

Sam L. Bernecker

Education

Harvard University Postdoctoral Fellow	2017-2019
University of Massachusetts PhD, Clinical Psychology, Quantitative Concentration	September 2017
Schreyer Honors College, Pennsylvania State University BS, Psychology, Neuroscience Focus	August 2010

Selected experience

CBT Program Manager Rethink Wellbeing	05/2023-01/2024
<ul style="list-style-type: none">Designed scalable peer-facilitated cognitive-behavioral therapy program; wrote engaging 50-page participant workbookDevised facilitator training protocols; led training on crisis management and facilitation skills; supervised facilitator teamManaged online community of 40+ program participants to promote engagementConsulted on organization's research design, strategy, and risk management	

Research Scientist BetterUp	02/2022-03/2023
<ul style="list-style-type: none">Analyzed internal data to address company's most important commercial question—the efficacy of its product—producing results that influenced executive strategy, sales positioning, and future research programmingCrafted new curiosity scale using advanced psychometric methods, conducting 5 studies with 2400+ participantsEngineered GPT-3 prompts to guide chatbot prototype to deliver competent evidence-based coaching (pre-ChatGPT)	

Student Clinician → Licensed Clinical Psychologist (WA state license PY61190950)	09/2012-present
<ul style="list-style-type: none">Deliver evidence-based psychotherapies including CBT, DBT, ACT, and motivational interviewing in person and via telehealth in diverse settings, including VA medical centers, hospitals, university counseling centers, and community clinicsConduct neuropsychological, educational, and diagnostic assessments of adults and childrenSupervise junior clinicians and train medical students in motivational interviewing	

Clinical Research Scientist Happify Health	02/2021-01/2022
<ul style="list-style-type: none">Designed studies to investigate effects of digital mental health therapeutics, meeting commercial and regulatory needsCreated research prioritization framework used by executive leadership to make major research strategy decisionsImplemented management process improvements to support 3X department growth over 6 months	

Consultant The Boston Consulting Group	01/2020-02/2021
<ul style="list-style-type: none">Retooled pricing strategy for restaurant chain, delivering \$15M+ EBITDA impactDesigned, coded, and piloted new Excel-based software tool to be used by 700+ most senior BCG partnersDiagnosed “pain points” in technology transfer for MedTech client and stood up short and long-term interventions	

Postdoctoral Researcher Harvard University, Army STARRS/Military Suicide Research Consortium Fellow	08/2017-01/2019
<ul style="list-style-type: none">Designed Web-based mental wellness intervention for incoming college students with 150+ pages of contentRewrote \$13.3M RCT grant proposal for Harvard faculty member, receiving full fundingDeveloped simulation models to evaluate cost-effectiveness of suicide prevention in the US military	

Graduate Researcher University of Massachusetts	09/2011-09/2017
<ul style="list-style-type: none">Created and tested online psychotherapeutic skills training program that showed large effects on user behaviorManaged 25 research assistants to run randomized trial, meeting all recruitment and retention goals within six monthsAuthored persuasive grants, including National Institutes of Health fellowship, funded with score in top 3rd percentile	

Freelance Research Consultant	09/2014-08/2017
<ul style="list-style-type: none">Conducted statistical power analysis that contributed to funding of \$2M research grantCollaborated with business professors on investigations of organizations' digital security, earning coauthorshipEvaluated outcomes for youth mentoring nonprofit and recommended improvements to measurement strategy	

Selected service activities

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- Board of Trustees for Happier Lives Institute, a charity conducting research and advocacy on increasing subjective well-being
 - Advisor to Canopie, a nonprofit disseminating guided self-help tools for perinatal mental health problems
 - Ad hoc peer reviewer for 11 different journals; grant reviewer for American Psychological Association

Curriculum Vitae
Sam L. Bernecker
samantha.bernecker@gmail.com
(814) 574-9625

Positions

- May 2023-
January 2024 **CBT Program Manager**
Rethink Wellbeing, Amstelveen, The Netherlands
- Feb 2022-
March 2023 **Behavioral Research Scientist**
BetterUp, San Francisco, CA
- Feb. 2021-
Jan. 2022 **Clinical Research Scientist**
Happify Health, New York, NY
- Jan. 2020-
Feb. 2021 **Consultant**
The Boston Consulting Group, Seattle, WA
- Aug. 2017-
Dec. 2019 **Postdoctoral Fellow**
Harvard University, Cambridge, MA
PIs: Ronald Kessler, Ph.D., Matthew Nock, Ph.D., Thomas Joiner, Ph.D., Peter Gutierrez, Ph.D.

