

# Sheila Rouzitalab, Psy.D.

The Center for Emotional Health of Greater Philadelphia  
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## EDUCATION

<b>Rutgers, The State University of New Jersey</b>	Piscataway, NJ
<b>Graduate School of Applied and Professional Psychology (GSAPP), Clinical Program</b>	
Doctor of Psychology	08/2022
Master of Psychology	09/2017 – 01/2020
<b>University of California, Los Angeles</b>	Los Angeles, CA
Bachelor of Arts in Psychology, <i>cum laude</i>	09/2009 – 12/2013

## LICENSE

### Licensed Psychologist

New Jersey Licensed Psychologist: 35SI00719800

## CLINICAL EXPERIENCE

<b>The Center for Emotional Health of Greater Philadelphia</b>	Cherry Hill, NJ
Licensed Psychologist	07/2023 - Present
<ul style="list-style-type: none"><li>• Provide evidence-based treatment for children, adolescents, and adults, specializing OCD, anxiety, body-focused repetitive behaviors, tics, and trauma disorders</li><li>• Treatments include cognitive behavior therapy (CBT), exposure and response prevention (ERP), habit reversal training (HRT), comprehensive behavioral intervention for tics (CBIT), prolonged exposure therapy (PE), acceptance and commitment therapy (ACT).</li></ul>	
Postdoctoral Fellow	11/2022 – 07/2023
<i>Supervisors</i>   Yevgeniya (Jenny) Ratnovsky, Ph.D., Marla Deibler, Psy.D.	
<ul style="list-style-type: none"><li>• Provided evidence-based evaluation and treatment for children, adolescents, and adults, specializing in OCD, anxiety, body-focused repetitive behaviors, tics, and trauma disorders</li><li>• Treatments include cognitive behavior therapy (CBT), exposure and response prevention (ERP), habit reversal training (HRT), comprehensive behavioral intervention for tics (CBIT), prolonged exposure therapy (PE), acceptance and commitment therapy (ACT).</li></ul>	
<b>Northwell Health – Long Island Jewish Medical Center</b>	Glen Oaks, NY
<b>Zucker Hillside Hospital and Cohen Children’s Medical Center</b>	
Pre-Doctoral Intern - Child and Adolescent Track (APA Accredited)	
<u>Rotation 1: Child and Adolescent Outpatient Psychiatry Department</u>	07/2021 – 06/2022
<i>Supervisors</i>   Peter D’Amico, Ph.D., Barbara Libov, Ph.D., and Gregory Vikingstad, Ph.D.	
<u>General Clinic</u>	
<ul style="list-style-type: none"><li>◦ Provided individual cognitive behavioral therapy to diverse population of youth with a wide range of disorders and psychosocial stressors, utilizing evidence-based treatments (e.g., E/RP for OCD, Unified Protocol for Adolescents with anxiety and depression, CBT for body dysmorphic disorder).</li></ul>	

- Co-led weekly Unified Protocol for Adolescents group and pre-teen OCD Group.
- Provided didactics to psychiatry fellows and psychology trainees.

Elective 1: Comprehensive Dialectical Behavior Therapy (DBT) for Adolescents

- Participated in fully adherent outpatient DBT for Adolescents program and carried two individual DBT patients, provided DBT phone consultation, and participated in DBT consultation team.

Elective 2: Parent Child Interaction Therapy (PCIT)

- Attended weekly PCIT course at Hofstra University with Phyllis Ohr, Ph.D.
- Developed and facilitated a Parenting Skills Group.

Rotation 2: Adolescent Inpatient Unit (1 West)

01/2022 – 06/2022

*Supervisor* | Alison Tebbett-Mock, Ph.D.

- Provided individual and family therapy utilizing milieu-based DBT model for suicidal adolescents.
- Facilitated DBT skills groups for patients on the unit as well as virtual parent DBT skills workshops.
- Delivered orientation to psychotherapy and the DBT model to medical students rotating on the unit.
- Engaged in peer consultation with psychology trainees, psychiatry residents, and psychiatry fellows.

