

Mayer Bellehsen Ph.D.

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EDUCATION:

September 2004 - January 2011

Ph.D., Clinical Psychology (Health Emphasis)

Thesis Title: Negotiating the Traumatic Impact of Cancer

Ferkauf Graduate School of Psychology, Yeshiva University (APA Accredited)
Bronx, NY

July 2009 - June 2010

North Shore-Long Island Jewish Health System: The Zucker Hillside Hospital

Predoctoral Psychology Internship (APA Accredited)

Glen Oaks, NY

September 2004 - September 2007

M.A., General Psychology,

Ferkauf Graduate School of Psychology, Yeshiva University (APA Accredited)
Bronx, NY

September 2000 – May 2003

B.A., Psychology

Queens College, Queens, NY

PROFESSIONAL EXPERIENCE:

Northwell Health (formerly known as North Shore-LIJ Health System): The Zucker Hillside Hospital- Mildred and Frank Feinberg Division of the Unified Behavioral Health Center for Military Veterans and their Families

Director

10/12 - Present

- Direct the clinical and administrative processes in this first-of-its kind collaboration between a not for profit health system and a Veterans Administration Medical Center (VAMC) to extend behavioral health services to the families of Veterans.
- Collaborate with the Robert Wood Johnson Foundation to ensure fulfillment of all grant requirements.
- Deliver evidenced based treatments to veterans and their family members.
- Oversee research activities, including ensuring that all Northwell Health Institutional Review Board processes are explicitly followed.

North Shore-Long Island Jewish Health System: The Zucker Hillside Hospital

Psychologist

2/12 – 10/12

- Provided and oversaw the psychological services for multiple treatment teams on an inpatient unit.
- Administered and supervised psychological assessments.
- Trained in the use of evidenced based practices for treating trauma (Cognitive Processing Therapy) and couples (Emotionally Focused Therapy).
- Conducted supervision for trainees in the Bipolar Centers of Specialization.

North Shore-Long Island Jewish Health System: The Zucker Hillside Hospital- Ambulatory Psychiatry Centers and College Track

Postdoctoral Fellowship (Clinical and Administrative)

2/11 – 1/12

North Shore-Long Island Jewish Health System: The Zucker Hillside Hospital

Predoctoral Psychology Internship (APA Accredited)

7/09 - 6/10

Bronx Psychiatric Center, Bronx, NY

Psychology Externship

9/07- 8/08

Montefiore Medical Center: Department of Family and Social Medicine, Bronx, NY

Psychology Externship

6/06 – 6/08

Bellevue Hospital: Inpatient Rehabilitation Medicine, NY, NY

Psychology Externship

6/07- 8/07

Coler-Goldwater Specialty Hospital and Nursing Facility, Roosevelt Island, NY

Psychology Externship

2/06- 7/06

The Max and Celia Parnes Family Psychological and Psychoeducational Services Clinic, Bronx, NY

Student Therapist

9/05 – 6/06

SPECIALIZED CLINICAL TRAINING

Prolonged Exposure

- Certified in Prolonged Exposure Therapy from the Center for the Treatment and Study of Anxiety, December 24, 2015
- Prolonged Exposure Therapy for Chronic PTSD: Four Day Training Workshop, Philadelphia, Pennsylvania. April 22-25, 2013.

Emotionally Focused Therapy (EFT) for Couples.

- Emotionally Focused Therapy Core Skills Training, Greenwich, Connecticut. March-June, 2015.
- Completed expert consultation with George Faller, LMFT certified trainer in EFT, in Fall, 2014.
- Externship in Emotionally Focused Therapy at the Washington Baltimore Center for EFT. Falls Church, Virginia. January 18-21, 2012.

Cognitive Processing Therapy (CPT).

- Completed expert consultation with Tara Galovski, CPT trainer, in December 2014.
- Center for Deployment Psychology. Bethesda, Maryland. December 12-13, 2011.

