

## **LUCAS S. LAFRENIERE, PH.D.**

Assistant Professor, Skidmore College  
151 Tisch Learning Center, 815 N. Broadway  
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### **EDUCATION**

- July, 2019 – June, 2020     Dartmouth Medical Center / Geisel School of Medicine at  
Dartmouth  
Hanover, NH  
**Clinical Psychology Doctoral Internship**
- Aug., 2013 – Aug., 2020     The Pennsylvania State University, State College, PA  
**Ph.D. in Clinical Psychology, G.P.A. 4.0**
- Aug., 2013 - June, 2016     The Pennsylvania State University, State College, PA  
**M.S. in Clinical Psychology, G.P.A. 4.0**
- Sept., 2009 - May, 2013     University of Michigan, Ann Arbor, MI  
**B.A. in Psychology (Honors) and English, G.P.A. 4.0**

### **HONORS & AWARDS**

- March, 2020     Distinguished Dissertation in Clinical Psychology Award,  
American Psychological Association, Division 12 Society of  
Clinical Psychology (National)
- April, 2019     Harold F. Martin Graduate Assistant Outstanding Teaching Award  
(University Level)

May, 2016

Marty Murphy Award for Excellence in Clinical Psychology  
(Departmental) – Given to one person each year who demonstrates:

Excellence in both academic and clinical domains.

“Above all, commitment to helping and, when possible,  
healing others.”

2014 - 2108

Travel Awards for Conference Presentation (12; Departmental)

August, 2009 - May, 2014 James B. Angell Scholar

All A grades for every semester in the University of Michigan  
Honors Ph

**LaFreniere, L. S. & Lord, S. E. (2023).** Flourishing mindfully: Mindfulness moderates the associations of stress, psychopathology, and grit with flourishing. *The Journal of Positive Psychology and Wellbeing*, 7(2), 53-67.

**LaFreniere, L. S., & Cain, A. (2015).** Parentally bereaved children and adolescents: The question of peer support. *OMEGA: Journal of Death and Dying*, 71(3), 245-271.  
<https://doi.org/10.1177/0030222815575503>

**LaFreniere, L. S., & Cain, A. (2015).** Peer interactions of parentally bereaved children and adolescents: A qualitative study. *OMEGA: Journal of Death and Dying*. 72(2), 91-118.  
<https://doi.org/10.1177/0030222815574829>

## INVITED ARTICLES AND BOOK CHAPTERS

**LaFreniere, L. S. (October, 2023).** A primer for training savoring skills in psychotherapy (part 2): Core procedures and exercises. *The Evidence-Based Practitioner*.  
<https://philabta.org/EBP/13264635>

**LaFreniere, L. S. (August, 2023).** A primer for training savoring skills in psychotherapy (part 1): Foundational concepts. *The Evidence-Based Practitioner*.  
<https://philabta.org/EBP/13245504>

**LaFreniere, L. S. (June, 2021).** Worry is an unhelpful friend and a shoddy fortune teller. *Psyche*. [https://psyche.co/ideas/worry-is-an-unhelpful-friend-and-a-shoddy-fortune-teller?fbclid=IwAR31YXqgwdpgqY0F8S-AzFyIKxKxg6q5SyMuBhnYgXoA052vfXZ8Oy\\_qQPc](https://psyche.co/ideas/worry-is-an-unhelpful-friend-and-a-shoddy-fortune-teller?fbclid=IwAR31YXqgwdpgqY0F8S-AzFyIKxKxg6q5SyMuBhnYgXoA052vfXZ8Oy_qQPc)

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—Prior to Starting at Skidmore College—

Shin, K. S., **LaFreniere, L. S.**, & Newman, M. G. (2017). Etiology and phenomenology of generalized anxiety disorder: An RDoC perspective. In Olatunji, B. (Ed.), *Handbook on anxiety and related disorders*. Cambridge University Press.

