



ANXIETY AND DEPRESSION ASSOCIATION OF AMERICA

2018 Award Recipients

Donald F. Klein Early Career Investigator Award

This award is granted to an early career investigator for the best original research paper on neurobiology, psychopharmacology, psychosocial treatments, or experimental psychopathology of anxiety disorders and depression.

The award is named for Donald F. Klein, MD, who revolutionized psychiatric thinking through his discovery in the early 1960s that imipramine, a recently developed psychotropic medication, was effective in blocking panic attacks. Dr. Klein's early contribution to the development of the DSM in large part gave birth to the modern branch of medical science dealing with the classification of disease of anxiety disorders. His early findings also heralded in the era of childhood anxiety disorders as biochemical disorders when he discovered that imipramine blocked childhood separation anxiety disorders. In later years, Dr. Klein developed a compelling evolutionary-based hypothesis accounting for the etiology of panic disorders, which he terms "the false suffocation alarm theory of panic disorders." His work remains relevant and topical to the present. Dr. Klein was the recipient of the 2005 ADAA Lifetime Achievement Award.



DONALD F. KLEIN EARLY CAREER INVESTIGATOR AWARD WINNER

Katie Burkhouse, PhD

UIC's Pediatric Mood Disorders Clinic

Katie Burkhouse is an Assistant Professor of Psychiatry and a Clinical Psychologist affiliated with UIC's Pediatric Mood Disorders Clinic. She received her PhD in Clinical Psychology from Binghamton University (SUNY) and completed her Clinical Internship at UIC. Her program of research broadly focuses on identifying behavioral-brain risk phenotypes and preventive interventions for youth depressive disorders. Much of her work has focused on utilizing multiple levels of analysis (i.e., behavioral, EEG, pupil dilation, fMRI) to identify cognitive-affective processing styles involved in the intergenerational transmission of depression. As part of a NIMH K23 award, she is exploring whether deficits in social-emotional and motivational processing at the neural level are direct familial mechanisms implicated in the transmission of depression from mothers to their daughters. A second focus of her research involves applying this mechanism-based work to prevention efforts for youth at high risk for depression. For example, in a project funded by the Klingenstein Third Generation Foundation Fellowship in Depression, she is examining whether event-related potentials can be altered through a targeted preventive intervention and be utilized to predict which offspring of depressed parents will respond to the intervention. The ultimate goal of this work is to improve the identification and prevention of internalizing disorders in children and adolescents.

Alies Muskin Career Development Leadership Program

The Alies Muskin Career Development Leadership Program (CDLP) is an intensive mentoring and professional development opportunity for early career clinicians and researchers. Renamed in her honor after her death in 2015, Alies Muskin began her career at ADAA in 2001, serving as chief operating officer before being named executive director in 2010. She worked tirelessly to offer hope and to improve the quality of life for the millions of children and adults who suffer from anxiety, depression and co-occurring disorders. This interactive learning experience challenges thinking and encourages creative discourse about anxiety, depressive, obsessive-compulsive, and trauma-related disorders in a diverse, multidisciplinary community of professionals involved in practice and research. The award components include: complimentary registration to the Anxiety and Depression Conference, a full day of small-group mentoring sessions (breakfast and lunch included), assignment of a senior mentor from the ADAA professional membership at the conference, recognition at the conference Opening Session, and more.

Career Development Leadership Program Participants: Research Track



Stephanie Agtarap, PhD
University of California, San Diego

Dr. Stephanie Agtarap, PhD is a behavioral scientist interested in the long-term outcomes and resilience of individuals following traumatic injury. Trained as an experimental psychologist, Dr. Agtarap completed her research training at the University of North Texas and the Level I Trauma Center of Baylor University Medical Center in Dallas, where she investigated longitudinal outcomes of trauma patients and their caregivers following an ICU stay. She has published several chapters and articles concerning resilience, posttraumatic stress, and well-being following traumatic injury. Her dissertation identified trajectories of depression and caregiver burden among family caregivers of trauma/critical care patients, and the role of trait-resilience in predicting these trajectories for possible intervention. Dr. Agtarap continues pursuing applied opportunities in the hopes of demonstrating the utility of experimental psychology in applied research, particularly where advanced research and statistical methods can be utilized to inform patient outcomes.

Currently, Dr. Agtarap is in her first-year as a postdoctoral research fellow at UC San Diego under the mentorship of Murray Stein, where she conducts advanced quantitative strategies to investigate posttraumatic stress and post-concussive syndrome among civilians and military service members following mild traumatic brain injury.



Lynnette Averill, PhD

National Center for PTSD – Clinical Neurosciences Division/Yale
Department of Psychiatry

Dr. Lynnette A. Averill, Ph.D. is a Research Psychologist at the National Center for PTSD — Clinical Neurosciences Division (NCPTSD-CND) and Yale Department of Psychiatry. She completed her Ph.D. in Counseling Psychology at the University of Utah, including an internship at the VA Medical Center in Houston, Texas. She completed a two-year research fellowship at the NCPTSD-CND and Yale under the mentorship of Drs. Chadi Abdallah, John Krystal, and Steven Southwick, focused on the neurobiology of PTSD and pharmacoinaging trials, with emphasis on the novel, investigational antidepressant ketamine and multi-method MRI. Her background in cognition and PTSD combined with growing expertise in pharmacoinaging provide a unique opportunity to establish innovative approaches in the study of suicidality, cognition, and related brain networks in stress-related psychopathology. The successful identification of neuronal circuitry involved in these processes can help guide novel drug development for agents with potential to improve suicidality, and cognitive and affective symptoms in PTSD. Her current work, funded by the Brain and Behavior Foundation/NARSAD, VA Affairs VISN 1 Career Development Award, American Foundation for Suicide Prevention, and Robert E. Leet and Clara Guthrie Patterson Trust uses novel analysis methods for fMRI data to investigate the intrinsic functional networks underlying suicidality and cognitive impairment in PTSD and the potential for rapid and robust improvements with ketamine treatment. Dr. Averill has also been recognized by the Brain and Behavior Foundation as the 2015 Woman Breaking the Silence Against Mental Illness Investigator and was selected for Travel Awards by ACNP and ISCTM.



