

**The Faculty of Medicine at Harvard University
Curriculum Vitae**

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Place of Birth: Governador Valadares, Brazil

Education

2001	B.S. <i>Cum laude</i>	Psychology	State University of New York at Buffalo
2005	M.A.	Clinical Psychology	State University of New York at Buffalo
2007	Ph.D.	Clinical Psychology	State University of New York at Buffalo

Postdoctoral Training

2006-2007	Pre-Doctoral Internship	Psychiatry	Massachusetts General Hospital Harvard Medical School
2007-2009	Post-Doctoral Fellow	Psychiatry	Massachusetts General Hospital Harvard Medical School

Faculty Academic Appointments

2009-2011	Instructor	Psychiatry	Harvard Medical School
2011-2016	Assistant Professor	Psychiatry	Harvard Medical School
2015-	Visiting Professor	Psychology	Universidad de Monterrey, Mexico

*Does not confer
voting privileges*

2017-	Associate Professor	Psychiatry	Harvard Medical School
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Appointments at Hospitals/Affiliate Institutions

2007-2008	Clinical Assistant in Psychology	Psychiatry	Massachusetts General Hospital
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2009-2017	Assistant Psychologist	Psychiatry	Massachusetts General Hospital
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2017-	Psychologist	Psychiatry	Massachusetts General Hospital
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Other Professional Positions

2014-2019	Advisory Board Member	Roca, Inc.	1 day per year
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2011-	Clinical Psychologist	Private Practice	6 hours per week
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2017-	Consultant	Fenway Health	2 days per year
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Major Administrative Leadership Positions

Local

2010-2013	Director, Psychiatry Hispanic Clinical Research Program, Center for Anxiety and Traumatic Stress Disorders		Massachusetts General Hospital
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2011-2014	Director, Psychotherapy Research and Training Program, Center for Anxiety and Traumatic Stress Disorders		Massachusetts General Hospital
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2014-	Director, Community Psychiatry Program for Research in Implementation and Dissemination of Evidence-Based Treatments (Community Psychiatry PRIDE)		Massachusetts General Hospital
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2018-2020	Associate Director, Center for Anxiety and Traumatic Stress Disorders and Complicated Grief Program (CATSD)		Massachusetts General Hospital
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2018-2019	Director of Research, Center for Anxiety and Traumatic Stress Disorders and Complicated Grief Program (CATSD)		Massachusetts General Hospital
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2018-	Director of Anxiety and PTSD Studies, MGH Clinical Trials Network and Institute (CTNI)	Massachusetts General Hospital
2020	Course Co-Director, Mental Wellness for Health Professionals: COVID-19 Response and Strategies for the Future	Harvard Medical School

National and International

2015-2020	Course Director Cognitive and Behavioral Curriculum Development for Master’s Students	Universidad de Monterrey, Mexico
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Committee Service

Local

2009-2016	Center for Diversity and Inclusion	Massachusetts General Hospital
	2010-2013	Chair, Patient Demographic Committee
	2010-2013	Chair, Latino Initiative Sub-Committee
	2011-2013	Chair, Community Initiative
2013-	Public and Community Psychiatry Oversight Committee	Massachusetts General Hospital Department of Psychiatry
2013-2014	Departmental Strategic Planning Committee for Psychology	Massachusetts General Hospital Department of Psychiatry
2014-2016	Trauma and Violence Committee	Partners Healthcare
2014-	Psychology Steering Committee	Massachusetts General Hospital Department of Psychiatry
2013-2015, 2017	Internship Selection Committee	Massachusetts General Hospital Department of Psychiatry
2017-	Psychiatry Department Promotions Committee	Massachusetts General Hospital Department of Psychiatry
2018	Adult Clinical Research Steering Committee	Massachusetts General Hospital Department of Psychiatry
2019	Child Resiliency Research Steering Committee	Massachusetts General Hospital Department of Psychiatry

National

2018-	Scientific Review Committee	Academy Health, Annual Conference on the Science of Dissemination and Implementation in Health Conference Reviewer
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International

2009-2010	Scientific Program Organizing Committee	World Congress of Behavioral and Cognitive Therapies (WCBCT) Held in Boston, June 2-5, 2010
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2016-	Scientific Review Committee	International Society for Traumatic Stress Studies (ISTSS) Conference Reviewer
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Professional Societies

2002-	American Psychological Association (APA)	
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2002-	Association for the Advancement of Cognitive and Behavioral Therapies (ABCT)	
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2018-		Program Committee, Scientific Reviewer
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2008-	Anxiety and Depression Association of America (ADAA)	
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2008		Career Development Travel Awardee
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2009-		Awards and Scientific Review Committee, Scientific Reviewer
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2010-2011		Membership Committee, Diversity Efforts Member, Conference Program Chair
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2013		Scientific Program Chair
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2014-2017		Annual Conference Committee, Conference Program Coordinator
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2016-		Board of Directors, Member
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2017-		Professional Education Strategic Planning Committee
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2017-	Clinical Fellow
2018-2020	President Elect
2020	President

Grant Review Activities

2013-2016, 2018, 2019	Grant Review Committee	Patient-Centered Outcomes Research Institute (PCORI) Communication and Dissemination
2014-2015	Grant Review Committee	National Institute of Health (NIH) Training Institute for Dissemination and Implementation Research in Health

Editorial Activities

Ad hoc Reviewer

- Behavior Therapy
- Body Image
- Clinical Psychology Review
- CNS Neuroscience & Therapeutics
- Cognitive and Behavioral Practice
- Cognitive Therapy and Research
- Depression and Anxiety
- General Hospital Psychiatry
- International Journal of Eating Disorders
- Journal of Affective Disorders
- Journal of Anxiety Disorders
- Journal of Clinical Psychiatry
- Journal of Consulting and Clinical Psychology
- Journal of Obsessive-Compulsive and Related Disorders
- Journal of Racial and Ethnic Health Disparities
- International Journal of Eating Disorders
- Psychiatry Research
- Psychological Trauma: Theory, Research, Practice, and Policy
- Quality of Life Research
- Review of General Psychology

Other Editorial Roles

2014-	Editorial Board Member	Journal of Obsessive Compulsive and Related Disorders
2014-	Editorial Board Member	Depression and Anxiety

Honors and Prizes

2000	Psi Chi	National Honor Society in Psychology	Undergraduate academic achievement in psychology
2002-2006	Schomburg Minority Fellowship	State University of New York at Buffalo	Academic achievement of a minority student
2008	Research Poster Award	Massachusetts General Hospital Department of Psychiatry	Awarded best poster at the MGH Clinical Research Day
2010	Health Disparities Loan Repayment Program	National Institutes of Health	
2011	Partners in Excellence Award	The Department of Psychiatry, Center for Diversity, at the Massachusetts General Hospital	Team Award
2012	Health Disparities Loan Repayment Program	National Institutes of Health	
2014	Health Disparities Loan Repayment Program	National Institutes of Health	

Report of Funded and Unfunded Projects

Funding Information

Past

- 2005-2006 Posttraumatic Stress Disorder (PTSD) and Interpersonal Variables
Department of Psychology Dissertation Grant
PI (\$1000)
The goal of this study was to examine the role of social support from interpersonal relationships in buffering PTSD development after a severe motor vehicle accident.
- 2005-2006 Posttraumatic Stress Disorder (PTSD) and Interpersonal Variables
Mark Diamond Dissertation Research Grant
PI (\$1200)
The goal of this study was to examine the role of social support from interpersonal relationships in buffering PTSD development after a severe motor vehicle accident.

