

SARAH HAVENS SPERRY

EDUCATION AND PROFESSIONAL POSITIONS

POST-GRADUATE:

<u>Dates</u>	<u>Name</u>	<u>Training Experience</u>
2020 – 2021	<i>Vanderbilt University Medical Center</i> Department of Psychiatry and Behavioral Sciences Mentors: Stephan Heckers, M.D, Neil Woodward, Ph.D., David Zald, Ph.D.	Postdoctoral Fellowship
2019 – 2020	<i>The Charleston Consortium</i> Medical University of South Carolina Ralph H. Johnson VAMC Research Preceptor: James Prisciandaro, Ph.D.	Psychology Internship

GRADUATE:

<u>Dates</u>	<u>Name</u>	<u>Degree</u>	<u>Subject</u>
2016 – 2020	<i>University of Illinois at Urbana-Champaign</i> (Champaign, IL) Mentor: Thomas Kwapil, Ph.D. Dissertation: <i>Exploring individual differences in the affective dynamics of bipolar spectrum psychopathology (defended 06/2019)</i>	Ph.D.	Clinical/Community Psychology Minors: Quantitative Psychology, Cognitive Neuroscience
2014 – 2016	<i>University of North Carolina at Greensboro</i> (Greensboro, NC) Mentor: Thomas Kwapil, Ph.D. Thesis: <i>Examining the role of impulsivity in bipolar spectrum psychopathology: Identification and expression in daily life</i>	M.A.	Clinical Psychology

UNDERGRADUATE:

<u>Dates</u>	<u>Name</u>	<u>Degree</u>	<u>Subject</u>
2007 – 2011	<i>Tufts University</i> (Medford, MA)	B.S. <i>Cum Laude</i>	Clinical Psychology

AWARDS AND HONORS

2019	Sarah C. Mangelsdorf Outstanding Female Graduate Award, UIUC
2019	HealthEmotions Research Institute, Wisconsin Symposium on Emotion, Travel Grant
2018	APF/COGDOP Graduate Research Scholarship
2018	Smadar Levin Travel Award, Society for Research on Psychopathology
2018	Frederick & Ruby Kanfer Research Award, UIUC
2018	Psychology Alumni Board Graduate Student Travel and Research Award, UIUC
2018	Outstanding Teacher Award (awarded to top 10% of faculty), UIUC
2017	Smadar Levin Award Finalist, Society for Research on Psychopathology

2017	Psychology Alumni Board Graduate Student Travel and Research Award, UIUC
2017	Nancy Hirschberg Memorial Research Award, UIUC
2017	Ed Scheiderer Memorial Research Award, UIUC
2015	APAGS/Psi Chi Junior Scientist Fellowship
2015	Graduate Research and Creativity Award, UNCG
2015	Graduate Summer Research Assistantship Award, UNCG
2014-2016	Greensboro Graduate Scholar Award, UNCG
2011	Cum Laude distinction for Bachelor of Science, Tufts University
2007-2011	Dean's Honors, Tufts University

