**Toby Dresdner, M.A.**

210 w 89th St., Apt 4N, New York, NY 10024

914-500-3610 • tobydresdner96@gmail.com

**EDUCATION**

August 2021 – **Doctoral Student**

*May 2026* **Clinical Psychology (Health Emphasis)**, APA Accredited

Ferkauf Graduate School of Psychology, Yeshiva University

Bronx, NY

Director of Clinical Training: Director of Clinical Training: Bari Hillman, Ph.D.

Email: bari.hillman@yu.edu / Phone: 516-857-0827

GPA: 3.98

May 2023 **M.A. Psychology**

Ferkauf Graduate School of Psychology, Yeshiva University

Bronx, NY

August 2019 – **Postbaccalaureate studies**

December 2020 **Major: Psychology**

Columbia University, New York, New York

GPA: 4.0

August 2016 – **B.A. *cum laude***

June 2019 **Major: English**

 Cornell University, Ithaca, New York

 GPA: 3.87

**SUPERVISED CLINICAL DOCTORAL TRAINING**

May 2024- **Neuropsychology Assessment Extern**August 2024***Madonna Rehabilitation Hospital***

 Lincoln, Nebraska

* Conducts dementia and TBI cognitive impairment assessment batteries for 2 patients a week
* Participates in assessment feedback sessions
* Prepared a patient integrated report

**Supervisor: Travis Groft, Ph.D.**

September 2023- **Headache Psychology Extern***Present* ***Rock Rimmon Group***

 Bronx, New York

* Weekly caseload of 1-3 patients with primary headache diagnoses
* Conducts CBT-HA and ACT for Chronic Pain
* Weekly individual supervision

**Supervisor: Elizabeth Seng, Ph.D.**

September 2023- **Behavioral Medicine Specialist** May 2024***Montefiore Headache Center***

 Bronx, New York

* Weekly caseload of 5-10 patients struggling with migraine
* Provides psychoeducation on behavioral medicine interventions for alleviating migraine symptoms and improving quality of life
* Weekly individual supervision

**Supervisor: Elizabeth Seng, Ph.D.**

July 2023- **DBT Extern** July 2024***Dr. Ashley Pierson Private Practice in DBT***

 Brooklyn, New York

* Weekly caseload of 2-4 individual psychotherapy patients providing comprehensive DBT and DBT-informed CBT
* Clinic specializes in treating borderline personality disorder
* Co-leads a weekly DBT skills group
* Weekly individual and group supervision

**Supervisor: Ashley Pierson, Ph.D.**

July 2022- **Psychology and Behavioral Medicine Extern**

July 2023 ***The Max & Celia Parnes Family Psychological and Psychoeducational*** ***Services Clinic***

 Yeshiva University, Bronx, New York

* Community-based mental healthcare outpatient clinic
* Weekly case load of 2-3 individual psychotherapy cases
* Treatment issues include anxiety, depression, coping with stress, OCD, and physical health issues
* Conducts pre-surgical psychological evaluations for patients seeking bariatric surgery; provides written assessment to referring physicians
* Conducts clinic intake evaluations using SCID-5
* Responsible for all case documentation
* Weekly individual supervision

**Supervisor: Krista Nelson, Ph.D.**

September 2022- ***Psychology Extern***

May 2023**JTS Counseling Center**: **The Jewish Theological Seminary**

New York, New York

* Case load of approximately 10 individual psychotherapy cases
* Treatment issues frequently include difficulties with affect regulation, anxiety, and interpersonal conflicts
* Conducts education sessions in mindfulness skills
* 4 hours of individual and group supervision

