

Tanya Singh, Ph.D.

Education

- 2017 – 2022 **Montclair State University, Department of Psychology**, Montclair, NJ
Ph.D., Clinical Psychology (APA- and PCSAS-accredited program)
M.A., Clinical Psychology (2019)
- 2013 – 2015 **Teachers College, Columbia University in the City of New York**, New York, NY
M.A., Psychology in Education

Clinical Experience

- 2024-Present **Director and Co-Founder**
Center for Anxiety & Life Management (CALM Therapy), NY, NJ, PA, PSYACT

Provide integrative psychotherapy for adults navigating anxiety, obsessive-compulsive concerns, complex trauma, and major life transitions.

- Integrate evidence-based approaches (ERP, ACT, I-CBT, DBT, IFS)* with contemplative frameworks.
- Provide and educate clients about ketamine-assisted psychotherapy (KAP), including preparation, dosing support, and integration.
- Design and oversee practice services, including development of new therapy offerings and modalities.
- Collaborate with psychiatrists, physicians, and wellness providers to support client care.
- Contribute to public understanding of mental health through psychoeducational as well as integrative essays, often bridging psychology with contemplative wisdom.

- 2022-2025 **Licensed Clinical Psychologist**
CBT Center for Anxiety and OCD, Lower Gwynedd, PA

Provided psychotherapy for adults and adolescents with anxiety, obsessive-compulsive concerns, and related conditions, with an emphasis on evidence-based and integrative care.

- Delivered treatment using ERP, I-CBT, ACT, DBT, ComB, HRT, BA, MI*
- Supervised doctoral externs in clinical practice and case formulation.
- Participated in case consultation and ongoing professional training in OCD and anxiety disorders.

- 2021-2022 **Doctoral Psychology Intern**
Rutgers University Behavioral Health Care, New Brunswick, NJ

Completed an APA-accredited clinical internship on the Adult Outpatient Track, with a minor rotation in a high school setting.

- Provided individual, family, and group therapy to adults in an outpatient community mental health clinic, using CBT, DBT, ACT*, and other evidence-based approaches.
- Facilitated weekly group therapy for depression, anxiety, and co-occurring conditions.

- Completed psychological assessments and integrated reports for diagnostic clarification and treatment planning.
- Collaborated with a multidisciplinary team on patient care and participated in supervision and didactic seminars.
- Minor rotation: Provided therapy and crisis assessment for high school students, including support for suicidal and high-risk presentations.

2020 – 2021 **Advanced Practicum Student**

Harvard University/Massachusetts General Hospital, Boston, MA

Provided clinical and research services within hospital-based programs for adolescents and young adults.

- Led a manualized live-video skills training group for adolescents with neurofibromatosis.
- Assisted in developing a live-video program for patients with mild traumatic brain injury and comorbid anxiety.
- Conducted psychological assessments with adolescents.
- Contributed to manuscripts and conference presentations, resulting in three published manuscripts.
- Supported preparation of protocols for IRB* review and ensured fidelity of ongoing interventions.
- Participated in weekly research meetings and group supervision.

2020 – 2021 **Psychiatric Extern**

Behavioral Associates, New York, NY

Completed clinical externship in a private practice serving a diverse client population, with exposure to both traditional and technology-based interventions.

- Provided individual and group psychotherapy for a wide range of clinical presentations.
- Received training and didactics in biofeedback, neurofeedback, and virtual reality-based exposure procedures.
- Participated in ongoing case consultation and multidisciplinary team meetings.

2019 – 2020 **Psychiatric Extern**

SUNY Downstate Medical Center – Children’s Mental Health Center, New York, NY

Provided assessment and therapy services for children, adolescents, and their families in an academic medical center setting.

- Conducted developmental, neuropsychological, and diagnostic assessments with integrated reports.
- Delivered individual and family therapy, along with educational advocacy for children and caregivers.
- Completed intake evaluations and participated in multidisciplinary supervision (group, individual, and peer).

2018 – 2019 **Psychiatric Intern**

Hoboken University Medical Center - Partial Hospital Program, Hoboken, NJ

Provided assessment and therapy services in a partial hospitalization program serving a diverse adult population.

