

# Meena Dasari, Ph.D.

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## EDUCATION

- 09/04-06/05     **Post-Doctoral Fellowship**  
**NYU Child Study Center** within the NYU School of Medicine
- 11/99-5/04     **Doctor of Philosophy, Clinical Psychology** – APA-approved program  
**Case Western Reserve University**, Cleveland, OH
- Specialization in Child Clinical Psychology and coursework in Pediatric Psychology
  - Dissertation: Emotion regulation and adherence in children with diabetes
- 8/98-11/99     **Master of Arts, Clinical Psychology** – APA-approved program  
**Case Western Reserve University**, Cleveland, OH
- Master's Thesis: Developmental differences in school-age children's emotion regulation strategies
- 9/93-5/97     **Bachelor of Science**  
**University of Michigan**, Ann Arbor, MI  
Major: Psychology, Minor: Biology  
Activities: Chi Omega Sorority; Member of Psi Chi International Honor Society for Psychology

## EDUCATION - AWARDS AND FELLOWSHIPS

- 2002     Recipient of Dissertation Fellowship, Case Western Reserve University
- 2001     Recipient of Charles Riley Armington Grant, Case Western Reserve University
- 2000-2003     NIMH Research Training Program in Pediatric Psychology, CWRU
- 2000-2003     Clinical Psychology Trainee, various community placements through Case Western Reserve Department of Psychology
- 1999-2000     NICHD Research Training Program in Developmental Disabilities, CWRU
- 1998     "Most Valuable Research Contribution by Student" from All-Ohio Institute on Community Psychiatry
- 1997     Senior Leader Award at University of Michigan
- 1997     Recipient of Stanley Summer Scholar Grant through University Hospitals of Cleveland, Department of Psychiatry

## CLINICAL EXPERIENCE

- 9/11-present     **Director of Meena Dasari & Associates**  
Maintain an group practice providing cognitive behavioral therapy for children, adults, and families. Serve as director, senior psychologist, and small business manager. Key referral sources and collaborations include (1) psychiatrists and pediatricians affiliated with NYU School of Medicine, Weill Cornell Medical Center, and Columbia / New York Presbyterian Hospital and (2) school psychologists at New York City independent schools such as Chapin, Quad, and UNIS.
- 9/05-8/19     **Assistant Professor**  
**New York University School of Medicine, Department of Psychiatry**, New York, NY  
Serve as clinical supervisor and instructor for post-graduate students. Previously completed research projects through the Department of Pediatric Infectious Disease, HIV/AIDS clinic and the Department of Surgery.

## **CLINICAL EXPERIENCE (continued)**

- 9/05-9/11      **Clinical Psychologist**  
**Metropolitan Center for Cognitive Behavioral Therapy**, New York, NY  
Worked within a group practice specializing in the treatment of anxiety and related disorders. Served as primary psychologist for 15 cases per week. Provided individual and family therapy to children, adults, and families. Collaborated with psychiatrists and pediatricians as well as school staff.
- 9/04-9/05      **Post-Doctoral Fellow**  
**New York University Child Study Center**, New York, NY  
Provided evidence-based cognitive-behavioral therapy for Anxiety Disorders in children and adolescents. Served as a primary therapist and implemented group treatment for adolescents suffering from Social Phobia. Supervised Child Psychiatry Fellows and presented lectures designed to translate current scientific research into practical clinical information. Participated in clinical research for the Child/Adolescent Anxiety Multi-modal Study (CAMS), a NIMH-funded multi-site study comparing the efficacy of psychotherapy, medication, and combined treatments for Anxiety Disorders. Obtained certification from Temple University to implement Coping Cat and C.A.T. manuals.
- 9/03-09/04      **Psychology Intern**  
**University of Colorado – Health Sciences Center**, Denver, CO  
Specialized in assessment and therapy of pediatric populations via rotations through a pediatric rehabilitation department, neuropsychology clinic, and developmental disabilities/autism study center. Conducted comprehensive neuropsychological, cognitive, and personality assessments. Participated in seminars in cultural diversity, health psychology, empirically-supported treatments, developmental disabilities, and ethics. Elected to participate in research project designed to develop a manualized group treatment program for Anxiety and Asperger's Disorder, which resulted in paper presentation at a national conference.
- 7/02-7/03      **Part-Time Counselor Therapist (Fifth-Year and Third-Year Clinical Placement)**  
**Progressive Auto Insurance – Employee Assistance Program**, Cleveland OH
- 8/01-5/02      **Psychology Trainee (Fourth-Year Clinical Placement)**  
**Bellfaire Jewish Children's Bureau**, Shaker Heights, OH
- 11/99-7/00      **Psychology Trainee (Second Year Clinical Placement)**  
**BeechBrook, Community Mental Health Center** Pepper Pike, Ohio

