

Alexandra Meliz Ozmeral, M.A.

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EDUCATION

Aug 2021 – Present
Expected May 2026

Doctoral Student

Clinical Psychology Ph.D. Program (Health Emphasis), APA Accredited
Ferkauf Graduate School of Psychology
Yeshiva University, Bronx, New York
Director of Clinical Training: Bari Hillman, Ph.D.
Email: bari.hillman@yu.edu | Phone: 516-857-0827

May 2023

M.A., Psychology, en route

Ferkauf Graduate School of Psychology
Yeshiva University, Bronx, New York

May 2018

B.S., Cum Laude

Health Promotion Disease Prevention Major

University of Southern California, Los Angeles, California

Study Abroad: John D. Kehoe School of Art, Cortona, Italy, Spring 2015

SUPERVISED DOCTORAL CLINICAL TRAINING

July 2024 – Present

Psychology Extern

Northwell Health, The Zucker Hillside Hospital

Behavioral Health College Partnerships

Queens, NY

- Clinical rotations take place across two different clinical settings.

Ambulatory Psychiatry Centers | Outpatient

- Maintain a caseload of eight undergraduate and graduate students and conduct weekly individual therapy.
- Integrate multiple therapeutic approaches including cognitive behavioral therapy (CBT); dialectical behavioral therapy (DBT); acceptance and commitment therapy (ACT); motivational interviewing; and mindfulness.
- Co-lead weekly body image group based on dialectical behavioral and acceptance and commitment-based skills
- Receive individual supervision, participate in case conferences, seminars, and didactic training.

Supervisor: Matthew Steinhauer, Ph.D.

One South | Inpatient

- Serve as a multidisciplinary team member providing evidence-based treatments on a psychiatric inpatient unit to patients with acute psychiatric symptoms.
- Use an integrative approach to provide individual, short-term, culturally responsive psychotherapy.
- Co-lead weekly DBT skills group to promote emotional regulation and distress tolerance.
- Participate in interdisciplinary clinical rounds and contribute to the unit's milieu treatment model.

- July 2023 – June 2024 **Supervisor: Jason P. Stasi, Ph.D.**
Psychology Extern
Northwell Health, Cohen Children's Medical Center Eating Disorders Center
Queens, NY
- Conducted weekly individual and family-based psychotherapy sessions with adolescents and their families across three services lines: inpatient, partial-hospitalization, and outpatient settings.
 - Integrated multiple therapeutic approaches including family-based therapy (FBT); cognitive behavioral therapy (CBT); dialectical behavioral therapy skills; and mindfulness.
 - Common treatment issues include Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, Avoidant Restrictive Food Intake Disorder, Other Specified Feeding or Eating Disorder, Depressive and Anxiety Disorders, Obsessive-Compulsive Disorder, and Personality Disorders.
 - Facilitated weekly psychotherapy groups including cognitive behavioral therapy, exposure and response prevention, and dialectal behavior therapy
 - Participated in weekly staff meetings with a multidisciplinary team of physicians, psychiatrists, social workers, and dietitians.
 - Provided psychoeducational support about eating and feeding disorders to caregivers.
 - Responsible for all case documentation including treatment plans, progress notes, termination summaries.
 - Received weekly individual and group supervision.
- Supervisors: Lauren Salvatore, PsyD & Sarah Maza, Ph.D.**
- Jan 2024 – Present **Mindfulness Based Cognitive Therapy for Migraine Study Therapist**
Yeshiva University
Bronx, New York
- Facilitate weekly mindfulness based cognitive therapy for migraine (MBCT-M) groups for patients with migraine.
 - Complete mindfulness-based stress reduction, mindfulness-based cognitive therapy, and MBCT-M specific trainings.
 - Receive weekly individual and group supervision.
- Supervisor: Elizabeth Seng, Ph.D.**
- Feb 2024 – Present **Psychotherapy Study Interventionist**
Memorial Sloan Kettering Cancer Center
New York, New York
- Conduct Meaning-Centered Psychotherapy for Cancer Caregivers (MCP-C) in a clinical trial investigating distressed family caregivers of patients with Stage III/IV solid tumor cancers.
 - Receive weekly group supervision and direct supervision via recorded sessions.
- Supervisors: Allison Applebaum, Ph.D. & Talia Zaider, Ph.D.**
- Aug 2023 – May 2024 **Behavioral Migraine Management Study Therapist**
Montefiore Health System Headache Center
Bronx, New York
- Facilitate weekly cognitive behavioral therapy for migraine individual sessions for patients with migraine

- Complete cognitive behavioral therapy for migraine specific trainings
- Receive weekly individual and group supervision

Supervisor: Elizabeth Seng, Ph.D.