- Conducted intake interviews, diagnostic assessments, and individual and group therapy using evidence-based interventions.
- Facilitated group therapy for clients with complex presentations and co-occurring conditions.
- Participated in weekly case presentations, staff meetings, and supervision.

2015 – 2016 **Emergency Room Advocate**

Bellevue Hospital Center – Department of Social Work, New York, NY

Provided crisis intervention, advocacy, and support during emergency room visits for survivors of sexual assault and/or domestic violence.

Teaching Experience

2017 - 2021 **Montclair State University, Montclair, NJ**

Taught undergraduate psychology courses using a variety of instructional methods, including lectures, multimedia, and active learning techniques.

- Adjunct Faculty (2018–2021): Designed and taught introductory psychology courses, helping students build a foundation in core principles of psychology and research.
- Guest Lecturer (2017–2018): Delivered lectures in undergraduate Abnormal Psychology on topics including mood disorders, anxiety, suicidality, eating disorders, and personality disorders.

Research Experience

2017 – 2020 **Lab Coordinator**

Youth Mental Health Services Lab, Montclair State University, Montclair, NJ
(P.I. Jazmin Reyes-Portillo, Ph.D.)

Coordinated research projects on youth mental health services, suicide risk, and intervention development.

- Assisted with suicide risk assessments and safety planning for at-risk participants.
- Managed IRB submissions, amendments, and study-related data.
- Conducted literature reviews, data analysis, and contributed to manuscript preparation.
- Developed and led a mental health literacy project in India to reduce stigma among educators.

2014 – 2018 **Molecular Imaging and Neuropathology Division (MIND), New York State Psychiatric Institute (NYSPI)/ Columbia University, New York, NY**
(P.I. Barbara Stanley, Ph.D.)

Served in progressive roles under the direction of Dr. Barbara Stanley, contributing to clinical research on suicide risk, mood disorders, and related interventions.

- **Volunteer Rater** (2018)
 - Administered structured diagnostic interviews and psychological assessments with healthy and clinical populations (e.g., SCID-5, Columbia Suicide Severity Rating Scale, Beck inventories).

- Ensured protocol adherence and data fidelity within clinical research procedures.
- **Assistant Research Scientist (2015–2017)**
 - Recruited and screened participants, coordinated study procedures, and maintained data integrity across projects.
 - Primary liaison with the Institutional Review Board; prepared and submitted protocols, amendments, and renewals.
 - Supported development and administration of behavioral/neurocognitive tasks (TSST, EMA, PSAP, CPT, Stroop)*.
 - Participated in departmental research meetings, case discussions, and team-based projects.
 - Contributed to peer-reviewed publications, poster presentations, and conference submissions.
 - Provided editorial assistance for Archives of Suicide Research and contributed to manuscripts and conference presentations.
- **Research Assistant (2014–2015)**
 - Recruited and screened participants for studies of suicidal behavior; managed confidential data.
 - Conducted literature reviews and assisted with manuscript preparation.

2013 – 2015 **Research Assistant**

Department of Epidemiology, Columbia University - Mailman School of Public Health, New York, NY
(P.I. Lawrence Yang, Ph.D.)

Supported cross-cultural mental health research projects focused on stigma, cultural idioms, and public health approaches.

- Managed projects including India: What Matters Most, exploring perceptions of mental illness in India.
- Transcribed, coded, and analyzed qualitative data from focus groups.
- Contributed to manuscript preparation, editing, and literature reviews for grants and publications, and prepared poster proposals for national conferences.

2013 – 2014 **Research Assistant**

Department of Clinical Phenomenology, New York State Psychiatric Institute/ Columbia University (NYSPI), New York, NY

Contributed to an ongoing research study among individuals with active substance use intended to assess the feasibility of integrating an interactive calling system or smartphone technology into current therapy.

