



**ANXIETY AND DEPRESSION
ASSOCIATION OF AMERICA**

2019 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

Suzanne Vrshek-Schallhorn, PhD

University of North Carolina-Greensboro

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Dr. Vrshek-Schallhorn completed undergraduate degrees in Psychology and Biology at Florida State University in 2002, followed by a PhD in Clinical Psychology at the University of Minnesota in 2008. She then completed five years of postdoctoral training in the Department of Psychology at Northwestern University. Dr. Vrshek-Schallhorn was appointed as an Assistant Professor at the University of North Carolina at Greensboro (UNCG) in 2013. She has been supported by a National Science Foundation predoctoral research fellowship, a National Institutes of Health postdoctoral NRSA fellowship, a Brain and Behavior Research Foundation Young Investigator NARSAD grant, and internal funding from the University of North Carolina at Greensboro (UNCG). Dr. Vrshek-Schallhorn's research examines pathways from stress to depression through such lenses as gene-environment interactions and cortisol in daily life and the lab. It emphasizes the importance of objective stressor measurement, interpersonal stress, and additive genetic risk. She is grateful to her former research mentors, Drs. Monica Luciana, Susan Mineka, Richard Zinbarg, and Emma K. Adam, and key collaborator Dr. Catherine B. Stroud. Dr. Vrshek-Schallhorn thanks her four current UNCG graduate students Brad Avery, Vaibhav Sapuram, Maria Ditchava, and Gail Corneau for keeping research fun. She thanks her husband and two kids for enriching her life.

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



Teddy Akiki, MD

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Teddy Akiki, MD is a Postdoctoral Fellow at the Yale University Department of Psychiatry and the National Center for PTSD—Clinical Neurosciences Division, where he researches the neural basis of psychiatric illness. He received his M.D. from the American University of Beirut where his doctoral research consisted of developing electroencephalography-based biomarkers in the context of neuromodulation and treatment-resistant depression.

Dr. Akiki's research interests focus on the network neuroscience of stress- and trauma-related psychiatric illness, pharmaco-imaging of glutamatergic rapid-acting antidepressants, and neuroimaging analysis methodology. Specifically, Dr. Akiki is interested in characterizing brain circuits involved in cognitive and affective processes, with the focus of understanding their dysfunction in the context of severe psychiatric illness, the mechanism underlying treatment response, identifying neuroimaging phenotypes, and developing pragmatic biomarkers to guide treatment decisions. His research harnesses the combination of functional and structural neuroimaging, pharmacological trials, and computational and network approaches. Dr. Akiki's methodological focus in connectomics involves advancing techniques to map the mesoscale community structure of the brain network, with an emphasis on individual differences.



C. Sophia Albott, MD, MA

University of Minnesota Medical School

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Dr. C. Sophia Albott is a neuroscientist and psychiatrist investigating novel treatments and diagnostic tools for characterizing pathological responses to trauma, with a focus on post-traumatic stress disorder (PTSD) and depression. She is specifically interested in using neuroplasticity-based interventions to promote recovery from depression and PTSD using multimodal analytic methodologies. Dr. Albott holds a BA in neuroscience from Grinnell College and a MA in philosophy from the Katholieke Universiteit in Leuven, Belgium. She received her MD at the University of Minnesota Medical School in Minneapolis, MN, where she also completed residency training in adult psychiatry. Following residency, she completed a postdoctoral research fellowship through the University of Minnesota's T32 program in Psychiatric Comorbidity. Dr. Albott is now an assistant professor at the University of Minnesota Medical School and directs the Transcranial Magnetic Stimulation program in the Department of Psychiatry's Interventional Psychiatry Discovery Clinic. She was recently appointed the Deputy Vice-Chair for Research in the UMN Department of Psychiatry. Dr. Albott maintains a part-time clinic at the MHealth Outpatient Neuromodulation Clinic where she also participates in clinical research translating her work on the pathophysiological mechanisms underlying disordered responses to trauma. Her goal is to better understand the brain's response to traumatic events and chronic stress in individuals with mental health disorders. Dr. Albott has received awards from the NIH and the University of Minnesota Medical School, and is currently funded through the NIH KL2 University of Minnesota Center for Translational Research Institute.



Christal Badour, PhD

University of Kentucky

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Dr. Christal Badour is a licensed clinical psychologist and an Assistant Professor in the Department of Psychology at the University of Kentucky. She received her Ph.D. in clinical psychology from the University of Arkansas in 2014. Dr. Badour completed her clinical internship in the traumatic stress track of the Charleston Consortium internship program and completed an NIMH-funded postdoctoral fellowship at the National Crime Victims Research and Treatment Center at the Medical University of South Carolina. Her research focuses on understanding the development and maintenance of psychopathology following traumatic experiences. Much of this work involves examining the role of affective expression and regulation in posttraumatic stress disorder (PTSD) with a particular emphasis on moral emotions such as disgust, shame, and guilt. Dr. Badour is also interested in identifying unique and shared processes underlying symptoms of PTSD and commonly comorbid concerns including substance abuse, obsessive-compulsive disorder (OCD), and sexual dysfunction. Her work is increasingly focused on identifying specific mediators and moderators of treatment change in order to enhance existing interventions and to guide development of new targeted interventions for patients with trauma-related psychopathology.