Sunhye Bai, PhD, MPH

UCLA Semel Institute for Neuroscience and Human Behavior

Sunhye Bai, PhD, MPH, is a Postdoctoral Fellow and Clinical Instructor in the Division of Child and Adolescent Psychiatry at the UCLA Semel Institute for Neuroscience and Human Behavior. She received her M.P.H. degree from UC Berkeley in 2010, specializing in Maternal and Child Health, and obtained her Ph.D. in Clinical and Health Psychology from UCLA in 2017, where she also completed her pre-doctoral clinical internship. Dr. Bai researches how stress, social interactions and health behaviors, including sleep, in the context of daily family life contribute to the emergence and maintenance of internalizing symptoms from childhood to adolescence. The use of naturalistic research methods such as ecological momentary assessments and daily diaries is a key component of this research. She also applies these methods to examine biological mechanisms that link family social environment, stress regulation and youth mental health. Dr. Bai looks forward to bringing evidence-based services for youths and family members closer to families' everyday lives, by assessing adolescent depression and anxiety in integrated health care settings, and enhancing evidence-based services with ecologically valid psychotherapeutic technological enhancements. In addition to conducting clinical research, Dr. Bai is a clinical supervisor for graduate students, and an assessor and therapist for youths with risk for suicide or self-harm, in the UCLA Youth Stress and Mood program.



Kate Bentley, PhD

Massachusetts General Hospital/Harvard Medical School

Kate H. Bentley, PhD is a Clinical and Research Fellow in the Depression Clinical and Research Program and the Center for Addiction Medicine at the Massachusetts General Hospital/Harvard Medical School (MGH/HMS). She received her doctorate in Clinical Psychology from Boston University and completed her APA-accredited clinical internship in the Cognitive Behavioral Therapy track at MGH/HMS. Dr. Bentley's research focuses on the development, evaluation, and dissemination of transdiagnostic psychological interventions for direct and indirect self-injurious thoughts and behaviors and frequently co-occurring disorders. She is also interested in using real-time monitoring methods to observe these phenomena and related affective experiences as they naturally occur, with the ultimate aim of delivering just-in-time interventions when it is most critically needed.

As a doctoral student under the mentorship of David H. Barlow, PhD, Dr. Bentley received a NIH/NIMH F31 award to evaluate the effects of two transdiagnostic, emotion-focused cognitive-behavioral strategies on nonsuicidal self-injurious behavior using smartphone-based ecological momentary assessment. Dr. Bentley also modified the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders, an evidence-based CBT intervention, to address suicidal thoughts and behaviors and carried out initial feasibility testing in an acute stabilization unit at Boston Medical Center. Dr. Bentley is currently supported by a NIH/NIMH T32 fellowship program based at HMS. Her postdoctoral work focuses on examining the effects of transdiagnostic, emotion-focused treatment strategies for a population at particularly high risk for adverse outcomes: young adults with substance use disorders and co-occurring emotional distress (e.g., anxiety, depression, suicidal ideation).



Venkat Bhat, MD FRCPC

University of Toronto

Venkat Bhat, MD FRCPC, attended graduate school and finished his residency training in Psychiatry from McGill University. The graduate study was supported by the Canadian Institutes of Health Research to examine biomarkers of treatment-response. During residency training, he was the recipient of several research awards and recognitions, including the PRITE and Laughlin Fellowships from the American College of Psychiatry which recognize outstanding contributions during residency and promise of future contribution to Psychiatry. Dr. Bhat was closely involved with the DSM-5 field trials and follow-up projects, and development of clinical practice guidelines. His research projects during residency included projects at the intersection of epidemiology, genetics and neuroimaging.

Dr. Bhat is currently a fellow in Mood Disorders with the Department of Psychiatry at the University of Toronto. Under the mentorship of Dr. Sidney Kennedy, Dr. Bhat is part of the CAN-BIND (Canadian Biomarker Integration Network in Depression) team which aims to develop biomarkers of treatment response in Depression. His clinical work is in the area of mood disorders and Interventional Psychiatry, with a focus on new and emerging treatments for treatment-resistant Mood Disorders. Dr. Bhat has interdisciplinary research interests and has a current research focus on using various computational and data science methods to personalize treatments for individual patients.



Shannon Blakey, MS
University of North Carolina, Chapel Hill

Ms. Blakey is a sixth year clinical psychology student at the University of North Carolina at Chapel Hill. Working with Dr. Jonathan Abramowitz, her research centers on the cognitive-behavioral mechanisms involved in the maintenance and treatment of anxiety and related disorders. She is particularly interested in the role of maladaptive coping strategies (e.g., avoidance, substance misuse) as well as the application of inhibitory learning models of fear extinction to exposure therapy. Ms. Blakey recently completed her dissertation, entitled “Response prevention or response permission? A randomized controlled trial of the judicious use of safety behaviors during exposure therapy.” She looks forward to pursuing postdoctoral clinical research opportunities and becoming actively involved in ADAA.



Katie Burkhouse, PhD
University of Illinois at Chicago

Katie Burkhouse is an Assistant Professor of Psychiatry at the University of Illinois at Chicago (UIC). She received her PhD in Clinical Psychology from Binghamton University (SUNY) and completed her Clinical Internship at UIC. Her program of research broadly focuses on identifying behavioral-brain risk phenotypes and preventive interventions for youth depressive disorders. Much of her work has focused on utilizing multiple levels of analysis (i.e., behavioral, EEG, pupil dilation, fMRI) to identify cognitive-affective processing styles involved in the intergenerational transmission of depression. As part of a NIMH K23 award, she is exploring whether deficits in social-emotional and motivational processing at the neural level are direct familial mechanisms implicated in the transmission of depression from mothers to their daughters. A second focus of her research involves applying this mechanism-based work to prevention efforts for youth at high risk for depression. For example, in a project funded by the Klingenstein Third Generation Foundation Fellowship in Depression, she is examining whether event-related potentials can be altered through a targeted preventive intervention and be utilized to predict which offspring of depressed parents will respond to the intervention. The ultimate goal of this work is to improve the identification and prevention of internalizing disorders in children and adolescents.