Peer-Reviewed Articles

- [Reyes-Portillo, J. A., Rette, D. N., Weeks, C., Singh, T., Mahmud, F., Tineo, P., ... & Masia Warner, C. \(2022\). Online mental health treatment use among college students at-risk for suicide. *Journal of Technology in Human Services*, 40\(4\), 339-356.](#)
- [Greenberg, J., Singh, T., Iverson, G. L., Silverberg, N. D., Macklin, E. A., Parker, R. A., ... & Vranceanu, A. M. \(2021\). A live video mind-body treatment to prevent persistent symptoms following mild traumatic brain injury: protocol for a mixed methods study. *JMIR Research Protocols*, 10\(1\), e25746.](#)
- [Greenberg, J., Singh, T., Popok, P., Kulich, R., Vranceanu, A.M. \(2021\). Sustainability of improvements in adaptive coping following mind-body and activity program for chronic pain. *International Journal of Behavioral Medicine*, 1-7.](#)
- [Kline, E. A., Warner, C. M., Grapin, S. L., Reyes-Portillo, J. A., Bixter, M. T., Cunningham, D. J., ... & Weeks, C. \(2021\). The Relationship Between Social Anxiety and Internalized Racism in Black Young Adults. *Journal of Cognitive Psychotherapy*, 35\(1\).](#)
- [Singh, T. & Reyes-Portillo, J.A. \(2020\). Using Technology to Train Clinicians in Evidence-based Treatment. *Psychiatric Services*, 71\(4\), 364-377.](#)
- [Adler, A., Jager-Hyman, S., Brown, G. K., Singh, T., Chaudhury, S., Ghahramanlou-Holloway, M., & Stanley, B. \(2020\). A qualitative investigation of barriers to seeking treatment for suicidal thoughts and behaviors among army soldiers with a deployment his](#)
- [Rizk, M.M., Galfalvy, H., Singh, T., Keilp, J., Sublette, M.E., Oquendo, M.A., Mann, J.J., Stanley, B. \(2018\). Toward Subtyping of Suicidality: Brief Suicidal Ideation Is Associated with Greater Stress Response. *Journal of Affective Disorders*, 230, 87-92.](#)
- [Chaudhury, S. R., Singh, T., Burke, A., Stanley, B., Mann, J. J., Grunebaum, M., Sublette, M.E. & Oquendo, M. A. \(2016\). Clinical correlates of planned and unplanned suicide attempts. *The Journal of Nervous and Mental Disease*, 204\(11\), 806-811.](#)

Book Chapters

- [Szlyk, H. S., Singh, T., & Reyes-Portillo, J. A. \(2022\). Technology-enhanced interventions for youth suicide prevention: Implications for research and practice. *Handbook of Youth Suicide Prevention: Integrating Research into Practice*, 391-408.](#)
- [Stanley, B. & Singh, T. \(2017\). Differential diagnosis of Borderline Personality Disorder. In Stanley, B., New, A. \(Eds.\) *Primer of Borderline Personality Disorder*. Oxford, U.K.: Oxford University Press.](#)
- [Chesin, M.S. & Singh, T. \(2017\). Suicidal Ideation. In A.E. Wenzel \(Ed.\), *SAGE Encyclopedia of Abnormal and Clinical Psychology*. Thousand Oaks, CA: Sage.](#)

Conference Presentations

- Reyes-Portillo, J., Singh, T., Kline, E., Mahmud F. (2021, June). How Suicide Literacy relates to help-seeking intentions and behaviors among college students. The symposium talk was presented virtually at the Suicide Prevention in Higher Education Conference.

Singh, T., Tineo, P, Weeks, C, Reyes-Portillo, J. (2020, June). *The Impact of Acculturation on Suicide Literacy among College Students*. Talk presented at the Youth Suicide Research Consortium.

Weeks, C., Tineo, P., **Singh, T.**, Mahmud, F., Kline, E., Torsiello, D., Rusco, M., Masia, C., & Reyes-Portillo, J. (November, 2020). *Examining the relationship between social media use, online discrimination, and depression among diverse college students*. Symposium talk presented at Association for Behavior and Cognitive Therapies (ABCT), Annual Convention, Philadelphia, Pennsylvania.