Education

- 2017 **Ph.D., Clinical Psychology**
University of Massachusetts, Amherst, MA
Dissertation: "Testing a Skills Training Course for Use in a Peer-Delivered Mental Health Intervention"
Advisor: Michael J. Constantino, Ph.D.
- 2017 **Predoctoral Internship, Clinical Psychology**
Mississippi Consortium (APA-accredited): University of Mississippi Medical Center and G.V. (Sonny) Montgomery Veterans Administration Medical Center, Jackson, MS
- 2013 **M.S., Psychology**
University of Massachusetts, Amherst, MA
Thesis: "Patient Interpersonal and Cognitive Changes in Relation to Outcome in Interpersonal Psychotherapy for Depression"
Advisor: Michael J. Constantino, Ph.D.
- 2010 **B.S., Psychology, Neuroscience Focus, with Distinction, Minor in Biology**
Schreyer Honors College, Pennsylvania State University, University Park, PA
Honors thesis: "The Relation Between Patient Attachment and the Therapeutic Alliance: A Meta-Analysis"
Advisor: Kenneth N. Levy, Ph.D.

Grants

2022	EA Infrastructure Fund Grant , Centre for Effective Altruism, \$7,000
2014-2016	F31 (MH103927) , Ruth L. Kirschstein National Research Service Award, NIMH score of 12, 3rd percentile, first submission, \$55,270
2016	Small Research Grant , Society for Psychotherapy Research, \$2,000
2015	Dissertation Research Award , American Psychological Association, \$1,000
2015	Charles J. Gelso Psychotherapy Research Grant , Society for the Advancement of Psychotherapy (APA D29), \$5,000
2015	Dissertation Research Grant , UMass Graduate School, \$1,000

Awards

2017	Dissertation Award , Society for the Exploration of Psychotherapy Integration, \$1,000
2015	Most Community Engaged Research Award , Social Science Research Beyond the Academy Research Exhibition, \$500
2015	Travel Award , Association for Psychological Science Student Caucus, \$200
2015	Methodological Studies Award , UMass Center for Research on Families
2015	Family Research Travel Award , UMass Center for Research on Families, \$300
2013-2014	Predissertation Award , UMass Center for Research on Families, \$10,000
2013-2014	Graduate School Fellowship , University of Massachusetts Amherst, \$17,000
2013	Kenneth Howard Memorial Student Travel Award , North American Society for Psychotherapy Research, \$400
2011	Graduate Scholar Travel Award , Ubiquitous Learning Conference, \$300

