

Teresa Flynn, Ph.D.

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EDUCATION

Washington University, St. Louis MO
Clinical Psychology: M.A. 1983, Ph.D. 1986

University of Dayton, Dayton OH
Psychology, summa cum laude, Bachelor of Arts, 1979

CLINICAL EXPERIENCE

Treatment and Assessment

2008 to present

Private practice
225 South Meramec Avenue, Suite 216

1995 through 2007

Anxiety Disorders Center, St. Louis Behavioral
Medicine Institute, St. Louis MO. Cognitive-
behavioral treatment of phobias, panic disorder,
obsessive-compulsive disorder, generalized
anxiety disorder, social phobia, separation anxiety,
depression, and other psychological conditions.
Outpatient and intensive day treatment of all ages.

1990-1995

Anxiety Disorders Center, St. Louis University
Medical Center, St. Louis MO. Outpatient treatment
of the full range of anxiety disorders, general
psychotherapy, consultation.

1989-1990

Behavioral Medicine Center. Jewish Hospital, St.
Louis MO. Treated outpatients with depression,
anxiety disorders, chronic pain, stress-related
disorders; provided case supervision.

1987-1989

Diagnostic-Treatment Center, St. Louis Juvenile Court,
St. Louis MO. Psychological assessment of children,

adolescents, and adults; psychotherapy with individuals, groups, and families; workshop presentations.

- 1986-1987 St. Louis University Medical Center, St. Louis MO. Postdoctoral Fellowship in Behavioral Medicine. Specialized training in two major areas:
- 1986-1988
1986-1989 Anxiety Disorders Center: Provided treatment for outpatients suffering from phobias, panic disorder, generalized anxiety disorder, and obsessive-compulsive disorder.
- Behavioral Treatment Unit: Psychologist for multidisciplinary inpatient team treating anxiety disorders, depression, and personality disorders. Participated in research, teaching.
- 1985-1986 Jane Crider Mental Health Center, St. Charles, MO. Staff clinician. Psychotherapy with individuals and families in a community mental health center.
- 1984-1985
1984-1986 Washington University Psychological Service Center. Clinical Associate. Intakes, referral, diagnostic assessment and psychotherapy.
- 1983-1984
1983-1985 Western Missouri Mental Health Center, Kansas City MO. Psychology internship, consisting of four rotations: Adult inpatient services, adolescent treatment, behavioral medicine, and neuropsychology.
- 1983-1986
1983-1987 The Children’s Center for Behavioral Development, East St. Louis IL. Psychological testing.
- 1979-1981 Child Center of Our Lady of Grace, St. Louis MO. Full-time employment coordinating activities for emotionally disturbed children in a residential treatment center.

PRESENTATIONS

Pollard, C.A., Pollard, H., Mitchell, G., and Flynn, T. (2003). Recovery Avoidance: “Why Isn’t He Trying to Get Better?” Paper presented at the annual meeting of the Obsessive-Compulsive Foundation, Nashville TN.

Mitchell, G., and Flynn, T.(1998) Intensive Behavioral Treatment for OCD: Advantages, Disadvantages, and Misconceptions. Paper presented at the annual meeting of the Obsessive-Compulsive Foundation, St. Louis MO.

Flynn, T., Pollard, C.A., And Carmin, C. (1994) Exposure to taped re-enactments of feared social catastrophe: successful treatment of three previously refractory cases of social anxiety. Paper presented at the annual meeting of the Association for Advancement of Behavior Therapy, San Diego CA.

Flynn, T., Markway, B., and Pollard, C.A.(1992). Cognitive content and social phobia: Gender differences and relationship to depression, social sensitivity, and assertiveness. Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Boston MA.

Flynn, T. (1987) Use of mobile phones in driving phobias.(1987) Paper presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Boston MA.

PROFESSIONAL ACTIVITIES AND COMMUNITY PRESENTATIONS

1986 to present: Multiple talks as invited speaker on anxiety disorders at Washington University Department of Psychology(talks to graduate students and to faculty), invited speaker at local Obsessive-Compulsive Support Group, John Burroughs School, Clayton School District, Parkway School District.

TEACHING AND SUPERVISION EXPERIENCE

Spring 2008	St. Louis University Medical Center, Department of Psychiatry, Guest Lecturer to Residents: Cognitive-Behavioral treatments
2001 through 2007	St. Louis Behavioral Medicine Center. Supervisor for Postdoctoral Fellows
2006-2007	Appointed Adjunct Faculty, University of Missouri St. Louis, Department of Psychology, Graduate Division. Served as Clinical Team Supervisor
Spring and Fall 1985	Department of Psychology, Washington University. Instructor, Course in Personality Theories.

PUBLICATIONS

Flynn, T., Taylor, P., & Pollard, C.A.(1992). Use of mobile phones in the behavioral treatment of driving phobias, Journal of Behavior Therapy and Experimental Psychiatry, 23, (4), 299-302.

Markway, B., Carmin, C., Pollard, C.A., & Flynn, T.M (1992). Dying of Embarrassment: Help for Social Anxiety and Phobias. Oakland CA: New Harbinger Publications, Inc.

Pollard, C.A., Ibe, O., Krojanker, D., Kitchen, A., Bronson, S., & Flynn,T. (1991). Clomipramine treatment of trichotillomania: A follow-up report on four cases, Journal of Clinical psychiatry, 52, 128-30.

Flynn, T., and Storandt, M. (1990). Supplemental group discussions in memory training for older adults, Psychology and Aging, 5, 178-181.

Pollard, C.A., Detrick, P., Flynn, T., and Frank, M. (1990). Panic attacks and related disorders in alcohol dependent, depressed, and non-clinical samples, Journal of Nervous and Mental Disease, 178, 180-185.

REFERENCES

C. Alec Pollard, Ph.D
Director, Anxiety Disorders Center
St. Louis Behavioral Medicine Institute
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Amy Bertelson, Ph.D.
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