- 2005-2007 Relational Variables and Posttraumatic Stress Disorder (PTSD)
National Institute of Mental Health Minority Dissertation Grant
National Institute of Mental Health (NIMH): R36 MH015383
PI (\$62,875)
The goal of this study was to examine the role of social support from interpersonal relationships in buffering PTSD development after a severe motor vehicle accident.
- 2007-2012 D-Cycloserine (DCS) Enhancement of Exposure in Social Anxiety Disorder (SAD)
NIMH R01 MH075899
PI: Mark H. Pollack, MD
Co-Investigator; Study Therapist
The goal of this study was to assess the efficacy of DCS augmentation of cognitive behavioral therapy (CBT) for the treatment of SAD. My role as a study therapist was to run group CBT sessions for SAD patients.
- 2008-2013 Exposure, D-Cycloserine (DCS) Enhancement, and Genetic Modulators in Panic Disorder
NIMH R01 MH081130
PI: Mark H. Pollack, MD
Co-Investigator; Study Therapist
The goal of this study was to assess the efficacy of DCS augmentation of cognitive behavioral therapy (CBT) for the treatment of Panic Disorder. My role as a study therapist was to conduct individual CBT sessions with Panic Disorder patients.
- 2009-2012 Optimizing Treatment for Complicated Grief
NIMH R01 MH085308-01
PI: Naomi Simon, MD, MSc
Co-Investigator; Study Therapist
The goal of this randomized study was to examine the response to antidepressant medication administered with or without Complicated Grief Therapy, a targeted psychotherapy for bereaved individuals with complicated grief.
- 2010-2012 Randomized Trial of Sertraline, Prolonged Exposure, and their Combination for Posttraumatic Stress Disorder (PTSD) in Operation Enduring Freedom (OEF)/Operation Iraqi Freedom (OIF)
Department of Defense (DOD): W81XWH-11-1-0073
Site PI: Naomi Simon, MD, MSc
Co-Investigator; Study Therapist
The goal of this four-site randomized study -was to examine the comparative efficacy of Prolonged Exposure Therapy (PE), sertraline pharmacotherapy, and the combination of PE and sertraline for the treatment of combat-related PTSD in OEF/OIF veterans.

- 2010-2011 D-Cycloserine Enhancement of Exposure in Social Phobia
NIMH R01 MH075899-03S2 PI of the Supplement (\$137,985)
NIMH R01 MH075899; PI of original grant: Mark H. Pollack, MD
The goal of the supplement was to examine ethnic issues in Social Phobia in order to develop ethnic sensitive interventions for Hispanics diagnosed with Social Phobia.
- 2011-2015 Creating a Teaching Program for Evidence-Based Therapy for Posttraumatic Stress Disorder (PTSD) in Community Mental Health: Bridging the Science-Practice Gap
Multicultural Affairs Office/Executive Committee on Research (ECOR) Massachusetts General Hospital
PI (\$120,000)
The core aim of the proposed teaching plan was to bridge the science-practice gap by creating a community participatory teaching program that is designed to teach an empirically-based treatment, namely Cognitive Processing Therapy (CPT), to clinicians who are actively treating patients diagnosed with posttraumatic stress disorder (PTSD) at the MGH-Chelsea Community Mental Health Center (MGH Chelsea).
- 2012-2017 Implementation of Cognitive Processing Therapy for Posttraumatic Stress Disorder (PTSD) in Diverse Communities
NIMH K23 MH096029-01A1
PI (\$928,734)
The aims of this study are to identify and assess the barriers to implementation of evidence-based treatments (EBTs) in community mental health clinics, to initiate and implement a pilot training program of Cognitive Processing Therapy (CPT) for community mental health workers, and to revise the existing CPT manual for community settings.
- 2013- 2015 Predictors of Type of Treatment Received and Duration of Treatment for Adults with Posttraumatic Stress Disorder
NIMH K23 MH096029-01A1
PI (\$928,734)
This study, using data from the Pregnancy Risk Assessment Monitoring System, evaluates Using data from the Partner's Research Patient Data Registry (RPDR), the purpose of this project is to evaluate predictors of types of treatment received and duration of treatment for patients presenting with posttraumatic stress disorder in the Partner's Healthcare System.
- 2014- 2015 Relationship Between Race/Ethnicity and Mental Health in the Nationally-Representative Collaborative Psychiatric Epidemiologic Surveys (CPES)
PI
This study is designed to conduct secondary data analyses. Specifically, the purpose of these analyses, based in the nationally-representative Collaborative Psychiatric Epidemiologic Surveys (CPES), is to elucidate the complex relationships between race/ethnicity and mental health outcomes. Specific projects have focused on the role of race/ethnicity in modifying the association between posttraumatic stress disorder and

chronic illnesses, racial/ethnic and socioeconomic predictors of unmet treatment need among adults with posttraumatic stress disorder and the association of residential segregation with mental health among Latinos.

- 2014-2016 Creating a Training Program for First Responders and Service Professionals Working with Veterans with Posttraumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI)
Attorney General's Office
PI: Naomi Simon, MD, MSc
Implementation Consultant
The aim of this teaching project is to work with patient care and rehabilitation service professionals and first responders to improve the identification, care, and referral of returning veterans and military families affected by the invisible wounds of war, including untreated or undertreated posttraumatic stress disorder, depression, substance use disorders, suicidality, and resultant impairments in relationships, functioning, social isolation, and quality of life.
- 2014-2018 Implementation of a New Cognitive-Behavioral Program for Young Men at High-Risk for Incarceration.
Laura and John Arnold Foundation
PI (\$880,000)
This project leverages an ongoing community-academic partnership between MGH and Roca, Inc. Roca is a community-based organization that serves young men at high risk of incarceration (Ages 18-24). The aims of the project include the development and iterative pilot testing of a novel Cognitive Behavioral Therapy (CBT) intervention aimed at improving emotion regulation and problem-solving skills. This project also tested a novel delivery strategy that employs non-mental health specialists as providers of CBT through both formal and informal teaching.
- 2016-2018 Transdiagnostic Approaches to Facilitate Sustainable Implementation of Evidence-Based Mental Health Treatment in Safety Net Settings
Evans Center for Implementation and Improvement Sciences
PI (\$8,549)
This project leverages ongoing community-academic partnerships by forming a collaboration between Massachusetts General Hospital, Boston University, and Boston Healthcare for the Homeless (BHCHP). The aims of the project are to identify, assess, and address the organizational social context and the characteristics of patients at BHCHP, to conduct a pilot investigation of the feasibility and acceptability of an evidence-based mental health treatment (the Unified Protocol), and to identify methods for scaling implementation of appropriate EBTs in safety-net settings.
- 2017 Development of a Sustainable Training and Consultation Program for CBT at Roca, Inc. Laura and John Arnold Foundation
PI (\$70,656)

This study aims to provide a framework for Roca, Inc. to sustainably train their staff in their novel cognitive-behavioral curriculum for use with their young men participants who are at risk of reincarceration. The study will evaluate knowledge pre- and post-training to determine the effectiveness of the training program and will yield recommendations for sustainability.

2017-2018 Adaptation and Implementation of a Novel Cognitive-Behavioral Program for High-Risk Young Mothers
Laura and Arnold Foundation
PI (\$31,740)
This study uses an innovative cognitive-behavioral program originally designed for use with young men at risk of reincarceration and aims to adapt the program to high-risk young mothers. A working group with participants and staff from the young mother's program at Roca, Inc. will inform the intervention adaptation, which will subsequently be delivered by paraprofessionals.

2019 Engagement Period with Charlestown High School to Introduce Cognitive Behavioral Strategies
Shah Family Foundation
PI (\$252,826.91)
The award supported an engagement period with Charlestown High School (CHS) with the purpose to understand the feasibility of utilizing Cognitive Behavioral Strategies (CBS) as a way to address the social and emotional needs of the staff and students at CHS. In addition, the engagement period aimed to inform an optimal implementation design that would ultimately lead to a full saturation of CBS at CHS such that every individual in the building would be trained in CBS.

Current

2017-2021 Leveraging Routine Clinical Materials and Mobile Technology to Assess CBT Quality
NIMH 1 R01 MH112628-01
PI: Shannon Wiltsey-Stirman, PhD
Site PI (\$194,403)
This grant proposes to investigate optimal strategies to support the sustainment of Evidence-Based Psychotherapies (EBPs) across public-sector mental health care settings by assessing a variety of key implementation outcomes, including patient-level outcomes, as well as the budget impact of the strategies and the mechanisms by which they impact patient outcomes. It will produce reliable data on both long-term fidelity and the types of adaptations made by clinicians under different conditions.

2019-2022 Cognitive-Behavioral Strategies (CBS) for Youth Development Organizations: Strengthening Organizational Capacity
Dalio Foundation, Inc.
PI (\$1,626,000)
The project's core objective is to strengthen the capacity of the three Connecticut Opportunity Project partners to deliver their services with excellence by providing the organizations' staff with an evidence-based cognitive-behavioral skills training

and coaching program. The training and coaching program will involve an open-source evidence-based curriculum to target emotion dysregulation among disengaged and disconnected youth designed and is designed to be delivered by youth development professionals.