Alexandra Bettis, PhD

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Dr. Alexandra Bettis is a first year postdoctoral fellow in the Child Mental Health T32 program through Alpert Medical School of Brown University under the mentorship of Drs. Richard Liu, Tony Spirito, and Jennifer Wolff. She recently completed her pre-doctoral clinical internship in the General Child track at UCLA Semel Institute for Neuroscience and Human Behavior, and graduated from Vanderbilt University's Clinical Psychological Sciences doctoral program in June 2018, where she worked under the mentorship of Dr. Bruce Compas. Dr. Bettis's research interests include understanding mechanisms through which interventions may prevent or reduce the burden of internalizing symptoms and disorders in youth, particularly anxiety and depression. More specifically, her research aims to utilize multi-method assessment in order to improve our understanding of how youth select and implement coping and emotion regulation skills. As Dr. Bettis begins her postdoctoral research fellowship, she will continue to investigate these questions with a specific focus on the role of coping and emotion regulation in the prevention of suicidal behaviors in youth. Ultimately, she hopes this work will inform both preventive interventions for high-risk youth and interventions for adolescent psychiatric inpatients.



Cierra Edwards, MS

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Ms. Edwards is a fourth-year clinical psychology student working with Dr. Shari Steinman at West Virginia University. Her research interests broadly involve understanding the etiology, maintenance, and treatment of anxiety disorders and obsessive-compulsive disorder (OCD). Ms. Edwards is particularly interested in developing treatments specific to postpartum onset anxiety and OCD. She is also passionate about increasing accessibility to mental health care through the use of technology. Some of her work focuses on the efficacy of interventions with wide dissemination potential, such as cognitive bias modification for interpretations (CBM-I), virtual reality, and internet delivered cognitive behavioral therapy (CBT). Ms. Edwards looks forward to finishing her doctoral training and pursuing postdoctoral clinical research opportunities. She hopes to stay actively involved in ADAA throughout her career.



Elizabeth Eustis, PhD

Center for Anxiety and Related Disorders, Boston University

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Elizabeth H. Eustis, PhD, is currently a Postdoctoral Fellow at the Center for Anxiety and Related Disorders (CARD) at Boston University working with Drs. David Barlow, Todd Farchione, and Shannon Sauer-Zavala in the Transdiagnostic Treatment Lab. She completed her doctorate in Clinical Psychology at the University of Massachusetts Boston, where she worked with Dr. Lizabeth Roemer on research examining mechanisms of change in acceptance-based behavioral therapy, as well as novel ways to increase access to evidence-based

treatments in diverse contexts. For Dr. Eustis' dissertation, she developed a brief web-based therapist assisted acceptance-based behavioral intervention for college students and tested it in a randomized controlled trial versus a waitlist control condition. She completed her predoctoral clinical psychology internship at the Alpert Medical School of Brown University, where she worked with Dr. Cynthia Battle on research examining novel interventions for women with depressive symptoms during the perinatal period. Dr. Eustis' research focuses on identifying mechanisms of change in evidence-based treatments for anxiety, culturally-responsive treatment, and the use of technology, all in the service of increasing access to evidence-based care.



Travis Evans, MS

University of Miami

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Travis Evans, MS, is a clinical psychology doctoral candidate at the University of Miami working with Jennifer Britton, Ph.D. He is currently completing his clinical psychology internship at VA Boston Healthcare System. Mr. Evans' research broadly focuses on characterizing dysregulation within neural circuitry underlying approach and avoidance motivational systems across internalizing disorders. In this research, he examines how threat-related and reward-related information is processed and integrated to inform cognition, affect, and behavior. In this program of research, information processing and integration is quantified across multiple levels of analysis including self-report, behavioral, autonomic, and fMRI methodologies. The primary aim of Mr. Evans' dissertation is to elucidate how social reward and social threat are integrated within the striatal-amygdala circuit to facilitate social avoidance behaviors. As a psychology intern at VA Boston, he is working with Michael Esterman, PhD to quantify how traumatic brain injury reduces the integrity of striatal-amygdala circuitry to potentially impair social behavior in PTSD. In his clinical work, Mr. Evans aims to flexibly tailor evidence-based treatments based on individual differences in clinical presentation (e.g., comorbidity, symptom clusters, etc.) to optimize treatment response. Ultimately, he aims to integrate his research and clinical experiences to identify patient-level biomarkers that can be employed to guide treatment selection for internalizing disorders.



