

BRIAN D. OTT, Ph. D

Brian Ott, Ph.D has twenty years of clinical experience with expertise in stress management, treatment of anxiety and panic disorders, and the management of pain and illness. He is currently the Director of Behavior Management Services in Boston and the Coordinator of Behavioral Therapies at the Massachusetts General Hospital Healthcare Center in Charlestown.

As a member of the Heart Ventures team, he has created stress reduction sessions for participants at high risk for cardiovascular disease. Known for his dynamic presentations, he has enhanced the program with his ability to help participants recognize the daily stresses that affect their behaviors and empowers them to make better lifestyle choices.

His credentials include:

- Doctorate in Clinical Psychology from Hofstra University
- Post-doctoral training at Temple University
- Faculty member Harvard Medical School
- Faculty member Massachusetts School of Professional Psychology