

## BENJAMIN ABRAVANEL SWERDLOW (né ABRAVANEL)

### EDUCATION

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- 2015-        **Doctoral Candidate, Clinical Science**  
University of California, Berkeley  
Berkeley, CA  
Advisor: Sheri L. Johnson, Ph.D  
Dissertation: *Naturalistic Assessment of Interpersonal Emotion Regulation in Romantic Couples: Ties to Psychological Wellbeing and Relationship Quality*  
(Dissertation Proposal Approved: February, 2019)
- 2018        **M.A., Psychology**  
University of California, Berkeley  
Berkeley, CA  
Master's Thesis: *Shame on me for needing you: Links between interpersonal emotion regulation and experience of shame in daily life*  
Advisor: Sheri L. Johnson, Ph.D.
- 2012        Pembroke-King's Programme  
Cambridge University  
Cambridge, UK
- 2009-2013    **B.A., Psychology, & B.A., English**  
Wesleyan University  
Middletown, CT  
*Honors in Psychology*  
Honors Thesis: *Emotional Memory for Film Clips*  
*Advisor:* Charles Sanislow, Ph.D.

### FELLOWSHIPS & AWARDS

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- 2020        UC Berkeley Department of Psychology Graduate Student Instructor Excellence Award
- 2019        UC Berkeley Outstanding Graduate Student Instructor Award
- 2019        Sheldon J. Korchin Prize in Clinical Psychology
- 2017        UC Berkeley Department of Psychology Travel Award
- 2017-2020    Greater Good Science Center Research Fellowship
- 2016-2018    NIMH Predoctoral Training Consortium in Affective Science Fellowship (T32-MH020006)
- 2015-2016    UC Berkeley Graduate Division Travel Awards
- 2015-2020    UC Berkeley Department of Psychology Summer Research Fellowships
- 2013        Holtzberg Fellowship for Clinical and Community Psychology
- 2012        Phi Beta Kappa, Fall Inductee
- 2011        Ford Teaching Fellowship
- 2009-2013    Wesleyan University Dean's List

### PUBLICATIONS

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### **Peer-Reviewed**

- Swerdlow, B. A.**, & Johnson, S. L. (2020). The Interpersonal Regulation Interaction Scale (IRIS): A multistudy investigation of receivers' retrospective evaluations of interpersonal emotion regulation interactions. *Emotion*.  
<https://doi.org/10.1037/emo0000927>
- Johnson, S. L., Zisser, M., Sandel, D., **Swerdlow, B.**, Carver, C. S., Sanchez, A., Fernandez, E. (2020). Development of a brief online intervention to address aggression in the context of emotion-related impulsivity: Evidence from a wait-list controlled trial. *Behaviour Research and Therapy*. <https://doi.org/10.1016/j.brat.2020.103708>
- Johnson, S. L., Sandel, D., Zisser, M., Pearlstein, J., **Swerdlow, B.**, Sanchez, A., Fernandez, E., & Carver, C. S. (2020). A brief online intervention to address aggression in the context of emotion-related impulsivity for those with remitted bipolar disorder: Feasibility, acceptability and pilot outcome data. *Journal of Behavioral and Cognitive Therapy*, 30, 65-74. <https://doi.org/10.1016/j.jbct.2020.03.005>
- Swerdlow, B. A.\***, Pearlstein, J. \*, Sandel., D., Mauss, I., & Johnson, S. L. (2020). Maladaptive behavior and affect regulation: A functionalist perspective. *Emotion*, 20, 75-79. <https://doi.org/10.1037/emo0000660>
- Peckham, A. D., **Swerdlow, B. A.**, & Johnson, S. L. (2019). Working memory capacity interacts with emotion regulation strategies to predict symptoms of mania. *Psychiatry Research*, 281, 112551. <https://doi.org/10.1016/j.psychres.2019.112551>
- Swerdlow, B. A.**, Pearlstein, J., & Johnson, S. L. (2019). Multivariate associations of ideal affect with clinical symptoms. *Emotion*, 19, 617-628.  
<https://doi.org/10.1037/emo0000468>
- Swerdlow, B. A.** (2018). Tracing the evolution of the Tarasoff duty in California. *Journal of Sociology and Social Welfare*, 45, 25-38.
- Johnson, S. L., **Swerdlow, B. A.**, Treadway, M., Tharp, J. A., & Carver, C. S. (2017). Willingness to expend effort toward reward and extreme ambitions in bipolar I disorder. *Clinical Psychological Science*, 5, 943-951.  
<https://doi.org/10.1177/2167702617718181>
- Abravanel, B. T.**, & Sinha, R. (2015). Emotion dysregulation mediates the relationship between lifetime cumulative adversity and depressive symptomatology. *Journal of Psychiatric Research*, 61, 89-96. <https://doi.org/10.1016/j.jpsychires.2014.11.012>
- Gabert-Quillen, C. A., Bartolini, E. E., **Abravanel, B. T.**, & Sanislow, C. A. (2015). Ratings for emotion film clips. *Behavior Research Methods*, 47, 773-787.  
<https://doi.org/10.3758/s13428-014-0500-0>

