

# ERIN MIGA

Licensed Clinical Psychologist  
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## EDUCATION

**Behavioral Research and Therapy Clinics**  
**University of Washington**  
*Seattle, Washington*  
Postdoctoral Fellow

*September 2012- August 2013*

**Behavioral Tech, LL.C.**  
*Seattle, Washington*  
Postdoctoral Fellow

*August 2011- August 2013*

**Harvard Medical School**  
**Department of Psychiatry**  
*Cambridge, Massachusetts*  
Pre-doctoral Intern in Psychology

*July 2010-June 2011*

**University of Virginia**  
*Charlottesville, Virginia*  
Doctoral Student in Clinical Psychology  
Ph.D. conferred, August 2011  
Major Advisor: Joseph P. Allen, Ph.D.  
*Dissertation:* Implications of relationship power processes for future psychopathology and partner violence, defended November 2010.

*August 2005-May 2011*

M.A. in Clinical Psychology  
Major Advisor: Joseph P. Allen, Ph.D.  
*Master's Thesis:* The role of insecure working models of attachment and romantic attachment styles in the perpetration and victimization of adolescent partner aggression.

*January 2008*

**University of Rochester**  
*Rochester, New York*  
B.A. in Psychology and English

*August 1999-May 2005*

## HONORS, AWARDS AND CERTIFICATIONS

DBT Linehan Board of Certification Board Certified Clinician  
Becky Boone Teaching Award  
Distinguished Teaching Fellowship, University of Virginia  
Huskey Travel Award, University of Virginia  
Buffett Award, Center for Children, Families, and the Law  
Phi Beta Kappa, University of Rochester

*November 2015*  
*January 2010*  
*September 2009*  
*July 2009*  
*May 2006-August 2006*  
*May 2003*

## **CLINICAL AND SUPERVISION EXPERIENCE**

**The Seattle Clinic**  
*Seattle, Washington*  
Clinical Psychologist

*April 2017- Present*

- Board member actively involved in decision-making re: implementation of treatment and CE training program
- Internal and community-based training beginning in 2018
- Deliver evidence-based treatments to adolescents and adults including but not limited to Dialectical Behavior Therapy(DBT), CBT, exposure-based therapies for PTSD and other anxiety disorders, and couples therapy informed by Gottman Method
- Supervise UW clinical psychology doctoral students via live supervision on individual DBT

**University of Washington**  
*Seattle, Washington*  
Clinical Faculty

*July 2018-Present*

**Mindwise, LLC**  
*Seattle, Washington*  
Private Practice  
Clinical Psychologist

*October 2015-Present*

- Deliver evidence-based treatments to adolescents and adults including but not limited to Dialectical Behavior Therapy(DBT), CBT, exposure-based therapies for PTSD and other anxiety disorders, and couples therapy informed by Gottman Method
- Supervised UW graduate students in individual DBT and couples therapy

**Cadence Child and Adolescent Therapy**  
*Kirkland, Washington*  
Clinical Psychologist

*October 2013-August 2016*

- Delivered evidence-based treatments to adolescents and adults including but not limited to Dialectical Behavior Therapy(DBT), CBT, exposure-based therapies for PTSD and other anxiety disorders, and couples therapy informed by Gottman Method
- Supervised postdoctoral fellows delivering CBT and DBT
- Led DBT Multifamily groups for adolescents

- Co-led training on suicide risk assessment and management, conducted talk on DBT informed approach for couples

### **Behavioral Research and Therapy Clinics**

*Seattle, Washington*

Department of Psychology, University of Washington

Assistant Director of Treatment Development Clinic

Clinic Coordinator & Postdoctoral Fellow

*October 2013-September 2015*

*September 2011-August 2013*

- Supervised students in DBT training clinic and provides clinic-wide clinical and administrative coverage
- Managed a team of student volunteers in clinical screenings, transcription, and training tape management
- Conducted yearly audits of clinical files
- Devised and implements supplemental didactic and competency-based training in DBT and other behavioral methods for practicum students
- Conducted Dialectical Behavior Therapy (DBT) and Prolonged Exposure (PE) with clients with Borderline Personality Disorder (BPD), suicidality, PTSD, and other emotion regulation problems