Peer-Reviewed Journal Articles

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- Bernecker, S. L.**, & Reece, A. R. (in preparation). Curiosity is associated with increased personal and professional growth during coaching.
- Niederhoffer, K. G., **Bernecker, S. L.**, Rapuano, K., Hutchinson, D., & Reece, A. R. (in preparation). Change in the “whole person” during coaching: Introducing a holistic measure of professional and personal outcomes.
- Montgomery, R. M., Boucher, E. M., Honomichl, R. D., Powell, T. A., Guyton, S. L., **Bernecker, S. L.**, Stoeckl, S. E., & Parks, A. C. (2021). The effects of a digital mental health intervention in adults with cardiovascular disease risk factors: An analysis of real-world user data. *JMIR Cardio*, 5(2), e32351. doi:10.2196/32351
- Bernecker, S. L.**, Williams, J. J., Caporale-Berkowitz, N., Wasil, A. R., & Constantino, M. J. (2020). Nonprofessional peer support to improve mental health: Randomized trial of a scalable web-based peer counseling course. *JMIR*, 22(9), e17164. doi:10.2196/17164
- Bernecker, S. L.**, Zuromski, K. L., Curry, J. M., Kim, J. J., Gutierrez, P. M., Joiner, T. E., Kessler, R. C., Nock, M. K., Rudd, D. M., Bryan, C. J. (2020). Economic evaluation of brief cognitive-behavioral therapy vs treatment as usual for suicidal U.S. Army soldiers. *JAMA Psychiatry*, 77(3), 256-264. doi: 10.1001/jamapsychiatry.2019.3639
- Chu, C., Wilks, C. R., Zuromski, K. L., **Bernecker, S. L.**, King, A., Gutierrez, P. M., Joiner, T. E., Nock, M. K., Ursano, R. J., Kessler, R. C. (2020). Psychological problems among 12th-grade students predicting military enlistment: Findings from the Monitoring the Future survey. *Psychiatry*, 83(3), 244-258. doi: 10.1080/00332747.2020.1794191
- Chu, C., Zuromski, K. L., **Bernecker, S. L.**, Gutierrez, P. M., Joiner, T. E., Liu, H., Naifeh, J. A., Stein, M. B., Ursano, R. J., Nock, M. K. (2020). A test of the interpersonal theory of suicide in a large, representative, retrospective and prospective study: Results from the Army Study to Assess Risk and Resilience in Servicemembers (Army STARRS). *Behaviour Research and Therapy*, 132. doi:10.1016/j.brat.2020.103688

