



## Media Kit

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**New York Behavioral Health**  
230 Park Avenue, New York, NY 10169  
909 Third Avenue, New York, NY 10022  
646-495-3078  
NewYorkBehavioralHealth.com

## About New York Behavioral Health

Dr. J. Ryan Fuller founded New York Behavioral Health (NYBH) in 2008. NYBH specializes in scientifically based methods for improving life satisfaction, reducing suffering, and enhancing human and organizational performance.

NYBH works with individuals, couples, families, and corporations. We address a wide range of issues, e.g., addiction, anger management, performance anxiety, communication skills, depression, anxiety issues, eating disorders, procrastination, weight loss, absenteeism, improved concentration, relationship issues and more.

Our staff includes clinical psychologists, forensic psychologists, social workers, mental health counselors, and research scientists.

We are members of the American Psychological Association (APA), the Association for Behavioral and Cognitive Therapies (ABCT), and The Obesity Society, Obesity and Eating Disorders SIG, and the Behavioral Medicine SIG.

NYBH staff members are experts in various forms of therapy including Cognitive Therapy, Rational-Emotive Behavior Therapy (REBT), traditional Behavior Therapy, Dialectical Behavior Therapy (DBT), Trauma-focused Cognitive Behavior Therapy (tCBT), and Acceptance and Commitment Therapy (ACT).

## J. Ryan Fuller, Ph.D.



J. Ryan Fuller, Ph.D. is a licensed clinical psychologist. He has given scientific presentations in the US, Canada, Russia, and India on a variety of topics including Aggression in the Schools, Scientific Methodology, Life Satisfaction, and Anger Management.

He has published in peer reviewed journals, as well as in other media, on the role of therapy in the workplace, Positive Psychology, Anger Management, Coping Skills after Gastric Bypass Surgery, Loneliness in Obesity, and The Role of Interpersonal Relationships in Happiness.

Doctor Fuller has given professional trainings for federally funded programs such as C.O.R.E. and Look AHEAD to medical professionals and patients on such topics as Cognitive-Behavioral Interventions for Obesity Management in a Primary Care Practice; Cognitive Behavioral Therapy (CBT), Rational Emotive Behavior Therapy (REBT), Motivational Interviewing, Relaxation Techniques, and Social Support for Lifestyle Change in Patients with Diabetes and other Chronic Health Conditions; and Overcoming Overeating.

Doctor Fuller has also provided professional training to mental health clinicians in the areas of Rational Emotive Behavior Therapy, Anger Management, Addictions, and Couples Therapy. Dr. Fuller has conducted workshops and given lectures to the public in areas as diverse as Dating in the 21st Century: Real Life and Internet Dating, Coping with Unemployment, Dealing with Clutter, and Time Management.

As an expert in the field he serves as an Editorial Board Member for the Journal of Rational Emotive Cognitive Behavior Therapy and as an Ad Hoc Journal Reviewer for Health Psychology, Journal of Behavioural and Cognitive Psychotherapy, and Psychological Reports.

Doctor Fuller has held various clinical and research positions, including, the Director of Research at the Albert Ellis Institute, Director of Behavior for the Obesity Research Center's Weight Loss Program housed in Columbia's Department of Medicine at St. Luke's-Roosevelt



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Hospital, and a Clinical Research Associate at St. John's University. He is currently the Clinical Director of New York Behavioral Health.

Doctor Fuller's varied experiences conducting research, treating patients, training professionals, and working with the public have given him insights into cognition, emotion, and behavior, enhancing his understanding of the human condition.