### **Book Chapters**

- Johnson, S. L., **Swerdlow, B. A.**, Pearlstein, J. & Ironside, M., & Carver, C. S. (in press). The approach system as a component of personality. In O. P. John & R. W. Robins (Eds.), *Handbook of personality: Theory and research*. New York: NY: Guilford Press.
- Johnson, S. L., Pearlstein, J., **Swerdlow B. A.**, & Carver, C. S. (2018). Mood-related impulsivity in the onset and course of mood disorders. In S. Sangha & D. Foti (Eds.), *Neurobiology of abnormal emotion and motivated behaviors: Integrating animal and human research*. Academic Press: Cambridge, MA. <https://doi.org/10.1016/B978-0-12-813693-5.00002-2>
- Johnson, S. L., **Swerdlow, B. A.**, Pearlstein, J., & McMaster, K. (2016). Bipolar disorder in couple and family therapy. In J. Lebow, A. Chambers, & D. C. Breunlin (Eds.), *Encyclopedia of couple and family therapy*. Springer International Publishing.  
[https://doi.org/10.1007/978-3-319-15877-8\\_441-1](https://doi.org/10.1007/978-3-319-15877-8_441-1)

### **Under Review**

**Swerdlow, B. A.,** Sandel, D., & Johnson, S. L. (under review). Shame on me for needing you?: Links between interpersonal emotion regulation and experiences of shame.  
Johnson, S. L., **Swerdlow, B. A.,** Tharp, J. A., Chen, S., Tackett, J. L., Zeitzer, J. (under review). Social dominance and multiple dimensions of psychopathology: An experimental test of reactivity to leadership and subordinate roles.

### **In Preparation**

**Swerdlow, B. A.,** & Johnson, S. L. (in preparation). If I struggle with my emotions, will we struggle with them too?: A multi-study investigation of associations between intrapersonal and interpersonal emotion regulation difficulties.  
**Swerdlow, B. A.** & Johnson, S. L. (in preparation). Interpersonal emotion regulation in daily life: Perceived benefits and associations with well-being, loneliness, and future support-seeking.  
**Swerdlow, B. A.,** Sandel, D. B., Pearlstein, J., & Johnson, S. L. (in preparation). Non-suicidal self-injury and negative affect.  
**Swerdlow, B. A.,** Porter, P., Dev, A., & Johnson, S. L. (in preparation). Longitudinal associations between internalizing symptoms, social behavior, and social perceptions amid the initial months of the COVID-19 pandemic in the United States: Evidence from a transdiagnostic community sample.  
**Swerdlow, B. A.,** Pearlstein, J., Anthony, N. B., & Johnson, S. L. (in preparation). Defining adaptation in psychology: Challenges and principles.  
Sandel, D. B., **Swerdlow, B. A.,** Tharp, J. A., & Johnson, S. L. (in preparation). Does shame trigger self-harm?: The interaction of shame and urgency in the initiation and maintenance of NSSI and suicide attempts.

