

Kelsey Hudson, Ph.D. (she/her)
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(Updated June 2022)

Educational Background

University of Vermont , Burlington, VT Doctor of Philosophy, Clinical Psychology (APA-Accredited) Dissertation Title: <i>Risk Profiles for Adolescent Internalizing Problems</i>	2013 - 2019
Louisiana State University Health Sciences Center , New Orleans, LA Predoctoral Internship, Child/Adult Track (APA-Accredited)	2018 - 2019
Vanderbilt University , Nashville, TN B.Mus. in Violin Performance, B.A. in Psychology Honors Thesis Title: <i>Caretaking Behaviors and Stress Reactivity in Adolescents of Depressed Parents</i>	2007 - 2011

Professional Positions

Boston University, Center for Anxiety and Related Disorders , Boston, MA Research Scientist, Child and Adolescent Fear and Anxiety Treatment Program	2021 - present
Clinical Psychologist, Climate-Aware Care (Private Practice) , Cambridge, MA	July 2021 - present
Boston University, Center for Anxiety and Related Disorders , Boston, MA Postdoctoral Fellow, Child and Adolescent Fear and Anxiety Treatment Program Primary Research Mentor: Donna B. Pincus, Ph.D.	2019 - 2021

Leadership Positions

Youth Focus and Outreach Committee Chair <i>Climate Psychology Alliance-North America (CPA-NA)</i> Lead the Youth Focus and Outreach Committee's outreach, advocacy, and programming efforts through the CPA-NA.	2021 - present
Early Career Psychologist Committee Member <i>Massachusetts Psychological Association (MPA)</i>	2021 - present

Licenses and Certifications

Psychologist (#11431), Board of Registration of Psychologists, Commonwealth of Massachusetts, Issued 1/8/21	
Health Service Provider (#11431), Board of Registration of Psychologists, Commonwealth of Massachusetts, Issued 1/8/21	

Climate Change and Health Certification

Yale University School of Public Health , New Haven, CT Yale Center on Climate Change and Health, Certificate in Climate Change and Health	2021
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Awards and Honors

Massachusetts Psychological Association Early Career Award This award was established to honor an individual in the early stages of their career who has made noteworthy contributions to the field of psychology. Received award for clinical, research, and community advocacy contributions regarding the psychological impacts of climate change on young people.	2021
University of Vermont Research Travel Awards	2015, 2016, 2017
University of Vermont Clinical Science Training Award Highest Honors in Psychology, Vanderbilt University	2016 2011

Jean Keller Heard Prize, Blair School of Music, Vanderbilt University	2011
Honors Psychology Program, Vanderbilt University	2009 - 2011
Dean's List, Vanderbilt University	2009 - 2011

Grants and Funded Research

Funded Projects

Center for Anxiety and Related Disorders Internal Grant Award 2021

Title: Parents' Reports of Psychological Impacts of Climate Change on Community Youth

Total Direct Costs: \$2,000

Role/Institution: PI, Boston University

Vanderbilt University Summer Research Program Award 2010

Title: Caretaking Behaviors and Stress Reactivity in Adolescents of Depressed Parents

Research Stipend: \$4,000

Institution: Vanderbilt University

Submitted Projects

American Psychological Association Division 34 Community Impact Grant 2022 - 2023

Title: Evaluating Climate-Aware Therapists' Needs to Inform Climate-Related Curriculum and Training Development

Requested Direct Costs: \$1,000

Role/Institution: PI, in partnership with Climate Psychology Alliance – North America

Status: Not funded

American Psychological Foundation Visionary Grant 2021 - 2022

Title: Identifying and Evaluating Psychological Responses to Climate Change in Youth

Requested Direct Costs: \$20,000

Role: PI

Status: Not funded

American Psychological Foundation Elizabeth Munsterberg Koppitz Child Psychology Graduate Student Fellowship 2015 - 2016

Title: Longitudinal Associations Between Amygdala Activity and Internalizing Symptoms in Typically Developing Youth

Requested Direct Costs: \$25,000

Role: PI

Status: Not funded

Scholarly Publications

Hudson, K., Fenley, A. R., Pincus, D. B., Leyfer, O. (*In press*). Intensive Cognitive-Behavioral Therapy for Anxiety Disorders in Adolescents: A Case Study. *Clinical Case Studies*.

van Nieuwenhuizen, A., **Hudson, K.**, Chen, C., Hwong, A.R. (2021). The effects of climate change on child and adolescent mental health: Clinical considerations. *Current Psychiatry Reports*, 23(88). <https://doi.org/10.1007/s11920-021-01296-y>

Schermerhorn, A.S., **Hudson, K.E.**, Weldon, H., Woolfolk, H., Stickle, T. (2019). Positivity and negativity in interparental conflict: Links with children's evaluations and appraisals. *Journal of Child and Family Studies*, 28, 1914–1925.

Albaugh, M. D., Ivanova, M., Chaarani, B., Orr, C., Allgaier, N., Althoff, R. R., D'Alberto, N., **Hudson, K.**, Mackey, S., Spechler, P.A., Banaschewski, T., Brühl, R., Bokde, A.L.W., Bromberg, U., Büchel, C., Cattrell, A., Conrod, P.J., Desrivieres, S., Flor, H., ... Potter, A. (2019). Ventromedial prefrontal volume in adolescence predicts hyperactive/inattentive symptoms in adulthood. *Cerebral Cortex*, 29, 1866-1874.

