

Megan Lydia DeRiso, PsyD

Licensed Clinical Psychologist

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EDUCATION

College of Psychology | Nova Southeastern University | Fort Lauderdale, FL

- Doctor of Psychology (PsyD) in Clinical Psychology | APA-accredited program | Concentration: Health Psychology | June 2023

Dissertation: Psychological Clinical Implications of HPA Axis Functioning – a literature review of the bidirectional relationship between the HPA axis and mental health conditions.

Supervisor: Barry Nierenberg, PhD, ABPP

- Master of Arts (MA) in Clinical Psychology | August 2020

Rutgers University | New Brunswick, NJ

- Bachelor of Arts (BA), Cum Laude, Psychology Major, Criminology Minor | May 2017

LICENSURE

- Licensed Psychologist, New Jersey | License #35SI00756400
- PSYPACT Authority to Practice Interjurisdictional Telepsychology (APIT) | #20371

HONORS AND AWARDS

- Alies Muskin Career Development Leadership Program (CDLP) Award, Clinical Track Awardee | Anxiety and Depression Association of America (ADAA), 2024
- Research Intern of the Year | University of Texas Health at San Antonio, 2023
- National Register of Health Service Psychologists Scholarship | National Register of Health Service Psychologists, 2022
- Psi Chi International Honor Society | Nova Southeastern University, 2019–2022
- Phi Sigma Pi, Rutgers Psychology Honor Society, Tau Sigma Honor Society, and the National Society of Leadership and Success | Rutgers University, 2016–2017
- Phi Theta Kappa and Psi Beta National Honor Societies | Rutgers University, 2014
- Dean's List | Rutgers University, 2013–2017

CLINICAL TRAINING AND EXPERIENCE

The Restorative Therapy Center of New Jersey | Jersey City, NJ | February 2026 – Present

Founder, Licensed Clinical Psychologist

- Conducts individual outpatient therapy for a range of clinical presentations, including anxiety disorders, obsessive-compulsive disorder, phobias, panic disorder, and health-related conditions (e.g., chronic illness, disability, medical trauma, and other complex medical concerns).
- Employs evidence-based treatment modalities, primarily Cognitive Behavioral Therapy (CBT), within a humanistic and relational framework.
- Utilizes specialized interventions, including Exposure and Response Prevention (ERP) for OCD, interoceptive exposure for panic disorder, and graduated exposure techniques for specific phobias.

The Center for Emotional Health | Princeton, NJ | August 2023 – February 2026

Postdoctoral Fellow, Licensed Clinical Psychologist

- Administered, scored, and interpreted assessment measures for integrated psychoeducational reports evaluating intelligence, academic achievement, and mental illness.
- Conducted individual outpatient therapy with an emphasis on holistic, integrative care for a range of clinical presentations, including anxiety, OCD, and health-related conditions (e.g., chronic and terminal illness, disability, and medical trauma), applying CBT and exposure-based interventions within a humanistic orientation.

University of Texas Health Science Center | San Antonio, TX | July 2022 – July 2023

Predoctoral Intern

Major Rotation I | Transitional Care Clinic | Supervisors: Feiyu Li, PhD, David Roberts, PhD

- Completed intake assessments, created individualized treatment plans, and provided evidence-based therapy for patients.
- Served as triage intake leader, assigning brief intake assessments to staff and matching patients to providers based on presenting problems; the majority of patients were high risk and recently discharged from inpatient treatment, representing wide cultural and socioeconomic diversity.
- Participated in DBT Consultation Group, conducted DBT Orientation and Commitment sessions for patients, and taught DBT Skills Group.
- Supervised two master's-level clinicians.
- Participated in program development and oversight.

Major Rotation II | San Antonio State Hospital | Supervisors: Steve Logsdon, PhD, Heather Holder, PhD, ABPP

- Completed individual diagnostic assessment interviews and assessment batteries for integrated reports and treatment planning.
- Conducted competency and violence risk assessment evaluations.
- Provided individual and group therapy for psychiatric inpatients.
- Collaborated with an interdisciplinary team to provide coordinated care.
- Advised the treatment team by providing feedback and treatment recommendations.

Minor Rotation | Advance Clinic | Supervisors: Don McGeary, PhD, Jeslina Raj, PsyD

- Provided evidence-based individual therapy for long-term therapy patients.
- Provided Brief Cognitive Behavioral Therapy for Chronic Pain (BCBT-CP) in a group setting.

