

SASHA BERGER, PH.D.

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Dr. Sasha Berger is a Columbia-trained, licensed clinical psychologist with over 15 years of experience in clinical practice, supervision, and research, with particular expertise in trauma, dissociation, and posttraumatic stress. She has a wide range of experience across multiple settings, including hospital outpatient/inpatient care, college counseling centers, community mental health, and outpatient/inpatient neuropsychological assessment. She has held appointments at Columbia University Medical School, City University of New York, Mount Sinai Medical Center and the National Institute for the Psychotherapies' Integrative Trauma Studies Program. Throughout her academic roles, she has taught coursework on trauma and provided clinical supervision and consultation to Doctor of Philosophy (Ph.D.) students, pre-doctoral interns, and psychiatry residents. Her scholarly contributions include peer-reviewed publications and national conference presentations on topics such as burnout in mental health professionals, the impact of challenging client behaviors, and youth internalizing disorders. Dr. Berger combines her strong academic foundation with deep clinical expertise, making her a valuable resource for attorneys seeking expert insight on trauma-related conditions, including specialized assessment of posttraumatic stress and dissociation.

ACADEMIC AFFILIATIONS

- **Faculty/Associate Chair: Integrative Trauma Studies Program, National Institute for the Psychotherapies, New York, NY** (9/21 to present)
- **Assistant Clinical Professor, Mount Sinai School of Medicine** (7/18 to present)
- **Associate Clinical Adjunct, City University of New York** (9/12-9/22)
- **Instructor in Clinical Psychology (in Psychiatry), Columbia University Medical Center** (9/13-6/18)

CLINICAL EXPERIENCE

Private Practice of Psychotherapy, Brooklyn, NY; Red Bank, NJ (9/12-present)

Private practice focusing on individual, couple's and group psychotherapy.

- Intakes and professional consultation
- Specialized assessment for trauma and dissociation
- Long-term and short-term psychotherapy using primarily trauma-focused techniques, including EMDR
- Crisis and risk assessment and management

Psychologist, Octave Behavioral Health, New York, NY (9/18-7/19)

Behavioral mental health start-up providing individual and group psychotherapy, psychoeducation and mindfulness programming

- Part of founding mental health team
- Program development and consultation for risk-management, psychotherapy, and best-practice workflows

- Provision of psychodynamic, trauma-focused psychotherapy and peer supervision on complex cases
- Crisis and risk assessment and management

Group Psychotherapist, Mount Sinai School of Medicine, New York, NY (7/17-9/18) Solo facilitator for year-long interpersonal process group for MD's in the Child Psychiatry Fellowship

- Provision of confidential, voluntary and independent weekly psychotherapy space for eight fellows
- Focus on alleviating symptoms of burnout and promoting social/emotional and professional growth

Staff Psychologist, New York Presbyterian /Columbia University Medical Center, 9 Garden North Behavioral Health Unit (9/13-7/15)

Generalist psychiatric inpatient unit. Average length of stay 2 weeks.

- Individual, couples and group psychotherapy utilizing CBT, DBT and psychodynamic techniques
- Supervision of psychology interns, medical students/residents and social work interns
- Clinical integration of literature on treatment of psychotic disorders using evidence-based techniques
- Crisis and risk assessment and management

Postdoctoral Trainee, Columbia University Counseling and Psychological Services, New York, NY (8/11-8/12)

Comprehensive counseling center serving undergraduate and graduate population across Columbia University's Morningside campus.

- Provision of both short- and long-term psychodynamic psychotherapy
- Approximately four comprehensive intakes per week with weekly caseload of 15-20 patients
- Crisis assessment and intervention; serving as liaison with patients' families, academic faculty and outside providers; treatment planning and disposition
- Statistical consultation for ongoing research project on referral outcomes and internal chart review, as part of materials to be submitted to AAHC

Psychology Intern, Adult Track New York Presbyterian Hospital, Columbia University Medical Center, New York, NY (7/10-6/11)

Internship rotations and didactic requirements took place at New York Presbyterian Hospital and the New York State Psychiatric Institute.

- Conduct individual, couple's, group and 2x/weekly long-term psychodynamically focused treatment
- Year-long testing assignments, including administration, scoring, report-writing, and feedback sessions
- Acute Care Team: short-term therapy with comprehensive risk assessment, crisis intervention and hospitalization as needed; family meetings, disposition planning, coordination and follow-up
- Psychiatric intakes with weekly case presentations; disposition planning and coordination
- Inpatient rotation, providing daily individual psychotherapy with a caseload of 1-2 patients; co-facilitation of inpatient psychotherapy group

Chief Psychology Extern, Trilogy Community Mental Health Center, Chicago, IL (7/08-6/10)

Community mental health center serving primarily public aid clients with serious mental illness.

