# Benjamin C. Darnell, Ph.D.

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# **Education**

**Postdoctoral Research Psychology Fellow** (August, 2021 - present) Massachusetts Veterans Epidemiology Research and Information Center (MAVERIC) Veterans Administration (VA) Boston Healthcare Center, Boston, Massachusetts Emphasis: Posttraumatic epidemiological, intervention, and practice-based research **Postdoctoral Supervisor:** Brett Litz, Ph.D.

### Clinical Psychology, Trauma Focus, Ph.D. (August, 2021)

Northern Illinois University, DeKalb, Illinois Doctoral Dissertation: The Role of Prediction Error in a Behavioral Memory Reconsolidation Intervention for the Treatment of Post-Traumatic Stress Symptoms **Dissertation Chair:** David Valentiner, Ph.D.

## Clinical Psychology, Trauma Focus, M.A. (2019)

Northern Illinois University, DeKalb, Illinois Master's Thesis: *Behavioral Intervention of Memory Reconsolidation as a Treatment for Post-Traumatic Stress Symptoms* **Thesis Chair:** David Valentiner, Ph.D.

**Psychology, B.S., Summa Cum Laude** (2015) University of North Georgia, Dahlonega, Georgia Thesis: Low Dose Amphetamine Exposure in Adolescence Cross-Sensitizes Adult Mice to Methamphetamine **Thesis Chair:** Steven Lloyd, Ph.D.

# Pre-Doctoral Clinical Internship

Clinical Psychology Pre-Doctoral Internship Program (August, 2021)

Veteran's Administration Northeast Ohio Healthcare System

Louis Stokes Cleveland Veteran's Administration Medical System, Cleveland, Ohio

 1<sup>st</sup> Rotation: Mental Health Ambulatory Care Clinic (August 2020 – December 2020) Provided individual cognitive behavioral therapy on a weekly outpatient basis for PTSD, substance use, insomnia, depression, anxiety, and binge eating disorder. Conducted diagnostic assessments. Generated integrated case conceptualizations that informed individualized treatment planning. Collaborated across disciplines and specialty clinics to support patient care.

Supervisors: Brigette Biggie, Ph.D. and Jamie Huckins-Barker, Ph.D.

 2<sup>nd</sup> Rotation: Psychosocial Rehabilitation and Recovery Center (January 2021 – April 2021) Provided individual and group evidence-based interventions in an intensive outpatient setting for serious mental illness, including Schizophrenia Spectrum Disorders, PTSD, and Major Affective/Depressive Disorders. Specific evidence-based groups led and/or co-led include Illness Management and Recovery, Integrated Treatment for Dual Disorders, and Relationship Skills. Conducted psychosocial intakes and psychodiagnostic assessments. Designed and implemented group-based programing for relationship skill development. *Supervisor:* Neal Kozlowski, Ph.D.  3<sup>rd</sup> Rotation: PTSD Clinical Team and Veterans Addiction Recovery Center (April 2021 – August 2021)

Specialized training in dual diagnosis PTSD/SUD. Conducted diagnostic assessments for PTSD (i.e., CAPS-5) and SUD. Administered individual evidence-based treatment for PTSD (i.e., CPT). Co-led group evidence-based treatment, including Seeking Safety and processing and skills-based programing for PTSD, SUD, and dual diagnosis PTSD/SUD in an intensive-outpatient environment.

Supervisors: Heather Flores, Ph.D., PTSD Clinical Team; and Eric Yahney, Ph.D., Veterans Addiction Recovery Center

- Year-Long Enrichment Experience: Applied Clinical Research Conducted multi-level modeling to examine utilization of evidence-based practice across VA Hospitals in Ohio, Michigan, and Indiana. Designed and proposed study using secondary data analysis.

Supervisors: Jamie Huckins-Barker, Ph.D. and Kerry Renner, Ph.D.

