

**BIOGRAPHICAL SKETCH**

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NAME: Lois Wonsun Choi-Kain

eRA COMMONS USER NAME (credential, e.g., agency login): LCHOIKAIN

POSITION TITLE: Assistant Professor of Psychiatry, Harvard Medical School; Director, Gunderson Personality Disorder Institute

EDUCATION/TRAINING (*Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable. Add/delete rows as necessary.*)

INSTITUTION AND LOCATION	DEGREE (if applicable)	Completion Date MM/YYYY	FIELD OF STUDY
Harvard-Radcliffe College, Cambridge, MA	AB	05/1996	Social Studies
Harvard Graduate School of Education, Cambridge, MA	MEd	05/1998	Education
Thomas Jefferson University, Philadelphia, PA	MD	06/2002	Medicine
Carney Hospital, Dorchester, MA	Internship	06/2003	Preliminary Medicine
Massachusetts General Hospital, Boston, MA/McLean Hospital, Belmont, MA	Residency	06/2006	Psychiatry
McLean Hospital, Belmont, MA	Fellowship	06/2008	Psychosocial Fellowship
American Psychiatric Institute for Research and Education (APIRE) and National Institute for Mental Health (NIMH)	Fellowship	06/2009	Program for Minority Research Training in Psychiatry (PMRTP)

**A. Personal Statement**

I am currently the Director of the Gunderson Personality Disorders Institute (GPDI), an internationally recognized center of training for empirically supported treatments for borderline personality disorder (BPD) and research on outcomes as well as the social cognitive mechanisms targeted in these interventions. My research training began as a post-doctoral fellow under the supervision of John Gunderson, M.D. As PI, co-investigator, and collaborator on several NIMH and donor-funded grants, I participated in studies of neuropsychological and social cognitive correlates of BPD and attachment, in addition to other biologically centered aspects of BPD, including heritability, familial aggregation, and hypothalamic-pituitary-adrenal axis hyperactivity. After my three years of research training, I developed an intensive residential treatment program, the Gunderson Residence, combining various empirically supported therapies with a milieu setting emphasizing rehabilitation of social and occupational functioning. In my decade-long tenure as founding program and medical director, I implemented or supervised the treatment of approximately 300 suicidal, treatment-resistant individuals with severe personality disorders as well as complex comorbidity as an individual, group, and family therapist, or as a pharmacologist. At the same time, I expanded and diversified McLean Hospital's adult BPD treatment program to include mentalization-based treatment (MBT) and dialectical behavior therapy (DBT)/DBT for PTSD training clinics as outpatient programs, to both train clinicians in these approaches while also providing insurance-based care. In the process of so doing, I also developed a training institute offering CME-accredited trainings in MBT, DBT, DBT-PTSD, transference-focused psychotherapy (TFP), and good psychiatric management (GPM). I have acquired a unique expertise regarding these many approaches, which enables me to understand their common factors which might be packaged in a generic form of more widely available treatment. I have written three books on various applications of Gunderson's GPM adapted to different levels of care, clinical professionals, age groups, and stepped care. I lead the training organization of GPM, and the

community of certified trainers. I have written extensively about the problems of access to care and scalability of our armamentarium of BPD treatments, publishing meta-analytic evaluations of the effects of treatment as usual, as well as on dropout rates. I am currently exploring the potential to harness technology to improve access to care, critically evaluating the literature on smartphone-driven applications and digitally derived data to examine daily biobehavioral patterns of participants. My aim as a researcher is to expand the scope and reach of effective interventions for BPD as a regular fixture of routine mental health care, to allow earlier intervention and facilitation of recovery before the burdens of illness too greatly diminish developmental opportunities critical to fostering healthy personality functioning.

## **B. Positions and Honors**

### **Positions and Employment**

2006-2009 Research Fellow, McLean Hospital, Belmont, MA  
2006- Assistant Psychiatrist, Psychiatry, McLean Hospital, Belmont, MA  
2009-2015 Instructor of Psychiatry, Harvard Medical School, Boston, MA  
2009-2020 Medical and Program Director, Gunderson Residence, McLean Hospital, Belmont, MA  
2013- Director, Gunderson Personality Disorder Institute (formerly Borderline Personality Disorder Training Institute), McLean Hospital, Belmont, MA  
2015- Assistant Professor of Psychiatry, Harvard Medical School, Boston, MA  
2016-2019 Director, Adult Borderline Center and Training Institute, McLean Hospital, Belmont, MA  
2019- Director, Gunderson Personality Disorders Institute, McLean Hospital, Belmont, MA

