

**ELLEN F. FINCH**

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**Education**

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- 2020 - Present Ph.D. Candidate, Clinical Psychology  
 Harvard University, Cambridge MA  
 Advisor: Jill M. Hooley, D.Phil.
- 2018 - 2020 A.M., Clinical Psychology  
 Harvard University, Cambridge, MA  
 Advisor: Jill M. Hooley, D.Phil.
- 2012 - 2016 B.A., Psychology, *magna cum laude*  
 Williams College, Williamstown, MA

**Research Training**

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- 2018 - Present Clinical Research Laboratory  
 PI: Jill M. Hooley, D.Phil.  
 Harvard University, Cambridge, MA  
*Clinical Psychology Graduate Student*
- 2016 - 2018 Gunderson Personality Disorders Institute  
 PIs: Lois Choi-Kain, M.D., M.Ed. & John Gunderson, M.D.  
 McLean Hospital, Belmont, MA  
*Study Coordinator and Research Assistant*
- 2014 - 2016 Williams College Department of Psychology  
 PIs: Laurie Heatherington, Ph.D. & Laura Sockol, Ph.D.  
 Williams College, Williamstown, MA  
*Research Assistant*

**Honors and Awards**

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- 2020 Nominee, *Star Family Prize for Excellence in Advising*
- 2019 Restricted Funds Large Grant (\$3,500), *Harvard University*
- 2019 Stimson Research Grant (\$1,000), *Harvard University*
- 2016 Class of 2016 Marshall, *Williams College*
- 2016 Magna Cum Laude, *Williams College*
- 2015 *Phi Beta Kappa*, early inductee, *Williams College*
- 2014 Psychology Department Class of 1960s Scholar, *Williams College*
- 2012 - 2016 Dean's List, *Williams College*

**Published Manuscripts**

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- Finch, E.F.,** Iliakis, E. A., Masland, S.M., & Choi-Kain, L.W. (2019). A meta-analysis of treatment as usual for borderline personality disorder. *Personality Disorders: Theory, Research, and Treatment*.
- Finch, E. F.,** Brickell, C. M., & Choi-Kain, L. W. (2018). General psychiatric management: An evidence-based treatment for borderline personality disorder in the college setting. *Journal of College Student Psychotherapy*, 1-13.

- Masland, S.M., Price, D., MacDonald, J.M., **Finch, E.F.**, Gunderson, J.G., & Choi-Kain, L.W. (2018). The enduring effects of one-day training in General Psychiatric Management on clinician attitudes about borderline personality disorder. *Journal of Nervous and Mental Disease*, 206(11), 865-869.
- Choi-Kain, L.W., Glasserman, E.I., & **Finch, E. F.** (2018). Borderline personality disorder: Treatment resistance reconsidered. *Psychiatric Times*.
- Choi-Kain, L.W., **Finch, E. F.**, Masland, S. R., Jenkins, J. A., & Unruh, B. T. (2017). What works in the treatment of borderline personality disorder. *Current Behavioral Neuroscience Reports*, 4(1), 21-30.

## Manuscripts in Preparation

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- Finch, E.F.** & Hooley, J.M (in preparation). When narcissistic injuries still hurt: Examining the relationship between narcissistic grandiosity and reliving past painful events
- Finch, E.F.** & Choi-Kain, L.W. (in preparation). Identifying core symptoms of borderline personality disorder: Network analysis in a clinical sample.
- Masland, S.R., **Finch, E.F.**, & Choi-Kain, L.W. (in preparation). Clinician's attitudes about borderline personality disorder predict physiological reactivity to borderline stimuli.

