

Rebecca A. Burwell, Ph.D.

NSBEP Registered Psychologist: #R0990
Massachusetts Licensed Psychologist & Health Service Provider #9309

EDUCATIONAL HISTORY

- 1999-2005 **Ph.D., Clinical Child Psychology**
University of Denver: Denver, CO
Dissertation: *A Cognitive-Emotional Model of Rumination: Implications for Adolescent Depression*
Minor: Developmental Psychology
Research Advisor: Stephen R. Shirk, Ph.D.
- 2004-2005 **Clinical Internship**
Western Psychiatric Institute and Clinic / University of Pittsburgh Medical Center
Training Directors: Paul Pilkonis, Ph.D. & Marsha Marcus, Ph.D.
- 1998-1999 **M.Phil., Social and Developmental Psychology**
University of Cambridge: Cambridge, England
Thesis: *Individual and Gender Differences in Emotion Expression and Its Consequences for Well Being* (awarded *Distinction*)
Thesis Advisor: Dale Hay, Ph.D.
- 1991-1995 **B.A., Psychology**
Bates College: Lewiston, ME
Thesis: *Response Styles to Depression: The Effects of Rumination and Distraction on Mood* (awarded *High Honors*)
Thesis Advisor: Kathryn Graff Low, Ph.D.
- Spring 1994 **Vanderbilt-in-France**
Semester abroad: Aix-en-Provence, France

CLINICAL EXPERIENCE

- 2021 -present **Registered Psychologist #R0990: Nova Scotia Board of Examiners in Psychology**
- 2011-present **Licensed Psychologist & Health Service Provider #9309: Commonwealth of Massachusetts**
- Dec 2020-
Dec 2021 **Nova Scotia Health Authority: Dartmouth Mental health and Addictions Clinic**
Registered Psychologist
Offer diverse theoretical approaches, including mindfulness approaches (e.g., ACT: Mindfulness-Based Cognitive Therapy), IPT (Interpersonal Therapy); embodied psychotherapies; Emotion-Focused Therapy; internal parts work; psychodynamic therapy with

adults ranging from age 19-79. Serve as a clinical supervisor for a Dalhousie University doctoral student (involves 1-2 hours of weekly meetings, case review, treatment plans, review of progress notes).

2013- present **Westfield State University: Graduate Program in Mental Health Counseling**

Clinical supervisor: Group supervision

Provide weekly group supervision for masters in mental health counseling students enrolled in the Advanced Counseling with Supervision course. Offer extensive written feedback on videotaped counseling sessions three times over the course of the semester. In both group supervision and on individual feedback, discuss treatment approach driven by case conceptualization, students' countertransference and barriers to effective delivery of treatment, multiculturalism and working with challenging counseling dynamics.

2011- present **Westfield State University: Graduate Program in Mental Health Counseling**

Clinical supervisor: Individual supervision

Provide individual clinical supervision for mental health /adjustment counseling graduate students. Meet weekly, discussing case conceptualization and treatment approaches, countertransference, and intentional use of self in session.

May, 2007 – **Child Guidance Clinic (Behavioral Health Network): Springfield, MA**

July 2009 *Postdoctoral Clinical Fellow*

Clinician at the Child Guidance Clinic, part of the Behavioral Health Network, which serves primarily lower income, Medicaid children, adolescents and families. I maintained a caseload of 20-25 clients, conducted individual and family therapy with diverse populations and presenting problems using a range of treatment modalities, including CBT, IPT, family systems, and person-centered therapies. I received individual weekly supervision and attended weekly team meetings, completed collateral paperwork, and engaged in case management.

Clinical supervisor: L. Saxon Elliot, Psy.D.

2004-2005 **Western Psychiatric Institute and Clinic / University of Pittsburgh Medical School**

Predoctoral Psychology Intern

Western Psychiatric Institute and Clinic is housed within the Department of Psychiatry at the University of Pittsburgh Medical Center and provides diverse services to Pittsburgh and Allegheny county. During my predoctoral internship, I participated in several rotations, including Services to Teens at Risk for Suicide (STAR), Women's Intensive Outpatient Program serving depressed women with Axis II symptomatology, Obsessive-Compulsive Disorder Intensive Outpatient Program, the Psychiatric Emergency and Intake Service, and Psychological Evaluations for children under five-years-old. For 9 months, I also received intensive training and supervision in Cognitive-Behavioral Structural Family Therapy through the Center for Children and Families. I was trained in Interpersonal Therapy by Holly Swartz, M.D. and Interpersonal Therapy for Depressed Adolescents by Laura Mufson, Ph.D. I conducted longitudinal outpatient psychotherapy, as well as brief interpersonal psychotherapy.

