

REGINE GALANTI, PH.D.

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RGALANTI@LONGISLANDBEHAVIORAL.COM

LICENSE:

State of New York, Licensed Psychologist, #019113

EDUCATION:

Doctorate in Clinical and School Psychology
Hofstra University
August 2009

Master of Arts with Distinction
Clinical and School Psychology
Hofstra University
August 2005

Bachelor of Arts
Magna Cum Laude
Psychology
Barnard College, Columbia University
May 2004

CLINICAL AND PROFESSIONAL EXPERIENCE:

Founder, Long Island Behavioral Psychology – Nassau County (April 2017- Present). Lawrence, NY.

- Provide evidence-based treatment, including PCIT, SPACE, Exposure Therapy, cognitive restructuring, and parent training, to children and adolescents, specializing in the treatment of anxiety disorders.
- Provide consultations to schools and other clinicians in the treatment of CBT for above issues.
- Provide supervision and training for a team of therapists at various stages of training.

Director, Center for Anxiety – Brooklyn (August 2013- April 2017). Center for Anxiety, Brooklyn, NY.

- Provide evidence-based treatment, including PCIT, TCIT, Exposure, Therapy, cognitive restructuring, and parent training, to adults and children, specializing in the treatment of anxiety disorders.
- Run weekly staff meeting, weekly clinical rounds, and clinical training for all trainees.
- Supervise post-doctoral fellows, mental health counselor, and externs.
- Organize special lectures and events, including coordinating speakers, marketing materials, and day-of logistics.
- Manage office logistics such as intake procedures, employee schedules, and receptionist duties.
- Developed annual budget and future projections of revenue, as well as oversaw spending and tracked revenue and expenses.

Postdoctoral Fellow. (October 2010- June 2011). Stern College Counseling Center, Yeshiva University, NY.

- Engaged in short term therapy with undergraduate and law students.
- Perform Cognitive-Behavioral therapy with individuals with various diagnoses, including mood disorders, anxiety disorders, and substance abuse.
- Organized and led on campus groups targeting stress and anxiety reduction.

Research Coordinator. (May 2009 - January 2010) Nassau University Medical Center, NY.

- Organized research on predicting success in anesthesiology residents using various measures, including a multi-tasking test.
- Researched, designed, and executed studies on predicting successful anesthesia care.
- Analyzed the results using SPSS.

Psychology Intern. (August 2007-August 2008) St. Barnabas Hospital, NY.

- Worked in an acute adult inpatient psychiatric unit with individuals with thought and mood disorders, psychosis, and heavy substance abuse.
- Performed individual and group therapy focusing on relapse prevention, coping with depression, anger management, and other issues.
- Developed individualized treatment plans in consultation with psychologists, psychiatrists, and nurses.
- Administered psychological testing batteries to answer diagnostic questions.
- Worked in Emergency Room performing psychological determining the best course of psychological treatment.

School Psychology Intern. (September 2006- June 2007) Magen David Yeshivah Elementary and High School, NY.

- Counseled individual students.
- Performed psycho-educational assessments including clinical interviews, classroom observations, assessments of intelligence, and personality evaluations.
- Consulted with parents, teachers, administrators, guidance counselors, and other school staff on classroom interventions, placement decisions, and counseling approaches.
- Organized programs on various special interests including bullying in the classroom and eating disorders.
- Developed behavior plans for ADHD, Autistic, and learning disabled students.

Research Assistant. (September 2002 - August 2006) New York Young Children's Project, Barnard College, NY.

- Assistant to Dr. Tovah Klein.
- Interviewed highly exposed young children and mothers directly exposed to 9/11.
- Studied the effects of parental reaction on children's adaptation and PTSD in young children.
- Transcribed and coded interviews, as well as entered and coded data in SPSS.
- Examined how children and adults described traumatic experiences.

TEACHING EXPERIENCE:

Educational Consultant (2022-2023). Department of Psychiatry, Mt Sinai School of Medicine.

- Supervise third year psychiatry residents in the treatment of CBT.

Community Supervisor (2018-2020). Psychological Services Center, Long Island University/Post.

- Supervise second year graduate students in the treatment of CBT (practicum).

Adjunct Instructor (2016-2019) Ferkauf Graduate School of Psychology, Yeshiva University.

- Supervise second year graduate students in the treatment of CBT for Youth (practicum).

Adjunct Instructor and Departmental Advisor. (2008-2013) Yeshiva University - Department of Psychology.

