**RACHEL BEST, B.A.**

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New York, NY 10010

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**EDUCATION**

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| September 2020 –Expected May 2025 | **Doctoral Student, Clinical Psychology (Health Emphasis),** APA AccreditedFerkauf Graduate School of PsychologyYeshiva University, Bronx, New YorkGPA: 4.03 |
| August 2016 – May 2020 | **B.A., *magna cum laude*** **Major: Philosophy-Neuroscience-Psychology, Minor: Psychology** Washington University in St. Louis, St. Louis, MOGPA: 3.94 | Psychology GPA: 4.0 |
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**DOCTORAL CLINICAL EXPERIENCE**

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| September 2022—July 2022 | **Psychology Extern*****Northwell Geropsychology Unit*****Zucker Hillside Hospital**Glen Oaks, NY* Carry a weekly caseload of individual weekly outpatient patients
* Co-lead a weekly outpatient group
* Work on the geropsychology inpatient unit

**Supervisor: Rita Ryan, Ph.D.**  |
| February 2021 – July 2022  | **Behavioral Medicine Student Therapist*****Parnes Family Psychological and Psychoeducational Services Clinic*****Ferkauf Graduate School of Psychology**Yeshiva University, Bronx, NY* Carry a psychotherapy caseload of three individual weekly patients
* Conduct clinic intake evaluations using Structured Clinical Interview
* Responsible for all case documentation
* Weekly individual supervision with training in Acceptance and Commitment Therapy, mindfulness meditation, and Cognitive Behavioral Therapy

**Supervisor: Elana Cairo, Ph.D.** |
| July 2021 – July 2022 | **Psychology Extern*****Brooklyn College Personal Counseling Center*****Brooklyn College**City University of New York, Brooklyn, NY* Carry a psychotherapy caseload of 4-8 individual weekly patients
* Co-lead a weekly interpersonal process group therapy
* Participate in weekly didactic seminars
* Weekly individual and group supervision

**Primary Supervisor: Margery Frosch, Ph.D.** |
| September 2020 – Present | **Psychology Extern, Clinical Decision Support for Patient Migraine Management*****Montefiore Headache Center*****Ferkauf Graduate School of Psychology**Yeshiva University, Bronx, NY* Conduct intake assessments for a clinical decision support tool study
* Assess for headache disorders using the Structured Diagnostic Interview for Headache—4 Brief Version
* Assess for psychiatric diagnoses using the SCID for the DSM-5 (SCID 5)

**Supervisor: Elizabeth Seng, Ph.D.** |
| Expected January 2021 | **Psychology Extern, Tele Behavioral Medicine for Migraine*****Montefiore Headache Center*****Ferkauf Graduate School of Psychology**Yeshiva University, Bronx, NY* Provide monthly sessions of Cognitive Behavioral Therapy for Migraine to 2-4 migraine patients via tele-health modality

**Supervisor: Elizabeth Seng, Ph.D.**  |

**CLINICAL WORK EXPERIENCE**

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| September 2018 – May 2020 | **Individual Support Provider*****Easter Seals Midwest***St. Louis, MO* Completed 60+ hours of training on Applied Behavior Analysis and Autism Spectrum Disorder
* Worked one-on-one with two children ages 4 and 10 with Autism Spectrum Disorder while implementing Applied Behavior Analysis
* Collaborated with supervisor and parents about child’s target behaviors and long-term goals
* Attended a two-semester educational seminar on the current and past empirical findings and issues regarding Autism Spectrum Disorder
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**DOCTORAL RESEARCH EXPERIENCE**

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| December 2020-January 2021September 2021-PresentAugust 2020 – Present | **Principle Investigator, Pre-Doctoral Research Project*****Headache and Adherence Lab***Ferkauf Graduate School of PsychologyYeshiva University, Bronx, New York***Title:* The Role of Acceptance as a Change Mechanism for MBCT for Migraine***Purpose:* This study aims to assess the role of pain acceptance as a change mechanism for Mindfulness Based Cognitive Therapy for migraine. *Methods:* 60 adults were randomized to either receive an 8-week MBCT intervention or to a waitlist control as a secondary analysis of a phase 2b two-arm parallel assignment, randomized clinical trial. *Results:* Pain acceptance was correlated with headache related disability at baseline. Mixed models revealed that the activity engagement aspect of pain acceptance increased more in the MBCT group than in the control group. A longitudinal mediation model revealed that pain acceptance mediated the relationship between MBCT and headache related disability.**Supervisor: Elizabeth Seng, Ph.D.****Research Associate*****Headache Center of Excellence***Veterans Association Medical CenterWest Haven, Connecticut* Develop an independent research project on the feasibility of behavioral interventions for cluster headache

**Graduate Research Assistant*****Headache and Adherence Lab***Ferkauf Graduate School of PsychologyYeshiva University, Bronx, New York* Discuss and develop ideas pertaining to current pre-doctoral and doctoral level research projects of peers
* Develop understanding of headache and migraine, current issues in medication adherence, clinical decision tools, and mindfulness based cognitive therapy
* Develop measurements for headache outcomes
* Conduct clinical intakes for migraine patients
* Collaborate with advisor on current research projects and papers