Training Directors: Paul Pilkonis, Ph.D. and Marsha Marcus, Ph.D.

Supervisors: Leonard Woods, LCSW, Viveca Myers, M.D., David Brent, M.D., Kimberly Poling, LCSW, Nancie Tormey, Ph.D., Lisa Virkler, LCSW, Tiffany Painter, LCSW; Kay Jennings, Ph.D., Holly Schwartz, M.D., Jill Cyranowski, Ph.D., Paul Pilkonis, Ph.D., Marsha Marcus, Ph.D., Duncan Clark, M.D., Ph.D.

2002-2003 **Division of Child and Family Services: Mental Health Corporation of Denver: Denver, CO**
Predoctoral Psychology Extern

The Division of Child and Family Services at the Mental Health Corporation of Denver is a community mental health center serving the greater Denver area and which offers outpatient services to children and adolescents with psychiatric and emotional problems. As a part time (20 hours/week) psychology extern, I conducted intake assessments, individual, family, and group therapy, and provided case management with social services, teachers, psychiatrists, probation officers, and families. I completed case reviews, termination summaries, Colorado Client Assessment Record (CCAR) forms, and Individualized Service Plans. My caseload was 7-10 clients, aged 7-18, who were primarily from low SES, Medicaid families. Interacted with managed care companies (e.g., Access Behavioral Care), and attended weekly team meetings and regularly presented cases to a team of clinicians, nurses, and psychiatrists.

Supervisor: Karen Mallah, Ph.D.

2001-2002 **Department of Psychiatry and Behavioral Sciences, The Children's Hospital, Denver**
Predoctoral Psychology Extern

The Department of Psychiatry and Behavioral Sciences at the Children's Hospital of Denver offers inpatient, outpatient, and day treatment to children and adolescents with psychiatric and emotional problems. There, I conducted assessments with both the child and adolescent inpatient and day treatment units to assist in diagnostic formulation and treatment planning with children and adolescents, ranging from age seven to age 18. Patients were from various ethnic backgrounds, and diagnoses include bipolar disorder, psychosis, schizoaffective disorder, major depressive disorder, post-traumatic stress disorder, and oppositional defiant disorder. Attended weekly seminars offering information on various forms of assessment, psychopathology, and measurement provided by experts in these areas.

Supervisor: Jeff Dolgan, Ph.D.

2001-2002 **Marital Clinic, University of Denver, Department of Psychology**
Clinical Trainee in Marital Therapy

Through the Marital Clinic at the University of Denver, I took a year-long course in Marital Therapy that provides training in cognitive-behavioral strategies and communication skills for couples. I implemented these skills while treating a couple in therapy. Individual and group supervision were included.

Supervisor: Howard Markman, Ph.D.

2000-2001 **Developmental Neuropsychology and Learning Disabilities Clinic, University of Denver**
Clinical Trainee in Neuropsychological Assessment

The clinic provides comprehensive neuropsychological and cognitive evaluations for children and adolescents with learning and emotional difficulties. Trained in a variety of neuropsychological and neurological assessment measures, I conducted six neuropsychological evaluations with children ranging between nine and eighteen years of age. Diagnoses included attention-deficit/hyperactivity disorder, dyslexia, anxiety, depression, and nonverbal learning disability. As a trainee of the clinic, I also participated in didactic weekly seminars in which the current cases are presented and relevant research developments, particularly in the fields of attention-deficit/hyperactivity disorder and dyslexia, were discussed.

Supervisors: Bruce Pennington, Ph.D., Margaret Riddle, Ph.D.

1999-2004 **Child Study Center, University of Denver, Department of Psychology**
Clinical Trainee in Child and Adolescent Assessment and Treatment

The Child Study Center is an outpatient clinic serving children and families. I conducted psychological and psychoeducational evaluations of children and adolescents ranging from ten to eighteen-years-old and provided a range of therapies (e.g., individual, group, marital) to children, adolescents, and adults. I worked with several long-term psychotherapy cases; cognitive-behavioral therapy with an eleven-year-old girl with loss issues, interpersonal therapy with a 40-year-old woman with anxiety, depression, and Axis II symptomatology, and cognitive and interpersonal therapy with a 30-year old woman suffering from anxiety.

