

MICHELLE DEBSKI, PSYD

LICENSED CLINICAL PSYCHOLOGIST NJ #35SI00774600

The Center for Emotional Health
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EDUCATION

La Salle University, Philadelphia, Pennsylvania
APA-Accredited Doctor of Clinical Psychology Program, Child and Family Concentration, August 2021

La Salle University, Philadelphia, Pennsylvania
Master of Arts in Clinical Psychology, Child and Family Concentration, August 2017

Teachers College, Columbia University, New York, New York
Master of Arts in Psychology in Education, May 2015

Rider University, Lawrenceville, New Jersey
Bachelor of Arts Degree, December 2012
Major: Psychology

CLINICAL EXPERIENCE

Licensed Clinical Psychologist / Staff Psychologist

The Center for Emotional Health, Cherry Hill, NJ

April 2025 – Present

- Provides evidence-based treatment to children and adolescents
 - Utilizes cognitive behavioral therapy (CBT) to guide children in developing coping skills and navigate challenges related to anxiety, autism, anger, low self-esteem, social difficulties
- Administers psychological and psychoeducational assessments for children, adolescents and adults
 - Autism assessment
 - Attention-Deficit/Hyperactivity Disorder (ADHD) assessment
 - Diagnostic Clarification assessment
 - Learning Disorder assessment

Post-Doctoral Fellowship

The Center for Emotional Health, Cherry Hill, NJ

October 2021 – April 2025

Supervisor: Krista Kircanski, Psy.D.

- Provided evidence-based treatment to children and adolescents
 - Utilized cognitive behavioral therapy (CBT) to guide children in developing coping skills and navigate challenges related to anxiety, autism, anger, low self-esteem, social difficulties
- Administered psychological and psychoeducational assessments for children, adolescents and adults
 - Autism assessment
 - Attention-Deficit/Hyperactivity Disorder (ADHD) assessment
 - Diagnostic Clarification assessment
 - Learning Disorder assessment

Doctoral Internship - APA-Accredited Clinical Psychology Internship Program
Intercommunity Action, Inc., Philadelphia, PA
Supervisors: Michael Gray, Ph.D., William La Valle, Psy.D., Tara Drames, Psy.D.

July 2019 – July 2020

Population:

- Culturally diverse individuals (i.e., children, adolescents, adults) presenting with a vast array of psychological concerns including symptoms of anxiety, depression, trauma, substance use, psychosis, etc.

Therapy:

- Triaged clients to determine appropriate level of care
- Conducted comprehensive biopsychosocial evaluations
- Provided walk-in crisis management services
- Conducted individual and family therapy
- Conducted Parent-Child Interaction Therapy (PCIT)
 - *Certified PCIT clinician*
- Served as head counselor for weekly groups (e.g., Lego Social Skills Group, Teen Wellness Group)
- Participated in individual supervision (i.e., two hours a week); intern group supervision (i.e., one hour a week)

Assessment:

- Administered a variety of assessments to individuals of all ages and presentations
 - **Cognitive/intelligence** - WPPSI-IV, WISC-V, WAIS-IV
 - **Academic achievement** – WIAT-III
 - **Executive functioning** – D-KEFS, NEPSY-II, BRIEF, CAARS, TEA-CH2
 - **Phonological** – CTOPP-2
 - **Memory** – CMS, WMS-IV
 - **Autism** – ADI-R, ADOS-2, ASRS
- Scored and interpreted outcomes of the assessments
- Developed comprehensive individualized recommendations
- Thoroughly composed assessment reports to concisely relay findings
- Provided client and/or client's parents/caregivers with feedback regarding findings

Supervision:

- Provided weekly individual supervision for doctoral-level psychology externs in regard to assessment and therapy cases
- Led weekly group supervision of doctoral-level psychology externs to discuss administrative and clinical matters

Doctoral Practicum Extern

Intercommunity Action, Inc., Philadelphia, PA
Supervisors: Michael Gray, Ph.D., William La Valle, Psy.D., Tara Drames, Psy.D.

