

# Eli D. Halbreich, M.A.

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Department of Psychological Sciences, Box 42051, Lubbock, TX 79409-2051

## EDUCATION

- **Texas Tech University (APA Accredited)** 2022–Present  
*Doctor of Philosophy, Clinical Psychology (Expected August 2028)* Lubbock, TX
  - Advisor: Jason Van Allen, Ph.D.
- **Texas Tech University (APA Accredited)** 2022–2024  
*Master of Arts, Clinical Psychology* Lubbock, TX
  - 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>
- **Tufts University** 2019–2022  
*Bachelor of Arts, Psychology, summa cum laude, Highest Thesis Honors* Medford, MA
  - 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>
- **Los Angeles City College** 2017–2019  
*Psychology Major* Los Angeles, CA

## GRANTS AND FELLOWSHIPS

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

## HONORS AND AWARDS

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

## GRANT AND FELLOWSHIP APPLICATIONS

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- **TTU Institute for Studies in Pragmaticism** 2024  
*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
- **TTU Institute for Studies in Pragmaticism** 2024  
*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
- **American Foundation for Suicide Prevention** 2023  
*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
- **National Science Foundation** 2023  
*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
- **Society of Pediatric Psychology** 2023  
*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
- **American Psychological Foundation** 2023  
*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
- **Human Animal Bond Research Institute** 2023  
*Charles S. Peirce Interdisciplinary Graduate Fellowship* 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
- **University of North Texas Center for Psychosocial Health Disparities Research** 2022  
*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

**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., Foltz, 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* (1st ed., pp. 214–227). Routledge. <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

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### 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

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### Research Experience

#### • Examining Nutrition, Exercise, and Rest in Growing Youth (ENERGY) Lab

Aug. 2022–Present

Research Assistant

- 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.

#### • Children's Television Project

Aug. 2021–May 2022

Research Coordinator

- 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.

• **Tufts Pets and Well-Being Lab**

May 2021–Aug. 2022

*Research Assistant*

- 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.

• **Tufts Initiative for Human-Animal Interaction**

Aug. 2019–Aug. 2022

*Research Assistant*

- 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**

• **Categorical Data Analysis**

2024

*Instructor: Andrew K. Littlefield, Ph.D.*

• **Structural Equation Modeling for Psychologists**

2023

*Instructor: Andrew K. Littlefield, Ph.D.*

• **Advanced Correlational Methods and Factor Analysis**

2023

*Instructor: Nicholas Croft Borgogna, Ph.D.*

• **Experimental Design**

2022

*Instructor: Martina I. Klein, Ph.D.*

**Clinical Experience**

• **Texas Tech University, Texas Tech University Psychology Clinic**

Sep. 2023–Present

*Graduate Student | Individual Adult and Child Therapist*

- 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.
- 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.

• **University Medical Center (UMC) Health System, Pediatrics**

Sep. 2024–Present

Practicum Student | Individual Therapist

- Supervisor: Jason Van Allen, Ph.D.
- Provide a variety of psychological services offered within the Pediatric Intensive Care Unit, the general Pediatrics Department, the Neonatal Intensive Care Unit, and others.

• **Equine-Assisted Positively Fit**

Mar. 2024–Present

Practicum Student | Individual & Family Therapist

- Supervisor: Jason Van Allen, Ph.D.
- Lead therapist providing a family-focused, weight management intervention to youth and their families.

• **Texas Tech University, Grief Therapy with Adolescents**

Sep. 2023–Aug. 2024

Practicum Student

- Supervisor: Jonathan Singer, Ph.D.
- Receive didactic training in *Trauma and Grief Component Therapy* for adolescents who have lost a family member.

• **Texas Tech University, CBT Pain Program for Adolescents**

Sep. 2023–Aug. 2024

Practicum Student

- Supervisor: Caroline Cummings, Ph.D.
- 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

• **Texas Tech University, Texas Tech University Psychology Clinic**

Jan. 2023–May 2023

Clinic Co-Director

- Supervisor: Megan A. Thoen, Ph.D.
- Conduct first-contact intake screenings of incoming clients, including assessment and documentation of risk, history, and presenting concerns.

