

April 3, 2020

Nathaniel W. Sufrin
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EDUCATION

The City College of New York, City University of New York, New York, NY 2016-Present
• Doctor of Philosophy in Clinical Psychology

Northwestern University, School of Professional Studies, Evanston, IL 2015
• Post-baccalaureate in Preclinical Psychology

Swarthmore College, Swarthmore, PA 2011
• Bachelor of Arts, with Honors
• Major: English Literature with Creative Writing Emphasis
• Minor: Film and Media Studies

The Swarthmore Program in Buenos Aires, Argentina 2010
• Tutorial-style courses conducted in Spanish

CLINICAL EXPERIENCE

John Jay College Counseling Services Center, New York, NY 2019-Present
CUNY Clinical Psychology Fellow
• Maintain on-going caseload of 6 individual patients, co-lead DBT group, receive weekly supervision
• Conduct intake assessments, crisis management, and community outreach

The Psychological Center at the City College of New York, New York, NY 2016-Present
Community Mental Health Center
Therapist
• Conduct long-term psychodynamic therapy for individual children and adults
• Participate in weekly clinical supervision, with a one-to-one ratio of patient to supervision hours

The City College of New York PhD in Clinical Psychology, New York, NY 2017-2019
Admissions Coordinator
• Managed admissions process, including open houses, interviews, and decisions
• Guided applicants through the admission process, providing support and fielding questions

The Psychological Center at the City College of New York, New York, NY 2016-2017
Clinic Fellow
• Inventoried and organized clinic's neuropsychological tests

Schuler Scholar Program, Lake Forest, IL 2014-2016
College Connections Coach
• Mentored a Schuler Scholar, a first-generation college student
• Served as liaison between Schuler Scholar and Schuler staff

Mechon Hadar, New York, NY 2011-2012
Fellow
• Provided support for elderly residents at Jewish Home Lifecare
• Participated in weekly geriatric training with Director of Religious Life

Oakton Arms, Des Plaines, IL 2011
Poet-in-Residence
• Taught weekly poetry seminar and writing workshop to nursing home residents

Swarthmore College, Swarthmore, PA 2008-2011
Sexual Health Counselor
• Counseled students on sexual health matters and conducted workshops on safe sex practices

Writing Associate, The Writing Center

- Conferenced with fifty students per semester, providing writing feedback and instruction

New Linkages Miller Fellowship, Wynnewood, PA

2008

Fellow

- Tutored fourth-graders at Perelman Jewish Day School in Hebrew language skills

Ramah Day Camp, Wheeling, IL

2007, 2010

Counselor

- Led daily camp programming for group of second-grade boys

TRAININGS

Spanish Immersion into Undocumented Migration, Mexico

2020

- Studied Spanish for psychologists for 1 week
- Met with individuals directly affected by forced migration
- Conferenced with Mexican psychotherapists

Mindfulness-Based Stress Reduction Teacher Training Intensive

2016

- UC San Diego Mindfulness-Based Professional Training Institute

Achieving Excellence in Clinical Research, *Advocate Health Care*, Oak Brook, IL

2015

- Attended lectures and workshops on scientific, ethical, and operational considerations

LANGUAGE SKILLS

- Spanish: Proficient
- Hebrew: Proficient

RESEARCH EXPERIENCE

NorthShore University HealthSystem, Glenview, IL

2014-2016

Project Coordinator, Research

Mind-Body Health in Uro-Oncology

Principal Investigators: David Victorson, PhD and Charles Brendler, MD

- Mindfulness-based stress reduction class for urological cancer patients and partners
- Recruited, consented, and enrolled patients
- Collected vitals, blood spots, and questionnaires
- Tracked and analyzed data
- Set up course and assisted with teaching
- Wrote and submitted research grants to expand study
- Oversaw IRB regulatory matters

The Lived Experience of Men with Sexual Dysfunction after Prostate Cancer Treatment

Principal Investigator: Jeffrey Albaugh, PhD, APRN

- Interviewed men and partners about sexual dysfunction post prostate cancer treatment
- Coded data with Dedoose (mixed methods web application)
- Collected questionnaires and managed data
- Oversaw IRB regulatory matters

Compliance and Outcomes with Penile Rehabilitation in Men after Prostate Cancer Treatment

Principal Investigator: Jeffrey Albaugh, PhD, APRN

- Consented and enrolled patients
- Collected questionnaires and tracked data
- Oversaw IRB regulatory matters

