

Eli D. Halbreich, M.A.

Ph.D. Student, Texas Tech University

Curriculum Vitae

February 2025

📍 Department of Psychological Sciences
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Education

2022–Present	Doctor of Philosophy, Clinical Psychology (Expected August 2028) Texas Tech University (APA Accredited) <ul style="list-style-type: none">➤ Advisor: Jason Van Allen, Ph.D.	Lubbock, TX
2022–2024	Master of Arts, Clinical Psychology Texas Tech University (APA Accredited) <ul style="list-style-type: none">➤ Advisor: Jason Van Allen, Ph.D.➤ Master's Thesis (2024): Pet Ownership and Family Involvement in Sports and Other Activities. Texas Tech University. Electronic Theses and Dissertations. https://hdl.handle.net/2346/99242	Lubbock, TX
2019–2022	Bachelor of Arts, Psychology Tufts University, <i>summa cum laude</i> , Highest Thesis Honors <ul style="list-style-type: none">➤ Advisor: Alexander Queen, Ph.D.➤ Honors Thesis (2021): Perceived Attitudes of Pet Owners About Their Pets During the COVID-19 Pandemic. Tufts University. Digital Collections and Archives. https://dl.tufts.edu/concern/pdfs/6q183150s	Medford, MA
2017–2019	Psychology Major Los Angeles City College <ul style="list-style-type: none">➤ Advisor: Glenn White, Ph.D.	Los Angeles, CA

Grants and Fellowships

2023	2023 APAGS/Psi Chi Junior Scientist Fellowship American Psychological Association of Graduate Students & Psi Chi	Amount: \$1,000
2022–2026	Helen DeVitt Jones Fellowship Texas Tech University Department of Psychological Sciences	Amount: \$16,000

Honors and Awards

2025	2025 SPPAC Travel Award Society of Pediatric Psychology, Division 54 of the American Psychological Association	Amount: \$500
2021	Priscilla N. Dunne Prize Tufts University Department of Psychology	Amount: \$1,000
2021	TIHAI Student Scholar Tufts Initiative for Human-Animal Interaction	Amount: \$500
2019–2022	Dean's List (all full-time semesters) Tufts University	
2019	President's Honors Los Angeles City College	
2018–2019	Full Time Dean's Honor List (all full-time semesters) Los Angeles City College	

Grant and Fellowship Applications

- 2024 **TTU Institute for Studies in Pragmaticism, Charles S. Peirce Interdisciplinary Graduate Fellowship**
 Amount: \$5,000
 Title: Examining the Role of Animal-Assisted Therapy (AAT) with Pediatric Physical Therapy (PT) Patients (Role: Co-PI)
 ➤ Status: Declined by funder
- 2024 **TTU Institute for Studies in Pragmaticism, Cross-Disciplinary Research Excellence Award** Amount: \$6,000
 Title: Examining the impact of animal-assisted therapy on pediatric patients' psychological and physical health (Role: Co-I)
 ➤ Status: Declined by funder
- 2023 **American Foundation for Suicide Prevention, Pilot Innovation Grant** Amount: \$49,870
 Title: Real-time assessment of suicidal thoughts and behaviors among sexual and gender minority young adults with companion animals (Role: Co-PI)
 ➤ Status: Declined by funder
- 2023 **National Science Foundation, Graduate Research Fellowship Program** Amount: \$111,000
 Title: Companion animals, social support, and coping in rural and urban LGBTQ+ and non-LGBTQ+ adolescents and young adults (Role: PI)
 ➤ Status: Not recommended
- 2023 **Society of Pediatric Psychology, Marion and Donald Routh Student Research Grant** Amount: \$5,000
 Title: Examining the impact of animal-assisted therapy on pediatric patients' psychological and physical health (Role: Co-I)
 ➤ Status: Declined by funder
- 2023 **American Psychological Foundation, Visionary Grant** Amount: \$20,000
 Title: Real-time assessment of suicidal thoughts and behaviors among sexual and gender minority young adults with companion animals (Role: Co-PI)
 ➤ Status: Declined by funder
- 2023 **Human Animal Bond Research Institute, 2023 Proposal** Amount: \$49,500
 Title: Companion animals, social support, and coping in rural and urban LGBTQ+ and non-LGBTQ+ adolescents and young adults (Role: Co-I)
 ➤ Status: Declined by funder
- 2022 **University of North Texas Center for Psychosocial Health Disparities Research, Improving Behavioral Health of Underserved Groups** Amount: \$10,000
 Title: Companion animals, social support, and coping in rural LGBT+ youth (Role: PI)
 ➤ Status: Declined by funder