PEER-REVIEWED PUBLICATIONS

1. **Sperry, S.H.** & Kwapil, T.R. (in press). Bipolar spectrum psychopathology is associated with altered emotion dynamics across multiple timescales. *Emotion*
2. Kwapil, T.R, Kemp, K.C., Mielock, A., **Sperry, S.H.**, Chun, C.A, Gross, G., & Barrantes-Vidal, N. (in press). Association of multidimensional schizotypy with psychotic-like experiences, affect, and social functioning in daily life: Compare findings across samples and schizotypy measures. *Journal of Abnormal Psychology*
3. **Sperry, S.H.**, Walsh, M.A., & Kwapil, T.R. (2020) Emotion dynamics concurrently and prospectively predict mood psychopathology. *Journal of Affective Disorders*, 261, 67-75.
4. **Sperry, S.H.**, & Kwapil, T.R. (2019). Affective dynamics in bipolar spectrum psychopathology: Modeling variability, reactivity, instability, and inertia in daily life. *Journal of Affective Disorders*, 251, 195-204.
5. **Sperry, S.H.**, Kwapil, T.R., Eddington, K.M., & Silvia, P.J. (2018). Psychopathology, everyday behaviors, and autonomic activity in daily life: An ambulatory impedance cardiography study of depression, anxiety, and hypomanic traits. *International Journal of Psychophysiology*, 129, 67-75.
6. Harper, K.L., Silvia, P.J., Eddington, K.M., **Sperry, S.H.**, Kwapil, T.R. (2018). Conscientiousness and effort-related cardiac activity in response to piece-rate cash incentives. *Motivation and Emotion*.
7. **Sperry, S.H.**, Barrantes-Vidal, N., & Kwapil, T.R. (2018) The association of affective temperaments and bipolar spectrum psychopathology: An experience sampling study. *Motivation and Emotion*, 42(1), 126-136.
8. **Sperry, S.H.**, Lynam, D.P., & Kwapil, T.R. (2018). The convergence and divergence of impulsivity facets in daily life. *The Journal of Personality*, 86 (5), 841-852.
9. Lewandowski, K.E., **Sperry, S.H.**, Cohen, B.M., Norris, L.A., Fitzmaurice, G.M., Öngür, D., Keshavan, M.S. (2017). Treatment to Enhance Cognition in Bipolar Disorder (TREC-BD): Efficacy of a randomized controlled trial of cognitive remediation. *Journal of Clinical Psychiatry*, 78(9), e1242-e1249.
10. **Sperry, S.H.** & Kwapil, T.R. (2017). What can daily life assessment tell us about the bipolar spectrum? *Psychiatry Research*, 252, 51-56.
11. Silvia, P.J., Mironovová, Z., McHone, A.N., **Sperry, S.H.**, Harper, K.L., Kwapil, T.R., & Eddington, K.M. (2016). Do depressive symptoms blunt effort? An analysis of cardiac engagement and withdrawal for an increasingly difficult task. *Biological Psychology*, 118, 52-60.
12. Lewandowski, K.E., **Sperry, S.H.**, Öngür, D., Cohen, B.M., Norris, L.A., & Keshavan, M.S. (2016). Cognitive remediation versus active computer control in bipolar disorder with psychosis: Study protocol for a randomized controlled trial, *Trials*, 17(1), 136.

13. **Sperry, S.H.**, Lynam, D.R., Walsh, M.A., Horton, L.E. & Kwapil, T.R. (2016). Examining the multidimensional structure of impulsivity in daily life. *Personality and Individual Differences*, 94, 153-158.
14. **Sperry, S.H.**, O'Connor, L.K., Öngür, D., Cohen, B.M., Keshavan, M.S., & Lewandowski, K.E. (2015). Measuring cognition in bipolar disorder with psychosis using the MATRICS Consensus Cognitive Battery. *The Journal of the International Neuropsychological Society*, 21(6), 468-472.
15. **Sperry, S.H.**, Walsh, M.A., & Kwapil, T.R. (2015). Measuring the validity and psychometric properties of a short form of the Hypomanic Personality Scale. *Personality and Individual Differences*, 82, 52-57.
16. Lewandowski, K.E., Öngür, D., **Sperry, S.H.**, Cohen, B.M., Sehovic, S.M., Goldbach, J., & Du, F. (2014). Myelin versus axon abnormalities in white matter in bipolar disorder. *Neuropsychopharmacology*, 40, 1243-1249.
17. Lewandowski, K.E., **Sperry, S.H.**, Cohen, B.M., & Öngür, D. (2014). Cognitive variability in psychotic disorders: an exploratory cross-diagnostic cluster analysis. *Psychological Medicine*, 44 (15), 3239-48.
18. Lewandowski, K.E., **Sperry, S.H.**, Malloy, M.C., & Forester, B.P. (2013) Age as a predictor of cognitive decline in bipolar disorder. *American Journal of Geriatric Psychiatry*, 12, 1462-1468.
19. Lewandowski, K.E., Cohen, B.M., Keshavan, M.S., **Sperry, S.H.**, & Öngür, D. (2013) Neuropsychological functioning predicts community outcomes in affective and non-affective psychoses: a 6-month follow-up. *Schizophrenia Research*, 148, 34-37.

MANUSCRIPTS PREPRINTED AT PSYARXIV

1. Silvia, P., McHone, A., Mironovová, Z., Eddington, K., Harper, K., **Sperry, S. H.**, & Kwapil, T. R. (2018, October 26). Evaluating the RZ Interval and the Pre-ejection Period as Impedance Cardiography Measures of Effort-Related Cardiac Sympathetic Activity. Retrieved from osf.io/r4y9a.

