

Kimberly Poling, LCSW  
Clinical Program Manager, STAR-Center

Kimberly Poling is the Clinical Program Manager at the STAR Center Clinic, a specialty program for suicidal adolescents, a division of the Child and Adolescent Psychiatry Program of Western Psychiatric Institute and Clinic, University of Pittsburgh Medical Center.

Ms. Poling received training to become certified as a cognitive therapist, through the Cleveland Center for Cognitive Therapy in Cleveland Ohio. Additionally, Ms. Poling completed intensive training with Marsha Linehan, Ph.D. in Dialectical Behavior Therapy (DBT). Ms. Poling also attended specialized training in Family Focused Treatment (FFT) with David Miklowitz, Ph.D. at the University of Colorado and completed training in Well-Being Therapy with Giovanna Fava, M.D. in Venice Italy.

In addition to providing direct care to teenagers and their families, during her years at the STAR-Center Clinic she has been involved in developing and implementing treatment protocols and supervising cognitive therapists both in Pittsburgh and throughout the country for three major federally funded research grants. She is an expert in the areas of cognitive therapy, psychiatric diagnostic and suicide risk assessments. Ms. Poling provides numerous trainings throughout the country. She has also served as a faculty member of the Center for Cognitive Therapy at the University of Pittsburgh Medical Center and for the Psychology in Education Department of the University of Pittsburgh. She is the co-author of *Treating Depressed and Suicidal Adolescents - A Clinician Guide*.