

Kate H. Bentley

Center for Anxiety and Related Disorders
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EDUCATION

- | | |
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| 2017
(Anticipated) | Ph.D. Candidate , Clinical Psychology
Boston University, Graduate School of Arts and Sciences
Boston, Massachusetts |
| 2012 | Master of Arts , Clinical Psychology
Boston University, Graduate School of Arts and Sciences
Boston, Massachusetts |
| 2009 | Bachelor of Arts , Psychology & Spanish, Magna Cum Laude with Distinction
Amherst College
Amherst, Massachusetts |

HONORS AND AWARDS

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| National Institute of Mental Health | 2013 – 2016 |
| Ruth L. Kirschstein NRSA Predoctoral Fellowship (F31MH100761) | |
| Exploring Two Emotion-Focused Treatment Modules in Nonsuicidal Self-Injury | |
| Principal Investigator: K.H. Bentley; Mentor: D.H. Barlow | |
| Award amount: \$100,732 | |
| The purpose of this project is to examine the effects of two transdiagnostic treatment modules (emotion awareness training and cognitive reappraisal) on nonsuicidal self-injurious thoughts and behaviors using ecological momentary assessment and a single-case experimental design. | |

RESEARCH EXPERIENCE

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| Assistant Project Director | 2015 – 2016 |
| Transdiagnostic Treatment Laboratory , <i>Boston University</i> | |
| Advisor: David H. Barlow, Ph.D. | |
| <ul style="list-style-type: none"> ▪ Serve as assistant project director for large R01 randomized controlled trial comparing a transdiagnostic treatment (Unified Protocol for Transdiagnostic Treatment of Emotional Disorders) to single-disorder protocols for heterogeneous anxiety disorders (N = 250) ▪ Participate in weekly meetings with project director to discuss all aspects of study execution, including clinical concerns, IRB and NIMH correspondence, retention, and data management ▪ Supervise laboratory research assistants and volunteers | |
| Graduate Research Fellow | 2011 – 2016 |
| Transdiagnostic Treatment Laboratory , <i>Boston University</i> | |
| Advisor: David H. Barlow, Ph.D. | |
| <ul style="list-style-type: none"> ▪ Served as study therapist and independent evaluator for R01 trial | |

- Conduct independent research projects, including: evaluation of two Unified Protocol modules for treatment of nonsuicidal self-injury (through NRSA grant); development and acceptability/feasibility testing of the Unified Protocol adapted for suicidal individuals in an inpatient setting; development and evaluation of single-session transdiagnostic prevention program for anxiety and depression in college students; psychometric evaluation of novel measure of depression severity and impairment
- Participate in ongoing research activities in laboratory, including grant writing, study development and management, and data collection and analysis
- Prepare manuscripts and posters, deliver presentations, and lead clinician training workshops

Graduate Research Fellow

2011 – 2012

Online PCT Training for Clinicians, Boston University/Behavioral Tech Research

Advisor: David H. Barlow, Ph.D.

- Participated in developing an online, real-time training program for Panic Control Treatment (PCT), which was subsequently evaluated in a randomized controlled trial
- Prepared presentations and manuscripts related to the research

Clinical Research Coordinator

2009 – 2011

Depression Clinical and Research Program, Massachusetts General Hospital

Advisors: Maurizio Fava, M.D., Jonathan Alpert, M.D., Ph.D., Andrew Nierenberg, M.D., A. Eden Evins, M.D.

- Managed regulatory materials, recruitment, and data collection for multi-site federal and industry-sponsored clinical research trials
- Communicated directly and documented study-related activity with collaborating groups, including FDA, NIMH, IRBs, and pharmaceutical corporations
- Coordinated and helped conduct screening program for depression and suicide on college campuses
- Led research recruitment efforts using print and electronic media
- Implemented electronic research management and data collection technology with DatStat, Inc., and trained investigators and research coordinators on use of the platform
- Assisted in the design, preparation, and submission of research grants and protocols
- Analyzed data and prepared posters and manuscripts for publication

Honors Thesis Student

2009 – 2011

Psychology Department, Amherst College

Advisors: Catherine Sanderson, Ph.D., Ann Haas, Ph.D.

- Designed and conducted study evaluating the effects of a novel male-targeted invitation letter to the American Foundation for Suicide Prevention's (AFSP) Interactive Screening Program
- Collected data over two semesters at two universities
- Independently analyzed data, discussed results in thesis manuscript, successfully completed oral defense, and presented study findings at professional conference

Research Intern

2008

Research Department, American Foundation for Suicide Prevention

Advisors: Paula Clayton, M.D., Ann Haas, Ph.D.