Aug 2022 – May 2023

Psychology Extern

College of Staten Island Counseling Center

College of Staten Island, City University of New York

Staten Island, New York

- Provided individual psychotherapy to eight young adults in a university-based student counseling center.
- Individual therapy patients had complicated histories, including homelessness, early loss, racial discrimination, exposure to domestic violence, and immigration difficulties.
- Integrated multiple therapeutic approaches including psychodynamic case conceptualization and cognitive behavioral therapy (CBT) for patients with complex trauma, grief, anxiety, depression, eating disorders, and personality disorders.
- Performed extensive weekly clinical intake evaluations, including risk assessments, for homicidality, suicidality, substance use, domestic violence, self-injurious behavior, sexual abuse, and eating disorders.
- Responsible for all case documentation including treatment plans, progress notes, and termination summaries.
- Participated in weekly didactic seminars and presented cases to staff psychologists.
- Received weekly individual and group supervision.

Supervisors: Sergey Profis, Ph.D. & Catherine McMenamin, LCSW, LCADC

Jan 2022 – July 2023

Behavioral Medicine Student Therapist

Parnes Family Psychological and Psychoeducational Services Clinic

Ferkauf Graduate School of Psychology, Yeshiva University

Bronx, New York

- Conducted weekly individual psychotherapy sessions with adult patients of all ages and diverse ethnic and socioeconomic backgrounds.
- Integrated multiple therapeutic approaches including cognitive behavioral therapy (CBT); motivational interviewing; and mindfulness.
- Focused on psychological issues that accompany medical concerns, including diabetes, obesity, asthma, joint pain, and migraine.
- Problems included social anxiety, generalized anxiety, depression, panic, coping with stress, trauma, and eating disorders.
- Collaborated with primary care providers to coordinate services.
- Responsible for all case documentation including treatment plans, progress notes, termination summaries, and mid-year and end-year reports.
- Received weekly individual supervision.
- Developed an understanding of complex interactions between comorbid psychiatric and medical disorders.

Supervisor: Emily Brackman, Ph.D.

DOCTORAL RESEARCH EXPERIENCE

August 2023 – Present

Principal Investigator, Dissertation Research Project

Ferkauf Graduate School of Psychology

Yeshiva University, Bronx, New York
Title: Eating Behaviors in adults with episodic migraine: a prospective electronic diary study
Proposal: June 2024
Oral Defense: Anticipated March 2025
Supervised by Elizabeth Seng, Ph.D., Margaret Slavin, Ph.D., RDN, & Hannah-Rose Mitchell, Ph.D., MPH

Sep 2021 – May 2023 **Principal Investigator, Pre-Doctoral Research Project**
Ferkauf Graduate School of Psychology, Yeshiva University
Bronx, New York
Title: Beverage Intake and Migraine Symptoms and Quality of Life: a Cross-Sectional Study
Completed: May 2023
Supervised by Elizabeth Seng, Ph.D. & Margaret Slavin, Ph.D., RDN

Sep 2021 – Present **Research Assistant**
Headache and Adherence Research Lab
Ferkauf Graduate School of Psychology, Yeshiva University
Bronx, New York

- Discuss and develop ideas pertaining to current pre-doctoral and doctoral level research projects of peers
- Develop understanding of patterns of adherence in headache management, mindfulness and cognitive behavior therapy and their impact on migraine and use of digital applications to track and manage headache
- Collaborate with advisor on current research projects and papers
- Run social media and lab communication as lab TA

Principle Investigator: Elizabeth Seng, Ph.D.

