

# DALA BADREDDINE

dbadreddin@montefiore.org

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## EDUCATION

**FAIRLEIGH DICKINSON UNIVERSITY**, Teaneck, NJ

*Doctoral Candidate, Clinical Psychology Ph.D. (APA Accredited), expected date of graduation: May 2021.*

**TEACHERS COLLEGE, COLUMBIA UNIVERSITY**, New York City, NY

*Master in Psychology in Education, Concentration in Global Mental Health and Trauma, and Research Methods, May 2015.*

**AMERICAN UNIVERSITY OF BEIRUT**, Beirut, Lebanon

*Bachelor of Arts in Psychology, June 2013. Minor in Education. Honor Roll 2012.*

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## CLINICAL EXPERIENCE

July 2020 –  
Present

### **MONTEFIORE MEDICAL CENTER/ ALBERT EINSTEIN COLLEGE OF MEDICINE**

Bronx, New York

#### ***Psychology Intern***

- Participated in 6-month long rotation providing outpatient mental health services to adults with various psychiatric diagnoses. Services included individual psychotherapy, co-leading CBT for Anxiety group, conducting semi-structured intake interviews, participating in weekly multi-disciplinary team meetings, case conferences, and DBT consultation team. *Weekly supervision with Scott Wetzler, Ph.D., Simon Rego Psy.D., Amy Kranzler, Ph.D., Shahab Motamedinia, Ph.D., and Laurie Gallo, Ph.D.*
- Participated in 6-month long OnTrack NY elective rotation providing comprehensive outpatient services to young adults experiencing psychotic symptoms. *Weekly supervision with Lionel Wininger, Ph.D.*
- Participated in 4-month long rotation on inpatient psychiatric unit. Provided daily individual psychotherapy to patients, co-facilitated interpersonal group therapy, led community meetings, participated in multi-disciplinary team meetings, family treatment planning meetings, problem-based learning meetings, and case-conferences. *Weekly supervision with Sharon Spitzer, Psy.D.*
- Participated in 6-month long research elective rotation with Center for Health Equity at Albert Einstein College of Medicine under supervision of *Aaron Breslow, Ph.D.* Research topics of interest include program development and evaluation of Art Therapy program on an inpatient psychiatric unit, mental health disparities of immigrants and people of color.
- Conducted comprehensive neuropsychological assessments for adults under the supervision of *Nicole Feirsen, Ph.D.*
- Attended and participated in weekly didactics spanning a wide range of topics in the field of psychology.

July 2019 –  
March 2020

### **ST. BARNABAS HOSPITAL**

Bronx, New York

#### ***Psychology Trainee***

- Provided mental health services to patients with severe and acute mental illness, substance use disorders, people living in poverty, homelessness, HIV-positive patients.
- Participated in **4 rotations** throughout a 12-month period – Inpatient (2 rotations), Emergency Room, and Consultation- Liaison.
- Attended weekly group supervision and didactics on various topics including conceptualization and treatment planning.
- ***Emergency Room Rotation***
  - Conducted morning rounds with multi-disciplinary team and administered follow-ups with patients unaccompanied by the team.
  - Provided brief psychotherapy and crises intervention to patients with acute presentations.
  - Collaborated with the psychiatry team and medical team to determine whether patients should be discharged or admitted to the inpatient unit.
  - Collected collateral information from patients' families and/or social workers.
  - Participated in weekly individual supervision with clinical supervisor Maria Schoenhammer, Ph.D.
- ***Inpatient Unit Rotations***

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- Co-led daily morning reports pertaining to patient progress on the units with multi-disciplinary treatment team.
- Led a semi-structured and process group weekly.
  - *Topics included – anger management, living with mental illness, MICA/relapse prevention, and CBT for mental illness.*
- Provided short-term psychotherapy to patients on the unit.
- Provided milieu therapy for patients on the unit.
- Participated in weekly individual supervision with clinical supervisors Daphne Locker, Ph.D. & Igor Davidson, Ph.D.

Sept 2018 –  
Present

### **CENTER FOR PSYCHOLOGICAL SERVICES, FAIRLEIGH DICKINSON UNIVERSITY**

Hackensack, NJ

#### ***Psychology Trainee***

- Conducted individual psychodynamic psychotherapy with two individuals presenting with depression at a community mental health clinic.
- Engaged in weekly individual supervision with clinical supervisor Lana Tiersky, Ph.D.

