

Sarah Jo Mayson, Ph.D.

Office

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LICENSE & EDUCATION

- Spring 2018 **NY State Psychology License - Eligible**
EPPP (taken under NY State) passed on February 14, 2018
- July 2017 – **Psychoanalytic Fellowship**
June 2018 Psychoanalytic Center of Philadelphia (PCOP)
Philadelphia, Pennsylvania
- June 2017 **Ph.D., Clinical Psychology (Health Emphasis)**
Jan 2014 **M.A., Clinical Psychology (Health Emphasis)**
Ferkauf Graduate School of Psychology
Yeshiva University, Bronx, New York
GPA: 4.0
Director of Clinical Training: Liz Hirky, Ph.D.
E-mail: Anne.Hirky@mail.yu.edu
Phone: 917-865-3820
- May 2010 **Post-baccalaureate Certificate, Psychology**
School of Continuing Education
Columbia University, New York, New York
GPA: 4.0
- June 2006 **B.A., History, with Business Institutions Minor**
Weinberg College of Arts and Sciences
Northwestern University, Evanston, Illinois
Honors Thesis: *Neglect of Genocide: Responsibility in America's
International History*
GPA: 3.7

HONORS AND LEADERSHIP

- Assistant Clinic Director, Pennsylvania Hospital Department of Psychiatry Outpatient Behavioral Health Clinic and Psychology Internship, Externship and Postdoctoral Programs
- Psychoanalytic Fellowship Award, Psychoanalytic Center of Philadelphia

- Class Representative at Ferkauf Graduate School of Psychology
- Graduated Cum Laude from Northwestern University
- Golden Key International Honor Society

PROFESSIONAL AFFILIATIONS (CURRENT)

American Psychological Association (APA), including divisions 12, 32, 38, and 39
 New York State Psychological Association (NYSPA)
 Psychoanalytic Center of Philadelphia (PCOP) Fellow
 Philadelphia Society for Psychoanalytic Psychology (PSPP), Early Career Member

SUPERVISED CLINICAL TRAINING

July 2017 – **Clinical Psychology Post-Doctoral Fellow**

Present *Pennsylvania Hospital, Philadelphia, PA*

- Assistant Clinic Director to Michael Kowitt, Ph.D.
- Outpatient Clinic (adult & child individual therapy, 18 mo – 2 yr cases)
- Psycho-Oncology & Hematology (adult individual & group therapy, supervision of an extern on individual outpatient cases)
- Bariatric Evaluation Service (pre-surgical psychiatric evaluations and supervision of interns on their evaluations and letters to physicians)
- Consultation & Liaison (Hospital of the University of Penn. (HUP))
- Testing and Evaluation (on call, HUP)
- Psychoanalytic Fellowship (Psychoanalytic Center of Philadelphia)
- Individual and group supervision
- Didactic seminars and case conferences (one-day and continuous)

Supervisors: Michael Kowitt, Ph.D.; Reed Goldstein, Ph.D.; Jason Hutchings, Psy.D.; Erin Volpe, Ph.D.; Michael Wright, Ph.D.; Sarah Richardson, Psy.D.; Fran Martin, Ph.D.; Peter Badgio, Ph.D.; Arun Gopal, M.D.; Andrew Siegel, M.D.; Eleanor Anderson, M.D.; and Susan Shively, M.D.

July 2016 – **Clinical Psychology Pre-doctoral Intern**

June 2017 *Pennsylvania Hospital, Philadelphia, PA*

- Outpatient Clinic (adult individual and couples therapy)
- Inpatient Units (psychotic disorders & mood/personality disorders units)
- Psycho-Oncology & Hematology (individual outpatient psychotherapy)
- Bariatric Evaluation Service (pre-surgical psychiatric evaluations)
- Testing and Evaluation (on-call, inpatient units)
- Individual and group supervision
- Seminars and conferences (one-day and continuous)

Supervisors: Michael Kowitt, Ph.D.; Reed Goldstein, Ph.D.; Jason Hutchings, Psy.D.; Juliette Galbraith, M.D.; Mark Inver, M.D.; Deborah Seagull, Ph.D., LCSW; Diana Rosenstein, Ph.D.; Matt Purcell, Psy.D.; and Sarah Richardson, Psy.D.