Newman, M. G., Shin, K. S., & **LaFreniere, L. S.** (2017). Mechanisms and treatment of generalized anxiety disorder. In D. McKay, J. Abramowitz, E. Storch (Eds.), *Treatments for psychological problems and syndromes*. John Wiley & Sons, Ltd.

Newman, M. G., **LaFreniere, L. S.**, & Shin, K. S. (2016). Cognitive-behavioral therapy in historical perspective. In L. E. Beutler, A. J. Consoli, & B. Bongar (Eds.), *Comprehensive textbook of psychotherapy: Theory and practice* (2<sup>nd</sup> Ed.). Oxford University Press. **CognieryCID (er)-1 (si)4.1 (t)-1 ((or)-2 (d)]TJ25p. B)hicognir[(i)0ob/TT0 1 Tf[(C)**

*mediation*. Manuscript under review at

Association for Behavioral and Cognitive Therapies Annual Convention 2023, Seattle, WA.

**LaFreniere, L. S.** (2023, October). Savoring positive emotions amidst anxiety and depression: Targeting chronic aversion to unguarded emotional shifts. Invited presentation for an annual endowed lecture of the University of Michigan Department of Psychiatry Depression Center (Anonymous Donors). Ann Arbor, MI.

**LaFreniere, L. S.** (2023, June). Embracing enjoyment: Implementing savoring practices for anxiety, depression, and positive wellbeing. Invited clinerll eiacnere ahior (21.86d(m)8 (1)-2d( U)2 (

**fLaFreniere, L. S.** (2023, Javor. Eonveed cactiing preoniy by1 (a)-1 (vor)-2ronitiitiivenj Uionaii T1.5 -1

presented at the Transdiagnostic Approaches to Mental Health International Conference 2021 in Manchester, UK (online).

**LaFreniere, L. S.** (2021, September). Better understanding anxiety, worry, and psychotherapy: A live interview with Dr. Lucas LaFreniere. Invited online interview for the Kazakhstani *Tanym Project*, an organization promoting psychotherapy and opposing psychotherapy stigma in Kazakhstan. Both presented live and translated into Russian to be offered with Tanym Project resources.

**LaFreniere, L. S.** (2021, July). Worry loves to lie: Treating faulty forecasting in clients with excessive worry. Invited clinical training workshop for psychotherapy professionals provided through

**LaFreniere, L. S. & Newman, M. G.** (2017, November). Probabilistic and operant learning tendencies in generalized anxiety disorder: Deficits in positive reinforcement response. In L. S. LaFreniere, (chair). *New developments in understanding cognitive processing in anxiety*. Symposium presented at the Association for Behavioral and Cognitive Therapies Convention 2017, San Diego, CA.

**LaFreniere, L. S. & Newman, M. G.** (2017, April). A randomized controlled trial of a brief ecological momentary intervention for generalized anxiety disorder. In **L. S. LaFreniere**, (chair) *Advances in treatment for generalized anxiety disorder: New results from randomized controlled trials*. Symposium presented at the Anxiety and Depression Association of America Annual Conference 2017, San Francisco, CA.

Newman, M. G., & **LaFreniere, L. S.** (2016, June). A randomized controlled trial of a brief ecological momentary intervention for generalized anxiety disorder. In Y. Kivity, (chair) *Capturing the moment: Use of daily diary methods to enhance psychotherapy and psychopathology research*. Symposium presented at the 46th Annual Meeting of the Society for Psychotherapy Research, Jerusalem, Israel.

**LaFreniere, L. S. & Newman, M. G.** (2017, February). A randomized controlled trial of a brief ecological momentary intervention for generalized anxiety disorder. Grand rounds lecture presented to the clinical psychology program and clinic staff of the Pennsylvania State University's Psychology Department, State College, PA.

Newman, M. G., & **LaFreniere, L. S.** & Jacobson, N. C. (2016, June). Peak and trajectories of change in relaxation induced anxiety as predictors of outcome from CBT for GAD. In Solomonov, N. and McCarthy, K. S. (chairs) *A closer look at mechanisms of change and their predictors in treatments for anxiety disorders*. Symposium presented at the 46th Annual Meeting of the Society for Psychotherapy Research, Jerusalem, Israel.