### **Other Experience and Professional Memberships**

2009-2011 Chair, Research Seminar, American Psychoanalytic Association  
2012- Member, Scientific Advisory Committee, National Education Alliance for BPD  
2012- Member, MBT Steering Committee, Anna Freud Center, London, UK  
2014 Co-Editor with JG Gunderson Mood and Borderline Personality Disorders: Comorbidity and Controversy; Springer Publishing, New York, NY.  
2015-2021 Fellow, American Psychiatric Association  
2015- Special Issue Editor, Harvard Review of Psychiatry  
2016-2019 Co-Editor with JG Gunderson Applications of Good Psychiatric Management for Borderline Personality Disorder: A Practical Guide; American Psychiatric Association Publishing, Arlington, VA  
2020 Co-Editor with AKI Sonley Good Psychiatric Management and Dialectical Behavior Therapy: A Clinician's Guide to Integration and Stepped Care; American Psychiatric Association Publishing, Arlington, VA  
2020- Member, Committee for American Psychiatric Association Guidelines on Treatment for BPD  
2021 - Distinguished Fellow, American Psychiatric Association  
2021 Editorial Board Personality Disorders: Theory, Research, and Treatment  
2021 Co-Editor with C Sharp Handbook of Good Psychiatric Management for Adolescents with Borderline Personality Disorder; American Psychiatric Association Publishing, Arlington, VA  
2021-2022 Guest Editor American Journal of Psychotherapy  
2021-2022 Guest Editor FOCUS: The Journal of Lifelong Learning in Psychiatry

### **Honors**

2005 Frieda Fromm-Reichmann MD Memorial Travel Award, American Association of Directors of Psychiatric Residency Training and Endowment for the Advancement of Psychotherapy  
2005-2006 Fellowship, American Psychiatric Association, SAMHSA, Minority  
2005-2006 Travel Fellowship, American Psychoanalytic Association, Psychoanalysis  
2005-2006 Travel Fellowship, American College of Psychiatrists, Psychiatry  
2006 Merit Award, The Dr. Henry P and M. Paige Durkee Laughlin Foundation, Leadership and Education  
2007 Travel Award, American College of Neuropsychopharmacology, Research  
2009 Partners in Excellence Award, Partners Healthcare, Program Development and Implementation  
2012 Penn Psychotherapy Professor, University of Pennsylvania, Psychotherapy  
2017 Partners in Excellence Award, Partners Healthcare, Leadership and Innovation

## C. Contributions to Science

1. Accessibility of Interventions for BPD. My recent publications assess implementation strategies for evidence-based treatments for BPD through a public health lens. We consider resource-efficient treatment models, how they can be integrated into existing systems of care, and how BPD treatment shortages pose an epidemiological imperative for more resource-efficient treatment models to be considered, including treatments as usual in the community.
  - a. **Choi-Kain LW**. Debranding treatment for borderline personality disorder: a call to balance access to care with therapeutic purity. *Harv Rev Psychiatry* 2020 May 1;28(3):143-5.
  - b. Finch EF, Iliakis EA, Masland SR, **Choi-Kain LW**: A meta-analysis of treatment as usual for borderline personality disorder. *Personal Disord* 2019;10(6), 491–499.
  - c. Iliakis EA, Sonley AKI, Ilagan GS, **Choi-Kain LW**: Treatment of borderline personality disorder: is supply adequate to meet public health needs? *Psychiatr Serv* 2019;70(9):772-781.
  - d. **Choi-Kain LW**, Albert EG, Gunderson JG: Evidence-based treatments for borderline personality disorder: implementation, integration, stepped care. *Harv Rev Psychiatry* 2016;24(5):342-56
2. Evidence-Based Treatments for BPD. My work qualitatively and quantitatively synthesizes the current literature on empirically supported treatments for BPD, including a meta-analysis of dropout rates based on 64 psychotherapy trials. The article summarizing “what works” has been the publication with the highest download rate in that journal’s history. I have also become a leader in the integration of these different approaches, co-authoring articles on DBT and MBT, and co-editing a book on the integration of DBT and GPM.
  - a. Choi-Kain LW, Finch EF, Masland SR, Jenkins JA, Unruh BT. What works in the treatment of borderline personality disorder. *Curr Behav Neurosci Rep*. 2017 Mar 1;4(1):21-30.
  - b. Iliakis EA, Ilagan GS, **Choi-Kain LW**. Dropouts in borderline personality disorder treatments: A systematic review and meta-analysis. *Personal Disord*. 2021; advance online publication.
  - c. Swenson CR, **Choi-Kain LW**. Mentalization and dialectical behavior therapy. *Am J Psychother* 2015 23;69(2):199-217.
3. Good/General Psychiatric Management. I lead dissemination of the use of GPM, a flexible and resource-efficient BPD centered approach to care. I have also spearheaded the adaptation of GPM to different populations, including college students, adolescents, and patients with narcissistic personality disorder; some of these were described in a recently-published book I co-edited, *Applications of GPM*.
  - a. Gunderson J, Masland S, **Choi-Kain LW**. Good psychiatric management: a review. *Curr Opp Psychology* 2018 1;21:127-31.
  - b. Masland SR, Price D, MacDonald J, Finch E, Gunderson J, **Choi-Kain LW**: Enduring effects of one-day training in good psychiatric management on clinician attitudes about borderline personality disorder. *J Nerv Ment Dis* 2018;206(11):865-869
  - c. Ilagan GS, **Choi-Kain LW**. General Psychiatric Management for Adolescents (GPM-A) with Borderline Personality Disorder. *Curr Opp Psychology*. 2020 Jun 2.
  - d. Finch EF, Brickell CM, **Choi-Kain LW**. General psychiatric management: An evidence-based treatment for borderline personality disorder in the college setting. *J College Stud Psychother*. 2019 3;33(2):163-75.
4. Technological Advancements in the Assessment and Care of BPD. The advent of the use of technology in psychiatry has opened many avenues in terms of treating and assessing patients with BPD. A recent manuscript explores how smartphone applications can be leveraged by individuals with BPD who may be unable or unwilling to access conventional, face-to-face psychotherapy, or who may require timely assistance in coping with life stressors outside of therapy, when skills are most needed. Another validated the use of a computerized measure of reflective function, a putative mechanism of change in psychotherapies for BPD, whose traditional measurement tools are too resource-intensive for wide use.
  - a. Ilagan GS, Iliakis EA, Wilks CR, Vahia IV, **Choi-Kain LW**. Smartphone applications targeting borderline personality disorder symptoms: a systematic review and meta-analysis. *Borderline Personal Disord Emot Dysregulation*. 2020 Dec;7(1):1-5.