June 2015 – **Psychology Extern**May 2016 *VA NY Harbor Healthcare System, Manhattan Campus, New York, NY*

- Individual, outpatient psychotherapy with adult veterans
 - 2 time-limited CBT cases at a time
 - 1 brief psychodynamic therapy case at a time
 - 1 long-term psychodynamic therapy case at a time
 - Empirically supported CBT intervention (REACH VA) for family members caring for individuals with dementia
- DBT/Distress-Tolerance Skills Groups (inpatient and outpatient)
- Cognitive and personality testing and evaluation/report-writing
- Suicide risk assessment and safety planning (inpatient unit)
- Individual (one for each modality & one overall) and group supervision
- Didactic seminars (5, each year-long: Psychodynamic Therapy, CBT, DBT, Dementia Caregiving, and Testing & Assessment)

Supervisors: Cory Chen, Ph.D.; Christine P. Ingenito, Ph.D.; Chrystianne DeAlmeida, Ph.D.; Nicole Nehrig, Ph.D.; John Tatarakis, M.S., M.P.H., PMHCNS-BC; Mia Ihm, Ph.D.; and Katherine Mostkoff, LCSW.

July 2015 – **Psychology Extern**May 2016 *Mindfulness Based Cognitive Therapy for Migraine (MBCT-M) Trial - Montefiore Headache Center/Ferkauf, Yeshiva University, Bronx, NY*

- Received MBCT-M training from its developer, Melissa Day, Ph.D.
- Intake interviews (diagnosis of migraine & comorbidities)
- Weekly individual outpatient therapy (MBCT-M, 8 90-minute sessions)
- Report writing and documentation (assessment reports, charting)

Supervisors: Dawn Buse, Ph.D. and Elizabeth Seng, Ph.D.

Sept 2014 – **Psychology Extern**June 2015 *North Central Bronx Hospital, Bronx, NY****Adult Partial Hospitalization Program (PHP) (Spring Rotation)***

- Individual therapy for adults with severe psychopathology
- Group therapy (2 groups/week, topic focused)
- Intake evaluations (with assessment report writing)
- Family meetings
- Clinical reviews for managed care
- Discharge and aftercare planning
- Testing and evaluation report writing
- Interdisciplinary team collaboration
- Case Presentations
- Individual and group supervision
- Weekly didactic seminars

Supervisor: Alissa Koloff, Psy.D.

Adult Psychiatric Inpatient Unit (Fall Rotation)

- Individual therapy for adults with acute and severe psychopathology
- Group therapy (2 groups/week, support and process oriented)
- Intake interviews (with assessment report writing)
- Family/housing staff/caregiver meetings
- Interdisciplinary team collaboration
- Case presentations
- Individual and group supervision
- Weekly didactic seminars

Supervisor: Sherif Hanna, M.D. and Sunita Mohabir, Ph.D.

Dec 2014 – **Psychology—Assessment Extern**

April 2015 *The Max & Celia Parnes Clinic - Ferkauf, Yeshiva University, Bronx, New York*

- Cognitive, neuropsychological, personality and projective testing
- Integrated report-writing
- Collaboration and consultation with treatment teams
- Individual supervision with a clinical neuropsychologist

Supervisor: Yelena Goldin, Ph.D.

Sept 2013 – **Psychology Extern**

May 2014 *Iona College Counseling Center, Iona College, New Rochelle, NY*

- Individual adolescent & adult outpatient therapy (no session limits)
- Intake evaluations with special attention to suicide risk assessment
- Outpatient Crisis-Management
- Campus outreach and “in-service” trainings
- Assessment report-writing and treatment planning
- Interdisciplinary team collaboration
- Case presentations
- Individual and group supervision
- Weekly didactic seminars

Supervisors: Ismini Georgiades, Ph.D. and Daniel Ruckdeschel, Ph.D.

Jan 2013 – **Behavioral Medicine Student Therapist**

June 2014 *The Max & Celia Parnes Clinic, Ferkauf, Yeshiva University, Bronx, NY*

- Individual adult outpatient therapy (long-term cases)
- Integration of all aspects of health, incorporating theory and techniques for healthy living, medication adherence, diet, exercise, and pain reduction
- Intake evaluations with assessment report writing
- Individual and group supervision

Supervisors: Herbert Robbins, Ph.D. and Jonathan Feldman, Ph.D.