June 2018 – June 2019

Therapy:

- Conducted weekly comprehensive biopsychosocial evaluations
- Provided weekly individual therapy
- Co-led weekly groups (e.g., Lego social skills group, Adolescent social skills group)
- Participated in weekly individual supervision, group supervision and peer supervision
- Consulted with other members of the treatment team (i.e., psychiatrists) to ensure comprehensive care
- Actively participated in case presentations
 - Treatments: Cognitive Behavioral Therapy, Mindfulness, Person-Centered Therapy, Motivational Interviewing
 - Clients: Culturally diverse individuals, children, adolescents and adults, presenting with a vast array of psychological concerns including symptoms of the following: trauma, substance abuse, anxiety, depression, psychosis, etc.

Assessment:

- Administered a variety of assessment batteries to individuals of all ages
- Scored and interpreted the outcomes of the assessments

- Developed a comprehensive list of recommendations
- Thoroughly composed assessment reports to concisely relay the findings
- Provided the client and/or client's parents/caregivers with feedback regarding the findings
 - Assessments conducted: Partial ADHD, Partial Autism, Full Battery

Clinician on Child Clinic Team

La Salle University Community Psychological Services, Philadelphia, PA

May 2017 – May 2019

Supervisors: Hilary Kratz, Ph.D., Brittany Lyman, Psy.D., Amanda Darnley, Psy.D.

- Conducted weekly individual and family therapy as a graduate level clinician on a clinic team at La Salle University's doctoral training clinic
- Utilized manualized and evidenced-based interventions keeping in mind each client's individual differences and specific barriers/needs
 - Clients: Culturally diverse, predominantly African American, limited income children and adolescents presenting with various internalizing and externalizing disorders
- Participated in weekly clinic team meetings
- Developed comprehensive case conceptualizations and treatment plans
- Utilized and interpreted self-report assessment measures such as the BASC-3, CDI-2, PEDS-QL, MASC-2
- Promoted awareness of mental health services by engaging in community outreach

CommuniCamp Head Counselor

Selective Mutism Anxiety and Related Disorders Treatment Center

2017 – Present

- Participate in multiple 3-day intensive group treatment programs for children 4-12 with Selective Mutism, social anxiety and extreme shyness
- Utilize Social Communication Anxiety Treatment (S-CAT) which is an evidence-based treatment approach developed by Dr. Elisa Shipon-Blum
- Facilitate social comfort and confidence in the children to enhance learning using S-CAT based social communication strategies
- Assist and support parents/caregivers before, during and after the camp to ensure their comfort and understanding in implementing the goals and strategies learned at camp

Doctoral Practicum Extern

Westtown School, West Chester, PA

September 2017 – June 2018

Therapy Supervisor: Maria Alonso, Ph.D.

- Conducted weekly individual therapy with high school boarding students and elementary school students
- Provided family therapy when necessary, typically with elementary school students
- Participated in weekly individual supervision
- Consulted with nurses, teachers, students' advisors and other school staff to ensure comprehensive care
 - Treatments: Motivational Interviewing, Cognitive Behavioral Therapy, Parent Management, Mindfulness, Play Therapy, Person-Centered Therapy
 - Clients: Culturally diverse, children and adolescents between the ages of 4-18, attending a private college-preparatory school, presenting with various internalizing and externalizing disorders

Assessment Supervisor: Harris Finkelstein, Ph.D.

- Administered comprehensive psychoeducational assessment batteries (e.g., cognitive, achievement, memory/learning, auditory processing, attention-related assessments) to students from elementary school through high school
- Scored and interpreted the results of the assessments
- Established appropriate recommendations to address the student's challenges and learning needs
- Composed integrated evaluation reports based on the results of the assessments also taking into consideration the clinical interview, parent/teacher reports, academic records and any previous testing reports
- Participated in weekly individual supervision

Doctoral Practicum Extern

Merakey (Formerly known as NHS Human Services – Mt. Airy), Philadelphia, PA

August 2016 – August 2017

Supervisor: Robin Arnold, Psy.D.

- Graduate extern in a community mental health center
- Provided individual, family and couples therapy on a weekly basis
- Participated in weekly individual, group and peer supervision
- Collaboratively formulated treatment plans with clients
- Consulted with psychiatrists, intake coordinators and additional clinical staff to ensure continuity of care
- Actively participated in weekly didactic workshops focusing on clinically relevant topics
 - Treatments: Cognitive Behavioral Therapy, Family Systems, Parent Management, Motivational Interviewing, Mindfulness, Play Therapy, Person-Centered Therapy, Art Therapy
 - Clients: Culturally diverse (e.g., race, ethnicity, religion), primarily African American, limited income children, adolescents and adults presenting with a wide range of psychological concerns

Clinician on Problem Solving Depression Team

La Salle University Community Psychological Services, Philadelphia, PA

May 2016 – May 2017

Supervisor: Kelly McClure, Ph.D.