Supervisors: Christine Chao, Ph.D., Art Jones, Ph.D. Robbie Rossman, Ph.D., Stephen Shirk, Ph.D., Martha Wadsworth, Ph.D.

1998-1999 **Linkline Telephone Hotline and Walk-in Counseling**
Student Counselor - University of Cambridge, England

Provided counseling services to individuals in the Cambridge area seeking help for a variety of personal, academic, and psychological concerns. Included training in crisis counseling skills and ethical issues.

ACADEMIC HONORS AND AWARDS

May 2018	Awarded Sankofa Sage honor (recognizing commitment to working towards diversity and inclusion): Westfield State University
Spring 2016	Recipient of the 2016 Massachusetts Colleges Online Course of Distinction (COD)
April 2012	Campus Scholarship Showcase recipient, Westfield State University
May 2011	Graduating Class Convocation Speaker: Westfield State University
May 2011	Awarded "Top 5 Outstanding Professors" 2010-2011 by Westfield State student body
Fall 2008	<i>Semester Term Award for Research and Scholarship (STARS)</i> : Westfield State College
1999	Graduated with <i>Distinction</i> , University of Cambridge, England
1998	Honorary Cambridge Overseas Trust Scholar
1995	<i>Phi Beta Kappa</i> Honors Society member
1995	<i>Magna Cum Laude</i> and High Honors in Psychology, Bates College

GRANTS and SCHOLARSHIPS

Spring 2016	University Research Grant Award (Westfield State University) for research project “Psychopathy and Self-Worth Contingencies”. Co-awarded to Rebecca Burwell and Joseph Camilleri
Fall 2012	Scholarship for Teaching and Learning (SoTL) grant awarded by Westfield State University for research project “Mindfulness in the classroom” (with co-investigator Summer Williams)
Fall 2008	<i>Semester Term Award for Research and Scholarship (STARS)</i> : Westfield State College
2005-2006	T32 Institutional Postdoctoral National Service Research Award (NRSA), National Institute of Mental Health (University of Pittsburgh)
2003	American Psychological Association Travel Fund Award
2002- 2004	Predocotrual Individual National Research Service Award (NRSA), National Institute of Mental Health: <i>Emotion Processes in Adolescent Depression</i> (University of Denver)
2000	American Psychological Association Travel Fund Award
1999	Colorado Graduate Fellowship: University of Denver

TEACHING EXPERIENCE

Fall 2017 – present	Full Professor: Department of Psychology, Westfield State University
2012 – 2017	Associate Professor: Department of Psychology, Westfield State University
2006 - 2012	Assistant Professor: Department of Psychology, Westfield State University

I teach the following courses:

Psyc 624: Advanced Counseling & Supervision (mental health counseling graduate program)

Psyc 554: The Embodied Counselor (mental health counseling graduate program)

Psyc 366: Psychology of the Family (both in person and online)

Psyc 353: Mindfulness and Buddhist Psychology (online)

Psyc 355: Psychology of Depression

Psyc 323: Counseling Theory and Practice

Psyc 322: Theories of Counseling (both in person and online)

Psyc 203: Adolescent Development (both in person and online)

Psyc 201: Theories of Personality (both in person and online)

Winter 2006	Instructor: Department of Psychology, University of Pittsburgh Psy 1205: Abnormal Psychology
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Fall 2003	Instructor: Department of Psychology, University of Denver Psych 2109: Psychology of Depression
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Fall 1999-Spring 2000	Teaching Assistant: Department of Psychology, University of Denver Teaching assistant for the following courses:
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Psych 2530: Introduction to Clinical Psychology