TEACHING AND SUPERVISING

- Mar, 2018 **The Psychiatric Interview and Mental Status Exam**
University of Pennsylvania Health System, Philadelphia, PA
- 90-minute didactic on the inpatient unit, including a live interview of a consenting patient, for medical students and psychiatry residents
- Jan 2018 – **Psycho-oncology Supervision**
 Present *Pennsylvania Hospital, Philadelphia, PA*
- Supervise extern on adult psycho-oncology outpatient therapy cases
 - Supervise intern on co-leading group therapy for cancer patients
- Jul 2017 – **Bariatric Service Supervision**
 Present *Pennsylvania Hospital, Philadelphia, PA*
- Supervise interns on bariatric evaluations and letter-writing to physicians
- Spring, 2017 **Psychology Didactic for Penn Residents and Medical Students (monthly)**
Pennsylvania Hospital, Philadelphia, PA
- Topic: Defenses and Character Maturity
- Winter 2015 – **Mindfulness, Acceptance and Relevance to Migraine-Related Disability**
 2016 *Montefiore Headache Center and Albert Einstein College of Medicine, Bronx, NY*

RESEARCH EXPERIENCE

- Aug 2013 – **Graduate Research Assistant**
 June 2017 *Pain & Headache Lab, Ferkauf, Yeshiva University, Bronx, NY*
- Dissertation: Cognitive Changes in Migraine: What do Mindfulness, Acceptance and Self-Monitoring have to do with Disability?
- Intensive, longitudinal study
 - Original data collection, using web applications designed for the study
 - Mixed models for repeated measures analysis
 - Improves understanding of how mindfulness and headache-related acceptance relate to disability in migraine patients across time
- Master's Thesis: Acceptance in Migraine; Relationships with Disability and Psychological Factors
- Cross-sectional survey study
 - Original data collection at Montefiore Headache Clinic
 - Logistic regression and correlational analyses
 - Highlights relationships among migraine-related acceptance, disability, beliefs, and relevant psychiatric symptoms at a single point in time
- Mindfulness-Based Cognitive Therapy for Migraine (MBCT-M) Trial
- Designed and implemented, with help from the lab, a large-scale clinical trial (still ongoing in the Bronx & Manhattan, registered on trials.gov)
 - Provided PowerPoint presentations to garner interest, support and involvement from parties such as Montefiore Headache Center

Additional lab/research duties

- Secondary Analysis of Treatment of Severe Migraine (TSM) Trial data
- Co-authored book chapter, “Psychological Considerations in the Migraine Patient.”
- Journal Clubs and other lab presentations

Primary Advisor: Elizabeth Seng, Ph.D.

Sep 2012 –
Aug 2013

Graduate Research Assistant

Cardiovascular Research Lab, Ferkauf, Yeshiva University, Bronx, NY

- Co-authored a book chapter, “Globalizing the Mind: Eastern and Western Perspectives on Meditation”
- Studied & presented on acceptance/avoidance relating to stress & health
- Journal Clubs and other lab presentations

Primary Advisor: Sonia Suchday, Ph.D. (left Ferkauf, summer 2013)

Jun 2010 –
Jul 2012

Clinical Research Coordinator

*Mood & Personality Disorders Group, Mount Sinai School of Medicine
New York, NY*

- Coordinated & implemented an average of six research projects at a time
- Conducted emotion regulation trainings (daily, week-long) of research participants with personality disorder diagnoses
- Extensive neuropsychological testing of participants with Schizotypal and Avoidant Personality Disorder diagnoses and control participants
- Co-developed and submitted grants to the NIH and other funders
- Managed and helped analyze data in SPSS, Statistica and Excel
- Helped write and edit manuscripts for publication
- Traced Brodmann edges of fMRI images
- Received clinical and research training from psychiatrists, postdoctoral psychology fellows and other faculty supervisors
- Co-managed office (phones, documentation, recruitment, patient flow)

Primary Supervisor and Boss: Harold W. Koenigsberg, M.D.

Additional Supervisors: Larry Siever, M.D.; Marianne S. Goodman, M.D.;
Antonia New, M.D.; Erin Hazlett, Ph.D.; Daniel Rosell, M.D., PhD; Mercedes
Perez-Rodriguez, M.D., Ph.D.; and Brian Iacoviello, Ph.D.

Nov 2009 –
May 2010

Research Assistant

Social Cognitive Affective Neuroscience Lab, Columbia University, New York, NY

- Trained research participants in emotion regulation strategies
- Co-launched a related study at Mount Sinai to investigate the efficacy of the training in the context of Borderline Personality Disorder
- Collected and analyzed behavioral data
- Lab meetings and journal clubs

Supervisor: Kevin Ochsner, Ph.D. and Bryan Denny, Ph.D.