- Graduate intake clinician on a clinic team at La Salle University's doctoral training clinic
 - Clients: Adult, limited income clients presenting with depression, bipolar, anxiety, adjustment, and trauma disorders as well as grief and stress-related concerns
- Participated in weekly clinic team meetings
- Conducted semi-structured diagnostic intake interviews utilizing the SCID-I
- Composed integrative diagnostic reports and provided treatment recommendations
- Utilized and interpreted self-report assessment measures such as the BDI-II, BAI, OQ45.2, and QOLI
- Promoted awareness of mental health services by engaging in community outreach

Brave Buddies Counselor

Child Mind Institute, New York, NY

August 2015

- Assisted clinical and administrative staff in preparing for the program
- Displayed knowledge of behavioral therapy skills
- Provided behavioral therapy treatment to Brave Buddies Campers with Selective Mutism

Volunteer Listener

Contact We Care, Westfield, NJ

2014 – 2016

- Managed calls for the Contact We Care Hotline
- Managed the National Suicide Prevention Lifeline
- Used ASIST techniques to effectively aid actively suicidal callers

Internship

Children's Specialized Hospital, Hamilton, NJ

2012 – 2013

- Assisted in coordinating group therapy sessions
- Observed patients during psychological evaluations
- Scored psychological tests such as the ADI-R, ADOS, BASC-2
- Assisted with general organization needs

RESEARCH EXPERIENCE

Dissertation

The Relation Between Parental Over-Involvement and Selective Mutism: An Exploratory Study
Defended on August 6th, 2021

Research Assistant

Selective Mutism Anxiety Research and Treatment Center, Jenkintown, PA

Fall 2015 – 2018

Supervisor: Elisa Shipon-Blum, DO.

- Entered data from patient questionnaires into Microsoft Excel and analyzed data using SPSS at the Selective Mutism Anxiety Research and Treatment Center (SMart Center)
- Participated in trainings on Dr. Shipon-Blum's Social Communication Anxiety Treatment® (S-CAT®)

Child Psychology Research Team

Fall 2015 – 2018

La Salle University, Philadelphia, PA

Supervisors: Dahra Jackson Williams, Ph.D., Brittany Lyman, Psy.D., Sharon Lee Armstrong, Ph.D.

- Participated in bimonthly meetings of doctoral students to discuss the development of research projects in pediatric psychology, as well as of school-based group treatment programs for children and adolescents enrolled in low income elementary and high schools in Philadelphia
- Administered the Strategies for Success manualized treatment program to children from Kindergarten to third grade at a local elementary school
 - The school-based group therapy program is designed for children with various internalizing and externalizing disorders
 - The program focuses on areas such as communication, social skills, anger management, bullying, grief and loss, mental health and conflict resolution
- Administered and scored various child-clinical measures including the CASH, TASC-r, PedsQL, ChIA, BASC-2
- Presented research findings at national, regional and local conferences
- Recruited participants and gathered, entered and examined data for various student dissertations

Student Researcher

2010 – 2013

Psychology Department, Rider University, Lawrenceville, NJ

Supervisor: Wendy Heath, Ph.D.

- Thoroughly read court cases and found defendant's emotion
- Wrote up analysis of emotions found within the case

EMPLOYMENT

Administrative Assistant/Graduate Student Worker

Selective Mutism Anxiety Research and Treatment Center, Jenkintown, PA

Fall 2015 – Present

- Write integrative new child background history reports when new families begin treatment
- Outreach to new families after initial visit
- Outreach to established clients to ensure continuity of care
- Create, maintain and track client files
- Manage multiline phones
- Assist with planning and implementing various events for families impacted by Selective Mutism:
 - Three 2016 Selective Mutism 'In the School' Conferences
 - Multiple CommuniCamp Programs
- Interact with clients and their families both face-to-face and by phone
- Complete key administrative tasks and clerical duties
 - Proficient in SpectraSoft, Valant and Appointments Plus

