

Lynn R. Mollick, Ph.D.

NJ Licensed Psychologist #1832

1150 Raritan Road, Suite 101
Cranford, NJ 07016
(908) 276-3888

Education:

Ph.D. and M.S. in Clinical Psychology, Rutgers University
(program approved by the American Psychological Association)
Psychology Internship, University of Illinois Hospital, Chicago, IL
(program approved by the American Psychological Association)
B.A. with Honors in Psychology, Cum Laude,
University of Pennsylvania, Philadelphia, PA

Employment History:

Private Practice, Cranford, New Jersey (1983 to present)
Private Practice, New York, NY (1981-1983)
Private Practice, White Plains, NJ (1978 – 1983)
Director of Psychological Services, Equitable Life Assurance Society, NYC (1981-83)
Supervising Psychologist, Central Westchester Mental Health Service, White Plains,
New York (1976-81)

Recent Presentations to Mental Health Professionals:

“Acceptance of Anxiety – A New CBT Treatment for Adults with Anxiety,” New Jersey Psychological Association, November 2, 2019.

“Acceptance of Anxiety: A New Cognitive-Behavioral Approach to Panic, OCD, PTSD and Social Anxiety,” Rutgers Graduate School of Applied and Professional Psychology, September 7, 2018 and May 17, 2019.

“Acceptance of Anxiety: A New Cognitive-Behavioral Approach to Panic, OCD, PTSD and Social Anxiety,” Rutgers University School of Social Work, May 3, 2019.

“Mindfulness and Acceptance-Based CBT for Anxiety,” Catholic Charities, Archdiocese of Metuchen, September 13, 2018 and Rutgers University School of Social Work, April 19, 2018.

“Integrating Acceptance Techniques Into CBT for Anxiety,” New Jersey Association of Cognitive Behavioral Therapists, September 24, 2017

“Acceptance Techniques vs. Cognitive Techniques for Panic, Social Anxiety, Phobias, and OCD,” with Milton Spett, Ph.D., New Jersey Association of Cognitive Behavioral Therapists, September 24, 2017.

“Mindfulness & Acceptance: Integrating New CBT Techniques into Psychodynamic Therapy,” Northeast Counties Association of Psychologists, January 29, 2017.

“Mindfulness & Acceptance: Integrating New CBT Techniques into Psychodynamic Therapy,” New Jersey Association of Women Therapists, January 29, 2016.

“Group Consultation and Supervision for Therapist Self-Care,” Essex-Union County Association of Psychologists May 16, 2014.

“What’s New in Cognitive Behavior Therapy, 2013?” New Jersey Society for Clinical Social Work, October 20, 2013.

“What’s New in Cognitive Behavior Therapy, 2011?” New Jersey Association Women Therapists, May, 2011.

“Cognitive Behavior Therapy for Eating Disorders,” Somerset County Affiliate of NASW-NJ, October, 2010 and to a joint meeting of Essex Union County Association of Psychologists and Morris County Psychological Association, March, 2008.

Less recent presentations to professional and lay audiences:

About Panic Disorder and Stress for:

Emergency Room Staff of Union Hospital
New Jersey Association of Cognitive Behavior Therapists
New Jersey Association of Women Therapists

About Women and Depression, including Post-Partum Depression:

Men’s Club of Temple Emanu-El, Westfield, NJ
New Jersey Association of Women’s Therapists

As well as about:

Sexual Dysfunctions at Overlook Hospital
Collaboration of Psychologists and Family Practitioners for NJPA

The following articles were published in the New Jersey Psychologist:

“Four New Findings for Treating Anxiety Disorders,” (with Milton Spett, Ph.D.)
Spring, 2015.

“Two Little-Known CBT Techniques for Severe Depression,” (with Milton Spett, Ph.D.)
Spring, 2015.

“Two Important, Little-Known Components of Dialectical Behavior Therapy,”
Fall, 2014.

“Acceptance and Commitment Therapy: The Hottest New Form of CBT” (with Milton Spett, Ph.D.) Fall, 2014.

“Cognitive Therapy vs. Exposure for OCD,” (with Milton Spett, Ph.D.) Fall, 2014

“The Five Most Important Mindfulness Techniques,” June, 2014.

“The Fear of Intimacy: A Cognitive-Behavioral Approach,” 1993.

