

Gail Post, Ph.D.

Licensed Psychologist

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Curriculum Vitae

Education:

B.A. Pennsylvania State University – Psychology – 1978

M.A. Kent State University – Clinical Psychology – 1981

Ph.D. Kent State University – Clinical Psychology – 1983

Certification:

Pennsylvania Psychologist License: PS-005679-L

PSYPACT – Authorization to Practice Interjurisdictional Teletherapy (APIT)

Professional Experience:

Private practice of psychology – psychotherapy, consultation, supervision.

Associate Clinical Professor of Psychiatry, University of Pennsylvania School of Medicine. Providing professional development groups to Psychiatry Residents.

Pelvic Floor Institute, Graduate Hospital, Philadelphia, Pa. 9/97-6/00 Director of Psychological Services and consultant to treatment center specializing in interstitial cystitis, pelvic floor dysfunction, and other women's urologic disorders.

Graduate Gynecology Associates, Philadelphia, Pa. Consultant. 11/95-2/97 Psychological consultant to vulvar pain team.

Parent Resource Center, Wyncote, Pa. Staff Psychologist. 11/94-9/98 Consultant and psychotherapist for treatment center specializing in families with young children.

Renfrew Center, Philadelphia, Pa. 1/90-6/93 Senior Psychologist, Treatment Team Leader and Director of Group Therapy for residential eating disorders treatment program, providing treatment, clinical supervision, program development and research.

St. Vincent Charity Hospital, Cleveland, Ohio. 7/88-1/90 Director of Psychology, Department of Psychiatry, responsible for development and administration of activities within Division of Psychology.

St. Vincent Charity Hospital, Cleveland, Ohio. 9/84-1/90 Coordinator of Psychological Services for multidisciplinary outpatient obesity treatment and wellness program, providing treatment, clinical supervision, program development, and research.

Case Western Reserve University School of Medicine, Cleveland, Ohio. 9/83-8/84 Full-time APA-accredited clinical psychology internship.

Kent State University. Part-time psychology internships. 6/79-8/83 The Psychological Clinic, Kent State University, Kent, Ohio; Kevin Coleman Mental Health Center, Kent, Ohio; Mental Health Center of Eastern Stark County, Alliance, Ohio.

Research Publications:

Koss, M., Graham, J., Kirkhart, K., Post, G., Kirkhart, R., & Silverberg, R. (1983). Outcome of eclectic psychotherapy in private psychological practice. *American Journal of Psychotherapy*, 37, 400-410.

Crowther, J., Post, G., & Zaynor, L. (1985). The prevalence of bulimia and binge eating in adolescent girls. *International Journal of Eating Disorders*, 4, 29-42.

Post, G., & Crowther, J. (1987). Variables that discriminate bulimic from non-bulimic adolescent females. *Journal of Youth and Adolescence*, 14, 85-98.

Post, G., & Crowther, J. (1987). Restrictor-purger differences in bulimic adolescent females. *International Journal of Eating Disorders*, 6, 757-761.

Slap, G., Post, G., & Khalid, N. (1992). Pre-pubertal weight perception in women with eating disorders. *Journal of Adolescent Health*, 13, 58.

Gleaves, D., Post, G., Eberenz, K., & Davis, W. (1993). A report of 497 women hospitalized for treatment of bulimia nervosa. *Eating Disorders: The Journal of Treatment and Prevention*, 1, 134-146.

Mizes, J. S., Christiano, B., Madison, J., Post, G., Seime, R., & Varnado, P. (2000). Development of the Mizes Anorectic Cognitions questionnaire-revised: Psychometric properties and factor structure in a large sample of eating disorder patients. *International Journal of Eating Disorders*, 28(4), 415-421.

Post, G. (2025). Resilient parents; resilient kids: How parental self-awareness is critical to helping smart kids thrive. *Gifted Education International*, 41(1), 92-111.

Books and Book Chapters

Post, G. (2017). Gifted underachievers under-the-radar. In R. Klingner (Ed.), *Gifted Underachievers*. Nova Science Publishers.

Post, G. (2021). How to explain giftedness to your child. In A. Grahl & C. Trepanier (Eds.) *Perspectives on giftedness*. GHF Press.

Post, G. (2021). Intelligence denied: When gifted children's abilities are ignored. In A. Grahl & C. Trepanier (Eds.) *Perspectives on giftedness*. GHF Press.

Post, G. (2021). What most parents of gifted children wished they had known about college planning. In A. Grahl & C. Trepanier (Eds.) *Perspectives on giftedness*. GHF Press.

Post, G. (2022). *The gifted parenting journey: A guide to self-discovery and support for families of gifted children*. Gifted Unlimited Press.