## **PRESENTATIONS**

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### **Talks**

**Swerdlow, B. A.,** & Johnson, S. L. (2017, October). *Toxic side effects of interpersonal emotion regulation: Focus on shame*. Talk presented at the UC Berkley Clinical Science Colloquium, Berkeley, CA.  
**Swerdlow, B. A.** & Johnson, S. L. (2018, August). *Interpersonal emotion regulation in daily life: Associations with perceived benefits, wellbeing, social connectedness, and future support-seeking*. Presented at the annual Affective Science Training Consortium summer workshop, Berkeley, CA.  
**Swerdlow, B. A.,** & Johnson, S. L. (2017, July). *Toxic side effects of interpersonal emotion regulation*. Presented at the annual Affective Science Training Consortium summer workshop, Berkeley, CA.  
Peckham, A. D., Johnson, S. L., & **Swerdlow, B. A.** (2015, November). *Working memory capacity interacts with emotion regulation strategies to predict mania over time*. In A. Dodd (Chair), "Cognitive Style and Emotion Regulation in Bipolar Disorder." Symposium at the Association for Behavioral and Cognitive Therapies 49th Annual Convention, Chicago, IL.

### **Posters**

**Swerdlow, B. A.,** & Johnson, S. L. (2021, April). *Associations between intra- and interpersonal emotion regulation*. Submitted for presentation at the annual meeting of the Society for Affective Science.

- Marks, L. C., Levitan, J. M., Yadav, A., Hannawi, J., **Swerdlow, B. A.**, Timpano, K., & Johnson, S. L. (2021, April). *Emotion-related impulsivity and speech disfluency*. Submitted for presentation at the annual meeting of the Society for Affective Science.
- Swerdlow, B. A.**, & Johnson, S. L. (2020, March). *Experiences of interpersonal emotion regulation: Exploratory and confirmatory factor analyses of recipients' ratings of recalled interactions*. Presented at the annual meeting of the Society for Affective Science.
- Swerdlow, B. A.**, & Johnson, S. L. (2019, March). *Interpersonal emotion regulation in daily life: Perceived effectiveness, psychological wellbeing, loneliness, and future support-seeking*. Presented at the annual meeting of the Society for Affective Science, Boston, MA.
- Swerdlow, B. A.**, Sandel, D. S., & Johnson, S. L. (2018, April). *Shame on me for needing you: Results of a daily diary study of interpersonal emotion regulation*. Presented at the annual meeting of the Society for Affective Science, Los Angeles, CA.
- Swerdlow, B. A.**, Tharp, J. A., Chen, S., Tackett, J. L., Carney, D. R., Kriegsfeld, L. J., & Johnson, S. L. (2017, September). *Social dominance and physiological reactivity: Ties to symptomatology*. Presented at the annual meeting of the Society for Research in Psychopathology, Denver, CO.
- Swerdlow, B. A.**, & Johnson, S. L. (2017, April). *Multivariate associations between ideal affect and transdiagnostic clinical symptoms*. Presented at the annual meeting of the Society for Affective Science, Boston, MA.
- Swerdlow, B. A.**, & Johnson, S. L. (2016, October). *Wanting more, but finding less: Associations of psychological symptoms with interpersonal emotion regulation*. Presented at the annual meeting of the Society for Research in Psychopathology, Baltimore, MD.
- Swerdlow, B. A.**, & Johnson, S. L. (2016, May). *Associations of psychological symptoms with outcomes of interpersonal emotion regulation*. Presented annual UC Berkeley Department of Psychology Poster Session.
- Swerdlow, B. A.**, Treadway, M. T., & Johnson, S. L. (2016, March). *Goal overvaluation predicts willingness to work for rewards in bipolar I disorder*. Presented at the annual meeting of the Society for Affective Science, Chicago, IL.
- Abravanel, B. T.**, & Sanislow, C. A. (2013). *Emotional memory for film clips*. Presented at the annual Wesleyan University Natural Sciences and Math Poster Session, Middletown, CT.
- Abravanel, B. T.**, & Sanislow, C. A. (2013). *Emotion memory for film clips*. Presented at the annual Wesleyan University Psychology Research Poster Session, Middletown, CT.
- Brugioni, A., **Abravanel, B. T.**, & Sanislow, C. A. (2012). *Developing a stimulus set of film clips to study emotion*. Presented at the annual Wesleyan University Psychology Research Poster Session, Middletown, CT.
- Abravanel, B. T.** (2011). *Social network utilization as a specific correlate of adolescent suicidality*. Presented at the inaugural WesSupport Research Presentation Session, Middletown, CT.
- Abravanel, B. T.** (2011). *Social network utilization as a specific correlate of adolescent suicidality*. Presented at the annual Wesleyan University Quantitative Analysis Center Poster Session, Middletown, CT.