**LaFreniere, L. S.** (2015, June). Clinicians' experiences in treating generalized anxiety disorder. In N. C. Jacobson (Chair), *Bridging research and practice: Clinical experiences in conducting empirically-supported treatments for post-traumatic stress disorder, obsessive-compulsive disorder, and generalized anxiety disorder*. Symposium conducted at the Society for Psychotherapy Research Annual Convention, Philadelphia, PA.

## **SYMPOSIA CHAIRED**

*Bright horizons of CBT: Positive emotion treatments for anxiety and depressive disorders* (2023, November). Symposium presented at the Association for Behavioral and



Cognitive Therapies Annual Convention 2023, Seattle, WA. Discussant: Colleen Conley, Ph.D.

*Search and enjoy: Using technology to enhance and examine positive well-being.* (2021, March). Symposium presented at the Anxiety and Depression Association of America Annual Conference 2021. Discussant: Todd Kashdan, Ph.D.

*New developments in understanding cognitive processing in anxiety.* (2017, November). Symposium presented at the Association for Behavioral and Cognitive Therapies Convention 2017, San Diego, CA. Discussant: Richard McNally, Ph.D.

*Advances in treatment for generalized anxiety disorder: New results from randomized controlled trials.* (2017, April). Symposium presented to the Anxiety and Depression Association of America Annual Conference 2017, San Francisco, CA. Discussant: Richard Zinbarg, Ph.D.

## ACADEMIC POSTER PRESENTATIONS

\*Fravel, K. & **LaFreniere, L. S.** (November, 2023). Greater engagement, greater joy: An experiment testing a core premise of behavioral activation. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention 2023, Seattle, WA.

\*Rosen, F. N. & **LaFreniere, L. S.** (November, 2022). Savoring effects on worry, anxiety, positive emotion after worrying in generalized anxiety disorder: An interventional experiment. Poster presented at the Association for Behavioral and Cognitive Therapies Convention 2022, New York, NY. (**Winner of the 2022 ABCT Clinical Psychology at Liberal Arts Colleges Poster of the Year Award**).

**LaFreniere, L.S.**, Newman, M. G., & \*Yun, H. (November, 2022). Reducing contrast avoidance in GAD by savoring positive emotions: Outcome and mediation in a randomized controlled trial. Poster presented at the Association for Behavioral and Cognitive Therapies Convention 2022, New York, NY.

\*Mackey, B. K. & **LaFreniere, L. S.** (2021, November). Ruminating on depressive symptoms predicts transdiagnostic remission when controlling for general rumination and affect. Poster presented at the Association for Behavioral and Cognitive Therapies Convention 2021.

\*Mackey, B. K. & **LaFreniere, L. S.** (2021, November). The development of new disorders after remission: Effortful control as a transdiagnostic predictor. Poster presented at the Association for Behavioral and Cognitive Therapies Convention 2021.

\*Mackey, B. K, & **LaFreniere, L. S.** (2021, September). Ruminating on depressive symptoms predicts transdiagnostic remission when controlling for general rumination

**LaFreniere, L. S., & Newman, M. G. (2017, November).** *Probabilistic learning deficits in GAD: Avoidance versus approach response.* Poster session presented at the Association for Behavioral and Cognitive Therapies Convention, San Diego, CA.

**LaFreniere, L. S., & Newman, M. G. (2017, November).** *Mediation of the link between positive worry beliefs and symptoms by percentage of untrue worries in treatment for GAD.* Poster session presented at the Association for Behavioral and Cognitive Therapies Convention, San Diego, CA.

**LaFreniere, L.S., & Newman, M. G. (2016, October).** *Can't stop, won't stop: The negative influence of uncontrollability beliefs on worry during treatment for Generalized Anxiety Disorder.* Poster session presented at the Association for Behavioral and Cognitive Therapies Convention, New York, NY.

