



Dr. Mayer Bellehsen

AVP, Director of the Center for Traumatic Stress, Resilience and Recovery
Northwell Health

Dr. Mayer Bellehsen is an Assistant Vice President in the Behavioral Health Service Line at Northwell Health. He is a licensed clinical psychologist who received his Doctorate in clinical psychology with a health emphasis in 2011 from Yeshiva University. He completed both his internship and post-doctoral fellowship at The Zucker Hillside Hospital: Northwell Health. Dr. Bellehsen's career has been focused on advancing the understanding and treatment of trauma as it bears on individual and family adjustment. He has extensive experience in working with trauma among diverse populations in clinical, academic, and administrative roles.

Dr. Bellehsen is the founding Director of the Feinberg Division of the Unified Behavioral Health Center for Military Veterans and their Families: Northwell Health. This site is a first-of-its kind Center that offers co-location and coordination of behavioral health services with the Northport Veterans Administration Medical Center to expand access to care for veteran families. Dr. Bellehsen is also the co-developer of the Center for Supporting Traumatized Youth with Developmental Disabilities (STRYDD), a Category II site in the National Child Traumatic Stress Network (NCTSN) which is developing treatment adaptations for youth affected by trauma and Developmental Disabilities. As a member of NCTSN, Dr. Bellehsen is focused on facilitating partnerships between veteran supporting agencies to increase care for veteran families. Dr. Bellehsen also consults with the Northwell Health World Trade Center Clinical Center of Excellence, is a certified Prolonged Exposure consultant, and was the Principal Investigator for a pilot, randomized controlled trial that demonstrated evaluating the effectiveness of Transcendental Meditation as an adjunctive treatment for PTSD.

Most recently, Dr. Bellehsen co-founded and now directs the Center for Traumatic Stress

Resilience and Recovery, which is collaborating with Northwell Health System partners and community partners to deliver trauma informed care. It is presently focused on providing resiliency programs like Stress First Aid and trauma services for health care workers impacted by COVID-19 and the occupational stress associated with health care work. Additionally, the center provides clinical services to NYPD uniformed officers through the Finest Care program- a short term solution for officers seeking confidential behavioral health care access outside of their employer. The center is also engaged in research into novel treatments for PTSD and Dr. Bellehsen is Co-PI on a phase III trial examining the efficacy of Transcendental Meditation for PTSD. Dr. Bellehsen is dedicated to reducing suffering among individuals and groups impacted by traumatic stress and is focused on developing and supporting systems of care to achieve this goal.