Courtney Lynn DeAngelis, Psy.D.
CUCARD - Westchester
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Date of Preparation: September 15, 2025

Academic Appointments, Hospital Appointments, and Work Experience

07/2021 – present	**Assistant Professor of Medical Psychology** *Columbia University Clinic for Anxiety and Related Disorders (CUCARD)- Westchester* *Columbia University Medical Center* *Department of Psychiatry,* *Division of Child and Adolescent Psychiatry,* *College of Physicians and Surgeons*	Tarrytown, NY
07/2019 – present	**Instructor of Medical Psychology** *Columbia University Clinic for Anxiety and Related Disorders (CUCARD)- Westchester* *Columbia University Medical Center* *Department of Psychiatry,* *Division of Child and Adolescent Psychiatry,* *College of Physicians and Surgeons*	Tarrytown, NY
06/2014 – 06/2015	**Temple University, College of Public Health** *RCT Study Interventionist*	Philadelphia, PA
06/2014 – 11/2014	**SMart Center** *Research Assistant*	Jenkintown, PA

Education

08/2012 – 08/2017	**La Salle University** *PsyD*, *APA- Accredited,* August 2017 *MA, APA- Accredited*, August 2014 Dissertation Title: A Psychoeducational Group Workshop for High School Student-Athletes: A Pilot Study Faculty Sponsor: Dahra Williams, Ph.D.	Philadelphia, PA
08/2008 – 08/2012	**Muhlenberg College** BA, *Psychology, Magna Cum Laude*	Allentown, PA

Supervised Clinical Training

08/2017 – 06/2019	**CUMC Department of Psychiatry** *Postdoctoral Fellow, CUCARD-Westchester*	Tarrytown, NY

07/2016 – 06/2017	**Department of Behavioral Psychology, Kennedy Krieger Institute/Johns Hopkins School of Medicine (APA- Accredited)** *Doctoral Intern, Child & Family Therapy Clinic*	Baltimore, MD
07/2015 – 06/2016	**Children's Hospital of Philadelphia** *Clinical Extern, Safe Place Treatment and Support Program*	Philadelphia, PA
05/2015 – 06/2016	**Concord Behavioral Health** *Clinical Extern*	Wilmington, DE
09/2014 – 06/2015	**The Westtown School** *Student Extern*	West Chester, PA
07/2013 – 06/2014	**Northwestern Human Services** *Clinical Extern*	Philadelphia, PA
05/2013 – 05/2016	**La Salle University Psychological Services** *Clinical Extern, Chief Extern 2015- 2016*	Philadelphia, PA
08/2012 – 08/2013	**La Salle University Psychological Services** *Clinic Assistant*	Philadelphia, PA

No gaps in education/training

Licensure

01/2024 – Present	Psypact APIT # 17183
03/2022 – Present	New Jersey State License #35SI00664600
06/2018 – Present	New York State License # 022688
07/2016 – Present	NPI # 1427586585
03/2022 – 12/2023	Connecticut State License #004189

Honors

05/2015 – 05/2016	Chief Clinical Extern, La Salle University Psychological Services
05/2012	Muhlenberg College, Magna Cum Laude
08/2011 – 05/2012	Muhlenberg College Class of 1974 Scholarship
08/2011 – 05/2012	Muhlenberg College Hospodar Memorial Scholarship
04/2011	Alpha Kappa Alpha Educational Foundation Merit Scholarship
08/2010	Induction into Omicron Delta Kappa
08/2008 – 05/2012	Muhlenberg College Presidential Merit Scholarship
08/2008 – 08/2011	National Field Hockey Coaches Association Academic Squad

Academic Service

04/2025	**ABCT Convention Program Committee**	New York, NY

Abstract Reviewer

12/2024 – present	**Columbia Clinical Psychology** *Co-Coordinator*	New York, NY
11/2023 – present	**ABCT Continuing Education Committee** *Committee Chair & Committee Member*	New York, NY
07/2023 – present	**Continuing Education Committee** *CUMC Chair & Committee Member*	New York, NY
01/2023- present	**Recruitment, Onboarding, & Retention Committee** *CUMC Co-Chair & Committee Member*	New York, NY
06/2020- 12/2021	**Technology and Telehealth Task Force** *CUMC Committee Member*	New York, NY
02/2018 – 12/2021	**ABCT Web Committee** *Committee Member*	New York, NY