**LaFreniere, L.S., Newman, M. G., & Graham, J. (2016, October).** *Moderation of the influence of parental support and control in adolescents' friend choice by their liking for risk.* Poster session presented at the Association for Behavioral and Cognitive Therapies Convention, New York, NY.

**LaFreniere, L.S., & Newman, M. G. (2016, October).** *A brief ecological momentary intervention for GAD: An RCT of the worry outcome journal.* Poster session presented at the Association for Behavioral and Cognitive Therapies Convention, New York, NY. **(Winner of the Association for Behavioral and Cognitive Therapies Anxiety Disorders SIG Best Poster of the Year Award)**

**LaFreniere, L. S., Newman, M. G., & Jacobson, N. C. (2015, November).** *Relaxation-induced anxiety: Effects on treatment outcome for GAD.* Poster session presented at the Association for Behavioral and Cognitive Therapies Convention, Chicago, IL.

**LaFreniere, L. S., Newman, M. G., & Graham, J. (2015, November).** *Parental support and monitoring in adolescent peer choice and alcohol use.* Poster session presented at the Association for Behavioral and Cognitive Therapies Convention, Chicago, IL.

**LaFreniere, L. S. & Newman, M. G. (2014, November).** *Worry, anxiety, and alcohol use in youth: Adult trends not present in adolescents.* Poster session presented at the Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.

Authors Masked. (2023). *Cognitive Behaviour Therapy*.

Authors Masked. (2023). *Behaviour Research and Therapy*.

Authors Masked. (2023). *Human-Computer Interaction*.

Authors Masked. (2023). *Behaviour Research and Therapy*.

Authors Masked. (2023). *Person-Centered & Experiential Psychotherapies*.

Authors Masked. (2023). *Behavior Therapy*.

Authors Masked. (2023). *Stress & Health*.

Authors Masked. (2023). *Behaviour Research and Therapy*.

Authors Masked. (2023). *Journal of Anxiety Disorders*.

Authors Masked. (2023). *Journal of Anxiety Disorders*.

Authors Masked. (2022). *Journal of Anxiety Disorders*.

Authors Masked. (2022). *Journal of Anxiety Disorders*.

Authors Masked. (2022). *Journal of Anxiety Disorders*.

Authors Masked. (2022). *Journal of Anxiety Disorders*.

Authors Masked. (2021). *Frontiers in Psychology*.

Authors Masked. (2021). *Journal of Anxiety Disorders*.

Authors Masked. (2020). *Journal of Anxiety Disorders*.

Authors Masked. (2020). *Journal of Anxiety Disorders*.

Authors Masked. (2020). *OMEGA: The Journal of Death and Dying*.

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—Prior to Starting at Skidmore College—

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Authors Masked. (2019). *Depression and Anxiety*.

Authors Masked. (2018). *Behavior Therapy*.

Authors Masked. (2017). *Death Studies*.

Authors Masked. (2017). *Death Studies*.

Authors Masked. (2016). *Death Studies*.

Authors Masked. (2016). *Death Studies*.

## TEACHING EXPERIENCE

Courses as lead instructor at Skidmore College:

**Research Methods & Statistics II: Clinical Psychology** (two semesters)

**Acceptance and Commitment Therapy** (four semesters)

**Cognitive-Behavioral Therapy** (four semesters)

**Introduction to Psychological Science** (two semesters)

**Psychological Disorders** (five semesters)

**Positive Psychology** (one semester)

**Colloquium in Psychological Science** (one semester)

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—————Prior to Starting at Skidmore College—————

Co-teaching weekly **cognitive-behavioral therapy course for psychiatry medical residents** at Dartmouth-Hitchcock Medical Center.

12 third-year medical residents (PGY3 M.D.s), August, 2019 to June, 2020.

**Mentored, trained, and led own independent team of undergraduate research assistants** for five studies as primary investigator, as well as two other separate teams of undergraduate research assistants (RAs) working for Newman Laboratory studies.

9 undergraduate RAs on my own study teams, 14 general Newman Laboratory RAs, October, 2013 to July, 2020 (including summers).