Socs 1107: Foundations of Psychology

Psych 2150: Motivation and Emotion

PUBLICATIONS

- Burwell, R.A.** (2015). Self-evaluative and emotion processes linked with brooding rumination among adolescents. *Journal of Adolescence*, *41*, 1-15.
- Burwell, R.A.** & Shirk, S.R. (2009). Contingent self-worth and gender differences in adolescent depression: A commentary. *Sex Roles*, *61*, 769-777.
- Burwell, R.A.** & Shirk, S.R. (2007). Subtypes of rumination in adolescence: Associations between brooding, reflection, depressive symptoms, and coping. *Journal of Clinical Child and Adolescent Psychology*, *36* (1), 56-65.
- Burwell, R.A.** & Shirk, S.R., (2006). Self-processes in adolescent depression: The role of self-worth contingencies. *Journal of Research on Adolescence*, *16*, 479-490.
- Becker, A.E., **Burwell, R.A.**, Navara, K. & Gilman, S.E. (2003). Binge-eating and binge-eating disorder in a small-scale, indigenous society: The view from Fiji. *International Journal of Eating Disorders*, *34*(4), 423-431.
- Becker, A.E., **Burwell, R.A.**, Gilman S. Herzog, D.B. & Hamberg, P. (2002). Eating behaviours and attitudes following prolonged exposure to television among ethnic Fijian adolescent girls. *British Journal of Psychiatry*, *180*, 509-514.
- Becker, A.E., Gilman, S.E., **Burwell, R.A.** & Navara, K. (2005). Changes in prevalence of overweight and in body image among ethnic Fijian women from 1989-1998. *Obesity Research*, *13*(1), 110-117.
- Blais, M.E., Becker, A.E., **Burwell, R.A.**, Flores, A.T., Nussbaum, K.M., Greenwood, D.G., Ekeblad, E.R. & Herzog, D.B. (2000). Pregnancy: Outcome and impact on symptomatology in a cohort of eating disordered women. *International Journal of Eating Disorders*, *27* (2), 140-149.
- Gentzler, A.L., Wheat, A.L., Palmer, C., & **Burwell, R.A.** (2013). Children's responses to cognitive challenge and links to self-reported rumination. *Cognition and Emotion*. DOI:10.1080/02699931.2012.716394
- Gross, H.E., Shaw, D.S., **Burwell, R.A.**, & Nagin, D.S. (2009). Transactional processes in child disruptive behavior and maternal depression: A longitudinal study from early childhood to adolescence. *Development and Psychopathology*.
- Herzog, D.B., Dorer, D.J., Keel, P.K., Selwyn, S.E., Ekeblad, E.R., Flores, A.F., Greenwood, D.N., **Burwell, R.A.** & Keller, M.B. (1999). Recovery and relapse in anorexia and bulimia nervosa: A 7.5-year follow-up study. *Journal of the American Academy of Child and Adolescent Psychiatry*, *38*:7, 829-837.
- McIntosh, D. N., Kline, G. H., Wadsworth, M. E., Ahlkvist, J. A., **Burwell, R. A.**, Gudmundsen, G. R., Raviv, T. & Rea, J. G. (2006). Forgiving the perpetrators of the September 11th attacks: Associations with coping, distress, and religiousness. In *Forgiveness: A sampling of research results* (pp. 16-17). Washington DC: American Psychological Association.
- Rhoades, G.K., McIntosh, D.N., Wadsworth, M.E., Ahlkvist, J.A., **Burwell, R.A.**, Gudmundsen, G.R., Raviv, T. & Rea, J.G. (2007). Forgiving the September 11th terrorists: Associations with coping, distress, and religion. *Anxiety, Stress, and Coping*, *20* (2), 109-128.

R.A. Burwell, Curriculum Vitae

- Shirk, S.R. & **Burwell, R.A.** (2010). Research on therapeutic processes in psychodynamic psychotherapy with children and adolescents. In J. Tsiantis, J. & J. Trowell (Eds.) *Research Monograph in Psychodynamic Therapy with Children and Adolescents*.
- Shirk, S.R., **Burwell, R.A.** & Harter, S. (2003). Strategies to Modify Low Self-Esteem in Adolescents. In M.A. Reinecke, F.M. Dattilio & A. Freeman's (Eds.) *Cognitive-Behavioral Therapy with Children and Adolescents: Second Edition*. New York: The Guilford Press.
- Shirk, S.R., Gudmundsen, G.R. & **Burwell, R.A.** (2005). Links between attachment representations and adolescent depressive symptoms. *Journal of Clinical Child and Adolescent Psychology*, 34(1), 172-181.
- Stocker, C., **Burwell, R.A.** & Briggs, M. (2002). Sibling conflict predicts adjustment among adolescents. *Journal of Family Psychology*, 16(1), 50-57.
- Wadsworth, M.E., Gudmundsen, G., Raviv, T., Ahlkvist, J.A., McIntosh, D.N., Kline, G., Rea, J. & **Burwell, R.A.** (2004). Coping with terrorism: Age and gender differences in effortful and involuntary responses to September 11th. *Applied Developmental Studies*, 8, 143-157.