- b. Ilagan GS, Iliakis EA, **Choi-Kain LW**. Validation of computerized reflective function: A replication study. *Psychother Res* 2020;14:1-3.
5. Attachment and Mentalization in the Psychopathology of BPD. My early publications addressed the interplay of attachment, interpersonal factors, emerging theories of mentalization, and BPD. Mentalization, defined as the capacity to understand mental states to build predictive models of behavior in self and others, has been proposed as both an underlying mechanism of illness (i.e. in BPD) and also a treatment target. Mentalization is also proposed to be a common factor of change across different types of psychotherapies. My publications include a critical review of the concept of mentalization, as well as original research to evaluate the hypothesis that attachment insecurity provides the basis of disturbed interpersonal functioning in BPD.
- Choi-Kain LW**, Gunderson JG: Mentalization: ontogeny, assessment, and application in the treatment of borderline personality disorder. *Am J Psychiatry* 2008;165(9):1127-35
  - Choi-Kain LW**, Fitzmaurice GM, Zanarini MC, Laverdière O, Gunderson JG: The relationship between self-reported attachment styles, interpersonal dysfunction, and borderline personality disorder. *J Nerv Ment Dis* 2009;197(11):816-21
  - Choi-Kain LW**, Zanarini MC, Frankenburg FR, Fitzmaurice GM, Reich DB: A longitudinal study of the 10-year course of interpersonal features in borderline personality disorder. *J Pers Disord* 2010;24(3):365-76
  - Khoury JE, Zona K, Bertha E, **Choi-Kain LW**, Hennighausen K, Lyons-Ruth K: Disorganized attachment interactions among young adults with borderline personality disorder, other diagnoses, and no diagnosis. *J Pers Disord* 2019;20:1-21

**Complete List of Published Work:**

NCBI MyBibliography: <https://pubmed.ncbi.nlm.nih.gov/?term=Choi-Kain+LW%5BAuthor%5D+or+Choi-Kain+L%5BAuthor%5D>

**D. Research Support**

**Completed Research Support Within the Last Three Years**

Private Funds, McLean Hospital (Choi-Kain, PI) 10/01/2015- 10/01/2019

*Good Psychiatric Management (GPM: Expanding Care for Underserved Patients with BPD)*

This project developed the training systems for GPM in terms of course development and standardization as well as a training-the-trainers systems. Its main aims included development of a training mechanism to train faculty in training roles on how to implement GPM and also for training, ongoing supervision, and consultation to clinical programs in resource-constrained environments.

**Ongoing Research Support**

Private Funds, McLean Hospital (Choi-Kain, PI). 6/01/2018-6/01/2023

*Gunderson Legacy Grant*

This fund was created to train young professionals early in their career to become specialists in the treatment and research regarding BPD. It has trained one post-doctoral fellow and two early career social workers who have become local experts teaching others. This project will also fund a post-doctoral research psychologist.

Private Funds, McLean Hospital (Choi-Kain, PI). 4/01/2018-12/01/2023

*Dialectical Behavior Therapy for Post-traumatic Stress Disorder (DBT-PTSD)*

This project established a training and supervision system for this empirically validated adaptation of BPD to treat complex PTSD. In collaboration with Martin Bohus and Kerry Ressler, this project aimed to develop a protocol for recruiting patients into a training clinic and pilot trial of this treatment.

Private Funds, McLean Hospital (Choi-Kain, PI). 6/01/2018-6/01/2025

*Gunderson Research Program*

Development grant aimed to fund an early research investigator's junior faculty position at McLean Hospital/Harvard Medical School. This effort aims to create a position, mentorship, and structure that allows for more and higher-quality BPD research at the Gunderson Personality Disorders Institute.