

JOSHUA R. COHEN, PHD

Licensed Psychologist

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EDUCATION:

Post-Doctoral Fellowship: Rehabilitation Psychology and Neuropsychology, University of Michigan Hospital, July 2004 to July 2006

Ph.D.: Clinical Psychology, University of Michigan, September 2000 to December 2004

Dissertation Title: “Predictors and Effects of Support Person Involvement in the Youth-Nominated Support Team-Version 1 Intervention for Suicidal Youth,”

Advisor: Cheryl King, Ph.D.

M.A.: Clinical Psychology, University of Michigan, September 1999- September 2001

Master’s Thesis: “Emotion regulation partially mediating the effects of children’s attention problems on their social competence,”

Advisor: Ann Shields, Ph.D.

B.A.: Johns Hopkins University, September 1994 to May 1998

Language Training: University of Belgrano, Buenos Aires, Argentina, March - June 1997 .
Proficiency in Spanish

PROFESSIONAL APPOINTMENTS:

Assistant Teaching Professor, January 2024 - Present:

Rutgers University, Graduate School of Applied and Professional Psychology, New Brunswick, NJ. Responsibilities include teaching graduate courses such as Biological Bases of Human Behavior, Neuropsychology, Ethics and Professional Development, and Cognitive and Affective Psychology, as well as supervising student clinicians in providing evaluations and psychotherapy.

Full Time Lecturer, January 2023 - December 2023:

Rutgers University, Psychology Department, School of Arts and Sciences, New Brunswick, NJ. Responsibilities included teaching undergraduate courses such as Physiological Psychology, Learning Processes, and General Psychology, as well as the first course in a series of graduate courses about Evidence Based Psychotherapies to students earning their PhD in clinical psychology.

Neuropsychologist in Private Practice, November 2016 - Present:

1000 Sanger Ave., Oceanport, NJ. Services provided include psychotherapy, rehabilitation

counseling, neuropsychological assessments, psychological assessments, and mindfulness coaching. rehabneuropsych.com

Co-Founder/Director Two Rivers Mindfulness Institute, LLC, November 2018-Present, Oceanport, NJ. Services provided include mindfulness-based programs to the general public throughout the Monmouth County area, including Mindfulness Based Stress Reduction, Mindfulness for Anxiety, mPEAK, and other mindfulness-based groups.

Adjunct Professor, September 2013-2015, 2019: Monmouth University, West Long Branch, NJ. Responsibilities included teaching Introduction to Neuroscience, a 300 level undergraduate course, as well as Research Methods, a 200 level course.

Adjunct Professor, September 2012 - 2015, 2018: Brookdale Community College, Lincroft, NJ. Responsibilities included teaching Introduction to Psychology and Lifespan Developmental Psychology courses.

Neuropsychologist, June 2014 - October 2016: Shore Neuropsychology and Behavioral Health, Brick, NJ.

Responsibilities included inpatient and outpatient neuropsychological evaluations of patients with a variety of neurological disorders, directing treatment of patients in cognitive rehabilitation, psychological treatment of children, adolescents, and adults.

Neuropsychologist, July 2010 - August 2014: Neuropsychology Rehabilitation Services, offices in Neptune and Lakewood, NJ.

Responsibilities included outpatient neuropsychological evaluations, directing treatment of individual patients in cognitive rehabilitation, psychological treatment of children, adolescents, and adults.

Neuropsychologist, December 2008 - July 2010: Children's Specialized Hospital, Fanwood, NJ 07023.

Responsibilities included outpatient neuropsychological evaluations, individual and group cognitive rehabilitation to children and adolescents, cognitive rehabilitation program development, individual psychotherapy, family counseling.

Neuropsychologist, November 2007 – December 2008: JFK Center for Head Injuries, Edison, NJ 08820.

Responsibilities included outpatient neuropsychological evaluations, neuropsychological rehabilitation to patients in the cognitive rehabilitation program, lead rehabilitation teams involving speech and language therapists, occupational therapists, physical therapists, vocational therapists, and rehab counselors.

Rehabilitation Psychologist, July 2006 – November 2007: JFK Rehabilitation Institute, Edison, NJ 08820.

