**NICOLE BUTLER, Ph.D.**

New York, NY 10075

nbutler@mail.yu.edu

**EDUCATION**

Aug. 2021 **Ph.D., Clinical Psychology (Health Emphasis),** APA Accredited

 Ferkauf Graduate School of Psychology

 Yeshiva University, Bronx, New York

 GPA: 4.0

Jan. 2019 **M.A., Psychology, en route**

 Ferkauf Graduate School of Psychology

 Yeshiva University, Bronx, New York

 4.0

May 2016 **B.A., Psychology**

 The George Washington University

Washington D.C

 GPA: 3.96

**SUPERVISED CLINICAL TRAINING**

Sep. 2021 – **Post-Doctoral Psychology Fellow**

Present  **Weill Cornell’s Cognitive Therapy Clinic**

***New York Presbyterian/Weil Cornell Medical College***

 New York, New York

* Carries a caseload of 25 weekly time-limited cognitive behavioral therapy cases
* Conducts weekly evaluations to assess fit of psychiatric symptoms and efficacy of cognitive behavioral therapy
* Presents cases weekly in team meetings
* Receives 3 hours of weekly supervision with licensed clinical psychologists
* Attends psychiatry grand rounds, psychology grand rounds, and didactics

**Program Director and Supervisor: Susan Evans, Ph.D.**

**Supervisors: Baruch Fishman, Ph.D., and Rebecca Hand, Ph.D.**

Sep. 2020 – **Psychology Intern**

Sep. 2021 **North Central Bronx Hospital**

 Bronx, New York

 *Adult Psychiatric Inpatient Unit (Sep 2020 – April 2021)*

* Carried a caseload of 6 individual patients with acute and severe psychopathology: DSM diagnoses include: Schizoaffective Disorder, Schizophrenia, Major Depression Disorder, Bipolar Disorder, Primary Psychotic Disorder, Psychotic Disorder NOS, Anxiety Disorder, Substance Abuse, and Post-Traumatic Stress Disorder
* Co-facilitated four process-oriented psychotherapy groups per week
* Conducted weekly clinical intake interviews including suicide risk assessments and mental status exams
* Collaborated and met with patients’ family members individually and with the treatment team
* Received weekly individual supervision with a licensed clinical psychologist, attended didactics, participated in clinical seminars

**Unit Supervisor: Hana Paisner, Psy.D.**

**Training Director: Kalsang Tshering, Psy.D.**

*Outpatient Department (Sep. 2020 – Sep. 2021)*

* Carried a caseload of 3 individual adult psychotherapy patients at a hospital-based Bronx community clinic: DSM diagnoses include Bipolar II disorder and Schizophrenia
* Worked closely and collaborated with psychiatrists to ensure holistic patient care
* Presented cases to outpatient department team during weekly meetings
* Conducted intellectual and personality assessments from hospital-based referrals (referral sources included the inpatient psychiatric units, partial hospitalization program, and outpatient department)

**Outpatient Department Mentor: Eleonora Cavalca, Ph.D.**

*Partial Hospitalization Program and Psychiatric Emergency Room (May 2021 – Sep. 2021)*

* Carried a caseload of 3 individual adult patients
* Facilitated family meetings for patients and family members
* Created group content and led psychoeducational groups
* Led community meetings for patients and staff

**Partial Hospitalization Program Supervisor: Banu Erkal, Ph.D.**

July 2019 – **Neuropsychology Extern**

July 2020 **Rehabilitation Psychology and Clinical Neuropsychology - Outpatient**

 ***Mount Sinai Medical Center- Department of Rehabilitation Medicine***

 New York, New York

* Conducted individual cognitive rehabilitation and psychotherapy interventions
* Led psychotherapy, remediation, and psycho-education groups for adults with brain injuries
* Created and developed content of group sessions based on existing literature and tailored groups to patient progress
* Collaborated with patients’ families and aides to provide comprehensive and individualized treatment
* Participated as a member of an interdisciplinary team
* Received weekly individual supervision and group supervision under a licensed clinical psychologist
* *Clinical activities were terminated in March 2020 due to COVID-19 pandemic but didactics continued through July 2020*

