

JENNIFER GUTTMAN, PSY.D.
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EMPLOYMENT HISTORY

2003 - Present

Cognitive Behavioral Associates
Westport, Connecticut

Owner

Responsible for direct treatment services and the clinical oversight (management and development) of two masters level social worker associates who provide individual cognitive-behavioral therapy to children, adolescents and adults.

1994 - 2002

Mental Health Association (MHA) of Westchester County
Mount Kisco, New York

Assistant Executive Director (2000 - 2002)

Responsible for clinical oversight (management and development) of 34 psychologists, social workers and psychiatrists staffing two community based mental health clinics in Westchester County, three satellite clinics on-site at homeless shelters and two mobile programs serving individuals at risk of child abuse and neglect. Budgetary oversight for said programs. Responsible for agency-wide quality assurance.

Director of Community/Shelter Based Treatment Programs
(1997 - 2000)

Responsible for five programs staffed by a consulting psychiatrist and a total of 17 psychologists and social workers. Duties included the day-to-day management (clinical and budgetary) of three satellite clinics on-site at homeless shelters and two mobile programs targeting previously homeless families and families at risk of child abuse and/or neglect.

Coordinator – Partners in Parenting at WestHELP-Greenburgh
(1996 - 1997)

Responsible for a program staffed by three clinicians (two psychologists and one social worker). Duties included: clinical supervision, case assignments, crisis intervention, monthly and annual reports and clinical treatment.

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EMPLOYMENT HISTORY CONTINUED

Clinician, Partners in Parenting Program (1994 - 1996)

Worked off-site in a homeless shelter for the Partners in Parenting program. Psychotherapy and parent training with parents of infants and toddlers ages 0-4. Treatment involved individual, family and group modalities. Client population included a variety of mood, personality, anxiety, conduct and psychotic disorders. The majority of clients had a trauma history.

1997 - 1999 **Private Practice
Tarrytown, New York**

1999 - 2001 **Private Practice
Pleasantville, New York**

CONSULTING EXPERIENCE

2010 – Present **Doctoral Student Mentor
Long Island University
Brookville, New York**

Mentor to doctoral level students in the PsyD program and on multiple thesis defense panels.

2003 - Present **Guest Lecturer
Long Island University
Brookville, New York**

Multiple symposiums on “Cognitive-Behavioral Treatment” and “Starting Your Own Private Practice.”

2002 **“SAVE” Curriculum**

Developed the “Schools Against Violence Education” curriculum for Westchester County as part of a grant from New York State.

1994 -1997 **Consultant
The Information Exchange
New City, New York**

Training mental health professionals and school personnel in areas such as anger control, parenting, family violence, suicidality, and treatment planning.

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CONSULTING EXPERIENCE CONTINUED

1996 **Homestead Apartments**
Norwalk, Connecticut

Led anger control workshops for case management staff and supervisors working with homeless clients.

1995 **Project Renewal**
New York, New York

Consultation for case managers who were working either in women's homeless shelters or as street outreach workers for the homeless.

1993 **North Shore University Hospital**
Great Neck, New York

Led preparedness counseling group for pregnant women with components on anger control, effective parenting and developmental milestones of the first year.

1993 **Citywide Special Education Project of the**
City of New York
New York, New York

Led anger control workshops for teachers (elementary through high school) as part of a grant from the Citywide Special Education Project.

1992 **Wayside Home for Girls**
Valley Stream, New York

Led an eight-week anger control series for students with serious anger management difficulties.

PUBLICATION

Guttman, J. (2016). Cutting, Binging, Drinking: A Case Study. The Fix Professional Voices.

Guttman, J. (2009). Cognitive-Behavioral Therapy – Strategies and Benefits.
The Smart Kids with Learning Disabilities Newsletter.

Feindler, E.L., & Guttman, J. (1994). Cognitive-behavioral anger control training for groups of adolescents: a treatment manual. In C. LeCroy (Ed.), The Handbook of Child and Adolescent Treatment Manuals. MacMillan Publishing Co., Inc. Printed under Lexington Press.

TELEVISION

Guttman, J. (1997, January). All about anger. Presented on the cable television show "Mental Health Matters," White Plains, NY.

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INTERVIEWS

Chapman, Melissa (2011). "Finding the Positive in Being a Single Mom". *Single Minded Women*. Web.

Fuchs, Marek (2002, March). "Parents' Night Out. Maybe." *The New York Times*.

PRESENTATIONS

Guttman, J. (2003, March). Anger management strategies for children and adolescents. Presented at a district-wide staff training day for the Trumbull School District, Trumbull, CT.

Guttman, J. (2003, January). Cognitive-Behavioral treatment of obsessive-compulsive disorder. Presented at MHA of Westchester, Elmsford, NY.

Guttman, J. (2002, December). Cognitive-Behavioral treatment of social phobia. Presented at MHA of Westchester, Elmsford, NY.

