

Ian J. Kahrilas

Clinical Psychology PhD Candidate

1032 W. Sheridan Rd. · Loyola University Chicago · Chicago, IL 60660

✉ ikahrilas@luc.edu 🌐 [ikahrilas](https://ikahrilas.com) 📄 osf.io/z5vea | Updated: Jan. 5, 2020

EDUCATION

Loyola University Chicago

Master of Arts with Distinction

Clinical Psychology

Master's Thesis: The Neurobiological Correlates of Savoring

2016 - Present

Cumulative GPA: 3.99

University of Illinois at Urbana-Champaign

B.S., Psychology

2011 - 2014

Cumulative GPA: 3.96

AWARDS & HONORS

- Loyola University Chicago Thesis of the Year Award in the Social Sciences (\$300).
- 2018 Kobler Travel Award (\$400).
- 2017 Heckler Fellowship Award (\$3,000).
- Graduate Merit Tuition Scholarship, Loyola University Chicago: August 2016 - Present.
- Emanuel Donchin Award for outstanding undergraduate research assistant in cognitive neuroscience.
- UIUC Dean's List: Fall 2011, Spring 2012, Fall 2012, Spring 2013, Fall 2013, Spring 2014.

PUBLICATIONS

Alexander, R., Aragon, O., Bookwala, J., Cherbuin, N., Gatt, J.M., **Kahrilas, I.J.**, Kastener, N., Lawrence, A., Lowe, L., Morrison, R.G., Mueller, S.C., Papadelis, C., Polnaszek, K.L., Richter, S.H., Silton, R.L., & Styliadis, C. (revise & resubmit). Happiness and wellbeing: A review of human and animal research.

*authorship is alphabetical

Kahrilas, I.J. & Kahrilas, P.J. (2019). Reflux disease and idiopathic lung fibrosis: Association does not imply causation. *Chest*, 155(1), 5-6. <https://doi.org/10.1016/j.chest.2018.08.1062>

Kahrilas, I.J., Smith, J.L., Bryant, F.B., Silton, R.L. (revise & resubmit). Savoring the moment: A link between affectivity and depression. *International Journal of Well Being*.

Silton, R.L., **Kahrilas, I.J.**, Skymba, H.V., Bryant, F.B., & Heller, W. (in press). Positive emotion regulation and wellbeing: Implications for risk and resilience across the lifespan. *Emotion*.

Silton, R.L., Polnaszek, K.L., **Kahrilas, I.J.**, Dickson, D.A., Miller, G.A., & Heller, W. (revise & resubmit). Low positive affect is associated with reduced prefrontal cortical activity in remitted depression.

CONFERENCE TALKS

Silton, R.L., **Kahrilas, I.J.**, Polnaszek, K.L., Smith, J.L., & Bryant, F.B. (2018). Psychological and neural correlates of positive emotion regulation. Symposium paper accepted for presentation at Society for Research in Psychopathology (SRP), Indianapolis, IN.

CONFERENCE PRESENTATIONS

Kahrilas I.J., Bryant, F.B., Polnaszek, K.L., Diviero, A., Schroer, M., Hussaini, A., Silton, R.L. (2019, September). Positive emotion regulation: The neural correlates of savoring. Poster session presented at Society for Psychophysiological Research Annual Meeting, Washington, DC.

Kahrilas, I.J., Sims, E., Dosamantes, N., Ward, S., Silton, R.L., & Morrison, R.G. (2019, March). Functional differences in a cognitive control network in older adults with exceptional memory. Poster session presented at the Cognitive Neuroscience Society Annual Meeting, San Francisco, CA.