CONFERENCE PRESENTATIONS (SELECT)

- Burwell, R.A.**, Dupuis, T., & Camilleri, J. The Self-Worth Contingencies Questionnaire: Psychometric Properties among Emerging Adults. *Poster presented at the Canadian Psychological Association's annual conference*, Halifax, NS, May 31-June 2, 2019.
- Canfield, T. & **Burwell, R.A.** Correlates of adverse childhood experiences. *Poster presented at the Eastern Psychological Association (EPA) annual conference*, New York, NY, March 2019.
- Dupuis, T., Camilleri, J. & **Burwell, R.A.** Contingent self-worth and intimate partner conflict. *Poster presented at the Eastern Psychological Associations (EPA) annual conference*, Philadelphia, PA, March 2018.
- Burwell, R.A.**, Cauley, S., & Camilleri, J. Psychometric properties of the Self-Worth Contingency Questionnaire in a university sample. *Poster presented at the Eastern Psychological Association (EPA) annual conference*, Boston, March 18, 2017.
- Bias, S. & **Burwell, R.A.** Self-worth contingencies, self-stigma, and community: A mediation model. *Paper presented at the New England Psychological Association (NEPA) annual conference*, Assumption College, October 15, 2016.
- Burwell, R.A.** (Invited chair). Stress, Stigma, and Victimization. *UMass Undergraduate Research Conference*, April 22, 2016.
- Williams, S. & **Burwell, R.A.** Mindfulness in the Classroom: A Strategy for Engaging Students. *Paper presented at the Northeastern Educational Research Association's (NERA) annual conference*, Rocky Hill, CT, October 26, 2013.
- D'Amelio, D. & **Burwell, R.A.** Self-worth contingencies and anxiety/depression: The mediating role of self-worth contingencies. *Paper presented at the New England Psychological Association (NEPA) annual conference*, Worcester, MA, October 13, 2012.

R.A. Burwell, Curriculum Vitae

- Burwell, R.A.** Self-worth mediates the relationship between self-worth contingencies and identity development among late adolescents/emerging adults. Poster presented at the *Society for Research on Adolescence* biennial conference, Vancouver, March 8-10, 2012.
- Burwell, R.A.** & Satkowski, L. Self-worth contingencies among adolescents and emerging adults: Linking parental rejection, disordered eating and depression. Poster presented at the *Society for Research on Adolescence* biennial conference, Vancouver, March 8-10, 2012.
- Burwell, R.A.** Teaching adolescent development with an eye towards content and process. Paper presented at the *Society for Research on Adolescence's* (SRA) biennial conference, Philadelphia, PA, March 11-13, 2010.
- Burwell, R.A.** Emotion beliefs and inhibition: Underpinnings of rumination among adolescents. Paper presented at the *Society for Research on Adolescence's* (SRA) biennial conference, Philadelphia, PA, March 11-13, 2010.
- Burwell, R.A.** & Hilt, L. (co-chairs). The role of emotion regulation in the development of psychological symptoms in youth. Symposium presented at the *Association for Cognitive and Behavioral Therapies' (ACBT)* annual convention, New York, NY, November, 2009.
- Burwell, R.A.**, Elliott, S. & Winn, S. Links between subtypes of rumination, life stressors, and internalizing and externalizing symptoms among low income, treatment seeking youth: A mediational model. Paper presented at the *Association for Cognitive and Behavioral Therapies' (ACBT)* annual convention, New York, NY, November, 2009.
- Papadakis, A.A., **Burwell, R.A.**, Jones, N.P., & Strauman, T.J. Mulling over rumination: Refining the subtypes through factor analysis. *Poster presented at the Biennial Meeting of the Society for Research on Child Development, Denver, CO, April 2-4, 2009.*
- Burwell, R.A.** Self-esteem and self-worth contingencies among emerging adults exposed to alcoholism: A process model. Paper presented at the *New England Psychological Association's (NEPA)* annual conference, Springfield, MA, October 24, 2008.
- Gentzler, A., **Burwell, R.**, Bodas, J., Fox, N.A. & Kovacs, M. Associations between emotional responses to a frustrating task and depressive symptoms in a group of at-risk and control children. Paper presented at the *Society for Research in Adolescence's* biennial conference, Chicago, IL, March 6-9, 2008.
- Burwell, R.A.**, Shaw, D.S., Lane, T.L. & Kovacs, M. Relations between brooding and depression among at-risk children. Paper presented at the *New England Psychological Association (NEPA)* annual conference, Danbury, CT, October 21, 2007.
- Burwell, R.A.**, Shaw, D.S., Lane, T.L. Parental emotion socialization and adaptive emotion regulation among at-risk children. Paper presented at the *New England Psychological Association (NEPA)* annual conference, Manchester, NH, October 21, 2006.
- Burwell, R.A.** & Brent, D.A. Rumination among clinically depressed adolescents. Paper presented at the *Society for Research in Adolescence's* bi-annual conference, San Francisco, CA, March, 2006.