Kirsten Gilbert, PhD

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Dr. Kirsten Gilbert is a licensed clinical psychologist and faculty at Washington University School of Medicine. She received her PhD in Clinical Psychology from Yale University and completed her clinical internship and a postdoctoral fellowship at Northwestern University, Feinberg School of Medicine. Dr. Gilbert then completed a T32 postdoctoral fellowship in developmental neuroscience and child psychopathology at Washington University School of Medicine under Dr. Joan Luby and Dr. Deanna Barch. Her program of research focuses on examining how 'too much self-control,' in the form of heightened performance monitoring and 'overcontrol,' develop in young children. Dr. Gilbert takes a transdiagnostic perspective to examining the neural (e.g., EEG/ERP) and behavioral markers associated with the developmental psychopathology of overcontrol. As part of a NIMH K23 award, she is currently investigating the underlying neural mechanisms and caregiving influences of heightened performance monitoring and overcontrol in early (age 5-6) development and in relation to increasing symptoms of social anxiety, OCD, and social impairment. An important next step in Dr. Gilbert's work is to translate her basic neuroscience research to early clinical intervention. An innovative treatment, Radically

Open Dialectical Behavior Therapy (RO DBT) directly targets overcontrol in adults and she is intensively trained and currently practicing RO DBT. A future goal of Dr. Gilbert's is to adapt and test the neural and behavioral impact of RO DBT in young children. Ultimately, she aims to improve identification and early intervention of transdiagnostic overcontrol in children and adolescents.



Lana Grasser, BSc

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Lana Ruvolo Grasser is a second-year pre-doctoral candidate in Translational Neuroscience at Wayne State University (WSU). She is a 2017 graduate of Michigan State University with a BSc in Neuroscience and a minor in dance. Currently, Ms. Grasser works with Drs. Arash Javanbakht and Tanja Jovanovic at the Stress, Trauma, and Anxiety Research Clinic at WSU. Her research focuses on trauma-related disorders, their neurobiology, and treatment, specifically in the context of the Syrian refugee crisis. Ms. Grasser is passionate about the use of alternative therapies for treatment of PTSD and anxiety in this population, most notably Dance/Movement Therapy. Through her work, she hopes to demonstrate the efficacy of these interventions as well as the underlying neurophysiological mechanisms. Ms. Grasser is grateful to the Syrian community in Southeastern Michigan with which she works and has learnt so much from. She strives to make community engagement and application a top priority in all of her research activities. At the STARC lab, Ms. Grasser is also working on a neuroimaging study of cognitive context in fear conditioning and extinction learning, augmented reality exposure therapy for small animal phobias. She is a proud member of ADAA and has appreciated the collaborations, education, and friendships made possible during her training through the organization. Outside of the lab, Ms. Grasser enjoys travelling, scuba diving, practicing yoga, and, of course, dancing.



Liisa Hantsoo, PhD

The University of Pennsylvania School of Medicine

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Liisa Hantsoo, PhD is an Assistant Professor in the Department of Psychiatry at the University of Pennsylvania Perelman School of Medicine (PSOM). Her research focuses on physiologic stress response in the context of sex differences and women's mental health. Dr. Hantsoo's work has been funded by an NIH K23 Award, a NARSAD Young Investigator Award, and a March of Dimes Prematurity Research Center Early Career Award. Her K23 research focuses on the role of GABAergic neurosteroids in premenstrual dysphoric disorder (PMDD), a depressive disorder characterized by mood symptoms restricted to the luteal (premenstrual) phase of the menstrual cycle. In addition, Dr. Hantsoo has published research on the impact of adverse childhood experiences on inflammation, stress response, and the gut microbiome in the perinatal period. At the national level, she is involved with the National Network of Depression Centers (NNDC) Women and Mood Disorders Task Force, and the International Association for Premenstrual Disorders (IAPMD). Dr. Hantsoo completed her undergraduate training at The Johns Hopkins University, her doctoral work at The Ohio State University in the

laboratory of Janice Kiecolt-Glaser, PhD, and her postdoctoral work at PSOM in the laboratory of Neill Epperson, MD.



Samantha Holmes, PhD

Yale School of Medicine

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Samantha Holmes, PhD is a postdoctoral research fellow at Yale School of Medicine, Department of Psychiatry. She earned her PhD in Counseling Psychology at the University of Akron, under the mentorship of Dr. Dawn Johnson. Dr. Holmes recently completed her predoctoral clinical internship at the VA Palo Alto Health Care System which included clinical training in the treatment of trauma and behavioral medicine as well as a research component at the National Center for PTSD, Dissemination and Training Division, under the mentorship of Dr. Shannon Wiltsey Stirman.

Her program of research focuses on understanding women's experiences of trauma and its sequela (i.e., PTSD, disordered eating, depression, anxiety) with the ultimate goal of developing empirically-supported prevention and intervention programs. In her graduate training, Dr. Holmes worked on several grant-funded projects focused on empirically-supported treatments for PTSD. Her dissertation established a theoretical model for understanding the association between interpersonal trauma and disordered eating. Much of Dr. Holmes's research is focused on populations of overburdened and underserved women. She is currently wrapping up data collection on a study focused on PTSD and disordered eating among women intimate partner violence (IPV) survivors residing in shelter. Currently, Dr. Holmes is supported by a NIDA T32 fellowship program at Yale University School of Medicine where she is mentored by Drs. Megan Smith and Tami Sullivan. Her postdoctoral work focuses on examining the impact of system-level interventions (i.e., protection orders for IPV survivors, temporary assistance for needy families [TANF] for low-income mothers) on diverse groups of women.