## **VOLUNTEER EXPERIENCE**

- 6/09-8/09      **Bellevue Hospital Center, Emergency Medicine Department**, New York, NY  
**Summer Volunteer**
- 9/05-9/08      **New York Cares**, New York, NY
- 10/04-9/05      **Prep-for-Prep Non-Profit Organization**, New York, NY  
**Educational Assessor** to determine eligibility of middle school children for scholarships to college preparatory programs.
- 5/95-5/97      **Sexual Assault Prevention Awareness Center (SAPAC)**, Ann Arbor, MI  
**24-hour Crisis Hotline Volunteer** for victims of sexual, physical, and emotional abuse
- 6/94-8/94      **Villa Camillus Nursing Home**, Cleveland, Ohio  
**Assistant to Nurse Aides**

## TEACHING EXPERIENCE

- 9/07-present    **Clinical Supervisor for Psychiatry Residents & Psychology Interns (Post-Graduate Level)**  
**Department of Psychiatry, NYU School of Medicine and Bellevue Hospital, New York, NY**
- 1/08-6/10      **Co-Instructor for Psychiatry Residents (Post-Graduate Level)**  
**Department of Child and Adolescent Psychiatry, St. Vincent's Hospital, New York, NY**
- 9/04-8/05      **Co-Instructor for Child Psychiatry Fellows Seminar**  
(Post-Graduate Level Course)  
**Department of Psychiatry, NYU School of Medicine, New York, NY**
- 7/03-8/03      **Instructor for "Child Development" (Undergraduate and Graduate Level Course)**  
**Department of Psychology, Cleveland State University, Cleveland, Ohio**  
Obtained a part-time faculty position by assuming full responsibility for designing and teaching a 6-week summer course. Presented original lectures on the biological basis, theoretical perspectives, and social-emotional changes related to child and adolescent development. Provided additional assistance to students during weekly office hours.
- 1/02-5/02      **Instructor for "Culture and Child Development" (Undergraduate Level Course)**  
**Department of Psychology, Case Western Reserve University, Cleveland, Ohio**  
Assumed full responsibility for designing and teaching a one-credit course. Presented original lectures on children's social and emotional development from various cultures. Provided additional assistance to students during weekly office hours.
- 10/00 & 3/00    **Guest lecturer for "Child Development" (Undergraduate Level Course)**  
**Department of Psychology, Case Western Reserve University**
- 9/99-12/99     **Teaching Assistant for "Child Development" (Undergraduate Level Course)**  
**Department of Psychology, Case Western Reserve University, Cleveland, Ohio**

## PROFESSIONAL AFFILIATIONS

Professional Member, *Association for Behavioral and Cognitive Therapies*  
Professional Member, *American Psychological Association*