### **Collaborative Adolescent Research on Emotions and Suicide (CARES)**

*September 2012- January 2015*

*Seattle, Washington*

University of Washington

Research Therapist

- CARES is an NIMH funded, multi-site collaboration between University of Washington, Seattle Children's Hospital, and UCLA; a Randomized Controlled Trial comparing DBT to supportive therapy for teens with suicidal, and self-injurious behaviors.
- Provided adherent individual DBT to adolescents, co-led DBT multi-family skills group with Dr. Marsha Linehan, and provides as-needed phone coaching

### **Cambridge Health Alliance**

*July 2010 – June 2011*

*Cambridge, Massachusetts*

Department of Psychiatry, Harvard Medical School

- Full-time clinical internship, half-time adult outpatient and half-time child outpatient work
- Experience with children, adolescents, families, and adults with a wide range of Axis I and Axis II pathology
- Emphasis on community mental health in a medical safety net setting
- Duties included: individual and family therapy, child inpatient and outpatient assessment, intake evaluations, weekly seminars and supervisions emphasized integrative, psychodynamic, cognitive-behavioral and dialectical-behavioral approaches.

**Mary Ainsworth Psychological Clinic**

*September 2009 – May 2010*

*Charlottesville, Virginia*

University of Virginia

Co- Clinic Assistant, Practicum Student Supervisor:

Patricia Lee Llewellyn, Ph.D.

- Department Clinic: 6 hours/week of direct and indirect service; 1 hour/week providing supervision; 3 hours/week supervision
- Supervised graduate students' intake assessments
- Conducted therapy under observation by graduate students and supervisor as part of didactic psychotherapy seminar
- Co-led weekly supervision teams for novice graduate students regarding group case formulation and treatment planning
- Carried 5 psychotherapy clients including individuals and couples
- Assisted the director in managing clinic administrative tasks

**Acrophobia Treatment Study**

*November 2009-May 2010*

*Charlottesville, Virginia*

University of Virginia

Practicum Student

Supervisors: Bethany Teachman, Ph.D.

- Treatment study: 1-3 hours/week direct and indirect service; 1 hour/week supervision
- Conducted psycho-education and manualized exposure treatment for individuals with heights fear

**Counseling and Psychological Services**

*August 2008-May 2009*

*Charlottesville, Virginia*

University of Virginia

Practicum Student

Supervisors: Matthew Zimmerman, Ph.D., Leonard Carter, L.P.C, and Baozhen Xie, Ph.D.

- University Counseling Center: 12 hours/week of direct and indirect service; 2 hours/ week supervision
- Conducted individual and couples psychotherapy with university undergraduate and graduate students utilizing a brief, psychodynamic treatment framework
- Conducted intake evaluations three times per month
- Engaged in intensive treatment formulation, planning, and implementation □ Presented at case conferences, and attended a weekly psychodynamic seminar
- Participated in multidisciplinary consultation team to address client considerations and treatment planning

**Commonwealth Center for Children and Adolescents**

*August 2007-May 2008*

*Staunton, Virginia*

Practicum Student

Supervisor: Jeffrey Aaron, Ph.D.

- Inpatient Facility: 16 hours/week of direct and indirect service; 1 hour/week supervision
- Intensive experience working with adolescent patients with serious mental illness, cognitive and developmental disabilities, and aggressive tendencies in an acute crisis, short-term in-patient psychiatric facility
- Provided therapy within psychodynamic and cognitive-behavioral frameworks
- Participated in treatment team that consisted of psychiatrists, psychologists, nurses, and direct care staff members

**Pregnancy Stress Study**

*June 2007-December 2007*

*Charlottesville, Virginia*

University of Virginia

Relaxation Specialist

Supervisor: Andrea Chambers, Ph.D.