Responsibilities included providing counseling and psychological treatment to inpatients participating in physical and cognitive rehabilitation.

HOSPITAL PRIVILEGES:

Allaire Rehab and Nursing, Freehold, NJ

July 2019 - December 2021, Consulting Neuropsychologist

Responsibilities include brief neuropsychological evaluations and counseling to patients with a variety of neurological disorders. Consultation with on-staff physicians regarding treatment recommendations.

Shore Rehabilitation Institute, an Affiliate of Ocean Medical Center

July 2010- 2015, Consulting Neuropsychologist

Responsibilities include brief neuropsychological evaluations and counseling to patients with a variety of neurological disorders. Consultation with on-staff physicians regarding treatment recommendations and discharge planning.

Riverview Medical Center

July 2015 - October 2016, Consulting Neuropsychologist

Responsibilities include brief neuropsychological evaluations and counseling to patients with a variety of neurological disorders. Consultation with on-staff physicians regarding treatment recommendations and discharge planning.

Laurelton Village Subacute Rehabilitation and Long-Term Care Facility

July 2014 - July 2016, Consulting Neuropsychologist

Responsibilities include brief neuropsychological evaluations and counseling to patients with a variety of neurological disorders. Consultation with on-staff physicians regarding treatment recommendations and discharge planning.

INVITED PRESENTATIONS:

“Sports Psychology and Mindfulness for Performance,” 1-hour seminar to national level competitors of the Garden State Brazilian Jiu Jitsu school in Middletown, NJ, October 2022.

“Mindfulness for the Times,” 6-hour inservice to Shrewsbury School District teachers and administrators, February 2022.

“Mindfulness from the Heart - Exploring Mindful Self-Compassion,” 6-hour inservice to Shrewsbury School District teachers and administrators, February 2020.

“A Day of Mindfulness,” 6-hour inservice to Shrewsbury School District teachers and administrators, October 2019.

“An Introduction to Mindfulness,” Presented to High Technology High School students December 2021.

“An Introduction to Mindfulness,” Guest lecture at Monmouth University 3 years consecutively starting in 2020.

“Mindful Self-Care while Working with Brain Injury: An introduction to the use of mindfulness and compassion to take care of oneself while taking care of others,” Allaire Rehabilitation and Nursing, October, 2020.

“An Introduction to Mindfulness Based Programs,” Monmouth Ocean County Psychological Association, February, 2019.

“An Introduction to Psychology, Neuroscience, and Mindfulness,” Brookdale Community College, October 27, 2018 and again February 7, 2019.

“Brain Health and Stroke Prevention,” presentation at Jersey Shore University Medical Center, May 6, 2016.

“Cognitive, Emotional, and Behavioral Changes with Parkinson’s Disease,” lecture to Lee Silverman Voice Treatment program patients and staff at CentraState Medical Center, March 2016.

“Traumatic Brain Injury and Stroke: An Overview of the Cognitive, Emotional and Behavioral Effects of Acquired Brain Injury,” educational series at CentraState Medical Center provided to medical, nursing, and rehabilitation staff, March, 2016.

“The Role of Neuropsychology and Cognitive Rehabilitation in Patients’ Recovery from Brain Injury,” continuing medical education series sponsored by Shore Rehabilitation Institute and Ocean Medical Center, April 2013.

“Neuropsychology and Rehabilitation Psychology: An Introduction Through Clinical Cases,” Presentation to Brookdale Psychology Club, Fall, 2012.

"Treatment Crossroads: The Intersection between Executive Functioning and Language Disorders," Presentation at the annual New Jersey Speech-Language-Hearing Association conference, Spring 2011.

"Mindfulness Meditation for Attention Remediation: A Potential Cognitive Rehabilitation Treatment," Presentation at Children's Specialized Hospital Rounds, 2010.

"Music Therapy as a Treatment Modality in Cognitive Rehabilitation," Presentation at Children's Specialized Hospital Rounds, 2009.

“Depression: The need for treatment,” Presentation at Community Church Conference on Faith and Depression in Winter 2007.