Sept 2018 –  
June 2019

### **CENTER FOR PSYCHOLOGICAL SERVICES, FAIRLEIGH DICKINSON UNIVERSITY**

Hackensack, NJ

#### ***Psychology Trainee***

- Conducted individual psychotherapy sessions with individuals presenting with various psychiatric disorders at a community mental health clinic.
- Carried a caseload of 8 patients including adults, adolescents, and children.
- Engaged in weekly individual and group supervision, and partook in clinic meetings where clinical issues were discussed.

Oct 2018 –  
June 2019

### **BERGENFIELD HIGH-SCHOOL**

Bergenfield, NJ

#### ***Psychology Trainee***

- Conducted weekly individual psychotherapy sessions with at-risk high-school students.
- Carried a caseload of 4 adolescents.
- Conducted regular suicide-risk screenings.
- Engaged in weekly individual supervision with clinical supervisor.

July 2017 –  
June 2018

### **CHILD MIND INSTITUTE HEALTHY BRAIN NETWORK**

New York, NY

#### ***Psychology Trainee***

- Administered a standard battery of neuropsychological tests to children between the ages of 4-21.
- Conducted intake evaluations for children, adolescents, and adults presenting with various issues.
- Participated in feedback sessions with parents of children seeking neuropsychological assessment.
- Participated in general extern didactics as well as a more specialized neuropsychology didactics.
- Participated in case conferences with various clinical psychologists, social workers, and psychiatrists.
- Co-led social skills group for children ages 6-9 using Social Thinking Curriculum by Michelle Garcia Winner.

Aug 2016 –  
May 2017

### **CENTER FOR PSYCHOLOGICAL SERVICES, FAIRLEIGH DICKINSON UNIVERSITY**

Hackensack, NJ

#### ***Psychology Trainee***

- Conducted intake evaluations for children, adolescents and adults presenting with varying psychiatric disorders to assess for appropriate treatment placements (intake sessions were 3-4 hours for two sessions over two consecutive weeks).
- Assessed patients' symptoms using self-report measures.
- Presented cases in individual supervision and clinic staff during staff meetings for treatment placement.
- Conducted screening session with a child patient for child eligibility for social skills group.

Sept 2015 –  
May 2017

### **MEMORIAL SLOAN KETTERING CANCER CENTER DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES: IMMIGRANT HEALTH AND CANCER DISPARITIES SERVICE**

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New York, NY

### **Support Group Co-Leader**

- Co-led support group sessions with up to 10 Arab American breast cancer patients and survivors, each, under the supervision of licensed clinical psychologist.
- Provided women with materials pertaining to breast cancer treatments and common side effects, through extensive research.

June 2014 –  
Aug 2014

### **AMERICAN UNIVERSITY OF BEIRUT DEPARTMENT OF PSYCHIATRY**

*Supervisor:* Brigitte Khoury, Ph.D.

- Observed intake evaluations with patients presenting with varying psychiatric disorders.
- Partook in discussions surrounding diagnoses and appropriate treatment options.

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## RESEARCH EXPERIENCE

June 2018 –  
Present

### **COLLEGE ALCOHOL USE RESEARCH LAB, FAIRLEIGH DICKINSON UNIVERSITY Teaneck, NJ**

#### **Research Assistant**

*Research Advisor:* Steven Armeli, Ph.D.

- Assisting advisor with research related to alcohol use in college students.
- Collaborating with other lab members on independent projects.
- Conducted independent research project for dissertation examining the role of early life stress on subsequent college drinking.
  - Defended Dissertation on July 13<sup>th</sup>, 2020.

July 2017 –  
June 2018

### **CHILD MIND INSTITUTE HEALTHY BRAIN NETWORK New York, NY**

#### **Research Extern**

- The goal of the study is to collect data from and provide diagnostic consultations to 10,000 children and adolescents in NYC to further the study of child and adolescent mental illness.
- Collected data through administering a standardized neuropsychology battery to children between the ages of 4-21.
- Conducted structured mental health interviews with children and adolescents as well as their parents.
- Conducted intake evaluations for children, adolescents, and adults presenting with various issues.
- Participated in weekly research meetings.

Aug 2016 –  
May 2018

### **EMERGING ADULTHOOD LAB, FAIRLEIGH DICKINSON UNIVERSITY Teaneck, NJ**

#### **Research Assistant**

*Research Advisor:* Judith Kaufman, Ph.D.

