

CURRICULUM VITAE

ZOHRA CHAHAL, PhD
Clinical Child and Adolescent Psychologist
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LICENSURE & CERTIFICATIONS

Psychologist, New York State License # 026002
Certified Therapist, PCIT International, December 2019

EDUCATION

Post-Doctoral Fellowship, July 2022 – September 2023
Kurtz Psychology Consulting PC, New York, NY

PhD, School Psychology, August 2022
The University of Texas at Austin, Austin, TX

MA, School Psychology, August 2019
The University of Texas at Austin, Austin, TX

BS, Behavioral Neuroscience, May 2013
Northeastern University, Boston, MA

PROFESSIONAL TRAININGS

- 2022 **PCIT Within-Agency Trainer Training**,
Kurtz Psychology Consulting PC, Trainer: Steven Kurtz, PhD, ABPP
Judge Baker Children's Center, Trainer: Rhea Chase, PhD
- 2018 **DBT-C Intensive Training**,
Behavioral Tech, LLC,
Trainers: Francheska Perepletchikova, PhD & Donald Nathanson, LCSW
- 2018 **DBT Foundational Training**,
Behavioral Tech, LLC,
Trainers: Randy Wolbert, LMSW & Ronda Oswald Reitz, PhD
- 2017 **PCIT Therapist Training**,
Dell Children's Medical Center,
Trainer: Samantha Miller, PhD, ABPP

CONSULTATION & TRAINING SERVICES

2023 – Present **Beginnings Nursery School**, New York, NY
 2022 – Present **The Washington Market School**, New York, NY
 2022 – Present **PCIT-SM Training**, Kurtz Psychology Consulting PC, New York, NY
 2022 – Present **PCIT Training**, Kurtz Psychology Consulting PC, New York, NY
 2019 **Friends of the Children**, Austin, TX
 2018 **PCIT Training**, Dell Children’s Medical Center, Austin, TX

PUBLICATIONS

- Kurtz, S.M.S., **Chahal, Z.**, Jean, A., & Green, A.B. (in copyediting). Parent-child interaction therapy adapted for selective mutism. In T. Hembree-Kigin, C. McNeil, & A. Scudder (Eds.), *Clinical Handbook of Advancements in Parent-Child Interaction Therapy*. Springer.
- Tennant, P.S., **Chahal, Z.**, Wolford, S., Doskey, E., & Miller, S.P. (2022). Family-based therapy for children and adolescents. In G. Asmundson (Ed.), *Comprehensive Clinical Psychology, 2nd Edition*. Elsevier.
- Banneyer, K.N., **Chahal, Z.**, Tauber, J., & Stark, K.D. (in preparation). Therapist decision making in treating pediatric obsessive compulsive disorder. *Journal of Cognitive Psychotherapy*.
- Stark, K.D., Banneyer, K.N., **Chahal, Z.**, & Tauber, J. (2021). Implementation of ACTION: A case example. *Journal of Cognitive Psychotherapy*, 36(2).
- Kennard, B.D., Mayes, T.L., **Chahal, Z.**, Nakonezny, P., Moorehead, A., & Emslie, G.J. (2018). Predictors and moderators of relapse in children and adolescents with major depressive disorder. *Journal of Clinical Psychiatry*, 79(2).

PRESENTATIONS

- Chahal, Z.** & Kurtz, S. (2023, November). *Get Comfortable Being Uncomfortable: PCIT Adapted for Selective Mutism*. Symposium presentation accepted for the Association for Behavioral and Cognitive Therapies (ABCT) annual convention, New York, NY.
- Chahal, Z.** & Kurtz, S. (2023, October). *PCIT Adaptations for Young Anxious Youth*. Clinical perspectives presentation accepted for the American Academy of Child and Adolescent Psychiatry (AACAP) annual meeting, New York, NY.
- Chahal, Z.**, Miller, S. & Sale, R. (2019, August). *Tailoring PCIT for a 4-year-old deaf-blind child with CHARGE syndrome: A case study*. Poster presented at the Parent-Child Interaction Therapy (PCIT) biennial convention, Chicago, IL.
- Sale, R., **Chahal, Z.**, Grelle, K., & Miller, S. (2019, August). *Keeping families with chronic illness in treatment: Predictors of drop-out and treatment implications via growth curve modeling*. Poster presented at the Parent-Child Interaction Therapy (PCIT) biennial convention, Chicago, IL.

