

Milton C. Spett, Ph.D.
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Private Therapy Practice

1983 - Present in Westfield, New Jersey.
 1978 - 1992 in New York City.

1987- Present: Co-founder and co-leader of the New Jersey Association of Cognitive Behavior Therapists, a 200-member association of licensed mental health professionals.

Workshops Presented at New Jersey Psychological Association Conferences

2024 "Seven Generally Accepted Principles of Effective Cognitive Behavior Therapy."
 2022 "CBT vs. Medication Vs. Both for Anxiety, Depression, OCD, Panic, etc."
 2019 "Cognitive Behavior Therapy – 2019"
 2016 "Beyond ERP: 25 New Techniques for Greatly Increasing Your Success Rate in Treating OCD."
 2015 "What Really Causes Psychotherapeutic Change? – A Psychoanalytic View and a CBT View" with Nancy McWilliams.
 2013 "Advanced Cognitive Interventions for Anxiety Disorders"
 2012 "Cognitive Behavior Therapy for Bullying and Victims of Bullying." (with 3 other panelists)
 2011 "Exposure and Response Prevention for Panic, OCD, Phobias, and PTSD."
 2008 "Cognitive-Behavior Therapy – 2008" Full Day Specialization Track
 2006 "Working with Couples in Therapy" (with 3 other panelists)
 2005 "Cognitive-Behavioral Treatment of Low Self-Esteem"
 2002 "Three Couple Therapy Cases: New Techniques and Concepts"
 1996 "Cognitive Therapy and Psychoanalysis" (with Nancy McWilliams, Ph.D.)
 1994: "4-Factor Therapy of Depression"
 1991: "Psychotherapy of Intimacy Problems"
 1988: "Couple Therapy"
 1986: "Cognitive Therapy of Depression and Anxiety"

Other Workshops for Mental Health Professionals

"Seven 1-Session Cures of Moderate to Severe Mental Disorders." The Morris County Psychological Association, May 8, 2024.

"Seven 1-Session Cures of Moderate to Severe Mental Disorders." New Jersey Association of Cognitive-Behavior Therapists, October 29, 2023.

"Cognitive Behavior Therapy – 2022," a hybrid Zoom + in-person workshop. Continuing Education Program, Rutgers Graduate School of Applied and Professional Psychology, postponed until the Rutgers mask mandate is lifted.

"Social Anxiety Disorder – Why Cognitive Therapy is More Effective Than Exposure." New Jersey Association of Cognitive Behavior Therapists, May 31, 2020.

"Social Anxiety Disorder – Why Cognitive Therapy is More Effective Than Exposure." Morris County Psychological Association, January 8, 2020.

"CBT for OCD: Everything You Need to Know to Successfully Treat OCD," Continuing Education Program, Rutgers Graduate School of Applied and Professional Psychology, November 16, 2019.

"CBT for OCD: Everything You Need to Know to Successfully Treat OCD," Continuing Education Program, Rutgers Graduate School of Applied and Professional Psychology, May 3, 2019."

"A New CBT Treatment for Pain," New Jersey Association of Cognitive Behavioral Therapists, June 3, 2018.

"Acceptance Techniques vs. Cognitive Techniques for Panic, Social Anxiety, Phobias, and OCD," with Lynn Mollick, Ph.D., New Jersey Association of Cognitive Behavior Therapists, September 24, 2017.

"Cognitive Behavioral Treatment of Chronic Pain," Morris County Psychological Association, September 13, 2017.

"25 Ways to Prevent Stress and Burnout -- On the Job and in Your Personal Life, New Jersey Psychological Association Staff, March 10, 2017."

"OCD and Obsessive Compulsive Personality: Similar Symptoms, Different Treatments." New Jersey Association of Cognitive Behavior Therapists, July 14, 2015.

"Cognitive Behavior Therapy – 2015," Internship Colloquium, Trenton State Psychiatric Hospital, March 18, 2015.