Tineo, P., Weeks, C., **Singh, T.**, Torsiello, D., Mahmud, F., Kline, E., Rusco, M., Masia, C., & Reyes-Portillo, J. (November, 2020). *Racial Microaggressions and Suicide Ideation among Latinx College Students: The Mediating Role of Depression and the Moderating Role of Family Support*. Symposium talk to be presented at Association for Behavior and Cognitive Therapies (ABCT), Annual Convention, Philadelphia, Pennsylvania.

Reyes-Portillo, J.A., Desai, P., Wei, Ch., Ortin, A., **Singh, T.**, Zerrate, M.C. (2017, November). Outcome expectations among anxious young adults in outpatient treatment. Symposium presented at the 51st Annual Association for Behavioral and Cognitive Therapies Convention, San Diego, CA.

Michalski, M., **Singh, T.** (March, 2016). *Sexual Assault: Enhancing Awareness and Reducing Stigma Through Community Advocacy*. Stigma Conference Teachers College. New York, NY.

Professional Workshops

Singh, T. (2020, January). *Mindfulness, Emotion regulation, and Distress Tolerance: Mental Health Tools for Educators*. Workshop presented at Oxford Public School, Gwalior, Madhya Pradesh, India.

Singh, T. (2018, November). *A Crash Course in Childhood Mental Illnesses: Facilitating Awareness by Empowering Educators*. Workshop presented at Oxford Public School, Gwalior, Madhya Pradesh, India.

Poster Presentations

Singh T., Scheuttig, J., Tineo, P., Weeks, C., Reyes-Portillo, J. (2020, November). *Mental Health Literacy Among Indian School Teachers: Results from a Single-Day Psychoeducational Intervention*. Annual Convention of Association for Behavioral and Cognitive Therapies, Virtual Poster Hall.

Greenberg, J., **Singh, T.**, Iverson, G.L., Silverberg, N.D., Macklin, E.A., Giacino, E.A., Yeh, G.Y., Vranceanu, A.M. (2020, November). *Integrative Medicine Network Forum 2020*, Virtual Poster Hall.

Tineo, P., Weeks, C., **Singh, T.**, Torsiello, D., Mahmud, F., Kline, E., Rusco, M., Masia, C., & Reyes-Portillo, J. (2020, November). *Workplace and School Racial Microaggressions and Suicide Ideation*

among Latinx College Students: Mediation via Depression Symptoms. Annual Convention of Association for Behavioral and Cognitive Therapies, Virtual Poster Hall.

Kline, E., Masia Warner, C., Grapin, S., Reyes-Portillo, J., Bixter, M., Cunningham, D., Mahmud, F., **Singh, T.**, Weeks, C. (2020, November). *Social anxiety and the relationship between discrimination and internalized racism in Black young adults* Annual Convention of Association for Behavioral and Cognitive Therapies, Virtual Poster Hall.

Kline, E., Masia Warner, C., Mahmud, F., **Singh, T.**, Weeks, C., Reyes-Portillo, J. (2020, October). *Depression, Anxiety, and the Utilization of Online Mental Health Services among Young Adults*. New Jersey Psychological Association, Virtual Poster Hall.

Singh, T., Weeks, C., Izquierdo, K., Rusco, M., Reyes-Portillo, J. (2018, November). *Using Technology to Train Clinicians in Evidence-Based Treatments: A Systematic Review*. Poster presented at the Annual Convention of Association for Behavioral and Cognitive Therapies, Washington DC.

Singh, T., Lowe, S. (2018, November). *Bidirectional Relationship Between Traumatic Events and Depression Symptoms: A Longitudinal Study of Detroit Residents*. Poster presented at the Special Interest Group at the Annual Convention of Association for Behavioral and Cognitive Therapies, Washington DC.

Singh T., Basseda, Z., Elliot-Noon, K., Itzahky, L., Metts, A., Raman, S., Sublette, M.E., Keilp, J., Oquendo, M., Mann, J.J., & Stnaley, B. (2017, November). *Does Childhood Trauma Moderate the relationships Between Depression Severity and Suicide Ideation?* Poster presented at the International Summit on Suicide Research, Henderson, NV.

