**Chelsey Wilks**

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**ACADEMIC POSITIONS**

2018-present **Postdoctoral Fellow, Army Study to Assess Risk and Resilience in Servicemembers (Army STARRS) and Military Suicide Research Consortium (MSRC)**

Harvard University, Cambridge, MA

PIs: Matthew Nock, Ph.D., Ronald Kessler, Ph.D., Thomas Joiner, Ph.D., Peter Gutierrez, Ph.D.

**EDUCATION**

2017-2018 Internship in Clinical Psychology

**VA San Diego Healthcare System,** San Diego, CA (APA accredited)

Telemental Health & VA ASPIRE Center track

Ph.D. **University of Washington**, Seattle, WA

2012-2018 Major: Clinical Psychology

*Dissertation* (defended): “Computerized DBT skills training for suicidal and heavy episodic drinkers”

 *Dissertation Committee Members*: Marsha M. Linehan (Chair), Kevin

 King, Mary Larimer, Gary Hsai

M.S. **University of Washington,** Seattle, WA

2012- 2014 Major: Clinical Psychology

*Master’s Thesis*: “Outcome and predictors of functional impairment in suicidal women with BPD receiving dialectical behavior therapy”

*Advisors*: Marsha M. Linehan, Robert J. Kohlenberg

B.S. **University of Nevada-Las Vegas**, Las Vegas, NV

2006-2011 Major: Human Service Counseling

Minor: Psychology

**GRANTS AWARDED**

2015-2017 National Institute of Alcohol Abuse and Alcoholism, National Research and Service Award; F31 AA 24658-01, *Computerized DBT Skills Training for Suicidal and Heavy Episodic Drinkers.* C. Wilks (PI), Marsha M. Linehan, (Sponsor).

2015-2017 Alcohol and Drug Abuse Institute; ADAI-0315-2, *Computerized DBT Skills Training for Suicidal and Heavy Episodic Drinkers.* $20,000. C. Wilks (PI), Marsha M. Linehan, (Sponsor).

**PUBLICATIONS**

\* Indicates student author under my supervision

**Peer-reviewed journal articles**

1. **Wilks, C. R.,** Lungu, A., Ang S. Y\*, Yin, Q\*., Matsumiya, B\*., & Linehan, M. M. (In Press). Randomized controlled trial of an Internet-delivered dialectical behavior therapy skills training intervention for suicidal and heavy episodic drinkers. *Journal of Affective Disorders*
2. Harned, M. S. **Wilks, C. R.**, Coyle, T. N., & Schmidt, S. (In Press). Improving functioning in borderline personality disorder by reducing PTSD symptoms and posttraumatic cognitions. *Behavioral Research and Therapy.*
3. **Wilks, C. R.,** Yin, Q\*., Ang, S. Y\*., Matsumiya, B\*., Lungu, A., & Linehan, M. M. (2017). Internet-delivered dialectical behavior therapy skills training for suicidal and heavy episodic drinkers: Protocol and preliminary results for a randomized control trial. *JMIR Research Protocols.*
4. **Wilks, C. R.,** Coyle, T. N., Krek, M\*., Lungu, A., & Andriani, K\*. (2017). Suicide ideation and preference toward online help-seeking. *Suicide and Life Threatening Behavior.*
5. Donohue, B., Bradshaw, K., Fayeghi, J., **Wilks, C. R.,** et al., (2016). Preliminary evaluation of contingent meals and telephone use to improve evidence-supported family therapy session attendance in mother referred by Child Protective Services for substance abuse. *Journal of Family Social Work.*
6. **Wilks, C. R.,** Valenstien-Mah H., Tran, H\*., King., A\*., Lungu, A., & Linehan, M. M., (2016). Dialectical behavior therapy skills for family members: Initial feasibility and outcomes. *Cognitive and Behavioral Practice*.
7. Harned, M. S., Lungu, A., **Wilks, C. R.,** & Linehan, M. M. (2016). Evaluating the Linehan suicide safety net: A multimedia tool for reliable risk management documentation. *Journal of Clinical Psychology.*
8. Ward-Ceileiski, F. E., Jones, C., Wieglus, M., **Wilks, C. R.,** & M. M. Linehan (2016). Single-session DBT skills training versus relaxation training for non-treatment-engaged suicidal adults: A randomized controlled trial. *BMC Psychology.* doi: 10.1186/s40359-016-0117-4
9. **Wilks, C. R.,** Korslund, K. E., Harned, M., & Linehan, M. M. (2016). Dialectical behavior therapy and domains of functioning over two years. *Behavioral Research and Therapy.* *77*, 162-169. doi: 10.1016/j.brat.2015.12.013
10. **Wilks, C. R.**, Zeive, G\*., & Lessing, H\*. (2016). Are trials of computerized therapy generalizable? A multi-dimensional meta-analysis. *Telemedicine and E-Health.* doi: 10.1089/tmj.2015.0129
11. Bradshaw, K., Donohue, B., Fayeghi, J., Lee, T., **Wilks, C. R.**, & Ross, B. (2014). A standardized ​method of quality assurance in mental health records: An initial evaluation. *Research on Social Work Practice.* doi: 10.1177/1049731514563146
12. Bradshaw, K, Donohue, B., & **Wilks, C**. **R.,** (2014). A review of quality assurance methods to assist professional record keeping: Implications for providers of interpersonal violence treatment. *Journal of Aggression and Violence.*19, 242-250.
13. Urgelles, J., Donohue, B., **Wilks, C**. **R.,** Van Hasselt, V. B., & Azrin, N. H. (2012). A standardized method of preventing and managing emergencies within the context of evidence-based therapy. *Behavior Modification.* 36, 558-579.