MANUSCRIPTS UNDER REVIEW

1. **Sperry, S.H.** & Kwapil, T.R. (invited revision). Deconstructing affect intensity and variability: An experience sampling study of affective dynamics.
2. **Sperry, S.H.** & Kwapil, T.R. (under review). Examining bipolar spectrum psychopathology, trait emotional awareness, and affect intensity and instability.
3. **Sperry, S.H.** & Eckland, N. (under review). Affective dynamics and emotion processing styles.

MANUSCRIPTS IN PREPARATION (At least partially written)

1. **Sperry, S.H.**, Sharpe, B.M., & Wright, A.G.C. Exploring a cascade model of urgency: Momentary dynamics of stress, positive experience, affect, and impulsivity and their correlates.
2. **Sperry, S.H.**, Eckland, N.S., & Kwapil, T.R. Differentiation and Dynamics: A Comprehensive Examination of Emotion Differentiation and Momentary Intensity, Variability, and Reactivity of Positive and Negative Emotion
3. **Sperry, S.H.**, & Prisciandaro, J. The complex interplay between sleep, mood, and substance use in bipolar disorder
4. **Sperry, S.H.**, Prisciandaro, J., Roberts, J. Intraindividual dynamics across the mood spectrum: Detecting latent classes of mood and behavior variation in daily life.

5. Norris, L.A., **Sperry, S.H.**, Cohen, B.M., Öngür, D., Keshavan, M.S., Lewandowski, K.E., Predicting treatment adherence and response in cognitive remediation.
6. Berson, T., **Sperry, S.H.**, & Kwapil, T.R. To split or not to split? Examining the multidimensionality of the Hypomanic Personality Scale.
7. Berenbaum, H., Eckland, N., Castro, A., & **Sperry, S.H.** A systems approach to affective processing: The ATOM model.

INVITED TALKS

1. **Sperry, S.H.** (2020, April). Deriving Affective Dynamics Via Experience Sampling: A Study of Momentary Affect in Bipolar Psychopathology. Invited symposium, *Statistical and Computational Approaches to Affective Dynamics*. To be presented at Society for Affective Science, San Francisco, CA.
2. **Sperry, S.H.** (2019, December). Emotion and Impulsivity: Assessing Dynamic Risk Factors in Bipolar Disorder and Alcohol Use. Department of Psychiatry and Behavioral Sciences, Addiction Sciences Division, Medical University of South Carolina.
3. **Sperry, S.H.**, Clark, H.E, Spurlock, E.E., & Kwapil, T.R. (2019, September). Characterizing the affective profile of bipolar spectrum psychopathology across multiple timescales and contexts. Flash Talk presented at the Society for Research on Psychopathology, Buffalo, NY.
4. **Sperry, S.H.** (2019, July). Modeling affective dynamics via time-series analysis: An examination of affective dysregulation in bipolar psychopathology. Invited symposium, *Mathematical Psychiatry*. Society of Math Biology.
5. **Sperry, S.H.**, & Kwapil, T.R. (2019, March). Deconstructing affect intensity and variability: An experience sampling study of affective dynamics. Presented at the Society for Affective Science, Boston, MA.
6. **Sperry, S.H.**, Lynam, D.R., & Kwapil, T.R. (2019, March). The convergence and divergence of negative and positive urgency in daily life. Invited symposium, *Emotion-Driven Impulsivity: Transdiagnostic Mechanisms and Implications for Treatment*, presented at the Anxiety and Depression Association of America, Chicago, IL.
7. **Sperry, S.H.**, Lynam, D.R., Walsh, M.A., Horton, L.E. & Kwapil, T.R. (2015, October). Examining the multidimensional structure of impulsivity in daily life. Talk presented at the Society for Southeastern Social Psychologists, Winston-Salem, NC.

POSTER PRESENTATIONS

**Presenting author*

1. **Sperry, S.H.**, & Kwapil, T.R. Meta-emotion in bipolar spectrum psychopathology: an examination of granularity, clarity, and attention to emotion. To be presented at Society for Affective Science, San Francisco, CA.
2. Castro, A.A., Eckland, N.S., **Sperry, S.H.**, & Berenbaum, H. (2020, March). The relations between emotions and internalizing symptoms: Disentangling intensity, frequency, and granularity. To be presented at Society for Affective Science, San Francisco, CA.

