**Jayme Albin, MA. Ph. D**

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[**www.AsktheCBT.com**](http://www.AsktheCBT.com)

[**www.SculptNYC.com**](file:///C:\Users\Dr%20Jayme\Pictures\Practice\www.SculptNYC.com)

**212-631-1133 ext 1**

**EDUCATION AND PROFESSIONAL CERTIFICATIONS**

**New York State Licensed Psychologist, #** 018663

**Yeshiva University, Ferkauf Graduate School of Psychology, Bronx, NY**

*Ph.D. in Clinical Health Psychology, 2008*

*CBT based Curriculum*

***Kundalini Yoga Training 2010-2011*** 873 Broadway New York (212) 982-5959

**Teachers College, Columbia University, New York, NY**

M.A, Developmental Psychology, Dept of Human Development, G.P.A: 4.0

*Concentration in Developmental Psychopathology, 2000*

**Hofstra University, Hempstead, NY**

B.B.A. cum laude, Banking and Finance, 1994, High Honors

**CLINICAL & PROFESSIONAL DEVELOPMENT**

**Cognitive Behavior Therapy and Associates- Director, Clinical Psychologist,** Private Practice, New York, New York 2003 to present

* CBT and Associates is a Manhattan based private practice
* Provides CBT services to adults and children
* Specialize in the treatment of a variety of anxiety disorders (phobias, OCD, GAD, Social anxiety, tics), depression, ADHD, body and weight issues, relationships problems, anger management, somatic complaints
* Diagnose and evaluate mental, behavior and emotional disorders
* Develop and deliver treatment protocols focusing on a **CBT** paradigm but including other forms of therapy when appropriate including **Biofeedback, Yoga therapy, EMDR, Virtual Reality Therapy, Neurofeedback and Behavior Medicine**
* Communicate with and counsel family members as appropriate.
* Conduct clinical research on CBT techniques
* Train and provide supervision to post doctoral candidates
* Provide psychological consultations to other mental health professionals within hospitals, clinics, and other community based agencies with regard to clients and patient care.
* Assess clients' needs, abilities and behavior using a variety of methods including psychometric tests, interviews and direct observation of behavior.
* **Group workshops**
* Give national talks including National Television and film productions, advertising panels
* **Write and publish a Cognitive behavior Therapy blog www.asktheCBT.com**

**Managing Partner** Sculpt NYC, New York

2008 to present

**Sculpt NYC is a CBT focused program that directly targets weight and body image issues**

* Design and Deliver individual and group health behavior modification programs.
* Provide didactic services to individuals or groups about chronic illness including disease process, accompanying behavior change and emotional responses.
* Provide Cognitive Behavior Therapy and Life Coaching services through a multidisciplinary approach to health and wellness.
* Consult with fitness instructors, nutritionists and other medical/health professionals to coordinate treatment services.
* Consult with for profit and profit organizations about the psychology of human behavior related to disease, health, diet and exercise
* Pre surgery screens

***BEHAVIORAL ASSOCIATES 2003 –2014***

* *2003 to 2008 extern training, 2008- 2009 Internship; 2009-2010 post –doctoral training*
* ***2005-2007 Assistant Director***

*Behavior associates is a premier CBT group practice located on the UES of NYC which has been treating clients since the 1980s. They focus on state of the art advancements in technology such as biofeedback and Virtual reality therapy that have made behavior therapy more practical, accessible and effective*

* *Conduct assessment and deliver treatment protocols to individuals and group*
* *Train/supervise post docs*
* *Conduct grand rounds and provide clinical supervision to other licensed professions.*
* *Conduct research on Fear of flying using CBT incorporating Virtual Reality Therapy and biofeedback in a randomized clinical control study*

**MOUNT SINAI SCHOOL OF MEDICINE**

*Impulsive and Compulsive Disorder Clinic*

Extern, July 2003-June 2004

* Performed SCID and other clinical assessment with BDD, OCD and other impulsive disorders
* Provide individual and group CBT for Body Dysmorphia and Impulsive Disorders (e.g. gambling)
* *Supervisor: Eric Hollander, MD.; Andrea Allen, Ph. D*

**THE NEW YORK HOSPITAL - CORNELL MEDICAL CENTER**

**Weill Cornell Payne Whitney, Adolescent Anxiety and Traumatic Stress Program**

* *Extern,* July 2001-June 2002
* Provide social and psychological treatment to adolescent and young adult females who are exhibiting symptoms of anxiety, fearfulness, anger, irritability, interpersonal difficulties, emotional isolation and detachment and depression as the result of a trauma.
* **Treatment modalities included Step wise CBT developed for PTSD to groups and individual treatments;**
* **Social skills training and interpersonal difficulties, cognitive therapy for PTSD, emotional management skills training and** progressive exposure
* *Supervisor: Marylene Cloitre, Ph.D*

**COLUMBIA PRESBYTERIAN MEDICAL CENTER, N.Y. PRESBYTERIAN HOSPITAL,**

**Child/Adolescent Depression & Anxiety Clinic, Pediatric Psychiatry, Babies & Children’s Hospital**

***Extern,* Spring 2001**

Co-leader of group behavior therapy intervention focusing on the with emotional, social and behavioral issues of adolescent girl with diagnosis such as Mood Disorders, Anxiety Disorders, ADHD, PTSD and Psychosis;

Intervention is based primarily on CBT, skills training and problem solving therapy.

