

MEGAN GILES, PSY.D.

NEW JERSEY LICENSED PSYCHOLOGIST #35SI00762500

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EDUCATION

Doctor of Psychology (Psy.D.) in Clinical Psychology October 2023

Rutgers University Graduate School of Applied and Professional Psychology, Piscataway, NJ

- APA-accredited Psy.D. program
- Dissertation: "Self-Defense and Interpersonal Skills Training: A Program Proposal for the Prevention of Sexual Harassment and Violence Against Undergraduate Women"

Master of Psychology (Psy.M.) in Clinical Psychology January 2021

Rutgers University Graduate School of Applied and Professional Psychology, Piscataway, NJ

Master of Arts (M.A.) in Clinical Psychology May 2017

Teachers College at Columbia University, New York, NY

- Thesis: "Attachment Styles, Relationship Quality, Relationship Dissolution, and Facebook Use Behavior: A Quantitative Analysis"

Bachelor of Arts (B.A.), Summa Cum Laude, Psychology Major, Criminology Minor May 2014

Rutgers University, New Brunswick, NJ

Associate of Arts (A.A.), Summa Cum Laude, Liberal Arts May 2012

Middlesex County College, Edison, NJ

CLINICAL EXPERIENCE

The Center for Emotional Health | Princeton, NJ

Licensed Psychologist

November 2024 – Present

- Conduct outpatient individual cognitive-behavioral therapy (CBT) and acceptance and commitment therapy (ACT) through a humanistic lens with individuals across the lifespan.
- Provide exposure and response prevention (ERP) to treat obsessive-compulsive disorder.
- Provide gradual exposure-based therapy to treat social anxiety and specific phobias.
- Provide CBT and ACT to treat anxiety and mood disorders.
- Provide behavioral activation therapy to treat depressive disorders.
- Provide comprehensive behavioral treatment (ComB) to treat body-focused repetitive behaviors.
- Provide skills-based therapy to address attention-deficit/hyperactivity disorder.
- Provide cognitive processing therapy (CPT) to treat posttraumatic stress disorder.
- Provide comprehensive behavioral intervention for tics (CBIT) to treat tic disorders.
- Participate in biweekly staff meetings.
- Attend bimonthly continuing education seminars provided by CEH.

The Center for Emotional Health | Princeton, NJ

Postdoctoral Fellow

November 2023 – October 2024

Supervisor | Jayme Jacobs, Psy.D.

- Conducted outpatient individual cognitive-behavioral therapy (CBT) and acceptance and commitment therapy (ACT) through a humanistic lens with individuals across the lifespan.
- Provided evidence-based and manualized treatments to address a variety of obsessive-compulsive, anxiety, mood, posttraumatic stress, tic, and attention-deficit/hyperactivity disorders.
- Participated in weekly individual supervision and biweekly staff meetings.
- Attended bimonthly continuing education seminars through CEH.

Veterans Affairs New Jersey Health Care System | Lyons & East Orange, NJ

Pre-doctoral Psychology Intern

September 2022 – September 2023

Training Director | Norman Mosley, Ph.D.

- APA-accredited full-time pre-doctoral internship in residential and outpatient mental health services across two large Veterans Affairs Medical Center campuses.

Year-Round Internship Responsibilities

- Conducted neuropsychological, personality, and psychodiagnostic assessments with Veterans.
- Attended and presented in didactic seminars related to professional development, supervision, assessment, multicultural psychology, ethics, psychotherapy, and military culture.

Major Rotation Spring 2023 | Posttraumatic Stress Disorder Outpatient Clinic | Lyons, NJ

Supervisor | Bradley Sussner, Ph.D.

- Conducted outpatient individual CBT and manualized psychotherapies with combat Veterans focused on posttraumatic stress disorder and its sequelae.
- Provided assessments for PTSD diagnoses to Veterans during intake process.
- Conducted Patient Health Questionnaire-9 (PHQ-9), PTSD Checklist for DSM-5 (PCL-5), and Columbia Suicide Severity Rating Scale (CSSRS) during intake process.
- Participated in individual supervision, staff meetings, case conferences, and didactics.
- Completed intake reports, progress notes, and other documentation as needed.

Minor Rotation Spring 2023 | Center of Recovery Empowerment, Psychosocial Rehabilitation & Recovery Center (CORE PRRC) | Lyons, NJ

Supervisor | Joseph McCabe, Ph.D.

