

**ZOE SILVER, LICSW**  
(617) 798-1068  
zoersilver@gmail.com

## **EDUCATION**

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**Boston Graduate School of Psychoanalysis, Brookline, Massachusetts** 2023 – Current  
Working towards Doctorate in Psychoanalysis (PsyD)

**Boston College School of Social Work, Boston, Massachusetts** 2017 – 2019  
Master of Social Work, Clinical Program, Health and Mental Health Concentration

**Skidmore College, Saratoga Springs, New York** 2010 – 2014  
Bachelor of Arts in Psychology, Minor in Anthropology

## **LICENSES**

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**Licensed Independent Clinical Social Worker**  
Massachusetts License: 000124180

## **HONORS, AWARDS, & PROFESSIONAL SOCIETIES**

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Boston College Dean's Academic Excellence Award 2019  
Boston College Merit Scholarship 2017  
Reaching for Excellence Scholarship Smith College School of Social Work 2016  
Phi Beta Kappa Society Member 2014  
Psi Chi Society Member 2014  
Magna Cum Laude at Skidmore College 2014  
Skidmore College Honors Forum Member 2014  
Skidmore College Student Government Association Senior Leadership Award 2014  
Skidmore College Parents Council Funded Internship Award 2012  
Skidmore College Psychology Departmental Honors 2011 – 2014  
Skidmore College Dean's List 2010 – 2014

## **PROFESSIONAL EXPERIENCE**

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**Boston College School of Social Work, Chestnut Hill, MA** 2023 – Present  
*Adjunct Professor*

- Teach Basic Skills in Clinical Social Work and Clinical Skills with Adults

**Brookline Center for Community Mental Health, Brookline, MA** 2022 – Present  
*Clinical Supervisor, Outpatient Department*

- Provide clinical supervision to early career clinicians

*Licensed Clinician, Outpatient Department*

- Provide ongoing psychotherapy to a small caseload of adult clients

*Licensed Clinician, Brookline Housing Authority (BHA) Clinical Program (2022 – 2024)*

- Provide short-term therapy and tenancy preservation services to residents of BHA

**Private Practice, Somerville, MA**

2021 – Present

*Licensed Psychotherapist*

- Provide outpatient psychotherapy to adults (individuals and couples)

**Cambridge Health Alliance (CHA), Cambridge, MA**

2019 – 2021

*Social Work Fellow, Program for Psychotherapy*

- Provided weekly and twice weekly individual and couples psychodynamic psychotherapy to 20+ adults with a range of diagnoses and symptom acuity
- Conducted intake interviews and evaluations, wrote detailed reports and biopsychosocial formulations, completed risk assessments, treatment plans, and weekly progress notes
- Collaborated with an interdisciplinary team and made referrals along the continuum of care
- Conducted research on dynamics in psychotherapy
- Participated/ presented in case conferences, clinical, professional development and reading seminars
- Co-lead peer support seminar for social work interns
- Participated in organizing to improve anti-racist pedagogy in social work curriculum and address systemic barriers to equitable care

**Emily Pilowa, LLC, Brookline, MA**

2018 – 2021

*Private Practitioner (2020 – 2021)*

- Provide individual and couples psychotherapy to a small caseload of patients under supervision

*Research/ Practice Assistant (2018 – 2021)*

- Planned and developed *Introduction to Sex Therapy Seminar*, moderated introductory and advanced seminar on Sex Therapy
- Researched and prepared materials for publication on “strategic disengagement” for couples

**Cambridge Health Alliance (CHA), Cambridge, MA**

2018 – 2019

*Social Work Intern, Outpatient Psychiatry Department*

- Provided individual and group therapy to 10+ patients across multiple clinical teams with a focus on individuals with primary psychotic illnesses, including first-episode psychosis
- Participated & presented in seminars on psychodynamic formulation, practice, and psychotherapy

**Brookline High School, Brookline, MA**

2017 – 2018

*Social Work Intern, Bridge for Resilient Youth in Transition Program*

- Provided therapeutic check-ins, milieu counseling, crisis intervention, and psychoeducation
- Developed programmatic family engagement strategies and provided family case management
- Co-led weekly social skills therapy group at Brookline Community Mental Health Center

**Brookline Community Mental Health Center (BCMHC), Brookline, MA**

2015 – 2017

*Senior Case Manager for Healthy Lives Program (Promoted from Case Manager in 2016)*

