

Cara Genbauffe, PsyD
NJ licensed psychologist # 35SI00649600

EDUCATION

- Doctorate of Psychology (Psy.D.) Program in Clinical Psychology** August 2020
Rutgers Graduate School of Applied and Professional Psychology, Piscataway, NJ
- APA accredited Psy.D. program
- Masters of Psychology (Psy.M.) Degree in Clinical Psychology** January 2018
Rutgers Graduate School of Applied and Professional Psychology, Piscataway, NJ
- Bachelor of Arts Degree in Psychology; Minor in French** May 2015
University of Rochester, Rochester, NY

CLINICAL EXPERIENCE

- The Center for Emotional Health, Cherry Hill and Princeton, NJ** September 2021-Present
Licensed psychologist
- Provide evidence-based therapy to children, teens, and adults with obsessive-compulsive disorder (OCD), body dysmorphic disorder (BDD), posttraumatic stress disorder (PTSD), anxiety disorders, depression, hoarding disorder, Tourette's Disorder, and related disorders
 - Individual therapy modalities: CBT, ACT, CPT, ERP, HRT, ComB
 - Lead support groups for individuals with OCD and Trichotillomania
- Stress and Anxiety Services of New Jersey, East Brunswick, NJ** September 2020-September 2021
Postdoctoral fellow
Supervisors: Allen Weg, Ed.D. and Robert Zambrano, Psy.D.
- Provided evidence-based therapy to children, teens, and adults with obsessive-compulsive disorder (OCD), body dysmorphic disorder (BDD), posttraumatic stress disorder (PTSD), anxiety disorders, depression, hoarding disorder, Tourette's Disorder, and related disorders
 - Individual therapy modalities: CBT, ACT, CPT, ERP, HRT, ComB
- Coatesville Veterans Affairs Medical Center, Coatesville, PA** July 2019-July 2020
Psychology intern
Supervisors: Amanda Vaught, Psy.D., Gabriel Longhi, Psy.D., Carmella Tress, Psy.D., Benjamin Gliko, Psy.D., ABPP, and Suzilienne Board, Psy.D.
- Provided evidence-based psychotherapies (EBPs) to Veterans at: a general outpatient mental health clinic, a woman's residential program for dual diagnoses, a psychological assessment clinic, and a substance use clinic
 - Individual therapy modalities: CBT, CPT, ACT, CBT-SUD
 - Group therapy modalities: CBT, DBT
 - Participated in VA roll-out for CPT including an intensive three-day training, provision of individual therapy, supervision, and consultation calls

Mount Sinai OCD and Related Disorders Program, NYC, NY

July 2018-June 2019

Psychology extern

Supervisor: Ariz Rojas, Ph.D.

- Provided low-fee therapy to children, teens, and adults with OCD, Tourette's Disorder, and related disorders
 - Individual therapy modalities: CBT, ERP, HRT
- Collaborated with a multidisciplinary team for treatment planning
- Facilitated a support group for children with OCD

GSAPP Psychological Services Clinic, Piscataway, NJ

October 2015-June 2019

Psychology extern

Supervisors: Kenneth Schneider, Ph.D., Michael Zito, Ph.D., G. Terence Wilson, Ph.D., Craig Springer, Ph.D., Jeffrey Rudolph, Psy.D., Brook Hersey, Psy.D.

- Provided low-fee therapy for adults suffering from anxiety, depression, binge eating disorder, and ADHD
 - Individual therapy modalities: CBT, Psychodynamic
- Completed learning assessments for community members seeking learning disability and/or attention-deficit hyperactivity disorder evaluations
- Conducted semi-structured intakes for community members seeking treatment at the clinic

Institute for Behavior Therapy, New York City, NY

September 2017-August 2018

Psychology extern

Supervisors: Steven Fishman, Ph.D., ABPP, Barry Lubetkin, Ph.D., ABPP, Amber Brandes, Psy.D.

