



## Hannah Lubman, Psy.D.

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## CLARITY INTENSIVE CLINICAL LEAD

As the Clinical Lead of Clarity Intensive, Dr. Hannah Lubman supervises and facilitates an intensive outpatient DBT-based treatment for adolescents and families experiencing pervasive emotion dysregulation. She also has training and experience providing mental health treatment for trauma-related and mood disorders utilizing a variety of treatment modalities including individual, family, and group therapy. Although she mainly utilizes dialectical behavioral therapy (DBT), she also incorporates Acceptance and Commitment Therapy (ACT), and motivational interviewing to assist teens and families in resolving ambivalence towards the treatment process.

After completing her undergraduate work at West Virginia University, Dr. Hannah Lubman moved to Cincinnati to pursue her doctoral degree in clinical psychology at Xavier University with a focus on adolescents and families. In addition to her work at ASAP Cincinnati and Clarity Behavioral Health, Dr. Lubman has worked at various mental health care facilities including Hillcrest Academy, Cincinnati Children's Hospital, and Xavier's Psychological Services Center. Dr. Lubman completed her pre-doctoral internship at Gateways Recovery, specializing in evidence-based treatment for substance use disorders across the lifespan.

Dr. Lubman is passionate about reducing the stigma associated with substance use and mental health disorders, and has given a number of trainings on this topic to current graduate students and other clinical service providers. She recently spoke at a community event to provide psychoeducation to families about the intersection of adolescent vaping on mental health outcomes, and has served as a panel member for the Ohio Psychological Association of Graduate Students to discuss the impact of opiates on Ohio.

Outside the office, Hannah enjoys cultivating carnivorous plants, knitting, and creating other wares for her small craft business. When the sun is shining, she enjoys going hiking and kayaking with her faithful beagle, Zhiva.