ALANA L. GROSS, M.A. Grossal@nyspi.columbia.edu

EDUCATION

Sept. 2014-

Ph.D. Candidate, Clinical Psychology

Present

Hofstra University, Hempstead, NY (APA Accredited)

Expected Graduation Date: 2019

GPA: 3.98

M.A. in Clinical Psychology, Aug. 2015

Assistant DCT: Phyllis Ohr, Ph.D.

Phone: 516-463-5629, Email: Phyllis.S.Ohr@hofstra.edu

Sept. 2009 – Dec. 2012

Bachelor of Arts, College of Arts and Science

New York University, New York, NY

Major: Psychology

Minor: Child and Adolescent Mental Health Studies

Major GPA: 4.0, Overall GPA: 3.91

SUPERVISED CLINICAL EXPERIENCE

Aug 2016 –

Present

Student Clinician

Columbia University Clinic for Anxiety and Related Disorders

Director: Anne Marie Albano, Ph.D., ABPP

Supervisor: Ali M. Mattu, Ph.D.

New York, NY

- Provide evidenced-based psychotherapy services for children, adolescents and adults
- Co-lead social anxiety group therapy sessions
- Conduct intake interviews and write intake evaluations using the Anxiety Disorders Interview Schedule
- Engage in weekly didactics and participate in weekly individual and group supervision

Sept. 2014 – Present

Student Clinician

Child and Parent Psychotherapy Services Clinic

Psychological Evaluation Research and Counseling Clinic

Supervisor: Phyllis Ohr, Ph.D.Hofstra University, *Hempstead, NY*

 Provide weekly individual and family psychotherapy services for children, adolescents and parents in an outpatient setting, using evidence-based approaches, such as Coping Cat, Think Good-Feel Good, SOS Help for Parents, and other Cognitive Behavioral Therapy (CBT) techniques

- Deliver parent training interventions and treat children and adolescents with various disorders including ODD, ADHD, Selective Mutism, School Refusal, Panic Disorder, Social Anxiety and Autism Spectrum Disorder
- Current caseload includes nine individual patients and one group
- Provide school consultations, teacher training and on site classroom intervention
- Co-lead weekly child and parent anger and impulse management groups for children with disruptive disorders
- Participate in weekly supervision regarding case conceptualization and treatment planning (3 hours weekly)

Sept. 2014 – Present

Student Clinician

Parent-Child Interaction Therapy (PCIT) Clinic Supervisor: Phyllis Ohr, Ph.D.

Hofstra University, Hempstead, NY

- Trained in Parent Child Interaction Therapy and provide PCIT for families of children with disruptive behaviors and ADHD
- Lead weekly sessions for parent-child dyads to promote relationship building and behavioral management, as well as conduct standardized observations using the Dyadic Parent-Child Interaction Coding System (DPICS-III) to code parenting skills
- Deliver adapted PCIT for children with anxiety and developmental delays
- Provide psycho-education to parents about topics pertaining to ADHD and disruptive behavior disorders and the benefits of PCIT
- Participate in weekly supervision (1-2 hours weekly)

July 2015 – Present

Intake Coordinator

Child and Parent Psychotherapy Services Clinic Supervisor: Phyllis Ohr, Ph.D.

Hofstra University, Hempstead, NY

- Conduct initial phone screens with potential clients to determine their suitability in the clinic and provide education for parents about the clinic and services offered
- Establish rapport with parents from diverse cultural and socioeconomic backgrounds
- Conduct in-person intakes, evaluating clients through clinical interviews and psycho-diagnostic measures
- 6 hours per week of phone screens and intake interviews

SUPERVISED CLINICAL ASSESSMENT EXPERIENCE

Sept. 2015 – Present

Psychology Examiner
Psychological Evaluation Researching and Counseling Clinic
Supervisor: Howard Kassinove, Ph.D.
Hofstra University, Hempstead, NY

- Perform psychological evaluations, including diagnostic intake interviews and appropriate intelligence, achievement and personality assessment measures
- Prepare psychological reports with interpretive feedback, recommendations and diagnosis
- Lead assessment conferences regarding evaluation results, recommendations and implications for treatment