Wrote, acted, filmed, and edited **Cognitive-Behavioral Therapy for Anxiety Disorders coach**

20 undergraduate students, Fall 2018

Independently developed and taught **Personality Psychology** (primary instructor, in-residence) without the use of previously inherited materials.

100 undergraduate students in Spring, 2018

Independently developed and taught **Abnormal Psychology** (primary instructor, in-residence) without the use of previously inherited materials.

140 undergraduate students in Fall, 2018

**Designed and led educational/training activities and guided discussions** for Penn State Anxiety Clinic bi-weekly meetings (primary instructor, serving as student administrator).

Approximately 15 regular attenders, June 2017 – June 2019

**Taught laboratory section of Research Methods** (lab instructor, in-residence) with significant re-creation of Powerpoints, lab worksheets, and class activities.

22 undergraduate students in Spring, 2016

Was personally selected to **help develop a graduate statistics course, create weekly assignments, and assist with teaching** for **Graduate Multilevel Modeling Statistics**.

25 graduate students, Fall, 2015

Taught **dialogue-based Intergroup Relations: Race and Gender course independently**

**for 11 undergraduate students**

for 11 undergraduate students

Anxiety Disorders Special Interest Group Member, 2014-Present

Anxiety and Depression Association of America

2016 – Present

Phi Beta Kappa Society

2012 – Present

### **MEDIA COVERAGE** (Highlights are **\*bolded**)

APA Division 17 Positive Psychology (December 16<sup>th</sup>, 2023). What is savoring and how can it help with worry? *APA Positive Psychology Instagram Account*.

<https://www.instagram.com/apapositivepsychology/>

Allman, R. (May 30<sup>th</sup>, 2023). Psychology Tools newsletter May 2023. *Psychology Tools*.

<https://www.psychologytools.com/articles/second-may-2023-newsletter/>

Winderling, O. N. (February 15<sup>th</sup>, 2023). Bentornato, caro diario. Ecco perché fa bene mettere su carta le proprie emozioni. *La Repubblica*. [https://www.repubblica.it/moda-e-beauty/2023/02/16/news/diario\\_segreto\\_come\\_si\\_scrive\\_terapia-384876559/](https://www.repubblica.it/moda-e-beauty/2023/02/16/news/diario_segreto_come_si_scrive_terapia-384876559/)

Pressman, T. (January 19<sup>th</sup>, 2023). Do you have generalized anxiety disorder? The answer might surprise you. *Deconstructing Anxiety Blog*. <https://toddpresman.com/blog/>

**\*Russo, F. (April 5<sup>th</sup>, 2023). Personality can change from one hour to the next. *Scientific American*. <https://www.scientificamerican.com/article/personality-can-change-from-one-hour-to-the-next/>**

**\*Dowden, C. (April 29<sup>th</sup>, 2022). How to more effectively manage your worry. *Forbes*. <https://www.forbes.com/sites/forbesbooksauthors/2021/04/29/how-to-more-effectively-manage-your-worry/?sh=6a9a44531da1> .**

McConnochie, T. (April 12<sup>th</sup>, 2022). Leave the worry behind. *Bupa Health*. <https://www.bupa.com.au/healthlink/conditions-and-treatments/mental-health/anxiety/anxiety-treatment/how-to-break-the-worry-cycle>.

McAfee, L. (January 30<sup>th</sup>, 2022). Cure a case of the “what ifs”. *Perspectives Coaching*. <https://perspectivelifecoach.com/cure-a-case-of-the-what-ifs/>.

Chang, W. S. (September 3<sup>rd</sup>, 2021). 3 Chinese proverbs on anxiety. *Mind Café*. <https://medium.com/mind-cafe/3-chinese-proverbs-on-anxiety-43ab2b70168a>.

Messias, O. (August 18<sup>th</sup>, 2021). Suffering from anxiety? Research suggests most of our worries aren't well founded. *Aleteia*. <https://aleteia.org/2021/08/18/study-suggests-most-of-our-worries-arent-well-founded/>.