- Provided low-fee therapy to adults suffering from anxiety, depression, grief, family conflict, low self-esteem, and life stressors in a private practice setting
 - Individual therapy modality: CBT

Women Helping Women, Piscataway, NJ

June 2017-June 2018

Psychology extern

Supervisor: Ayorkor Gaba, Psy.D.

- Provided low-fee therapy to women suffering from anxiety, depression, low self-esteem, and trauma-related difficulties
 - Individual therapy modality: CBT
- Conducted phone screens and intakes with potential clients
- Conducted an outreach project on women's mental health and coping skills

Princeton House Behavioral Health, Women's Program, North Brunswick, NJ

Aug 2016-June 2017

Psychology extern

Supervisors: Helen Quinn, Ph.D. and Judith Margolin, Psy.D.

- Provided treatment at an intensive outpatient/partial hospitalization program to women suffering from difficulties including histories of trauma, suicidality, self-harm, dissociation, substance use, mood disorders, and more
 - Group therapy modalities: DBT skills group (co-lead), CBT skills groups, Process groups, Psychoeducational groups
- Attended DBT consultation team meetings and conducted DBT skills coaching on the unit
- Worked successfully with a multi-disciplinary team of psychologists, social workers, nurses, psychiatrists, and other staff members

Counseling, ADAPS, and Psychological Services (CAPS), Piscataway, NJ

Oct 2015-May 2016

Psychology extern

Supervisors: Jessica Pesantez, Psy.D. (primary supervisor) and Zachary Infantolino, M.A. (doctoral intern)

- Provided brief individual therapy for university students with depression, anxiety, and life stressors
 - Individual therapy modality: CBT
- Co-led four-week anxiety management workshops

RESEARCH EXPERIENCE

Doctoral Dissertation – Rutgers GSAPP, Piscataway, NJ

September 2018-April 2020

Primary Investigator

Dissertation chairs: Dan Fishman, Ph.D. and Monica Indart, Psy.D.

- Research involved mixed-methods pragmatic case studies of licensed therapists who provided cognitive-behavioral exposure-based therapy to United States Military Veterans who had a psychiatric service dog (PSD) at the time of treatment

Postpartum Web-Based ERP – Mount Sinai, New York City, NY

February 2019-June 2019

Study Coordinator

Primary investigators: Talia Wiesel, Ph.D. and Ariz Rojas, Ph.D.

- Research involved provision of live web-based ERP in treating postpartum OCD in order to determine effectiveness
- Screened potential participants to determine eligibility

Psychology Honors Program – University of Rochester, Rochester, NY

Fall 2014-Spring 2015

Student Researcher

Supervisors: Linda Alpert-Gillis, Ph.D. and Jeremy Jamieson, Ph.D.

- Conducted original research and wrote an honors thesis
- Research project investigated correlations between self-reported negative mood and blood pressure, and self-reported negative mood and heart rate, in two adolescent inpatient samples and one adolescent outpatient sample

PRESENTATIONS

Genbauffe, C., & Guzman, G. (2018, March). *Women Empowering Women: Practical Strategies to Relieve Stress and Improve Well-being*. Outreach presentation through Women Helping Women. Metuchen Library, Metuchen, NJ.

Alpert-Gillis, L., Jamieson, J., and **Genbauffe, C.** (2015). *Evaluation of Self-Reported Negative Mood, Blood Pressure, and Heart Rate in Adolescent Populations in Inpatient and Outpatient Mental Health Settings*. Poster presented at the 2015 Annual Convention of the American Psychological Association, Toronto, Ontario.

SPECIALIZED TRAININGS AND WORKSHOPS

Trichotillomania Learning Center Virtual Professional Training Institute

September 2020

Trichotillomania Learning Center

Instructors: Charles Mansueto, Ph.D., Fred Penzel, Ph.D., Ruth Goldfinger Golomb, M.Ed., LCPC

Cognitive Processing Therapy for PTSD
Coatesville VA Medical Center
Instructor: Amanda Vaught, Psy.D.

October 2019

PROFESSIONAL AFFILIATIONS

Association for Behavioral & Cognitive Therapies (ABCT)
International OCD Foundation (IOCDF)