- Treatment Study: 4 hours/ week of direct and indirect service; 1 hour/week supervision
- Conducted manualized treatment that utilized cognitive –behavioral and physiological methods (diaphragmatic breathing, progressive muscle relaxation) for reducing generalized and situational stress in a community sample of anxious pregnant women □  
Held group therapy session to implement aforementioned relaxation methods

**Mary Ainsworth Psychological Clinic**

*September 2006-August 2007*

*Charlottesville, Virginia*

University of Virginia

Practicum Student

Supervisors: Patricia Lee Llewellyn, Ph.D., Melvin Wilson, Ph.D., and Katherine Gibson, Ph.D.

- Department Clinic: 6 hours/week of direct and indirect service; 1 hour/week supervision
- Conducted individual, family, and couples psychotherapy with university and community clients, utilizing humanistic, cognitive-behavioral, and psychodynamic approaches
- Conducted intake interviews, and extended psychodiagnostic batteries; engaged in case formulation and treatment planning

**Charlottesville Commission on Children and Families**

*June 2006-August 2006*

*Charlottesville, Virginia*

Truancy Program Evaluator

Supervisor: Gretchen Ellis, Director

- Conducted evaluations for a pilot project designed to assess the effectiveness of a program to reduce truancy and other antisocial behaviors amongst local youth
- Interviewed adolescents, families and truancy officers on their perceptions of the truancy process

- Presented findings about program effectiveness to Truancy Team □ Attended biweekly Truancy Task Force Committee meetings

## **TEACHING EXPERIENCE**

### **Acceptance and Change in Couples Therapy**

*April 2018*

The Seattle Clinic

Presenter

- Prepared and facilitated a talk entitled *From Contempt to Connection: Incorporating Acceptance and Change Principles in the Couples Context*

### **Dialectical Behavior Therapy**

*October 2014, January 2015*

University of Washington

Guest Lecturer

- Prepared and facilitated a seminar class on topics including Validation Strategies, and Research on DBT.

### **Fear and Anxiety Disorders**

*March 2010*

University of Virginia

Guest Lecturer

- Prepared and delivered an hour long lecture on the role of attachment processes in anxiety disorders
- Co-facilitated class discussion following guest lecture

### **Interpersonal Processes in Psychopathology**

*August 2009-December 2009*

University of Virginia

Adjunct Faculty Member

- Designed and implemented the curriculum for an upper level undergraduate seminar as part of the Distinguished Teaching Fellowship(18 students)
- Facilitated discussion and lectured regarding the role of interpersonal relationships as protective or risk factors for mental disorders.
- Evaluated papers, research grant proposals and presentations

### **Research Methods and Data Analysis**

*August 2008-June 2009*

University of Virginia

Head Teaching Assistant

- Managed lab sections for 300 student lecture
- Held weekly instructional meeting to teach graduate students lab curriculum
- Handled all student and teaching assistant concerns and administrative tasks

**Research Methods and Data Analysis II**

*January 2008-May 2008* University of

Virginia

Teaching Assistant

- Taught data analysis skills writing techniques, and psychological research principles in two independently-run lab sections
- Graded scientific research papers and statistics assignments
- Helped students to create poster presentations
- Managed records in an electronic grade book, and held weekly office hours

**Introduction to Child Development**

*January 2008-May 2008*

University of Virginia

Grader

- Created exams, kept records in an electronic grade book, held office hours and proctored exams □ Presented a Guest Lecture on *Attachment in Adolescence*

**Research Methods and Data Analysis**

*August 2006-May 2007*

University of Virginia

Teaching Assistant

- Taught data analysis skills writing techniques, and psychological research principles in two independently-run lab sections
- Graded scientific research papers and statistics assignments
- Managed records in an electronic grade book, and held weekly office hours

**Introduction to Personality Psychology**

*January 2006-May 2006* University

of Virginia

Review Teaching Assistant

- Created exams, conducted weekly discussion sections
- Held office hours and proctored exams

