

Rachel Goldblum
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Education

Ph.D. Oregon State University, Clinical Psychology	Expected 2030
M.S Oregon State University, Psychology	Expected 2026
Post-Baccalaureate Research Training	
Institute of Living/Anxiety Disorders Center	2020-2022
New York State Psychiatric Institute, Neurocognition and Emotions Lab	2022-2024
B.A. University of Vermont	2020
Bachelor of Arts in Psychology	
Double Major in Sociology	
Concentration in Criminal Justice	
GPA: 3.78	

Honors and Awards

APAGS/Psi Chi Junior Scientist Fellowship	2025
Society for Psychophysiology Research Travel Award	2025
Oregon Lottery Graduate Scholarship	2024
State-level award for graduate student academic merit and service	
Dean's list	2016-2020
The Women of UVM "Being First" Award	2020
University level award to a UVM undergraduate who has been a "barrier breaker" in advocating for women on campus or in the community	

Publications

Whittaker, F.*, DeFalco, A.* **Goldblum, R.S.**, Curtin, J.J., Bradford, D.E. (in press). Alcohol's effects on decision making and cognitive processing in a reward uncertainty task. *Psychology of Addictive Behaviors*.

Levy, H. C., Goldblum, R. S., Mullins, J., & Tolin, D. F. (2023). An investigation of the moderating role of estradiol in interoceptive exposure therapy for women with panic disorder. *Journal of Cognitive Psychotherapy* (37)3.

Tolin, D. F., Sain, K. S., Davis, E., Gilliam, C., Hannan, S. E., Springer, K. S., Stubbing, J., George, J. R., Jean, A., **Goldblum, R.S.**, Katz, B. W., Everhardt, K., Darrow, S., Ohr, E. E., Young, M.

E., & Serchuk, M. D. (2023). The DIAMOND-KID: Psychometric properties of a structured diagnostic interview for DSM-5 anxiety, mood, and obsessive-compulsive and related disorders in children and adolescents. *Assessment*, (30)8, 2351-2363.

Goldblum, R. S., O'Bryan, E. M., Bimstein, J. G., & McLeish, A. C. (2022). Examining the Role of Anxiety Sensitivity and Intolerance of Uncertainty in Terms of Cannabis Use and Coping Motives for Cannabis Use in College Students With Clinically Elevated Worry. *The Journal of Nervous and Mental Disease*, 10-1097.

Papers Under Review

Papers in Progress

Katz, B.W., O'Bryan, E.M., **Goldblum, R.S.**, & McLeish, A. *Mindfulness Skills, Emotion Dysregulation, and Coping Motives for Alcohol Use in an Analogue PTSD Sample*. In Progress.

Goldblum, R.S., O'Bryan, E.M., & McLeish, A., *Intolerance of uncertainty as a mediator of the relationship between mindfulness and negative reinforcement drinking motives among college students*. In preparation.

Posters

Goldblum, R. S., Whittaker, F., Respiñi, S. E., Perez, M., Hull, E. L., Admire-Novak, J. & Bradford, D. E. *Let's Talk About Sex...Differences in Alcohol's Pharmacological Effects on Startle Potentiation: A Multiverse Approach*. (2025, October). Poster to be presented at the 65th annual Society for Psychophysiological Research 2025 Meeting, Montreal, Canada.

Hull, E., Whittaker, F., Perez, M., **Goldblum, R.S.**, Respiñi, S.E., & Bradford, D. E. Bringing Fear of the Dark into the Light through a Multi-Measurement Approach. (2025, October). Poster to be presented at the 65th annual Society for Psychophysiological Research meeting, Montréal, QC.

Marra-Dotts, J., Xu, C.P., **Goldblum, R.S.**, Whittaker, F., Dietch, J.R., & Bradford, D. E. Timing Matters: The Impacts of Circadian Rhythm on Dark Enhanced Startle. (2025, October). Poster to be presented at the 65th annual Society for Psychophysiological Research meeting, Montréal, QC.

