

Chelsea E. Boccagno, M.A.

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Education

- 2018 – Present **Harvard University, Department of Psychology**, Cambridge, MA
Ph.D. Candidate, Clinical Science (APA and PCSAS accredited)
- 2016 – 2018 **Harvard University, Department of Psychology**, Cambridge, MA
A.M., Clinical Science (APA and PCSAS accredited)
Thesis: Emotion Regulation Selection and Efficacy in Self-Injury
Advisor: Jill M. Hooley, D.Phil.
- 2010 – 2014 **Vassar College**, Poughkeepsie, NY
B.A., Psychology, correlate sequence in English Literature (creative writing focus)
Primary Advisor: Michele M. Tugade, Ph.D.

Honors & Awards

- 2020 Star Family Prize for Excellence in Advising (nominee via mentee), Harvard University
- 2020 Bok Award for Excellence in Graduate Student Teaching of Undergraduates
(departmental nominee), Harvard University
- 2019, 2020 George W. Goethals Award for Teaching Excellence, Harvard University (2x)
- 2019 Bok Center Certificate of Distinction & Excellence in Teaching, Harvard University (2x)
- 2019 Graduate Student Poster Award, Association for Behavioral and Cognitive Therapies
Suicide and Self-Injury Special Interest Group (awarded \$100)
- 2014 Phi Beta Kappa, Vassar College
- 2014 Psychology Departmental Honors, Vassar College
- 2014 General Honors, Vassar College
- 2014 Distinction: Independent Thesis, Vassar College
- 2014 Psi Chi International Honors Society in Psychology, Vassar College

Grants & Fellowships

- 2020 Summer Research Grant (\$746.90), Harvard University
- 2019 Restricted Funds Travel Grant (\$500) (3x), Harvard University
- 2019 Professional Development Fund (\$1,111), Harvard University
- 2019 Restricted Funds Large Grant (\$3,500), Harvard University
- 2018 Sackler Fellowship in Psychobiology (\$20,303), Harvard University
- 2018 Restricted Funds Travel Grant (\$500) (2x), Harvard University
- 2018 Restricted Funds Large Grant (\$3,000), Harvard University
- 2018 Stimson Fund (\$1,000), Harvard University
- 2014 Academic Enrichment Fund (\$500), Vassar College
- 2014 Asprey Center Research Enhancement Award (\$750), Vassar College

Peer-Reviewed Articles

- Hooley, J.M., Fox, K.R., **Boccagno, C.** (2020). Nonsuicidal self-injury: Diagnostic challenges and current perspectives. *Neuropsychiatric Disease and Treatment*.
- Fox, K.R., Wang, S.B., **Boccagno, C.**, Haynos, A.F., Kleiman, E.M., Hooley, J.M. (2019). Comparing self-harming intentions underlying eating disordered behaviors and NSSI: Evidence that distinctions are less clear than assumed. *International Journal of Eating Disorders*.
- Doré, B., Rodrik, O., **Boccagno, C.**, Hubbard, A., Weber, J., Oquendo, M., Ochsner, K.N. (2018). Negative autobiographical memory in major depression reflects elevated amygdala-hippocampal reactivity and hippocampally-associated emotion regulation. *Biological Psychiatry: Cognitive Neuroscience and Neuroimaging*.
- Doré, B., **Boccagno, C.**, Burr, D., Hubbard, A., Weber, J., Stern, Y., Ochsner, K.N. (2016). Finding positive meaning in negative experiences engages ventral striatal and ventromedial prefrontal reward regions. *Journal of Cognitive Neuroscience*.
- Gilead, M., **Boccagno, C.**, Silverman, M., Hassin, R., Weber, J., Ochsner, K.N. (2016). Self-regulation via neural simulation. *Proceedings of The National Academy of Sciences*.

