

# ALEXANDER DANIEL KOHL, PhD, LPC, ASDCS

Psychotherapist (LPC#009495)

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## CLINICAL SUMMARY:

Provide therapy services for adolescents and adults using an integrative, client-centered approach grounded in the biopsychosocial model. Incorporate evidence-based modalities such as Cognitive-Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), mindfulness-based techniques, emotion-focused, and psychodynamic approaches. Utilize interventions including accelerated-resolution therapy, hypnotherapy, neurotherapy, biofeedback, and traditional talk therapy. Specialized focus on anxiety, depression, substance use disorders, neurodivergence (ASD and ADHD), low self-esteem, and life transitions.

## EDUCATION

### **Ph.D. 2008 – 2016**

Clinical Psychology & Neuropsychology

Georgia State University – Completed all clinical training and coursework

Saybrook University – Doctoral Thesis: *Understanding Mental Fatigue: A Grounded Theory Study*

### **M.S. 2006 – 2008**

Behavioral & Neural Sciences

Rutgers University – Center for Molecular and Behavioral Neurosciences

UMDNJ (University of Medicine and Dentistry of New Jersey) – Biomedical Sciences

Master's Thesis: *The Neural Correlates of Cognitive Fatigue in Traumatic Brain Injury using fMRI*

### **B.A. 2001 – 2005**

Drew University, Madison, NJ

Biology major GPA 3.4

Drew International Seminar (2002) and Semester Abroad in Chile (2003)

## CERTIFICATIONS & ADVANCED TRAINING

- Certified SMART Recovery Facilitator
- Certified Autism Spectrum Disorder Clinical Specialist
- Certified Professional Counseling Supervisor
- Certified Clinical Hypnotherapist
- Accelerated Resolution Therapy
- Board Certified Telemental Health Provider
- Emotionally Focused Couples Therapy & Gottman Method
- Emotionally Focused Individual Therapy
- Certified Life Coach
- Neurotherapy & Biofeedback

## CLINICAL & PROFESSIONAL EXPERIENCE

### **• North Metro Psychological Services**

- 10/1/25 – Current: Provide neurodiversity-affirming, evidence-based therapy for individuals with autism, ADHD, depression, anxiety, and substance use disorders. Skilled in fostering self-understanding, emotional regulation, and resilience through an integrative therapeutic approach. Also facilitate a mindfulness-based therapy group focused on grounding, stress reduction, and improving present-moment awareness.

- **Talk it Out**
  - 5/15/20 – 10/1/25: Owner and clinical director: Provided individual and family therapy for adolescents and adults experiencing a wide range of mental health concerns. Also provided ketamine assisted psychotherapy (KAP). Led clinical programming and ensured quality of services.
- **Headway**
  - 12/15/2024 – 9/20/25: Provided psychotherapy to Georgia residents experiencing a wide array of mental health concerns. Paneled with Anthem Blue Cross Blue Shield, Aetna, Quest Behavioral Health.
- **Invictus Clinic**
  - 05-20-2020 – Current: Provide ketamine assisted psychotherapy (KAP) as well as conducts psychological assessments for ketamine treatment for clients with anxiety, depression and PTSD.
- **BetterHelp.com**
  - 2016-2025: Provided online distance therapy to domestic (limited to the state of GA) and international clients (rules and regulations permitting). Online counseling services consist of asynchronous (messaging) and synchronous (video/phone) forms of communication. Provided psychotherapy to clients in 34 countries.
- **Brightside Health**
  - 2024: Provided teletherapy to adults in the state of Georgia experiencing a wide array of mental health concerns, such as trauma, panic disorder, social anxiety, and homelessness.
- **The Injury Specialists**
  - 2024: Provided psychotherapy to personal injury victims (i.e. motor vehicle accidents or assault).
- **Neurotherapy Associates**
  - 8/1/17 – 5/15/20: Provided individual and family therapy for adolescents and adults experiencing various mental health concerns, including anxiety, depression, addiction, bipolar disorder, loss/grief, trauma, and ADHD/academic underachievement.
- **DecisionPoint Wellness Center – Executive Clinical Director**
  - 8/1/17 – 8/15/19: Dually appointed to oversee both mental health care services and intensive outpatient substance abuse program. Provided clinical supervision to ensure a high standard of care and coordinates treatment efforts with both substance abuse counselors and mental health therapists.
- **Georgia Ketamine Clinic**
  - 1/1/17 – 5/1/2020: Provided psychological assessments for ketamine treatment for clients with anxiety, depression and PTSD.

