

## CURRICULUM VITAE

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### EDUCATION

#### Undergraduate

Women's Christian College, Madras University, Madras, India 1986-1989  
Bachelor of Arts in Psychology

#### Graduate & Professional

Bangalore University, Bangalore, India 1989-1991  
M.A. in Clinical Psychology

State University of New York at Stony Brook, Stony Brook, NY 1991-1996  
Ph.D. in Clinical Psychology (8/96)  
M.A. in Clinical Psychology (12/93)

### POSTDOCTORAL TRAINING

#### Clinical Fellowship

Fellow, Institute for Rational-Emotive Therapy, New York, NY 1996-1997  
Supervisors: Albert Ellis, Ph.D., Janet Wolfe, Ph.D., and  
Raymond DiGiuseppe, Ph.D.

### AWARDS AND HONORS

Bangalore University Award for Outstanding Academic Performance 1991  
Distinguished Service Award for Outstanding Contributions to the  
University Community of SUNY, Stony Brook 1995  
President's Volunteer Service Award for participation in the  
Livingston Citizen's Institute 2017

### MEMBERSHIPS

American Pain Society, member 1996-2003  
American Psychological Association, member 1996-2008  
New Jersey Psychological Association, member 2004-present

### LICENSURE

New Jersey Psychologist License # SI 00407700

### **UNIVERSITY APPOINTMENTS**

Voluntary Faculty - Assistant Professor	2003-present
Adjunct Assistant Professor of Psychiatry	2002-2003
Assistant Professor of Psychiatry	2001-2002
Instructor of Psychiatry	1999-2001
Instructor of Clinical Psychiatry	1997-1999
University of Medicine and Dentistry of New Jersey New Jersey Medical School, Newark, NJ	
Instructor of Physical Medicine and Rehabilitation	1997-2000
University of Medicine and Dentistry of New Jersey New Jersey Medical School, Newark, NJ	

### **OTHER PROFESSIONAL POSITIONS**

Consultant Psychologist to the Pain Management Center Department of Psychiatry University of Medicine and Dentistry of New Jersey, Newark, NJ	2002-2003
Clinical Research Scientist	1998-1999
Research Scientist	1996-1998
Center for Research in Complementary and Alternative Medicine Kessler Medical Rehabilitation Research & Education Corporation West Orange, NJ	
Clinical Internship, Adult Services Psychology Internship Program Community Mental Health Center at Newark University of Medicine and Dentistry of New Jersey, Newark, NJ	1995-1996

### **VOLUNTEER POSITIONS**

Pain Psychology Task Force, Member New Jersey Psychological Association	2021-present
Committee for Continuing Education, Member New Jersey Psychological Association	2015-2021
Board Member/Volunteer Sanskriti School of Indian Culture and Language	2011-present
Executive Committee Sanskriti of NJ	2010-2013
Governing Board Livingston Citizen's Institute	2011-2017

### **CLINICAL EXPERIENCE & PRACTICE \***

2019-present Private Practice, Morristown, NJ

- 2007-2023 Private Practice, Summit, NJ.  
2006-2009 Private Practice Advanced Psychological Specialists, Ridgewood, NJ.  
2005-2007 Private Practice, Maplewood, NJ.  
2002-2003 Consultant Psychologist to the Pain Management Center, Department of Psychiatry, NJ Medical School, UMDNJ, Newark, NJ.  
1999-2001 Supervised clinical practice in behavioral medicine, Department of Psychiatry, NJ Medical School, UMDNJ, Newark, NJ. (Clients were referred from various medical units in the University Hospital).  
1996-1997 Assoc. Fellow, Albert Ellis Institute for Rational-Emotive Behavior Therapy, NY.  
1995-1996 Clinical Internship, Adult Services Psychology Internship Program, Community Mental Health Center at Newark, University of Medicine and Dentistry of New Jersey (Rotations in pain management, consultation-liaison psychiatry, muscular dystrophy, neuropsychology, AIDS, crisis counseling, inpatient psychiatry).  
1992-1995 Clinical Trainee, Psychological Center, SUNY at Stony Brook, NY  
1993-1994 Psychology Trainee, Externship in Behavioral Medicine, SUNY Stony Brook, NY  
1994-1995 Psychology Extern, Neuropsychology, Dept. of Psychiatry, SUNY Stony Brook, NY  
1993-1994 Clinical Research Assistant, Stony Brook Reading and Language Project, Stony Brook, NY  
1991-1993 Practicum Experience, SUNY at Stony Brook, NY  
1989 Jan-Apr Psychology Intern, National Institute of Mental Health and Neurosciences and St. John's Hospital, Bangalore, India.  
1988 Jun-Dec Psychology Extern, Juvenile Delinquency Bureau, Vijaya: School for the Mentally Retarded, Madras, India.

