

Cathy Carballeira, PhD, LCSWR, MCASAC, CHt

EDUCATION

PhD Stony Brook University, School of Social Welfare, 2011
MSW Adelphi University School of Social Work, 1997
MA Columbia University, 1976
BA Barnard College, Columbia University. 1974

LICENSES

- LCSW-R, Psychotherapy privilege, New York State #73124
- Master CASAC, New York State #16785
- SIFI Certified, Adelphi University, 2017
- CHt, Hypnotherapy Certification, American Board of Clinical Hypnotherapy

CLINICAL EXPERIENCE

Long Island Behavioral Medicine and Long Island Mind and Body, DBT Therapist, Garden City and Islandia, 2023-present

- Provide Individual and Group DBT therapy to survivors of World Trade Center and clinic patients (adolescents and adults)

Tempo Group, Inc., Woodmere, NY, 2017-2023

- Provide Individual, Family and Group Therapy for Adolescents, Adults and Families in Outpatient Chemical Dependency Clinics
- Provide Family Intervention Groups using CRAFT model
- Coordinate and Supervise Educational Programs for Continuing Education and Provide Trainings for MSW Interns in Co-Occurring Disorders

Private Practice, Headway and Spectrum Behavioral Health, 2009-present

- Family Therapy
- Hypnotherapy
- Dialectical Behavior Therapy

Open Door Family Medical Center, Port Chester, NY, 2014-2017

- Bilingual Psychotherapist in Integrated Healthcare Center for underserved, undocumented population for children, adults and families
 - Play Therapy with traumatized children (child refugees)
 - Individual, Couple and Family Therapy
 - Provided trainings at Grand Rounds on Cultural competence with child refugees and Mindfulness Based Stress Reduction

Hudson Valley Mental Health, Bilingual Psychotherapist, 2000-2005; 2013-14

- Psychotherapist with SPMI adult population
 - DBT Co-Occurring Disorders specialist
 - DBT groups for Pain Management; Panic Disorders and BPD

Astor Home for Children, Rhinebeck, NY, 1997-2000

- Intake Clinician for Residential Treatment Center and Residential Treatment Facility for children age 5-13 with severe psychiatric and behavioral issues

TEACHING AND RESEARCH EXPERIENCE

Walden University, MSW, DSW and PhD Online programs, 2017-present

- Psychopathology (PhD/DSW)
- Advanced Clinical Social Work I and II
- Field course seminars (MSW)
- Disaster, Crisis and Trauma (MSW)
- Treatment of Addictions (MSW)
- Vicarious Trauma (MSW)

Adelphi University, MSW Program, Spring 2021

- Field seminar for students in Advanced Placement

NYU Silver School of Social Work, spring 2015

- Evidence Based Practice with Trauma Survivors

Touro College Graduate School of Social Work, NYC, 2012-2014

- Advanced Practice with Individuals (MSW)
- Family and Couple Therapy (MSW)
- Ethical Dilemmas in Social Work Practice (MSW)

Research Foundation, Stony Brook University, 2007-2011

- *Community Needs Assessment-Participatory Research Project*

Social Justice Center, Stony Brook University, Research Assistant, 2007-2010

- Steering committee, NASW Legislative Education Advocacy Conferences

Social Work Field Office, Stony Brook University, Research Assistant, 2005-2006

- Research on students with disabilities (hard of hearing, blind) and gatekeeping

National Association of Puerto Rican and Hispanic Social Workers, 2005-2017

- President, 2008-2009; Corresponding Secretary, 2005-2008
- Conference chair, *Immigration and Social Justice*, Stony Brook University, 2007

CONFERENCE PRESENTATIONS

“Working with Unaccompanied Minors with Co-Occurring Disorders of PTSD and Alcohol Use Disorder,” Hofstra University, Co-Occurring Disorders Conference, November, 2018.

“Compassion Fatigue or Compassion Satisfaction?” Hofstra University, Nassau Association for Addiction Studies (NAFAS), June, 2018.

“Immigration and the Elderly.” NASW/NAPRHSW keynote speaker, Conference on the Elderly, for Suffolk Division of NASW, Summer 2015.

SELECT PUBLICATIONS

Making a Difference: My Fight for Native Rights and Social Justice by Ada Deer. Book review for *American Indian Culture and Research Journal*

Integrated Treatment of Co-Occurring Disorders for Social Workers. Introductory and Advanced Webinars. Relias Learning, 2016-2017.

Indigenous identity at Poospatuck Reservation: Implications for culturally grounded policy and practice, 2011. Doctoral dissertation. Sponsor: Joel Blau, PhD

The Latino Threat: Constructing immigrants, citizens and the Nation, by Leo Chavez. *Journal of Sociology and Social Work*, book review, March, 2014.

Latinas Attempting Suicide: When cultures, families and daughters collide, by Luis H. Zayas. *Affilia Journal of Women and Social Work*, book review, 2012.

Colombian women: The struggle in silence, by Elena Garces. *Affilia Journal of Women and Social Work*, book review, Spring, 2010.

ORGANIZATIONS AND AWARDS

“Clinician of the Year”, COPAY, Great Neck, NY, 2018.

Editorial Board, *Journal of Social Work in the Global Community*, 2015-present

Central American Refugee Center (CARECEN), Executive Board member, 2012-2017

American Red Cross, Disaster Mental Health, Team Leader, 2005-2011

REFERENCES Will Be Provided on Request