**Invited Journal Articles**

1. Botanov, Y., & **Wilks, C. R.** (2016). Dialectical behavior therapy for substance use disorders: A primer. *Carlat Report.*
2. Granato, H. F., **Wilks, C. R.,** Miga, E. M., Korslund, K. E., & Linehan, M. M. (2015). The use of dialectical behavior therapy and prolonged exposure to treat comorbid dissociation and self-harm: The case of a client with borderline personality disorder and posttraumatic stress disorder. *Journal of Clinical Psychology*, *71*(8), 805-815. doi: 10.1002/jclp.22207
3. Linehan, M. M. & **Wilks, C**. **R.**, (2015). The course and evolution of dialectical behavior therapy. *American Journal of Psychotherapy.* 69(2), 97-110
4. Lungu, A., Miga, E., **Wilks**, **C**. **R**., & Linehan, M. M. (2013). What did dialectical behavior therapy contribute to behavior therapy? *Advances in Cognitive Therapy*.

**Manuscripts Under Review**

1. Kaufmann, C., Doran, N., Marshall, R., **Wilks, C. R.,** Link, P., & Depp, C. (in review). Clinical associations of suicidal thoughts reported by veterans on automated home telehealth devices. *Archives of Suicide Research.*
2. Lungu, A., **Wilks, C. R.,** Coyle, T. N., & Linehan, M. M., (revised and resubmitted). Assessing suicidal and non-suicidal self-injury via in-depth interview or self-report: Balancing assessment effort and results. *Suicide and Life Threatening Behavior.*
3. **Wilks, C. R.,** Shaver, J., Kuehn, K., &Linehan, M. M. (in review). Alcohol and suicidal behavior: Examining interpersonal antecedents and consequences among individuals with borderline personality disorder. *Journal of Personality Disorders: Theory, Research, and Treatment.*
4. **Wilks, C. R.,** Morland, A. L., Dillon, K., Mackintosh, M., Blakey, S., Wagner, R., & Elbogen, E. (in

 review). Anger, social support, and suicide risk in U.S. military veterans. *Journal of Clinical Psychiatry*

**Manuscripts in preparation**

**Wilks, C. R.,** Yin, Q\*., & Emmerich, L\*. (in prep). Testing the bi-directionality of the relationship between alcohol and suicide: A daily diary study among suicidal heavy episodic drinkers.

Makover, H., Adrian, M., **Wilks, C. R**., Read, K., Stoep, A. V., & McCauley, E. (in prep). Indicated prevention for depression at the transition to high school: Outcomes for depression and anxiety

**Book Chapters**

1. McMain, S., **Wilks, C. R.**, Dimeff, L. A., Sayrs, J. H. R., & Linehan, M. M. (In Press). Dialectical behavior therapy for individuals with borderline personality disorder and substance dependence. In L. A. Dimeff (Ed.). *Dialectical Behavior Therapy in Clinical Practice.*
2. **Wilks, C. R.** & Linehan, M. M. (In Press). Dialectical behavior therapy with multi-diagnostic and

suicidal patients. In S. Dimidjian (Ed.), *Evidence-Base Practices in Action.*

1. Lungu, A., **Wilks, C. R.,** & Linehan, M. M. (In Press). Using novel technology in dialectical behavior therapy. In M. Swales (Ed.). *The Handbook of Dialectical Behavior Therapy.*
2. **Wilks, C. R.** & Linehan, M. M. (2017). Application and techniques in dialectical behavior therapy. In M. Mantosh (Ed.). *Art and Science of Psychotherapy*.