- Tauber, J., **Chahal, Z.**, Engelmann, M., Mitchell, A., Young, S., Dickson, D., Dell, J., Carberry, C., Moats, G., Bond, M., & Stark, K. (2019, August). *Initial results from CAMS extension study with added parent component to CBT for anxious youth*. Poster presented at the American Psychological Association (APA) annual meeting, Chicago, IL.
- Miller, S. & **Chahal, Z.**, (2019, April). *Parenting in the Context of Trauma*. Professional Development Workshop, Austin VA Mental Health and Behavioral Medicine Service.
- Miller, S. & **Chahal, Z.**, (2019, March). *Behavioral Intervention Training for Professional Mentors Serving Children and Families with Child Welfare System Involvement*. Professional Development Workshop, Friends of the Children.
- Chahal, Z.**, (2019, February). *Child Directed Interaction (CDI) Skills for Professional Mentors Serving Children and Families with Child Welfare Involvement*. Professional Development Workshop, Friends of the Children.
- Miller, S. & **Chahal, Z.**, (2018, April). *CDI Skills for Professional Mentors Serving Children and Families with Child Welfare Involvement*. Professional Development Workshop, Friends of the Children.
- Miller, S., **Chahal, Z.**, Hammonds, B., & Tauber, J. (2017, June). *There is no health without mental health*. Camp Bluebonnet Parent Workshop, Dell Children's Medical Center.
- Xu, J., **Chahal, Z.**, Kennard, B.D., & Emslie, G.J. (2016, October). *Effects of insomnia on remission and relapse in depressed youth*. Poster presented at the American Academy of Child & Adolescent Psychiatry (AACAP) annual meeting, New York, NY.
- Prasad, S., Miles, J.J., Oscarson, B., **Chahal, Z.**, & Emslie, G.J. (2016, October). *Predicting lethality of suicide attempts*. Poster presented at the American Academy of Child & Adolescent Psychiatry (AACAP) annual meeting, New York, NY.
- Redd, T., Steward, S.M., Oscarson, B., **Chahal, Z.**, & Emslie, G.J. (2016, October). *Vietnamese-American parents' views of child mental health*. Poster presented at the American Academy of Child & Adolescent Psychiatry (AACAP) annual meeting, New York, NY.
- Chahal, Z.**, Wolfe, K., Mayes, T.L., Nakonezny, P., Kennard, B.D., & Emslie, G.J. (2015, October). *Characterizing anhedonia severity in depressed children and adolescents*. Poster presented at the American Academy of Child & Adolescent Psychiatry (AACAP) annual meeting, San Antonio, TX.
- Wolfe, K., **Chahal, Z.**, Mayes, T.L., Nakonezny, P., Kennard, B.D., & Emslie, G.J. (2015, October). *Hopelessness as a predictor of suicidal ideation in depressed male and female youth after acute treatment with fluoxetine*. Poster presented at the American Academy of Child & Adolescent Psychiatry (AACAP) annual meeting, San Antonio, TX.
- Zia, Z., **Chahal, Z.**, Mayes, T.L., Karni, C., & Emslie, G.J. (2015, June). *Pharmacological treatment in children and adolescents: Switching vs. augmenting*. Poster presented at the American Society of Clinical Psychopharmacology (ASCP) annual meeting, Miami, FL.

Lister, J., **Chahal, Z.**, Mayes, T.L., Parks, J., Hughes, C.W., Nakonezny, P., & Emslie, G.J. (2010, August). *Treatment response pattern to identify “true drug” vs. “placebo” response*. Poster presented at the American Academy of Child & Adolescent Psychiatry (AACAP) annual meeting, New York, NY.

PROFESSIONAL AFFILIATIONS

American Psychological Association (APA)
CPT Advisory Group, 2023 – Present

Association of Behavioral and Cognitive Therapies (ABCT)
Public Education and Media Dissemination Committee, 2023 – Present

PCIT International

Selective Mutism Association (SMA)