- Conduct psychological assessments and write-ups
 - Provision of long-term supportive and insight-oriented therapy, as well as provision of one-on-one skills training, crisis assessment and intervention
 - Case presentations and consultation at clinical team meetings
 - Group therapy, including: insight-oriented, motivational interviewing, behavioral modification, creative arts, DBT, and trauma-focused.

Neuropsychology Technician, Lutheran General Hospital, Park Ridge, IL (2/09-6/10) Level 1 Trauma center. Neuropsychology services including both inpatient and outpatient assessment. – Administration and scoring of brief screenings as well as full batteries on inpatient residential, medical and psychiatric units
- Outpatient assessments for learning disability and psychiatric referrals

Guidance Counselor, Compsych Guidance Resources, Chicago, IL (7/08-6/10)

Largest Employee Assistance Program (EAP) in the country.

- Providing psycho-education and supportive counseling to callers in acute distress – Rapid assessment of symptoms and risk status; adherence to legal protocol for imminent risk

Extern, Jesse Brown VA Medical Center, Chicago, IL (7/07-6/08)

Comprehensive medical center in urban Chicago, offering acute and community-based outpatient and inpatient mental health services.

- Inpatient testing for acutely ill veterans with consultation and presentation of results to multi-disciplinary treatment team
- Co-facilitation of inpatient group therapy group, three times per week.
- Neuropsychological testing to elderly, brain injured, and returning OEF/OIF veterans; inpatient neuropsychological testing and consultation on inpatient psychiatry and rehabilitation units

Graduate Student Counselor, Loyola University Chicago Wellness Center Counseling Center: Chicago, IL (9/06-5/07)

University counseling center providing individual and group therapy, crisis intervention and referral services.

- Provision of brief model and long-term CBT therapy to undergraduate and graduate students
- Case presentation at case conference with mental health and physical health staff
- Co-facilitation of Mindfulness-Based Cognitive Behavioral Therapy group
- Peer supervision of first year graduate students

SUPERVISORY EXPERIENCE

Clinical Supervisor, Graduate Center, City University of New York , New York, NY (9/12-9/22)

- Individual supervision to first and second year doctoral students in clinical psychology
- Supervision of intakes and report-writing, long-term treatment, and crisis and risk management

Clinical Supervisor, Pre-doctoral Internship Program, Columbia University Medical Center (7/14-6/18)

- Supervision of pre-doctoral interns in clinical psychology
- Supervision of long-term psychotherapy case; crisis and risk management

Graduate Clinical Supervisor, Trilogy Mental Health Center, Chicago, IL (7/09-1/10) :

- Facilitation of group supervision for master's students in counseling and clinical psychology
- Leading case conferences
- Presentation of literature on case conceptualization

Research Supervisor, Loyola University Chicago, Chicago, IL (8/06-5/07)

- Training and supervision of undergraduate research assistants in administration and scoring of neuropsychological assessment for research protocol
- Checking accuracy of battery scoring, protocol adherence, data collection

Graduate Clinical Supervisor, Wellness Center, Loyola University Chicago, Chicago, IL (8/06-1/07)

- Supervision of graduate students in intake and initial counseling sessions using videotaped sessions

- Provision of detailed feedback regarding strengths and areas for improvement

TEACHING EXPERIENCE

Instructor, Abnormal Psychology, Loyola University Chicago (9/07-5/08)

Supervisor: Joseph Durlak, Ph.D.

- Lecture and curriculum development, administration
- Test development and administration
- Weekly office hours and student mentorship

Teaching Assistant, Psychology 101, Loyola University Chicago (9/05-1/06)

Supervisor: Scott Leon, Ph.D.

- Proctoring exams, holding weekly office hours
- Development and presentation of lecture on Abnormal Psychology

RESEARCH EXPERIENCE

Graduate Research Assistant under Patricia Rupert, Ph.D., Loyola University Chicago (9/07-5/12)

- Investigation of factors related to burnout and work-family facilitation/conflict among professional psychologists
- Project coordination of national, longitudinal study
- Literature reviews, manuscript and paper preparation
- Measure development and survey construction

Graduate Research Assistant under S. Duke Han, Ph.D., Loyola University Chicago (9/06-5/07)

- Examination of neuropsychological correlates of memory encoding
- Conduct neuropsychological assessments for data collection and training of undergraduate lab members

Graduate Research Assistant under Scott Leon, Ph.D., Loyola University Chicago (9/06-5/07)

- Examination of mechanisms by which children (particularly in the child welfare system) receive mental health services
- Literature reviews, manuscript and presentation preparation and data analysis and management

Graduate Research Assistant under Joseph Durlak, Ph.D., Loyola University Chicago (9/05-8/06)

- Program evaluation of Positive Youth Development (PYD) programming
- Meta-analysis of PYD programming
- Literature reviews; manuscript and presentation preparation; data analysis and management

Project Manager and Research Assistant under Helen Reinherz, ScD, Simmons Longitudinal Study: Boston, MA (7/03-6/05).

