
SYLVIE MESSER, BA

Astoria, NY

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Education

Doctoral Student, Clinical Psychology (Health Emphasis)

Degree Expected 2024

Ferkauf Graduate School of Psychology, Yeshiva University
Bronx, NY

Bachelor of Arts, Psychology

December 2017

Hunter College, CUNY
New York, NY

Peer-Reviewed Publications

Messer, S., Siegel, A., Bertin, L., Erblich, J. (2018). Gender differences in affect-triggered lapses during smoking cessation: A daily diary study. *Addictive Behaviors*.

Estey, D., Yadgaran, E., Birchwale, J., Lee, J., Cruz, L., Gordon, N.A., Kashan, R.S., Friedman, J., Min, J.-Y., Agterberg, S., Levin, J., Cohen, J., Gittleman, J., **Messer, S.**, Perez, E., Pia, T., Eichenbaum, M., Segal, K.S., & Weinberger, A.H. (in preparation). COPD, smoking, and psychiatric comorbidities: a systematic review.

Doctoral Research Experience

Doctoral Student Research Assistant

08/19 to Present

Smoking and Nicotine Dependence Research Lab

Ferkauf Graduate School of Psychology, Yeshiva University – Bronx, NY

- Project: investigating the relationship between substance use, clinical symptoms and sequential belief updating processes in those at clinical high risk for schizophrenia and patients with schizophrenia (in conjunction with the Horga Lab)
- Project: investigating race and diversity in relation to clinical symptoms and substance use a clinical-high risk sample (in conjunction with the COPE clinic)
- Project: Review paper investigating grief interventions implemented in hospitals to aid in grief/bereavement for clinical providers after the death of a patient

Research Advisor: Andrea Weinberger, PhD

Doctoral Student Research Assistant

08/19 to Present

The Horga Lab

The New York State Psychiatric Institute at Columbia University - New York, NY

- Project: investigating the relationship between substance use, clinical symptoms and sequential belief updating processes in those at clinical high risk for schizophrenia and patients with schizophrenia

Research Advisor: Guillermo Horga, MD, PhD

Additional Research Experience

Research Assistant and Coordinator

02/18 to 09/19

The Horga Lab

The New York State Psychiatric Institute at Columbia University - New York, NY

- Coordination of behavioral and imaging studies in a variety of clinical populations, including adolescents and young adults
- Carrying out imaging procedures (MRI and fMRI), clinical interviews and clinical and neuropsychological assessments (e.g., PDI, CAPS, Hollingshead, Matrics)
- Collecting, organizing and cleaning MRI, clinical and behavioral data for various MRI and non-MRI studies
- IRB proposal submissions, renewals, and amendments and grant related issues
- Project: coordination and spearheading of behavioral “beads” belief updating task

Principal Investigator: Guillermo Horga, MD, PhD

Undergraduate Research Assistant

02/17 to 05/18

Alcohol and Nicotine Lab

CUNY Hunter College – New York, NY

- Nicotine cue-induced cravings qualitative analyses, gender differences in smoking cessation
- Conducting literature reviews and writing research papers from both current and past data sets
- Coordination and preparation of new protocol for alcohol craving study in college students

Principal Investigator: Joel Erblich, PhD, MPH

Supervised Doctoral Clinical Training

Psychology Extern

06/20 to Present

Brooklyn College Personal Counseling Program

Brooklyn College, CUNY - Brooklyn, NY

- Conduct ongoing individual psychotherapy with up to 6 patients weekly
- Conduct weekly CBT group with up to 8 patients weekly
- Conduct crisis counseling, intake interviews and disposition screenings
- Provide referral, consultation and liaison work
- Weekly didactics and individual and group supervision

Supervisors: Margaery Frosch, PhD, Adriana DiMatteo, PsyD, Jennifer Hunter, PhD

Behavioral Medicine Student Therapist

8/20 to Present

Parnes Family Psychological and Psychoeducational Services Clinic

Ferkauf Graduate School of Psychology, Yeshiva University - Bronx NY

- Caseload of two to three weekly individual ongoing psychotherapy patients from diverse ethnic and socioeconomic backgrounds
- Perform evaluation and write reports on patients seeking bariatric surgery
- Weekly individual supervision and training

Supervisor: Yvette Fruchter, PhD

Additional Clinical Experience

Intake Counselor Intern

06/17 to 04/18

The Door, A Center of Alternatives – New York, NY

- Interview new members for an intake process by having a thorough conversation about home, education, friends, drugs and alcohol, sexual activity and health, mood
- Provide new members with knowledge, resources and support for services in legal, counseling, job opportunities, extracurricular, college advising, health services center, crisis intervention and runaway and homeless youth.
- Mandated reporter responsibilities, documentation and reporting of information through salesforce, follow-up phone calls to new members

Supervisor: Eliza Ng, LMSW

Teaching and Assistantships

Teaching Assistant, Psychopathology and Illness – Clinical Interviewing

08/20 - Present

Clinical Psychology Ph.D. Program, Health Emphasis

Ferkauf Graduate School of Psychology, Yeshiva University

- Run weekly independent lab meetings with first year students regarding clinical interviewing skills (with the SCID-5) and suicide risk assessment.
- Perform mock suicide risk assessment and mock SCID-5 clinical interview with professor
- Responsible for grading of suicide risk assessment and SCID-5 final exam

Course Instructor: Andrea Weinberger, Ph.D.

Professional Trainings, Certifications and Memberships

2020 Society for Research on Nicotine and Tobacco, Student Member

2020 APA Telepsychology Best Practices 101, certification

2019 American Psychological Association (APA), Student Member

2018 MRI Training for Research Assistants – New York State Psychiatric Institute

2018 Drupal Distribution Training - Web Development for Columbia University Medical Center

2018 Collaborative Institutional Training Initiative (CITI) training

2017 Mandated Reporter Training: Identifying and Reporting Child Abuse Maltreatment

Honors and Awards

2020 Teaching Assistant Scholarship, Yeshiva University

2020 Ferkauf Merit Based Scholarship, Yeshiva University

2019 Ferkauf Merit Based Scholarship, Yeshiva University

2017 Dean's List, Hunter College, CUNY

2017 Psi Chi, International Honors Society in Psychology

Related Skills

MATLAB; SPSS; MRI, fMRI & EEG, Microsoft Word, Excel, PowerPoint; EMR, Titanium