
Alexander (Alex) Ochs, PhD, LCSW
Pronouns: He/Him/His

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ACADEMIC APPOINTMENTS

University of Colorado, Colorado Springs
College of Public Service, Department of Social Work
Clinical Assistant Professor, 2025-Present

The University of Denver
Graduate School of Social Work
Adjunct Faculty, 2022-2025

EDUCATION

The University of Denver
Graduate School of Social Work
Doctor of Philosophy in Social Work, August 2025
Dissertation: *HIV and STI Testing Service Use among Youth Experiencing Homelessness: A Multi-Method Inquiry* Chair: Dr. Anamika Barman-Adhikari; Committee: Dr. Tyrone Hamler & Dr. Erin Harrop

Bryn Mawr College
Graduate School of Social Work and Social Research
Master of Social Service (MSW equivalent), May 2015
Clinical Social Work

Elizabethtown College
Bachelor of Social Work, Minor in Music, May 2014

RESEARCH INTERESTS

- HIV treatment & prevention among marginalized youth and young adults
- Access, engagement, and utilization of HIV & STI services
- Role of social networks in health and mental health services use
- Transition from pediatric to adult HIV care

TEACHING INTERESTS

- Clinical Social Work Theory & Practice (Micro & Mezzo Practice)
- Human Behavior and the Social Environment
- Psychopathology Across the Lifespan
- Social Work Practice and Health
- Interpersonal & Relational Approaches to Psychotherapy
- Research Methods (Introductory)

RESEARCH EXPERIENCE

Data Analyst, September 2024-2025

The Center for Housing and Homelessness Research
The University of Denver, Graduate School of Social Work

PI: Daniel Brisson, PhD

Responsibilities: Quantitative data analysis and preparation of technical reports for the Denver Basic Income Project.

Graduate Research Assistant, January 2023-Present

The University of Denver, Graduate School of Social Work

Research Advisor: Anamika Barman-Adhikari, PhD

Responsibilities: Conducted secondary data analyses, manuscript writing, conference presentation abstract writing & preparation, and collaboration with co-authors. Received mentorship and training on egocentric social network methods and analysis.

Research Assistant, March-April 2023

The University of Denver, Graduate School of Social Work

Research Advisor: N. Eugene Walls, PhD

Responsibilities: Conducted focus groups with HIV positive men who have sex with men for the development and implementation of the National HIV Behavioral Surveillance Survey.

Principal Investigator, October 2021-May 2023

The University of Denver, Graduate School of Social Work

Project Title: Psychotherapists' Perspectives on the Therapeutic Relationship with Clients with HIV

Responsibilities: Responsible for all aspects of the project including conceptualization, recruitment, interviewing, transcription, coding, & data analysis utilizing phenomenological methods & thematic & narrative analyses.

Graduate Research Assistant, September 2021-Present

The University of Denver, Graduate School of Social Work

Research Advisor: Donny Gerke, PhD

Responsibilities: Collaborate on conference abstracts & scholarly manuscripts, drafted annotated bibliography & literature review on HIV care and prevention for YMSM, and assisted with quantitative data analyses

Undergraduate Research Fellow, September 2013-May 2014

Elizabethtown College, Department of Social Work

Thinking About Gender, Sex, & Sexuality (TAGSS) Think Tank

Research Advisor: Susan Mapp, PhD

Responsibilities: Year-long project (2013-2014) on Domestic Minor Sex Trafficking (DMST) Education. Collaborated on literature review and developed curriculum for middle school populations on DMST issues. Conducted focus group education sessions with middle school-aged students in various settings.

GRANTS, FELLOWSHIPS, & AWARDS

University of Colorado, Colorado Springs, Daniels College of Business
UCCS Daniels Ethics Initiative Fellow, \$5,000 (2026-2027)

The University of Denver, Office of Graduate Education
Graduate Education Dissertation Fellowship, \$2,500 (2025)

The University of Denver, Graduate School of Social Work
Outstanding Dissertation Proposal Award, \$1,609.50 (2024)

The University of Denver, Graduate School of Social Work
GSSW Dissertation Fellowship, \$22,921 (2024-2025)

The University of Denver, Graduate School of Social Work
Edin Opal Cox Endowed Scholarship, \$750 (2024)

Society for Prevention Research
Early Career Preventionists Network Travel Award, \$500 (2024)

