

Allyson Galishoff

Education

Fordham University, Graduate School of Social Service

Master of Social Work

New York, NY

May 2019

Palliative Care Fellow, September 2018 – May 2019

- Courses: Palliative Social Work; Grief, Loss and Bereavement
- Integrative Seminar for Palliative Care Fellows
- Seminars on Ethical Issues in End of Life

New York University

Master of Arts in Counseling and Guidance, Counselors in Schools K-12

New York, NY

May 2009

Cornell University

Bachelor of Science, Human Development and Family Studies

Ithaca, NY

May 1989

Professional Experience

NYC Counseling, New York, NY

September 2022 – Present

Licensed Clinical Social Work

- Provide individual and couples counseling to adults ages 21+, utilizing psychodynamic techniques cognitive behavioral therapy (CBT), mindfulness, acceptance and commitment therapy (ACT), motivational interviewing, meaning-centered psychotherapy and grief and bereavement support. Client base includes individuals and their loved ones coping with serious illness and death, individuals and couples navigating transitions such as adulting, parenting, career change, life stage change, and divorce.
- Participate in weekly group consultation with all therapists at NYC Counseling, discussing treatment plans for clients in order to determine therapeutic approach and discuss therapist/client relationship issues.
- Engage in monthly in-service training and networking with outside professionals.

Mount Sinai Hospital, New York, NY

October 2019 – May 2022

Outpatient Oncology Social Worker

- Conduct psychosocial assessments with adult patients and families to assess and identify barriers to oncological care and follow up. Collaborate with interdisciplinary teams to develop care plans. Make appropriate community referrals as needed.
- Conduct and participate in interdisciplinary end-of-life discussions with patients and families, and complete appropriate hospice referrals as needed.
- Engage and educate patients and families about advance care planning (ACP) and facilitate completion of ACP forms when appropriate.
- Provide supportive counseling, clinical interventions to patients and families through continuum of care (crisis intervention, psychoeducation, and psychotherapy), bereavement support and connection to mental health services as needed. Developed and facilitated patient and caregiver telephone support groups.

CancerCare, New York, NY

September 2018 – Present

MSW Intern

- Conduct face-to-face and telephone counseling with individuals with cancer and caregivers, managing a caseload of 10 -12 clients
- Co-facilitate face-to-face, telephone, and online support groups including a closed group, 15-week face-to-face spousal bereavement group and a 15-week online spousal bereavement group.
- Provide immediate help and support to individuals with cancer and their family members contacting CancerCare via a national toll-free Hopeline. Average approximately 30 calls weekly.
- Address client needs through psychoeducation, supportive counseling, CBT, meaning-centered therapy and psychodynamic approaches. Refer clients to outside resources as appropriate.
- Participate in multiple in-service trainings on psychosocial issues related to cancer and evidence-based modalities for use with people affected by cancer, including End-of-Life, Working with Online Groups, Mind/Body/Spirit Interventions, CBT with Cancer Patients, Bereavement, Cultural Competency, Endings and Transitions and Professional Identity Development in Oncology Social Work.

Stanley Isaacs Senior Center, New York, NY

September 2016 – May 2017

MSW Intern

- Provided case management and case assistance services to seniors residing in New York City
- Developed care plans to encourage client self-determination and to assist seniors with staying in the community, and to promote healthy and independent aging.
- Collaborated with community agencies to implement in-home services, such as Visiting Nurse Services, home care, and housekeeping.
- Conducted psychosocial assessments and made referrals to outside agencies and professionals.
- Provided supportive counseling to seniors and their families.
- Developed and implemented educational/recreational groups and support groups, such as a weekly Current Events Group and an Intergenerational Reminiscence Group.

Inwood Academy for Leadership, New York, NY

September 2010 – June 2013

Middle School Counselor

- Counseled mandated and at-risk students individually and in groups.
- Participated in weekly Special Education team meetings.
- Established goals for students with mandated counseling for Individualized Education Plans (IEPs) and worked with at-risk students to develop goals to meet their full potential.
- Worked with parents, administration and teachers to form a partnership in support of at-risk and mandated students.
- Developed and delivered social-emotional classroom curriculum.
- Conducted behavioral observations in the classroom and provided behavioral plans for students.
- Consulted with staff about students exhibiting psycho-social distress.
- Assisted social worker with families in crisis (e.g., domestic violence, arrest/incarceration of parent, crime in household) to provide “wrap-around” services when possible to student and family.

