

# Kate L. Herts, Ph.D.

Licensed Clinical Psychologist

New York License #023255 | New Jersey License #35SI00672000

CEO and Founder

The Health Psychology Center of New York

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## **Current Appointments:**

CEO and Founder, The Health Psychology Center of New York 2021 – present  
Clinical Assistant Professor of Psychology in Psychiatry, Weill Cornell Medicine 2021 – present

## **Past Appointments:**

Licensed Clinical Psychologist, Therapists of New York 2021  
Assistant Professor of Psychology in Clinical Psychiatry, Weill Cornell Medicine 2019 – 2020  
Assistant Attending Psychologist, New York Presbyterian Hospital 2019 – 2020

## **Education:**

**New York Presbyterian Hospital/Weill Cornell Medicine** 2019  
Clinical Psychology Postdoctoral Fellowship

**New York Presbyterian Hospital/Weill Cornell Medicine** 2018  
Clinical Psychology Predoctoral Internship

**University of California, Los Angeles** 2018  
Ph.D. in Clinical Psychology  
Minor: Health Psychology  
Dissertation: *Understanding and Promoting Medical Transition Readiness in Adolescents and Young Adults with Chronic Illness*

**Harvard University School of Public Health** 2012  
M.S. in Public Health  
Major: Society, Human Development, and Health

**University of Pennsylvania Graduate School of Education** 2010  
M.S. in Education  
Major: Teach For America

**Brown University** 2008  
B.A. in Public Policy and American Institutions  
Specialization in Health Policy

## **Peer-Reviewed Publications:**

Cherestal, S., & Herts, K. L. (2021). Trauma-focused treatment for PTSD with comorbid psychosis: A case report. *Clinical Case Studies*. <https://doi.org/10.1177/1534650120980069>

Herts, K. L., & Evans, S. (2021). Schema therapy for chronic depression associated with childhood trauma: A case study. *Clinical Case Studies*. <https://doi.org/10.1177/1534650120954275>

- Herts, K. L.,** Jorge-Miller, A., Beran, T. M., McCannel, T. A., Wiley, J. F., & Stanton, A. L. (2021). A prospective study of cancer-related benefit finding in uveal melanoma patients. *Journal of Behavioral Medicine*. <https://doi.org/10.1007/s10865-020-00175-w>
- Peeverill, M., Dirks, M. A., Narvaja, T., **Herts, K. L.,** Comer, J., & McLaughlin, K. A. (2021). Socioeconomic status and child psychopathology in the United States: A meta-analysis of population-based studies. *Clinical Psychology Review*. <https://doi.org/10.1016/j.cpr.2020.101933>
- Herts, K. L.,** Khaled, M. M., & Stanton, A. L. (2017). Correlates of self-efficacy for disease management in adolescent/young adult cancer survivors: A systematic review. *Health Psychology, 36*(3), 192-205. <https://doi.org/10.1037/hea0000446>
- Herts, K. L.,** Wallis, E. M., & Maslow, G. (2014). College freshmen with chronic illness: A comparison with healthy first-year students. *Journal of College Student Development, 55*, 475-480. [doi:10.1353/csd.2014.0052](https://doi.org/10.1353/csd.2014.0052).
- Maslow, G., Adams, C., Willis, M., Senouillet, J., **Herts, K.,** Froehlich, W., Calleson, D., & Rickerby, M. (2013). An evaluation of a positive youth development program for adolescents with chronic illness. *Journal of Adolescent Health 52*, 179-185. <https://doi.org/10.1016/j.jadohealth.2012.06.020>
- Herts, K. L.,** McLaughlin, K. A., & Hatzenbuehler, M. L. (2012). Emotion dysregulation as a mechanism linking stress exposure to adolescent aggressive behavior. *Journal of Abnormal Child Psychology, 40*, 1111-1122. <https://doi.org/10.1007/s10802-012-9629-4>

### **Book Chapters:**

- McLaughlin, K. A., Michl, L., & **Herts, K.** (2013). Developmental factors in major depression: A life course perspective. In, Power, M. (Ed.), *Mood Disorders: A Handbook of Science and Practice*. New York: Wiley-Blackwell.