Karmel Choi, PhD
Massachusetts General Hospital

Karmel Choi, Ph.D., is a postdoctoral fellow in the Psychiatric & Neurodevelopmental Genetics Unit at Massachusetts General Hospital (MGH). She is mentored by Drs. Jordan Smoller and Karestan Koenen through the T32 Training Fellowship in Psychiatric Genetics at the Harvard T.H. Chan School of Public Health. Dr. Choi’s research focuses on the interplay of genetic and environmental factors that influence trauma and resilience across the life course, leveraging methods from statistical genetics, network science, and developmental epidemiology. Her clinical work focuses on treatment of mood and anxiety disorders and stress-related health conditions, particularly among women. Karmel completed her PhD in Clinical Psychology at Duke University and her predoctoral clinical internship in Behavioral Medicine at MGH.



Susan Conroy, MD, PhD

Indiana University School of Medicine

Susan K. Conroy MD, PhD is a fourth-year resident physician in psychiatry at the Indiana University School of Medicine. She plans an academic research and clinical career focusing on the neurobiology of treatment-resistant depression. Dr. Conroy completed her MD and PhD in Medical Neuroscience at Indiana University, with a dissertation focusing on functional neuroimaging of hormone-related cognitive changes in breast cancer patients. Other research experience includes: a three-month rotation with Dr. Paul Holtzheimer on treatment-resistant depression; two full-time years in a translational lab studying animal models of dual diagnosis of substance use disorders and comorbid mental illness; and three years of undergraduate research into excitatory neurotransmission in an animal model of Huntington Disease. She is a co-author on twelve peer-reviewed publications, including four first-author papers. Dr. Conroy has been a Ruth L. Kirschstein F30 Individual Predoctoral Fellow (National Institute on Aging), a National Neuroscience Curriculum Initiative Scholar, and a National Institute of Mental Health Outstanding Resident Awardee. She resides in Indianapolis, Indiana.



Zhi-De Deng, PhD

National Institute of Mental Health

Zhi-De Deng is an electrical engineer who specializes in the development of brain stimulation technology, electromagnetic field modeling, and optimization of various neuromodulation modalities, including transcranial magnetic stimulation (TMS), electroconvulsive therapy (ECT), magnetic seizure therapy (MST), and transcranial direct current stimulation (tDCS). He also has expertise in the neuroimaging and electrophysiological correlates of therapeutic and neurocognitive outcomes in rapid-acting antidepressants, including ECT and ketamine. Dr. Deng's current work aims to develop an individualized, optimally-targeted stimulation paradigm for ECT. ECT has unparalleled antidepressant efficacy but carries a risk of significant adverse effects including cognitive and physiological side effects. This project combines state-of-the-art computational modeling and optimization, neuropsychological and neurophysiological methods to reengineer ECT. This novel form of seizure therapy has the potential to improve neurocognitive outcome of the treatment. Through the NIH T32 and KL2 awards, he has gained additional training in neuroscience and clinical research methodology. He has conducted neuromodulation research for the past 10 years, and he is well positioned to bridge engineering and psychiatry and to make significant scientific contributions in the brain stimulation field. Dr. Deng has first-authored and co-authored over 20 articles and peer-reviewed proceedings, 3 book chapters and 4 review articles, 5 patent applications and technical reports on brain stimulation technology, and more than 30 abstracts. His track record not only demonstrates successful and productive endeavors in this highly exciting research area but also shows his ability to perform well in interdisciplinary teams, collectively placing him in a strong position to carry out his proposed research.



Taylor Dryman, MA

Temple University/McLean Hospital

Taylor Dryman, M.A., is a clinical psychology doctoral candidate at Temple University working with Richard Heimberg, Ph.D. She received her B.A. in Psychological & Brain Sciences and graduated magna cum laude from Dartmouth College. Ms. Dryman is currently completing her clinical psychology internship at McLean Hospital. Her research has primarily examined the cognitive and affective underpinnings of social anxiety disorder (SAD) and how such factors influence comorbidity with mood disorders. She has a particular interest in the role of positivity impairments in SAD, with

a focus on constructs such as fear of positive evaluation, interpretation bias in social situations, and dysregulation of positive emotion in the co-occurrence of social anxiety and mood symptoms. Ms. Dryman's research has been published in peer-reviewed journals including *Journal of Consulting and Clinical Psychology*, *Journal of Anxiety Disorders*, and *Cognitive Therapy and Research*. In addition to her research and clinical work, she is also active in committee membership and professional service. At Temple University, Ms. Dryman served as the Graduate Student Representative to the Department of Psychology, Cohort Representative to the Clinical Faculty, a member of the Clinical Area Talks Committee, and a member of the Clinical Admissions Committee. She has also served as a reviewer for *Cognitive Therapy and Research* and *Journal of Psychopathology and Behavioral Assessment*, as well as for symposia and new research poster submissions for ADAA annual conferences.



Aileen Echiverri-Cohen, PhD

UCLA Anxiety and Depression Research Center

Dr. Echiverri-Cohen is a Postdoctoral Fellow in the UCLA Anxiety and Depression Research Center (ADRC). She received her Ph.D. in clinical psychology from the University of Washington where she specialized in research and treatment of posttraumatic stress disorder (PTSD). Dr. Echiverri-Cohen completed an APA accredited, pre-doctoral internship at the VA Ann Arbor Healthcare System and a postdoctoral fellowship at Harbor-UCLA Medical Center. Her current research interest is in transdiagnostic markers, specifically, deficits in response inhibition, that contribute to the maintenance of

psychopathology.



Martha Falkenstein, PhD

OCD Institute at McLean Hospital/Harvard Medical School

Martha Falkenstein, PhD is a Clinical Research Postdoctoral Fellow at the OCD Institute at McLean Hospital, and Clinical Fellow in the Department of Psychiatry at Harvard Medical School. Dr. Falkenstein completed her doctorate in Clinical Psychology at American University under the mentorship of Dr. David Haaga. She completed her pre-doctoral clinical internship at the Southwest Consortium, where she worked at the New

Mexico VA Health Care System and Indian Health System and was involved in researching treatment for female veterans with PTSD.

Dr. Falkenstein's research focuses on examining mediators and moderators of treatment response in OC-related disorders and anxiety disorders, particularly OCD and trichotillomania (hair-pulling disorder), with interests in treatment development and outcome, cognitive bias modification, cross-cultural treatment adaptation and outcome, and technology-based interventions. Her goal is to examine behavioral and neural mechanisms of treatment response in treatment refractory OC-related disorders to help predict – and ultimately enhance – outcomes for individuals with these disorders.