- **DecisionPoint Wellness Center – Clinical Director of Mental Health Services**
  - 8/1/15 – 8/1/17: Developed and oversaw Mental Wellness Membership Program through hiring, evaluating, scheduling, coordinating client services, and providing supervision. Conducted all intake assessments and created customized Care Plans for all incoming clients, as well as created co-occurring treatment plans for clients admitted to DecisionPoint Wellness Center's intensive outpatient program for substance use disorders. Direct client care included providing individual, group therapy, neurotherapy, and biofeedback services. Responsibilities also included facilitating business development and improving marketing strategies.
- **Alpharetta/Johns Creek and Marietta Counseling for Children & Adults:**
  - 9/1/15 – 4/1/17: Individual, couples, and family therapy for adolescents and adults experiencing various issues and disorders – Addiction, depression, anxiety, relationship difficulties, couples counseling, LGBT issues/gender identity, school difficulties/bullying, self-identity, low self-esteem, life transitions, family and marital problems, trauma, loss/grief, self-harm, specific phobias, OCD, traumatic brain injury & stroke, dementia/Alzheimer's Disease.
- **Alana Recovery Center:**
  - 11/1/16 – 1/1/17: Provided individual therapy and led process, skills based, and meditation groups for clients with substance use disorders in an intensive outpatient setting.
- **Georgia State University Psychology Clinic:**
  - 8/15/09 – 9/15/14: *Graduate Student*: Psychotherapist for children, adults, and families experiencing difficulties with depression, anxiety, developmental disabilities, autism, learning disorders, and orthopedic injuries – Clinical hours: 690 direct contact & 900 supervision.
- **Children's Healthcare of Atlanta – Department of Neuropsychology:**
  - 5/15/12 – 8/1/12: *Graduate Student*: Implemented cognitive Remediation for children with neurological and developmental disorders in both an inpatient and outpatient setting in a children's hospital.
- **Shepherd Center**
  - 8/15/13 – 3/1/14: *Graduate Student*: Provided individual and group therapy in an outpatient setting for adolescents and adults with traumatic brain injury
- **Caminar Latino**
  - 5/15/12 – 12/15/12: *Graduate Student*: Provided comprehensive intervention services for Latino families affected by domestic violence.

#### **Assessment Services:**

- **Georgia State University – Reagent's Center for Learning Disorders:**
  - 8/15/10 – 9/15/14: *Graduate Student*: Conducted neuropsychological assessments on college students for diagnostic and school accommodation purposes.
- **Georgia State University – Department of Clinical Neuropsychology:**
  - 8/15/08 – 8/15/10: *Graduate Student*: Conducted neuropsychological testing on adult survivors of childhood brain tumor and Georgia State University undergraduates.

- **Children's Healthcare of Atlanta – Department of Neuropsychology:**
  - 8/15/10 – 7/1/11: *Graduate Student*: External practicum conducting neuropsychological assessments on children and adolescents in an outpatient setting.
- **Shepherd Center**
  - 8/15/13 – 3/1/14: *Graduate Student*: External practicum conducting neuropsychological assessments for adolescents and adults with traumatic brain injury.