Rotation 3: Eating Disorders Center (Partial Hospitalization & Medical Inpatient)

07/2021 – 12/2021

*Supervisor* | Sarah Maza, Ph.D.

- Conducted family-based treatment to youth and their caregivers in the partial hospitalization program for anorexia nervosa and other comorbid diagnoses (e.g., borderline personality disorder, anxiety).
- Co-led DBT skills, exposure/response prevention, and parent support groups.
- Provided individual therapy and consultation to youth on the medical inpatient unit and with the medical and social work team in treatment and disposition planning.
- Administered diagnostic intake interviews, engaged in team meetings and case consultations, and participated in specialty didactics and peer supervision.

**Child and Adolescent Mood Program | Children’s Hospital of Philadelphia**

Philadelphia, PA

Psychology Extern

08/2020 – 06/2021

*Supervisors* | Jason Lewis, Ph.D. and Cherie Gerstadt, Ph.D.

- Provided individual CBT and DBT-informed individual therapy to adolescents with mood disorders and comorbidities (e.g. anxiety, PTSD, NSSI).
- Administered the Schedule for Affective Disorders and Schizophrenia (K-SADS) for new patients and caregivers, presented case summaries to interdisciplinary team, collaboratively developed treatment plans, completed assessment reports and provided comprehensive feedback to patients and families.
- Co-facilitated DBT multi-family skills group for adolescents and their caregivers.

**Zucker Hillside Hospital – Northwell Health (Long Island Jewish)**

Glen Oaks, NY

**Child & Adolescent Outpatient Psychiatry: Ambulatory Care Track**

07/2019 – 06/2020

Psychology Extern – Major Rotation

*Supervisor* | Stephanie Solow, Psy.D.

- Provided evidence-based treatments to children and adolescents with a wide range of psychopathology (e.g., selective mutism, mood disorders, ADHD, social anxiety), including CBT, DBT skills, and parent management training.
- Completed Trauma-Focused CBT (TF-CBT) training towards certification and participated in bi-weekly supervision calls.
- Developed and co-facilitated an OCD exposure group for pre-teens.
- Co-facilitated a DBT multi-family skills group for adolescents and their caregivers in the DBT program.
- Collaborated with psychiatrists to develop individual treatment plans, attended weekly didactic seminars and case consultations with fellow trainees; engaged in ongoing school consultations.

**Zucker Hillside Hospital – Northwell Health (Long Island Jewish)**

Glen Oaks, NY

**OCD Center**

07/2019 – 06/2020

Psychology Extern – Minor Rotation

*Supervisor* | Anthony Pinto, Ph.D.

- Maintained a caseload of adult patients and provided exposure and response prevention (ERP) and CBT to treat OCD, obsessive-compulsive personality disorder, and depression.
- Coordinated treatment with psychiatrists and group therapy leaders to develop case conceptualizations.

**Youth Anxiety and Depression Clinic | Rutgers GSAPP**

Piscataway, NJ

Diagnostician

09/2019 – 08/2020

*Supervisor* | Brian Chu, Ph.D.

- Achieved research reliability on the Anxiety and Related Disorders Interview Schedule for DSM-5, Child and Parent Versions (ADIS-V). Conducted diagnostic interviews for youth (ages 9–17) and their caregivers as part of a randomized clinical trial.
- Trained *via* a three-credit course in clinical child interviewing, diagnosis, and treatment.
- Participated in weekly group supervision to review differential diagnoses and risk assessments.

**The Haven, Piscataway School-Based Mental Health**

Piscataway, NJ

Psychology Extern

08/2018 – 06/2019

*Supervisors* | Patrick Connelly, Psy.D. and Mark Weiner, Psy.D.

- Conducted intake evaluations and provided individual and family therapy for adolescents and families of young children in a school-based clinic, employing CBT, systems theory, structural family therapy, and psychodynamic theories.
- Developed programming and facilitated a weekly, year-long “Girls Empowering Girls” group for high school students navigating identity development, family and relationship conflict, and academic stress.
- Co-facilitated a middle school prevention program for youth at-risk for school discipline in Piscataway School District.