Jan 2023 – Nov 2024 **Research Assistant**
Veterans Affairs Medical Center
Headache Centers of Excellence
West Haven, Connecticut

- Led the Non-Pharmaceutical Special Interest Group (SIG) by coordinating team meetings across the HCoE, creating meeting agendas, and taking meetings notes.
- Collaborated with Non-Pharmaceutical Special Interest Group members on the charter document for our SIG.

Principle Investigators: Jason Sico, Ph.D. & Elizabeth Seng, Ph.D.

LEADERSHIP EXPERIENCE

Aug 2023 – Present **Chair, Student Advisory Council**
Society for Health Psychology
American Psychological Association, Division 38

- Lead the Student Advisory Council (SAC) for three years as the Chair-Elect, Chair, and Past-Chair by scheduling and facilitating all SAC meetings
- Submit the internship panel proposal for the APA convention, moderating the panel discussion at the convention.
- Complete a report twice annually for the executive committee meeting.
- Recruit the next cohort of SAC leaders across all positions.

Supervisor: Stephanie Fitzpatrick, Ph.D.

- May 2022 – Present **Clinical Health Ph.D. Program TA**
Ferkauf Graduate School of Psychology
Yeshiva University, Bronx, New York
- Provide administrative support for the clinical health psychology Ph.D. program.
 - Organize data for and assist in preparing APA-credentialing reports.
 - Review and revise school program manual.
- Supervisor: Bari Hillman, Ph.D.**

- Aug 2022 – May 2023 Headache and Adherence Lab Teaching Assistant
Ferkauf Graduate School of Psychology
Yeshiva University, Bronx, New York
- Liaised among 15 students, 3 researchers, and principal investigator.
 - Researched and beta tested optimal project management platform.
 - Responsible for lab's administrative tasks, including updating the website and preparing meeting minutes.
- Supervisor: Elizabeth Seng, Ph.D.**

TEACHING EXPERIENCE

- Aug 2022 – Aug 2023 **Teaching Assistant: *Experimental Psychology***
Stern College, Yeshiva University
New York, New York
- Graduate teaching assistant for undergraduate course, Experimental Psychology.
 - Responsible for leading weekly student lab sections and teaching students the basics of psychology research, including psychometrics, data analysis in SPSS, literature review, and formal scientific writing.
 - Provided feedback and grading assignments.
- Supervisor: Joshua Bacon, Ph.D.**

ADDITIONAL RESEARCH EXPERIENCE

- Dec 2017 – May 2018 **Research Assistant**
Center for Economic and Social Research MTEENS Study
Dana and David Dornsife College, University of Southern California
Los Angeles, California
- Videoconferenced with study participants and guided them through self-measurements of height, weight, and waist circumference.
 - Collected and cleaned data of the above measurements.
 - Performed clerical and administrative tasks such as maintaining inventory and managing compensation for participants.
 - Presented poster at college science symposium.
- Supervisor: Sarah White, MPP**

OTHER WORK EXPERIENCE

- Aug 2018 – Aug 2022 **Senior Healthcare Consultant**
Cloudmed

San Francisco, California

- Managed consulting projects for one of the largest health systems in Northern California and others in Texas and Colorado to recover \$10M+ yearly in revenue for hospital clients.
- Directly oversaw a cross-functional team of five Associate Consultants by providing opportunities for career development, mentorship, and comprehensive project evaluations.
- Developed and present data-driven operational improvement recommendations and implementation strategies to key client stakeholders (CFOs, Directors).
- Analyzed large data sets to identify revenue cycle errors by designing SQL reviews of inpatient hospital claims, focusing on Diagnosis Related Group (DRG) logic assessment and proper coding of Internal Classifications of Diseases (ICD-10).
- Sat on the leadership board of Women of Cloudmed, an Employee Resource Group, leading monthly Pod discussions on topics such as the Confidence Gap, Strategic Networking, Gendered Mentorship, and Intersectionality.