# Peer Reviewed Publications

- **Darnell, B.C.**, Benfer, N., Vannini, M.B.N., Grunthal, B., Rusowicz-Orazem, L., Fielstein, E., & Litz, B.T. (2023). Expected symptom change trajectories for the early identification of probable treatment non-response in VA PTSD specialty care clinics: A proof-of-concept. *Psychological Services*.
- Benfer, N., Darnell, B.C., Rusowicz-Orazem, L., Fielstein, E.M., Grunthal, B., Lehavot, K., Marx, B.P., & Litz, B.T. (2023). An examination of the criterion-related validity of varying methods of indexing clinically significant change in PTSD treatment. *Psychological Trauma: Theory, Research, Practice, and Policy.*
- Benfer, N., Vannini, M.B.N., Grunthal, B., Darnell, B.C., Zerach, G., Levi-Belz, Y., & Litz, B.T. (2023). A network analysis of moral injury and related problems in service members and veterans. *Journal of Military, Veteran, and Family Health.*
- Benfer, N., Rusowicz-Orazem, L., Fielstein, E.M., Darnell, B.C., Frankfurt, S.B., Mignogna, J., & Litz, B.T. (2022). Leveraging available metadata in VA PTSD clinics and generating benchmarks for clinically significant change. *Journal of Consulting and Clinical Psychology*.
- **Darnell, B.C.**, Vannini, M.B.N., Grunthal, B., Benfer, N., & Litz, B.T. (2022). Adaptive disclosure: Theoretical foundations, evidence, and future directions. *Current Treatment Options in Psychiatry, 9*, 85-100. https://doi.org/10.1007/s40501-022-00264-4
- Reffi, A.N., Ellis, R.A., Darnell, B.C., & Orcutt, H.K. (2022). Mental health service utilization following a mass shooting: The effects of posttraumatic cognitions and pre-shooting emotion dysregulation. *Psychological Trauma: Theory, Research, Practice, and Policy, 14*(1), 151-160. https://doi.org/10.1037/tra0001036
- Despotes, A.M., **Darnell, B.C.**, Bragg, S.R., & Valentiner, D.P. (2021). Past adversity and obsessive-compulsive symptoms: The mediating role of posttraumatic cognitions and posttraumatic stress symptoms. *Journal of Obsessive-Compulsive and Related Disorders, 28*. https://doi.org/10.1016/j.jocrd.2020.100613

- **Darnell, B.C.**, & Valentiner, D.P. (2020). Performance on the multi-source interference task moderates the relationship between trauma exposure and posttraumatic stress symptoms. *Clinical Psychological Science*, 8(2) 351-358. https://doi.org/10.1177/2167702619885436
- Reffi, A.N.,<sup>1</sup> **Darnell, B.C.**,<sup>1</sup> Himmerich, S.J., & White, K.J. (2020). Implicit beliefs of emotion and anxiety in psychotherapy. *Motivation and Emotion*, *44*, 453-463. https://doi.org/10.1007/s11031-019-09794-6
- Reffi, A.N., Pinciotti, C.M., Darnell, B.C., & Orcutt, H.K. (2019). Trait mindfulness and PTSD symptom clusters: Considering the influence of emotion dysregulation. *Personality and Individual Differences*, 137, 62-70. https://doi.org/10.1016/j.paid.2018.08.010

# Manuscripts in Submission

- **Darnell, B.C.**, Lee, S.R., Despotes, A.M., Jones, D.A., & Valentiner, D.P. (2023). Metacognition as a mediator for posttraumatic stress symptoms following childhood stressful life events: An examination of the construct validity of the Metacognitions Questionnaire-PTSD.
- Ellis, R.A., **Darnell, B.C.**, & Orcutt, H.K. (2023). *Preliminary telehealth randomized trial of written exposure* therapy compared to trauma-focused expressive writing in undergraduates.

# Manuscripts in Preparation

- Darnell, B.C., Vannini, M.B.N, Morgan-López, A., Brown, S.E., Grunthal, B., Hale, W.J., Young-McCaughan, S., Fox, P.T., McGeary D.D., Resick, P.A., Sloan, D.M., Taylor, D.J., Schobitz, R.P., Schrader, C.C., Yarvis, J.S., Keane, T.M., Peterson, A.L., Litz, B.T., for the STRONG STAR Consortium & the Consortium to Alleviate PTSD. (2023). *Psychometric evaluation of a session-by-session version of the PTSD checklist for DSM-5*.
- **Darnell, B.C.**, Benfer, N., & Litz, B.T. (2023). *Heuristic recommendations to advance knowledge about personalizing PTSD treatment via practice-based research.*
- **Darnell, B.C.**, Ellis, R. A., Hill, S., & Lilly, M. M. (2023). *Psychological inflexibility and subjective memory in a metacognitive model of posttraumatic stress symptoms: A one-year prospective moderation in a high-risk population.*
- Ellis, R. A., **Darnell, B.C.**, Robinson, D., & Lilly, M. M. (2023). *Posttraumatic stress mediates the relationship between traumatic exposure and somatization: The dynamic role of alexithymia across two samples.*