Chaarani, B., Kan, K.J., Mackey, S., Spechler, P.A., Potter, A., Orr, C., D'Alberto, N., **Hudson, K.**, Banaschewski, T., Bokde, A.L.W., Bromberg, U., Büchel, C., Cattrell, A., Conrod, P.J., Desrivieres, S., Flor, H., Frouin, V., Gallinat, J., Gowland, P., ... the IMAGEN Consortium. (2019). Low smoking-exposure, the adolescent brain, and the modulating role of CHRNA5 polymorphisms. *Biological Psychiatry: Cognitive Neuroscience and Neuroimaging*.

Spechler, P. A., Allgaier, N., Chaarani, B., Whelan, R., Watts, R., Orr, C., Albaugh, M.D., D'Alberto, N., Higgins, S.T., **Hudson, K.**, Mackey, S., Potter, A., Banaschewski, T., Bokde, A.L.W., Bromberg, U., Büchel, C., Cattrell, A., Conrod, P.J., Desrivieres, S., ... the IMAGEN Consortium. (2018). The initiation of cannabis use in adolescence is predicted by sex-specific psychosocial and neurobiological features. *European Journal of Neuroscience*. <https://doi.org/10.1111/ejn.13989>

Doyle, A. E., Vuijk, P. J., Doty, N. D., McGrath, L. M., Willoughby, B. L., O'Donnell, E. H., Wilson, H. K., Colvin, M. K., Toner, D. C., **Hudson, K.**, Blais, J. E., Ditmars, H. L., Faraone, S. V., Seidman, L. J., & Braaten, E.B. (2017). Cross-disorder cognitive impairments in youth referred for neuropsychiatric evaluation. *Journal of the International Neuropsychological Society*, 23, 1-13.

Albaugh, M. D., Orr, C., Chaarani, B., Althoff, R. R., Allgaier, N., D'Alberto, N., **Hudson, K.**, Mackey, S., Spechler, P., Banaschewski, T., Brühl, R., Bokde, A., Bromberg, U., Büchel, C., Cattrell, A., Conrod, P., Desrivieres, S., Flor, H., Frouin, V., ...Potter, A. (2017). Inattention and reaction time variability are linked to ventromedial prefrontal volume in adolescents. *Biological Psychiatry*, 82(9), 660-668.

Spechler, P. A., Chaarani, B., **Hudson, K. E.**, Potter, A., Foxe, J. J., & Garavan, H. (2016). Response inhibition and addiction medicine: from use to abstinence. In H. Ekhtiari, M. Paulus (Ed.), *Progress in Brain Research*, 223, 143-164. Netherlands: Elsevier.

Spechler, P. A., Orr, C. A., Chaarani, B., Kan, K., Mackey, S., Morton, A., Snowe, M.P., **Hudson, K.**, Althoff, R.R., Higgins, S.T., Cattrell, A., Flor, H., Nees, F., Banaschewski, T., Bokde, A.L., Whelan, R., Büchel, C., Bromberg, U., Conrod, P., ... the Imagen Consortium (2015). Cannabis use in early adolescence: Evidence of amygdala hypersensitivity to signals of threat. *Developmental Cognitive Neuroscience*, 16, 63-70.

Watson, K.H., Dunbar, J.P., Thigpen, J.C., Reising, M.M., **Hudson, K.**, McKee, L., Forehand, R., & Compas, B.E. (2014). Observed parental responsiveness/warmth and children's coping: Cross-sectional and prospective relations in a family depression preventive intervention. *Journal of Family Psychology*, 28, 278-286.

Edited Volumes

Haase, E. & **Hudson, K.** (Eds.). (Expected Summer 2023). *Climate change and youth mental health: Multiple disciplines respond*. Cambridge University Press.

Book Chapters

Chaarani, B., **Hudson, K.E.**, Spechler, P.A., Foxe, J.J., Potter, A., & Garavan, H. (2017). The neural basis of response inhibition and substance abuse. In T. Egner (Ed.), *The Wiley handbook of cognitive control* (581-601). Chichester, UK: Wiley-Blackwell.

Conference Presentations

Hudson, K. & Pincus, D. B. The mental health impacts of climate change on youth with anxiety. Poster presented virtually at the annual Association for Behavioral and Cognitive Therapies conference, November 2021.

Hudson, K. Farley, A. M., & Pincus, D.B. The impact of emotion dysregulation and psychological inflexibility on anxiety and depressive symptoms in adolescents. Poster presented virtually at the annual Association for Behavioral and Cognitive Therapies conference, November 2020.

Fenley, A., **Hudson, K.**, & Leyfer, O. Transdiagnostic intensive CBT for youth anxiety disorders: Preliminary findings. Poster presented virtually at the annual Association for Behavioral and Cognitive Therapies conference, November 2020.

Bice, B. L.,* Farley, A. M., **Hudson, K.**, Comer, J. S., Leyfer, O., & Pincus, D. B. The relationship between young children's intolerance of uncertainty and their anxiety presentations according to mother and father reports. Poster presented virtually at the annual Association for Behavioral and Cognitive Therapies conference, November 2020.* = Co-mentored student.