- 28-year, prospective, longitudinal community study
- Literature reviews; manuscript and paper preparations; data analysis and management
- Composition of bi-annual newsletter for study participants; management of project website
- Training and supervision of junior staff

Honors Thesis under Maurice Elias, PhD, Rutgers College: New Brunswick, NJ (9/02-5/03)

- “Gardner Goes to School: Integrating Social and Emotional Learning Curricula with Multiple Intelligences and the Arts”

- Piloting programming to integrate social-emotional learning into high school arts classrooms in an underprivileged school district
- Program evaluation of programming initiatives with recommendations to educators

Research Assistant , under Laurie Rudman, PhD, Rutgers University: New Brunswick, NJ (1/02-12/03)

- Social Cognition Lab
- Administration of Implicit Association Test
- Pre- and post-interviews; served as confederate and experimenter in experimental trials

Independent Study under Maurice Elias, PhD, Rutgers University: New Brunswick, NJ (1/02-6/02)

- Program evaluation of Social and Emotional Learning curricula for “at-risk” elementary school students
- Assessment and revision of existing curricula to fit needs of teachers and students

ASSESSMENT EXPERIENCE

Administration, scoring and interpretation of the following tests:

Neuropsychological

- **Intelligence/Achievement:** WAIS-IV; WRAT-IV; R-BANS; ANART; GORT; WASI; WJ-III ACH
- **Mental Status:** MMSE-2; DRS-2; Cognitive Competency Exam
- **Language:** F-A-S; BNT; BDAE-3; PPVT
- **Memory:** WRAML-2; WMS-IV; CVLT-II
- **Attention:** Gordon; BTA; Stroop
- **Visuo-Spatial:** Hooper VOT; JOLO; Benton Facial Recognition; Rey-Osterrieth Complex Figure
- **Motor:** Finger tapping, Grooved pegboard; Grip strength
- **Executive Functioning:** D-KEFS; BRIEF; WCST; Trails A & B
- **Malingering:** TOMM; Rey 15-item

Personality

- **Projectives:** Rorschach (Exner); TAT
- **Inventories:** TADS-1; MID; PAI; MCMI-III; MMPI-2; BDI; BAI; GDS; Dissociative Experiences Scale

EDUCATION/TRAINING

- Loyola University Chicago (9/05-8/11)
 - Ph.D., Clinical Psychology, August 2011
Dissertation: “*Challenging Client Behaviors, Coping, and Burnout Among Professional Psychologists*”
 - M. A. in Clinical Psychology, May 2008
Thesis: “*Prevention of Internalizing Symptoms in Children and Adolescents: A Meta-Analysis*”
- Rutgers College, General Honors Program (9/99-6/03)
 - B.A. in Psychology, *magna cum laude*, May 2003

HONORS

- Schmitt Dissertation Fellowship (9/09-5/10)
- *Pass with Distinction* , Doctoral Qualifying Exam (8/08)
- Dissertation Fellowship (9/08-5/09)
- Loyola University Chicago Graduate Assistantship (9/05-5/08)
- Phi Beta Kappa, inducted May 2002
- Phi Sigma Kappa, inducted April 2001
- Golden Key International Honor Society, inducted November 2001

UNIVERSITY AND PROFESSIONAL INVOLVEMENT

- Member, APA
- Member, APA Division 12
- Member, EMDR International Association (EMDRIA)
- Member, New Jersey Psychological Association (NJPA)

PUBLICATIONS

- Durlak, J. A., **Berger, S. R.**, & Celio, C. I. (2009). After-school programs. In T. P. Gullotta & M. Bloom (Eds.). *A blueprint for promoting academic and social competencies in after school programs*. New York: Springer.
- Durlak, J. A. Taylor, R. D., Kawashima, K., Pachan, M. K., DuPre, E. P., Celio, C. I., & **Berger, S. R.** (2007). Effects of positive youth development programs on school, family, and community systems. *American Journal of Community Psychology*, 39, 269-286.
- Tanner, J. L., Reinherz, H. Z., Beardslee, W. R., Fitzmaurice, G. M., Leis, J. A., & **Berger, S. R.** (2007). Change in prevalence of psychiatric disorders from ages 21, 26, to 30 in a community sample. *Journal of Nervous and Mental Disease*, 195, 298-306.
- Reinherz, H. Z., Tanner, J. L., **Berger, S. R.**, Beardslee, W. R., & Fitzmaurice, G. (2006). Adolescent suicidal ideation as predictive of psychopathology, suicidal behavior and compromised functioning at age 30 . *American Journal of Psychiatry*, 163, 1226-1232 .