**Adolescence: Theory and Development**

*August 2005-December 2005*

University of Virginia

Review Teaching Assistant

- Graded essay exams and research papers
- Conducted review sessions
- Held office hours and proctored exams

**Introduction to Psychology**

*September 2002- December 2002*

University of Rochester

## Teaching Assistant

- Held recitations supporting lecture
- Planned and implemented unique lessons held twice per week
- Led small class discussions
- Developed and led individualized research focused project and related lessons investigating nature-versus-nurture origins of aggression.
- Conducted review sessions and individual tutoring sessions

## PUBLICATIONS

**Miga, E. M.,** Neacsiu, A. D., Lungu, A., Heard, H. L., & Dimeff, L. A. Dialectical Behaviour Therapy from 1991–2015. In *The Oxford Handbook of Dialectical Behaviour Therapy*.

Krawitz, R., & **Miga, E. M.** Financial cost-effectiveness of dialectical behaviour therapy (DBT) for borderline personality disorder (BPD). In *The Oxford Handbook of Dialectical Behaviour Therapy*.

Granato, H. F., Wilks, C. R., **Miga, E. M.,** Korslund, K. E., & Linehan, M. M. (2015). The Use of Dialectical Behavior Therapy and Prolonged Exposure to Treat Comorbid Dissociation and Self-Harm: The Case of a Client With Borderline Personality Disorder and Posttraumatic Stress Disorder. *Journal of clinical psychology, 71*(8), 805-815.

**Miga, E.M.,** Gdula, J., & Allen, J.P. (2012). Fighting fair: Adaptive marital conflict strategies as predictors of future adolescent peer and romantic relationship quality. *Social Development, 21*(3),443-460.

Graber, E., Laurenceau, J.P., **Miga, E.,** Chango, J, & Coan, J. (2011). Conflict and love: Predicting newlywed marital outcomes from two interaction contexts. *Journal of Family Psychology, 25*(4), 541-550.

**Miga, E. M.,** Allen, J.P., Hare, A., & Manning, N. (2010). The relation of insecure attachment states of mind and romantic attachment styles to adolescent aggression in romantic relationships. *Attachment and Human Development, 12*(5), 463-481.

Allen, J.P., & **Miga, E M.** (2010). Attachment in Adolescence: A move to the level of emotion regulation. *Journal of Social and Personal Relationships, 27,* 181-190.

Hare, A., **Miga, E.** & Allen, J. (2009). Intergenerational transmission of aggression in romantic relationships: The moderating role of attachment security. *Journal of Family Psychology, 23*(6), 808-818.

## SYMPOSIA ORGANIZED



Student Chair for Student Poster Symposium titled “The Interplay between Romantic Relationships and Psychopathology: A Dyadic Perspective” (April 2009). Symposium presented at the Biennial meetings of the Society for Research on Child Development, Denver, CO.

Co-Chair for Paper Symposium titled “Close Peer Relationships as Contexts for Individual Functioning” (March 2010). Symposium presented at the Biennial meetings of the Society for Research on Adolescence, Philadelphia, PA.

Co-Chair for Paper Symposium titled “Development Perspectives on Young Adult Romantic Relationships: Processes and Outcomes” (April 2011). Symposium presented at the Biennial meetings of the Society for Research on Child Development, Montreal, CAN.

## **PRESENTATIONS**

**Miga, E.M.**, Ivanoff, A. & Dimeff, L. (2013, November). Strengths and limitations in DBT implementations: A mid-stream, mixed methods approach. In M. Linehan & A. Ivanoff (Co-Chairs), *Beyond EST Effectiveness: DBT Implementation Science Moves Forward 1993-2013*. Symposium talk submitted to the Annual meetings of Association for Behavioral and Cognitive Therapies, Nashville, TN.

