

Allen Lambert, LCSW-S, CGP

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EDUCATION

- Certificate (in progress) Weekend Training Program in Modern Analytic Group Therapy, 2013-present
The Center for Group Studies – New York, New York
- MSSW Master of Science in Social Work, 2002, School of Social Work, The University of Texas at Austin, Austin, Texas
- BA History, Minor in Philosophy, 1991, The University of Texas at Austin, Austin, Texas

CERTIFICATIONS

- Certified Group Psychotherapist (057776), International Board for Certification of Group Psychotherapists, 2015
- Licensed Clinical Social Worker (S37454), State of Texas, 2005
- Social Work Supervisor, State of Texas, 2006
- Eye Movement Desensitization and Reprocessing (EMDR) Level 1 & 2, 2003 & 2005

PROFESSIONAL AND RELATED EXPERIENCE

- 01/2006 to present **Psychotherapist** in Private Practice, Austin, Texas
- Provide long-term individual, couples, and group psychotherapy to adults and late adolescents. Co-lead three ongoing modern analytic mixed gender, mixed sexual orientation groups, and lead two ongoing interpersonal process groups for gay men and lead short-term process groups for psychology and social work interns at the University of Texas at Austin Counseling and Mental Health Center. Expertise in group psychotherapy, working with LGBTQ individuals, relationships, living with HIV and other chronic illnesses, grief and loss, and anxiety disorders.
- 09/2009 to 07/2010 **Clinical Social Worker**, Mental Health, GS-12 Step 4, Veterans Administration Austin Outpatient Mental Health Clinic, Austin, Texas
- Performed assessments, evaluated, and treated Veterans individually and in groups with problems of personality, emotional adjustment, or mental illness.

PROFESSIONAL AND RELATED EXPERIENCE (continued)

Used therapeutic techniques within clinical privileges and scope of practice to assess lethality and perform psychotherapy with patients through both individual and group therapy. Led the anger management and stress management psycho-education groups, as well as an ongoing weekly psychodynamic process group for depressed veterans.

09/2005 to
09/2009

Senior Staff Social Worker, The University of Texas at Austin
Counseling and Mental Health Center, Austin, Texas

Conducted intake psychosocial assessments, case management, and brief individual therapy with undergraduate and graduate students reflecting an ethnically and culturally diverse student population. Provided crisis management interventions including hospitalizations when necessary, and worked with families and significant others to assist in management of care for students with serious mental illness, including psychotic disorders. Led and co-led numerous short-term therapy groups. Conducted numerous outreach activities including stress management, healthy boundaries, resident advisor training on helping students in distress, UT Police Academy Cadet training on responding to mental health, sexual assault, and relationship violence crises. Additionally provided on-call coverage for the UT CMHC, and responded to post-traumatic events including student and faculty deaths. Field instructor for the University of Texas at Austin School of Social Work, and supervised social work interns for their 10-month, 2nd Year internship experience. Supervised psychology interns and psychology practicum students in their group psychotherapy and individual practica. Created and developed *Stress Recess*, a stress management and intervention website which included videos, interactive games, and other psycho-educational materials designed to help students reduce their stress.

06/2002 to
12/2005

Staff Psychotherapist, Waterloo Counseling Center, Austin, Texas

Provided long-term individual and couples' therapy with adults reflecting an ethnically and culturally diverse population including varied sexual orientations and gender identities. Counseling issues included sexual orientation issues, gender identity and gender expression, grief and loss, stress, family of origin issues, depression, anxiety, PTSD, relationship issues, chemical dependency, and ACoA issues.

08/2002 to
08/2005

Staff (Contract) Psychotherapist, The University of Texas at Austin
Counseling and Mental Health Center, Austin, Texas

Conducted intake psychosocial assessments, case management, and brief individual therapy with undergraduate and graduate students reflecting an ethnically and culturally diverse student population. Counseling issues included identity development, sexual orientation issues, grief and loss, stress, family of origin issues, depression, anxiety, relationship issues, chemical dependency, PTSD, and ACOA issues. Conducted intake assessments and referrals for long-term therapy, and conducted crisis intervention and assessment interviews. Conducted outreach on the UT Austin campus and other venues on a variety of subjects including perfectionism, stress reduction, communication, GLBT dating issues, resident advisor training and other topics as requested.

