

# **Andrew D. Bernstein, PhD, CPRP**

5930 East Pima--Suite 120 • Tucson, AZ 85712 • 520-396-4956

[www.AndyBernsteinPhD.com](http://www.AndyBernsteinPhD.com)

[adbpsy@gmail.com](mailto:adbpsy@gmail.com)

## ***Education, Certification, Licensure, and Awards***

**BA** (1971) in psychology from University of Rochester, Rochester, NY

**MEd.** (1976) in community mental health counseling from Northeastern University, Boston, MA

(1976-1977) assorted courses at Family Institute of Cambridge, Cambridge, MA

**PhD** (1989) in psychology from George Peabody College of Vanderbilt University, Nashville, TN.

Dissertation topic: *A Comparison of Successful and Unsuccessful Efforts to Start Self-Help Groups With Assistance from a Self-Help Clearinghouse.*

**Licensed as a Psychologist** in the State of AZ (2011, Lic # 4163); in NJ (1993-2014, Lic #3114)

Trained by the APA HIV Office on Psychology Education (HOPE Program) as a HOPE Regional Trainer, (1996)

Listed in the **National Register of Health Service Providers in Psychology** (1999, Certificate #44866)

**EMDR** (Eye Movement Desensitization Restructuring) Clinician trained at Level I (2000)

**ASPPB Certificate of Professional Qualification** (2000, CPQ #503)

Certified by USpra as a **Psychiatric Rehabilitation Practitioner** (2003, CPRP certificate # 164808)

Recipient of NJ Psychiatric Rehabilitation Association's (NJPRA) **Statewide Transformation Award**, 2009

Recipient of Hyacinth AIDS Foundation's **Riki Jacobs Annual Award for Social Justice**, 2011

Recipient of Southern Arizona Psychological Association's **Peter Attarian Award**, 2017

## ***Work Experience***

### **University of Arizona College of Medicine, Tucson, AZ (3/13 to present)**

Clinical Professor, Department of Family and Community Medicine (FCM). Appointed October, 2017. Core Faculty, Family Medicine Residency at South Campus (since 2013). Supervise interns and residents in communication skills with patients and attunement to mental health issues that arise during clinic appointments; facilitate Residency Support Services group meetings in which interns address the psychological aspects of working in a family medicine setting; serve on Clinical Competency Committee, reviewing residents' performance and progress through residency; review residency applications and participate in candidate interviews and ratings. General faculty responsibilities: serve on chair and faculty search committees; participate in research projects with department chair and rotating research teams; participate in interdisciplinary training events for undergraduate students in the College of Medicine; participate in community education events sponsored by College of Medicine.

Clinical Director (since 2013). Half-time position supervising and training peer- and non-peer staff who teach health and wellness skills to adults designated by AZ Health Care Cost Containment System as having serious mental illnesses (SMI) and/or general mental health and substance use disorders (GMH/SA); perform initial assessments and write service plans for potential program participants; present program benefits and results to referring mental health agencies and funders; teach some classes directly to program participants; oversee and conduct research arising from the project.

### **Clinical Psychologist in Independent Practice, Tucson, AZ (7/11 to present)**

Psychotherapist. Maintain part-time private practice in Tucson, where I see adults and adolescents in individual, couples, and family therapy.

### **Arizona State Prison Complex, Tucson, AZ (1/12 to 3/13)**

Psychologist II on Rincon, a close custody yard. Assessed mh needs and established treatment plans for newly arriving inmates, saw selected inmates regularly in individual or group sessions according to ADOC policies, assessed suicidality and ordered suicide watches for at-risk inmates; oversaw special 54-bed mental-health unit for

inmates designated SMI in the community or the prison; guided security staff whenever possible to treat mentally ill inmates in ways which took into account their unique needs, risks and dangers.