**Miga, E. M.**, Hare, A., Chango, J. M, Allen, J. P., & Coan, J. (2013, April). *Social regulation of emotion: Power, positive affect, and rejection in romantic conflict*. Poster to be presented at the Biennial Meetings for the Society of Research on Child Development, Seattle, WA.

**Miga, E. M.** (2012, November). *DBT Intensively trained teams 2008-2011: Implementation Followup*. Poster presented at the Annual meetings of International Society for Improvement and Teaching of DBT (ISITDBT), National Harbor, MD.

Lungu, A., Neacsiu, A., **Miga, E.M.**, & Linehan, M.M. (2012, November). The expansion of DBT skills training beyond standard dbt: A review of randomized controlled trials. In G. Davison (Chair), *Expanding the reach of DBT*. Symposium talk conducted at the Annual meetings of Association for Behavioral and Cognitive Therapies, National Harbor, MD.

Oudekerk, B., Allen, J. P., Hare, A., Chango, J. M., & **Miga, E.** (2012, October). Identifying the pathways from early adolescent aggression to partner violence in adulthood: A cumulative continuity perspective. In *Alcohol and aggression in early adulthood*. Symposium talk conducted at the 2012 SRCD Themed Meeting: Transitions from Adolescence to Adulthood, Tampa, FL.

**Miga, E.M.** & Satir, D. (2011, June). Psychological perspectives on trauma: Treatment models, culture and meaning. Invited talk presented at the Danielsen Institute, Boston University, Boston, MA.

**Miga, E.M.**, Chango, J., & Allen, J.P. (2011, April). *Gender, power and attachment processes: multiple contextual considerations in the study of couple power dynamics over time*. Paper presented at the Biennial meetings of the Society for Research on Child Development, Montreal, CAN.

Graber, E. C., Laurenceau, J-P., **Miga, E.**, Chango, J., & Coan, J. A. (November, 2010). What about a positive context?: Examining positive and negative affects in positive and negative contexts as predictors of relationship functioning in newlywed marriage. In K. Sanford (Chair), *Emotion in couples: Spinning a common thread across diverse domains*. Symposium talk conducted at the annual meetings of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

**Miga, E.**, Szwedlo, D., Chango, J., Schad, M. & Allen, J.P. (March 2010). *Autonomy and influence: Associations between observed romantic partner conflict negotiations and psychopathology over time*. Paper presented at the Biennial meetings of the Society for Research on Adolescence, Philadelphia, PA.

Chango, J., Szwedlo, D., Schad, M., **Miga, E.**, & Allen, J.P (March 2010). *Romantic partner selection and relationship quality in adolescence: Do parent or early peer relationships matter more?* Poster presented at the Biennial meetings of the Society for Research on Adolescence, Philadelphia, PA.

Szwedlo, D., Chango, J., **Miga, E.**, Schad, M., & Allen, J.P (March 2010). *Unique contributions of attachment security and emotional awareness for predicting adolescent romantic relationship Functioning*. Poster presented at the Biennial meetings of the Society for Research on Adolescence, Philadelphia, PA.

Schad, M., Szwedlo, D., Chango, J., **Miga, E.**, & Allen, J.P (March 2010). *Can pretty people have their cake and eat it too? Positive and negative effects of physical attractiveness*. Poster presented at the Biennial meetings of the Society for Research on Adolescence, Philadelphia, PA.

**Miga, E.**, Marston, E., & Allen, J.P. (October 2009). *Psychosocial competence and self worth: A positive outlook on the predictors and sequelae of romantic relationship power*. Paper presented at the Conference on Emerging Adulthood, Atlanta, GA.

**Miga, E.**, Chango, J., Evans, M., Marston, E., & Allen, J.P. (April 2009). *Adaptive social regulation of emotion and adolescent romantic relationship power: A developmental perspective*. Poster presented at the Biennial meetings of the Society for Research on Child Development, Denver, CO.

Chango, J., **Miga, E.**, & Allen, J.P. (April 2009). *The importance of positive peer relationships in predicting decreases in adolescents' depressive symptoms over time*. Poster presented at the Biennial meetings of the Society for Research on Child Development, Denver, CO.

