# Eli D. Halbreich, M.A.

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

### **EDUCATION**

Los Angeles City College

 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

# GRANT AND FELLOWSHIP APPLICATIONS

# • TTU Institute for Studies in Pragmaticism

Charles S. Peirce Interdisciplinary Graduate Fellowship

Amount: \$5,000

2024

- 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

- 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

Amount: \$49,870

- 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

Amount: \$5,000

Marion and Donald Routh Student Research Grant

• 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

Amount: \$49,500

Amount: \$10,000

Charles S. Peirce Interdisciplinary Graduate Fellowship

- 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

- Title: Companion animals, social support, and coping in rural LGBT+ youth
- Role: PI
- Status: Declined by funder

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* (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**

# **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. http://dx.doi.org/10.13140/RG.2.2.14135.02721
- \*Sprabary, K., Javins, A., Hefner, T. D., **Halbreich, E. D.**, \*Gaitonde, A., Van Allen, J. (2025, April 1–2). *Development of an integrative pediatric weight management curriculum*. Undergraduate Research Conference, Texas Tech University, Lubbock, TX, 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**

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

Aug. 2022-Present

- 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

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

Aug. 2021–May 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 Instructor: Andrew K. Littlefield, Ph.D.

# • Structural Equation Modeling for Psychologists Instructor: Andrew K. Littlefield, Ph.D.

2023

# • Advanced Correlational Methods and Factor Analysis

2023

# Instructor: Nicholas Croft Borgogna, Ph.D.

# • Experimental Design

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

Teaching	
• Guest Lecturer, HLTH 2307: Understanding Death and Dying  Texas Tech University, Department of Kinesiology & Sport Management  • Course Instructor: Elizabeth Hoelscher, M.A.	Spring 2025
• Guest Lecturer, INCH Lab: Behavioral Interventions for Overweight and Obesity  Texas Tech University, Department of Nutritional Sciences	Fall 2024
• Guest Lecturer, PSY 1300: General Psychology  Texas Tech University, Department of Psychological Sciences  • Course Instructor: Carol Fadalla	Fall 2024
• Guest Lecturer, PSY 1300: General Psychology  Texas Tech University, Department of Psychological Sciences  • Course Instructor: Brelynne Baldwin, M.A.	Fall 2024
• 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 2022
• 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	Fall 2020
Mentoring	
• Hyla Riley Current mentee	2025–Present
• Fanny Arendt Current mentee	2024–Present
• Madeleine Valley Current mentee	2023–Present
• Dan Garcia Current mentee	2025–Present
Cyerra Jones     Undergraduate Research Assistant	2023–2024
Amanda Tabansi     Undergraduate Research Assistant	2023–2024
Macie Le     Undergraduate Research Assistant	2023
• Abigail Woodall  Subsequent Position: Student, Master of Science in Marriage & Family Therapy, Texas Woman's University	2023–2024
• Sara Phy Subsequent Position: Student, Master of Public Health, Nutritional Sciences, Dietetics Concentration, University of Michigan	2023
• Brooke Streicher  Subsequent Position: Research Coordinator, Texas Tech University	2022–2023
• Ellis Renwick-Archibold Science Research Program, New Rochelle High School	2022

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	
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     American Psychological Association	2021–2023
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     The Trauma and Grief Center at the Hackett Center for Mental Health	Nov. 2023
• The Groundwork Program	May 2023
Texas Tech University	1v111y 2025
Making Equitable Attendance Policies Workshop	Jan. 2024
Texas Tech University	
SKILLS	
Programming Languages: R, Markdown, LaTeX	
• Statistical Software: Posit products (i.e., RStudio IDE, Quarto, tidyverse, ggplot2), MPlus, SAS, SI MATLAB	'SS,

• Research Skills: Categorical data analysis, structural equation modeling, general linear model applications

EDITORIAL AND REVIEWING EXPERIENCE

• Database & Survey Systems: REDCap, Qualtrics

# 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

# **CERTIFICATIONS**

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**

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

# REFERENCES

### 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 Phone: +1 (806) 834-7703 Relationship: Doctoral Advisor