**INVITED TALKS**

September 2017 *A randomized controlled trial of an Internet delivered dialectical behavior therapy skills training for suicidal and heavy episodic drinkers.* Presented at the National Institute on Alcohol Abuse and Alcoholism’s Workshop to Explore Research Needs in Addressing Alcohol-Related Suicide in Bethesda, Maryland.

**CONFERENCE PRESENTATIONS**

1. **Wilks, C. R.**, Czerwinski, M., Rowan, K., Paradiso, A., McDuff, D., Toledo, A., & Linehan M. M., (November, 2017). Development and formative evaluation of “Pocket Skills”: Dialectical behavior therapy skills training for mobile use. Poster presentation presented to the International Society for the Improvement and Teaching of Dialectical Behavior Therapy in San Diego, California.
2. **Wilks, C. R.**, Czerwinski, M., Rowan, K., Paradiso, A., McDuff, D., Toledo, A., & Linehan M. M., (April, 2017). Machine learning for Precise Targeting of a Mobile Dialectical Behavior Therapy Skills Training Application. Poster presentation presented at the annual Computer-Human Interaction conference in Denver, Colorado.
3. **Wilks, C. R.,** Ang, S. Y., Yin, Q.,Matsumiya, B., Lungu, A., & Linehan, M. M., (April, 2017). Internet-delivered dialectical behavior skills training for suicidal and heavy episodic drinkers: Results from a randomized controlled trial. Paper presentation presented at the 50th annual American Association of Suicidology in Phoenix, Arizona.
4. Emmerich, L\*., & **Wilks, C. R.,** (April, 2017). Emotions predicting suicidal urges. Poster presentation presented at the 50th annual American Association of Suicidology in Phoenix, Arizona.
5. Yousif, Y\*., Ang, S. Y\*., Kaey, J\*., Kwon, C\*., Yin, Q\*., & **Wilks, C. R.** (April, 2017). Acceptability and feasibility of a computerized dialectical behavior therapy intervention for suicidal and heavy episodic drinkers. Poster presentation presented at the 50th annual American Association of Suicidology in Phoenix, Arizona.
6. Yin, Q\*., Ang, S. Y\*., & **Wilks C. R.,** (April, 2017). Untangling the relationship between alcohol use and suicide: The role of emotion dysregulation, drinking motives, and gender. Poster presentation presented at the 50th annual American Association of Suicidology in Phoenix, Arizona.
7. **Wilks, C. R.,** Korslund, K. E., Harned, M. S., & Linehan, M. M. (October, 2016). Dialectical behavior therapy and domains of functioning over two years. In **C. R. Wilks** (Chair), The how and the why: Mediators and processes of change in dialectical behavior therapy. Symposium presented at the 50th annual Association for Behavior and Cognitive Therapy in New York, New York.
8. Harned, M.S., **Wilks, C. R.,** Coyle, T. N., & Schmitd, S. (October, 2016). Improving outcomes in borderline personality disorder by treating PTSD. In **C. R. Wilks** (Chair), The how and the why: Mediators and processes of change in dialectical behavior therapy. Symposium presented at the 50th annual Association for Behavior and Cognitive Therapy in New York, New York.
9. **Wilks, C. R.,** & Linehan, M. M. (September, 2016). Computerized DBT skills training for suicidal and heavy episodic drinkers. In A. Garcia-Palacios (Chair), E-mental health programs in BPD and related disorders. Panel presented at the 4th annual European Society for Personality Disorders in Vienna, Austria.
10. **Wilks, C. R.,** Lungu, A., Matsumiya, B., Mann, A., & Linehan, M. M. (June, 2016). Dialectical behavior therapy skills training for suicidal and heavy episodic drinkers: Development and evaluation. Invited poster presented at the Social Media & Adolescent Health Research Team conference in Seattle, WA.
