

# MEREDITH C. OWENS, PHD, ABPP

*Maiden Name: Reesman*

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NY State Psychologist License # 017723  
Board Certified in Cognitive and Behavioral Psychology (Certificate # 7863)  
NPI # 1598921348

## **Education**

Ph.D., Clinical Psychology (Child and Adolescent Concentration), St. John's University, 2007

M.A., Clinical Psychology, St. John's University, 2005

B.A. with High Honors, Psychology, Hofstra University, 2001

## **APA Accredited Internship and Post-Doctoral Fellowship**

Post-doctoral Fellowship in Clinical Child Psychology (September 2007 – August 2008).  
North Shore LIJ Zucker Hillside Hospital, Glen Oaks, NY

Pre-doctoral Internship in Clinical Psychology – Child Track (September 2006 – August 2007). North Shore LIJ Zucker Hillside Hospital, Glen Oaks, NY

## **Professional Experience**

Assistant Professor of Medical Psychology in Psychiatry (November 2015 to date), Columbia University Clinic for Anxiety and Related Disorders (CUCARD), Columbia University Medical Center, New York, NY.

Adjunct Assistant Professor (September 2015 to date), Department of Psychology, St. John's University, Jamaica, NY.

Associate Director, Psychology Internship – Child and Adolescent Track (July 2014 – October 2015), Division of Child and Adolescent Psychiatry, The Zucker Hillside Hospital, Long Island Jewish Medical Center, Glen Oaks, NY.

Senior\* Psychologist, Division of Child and Adolescent Psychiatry, The Zucker Hillside Hospital at Long Island Jewish Medical Center, Glen Oaks, NY. *\*Senior title granted as of July 2015; previously held position under Staff Psychologist title from September 2008 – July 2015.*

Staff Psychologist (September 2008 – June 2013), Behavioral Health Emergency Consultation Service, Cohen Children's Medical Center of NY at Long Island Jewish Medical Center, New Hyde Park, NY.

## **Publications**

**Owens, M. R.**, & Bergman, A. (2010). Alcohol Use and Antisocial Behavior in Late Adolescence: Characteristics of a Sample Attending a GED Program. *Journal of Child and Adolescent Substance Abuse, 19*, 78-98.

**Reesman, M.C.**, & Hogan, J. D. (2004). Substance use and abuse across the lifespan. In C. B. Fisher and R. M. Lerner (Eds.). *Applied developmental science: An encyclopedia of research, policies, and programs*. Thousand Oaks, CA: Sage.

Hogan, J. D., & **Reesman, M.C.** (2004). Biography of Anne Anastasi. In C. B. Fisher and R. M. Lerner (Eds.). *Applied developmental science: An encyclopedia of research, policies, and programs*. Thousand Oaks, CA: Sage.

## **Professional Presentations and Media Appearances**

**Owens, M.** (2015, May 5). *Mindful Treatment Planning for Child and Adolescent Anxiety Disorders*. Workshop presentation at the Mental Health Association of Nassau County, Hempstead, NY.

**Owens, M.** (2014, December, 12). *Mindful Treatment Planning for Child and Adolescent Anxiety Disorders*. Workshop presentation at Nassau County's Annual Conference on Co-Occurring Disorders, Hofstra University, Hempstead, NY.

**Owens, M.** (2014, April 30 and May 2). "Child and Adolescent Anxiety Disorders." Interviewed by Jim Dolan, DSW, LCSW on the *Recovery Road* radio program airing on WHPC 90.3 am.

**Owens, M.** (2013, October). *DBT-Informed Treatment of Child and Adolescent Anxiety Disorders*. Grand Rounds Presentation at Sagamore Children's Psychiatric Center, Dix Hills, NY.

**Owens, M.** (2011, March). *Integration of Mindfulness and Traditional CBT for Child and Adolescent Anxiety Disorders*. Symposium Presentation at the 2011 Anxiety Disorder Association of American Annual Conference, New Orleans, LA.

**Owens, M.** (2010, October). *Evidence-Based Practices in Group Psychotherapy*. Child Psychiatry Grand Rounds Presentation, Zucker Hillside Hospital, Glen Oaks, NY.

Owens, S., **Owens, M.**, & Lang, C. (2010, March 7). *Encountering Resistance? Fire the Patient!* Clinical presentation at the 2010 Anxiety Disorder Association of America annual conference, Baltimore, MD.

Owens, S. & **Owens, M.** (2009, March 13). *Aren't all child cases really parent cases?* Clinical presentation at the 2009 Anxiety Disorder Association of America annual conference, Santa Ana Pueblo, NM.

**Owens, M.** (2008, May). *The Use of Manualized Treatment in a "Treatment as Usual" Setting: A Clinical Case Presentation.* Child Psychiatry Grand Rounds Presentation, Zucker Hillside Hospital, Glen Oaks, NY.

Saito, E., Hertz, S., Filiberto, L., Napolitano, B., **Reesman, M.**, Sullivan, E., & Kafantaris, V. (2006, October). *Pilot study of Topiramate for binge eating behaviors.* Poster session presented at the 53rd annual meeting of the American Academy of Child and Adolescent Psychiatry, San Diego, CA.

Kong, G., **Reesman, M.**, & Bergman, A. (2005, August). *Attention-deficit hyperactivity disorder and depression in older adolescents.* Poster session presented at the annual convention of the American Psychological Association, Washington DC.

**Reesman, M.**, Sullivan, M., Kong, G., & Bergman, A. (2004, July). *Attention-deficit hyperactivity disorder and substance use in late adolescence.* Poster session presented at the annual convention of the American Psychological Association, Honolulu, HI.

**Reesman, M.**, Sullivan, M., Kong, G., & Bergman, A. (2004, April). *Externalizing disorders and cocaine use in late adolescence.* Poster session presented at the annual meeting of the Eastern Psychological Association, Washington, DC.

**Reesman, M.**, & Little, S. (2002, August). *Relations between motivation and affective variables in alcohol consumption.* Poster session presented at the annual convention of the American Psychological Association, Chicago, IL.

### **Specialized Clinical Training**

Comprehensive Behavioral Intervention for Tics (CBIT). Training provided by Tourette Syndrome Behavioral Therapy Institute at Feinstein Institute for Medical Research. March 9-10, 2014.

Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS). Training provided by North Shore University Hospital Department of Trauma Psychiatry. June 22-23, 2010.

Master Clinician Workshop: Cognitive-Behavioral Treatment of Pediatric OCD. Training provided by University of Pennsylvania School of Medicine, Child and Adolescent OCD, Tic, Trich, & Anxiety Group. June 10-11, 2010.

Evidence-Based Treatment for Children with Disruptive Behavior Disorders. Training and consultation provided by Columbia University via NY State OMH initiative. August 2008 – July 2009.

Interpersonal Therapy for Depressed Adolescents (IPT-A). Training and consultation provided by Kathleen Clougherty, LCSW, Columbia University. January 2008 – June 2008.

### **Professional Affiliations**

American Psychological Association  
Association for Behavioral and Cognitive Therapies  
Anxiety and Depression Association of America  
Association for Contextual Behavioral Science  
New York State Psychological Association (CBT Division)

### **Academic Awards and Honors**

Phi Beta Kappa  
Psi Chi (National Honor Society in Psychology)  
Golden Key International Honour Society  
Hofstra University Provost's Scholar