

## Shari A. Steinman

**Address:** Center for OCD and Related Disorders  
New York State Psychiatric Institute at Columbia University Medical Center  
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### ***Professional Positions***

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**New York State Psychiatric Institute at Columbia University Medical Center  
Division of Clinical Therapeutics**

Assistant Professor of Clinical Psychology (in Psychiatry), 2015-present

**New York State Psychiatric Institute at Columbia University Medical Center  
Center for OCD and Related Disorders & Anxiety Disorders Clinic**

Postdoctoral Clinical Researcher, 2014-2015

Mentor: H. Blair Simpson, MD, PhD

### ***Education & Licensing***

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**Licensed Clinical Psychologist**

State of New York #021430, 2015-Present

**Institute of Living**

APA Accredited Clinical Psychology Internship, 2013-2014

Cognitive Behavioral Therapist Track

**University of Virginia**

Ph.D. in Clinical Psychology, August 2014

Dissertation: Reaching New Heights: Comparing Interpretation Bias Modification to Exposure Therapy for Acrophobia

Advisor: Bethany A. Teachman, Ph.D.

**University of Virginia**

M.A. in Clinical Psychology, May 2009

Master's Thesis: Modifying Interpretations among Individuals High in Anxiety Sensitivity

Advisor: Bethany A. Teachman, Ph.D.

**Washington University in St. Louis**

B.S. in Psychology, Minors in Drama and Spanish, summa cum laude, May 2007

Honors Thesis: Memory for Texts: The Effects of Theatrical Experience and Context

Advisor: Janet Duchek, Ph.D.

### ***Honors and Awards***

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2016 Career Development Travel Award, Anxiety and Depression Association of America and Andrew Kukes Foundation for Social Anxiety

2016 Selected to participate in Alies Muskin Career Development Leadership Program, Anxiety and Depression Association of America

2015	NARSAD Young Investigator Grant, Brain and Behavior Research Foundation
2014	Psychology Department Nominee for Edgar J. Shannon Award for “Best Student” in Graduate School of Arts and Sciences, University of Virginia
2013	Clinician Trainee Award, Anxiety and Depression Association of America
2013	Psychology Graduate Teaching Assistant Award, University of Virginia
2012	Beck Institute Scholarship, Beck Institute for Cognitive Behavior Therapy
2012	Distinguished Teaching Fellowship, University of Virginia
2012	Society of Fellows Travel Fellowship, University of Virginia
2012	Honorable Mention for Basic Psychological Science Research Grant, American Psychological Association of Graduate Students
2010	Leonard Krasner Dissertation Award, Association for Behavioral and Cognitive Therapies
2008-2010	Robert J. Huskey Travel Award, University of Virginia
2007-2013	DuPont Fellowship for Graduate Studies, University of Virginia
2007	Phi Beta Kappa, Washington University
2006	Psi Chi Psychology Honor Society (Vice President), Washington University
2005	Frank F. Fowle III London Theater Scholarship, Washington University
2003-2006	Dean’s List, Washington University

### ***Research Funding***

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#### **2015 NARSAD Young Investigator Grant**

*Reducing Return of Fear via Novelty-facilitated Extinction in Patients with Pathological Anxiety*

Role: Principal Investigator

Award Period: 2016-2018

Total Award: \$70,000

### ***Publications***

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#### **Manuscripts**

**Steinman, S. A.**, Ahmari, S. E., Choo, T. S., Kimeldorf, M. B., Feit, R., Loh, S., Risbrough, V., Geyer, M. A., Steinglass, J. E., Wall, M., Schneier, F., Fyer, A., & Simpson, H. B. (accepted). Prepulse inhibition deficits only in females with obsessive compulsive disorder. *Depression and Anxiety*.

Rodriguez, C. I., Wheaton, M., Zwerling, J., **Steinman, S. A.**, Sonnenfeld, D., Galfalvy, H., Simpson, H. B. (accepted). Can exposure-based CBT extend IV Ketamine’s effects in obsessive compulsive disorder? An open-label trial. *Journal of Clinical Psychiatry*.

Cody, M. W., **Steinman, S. A.**, & Teachman, B. A. (accepted). True and false memories in social anxiety disorder: Moderation by anticipation and social relevance. *Cognitive Therapy and Research*.

