

Mary (Molly) Schadegg, Ph.D.

Curriculum Vitae

Anxiety, Stress, & Prolonged Grief Program
NYU Grossman School of Medicine/NYU
Langone Health
One Park Ave., 8th Floor
New York, NY 10016

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Current Position

2023 - Current **Post Doctoral Research Fellow**
Anxiety, Stress, and Prolonged Grief Program
NYU Grossman School of Medicine/NYU Langone Health
New York, NY
PI: Naomi Simon, MD MSc

Education

2022 - 2023 **Doctoral Psychology Internship**
Salem Veterans Affairs Medical Center, Salem, VA (APA-Accredited)
Director of Training: Dana Holohan, Ph.D.

2023 **Doctor of Philosophy, Clinical Psychology**
University of Mississippi, University, MS (APA-Accredited)
GPA: 4.0
Dissertation: *Transdiagnostic processes of generalized anxiety disorder: An experimental investigation evaluating the role of emotion regulation in uncertain contexts* (defended 11/30/2022)
Chair: Laura J. Dixon, Ph.D.

2018 **Master of Arts, Clinical Psychology**
Towson University, Towson, MD
GPA: 3.95
Thesis: *Contrast Avoidance Model: Relationship to Intolerance of Uncertainty and Fear of Change* (defended 12/8/2017)
Chair: Sandra J. Llera, Ph.D.

2014 **Bachelor of Arts, Psychology**
Pennsylvania State University, University Park, PA
GPA: 3.83

Peer-Reviewed Publications

11. **Schadegg, M. J.**, Dixon, L. J., & Lee, A. A., (2024). Emotion Regulation Difficulties and Smoking Behavior Among Adults with Chronic Obstructive Pulmonary Diseases. *Psychiatry Quarterly*, 1-13.

10. Dixon, L. J., **Schadegg, M. J.**, Clark, H. L., Sevier, C. J., & Witcraft, S. M. (2024). Prevalence, phenomenology, and impact of misophonia in a nationally representative sample of US adults. *Journal of Psychopathology and Clinical Science*.
9. Courtney, R. E., **Schadegg, M. J.**, Bolton, R., Smith, S., & Harden, S. (2024). Using a Whole Health Approach to Build Biopsychosocial-Spiritual Personal Health Plans for Veterans with Chronic Pain. *Pain Management Nursing*, 25(1), 69-74.
8. Dixon, L., **Schadegg, M.**, Clark, H., & Perry, M. (2023). Public awareness of Misophonia in US adults: a Population-based study. *Current Psychology*, 1-10.
7. Courtney, R. E., & **Schadegg, M. J.** (2023). Chronic, Noncancer Pain Care in the Veterans Administration: Current Trends and Future Directions. *Anesthesiology Clinics*, 41(2), 519-529.
6. Carswell, S. B., Gordon, M. S., Gryczynski, J., Taxman, F. S., **Schadegg, M.**, Ferguson, K. N., & Maher, K. M. (2022). Continuing care app for probationers and parolees with substance use disorders. *Journal of Drug Education*, 51(1-2), 32-48.
5. Dixon, L. J., Witcraft, S. M., & **Schadegg, M. J.** (2021). COVID-19 anxiety and mental health among university students during the early phases of the US pandemic. *Journal of American College Health*, 1-9.
<https://doi.org/10.1080/07448481.2021.1923504>
4. **Schadegg, M. J.**, Clark, H. L., & Dixon, L. J. (2021). Evaluating anxiety sensitivity as a moderator of misophonia and dimensions of aggression. *Journal of Obsessive-Compulsive and Related Disorders*, 30, 100657.
<https://doi.org/10.1016/j.jocrd.2021.100657>
3. Boullion, G. Q., Witcraft, S. M., **Schadegg, M. J.**, Perry, M. M., & Dixon, L. J. (2021). Emotion regulation difficulties and depression among individuals with dermatological and body dysmorphic concerns. *The Journal of Nervous and Mental Disease*, 209(9), 650-655. <https://doi.org/10.1097/NMD.0000000000001355>
2. Buhk, A. H., **Schadegg, M. J.**, Dixon, L. J., & Tull, M. T. (2020). Investigating the role of negative and positive emotional avoidance in the relation between generalized anxiety disorder and depression symptom severity. *Journal of Contextual Behavioral Science*, 16, 103-108. <https://doi.org/10.1016/j.jcbs.2020.03.006>.
1. Gordon, M. S., Carswell, S. B., **Schadegg, M. J.**, Mangen, K., Merkel, K., Tangires, S., & Vocci, F. J. (2017). Avatar-assisted therapy: a proof-of-concept pilot study of a novel technology-based intervention to treat substance use disorders. *American Journal of Drug & Alcohol Abuse*, 43(5), 518-524.
<https://doi.org/10.1080/00952990.2017.1280816>.

