

# ANINDITA RAO, PSY.D., M.S.ED.

## EDUCATION

---

- Sep 2018 – Aug 2020 **Pediatric Neuropsychology Postdoctoral Fellowship**  
**Northwell Health**, Lenox Hill Hospital, Center for Attention and Learning  
(Supervisors: Peter Pramataris, Psy.D., Anna W. Goodearl, Ph.D., Erica C. Chin, Ph.D.)
- Aug 2018 **Doctor of Psychology in Clinical Psychology** (APA Accredited)  
**Pace University**, Department of Psychology  
*Dissertation: Acceptability and Perceived Effectiveness of a Psychoeducational Training on Parent-Adolescent Communication for Immigrant Parents*  
(Dissertation Co-Chairs: Prerna G. Arora, Ph.D. & Nils Myszkowski, Ph.D.)
- June 2018 **Predocctoral Psychology Internship** (APA Accredited)  
**Mount Sinai Hospital**, Adolescent Health Center  
(Training Director/Supervisors: Matthew Oranksy, Ph.D., Ariella Silver, Psy.D., Heidi Bender, Ph.D. & Linda Olszewski, Psy.D.)
- June 2017 **Leadership Education in Neurodevelopmental and Related Disabilities (LEND) Fellowship**  
**Montefiore Hospital**, Rose F. Kennedy Center Rehabilitation and Evaluation Center (RFK CERC)  
(Training Director: Erin Rivelis, Ph.D.)
- May 2017 **Master of Science in Education: School Psychology**  
**Pace University**, Department of Psychology
- May 2013 **Master of Science in Education: Urban Education**  
Johns Hopkins University, Department of Education
- May 2011 **Bachelor of Arts in Psychology**  
**Cornell University**, Department of Psychology

## CREDENTIALS

---

- Licensed Psychology, New York 023580

## ACADEMIC APPOINTMENT

---

- Beginning** Sept 2020 **Assistant Professor**  
Department of Psychology, School-Clinical Child Psychology Doctoral Program  
Pace University

## PUBLICATIONS

---

### **Practitioner Oriented Publications**

**Rao, A.**, Myszkowski, N. T., & Arora, P. G. (2018). The acceptability and perceived effectiveness of a psychoeducational program on positive parent-adolescent relationships for Asian immigrant populations. *The School Psychologist*, 72(1), 11-20.

## PRESENTATIONS

---

### **Refereed National Presentations**

**Rao, A.**, Myszkowski, N. A., Arora, P. G. (2019, August). The acceptability and effectiveness of a psychoeducational program for Asian immigrant parents. In C. Wang (Chair), *Promoting mental health of Asian-American youth by engaging parents at school*. Symposium presented at the annual convention of the American Psychological Association, Chicago, IL.

Arora, P.G. & **Rao, A.** (2016, February). Development of a culturally-informed intervention for youth depression. In B. Nastasi (Chair), *Cultural Considerations of School Psychological Services: Research, Practice, and Training*. Symposium presented at National Association of School Psychologists, New Orleans, LA.

**Rao, A.**, Arora, P.G., Coble, K., & Connors, K. (2016, November). *Evaluation of a postgraduate early childhood mental health training: A pilot study*. Poster presented at the Primary Health Care: Striving for a 'Culture of Health' Conference, New York, NY.

**Rao, A.**, Dong, S., Rustam, K., & Arora, P.G. (2016, May). *The acceptability and effectiveness of a psycho-educational training on parent-adolescent communication for immigrant parents*. Poster session presented at the 24<sup>th</sup> Annual NYC Psychology Conference, New York, NY.

**Rao, A.**, Arora, P.G., Coble, K., & Connors, K. (2016, March). *Effectiveness of an early childhood mental health training: a pilot study*. Poster session presented at the annual meeting of the Eastern Psychological Association, New York, NY.

**Rao, A.**, Levine, J., & Suchday, S. (2015, May). *Globalization and health: Trait anger rumination predicts perceived negative affect but not somatization*. Poster session presented at the Association for Psychological Science Conference, New York, NY.

Levine, J., **Rao, A.**, & Suchday, S. (2015, May). *Relationship between changes due to globalization in India and young adults' perceived stress*. Poster session presented at the Association for Psychological Science Conference, New York, NY.