**Steinman, S. A.**, & Teachman, B. A. (in press). Shifting interpretations over the Internet: Does the number of missing letters matter? *Journal of Behavior Therapy and Experimental Psychiatry*.

Wootton, B. A., Bragdon, L. B., **Steinman, S. A.**, & Tolin, D. F. (in press). Three year outcomes of individuals with anxiety and related disorders following cognitive-behavioral therapy in a non-research clinical setting. *Journal of Anxiety Disorders*.

**Steinman, S. A.**, & Teachman, B. A. (2014). Reaching new heights: Comparing interpretation bias modification to exposure therapy for extreme height fear. *Journal of Consulting and Clinical Psychology, 82*(3), 404-417.

Cabeleira, C.\* , **Steinman, S. A.\***, Burgess, M., Bucks, R., MacLeod, C., Melo, W. V., & Teachman, B. A. (2014). Expectancy bias in anxious samples. *Emotion, 14*(3), 588-601.  
**\*Steinman & Cabeleira contributed equally to this work.**

**Steinman, S. A.**, Smyth, F., Bucks, R., MacLeod, C., & Teachman, B. A., (2013). Anxiety-linked expectancy bias across the adult lifespan. *Cognition and Emotion, 27*(2), 345-355.

**Steinman, S. A.**, Hunter, M. D., & Teachman, B. A. (2013). Do patterns of change during treatment for panic disorder predict future panic symptoms? *Journal of Behavior Therapy and Experimental Psychiatry, 44*(2), 150-157.

Teachman, B. A., Joormann, J., **Steinman, S. A.**, & Gotlib, I. H. (2012). Automaticity in anxiety disorders and major depressive disorder. *Clinical Psychology Review, 32*, 575-603.

**Steinman, S. A.**, Teachman, B. A. (2011). A new measure of cognitive processing: Heights Interpretation Questionnaire. *Journal of Anxiety Disorders, 25*, 896-902. Corrigendum published 2012, *Journal of Anxiety Disorders, 26*, 258-259.

**Steinman, S. A.**, & Teachman, B. A. (2010). Modifying Interpretations among individuals high in anxiety sensitivity. *Journal of Anxiety Disorders, 24*, 71-78.

Wertz, A. J., **Steinman, S. A.**, Glenn, J., Nock, M., & Teachman, B. A. (2015). *Characterizing implicit mental health associations across clinical domains*. Manuscript under revision for publication.

Glenn, J. J., Wertz, A. J., Slama, S. J., **Steinman, S. A.**, Teachman, B. A., & Nock, M. K. (2015). *Using implicit cognition tools to assess suicidal and self-injurious thoughts and behaviors*. Manuscript under revision for publication.

Tolin, D. F., Gilliam, C., Wootton, B., Bowe, W., Bragdon, L., Davis, E., Hannan, S. E., **Steinman, S. A.**, Worden, B., & Hallion, L. S. (2015). *Reliability and validity of a structured diagnostic interview for DSM-5 anxiety, mood, and obsessive-compulsive and related disorders*. Manuscript under revision for publication.

Kalanthroff, E., Abramovitch, A., **Steinman, S. A.**, Abramowitz, J. S., & Simpson, H. B. (2015). *The chicken or the egg: What drives OCD?* Manuscript under review.

Wheaton, M. G., Galfalvy, H., **Steinman, S. A.**, Wall, Melanie, Foa, E. B., & Simpson, H. B. (2015). *Patient adherence and treatment outcome with exposure and response prevention for OCD: which components of adherence matter and who becomes well?* Manuscript in preparation.

## **Chapters**

**Steinman, S. A.**, Wootton, B. M., & Tolin, D. (in press). Exposure therapy for anxiety disorders. In H. Friedman (Ed.), *Encyclopedia of Mental Health, Second Edition*. Elsevier.

**Steinman, S. A.**, & Teachman, B. A. (2015). Information processing biases. In R. McCabe & I. Milosevic (Eds.), *Phobias: The Psychology of Irrational Fear, An Encyclopedia*. (pp. 205-208). ABC-CLIO.

Reuland, M., **Steinman, S. A.**, & Teachman, B. A. (2015). Cognitive bias modification: Changing thinking to reduce symptoms of mental illness. In R. A. Scott and S. M. Kosslyn (Eds.), *Emerging Trends in the Social and Behavioral Sciences*. John Wiley & Sons, Inc.