## **EDUCATION**

### **The University of North Carolina at Chapel Hill**

Bachelor of Arts: Psychology, 12/96

### **Hofstra University**

Master of Arts with Distinction: Clinical Psychology & School Psychology, 5/99

Doctor of Philosophy: Clinical Psychology & School Psychology, 5/04

## **HONORS**

- Julia Vane Endowed Distinguished Academic Scholar
- Full Scholarship to Ph.D. program in Clinical Psychology
- Arnold Horowitz Memorial Scholarship
- Robert Bane Memorial Scholarship

## **PROFESSIONAL EXPERIENCE**

### **Founder & Clinical Director**

New York Behavioral Health  
New York, NY  
April 2007 to present

### **Lecturer**

New York University  
January 2011 to present



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**Director of Research**

Albert Ellis Institute, New York, NY  
May 2004 to October 2008

**Clinical Research Psychologist**

St. John's University, Jamaica, NY  
August 2005 to September 2008

**Director of Behavior**

New York Obesity Research Center - Weight Loss Program (NYORC-WLP),  
St. Luke's-Roosevelt Hospital, New York, NY  
October 2005 to March 2008

**Coordinator of Research and Staff Therapist**

Albert Ellis Institute, New York, NY  
July 2003 to May 2004

**Senior Behaviorist**

New York Obesity Research Center- Weight Loss Program (NYORC-WLP),  
St. Luke's-Roosevelt Hospital, New York, NY  
October 2004 to October 2005

**Post-doctoral Research Fellowship**

St. John's University  
Psychology Department, Jamaica, NY  
August 2003 to August 2005

**Clinical Fellow**

Albert Ellis Institute, New York, NY  
Conducted individual and group psychotherapy  
June 2001 to July 2003

**Adjunct Faculty**

Hofstra University, Hempstead, NY



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Taught Introductory Psychology and Behavior Modification  
January 2000 to 2004

**School Psychology Intern**

William Floyd High School, Mastic Beach, NY  
August 2000-2001

**Instructor SAT and GRE**

Kaplan Test Preparation, Amherst, MA  
1998

**Research Assistant**

Anger Program, Psychology Department, Hofstra University  
September 1998 to September 2002

**Research Assistant**

PREP Program, Psychology Department, The University of North Carolina  
Spring 1996 and Fall 1996

**Research Assistant**

Self-Concept Study, Psychology Department, The University of North Carolina  
Spring 1995

**State Psychiatric Hospital Volunteer**

John Umstead Hospital, Butner, NC  
Volunteered in the Work Activity Center  
Spring 1995

**PUBLICATIONS**

Fuller, J.R., DiGiuseppe, R. , Fountain, T., O’Leary, S., Lang, C. (2010). An open trial of a comprehensive anger treatment program on an outpatient sample anger. *Behavioural and Cognitive Psychotherapy*.



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Fives, C. J., Kong, G., Fuller, J. R., DiGiuseppe, R. (2010). Aggression, anger, and irrational beliefs in adolescents. *Cognitive Therapy & Research*.

Fuller, J.R. (2008). Loneliness: Antecedent and Sequel of Obesity. In the *Encyclopedia of Obesity*. SAGE Publications.

McDermut, W., Fuller, J.R., DiGiuseppe, R., Chelminski, I., Zimmerman, M. (2008). Trait Anger and Axis I Disorders: Implications for REBT. *Journal of Rational Emotive Cognitive Behavior Therapy*.

Froh, J. J., Fives, C. J., Fuller, J. R., Jacofsky, M. D., Terjesen, M. D., & Yurkewicz, C. (2007). Interpersonal relationships and irrationality as predictors of life satisfaction. *Journal of Positive Psychology*, 2, 1-11.

Moran, D.J. & Fuller, J.R. Rational-Emotive Behavior Therapy and Psychological Adjustment after Bariatric Surgery, *Obesity Health Magazine* (2006).

Blau, S., Fuller, J.R, & Vaccaro, T. (2006). Rational-Emotive Disputing and the Five-Factor Model: Personality dimensions of the Ellis Emotional Efficiency Inventory. *Journal of Rational Emotive Cognitive Behavior Therapy*, 24(2), 87-100.

Lachmund, E., DiGiuseppe, R., & Fuller, J. R. (2005). Clinicians' diagnosis of a case with anger problems. *Journal of Psychiatric Research*, 39(4), 439-447.

Fuller, J. R. (2004). Effects of diaphragmatic breathing, overt typical and rational verbalizations on heart rate, galvanic skin response, and self-reported anger in response to verbal insults.