2019-2024 Does Treating Young Persons Psychopathy Prevent the Onset of Opioid and other Substance Use Disorders?
NIH 1UG3DA050252-01
PI: Timothy Wilens, M.D.
Co-Investigator
The main aims of this study are to implement a pragmatic set of office-based instrumentation using patient related outcome measures linked to electronic health records (EPIC) for intake and follow-up assessments to evaluate psychopathology, OUD, nicotine and other SUDs-as well as the cost-effectiveness of these interventions. Data derived from this study will help inform clinical guidelines, public health policy, and provide important secondary outcomes for further work on the prevention of OUD, nicotine and SUD in relation to early-onset psychopathology. My main role is to assist with development of the implementation design for the project.

2020-2025 Evaluation for Impact: Testing Innovation Implementation Models for the Access to Care Crisis in Mental Health
MGH Research Scholars Program Award
PI (\$500,000)
This grant proposes to increase access to evidence-based treatments (EBTs) for mental health by equipping paraprofessionals to deliver EBTs with fidelity through evidence-based training and coaching and by developing innovative implementation models for scaling-up sustainable EBTs within community organizations.

Projects Submitted for Funding

Pending;
Submitted
10/2020 Increasing Resilience for Spanish Speaking Communities through evidence-based emotional health skills
Fundacion Mapfre/ Ignacio H. de Larramendi Research Grant
PI- Direct Cost Requested (\$36336)
This grant aims to create a Spanish-language version of an existing online CBS course addressing emotional health and building resilience for individuals and communities impacted by COVID-19. Expected review date December 2020.

Training Grants and Mentored Trainee Grants

2009 Relationship between Perceived Social Support and Body Dysmorphic Symptom Severity Psi Chi Undergraduate Summer Research Grant: Sponsoring Faculty
Faculty Mentor
The goal of this study was to examine the differing relationship between social support and body dysmorphic symptom severity for men and women with this disorder.

2019-2023 Bridging the Science-Practice Gap by Creating a Community Participatory Teaching Program
 MGH Clinician-Teacher Development Award
 Mentor of Soo Jeong Youn, PhD
 The aim of this proposal is to bridge this science-practice gap by creating a community participatory teaching program that will train teachers working in inner-city high schools to better utilize cognitive behavioral strategies to serve the mental health needs of their students.

Unfunded Projects

Current

2017- A Qualitative Investigation of the Need for and Barriers and Facilitators to Implementing Evidence-Based Mental Health Interventions in Monterrey, Mexico
 PI
 This study aims to investigate the need for evidence-based mental health interventions in Mexico, determine the training needs of local providers, and examine the barriers and facilitators to implementing mental health interventions and training programs in Mexico. In addition, the goal of this study is to build research capacity at the Universidad de Monterrey (UEM).

Report of Local Teaching and Training

Teaching of Students in Courses

2015	Introduction to Cognitive Behavioral Therapy Masters-level Students	Universidad de Monterrey, Monterrey, Mexico 15 hrs/week for 2 weeks
2016	Evidence-Based Protocols: A Focus on Trauma Masters-level Students	Universidad de Monterrey, Monterrey, Mexico 15 hrs/week for 2 weeks
2018	Evidence-Based Protocols Across Anxiety Disorders Masters-level Students	Universidad de Monterrey, Monterrey, Mexico 15 hrs/week for 2 weeks

Formal Teaching of Residents, Clinical Fellows, and Research Fellows (post-docs)

2007-2009	Multicultural Seminar; Lectures on Multicultural Psychology Topics 4-8 Clinical Psychology interns	Massachusetts General Hospital 4-6 hours/year
2008-2009	Cognitive Behavioral Therapy for Tourette Syndrome (TS); Lectures on CBT for TS 2 Clinical Psychology interns	Massachusetts General Hospital 4-6 hours/year

2008-2013	Cognitive Behavioral Therapy for Individuals with Panic Disorder 4-8 Clinical Psychology interns	Massachusetts General Hospital 1 hour/year
2008-2015	Cognitive Behavioral Therapy for Individuals with Posttraumatic Stress Disorder 4-8 Clinical Psychology interns	Massachusetts General Hospital 1 hour/year
2013-2015	Developed Cognitive Behavioral Therapy (CBT) curriculum for trainees on basics of CBT and CBT for specific disorders including PTSD, Generalized Anxiety Disorder, Depression, Social Phobia, etc. 4 Social Work interns, 2 Clinical Psychology practicum students	MGH Chelsea HealthCare Center Massachusetts General Hospital 60 hours/year
2014-2015	Cognitive Processing Therapy (CPT) for Individuals with Posttraumatic Stress Disorder Trainer of 1 Clinical Fellow, 4 Clinical Psychology interns, 3 Social Work interns	MGH Chelsea HealthCare Center Massachusetts General Hospital 26 hours/year
2014-2015	Cognitive Processing Therapy (CPT) for Posttraumatic Stress Disorder Clinical Supervisor of clinical psychology practicum students and social work interns using CPT	MGH Chelsea HealthCare Center Massachusetts General Hospital 75 hours/year
2014-2015	Developed a year-long cognitive behavioral therapy (CBT) for social work interns and clinical psychology practicum students at MGH Chelsea Clinical Supervisor of clinical psychology practicum students and social work interns	MGH Chelsea HealthCare Center Massachusetts General Hospital 25 hours/year
2014-	Established a new course for psychiatry residents focused on trauma in community settings (PGY 2 – 4)	Department of Psychiatry Massachusetts General Hospital 3 hour/year

Clinical Supervisory and Training Responsibilities

2009-2019	Cognitive Behavioral Program Clinical Supervisor	Massachusetts General Hospital 3 hours/week
2013-2017	Cognitive Processing Therapy for Posttraumatic Stress Disorder Clinical Consultant Community Mental Health Workers	MGH Chelsea HealthCare Center 10 hours/week

2014-2017	Evidence-based Interventions for Treating Complicated Grief, Social Phobia, and Panic Disorder Clinical Trainer	MGH Chelsea HealthCare Center 1 hour/week
2014-	Clinical Supervisor Post-Doctoral Fellows	Community Psychiatry Program for Research in Implementation and Dissemination of Evidence-Based Treatments (PRIDE) Department of Psychiatry Massachusetts General Hospital 6 hours/week

Research Supervisory and Training Responsibilities

2014-	Research Supervisor Post-Doctoral Fellows	Community Psychiatry Program for Research in Implementation and Dissemination of Evidence-Based Treatments (PRIDE) Department of Psychiatry Massachusetts General Hospital 6 hours/week
2015-2016	Research Supervisor Biostatistician	Community Psychiatry Program for Research in Implementation and Dissemination of Evidence-Based Treatments (PRIDE) Department of Psychiatry Massachusetts General Hospital 1 hour/week

Mentored Trainees and Faculty

2007-2009	Angela Fang, PhD / Assistant Professor, Harvard Medical School; Assistant in Psychology, Massachusetts General Hospital Career stage: research coordinator at the OCD and Related Disorders Clinic, MGH. Mentoring role: clinical and research advisor. Accomplishments: authorship on three published manuscripts.
2008-2010	Hilary Weingarden, PhD/ Staff Psychologist in the OCD and Related Disorders Program, Massachusetts General Hospital Career stage: undergraduate psychology intern at MGH. Mentoring role: clinical and research advisor, primary mentor for undergraduate thesis, consultant for F31 grant (1F31MH100845-01A1). Accomplishments: co-author of six manuscripts.
2009-	Nicole LeBlanc, PhD / Clinical Fellow in Psychiatry, MGH/HMS

