



Braidyn Mattei

Clinical Psychologist

I am a Clinical Psychologist with over 5 years experience working in various settings, including hospitals, outpatient clinics, and private practices. I have worked with clients of all ages and backgrounds, providing assessment, diagnosis, treatment planning, and therapy. I specialize in treating anxiety disorders and mood disorders such as depression. I am proficient in several evidence-based treatments including Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Acceptance and Commitment Therapy (ACT). In addition to my clinical work, I also provide consultation services to organizations on topics related to psychological well-being at work.

braidyn.mattei@gmail.com 

(247) 751-0758 

2412 White Street, New York, NY 
10001

Education

Doctor of Psychology in Clinical Psychology at Columbia University

Sep 2012 - May 2017

I have learned how to communicate with people from different backgrounds, how to understand and interpret psychological research, how to work with people with mental disorders, and how to apply psychological principles to real-world settings.

Links

[linkedin.com/in/braidynmattei](https://www.linkedin.com/in/braidynmattei)

Employment History

Clinical Psychologist at Weill Cornell Medicine, NY

May 2022 - Present

- Led a team of 4 clinicians in providing psychological services to 100 patients with chronic illnesses.
- Conducted individual and group therapy sessions for 30 patients suffering from depression.
- Successfully implemented an evidence-based treatment program for 20 individuals with post-traumatic stress disorder.
- Authored 5 peer-reviewed journal articles on the topics of anxiety, depression, and coping mechanisms.
- Presented at 3 national conferences on the topic of therapeutic interventions for trauma survivors.
- Served as a mentor to 2 doctoral students throughout their clinical internship.

Associate Clinical Psychologist at NewYork-Presbyterian Hospital, NY

Sep 2017 - Mar 2022

- Led a team of 5 psychologists in providing psychological services to 100 patients with anxiety disorders.
- Successfully implemented a new treatment protocol for treating anxiety disorders that resulted in a 30% decrease in the number of patients needing medication.
- Trained 2 new associate clinical psychologists in evidence-based practices for treating anxiety disorders.
- Authored an article on the use of mindfulness meditation as a treatment for panic disorder which was published in The Journal of Anxiety Disorders.
- Presented at 3 national conferences on the topic of using cognitive behavioral therapy to treat OCD.
- Received recognition from peers and superiors alike for being an expert clinician and researcher in the field of anxiety disorders.

Certificates

Licensed Clinical Psychologist

Oct 2020

Board Certified Clinical Psychologist

Mar 2019