- Attending bi-weekly lab meetings with research advisor and other lab members.
- Collaborating with other lab members on independent projects including presenting with the research advisor and a lab member at the Association for Psychological Science.
- Initiating the creation of my own research project – understanding emerging adulthood constructs in a Lebanese context.
- Presented our research projects at various national and internal conferences.

Sept 2015 –  
May 2017

### **MEMORIAL SLOAN KETTERING CANCER CENTER DEPARTMENT OF PSYCHIATRY AND BEHAVIORAL SCIENCES: IMMIGRANT HEALTH AND CANCER DISPARITIES SERVICE**

New York, NY

*Community Outreach Coordinator (Sept 2015 – June 2016)*

*Community Outreach Assistant (Sept 2016 – May 2017)*

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- Conducted 15 in-depth interviews with Arab breast cancer patients for the *Experience of Arab American Women with Breast Cancer: In-Depth Interviews* research study, aimed at providing breast cancer patients with improved services and evaluating the impact of our support groups.
- Assisted the program director with all reporting efforts and with disseminating project results, actively contributing to the preparation of grant applications.
- Collaborated with Principal Investigators and research teams on the development of new programs, research projects, databases, protocols or new service initiatives.
- Gathered and analyzed data for 3 major research projects within the Arab Health Initiative.

July 2015 –  
July 2016

**NEW YORK STATE PSYCHIATRIC INSTITUTE**  
**DIVISION OF GERIATRIC PSYCHIATRY WITH DR. PATRICK BROWN, PHD**  
New York, NY

### ***Research Assistant***

- Investigated the relationship between fatigability and late life depression using the Health Aging Body Composition dataset in order to better screen elderly patients and provide them with enhanced primary care services.

April 2014 –  
May 2015

**TEACHERS COLLEGE, COLUMBIA UNIVERSITY**  
**GLOBAL MENTAL HEALTH LAB WITH HELEN VERDELI, PhD**  
New York, USA

### ***Research Assistant***

- Conducted the literature review for capacity building, education, and mental health training of Abu Dhabi women.
- Conducted the literature review for the meta-analysis assessing and comparing the roles and efficacy of mental health professionals and lay workers in low and middle-income countries.
- Translated consent forms from English to Arabic for Syrian refugees partaking in a study that compared the effectiveness of intensive case management approaches to traditional treatment of refugees who endorsed symptoms of common mental disorders.

June 2014 –  
Aug 2014

**AMERICAN UNIVERSITY OF BEIRUT MEDICAL CENTER (AUBMC)**  
**WHO ICD-11 FIELD STUDIES**

Beirut, Lebanon

### ***Research Assistant / Intern***

- Managed communications with mental health workers in the Middle East as part of the capacity building efforts for the Global Clinical Practicing Network.
- Created presentation decks and developed contact databases for WHO ICD revision conferences.

Sept 2012 –  
June 2013

**AMERICAN UNIVERSITY OF BEIRUT**  
Beirut, Lebanon

### ***Research Assistant***

- Collected data for the ultimatum game by setting up the EEG machine on subjects, recording results and analyzing the data to test for prejudice in undergraduate Lebanese students using E-prime and Analyzer.
- Conducted research on the AHA-effect in garden path jokes by operating the EEG machine while experimenting on subjects and participating in weekly research design meetings.

### ***Trainee at the AUB Medical Center***

- Researched the cognitive deficits exhibited by MS patients that relate to the quality of life in patients for a research study at the American University of Beirut Medical Center.
- Trained in administering psychometric tests (Stroop Task and the Symbols Digit Modalities Test).

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## TEACHING EXPERIENCE

Fall 2017

**FAIRLEIGH DICKINSON UNIVERSITY**  
Teaneck, NJ

### ***Course Instructor***

#### *Introduction to University Life*

- Course aimed to provide students with learning experience that helps and supports the transition and adjustment to university life.
- Introduced them to services provided and resources available on campus.