3. **Sperry, S.H.***, Clark, H.E, Spurlock, E.E., & Kwapil, T.R. (2019, September). Characterizing the affective profile of bipolar spectrum psychopathology across multiple timescales and contexts. Presented at the Society for Research on Psychopathology, Buffalo, NY.
4. **Sperry, S.H.***, Walsh, M.A., & Kwapil, T.R. (2019, April). Differential patterns of emotion dynamics concurrently and prospectively predict bipolar, depressive, and borderline psychopathology. Presented at the University of Wisconsin HealthEmotions Research Institute Symposium on Emotion, Madison, WI. *Won Travel Award Grant.*
5. Eckland, N. & **Sperry, S.H.*** (2019, March). The effects of affective lability on emotional awareness, depression, and urgency: A latent variable analysis. Presented at the Society for Affective Science, Boston, MA.
6. **Sperry, S.H.*** & Kwapil, T.R. (2018, September). Examining affective dynamics in bipolar spectrum psychopathology: reactivity, variability, and instability in daily life. Poster presented at Society for Research on Psychopathology, Indianapolis, IN. *Won runner-up for best graduate student poster.*
7. **Sperry, S.H.*** & Kwapil, T.R. (2018, April). Characterizing the temporal dynamics of affective processes in bipolar spectrum psychopathology. Poster presented at the Society for Affective Science. Los Angeles, CA.
8. **Sperry, S.H.***, Kwapil, T.R., Eddington, K.M., Silvia, P.J. (2017, September). Ambulatory assessment as a method for examining the association of hypomanic traits, behavior, and psychophysiology. Poster presented at Society for Research on Psychopathology, Denver, CO. *Nominated for best poster award*
9. Lewandowski, K.E., **Sperry, S.H.**, Cohen, B.M., Norris, L.A., Fitzmaurice, G.M., Öngür, D., Keshavan, M.S. (2017, May). Treatment to Enhance Cognition in Bipolar Disorder (TREC-BD): Efficacy of a randomized controlled trial of cognitive remediation. Poster presented at Harvard Psychiatry Research Day, Boston, MA.
10. **Sperry, S.H.***, Lynam, D.R., & Kwapil, T.R. (2017, April). Mood-based impulsivity and its expression in daily life. Poster presented at Society for Affective Science, Boston, MA.
11. **Sperry, S.H.*** & Kwapil, T.R. (2016, September). Examining the role of impulsivity in bipolar spectrum psychopathology: Identification and Expression in Daily Life. Poster presented at the Society for Research on Psychopathology, Baltimore, MD.
12. **Sperry, S.H.***, Lynam, D.R., Walsh, M.A., Horton, L.E. & Kwapil, T.R. (2015, October). Examining the multidimensional structure of impulsivity in daily life. Poster presented at Society for Research on Psychopathology, New Orleans, LA.
13. Lewandowski, K.E., Baker, J., Norris, L.A., Juelich, R., Cohen, B.M., **Sperry, S.H.**, Öngür, D. (2015, October). Cognitive clusters in psychosis and their association with Resting-State Functional Connectivity. Poster presented at Society for Research on Psychopathology, New Orleans, LA.
14. **Sperry, S.H.***, Lynam, D.R., Walsh, M.A., & Kwapil, T.R. (2015, May). Validating the multidimensional structure of impulsivity in daily life. Poster presented at Association of Psychological Science Conference, New York, NY.
15. Lewandowski, K.E., Baker, J.T., Norris, L.A., Juelich, R.J., Cohen, B.M., **Sperry, S.H.**, & Öngür, D. (2015, April). Cognitive variability in psychotic disorders: A cross-diagnostic cluster analysis. Poster presented at Harvard Psychiatry Research Day, Boston, MA.