**Community and Clinical Psychologist in Independent Practice, South Orange, NJ (10/93-6/11)**

Psychotherapist, Consultant and Trainer. I saw adolescent and adult individuals, couples, and families in psychotherapy, and I consulted with organizations, conducting workshops, regular clinical supervision and staff training. Specializations in family therapy, parenting, communication, inter-group relations, stress and burnout, chronic and terminal illnesses, bereavement and loss, sexual orientation, human services, culture and the helping relationship, stress and burnout, boundaries, the mental health consumer movement, lay-professional collaboration, self-help groups, and peer workforce development.

**Hyacinth AIDS Foundation, New Brunswick, NJ (4/00 – 6/11)**

Per Diem Consultant, Clinical Supervisor, Individual Therapist, Group Facilitator. Met in clinical supervision with masters-level managers who oversaw the agencies' various service delivery and advocacy programs, saw individual agency clients in Ryan White-funded mental health programing, facilitated weekly support groups as part of Hyacinth's Wellness Community, based on The Wellness Community pioneered in California for people with Cancer.

**AIDS Resource Foundation for Children (St. Clare's Community Services), Newark, NJ (7/90-6/11)**

Per Diem Consultant, Trainer, Individual Therapist. Provided consultation to agency co-directors and program managers, trained line staff, met in individual and family therapy with agency clients in Ryan White-funded mental health program.

**Collaborative Support Programs of New Jersey, Freehold, NJ (7/86 to 6/11)**

Founding and Continuing Board Member (1987 to 2011). Assisted in the formation, incorporation and continuous growth of this consumer-operated state-wide organization which initially ran just self-help centers throughout the state and has now become a \$12 million+ per year provider of mental health, recovery and wellness, supported housing and employment services.

Per Diem Consulting Psychologist, Staff Trainer, CSP-NJ Wellness and Recovery Project (2004-2008).

**Consumer-Provider Association of New Jersey, Montclair, NJ (8/02 to 6/11)**

Per Diem Consultant to Board of Directors, funded by Mental Health Association of New Jersey. Provided technical and moral support to the Board of Directors of this state-wide association of peer providers as they grew the organization to become the premier body of consumer-providers in the state, and the first State Chapter of the National Association of Peer Specialists (NAPS).

**Jersey City Episcopal Community Development Center, d/b/a Corpus Christi Ministries Transitional [HIV]Housing Program, Jersey City, NJ (1/02 – 6/06)**

Per Diem Consulting Psychologist, Staff Trainer, Individual and Group Psychotherapist.

**NJ AIDS Education Training Center at UMDNJ, Newark, NJ (9/96-6/06)**

Adjunct Faculty, Core Case Management Training Program. Developed family systems curriculum and taught staff in various HIV service agencies how to understand service delivery from a systems perspective.

**FAITH Services, Hoboken, NJ. (3/95-5/00)**

Per Diem Consulting Psychologist, Staff Trainer, Individual and Group Psychotherapist

**Marlboro Psychiatric Hospital, Marlboro, New Jersey. (8/90-10/93).**

Consulting Psychologist, half-time, at one of 4 NJ State Psychiatric Hospitals.

**Mental Health Association of Essex County, East Orange, NJ. (6/89-8/90).**

Mental Health Information and Referral Specialist.

**New Jersey Self-Help Group Clearinghouse, St. Clares-Riverside Medical Center, Denville, NJ.  
Program Coordinator (2/85 to 10/88); Senior Consultant (10/88 to 3/89).**

Planned and implemented consultation/training and information/referral services to individuals and agencies throughout the state seeking and starting self-help groups, supervising eight people. Chosen as one of 8 facilitators at Surgeon General Everett C. Koop's 1987 Conference on Self-Help in America, served on Governor Kean's Task Force on Serving Persons With Disabilities, Mental Health Work Group (1987-88), and on Collaborative Support Programs of New Jersey's Board of Directors (1986 to present).

**Dede Wallace Center and Luton Mental Health Center (Consortium), Nashville, TN.**

Full-time, APA-approved, pre-doctoral internship (9/81-9/82)

Half-time clinical therapist in substance abuse programs (9/82-9-83).