- Huguenel, B., Silton, R., Duffecy, J. Economides, M., **Kahrilas, I.J.**, & Conley, C. (2019, March). Technology-based mindfulness and depression in college students. Poster session presented at the University of Michigan Depression on College Campuses Conference, Ann Arbor, MI.
- Polnaszek, K.L., **Kahrilas I.J.**, Murray, C., Bohnert A., Hellman K.M., Tu, F.F., Silton, R.L. (2018, September). Pain Symptomatology Influences Inhibitory Control Through Psychological Symptoms in Emerging Adults. Poster session presented at Society for Research in Psychopathology (SRP), Indianapolis, IN.
- Kahrilas, I.J.**, Dickson, D.A., Lee, C., Silton, R.L. (2018, April). Positive affectivity distinctly influences negative interpretation bias in individuals with remitted depression. Poster session presented at Society for Affective Science (SAS), Los Angeles, CA.
- Polnaszek, K.L., **Kahrilas, I.J.**, Bates, C., Bohnert, A., Hellman, K.M., Tu, F.F., & Silton, R.L. (2018, February). Inhibitory control and psychological symptoms influence pain symptomatology in emerging adults. Poster session presented at International Neuropsychological Society (INS), Washington, D.C.
- Kahrilas, I.J.**, Bryant, F.B., Kais, L.A., Domokos, F.E., & Silton, R.L. (2017, April). Savoring the moment distinctly mediates the relationship between affect and depression. Poster session presented at Society for Affective Science (SAS), Boston, MA.
- Meinke, M., **Kahrilas, I.J.**, Polnaszek, K., Silton, R.L. (2017, April). Executive function as a moderator of the relationship between psychache and suicidal ideation. Poster session presented at Loyola Undergraduate Research Opportunities Program (LUROP) Research Symposium, Chicago, IL.
- Keefer, L., Craft, J., Dowjotas, K., **Kahrilas, I. J.**, Roman, S., Pandolfino, J. E. (2015). Symptom reporting among PPI non responders may be driven by esophageal hypervigilance and not reflux phenotype. *Gastroenterology*, 148(4):S-147.
- Quinton, S., **Kahrilas, I. J.**, Kassam, A., Srivastava, A.K., Komanduri, S., & Keefer, L. (2014). When the diagnosis is pancreatic cancer: an analysis of coping strategies among endosonographers. *Gastrointestinal Endoscopy*, 79(5), AB202.

GRADUATE COURSEWORK

Introduction to the Profession of Clinical Psychology	Adult Psychopathology
Intellectual and Personality Assessment	Neuropsychology
Advanced Statistics	Evidence-Based Practice for Adults
Multivariate Statistics	R Programming for the Social Sciences
Health Psychology	Structural Equation Modeling
Hierarchical Linear Modeling	Research Methods
Practicum in Psychotherapy	Psychophysiological Methods
History and Systems in Psychology	Human Diversity
Family Systems Therapy	Ethics and Professional Practice
Social Development	Cognitive Neuroscience

RESEARCH EXPERIENCE

<i>Wellbeing and Emotion Lab</i>	Chicago, IL
Loyola University Chicago	August 2016 - Present
Graduate Research Assistant	
Principal Investigator: Rebecca Levin Silton, Ph.D.	
<i>Cognitive and Affective Neuroscience Lab</i>	Chicago, IL
Loyola University Chicago	August 2018 - Present
Graduate Research Assistant	
Principal Investigator: Robert Morrison, Ph.D.	
<i>Malecki-Demaray Lab</i>	DeKalb, IL
Northern Illinois University.	August 2014 - December 2014

Research Assistant

Principal Investigators: Christine Malecki, Ph.D. & Michelle Demaray, Ph.D.

Social, Cognitive, Personality, and Emotional Neuroscience Lab

University of Illinois at Urbana-Champaign.

Undergraduate Research Assistant

Principal Investigator: Florin Dolcos, Ph.D.

Champaign, IL

August 2013 - May 2014

Center for Psychosocial Research in GI

Northwestern University Feinberg School of Medicine.

Summer Intern

Principal Investigator: Laurie Keefer, Ph.D.

Chicago, IL

May 2012 - August 2014

CLINICAL ASSESSMENT EXPERIENCE

Neuropsychology Technician

NorthShore University HealthSystem

Supervisors: Leslie Guidotti-Breting, Ph.D., Elizabeth Geary, Ph.D., & Jerry Sweet, Ph.D.

Evanston, IL

July 2019 - Present

Neuropsychology Extern

NorthShore University HealthSystem

Supervisors: Leslie Guidotti-Breting, Ph.D., Elizabeth Geary, Ph.D., & Jerry Sweet, Ph.D.

Evanston, IL

July 2018 - July 2019

Neuropsychology Technician

Dirksen Center for Neurobehavioral Health

Supervisors: Courtney Dirksen, Ph.D. & Maribel Serrato, Psy.D.

Arlington Heights, IL

January 2015 - June 2016

CLINICAL THERAPY EXPERIENCE

Psychotherapy Extern, Mood and Anxiety Disorders Program

University of Illinois at Chicago, Department of Psychiatry.

Supervisors: Jennifer Duffecy, Ph.D.

Chicago, IL

July 2019 - Present

Graduate Student Counselor

Loyola University Wellness Center

Supervisors: Scott Leon, Ph.D. & Jerry Wagner, Ph.D.