"Cognitive-Behavior Therapy 2014." New Jersey Department of Human Services Internship Colloquium, May 7, 2014.

"Obsessive-Compulsive Personality and Obsessive-Compulsive Disorder: Similar Symptoms, Different Treatments." Morris County Psychological Association, May 14, 2014.

"A Tale of Two Clinical Perspectives: Psychodynamic and CBT Approaches to Treating a Woman with Depression and Multiple Anxiety Disorders." American Psychological Association Division 42 Annual Conference, Philadelphia, PA, October 12, 2013 (with Seth Warren).

"When Medication Facilitates CBT; When Medication Impedes CBT," Essex-Union County Association of Psychologists, January 25, 2013.

"Advance Clinical Practice Workshop: Difficult Patients and Difficult Dialogues," New Jersey Psychological Association Workshop. March 23, 2012

"New CBT Techniques and CBT for Low Self-Esteem," Mercer County Psychological Association, November 20, 2011

"Third Wave CBT: Dialectical Behavior Therapy, Mindfulness-Based Cognitive Therapy, Acceptance and Commitment Therapy, and Positive Psychotherapy." The Institute for Personal Growth, Highland Park, NJ, May 13, 2011.

"CBT for Depression and Low Self-Esteem," The Institute for Personal Growth, Highland Park, NJ, April 1, 2011.

"Cognitive-Behavior Therapy for Obsessive-Compulsive Disorder," Middlesex County Psychological Association, December 12, 2010.

"Cognitive-Behavior Therapy for Panic Attacks and OCD," The Institute for Personal Growth, Highland Park, NJ, November 5, 2010.

"How Cognitive-Behavior Therapy Has Changed Since Beck and Ellis. Monmouth-Ocean County Psychological Association, Spring Lake, NJ, Jan. 31, 2010.

"Cognitive-Behavior Therapy for Depression and Anxiety Disorders – 2009," Trinitas Hospital, Elizabeth, NJ, January 23, 2009.

"Recent Advances in Cognitive-Behavior Therapy." Morris County Psychological Association, Florham Park, NJ, January 14, 2009.

"Cognitive-Behavioral Treatment of Panic Attacks," Essex-Union County Association of Psychologists. September 21, 2008.

"Beyond Exposure and Response Prevention," New Jersey Obsessive-Compulsive Foundation, June 13, 2005.

"Might the Twain Meet?: A Challenging Treatment Case," Bergen County Psychological Association, March 6, 2005 (with David MacIsaac, Ph.D.).

"A Unified Approach to Treating Anxiety and Depression," the New Jersey Association of Cognitive Behavioral Therapists, September 19, 2004.

"Treatment of Depression: Psychotherapy vs. Medication vs. Both," Rockland County Psychological Society, April 24, 2004.

"Cognitive Couple Therapy," the New Jersey Association of Cognitive Behavioral Therapists, December 10, 2000.

"Intimacy Problems: Individual and Couple Therapy," New Jersey Association of Cognitive-Behavioral Therapists, Dec. 15, 1996.

"Five-Factor Treatment of Depression: Self-Esteem, Control, Connections, Experiencing Emotions, and Medication," American Day Treatment Center, November 20, 1996.

"Treatment of Depression: Cognitive-Behavior Therapy and Beyond," the New Jersey Association of Cognitive Behavioral Therapists, June 11, 1995.

"Cognitive-Behavior Therapy: Concepts, Techniques, Outcome," Morris County Psychological Association, Jan. 11, 1995.

"Panic Disorder: Diagnosis and Treatment," Union Hospital, Kenilworth, NJ, April 12, 1994 (with Lynn R. Mollick, Ph.D.).

"Psychotherapy of Intimacy Problems," one-day workshop, June 13, 1993, sponsored by The Association for Advanced Training in the Behavioral Sciences.

The following workshops sponsored by Academic Review:

"Psychotherapy of Depression Update," one-day workshop, Oct. 21, 1990.