**Tourette Syndrome Clinic | Rutgers & New Jersey Center for Tourette Syndrome**

Piscataway, NJ

Psychology Extern

08/2017 – 08/2018

*Supervisors* | Daniela Colognori, Psy.D. and Graham Hartke, Psy.D.

- Provided individual therapy using Comprehensive Behavioral Intervention for Tics (CBIT), ERP for adult OCD, and youth anxiety treatments.
- Conducted intake and diagnostic assessments with youth, adults and their family members.
- Co-led a Tourette Syndrome skills and peer support group for youth (ages 10–12).
- Co-led psychoeducational workshops at NJCTS Family Weekend on CBIT and sibling challenges.

**Center for Psychological Services | Rutgers GSAPP**

Piscataway, NJ

Assessment Clinician

08/2018 – Present

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

- Conduct psychoeducation and neuropsychological evaluations for youth and adults for ADHD, specific learning disorders, cognitive impairment, and related difficulties.
- Administer, score, and write integrated reports using data collected from cognitive tests, intellectual tests, neuropsychological tests, and various self-report measures.
- Provide feedback to clients and their families and offer recommendations regarding academic accommodations and psychosocial interventions.

Psychotherapy Clinician

09/2017 – 11/2019

*Supervisors* | David Krauss, Ph.D., Susan MacKinnon, Psy.D., Lucille Carr-Kaffashan, Ph.D., and Brook Hersey, Psy.D.

- Gave individual therapy to young adults with social anxiety, depression, trauma-based symptoms, and sexual identity exploration utilizing CBT and psychodynamic therapy.

- Conducted psychological intake evaluations, completed intake reports and presented at case conferences.

Couples Clinic Clinician

04/2018 – 12/2018

*Supervisors* | Elisabeth Brown, Psy.D., Shalonda Kelly, Ph.D. and Karen Riggs-Skean, Psy.D.

- Provided Emotionally Focused Therapy (EFT) to a couple experiencing relationship conflict.
- Participated in weekly group supervision, didactic seminars, and case conferences.

## PROFESSIONAL DEVELOPMENT

### American Arab, Middle Eastern, and North African Psychological Association (AMENA-Psy)

Student Liaison Chair

Dec 2020 – December 2022

- Committed to two-year position on the AMENA-Psy student committee, which involves biweekly meetings and supporting all student chair positions, programming efforts, and advocacy initiatives.
- Developed relationships with external student organizations to create and facilitate programming (e.g., panels, webinars) for psychology graduate and undergraduate students.
- Assisted with annual conference development, advertising, and implementation.

## RESEARCH EXPERIENCE

### Riley Behavioral Medicine Lab | Rutgers GSAPP

Graduate Student Research Assistant

08/2020 – 08/2021

*Faculty Advisor* | Kristen Riley, Ph.D.

- As part of the Dissemination and Implementation Project, developed and conducted a needs assessment across Rutgers Health to determine current utilization and need for behavioral health providers in clinics across the health system.
- Presented findings to Rutgers Health directors and administrators and prepared results for conference presentations and publication.
- Attended weekly lab meetings, assisted with project development, and co-wrote a book chapter.

### Graduate School of Applied and Professional Psychology | Rutgers University

Principal Investigator

11/2019 – 04/2022

Doctoral Dissertation | *Iranian American Beliefs About Mental Health and Psychological Help-Seeking*

*Dissertation Chair* | Shalonda Kelly, Ph.D.

*Dissertation Committee Member* | Angelica M. Diaz-Martinez, Psy.D.

- Proposal defended 9/3/2020

### Rutgers Community Partners in Youth Mental Health | Rutgers GSAPP

Graduate Student Presenter and Research Assistant

08/2019 – 09/2020

*Faculty Advisor* | Brian Chu, Ph.D.

