

Noah Clyman, LCSW-R, A-CBT, BICBT-CMC
Email: noahclyman@nycognitivetherapy.com
Website: nycognitivetherapy.com

Summary

- 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 founder and clinical director of NYC Cognitive Therapy, I oversee a CBT-focused group practice in Manhattan.
 - My expertise includes developing evidence-based CBT training, supervision, and consultation programs that enhance clinicians' skills and deliver measurable client outcomes. I am committed to structured, compassionate supervision and advanced CBT competency.
-

Education

- MSW, Clinical Social Work – New York University, NY, May 2007
- BA, Psychology – Dickinson College, PA, May 2005

Certifications/Licenses

- Beck Institute CBT Master Clinician – 2023
- TEAM Therapy Level 3 – 2023
- Behavior Therapy Training Institute Graduate, IOCDF – 2022
- Gottman Method Couples Therapy, Level 3 – 2019
- Trial-Based Cognitive Therapy Trainer & Supervisor – 2015
- Academy of Cognitive Therapy Certified Trainer/Consultant – 2013
- NYS Social Work Psychotherapy Privilege (R) – 2015
- Licensed Clinical Social Worker – 2011
- SIFI Certified Field Instructor – 2010

Professional Experience

Clinical Director, NYC Cognitive Therapy, New York, NY

January 2010 - Present

- Lead a CBT group practice, overseeing clinical and administrative operations for nine clinicians.
- Provide expert CBT supervision and consultation, focusing especially on treatment for anxiety, depression, and addiction.
- Developed evidence-based CBT training programs for in-house staff and external clinicians.
- Delivered workshops that enhanced clinician certification rates and improved client outcomes.

- Scored over 1,000 sessions for adherence to the Cognitive Therapy Rating Scale (CTRS) and Case Review Rating Scale (CRRS), contributing to the credentialing of Diplomates.
- Expanded the practice from a solo operation to a leading NYC-based CBT group, achieving a 300% increase in client volume and a 30% increase in client satisfaction through outcome measures.

Senior Mental Health Counselor, Gay Men's Health Crisis, New York, NY

June 2008 - December 2012

- Provided clinical services to adults living with HIV/AIDS.
 - Conducted consultation, training, and supervision for clinical staff, coordinating 50+ professional development trainings.
-

Teaching Experience

Adjunct Social Work Instructor, Boston University, Boston, MA

2013 - 2022

- Taught foundational and advanced CBT (CP-795) in two sections per year with a 95% student satisfaction rate.

Workshop Facilitator, Trial-Based Cognitive Therapy Institute

May 2015 - May 2019

- Co-led experiential TBCT workshops with Dr. Irismar Reis de Oliveira, including lectures and live demonstrations.

Field Instructor, Columbia University, New York University, Yeshiva University, Fordham University

May 2012 - Present

- Supervised MSW and MHC students, designing an internship curriculum and progress evaluation framework.
-

Trainings Presented

New York Psychotherapy and Counseling Center

- 2024: CBT for Older Adults, LGBTQ+ Identity, Cognitive Distortions, CBT for Depression
- 2022-2024: CBT for Depression, Habits, and Addictions; CBT for Hoarding; Couples/Family Dynamics in CBT; CBT Essentials

InUnity Alliance

- 2024: Advanced CBT Workshop, CBT for Depression and Anxiety, CBT for Habits and Addictions (2-part), Core Beliefs

Housing Works

- 2024: 6-part series covering CBT topics, including GAD, Social Anxiety, Depression, Habits, and Addictions

Coalition for Behavioral Health

- 2024 (Virtual): CBT for Depression and Anxiety, CBT for Habits and Addictions, Advanced Workshop, Core Beliefs
- 2023 (Virtual): Essentials of CBT, Older Adults, Therapeutic Relationship, Self-Defeating Beliefs, Social Anxiety, Challenging Problems
- 2022-2020 (Virtual): COVID-19 Coping, Recidivism with Youth, Depression with Youth, New CBT Techniques, Communication Skills with Adolescents

Services for the Underserved

- 2022-2023 (Virtual): 3-part series on CBT Essentials and Hoarding, CBT + Case Consultation

Columbia University, Continuing Education Workshop

- 2016 (Virtual): Trial-Based Cognitive Therapy for Changing Core Beliefs

New York State Society for Clinical Social Work

- 2013 (In-person): 5-part series on Cognitive Therapy Techniques to Prevent Burnout and Build Self-Confidence

Consultation Activity

- Beck Institute Supervision Program: Weekly consultation for 9 mental health professionals, 2020 - Present
- Belfast Cognitive Therapy Centre: Monthly consultation for graduate students, 2018 - 2020
- LACRO-CBT: Consultation with 18 group cohorts, 2014 - 2019
- Beck Institute's Akron Supervision Project: Weekly sessions with a psychologist, 2016
- Texas DHHS & Ventura County, CA: Targeted CBT improvement consultations, 2016, 2018 - 2019

Professional Associations

- TLC Foundation for BFRBs – 2017 - Present
- NY State Society for Clinical Social Work (NYSSCSW) Fellow – 2015 - Present
- Association for Behavioral and Cognitive Therapies (ABCT) – 2014 - Present
- Academy of Cognitive Therapy (ACT), Trainer/Consultant, Fellow – 2012 - Present

Awards?

Publications?