Manuscripts Under Review

1. Courtney, R. E., **Schadegg, M. J.**, Hicks, H., Truitt, M., Bolton, R. E., Dezzutti, B.,

- Cannizzo, F., Darnall, B., Radatz, M., & Harden, S. M. (revise & resubmit). Using Lean Six Sigma to Develop a Whole Health Interdisciplinary Program for Chronic Pain in a VA: PREVAIL. *Global Advances in Integrative Medicine and Health*
2. Shepherd, W. S., **Schadegg, M. J.**, & Dixon, L. J., (under review). Examining the Contrast Avoidance Model to Understand the Association between Generalized Anxiety Disorder and Sleep Difficulties.
 3. Courtney, R. E., **Schadegg, M. J.**, Curry, L., Johns II, W., Walters-Threat, L., Tirando, D., Epperly, R., Naylor, J. C., Lentz, T., & Harden, S. M. (under review). The State of the Science for Interdisciplinary Team Management of Chronic Pain: A Scoping Review.
 4. **Schadegg, M. J.**, Gallo, L., Ozdoba, A., & Szuhany, K., (under review). Exercise for Mood: Cultural Adaptations of a Group Exercise Intervention for Diverse Outpatients in an Urban Community to Improve Exercise Engagement and Mood Outcomes.
 5. **Schadegg, M. J.**, Sevier, C. J., Shepherd, W. S., Witcraft, S. M., & Dixon, L. J., (under review). Interactive Effects of Intolerance of Uncertainty and Emotion Regulation on Generalized Anxiety Disorder Symptoms
 6. Freshley, A., Clark, H. L., **Schadegg, M. J.**, & Dixon, L. J., (under review). Investigating clinical correlates of adults with and without misophonia: Results from a population-based study.
 7. Courtney, R. E., **Schadegg, M. J.**, Brice, P., Friedman, B., & Fanning, J., (under review). Determining the Interconnection Between Personality and Physical Activity on Perceived Stress in a Diverse Sample.

Analyses Posted on Open Science Forum

1. **Schadegg, M. J.**, Santacatterina, M., Szuhany, K., Mete, M., Bui, E., Baker, A., Simon, N., & Hoge, E., (in prep). Role of emotion regulation in treatment response to MBSR or escitalopram for individuals with primary anxiety disorders
2. **Schadegg, M. J.**, Rosenfield, D., Szuhany, K., Hoepfner, S., Bui, E., Hoge, E., Khalsa, S. B., Hofmann, S. G., & Simon, N., (in prep). Predicting Outcomes from Yoga, Cognitive Behavioral Therapy, and Stress Education for Generalized Anxiety Disorder

Chapters

1. Skaf, S., **Schadegg, M. J.**, & Simon, N, (2024). Combining Pharmacotherapy and Prolonged Exposure Therapy for PTSD In: PE for PTSD: Innovations to Improve Access, Engagement, and Outcomes

Symposia and Panels Chaired or Discussant

1. Dixon, L. J. & **Schadegg, M. J.** (2022, November). *Building misophonia knowledge*

through the examination of phenotypes, mechanisms, treatment strategies, stakeholder perceptions, and public awareness. Symposium chaired at the 56th Annual Meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Oral Presentations

8. **Schadegg, M. J.**, Santacatterina, M., Szuhany, K., Mete, M., Bui, E., Baker, A. W., Simon, N., & Hoge, E. (submitted). Role of emotion regulation in treatment response to MBSR or escitalopram for individuals with primary anxiety disorders. Talk submitted to NYU's Sixth Annual Psychiatry Research Day 2024.
7. Szuhany, K. L., **Schadegg, M. J.**, Gallo, L., & Ozdoba, A (2024, November). Exercise for Mood: Cultural Adaptations of a Group Exercise Intervention for Diverse Outpatients in an Urban Community to Improve Exercise Engagement and Mood Outcomes. Paper submitted in K. Szuhany (Chair), *Adapting Exercise Interventions to Increase Community Engagement, Engage Vulnerable Populations, and Utilize Innovative Assessment Methods*. Symposium submitted to the 58th Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
6. Dixon, L. J., **Schadegg, M. J.**, Clark, H. L., Perry, M. M., Sevier, C. J., & Hana, L. (2022, November). Assessing public awareness and knowledge of misophonia in a nationally representative sample of adults. Paper presented in L. Dixon & **M. Schadegg** (Chairs), *Building misophonia knowledge through the examination of phenotypes, mechanisms, treatment strategies, stakeholder perceptions, and public awareness*. Symposium presented at the 56th Annual Meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
5. **Schadegg, M. J.**, (2022, October). *Transdiagnostic processes of generalized anxiety disorder: An experimental investigation evaluating the role of emotion regulation in uncertain contexts*. Research presented at the Salem Veteran Affairs Medical Center Continued Education Series, Salem, VA.
4. Holohan, D. R., & **Schadegg, M. J.**, (2022, September). *Evaluating the Impact of Supplementing Residential Substance Use Treatment with Written Exposure Therapy for Veterans with Co-Occurring PTSD and Substance Use Disorders*. Grant presented at the Research and Development Monthly Investigator's Meeting. Salem Veteran Affairs Medical Center, Salem, VA.
3. Dixon, L. J., **Schadegg, M. J.**, Boullion, G. Q., Witcraft, S. M., & Perry, M. M. (2019, November). Obsessive-compulsive related disorders, emotion regulation, and quality of life in adults with skin disease. In J. McCann (Chair), *Change that matters: What, why, and how meaningful change happens in CBT for anxiety-related disorders*. Paper presented at the Association for Behavioral and Cognitive Therapies 53rd Annual Convention, Atlanta, GA.
2. **Schadegg, M. J.**, & Dixon, L. J. (2019, April). *Aggression and sound: The role of anxiety sensitivity in misophonia and aggression*. Data Blitz presented at the 6th annual University of Mississippi Psychology Research Day, University, MS.