## RESEARCH EXPERIENCE

- 7/09-9/11      **Research Coordinator**  
**NYU School of Medicine and Bellevue Hospital Center**, Department of Surgery, New York, NY  
**Title:** Does a preoperative medically supervised weight loss program improve bariatric surgery outcomes? A Pilot Randomized Study.  
Primary responsibilities for this grant-funded research project include patient recruitment, scheduling study appointments, maintaining study records, obtaining informed consent, and administering study measures. Other responsibilities include manuscript preparation and data management. Results are published in *Surgical Endoscopy*.
- 10/03-9/04      **Independent Research**  
**JFK/Developmental Disabilities Child Study Center, University of Colorado**, Denver, CO  
**Title:** Cognitive-behavioral group therapy for anxiety in children with high-functioning autism  
Assisted in the development of a manualized cognitive behavioral group treatment program for anxiety symptoms in children with Asperger's Disorder. Responsibilities included facilitating parent groups, selecting outcome measures, modifying sessions using prior research, and preparing manuscripts. Published the treatment program through the University of Colorado with results presented at both National Association for the Dually Diagnosed and Autism Society of America.
- 5/02-05/05      **Dissertation Research**  
**Rainbow Babies and Children's Hospital**, Division of Endocrinology, Cleveland, Ohio  
**Title:** Emotion regulation and adherence in children with diabetes  
Developed and conducted an original independent study exploring the relationship between emotion regulation and treatment adherence in children with insulin-dependent diabetes mellitus. Obtained funding through Case Western Reserve University's College of Arts and Sciences Dissertation Fellowship. Findings presented at American Psychological Association Annual Conference in Honolulu, HA.
- 8/02-5/03      **Independent Research**  
**Case Western Reserve University**, Department of Psychology, Cleveland, Ohio  
**Title:** Emotion regulation, social competence, and behavioral self-regulation in school-aged children: A meta-analysis.
- 8/99-5/01      **Research Assistant**  
**Case Western Reserve University**, Department of Pediatrics, Cleveland, Ohio  
**Title:** Emotional processes in four-year-old children prenatally exposed to cocaine
- 10/00-11/01      **Master's Thesis**  
**Case Western Reserve University**, Department of Psychology, Cleveland, Ohio  
**Title:** Emotion regulation strategies in school-age children
- 09/98-05/99      **Research Assistant**  
**University Hospitals of Cleveland**, Pediatric Assessment and Evaluation Services (PAES)
- 8/97-6/98      **Research Assistant**  
**University Hospitals of Cleveland**, Department of Psychiatry
- 6/97-9/98      **Research Assistant**  
**University Hospitals of Cleveland**, Neuroimaging Laboratory, Department of Psychiatry  
Assumed primary responsibility for developing research questions and preparing manuscripts for two research projects. For the first project, completed a study on the size of thalamus in patients with either schizophrenia or bipolar disorder as compared to a control group. Results were presented at the biennial meeting of the International Congress of Schizophrenia Research and are published in *Psychiatry Research*. For the second project, completed a meta-analytic review noting brain metabolite differences in patients with schizophrenia and a comparison group. Results were presented at several local conferences. Successfully obtained funding through the Stanley Summer Scholar Grant for both projects.