**Steinman, S. A.**, Teachman, B. A., Gorlin, E. (2014). Cognitive biases among individuals with social anxiety. In J. Weeks (Ed.), *Handbook on Social Anxiety Disorder* (pp. 321-343). Chichester, West Sussex: John Wiley & Sons, Ltd.

Teachman, B.A., Cruz, J. R., & **Steinman, S. A.** (2014). Mechanisms of change in CBT treatment. In P. M. G. Emmelkamp and T. Ehrling (Eds.), *The Wiley Handbook of Anxiety Disorders* (pp. 824-839). Chichester, West Sussex: John Wiley & Sons, Ltd

### **Other Publications**

Teachman, B. A., & **Steinman, S. A.** (September, 2010). Challenges and rewards of teaching and learning about evidence based practice. Invited article for *Clinical Science*, Society for the Science of Clinical Psychology Newsletter.

### **Chaired Symposia**

**Steinman, S. A.**, Ahmari, S. E., Choo, T., Kimeldorf, M. B., Feit, R., Risbrough, V., Geyer, M. A., Steinglass, J. E., Wall, M., Walsh, B. T., Schneier, F., Fyer, A., Simpson, H. B. (2015, November). Sensorimotor gating in adults with obsessive-compulsive disorder, social anxiety disorder, and anorexia nervosa. In L. S. Hallion & **S. A. Steinman** (Co-Chairs), *The Neurocognitive Underpinnings of Anxiety: Implications for Theory and Treatment*. Symposium to be presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

**Steinman, S. A.**, & Teachman, B. A. (2015, May). Internet-based cognitive bias modification: Impact of training difficulty and symptom severity. In **S. A. Steinman** & B. A. Teachman (Co-Chairs), *Attempting to Meet an Unmet Need: Alternative Mental Health Delivery Models*. Symposium presented at the annual meeting of the Association for Psychological Science, New York, NY.

**Steinman, S. A.**, & Teachman, B. A. (2014, November). Comparing the efficacy of cognitive bias modification and exposure therapy to reduce height fear. In **S. A. Steinman** & L. S. Hallion (Co-Chairs), *Cognitive Bias Modification: Advancing Clinical Science and Practice*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

**Steinman, S. A.**, & Teachman, B. A. (2013, May) Evaluating a novel treatment for height fear: cognitive bias modification for interpretations. In **S. A. Steinman** & B. A. Teachman (Co-Chairs), *Cognitive Bias Modification: Novel Applications and Findings*. Symposium presented at the annual meeting of the Association for Psychological Science, Washington D.C.

**Steinman, S. A.**, & Teachman, B. A. (2012, November). Negative expectancy bias in anxious samples. In **S. A. Steinman** & B. A. Teachman (Co-Chairs), *Processing Emotional Information Across Time: Thinking about the Past and Future in Mood and Anxiety Disorders*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

**Steinman, S. A.**, & Teachman, B. A. (2011, May) Implicit associations in anxiety and related disorders: Stories of success and failure. In **S. A. Steinman** & B. A. Teachman (Co-Chairs), *Using the Tools of Cognitive Science to Advance Clinical Theory and Practice*. Symposium presented at the annual meeting of the Association for Psychological Science, Washington D.C.

**Steinman, S. A.**, Hunter, M. D., & Teachman, B. A. (2010, November). Patterns of change over the course of treatment of panic disorder: Predicting levels of panic at a six month follow-up. In **S.A. Steinman** (Chair), *Patterns and Mechanisms of Change in Panic Disorder*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

**Steinman, S. A.**, & Teachman, B. A. (2009, November). Modifying Interpretations among Individuals High in Anxiety Sensitivity. In **S. A. Steinman** (Chair), *Training Cognitive Processing Biases in Anxiety: Theoretical and Clinical Applications*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York City, NY.

### **Presentations**

**Steinman, S. A.**, Ahmari, S., Choo, T., Kimeldorf, M., Risbrough, V., Steinglass, J., Wall, M., Schneier, F., Fyer, A., Simpson, H. B. (2016, April). Sensorimotor gating across three disorders: Deficits only in females with obsessive compulsive disorder. Poster to be presented at the annual meeting of the Anxiety and Depression Association of America, Philadelphia, PA.