1. Gordon, M. S., Carswell, S. B., & **Schadegg, M. J.** (2017, September). *Technology Interventions for Individuals with Substance Use Disorders Under Community Supervision*. Paper presented at Leveraging Technology to Improve Treatment Outcomes for Justice-Involved Populations. National Institute on Drug Abuse, in partnership with the National Institute on Justice, North Bethesda, MD.

Poster Presentations

23. Wilson, N., Almada-Makebish, L., **Schadegg, M. J.**, Irwin, M., Cornejo, G., Goodwin, L., Badillo-Perez, A., Baker, A., Bragdon, L., Szuhany, K., Raio, C., & Simon, N. (submitted). *Understanding the Interplay between Anxiety Sensitivity and Depressive Symptoms on Exercise Levels in Patients with Anxiety Disorders*. Poster submitted to NYU's Sixth Annual Psychiatry Research Day 2024.
22. Irwin, M., Almada-Makebish, L., Wilson, N., Cornejo, G., **Schadegg, M. J.**, Bragdon, L., Szuhany, K., Raio, C., & Simon, N. (submitted). *The relationship between SSRI use on interoception sensibility in a Generalized Anxiety Disorder sample*. Poster submitted to NYU's Sixth Annual Psychiatry Research Day 2024.
21. Almada-Makebish, L., Irwin, M., Wilson, N., **Schadegg, M. J.**, Szuhany, K., Raio, C., & Simon, N. (submitted). *Examining the relationship between depressive symptoms and metacognitive tendencies in a sample of individuals with primary generalized anxiety disorder*. Poster submitted to NYU's Sixth Annual Psychiatry Research Day 2024.
20. Usdan, H, **Schadegg, M. J.**, Irwin, M, Baker, A. W., Simon, N. M., & Szuhany, K. L. (2024, November). *Exploring the Effect of Anxiety Disorder Diagnosis and Experiencing a Trauma on Emotion Regulation Deficits*. Poster to be presented at the 58th Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
19. **Schadegg, M. J.**, Goodwin, E, Grueskin, E, Baker, A. W., Simon, N, & Szuhany, K (2024, November). *Characterization of Anger Attacks Among Those With Anxiety Disorders*. Poster to be presented at the 58th Annual Meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
18. **Schadegg, M. J.**, Usdan, H, Cornejo, G, Szuhany, K, Mete, M, Bui, E, Baker, A, Simon, N, & Hoge, E (2024, April). *Differential Emotion Regulation Changes among Adults with Anxiety Disorders in a Randomized Clinical Trial of Mbsr Vs. Escitalopram*. Poster presented at the 2024 Annual Anxiety and Depression Association of America Convention, Boston, MA.
17. Cornejo, G, Irwin, M, **Schadegg, M. J.**, Grueskin, E, Yan, J, Baker, A. W., Simon, N, & Szuhany, K (2024, April). *Examining Interactive Effects between Anxiety Sensitivity and Emotion Regulation on Anxious Symptom Severity*. Poster presented at the 2024 Annual Anxiety and Depression Association of America Convention, Boston, MA.