**Supervisor: Svetlana Serova, Ph.D.**

July 2018 – **Psychology Extern**

July 2019 **CBT on a Women’s Inpatient Unit**

 ***New York Presbyterian/Weil Cornell Medical College – Westchester Division***

 White Plains, New York

* Facilitated and co-facilitated 6 CBT group sessions per week
* Conducted individual therapy sessions. DSM diagnoses include: Major Depression Disorder, Bipolar Disorder, Primary Psychotic Disorder, Psychotic Disorder NOS, Anxiety Disorder, Substance Abuse, and Post-Traumatic Stress Disorder
* Participated and observed rounds with an interdisciplinary team
* Collaborated and met with patients’ family members individually and with the treatment team to provide a comprehensive treatment
* Received weekly individual supervision and group supervision under a licensed clinical psychologist
* Attended weekly DBT training course

**Supervisor: Victoria Wilkins, Ph.D.**

Aug. 2017– **Psychology Extern**

Aug. 2018 **NYU’s Center for Counseling and Community Wellbeing**

***New York University***

 New York, New York

* Provided weekly on-going psychotherapy in a community outpatient setting for adults, children, and adolescents
* Conducted intakes using a clinical interview, cultural assessment, SCID 5, and various self-report measures including BDI and BAI
* Wrote integrated intake reports
* Provided psychological assessments including the Rorschach (R-PAS), PAI, MMPI-2RF and other psychological measures
* Conducted neuropsychological assessments and psychoeducational assessments for adults and children
* Participated in weekly individual supervision and group supervision

**Supervisors: A. Jordan Wright, Ph.D., Anil Chacko, Ph.D., David Klemanski, Psy.D.**

Jan. 2017 – **Student Therapist**

July 2018 **Mindfulness Based Cognitive Therapy for Migraine**

 ***Albert Einstein College of Medicine***

 Bronx, New York

* Delivered weekly individual manualized mindfulness-based cognitive therapy for migraine (8 weeks)
* Conducted intakes/clinical interviews, assessed patient eligibility for the study, wrote integrated intake reports
* Attended weekly individual supervision and monthly group supervision with licensed psychologists and peers
* Attended an annual mindfulness training seminar

**Supervisors: Elizabeth K. Seng, Ph.D., Dawn C. Buse Ph.D.**

Feb. 2017 – **Student Therapist**

July 2018 **The Max & Celia Parnes Family Psychological and Psychoeducational**

 **Services Clinic**

 ***Ferkauf Graduate School of Psychology, Yeshiva University***

 Bronx, New York

* Carried a caseload of 3 weekly individual psychotherapy cases Treatment issues included anxiety, depression, coping with stress, physical pain and/or other physical health issues
* Conducted pre-surgical psychological evaluations for patients seeking bariatric surgery; provided written assessment to referring physicians
* Conducted clinic intake evaluations using SCID 5
* Maintained and updated all case documentation
* Received weekly individual supervision under a licensed clinical psychologist

**Supervisor: Hillary Lewin Tuvia, Ph.D.**

**RESEARCH EXPERIENCE**

Jan. 2019 – **Principal Investigator, Dissertation Research Study**

Aug. 2020 **Headache and Adherence Lab**

 ***Albert Einstein College of Medicine/Ferkauf Graduate School of Psychology,***

 ***Yeshiva University***

Bronx, New York

 **Title: Mindfulness Based Cognitive Therapy and Self-Efficacy in People with**

**Migraine**

**Abstract: Purpose:** To investigate the relationship between mindfulness based cognitive therapy and self-efficacy in people with migraine. **Methods:** The present study is a secondary analysis of data from a randomized controlled trial with people with migraine. **Potential Implications:** Self-efficacy is imperative to manage migraine. Identifying self-efficacy as a potential change mechanism in mindfulness based cognitive therapy will advance the present literature on mindfulness-based interventions with this population and inform treatment protocols to target self-efficacy to reduce disability and increase quality of life.