Rachel Freed, MA

Icahn School of Medicine at Mount Sinai

Rachel Freed, PhD, is an Assistant Professor in the Department of Psychiatry at the Icahn School of Medicine at Mount Sinai (ISMMS) and the Head of Clinical Research for the Pediatric Mood and Anxiety Disorders Program (P-MAP) at ISMMS. Dr. Freed is a licensed clinical psychologist and researcher, specializing in child and adolescent mood and anxiety disorders. Dr. Freed received her Ph.D. in Clinical Psychology from Boston

University, under the mentorship of Dr. Martha Tompson, and completed her pre-doctoral clinical internship at the Alpert Medical School of Brown University, in the child track. Dr. Freed also completed postdoctoral research fellowships with Dr. Lauren Alloy at Temple University and with Dr. Vilma Gabbay at ISMMS. Over her graduate and postdoctoral years, Dr. Freed has published peer-reviewed papers and book chapters on topics related to both the etiology and treatment of mood disorders in youth. She has also worked in multiple clinical settings in which she acquired an expertise in clinical assessment and a broad background in evidence-based treatment with children, adolescents, and adults with a variety of disorders. Dr. Freed's current research investigates biological and psychosocial risk factors for adolescent mood and anxiety disorders.



Samantha Friend, MD, PhD

University of California, San Diego

Samantha F. Friend, M.D. Ph.D., is a Psychiatry resident and postdoctoral fellow in the Research Track at University of California, San Diego. Dr. Friend initially began studying immune function as an undergraduate at UCSD, where she was awarded the Chancellor's Undergraduate Research Scholarship for her studies of the humoral immune response in rheumatoid arthritis. After matriculating into the Medical Scientist Training Program at the University of Colorado, she completed her Ph.D. in Immunology investigating T lymphocyte signaling mechanisms. In her post-dissertation years while completing medical school, Dr. Friend worked with Dr. Robert Freedman and Dr. Randall Ross on maternal immune function as a risk factor for anxiety and psychosis. During residency, under the mentorship of Dr. Victoria Risbrough, she began investigating how the immune response, in combination with acute trauma and chronic stress, influence anxiety-related phenotypes in a murine model of PTSD. In addition to this work, Dr. Friend is investigating how the combination of inflammation and trauma exacerbate alcohol use and dependence behaviors in a cohort of active duty Marine and Navy corpsman. She has also expanded her clinical training designing a continuity clinic elective through the VA San Diego PTSD program treating veterans with trauma, anxiety, and depression.



Eugenia Gorlin, PhD

Boston University

Dr. Eugenia (Gena) Gorlin received her Ph.D. at the University of Virginia, where she worked with Dr. Bethany Teachman on research examining the interplay between controlled and uncontrolled cognitive factors in anxiety disorders. Her dissertation research examined a novel intervention strategy designed to promote post-failure reengagement in goal-pursuit by targeting both motivational and cognitive mechanisms of rumination. Dr. Gorlin went on to complete her predoctoral clinical psychology internship at the Alpert Medical School of Brown University, where she worked with

Drs. Mark Zimmerman and Kristy Dalrymple on research examining the psychosocial and psychiatric profiles of adults with ADHD. Currently she is completing a postdoctoral fellowship under the mentorship of Dr. Michael Otto at Boston University, where she does clinical research in the Translational Research Program and provides cognitive-behavioral therapy to anxious and depressed adults at the Center for Anxiety and Related Disorders (CARD). Dr. Gorlin's core interest is in disentangling the motivational and cognitive mechanisms that jointly contribute to self-regulatory deficits in psychopathology, and developing new interventions to target these deficits. Her research program is experimental, translational, and theoretical, drawing on frameworks from across disciplines to understand and improve self-regulation.



Maria Ironside, DPhil

McLean Hospital/Harvard Medical School

Maria Ironside, D.Phil, is a post-doctoral research fellow in affective neuroscience at McLean Hospital/ Harvard Medical School. Dr. Ironside completed her doctoral training in 2016 at the Department of Psychiatry, University of Oxford, under the supervision of Prof. Catherine Harmer and Dr. Jacinta O'Shea. As a graduate student she used functional magnetic resonance imaging (fMRI) to study the effects of frontal transcranial direct current stimulation (tDCS) on vigilance to threat in trait anxious females, funded by the Medical Research Council of England. Dr. Ironside is currently collaborating with clinical trials of tDCS for major depressive disorder (MDD) in Brazil to help establish cognitive neuropsychological biomarkers of treatment response.

Dr. Ironside is currently working under the mentorship of Prof. Diego Pizzagalli at the Laboratory for Affective and Translational Neuroscience at McLean hospital. She is the lead post-doc on two R01 funded studies of the effects of stress on reward processing and sex steroid hormones in current and remitted MDD. These multimodal studies utilize fMRI, MR spectroscopy, positron emission tomography, measures of sex steroid hormones and inflammatory markers. Dr. Ironside also collaborates with a non-human primate group at MIT, using fMRI to investigate approach-avoidance behavior in MDD and further cross-species comparability. She is additionally supported by the John and Charlene Madison Cassidy Fellowship in Translational Neuroscience and is currently applying for funding to continue her tDCS work and utilize clinical samples at McLean to investigate mechanisms of action of tDCS in MDD, with the ultimate goal of improving treatment selection for patients.



Ryan Jacoby, PhD

Massachusetts General Hospital/Harvard Medical School

Ryan Jane Jacoby, Ph.D. is a post-doctoral fellow in the OCD and Related Disorders Program and the Center for Anxiety and Traumatic Stress Disorders at Massachusetts General Hospital (MGH)/Harvard Medical School working with Drs. Sabine Wilhelm and Naomi Simon. Dr. Jacoby completed her doctorate in Clinical Psychology at the University of North Carolina at Chapel Hill under the mentorship of Dr. Jonathan Abramowitz. Her clinical and research interests broadly focus on the nature and treatment of OCD and anxiety disorders, including specific interests in psychological mechanisms of exposure-based therapies (e.g., inhibitory learning approaches) as well as treatment augmentation strategies that capitalize on these mechanisms. Dr. Jacoby is also interested in improving the understanding and behavioral/psychophysiological measurement of transdiagnostic psychological processes (e.g., intolerance of uncertainty, cognitive/attentional control) utilizing multi-method approaches (e.g., attentional disengagement eye-tracking tasks, behavioral economic decision-making paradigms, biometric indices of autonomic arousal).