- Conducted residential/intensive outpatient individual cognitive-behavioral therapy (CBT) with and provided case management to Veterans with serious mental illness (SMI) and psychosocial stressors.
- Facilitated weekly CBT for Psychosis (CBTp) groups for Veterans with SMI.
- Facilitated weekly symptom management groups for Veterans with SMI.
- Co-facilitated weekly recovery groups for Veterans with SMI.
- Participated in individual supervision, staff meetings, case conferences, and didactics.
- Completed intake reports, progress notes, and other documentation as needed.

Major Rotation Fall 2022 | PTSD Residential Treatment Program (PTSD-RRTP) | Lyons, NJ

Supervisor | Christopher Wainman, Ph.D.

- Conducted residential individual cognitive-behavioral and evidence-based psychotherapies with combat Veterans focused on posttraumatic stress disorder and its sequelae.
- Co-facilitated weekly cognitive processing therapy group for combat Veterans residing on ward.
- Co-facilitated twice-weekly PTSD processing group for combat Veterans residing on ward.
- Participated in individual and group supervision, staff meetings, case conferences, and didactics.
- Completed intake reports, progress notes, and other documentation as needed.

Minor Rotation Fall 2022 | Pain Psychology Services | East Orange, NJ

Supervisor | Marc Murphy, Ph.D.

- Conducted outpatient individual short-term cognitive-behavioral psychotherapy with Veterans focused on chronic pain disorders and their sequelae.
- Provided consultations to Veterans seeking pain psychology services and referred appropriately.
- Co-facilitated weekly outpatient acceptance and commitment therapy (ACT) group for Veterans with chronic pain disorders.
- Co-facilitated weekly biofeedback/Alpha-Stim sessions for Veterans with chronic pain disorders.
- Certified in Alpha-Stim microcurrent electrical therapy and cranial electrotherapy stimulation.
- Trained in holistic group therapy pain management methods, including self-hypnosis and Tai Chi.
- Participated in individual and group supervision, staff meetings, case conferences, and didactics.
- Completed intake reports, progress notes, and other documentation as needed.

Veterans Affairs New York Harbor Health Care System, Brooklyn Campus | Outpatient Clinical Psychology Rotation | Brooklyn, NY

Psychology Extern

September 2021 – August 2022

Supervisor | Paul Rhindress, Ph.D.

- Conducted outpatient individual integrative psychotherapy with Veterans focused on trauma disorders and comorbidities, including anxiety, substance use, and mood disorders.
- Co-facilitated two weekly therapy groups for male Veteran survivors of military sexual trauma.
- Participated in individual and group supervision, process group, case conferences, and didactics.
- Completed intake reports, progress notes, and other documentation as needed.

Anxiety Disorders Clinic | Graduate School of Applied and Professional Psychology | Piscataway, NJ

Psychology Extern

July 2019 – June 2022

Supervisors | Andrea Quinn, Psy.D. | Thomas Morgan, Ph.D.

- Conducted outpatient individual cognitive-behavioral therapy with clients across the lifespan for anxiety, obsessive-compulsive, mood, and trauma disorders.
- Co-facilitated a weekly cognitive-behavioral therapy group for Vietnam War Veterans with posttraumatic stress disorder diagnoses.
- Assessed clients for psychological disorders using the Anxiety and Related Disorders Interview Schedule for DSM-5 (ADIS-5).
- Administered self-report measures to monitor symptom and treatment progression.
- Participated in weekly individual supervision.
- Participated in weekly group supervision, case conferences, and didactics.
- Completed intake reports, progress notes, and other documentation as needed.

Couples Clinic | Graduate School of Applied and Professional Psychology | Piscataway, NJ

Psychology Extern

September 2019 – May 2022

Supervisor | Karen Riggs-Skean, Psy.D.

Group Supervisors | Karen Riggs-Skean, Psy.D. | Elizabeth Brown, Psy.D. | Shalonda Kelly, Ph.D.

- Provided Emotionally Focused Couples Therapy (EFCT) to outpatient clients with relational distress.
- Participated in weekly individual supervision.
- Participated in weekly group supervision, case conferences, and didactics in EFCT.
- Delivered interventions to distressed couples during Hold Me Tight weekend workshops.

Assessment Clinic | Center for Psychological Services | GSAPP | Rutgers University | Piscataway, NJ

Psychology Extern

July 2019 – April 2021

Supervisors | Kenneth Schneider, Ph.D. | Maria Wedin, Ph.D.

- Administered and scored psychological assessments evaluating intellectual functioning, attention, processing speed, executive functioning, memory, visual spatial skills, and personality.
- Wrote comprehensive psychoeducational evaluations for adults presenting with a variety of attention, mood, and learning difficulties.
- Directed feedback sessions and provided appropriate recommendations for accommodations to clients based on testing results.

