

SHVETA MITTAL, PH.D.
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917-968-2030

LICENSING INFORMATION

- Licensed in New York State (License #019311)
- NPI #1053695072

CLINICALSPECIALIZATIONS & CERTIFICATES

- Cognitive Behavioral Therapy (including CPT for PTSD)
- Mindfulness-Based Treatments (including DBT-informed treatment)
- Emotionally Focused Couples Therapy
- Alternative Lifestyles, Sexual Minority, and LGBTQIA+ Issues
- Synthesis Institute Certified Psychedelic Practitioner (psilocybin, ketamine)
- MAPS Education: MDMA for PTSD

EDUCATION

SYTHESIS INSTITUTE

Psychedelic Practitioner Training Program
Including Ketamine Assisted Psychotherapy Practicum
Sapience Therapy

Amsterdam, Netherlands
Apr. 2021 – Aug. 2022
Greenfield, MA
Jan 2023 - Current

HOFSTRA UNIVERSITY

APA Accredited Program
Doctor of Philosophy, Combined School & Clinical Psychology
Master of Arts, Combined School & Clinical Psychology

Hempstead, NY

June 2004- May 2010
Aug. 2003- May 2004

TEACHERS COLLEGE, COLUMBIA UNIVERSITY

Master of Arts, Psychology & Education, Applied Track

New York, NY
Aug. 2001- May 2002

JOHNS HOPKINS UNIVERSITY

Bachelor of Arts, Psychology

Baltimore, MD
Sept. 1997- May 2001

CLINICAL WORK:

FIRE DEPARTMENT OF NEW YORK – Counseling Service Unit

Clinical Director

New York, NY
June 2021 - current

- Oversees clinical activities and social programming.
- Recruits, hires, trains, supervises and evaluates staff.
- Arranges for external training and provide and/or coordinate in-service training for staff development.
- Interfaces, coordinates and collaborates with representatives from other clinical programs to ensure the latest and most empirically based programs and services.
- Provides clinical skills; consults with community groups, linkages and other community-based organizations to discuss service issues and concerns, responds to community needs, enhances public relations, and coordinates referrals and other activities.
- Collects, reviews, and analyzes data (i.e., outcome measures) to address barriers to effective treatment and utilization.
- Provides individual, couples, and family psychotherapy, including psychoeducation and crisis management.

SUNY DOWNSTATE HEALTH SCIENCES UNIVERSITY*Clinical Assistant Professor of Psychiatry*

Brooklyn, NY

Jan 2021 -June 2021

- Supervises psychiatry residents assigned to the Adult Outpatient Service in group psychotherapy
- Other teaching, training or supervision duties, as needed

KINGS COUNTY HOSPITAL CENTER*Director of Psychological Services*

Brooklyn, NY

Mar 2020 – June 2021

- Oversees the day-to-day functions of the Psychology Department and the Psychology staff activities across all services, including child psychology and adult psychology, inpatient and outpatient programs, forensic, and neuropsychological services.
- Develops, plans, directs and administers programs for psychological services throughout the hospital center to support diagnosis, evaluation, adjustment and rehabilitation.
- Collaborates with administrative and professional staff in planning psychological services, participation and educational programs, and in formulating policies and practices in accordance with the objectives of the hospital center.
- Develops and administers programs to provide support for therapeutic management of patients through counseling and psychotherapy in treatment objectives.
- Defines the psychological service role and function, and interprets the service program and patients' needs to hospital administration medical staff.
- Establishes Psychology Service Department policies, methods and procedures providing for adaptability, program assignment and program development.
- Establishes program priorities within the total scope of program planning.
- Organizes the personnel of the department into areas of responsibility, authority and specialization. Staffs, directs, guides and controls departmental activity. Organizes the department to respond promptly to needs of divisions and other departments and maintains flexibility of operations.
- Evaluates personnel performance, work progress of department, establishes work performance standards, provides managerial leadership to attain effective productivity and initiates action to accomplish objectives. Is responsible for credentialing and clinically privileging all Psychologists.
- Evaluates and audits psychological service programs, program accomplishments and makes recommendations for appropriate action.
- Participates in Performance Improvement Activities within the Department of Behavioral Health
- Services on appropriate Behavioral Health and Hospital-wide committees
- Maintains relationships with professional societies in relationship to maintenance of standards and new psychological approaches and concepts in support of mental health care
- Other duties and projects, as needed or assigned.
- Supervisor: Kristen Baumann, Ph.D.