* **Passed Oral Defense:** August 2020

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

Jan. 2017 – **Principal Investigator, Pre-Doctoral Research Project**

Dec. 2018 ***Ferkauf Graduate School of Psychology, Yeshiva University***

Bronx, New York

 **Title: Anxiety, Depression, and Acute Migraine Medication Adherence**

 **Abstract: Purpose:** To investigate the relationship between anxiety and

depression on acute migraine medication adherence. **Methods:** The present study is a secondary analysis of naturalistic daily diary data. **Implications:** Acute migraine medication adherence is poor and understanding the relationship between psychiatric variables and adherence could help target interventions to improve adherence.

* **Completed:** December 2018

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

Apr. 2017 – **Research Assistant**

Aug. 2020 **National Institute of Neurological Disorders and Stroke (K23 NS096107-01)**

 **Clinical Decision Support Tool for Patient Migraine Management**

 ***Albert Einstein College of Medicine***

Bronx, New York

* Set up an ecological momentary assessment (daily diary), which is accessed by participants via a phone application
* Program a HIPAA compliant online data capture system
* Manage data capture system and monitor patient progress daily
* Screen participants to assess study eligibility

**Principal Investigator: Elizabeth K. Seng, Ph.D.**

Aug. 2016- **Research Assistant**

Aug. 2021 **Headache and Adherence Research Lab**

 ***Ferkauf Graduate School of Psychology, Yeshiva University***

 Bronx, New York

* Discuss and develop ideas pertaining to current research projects of peers
* Develop understanding of migraine, current issues in treatment adherence, and mindfulness based cognitive behavioral therapy as a treatment for migraine
* Collaborate with advisor on current research projects and papers
* Participate and present in weekly journal club
* Ad hoc reviewer for *Headache*

**Principal Investigator: Elizabeth K. Seng, Ph.D.**

**ADDITIONAL RESEARCH EXPERIENCE**

Jan 2014 – **Undergraduate Research Assistant**

Aug. 2018  **Psychology Research Lab**

***The George Washington University***

Washington, DC

* Entered data from over 700 ASPIRES and Haber Self-Report Inventory into SPSS
* Administered the ASPIRES scale in a research setting
* Collaborated with supervisor on research projects
* Currently writing a paper on psychology courses in religion/spirituality

**Supervisor: Dennis E. Schell, Ph.D.**

Aug. 2014 – **Undergraduate Research Assistant**

May 2016 **Health Cognitions and Behaviors Lab**

 ***The George Washington University***

Washington, DC

* Cleaned syntax and worked with data in SPSS
* Created surveys for studies using Survey Monkey and Media Lab
* Ran participants for multiple lab-based studies
* Edited and reviewed IRB proposals
* Collaborated with supervisor and graduate students on research projects

**Supervisor: Michelle Stock, Ph.D.**

**OTHER CLINICAL EXPERIENCE**

Sept. 2014 – **Volunteer in the Inpatient Psychiatric Unit**

May 2016 ***The George Washington University Hospital***

Washington, DC

* Helped supervisor facilitate expressive art therapy group sessions
* Created expressive therapy and art therapy group session plans
* Organized, maintained, and inventoried materials on psychiatric unit
* Assisted patients directly by placing meal orders and seeking doctors aid when necessary

 **Supervisor: Mary Tatum-Chappell, Psy.D.**

June 2014 – **Volunteer in Patient Experience and Pastoral Services Department**

Aug. 2014 ***Lenox Hill Hospital***

 New York, New York

* Made daily rounds to visit patients on cancer and general floors
* Created a pamphlet to raise awareness of Pastoral Services role in healing process
* Acted as liaison between patients and Pastoral Department Staff
* Shadowed department members during spiritual advising visits

 **Supervisor: Rabbi Simcha Silverman**

**OTHER RELATED EXPERIENCE**

Aug. 2019 – **Volunteer**

Aug. 2020 ***Letters to a Pre-Scientist Program***

Amherst, MA

* Completed training to become a pen-pal to an elementary school student who is interested in STEM