## Chapters

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- Choi-Kain, L.W., Weinberg, I., & **Finch, E.F.** (2019). General Psychiatric Management for other personality disorders. In L.W. Choi-Kain & J.G. Gunderson (Ed.), *Handbook of GPM applications: A practical guide*. Arlington, VA: American Psychiatric Press, Inc.
- Hersh, R. & **Finch, E.F.** (2019). General Psychiatric Management for college mental health settings. In L.W. Choi-Kain & J.G. Gunderson (Ed.), *Handbook of GPM applications: A practical guide*. Arlington, VA: American Psychiatric Press, Inc.
- Adler, K., Choi-Kain, L.W., **Finch, E.F.**, Rodriguez-Villa, A (2019). General Psychiatric Management for primary care settings. In L.W. Choi-Kain & J.G. Gunderson (Ed.), *Handbook of GPM applications: A practical guide*. Arlington, VA: American Psychiatric Press, Inc.
- Choi-Kain, L.W. & **Finch, E.F.** (2019). Corrective experience to get a life: Using General Psychiatric Management as a framework for BPD treatment. In Kramer, U.E. (Ed.), *Case Formulation for Personality Disorders*. Amsterdam, Netherlands: Elsevier.

## Conference Presentations

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- Finch, E.F.** & Hooley, J.M (November 2020) *Far from Me, Myself, & I: Assessing psychological distancing from painful memories among narcissistic men*. Poster Presentation. Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Abramson, D., Boccagno, C., **Finch, E.F.**, Nook, E., Yogman, M. (February 2020) *Perspectives from the Ground Level: Residential Life, Teaching Fellows, and Primary Care*. Invited panel discussion presented at College Mental Health and Borderline Personality Disorder Conference, Boston, MA.
- Finch, E.F.**, Masland, S.M., & Gunderson, J.G. (2019, May) *Influence of psychoeducation on borderline personality disorder clinicians: Studies of attitude, reactivity, and knowledge*. Symposium presented at American Psychiatric Association Annual Conference, San Francisco, CA.
- Finch, E.F.**, E.A. Iliakis, Masland, S.R., & Choi-Kain, L.W. (2018, September) *Is treatment as usual effective for borderline personality disorder: A meta-analysis*. European Society for the Study of Personality Disorders, Sitges, Spain.

- Iliakis, E.A., Sonley, A., **Finch, E.F.**, Ilagan, G.S., & Choi-Kain, L.W. (2018, September) *Assessing the Feasibility of Dissemination of Evidence-Based Treatment Modalities for Borderline Personality Disorder*. European Society for the Study of Personality Disorders, Sitges, Spain.
- Finch, E.F.**, Masland, S.R., Choi-Kain, L.W. (2018, April) *Is treatment as usual effective for borderline personality disorder: A meta-analysis*. North American Society for the Study of Personality Disorders, New York City New York.
- Choi-Kain, L.W. & **Finch, E.F.** (2017, October). *Integration of evidence-based treatment techniques in a case of co-morbid BPD and Autism: Testing the limits of different approaches*. Harvard Attachment Conference, Cambridge, MA.
- Masland, S.R., **Finch, E.F.**, & Hooley, J.M. (2017, September). Brief training in Good Psychiatric Management (GPM) improves clinicians' attitudes about borderline personality disorder. Society for Research in Psychopathology, Denver, CO.
- Choi-Kain L.W. & **Finch, E.F.** (2017, August). *Borderline personality disorder in adolescents: Stepped care*. Global Alliance for Prevention and Early Intervention for Borderline Personality Disorder, San Juan, Puerto Rico.
- Choi-Kain, L.W. & **Finch, E.F.** (2017, August). *Borderline personality disorder: What works and future directions*. Georgia Psychiatric Association, Amelia Island, FL.
- Finch, E.F.** & Gunderson, J.G. (2017, July). *General Psychiatric Management quiz: Preliminary data and future directions*. General Psychiatric Management Trainers Conference, Belmont, MA.
- Choi-Kain, L.W. & **Finch, E.F.** (2017, June). *Evidence-based treatments for borderline personality disorder: A stepped care model*. Lausanne University Hospital, Department of Psychiatry, Lausanne, Switzerland.
- Choi-Kain, L.W. & **Finch, E.F.** (2017, June). *Borderline personality disorder*. Harvard Psychiatry, Boston, MA.
- Choi-Kain & **Finch, E.F.** (2017, April). *Mechanisms of change in the treatment of borderline personality disorder*. North American Society for the Study of Personality Disorders, New York City, NY.
- Choi-Kain, L.W. & **Finch, E.F.** (2017, April). *Contemporary applications of transference-focused psychotherapy*. North American Society for the Study of Personality Disorders, New York City, NY.
- Finch, E.F.**, Masland, S.R., Choi-Kain, L.W., MacDonald, J.M., & Gunderson, J.G. (2017, January). *Learning Good Psychiatric Management (GPM): Preliminary Data*. McLean Research Day, Harvard Medical School, Belmont, MA.
- Choi-Kain, L.W., & **Finch, E.F.** (2016, November). *Borderline personality disorder: Managing suicidality and complex comorbidity*. Instituto de Sexualidad Humana, Santo Domingo, Dominican Republic.
- Finch, E. F.**, & Sockol, L.E. (2016, October). *Demographic and psychiatric correlates of maternal attitudes in postpartum women*. Association for Behavioral and Cognitive Therapies, New York City, NY.
- Heatherington, L., Bonner, B., Linsley, J., **Finch, E. F.**, & Finston, L. (2016, August). *From service to science: A 15-year study of outcomes of residential treatment for severe and persistent mental illness*. NIMH Conference on Mental Health Services Research, Bethesda, MD.