**Principle Investigator: Elizabeth Seng, Ph.D.**  |

**OTHER RESEARCH EXPERIENCE**

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| June 2019 – May 2020 | **Undergraduate Senior Thesis*****Title: “What is the Purpose of Retiring? Evaluating Factors That Influence the Relationship Between Retirement and Sense of Purpose”***Washington University in St. LouisSt. Louis, MO* Designed project to evaluate (1) the effects of full and partial retirement on sense of purpose, (2) if reason for retirement predicts later sense of purpose, and (3) the role of activity engagement on sense of purpose in the retired population
* Utilized data from the Hawaii Longitudinal Study on Personality and Health
* Pre-registered with Open Science Framework
* Ran analyses in R Studio

**Supervisor: Patrick Hill, Ph.D.** |
| April 2020 – August 2020 | **Principal Investigator – Independent Project*****Title: “Neuroticism Predicts Informant-Reported Cognitive Decline Through Health Behaviors”**** Analyzed the role of health behaviors and social adjustment as mediating variables for the relationship between Big Five personality traits and informant-reported cognitive decline
* Pre-registered with Open Science Framework
* Ran analyses in R Studio

**Supervisor: Patrick Hill, Ph.D.** |
| October 2017 – May 2020 | **Research Assistant*****Purpose, Aging, Transitions, and Health Lab***Washington University in St. LouisSt. Louis, MO* Coded quantitative and qualitative data related to sense of purpose across the lifespan
* Participated in weekly journal club

**Principle Investigator: Patrick Hill, Ph.D.** |
| August 2017 – December 2020 | **Undergraduate Research Assistant*****Personality Measurement and Development Lab***Washington University in St. LouisSt. Louis, MO* Prepared college students for an experience sampling method study that analyzed idiosyncratic personality and mood change
* Followed-up with participants to review their data

**Principle Investigator: Joshua Jackson, Ph.D.** |
| August 2018 – May 2019 | **Undergraduate Research Assistant** ***Anxiety and Psychotherapy Lab***Washington University in St. LouisSt. Louis, MO* Recruited community dwelling adults using email lists and phone calls
* Coded and organized written and audiovisual data for studies about social anxiety and chronic pain
* Prepared, organized, and led article reviews for fellow research assistants
* Assisted in study design and execution evaluating the association between over-inclusion and social anxiety
* Prepared and presented an independent project about the therapeutic relationship and self-disclosure

**Principle Investigator: Thomas Rodebaugh, Ph.D.** |

**TEACHING EXPERIENCE**

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| May 2022—July 2022 August 2021—May 2022August 2020 – June 2021 | **Adjunct Lecturer, Health Behavior Change*****Hunter College, City University of New York***New York, NY* Develop curriculum, prepare lectures for, and teach an advanced health behavior change, seminar style course for 17 undergraduate students
* Develop assessments and provided feedback

**Adjunct Graduate Instructor, Introductory Psychology*****Stern College, Yeshiva University***New York, NY* Developed curriculum, prepared lectures for, and taught an introductory psychology course of 38 undergraduate students for two semesters
* Developed assessments and provided feedback
* Participated in faculty meetings

**Lab Instructor, Experimental Psychology*****Stern College, Yeshiva University***New York, NY* Led weekly undergraduate lab sections
* Taught introduction to psychological research methods including ethics of research, psychometrics, literature review, and scientific writing
* Provided feedback and grading on assignments

**Supervisor: Lisa Chalik, Ph.D.** |
| January 2019 – March 2020 | **Assistant Teacher*****Washington University Nursery School***St. Louis, MO* Instructed children ages two to four
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| July 2015 – August 2016 | **Assistant Teacher—full time** ***Frankel Elementary School***Jerusalem, Israel* Developed programing that taught social and academic skills to children with Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder, and Intellectual Disability with a mainstream classroom
* Collaborated with teachers, speech therapists, occupational therapists, and psychologists to address students’ individuals needs
* Prepared and taught English lessons to Israeli elementary school students
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**OTHER RELATED EXPERIENCE**

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| May 2019 – March 2020 | **Hospice Center Volunteer*****Barnes Jewish Hospice***St. Louis, MO* Completed 20+ hours of grief and dignity therapy training
* Visited patients at home and at *Evelyn’s House* (a group hospice home)
* Participated in the Lumina program, which works with hospice patients to make a tangible product to carry on their legacy, such as an autobiography, letters to loved ones, scrapbooks and videos
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| August 2016 – May 2020 | **Volunteer Instructor*****Chabad Ohr Atid Sunday School***St. Louis, MO* Worked one-on-one with children with a variety of developmental disorders
* Taught Hebrew school curriculum, including Jewish philosophy and law and Hebrew language
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**ASSESSMENT EXPERIENCE**

Structured Clinical Interview I for the DSM-5 (SCID-I)