- Coordinated the implementation of the Interactive Screening Program at four universities
- Formulated a comprehensive report on past and present grantees' research on suicide causation, prevention, and treatment

CLINICAL EXPERIENCE

Center Therapist

2012 – 2016

Center for Anxiety and Related Disorders, Boston University

Supervisors: Lisa Smith, Ph.D., Todd Farchione, Ph.D., Shannon Sauer-Zavala, Ph.D.

- Provide individual therapy utilizing CBT and other evidence-based strategies for patients with anxiety, mood, and related disorders

- Administer semi-structured diagnostic assessments at intake and provide feedback to patients
- Conduct case formulation, treatment planning, and monitoring of outcomes during treatment
- Attend weekly individual and group supervision meetings, including audio review of sessions
- Co-led transdiagnostic CBT group for patients with heterogeneous emotional disorders

Study Therapist, Study Evaluator

2013 – 2016

Transdiagnostic Treatment Laboratory, Boston University

Supervisor: David H. Barlow, Ph.D.

- Provide individual, outpatient treatment using the Unified Protocol to individuals engaging in nonsuicidal self-injury for dissertation research
- Monitor frequency and severity of self-injury daily via ecological momentary assessment methods
- Conduct risk assessments and deliver crisis interventions as needed
- Administer semi-structured diagnostic interviews to determine initial eligibility
- Participate in biweekly individual supervision meetings, including audio review of sessions to monitor protocol adherence

Study Therapist

2014 – 2015

Transdiagnostic Treatment Laboratory, Boston University

Supervisor: Shannon Sauer-Zavala, Ph.D.

- Provide treatment using a five-session version of the Unified Protocol modified for suicidal individuals within an inpatient setting
- Administer clinician-rated interviews and self-report assessments to determine initial eligibility

Student Clinical Supervisor

2014 – 2015

Center for Anxiety and Related Disorders, Boston University

Supervisor: Lisa Smith, Ph.D.

- Served as primary supervisor for junior doctoral student carrying a caseload of five patients with anxiety, depressive, and related disorders
- Provided one to two hours of individual supervision per week, in addition to live observation and audio review of sessions, and biannual evaluations of student's performance
- Participated in weekly group supervision meetings and didactic seminars covering different models of supervision, ethical issues of supervision, and case conceptualization

Study Therapist

2012 – 2015

Transdiagnostic Treatment Laboratory, Boston University

Supervisors: Todd Farchione, Ph.D., Shannon Sauer-Zavala, Ph.D.

- Provided treatment using the Unified Protocol and single-disorder protocols for principal panic disorder, social anxiety disorder, generalized anxiety disorder, and obsessive-compulsive disorder to research participants enrolled in large R01 clinical trial
- Obtained certification in study protocols by means of audio review of cases by experts
- Participated in weekly group supervision meetings
- Provided the Unified Protocol treatment to participants who completed the trial waitlist

Independent Evaluator

2012 – 2015

Transdiagnostic Treatment Laboratory, Boston University

Supervisor: Todd Farchione, Ph.D.

- Served as an independent evaluator, administering semi-structured diagnostic interviews and clinician-rated assessments of symptom severity and functional impairment to determine participants' initial eligibility and evaluate change during R01 trial
- Led weekly diagnostic consensus meetings for other study independent evaluators
- Obtained certification in all study assessments by project director
- Trained junior graduate students in administering study assessments and provided supervision during the certification process

Practicum Student

2013 – 2014

Freedom Trail Clinic, Massachusetts General Hospital

Supervisor: Corinne Cather, Ph.D.

- Received training in evidence-based assessment and treatment of psychosis
- Provided weekly, individual outpatient therapy to patients diagnosed with schizophrenia, schizoaffective, and related disorders
- Co-led weekly Illness Recovery and Management (IMR) groups
- Worked with interdisciplinary treatment team and community resources to coordinate patient care
- Conducted risk assessments and crisis interventions as needed
- Participated in weekly group supervision meetings and didactic trainings

Practicum Student

2012 – 2013

Psychological Services Center, Boston University

Supervisors: Lisa Smith, Ph.D., Rosemary Toomey, Ph.D.

- Conducted semi-structured diagnostic intake assessments for adults with anxiety, mood, and related disorders, and prepared comprehensive diagnostic summary reports
- Delivered manualized and non-manualized interventions under supervision
- Participated in individual and group weekly supervision meetings and didactic seminars on evidence-based therapeutic strategies
- Attended weekly didactic seminars on administration, scoring and interpretation of neuropsychological assessments
- Provided comprehensive neuropsychological test batteries for adults presenting with questions of cognitive difficulties, prepared integrative testing reports, and provided feedback and recommendations to patients and their families

Center Diagnostician

2012 – 2013

Center for Anxiety and Related Disorders, Boston University

Supervisor: Timothy A. Brown, Psy.D.