NYCCBTp (Private Practice)*Independent, Contracted Consultant*

New York, NY

October 2018 – August 2020

- Provided CBT and mindfulness-based treatment to diverse clients seeking treatment for depression, anxiety, and stress.

KINGS COUNTY HOSPITAL CENTER

Brooklyn, NY

Psychologist III- Adult Outpatient Department (AOPD)

October 2015 – March 2020

- Lead Psychologist in the Adult OPD Service & IOT programs
- Screens Intakes for new admissions and assists with case assignments.
- Conducts Intakes for new admissions.
- Participates in multidisciplinary team meetings.
- Participates in AOPD Leadership meetings.
- Helps coordinate the development, documentation and implementation of the clinic's policies, treatment plans, and other documentation.
- Provides individual and family collateral treatment; provide psychoeducation and social skills training; consults with other disciplines to address psychiatric and medical problems; refers patients to appropriate therapeutic groups; works with and educates family members.
- Organizes, leads and supervises all Psychologists in the program.
- Provides evaluations for provision of mental health services across mental health outpatient treatment units.
- Supervises psychology and psychiatry trainees (interns, externs, medical students, and psychiatry residents) assigned to the service. Provides supervision of psychotherapy and psychodiagnostic assessments.
- Serve on focused task and training groups, as needed.
- Compiles and reports metrics related to intakes, caseloads, and risk levels.
- *Other Duties* – Attend all clinic and department staff meetings; attend scheduled case conferences
- Supervisors: Kristen Baumann, Ph.D.; David Shmerler, Ph.D.

KINGS COUNTY HOSPITAL CENTER

Brooklyn, NY

Psychologist II- Adult Inpatient Service (Units: 4E & 5th floor)

July 2012 – October 2015

- Served as a leading member of a multidisciplinary, Adult Inpatient Unit team.
- Fulfilled priority leadership functions in the area of the treatment planning and implementation and psychosocial rehabilitation.
- Completed Psychologist Initial Assessments (PIA) for all newly admitted patients on assigned unit.
- Implemented and Executed Individual Behavior Plans (IBP) in consultation with Behavioral Support Team (BST), including monitoring of compliance and patient outcomes of IBPs in conjunction with the BST.
- Oversaw unit staff in Positive Behavioral Support Model, including education, implementation, modification and monitoring of unit based behavioral interventions, compliance and patient outcomes.
- Developed and led inpatient psychotherapy groups, including inpatient community meetings.
- Provided Individual psychotherapy aimed at improving mood management and coping skills.
- Provided diagnostic and psychotherapeutic interventions (including family and individual) for patients on the unit.
- Provided supervision of junior staff and rotation specific supervision of pre-doctoral psychology interns and extern trainees under the direction of the Directors of Internship and Externship Training, including inpatient treatment, outpatient treatment and testing cases. Supervision responsibilities include supervision of psychodiagnostic testing and outpatient psychotherapy cases.
- Participated in daily meetings focused on patient status and treatment progression.
- Served on focused task and training groups as assigned by Director of Psychological Services or Senior Hospital Management (e.g., Breakthrough, RIE, Behavioral Health Workgroups, etc.)
- Supervisors: Damaliah Gibson, Ph.D.; David Shmerler, Ph.D.

ZUCKER HILLSIDE HOSPITAL

Glen Oaks, NY

Per Diem Psychologist (Adolescent Unit)

Feb. 2012 – June 2012

- Primarily responsible for decreasing the amount of violence, the use of restraints, and the need for emergency support teams among acute inpatients using evidence-based psychotherapeutic interventions, applied behavior analysis and behavior modification.
- Constructed, implemented and monitored Individual Behavior Plans, mainly to address milieu violence and aggression.
- Provided psychotherapeutic interventions for patients on the unit, both individual and family sessions
- Participated in daily meetings focused on patient status and treatment progression.
- Completed treatment plans and maintained appropriate documentation.
- Supervisors: Peter D'Amico, Ph.D.; Stewart Lipner, Ph.D.