July – Aug. 2015, **Summer Volunteer**

July – Aug. 2016 ***The JCC Literacy and Math Program***

New York, New York

* Worked one-on-one with students of various ages and socioeconomic backgrounds
* Taught lesson plans in math and literacy
* Led enrichment activities such as art, singing, and fitness
* Proctored grade level assessments

 **Supervisor: Judy Gross**

**ASSESSMENT EXPERIENCE**

Adaptive Behavior Assessment System (ABAS)

A Developmental Neuropsychological Assessment (NEPSY)

 Autism Diagnostic Interview, Revised (ADI-R)

Bender Visual-Motor Gestalt Test, Second Edition (Bender-2)

 Childhood Autism Rating Scale, Second Edition (CARS-2)

Connors Continuous Performance Test, Third Edition (CPT-3)

 Kiddie Schedule for Affective Disorders and Schizophrenia (K-SADS)

Millon Adolescent Clinical Inventory (MACI)

Millon Clinical Multiaxial Inventory –IV (MCMI-IV)

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

Minnesota Multiphasic Personality Inventory-Adolescent-Restructured Form (MMPI-A-RF)

Montreal Cognitive Assessment (MOCA)

Personality Assessment Inventory- Adolescent (PAI-A)

Personality Assessment Inventory (PAI)

Repeatable Battery for the Assessment of Neuropsychological Status (RBANS)

Rorschach Inkblot Method (Exner Comprehensive System)

Rorschach Performance Assessment System (RPAS)

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

 The Adolescent Autism Spectrum Quotient (AQ)

 The Adolescent Empathy Spectrum Quotient (EQ)

 The Adolescent Systematizing Spectrum Quotient (SQ)

Trail Making Test (TMT) Parts A & B

Wechsler Abbreviated Scale of Intelligence – Second Edition (WASI-II)

Wechsler Adult Intelligence Scale – IV (WAIS-IV)

Wechsler Individual Achievement Test, Third Edition (WIAT-III)

Wechsler Intelligence Scale for Children, Fourth Edition (WISC-4)

Wechsler Preschool and Primary Scale of Intelligence, Fourth Edition (WPPSI-IV)

Wisconsin Card Sorting Test (WCST)

Wide Range Achievement Test (WRAT)

**GRADUATE LEVEL LEADERSHIP POSITIONS**

Sep. 2018 – **Graduate Teaching Assistant, Professional Seminar**

Sep. 2020 ***Ferkauf Graduate School of Psychology, Yeshiva University***

 Bronx, New York

* Assisted Director of Clinical Training with administrative projects related to program’s clinical training
* Worked with team of Program Teaching Assistants to coach students on preparing curricula vitarum for clinical training applications

 **Supervisor: Anne Elizabeth Hirky, Ph.D.**

Aug. 2018 – **Membership Committee Co-Chair, Student Advisory Council**

Aug. 2020 **American Psychological Association**

 ***Society for Health Psychology***

 Ashland, VA

* Advocated for Society for Health Psychology student members
* Recruited and retain student members
* Co-lead and organize the campus representative program
* Assisted campus representatives in planning events that embody the mission of the Society for Health Psychology

Aug. 2017 – **Class Representative**

Aug. 2018 ***Ferkauf Graduate School of Psychology, Yeshiva University***

 Bronx, New York

* Advocated for student body
* Acted as the liaison between faculty and students

**ADDITIONAL LEADERSHIP ACTIVITIES, AWARDS, and honors**

Aug. 2021 Dr. Lee and Linda Rosenbaum Family Award for Excellence in Clinical Health Psychology

