

**Joseph A. Keifer, PsyD, BSN, RN**  
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## EDUCATION

### **Doctorate of Psychology**

Widener University, Chester, PA

Dissertation:

*First Responders in Recovery: A Qualitative Analysis with Implications for ACT Interventions*

Concentrations:

Cognitive Behavioral Therapy and Acceptance and Commitment Therapy

Health Psychology

### **Master of Science in Nursing**

University of Pennsylvania, Philadelphia, PA

Psychiatric-Mental Health Nurse Practitioner

Expected Graduation: May 2026

### **Bachelor of Science in Nursing**

Widener University

*Minor in History, Sigma Theta Tau International Honor Society of Nursing*

## CURRENT WORK

### **BREAKTIDE PSYCHOTHERAPY**

New York, NY

#### **Clinical Director**

07/2024 to Present

- Supervise and evaluate the performance of clinical staff (e.g., therapists and counselors)
- Develop and oversee specialized programs and services to meet the needs of clients.
- Ensure compliance with all federal, state, and local regulations, including licensing and accreditation standards.
- Provide direct clinical services to clients, including assessment, diagnosis, and treatment planning.
- Monitor and improve the quality of care provided, implementing quality improvement initiatives as needed.

### **RECOVERY-ORIENTED SOLUTIONS AND CONSULTING**

Princeton, NJ

#### **Clinical Psychologist and Owner**

05/2023 to Present

- Provide client-centered therapy to individuals, couples, and families utilizing evidence-based approaches, including Recovery-Oriented Cognitive Therapy (CT-R), Cognitive Behavior Therapy (CBT), and Acceptance and Commitment Therapy (ACT).
- Collaboratively develop treatment plans with clients, balancing the interplay of aspirations, goals, and physical and mental health challenges.
- Specialize in seeing clients with serious mental health challenges, medical providers/first responders, and chronic health conditions.

### **THE UNIVERSITY OF PENNSYLVANIA SCHOOL OF NURSING** **Department of Family and Community Health**

Philadelphia, PA  
01/2020 to Present

### **Lecturer - Cognitive-Behavioral Strategies in Healthcare**

- Design and develop course curriculum for graduate level psychiatric mental health nurse practitioner (PMHNP) students.
- Teach cognitive behavioral strategies for working with individuals of all ages with mental health challenges.
- Create lecture materials and interactive activities (e.g., role plays, discussions, group projects) to help students engage with the material.

### **BECK INSTITUTE FOR COGNITIVE BEHAVIOR THERAPY Center for Recovery-Oriented Cognitive Therapy Faculty**

Bala Cynwyd, PA  
05/2023 to Present

- Provide consultation to multidisciplinary staff in a variety of settings: civil and forensic state hospitals, extended acute inpatient facilities, forensic residences, supportive housing facilities, and assertive community treatment (ACT) teams.
- Develop nursing-specific programming by networking with nurses and nursing agencies to promote the use, development, and implementation of CT-R within the nursing profession.
- Create and deliver presentations for trainings, workshops, conferences, and events promoting the use of CT-R, tailored to the skill level and needs of target audience.

### **PREVIOUS EXPERIENCE**

#### **SBK PSYCHOLOGICAL SERVICES Psychologist**

New York, NY  
09/2023 to 07/2024

#### **BECK INSTITUTE FOR COGNITIVE BEHAVIOR THERAPY Center for Recovery-Oriented Cognitive Therapy Staff Psychologist**

Bala Cynwyd, PA  
09/2019 to 05/2023

- Designed implementation strategies for disseminating Recovery-Oriented Cognitive Therapy (CT-R) across systems (e.g., state- and city-wide mental health agencies).
- Worked collaboratively with community partners to provide consultation and develop action plans to implement CT-R within their clinical setting.
- Developed and built CT-R-related competencies within agency staff through group and individual training, internal training plans, and use of benchmarks.
- Created and delivered presentations for trainings, workshops, conferences, and events promoting the use of CT-R, tailored to the skill level and needs of target audience.
- Developed nursing-specific programming by networking with nurses and nursing agencies to promote the use, development, and implementation of CT-R within the nursing profession.
- Conducted research and outcome studies under the guidance of Paul Grant, PhD.

#### **THE UNIVERSITY OF PENNSYLVANIA DEPARTMENT OF PSYCHIATRY CENTER FOR PSYCHOTHERAPY RESEARCH Psychotherapist**

Philadelphia, PA  
03/2021 to 01/2022

- Conducted therapy sessions as part of a research study examining an evidence-based practice.
- Maintained fidelity to the therapy manual, study protocol, and IRB guidelines.