- Administered semi-structured diagnostic intake assessments using the Anxiety Disorders Interview Schedule (ADIS) for incoming patients
- Presented summary of assessment to intake team
- Prepared diagnostic summary reports and provided treatment disposition to patients
- Trained junior graduate students in ADIS administration, including live observation

Clinical Research Coordinator

2009 – 2011

Depression Clinical and Research Program, Massachusetts General Hospital

Supervisors: Maurizio Fava, M.D., A. Eden Evins, M.D.

- Delivered individual smoking cessation behavioral interventions to patients with nicotine dependence
- Administered assessments and utilized clinical judgments to assist in treatment decisions for patients with mood disorders and substance abuse/dependence
- Performed clinical laboratory evaluations including phlebotomy, vital signs, electrocardiogram and Quantitative EEG

JOURNAL ARTICLES

Chang, B. P., Franklin, J., Ribeiro, R., Fox, K., **Bentley, K. H.**, Kleiman, E., & Nock, M. K. (in press). Biological risk factors for suicidal behaviors: A meta-analysis. *Translational Psychiatry*.

Bentley, K. H., Franklin, J. C., Ribeiro, J. D., Kleiman, E. M., Fox, K. R., & Nock, M. K. (2016). Anxiety and its disorders as risk factors for suicidal thoughts and behaviors: A meta-analytic review. *Clinical Psychology Review*, *43*, 30-46.

Bentley, K. H., Cassiello-Robbins, C. F., Vittorio, L., Sauer-Zavala, S., & Barlow, D. H. (2015). The

association between nonsuicidal self-injury and the emotional disorders: A meta-analytic review. *Clinical Psychology Review*, 37, 72-88.

Bentley, K. H., Wilner, J. G., & Sauer-Zavala, S. E. (2015). The unique contributions of distinct experiential avoidance domains to severity and functionality of nonsuicidal self-injury. *Journal of Experimental Psychopathology*, 6(1), 40-57.

Ribeiro, J., Franklin, J., Fox, K., Kleiman, E., **Bentley, K. H.,** Chang, B., & Nock, M. (in press). Suicide as a complex classification problem: Machine learning and related techniques can advance suicide prediction. *Psychological Medicine*.

Sauer-Zavala, S., **Bentley, K. H.,** & Wilner, J. G. (2016). Transdiagnostic treatment of borderline personality disorder and comorbid disorders: A clinical replication series. *Journal of Personality Disorders*, 30(1), 35-51.

Ito, M., **Bentley, K. H.,** Oe, Y., Nakajima, S., Fujisato, H., Kato, N., Miyamae, M., Kanie, A., Horikoshi, M., & Barlow, D. H. (2015). Psychometric properties of the Overall Depression Severity and Impairment Scale (ODSIS). *PLoS One*, 10(4), e0122969.

Bullis, J. R., Sauer-Zavala, S., **Bentley, K. H.,** Thompson-Hollands, J., Carl, J. R., & Barlow, D. H. (2015). The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Preliminary exploration of effectiveness for group delivery. *Behavior Modification*, 39(2), 295-321.

Gallagher, M. W., Thompson-Hollands, J., Bourgeois, M. L., & **Bentley, K. H.** (2015). Cognitive behavioral treatments for adult Posttraumatic Stress Disorder: Current status and future directions. *Journal of Contemporary Psychotherapy*, 45(4), 235-243.

Fox, K. R., Franklin, J. C., Ribeiro, J. D., Kleiman, E. M., **Bentley, K. H.,** & Nock, M. K. (2015). Meta-analysis of risk factors for nonsuicidal self-injury. *Clinical Psychology Review*, 42, 156-167.

Ribeiro, J. D., Franklin, J. C., Fox, K., Kleiman, E. M., **Bentley, K. H.,** Chang, B., & Nock, M. K. (in press). Prior self-injurious thoughts and behaviors as risk factors for future suicidal ideation, attempts, and death: A meta-analysis of prospective studies. *Psychological Medicine*.

Bentley, K. H., Nock, M. K., & Barlow, D. H. (2014). The four-function model of nonsuicidal self-injury: Implications for assessment and psychological treatment. *Clinical Psychological Science*, 2(5), 638-656.
*Ranked one of the ten top-read articles from 2014 in *Clinical Psychological Science*

Bentley, K. H., Gallagher, M. W., Carl, J. R., & Barlow, D. H. (2014). Development and validation of the Overall Depression Severity and Impairment Scale. *Psychological Assessment*, 26(3), 815-830.

Gallagher, M. W., **Bentley, K. H.,** & Barlow, D. H. (2014). Perceived control and vulnerability to anxiety disorders: A meta-analytic review. *Cognitive Therapy & Research*, 38, 571-584.

