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Postgraduate Training

INTEGRATIVE PSYCHIATRY INSTITUTE

Postgraduate Certificate Program

Psychedelic Assisted Psychotherapy

2022-current

FLUENCE

Postgraduate Certificate Program

Psychedelic Harm-Reduction and Integration Therapy

2021-2022

Education

YESHIVA UNIVERSITY – Ferkauf Graduate School of Psychology

Doctor of Psychology, Clinical Psychology

Adult Clinical with Child Clinical Psychology Minor, APA-Accredited Program

Degree Conferred: May 2019

Bronx, NY

2014-2019

YESHIVA UNIVERSITY – Ferkauf Graduate School of Psychology

Master of Arts, Clinical Psychology

Adult Clinical, APA-Accredited Program

Degree Conferred: June 2016

Bronx, NY

2014-2016

TEL AVIV UNIVERSITY

Bachelor of the Arts, Psychology and Sociology- Anthropology (Double major)

Degree Conferred: June 2011

Tel-Aviv, Israel

2008 – 2011

Clinical and Work Experience

Teachers College, Columbia University

Adjunct Assistant Professor

- Teaching graduate students in the Department of Counseling and Clinical Psychology
- Participating in developing and managing the class syllabus
- Planning and creating lectures, in-class discussions and assignments
- Grading assigned papers, quizzes and exams
- Assessing grades for students based on participation, performance in class, assignments and examinations
- Collaborating with colleagues on course curriculum

New-York, NY

01/23- Current

Galynker Family Center for Bipolar Disorders

Licensed Clinical Psychologist

- Providing clinical supervision for junior clinicians on staff
- Providing individual and family long-term therapy to children, adolescents, and adults with severe and persistent mental illness
- Conducting psycho-diagnostic evaluations and consultations to children, adolescents, and adults
- Providing group psychotherapy focused on DBT skills
- Conducting risk-assessment and outpatient risk-management
- Providing services to population with high-risk for self-harm and suicidality
- Participating in clinical staff meetings, peer supervision, and didactics

New-York, NY

02/21- Current

Yana Lechtman, PsyD– Private Practice

Brooklyn, NY

Licensed Clinical Psychologist

08/20- Current

- Providing long-term therapy to children, adolescents, adults, couples, and families
- Conducting psycho-diagnostic evaluations and consultations to children, adolescents, and adults
- Providing services to population with high-risk for self-harm and suicidality
- Providing psychedelic harm-reduction and integration therapy and Ketamine Assisted Psychotherapy

Northwell Health – Lenox Hill Hospital

New-York, NY

Psychology Post-Doctoral Fellow

07/19- 06/20

- Psychological Outpatient Services (12-month rotation):
 - Providing individual long-term outpatient psychodynamic therapy to children, adolescents, and adults from a varied socio-economic and cultural backgrounds
 - Carrying a caseload of (approx. 20) clients struggling with a wide range of psychopathology, among others: mood and anxiety disorders, PTSD, personality disorders, severe and persistent mental illness (SPMI), suicidality and self-harm behaviors, autistic spectrum disorder, conduct disorders, and attention deficit/hyperactivity disorder
 - Conducting risk-assessment and outpatient risk-management, including the use of the Collaborative Assessment & Management of Suicidality (CAMS) assessment and treatment protocol
 - Leading outpatient DBT skills group
 - Rendering family therapy and parenting training
 - Providing individual treatment as part of the perinatal mood and anxiety disorders (PMAD) clinic
 - Providing Transference Focused Psychotherapy for the treatment of personality disorders
 - Serving as the primary supervisor to an advanced psychology extern, providing weekly supervision on outpatient work
- Psychiatric Inpatient Department (12-month rotation):
 - Providing consultations on a psychiatric inpatient unit
 - Serving as the primary supervisor to psychology externs providing DBT group therapy on an inpatient unit
 - Conducting risk-assessment and safety planning, including the use of the Collaborative Assessment & Management of Suicidality (CAMS) assessment tool
- Home-Based Mental Health Services for Older Adults (12-month rotation):
 - Providing in-home psycho-diagnostic evaluations and disposition recommendations to home-bound geriatric population
 - Providing in-home short-term individual psychotherapy to geriatric population
 - Program development, including implementation of clinical and administrative procedures
- Collaborating with a multidisciplinary team of neuropsychologists, psychiatrists and other medical doctors, nursing staff, social workers, and creative arts therapists
- Participating and presenting in weekly individual and group supervisions, case conferences, didactics, and grand rounds