# **Peer-Reviewed Presentations**

Darnell, B.C., Benfer, N., Vannini, M.B.N., Grunthal, B., Rusowicz-Orazem, L., Fielstein, E., & Litz, B.T., (June, 2023). Expected Symptom Change Trajectories for the Early Identification of Probable Treatment Non-response in VA PTSD Specialty Care Clinics: A Proof-of-Concept. Poster accepted for presentation at the 2023 Society for Psychotherapy Research Conference, Dublin, Ireland.

<sup>&</sup>lt;sup>1</sup> Authors contributed equally to this work.

- Vannini, M.B.N, Benfer, N., Grunthal, B., **Darnell, B.C.**, & Litz, B.T. (April, 2023). *A network analysis of moral injury symptoms and related problems in service members and veterans*. Poster presented at the 2023 Anxiety & Depression Association of America Annual Conference, Washington D.C.
- Brown, S.E., Benfer, N., Rusowicz-Orazem, L., Vannini, M.B.N., **Darnell, B.C.**, & Litz, B.T. (2023, April) *Does compassion for the self and others moderate the association between exposure to potentially morally injurious events and reports of moral emotions?* Poster presented at the 2023 Anxiety & Depression Association of America Annual Conference, Washington D.C.
- Darnell, B.C., Vannini, M., Grunthal, B., Hale, W. J., Young-McCaughan, S., Fox, P. T., McGeary, D., Resick, P. A., Sloan, D. M., Taylor, D., J., Schobitz, R. P., Schrader, C. C., Yarvis, J., S., Keane, T. M., Peterson, A. L., Litz, B.T., the Consortium to Alleviate PTSD, & the STRONG STAR Consortium (2022, November). *Construct validity of the weekly version of the PTSD Checklist for DSM-5.* In S. Rauch (Chair), New directions in assessing trauma-related outcomes. Symposium presented at the International Society for Traumatic Stress Studies 36<sup>th</sup> Annual Conference, Atlanta, GA.
- Benfer, N., Darnell, B.C., Rusowicz-Orazem, L., Lehavot, K., & Litz, B.T. (2022, November). An examination of the criterion-related validity of varying methods of indexing clinically significant change in PTSD treatment. In B. Litz (Chair), Measurement-based care: A practice-based approach to advance knowledge about strategies to mitigate, prevent, and treat disaster and pandemicrelated problems. Symposium presented at the Association for Behavioral and Cognitive Therapies Conference, New York, NY.
- **Darnell, B.C.,** Grunthal, B., Vannini, M., & Litz, B.T. (2022, November). *Psychometric evaluation of the weekly assessment of PTSD symptoms*. Poster presented at the Association for Behavioral and Cognitive Therapies Conference, New York City, NY.
- Vannini, M.B.N., Darnell, B.C., & Litz, B.T. (2022, November). Clinically significant change in posttraumatic growth and PTSD symptoms in a controlled trial of adaptive disclosure and cognitiveprocessing therapy for service members with PTSD. Poster presented at the Association for Behavioral and Cognitive Therapies Conference, New York City, NY.
- Benfer, N., Rusowicz-Orazem, L., **Darnell, B.C.**, Lehavot, K., & Litz, B.T. (2022, July). *Indexing clinically significant change of PTSD symptoms to quality of life and functioning.* Poster presented at the Society for Psychotherapy Research Conference, Denver, CO.
- **Darnell, B.C.**, Renner, K., Pope, B., & Huckins-Barker, J. (2021, November). *Multi-level factors moderating trauma-focused EBP utilization across 11 VA hospitals*. Poster presented at the International Society for Traumatic Stress Studies Virtual Conference.
- **Darnell, B.C.**, Ellis, R. A., & Lilly, M. M. (2021, November). Serial mediational effects of memory and cognitive confidence and PTSS on the relationship between psychological flexibility and prospective PTSS across three timepoints. Poster presented at the International Society for Traumatic Stress Studies Virtual Conference.

