



NEW JERSEY PSYCHOLOGICAL ASSOCIATION

Contributor Bios

Jeffrey Axelbank, PsyD, is a psychologist in Highland Park, NJ. He works with individuals, couples, and families, and also has two psychotherapy groups for adults. Dr. Axelbank specializes in treating people with chronic pain and other mind-body disorders, using the approach developed by Dr. John Sarno. Under this method, people are able to totally eliminate their pain, not just “manage” it. In addition, Dr. Axelbank works with people who are survivors of childhood traumas such as physical, sexual, and psychological abuse. In addition to his clinical work, Jeff also consults to corporations, non-profits and community groups, helping with issues such as strategic planning, conflict resolution, leadership teams, morale/turnover/burnout. He’s trained in Future Search, which is a method of strategic planning in large complex systems, based on the idea of “getting the whole system in the room,” and involving all stakeholders for more effective planning and implementation. Dr. Axelbank was named Psychologist of the Year in 2011 by the NJ Psychological Association, and was awarded the Peterson Prize in 2013 by the Rutgers University Graduate School of Applied and Professional Psychology.

Marianne Herzog, PhD, is a licensed psychologist in Pennsylvania and New Jersey. She provides mental health consultation with the children, families, and staff members of Early Head Start and Head Start programs in Philadelphia and Camden, which includes writing informational articles and presenting workshops on a variety of psychologically-related topics. Dr. Herzog provides psychotherapy in private practice in Lafayette Hill, PA. She draws on a variety of psychological perspectives in addressing such issues as anxiety, depression, parenting, life transitions, stress management, and relationship difficulties. She finds mind-body approaches to therapy particularly valuable, and includes mindfulness-based strategies in helping people discover their own unique strengths and paths to healing. Dr. Herzog is a member of the American Psychological Association (Health and Psychotherapy Divisions) and both the Pennsylvania and New Jersey Psychological Associations. She is a member of both the Pennsylvania and New Jersey Psychological Associations’ e-Newsletter Committees, and a contributor to their publications.

Eileen Kennedy-Moore, PhD, is a clinical psychologist, author, and mom of four, based in Princeton, NJ. Her newest book is *Growing Friendships: A Kids' Guide to Making and Keeping Friends* (for ages 6-12). She has also written two books for parents, *Smart Parenting for Smart Kids* and *The Unwritten Rules of Friendship*, plus an audio-video series from The Great Courses®, *Raising Emotionally and Socially Healthy Kids*. Her book for mental health professionals is *Expressing Emotion: Myths, Realities, and Therapeutic Strategies*. A trusted expert on parenting and child development, Dr. Kennedy-Moore serves on the advisory board for Parents magazine and blogs for Psychology Today, PBS Parents, and US News & World Report. She is also the creator of a funny and educational website for kids, www.DrFriendtastic.com. Her main website is www.EileenKennedyMoore.com.

Michelle Miller, PsyD, is a licensed psychologist in New York and New Jersey. She specializes in the application of Cognitive Behavioral Therapy (CBT) to Tourette's Disorder, autism spectrum disorders, body focused repetitive behaviors (such as obsessive compulsive disorder, skin picking, and trichotillomania), and eating disorders. Dr. Miller has been extensively trained in the application of evidenced-based treatments to a wide range of other psychological problems, including but not limited to depression, trauma, specific phobias,

oppositional and aggressive behavior, and self-injurious behavior. She has expertise in neuropsychological testing, including evaluations for autism spectrum disorders, learning disabilities, ADHD, and gifted children. Dr. Miller has worked with children, adolescents, and adults in a range of settings, including inpatient programs, the psychiatric emergency department, a residential treatment facility, and different outpatient programs throughout New York and New Jersey.

Nicole Rafanello, PhD, is a licensed psychologist in NJ and DC. She provides treatment and assessment for adolescents and adults. She has expertise in CBT and DBT therapy. She also provides legal expert testimony with specific expertise in employment and public safety evaluations, disability evaluations, risk assessment/management, competencies and damages. For more information, please visit www.drrafanello.com.

Tamara Shulman, PhD, is board certified by the American Board of Professional Psychology as a clinical psychologist, licensed in New York and New Jersey. She has practiced in Clifton for more than 25 years providing psychotherapy to adult, adolescent, and child clients in a warm, supportive setting. Tamara works with a multimodal approach tailored to the needs of her clients that combines cognitive behavioral (CBT) and psychodynamic psychotherapeutic techniques. Specialized training in both techniques allows her to individualize effective treatment with each person. Tamara's practice focuses on helping her clients who are experiencing: anxiety, depression, stress, relationship issues, work and school issues, post-traumatic stress, serious or chronic illness, ADD/ADHD/learning issues, and parenting and family issues. She is a fellow of the American Academy of Clinical Psychology and a member of the Mental Health Advisory Board of St. Mary's Hospital. As a member of the Professional Advisory Board of BreastCancer.org, she provides webinars and other materials to women coping with breast cancer. Prior to joining St. Mary's, Tamara was the Chief of Children's Services at Elizabeth General Medical Center's Department of Psychiatry, Community Mental Health Center. Tamara supervises psychology doctoral candidates, and has served on doctoral thesis committees at New York University, City College of New York (CCNY) of the City University of New York and Pace University. Her publications include articles on life transitions, parenting, and coping with serious illness. She has also presented programs at St. Mary's Hospital, corporate employee assistance seminars, foundations, and numerous schools, and has appeared on CNN, local cable television, and in webcasts. For more information, please visit www.tamarashulman.com.

Allen H. Weg, EdD, is a NJ licensed psychologist and is executive director of Stress and Anxiety Services of NJ, with offices in East Brunswick and Florham Park. He is board president of OCD New Jersey and a member of the Scientific and Clinical Advisory Board for the IOCDF. He is author of "OCD Treatment Through Storytelling," published by Oxford University Press.

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.