Publications

*Indicates undergraduate trainee author/presenter

[Google Scholar Profile](#)

Peer-Reviewed Publications

- Halbreich, E. D., & Van Allen, J.** (2024). Pet Ownership and Family Involvement in Sports and Other Activities. *Anthrozoös*, 37(6), 1107–1131. <https://doi.org/10.1080/08927936.2024.2406097>
- Halbreich, E. D., Hefner, T. D., Healy, A. S., & Van Allen, J.** (2024). Measurement of attachment in human-animal interaction research. *Human-Animal Interactions*, 12(1). <https://doi.org/10.1079/hai.2024.0030>
- King, E. K., **Halbreich, E. D.**, Callina, K., & Mueller, M. K. (2023). Companion animals and the relationship between peer victimization and emotion regulation in youth. *Journal of Research on Adolescence*, 34(1), 85–95. <https://doi.org/10.1111/jora.12901>
- Mueller, M. K., King, E. K., **Halbreich, E. D.**, & Anderson, E. (2023) Feasibility of using ecological momentary assessment to measure the effects of interactions with pet dogs on psychophysiological reactivity in adolescents with social anxiety. *Human-Animal Interactions*, 11(1), <https://doi.org/10.1079/hai.2023.0036>
- Halbreich, E. D.**, Callina, K., King, E. K., & Mueller, M. K. (2023). Companion animals and profiles of peer social behavior in adolescence. *Journal of Adolescence*, 95(6), 1152–1167. <https://doi.org/10.1002/jad.12183>

- Halbreich, E. D.** (2022). Perceived attitudes of pet owners about their pets during the COVID-19 pandemic. *Animalia: An Anthrozoology Journal*, 6(1), 1–13. <https://www.animaliajournal.org/post/perceived-attitudes-of-pet-owners-about-their-pets-during-the-covid-19-pandemic>
- Mueller, M. K., King, E. K., **Halbreich, E. D.**, & Callina, K. S. (2022). Companion animals and adolescent stress and adaptive coping during the COVID-19 pandemic. *Anthrozoös*, 35(5), 693–712. <https://doi.org/10.1080/08927936.2022.2027093>
- Halbreich, E. D.**, & Mueller, M. K. (2022). Profiles of family pet ownership during the COVID-19 pandemic. *Current Psychology*. <https://doi.org/10.1007/s12144-021-02574-x>
- Linder, D. E., Foltá, S. C., Must, A., Mulé, C. M., Cash, S. B., **Halbreich, E. D.**, Colón, C., Sullivan, S., Sanabria, E., Gibbs, D., & Farrell, T. (2021). A stakeholder-engaged approach to development of an animal-assisted intervention for obesity prevention among youth with autism spectrum disorder and their pet dogs. *Frontiers in Veterinary Science*, 8, 735432. <https://doi.org/10.3389/fvets.2021.735432>
- Linder D. E., Santiago S., & **Halbreich, E. D.** (2021). Is there a correlation between dog obesity and human obesity? Preliminary findings of overweight status among dog owners and their dogs. *Frontiers in Veterinary Science*, 8, 654617. <https://doi.org/10.3389/fvets.2021.654617>

Book Chapters

- King, E. K., **Halbreich, E. D.**, & Mueller, M. K. (2023). Animals in development: Childhood and adolescence. In A. H. Fine, M. K. Mueller, Z. Y. Ng, A. M. Beck, & J. M. Peralta (Eds.), *The Routledge International Handbook of Human-Animal Interactions and Anthrozoology*. <https://doi.org/10.4324/9781032153346>