- Provided care coordination and advocacy for patients with comorbid medical/mental illness
- Supervised and trained case managers and developed program training materials

*Program Coordinator for Safety Net Program (2016 – 2017)*

- Administered emergency rental assistance to clients facing housing instability

**Just-A-Start House, Somerville, MA** 2014 – 2015  
*Case Manager* (Promoted in 2015)

- Provided wraparound case management services to all 12 residents and their children, including connecting clients to social services to support their well-being and independence
- Completed intakes and biopsychosocial assessments
- Ran trauma-informed, strengths-based programming including weekly expressive therapy group

*Direct Service Advocate* (2014 – 2015)

- Supported life-skills and parenting development for caseload of 4 residents and their children
- Served as liaison for local Early Intervention and Healthy Families programs
- Conducted weekly Community Meeting with staff and residents

**Skidmore College Health Promotions, Saratoga Springs, NY** 2011 – 2014  
*Peer Health Educator*

- Planned and facilitated health awareness programs on campus; provided peer counseling

## RESEARCH EXPERIENCE

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**Principle Investigator/Co-Author, Program for Psychotherapy, CHA** 2019 – 2021

- Served as PI for two projects: 1) exploring impact of telehealth on patient engagement, and 2) the use of standardized assessment for suicide in long-term treatment
- Co-researched and authored two projects: 1) exploring patient experiences in psychotherapy, including variation by race/ethnicity, and 2) consultation in crisis during COVID-19

**Research Assistant, Emily Pilowa, LLC** 2018 – 2021

- Completed literature review on neurobiology of conflict in relationships and developed reports for presentation and publication on strategic disengagement for couples
- Researched and developed materials for clinical training on topics related to sex and sexuality in psychotherapy

**Research Coordinator, Social Service Database Project, BCMHC** 2017 – 2018

- Conducted focus groups about need for centralized social service database and prepared an environmental scan for the Massachusetts Health and Hospital Association

**Research Coordinator, Healthy Lives Outcome Measure Validation Study, BCMHC** 2016 – 2017

- Completed IRB proposal for a study to validate program evaluation measure

**Psychology Honors Thesis, Skidmore College** 2014

- Completed undergraduate thesis entitled “The Effects of Parenting Style on Children’s Emotional Experience, Motivation and Health Behaviors”

## PUBLICATIONS

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Silver, Z., Coger, M., Barr, S., & Drill, R. (2020). Psychotherapy at a public hospital in the time of Covid-19: Telehealth and implications for practice. *Counselling Psychology Quarterly*, 1–9. <https://doi.org/10.1080/09515070.2020.1777390>

Richardson, H., Ernst, J., Drill, R., Gill, A., Hunnicutt, P., Silver, Z., Coger, M., & Beinashowitz, J. (2023). In the patient’s own words: A qualitative study of what patients find helpful in psychodynamic psychotherapy. *The Journal of Mental Health Training, Education and Practice*, 18(4), 325–337. <https://doi.org/10.1108/JMHTEP-06-2022-0041>

**COMMITTEES**

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White Accountability Space, BCMHC	2022 – 2024
Guest Participant, Social Work Education Committee, CHA	2020 – 2021
Diversity Committee, BCMHC	2015 – 2017
Dean’s Drug and Alcohol Task Force, Skidmore College	2013 – 2014

**TRAININGS AND SEMINARS**

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Ethics in Mental Health Counseling, BGSP	2023
Fellowship, Psychodynamic Couples and Families Institute of New England	2022 – 2023
Moving Towards Antiracism, NEAFAST	2022 – 2023
Decolonizing Psychotherapy, Reflective Spaces/ Material Places	2020 – 2022
Dream Seminars, Department of Psychiatry, CHA	2020 – 2021
Multicultural Diversity Seminar, Department of Psychiatry, CHA	2020
Trauma Seminar, Victims of Violence Program, CHA	2020
Institutional Diversity Training Series, BCMHC	2017
Motivational Interviewing Training, The Bridge	2017
Social Security Benefits Training, MCLE	2017
Psychodynamic Group Observation, BCMHC	2016 – 2017
Weekly Speaker Series on Clinical Practice, BCMHC	2015 – 2017
Good Enough Parenting: Overcoming Emotional Obstacles, BGSP	2015

**LANGUAGE SKILLS**

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Intermediate Spanish – <i>Spanish for Social Workers Certificate</i> , Boston College	2018
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