"The effects of long term benzodiazepine use on cognitive abilities, a literature review and case presentation." Presentation at JFK Center for Head Injuries, Department of Neuropsychology, Spring of 2006

"Neuroanatomical Correlates of Conversion Disorder and Treating Conversion Disorder in a Rehab Setting." Presentation to rehabilitation staff at JFK Rehabilitation Institute.

"Confabulation Following Traumatic Brain Injury, a Case Presentation," University of Michigan, Department of Physical Medicine and Rehabilitation, Fall of 2005

"Toward an Acute Care Assessment Battery for Executive Impairment," Michigan Speech, Language, and Hearing Association, annual conference 2006.

"Emotion Regulation Partially Mediating the Effects of Children's Attention Problems on Their Social Competence," Poster presentation at the Society for Research in Child Development conference of 2000.

PROFESSIONAL MEMBERSHIPS

National Academy of Neuropsychology

American Academy of Certified Brain Injury Specialists

New Jersey Psychological Association

MINDFULNESS TRAINING:

Certified mPEAK Coach, Mindfulness-Based Professional Training Institute, University of California San Diego, School of Medicine, March 2022: Completed year-long training in leading the 8-week mPEAK course (Mindful Performance Enhancement, Knowledge and Awareness). The course combines mindfulness based practices with evidenced based practices from the fields of positive psychology and behavioral neuroscience to enhance participants performance in various domains (e.g. work, sports, high stress arenas, etc.).

Qualified Mindfulness Based Behavior Change Facilitator, Mindsiences August 2020: Completed year-long training in a system developed by Brown University Neuroscience Researcher and Psychiatrist, Judson Brewer, MD, PhD, that combines mindfulness and behavioral neuroscience to facilitate habit change.

Five Day Mindful Self-Compassion Intensive, with Karen Bluth, PhD and Laura Prochnow Phillips, June 2019

Five Night Silent Retreat at Copper Beech Institute with Beth Mulligan, PA and Steven Hickman, PsyD, November 2018

Coleading Multiple Mindfulness courses with Erin Mendoza, PsyD, including MBSR with Dr. Mendoza, September 2018 to Present.

Individual Mindfulness Meditation Practice since 2008.

Poster Presentations:

Greco, S.P., Cohen, J.R., and Klemic, L. (October 2013). *Nonverbal learning disability: A*

neuropsychological case review. Poster presented at the National Academy of Neuropsychology 33rd Annual Conference, San Diego, CA.

Greco, S.P., Cohen, J.R., and Sica, R.S. (2011). A Neuropsychological Case review of Remote Episodic Memory Loss in Left Temporal-Lobe Partial Epilepsy. *Applied Neuropsychology*, 18, pp. 225.

HONORS:

Phi Beta Kappa Honor Society, inducted in 1997

Psi Chi Psychology Honor Society, inducted in 1996

POST-DOCTORAL TRAINING:

July 2004 – July 2006

Post-Doctoral Fellow, Rehabilitation Psychology and Neuropsychology, Department of Physical Medicine and Rehabilitation (PM&R), University of Michigan Health System,

Primary supervisors: Seth Warshausky, Ph.D., Jeffrey E. Evans, Ph.D., Jacqueline Kaufman, Ph.D., Joshua Kay, Ph.D.

Responsibilities included:

- Providing individual, family, and group counseling to a pediatric and adult inpatient acute rehabilitation population. Primary medical diagnoses include spinal cord injury, traumatic brain injury, stroke, amputation, cancer, multiple sclerosis and other neurological conditions. Psychological diagnoses included PTSD, anxiety, depression, dementia, delirium, substance abuse and dependence, and less frequently Bipolar Disorder and Psychotic Disorders.
- Neuropsychological assessments conducted on an outpatient and inpatient basis.
- Outpatient psychological treatment.
- Participation in a multidisciplinary team consisting of occupational, physical, and speech therapists, as well as physicians and nurses on an inpatient and outpatient basis.
- Attended educational seminars, lectures, and several conferences during this fellowship.