Invited Chapters

- Ramirez, F., Kleiman, E.K., **Boccagno, C.**, Nizzi, M., Nock, M.K. (in press). Suicide in PTSD. In G. H. Wynn & Benedek, D.M. (Eds.), *Posttraumatic Stress Disorder*, Second Edition. Arlington, VA: American Psychiatric Association.
- Nock, M.K., **Boccagno, C.E.**, Kleiman, E.K., Ramirez, F., Wang, S.B. (2019). Suicidal and nonsuicidal self-injury. In M. J. Prinstein, E. A. Youngstrom, E. J. Mash, & R. A. Barkley (Eds.), *Treatment of Disorders in Childhood and Adolescence*, Fourth Edition. New York, NY: Guilford Publications.
- Mitamura, C., Leu, J., Campos, B., **Boccagno, C.**, Tugade, M. M. (2014). Traversing affective boundaries: Examining cultural norms for positive emotions. In M. M. Tugade, M. N. Shiota, & L. D. Kirby (Eds.), *Handbook of Positive Emotions*. New York, NY: Guilford Publications.

Articles Submitted

- Wang, S.B., Fox K., **Boccagno, C.**, Hooley J.M., Mair P., Nock, M.K., Haynos, A.F. (submitted). Functional assessment of restrictive eating: A three-study transdiagnostic investigation.

Articles In Preparation

- Boccagno, C.**, Hooley J.M. (in prep). Understanding the “self” in non-suicidal self-injury: A conceptual review and framework for future research.
- Choi-Kain, L. W., Ilagan, G.S., Iliakis, E., Volkert, J., Javaras, K., **Boccagno, C.**, Fertuck, E.A. (in prep). Attachment, computerized reflective functioning, and borderline personality disorder: Evaluating the role of social cognitive and neuropsychological features.
- Nock, M.K., Deliberto, T.L., Dour, H.J., Slama, K., **Boccagno, C.**, Mendes W.B. (in prep). Self-harm as self-help.

Boccagno, C., Nock, M.K., & Hooley J.M. (in prep). Cognitive emotion regulation strategy preferences across affective contexts in direct and indirect self-injury.

Boccagno, C., Nock, M.K., & Hooley J.M. (in prep). Behavioral or cognitive strategies?: Emotion regulation choices in direct and indirect forms of self-injury.

Boccagno, C., Fox, K.R., Wang, S.B., Hooley, J.M. (in prep). Linguistic mechanisms of efficacy across novel online interventions for nonsuicidal self-injury.

Raio, C., **Boccagno, C.**, Rodrik, O., Ochsner, K.N. (in prep). The impact of acute stress on emotion regulation choice and effectiveness.

Online Scholarly Contributions

Boccagno, C. (2012). Is screen time ruining our face time? Retrieved from <http://www.gordonschool.org/Customized/uploads/files/Psychology%20in%20the%20N.pd>

Professional Talks

Boccagno, C., Hooley, J.M. (2020, June). *Cognitive emotion regulation strategies across affective contexts in direct and indirect self-injury.* Talk presented at the annual conference of the International Society for the Study of Self-Injury (ISSS), Vienna, Austria.

Boccagno, C. Diversity in clinical work: Identities and case conceptualization. (2020, April). Talk presented to “Harvard Psych 2430: Cultural and Individual Diversity” (graduate student course), Cambridge, MA.

Choi-Kain, L., Abramson, D., **Boccagno, C.**, Finch, E.E., Nook, E., & Yogman, M. (2020, February) *Perspectives from the Ground Level: Residential Life, Teaching Fellows, and Primary Care.* Panel presented at the College Mental Health and Borderline Personality Disorder Conference, McLean Hospital, Belmont, MA.

Boccagno, C. & Hooley, J.M. (2019, November). *Behavioral or cognitive regulation?: Emotion regulation choices in individuals with direct and indirect self-injury.* Talk to be presented at the Suicide and Self-Injury Special Interest Group at the annual conference of the Association for Behavioral and Cognitive Therapies (ABCT), Atlanta, GA.

Boccagno, C., Fox, K.R., Wang, S.B., & Hooley, J.M. (2019, June). *Linguistic mechanisms underlying the efficacy of daily diary interventions for non-suicidal self-injury: The nuanced roles of psychological distancing and positive and negative emotion.* Talk presented at the annual conference of the International Society for the Study of Self-Injury (ISSS), Orlando, FL.