Chango, J., **Miga, E.**, & Allen, J.P. (April 2009). *Relationships among adolescents' negative interaction styles with friends and romantic partners and depressive symptoms*. Poster presented at the Biennial meetings of the Society for Research on Child Development, Denver, CO.

Higgins, K., **Miga, E.**, & Allen, J.P. (April 2009). *Negative psychosocial and behavioral outcomes of engaging in sexual intercourse before the age of 16*. Poster presented at the Biennial meetings of the Society for Research on Child Development, Denver, CO.

Marston, E., **Miga, E.**, Allen, J.P. (April 2009). *Perception of friendship quality: Mediating the link between demonstrations of friendship and rejection sensitivity in adolescence.* Poster presented at the Biennial meetings of the Society for Research on Child Development, Denver, CO.

**Miga, E.**, Allen, J.P., & Hare, A.(March 2008). *Intrapsychic and attachment influences on adolescent romantic jealousy.* Poster presented at the Biennial meetings of the Society for Research on Adolescence, Chicago, Illinois.

**Miga, E.**, Allen, J.P., & Marston, E.(March 2008). *A longitudinal examination of peer influences on adolescent rejection sensitivity.* Poster presented at the Biennial meetings of the Society for Research on Adolescence, Chicago, Illinois.

Hare, A., Marston, E., **Miga, E.**, & Allen, J.P. (March 2008). *Gender differences in rejection sensitivity and relational dating aggression.* Poster presented at the Biennial meetings of the Society for Research on Adolescence, Chicago, Illinois.

Marston, E., Hare, A., **Miga, E.**, & Allen, J.P. (March 2008). *Adolescent romantic relationships: The impact of rejection sensitivity and the moderating role of attachment security.* Poster presented at the Biennial meetings of the Society for Research on Adolescence, Chicago, Illinois.

Allen, J.P., Hare, A., & **Miga, E.** (March 2008). *Popularity and conformity predicting romantic relationship quality, academic achievement, and problem behavior from ages 13 to 20.* Paper presented at the Biennial meetings of the Society for Research on Adolescence, Chicago, Illinois.

**Miga, E.**, Allen, J.P., & Manning, N. (March 2007). *Attachment insecurity and abuse in adolescent romantic relationships.* Poster presented at the Biennial meetings of the Society for Research on Child Development, Boston, Massachusetts.

**Miga, E.**, Allen, J.P., & Hare, A. (September 2007). *The role of attachment insecurity in adolescent partner aggression.* Talk given at Clinical Area Lunch: University of Virginia, Charlottesville, Virginia.

## **RESEARCH EXPERIENCE**

### **Behavioral Research and Therapy Clinics**

*September 2011-2015*

University of Washington

Research Scientist

- Heavily involved in research and administrative oversight in psychotherapy clinic which treats and assesses individuals with Borderline Personality Disorder (BPD), suicidal and self-injurious behavior, and other emotion regulation problems.
- Submits IRB modifications and applications for Human Subjects review (adolescent clinic, assessments of Friends and Family of individuals with BPD, consent form additions and modifications).
- Involved in research project examining behavior change (emotion regulation, interpersonal problems, skills use) over time during Friends and Family group.
- Prepares manuscripts for publication.

**Behavioral Tech, LLC**  
Postdoctoral Fellow

*August 2011-August 2013*

- Fellow at Behavioral Tech (BTECH) a training organization for Evidence-Based Treatments (EBTs), including Dialectical Behavior Therapy.
- Conducted quality improvement, mixed-methods research that investigates barriers and facilitators of implementation among clinicians previously trained in DBT
- Used audio editing equipment to create a professional-grade, multi-media training product that integrates power point talks and audio aids.
- Assisted in the creation of structure and content for trainings.
- Served as learning community facilitator for Team-Building Intensive participants
- Created marketing materials for training products, including consultation, and in vivo trainings.
- Interpreted, synthesized, and organized the data and clinical teaching points that update and create high quality training content delivered at a wide range of national and international trainings, talks and presentations
- Served as chief liaison between Linehan's university treatment clinic and training organization; note-taking at DBT lectures and talks in order to update training content