16. **Schadegg, M. J.**, Hicks, N., Curry, L., Spicer, D., Patel, S., Scott, T., & Courtney, R. E. (2024, March). *Pain School: Examining the Reach and Feasibility of a Standardized Pain Education Class in a Rural VA*. Poster presentation at the 40th Annual Meeting of the American Academy of Pain Medicine, Scottsdale, AZ.
15. **Schadegg, M. J.**, Fair, L. G., & Laura J. Dixon, L. J. (2022, November). *Using a Behavioral Paradigm of Uncertainty to Investigate Emotion Regulation among Individuals with and without Generalized Anxiety Disorder Symptoms*. Poster presented at the 56th Annual Meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
14. Shepherd, W. S., Nyary, A. L., **Schadegg, M. J.**, Dixon, L. J. (2022, April). *Contrast avoidance helps explain sleep disturbances in individuals with anxiety*. Poster presented at the 7th Annual University of Mississippi Psychology Research Day, Oxford, MS.
13. **Schadegg, M. J.**, Shepherd, W. S., & Dixon, L. J. (2021, November). *Investigating the Contribution of Emotion Dysregulation in Skin Picking among Adults with Skin Disease*. Poster presented for the 55th Association for Behavioral and Cognitive Therapies Annual Convention, New Orleans, LA.
12. Hana, L. M., **Schadegg, M. J.**, & Dixon, L. J. (2021, November). *How Does Physiological Arousal Affect Avoidance? Examining Anxiety Sensitivity, Nonacceptance, and Safety Behaviors in Socially Anxious College Students*. Poster presented for the 55th Association for Behavioral and Cognitive Therapies Annual Convention, New Orleans, LA.
11. Shepherd, W. S., **Schadegg, M. J.**, & Dixon, L. J. (2021, September). *Testing the Association between Emotion Regulation and the Contrast Avoidance Model*. Poster presented at the Mississippi Psychological Association 72nd Annual Convention, Biloxi, MS.
10. **Schadegg, M. J.**, & Dixon, L. J. (2020, November). *Investigating the Role of Emotion Dysregulation in Anxiety and Chronic Disease Self-Management among Adults with Skin Disease*. Poster presented for the 54th Association for Behavioral and Cognitive Therapies Annual Convention, Philadelphia, PA
9. Perry, M. M., **Schadegg, M. J.**, & Dixon, L. J. (2020, November). *Understanding the Impact of Maternal Parenting Practices on College Students' Experiences of Social Anxiety through Emotion Regulation*. Poster presented for the 54th Association for Behavioral and Cognitive Therapies Annual Convention, Philadelphia, PA
8. **Schadegg, M. J.**, Witcraft, S. M., Perry, M. M., Boullion, G. Q., & Dixon, L. J. (2019, November). *An Aggressive Reaction to Sound: The Interactive Effects of Anxiety Sensitivity and Misophonia on Facets of Aggression*. Poster presented for the Association for Behavioral and Cognitive Therapies 53rd Annual Convention, Atlanta, GA.

7. Witcraft, S. M., **Schadegg, M. J.**, Boullion, G. Q., Perry, M. M., & Dixon, L. J. (2019, November). *What Sensitivities Matter in Dental Anxiety? Investigating Sensitivity to Anxiety, Pain, and Disgust*. Poster presented for the 53rd Association for Behavioral and Cognitive Therapies Annual Convention, Atlanta, GA
6. Perry, M.M, Boullion, G. Q., **Schadegg, M.J.**, Witcraft, S.M. & Dixon, L. J. (2019, November). *Examining Interpersonal and Intrapersonal Emotion Regulation, Social Anxiety, and Aggression among College Students*. Poster presented for the 53rd Annual Association for Behavioral and Cognitive Therapy Convention, Atlanta, GA.
5. Boullion, G. Q., Perry, M. P., Witcraft, S. M., **Schadegg, M. J.**, & Dixon, L. J. (2019, November). *Social Anxiety and Loneliness: The Indirect Effect of Emotion Regulation Difficulties*. Poster presented for the 53rd Annual Association for Behavioral and Cognitive Therapy Convention, Atlanta, GA.
4. Grace, D. M., Reynolds, A. S., **Schadegg, M. J.**, & Dixon, L. J. (2019, April). *I Can't Stress This Enough: Correlates of Stress in a Southern University Population*. Poster presented for the 6th annual University of Mississippi Psychology Research Day, University, MS.
3. **Schadegg, M. J.**, & Llera, S (2018, November). *Fear of Change: A New Concept and its Relationship to the Underlying Mechanisms of GAD*. Poster presented for the 52nd Annual Association for Behavioral and Cognitive Therapy Convention, Washington, DC.
2. **Schadegg, M. J.**, & Llera, S (2018, April). *Relationship between Contrast Avoidance Model and Intolerance of Uncertainty: A Path Analysis*. Poster presented for the 38th Annual Anxiety and Depression Association of America Convention, Washington, DC.
1. Blue, T. R., **Schadegg, M. J.**, Gordon, M., & Rich, J. D. (2018, March). *Long-term Follow-up of Individuals under Community Supervision Who Refused Rapid HIV Testing*. Poster presented for the Academic and Health Policy Conference on Correctional Health. Academic Consortium on Criminal Justice Health, Houston, TX.