Carpenter, R.W., Allen, K.J.D., **Boccagno, C.**, Emery, N.N., & Arney, M. (2018, November). *Emotion regulation strategy selection and efficacy in self-injury: Moving beyond instruction-based laboratory tasks.* In Allen, K.J.D. (chair), Novel research approaches to self-destructive behaviors and associated psychopathology. Symposium talk presented at the annual conference of the Association for Behavioral and Cognitive Therapies (ABCT), Washington, DC.

Boccagno, C. & Hooley, J.M. (2018, May). Unpacking the roles of emotion dysregulation and maladaptive self-processing in self-injurious behaviors. Harvard-MIT Data Blitz, Women in Psychology, Harvard University, Boston, MA.

Boccagno, C. & Hooley, J.M. (2018, April). Emotion regulation choice across affective contexts in self-injurious populations. Second-Year Talk, Harvard University, Boston, MA.

Gilead, M., Silverman, M., **Boccagno, C.**, Hassin, R., Weber, J., & Ochsner, K.N. (2017, July). Neural mechanisms of “walking in someone else’s shoes” in order to predict their emotions. Symposium talk presented at the general meeting of the European Association of Social Psychology. Granada, Spain.

Gilead, M., **Boccagno, C.**, Silverman, M., Hassin, R., Weber, J., & Ochsner, K.N. (2016, February). Self-regulation via neural simulation. Data-blitz presented at the Emotion Preconference at 17th annual meeting of the Society for Personality and Social Psychology. San Diego, CA.

Boccagno, C. (2014, April). Escaping, knowing, transcending, or transforming self?: Self-concept and its role in mindfulness. Vassar College Psychology Research Conference. Poughkeepsie, NY.

Poster Presentations

Advisees are underlined.

Barr, M., **Boccagno, C.**, Hooley, J.M., Eddie, D. (2020, April). *Investigating the role of affect and craving in relapse for individuals with alcohol use disorder: An experience-sampling study*. Psychology Undergraduate Thesis Poster Session, Cambridge, MA.

Boccagno, C., Hooley, J.M. (2019, November). *Cognitive or behavioral regulation?: Emotion regulation choices in direct and indirect self-injury*. Poster to be presented at the annual conference of the Association for Behavioral and Cognitive Therapies (ABCT), Atlanta, GA.

Boccagno, C., Hooley, J.M. (2019, September). *No reappraisal, please: Emotion regulation strategy selection in people with self-injury*. Poster presented at the annual conference of the Society of Research on Psychopathology, Buffalo, NY.

Nielsen, S., **Boccagno, C.**, Hooley, J.M. (2019, September). *The role of accommodative processing in the link between life challenges and authenticity*. Poster presented at the annual conference of the Society of Research on Psychopathology, Buffalo, NY.

Nielsen, S., **Boccagno, C.**, Hooley, J.M. (2019, April). *The story of adversity and the self: The relation between life challenges and authenticity*. Mind Brain Behavior Poster Showcase, Cambridge, MA.

Nielsen, S., **Boccagno, C.**, Hooley, J.M. (2019, April). *Adversity and the self: The relation between life challenges and authenticity*. Psychology Undergraduate Thesis Poster Session, Cambridge, MA.

Wang, S.B., Fox, K.R., **Boccagno, C.**, Hooley, J.M., Haynos, A.F. (2019, March). *Why do people restrict their eating? A functional assessment approach*. Paper presented at the International Conference on Eating Disorders, New York, NY.

Boccagno, C., Fox, K.R., Wang, S.B., & Hooley, J.M. (2018, September). *Beliefs that negative emotions are unacceptable dampen the benefits of psychological distancing: Evidence from an emotional challenge study in direct and indirect self-injury*. Poster presented at the annual conference of the Society for Research in Psychopathology (SRP), Indianapolis, IN.