Structured Diagnostic Interview for Headache—4 Brief Version

**ACADEMIC ASSESSMENT TRAINING**

**Fall 2020**

Repeatable Battery for the Assessment of Neuropsychological Status (RBANS)

Structured Clinical Interview I for the DSM-5 (SCID-I)

Wechsler Adult Intelligence Scale – IV (WAIS-IV)

Wechsler Memory Scale – IV (WMS-IV)

**Spring 2021**

Minnesota Multiphasic Personality Inventory – 2 (MMPI-2)

Minnesota Multiphasic Personality Inventory – 2 – Revised Form (MMPI-2-RF)

Personality Assessment Inventory (PAI)

Rorschach Inkblot Method (Exner Comprehensive System)

Structured Clinical Interview for the DSM-5: Personality Disorders

Thematic Apperception Test (TAT) (exposure)

**PUBLICATIONS AND PRESENTATIONS AT SCIENTIFIC MEETINGS**

***Publications***

Hill, P.L., **Best, R.D**., Pfund, G.N., Cardador, M.T., & Strecher, V.J. (2022) Older Adults place greater importance than younger adults on a purposeful retirement. *The International Journal of Human Development.* Manuscript in press.

Grinberg, A.S., **Best, R.D.,** Min, K.M., Schindler, E.A.D., Koo, B.B., Sico, J.J., & Seng, E.K. (2021) Cluster headache: Clinical characteristics and opportunities to enhance quality of life. *Current Pain and Headache Reports*. Manuscript in press.

**Best, R.D.,** Edmonds, G.W.,& Hill, P.L. (2022) Partially retired, but with a full sense of purpose: associations between retirement status and purpose over time. Manuscript under review.

Hill, P.L., **Best, R.D.,** & Cardador, M.T. (2020) Considering How Work Stress May (and May Not) Lead to Finding a Purpose in Life. In Perrewé, P.L., Halbesleben, J.R.B, & Rosen, C.C. (Eds.), *Research in occupational stress and well-being* (pp. 1-18). Emerald Publishing Limited. Manuscript in press.

**Best, R.D.,** Cruitt, P.J., Oltmanns, T.F., & Hill, P.L. (2019) Neuroticism predicts informant-reported cognitive decline through health behaviors. *Aging and Mental Health.* doi: [10.1093/geroni/igz038.3115](https://dx.doi.org/10.1093/geroni/igz038.3115)

***Presentations***

**Best, R.D.,** Ozmeral, A.M., Grinberg, A.S., & Seng, E.K. (2021) *Pain Acceptance as a Change Mechanism for Mindfulness-Based Cognitive Therapy for Migraine..* Poster presented at the Society of Behavioral Medicine’s Scientific Meeting.

**Best, R.D.,** Pfund, G.N., Cardador, T.M., Strecher, V.J., & Hill, P.L. (2021) *Older Adults Place Greater Importance on a Purposeful Retirement.* Poster presented at the Gerontological Society of America’s Annual Scientific Meeting.

**Best, R.D.,** Kruse, J., & Seng, E.K. (2021) *Pain Willingness and Activity Engagement Mediate the Relationship Between Depression and Headache-Related Disability.* Poster presented at the International Congress of Behavioural Medicine.

**Best, R.D.,** & Hill, P.L. (2020) *What is the Purpose of Retiring?**Understanding Factors That Influence the Relationship Between Retirement and Sense of Purpose.* Poster presented at the Gerontological Society of America’s Annual Scientific Meeting.

**Best, R.D.,** Cruitt P.J., & Hill P.L. (2019) *Personality Traits, Health Behaviors, Social Adjustment, and Informant-Reported Cognitive Decline*. Poster presented at the Fall Research Symposium at Washington University, St. Louis, MO.

**Best, R.D.,** Cruitt P.J., & Hill P.L. (2019) *Neuroticism Predicts Informant-Reported Cognitive Decline Through Health Behaviors.* Poster presented at the Gerontological Society of America’s Annual Scientific Meeting, Austin, TX.

**GRANTS AND HONORS**

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| Fall 2020-Spring 2022Spring 2020Spring 2020Spring 2020Fall 2019Summer 2019Fall 2016 – Spring 2020 | ***Merit Scholarship, Ferkauf Graduate School of Psychology******Phi Beta Kappa******Graduated Magna Cum Laude, Washington University in St. Louis******Philosophy-Neuroscience-Psychology College Honors, Washington University in St. Louis******Undergraduate Conference Travel Award*** *($500)****Summer Undergraduate Research Award*** *($4000)****Dean’s List*** |

**PROFESSIONAL MEMBERSHIPS**

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| Fall 2020 – Present Summer 2021—Present Fall 2020 – PresentFall 2020 – PresentFall 2020 – Present Fall 2019 – Present Fall 2021—Present  |  ***APA Division 1: Society for General Psychology******APA Division 2:******Society for the Teaching of Psychology******APA Division 38: Health Psychology******National Register of Health Service Psychologists******Psi Chi International Honors Society in Psychology Membership******Gerontological Society of America Membership******Society of Behavioral Medicine*** |

**LANGUAGES**

 Hebrew: Conversational