

Gabrielle R. Chiaramonte, Ph.D.

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Center for Mindfulness
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EDUCATION

2007	Ph.D.	Clinical Psychology	Stony Brook University, Stony Brook, New York
2001	M.A.	Clinical Psychology	Stony Brook University, Stony Brook, New York
1996	B.S.	Psychology, Biology	Stony Brook University, Stony Brook New York
1988	B.A.	Liberal Arts	Fordham University, New York, New York

APPOINTMENTS AND PROFESSIONAL EXPERIENCE

2013-present	Founding Director	The Stress Reduction Center at Long Island Behavioral Medicine, PC
2012-present	Clinical Psychologist	Long Island Behavioral Medicine, PC, (Islandia)
2012-present	President	New York Healthy Psychology, PC, (Manhattan)
2012-present	Instructor of Psychology in Psychiatry	Department of Psychiatry -- Weill Cornell Medical College
2012-present	Medical Staff	New York Presbyterian Hospital / Weill Cornell Medical Center
2007-2011	Postdoctoral Associate	Program for Anxiety and Traumatic Stress Studies (PATSS) Department of Psychiatry, Weill Cornell Medical College.
2007-2011	Clinical Fellow	Weill Cornell Medical College / New York Presbyterian Hospital
2006-2007	Clinical Psychology Intern	Weill Cornell Medical College / New York Presbyterian Hospital.
2005-2006	Clinical Psychology Extern	St. Charles Hospital & Rehabilitation Center, Port Jefferson, New York
2003-2005	Instructor	School of Health Technology and Management Stony Brook University Medical Center, Stony Brook, New York
2003-2005	Research Consultant	Department of Geriatric Education, College of Medicine
2000-2004	Education Associate	Department of Family Medicine, College of Medicine Stony Brook University Medical Center, Stony Brook, New York

HONORS AND AWARDS

Award for Excellence in Service and Education. Suffolk County Psychological Association (2016).

Best in Psychology Award. Received at the American Burn Association International Meeting (2013) for the development and implementation of a treatment intervention to improve coping in parents/caregivers of children hospitalized in a hospital burn center. The intervention SEE-CALM (Support to Educate and Empower Caregivers through Acceptance, Listening, and Mindfulness) will be manualized and offered at burn centers internationally.

Patient-Centered Care Grant. Awarded grant to coordinate an interdisciplinary team to develop educational materials and implement an intervention to improve coping in parents/caregivers of children hospitalized at the New York Presbyterian Hospital Burn Center. New York Presbyterian Hospital. (2011).

Scholar. The National Institute of Minority Health Disparities (NIMHD/NIH). Translational Health Disparities: Integrating Principles of Science, Practice, and Policy in Health Disparities Research (Bethesda, MD, 2011)

Scholar. Summer Research Institute in Geriatric Mental Health (SRI). Weill Cornell Medical College, Westchester, NY (2011)

Research Planning Grant from the Clinical and Translational Science Center (CTSC) at Weill Cornell Medical College (2008) to develop educational initiative to reduce gender disparities in the assessment/treatment of coronary heart disease (CHD).

Research Excellence Award. Payne Whitney Faculty Council; NY Presbyterian Hospital -Weill Cornell Medical College (2007)

President's Award to a Distinguished Doctoral Student. Stony Brook University Commencement (2007)

NRSA Predoctoral Training Grant. Research examined factors contributing to gender disparities in the assessment and treatment of coronary heart disease (CHD). National Institute for Mental Health (2005-2006)

Excellence in Advanced Research Award. Psi Chi National Psychology Honor Society (2006)

Excellence in Service Award. Psi Chi, National Psychology Honor Society (2005)

Clara Mayo Award for Research on Racism, Sexism and Health Disparities. Society for the Psychological Study of Social Issues (APA; 2004)

Summa cum laude with Honors in Psychology. Stony Brook University Commencement (1996)

Class Valedictorian Award. Stony Brook University Commencement (1996)

TEACHING

2013-Present Instructor. Mindfulness-Based Stress Reduction (MBSR). 4-6 Courses per year.