**Rao, A.**, Levine, J., & Suchday, S. (2015, March). *Globalization and social capital and the incidence of depression, anxiety and stress*. Poster session presented at the Eastern Psychological Association Conference, Philadelphia, PA.

Chothani, N., Levine, J., **Rao, A.**, & Ramanayake, N. (2014, May). *Stress and depression among young Indian women*. Poster session presented at the Pace University Psychology Conference, New York, NY.

### **Invited Presentations**

**Rao, A.** & Adams, Z. (2019, November) *Basics of Neuropsychological Assessment*. Invited Presenter for the GO Project, New York, NY.

**Rao, A.** (2018, April). Invited Presentation for Asian Americans for Equality. College Preparatory Day. New York, NY.

Klosk, M. & **Rao, A.** (2018, February). *Adolescence: A Continuum of Growth*. Workshop presented at KIPP Monthly Parent Meeting, New York, NY.

Olszewski, L. E., Klosk, M., & **Rao, A.** (2017). *Adolescence: A Continuum of Growth. Let's stop hating on teens*. Workshop presented at KIPP Character Day Conference, New York, NY.

---

### **TEACHING & MENTORSHIP**

---

### **Guest Lecture**

**Rao, A.** & Duncan, S. (2019, September) Guest Lecturer for Ashley Grant, Esq. & Romi Paek, Esq. Basics of Neuropsychological Assessment. Cardoza School of Law, Yeshiva University. New York, NY.

---

### **CLINICAL EXPERIENCE**

---

#### **Lenox Hill Hospital, Center for Attention and Learning, Manhattan, NY**

*Pediatric Neuropsychology Postdoctoral Fellow.*

*September 2018–August 2020*

- Conduct comprehensive neuropsychological evaluations with school-aged children and adolescents' presenting with various neurodevelopmental, learning, attentional, social and emotional challenges from underserved populations.
- Supervise psychology interns and externs in conducting and providing feedback regarding their comprehensive neuropsychological evaluations.
- Provide monthly consultation to legal advocates regarding cases they represent.
- Visit various classrooms to conduct observations in public, private and charter schools across the Tri-State region.
- Write comprehensive neuropsychological reports that integrate the child's cognitive, neuropsychological, academic and emotional functioning.
- Provide verbal feedback that includes diagnostic impressions and recommendations for appropriate interventions.
- Collaborate with the child's family and attorneys and when necessary, participate in IEP meetings and impartial hearings (educational advocacy).
- Collaborate with affiliated pediatricians, psychiatrists, psychological treatment providers, school personnel and other collateral contacts to ensure recommendations are being implemented across settings.
- Present at various community organizations affiliated with the Robin Hood Project to provide information about comprehensive neuropsychological evaluations.

*Assessment Supervisors: Peter Pramataris, Psy.D., Anna Goodearl, Ph.D. & Erica C. Chin, Ph.D.*

#### **Mount Sinai Adolescent Health Center, East Harlem, NY**

*Psychology Intern*

*July 2017 – June 2018*

- Conduct evidence-based individual and family psychotherapy with 12-15 adolescents (ages 10-24) of diverse cultural backgrounds and who present with a wide range of psychological disorders and psychosocial stressors.
- Modify existing curriculum to meet the developmental needs and co-facilitate a social skills group for adolescents with social learning disorders.
- Complete comprehensive psychological evaluations and write integrative psychological reports that include: diagnostic interviews, cognitive, academic, neuropsychological, symptom, and projective measures.
- Conduct intake evaluations with adolescents and their caregivers, and complete psychosocial summaries and comprehensive treatment plans.
- Consult with affiliated school personnel, caseworkers, legal providers, pediatricians, and psychiatrists regarding academic, emotional, and/or behavioral needs.
- Engage in program development to streamline the clinic's process of collecting collateral information.
- Present cases and provide feedback in weekly interdisciplinary treatment plan meetings.
- Provide weekly supervision to a psychology extern.
- Complete and maintain therapy progress notes, treatment plans, biweekly encounter progress notes, and Office of Victim Services paperwork.
- Participate in weekly didactic trainings on Transgender healthcare, treatment of Developmental Trauma Disorder, assessment and treatment of Learning Disorders, addressing human trafficking, school consultation, family therapy, and psychodynamic therapy.
- Receive weekly individual and group supervision.