Hudson, K., Spechler, P., Chaarani, B., Mackey, M., Allgaier, N., D'Alberto, N., Orr, C., Albaugh, M., Potter, A., Althoff, R., Garavan, H., & the IMAGEN Consortium. Data-driven predictions: Identifying adolescents at risk for internalizing symptoms by late adolescence using machine learning. Poster presented at the annual Miami International Child and Adolescent Mental Health (MICAMH) conference, Miami, FL (February 2020).

Hudson, K., Spechler, P., Jollans, L., Chaarani, B., Mackey, M., Allgaier, N., Orr, C., Albaugh, M., Potter, A., Althoff, R., Watts, R., Whelan, R., Garavan, H., & the IMAGEN Consortium. Predicting internalizing disorders in adolescents: Dimensional and categorical examinations. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA (November 2017).

Hudson, K., Spechler, P., Jollans, L., Chaarani, B., Mackey, M., Allgaier, N., D'Alberto, N., Orr, C., Albaugh, M., Potter, A., Althoff, R., Watts, R., Garavan, H., & the IMAGEN Consortium. Predicting internalizing disorders in adolescents: Data-driven approaches. Poster presented at the annual meeting of the Organization for Human Brain Mapping, Vancouver, BC (June 2017).

Hudson, K., Spechler, P., Jollans, L., Chaarani, B., Mackey, M., Allgaier, N., D'Alberto, N., Orr, C., Albaugh, M., Potter, A., Althoff, R., Watts, R., Garavan, H., & the IMAGEN Consortium. Pathways of internalizing disorders in adolescents: A data-driven approach. Poster presented at the biennial meeting of the Society for Research in Child Development, Austin, TX (April 2017).

Hudson, K., Spechler, P., Jollans, E., Chaarani, B., Mackey, M., Allgaier, N., D'Alberto, N., Orr, C., Albaugh, M., Potter, A., Althoff, R., Watts, R., Garavan, H., & the IMAGEN Consortium. Pathways towards internalizing disorders in adolescents with varying levels of impairment. Poster presented at the annual meeting of the Organization for Human Brain Mapping, Geneva, Switzerland (June 2016).

D'Alberto, N., Chaarani, B., Spechler, P. A., **Hudson, K.**, Mackey, M., Allgaier, N., Snowe, M., Potter, A., Orr, C., Albaugh, M., Althoff, R., Potter, A., Garavan, H., & the IMAGEN Consortium. Does the adapted algorithm in the stop signal task introduce a confound in neuroimaging studies? Poster presented at the annual meeting of the Organization for Human Brain Mapping, Geneva, Switzerland (June 2016).

Charrani, B., Mackey, M., Spechler, P.A., **Hudson, K.**, Whelan, R., Jollans, L., Allgaier, N., Higgins, S., Potter, A., Althoff, R., Garavan, H., & the IMAGEN Consortium. Should left-handers be excluded from functional neuroimaging studies? Poster presented at the annual meeting of the Organization for Human Brain Mapping, Geneva, Switzerland (June 2016).

Spechler, P.A., Jollans, E., Chaarani, B., **Hudson, K.**, Mackey, S., Watts, R., Orr, C.A., Whelan, R., & Garavan, H. Predicting adolescent drug use from neuroimaging data yields sex- and drug-specific effects. Poster session presented at: OHBM 2016., Annual conference for the Organization for Human Brain Mapping, Geneva, Switzerland (June 2016).

Spechler, P.A., Allgaier, N., Jollans, L., Chaarani, B., **Hudson, K.**, Mackey, S., Watts, R., Orr, C., Althoff, R., Whelan, R., & Garavan, H. Predicting adolescent cannabis use in males and females from multimodal data. Poster presented at the National Institutes of Health (NIH) "Marijuana and Cannabinoids: A Neuroscience Research Summit," Bethesda, MD (March 2016).

Hudson, K., Olds, K.C., Ogden, D., Snowe, M. P., Harvey, J., & Garavan, H. The neurobiological correlates of improved inhibitory control in successful weight loss. Poster presented at the annual meeting of the Organization for Human Brain Mapping, Honolulu, Hawaii (June 2015).

Hudson, K. & Schermerhorn, A. C. Children's perceptions of simulated interparental conflict behavior. Poster presented at the biennial meeting of the Society for Research in Child Development, Philadelphia, PA (March 2015).

Woolfolk, H.C., Schermerhorn, A. C., & **Hudson, K.** Links between neuropsychological correlates of interpersonal emotion stimuli and temperamental negative affect, anger, and sadness. Poster presented at the biennial meeting of the Society for Research in Child Development, Philadelphia, PA (March 2015).

Hudson, K. & Compas, B. E. Caretaking behaviors and stress reactivity in adolescents of depressed parents. Poster presented at the Psychology Honors Poster Presentation, Nashville, TN (April 2011).

Research Experience

Research Scientist 2021 - present

Boston University, Center for Anxiety and Related Disorders, Boston, MA

Child CARD Laboratory, Donna Pincus, Ph.D. (PI)

Conduct research on the psychological impacts of climate change on young people. Serve on the Training and Fidelity Team for a Patient-Centered Outcomes Research Institute (PCORI)-funded randomized controlled trial comparing therapist-led to web-based CBT for youth with elevated anxiety.