- **Darnell, B.C.**, Ellis, R. A., & Orcutt, H. K. (2020, November). *Natural recovery from PTSS: Network analysis of symptoms at 2 and 9 months after a mass shooting.* Paper presented at the International Society for Traumatic Stress Studies Virtual Conference.
- **Darnell, B. C.**, Robinson, D., & Lilly, M. M. (2019, November). Associations between alexithymia and partner violence: The moderating effect of anger management strategies. Poster presented at the International Society for Traumatic Stress Studies Conference, Boston, Massachusetts.
- Reffi, A. N., Ellis, R. A., Darnell, B. C., Pinciotti, C. M., & Orcutt, H. K. (2019, November). Mental health service utilization following a mass shooting: The effects of posttraumatic cognitions and pre-shooting emotion dysregulation. Paper presented at the International Society for Traumatic Stress Studies Conference, Boston, Massachusetts.
- **Darnell, B. C.,** Reffi, A. N., & Valentiner, D. P. (2018, November). *Mindfulness predicts decreased psychophysiological responding following exposure for participants with PTSS*. Poster presented at the Association of Behavioral and Cognitive Therapy Conference, Washington D.C.
- **Darnell, B. C.,** & Valentiner, D. P. (2018, November). *Confirmatory factor analysis and incremental validity of the metacognitions questionnaire-PTSD*. Poster presented at the Association of Behavioral and Cognitive Therapy Conference, Washington D.C.
- Reffi, A. N., **Darnell, B. C.,** Himmerich, S. J., & White, K. J. (2018, November). *Implicit beliefs of anxiety and emotion in a treatment-seeking sample:* Relationships with symptom distress. Poster presented at the Association of Behavioral and Cognitive Therapy Conference, Washington D.C.
- Pinciotti, C. M., Darnell, B. C., Ellis, R. A., Reffi, A. N., & Orcutt, H. K. (2018, November). Obsessive-compulsive symptom profiles following high-betrayal sexual victimization. Poster presented at the International Society for Traumatic Stress Studies Conference, Washington D.C.
- Despotes, A. M., **Darnell, B. C.**, Bragg, S. R., & Valentiner, D. P. (2018, May). *Past adversity and obsessions about unacceptable thoughts: The mediating roles of posttraumatic stress cognitions and posttraumatic stress symptoms.* Poster presented at the Association for Psychological Science Conference, San Francisco, California.
- Reffi, A. N., Pinciotti, C. M., Darnell, B. C., & Orcutt, H. K. (2017, November). Facets of trait mindfulness by PTSD cluster. Poster presented at the International Society for Traumatic Stress Studies Conference, Chicago, Illinois.
- **Darnell, B. C.,** Valentiner, D. P., & Green, M. C. (2016, November). Are safety behaviors also important to music performance?: The music performance safety behavior inventory (MPSBI). Poster presented at the Association of Behavioral and Cognitive Therapy Conference, New York City, New York.
- Despotes, A. M., Chamberlain, A., Anyanwu, J., **Darnell, B. C.**, & Valentiner, D. P. (2016). *Examining the validity of the circumscribed fear measure*. Poster presented at the Association of Behavioral and Cognitive Therapy Conference, New York City, New York.

- **Darnell, B. C.,** Smudde, S., Neimann, E., Lloyd, S., & Shanks, R. (2015, March) *Low dose amphetamine exposure in adolescence cross-sensitizes adult mice to methamphetamine*. Poster presented at the Southeastern Psychological Association conference, Hilton Head, South Carolina.
- Cate, K., **Darnell, B. C.**, & DeCarlo, R. (2015, March) *Desirability as a function of fertility: The science of attraction*. Presented as part of a symposium at the Southeastern Psychological Association conference, Hilton Head, South Carolina.
- **Darnell, B. C.**, Garretson, B., & Cate, K. (2014, March). *The physiological effects of video games.* Presented as part of a symposium at the Southeastern Psychological Association conference, Nashville, Tennessee.
- Blackham, K., Carpenter, B., Craig, M., Darnell, B. C., Toliver, E., & Cate, K. (2014, April). Individual characteristic's effects on diffusion of responsibility. Poster presented at the Georgia Undergraduate Research in Psychology conference, Kennesaw, Georgia.
- Garretson, B., **Darnell, B. C.**, & Cate, K. (2014, April). *Testosterone and video games*. Presented as part of a symposium at the University of North Georgia Annual Research Conference, Dahlonega, Georgia.
- **Darnell, B. C.** (2014, March). *Justification of belief.* Presented as part of a symposium at the Georgia Collegiate Honors Conference, Macon, Georgia