## **Professional Experience:**

- **Continuing Education Unit Presenter**
  - **The Neurobiology of Burnout & Compassion Fatigue**  
I teach how chronic stress and empathy overload alter key brain systems, leading to emotional depletion and impaired regulation. This training gives clinicians practical, brain-based strategies to restore resilience.
  - **Neuroscience of Relationships and Attachment**  
I explain how attachment patterns form in the brain and how neural systems shape emotional closeness, trust, and conflict. Clinicians learn tools to strengthen secure attachment and relational functioning.
  - **Depression and the Brain**  
I present how depression disrupts reward pathways, motivation, and cognitive networks, and how therapy restores healthy neural activity. The focus is on translating brain science into targeted interventions.
  - **Ketamine-Assisted Psychotherapy & the Brain**  
I teach the neural effects of ketamine on glutamate, neuroplasticity, and trauma processing, and how to integrate these mechanisms into psychotherapy. Clinicians gain an accessible framework for safe, effective KAP work.  
**Neuroplasticity in Psychotherapy: What Every Clinician Should Know About How the Brain Changes**  
I show how psychotherapy reshapes neural pathways associated with various mental health disorders. Clinicians learn practical strategies to harness neuroplasticity for long-term change.
  - **The Neuroscience of Addiction and Habit Formation**  
I explain how addiction alters dopamine circuits and habit loops, and how therapy helps rewire maladaptive patterns. The training provides actionable tools to support recovery and relapse prevention.
  - **The Neuroscience of Emotion Regulation**  
I teach how the brain processes emotion and why clients struggle with regulation. Clinicians learn evidence-based techniques to strengthen prefrontal control and reduce limbic reactivity.
- **Workshops**
  - Mindfulness X – Experiential course dedicated to teaching mindfulness. This program was created by the Positive Psychology Program and the Dutch Chamber of Commerce. This eight week group services a wide range of mental health concerns.
- **Kessler Medical Rehabilitation Research and Education Center (KMRRC) - Laboratory of Dr. John DeLuca:**
  - 5/2/07 – 7/2/08: *Master's Student*: Research position aiding in neuropsychological evaluations and fMRI scans on patients with traumatic brain injury and multiple sclerosis.
- **Rutgers University - Center for Molecular and Behavioral Neuroscience - Laboratory of Dr. April Benasich:**
  - 1/1/07 – 5/1/07: *Master's Student*: Tested auditory processing abilities of specific language impaired children using electroencephalogram/event-related potential (EEG/ERP).

- **Kessler Institute for Rehabilitation - Inpatient Therapy:**
  - Spring 2005: *Volunteer Position*: Aided physical therapists with rehabilitative therapy for Parkinson's disease and Stroke patients.
- **Physiotherapy Associates:**
  - 2004 – 2005: *Physical Therapist Assistant*: Prepared equipment for physical/occupational therapists and assisted in patient care.
- **Georgia Institute of Technology:**
  - 9/1/05 – 5/1/06: *Research Assistant*: Pairing optical recording with electrical stimulation and recording on multi electrode arrays (MEAs), calcium imaging of MEAs.

## **TEACHING EXPERIENCE**

## Georgia State University:

1/15/12 – 12/15/13 *Teaching Assistant:* Instructed four Advanced Research Methods courses for undergraduate students. Taught statistical analysis and research methodology.

## New Jersey Governor's School in the Sciences at Drew University:

7/15/06 – 8/12/06      *Counselor:* Aided students in conducting an independent research project: Identification and Characterization of *Enterococcus* spp. in Local Surface Waters  
                                  *Teaching Assistant:* Laboratory for Environmental Microbiology

## AWARDS

2009 1<sup>st</sup> place award – General Research Division for Graduate Students at the Annual Meeting of the Georgia Psychological Association, Atlanta, GA

2005 The Novartis Pharmaceuticals Award – Outstanding Research in the Field of Neuroscience: awarded to the premier neuroscience student at Drew University

2005 Poster award at the Beta Beta Beta Biological Honor Society Convention, Northeast District 2

## RESEARCH

## Publications:

1. **Kohl, A. D.** (2016). *Understanding mental fatigue: A grounded theory study* (Order No. 10251229). Available from ProQuest Dissertations & Theses Global. (1878222049).
2. **Kohl, A.D.**, Wylie, G.R., Genova, H.M., Hillary, F.G., DeLuca, J. (2009). The Neural Correlates of Cognitive Fatigue in Traumatic Brain Injury using Functional MRI *Brain Injury*, 5:420-32.
3. Wylie, G.R., Voelbel, G.T., **Kohl, A.D.**, DeLuca, J., Pei, Y., Xu, Y., and Barbour R. (2009). Using Co-variations in the Hb Signal to Detect Visual Activation: a Near Infrared Spectroscopy Study *Neuroimage* 47(2):473-481.

## Presentations:

1. Karcher, W., Grinage, B., **Kohl, A.**, Oswin, S. (2022, May). *Alternative Treatment Modalities, for Treatment-Resistant Diagnoses: Ketamine and KAP*. Presented at the 34<sup>th</sup> LPCA Annual Convention and Regional Conference. LaGrange, GA.