Maimonides Medical Center

Brooklyn, NY

Psychology Pre-Doctoral Intern

07/18- 06/19

- Psychological Outpatient Services (12-month rotation):
 - Carried a caseload of (approx. 10) individual clients at a low-SES outpatient clinic
 - Spearheaded the development of an Adolescent DBT Skills group therapy for youth with self-harm behaviors; including proposal, recruitment and co-leadership of the group
 - Provided long-term psychotherapy to population of children, adolescents, adults, and families with a wide range of psychopathology, including severe and persistent mental illness (SPMI) and those with high-risk behaviors.
- Psychiatric Inpatient Department (4-month rotation):
 - Served as the sole psychologist on a psychiatric inpatient unit of approx. 30-beds
 - Provided individual and group therapy on a psychiatric inpatient unit
 - Developed individual behavioral management plans for psychiatric inpatient population

- Conducted adult psycho-diagnostic assessments including, but not limited to, cognitive functioning and dementia, personality and emotional functioning, and malingering.
- Collaborated with a multidisciplinary team of psychiatrists, nursing staff, social workers, and creative arts therapists on intake evaluations, and treatment and discharge planning
- Wellness and Recovery Program— intensive day program for patients with SPMI (4-month rotation):
 - Provided short-term individual psychotherapy for individuals with SPMI
 - Provided group psychotherapy, both skill-based and process based, for SPMI population; including: DBT, interpersonal skills, anger expression, coping with voices, personality workshop, wellness and recovery
 - Served as a case manager while collaborating with residential facilities, Administration for Children's Services, child advocacy agencies, schools, homeless shelters, and rehabilitation centers
 - Provided milieu therapy for adults with SPMI
 - Participated in a daily multidisciplinary team treatment planning meeting
- Psychological Assessment and Disposition Services (4-month rotation)
 - Conducted full risk assessments and acute psychiatric evaluations in the Emergency Department and Pediatric Emergency Department
 - Performed diagnostic intake evaluations with children, adolescents, and their caretakers and provided appropriate disposition and treatment planning
 - Provided psycho-diagnostic and neuropsychological assessment to child population, and completed integrative reports for patients' medical and school records
 - Rendered psycho-diagnostic assessment and consultation services for patients on medical units
- Collaborated with a multidisciplinary team of neuropsychologists, psychiatrists, nursing staff, social workers, and creative arts therapists
- Participated and presented in various individual and group supervisions, didactics, case conferences and grand rounds

NYU Langone Medical Center – The Child Study Center

New-York, NY

Autism Spectrum Disorder/ Social Learning Program

07/17- 06/18

Psychologist in Training

- Completed training in behavioral evidence-based treatments:
 - **Program for Education and Enrichment of Relational Skills (PEERS)**— social skills training intervention for adolescents and young adults (12+)
 - **Children's Friendship Program**— social skills training intervention for children (K-12)
 - **Facing your fears**— anxiety management for children on the autism spectrum
 - PCIT— parent child interaction therapy (workshop and observations)
 - Selective Mutism (workshop)
- Co-led evidence-based group therapies for social skills development in pediatric population diagnosed with a variety of disorders, including: autism spectrum disorder, attention deficit/hyperactivity disorder and anxiety disorders
- Provided long-term individual therapy for clients diagnosed with an autism spectrum disorder
- Developed individual behavioral management plans for children, youth and adults
- Conducted semi-structured intake interviews with children, youth, and their caretakers
- Administered therapy outcome measures and collected research data
- Recruited, phone screened, and worked on program development for the Social Learning Program
- Collaborated with a multidisciplinary team of neuropsychologists, psychiatrists, and social workers
- Participated in individual and group supervision, case conferences and didactics in child psychology