Bashkim Kadriu, MD
National Institute of Mental Health

Dr. Kadriu received his medical degree from the University of Prishtina, Faculty of Medicine, Kosovo. Upon graduation and driven by strong inclination for neuroscience he relocated in Chicago at the Department of Psychiatry, University of Illinois at Chicago. There Dr. Kadriu spend 7 years working both as Postdoc and later as Research Scientist, studying the epigenetic regulation of gene expression in psychosis and mood disorders. He then completed his first three years of residency training at Albert Einstein, Department of Psychiatry before moving to the National Institute of Mental

Health as a PGY4/Clinical Fellow in July 2016.

In his current role as a Clinical Fellow at the Experimental Therapeutics & Pathophysiology Branch at NIMH, Dr. Kadriu is gathering pilot data on identifying putative biomarkers for depression and suicidality. Building from these previous findings, and in close collaboration with his supervisor Dr. Carlos Zarate, he is developing a new research protocol that will aim testing ‘ketamine metabolites as AMPA throughput enhancers for the treatment-resistant depression’. Their eventual goal is to identify the exact mechanism by which ketamine and its metabolites relieve depression and aim on discovering the new generation of fast-acting anti-depressant medications that are devoid of dissociative symptoms.



Allison LoPilato, PhD
Emory School of Medicine

Allison LoPilato, PhD, is a postdoctoral fellow at the Child and Adolescent Mood Program (CAMP) in the Department of Psychiatry at the Emory School of Medicine. She received her PhD in Clinical Psychology from Emory University, under the mentorship of Dr. Elaine Walker, and completed her pre-doctoral clinical internship at the Emory School of Medicine in the child and adolescent track. Dr. LoPilato’s previous research has examined the role of stress and pubertal hormones in psychosis risk, as well as the impact of childhood adversity on corticolimbic brain development and stress systems. She has co-authored several articles and book chapters on topics related to developmental psychopathology and adolescent mental health care.

Dr. LoPilato’s current clinical and research interests are in identifying the neural and behavioral mechanisms underlying adolescent depression and translating this knowledge into targeted clinical interventions. Specifically, she is interested in investigating whether novel interventions designed to modify reward and cognitive control processes can improve response and relapse rates. Dr. LoPilato is currently involved in a multimodal neuroimaging project examining reward-processing disruptions in depressed adolescents, and is developing a psychosocial intervention that targets reward-based learning and decision-making.



Filomene Morrison, PhD

VA Boston Healthcare System/National Center for PTSD

Filomene Morrison, Ph.D., is a postdoctoral fellow at the VA Boston Healthcare System and the National Center for PTSD. She is mentored by Drs. Erika Wolf and Mark Miller through the T32 Training Fellowship in Stress and Trauma at Boston University School of Medicine. Dr. Morrison's research examines how the stress of posttraumatic stress disorder (PTSD) and related conditions influence the aging process at the cellular level and impact neuroinflammatory processes in the brain. She earned her B.A. in Molecular and Cellular Biology from the University of California, Berkeley, and received her Ph.D. in Neuroscience from Emory University. Dr. Morrison's graduate thesis research focused on the molecular mechanisms underlying the acquisition and extinction of learned olfactory fear memories, under the mentorship of Dr. Kerry Ressler.



Andrew Peckam, PhD

McLean Hospital/Harvard Medical School

Andrew D. Peckham, PhD, is a post-doctoral fellow in the Behavioral Health Partial Hospital Program at McLean Hospital and a Clinical Fellow in Psychology at Harvard Medical School. Dr. Peckham completed his doctoral training in the Clinical Science program at the University of California, Berkeley, and he completed his APA-accredited clinical internship at McLean Hospital/Harvard Medical School. As a graduate student, he used eye-tracking methodology to study cognitive mechanisms influencing bipolar disorder as a member of Dr. Sheri Johnson's Cal Mania program. While studying at UC Berkeley, Dr. Peckham was supported by an NIMH institutional training grant in neuroscience and treatment development, and his research on cognitive training for impulsivity was partially funded by a dissertation award from the Society for a Science of Clinical Psychology.

Currently, Dr. Peckham employs translational methods to better understand relationships between cognitive functioning and emotion regulation across disorders. He is currently studying cognitive mechanisms underlying mood-based impulsivity in adults experiencing acute psychiatric symptoms, and is conducting an NIMH-funded treatment development study evaluating computerized cognitive control training as a potential intervention for mood-based impulsivity. In addition, Dr. Peckham continues to study how specific aspects of cognitive functioning can help or hinder emotion regulation in adults with bipolar disorder.



Candace Raio, PhD
New York University

Candace Raio is a postdoctoral fellow in the Center for Neural Science at New York University. She received her undergraduate degree in Psychology from Muhlenberg College and completed her Ph.D. in Psychology (*Cognition & Perception Program, Department of Psychology*) at New York University under the mentorship of Dr. Elizabeth Phelps. Dr. Raio's doctoral work characterized the effects of acute stress exposure on the flexible modulation of aversive learning using a broad range of methodological techniques, including psychophysiology, neuroimaging, neuroendocrinology and computational modeling. This work identified a causal role for stress in promoting affective dysregulation by potentiating threat responses during cognitive regulation, impairing memory retrieval of extinction learning and by slowing learning rates during aversive reversal learning. Currently, as a postdoctoral fellow with Dr. Paul Glimcher, she is investigating how acute and lifetime exposure to stress affects goal-directed behavioral control and value-based decision-making. This program of research is supported by an independent NIMH postdoctoral fellowship as well as a Brain and Behavior Foundation (NARSAD) Young Investigator Award. Ultimately, by characterizing the effects of stress on affective regulation and decision-making, she hopes to inform our understanding and treatment of anxiety and trauma-related psychiatric disorders.