11. Andriani, K\*., Krek, M\*.,**Wilks, C. R.,** Lungu, A., & Coyle, T. (April, 2016). Preference for in-person versus online help-seeking: The role of suicidal ideation and treatment barriers. Poster presentation accepted to the International Society of Research on Internet Interventions in Seattle, WA.
12. **Wilks, C. R.,** Lungu, A., Matsumiya, B\*., Mann, A., & Linehan, M. M. (April, 2016). Dialectical behavior therapy skills training for suicidal and heavy episodic drinkers: Development and evaluation. Poster presented at the International Society of Research on Internet Interventions in Seattle, WA.
13. Lungu, A., Zieve, G., **Wilks, C. R.,** Krek, M., Potts, A., Lessing, H., Navarro, M., & Linehan, M. M. (April, 2016). Impact of daily prompts and self-­monitoring in a computerized trans­diagnostic Dialectical Behavior Therapy skills training for emotion dysregulation. Oral presentation submitted to the International Society of Research on Internet Interventions in Seattle, WA.
14. Lungu, A., **Wilks, C. R.,** Zieve, G., Krek, M., Potts, A., Lessing, H., Navarro, M., & Linehan, M. M. (April, 2016). Development of computerized trans­diagnostic Dialectical Behavior Therapy skills training for emotion dysregulation. Oral presentation presented to the International Society of Research on Internet Interventions in Seattle, WA.
15. Coyle, T. **Wilks, C.** **R**., Korslund, K. E., Linehan, M. M. (2015, November). The impact of hospitalization on suicidal and self-injurious behaviors in DBT and non-behavioral community treatment by experts. Poster presented at the Association for Behavioral and Cognitive Therapy Annual Convention. Chicago, IL.
16. Harned, M., Lungu, A., **Wilks, C. R.,** & Linehan, M. M. (2015, November). The Linehan suicide safety net: A web-based tool for suicide risk assessment and management. In M.S. Harned (Chair), Using Innovative Technologies to Enhance the Evidence-Based Practice of Psychology. Symposia presented at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
17. Krek, M\*., Andriani, K\*., **Wilks, C. R.,** Lungu, A., & Coyle, T. (2015, November). Preference for in-person versus online help-seeking: The role of suicidal ideation and treatment barriers. Poster accepted for the presentation at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies, Technology and Behavior Change Special Interest Group, Chicago, IL.
18. **Wilks, C. R**., Botanov, Y., Shaver, J., & Linehan, M. M. (2015, November). Alcohol and suicidal behavior: Examining interpersonal antecedents and impulsivity among individuals with borderline personality disorder. Poster accepted for presentation at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies, Addictive Behaviors Special Interest Group, Chicago, IL
19. Lungu, A., **Wilks, C. R.,** Zieve, G., Krek, M., Potts, A., Lessing, H., Navarro, M., & Linehan M. M. (2015, November). Computerized Trans-Diagnostic Dialectical Behavior Therapy Skills Training for Emotion Dysregulation. Oral presentation presented at the International Society for the Improvement and Teaching of Dialectical Behavior Therapy in Chicago, Illinois.
20. **Wilks, C. R.,** Lungu, A., Matsumiya*,* B\*., & Linehan, M. M. (2015, October). Dialectical behavior therapy skills training for suicidal and heavy episodic drinkers: Protocol development. Oral presentation presented at the Strategic Planning Meeting in Seattle, WA.
21. **Wilks, C. R.,** Valenstien H., Tran, H\*., King., A\**.,* & Linehan, M. M., (2015, April). Dialectical behavior therapy skills for friends and families: A pilot study. Oral presentation presented at the Western Psychological Association in Las Vegas, NV.
22. Zeive, G\*., Lessing, H\*., & **Wilks, C. R**, (2015, April). Participant Exclusion and Treatment