Whittaker, F., Oldham, J. R., Boylan, L. E., **Goldblum, R. S.**, Marra-Dotts, J., Rutherford, M., Hooper, C., Byrne, L. M., Truong, L. T., & Bradford, D. E. *Cleared but Not Recovered: Persistent Startle Reactivity Changes After Concussion in Adolescent Athletes*. (2025, October). Poster to be presented at the 65th annual Society for Psychophysiological Research meeting, Montréal, QC.

Tepe, L. R., Whittaker, F., Gilmore, E. M., Respiñi, S. E., Ransford, K., Doran, N. C., Hull, E. L., **Goldblum, R. S.**, & Bradford, D. E. *The Effects of Drinking Frequency on Physiological Stress and*

Alcohol's Response Dampening. (2025, August). Poster to be presented for the American Psychological Association 2025 Meeting, Denver, CO.

Rodriguez-Moreno DV, **Goldblum, R.S.**, Cheslack-Postava K, Hoven CW, Cycowicz YM “Stress Response Differences between Male and Female Inner-city Adolescents at Risk for Substance Use Disorder”, *Guyana Mental Health and Well-Being Conference*. 2nd Annual International Collaboration 2022

Goldblum, R.S., O'Bryan, E.M., Katz, B.W., & McLeish, A. *Mindfulness Skills, Emotion Dysregulation, and Coping Motives for Alcohol Use in an Analogue PTSD Sample*. Poster presented at the 55th annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA

Goldblum, R.S., O'Bryan, E.M., McLeish, A., Bimstein, J.G., & Jean, A. *Examining the Role of Anxiety Sensitivity and Intolerance of Uncertainty in terms of Cannabis Use and Coping Motives for Cannabis Use in College Students with Clinically Elevated Worry*. Poster presented at the 2021 Conference on Transdiagnostic Approaches

Goldblum, R.S., O'Bryan, E.M., Davis, E., Beadel, J.R., & Tolin, D.F. *Brief Adjunctive Mindfulness-Based Cognitive Therapy via Telehealth for Anxiety During the COVID-19 Pandemic*. Poster presented at the 55th annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA

Goldblum, R.S. *Maternal Incarceration: Shackling, Adverse Child Outcomes and Interventions*. Poster presented at the 2020 UVM Student Research Conference, Burlington, VT

Invited Talks

Bradford, D.E., **Goldblum, R.S** (2026, September). From Animal Models to Human Reactions: Translating Drug and Injury Induced Neuroadaptations to Uncertain Stressors. Invited talk for Research Experience And Lunch (REAL), Linfield University, McMinnville, OR.

Research Experience

Biology and Addiction via Experimental and Reproducible Science (BEAVERS) Lab, September 2024 – Present

Graduate Research Assistant

Supervisor: Daniel Bradford, PhD

Graduate research assistant. Primary duties include: collect and analyze electroencephalography (EEG) and electromyography (EMG) psychophysiology data for ongoing lab studies and supervise and train undergraduate students in data collection and their independent research projects.

New York State Psychiatric Institute, Neuro-Cognitive and Emotion Laboratory (NCEL) May 2022 – 2024

Post-baccalaureate Research Assistant

Supervisor: Yael Cycowicz, Ph.D.

Primary research assistant on a NIOSH study investigating emotion and memory processes among those who were exposed to 9/11 as children, a NYSPRI funded study looking at dysregulation in children with ADHD and a NIOSH-CDC funded study on cognitive decline in first responders of the 9/11 terror attack. Duties include: (1) consent participants, (2) prepare equipment for research visits, (3) collect neuroimaging data (EEG, ERP and fMRI), (4) conduct neurocognitive tasks, (5) compensate participants, (6) maintain data bases, (7) process, filter and extract data, (8) data analysis, (9) help design tasks for upcoming studies, (10) coordinate with interns, (11) revising study procedures and documents with the IRB, (12) conducting literature reviews, (13) assisting with writing grants (14) build and program surveys in REDCap.

Hartford Hospital/Institute of Living, Anxiety Disorders Center

May 2020 – May 2022

Post-baccalaureate Research Assistant

Supervisors: David Tolin, Ph.D., Hannah Levy, Ph.D., Blaise Worden, Ph.D.