16. **Sperry, S.H.***, Walsh, M.A., & Kwapil, T.R. (2015, April). Measuring the validity and psychometric properties of a short form of the hypomanic personality scale. Poster presented at the University of North Carolina at Greensboro Graduate Research and Creativity Expo, Greensboro, NC.
17. Lewandowski, K.E., Cohen, B.M., Keshavan, M.S., **Sperry, S.H.**, & Öngür, D. (2014, September). Task-based and resting state functional connectivity changes after cognitive remediation in bipolar disorder. Poster presented at the Fourth Biennial Conference on Resting State/Brain Connectivity, Cambridge, MA.
18. Lewandowski, K.E., Keshavan, M.S., Cohen, B.M., **Sperry, S.H.***, & Öngür, D. (2014, March). Cognitive remediation in bipolar disorder: efficacy and neural correlates of treatment. Poster presented at Harvard Psychiatry Research Day, Boston, MA.
19. Shinn, A.K., Du, F., Thida, T., **Sperry, S.H.**, Cohen, B.M., Öngür, D., & Lewandowski, K.E. (2013, December). Myelin and axon abnormalities in schizophrenia and bipolar disorder measured with magnetization transfer ratio and diffusion tensor spectroscopy. Poster presented at American College of Neuropsychopharmacology Annual Meeting, Hollywood, FL.
20. Lewandowski, K.E., Keshavan, M.S., Cohen, B.M., **Sperry, S.H.**, & Öngür, D. (2013, December). Cognitive remediation in bipolar disorder: efficacy and neural correlates of treatment. Poster presented at American College of Neuropsychopharmacology Annual Meeting, Hollywood, FL.
21. **Sperry, S.H.***, O'Connor, L.K., Keshavan, M.S., Cohen, B.M., Öngür, D., & Lewandowski, K.E. (2013, September). Assessment of cognitive dysfunction in psychotic bipolar disorder using the MATRICS Consensus Cognitive Battery. Poster presented at Society for Research on Psychopathology Annual Conference, Oakland, CA.
22. Lewandowski, K.E., **Sperry, S.H.**, Cohen, B.M., & Öngür, D. (2013, September). Cognitive clusters in a cross-diagnostic sample of psychotic disorders. Paper presented at Society for Research on Psychopathology Annual Conference, Oakland, CA.
23. **Sperry, S.H.***, Keshavan, M.S., Cohen, B.M., Öngür, D., & Lewandowski, K.E. (2013, June). Predictors of treatment adherence in computerized cognitive remediation for bipolar disorder. Poster presented at Cognitive Remediation in Psychiatry Annual Conference, New York, NY.
24. **Sperry, S.H.***, Keshavan, M.S., Cohen, B.M., Öngür, D., & Lewandowski, K.E. (2013, April). Patients' report of improved cognitive and community functioning during cognitive remediation: a qualitative analysis. Poster presented at Harvard Psychiatry Research Day, Boston, MA.
25. **Sperry, S.H.***, Keshavan, M.S., Cohen, B.M., Öngür, D., & Lewandowski, K.E. (2013, January). Patients' report of improved cognitive and community functioning during cognitive remediation: a qualitative analysis. Poster presented at McLean Hospital Research Day, Belmont, MA.
26. Lewandowski, K.E., Cohen, B.M., **Sperry, S.H.**, Öngür, D., & Keshavan, M.S. (2012, December). Controlled trial of cognitive remediation in psychotic bipolar disorder: feasibility, tolerability, and the development of a web-based computer control. Poster presented at American College of Neuropsychopharmacology Annual Meeting, Hollywood, FL.
27. Malloy, M., Lewandowski, K., **Sperry, S.**, & Forester, B. (2012, March). Cognitive changes across the adult lifespan in bipolar disorder. Poster presented at American Association of Geriatric Psychiatry Annual Meeting, Washington, D.C.
28. Malloy, M., Lewandowski, K., **Sperry, S.***, Deseda, J., & Forester, B. (2012, January). Cognitive changes across the adult lifespan in bipolar disorder. Poster presented at McLean Hospital Research Day, Belmont, MA.