Lance Rappaport, PhD
Virginia Commonwealth University

Lance Rappaport, Ph.D. is a postdoctoral fellow at the Virginia Institute for Psychiatric and Behavioral Genetics (VIPBG) in the Department of Psychiatry at Virginia Commonwealth University. Dr. Rappaport is a licensed clinical psychologist and scientist specializing in child and adolescent internalizing disorders. He received his Ph.D. from McGill University under the mentorship of D.S. Moskowitz. Dr. Rappaport has published peer-reviewed papers and book chapters on the etiology and dynamic assessment of affective and interpersonal processes in anxiety and depression in the United States and Canada. His research uses diverse methodologies to elucidate affective and interpersonal mechanisms in the etiology and development of anxiety and mood disorders from childhood through adulthood. For example, Dr. Rappaport presently leverages longitudinal, genetic epidemiology; ecological momentary assessment; and novel statistical approaches to differentiate chronic and phasic/reactive distress as distinct mechanisms in the development, assessment, and treatment of internalizing psychopathology in children, adolescents, and adults.



Antonia Seligowski, PhD

McLean Hospital/Harvard Medical School

Antonia V. Seligowski, PhD, is a post-doctoral research fellow under the mentorship of Kerry J. Ressler, MD, PhD in the Neurobiology of Fear Laboratory at McLean Hospital/Harvard Medical School. Dr. Seligowski obtained her BA in Psychology from Boston University, her PhD in Clinical Psychology at Northern Illinois University, and completed her pre-doctoral clinical psychology internship at McLean Hospital/Harvard Medical School.

Using translational methods such as fear potentiated startle, Dr. Seligowski's research is focused on examining the physiological and neurophysiological underpinnings of post-traumatic stress symptoms. Further, her research aims to identify how these mechanisms change over the course of treatment. In 2017, she received the Andrew P. Merrill Memorial Research Fellowship to support her research to determine and validate phenotypes and biomarkers that predict treatment response among women with post-traumatic stress symptoms.



Lauren Sippel, PhD

National Center for PTSD/Geisel School of Medicine at Dartmouth

Lauren Sippel, Ph.D., is the Associate Director for Research at the National Center for PTSD (NCPTSD) Executive Division and Assistant Professor in Psychiatry at Geisel School of Medicine at Dartmouth. Dr. Sippel completed her graduate work at the Pennsylvania State University and her clinical internship at the University of Mississippi Medical Center and G.V. (Sonny) Montgomery VA Medical Center. During her postdoctoral fellowship at the NCPTSD Clinical Neurosciences Division, she was awarded a New England Healthcare System (VISN 1) Career Development Award to run a pilot study of the effects of intranasal

oxytocin on neural correlates of socioemotional processing in veterans with PTSD. In her role as AD for Research, Dr. Sippel's responsibilities include monitoring of the NCPTSD research portfolio, assisting NCPTSD leadership with strategic planning and advisory board initiatives, disseminating research findings on PTSD care to mental health professionals (e.g., serving as Associate Editor of Clinician's Trauma Update-Online), and publishing scholarly research.

Dr. Sippel is most interested in understanding how trauma affects how we perceive and respond to the social world. To this end, her work has encompassed a number of methodologies (e.g., clinical epidemiology, experimental psychopathology paradigms, genetics) to examine cognitive, affective, and neurobiological mechanisms of trauma recovery and interpersonal problems. Dr. Sippel's ongoing projects include the development of a model of treatment-resistant PTSD and examinations of longitudinal associations among PTSD symptoms, social connection, and service use in veterans. The ultimate goal of this work is to develop ways to use social connection to optimize trauma recovery.



Kristin Szuhany, PhD
NYU Langone Health

Kristin Szuhany, Ph.D., is a postdoctoral fellow in the Department of Psychiatry at NYU Langone Health. Dr. Szuhany completed her doctoral training in the Clinical Psychology program at Boston University under the mentorship of Dr. Michael Otto. She completed her predoctoral internship at Montefiore Medical Center working in outpatient, inpatient, and emergency department settings. Currently, Dr. Szuhany is involved in research investigating a novel pharmacological intervention for PTSD as well as research in factors associated with the development and maintenance of complicated grief under the direction of Dr. Naomi Simon in the NYU Anxiety and Complicated Grief Program. She also performs clinical work in the NYU Military Family Clinic, providing cognitive-behavioral therapy to veterans and their family members.

Dr. Szuhany has extensive experience implementing evidence-based treatments for adults with anxiety disorders, PTSD, and depression, including cognitive-behavioral therapy and behavioral activation. Her research interests include examining the efficacy of exercise interventions for anxiety and mood disorders, exploring the psychological and biological mechanisms of change involved in treatment response, and identifying factors that promote behavioral change in mood, anxiety, and stressor related conditions. Dr. Szuhany's dissertation, supported by an NIMH training grant, examined the efficacy of augmenting brief behavioral activation therapy with exercise for adults with depression.



Johanna Thompson-Hollands, PhD
National Center for PTSD

Johanna Thompson-Hollands, Ph.D., attended graduate school at Boston University under the mentorship of Dr. David H. Barlow. Her research focused on the nature and treatment of emotional disorders, and particularly on the role of family members in symptom maintenance and treatment. While in graduate school, Dr. Thompson-Hollands received a National Research Service Award from NIMH to develop and test a brief family intervention (the BFI) to enhance individually-delivered exposure therapy for obsessive compulsive disorder. In a randomized controlled trial the intervention was found to significantly enhance patients' outcomes during treatment.

Following her internship at the VA Palo Alto Health Care System, Dr. Thompson-Hollands accepted a role as a project coordinator for a large PTSD treatment study at the VA Boston Healthcare System. After completing that two-year position, she was then awarded a Career Development Award from the Department of Veterans Affairs. This four-year award includes both training and research funds to allow Dr. Thompson-Hollands to revise and extend the BFI to the treatment of veterans with posttraumatic stress disorder (PTSD). She looks forward to continuing her work with incorporating families into evidence-based treatment and using social support to enhance patients' outcomes.



Samuel Wilkinson, MD

Yale University

Dr. Wilkinson graduated from medical school at John Hopkins University and did his psychiatric residency training at Yale. He is now junior faculty at Yale and is the Assistant Director of the Yale Depression Research Program. Dr. Wilkinson's research interests focus on developing ways to improve the quality of care in the community for psychiatric patients, with a special interest in improving access to and dissemination of preventive measures and evidence-based therapies for treatment-resistant depression. These include electroconvulsive therapy (ECT) and ketamine. He also has an interest in the potential therapeutic and adverse effects of cannabinoids as well as US policy relating to the medical and recreational use of cannabinoids.