- Career stage: undergraduate psychology student at Tufts University, doctoral student at Harvard University, clinical psychology internship. Mentoring role: thesis advisor, clinical and research advisor. Accomplishments: co-author of twelve manuscripts.
- 2009-2015,
2019- Donald J. Robinaugh, PhD / Assistant Professor in the Department of Psychiatry, MGH/HMS
Career stage: clinical psychology practicum student, early career development. Mentoring role: clinical and research advisor. Accomplishments: authorship on nine manuscripts.
- 2010-2011 Meghan E. Keough, PhD / Clinical Instructor, Department of Psychiatry and Behavioral Sciences, University of Washington School of Medicine
Career stage: clinical psychology fellow at the Center for Anxiety and Traumatic Stress Disorders, MGH/HMS. Mentoring role: clinical mentor.
- 2010-2013 Steffany Fredman, PhD / Assistant Professor at The Pennsylvania State University
Career stage: early career development at the Center for Anxiety and Traumatic Stress Disorders at MGH. Mentoring role: clinical supervisor, career development mentor. Accomplishments: authorship on one manuscript.
- 2011-2012 Kristen K. Ellard, PhD / Clinical Fellow in Psychology (Psychiatry), Massachusetts General Hospital/Harvard Medical School
Career stage: clinical psychology fellow at the Center for Anxiety and Traumatic Stress Disorders, MGH/HMS. Mentoring role: clinical mentor.
- 2012- 2015 Louise Dixon, MA / Graduate Student (PhD), University of California, Los Angeles
Career stage: undergraduate psychology intern, research coordinator a Community Psychiatry PRIDE, MGH. Mentoring role: research mentor, mentor for graduate school applications. Accomplishments: co-author of six publications.
- 2013-2014 Lauren Hallion, PhD / Assistant Professor, Department of Psychology, University of Pittsburgh
Career stage: practicum student at the Center for Anxiety and Traumatic Stress Disorders, MGH/HMS. Mentoring role: clinical mentor.
- 2013-2014 Peter Marcus, PsyD / Instructor, Harvard Medical School; Staff Psychologist, Massachusetts General Hospital
Career stage: postdoctoral fellow, MGH Chelsea HealthCare Center. Mentoring role: clinical and research advisor.
- 2013-2014 Alex Keuroghlian, MD / Assistant Professor of Psychiatry, Harvard Medical School
Career stage: psychiatry resident at MGH Chelsea HealthCare Center. Mentoring role: clinical and research advisor.
- 2014 Manisha Salinas, Dr.P.H. / Lecturer in Sociology, Sonoma State University
Career stage: volunteer research assistant at Community Psychiatry PRIDE, MGH. Mentoring role: research advisor. Accomplishments: co-author of one publication.
- 2014-2015 Christy Denckla, PhD / Postdoctoral Fellow, Harvard T.H. Chan School of Public Health

Career stage: postdoctoral fellow at the Department of Psychiatry, MGH/HMS.
Mentoring role: clinical and research advisor.

- 2014- 2016 Andrea Spencer, MD / Instructor of Medicine, Boston University School of Medicine
Career stage: Louis V. Gerstner III Research Scholar at MGH Chelsea Healthcare Center.
Mentoring role: research advisor.
- 2014-2017 Sarah Valentine, PhD / Assistant Professor in Psychiatry, Boston University School of Medicine
Career stage: postdoctoral fellow at Community Psychiatry PRIDE, MGH/HMS/MGH Chelsea HealthCare Center. Mentoring role: clinical and research advisor.
Accomplishments: co-author of twelve manuscripts.
- 2015-2016 Monica Gerber, MPH / Statistical Research Associate, Fred Hutch
Career stage: biostatistician at Community Psychiatry PRIDE, MGH. Mentoring role: research mentor. Accomplishments: co-author of six manuscripts.
- 2015-2016 Carrie Nobles, PhD / Doctoral Fellow, Eunice Kennedy Shriver National Institute of Child Health and Human Development
Career stage: postdoctoral fellow at Community Psychiatry PRIDE, MGH/HMS.
Mentoring role: research advisor. Accomplishments: co-author of seven manuscripts.
- 2016-2018 Emily Ahles, BA / Graduate Student (PsyD), University of Indianapolis
Career stage: clinical research coordinator at Community Psychiatry PRIDE, MGH.
Mentoring role: research advisor, mentor for graduate school applications.
Accomplishments: co-author of four publications.
- 2016-2018 Allyson Blackburn, BA / Graduate Student (PhD), University of Illinois at Urbana-Champaign
Career stage: undergraduate research intern at Community Psychiatry PRIDE, MGH.
Mentoring role: research advisor, thesis advisor. Accomplishments: completion of honors thesis, Tufts University.
- 2016-2017 Kyle Yuan, BA / Graduate Student (PsyD), Yeshiva University
Career stage: undergraduate research intern at Community Psychiatry PRIDE, MGH.
Mentoring role: research advisor.
- 2016-2018 Marina Rakhilin, BA / Clinical Research Coordinator, Dauten Family Center for Bipolar Treatment and Innovation at Massachusetts General Hospital
Career stage: undergraduate research intern at Community Psychiatry PRIDE, MGH.
Mentoring role: research advisor.
- 2017-2018 Claudia Robles-Gil, BA / Undergraduate Research Assistant, Community Psychiatry PRIDE at Massachusetts General Hospital
Career stage: undergraduate research intern at Community Psychiatry PRIDE, MGH.
Mentoring role: research advisor, thesis advisor. Accomplishments: completion of honors thesis, Tufts University.

- 2017- Soo Jeong Youn, PhD / Instructor, Massachusetts General Hospital/Harvard Medical School
Career stage: postdoctoral fellow, early career faculty at Community Psychiatry PRIDE, MGH/HMS. Mentoring role: clinical and research advisor. Accomplishments: co-author of four manuscripts, co-editor of one journal guest issue.
- 2017-2018 Haley Carroll, PhD / Independent Licensed Clinical Psychologist
Career stage: clinical psychology intern at MGH/HMS. Mentoring role: research advisor.
- 2017-2019 Yesenia Aguilar Silvan, BA / Graduate Student (PhD), University of California, Los Angeles
Career stage: clinical research coordinator at Community Psychiatry PRIDE, MGH.
Mentoring role: research advisor, mentor for graduate school applications.
Accomplishments: co-author of seven publications.
- 2018 Meghana Nallajerla, BA / Undergraduate Fellowship Recipient, Active Minds' Emerging Scholars Fellowship Program
Career Stage: Emerging Scholars fellow. Mentoring role: National Program Mentor.
- 2018- Alisha Pollastri, PhD / Director of Research and Evaluation at Think:Kids, MGH/HMS
Career stage: professional development for directorial position at Think-Kids. Mentoring role: research advisor and collaborator
- 2018- Amanda Baker, PhD / Staff Psychologist, Center for Anxiety and Traumatic Stress Disorders (CATSD)
Career stage: staff psychologist at the CATSD, MGH/HMS. Mentoring role: clinical and research advisor. Accomplishments: co-author of one manuscript.
- 2018- Eric Bui, MD, PhD / Staff Psychiatrist, Center for Anxiety and Traumatic Stress Disorders (CATSD)
Career stage: staff psychiatrist at CATSD, MGH/HMS. Mentoring role: clinical and research advisor. Accomplishments: co-author of five manuscripts.
- 2018- Jonah Cohen, PhD / Staff Psychologist, Center for Anxiety and Traumatic Stress Disorders (CATSD)
Career stage: staff psychologist at CATSD, MGH/HMS. Mentoring role: clinical and research advisor.
- 2018-2019 Ryan J. Jacoby, PhD / Instructor in Psychology, Department of Psychiatry at MGH
Career stage: clinical psychology intern in the Cognitive Behavioral Track at MGH.
- 2018-2019 Shelley Kind / Graduate Student (PhD), Suffolk University
Career stage: practicum student at Center for Anxiety and Traumatic Stress Disorders, MGH/HMS. Mentoring role: clinical mentor.
- 2019- Kimberlye Dean, PhD / Clinical Research Fellow, Community Psychiatry PRIDE at MGH/HMS

Career stage: postdoctoral fellow. Mentoring role: clinical and research advisor.
Accomplishments: co-author of one publication.

Formal Teaching of Peers

No presentations below were sponsored by outside entities.

2007	Cognitive Behavior Therapy for Panic Disorder Continuing Medical Education Course MGH Psychiatry Academy	Single Presentation Boston, MA
2008	Cognitive Behavior Therapy for Hypochondriasis Continuing Medical Education Course MGH Psychiatry Academy	Single Presentation Boston, MA
2013	Cultural Considerations in Anxiety Treatment Continuing Medical Education Course Harvard Medical School	Single Presentation Boston, MA
2016	Improving Healthcare Services in Resource-Restricted Settings Continuing Medical Education Course Harvard Medical School	Single Presentation Boston, MA
2020	Managing Stress and Psychological Complications during the COVID-19 Crisis Continuing Medical Education Course 43rd Annual Intensive Review in Internal Medicine at Brigham and Women's Hospital	Single Presentation CME-Online
2020	Mental Wellness for Health Professionals: COVID-19 Response and Strategies for the Future Continuing Medical Education Course Harvard Medical School	Introductory Presentation Moderator for 3 Panels (6-hours) CME-Online
2020	Treating PTSD: Evidence and Opportunities for Innovation Continuing Medical Education Course 44 th Annual Psychopharmacology Conference at Massachusetts General Hospital	Single Presentation CME-Online

Local Invited Presentations

No presentations below were sponsored by outside entities.

