

SHIA BOCHNER, Ph.D.

242 West 30th Street

Suite 602 Office 5

New York N.Y. 10001

Phone - 347-385-1171

sbochner.phd@gmail.com

CURRICULUM VITAE

Education:

- 2006-2017 Ph.D., Clinical Psychology, *Fielding Graduate University – CA/NY*
APA accredited. GPA: 3.87
- 2011 Master of Arts, Psychology with an Emphasis in Clinical Psychology, *Fielding Graduate University – CA/NY* GPA: 3.87
- 2004 Bachelor of Arts, Psychology, Summa Cum Laude, *Touro College – Brooklyn, NY* GPA: 3.89. Awarded with psychology award at commencement
- 1995-2000 Rabbinical College Bobover Yeshiva, *Brooklyn, NY*
- 1991-1995 High School Diploma, Mesivta Eitz Chaim, *Brooklyn, NY*

Clinical Training and Experience:

- 2017 – 2019 Post-Doctoral/Employment: *Madison Park Psychological Services, New York, N.Y.*
- Worked in a group practice providing psychodynamic psychotherapy to a diverse population and with a wide range of age groups and psychopathologies. Experiences included maintaining a full patient load (25-30) who were paying full fee for their treatment. Responsibilities included working with insurance companies to help patients with reimbursement efforts. Received weekly individual and peer group supervision.
- 2017 – 2018 Post-Doctoral Fellow: *New York Psychoanalytic Society and Institute, New York, N.Y.*
- 2016 – 2017 Psychology Intern: *New York Psychoanalytic Society and Institute, New York, N.Y.*
- Received training in individual psychotherapy, psycho-diagnostic testing and assessment, crisis intervention and consultation. The training included working with patients from different ethnic and socio-economic backgrounds, as diverse as severely impaired very young children, older children and adolescents from the inner city and high functioning young children, adolescents, and college students and adults. The focus of the treatments was intensive and generally long term. Training was also provided in short-term treatment as well as long-term therapies; behavioral, group, and family modalities. Training consisted of:
- Assessment and treatment
 - Intensive supervision
 - Dyadic seminars, and lectures
 - Psychoanalytic classes throughout the training year
- 2016 – 2017 Psychology Intern: *Mount Sinai Hospital, New York, N.Y.*

As part of the training at NYPSI, completed a year-long rotation on the Mount Sinai Acute Psychiatric Ward (Madison 5). Responsibilities at Mount Sinai included providing brief supportive and/or goal directed therapeutic interventions, psycho-diagnostic assessments, high-risk interventions, work with a multidisciplinary treatment team in order to maximize efficiency and prognosis. Some of the responsibilities included:

- Brief psychotherapy
- Brief substance abuse intervention
- Adaptive coping mechanisms and skills
- Limiting symptoms and risks for patients with severe mental illness

2009 – 2011 Psychology Extern: Pre-Analytic Training, *Institute for Psychoanalytic Training and Research, New York, N.Y.*

Received didactic training and an introduction to fundamental psychoanalytic theories and how they are implemented in practice. Training consisted of three phases. 1) A theoretical seminar, led by prominent psychoanalytic theoreticians, discussing contemporary psychoanalytic concepts and controversies, 2) a rotating clinical seminar on psychoanalytically informed treatment process and diagnosis, and 3) a seminar regarding psychoanalytic evidence evaluating outcome and process in psychoanalytic treatment. Conducted comprehensive psychological assessments under the supervision of psychoanalytic expert testers. As an IPTAR extern, I was placed in *The Satellite Academy High School* to provide psychotherapy for the students who sought assistance.

2009 – 2011 Psychology Extern: *Satellite Academy High School, New York, N.Y.*

Provided counseling and psychoanalytically oriented psychotherapy for minority students with traumatic backgrounds and/or were struggling to make progress in school. Collaborated with school staff and faculty to maximize students' potential. Conducted group psychotherapy – providing students with a safe space to share and heal with students experiencing similar struggles. Received a NYC grant to expand and fund the counseling center at the school.

6-9 2009 Psychology Extern: *Newark Beth Israel Hospital, Regional Diagnostic and Treatment Center, Newark, N.J.*

Conducted psychological evaluations and testing, including evaluations for physical trauma (sexual or physical abuse), foster care evaluations, and assessment for further interventions. Provided comprehensive reports for DYFS to be used in the New Jersey Court System. Offered specialized CBT for children with a history of sexual and/or physical abuse. Served a diverse racial, social, and cultural patient population, most with minimal social and economic resources.