"Psychotherapy of Anxiety, Phobias, & Panic Update," half-day workshop, Oct. 14, 1990.

"Eclectic Treatment of Depression & Low Self-Esteem," six 90-minute sessions, April 17 - May 22, 1990.

"Eclectic Treatment of Relationship Problems," half-day workshop, March 4, 1990.

"Eclectic Treatment of Relationship Fears & Problems," six 1 1/2 hour sessions, Oct. 10 - Nov. 14, 1989.

"Integrated Cognitive/Dynamic/Systems Marriage Counseling,"

one-day workshop, June 26, 1988.
 "Integrated Cognitive/Dynamic Therapy for Depression, "one-day workshop,
 April 10, 1988.

Publications for Mental Health Professionals

Every Wednesday Dr. Spett emails a one-page summary of CBT techniques, clinical vignettes, or research findings to members of the New Jersey Association of Cognitive Behavioral Therapists.

The following articles for mental health professionals were all published in the *New Jersey Psychologist*:

"Cognitive Therapy vs. Exposure for PTSD, Phobias, Social Anxiety, and Panic," Spring, 2015.

"Four New Findings for Treating Anxiety Disorders," (with Lynn Mollick, Ph.D.) Spring, 2015.

"Improving the Effectiveness of CBT for Insomnia," Spring, 2015.

"Two Little-Known CBT Techniques for Severe Depression," (with Lynn Mollick, Ph.D.) Spring, 2015.

"Recognizing and Treating Obsessive-Compulsive Personality Disorder: Do Not Confuse it With OCD," Spring, 2015.

"Cognitive Behavior Therapy – 2014: What's New, What's Important?" Fall, 2014.

"Acceptance and Commitment Therapy: The Hottest New Form of CBT" (with Lynn Mollick, Ph.D.), Fall, 2014.

"Cognitive Therapy vs. Exposure for OCD." (with Lynn Mollick, Ph.D.), Fall, 2014

"The 11 Most Important Forms of CBT in 2014," Fall, 2014.

"CBT for OCD: Cognitive, Behavioral, and Family Interventions," Winter, 2012.

"What's New in CBT? – Applying Exposure and Response Prevention to Panic, OCD, PTSD, Phobias, and a Wide Variety of Other Emotional Disorders," Summer, 2011.

"Exposure and Response Prevention, CBT's Most Powerful Intervention for Panic, OCD, PTSD, and Phobias," Spring 2011.

"What's New in Cognitive-Behavior Therapy," Winter, 2010.

"Psychotherapy of Intimacy Problems," Spring, 1993.

"Intimacy Issues," guest editor of special section, Spring, 1993.

"Paradoxical Family Therapy," Winter, 1989.

"What is Cognitive Therapy?," Winter, 1988.

"Biofeedback - Feedback," Spring, 1987.

The following articles were all published by the New Jersey Association of Cognitive Behavioral Therapists:

"Information Processing Therapy for the Psychological Causes of Chronic Pain," June, 2018.

"The Mindfulness Exercise System for the Physical Causes of Chronic Pain," June, 2019

"Obsessive-Compulsive Personality: The Overlooked Diagnosis," special supplement, June 2015.

"Exposure and Response Prevention: Contemporary CBT's Most Powerful Intervention," special supplement, 2011.

"Dysfunctional Cognitions: Should We Dispute, Question, Analyze, Accept, Validate, Ignore, Or Be Mindful of Them?" (with Lynn Mollick, Ph.D.) special supplement "Social Phobia," Jan., 2007.

"The Three Levels of Couple Therapy," 3 parts, Aug. 2006 – Jan. 2007.

"Cognitive-Behavioral Treatment of Low Self-Esteem," Feb. 2006.

"Schema Therapy for Personality Disorders," May, 2005.

"The Two Critical Components of All Psychotherapies: Experience the Emotion, Change the Cognition," Nov. 2004.