*Clinical and Assessment Supervisors: Matthew Oranksy, Ph.D., Ariella Silver, Psy.D., Heidi Bender, Ph.D. & Linda Olszewski, Psy.D.*

*Primary Care Elective*

- Provide integrated mental health services to adolescents seeking medical care. Adolescents seeking care through medical services are often at high risk, have suffered poly-traumas and often present with psychosomatic concerns rather than mental health concerns.
- Conduct needs and risk assessments in the moment to ensure safety and engage adolescents in the moment.
- Work collaboratively with medical providers, nutritionists, legal aid services, psychiatrists and social workers to identify and provide care.
- Provide short-term, and long-term mental health services for up to 4 adolescents who present with varying needs.
- Attend a weekly multidisciplinary group supervision to present and provide feedback on ongoing short-term and long-term cases.

*Dialectical Behavior Therapy (DBT) Program*

- Provide DBT clinical services to 3 adolescents who demonstrate high risk behaviors including self-injurious behaviors, past suicide attempts, and have diagnoses including: Major Depressive Disorder, and Generalized Anxiety Disorder and Bipolar I Disorder.
- Co-facilitate a weekly DBT Skills group.
- Attend a weekly DBT consultation group meeting with DBT trained mental health workers.
- Attend a weekly DBT supervision with an outside consultant to aid in treatment fidelity.

*Trauma Focused-Cognitive Behavioral Therapy (TF-CBT) Program*

- Provide TF-CBT to 2 adolescents diagnosed with Posttraumatic Stress Disorder.
- Present cases and provide feedback at a weekly TF-CBT group supervision meeting.

- Attend TF-CBT workshops and trainings.

*Transgender Health Services*

- Provide mental health services to transgender and gender nonconforming adolescents and their families.
- Conduct hormone readiness assessments to support differential diagnosis.
- Consult with medical doctors to aid adolescents in receiving hormone therapy and gender confirming surgeries.

**Thomas J. McShane Center for Psychological Services, New York, NY**

*Training Therapist*

*September 2013 – June 2017*

- Provide weekly and bi-weekly short-term and long-term individual outpatient therapy services to young adult clients of diverse socio-economic backgrounds presenting with various psychological disorders.
- Collaborate with psychiatrists to provide comprehensive care and management of symptoms.
- Therapy provided under weekly individual supervision from licensed psychologists:
  - *Judith Lasky, Ph.D., Katelyn McGee, Psy.D., Lenore Proctor, Ph.D., Helen Quinones, Ph.D. & Katherine Oram, Ph.D.*
- Formulate diagnoses and treatment plans and maintain progress notes for patients ensuring proper documentation and treatment effectiveness.
- Participate in weekly individual and group supervision with case presentations.

**Montefiore Hospital, Rose F. Kennedy Children’s Evaluation and Rehabilitation Center, Bronx, NY**

*Psychology Extern*

*August 2016 – June 2017*

- Conduct long-term outpatient individual, family and group psychotherapy with culturally diverse and at-risk children, adolescents and young adults, ages 6-30, who demonstrate a range of developmental delays, socio-emotional, behavioral, and psychological difficulties.
- Provide collateral work with patient’s guardians and consult with patient’s teachers, caseworkers, pediatricians and psychiatrists.
- Formulate and administer comprehensive psychological evaluations, which include cognitive, academic, symptom and projective measures and complete integrative psychological reports.
- Attend and present at weekly multidisciplinary case conferences, collaborating with licensed psychologists, psychiatrists, developmental pediatricians, speech-language pathologists, and social workers in order to aide in diagnostic formulations and treatment plans.
- Complete and maintain weekly therapy progress notes, treatment plans, treatment summaries and billing paperwork using the electronic medical record system, EPIC.
- Participate in 1 ½ hour weekly didactic training in family therapy, group psychotherapy and psychological assessment.
- Attend monthly grand rounds with the Department of Pediatrics at Montefiore Hospital.