Northwestern University, The Family Institute, Evanston, IL

2013-2014

Research Assistant

Depression, Anxiety, Relationship Distress and Couples

Principal Investigator: Lynne Knobloch-Fedders, PhD

- Transcribed videos of military couples in psychotherapy
- Attended weekly lab meetings

Northwestern University, MOSAIC Cognitive Psych Lab, Evanston, IL

2013-2014

Research Assistant

Orientations to Sun and Moon: Folk Physical and Ecological Concepts of Seasonal Variation

Principal Investigator: Amanda Herrera, PhD Candidate

- Transcribed interviews conducted in Spanish
- Analyzed cross-cultural data from indigenous communities in Ecuador

RESEARCH PUBLICATIONS

1. Victorson, D., Sauer, C., Wolters, L., Maletich, C., Lukoff, K., **Sufrin, N.** (2020). Meta-analysis of technology-enabled mindfulness based programs for negative affect and mindful awareness. *Mindfulness*, accepted for publication.
2. Albaugh, J., **Sufrin, N.**, Lapin, B. R., Petkewicz, J., Tenfelde, S. (2017). Life after prostate cancer treatment: A mixed methods study of the experiences of men with sexual dysfunction and their partners. *BMC Urology*, 17(45), 1-9.
3. Victorson, D., Hankin, V., Burns, J., Weiland, R., Maletich, C., **Sufrin, N.**, Schuette, S., Gutierrez, B., Brendler, C. (2017). Feasibility, acceptability and preliminary psychological benefits of mindfulness meditation training in a sample of men diagnosed with prostate cancer on active surveillance: Results from a randomized controlled pilot trial. *Psycho-Oncology*, 26(8), 1155-1163.
4. Victorson, D., Schuette, S., Schalet, B., Kundu, S., Helfand, B., Novakovic, K., **Sufrin, N.**, McGuire, M., Brendler, C. (2016). Factors affecting quality of life at different time points since treatment in a sample of men with localized prostate cancer: The unique influence of treatment decision making satisfaction, personality style, and sexual functioning. *The Journal of Urology*, 196(5), 1422-1428.
5. Albaugh, J., **Sufrin, N.**, Lapin, B. R., Wang, C. E., Petkewicz, J., Brendler, C. (2016). Sex & intimacy after prostate cancer treatment: What men and partners say. *The Journal of Sexual Medicine*, 13(5), (Suppl.) S49.
6. Albaugh, J., **Sufrin, N.**, Lapin, B. R., Wang, C. E., Brendler, C. (2016). Penile rehabilitation adherence and outcomes: The first 6 months of treatment. *The Journal of Sexual Medicine*, 13(5), (Suppl.) S46-S47.
7. Victorson, D., **Sufrin, N.**, Helfand B. T., Novakovic K. N., Pariser J. J., McGuire M., Brendler C. (2015). Predictors of quality of life in men with localized prostate cancer: The role of treatment decision making satisfaction, neuroticism, and sexual functioning. *The Journal of Urology*, 193(4), (Suppl.) e965.

PRESENTATIONS

1. Schuette, S., Victorson, D., Maletich, C., **Sufrin, N.**, Burnett-Zeigler, I., Brendler, C. (2016, August). *Mindfulness Training and Well-being among Men with Prostate Cancer and Their Spouses*. Abstract accepted for poster presentation at the Annual Convention of the American Psychological Association, Denver, CO.
2. **Sufrin, N.**, Maletich, C., Schuette, S., Petkewicz, J., Brendler, C., Victorson, D. (2016, May). *The Effects of Class and Retreat Attendance in Mindfulness-Based Stress Reduction (MBSR) on Positive Affect and Uncertainty Intolerance in a Uro-Oncology Sample*. Abstract accepted for poster

presentation at the International Congress on Integrative Medicine and Health, Las Vegas, NV.