PRE-DOCTORAL CLINICAL EXPERIENCE:

Psychology Internship, 2001 - 2003

Intern, The University Center for the Child and the Family, Ann Arbor, Michigan, University of Michigan Internship. Primary Supervisors: Jamie Plunkett, Ph.D., Elinor Rosenberg, M.S.W., Sharon Gold-Steinberg, Ph.D., Kris Freeark, Ph.D., Daniel Greenberg, Ph.D.

Duties:

- Provided individual, family, couples, and group therapy; administer psychological testing and assessments
- Consulted with the Head Start program in Ypsilanti, MI as part of an interdisciplinary team
- Performed psychological assessments for an interdisciplinary team consulting with the Family Independence Agency
- Participated in case presentations and consultations

Psychology Practicum

September 2003 – June 2004: Neuropsychology, Department of Psychiatry, University of Michigan Hospital,

- Administered Pediatric Neuropsychological Assessment
- Participated in case formulation and diagnosis

September 2000 - December 2000: 200-hour practicum position, Department of Child and Adolescent Psychiatry, University of Michigan Hospital

- Performed intake evaluations
- Treated a family
- Participated in case presentations and consultation meetings

May 2000-August 2000: 200-hour practicum position, The University of Michigan Psychological Clinic, Ann Arbor, MI

- Performed intake evaluation and diagnosis
- Participated as a member of an interdisciplinary team
- Participated in case presentations and consultation meetings

February-April 2000: Group Therapist for the “Kids’ Club” Intervention for Child Victims of Domestic Violence, SAFE House Shelter, Ann Arbor, MI

- Co-led 10-week intervention group for 3 to 5-year olds, emphasizing topics of emotion, safety planning, responsibility for violence, and conflict resolution
- Participated in volunteer training (20 hours), and weekly supervision

Resident Assistant

Bell Socialization Services of York, York, Pennsylvania; June-December 1996

- Provided behavioral treatment and in house personal care to clients with severe psychological disorders

RESEARCH EXPERIENCE:

Graduate Student Assistant

Statistical Assistant for the Youth-Nominated Support Team Study, Summer of 2002, Principal Investigator: Cheryl King, Ph.D.

Research Assistant, Michigan Child and Family Laboratory; University of Michigan, Ann Arbor, Clinical Psychology; August 1999 - 2001.

- Conducted structured interviews, and administered assessment tools with children 3rd -5th grade.
- Trained undergraduates in children interviews.
- Supervised data entry and scoring of assessment tools.
- Organized participant recruitment efforts.

Undergraduate Student Assistant

Research Assistant, Dr. Greg Ball's Behavioral Neuroendocrinology Group, Department of Psychology, Johns Hopkins University, two semesters for credit and one summer for pay. Worked closely with Dr. George Bentley on projects investigating steroid-independent effects of changing photoperiod on neuroplasticity within the song control nuclei of songbirds.

- Sectioned brain tissue using a cryostat.
- Carried out nissle stain of brain sections.
- Performed image analysis on brain sections using the NIH IMAGE program on a Macintosh computer linked to a video camera.

COMMITTEES/PROFESSIONAL CONSULTATION:

- Consultant to Department of Vocational Rehabilitation (DVR) for purposes of improving interface between neuropsychology and DVR, Summer of 2008-Summer 2009
- Internship/Practicum Consortium Committee, University of Michigan Fall of 2000- Fall of 2001
- Intern Representative to the Faculty/Staff Committee University Center for the Child and the Family, Spring of 2002

FELLOWSHIPS:

Power Fellowship, Clinical and Research training focusing on loss and bereavement, University of Michigan 2002-2003

PROFESSIONAL REFERENCES:

Elise Landry, Ph.D., J.D. Landry Family Forensics, Private Practice, Red Bank, NJ
732-355-8105, drlandry@landryfamilyforensics.com

Anthony Lequerica, PhD, Senior Research Scientist, Center for Traumatic Brain Injury Research, The Kessler Foundation, 973-324-3551, alequerica@kesslerfoundation.org

Matthew Strobel, PhD, Navesink Psychological Services, Red Bank, NJ 732-784-7793,
mstrobel@navesinkpsych.com

Jennifer Scheick, M.D., Psychiatrist in Private Practice, Monmouth and Ocean County, NJ
609-992-6414, Jenfmed@hotmail.com