- 2005-2006 Couples Therapy Treatment and Research/ Undergraduate Course
Department of Psychology, SUNY Buffalo
- 2009 Managing Acute Trauma Reactions / Grand Rounds
MGH Psychiatry Academy, Massachusetts General Hospital
- 2009 Adapting Cognitive Behavioral Therapy for Ethnic Minorities with Body Dysmorphic Disorder / Invited Presentation
MGH Psychiatry Academy, Massachusetts General Hospital
- 2011 Complicated Grief: What is it and what can be done to help? / Invited Presentation
Massachusetts General Hospital Charlestown
- 2011 Psychotherapeutic Approaches to Trauma / Invited Presentation
MGH Psychiatry Academy, Massachusetts General Hospital
- 2012 Dissemination of Cognitive Behavioral Interventions for Posttraumatic Stress Disorder (PTSD): Key Principles and Strategies for Integration into Practice / Grand Rounds
MGH Psychiatry Academy, Massachusetts General Hospital
- 2013 Barriers and Facilitators to Implementation of Empirically Supported Treatments in the Community: A Focus on Posttraumatic Stress Disorder (PTSD) / Symposium Presentation
Division of Public and Community Psychiatry, Massachusetts General Hospital
- 2013 Recent Advances in Cognitive Behavioral Therapy for Generalized Anxiety Disorder, Social Anxiety Disorder and Panic Disorder / Invited Presentation
MGH Psychiatry Academy, Massachusetts General Hospital
- 2013 Identifying and Managing Posttraumatic Stress in the Wake of the Boston Marathon Bombings: A Focus on Psychological First Aid / Invited Presentation
MGH Psychiatry Academy, Massachusetts General Hospital
- 2013 Identifying and Managing Acute Stress Disorder in the Wake of the Boston Marathon Bombings / Invited Presentation
MGH Psychiatry Academy, Massachusetts General Hospital
- 2013 Posttraumatic Stress Disorder Diagnosis Training / Invited Presentation
Massachusetts General Hospital Chelsea HealthCare Center
- 2014 Introduction to Community Trauma” / Invited Presentation

- Department of Psychiatry, Massachusetts General Hospital
- 2015 Cognitive Behavioral Therapy for PTSD / Invited Presentation
Department of Psychiatry, Massachusetts General Hospital
- 2015 Implementation of EBTs for Trauma in Community Settings / Invited Presentation
Department of Psychiatry, Massachusetts General Hospital
- 2016 Getting Evidence-Based Treatments for PTSD into Community Settings / Grand
Rounds
Department of Psychiatry, Massachusetts General Hospital
- 2018 From the Ivory Tower to the Streets: Utilizing Implementation Science to Bridge the
Gap / Keynote Speech
Massachusetts General Hospital Community Research Day
- 2018 Achieving Excellence in Research and Clinical Care in Resource-Restricted Settings:
Lessons from Implementation Science / Invited Presentation
Career Advancement and Leadership Skills for Women in Healthcare, Harvard Medical
School
- 2018 Getting Results in High Stakes Conversations: How to Apply Cognitive Behavioral
Strategies to Enhance Your Ability to Communicate as a Leader / Workshop
Career Advancement and Leadership Skills for Women in Healthcare, Harvard Medical
School
- 2019 Bridging the science-practice gap in mental health treatment / Invited Presentation
Massachusetts General Hospital Charlestown HealthCare Center
- 2019 Innovation through Implementation/ Invited Presentation
Massachusetts General Hospital Center for Community Health Improvement
- 2020 Cognitive Behavioral Strategies to Manage Anxiety: Tools to Build Resilience / Grand
Rounds
Department of Psychiatry, Massachusetts General Hospital
- 2020 Regulating Emotions & Building Resiliency in the Face of a Pandemic / Webinar
Presentation
Harvard Medical School Webinar Series
- 2020 Coping with the Stress of the Coronavirus / Webinar Presentation
Harvard Medical School COVID-19 Live Webinar

- 2020 Coping with the Stress of Coronavirus: A Focus on Disparities Related to Women and Minorities / Invited Presentation
Harvard Medical School Joint Committee on the Status of Women
- 2020 It's Okay Not to Be Okay"/ Invited Town Hall Presentation
Massachusetts General Hospital
- 2020 Employee Mental Health Strategies: It's Okay Not to Be Okay / Invited Presentation
Partners Employee Assistance Program, Partners Healthcare
- 2020 Evidence-Based Skills for Facing Fear in the Age of COVID-19 / Invited Presentation
Behavioral Health Integration Program, Partners Healthcare
- 2020 Addressing Mental Health Challenges in the Time of COVID - What makes some of us more vulnerable and how to enhance resilience / Invited Presentation
Association of Harvard Latinx Faculty and Staff
- 2020 Skills for Building Resilience During the COVID-19 Pandemic / Invited Presentation
Massachusetts General Hospital Fund
- 2020 Running the COVID-19 Marathon: Brain Health Strategies for Building Resilience / Wellbeing Retreat Keynote Speech
Harvard Medical School
- 2020 Leadership Updates on COVID-19 for Clinicians / Invited Presentation
HMS Egypt
- 2020 Bridging the Science Practice Gap through Implementation Science / Quarterly Research Meeting Presentation
Department of Psychiatry, Massachusetts General Hospital
- 2020 Partnering to Strengthen Capacity Within Three Organizations in Connecticut / Invited Presentation
Public and Community Psychiatry Steering Committee, Massachusetts General Hospital
- 2020 Building Emotional Resilience During the COVID-19 Pandemic / Invited Presentation
Healthcare Group of the Harvard Club UK

Report of Regional, National, and International Invited Teaching and Presentations

Invited Presentations and Courses

No presentations below were sponsored by outside entities.

Regional

- 2008 Behavioral Therapy for Obsessive Compulsive Disorder and Posttraumatic Stress Disorder / Invited Presentation
Department of Clinical Psychology, Tufts University
Medford, MA
- 2009 Abnormal Psychology/ Course Professor
Simmons College
Boston, MA
- 2015 Cultural Considerations in Anxiety Treatment / Invited Presentation
Department of Clinical Psychology, Tufts University
Medford, MA
- 2019 Bridging the science-practice gap in mental health through community partnerships / Invited Presentation
Chelsea Counseling Center, North Suffolk Mental Health Association
Chelsea, MA
- 2019 How to Make Anxiety Your Best Friend / Invited Presentation
National Alliance on Mental Illness
Cambridge, MA

National

- 2008 Cognitive and Behavioral Therapy for Body Dysmorphic Disorder / Symposium
Annual Meeting of the American Psychological Association
Boston, MA
- 2009 Prevalence, Correlates of Impairment, and Service Utilization for Ethnic Minorities with Eating Disorders compared to Non-Latino Whites / Invited Presentation
National Latino and Asian American Study (NLAAS) II Meeting
Boston, MA
- 2009 Latest Advances in Our Understanding of the Nature and Treatment of Body Dysmorphic Disorder / Symposium Chair and Speaker