The Max and Celia Parnes Family Psychological Services Clinic

Bronx, NY

Couples and Family Therapy Track

08/17- 06/18

Psychologist in Training

- Provided long-term family systems therapy to couples and families in a low-fee community clinic
- Conducted semi-structured clinical interviews, and family and couple intake evaluations
- Developed psychodiagnostics formulation and treatment planning
- Participated and presented in individual and group supervision, including live (one-way mirror) supervision, didactic seminar, and case presentations

Jamaica Hospital Medical Center

Queens, NY

Psychologist in Training

09/16- 06/17

- Provided individual and group psychotherapy to a culturally and economically diverse and underserved population
- Carried an outpatient caseload of child, adolescent, and family clients, providing psychotherapy at a low-fee outpatient clinic
- Conducted risk assessments, mental status evaluations and safety planning
- Provided individual short-term therapy to patients with severe and persistent mental illness (SPMI), substance use disorders, and dual diagnosis on a psychiatric inpatient unit
- Co-led psychotherapy group for patients on a psychiatric inpatient unit and provided milieu therapy
- Planned after care for patients who are suffering from SPMI
- Rendered psycho-diagnostic and neuropsychological assessments to adult and child population in outpatient and inpatient settings, and completed integrative reports for patients' records
- Collaborated in a multidisciplinary treatment team with psychiatrists, social workers, creative arts therapists, nursing staff and case managers
- Interfaced with Emergency Medical Services, Administration for Children's Services, child advocacy agencies, schools, homeless shelters, and rehabilitation centers
- Participated and presented in individual and group supervision, grand rounds meetings and case conferences

The Max and Celia Parnes Family Psychological Services Clinic

Bronx, NY

Clinical Assistant

08/16-06/17

- Coordinated the adult psychological evaluation services of the Parnes clinic
- Spearheaded and developed a new advanced assessment lab course at the clinical Psy.D. program
- Rendered psycho-diagnostic intake evaluations and provided neuropsychological and psycho-diagnostic assessment referrals
- Coordinated and conducted semi-structured intake assessment interviews with culturally and economically diverse patients in a low-fee community mental health clinic
- Served as the primary liaison between patients, students, and faculty in coordination of clinic's adult psychological assessment services
- Conducted chart reviews of junior students
- Performed outreach to the community offering psychological evaluation services

Na'ale Elite Academy Program

New-York, NY

Acceptance Committee Team Member

05/16- 05/18

- Intermittently part of the North- American psychology team of Na'ale Elite Academy – a program with the goal of providing Jewish high school students worldwide the opportunity to study in Israel
- Conducted parent interviews to assess for child's psychological fit for the program
- Administered and scored psycho-diagnostic partial assessments including Bender-Gestalt, Children's Thematic Appreciation Test, Kinetic House-Tree-Person and sub-tests of the Wechsler Intelligence Scale for Children (WISC)
- Participated in team meetings evaluating youth for their psychological compatibility and needs for the program and relocation to Israel on their own

The Max and Celia Parnes Family Psychological Services Clinic

Bronx, NY

Psychodynamic Track

08/15- 06/18

Psychologist in Training

- Conducted structured and semi-structured clinical intake interviews
- Provided individual long-term psychodynamic therapy to culturally and economically diverse patients in a low-fee community mental health clinic
- Performed psychological evaluations including administration, scoring and interpretation of various intelligence and emotional/personality assessments
- Developed psycho-diagnostic formulation and treatment planning

- Participated and presented in weekly individual and group supervisions, didactic seminars, and case presentations

Brooklyn College Personal Counseling Center (BCPCC)