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## CLINICAL EXPERIENCE

2018-2020      **External Therapy Practicum Student**

Department of Child and Adolescent Psychiatry  
Kaiser Permanente Richmond Medical Center  
Supervisor: Daniel Alterman, Ph.D.

Provided individual, family, and group psychotherapy to adolescent clients (ages 12-19), including both brief and long-term therapy, in an outpatient hospital clinic. Clients presented with a wide range of problems, including depression, generalized and social anxiety, anger, gender dysphoria and identity concerns, panic, attention deficits, learning difficulties, substance abuse, parent-child relational and attachment problems, and obsessive-compulsive behavior. Therapeutic modalities were tailored to each client's case formulation and included cognitive-behavioral therapy, family therapy, acceptance and commitment therapy, psychodynamic therapy, and expressive art therapy. Maintained an active caseload of 3-5 individual and family therapy cases and 3-5 additional case management clients. Co-led weekly psychotherapy groups, including Teen CBT for Anxiety and Teen Anxiety Support. Conducted weekly intakes, including developmental history and diagnostic interview, to assess new clients' suitability for services and develop initial treatment plans. Administered and interpreted clinical measures (e.g., PHQ-9, GAD-7, CBCL, etc.) for progress monitoring and ADHD screening. Consulted with clinical team, pediatricians, and psychiatrists in coordinating client care. Received didactic training in developmental psychopathology, diagnostic assessment, and treatment. Attended weekly individual supervision, weekly client disposition meeting with clinical team, and monthly case conference with clinical team and pediatric service.

2016-2017

**Therapy Practicum Student**

UC Berkeley Psychology Clinic

Supervisors: Rochelle Frank, Ph.D., Paul Guillory, Ph.D., Daniel Wile, Ph.D., and Nancy Liu, Ph.D.

Provided weekly individual (with Rochelle Frank), family (with Daniel Wile), and couples (with Paul Guillory and Daniel Wile) therapy to adult clients (ages 18+) in an outpatient community clinic. Individual clients predominantly presented with mood and anxiety disorders, as well as suicidality, self-harm, and relationship distress. For individual clients, treatment plans were developed using a personalized, case formulation-driven model with a focus on transdiagnostic mechanisms of psychopathology, and interventions were drawn primarily from cognitive-behavioral therapy, acceptance and commitment therapy, and dialectical behavioral therapy. For families and couples, primary therapeutic modalities were emotion-focused therapy and collaborative couples therapy. Conducted phone screens and intakes, including developmental history and diagnostic interview (Structured Clinical Interview for DSM-5), to assess suitability for services and develop initial treatment plan. Administered and interpreted clinical measures (e.g., DASS-21, DIAMOND, etc.) for progress monitoring. Attended weekly individual supervision, group supervision, case presentations, and didactic seminars, readings, workshops, and consultations.