**WDCN-TV Channel 8, Nashville, TN (3/80-8/81).**

Research Consultant on project which examined how best to move public TV viewers into members.

**Department of Psychology and Human Development, Peabody College of Vanderbilt University, Nashville, TN (9/80-1/81).**

Teaching Assistant in Quantitative Methods.

**Mystic Valley Community Mental Health Center, Winchester, MA.**

Intern during Masters program (9/75-9/76); then Full Time Staff Psychologist (10/76-9/79). Saw children, adolescents and adults in individual, couples and family tx; developed family therapy training program for staff.

**McLean Hospital, Belmont, MA (11/73-5/75).**

Mental Health Worker on children's inpatient psychiatric unit.

**Seneca School, Geneva, NY (12/71-6/73).**

Co-founder, Teacher, and Co-Director of state-accredited alternative elementary school.

**Rochester City School District, Rochester, NY (9/70-12/71).**

Classroom Teacher (grades 1-3), teaching intern, co-founder of Rochester Teachers' Center.

**Psychology Department, University of Rochester, Rochester, NY (9/69-1/70).**

Teaching Assistant for introductory psychology course.

## *Involvement in Professional Organizations and Advisory Boards*

American Psychological Association (APA)  
Member, Divisions 18, 27

Arizona Psychological Association (AzPA)  
Member, Leadership Development Committee

Arizona Association of Psychiatric Rehabilitation Practitioners (AAPRP)  
Board Vice President, 2012-2017  
Board Member 2018-2020

Arizona Health Care Cost Containment System (AHCCCS)  
Advisory Council, Office of Individual and Family Affairs (OIFA) 2013-present

Arizona Peer and Family Career Academy (PFCA)  
Governing Board Member (2016-present)

International Society for Ethical Psychology and Psychiatry (ISEPP)

International Association of Peer Supporters (iNAPS)  
Board Vice President, 2015-2017  
Board Member, 2018-2020

MindFreedom International

National Register of Health Service Providers in Psychology

Society for Community Research and Action (SCRA–Division 27 of APA)

Southern Arizona Psychological Association (SAPA)  
Immediate Past Board Treasurer  
Member, Continuing Education Committee, SAPA in the Community

(US) Psychiatric Rehabilitation Association  
Board Secretary, 2016-2019  
Member, PRA Academy Advisory Council