The following articles were all published in the Newsletter of the New Jersey Association of Cognitive Behavioral Therapists:

“Acceptance and Commitment Therapy: The Hottest New Form of Cognitive Behavior Therapy,” February, 2014*

“Exposure Therapy for OCD,” (with Milton Spett, Ph.D.) July, 2013*

“Cognitive Therapy for OCD,” (with Milton Spett, Ph.D.) July, 2013*

“Between-Session Contact with Patients,” special supplement**

“Acceptance and Commitment Therapy for OCD,” special supplement**

“Dysfunctional Cognitions: Should We Dispute, Question, Analyze, Accept, Validate, Ignore, Or Be Mindful of Them?” special supplement (with Milton Spett, Ph.D.)*

“Cognitive Behavior Therapy for Eating Disorders,” special supplement**

“What Is Behavioral Activation?” special supplement*

*Available at <http://www.nj-act.org/the-nj-act-newsletter/>

**Distributed by email

The following summaries of NJ-ACT presentations were all published in the Newsletter of the New Jersey Association of Cognitive Behavioral Therapists:

“The Cognitive Model of Low Self-Esteem,” December 2018

“Assessing and Treating Low Self-Esteem,” December 2018

“Empirically Supported CBT for Complicated Grief,” September 2018

“Intolerance of Uncertainty in OCD,” March 2018

“Suicide: Empirically Supported Assessment and Treatment,” December 2017

“Acceptance and Mindfulness for Anxiety,” September, 2017
“CBT for Domestic Violence PTSD,” July 2017
“CBASP for Chronically Depressed Patients,” March 2017
“CBT for Jealousy, Envy, Anger and Controlling Behavior,” December 4, 2016
“Comprehensive Treatment of Social Anxiety Disorder,” September 18, 2016
“Using Schema Mode Therapy to Treat Difficult Patients,” December 13, 2015
“Emotion Regulation Therapy for Refractory Anxiety and Depression,” September 20, 2015
“OCD & OCPD: Similar Symptoms, Different Treatments,” June 14, 2015
“CBT for Temper and Anger Control,” March 29, 2015
“Cognitive Therapy for Worry and Rumination,” December 7, 2014
“New Behavioral Activation Techniques for Severe Depression, September 28, 2014
“Motivational Interviewing for Resistant Anxiety Disorder Patients, June 22, 2014
“Exposure and Prolonged Exposure for Anxiety Disorders,” March 16, 2014
“Dialectical Behavior Therapy: Chain Analysis for Dysregulated Emotions and Behaviors,” February 2, 2014
“Low Sexual Desire,” September 22, 2013
“Family-Based Treatment for Adolescent Eating Disorders,” May 19, 2013
“Mindfulness- and Acceptance-Based Therapies for Anxiety Disorders,” March 17, 2013
“Harm Reduction Therapy for Substance Abuse,” January 13, 2013
“Compassion-Focused Therapy,” September 30, 2012
“Trauma-Focused Cognitive Behavior Therapy,” July 22, 2012
“Family-Focused Therapy for Bipolar Disorder,” April 29, 2012
“CBT for Adult ADHD,” December 11, 2011
“Cognitive Behavior Therapy for Social Anxiety,” September 25, 2011
“Unusual Obsessions and Complicated Compulsions,” July 17, 2011
“New Cognitive Therapy Techniques for Anxiety Disorders,” April 3, 2011

These, as well as other summaries, available at <http://www.nj-act.org/workshops/>

Other Publications for Mental Health Professionals:

L. Mollick (2009). Book Review of “Treating Somatization: A Cognitive Behavioral Approach” by R. Woolfolk & L. Allen, *Child & Family Behavior Therapy*, 31, 61-64.

L. Mollick, Editor (1994). New Jersey Psychological Association's *Private Practice Manual, second edition*.

L. Mollick (1993). Book Review of "Handbook of Clinical Behavior Therapy" by S.M. Turner, K.S. Calhoun, & H.E. Adams. *Child & Family Behavior Therapy*, 14, 69-71.

L. Mollick (1983). The corporation needs a psychologist! *Occupational Health and Safety*, 36-40.

L. Mollick & S. Messer (1978). The relation of reflection-impulsivity to intelligence tests. *Journal of Genetic Psychology*, 132, 157-158.

S. Lessman & L. Mollick (1978). Group treatment of epileptics. *Health and Social Work*, 5, 151-165.

Academic and Hospital Appointments & Certifications:

Affiliate Medical Staff, Saint Barnabas Health Center (2007-present)

Visiting Clinical Supervisor, GSAPP, Rutgers University (2009-10; 2014-present)

Certified Group Psychotherapist

Courtesy Medical Staff, Union Hospital (1984 to hospital closing)

Professional Memberships:

New Jersey Psychological Association (NJPA)

New Jersey Association of Cognitive-Behavioral Therapists (NJ-ACT),
Co-Founder and Co-Leader with Milton Spett, Ph.D.

Association of the Behavioral and Cognitive Therapies (formerly ABCT)

New Jersey Association of Women Therapists (NJAWT)

Corresponding Secretary June, 2014 to June, 2018

Association for Contextual Behavioral Science (ACBS)

Society of Clinical Psychology, Division 12 of the American Psychological
Association

International Obsessive Compulsive Foundation (IOCF)