Professional Organizations, Societies, and Service

Society of Clinical Child and Adolescent Psychology, American Psychological Association (APA), Division 53
Association for Behavioral and Cognitive Therapies (ABCT)
Psi Chi, National Psychology Honor Society
Omicron Delta Kappa, National Leadership Honor Society

Supervision and Teaching Experience

07/2019 - present	**CUIMC Clinical Supervisor** *CUCARD-W Doctoral Extern*	New York, NY
01/2016 – 05/2016	**La Salle University Psy.D. Program** *Teaching Assistant, Clinical Interviewing*	Philadelphia, PA
08/2010 – 05/2011	**Muhlenberg College** *Teaching Assistant, Introductory Psychology*	Allentown, PA

Applied Clinical Positions

08/2014 – 08/2015	**Camp Dreamcatcher** *Volunteer Camp Therapist*	Oxford, PA
02/2013 – 12/2014	**Pennell Elementary School** *Clinical Interventionist*	Philadelphia, PA
08/2013 – 12/2013	**The Beck Institute for**	Philadelphia, PA

Cognitive Behavior Therapy
Student Volunteer

Publications and Media

"What is an Anxiety Spiral?" Oprah Daily, 2025,
https://www.oprahdaily.com/life/health/a65627048/what-is-an-anxiety-spiral/

Are you Experiencing Burnout or is it actually 'boreout'? Huffpost, 2025,
https://www.huffpost.com/entry/what-is-boreout-burnout-work_l_687126abe4b0ec4e1b981769

"How Can I Manage Anxiety?" Health Matters, 2025,
https://healthmatters.nyp.org/podcast-how-can-i-manage-anxiety/

"Why the Holidays are Exhausting for Women." Huffpost, 2024,
https://www.huffpost.com/entry/holidays-hard-for-women_l_67292c47e4b05debb72ba60e

"How to Communicate When Someone is Struggling With Their Mental Health." Health Matters, 2023, https://healthmatters.nyp.org/how-to-communicate-when-someone-is-struggling-with-their-mental-health/

"What Is 'Bed Rotting'? Gen Z's Newest Self-Care Trend, Explained." Health.com, 2023,
https://www.health.com/what-is-bed-rotting-trend-7561395#:~:text=%E2%80%9CWhen%20we%20engage%20in%20bed,or%20anxiety%2C%20according%20to%20Hollingshead

"Breaking the Childhood OCD Cycle." Handspring Health, 2023,
https://www.handspringhealth.com/post/childhood-ocd

"What is Exposure Therapy?" VeryWell Mind, 2021,
https://www.verywellmind.com/exposure-therapy-definition-techniques-and-efficacy-5190514

"Confessions From Your Zoom Therapist: Do Diagnoses Matter?" Psychology Today, 2021,
https://www.psychologytoday.com/us/blog/psychological-trauma-coping-and-resilience/202104/confessions-your-zoom-therapist-do-diagnoses

"Spanking Can Lead to Worse Behavior in Kids, Study Shows," VeryWell Family, 2021,
https://www.verywellfamily.com/effects-of-corporal-punishment-5176881

"5 Ways to Get Your Family Back on Schedule." NY MetroParents, 2020,
https://www.crystalrunhealthcare.com/articles/5-ways-get-your-family-back-schedule-published-ny-metroparents

Myers Virtue S, Walrdon EM, Darabos K, **DeAngelis C,** Moore DA, Fornatora M, Tellez M.

Dental Students' Attitudes Toward Tobacco Cessation in the Dental Setting: A Systematic Review. J Dent Educ. 2017; 81(5):500-516. doi:10.21815/JDE.016.016

Presentations

National Presentations

DeAngelis, C., Clifford, H. Pantone, M., Kurahara, L., Fasano, M., & Williams, D.J. (2016, October). *A brief, CBT based psychoeducational group workshop for anxiety in adolescent athletes.* Poster presented at the Association for Behavioral and Cognitive Therapies 50th Annual Convention, New York, NY.

Aunio, L., Fasano, M., **DeAngelis, C.L.,** Clifford, H., Jackson Williams, D. (2016, March). *Is there a difference? Mother and child reports of pediatric quality of life.* Poster presented at the 37th Annual Meeting of the Society of Behavioral Medicine, Washington, D.C.

Clifford, H.R., **DeAngelis**, **C. L.,** O'Donnell, L, & Williams, D. J. (2015, November). *Who can I Tell? Children's experiences of HIV related stigma*. Poster presented at the Association for Behavioral and Cognitive Therapies 49th Annual Convention, Chicago, IL.