2016-2017     **Assessment Practicum Student**

UC Berkeley Psychology Clinic

Supervisors: Barbara Easterlin, Ph.D. and Alan Schonkoff, Ph.D.

Provided neuropsychological and psychodiagnostic testing for adult clients (ages 18+) in an outpatient community clinic. Conducted intake and developmental histories, selected tests, scored and interpreted results, wrote integrated assessment reports, and provided feedback. Assessments included evaluation of ADHD, learning disabilities, and mood and anxiety disorders. Assessments included: Wechsler Adult Intelligence Test, 4<sup>th</sup> Edition (WAIS-IV); Delis-Kapan Executive Function System (D-KEFS); Minnesota Multiphasic Personality Inventory-2 (MMPI-2) and Minnesota Multiphasic Personality Inventory-2-Restructured Form (MMPI-2-RF); Rey Auditory Verbal Learning Test (RAVLT); Rey-Osterreith Complex Figure (ROCF); Wide Range Achievement Test, 4<sup>th</sup> Edition (WRAT-4); Wide Range Assessment of Memory and Learning, 2<sup>nd</sup> Edition (WRAML-2); Wisconsin Card Sorting Test (WCST); and Woodcock-Johnson, 3<sup>rd</sup> Edition (WJ-III).

2015-           **Diagnostic Interviewer**

CALM Program

UC Berkeley

Supervisor: Sheri Johnson, Ph.D.

Conducted diagnostic interviews for research studies, including: Structured Clinical Interview-5 (SCID-5); Columbia Suicide Severity Rating Scale; Hamilton Rating Scale for Depression; Young Mania Rating Scale; Sheehan Disability Scale; Modified Overt Aggression Scale (M-OAS); and a checklist of traumatic experiences. Attended biweekly SCID training and reliability meetings.

2014-2015     **Group Facilitator**

Yale Stress Center

Yale School of Medicine

Supervisor: Rajita Sinha, Ph.D.

Co-facilitated 8-week mindfulness-based stress reduction (MBSR) groups for stressed, low-income parents with obesity (Jastreboff et al., 2018).

2011-2013     **Peer Mental Health Counselor and Advocate**

WESupport & Counseling and Psychological Services

Wesleyan University

Supervisor: Jennifer D'Andrea, Ph.D.

Provided one-on-one peer mental health counseling services to distressed undergraduates. Participated in regular meetings with the director of the Counseling and Psychological Services to advocate for student perspectives

on mental health, with the aim of increasing accessibility and acceptability of on-campus mental health resources. Completed six-week peer mental health counseling training. Assisted with the development and implementation of subsequent iterations of the training series.

## RESEARCH EXPERIENCE

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2015- **Doctoral Student Researcher**  
CALM Program  
Department of Psychology, UC Berkeley  
Advisor: Sheri Johnson, Ph.D.

Developed paradigms for collecting and analyzing data on interpersonal emotion regulation interactions in daily life, including autobiographical recall, daily diaries, ecological momentary assessment (EMA), ambulatory acoustic monitoring using the Electronically Activated Recorder, and a novel self-report measure (Swerdlow & Johnson, 2020). Developed a manual for cultural informant coding of acoustically monitored interpersonal emotion regulation interactions. Contributed to the development, implementation, and analysis of an online intervention for adults with clinical problems with anger, aggression, and emotion-related impulsivity, including spearheading the implementation of EMA procedures for collecting real-time treatment data (Johnson et al., 2020). Contributed to the development of a paradigm for rating and analyzing affective features, acoustic features, lexical features, and pragmatic features of brief speeches for a study of transdiagnostic mechanisms of internalizing and externalizing psychopathologies. Conducted or consulted on statistical analyses for research on self-harm and emotion-related impulsivity (Sandel et al., in preparation), bipolar disorder (Johnson et al., 2017), and social dominance (Johnson et al., under review), including cluster-robust and multilevel modeling, path modeling, and functional principal components analysis (fPCA). Conducted diagnostic (e.g., Structured Clinical Interview for DSM-5) and other semi-structured clinical interviews (e.g., Beck Lethality Scales). Trained, supervised, and mentored a team of 6-15 undergraduate and post-baccalaureate research assistants in research methodology; professionalism and ethics in human subjects research; data collection, management, cleaning, and analysis; behavior coding; and professional development.