Grant Experience

Jun 2024
(not funded)

F. J. McGuigan Early Career Investigator Research Grant
Establishing Objective Measurement and Validation of Avoidance as Core Component of the Understudied Condition Misophonia
Role: Principal Investigator

Jan 2024
(not funded)

Graduate Women In Science Fellowship
Examining the Underlying Psychological Mechanisms Associated with Misophonia
Role: Principal Investigator

Aug 2023 – Current

- National Center for Complementary and Integrative Health**
(R61 AT012026-01)
Randomized Placebo-Controlled Trial to Determine the Biological Signature of Cannabidiol as a Treatment for Social Anxiety Disorder
Role: Independent Evaluator
PI: Naomi Simon, M.D. MSc
- Aug 2023 – Current **National Institute of Mental Health** (K23 MH122773)
Optimizing Exercise for the Treatment of Anxiety
Role: Independent Evaluator
PI: Kristin Szuhany, Ph.D.
- Aug 2023 – Current **National Center for Complementary and Integrative Health**
(1R01 AT011257-01)
Mindfulness Based Stress Reduction and Stress Education Mechanisms in Generalized Anxiety Disorder
Role: Independent Evaluator
PI: Naomi Simon, M.D. MS
- July 2022 – Nov 2022 **RR&D Small Projects in Rehabilitation Research (SPiRE)**
Evaluating the Impact of Supplementing Residential Substance Use Treatment with Written Exposure Therapy for Veterans with Co-occurring PTSD and Substance Use Disorders.
Role: Grant Administrator
PI: Dana Holohan, Ph.D.
Amount Awarded: \$230,000
- June 2021 – June 2022 **Misophonia Research Fund Grant**
Advancing the Characterization and Assessment of Misophonia Through Laboratory and Populations-based Research
Role: Research Coordinator
PI: Laura J. Dixon, Ph.D.
Amount awarded: \$399,986
- Sep 2019 – Aug 2020 **National Institute of Minority Health and Health Disparities**
(2R44 MD008848-02)
Continuing Care App for Probationers and Parolees with Substance Use Disorders (Randomized control trial)
Role: Research Consultant
PI: Steven Carswell, Ph.D.
- Jan 2018 - Jul 2018 **National Institute on Drug Abuse** (N44 DA-16-5580)
Screening Assessment and Resources
Role: Research Coordinator
PI: Jami L. Obermayer, Ph.D.
- May 2016 - Jul 2018 **National Institute of Minority Health and Health Disparities**
(1R41 MD008848-01)

- Continuing Care App for Probationers and Parolees with Substance Use Disorders* (Feasibility trial)
 Role: Research Coordinator
 PI: Steven Carswell, Ph.D.
- Jan 2017 - Jun 2017 **National Cancer Institute** (1R43 CA195849-01)
Mobile Mindfulness Based Smoking Cessation
 Role: Research Coordinator
 PI: Jami L. Obermayer, Ph.D.
- May 2016 - Jan 2017 **National Institute of Minority Health and Health Disparities**
 (1R41 MD009540-01)
Avatar Assisted Therapy for Probationers and Parolees with Substance Use Disorders
 Role: Research Coordinator
 PI: Michael Gordon, D.P.A.
- May 2016 - Sep 2016 **National Institute on Drug Abuse** (5R01 DA030771)
A Randomized Controlled Trial and Cohort Study of HIV Testing and Linkage to Care at Community Corrections
 Role: Research Assistant
 PI: Michael Gordon, D.P.A.
- Aug 2012 - May 2014 **National Institute of Mental Health**
Early Growth & Development Study (EGDS)
 Role: Research Assistant
 PI: Ginger Moore, Ph.D.

Awards and Honors

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| 2022 | Clinical Graduate Student Research Award (\$75), University of Mississippi |
| 2018 - 2022 | Graduate Honors Fellowship (\$3,000 per year), University of Mississippi |
| 2018 - 2021 | Psychology Department Travel Award (\$400), University of Mississippi |
| 2016 | Research Assistantship (full tuition waiver), Towson University |
| 2010 - 2014 | Dean's List, Pennsylvania State University |

Research Experience

- Aug 2023 - Current **Post Doctoral Research Fellow**
 Anxiety, Stress, and Prolonged Grief Program
 NYU Langone Health, New York, NY
 PI: Naomi Simon, MD MSc
- Administer diagnostic, symptom, and cognitive assessments including the SCID-5, MINI-5, SIGH-A, MADRS, LSAS, CGI, and MoCA.
 - Serving as the clinician for the Trier Social Stress Test
 - Mentor research assistants on independent research projects and participant clinical phone screening

- Develop projects and prepare manuscripts for publication in areas of anxiety and stress related disorders

Jul 2022 - Jul 2023

Clinical Psychology Doctoral Research Intern

Salem VA Medical Center, Salem, VA

12-Month Research Rotation

Supervisor: Rena "Liz" Courtney, Ph.D.

- Managed data sets in REDCap
- Prepared manuscripts for publication in the area of translational research for chronic pain.

Aug 2018 -June 2022

Graduate Research Assistant

University of Mississippi, Department of Psychology, University, MS
Health and Anxiety Research and Treatment Lab (HART)

Supervisor: Laura J. Dixon, Ph.D.