The University of Denver, Graduate School of Social Work
PhD Comprehensive Examination, Pass with Distinction (2024)

The University of Denver, Office of Graduate Education
Inclusive Engagement Doctoral Fellowship, \$9,000 over two years (2023-2025)

The University of Denver, Graduate School of Social Work
Jeffrey M. Jenson Pre-Dissertation Assistantship, \$22,921 (2023-2024)

The University of Denver, Graduate School of Social Work
Graduate Research Assistantship, \$21,000 (2022-2023)

The University of Denver, Graduate School of Social Work
Summer Mentored Scholar Award, \$3,500 (2022)
Advisor: Dr. Donny Gerke

The University of Denver, Office of Graduate Education
Doctoral Fellowship, \$9,000 over two years (2021-2023)

The University of Denver, Graduate School of Social Work
Graduate Research Assistantship, \$19,168 (2021-2022)

PEER-REVIEWED PUBLICATIONS

Published / Accepted

Gerke, D., Ochs, A., Sabuncu, B. C., Downey, D., & Mammadli, T. (2025). HIV testing frequencies and correlates in a statewide sample of transgender, nonbinary, and intersex adults in the U.S. *AIDS Patient Care and STDs*.

<https://doi.org/10.1177/10872914251390215>

Ochs, A., Barman-Adhikari, A., Hsu, H. T., Petering, R., Shelton, J., Narendorf, S., SantaMaria, D., Bender, K., & Ferguson, K. (2024). Untangling regional disparities: HIV and STI testing patterns among youth experiencing homelessness in seven U.S. cities. *Youth*, 4(4), 1774-1786. <https://doi.org/10.3390/youth40401112>

Gerke, D., Glotfelty, J., Freshman, M., Schlueter, J., **Ochs, A.**, & Plax, K. (2022). Help is available: Supporting mental wellness through peer health navigation with young Black MSM with HIV. *AIDS Patient Care and STDs*. <https://doi.org/10.1089/apc.2022.0>

In Progress

Ochs, A., Barman-Adhikari, A., Hsu, H. T., Petering, R., Shelton, J., Narendorf, S., Santa Maria, D., Bender, K., & Ferguson, K. (Revise and resubmit). Sexual health norms on HIV and STI testing among youth experiencing homelessness in seven U.S. cities: An egocentric social network analysis. *AIDS Care*.

Ochs, A. & Coats, T. (In process). Exploring the social context of HIV and STI testing among youth experiencing homelessness: A qualitative interpretive description analysis. *Qualitative Health Research*.

Barman-Adhikari, A., **Ochs, A.**, Malhotra, S., Thomas, D., Nelson, H., & Thomas, T. (In process). What do young people experiencing homelessness want from substance use prevention interventions? *Journal of Homelessness and Social Distress*.

PEER-REVIEWED PRESENTATIONS

Ochs, A., Barman-Adhikari, A., Hsu, H. T., Petering, R., Shelton, J., Narendorf, S., Santa Maria, D., Bender, K., & Ferguson, K. (2026). *An egocentric social network analysis of sexual health norms on HIV and STI testing among youth experiencing homelessness*. [Oral Paper Presentation]. Society for Social Work and Research. Washington, D.C.

Ochs, A. (2025). *Social network members and types of social support among young adults with HIV: A systematic search of the literature*. [Poster Presentation]. Society for Social Work and Research. Seattle, WA.

Ochs, A., Barman-Adhikari, A., Hsu, H. T., Petering, R., Shelton, J., Narendorf, S., SantaMaria, D., Bender, K., & Ferguson, K. (2025). *Correlates and rates of HIV and STI testing service utilization among homeless youth across seven U.S. cities*. [Poster Presentation]. Society for Social Work and Research. Seattle, WA.

Gerke, D., **Ochs, A.**, Mammadli, T., Downey, D., & Sabuncu, B. C. (2025). *HIV testing frequency & predictors in a statewide sample of transgender, nonbinary, and intersex adults*. [Oral Paper Presentation]. Society for Social Work and Research. Seattle, WA.

Ochs, A., Barman-Adhikari, A., Hsu, H. T., Petering, R., Shelton, J., Narendorf, S., SantaMaria, D., Bender, K., & Ferguson, K. (2024). *Examining the utilization patterns of HIV and STI testing services among youth experiencing homelessness in seven urban centers of the United States*. [Oral Paper Presentation]. Society for Prevention Research. Washington, D.C.