Outcome in Computerized Psychotherapy*:* A Meta-Analytic Appraisal of Generalizability. Poster presented at the Association for Psychological Science in New York, New York.

1. Schwoch, K\*., Levin, D\*., & **Wilks, C. R.,** (2015). Factors associated with Dialectical Behavior

Therapy skills interest and treatment seeking in college students: An exploratory analysis. Poster presented at the Western Psychological Association in Las Vegas Nevada.

1. **Wilks, C. R.,** Axelrod, S., Navarro-Haro, M.V., Ivanoff, A., Korslund, K., Lynch, T., & Linehan, M. M. (2014). Does antisocial personality disorder affect DBT effectiveness? An exploratory analysis. Poster presented at International Society for the Improvement and Teaching of Dialectical Behavior Therapy in Philadelphia, PA.
2. **Wilks, C**. **R.,** Harned, M., Korslund, E. K., & Linehan, M. M. (2014). Outcome and predictor of functional impairment in women diagnosed with BPD receiving DBT. Oral presentation presented at the Strategic Planning Meeting in Seattle, WA.
3. Lungu, A., Navarro-Haro, M. V., **Wilks, C**. **R.,** & Linehan, M. M. (2014). Development and formative evaluation of a computerized trans-diagnostic DBT skills training for emotion dysregulation. Oral presentation presented to the International society for research on internet interventions in Valencia, Spain.
4. **Wilks, C**. **R.,** Navarro-Haro M. V., & Linehan, M. M. (2014). Emotion dysregulation as a mediator of functioning in individuals diagnosed with borderline personality disorder. Oral presentation presented to the Western Psychological Association in Portland, OR.
5. **Wilks, C**. **R.,** Navarro-Haro, M. V., Vernon, A\*., & Linehan, M.M. (2014). Commonalities and differences between suicidal and opiate dependent individuals with borderline personality disorder.Poster presented to the American Association of Suicidology, Los Angeles, CA.
6. Tran, H\*., **Wilks, C**. **R.**, & Navarro-Haro, M. V (2013, November). Discrimination and PTSD among Asian immigrants: The mediating role of family conflict. Poster presented at the Association for Behavioral and Cognitive Therapies, Nashville, TN.
7. Wessman, I., **Wilks, C**. **R.**, Lungu, A., & Linehan, M. M. (2013, November). Assessing risk with suicidal individuals: Treatment utility of the University of Washington Risk Assessment Management Protocol*.* Poster presented at the Association for Behavioral and Cognitive Therapies, Nashville, TN.
8. Urgelles, J., Pitts, M., **Wilks, C**. **R.**, & Donohue, B. (2012, August). Initial evaluation of a

standardized goals intervention in the treatment of mothers referred for substance abuse and child neglect. In M. Kenny (Chair), Behavioral treatment innovations in the treatment of concurrent substance abuse and child neglect. Symposium conducted at the 120th convention of the American Psychological Association, Orlando, FL.

1. **Wilks, C**. **R.**, Urgelles, J., & Donohue, B. (2012, April). Description and item development of a psychotherapeutic emergency management intervention within the context of drug abuse and child neglect. In J. Urgelles (Chair), Empirical development of a method for managing emergencies within the context of drug use and child neglect*.* Symposium presented at the annual convention of the Western Psychological Association, San Fransisco, CA.
2. **Wilks, C**. R., Donohue, B., & Urgelles, J. (2012, April). A reliable, valid, and feasible method of monitoring treatment fidelity*.* Workshop presented to the 2012 Joint Meeting of Adolescent Treatment Effectiveness Conference in Washington D.C.
3. **Wilks, C**. **R**., Urgelles, J., Fayeghi, J., Cohen, J., & Donohue, B. (2012, April). The relationship between emergencies and parenting behavior.Poster presented at the annual convention of the Western Psychological Conference in San Francisco, California
4. **Wilks, C**. **R.**, Fayeghi, J., Kaur, H., Day, T., Wechsler, A., & Kearney, C. (2012, April). Low self-esteem as a risk factor of PTSD in a sample of maltreated youth. Poster presented at the annual convention at The Anxiety Disorder Association of America in Washington D.C.
5. **Wilks, C. R.,** Urgelles, J., Fayeghi, J., Lynch, S., & Donohue, B. (2011, November) Addressing therapeutic emergencies within the context of child welfare: The development of a standardized intervention. Presented at the International Organization of Social Sciences and Behavioral Research in Las Vegas, Nevada
6. **Wilks, C**. R., Lee, K., & Fayeghi, J. (2011, October) Improving communication within a substance abusing population:  An efficient evidence-based approach. Workshop presented at the 2011 Addiction Health Services Conference in Fairfax, Virginia
7. **Wilks, C. R.,** Green, E., Burden, E., Lee, T., Bradshaw, K., Urgelles, J., Lopez, K., & Donohue, B., (2011, May). Efficacy of a family behavior therapy on HIV prevention for drug abusing and neglecting mothers. Presented at the Western Psychological Association Conference in Los Angeles.
8. **Wilks, C. R.,** Lowe, K., Montano S., Miller, M., Farcello, C., & Haderlie, M. (2011, May)

Enhancing clinical judgments and client outcomes through objective progress feedback. Presented to the Western Psychological Association Conference in Los Angeles.

1. **Wilks, C. R.,** Powell S., Fayeghi, J., Vasquelez, C., Lynch, S., Halberg, M., Brill, H., Burtoft, A., Yerkes, B., Burden, E., & Donohue, B. (2011, May). A standardized method of developing interactive and empirically supported books for children. Presented at the Western Psychological Association Conference in Los Angeles.