Online Publications

- Linder, D. E., & **Halbreich, E. D.** (2022, February 22). *Does My Pet Need a 'Bland Diet'?* Petfoodology. <https://vetnutrition.tufts.edu/2022/02/does-my-pet-need-a-bland-diet/>
- Halbreich, E. D.** (2019, December 9). *Tenure Most Foul*. Tufts University Student Scholarship. Tisch Library. <http://hdl.handle.net/10427/6W924Q81F>

Selected Manuscripts in Preparation

- Hefner, T. D., **Halbreich, E. D.**, Jones, J., *Arendt, F., *Jones, C., & *Valley, M. (In Prep). Systematic review and meta-analysis of cognitive-dissonance interventions to improve body image satisfaction among athletes.
- Lancaster, B. D., Hefner, T. D., **Halbreich, E. D.**, Hall, N. J., & Van Allen, J. (In Prep). The effect of pet dogs on empirical measures of child activity.
- Halbreich, E. D.**, Hefner, T. D., Healy, A. S., & Van Allen, J. (In Prep). Construction and validation of the companion animal ties scale (CATS).
- Halbreich, E. D.**, & Van Allen, J. (In Prep). Examining the relationship between pet ownership and prosocial behaviors.

Presentations

Symposium Contributions

- Mueller, M. K., **Halbreich, E. D.**, & Anderson, E. (2022, July 7–9). Feasibility of using ecological momentary assessment to measure the effects of interactions with pet dogs on psychophysiological reactivity in adolescents with social anxiety. In N. Gee (Chair), *Ecological Momentary Assessment (EMA) as a Tool for Assessing Human-animal Interaction Across Contexts*. 31st International Society for Anthrozoology Conference, Boise, ID, United States.

Snapshot Presentations

- Hoelscher, E.C., **Halbreich, E.D.**, & Victor, S. E. (2025, June 26–27). *Feeling the Urge: Interoception and NSSI Urge Frequency in Transgender and Nonbinary Adults*. International Society for the Study of Self-injury 2025 Annual Conference, Wellington, New Zealand.

Poster Presentations

- Hefner, T. D., **Halbreich, E. D.**, Jones, C., *Valley, M., & Van Allen, J. (2025, April 3–5). *Relationship between pet ownership, physical activity, and sleep recommendations*. Society of Pediatric Psychology 2025 Annual Conference, Phoenix, AZ, United States.
- Halbreich, E. D.**, *Arendt, F., Hefner, T. D., & Van Allen, J. (2025, April 3–5). *Evaluating prosocial behavior and sleep disturbances between pet owners and non-pet owners*. Society of Pediatric Psychology 2025 Annual Conference, Phoenix, AZ, United States.
- Halbreich, E. D.**, Hefner, T. D., & Van Allen, J. (2024, April 18–20). *Pet ownership and physical activity in adolescence*. The Society for Research on Adolescence 2024 Annual Meeting, Chicago, IL, United States.
- King, E. K., **Halbreich, E. D.**, Anderson, E., & Mueller, M. K. (2023, June 15–18). *Dog interactions and psychophysiology in adolescents with social anxiety*. 32nd International Society for Anthrozoology Conference, Edinburgh, Scotland.
- *Streicher, B. E., **Halbreich, E. D.**, Healy, A., Hefner, T. D., Lelakowska, G., & Van Allen, J. (2023, May 3). *Dog ownership, physical activity, depression, and anxiety symptoms in youth*. Obesity Research Institute 8th Annual Meeting, Lubbock, TX, United States.
- Halbreich, E. D.**, Mueller, M. K., King, E. K., & Callina, K. (2023, April 13–15). *Pet ownership and profiles of peer social behavior in adolescence*. The Society for Research on Adolescence 2023 Annual Meeting, San Diego, CA, United States.
- Halbreich, E. D.** (2022, July 7–9). *Perceived attitudes of pet owners about their pets during the COVID-19 pandemic*. 31st International Society for Anthrozoology Conference, Boise, ID, United States.
- Folta, S. C., Mulé, C. M., Linder, D. E., Must, A., Cash, S. B., Adkins, J., & **Halbreich, E. D.** (2022, May 11–14). *Exploring nutrition, physical activity, and the role of pet dogs in households with a child with autism spectrum disorder: The DANE Study*. INSAR 2022 Annual Meeting, Austin, TX, United States.

