

M. Sasha Rudenstine, Ph.D.

(917) 502-1698

sasharudenstine@gmail.com

LICENSURE

NYS License #020618

EDUCATION

City University of New York – New York, NY Ph.D. September 2013
APA accredited program in Clinical Psychology
Advisor: Steven Tuber, PhD
Dissertation: “The Role of A Multilevel Approach to Social Support When Applied to Post-Traumatic Stress Disorder Onset and Trajectories” (Defended on February 1, 2012)

City College of New York, CUNY – New York, NY M.A. June 2010
Clinical Psychology

Haverford College – Haverford, PA B.A. May 2004
Major: Anthropology
Advisor: Laurie Hart, Ph.D.
Thesis: “The Anthropology of Harm Reduction for Injection Drug Users”

Universidad De Sevilla – Sevilla, Spain
Visiting student, Spring 2003
Coursework primarily in Spanish

CURRENT POSITIONS

ACADEMIC

Tenure-Track Assistant Professor August 2015-Present
City College, City University of New York – New York, NY

- Teach clinical psychology doctoral students and psychology masters students
- Supervise and administer the Dialectical Behavior Treatment Team at The Psychological Center
- Supervise and administer the RISE Treatment Team at The Psychological Center
- Supervise therapists of child and adult patients
- Advise master-level and doctoral-level students
- Lead a research team that has designed, implemented, and runs two research protocols at The Psychological Center

CLINICAL

NYS Licensed Psychologist

- Individual and family therapist for children and adults July 2014-Present

- Supervise clinical psychology doctoral students
- Oversee and supervise a DBT program at The Psychological Center, CCNY

RESEARCH

Adjunct Research Scientist

August 2014 -Present

Mailman School of Public Health, Columbia University – New York, NY

- Authored a NIH K grant application, will be submitted to NIAAA October 2014
- Authored and co-authored manuscripts for peer reviewed journals

PREVIOUS TRAINING AND EMPLOYMENT

ACADEMIC

Substitute Assistant Professor

August 2014-August 2015

City College, City University of New York – New York, NY

- Teach clinical psychology doctoral students

CLINICAL TRAINING

Post-doctoral Fellowship

July 2013-June 2014

Columbia University Medical Center – New York, NY

- Therapist practicing under the license of Dr. Diana Puñales
- Supervise clinical psychology doctoral students

APA Accredited Pre-doctoral Internship

July 2012-June 2013

Beth Israel Medical Center – New York, NY

- Individual and family therapist for children and adults with severe mental illness, including individuals with a significant history of trauma
- Therapist on a dual diagnosis psychiatric inpatient unit
- Co-led a Dialectical Behavioral Therapy (DBT) group
- Co-led supervision groups for psychology externs, medical residents, and attending psychiatrists
- Conducted intake assessments for children and adults for diagnostic clarification and treatment planning
- Conducted psychological and neuropsychological assessments for diagnostic clarification and to assess cognitive functioning
- Collaborated with psychiatrists, caretakers, school teachers, and other professionals to coordinate treatment
- Presented at case conferences
- Participated in seminars on topics such as cognitive behavioral therapy, dialectical behavioral therapy, neuropsychological assessment, trauma-informed treatment for children (Attachment, Self-Regulation, and Competence), and brief relational psychotherapy, and attended Grand Rounds at Beth Israel Medical Center

Hospital Clinical Externship

July 2010-June 2012

Psychiatric Outpatient Clinic, Columbia University Medical Center – New York, NY

- Individual and family therapist for adults with a wide range of mental illness, including individuals with a significant history of trauma
- Provided acute treatment for individuals in crisis
- Co-led psychotherapy groups
- Conducted intake assessments for adults for diagnostic clarification and treatment planning
- Collaborated with psychiatrists, family members, and other professionals to coordinate treatment
- Participated in seminars on topics such as short-term treatment and group psychotherapy
- Presented at case conferences