Ochs, A. & Bressi, S. (2023). *A critical period: Engaging persons with HIV in the psychotherapeutic relationship*. [Poster Presentation]. 42nd annual meeting of Division 39 of the American Psychological Association. New York, NY.

Gerke, D., Glotfelty, J., Freshman, M., **Ochs, A.**, & Plax, K. (2022). *Examining engagement in and initial efficacy of a structured peer health navigator intervention to improve HIV and related outcomes among YBMSM living with HIV*. [Oral Paper Presentation]. 24th International AIDS Conference. Montreal, Canada.

Koenig, H., Graziani, A., ... **Ochs, A.**, Powell, L., Tebas, P., Weinstein, E., & Welser K. (2020). *HIV/Hepatitis C co-infection eradication initiative in an academic outpatient ID practice*. [Oral Presentation]. Adherence 2020: Virtual International Conference on HIV Treatment and Prevention Adherence, IAPAC.

Ochs, A. (2017). *Building a culturally responsive and diverse group schedule: An HIV psychiatric rehabilitation day program as a case study*. [Symposium Presentation]. International Association for Social Work with Groups. New York, NY.

OTHER SELECTED PRESENTATIONS

Ochs, A. and Malone, A. (2021). *Analytic principles for the real world: Countertransference hate* [Virtual Oral Presentation] for Psychoanalytic Center of Philadelphia, Saturday Morning Case Conference Series. Philadelphia, PA.

Holbrook, S., Mitchell, A., & **Ochs, A.** (2014). *Domestic minor sex trafficking education*. [Oral Presentation] Elizabethtown College's Scholarship and Creative Arts Day Symposium. Elizabethtown, PA.

TEACHING EXPERIENCE

University of Colorado, Colorado Springs (Instructor of Record)

Human Behavior and the Social Environment, MSW Program, Fall 2025, 2026 [course lead]

Psychopathology and Trauma, MSW Program, Fall 2025, 2026 [course lead]

Research Methods for Practitioners, MSW Program, Spring 2026 [course co-lead]

Trauma-Informed Seminar, MSW Program, Spring 2026

Advanced Standing Seminar, MSW Program, Summer 2026 [course lead]

The University of Denver, Graduate School of Social Work (Instructor of Record)

Interpersonal Approaches to Counseling, MSW Program, Summer 2024 (7 students)

Clinical Social Work Theory & Practice, MSW@Denver, Summer 2024 (9 students)

Interpersonal Approaches to Counseling, MSW Program, Winter 2024 (15 students)

Social Work Practice in Health, MSW@Denver, Summer 2023 (14 students)

Clinical Social Work Theory & Practice, MSW@Denver, Summer 2022 (15 students)

The University of Denver, Graduate School of Social Work (Teaching Assistant)
Introduction to Multilevel Modeling, PhD Program, Spring 2024 (5 students; Dr. Kaipeng Wang)

The University of Denver, Graduate School of Social Work (Teaching Practicum)
Clinical Social Work Skills, MSW Program, Fall 2022 (22 students; Dr. Nicole Nicotera)

MSW INDEPENDENT STUDY MENTORING

University of Colorado, Colorado Springs
River Kerr – *Mad Studies: Exploring Psychosocial, Relational, and Spiritual Approaches to Psychosis and Extreme Experiences*, Fall 2026

MSW THESIS MENTORING

University of Colorado, Colorado Springs
Chair, MSW Thesis Committee, Maggie Calabrese - *A Phenomenological Study on Clinician Understanding of OCD*, 2026-2027

PEDAGOGICAL TRAINING

The University of Denver, Graduate School of Social Work
Pedagogy in Social Work Education (PhD course)
Critical Approaches to Pedagogy: Anti-Racist, Queer, & Feminist Perspectives (PhD course)

The University of Denver, Center for Community Engagement to advance Scholarship & Learning
Community-Engaged Teaching 101 (2-day selective Faculty Scholars program), June 2023

SOCIAL WORK PRACTICE EXPERIENCE

Private Practice

Clinical Social Worker & Psychotherapist, 2018-Present

- Provide psychotherapy to adults utilizing relational psychodynamic approaches
- Provide clinical supervision to clinicians pursuing LCSW/LPC