- Miller, J.M., Doré, B., Zanderigo, F., Stanley, B., Rubin-Falcone, H., Schenck, N., Sublette, E., **Boccagno, C.**, Rodrik, O., Oquendo, M.A., Mann, J.J., Ochsner, K. (2018, July). *Serotonin 1A autoreceptor binding modulates neural responses to emotion reactivity and regulation*. Poster presented at the annual NeuroReceptor Mapping (NRM) conference, London, England.
- Boccagno, C.**, Rodrik, O., Doré, B., Fuster, D., Singh, T., Weber, J., Stanley, B., Miller, J., Mann, J., Ochsner, K. (2017, April). *Enhancing positive affect in positive contexts recruits differential brain regions for healthy individuals and patients with major depressive disorder*. Poster presented at the annual conference of the Society for Affective Science (SAS), Boston, MA.
- Rodrik, O., **Boccagno, C.**, Doré, B., Fuster, D., Singh, T., Weber, J., Stanley, B., Miller, J., Mann, J., Ochsner, K. (2017, March). *Enhancing positive affect in negative contexts engages distinct brain regions in healthy individuals and patients with major depressive disorder*. Poster presented at the annual conference of the Social and Affective Neuroscience Society (SANS), Los Angeles, CA.
- Doré, B., **Boccagno, C.**, Hubbard, A., Burr, D., Long, K., Weber, J., Stern, Y. (2016, April). *Finding positive meaning in negative experiences engages ventral striatal and ventromedial reward regions*. Poster presented at the annual conference of the Social and Affective Neuroscience Society (SANS), New York, NY.
- Boccagno, C.**, Doré, B., Fuster, D., Singh, T., Weber, J., Stanley, B., Miller, J., Mann, J., Ochsner, K. (2016, April). *Hippocampal and prefrontal functional connectivity during memory retrieval correlates with self-distancing reappraisal success in patients with major depressive disorder*. Poster presented at the annual conference of the Social and Affective Neuroscience Society (SANS), New York, NY.
- Boccagno, C.**, Doré, B., Fuster, D., Singh, T., Weber, J., Kotecha, R., Chaudhury, S., Miller, J., Mann, J., Stanley, B., Ochsner, K. (2016, April). *The influence of affective context on brain and behavioral responses to neutral stimuli*. Poster presented at the annual conference of the Cognitive Neuroscience Society (CNS), New York, NY.
- Boccagno, C.**, Gilead, M., Silverman, M., Hassin, R., Weber, J., Ochsner, K. (2016, March). *The neural underpinnings of emotional perspective taking*. Poster presented at the annual conference of the Society for Affective Science (SAS), Chicago, IL.
- Boccagno, C.**, Doré, B., Burr, D., Weber, J., Hubbard, A., Stern, Y., Ochsner, K. (2015, April). *Ability versus motivation in aging: Cognitive and motivational influences on down-regulation of negative affect*. Poster presented at the annual conference of the Social and Affective Neuroscience Society (SANS), Boston, MA.
- Burr, D., Doré, B., **Boccagno, C.**, Weber, J., Hubbard, A., Stern, Y., Ochsner, K. (2015, April). *Addressing the emotion paradox: Older adults show impaired regulation but enhanced bottom-up positive response to negative stimuli*. Poster presented at the annual conference of the Social and Affective Neuroscience Society (SANS), Boston, MA.
- Boccagno, C.**, du Pont, A., Tugade, M. M. (2015, February). *How willing are you to self-disclose?: The roles of mindfulness and positive affect in emotional vulnerability*. Poster presented at the annual conference of the Society for Personality and Social Psychology (SPSP), Long Beach, CA.
- Boccagno, C.**, Rivlin, M., Culligan, C., & Tugade, M.M. (2014, April). *Mindfulness and mind-wandering:*

The effects of attention and awareness on coping and resiliency. Poster presented at the annual conference of the Society for Affective Science (SAS), Bethesda, MD.

Boccagno, C. (2014, March). *Is it my profile, or yours?: The distinct effects of Facebook features on loneliness perception.* Poster presented at the annual Hunter College Psychology Convention, New York, NY.

Tugade, M. M., du Pont, A., **Boccagno, C.** (2014, February). *The effects of positive emotion differentiation on coping and problem-solving.* Poster presented at the Emotion Pre-Conference of the Society for Personality and Social Psychology (SPSP), Austin, TX.

Research Experience

2016 – Present **Clinical Research Laboratory, Harvard University**

(P.I.: Jill M. Hooley, D.Phil.).