#### Case Conferences and Non-Peer Reviewed Presentations

- **Darnell, B.C.** (2021, August). *Gender role strain in PTSD*. Case conference presented at the Louis Stokes Cleveland Veterans Administration Medical Center, Cleveland, Ohio.
- **Darnell, B.C.** (2021, April). Social anhedonia and the self: Contributions of relational frame theory to the conceptualization and treatment of schizophrenia. Case conference presented at the Louis Stokes Cleveland Veterans Administration Medical Center, Cleveland, Ohio.
- **Darnell, B.C.** (2020, December). *Posttraumatic growth: Illusion and reality.* Case conference presented at the Louis Stokes Cleveland Veterans Administration Medical Center, Cleveland, Ohio.
- **Darnell, B. C.,** & Reffi, A. N. (2019, April). Understanding relational frame theory and its implications. Presented at the bi-monthly Northern Illinois University Anxiety Research Topics meeting, DeKalb, Illinois.
- **Darnell, B. C.** (2018, December). *Therapist alienation: Obstacles to transitioning from supportive psychotherapy to trauma-focused treatment.* Case conference presented at the Edward Hines, Jr. Veterans Administration Hospital, Hines, Illinois.
- Reffi, A. N., Ellis, R. A., Darnell, B. C., Pinciotti, C. M., & Orcutt, H. K. (2018, September). Mental health service utilization following a mass shooting: The effects of posttraumatic cognitions and pre-shooting emotion regulation. Project presented at the bi-monthly Northern Illinois University Anxiety Research Topics meeting, DeKalb, Illinois.

- Darnell, B. C. (2018, April). *Cognitive assessment in conjunction with physical limitations*. Case conference presented at Northern Illinois University, DeKalb, Illinois.
- Despotes, A. M., Bragg, S. R., **Darnell, B. C.,** & Valentiner, D. P. (2018, February). *Childhood adversity, posttraumatic cognitions, and obsessive-compulsive disorder: Update for anxiety research topics meeting.* Project presented at the bi-monthly Northern Illinois University Anxiety Research Topics meeting, DeKalb, Illinois.
- **Darnell, B. C.** (2017, December). *What do you do with doubt?* Case conference presented at Northern Illinois University, DeKalb, Illinois.
- **Darnell, B. C.,** Bragg, S. R., & Despotes, A. M. (2017, September). *Childhood adversity, posttraumatic cognitions, and obsessive-compulsive disorder*. Project presented at the bi-monthly Northern Illinois University Anxiety Research Topics meeting, DeKalb, Illinois.

# Pre-doctoral Research Experience

#### Research Assistant for David Valentiner, Ph.D.'s Anxiety Disorders Research Lab

May 2016-May, 2017; August, 2019-May, 2020

Northern Illinois University, DeKalb, Illinois

Organize studies and general lab space, collect data, and manage undergraduate research assistants as part of a graduate level lab for the research of anxiety and trauma-related disorders. Organize and manage a mass survey of undergraduate introductory psychology students for the purposes of screening for eligibility for participation in various research projects across the Northern Illinois University Psychology Department.

#### Research Assistant for the Psychological Services Center

August, 2019-May, 2020

#### Northern Illinois University, DeKalb, Illinois

Organized data collection, managed collected data, and conducted analyses for program evaluation of a training clinic. Provide support and consultation for research conducted through the Psychological Services Center at Northern Illinois University.

# Research Assistant for the Center for the Study of Family Violence and Sexual Assault

June, 2018-May, 2019

## Northern Illinois University, DeKalb, Illinois

Conducted interviews with victims of domestic violence as part of the data collection process for a project with the Rockford, Illinois police department that assessed the utility of a brief screening measure for homicide risk administered by police to domestic violence victims, as a means to identify and provide services to high risk individuals.

## Research Fellow for the Center for the Study of Family Violence and Sexual Assault

## August 2017-May 2018

## Northern Illinois University, DeKalb, Illinois

Utilized fear-potentiated startle, skin conductance, heart rate variability, and respiration to study the effect of an attention training technique of psychophysiological responding in individuals with diagnostic PTSD. Conducted clinical interviews using the CAPS-5 to determine eligibility for the study and collect data regarding symptom change. Designed independent research projects in the

field of trauma and collaborated with other trauma researchers. Analyzed primary and secondary data, using SPSS and R statistical packages. Prepared and submitted manuscripts for publication and posters for conference presentations.