\* Gaps in clinical practice represent time spent entirely on research endeavors in my capacity as Instructor/Assistant Professor at New Jersey Medical School, UMDNJ, Newark, NJ.

## GRANT HISTORY

### Principal Investigator

American Association for Spinal Cord Injury (1997-1999)  
“Acupuncture in the Treatment of Pain and Depression following Spinal Cord Injury”  
Grant amount: \$39,310

Seed Grant, Dean’s Biomedical Research Fund (1998-1999)  
“Use of Complementary and Alternative Medicine by Individuals with Multiple Sclerosis”  
Grant amount: \$13,432

### Co-Investigator

Field-initiated project funded by the National Institute for Disability and Rehabilitation Research, Department of Education (1999-2002)  
“Acupuncture as an Adjunctive Treatment in Stroke Rehabilitation”  
Grant Amount: \$454,554

## TEACHING EXPERIENCE

- Evidence Based Medicine – Treatment of Somatization Disorders (2008-present)  
(Annual lecture for Ph.D. Psychology Interns & Psychiatry residents)  
Rutgers Medical School
- Medical Interviewing & Introduction to Cognitive Therapy (1999-2000)  
(Occasional guest lectures for 2<sup>nd</sup> year medical students & Psychiatry residents)  
NJMS/UMDNJ
- Career Planning for Psychology Graduates (1999)  
(Guest lecturer, seminar for Psychology interns)  
UBHC/UMDNJ
- Ethics in Research and Science (1997-1999)  
(Lecturer, course for post-doctoral fellows)  
Kessler Medical Rehabilitation Research and Education Corporation
- Developmental Psychology (1992-1993)  
(Instructor, course for undergraduates)  
SUNY Stony Brook, New York
- Abnormal Psychology, Behavior Modification & Organizational Behavior Management (1991-1995)  
(Teaching Assistant, courses for undergraduates)  
SUNY Stony Brook, New York

## MAJOR ADMINISTRATIVE RESPONSIBILITIES

- Project Coordinator (1999-2003)  
Fibromyalgia, Depression and Myofascial TMD: A familial study  
NJMS/UMDNJ
- Project Coordinator (1996-1999)  
Center for Research in Complementary and Alternative Medicine  
Kessler Medical Rehabilitation Research & Education Corporation, West Orange, NJ.

## BIBLIOGRAPHY

### ARTICLES

1. **Nayak, S.** (2006 October). Tips for Coping with Chronic Pain. Neurology Reviews, 27.
2. Ciccone, D.S., Elliott, D.K., Chandler, H.K., **Nayak, S.** & Raphael, K.G. (2005 Sep-Oct). Sexual and physical abuse in women with fibromyalgia syndrome: a test of the trauma hypothesis. Clinical Journal of Pain. 21(5):378-86.