Rodriguez, C., Wheaton, M., Zwerling, J., **Steinman, S. A.**, Sonnenfeld, D., Galfalvy, H., Simpson, H. B. (2016, April). Can exposure-based CBT extend IV Ketamine's effects in obsessive-compulsive disorder? An open-label trial. Poster to be presented at the annual meeting of the Anxiety and Depression Association of America, Philadelphia, PA.

**Steinman, S. A.**, & Teachman, B. A. (2014, November). Shifting threat interpretation biases over the Internet: Effect of enhancing the difficulty of assigning a benign resolution. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Werntz, A. J., **Steinman, S. A.**, Glenn, J. J., Nock, M. K., & Teachman, B. A. (2014, November). Project Implicit Mental Health: Findings from a large-scale demonstration website. In A. J. Werntz & B. A. Teachman (Co-Chairs), *New Directions in Implicit Associations Research in Psychopathology*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

- Glenn, J. J., **Steinman, S. A.**, Werntz, A. J., Slama, S. J., Teachman, B. A., & Nock, M. K. (2014, November). Using implicit cognition tools to assess suicidal and self-injurious thoughts and behaviors. In A. J. Werntz & B. A. Teachman (Co-Chairs), *New Directions in Implicit Associations Research in Psychopathology*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Gilliam, C. M., Bowe, W., Bragdon, L. B., Davis, E., Hannan, S. E., **Steinman, S. A.**, Wootton, B., Worden, B. L., Tolin, D. (2014, November). Reliability and validity of the Diagnostic Interview for Anxiety, Mood, and OCD, and Related Neuropsychiatric Disorders. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Wheaton, M. & **Steinman, S. A.** (2014, November). Obsessive Compulsive Disorder (OCD) and Hoarding Disorder: Clinical and Research Update. Presented at the NAMI New York State Education Conference, Albany, NY.
- Steinman, S. A.** (2014, February). Case Presentation: Evidence-based treatment for depression. Case presented at Psychology Department Meeting, Institute of Living, Hartford, CT.
- Steinman, S. A.**, Smyth, F. L., Bucks, R. S., MacLeod, C. & Teachman, B. A. (2013, November). What's next? The effects of anxiety and age on expectancy bias. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Glenn, J. J., Werntz, A. J., **Steinman, S. A.**, Nock, M. K., & Teachman, B. A. (2013, November). Implicit and explicit mental health evaluations: Results from Project Implicit Mental Health, a large-scale web-based study. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Steinman, S. A.**, Tsang, Y. T., Rainey, K. E., Werntz, A. J., & Teachman, B. A. (2013, May). Magnifying lens of fear: Effects of state and trait fear on perception. Poster presented at the annual meeting of the Association for Psychological Science, Washington D.C.
- Steinman, S. A.** (2012, November). Reaching new heights in anxiety treatment. Paper presented at Contemporary Issues and Ethics in Clinical Psychology, Department of Psychology, University of Virginia, Charlottesville, VA.
- Steinman, S. A.**, Gravett, V., Manzella, E. K., & Teachman, B. A. (2012, November). Comparing interpretation bias modification to traditional exposure treatment for acrophobia. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Steinman, S. A.**, & Teachman, B. A. (2012, March). Comparing interpretation bias modification to exposure therapy for acrophobia. In K. E. Benoit (Chair), *Novel applications of interpretation bias modification across development and internalizing disorders*. Symposium presented at the annual meeting of the Anxiety Disorders Association of America, Arlington, VA.