Additional Publications:

- Post, G. (2013). Supporting musically talented children: How parents can challenge social and emotional roadblocks to success. *National Association of Gifted Children Arts Newsletter, 1*, 7-9.
- Post, G. (2013). Counseling gifted adolescents: Integrating social and emotional aspects of giftedness into treatment. *National Association of Gifted Children Counseling and Guidance Newsletter, 9*, 13-14.
- Post, G. (2013). Let's not call them gifted. *Tall Poppies: Magazine of the New Zealand Association for Gifted Children, 38*, 9.
- Post, G. (2014). The emotional highs and lows of parenting an artistically gifted child. *National Association of Gifted Children Arts Newsletter, 1*, 15-17.
- Post, G. (2014). Why aren't you advocating for your gifted child? *Tall Poppies: Magazine of the New Zealand Association for Gifted Children, 39*, 6-7.
- Post, G. (2014). Six tips for communicating with your gifted child's teacher. *Tall Poppies: Magazine of the New Zealand Association for Gifted Children, 39*, 7.
- Post, G. (2017). Intelligence denied: When your gifted child's abilities are ignored. *Twice-exceptional Newsletter, 81*, March/April, 9-10.
- Post, G. (2017). Power in numbers: How gifted advocacy parent groups can help you and your kids. *Pennsylvania Association for Gifted Education Newsletter, October*.
- Post, G. (2018). Seeking inclusion for your twice-exceptional child. *2e News, August*.
- Post, G. (2020). Finding empathy in troubled times. *More currents: Philadelphia Society of Psychoanalytic Psychology Newsletter, June*.
- Post, G. (2020). Finding your community: Essential support for parents of gifted children. *GHF Dialogue, August*.
- Post, G. (2020). Welcome to gifted parenting: A checklist of emotions. *GHF Journey Newsletter, Vol II, No. 12, December 9*.
- Post, G. (2021). Supporting musically talented children; Challenging social and emotional roadblocks to success. *SENGVine, February 9*.
- Post, G. (2022). Guilty thoughts: What parents of gifted children really think. *GHF Journey Newsletter, Vol 4, No. 1, January 21*.
- Post, G. (2022) The interface of overthinking, anxiety, and shame among gifted children. *SENGVine Newsletter, January*.
- Post, G. (2022). Why does giftedness remain unrecognized among some gifted children? *GHF Journey Newsletter, Vol 4, No. 4, April 19*.
- Post, G. (2022). Finding the gifted parenting support you need! *Parenting for High Potential, Vol. 11(3)*, 18-21.
- Post, G. (2022). Discipline, limit-setting, and your gifted child. *New Jersey Association for Gifted Children Promise Newsletter, December*.
- Post, G. (2023). The conundrum of high expectations. *Parenting for High Potential, Vol. 12(3)* 5-7.
- Post, G. (2023). What giftedness is not: Ten quick facts. *GHF Journey Newsletter, Vol 5, No. 5, May 24*.
- Post, G. (2024) Intellectual giftedness imparts challenges that affect gifted clients throughout the lifespan. *Pennsylvania Psychologist, 84(2)*, 23-24.

Research Presentations:

Crowther, J., Chernyk, B., & Post, G. (1984, April). *Bulimia and binge eating: Same or different?* Paper presented at the First International Conference on Eating Disorders, New York.

Post, G., Crowther, J., & Akamatsu, J. (1985, March). *Variables that discriminate bulimic from non-bulimic adolescent females.* Paper presented at the 54th Annual Conference of the Eastern Psychological Association, Boston.

Post, G., & Crowther, J. (1986, April). *Variables that discriminate restricting from purging bulimic adolescent females.* Paper presented at the Second International Conference on Eating Disorders, New York.

Post, G., Crowther, J., Steffee, W., & Prescott, A. (1988, April). *Variables associated with binge eating severity in obesity.* Paper presented at the Third International Conference on Eating Disorders, New York.

Post, G., Quinn, L., McCrate, M., & Steffee, W. (1990, April). *Differences in childhood and adult onset obesity.* Paper presented at the Fourth International Conference on Eating Disorders, New York.

Rosch, D., Graham, J., Moir, R., Pendleton, L., Post, G., & Tisdale, M. (1991, March). *An MMPI-2 cluster analysis in bulimia nervosa.* Paper presented at the National MMPI Symposium, St. Petersburg, Florida.

Slap, G., Post, G., & Khalid, N. *Prepubertal weight perception in women with eating disorders.* (1992, March). Paper presented at the Annual Convention of the Society for Adolescent Medicine, Washington.

Hoey, N., Bonifazi, D., Post, G., & Eberenz, K. *Bulimia nervosa: Using the EDI to predict treatment outcome.* (1993, November). Paper presented at the 26th Annual Meeting of the Association for the Advancement of Behavior Therapy, Houston.

Mizes, J., Christiano, B., Madison, J., Post, G., Seime, R., & Varnado, P. (1993, November). *Validity of subjective measures of body image disturbance.* Paper presented at the 27th Annual Meeting of the Association for the Advancement of Behavior Therapy, Houston.

Mizes, J., Christiano, B., Madison, J., Post, G., Seime, R., & Varnado, P. (1994, November). *Psychometric properties and factor structure of the Mizes Anorectic Cognitions Questionnaire in a large sample of eating disorder patients.* Paper presented at the 28th Annual Meeting of the Association for the Advancement of Behavior Therapy, Houston.

Additional Presentations:

A variety of in-person and online presentations and workshops have been offered, including the following topics: eating disorders, stress management, parenting, gifted children and adolescents. More information is available upon request.

Professional Affiliations:

American Psychological Association, member
Pennsylvania Psychological Association, member
Philadelphia Society of Clinical Psychologists, member
National Association for Gifted Children, member
Pennsylvania Association for Gifted Education, member
Supporting the Emotional Needs of the Gifted, member
Arcadia University Institutional Review Board non-affiliated member, 5/16-11/19
American Anorexia and Bulimia Association of Philadelphia (disbanded), past president