## Research Assistant for Steven Lloyd Ph.D.'s Neuropsychopharmacology Animal Lab

August 2013-May, 2015

#### University of North Georgia, Dahlonega, Georgia

Designed a project to assess adult behavioral sensitization to methamphetamine following adolescent amphetamine exposure using a mouse model. Raised and cared for an animal colony. Administered injections and collected data using an open field chamber paradigm. Conducted analyses of behavioral data using SPSS. Trained research assistants in animal care, injection technique, and use of the open field chamber. Assisted with data collection for various projects examining the long-term behavioral effects of amphetamine and methylphenidate.

# Research Assistant for Kelly Cate, Ph.D.'s Sex Hormones, Human Sexuality, and Women's Issues Research Lab

June, 2014-August, 2014

University of North Georgia, Dahlonega, Georgia

Participated in grant writing, assisted with project design, and conducted data collection for a study tracking behavioral changes (i.e., changes in use of make-up, style of clothing worn) and physical changes in the faces of women throughout their ovulation cycles.

# Research Assistant for Carly Redding, PH.D., HS-BCP and Anjana Freeman, M.S., LPC's India Project

June-July 2014

#### University of North Georgia, Dahlonega, Georgia

Developed data-collection infrastructure, collected data on child development and attachment, and co-lead community and school development programs in Goa, India for the initiation of a longitudinal study on the relationship between child attachment, community resources, and human trafficking.

## **Teaching Experience**

#### **Teaching Assistant**

August, 2015-May, 2016

Northern Illinois University, DeKalb, Illinois

Taught data collection and research report writing skills and graded papers for an upper-level undergraduate Clinical Psychology Lab course.

# Pre-doctoral Clinical Practicum Experience

## Graduate Student Trauma Services Clinician

#### August, 2019-December 2019

Northern Illinois University Psychological Services Center, DeKalb, Illinois

Provided supervised individual outpatient Cognitive Processing Therapy and Prolonged Exposure for PTSD. Managed case files, conducted intakes, and generated treatment plans and case conceptualizations. Administered and reported results of the Clinician Administered PTSD Scale for DSM-5 and several self-report symptom tracking measures, generate assessment reports, and provide assessment feedback to clients.

#### Supervisor: Michelle Lilly, Ph.D.

#### **Clinical Extern**

July, 2018-June, 2019

Trauma Services Program, Edward Hines, Jr. Veterans Administration Hospital, Hines, Illinois.

Provided supervised individual outpatient Prolonged Exposure and Cognitive Processing Therapy to Veterans seeking trauma-focused services from a Veteran's Administration Hospital, primarily for combat and military sexual trauma. Provided psychoeducational family sessions for Veterans and their family members. Managed case files and generated treatment plans and case conceptualizations. Conducted assessments and generated assessment reports using the Clinician Administered PTSD Scale for DSM-5, Structured Clinical Interview for DSM-5-Personality Disorders, Personality Assessment Inventory, and various self-report measures. Provided assessment feedback to patients. *Supervisor:* Kurtis Noblett, Ph.D.

### **Case Manager**

Summer 2017, 2018

Center for Anxiety and Obsessive-Compulsive Disorders, AMITA Health Alexian Brothers Behavioral Health Hospital, Hoffman Estates, Illinois

Provided supervised Cognitive-Behavioral and Acceptance-based group therapy and exposure-based individual therapy to patients in the Partial Hospitalization and Intensive Outpatient programs, primarily treating Obsessive-Compulsive Disorder, Social Anxiety Disorder, and Specific Phobia. Administered and interpreted semi-structured diagnostic assessments. Managed case files and submitted insurance reviews.

Supervisor: Patrick McGrath, Ph.D.

#### Graduate Student Clinician

#### May, 2016-June 2018

Northern Illinois University Psychological Services Center, DeKalb, Illinois

Provided individual Cognitive-Behavioral and Acceptance-based therapy, including but not limited to specific manualized treatments such as Exposure and Response Prevention, Behavioral Activation for Depression, and Cognitive-Behavioral Therapy for Panic Disorder. Conducted intakes, and generated treatment plans and case conceptualizations. Conducted diagnostic, personality, and cognitive/intellectual assessments using various assessment instruments, including but not limited to the Structured Clinical Interview for DSM-5, Minnesota Multiphasic Personality Inventory-2-Restructed Format, Wechsler Adult Intelligence Scale-Fourth Edition, Woodcock-Johnson-IV Tests of Achievement, and the Delis-Kaplan Executive Function System. Generated assessment and integrated assessment reports, and provided feedback to clients.