Research and Clinical Experience

Research Experience

- Aug. 2022–Present **Research Assistant, Examining Nutrition, Exercise, and Rest in Growing Youth (ENERGY) Lab**
Supervisor: Jason Van Allen, Ph.D.
- Write, edit, and conduct statistical analyses for peer-reviewed manuscripts, utilizing structural equation modeling and approaches to categorical data analysis; Propose and manage new research projects; Write and conceptualize grant applications for relevant funding opportunities; Analyze data across different statistical platforms (e.g., R, Mplus, SAS); Work collaboratively on federally funded research projects; Directly mentor and supervise undergraduate research assistants on research projects, including assisting with student-led research projects; and Assist with administrative tasks, such as creating and maintaining REDCap surveys and databases.
- Aug. 2021–May 2022 **Research Coordinator, Children's Television Project**
Supervisor: Calvin Gidney, Ph.D.
- Supervise coders and research assistants working on a longitudinal research project; Work with PIs to implement and improve upon long-term project goals; Organize and manage data from the current season as well as from past years; Assign and track generation of character sheets, coding, cleaning, and collapsing; Generate and manage coder information surveys, training surveys, and coding instrument responses; Respond to student inquiries in a timely manner; and Assist in organizing structure of weekly class meetings as well as semester-long schedule.
- May 2021–Aug. 2022 **Research Assistant, Tufts Pets and Well-Being Lab**
Supervisor: Megan K. Mueller, Ph.D.
- Work closely with research team on funded research projects; Assist with participant recruitment, consent, protocol training, data collection, debriefing, and tracking; Draft manuscripts and grant proposals; Conduct systematic literature reviews and analyses; Handle data entry and analysis; and Assist with administrative tasks.

Aug. 2019–Aug. 2022 Research Assistant, Tufts Initiative for Human-Animal Interaction

Supervisor: Deborah Linder, DVM, MS, DACVN

- Draft manuscripts; Conduct qualitative interviews with participants; Provide general administrative assistance on a number of funded research projects; Work with the Tufts IRB to help ensure that all aspects of the research studies are in compliance with the applicable regulations and institutional guidelines prior to IRB approval; Facilitate feedback on key documents and managing a collaborative workspace with stakeholders; Oversee projects through varying phases of development; Prepare, draft, and finalize stakeholder and research group meeting agendas and minutes; and Draft and finalize site and study documents.

Statistical Training**2024 Categorical Data Analysis**

Instructor: Andrew K. Littlefield, Ph.D.

2023 Structural Equation Modeling for Psychologists

Instructor: Andrew K. Littlefield, Ph.D.

2023 Advanced Correlational Methods and Factor Analysis

Instructor: Nicholas Croft Borgogna, Ph.D.

2022 Experimental Design

Instructor: Martina I. Klein, Ph.D.