- Developed studies using daily diary methods and behavioral paradigms to examine health related behaviors and transdiagnostic processes in those with GAD symptoms.
- Prepared manuscripts for publication in the areas of transdiagnostic mechanisms, anxiety, and health.
- Mentored undergraduates and junior graduate students in abstract submissions to conferences and honor's theses.
- Coordinated a grant funded study focused on the creation of a clinical interview for misophonia as well as examining physiological reactions, and mental health comorbidities in misophonia.
- Administered diagnostic assessments including the DIAMOND and the DIPD.

Sep 2019 - Aug 2020

Research Consultant

Friends Research Institute (FRI), Baltimore, MD

Contact: Steven Carswell, Ph.D.

- Designed interface and content for phone application created to provide after-care support for those leaving SUD treatment
- Prepared manuscript on feasibility of application created for SUD treatment after-care.

Aug 2016 - Aug 2018

Graduate Research Assistant

Towson University, Department of Psychology, Towson, MD

Llera's Lab on Emotion Regulation and Anxiety (LLERA)

Supervisor: Sandra J. Llera, Ph.D.

- Helped troubleshoot research issues and run participants for Towson undergraduate student's research projects
- Submitted IRB application for both pilot study and thesis research
- Developed, and conducted original research for Master's thesis
- Analyzed data using path modeling with MPlus 7.3

- Prepared and submitted thesis research to annual ADAA Conference

May 2016 - Jul 2018

Research Coordinator

Friends Research Institute (FRI), Baltimore, MD

Supervisor: Dr. Michael Gordon

- Managed study research assistants and staff.
- Created, organized, and maintained study materials for baseline and follow-up assessments for numerous grant funded studies.
- Liaised with inner city clinic staff to recruit study participants for multiple studies.
- Designed interface for app created to provide after-care support for those leaving SUD treatment
- Recruited, interviewed, and trained feasibility trial participants from Baltimore city, and an inner city clinic for numerous studies
- Managed data and ran statistical analyses using SPSS and created manuscript ready statistical tables
- Recruited for and ran demonstration sessions on how to use the Avatar Assisted Therapy program with clinicians and patients
- Created recruitment advertisement for Baltimore city paper and recruitment flyers to be used in prisons and community clinics
- Participated in manuscript preparation including literature reviews, writing, and editing before submission for publication
- Created conference presentations and contributed to the creation of posters for various ongoing studies
- Prepared grant applications for Phase II randomized control trials

Aug 2016 - Dec 2016

Graduate Research Assistant

Towson University, Department for Occupational Therapy and Occupational Sciences, Towson, MD

Supervisor: Regena Stevens-Ratchford, Ph.D.

- Organized data, developed statistical tables, and assisted in the writing and submission of manuscript on mixed methods ballroom dance
- Assisted in the creation of posters for presentation at the 2016 Maryland Occupational Therapy Association conference.

Aug 2014 - Aug 2016

Research Assistant

George Mason University, Fairfax, VA

Cognitive Vulnerability Lab

Supervisor: John Riskind, Ph.D.

Aug 2012 - May 2014 **Undergraduate Research Assistant**
Pennsylvania State University, University Park, PA
Parent-Infant Interaction Lab
Supervisor: Ginger Moore, Ph.D.

Teaching Experience

Fall 2024 **Virtual Instructor**
University of Miami, Coral Gables, FL
Course: PSY 240: Psychopathology
Undergraduate level

2024 **Lecturer for Medical Student Seminar**
NYU Grossman School of Medicine, New York, NY
Seminar: Introduction to Cognitive Behavioral Therapy
Occurs every 6 weeks during medical student psychiatry rotation

Spring 2022 **Teacher of Record**
University of Mississippi, University, MS
Course: 311: Psychopathology: An Integrative Approach
Undergraduate level
Overall Rating: 4.4/5.0

May 2019 – May 2021 **Teaching Assistant**
University of Mississippi, University, MS
Course: Learning

Fall 2018 **Teaching Assistant**
University of Mississippi, University, MS
Course: Introduction to Psychology

Fall 2018 **Guest Lecturer**
University of Mississippi, University, MS
Course: Introduction of Psychology, "Sensation and Perception: Sight"

Aug 2011 - May 2012 **Undergraduate Teaching Assistant**
Pennsylvania State University, University Park, PA
Course: Introduction to Psychology

Supervision/Mentoring Experience

2022 **Psychology Intern Clinical Supervisor**
Behavioral Medicine-Sleep Clinic, Salem VAMC, Salem, VA
Tiered supervision provided to 3rd year psychology practicum student supervised by a licensed clinical psychologist.
Supervisor: Drew Bassett, Ph.D.

- Led CBT-SUD groups for resident Veterans at an in-patient program focused on treatment of substance use.
- Implemented manualized Written Exposure Therapy (WET) for resident Veterans with comorbid PTSD and SUD.
- Provided and coded Motivational Interviewing interventions for Veterans struggling with tobacco and alcohol use.