Graduate Research Assistant. Examine the malleability of identity (e.g., self-concept flexibility, self-presentation) and emotion (e.g., emotion regulation) to better understand, whether, how, and for whom this malleability contributes to or protects against direct and indirect self-injurious behaviors (e.g., nonsuicidal self-injury and binge eating, respectively). Research methods include in-lab studies and online data collection, and span levels of analysis (e.g., behavioral and psychophysiological).

- **First-Year Project:** “Linguistic content of nonsuicidal self-injury text entries: Applying text analysis to a novel treatment approach”
- **Second-Year Project:** “Emotion regulation choice in direct and indirect self-injury”
- **Additional Projects:** (1) “Psychological distancing as an emotion regulation strategy in NSSI”; (2) “Instagram and identity: A longitudinal study on Finstagram”; (3) “Alternative selves and emotion regulation”

2014 – 2016 **Social, Cognitive, and Affective Neuroscience Laboratory, Columbia University**

(P.I.: Kevin Ochsner, Ph.D.; **Collaborators:** Molecular Imaging and Neuropathology Division [MIND] Clinic at New York State Psychiatric Institute [NYSPI]).

Lab Manager and Research Assistant. Examined the neural and psychophysiological mechanisms of perspective taking, self-referential processing, stress reactivity, and positive and negative cognitive reappraisal across several fMRI and laboratory projects.

2013 – 2014 **Emotions and Psychophysiology Laboratory, Vassar College**

(P.I.: Michele Tugade, Ph.D.)

Research Assistant. Examined the structure and dynamics of emotion regulation, resilience, and mindfulness strategies in laboratory and online projects.

Independent Study Title: *The effect of mindfulness on willingness to self-disclose.*

2013 – 2014 **Independent Senior Thesis, Vassar College**

(**Advisors:** Michele Tugade, Ph.D. and Randolph Cornelius, Ph.D.)

Thesis Title: *Escaping, knowing, transcending, or transforming the self?: A transdisciplinary examination on self-concept and its role in mindfulness.*

2013 – 2014 **Independent Research, Vassar College**

(**Advisor:** Randolph Cornelius, Ph.D.)

Project Title: *The effects of distinct Facebook features and use on loneliness perception.*

- 2011 – 2014 **English and Urban Studies Department, Vassar College**
(Professor: Tyrone Simpson, II, Ph.D.)
Research Assistant. Assisted in the literature analysis of American nationalism patterns, ghettoization effects, critical race theory, and the politics of confessional storytelling as Dr. Simpson's sole research assistant.
- Summer 2013 **Cognitive Neurophysiology Laboratory, Albert Einstein College of Medicine**
(P.I.: John Foxe, Ph.D.; **Primary Mentor:** Pierfilippo De Sanctis, Ph.D.)
Intern/Research Assistant. Investigated brainwave entrainment in inhibitory-control audiovisual task performance in healthy young adults, as well as the impact of attentional control on Go/NoGo response-inhibition performance during walking in elderly individuals.

Teaching Experience

- 2019 - 2021 **Sophomore Tutorial in Psychology & Neuroscience, Harvard University (4 semesters)**
Instructor. Independently create and lead a process-based science course to teach newly declared psychology undergraduate students how to think, read, and write like psychological scientists. (7 students).
Overall Student Rating (Fall 2020): TBD
Overall Student Rating (Spring 2020): Official university ratings not collected due to COVID-19; Course evaluation forms indicate **5.0/5.0**
Overall Student Rating (Fall 2019): **5.0/5.0**
- Spring 2019 **Introduction to Abnormal Psychology, Harvard University**
(Lecturer: Joshua W. Buckholtz Ph.D.)
Teaching Fellow. Led three discussion sections and edited/graded tests and term papers (55 undergraduate students).
Overall Student Rating: **4.6/5.0**
- Fall 2018 **Psychopharmacology, Harvard University**
(Lecturer: Scott Lukas, Ph.D.)
Teaching Fellow. Led three discussion sections and edited/graded tests and term papers (35 undergraduate students).
Overall Student Rating: **4.0/5.0**

Mentorship Experience

Undergraduate Psychology Honors Thesis Advisor, Harvard University

- Facilitated design and execution of research study for two undergraduate students pursuing an Honors Thesis in Psychology
- Met with students weekly to assist with: thesis proposal, IRB submission, data collection, data management, data analysis, final report, and oral presentation and defense