3. Schuette, S., **Sufrin, N.**, Maletich, C., Brendler, C., Victorson, D. (2016, May). *A Conceptual Model for Understanding the Benefits of Mindfulness Training among Couples Affected by Prostate Cancer on Active Surveillance*. Abstract accepted for poster presentation at the International Congress on Integrative Medicine and Health, Las Vegas, NV.
4. Victorson, D., Maletich, C., **Sufrin, N.**, Schuette, S., Gutierrez, B., Cordero, E., Johnson, C., Stencil, D., Bakosh, L., Ring, M. (2016, May). *Development of a New Clinical Mindfulness Research Tool "iM-HERE" to Enhance, Deliver, and Streamline Online Mindfulness Interventions*. Abstract accepted for oral presentation at the International Congress on Integrative Medicine and Health, Las Vegas, NV.
5. Maletich, C., Cordero, E., Gutierrez, B., Schuette, S., **Sufrin, N.**, Sanford, S., Smith, S., Victorson, D. (2016, May). *The Effect of Home Practice on Outcomes During an MBSR Course for Young Adults with Cancer: A Mixed Methods Study*. Abstract accepted for poster presentation at the International Congress on Integrative Medicine and Health, Las Vegas, NV.
6. Albaugh, J., **Sufrin, N.**, Lapin, B. R., Wang, C. E., Petkewicz, J. (2016, April). *Sex and Intimacy After Prostate Cancer Treatment*. Abstract accepted for poster presentation at the Annual Meeting of the Society for Sex Therapy & Research, Chicago, IL.
7. Albaugh, J., **Sufrin, N.**, Lapin, B. R., Wang, C. E. (2016, April). *Penile Rehabilitation After Radical Prostatectomy*. Abstract accepted for oral presentation at the Annual Meeting of the Society for Sex Therapy & Research, Chicago, IL.
8. **Sufrin, N.**, Victorson, D., Burns, J., Nadler, R., Buono, S., Petkewicz, J., Brendler, C. (2015, Nov.). *Increasing Symptom Management Self-Efficacy in Localized Prostate Cancer Using a New eHealth Symptom Management Tool: Findings from a Pilot Trial*. Abstract accepted for podium presentation at the Annual Meeting of the North Central Section of the American Urological Association, Amelia Island, FL.
9. Albaugh, J., **Sufrin, N.**, Lapin, B. R., Wang, C. E., Brendler, C. (2015, Nov.). *Penile Rehabilitation Adherence and Outcomes: The First 6 Months of Treatment*. Abstract accepted for moderated poster presentation at the Annual Fall Scientific Meeting of the Sexual Medicine Society of North America, Las Vegas, NV.
10. Albaugh, J., **Sufrin, N.**, Lapin, B. R., Wang, C. E., Petkewicz, J., Brendler, C. (2015, Nov.). *Sex and Intimacy After Prostate Cancer Treatment: What Men and Partners Say*. Abstract accepted for moderated poster presentation at the Annual Fall Scientific Meeting of the Sexual Medicine Society of North America, Las Vegas, NV.
11. Victorson, D., Burns, J., Gutierrez, B., **Sufrin, N.**, Maletich, C., Schuette, S., Brendler, C. (2015, Nov.). *Increasing Posttraumatic Growth in Men Diagnosed with Prostate Cancer on Active Surveillance: Results from a Randomized Controlled Pilot Trial*. Abstract accepted for oral presentation at the 12th International Conference of the Society for Integrative Oncology, Boston, MA.
12. Victorson, D., Burns, J., Nadler, R., Buono, S., Petkewicz, J., **Sufrin, N.**, Brendler, C. (2015, Nov.). *Reducing Anxiety, Urinary, Bowel & Sexual Side Effects in Localized Prostate Cancer: Results from a Pilot Study of a New EHealth Symptom Management Support Tool "IManage-PC."* Abstract accepted for podium presentation at the Annual Meeting of the North Central Section of the American Urological Association, Amelia Island, FL.
13. Albaugh, J., **Sufrin, N.**, Tenfelde, S., Lapin, B. R., Wang, C. E., Petkewicz, J. (2015, Oct.). *What Men Really Do with Penile Rehab: Adherence Outcomes*. Abstract accepted for podium presentation at the Annual Conference of the Society of Urologic Nurses and Associates, Las Vegas, NV.

14. Albaugh, J., **Sufrin, N.**, Tenfelde, S., Lapin, B. R., Wang, C. E., Petkewicz, J. (2015, Oct.). *Sex After Prostate Cancer Treatment: The Importance of Education*. Abstract accepted for poster presentation at the Annual Conference of the Society of Urologic Nurses and Associates, Las Vegas, NV.
15. Albaugh, J., Sizemore, L., **Sufrin, N.** (2015, June). *Improving Intimacy after Prostate Cancer: "Fifty Shades of Love."* Presentation at Us TOO 25th Anniversary Educational Symposium & Gala Celebration Dinner, Rosemont, IL.
16. Victorson, D., **Sufrin N.**, Helfand, B. T., Novakovic, K. N., Pariser, J. J., McGuire, M., Brendler, C. (2015, May). *Predictors of Quality of Life in Men with Localized Prostate Cancer: The Role of Treatment Decision Making Satisfaction, Neuroticism, and Sexual Functioning*. Abstract accepted for podium presentation at the Annual Meeting of the American Urological Association, New Orleans, LA.

