

## Vita

**Sarah Joanna Kallick, Psy.D.**  
**Licensed Clinical Psychologist**  
**2530 Crawford, Suite 308**  
**Evanston, IL 60201**  
**(847) 809-5032**

### Professional Experience

- July 1999-  
Present  
Integrated Life Services, L.L.C.  
Evanston Illinois  
Founding Member of this Group Private Practice  
Activities include provision of individual, couples, family, and group psychotherapy for adults, children, adolescents, and families. Group treatments include time-limited, psychoeducational groups that teach cognitive skills to manage emotions, increase distress tolerance and improve interpersonal functioning, and long-term dynamic groups to effect character change and interpersonal growth. Couples therapy utilizes concepts of Imago Therapy and Schema Therapy. All forms of therapy utilize concepts from Dialectical Behavior Therapy, Relational Psychology, and Buddhist Psychology.
- January 1999-  
August 2001  
Ravenswood Hospital Community Mental Health Center,  
Chicago, Illinois  
Staff Psychologist, Adult Outpatient Dept.  
Responsibilities included performing individual, couples, family, and group psychotherapy with adults, adolescents, and children, providing clinical therapy supervision for doctoral level externs, and providing supervision of psychological testing for clinical psychology interns. Groups included brief skills groups using Dialectical Cognitive-Behavioral Therapy to teach emotion regulation, stress tolerance, and interpersonal effectiveness skills, and an ongoing insight-oriented process psychotherapy group.
- September 1994-  
January 1999  
Ravenswood Hospital Community Mental Health Center,  
Chicago, Illinois  
Crisis Worker and Therapist for both Adult and Child/Adolescent Outpatient Departments  
Responsibilities in the crisis office included managing suicide and other crisis calls on the 24-hour hotline in English, evaluating emergency room patients to determine need for psychiatric hospitalization as well as suicide and homicide risk, supervising and teaching externs, interns, social work students, and psychiatric residents in the crisis office, answering intake calls and directing callers to other resources or referring them to the appropriate programs within this agency, performing crisis evaluations on medical floors, consulting with various medical professionals in the hospital, evaluating and hospitalizing

patients with chemical dependence, and participating in liaison meetings between crisis and emergency room staff to coordinate services and maintain smooth working relations. Therapy responsibilities included performing individual, couples, and group psychotherapy with adults, children, and adolescents and providing clinical therapy supervision for doctoral level externs and a psychiatric resident. Groups include brief skills groups using Dialectical Cognitive-Behavioral Therapy to teach emotion regulation, stress tolerance, and interpersonal effectiveness skills, and an ongoing depth-oriented process psychotherapy group.

September 1988-  
June 1989

Discovery Education Corporation.  
Oakland, California

Child Development Teacher

Worked with elementary school-aged children in a child care enrichment program. Responsibilities included organizing and monitoring academic and recreational activities, rotating staff duties, and maintaining rapport with parents, teachers, and staff.

### **Education**

Psy.D.  
1992-97

Illinois School of Professional Psychology (APA approved)  
Chicago, Illinois

M.A.  
1990-92

Illinois School of Professional Psychology  
Chicago, Illinois  
Clinical Psychology

1989-90

California State University, Hayward, California  
Completed one year of M.A. program  
Clinical Child Psychology

B.A.  
1984-88

Occidental College, Los Angeles, California  
Major in Psychology, child psychology emphasis.

Academic Honors: Passed with Distinction, Psychology Departmental  
Comprehensive Examination.

### **Professional Interests**

Psychology of Women; Mother-Daughter Relationships; Healthy  
Entitlement

Child Abuse: Mediating factors and Resilience

Therapeutic Applications of Buddhist Psychology and Mindfulness  
Practice

Spiritual Development

Mindfulness-Based Group Psychotherapy

Intersubjectivity, Imago Therapy; Interpersonal Fulfillment

### **Professional Presentations Conducted**

- 02/18/09 2009 Annual Meeting of the American Group Psychotherapy Association, Workshop presented on Mindfulness-Based Group Psychotherapy
- 02/23/07 Presentation at Oakton Community College on Mindfulness and Treatment of Depression
- 4/28/05 Presentation at Loyola University, School of Social Work, on Mindfulness And Dialectical Behavior Therapy in Group Therapy
- 9/21/03 Presentation to the Unitarian Church of Evanston on the benefits of Mindfulness Practice
- 12/5/02 Presentation to the clinical staff at Lutheran General Hospital, Counseling Center on Mindfulness and Dialectical Behavior Therapy Skills Groups
- 6/21/02 Presentation to clinical staff of World Relief regarding the use of Mindfulness to assist clients in managing stress.
- 2/12/02 Public presentation through Ravenswood Hospital, Consultation and Education Program, on the Benefits of Mindfulness.
- 7/10/01 Public presentation through Ravenswood Hospital, Consultation and Education Program, on the Benefits of Mindfulness.
- 11/24/99 Presentation on Dialectical Behavior Therapy to clinical staff of Ravenswood Hospital, Community Mental Health Center.

### **Professional Affiliations**

Illinois Group Psychotherapy Society

Member, Training and Programming Committee

Co-Chair, IGPS Local Task Force Preparing for AGPA 2009 Annual Conference in Chicago

American Group Psychotherapy Association

Member

Illinois License Number: 071-005735

### **Publication**

- February 2004 Leifer, M., Kilbane, T., and Kallick, S. (2004). Vulnerability or Resilience to Intergenerational Sexual Abuse: The Role of Maternal Factors. *Child Maltreatment*, 9, 78-91.