

**Steven Freed, MA.**

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***Education*****Ph.D. *in progress***

The New School for Social Research (Expected 2017)

Clinical Psychology (Full APA Accreditation)

*Thesis:* The role of shame and guilt in post-traumatic symptoms: Submissive behavior, cognitive appraisal, and physiology in survivors of interpersonal violence.

Committee: Wendy D 'Andrea Ph.D., Macwelling Todman, Ph.D., &amp; Ruth Lanius Ph.D.

**M.A.**

The New School for Social Research (2012)

General Psychology

*Thesis: The relationship of post-traumatic shame to physiology and symptom presentation in survivors of interpersonal violence with PTSD*

Advisors: Wendy D 'Andrea Ph.D., Jenifer Talley, Ph.D.

**B.A.**

Oberlin College (2004)

***Clinical Training*****Bronx Lebanon Hospital****Population:** Adult and children inpatients and outpatients**Psychology Extern**

Summer 2015- present

Conducted comprehensive personality, cognitive, and neuropsychological assessment batteries for diagnostic clarification, suspected psychosis, suicide and violence risk. Prepared integrative reports with diagnostic impressions and recommendations for treatment. Participated in case conferences, didactics, and weekly supervision. Collaborated with multidisciplinary staff regarding patient progress and treatment planning

*Tests administered:* WISC-IV, WAIS-IV, WMS-IV, TAT, Rogers, MOCA, Rorschach, PAI, PAI-A, C-SSR, HCR-20<sup>v3</sup>, VRAG, PCL-R, SAPROF, WRAT-IV, DAPS*Hours:* 16-18 hours per week*Supervisor,* Dr. Ali Khadivi, Ph.D.**Mt. Sinai Roosevelt, Addiction Institute of New York****Population:** Adult inpatients and outpatients with substance use and co-morbid disorders.**Psychology Extern**

Summer 2014- Summer 2015 Provide short and long term individual and group therapy to 3-5 adults utilizing cognitive behavioral, dynamic interpersonal, and

psychodynamic modalities. Co-lead DBT, dual-diagnosis, and mindfulness based relapse prevention groups, conduct psychodiagnostic interviews, write diagnostic reports, and case presentations.

*Hours:* 18-20 hours per week

*Supervisors,* Andrew Merling, Ph.D. Joseph Ruggiero, Ph.D.

**The New School University Student Health Services  
Brief Alcohol Screening and Intervention for College Students (BASICS)**

**Population:** Young Adults

**Co-founder, Counselor**

Fall 2012- Fall 2015

Developed and implemented a harm-reduction-based alcohol-use intervention for students. Responsibilities include providing motivational interviewing counseling sessions and coordinating with university housing and student health services.

*Hours:* 3 hours per week

*Supervisor:* Jenifer Talley, Ph.D

**Beth Israel Medical Center Brief Psychotherapy Research Program**

**Population:** Adults diagnosed with Axis I and Axis II disorders

**Psychology Extern**

Fall 2012-present

First year rotation: Screened and scheduled participants; conducted diagnostic intake evaluations (e.g., SCID I, SCID II, Relationship Scenario Inventory and Adult Attachment Interview); presented case formulations to treatment team, completed a 10-month cognitive therapy seminar

*Hours:* 5 hours per week

*Supervisor:* Christopher Christian, Ph.D.

Second/Third year rotations: Providing individual psychotherapy to one adult utilizing CT, CT case formulation, and participate in weekly group supervision

*Hours:* 2 hours per week

*Supervisor:* Vicki Gluhoski, Ph.D.

**Brooklyn College Personal Counseling Center**

**Population:** Undergraduate and graduate students seeking outpatient psychotherapy.

**Psychology Extern**

Fall 2013-Summer 2014

Provided short- and long- term individual therapy to 4-6 clients using dynamic, cognitive-behavioral, and mindfulness based modalities. Conducted risk assessments and crisis interventions, co-lead closed

interpersonal process group, conducted semi-structured diagnostic intakes and generated intake reports, created initial treatment plans and discharge plans, case formulation and presentation, coordinated with external service agencies, and conducted mental health workshops for college students.

*Hours:* 16-18 hours per week  
*Supervisors,* Yair Kramer Psy.D

**Beth Israel Medical Center, Inpatient Services**

**Population:** Adult Dual-Diagnosis inpatients with psychotic, mood, and personality disorders.

**Psychology Extern**

Fall 2012-Fall 2013

Provided inpatient group psychotherapy focusing on substance use utilizing motivational interviewing, evaluated mental status, attended case conferences and psychiatry rounds, participated in patient admissions interviews, attended weekly supervisions and rounds including didactics and presentations of group process notes.

*Hours:* 5 hours per week  
*Supervisor:* Melanie S. Mulligan, Psy.D.

