

ABOUT NOAH

I am a **SIFI-certified Licensed Clinical Social Worker (LCSW-R)** and **Beck Institute Certified Master Clinician (BICBT-CMC)** with over 15 years of experience specializing in **Cognitive Behavior Therapy (CBT)**. As the founder and clinical director of **NYC Cognitive Therapy**, I lead a top CBT-focused group practice in Manhattan.

I specialize in providing evidence-based CBT training, supervision, and consultation services that empower clinicians to improve their skills, enhance client outcomes, and gain confidence in their practice.

SUPERVISION SERVICES

I offer supervision tailored to clinicians at all levels. Whether you're pursuing certification or looking to sharpen your skills without the pressure of certification, I'll guide you through the process.

1. Certification Preparation

For clinicians working toward certification through **A-CBT** or the **Beck Institute**, I provide:

- **Tape Reviews:** Sessions scored using the Cognitive Therapy Rating Scale (CTRS).
- **Case Write-Up Reviews:** Feedback using the Case Review Rating Scale (CRRS).
- **Proficiency Ratings:** Earn a Certificate of Completion by achieving a score of 40+ on three key sessions.

2. Supervision for Professional Growth

For those seeking to improve their CBT skills without certification, I offer:

- **Competency & Confidence:** Strengthen your clinical skills and confidence.
- **Case Reviews:** Actionable feedback to enhance therapy outcomes.
- **Ongoing Support:** Continuous learning in a non-pressured environment.

Session Details

- **Length:** 55-60 minutes for case review and skill-building.
- **Client Permission:** Written consent required for recorded sessions.
- **Feedback:** Your input is welcome to ensure a beneficial experience.

With over 15 years of experience, my supervision has helped clinicians elevate their practice and improve client outcomes.

Ready to enhance your skills? Contact us to schedule your supervision session today.

TRAININGS AND WORKSHOPS

Our customized workshops are designed for organizations and clinicians seeking to expand their CBT expertise. Whether you're looking to build foundational skills or explore specialized areas, our trainings offer practical, applicable knowledge.

Sample Workshop Topics

- **Positive Lesbian or Gay Identity**
- **Challenging Cognitive Distortions**
- **CBT for Depression**
- **CBT for Anxiety**
- **CBT for Habits and Addictions**
- **CBT for Hoarding**
- **Couples/Troubled Relationships in CBT**
- **Defeating Limiting Beliefs**
- **CBT Essentials**

Past Collaborations

- **New York Psychotherapy and Counseling Center:** CBT for Older Adults, Challenging Cognitive Distortions
- **InUnity Alliance:** CBT for Habits and Addictions, Changing Core Beliefs
- **Coalition for Behavioral Health:** Trauma-Focused CBT, coping with COVID-19

Our workshops are interactive, providing skills for immediate application in clinical practice. I have co-led six-day workshops on **Trial-Based Cognitive Therapy (TBCT)** with **Dr. Irismar Reis de Oliveira**, offering live demonstrations and direct feedback.

Interested in a workshop for your team? Contact us to create a customized training program.

ADDITIONAL TRAINING HIGHLIGHTS

- **Beck Institute Supervision Program:** Weekly consultations, therapy reviews, and case conceptualizations (2020–present)
- **Belfast Cognitive Therapy Centre:** Monthly virtual consultations for graduate students (2018–2020)
- **Los Angeles County Roll Out-CBT:** Consultations with 18 group cohorts (2014–2019)
- **Boston University:** Adjunct instructor for CBT, consistently top-rated (2013–2022)
- **Trial-Based Cognitive Therapy Institute:** Co-led six-day workshops with Dr. Irismar Reis de Oliveira (2015–2019)

Whether you're seeking individualized supervision or organizational training, I provide clinicians with the tools they need to succeed.

Let's get started! Contact us to discuss how we can support your professional growth and improve your clinical outcomes.