## TEACHING AND MENTORING EXPERIENCE

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### Teaching

• **Guest Lecturer, HLTH 2307: Understanding Death and Dying**

Spring 2025

Texas Tech University, Department of Kinesiology & Sport Management

- Course Instructor: Elizabeth Hoelscher, M.A.

• **Guest Lecturer, PSY 1300: General Psychology**

Fall 2024

Texas Tech University, Department of Psychological Sciences

- Course Instructor: Carol Fadalla

• **Guest Lecturer, PSY 1300: General Psychology**

Fall 2024

Texas Tech University, Department of Psychological Sciences

- Course Instructor: Brelynne Baldwin, M.A.
- **Teaching Assistant, PSY 2400: Statistical Methods Lab** Fall 2022  
*Texas Tech University, Department of Psychological Sciences*
  - Course Instructor: Will Crescioni, Ph.D. | Average Student Rating: 4.5/5.0
- **Teaching Assistant, CSHD 0159: Understanding Child Development Through Film** Fall 2020  
*Tufts University, Eliot-Pearson Department of Child Study and Human Development*
  - Course Instructor: Calvin Gidney, Ph.D
- **Teaching Assistant, CH 0099: Special Topics In Community Health, One Health** Fall 2020  
*Tufts University, Department of Community Health*
  - Course Instructor: Deborah Linder, DVM, MS, DACVN

## Mentoring

- **Hyla Riley** 2025–Present  
*Current mentee*
- **Fanny Arendt** 2024–Present  
*Current mentee*
- **Madeleine Valley** 2023–Present  
*Current mentee*
- **Cyerra Jones** 2023–2024  
*Undergraduate Research Assistant*
- **Amanda Tabansi** 2023–2024  
*Undergraduate Research Assistant*
- **Macie Le** 2023  
*Undergraduate Research Assistant*
- **Abigail Woodall** 2023–2024  
*Subsequent Position: Student, Master of Science in Marriage & Family Therapy, Texas Woman's University*
- **Sara Phy** 2023  
*Subsequent Position: Student, Master of Public Health, Nutritional Sciences, Dietetics Concentration, University of Michigan*
- **Brooke Streicher** 2022–2023  
*Subsequent Position: Research Coordinator, Texas Tech University*
- **Ellis Renwick-Archibold** 2022  
*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

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

### Conference Reviewer

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

## PROFESSIONAL SERVICE AND DEVELOPMENT

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### Service

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

### Development

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

### SKILLS

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- **Programming Languages:** R, Markdown, LaTeX
- **Statistical Software:** Posit products (i.e., RStudio IDE, Quarto, tidyverse, ggplot2), MPlus, SAS, SPSS, MATLAB
- **Database & Survey Systems:** REDCap, Qualtrics
- **Research Skills:** Categorical data analysis, structural equation modeling, general linear model applications

### PROFESSIONAL SOCIETY AFFILIATIONS

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- 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



## CERTIFICATIONS

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- **MoCA Cognitive Assessment:** Certified Rater *Sep. 2023*
- **QPR Institute:** QPR Gatekeeper *Apr. 2023*
- **CITI Program:** [Working with Dogs in Research Settings](#) *Jan. 2023*
- **CITI Program:** [Working With Horses In An Agricultural Research Setting](#) *Dec. 2022*
- **CITI Program:** [TTU Human Subject Research Course](#) *Sep. 2022*
- **CITI Program:** [Social and Behavioral Responsible Scholarship Course](#) *Sep. 2022*

## ADDITIONAL INFORMATION

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

## REFERENCES

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1. **Jason Van Allen, Ph.D.**

Associate Professor; Director of Clinical Training; John G. Skelton, Jr. Regents Professorship  
Department of Psychological Sciences, Clinical Psychology Program  
Texas Tech University  
Email: [jason.vanallen@ttu.edu](mailto:jason.vanallen@ttu.edu)  
Phone: +1 (806) 834-7703  
*Relationship: Doctoral Advisor*