

Eli D. Halbreich, M.A.

Ph.D. Student, Texas Tech University

Pronouns: he/him/his

Curriculum Vitae

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📍 Department of Psychological Sciences
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Education

2022–2028	Ph.D. Student, Clinical Psychology Texas Tech University <ul style="list-style-type: none">➤ Advisor: Jason Van Allen, Ph.D.➤ Relevant Coursework: Experimental Design, Practicum in Intelligence Testing, Seminar in Cognition & Cognitive Neuroscience, Seminar in Psychopathology, Intro to Clinical Psychology and CBT, Advanced Correlational Methods and Factor Analysis, Lifespan Development, Research Seminar in Clinical and Counseling Psychology, Colloquium in the Teaching of Psychology, Seminar in Professional Ethics, Objective Personality Assessment, Introduction to Psychotherapeutic Intervention and Management, Developmental Psychopathology, Introduction to Child and Adolescent Psychological Treatment, Biological Bases of Psychological Function, Structural Equation Modeling for Psychologists➤ Master's Thesis (2024): Pet Ownership and Family Involvement in Sports and Other Activities	Lubbock, TX
2019–2022	Bachelor of Arts, Psychology Tufts University, <i>summa cum laude</i> , Highest Thesis Honors <ul style="list-style-type: none">➤ Relevant Coursework: Experimental Psych, Human-Animal Interaction, Clinical Methods, One Health, Statistics for Behavioral Science, The Science of Coping, Abnormal Psych, Black Psych, Personal & Social Development, Seminar in CBT, Social Psych, Understanding Child Development Through Film, Introduction to Cognitive and Brain Sciences➤ 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">➤ Relevant Coursework: Life-Span Psych, Statistics, Biological Psych, Child Growth and Development, General Psych, Civil Rights and the Law	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

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, 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 LGBTQ+ youth (Role: PI)
➤ Status: Declined by funder

Publications

*Indicates undergraduate trainee author/presenter

[Google Scholar Profile](#)

Peer-Reviewed Publications

- 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., Folta, 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>

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.

Poster Presentations

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.
- Propose and manage new research projects; Write grant applications for relevant funding opportunities; Work collaboratively on funded research projects; Supervise undergraduate research assistants on research projects; and Assist with administrative tasks.
- 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.

Clinical Experience

- Sep. 2024–Aug. 2025 **Texas Tech University, CBT Pain Program for Adolescents**
Supervisor: Caroline Cummings, Ph.D.
- Practicum Student | Group Therapist
 - Administering a CBT-based pain protocol for adolescents with chronic pain and their parents
- Sep. 2024–Dec. 2024 **Texas Tech University, Texas Tech University Psychology Clinic**
Supervisor: Jonathan Singer, Ph.D.
- Graduate Student | Individual Adult and Child Therapist
- Jul. 2024–Sep. 2024 **Texas Tech University, Texas Tech University Psychology Clinic**
Supervisor: Adam T. Schmidt, Ph.D.
- Graduate Student | Individual Adult and Child Therapist
- May 2024–Jul. 2024 **Texas Tech University, Texas Tech University Psychology Clinic**
Supervisor: Jason Van Allen, Ph.D.
- Graduate Student | Individual Adult and Child Therapist
- Sep. 2024–Ongoing **University Medical Center (UMC) Health System, Pediatrics**
Supervisor: Jason Van Allen, Ph.D.
- Practicum Student | Individual Therapist
 - Providing a variety of psychological services offered within the Pediatric Intensive Care Unit, the general Pediatrics Department, the Neonatal Intensive Care Unit, and others

- Jan. 2024–May 2024 **Texas Tech University, Texas Tech University Psychology Clinic**
 Supervisor: John L. Cooley, Ph.D.
 ➤ Graduate Student | Individual Child Therapist
 ➤ Clinical Emphasis: Parent Management Training, Defiant Children, Trauma-Focused Cognitive Behavioral Therapy
- Jan. 2024–May 2024 **Texas Tech University, Texas Tech University Psychology Clinic**
 Supervisor: Sarah E. Victor, Ph.D.
 ➤ Graduate Student | Individual Adult Therapist
- Sep. 2023–Aug. 2024 **Texas Tech University, Grief Therapy with Adolescents**
 Supervisor: Jonathan Singer, Ph.D.
 ➤ Practicum Student | Group Therapist
 ➤ Receiving training in Trauma and Grief Component Therapy (TGCT) 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 | Group Therapist
 ➤ Receiving training in a CBT-based pain protocol for adolescents with chronic pain and their parents
- Sep. 2023–Dec. 2023 **Texas Tech University, Texas Tech University Psychology Clinic**
 Supervisor: Andrew Littlefield, Ph.D.
 ➤ Graduate Student | Individual Adult Therapist
 ➤ Clinical Emphasis: Motivational Interviewing
- Jan. 2023–May 2023 **Texas Tech University, Texas Tech University Psychology Clinic**
 Supervisor: Megan A. Thoen, Ph.D.
 ➤ Clinic Co-Director

Teaching and Mentoring Experience

Teaching

- Fall 2022 **Teaching Assistant, Statistical Methods Lab**
 Texas Tech University, Department of Psychological Sciences
 ➤ Instructor: Will Crescioni, Ph.D.
- Fall 2020 **Teaching Assistant, Understanding Child Development Through Film**
 Tufts University, Eliot-Pearson Department of Child Study and Human Development
 ➤ Instructor: Calvin Gidney, Ph.D.
- Fall 2020 **Teaching Assistant, One Health**
 Tufts University, Department of Community Health
 ➤ Instructor: Deborah Linder, DVM, MS, DACVN

Mentoring

- 2024–Ongoing **Fanny Arendt**
 ➤ Current mentee
- 2023–Ongoing **Cyerra Jones**
 ➤ Current mentee
- 2023–Ongoing **Madeleine Valley**
 ➤ Current mentee
- 2023–Ongoing **Amanda Tabansi**
 ➤ Current mentee
- 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

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

Professional Service and Development

- 7 Jun. 2024 **Virtual BPD COMPASS Introductory Workshop**
 Compass Mental Health Training & Consultation
- May 2024 **Telehealth 101**
 Texas A&M Health Telehealth Institute
- 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
- 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

Skills

- Programming & Software: **R, RStudio, Quarto, Markdown, MPlus, SPSS, MATLAB, REDCap, Qualtrics, LaTeX, Adobe Acrobat, Microsoft Office**
- Languages: **English–Native; German–Intermediate High (ACTFL); Spanish–Novice Mid (ACTFL)**

Certifications

- 9 Nov. 2023 **Multidimensional Grief Therapy (MGT) Overview Training**
 The Trauma and Grief Center at the Hackett Center for Mental Health
- 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

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