Thompson-Hollands, J. T., **Bentley, K. H.,** Gallagher, M. W., Boswell, J. F., & Barlow, D. H. (2014). Credibility and expectancy in the Unified Protocol: Relationship to outcomes. *Journal of Experimental Psychopathology*, 5(1), 72-82.

Carl, J. R., Sauer-Zavala, S. E., Gallagher, M. W., **Bentley, K. H.,** & Barlow, D. H. (2014). A preliminary investigation of the effects of the Unified Protocol on temperament. *Comprehensive Psychiatry*, 55(6), 1426-1434.

Bentley, K. H., Gallagher, M. W., Boswell, J. F., Gorman, J. M., Shear, M. K., Woods, S. W. & Barlow, D. H.

- (2013). The interactive contributions of perceived control and anxiety sensitivity in panic disorder: A triple vulnerabilities perspective. *Journal of Psychopathology and Behavioral Assessment*, 35(1), 57-64.
- Pedrelli, P., **Bentley, K. H.**, Vitali, M., Clain, A. J., Nyer, M., Fava, M., & Farabaugh, A. (2013). Compulsive use of alcohol among college students. *Psychiatry Research*, 205(1-2), 95-102.
- Nierenberg, A. A., **Bentley, K. H.**, Farabaugh, A., Fava, M., & Deckersbach, T. (2012). The absence of depressive symptoms is not the presence of wellness: Validation of the Clinical Positive Affect Scale. *Australian and New Zealand Journal of Psychiatry*, 46(12), 1165-1172.
- Sauer-Zavala, S. E., Boswell, J. B., Gallagher, M. W., **Bentley, K. H.**, Ametaj, A. A., & Barlow, D. H. (2012). The role of negative affectivity and negative reactivity to emotions in predicting outcomes in the Unified Protocol for the transdiagnostic treatment of emotional disorders. *Behaviour Research and Therapy*, 50(9), 551-557.
- Witte, J., **Bentley, K. H.**, Evins, A. E., Clain, A. J., Baer, L., Pedrelli, P., Fava, M., & Mischoulon, D. (2012). A randomized controlled pilot study of acamprosate added to escitalopram in adults with major depressive disorder and alcohol use disorder. *Journal of Clinical Psychopharmacology*, 32(6), 787-796.
- Iovieno, N., Tedeschini, E., **Bentley, K. H.**, Evins, A. E., & Papakostas, G. (2011). Antidepressants for major depressive disorder and dysthymic disorder in patients with co-morbid alcohol use disorders: A meta-analysis of placebo-controlled randomized trials. *The Journal of Clinical Psychiatry*, 72(8), 1144-51.
- Pedrelli, P., Iovieno, N., Vitali, M., Tedeschini, E., **Bentley, K. H.**, & Papakostas, G.I. (2011). Treatment of major depressive disorder and dysthymic disorder with antidepressants in patients with co-morbid opiate use disorders enrolled in methadone maintenance therapy: A meta-analysis. *Journal of Clinical Psychopharmacology*, 31(5), 582-6. (2014).
- Evins, A. E., Pachas, G., Mischoulon, D., Urbanoski, K., Carlini, S., Sousa, J., **Bentley, K. H.**, Rigotti, N. A., Nino-Gomez, J., Loebel, T., Janes, A. C., Kaufman, M. J., & Fava, M. (2011). A double-blind, placebo-controlled trial of the NMDA glycine site antagonist, GW468816, for prevention of relapse to smoking in females. *Journal of Clinical Psychopharmacology*, 31(5), 597-602.

BOOK CHAPTERS

- Bentley, K. H.**, Sauer-Zavala, S., Cassiello-Robbins, C., & Vento, S. (in press). *Applications of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders to nonsuicidal and suicidal self-injury*. In T. J. Farchione & D. H. Barlow (Eds.), *Applications of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders*. New York: Oxford University Press.
- Boswell, J. F., **Bentley, K. H.**, & Barlow, D. H. (2015). Motivation facilitation in the unified protocol for transdiagnostic treatment of emotional disorders. In H. Arkowitz, W. R. Miller, & S. Rollnick (Eds.), *Motivational Interviewing in the Treatment of Psychological Disorders, Second Edition* (pp. 33-57). New York: The Guilford Press.
- Barlow, D. H., Conklin, L. R., & **Bentley, K. H.** (2015). Psychological treatments for panic disorder, phobia, and social and generalized anxiety disorder. In P. E. Nathan & J. M. Gorman (Eds.), *Treatments that Work, Fourth Edition* (pp. 409-462). New York: Oxford University Press.