# Supervisors:

- Summer 2016, 2017, and 2018: Karen White, Ph.D.
- Fall 2016: Danielle Baran, Ph.D.
- Spring 2017: David Valentiner, Ph.D.
- Fall 2017: Holly Orcutt, Ph.D.
- Fall 2018: Alan Rosenbaum, Ph.D.

#### **Clinical Intern**

January, 2014-March, 2014 Laurelwood Northeast Georgia Medical Center, Gainesville, Georgia Co-conducted supervised individual, group, and family therapy sessions at an inpatient treatment facility. Collected patient intakes and helped generate discharge plans. *Supervisors:* Various Master's level clinicians and social workers

# Supervision Experience

# Graduate Student Clinical Supervisor

August, 2019-December 2019

Northern Illinois University Psychological Services Center, DeKalb, Illinois Supervise a beginning graduate level clinician in a training clinic on exposure-based treatment for Social Anxiety Disorder, providing support for treatment planning and implementation, and facilitating development of clinical skills. *Supervisor:* Gina Raza, Ph.D.

# Structured Interviews and Assessments

Beery-Buktenica Developmental Test of Visual-Motor Integration (VMI) Clinician Administered PTSD Scale for DSM-5 (CAPS-5) Comprehensive Test of Phonological Processing (CTOPP) Delis-Kaplan Executive Function System (D-KEFS) Grooved Pegboard Minnesota Multiphasic Personality Inventory-2-Restructured Format (MMPI-2-RF) Minnesota Multiphasic Personality Inventory-Adolescent (MMPI-A) Multi-Source Interference Task (MSIT; research experience only) Personality Assessment Inventory (PAI) Repeatable Battery for the Assessment of Neuropsychological Status (RBANS) Structured Clinical Interview for DSM-5 (SCID-5) Structured Clinical Interview for DSM-5-Personality Disorders (SCID-5-PD) Tests of Variables of Attention (TOVA) Wechsler Adult Intelligence Scale-Fourth Edition (WAIS-IV) Wechsler Individual Achievement Test (WIAT) Wechsler Intelligence Scale for Children-Fifth Edition (WISC-V) Wechsler Memory Scale-Fourth Edition (WMS-IV) Woodcock-Johnson Oral Language Test (WJ-IV Oral) Woodcock-Johnson IV Tests of Achievement (WJ-IV ACH) Woodcock-Johnson IV Tests of Cognitive Abilities (WJ-IV COG)

# Workshops and Other Trainings Attended

Veteran Integrated Service Network 1 (VISN 1) Mental Illness Research, Education, and Clinical Center (MIRECC) Grant Writing Seminar March – August 2022 VA Boston Healthcare System, Boston, MA

Weekly virtual 1-hour seminar on the content, process, and politics of grant writing, with a focus on federal funding sources.

Trainer: Various guest lectures from VA Boston and affiliated institutions

# Advanced Statistics and Research Methods Seminar

February – May 2022 Boston VA Healthcare System, Boston University Medical School, and Harvard Medical School, Boston, MA Weekly 1-hour seminar covering the foundations of advanced linear and nonlinear modeling. *Trainer:* Various guest lecturers from affiliated institutions.

### Motivational Interviewing (MI) Training

October, 2020 Louis Stokes Cleveland Veterans Administration Medical Center, Cleveland, Ohio Day long group training via video call covering principles and techniques of MI. **Trainer:** Heather A. Chapman, Ph.D., ICGCII, BACC

## Cognitive Behavioral Therapy for Insomnia (CBT-I) Training

April, 2020 *Web-based training through CBTIweb* Online training on the supporting theory and application of CBT-I for clinical practice.

## Diversity in Women's Mental Health Training

2019 Edward Hines, Jr., Veterans Administration Hospital, Hines, Illinois Webinar on theory and application regarding diversity concerns, specifically regarding female veterans.

## Active Threat Training

2019 Edward Hines, Jr., Veterans Administration Hospital, Hines, Illinois In-person training on the theory and possible/appropriate responses to active threat scenarios in a VA hospital setting. Training was conducted by security personnel.