## PUBLICATIONS

- Dasari, M. & Knell, S.M. (2015). Cognitive-behavioral play therapy for childhood anxiety disorders. In H.G. Kaduson & C.E Schaeffer (Eds.) *Short-term therapies with children* (3rd ed.). New York: Guilford.
- Dasari, M. (2015). Study guide for Specific Cognitive Behavioral Therapy Strategies for the Personality Disorders. In J. Oldham, A.E. Skodol, and D.S. Bender (Eds). *The textbook of personality disorders: Second Edition*. American Psychiatric Publishing.
- Knell, S.M. & **Dasari, M.** (2015). Cognitive Behavioral Play Therapy. In T. Halls-Files & L. Reddy (Eds) *Empirically-Based Play Interventions for Children: Second Edition*.
- Parikh, M., **Dasari, M.**, McMacken, M., Ren-Fielding, C.J., Fielding, G. & Ogedegbe, G. (2011). Does A Preoperative Medically Supervised Weight Loss Program Improve Bariatric Surgery Outcomes: A Pilot Randomized Study? *Surgical Endoscopy*.
- Knell, S.M. & **Dasari, M.** (2010). Cognitive-Behavioral Play Therapy. In S. Russ & L. Niec (Eds) *Play in Intervention and Prevention*. New York: Guildford Publications, Inc.
- Knell, S.M. & **Dasari, M.** (2010). Cognitive-Behavioral Play Therapy for Preschoolers: Integrating Play and Cognitive-Behavioral Interventions. In CE Shaefer (Ed.) *Play Therapy for Preschool Children*. Washington DC: American Psychological Association.
- Knell, S. & **Dasari, M.** (2008). Integration and Application of Play-based Techniques with CBT. A.A. Drewes (Ed.) *Blending Play Therapy with Cognitive Behavioral Therapy Evidence-Based and Other Effective Treatments and Techniques*. Wiley-Blackwell.
- Reaven J.A., Audrey Blakeley-Smith, A., Nichols, S., **Dasari, M.**, Flanigan, E., & Hepburn, S. (2008). Cognitive-behavioral group treatment for anxiety symptoms in children with high-functioning autism spectrum disorders. *Focus on Autism and Other Developmental Disabilities*.
- Knell, S. & **Dasari, M.** (2006). Cognitive-behavioral play therapy for childhood anxiety disorders. In H.G. Kaduson & C.E Schaeffer (Eds.) *Short-term therapies with children* (2<sup>nd</sup> ed.). New York: Guilford.
- Dasari, M.** (June 2005). Asperger's Syndrome and Anxiety. Article published on NYU Child Study Center website [www.aboutourkids.org](http://www.aboutourkids.org).
- Reaven, J., Hepburn, S., Nichols, S., Blakeley-Smith, A., **Dasari, M.** (2005). *Coping Group: Fighting Worry and Facing Fears*. Denver, CO: University of Colorado Board of Regents. Manualized cognitive-behavioral treatment for children with Asperger's Disorder and Anxiety Symptoms.
- Drotar, D., Walders, N., Burgess, E., Nobile, C., **Dasari, M.**, Kahana, S., Miller, V., Schwartz, L., Schafer, E., Zebracki, K. (2001). Recommendations to enhance comprehensive care for children with chronic health conditions. *Children's Services: Social Policy, Research, and Practice*, 4, 251-264.
- Short, E., **Dasari, M.**, & Linares, T. (2000). Cognitive and achievement differences in newly diagnosed ADHD youth: Subtype effects [Abstract]. *Pediatric Research*, 47, 33A.
- Dasari, M.**, Friedman, L., Jesberger, J., Stuve, T., Findling, R.L., Swales, T., Schulz, S.C. (1999). An MRI study of thalamic size in adolescent patients with either schizophrenia or bipolar disorder. *Psychiatry Research*, 91(3),155-162.