- Obsessive Compulsive Foundation 16th Annual Conference
Minneapolis, MN
- 2009 Barriers to Treatment Among Individuals with Obsessive-Compulsive and Body
Dysmorphic Symptoms: Does Ethnicity Matter? / Symposium Chair and Speaker
Obsessive Compulsive Foundation 16th Annual Conference
Minneapolis, MN
- 2009 Body Dysmorphic Disorder: Informational Processing, Cultural Influences, and
Treatment / Symposium Chair and Speaker
Convention of the Association of Behavioral and Cognitive Therapies 43rd Annual
Conference
New York, NY
- 2009 Emotion Regulation in Anxiety Disorders: Affect, Cognition, and Emotions /
Symposium Chair and Speaker
Anxiety Disorders Association of America Annual Conference
Albuquerque, NM
- 2010 “This stinks!”: The Phenomenology and Course of Olfactory Reference Syndrome /
Symposium Speaker
Obsessive Compulsive Foundation Annual Conference
Washington, DC
- 2010 Barriers to Treatment Utilization and Research Participation Amongst Ethnic Minorities
with Anxiety Disorders / Symposium Chair and Speaker
Anxiety Disorders Association of America Annual Conference
Baltimore, MD
- 2010 Cultural Considerations in Anxiety Disorders: Service Utilization and Treatment /
Symposium Chair and Speaker
Anxiety Disorders Association of America Annual Conference
Baltimore, MD
- 2010 Implementation of Prolonged Exposure (PE) for PTSD in Community Settings:
Challenges and Opportunities / Clinical Round Table Panelist
Anxiety Disorders Association of America Annual Conference
Baltimore, MD
- 2011 “But Words Will Never Hurt Me?” The Impact of Microaggression on Mental Health
and Health-Risk Behaviors / Symposium Speaker
Association of Behavioral and Cognitive Therapies Annual Conference

Toronto, ON

- 2012 Dyadic Communication Style Predicts Posttraumatic Stress Disorder (PTSD) Symptom Severity Following MVA / Symposium Speaker
Association of Behavioral and Cognitive Therapies Annual Conference
National Harbor, MD
- 2012 Efficacy of D-Cycloserine Augmentation of Cognitive Behavioral Group Therapy (CBT) in Generalized Social Anxiety Disorder (GSAD) / Symposium Speaker
Anxiety and Depression Association of America Annual Conference
Arlington, VA
- 2012 Complicated Grief symptoms in Anxiety Disorder Patients: Prevalence and Associated Impairment / Symposium Speaker
Anxiety and Depression Association of America Annual Conference
Arlington, VA
- 2012 Cognitive Processing Therapy with Diverse Populations: Basic Principles and Adaptations to Support Novel Applications / Symposium Speaker
Association of Behavioral and Cognitive Therapies 46th Annual Conference
National Harbor, MD
- 2013 Integrating Technology into Research / Panel Chair
Anxiety and Depression Association of America Annual Conference
La Jolla, CA
- 2013 How to Conduct Research and Deliver Treatment in the 21st Century: Experiences from The Digital Realm / Symposium Speaker
Anxiety and Depression Association of America Annual Conference
La Jolla, CA
- 2013 Cognitive Processing Therapy in Diverse Populations: Barriers to Implementation / Invited Presentation
Cognitive Processing Therapy Training Workshop with Deb Kaysen, PhD
Seattle, WA
- 2014 Barriers and Facilitators to the Implementation of CPT in Community Mental Health Clinics: Providers' Perspectives / Symposium Speaker
Anxiety and Depression Association of America Annual Conference
Chicago, IL

- 2014 Implementation of Cognitive Processing Therapy (CPT) in Community Clinics: The Role of Provider Attitude / Symposium Speaker
Anxiety and Depression Association of America Annual Conference
Chicago, IL
- 2014 Integration of Care in Community Mental Health Clinics / Panel Speaker
Anxiety and Depression Association of America Annual Conference
Chicago, IL
- 2014 How Can Mobile, Connected Technologies Expand Treatment Opportunities for Anxiety Disorders? / Panel Speaker
Anxiety and Depression Association of America Annual Conference
Chicago, IL
- 2015 Bridging the Gap for Young Professionals / Symposium Speaker
Anxiety and Depression of America Annual Conference
Miami, FL
- 2015 Bridging the gap: Getting evidence-based treatments for PTSD into community settings/ Grand Rounds
Department of Psychiatry, Rush University Medical Center
Chicago, IL
- 2016 Disseminating PTSD Treatments to Community Settings / Grand Rounds
Department of Psychiatry, State University Of New York
Buffalo, NY
- 2016 Delivering Cognitive-Processing Therapy in a Community Health Setting: The Influence of Latino Culture and Community Violence on Posttraumatic Cognitions / Symposium Speaker
Anxiety and Depression Association of America Annual Conference
Philadelphia, PA
- 2016 Supporting EBP Implementation in Routine Care: An Examination of Fidelity and Its Relationship to Clinical Outcomes / Discussant
Anxiety and Depression Association of America Annual Conference
Philadelphia, PA
- 2016 Going Off-Script: Modifications to Cognitive Processing Therapy (CPT) in a Community Health Clinic / Symposium Speaker
The 9th Annual Conference on the Science of Dissemination and Implementation;
Washington DC

- 2017 Clinician Modifications to Evidence-Based Treatments: The “How, Why, and What’s Next?” of Changes to Treatment Protocols / Symposium Speaker
Anxiety and Depression Association of America Annual Conference
San Francisco, CA
- 2018 Dissemination of Evidence-Based Treatments: Transporting U.S. Cultural Adaptations Globally / Discussant
Anxiety and Depression Association of America Annual Conference
Washington, DC
- 2019 Implementation Science: Translating Science to Practice Across Diverse Settings / Discussant
Anxiety and Depression Association of America Annual Conference
Chicago, IL
- 2019 Innovative Mental Health Treatment Engagement Initiatives for Minority Families / Discussant
Anxiety and Depression Association of America Annual Conference
Chicago, IL
- 2020 Worry and Anxiety in Youth (CME Event) / Moderator
Anxiety and Depression Association of America Fall Forum
Virtual
- 2020 Leveraging Implementation Science and Community-Based Partnerships to Bridge the Science-Practice Gap Among Diverse Populations / Invited Address
Association for Behavioral and Cognitive Therapies 54th Annual Meeting
Virtual
- 2020 Contextual challenges in conditions of ongoing stress and adversity: a mixed-methods exploration of culturally relevant assessment and treatment approaches in low- and middle-income countries / Symposium Speaker
Association for Behavioral and Cognitive Therapies 54th Annual Meeting
Virtual

International

- 2010 Cultural Variations in Social Anxiety and Taijin Kyofusho / Symposium Speaker
World Congress of Behavioral and Cognitive Therapies
Boston MA
- 2013 Barriers and Facilitators to the Implementation of Cognitive Processing Therapy (CPT) in Community Mental Health Centers: Providers’ Perspectives / Symposium Speaker
International Society for Traumatic Stress Studies Annual Conference
Philadelphia, PA
- 2014 Cognitive Behavioral Therapy Basics Series / Invited Presentation

Hadi Hospital
Kuwait City, Kuwait

- 2015 Cognitive Behavioral Therapy for Anxiety Disorders: Efficacy, Effectiveness /
Invited Presentation
Universidad de Monterrey
Monterrey, Mexico
- 2019 Bridging the Gap: Using Implementation Framework to Achieve Successful
Community Based Participatory Research / Invited Presentation
University of Grenada
Grenada, Spain
- 2020 Using Evidence Based Practices to Address PTSD Among Diverse Communities:
Barriers, Opportunities and Innovations in Addressing Cultural Adaptation of PTSD
Treatments / Panelist
International Society for Traumatic Stress Studies 36th Annual Meeting
Virtual

Report of Clinical Activities and Innovations

Current Licensure and Certification

- 2009- Massachusetts Psychologist
- 2009- Health Services Provider; Massachusetts
- 2015- New York State Psychologist

Practice Activities

- | | | | |
|-------|------------|---|------------------|
| 2007- | Psychiatry | Outpatient Clinic
MGH Psychiatry
Associates | 3 hours per week |
|-------|------------|---|------------------|

Clinical Innovations

- 2013- The manual for Cognitive Processing Therapy (CPT) is cumbersome and contains high-level academic language. Given the barriers to implementation often present in community health clinics, the CPT manual is difficult to use in practice. I worked alongside the health workers at MGH Chelsea HealthCare Center to create a community-friendly CPT manual that could be implemented in a wide-range of clinical settings.
- 2013- The creators of Cognitive Processing Therapy (CPT) published a manual for Spanish-speaking clients. However, it was translated by Spanish academics who use high-level academic language. Additionally, the manual was not culturally appropriate. I worked

to revise this manual to a community Spanish version that uses easy-to-understand language and considers Latino culture.