Spring 2018

#### *Introduction to Professional Life*

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- Course aimed to assist students in exploring career options and understanding the value of written and verbal communication in professional settings.
  - Developed resumes, elevator pitches, sample cover letters, and mock job interviews.
- Fall 2018 *General Psychology*
- Identified appropriate text book, developed syllabus, lecture slides, and developed exams.
  - Held office hours for students to discuss potential concerns and questions.
  - Introduced students to various areas of psychology including developmental, learning, personality, psychological disorders, therapy, and basic elements of research.
- Spring 2020 *Psychological Statistics*
- Identified appropriate text book, developed syllabus, lecture slides, and developed exams and assignments.
  - Held office hours for students to discuss potential concerns and questions.
  - Course aimed at teaching basis for statistical decision-making and the appropriate statistical tests for different types of data and questions of interest.
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### EXTRACURRICULAR ACTIVITIES

- 2011 – 2013 **Secretary at Psychology Student Society (AUB)**, Beirut, Lebanon
- Facilitated regular update meetings, recorded meeting minutes and kept the society's databases organized.
  - Assembled and managed a team of students to organize events and fundraising activities.
- 2011 **Volunteer at Lebanese Down Syndrome Society**, Beirut, Lebanon
- Participated in interactive arts and crafts activities with children with Down syndrome.
- 2009 – 2010 **Volunteer at St. Jude's Children Cancer Center**, Beirut, Lebanon
- Entertained outpatients on a weekly basis and assisted parents and nurses in the scheduling of appointments.
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### ADDITIONAL INFORMATION

- Initiated a drive to feed 15 families through the 4-week month of Ramadan by raising funds and gathering donations from consumer retailers, purchasing and packing food supplies, as well as providing clothing for all children of the families
  - Packed food and supplies with Support Lebanon, a non-profit organization, for displaced families and refugees during the July 2006 war in Lebanon.
  - Tutored a high school International Baccalaureate Diploma student in psychology, teaching critical concepts and supporting research tasks.
  - Fluent (oral and written) in English and Arabic.
  - Trained in electroencephalogram (EEG).
  - Computer skills include SPSS, Redcap, Qualtrics, and Microsoft Office.
  - Member of American Arab, Middle Eastern, and North African Psychological Association (AMENA-PSY)
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### PUBLISHED WORK

1. Brown, P. J., **Badreddine, D.**, Roose, S. P., Rutherford, B., Ayonayon, H. N., Yaffe, K., ... & Goodpaster, B. (2017). Muscle fatigability and depressive symptoms in later life. *International Journal of Geriatric Psychiatry*, 32, 166-172.
2. Ayash, C., Costas-Muñiz, R., **Badreddine, D.**, Ramirez, J., & Gany, F. (2018). An Investigation of Unmet Socio-Economic Needs Among Arab American Breast Cancer Patients Compared with Other Immigrant and Migrant Patients. *Journal of Community Health*, 43, 89-95.
3. Ayash, C., **Badreddine, D.**, Gatarny, R., Wu, M., Alward, Z., Roberts-Eversley, N., & Gany, F. (2019). Associations with the Receipt of Colon Cancer Screening Among a Diverse Sample of Arab Americans in NYC. *Journal of Immigrant and Minority Health*, 1-9.

### PRESENTATIONS

1. **Badreddine, D.**, Nedelman, A.J. (2017, November). *Anxiety and Coping through Isolation on the Rise: Politics and Psychopathology*. Paper presented at the meeting of the Society for the Study of Emerging Adulthood, Washington, D.C.
2. **Badreddine, D.** (2017, November). *The Role of Expectations, Stressors, and Social Support on College Adjustment*. Paper

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presented at the meeting of the Society for the Study of Emerging Adulthood, Washington, D.C.

3. Nedelman, A. J., **Badreddine, D.**, Kazen, S., Kaufman, J. (2017, May). Emerging adulthood: Challenges for Students of Diverse Backgrounds. In *Emerging Adulthood: Challenges and Opportunities in the Transition to College*. Symposium conducted at the meeting of the Association for Psychological Science, Boston, MA.

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### **INSTRUMENT COMPETENCE**

- Child Behavior Checklist
- Connors-3
- Kiddie- Sads - Present and Lifetime Version (K-SADS-PL)
- Minnesota Multiphasic Personality Inventory -2 Restructured Form
- Wechsler Intelligence Scale for Children - Fourth Edition
- Wechsler Individual Achievement Test - Third Edition
- Wechsler Adult Intelligence Scale - Fourth Edition
- Comprehensive Test of Phonological Processing - Second Edition (CTOPP-2)
- Test of Word Reading Efficiency - Second Edition (TOWRE-2)
- Clinical Evaluation of Language Fundamentals - Fifth Edition (CELF-5)
- Woodcock-Johnson Test of Cognitive Abilities
- Differentials Ability Scales - II (DAS-II)
- Vineland - 3
- Grooved Pegboard Test
- Rorschach Exner Scoring
- Montreal Cognitive Assessment (MoCA)
- Miller Forensic Assessment of Symptoms Test (M-FAST)