

# Mark A. Sperber

## *Curriculum Vitae*

August 2023

### **Personal:**

Work Address: 3418 Mercer St., Ste. 201  
Houston, Texas 77027  
Phone: (713) 389-0329  
E-mail: msperber@intention-focus.com  
Licenses: Licensed Professional Counselor - Supervisor, Texas #65899  
Licensed Marriage and Family Therapist, Texas #201651  
Board Certified in Neurofeedback (BCN) #E6974 - BCIA

### **Current Positions:**

#### **Center for Intention and Focus, Houston, TX**

#### **Psychotherapy – Private Practice**

**October 2013 – Present**

- **Provide 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 – board certified by BCIA – E6974)**
- **Trained and certified in Prolonged Exposure for PTSD by Strong Star Training Initiative – 2020**
- **ADHD Comprehensive evaluation using CPT, IQ, LD screener, Diagnostic Interview, personality assessment, and qEEG, Mentored by Chris Friesen, PhD, Barbara Minton, PhD**

### **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.**, 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.

**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.

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):**

**Attended the Meeting of International Society of Neuronal Regulation (ISNR)**

**Dallas, TX**

**August 2023**

**BCN Mentor - Chris Friesen, PhD**

**July 2020 – Present**

**Also mentored in use of NEO-PI, PAI, RIAS-2, AAB and other psychological measures**

**BCN Mentor – Barbara Minton, PhD**

**June 2022 – Present**

**Saybrook University**

**September 2019**

**Pasadena, CA**

**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**

- **Provided brief behavioral health interventions using Primary Care Behavioral Health (PCBH) model of care**
- **Participated as team-member of integrated primary care practice with homeless individuals**

**Chambers Counseling and Consulting,**

**Houston, TX, and The Woodlands, TX**

**February 2011– October 2013**

**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**