Weston Psychological Associates / Neurofeedback Institute | Weston, FL | April 2021 – May 2022

Psychometrician, Therapist | Supervisor: Rick Harris, PsyD

- Administered, scored, and assisted with interpretation and report writing of integrated reports evaluating intelligence, personality, and neurological functioning, under the direct supervision of a licensed psychologist.
- Conducted individual outpatient and group therapy for clients with anxiety and eating disorders.

Broward Health Medical Center, Behavioral Health | Fort Lauderdale, FL | August 2020 – August 2021

Psychology Trainee | Supervisor: Maria Fimiani, PsyD

- Provided consultation-liaison services for medical inpatients across departments, including the ICU, NICU, Pediatrics, and Hematology/Oncology, as well as the inpatient psychiatric facility.
- Provided treatment recommendations to hospital colleagues and interdisciplinary team members.
- Provided brief, evidence-based therapy for medical inpatients and outpatients.
- Led group therapy twice weekly for psychiatric inpatients.
- Assisted with liver and kidney transplant candidacy evaluations.

Anxiety Treatment Center, Nova Southeastern University Psychological Services Center | Fort Lauderdale, FL | August 2019 – August 2020

Psychology Trainee | Supervisor: Kayla Thayer, PhD

- Conducted structured diagnostic assessment interviews and administered clinical assessment measures to write integrated biopsychosocial reports.
- Created and implemented personalized treatment plans for clients with a range of anxiety and comorbid psychological disorders.
- Provided evidence-based treatment, including Cognitive Behavioral Therapy (CBT) and Exposure and Response Prevention (ERP), for individuals with anxiety.

OTHER CLINICAL EXPERIENCE

IDEA Initiative, Nova Southeastern University | Fort Lauderdale, FL | September 2019 – September 2021

Interdisciplinary Healthcare Team Leader | Supervisors: Harry Feldman, MD, FACP, Barbara Garcia-Lavin, PhD

- Led an interdisciplinary team of healthcare and medical students and faculty in developing workshops on best practices in hypertension management for various populations.
- Presented workshops at health fairs, to faculty at academic institutions, and on local television programs reaching an audience of approximately 2.5 million viewers.

Bonnie Brae Residential Care | New Brunswick, NJ | May 2016 – September 2016

Childcare Counselor | Supervisor: Joe Sampson, MS

- Provided care for at-risk teenage boys with psychological and developmental disorders in a residential setting.
- Worked under licensed professionals to administer treatment, implement improvement plans, and provide general care for residents.
- Certified in Adventure Based Counseling, The Nurtured Heart Approach, Trauma-Informed Care, and Professional Crisis Management, Level 2 Practitioner.

GRADUATE TEACHING EXPERIENCE

College of Dental Medicine, Nova Southeastern University | Fort Lauderdale, FL | January 2021 – May 2021

Adjunct Professor, Behavioral Science | Supervisor: Keith Lit, MD

- Taught dental students appropriate communication, relaxation techniques, and motivational interviewing for patient care.
- Facilitated labs for dental students to practice these skills through role play and discussion.
- Graded weekly papers and provided direct feedback to students.

College of Psychology, Nova Southeastern University | Fort Lauderdale, FL | December 2019 – May 2020

Graduate Teaching Assistant, Adult Intervention I | Instructor: Kayla Thayer, PhD

- Hosted guest lectures, graded class participation, and provided direct feedback to students practicing CBT interventions through role-play facilitation.

UNDERGRADUATE TEACHING EXPERIENCE

Department of Psychology, Rutgers University | New Brunswick, NJ | August 2016 – August 2017

Undergraduate Teaching Assistant, Abnormal Psychology | Instructor: Lyra Stein, PhD

- Answered students' questions and provided feedback on their papers.

RESEARCH EXPERIENCE

College of Psychology, Nova Southeastern University | Fort Lauderdale, FL | December 2019 – August 2021

Graduate Research Assistant | Supervisor: Kayla Thayer, PhD

- Conducted literature reviews on the assessment and treatment of disgust in the OCD population.
- Attended team meetings to review findings with colleagues.

College of Psychology, Nova Southeastern University | Fort Lauderdale, FL | October 2018 – October 2019

Graduate Research Assistant | Supervisor: Barry Nierenberg, PhD, ABPP

- Performed literature reviews and data analysis related to the study of chronic pain, and conducted clinical intake interviews to collect psychometric data.
- Attended team meetings to discuss findings and generate research ideas.