Dissertation Abstracts International: Section B: The Sciences and Engineering, 65(5-B), pp. 2624.  
DiMattia, D. & Fuller, J.R. (2003). Rational Emotive Behavior Therapy in the Workplace. *Journal of Cognitive and Behavioral Psychotherapy*, 5, 30-52.

Kassinove, H., Owens, S., Roth, D. & Fuller, J.R. (2002). Effects of Trait Anger and Anger Expression Style on Competitive Attack responses in a Wartime Prisoner's Dilemma Game. *Aggressive Behavior*, 28, 117-125.



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Fuller, J.R. & Kassinove, H. (1999). Review of Silberman, M., *When Your Child is Difficult (Solve Your Toughest Child-Raising Problems with a Four-Step Plan That Works)*. *Journal of Cognitive Psychotherapy*, 13(3), 269-272.

#### **CURRENTLY UNDER EDITORIAL REVIEW**

Anger symptoms of clinic-referred outpatients with a community sample by *Psychological Reports*.

#### **MANUSCRIPTS IN PREPARATION**

Cognitions, Interpersonal Relations, and Life Satisfaction in Outpatients. Fuller, J.R., Hickey, M., Levine, & Kong, G.

Evaluation of the Psychometric Properties of the Shortened General Attitude and Beliefs Scale (SGABs). Fuller, J.R., Esposito, M., Chen, M.

Effects of Diaphragmatic Breathing, Irrational and Rational Beliefs on EKG, GSR, and Anger. Fuller, J.R., Kassinove, H., Chen, M.

The Comorbidity of Anger Symptoms with Personality Disorders in Psychiatric Outpatients

#### **SCIENTIFIC AND PROFESSIONAL PRESENTATIONS**

Cognitive Therapy & Rational Emotive Behavior Therapy: Differences in Theory and Techniques (April 2009), Brooklyn College Graduate Counseling Program

Psychometric Properties of the Shortened General Attitudes and Beliefs Scale  
J. Ryan Fuller, Maria A. Esposito, & Grace Kong. Presented at the annual meeting of the American Psychological Association, Boston, MA (2008).





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Fuller, J.R., Hickey, M., Levine, Doyle, K. (August, 2007). *Cognitions, Interpersonal Relations, and Life Satisfaction in Outpatients*. Poster to be presented at the annual meeting of the American Psychological Association, San Francisco, CA.

Fuller, J.R., Fountain, T., O'Leary, S., DiGiuseppe, R. (November, 2006). A Pilot Study of Anger Treatment with an Outpatient Sample. Paper presented as part of a symposium at the annual meeting of the American Psychological Association, New Orleans, LA.

Fuller, J.R. (November, 2005). *Cognitive-Behavioral Group Psychotherapy for Anger*. Paper presented as part of a symposium on The Clinical Face of Anger: Clinical Presentation, Comorbidity, and Treatment at the annual meeting of the Association for Advancement of Behavior Therapy, Washington, DC.

DiGiuseppe, R., Ahmed, A.G., & Fuller, J.R. (November, 2005). *Anger Symptoms of Clinic-referred Outpatients and a Community Sample*. Paper presented as part of a symposium on The Clinical Face of Anger: Clinical Presentation, Comorbidity, and Treatment at the annual meeting of the Association for Advancement of Behavior Therapy, Washington, DC.

Fuller, J.R., Ahmed, A.G, DiGiuseppe, R., McDermut, W., & Zimmerman, M.. (November, 2005). *Axis I Comorbidity of Outpatients with Anger Symptoms*. Paper presented as part of a symposium on The Clinical Face of Anger: Clinical Presentation, Comorbidity, and Treatment at the annual meeting of the Association for Advancement of Behavior Therapy, Washington, DC.

McDermut, W., & Fuller, J.R. (November, 2005). *Axis II Comorbidity of Outpatients with Anger Symptoms*. Paper presented as part of a symposium on The Clinical Face of Anger: Clinical Presentation, Comorbidity, and Treatment at the annual meeting of the Association for Advancement of Behavior Therapy, Washington, DC.

