



CONTRIBUTOR BIOS

Leslie Becker-Phelps, PhD is a licensed psychologist who treats individuals and couples in her private practice in Basking Ridge, NJ. She writes for WebMD's "[Relationships](#)" blog and writes another blog called "[Making Change](#)" for *Psychology Today*. She is the author of *Insecure in Love* (2014). Read more at www.drbecker-phelps.com.

Jennifer Carlson, PsyD, is co-founder and Chief of Neuropsychology of The COR Group, LLC. She received her undergraduate degree from The Pennsylvania State University and her Doctoral degree in Clinical Psychology from Pace University in New York City. She also has Masters degrees in Counseling Psychology and School Psychology. She lives with her husband and twin girls in Bergen County, NJ.

Charles E. Dodgen, PhD, is a licensed psychologist who has maintained a vibrant private practice in Caldwell, New Jersey for nearly 30 years. A former director of psychology in a private psychiatric hospital, Dr. Dodgen provides a truly comprehensive spectrum of services for which the term, general practice, does not do full justice. He has, essentially, three separate areas of treatment focus: child and adolescent problems; substance abuse (across all ages); and geriatric services. Dr. Dodgen has published in each practice area and his credits include five books: *Simple Lessons for a Better Life: Unexpected Inspiration from Inside the Nursing Home* (Prometheus Books, 2015), *Nicotine Dependence: Understanding and Applying the Most Effective Treatment Interventions* (American Psychological Association Press, 2005), *Substance Use Disorders: Assessment and Treatment* (Academic Press, co-authored with Shea, 2000), *What Should I Know About Someone Who Abuses Alcohol and Other Drugs?* (Learning Publications, 1998, 1994), and *Psychoactive Substance Use Disorders: A Comprehensive Resource for Clinicians and Researchers* (self-published, C & D Publications, co-authored with Shea, 1997). Dr. Dodgen has also published book chapters, *Drug Abuse* (Elsevier, 2004), and *Sequential, Timing, Rhythmic and Eye Movement Problems in Dyslexics* (John Wiley & Sons, co-authored with Pavlidis, 1990); and, he has written articles as an invited expert author for *Psychology Today* (www.psychologytoday.com) and *Alzheimers.net* (www.alzheimers.net).

Janie Feldman, PsyD, licensed psychologist in Warren, NJ, has over 20 years' experience providing psychotherapy, consultation, and assessment to adults, teenagers, and children. Dr. Feldman conducts Friendship Groups, a form of social skills training in a group therapy format. Utilizing Cognitive-Behavioral Therapy, Dr. Feldman offers effective treatment for anxiety, depression, OCD, ADHD, and other mental health

challenges. Appearing live on the cable television show “Real Life with Mary Amorosa,” she fielded callers’ questions and discussed reactions to the 9/11 terrorist attack, surviving marital affairs, managing children’s behavior and exploring female aggression. Dr. Feldman has written numerous articles and blogs, and frequently posts informative and inspirational tweets on Twitter. Follow her at @DrJanieFeldman or visit her at <http://www.drjanie.com/>.

Alison Johnson, PsyD, co-founder and director of SPS, has been a psychologist for 25 years. She specializes in a broad range of addictions and mental health issues, and she counsels individuals, couples, families, and groups of all ages. She is also one of the few psychologists in New Jersey who is an Advanced Certified Equine Psychotherapist, harnessing horses—her passion—to help her clients heal and grow. Intensely driven to help others on their journeys, Dr. Johnson combines empathy, creativity, and a playful sense of humor. She gives on-site trainings to schools and community organizations in her areas of expertise.

Lynn Schiller, PhD, is a clinical psychologist with a private practice in Summit NJ. Dr. Schiller works with patients as young as two and adults well into their senior years. Lynn has a background in developmental psychology and play therapy and has worked in in-patient hospitals, mental health clinics, counseling centers and is currently seeing patients in her own practice. She has a 15-year track record of working effectively with all ages on issues related to anxiety, depression, grief, and stress management. Dr. Schiller also has experience working with the Deaf and is knowledgeable in American Sign Language.

Tamara Shulman, PhD, FAACP, ABPP is a licensed psychologist with a private practice in Manhattan (NYC) and Clifton, NJ. She is board certified in clinical psychology by the American Board of Professional Psychology and specializes in helping adults, adolescents, and children experiencing anxiety, depression, health issues, and relationship and parenting concerns. Her website is <http://www.tamarashulman.com>. Her office numbers are 973.471.9506 (Clifton, NJ) and 212.980.0578 (NYC).

Michael D. Zito, PhD, is a New Jersey licensed psychologist with 33 years of experience practicing clinical and sport/performance psychology. He is a certified consultant through the Association of Applied Sport Psychology and an Adjunct Professor at Montclair State University since 2004. Dr. Zito has appeared on Channel 9/Fox news and his work was featured in the January 2012 issue of SELF Magazine. He has authored a chapter in the 2010 edition of the *Routledge Handbook of Applied Sport Psychology* titled Family Systems Interventions in Sport. He has conducted over 30 sport psychology presentations/workshops at international, regional and local venues. He has experience with adult, collegiate, high school and youth players, teams and coaches in a variety of sports, and also Broadway actors and competitive chess players.