

Danielle M. Shpigel, M.A.
240 Riverside Boulevard
New York, NY 10069
917-373-3531
danielle.shpigel@mail.yu.edu

EDUCATION

September 2012 – <i>Expected May 2018</i>	Ph.D. Candidate, Clinical Psychology (Health Emphasis) (APA Accredited) Neuropsychology Minor Ferkauf Graduate School of Psychology Yeshiva University, Bronx, New York Director of Clinical Training: Liz Hirky, Ph.D. E-mail: anne.hirky@mail.yu.edu Phone: 917-865-3820
June 2015	M.A. in Psychology Ferkauf Graduate School of Psychology Yeshiva University Bronx, New York
May 2011	M.A. in Psychology New School for Social Research New York, NY
December 2009	B.A., with Honors in Psychology Eugene Lang College New School University New York, NY

SUPERVISED CLINICAL TRAINING

July, 2016 – Present	Neuropsychology Extern <i>Weill Cornell Medical College - New York Presbyterian Hospital, Department of Neurology</i> <i>Alzheimer's Disease and Memory Disorders Program</i> <i>New York, NY</i> <ul style="list-style-type: none">• Conduct neuropsychological evaluations (clinical interview, testing, scoring, report writing, and feedback sessions) in an outpatient diagnostic setting to answer referral questions from Neurology, Geriatrics, Primary Care, and Psychiatry• Patient population includes adults of all ages; most commonly older adults with age related disorders including: Alzheimer's disease and other dementias, vascular related cognitive impairment, mild cognitive impairment), Normal Pressure Hydrocephalus, Autoimmune disorders, and Parkinson's disease Supervisor: Lisa D. Ravdin, PhD, ABPP-CN
Sep., 2015 – June, 2016	Psychology Extern <i>Primary Care Mental Health Integration (PCMHI)/Health Psychology</i> <i>James J. Peters VA Medical Center</i> <i>Bronx, NY</i>

- Conduct Primary Care intake evaluations and specialized health behavior assessments of patients with a wide range of psychiatric, substance use and medical conditions; including interpretation of a variety of measures (e.g., Patient Health Questionnaire-9, Generalized Anxiety Disorder -7 Item Scale, Brief Pain Inventory, PTSD Checklist for DSM-5, Insomnia Severity Index, Beck Depression Inventory-II)
- Conduct short-term evidence based treatments such as stress management, CBT for chronic pain, CBT for insomnia, interpersonal psychotherapy, and problem solving therapy
- Maintain a small caseload of year-long treatment cases focused on psychiatric and medical adjustment issues, symptom management, and treatment adherence
- Assist with Care Management of primary care patients referred to PCMHI
- Co-lead psycho-educational/health behavioral counseling portion of the MOVE! nutrition groups; such as: psychological barriers to weight loss, enhancing motivation for health behavior change, maladaptive eating patterns
- Conduct mental health pre-op clearance evaluations for the Bariatric Surgery Program; including interpretation of measures (e.g., Multidimensional Locus of Control Scale, Questionnaire on Eating and Weight Patterns-Revised)

Supervisors: Rebecca G. Donahue, PhD and Solam T. Huey, PhD

June, 2015 – Aug., 2015 **Neuropsychology Extern**

Envisage Neuropsychology PC

New York, NY

- Summer externship with children and adolescents
- Diagnostic concerns and reasons for referral include: learning disabilities, visual processing, memory, attention and executive functioning deficits, language disorders, intellectual disabilities, social/emotional issues (e.g., anxiety, depression), behavioral difficulties (e.g., hyperactivity, impulsivity, oppositional behavior)
- Observe and conduct neuropsychological and psycho-educational evaluations
- Receive live supervision through observation of own testing
- Didactics: a series of discussions on the interpretation and writing of neuropsychological test reports, which covers each domain of functioning

Supervisor: Dominick Auciello, PsyD

Sep., 2014 – June, 2015 **Psychology Extern**

Adult Outpatient Psychiatric Clinic (7B)

HHC New York City Health and Hospitals Corporation

Lincoln Medical and Mental Health Center

Bronx, NY

- Provided psychosocial intake evaluations, psycho-diagnostic services, recommended modalities of treatment for patients entering outpatient services, and individual psychotherapy
- Conducted comprehensive testing case for Child/Adolescent Psychiatric Services (CAPS) (Unit 4A)
- Participated in weekly didactics (e.g., autism spectrum disorders, projective testing, neuropsychological testing, trauma treatment, forensic evaluation), psychiatry grand rounds, and case presentations