GRANTS & FELLOWSHIPS

Received

- November 2018 **APF/COGDOP Graduate Research Scholarship**, Principle Investigator (\$2,000)
Project Title: Exploring individual differences in the affective dynamics of bipolar spectrum psychopathology
- July 2015 **APAGS/Psi Chi Junior Scientist Fellowship**, Principle Investigator (\$1,500)
Project Title: Differentiating impulsivity dimensions using experience sampling methodology and ambulatory psychophysiology

Submitted

- December 2016 **Ruth L. Kirschstein National Service Research Award (F31)**, *Scored*
Title: Characterizing the temporal dynamics of affective regulation in bipolar spectrum psychopathology: A longitudinal ESM Study
- November 2014 **National Science Foundation Graduate Research Fellowship Program**, *Unfunded*

RESEARCH EXPERIENCE

- August 2014 - Present **Kwapil Lab, University of Illinois Urbana Champaign, Champaign, IL**
Mentor : Thomas Kwapil, PhD
Currently investigating the affective, behavioral and cognitive correlates of bipolar spectrum psychopathology. In particular, exploring the expression of bipolar spectrum psychopathology, impulsivity, and affective dynamics in daily life using experience sampling methodology. *Lab moved from UNCG in August 2016
- August 2014 – 2016 **Silvia Lab, University of North Carolina at Greensboro, Greensboro, NC**
Mentor : Paul Silvia, PhD
Investigating ambulatory psychophysiology and experience sampling methodology of motivation, effort, and affect in daily life. Administered study protocol for an NIMH R15 funded project to participants using Mindware Ambulatory IGC devices and Samsung tablets. Cleaned, managed, and analyzed study data using Mindware software, BioLab, and Qualtrics.
- May – August 2016 **Schizophrenia and Bipolar Disorder Program, McLean Hospital, Belmont, MA**
Mentor: Kathryn Eve Lewandowski, PhD
Visiting graduate student for summer 2016. Analyzed data for studies coordinated during research assistantship. Specifically, completed data analysis on projects investigating the efficacy of cognitive remediation for bipolar disorder. Began individual project examining glutamate/GABA and cognitive functioning in psychosis-prone samples and first-degree relatives of those with psychotic disorders. Note that I continue to collaborate on projects at the SBDP each summer.
- June 2011 – July 2014 **Schizophrenia and Bipolar Disorder Program, McLean Hospital, Belmont, MA**
Mentors: Kathryn Eve Lewandowski, PhD and Dost Öngür, MD, PhD
Coordinator for several NIH R01 and K23 funded studies investigating: 1) neurocognitive deficits in psychotic disorders, 2) the efficacy of a neuroplasticity based cognitive remediation protocol for bipolar disorder, 3) the neural correlates of

change in cognitive remediation using fMRI and Diffusion Tensor Spectroscopy. Assisted in the development and implementation of the cognitive remediation protocol, completed IRB reviews, prepared manuscripts and presented findings, and trained and supervised undergraduate interns to administer neuropsychological assessments.

Sept. 2010-May 2011 **Schizophrenia and Bipolar Disorder Program, McLean Hospital, Belmont, MA**
Mentors: Kathryn Eve Lewandowski, PhD and Dost Öngür, MD, PhD
Undergraduate research assistant on a study investigating cognitive deficits in schizophrenia, schizoaffective disorder, and bipolar disorder. Recruited and administered neuropsychological assessments and clinical symptom scales to inpatients, outpatients, and healthy participants. Administered Cognitive Enhancement Therapy (CET) to individuals diagnosed with bipolar disorder in a residential treatment setting. Attended didactic trainings (grand rounds, case conferences, neuroscience seminars, and clinical rounds).

Sept. 2010-May 2011 **Tufts University, Medford, MA**
Mentor : Tali Ditman-Brunye, PhD
Collected data for a study investigating perspective-taking misattribution bias in schizophrenia.

May – Sept. 2010 **Depression Clinical and Research Program, Massachusetts General Hospital, Boston, MA**
Summer Internship. Prepared a clinical trial of S-adenosylmethionine (SAMe) vs. Lexapro for data analysis.

CLINICAL EXPERIENCE

2020 – present **Medical University of South Carolina, Sleep and Anxiety Treatment Program**
Supervisor: Allison Wilkerson, PhD
Conduct intake assessments and administer evidence-based therapies (e.g., CBT-i, Exposure and Response Prevention, Chronotherapy, Bright Light Therapy) for a range of sleep (e.g., insomnia, circadian rhythm disorders, narcolepsy, bipolar disorder) and anxiety disorders (e.g., generalized anxiety disorder, obsessive compulsive disorder, social phobia).

2020 – present **Medical University of South Carolina, Center for Drug and Alcohol Problems**
Supervisor: Joshua Smith, PhD
Lead Motivation Enhancement Therapy (MET) Program. Administer individual and group MET therapy for substance use disorders. Administer intake assessments for walk-in clinic and develop treatment and referral plans for intensive outpatient program, inpatient detox, and MET program.