Arielle Horenstein, MA

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Arielle Horenstein, MA, is currently a fourth-year clinical psychology doctoral student at Temple University working with Dr. Richard Heimberg. She received her BA in Psychology from Boston University. Ms. Horenstein's primary research and clinical interests center on the interactions between anxiety, depression, and physical health.

Her research thus far has examined anxiety-related mechanisms of behaviors such as medical care utilization, medication adherence, and health behaviors associated with the development and maintenance of chronic illnesses. Ms. Horenstein has first-authored and co-authored papers on these and related topics that are published in peer-reviewed journals including *Cognitive Therapy and Research*, *Clinical Psychology: Science and Practice*, and *Journal of Abnormal Psychology*. She is also currently the lead graduate assistant for Dr. Heimberg's federally funded study of an online intervention for the treatment of dental anxiety. Through this and future work, Ms. Horenstein hopes to inform the practice of addressing mood and anxiety symptoms in medical populations and healthcare settings, and to contribute to the growing body of knowledge on the interactions between psychological and physical health.



Juyoen Hur, PhD

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Dr. Juyoen Hur received her PhD in clinical psychology (with minors in behavioral neuroscience and statistics) from the University of Illinois at Urbana-Champaign in 2017, after completing her clinical internship at the Department of Psychiatry of the University of Wisconsin-Madison School of Medicine and Public Health. She is currently a postdoctoral fellow in the Department of Psychology at the University of Maryland, College Park. Dr. Hur is licensed as a psychologist in the state of Maryland. Her program of research examines the psychological and neurobiological mechanisms of anxiety disorders and depression, particularly focusing on the interactive roles of emotion and attention in several key vulnerability factors (e.g., negative temperament, negative repetitive thinking, fear of uncertainty). Dr. Hur's interest in studying the interplay of cognitive and emotional risk factors for anxiety and depression stems from its potential to identify novel treatment targets and thus improve prevention and intervention efforts. Employing rigorous experimental methods borrowed from both cognitive psychology and neuroscience, she hopes to stimulate translational research targeting the attentional and affective mechanisms responsible for the development and maintenance of anxiety and depression.



Maria Ironside, DPhil

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Maria Ironside, DPhil, is a post-doctoral research fellow in affective neuroscience at McLean Hospital/ Harvard Medical School. She 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 Dr. Ironside 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. She 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 was recently awarded the Rappaport Mental Health Research Fellowship 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.



Nicholas Jacobson, MS

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Nick Jacobson is a Clinical Psychology Fellow at Massachusetts General Hospital/Harvard Medical School. His primary research interests include the intersection of anxiety and depression, both in regard to their specificity and their joint maintenance factors, and has examined these relationships utilizing data collected across multiple quantified units (i.e. affect, thoughts, behavior, sensors, neuroactivation, and physiology), using multiple methods (i. e., meta-analytic techniques, ecological momentary assessment, basic experimental studies, randomized controlled trials). Mr. Jacobson incorporates technology-based assessments, using actively collected information (e.g. ecological momentary assessments) and passively-captured sensor data (e.g. smartphone GPS, accelerometers) within the context of daily life in order to better understand and conceptualize anxiety and depression psychopathology. He has released a smartphone-based application (entitled Mood Triggers) which collects this type of active and passive assessment data and gives users feedback regarding the personalized maintenance factors of their anxiety and depression, and has utilized this application to collect data from tens of thousands of participants. Mr. Jacobson has also developed quantitative expertise surrounding longitudinal data analysis, and has written a statistical package (written in R) entitled the Differential Time-Varying Effect Model (DTVEM) which is used to explore optimal time lags in intensive longitudinal data. His career goals include incorporating technology to expand the personalization of psychotherapeutic assessments and treatments, ultimately enhancing the accuracy of assessments and the efficacy of psychotherapy for anxiety and depressive disorders.



Reilly Kayser, MD

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Dr. Kayser is a clinical research fellow at Columbia University and the New York State Psychiatric Institute (NYSPI). He received his undergraduate degree from Yale University, where he studied psychology and behavioral neuroscience, and then spent two years as a post-baccalaureate research trainee at the National Institute of Mental Health (NIMH). Dr. Kayser then obtained his medical degree from Georgetown University and went on to complete his psychiatric residency at Columbia. He is currently supported by an NIMH T32 training award. Under the mentorship of Dr. H. Blair Simpson, MD, PhD, Dr. Kayser's current research focuses on the development of novel therapeutic interventions for obsessive-compulsive disorder (OCD). In particular, he is interested in the role of the endocannabinoid system in the pathophysiology of OCD, and whether this system could be a target for new treatments. Developed in collaboration with Dr. Meg Haney, an internationally-recognized expert in cannabinoid research, Dr. Kayser's current studies include a human laboratory paradigm testing the acute effects of cannabinoids on OCD symptoms and a clinical trial designed to assess whether cannabinoid medication can augment the effects of exposure therapy with response prevention (ERP) in adults with OCD. In addition to his work in research, he is an active clinician and treats patients through the Columbia/NYSPI Anxiety Disorders Clinic, the Comprehensive Psychiatric Emergency Program, and a small private practice. In the long term, Dr. Kayser's goal is to develop new and more effective treatments for OCD and related conditions.