Postdoctoral Fellow 2019 - 2021

Boston University, Center for Anxiety and Related Disorders, Boston, MA

Child CARD Laboratory, Donna Pincus, Ph.D., Ovsanna Leyfer, Ph.D. (PIs)

Conducted research with youth with anxiety and related disorders, with a focus on the psychological impacts of climate change. Served as study assessor/clinician on study examining intensive CBT for transdiagnostic anxiety disorders. Mentored Master's students and doctoral candidates in independent research studies relating to youth anxiety. Served on the Training and Fidelity Team for a Patient-Centered Outcomes Research Institute (PCORI)-funded randomized controlled trial comparing therapist-led to web-based CBT for youth with elevated anxiety.

Graduate Research Assistant 2015 - 2018

University of Vermont, Department of Psychiatry, Burlington, VT

Neuroimaging Research Vermont (NERVE) Laboratory, Hugh Garavan, Ph.D. (PI)

Graduate Research Assistant 2013 - 2015

University of Vermont, Department of Psychological Science, Burlington, VT

The Kids and Parents Project, Alice Schermerhorn, Ph.D. (PI)

Research Coordinator 2011 - 2013

Massachusetts General Hospital, Boston, MA, Center for Human Genetic Research, Alysa Doyle, Ph.D. (PI)

Research Assistant 2011

Judge Baker Children's Center, Boston, MA, John Weisz, Ph.D. (PI)

Research Assistant 2009 - 2011

Vanderbilt Stress and Coping Lab, Vanderbilt University, Nashville, TN, Bruce Compas, Ph.D. (PI)

Research Assistant 2009

Interdisciplinary Affective Science Lab, Boston College, Chestnut Hill, MA, Lisa Feldman Barrett, Ph.D. (PI)

Graduate Student Mentorship

Olivia Sokol, MA 2020 - 2021

Mentored a review paper to fulfill thesis requirements for a Master's in Psychology at Boston University. Thesis title: *Eco-anxiety in Children: A Review*.

Briana Bice, MA

2019 – 2020

Co-mentored an empirical study to fulfil thesis requirements for a Master's in Psychology at Boston University. Thesis title: *The Relationships Between Intolerance of Uncertainty and Different Anxiety Presentations in Young Children According to Mother and Father Reports.*

Clinical Experience

Clinical Psychologist- Private Practice

July 2021 - present

Climate-Aware Care, Cambridge, MA

Provide individual therapy to young people and adults in private practice setting. Specialize in treatment of climate change distress drawing from CBT, ACT, and mindfulness-based principles.

Postdoctoral Fellow/Research Scientist

2019 - present

Boston University Center for Anxiety and Related Disorders, Boston, MA

Supervisors: Rachel Merson, Psy.D., Ovsanna Leyfer, Ph.D.

Provide evidence-based group, individual, and intensive evidence-based treatments for anxiety and related disorders for children ages 3-18 and their families.

Clinical Psychology Intern

2018 - 2019

Metropolitan Human Services District, New Orleans, LA

Louisiana State University Health Sciences Center

Supervisor: Michelle Moore, Psy.D.

Provided outpatient evidence-based and trauma-informed psychotherapy and psychological evaluations to children and young people ages 2-21 in a community mental health setting.

Clinical Psychology Intern

2018 - 2019

Harris Infant Mental Health Program, New Orleans, LA

Louisiana State University Health Sciences Center

Supervisors: Joy Osofsky, Ph.D., Kristin Callahan, Ph.D., Amy Dickson, Psy.D.

Provided relationship-based evaluations and Child Parent Psychotherapy for toddlers and young children (ages 0-5) in an outpatient community mental health setting.

Clinical Psychology Intern

2018 - 2019

Behavioral Health Units- C/L Service, New Orleans, LA

University Medical Center New Orleans (UMCNO)

Supervisors: Lindsey Poe, Psy.D., Phillip Griffin, Ph.D.

Provided C/L services within an adult psychiatric inpatient setting at UMCNO. Provided psychological, cognitive, and neuropsychological assessments. Ran groups and provided brief psychotherapy interventions with patients. Worked within multidisciplinary treatment teams.

Clinical Psychology Intern

2018 - 2019

Trauma Psychology, UMCNO, New Orleans, LA

Supervisors: Erika Rajo, Psy.D.

Provided consultation and brief interventions for hospitalized adults on trauma and intensive care units at UMCNO. Provided MI and brief cognitive-behavioral interventions with trauma patients admitted to the hospital with positive alcohol levels. Trained and supervised Master's-level social work interns.

Asylum Evaluation Service Supervisor

2017 - 2018

New England Survivors of Torture and Trauma Program, Connecting Cultures, Burlington, VT

Supervisor: Karen Fondacaro, Ph.D.

Conducted psychological evaluations and trained doctoral students and APPIC interns in psychological evaluations for individuals seeking asylum. Worked within a multidisciplinary team of legal aid representatives, attorneys, social workers, case managers, medical providers, and clinicians.

Assessment Service Coordinator

2017 - 2018

Vermont Psychological Services, Burlington, VT

Supervisor: Kathleen Kennedy, Ph.D.

Coordinated UVM Evaluation Service. Delegated child, adolescent, and adult evaluations to UVM pre-doctoral interns. Provided peer supervision regarding testing, scoring, interpreting, and report writing.