- Introduction to Psychology (Spring 2008, Spring 2009, Fall 2010, Fall 2011, Fall 2012).
- Clinical Psychology (Spring 2009, Spring 2010, Spring 2011, Spring 2012).
- Psychology of Learning (Spring 2010, Fall 2010).
- Personality Psychology (Fall 2010).
- Developmental Psychology (Spring 2011, Fall 2012, Spring 2013).
- Abnormal Psychology (Fall 2011, Spring 2012).
- Serves on the At Risk committee to help develop plans and goals for students at risk for failure.
- Acts as a Psychology Major Advisor to help students plan their courses and schedules for coming semesters.

Adjunct Instructor. (September 2005-May 2006) Polytechnic University – Department of Psychology.

- Introduction to Psychology (Fall 2005, Spring 2006).

Assistant Teacher. (Fall 2003, Spring 2004) Barnard College Center for Toddler Development, NY.

- Worked with two-year olds in a classroom setting.
- Focused on problems such as separation anxiety, object permanence, and toilet training.
- Participated in a weekly seminar on toddler development.

PUBLICATIONS:

- R. Galanti** (2021). *When Harley Has Anxiety: A Fun CBT Skills Activity Book for Managing Worries and Fears*. Zeitgeist (Penguin Random House).
- R. Galanti** (2020). *Anxiety Relief for Teens: Essential CBT Skills and Mindfulness Practices to Overcome Anxiety and Stress*. Zeitgeist (Penguin Random House).

CONFERENCE PRESENTATIONS:

- R. Galanti** (Panelist). Shouting from the Rooftops: Sharing Evidence Based Treatment in the Age of (Mis) Information. Panel presentation at ABCT, Virtual. November, 2020.
- R. Galanti** (Chair). Taking care of business: A real-world discussion about owning and operating a CBT clinical practice. Panel presentation at ABCT. Philadelphia, PA. November, 2014.
- K.J. Freese, **Galanti, R.**, Ishteeaque, A., Bhatia, J., and Weinberg, P. Predicting Anesthesia Resident Performance Using the Multi-Tasking Assessment Test. Poster presented at the PGA in Anesthesiology, December 2009.
- R. Galanti** and Sanderson, W.C. The Effects of Magical Ideation on the Performance of Contingency Tasks. Poster presented at ABCT, November 2009.
- R. Galanti**, Sanderson, W.C., and Epstein, B. Dating Anxiety in Orthodox Young Adults and the Moderating Effects of Family, Self Esteem, and Assertion. Poster presented at ABCT, November 2008.
- L. Regiada, Sanderson, W.C., and **Setton, R.** Novel Application of Decision Making Paradigm: Understanding Cognitive Change. Poster presented at APA, August 2007.
- T.P. Klein, Eddington, J., Miranda, C. **Setton, R.** Nofi, E., Devoe E. Young Children's Abilities to Communicate about Traumatic Events: Response to the WTC Disaster. Poster presented at the 20th National Training Institute of Zero to Three, November 2005.
- T.P. Klein, Devoe, E. Garduno, J., and **Setton R.** The Responses and Adaptation of Young Children Living Near Ground Zero. Poster presented at Zero to Three, December 2003.

COMMUNITY PRESENTATIONS:

- **How To Use Problem Solving When You Don't Know What to Do.** Be Resilient Summit, October 2022.
- **"You Are Not Alone" Mental Health Awareness Panel.** Barnes and Nobles Events. May 2022.
- **It's Never Too Early or Too Late: Mental Health Throughout the Lifespan.** Young Israel of Oceanside, May 2022.
- **Getting to Know Anxiety: A CBT Toolbox.** ALPHA, February 2021.
- **How to Help an Anxious Teen.** BBYO, December 2020.
- **Mindfulness for the Anxious Teen,** When Life Hands You Teenagers, Grant Halliburton Foundation, September 2020.
- **Checking In Virtual Events Series: P How to Create Positive Affirmations for the Affirmation Skeptical.** Self Magazine, October 2020.
- **Put Your Own Oxygen Mask Before Assisting Others: Managing Anxiety in an Age of Uncertainty.** Webinar, March, 2020.
- **When to Worry About your Teen's Worries.** Talk presented at Naaleh High School for Girls, December, 2019.
- **Dealing with Disappointment by Cultivating Growth Mindset in Children.** Professional development talk presented to Hebrew Academy of Nassau County teachers. August, 2019.
- **Survival of the Fidgetiest: An ADHD Primer.** Talk presented at Sephardic Bikur Holim Back to School Workshop.
- **Understanding and Managing Anxiety in Children and Adolescents.** Professional development talk presented to Kushner Hebrew Academy Middle School teachers. September 2016.
- **Understanding your Anxiety.** Talk presented to middle school children at Marion Street Elementary School, Lynbrook. February, 2017.
- **Helping Teachers Teach Challenging Children.** Professional development talk presented to Magen David Yeshivah guidance team; Otsar Early Childhood Center Teachers; Hebrew Academy of Long Beach grades 1-4 teachers; Kushner Hebrew Academy elementary school teachers.

