

RYAN J. GLODE, M.A., LMHC
Providence County, Rhode Island
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C.V. Updated 09/13/2025

LICENSURE

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| 2018-Present | Licensed Mental Health Counselor (LMHC) – Rhode Island
Licensing Body: Rhode Island Board of Mental Health Counselors and Marriage and Family Therapists
License Number: MHC00932 |
| 2017-Present | Licensed Mental Health Counselor (LMHC) – Massachusetts
Licensing Body: Massachusetts Board of Allied Mental Health and Human Service Professionals
License Number: 10472 |
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EDUCATION

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| 2012-2014 | Assumption College, M.A., Counseling Psychology
Worcester, Massachusetts.
Advisor: Leonard A. Doerfler, Ph.D. |
| 2008-2012 | Assumption College, B.A., Psychology, Minor: Philosophy
Worcester, Massachusetts.
Senior Thesis Committee Chair: Sarah Rose Cavanagh, Ph.D.
Title: Lost and Fond: An Investigation of Nostalgia as Emotion Regulation. |
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POST GRADUATE TRAINING

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| 2015-2017 | Child and Adolescent Obsessive-Compulsive Disorder Institute,
McLean Hospital, Harvard Medical School Affiliate,
Middleborough, Massachusetts.
Clinical Director: Lisa Coyne, Ph.D.
Medical Director: Carl Fleisher, M.D.
http://www.mcleanhospital.org |
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PRACTICUM/INTERNSHIP

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| 2013-2014 | Adult General Treatment Unit, Butler Hospital, Brown Alpert
Medical School Affiliate, Providence, Rhode Island.
Chief M.D.: Susan Kelly, M.D.
Supervisor: Philip Russell, M.D.
http://www.butler.org |
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AREAS OF EXPERTISE

• Cognitive-Behavior Therapy • Exposure and Response Prevention • Acceptance and Commitment Therapy • Habit Reversal Training • Behavioral Activation • Parent Management Training • Skills Training • Individual Therapy • Family Therapy • Group Therapy • Obsessive-Compulsive Disorders • Anxiety Disorders • Depressive Disorders • Diagnostic Assessment • Clinical Training • Trauma Informed Care •

CLINICAL EXPERIENCE

2023-Present	Licensed Mental Health Counselor, Ryan J. Glode, LMHC, LLC, Providence, Rhode Island. http://www.ryanjglodelmhc.com
2022-2023	Director of OCD Services, RICBT Cognitive Behavioral Therapy and Coaching, East Providence, Rhode Island. Clinical Director: Ben Johnson, Ph.D. http://www.ricbt.com
2020-2022	Director of Child and Adolescent OCD Services, RICBT Cognitive Behavioral Therapy and Coaching, East Providence, Rhode Island. Clinical Director: Ben Johnson, Ph.D. http://www.ricbt.com
2018-2023	Licensed Mental Health Counselor, RICBT Cognitive Behavioral Therapy and Coaching, East Providence, Rhode Island. Clinical Director: Ben Johnson, Ph.D. http://www.ricbt.com
2017-2018	Home Based Cognitive Behavior Therapist, Massachusetts General Hospital, Boston, Massachusetts.
2015-2018	Behavior Therapist, Child and Adolescent Obsessive-Compulsive Disorder Institute, McLean Hospital, Harvard Medical School Affiliate, Middleborough, Massachusetts. Clinical Director: Lisa Coyne, Ph.D. Medical Director: Carl Fleisher, M.D. http://www.mcleanhospital.org
2014-2015	Milieu Therapist, Intensive Program for Obsessive-Compulsive Disorder, Pediatric Anxiety Research Center (PARC), Emma Pendleton Bradley Hospital, Brown Alpert Medical School Affiliate, East Providence, Rhode Island. Clinical Directors: Abbe Garcia, Ph.D.; Jennifer Freeman, Ph.D. Medical Director: Brady Case, M.D. http://www.bradleyhospital.org

2012-2014 Milieu Therapist, Adolescent Program, Emma Pendleton Bradley Hospital, Brown Alpert Medical School Affiliate, East Providence, Rhode Island.
Chief M.D.: Laura A. Ruoff, M.D., Ph.D.
Director of Nursing: Susan D. Lantz, MPA, BSN, RN
<http://www.bradleyhospital.org>

PHILANTHROPY

2022-Present Vice President, OCD Rhode Island, Inc.
Official Affiliate of the International OCD Foundation
Providence, Rhode Island
<http://www.ocdri.org>

2017-2022 President and Founder, OCD Rhode Island, Inc.
Official Affiliate of the International OCD Foundation
Providence, Rhode Island.
<http://www.ocdri.org>

PROFESSIONAL DEVELOPMENT

Hayes, S.C.; Walser, R.D.; Wilson, K.G., & Schoendorff, B. (2016) Acceptance and Commitment Therapy Boot Camp, Workshop presented at the Praxis Training Institute, San Francisco, California.

Forsyth, J.P. (2015) Acceptance and Commitment Therapy - A Practical Introduction in Clinical Practice: A Weekend Professional Workshop, Workshop presented at the Eastover Estate and Retreat, Lenox, Massachusetts.

Coyne, L. (2015) Acceptance and Commitment Therapy, Workshop presented at the Child and Adolescent Obsessive-Compulsive Disorder Institute, McLean Hospital, Middleborough, Massachusetts.

Freeman, J. & Garcia, A. (2015) Behavioral Model of Obsessive-Compulsive Disorder, Workshop presented at the Intensive Program for Obsessive-Compulsive Disorder, Emma Pendleton Bradley Hospital, East Providence, Rhode Island.