## Clinical Experience and Training

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- 2020 - present    Center for Anxiety and Related Disorders (CARD)  
                          Boston University Department of Psychology, Boston, MA  
                          Supervisor: Avigal Snir, Ph.D. & Lisa Smith, Ph.D.  
                          *Clinical Practicum Student*: Provide patients with anxiety and related disorders CBT-based outpatient treatment. Receive expert training on cutting-edge anxiety and depression treatments. Complete diagnostic assessments using the Anxiety Disorders Interview Schedule (ADIS) and produced assessment reports.
- 2019 - 2020      Obsessive Compulsive Disorder Institute (OCDI)  
                          McLean Hospital, Belmont, MA

Supervisors: Jason Krompinger, Ph.D. & David Alperovitz, Psy.D.

*Clinical Practicum Student:* Provided individual exposure and response prevention treatment for adult OCD inpatients. Received close supervision on core clinical techniques and expert training on OCD pathology and treatment. Led weekly Emotion Regulation therapy groups.

- 2019 Cambridge Health Alliance  
Cambridge Hospital, Cambridge, MA  
Supervisor: Adam Conklin, Ph.D.  
*Clinical Practicum Student:* Observed clinical interviews and treatments in an inpatient hospital setting. Worked closely with supervisors on important clinical skills such as interviewing, diagnosis, case conceptualization, medication, treatment, etc. Patients presented with a wide range of severe psychopathologies including suicidality, psychosis, trauma and affective disorders.
- 2016 - 2018 Adult Borderline Center  
McLean Hospital, Belmont, MA  
Supervisors: Lois Choi-Kain, M.D. & John Gunderson, M.D.  
*Assistant to Director:* Observed weekly rounds, case conferences, and special lectures at the adult borderline center, Gunderson Residence, and other McLean Hospital departments
- 2015 - 2016 Jones 2 Psychiatric Center and Partial Hospitalization Program  
Berkshire Medical Center, Pittsfield, MA  
*Psychiatric Care Intern:* Observed intake interviews, individual and family therapy, and group therapy for adults with acute psychiatric emergencies. Developed materials for partial program group therapy.
- 2015 Gould Farm Therapeutic Residential Community  
Monterey, MA  
*Intern:* Assisted individuals with schizophrenia, bipolar disorder, and major depression with vocational rehabilitation (field and grounds maintenance projects)
- 2014 - 2015 Turner House Living Center for Veterans  
Williamstown, MA  
*Volunteer:* Designed and implemented a computer literacy course for mentally ill veterans.