- Steinman, S. A.,** Teachman, B. A., & Smyth, F. L. (2011, November). Challenges of measuring implicit associations for complex clinical issues: Anxiety sensitivity as a prototype. In A. J. Ouimet & A. S. Radomsky (Co-Chairs), *Implicit Cognition in Anxiety Disorders: Development, Maintenance, and Treatment*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
- Steinman, S. A.,** Cutler, A. Y., Faulkner, L. M. D., Cressy, C. G., & Teachman, B. A. (2011, November). Cognitive processing and acrophobia: Validating the Heights Interpretation Questionnaire. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
- Steinman, S. A.** (2011, February). Reaching new heights: Steps leading to a dissertation. Paper presented at Psychology Department Colloquium, University of Virginia, Charlottesville, VA.
- Steinman, S. A.,** Smyth, F., Melo, W., & Teachman, B. A. (2010, November). Challenges of measuring implicit associations for complex clinical issues: Anxiety sensitivity as a prototype. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Steinman, S. A.** Hunter, M. D., Teachman, B. A. (2010, November). Identifying patterns of change during treatment for panic disorder and predicting follow-up. Paper presented at Contemporary Issues in Cognitive Psychology, Department of Psychology, University of Virginia, Charlottesville, VA.
- Steinman, S. A.,** & Teachman, B. A. (2010, June). Heights interpretation questionnaire: Scale validation and psychometric properties. Poster presented at the annual meeting of the World Congress of Behavioral and Cognitive Therapies, Boston, MA.
- Steinman, S. A.,** Tulbure, B., & Teachman, B. A. (2009, November). State Affect as a Predictor of Implicit Associations among Individuals High in Spider Fear. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York City, NY.
- Steinman, S. A.** (2009, October). Anxiety management: Reaching new heights. Paper presented at Contemporary Issues and Ethics in Clinical Psychology, Department of Psychology, University of Virginia, Charlottesville, VA.
- Steinman, S. A.** (2009, November). Modifying interpretations among individuals high in anxiety sensitivity. Paper presented at Contemporary Issues in Cognitive Psychology, Department of Psychology, University of Virginia, Charlottesville, VA.
- Steinman, S. A.** (2009, March). Modifying interpretations among individuals high in anxiety sensitivity. Paper presented at the 9<sup>th</sup> Annual Robert J. Huskey Research Exhibition, University of Virginia, Charlottesville, VA.
- Steinman, S. A.,** Tulbure, B., & Teachman, B. A. (2009, February). Evaluating the effects of state anxiety on implicit associations among individuals high in spider fear. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Tampa, FL.

**Steinman, S.A.**, Grim, E. C., Beadel, J. B., & Teachman, B. A. (2008, November). Training positive interpretations among individuals high in anxiety sensitivity. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

### ***Invited Workshop***

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#### Mind Bugs: The Ordinary Origins of Bias

Psychiatry & CDS Conference, Kaiser Permanente, San Francisco.

Prepared and led a five hour workshop on implicit bias with Carlee Beth Hawkins.

April 2013

#### Cognitive Behavioral Therapy: What it is and How to Use it

Silver School of Social Work, New York University, New York.

Prepared and led two three hour sessions on treating anxiety with cognitive behavioral therapy.

December 2015

### ***Research Positions***

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#### Center for OCD and Related Disorders, Postdoctoral Clinical Researcher and Research Scientist

New York State Psychiatric Institute

Currently synthesizing cognitive paradigms and neuroscience findings to identify treatment targets for anxiety and OCD disorders.

September 2014-present. Laboratory Director: H. Blair Simpson, M.D., Ph.D.

#### Anxiety Disorders Center, Psychology Intern

Institute of Living

Studied treatment for anxiety and OCD, focusing on evaluating novel treatments and developing new diagnostic measures.

September 2013–August 2014, Laboratory Director: David Tolin, Ph.D.

#### Program for Anxiety, Cognition, and Treatment, Graduate Student

University of Virginia

Studied cognitive processes in anxiety, focusing on evaluating cognitive bias, cognitive bias modification, and mechanisms of change over the course of treatment.

August 2007–August 2014, Laboratory Director: Bethany A. Teachman, Ph.D.

#### Ageing, Memory, and Cognitive Control Laboratory, Undergraduate Research Assistant

Washington University

Assisted in data collection, material creation, statistical analyses, and training for research assistants for studies examining memory and cognitive processes among older and younger adults. Conducted an original study examining letter and number processing.

September 2005–May 2007, Laboratory Director: Larry Jacoby, Ph.D.

#### Personality Assessment Laboratory, Undergraduate Research Assistant

Washington University

Assisted in literature reviews and manuscript preparation.

January 2006–May 2006, Laboratory Director: Thomas Oltmanns, Ph.D.



## **Teaching Experience**

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### **Classroom**

**Co-Instructor**, Cognitive Behavioral Therapy Seminar, Fall 2013

Co-taught a course on how to conduct cognitive-behavioral therapy to hospital employees (e.g., social workers, psychologists)

**Instructor**, Anxiety: Theory and Treatment, Fall 2012.

Designed and taught an undergraduate seminar on theory and treatment of anxiety.