Supervisors: Suzanne Hirsch, PhD and Sandra Runes, PhD

July, 2013 – July, 2014 **Psychology Extern**

Track 5: Inpatient CBT on a Women's Unit (6S)

*Weill Medical College of Cornell University, New York Presbyterian Hospital
White Plains, NY*

- Patient population presents with a wide variety of psychiatric diagnoses including: severe anxiety and depression, mood disorders, schizophrenia, psychosis, substance use and personality disorders
- Co-facilitated cognitive behavioral group therapy
- Provided brief individual psychotherapy sessions, as recommended by the treatment team
- Worked as part of an interdisciplinary treatment team including psychiatry, social work and nursing to provide optimal patient care
- Attended patient rounds, CBT seminars, psychiatry grand rounds

Supervisor: Victoria M. Wilkins, PhD

Jan., 2013 – July, 2014 **Behavioral Medicine Student Therapist**

*The Max & Celia Parnes Family Psychological and Psychoeducational Services
Clinic*

Ferkauf Graduate School of Psychology

Yeshiva University, Bronx, New York

- Performed intake and year-long outpatient, individual psychotherapy focused on behavioral medicine and weight management
- Conducted pre-surgical psychological evaluation and wrote a comprehensive report for patient's physician regarding client's psychological readiness to undergo bariatric surgery
- Created patient intake report, progress notes, and treatment plans

Supervisor: Charles Swencionis, PhD

CLINICAL WORK EXPERIENCE

March 2012 – June 2012

Applied Behavioral Analysis (ABA) Therapist

Brooklyn Autism Center

Brooklyn Heights, New York

- Served as a primary interventionist in the education and treatment of children with autism and related disorders using one-on-one discrete trial method
- Assist in the implementation of data collection systems which measure student progress
- Participate in clinic meetings to review student progress, programs, procedures and teaching techniques

Supervisor: Ray Cepeda, BCaBA

RESEARCH EXPERIENCE

June 2015 – Present

Principal Investigator, Dissertation Research

Ferkauf Graduate School of Psychology

Yeshiva University

Bronx, New York

Title: The Relationship between Psychosocial Stressors and Smoking among Latino/a and African American Adults with Psychiatric Illness

- Data will be collected at the Adult Outpatient Psychiatric Clinic (Unit 7B) at Lincoln Medical and Mental Health Center
- **Proposal approved** on June 2016
- **Data Collection:** Anticipated, January 2017
- **Oral Defense:** Anticipated, September 2017

Supervised by Andrea H. Weinberger, PhD

Sept 2012 – April, 2015

Principal Investigator, Pre-Doctoral Research Project

Ferkauf Graduate School of Psychology

Yeshiva University

Bronx, New York

Title: Effect of Perceived Parental Weight on Success in a Computer Based CBT Weight Intervention Program

- Abstract: How parental variables affect dieting behavior and success in weight loss interventions in adulthood is unclear. Data was analyzed from 469 overweight adults in an intervention program. Parental weight status was associated with participants' nutritional knowledge: the heavier participants' parents were the greater participants' nutritional knowledge, $\beta = 0.13$, $p < 0.01$. Participant nutritional knowledge did not translate into weight loss ($p = 0.90$). Further research is needed concerning whether parental weight influence dissipates in adulthood.
- Research is based upon an analysis of data derived from the lab's study: "Models of Demonstration and Evaluation of Weight Loss Study" (PI: Swencionis)
- Project Completed: April 2015

Supervised by Charles Swencionis, PhD

June, 2015 – Present

Research Assistant

Smoking and Nicotine Dependence Research Lab

Ferkauf Graduate School of Psychology

Yeshiva University, Bronx, New York

- Lab focuses on rates and consequences of smoking, methods for assessing aspects of smoking, research methods for studying smoking and smoking cessation, behavioral treatments for nicotine dependence, and special populations of smokers (e.g., women, adults with medical and psychiatric disorders)
- Build research skills through aiding in study data collection and analysis, presenting research, and manuscript preparation.
- Current lab projects include: a survey study examining smoking behavior of adults diagnosed with cancer, a clinical study of smoking cessation

counseling for adults with opiate dependence, and a laboratory study of self-control and smoking.