- Collaborate with three local organizations serving religious, ethnic, and sexual minority community members to develop community-based participatory research projects and workshops on improving mental health services.
- Develop and analyze workshop survey results; prepare findings for conferences and publications.

### ADHD Treatment Research & Training Group | Rutgers University

Cooper Fellow

08/2017 – 07/2018

*Supervisor* | Francine Conway, Ph.D.

- Assisted GSAPP Dean Conway with psychodynamic ADHD-related research projects, as well as her involvement with the New Jersey Psychological Association Division of Academic and Scientific Affairs.

- Implemented a new psychodynamic ADHD clinic at the GSAPP Center for Psychological Services, with a special emphasis on outcome research and dissemination.

### **TIES Infant Mental Health Project | University of California, Los Angeles**

Project Coordinator

01/2015 – 06/2017

*Principal Investigator* | Jill Waterman, Ph.D.

- Prepared and distributed all study materials and measures, scheduled study participants, scored measures (e.g., Bayley Scales of Infant Development, Parenting Stress Index, BITSEA, CBCL) and tracked psychological testing inventory.
- Trained and supervised undergraduate interns and analyzed project data to understand foster-infant mental health and caregiver functioning.

### **Dieting, Stress and Health (DiSH) Lab | University of California, Los Angeles**

Project Coordinator and Research Assistant

06/2013 – 06/2014

*Principal Investigator* | A. Janet Tomiyama, Ph.D.

- Managed and implemented study protocols for a study on weight stigma.
- Trained research assistants for a study on dieting stress; organized study materials, scheduled participants; tracked participant progress and compliance; collected saliva samples to measure cortisol.

## **RELEVANT WORK EXPERIENCE**

### **Rutgers Center for Psychological Services | Rutgers University**

Supervisor Liaison

07/2018 – 06/2019

*Director* | Andrea Quinn, Psy.D.

- Served as a liaison between the Rutgers Center for Psychological Services and an expansive network of volunteer clinical supervisors in the tri-state area, and matched students to supervisors based on theoretical orientation, geographical location and clients' presenting problems.
- Recruited licensed psychologists and onboarded them to become new supervisors in the electronic medical record system; fielded all supervisor questions and concerns.

### **TIES for Families | University of California, Los Angeles**

Case Manager

01/2015 – 06/2017

*Supervisor* | Eugenia Hsu Tsao, Ph.D.

- Coordinated treatment planning and services for foster and adoptive youth and their resource and adoptive families; provided referrals, linkage, and client advocacy and liaison services.
- Managed the TIES Psychiatry Clinic and the TIES Infant Mental Health program; prepared clinic intake measures, maintained psychological assessment materials inventory; created and maintained client charts, and facilitated audits.
- Attended LA county and in-service trainings, professional and academic conferences; assisted with TIES for Families Prospective Adoptive Parent Preparation Course and with a social skills group for youth (ages 3–5) with ADHD.
- Recruited, trained, and supervised UCLA undergraduate work-study students.

## **TEACHING EXPERIENCE**

### **Graduate School of Applied and Professional Psychology | Rutgers University**

Teaching Assistant | *Introduction to Clinical and School Psychology*

08/2018 – 12/2018

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

- Supported undergraduate students with course and career-related concerns.

- Organized, administered, and graded course examinations; reviewed and graded essays and assignments; engaged in psychotherapy role-plays with fellow teaching assistants.

## MANUSCRIPTS UNDER REVIEW

Iyer, S., **Rouzitalab, S.**, Gunin, G. B., & Riley, K. E. (Under Review). Complementary and alternative health practices.

Riley, K. E., Ghassemzadeh, S., Terhune, J., Fluehr, M., Buschmann, M. & **Rouzitalab, S.** (Under Review). An implementation blueprint for how to start interprofessional behavioral health integration in a healthcare system: Balancing patient needs, organizational readiness for change, institutional priorities, and training needs.

## NON-PEER-REVIEWED PUBLICATIONS

**Rouzitalab, S.**, Laurine, C., Chang, C. J., Pedroza, M., Alba, M., Quinn, A., & Chu, B. C. (2020). Rutgers community partners in youth mental health. *NJ Psychologist*. 20 (2), 19-20.