Hospital Clinical Externship

June 2009-August 2009

Comprehensive Psychiatric Emergency Program (CPEP), Bellevue Hospital – New York, NY

- Conducted in-depth psychiatric assessments for diagnostic clarification and treatment planning
- Engaged in brief psychotherapeutic interventions
- Participated in daily rounds

Program Development and Clinical Experience

December 2008-November 2009

Veteran Program, City College of New York (CCNY) – New York, NY

- Founded, developed and coordinated the Veteran Program at CCNY
- Facilitated three psychotherapy groups for veterans who are students at CCNY
- Interacted regularly with CCNY administration in the coordination of the program
- Interacted with organizations throughout NYC who work with Veterans in the development of the program

Clinical Fellowship

2009 Fall Semester

Wellness Center, City College of New York, CUNY – New York, NY

- Conducted short-term individual therapy with students of City College of New York at the college's wellness center

Clinical School-Based Externship

September 2008-May 2009

School Crisis Team, Turn Around For Children & Visiting Nurses Services of New York – Bronx, NY

- Collaborated with school teachers and administrators to assess children in crisis
- Individual and family therapist for those children in crisis
- Did home visits to families of children in crisis
- Collaborated with school administration and teachers to implement interventions to help children identified as having difficulties
- Helped families gain access to necessary resources

Doctoral Program's Clinical Training

Spring 2008-June 2012

The Psychological Center, Clinical Psychology Doctoral Program (CUNY) – New York, NY

- Conducted long-term individual therapy for children and adults presenting with wide ranging mental illness
- Administered comprehensive psychological and neuropsychological assessments

- Completed comprehensive reports that included psychosocial history, clients’ cognitive, academic, and social-emotional strengths and weaknesses, recommendations, and referrals
- Performed structured intake interviews and feedback sessions to clients and caregivers, when appropriate
- Collaborated with school teachers and administrators, caregivers, psychiatrists, and other treatment providers

CLINICAL CERTIFICATIONS

Children & Adolescent Needs & Strengths (CANS)

The National Child Traumatic Stress Network
Certificate on completion received

October 2012

Exner Scoring Method for the Rorschach Inkblot Test Training

Clinical Psychology Doctoral Program, CUNY – New York, NY
Certificate on completion received

January 30th-31st, 2010

Exposure Therapy Training

The Center for Trauma and Addictions, CCNY – New York, NY
Certificate on completion received

January 25th-27th, 2010

ORGANIZATIONAL CONSULTING

Mailman School of Public Health, Columbia University – New York, NY February 2010 – February 2012
Project Director

- Developed strategies for creating and implementing a renewed curriculum (new curriculum in place as of September 2012)
- Worked closely with faculty and administrators to reconcile differing agendas
- Coordinated efforts across the school’s academic and administrative department

RESEARCH EXPERIENCE

Department of Epidemiology Merit Postdoctoral Fellow

July 2013-August 2014

Mailman School of Public Health, Columbia University – New York, NY

- Authored and co-authored manuscripts for peer reviewed journals
- Co-authored grant applications (grants submitted to NIH and NIDA)
- Collaborated on the planning of a symposium, “Preventing Mental Illness, Improving Global Mental Health” held on May 2nd, 2014 at Columbia University Medical Center
- Completed three courses as part of the Epidemiology and Population Health Summer Institute at the Mailman School of Public Health, Columbia University (June 2014):
 - Introduction to Epidemiology
 - Introduction to Biostatistics
 - Applied Regression

Research Fellow

July 2011-July 2013

Mailman School of Public Health, Columbia University – New York, NY

- Led on statistical analyses and papers assessing the association of childhood maltreatment on adult psychopathology
- Co-edited a book, Life Course Epidemiology of Mental Disorders
- Authored and co-authored 2 book chapters and manuscripts for peer-reviewed journals

Project Director

September 2006-February 2010

School of Public Health, Department of Epidemiology, University of Michigan – Ann Arbor, Michigan