- 2014- There are significant challenges to implementing existing Cognitive Behavioral Therapy (CBT) interventions for high-risk young men in a community setting. Engaging and retaining high risk young men in behavioral health programming, due to stigma and reluctance to seek help, are most daunting. Accordingly, I developed an innovative CBT program explicitly in response to known implementation barriers and was developed iteratively using community-based participatory research strategies to ensure the fit of the program to the population and community setting. This CBT program is now a core part of the community partner’s programming and has reached hundreds of high-risk young men and young mothers.
- 2020- Access to traditional Cognitive Behavioral Therapy (CBT) is currently very limited and does not demonstrate effectiveness for all adult and youth populations, suggesting the need for adaptation. To address this, I developed a transdiagnostic CBT skills curriculum entitled “The TEB Skills: Empower Youth and Build Resilient Communities through Skills that Impact Thoughts, Emotions, and Behaviors.” The skills of the curriculum were developed to be delivered non-licensed professionals in non-clinical settings including schools, workplaces, community centers, and camps. The curriculum is currently being used to train youth development professionals to deliver the TEB skills to high-risk youth in Connecticut. The TEB Skills have the opportunity to drastically increase access to evidence-based skills across the country and internationally.

Report of Education of Patients and Service to the Community

No activities below were sponsored by outside entities

Activities

- 2002-2006 Buffalo General Hospital / Obsessive Compulsive Disorder (OCD) Support Group Co-Leader
Co-Leader of group designed to educate family members of patients with OCD.
- 2009 McLean Hospital/ Invited speaker
Spoke to families and patients with Body Dysmorphic Disorder (BDD) about adapting Cognitive Behavioral Therapy (CBT) for ethnic minorities with BDD
- 2011 North Suffolk Mental Health Association/ Psychoeducation Group Leader
Group leader for providers and patients on psychoeducation of PTSD and other trauma-related disorders
- 2013 MGH Chelsea HealthCare Center/ Trauma Psychoeducation Group Leader
Group leader for patients who have experienced or witnessed a traumatic event

- 2016 Massachusetts Attorney General’s Office/ Invited Presenter
Led presentation to MA Attorney General on the dissemination of evidence-based treatments to community providers as part of MGH group presentation on community health
- 2019 Children’s Behavioral Health Advisory Council, MA Department of Mental Health / Invited Presenter
Gave presentation on leveraging the promise of community health workers to expand the behavioral health workforce
- 2020 Educate Girls / Invited Presenter
Presented “An Innovative Training Institute for Increasing Access” to staff at a non-profit in India
- 2020 Corporate Health and Wellness Association / Invited Speaker
Presented “Working Through Anxiety: Science-Driven Skills for Navigating COVID-19 Stress” to an international non-profit; Virtual
- 2020 Orbia / Invited Workshop Speaker
Presented “Managing Anxiety and Building Resilience in the Age of COVID-19” to an international multi-industry company; Virtual
- 2020 Chelsea Emergency Response Teams / Invited Presenter
Presented “It’s Okay to Not Be Okay” to help frontline responders learn strategies manage the emotional toll of the COVID-19 pandemic; Virtual
- 2020 Connecticut Opportunity Project Partners / Invited Presenter
Presented “Science-Driven Skills for Navigating Turbulent Times” to staff at organizations serving disengaged and disconnected youth; Virtual
- 2020 Commonwealth Seminar / Invited Presenter
Presented “Mental Health in Underserved Communities: It’s Okay to Not Be Okay” to the general public in Massachusetts; Virtual
- 2020 Nature Careers / Invited Presenter
Presented “It’s Okay to Not Be Okay” during a webcast on mental health; Virtual
- 2020 Moody’s Corporation/ Invited Presenter
Presented “The COVID-19 Marathon: Brain Strategies for Running Your Race” for international employees of an international business and financial services company; Virtual
- 2020 Moody’s Corporation/ Invited Presenter
Presented “The COVID-19 Marathon: Brain Strategies for Running Your Race” for Asian/Pacific employees of an international business and financial services company; Virtual
- 2020 Moody’s Corporation/ Invited Presenter
Presented “Fostering Wellbeing with Dr. Luana Marques” for managers of an international business and financial services company; Virtual

Educational Materials for Patients and the Lay Community

No educational materials below were sponsored by outside entities

2011	Tell Your “Mazeophobia” to Get Lost	Interviewee	NBC News
2012	Help for Anxiety: Treatments That Work	Contributor	Shared decision-making program, Health Dialog and Informed Medical Decisions Foundation
2013	Almost Anxious: Is My (or My Loved One’s) Worry or Distress a Problem?	Author	Marques L , Metcalf E. Center City, MN: Hazelden/Harvard Health Publications; 2013
2013	Book Signing: Almost Anxious	Guest Author	Harvard Coop
2013	Book Signing: Almost Anxious	Guest Author	Barnes & Nobles, Buffalo, NY
2013	When Depression and Anxiety Loom	News coverage of book	Harvard Gazette
2013	Dr. Luana Marques on Treating the Grey Area Between Worrying and Clinical Anxiety	Interviewee	Fox 25 News
2013	Almost Anxious	News coverage of book	Publishers Weekly
2013	Overcoming an Overwhelming Fear of Flying	Interviewee	WBUR Radio Boston
2013	Monkey Mind Anxiety	Interviewee	Right Turn Radio
2013	High Anxiety: How I (Sort of) Overcame My Fear of Flying	News coverage of clinical activities	WBUR CommonHealth
2013	Natural Ways to Fight Anxiety	Interviewee	Women’s Day
2013	About Health #276: Almost Anxious	News coverage of book	City of Boston.gov

2013	The Joy Cardin Show	Interviewee	Wisconsin Public Radio
2014	Doctor, Author Discusses Managing Social Anxiety in the New Year	Interviewee	Fox 25 News
2017	Take Your Traveling for Granted? Meet the People Who Can't.	Interviewee	Boston Globe
2017	I Have Social Anxiety but I Still Want an Invite to The Party	Interviewee	Refinery29
2017	Almost Anxious	Recognized as recommended self-help book	Association for Behavioral and Cognitive Therapies
2018	Do I have anxiety or worry: What's the difference?	Contributor	Harvard Health Blog
2018	Intensive CBT: How fast can I get better?	Contributor	Harvard Health Blog
2019	How to handle stress at work	Contributor	Harvard Health Blog
2019	TEDx Emory / Invited Speaker Presented "How to Make Anxiety your Best Friend" at an independently organized TED event	2019	TEDx Emory / Invited Speaker Presented "How to Make Anxiety your Best Friend" at an independently organized TED event
2019	I face a known risk from cancer and an undetermined risk from the scan used to detect it. Which is worse?	Interviewee	Washington Post
2020	How to Handle Coronavirus Anxiety	Interviewee	Ten Percent Happier Podcast
2020	Mindfulness during the coronavirus: Harvard professors tips to help lower anxiety	Interviewee	Good Morning America
2020		Interviewee	TV Globo Brazil (Portuguese)

Quarentena: profissionais de saúde dão dicas para manter a saúde mental em tempos de coronavirus

2020	How to handle Anxiety During a Pandemic	Interviewee	Bernie and Sid in the Morning, 77 WABC Radio
2020	Coping with Coronavirus Anxiety	Contributor	The Guardian
2020	Coronavírus: “Saia Justa” debate saúde mental e as formas de se relacionar	Interviewee	Otempo
2020	I have clinical anxiety. If the coronavirus scares you, this might help	Interviewee	The Globe Magazine
2020	Managing Anxiety COVID-19	Interviewee	Live with Astrid Fontenele
2020	Leadership and Management Amid Crisis	Interviewee	CNBC@Work Livestream
2020	Face the Nation	Interviewee	CBS
2020	O mínimo que você precisa saber para manter a sanidade	Interviewee	Vida Simples
2020	Práticas e técnicas para reduzir a ansiedade no isolamento	Interviewee	Claudia Magazine
2020	What we’ve learned about how remote work is changing us	Interviewee	CNBC
2020	Protecting Pets	Interviewee	Fuji Television
2020	“Corona depression” is increasing rapidly How to protect your mental health- 7 points recommended by Harvard Associate Professor	Interviewee	Fuji Television
2020	Helping Communities Cope with the Stress of COVID-19	Interviewee	Mass General Giving