**RESEARCH EXPERIENCE**

**Dissertation Research**

*June 2015-June 2017 – Principal Investigator*

“Computerized Dialectical Behavior Therapy Skills Training for Suicidal and Heavy Episodic Drinkers”

* Conducted grant writing and IRB submission
* Supervised an interdisciplinary team of computer science, human computer interaction, and psychology students in the development and iterative evaluation of a computerized DBT skills training program
* Designed and conducted a clinical randomized control trial including recruiting, randomizing, and following participants over four months
* Trained and supervised research assistants in study procedures
* Trained and supervised students in managing individuals at high risk for suicide

**Behavioral Tech Research, Seattle WA**

*March 2017 – June 2017 – Project Manager*

Supervisor: Marsha M. Linehan, Ph.D.

* In collaboration with Psychwire, assisted in the development of an online DBT skills training course for training clinicians.
* Contributed to designing, developing, and producing course materials for the web portal.

**Microsoft Research, Redmond, WA**

*July 2016-June 2017 – Intern/Microsoft Usability Researcher*

Supervisor: Mary Czerwinski, Ph.D.

* Collaborated with an interdisciplinary team of computer scientist, developers, psychologists, and HCI designers to translate the active components of DBT skills training into a mobile application.
* Conducted a small pilot test to determine feasibility, acceptability, and clinical utility.
* Integrated machine learning techniques to evaluate efficacy and applicability.

**Behavioral Tech Research, Seattle WA**

*April 2013- September 2013* – *Graduate Research Assistant*

1R43TR00471-01 “Suicide Safety Net: Multimedia Tools for Reliable Risk Management Documentation”

Supervisor: Melanie Harned, Ph.D.

* Collaborated with an interdisciplinary team of psychologists and developers to develop an online version of the Linehan Risk Assessment and Management Protocol (LRAMP) for intervention for suicide risk.
* Formative evaluation and focus group evaluation with treatment providers.

**Behavioral Research and Therapy Clinics, Seattle WA**

*September 2012-September 2014* – *Treatment Coordinator*

R01MH090159-01A1 “Collaborative Adolescent Research on Emotions and Suicide (CARES)”

Supervisors: Kathryn Korslund, Ph.D. & Marsha Linehan, Ph.D.

* Randomized participants into DBT Family or I/GST condition.
* Insured fidelity to treatment protocols throughout multisite study.
* Trained/Supervised a team of undergraduate research assistants in tracking therapy notes, tracking assessment completion, coding group therapy sessions, interacted with clients and their families.
* Prepared syntaxes for data analysis in SPSS and oversaw data entry.

**Family Research and Services**

*October 2009- December 2012* – *Treatment Integrity Coordinator*

1R01DA020548-01A1 “Concurrent Drug Abuse Treatment and HIV Prevention in Child Neglecting Mothers”

Supervisor: Brad Donohue, Ph.D.

* Maintained and updated therapist procedural manual for a NIDA-funded R01 treatment outcome study.
* Oversaw the production and post-production of therapeutic films used to disseminate Family Behavior Therapy to fidelity.

**SUPERVISED CLINICAL EXPERIENCE**

**VA San Diego Health Care System, San Diego, CA**

*July 2017-Present – Psychology Intern*

Co-Directors: Sandy Brown, Ph.D. & Amy Jak, Ph.D.

**Rotation 1: Telemental Health Center**

Clinical Supervisors: Leslie Morland, PsyD & Jeffrey Poizner, PsyD

* Providing evidence-based psychotherapies for PTSD (Prolonged Exposure and Cognitive Processing Therapy) using live, interactive videoconferencing with veterans
* Collaborating with veterans to create comprehensive treatment plans for psychological disorders (e.g., PTSD and depression)
* Attending PTSD seminars to deepen knowledge of relevant PTSD research and theory

**Rotation 2: VA ASPIRE Center**

Clinical Supervisor: Melissa Tarasenko, Ph.D.