Terjesen, M., Fuller, J.R., Froh, J.J. (November, 2005). *Expanding Our Conception of Clinical Pathology: The Role of Adaptive Cognitions in Life Satisfaction*. Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, Washington, DC.



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Froh, J.J., Terjesen, M., Fuller, J.R., Fives, C.J. (November, 2005). *Quality of Life Enhancement and Symptom Relief as Complementary Goals in Psychotherapy*. Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, Washington, DC.

Fuller, J.R. (November, 2004). REBT Group Homework. Paper to be presented as part of a symposium on Rational Emotive Behavior Therapy (REBT) Group Psychotherapy: What Do We Know and Where Are We Going? at the annual meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA.

Fuller, J.R., DiGiuseppe, & Ahmed, A.G. (November, 2004). *Anger Symptom Differentiation: Outpatient Versus Normals*. Poster to be presented at the annual meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA.

Fuller, J.R., Kassinove, H., Kelter, J., & Pastor, S. (August, 2004). *Effects of Diaphragmatic Breathing, Overt Irrational and Rational Verbalizations on Heart Rate, Galvanic Skin Response, and Self-reported Anger in Response to Verbal Insults*. Poster presented at the annual meeting of the American Psychological Association, Honolulu, HA.

Fuller, J.R., DiGiuseppe, R., Canella, C. (August, 2004). *Can Anger Be a Disorder Distinct from Depression?* Poster presented at the annual meeting of the American Psychological Association, Honolulu, HA.

Fuller, J.R. (May, 2003). Anger Treatment. Professional Presentation for Continuing Education Credit. St. John's University, Jamaica, NY.

Fuller, J.R., Torres-Gallegos, M.T., & Kassinove, H. (November, 2003). *Effects of Vocal Amplitude and Body Posture on Barb-induced Anger*. Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, Boston, MA.

Fuller, J.R., Froh, J.J., Jacofsky, M.D., Terjesen, M.D., Fives, C., & Fuller, J.B. (November, 2003). *Symptomology and Optimal Functioning as Orthogonal Constructs: Implications for Science and Practice*. Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, Boston, MA.



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Fuller, J.R., & Kassinove, H. (August, 2002). *Effects of Anger on Attack Responses in the Prisoner's Dilemma*. Poster presented at the annual meeting of the American Psychological Association, Chicago, IL.

Allen, K., Fuller, J.R., Henkel, N., Terjesen, M., & DiGiuseppe, R. (August, 2002). *Effects of Homework on Outcome Questionnaire in REBT Group*. Poster presented at the annual meeting of the American Psychological Association, Chicago, IL.

Kassinove, H., Fuller, J.R. (November, 2000). *The Experience, Expression, and Treatment of Clinically Angry Men*. Paper presented as part of a symposium on Anger: Implications in Community and Clinical Populations at the annual meeting of the Association for Advancement of Behavior Therapy, New Orleans, LA .

Kassinove, H., Fuller, J.R. (August, 2000). *Interpersonal Insults, Anger, and Aggression: Rational Responses to Aversive Verbalizations*. Paper presented as part of a symposium on Anger and Aggression: Episode Analysis, Prevention, Reduction, and Peace at the annual meeting of the American Psychological Association, Washington, DC.

Fuller, J.R. & Diebold, J. (January, 2000) *Aggression: Etiology, Expression, and Treatment Strategies*. Paper presented as part of a symposium on Clinical and Family Problems: Empirically Based Solutions for the 87th Indian Science Congress Section of Psychology and Educational Services, Pune, India.

Kassinove, H., Owens, S., Roth, D. & Fuller, J.R. (November, 1999). *Anger and Retaliation in a Prisoner's Dilemma Game*. Poster presented at the annual meeting of the Association for Advancement of Behavior Therapy, Toronto, Canada.

Fuller, J.R., Kassinove, H. (August, 1999). *Anger Disorders: Frequent, Ognored, and Possibly/Absolutely Universal*. Paper presented as part of a symposium on Cultural Universals in Psychopathology at the annual meeting of the American Psychological Association, Boston, MA.