ZUCKER HILLSIDE HOSPITAL

Glen Oaks, NY

Adult Inpatient Psychology Fellow (Low 3 Unit)

Oct. 2010 – Dec. 2011

- Primary responsibility was to decrease the amount of violence, the use of restraints, and the need for emergency support teams among most dangerous patients using evidence-based psychotherapeutic interventions, applied behavior analysis and behavior modification
- Constructed, implemented and monitored Individual Behavior Plans, mainly to address milieu violence.
- Developed, executed and managed a unit-wide Behavioral Incentive Program
- Developed and led CBT- and DBT-based inpatient group psychotherapy sessions.
- Provided psychotherapeutic interventions for patients on the unit.
- Performed psychological testing for patients on unit, as needed.
- Supervised Psychology Externs
- Participated in daily meetings focused on patient status and treatment progression.
- Attended weekly individual and group supervision meetings to review case conceptualization and treatment planning.
- Signed treatment plans and maintained appropriate documentation.
- Supervisors: Tammy Kirschner, Ph.D.; Stewart Lipner, Ph.D.

ST. BARNABAS HOSPITAL

Bronx, NY

Inpatient Psychology Intern

Aug. 2006 – Aug. 2007

- Conducted clinical interviews in the Emergency Room to aid in evaluation and diagnosis.
- Helped supervise medical students (on psychiatric rotation) with Emergency Room tasks
- Provided supportive therapy for patients and family members in the Emergency Room
- Used cognitive and behavioral techniques to treat psychotic and recovering patients on an acute inpatient ward (via individual and group therapy) and in the nursing home (individual therapy)
- Ran community meetings and facilitated problem solving among patients and staff on the unit
- Participated in daily meetings focused on patient status and treatment progression.
- Attended both individual and group supervision meetings on a weekly basis to review case conceptualization and treatment planning
- Supervisors: Igor Davidson, Ph.D.; Gregory Schiffauer, M.D.

LITTLE RED SCHOOLHOUSE/ELISABETH IRWIN HIGH SCHOOL

New York, NY

School Psychology Intern

Sept. 2005 – June 2006

- Consulted with teachers and parents regarding Individualized Education Programs (IEP's)
- Conducted comprehensive psychological evaluations and functional behavior assessments.
- Counseled students with internalizing and externalizing disorders
- Supervisors: Andrew Weiss, Ph.D.; Phyllis Ohr, Ph.D.

WORKSHOPS & PRESENTATIONS

1. Does “K” Belong in the Alphabet Soup? Intersections of Kink and LGBTQ+ (Jan 2024). Difficult Dialogue led by Richard A. Sprottm Ph.D. and **Shveta Mittal, Ph.D.** at the National Multicultural Conference and Summit. Santa Fe, NM.
2. BDSM & Healing (Apr 2023). Roundtable Discussion led by **Shveta Mittal, Ph.D.** at the THRIVE BDSM & Mental Health Conference (Virtual).
3. Improving Your Kink IQ: Working with Alternative Sexual Minorities. (Feb 2022). Cross-Cultural Seminar presented by **Shveta Mittal, Ph.D.** at Health + Hospitals/Kings County.
4. BDSM & Healing (Oct 2022). Roundtable Discussion led by **Shveta Mittal, Ph.D.** and Joshua Rodriguez at DomConNOLA. New Orleans, LA.
5. Bringing Light to the Shadow: A Discussion on BDSM Work & Healing (May 2022). Roundtable Discussion led by **Shveta Mittal, Ph.D.** and Joshua Rodriguez at DomConLA. Los Angeles, CA.
6. Bringing Light to the Shadow: A Discussion on BDSM Work & Healing (Apr 2022). Roundtable Discussion led by **Shveta Mittal, Ph.D.** and Joshua Rodriguez at the CARAS-CLAW Conference: Leather-Kink Research and Clinical Knowledge (C2C). Cleveland, Ohio
7. Suicidal Bruises: Helping Those Who Have Lost Hope In Our Kink Communities. (Dec 2021). Community Presentation held by The Alternative Sexualities Health Research Alliance (TASHRA), including **Shveta Mittal, Ph.D.**

PROFESSIONAL AFFILIATIONS

Association for Behavior and Cognitive Therapies (ABCT)

American Psychological Association (APA) – Divisions 44 and 12

American Association of Sexuality Educators, Counselors and Therapists (AASECT)