PROFESSIONAL AND RELATED EXPERIENCE (continued)

- 12/2002 to 05/2003 **Group Leader**, St. Austin's Catholic School, Austin, Texas
- Led a social / emotional learning group for 7th and 8th grade boys focusing on personal boundaries, peer pressure, gender differences, and values exploration. Presented anti-bullying lessons to 4th, 5th, and 6th grades to reduce conflict and facilitate communication.
- 08/2001 to 05/2002 **Social Work Intern**, The University of Texas at Austin Counseling and Mental Health Center, Austin, Texas
- Conducted brief therapy with undergraduate and graduate students reflecting an ethnically and culturally diverse student population. Counseling issues included identity development, sexual orientation issues, grief and loss, stress, family of origin issues, depression, anxiety, relationship issues, chemical dependency, and ACoA issues. Conducted intake assessments and referrals for long-term therapy, and conducted crisis intervention and assessment interviews. Co-led a gay and bisexual mens' support group, and a CBT-oriented anti-anxiety group for people with symptoms of generalized anxiety disorder. Conducted educational outreach presentations for student groups.

TEACHING EXPERIENCE

- 02/2019 **Faculty**, AGPA 2019 Annual Conference, "Forming and Maintaining the Modern Analytic Group Practitioner," Elliot Zeisel, Ph.D., LCSW, CGP, DFAGPA, Chair, Patricia Florence, LCSW, CGP, Allen Lambert, LCSW, CGP, and Teresa Snell, LCSW, CGP.
- Presented paper on transference resistance and resistance to transference entitled, "Let the Right Ones In," which included personal examples and clinical case examples illustrating the differences between resistance to transference and transference resistance, and how the presenter worked with that personally and professionally.
- 11/2018 **Process Group Leader**, Austin Group Psychotherapy Society Annual Conference, "Cultivating the Secure Base with Aaron Black, Ph.D., CGP."
- Led a process of group of 13 attendees in three, 2-hour sessions over the two-day conference. Attendees ranged in experience from those who had never been in a group before, to those who had been in group therapy for over twenty years. Utilized modern analytic group techniques to facilitate processing material stimulated by the conference leader and the demo group.

TEACHING EXPERIENCE (continued)

- 11/2018 to present **Guest Lecturer**, Group Psychotherapy, the University of Texas at Austin Steve Hicks School of Social Work.
- Lectured on Modern Analytic Group Psychotherapy techniques and led a 1 ½ hour demonstration group with graduate students in the Social Work program.
- 11/2014 **Institute Leader**, Competition in Groups: From Envy to Intimacy

Austin Group Psychotherapy Society, Austin, Texas

Co-led a two-day institute for students and new professionals. Modeled on a typical two-day AGPA institute, this institute used experiential and didactic instruction to help participants examine the impact of envy, jealousy, and competition on the development of emotional intimacy in groups.

PRESENTATIONS AND PUBLICATIONS

Lambert, A. (2017) *Consultation, please*. Contributing consultant in the AGPA/IBCGP Group Circle.

Lambert, A. (2017) *Voice of experience*. Contributing consultant in the Austin Group Psychotherapy Society newsletter.

Lambert, A. (2011) Stress management. Presentation to Trane employees, Austin, Texas.

Lambert, A. (8/2009) *Stress Recess*. <https://www.cmhc.utexas.edu/stressrecess/>

PROFESSIONAL AFFILIATIONS

National Association of Social Workers
Member since 2000

Austin Group Psychotherapy Society
Member since 2009
Institute Leader, 2014
Board of Directors Member-at-Large 2010-2012
CEU Chair
Website Chair

American Group Psychotherapy Association
Clinical Member since 2010
Annual Meeting Attendee since 2012