## ***Presentations***

- 7/17/19 ***Helpers' Program to Improve Tobacco Cessation in Behavioral Health Treatment Recipients and Agencies*** (co-presenter)  
Venue: ASU Center for Applied Behavioral Health Policy Summer Institute
- 4/16/19 ***Ethical and Clinical Considerations of Personal Disclosure in Psychotherapy***  
Venue: Banner University Medical Center Psychology Internship Program
- 12/3/18 ***National Practice Guidelines for Peer Supporters: Exploring the Applications*** (co-presenter)  
Venue: International Association of Peer Supporters 12<sup>th</sup> Annual Conference, Orlando, FL
- 5/31/18 ***The ACE Study and Its Implications, Trauma-Informed Care and Screening, and Suicidality Attunement***  
Venue: UA FCM Alvernon Residency Teaching Day/Retreat
- 2/8/18 ***Ethical Principles at the Interface of Peer Support and Clinical Practice: Why Context and Setting Matter*** (co-presenter)  
Venue: Depressive and Bipolar Support Alliance (DBSA) National Webinar
- 10/16/17 ***Advocating for Peer Support in Doctors' Offices Today and in the Healthcare of Tomorrow*** (co-presenter)  
Venue: International Association of Peer Supporters 11<sup>th</sup> Annual Conference, Phoenix, AZ
- 10/5/17 ***Integrating Wellness into the Community: Setting Up a Wellness Program (Part II)*** (co-presenter)  
Venue: SAMHSA Programs to Achieve Wellness (PAW) National Webinar
- 8/8/17 ***Clinical and Ethical Considerations in Personal Disclosure***  
Venue: Psychiatric Rehabilitation Association National Webinar
- 8/1/17 ***The Field of Peer Support and The Question of Self-Disclosure in Professional Relationships***  
Venue: UA Psychology Internship Program, Tucson, AZ
- 12/13/16 ***The Discipline of Psychiatric Rehabilitation and The Recovery Paradigm***  
Venue: UA Psychology Internship Program, Tucson, AZ
- 8/28/16 ***Maximizing Partnerships with Peer Support Specialists in the Workforce*** (co-presenter)  
Venue: International Association of Peer Supporters 10<sup>th</sup> Annual Conference, Philadelphia, PA
- 8/26/16 ***Results from Published Report on iNAPS Survey and the Importance of Research*** (co-presenter)  
Venue: International Association of Peer Supporters 10<sup>th</sup> Annual Conference, Philadelphia, PA
- 8/5/16 ***A Career in Public Service: Benefits, Struggles, and Reflections*** (panel member)  
Venue: American Psychological Association 2016 Convention, Denver, CO
- 7/21/16 ***The Peer Specialist Workforce: Results of a National Survey*** (co-presenter)  
Venue: ASU Summer Institute, Sedona, AZ
- 5/24/16 ***Creating a State-Wide Peer and Family Career Advancement Academy*** (co-presenter)  
Venue: Psychiatric Rehabilitation Association Annual Workforce Summit, Boston, MA
- 5/23/16 ***The Peer Support Workforce: Results from a National Survey of Roles, Training, Compensation and Satisfaction*** (filled in for Steve Harrington on panel w Rita Cronise and Sally Rogers)  
Venue: Psychiatric Rehabilitation Association Annual Workforce Summit, Boston, MA
- 3/24/16 ***Overview of Recovery and Peer Support*** (co-presenter)  
Venue: Southern Arizona Psychology Internship Consortium, Tucson, AZ
- 10/24/15 ***Internship and Workplace Integration: Building Bridges Between the Peer Support and Psych Rehab Disciplines***  
Venue: Consortium of Psych Rehabilitation Educators Symposium, San Diego State University, San Diego, CA