Brooklyn, NY

Psychologist in Training

07/15- 06/16

- Carried a caseload of long-term individual patients including those with high-risk behaviors such as suicidality, non-suicidal self-harm, and eating disorders
- Conducted risk assessments, crises interventions, and safety planning
- Provided short-term individual psychotherapy for a diverse college age population
- Provided individual psychotherapy for immigrants and young adults under the DACA policy
- Developed a curriculum and co-led a year-long DBT-based coping skills group
- Led theme-centered workshops on stress management, test anxiety, time management and more
- Conducted semi-structured clinical intake interviews and psycho-diagnostic evaluations
- Evaluated treatment outcomes and developed treatment plans
- Participated and presented in individual and group supervisions, and attended didactic seminars and case presentations

Enosh – The Israeli Mental Health Association

Kfar-Saba, Israel

Counselor

09/12- 09/13

- Provided milieu therapy at a social club for adults post mental hospitalization suffering from a wide range of psychopathologies
- Assisted and supported members in the process of skill development, with the goal of successfully reintegrating back into their communities
- Participated in staff meetings evaluating members' outcomes and treatment planning

Renanim – Post-Hospitalization Therapeutic Residential Facility

Zichron-Ya'akov, Israel

Counselor

08/11-08/12

- Provided services to children post mental hospitalization suffering, among others, from severe disruptive behavioral disorders, ADHD, depression and anxiety, OCD and psychotic symptoms
- Assisted with children's rehabilitation process, with the goal of facilitating a safe return home
- Developed and executed behavioral plans based on token economy approach
- Collaborated with a multidisciplinary team and conducted school observations
- Participated in children's welfare evaluations on placement committee

Geha – Mental Health Center

Petach-Tikva, Israel

Counselor

10/10-10/11

- Provided milieu therapy on a geriatric inpatient unit working with a wide range of psychopathologies
- Attended intake interviews and case-presentations in multidisciplinary team meetings

Teaching Experience

Yeshiva University – Ferkauf Graduate School of Psychology

Bronx, NY

Clinical Program Teaching Assistant

06/17- 06/18

- Served as the head coordinator of Admissions for the clinical Psy.D. program
- Reviewed and evaluated prospective students' applications
- Organized and oversaw incoming students' interview and orientation days
- Served as the liaison between faculty, administration and the clinical Psy.D. program applicants
- Led and supervised the admissions teaching assistants team members
- Interviewed teaching assistants for admissions team and conducted prospective student' interviews
- Provided administrative services including management of applicant database
- Performed administrative tasks for the development of the clinical Psy.D. program

Junior Admission's Teaching Assistant

06/15-06/17

- Conducted prospective doctoral students' application reviews

- Interviewed doctoral student applicants
- Coordinated admission days

Teaching Assistant – Psychopharmacology

06/15-06/17

- Test administration and scoring
- Developed and taught review of materials for course examinations
- Assisted with student questions throughout course
course was taught to all programs at Ferkauf School of Psychology

Tel Aviv University – School of Social Science

Tel Aviv, Israel

Academic Tutor

10/10-10/11

- Tutored immigrant students in social science course materials

Israel Defense Force (IDF)

Kerem-Shalom, Israel

Commander and Instructor – the Bedouin Unit

07/05-07/07

- Taught Hebrew, Math, English, and advanced commanders' course materials to adult soldiers, including those suffering with learning disabilities and illiteracy
- Developed and implemented new teaching methods to address individuals' learning abilities or needs

Presentations and publications

Lechtman, Y. (2021). *The Self-Discovery Journal: 52 Weeks of Reflection, Inspiration, and Growth*. Rockridge Press

Anna Van Meter, Guillermo Perez Algorta, Eric A Youngstrom, **Yana Lechtman**, Jen K Youngstrom, Norah C Feeny, Robert L Findling (2017). Assessing for Suicidal Behavior in Youth Using the Achenbach System of Empirically Based Assessment. *European Child and Adolescent Psychiatry*
doi:10.1007/s00787-017-1030-y

Lechtman, Y., Roed, M., Tarsia, C., and Van Meter, A. (2016, September). Cyclothymic Disorder: A Critical Review. *Paradigm, 20* (4), 12-14.