Nov. 2020 Frontiers in Headache Research Award, American Headache Society

Aug. 2016 Ferkauf Merit Scholarship, Ferkauf Graduate School of Psychology

May 2016 Summa Cum Laude, The George Washington University

May 2016 Honors Program, Psychology

May 2016 Presidential Volunteer Service Award

April 2016 Outstanding Academic Achievement Award, GWU

Aug. 2015 President, George Washington University Chapter of Psi Chi

May 2015 Outstanding Academic Achievement Award, GWU

Mar. 2014 VP Social Chair, George Washington University Chapter of Psi Chi

Mar. 2014 VP Peer Advising, George Washington University Chapter of Psi Chi

Sept. 2013 Member of the National Society of Collegiate Scholars

**PUBLICATIONS**

Hagerman, C. J., Stock, M. L., Molloy, B. K., Klein, W., Beekman, J. B., & **Butler, N.** (2019).

Combining a UV photo intervention with self-affirmation or self-compassion exercises: implications for skin protection. *Journal of Behavioral Medicine.*

Rosenberg, L., **Butler, N**., & Seng, E. K. (2018). Health Behaviors in Episodic Migraine: Why Behavior

Change Matters. *Current Pain and Headache Reports*, *22*(10), 65.

**PLATFORM PRESENTATIONS AT SCIENTIFIC AND PROFESSIONAL MEETINGS**

**Butler, N.,** Seng. E.K., (2020). Mindfulness-based cognitive therapy and self-efficacy in people with

migraine. Presented at American Headache Society Virtual Scottsdale Symposium.

Seng E, **Butler N,** & Nicholson R. (2018). Why people with migraine delay taking migraine-

specific medication: a prospective observational study. *Int J Behav Med.* 2018;25(Suppl 1):S189-S190.

**Butler, N**., Seng. E. K., & Nicholson, R. A. (2017, May). Associations between psychiatric symptoms,

migraine disability, and medication overuse in people with migraine: secondary analysis of a naturalistic diary study. Presented at American Headache Society 59th Annual Scientific Meeting, Boston, MA.

**POSTER PRESENTATIONS AT SCIENTIFIC AND PROFESSIONAL MEETINGS**

Lofchie, A., **Butler, N**., Robbins, M., Seng E. K. (2019, May). *Predictors of Non-Adherence with Acute*

*Migraine Medication.*  Poster presented at American Academy of Neurology 71st Annual Meeting, Philadelphia PA

**Butler, N**., Lofchie, A., Seng. E. K., & Nicolson, R. A. (2019, March). *Anxiety, depression, and acute*

*migraine medication adherence: a secondary analysis of electronic daily diary data.* Poster presented at Society of Behavioral Medicine 40th annual Meeting, Washington, D.C.

Parker, A., Root, R., Seng, E. K., **Butler, N**., Schneider, S., Shagalow, S., & Foley, F. (2018, May) *The*

*Impact of Age on the Relationship of Depression and Illness Intrusiveness in Multiple Sclerosis.* Poster presented at the Annual Meeting of the Consortium of Multiple Sclerosis Centers (CMSC), Nashville, Tennessee.

**Butler, N**., Goonewardena, A., Beekman, J. B., & Stock, M. L. (2016, March). *Self-compassion*

*and self-esteem buffer the effects of social rejection on negative affect and restrictive eating.* Poster presented at GWU Research Days, Washington, DC.

Schell, D., **Butler, N**., Rusonis, A., She, Y., & Tolchin, G. (2014, April). *Undergraduate courses*

*in spirituality/religion taught in psychology departments.* Poster presented at the 12th annual mid-year conference on Religion and Spirituality, La Mirada, CA.

**MANUSCRIPTS IN PREPARATION**

Schell, D., **Butler, N**., & Zaken, M. Course content analysis of the psychology of religion and

spirituality: state of the art. *Manuscript in preparation.*

Seng, K. E., & **Butler, N**. Migraine treatment adherence: Supporting patients to be their own providers.

*Manuscript in preparation.*

**PROFESSIONAL MEMBERSHIPS**

American Psychological Association (APA), Student Member

 Member, Division of Health Psychology (38)

New York State Psychological Association (NYSPA), Student Member

Society of Behavioral Medicine (SBM)

Psi Chi, National Honor Society in Psychology, Member