Vera Vine, PhD

University of Pittsburgh School of Medicine

Vera Vine, Ph.D. is a T32 Postdoctoral Scholar in child and adolescent mental health at the University of Pittsburgh School of Medicine. She received her bachelor's in psychology from Harvard University and her doctorate in clinical psychology from Yale University. Dr. Vine's graduate research with Dr. Susan Nolen-Hoeksema focused on understanding the functional role of identifying and labeling emotions in depression-related mood regulation. As a postdoctoral scholar with Drs. Maria Kovacs, Stephanie Stepp, and J. Richard Jennings, she has been investigating how abnormalities in physiological responding to emotion, especially disrupted body-brain communication, may be involved in the development of emotion awareness and emotion regulation. Dr. Vine's research aims to characterize the developmental trajectories of the physiology-cognition interface, understand its sensitivity to environmental and caregiving influences, and evaluate its predictive role in the development of emotion regulation and depression risk. Ultimately, she hopes to improve our understanding of the body-brain connection in the pathophysiology and treatment of depression and related disorders.

Career Development Leadership Program Award Participants: Practice Track



Nicole Alicino, PhD
Spectrum Services

Nicole Alicino, PhD, is a post-doctoral fellow at Spectrum Services. Dr. Alicino specializes in working with individuals on the Autism Spectrum and has expertise working with patients that experience chronic anxiety, social phobia, OCD, and related disorders (including trichotillomania and skin-picking). She also has clinical expertise in neuropsychological and diagnostic evaluations for children and adults, including Adult Asperger's Assessments, and psychotherapy for individuals and families. With a cognitive-behavioral approach (CBT), Dr. Alicino's goal is to help patients gain a deeper understanding about themselves as well as learn new skills and strategies to foster resilience and independence. She is particularly experienced in working with parents and providing family-based interventions.

Dr. Alicino received her Ph.D. in School Psychology and M.A. in Educational Psychology from Fordham University. In 2016-2017, she completed her pre-doctoral internship at Spectrum Services; in that capacity she provided individual and family psychotherapy for adolescents and adults with Autism and complicated co-occurring conditions and also conducted comprehensive psychological evaluations and Autism diagnostic assessments for children and adults. Additionally, Dr. Alicino has worked as a licensed school psychologist in various underserved communities within New York City. Prior to that she was a neuropsychology and Autism Spectrum Disorder extern at NYU Child Study Center and a clinician at YAI- National Institute for People with Disabilities. Dr. Alicino received advanced training in Cognitive Behavioral Therapy at the Beck Institute.



Julia Burch, PhD
McLean Hospital

Julia Martin Burch, PhD is a post-doctoral fellow at McLean Hospital. At McLean, Dr. Burch is a clinician in the McLean Anxiety Mastery Program (MAMP), an intensive group-based outpatient service for youth with severe anxiety, obsessive compulsive, and related disorders. She also works in the McLean 3East Adolescent DBT service and the McLean School Consultation Service, through which she and colleagues provide training and consultation in evidence based treatments to public school districts around Massachusetts. Dr. Burch completed her internship at Massachusetts General Hospital (child track) and her graduate training in clinical psychology at Fairleigh Dickinson University. Following post-doc, she plans to continue her work with anxious youth at MAMP as well as to develop a research program within the McLean School Consultation Service.



Jonah Cohen, PhD

University of Pennsylvania Hospital System/Temple University

Jonah Cohen, Ph.D. is currently a postdoctoral fellow in the University of Pennsylvania Hospital System (UPHS) and an adjunct assistant professor at Temple University. Dr. Cohen graduated *summa cum laude* from Brandeis University where he studied psychology and philosophy. He went on to train in the clinical science doctoral program at Temple University, working under the mentorship of Dr. Richard Heimberg, and completed his internship in clinical psychology at Columbia University Medical Center in 2017.

At UPHS, Dr. Cohen works in general outpatient psychology, palliative psycho-oncology, and coordinates the integration of psychology into the consultation-liaison psychiatry service. In addition, he is currently writing about the empirical examinability of psychodynamic thought and is running a pilot study of cognitive behavioral therapy for patients who are having difficulty weaning from mechanical ventilation on intensive care units. Dr. Cohen's other professional interests include work in acute settings, mindfulness, psychoanalytic psychotherapy, and conducting research pertaining to treatment personalization.

Dr. Cohen believes in the power of conversation to close academic divides and incite intellectual progress. To this end, he is an ardent proponent of integration, seeking to promote interdisciplinary dialogue, the synergistic use multiple therapeutic modalities, and the importance of the intersection between clinical practice and rigorous empirical science. Through a career in academic medicine focused on practice, program development, and teaching, Dr. Cohen hopes to contribute to the evolving idea that integration is not an aimless nor impossibly broad endeavor. He is deeply grateful for the opportunity to participate in the CDLP and is eager to learn.



Heather El-Amamy, MD, PhD

Georgetown University Hospital

Heather El-Amamy, MD, PhD is a third-year psychiatry resident at Georgetown University Hospital. She completed a combined BA/MS in Neuroscience at Johns Hopkins University, where she worked with Dr. Peter Holland on research examining neural circuitry of attention and motivation. Dr. El-Amamy then attended the Medical Science Training Program at Columbia University, and participated in research with Dr. Nancy Bivens and Dr. Jay Gingrich on the genetics of schizophrenia, which was supported by an F31 National Research Service Award fellowship. She is currently involved in research with Dr. Abigail Marsh focused on the role of facial emotion recognition in children with conduct problems. Clinically, Dr. El-Amamy's interests include treatment of trauma-related pathology as well as working with underserved and correctional populations. She plans to pursue a fellowship in Forensic Psychiatry after residency.



Nathan Fite, PhD

Kansas City Center for Anxiety Treatment

Dr. Nathan Fite is the current postdoctoral fellow in pediatric psychology at the Kansas City Center for Anxiety Treatment. He received his Doctorate in School Psychology from the University of Cincinnati, where he also obtained his Masters Degree in Special Education. Dr. Fite went on to complete an APA-accredited doctoral internship through the Illinois School Psychology Consortium and continued practicing as a school psychologist in Chicago while completing a clinical fellowship at the Anxiety Treatment Center of Greater Chicago (ATC). While at ATC, his training targeted the management of severe and treatment-refractory anxiety. Dr. Fite has specialized training across the spectrum of anxiety and related disorders—including extensive experience with youth and families and pediatric onset conditions such as selective mutism and autism spectrum disorders. He regularly presents and publishes his work, and is an active member of the [Anxiety and Depression Association of America](#). Dr. Fite has taught at the University of Cincinnati's graduate program in Behavior Analysis and is the recipient of the 2014 Meagan Toothman Award for his contributions in the field of School Psychology. As a Peruvian American, he practices bilingually in Spanish and English and maintains a special interest in diversity issues.