- Sep 2009 – **Research Assistant**
 Jan 2010 *Metacognition Lab, Columbia University, New York, NY*
- Taught metacognitive learning games to 3rd and 5th grade children
 - Collected and analyzed behavioral data
- Supervisors: Janet Metcalfe, Ph.D. and Lisa Son, Ph.D.

RELATED EXPERIENCE

- Jun 2016 – **Analytic Case Conferences Attendee**
 Present *Evenings of Wine & Analysis (recurrent series)*
 The home of Harvey Schwartz, M.D., Philadelphia, PA
- Nov 5, 2015 **Presentation and Panel Discussion Attendee**
Shrinks: Clashing Views from Psychiatry Today
 William Alanson White Institute, New York, NY
- Oct 14, 2015 **Seminar/Discussion Groups Attendee**
Why Psychoanalysis? (monthly series)
 Columbia University, Center for Psychoanalytic Training and Research
 The home of Alison Brown, Ph.D., New York, NY
- Sept 21, 2015 **Lecture Attendee**
Psychoanalysis as Holocaust Survivor, presented by Lewis Aaron, Ph.D.
 The Psychoanalytic Association of New York (PANY) and the Institute for
 Psychoanalytic Education (IPE), New York, NY
- August 6-9,
 2015 **Poster Presenter and Conference Attendee**
123rd American Psychological Association (APA) Annual Convention
 Metro Toronto Convention Centre, Toronto, Canada
- May 16-17,
 2014 **Conference Attendee**
Riggs-Yale Conference on Partnerships, Parenting, and Family Systems
 Austen Riggs Center, Stockbridge, MA
- April 23-26,
 2014 **Poster Presenter and Conference Attendee**
35th Annual Meeting of the Society of Behavioral Medicine (SBM)
 Philadelphia Marriott Downtown, Philadelphia, PA
- July 31,
 2013 **Training Workshop Attendee**
NYC Military Culture Provider Training
 Give an Hour in partnership with the Wounded Warrior Project
 New York City Seminar and Conference Center, New York, NY

- Nov 4-5, 2011 **Conference Attendee**
From Habits to Self-Regulation: How do we Change?
 Yale University, New Haven, CT
- Nov 2009 – Jan 2011 **Co-Founder, Director**
TRACT (Transdisciplinary Research of a Common Truth)
 Columbia University, New York, NY
- Group exploring overlap of psychology, philosophy & spirituality
 - Organized panels of experts in consciousness, psychology, & meditation
- Sep 2005 – Jun 2006 **Co-Founder, Director**
Food for Thought
 Northwestern University, Evanston, IL
- Group to raise awareness and foster support for eating disorders
 - Coordinated “Fireside Chats” with clinicians with this specialty

OTHER WORK EXPERIENCE

- Sep 2006 – Mar 2009 **Actor**
 Chicago, IL & Philadelphia, PA
- Trained at studios and performed in commercials, films & plays
- Oct 2007 – Jun 2009 **Program Coordinator, Department of Spanish & Portuguese**
 Northwestern University, Evanston, IL
- Co-managed office, faculty searches, student registration, events, etc.
- Supervisor: Josef Barton, Ph.D.

RELEVANT RESEARCH

Seng, E. K., Kuka, A., **Mayson, S. J.**, Smitherman, T., Buse, D. C. (in press). Acceptance, Psychiatric Symptoms and Migraine Disability: An Observational Study in a Headache Center. *Headache*.

Seng, E. K., Buse, D. C., Klepper, J. E., **Mayson, S. J.**, Grinberg, A. S., Grosberg, B. M., Pavlovic J. M., Robbins, M.S., Vollbracht, S.E., Lipton, R. B. (2017). Psychological Factors Associated With Chronic Migraine and Severe Migraine-Related Disability: An Observational Study in a Tertiary Headache Center. *Headache*, 57(4), 593-604. doi:10.1111/head.13021

Denny, B. T., Fan, J., Liu, X., Guerreri, S., **Mayson, S. J.**, Rimsky, L., McMaster, A., Alexander, H., New, A. S., Goodman, M., Perez-Rodriguez, M., Siever, L.J., Koenigsberg, H. W. (2016). Brain structural anomalies in borderline and avoidant personality disorder patients and their associations with disorder-specific symptoms. *J Affect Disord*, 200, 266-274. doi:10.1016/j.jad.2016.04.053