Boccagno, C., Doré, B., Fuster, D., **Singh, T.**, Weber, J., Stanley, B., Miller, J., Mann, J., Ochsner, K. (2016, April). *Hippocampal and prefrontal functional connectivity during memory retrieval correlates with self-distancing reappraisal success in patients with major depressive disorder*. Poster presented at the annual conference of the Social and Affective Neuroscience Society (SANS), New York, NY.

Boccagno, C., Doré, B., Fuster, D., **Singh, T.**, Weber, J., Kotecha, R., Chaudhury, S., Miller, J., Mann, J., Stanley, B., Ochsner, K. (2016, April). *The influence of affective context on brain and behavioral responses to neutral stimuli*. Poster presented at the annual conference of the Cognitive Neuroscience Society (CNS), New York, NY.

Chaudhury, S., **Singh, T.**, Sublette, E.M., Grunebaum, M., Stanley, B., Mann, J.J., Oquendo, M. (2015, October). *Clinical Correlates of Planned and Unplanned Suicide Attempts*. Poster presented at the annual conference of the International Summit on Suicide Research (IASR), New York, NY.

Singh, T., Dorai, M., Melvin, J., Gummi, S., Rao, K., Shah, B., Mandavia, A., Yang, L.H. (2015, August). *What Matters Most: Understanding Mental Health and Illness in India*. Poster presented at the 2015 Annual Convention of the American Psychological Association, Toronto, Ontario, Canada.

Graham, A., Melvin, J., **Singh, T.**, Wenzel, M., Chen, J.H., Shah, B., Shen, J., Sun, Y., Martinez, M., Esparza, D., Botcheva, L., & Vega, E. (2015, August). *Culturally Specific Expression of Distress and Coping in an African American Community Sample*. Poster presented at the 2015 Annual Convention of the American Psychological Association, Toronto, Ontario, Canada.

Huang, D., Qi, W., Aldhuwaih, N., Graham, A., & **Singh, T.** (2015, August). *Analyzing the Relationship between Marriage and Psychosis across Urban and Rural Contexts in China*. Poster presented at the 2015 Annual Convention of the American Psychological Association, Toronto, Ontario, Canada.

Graham, A., Aldhuwaih, N., Melvin, J., & **Singh, T.** (2015, February). *The Importance of Cultural and Individual Stressors in Culturally Sensitive Mental Health Services for Ethnic Minorities*. Poster presented at the 32nd annual Winter Roundtable at Teachers College, NY, New York.

Singh, T., Qi, W., Gu, J.Y., Huang, D., Dorai, M. (2014, August), *Positive Coping Strategies of Chinese Immigrants with Schizophrenia Spectrum Disorder*. Poster presented at 2014 Annual Convention of Asian American Psychological Association, Washington, D.C.

Singh, T., Qi, W., Gu, J.Y., Huang, D., Dorai, M. (2014, April), *Analysis of Universal and Culture-Specific Negative Coping in Chinese Immigrants with Schizophrenia*. Poster presented at 2014 Hunter College Psychology Convention, New York, NY

Service & Outreach Experience

- Lifetime Member, Phi Kappa Phi Honor Society
- Lifetime Member, Psi Chi International Honor Society in Psychology
- Lifetime Member, Lambda Pi Eta Honor Society
- Chair, Events Committee, Psychological Organization for Doctoral Students, Montclair State University (2016–2018)
- Big Sister, Big Brothers Big Sisters of America – New Jersey Chapter (2019–2022)

***Key of Abbreviations**

- ACT – Acceptance and Commitment Therapy
- APA – American Psychological Association
- BA – Behavioral Activation
- ComB – Comprehensive Behavioral Model of Treatment
- DBT – Dialectical Behavior Therapy
- EMA – Ecological Momentary Assessment
- ERP – Exposure and Response Prevention
- HRT – Habit Reversal Training

- I-CBT – Inference-Based Cognitive Behavioral Therapy
- IFS – Internal Family Systems Therapy
- IRB – Institutional Review Board
- MI – Motivational Interviewing
- PCSAS – Psychological Clinical Science Accreditation System
- PSAP – Point Subtraction Aggression Paradigm
- TSST – Trier Social Stress Test