ASSESSMENT EXPERIENCE

Beck Anxiety Inventory (BAI) • Beck Depression Inventory – 2nd Edition (BDI-II) • Bender Visual-Motor Gestalt Test, Second Edition (Bender-Gestalt II) • Behavior Assessment System for Children, Second Edition (BASC-2) •Brown ADHD Rating Scale • Conners 3rd Edition • Eyberg Child Behavior Inventory (ECBI) • Nelson Denny Reading Test • Multiphasic Personality Inventory-2 (MMPI-2) • Minnesota Multiphasic Personality Inventory-Adolescent • Parenting Stress Index - Short Form (PSI-SF) • Test of Variable Attention (TOVA) • Thematic Apperception Test • Wechsler Adult Intelligence Scale - 4th Edition (WAIS-IV) • Wechsler Intelligence Scale for Children, 4th Edition – (WISC- IV) • Woodcock-Johnson Tests of Achievement - Fourth Edition (WJ-IV) • Vineland Adaptive Behavior Scales

REVELVANT WORK AND VOLUNTEER EXPERIENCE

Aug. 2013-June 2014

PCIT Coordinator

NYU Child Study Center, Institute for ADHD and Disruptive Behavior Disorders

Supervisors: Tim Verduin, Ph.D., Stephanie Wagner, Ph.D., and Yamalis Diaz. Ph.D.

New York, New York

- Trained in Parent-Child Interaction Therapy, including the Dyadic Parent-Child Interaction Coding System and the use of the Eyberg Child Behavior Inventory
- Assisted with the management and implementation of PCIT, by monitoring treatment fidelity and coding parent skills
- Participated in Teacher-Child Interaction Training in school settings that aim to help teachers manage behavioral problems in the classroom

• Participated in PCIT team meetings to discuss the treatment and challenges of each patient

- Utilized behavioral therapy techniques to treat children with ADHD and comorbid disorders in a therapeutic day camp over two summers
- Prior to each summer, participated in four weeks of intense behavioral therapy training and attended lectures on topics including medication management, neuropsychological testing and functional behavioral analysis
- Implemented daily report cards and individualized behavioral plans, as well as used differential reinforcement methods such as active ignoring, effective time out sequence and social/tangible reinforces
- Participated in daily meetings with clinical psychologists and wrote daily progress reports to track the success of each child
- Implemented organizational strategies in the Academic Learning Center, such as time management and effective planning techniques to help children succeed in a classroom setting

Sept. 2012Dec. 2012
Bellevue Adolescent Psychiatric Unit
Feb. 2012May 2012
Supervisor: Jenny Weis, MD
New York, New York

- Trained in and administered the UCLA PTSD screen, Children's Depression Inventory and CRAFFT screen for substance use
- Participated in team meetings with psychiatrists, nurses and psychologists on the Adolescent Psychiatric Unit to review each patients challenges and progress
- Assessed the rate of PTSD and its association with other comorbid disorders in the adolescent population of the Inpatient Unit

June 2011Sept. 2011

Mount Sinai Psychiatric Continuing Day Treatment Program
Supervisors: Elaine Hopson, LCSW and Naomi Miller, Ph.D, LCSW
New York, New York

- Prepared and led daily group therapy sessions for mentally ill patients, ages 18-65, focusing on Self-Management, Social Skills, Women's Empowerment and Art Therapy
- Participated in rounds to monitor the progress of patients that required admission into the Mount Sinai Inpatient Psychiatric Unit
- Actively involved in team meetings with psychiatrists and social workers to analyze the treatment and drug regimens of each patient

Sept. 2008 – June 2009 Volunteer Beit Hayeled Foster Home Supervisor: Lisa Fredman Ph.D.

