

CARA KLEIN, PH.D.

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LICENSED PSYCHOLOGIST

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Education:

- June 2003 **Fellowship, Forensic Psychology, North Shore University Hospital**, Manhasset, NY. Two-year forensic psychology fellowship, 2001-2003.
- October 2001 **Ph.D., Clinical Psychology, City College of the City University of New York**. New York. Honors on Second Doctoral Examination, M.A. en passant, 1996
- May 1994 **M.A., Spanish, New York University / NYU in Spain**. Madrid & New York. Bilingual in Spanish and English, spoken and written fluency
- June 1989 **B.A., English, Northwestern University**. Evanston, IL
Dean's List. Junior Year—Universidad de Sevilla, Spain

Experience:

- Sept. 2003 – Present **Private Practice, Manhasset, NY (formerly of Roslyn Heights, NY)**
Forensic Evaluation Services—Family Law, Civil Litigation, Criminal Matters
Psychotherapy and Counseling—Anxiety, Depression, Trauma, Anger, Substance Abuse, Divorce Counseling, Parenting Guidance
- Sept. 2003 – Present **Northwell Health, North Shore University Hospital, Manhasset, NY**
Member, Allied Health Professionals Adjunct Staff—Clinical Integration
Network IPA Tier 1 Provider for Northwell employees
- March 2015 – Present **Nassau County Civil Service Commission, NY (part-time)**
Psychologist II—Conduct Pre-Employment Psychological Evaluations for Law Enforcement and other Civil Service job candidates
- Sept. 2001 – June 30, 2003 **North Shore University Hospital, Manhasset, NY (Northwell Health)**
Division of Child and Adolescent Psychiatry
Forensic Psychology Fellow (9/01-6/03)
- Obtained specialized training in forensic psychology
 - Conducted forensic psychology evaluations for child custody, abuse and neglect cases in New York metropolitan area
 - Served as mental health consultant to student attorneys for children at Hofstra Law School Child Advocacy Clinic
 - Trauma-focused psychotherapist, serving children and parents involved with child protective services or high-conflict divorce; supervised Psychology Externs on clinical cases
- August 2000 – August 2001 **Northport Veterans Affairs Medical Center, Northport, NY**
Psychology Intern, Predoctoral Internship in Clinical Psychology
- Trauma-focused full-time practicum in hospital setting

- Outpatient psychotherapy: posttraumatic stress disorder (PTSD)
- In-patient units: acute PTSD-related decompensation, schizophrenia, bipolar, severe depression, suicidality
- Rotations: Substance abuse residential treatment program, Intensive day treatment program for severely mentally ill, Health psychology, Neuropsychological assessments

Sept. 1996 –
Nov. 1999

The Psychological Center, City College of CUNY

Psychotherapist, Predoctoral Practicum

- Provided psychotherapy for adults, families, and children in outpatient clinic serving college students and Harlem community; psychological testing assessments

July 1998 –
October 1999

St. Luke’s Hospital, Women’s Health Project, New York

Psychotherapist, NIDA grant-Principal Investigator: Denise Hien, Ph.D.

- Utilized *Relapse Prevention*, a cognitive behavioral psychotherapy, to treat substance abusing women with posttraumatic stress disorder (PTSD) resulting from sexual abuse or assault in childhood or adulthood

July 1994 –
October 2001

New York Presbyterian Hospital – Weill Medical College of Cornell University, New York, NY

Graduate Assistant in Psychiatry (Volunteer) (7/98-10/01). *Weill Medical College.*

- Conducted research in the effectiveness of utilizing psychodynamic psychotherapy for panic disorder; NIH Grant—Principal Investigator: Barbara Milrod, M.D.; American Psychoanalytic Association Grant—Principal Investigator: Cara Klein, M.A.

Externship (7/97-7/98). *Cognitive Therapy Clinic, Payne Whitney Clinic.*

- Provided short-term cognitive behavioral therapy for treatment of depression and anxiety disorders

Externship (7/96-7/97). *Anxiety and Traumatic Stress Program, Payne Whitney Clinic.*

- Conducted comprehensive psychological evaluations on survivors of trauma, focused on childhood sexual and physical abuse
- Provided individual and group psychotherapy for survivors of trauma
- Collected data on PTSD and trauma-related disorders for research publications and presentations

Pre-externship (7/94-7/96). *Trauma Recovery Study, Payne Whitney Clinic.*

- Reviewed data on PTSD and trauma-related disorders collected from adult survivors of childhood sexual and physical assault and abuse; performed telephone screenings for clinical evaluations on survivors of childhood sexual and physical assault and abuse

Sept. 1992 –
Sept. 1995

The Rape Crisis Intervention Program (RCIP), Mt. Sinai Medical Center.