- 9/12/15 ***Sharing the Wisdom of Lived Experience to Enhance Our Lives and the Lives of Our Children*** (keynote)  
Venue: White Bison 9<sup>th</sup> Annual Wellbriety Conference, Mission San Xavier Del Bac, Tucson, AZ
- 6/3/15: ***Coaching and Inspiring Staff in Peer-Delivered Service Agencies*** (panel facilitator)  
Venue: Psychiatric Rehabilitation Association Annual Workforce Development Summit, Philadelphia, PA
- 12/11/14: ***Self-Disclosure in the Therapy Relationship: Why and Why Not?***  
Venue: Southern Arizona Psychology Internship Consortium, Tucson, AZ
- 11/21/14: ***Keynote--Meet, Don't Treat: Using Knowledge and Self to Reach Challenging People***  
Venue: NJ Psychiatric Rehabilitation Association 34<sup>th</sup> Annual Conference, Edison, NJ
- 11/21/14: ***Helping People w SMI Take First Steps Toward Integrated Health Care***  
Venue: NJ Psychiatric Rehabilitation Association 34th Annual Conference, Edison, NJ
- 10/13/14: ***Plenary Session--Self-Disclosure Panel (w Gayle Blubird and Denise Camp, mod by Larry Davidson)***  
Venue: International Association of Peer Supporters 8<sup>th</sup> National Conference, Atlanta, GA
- 7/31/14: ***Two Case Studies in Evolving Ethics: Psychological Services to People with HIV/AIDS and Peer Providers Entering the Workforce***  
Venue: (US) Psychiatric Rehabilitation Association Ethics (PRA) Webinar #3
- 7/15/14: ***Recovery Above and Below the Neck: Teaching Health Maintenance and Health Advocacy Skills to People Diagnosed with SMI***  
Venue: ASU's Center for Applied Behavioral Health Policy, 2014 Summer Institute, Prescott, AZ
- 6/23/14: ***The Ethics of Self-Disclosure: Bringing Nuance to Content and Process***  
Venue: PRA's 2014 Workforce Summit and Annual Conference, Baltimore, MD
- 6/24/14: ***Acquiring and Retaining Great People Through an Agency-Wide Recovery Culture*** (co-presenter)  
Venue: PRA's 2014 Workforce Summit and Annual Conference, Baltimore, MD
- 5/23/14: ***To Tell the Truth: Self-Disclosure in the Behavioral Health Workplace***  
Venue: International Association of Peer Supporters (iNAPS) Webinar #12
- 10/25/13: ***Evolution of a Peer Workforce***  
Venue: Recovery Coach Training Program, HOPE, Inc., Tucson, AZ
- 8/28/13: ***Integrated Health Care Delivered by Peers: The UA Health and Wellness Center a/k/a Camp Wellness***  
(co-presenter)  
Venue: International Association of Peer Specialists (iNAPS) Seventh Annual Conference (Anaheim, CA)
- 8/27/13: ***Reviving Hopes and Dreams Through Peer Support in Correctional Settings*** (co-presenter)  
Venue: International Association of Peer Specialists (iNAPS) Seventh Annual Conference (Anaheim, CA)
- 6/10/13: ***Transforming Workforce Development and Wellness Programs from Administrative to Medicaid Funding: Community Partnership Building*** (co-presenter)  
Venue: Psychiatric Rehabilitation Association 2013 Annual Conference (Atlanta, GA)
- 9/7/12: ***Let My Time Help You Do Yours: Peer Support in a State Prison***  
Venue: National Association of Peer Specialists' (NAPS) Sixth Annual Conference (Philadelphia, PA)
- 11/21/12: ***8 Steps to Maximum Memory Fitness***  
Venue: UA Project R.I.S.E. Camp Wellness (8-week course taught as a volunteer)
- 11/18/10: ***The Ethics of Personal Disclosure: Whether, Who, Why, When, and How***  
Venue: NJ Psychiatric Rehabilitation Association's (NJPRA) 30<sup>th</sup> Annual Conference (Edison, NJ)
- 11/17/10: ***Clearing a Path for Supervision: Helping Others Toward Their Futures*** (co-presenter)  
Venue: NJ Psychiatric Rehabilitation Association's (NJPRA) 30<sup>th</sup> Annual Conference (Edison, NJ)