## POSTERS AND PRESENTATIONS

**Rouzitalab, S.**, Armanious, M., Jortani, H., DeMeyer, J., Barrita, A., Badio, K., Lau, K. (2022, September). *Ethnic Minority Psychological Associations Student Panel: Finding Your Professional Home Through Community*. Panel presented by the American Arab, Middle Eastern, and North African Psychological Association Student Committee in collaboration with the APA-recognized Ethnic Minority Psychological Associations.

**Rouzitalab, S.** (2022, September). *Millennial Iranian American Beliefs About Mental Health and Treatment: A Qualitative Study*. Dissertation talk presented at the annual meeting of the American Arab, Middle Eastern, North African Psychological Association.

**Rouzitalab, S.** (2022, May). *Millennial Iranian American Beliefs About Mental Health and Treatment: A Qualitative Study*. Didactic seminar presented to the child psychology trainees and supervisors at Zucker Hillside Hospital adolescent inpatient unit.

**Rouzitalab, S.** (2022, May). *Comprehensive Behavioral Intervention for Tics*. Didactic seminar presented to the child and adolescent psychiatry fellows at Zucker Hillside Hospital.

Amini, B., **Rouzitalab, S.**, Der Sarkissian, A., Hashtpari, H., & El-Oqlah, E. (2021, September). *Internship Panel*. Panel discussion presented at the annual meeting of the American Arab, Middle Eastern, North African Psychological Association.

Moussa, R., **Rouzitalab, S.**, & Mostoufi, S. (2021, September). *Live Supervision*. Live supervision demonstration presented at the annual meeting of the American Arab, Middle Eastern, and North African Psychological Association.

**Rouzitalab, S.**, Amini, B., Auguste, E., Cárdenas-Bautista, E., Pyke, K., Lau, K., & Taghavi, I. (2021, June). *Ethnic Minority Psychological Associations Student Panel: Finding Your Professional Home Through Community*. Panel presented by the American Arab, Middle Eastern, and North African Psychological Association Student Committee in collaboration with the APA-recognized Ethnic Minority Psychological Associations.

- Abdullah, M., Balva, D., Amini, B., **Rouzitalab, S.**, Taghavi, I., & Carrero Pinedo, A. (2021, April). *Meeting the Needs of Arab Immigrants and Refugees: Cultural and Contextual Considerations*. Webinar presented by APA Division 52 in collaboration with the American Arab, Middle Eastern, and North African Psychological Association Student Committee and APA Division 56.
- Laurine, C. J., Asnaani, A., Mehta, T. G., Jayawickreme, N., & **Rouzitalab, S.** (2020, November). *Closing the gap: transporting evidence-based interventions to diverse “real world” settings via community-partnered research*. Panel discussion presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
- Laurine, C. J., **Rouzitalab, S.**, Chang, C. J., & Chu, B. C. (2020, November). *Addressing barriers to mental health service utilization among Muslim youth and families using a community-based participatory research approach*. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
- Chang, C. J., Laurine, C., Alba, M., **Rouzitalab, S.**, & Chu, B. C. (2020, November). *Feasibility and acceptability of a community-based participatory research approach to engaging LGBTQ youth*. Poster presented at the annual Association for Behavioral and Cognitive Therapies Conference, Philadelphia, PA.
- Rouzitalab, S.**, Lasky, A., Gordic, B., Greenberg, R., Happich, R., Towers, A., & Hersey, B. (2019, September). *Psychology and beyond*. Panel discussion presented at the 45<sup>th</sup> anniversary of Rutgers GSAPP, Piscataway, NJ.
- Laurine, C. & **Rouzitalab, S.** (2019, August). *Communicating effectively with students in distress*. Staff development workshop presented at An-Noor Academy, Piscataway, NJ.
- Hatchimonji, D. & **Rouzitalab, S.** (2018, June). *CBIT for Tourette Syndrome*. Workshop presented at the New Jersey Center for Tourette Syndrome Family Weekend, Port Murray, NJ.
- Rouzitalab, S.** & Hatchimonji, D. (2018, June). *Sibling issues at the Tourette Syndrome Clinic*. Workshop presented at the New Jersey Center for Tourette Syndrome Family Weekend, Port Murray, NJ.
- Rouzitalab, S.**, Ganz, D., Vreeland, A., Langley, A., & Waterman, J. (2016, August). *Parenting foster-adoptive infants: factors impacting parental perceptions*. Poster session presented at the meeting of the American Psychological Association, Denver, CO.
- Vreeland, A., Ganz, D., **Rouzitalab, S.**, Langley, A., & Waterman, J. (2016, August). *Relationship between parental stress and infant cognitive development*. Poster session presented at the meeting of the American Psychological Association, Denver, CO.