**The Realization Center, Union Square New York**

**Population:** Adolescents thru Adults with Substance Use Disorders

**Psychology Extern and Paid Intake Counselor**

Spring 2011-Summer 2012

as Extern: Provide individual and group outpatient substance abuse treatment to adolescents, young adults and adults diagnosed with substance dependence with or without co-occurring psychiatric disorders, case management, treatment planning, and group and individual session notes in accordance with NY state OASIS standards.

*Hours:* 10 hours per week  
*Supervisor,* Jenifer Talley, Ph.D.

as Intake Counselor: Conduct semi-structured interviews assessing substance use, treatment planning, and coordinating among members of treatment team.

*Hours:* 20 hours per week  
*Supervisor,* Noah Cass, LCSW

**Research Positions**

Fall 2012-present

**Research Assistant –Data Manager**, New School Trauma and Affective Psychophysiology Lab  
*Project:* Blunted and Discordant Affect: A Transdiagnostic Construct in Psychopathology. *NIMH R01 MH096334-01*  
*Supervisors,* Wendy D ‘Andrea Ph.D., Greg Siegle Ph.D.

Conducting clinical interviews including SCID-I, CAPS, SCID-D, SID-P, and the Adult Attachment Interview, scheduling participants, collecting physiological data, coordinating data collection, and maintaining data integrity across research sites

Spring 2011-Fall 2013

**Consultant, Data Analyst**, CARE International  
*Project:* Eye to the Future  
*Supervisor,* Lou Bergholz

Analyzed and interpreted data from a trauma-focused intervention for 8-10 year olds in Gaza.

### Manuscripts

**Freed, S., & D’Andrea, W.** (2015). Autonomic Arousal and Emotion in Victims of Interpersonal Violence: Shame Proneness but not anxiety predicts vagal tone. *Journal of Trauma & Dissociation* 16(4), 367–383.

**Freed, S.J.,** Merling, A. (2015) Mindfulness based relapse prevention for inpatient rehabilitation: Practitioners Manual. Unpublished manuscript, The Addiction Institute of New York at Mt. Sinai Roosevelt, New York, NY.

D ‘Andrea, W, Pole, N., Depierro, J, **Freed, S.**, Wallace, B. (2013) Heterogeneity of defensive responses after exposure to trauma: Blunted autonomic reactivity in response to startling sounds. *International Journal of Psychophysiology*, 90(1), 80-89

### *In Preparation*

D’Andrea, W., **Freed, S.**, Doukas, A., Siegle, G. (to be submitted winter 2015) Emotion regulation choice: The role of clinical status and trauma history.

**Freed, S.**, Depierro, J., D’Andrea, W, & Pole, N. (to be submitted spring 2015) Age of trauma and dissociation predict blunted acoustic startle reflex.

### Posters & Presentations

**Freed, S.,** Kraynak, T., D’Andrea, W., Siegle, G. (2015) Shutting down as an emotion regulation choice: associations with clinical status and physiological reactivity. Poster presented at the 2<sup>nd</sup> annual meeting of the Society for Affective Science, Oakland, CA.

**Freed, S.,** Collier, A., D'Andrea, W., Siegle, G. (2014) *Autonomic correlates of shame during social evaluative stress*. Poster presented at the 1st annual meeting of the Society for Affective Science, Bethesda, MD.

Herzog, S., **Freed, S.,** DePierro, J., D'Andrea, W. (2014) *Relationships among emotional information processing, resting heart rate and respiratory sinus arrhythmia: evidence from a diverse community sample*. Poster presented at the 53st annual meeting of the Society for Psychophysical Research, Atlanta, GA.

Shiffler, S., **Freed, S.,** D'Andrea, W. (2014) *Relationship between resting heart rate and risk-taking: evidence from an adolescent population in residential treatment*. Poster presented at the 53st annual meeting of the Society for Psychophysical Research, Atlanta, GA.

**Freed, S.,** DePierro, J., Fortunato, A., D'Andrea, W., Frewen, P., (2013) *Self, Other, Mind, and Body: Experimental Research Integrating Affect, Cognition, Relational Processes, and Physiology in Complex Trauma Samples*. Presentation given at the Annual Meeting of the International Society for the Study of Trauma and Dissociation, Baltimore, MD.

**Freed, S.,** Depierro, J., D'Andrea, W., & Pole, N. (2013) *Blunted reactivity to the acoustic startle: The effects of trauma exposure and dissociation*. Poster presented at the 53st annual meeting of the Society for Psychophysical Research, Florence, Italy.

**Freed, S.,** D'Andrea, W., , Depierro, J & Pole, N. (2012) *Differentiating Shame from Guilt: Physiological and Psychological Correlates*. Poster presented at the 52st annual meeting of the Society for Psychophysical Research, New Orleans, LA .