Pre-Doctoral Clinician

2014 - 2018

Vermont Psychological Services, Burlington, VT

Supervisor: Karen Fondacaro, Ph.D.

Provided evidence-based psychological assessment and individual CBT for children, adolescents, and adults with a variety of presenting problems.

Pre-Doctoral Clinician

2014 - 2018

Tourette Syndrome and Tic Disorders Specialty Service, Burlington, VT

Supervisor: Kathleen Kennedy, Ph.D.

Provided evidence-based behavioral and cognitive-behavioral treatments for children and adolescents with tics and related behaviors. Provided group services, individual services, and school consultations.

Pre-Doctoral Clinician

2013 - 2018

New England Survivors of Torture and Trauma* Program, Connecting Cultures, Burlington, VT

Supervisors: Karen Fondacaro, Ph.D., Emily Mazzulla, Ph.D., Krista Reincke, Psy.D.

Provided treatment and assessments for refugees, asylum-seekers, and survivors of torture. Conducted psychodiagnostic and asylum evaluations. Utilized cognitive-behavioral, behavioral, narrative exposure, and acceptance-based therapies to address a range of presenting problems within an interdisciplinary team with pediatricians, adult primary care providers, social workers, neurologists, physical therapists, and lawyers.

**Recipient (National Consortium of Torture Treatment Programs) of the 2017 American Psychiatric Association Human Rights Award*

Pre-Doctoral Clinician

2013 - 2018

ADHD Specialty Service, Vermont Psychological Services, Burlington, VT

Supervisors: Betsy Hoza, Ph.D, Kathleen Kennedy, Ph.D., Karen Fondacaro, Ph.D.

Provided evidence-based assessment and psychotherapy for children and adolescents with ADHD and disruptive behavior disorders. Provided parent-training techniques, individual cognitive and cognitive-behavioral therapy, and school-based interventions to address a variety of externalizing behaviors.

Pre-Doctoral Evaluator

2014 - 2018

Psychological Evaluation Service, Vermont Psychological Services, Burlington, VT

Supervisor: Kathleen Kennedy, Ph.D.

Provided psychodiagnostic, achievement, and cognitive testing for children, adolescents, and adults utilizing a variety of standardized test batteries.

Additional Clinical Training

Climate-Related Training

Eco- and Climate-Conscious Therapy Training and Consultation Group

2021

Attending weekly virtual training and consultation group aimed at supporting individuals experiencing mental health challenges related to climate and environmental issues, adapting current therapy techniques, and supporting healthy coping and adaptation to a climate-changed world.

Led by Thomas Doherty, Psy.D.

Climate Psychology in Therapeutic Practices: Psychological Tools Applied to the Climate Crisis for Practitioners, Parents, Activists, and Scientists

2021

Attended virtual training for clinicians on tools for supporting individuals therapeutically in the context of the climate crisis.

Led by Barbara Easterlin, Ph.D.

Climate Café Facilitator Training

2021

Attended virtual training for clinicians on how to organize and facilitate a Climate Café.

Led by Elizabeth Allured, Psy.D. and Wendy Greenspun, Ph.D.

Psychological First Aid

2019

National Child Traumatic Stress Network

Attended half-day training in Psychological First Aid in New Orleans, LA.

Led by Michele Many, MSW, LCSW and Rick Costa, Psy.D., MP.

Child-Parent Psychotherapy

2018 - 2019

Harris Infant Mental Health Seminar, New Orleans, LA

Participated in weekly didactics, individual and group supervision, and case presentations regarding Child-Parent Psychotherapy with infants, toddlers, and children ages 0-5.

Led by Joy Osofsky, Ph.D., Kristin Callahan, Ph.D., and Amy Dickson, Psy.D.

Autism Diagnostic Observation Schedule, Second Edition (ADOS-2)

2018

Louisiana State University Health Sciences Center

Completed two-day training on the administration of the ADOS-2.

Led by Kristin Callahan, Ph.D.

Cognitive Behavioral Therapy

Essentials of CBT, Burlington, VT

2017

Completed half-day seminar on CBT with children.

Led by Teresa Scott, Ph.D.

Alliance-Focused Training for CBT: Strategies for Identifying, Addressing, and Repairing Ruptures in the Therapeutic Alliance in CBT

2017

ABCT Annual Convention 2017; San Diego, CA

Completed half-day seminar on alliance ruptures in CBT.

Led by Jeremy Safran, Ph.D., J. Christopher Muran, Ph.D., and Catherine F. Eubanks, Ph.D.

Unified Protocol for Transdiagnostic Treatment of Emotional Disorders, Burlington, VT.

2017

Completed one-day training on the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in adults.

Led by Clair Robbins, M.A. and Amantia Ametaj, M.A.

Trauma-Focused Cognitive Behavior Therapy

2015

Online Training

Completed online TF-CBT course (TF-CBT-Web).

Concurrent Treatment of PTSD and Substance Use Disorders Using Prolonged Exposure (COPE)

2015

Completed two-day training on the COPE program in Burlington, VT.

Led by Sudie Back, Ph.D. and Therese Killeen, Ph.D.

Comprehensive Behavioral Intervention for Tics

2014

Completed a one-day training on the assessment and treatment of tic disorders in Burlington, VT.

Led by Doug Woods, Ph.D.

Dialectical Behavior Therapy

Dialectical Behavior Therapy Brief Training

2017

Completed half-day training on Dialectical Behavior Therapy in Burlington, VT.