SUBMITTED MANUSCRIPTS

- Bentley, K. H.**, Sauer-Zavala, S., Cassiello-Robbins, C., Conklin, L. R., & Homer, D. (under review). Treating

suicidal thoughts and behaviors within an emotional disorders framework: Acceptability and feasibility of the Unified Protocol in an inpatient setting.

Bentley, K. H., Nock, M. K., Sauer-Zavala, S., Gorman, B. S., & Barlow, D. H. (under review). A functional analysis of two transdiagnostic, emotion-focused interventions on nonsuicidal self-injury.

Chang, B. P., Franklin, J. C., Ribeiro, J. D., Fox, K. R., **Bentley, K. H.**, Kleiman, E. M., & Nock, M. K. (under review). Biological risk factors for suicidal behaviors: A meta-analysis.

IN PREPARATION

Bentley, K. H. (2016). *Applying the Unified Protocol Transdiagnostic Treatment to nonsuicidal self-injury and co-occurring emotional disorders: A case illustration*. Chapter in preparation.

Bentley, K. H., Boettcher, H., Bullis, J. R., Carl, J. R., Conklin, L. R., Sauer-Zavala, S., Farchione, T., & Barlow, D. H. (2016). *Exploring the effects of a single-session transdiagnostic prevention program for emotional disorders in a university setting*. Manuscript in preparation.

CONFERENCE PRESENTATIONS

Bentley, K. H., Boswell, J. F., Sauer-Zavala, S., Ametaj, A. A., Farchione, T. J., & Barlow, D. H. (2016). *Changes in transdiagnostic skill-focused mechanisms as a function of treatment with the UP and single diagnosis protocols*. In D. H. Barlow (Chair), Unified Protocol for Transdiagnostic Treatment of Emotional Disorders compared to single diagnosis protocols: Initial results from a 5-year clinical trial. Paper presented at the 36th annual meeting of the Anxiety and Depression Association of America. Philadelphia, Pennsylvania.

Boswell, J. F., **Bentley, K. H.**, Sauer-Zavala, S., Farchione, T. J., & Barlow, D. H. (2016). *Unified Protocol versus single diagnosis protocols: Effects on comorbid diagnoses*. In D. H. Barlow (Chair), Unified Protocol for Transdiagnostic Treatment of Emotional Disorders compared to single diagnosis protocols: Initial results from a 5-year clinical trial. Paper presented at the 36th annual meeting of the Anxiety and Depression Association of America. Philadelphia, Pennsylvania.

Boettcher, H., **Bentley, K. H.**, Carl, J., Bullis, J. R., Sauer-Zavala, S., Conklin, L., ... & Barlow, D. H. (2016). *Evaluation of a unified prevention program for anxiety and depression in college students*. In H. Boettcher (Chair), The best offense is a good defense: Brief prevention programs for undergraduates across a diverse range of psychopathology targets. Paper presented at the 36th annual meeting of the Anxiety and Depression Association of America. Philadelphia, Pennsylvania.

Sauer-Zavala, S., **Bentley, K. H.**, Gallagher, M. W., Boettcher, H. T., Thompson-Hollands, J., Farchione, T. J., & Barlow, D. H. (2016). *Can we treat neuroticism: The effects of the Unified Protocol on temperament in a diagnostically diverse sample*. Paper presented at the annual meeting of the North American Society for the Study of Personality Disorders. New York, New York.

Farchione, T. F., Gallagher, M. W., Sauer-Zavala, S., Latin, H., Boswell, J. F., **Bentley, K. H.**, ... Barlow, D. H. *Unified Protocol versus single-diagnosis protocols: Clinical outcomes*. In D. H. Barlow (Chair), Unified Protocol for Transdiagnostic Treatment of Emotional Disorders compared to single diagnosis protocols: Initial results from a 5-year clinical trial. Paper presented at the 36th annual meeting of the Anxiety and Depression Association of America. Philadelphia, Pennsylvania.

Bentley, K. H., Nock, M. K., & Barlow, D. H. (2015). *The role of mindfulness and cognitive reappraisal in*

nonsuicidal self-injury: An experimental analysis. In S. Victor (Chair), How did you get there from here? How environmental and person-level characteristics contribute to nonsuicidal self-injury. Paper presented at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies. Chicago, IL.

Bentley, K. H., Franklin, J. C., Ribeiro, J. D., Kleiman, E. M., Fox, K. R., & Nock, M. K. (2015). *The role of anxiety as a risk factor for suicidality: A meta-analysis.* In De Nadai, A., & Kleiman, E. M. (Co-chairs), Considering factors that underlie internalizing conditions: Comprehensive meta-analyses of suicidality, anxiety, and tic disorders. Paper presented at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies. Chicago, IL.