Supervised by Andrea H. Weinberger, PhD

Sept., 2012– May, 2015 **Research Assistant**

*Psychology of Obesity Research Lab
Ferkauf Graduate School of Psychology
Yeshiva University
Bronx, New York*

- Discuss and develop ideas pertaining to lab members/ pre-doctoral thesis and dissertation research
- Develop understanding of obesity, current issues in health and nutrition and cognitive behavioral weight loss therapy in conjunction with treatment of weight loss patients at the Parnes clinic
- Collaborate with advisor on research projects, papers, and book proposals

Supervised by Charles Swencionis, PhD

ADDITIONAL RESEARCH EXPERIENCE

Sept 2009 – Dec 2009 **Undergraduate Senior Thesis**

*Eugene Lang College
New School University
New York, NY*

Title: No Hard Feelings: The Effect of Humiliation & Anger on Intergroup Violence & Compromise

- Planned, conducted survey (in Hebrew and English) and analyzed data regarding the relationship between anger and humiliation and subsequent violent political action in the context of the Israeli-Palestinian conflict
- Wrote thesis paper
- Presented power point presentation to the lab

Supervised by Jeremy Ginges, PhD

Sep 2009 – Dec 2009 **Psychology Research Lab Assistant**

*Political Psychology Lab
Eugene Lang College
New School University
New York, NY*

- Lab focused on research related to the psychological aspect of cultural and political conflicts and the psycho-social impact of political violence
- Assisted with data collection and analysis

Supervised by Jeremy Ginges, PhD

TEACHING EXPERIENCE

November, 2011 – April, 2012 **Middle School Tutor**

*Harlem Village Academies (HVA)
New York, NY*

- HVA is a network of high performing charter schools that utilizes tutors to address the needs of students requiring

- additional assistance
- Provided academic assistance to students in grades 5-8, with learning disabilities, children struggling with coursework as well as children with behavioral issues

May, 2015 – Present

Writing Remediation

Envisage Neuropsychology PC

New York, NY

- Work with students one-on-one who present with learning disabilities, ADHD, and/or behavioral/emotional issues
- Utilize the Strategic Instruction Model published by the University of Kansas Center for Research on Learning, writing remediation
- Offered to students in 4th grade and up
- A highly structured and supportive intervention that targets sentence, paragraph, and essay writing based on the student's needs

OTHER RELATED EXPERIENCE

November 2011 – August 2012 **Clinical Research Assistant**

New York Psychiatric Institute and F.E.G.S

New York, NY and Bronx, New York

- Conducted cognitive remediation therapy for patients diagnosed with psychotic disorders, particularly Schizophrenia, who are participating in an outpatient day program in the Bronx
- Administered specific subtests from various intellectual and cognitive assessments to evaluate the patient's neurocognitive functioning
- In conjunction with the supervisor, established cognitive remediation treatment plans based on cognitive and intellectual assessments
- Assisted the chief investigators in conducting evaluations, running the groups and keeping up with chart notes

Supervisor: Alice Saperstein, PhD

CERTIFICATIONS, HONORS AND AWARDS

July, 2014

Scholarship for Evidence Based Treatment Training Series hosted by the Veterans Health Alliance of Long Island and the Long Island Community Foundation
Hempstead, NY

- Training consists of the following modules:
- Seeking Safety: Seeking Safety is a present-focused therapy to help people attain safety from trauma/PTSD and substance abuse. Provided by a qualified "Seeking Safety" instructor
- Prolonged Exposure (PE): Prolonged Exposure therapy helps decrease distress related to trauma by allowing the patient to approach trauma-related thoughts, feelings, and situations that have been avoided due to the distress they cause. Provided by staff from the Center for Deployment Psychology
- Cognitive Processing Therapy (CPT): Cognitive Processing

Therapy offers a new way to handle distressing thoughts related to trauma and other stress, and gain a clearer understanding of these events. It helps people learn how experiencing a trauma changed the way they look at the world, themselves and others.