### **Non-Reviewed Publications:**

- Herts, K.,** Loerinc, A., Owens, E., & Keenan-Miller, D. (2017). A model for competency-based supervision training. *The California Psychologist, 50*(4), 40-41.

### **Professional Research Presentations:**

- Herts, K. L.** (October 2020). Expanding psychology training in women's mental health. Talk given as part of a symposium chaired by Dr. Herts, entitled *Harnessing existing multidisciplinary training models to teach women's mental health*. Presented at the International Marcé Society for Perinatal Mental Health Biennial Scientific Meeting, virtual.
- Herts, K. L.,** & Stanton, A. L. (November 2019). Mediators of change in a randomized controlled trial of a cognitive behavioural therapy group targeting medical transition readiness. Poster presented at the Association for Behavioral and Cognitive Therapies 53<sup>rd</sup> Annual Convention, Atlanta, GA.
- Akmal, S., Eshaghian, P., **Herts, K.,** Hollander, S., & Woo, M. S. (October, 2016). Implementing integrated mental health assessment and treatment program. Poster presented at the North American Cystic Fibrosis Foundation 30<sup>th</sup> Annual Meeting, Orlando, FL.

- Herts, K. L.,** Wiley, J. F., Jorge, A., Beran, T. M., McCannel, T. A., & Stanton, A. L. (March, 2016). Prospective predictors of post-traumatic growth in patients with ocular melanoma. Poster presented at the American Psychosomatic Society 74<sup>th</sup> Annual Meeting, Denver, CO.
- Herts, K. L.,** Wiley, J. F., McCannel, T. A., & Stanton, A. L. (April, 2015). A test of the impact-engagement model of post-traumatic growth in patients with ocular melanoma. Poster presented at the Society of Behavioral Medicine 36<sup>th</sup> Annual Meeting, San Antonio, TX.
- Herts, K.,** Repetti, R., Robles, T., & Reynolds, B. (March, 2015). Children’s self-reported use of coping strategies may indicate psychological vulnerability to common peer stressors. Poster presented at the Society of Research on Child Development 2015 Biennial Meeting, Philadelphia, PA.
- Herts, K.,** Repetti, R., Robles, T., & Reynolds, B. (March, 2014). Coping strategies, peer problems, and internalizing problems in early adolescence. Poster presented at the Society for Research on Adolescence 15<sup>th</sup> Biennial Meeting, Austin, TX.
- Maslow, G. R., Adams, C. A., Willis, M., Senouillet, J., Froehlich, W., Samsel, C., **Herts, K.,** Calleson, D., & Rickerby, M. (April, 2012). Program evaluation of a novel group mentoring program for youth with childhood-onset chronic illness. Poster presented at the Pediatric Academic Societies Annual Meeting, Boston, MA.
- Samsel, C., Senouillet, J., Adams, C., **Herts, K.,** Calleson, D., Rickerby, M., & Maslow, G. (October, 2011). Chronically ill adolescent transition outcomes of The Adolescent Leadership Counsel (TALC) alumni. Poster presented at the American Academy of Child & Adolescent Psychiatry 58<sup>th</sup> Annual Meeting, Toronto, Ontario.
- Maslow, G., Alexander, K., Adams, C., Froehlich, W., **Herts, K.,** Senouillet, J., Willis, M., & Rickerby, M. (November, 2010). Adolescent Leadership Council: A novel program for teens with chronic illness. Poster presented at the American Public Health Association 138<sup>th</sup> Annual Meeting, Denver, CO.
- Herts, K.,** & Maslow, G. (November, 2010). College students with chronic illness: A comparison with healthy first-year students. Poster presented at the American Public Health Association 138<sup>th</sup> Annual Meeting, Denver, CO.

