

# Eli D. Halbreich, M.A.

Ph.D. Student, Texas Tech University

Pronouns: he/him/his

## Curriculum Vitae

January 2025

📍 Department of Psychological Sciences  
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## Education

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

## Grants and Fellowships

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

## Honors and Awards

2021	<b>Priscilla N. Dunne Prize</b> Tufts University Department of Psychology	Amount: \$1,000
2021	<b>TIHAI Student Scholar</b> Tufts Initiative for Human-Animal Interaction	Amount: \$500
2019–2022	<b>Dean's List (all full-time semesters)</b> Tufts University	
2019	<b>President's Honors</b> Los Angeles City College	
2018–2019	<b>Full Time Dean's Honor List (all full-time semesters)</b> Los Angeles City College	

## Grant and Fellowship Applications

2024	<b>TTU Institute for Studies in Pragmatism, Charles S. Peirce Interdisciplinary Graduate Fellowship</b> Amount: \$5,000 Title: Examining the Role of Animal-Assisted Therapy (AAT) with Pediatric Physical Therapy (PT) Patients (Role: Co-PI) <ul style="list-style-type: none"><li>➤ Status: Declined by funder</li></ul>	
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- 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

- 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., 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>

### 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.

#### 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	<b>Cyerra Jones</b> ➤ Undergraduate Research Assistant
2023–2024	<b>Amanda Tabansi</b> ➤ Undergraduate Research Assistant
2023–2023	<b>Macie Le</b> ➤ Undergraduate Research Assistant
2023–2024	<b>Abigail Woodall</b> ➤ Subsequent Position: Student, Master of Science in Marriage & Family Therapy, Texas Woman's University
2023	<b>Sara Phy</b> ➤ Subsequent Position: Student, Master of Public Health, Nutritional Sciences, Dietetics Concentration, University of Michigan
2022–2023	<b>Brooke Streicher</b> ➤ Subsequent Position: Research Coordinator, Texas Tech University
Summer 2022	<b>Ellis Renwick-Archibold</b> ➤ 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	<b>Graduate Student Reviewer</b> APAGS/Psi Chi Junior Scientist Fellowship
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## Professional Service and Development

### Service

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

### Development

25 Jul. 2024	<b>Dialectical Behavior Therapy (DBT) Seminar</b> Megan Renna, Ph.D.
7 Jun. 2024	<b>Virtual BPD COMPASS Introductory Workshop</b> Compass Mental Health Training & Consultation
May 2024	<b>Telehealth 101</b> Texas A&M Health Telehealth Institute
9 Nov. 2023	<b>Multidimensional Grief Therapy (MGT) Overview Training</b> The Trauma and Grief Center at the Hackett Center for Mental Health
May 2023	<b>The Groundwork Program</b> Texas Tech University
Mar. 2023	<b>Organizing the Academic CV Workshop</b> Texas Tech University

Feb. 2023	<b>Writing the Academic Cover Letter Workshop</b> Texas Tech University
Jan. 2023	<b>Making Equitable Attendance Policies Workshop</b> 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	<b>Certified Rater</b> MoCA Cognitive Assessment
6 Apr. 2023	<b>QPR Gatekeeper</b> QPR Institute
6 Jan. 2023	<b>Working with Dogs in Research Settings</b> CITI Program
13 Dec. 2022	<b>Working With Horses In An Agricultural Research Setting</b> CITI Program
10 Sep. 2022	<b>TTU Human Subject Research Course</b> CITI Program
9 Sep. 2022	<b>Social and Behavioral Responsible Scholarship Course</b> 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