Kassinove, H., Fuller, J.R. (April, 1999) *Science and Single Subject Research Designs*. International Professional Seminar at V.M. Bekhterev Psychoneurological Research Institute, St. Petersburg, Russia.



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Fuller, J.R. (January, 1999) *Anger and Aggression in Adolescence*. Paper presented at the international conference on Emerging Issues in Psychology, Osmania University, Hyderabad, India.

Fuller, J.R. (January, 1999) *Conceptualizing Anger: Constructs, Manifestations, and Treatment*. Invited lecture given for the Golden Jubilee Year, University of Poona, Pune, India.

## **PROFESSIONAL WORKSHOPS/TRAININGS CONDUCTED**

Cognitive Behavioral Therapies (REBT, CT, DBT, & ACT) as Brief Interventions for Substance Abuse and other Addictions, April 22nd, 2011 at Inter-Care

Cognitive Therapy & Rational Emotive Behavior Therapy: Theoretical and Technical Differences: April 1st, 2009

Roosevelt Hospital, Look AHEAD (NIH Funded): Overcoming Overeating: March 1st, 2008.  
Dating in the 21st Century: Communication, Cognitive Restructuring, and Self-talk in an Age of Speed and Internet Dating: September 14, 2006.

Center for Obesity Research and Education (C.O.R.E.): Cognitive-Behavioral Interventions for Obesity Management in a Primary Care Practice.

Roosevelt Hospital, Look AHEAD (NIH Funded): CBT, REBT, Motivational Interviewing, Relaxation Techniques, and Social Support for Lifestyle Change in Patients with Diabetes and other Chronic Health Conditions: September 25th, 2006.

Roosevelt Hospital, Look AHEAD (NIH Funded): Integration of REBT into Multidisciplinary Treatment of Obesity Professionals.

Efficacy of Psychotherapy for Anger Presenting Outpatients, October, 2007 (Clinical Seminar).

Advanced Practicum: July, 2007  
Primary Practicum: July, 2007



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Primary Practicum: January, 2007  
Associate Supervision: August, 2006  
Advanced Practicum: July, 2006  
Primary Practicum: July, 2006  
Manualization of Psychotherapy for Anger: January, 2006  
Primary Practicum: January, 2006  
Cognitive Behavioral Treatment of Anger: November, 2005  
Status of Empirically Supported Anger Management, September, 2005  
Addictions Practica: August, 2005  
Supervisor Primary Practicum: July, 2005  
Advanced Practicum: July, 2005  
Primary Practicum: July, 2005  
The Emotion of Anger: Disorder and Treatment: May, 2005  
Supervised Relationship Practica: March, 2005  
Primary Practicum: January, 2005  
Advanced Practicum: July, 2004  
Primary Practicum: July, 2004  
Primary Practicum: January, 2004  
Coping with Unemployment: December 2003

**GRANTS AND RESEARCH AWARDS**

- Dissertation Research Award Grant Recipient \$4000.00
- Indian International Conference Travel Award for Research
- Russian Conference Travel Award for Research

**EDITORIAL MEMBERSHIP**

Editorial Board Member, Journal of Rational Emotive Cognitive Behavior Therapy  
Ad Hoc Journal Reviewer, Health Psychology  
Ad Hoc Journal Reviewer, Journal of Behavioural and Cognitive Psychotherapy  
Ad Hoc Journal Reviewer, Psychological Reports



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## **MEDIA EXPERIENCE AND CONSULTATION**

*Good Morning America* - Road Rage, ABC TELEVISION

*The Daily* – Domestic Violence

*Kardashians* - Kim and Chloe Take New York , Anger Management and Couples Therapy, E! TELEVISION

*Pregnant in Heels* - Couples Therapy and Pregnancy & Parenting Preparation, BRAVO

*House Broken* (2007) - Principal in NBC/Universal Studios Pilot Television Show.

*Babycenter Magazine* (2006) - Interviewed regarding REBT techniques to reduce stress during pregnancy.

*Caring Today* (2006) - Interviewed about the use of REBT in the management of maladaptive emotions when caring for medical patients.

