

Regina Dispenziere, Psy.D.

The Center for Emotional Health of Greater Philadelphia
601 Ewing Street, Suite C-2, Princeton, NJ 08540
1930 Route 70 East, Building R91, Cherry Hill, NJ 08003
dispenziere@thecenterforemotionalhealth.com | (856)-220-9672

Education

University of Hartford **September 2016-September 2021**

Graduate Institute of Professional Psychology (APA-Accredited)
Doctor of Psychology (Psy.D.) in Clinical Psychology
Child and Adolescent Proficiency Track
West Hartford, CT

University of Hartford **September 2016-September 2018**

Master of Arts in Clinical Practices
West Hartford, CT

Rutgers, The State University of New Jersey **September 2012-May 2016**

School of Arts and Sciences
Bachelor of Arts in Psychology
Minor in Education as a Social Science
New Brunswick, NJ

License

Licensed Psychologist
New Jersey Licensed Psychologist: 35SI00721200

Dissertation

Dissertation Defended **August 13, 2021**

Psychological Adjustment and Treatment Adherence Among Youth Newly Diagnosed with Celiac Disease, chaired by Anne E. Pidano, Ph.D., Professor

- Second Reader: Lourdes Dale, Ph.D., Professor
- Third Reader: Bradley Jerson, Ph.D., Pediatric Psychologist
- Fourth Reader: Bella Zeisler, M.D., Pediatric Gastroenterologist
 - Studied levels of anxiety and depression, quality of life, and illness perceptions of children and adolescents newly diagnosed with celiac disease at Connecticut Children's Medical Center's gastroenterology clinic

Clinical Experience

Center for Emotional Health of Greater Philadelphia **July 2023-Present**

Licensed Psychologist
Princeton and Cherry Hill, NJ

- Provide cognitive behavioral (CBT) and acceptance and commitment (ACT) therapies for anxiety, depression, and other life stressors and transition problems for older children, adolescents, and adults.

- Provide exposure and response prevention (ERP) therapy for OCD, phobias, social anxiety, and panic attacks.
- Provide Comprehensive Behavioral (ComB) treatment for trichotillomania, excoriation, and other body-focused repetitive behaviors.
- Provide Comprehensive Behavioral Intervention for Tics (CBIT).
- Utilize Dr. Katherine Dahlsgaard's Picky Eating Protocol for ARFID.
- Conduct psychological and psychoeducational testing evaluations.

Center for Emotional Health of Greater Philadelphia

September 2021-July 2023

Postdoctoral Fellow

Princeton and Cherry Hill, NJ

- Provided cognitive behavioral (CBT) and acceptance and commitment (ACT) therapies for anxiety, depression, and other life stressors and transition problems for older children, adolescents, and adults.
- Provided exposure and response prevention (ERP) therapy for OCD, phobias, social anxiety, and panic attacks.
- Provided Comprehensive Behavioral (ComB) treatment for trichotillomania, excoriation, and other body-focused repetitive behaviors.
- Provided Comprehensive Behavioral Intervention for Tics (CBIT).
- Utilized Dr. Katherine Dahlsgaard's Picky Eating Protocol for ARFID.
- Conducted psychological and psychoeducational testing evaluations.
- Supervised by Marla W. Deibler, PsyD, ABPP (previously Jennifer Gola, PsyD)

Doctoral Psychology Internship

Rutgers UBHC (APA-Accredited)

September 2020-August 2021

Doctoral Psychology Intern

Piscataway, NJ

Major Rotation: School-Based Program in Edison High School

- Provided CBT to adolescents and their families presenting with anxiety and mood disorders.
- Provided TF-CBT to adolescents who experienced trauma and PTSD.
- Led a CBT group for stress and anxiety.
- Conducted psychological evaluation and functional behavioral assessments (FBAs) to children and adolescents.
- Collaborated with school counselors, families, child study team, and teachers.
- Supervised by Suzi Millar, Psy.D.

Minor Rotation: Rutgers Adolescent

March 2021-August 2021

Partial Hospitalization Program

- Led a DBT skills groups.
- Provided CBT individual therapy to adolescents with anxiety, trauma, and mood disorders.
- Administered risk assessments.
- Supervised by Manda Gatto, MSW, LCSW

Minor Rotation: Children's Specialized Hospital **October 2020-March 2021**

- Conducted semi-structured diagnostic interviews in a pediatric inpatient medical rehabilitation hospital.
- Provided CBT individual therapy.
- Co-led a family support group focused on mindfulness and self-care.
- Co-treated with physical, occupational, recreational, and speech therapists.
- Supervised by Kathryn Hottinger, Ph.D. and Naomi Pickholtz, Ph.D.

Clinical Practicum Experience

Youth Consultation Service

July 2019-May 2020

Institute for Infant and Preschool Mental Health

Practicum Student

East Orange, NJ

- Provided individual, dyadic, and family therapy from a psychodynamic, relational approach to infants, toddlers, preschoolers, and their caregivers at an urban community mental health center.
- Provided parent consultation regarding evidence-based behavioral management strategies drawn from Circle of Security, Child-Parent Psychotherapy, and Parent-Child Interaction Therapy.
- Conducted developmental and psychological batteries to infants, children and adolescents.
- Supervised by Leslie Lester, Psy.D.

Solterra Academy

August 2018-June 2019

Practicum Student

New Britain, CT

- Provided CBT to children and adolescents in a therapeutic school with anxiety, mood, neurodevelopmental, and disruptive behavior disorders.
- Co-facilitated eight groups regarding Zones of Regulation, DBT skills, and social skills.
- Provided daily crisis interventions, risk assessments, and milieu therapy.
- Conducted psychoeducational evaluations to assist with IEPs and 504 Plans.
- Supervised by Jennifer Andrade, Psy.D.