**Clinical Experience:**

**The Health Psychology Center of New York**

*CEO and Founder*, The Health Psychology Center of New York 2021 – present  
 Provide individual and group therapy to patients using Cognitive Behavioral Therapy (CBT) and related modalities with specialty in treating patients with medical illnesses such as cancer and Crohn’s disease.

**Therapists of New York**

*Therapist*, Therapists of New York 2021  
 Provided individual and group therapy to adult patients in the community using Cognitive Behavioral Therapy (CBT) and related modalities.

**New York Presbyterian Hospital/Weill Cornell Medicine**

*Therapist*, Weill Cornell Psychiatry Collaborative Care Center 2020 – 2021  
 Provide time-limited Cognitive Behavioral Therapy and Interpersonal Psychotherapy (IPT) to adult hospital patients.

- Psychiatry Liaison*, Cope Weill Cornell 2020  
Provide crisis counseling and lead Town Meetings for employees of the Department of Medicine and the Center for Reproductive Medicine on the front lines of treating patients during the COVID-19 pandemic. Liaise with the leadership regarding psychological needs of faculty and staff.
- Therapist*, NYP-Westchester Behavioral Health Center 2019 – 2020  
Provide CBT, Interpersonal Psychotherapy (IPT) and Schema Therapy to adults in the Outpatient Department Mood and Anxiety Disorders Clinic and Perinatal Clinic.
- Therapist*, Weill Cornell Psychiatry Sutton Place 2019 – 2020  
Provided CBT, Acceptance and Commitment Therapy (ACT), IPT and Schema Therapy to adolescents and adults with mood and anxiety disorders.
- Postdoctoral Fellow*, Cognitive Therapy Clinic 2018 - 2019  
Provided individual CBT and Schema Therapy to a diverse caseload of ~25 adult hospital patients. Provided individual IPT to a caseload of 5 adult women with perinatal depression.
- Clinical Psychology Intern*, Cognitive Therapy Clinic 2017 - 2018  
Provided individual CBT for a diverse caseload of 9 adult hospital patients  
Conducted weekly comprehensive evaluations and dispositions of adult patients seeking psychotherapy. Delivered individual IPT to caseload of 4 women with reproductive and emotional health concerns. Co-lead process group for physicians and provided consultation/brief intervention services for parents of infants in the Neonatal Intensive Care Unit. Delivered short-term individual CBT or supportive therapy to caseload of 4 cancer patients and family members at Memorial Sloan Kettering Cancer Center. Assessed acute psychopathology and assisted with patient triage at the Psychiatric Emergency Room. Provided assessment, consultation and brief intervention services to child and adolescent patients in the Pediatric Neuropsychology and Gastroenterology Clinics. Conducted long-term psychodynamic therapy with one adult personality disorder patient.
- University of California, Los Angeles**  
*Principal Investigator, Promoting Psychosocial Health for Young Adults with Chronic Illness*, Stanton Stress and Coping Lab 2015 - 2017  
Created an eight-week manualized group treatment drawing from CBT and positive youth development theory to promote medical transition readiness (i.e., preparedness to transition from pediatric to adult medical care) for young adults with chronic illness. Conducted the treatment groups as part of a randomized controlled trial for dissertation study.
- Psychology Practicum Student*, Simms/Mann - UCLA Center for Integrative Oncology 2016 - 2017  
Provided individual CBT and supportive therapy to cancer patients, cancer survivors, and family members. Provided psychosocial assessment and consultation within multidisciplinary medical clinic visits. Collaborated with an interdisciplinary team of oncologists, surgeons, psychiatrists, nurses, and social workers to meet psychosocial needs of patients and their family members.

*Psychotherapy Practicum Student, Cystic Fibrosis Clinic* 2015 - 2016  
 Contributed to the development, implementation, and evaluation of an integrated care practicum for doctoral students in clinical psychology at the UCLA Cystic Fibrosis Clinic. Provided individual therapy to adult patients with cystic fibrosis using ACT and CBT.