2007-2011 Instructor. Anxiety Disorders in Primary Care. Weill Cornell Medical College

2003-2005 Instructor. Research Methods and Design. School of Health Technology and Management
Stony Brook University Medical Center, Stony Brook, New York

2000-2005 Instructor/Mentor. Independent Research in Psychology; Junior/Senior Level Tutorial
Department of Psychology, Stony Brook University, Stony Brook, New York

2001 Instructor. Statistics Lab; School of Health Technology and Management
Stony Brook University Medical Center

2001 Instructor. Human Cognition Laboratory; Department of Psychology, Stony Brook University

2000 Instructor. Health Psychology; Department of Psychology, Stony Brook University

WORKSHOPS and INVITED PRESENTATIONS

Chiaromonte, G. R., Fischer, B., Pantolino, A. (2016). Mindfulness for You, Mindfulness for Your Patients: a Workshop for Mental Health Care Professionals. Sponsored by the Suffolk County Psychological Association. Adelphi University, Education and Conference Center.

Chiaromonte, G. R. (2016). How Mindfulness Improves Health, Concentration, and Well-Being. Sponsored by New York Health Psychology, PC. New York, NY.

Chiaromonte, G.R. (2016). Mindfulness: Research, Application, and Outcomes. Sponsored by Long Island Behavioral Medicine, PC. Huntington, NY.

Chiaromonte, G. R. (April 2014) The Burgeoning Science of Positive Psychology. Psychology Grand Rounds. Weill Cornell Medical College – New York Presbyterian Hospital. New York, NY.

Chiaromonte, G. (December 2012). The Influence of Patient's Gender and Anxiety on Primary Care Physicians' Diagnosis, Treatment, and Interpretation of Coronary Heart Disease (CHD) Symptoms. Institute for Geriatric Psychiatry Research Grand Rounds. Weill Cornell Medical College – Westchester, NY.

Jayasinghe, N. and Chiaromonte, G.R. (April 2012). Coping with Injury and Chronic Illness: The Science and Practice of Optimism. Workshops conducted at the Health Outreach Center. New York Presbyterian Hospital, New York, NY.

Jayasinghe, N. and Chiaromonte, G. (December 1, 2011 and March 10, 2011). Coping with Injury and Chronic Illness: The Science and Practice of Optimism. Workshops conducted at the Myra Mahon Patient Resource Center, New York NY.

Jayasinghe, N. and Chiaromonte, G. (January 12, 2011). Coping with Injury and Chronic Illness: The Science and Practice of Optimism. Workshop conducted at The Hospital for Special Surgery, New York NY.

