ALEXANDER DANIEL KOHL, PhD, LPC, ASDCS

Psychotherapist (LPC#009495)

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Licensed Professional Counselor with over 15 years of clinical experience specializing in behavioral health, addiction, and co-occurring disorders. Proven leader in providing clinical and administrative supervision, program development, and interdisciplinary collaboration within fast-paced healthcare environments. Skilled in risk assessment, crisis intervention, and evidence-based treatment for complex psychiatric presentations, with a strong ability to support both patients and clinical teams while maintaining high standards of care. Passionate about delivering patient-centered services and driving quality improvement within hospital-based behavioral health programs.

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)

CRISIS INTERVENTION & RISK MANAGEMENT EXPERIENCE

- Conducted comprehensive crisis assessments to evaluate risk of harm to self or others and determine appropriate levels of care. Initiated emergency involuntary evaluations (1013) and coordinated hospitalization when clinically indicated in accordance with Georgia law. Worked closely with hospitals, emergency departments, and local law enforcement to ensure safe stabilization and continuity of care. Provided de-escalation, safety planning, and crisis intervention services for individuals experiencing acute psychiatric and substance use crises.

CLINICAL LEADERSHIP & PROGRAM OVERSIGHT

- Served in leadership roles overseeing mental health and substance use treatment programming within outpatient and community-based behavioral health settings. Supervised clinicians and supported multidisciplinary treatment teams while ensuring adherence to ethical standards, documentation requirements, and evidence-based treatment practices. Developed clinical programming, supported quality improvement initiatives, and provided consultation on complex cases to promote effective and coordinated care delivery.

CLINICAL & PROFESSIONAL EXPERIENCE

- **Talk it Out**
    - 5/15/16 – Current: Owner and clinical director: Provide individual and family therapy for adolescents and adults experiencing a wide range of mental health concerns. Leads clinical programming and ensured quality of services.

- **BrainWise CE**
    - 10/1/26 – Current - Founded and directs a continuing education company offering live and on-demand professional training for mental health clinicians. BrainWise CE specializes in neuroscience-informed education, translating complex neuropsychological concepts into practical, evidence-based clinical applications.

- **Headway & Grow Therapy**
    - 12/15/24 – Current: Provide psychotherapy services to Georgia residents experiencing a wide array of mental health concerns. Paneled with all major insurance carriers.

- **Invictus Clinic**
    - 5-20-20 – Current: Provide ketamine assisted psychotherapy (KAP) as well as conducts psychological assessments for ketamine treatment for clients with anxiety, depression and PTSD.

- **North Metro Psychological Services**
    - 10/1/25 – 4/15/26: 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.

- **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.

- **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:* Therapist for all ages experiencing difficulties with depression, anxiety, developmental disabilities, autism, learning disorders, and orthopedic injuries – Clinical hours: 690 direct & 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 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 conducing 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**

  - **Neuroplasticity in Psychotherapy: What Every Clinician Should Know About How the Brain Changes:** How psychotherapy reshapes neural pathways associated with various mental health disorders. Clinicians learn practical strategies to harness neuroplasticity for long-term change.
    Presented for The Institute for Natural Resources &BrainWise CE

  - **Interrupted Circuits and Rewiring for Safety Inside the Suicidal Brain:** Explore how severe distress and suicidal thinking affect the brain—and how neuroplasticity can support recovery. Learn practical strategies to recognize risk, build safety, and connect people with support and hope.
    Presented for the Nevada School for Public Health

  - **Rewiring Relief: Ketamine and Ketamine-Assisted Psychotherapy in Practice**: Shows 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.
    Presented for the Georgia Psychological Association

  - **The Craving Brain**: **Relapse and Rewiring for Recovery:** Explores the neuroscience of craving, addiction, and relapse, with practical strategies to help clinicians interrupt addictive patterns and support lasting recovery.
    Presented for the Nevada School for Public Health & BrainWise CE

  - **Why Clients Know What to Do—but Can't Do It:** This presentation explores why clients can understand what they need to change yet still struggle to follow through. It examines the brain-based mechanisms behind stuck patterns and practical strategies for helping clients turn insight into action.
    Presented for BrainWise CE

  - **The Rumination Loop: The Neuropsychology of Negative Thinking and how Therapy Changes the Brain:** This presentation examines the neuroscience of rumination and repetitive negative thinking, including the brain networks that keep these patterns active. Participants will learn how evidence-based interventions can interrupt these loops and promote more flexible, adaptive thinking.
    Presented for GoodTherapy.com & BrainWise CE

  - **The Avoidance Brain: Translating Neurobiology into High-Impact Anxiety Interventions**: The neuroscience of avoidance, threat learning, negative reinforcement, and safety behaviors, followed by exposure, inhibitory learning, ACT, behavioral activation, and other ways therapy teaches the brain that discomfort is survivable.
    Presented for the Minnesota Psychological Association & BrainWise CE

  - **Memory Is Not a Recording: The Neuropsychology of Memory, Trauma, and Therapeutic Change:** This presentation explores how memory is encoded, reconstructed, and influenced by emotion, trauma, and prior experience. Participants will examine the neuroscience of memory reconsolidation, extinction learning, and therapeutic change, with practical applications for helping clients update maladaptive memory-based responses.
    Presented for BrainWise CE

- **Born or Built? How Genetics and Experience Shape the Human Brain:** This presentation explores how genetics, environment, and life experiences shape brain development, behavior, and mental health, highlighting the role of neuroplasticity and its implications for psychotherapy.
  Presented for BrainWise CE

- **Psychotherapeutic Interventions and How They Change the Brain:** This presentation explores how psychotherapy, pharmacological treatments, and interventions such as ketamine, TMS, and ECT influence brain functioning and neuroplasticity. It highlights the neuroscience underlying therapeutic change and its application to clinical practice.
  Presented for BrainWise CE

- **The Attached Brain: The Neuroscience of Attachment, Loss, and Grief:** Explores the neural foundations of attachment and the brain's response to separation, loss, and bereavement. Connects neuroscience and attachment theory with practical therapeutic strategies to support emotional regulation, adaptation, and renewed connection following loss.
  Presented for LPCA of GA and BrainWise CE

- **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).

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 1st 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 34th 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
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 1st place award – General Research Award for Graduate Students.***

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.* 27th National Academy of Neuropsychology: Abstracts from the 27th Annual Meeting, Scottsdale, Arizona, November 14–18, 2007Arch 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.