*Assessment Practicum Student, Anxiety and Depression Research Center* 2015 - 2016  
 Conducted psychodiagnostic assessments with Veterans and civilian adults.

*Psychotherapy Practicum Student, Counseling and Psychological Services* 2015 - 2016  
 Conducted short-term individual CBT, ACT, and DBT skills training with young adults. Developed a curriculum for and led an integrative ACT/CBT group for adults with chronic illness. Led an integrative ACT/CBT group for adults with bipolar disorder, a process group for graduate students, and a CBT group for adults with attentional problems. Provided brief crisis intervention to walk-in clients presenting after a campus shooting.

*Psychotherapy and Assessment Practicum Student, TIES for Families* 2014 - 2015  
 Conducted integrative therapy with families adopting a child from the foster care system utilizing CBT and mindfulness-based treatment techniques. Collaborated with an interdisciplinary team of psychiatrists, occupational therapists, educational advocates, and social workers to address families' psychosocial needs.

*Psychotherapy and Assessment Practicum Student, Psychology Clinic* 2013 - 2015  
 Conducted intake interviews and individual, group, and couple therapy for adults in an outpatient community clinic. Provided CBT, CPT, IBCT, DBT skills training, and motivational interviewing to patients presenting with anxiety, depression, PTSD, substance use, and psychosis. Provided individual ACT and CBT to public high school students in the North Hollywood High School Highly Gifted Magnet Program. Conducted comprehensive adult and child psychoeducational, psychodiagnostic, and neuropsychological assessments; provided written reports and verbal feedback to clients.

**Supervision and Administrative Experience:**

**The Health Psychology Center of New York**

*CEO and Founder* 2021 – present  
 Responsible for daily operations and ensuring adherence to HIPAA and all other legal/ethical obligations of a psychology practice.

**New York Presbyterian Hospital/Weill Cornell Medicine**

*Psychotherapy Supervisor and Lecturer, Cognitive Therapy Clinic* 2021 – present  
 Provide supervision and didactics for psychology interns and psychiatry residents seeing individual hospital patients.

*Psychotherapy Supervisor, Weill Cornell Psychiatry Collaborative Care Center* 2020  
 Provide clinical supervision to four social workers and two PGY-4 psychiatry residents seeing individual hospital patients.

- Psychotherapy Supervisor, Cope NYP* 2020  
Act as on-call supervisor for psychologists, psychiatrists, social workers, and psychology trainees providing crisis counseling to hospital employees during the COVID-19 pandemic. Hold weekly supervision meetings for a group of five clinicians.
- Psychotherapy and Administrative Supervisor, Westchester Behavioral Health Center* 2019 - 2020  
Provide individual administrative and clinical supervision to two psychology postdoctoral fellows and individual clinical supervision to two psychology postdoctoral fellows seeing individual patients. Provide live group supervision to five psychology postdoctoral fellows seeing individual patients with anxiety disorders.
- Administrative Committee Member, Adult Outpatient Department* 2019 - 2020  
Serve as a member of the Adult Outpatient Administrative Committee at the Westchester Behavioral Health Center. Contribute to the development of clinic policies and programming.
- Administrator, Postdoctoral Fellowship in Clinical Psychology, Westchester Behavioral Health Center* 2019 – 2020  
Coordinate recruitment, orientation, onboarding, supervision, and professional development activities for the psychology postdoctoral fellowship at the Westchester Behavioral Health Center.
- Secretary and Member, Psychology Education Committee* 2019 – 2020  
Develop agenda and take minutes for the Psychology Education Committee. Contribute to educational programming for psychology trainees.
- University of California, Los Angeles**
- Clinic Associate, UCLA Psychology Clinic* 2016 - 2017  
Assisted with management and daily operations of the UCLA Psychology Clinic. Coordinated case assignment based on client needs and therapist’s training level/theoretical orientation. Served as a member of clinic management team. Provided clinical and administrative consultation to student therapists. Founded alumni mentorship program to support students in the UCLA Clinical Psychology program.
- Supervisor of Psychotherapy Practicum Student, UCLA Psychology Clinic* 2016 - 2017  
Supervised a second-year doctoral student conducting adult psychotherapy from an ACT orientation. Participated in a weekly “supervision of supervision” course.
- Treatment Study Psychotherapy Supervision, Stanton Stress and Coping Lab at UCLA* 2015 - 2016  
Provided training and supervision to three advanced doctoral students running CBT-informed therapy groups for young adults with chronic illness as part of dissertation study.
- Supervisor of Assessment Practicum Student, UCLA Psychology Clinic* 2016  
Supervised a first-year doctoral student conducting adult and child psychoeducational, neuropsychological and psychodiagnostic assessments.
- Supervisor of Psychotherapy Intake Team, UCLA Psychology Clinic* 2015  
Supervised a team of three second-year doctoral students conducting unstructured intake interviews with adults seeking psychotherapy.