## HONORS & DISTINCTIONS

<b>Social Advocacy Dissertation Grant</b>   New Jersey Psychological Association	2020 – 2021
<b>Starr Fellowship</b>   Rutgers University	2018 – 2019
<b>Cooper Fellowship</b>   Rutgers University	2017 – 2018
<b>GSAPP Scholarship Award</b>   Rutgers University	2017 – 2018
<b>Dieting, Stress, and Health Lab Excellence in Research Award</b>   UCLA	2014
<b>Psi Chi International Honor Society in Psychology, Gold Member Inductee</b>   UCLA	2012
<b>AmeriCorps Students in Service Scholarship Award</b>   UCLA	2012
<b>Dean’s Honor List, College of Letters and Sciences</b>   UCLA	2010 – 2011

## SPECIALIZED TRAININGS

### **Eating Disorder Intensive Workshop**

Cohen Children's Medical Center

- Two-day training on eating disorders theory, research, diagnosis, assessment, medical considerations, treatments, and psychiatric considerations.

### **Unified Protocols for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents**

Child and Adolescent Mood and Anxiety Treatment Program at University of Miami

*Trainer* | Jill Ehrenreich-May, Ph.D.

### **Trauma-Focused Cognitive Behavioral Therapy**

National Child Traumatic Stress Network (NCTSN)

Center to Support Trauma Recovery for Youth with Developmental Disabilities, Northwell Health

*Supervisor* | Peter D'Amico, Ph.D.

- Two-day training and series of twelve phone consultation calls toward TF-CBT certification.

### **Psychological First Aid**

National Child Traumatic Stress Network (NCTSN)

### **Skills for Psychological Recovery**

National Child Traumatic Stress Network (NCTSN)

### **WeSpeak - Selective Mutism Intensive Group Treatment**

Child and Adolescent Anxiety Practice, Manhattan, NY

*Supervisor* | Shelley Avny, Ph.D.

- Training in selective mutism etiology, conceptualization, and treatment. Week-long coaching to youth (ages 10–13) with selective mutism in group treatment with daily group supervision.

### **Fundamentals of Dialectical Behavior Therapy**

*Professor* | Shireen Rizvi, Ph.D.

- 15-week course (45 hours)

### **Forensic Evaluation of Asylum Seekers & Documentation of Human Rights Abuses**

Mount Sinai Human Rights Program

### **Emotionally Focused Couples Therapy**

New Jersey Couples Clinic

*Trainers* | Karen Riggs-Skean, Psy.D. and Elizabeth Brown, Psy.D.

## FOREIGN LANGUAGE

**Persian (Farsi)** | Conversational Competence

## PROFESSIONAL MEMBERSHIPS

**American Arab, Middle Eastern, and North African Psychological Association (AMENA-PSY)**

**American Psychological Association (APA) Divisions 12 and 53**

**Association of Behavior and Cognitive Therapies (ABCT)**

**New Jersey Psychological Association (NJPA)**



## REFERENCES

**Angelica M. Diaz-Martinez, Psy.D.**

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**Anthony Pinto, Ph.D.**

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Donald and Barbara Zucker School of Medicine at  
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Associate Director of Training, Child Track  
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