RESEARCH EXPERIENCE

2016-2019 **Relationships and Well-Being Lab (RWBL)**

Westfield State University

Co-principal investigator of a study examining psychopathy and self-worth contingencies in a community and university sample. Funded by a Westfield State University Research Grant awarded to Drs. Rebecca Burwell and Joseph Camilleri.

Fall 2008 **Semester Term Award for Research and Scholarship (STARS)**

Westfield State College

Awarded a grant from Westfield State College involved a paid semester leave from teaching responsibilities to pursue research project through a local community mental health clinic (Child Guidance Clinic). Gathered data on rumination and both internalizing and externalizing symptoms among a sample of low-income, ethnically diverse children and adolescents.

2005-2006 **NIMH Postdoctoral Scholar**

*Department of Psychiatry, Western Psychiatric Institute and Clinic,
University of Pittsburgh Medical Center*

As a postdoctoral scholar funded by a T32 Institutional National Service Research Award from the National Institute of Mental Health, I was involved in a number of research projects at the University of Pittsburgh. One of these projects examined parent socialization of emotion and rumination as vulnerabilities for depression among at risk children. In a separate project I used semi-parametric group-based trajectory modeling to examine the course of depression among women and cognitive factors which predict membership in those trajectories. I also co-lead a coding team examining behavioral precursors to rumination among children at risk for depression. In addition, I collaborated on research examining rumination among both Hungarian and Pittsburgh children age 7 to 14. As part of the T32 training grant, I attended

weekly postdoctoral meetings related to such issues as grant writing, review of K grant applications, and IRB policies and procedures.

Mentor: Daniel Shaw, Ph.D.

2004-2005 **Services for Teens at Risk for Suicide**

Western Psychiatric Institute and Clinic / University of Pittsburgh Medical Center

During my predoctoral internship at Western Psychiatric Institute and Clinic and the University of Pittsburgh Medical Center, I collaborated with Dr. David Brent on a research project through Services for Teens at Risk for Suicide. In this study, we have examined associations between rumination and depression among a clinical population of adolescents (age 13-18).

Mentor: David Brent, M.D.

2002-2004 **National Research Service Award (NRSA) training grant research: *Emotion Processes in Adolescent Depression***

Department of Psychology, University of Denver

Funded by a 2-year Individual National Research Service Award (NRSA) through the National Institute of Mental Health, I used structural equation modeling to predict depression vulnerability among adolescents from three areas of vulnerability: self-worth contingencies, emotion regulation, and rumination. In addition, I conducted a pilot experimental study assessing the impact of emotion inhibition following a negative mood induction on subsequent mood in an undergraduate sample.

Mentor: Stephen R. Shirk, Ph.D.

2000 – 2003 **Dissertation: *A Cognitive-Emotional Model of Rumination: Implications for Adolescent Depression***

Department of Psychology, University of Denver

My dissertation examined emotion processes in adolescent depression. This longitudinal study, consisting of three data points and analyzed using path analysis, evaluated cognitive vulnerability (i.e., self-worth contingencies, beliefs about emotions) and emotion vulnerability (i.e., inhibition of emotion expression) as risk for rumination and in turn, for adolescent depression. Funded by a 2-year Individual National Research Service Award (NRSA) through the National Institute of Mental Health.