Williams, J. S. (July 30<sup>th</sup>, 2021). 5 things to feel more confident. *Anxiety Simplified*. <https://anxietysimplified.libsyn.com/episode-58-5-things-to-feel-more-confident>.

**\*Olster, S. (June 27<sup>th</sup>, 2021). Idea of the day: Put worry in its place. *LinkedIn*. <https://www.linkedin.com/news/story/idea-of-the-day-put-worry-in-its-place-5092132/> .**  
**(*LinkedIn* covered and posted Worry Outcome Journal publications as their “Idea of the Day” on their main pag1 ( p)1 (( o)-1 658.08 Tm-0 1 rgB97[Tm[(,B.t)2 (r)1 (y)2 (/t)5 (ie)1 (d)2 3**



Culhane, L. (May 19<sup>th</sup>, 2020). Small firm lawyers have a lot to worry about. *Discovery Genie*.

Taylor, S. (September 10<sup>th</sup>, 2019). Can't stop worrying? Good news. Over 90% of what you worry about never happens. *The Nurture Project*. <https://www.thenurtureproject.com/i-cant-stop-worrying/>

Stakelum, R. (August, 21<sup>st</sup>, 2019). Mastering your fears is within your reach. *The Startup* (A Medium publication). <https://medium.com/swlh/mastering-fears-is-within-your-reach-49bf77c5a6d7>

Smith, D. (August 20<sup>th</sup>, 2019). The futility of worry. *OpenTheWord.org*. <https://opentheword.org/2019/08/20/the-futility-of-worry/>

Heid, M. (August, 15<sup>th</sup>, 2019). Most things you worry about will never actually happen. *Elemental* (a Medium publication). <https://elemental.medium.com/most-things-you-worry-about-will-never-actually-happen-83bff850c5f9>

“Chuck and Kelly.” (August 15<sup>th</sup>, 2019). Stop worrying! *iHeart Radio*. <https://www.iheart.com/content/2019-08-15-stop-worrying/>

Pierce, D. (August 12<sup>th</sup>, 2019). Leaders, here's how to break out of the prisons called 'worry' and 'fear'. *All Business*. <https://www.allbusiness.com/leaders-break-prisons-called-worry-fear-115032-1.html>

Kageyama, N. (August 11<sup>th</sup>, 2019). How many of our worries actually come true? (Both a Podcast episode and an online written article cover the LaFreniere & Newman, 2019 study). *The Bulletproof Musician*. <https://bulletproofmusician.com/how-many-of-our-worries-actually-come-true/>

WCNC Staff (August 9<sup>th</sup>, 2019). Stressed? Worrying is a waste of your time, experts say (Video and article). *Wake Up Charlotte, NC News*. <https://www.wcnc.com/article/news/local/wake-up-charlotte/stressed-worrying-is-a-waste-of-your-time-experts-say/275-517236ed-b890-4cba-b671-827911a87f9f>

**\*Fielding, S. (August 8<sup>th</sup>, 2019). New study shows 91 percent of fears don't come true. *Best Life*. <https://bestlifeonline.com/anxiety-vs-reality-study/> (Article was revised and featured on *MSN.com*: <https://www.msn.com/en-us/health/other/this-is-exactly-how-likely-it-is-that-your-biggest-fears-come-true/ar-AAFxl>**



[be/201907/how-often-do-your-worries-actually-come-true](#). (Chosen as an “Essential Read” by *Psychology Today*).