- Chiaramonte, G. and Cancellare, D. (November 10, 2010 and April 15, 2011). Stress Management and Health. Workshops conducted for members of the Army National Guard. Fort Hamilton, Brooklyn, NY.
- Chiaramonte, G. and Cancellare, D. (December 3, 2010 and January 26, 2011) Cognitions and Stress: How our Thoughts Influence our Feelings, Behavior, and Health. Workshops conducted for members of the Army National Guard. Fort Hamilton, Brooklyn, NY.
- Chiaramonte, G. and Cancellare, D. (September 1, 2010 March 16, 2011) December 3, 2010 and January 26, 2011) Improving Communication to Reduce Stress. Workshops conducted for members of the Army National Guard. Fort Hamilton, Brooklyn, NY.
- Jayasinghe, N. and Chiaramonte, G. (January 5, 2010 and March 16, 2010). Managing Anger. Workshops conducted for members of the Army National Guard. JFK International Airport, Brooklyn, NY.
- Chiaramonte, G. R. (2009). Gender Disparities in Physicians' Assessment of Coronary Heart Disease: The Role of Patients' Stress and Psychological Symptoms. Psychiatry Grand Rounds. Weill Medical College of Cornell University.
- Chiaramonte, G. R. (2009). Gender Differences in Cardiovascular Disease: Fact or Fiction? New York Methodist Hospital, Cardiology Division. (New York, NY)
- Chiaramonte, G. R. (2008). Understanding Gender Disparities in the Assessment and Treatment of Coronary Heart Disease. TCT – Transcatheter Cardiovascular Therapeutics International Conference. Sponsored by the Cardiovascular Research Foundation. (Washington, DC)
- Chiaramonte, G. R. (2008). Gender Bias in the Assessment of Coronary Heart Disease. NIH Summit: The Science of Eliminating Health Disparities; NCMHD Centers of Excellence on Health Disparities Research. (National Harbor, MD)
- Chiaramonte, G. R. (2008). Gender Disparities in Cardiac Treatment. Conference on Gender Differences in Cardiovascular Device Trials. Sponsored by the FDA. (Silver Springs, MD)
- Chiaramonte, G. R. (2007). Optimizing the Medical Care of Women with Heart Disease. Twentieth Annual Scientific Symposium of Transcatheter Cardiovascular Therapeutics (TCT). Sponsored by the Cardiovascular Research Foundation. (Washington, DC)
- Chiaramonte, G. R. (2006). How Psychosocial Factors Influence the Diagnosis and Treatment of Women with CHD Eighteenth Annual Scientific Symposium of Transcatheter Cardiovascular Therapeutics (TCT). (Washington, DC).
- Jaffe, A., Chiaramonte, G.R., Levine, N., & Van Moorsal, T. (2002). An Evidence-Based Medicine Teaching Module for Family Medicine Clerks. Symposium presented at The Society of Teachers of Family Medicine's Annual Meeting (San Francisco, CA).

PUBLICATIONS

- Chiaramonte, G.R., Friend, R., Jaffe, A., Trilling, J., Lansky, A., Meyer, R., Jones, Evans, S., E., Weitzman, G., Difede, J. (*in review*) The Influence of Patient's Gender and Anxiety on Primary Care Physicians' Diagnosis, Treatment, and Interpretation of CHD Symptoms.
- Jayasinghe N, Sparks MA, Chiaramonte GR, et al. (2014). Exposure-Based CBT for Older Adults After Fall Injury: Description of a Manualized, Time-Limited Intervention for Anxiety. *Cognitive and Behavioral Practice*. Nov 2014;21(4):432-445.
- Jayasinghe N, Sparks MA, Chiaramonte, G, Kato K, et al. (2013) Posttraumatic stress symptoms in older adults hospitalized for fall injury. *General Hospital Psychiatry*. Nov-Dec;36(6):669-673
- Chiaramonte GR, Friend R, Jaffe AS, et al. (2009). Gender Bias in the Referral for Cardiac Diagnostic Tests: An Experimental Study with Primary Care Physicians. *Annals of Behavioral Medicine*. April 2009;37(1):S56
- Friend R, Chiaramonte GR, Lansky AJ, Jaffe AS, Trilling JS. Are atypical symptoms responsible for the under-diagnosis of heart disease in women? A randomized study of family physicians. *Annals of Behavioral Medicine*. Mar 2008;35:S52-S52.
- Chiaramonte GR, Friend R, Lansky AJ, Jaffe AS, Weitzman G, Evans S. (2008). Is there a gender bias in the diagnosis, treatment, and interpretation of CHD symptoms? A study of internists and family physicians. *Annals of Behavioral Medicine*. Mar 2008;35:S52-S52.
- Cukor J, Roberts J, Chiaramonte G, Difede J. (2008). The role of anxiety disorders in burn injured patients. *Annals of Behavioral Medicine*; 35:S92-S92.

