

Mark A. Sperber
Curriculum Vitae

July 2022

Personal:

Work Address: 3418 Mercer St., Ste. 201
Houston, Texas 77027
Phone: (713) 389-0329
E-mail: sperber@counselingmail.com
Licenses: Licensed Professional Counselor - Supervisor, Texas #65899
Licensed Marriage and Family Therapist, Texas #201651

Current Positions:

Sperber Counseling, PC, Houston, TX

Psychotherapy – Private Practice **October 2013 – Present**

- **Provided individual therapy for anxiety, mood disorders, and relationship challenges using Acceptance and Commitment Therapy (ACT)**
- **QEEG Assessment and Neurofeedback for ADHD, anxiety, and mood disorders (BCN mentored by Chris Friesen, PhD and Mark Jones, PhD)**
- **Trained and certified in Prolonged Exposure for PTSD by Strong Star Training Initiative - 2020**

Presentations:

Sperber, M. A. (July 2018). *Training psychological flexibility: An experiential introduction to the ACT matrix*. Lecture presented at the meeting of *Southeast Texas ACBS*, Houston, TX. (1.5 Hour training).

Sperber, M. A. (January 2018) *A primer to Acceptance and Commitment Therapy (ACT)*. Presentation at SEARCH Homeless Services, Houston, TX.

Hess, E. A., **Sperber, M. A.**, & McCants, N., (2017, October). *Suicide assessment and safety planning in primary care*. Presentation at the annual meeting of the Collaborative Family Healthcare Association, Houston, TX.

Maguire, N.J., Barker, S.L., **Sperber, M. A.** & Buck, D.S. (October 2017). *Values-based care training*. Lecture presented at Patient Care Intervention Center, Baylor College of Medicine. Houston, TX.

Sperber, M. A., & Ogbeide, S. A. (2015, October). *A path from depression to ACTION: A clinical pathway for depression informed by Acceptance and Commitment Therapy*. Poster

presented at the annual meeting of the Collaborative Family Healthcare Association, Portland, OR.

Sperber, M. A., Buck, D.S., Benson, J. (2016, May). *Working together to deliver physical-behavioral health integration for people experiencing chronic homelessness.* National Healthcare for the Homeless Conference and Policy Symposium, Portland, Oregon.

McCants, N., & **Sperber, M. A.** (2015, May). *Healing connections,* Lecture presented at Baylor College of Medicine meeting of Compassion and the Art of Medicine, Houston, Texas.

Publications:

Eckstein, D., Aycock-Miller, K., **Sperber, M. A.,** McDonald, J., Wiesner, V. V., Watts, R. E. & Ginsburg, P. (2010). A review of 200 birth order studies: Lifestyle characteristics. *The Journal of Individual Psychology, 66* (4).

Sperber, M. A. (2009). Synopsis on 180 statistically significant studies on birth order: Researching personality and family dynamics. In D. Eckstein, *Psychological Fingerprints.* Dubuque, IA: Kendall Hunt.

Education:

Sam Houston State University, Huntsville, TX
Master of Arts in Counseling, LPC & LMFT Track
GPA 4.0/ 4.0

August 2009

Hastings College, Hastings, NE
Bachelor of Arts in Social Science and Education
GPA 3.7/ 4.0

December 2000

Relevant Training (Neurofeedback):

BCN Mentor - Chris Friesen, PhD

July 2020 - Present

BCN Mentor - Mark Jones, PhD

January 2021 - June 2022

**Saybrook University
Pasadena, CA**

September 2019

Foundations of Psychophysiology – The Biological Basis of Behavior - Rich Sherman, PhD

Attended the Meeting of the Association of Applied Psychophysiology and Biofeedback (AAPB)

Denver, CO

March 2019

**Stress Therapy Solutions BCIA Bootcamp for Neurofeedback
Fort Worth, TX**

March 2019

Prior Employment:

Healthcare for the Homeless – Houston, TX

January 2015 - August 2020

Behavioral Health Consultant

- **Provide brief behavioral health interventions using Primary Care Behavioral Health (PCBH) model of care**

- **Participate as team-member of integrated primary care practice with homeless individuals**

**Chambers Counseling and Consulting,
Houston, TX, and The Woodlands, TX
2013**

February 2011– October

Psychotherapist

- **Provided individual and couples therapy in an outpatient setting**

- **Serviced Employee Assistance Program clients using brief solution-focused techniques**

Prevention and Recovery Center, Houston, TX

Memorial Hermann Hospital System

January 2010 – March 2011

Adolescent Counselor

- **Provided individual, family and group counseling for adolescents in a residential setting**

- **Created and facilitated weekly parent and multi-family groups**

- **Collaborated with psychiatrists in the development and implementation of interventions**