

CURRICULUM VITAE

ADAM C. JAROSZEWSKI

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EDUCATION

Doctor of Philosophy **Harvard University**, Cambridge, Ma
2016 - Present Clinical Psychology (APA/PCSAS accredited)

Master of Arts **Harvard University**, Cambridge, Ma
2014 – 2016 Clinical Psychology (APA/PCSAS accredited)
Master's Thesis: Measuring Approach to Suicide

Bachelor of Science **University of Vermont**, Burlington, Vt
2001 - 2005 Major: Psychology; Minor: Chemistry
Senior Thesis: The Effect of Extinction Preparation on the Renewal of Operant Response

AWARDS AND HONORS

2017 Sackler Scholarship in Psychobiology, Harvard University
2017 Bok Center Teaching Award, Harvard University
2015 Restricted Funds Large Grant, Harvard University
2015 Smadar Levin Award, Finalist, Society for Research in Psychopathology
2014 Stimson Fund Research Grant, Harvard University
2004 - 2005 Psi Chi, Awarded membership to the National Honors Society in Psychology
2003 - 2005 Dean's List, University of Vermont
2001 - 2005 Presidential Scholarship, University of Vermont

CLINICAL EXPERIENCE

2017 – Present **Gunderson Residence, McLean Hospital**, Belmont, Ma
Student Clinician, Group Therapy Leader
Provide adjunct individual therapy for female patients diagnosed with Borderline Personality Disorder (BPD), utilizing therapeutic approaches from Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), and Mentalization-Based Treatment (MBT). Lead various therapy groups including Exposure and Response Prevention (ERP), Interpersonal Effectiveness, and Psychoeducation. Administered semi-structured diagnostic assessments and provide feedback to patients. Work with team of clinicians on case formulation and treatment planning. Supervisors: Lois Choi-Kain, M.D., & Brandon Unruh, M.D.

2016 – Present **Center for Anxiety & Related Disorders (CARD), Boston Univ.**, Boston, Ma
Center Therapist
Provided individual therapy utilizing CBT and other evidence-based strategies for patients with anxiety, mood, and related disorders. Administered semi-structured diagnostic assessments at intake and provided feedback to patients. Conducted case formulation, treatment planning, and monitoring of outcomes during treatment. Attended weekly individual and group supervision meetings, including audiovisual review of sessions.
Supervisors: Pooja Saraff, Ph.D., & Lisa Smith, Ph.D.

- 2015 – 2016 **OCD Institute (OCIDI), McLean Hospital, Belmont, Ma**
Exposure and Response Prevention Coach
 Coached Exposure and Response Prevention with residential patients presenting with severe OCD (aged 16+). Administered structured clinical interviews (e.g., SCID-4, MOCA) and wrote diagnostic reports. Observed individual and group therapy (i.e., Mindfulness, Cognitive Therapy, Motivation).
 Supervisors: Carol Hevia, Psy.D., & Jason Kropf, Ph.D.
- 2013 – 2014 **Department of Psychiatry, Cambridge Hospital Alliance, Cambridge, Ma**
Observational Practicum Student
 Participated in discussion seminars and attended case consultation meetings.
 Supervisors: Adam Conklin, Ph.D., & Diya Kallivayalil, Ph.D.
- 2010 - 2012 **Community Intervention Program, Arlington, Ma**
Direct Care Counselor
 Led mood regulation, academic, and cognitive/behavioral skills groups for psychiatric adolescents living at a residential assessment/treatment program; drafted clinical reports and observation notes; managed client behavior; coordinated with clients, clinicians, case workers, and parents to shape clients' treatment plans.
 Supervisor: Melissa Swain, M.A.

CLINICAL TRAINING

- 2017 – Present Dialectical Behavioral Therapy and Mentalization-Based Treatment (Year-Long Practicum Training), Trainers: Lois Choi-Kain, M.D., & Brandon Unruh, M.D., Gunderson Residence, McLean Hospital, Belmont, Ma
- 2016 – 2017 Cognitive Behavioral Therapy, Unified Protocol (Year-Long Practicum Training) Trainers: Pooja Saraff, Ph.D., & Lisa Smith, Ph.D., Center for Anxiety & Related Disorders (CARD), Boston University, Boston, MA
- 2015 – 2016 Exposure Response Prevention Therapy (Year-Long Practicum Training) Trainers: Carol Hevia, Psy.D., & Jason Kropf, Ph.D., OCD Institute (OCIDI), McLean Hospital, Belmont, MA
- 2012 – Present Suicide Risk Assessment and Safety Planning (100+ administrations) Trainer: Matthew Nock, PhD, Harvard University, Cambridge MA
- 2015 Structured Clinical Interview for DSM Disorders (SCID) (45 hours) Trainer: Jill M. Hooley, DPhil, Harvard University, Cambridge, MA

