

MICHAEL SIMCHA LAX, PSY.D.

Contact Number: 866-237-9930

Locations: **Brooklyn, NY & Kendall Park, NJ**

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SUMMARY

Dedicated licensed doctoral psychologist skilled in [cognitive-behavioral therapy](#), experienced with a wide variety of clients and presenting issues (i.e. adults with conditions ranging from serious and chronic mental illness to mood and adjustment issues, high school students struggling with anxiety and social issues, highly functional adults seeking career guidance or development of coping skills).

KNOWLEDGE, SKILLS AND ABILITIES

- **Counseling**

Clinical Experience: Provided group and individual counseling for individuals with chronic and severe mental illness in assisted living and nursing home facilities. Group counseling utilized a DBT informed approach, while individual counseling involved a blend of CBT, structured problem solving, and supportive psychotherapy.

Private Practice Experience: Provided individual counseling to a diverse population of clients, with presenting issues including anxiety, depression, OCD, adjustment disorders, personality disorders, psychosis, career issues.

School Experience: Provided both individual and group counseling. Worked collaboratively with guidance counselors as well as child study team colleagues to identify student needs and to develop counseling groups to address them. Topics included: Social Skills training using the [Skillstreaming](#) approach, Management of Test Anxiety, and Stress Management. Individual counseling focused on helping students manage their personal and environmental stressors in order to succeed academically as well as socially.

- **Crisis Intervention**

Earned School Suicide Prevention accreditation after mastering a comprehensive curriculum that covered the epidemiology of suicide, assessment and intervention with students presenting with risk of suicidal behavior, as well as responses to a completed suicide. Assessed numerous students at risk for suicidal ideation or behavior. Served as part of the postvention team to help the student body cope with, and recover from, a completed student suicide.

- **Career Counseling**

Completed the Career Development Facilitator training course accredited by the National Career Development Association. This course includes career assessment and counseling, as well as how to obtain and analyze current labor market data.

LICENSES / CERTIFICATIONS

- New York License in Psychology (License No. 020900)
- New Jersey License in Psychology (License No. 35SI00595100)
- Certificate in Cognitive Behavioral Therapy (CBT) from Philadelphia College of Osteopathic Medicine
- Certification in CBT from the Cleveland Center for Cognitive Therapy
- Career Development Facilitator, accredited by the National Career Development Association
- New Jersey State Certification in School Psychology
- School Suicide Prevention Specialist Certification from American Association of Suicidology

PROFESSIONAL EXPERIENCE

Private Practice Brooklyn, NY Sept 2016 – Present

- Provide individual counseling to a diverse client population.
- Responsible for all aspects of practice management, including marketing, billing, and scheduling.

Psychologist, CHE Senior Psychological Services, Brooklyn, NY Oct 2015 – May 2018

- Provided individual and group counseling for clients with serious and chronic mental illness.
- Provided crisis management as needed.
- Supervised pre-licensed clinicians.

School Psychologist, Hillsborough Public Schools, Hillsborough, NJ Sept 2011 – Oct 2015

- Performed comprehensive psychological evaluations of High School students to assess cognitive and social-emotional strengths and weaknesses and to inform eligibility determinations.
- Functioned as an effective child study team member, explained evaluation results and helped determine program placement for youngsters experiencing academic and behavioral difficulties.
- Designed and wrote Individual Education Plans (IEP).
- Counseled adolescent students utilizing principles of CBT.
- Functioned as member of Crisis Intervention team to address student crises as needed.

Doctoral Psychology Intern, Plumsted Public Schools Sept 2010 – July 2011

- Counseled individuals and groups of students at the secondary, middle school and elementary school levels.
- Conducted psychological evaluations to assess cognitive and social-emotional strengths and weaknesses and to inform eligibility determinations.
- Designed and helped implement behavior intervention plans.
- Assisted Intervention and Referral Team in systematically applying interventions and tracking student progress.

School Psychologist, Lakewood Public Schools, Lakewood, NJ April 2007 – June 2010

- Performed comprehensive psychological evaluations of students from Preschool to High School.
- Functioned as an effective child study team member, explained evaluation results and helped determine program placement for youngsters experiencing academic and behavioral difficulties.
- Designed and wrote Individual Education Plans (IEP).

EDUCATION

Post-Graduate Certification in CBT
March 2016-December 2016

Cleveland Center for Cognitive Therapy

Topics covered in this certificate included the treatment of depression, anxiety and personality disorders. Course requirements included submitting case studies and videotapes, as well as passing essay and multiple-choice exams.

Psychology Doctorate (Psy.D.)
School Psychology Program
Graduated: July 2011

Philadelphia College of Osteopathic Medicine, PA
GPA: 3.83

- Accredited by the National Association of School Psychologists (NASP)
- Designated by the Association of State and Provincial Psychology Boards (ASPPB)
- Advanced training in identification and treatment of social-emotional difficulties and disorders, with a specific focus in cognitive behavioral therapy, training in working with students with different cultural and social-emotional backgrounds, and training in the biological basis of learning disorders and social-emotional disorders.

Master's Degree
School Psychology Program - **Dean's List**
Graduated: January 2006

Touro College, New York, NY
GPA: 3.75

- Courses completed include child development and cognitive assessment.
- Administered the Stanford-Binet (5), the WISC-IV, the WJ-III Cognitive test, and other diagnostic tests.
- Studied measures of social-emotional health, such as projectives, scales, and the clinical interview.