- Mayson, S.,** Klepper, J., Buse, D., & Seng, E. K. (2015, August). *Acceptance in migraine; relationships with disability and psychological factors*. Poster presented at the Annual Convention of the American Psychological Association, Toronto, Ont.
- Klepper, J. E., **Mayson, S. J.,** Seng, E. K., & Pavlovic, J. (2015, August). *Cogniphobia Associated with Increased Pain Anxiety, General Anxiety, Depression, and Migraine-Related Disability in Adults with Migraine*. Poster presented at the Annual Convention of the American Psychological Association, Toronto, Ont.
- Denny, B. T., Fan, J., Liu, X., Ochsner, K. N., Guerreri, S., **Mayson, S. J.,** Rimsky L, McMaster A, Alexander H, New AS, Goodman M, Perez-Rodriguez M, Siever LJ, Koenigsberg, H. W. (2015). Elevated amygdala activity during reappraisal anticipation predicts anxiety in avoidant personality disorder. *J Affect Disord, 172*, 1-7. doi:10.1016/j.jad.2014.09.017
- Seng, E. K., Grinberg, A. S., Klepper, J. E., **Mayson, S. J.,** Scholl, H., Sciallo, A. F., . . . Holroyd, K. A. (2014). Anxiety associated with reduction in disability with Optimized Acute Treatment for migraine. [Abstract]. *Annals of Behavioral Medicine, 47(S1)*, s214.
- Seng, E. K., Grinberg, A. S., Klepper, J. E., **Mayson, S. J.,** Scholl, H., Sciallo, A. F., . . . Holroyd, K. A. (2014, April). *Anxiety associated with reduction in disability with Optimized Acute Treatment for migraine*. Poster presented at the Annual Meeting of the Society of Behavioral Medicine, Philadelphia, PA.
- Seng, E. K., **Mayson S.,** Sonty, J., Stein, T., Tsui, P., Qian, S., & Buse, D. (2014). Psychological Considerations in the Migraine Patient. In A. Mammis, & A. Sifonios (Eds.), *Migraine Surgery* (pp. 59-90). New York: Nova Science Publishers.
- Suchday, S., **Mayson, S.,** Klepper, J., Meyer, H., & Dziok, M. (2014). Globalizing the Mind: Eastern & Western Perspectives on Meditation. In N. N. Singh (Ed.), *Psychology of Meditation*. New York: Nova Science Pub Inc.
- Koenigsberg, H. W., Denny, B. T., Fan, J., Liu, X., Guerreri, S., **Mayson, S. J.,** Rimsky, L., New, A.S., Goodman, M., Siever, L. J. (2014). The neural correlates of anomalous habituation to negative emotional pictures in borderline and avoidant personality disorder patients. *Am J Psychiatry, 171*(1), 82-90. doi: 10.1176/appi.ajp.2013.13070852
- Denny, B. T., Fan, J., Liu, X., Guerreri, S., **Mayson, S. J.,** Rimsky, L., New A. S., . . . Koenigsberg, H. W. (2013). Insula-amygdala functional connectivity is correlated with habituation to repeated negative images. *Soc Cogn Affect Neurosci*. doi: 10.1093/scan/nst160
- Koenigsberg, H. W., Yuan, P., Diaz, G. A., Guerreri, S., Dorantes, C., **Mayson, S. J.,** . . . Siever, L. J. (2012). Platelet protein kinase C and brain-derived neurotrophic factor levels in borderline personality disorder patients. *Psychiatry Research, Vol 199*(2), 92-97. doi: 10.1016/j.psychres.2012.04.026.
- Koenigsberg, H. W., Denny, B. T., Fan, J., Liu, X., **Mayson, S. J.,** Guerreri, S., . . . Siever, L. J. (2011, December). *Neural Correlates of Reappraisal Training to Reduce Negative Emotional*

Reactivity in Borderline Personality Disorder. Poster presented at the Annual Meeting of the American College of Neuropsychopharmacology, Waikoloa, HI.

Koenigsberg, H. W., Yuan, P., Siever, L. J., Diaz, G., Dorantes, C., Guerreri, S., **Mayson, S. J.**, . . . Manji, H. (2010, December). *Platelet PKC and BDNF Levels are Reduced in Borderline Personality Disorder Patients*. Poster presented at the Annual Meeting of the American College of Neuropsychopharmacology, Miami, FL.

RELATED SKILLS

Computer: Proficient in EPIC, Carelign, Avatar, SPSS, Microsoft Suite, and Open Office

Language: Conversational Spanish and French abilities, with study abroad in Spain, France and Italy (independent study in Treviso, Italy on early childhood development)

Mindfulness: Practiced and somewhat well-read yogi and meditation practitioner for 10-15 years