

# 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.**
- 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:***

### **Work History:**

- Sept. 2003 – Present      **Private Practice, Roslyn Heights, NY**  
Forensic Evaluation Services—Civil Litigation, Family Law  
Psychotherapy and Counseling—Anxiety, Depression, Trauma, Anger, Substance Abuse, Pre- & Post- Divorce Counseling, Parenting Guidance
- Sept. 2001 – June 30, 2003    **North Shore University Hospital, Manhasset, NY**  
**Division of Child and Adolescent Psychiatry**  
Forensic Psychology Fellow (7/02-6/03)—Conducted forensic psychology evaluations for child custody, abuse and neglect cases in New York metropolitan area  
  
Child Psychology Fellow with specialization in Forensic Psychology (9/01-7/02)  
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 law guardians in Hofstra Law School Child Advocacy Clinic; educated Hofstra Law students on mental health issues: child development, abnormal psychology, psychological effects of child abuse, domestic violence  
  
Psychotherapist for children, specialization in trauma; provided psychotherapy to children and parents involved with child protective services or high-conflict divorce, with focus on trauma; advised parents on behavioral, disciplinary, and developmental issues, including those of concern specifically in divorce and abuse cases; supervised Psychology Extern on clinical cases
- August 2000 – August 2001    **Northport Veterans Affairs Medical Center, Northport, NY**  
Psychology Intern, Predoctoral Internship in Clinical Psychology

Provided psychotherapy for individuals, groups, and couples, and conducted comprehensive psychological evaluations in multiple programs, including:

Outpatient psychotherapy services, with focus on posttraumatic stress disorder (PTSD)

In-residence treatment for substance abusers

Intensive day program for the severely mentally ill, including those with co-morbid substance abuse

Psychological issues resulting from or influencing physical health

In-patient units, presenting problems ranged from acute PTSD-related decompensation to chronic schizophrenia

Performed neuropsychological assessments to evaluate cognitive functioning and psychological assessments to evaluate personality

Sept. 1996 –  
Nov. 1999

**The Psychological Center, City College of CUNY**

Psychotherapist, Predoctoral Practicum

Provided psychotherapy for adults, families, and children in college / Harlem community out-patient clinic; conducted intake evaluations of children, families, and adults; performed psychological testing assessments of children and adults

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 individuals with 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 of PTSD and other trauma-related disorders on survivors of trauma, including sexual and physical assault and abuse in childhood or adulthood; provided individual and group psychotherapy for survivors of trauma; performed psychological testing assessments on adolescents and adults, in-patient and out-patient; 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 –

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

### ***Hospital Affiliation:***

#### **North Shore University Hospital, Manhasset, NY**

Member, Allied Health Professionals Adjunct Staff, North Shore University Hospital, Manhasset, NY.  
Provide lectures and training to psychiatry staff; supervise trainees on clinical cases

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

Inservice 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: *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.”

*Areas of Expertise:* Interpersonal Violence, Posttraumatic Stress Disorder, Substance Abuse, Domestic Violence, 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 11<sup>th</sup> 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 21<sup>st</sup> 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), Society of Clinical Child and Adolescent Psychology (53), Trauma Psychology (56)  
Association of Family and Conciliation Courts (AFCC), AFCC-NY  
International Society for Traumatic Stress (ISTSS)

### ***Languages:***

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