2019 – 2020 **Ralph H. Johnson VA Medical Center, Substance Treatment & Recovery Program**
Supervisors: Kathryn Bottonari, PhD & James Harbin, PhD
Administer Intensive Outpatient Program Intake Assessments, lead weekly IOP psychotherapy groups (CBT for recovery, DBT). Provide evidenced-based individual psychotherapy for comorbid substance use and trauma-related disorders (Prolonged Exposure, Cognitive Processing Therapy).

2019 – 2020 **Ralph H. Johnson VA Medical Center, Primary Care Mental Health Integration**
Supervisors: Jennifer Wray, PhD
Integrate with PACT primary care teams to provide consultation, warm-hand offs, and brief psychotherapy for behavioral health concerns. Administer problem-focused, solution-oriented,

and patient-centered interventions (e.g., Behavioral Activation for depression, smoking cessation for Nicotine dependence, Behavioral Change Methods for Medication Adherence).
Specialized Trainings: CBT for Chronic Pain

- 2018-2019 **University of Illinois Stress and Anxiety Clinic**
Supervisor: Howard Berenbaum, PhD
Administer structured intake assessments (SCID-5) and evidenced-based individual psychotherapy to student and community-based individuals experiencing mood and anxiety disorders. Administer cognitive-behavioral therapy, cognitive processing therapy, and prolonged exposure.
- 2017-2019 **University of Illinois Disability Resources & Educational Services**
Supervisor: Sue Han, PhD & Kim Collins, PhD
Administer semi-structured intake interviews and psychodiagnostic and neuropsychological assessments for students at the University of Illinois at Urbana-Champaign. Provide individual psychotherapy to students with a variety of presenting concerns using cognitive behavioral therapy, motivational interviewing, interpersonal psychotherapy, and dialectal behavioral therapy.
- 2016-2017 **University of Illinois Autism Clinic**
Supervisor: Amy Cohen, PhD
Administered diagnostic assessments (ADOS-2) for autism spectrum disorder for children (12 months – 18 years). Provided feedback and coordination of services for families. Co-led several groups (PEERS Social Skills Training) for adolescents on the autism spectrum from ages 12 to 17 years. Served as a peer supervisor in Summer 2017.
- Spring 2016 **UNCG Psychology Clinic, Assessment Practicum**
Supervisor: Blair Wisco, PhD
Administered psychodiagnostic assessments, IQ testing, and achievement testing to adults with a host of referral questions. Trained to administer WAIS - IV, WJ-IV, WISC-V, WIAT-III, WPPSI - IV, Stanford Binet - 5, SCID-5-CV, SCID-5-PD, MMPI-2, MCMI.
- 2015 – 2016 **UNCG Psychology Clinic, Group therapy**
Supervisor: Rosemary Nelson-Grey, PhD
Co-leader of the Adult Dialectical Behavioral Therapy Group. Program focused on teaching emotion regulation, distress tolerance, interpersonal effectiveness, and mindfulness to individuals with borderline personality disorder and bipolar disorder.
- 2015 – 2016 **UNCG Psychology Clinic, Individual therapy**
Supervisor: Blair Wisco, PhD
Provided individual psychotherapy based on empirically validated treatments for adult community patients primarily experiencing anxiety, ADHD, and mood disorders. Primary training in Cognitive Behavioral Therapy, Cognitive Therapy, Dialectical Behavioral and Mindfulness-Based Therapies, and Motivational Interviewing.
- Summer 2015 **UNCG Dream Camp**
Supervisors: Rosemary Nelson-Grey, PhD & Susan Keane, PhD
Served as a student therapist for a group of individuals ages 15-18 with autism spectrum disorders and social skills deficits. Implemented behavioral modification and social skills training.
- 2011- 2014 **Schizophrenia and Bipolar Disorder Program, McLean Hospital, Belmont, MA**
Supervisor: Kathryn Eve Lewandowski, PhD

Conducted SCID-IV-TR diagnostic interviews, measures of symptom severity (YMRS, MADRAS, PANSS, SAPS), community functioning (MCAS), and cognitive functioning (MCCB) with adults diagnosed with bipolar disorder and schizophrenia. Administered cognitive remediation and psychosocial bridging sessions to patients with bipolar disorder within an RCT.