- 10/4/10: ***Making Therapeutic Contact with Difficult-to-Reach Clients***  
Venue: Catholic Charities of NJ 2010 Conference at St. John Newmann Pastoral Center (Piscataway, NJ)
- 9/22/10: ***Only You Can Prevent HIV and STD Infection: A Hands-On Workshop to Learn How to Protect Yourself and Your Loved Ones from HIV and STD Infection*** (co-presenter)  
Venue: Bridgeway Rehabilitation Services, Inc., Staff and Client Training, (Elizabeth, NJ)
- 8/23/10: ***Managing Supervisory Relationships with Non-Peer Providers***  
Venue: National Association of Peer Specialists' (NAPS) 4<sup>th</sup> Annual Conference (Chicago, IL)
- 6/16/10: ***Maintaining One's Peerness When Working in Psychiatric Rehabilitation Settings*** (co-presenter)  
Venue: United States Psychiatric Rehabilitation Association's (USPRA) 34<sup>th</sup> Annual Conference (Boise, ID)
- 5/22/10: ***Getting the Most Out of Supervision*** (co-presenter)  
Venue: Consumer Provider Association of NJ's (CPA-NJ) 10<sup>th</sup> Annual Meeting (New Brunswick, NJ)
- 2/9/10: ***Staying Safe but Staying Sexy: HIV and STD Prevention***  
Venue: Pleasant Moments Self-Help Center (Newark, NJ)
- 11/13/09: ***Peer Providers and Psychiatric Rehabilitation: Perfect Together*** (co-presenter)  
Venue: New Jersey Psychiatric Rehabilitation Association's (NJPRA) 29<sup>th</sup> Annual Conference
- 8/26/09: ***How to Talk About Peer Support and Mutual Help to Administrators, Funders and Program Managers***  
(co-presenter)  
Venue: National Association of Peer Specialists' (NAPS) Third Annual Conference (Phoenix, AZ)
- 6/20/09: ***Professional and Mutual-Help Paradigm Tension in Serving People with Serious and Persistent Mental Illnesses*** (co-presenter)  
Venue: APA Division 27–The Society for Community Research and Action's (SCRA) 12<sup>th</sup> Biennial Conference (Montclair, NJ)
- 6/20/09: ***From Consumer to Provider: Two Transformational Programs for People with Serious and Persistent Mental Illness*** (co-presenter)  
Venue: APA Division 27–The Society for Community Research and Action's (SCRA) 12<sup>th</sup> Biennial Conference (Montclair, NJ)
- 3/20/09: ***HIV Prevention Skill-Building: What to Say and What to Do to Protect Yourself from HIV***  
Venue: CSP-NJ's Institute for Wellness and Recovery Initiatives' Annual Wellness and Recovery Conference (Edison, NJ)
- 11/14/08: ***A Tale of Two Paradigms: How the Consumer-Provider Movement Embodies Both Professional and Mutual Help*** (co-presenter)  
Venue: NJ Psychiatric Rehabilitation Association's (NJPRA) 28th Annual Conference (Iselin, NJ)
- 8/22/08: ***Peers Driving and Executing a Research Agenda: Using a Community Participatory Action Research (CPAR) Model to Self-Evaluate a State-Wide Consumer-Operated Mental Health Program***  
Venue: National Association of Peer Specialists' (NAPS) Second Annual Conference (Philadelphia, PA)
- 8/21/08: ***Peers at Every Level: Esteem, Power, and Compassion in All Directions at a Consumer-Controlled Agency Which Employs Non-Consumer-Providers As Well***  
Venue: NAPS Second Annual Conference (Philadelphia, PA)
- 6/16/08: ***Synergy Arising from Combining Mutual and Professional Help Paradigms***  
Venue: United States Psychiatric Rehabilitation Association's (USPRA) 33<sup>rd</sup> Annual Conference (Metro Chicago)
- 6/3/08: ***Parenting Strategies from the Research and the Huxtables***  
Venue: Ryan White Title IV Family Day at RWJ Medical School (New Brunswick, NJ)
- 3/28/08: ***What You Don't Know CAN Hurt You: Proactive Approaches for Preventing HIV Infection Among People With Serious and Persistent Mental Illnesses***  
Venue: CSP-NJ's Institute for Wellness and Recovery Initiatives' Annual Wellness and Recovery Conference (Long Branch, NJ)

2/4/08: ***Helping the Helpers: Dealing with Grief and Loss Among HIV Professional Caregivers***

Venue: Broadway House for Continuing Care Staff Training Day (Newark, NJ)

11/27/07: ***Support Needs and Networks of Consumer Providers*** (co-presenter)

Venue: Special Conference Program of CSP-NJ: The Evolving Role of Consumer Providers in Workforce Development (Mercer County College)

6/15/07: ***Psychotherapy and Counseling: Tools for Coping with Mental Health Challenges***

Venue: Ryan White HIV Health Services Planning Council's "Day of Learning" (Newark, NJ)

6/12/07: ***The Challenges of Parenting When Positive: Emotional Intelligence as a Basis for Effective Discipline in Families Dealing with HIV/AIDS***

Venue: Ryan White Title IV Family Day, RWJ Medical School (New Brunswick, NJ)

2/24/07: ***Just One Part of the Journey: Using Psychotherapy to Become the People We Want to Be***

Venue: NJ Coalition of Mental Health Consumer Organization's (COMHCO) 21<sup>st</sup> Annual Consumer Conference (Long Branch, NJ)