* Working in a residential treatment facility focused on recovery from PTSD and traumatic brain injury in OEF/OIF/OND veterans who are either homeless or at risk for homelessness
* Formulating individualized treatment plans utilizing evidence-based treatments with specific treatment targets that address both mental health and functional problems
* Facilitating the psychotherapeutic process in both group and individual settings
* Developing skills assessing traumatic brain injury, integrating findings into comprehensive treatment plan, and providing feedback regarding test results to veterans
* Participating in interdisciplinary team meetings to assist with case management and gain appreciation for both the specific and overlapping roles of the various providers (e.g., psychiatrists, social workers, occupational therapists, vocational therapists, and nurses)

**Harm Reduction and Treatment Lab, Seattle, WA**

*September 2015-June 2016* – *Practicum Therapist and Assessor*

K01AA021147 “Development of a Life Enhancing Alcohol-management Program (LEAP) for Chronically Homeless Individuals with Alcohol Problems”

R01AA022309-01 “Harm reduction with pharmacotherapy”

Clinical Supervisors: Susan E. Collins, Ph.D. and Seema L. Clifasefi, Ph.D.

* Conducted in-person assessment interviews with participants living in supportive housing as well as chronically homeless individuals.
* Contributed to a community-based participatory research study seeking to develop harm reduction programming.

**Treatment Development Clinic and the Behavioral Research and Therapy Clinics, Seattle, WA**

*June 2014-June 2016* – *Clinic and Practicum Coordinator*

Supervisors: Kathryn Korslund, Ph.D. & Marsha Linehan, Ph.D.

* Provided orientation, training, and consultation to graduate students learning DBT.
* Conducted phone-screening and assessments for potential clients, clinical reports write-ups, crisis management, administrative tasks, conducting audits, preparing materials for DBT seminars, management of junior staff in clinical activities, curriculum planning and course development.

**Treatment Development Clinic and the Behavioral Research and Therapy Clinics, Seattle, WA**

*June 2013-June 2016* – *Therapist, Assessor, Skills Leader, and Consultant*

Clinical Supervisors: Marsha Linehan, Ph.D., Kathryn Korslund, Ph.D., Stephanie Sugar, PsyD, Clara Doctorelo, PsyD. Michelle Diskin, LCSW

Clinical Instructor: Marsha Linehan, Ph.D.

* Delivered individual and phone consultation Dialectical Behavior Therapy (DBT) to outpatient clients experiencing emotion dysregulation and co-occurring disorders (e.g., Bipolar Disorder, Borderline Personality Disorder, Major Depressive Disorder, Post Traumatic Stress Disorder, Substance Use Disorder).
* Interviewed and assessed clients for eligibility and presented cases for treatment admission.
* Co-led and led the Adult DBT group and, on occasion, Adolescent Skills Group.
* Received individual hour-for-hour supervision from experienced, licensed clinical psychologists, and DBT coursework and weekly team consultation with Drs. Linehan, Korslund, & Harned.
* Facilitation of weekly team consultation and advisement of clients and external DBT practitioners seeking treatment and treatment fidelity.

**Psychological Service and Training Center, Seattle, WA**

*September 2014 – June 2016* –*Therapist and Assessor*

Clinical Supervisors: Corey Fagan, Ph.D., Robert Kohlenburg, Ph.D., Trevor Schraughnagel, Ph.D., Irene Giesner, Ph.D.

Clinical Instructor: Corey Fagan, Ph.D.

* Delivered outpatient individual evidence-based psychotherapy to a variety of clients.
* Clients presented with major depression, anxiety disorders, bipolar disorder, psychosis, and substance use disorders.
* Received individual hour-for-hour supervision from experienced, licensed clinical psychologists.

**Family Research and Services, Las Vegas, NV**

*February 2011- January 2012* – *Research Therapist*

1R01DA020548-01A1 “Concurrent Drug Abuse Treatment and HIV Prevention in Child Neglecting Mothers.”

Clinical Supervisor: Brad Donohue, Ph.D.

* Provided in-home family behavior therapy & assessment w/ mothers, children & family members from a wide array of backgrounds & clinical problems (e.g., child neglect, substance abuse, depression, anxiety, low SES, bipolar, & physical abuse).
* Conducted evidence-based teletherapy intervention with clients assigned to Family Behavior Therapy.

**Specialized Clinical Training**

October 2017 Cognitive Processing Therapy workshop for PTSD by Carrie Rodgers, Ph.D., ABPP

March 2017 Advanced Training the DBT Prolonged Exposure Protocol for PTSD by Melanie Harned, Ph.D., ABPP & Kathryn Korslund, Ph.D., ABPP

March 2015 Dialectical Behavior Therapy plus Prolonged Exposure by Melanie Harned, Ph.D., ABPP, Kathryn Korslund, Ph.D., ABPP, & Marsha Linehan, Ph.D., ABPP

August 2015 Harm Reduction for Alcohol Use Disorders by Susan E. Collins, Ph.D. and Seema L. Clifasefi, Ph.D.