## PROFESSIONAL PRESENTATIONS

- Dasari, M.**, Sultan, S., Wong, S., McMacken, M, Schoenthaler, A., & Parikh, M. (June 2010) *Does Participation in a "Supervised Program" Affect Outcomes after the Laparoscopic Adjustable Gastric Banding in a Primarily Medicaid Patient Population?* American Society for Metabolic and Bariatric Surgery: Las Vegas, NV.
- Dasari, M.**, Lewis, J.V. Abramowitz, S., & Krasinski, K. (August 2008). *Update of the Bio-psychosocial Assessment Program for HIV-Infected Children and Youth*. The Ryan White CARE Act Training and Technical Assistance Grantee Meeting & 11th Annual Clinical Update: Washington, DC.
- Abramowitz, S., **Dasari, M.** & Moschel, D., & Krasinski, K. (August 2008). *Developing a Self-care Skills Management Curriculum for HIV+ Youth and Young Adults*. The Ryan White CARE Act Training and Technical Assistance Grantee Meeting & 11th Annual Clinical Update: Washington, DC.
- Lewis, J.V., **Dasari, M.**, Orban, L.A., and Abramowitz, S.A. (August 2006). *Bio-psychosocial Assessment Program for HIV-Infected Children and Youth*. 9<sup>th</sup> Annual Clinical Update for The Ryan White CARE Act Training and Technical Assistance Grantee Meeting.
- Orban, L.A., **Dasari, M.**, Lewis, J.V., and Abramowitz, S.A. (November 2006). *Developing an Empirically Guided Comprehensive Assessment to Meet the Unique Needs of Youth with HIV/AIDS: A Tailored Treatment Approach*. Poster presented at 40<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies: Chicago, IL.
- Lewis, J.V., Orban, L.A., **Dasari, M.**, and Abramowitz, S.A. (July 2006). *Bio-psychosocial Assessment Program: Integration of Assessment and Intervention for Youth with HIV/AIDS*. Poster presented at NIMH Annual International Research Conference on the Role of Families in Preventing and Adapting to HIV/AIDS: San Juan, Puerto Rico.
- Reaven, J., Hepburn, S., **Dasari, M.**, & Nichols, S. (2005). *Cognitive-Behavioral Therapy for Anxiety Symptoms in Children with High-Functioning ASD*. Paper presented at 36<sup>th</sup> National Conference and Exposition Autism Society of America: Nashville, TN.
- Reaven, J., **Dasari, M.**, Hepburn, S., Nichols, S. (October 2004). *Cognitive-Behavioral Group Therapy for High-Functioning Autism and Anxiety: A Pilot Study*. Paper presented at the 21<sup>st</sup> Annual Conference of National Association for the Dually Diagnosed, Vancouver, Canada.
- Dasari, M.**, & Russ, S.W. (August 2004). *Emotion regulation and adherence in children with diabetes*. Poster presented at American Psychological Association Annual Conference: Honolulu, HA.
- Dasari, M.** & Youngstrom, E.A. (November 2003). *Emotion regulation, social competence, and behavioral self-regulation in school-aged children: A meta-analysis*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy: Boston, MA.
- Dasari, M.**, & Short, E.J. (August 2002). *The development of emotion regulation strategies in school-age children*. Poster presented at American Psychological Association Annual Conference: Chicago, IL.
- Dasari, M.**, Friedman, L., Jesberger, J., Stuve, T.A., Findling, R.L., Swales, T.P., Schulz, S.C. (April 1999). *An MRI study of thalamic size in adolescent patients with either schizophrenia or bipolar disorder*. Poster presented at International Congress of Schizophrenia Research Biannual Conference: Santa Fe, NM.
- Dasari, M.**, Friedman, L., Jesberger, J., Stuve, T.A., Findling, R.L., Swales, T.P., Schulz, S.C. (April 1999). *An MRI study of thalamic size in adolescent patients with either schizophrenia or bipolar disorder* Poster presentation at All-Ohio Institute on Community Psychiatry Annual Conference: Cleveland, Ohio.
- Dasari, M.**, Friedman, L., Moore, C.M., Schulz, S.C., Buckley, P.F. (May 1998). *Phosphorus magnetic resonance spectroscopy and schizophrenia – a meta-analysis*. Poster presentation at University Hospitals of Cleveland Department of Psychiatry Annual Research Day: Cleveland, Ohio.

### COMMUNITY PRESENTATIONS

- 8/09 Ramsay, V., **Dasari, M**, Munoz, K., Persaud, S., Maello, G., Zhu, N, Hultgren, A (2009). *Hand Hygiene*. Emergency Medicine Department Resident Seminar. NYU School of Medicine and Bellevue Hospital Center: New York, NY
- 6/05 **Dasari, M &** Dahlsgaard, K. *The Impact of Anxiety and Communication Disorders*. Annual Conference for Manhattan Teachers of Speech Improvement Manhattan Speech Supervisors for the Department of Education (Regions 9 & 10); New York, NY.
- 3/05 **Dasari, M.** *Anxiety in Children: What We Know and What Parents Can Do*. Parenting Workshop presented through the Wellness Center at the NYU School of Medicine. New York, New York.
- 3/05 **Dasari, M.** *Anxiety in School-Age Children: What We Know and What Parents Can Do*. The Faculty and Staff Wellness Program at NYU Medical Center. New York, NY.
- 2/05 Krain, A. & **Dasari, M.** *Anxiety Disorders in Adolescents*. Edward R. Murrow High School, Workshop for Guidance Counselors, Brooklyn, NY.
- 6/01 Cox-Pauly, T. & **Dasari, M.** *Positive Parenting for Emotions*. Company-wide Parenting Workshop, Progressive Insurance, Colorado Springs, Colorado

### REFERENCES

Available upon request.