Volunteer Rape Crisis Advocate. NYC hospital ER’s, English & Spanish counseling

Hospital Affiliation:

Northwell Health, North Shore University Hospital, Manhasset, NY

- Grand Rounds, Department of Psychiatry, *Rape Crisis*. North Shore University Hospital, February 17, 2006, Manhasset, NY.

- In-service Staff Training Lecture, *Rape Crisis: Evaluating and Treating Survivors*. North Shore University Hospital, November 18, 2003, Manhasset, NY.

Academic Appointment:

Adjunct Professor, Adelphi University, Psychology Master's Program, Forensic Track (2007 – 2009).
Courses Taught: *Child Custody Forensic Evaluations; Psychology of Groups, Families, and Couples*

Forensics Specialization:

Listed as *Mental Health Professional*, First and Second Judicial Departments of Certified Mental Health Professionals, New York City; Expert Panel, Nassau County

Qualified as *Expert Witness* (Supreme and Family Courts of the State of New York)

Secretary, Founding and Executive Board Member, Parenting Coordinators Association of New York (PCANY)—
Helped found premier association in state for Parenting Coordinators in Supreme and Family Courts; Co-Secretary, 2003-
2009; help families structure, implement, and monitor viable parenting plans and reduce re-litigation
rates where high conflict threatens the family adjustment process.

Guest Lecturer: CUNY Law School, Main Street Legal Services, “Child Custody Evaluations in the
Context of Domestic Violence Allegations.” Hofstra University Law School, Child Advocacy Clinic,
“Developmental Issues in Working with Children.”

Special Areas of Expertise: Interpersonal Violence, Domestic Violence, Posttraumatic Stress Disorder,
Substance Abuse, Cross-Cultural Issues, Child Custody, Child Abuse and Neglect, Mental Capacity, State
of Mind

Research Grants:

Klein, C., Co-Principal Investigator: Fund for Psychoanalytic Research of the American Psychoanalytic
Association, *Clinical Process Related to Outcome in Psychodynamic Psychotherapy for Panic Disorder*. 7/99-7/00.

Publications and Presentations:

Hughes, D. M., **Klein, C.**, McCann, E., Segal, P., & Goodman, J.L. (2007). *Using Experts in Custody and Visitation*
Cases. Panel Presentation at 11th Annual Domestic Violence Conference, Turning the Tide: Strategies for
Defending Domestic Violence Victims, Fordham Law School, March 6, 2007, New York, NY.

Klein, C., Milrod, B., Busch, F., Levy, K., Shapiro, T. (2003). A preliminary study of clinical process in relation
to outcome in psychodynamic psychotherapy for panic disorder. *Psychoanalytic Inquiry*.

Klein, C., *Cross-Cultural Considerations in Intrapsychic and Interpersonal Processes*. Paper Presentation at the 21st Annual
Spring Meeting of the Division of Psychoanalysis (39), APA, April 28, 2001, Santa Fe, NM.

Klein, C., Hughes, D. & Cloitre, M., *Ethnocultural Considerations in the Assessment of Post-Traumatic Stress in Survivors*
of Sexual Assault. Poster Presentation at the Annual Meeting for the Association for Advancement of Behavior
Therapy (AABT), November 1997, Miami, FL.

Koenen, K., Cloitre, M., Hearst-Ikeda, D., Marshall, A., Hand, R. & **Klein, C.**, *Risk Factors of Sexual Revictimization in College Women*. Poster Presentation at the Annual Meeting for the Association for Advancement of Behavior Therapy (AABT), November 1997, Miami, FL.

Hughes, D.M., Cloitre, M., Hand, R., **Klein, C.**, Herwitz, J., Bleiberg, K., Pessier, J., *Role Functioning Impairment in CSA-Related PTSD*. In D.M. Hughes (Chair), *Role Functioning Impairment Among Women with Childhood Sexual Abuse-Related PTSD*. Symposium Presentation at the Annual Meeting of the International Society for the Traumatic Stress Studies (ISTSS), November 1997, Montreal, Canada.

Koenan, K., Cloitre, M., Hearst-Akeda, D., Marshall, A., Mulla, R., Hand, R., & **Klein, C.**, *The Relationship Between Childhood Trauma & Adult Role Functioning in a Community Sample of Women*. Poster Presentation at the Annual Meeting of the International Society for the Traumatic Stress Studies (ISTSS), November 1997, Montreal, Canada.

Organizational Consulting:

Guest Speaker, Merrill Lynch & Co., Global Private Client Group Wealth Management Series, “Emotional Aftermath of Divorce”, “Families in Business Together”

Professional Organizations:

- American Psychological Association (APA)
- New York State Psychological Association (NYSPA)
- *APA Divisions of:* Advancement of Psychotherapy (29), American Psychology Law Society (41), Independent Practice (42), Trauma Psychology (56)
- Association of Family and Conciliation Courts (AFCC)
- International Society for Traumatic Stress (ISTSS)

Languages:

Proficient Spanish-speaking psychotherapist and forensic evaluator; spoken and written fluency