Center for Psychological Services | GSAPP | Rutgers University | Piscataway, NJ

Psychology Extern

October 2018–September 2021

Supervisors | Thomas Hollenbach, Ph.D. | Brook Hersey, Psy.D. | Deirdre Waters, Psy.D.

- Conducted individual therapy with adult clients in an integrative framework.
- Provided individual therapy using psychodynamic and cognitive-behavioral modalities.
- Participated in weekly group supervision, case conferences, and didactics.
- Completed intake reports, progress notes, and other documentation as needed.

University Behavioral Health Care | Intensive Outpatient Specialized Addictions Treatment Services | Rutgers University | New Brunswick, NJ

Psychology Extern

September 2018 – May 2019

Supervisor | Deborah Riviere, Ed.D.

- Co-facilitated a weekly processing and skill-building group for women in recovery.
- Co-facilitated a weekly processing and relationship skill-building group for adults in recovery.
- Co-facilitated a weekly relational skill-building group for adults with severe mental illness.
- Provided cognitive-behavioral co-therapy to individual adult clients with substance use disorders.
- Observed and assisted clinicians in intake processes for new clients.
- Participated in weekly group supervision.
- Completed group progress notes and other documentation as needed.

PROFESSIONAL EXPERIENCE

Stephen A. Cohen Military Family Clinic | NYU Langone Health | NYU School of Medicine | New York, NY

Program Associate

November 2017 – August 2018

- Conducted phone intakes with potential clients with attention to military cultural competency to assess suitability for short-term therapy and relayed findings to clinical team.
- Answered information hotline and provided potential clients with information regarding services.
- Maintained updated patient protected health information through EPIC electronic health records.
- Referred out Veterans, active military personnel, and military families when necessary.
- Communicated with clinical staff about client correspondence, clinic processes, and client crises.
- Participated in weekly meetings and provided administrative support and updates.
- Coordinated logistics for special events, meetings, and research conferences.
- Generated academic literature reviews to assist with journal publications of clinicians.
- Managed data from patient experience surveys and patient mental health questionnaires.
- Prepared, processed, and tracked clinic purchase requests and clinician reimbursements.

Easterseals New Jersey | Hunterdon County, NJ

Case Manager

August 2017 – November 2017

- Oversaw a caseload of 16 individuals diagnosed with chronic severe mental illness in supportive housing throughout Hunterdon County.
- Arranged and initiated services for homeless individuals with mental illness.
- Linked clients to community, support, and educational services.
- Implemented interventions using empirically valid treatment principles.
- Educated clients regarding healthy coping strategies to increase sense of mastery.
- Provided supportive counseling, medication education, and crisis intervention to clients.
- Advocated for clients on all housing and social service needs.
- Consulted with medical and mental health treatment staff regarding client wellness.
- Participated in staff meetings and monthly individual supervision with licensed clinician.
- Collaborated with clinicians and clients regarding client individual rehabilitation plans.
- Documented client progress towards wellness goals through DAP-style progress notes.

Dean Hope Center for Educational and Psychological Services | Teachers College at Columbia University | New York, NY

Administrative Assistant

September 2015 – July 2017

- Managed resources and services in library containing psychological testing materials.
- Administered informed consent to research participants in the Center's treatment outcome study.
- Maintained filing system for the Center.
- Communicated policy with clients, answered client phone calls, and checked clients in for appointments with therapists.
- Handled client billing accounts.
- Collaborated with students and professors in maintaining the organization of the Center.

SERV Behavioral Health Systems, Inc. | Perth Amboy, NJ

Residential Counselor

October 2014 – August 2015

- Provided on-site direct behavioral health care services to 40 adult and geriatric clients living with severe and persistent mental illness.
- Counseled a rotating personal caseload of eight individuals.
- Supported clients with daily living skills, client care needs, medication monitoring, transportation service, supportive counseling, crisis management, and recreational and social activities.
- Intervened in crisis situations and communicated with emergency services.
- Advocated for community services.
- Specialized as a SERV employment specialist.
- Created site manual for counselor use in pursuit of securing employment for clients.
- Conveyed significant behavioral changes to clinical personnel.
- Recorded weekly DAP-style progress notes for personal caseload.

RESEARCH EXPERIENCE

Graduate School of Applied and Professional Psychology | Rutgers University

Principal Investigator

Successfully Defended April 2023

Doctoral Dissertation | “Self-Defense and Interpersonal Skills Training: A Program Proposal for the Prevention of Sexual Harassment and Violence Against Undergraduate Women”

Dissertation Chair | Kristen Riley, Ph.D.