*Obesity Health Magazine*

*Caregivers' Magazine*

## **PROFESSIONAL MEMBERSHIPS**

2005-present NAASO, The Obesity Society

1998-present Association Behavioral and Cognitive Therapy

1999-present American Psychological Association

## **CONSULTING**

Expert Consultant:

Granada USA Production Company



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*House of Fear*  
March 2008

Research Consultant:  
Sentry Tech Holding Corporation  
October, 2006 – Present

Principal Host:  
NBC/Universal Studios  
*House Broken Sizzle* Pilot  
October 2006

## **CERTIFICATIONS**

Primary Certification in Rational Emotive Behavior Therapy

Advanced Certification in Rational Emotive Behavior Therapy

Fellow of the Albert Ellis Institute

Certified Supervisor of the Rational Emotive Behavior Therapy

Provisional School Psychologist



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## Services

New York Behavioral Health treats individuals and groups in the following areas: addictions, anger, anxiety, binge eating, bulimia, compulsions, depression, grief, OCD, procrastination, relationships, and weight loss.

### **Individual Psychotherapy**

One-on-one psychotherapy provides clients with customized strategies to quickly address time-urgent problems. Longer term issues are also addressed with cognitive behavioral therapy and other appropriate techniques. This approach aims to create long-lasting improvement by teaching clients techniques to manage existing issues as well as to navigate future challenges on their own. Clients will capitalize on existing strengths, while learning new coping skills to overcome challenges and increase their satisfaction with life.

### **Couples Counseling**

Couples meet with a psychotherapist to identify the strengths and weaknesses of each individual and how this interaction contributes to relationship problems, as well as the positive aspects of the relationship. A collaborative approach is used to overcome barriers and enhance overall satisfaction with the relationship as well as each individual's approach to life.

### **Group Psychotherapy**

A safe group environment allows for numerous dynamics to be used for individual growth. The group context allows natural patterns to emerge that members and the leader can use to better understand and address interpersonal and intrapersonal issues.





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## Press

### **Pregnant in Heels**

Bravo, April 5<sup>th</sup>, 2011

### **Anger Management: Chris Brown and Rihanna**

The Daily, March 23<sup>rd</sup>, 2011

### **Woman Beaten Into a Coma in Parking Lot Rage: Parking Rage Attacker Posts Bail**

Good Morning America (ABC), March 8<sup>th</sup>, 2011

### **Kardashians Take New York: "Straight Expectations"**

Kardashians (E! Television), March 13<sup>th</sup>, 2011

### **An Open Trial of a Comprehensive Anger Treatment Program on an Outpatient Anger Sample**

Behavioral and Cognitive Psychotherapy, 2010

### **Aggression, Anger, & Irrational Beliefs in Adolescents**

Cognitive Therapy & Research, 2010

### **Loneliness: Antecedent and Sequel of Obesity**

Encyclopedia of Obesity, 2008

### **Trait Anger and Axis I Disorders: Implications for REBT**

Journal of Rational Emotive Cognitive Behavior Therapy, 2008

### **Interpersonal Relationships & Irrationality as Predictors of Life Satisfaction**

Journal of Positive Psychology, 2007

### **Rational-Emotive Behavior Therapy & Psychological Adjustment after Bariatric Surgery**

Obesity Health Magazine, 2006



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**Disputing & the Five-Factor Model: Personality Dimensions of the Ellis Emotional Efficiency Inventory.**

Journal of Rational Emotive Cognitive Behavior Therapy, 2006

**Clinicians' Diagnosis of a Case with Anger Problems**

Journal of Psychiatric Research, 2005

**REBT in the Workplace**

Journal of Cognitive and Behavioral Psychotherapy, 2003

**Effects of Trait Anger and Anger Expression Style on Competitive Attack responses in a Wartime Prisoner's Dilemma Game**

Aggressive Behavior, 2002

**Review of When Your Child is Difficult (Solve Your Toughest Child-Raising Problems with a Four-Step Plan That Works)**

Journal of Cognitive Psychotherapy, 1999



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