2. **Kohl, A.D.**, Wylie, G.R., Genova, H.M., Hillary, F.G., DeLuca, J. (2007, October). *The Neural Correlates of Fatigue in Traumatic Brain Injury*. Presented at the Integrative Neuroscience Minisymposium (Rutgers University, UMDNJ, New Jersey Institute of Technology). Rutgers University, NJ.
3. Jayakar, R., **Kohl, A.D.**, King, T., Morris, R., & Krawiecki, N. *Presence of Radiation Impacts CVLT Performance in Long Term Survivors of Childhood Brain Tumors*. Symposia presented at the Thirty-Ninth Annual Meeting of the International Neuropsychological Society, Boston, MD. Final Program. Abstract published in the Journal of the International Neuropsychological Society

### Abstracts:

1. **Kohl, A.D.**, King, T.Z., Morris, R., & Krawiecki, N. (2011, February). *The Impact of Radiotherapy on Recognition Memory False Positive Error Rates in Long-Term Survivors of Childhood Brain Tumors*. Poster session presented at the Thirty-Ninth Annual Meeting of the International Neuropsychological Society, Boston, MD. Final Program. Abstract published in the Journal of the International Neuropsychological Society.
2. **Kohl, A.D.**, Ivanisevic, M., King, T.Z., Morris, R., Krawiecki, N. (2010, February). *The Neurological Predictors of Adaptive Functioning in Long Term Survivors of Childhood Brain Tumors*. Presented at the Annual Meeting of the Georgia Psychological Association, Atlanta, GA.
3. **Kohl, A.D.**, Wendell, J., King, T.Z., Morris, R., Krawiecki, N. (2010, February). *Processing speed mediates the relationship between increased neurological events and academic achievement in adult survivors of childhood brain tumors*. Poster session presented at the Thirty-Eighth Annual Meeting of the International Neuropsychological Society, Acapulco, Mexico. Final Program. Abstract published in the Journal of the International Neuropsychological Society, Volume 16, February 2010, pp i - 218. doi:10.1017/S1355617710000226  
Also presented at: (2010, April) Brains & Behavior Spring Retreat, Atlanta, GA.
4. **Kohl, A.D.**, Wendell, J., King, T.Z., Morris, R., Krawiecki, N. (2009, February). *Neurological Predictors of IQ in Adult Survivors of Childhood Brain Tumor; an 18 year follow up study*. Presented at the Annual Meeting of the Georgia Psychological Association, Atlanta, GA. **Presentation earned 1<sup>st</sup> place award – General Research Award for Graduate Students.**  
Also presented at: (2009, May) Brains & Behavior Spring Retreat, Atlanta, GA.
5. **Kohl, A.D.**, Papazoglou, A., King, T.Z., Morris, R., Krawiecki, N. (2009, February). *Neurological Predictors of Academic Achievement in Adult Survivors of Childhood Brain Tumor*. Poster session presented at the Thirty-Seventh Annual Meeting of the International Neuropsychological Society, Atlanta, GA. Final Program. Abstract published in the Journal of the International Neuropsychological Society, Volume 15, Supplement S1, February 2009, pp i-249. doi:10.1017/S1355617709090420
6. **Kohl, A.D.**, Wylie, G.R., Genova, H.M., Hillary, F.G., DeLuca, J. (2009, February). *The Neural Correlates of Mental Fatigue: A Comparative Study Between Multiple Sclerosis and Traumatic Brain Injury*. Poster session presented at the Thirty-Seventh Annual Meeting of the International Neuropsychological Society, Atlanta, GA. Final Program. Abstract published in the Journal of the International Neuropsychological Society, Volume 15, Supplement S1, February 2009, pp i-249. doi:10.1017/S1355617709090420
7. **Kohl, A.D.**, Wylie, G.R., Genova, H.M., Hillary, F.G., DeLuca, J. (2008, April). *The Neural Correlates of Fatigue in Traumatic Brain Injury*. [Abstract]. 15th Annual Cognitive Neuroscience Society Meeting. Journal of Cognitive Neuroscience (Supplement): 110.
8. Voelbel, G.T., Lengenfelder, J., Wylie, G., Smith, A., **Kohl, A.D.**, Barbour, R.L., Pei, Y., and DeLuca, J. (2007, November). *Functional Near Infrared Spectroscopy Study of the PASAT in Healthy Controls*. 27<sup>th</sup> National Academy of Neuropsychology: Abstracts from the 27th Annual Meeting, Scottsdale, Arizona, November 14–18, 2007 Arch Clin Neuropsychol (2007) 22(7): 793-907 doi:10.1016/j.acn.2007.07.001.
9. **Kohl, A.D.**, McKittrick, C.R. (2005, April). *The Correlation between Learning and Memory and Nitric Oxide/Superoxide Dismutase of an Alzheimer's Disease Rat Model*. Beta Beta Beta Biological Honor Society Convention, Northeast District 2.