Mentor: Stephen R. Shirk, Ph.D.

2000-2002 **Project Ascent: The Transition to High School Research Project**

Research Coordinator & Interviewer – University of Denver

This overall goal of this longitudinal study was to study the relationship between family relationships, social support seeking, mood and coping among 168 adolescents during the transition to high school. This research aimed to learn how social support and stress reactivity factors relate to depression, with the goal of better understanding coping mechanisms and preventing teen distress. As research coordinator, I both headed the study and conducted extensive interviews. The time 1 protocol entailed running physiological measures of heart rate and skin response and an emotional Stroop, conducting a semi-structured depression interview (CDRS-R), and administering various questionnaires related to social support seeking, maternal representations, contingencies of self-worth, and internalizing and externalizing symptoms. The time 2 battery entailed conducting the CDRS-R, administering self-report questionnaires assessing social support seeking, internalizing and externalizing symptomatology, and responses to stress. I continue to be involved in ongoing manuscript collaboration.

Supervisor: Stephen Shirk, Ph.D.

2001- 2004 **Coping with Terrorism Project**

Research Assistant – University of Denver

The purpose of this project was to examine how individuals coped with the September 11th attacks. Time 1 data were collected from middle schoolers (grades 6-8) and their parents, and from college students, several weeks following 9/11. At time 2, follow-up data was collected to examine coping and change in symptomatology over time. I collaborated on the development of

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the study protocol and IRB, recruited both middle school and high school individuals, involved in data analysis, and in manuscript preparation and collaboration.

Supervisor: Martha Wadsworth, Ph.D.

2000-2001 **Family Relationships Study**
Interviewer – University of Denver

This longitudinal study examined associations between parent-child relationships, sibling relationships, marital conflict and children's psychological adjustment. Interview responsibilities included conducting an audiotaped MetaEmotion Interview, assisting with self-report questionnaires, and videotaping family interaction tasks. I collaborated with the principal investigator on a manuscript as well as on a conference presentation.

Supervisor: Clare Stocker, Ph.D.

1998-1999 **Master's Thesis: Individual and Gender Differences in Emotion Expression and Its Consequences for Well Being**
University of Cambridge, Cambridge, England

My Master's thesis examined the relationship between emotional expression, ambivalence towards emotional expression, and life satisfaction among a sample of British students. Part one of the study examined these constructs in self-report questionnaire format. Part two, consisting of semi-structured interviews among a sub-set of participants, qualitatively examined social and developmental influences on expression and ambivalence to expression. Awarded the honor of *Distinction*.

Supervisor: Dale Hay, Ph.D.

1998 **Rapid Social Change and Eating Disorder Symptoms: The Association between Television Exposure and Disordered Eating in Fiji**
Research Assistant - Sigatoka Village, Fiji

Independently traveled to Sigatoka Village, Fiji to conduct research on the effects of televised media on eating disorder symptomatology. For seven weeks I lived in a traditional village while conducting this research. I administered standardized and ethnographically-oriented self-report questionnaires to ethnic Fijian Schoolgirls and villagers. I scored inventories, calculated body mass index, computed descriptive results, and interviewed a subset of schoolgirls on a semi-structured, open-ended qualitative interview. I worked with the Fijian Ministry of Education and Fijian Department of Immigration, and subsequently collaborated on writing up several manuscripts.

Supervisor: Anne E. Becker, M.D., Ph.D.

1997-1998 **Longitudinal Study of Eating Disorders**
Research Coordinator - Massachusetts General Hospital, Boston, MA

Managed a NIMH-funded Longitudinal Study of Anorexia and Bulimia Nervosa. In that role, I trained research assistants for expertise in clinical interviewing, supervised research assistants and interns on study projects, oversaw and revised a federally-funded budget, and collaborated on Internal Review Board approvals and NIMH Continuation reports. I handled subject

payments, coordinated and led weekly meetings, and assisted with various seminars and in operating of panel discussions and fundraisers. I conducted clinical interviews with participants, and coded, prepared, and edited reports based on interviews.

Supervisor: David B. Herzog, M.D.