6/6/06: ***Lessons from the Margins: Who Is Learning from Whom?***

Venue: Massachusetts School of Professional Psychology's Community Health Day: GLBT-Friendly Services

5/20/06: ***Empathic Listening: A Peer Counseling Workshop***

Venue: CSP-NJ Leadership Training Academy (Wildwood, NJ)

5/10/06: ***Re-Considering Burnout: A Wellness Perspective that Builds Stamina***

Venue: CSP-NJ Training for Self-Help Center Managers

2/18/06: ***From Soup to Nuts: An Overview of Multi-Axial Assessment Through the DSM-IV***

Venue: COMHCO Annual Conference (Long Branch, NJ)

9/20/05: ***Psychosocial and Cultural Experience of HIV/AIDS***

Venue: NJ Association of Nurses in Acute Care Training (Newark, NJ)

3/11/05: ***Ethical Issues and HIV/AIDS Mental Health Service Delivery*** (co-presenter)

Venue: Pennsylvania Psychological Association's Spring Conference



## *Publications*

- Bernstein, A.D. **Twelve Steps Toward Recovery Oriented Clinical Practice.** In SAMHSA's Recovery to Practice (RTP) Weekly Highlight. Vol.2, Issue 37. October, 2011.
- Bernstein, A.D. **An Examination of Wellness.** In Wellness and Recovery Newsletter. January-March, 2008.
- Bernstein, A.D. **Reflections on the Field After Returning from USPRA.** In NJPRA Newsletter, Summer, 2007
- Bernstein, A.D. (Book Review). Linhorst, D. **Empowering People With Severe Mental Illness: A Practical Guide.** In Journal of Psychiatric Rehabilitation, Summer, 2006.
- Bernstein, A.D. **Why Professionals Should Join the Consumer-Provider Association in New Jersey.** In CPA-NJ Network Newsletter, Summer 2003.
- Bernstein, A.D. **A Case of Atypical Stigma.** In N.D. Brown (Ed.), The Pain of Stigma. New Jersey Alliance for the Mentally Ill, 1995.
- Bernstein, A. D. **Soccer and Family Values.** Play On, #1, May, 1994.
- Bernstein, A.D. **Helping Our Children Deal with Losing.** Play On, #1, October and November, 1993.
- Bernstein, A. D. **Self-Help Groups for People Dealing With AIDS: You Are Not Alone.** New Jersey Self-Help Clearinghouse, 1988.
- Bernstein, A. D. **Suggestions on Evaluating a Self-Help Group.** New Jersey Self-Help Clearinghouse, 1988.
- Bernstein, A. D. **On Dealing With Personal Anger in Self-Help Groups.** New Jersey Self-Help Clearinghouse, 1987.
- Bernstein, A. D. **Understanding the Mental Health Consumer Movement: A Guide for Clinicians.** In New Program Initiatives in Mental Health, #6, May, 1988. NJ Department of Mental Health and Hospitals.
- Bernstein, A. D. **How to Build Shared Leadership in Self-Help Groups.** New Jersey Self-Help Clearinghouse, 1986.
- Bernstein, A. D. **You Are Not Alone: Self-Help Groups for Dealing With Unemployment.** New Jersey Self-Help Clearinghouse, 1985.
- Rosenberg, H., Bernstein, A. D., & Murray, L. **Cost-efficiency of psychology internship programs: Another look at the monetary and non-monetary considerations.** In Professional Psychology: Research and Practice, February, 1985. American Psychological Association.
- Bernstein, A. D. **Annotated Bibliography of Children's Books on Sensitive Issues.** In Okun, B., & Rappaport, L., Working With Families: An Introduction to Family Therapy. Duxbury Press, 1980.
- Umbarger, C., & Bernstein, A. D. **"Getting Out: Therapeutic Rule-Breaking in an Enmeshed Family System."** A training videotape produced by Family Institute of Cambridge, 1979.