

Curriculum Vitae

Chelsey R. Wilks, Ph.D.

Harvard University Department of Psychology
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ACADEMIC POSITIONS

2018-present **Postdoctoral Scholar, 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

2018 **Ph.D., Clinical Psychology**
University of Washington, Seattle, WA
Mentor: Marsha M. Linehan

2018 **Internship in Clinical Psychology**
VA San Diego Healthcare System, San Diego, CA (APA accredited)
Telemental Health & VA ASPIRE Center track

2014 **MS, Clinical Psychology**
University of Washington, Seattle, WA
Mentor: Marsha M. Linehan

2011 **BS, Human Service Counseling**
University of Nevada-Las Vegas, Las Vegas, NV
Minor: Psychology

GRANTS

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.*
Role: Principle Investigator

2015-2017 Alcohol and Drug Abuse Institute; ADAI-0315-2, *Computerized DBT Skills Training for Suicidal and Heavy Episodic Drinkers.*
Role: Principle Investigator

PUBLICATIONS

* Indicates student author under my supervision

◊ Indicates peer-reviewed proceedings

Peer-reviewed articles and proceedings

1. **Wilks, C. R., & Yin, Q*.,** Zuromski, K., L. (In Press). User experience affect dropout from Internet-delivered DBT for suicidal and heavy episodic drinkers. *Telemedicine and E-Health*

Updated March 15, 2019

2. Makover, H., Adrian, M., **Wilks, C. R.**, Read, K., Stoep, A. V., & McCauley, E. (2019). Indicated prevention for depression at the transition to high school: Outcomes for depression and anxiety. *Prevention Science*
3. **Wilks, C. R.**, Morland, A. L., Dillon, K., Mackintosh, M., Blakey, S., Wagner, R., & Elbogen, E. (2019). Anger, social support, and suicide risk in U.S. military veterans. *Journal of Psychiatric Research*
4. Schroeder, J., **Wilks, C.**, Rowan, K., Toledo, A., Paradiso, A., Czerwinski, M., & Linehan, M. M. (2018). Pocket Skills: A Conversational Mobile Web App to Support Dialectical Behavioral Therapy. In *Proceedings of the 2018 CHI Conference on Human Factors in Computing Systems* (p. 398). ACM. [◊]
5. Lungu, A., **Wilks, C. R.**, Coyle, T. N., & Linehan, M. M., (2018). Assessing suicidal and non-suicidal self-injury via in-depth interview or self-report: Balancing assessment effort and results. *Suicide and Life-Threatening Behavior*.
6. **Wilks, C. R.**, Lungu, A., Ang S. Y*, Yin, Q*, Matsumiya, B*, & Linehan, M. M. (2018). Randomized controlled trial of an Internet-delivered dialectical behavior therapy skills training intervention for suicidal and heavy episodic drinkers. *Journal of Affective Disorders*
7. Harned, M. S. **Wilks, C. R.**, Coyle, T. N., & Schmidt, S. (2018). Improving functioning in borderline personality disorder by reducing PTSD symptoms and posttraumatic cognitions. *Behaviour Research and Therapy*. 103, 53-61.
8. **Wilks, C. R.**, Coyle, T. N., Krek, M*, Lungu, A., & Andriani, K*. (2018). Suicide ideation and preference toward online help-seeking. *Suicide and Life-Threatening Behavior*. 48(4), 379-385.
9. **Wilks, C. R.**, Czerwinski, M., Rowan, K., Paradiso, A., McDuff, D., Toledo, A., & Linehan M. M., (2017). Machine learning for Precise Targeting of a Mobile Dialectical Behavior Therapy Skills Training Application. In *Proceedings of the 2017 CHI Conference on Human Factors in Computing Systems*. ACM. [◊]
10. **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. *Journal of Medical Internet Research*. 6(10), e207.
11. 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*. 19(5), 462-472.
12. **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*. 24(3), 288-295.
13. Harned, M. S., Lungu, A., **Wilks, C. R.**, & Linehan, M. M. (2016). Evaluating a multimedia tool for suicide risk assessment and management: The Linehan suicide safety net. *Journal of Clinical Psychology*. 73(3), 308-318.
14. Ward-Ceileiski, F. E., Jones, C., Wiegus, 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*. 4(1), 13. doi: 10.1186/s40359-016-0117-4
15. **Wilks, C. R.**, Korslund, K. E., Harned, M., & Linehan, M. M. (2016). Dialectical behavior therapy and domains of functioning over two years. *Behaviour Research and Therapy*. 77, 162-169. doi: 10.1016/j.brat.2015.12.013
16. **Wilks, C. R.**, Zeive, G*, & Lessing, H*. (2016). Are trials of computerized therapy generalizable? A multi-dimensional meta-analysis. *Telemedicine and E-Health*. 22(5), 450-457. doi: 10.1089/tmj.2015.0129
17. 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

18. 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
19. 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.
20. 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.

