
J. Ryan Fuller, Ph.D.

is a clinical psychologist with more than 10 years of experience and whose private practice is located in Manhattan. 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 extensive training in Cognitive-Behavioral Therapy and has treated hundreds of individuals and couples with a variety of issues.

He has published in peer-reviewed journals as well as in other media on the Role of Therapy in the Workplace, Coping Skills after Gastric Bypass Surgery, Loneliness and Weight Gain, and The Role of Interpersonal Relationships in Happiness.

Dr. Fuller has given professional trainings for federally funded programs such as the Centers for Obesity Research and Education (C.O.R.E.) and the Action for Health in Diabetes (Look AHEAD) trial. He has given public workshops on such topics as Overcoming Overeating, Procrastination, Communicating with Family Members, CBT for Obesity Management in Primary Care, Relaxation, Supporting Diabetic Patients, Behavior Modification in Daily Life, REBT, Addictions, Couples Therapy, Internet Dating: The 21st Century, Coping with Unemployment, Dealing with Clutter, and Time Management & Organization.

He is an Editorial Board Member for the *Journal of Rational Emotive Cognitive Behavior Therapy* and is an Ad Hoc Reviewer for *Health Psychology*, *Journal of Behavioural and Cognitive Psychotherapy*, and *Psychological Reports*.

He is currently the Clinical Director of New York Behavioral Health.

Front Cover Image By : B Hernandex

Feeling Stressed and Anxious?

Problems relaxing?

*Overwhelmed and burnt
out?*

*Want better work-life
balance but can't figure
out how to do it?*

*Problems at work or
home because you are
"stressed out"?*

*Feel anxious and worry a
lot?*

We Can Help.

For Information call 646-495-3078

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

NYBH Stress & Anxiety Reduction Groups