Clinical Experience

- Sep. 2023–Present **Texas Tech University, Texas Tech University Psychology Clinic**
Supervisors: Andrew K. Littlefield, Ph.D., Sarah E. Victor, Ph.D., John L. Cooley, Ph.D., Jason Van Allen, Ph.D., Adam T. Schmidt, Ph.D., Jonathan Singer, Ph.D.
- Graduate Student | Individual Adult and Child Therapist
 - Provide long-term, individual psychotherapy for anxiety disorders (e.g., generalized anxiety disorder, social anxiety disorder), mood disorders (e.g., major depressive disorder, persistent depressive disorder), chronic pain, attention-deficit/hyperactivity disorder, oppositional defiant disorder, and prolonged grief disorder.
 - Receive didactic training in evidence-based treatment protocols, including Parent Management Training, Defiant Children, Trauma-Focused Cognitive Behavioral Therapy, and Motivational Interviewing.
 - Implement evidence-based treatments and theoretically informed case conceptualization built on Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Behavioral Activation, and Motivational Interviewing
 - Utilize treatment protocols, including the *Unified Protocol for Transdiagnostic Treatment of Emotional Disorders*, *ACT Made Simple*, *Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach*, and *Cognitive Behavioral Therapy for Insomnia in Veterans*.
 - Provide long-term individual and parent-based therapy for children utilizing treatment protocols, including *Defiant Children*, *A Clinical Guide to Pediatric Sleep*, and *Multidimensional Grief Therapy*.
 - Design visual aids, client worksheets, and homework documents for clients, consistent with evidence-based treatment protocols.
 - Assess for suicide and self-harm risk, create safety plans, monitor risk throughout treatment, assess for and report abuse and neglect to the appropriate safety organizations, and communicate safety-related concerns to parents and caregivers of children.
 - Advocate for clients in additional contexts, including medical settings and places of education.
 - Conduct psychodiagnostic evaluations (including structured and semi-structured interviews) and assessment batteries, and provide feedback to clients.
 - Write psychodiagnostic reports and treatment progress reports, including intake reports, treatment plans, and termination summaries.
- Sep. 2024–Present **University Medical Center (UMC) Health System, Pediatrics**
Supervisor: Jason Van Allen, Ph.D.
- Practicum Student | Individual Therapist
 - Provide a variety of psychological services offered within the Pediatric Intensive Care Unit, the general Pediatrics Department, the Neonatal Intensive Care Unit, and others.
- Mar. 2024–Present **Equine-Assisted Positively Fit**
Supervisor: Jason Van Allen, Ph.D.
- Practicum Student | Individual Therapist
 - Lead therapist providing a family-focused, weight management intervention to youth and their families.
- Sep. 2023–Aug. 2024 **Texas Tech University, Grief Therapy with Adolescents**
Supervisor: Jonathan Singer, Ph.D.
- Practicum Student
 - Receive didactic training in *Trauma and Grief Component Therapy* for adolescents who have lost a family member.

- Sep. 2023–Aug. 2024 **Texas Tech University, CBT Pain Program for Adolescents**
 Supervisor: Caroline Cummings, Ph.D.
 ➤ Practicum Student
 ➤ Receive didactic training in CBT-based pain protocols—*Children’s Health and Illness Recovery Program* and *The Comfort Ability*—for adolescents with chronic pain and their parents.
- Jan. 2023–May 2023 **Texas Tech University, Texas Tech University Psychology Clinic**
 Supervisor: Megan A. Thoen, Ph.D.
 ➤ Clinic Co-Director
 ➤ Conduct first-contact intake screenings of incoming clients, including assessment and documentation of risk, history, and presenting concerns.

Teaching and Mentoring Experience

Teaching

- Spring 2025 **Guest Lecturer, HLTH 2307: Understanding Death and Dying**
 Texas Tech University, Department of Kinesiology & Sport Management
 ➤ Course Instructor: Elizabeth Hoelscher, M.A.
- Fall 2024 **Guest Lecturer, PSY 1300: General Psychology**
 Texas Tech University, Department of Psychological Sciences
 ➤ Course Instructor: Carol Fadalla
 ➤ Course Instructor: Brelynne Baldwin, M.A.
- Fall 2022 **Teaching Assistant, PSY 2400: Statistical Methods Lab**
 Texas Tech University, Department of Psychological Sciences
 ➤ Course Instructor: Will Crescioni, Ph.D. | Average Student Rating: 4.5/5.0
- Fall 2020 **Teaching Assistant, CSHD 0159: Understanding Child Development Through Film**
 Tufts University, Eliot-Pearson Department of Child Study and Human Development
 ➤ Course Instructor: Calvin Gidney, Ph.D.
- Fall 2020 **Teaching Assistant, CH 0099: Special Topics In Community Health, One Health**
 Tufts University, Department of Community Health
 ➤ Course Instructor: Deborah Linder, DVM, MS, DACVN