PROFESSIONAL PRESENTATIONS

- Berger, S. R.** & Rupert, P. (August, 2024). *Challenging client behaviors, coping and burnout among professional psychologists*. Poster presented at the 132nd meeting of the American Psychological Association. Seattle, WA.
- Rupert, P., Stevanovic, P., **Berger, S. R.** (August, 2009) *Work-family conflict and life satisfaction among professional psychologists*. Poster presented at the 117th meeting of the American Psychological Association. Toronto, Canada.
- Berger, S. R.**, & Durlak, J. A. (March, 2009). *Prevention of anxiety symptoms in children and adolescents*. Poster presented at the biannual meeting of the Society for Research in Child Development. Denver, CO.

- Stevanovic, P., Rupert, P., & **Berger, S. R.** (August, 2008). *Work characteristics, career sustaining behaviors, and burnout among professional psychologists*. Poster presented at the 116th annual meeting of the American Psychological Association. Boston, MA.
- Pachan, M. K., Durlak, J., Celio, C. I., & **Berger, S. R.** (June, 2007). *No family left behind; Universal family prevention and promotion*. Poster presented at the 11th Biennial Conference for the Society for Community Research and Action. Pasadena, CA.
- Berger, S. R.**, Durlak, J. A., Celio, C. I., & Pachan, M. K. (March, 2007). *Prevention of internalizing disorders in childhood and adolescence: A meta-analysis*. Poster presented at the biennial meeting of the Society for Research in Child Development, March 2007, Boston, MA.
- Celio, C. I., Durlak, J. A., Pachan, M.K., & **Berger, S. R.** (March, 2007) *Helping others and helping oneself: A meta-analysis of service learning programs*. Poster presented at the biennial meeting of the Society for Research in Child Development, March 2007, Boston, MA.
- Luboyeski, E. J., **Berger, S. R.**, Sieracki, J., Leon, S., Miller, S., & Lyons, J. (March, 2007). *Influence of community characteristics in the system of care*. Poster presented at the annual meeting of the Research and Training Center for Children's Health, Tampa, FL.
- Berger, S.R.**, & Celio, C. (2006, May). *Positive youth development in after school programming*. Symposium conducted at the annual meeting of the Midwest Psychological Association, Chicago, IL.
- Berger, S. R.** (2005, May). *Integrating social and emotional learning, character education, and the multiple intelligences in high school arts classrooms: A pragmatic case study approach*. Poster presented at the annual meeting of the Society for Prevention Research, Washington, DC.
- Reinherz, H. Z., Tanner, J. L., **Berger, S. R.**, & Paradis, A. D. (2004, November). *Developmental consequences in adulthood of adolescent suicidal behavior: A longitudinal community study*. Paper presented at the annual meeting of the American Public Health Association, Washington, DC.
- Reinherz, H. Z., Tanner, J. L., **Berger, S. R.**, & Paradis, A. D. (2004, April). *Adolescent suicidal ideation: Normative angst or psychopathology predictor at age 30?* Paper presented at the Harvard School of Public Health Colloquium on Psychiatric Epidemiology, Boston, MA.
- Reinherz, H. Z., Paradis, A. D., Tanner, J. L., & **Berger, S. R.** (2004, March) *Early risks for continuity of substance disorder from adolescence to adulthood*. Paper presented at the biennial meeting of the Society for Research on Adolescence, Baltimore, MD.
- Tanner, J. L., Reinherz, H. Z., & **Berger, S. R.** (2004, March) *Social support as a predictor of continuity of psychiatric disorder across emerging adulthood*. Paper presented at the biennial meeting of the Society for Research on Adolescence, Baltimore, MD

CERTIFICATION/LICENSURE

- **New York State License # 019688** (8/12-present)
- **NJ State License # 35SI00708000** (3/23-present)
- **Health Service Provider in Psychology, National Health Register of Psychologists** (4/24-present)
- **Certified EMDR Therapist, EMDR Institute** (7/24- present)
- **Certificate of Completion, EMDR Institute, Basic Training** (dates of training: 9/14-9/16/18 and 3/8

-3/10/19)

– *Certificate in Integrative Trauma Studies*, National Institute for the Psychotherapies, New York
NY (June 2021)