Led by Jodi Bisson, M.A.

Dialectical Behavior Therapy Graduate Seminar

2015

Completed graduate training course on assessment and treatment of Borderline Personality Disorder using DBT in Burlington, VT.

Taught by Alessandra Rellini, Ph.D.

Acceptance and Commitment Therapy

ACT for Adolescents

2021

Completed 6-week intensive online course.

Led by Dr. Russ Harris.

The Mindful Way Through Anxiety: Helping Clients to Worry Less and Live More

2016

Completed one-day workshop on Mindfulness-Based Cognitive Therapy at the ABCT Annual Convention in New York, NY.

Led by Sue Orsillo, Ph.D. and Lizabeth Roemer, Ph.D.

Acceptance and Commitment Therapy for Children, Adolescents, and Parents

2016

Completed two-day intensive training on Acceptance and Commitment Therapy focused on children, adolescents, and parents in Montreal, QC.

Led by Lisa Coyne, Ph.D.

Family and Couples Therapy

Family and Couples Counseling

2016

Completed graduate training course on family and couples counseling in Burlington, VT.

Taught by Aaron Kindsvatter, Ph.D.

Clinical Supervision Experience

Clinical Supervisor

2019 - present

Center for Anxiety and Related Disorders, Boston, MA

Provide weekly group and individual clinical supervision using CBT and ACT frameworks to external practicum students and Boston University clinical psychology doctoral students.

Peer Supervisor

2015 - 2018

Vermont Psychological Services, Burlington, VT

Teaching Experience

Clinical Training Lecturer

2021

Department of Psychological and Brain Sciences, Boston University, Boston, MA

Practicum training for doctoral students. *"In-Vivo Exposures"*

Clinical Training Lecturer

2020

Department of Psychological and Brain Sciences, Boston University, Boston, MA

Practicum training for doctoral students. *"Parenting Strategies for Youth with Anxiety"*

Clinical Training Lecturer

2020

Department of Psychological and Brain Sciences, Boston University, Boston, MA

Practicum training for doctoral students. *"Case Conceptualization and Treatment Planning"*

Clinical Training Lecturer

2020

Department of Psychological and Brain Sciences, Boston University, Boston, MA

Practicum training for doctoral students. *"Conducting In-Vivo Exposures"*

Guest Lecturer

2019

Department of Psychological and Brain Sciences, Boston University, Boston, MA

Graduate Course: Clinical Interviewing. *"Clinical Assessment for Children and Adolescents"*

WISC-V Training Leader

2019

Department of Psychological and Brain Sciences, Boston University, Boston, MA

Graduate Course: Neuropsychological Testing Practicum

Co-facilitated training on the WISC-V for Boston University clinical psychology doctoral students.

Clinical Training Co-Teacher Department of Psychology, University of Vermont, Burlington VT Graduate Course: Clinical Assessment Co-taught Clinical Assessment course for clinical psychological doctoral students with a clinical faculty supervisor.	2016
Graduate Teaching Assistant Department of Psychology, University of Vermont, Burlington, VT Undergraduate Course: Abnormal Psychology	2015
Guest Lecturer Department of Psychology, University of Vermont, Burlington, VT Undergraduate Research Course: Family and Children Laboratory. <i>“Culturally Responsive Parenting Strategies for New Americans”</i>	2017
Guest Lecturer Department of Psychology, University of Vermont, Burlington, VT Graduate Course: Adult Assessment. <i>“Psychological Evaluations for Individuals Seeking Asylum”</i>	2017
Guest Lecturer Department of Psychology, University of Vermont, Burlington, VT Graduate Course: Adult Assessment. <i>“Psychological Evaluations of Asylum Seekers”</i>	2016
Guest Lecturer Department of Psychology, University of Vermont, Burlington, VT Undergraduate Course: Abnormal Psychology. <i>“Bipolar and Depressive Disorders”</i>	2016
Guest Lecturer Burlington College, Burlington, VT Undergraduate Course: Research Methods. <i>“Brains, Genes, and Life Events: Biological and Environmental Vulnerability”</i>	2015
Guest Lecturer Department of Psychology, University of Vermont, Burlington, VT Undergraduate Course: General Psychology. <i>“Developmental Psychology: Middle to Late Childhood and Adolescence”</i>	2014

Leadership and Service Positions

Review Committee Member <i>Association for Contextual Behavioral Science (ACBS)</i>	2017 - 2021
Student Ambassador <i>Association for Behavioral and Cognitive Therapies (ABCT)</i>	2016 - 2019
Clinical Psychology Graduate Student Representative <i>University of Vermont Clinical Psychology Doctoral Program</i>	2015 - 2017
Graduate Student Representative <i>University of Vermont Medical Center Clinical Ethics Committee</i>	2015 - 2016
Graduate Student Representative <i>University of Vermont Educational Policy and Institutional Resources Committee</i>	2014 - 2016

Invited Trainings and Workshops

Hudson, K. (March 2022). Coping with Climate Change Distress. Webinar hosted by Sustainable Wellesley, Wellesley, MA.