Geropsychology/Center for Aging and Neurocognitive Sciences

Supervisor: Lauren Hagemann, Ph.D.

Position Overview:

- Provided CBT and ACT for older adult Veterans and manualized protocols for caregivers of those with cognitive deficits.

November 2022 – March 2023

Evidence-Based Psychotherapy/Mental Health Clinic

Supervisor: Lisa Mieskowski, Ph.D.

Position Overview:

- Provided evidence-based interventions (e.g., ACT for depression; ERP; CBT for Worry) for Veterans struggling with mood and anxiety related disorders.
- Administered evidence-based assessments for Veterans to provide differential diagnoses to inform both behavioral and psychopharmacological treatments.

Clinical Neuropsychology/Center for Aging and Neurocognitive Sciences

Supervisor: Sagar Lad, Ph.D.

Position Overview:

- Administered, and scored batteries of neuropsychiatric assessments. Conducted written case conceptualizations. Developed recommendations, and provided differential diagnoses to inform treatment plans.
- Assessments included CVLT-3, Trail Making, measures of verbal fluency, WCST, clock drawing test, the MOCA, Stroop Test., COWAT, FAS, RBANS, and measures of motor functioning.

July 2022 – November 2022

Primary Care Mental Health Integration/Behavioral Medicine Clinic

Supervisor: Drew Bassett, Ph.D.

Position Overview:

- Provided integrated, evidence-based assessment, intervention, and consultation for Veterans as part of an

interdisciplinary treatment team in primary care clinics (e.g., risk assessments, brief interventions).

- Provided integrated, evidence-based, brief interventions chairside in the Oncology clinic to Veterans with cancer and other chronic illness diagnoses.
- Provided evidence-based interventions for sleep disorders (e.g., CBT-I).
- Co-led evidence-based groups for Sleep Hygiene and Tinnitus Management.

Feb 2019 – May 2022

Graduate Student Therapist

Psychological Services Center, University of Mississippi, University, MS

Supervisors: Laura J Dixon Ph.D.; Stefan E. Schulenberg Ph.D.; John Young Ph.D.; & Alan Gross, Ph.D.

Position Overview: Provided evidence-based interventions to diverse patients from the greater northeast Mississippi region and University of Mississippi campus presenting with anxiety, depressive, trauma, personality, substance use, bipolar, and eating disorders.

Jan 2021 – Jan 2022

Opioid Replacement Therapist

Willow, Pain, & Wellness, Oxford, MS

Supervisor: John Young, Ph.D.

Position Overview: Worked as part of a multidisciplinary pain management team, providing evidenced-based group and individual psychological interventions to patients undergoing opioid replacement therapy who have co-occurring chronic pain and/or substance use disorder(s).

Jun 2020 - Jun 2021

Psychological Assessor and Individual/Group Therapist

Stonewater Adolescent Recovery Center, Oxford, MS

Supervisor: Kristin Austin, Ph.D.; Scott Gustafson, Ph.D.

Position Overview:

- Provided comprehensive psychological testing to male adolescents with primary diagnoses of substance use disorder(s) struggling with co-occurring problems that include attention-deficit/hyperactivity disorder, specific learning disorder, intellectual disability, and other psychological difficulties. Conducted written and assessment case conceptualizations. Presented assessment results and recommendations to a multidisciplinary team to facilitate collaboration in providing comprehensive services.
- Delivered evidence-based interventions to adolescent (13 to 18 years old) male residential patients with severe substance use disorders and co-occurring mental health problems in individual and group therapies. Worked as part of a multidisciplinary team that included therapists,

medical staff, teachers, and direct care staff to provide comprehensive care.

- Jun 2020 - Jun 2021 **Psychological Assessor**
 Psychological Assessment Clinic, University of Mississippi, University, MS
 Supervisor: Kristin Austin, Ph.D.; Scott Gustafson, Ph.D.
Position Overview: Provided comprehensive psychological testing and feedback to adults with presenting problems including attention-deficit/hyperactivity disorder, specific learning disorder, and other psychological difficulties. Conducted written assessment case conceptualizations.
- Jul 2019 - Jun 2020 **Outpatient Therapist**
 Communicare, Lafayette County Office
 Region 2 Community Mental Health Center, Oxford, MS
 Supervisor: Scott Gustafson, Ph.D. & Dixie Church, MA, LMFT
Position Overview: Provided evidence-based interventions to diverse patients including those suffering from anxiety, depressive, substance use, personality disorders, as well as serious mental illness (e.g., schizophrenia, bipolar disorder). Worked as part of a multidisciplinary team including other mental health service providers, and medical providers, to provide comprehensive services.
- Aug 2017 - May 2018 **Clinical Intern Therapist**
 The ProBono Counseling Project, Towson, MD
 Supervisor: Sherri Bloom, LCSW-C & Dorcas Hutton, LCPC
- Summer 2012, 2013 **Clinical Intern**
 Summit Clinical Services, LLC, Leonardtown, MD
 Supervisor: Sarah Mead, LCSW-C