Clinic Assistant

La Salle Community Psychological Services, Philadelphia, PA

August 2015 – August 2016

- Completed phone screens with potential clients

- Assigned clients to clinic teams
- Performed administrative support tasks
- Experienced in using Titanium

Teacher's Aide

Rainbow Montessori, Madison, NJ

September 2013 – October 2014

- Assisted lead teacher in conducting increased learning experience for students
- Maintained discipline of students in the absence of the teacher
- Demonstrated ability to work closely with both children as well as adults

Tutor

Star Learning Center, New York, NY

September 2013 – May 2014

- Delivered individual tutoring plans upon review of students' academic needs
- Created and maintained a motivational and enthusiastic learning environment
- Presented effective communication skills with students, parents and staff
- Maintained student records and ensured confidentiality

Peer Mentor

College of Liberal Arts & Science, Rider University, Lawrenceville, NJ

2011 – 2013

- Guided and supported new students with the college transition process
- Assisted freshmen with choosing a major, classes and extra-curricular activities
- Served as a peer counselor in navigating the college environment

Teacher Assistant

Center for Reading & Writing, Rider University, Lawrenceville, NJ

2010 - 2011

- Assisted teacher with developing lesson plans and activities
- Motivated children to complete academic assignments
- Managed and organized classroom using techniques as observed by cooperating teacher and aid in problematic situations

ACADEMIC EXPERIENCE

Research:

- **Debski, M.,** & Thomas-Cottingham, A. (2012, March). *Introvert vs. Extravert: Are there differences in social network use?* Poster presented at the 2012 annual Eastern Psychological Association Convention, Pittsburgh, PA. Poster.
- **Debski, M.,** & DiYani, C. (2013, April). *Memory with a distraction.* Poster presented at the Society for Research in Child Development Biennial Meeting, Seattle, WA. Poster.
- Pantone, M. L., Armstrong, S. L., Shipon-Blum, E., **Debski, M.,** & Steinbeck, L. K. (2016, April). *What else is going on? Selective Mutism Comorbidities.* Poster presented at the 2016 annual Anxiety and Depression Conference, Anxiety and Depression Association of America, Philadelphia, PA, Poster.
- **Debski, M.,** Wilcox, T., Stoler, K., Armstrong, S. L., Lyman, B., & Jackson Williams, D. (2016, October). *What got in the way? Barriers to Implementing School-Based Interventions.* Poster presented at the 2016 Association for Behavioral and Cognitive Therapies, New York City, NY. Poster.

PROFESSIONAL MEMBERSHIPS

- Association for Behavioral and Cognitive Therapies
- Eastern Psychological Association
- Society for Research in Child Development

October 2016 – Present
 March 2012 – March 2013
 April 2013 – April 2014

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| ▪ Ronald E. McNair Post-Baccalaureate Achievement Program | 2011 - Present |
| ▪ Psi Chi – The International Honor Society in Psychology | 2012 - Present |
| ▪ Gamma Sigma Alpha – The National Academic Greek Honor Society | 2011 - Present |
| ▪ Alpha Lambda Delta – National Honor Society for First Year Students | 2009 - Present |

PROFESSIONAL ACTIVITIES AND HONORS

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| ▪ Using Cognitive-Behavioral Strategies to Treat Perfectionism Across the Anxiety Disorders in Children and Adolescents: Learn to Live by Values Instead of by Rules | 2017 |
| ▪ Selective Mutism ‘In the School’ Conference | 2016 |
| ▪ Student Member/Co-Chair of La Salle University Psy.D. Program’s Annual Diversity Forum Committee | 2016 - Present |
| ▪ 2018 – <i>La Salle University Higher Education Program Focusing on Academic Challenges of Spanish Speaking Students</i> | |
| ▪ 2017 – <i>The Changing Demographics of Our Communities: Implications for Service Delivery and Clinical Care of Immigrant Youth and Families</i> | |
| ▪ 2016 – <i>Psychosocial Issues Pertaining to Gender Identity: Working with Transgender Youth and Their Families</i> | |
| • Planned annual forum centered around various diversity related issues within the practice of psychology | |
| • Arranged speaker, panel and poster session related details | |
| • Assisted with tasks such as catering, outcome forms, outreach and hosting | 2010-2012 |
| ▪ Psychology Club Secretary, Rider University | Fall 2009 - 2012 |
| ▪ Dean’s List Award (consecutive recipient) | |