**Supervisors: Debbie Krishnan, Psy.D., Lara Friedrich, Psy.D., Alisa Shenin, MA**

**RESEARCH EXPERIENCE**

April 2024 – **Principal Investigator, Doctoral Research Project**

*present* Ferkauf Graduate School of Psychology, Yeshiva University, Bronx, NY

**Title: Measuring Adverse Events in Mindfulness Based Relaxation Intervention Trials for Patients with Migraine**

**Supervised by Elizabeth Seng, Ph.D**.

August 2021 – **Principal Investigator, Pre-Doctoral Research Project**

April 2024 Ferkauf Graduate School of Psychology, Yeshiva University, Bronx, NY

**Title: Measuring Adverse Events in Mindfulness Based Relaxation Interventions for Patients with Migraine**

**Supervised by Elizabeth Seng, Ph.D**.

August 2021 – **Graduate Research Assistant**

*present* ***Psychology of Migraine and Adherence Lab***

Ferkauf Graduate School of Psychology, Yeshiva University, Bronx, NY

* Junior researcher studying the intersection between behavioral and psychosocial factors that affect migraine medication adherence, and therapeutic interventions
* Collaborate on psychological and biomedical research, including design, statistical analysis, and manuscript preparation

**Research Advisor: Elizabeth Seng, Ph.D**.

September 2019 – **Postbaccalaureate Research Assistant**

March 2021 ***Higgins Lab***

Columbia University, New York, NY

* Conducted literature review on shared reality and decision making
* Corresponded with and coordinated participant scheduling
* Compiled and maintained psychometric scale compendium

**Research Advisor: E. Tory Higgins, Ph.D**.

August 2019 – **Postbaccalaureate Research Assistant**

June 2021 **Global Psychiatric and Epidemiology Group**

Columbia University Medical Center, New York, NY

* Conducted several-hour clinical interviews with research participants for studies investigating trauma in minority, low-SES, pediatric, and geriatric populations, among others.
* Administered breathing tests, took and processed blood for study on health and emotional well-being.

**Research Advisor: Christina Hoven, Ph.D**

**OTHER WORK EXPERIENCE**

August 2017 – **Peer Counselor**

May 2019 Cornell University

Ithaca, NY

* Trained in a peer counseling model developed by Cornell Psychologists
* Worked with both Cornell students as well as adults living in the Ithaca area

June 2018 – **Division of Research Intern**

August 2018 National Endowment for the Humanities

Washington, D.C.

* Gained familiarity with the forefront of humanities research in the United States
* Developed skills in grant writing and reviewing process, including a proficiency in cogent and effective academic communication strategies

June 2017 – **Occupational Therapy Intern**

August 2017 Tirat Carmel Mental Hospital

Tirat Carmel, Israel

* Built relationships with patients as a supplemental treatment to provide them with interpersonal support beyond hospital staff
* Gained an intimate understanding of the Israeli mental health system and its effects on patients and workers

June 2016 – **Legal Assistant Intern**

August 2016 Criminal Defense, Civil, & International Law Attorney, Nick Kaufman, esq.

Jerusalem Israel

* Crafted appeals and prepared briefs for civil, criminal, and international law cases
* Conducted international law research

**CERTIFICATIONS, LEADERSHIP, HONORS AND AWARDS**

2023-2026 Division 38 Society for Health Psychology Student Advisory Council: Health Research Council Student Representative

2021 – 2023 Merit Scholarship, Ferkauf Graduate School of Psychology

2019 New York State Certified Phlebotomist

2016-2019 Dean’s List, Cornell University

**TEACHING AND ASSISTANTSHIPS**

August 2022- **Teaching Assistant, Admissions**

May 2024 Ferkauf Graduate School of Psychology

Spring 2018 **Teaching Assistant, Plant Biology and Earth Science**

 Cornell University

* Led a weekly discussion section of ten students
* Graded homework assignments and essays

Course Instructor: Tom Silva, PhD

August 2014- **Assistant Teacher**

July 2015 Zalman Aran Elementary School

* Taught elementary English and math to students with and without learning disabilities three times a week
* Collaborated with teachers weekly to develop teaching strategies to address students’ environmental and social needs

**ASSESSMENT TRAINING**

 **Fall 2021**

 Repeatable Battery for the Assessment of Neuropsychological Status (RBANS)

 Structured Clinical Interview for the DSM-5 (SCID-5)

 Wechsler Adult Intelligence Scale – IV (WAIS-IV)

 Wechsler Intelligence Scale for Children – IV (WISC-IV)

