervention Center, Baylor College of Medicine. Houston, TX.

Sperber, M. A., & Ogbeide, S. A. (2015, October). *A path from depression to ACTION: A clinical pathway for depression informed by Acceptance and Commitment Therapy*. Poster presented at the annual meeting of the Collaborative Family Healthcare Association, Portland, OR.

Sperber, M. A., Buck, D.S., Benson, J. (2016, May). *Working together to deliver physical-behavioral health integration for people experiencing chronic homelessness*. National Healthcare for the Homeless Conference and Policy Symposium, Portland, Oregon.

McCants, N., & **Sperber, M. A.** (2015, May). *Healing connections*, Lecture presented at Baylor College of Medicine meeting of Compassion and the Art of Medicine, Houston, Texas.

Publications:

Eckstein, D., Aycok-Miller, K., **Sperber, M. A.**, McDonald, J., Wiesner, V. V., Watts, R. E. & Ginsburg, P. (2010). A review of 200 birth order studies: Lifestyle characteristics. *The Journal of Individual Psychology*, 66 (4).

Sperber, M. A. (2009). Synopsis on 180 statistically significant studies on birth order: Researching personality and family dynamics. In D. Eckstein, *Psychological Fingerprints*. Dubuque, IA: Kendall Hunt.

Education:

Saybrook University, Pasadena, CA

(Currently-Enrolled)

Candidate for Ph.D. in Applied Psychophysiology

Sam Houston State University, Huntsville, TX

August 2009

Master of Arts in Counseling, LPC & LMFT Track
GPA 4.0/ 4.0

Hastings College, Hastings, NE

December 2000

Bachelor of Arts in Social Science and Education
GPA 3.7/ 4.0

Relevant Training (Biofeedback):

Attended the Meeting of the Association of Applied Psychophysiology and Biofeedback (AAPB)

Denver, CO

March , 2019

Stress Therapy Solutions BCIA Bootcamp for Neurofeedback

Fort Worth, TX

March, 2019

Prior Employment:

Chambers Counseling and Consulting,

Houston, TX, and The Woodlands, TX

February 2011– October 2013

Psychotherapist

- Provided individual and couples therapy in an outpatient setting
- Serviced Employee Assistance Program clients using brief solution-focused techniques

Prevention and Recovery Center, Houston, TX

Memorial Hermann Hospital System

January 2010 – March 2011

Adolescent Counselor

- Provided individual, family and group counseling for adolescents in a residential setting
- Created and facilitated weekly parent and multi-family groups
- Collaborated with psychiatrists in the development and implementation of interventions