TEACHING EXPERIENCE

- Fall 2018 **Psychology Writing Support Center (Supervisor: Catharine Fairbarn, Ph.D.)**
Lead Writing TA
Serve as the lead writing mentor for graduate students seeking support at the writing center. Tasks include reviewing, editing, and providing support for graduate student's writing assignments, manuscripts, and grant submissions. Led a peer-supported writing group for NSF GRFP applications. Other tasks include developing a writing workshop and resources for effective scientific writing for the center library.
- Fall 2017 **Psychopathology and Problems in Living (Teaching Supervisor: Mikhail Lyubansky)**
Instructor of record
Instructor for two sections of 50 students each. Topics covered abnormal psychology, definition, classification, and conceptualization of mental illness, and research in abnormal psychology.
- Spring 2016 **Graduate Research Methods (Instructor: Thomas Kwapil)**
Teaching Assistant
Provided feedback on weekly response papers and drafts of thesis proposal documents.
- Fall 2015 **Research and Statistical Methods (Teaching Supervisor: Suzanne Schallhorn)**
Lab Instructor
Led a lab section twice per week, presented weekly lectures, graded assignments.
- Spring 2015 **Developmental Psychology (Instructor: Thanujeni Pathman)**
Teaching Assistant & Guest Lecturer
Attended lectures, graded assignments, wrote and graded midterm and final exam. Gave a guest lecture on executive functioning and reasoning.
- Spring 2015 **Freshman Seminar: Film and Psychopathology (Instructor: Thomas Kwapil)**
Teaching Assistant
Graded and provided weekly feedback on writing assignments. Specifically aimed to improve writing skills and to emphasize considerations in writing about psychopathology.
- Fall 2014 **Cognitive Development (Instructor: Thanujeni Pathman)**
Teaching Assistant & Guest Lecturer
Attended lectures, graded assignments, wrote and graded weekly reading quizzes. Gave a guest lecture on executive functioning, metamemory, and metacognition.

Editorial Activities

Ad-hoc Reviewer

Neuroscience and Biobehavioral Review
Psychiatry and Clinical Neurosciences
Psychiatry Research
Journal of Affective Disorders
Psychophysiology

Journal of Medical Internet Research
Assessment
Journal of Personality
Cognition & Emotion

PROFESSIONAL ASSOCIATIONS

2016 – Present	Society for Ambulatory Assessment (SAA)
2016 – Present	Society for Affective Science (SAS)
2015 – Present	Psi Chi Society
2014 – Present	Society for Research on Psychopathology (SRP)
2014 – Present	American Psychological Association (APA)
2015 – 2017	Association of Psychological Science (APS)

CLINICAL AND RESEARCH TRAININGS

Interpersonal and Social Rhythms Therapy: Online Course

Skills Training in Affective and Interpersonal Regulation (STAIR): Online course - VA TMS

CBT for Insomnia: CBTi-web.org

Prolonged Exposure: Online course – Charleston VAMC/MUSC National Crime Victims Center

Early Intervention in Psychosis Workshop, June 3rd, 2016, Boston, MA.
Massachusetts Mental Health Center/Harvard Medical School Department of Psychiatry
Workshop Directors: Larry J. Seidman, PhD, Margaret Guyer, PhD, & Matcheri S. Keshavan, MD

Mindware Heart Rate Variability Workshop, June 13th-14th, 2015. Columbus, OH.

Cognitive Remediation in Psychiatry Annual Conference, June 8th, 2012. New York, NY.
Workshop: “Compensatory Cognitive Training: Success without Drills” by Elizabeth Twamley, Ph.D.
Workshop: “Cognitive Remediation in Public Psychiatry Settings” by Jean-Pierre Lindenmeyer, M.D., & Alice Saperstein, Ph.D.

Partners Magnetic Resonance Environmental Safety and Certification Training
Certification: 1.5, 3, and 4 Tesla MR

PROFESSIONAL SKILLS

Software: Excel, SPSS, BioLab, Medialab, Qualtrics, Mplus, R, MATLAB (beginner), SPM (beginner)
Technology: Mindware Impedance Cardiography
Methodology: Multilevel modeling, growth curve modeling, structural equation modeling

Professional References

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