Undergraduate Senior Thesis Students Supervised

*Received competitive research grant from Harvard College Research Program

~Awarded Harvard College Psychology Faculty Prize

- Maya Barr (Harvard University; Thesis Title: *Investigating the role of affect and craving in relapse for individuals with alcohol use disorder: An experience-sampling study.*) – (EMA project completed Fall 2019-Spring 2020; primary graduate student advisor); awarded Magna Cum Laude Plus *

- **Subsequent Position:** *Lab Manager, Clinical Affective Neuroscience & Development Lab (Yale University; P.I.: Dylan Gee, Ph.D.)*
- Sienna Nielsen (Harvard University; Thesis Title: *The story of the true self: Unpacking the relationship between challenges and authenticity*) – (Lab-based project completed Fall 2018-Spring 2019; awarded Summa Cum Laude and Harvard Faculty Prize; primary graduate student advisor) *~
 - **Subsequent Position:** *Clinical Research Assistant, Anxiety and Traumatic Stress Disorders Laboratory (McLean Hospital; P.I.: Isabelle M. Rosso, Ph.D.)*
- Chananda Thavisin (Barnard College; Thesis Title: *The effect of perspective taking on emotion regulation: A psychophysiology study*) – (Psychophysiology project completed Fall 2016-Spring 2017; secondary advisor)
 - **Subsequent Position:** *Master's Student of Social Work, Columbia University*

Independent Research Students Supervised

- Pedro Garcia (Harvard University; Research Project: *Effects of social comparison on social media use and mental health: Differences amongst sexual orientations and marital status – an exploratory study*)

Research Assistants Supervised

- Emma Edenbaum (Oberlin College B.A. student) – Summer 2020 – Fall 2020
- Alexander Winters (Case Western University B.A. student) – Summer 2020 – Fall 2020
- Nour Afandi (University of Toronto B.A. graduate) – Fall 2019 – Fall 2020
- Julia London (Harvard College A.B. student) – Fall 2019 – Spring 2020
- Ally Beard (Harvard College A.B. student) – Fall 2019 – Spring 2020
- Alexandria Onuoha (Bates College B.A. student) – Summer 2019
- Ariel He (Mount Holyoke College B.A. student) – Summer 2019
- Margaret Canady (Harvard College A.B. student) – Spring 2019 – Spring 2020
- Hannah Babcock (Harvard College A.B. student) – Spring 2019
- Maya Barr (Harvard College A.B. student) – Fall 2018 – Present
- Zelal Kilic (Harvard College A.B. student) – Fall 2018 – Fall 2019
- Clair Fu (Harvard College A.B. student) – Summer 2018 – Present
- Calais Galbraith (Harvard College A.B. student) – Spring 2018 – Spring 2019
- Sabrina Wu (Harvard College A.B. student) – Fall 2018
- Ragini Jha (Boston College M.A. student) – Summer 2018 - Fall 2018
- Elyse Yarmosky (Licensed social worker) – Spring 2018 - Fall 2018
- Emma Potvin (Harvard College A.B. student) – Summer 2018
- Joseph Kremer (Boston College B.A. student) – Summer 2018
- Nikki Daurio (Harvard College A.B. student) – Spring 2018
- Julia Friend (Harvard College A.B. student) – Fall 2017
- Ariel Kachuro (Columbia University research assistant) – Summer 2015
- Rhea Kotecha (Columbia University research assistant) – Summer 2015 - Fall 2015

MBB Grad-Undergrad Mentorship Program (Mentor)

- Jesse Barrera (Harvard College A.B. student) – Spring 2019
- Sheila De La Cruz (Harvard College A.B. student) – Spring 201

Crimson's PhD Consulting Program (Mentor)

- Ragini Jha (M.A. application consultant student) – Fall 2017 - Spring 2018

Harvard Summer Honors Undergraduate Research Program (Mentor)

- Alan Gutierrez (Harvard Medical School summer research mentee) – Summer 2017
- Leslie Charles (Harvard Medical School summer research mentee) – Summer 2018

Harvard College Undergraduate Research Association Mentorship Program (Mentor)

- Harvard College undergraduates (various students attending sessions) – Fall 2017 – 2018

Editorial Experience

Ad Hoc Reviewer:

Personality Disorders: Theory, Research, and Treatment

Clinical Experience

2020 – 2021 **Dauten Center for Bipolar Treatment Innovation, Massachusetts General Hospital**
(Supervisor: Douglas Katz, Ph.D.)