- Zuromski, K. L., **Bernecker, S. L.**, Chu, C., Wilks, C. R., Gutierrez, P. M., Joiner, T. E., ... Kessler, R. C. (2020). Pre-deployment predictors of suicide attempt during and after combat deployment: Results from the Army Study to Assess Risk and Resilience in Servicemembers. *Journal of Psychiatric Research*, 121, 214-221. doi:10.1016/j.jpsychires.2019.12.003
- Bernecker, S. L.**, Zuromski, K. L., Gutierrez, P. M., Joiner, T. E., King, A. J., Liu, H., & Kessler, R. C. (2019). Predicting suicide attempts among soldiers who deny suicidal ideation in the Army Study to Assess Risk and Resilience in Servicemembers (Army STARRS). *Behaviour Research and Therapy*, 120. doi:10.1016/j.brat.2018.11.018
- Zuromski, K. L., **Bernecker, S. L.**, Gutierrez, P. M., Joiner, T. E., King, A. J., Liu, H., ... Kessler, R. C. (2019). Assessment of a risk index for suicide attempts among US Army soldiers with suicidal ideation: Analysis of data from the Army Study to Assess Risk and Resilience in Servicemembers (Army STARRS). *JAMA Network Open*, 2(3). doi:10.1001/jamanetworkopen.2019.0766
- Ravitz, P. R., Watson, P., Lawson, A., Park, J., Constantino, M. J., **Bernecker, S. L.**, Park, J. & Swartz, H. A. (2019). Interpersonal psychotherapy: A scoping review and historical perspective (1974-2017). *Harvard Review of Psychiatry*. doi:10.1097/HRP.0000000000000219
- Gomez Penedo, J. M., Constantino, M. J., Coyne, A. E., **Bernecker, S. L.**, & Smith-Hansen, L. (2019). Patient baseline interpersonal problems as moderators of outcome in two psychotherapies for bulimia nervosa. *Psychotherapy Research*, 29(6), 799-811. doi:10.1080/10503307.2018.1425931
- Bernecker, S. L.**, Rosellini, A. J., Nock, M. K., Chiu, W. T., Hwang, I., Gutierrez, P. M., ... Kessler, R. C. (2018). Improving risk prediction accuracy for new soldiers in the U.S. Army by adding self-report survey data to administrative data. *BMC Psychiatry*, 18(1), 87. doi:10.1186/s12888-018-1656-4
- *McGonigal, P. T., Dixon-Gordon, K. L., & **Bernecker, S. L.** (2018). An open trial of an anger management treatment in a correctional facility: Preliminary effectiveness and predictors of response. *Journal of Forensic Psychiatry and Psychology*. doi:10.1080/14789949.2018.1508483
- Chin, E., **Bernecker, S. L.**, Buchanan, E., Cunningham, S., Schumacher, J. A., & Coffey, S. F. (2018). A novel dissemination effort for prolonged exposure: Practice and dissemination curriculum. *Psychological Trauma: Theory, Research, Practice, and Policy*. doi:10.1037/tra0000362
- Bernecker, S. L.**, Coyne, A., Constantino, M. J., & Ravitz, P. (2017). For whom does interpersonal psychotherapy work? A systematic review. *Clinical Psychology Review*, 56, 82-93. doi:10.1016/j.cpr.2017.07.001
- Constantino, M. J., Coyne, A. E., Luukko, E. K., Newkirk, K., **Bernecker, S. L.**, Ravitz, P., & McBride, C. (2017). Therapeutic alliance, subsequent change, and moderators of the alliance-outcome association in interpersonal psychotherapy for depression. *Psychotherapy*, 54(2), 125-135. doi:10.1037/pst0000101
- Bernecker, S. L.**, *Banschback, K., Santorelli, G. D., & Constantino, M. J. (2017). A Web-disseminated self-help and peer support program could fill gaps in mental health care: Lessons from a consumer survey. *JMIR Mental Health*, 4(1), e5. doi:10.2196/mental.4751
- Bernecker, S. L.**, Constantino, M. J., Atkinson, L. R., Bagby, R. M., Ravitz, P., & McBride, C. (2016). Attachment style as a moderating influence on the efficacy cognitive-behavioral and interpersonal psychotherapy for depression: A failure to replicate. *Psychotherapy*, 53(1), 22-33. doi:10.1037/pst0000036
- Dixon-Gordon, K. L., **Bernecker, S. L.**, & Christensen, K. (2015). Recent innovations in the field of interpersonal emotion regulation. *Current Opinion in Psychology*, 3, 36-42.
- Pinel, E. C., **Bernecker, S. L.**, & Rampy, N. (2015). I-sharing on the couch: On the clinical applications of seeing I to I. *Journal of Psychotherapy Integration*, 25, 59-70. doi:10.1037/a0038895
- Constantino, M. J., & **Bernecker, S. L.** (2014). Bridging the common factors and empirically supported treatment camps: Comment on Laska, Gurman, and Wampold. *Psychotherapy*, 51(4), 505-509. doi:10.1037/a0036604
- Bernecker, S. L.**, Constantino, M. J., Pazzaglia, A. M., Ravitz, P., & McBride, C. (2014). Patient interpersonal and cognitive changes and their relation to outcome in interpersonal psychotherapy for depression. *Journal of Clinical Psychology*, 70(6), 518-527. doi:10.1002/jclp.22038

- Bernecker, S. L.** (2014). Helping clients help themselves: Managing ethical concerns when offering guided self-help interventions in psychotherapy practice. *Professional Psychology: Research and Practice*, 45(2), 111–119. doi:10.1037/a0036118
- Bernecker, S. L.,** Levy, K. N., & Ellison, W. D. (2014). A meta-analysis of the relation between patient adult attachment style and the working alliance. *Psychotherapy Research*, 24(1), 12–24. doi:10.1080/10503307.2013.809561
- Constantino, M. J., Boswell, J. F., **Bernecker, S. L.,** & Castonguay, L. G. (2013). Context-responsive integration as a framework for a unified clinical science: Conceptual and empirical considerations. *Journal of Unified Psychotherapy and Clinical Science*, 2(1), 1–20.
- Constantino, M. J., Penek, S., **Bernecker, S. L.,** & Overtree, C. E. (2013). A preliminary examination of participant characteristics in relation to patients' treatment beliefs in psychotherapy in a training clinic. *Journal of Psychotherapy Integration*. doi:10.1037/a0031424
- Constantino, M. J., Adams, M. L., Pazzaglia, A. M., **Bernecker, S. L.,** Ravitz, P., & McBride, C. (2013). Baseline patient characteristics as predictors of remission in interpersonal psychotherapy for depression. *Psychotherapy Research*, 23(2), 190–200. doi:10.1080/10503307.2013.765997
- Levy, K. N., Ellison, W. D., Scott, L. N., & **Bernecker, S. L.** (2011). Attachment style. *Journal of Clinical Psychology*, 67(2), 193–203. doi:10.1002/jclp.20756
- *Denotes undergraduate mentee.