Kleiman, E. M., Franklin, J. C., Fox, K. R., Ribeiro, J. D., **Bentley, K. H.,** & Nock, M. K. (2015). *Negative life events and suicide risk: A meta-analysis of suicidal thoughts, behaviors, and completions.* In De Nadai, A., & Kleiman, E. M. (Co-chairs), Considering factors that underlie internalizing conditions: Comprehensive meta-analyses of suicidality, anxiety, and tic disorders. Paper presented at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies. Chicago, IL.

Franklin, J. C., Ribeiro, J. D., Fox, K., **Bentley, K. H.,** Kleiman, E. M., & Nock, M. K. (2015). *Risk factors for suicidal thoughts and behaviors: A meta-analysis of 50 years of research.* In J. D. Ribeiro (Chair), Advancing the prediction and prevention of suicidal thoughts and behaviors. Paper presented at the IASR/AFSP International Summit on Suicide Research. New York, NY.

Bentley, K. H., Nock, M. K., & Barlow, D. H. (2014). *Incorporating ecological momentary assessment and intervention during emotion-focused treatment for nonsuicidal self-injury.* In K. H. Bentley (Chair), Utilizing technology to advance treatment for the range of direct and indirect self-injurious behaviors. Paper presented at the 48th annual meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.

Bentley, K. H., Nock, M. K., & Barlow, D. H. (2013). *Examining two emotion-focused treatment strategies for non-suicidal self-injury: A counterbalanced, combined-series single-case design.* In K. H. Bentley (Chair), Utilizing single-case experimental designs for research funding: NRSAs, K awards, and studies of mechanisms. Paper presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies. Nashville, TN.

Sauer-Zavala, S., **Bentley, K. H.,** Wilner, J., & Barlow, D. H. (2013). *Unified protocol for the treatment of BPD and comorbid mood and anxiety disorders: Preliminary data.* In H. Thompson-Brenner (Chair), Efficacy of transdiagnostic protocols for eating, mood, and anxiety disorders for patients with co-occurring borderline personality traits. Paper presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies. Nashville, TN.

Bentley, K. H., Gallagher, M. W., & Barlow, D. H. (2012). *The relations of perceived control with trait and disorder-specific anxiety: A meta-analytic review.* In M. W. Gallagher (Chair), Perceived control as a transdiagnostic predictor of vulnerability to and recovery from anxiety disorders. Paper presented at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies. National Harbor, MD.

Dimeff, L. A., **Bentley, K. H.,** Murray, H. W., Zaverneik, J., Rash, B., Welch, M., Dimidjian, S., & Barlow, D. H. (2012). *Development of a computer-assisted therapy tool for simultaneous training and treatment of panic disorder.* In K. H. Bentley & A. Edson (Chairs), Real-time strategies: Advancing training, treatment, and tracking with technology. Paper presented at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies. National Harbor, MD.

CONFERENCE SYMPOSIA CHAIRED

Bentley, K. H. (2015). *Interventions for individuals at acute risk for suicide: Current research initiatives.*

Symposium chaired at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies. Chicago, IL.

Bentley, K. H. (2014). *Utilizing technology to advance treatment for the range of direct and indirect self-injurious behaviors*. Symposium chaired at the 48th annual meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.

Bentley, K. H. (2013). *Utilizing single-case experimental designs for research funding: NRSAs, K awards, and studies of mechanisms*. Symposium chaired at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies. Nashville, TN.

Bentley, K. H. & Edson, A. (2012). *Real-time strategies: Advancing training, treatment, and tracking with technology*. Symposium chaired at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies. National Harbor, MD.

WORKSHOPS

Sauer-Zavala, S., Conklin, L., **Bentley, K. H.**, & Boettcher, H. (2015). *Unified Protocol for the Transdiagnostic Treatment of Emotional Disorders: Core treatment strategies and recent developments*. Center for Anxiety and Related Disorders, Boston University. Boston, MA.

Sauer-Zavala, S., **Bentley, K. H.**, Bullis, J. R., & Conklin, L. (2014). *Unified Protocol for the Transdiagnostic Treatment of Emotional Disorders*. Center for Anxiety and Related Disorders, Boston University. Boston, MA.

Sauer-Zavala, S., Boettcher, H., **Bentley, K. H.**, Bullis, J. R., & Conklin, L. (2014). *Cognitive behavioral therapy: The Unified Protocol for visiting nurses*. Visiting Nurses Association of Boston & Affiliates, Boston, MA.

Boswell, J. F., Sauer-Zavala, S., Thompson-Hollands, J., & **Bentley, K. H.** (2013). *Unified Protocol for the Transdiagnostic Treatment of Emotional Disorders*. Anxiety and Depression Association of America. La Jolla, CA.