 Wechsler Memory Scale – IV (WMS-IV)

 **Spring 2021**

Minnesota Multiphasic Personality Inventory – 2 (MMPI-2)

 Minnesota Multiphasic Personality Inventory – 2 – Revised Form (MMPI-2-RF)

 Personality Assessment Inventory (PAI)

 Rorschach Inkblot Method (Exner Comprehensive System)

 **Summer 2024**

 Delis-Kaplan Executive Function System (D-KEFS)

 Wechsler Test of Adult Reading (WTAR)

 Clock Drawing Task (CLOX)

 Boston Naming Task

 Rey Complex Figure Test (RCFT)

Trails Making Test (TMT)

**CLINICAL ASSESSMENT EXPERIENCE**

 Structured Clinical Interview for the DSM-5 (SCID-5)

Structured Clinical Interview for the DSM-2 (SCID-2): Personality Disorders Module

Repeatable Battery for the Assessment of Neuropsychological Status (RBANS)

Delis-Kaplan Executive Function System- Trails Making (D-KEFS Trails)

Delis-Kaplan Executive Function System- Color Word Interference (D-KEFS CWIT)

Delis-Kaplan Executive Function System- Verbal Fluency (D-KEFS VF)

Wechsler Test of Adult Reading (WTAR)

 Clock Drawing Task (CLOX)

 Boston Naming Task

 Rey Complex Figure Test (RCFT)

 Trails Making Test (TMT)

**PAPERS AND PUBLICATIONS**

Reeder, A.K., **Dresdner, T.,** Boudette, R., Kessel, S., Butler, B., Wells, R.E., Seng, E. (2023). (Under review) Unwinding Anxiety for Migraine: A Pilot Randomized Clinical Trial of a Mindfulness Intervention for People with Migraine and Anxiety.

**Dresdner, T.,** Reeder, A.K., Boudette, R., Butler, B., Kessel, S., Seng, E. (Manuscript in preparation). Adverse Event Reporting in a Mindfulness Intervention for Migraine.

**Dresdner, T.** (2024). Adverse Events in Behavioral Health Interventions: A Call for Consensus. The Health Psychologist- The Electronic Magazine of the Society for Health Psychology.

**Dresdner, T., Seng, E.** (Revisions under review). Part of the process, or adverse event? Considering the benefits and potential risks of mindfulness-based interventions for migraine.

Current Pain and Headache Reports.

Senter, A., Seng, E., Hammer, J., Reeder, A.K., **Dresdner, T.** (2024). Acceptance and Commitment Therapy for Headache Manual (ACT-HA). Headache Centers of Excellence (HCOE), Veteran’s Administration (VA).

**POSTER PRESENTATIONS AT SCIENTIFIC MEETINGS**

Reeder, A.K., **Dresdner, T.,** Boudette, R., Kessel, S., Butler, B., Wells, R.E., Seng, E. (2023). *Unwinding Anxiety for Migraine: A Pilot Randomized Clinical Trial of a Mindfulness Intervention for People with Migraine and Anxiety.* American Headache Society. Austin, TX.

**Dresdner, T**, Pinelli, F, Higgins, E. T. (2021). *Effects of cues of shared reality on motivation by personality type*. Society for Personality and Social Psychology Conference, Virtual.

**Dresdner, T.,** Reeder, A.K., Grazzi, L., Raggi, A., Shallcross, A., Boudette, R., Butler, B., Kessel, S., Seng, E. (2024). *Characterizing Adverse Events in a Mindfulness Treatment for Migraine and Anxiety.* Association for Behavioral and Cognitive Therapies. Philadelphia, PA.

**PROFESSIONAL MEMBERSHIPS**

American Psychological Association, Student Affiliate

 Division 1, Society for General Psychology

 Division 3, Experimental Psychology and Cognitive Science

 Division 6, Society for Behavioral Neuroscience and Comparative Psychology

 Division 8, Society for Personality and Social Psychology

 Division 38, Society for Health Psychology

 Division 56, Trauma Psychology

American Headache Society, Student Affiliate

**LANGUAGES**

Hebrew: Conversational