DeAngelis, C., Clifford, H., O'Donnell, L., & Jackson Williams, D.J. (2015, April). *Attitudes toward seeking psychological help, HIV related stigma, quality of life and gender: What really matters*? Poster presented at the Society of Pediatric Psychology Annual Conference, San Diego, CA.

DeAngelis, C., Clifford, H., & Jackson Williams, D.J. (2014, November). *Is more always better? An investigation of treatment duration and outcomes for a manualized treatment program in an urban elementary school.* Poster presented at the Association for Behavioral and Cognitive Therapies 48th Annual Convention, Philadelphia, PA.

Johnson, K.C., Gambrel, L.E., **DeAngelis,** Platt, M.E., & Sheedy, A.V. (2014, June). *"New me, new you, new us:" A qualitative process of change analysis of the mindful transition to parenthood program (MTPP).* Poster presented at the American Family Therapy Academy, Athens, GA.

Clifford, H.R., Lutz, H.R., **DeAngelis**, **C. L.,** Williams, D. J. (2013, April). *The impact of therapeutic summer camps for children with HIV/AIDS*. Poster presented at The National Conference in Pediatric Psychology, New Orleans, LA.

State Presentations

Johnson, K.C., Gambrel, L.E., Sheedy, A.V., **DeAngelis,** C.L., & Platt, M.E. (2014, April). *"New me, new you, new us:" A qualitative process of change analysis of the mindful transition to parenthood program (MTPP).* Poster presented at the Pennsylvania Association for Marriage and Family Therapy, Philadelphia, PA.

DeAngelis, C., Kovacs, A., & Lieberman, H. (2012, April). *Do music and synchrony influence social bonding?* Paper presented at the 27th Annual Lehigh Valley Association of Independent Colleges (LVAIC) Undergraduate Psychology Conference, Bethlehem, PA.

Invited Presentations

DeAngelis, C (2024, November). "Chronic Absenteeism: Grades K-2 and 3-6." Invited Talks, Wappingers Central School District, Wappingers, New York.

DeAngelis, C (2023, June). "Supporting Campers with Anxiety." Invited Talk, Camp Winadu, Pittsfield, Massachusetts.

DeAngelis, C & Horelick, C. (2023, May). "School Avoidance." Invited Talk, Hendrick Hudson School District, Montrose, NY.

DeAngelis, C & Horelick, C. (2023, March). "How to Thrive and Not Just Survive." Invited Talk, Hendrick Hudson School District, Montrose, NY.

DeAngelis, C (2023, February). "Supporting Youth with Anxiety." Invited Talk, Putnam Northern Westchester BOCES, Yorktown Heights, NY.

DeAngelis, C (2023, January). "Advanced Topics in Trauma with Youth." Invited Talk, Putnam Northern Westchester BOCES, Yorktown Heights, NY.

DeAngelis, C (2022, October). "Supporting Youth with Specific Phobias." Invited Talk, Putnam Northern Westchester BOCES, Yorktown Heights, NY.

Puliafico, A., **DeAngelis, C,** & Shaw, T. (2022, September). "What Administrators Should Know About School Avoidance." Invited Talk, Putnam Northern Westchester BOCES, Yorktown Heights, NY.

DeAngelis, C, Puliafico, A., & Shaw, T. (2022, September). "Helping Families Address School Avoidance." Invited Talk, Putnam Northern Westchester BOCES, Yorktown Heights, NY.

DeAngelis, C (2022, May). "School Refusal and School Related Anxiety." Invited Talk, Fundamentals of Psychotherapy Course, Columbia University, New York, NY.

DeAngelis, C (2022, April). "Supporting Students Suffering from Trauma and Loss." Invited Talk, Lehman College, New York, NY.

DeAngelis, C (2021, September). "Supporting Youth with Anxiety." Invited Talk, Putnam Northern Westchester BOCES, Yorktown Heights, NY.

DeAngelis, C (2021, May). **"**Assessing Risk and Intervening with High-Risk Adolescents." Invited Talk, Fundamentals of Psychotherapy Course, Columbia University, New York, NY.

DeAngelis, C (2021, April). "Supporting Students from Trauma and Complicated Grief." Invited Talk, Putnam Northern Westchester BOCES, Yorktown Heights, NY.

DeAngelis, C (2021, April). "Supporting Students Suffering from Trauma and Loss." Invited Talk, Lehman College, New York, NY.

DeAngelis, C (2021, April). "Supporting Your Child's Successful Return to School in the COVID-19 Pandemic." Invited Talk, Tuxedo School District, Tuxedo, NY.