Nicole LeBlanc, MA

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Nicole LeBlanc, M.A., is a doctoral candidate in clinical psychology at Harvard University, working with Richard McNally, Ph.D. Her research examines the role of social factors in the development and maintenance of anxiety and traumatic stress disorders. Specifically, Ms. LeBlanc is interested in the ways that social relationships support emotional health and resilience, as well as the ways that the loss of a relationship partner can trigger the onset of mental disorders. She recently defended her dissertation entitled, “Building social connections: Testing the efficacy of two, single-session, CBT interventions to reduce loneliness among young adults.” This study was supported by the Sackler Foundation and was a randomized controlled trial that explored the efficacy of brief, CBT interventions for decreasing loneliness among individuals at risk for mental illness.

Ms. LeBlanc is currently completing her internship in clinical psychology at Massachusetts General Hospital (MGH) in the CBT track. At MGH, she collaborates on ongoing clinical research projects at the Center for Anxiety and Traumatic Stress Disorders, working with Luana Marques, Ph.D. Ms. LeBlanc will be continuing her clinical and research training as a postdoctoral fellow at the Center for Anxiety and Traumatic Stress Disorders at MGH next year, and is looking forward to becoming more actively involved in ADAA during postdoc.



Daniel Lee, PhD

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Dr. Daniel Lee completed his undergraduate training at the University of Massachusetts and masters and doctoral training at Auburn University under the mentorship of Dr. Frank Weathers. He completed his predoctoral internship through the VA Boston Healthcare System Psychology Internship Training Program. Dr. Lee is currently a NIMH T32 postdoctoral fellow at the Behavioral Science Division of the National Center for PTSD at the VA Boston Healthcare System and Boston University School of Medicine. His program of research has focused on understanding the association between emotion regulation and posttraumatic stress disorder (PTSD), development and evaluation of emotion regulation and PTSD assessment instruments, and more recently, novel approaches to identifying and reducing suicide risk among veterans.



Devon LoParo, PhD

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Dr. Devon LoParo was born and raised in Charlotte, NC. He attended Duke University where he received his B.S. in Psychology in 2010. Dr. Loparo earned his PhD in Clinical Psychology from Emory University in 2016, completed his pre-doctoral internship at the Emory School of Medicine's Internship in Health Service Psychology program, and was a postdoctoral resident in Emory School of Medicine's Postdoctoral Residency Program in Health Service Psychology. He joined the Emory University School of Medicine as an Assistant Professor and as a Clinical Psychologist in the Child and Adolescent Mood Program in 2017, where he has been engaged in both clinical service and research activities.

Dr. Loparo's primary research interests include identifying the risk factors predictive of comorbid depression and anxiety in child and testing whether assessing for such risk factors may allow clinicians to apply more effective, personalized psychological interventions to children. He also has interests in research on the longitudinal development of co-occurring anxiety and depression, the genetic etiology of childhood externalizing behavior, common and unique etiological influences between psychopathology and trauma, and evaluating interventions for mood disorders and suicidal ideation. Clinically, Dr. LoParo considers himself a generalist who is particularly interested in treating the effects of early life stress and trauma on mood and behavior.



Matteo Malgaroli, PhD

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Dr. Matteo Malgaroli is a postdoctoral fellow at NYU School of Medicine. He received his PhD in Clinical Psychology from Columbia University, and completed his clinical internship at Mount Sinai Beth Israel. Dr. Malgaroli's work in the Anxiety & Complicated Grief Program and in the Steven A. Cohen Military Family Clinic at NYU Langone focuses on understanding adjustment and resilience in the aftermath of potentially traumatic events. He is also an Assistant Professor at Teachers College and a Lecturer at NYU Langone, teaching computational and research methods to psychiatry residents, fellows, and psychology graduate students. Dr. Malgaroli's research interests include machine learning approaches to heterogeneity in mental health outcomes following loss and trauma.



Jonathan Stange, PhD

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Dr. Jonathan Stange is an Assistant Professor and clinical psychologist at the University of Illinois at Chicago Department of Psychiatry where he directs the Cognition and Affect Regulation Lab. His research focuses on identifying mechanisms and outcomes of inflexible cognitive and affective processes in mood disorders. Dr. Stange's current work seeks to identify how disrupted interactions between cognitive and affective processes may underlie maladaptive affect regulation in individuals at risk for problems such as depression and suicide. These studies involve the use of neuroimaging, autonomic psychophysiology, and experimental, behavioral, and longitudinal methods. Increasingly, his work involves studying affect regulation outside of the lab in "real-world" contexts that may have greater ecological validity than traditional laboratory-based methods, by using ambulatory assessment techniques (e.g., ambulatory autonomic psychophysiology, ecological momentary assessment, sleep actigraphy, and digital phenotyping approaches to measuring behavior with the [BiAffect app](#), developed by collaborators at UIC).