Hudson, K.* & the Eco-Teen Action Network's Climate Hub and Mental Health Hubs.* (February 2022). Eco-Anxiety. Pro bono collaborative workshop given to teenagers and emerging adults, hosted by the Eco-Teen Action Network and The Global Co Lab Network (in collaboration with the Smithsonian). * = co-presenters

Hudson, K.* & Weston, R. B.* (February 2022). Environmental Justice, Climate Change, and Mental Health. Presentation given to high school students at Hastings High School as part of the school's Racial Equity Day, NY. * = co-presenters

Hudson, K.*, Pinsky, E.*, & Wortzel, J.* (January 2022). Strategies for Addressing Eco-anxiety in Children and Teens. Pro bono workshop given to medical professionals at the Clinical Climate Change annual virtual conference hosted by Icahn School of Medicine at Mount Sinai, NY. * = co-presenters

Hudson, K.* & Nelson Darling, L.* (November 2021). Empowering Youth to Build Resilience and Cope with Climate Change Distress. Pro bono workshop given to mental health professionals at the Massachusetts Psychological Association annual virtual conference, MA. * = co-presenters

Hudson, K. (August 2021). Talking with Patients About the Mental Health Impacts of Climate Change. Pro bono training given to health professionals at Shenandoah University, Winchester, VA.

Hudson, K. (April 2020). Vicarious Trauma and Building Resilience: A Zoom Presentation for the Tenant Advocacy Project. Pro bono training given to Harvard Law School students providing pro bono legal services through the Tenant Advocacy Program, Cambridge, MA.

Hudson, K., Meyerhoff, J., Pichler, E. (November 2017). Trauma-informed Practice for Physical Therapists. Pro bono training provided to physical therapists and physical therapy doctoral students at the University of Vermont, Burlington, VT.

Hudson, K., Stanger, S. (May 2016). Acceptance and Commitment Therapy for Kids, Adolescents, and Their Families. Pro bono workshop provided for psychiatry residents at the University of Vermont College of Medicine, Burlington, VT.

Holbrook, H., **Hudson, K.**, Klemperer, E., Pichler, E., Schaubhut, G. (May 2016). Acceptance and Commitment Therapy: Beginner's Guide. Pro bono workshop provided for clinical supervisors and Clinical Psychology doctoral students at the University of Vermont, Burlington, VT.

Hudson, K., Stanger, S. (March 2016). Group Parent Management Training. Pro bono training provided for clinical supervisors and Clinical Psychology doctoral students at the University of Vermont, Burlington, VT.

Invited Talks and Presentations

Hudson, K. (May 2022). Incorporating ACT-based Values Work into CBT. Presentation given to research assistants, clinical psychology doctoral students, postdoctoral fellows, and licensed psychologists at the Center for Anxiety and Related Disorders, Boston, MA.

Hudson, K. (April 2022). Climate Action: Inspiring Change. Presentation and conversation with youth climate activists and artists Jordan Sanchez, Natalia Jacobs, and Joey Wolongevicz at the Peabody Essex Museum (PEM) as part of PEM's Climate Action Opening Celebration. Salem, MA.

Hudson, K. (April 2022). Coping with the Mental Health Impacts of Climate Change. Presentation given to undergraduate students in a Global Change Biology & Psychology course taught by Jeremiah Henning, PhD at the University of South Alabama, Mobile, AL.

Hudson, K. (February 2022). Climate Change and Mental Health: Coping with the Climate Crisis. Presentation given to medical students at University of Virginia School of Medicine as part of the inaugural Climate and Health Elective (led by Samantha Ahdoot, MD, and Homan Wai, MD).

Hudson, K. (November 2021). Termination in CBT with Youth. Presentation given to research assistants, clinical psychology doctoral students, postdoctoral fellows, and licensed psychologists at the Center for Anxiety and Related Disorders, Boston, MA.

Hudson, K. (November 2021). Coping with the Climate Crisis. Presentation given to Boston University (BU) faculty and staff professionals through the BU Faculty and Staff Assistance Office, Boston, MA.

Hudson, K. (October 2021). Climate Change and Mental Health. Presentation given to physicians and health professionals through Virginia Clinicians for Climate Action, VA.

Hudson, K.* & Dantowitz, A.* (October 2021). Resilience and Caring for Ourselves. Presentation given to research assistants, clinical psychology doctoral students, postdoctoral fellows, and licensed psychologists at the Center for Anxiety and Related Disorders, Boston, MA. * = co-presenters

Hudson, K. & Pincus, D. B. (August 2021). Psychological Impacts of Climate Change on Treatment-Seeking Youth with Anxiety: Initial Findings. Presentation given as part of the “Eco-Anxiety and Climate Anxiety Across the Globe” symposium at the annual American Psychological Association conference.

Hudson, K. (April 2021). Coping with Climate Change. Presentation given to undergraduate students in a Global Change Biology & Psychology course at the University of South Alabama, Mobile, AL.

Hudson, K. (April 2021). How Does Climate Change Impact Youth Mental Health? Presentation given to research assistants, clinical psychology doctoral students, postdoctoral fellows, and licensed psychologists at the Center for Anxiety and Related Disorders, Boston, MA.

Hudson, K. (March 2021). The Psychological Impacts of Climate Change on Youth. Presentation given to individuals and course instructors in the Climate Change and Health certification program through the Yale School of Public Health, New Haven, CT.

Hudson, K. (October 2020). Acceptance and Commitment Therapy. Presentation given to research assistants, clinical psychology doctoral students, postdoctoral fellows, and licensed psychologists at the Center for Anxiety and Related Disorders, Boston, MA.