2020	What we've learned about how remote work is changing us	Interviewee	CNBC
2020	Could you get PTSD from your pandemic experience? The long-term mental health effects of coronavirus	Interviewee	CNBC Make It
2020	Three Tips to Help Manage Stress and Anxiety During the Pandemic	Interviewee	Mass General Research Institute Blog
2020	When the Wave Comes: Evidence-Based Strategies to Help Frontline Health Care Workers Build Resilience During the COVID-19 Pandemic	Contributor	Anxiety and Depression Association of America
2020	Harvard Anxiety Expert Dr. Luana Marques	Interviewee	WSPA TV
2020	Corona-Angst: Waffenkaufe in den USA steigen	Interviewee	ZDF German Television
2020	COVID-19 Impact on Mental Health and Developing Countries	Interviewee	C-SPAN
2020	We've been left to calculate our virus risk on our own. We're terrible at it.	Interviewee	The Washington Post
2020	BostonTalks: Fitness in the Time of COVID-19	Interviewee	WGBH-TV
2020	Offline and Off-track: How Internet Access May Predict the Next Wave of High School Dropouts	Contributor	Anxiety and Depression Association of America Blog
2020	Hidden Inequalities: COVID-19's Impact on our Mental Health Workforce	Contributor	Anxiety and Depression Association of America Blog

2020	How to Tell if It's More Than Just a Bad Mood	Interviewee	The New York Times
2020	Understanding the Cracks: What COVID-19 Means for the Mental Health of the Marginalized in the United States and Opportunities for Response	Contributor	Anxiety and Depression Association of America Blog
2020	Mental Health Awareness Panel	Interviewee	NBC My Abilities
2020	Overcoming Quarantine Fatigue	Interviewee	Mass General News
2020	Coping with Social Isolation and its Emotional Ramifications	Interviewee	Research World
2020	These are challenging times — here's how to get free mental health assistance	Interviewee	CNBC Make It
2020	Stress and the Coronavirus: What is the Long-Term Impact?	Interviewee	Mass General News
2020	Addressing Systemic Racism in Action: Understanding the Mental Health Professionals' Tools for Change	Contributor	Anxiety and Depression Association of America Blog
2020	Mental Health for All	Interviewee	Health and Well Being with Pat Farnack on WCBS Newsradio 880
2020	Cool Brain	Interviewee	Health and Well Being with Pat Farnack on WCBS Newsradio 880
2020	How to Find Hope and Optimism When Despair Starts to Set In	Contributor	Mind, Mood & Memory
2020	Feeling blue and think you might have PTSD? Seek professional help before jumping to the wrong diagnosis, expert advises	Interviewee	Yahoo News

2020	Covid-19's hidden mental health crisis	Interviewee	Quartz
2020	Anxiety makes us bad decision-makers. Here's how to do better even if you're worried about everything	Interviewee	CNN Health
2020	588: How to Calm Anxiety and Achieve Peak Performance with Dr. Luana Marques	Interviewee	How to Be Awesome at Your Job
2020	Mental health and COVID-19 in developing countries	Contributor	OCED Development Matters
2020	How To Manage Your Emotions And Build Resilience Amidst A Pandemic	Interviewee	Forbes
2020	MGH Research Scholars Respond to COVID-19	Contributor	MGH Research Scholars
2020	Mental-health crisis collides with COVID-19	Interviewee	National Journal
2020	Mental Health for All: Science-Based Skills to Build Resilience During Stressful Times	Course Director	MGH Psychiatry Academy
2020	Mental Health in Focus	Contributor	CNBC @Work Summit: Technology, Transformation, and the Future of Work
2020	Help! I'm scared of the future!	Interviewee	Women's World Magazine
2020	Benefits of meditation in tough times	Interviewee	Good Morning America
2020	Mental Health Warning Signs	Interviewee	Red Table Talk: The Estefans
2020	The Hidden 'Fourth Wave' of the Pandemic	Interviewee	The New York Times

Report of Scholarship

Peer-Reviewed Publications in print or other media

Research investigations

1. Gudmundsdottir B, Beck JG, Coffey SF, **Marques L**, Palyo SA. Quality of life and post trauma symptomatology in motor vehicle accident survivors: the mediating effects of depression and anxiety. *Depress Anxiety* 2004; 20(4):187-189.
2. Beck JG, Coffey SF, Palyo SA, Gudmundsdottir B, **Marques L**, Colder CR. Psychometric properties of the Posttraumatic Cognitions Inventory (PTCI): a replication with motor vehicle accident survivors. *Psychol Assessment* 2004; 16(3):289-298.
3. Beck JG, Gudmundsdottir B, Palyo SA, **Marques L**, Grant DM. Rebound effects following deliberate thought suppression: does PTSD make a difference? *Behav Ther* 2006; 37(2):170-80.
4. Coffey SF, Gudmundsdottir B, Beck JG, Palyo SA, **Marques L**. Screening for PTSD in motor vehicle accident survivors using the PSS-SR and IES. *J Traum Stress* 2006; 19(1):119-128.
5. Beck JG, Grant DM, Read JP, Clapp JD, Coffey SF, **Marques L**, Palyo SA. The impact of Event Scale-Revised: psychometric properties in a sample of motor vehicle accident survivors. *J Anxiety Disord* 2008; 22(2):187-198.
6. Palyo SA, Clapp JD, Beck JG, Grant DM, **Marques L**. Unpacking the relationship between posttraumatic numbing and hyperarousal in a sample of motor vehicle accident survivors: replication and extension. *J Traum Stress* 2008; 21(2):235-238.
7. Grant DM, Beck JG, **Marques L**, Palyo SA, Clapp JD. The structure of distress following trauma: posttraumatic stress disorder, major depressive disorder, and generalized anxiety disorder. *J Abnorm Psychol* 2008; 117(3):662-672.
8. Chosak A, **Marques L**, Greenberg JL, Jenike E, Dougherty DD, Wilhelm S. Body dysmorphic disorder and obsessive-compulsive disorder: similarities, differences and the classification debate. *Expert Rev Neurother* 2008; 8(8):1209-1218.
9. **Marques L**, Kaufman RE, LeBeau RT, Moshier SJ, Otto MW, Pollack MH, Simon NM. A comparison of Emotional Approach Coping (EAC) between individuals with anxiety disorders and nonanxious controls. *CNS Neurosci Ther* 2009; 15(2):100-106.
10. Li Y, **Marques L**, Hinton DE, Wang Y, Xiao ZP. Symptom dimensions in Chinese patients with obsessive-compulsive disorder. *CNS Neurosci Ther* 2009; 15(3):276-282.

11. Chosak A, **Marques L**, Fama J, Renaud S, & Wilhelm S. Cognitive therapy for OCD: A case illustration. *Cogn Behav Pract* 2009; 16:7-17.
12. **Marques L**, LeBlanc NJ, Weingarden HM, Timpano KR, Jenike M, Wilhelm S. Barriers to treatment and service utilization in an internet sample of individuals with obsessive-compulsive symptoms. *Depress Anxiety* 2010; 27(5):470-475.
13. Hinton DE, Pich V, **Marques L**, Nickerson A, Pollack MH. Khyâl attacks: a key idiom of distress among traumatized Cambodia refugees. *Cult Med Psychiatry* 2010; 34(2):244-278.
14. **Marques L**, Alegria M, Becker AE, Chen CN, Fang A, Chosak A, Diniz JB. Comparative prevalence, correlates of impairment, and service utilization for eating disorders across U.S. ethnic groups: implications for reducing ethnic disparities in health care access for eating disorders. *Int J Eat Disord* 2011; 44(5):412-420.
15. Clapp JD, Olsen SA, Beck JG, Palyo SA, Grant DM, Gudmundsdottir B, **Marques L**. The driving behavior survey: scale construction and validation. *J Anxiety Disord* 2011; 25(1):96-105.
16. **Marques L**, LeBlanc N, Robinaugh D, Weingarden H, Keshaviah A, Wilhelm S. Correlates of quality of life and functional disability in individuals with body dysmorphic disorder. *Psychosomatics* 2011; 52(3):245-254.
17. **Marques L**, Weingarden HM, LeBlanc NJ, Wilhelm S. Treatment utilization and barriers to treatment engagement among people with body dysmorphic symptoms. *J Psychosom Res* 2011; 70(3):286-293.
18. **Marques L**, LeBlanc N, Weingarden H, Greenberg JL, Traeger LN, Keshaviah A, Wilhelm S. Body dysmorphic symptoms: phenomenology and ethnicity. *Body Image* 2011; 8(2):163-167.
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** Paper first authored by mentee

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** *Poster first-authored by mentee*

*** *Co-senior authorship*