By improving the understanding of how risk factors may vary between individuals, and within individuals across contexts over time, Dr. Stange's work aims to inform the development of personalized, real-time interventions to improve behavioral flexibility and regulatory success, and in doing so, to reduce risk for problems such as depression, mania, and suicide. This work has been funded by the National Institute of Mental Health as a K23 Career Development Award and by grants from the Brain and Behavior Research Foundation (NARSAD Young Investigator Award), the Association for Psychological Science, the American Psychological Foundation, and the American Psychological Association.



Cecilia Westbrook, PhD

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Dr. Ceci Westbrook is in her final year of the MD/PhD program at the University of Wisconsin–Madison. She completed her PhD in 2017 with Dr. Richard Davidson. Dr. Westbrook's research is focused on development of depression in adolescents and young adults with an emphasis on the cognitive and neural mechanisms by which stress and negative life events lead to affective symptomatology in vulnerable individuals. Her work has previously been published in journals such as the Journal of Abnormal Psychology and Social, Cognitive and Affective Neuroscience and she has received honors such as the Society of Biological Psychiatry's travel award (2018) and a fellowship to attend the Kavli Summer Institute in Cognitive Neuroscience (2016). Dr. Westbrook has just completed the match and will begin as a first-year resident in psychiatry in July of 2019. She plans to complete a fellowship in child and adolescent psychiatry and continue in psychiatric research as a physician-scientist. In Dr. Westbrook's spare time, she enjoys hiking, baking, and spending time with her two cats.



Monica Wu, PhD

UCLA Semel Institute for Neuroscience and Human Behavior

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Monica S. Wu, PhD, is a postdoctoral scholar and clinical instructor at the UCLA Semel Institute for Neuroscience and Human Behavior. She is currently working under the mentorship of John Piacentini, PhD, ABPP through the NIMH T32 postdoctoral fellowship in Child Mental Health Intervention Research. Dr. Wu completed her clinical psychology graduate training at the University of South Florida under the mentorship of Eric Storch, PhD.

Dr. Wu's program of research has been dedicated to investigating the phenomenology, maintenance, and impact of childhood anxiety and obsessive-compulsive and related disorders (OCRDs). She developed a keen interest in examining the broader impact on families, with a particular focus on familial experiences and reactions that may exacerbate and maintain symptomology. These investigations are purposed to elucidate factors that may contribute to symptom exacerbation and negatively impact treatment outcome, with the hopes of better informing existing interventions and mitigating disorder-related distress. More recently, Dr. Wu has been extending upon her interest in the parent-child dyad by examining the intergenerational transmission of OCD, utilizing a translational approach by investigating potential neurocognitive and psychophysiological markers. She also developed and is testing an abbreviated intervention targeting youth with subclinical levels of anxiety and their caregivers, housed within an integrated behavioral health care model.

Career Development Leadership Program Award Participants: Practice Track



Bryan Balvaneda, MA

University of Massachusetts Boston

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Bryan Balvaneda is an advanced graduate student in the Clinical Psychology doctoral program at the University of Massachusetts Boston, where he is working with Sarah Hayes-Skelton. He grew up in San Diego, CA, and identifies as a Latino cisgender man. Mr. Balvaneda attended Yale University, where he completed a Bachelor of Science degree in Psychology. He aims to develop as a scientist-practitioner-activist. As such, Mr. Balvaneda's clinical interests lie in working with underserved communities, especially Latinx, low-income, and immigrant populations. He is also interested in utilizing alternative routes for mental health service delivery, including working in integrated medical-behavioral health settings, behavioral medicine approaches, outreach services, and internet-based platforms. Mr. Balvaneda's interests in these models stem from a goal of reaching populations that do not typically seek traditional mental health services. His current research focuses on the interpersonal effects of clinical processes. Mr. Balvaneda's most recent projects have examined the impact of mindfulness and social anxiety on relationship satisfaction in couples and the role of self-compassion in perceived partner responsiveness among college roommates. Lastly, He holds a strong interest in engaging in activism for social justice, with recent activities focusing on gentrification.



Sarah Bloch-Elkouby, PhD

Mount Sinai Beth Israel

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Dr. Sarah Bloch-Elkouby is a post-doctoral psychology fellow at the Zirinsky Center for Bipolar Disorders and the Brief Psychotherapy Research program at Mount Sinai Beth Israel Hospital. Originally from France, she moved to Israel after high school where she attended Law School and passed the Bar Exam. However, Dr. Bloch-Elkouby's life-long passion about psychology and the human mind, coupled with her strong commitment to social justice and helping professions, then led her to pursue a PhD in Clinical Psychology that she completed at Adelphi University, in New York, under the mentorship of J. Christopher Muran. Throughout her clinical training that culminated in her doctoral internship at Mount Sinai Beth Israel Hospital, New York, she became fluent in a variety of approaches to therapy, including Psychodynamic Therapy, Brief-Relational Therapy, Cognitive Behavioral Therapy, Dialectical Behavior Therapy, and Motivational Interviewing across diagnoses and populations. Dr. Bloch-Elkouby discussed her integrative treatment approach at international conferences and presented it in a peer-reviewed journal article. Her doctoral research focused on the evaluation of psychotherapy outcome and treatment failure in different treatment modalities and yielded several conference presentations and papers currently under review. Dr. Bloch-Elkouby's post-doctoral work extends over two areas of research. First, she investigates the mental processes experienced by individuals at high risk for suicide. Dr. Bloch-Elkouby also continues to explore questions related to the process and the outcome of psychotherapy and is currently focusing on alliance ruptures among culturally diverse dyads. As a clinician-scientist, she believes that clinical work and research come hand in hand and are not mutually exclusive. Dr. Bloch-Elkouby is also dedicated to training and loves conveying her passion for psychology and psychotherapy. She teaches an