"CBT Vs. Drugs for depression," June, 2004

These and more articles are available at www.CBT-NJ.com/articles.html

The following book reviews were all published by the New Jersey Association of Cognitive-Behavioral Therapists:

"Reconcilable Differences" by Christiansen and Jacobson, December, 2000.

"Prozac Backlash" by Joseph Glenmullen, September, 2000.

"The Nurture Assumption," by Judith Rich Harris, March, 1999.

The following book reviews were all published by The Journal of Psychiatry and Law:

"Which Techniques Do We Really Need to Treat Panic Attacks?" Spring, 2008.

"Improving Outcomes and Preventing Relapse in Cognitive-Behavioral Therapy," edited by Martin Antony, Deborah Ledley, and Richard Heimberg. Winter, 2006.

"Clinical Handbook of Psychological Disorders," edited by David H. Barlow, Winter, 2002.

"Overcoming Resistance in Cognitive Therapy," by Robert Leahy, Spring, 2002.

"Depression in Context" by Christopher Martell, Michael Addis, and Neil Jacobson, Fall, 2001.

"The Seven Principles for Making Marriage Work," by John Gottman and Nan Silver, Summer, 2000.

"Expressing Emotion," by Eileen Kennedy-Moore and Jeanne Watson, Winter, 2000.

Other publications for mental health professionals

"Dysfunctional Cognitions: Should We Dispute, Question, Accept, Validate, Ignore, or Be Mindful of Them?" *Child and Family Behavior Therapy*, Winter, 2008.

"Is Depression an Emotional Disorder or a Cognitive Disorder?" *PsycCRITIQUES, Contemporary Psychology: The APA Book Review Journal*, Feb. 8, 2006.

"Psychotherapy Wars: What Is the Critical Component of Effective Psychotherapy?" *PsycCRITIQUES, Contemporary Psychology: The APA Book Review Journal*, June 27, 2005.

"Treating Anxiety Disorders: Drugs, Psychotherapy, or Both?" *PsycCRITIQUES, Contemporary Psychology: The APA Book Review Journal*, October 19, 2004.

New Jersey Psychological Association Activities

Executive Board Member, 2011 – 2012.

Insurance Committee Member, 2011 – 2013.

Steering Committee Member, NJPA Project on the Crisis in Mental Health Insurance, 2009 – 2011.

Internal Communications Committee Member, 2009 – 2010.

Editor, *Insurance Crisis Updates*, 2009 – 2010.

Executive Board Member, Essex-Union County Association of Psychologists, 2008 - 2010.

Ethics Editor of *The New Jersey Psychologist* and author of the quarterly column "Ethics I.Q.," 1994 - 1996.

Chair, NJPA Committee on the Practice of Psychology – Private Sector, 1986-1987.

Teaching Experience

1977 - 1993: A semi-annual 5-day course in New York City to prepare psychologists for the National Licensing Examination, including lectures on ethics, clinical, counseling, abnormal, behavior therapy, and social psychology. Average attendance: 400 per year.

1985 - 1997: A semi-annual one-day workshop to prepare New Jersey psychologists for the N.J. Oral Licensing Examination. Average attendance: 75 psychologists per year.

Education and Training

1977 - 1978: One-year full-time postdoctoral fellowship at the Postgraduate Center for Mental Health, New York City.

1973 - 1977: M.A. & Ph.D. in Clinical Psychology (A.P.A.-approved) from the New School for Social Research, New York City.

1975 - 1977: Two-year full-time clinical internship (A.P.A.-approved) at the Postgraduate Center for Mental Health, New York City.

Memberships and Licenses

New Jersey Licensed Psychologist (#1830), 1983 -present.

Union-Essex County Association of Psychologists, Member 2006 – present;

American Psychological Association, 1978 - present.

New Jersey Psychological Association, 1983 - present.

New York State Licensed Psychologist (#5788), 1978 - present.

Union Hospital Courtesy Medical Staff, 1988 - 1991.