Primary research assistant for two NIH funded studies looking at decision making and physiological responses in patients with anxiety disorders, hoarding disorder and healthy controls and a third study on computational reward learning in hoarding disorder. Duties included: (1) recruit participants, (2) screen participants, (3) schedule participants, (4) consent participants, (5) conduct diagnostic interviews, (6) prepare equipment and documents for research visits, (7) run psychophysiological testing (EEG, EOG, ETCO₂, EDA, EKG and Respiration), (8) compensate participants and (9) extract data. Assisted in a study to identify subjective and objective predictors of emotional responding to the COVID-19 pandemic. Duties included: (1) recruiting participants, and (2) administering study measures. Assisted in study testing the effects of mindfulness on intolerance of uncertainty and anxiety sensitivity on adults diagnosed with anxiety disorders. Duties included: (1) creating the control condition. In charge of the research registry – a data base used to recruit participants for research studies. Other duties include: (1) submitting and revising study procedures and documents with the IRB, (2) conducting literature reviews, (3) helping with exposure therapy, (4) conducting intakes, (5) writing intake reports for patients coming to the clinic for therapy (6) conduct clinic intakes, (7) assign diagnoses, (8), participate in psychoeducation on diagnoses and CBT, (9) write intake reports, and (10) assist with exposure therapy sessions.

Rohan Lab, University of Vermont

Fall 2018 – Spring 2020

Undergraduate Research Assistant

Supervisor: Kelly Rohan, PhD

Involved in the UVM psychology laboratory studying seasonal affective disorder (SAD). Duties included: 1) recruit participants, social media advertisements and flyers, 3) scheduling participants for study visits, 4) conduct mood assessments/interviews using semi-structured and structured interviews [ex: SIGH-SAD, BDI, Sheehan], 5) in-depth literature reviews, 6) ran EEG and pupilometry testing on adults with SAD, 6) data entry, 7) presented articles at lab meetings, and 8) trained and supervised four new undergraduate research assistants.

Undergraduate independent study research project, University of Vermont

Spring 2020

Supervisor: Eleanor Miller, PhD

Investigated the impact of maternal incarceration on children and intervention programs that mitigate the harmful effects. Presented findings at the 2020 UVM student research conference.

Teaching and Mentorship

Instructor of Record, Department of Psychology

January 2025 - Present

PSY 201, PSY 202: Introduction to Psychology

Oregon State University, Corvallis, OR

- Instructor of record for both online and in-person psychology courses
- Create and present lectures to classes of 50 students
- Design course materials, assignments and assessments to meet the course and department student learning outcomes
- Grade assignments, supervise and mentor undergraduate Learning Assistant

Graduate Teaching Assistant, Department of Psychology

Fall 2024

PSY 202: Introduction to Psychology

Oregon State University, Corvallis, OR

- Grade student assignments
- Lead review sessions and presented lectures to classes of 300+ students
- Facilitated student engagement by managing a real-time Q&A chat during lectures to provide students with a low-pressure space to ask questions, ensuring timely clarification and enhance student engagement in a large-enrollment course
- Assisted with and led learning activities within the classroom

Undergraduate Mentorship

OSU STEM Leaders Program, Oregon State University

- Mentor first-year undergraduates from underrepresented backgrounds in research experience, including lab participation and independent research projects

URSA Engage Program, Oregon State University

- Mentoring first and second year undergraduates in research experience, including lab participation and independent research projects and presentations

Student Mentor, National Research Mentoring Network

- Graduate student mentor in a national online program designed to provide researchers with evidence-based mentorship and professional development opportunities

Teaching Assistant, Department of Sociology

Spring 2020

University of Vermont- Liberal Arts in Prison Program, Burlington, VT

- Teacher's assistant for The Liberal Arts in Prison Project, Justice and Ethics Course, an experiential learning course taught within a carceral facility to incarcerated women and University of Vermont undergraduate students together
- Helped coordinate between the Prison, the students and the professor, helped facilitate class discussions and come up with in-class activities.

