

CIRRICULUM VITAE  
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**New York, N.Y. 10024**                                      **White Plains, N.Y. 10607**  
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### EDUCATION

- 2003-2005                      **Graduate, The Institute for Infants, Children and Families, Infant-Parent Study Center, Jewish Board of Family and Children's Services, New York, N.Y.**
- 1996-2001                      **Psy.D., Clinical Psychology, Ferkauf Graduate School of Psychology, Bronx, N.Y.**
- 1992-1996                      **Bachelor of Arts, Psychology, New York University, *Magna Cum Laude*, New York, N.Y. Member, Phi Beta Kappa. University Honors Scholar. Psychology Departmental Scholastic Achievement Award. Member, Psi Chi.**

### TEACHING EXPERIENCE

- May 2010                      **Mentor, White Plains High School, White Plains, N.Y.** Supervise and support high school student's literature review and research project on Postpartum Mood Disorder and Cesarean Section.
- March 2009                      **Guest Lecturer, Hudson Valley Birth Network, Doula Group, Katonah, N.Y.** Presented on assessment and treatment of postpartum mood disorders.
- February 2007                      **Guest Lecturer, Mailman School of Public Health, Columbia University, N.Y.** Presented on assessment and treatment of postpartum mood disorders.
- April 2005                      **Presenter, Child Care Consortium, White Plains, N.Y.** Led workshop on the development of reflective and relationship-based practice in infant and toddler child care settings.
- February 2004                      **Guest Lecturer, St. Luke's – Roosevelt Hospital Center, New York, N.Y.** Taught seminar on Infant Mental Health to psychology externs and interns.

### CLINICAL EXPERIENCE

- 4/10 – 4/13                      **Leader, The Fourth Trimester, Full Circle Family Care, White Plains, N.Y.** Created, and currently lead postpartum support group to address the emotional needs of mothers and babies.
- 9/03-present                      **Psychologist, Private Practice, Manhattan and White Plains, N.Y.** Conduct long- and short-term individual psychodynamic and cognitive behavioral psychotherapy with adults and couples. Specialize in pregnancy and postpartum issues in families.
- 9/03-9/06                      **Psychologist, Little Sisters of the Assumption Family Health Service, Manhattan, N.Y.** Conduct short-term parent-infant psychotherapy through both home-based development program and outpatient service.
- 7/01-8/02                      **Psychologist, Acute Care Inpatient Unit, Interfaith Medical Center, Brooklyn, N.Y.** Conducted long and short-term individual and group therapy with adult and geriatric inpatients from diverse backgrounds. Organized case management and long-term discharge planning through collateral family therapy. Administered mental status examinations and psychosocial assessments.

- 7/00-7/01 **Psychology Intern, Interfaith Medical Center**, Brooklyn, N.Y.  
 Provided long and short-term individual and group therapy with adult and child outpatients, inpatients, and MICA day treatment patients. Conducted individual and group therapy with substance abuse patients. Administered psychological and psychosocial assessments, intakes, mental status examinations. Provided crisis intervention with Mobile Crisis Team.
- 9/99-6/00 **Psychology Extern, Postgraduate Center for Mental Health**, New York, N.Y.  
 Provided long-term individual therapy with adults and conducted intake evaluations.
- 1998-1999 **Psychology Extern, Queens Children's Psychiatric Center**, Queens, N.Y.  
 Provided twice weekly individual and family therapy with child and adolescent inpatients from diverse backgrounds. Conducted psychological assessments.
- 1997-1998 **Psychology Extern, University Counseling Services, New York University**, New York, N.Y. Conducted intake evaluations, short-term dynamic and cognitive-behavioral psychotherapy with students. Co-led adult psychotherapy group.
- 1996-2000 **Trainee in Psychology, Parnes Psychology Clinic**, Ferkauf Graduate School of Psychology, New York, N.Y. Provided long-term adult twice weekly psychodynamic therapy and short-term family therapy. Conducted adult psychological assessments and intake evaluations.

#### RESEARCH EXPERIENCE

- 1998-2001 **Dissertation.** "Therapist's level of racial identity and multicultural competence as related to the treatment of mixed couples." Data indicated that elevated levels of multicultural competence were significantly related with decreased levels of anxiety in therapists treating mixed couples.
- 1997-1998 **Research Assistant, New York State Psychiatric Institute**, New York, N.Y.  
 Assisted in the Youth, Schools and Community Project. Administered structured interviews to grade school children and conducted structured telephone interviews with parents of deceased adolescents.

#### WORKSHOPS ATTENDED

- April 1999 Interactive Mismatch and Repair: Maternal Depression. Institute for Infants, Children and Families, New York, N.Y.
- October 2002 What Do Mothers Want? Contemporary Perspectives in Psychoanalysis and Related Disciplines. William Alanson White Institute, New York, N.Y.
- May 2003 Treatment of Infertility Patients. William Alanson White Institute, New York, N.Y.
- November 2003 Master Class-Searching for Safety Through Connections: Developing Approaches to Help Traumatized Young Children. Institute for Infants, Children and Families, New York, N.Y.
- April 2004 Theories and Treatment of Attachment Disorders. Institute for Infants, Children and Families, New York, N.Y.
- June 2004 DIR – Building the Foundation for Children and Families. Tarrytown, N.Y.
- October 2004 NYU Medical Center Symposium on Women's Reproductive Mental Health. New York, N.Y.

July 2005            DIR – Summer Institute I, Landsdowne, V.A.

June 2007           Dialectical Behavior Therapy Workshop, White Plains, NY.

March 2010         The Postpartum Stress Center, Rosemont, PA. Intensive Postgraduate Training Program.

December 2013     The Neuroscience of Well Being, NY. Jack Kornfield and Dan Siegel, Omega Institute.

- **Former President**, Hudson Valley Birth Network
- **Member**, New York State Psychological Association
- **Member**, Postpartum Support International
- **Member**, Postpartum Resource Center of New York