

Education

Doctor of Social Work, anticipated May 2025 – University of Pennsylvania

M.A. Clinical/Medical Social Work, 2015 – University of New England

B.A. Psychology, 2008 – University of Maine at Farmington

Experience

Clinical Coordinator for Cornerstones of Maine, February 2021 to Present.

- Works with Clinical Director and Clinical Team to develop a clinical vision for Program Sites and is responsible for implementing this vision
- Oversees clinical activities at each site, ensuring clinical standards are met
- Oversees clinical staff in all programs. Provides supervision and oversight to all clinical staff at the sites they cover
- Provides oversight of clinical duties and record keeping
- Manages weekly Clinical Meetings with other Clinical Coordinators
- Makes final determination on clinical questions and matters in their respective programs

Board Member, Shalom House Board of Directors, November 2020 to Present.

- Provides clinical consultation and advisement through Clinical Subcommittee
- Participates in all Board activities including budget approval and program development planning
- Supports fundraising efforts

Psychotherapist at Cornerstones of Maine, October 2017 to Present.

- Work with emerging adults ages 18-27
- Individual, group, and family therapy in a residential setting
- Constructed and implemented treatment plans
- Maintained ongoing case documentation, engaged in interagency collaboration, and other duties related to client care
- Performed regular 24-hour on-call crisis management
- Program development and staff leadership
- Client populations included failure-to-launch, social responsibility, and existential crises

Clinical/Program Director of Catholic Charities, Support & Recovery Services, September 2016 to October 2017.

- Provide development and oversight of Case Management, Behavioral Health Home and Assertive Community Treatment services
- Provide clinical supervision to all licensed staff (LCSW, LMSW-cc, LCPC)
- Oversee Leadership Team
- Ensure adherence to all licensing regulations and standards for accreditation
- Hire, train and maintain staffing

- Provide budget creation and oversight
- Engage with board of directors
- Seek ongoing funding opportunities
- Provide representation within the treatment community

Clinical Supervisor of Case Management and Behavioral Health Home Services at Catholic Charities Support & Recovery Services, May 2015 to September 2016.

- Provide oversight of Case Management and Behavioral Health Home Services
- Provide supervision to staff
- Ensure adherence to state regulations regarding documentation and service provision
- Support management of client census
- Hire, train and maintain staffing
- Participate in Leadership Team

Outreach Coordinator at Mercy Oncology, May 2014 to May 2015.

- Provide outreach and support to individuals and families in the community
- Facilitate focus groups to ensure quality of services in Oncology
- Provide support to Social Work Department in Oncology

Clinical Intern with Out-patient Psychiatry at McGeachy Hall, Maine Medical Center, September 2014 to May 2015.

- Provided Individual Therapy & Group Therapy for adults
- Emphasis on CBT, DBT and Psychodynamic Psychotherapy
- Treatment of Anxiety, Depression, PTSD, Hoarding, BPD, NPD

Clinical Intern at Mercy Oncology, September 2013 to May 2014

- Provided education and support to individuals and families with Oncological Dx
- Provided individual and family counseling
- Supported connection to community resources for support with cancer
- Participated in Tumor Board and Treatment Team Meetings
- Support community education of oncology

Case Manager with Support & Recovery Services, Catholic Charities, September 2009 to September 2013

- Provide case management services to adult individuals with severe and persistent mental illness
- Support clients to obtain medical care, psychiatric medication management, housing and other community resources
- Support clients to effectively manage mental health symptoms and develop appropriate living skills

Community Supports Supervisor, LEAP Inc., July 2008 to September 2009.

- Develop, staff and obtain funding for, and oversee 4 in-home support services for individuals with developmental disabilities
- Oversee one Level 4 Residential Living Facility for individuals with developmental disabilities
- Ensure adherence to all licensing requirements and accreditation
- Hire, train and maintain staffing
- Provide supervision to staff
- Provide consultation and oversight for families and individuals served
- Act as liaison between clients, families and state services
- Create treatment plans for clients and support outcomes

Additional Training

Understanding and Treating Obsessive Compulsive Personality Disorder: What Clinicians Should Know, February 2022 – Anthony Pinto, PhD. and Lois Choi-Kain, Med, MD., The Gunderson Personality Institute, McLean Hospital.

Mentalization Based Therapy Practitioner Certification Training, March 2021 – Anthony Bateman, MD and Lois Choi-Kain, Med, MD., McLean Hospital, and the Anna Freud Centre.

Hearing Voices Network Group Facilitator Certification Training, January & February 2021 – Cindy Hadge & Natan Cohen, Hearing Voices Network.

Mentalization Based Therapy Supervision, July 2019 to November 2019 – Supervision provided by Brandon Unruh, M.D., McLean Hospital.

Mentalization Based Therapy Basic Training, April 2018 & May 2019 – Peter Fonagy and Anthony Bateman, McLean Hospital.

Group Therapy Training, Process Oriented, November 2018 – Eastern Group Psychotherapy Society, New York, NY.

Certified Clinical Supervisor Certification Training, April 2017 – Health Education & Training Institute.

Base Certification, Patient Safety and Systemic Quality Improvement, January 2014 – Institute for Healthcare Improvement.

Continuing Education, Relational Approaches to Treating Personality Disorders, May 2011 and May 2012 – Martha Stark, MD - William James College (formerly Massachusetts School of Professional Psychology), Harvard Medical School, Massachusetts General Hospital.

Conference Presentations

2019 & 2020. Tuttle, Gwendolyne & Beaudoin, Eric. "All in the Family: Utilizing an MBT Approach in Family Therapy as the Vehicle for Growth in Individual Therapy." National Association of Therapeutic Schools and Programs Annual Northeast Conference, Cape Cod, MA and Annual National Conference, Palm Springs, CA.

2021. Ware, Jeremy, Tuttle, Gwendolyne & Altschule, Joshua. "Supporting the Treatment-Resistant Client: Applications for MBT, Psychodynamic Interventions and More." The Dorm Roundtable Series. <https://youtu.be/7vMzNCBc8tM>

2021. Tuttle, Gwendolyne. "Connecting to Our Residents Through a Mentalization Based Approach." Cornerstones of Maine Staff Training Program.

2021 & 2022. DeLorey, Lacey & Tuttle, Gwendolyne. "Frisky Business: The Importance of Comprehensive Sex Positive Education for Emerging Adults in Transitional Care." National Association of Therapeutic Schools and Programs Annual Northeast Conference, Newport, RI and Annual National Conference, Tucson, AZ, and National Association of Social Workers Maine Annual Conference, Rockport, ME.

2023. Beaudoin, Eric & Tuttle, Gwendolyne. "Insult to Injury: The Necessity of Confrontation in Residential Therapeutic Settings" National Association of Therapeutic Schools and Programs Annual National Conference, Fort Worth, TX.

2023. Tuttle, Gwendolyne "Forgive Me Father, for I have Sinned: Confessions of a Therapist's Use of Language in Countertransference" Manifesto, Society for Psychoanalysis and Psychoanalytic Psychology, Division 39, 49th Annual Spring Meeting, New York, NY.

2023. DeLorey, Lacey & Tuttle, Gwendolyne. "Frisky Business: The Importance of Comprehensive Sex Positive Education for Emerging LBGTQ+ Adults". Preach 2023 Annual Conference, Canadian Psychological Society, Toronto, Canada.

References available upon request.