**Department of Psychology**  
2010 University of Virginia  
Investigator

*November 2008-November*

- Conducted dissertation research on power-related communication patterns in videotaped partner conflict, within two distinct samples (newlywed couples and dating couples). Examined the association between power dynamics and psychopathological symptoms over time within a multi-lab collaborative project. The Specific Affect Coding System (SPAFF) is used to code couples' behavior and affect. Dissertation defended, November 2010. Committee members: Joseph P. Allen, Ph.D. (Chair), James Coan, Ph.D, Robert E. Emery, Ph.D., and Nancy Deutsch, Ph.D.

**Kliff-Vida Research Laboratory**  
University of Virginia Graduate  
Research Assistant Advisor:  
Joseph P. Allen, P.h.D.

*August 2005-Present*

- Research Assistant on 11-wave longitudinal multi-method multi-informant study of adolescent development in the context of peer and family relationships
- Prepared manuscripts for publication, conducted statistical analyses, prepared and presented poster and paper presentations
- Participated as Ad-hoc reviewer, Journal of Family Psychology
- Trained graduate and undergraduate students on the administration of Adult Attachment Interview(AAI)
- Reviewed AAI's and administered feedback to students
- Mentored two distinguished majors undergraduate students, advising them through the entire research on developing their honor's thesis

**Virginia Affective Neuroscience Laboratory***January 2008-Present*

University of Virginia

Graduate Research Assistant

Collaborating Advisor: James Coan, P.h.D.

- Conducted observational coding of expressions of affect and behavior among couples during partner conflict(Specific Affect Coding System)
- Trained undergraduate students on the Specific Affect Coding System(SPAFF)
- Independently run biweekly reliability coding meetings
- Participated as Ad-hoc reviewer, Biological Psychology, in conjunction with post-doctoral student
- Aided in recruitment for gay and lesbian handholding study that investigated the effects of hand-holding on neural activity

**Mt. Hope Family Center***June 2003-August 2005*

University of Rochester

Research Assistant

Supervisors: Dante Cicchetti, Ph. D., and Dr. Fred Rogosch, P.h.D.

- Heavily involved in longitudinal study that examines the correlation between childhood maltreatment and adolescent substance abuse and other risk behaviors
- Administered survey and interview measures to parents and adolescents in order to assess psychopathological symptoms, school achievement, and family functioning
- Administered semi-structured and structured interviews including the Adult Attachment Interview and Diagnostic Interview Schedule(for both adults and children)
- Conducted coding of projective self-report measures(Sentence Completion Task), sociomoral reasoning measures, and established coding protocol and coding for Relationships Interview
- Administered computerized assessment of neuropsychological abilities(CANTAB) and physiological assessment of startle responses to emotional stimuli □ Entered, cleaned and prepared data for analysis

**Mt. Hope Family Center***September 2004—August 2005*

University of Rochester

Genetics Laboratory Assistant

- Team member in Genetics study that examines the link between personality characteristics, psychopathology, and genes
- Recruited and collected DNA samples from participants in studies examining depression, executive functioning, attachment, childhood maltreatment, and substance abuse
- Performed laboratory protocols that included extracting DNA and preparing it for analysis

**Department of Psychology***September 2001—July 2003*

University of Rochester

Research Assistant

Advisor: Patrick Davies, Ph.D.