#### **Family Health Psychology Center, LLC Psychologist**

Glenolden, PA  
11/2018 to 06/2020

**AARON T. BECK PSYCHOPATHOLOGY RESEARCH CENTER**  
**Perelman School of Medicine, University of Pennsylvania**  
**Post-Doctoral Fellow**

Philadelphia, PA  
08/2017 to 08/2019

- Disseminated and coordinated implementation of CT-R at community mental health centers and psychiatric hospitals.
- Conducted research under the guidance of Aaron Beck, MD and Paul Grant, PhD, examining the impact of beliefs on symptoms of schizophrenia and functional outcomes.

**Philadelphia Community Treatment Teams**  
**Pre-Doctoral Intern**

Philadelphia, PA  
07/2016 to 06/2017

- Acted as a consultant to an Assertive Community Treatment Team to provide comprehensive services to participants, including all case management, health care coordination, and mental health and substance abuse treatment.
- Provided individual therapy and consultations to participants using evidence-based practices, including Recovery-Oriented Cognitive Therapy, Dialectic Behavior Therapy, and Acceptance and Commitment Therapy.

**CAPITAL HEALTH SYSTEM FULD, REGIONAL MEDICAL CENTER**  
**Intern**

Trenton, NJ  
07/2015 to 06/2016

- Provided integrated, focused clinical evaluations to address a variety of referral issues, including differential diagnoses, suicidality, violence potential, malingering, cognitive functioning, and neuropsychological screening.
- Designed individual psychotherapy program for inpatients in collaboration with treatment team.

**NURSING EXPERIENCE**

**HIGH FOCUS CENTERS, PYRAMID HEALTHCARE**  
**Detoxification Nurse**

Cherry Hill, NJ  
01/2018 to 09/2018

**PRINCETON HOUSE BEHAVIORAL HEALTH, PENN MEDICINE PRINCETON HEALTH**  
**Psychiatric Nurse**

Princeton, NJ  
05/2011 to 07/2018

- Ensured a therapeutic, safe, and supportive environment for acute and chronically ill psychiatric, detox, adolescent, young adult, and dual diagnosis clients.
- Used objective and subjective measures to assess and treat detoxing patients, including the Clinical Opiate Withdrawal Scale (COWS) and Clinical Alcohol Withdrawal Scale (CIWA).

**COOPER UNIVERSITY HOSPITAL**  
**Critical Care Pool Nurse**

Camden, NJ  
09/2012 to 10/2013

- Provided nursing care to patients across a wide variety of critical care units.
- Units covered: Intensive Care, Coronary Care, Trauma Intensive Care, Intermediate Care, and Post Anesthesia Care.

**Critical Care Nurse – Adult**

07/2010 to 09/2012

- Worked with members of a multidisciplinary healthcare team to manage and provide the

- highest quality of care to critically ill and injured patients in the ICU.
- Responded to medical emergencies in other areas of the hospital as part of a rapid response/code team.

## **PREVIOUS TEACHING EXPERIENCE**

**PHILADELPHIA COLLEGE OF OSTEOPATHIC MEDICINE**  
**Lecturer – The Intersection of CBT and Positive Psychology**

Philadelphia, PA  
 Spring, 2024

**Lab Leader/Teaching Assistant**, Widener University  
*Advanced Differential Diagnosis* (spring semester 2017)

- Collaborated with instructor to develop presentations and handouts for graduate students.
- Introduction to R-PAS Assessment and Coding* (fall semesters of 2014, 2015, and 2016)
- Taught coding; administered and reviewed coding homework exercises.
  - Guided interpretation of Rorschach protocols and conducted practice administrations and tests.

## **LICENSES AND CERTIFICATIONS**

**Psychologist** – Pennsylvania, New York, California, and New Jersey

**Registered Nurse** – State of Pennsylvania and New Jersey

**Emergency Medical Technician** – State of New Jersey, Nationally Registered  
 Military Veterans and Behavioral Health Certification

## **CURRENT PROFESSIONAL AFFILIATIONS**

Association for Behavioral and Cognitive Therapies (ABCT)

Association for Contextual Behavioral Science (ACBS)

American Psychiatric Nurses Association (APNA)

Sigma Theta Tau International Honor Society of Nursing

The North American Cognitive Behavioral Therapy for Psychosis Network (NACBTpN)

## **PROFESSIONAL PRESENTATIONS AND INVITED LECTURES**

Keitel, S., Keifer, J., Grant, P., Arnold, S., Hazan, S., (2024, Oct 7). *From Forensics to Outpatient: A Collaborative and Humanistic Approach to High Risk Cases* [Panel discussion]. Global Exchange Conference, Lake Buena Vista, FL.

McGuire, A., Miller, A., Keifer, J., Steffen, A., Sedlar, G., Lauderdale, S. (Moderator) (2022, Nov 20). *Addressing the Needs of Masters-level CBT Clinicians Across Multiple Disciplines: Education, Professional Training and User-centered Design of Intervention Materials* [Panel discussion]. Association for Behavioral and Cognitive Therapies Annual Convention, New York, NY.