Dissertation Committee Member | Adam Lekwa, Ph.D.

The Equine Science Center & The Anxiety Disorders Clinic | Rutgers University | Piscataway, NJ

Clinical Interviewer

July 2021 – June 2022

Supervisor | Andrea Quinn, Psy.D.

- Assessed and diagnosed Veterans who were seeking equine-assisted therapy for PTSD in a study using the CAPS-5.
- Analyzed Life Events Checklist for DSM-5 (LEC-5) results to guide administration of CAPS-5.
- Scored CAPS-5 and provided diagnostic feedback to research team and participants.
- Met with participants to administer and score follow-up measures to document progress in symptom reduction.

Behavioral Medicine Laboratory | Graduate School of Applied and Professional Psychology | Piscataway, NJ

Research Fellow

September 2018 – June 2022

Supervisor | Kristen Riley, Ph.D.

- Carried out research activities regarding the incorporation of psychological services into primary care facilities.
- Co-wrote research article on intrusive thoughts in trauma for future publication.
- Co-authored a scoping review article and poster regarding smoking cessation in LGBTQ+ populations.

Teachers College | Columbia University

Principal Investigator

May 2017

Master's Thesis | "Attachment Styles, Relationship Quality, Relationship Dissolution, and Facebook Use Behavior: A Quantitative Analysis"

Supervisor | George Nitzburg, PhD

American Foundation for Suicide Prevention | New York, NY

Research Apprentice

September 2016 – May 2017

Supervisor | Jill Harkavy-Friedman, Ph.D.

- Constructed and edited scientific abstracts of funded research for online publication.
- Created online summaries of AFSP-funded studies using accessible language for public dissemination.
- Reviewed applications of previously funded grants and potential grantees.
- Performed literature searches regarding previously funded suicide research.
- Compiled literature searches regarding current suicide and suicide prevention research.
- Coordinated AFSP-sponsored events and grant review meetings.

Emotion and Psychopathology Laboratory | Rutgers University | New Brunswick, NJ

Research Assistant

August 2013 – August 2015

Supervisors | Edward Selby, Ph.D. | Emily Panza, Ph.D.

- Supervised participants with major depressive disorder, bulimia nervosa, and borderline personality disorder enrolled in a study of emotion dysregulation.
- Researched a self-report scale of momentary rumination for validation.
- Trained as a clinical interviewer on the Structured Clinical Interview for DSM-5 (SCID-5).
- Operated a CNAP machine in conjunction with equipment to monitor blood pressure, cardiac output, electrodermal activity, and electrocardiographic activity.
- Utilized AcqKnowledge software to create a record of participants' CNAP activity.
- Employed Eprime to run programs for baseline activity and a modified Trier Stress Task.
- Used Qualtrics to administer surveys to participants.
- Coached new research assistants in study procedures.
- Devised study protocol in collaboration with principal investigator.
- Managed participants enrolled in a biofeedback study of comfort eating.

Health, Environment, and Relational Ties Laboratory | Rutgers University | New Brunswick, NJ

Research Assistant

Fall 2013

Supervisor | Kristen Springer, Ph.D.

- Supervised participants enrolled in a study of social environments.
- Operated a CNAP machine in conjunction with blood pressure monitoring, electrocardiography, and respiration equipment.
- Used AcqKnowledge to record participants' blood pressure, electrocardiography, and respiration.
- Employed Eprime to run programs for baseline activities.
- Utilized video monitoring programs to maintain quality and integrity of study.

Center on Violence against Women and Children | Rutgers University School of Social Work and Institute for Women's Leadership | New Brunswick, NJ

Research Intern

Summer 2013

- Compiled literature reviews regarding issues of violence against women and children.
- Analyzed feedback surveys regarding Center seminars.
- Performed analyses of survey data for a rape prevention study using SPSS software.

TEACHING EXPERIENCE

Graduate School of Applied and Professional Psychology | Rutgers University

Teaching Assistant | Supervision and Professional Development

Fall 2019 & Spring 2021

Course Instructor | Angelica Diaz-Martinez, Psy.D.

- Facilitated small group supportive discussions for first-year Clinical Psy.D. students on issues related to professional development, navigating graduate school, externship responsibilities, and supervision concerns.
- Aided in class preparation, data collection and externship fair support.
- Prepared written materials to familiarize students with departmental roles and expectations.

Graduate School of Applied and Professional Psychology | Rutgers University

Teaching Assistant | Psychology of Intimate Relationships

Spring 2020

Course Instructor | Karen Riggs-Skean, Psy.D.