PUBLICATIONS

Thayer, K., **DeRiso, M.**, Warren, J., Wilson, A., & Vance, S. (2021). What therapists need to know about the treatment of OCD when disgust is part of the clinical presentation. *Journal of Affective Disorders Reports*.

CLINICAL PRESENTATIONS

DeRiso, M. (2023). Disability in graduate students. Symposium presented at the University of Texas Health at San Antonio, Research Quality Improvement Day Grand Rounds, San Antonio, TX.

Gelep, C., **DeRiso, M.**, Derbaly, A., Cavallo, N., & Nierenberg, B. (2021). The COVID-19 significant impact on the deaf and hard of hearing community. Poster presented at the American Psychological Association Convention, Rehabilitation Psychology Division, Austin, TX (virtual).

Derbaly, A., Gibson, C., Gelep, C., & **DeRiso, M.** (2021). The impact of pediatric stroke on social development. Poster presented at the American Psychological Association Convention, Rehabilitation Psychology Division, Austin, TX (virtual).

Nierenberg, B., Derbaly, A., Gelep, C., Scholl, N., **DeRiso, M.**, & Carbrerea, C. (2021). Can you see me? Disability discrimination among graduate students: A call to action for improving the graduate experience. Symposium presented at the American Psychological Association Convention, Rehabilitation Psychology Division, Louisville, KY.

DeRiso, M., Derbaly, A., Gelep, C., & Gibson, C. (2020). Child cognitive vulnerability to depression. Poster presented at the annual convention of the American Psychological Association, Washington, DC (virtual).

Carlsson, S., **DeRiso, M.**, Maccarrone, J., & Nierenberg, B. (2020). Evaluating the relationship between autonomic response variables and executive functioning. Poster presented at the American Psychological Association Convention, Rehabilitation Psychology Division, San Diego, CA.

Derbaly, A., & **DeRiso, M.** (2020). The effect of optimistic attitudes for the future on stroke recovery. Poster presented at the American Psychological Association Convention, Rehabilitation Psychology Division, San Diego, CA.

Gelep, C., Gibson, C., **DeRiso, M.**, Tuohy, K., Kniola, A., Derbaly, A., Char, S., & Kennedy, T. (2020). What is the relationship between age at evaluation, number of siblings, and a child's ADOS-2 total score? Poster presented at the annual convention of the American Psychological Association, Washington, DC (virtual).

CONTINUING EDUCATION PRESENTATIONS

- Narcissistic Abuse: Identification, CBT Interventions, and Resources for Clinicians and Survivors | Rutgers Graduate School of Applied and Professional Psychology, Office of Professional Development and Continuing Education | October 2026 (scheduled) | 1 CE credit (APA, NYSED, NJ LMFT/LPC)
- Narcissistic Abuse: Identification, CBT Interventions, and Resources for Clinicians and Survivors | Society of Clinical Psychology, APA Division 12 | June 2026 | 1 CE credit

PSYCHOEDUCATIONAL PRESENTATIONS

- Addressing Inappropriate Client Behaviors | Transitional Care Clinic, San Antonio, TX | October 2022
- Exercise and Diabetes | Boys and Girls Club of Broward County, Fort Lauderdale, FL | March 2021
- Exercise and Diabetes | California Club Branch Library, Miami, FL | March 2021
- The Impact of Hypertension | Regent Park Nursing Home, Aventura, FL | November 2019
- The Impact of Hypertension | Helen Hoffman Plantation Library, Plantation, FL | October 2019

SERVICE IN PROFESSIONAL ORGANIZATIONS

College of Psychology, Nova Southeastern University | Fort Lauderdale, FL | 2020 – 2022

Treasurer, Disability Awareness and Well-Being Group (Student Affiliation of APA Division 22) | Supervisor: Barry Nierenberg, PhD, ABPP

- Participated in monthly group meetings, including organizing fundraising opportunities, raising awareness for individuals with disabilities, and monitoring group spending.

PROFESSIONAL MEMBERSHIPS

- American Psychological Association
- Anxiety and Depression Association of America
- Mercer County Psychological Association
- National Register of Health Service Psychologists
- New Jersey Psychological Association

References available upon request.