## Teaching and Advising Experience

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- Fall 2020 PSY 1: Introduction to Psychological Science (Course Instructor: Prof. Daniel Gilbert)  
Harvard University, Cambridge, MA  
*Teaching Fellow:* Instruct weekly course discussion section, grade exams and papers.
- 2019 - present Harvard College Psychology Department  
Harvard University, Cambridge, MA  
*Psychology Undergraduate Concentration Advisor:* Assisted undergraduates with course selection for each semester, lab placement, thesis decisions, and overall experience in the psychology department.
- 2019 - present Pforzheimer House  
Harvard University, Cambridge MA  
*Resident Tutor and Senior Tutor:* Residential community advisor for Harvard undergraduates. Responsible for supporting students' personal, academic, and social development through regular programming and close advising. Directly advise ~6 sophomores and ~40 upperclass students each year. Support house wellness through regular event programming. Senior tutor role involves leadership position on tutor staff, developing training and support initiatives for other tutors, and regular direct support of students with academic concerns.
- 2019 Science Education Undergraduate Mentoring Workshops  
Harvard University, Cambridge MA

*Graduate:* Completed a series of workshops designed to develop effective skills for mentoring undergraduates in scientific research.

- 2016 - 2018    Gunderson Personality Disorders Institute  
McLean Hospital, Belmont MA  
*Research Assistant Supervisor:* Supervised a team of undergraduate and post-graduate research assistants.
- 2014 - 2015    PSY 252: Psychological Disorders  
Course Instructor: Prof. Laurie Heatherington  
Williams College, Williamstown MA  
*Teaching Assistant:* Helped develop and grade exams, ran review sessions, assisted with syllabus development.
- 2012 - 2016    Office of Academic Resources  
Williams College, Williamstown, MA  
*Tutor:* Tutored undergraduates in psychology, neuroscience, and political science courses.

#### *Research Advisees*

- 2018-present    Harvard University, Cambridge MA  
Undergraduates: Charlotte Johnstone, Kelyn Tyner, Katherine Carlow, Kaitlin McManus, Chloe Lambrinidou

### **Other Professional Experience**

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- 2016 - 2018    Gunderson Personality Disorder Institute  
McLean Hospital, Belmont, MA  
*Business Manager:* Managed over \$1,250,000 in grant funding; assisted with the development and dissemination of accredited courses in evidence-based psychotherapies for borderline personality disorder
- 2016 - 2018    The “Good Enough” GPM Newsletter  
McLean Hospital, Belmont, MA  
Editors: John Gunderson, M.D., Lois Choi-Kain, M.D., M.Ed  
*Managing Editor:* Wrote for and edited a quarterly newsletter about updated in treatment for borderline personality disorder

#### Reviewing

*Grant Reviewer,* Netherlands Organisation for Health Research and Development

### **Leadership and Service**

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- 2020 - Present    Board Member, *Harvard University Women in Psychology (WiP)*
- 2019 - Present    Member, *Harvard College Committee for Undergraduate Instruction*
- 2016 - Present    Class of 2016 Co-President, *Williams College*
- 2014 - 2016    Vice President for Student Affairs, *Williams College Student Council*
- 2015 - 2016    Director, *Entertainment Co-Sponsorship Fund, Williams College*
- 2013 - 2015    Youth Backpacking Trip Leader, *Overland Summers, Inc*
- 2013 - 2016    Director, *Learn to Ski Program, Williams College Physical Education*
- 2013 - 2016    Founder & President, *Nordic Ski Club, Williams College*
- 2013 - 2015    Advisor, *Freshman Council, Williams College*
- 2012 - 2013    Secretary, *Freshman Council, Williams College*

## **Selected Skills**

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*R*, Javascript (working knowledge), SPSS, Comprehensive Meta-Analysis, Amazon Mechanical Turk, eSense (biophysiologic measurement device), Endnote, Keynote

## **Professional Affiliations**

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Association for Behavioral and Cognitive Therapies  
North American Society for the Study of Personality Disorders: Trainee Member  
Society for Psychotherapy Research: Student Member  
American Psychological Association: Student Affiliate  
American Psychological Association of Graduate Students: Member