**Head Laboratory Instructor**, Research Methods and Data Analysis Lab I, Spring 2012

Supervised and trained six graduate student Lab Instructors for Research Methods and Data Analysis Laboratory I (see below for Laboratory Instructor duties). Also led one lab section.

**Guest Lecturer**, New Science of the Unconscious, Spring 2012

Lectured on uncontrollable processing and implicit associations in anxiety.

**Laboratory Instructor**, Research Methods and Data Analysis Lab I, Fall 2010 and Fall 2008

Led five laboratory sections of approximately 13 students each, which included lecture and discussion; Directed research projects, graded statistics assignments, papers, and calculated final lab grades.

**Teaching Assistant**, Abnormal Psychology, Spring 2010

Graded papers, provided feedback, facilitated examinations, graded examinations.

**Teaching Assistant**, Cognitive Psychology, Spring 2009

Held weekly review sessions, provided feedback, facilitated examinations, graded examinations.

**Teaching Assistant**, Personality Psychology, Spring 2008

Held weekly review sessions, provided feedback, facilitated examinations.

**Teaching Assistant**, Introduction to Psychology, Fall 2007

Held review sessions before each examination, provided feedback, facilitated examinations, graded examinations.

**Teaching Assistant**, Abnormal Psychology, Spring 2007

Demonstrated clinical interviewing, provided feedback.

**Teaching Assistant**, Cognitive Psychology, Fall, 2006

Held review sessions before each examination, provided feedback, facilitated examinations, graded examinations, maintained course website.

## **Student Mentoring**

Research Assistant Mentor – Mentor 2 fulltime research assistants at Columbia University Medical Center, from Fall 2014 to present.

Undergraduate Research Assistant Supervisor - led a team of 3 – 6 undergraduate assistants each semester; approximately 30 students from Fall 2007 to December 2012.

Undergraduate Distinguished Major (Honors Thesis) Mentor, Spring 2008 to Spring 2009

## **Clinical Training and Experience**

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Center for OCD and Related Disorders at New York State Psychiatric Institute, Psychologist (September 2015-present) and Postdoctoral Clinical Research (September 2014-2015)

Primary Clinical Supervisor during postdoctoral fellowship: Anthony Puliafico, Ph.D.

- Conduct Exposure and Response Prevention for individuals with OCD
- Conduct structured clinical interviews using the SCID
- Conduct independent evaluations for individual with OCD, using standardized measures (e.g., Y-BOCS, HAM-D)
- Provide training and supervision to a graduate student therapist and junior faculty
- Settings: Outpatient Research Study

Institute of Living (Cognitive Behavioral Therapist Track), Clinical Psychology Intern

September 2013 – August 2014, Primary Clinical Supervisor: Elizabeth Moore, Ph.D.

- Co-led Dialectical Behavior Therapy (DBT) skills training groups (~9 groups per week)
- Conducted weekly individual DBT sessions for patients with borderline personality disorder
- Conducted weekly CBT sessions for patients with anxiety, obsessive-compulsive, mood, and personality disorders
- Conducted accelerated treatment protocols for patients with anxiety, obsessive-compulsive, mood, and personality disorders
- Conducted both unstructured and structured intake interviews
- Administered symptom-related measures
- Conducted daily individual CBT sessions in an inpatient unit
- Conducted group CBT sessions in an inpatient unit (2 to 3 groups per week)
- Conducted weekly group CBT sessions in an intensive outpatient program for young adults
- Provided training and supervision to practicum student therapist
- Settings: Outpatient, Research Study, Intensive Outpatient Program, and Inpatient

Mary D. Ainsworth Psychological Clinic, Practicum Student

August 2007 – December 2012, Primary Clinical Supervisors: Patricia Lee Llewellyn, Ph.D., Robert Emery, Ph.D.