- Heavily involved in multi-method, multi-informant longitudinal study that examined the interplay between marital conflict and children's academic and psychosocial functioning in the elementary school years
- Administered survey and interview measures to parents and children to assess child and family functioning
- Obtained cortisol samples to assess level of stress hormone in children
- Transcribed parental narratives about children
- Recorded family observational tasks through audio-visual system □ Coded observations of children's responses to interparental conflict
- Participated in a two-semester seminar linking theory and research to actual experiences, and presented critical reviews of the literature in the field of emotional security and child development

## **TEACHING EXPERIENCE**

### **Dialectical Behavior Therapy**

*October 2014, January 2015*

University of Washington  
Guest Lecturer

- Prepared and facilitated a seminar class on Validation Strategies, and DBT Evidence Base.

### **Fear and Anxiety Disorders**

*March 2010*

University of Virginia  
Guest Lecturer

- Prepared and delivered an hour long lecture on the role of attachment processes in anxiety disorders
- Co-facilitated class discussion following guest lecture

### **Interpersonal Processes in Psychopathology**

*August 2009-December 2009*

University of Virginia  
Adjunct Faculty Member

- Designed and implemented the curriculum for an upper level undergraduate seminar as part of the Distinguished Teaching Fellowship(18 students)
- Facilitated discussion and lectured regarding the role of interpersonal relationships as protective or risk factors for mental disorders.
- Evaluated papers, research grant proposals and presentations

### **Research Methods and Data Analysis**

*August 2008-June 2009*

University of Virginia  
Head Teaching Assistant

- Managed lab sections for 300 student lecture

- Held weekly instructional meeting to teach graduate students lab curriculum
- Handled all student and teaching assistant concerns and administrative tasks

**Research Methods and Data Analysis II**

*January 2008-May 2008* University of

Virginia

Teaching Assistant

- Taught data analysis skills writing techniques, and psychological research principles in two independently-run lab sections
- Graded scientific research papers and statistics assignments
- Helped students to create poster presentations
- Managed records in an electronic grade book, and held weekly office hours

**Introduction to Child Development**

*January 2008-May 2008*

University of Virginia

Grader

- Created exams, kept records in an electronic grade book, held office hours and proctored exams
  - Presented a Guest Lecture on *Attachment in Adolescence*

**Research Methods and Data Analysis**

*August 2006-May 2007*

University of Virginia

Teaching Assistant

- Taught data analysis skills writing techniques, and psychological research principles in two independently-run lab sections
- Graded scientific research papers and statistics assignments
- Managed records in an electronic grade book, and held weekly office hours

**Introduction to Personality Psychology**

*January 2006-May 2006* University

of Virginia

Review Teaching Assistant

- Created exams, conducted weekly discussion sections
- Held office hours and proctored exams

**Adolescence: Theory and Development**

*August 2005-December 2005*

University of Virginia

Review Teaching Assistant

- Graded essay exams and research papers
- Conducted review sessions
- Held office hours and proctored exams

**Introduction to Psychology**

*September 2002- December 2002*

University of Rochester

Teaching Assistant

- Held recitations supporting lecture
- Planned and implemented unique lessons held twice per week
- Led small class discussions
- Developed and led individualized research focused project and related lessons investigating nature-versus-nurture origins of aggression.
- Conducted review sessions and individual tutoring sessions

## **OTHER WORK EXPERIENCE**

**Women's Concerns committee member**  
of Virginia  
Department of Psychology

*September 2009- May 2010* University

**Tomorrow's Professor Today**  
University of Virginia

*August 2008-May 2010*

- Member of professional development program designed to enhance teaching skills and preparedness for a future faculty position.
- Receive videotaped feedback on own teaching approach
- Critique faculty and peer lectures
- Created a syllabus for a seminar of choice
- Developed a teaching portfolio

## **CONSULTING EXPERIENCE**

**Paid Consultant**  
University of South Carolina  
Oncological Sciences

*January 2008-April 2008*

- Led weekly training on the Peer Autonomy/Relatedness Coding System for Kerrie Glass, M.A., and colleagues.

**Paid Consultant**  
Mt. Sinai School of Medicine  
Oncological Sciences

*February 2010*

- Co-led three day training workshop on Specific Affect Coding System (SPAFF) for Hoda Badr, Ph.D., and colleagues.