Hudson, K., Dantowitz, A., Farley, A. M., Pincus, D. B. (April 2020). Strategies for Managing Stress and Improving Mental Health Amidst the COVID-19 Pandemic: A Zoom Presentation and Workshop for Head Start Teachers. Presentation given to Head Start teachers from Community Teamwork, Lowell, MA.

Hudson, K. (March 2020). Evidence-based Treatments for Young Children. Presentation given to research assistants, clinical psychology doctoral students, postdoctoral fellows, and licensed psychologists at the Center for Anxiety and Related Disorders, Boston, MA.

Hudson, K. (October 2019). Behavioral Parent Training. Presentation given to research assistants, clinical psychology doctoral students, postdoctoral fellows, and licensed psychologists at the Center for Anxiety and Related Disorders, Boston, MA.

Hudson, K. (May 2019). Gender Dysphoria. Presentation given to psychologists, psychiatrists, psychiatry fellows, LPCs, and social workers, Algiers Behavioral Health Center, New Orleans, LA.

Hudson, K. (March 2019). Culturally Adapted Treatments for Refugees and Survivors of Torture. Presentation given to departments of Psychiatry and Psychology at Louisiana State University Health Sciences Center School of Medicine, New Orleans, LA.

Moore, M., **Hudson, K.** (January 2019). Depression and Suicide in Patients with Renal Disease. Presentation given to the Nephrology department at Louisiana State University Health Sciences Center School of Medicine, New Orleans, LA.

Hudson, K. (October 2018). Psychological Evaluation and Narrative Exposure Therapy for Asylum Seekers. Presentation given to psychologists, psychiatrists, psychiatry fellows, LPCs, and social workers, Algiers Behavioral Health Center, New Orleans, LA.

Pichler, E., Holbrook, H., Winer, J., **Hudson, K.** (March 2016). Winooski High School Adolescent Boys' Group. Invited to present a seminar for clinical supervisors and Clinical Psychology doctoral students at the University of Vermont, Burlington, VT.

Hudson, K. (April 2014). What Some Folks Did with Their BA/BS in Psychology. Invited to be a panel member for undergraduates applying to graduate school at the University of Vermont. Burlington, VT.

Hudson, K. (April 2014). Graduate School Application Process for Undergraduates. Invited to be a panel member for undergraduates applying to graduate school at the University of Vermont. Burlington, VT.

Ad Hoc Journal Reviewer

Evidence-based Practice in Child & Adolescent Mental Health	2022 - Present
International Journal of Environmental Research and Public Health	2021 - Present
Global Mental Health	2021 - Present

Media Appearances

Interviewed for Cape teens confront climate anxiety, and learn how to make change at a local level. Written by Eve Zuckoff for *CAI, Local NPR for the Cape, Coast, and Islands*, aired 5/31/2022. <https://tinyurl.com/2p8kce8s>

Interviewed for TODAY Show's TODAY All Day climate change series. TODAY All Day, aired 4/19/2022. <https://www.youtube.com/watch?v=ya8ncPJoXQw&t=281s>

Global Mental Interviewed for A 'second pandemic': Experts sound the alarm over eco-anxiety in young people. Written by Meg Woolhouse for *GBH News*, 4/11/2022. <https://tinyurl.com/4saprzwz>.

Community presentation for Sustainable Wellesley covered by Maimoonah Shafqat in *The Wellesley News*, 3/15/2022. <http://thewellesleynews.com/2022/03/15/sustainable-wellesley-has-climate-change-distress-event/>

Interviewed by Bob Dumas for news special on climate change distress in youth. Aired on *Boston 25 News*, 12/20/2021.

Interviewed for Climate anxiety: Feeling hopeless, not wanting to have kids. What can you do about it? Written by Hadley Barndollar and Alex Kuffner for *USA Today Network*, 11/4/2021. <https://tinyurl.com/e89snwt2>.

Interviewed for Apocalypse now: The rise of ecopsychology. Written by Julie Zigoris for the *Boston Globe*, 9/3/2021. <https://tinyurl.com/2nw5srad>.

Hudson, K. Helping Children Cope with Climate Change. Written for *Parents Forum Newsletter*, 7/15/2021. Corresponding editor: Eve Sullivan. <https://tinyurl.com/t37jdjks>.

Community Volunteer Experience

Sierra Club State Chapters (Burlington, VT; New Orleans, LA, Somerville, MA, Cambridge, MA)	2015 - present
Pine Island Community Farm (Burlington, VT)	2016 - 2018
Massachusetts General Environmental Music Program (Boston, MA)	2012 - 2013
Best Buddies (Cambridge, MA)	2012
Big Brothers Big Sisters (Nashville, TN)	2010 – 2011

Habitat for Humanity (Nashville, TN)	2007 - 2011
W.O. Smith School of Music (Nashville, TN)	2007 – 2011

Professional Society Memberships

Climate Psychology Alliance – North America	2021 - present
Massachusetts Psychological Association	2020 - present
Climate Psychiatry Alliance	2020 - present
Association for Contextual Behavioral Science	2016 - present
Association for Behavioral and Cognitive Therapies	2015 - present
Society for Research on Child Development	2014 - present
American Psychological Association	2013 - present