Chiaromonte, G.R., Friend, R., Jaffe, A., Trilling, J., Lansky, A., Meyer, R., Jones, Evans, S., E., Weitzman, G., Difede, J. (2008). Gender Bias in the Diagnosis, Treatment, and Interpretation of CHD Symptoms: Two Experimental Studies with Internists and Family Physicians. *American Journal of Cardiology*, 35 (S1), 2131-2131

Chiaromonte, G.R., Friend, R., Lansky, A.J., Jaffe, A., Trilling J., Weitzman, Jones, E.C., G., Evans, S., Meyer, B. R., (in review). Gender Bias in the Diagnosis, Treatment, and Interpretation of CHD Symptoms: Two Experimental Studies with Internists and Family Physicians.

Chiaromonte, G.R. & Friend, R. (2006). Medical Students' and Residents' Gender Bias in the Diagnosis, Treatment, and Interpretation of CHD Symptoms. *Health Psychology*, 25 (3), 255-266.

Jayasinghe, N. Chiaromonte, G., Stevens, B., & Wilbur, K. (2010). Back on my feet. Patient handbook accompanying manualized treatment for older adults injured by falls. Weill Medical College, New York, NY.

Dr. Chiaromonte's research examining gender disparities in the assessment/treatment of coronary heart disease (CHD) has been featured in NY Times, Wall Street Journal, Newsweek, USA Today, CNN, Fortune Magazine, Heart and Soul and various other local, national, and international news sources

Selected ABSTRACTS and PRESENTATIONS

Chiaromonte, G.R., Renton, F.G., Yurt, R.W., Cukor, J., and Difede, J. (2013). Examining the Feasibility and Acceptability of an Intervention to Reduce Stress and Improve Coping in Caregivers of Children Hospitalized in the Burn Center. Paper presented at the American Burn Association Annual Meeting, Palm Springs CA, April 23-26 2013.

Cukor J., Frielingsdorf H., Wyka K., Soliman F., Libby V., Powers A., Chiaromonte G.R., Leahy N., Lee F., Casey B.J., Difede J., Yurt R. (2013). A translational model for the risk of posttraumatic stress disorder following burn injury. Accepted for presentation at the American Burn Association Annual Meeting, Palm Springs CA, April 23-26 2013.

Chiaromonte, G.R., Jayasinghe, N., Cukor, J., Difede, J. (April 2012). Use of Virtual Reality in Treating Posttraumatic Stress Disorder with an Older Patient: Preliminary Evidence for Acceptability and Utility. Paper presentation included in Clinical Symposium: Intervention for Trauma and Stress in Later Life. 32nd Anxiety and Depression Association of America (ADAA) Annual Conference (Arlington, VA).

Olden, M., Rabinowitz, L., Cukor, J., Wyka, K., Chiaromonte, G.R., Mello, B., Difede, J. (November, 2012). Telemedicine Treatment Delivery Strategies to Reduce Barriers to Care for Veterans With PTSD. Paper presentation included in Clinical Symposium: Overcoming Barriers to Care: Innovations in Outreach, Education and Treatment to Increase Mental Health Care Utilization Among Returning OIF/OEF Military Service Members and Their Families. 28th Annual Meeting of the International Society for Traumatic Stress Studies (ISTSS) (Los Angeles, CA).

Jayasinghe, N., Chiaromonte, G., Wilbur, K., Stevens, B., Bruce, M., & Difede, J. (April, 2012). Intervention for disabling anxiety in older adults injured by falls. Paper presented at the annual meeting of the Anxiety Disorders Association of America, Arlington, VA.

Chiaromonte, G.R. Friend, R., and DiFede, J. (April 2012). Patient's Gender and Stress Influence Physicians' Recommendation for Medications in CHD Patients. Poster presented at 32nd Anxiety and Depression Association of America (ADAA) Annual Conference (Arlington, VA).