Lauren Hoffman, PsyD

Columbia University Medical Center

Lauren Hoffman, Psy.D., is a postdoctoral fellow at the Columbia University Clinic for Anxiety and Related Disorders (CUCARD) at Columbia University Medical Center. Dr. Hoffman received her B.A. with honors in psychology from the University of Pennsylvania. She received her doctorate in clinical psychology from the Graduate School of Applied and Professional Psychology at Rutgers University. Dr. Hoffman completed her predoctoral clinical internship at the NYU Child Study Center and Bellevue Hospital Center, where she worked in outpatient, emergency department, partial hospital, and inpatient settings.

Dr. Hoffman specializes in the cognitive-behavioral treatment of anxiety and mood disorders in children, adolescents, and young adults. She also has clinical expertise in family and school-based interventions for youth with disruptive behavior disorders, as well as extensive clinical training in dialectical behavioral therapy (DBT) for adolescent emotion dysregulation and nonsuicidal self-injury. Dr. Hoffman's research has examined parent-child agreement on treatment goals, the relationship between bullying and emotional distress, and the development of novel assessments and interventions for bullied youth. Her current research interests also include the use of novel technology, such as virtual reality, to improve access to care for youth and young adults with anxiety.



Stephanie Kuhn, MA, LPC

Anxiety Treatment Center of Greater Chicago

Dr. Kuhn is a Licensed Professional Counselor specializing in anxiety at the Anxiety Treatment Center of Greater Chicago, where she utilizes CBT and Exposure and Response Prevention Therapy to successfully treat anxiety and related disorders. She works with children and adults, and has a particular interest in performance anxiety, OCD, and ADHD. Dr. Kuhn earned her Master of Arts degree in Counseling with a specialization in sport and health psychology from Adler University. She utilized Cognitive Behavior Therapy (CBT) and Trauma-Focused CBT in her clinical internships while treating children and adolescents. In addition, Dr. Kuhn has worked extensively with collegiate athletes on performance anxiety and mental skills training, resulting in gains in confidence, motivation, goal setting, and attitude. She is a member of the Association for Applied Sport Psychology, American Counseling Association, and Anxiety and Depression Association of America.



Samantha Swetter, MD

Mount Sinai Hospital

Dr. Samantha Swetter, MD, grew up in Papillion, Nebraska before receiving her BS in Mechanical Engineering from University of Nebraska – Lincoln. Feeling that she wanted to work more closely with the populations she wanted to help, she then applied and matriculated into the MD/PhD program at Albert Einstein College of Medicine in Bronx, New York. After 2 years of her graduate degree in Biochemistry working on novel diagnostics and therapeutics for malaria, Dr. Swetter then left graduate school and matriculated into the MD track to concentrate on clinical care and systems administration. While in medical school, she focused on global mental health and treatment of underserved populations – in particular homeless and those with substance use disorders. Dr. Swetter then continued this work with a psychiatry residency at Mount Sinai Hospital in New York City. During her residency, she was heavily involved in resident education, leading the intern didactic course as well as teaching various other lectures, completed quality improvement projects, is involved in tele-supervision of an overseas practitioner, and became involved in clinical administration through her electives and time as chief resident. Dr. Swetter now continues her work in underserved populations by concentrating on clinical and education administrative and plans to work in inpatient psychiatry upon completion of her training program.



Elizabeth Parker, LCMFT
Bowie Youth & Family Services

Liz Parker, LCMFT is a Licensed Clinical Marriage and Family Therapist and an AAMFT Approved Supervisor. Her experience includes working with individuals, families, and couples, and she has been trained in EMDR, play therapy, and family therapy. Ms. Parker has implemented this training with children, adolescents, and adults. She earned her undergraduate degree in Psychology from Barnard College, Columbia University, and her masters degree in Couple and Family Therapy from University of Maryland, College Park. Ms. Parker used cognitive behavioral therapy, play therapy, and a wide variety of systemic therapy models during her internship at the Center for Healthy Families in College Park, MD. She currently works as a family counselor at Bowie Youth & Family Services in Bowie, MD, providing family therapy to residents of Prince Georges County, Maryland, and as an associate at a private practice providing individual couple, and family therapy in Columbia, MD. In her current work, Ms. Parker continues to gain experience and education through consultation on anxiety disorders (including exposure and response prevention) and EMDR. She is a member of the American Association for Marriage and Family Therapy (AAMFT) and a member of Anxiety and Depression Association of America.



Zuzanna Wojcieszak, MA
Temple University

Originally from Gdansk, Poland, Zuzanna K. Wojcieszak, M.A. is a fourth year graduate student in the clinical psychology doctoral program at Temple University. Prior to starting graduate school, Ms. Wojcieszak worked with Dr. Katie McLaughlin in the Stress & Development Lab at University of Washington, coordinating the Childhood Adversity and Brain Development study. Currently, she works with Dr. Thomas Olino in the Child and Adolescent Development of Emotion, Personality and Psychopathology (CADEPP) lab, where she is involved in a multimethod prospective longitudinal study of the development of mood disorders from late childhood to adolescence in a community sample. Ms. Wojcieszak is also a student diagnostician and clinician at Dr. Philip Kendall's Child and Adolescent Anxiety Disorders Clinic at Temple. Her research interests center on youth's access to treatment and prevention. Ms. Wojcieszak is also broadly interested in the intersection of social and clinical psychology, such as adolescent mental health in relation to social stressors (e.g., experiences of discrimination, stigma, and interacting with people different from ourselves). Her master's thesis examined clinical and psychosocial predictors of treatment utilization for the first episode of depression. Ms. Wojcieszak dissertation research will investigate the impact of experience of concealed stigma of mental illness on treatment progress, dropout and outcome in her graduate program's training clinic.

Anxiety and Depression Association of America

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