Sergesketter, L. (July 18<sup>th</sup>, 2019). How worry is 92% pointless. *She Is More*.  
<http://sheismore.com/how-worry-is-92-pointless/>

Jancin, B. (June 15<sup>th</sup>, 2017). Tweaking CBT to boost outcomes in GAD. *MDedge Psychiatry of Clinical Psychiatry News and Current Psychiatry*.  
<https://www.mdedge.com/psychiatry/article/140586/anxiety-disorders/tweaking-cbt-boost-outcomes-gad>

Gaff, T. (April 15<sup>th</sup>, 2017). Worry outcome journal can ease anxiety. *KPC News*. Retrieved from [https://www.kpcnews.com/columnists/terry\\_gaff/kpcnews/article\\_02504896-685d-51c0-8681-0df2f18665f7.html?mode=jqm](https://www.kpcnews.com/columnists/terry_gaff/kpcnews/article_02504896-685d-51c0-8681-0df2f18665f7.html?mode=jqm)

\*Holmes, L. H. (April 12<sup>th</sup>, 2017). This simple hack may help with anxiety. *The Huffington Post*. Retrieved from [http://www.huffingtonpost.com/entry/this-simple-hack-might-help-alleviate-anxiety\\_us\\_58ecf8b5e4b0c89f9121bdd6](http://www.huffingtonpost.com/entry/this-simple-hack-might-help-alleviate-anxiety_us_58ecf8b5e4b0c89f9121bdd6)

\*Melville, N. A. (April 10<sup>th</sup>, 2017). ‘Worry journal’ significantly eases anxiety. *Medscape*. Retrieved from [http://www.tlww.com/T60TdeTEMCe37\(t\)-2\(3572p\)JTJ4C/MCID1e\\_tA4C/lv/8\(t\)-](http://www.tlww.com/T60TdeTEMCe37(t)-2(3572p)JTJ4C/MCID1e_tA4C/lv/8(t)-)

- August, 2018 – June, 2019 Student Clinical Supervisor for Cognitive Behavioral Therapy Team  
 Supervisor: Michelle G. Newman, Ph.D.  
 Co-supervised CBT didactics, treatment delivery training, and cases for five graduate students alongside Dr. Newman.
- January, 2018 - Present Staff Therapist: Trauma and Anxiety Specialty  
 Supervisor: Sandra Testa-Michelson, Ph.D.  
 Provided CBT for PTSD (primarily prolonged exposure with supplemental cognitive processing therapy), led group therapy for social anxiety disorder (and personally developed/created session-by-session guidelines for the PSU clinic), and supervised graduate students treating trauma and anxiety cases.
- Summer 2017 – Present Anxiety Clinic Student Administrator  
 Senior Administrators: Sandra Testa-Michelson, Ph.D. and Kristen Smith-Simon, Ph.D.  
 I developed didactic materials, discussion guides, and activities for bi-weekly anxiety clinic meetings, then led the meetings.  
 Co-developed research protocols for data collection and aided student therapists in following clinic research procedures.
- 2017 - 2018 Staff Therapist  
 Supervisor: Michael Wolff, Ph.D., Clinic Director  
 Provided various integrated psychotherapies emphasizing CBT and dialectical behavior therapy, treating a diverse caseload of severe comorbid diagnoses (outside clinical assistantship).
- 2016 - 2017 Consultant for Psychological Consulting Services  
 Supervisor: Michael Wolff, Ph.D., Clinic Director  
 Provided consultation, functional behavior analysis, and intervention plans for living facilities caring for those with intellectual disability, disruptive behavior, and comorbid psychopathology.
- 2016 - 2017 Clinical Assistantship (Staff Therapist)  
 Supervisor: Michael Wolff, Ph.D., Clinic Director

Provided various integrated psychotherapies with a CBT emphasis for a diverse caseload of high severity, comorbid diagnoses, including various personality disorders, schizophrenia/schizoaffective disorder, other psychosis, bipolar disorder, major depression, and anxiety disorders.

2016 - 2017

Neuropsychological Assessment Team

Supervisor: Peter Arnett, Ph.D.

Learned and administered neuropsychological evaluations, provided feedback, and offered recommendations to clients with diverse concerns, including problems with memory, attention, learning disabilities, and psychopathology

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2014 - Present

Clinical Assessor

Supervisor: All supervisors listed in the above experiences.

Regularly conducted psychodiagnostic assessments using the ADIS and the IPDE with occasional assessment via the MMPI-II-RF, PAI, and the MCMI.