Jerusalem, Israel

- Resided and volunteered in a foster home for underprivileged children from dysfunctional homes
- Worked with on-staff psychologists to increase social skills and selfesteem of the children while helping them cope with daily stresses and emotional issues through art therapy, swimming instruction and community events
- Tutored children in various subjects and instituted behavioral plans, such as reward charts in conjunction with social and tangible positive reinforcers to increase each child's motivation to succeed academically and socially
- Collaborated with psychologists to improve parent-child relationships and foster a healthy and successful lifestyle

RESEARCH EXPERIENCE

Present

Research Assistant and Student Therapist Hofstra University, Child and Parent Psychotherapy Services Clinic Doctoral Candidate: Dylann Gold; Sponsor: Phyllis Ohr, Ph.D.

- Currently recruiting and conducting intakes for a dissertation study on the "Effects of Group Format PCIT Adapted for Social Anxiety"
- Administer ADIS to ascertain if participant is appropriate for the study
- Trained to adapt PCIT for group setting and to treat social anxiety

Present

Research Assistant

Hofstra University, Child and Parent Psychotherapy Services Clinic Doctoral Candidate: Lindsay Brand; Sponsor: Phyllis Ohr, Ph.D.

• Recruit participants and conduct intake appointments for dissertation study on the "Effects of the "FeelElectric!" iPad Application on Facial Recognition of Emotion in Children with Attention-Deficit/Hyperactivity Disorder"

• Administer diagnostic measure to participants

Sept. 2014-June 2015

Research Assistant and Student Therapist Hofstra University, Child and Parent Psychotherapy Services Clinic Doctoral Candidate: Jeneane Solz; Sponsor: Phyllis Ohr, Ph.D.

- Served as a therapist for a participant in a dissertation examining the effectiveness of "Video Self-Modeling as Exposure with and without Contingency Management" for the treatment of selective mutism
- Coded anxiety symptoms in participant using the Observation Scale of Anxiety and Selective Mutism and Anxiety Coding System

June 2011 – June 2014

Research Assistant New York University, Applied Psychology Lab Supervisor: Professor Lawrence Aber, Ph.D.

- Conducted research for the Opportunities for Equitable Access to Education Project to improve the quality of education and well-being of children in the Democratic Republic of Congo by analyzing the impact of training teachers in math, reading and motivational strategies
- Utilized SPSS to input and clean data in an effort to assess the educational levels of students and the success of various teaching techniques
- Collaborated on various papers and coauthored two abstracts for submission on improving children's learning environments and their socio-emotional wellbeing

PRESENTATIONS AND PUBLICATIONS AND MEMBERSHIPS

- Solz, J.S., Ohr, P.S., O'Brien, R.M., Gallagher, R., Bardin, A., Gross, A., Mazza, S., Lackow, J., Accardo, M., Rohrig, S., Smucker, R. (2016, October) *Video Self Modeling as Exposure with and without Contingency Management in Treating Youth with Selective Mutism.* Poster presented at the 50th annual meeting of the Association for Behavioral and Cognitive Therapies, New York, New York.
 - Bardin, A.T., Ohr, P.S. & Gross, A.L. (2015). *Child and Parent Behavior Change Associated with Homework Completion in PCIT.* Poster presented at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Rohrig, S.N., Accardo, M., Gross, A., Ohr, P.S. (2015) Differential Change in Inattention, Oppositionality, and Aggression as a Function of the Child Directed Interaction Phase of PCIT. Poster presented with the Parenting and Families SIG at the 49th annual Association for Behavioral and Cognitive Therapies; Chicago, IL.

• Glueck, B., Lackow, J., LaLima, C., Accardo, M., Gross, A., Rohrig, S., Ohr, P.S. (2015) *Anger and Impulse Management Group for School-age Children and Their Parents: An Initial Study.* Poster presented at the 49th annual Association for Behavioral and Cognitive Therapies; Chicago, IL.

HONORS, AWARDS & MEMEBERSHIPS

Association for Behavioral and Cognitive Therapies (ABCT), Student Member American Psychological Association, Student Affiliate	Present Present
NYU College of Arts and Science Alumni Award	2012
NYU Founders Day Award	2012
NYU Phi Beta Kappa	2012
NYU Summa Cum Laude	2012
NYU Deans List	2009-2012
NYU Presidential Honors Program	2010-2012