2013-2015 **Research Assistant**  
Yale Stress Center  
Yale School of Medicine, Department of Psychiatry, Yale University  
Supervisors: Rajita Sinha, Ph.D., & Matthew Stults-Kohlemainen, Ph.D.

Study coordinator: *Food Cues, Stress, Motivation for Highly Palatable Foods and Weight Gain* (R01 DK099039) and research assistant: *Effect of Prazosin on Alcohol Craving, Stress Dysregulation and Alcohol Relapse* (R01 AA020504); conducted telephone screenings and evaluated potential participants; maintained an active caseload of 5-15 participants; consented potential participants and conducted assessments at intake, baseline, and follow-up, comprising interviews, self-assessments, mood-induction

procedures, and physiological assessments, including heart rate variability analysis and salivary cortisol; conducted independent research projects (e.g., Abravanel & Sinha, 2015); data entry, management, and analysis.

2010-2013     **Undergraduate Research Assistant**  
Cognitive, Affective, Personality Science (CAPS) Laboratory  
Department of Psychology, Wesleyan University  
Advisor: Charles Sanislow, Ph.D.

Team leader: *Development of a New Stimulus Set of Emotion Elicitation Film Clips* (Gabert-Quillen et al., 2014); conducted research sessions, including mood-induction sessions and EEG sessions; data entry, management, and analysis; presented findings at annual poster sessions. Developed, wrote, and presented an undergraduate honors thesis.

## **TEACHING & MENTORSHIP**

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### **Teaching**

2019     **Lead Instructor**  
*Principles of Psychology*  
UC Berkeley

Designed a curriculum, syllabus, lesson plans and lecture materials, writing assignments, and exams and delivered lectures for a class of 200 undergraduates. Oversaw two graduate students who assisted with grading.

2015-2021     **Graduate Student Instructor**  
*Clinical Psychology*  
*Developmental Psychopathology*  
*Psychology of Personality*  
*Human Happiness*  
*Introduction to Psychology*  
UC Berkeley

For each class, led three, one-hour weekly discussion sections consisting of twenty-five students. Lectured, facilitated discussions and activities, graded student work, and provided assistance in office hours.

### **Guest Lecturing**

2018     “Neurobiology of Anhedonia” for *Clinical Neuropsychology*, UC Berkeley  
2015     “Bipolar Spectrum Disorders and Treatment for Mood Disorders” for *Clinical Psychology*, UC Berkeley

### **Mentorship**

2020-2021     Post-Baccalaureate Student Research Co-Advisor  
Mentee: Julia Levenson  
Projects: “Morality in the age of Reddit: A text mining approach to predicting moral judgments”