P.S. 163 (Elementary School), New York, NY

September 2008 – June 2010

Guidance Counselor, **Maternity Leave Replacement** (5/10-6/10), **Volunteer** (9/09-5/10), **Intern** (9/08-6/09)

- Counseled mandated and at-risk students individually and in groups.
- Participated in weekly PPT/AIS (Pupil Personnel Team/Academic Intervention Services) meetings.
- Assisted students and parents with middle school application/selection process.

P.S. 75 (Elementary School), New York, NY

February 2010 – June 2010

School Counselor

- Counseled mandated students individually and in groups.

Life Sciences Secondary School, New York, NY

February 2009 – June 2009

Intern

- Counseled students individually for social and emotional issues and about the college application process.
- Conducted classroom information sessions regarding college application process.

Whitney Group (Executive Search Firm), New York, NY

June 1995 – September 2002

Senior Vice President

- Consulted with senior-level executives at financial services firms regarding hiring needs. Advised on the candidate marketplace, salary requirements, and broader organizational issues. Developed long-term advisory relationships with candidates regarding their career development, presenting them with relevant opportunities.
- Managed a pool of candidates for each search assignment, providing feedback to hiring manager and candidates at each step in process. Advised clients and candidates about important factors to consider in the decision-making process.

BlackRock, New York, NY

May 1993 – May 1995

Marketing Associate, Account Management – Mutual Funds Group

Shearson Lehman Brothers, New York, NY

November 1990 – May 1993

Senior Marketing Coordinator, Retirement Planning Department/Mutual Funds Department

New York State Psychiatric Institute, New York, NY

August 1989 – August 1990

Research Assistant, Studies on Schizophrenia and ADHD

Other Activities

Hebrew Public Charter Schools, New York, NY

2014 -- Present

Board Member

Provide advisory services for education committee on issues including parent involvement, social/emotional curriculum and teacher satisfaction.

UJA Federation of New York, New York, NY

2014 -- 2016

Mental Health and Wellness Task Force Member

Reviewed proposals from agencies seeking funding and determined allocation of funds.

Parents in Action (PIA), New York, NY

2005 -- 2016

Parent Talk Facilitator

Facilitated groups of parents of grade-specific children in discussing issues related to their concerns about parenting that specific age group.

Columbia Grammar and Preparatory School, New York, NY

2008 – 2019

Volunteer

Columbia Community Concerns Facilitator for grade-specific Parent Talk groups and Class Parent.

Jeffrey Modell Foundation, New York, NY

2010 -- Present

Board Member, Support non-profit organization helping individuals with primary immunodeficiency.

Professional Memberships

- NASW (National Association of Social Workers)
- SWHPN (Social Work Hospice and Palliative Care Network)

Trainings/Conferences

- Acceptance and Commitment Therapy - Daniel Moran, PhD, BCBA-D, January 2025
- Motivational Interviewing - Stephen Rollnick, PHD, January 2024
- Hypnosis for Cancer Pain – Guy H. Montgomery, Center for Behavioral Oncology, Icahn School of Medicine and Mount Sinai, March - May 2022
- Pain Management – An Overview of the Social Works' Potential to Enhance Care – Terry Altilio and Bridget Sumser, Spring Palliative Care Fellows Workshop, March 2021
- Psychospiritual Counseling at the End of Life – Melissa Stewart, Fall Palliative Care Fellows Workshop, October, 2019
- Bioethics and Palliative Care, Eileen R. Chichin, Spring Palliative Care Fellows Workshop, April 2019
- SWPHN General Assembly, March 2019
- Hunter College/Silberman School of Social Work Aging Conference 2017 – Aging in Uncertain Times, The Struggles and Strengths of Aging in NYC
- Loss, Resilience, and Prolonged Grief - Webinar with Dr. George Bonanno, The Center for Complicated Grief, February 2019
- Meaning-Centered Psychotherapy: Treating Despair at the End of Life -- Webinar with Dr. William Breitbart, MJHS Institute for Innovation in Palliative Care, November 2018