- Conducted weekly individual psychotherapy sessions for clients with mood and anxiety disorders
- Conducted weekly couples therapy sessions
- Administered cognitive, personality, and symptom-related assessments, provided testing feedback
- Conducted intake interviews

- Observed sessions of therapy conducted by other therapists through a one-way mirror
- Setting: Department Clinic

Defense and Veterans Brain Injury Center, Practicum Student

May 2012 – September 2012, Primary Clinical Supervisor: F. Don Nidiffer, Ph.D., ABMPP, CBIST

- Conducted weekly individual psychotherapy sessions for clients with anxiety, depression, and traumatic brain injuries
- Participated in milieu therapy
- Assisted in psychological assessment
- Took clients into community as part of their reintegration into community, and to serve as exposures for post-traumatic stress disorder
- Setting: Intensive Outpatient Program

Heights Phobia Treatment Study, Practicum Student

March 2009 – May 2012, Primary Clinical Supervisor: Bethany A. Teachman, Ph.D.

- Conducted short-term exposure therapy for participants with extreme height fear
- Provided training and supervision to other graduate student therapists
- Setting: Department Clinic/Research Study

Western State Hospital, Practicum Student

June 2011 – August 2011, Primary Clinical Supervisors: Christy McFarland, Ph.D. and Jason Stout, Psy.D.

- Conducted weekly individual and group psychotherapy sessions for inpatient clients with severe mental illness
- Assisted in restoration of competency
- Participated in multidisciplinary treatment planning sessions with clients
- Participated in milieu therapy
- Co-led weekly Anger Management and Mental Health Education Groups
- Setting: Inpatient Hospital

Center for Addiction Research and Education (CARE), Practicum Student

June 2010 – May 2011, Primary Clinical Supervisors: J. Kim Penberthy, Ph.D. and Nile Wagley, Ph.D.

- Conducted substance abuse intervention and motivational interviewing sessions for clients with alcohol and/or cocaine addictions
- Administered structured clinical interviews for clients with alcohol, cocaine, and marijuana addictions
- Setting: Medical Center/Research Study

Behavior Medicine Center, Practicum Student

August 2009 – June 2010, Primary Clinical Supervisor: Linda Gonder-Frederick, Ph.D.

- Conducted weekly individual psychotherapy sessions for clients with mood, anxiety, and medical disorders
- Administered and wrote-up psychological evaluations to determine readiness for bariatric surgery
- Setting: Medical Center/Outpatient Hospital

Northwest Schools Special Education Organization (NSSEO), Aide, Paraprofessional

May 2007 – July 2007, Primary Clinical Supervisor: Dennis Simon, Ph.D.

- Provided one-on-one support to children with behavioral problems

Alternatives to Living in Violent Environments (ALIVE), Intern

May 2006 – August 2006, Primary Clinical Supervisor: Jennifer Gadsby, M.S.W.

- Completed intakes
- Answered Crisis Line and aided in referrals to domestic violence shelters
- Scored symptom-related assessments

***Professional Activities***

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**Professional Societies**

Association for Behavioral and Cognitive Therapies

(2007-present)

American Psychology Association

(2009-present)

Division 12 (Society of Clinical Psychology), American Psychology Association

(2014-present)

Association for Psychological Science

(2010-present)

Society for a Science of Clinical Psychology

(2009-present)

Anxiety and Depression Association of America

(2011-present)

Society for Personality and Social Psychology

(2008-2009)

**Leadership and Service**

Society for a Science of Clinical Psychology (SSCP) Student Poster Competition Reviewer

(2015-present)

Society for a Science of Clinical Psychology (SSCP) Public Education and Media Committee

Member (2014-present)

Association for Behavioral and Cognitive Therapies (ABCT) Program Committee Member

(2014-present)

Association for Behavioral and Cognitive Therapies (ABCT) Social Networking Media

Committee Member

(2013-present)

Society of Clinical Psychology (APA Division 12), Web Committee Member

(2014-2015)

Graduate Representation Committee, Class Representative

(2011-2012)

Graduate Representation Committee, Clinical Area Representative

(2008 - 2011)

Graduate Student Representative to the Clinical Area Faculty

(2010 – 2012)

Colloquium Committee Student Member

(2010 - 2011)

Co-Coordinator of Contemporary Issues and Ethics in Clinical Psychology Weekly Seminar

(2009 - 2010)

**Ad-Hoc Reviewer**

*Behavior Therapy*

*Behavior Research and Therapy*

*Journal of Behavior Therapy and Experimental Psychiatry*

*Cognitive Therapy and Research*

*Cognition and Emotion*

*Journal of Experimental Psychopathology*

*Journal of Cognitive Psychotherapy*

*Journal of Anxiety Disorders*

*Palgrave Publishers*