- 2020-2021 Post-Baccalaureate Student Research Co-Advisor  
Mentee: Mackenzie Maddox  
Project: “Actor-partner associations of emotion-related impulsivity with internalizing symptoms and relationship satisfaction in romantic couples”
- 2020-2021 Undergraduate Honors Thesis Research Co-Advisor  
Mentee: Robin Stuart  
Thesis: “Multiple paths to sexual coercion: Associations between dark triad personality traits, emotion-related impulsivity, and sexual coaxing and coercing behavior in undergraduates”
- 2020-2021 Undergraduate Honors Thesis Research Co-Advisor  
Mentee: Sarah Anvar  
Thesis: “Impulsivity and suicidality: Differential associations of emotion-related impulsivity with acute suicidal affective disturbance, suicidal ideation, and suicide attempts”
- 2020-2021 Undergraduate Honors Thesis Research Co-Advisor  
Mentee: Lauren Price  
Thesis: “Predicting changes in couples’ relationship satisfaction amid the COVID-19 pandemic”
- 2016 Student Research Opportunities Program (SROP) Co-Advisor  
Mentee: Anthony Miles  
Project: “Depression and consistency of self across interpersonal contexts”
- 2011-2013 Peer Tutor and Mentor  
*Foundations of Contemporary Psychology*  
*Psychopathology*  
 Dean’s Office, Wesleyan University
- 2011 Ford Teaching Fellow & Writing Mentor  
 English Department, Wesleyan University

Selected Feedback from Teaching Evaluations:

*“This teacher obviously is a master at his craft.”*

*“Ben Swerdlow captures students' attention and enhances their understanding of the material by fostering in-class discussion, giving examples to prove his claims, and staying after class to answer questions. He always offers his time to help students better understand the material.”*

*“He is very well versed in the subject and his passion for the subject is very evident in his very thorough lectures. He is also very articulate and is good at breaking down rather complicated concepts.”*

*“Professor Swerdlow's classes are extremely engaging in the sense that the material that he teaches is not just from the slides, but also just relevant concepts that he knows that can interest us. As a result, I oftentimes find myself in class just completely immersed into the topic matter without even having to try.”*

*“Ben is one of the best lecturers I have seen. He really knows all of the concepts very well and uses his slideshows only for visuals or demonstrations. He breaks down concepts very well and often asks for student participation for engagement with the content. He is always asking for questions and does not mind clarifying any of the concepts. He also seems very passionate about his field so it makes the presentations that much more engaging.”*

*“He knew the material extremely well. It was very obvious that he came to class prepared and excited to teach us. Each of his slides had an important contribution to the lectures and lecture content was explained well. Great person, very accessible. I went to many office hours and he was very receptive to students who came for all kinds of reasons. He encouraged us to do the best of our ability, and tested us accordingly. His tests were challenging, which forced students to engage with the material on a deeper level.”*

*“Ben is very approachable and is very knowledgeable and passionate about his field of study. He always handles questions well and encourages students to ask questions, share their thoughts, and provides helpful resources. He does a great job at making something as complicated as psychopathology, easier to understand and I feel that it is because of his discussion, that I am doing well in the class.”*

#### **DEPARTMENTAL SERVICE**

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2019-2020	Clinical Science Graduate Student Year Representative
2019-	Co-Creator and Inaugural Mentor, Department of Psychology Graduate Student Mentorship Program
2017-2018	Member, Clinical Science Colloquium Committee
2017	Member, Clinical Science Admissions Committee
2015-	Member, Graduate Assembly of Students in Psychology

#### **MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS & PROFESSIONAL ACTIVITIES**

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Society for Ambulatory Assessment  
Society for Affective Science  
Society for Research in Psychopathology  
Association for Psychological Science  
American Psychological Association  
Psi Chi (International Honor Society in Psychology)  
Active Minds  
*Mind Matters* (Psychology Magazine), Editor: 2010-2013

#### **EDITORIAL ACTIVITIES**

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2020	<i>Journal of Affective Disorders</i> , ad hoc reviewer
2020	<i>SAGE Open</i> , ad hoc reviewer
2019-2020	<i>Emotion</i> , ad hoc reviewer