- Synthesized sociology, epidemiology, psychology, and anthropology literature and collaborated in the development of theoretical models on the causes and behavioral consequences of disasters
- Taught and supervised research assistants
- Conducted qualitative data analysis
- Co-authored a book, The Causes and Behavioral Consequences of Disasters, published by Springer Publishers in September 2011 and co-authored manuscripts for peer-reviewed journals
- Directed the Disaster Research Education and Mentoring Center, a virtual center designed to educate and mentor researchers involved in post-disaster research

Project – Social context and the consequences of disasters: A mixed methods approach to identifying underlying vulnerabilities and capacities [Funded by Robert Wood Johnson Foundation]

Project Director

June 2005-August 2006

Center for Urban Epidemiologic Studies (CUES), New York Academy of Medicine – New York, NY

- Managed staff on data collection
- Coordinated multi-site efforts
- Administered in-depth 90 minute interviews to over forty prison inmates
- Coordinated IRB approval from multiple sites and from New York State
- Initiated and developed relationships with prison wardens and guards at various New York State prisons and jails
- Presented at national conferences

Projects – Impact of an HIV Intervention on Adolescent Males Leaving Jail (Real Men)
[Funded by National Institutes of Health; R01 DA 014725]

The Urban Environment and HIV Risk Behavior [Funded by National Institutes of Health;
R01 DA 018061]

The Role of Trauma Exposure in Drug Use and HIV Risk [Funded by National Institutes of
Health; R01 MH068192]

Evaluation of Citywide Naloxone Distribution [Funded by Medical and Health Research
Association of New York City]

Disaster Research Education and Mentoring Center [Funded by National Institutes of
Health; R25 MH070552]

Project Coordinator

May 2004-May 2005

Center for Urban Epidemiologic Studies (CUES), New York Academy of Medicine – New York, NY

- Involved in the national and international launch of the Disaster Research Education and Mentoring Center, an educational grant aimed at training researchers in post-disaster research
- Designed and maintained a website for the Center
- Developed written educational materials
- Coordinated multi-site efforts
- Created national and international contacts for the Center
- Presented the project at national conferences

Project – Disaster Research Education and Mentoring Center [Funded by National Institutes of Health; R25 MH070552]

MEMBERSHIPS

- Society of Clinical Child and Adolescent Psychology, Division 53 of the American Psychological Association (2011 - present)
- American Psychological Association (2010 - present)
- Div 39, Psychoanalysis, American Psychological Association (2017-present)
- Div 29, The Society for the Advancement of Psychotherapy, American Psychological Association (2017-present)
- International Society for Traumatic Stress Studies (2004-2008; 2011)

PUBLICATIONS

Peer-reviewed manuscripts

Under Review

1. Rudenstine, S, Espinosa, A, McGee, AB, Morales, AM, Wright, L, Cancelmo, L. (2017). The interaction of trait emotional intelligence, adverse childhood events, and adult trauma on adult psychological functioning. Manuscript submitted for publication.
2. Rudenstine, S, Cancelmo, L, Wright, L, Morales, AM, Hernandez, M, Pickett, L, Tuber, S. (2017). Bridging psychotherapy practice and research: Program Evaluation of a community-based mental health clinic. Manuscript submitted for publication.

Published

1. Rudenstine, S, Prescott, MR, Sampson, L, Liberzon, I, Tamburrino, M, Calabrese, J, Galea, S. Adverse childhood events and the risk for new onset depression and posttraumatic stress disorder among US National Guard soldiers. *Military Medicine*, 2015;180(9):972-978.
2. Rudenstine, S, Galea, S. Preventing brain disorders: A framework for action. *Social Psychiatry and Psychiatric Epidemiology*. 2015; 50(5): 833-841.
3. Galea, S, Fried, LP, Walker, JR, Rudenstine, S, Glover, JW, Begg, M. Developing the new Columbia Core Curriculum: A case study in managing radical curriculum change. *American Journal*

of Public Health, 2015; 105: S17-21.