undergraduate course at Adelphi University as well as an Alliance-Focused Training seminar in the residency program at Mount Sinai Beth Israel. Dr. Bloch-Elkouby is the proud mother of three children whose love is a continual source of inspiration.



Kristine Goins, MD

The Ross Center for Anxiety & Related Disorders
MedStar Georgetown University Hospital
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Kristine Goins, MD is a board-certified adult, child and adolescent psychiatrist with clinical and teaching interests in community and school-based mental health, as well as, integrative psychiatry. She enjoys working with school-based mental health teams, including KIPP charter schools, providing weekly psychiatric services. Dr. Goins works as a family psychiatrist for Community of Hope, a non-profit community health center, providing care for underserved families. She is also a provider at The Ross Center for Anxiety and Related Disorders. Dr. Goins provides an integrative, holistic, and family-centered approach to care by offering comprehensive, diagnostic assessments, medication management, psychotherapy, and parent management training. She is also a certified yoga instructor (RYT 200), and is able to incorporate yoga and other mindfulness-based therapies into her work with patients and families. Dr. Goins completed her adult psychiatry residency at Emory University and served as chief fellow during her child and adolescent psychiatry fellowship at Yale Child Study Center. She currently serves on faculty at MedStar Georgetown University Hospital.



Jessica Goodnight, PhD

Emory Healthcare Veterans Program
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Dr. Jessica Goodnight is a licensed clinical psychologist currently finishing a 2-year postdoctoral fellowship at Emory Healthcare Veterans Program under the direction of Dr. Barbara Rothbaum. She specializes in cognitive-behavioral treatments for anxiety and trauma-related disorders, with particular interest in exposure-based modalities and acceptance- and mindfulness-based treatments, such as Acceptance and Commitment Therapy and Dialectical Behavior Therapy. Although her career interests are primarily clinical in nature, Dr. Goodnight has also contributed extensively to research. She has published dozens of peer-reviewed scientific articles and book chapters related to the treatment of OCD, PTSD, and anxiety disorders, including articles on applications of technological advancement for exposure-based interventions and the importance of considering intersectional diversity in providing evidence-based care. Dr. Goodnight completed her doctoral degree in clinical psychology at Georgia State University, where she conducted research on anxiety disorders, mindfulness, Cognitive Behavioral Therapy (CBT), and Acceptance and Commitment Therapy (ACT) throughout her graduate training. Prior to graduate school, she had already published multiple research studies in the areas of OCD treatment and obsessive-compulsive spectrum disorders under Dr. Eric Storch, expert in treatment research for OCD. Dr. Goodnight completed her internship at the Minneapolis VA Health Care System, where she received specialized training in cognitive-behavioral treatment of PTSD, borderline personality disorder (BPD), hoarding disorder, and mood disorders, and received extensive experience in full-model DBT and DBT/PE. She has attended countless trainings to hone her skills in evidence-based psychotherapy. Dr. Goodnight also regularly provides consultation to other therapists in Prolonged Exposure therapy for PTSD.



Kari Gregory, MS, LPC

Positive Connections, LLC

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Kari Gregory is a master's level counselor licensed in both Kansas and Missouri. She graduated with her undergrad in Business Administration from a small liberal arts college in Kansas, Baker University, and received her Master of Science in Counseling Psychology from Avila University in Kansas City, MO. Prior to beginning her counseling degree, Kari worked in corporate marketing and sales implementation. As a second career professional, she started with community mental health working at a domestic violence shelter and then with the foster care system. In private practice, Kari began to specialize in the treatment of anxiety and related disorders and has been growing her practice over the past two years. She is married and the mother of two young adult children.



Debra Japko, PsyD

New York Presbyterian/Columbia University Medical Center

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Debra Japko, PsyD is a part-time attending psychologist at New York Presbyterian/Columbia University Medical Center, on a psychiatric inpatient unit. She runs six group psychotherapy sessions, including DBT: Mindfulness, DBT: Understanding Anxiety/Distress Tolerance, two depression groups, and two manualized Suicide Prevention groups. Dr. Japko provides family and individual psychotherapy and helps patients implement coping skills, gain awareness of their symptomatic manifestations, and assess their risk, utilizing both DBT and CBT modalities. In addition to working at NYP, she started a private practice to supplement her career interests in working with individual patients experiencing mood and trauma-related disorders. Dr. Japko carries a caseload of 12-15 outpatients whom she treats utilizing the training she has in CBT, DBT techniques, and psychodynamic therapy. She received her doctorate from Long Island University, Post Campus, and completed her pre-doctoral internship at Cambridge Health Alliance/Harvard Medical School. As a new ADAA member and 2019 Alies Muskin Career Development Leadership Program Awardee, Dr. Japko looks forward to expanding her clinical interests and knowledge, and would like to join a Committee to learn and interact with others from interdisciplinary fields.