*Clinical and Assessment Supervisor: Erin Rivelis, Ph.D. Group Supervisor: Linda Kalb-Schweitzer, L.C.S.W.*

**Guggenheim Elementary School, Port Washington, NY**

*School Psychology Practicum Intern*

*September 2015 – June 2016*

- Administered cognitive and social-emotional assessments and wrote reports for initial and triennial evaluations.
- Attended Instructional Support Team meetings and Committee of Special Education meetings to provide feedback to students, their families, and teachers.
- Conducted student observations to provide information for triennial, initial, and 504 evaluations.
- Counseled individual students on a weekly basis to serve their social-emotional needs.

- Led a weekly social skills group for fourth grade students in a self-contained classroom.
- Collaborated with school psychologists, speech-language pathologists and special education teachers to implement psychological services for children presenting with behavioral and social-emotional difficulties.

*Clinical and Assessment Supervisor: Alisa Samuels-Stein, Ph.D.*

**Carrie Palmer Weber Middle School**, Port Washington, NY

*School Psychology Practicum Intern*

*September 2014 – June 2016*

- Administered cognitive, social-emotional and personality assessments and wrote reports for initial and triennial evaluations.
- Attended Instructional Support Team meetings and Committee of Special Education meetings to provide feedback to students, their families, teachers and guidance counselors.
- Conducted student observations to provide information for triennial, initial, and 504 evaluations.
- Counseled sixth grade students on a weekly basis to serve their social-emotional needs.
- Co-led group therapy focused on social skills for middle school students
- Co-led an adapted version of an empirically validated organizational skills group for sixth grade students diagnosed with Attention Deficit-Hyperactivity Disorder using Evidence Based Treatment. (Gallagher, Abikoff & Spira, 2014).
- Collaborated with school psychologists, speech-language pathologists, special education teachers, social workers, occupational therapists and physical therapists at the middle school level to implement psychological services for students presenting with learning, behavioral, social-emotional and developmental difficulties.

*Clinical and Assessment Supervisor: Lois Sazer, Ph.D. & Janna Stein, Psy.D.*

---

#### PROFESSIONAL SERVICE

##### **Grant Reviewer**

- APSSC Student Grant Reviewer

##### **Institutional and Local Service**

- Lenox Hill Hospital. Diversity, Equity, and Inclusion Committee, Committee Member. 2019 – 2020.
- Pace University, Department of Psychology. Graduate Student Psychology Association, President and Member. 2013-2018.

---

#### PROFESSIONAL AFFILIATIONS

- American Psychological Association
- National Association of School Psychologists

---

#### ADDITIONAL TRAINING

- Academics for Black Survival and Wellness (August 2020)
- NYNG Reducing Diagnostic Uncertainty: The Role of Evidence-Based Practices in Clinical Practice and Research (January 2020)

- Advocates for Children Early Childhood Education: 0-5 Years Old (November 2019)
- Advocates for Children School Advocacy Skill Building Workshop: Special Education 102 (April 2019)
- Advocates for Children School Discipline in NYC DoE Public Schools (December 2018)
- NYS Department of Health AIDS Institute “HIV Testing in NYS” (October 2017)
- NYS Department of Health AIDS Institute “HIV Testing Skills Practice Session” (October 2017)
- Westchester County Psychological Association: Understanding Selective Mutism and Helping Children Find their ‘Brave Voice’ (February 2017)
- Division 56 Webinar: Narrative Exposure Therapy as a Treatment for PTSD Resulting from Repeated and Chronic Trauma (October 2016)
- OLWEUS Bully Prevention Training (June 2016)
- South Oaks School Refusal and Suicide Prevention Training (November,2015)
- Division 56 Webinar: Identification & Treatment of Childhood Trauma (September 2016)
- Pace University Workshop on DBT Treatment (October 2015)
- Dignity for all Students Act (DASA) Certification (2015)
- TF-CBT Web Training: Trauma Focused Cognitive-Behavioral Therapy (2015)
- William Alanson White Institute Lecture on “Personal and Communal Encounters with Sexual Boundary Violations” (2015)
- New York State Child Abuse Prevention Certification (2014)
- New York State Violence Prevention Certification (2014)