4. Rudenstine, S, Galea, S. The behavioral consequences of disasters: A five stage model of population behavior. *Disaster Medicine and Public Health Preparedness*, January 2014.
- 5 Rudenstine, S, Galea, S. Reimagining emergency health policy, a focus on population mental health. *Harvard Health Policy Review*. 2014; 15(1); 14-16. Available at: <http://hhpronline.org/wp-content/uploads/2014/05/Rudenstine.pdf>.
6. Markham Piper T, Stancliff S, Rudenstine S, Sherman S, Nandi V, Clear A, Galea S. Evaluation of a naloxone distribution and administration program in New York City. *Substance Use and Misuse*. 2008; 43(7): 858-70.
7. Galea S, Ahern J, Tracy M, Rudenstine S, Vlahov D. Education inequality and use of cigarettes, alcohol, and marijuana. *Drug and Alcohol Dependence*. 2007;90S:S4-S15.
8. Markham Piper T, Rudenstine S, Stancliff S, Sherman S, Nandi V, Clear A, Galea S. Overdose prevention for injection drug users: Lessons learned from naloxone training and distribution programs in New York City. *Harm Reduction Journal* 2007;4:3.
9. Galea S, Hadley C, Rudenstine S. Social context and the health consequences of disasters: *American Journal of Disaster Medicine* 2006;1(1):37-47.
10. Vlahov D, Galea S, Ahern J, Rudenstine S, Resnick H, Kilpatrick D, Crum RM. Problems with alcohol among New York City residents after the September 11 terrorist attacks. *Substance Abuse Misuse*. 2006;41(9):1295-1311.
11. Miguel-Tobal J, Cano-Vindel A, Gonzalez-Ordi H, Iruarrizaga I, Rudenstine S, Vlahov D, Galea S. Post-Traumatic Stress and Depression After The Madrid March 11 Train Bombings. *Journal of Traumatic Stress*. 2006 Feb;19(1):69-80
12. Galea S, Nandi A, Stuber J, Gold J, Acierno R, Best C, Bucuvalas M, Rudenstine S, Boscarino J, Resnick H. Participant reactions to survey research conducted in the general population after terrorist attacks. *Journal of Traumatic Stress*. 2005 Oct;18(5):461-5.
13. Galea S, Ahern J, Rudenstine S, Wallace Z, Vlahov D. The urban built environment and depression: a multilevel analysis. *Journal of Epidemiology and Community Health*. 2005;59: 822-827.
14. Galea S, Rudenstine S, Vlahov D. Drug use, misuse, and the urban environment. *Drug and Alcohol Review*. 2005; 24(2);127-136.
15. Galea S, Rudenstine S. Challenges in understanding disparities in drug use and its consequences. *Journal of Urban Health*. 2005;82(2 Suppl 3):iii5-iii12.

16. Rudenstine S, Galea S, Ahern J, Felton C, Vlahov D. Awareness and perceptions of a community-wide mental health program 4-5 months after the September 11 terrorist attacks in New York City. *Psychiatric Services*. 2003;54(10):1404-6.

Books

1. Koenen, K., Rudenstine, S, Susser, E, Galea, S (editors). *Life Course Epidemiology of Mental Disorders*. United Kingdom: Oxford Press, 2013.
2. Rudenstine, S, Galea, S. *The Causes and Behavioral Consequences of Disasters: Models Informed by the Global Experience 1950-2005*. New York, NY: Springer Publishers, 2011.

Book Chapters

Published

1. Rudenstine, S., Galea, S. Terrorism and its impact on mental health. In Violence and mental health: Short and long term impact on affected populations. ed. Lindert, J., Levav, I., Weisskopf, M. Springer Publishers, 2015.
2. Rudenstine, S. Life Course epidemiology of depression. In Lifecourse epidemiology of mental disorders. ed. Koenen, K., Rudenstine, S, Susser, E, Galea, S (editors). *Life Course Epidemiology of Mental Disorders*. Oxford Press, 2013.
2. Hadley C, Rudenstine S, Galea S. How vulnerabilities and capacities shape population health after disasters. In Interdisciplinary urban health research and practice. ed. Freudenberg N, Saegert S, Klitzman S. San Francisco, CA: John-Wiley and Sons, 2009.