Chiaromonte, G. R., Friend, R., Jaffe, A., Wyka, K., Lansky, A., Trilling, J., DiFede, J. (April 2009). Gender Bias in Primary Care Physicians' (PCPs) Recall, Interpretation, and Attribution of CHD Symptoms: A Test of Two Hypotheses. Society of Behavioral Medicine 30th Annual Meeting and Scientific Sessions Montreal, Quebec (CA)

Chiaromonte, G. R., Friend, R., Jaffe, A. Wyka, K., Lansky, A., Trilling, J., DiFede, J. (April 2009). Gender Bias in the Referral for Cardiac Diagnostic Tests: An Experimental Study with Primary Care Physicians. Society of Behavioral Medicine 30th Annual Meeting and Scientific Sessions Montreal, Quebec (CA)

Chiaromonte, G. R., Friend, R., Lansky, A., Jaffe, A. (April 2008). Are Atypical Symptoms Responsible for the Underdiagnosis of Heart Disease in Women? A Randomized Study of Family Physicians. Society of Behavioral Medicine 29th Annual Meeting and Scientific Sessions. (San Diego, CA)

Chiaromonte, G.R., Friend, R., Lansky, A.J., Jaffe, A. S., Weitzman, G., Trilling, J. S., Meyer, B.R., Evans, S., DiFede, J. (2008) Gender Bias in the Diagnosis, Treatment, and Interpretation of Coronary Heart Disease Symptom. Presented at the 20th Annual Scientific Symposium of Transcatheter Cardiovascular Therapeutics (TCT). (Washington, DC)

Mutz, L., Chiamonte, G.R., & Friend, R. (2005). Gender Bias in Medical School Textbooks. Presented at the Society of Behavioral Medicine 26th Annual Meeting and Scientific Sessions (Boston, MA).

Chiamonte, G.R. & Friend, R. (2004). Influence of Patient Gender and Presentation of Symptoms on Medical Students' Confidence in Patient Assessment. Presented at the Society of Behavioral Medicine 25th Annual Meeting and Scientific Sessions (Baltimore, MD)

Chiamonte, G.R. & Friend, R. (2004). Gender Bias in Medical Students' Recommendation for Cardiac Surgery and Hospitalization in CHD Patients. Presented at the Society of Behavioral Medicine 25th Annual Meeting and Scientific Sessions (Baltimore, MD)

CLINICAL EXPERIENCE

- 2013-present Mindfulness-Based Stress Reduction (MBSR) Instructor. Teach 4-6 MBSR courses per year.
- 2012-present Private clinical practice specializing in stress reduction and the treatment of post-traumatic stress disorder (PTSD) and other anxiety disorders as well as the treatment of psychological symptoms in individuals with medical illnesses such as heart disease, cancer, auto-immune disorders and other medical illnesses.
- 2007- present Group facilitator & therapist. Weill Cornell Medical College / New York Presbyterian Hospital Burn Center. Conduct weekly support group for parents and other caregivers of children hospitalized at the Burn Center. Developed treatment protocol and manual for use on the Burn Center and in other in-patient pediatric hospital settings.
- 2007-2011 Therapist. Weill Cornell Medical College / New York Presbyterian Hospital Burn Center. Utilized an interdisciplinary team approach to assess and treat psychological symptoms in adult burn victims.
- 2010-2012 Therapist. Conducted individual, family, and couples counseling with OIF/OEF veteran soldiers of the National Guard.
- 2008-2011 Co-leader. Assisted in the development and monthly presentation of a series of stress-reduction workshops held at National Guard Military Bases.
- 2007-2011 Therapist for two randomized clinical trials. Program for Anxiety and Traumatic Stress Studies (PATSS). Weill Medical College of Cornell University. Conducted manualized prolonged exposure therapy (imaginal exposure and virtual reality exposure) to treat patients with PTSD.
- 2006-2007 Psychology Intern. Payne Whitney Clinic, Weill Cornell Medical College - New York Presbyterian Hospital. Provided weekly individual cognitive behavioral therapy (CBT) and interpersonal psychotherapy (IPT) to outpatients. Conducted comprehensive psychiatric assessments and full-battery neuropsychological assessments of inpatients and outpatients.
- 2006-2007 Group facilitator. Co-led weekly support group for patients with coronary heart disease.
- 2005-2006 Psychology Extern. St. Charles Hospital & Rehabilitation Center, Port Jefferson, New York. The Center follows a comprehensive multidisciplinary model of rehabilitation and treats patients with neurological conditions, developmental delays, traumatic brain injury, and other medical conditions. Conducted brief assessments and psychotherapy with medically ill inpatient adults and adults who were hospitalized as a result of injury. Assessed traumatic brain injury and conducted full-battery neuropsychological assessments of children and adults for diagnostic and rehabilitative purposes.
- 2002-2005 Therapist. Stony Brook University Psychological Center. Provided time-limited and long-term outpatient services to adults, children and families utilizing integrative interventions including cognitive-behavioral, psychodynamic, experiential, and family systems.