JOURNAL REVIEWER

Psycho-Oncology 2015-2016
 • Co-reviewed manuscript on mindfulness and cancer with David Victorson, PhD

AWARDS AND FELLOWSHIPS

CUNY Clinical Psychology Fellowship, John Jay College 2019-2021
New Jewish Culture Fellowship, Brooklyn Jews 2019-2020
Research and Travel Grant, Asylum Arts, "Poetry After Auschwitz" 2016
Pilot Grant Award, NorthShore University HealthSystem 2015
 • Online mindfulness RCT for patients with advanced prostate cancer
Service Values Award, NorthShore University HealthSystem 2015
Fulbright US Student Program Alternate, Nicaragua 2013
Asylum: International Jewish Artist Retreat, Garrison, NY 2013
Mechon Hadar Fellowship, New York, NY 2011-2012
 • Studied ancient Jewish texts and provided support for nursing home residents
Summer Literary Seminars Fellowship, Montreal, QC 2011
Scholarship for the Summer Literary Seminars, English Dept., Swarthmore 2011
The Dorothy Ditter Gondos Award, Swarthmore College 2011
 • Best paper on literature written in a foreign language
The John Russell Hayes Poetry Prize, Honorable Mention, Swarthmore College 2011
Bronfman Youth Fellowship in Israel 2006

POETRY PUBLICATIONS

1. *Fence*, "Histogenesis," "In Due Time," "Σmoon flood," "Bet You Do..." 2019
2. *bG Gallery at Bergamot Station*, Poem for "Word Jumble" Show 2017
3. *Bombay Gin*, "Excerpt from *Notes Toward Nothing*" 2017
4. *Chicago Quarterly*, "BFF's" 2016
5. *Best American Experimental Writing 2015* (Wesleyan UP), "Now, Now" 2016
6. *inter|rupture*, "CUSP" 2015
7. *Imperial Matters*, "Θήεúp Πínk Fēmáλε Viăgfă" and "next morning..." 2015
8. *Antioch Review*, "Persian Girl" 2015
9. *InDigest*, "world rights" and "buzzspill" 2014
10. *BlazeVOX*, "at the very end of the internet" 2014
11. *Jellyfish Magazine*, "Now, Now Rahm Emanuel" 2014

12. *DIALOGIST*, “The Saddest Day of the Year” 2014
13. *TINGE Magazine*, “Love Letter to Irigaray” 2013
14. *The Death and Life of American Cities*, “Keeping Sober in a Non...” 2012
15. *TriQuarterly*, “nina we pretty” and “rusty nails & rat poison” 2012
16. *RHINO*, “ghazal” 2009
17. *Swarthmore Literary Review*, “*unetaneb tokef* let us...” and “you lover you” 2009, 2008

EDITORIAL EXPERIENCE

Atlas Holdings, Greenwich, CT 2013-2014

Spanish Translator

- Translated and summarized Spanish business news articles and documents

Random House, New York, NY 2013

Editorial Assistant

- Evaluated manuscripts, prepared them for production, secured permissions, generated contracts

Poetry Society of America, New York, NY 2013

Intern

- Wrote website copy, managed donations, evaluated poetry manuscripts

Farrar, Straus and Giroux, New York, NY 2012

Editorial Intern

- Evaluated fiction and non-fiction manuscripts

MAKE Literary Productions, Chicago, IL 2011

Intern

- Managed social media, organized events, assisted with layout of magazine

Saturnalia Books, Ardmore, PA 2011

Intern

- Evaluated submissions for the Saturnalia Books Poetry Prize

Small Craft Warnings, Swarthmore College, Swarthmore, PA 2008-2011

Editor

- Solicited and edited student writing and artwork, coordinated workshops and readings

Swarthmore Literary Review, Swarthmore College, Swarthmore, PA 2009-2010

Associate Editor

- Raised funds and solicited poetry from writers unaffiliated with Swarthmore

POETRY READINGS

Fence 35 Launch Party, Howl! Happening, New York, NY 2019

Red Rover Experiment #89: Fight the Power, OuterSpace Studios, Chicago, IL 2015

Absinthe & Zygote #16: BFF, Loyola Park, Chicago, IL 2014

The Death and Life of American Cities, The Poetry Project, New York, NY 2013