Clinical Fellow.

- Administer structured diagnostic interviews (e.g., MINI) and compose formal reports
- Lead psychoeducation groups for clients diagnosed with bipolar disorder or major depressive disorder
- Provide Prolonged Exposure Therapy for individuals with comorbid bipolar disorder and post-traumatic stress disorder
- Contribute to the launching of the “IMPACT-BD” research treatment study
- Participate in weekly staff meetings and receive weekly individual supervision

2019 – 2020 **Gunderson Residence, McLean Hospital**
(Supervisors: Lois Choi-Kain, M.D., M.Ed.; Karen Jacobs, Ph.D.; Brandon Unruh, M.D.)

Student Clinician.

- Provided adjunct individual therapy for female clients diagnosed with borderline personality disorder (BPD), using approaches from Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), Mentalization-Based Treatment (MBT), and Good Psychiatric Management (GPM)
- Led weekly psychoeducation group
- Participated in weekly staff meetings and receive weekly individual supervision

2018 – 2019 **Depression Clinical and Research Program, Massachusetts General Hospital**
(Supervisors: Lauren Fisher, Ph.D. and Paola Pedrelli, Ph.D.)

Clinical Fellow.

- Administered structured diagnostic interviews (e.g., MINI) and composed formal reports
- Provided weekly structured cognitive behavioral therapy (CBT) to outpatient clients diagnosed with major depressive disorder (MDD), and modified CBT to patients with comorbid MDD and traumatic brain injury under two treatment studies
- Participated in weekly staff meetings and received weekly individual supervision

2017 – 2018 **Obsessive Compulsive Disorder Institute, McLean Hospital**
(Supervisor: Jason Krompinger, Ph.D.)

Practicum Student & Behavioral Coach.

- Acted as a behavioral coach for exposure and response prevention therapy sessions
- Administered the Structured Clinical Interview for DSM-5 (SCID-5) to incoming clients and composed formal reports

- Independently led weekly emotion regulation group therapy (1-hour duration)
- Contributed to the group therapy handbook via 4 additional modules
- Participated in weekly assessment, group, and individual therapy supervision meetings

Spring 2017

Department of Psychiatry, Cambridge Health Alliance

(Supervisors: Adam Conklin, Ph.D. and Chris Pagano, Ph.D.)

Observational Practicum Student.

- Observed clinical intake interviews and psychoanalytic therapy sessions for clients suffering from various psychiatric illnesses across all ages
- Participated in weekly discussions about psychodynamic theory and approach
- Completed preliminary training in psychodynamic-based assessment tools

2013 – 2014

Psychiatry Department, Mount Sinai St. Luke's Roosevelt

CARES ("Comprehensive Adolescent Rehabilitation and Education Services")

Tracks: Adolescent Alternative Day Program; Addiction Program for Adolescents

(Supervisor: Jessica Houser, Ph.D.)

Patient Assistant (Volunteer).

- Assisted psychologists, psychiatrists, and high-school teachers in the maintenance of a continuing day treatment level of care for adolescents (ages 14-19, grades 9-12) who suffer from severe emotional and behavioral difficulties.
- Participated in daily staff meetings on clients' progress
- Attended intake evaluation and relapse prevention meetings
- Supervised and aided clients (e.g., math tutoring, crisis intervention)
- Utilized Dialectical Behavior Therapy manuals and techniques with clients during group therapy (e.g., mindfulness skills, distress tolerance skills)
- Screened clients for drug use via weekly urine collection