University of Pennsylvania Health System

MacGregor Outpatient Infectious Diseases

Social Worker & Psychotherapist, Sept. 2019-Aug. 2021

- Collaborated with a multidisciplinary team to develop a new youth-focused social work position at Penn Medicine's largest adult HIV practice
- Collaborated with local pediatric HIV clinics and assisted patients in the transition from pediatric to adult HIV care
- Assisted patients in applying for resources to address barriers to comprehensive & continuous health & mental health care, including insurance, pharmaceutical benefits, housing & utility support, transportation, & community-based referrals
- Provide individual psychotherapy to patients living with HIV across the adult lifespan

Drexel University College of Medicine

St. Christopher's Hospital for Children, Dorothy Mann Center for Pediatric & Adolescent HIV Behavioral Health Consultant, *June 2018-Sept. 2019*

- Provided cognitive & behavioral interventions to children, adolescents, and families experiencing behavioral health & problematic substance use in a primary care setting
- Screened all patients for substance use, sexual risk taking, medication adherence, & mental health disorders
- Collaborated with primary care providers for patients with a positive HIV screen to determine appropriate treatment interventions
- Provided motivational interviewing & psychoeducation for all patients and their support systems on mitigating risks for health compromising behaviors & developed prevention strategies

COMHAR, Inc.

Specialized Services Division

Lead Care Coordinator & Psychotherapist, *May 2015-June 2018*

- Provided individual psychotherapy & care coordination to a caseload of adults diagnosed with HIV/AIDS, serious mental illness, & histories of problematic substance use in an outpatient setting & psychiatric rehabilitation program
- Conducted intakes, comprehensive biopsychosocial evaluations, & developed treatment plans with clients
- Planned & facilitated 12-week psychoeducational and therapy groups covering topics including trauma, stress-reduction, HIV support, & mindfulness
- Supervised team of care coordinators & therapists, nurse, & interns, conducted annual performance evaluations & facilitated weekly clinical case conference

INTERNSHIPS

Philadelphia FIGHT

Youth Health Empowerment Project (Y-HEP)

MSW Intern, *June 2014-May 2015*

- Worked with LGBTQ & HIV-positive youth in a drop-in center context where services focused on participants experiencing housing & food insecurity
- Facilitated psychoeducational and therapeutic groups on emotional & social well-being, physical & sexual health, and life skills

LGBT Center of Central PA

BSW Intern, *Feb. 2013-May 2014*

- Facilitated weekly LGBTQ youth group & assisted with various agency activities including preparation & facilitation for weekly youth group, queer group, open mic nights, & community drop-in hours
- Collaborated with local school districts to establish LGBTQ groups

POST-GRADUATE CLINICAL TRAINING

Psychoanalytic Center of Philadelphia

Adult Psychodynamic Psychotherapy, *Sept. 2018-June 2021*

- 3-year tripartite program integrating didactic coursework, individual supervision, &

personal psychoanalytic psychotherapy

Bryn Mawr College, Center for Professional Development

Post-Masters Clinical Certificate in Psychodynamic Psychotherapy, *Jan. 2016-May 2016*

SERVICE

University of Colorado, Colorado Springs

To the University

Graduate Research Fellowship, Faculty Reviewer, *2026*

To the Department of Social Work

MSW Thesis Committee, *2026-Present*

MSW Admissions Committee, *2025-Present*

MSW Program Committee, *2025-Present*

Society for Social Work and Research

Doctoral Student Committee, Student Engagement Sub-Committee, *2024-2025*

Doctoral Student Volunteer, SSWR Conference, *2024, 2025*

Society for Prevention Research

Conference Abstract Reviewer, *2023-2025*

Manuscript Reviewer

Sexuality Research and Social Policy, *2026*

Substance Use and Addiction, *2024*

Perspectives on Social Work, *2022-2025*

Graduate School of Social Work, University of Denver

PhD Student Leadership Board, *2021-2023; 2024-2025*

MEMBERSHIPS & PROFESSIONAL LICENSURE

Licensed Clinical Social Worker (Colorado), *2026-Present*

Licensed Clinical Social Worker (Pennsylvania), *2018-Present*

Council on Social Work Education, *2021-Present*

Division 39 of the American Psychological Association, *2022-2025*

LGBTQ Caucus of Social Work Students & Faculty, *2021-Present*

Society for Social Work and Research, *2022-Present*

Society for Prevention Research, *2024-Present*

SOFTWARE COMPETENCY

Quantitative Analysis: Stata, G*Power (power analysis)

Qualitative Analysis: Dedoose