PUBLISHED MANUSCRIPTS

- Franklin, J.C., Fox, K.R., Franklin, C.R., Kleiman, E.M., Ribeiro, J.D., **Jaroszewski, A.C.**, Hooley, J.M., & Nock, M.K. (2016). A Brief Mobile App Reduced Nonsuicidal and Suicidal Self-Injury: Evidence from Three Randomized Control Trials. *Journal of Consulting and Clinical Psychology, 84*, 544-557.
- Franklin, J.C., Ribeiro, J.D., Fox, K.R., Bentley, K.H., Franklin, C.R., Kleiman, E.M., **Jaroszewski, A.C.**, Chang, B.P., & Nock, M.K. (in press). Risk Factors for Suicidal Thoughts and Behaviors: A Meta-Analysis of 50 Years of Research. *Psychological Bulletin*
- Glenn, C. R., **Jaroszewski, A.**, Millner, A., Kearns, J. C., & Nock, M. K. (2015). Nonsuicidal self-injury: Old problem, new disorder, limited data. In E. J. Bromet (Ed.), *Long-term outcomes in psychopathology research: Rethinking the scientific agenda*. New York, NY: Oxford University Press.

Millner, A.J., **Jaroszewski, A.C.**, Chamarthi, H., & Pizzagalli, D.A. (2012). Behavioral and Electrophysiological Correlates of Training-induced Cognitive Control Improvements. *NeuroImage*, 63(2), 742-753.

MANUSCRIPTS IN PROGRESS

Jaroszewski, A.C., Millner, A., Nock, M.K. (*In Preparation*). Escape from pain: Suicidal participants demonstrate decreased inhibitory control in the context of suicide related information. Manuscript in progress.

Nock, M.K., **Jaroszewski, A.C.**, Glenn, C.R., Deming, C.A., Knepley, M., Millner, A.C. (*In Preparation*). Suicide attempts among active duty soldiers: a qualitative study. Manuscript in progress.

Nock, M.K., Ursano, R.J., Naifeh, J.A., Aliga, P., **Jaroszewski, A.C.**, Buckley, C., Benevides, K.N. (*In Preparation*). Neuropsychological risk factors for suicide attempts among active duty soldiers. Manuscript in progress.

Deming, C.A., **Jaroszewski, A.C.**, Bentley, K., Dinakar, K., Glenn, C., & Nock, M. K. (*In Preparation*). Online Social Media Intervention: Communication and Self-Injury.

CONFERENCE PRESENTATIONS

Jaroszewski, A.C., Millner, A., Dorfman, H., & Nock, M. K. (2017, September). *Suicidal Participants Demonstrate Decreased Inhibitory Control in Relation to Suicide-Related Information: A Pilot Study*. Paper presented at the annual convention of Society for Research in Psychopathology. Denver, CO.

Jaroszewski, A.C., Deming, C. A., Dinakar, K., Bentley, K., Glenn, C., & Nock, M. K. (2016, October). Machine Learning as Applied to Online Social Media for Suicide and Nonsuicidal Self-Injury. In K. H. Bentley (Chair), *Utilizing Machine Learning Techniques to Improve Prediction and Prevention of Suicide and Self-Injury*. Paper to be presented at the annual convention of the Association for Behavioral and Cognitive Therapies. New York, NY.

Deming, C. A., Dinakar, K., **Jaroszewski, A.C.**, Bentley, K., Glenn, C., & Nock, M. K. (2016, October). Machine Learning as Applied to Online Social Media for Suicide and Nonsuicidal Self-Injury. In K. H. Bentley (Chair), *Utilizing Machine Learning Techniques to Improve Prediction and Prevention of Suicide and Self-Injury*. Paper to be presented at the annual convention of the Association for Behavioral and Cognitive Therapies. New York, NY.

Dinakar, K., Deming, C. A., **Jaroszewski, A.C.**, Bentley, K., Glenn, C., & Nock, M. K. (2016, October). Machine Learning as Applied to Online Social Media for Suicide and Nonsuicidal Self-Injury. In K. H. Bentley (Chair), *Utilizing Machine Learning Techniques to Improve Prediction and Prevention of Suicide and Self-Injury*. Paper to be presented at the annual convention of the Association for Behavioral and Cognitive Therapies. New York, NY.

Jaroszewski, A.C., Millner, & Nock, M. K. (2016, September). *Thinking about Suicide Influences Evaluations of Suicide-Related Stimuli*. Paper presented at the annual convention of Society for Research in Psychopathology. Baltimore, MD.

Rafael, C., Dinakar, K., Deming, C.A., **Jaroszewski, A.C.**, and colleagues. (2016, May). *Computing and Mental Health Workshop*. Workshop presented at the annual Computer-Human Interaction conference. San Jose, CA.