Jun 2020 – Jan 2021

Certified Integrative Health & Nutrition Coach, NBC-HWC
Institute for Integrative Nutrition

New York, New York

- Lead nutrition and integrative health counseling services for women of all ages through exploring underlying health conditions and nutrition-related concerns

LEADERSHIP, HONORS AND AWARDS

2021 - 2026	Merit Scholarship, Ferkauf Graduate School of Psychology
2018	<i>Cum Laude</i> , University of Southern California
2015 – 2018	Dean’s List, University of Southern California
2015 – 2016	Renaissance Ideal Scholarship, University of Southern California

PAPERS AND PUBLICATIONS

Best, R. D., **Ozmeral, A.**, Grinberg, A. S., Smitherman, T. A., & Seng, E. K. (2024). Pain acceptance as a change mechanism for mindfulness-based cognitive therapy for migraine. *Journal of Behavioral Medicine*, 47(3), 471-482.

POSTER PRESENTATION AT SCIENTIFIC MEETINGS

Ozmeral, A., Sutton, L., Seng, E., Slavin, M. Associations between caffeinated and alcoholic beverage intake and headache frequency and symptoms in migraine patients. Society of Behavioral Medicine. Baltimore, MD. April 7-10, 2022.

Greenfield M, Frankenfeld C, **Ozmeral A**, Pendala A, Weinert R, Pendala V, Basiri R, Seng E and Slavin M. Study Protocol: A Unique Longitudinal Case-Crossover Design To Gather Timely Data on Migraine & Diet Relationship. Nutrition 2023 (American Society for Nutrition). Boston, MA. July 22-25, 2023.

Pendala A, Frankenfeld C, Greenfield M, **Ozmeral A**, Weinert R, Pendala V, Basiri R, Seng E and Slavin M. Dietary Differences Observed Between Days With and Without Headache in Individuals with Episodic Migraine. Nutrition 2023 (American Society for Nutrition). Boston, MA. July 22-25, 2023.

PROFESSIONAL MEMBERSHIP

American Psychological Association (APA), Student Member and Division 38, Health Psychology
Society of Behavioral Medicine (SBM), Student Member
New York State Psychological Association (NYSPA), Student Member

ASSESSMENT EXPERIENCE

Adaptive Behavior Assessment System – Third Edition (ABAS-3; Parent and Teacher)
A Developmental Neuropsychological Assessment – Second Edition (NEPSY-II)
Beck Anxiety Inventory (BAI)
Beck Depression Inventory-II (BDI-II)
Beery-Buktenica Developmental Test of Visual-Motor Integration (Beery VMI)
Behavior Assessment System for Children – Third Edition (BASC-3; Parent and Teacher)
Behavior Rating Inventory of Executive Function – Second Edition (BRIEF2; Parent & Teacher)
Comprehensive Assessment of Spoken Language, Second Edition (CASL-2)
Comprehensive Test of Phonological Processing – Second Edition (CTOPP-2)
Clinical Evaluation of Language Fundamentals – Fifth Edition (CELF-5)
Delis-Kaplan Executive Functioning Test (D-KEFs)
 Trail Making Test
 Verbal Fluency Test
Eating Disorder Examination Questionnaire (EDE-Q)
Structured Clinical Interview for the DSM – 5 (SCID V)
Structured Diagnostic Interview for Headache – 4 Brief Version
Vanderbilt ADHD Diagnostic Rating Scales (VADRS; Parent and Teacher)
Wechsler Individual Achievement Test, Fourth Edition (WIAT-4)
Wechsler Intelligence Scale for Children – IV (WISC-IV)
Wide Range Assessment of Memory and Learning – Third Edition (WRAML-3)

ACADEMIC ASSESSMENT TRAINING

Minnesota Multiphasic Personality Inventory – 2 (MMPI-2)
Minnesota Multiphasic Personality Inventory – 2 – Revised Form (MMPI-2-RF)
Personality Assessment Inventory (PAI)
Repeatable Battery for the Assessment of Neuropsychological Status (RBANS)
Structured Clinical Interview for the DSM-5: Personality Disorders
Thematic Apperception Test (TAT) (exposure)
Trail Making Test A and B
Wechsler Adult Intelligence Scale – IV (WAIS-IV)
Wechsler Memory Scale – IV (WMS-IV)
Wisconsin Card Sorting Task (WCST)