Glover, E. & Jeffries, K. (2013) Providing Culturally Competent Mental Health Care for LGBTQ-Identified Patients, Workshop presented at the Adolescent Program, Emma Pendleton Bradley Hospital, East Providence, Rhode Island.

Murphy, K. (2013) Assessment and Psychosocial Treatment of Adult/Adolescent ADHD, Workshop presented at the Aaron T. Beck Institute for Cognitive Studies, Worcester, Massachusetts.

Kolodziej, M. E. (2012) Treatment for Persons with Complex Diagnostic Profiles, Workshop presented at the Aaron T. Beck Institute for Cognitive Studies, Worcester, Massachusetts.

Machack, F.M. & Steinhauer (2011) Fundamentals of Pupillary Measures and Eye Tracking, Workshop presented at the 51st annual meeting of the Society for Psychophysiological Research, Boston, Massachusetts.

PUBLICATIONS

Cavanagh, S. R., Glode, R. J. & Optiz, P.C. (2015) Lost or Fond? Effects of Nostalgia on Sad Mood Recovery Vary by Attachment Insecurity. *Frontiers in Psychology: Emotion Science*.

PRESENTATIONS AND LECTURES

Glode, R.J. (2024) Diagnosing and Treating Obsessive-Compulsive Disorder, Lecture presented at the Psychological Consultation Center, College of Health Sciences, Department of Psychology, University of Rhode Island, Kingston, Rhode Island.

Glode, R.J. (2023) The Role of Exposure and Response Prevention in the Treatment of Obsessive-Compulsive Disorder, Lecture presented at RICBT a group psychotherapy practice specializing in Cognitive Behavioral Therapy and Coaching, East Providence, Rhode Island.

Glode, R.J. (2023) Introduction to Obsessive-Compulsive Disorder, Lecture presented at the Pre-College Program, Brown University, Providence, Rhode Island.

Glode, R.J. (2023) Treating Obsessive-Compulsive Disorder with Exposure and Response Prevention (ERP): The Application of Evidence-Based Treatment, Lecture presented at RICBT a group psychotherapy practice specializing in Cognitive Behavioral Therapy and Coaching, East Providence, Rhode Island.

Glode, R.J. (2023) Diagnosing and Treating Obsessive-Compulsive Disorder, Lecture presented at the General Psychiatry Residency Program, Warren Alpert Medical School, Brown University, Providence, Rhode Island.

Glode, R.J. (2022) Introduction to Obsessive-Compulsive Disorder, Lecture presented at the Pre-College Program, Brown University, Providence, Rhode Island.

Glode, R.J. (2021) The Role of Family Accommodation: How to Support Your Child When They Need You Most, Lecture presented at the OCD Massachusetts Affiliate of the International OCD Foundation, University of Massachusetts Medical Center, Worcester, Massachusetts.

Glode, R.J. (2020) Body Dysmorphic Disorder: Clinical Features and Treatment, Lecture presented at RICBT a group psychotherapy practice specializing in Cognitive Behavioral Therapy and Coaching, East Providence, Rhode Island.

Glode, R.J. (2018) The Cognitive-Behavioral Model of Obsessive-Compulsive Disorder, Lecture presented at RICBT a group psychotherapy practice specializing in Cognitive Behavioral Therapy and Coaching, East Providence, Rhode Island.

Glode, R.J. (2018) Introduction to Obsessive-Compulsive Disorder, Lecture presented at the OCD Rhode Island Affiliate of the International OCD Foundation, Butler Hospital, Providence, Rhode Island.

Glode, R.J. (2017) The Role of Family Accommodation: How to Support Your Child When They Need You Most, Lecture presented at the OCD Massachusetts Affiliate of the International OCD Foundation, University of Massachusetts Medical Center, Worcester, Massachusetts.

POSTER PRESENTATIONS

Cavanagh, S.R., Glode, R.J., & Fitzgerald, E.J. (2013, May). Lost and Fond: The Effect of Nostalgia Versus Ordinary Event Memory on Recovery from a Sad Mood Induction, Poster presented at the 25th annual meeting of the Association for Psychological Science, Washington, DC.

Cavanagh, S.R., Glode, R.J., & Fitzgerald, E.J. (2013, April). Lost and Fond: The Effects of Nostalgia Versus Ordinary Event Memory on Recovery from a Sad Mood Induction, Poster presented at the fourth annual Graduate Studies Symposium, Assumption College, Worcester, Massachusetts.

Cavanagh, S.R. & Glode, R.J. (2012, April). Lost and Fond: Nostalgia as Emotion Regulation, Poster presented at the 18th annual Undergraduate Research Symposium, Assumption College, Worcester, Massachusetts.

RESEARCH EXPERIENCE

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| 2010-2014 | Research Assistant, Laboratory for Cognitive and Affective Science, Assumption College, Worcester, Massachusetts.
Advisor: Sarah Rose Cavanagh, Ph.D.
http://www.assumption.edu/academics/lacasa/default.aspx |
| Summer 2012 | Contributor, Cognitive Science and Psychology Laboratory, Sapienza Università di Roma, Rome, Italy
Advisor: Riccardo Brunetti, Ph.D. |
| Summer 2011 | Undergraduate Research Assistant
Assumption College, Worcester, Massachusetts.
Advisor: Amy Lyubchik, Ph.D. |
| Summer 2011 | Undergraduate Research Assistant, Emotion, Brain and Behavior Laboratory, Tufts University, Medford, Massachusetts.
Advisors: Heather Urry, Ph.D.; Sarah Rose Cavanagh, Ph.D.
http://ase.tufts.edu/psychology/ebbl/ |

PROFESSIONAL MEMBERSHIP

International OCD Foundation • Phi Sigma Tau • Psi Chi •