

The Klarman Eating Disorders Center at McLean Hospital  
**Senior Clinical Staff**

**Patricia Tarbox, MSW, LICSW**

For thirty years Ms. Tarbox has been a member of the clinical staff of McLean Hospital. She has worked with a broad cross-section of ages from children and adolescents to adulthood and geriatrics. She spent over twenty years on the senior staff of McLean's Cognitive Behavior Therapy Unit, an adult inpatient eating disorder program. She was part of a core group instrumental in the development of a partial hospital and residential service which was a model for the hospital in its current configuration of Behavioral Health services. Ms. Tarbox has also been on staff at the Women's Treatment Program and the Obsessive Compulsive Disorder Institute, one of the first residential programs for OCD treatment in the country. She has extensive clinical experience working with individuals, couples and families providing assessment and psychotherapy for individuals with eating disorders, depression, anxiety disorders, PTSD/trauma and obsessive-compulsive disorder. Ms. Tarbox is the Program Director for the Klarman Eating Disorders Center.

**Esther Dechant, M.D.**

Dr. Dechant received her medical degree from Harvard Medical School. She completed the residency program in psychiatry at Cambridge Hospital and a fellowship in child and adolescent psychiatry at Massachusetts General Hospital and McLean Hospital. She is board certified by the American Board of Psychiatry and Neurology in psychiatry with subspecialty certification in child and adolescent psychiatry. Dr. Dechant is experienced in child, adolescent and adult psychopharmacology and psychotherapy. She is a candidate at the Boston Psychoanalytical Institute and Society. She holds an appointment as an Instructor in Psychiatry at Harvard Medical School. Dr. Dechant also has a private practice where she specializes in child, adolescent and adult psychotherapy and child and adolescent psychopharmacology. Dr. Dechant serves as the Medical Director for the Klarman Eating Disorders Center.

**Thomas Weigel, M.D.**

Dr. Weigel attended the University of Wisconsin, graduating with honors and distinction in philosophy and biology. As a Child and Adolescent Psychiatrist, he has 10 years of special training, including four years of medical school at the University of Wisconsin; a one-year general medical internship at Saint Luke's Medical Center, Milwaukee; a three-year general psychiatry residency at Massachusetts General Hospital/Harvard Medical School; and a two-year child and adolescent psychiatry fellowship at Children's Hospital/Harvard Medical School in Boston. Dr. Weigel is a Clinical Instructor in Psychiatry at Harvard Medical School. He is a diplomat of the American Board of Psychiatry and Neurology and has training in psychoanalysis through the Boston Psychoanalytic Society and Institute. Dr. Weigel serves as the Assistant Medical Director for the Klarman Eating Disorders Center.

**James Chu, M.D.**

James A. Chu, M. D. is Consultant in Psychiatry at McLean Hospital in Belmont, MA and is Associate Clinical Professor of Psychiatry at Harvard Medical School. Dr. Chu graduated from Yale College in 1972, and received his medical degree at Tufts University School of Medicine in 1976. In 1979 he joined the staff of McLean Hospital where he has established innovative clinical programs for the treatment of adults with trauma-related disorders. Dr. Chu has taught widely throughout the United States and internationally. Dr. Chu is a Distinguished Fellow of the American Psychiatric Association, and a Fellow and past president of the International Society for the Study of Trauma and Dissociation, and the recipient of that organization's Cornelia B. Wilbur Award, Distinguished Achievement Award, Pierre Janet Writing Award, and President's Award for outstanding contributions in the field of dissociative disorders. Dr. Chu has served as Editor-In-Chief of the *Journal of Trauma & Dissociation* and is Field Editor for PTSD of the *Harvard Review of Psychiatry*. Dr. Chu is a senior medical consultant at the Klarman Eating Disorders Center.

**Philip G. Levendusky, Ph.D.**

Dr. Levendusky is the Vice President of New Program Development at McLean Hospital and took the lead in McLean's negotiations that led to the establishment of The Klarman Eating Disorders Center. He is also Director of the hospital's Psychology Department, Director of Psychology Training Program, and he is an Associate Professor of Psychology in the Department of Psychiatry at the Harvard Medical School. He has written and lectured extensively in the areas of clinical application of Cognitive Behavior Therapy and Therapeutic Contracting to the treatment of Eating Disorders. In 1976, Dr. Levendusky established and directed on the nation's first Cognitive Behavior Therapy inpatient treatment programs. He oversaw the evolution of this program from a relatively small inpatient service to its ultimate configuration as a thoroughly integrated residential and partial hospital continuum of care that specialized in the treatment of complex eating disordered patients. He was also an active contributor in the founding of the Renfrew Center in Philadelphia. He provides senior clinical and administrative oversight to The Klarman Eating Disorders Center.

**David Alperovitz, Psy.D.**

Dr. Alperovitz earned his Bachelor of Arts in Psychology from Bates College and his Doctorate in Clinical Psychology from the Massachusetts School of Professional Psychology. He completed pre-doctoral training at Tufts University and a Post Doctoral Fellowship in Psychology for the treatment of Trauma and Dissociative Disorders at McLean Hospital and a Clinical Fellowship in the Department of Psychiatry of Harvard Medical School. Dr. Alperovitz holds an appointment as an instructor in Psychology at Harvard Medical School. He has over 15 years experience working at McLean Hospital primarily with individuals with trauma histories and dissociative symptoms. Dr. Alperovitz has maintained a private practice treating adolescents and adults for over 10 years.