Service, Outreach, & Leadership Experience

2019, 2020	<i>Panelist</i> , Harvard Clinical Psychology PhD Student Orientation
2019 – 2021	<i>Psychology Departmental Representative</i> , Harvard Graduate Student Council
2019 – 2020	<i>President</i> , Harvard Clinical Student Group Meetings
2019	<i>Panelist</i> , Vassar Transitions Senior Summit
2019	<i>Publication Committee Contributor</i> , Society for Research in Psychopathology
2019	<i>Psychology Student Representative</i> , Harvard University Graduate School Fair
2019	<i>Psychology Student Representative</i> , Departmental Visiting Committee Meeting at Harvard University
2019, 2020	<i>Judge</i> , "China Thinks Big" Research Competition, Harvard College Association for U.S.-China Relations
2019	<i>Speaker</i> , Emotional Emergencies Training (Talk Title: " <u>Suicidal Ideation: Detection, Support, and Liaisons to Treatment</u> "), Harvard University's CrimsonEMS
2018	<i>Speaker</i> , Behavioral Emergencies Training (Talk Title: " <u>The Overlap of Physical and Psychological Pain in Self-Injury</u> "), Harvard University's CrimsonEMS
2017, 2018	<i>Poster Session Judge</i> , National Collegiate Research Conference(s), Harvard University
2017	<i>Psychology Department Ph.D. Orientation Organizer</i> , Harvard University
2012 – 2014	<i>Intern (2012–2013)</i> , <i>Project Assistant (2013–2014)</i> , Projects to Empower and Organize the Psychiatrically Labeled (PEOPLE), Inc. (Supervisor: Steve Miccio, CEO)
2013 – 2014	<i>Secretary</i> , Vassar College Psi Chi Chapter
2012 – 2014	<i>Faculty-Student Liaison (2012–2013)</i> , <i>Chair (2013–2014)</i> , Vassar College Psychology Majors' Committee

Professional Memberships

2019 – Present *Member*, International Society for the Study of Self-Injury
 2018 – Present *Associate Member*, Society for Research in Psychopathology
 2016 – Present *Member*, Association for Behavioral and Cognitive Therapies
 2015 – Present *Member*, International Society for Self and Identity
 2015 – Present *Member*, Association for Psychological Science
 2015 – Present *Member*, Social and Affective Neuroscience Society
 2014 – Present *Member*, Society for Affective Science
 2014 – Present *Member*, Society for Personality and Social Psychology
 2012 – Present *Student Affiliate*, APAGS, American Psychological Association

Skills

Research Methodologies

- Computer: collection, organization, and analysis of laboratory-based and online studies
- Behavioral: collection, organization, and analysis of E-Prime data
- fMRI: collection, processing, and analysis of functional data
- EEG: collection and analysis of EEG/ERP recordings
- Psychophysiology: collection of skin conductance, pre-ejection period, and salivary cortisol data

Software

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|---------------------------------------|--|
| • R | • REDCap |
| • JavaScript (working proficiency) | • RedOxygen |
| • SPSS | • AcqKnowledge |
| • E-Prime | • EPIC Electronic Health Records |
| • BESA | • Qualtrics |
| • MATLAB (working proficiency) | • Microsoft Office (Excel, PowerPoint, Word) |
| • Neuroelf (MATLAB extension package) | |

Clinical

- Dialectical Behavior Therapy, Mentalization-Based Treatment, and Good Psychiatric Management training and delivery at McLean Hospital's Gunderson Residence
- Mentalization-Based Treatment Training at McLean Hospital's Borderline Personality Disorder Institute
- Cognitive Behavioral Therapy training and delivery at Massachusetts General Hospital's Depression Clinical and Research Program
- MINI, QUIDS, PROMIS, and HAM-D assessment training and administration at Massachusetts General Hospital's Depression Clinical and Research Program
- SCID-5 assessment and administration at McLean Hospital's Obsessive Compulsive Disorder Institute
- Exposure and Response Prevention (ERP) training and administration at McLean Hospital's Obsessive Compulsive Disorder Institute
- Patient interaction (shadowing intake interviews and sessions) at Cambridge Health Alliance
- Neuropsychological assessment certification at New York State Neurological Institute
- Dialectical Behavior Therapy training and delivery at Mount Sinai St. Luke's Roosevelt
- Crisis Intervention training at Mount Sinai St. Luke's Roosevelt
- Drug screen administration at Mount Sinai St. Luke's Roosevelt
- Supportive housing assistance in Dutchess County, New York