**Freed, S.,** Lui, C., D'Andrea, W. & Pole, N. (2011). *Combining Thayer & Lane's model of neurovisceral integration with Porges' polyvagal theory: implications for guilt and shame*. Poster presented at the 51st annual meeting of the Society for Psychophysical Research, Boston MA.

Van Cleave, T., **Freed, S.,** DePierro, J., Minshew, R., Doukas, A., McGreevy, C., & D'Andrea, W. (2013) *Matters of the Heart: Physiological effects of Heart Rate and Childhood Trauma*. Poster presented at the 29th annual meeting of the International Society for Traumatic Stress Studies, Philadelphia, PA.

Foster, A., **Freed, S.,** D'Andrea, W. & Miller, A. (2011) *The prevalence of Developmental Trauma Disorder (DTD) symptomatology vs. Post-Traumatic Stress Disorder (PTSD) symptomatology among a sample of ethnic minority adolescents exposed to trauma*. Poster presented at the 27th annual meeting of the International Society for Traumatic Stress Studies, Baltimore, MA.

### Teaching Experience

Fall 2012

#### **Teaching Assistant, Research Methods**

Master's Program in Psychology, The New School for Social Research, New York, NY

Fall 2013, 2014, 2015

#### **Guest Lecturer, Introduction to Psychopathology**

Substance Use: Disorder of Motivation and Choice

## ***Professional Service***

### **Ad Hoc Reviewer**

Journal of Traumatic Stress  
Journal of Anxiety and Depression

**Member**, Subcommittee to Promote Student Interests  
Society for Psychophysiological Research

### **Psychology Masters Student Mentor**

New School for Social Research

### **Community Outreach**

Ryan, S., Steele, M., Knafo., Seymour, S., D'Andrea, W., **Freed, S.** (2014) Wearing Technology: cultural and psychological impacts of technology on the body. Presentation given at The New School for Social Research, New York, NY.

**Freed, S.**, Gorman, I., Rogovin, T., Talley, J. (2014) A harm reduction approach to college drinking. Presentation given to the Residential Advisors at The New School, New York, NY.

## ***Professional Development***

### *Workshops & Trainings:*

**Drug Overdose Prevention and Training: Inhaled Naloxone Administration.** January 12, 2015. Presented by David Rosen, M.D., at The Addiction Institute of New York, New York, NY.

**Incorporating Mindfulness into Practice, a Training for Clinicians.** March 8, 2014. Presented by Jenifer Talley, Ph.D. at The Center for Optimal Living, New York, NY.

**Heart Rate Variability.** September 10<sup>th</sup>, 2014. Presented by Gary Berntson, Ph.D at the Society for Psychophysical Research, Atlanta, GA.

### **Cognitive Therapy Training**

September 2012-June 2013, Presented by Vicki L. Gluhoski, Ph.D., Beth Israel Brief Psychotherapy Research Program, New York, New York.

**Administration of The Structured Clinical Interview for *DSM-IV* Axis I Disorders (SCID-I) and The Structured Clinical Interview for *DSM-IV* Axis II Personality Disorders (SCID-II).** August 29<sup>th</sup>, 2012. Presented by Chris Christian Ph.D. at The New School for Social Research, New York, NY.

### **Administration of Clinician-Administered PTSD Scale (CAPS)**

April 26<sup>th</sup>, 2012. Presented by Wendy D'Andrea Ph.D. at The New School for Social Research, New York, NY.

**Administration of The Structured Clinical Interview for *DSM-IV* Dissociative Disorders (SCID-D)**

June 12<sup>th</sup>, 2012. Presented by Bethany Brand, Ph.D. at The New School for Social Research, New York, NY.

**Administration of The Structured Clinical Interview for *DSM-IV* Personality Disorders (SID-P-IV)**

July 5<sup>th</sup>, 2012. Presented Stephanie Stepp, Ph.D. at University of Pittsburg Medical Center, Pittsburg PA.

**Administration of The Adult Attachment Interview (AAI)**

April 4<sup>th</sup>, 2012. Presented by Howard Steele, Ph.D. at The New School for Social Research, New York, NY

**Fundamentals of Pupillary Measures and Eye Tracking.**

September 9<sup>th</sup>, 2011. Presented by Frank M Marchak, Ph.D. & Stuart R. Steinhauer Ph.D.

**Effective Psychotherapy of Substance Use Problems: A Harm Reduction Approach.**

February 10<sup>th</sup> and 11<sup>th</sup>, 2011. Presented by Andrew Tatarsky, Ph.D. at The New School for Social Research, New York, NY.

***Membership in Professional Organizations***

2011-present	International Society for Traumatic Stress Studies, Student Affiliate
2011-present	Society for Psychophysiological Research, Student Affiliate
2011-present	American Psychological Association, Student Affiliate

***References***

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