Book chapters and invited contributions

1. Bellows, E. P., Burns, M., W., & **Wilks, C. R.** (In Press). Pharmacotherapy guidelines for treating stage I DBT patients. In L. A. Dimeff (Ed.). *Dialectical Behavior Therapy in Clinical Practice*.
2. 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*.
3. **Wilks, C. R.** & Linehan, M. M. (2019). Dialectical behavior therapy with multi-diagnostic and suicidal patients. In S. Dimidjian (Ed.), *Evidence-Base Practices in Action*.
4. Lungu, A., **Wilks, C. R.**, & Linehan, M. M. (2018). Using novel technology in dialectical behavior therapy. In M. Swales (Ed.). *The Oxford Handbook of Dialectical Behavior Therapy*.
5. **Wilks, C. R.** & Linehan, M. M. (2017). Application and techniques in dialectical behavior therapy. In M. Mantosh (Ed.). *Art and Science of Psychotherapy*.
6. Botanov, Y., & **Wilks, C. R.** (2016). Dialectical behavior therapy for substance use disorders: A primer. *Carlat Report*.
7. Linehan, M. M. & **Wilks, C. R.**, (2015). The course and evolution of dialectical behavior therapy. *American Journal of Psychotherapy*. 69(2), 97-110
8. 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 and in preparation

1. **Wilks, C. R.**, Ang, S. Y*, Ward-Ciesielski, E. F., Wang, X*, (revised and resubmitted). Exploring online treatment preference among college students. *Journal of Social and Clinical Psychology*
2. Khalifian, C. E., Knopp, K, **Wilks, C. R.**, Woodridge, J., Sohn, J. M., Thomas, D. & Morland, L. A. (revised and resubmitted). Sexual Functioning and Suicide Risk in U.S. Military Veteran Couples. *Archives of Sexual Behavior*.
3. **Wilks, C. R.** Khalifian, C. E., & Morland, L. A. (under review). The Impact of Anger Experiences and Expression on Veteran Suicidal Thoughts in Intimate Couple Relationships. *Suicide and Life Threatening Behavior*.
4. Ward-Ciesielski, E. F., & **Wilks, C. R.**, (under review). Conducting research with individuals at risk for suicide: Protocol for assessment and risk management. *Suicide and Life Threatening Behavior*.
5. Kaufmann, C., Doran, N., Marshall, R., **Wilks, C. R.**, Link, P., & Depp, C. (under review). Clinical associations of suicidal thoughts reported by veterans on automated home telehealth devices. *Archives of Suicide Research*.
6. Dillon, K. H., Van Voorhees, E. E., Dennis, P., Glenn, J., **Wilks, C. R.** Morland, L., Beckham, J. C., Elbogen, E. (under review). Anger mediates the relationship between Posttraumatic stress disorder and suicidal ideation in veterans. *Journal of Affective Disorders*.
7. Wasil, A., Gillespie, S., Shingleton, R., **Wilks, C. R.**, Weisz, J. (under review). Examining the reach of smartphone apps for depression and anxiety. *Lancet Psychiatry*.

8. **Wilks, C. R.**, Alonso, J., Auerbach, R. P., Benjet, C., Bruffaerts, R., Cuijpers, P...Kessler, R. C., (under review). The relative importance of physical and mental health in explaining health-related academic role impairment among college students. *Journal of Psychiatry Research*
9. Zuromski, K., L., Bernecker, S. L., Chu, C., **Wilks, C. R.**, Gutierrez, P. M.... Kessler, R. C. (under review). Pre-deployment predictors of suicide attempt during and after combat deployment: Results from the Army Study to Assess Risk and Resilience in Servicemembers. *Journal of Psychiatry Research*

CONFERENCE PRESENTATIONS

1. **Wilks, C.**, Schroeder, J., Rowan, K., Toledo, A., Paradiso, A., Czerwinski, M., & Linehan, M. M. (2018, November). Dialectical Behavior Therapy Skills Training for Mobile Use. In L. Rutter (Chair), On the Cusp of a 'New Era': Integrating Technological Advances into Evidence-Based Assessment and Treatment. Symposium presented at the 51st annual *Association of Behavioral and Cognitive Therapies*, in Washington D.C.
2. Yin, Q *, & **Wilks, C. R.**, (October, 2017). Examining the bidirectionality of urges to die by suicide and to consume substances. Poster presentation presented at the 50th annual *Association of Behavioral and Cognitive Therapies, Suicide and NSSI special interest group* in San Diego, California. *Winner of the best poster award*
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. 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.
11. **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.