## **Provider Burnout Training**

2019 Edward Hines, Jr., Veterans Administration Hospital, Hines, Illinois Webinar on theory, identification, and treatment of provider burnout in a mental health setting.

## Motivational Interviewing (MI) for Health Behavior Change

February, 2019 Edward Hines, Jr., Veterans Administration Hospital, Hines, Illinois In-person training over two days on the principles and techniques of MI in clinical practice. Trainer: Mathew Davis, Ph.D, M.P.H., HDPD Health Behavior Coordinator

## Cognitive Processing Therapy (CPT) Updates and Advanced Topics Workshop

August, 2018

Northern Illinois University

In-person workshop on changes in the most recent edition of the CPT manual, research informed updates on best practice since publication of the most recent edition of the manual, and advanced questions regarding working with specific populations, troubleshooting problems that arise during treatment, and addressing therapist concerns about conducting CPT.

Trainer: Kerry Renner, Ph.D.

#### Prolonged Exposure (PE) Didactic Training

August, 2018 Edward Hines, Jr., Veterans Administration Hospital, Hines, Illinois In-person training over two days on the theory and procedures for using PE in clinical practice. Didactic training conducted by nationally certified PE instructors. *Trainers:* Kurtis Noblett, Ph.D., Jonathan Beyers, Ph.D.

#### Cognitive Processing Therapy (CPT) Didactic Training

July, 2018 Edward Hines, Jr., Veterans Administration Hospital, Hines, Illinois In-person training over two days on the theory and procedures for using CPT in clinical practice. Trainers: Barbara Pamp, Ph.D., Kathleen Colangelo, Ph.D.

#### Clinician Administered PTSD Scale for DSM-5 (CAPS-5) Didactic Training

July, 2018 Edward Hines, Jr., Veterans Administration Hospital, Hines, Illinois In-person training on the administration and scoring of the CAPS-5. *Trainer:* Gregory Bartoszek, Ph.D.

## Medical University of South Carolina National Crime Victims Research and Treatment Center and the Department of Veteran Affairs Cognitive Processing Therapy (CPT) Learning Course

July, 2018 Edward Hines, Jr., Veterans Administration Hospital, Hines, Illinois Online training in the supporting theory and procedures for using CPT in clinical practice. **Director:** Connie L. Best, Ph.D.

#### Medical University of South Carolina National Crime Victims Research and Treatment Center and the Department of Veteran Affairs Prolonged Exposure (PE) Learning Course July, 2018

*Edward Hines, Jr., Veterans Administration Hospital, Hines, Illinois* Online training in the supporting theory and procedures for using PE in clinical practice. *Director:* Kenneth J. Ruggiero, Ph.D.

# National Center for Posttraumatic Stress Disorder Clinician-Administered PTSD Scale for DSM-5 (CAPS-5) Clinician Training

October, 2017 Department of Veteran Affairs, Employee Education System and National Center for PTSD Online training in the administration and scoring of the CAPS-5. **Director.** Volney J. Warner, Chief Learning Officer, VHA

#### Gottman Methods Couples Therapy, Level 1 Training: Bridging the Couple Chasm

June, 2016 Northern Illinois University Two-day webinar on the Gottman method for assessing dysfunction in romantic relationships and beginning couple's therapy. **Directors:** John Gottman, Ph.D., Julie Gottman, Ph.D.

# Reviewer

Personality and Individual Differences (2019. 2020) Journal of Military, Veteran, and Family Health (2022)

# Ad Hoc Reviewer

Stress and Health (2023) Journal of Consulting and Clinical Psychology (2022) Mindfulness (2019) Cognitive Therapy and Research (2017)

# **Professional Memberships**

Society for Psychotherapy Research (SPR) 2022-present Association for Contextual Behavioral Science (ACBS) 2019-2020 Association of Behavioral and Cognitive Therapies (ABCT) 2018-2022 International Society for Traumatic Stress Studies (ISTSS) 2017-present

# Honors and Awards

- Center for the Study of Family Violence and Sexual Assault Research Fellowship, 2017-2018
- Steven Noble Undergraduate Research Award, 2014-2015
- Center for Undergraduate Research Award, Southeastern Psychological Association Conference, 2014
- University of North Georgia Honors Program, 2011-2015
- Psi Chi, 2014