**Teaching Experience:**

**New York Presbyterian Hospital/Weill Cornell Medicine**

*Course Coordinator*

Perinatal Clinic Case Conference, twice monthly didactic for staff and trainees	2019 – 2020
Cognitive Behavioral Therapy Seminar, six-week didactic for staff and trainees	2020
Fellows’ Meeting, monthly professional development seminar for psychology fellows	2019 – 2020
Adult Outpatient Department Case Conference, monthly didactic for staff and trainees	2019 – 2020
Psychology Grand Rounds, co-coordinator, monthly didactic for staff and trainees	2019 – 2020

*Lead Instructor*

Acceptance and Commitment Therapy Seminar, eight-week didactic for staff and trainees	2020
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*Committee Member*

Psychiatry Grand Rounds, weekly didactic for staff and trainees	2019 – 2020
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**University of California, Los Angeles**

*Teaching Assistant*

Graduate Course: Professional and Ethical Issues in Clinical Psychology	Summer 2016 - Spring 2017
Undergraduate Course: Research Methods in Developmental Psychology	Spring 2016
Undergraduate Course: General Psychology Lab, UCLA	Winter 2016
Undergraduate Course: Developmental Psychology, UCLA	Fall 2015
Undergraduate Course: Psychology of Gender, UCLA	Summer 2015
Undergraduate Course: Introductory Psychology, UCLA	Spring 2015
Undergraduate Course: Developmental Psychology, UCLA	Winter 2015
Undergraduate Course: Research Methods in Psychology, UCLA	Fall 2014

**Harvard University School of Public Health**

*Teaching Assistant*

Graduate Course: Society and Health	Fall 2011, Summer 2012
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**Teach For America**

*Lead Teacher*

High School Course: Physical Science	Fall 2008 – Spring 2010
Developed and led original, engaging lesson plans and labs for over 200 ninth- and tenth-grade students in an over 90% minority, 100% free- and reduced-lunch high school in Philadelphia, PA.	

**Select Invited Guest Lectures:**

**Herts, K. L.** (July, 2023). Helpful CBT-adjacent skills: Incorporating Motivational Interviewing and DBT techniques. Cognitive Therapy Training Program, New York Presbyterian Hospital/Weill Cornell Medicine, New York, NY.

**Herts, K. L.** (January, 2021). Psychological effects of IVF and birth trauma. New York Presbyterian Westchester Behavioral Health Center, New York, NY.

**Herts, K. L.** (May, 2020). CBT for patients with chronic illness. New York Presbyterian Westchester Behavioral Health Center, White Plains, NY.

**Herts, K. L.** (May, 2020). Grief and grieving in the time of COVID-19. Weill Cornell Psychiatry Collaborative Care Center, New York, NY.