Book Chapters and Invited Contributions

- McAleavey, A., Xiao, H., **Bernecker, S. L.,** Brunet, H., Morrison, N. M., Stein, M., Youn, S. J., Castonguay, L. G., Constantino, M. J., & Beutler, L. E. (2019). An updated list of principles of change that work. In L. G. Castonguay, M. J. Constantino, & L. E. Beutler (Eds.), *Principles of change: How psychotherapists implement research in practice*. New York, NY: Oxford University Press.
- Kessler, R. C., **Bernecker, S. L.,** Bossarte, R. M., Luedtke, A. R., McCarthy, J. F., Nock, M. K., ... Zaslavsky, A. M. (2019). The role of big data analytics in predicting suicide. In I. C. Passos, B. Mwangi, & F. Kapczinski (Eds.), *Personalized and psychiatry: Big data analytics in mental health* (pp. 77-98). Cham, Switzerland: Springer Nature.
- Bernecker, S. L.,** & Constantino, M. J. (2018, May). Making psychotherapy scalable by teaching non-professionals to deliver treatment to each other. *Psychotherapy Bulletin*, 53(1), 43–48.
- Bernecker, S. L.** (2016, May). Most psychotherapy research probably isn't reproducible (but we can fix that). [Web Article]. <http://societyforpsychotherapy.org/most-psychotherapy-research-probably-isnt-reproducible/>
- Bernecker, S. L.** (2015). Why trainees should disagree with mentors (and why mentors might want to listen): A mini-festo. *Clinical Science*, 18(1), 18–19.
- Constantino, M. J., & **Bernecker, S. L.** (2015, March). *Context-responsive psychotherapy integration: A reconceptualization of and empirical framework for common factors*. [Web Article]. Retrieved from <http://www.societyforpsychotherapy.org/context-responsive-psychotherapy-integration-a-reconceptualization-of-and-empirical-framework-for-common-factors>
- Constantino, M. J., Overtree, C. E., & **Bernecker, S. L.** (2014). Emerging technologies and innovations in professional psychology training. In W. B. Johnson & N. J. Kaslow (Eds.), *Oxford handbook of education and training in professional psychology*. New York, NY: Oxford University Press.
- Bernecker, S. L.** (2012). How and for whom does interpersonal psychotherapy for depression work? *Psychotherapy Bulletin*, 47(2), 13–17.
- Levy, K. N., Ellison, W. D., Scott, L. N., & **Bernecker, S. L.** (2011). Attachment style. In J. C. Norcross (Ed.), *Psychotherapy relationships that work* (2nd ed.). New York, NY: Oxford University Press.