POSTER PRESENTATIONS

Bentley, K. H., Sauer-Zavala, S., Cassiello-Robbins, C., Conklin, L.R., & Vento, S. (2015). *The Unified Protocol for suicidality: Acceptability, feasibility, and preliminary efficacy data from an acute crisis stabilization unit*. Poster presented at the IASR/AFSP International Summit on Suicide Research. New York, NY.

Boettcher, H., **Bentley, K. H.**, Pierre-Louis, C., Carl, J. R., Farchione, T. J., & Barlow, D. H. (2015). *Feasibility, acceptability, and skills uptake in a brief prevention program for anxiety and depression in college students*. Poster presented at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies. Chicago, IL.

Cassiello-Robbins, C., **Bentley, K. H.**, Dufour, S., Harned, M. S., Latin, H. M., & Barlow, D. H. (2015). *Does computer assisted therapy overcome attitudinal barriers towards evidence based practice?* Poster presented at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies. Chicago, IL.

Bentley, K. H., Robbins, C. F., Vittorio, L., Sauer-Zavala, S., & Barlow, D. H. (2014). *The association between nonsuicidal self-injury and the emotional disorders: A meta-analytic review*. Poster presented at the 48th annual meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.

- Bentley, K. H.,** Bullis, J. R., Farchione, T. J., Ciraulo, D. A., & Barlow, D. H. (2014). *Exploring anxiety sensitivity in the context of transdiagnostic cognitive-behavioral treatment for comorbid anxiety and alcohol use disorders*. Poster presented at the 48th annual meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.
- Bentley, K. H.,** & Barlow, D. H. (2014). *Exploring a continuum of nonsuicidal self-injury severity typologies in a college student sample*. Poster presented at the 9th annual meeting of the International Society for the Study of Self-Injury. Chicago, IL.
- Vittorio, L., **Bentley, K. H.,** & Barlow, D. H. (2014). *Minor versus moderate/severe forms of self-injury: Exploring differences in temperament, psychopathology, and emotion regulation skills*. Poster presented at the 48th annual meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.
- Boettcher, H., **Bentley, K. H.,** Fortune, M. R., Farchione, T. J., & Barlow, D. H. (2014). *Sex differences in the impact of anxiety and depression on quality of life and functional impairment*. Poster presented at the 48th annual meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.
- Bullis, J. R., Sauer-Zavala, S., **Bentley, K. H.,** Thompson-Hollands, J., Carl, J. R., & Barlow, D. H. (2014). *The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders: Preliminary exploration of effectiveness for group delivery*. Poster presented at the 48th annual meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.
- Cassiello-Robbins, C., Lewis, J., **Bentley, K. H.,** Farchione, T. J., & Barlow, D. H. (2014). *Which transdiagnostic predictors rise above the rest when predicting emotional disorder severity?* Poster presented at the 48th annual meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.
- Ametaj, A. A., Fortune, M. R., **Bentley, K. H.,** & Barlow, D. H. (2014). *Depression, emotion regulation difficulty, and mindfulness: A meditational analysis*. Poster presented at the 48th annual meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.
- Bentley, K. H.,** Zavala, S., & Barlow, D. H. (2013). *Distinct forms of experiential avoidance differentially predict the severity of non-suicidal self-injury*. Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies. Nashville, TN.
- Bentley, K. H.,** Gallagher, M. W., Rosellini, A. J., & Barlow, D. H. (2013). *The Overall Depression Severity and Impairment Scale: An item response theory analysis*. Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies. Nashville, TN.
- Carl, J. R., Gallagher, M. W., Sauer-Zavala, S., **Bentley, K. H.,** & Barlow, D. H. (2013). *A preliminary investigation of the effects of the unified protocol on temperament*. Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies. Nashville, TN.
- Rosellini, A. J., Lewis, J., **Bentley, K. H.,** & Brown, T. A. (2013). *Development and latent structure of the multidimensional emotional disorder inventory*. Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies. Nashville, TN.
- Wilner, J., Sauer-Zavala, S., & **Bentley, K. H.** (2013). *Mindfulness moderates the relationship between perceived control and anxiety symptoms*. Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies. Nashville, TN.
- Bentley, K. H.,** Gallagher, M. W., Rosellini, A. J., & Barlow, D. H. (2013). *Development and validation of an*

Overall Depression Severity and Impairment Scale. Poster presented at the 33rd annual meeting of the Anxiety and Depression Association of America. La Jolla, CA.

Bentley, K. H., Gallagher, M. W., Boswell, J. F., & Barlow, D. H. (2012). *Diagnostic differences in outcome expectations across the emotional disorders: Exploring the contributions of temperament*. Poster presented at the 46th annual Association for Behavioral and Cognitive Therapies. National Harbor, MD.