3. Raphael, K.G., Janal, M.N., **Nayak, S.**, Schwartz, J.E. & Gallagher, R.M. (2004). Familial aggregation of depression in fibromyalgia: a community-based test of alternate hypotheses. Pain, 110 (1-2), 449-460.
4. Raphael, KG, Janal, MN & **Nayak, S.** (2004). Comorbidity of fibromyalgia and post-traumatic stress disorder symptoms in a community sample of women. Pain Medicine, 5, 33-41.
5. Wheeler, B. L., Shiflett, S. C. & **Nayak, S.** (2003). Effects of number of sessions and group or individual music therapy on the mood and behavior of people who have had strokes or traumatic brain injuries. Nordic Journal of Music Therapy 12 (2), 139-151.
6. **Nayak, S.**, Matheis, R. M., Schoenberger, N.E., & Shiflett, S.C. (2003). Use of unconventional therapies by individuals with multiple sclerosis. Clinical Rehabilitation, 17, 181-191.
7. Raphael, K.G., Klausner, J.J., **Nayak, S.** & Marbach, J.J. (2003). Complementary and alternative therapy use by myofascial TMD patients. Journal of Orofacial Pain, 17(1), 36-41.
8. Raphael, K.G., Natelson, B.H., Janal, M.N. & **Nayak, S.** (2002). A community-based survey of fibromyalgia-like pain complaints following the World Trade Center terrorist attacks. Pain. 100(1-2):131-9.
9. Shiflett, S.C., **Nayak, S.**, Bid, C., Miles, P. & Agostinelli, S. (2002). Effect of Reiki Treatments on Functional Recovery in Post-Stroke Rehabilitation Patients: A Pilot Study. Journal of Alternative and Complementary Medicine, 8, 755-763.
10. Raphael, K.G., Natelson, B.H., Janal, M.N. & **Nayak, S.** (2002). A Community-Based survey of fibromyalgia-like pain complaints following the World Trade Center terrorist attacks. Pain, 100, 131-139.
11. **Nayak, S.**, Shiflett, S.C., Schoenberger, N.E., Agostinelli, S., Kirshblum, S., Averill, A., & Cotter, A.C. (2001). Is Acupuncture Effective In Treating Chronic Pain Following Spinal Cord Injury? Archives of Physical Medicine and Rehabilitation, 82, 1578-86.
12. **Nayak, S.**, Matheis, R. M., Agostinelli, S. & Shiflett, S.C. (2001). The use of complementary and alternative medicine for chronic pain following spinal cord injury: a pilot survey. Journal of Spinal Cord Medicine, 24(1) 54-62.
13. **Nayak, S.**, Shiflett, S.C., Eshun, S. & Levine, F.M. (2000). Culture and gender effects in pain beliefs and the prediction of pain tolerance. Cross Cultural Research, 34 (2), 135-151.
14. **Nayak, S.**, Wheeler, B., Shiflett, S.C. & Agostinelli, S. (2000). The effect of music therapy on mood and social interaction among individuals with acute traumatic brain injury and stroke. Rehabilitation Psychology, 45(3), 274-283.

15. Averill, A., Cotter, A.C., **Nayak, S.**, Matheis, R. J. & Shiflett, S.C. (2000). Blood pressure response to acupuncture in a population at risk for autonomic dysreflexia. Archives of Physical Medicine and Rehabilitation, 81(11), 1494-1497.
16. **Nayak, S.**, Reddy, R. & Levine, F. M. (1999). Pain tolerance in male and female subjects and the effect of experimenter gender. Indian Journal of Clinical Psychology, 26(2), 264-269.

#### **BOOKS, MONOGRAPHS AND CHAPTERS**

1. Shiflett, S. C., Diamond, B., Schoenberger, N., **Nayak, S.**, Cotter, A. C. (1998). Complementary and alternative medicine. In JA DeLisa, BM Gaus et al. (Eds.), Rehabilitation Medicine: Principles and Practice (3<sup>rd</sup> ed.). Philadelphia: Lippincott-Raven.
2. Diamond, B. J., Schoenberger, N. E., **Nayak, S.**, Cotter, A. C., Zeitlin, D., Shiflett, S. C. (1998). Complementary and alternative therapies in the treatment of neurological disorders. In J Spencer (Ed.), Complementary Medicine: An Integrated Approach. St. Louis: Mosby Publications.

#### **PUBLISHED ABSTRACTS**

1. Raphael, K. G., **Nayak, S.**, Janal, M. N. (March, 2003). Prevalence of Fibromyalgia in a Multiethnic Community Sample of Women. Proceedings of the 22nd Annual Scientific Meeting of the American Pain Society, Chicago, IL.
2. **Nayak, S.**, Raphael, K. G., Janal, M. N. (March, 2003). Racial Differences in Treatment Seeking in a Community Sample with Fibromyalgia. Proceedings of the 22nd Annual Scientific Meeting of the American Pain Society, Chicago, IL.
3. Raphael, K. G., **Nayak, S.**, Janal, M. N., Natelson, B.H. (August, 2002). Effect of World Trade Center Disaster on Symptoms of Fibromyalgia. Poster presented at the Annual Meeting of the International Association for the Study of Pain, San Diego, CA.
4. Janal, M.N., Raphael, K.G. & **Nayak, S.** (March 2002). Prevalence and comorbidity of fibromyalgia and myofascial temporomandibular disorder in a community-based sample. Proceedings of the 21<sup>st</sup> Annual Scientific Meeting of the American Pain Society, Baltimore, MD.
5. Raphael, K.G., **Nayak, S.** & Janal, M.N. (March, 2002). Prevalence of fibromyalgia among Hispanic and non-Hispanic women in the community. Proceedings of the 21<sup>st</sup> Annual Scientific Meeting of the American Pain Society, Baltimore, MD.
6. Raphael, K. G., Marbach, J. J., **Nayak, S.** & Janal, M. N. (November, 2000). False Negatives in Screening for Fibromyalgia: Implications for Estimating Prevalence. Proceedings of the 19th Annual Scientific Meeting of the American Pain Society, Atlanta, GA.