- Guided small group discussions with undergraduate students regarding course material to support learning.
- Oversaw construction of the group's course presentation.

Rutgers University

Teaching Assistant | Conditioning and Learning

Spring 2013

- Instructed exam review sessions for psychology undergraduates.
- Independently designed exam preparation presentations.
- Corresponded with students regarding course material.

Edna Mahan Women's Correctional Facility | Rutgers University Mountainview Project

Volunteer Tutor | GED Preparation

Fall 2012 - Spring 2013

- Led individual GED tutoring sessions for medium security incarcerated women.

SPECIALIZED TRAININGS

Summer Institute | The Center for Deployment Psychology

July 2021

Preparing for a Psychology Career in the Military

- Week-long training at the Uniformed Services University of the Health Sciences focused on military culture; the role of a military psychologist; Department of Defense mental health assessments; the military family experience; suicide prevention, moral injury, and PTSD assessment for active-duty service members and Veterans; and ethics regarding treatment for active duty and Veteran clients.

- Instruction on the rationale, administration, scoring, and interpretation of the Clinician Administered PTSD Scale for DSM-5 (CAPS-5).

- Training focused on the medical and psychological needs of Veterans and how to encourage collaboration via integrated care between both areas.

PUBLICATIONS

Riley, K. E., Jabson Tree, J. M., **Giles, M.**, El-Sharkawy, K., Hall, E. M., & Valera, P. (2023). Smoking cessation in LGBT populations: A scoping review and recommendations for public health. *Annals of LGBTQ Public and Population Health*.

CONFERENCE PRESENTATIONS

Panza, E., Fehling, K.B., Hoyt, K., Dodson, S., **Giles, M.**, Dashow, A., & Selby, E.A. (2015, November). Does comfort eating work? An empirical examination of the emotional and psychophysiological functions of comfort eating. In Racine SE & Chen E (Chairs), Psychophysiology measurement of transdiagnostic constructs with relevance to eating disorders. Symposium presented at the Association for Behavioral and Cognitive Therapies (ABCT) Annual Meeting, Chicago, IL.

Panza, E., Fehling, K.B., Hoyt, K., Dodson, S., **Giles, M.**, Kranzler, A., Dashow, A., & Selby, E.A. (2015, November). Elevated state rumination after stress increases the negative reinforcement function of food. In Ameral V & Treadway M (Chairs), Innovative translational research on reinforcement processes: Connecting basic lab research to inform clinical interventions. Symposium presented at the Association for Behavioral and Cognitive Therapies (ABCT) Annual Meeting, Chicago, IL.

POSTER PRESENTATIONS

Riley, K.E., Jabson, J.M., **Giles, M.**, & El-Sharkawy, K. (2018). Smoking cessation interventions for LGBTQ populations: A scoping review and recommendations for dissemination and implementation. Poster presented at the 11th Annual Conference on the Science of Dissemination and Implementation in Health, Washington, D.C.

Panza, E., Fehling, K.B., Omar, Y., Hoyt, K., **Giles, M.**, & Selby, E.A. (2015). State rumination influences the negative but not positive emotional reward functions of comfort eating. Poster presented at the Association for Behavioral and Cognitive Therapies (ABCT) Annual Meeting, Chicago, IL.

Hoyt, K., Panza, E., Fehling, K., **Giles, M.**, & Selby, E.A. (2015). Self-reported emotional eating and the comforting effects of food. Poster presented at the Association for Psychological Science (APS) Conference, New York, NY.

PRESENTATIONS

- Giles, M. (2023, April 18). *Graduate School Q&A for Undergraduate Kean University Psychology Students*. [Live Class Guest Speaker]. Zoom.
- Giles, M. (2022, November 14). *Internship: Preparing for the 'thank you but no thank you emails' and Internship Interviews*. [Live Webinar Guest Speaker]. Zoom.

HONORS & DISTINCTIONS

GSAPP Scholarship Award Rutgers University	2018- 2019
Teachers College Scholarship Teachers College at Columbia University	2015- 2016
Associate Alumni Scholarship Rutgers University	2013
Phi Theta Kappa Scholarship Rutgers University	2012-2013
Frank M. Chambers Award for Academic Excellence MCC	2012
NJ Stars Scholarship MCC & Rutgers University	2010-2014
Dean's List MCC & Rutgers University	2010-2014

PROFESSIONAL MEMBERSHIPS

- GSAPP Committee on Diversity** | Former Member
- Columbia University Alumni Association** | Member
- Rutgers University Alumni Association** | Member
- Douglass Residential College Alumni Association** | Member
- Psi Chi** | Former Member
- Phi Theta Kappa** | Former Member