Guttman, J. (2002, November). Helping our worried children: staying balanced in a changing world. Presented to staff and parents at Mt. Kisco Day Care, Mt. Kisco, NY.

Guttman, J. (2002, November). Cognitive-Behavioral treatment of anxiety disorders. Presented at MHA of Westchester, Elmsford, NY.

Guttman, J. (2002, October). Helping our worried children: staying balanced in a changing world. Presented to staff and parents at Bright Beginnings Day Care Center, Mt. Kisco, NY.

Guttman, J. (2002, October). Cognitive-Behavioral treatment of depression. Presented at MHA of Westchester, Elmsford, NY.

Guttman, J. (2001, March). Anger management techniques. Presented at MHA of Westchester, Elmsford, NY.

Bernstein, B. & Guttman, J. (2000, November). Child abuse. Presented at a conference "Children and Trauma" at New York Hospital, White Plains, NY.

Bernstein, B. & Guttman, J. (1999, February). Anger management in the classroom. Presented at a Superintendent's Conference Day "Violence Prevention: We're in this Together," Yorktown Heights, NY.

Guttman, J. (1998, November). Services and treatment for homeless families. Presented at a conference "From Homelessness to Self-Sufficiency," White Plains, NY.

Guttman, J. (1998, September). Children living in violent homes. Presented at a Child Abuse Task Force Meeting, Elmsford, NY.

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PRESENTATIONS CONTINUED

- Guttman, J. (1998, July). De-escalation techniques. Presented at a Family Ties Meeting, Elmsford, NY.
- Guttman, J. (1998, March). Anger control training. Presented at the White Plains Board of Education, White Plains, NY.
- Guttman, J. (1997, September). Dialectical behavior therapy: overview of theory and techniques. Presented to the Board of Directors of MHA of Westchester, Elmsford, NY.
- Guttman, J. (1997, February). Anger control training. Presented at WestHELP-Greenburgh, Greenburgh, NY.
- Guttman, J. (1996, July). Case consultation. Presented at Homestead Apartments, Norwalk, CT.
- Guttman, J. (1996, May). Positive parenting techniques. Presented at Homestead Apartments, Norwalk, CT.
- Guttman, J. (1996, April). Cognitive-behavioral treatment of low self-esteem in substance abusing and dually disordered clients. Presented at Montrose Veteran's Hospital, Montrose, NY.
- Guttman, J. (1996, February). Anger control skills training. Presented at Volunteers of America, Spartanburg, SC.
- Guttman, J. (1995, December). Writing treatment plans. Presented at Homestead Apartments, Norwalk, CT.
- Guttman, J. (1995, June). Writing treatment plans. Presented at Homestead Apartments, Norwalk, CT.
- Guttman, J. (1995, March). Assessment of suicidality and homicidality. Presented at WestHELP - Greenburgh, Greenburgh, NY.
- Guttman, J. (1995, March). Conflict resolution. Presented at Learning for Living - Argus Community, Bronx, NY.
- Guttman, J. (1994, October). Learning in a safe place: preventing and responding to violence in our schools. Presented at Jefferson Lewis Hamilton Herkimer Oneida BOCES, Watertown, NY.
- Guttman, J., & Vinicombe, A. (1993, October). Anger control skills training workshop. Presented at New York Association of School Psychologists Conference, Melville, NY.

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PRESENTATIONS CONTINUED

Guttman, J. (1993, August). Anger control for adolescents. Presented at Children's House, Inc., Melville, NY.

Guttman, J. (1993, April). Anger control for high school students. Presented at Syosset High School, Syosset, NY.

Guttman, J. (1992, December). Channeling Parents' Anger. Presented at Schools, Communities, & Today's Parents: A Showcase of Model Programs Highlighting What is New and Working in School and Community Programming, Saratoga Springs, NY.

Guttman, J. (1992, May). Group anger control treatment for adolescent women. Presented at Melillo Mental Health Center, Glen Cove, NY.

Guttman, J. (1992, April). Group anger control treatment for adolescent women. Presented at Wayside Home for Girls, Valley Stream, NY.

EDUCATION

1994 **Doctorate, Clinical Psychology**
Long Island University/C.W. Post Campus
Brookville, New York

Dissertation Title: A cognitive-behavioral anger control treatment for adolescent girls
New York State License: 1996
Connecticut License: 2003

1992 **Master of Science, Applied Psychology**
Long Island University/C.W. Post Campus
Brookville, New York

1989 **Bachelor of Science, summa cum laude**
Drew University
Madison, New Jersey

OTHER EDUCATIONAL EXPERIENCE

1998 **EMDR Level I: Basic Training**
EMDR Institute, Inc.
New York, New York

1998 **Intensive Basic Training in Solution-Focused Therapy**
The Center for Solution-Focused Brief Therapy
Goshen, New York

1991 **Working with Victims of Rape, Incest and Sexual Assault**
Adelphi University,
Garden City, New York