- Dinakar, K. Deming, C.A., **Jaroszewski, A.C.**, & Nock, M. K. (2016, April). *Probabilistic Graphical Models to Analyze Self-Harm in the Wild*. Paper presented at the annual convention of the Anxiety and Depression Association of America. Philadelphia, PA.
- Nock, M. K., **Jaroszewski, A.C.**, Deming, C. A., Glenn, C. Knepley, M., Naifeh, J., and Ursano, R. J. (2016, April). *Qualitative Study of Suicide Attempts among Soldiers: Results from Army STARRS*. Paper presented at the annual convention of the Anxiety and Depression Association of America. Philadelphia, PA.
- Deming, C. A., Harris, J.A., Gelbart, A., Metzger, I., Iles, B., Cho, G., A., **Jaroszewski, A.C.**, Nock, M.K. (2015). *Stress and Suppression of Attention to Psychological Pain in Suicide*. Poster to be presented at the annual convention of the Association for Behavioral and Cognitive Therapies. Chicago, IL.
- Jaroszewski, A.C.**, Fox, K., Franklin, J.C., Kleiman, E., Deming, C. A., Nock, M.K. (2015). *The Role of Emotion Suppression in Non-Suicidal Self-Injury*. Poster to be presented at the annual convention of the Society for Research in Psychopathology. New Orleans, LA.
- Harris, J.A., **Jaroszewski, A.C.**, Deming, C. A., Knepley, M., Cha, C.B., Franklin, J.C., Nock, M.K. (2014). *Empirical support for modified DSM-5 criteria among a sample of Veterans*. Poster to be presented at the annual convention of the Association for Behavioral and Cognitive Therapies. Philadelphia, Pa.
- Deming, C. A., Leary, K., Straus, J., Manhas, A., **Jaroszewski, A.C.**, Knepley, M., Nock, M.K. (2013). *A Mixed Methods Study of Suicidal Older Adults: Study Design and Preliminary Results*. Poster to be presented at the annual convention of the Association for Behavioral and Cognitive Therapies. Nashville, Tn.
- Knepley, M., **Jaroszewski, A.C.**, Slama, S., Millner, A., Nock, M.K. (2013). *Suicide Attempts among those without a mental disorder*. Poster to be presented at the annual convention of the Association for Behavioral and Cognitive Therapies. Nashville, Tn.
- Jaroszewski, A C.**, Knepley, M., Slama, S. Deming, C.A., Nock, M.K. (2013). *Prediction of future suicidal thoughts and behavior: A prospective study*. Poster to be presented at the annual convention of the Association for Behavioral and Cognitive Therapies. Nashville, Tn.

RESEARCH EXPERIENCE

- 2012 - 2014 **Nock Lab**
 Department of Psychology, Harvard University, Cambridge, Ma
Research Assistant
 Co-managed a psychological research laboratory studying suicide and self-harm.
 Supervisor: Matthew K. Nock, Ph.D.
- 2010 - 2012 **Nock Lab**
 Department of Psychology, Harvard University, Cambridge, Ma
Volunteer Research Assistant
 Assisted with cognitive control training study and the creation of suicide and self-injury survey.
 Supervisor: Matthew K. Nock, Ph.D.; Alex Millner, Ph.D.
- 2005 **Department of Psychology, University of Vermont, Burlington, Vt**
Independent Study
 Designed and conducted an experiment examining renewal: a contextually dependent relapse effect.
 Supervisor: Mark Bouton, Ph.D.

TEACHING AND MENTORING EXPERIENCE

- 2018 Department of Psychology, Harvard University, Cambridge, MA
Teaching Fellow (TF) for Introduction to Statistics for the Behavioral Sciences (Lecturer:
Assistant Prof. Krasnow). Lead two discussion sections with 35 undergraduate students
- 2017 Department of Psychology, Harvard University, Cambridge, MA
Teaching Fellow (TF) for Abnormal Psychology (Lecturer: Prof. Pizzagalli)
Led two discussion sections with 34 undergraduate students
- 2016 Department of Psychology, Harvard University, Cambridge, MA
Teaching Fellow (TF) for Psychological Science (Lecturer: Prof. Daniel Gilbert)
Led two discussion sections with 31 undergraduate students
- 2012 –
Present Mentorship, Harvard University, Cambridge, MA
Kristina Saffran, Harvard University, Undergraduate Research Assistant
Bridget Nestor, Harvard University, Undergraduate Research Assistant
Ethan Glasserman, Harvard University, Undergraduate Research Assistant
Esther Howe, Harvard University, Post-Baccalaureate Research Assistant
Andrew Huckins-Noss, Harvard University, Graduate Student Research Assistant

EDITORIAL SERVICE

JAMA Psychiatry

Emotion

Psychiatry Research

Journal of Medical Internet Research

PROFESSIONAL CERTIFICATIONS

- 2010 – 2012 Emergency Medical Technician, Basic, Massachusetts

PROFESSIONAL MEMBERSHIPS

- 2012 – Present Association for Behavioral and Cognitive Therapies