SPECIALIZED CLINICAL TRAINING

- 2007-2011 Postdoctoral training in the assessment and treatment of posttraumatic stress disorder (PTSD). Assessed and treated survivors of the 9/11 terrorist attacks, including civilians, utility workers, and members of the fire and police department. Assessed and treated OIF/OEF veterans as well as burn victims and victims of other traumas such as assaults, accidents, rape, and kidnapping.
- April 2009 Certificate of Training: Prolonged Exposure for the Treatment of Trauma. Edna Foa, Ph.D. Center of the Treatment and Study of Anxiety at the University of Pennsylvania
- January 2007 Schema Therapy for Borderline Personality Disorder

May 2005 Psychological First Aid in the Event of a Disaster
St. Charles Hospital and Rehabilitation Center with Suffolk County Psychological Association
Port Jefferson, New York

Mindfulness Training

- 2016 Certified to teach the Mindfulness in Schools Project's (.b) Curriculum to young people aged 11-18. Mindfulness in Schools Project Training, Ramapo University, NJ
- 2015 Mindfulness 5 Day Training. Omega Institute, Rhineback, NY. Teacher: Jon Kabat-Zinn, Ph.D.
- 2015 MBSR Professional Development; 15 hours, one-on-one training with Robert Smith, MD; Center for Mindfulness at the University of Massachusetts' Medical Center.
- 2014 Teaching Development Intensive (TDI) in MBSR: 9-day Residential Professional Training. CFM at the University on Massachusetts Medical Center. Teachers: Robert Smith, MD, Carolyn West, Lynn Koerbell.
- 2013 MBSR in Mind-Body Medicine: 7-Day Residential Professional Training. Mt. Madonna, CA. Teachers: Jon Kabat-Zinn, Ph.D., and Saki Santorelli.
- 2012 Teaching Practicum in MBSR 9-day Residential Professional Training. CFM, University of Massachusetts Medical Center. Teachers: Florence Meleo-Meyer and Robert Smith, MD
- 2012-2016 Completed seven teacher-led silent meditation residential retreats ranging from 5 to 10 days in length. Teachers: Jack Kornfield, Rodney Smith, Donald Rothberg, Tara Brach, Pascal Auclair, Narayan Liebenson, and Yanai Postelnik.
- 2011 A 5 day Intensive in Mindfulness-Based Stress Reduction (MBSR). Omega Institute, Rhineback, New York. Teachers: Florence Meleo-Myer and Melissa Blacker
- 2008 MBSR 8 week course. Teacher: Susan Evans, Ph.D. Weill Cornell Medical College

AD-HOC JOURNAL REVIEWER

Journal of Women's Health

Journal of Geriatric Medicine

PROFESSIONAL ORGANIZATIONS

Anxiety and Depression Association of America (ADAA)
New York Cognitive Therapy Association (NY-CBT)
Association for Behavioral and Cognitive Therapies (ABCT)

Society of Behavioral Medicine (SBM)
American Heart Association (AHA)
American Psychological Association (APA)

SPECIAL SKILLS

Native fluency in Italian. Working knowledge of Spanish.

MISCELLANEOUS

2013-present Elected Member of the Board of Directors, Citizens' Campaign for the Environment.