DeAngelis, C (2021, April). "Supporting Students Suffering from Trauma and Complicated Grief." Invited Talk, Putnam Northern Westchester BOCES, Yorktown Heights, NY.

Puliafico, A. & **DeAngelis, C**. (2020, November). "Supporting Parents in Managing Anxiety During COVID-19." Invited Talk, North Salem School District PTO, North Salem, NY.

DeAngelis, C (2020, April). **"**Assessing Risk and Intervening with High-Risk Adolescents." Invited Talk, Fundamentals of Psychotherapy Course, Columbia University, New York, NY.

DeAngelis, C. & Allmann, A (2019, October). **"**School Refusal and School Related Anxiety: Applications of CBT Within the School Setting." Invited Talk, The Westchester Guidance Expo, White Plains, NY.

DeAngelis, C (2019, May). "Tips to Thrive as a College Freshman." Invited Talk, Bronxville High School, Bronxville, NY.

DeAngelis, C. (2018, November). "Back on Track: Treating School Refusal Children." Invited Talk, School Counselors of Rockland County, West Nyack, NY.

Puliafico, A. & **DeAngelis, C**. (2018, October). "Back on Track: Treatment Options for School Refusal in Youth." Invited Talk, The Westchester Guidance Expo, White Plains, NY.

Puliafico, A., Crimarco, N., & **DeAngelis, C.** (2018, September). "Feelings Heroes: A school based primary intervention program." Putnam Northern Westchester BOCES, Yorktown Heights, NY.

DeAngelis, C. (2018, September). "Internship Q & A." Invited Talk, La Salle University, Philadelphia, PA.

DeAngelis, C. (2017, February). "CBT Metaphors for Youth." Psychology Intern Didactics, Child & Family Therapy Clinic- Kennedy Krieger Institute, Baltimore, MD.

DeAngelis, C., Benner, E., Fasano, M., & Reich, G. (2015, May). Screening & Risk Assessment Training, La Salle University Psychological Services, Philadelphia, PA.

Specialized Trainings and Workshops

June 2021	**DBT Skills for Adolescents and Families** *PsychWire.com* Six-week, 12-hour online course presented by Alec Miller, Psy.D., Jill Rathus, Ph.D. and Marsha Linehan, Ph.D.
May 2020	**Practice-Focused Training in Complicated Grief Treatment** *Center for Complicated Grief, Columbia University*

Two-day webinar presented by Bonnie Gorscak, Ph.D. and Natalia Skirtskaya, Ph.D.

October 2016 **Child and Adolescent Anxiety Disorders: A Developmental and Family-Based CBT Model**
Association for Behavioral & Cognitive Therapies, New York, NY
Half-day workshop presented by Anne Marie Albano, Ph.D.

October 2016 **Adapted Parent-Child Interaction Therapy for Early Childhood Anxiety**
Association for Behavioral & Cognitive Therapies, New York, NY
Half-day workshop presented by Anthony Puliafico, Ph.D.

July 2015 **TF-CBT Web**
Medical University of South Carolina
10-hour Online Training

March 2015 **From Uncertainty to Coping: Using CBT to Help Anxious Kids Find Resilience and Inner Strength**
The Children's and Adult Center for OCD and Anxiety
Half-day workshop presented by Lynne Siqueland, Ph.D. and Deborah Roth Ledley, Ph.D.

February 2015 **32nd Annual Winter Roundtable, Two-Day Workshop**
Teachers College, Columbia University, New York, NY

August 2014 **CBT for Depression and Suicidality**
The Beck Institute, Bala Cynwyd, PA
Three-day workshop presented by Judith Beck, Ph.D. and Daniella Cavenagh, Ph.D.

September 2014 **Human Research Curriculum Training**
Collaborative Institutional Training Initiative (CITI) Online Training

October 2013 **Cognitive Therapy with Children and Adolescents**
The Beck Institute, Bala Cynwyd, PA
Three-day workshop presented by Torrey Creed, Ph.D.

February 2013 **CBT for Pediatric OCD and Related Conditions**
Philadelphia Behavior Therapy Association, Philadelphia, PA
Full-day workshop presented by Martin Franklin, Ph.D.

January 2013 **Integrating CBT and Mindfulness Approaches for Children and Teens with Anxiety, Physical Complaints and Medical Conditions**

The Children's and Adult Center for OCD and Anxiety
Full-day workshop presented by Lynne Siqueland, Ph.D., Christine Molnar, Ph.D., and Chiara Baxt, Ph.D.