1996-1997 **Longitudinal Study of Eating Disorders**

Research Assistant/Clinical Interviewer- Massachusetts General Hospital, Boston, MA

Assessed eating disorder symptomatology, comorbid psychopathology, and psychosocial functioning in 246 treatment-seeking women using a semi-structured interview (LIFE-EAT-II). Trained on RDC and DSM diagnoses. Wrote detailed narratives, coded and edited interviews, and conducted inter-rater reliability checks. Prepared manuscripts, conducted library research, and entered data. Assisted in the implementation of the first National Eating Disorders Screening Project (NEDSP), contributed to the creation of the NEDSP Follow-Up Telephone Survey assessing the efficacy of the program and participants' ability to access care. Piloted and trained research assistants in administering the survey.

Supervisors: David B. Herzog, M.D. and Anne E. Becker, M.D., Ph.D.

1995 **Geriatric Research Unit**

Research Assistant - West Roxbury VA Hospital, MA

Assisted in studies examining visual processing in patients with hemispatial neglect. Recruited control subjects, administered both self-report standardized instruments and computer-based (*Psychlab*) inventories. Entered and cleaned data using *SuperAnova*. Conducted library research and independently developed computer programs to assess selective attention and semantic memory. Assisted in studies concerning priming in Alzheimer's disease.

Supervisors: William Milberg, Ph.D. and Gina McGlinchy-Beroth, Ph.D.

1995 **Undergraduate Thesis: Response Styles to Depression: The Effects of Rumination and Distraction on Mood**

Senior Honors Thesis - Bates College, Lewiston, ME

My year-long senior honors thesis examined gender differences in coping with depression. In a two-part study, I independently recruited and tested over 250 participants, scored, entered, and analyzed data, piloted a "pleasurable activities checklist", compiled results into a manuscript, and orally presented work. Awarded *high honors*.

Advisor: Kathryn Graff Low, Ph.D.

PROFESSIONAL AND HONOR SOCIETIES

Canadian Psychological Association Member
Society for Research in Adolescence
Phi Beta Kappa Honor Society
Honorary Cambridge Overseas Trust Scholar
National Academic Field Hockey Member

UNIVERSITY SERVICE WORK (SELECT)

2020	Anti-Oppression Coalition (AOC) member, Westfield State University
2019	Faculty mental health liaison: Westfield State University
2006-present	Faculty member: Graduate Committee
2007-2011; 2014-2019	Student Affairs Committee: Faculty Member: Westfield State University
2011-2012; 2015-2017	Faculty member of the Grade Appeal Committee, Westfield State University
2010-2011	Advisor: Graduate program in Mental Health Counseling: Westfield State University
2009-2014	Steering Committee member: New England Psychological Association

OTHER PROFESSIONAL ACTIVITIES: PEER REVIEW

- Associate Editor: *Review of European Studies* (March, 2016-present)
- Editorial Board (Reviewer): *Review of European Studies* (September, 2015-February, 2016)
- Ad Hoc Reviewer:
 - *Behavior Research and Therapy*
 - *Cognitive Therapy & Research*
 - *Depression & Anxiety*
 - *International Journal of Behavioral Development*
 - *Journal of Abnormal Child Psychology*
 - *Journal of Adolescence*
 - *Journal of Affective Disorders*
 - *Journal of Child and Family Studies*
 - *Journal of Clinical Child and Adolescent Psychology*
 - *Journal of Early Adolescence*
 - *Journal of Multidisciplinary Healthcare*
 - *Journal of Personality*
 - *Journal of Personality and Social Psychology*
 - *Journal of Research on Adolescence*
 - *Journal of Social and Clinical Psychology*
 - *Self & Identity*
 - *Sex Roles*
 - *Social Development*
 - *Spanish Journal of Psychology*
 - *Swiss Journal of Psychology*

CLINICALLY-RELEVANT WORKSHOPS & RETREATS (PARTICIPANT)

- Intergroup dialogue participant: 6-week course: Westfield State University, Spring 2018, led by Molly Keen
- Peer counseling workshops: Fall 2016-present, led by Samantha Burnell & Rythea Lee, Northampton, MA
- Fostering Equitable and Inclusive Pedagogy Retreat. Westfield State University. June 1-3, 2015
- LGBTQQ Safe Zone Training: Westfield State University, April, 2013
- Non-Violent Communication workshops: 2010-11, led by Bett Farber, Northampton, MA