**Judith Halperin, Psy.D.**

Dr. Halperin has a Bachelor of Arts degree in English from Yale College and a Doctorate of Psychology from Yeshiva University. She moved to the Boston area for a two year post-doctoral fellowship in Adolescent Psychology at McLean Hospital and stayed on both as an attending psychologist and a staff psychologist working in a variety of settings including the Adolescent Family Treatment Unit and the Appleton Outpatient Substance Abuse Clinic. She has also worked at the Landmark School in Beverly with children diagnosed with learning disabilities and she has expertise in treating people with psychotic disorders. She has maintained a private practice for over 20 years treating both adolescents and adults. She joined the Klarman Eating Disorder staff in 2010.

**Robert K. Lawton, MSW, LICSW**

Robert Lawton has a Bachelor of Arts in Psychology from Harvard University and a Masters in Social Work from Smith College. He has 30 years experience working at McLean Hospital with a broad range of adolescents and adult patients in partial hospital, inpatient and outpatient programs. He has worked at the Women's Treatment Center doing individual, family and group psychotherapy with young adult and adult women who have depression, PTSD and dissociative disorders. He has a private practice with individuals and couples specializing in the treatment of depression, trauma, personality disorders and relationship issues. In 2008, Mr. Lawton joined the staff of the Klarman Eating Disorders Center.

**Lisa M. Parker, Ph.D.**

Dr. Parker earned her Bachelor of Arts in Psychology from the University of Massachusetts at Amherst and her Doctorate in Clinical Psychology from the University of Arkansas. She completed her pre-doctoral internship at Mississippi State Hospital and a Postdoctoral Fellowship in Psychology for the treatment of Trauma and Dissociative Disorders at McLean Hospital and Clinical Fellowship in the Department of Psychiatry of Harvard Medical School. Dr. Parker has extensive experience working with both adolescents and adults in a variety of treatment settings and she specializes in the treatment of individuals with trauma histories. Dr. Parker serves as a full-time individual, family, and group therapist at the Klarman Eating Disorders Center.

**Donna Santagati, Ph.D.**

Dr. Santagati earned her Bachelor of Arts in Psychology from New England College in Henniker, NH and her Master of Arts in Counseling Psychology from the Adler School of Professional Psychology in Chicago, IL. She earned her Doctorate in Clinical Psychology and a Certificate in Clinical Hypnosis at the Adler School of Professional Psychology in Chicago, IL. Dr. Santagati has over ten years experience working with children, adolescents and adults in outpatient, inpatient, and residential settings. She completed her pre-doctoral internship at Westborough State Hospital in Westborough, MA where she worked with adults, adolescents and their families. She completed a Postdoctoral Fellowship in Psychology at the Klarman Eating Disorder Center.

**Mary Lou Silverman, MSW, LICSW**

Ms. Silverman earned a Bachelor of Science degree from Northeastern University and Masters Degree in Social Work from Simmons College. Ms. Silverman has been a member of the clinical staff of McLean Hospital since 1986 working in both Inpatient and Residential settings. Ms. Silverman has extensive clinical experience providing individual, couple and family therapy to adolescents and adults. She serves as a full time senior family therapist at the Klarman Eating Disorders Center.

**Caroline Schwarz-Schastny, MS, MA, M.Ed.**

Ms. Schastny earned her BS from Boston University, two Masters Degrees from Lesley College (Special Education and Computers in Education) and a Masters degree from Suffolk University in Philanthropy and Media-part of the Visionaries Institute whose mission was to film non-profit organizations around the world for viewing on WGBH. She has 30 years experience in the field of Education. She was on the faculty of the Arlington School, a secondary school on the grounds of McLean Hospital. The school was originally for High School aged inpatients at the hospital but for the past 20 years has served as a Special Education School serving the needs of adolescents in the greater community. She has taught classes in the social sciences, computer science and started the photography/film-making curriculum at the School. She is currently the clinical educator for the Klarman Eating Disorders Center.

**Lovella Slusser, RN, PMHCNS-BC.**

Ms. Slusser earned a BS in Nursing and MSN in Mental Health Nursing from Boston University. Ms Slusser has worked at McLean Hospital since 1984. For the 16 years prior to transferring to Klarman Ms. Slusser worked at the Women's Treatment Program, where she did intakes, initial assessments, DBT skills training groups and medication management with women who were diagnosed with Major Depression, PTSD and substance abuse disorders. Ms. Slusser started as the Clinical Coordinator at Klarman in September 2010.

**Laura Street, MA, LMHC**

Laura earned her Master's Degree in Art Therapy from Lesley University in Cambridge, MA. She is both Registered and Board Certified as an Art Therapist, and holds a license as Mental Health Counselor. She has worked with children, adolescents and adults for over 25 years in a variety of settings. She trained and subsequently worked, at Children's Hospital on the "Psychosomatic Units," which primarily focused on Eating Disorders. She has worked in schools, residential programs and battered women's programs. For the past 13 years, she has worked at the Women's Treatment Program at McLean Hospital, with women struggling with PTSD. Laura completed the intensive training for DBT (Dialectical Behavioral Therapy) several years ago and enjoys incorporating teaching DBT with creative process. She joined the Klarman staff in 2011.

**Jaimie Winkler, RD, LDN, CNSD**

Jaimie earned a BA from the University of Michigan before completing a BS in nutrition and dietetics at West Chester University in Pennsylvania. Ms. Winkler has been involved in eating disorders awareness, prevention and treatment for more than 5 years, including creating and/or moderating prevention programs at the middle school and college levels. Ms. Winkler trained at Brigham and Women's Hospital. There she completed her internship and via work experience, earned additional credentials in metabolic and nutrition support. Ms. Winkler serves as the full time nutritionist for the Klarman Eating Disorders Center.