WORKSHOPS

Strategic Communications Training Program: Produced by Spitfire Strategies: Princeton, NJ
May 21-May 22, 2014.

PUBLICATIONS

Bellehsen, M. (2014). **Dialogue Between Multiple Self Models: Moving Towards Integration**
In Rosenbaum, P (ed.) *Making our Ideas Clear: Pragmatism in Psychoanalysis*.

Suchday, S., **Bellehsen, M.**, Friedberg J.P., Almeida, M, & Kaplan, E. (2013). *Clustering of Cardiac Risk Factors Associated with the Metabolic Syndrome and Associations with Psychosocial Distress in a Young Asian Indian Population*. J. Behav. Med (Epub).

GRANTS & CURRENT RESEARCH SUPPORT

David Lynch Foundation (PI: Bellehsen)

“Assessing the Impact of Transcendental Meditation on PTSD Symptoms”

10/15-present, Role : Principal Investigator

The Rabbi Arthur Schneier Center for International Affairs, Graduate Student Summer Research Fellowship. (2007); PI; \$5,000

PRESENTATIONS/POSTERS

Bellehsen, M. (2015). *Strengthening Veteran Families*. Presented at Community Strong on December 10th, Brookville, NY

Bellehsen, M. (2014). *The Unified Behavioral Health Center for Military Veterans and their Families*. Presented at the National Child Traumatic Stress Network-All Network Conference on March 4th, Falls Church, VA.

Bellehsen, M., Roberts, A., (2013). *Combat Trauma: Perspectives from a Veteran and Clinician*. Lecture presented at the Mid-Island Clinical Meeting on February, 1st, Amityville, NY.

- Bellehsen, M.,** Hartley, L., Krakower, S., Matta, J. (2012). *A Drug Abuse Crisis: Prescription Medications*. Lecture presented September 25th, Glen Oaks, NY.
- Bellehsen, M.,** Cromer, T., LeBron, E., Newman, J., Roberts, A. (2012). *Behavioral Health Care for Our Newest Generation of Veterans and Their Families*. Lecture presented October 23rd, Glen Oaks, NY.
- Bellehsen, M.,** (2012). *The Patients We Care For: Treating Bipolar Disorder*. The Bristol at Lynbrook. Lecture presented April 4, Lynbrook, NY.
- Bellehsen, M.,** Suchday, S., & Almeida, M. (2009). *Factor Analysis of the Metabolic Syndrome and Associations with Acculturative Stress in a Young Asian Indian Population*. Society of Behavioral Medicine's 30th Annual Meeting, Poster Presented April 23, Montreal, Canada.
- Bellehsen, M.,** Belch, B., Suchday, S., & Auerbach, C. (2008). *The Traumatic Impact of Cancer in Couples* 5th Annual Yeshiva University Behavioral Sciences Student Research Conference. Poster presented May 15, Bronx, NY.
- Bellehsen, M.,** (2007). *Acculturation & Stress in an English Speaking Immigrant Population in Israel*. Research presented at the Third annual Schneier Center Research Night, December 12, NY, NY.
- Bellehsen, M.,** Nash, L., Poppe, J., Rosenthal, D., Spektor, E., Galvin, M., Vartolomei, E., Srinivas, V.S., Suchday, S. (2007). *Traumatic Stress Among Patients with Myocardial Infarction: Preliminary Results*. 4th Annual Yeshiva University Behavioral Sciences Student Research Conference. Poster presented May 10, Bronx, NY.
- Bellehsen, M. & Suchday, S.** (2007). *Factor Analysis of the Metabolic Syndrome Risk Variables in an Asian Indian College Age Sample*. 4th Annual Yeshiva University Behavioral Sciences Student Research Conference. Poster presented May 10, Bronx, NY.

PROFESSIONAL AFFILIATIONS

- International Society for Traumatic Stress Studies (ISTSS)