Responsibilities included leading group meetings, assisting in the planning and organization of materials presented *in the group*

*Supervisor: Alice Greenfield, CSW.*

**HACKENSACK MEDICAL CENTER, Hackensack, NJ**

**Pediatric Pain Service and Tomorrow’s Children’s Institute, Department of Pediatric Oncology**

*Extern,* January 2001-June 2001

* Assisted in the psychological treatment and assessment of a currently medically ill population and the survivorship.
* Patients include children, adolescents and adults who have or have a history of cancer, blood disorders or chronic pain.
* **Conducted formal psychological testing, clinical assessments and cognitive and behavioral interventions.**
* *Supervisor: Paola Conte, Ph.D. , Gary Walco, PhD*

**COLUMBIA PRESBYTERIAN MEDICAL CENTER, N.Y. PRESBYTERIAN HOSPITAL**

**Disruptive Behavior Disorders Clinic, Pediatric Psychiatry, Babies and Children’s Hospital**

*Extern,* Fall 2000

* Co-leader of behavior therapy group intervention dealing with emotional, social and behavioral problems of children ages 6 ~ 11 with diagnoses such as ADHD, Adjustment Disorder (primary or secondary to a medical diagnosis such as HIV), & Conduct Disorder
* Responsibilities included leading group meetings, assisting in the planning and organization of materials presented in group.
* *Supervisor: Deborah Halperin, Ph.D.*

**COLUMBIA PRESBYTERIAN MEDICAL CENTER, N.Y. PRESBYTERIAN HOSPITAL**

**Tobacco Cessation Clinic, Department of Behavioral Medicine**

* *Extern,* October 2000- June 2001
* Conducted diagnostic and intake interviews for adults who are tobacco dependent in addition to other pathologies (MDD, psychosis)
* Provided individual cognitive-behavioral therapy on a weekly basis.
* Co-authored article on CBT for smoking cessation in a medical/dental setting
* *Supervisor: Daniel Seidman, Ph.D.*

**THE NEW YORK HOSPITAL - CORNELL MEDICAL CENTER**

**Paine Whitney Clinic, and Westchester Division, Dept. of Psychiatry, White Plains, NY**

*Extern,* March 2000- August 2000

Children’s Attitudes Reaction and Emotions Toward Suicide Study (CARES) Longitudinal study to assess the development of children, adolescents and their familial loss to a suicide; Conducted intake and diagnostic interviews; Administered assessments.

Supervisor: Cynthia Pfeffer, M.D.

**Child Bereavement Program** *Co-leader of group intervention for children, adolescents and* families who have suffered a significant loss to an illness, accident or suicide; Assisted in the facilitating, planning and organization of materials presented in group treatment; Conducted intake and diagnostic interviews, Administered assessments; Designed and wrote a patient satisfaction measure which was incorporated into the study protocol for the purpose of assessing patient’s level of satisfaction and perception of efficacy of the intervention.

*Supervisor: Cynthia Pfeffer, M.D.*

**Children of Families with Mood Disorders:** Conducted intake and diagnostic interviews; administered assessments. *Supervisor: Cynthia Pfeffer, M.D.*

**VISITING NURSE CENTER OF NY, New York, NY**

**2002-2003; 2004-2006**

**Field Researcher/ Psychologist**

Conducted structured and clinical interviews on medical follow up and epidemiological research studies. (face-to-face and phone interviews). Maintain databases and records including dates for follow up interviews.

*Supervisor: Aubrey Spriggs*

**THE CENTER FOR PREVENTIVE PSYCHIATRY, White Plains, NY**

Cornerstone Therapeutic Nursery, *Volunteer,* September 1998 to May 1999

Assisted in the recreational counseling and supervision of 10 behaviorally and emotionally disturbed preschool age children; Assisted in individual special education workshops, 3 mornings per week, 15 hr. a week. *Supervisor: T, Lopez, Ph.D. and R, Stewart, MS.*