7. **Nayak, S.**, Schoenberger, N., Shiflett, S.C., Averill, A., Cotter, A.C., Kirshblum, S. & Agostinelli, S. (November 1999). Chronic Pain following Spinal Cord Injury (SCI): The Efficacy of Acupuncture in Pain Management. Archives of Physical Medicine and Rehabilitation (September, 1999). Poster presented at the American Academy of Physical Medicine and Rehabilitation 61<sup>st</sup> Annual Assembly, Washington, D.C.
8. **Nayak, S.**, Wheeler, B., Shiflett, S.C. & Agostinelli, S. (November 1999). Music Therapy in Brain Injury Rehabilitation: A Pilot Study. Paper presented at the 9<sup>th</sup> World Congress of Music Therapy, Washington, D.C.
9. **Nayak, S.**, Matheis, R. M., Agostinelli, S. & Shiflett, S.C. (October 1999). Use of Complementary and Alternative Medicine for Chronic Pain Following Spinal Cord Injury: A Pilot Survey. Poster presented at the 18<sup>th</sup> Annual Meeting of the American Pain Society, Ft. Lauderdale, FL.
10. **Nayak, S.**, Schoenberger, N. & Shiflett, S.C. (March, 1999). Efficacy of Acupuncture for Spinal Cord Injury Pain and Depression (Abstract). Annals of Behavioral Medicine, 21 (suppl.). Poster presented at the Annual Scientific Sessions of the Society for Behavioral Medicine, San Diego, CA.
11. **Nayak, S.**, Schoenberger, N. & Shiflett, S.C. (September, 1998). Acupuncture in the Treatment of Pain following Spinal Cord Injury (Abstract). Journal of Spinal Cord Medicine, 21(4), 358. Paper presented at the 44<sup>th</sup> Annual Conference of the American Paraplegia Society, Las Vegas, NV.
12. **Nayak, S.** (September, 1998). Co-chaired session on Office of Alternative Medicine (NIH) Centers Research Report at the Annual Meeting of the Society for Acupuncture Research, Palo Alto, CA.
13. **Nayak, S.** (September, 1998). Acupuncture in the Treatment of Pain following Spinal Cord Injury. Paper presented at the 44<sup>th</sup> Annual Conference of the American Paraplegia Society, Las Vegas, NV.
14. **Nayak, S.**, Levine, F. M., Eshun, S., & Doolabh, A. (November, 1996). Development of the Appropriate Pain Behavior Questionnaire (APBQ). Poster presented at the 15<sup>th</sup> Annual Meeting of the American Pain Society, Washington, D.C.
15. **Nayak, S.**, Ciccone, D. S., Bandilla, E. B. (November, 1996). Gender Differences in the Normative Expression of Chronic Pain. Poster presented at the 15<sup>th</sup> Annual Meeting of the American Pain Society, Washington, D.C.
16. Ciccone, D. S., Just, N., Bandilla, E. B., **Nayak, S.**, Stitik, T., & Wu, W. (November, 1996). Incidence of Childhood Trauma in acute Vs. Chronic Pain. Poster presented at the 15<sup>th</sup> Annual Meeting of the American Pain Society, Washington, D.C.

17. **Nayak, S.** (1996). Gender Differences in Beliefs about Appropriate Pain Behavior between college students in India and the U.S.A. Dissertation Abstracts International, 57-11(Sec.B): 7232

## **PRESENTATIONS**

1. Psychological Factors in Orofacial Pain. (January 2023). Rutgers Dental School, Newark, NJ.
2. Cognitive Behavior Therapy of Chronic Pain. (September 2018). Overlook Medical Center, Summit, NJ.
3. The Power of Self: The Positive Outcomes of Biofeedback and Self-Hypnosis (September, 2017). Annual Pain Management Symposium. Overlook Medical Center, Summit, NJ.
4. Self-Management of Chronic Pain. (September, 2016). Annual Pain Management Symposium. Overlook Medical Center, Summit, NJ.
5. Pain in the Hospital: A psychological perspective (June 2016). Overlook Medical Center, Summit, NJ.
6. Psychology and Its Role in Pain Management. (September, 2012). Annual Pain Management Symposium. Overlook Medical Center, Summit, NJ.
7. Keynote Speaker; Paint Your Pain (2013, 2014, and 2015). Overlook Medical Center, Summit, NJ.
8. How Stress and Emotions Affect Your Health. (June 3, 2010). Overlook Medical Center, Summit, NJ.