- Herts, K. L.** (May, 2020). Gratitude strategies. Davis Polk & Wardwell LLP, New York, NY.
- Herts, K. L.** (April, 2020). Impact of COVID-19 on mental health. Queens Community Board 3, New York, NY.
- Herts, K. L.** (January, 2020). Introduction to Acceptance and Commitment Therapy. New York Presbyterian Westchester Behavioral Health Center, White Plains, NY.
- Herts, K. L.** (November, 2019). Gratitude and health. Morgan Stanley, New York, NY.
- Herts, K. L.** (April, 2019). Applying counseling skills in varied settings. Elizabethtown College, Elizabethtown, PA.
- Herts, K. L.** (November, 2017). Promoting medical transition readiness in young adults with chronic illness using cognitive behavioral therapy. Weill Cornell Psychology Grand Rounds, New York, NY.
- Herts, K. L.** (May, 2017). Models of consultation & interprofessional care. UCLA graduate course: Professional and Ethical Issues in Clinical Psychology, Los Angeles, CA.
- Herts, K. L.** (November, 2016). Psychological interventions for patients with cystic fibrosis. UCLA Cystic Fibrosis Education Day, Ronald Reagan UCLA Medical Center, Los Angeles, CA.
- Herts, K. L.** (October, 2016). Acceptance and Commitment Therapy: Theoretical underpinnings, process of change, ethical issues, and translating conceptualization into intervention. UCLA graduate course: Professional and Ethical Issues in Clinical Psychology, Los Angeles, CA.
- Herts, K. L.** (July, 2016). Psychological interventions for adolescents and young adults with chronic illness. Didactic lecture in a professional development seminar for licensed clinical social workers at Ronald Reagan UCLA Medical Center, Los Angeles, CA.
- Herts, K. L.** (July, 2015). Gender and health. UCLA undergraduate course: Psychology of Gender, Los Angeles, CA.
- Herts, K. L.** (June, 2015). The psychological therapies. UCLA undergraduate course: Introductory Psychology, Los Angeles, CA.
- Herts, K. L.** (September, 2014). Living independently with a chronic illness for teenagers and young adults. UCLA Mattel Children's Hospital Transition Conference, Life after Pediatrics for Teens with Chronic Medical Conditions, Los Angeles, CA.
- Herts, K. L.** (September, 2014). Psychological interventions for adolescents with chronic illness. Didactic lecture to PGY-4 physicians in the combined residency program in medicine and pediatrics, UCLA Mattel Children's Hospital, Los Angeles, CA.
- Herts, K. L.** (September, 2013). Health transitions. Didactic lecture to physicians in the primary care residency program, UCLA Mattel Children's Hospital, Los Angeles, CA.



**Honors and Awards:**

Outstanding Student Clinician Award, Society for a Science of Clinical Psychology	2016
Senior Clinical Scientist Award, UCLA Psychology Department	2016
Graduate Research Mentorship Fellowship, UCLA Graduate Division	2013-2014
Summer Research Mentorship Fellowship, UCLA Graduate Division	2013
Distinguished University Fellowship, UCLA Psychology Department	2012-2013
Alumni Association Fellowship, UCLA Alumni Association	2012
Horace W. Goldsmith Fellowship, Harvard School of Public Health	2011-2012
White Internship Award, Brown Public Policy Department	2007
Undergraduate Teaching Research Assistantship, Brown Public Policy Department	2005

**Professional Service:**

NYP/Weill Cornell Medicine Clinical Psychology Internship Selection Committee	2018 – present
New York City Cognitive Behavioral Therapy Association, Listserv Moderator	2018 – 2019
UCLA Clinic and Placements Committee, Student Representative	2013 – 2014; 2016 – 2017
UCLA Clinical Psychology Admissions Committee, Student Representative	2014 – 2015
UCLA Psychology Clinical Area Committee, Student Representative	2014 – 2015
The Adolescent Leadership Council of Hasbro Children’s Hospital, Board Member	2008 – 2014