Lechtman, Y., Van Meter, A., Youngstrom, E.A., Youngstrom, J.K., Feeny, N.C., Findling, R.L. (2016, October). The behavioral inhibition and approach systems and expressed emotion as predictors of internalizing and externalizing behaviors in youth. Poster presented at the annual meeting of the American Academy of Child and Adolescent Psychiatry, New York, NY.

Lechtman, Y., Campbell, M., Van Meter, A., Youngstrom, E. (2016, October). *Physical quality of life across pediatric psychiatric disorders*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Chu, M., **Lechtman, Y.**, Campbell, M., Youngstrom, E., Van Meter, A. (2016, October). *The Impact of Neuroticism, Conscientiousness, and Emotion Regulation on Depression*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Campbell, M., **Lechtman, Y.**, Van Meter, A. (2016, October). *Social Media Utilization, Internalization, and Body Image*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Research Experience

Yeshiva University – Ferkauf Graduate School of Psychology

Bronx, NY

IMPACT lab – Investigating Mood Pathology: Assessment, Course and Treatment

08/15-05/19

Student Researcher. Research Mentor: Dr. Anna Van Meter, PhD

- Performed as the principal investigator on an original research titled *Differential Diagnosis of Pediatric Bipolar Disorder: Cultural and Cognitive Factors Affecting Accuracy of Diagnosis*– Developed research design and tools, analyzed data, and wrote doctoral dissertation. *Dissertation Defended: April 2019*
- Completed a master thesis- reviewing the possible impact of cultural differences and professional's cognitive biases on the diagnostic accuracy of pediatric psychiatric disorders
- Presented at professional conferences (ABCT and AACAP)
- Developed a DBT based curriculum for a youth support group

- Performed secondary analysis and prepared conference abstracts for submission
- Administered research procedures with participants– including screening and administering structured clinical diagnostic interviews (using SCID-IV) and other assessment measures.
- Recruited research participants and collected research data for several studies conducted in the lab
- Participated in scientific writing for publications

Tel Aviv University

Tel- Aviv, Israel

Dpt. of Psychological Science, Faculty of Social Science

10/10-10/11

Student Researcher. Research Mentor: Prof. Shulamit Kreitler, PhD

- Designed a study to evaluate the effects of musical performance types (i.e., electronic versus acoustic) on the musicians' Meaning Profile (based on Meaning Theory, Kreitler & Kreitler, 1968)
- Conducted a literature review establishing a theoretical basis for the hypothesis
- Recruited research participants and collected data
- Led a quantitative independent research and performed analysis of collected data
- Prepared unpublished manuscript

Tel Aviv University

Tel Aviv, Israel

Dpt. of Sociology & Anthropology, Faculty of Social Science

10/10-10/11

Student Researcher. Research Mentor: Prof. Raquel Romberg, PhD

- Designed a qualitative independent research project titled- *Witchcraft, Magic and Modernity: 'Dibuk'—Possession or a Psychotic Episode?*
- Examined the cultural definition of possession and compared it to the modern definition of psychotic episode
- Conducted interviews with professionals in the field
- Completed a literature review that established a theoretical basis for the hypothesis
- Prepared unpublished manuscript

Trainings, Workshops and Conferences

- Horizons- Perspectives on Psychedelics 2022
- Chacruna Institute Religion and Psychedelics Forum 2022
- NYU CME Psychedelic Medicine Conference 2021
- Beatrice Beebe, PhD – Year-long Attachment Seminar 2020-2021
- American Academy of Child and Adolescent Psychiatry - 63rd Annual Conference 2016
- Association for Behavioral and Cognitive Therapies- 50th annual Conference 2016
- NYU child psychiatry conference: Rethinking Children's Mental Health - New York University 2016
- DSM-5 Training Workshop: Major Clinical Changes and Controversies: Ronald P. Stanton 2015
- Columbia's Center for Psychoanalytic Training-- Why Psychoanalysis? Monthly Seminar 2014-2015

Languages

English, Hebrew, Russian