June 2013 Suicide Risk Assessment and Crisis Intervention. Seattle, Washington. Three-day workshop by Marsha Linehan, Ph.D., ABPP

July 2012 Dialectical Behavior Therapy Intensive Training Course by Behavioral Tech LLC

Jan-May 2011 Family Behavior Therapy for Substance Use and Child Neglect (PSY 715) by Bradly Donohue, Ph.D.

**TEACHING EXPERIENCE**

**Teaching Assistant**

Jan - April 2016 Behavioral Methods (Psych 585), University of Washington

Sept - Dec 2015 Introduction to DBT (Psych 583), University of Washington

June 2015 Suicide Assessment and Intervention (Psych 584), University of Washington

April - June 2015 Teaching DBT to the Community (Psych 544), University of Washington

Jan - April 2015 DBT Skills (Psych 574), University of Washington

Sept - Dec 2014 Psychological Assessment (Psych 577), University of Washington

**Instructor**

Jan - April 2013 Undergraduate Research Seminar (Psych 499), University of Washington

**Invited Speaker**

April 2015 Dialectical Behavior Therapy in a nutshell (Psych 499) University of Washington

Feb 2015 Long-term emotion regulation strategies within DBT Skills (Psych 574) University of Washington

Nov 2011 Introduction to Psychology (Psych 101), College of Southern Nevada

Sep 2010 Substance Abuse Prevention and Treatment (CED 735) University of Nevada Las Vegas

**Trainer and Co-Trainer**

April 2016 Dialectical behavior therapy full-day workshop; Alaska Psychiatric Association, co-facilitator with Marsha Linehan, Ph.D.

Jan 2016 Dialectical behavior therapy half-day workshop; Lake Washington school district, co-facilitator with Trevor Coyle

Jan 2016 Dialectical behavior therapy half-day workshop; Highline school district

Jan - Feb 2015 Learning Community Facilitator for Dialectical Behavior Therapy; Behavioral Tech

May - July 2015 Learning Community Facilitator for Dialectical Behavior Therapy in Turkey; Behavioral Tech

June 2015 Teaching DBT to the Community: Dialectical Behavior Therapy as a Treatment for Suicide

**PEER REVIEWER EXPERIENCE**

**Reviewer**

* Journal of Medical Internet Research
* Internet Interventions
* Psychiatry Research

**Ad Hoc Reviewer**

* Journal of Clinical Psychology: Science and Practice
* Journal of Consulting and Clinical Psychology
* Suicide and Life Threatening Behavior

**SKILLS**

* Proficient in advanced film editing software, e.g. Final Cut, Sony Vegas
* Statistical procedures using SPSS, MPlus, & HLM software
* Multi-level Modeling (e.g. Hierarchical Linear Modeling), Growth Curve Modeling

**ASSOCIATION MEMBERSHIPS**

* Western Psychological Association (2010-present)
* Association of Behavioral and Cognitive Therapies (2012-present)
* American Association of Suicidology (2013-present)
* Addictive Behaviors, special interest group (2015-present)
* Technology and Behavior Change, special interest group (2015-present)
* Suicide and Nonsuicidal Self Injury, special interest group (2015-present)

**AWARDS & HONORS**

2011 Magna Cum Laude, UNLV

2010 Regents Award, UNLV Board of Regents, $12,000

2010 “Outstanding Research Award” from Family Research and Services

2008 Edward Pierson Scholarship Award $1,200

2008-2011 Western Undergraduate Exchange Scholarship - UNLV

2008-2011 Dean’s Honor List - UNLV

2005 “Outstanding Achievement” award for Excellence in Educating Health and Life Skills at the Boys and Girls Club

**REFERENCES**

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| --- | --- | --- |
| Marsha Linehan, Ph.D.ProfessorUniversity of WashingtonBehavioral Research and Therapy Clinics3935 University WaySeattle, Washington 98195 | Bradley Donohue, Ph.D.ProfessorUNLVFamily Research and Services 4505 S. Maryland Pkwy Las Vegas, Nevada 89154-5001  | Mary Czerwinski Ph.D.Principal Researcher & Research ManagerVisualization and Interaction groupMicrosoft ResearchBuilding 99, Microsoft wayRedmond, WA 98195 |
| Robert Kohlenberg, Ph.D.ProfessorUniversity of WashingtonDepartment of PsychologySeattle, Washington 98195  | Leslie Moreland, PsyD Professor San Diego VA & UCSD Department of Psychiatry San Diego, California  |  |