Chicago, IL

September 2017 - May 2018

TEACHING AND MENTORSHIP EXPERIENCE

Instructor

Loyola University Chicago

Course: Statistics

Chicago, IL

August 2019 - December 2019

- Designed syllabus and curriculum. Delivered weekly lectures. Evaluated student coursework and performance. Mentored and assisted students.

Graduate Student Supervisor

Department of Clinical Psychology, Loyola University Chicago

Supervisors: Scott Leon, Ph.D. & Maryse Richards, Ph.D.

Chicago, IL

September 2017 - November 2019

- Supervised first- and second-year clinical psychology graduate students in developing clinical interviewing and case conceptualization skills. Reviewed mock intake and therapy sessions, evaluated clinical reports, and provided written and verbal feedback.
- Delivered feedback to a second-year student on the development of supervisory skills. Received feedback on supervision skills from faculty supervisor.

Instructor

Loyola University Chicago Pre-College Summer Scholars Program

Course: Introduction to Data Science with R

Chicago, IL

June 2018 & July 2019

- Introductory course for programming, data visualization, data management/ manipulation, and statistical procedures in the R language.

Graduate Student Teaching Assistant

Psychology Department, Loyola University Chicago

Supervisor: Lawrence Behmer,

Ph.D. Courses: Statistics

Chicago, IL

January 2019 - December 2019

- Graded exams and bi-weekly homework assignments.

Graduate Student Teaching Assistant

Psychology Department, Loyola University Chicago

Supervisor: Eric Gobel,

Ph.D. Courses: Learning & Behavior

Chicago, IL

January 2019 - May 2019

- Administered and graded assignments and exams.
- Calculated grades.
- Held weekly office hours.

Graduate Student Teaching Assistant

Psychology Department, Loyola University Chicago

Supervisor: Robert Morrison,

Ph.D. Courses: Neuroscience & Psychology of Creativity

Chicago, IL

August 2018 - December 2018

- Administered and graded assignments and exams.
- Calculated grades.
- Graded weekly discussion questions and blog posts.
- Disseminated information regarding weekly neuroscience seminars.

Graduate Student Teaching Assistant

Psychology Department, Loyola University Chicago

Supervisor: Richard Bowen,

Ph.D. Course: Introduction to Psychology

Chicago, IL

September 2016 - May 2017

- Administered and graded assignments and exams.
- Calculated grades.

Graduate Student Teaching Assistant

Psychology Department, Loyola University Chicago

Supervisor: Jerome Wagner,

Ph.D. Courses: Learning and Behavior, Psychology of Personality

Chicago, IL

September 2016 - May 2017

- Administered and graded assignments and exams.
- Calculated grades.

PROFESSIONAL AFFILIATIONS

Society for Psychophysiological Research (SPR)

Cognitive Neuroscience Society (CNS)

International Neuropsychological Society (INS)

American Psychological Association (APA)

APA Division 40, Society for Clinical Neuropsychology

Society for Affective Science (SAS)

Society for Research in Psychopathology (SRP)

LEADERSHIP AND PROFESSIONAL SERVICE

Technology Committee

Clinical Psychology Department, Loyola University Chicago

Chicago, IL

September 2019 - Present

- Administer bi-annual program survey.
- Disseminate survey data to students, alum, and faculty.
- Act as liaison between technology and information committees.

Information Committee
Clinical Psychology Department, Loyola University Chicago

Chicago, IL
September 2018 - Present

- Co-edit annual newsletter.
- Disseminate program information.
- Update program website.

Graduate Student Advisory Council
Clinical Psychology Department, Loyola University Chicago

Chicago, IL
September 2017 - May 2018

- Attend bimonthly meetings with faculty.
- Organize graduate student research symposium and fundraisers.

Chair: Colloquium Committee
Clinical Psychology Department, Loyola University Chicago

Chicago, IL
September 2017 - May 2018

- Organize and plan colloquia for clinical psychology students.

TECHNICAL AND SCIENTIFIC SKILLS

- Statistical/data management software & programming (R, SPSS).
- Typesetting software (Markdown, L^AT_EX).
- Medical electronic record systems (Epic, Powerchart).
- Microsoft office suite (Word, Powerpoint, Excel).
- Online survey software (e.g., Qualtrics, SurveyMonkey, Opinionio).
- Electroencephalography system use and data analysis (Biosemi & BESA).
- Psychological experiment software programming (E-Prime).