Service and Administrative Roles

- 2024 **Reviewer for American Psychological Foundation**
 Member for Grant Review Committee for:
2024 Practice Based Evidence Fund Grant
2024 Sharon Stephens Brehm Undergraduate Psychology Scholarships
2024 Visionary Grants
- 2024 **Reviewer for Association for Behavioral and Cognitive Therapies Annual Convention**
 Reviewed poster, round table, and symposium submissions for the annual convention.
- Jul - Nov 2022 **Clinical Psychology Doctoral Intern – Administrative Rotation**
 Salem Veteran Affairs Medical Center, Salem, VA

Completed IRB submissions and Just In Time paperwork for RR&D Small Projects in Rehabilitation Research.

- 2020 - 2022 **Psychology Research Committee Graduate Representative**
Department of Psychology, University of Mississippi, University, MS
Represented graduate students to the faculty research committee and organized submissions and day of poster presentations for departmental research day.
- 2019 - 2020 **Graduate Student Advisory Committee Member**
Department of Psychology, University of Mississippi, University, MS
Elected to represent graduate student interests to the Department of Psychology Chair.
- 2019 **University of Mississippi Psychology Research Day Poster Presentation Judge**
Department of Psychology, University of Mississippi, University, MS
- 2017 - 2018 **Psychology Graduate Student Association (PGSA) - Communication and Social Media Coordinator**
Department of Psychology, Towson University, Towson, MD
Managed social presence of the PGSA and advertised for the first annual departmental research day.
- 2016 - 2018 **Graduate Student Advisory Member**
College of Liberal Arts, Towson University, Towson, MD
Elected to represent graduate student interests to the Department of Psychology Chair.

Workshops and Seminars Attended

- Fall 2022 **Motivational Interview/Motivational Enhancement Therapy Training (8hrs)**
Salem VA Medical Center, Salem, VA
Instructors: Steven Lash, Ph.D. and Phil Lehman, Ph.D.
- Fall 2021 **Advanced Evidence-Based Clinical Intervention: Supervision Seminar (16 weeks)**
University of Mississippi, University, MS
Instructor: John Young, Ph.D.
- Nov 2021 **Misophonia Research Fund Annual Meeting**
REAM Foundation and Milken Institute, Chicago, IL
- Jul 2021 **Diagnostic Interview for Anxiety, Mood, And Obsessive-Compulsive And Related Neuropsychiatric Disorders (DIAMOND) Training Program (2hrs)**
Online training by Hartford HealthCare

- Oct 2020 **Clinical Suicidology (2hrs)**
Online training at National Register of Health Service
Psychologists
Instructors: Samantha Chalker, Ph.D., Blaire Ehret, Ph.D.,
Josephine Au, Ph.D., and David Jobes, Ph.D.
- Fall 2020 **Dialectical Behavior Therapy Seminar (16 weeks)**
University of Mississippi, University, MS
Instructor: Laura J. Dixon, Ph.D.
- Nov 2019 **Functional Analysis in Process-Based CBT (2 hrs)**
Association for Behavioral and Cognitive Therapy Convention,
Atlanta, GA
Instructors: Stefan G Hofmann, Ph.D. & Steven C. Hayes, Ph.D.
- Oct 2019 **An Introduction to Relational Frame Theory (web-based)**
Online training at Foxy Learning
Instructor: Eric J. Fox
- Sep 2019 **Administration and scoring of the Woodcock-Johnson –
Fourth Edition (WJ-IV) Tests of Achievement, Cognitive
Abilities, and Oral Language (2 hrs)**
University of Mississippi, University, MS
Instructor: Marci Weber, Alexis Liberto, Ashley Polk, Gina Boullion,
& Dan Pineau
- Fall 2019 **Evidence-based Services Seminar (16 weeks)**
University of Mississippi, University, MS
Instructor: John Young, Ph.D.
- Spring 2019 **Acceptance and Commitment Therapy Seminar (16 weeks)**
University of Mississippi, University, MS
Instructor: Kelly Wilson, Ph.D.
- Nov 2018 **Dimensions and Diagnosis of Autism Spectrum Disorder (2
hrs)**
University of Mississippi, University, MS
Instructor: Joshua C. Fulwiler, Ph.D

Mentored Ad Hoc Reviews

Alpha Psychiatry
Journal of Obsessive-Compulsive and Related Disorders
Journal of Cognitive Therapy and Research
Journal of Personality Assessment
Journal of Anxiety Disorders

Professional Affiliations

2024 - Current	American Psychological Association, Member
2023 - Current	Graduate Women In Science, Member
2019 - Current	Association for Behavioral and Cognitive Therapies, Member
2018 - Current	Anxiety and Depression Association of America, Member
2016 - 2017	Association of Psychological Science, Student Member