- **Teacher Child Interaction Training: An Introduction to Discipline Skills.** Workshop and training presented to Hebrew Academy of Long Beach guidance team, January 2016.
- **Parent Training – The Heart and Soul of Changing Behavior in Children.** Daylong workshop presented at Nachas Consulting, Brooklyn, S. Kurtz & R. Galanti.
- **Catching Them Being Good: Techniques to Positively and Effectively Discipline Your Child.** Talk presented at the Center for Anxiety’s Community Education Series, Brooklyn.
- **Selective Mutism: Basics of Treatment in School Settings.** Talk presented at Bnos Bais Yaakov, Far Rockaway. September 2016.
- **Anxiety in Preschool: What it Looks Like, and What to Do About It.** Talk presented at The Early Childhood Center of Hebrew Academy of Nassau County.
- **Smashing Silence and Tackling Taboos: Anxiety and OCD.** Talk presented at Mt. Sinai Jewish Center, Washington Heights. April, 2015.
- **Social Skills Training for Elementary School Children.** In-Service presented at Magen David Yeshivah. March 2015.
- **How to Help Children Feel Safe After Tragedy.** Talk presented at Center for Anxiety, March 2015.
- **When to Worry About your Child’s Worries?** Talk presented at Carmel Academy, December 2017; Center for Anxiety, March 2015; Oceanside Jewish Center, January 2014
- **ADHD Support Group for Parents.** 6-week group led at Sephardic Bikur Holim, January 2015 and January 2016.
- **Test Anxiety and Strategies.** In-service presented to Yeshiva of Flatbush High School Guidance Department, February, 2014.
- **Cognitive Behavioral Therapy for Anxiety.** Panelist at the 2nd Annual Luncheon Focusing on Mental Health Issues. Fort Washington Collegiate Church, October 2013.
- **How to Talk to Preschoolers about Hurricane Sandy.** In-service presented at Oceanside Jewish Center Nursery School, November 2012.
- **Observant or Obsessive? Obsessive Compulsive Disorder and Religious Observance Among Orthodox Jews.** Talk presented at Stern College for Women, Yeshiva University, May 2012.

PROFESSIONAL AFFILIATIONS AND SERVICE

Communications Director	Society of Clinical Child and Adolescent Psychology (SCCAP), 2020-2023
Practice Committee	Society of Clinical Child and Adolescent Psychology (SCCAP)
Website Committee	Association of Behavioral and Cognitive Therapy (ABCT), 2021-2024.
Website Editor	Association of Behavioral and Cognitive Therapy (ABCT), 2018-2021
Science and Practice Committee	Society for the Science of Clinical Psychology (SSCP), 2019-2023
Scientific Impact Committee	CAAPS (2021-Present)

Level 1 Parent Child Interaction Therapy Trainer (PCIT International)

INTERNET AND SOCIAL MEDIA:

- Media expert on child anxiety, cognitive behavioral therapy, and parenting
- Quoted in the New York Times, Buzzfeed, Self Magazine, Time Magazine, Newsweek, and other publications.

Articles

- **R. Galanti** (2022). 6 Ways to Help Children Manage Anxiety in New Situations. *Brightly*. <https://www.readbrightly.com/6-ways-help-children-manage-anxiety-new-situations/>
- **R. Galanti** (2020). How to Cope with Teen Anxiety. *PSYCHE*. <https://psyche.co/guides/how-to-cope-with-teen-anxiety-using-techniques-from-cbt>
- **R. Galanti** (2020). When to Worry About Your Teen’s Worries. *Brightly*. <https://www.readbrightly.com/anxiety-relief-for-teens/>

Podcasts and Radio

- **R. Galanti** (presenter). Radio New Zealand: Afternoons with Jesse Mulligan. “Teenage girls more likely to suffer from lockdown anxieties.” April 2022.
- **R. Galanti** (presenter). No Guild Mom. “Helping Our Kids Manage Their Worries & Anxiety with Regine Galanti”, Episode 125, February 2022.

- **R. Galanti** (presenter). This Hour Has 50 Minutes. “Anxiety in Children”, Episode 33, September 2021.
- **R. Galanti** (presenter). You’re Doing a Good Job. “Learning How To Model Emotional and Behavioral Health with Dr. Regine Galanti”, Episode 3, June 2021.
- **R. Galanti** (presenter). Think Act Be. “Empowering Kids to Overcome their Fears Using the Skills of CBT”, Episode 144, August 2021.
- **R. Galanti** (presenter). This Hour Has 50 Minutes. “Anxiety in Teens”, Episode 10. September 2020.

Social Media Presence

- Twitter: @reginegalanti
- Instagram @regine.galanti