Boys and Girls Village

August 2017-June 2018

Kids INN & Safe Haven

Charles F. Hayden School

Practicum Student

Milford, CT

- Provided CBT and IPT to youth in a psychiatric residential treatment facility.
- Led a CBT group for adolescents with mood and disruptive behavior disorders.
- Led a DBT skills group.
- Supervised by Stephanie Bozak, Psy.D.

Institute of Living**October 2016-March 2017**

Anxiety Disorders Center
Pre-Practicum Student
Hartford, CT

- Conducted phone intakes to screen clients with anxiety, OCD and related disorders for CBT and ERP.
- Co-administered the SCID-5 and K-SADS-PL with psychology interns.
- Supervised by Blaise Worden, Ph.D.

Clinical Research

Rutgers University Behavioral Health Care**September 2020-August 2021**

Research Assistant
Piscataway, NJ

- Wrote a comprehensive literature review on childhood-onset psychosis, the acoustic features of auditory hallucinations, and the utility of virtual reality interface devices to reconstruct visual and auditory hallucinations.
- Supervised by Anthony Deo, M.D.

University of Hartford**January 2018-June 2019**

Research Assistant
West Hartford, CT

- Researched and synthesized data on evidence-based psychotherapies for the development of an online, centralized platform of clinical resources and training for mental health professionals with varying levels of expertise.
- Supervised by Jeffrey Magnavita, Ph.D.

University of Hartford**January 2017-April 2019**

Research Assistant
West Hartford, CT

- Minority Mental Health Lab
 - Inspired by the Clark Doll Study, researched young children's perspectives of heterosexual vs. non-heterosexual parent dyads.
 - Supervised by Katherine Crowell, Ph.D.

Rutgers University**September 2013-May 2015**

Research Assistant
New Brunswick, NJ

- Learning and Memory Lab
 - Researched testing strategies of college students.
 - Supervised by Arnold Glass, Ph.D.

Relevant Experience

CT Psych Now**October 2017-June 2018**

Psychology Assistant
Cromwell, CT

- Blogged twice a month discussing the most up-to-date research and empirically supported treatments for ADHD, anxiety, mood, and learning disorders.

**Bristol Myers Squibb Children’s Hospital at
Robert Wood Johnson University Hospital**

September 2015-December 2015

Child Life Intern

New Brunswick, NJ

- Worked 20 hours a week on a medical inpatient unit providing recreational and art therapy activities to children.

Douglass Psychology Child Study Center

January 2015-May 2015

Rutgers University

Undergraduate Student

New Brunswick, NJ

- Interacted with preschoolers and observed their play, growth, and development in different learning, social, and emotional domains.
- Designed and implemented lesson plans with developmental and cultural sensitivity.

Children’s Specialized Hospital

May 2014-August 2015

Adaptive Aquatics Volunteer

New Brunswick, NJ

- Provided outpatient aquatic therapy to children ages 2 to 12 with various physical and neurodevelopmental disorders including cerebral palsy, autism spectrum disorder, and ADHD.
- Implemented Applied Behavioral Analysis (ABA) interventions for under a certified ABA therapist.

Robert Wood Johnson Hospital

May 2013-August 2014

Emergency Room Volunteer

Somerset, NJ

- Provided emotional and social support to patients at bedside.
- Helped patients practice various coping skills and grounding techniques.

Specialized Trainings

TLC Foundation for BFRBs Virtual Professional Training Institute

ACT for Adolescents with Dr. Russ Harris

4-Day Intensive ERP for OCD Workshop (Cognitive Behavior Institute)

ACT for Beginners with Dr. Russ Harris

TF-CBT Certification Training

TF-CBT Webinar Training (Medical University of South Carolina)

DBT in Practice: Mastering the Essentials (Psychotherapy Academy)

Essentials of CBT: The Beck Approach (Beck Institute)

Parent-Child Interaction Therapy Training (UC Davis)

Motivational Interviewing Training

Professional Memberships

American Psychological Association - Division 54: Society of Pediatric Psychology
American Psychological Association - Division 53: Society of Clinical Child and Adolescent Psychology
American Psychological Association
International OCD Foundation (IOCDF)
Association for Contextual Behavioral Science (ACBS)

Presentations

McCloskey, K., Gale, M., Young, A., Suara, Z., **Mitossis, R.**, Burns, K., ... & Newman, B. (2019, October). Overcoming white heterosexual male privilege (WHMP) in doctoral-level clinical psychology training programs. In J. E. Helms (Chair), *Race, culture, & WHMP: Survival, resistance, and healing in the current social climate*. Symposium conducted at the meeting of the 19th Annual Diversity Challenge, Boston, MA.

Awards

University of Hartford, Arts and Sciences Dean's Award	February 2019
Rutgers University, Graduated with Summa Cum Laude	May 2016
Rutgers University, Academic Excellence Award: Top 10% of Class	May 2015

Other Services

Celiac Disease Working Group **March 2019-August 2021**

Graduate Student Member

- Communicated quarterly via conference calls with pediatric psychologists and psychology doctoral students around the world regarding research and clinical issues with pediatric celiac disease.

Clinic Development Committee **September 2017-September 2020**

Graduate Student Member

Graduate Institute of Professional Psychology
West Hartford, CT

- Helped develop an onsite training clinic for graduate students.