Work and Volunteer Experience

Howard Center, Burlington, Vermont

Summer 2019 – Fall 2019

*Residential Sub*Supervisor: Valerie Woodhouse, LCSW

Supervised residents in two separate residential facilities: a program for women recently released from prison under Department of Correction supervision to support community re-entry, and a program for people with psychotic disorders. Responsibilities included: (1) Build rapport with residents, (2) implemented treatment-, and (3) offer support and run group activities. Duties included collaborating with a variety of medical professionals centered on mental health treatments to implement treatment and support residents.

Prison Project, University of Vermont

Fall 2016 – Spring 2020

*Coordinator*Supervisor: Katherine Fox, PhD

Organized and facilitated program designed to aid female prisoners through social visits, recreational activities and a book group to provide emotional support, increase opportunities for education and aid in re-entering the community after incarceration.

The Rowan Center: A Sexual Assault Resource Agency

Summer 2018- Spring 2020

*Crisis Counselor/Advocate*Supervisor: Juana Yanes

Volunteer answering calls to sexual violence hotline. Responded to individuals in crisis to provide crisis counseling and support to survivors of sexual assault. Conducted danger assessments, presented options for treatment, taught coping strategies, developed follow-up plans, and went to the hospital to support the caller.

Public Defender's Office

Summers 2016- 2018

*Intern*Supervisor: Lisa Stevens, J.D

Conducted legal research, performed client interviews and prepared reports that included mental health history, family history and psychosocial stressors.

Juvenile Review Board

Summer 2018

*Intern/Panel member*Supervisor: Jeremy Kosbob

Panel member in Restorative Justice Program for first time, low level juvenile offenders in an effort to help reduce recidivism. Came up treatment plans and monitored treatment progress by meeting with the adolescent and their family members to assess their needs and support level and following up over time. I learned the importance of providing support, assessing how effective an intervention is working over time and if an intervention isn't working to come up with a new plan.

AbilityPlus, West Dover, VT

Winters 2014- 2017

*Lead Ski Instructor*Supervisor: Linda Walsh

Volunteered in program teaching individuals with mental and physical disabilities how to ski and snowboard. Created and designed creative strategies to connect and communicate with people of varying degrees of cognitive, verbal and physical abilities, which also improved skills of patience and persistence.

Jump Start
Volunteer

Summer 2015

Assisted in classroom for special needs preschoolers. Implemented treatment by breaking down basic skills and using sign language and play to improve language, motor and social skills such as eye contact.

DREAM, University of Vermont
Mentor

Fall 2016 - Spring 2020

Mentoring program for children living in affordable housing. Was paired with a specific mentee and worked to create and implement plans to improve academic performance in school, emotion regulation strategies, self-confidence and stability in the home. (1) Used the Orton-Gillingham method to improve reading; (2) provided scaffolding, taught breathing exercises cognitive reframing to help improve self-esteem and emotion regulation; (3) worked with the mother to increase support and supervision in the home.

Service

Reviewer, Psychophysiology

Co- Reviewer, Stress & Health, Journal of Neuroscience Methods

Undergraduate Honors Thesis Committee Member
Oregon State University Honors College

January 2025

Disability Advocacy and Research Network (DARN), volunteer-led collective that centers around community building, mentorship, professional development and resource sharing among people in psychology with disabilities

Professional Memberships

Society for Psychophysiology Research (SPR)	2024
Member: Mortar Board	2019
National Honor Society promoting community service	
Member: Alpha Kappa Delta	2020
The International Honors Society in Sociology	
Member: Psi Chi	2020
The International Honors Society in Psychology	

Additional Training

Prolonged Exposure Therapy Workshop – Institute of Living,
Hartford, CT Hannah Levy, Ph.D. 3/14/2021 – 5/17/2021

Cognitive Processing Therapy Workshop – Institute of Living,
Hartford, CT Hannah Levy, Ph.D. and Emily O'Bryan, Ph.D. 7/27/2020
– 9/21/2021

Registered Yoga Teacher; focus in mindfulness and meditation skills

Conversational American Sign Language