Bentley, K. H., Gallagher, M. W., Boswell, J. F., & Barlow, D. H. (2012). *Outcome expectancy in the Unified Protocol: Benchmarking and predicting outcomes*. Poster presented at the annual meeting of the Society for Psychotherapy Research. Virginia Beach, VA.

Sacco, G., **Bentley, K. H.,** Pedrelli, P., Nyer, M., Fava, M., & Farabaugh, A. (2011). *Assessing suicidal ideation from start to finish on college campuses: University-based program for the prevention of youth suicide*. Poster presented at the 9th annual University of Michigan Depression on College Campuses conference. Ann Arbor, MI.

Pedrelli, P., **Bentley, K. H.,** Vitali, M., & Fava, M. (2011). *Development of a screening method for compulsive alcohol use among college students*. Poster presented at the 34th annual meeting of the Research Society on Alcoholism. Atlanta, GA.

Pollack, M. H., Jacoby, R. J., **Bentley, K. H.,** Keshaviah, A., Kredlow, M. A., Deckersbach, T., Simon, N. M., & Fava, M. (2011). *Psychometric properties of the Anxiety Symptoms Questionnaire (ASQ) in a college student sample*. Poster presented at the 31st annual meeting of the Anxiety and Depression Association of America. New Orleans, LA.

Bentley, K. H., & Sanderson, C. A. (2010). *Preventing college student suicide: Effects of a male-targeted invitation letter to the Interactive Screening Project*. Poster presented at the 2010 Society for Personality and Social Psychology Conference. Las Vegas, NV.

TEACHING EXPERIENCE

Teaching Fellow 2015
Introduction to Clinical Psychology Course, Boston University
Professor: David H. Barlow, Ph.D.

- Planned and executed lectures on self-injury, prevention, and applying to graduate programs in clinical psychology to undergraduate students
- Assisted with course-related administrative duties, including creating exams and grading papers

Guest Lecturer 2015
Psychological Services Center Training Seminar, Boston University
Professor: Lisa Smith, Ph.D.

- Co-planned and co-executed lecture on the Unified Protocol treatment to practicum students

Guest Lecturer 2013, 2014, 2015
Scientist-Practitioner Course, Boston University
Professor: David H. Barlow, Ph.D.

- Independently planned and executed lectures on the development, preparation, and submission process for a National Research Service Award to first-year doctoral students

MENTORSHIP EXPERIENCE

Work for Distinction Student Advisor 2015 – 2016
Center for Anxiety and Related Disorders, Boston University

Advisor: Todd Farchione, Ph.D.

- Serve as doctoral student advisor for senior undergraduate student conducting a work for distinction project exploring a novel online forum for prevention of anxiety and mood disorders in college students
- Provide mentorship on all aspects of study execution, including project design, IRB submission, clinical oversight, data collection and analysis, and manuscript preparation

Directed Study Student Advisor

2013 – 2014

Center for Anxiety and Related Disorders, Boston University

Advisor: David H. Barlow, Ph.D.

- Conducted a directed study on self-injurious behavior, trauma, and related constructs with a senior undergraduate student
- Met weekly for two semesters to discuss empirical readings, provide mentorship in clinical research, and collaborate on a publication

EDITORIAL ACTIVITY

Ad hoc Journal Reviewer

Psychological Assessment
Depression and Anxiety
Archives of Suicide Research
Cognitive Therapy and Research
Behavior Therapy
Anxiety, Stress, & Coping
Perspectives on Psychological Science
Journal of Affective Disorders
Journal of Psychopathology and Behavioral Assessment
Cognitive and Behavioral Practice
Health Reports
Child Psychiatry & Human Development
European Child & Adolescent Psychiatry

Ad hoc Grant Reviewer

United Kingdom Medical Research Council

PROFESSIONAL AFFILITATIONS

Anxiety and Depression Association of America	2015 – present
Association for Psychological Science	2014 – present
Society for the Science of Clinical Psychology (Campus representative for Boston University)	2014 – present
International Society for the Study of Self-Injury	2014 – present
American Psychological Association	2012 – present
Division 12 (Clinical)	2012 – present
Division 29 (Psychotherapy)	2012 – present
Division 29 Student Development Committee	2013 – present
Association for Behavioral and Cognitive Therapies	2009 – present
Suicide and Self-Injury Special Interest Group	2012 – present

REFERENCES

David Barlow, Ph.D.

Founder, Director Emeritus
Center for Anxiety and Related Disorders

Cori Cather, Ph.D.

Director of Psychological Services
Schizophrenia Clinical and Research Program

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