2008-2009 Psychology Extern: Personal Counseling Program, *Brooklyn College, City University of New York (CUNY). Brooklyn, N.Y.*

Provided individual psychotherapy to a diverse racial, social, and cultural undergraduate and graduate student body. Completed intake evaluations and placed clients in appropriate follow-up mental health programs. Provided crisis counseling and intervention. Presented series of workshops to undergraduate and graduate students. Workshops included: Academic Achievement, Test Anxiety, Time Management and Procrastination, Study Skills, and Stress Management. Interventions were primarily

psychodynamically oriented. Assessment and intervention focused largely on mood, anxiety, and adjustment disorders but also included symptoms of severe psychopathology, personality disorders, suicidality, and victims of rape.

Specialized Psychotherapy Training:

- 2010 Attended an intensive training seminar by Robert Langs, MD in The adaptive paradigm – a psychoanalytic treatment devised by Langs.
- 2008 Training in experiential Transactional Analysis–Redecision/Gestalt therapy, and clinical supervision from a Redecision/Gestalt perspective.
- 2006 Intensive training, by Rabbi Dr. Ahron Hersh Fried, in teaching learning disabled Hasidic children. Training was specialized for teaching Hebraic studies (Talmud, Jewish Law, and the Bible).

Academic Positions:

- 2009-2016 Adjunct Assistant Professor: Department of Psychology, Lander College of Arts and Sciences, Touro College.

Undergraduate Courses: Abnormal Psychology, Developmental Psychology, Introduction to Counseling and Psychotherapy and Theories of Personality.
Provided counseling and career advice for college students.

Publications and Presentation:

- 2008 Ochner, C., Bernales-Korins, Bochner, Y..., Allen, S., & Geliebter, A. (June, 2008) *An Environmental Intervention for Overweight Individuals via Price Reduction of Healthy Foods in a Community Supermarket*. Presented at the Conference on Obesity and Eating Disorders. San Francisco, CA.

Research Experience:

- 2011-2016 Published dissertation studying, *The influence of adult attachment style on marital satisfaction in Hasidic/arranged marriages and the impact of marital expectations on the quality of marriage*.
- 2006-2007 Research Assistant: Community Supermarket Study: Encouraging healthy food shopping and eating behaviors through price reduction. *Obesity Research Center, St Lukes/Roosevelt Institute for Health Science, Columbia University. New York, N.Y.* Helped with design of study as part of the team; responsible for collection and write up of literature review; data collection; help with data analysis; and presentation design. Designed flyers, posters, interview paperwork, etc. Provided nutritional consultation to research participants.
- 2006 National Institute of Health (NIH) Human participant protections education for research teams, online course completion certificate – 08/09/2006

Professional Affiliations:

2010-Present Student Member – *Psi Chi Chapter, Fielding Graduate University*

Community Involvement:

2007-Present Consultant for individuals and families experiencing psychosocial and psychological distress. Intervene with community leaders and Rabbis to better assist those in difficult circumstances. Work closely with prominent psychologists and psychotherapists serving the orthodox/Hasidic community.

Public Speaking:

2009-Present Spoke at several venues to facilitate better understanding between the Hasidic population and other cultural groups. Joined a forum with 8th graders from NYC Public School IS 318 together with Brooklyn Borough President, Marty Markowitz and Community activist, David Niederman, in an effort to promote less hostility and more tolerance between people of different faiths.

July 2015 Interviewed on *Chazaq Radio* regarding pursuing a PhD in clinical psychology and issues pertinent to the Ultra-Orthodox communities.

Employment Experience:

2019 – present Licensed Clinical Psychologist in private practice

Work with a wide range of populations, ages, and diagnoses. Provide a wide range of treatment modalities including psychoanalytic psychotherapy, psychodynamic psychotherapy, and integrative treatments using cognitive behavioral humanistic, and principles, humanistic, and supportive treatment principles.

2017 – 2019 Clinical Psychologist: *Madison Park Psychological Services*

Provide long-term and short-term psychotherapy to adult individuals and couples.

2012 – 2016 Co-Director of *Kiddy Gan Inc.* Design work stencils, graphics, arts-n-crafts for the play group. Involved in hiring of staff and selection of children accepted to the play group. Direct transportation for the children.

Summer 2005 Director: *Eitzah Summer Camp: Brooklyn, N.Y.*

Directed a camp specialized for at risk Hasidic adolescents with a range of psychological and learning difficulties. Served as a remedial tutor, participated in teaching vocational skills, organized field trips and recreational activities, and mentored troubled adolescents with behavioral and emotional problems.

2004-2006 Mentor/Remedial Tutor for Academically Challenged Children:

Taught both Hebraic and Secular studies. Utilized visual techniques to enhance memory skills, implemented a behavioral intervention to undo feelings of learned helplessness, worked with the school and teachers to learn better strategies to maximize students' potential, counseled parents to adapt more positive forms of interaction with their academically challenged children.

2001-2004 Transportation Coordinator: *Viznitz Elementary School, Brooklyn, N.Y.*
Provided transportation for the students and organized the transportation service.