Keifer, J. & Grant, P. (2022, Aug) *Recovery-Oriented Cognitive Therapy for Nurses*. Presented virtually as a webinar for Beck Institute Center for Recovery-Oriented Cognitive Therapy. Bala Cynwyd, PA.

Arnold, S. & Keifer, J. (2022, Feb) *Recovery-Oriented Cognitive Therapy in Forensic Settings*. Presented virtually as a webinar for Beck Institute Center for Recovery-Oriented Cognitive Therapy. Bala Cynwyd, PA.

Arnold, S., Keifer, J., Giallella, C., von Zuben, C., Beacher, J., & Keitel, S. (2021, Nov 21). Panel presenter. In Grant, P. (Moderator). *Recovery-Oriented Cognitive Therapy as a Game Changer for Municipal and State Forensic Systems: Lessons Learned and Future Directions* [Panel Discussion]. Association for Behavioral and Cognitive Therapies Annual Virtual Convention.

Keifer, J., Inverso, E., & Grant, P. (2021, October). *Two Birds with One Stone - Recovery-Oriented Cognitive Therapy for Psychiatric and Complex Medical Conditions: A Practical Approach to Integrative Health Care that Promotes Recovery and Resiliency*. Presented virtually at the annual conference of the American Psychiatric Nurses Association.

Keifer, J., Inverso, E., & Grant, P. (2021, October). *We Don't Have Time! Revisiting the Interpersonal Process and Building Recovery, Resiliency, and Empowerment into the Nursing Relationship using Recovery-Oriented Cognitive Therapy (CT-R)*. Presented virtually as a pre-conference session at the annual conference of the American Psychiatric Nurses Association.

Arnold, S., Keifer, J., Grant, P. (2021, May) *Recovery-Oriented Cognitive Therapy in Forensic Settings – Finding Resilience*. Presented virtually as a webinar for the National Council For Behavioral Health Annual Conference.

Arnold, S. & Keifer, J. (2021, May) *Recovery-Oriented Cognitive Therapy for Justice Involved Individuals: A Transformative and Efficient Approach for Recovery, Empowerment, and Social Justice*. Presented virtually at the 22nd Annual Invitational Conference for CBT for Psychosis.

Arnold, S. & Keifer, J. (2021, March) *Recovery-Oriented Cognitive Therapy in Forensic Settings*. Presented virtually as a webinar for Beck Institute Center for Recovery-Oriented Cognitive Therapy. Bala Cynwyd, PA.

Keifer, J. (2020, September) *Recovery-Oriented Cognitive Therapy: Connection, Purpose, Empowerment*. Presented virtually for National Alliance on Mental Illness (NAMI), Orange County, NY.

Keifer, J. & Grant, P. (2020, June) *Recovery-Oriented Cognitive Therapy for Complex Medical Conditions: A Practical Approach to Empower and Promote Resiliency*. Presented virtually at the American Psychiatric Nurses Association Pennsylvania Chapter Southeast Regional Meeting.

Grant, P., Keifer, J., & Amighi, A. (2019, November) *Recovery-Oriented Cognitive Therapy: A Collaboration Empowering Your Most Stuck Clients*. Presented for the New York Office of Mental Health as a live televised state-wide grand rounds.

Keifer, J. & Grant, P. (2019, November) *Recovery-Oriented Cognitive Therapy for Delusions and Hallucinations: Building Connection, Developing Aspirations, Strengthening Resiliency, and Enabling Purpose*. Presented at the American Psychiatric Nurses Association Pennsylvania Chapter Southeast Regional Event.

Keifer, J., Inverso, E., & Grant, P. (2019, October). *Recovery-Oriented Cognitive Therapy: Empowerment Strategies for Self-injury and Aggression, Building Connection, Developing Aspirations, Strengthening Resiliency, Enabling Purpose*. Presented as a pre-conference session at the annual conference of American Psychiatric Nurses Association, New Orleans, LA.

Keifer, J., & Rifkin, A. (2018, November). *Recovery-Oriented Cognitive Therapy and Nursing*. Presented at annual meeting of The International Society for Psychology and Social Approaches to Psychosis, Philadelphia, PA.

Keifer, J., & Payne, E. (2018, November). *Promoting Recovery and Resiliency with Recovery-Oriented Cognitive Therapy*. Presented as the closing plenary at the 2018 NYS OMH Chief Nursing Officers Annual Nursing Conference, “Psychiatric Nurses as Change Agents in Mental Health Care and Recovery,” Albany, NY.

Keifer, J., Inverso, E., & Grant, P. (2018, October). *Recovery-Oriented Cognitive Therapy and Nursing*. Presented as a concurrent session at the annual conference of American Psychiatric Nurses Association, Columbus, OH.

Keifer, J., Brabender, V., Estell, R. (2017, March). *The Curious Case: Malingering Psychosis... or Something Else*. Presented as part of a Testing in Diagnosis and Treatment Symposium during the annual Society for Personality Assessment, Washington, DC.