#### **SPECIALIZED CLINICAL TRAINING**

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2020	<b>Legal and Ethical Issues in Psychotherapy.</b> One-day online workshop
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- presented by Nancy Liu, Ph.D., UC Berkeley.
- 2020 **The Unified Protocol for Children and Adolescents.** Two-day online workshop presented by Jill Ehrenreich-May, Ph.D.
- 2019 **CBT for Caregivers.** One-day workshop presented by Dolores Gallagher Thompson, Ph.D., UC Berkeley.
- 2018 **Parent Training Interventions: Behavior Modification Programs for Parents of Children with ADHD, Oppositional Defiance, and Strong-Willed Temperament.** Four-day workshop presented by Daniel Alterman, Ph.D., Kaiser Richmond Medical Center, Richmond, CA.
- 2018 **Conceptualization, Assessment, and Treatment of Autism Spectrum Disorders in Children.** One-day workshop presented by Carrie Wai, Ph.D., Kaiser Richmond Medical Center, Richmond, CA.
- 2018 **Conceptualization, Assessment, and Treatment of Attention-Deficit/Hyperactivity Disorder in Children.** Two-day workshop presented by Daniel Alterman, Ph.D., Kaiser Richmond Medical Center.
- 2018 **Models of Care in Pediatric Pain and Illness.** One-day workshop presented by David Becker, MD, Brittney Blockman, MD, and Samantha Huestis, Ph.D., UC San Francisco.
- 2018 **Dialectical Behavioral Therapy for Children and Adolescents.** Two-day workshop presented by Barbara Stuart, Ph.D., UC Berkeley.
- 2018 **Cognitive Behavioral Therapy for Hoarding.** One-day workshop presented by Maria Watson, Ph.D., UC Berkeley.
- 2018 **Dialectical Behavioral Therapy.** One-day workshop presented by Ashley Maliken, Ph.D., UC Berkeley.
- 2017 **Treating Affairs and Trauma: Helping Couples Heal and Rebuild Trust.** Three-day workshop presented by Julie Gottman, Ph.D. and John Gottman, Ph.D., UC Berkeley.
- 2017 **Collaborative Couples Therapy.** Two-day intensive presented by Daniel Wile, Ph.D., Oakland, CA.
- 2017 **Collecting Data to Guide Psychotherapy.** One-day workshop presented by Jacqueline Persons, Ph.D., UC Berkeley.
- 2017 **Problem-Based Learning in Medicine.** Two-day workshop presented by the Klingenstein Developmental Neuroscience Faculty & Colleagues, UC San Francisco.
- 2017 **Legal and Ethical Issues in Psychotherapy.** One-day workshop presented by Nancy Liu, Ph.D., UC Berkeley.
- 2017 **Acceptance and Commitment Therapy.** One-day workshop presented by Robyn Welser, Ph.D., UC Berkeley.
- 2015 **Suicide Prevention on College Campuses.** One-day workshop presented by Aaron Cohen, Ph.D., UC Berkeley.

## **SPECIALIZED RESEARCH TRAINING**

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- 2018 **fMRI Methods in Affective Science.** One-day workshop presented by Brian Knutson, Ph.D., Stanford University.
- 2017 **Responsible Conduct in Research.** Month-long workshop series presented by Victoria Sharma, Ph.D., UC Berkeley Extension.
- 2017 **Studying Emotion Expression.** One-day workshop presented by Dacher Keltner, Ph.D., UC Berkeley.
- 2017 **Autonomic Nervous System Methods in Affective Science.** One-day

- workshop presented by Robert Levenson, Ph.D., UC Berkeley.
- 2016-2018 **Affective Science Grant Writing.** Three one-day workshops presented by Aric Prather, Ph.D., Judith Ford, Ph.D., Kristen Lagattuta, Ph.D., and Howard Rosen, Ph.D., UC Berkeley.
- 2016 **Non-Human Animal Models in Affective Science.** One-day workshop presented by Karen Bales, Ph.D., UC Davis.
- 2015 **Text Analysis Fundamentals: Basic Tools and Techniques.** One-day workshop presented by Adam Anderson, Ph.D., UC Berkeley.