Lindsey Matt, PhD

Rush University Medical Center

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Dr. Matt is a postdoctoral fellow at the Road Home Program at Rush University where she provides mental health services to veterans and their families using evidence-based practices (CPT, PE) in outpatient and intensive outpatient settings. She completed her graduate education at Kent State University in Ohio. Before coming to Rush, Dr. Matt completed her clinical internship at the Jesse Brown Veterans Affairs Medical Center in Chicago, IL where she worked with veterans who experienced complex trauma including military sexual assault and combat. Her interests are broadly in assessing and improving emotion dysregulation, especially in those who have experienced interpersonal trauma.



Jarell Myers, PhD

McLean Anxiety Mastery Program
Harvard Medical School
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Jarell R.O. Myers, PhD, is a clinical psychologist specializing in the treatment of anxiety and obsessive compulsive disorder using cognitive behavioral therapy (CBT), exposure and response prevention (ERP) therapy, and dialectical behavioral therapy (DBT) based techniques. Additionally, he has developed a specialty in treating adolescents with substance use disorders. Dr. Myers is currently a staff psychologist at the McLean Anxiety

Mastery Program where he provides intensive treatment for children and adolescents with anxiety and obsessive compulsive spectrum disorders.



Sarah O'Dor, PhD

Massachusetts General Hospital/Harvard Medical School
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Sarah O'Dor is a second-year clinical fellow in psychology at Massachusetts General Hospital/Harvard Medical. She attended Boston College for her undergraduate studies and received her Ph.D. in clinical psychology from Northwestern University Feinberg School of Medicine. She completed her clinical internship at Massachusetts General Hospital/Harvard Medical School specializing in child and adolescent

psychotherapy and assessment. In her current role, Dr. O'Dor is training in child and adolescent neuropsychological evaluations through the Learning and Emotional Assessment Program (LEAP). She also conducts neuroimaging research in pediatric OCD and neuropsychiatric conditions through the Pediatric Neuropsychiatry and Immunology Program at MGH.



David Singer, PsyD, BCBA

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David Singer, PsyD, BCBA is a post-doctoral clinical fellow at the Counseling Center at Rutgers University – Newark. He received his bachelor's degree in neuroscience and behavior from Vassar College and he received his doctorate of psychology (Psy.D.) in school psychology from the Graduate School of Applied and Professional Psychology (GSAPP) at Rutgers University. Dr. Singer is a board certified behavior analyst (BCBA) and received advanced training in behavioral psychology during his pre-doctoral internship at the Douglass Developmental Disability Center at Rutgers University. He has completed clinical externships at the NYU Child

Study Center, Montefiore Medical Center – Division of Neuropsychology, the GSAPP Psychological Clinic, Alpine Learning Group, and K-12 public schools in New Jersey. Dr. Singer's research focuses on the cognitive behavioral treatments, including interventions for misophonia, behavioral disorders, and group treatments for college students with ADHD.

Dr. Singer is passionate about providing evidence-based psychotherapy and making treatment accessible to underserved communities. He specializes in the cognitive behavioral treatment (CBT) for anxiety (generalized

anxiety, specific phobias, social phobia) and mood disorders, OCD, and ADHD and disruptive behavior disorders in children, adolescents, and young adults. Dr. Singer also has advanced training and expertise in diagnostic assessment, neuropsychological evaluation and the use of applied behavior analysis for the treatment of individuals with autism and developmental disabilities. He utilizes a cognitive and behavioral theoretical approach when conceptualizing cases and developing treatment plans. Dr. Singer sees collaboration, trust, assessment and progress monitoring, and transparency as the foundation for a strong therapeutic alliance and a successful therapeutic relationship. He employs evidence-based interventions that seek to balance fidelity to empirically supported treatments with the flexibility required to fit each client's unique cultural identity, presenting problems and environmental and systemic factors. During the past year, Dr. Singer has worked on a systems level in his position at Rutgers Newark; he has coordinated the assessment and evaluation program for the division of Student Health and Wellness and has routinely presented on psychological wellness, stigma, suicide and evidence-based treatment to the student body. In 2018, he received the 'Assessment Award' from the Vice Chancellor of the University for promoting excellence in the use of assessment to inform clinical practice, improve services and enhance student outcomes.

Dr. Singer is grateful for the opportunity to participate in the CDLP and looks forward to connecting with his fellow CDLP award recipients and other mental health advocates, clinicians, researchers and policy experts at the ADAA national conference.

Anxiety and Depression Association of America

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