12. 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.
13. 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.
14. 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.
15. 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.
16. 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.
17. **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
18. 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.
19. **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.
20. 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.
21. 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.
22. **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.
23. 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.
24. **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.
25. **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.

26. 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.
27. Weissman, 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.
28. 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.
29. **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.
30. **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.
31. **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
32. **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.
33. **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
34. **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.
35. **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.
36. **Wilks, C. R.**, Powell S., Fayeghi, J., Vasquez, 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.

INVITED TALKS

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| July 2019 | <i>Improving user experience in technology-delivered interventions.</i> Presented at the World Mental Health Meeting at Harvard Medical School in Boston, Massachusetts. |
| May 2019 | <i>Predicting and preventing suicide using technology.</i> Presented at the Media Lab at the Massachusetts Institution of Technology in Cambridge, Massachusetts. |
| May 2019 | <i>Integrating technology to improve clinical interventions for suicide.</i> Presented at the Lincoln Lab at the Massachusetts Institution of Technology in Lexington, Massachusetts. |

September 2017 *Randomized controlled trial of Internet delivered DBT 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.

AWARDS & HONORS

2019 Military Suicide Research Consortium, Pre-Conference Research Training Day
Travel Award in Washington DC, \$1000

2018 Military Suicide Research Consortium, Pre-Conference Research Training
Travel Award in Washington DC, \$1000

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

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 - July 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 Research Seminar (Psych 499), University of Washington

April - June 2015 Research Seminar (Psych 499), University of Washington

Invited Lecturer

Feb 2019 Increasing goal-directed behavior through technology (EM Workshop),
Massachusetts Institute of Technology

Nov 2018 Introduction to DBT (Psych 401), Harvard College

April 2015 Introduction to DBT (Psych 499), University of Washington

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

Nov 2011 Substance Use Disorders (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	DBT full-day workshop; Alaska Psychiatric Association, co-trainer with Marsha Linehan, Ph.D.
Jan 2016	DBT half-day workshop; Lake Washington school district, co-trainer with Trevor Coyle, MS
Jan 2016	DBT half-day workshop; Highline school district
Jan - Feb 2015	Learning Community Facilitator for DBT; Behavioral Tech
May - July 2015	Learning Community Facilitator for DBT in Turkey; Behavioral Tech
June 2015	Suicide risk assessment and management; Workshop hosted by the Behavioral Research and Therapy Clinics

CLINICAL EXPERIENCE

VA San Diego Health Care System, San Diego, CA

July 2017-June 2018 – Psychology Intern

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

Rotation 1: Telemental Health Center

Clinical Supervisors: Leslie Morland, Psy.D. & Jeffrey Poizner, Psy.D.

- Provided evidence-based psychotherapies for PTSD (Prolonged Exposure and Cognitive Processing Therapy) using live, interactive videoconferencing with veterans

Rotation 2: ASPIRE Center

Clinical Supervisor: Melissa Tarasenko, Ph.D.

- Provided evidence-based group and individual psychotherapy 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

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”

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

- Conducted in-person assessment interviews with participants living in supportive housing as well as chronically homeless individuals.

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, supervision, and consultation to graduate students in 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 standard 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).

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 clients presenting with major depression, anxiety disorders, bipolar disorder, psychosis, and substance use disorders.

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).

Specialized Clinical Training

October 2017	Cognitive Processing Therapy workshop for PTSD by Carrie Rodgers, Ph.D., ABPP
March 2017	Advanced Training the DBT plus 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 Collins, Ph.D. & Seema 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.

PROFESSIONAL SERVICE

Invited Reviewer

- Journal of Psychiatric Research
- Journal of Clinical Psychology
- Suicide and Life-Threatening Behavior
- Journal of Medical Internet Research
- Internet Interventions
- Psychiatry Research
- Journal of Anxiety and Depression
- Family Process
- Addiction Science and Clinical Practice

Ad Hoc Reviewer

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

Association memberships

- 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)

SKILLS

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

REFERENCES

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