Non peer-reviewed manuscripts

Published

1. Rudenstine, S. Don't just treat but prevent brain disorders. The 2x2 Project: Health beyond headlines. April 29, 2014. Available at: <http://the2x2project.org/dont-just-treat-but-prevent-brain-disorders/>. Accessed May 4, 2014
2. Rudenstine, S. A multilevel approach to social support as a key determinant of posttraumatic stress disorder onset and trajectories after a mass traumatic event. UMI Dissertation Publishing, 2013.
3. Rudenstine S. On a dirt road in La Huerta. Teen Voices. 2001. Available at: http://www.teenvoices.com/images/special2_4.htm. Accessed June 6, 2005.

PRESENTATIONS

Clinical case conferences

1. Rudenstine, S. Case presentation at Beth Israel Medical Center, Psychiatric Outpatient Services

for Children. November 2012.

2. Rudenstine, S. Multicultural case presentation with fellow externs at Columbia Presbyterian Medical Campus, Adult Outpatient Psychiatric Clinic, May 2011.
3. Rudenstine, S. Case presentation at Columbia Presbyterian Medical Campus, Adult Outpatient Psychiatric Clinic. October 2010.

Academic conferences

1. Cancelmo, L. M., Rudenstine, S., Morales, A., Wright, L. (2017) Treatment goals at a community mental health clinic. Poster presented at the 37th annual spring meeting for the Division of Psychoanalysis (Division 39) of the, American Psychological Association, New York, NY.
2. Morales, Aura-Maria, Rudenstine, S., Cancelmo, L., & Wright, L. "The Effect of Emotional Intelligence on Psychological Distress and The Psychological Sequelae of Exposure to Adverse Childhood Experiences." 37th annual spring meeting for the Division of Psychoanalysis (Division 39) of the American Psychological Association, New York, NY. April 2017
3. Wright, L., Rudenstine, S. Cancelmo, L., Gray, K., Tuber, S. "Integrative Assessments: Exploring Child Mental Health and Well-Being Through 'Project' and 'Objective' Clinical Instruments. 37th annual spring meeting for the Division of Psychoanalysis (Division 39) of the American Psychological Association, New York, NY. April 2017
4. Wright, L. Rudenstine, S., Cancelmo, L., & Pickett, L. "Cultural Humility: (In)Congruent Perceptions Within the Therapeutic Dyad." 2017 National Meetings of the American Psychoanalytic Association. January, 2017.
5. Wright, L. Rudenstine, S., Cancelmo, L., & Pickett, L. "What's in an identity? Self-Identification & Social Location in a Community-Based Mental Health Clinic." 2nd Annual Psychology Research Day, November 2016.
6. Rudenstine, S., Wright, L., Karlsburg, J., Pinales, D., Harris, B. Psychotherapy evaluation and clinical effectiveness program – PEACE program: Bringing Comprehensive Programmatic Evaluation to an Urban, Community Based Mental health Clinic. 105th Annual American Psychoanalytic Association Conference. January 2016.
7. Rudenstine, S., Prescott, M., Calabrese, J.R., Liberzon, I., Slembariski, R., Shirley, E., Fine, T., Goto, T., Ganocy, S., Chan, P., Serrano M., Galea, S. Child abuse and psychopathology developed during or after deployment in a sample of Ohio Army National Guard soldiers. International Society for Traumatic Stress Studies Annual Meeting. [Oral presentation]. Los Angeles, CA. November 2012.
8. Ompad DC, Galea S, Chan C, Frye V, Rudenstine S, Vlahov D. Correlates of club drug availability in New York City neighborhoods. International Society of Urban Health Annual Meeting. [Oral presentation]. Amsterdam, The Netherlands. November 2006.