Led by Dr. Patricia Resick

- *Assessing and Managing Suicide Risk (AMSR)*: Aims to build confidence and competence in assessing and managing suicide risk. Training focuses on the 8 core competencies required for clinicians to be successful in their work with suicidal clients. Provided by the Suicide Prevention Resource Center

Dec, 2009

B.A. in Psychology with Honors and Deans List, Eugene Lang College,
New School University, New York, NY

ASSESSMENT TRAINING AND EXPERIENCE

Academic Training

Minnesota Multiphasic Personality Inventory – 2 (MMPI-2)

Rorschach Inkblot Method (Exner Comprehensive System)

Structured Clinical Interview I for the DSM-IV (SCID I)

Structured Clinical Interview II for the DSM-IV (SCID II)

Wechsler Memory Scale – IV (WMS-IV)

Wechsler Adult Intelligence Scale – IV (WAIS-IV)

Wechsler Intelligence Scale for Children-IV (WISC-IV)

Clinical Assessment

Animal Naming Test and Controlled Oral Word Association (Fluency) Test

Autism Diagnostic Interview – Revised (ADI-R)

Behavior Assessment System for Children, Second Edition (BASC-2)

Behavioral Assessment Scale for Children, Second Edition (BASC-2)

Beery-Buktenica Developmental Test of Visual-Motor Integration, Sixth Edition - (BEERY VMI)

Boston Naming Test (BNT)

Childhood Autism Rating Scale, Second Edition (CARS-II)

Clinical Evaluation of Language Fundamentals - Fifth Edition (CELF-5)

Clock Drawing Test

Delis-Kaplan Executive Function System - (D-KEFS), Select Sub-Tests

Figure Drawings (House-Tree-Person)

Grooved Pegboard Test

Minnesota Multiphasic Personality Inventory – 2 (MMPI-2)

Montreal Cognitive Assessment (MoCA)

NEPSY-II

Oral and Written Language Scales, Second Edition (OWLS-II)

Phonological Awareness Test 2 (PAT 2)

Rebus Subtest, Kaufman Assessment Battery for Children, Second Edition (KABC-II)

Roberts Apperception Test for Children: 2

Tell-Me-A-Story (TEMAS)

Wechsler Adult Intelligence Scale – IV (WAIS-IV)

Wechsler Intelligence Scale for Children-IV and V (WISC-IV and V)

Wechsler Individual Achievement Test–Third Edition (WIAT-III)

Wide Range Assessment of Memory and Learning–Second Edition (WRAML-2)

Repeatable Battery for the Assessment of Neuropsychological Status (RBANS)

Trail Making Test (Parts A and B)

PUBLICATIONS AND PRESENTATIONS

Shpigel, D.M. & Swencionis, C. (March 2015). *Effects of Parental Weight Status on Success in a Computer Based CBT Weight Intervention Program*. Poster presented at the Eastern Psychological Association (EPA) conference, Philadelphia, Pennsylvania.

Shpigel, D.M. (September 2015). *Examining Body Mass Index and Weight-Related Health Behaviors in Foster Care*. Poster presented at the European Association for Behavioral and Cognitive Therapies (EABCT) conference, Jerusalem, Israel.

Shpigel, D.M., Lee, C., Segal, K.S., Esan, H., Burns, A., & Weinberger, A.H. (March, 2016). *A review of research on U.S. veterans with PTSD: Smoking rates, smoking-related variables, and smoking treatments*. Poster presented at the Society for Research on Nicotine and Tobacco (SRNT) conference, Chicago, Illinois.

Lee, C., **Shpigel, D.M.**, Segal, K., Esan, H., Burns, A., Hunt, M.C., Hoff, R.A., & Weinberger, A.H. (manuscript submitted and under review). *Review of research on smoking among United States veterans with posttraumatic stress disorder: Smoking rates, smoking-related variables, and smoking cessation treatments*.

Andrea H. Weinberger PhD, Rachel S. Kashan MA, **Danielle M. Shpigel MA**, Hannah Esan, Farah Taha, Christine J. Lee MA, Allison P. Funk & Renee D. Goodwin PhD, MPH (2016): *Depression and cigarette smoking behavior: a critical review of population-based studies*, The American Journal of Drug and Alcohol Abuse, DOI: 10.3109/00952990.2016.1171327.

PROFESSIONAL MEMBERSHIPS

Society of Behavioral Medicine (SBM), Student Member
American Psychological Association (APA), Student Member
Society for Research on Nicotine and Tobacco (SRNT), Student Member
New York City Cognitive Behavioral Therapy Association (NYC-CBT), Student Member
Association for Behavioral and Cognitive Therapies (ABCT), Student Member
Eastern Psychological Association (EPA), Student Member

RELATED SKILLS

Computers: Proficient in Microsoft Word, Excel, PowerPoint; SPSS; Open Office

LANGUAGES

Hebrew (fluent speech, basic reading and writing), Italian (advanced reading and verbal comprehension, basic speech and writing), Portuguese (advanced reading and verbal comprehension, basic speech and writing), Spanish (advanced reading and verbal comprehension, basic speech and writing)