Mentoring

- 2025–Present **Hyla Riley**
 ➤ Current mentee
- 2025–Present **Daniel Garcia**
 ➤ Current mentee
- 2024–Present **Fanny Arendt**
 ➤ Current mentee
- 2023–Present **Madeleine Valley**
 ➤ Current mentee
- 2023–2024 **Cyerra Jones**
 ➤ Undergraduate Research Assistant
- 2023–2024 **Amanda Tabansi**
 ➤ Undergraduate Research Assistant
- 2023–2023 **Macie Le**
 ➤ Undergraduate Research Assistant
- 2023–2024 **Abigail Woodall**
 ➤ Subsequent Position: Student, Master of Science in Marriage & Family Therapy, Texas Woman’s University

- 2023 **Sara Phy**
 ➤ Subsequent Position: Student, Master of Public Health, Nutritional Sciences,
 Dietetics Concentration, University of Michigan
- 2022–2023 **Brooke Streicher**
 ➤ Subsequent Position: Research Coordinator, Texas Tech University
- Summer 2022 **Ellis Renwick-Archibold**
 ➤ Science Research Program, New Rochelle High School

Editorial and Reviewing Experience

[Web of Science Profile](#)

Ad hoc Reviewer

Translational Issues in Psychological Science

Fellowship Reviewer

- 2024 **Graduate Student Reviewer**
 APAGS/Psi Chi Junior Scientist Fellowship

Conference Reviewer

- 2025 **Poster and Session Reviewer**
 APA 2025 Division 54

Professional Service and Development

Service

- 2024 **Society of Clinical Child and Adolescent Psychology (SCCAP) Mentor**
 SCCAP, Division 53
- 2022–2023 **Inclusion, Diversity, Equity, and Access (IDEA) Committee Member**
 American Psychological Association, Division 17, Section 13: The Section on Human-Animal Interaction:
 Research and Practice
- 2022–2023 **Student Representative**
 American Psychological Association, Division 17, Section 13: The Section on Human-Animal Interaction:
 Research and Practice
- 2021–2023 **APA Campus Ambassador**
 American Psychological Association

Development

- 25 Jul. 2024 **Dialectical Behavior Therapy (DBT) Seminar**
 Megan Renna, Ph.D.
- 7 Jun. 2024 **Virtual BPD COMPASS Introductory Workshop**
 Compass Mental Health Training & Consultation
- May 2024 **Telehealth 101**
 Texas A&M Health Telehealth Institute
- 9 Nov. 2023 **Multidimensional Grief Therapy (MGT) Overview Training**
 The Trauma and Grief Center at the Hackett Center for Mental Health
- May 2023 **The Groundwork Program**
 Texas Tech University
- Mar. 2023 **Organizing the Academic CV Workshop**
 Texas Tech University
- Feb. 2023 **Writing the Academic Cover Letter Workshop**
 Texas Tech University
- Jan. 2023 **Making Equitable Attendance Policies Workshop**
 Texas Tech University

Skills

Programming & Software: **R, RStudio, Quarto, Markdown, MPlus, SAS, SPSS, MATLAB, REDCap, Qualtrics, LaTeX**

Languages: **English–Native; German–Intermediate High (ACTFL); Spanish–Novice Mid (ACTFL)**

Certifications

21 Sep. 2023	Certified Rater MoCA Cognitive Assessment
6 Apr. 2023	QPR Gatekeeper QPR Institute
6 Jan. 2023	Working with Dogs in Research Settings CITI Program
13 Dec. 2022	Working With Horses In An Agricultural Research Setting CITI Program
10 Sep. 2022	TTU Human Subject Research Course CITI Program
9 Sep. 2022	Social and Behavioral Responsible Scholarship Course CITI Program

Professional Society Affiliations

American Psychological Association, Division 54: Society of Pediatric Psychology

APA Division 54: Sports Medicine and Orthopedics SIG

APA Division 54: Pediatric Research/Innovative Statistical Methodologies SIG

APA Division 54: Gender Health SIG

APA Division 54: Diversity SIG

Psi Chi, The International Honor Society in Psychology

American Psychological Association, Division 53: Society of Clinical Child and Adolescent Psychology

American Psychological Association, Division 17, Section 13: The Section on Human-Animal Interaction: Research and Practice

Human Animal Bond Association