9. Sherman S, Markham Piper T, Rudenstine S, Vasquez C, Hoover S, Stancliff S, Galea S. A qualitative exploration of injection drug users' (IDUs) experiences with overdose and naloxone in New York City. American Public Health Association Annual Meeting. [Oral presentation]. Boston, MA. November 2006
10. Ompad DC, Galea S, Chan C, Frye V, Rudenstine S, Vlahov D. Availability and use of club drugs in New York City Neighborhoods. American Public Health Association Annual Meeting. [Poster presentation]. Boston, MA. November 2006.
11. Rudenstine S, Ompad D, Chan C, Galea S, Vlahov D. Use of Prescription Drugs in New York City neighborhoods. American Public Health Association Annual Meeting. [Poster presentation]. Boston, MA. November 2006.
12. Markham Piper, T, Rudenstine S, Sherman S, Nandi V, Stancliff S, Galea S. Evaluation of a naloxone distribution and administration program in New York City. American Public Health Association Annual Meeting. [Poster presentation]. Boston, MA. November 2006
13. Ompad DC, Galea S, Chan C, Frye V, Rudenstine S, Vlahov D. Availability and use of club drugs in New York City neighborhoods. College on Problems of Drug Dependence Annual Meeting. Scottsdale, AZ. June 2006.
14. Rudenstine S, Galea S, Ruggiero K, Acierno R, Resnick H, Kilpatrick D. Disaster Education, Research, and Mentoring Center to improve post-disaster assessment. International Society for Traumatic Stress Studies. [Poster Exhibit]. Philadelphia, PA. December 2005.
15. Rudenstine S, Ruggiero K, Acierno R, Best CL, Resnick H, Vlahov D, Kilpatrick DG, Galea S. A Disaster Education, Research, and Mentoring Center. American Public Health Association meeting [Poster presentation] New Orleans, LA. November 2005.
16. Galea S, Kilpatrick D, Rudenstine S, Ruggiero K, Best C, Resnick H. National and international research in the aftermath of disasters: Education and mentoring for researchers. American Psychological Association annual meeting. [Oral presentation]. Washington, DC. August 2005.
17. Galea S, Kilpatrick D, Rudenstine S, Ruggiero K, Best C, Resnick H. A disaster research education and mentoring center: National and international research in the aftermath of disasters: Education and mentoring for researchers. American Psychiatric Association annual meeting. [Poster presentation]. Atlanta, GA. May 2005.
18. Rudenstine S, Galea S, Ruggiero K, Acierno R, Best CL, Resnick H, Kilpatrick D. Disaster Education, Research, and Mentoring Center. International Society for Traumatic Stress Studies. [Poster Exhibit]. New Orleans, LA. November 2004.
19. Kilpatrick DG, Galea S, Resnick HS, Best CL, Acierno R, Ruggiero KJ, Mullane S, Boscarino JA, Vlahov D, Fleischman A, Rudenstine S, Bucuvalas MJ. Disaster Research Education and Mentoring center. 38th annual convention of the Association for Advancement of Behavior Therapy [Poster presentation] New Orleans, LA. November 2004.

20. Kilpatrick D, Galea S, Resnick H, Best CL, Acierno R, Ruggiero KJ, Mullane S, Boscarino J, Vlahov D, Fleischman A, Rudenstine S, Bucuvalas MJ. Disaster Research Education and Mentoring Center. Association for the Advancement of Behavioral Therapy Annual Meeting [Poster presentation]. New Orleans, LA. November 2004.

Continuing Education Workshops

Introduction to urban health

American Public Health Association. Philadelphia, PA. December 2005.

The epidemiology of disasters and their consequences: History, methods, research, and directions

American Public Health Association. Philadelphia, PA. December 2005.

American College of Epidemiology. New Orleans, LA. September 2005.

Society for Epidemiologic Research. Toronto, Canada. June 2005.

REFERENCES

Available on request