

## Contact

[www.linkedin.com/in/tracydennistiuary](https://www.linkedin.com/in/tracydennistiuary) (LinkedIn)

## Top Skills

Psychology

Neuroscience

Clinical Research

## Publications

Taking Away the Phones Won't Solve Our Teenagers' Problems

# Tracy Dennis-Tiwary

Co-founder and CSO at Arcade Therapeutics & Author of Future Tense: Why Anxiety is Good for You (Even Though it Feels Bad)  
New York City Metropolitan Area

## Summary

Tracy A. Dennis-Tiwary, Ph.D. is a researcher, entrepreneur, and author of the book Future Tense: Why Anxiety is Good for You (Even Though it Feels Bad; HarperCollins). She is Co-Founder and CSO of Arcade Therapeutics, a science-first game studio dedicated to treating mental illness by combining the most cutting-edge cognitive neuroscience with engaging games. Arcade's mission is to radically transform the mental health journey through highly accessible, clinically validated therapeutic games that are as fun as they are effective. She is a professor of psychology and neuroscience and Director of the Emotion Regulation Lab at The City University of New York. She has published over 100 scientific articles and delivered over 400 invited and scientific presentations, and served as an advisor for media outlets such as ABC and Universal Kids, and technology innovators, including 'lilspace and The National Day of Unplugging. She has been featured in the New York Times, ABC Special Report "Screentime" with Diane Sawyer, Wall Street Journal, CBS, CNN, NPR, The Today Show, and Bloomberg Television. She regularly writes for the Washington Post Well+Being column and for Psychology Today. You can read more about her work at <https://www.drtracyphd.com/> and book her for speaking engagements at <https://thelavinagency.com/speakers/tracy-dennis-tiwary/>

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## Experience

### Arcade Therapeutics

5 years 5 months

#### Co-Founder & CSO

February 2019 - Present (5 years 5 months)

New York, New York, United States

#### Co-founder and CSO

January 2021 - February 2023 (2 years 2 months)

## Co-Founder

June 2019 - January 2021 (1 year 8 months)

Greater New York City Area

Wise Therapeutics transforms breakthrough science into accessible and engaging digital therapeutics. Scientific evidence is the cornerstone of Wise Therapeutics. In addition to Personal Zen, which targets stress and anxiety, a range of products addressing important behavioral health issues including workplace stress, addiction, and depression are in the research pipeline. In addition to our evidence base, we strive to reduce barriers to treatment by making products that are highly accessible and easy to use.

## City University of New York

Professor

September 2003 - Present (20 years 10 months)

New York, NY

## Hunter College Center for Health Technology

Co-Executive Director

October 2018 - February 2023 (4 years 5 months)

New York, NY

Our mission is to connect researchers, community stake holders, and technology innovators, and to focus on technology solutions that bridge the healthcare gap and reduce health disparities in NYC and beyond.

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## Education

### New York University School of Medicine

Postdoctoral Fellowship · (2003 - 2005)

### Rutgers New Jersey Medical School

Clinical internship · (2000 - 2001)

### Penn State University

Ph.D., Psychology · (1997 - 2002)

### University of Rochester

Bachelor of Arts - BA, Psychology · (1991 - 1995)

### Eastman School of Music

Music Performanc · (1991 - 1994)