**BOOKS, JOURNAL PUBLICATIONS & PRESENTATIONS**

* Albin, J (2009). Treating fear of flying using biofeedback and virtual reality
* Germany: VDM Verlag Press.
* *Albin,J & Reiner (2006), R. H..* Biofeedback and Virtual Reality for Fear of Flying. CyberTherapy, December 2006 http://www.liebertonline.com/doi/abs/10.1089/cpb.2006.9.653
* Albin, J. Biofeedback and Virtual Reality for Fear of Flying Invited Presenter the World Conference on Fear of Flying. VALK, Montreal, Canada June 2007
* http://www.icao.int/icao/en/atb/meetings/2007/ff07/ProgrammeFinal.pdf
* Seidman, D, Barrows, Lopez, M Albin, J. Serving underserved and hard-core smokers in a dental school setting. Journal of Dental Education. 2002 Apr; 66(4): 507-13. www.jdentaled.org/cgi/reprint/66/4/507.pdf
* A Retrospective Investigation For Associations Between Body Dysmorphic Disorder And Medical Illness, Mount Sinai School of Medicine. Non-Published
* Non-Published.Assessing Somatization Differences between Body Dysmorphic Disorder Patients and Obsessive Compulsive Disordered Patients, Mount Sinai School of Medicine.
* Review Paper: ADD/ADHD Combined Treatments of Psycho-stimulants and Behavioral Interventions, Masters Thesis, Teachers College, Columbia University

**INTEVIEWS & PUBLIC APPEARANCES**

* Cohen, M. (Sept 2005) Worried Sick: Talking to a therapist helped me learn to deal with my anxiety. Youth Community. Retrieved www.youthcomm.org/NYC%20Features/SeptOct2005/NYC-2005-09-07.htm
* Levine, Amy (2010). The 7 deadly fashion, style, and grooming choices that could be the last mistakes you ever make: Questionable dress harming your health. [Online exclusive]. **Details Magazine Online,** Retrieved Feb 2010 http://www.details.com/style-advice/rules-of-style/201002/deadly-fashion-style-grooming-mistakes
* Stryker, Jennifer (Producer**),** (Nov 2008). **The Montel Williams Show** (Television appearance), New York, NY. “Undercover New York”; http://www.youtube.com/watch?v=V7W7TsX2q98
* J Magee, Elaine MPH, RD (Sept, 2009) Smarter choices for Halloween candy, cookies, and other goodies.**Web MD Expert Column** http://www.webmd.com/food-recipes/features/halloween\_candy\_lower-calorie-treats-make-holiday-less-scary Potkewitz, H (Sept. 2009).
* As Grown kids fall into the parent trap. *Crain's New York Business -* <http://www.crainsnewyork.com/assets/pdf/CN66609815.PDF>
* Weinstein, R.L (2009) Dr. Scare. SOBE Fit Magazine, Retrieved Aug 2009

http://www.sobefitmagazine.com/Current/a/3/HEALTH/114/DR.\_%28S%29CARE.aspx

* Sherman, Jake (2009). For some, online group therapy is a cause for concern.

JSCMS. Retrieved Apr 28, 2009,

http://jscms.jrn.columbia.edu/cns/2009-04-28/sherman-meetup/fullText

* **Bill Cunningham Show (Dec 2013)** (Television appearance) New York, NY “Dealing with troubled families who are ready to break”)
* **Dr. Oz Show (Feb 2014) (**Television appearance) “Thyroid Health”

**TEACHING EXPERIENCE & WORKSHOPS**

* Stop Reactions and Negative Thinking with CBT Spring 2013 held at CBT and Associates
* Spring 2012 Workshop leader at Open Center, New York Workshop on Stress and CBT in your daily life
* Fall 2010, New York, New York. Live Laugh Love Workshop
* Albin, J (Fall 2009). Group Cognitive Behavior Therapy, CUNY Graduate Center Masters in Counseling Program.
* Summer 2009, New York, New York. Understanding CBT: A life model for Success
* Fall 2009, New York, New York. What is Social Anxiety and how does CBT treat it effectively?
* Winter 2009, New York, New York. Breathing & Biofeedback
* Summer 2010, New York, New York. Biofeedback & Virtual Reality for Fear of Flying
* Siegelman, L & Albin, J. (Fall 2008). The Difficult Patient (CE Course). Henry Spenadel Continuing Education Program, New York County Dental Society. Dental Quarterly
* Albin, J. (June 2008) Diabetes and Depression, Using CBT to understand the behavior hurdles. (Powerpoint presentation). Johnson and Johnson, New York City.
* August 2007, Weight Management Professional Panel Speaker, Red Scout Marketing, New York City.
* **Teaching Assistant at Yeshiva University,** Fall 2000 – June 2002, Experimental Psychology Class responsible for leading study lectures, substitute lectures for absent professors in department and ran weekly SPSS lab training.
* http://www.linkedin.com/profile?viewProfile=&key=15871581&trk=tab\_pro#recommendations
* Business Communications Instructor, Drake Business School, White Plains, NY 1995-1997.