Conference Paper Presentations

- Wright, R. T., Durcikova, A., Miranda, S., Jensen, M., **Bernecker, S. L.**, & Kelly, K. (2016, January). *The building of an organizational framework for the Human Firewall*. Paper presented at the 49th annual Hawaii International Conference on System Sciences, Kauai, HI.
- Bernecker, S. L.**, Constantino, M. J., Atkinson, L. R., Bagby, R. M., Ravitz, P., & McBride, C. (2015, June). *Increase in social support as a potential mechanism of interpersonal psychotherapy*. Paper presented at the 45th annual meeting of the Society for Psychotherapy Research, Philadelphia, PA.
- Ravitz, P. R., Watson, P., Park, J., Swartz, H. A., Constantino, M. J., **Bernecker, S. L.**, & Weissman, M. M. (2015, June). *IPT: A 40-year systematic review and historiography*. Paper presented at the 6th international meeting of the International Society for Interpersonal Psychotherapy, London, UK.
- Ravitz, P. R., Park, J., Swartz, H. A., Watson, P., Constantino, M. J., **Bernecker, S. L.**, & Weissman, M. M. (2015, June). *A 40-year scoping review and historiography of IPT: Methods and preliminary results*. Paper presented at the 168th annual meeting of the American Psychiatric Association, Toronto, ON.
- Constantino, M. J., **Bernecker, S. L.**, Pazzaglia, A. M., Ametrano, R. M., & McVicar, E. (2014, June). *Therapist minimization, session outcome, and alliance quality in naturally occurring psychotherapy in a training clinic*. Paper presented at the 45th annual meeting of the Society for Psychotherapy Research, Copenhagen, Denmark.
- Constantino, M. J., Boswell, J. F., **Bernecker, S. L.**, & Castonguay, L. G. (2014, April). *Context-responsive psychotherapy integration as a framework for a unified clinical science: Conceptual and empirical considerations*. Paper presented at the 30th annual conference of the Society for the Exploration of Psychotherapy Integration, Montreal, QC.
- Bernecker, S. L.**, & Constantino, M. J. (2013, October). *Making a novel intervention appealing to the public*. Paper presented at the meeting of the North American Chapter of the Society for Psychotherapy Research, Memphis, TN.
- Bernecker, S. L.**, Constantino, M. J., Pazzaglia, A. M., Iles, B. R., & McBride, C. (2012, June). *Change in interpersonal and cognitive patient variables as predictors of outcome in interpersonal psychotherapy for depression*. Paper presented at the 42nd annual meeting of the Society for Psychotherapy Research, Virginia Beach, VA.
- Constantino, M. J., Adams, M. L., Pazzaglia, A. M., **Bernecker, S. L.**, & McBride, C. (2012, June). *Baseline patient characteristics as predictors of remission in interpersonal psychotherapy for depression*. Paper presented at the 42nd annual meeting of the Society for Psychotherapy Research, Virginia Beach, VA.

Invited Community Talks

- Bernecker, S. L.** (2022, February - October). *Maximizing your impact: Leveraging tools from outside the academy to do science that changes the world*. Presentation delivered to 8 clinical psychology graduate programs/laboratories.
- Bernecker, S. L.** (2016, March). *Health is other people*. Nerd Nite lecture, Northampton, MA.
- Bernecker, S. L.** (2014, November). *Close relationships and mental health*. Student keynote, Center for Research on Families annual banquet, Amherst, MA.

Poster Presentations

- Bauer, B. W., **Bernecker, S. L.**, Karnick, A., Ferguson, A., Wang, S., Bryan, A., Bryan, C., Anestis, M., & Capron, D. W. (2021, October). *A cost-effectiveness model of firearm means safety interventions on military servicemember suicides*. Poster presented at the International Academy of Suicide Research/American Foundation for Suicide Prevention (IASR/AFSP) International Summit on Suicide Research, Barcelona, Spain.
- Boucher, E. M., **Bernecker, S. L.**, Parks, A. C., Weiner, L., & Kasujee, I. (2021, September). *The effects of a digital mental health intervention on wellbeing and quality of life in patients with psoriasis*. Poster presented at the 30th annual congress of the European Academy of Dermatology and Venereology, online.
- *McGonigal, P. T., Dixon-Gordon, K. L., **Bernecker, S. L.**, & Constantino, M. J. (2017, November). *Differential forms of experiential anger and emotion regulation associated with borderline and antisocial personality features within a correctional sample*. Poster presented at the 51st annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

- Chin, E., **Bernecker, S. L.**, Buchanan, E., Cunningham, S., Schumacher, J. A., & Coffey, S. F. (2017, November). *A novel dissemination effort for prolonged exposure: Practice & dissemination curriculum*. Poster presented at the 51st annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- Bernecker, S. L.**, Schumacher, J. A., & Coffey, S. F. (2017, May). *Causal associations among PTSD and depression symptoms: Avoidance and sleep disturbance are "central."* Poster presented at the 29th annual convention of the Association for Psychological Science, Boston, MA.
- Bernecker, S. L.**, Williams, J. J., & Constantino, M. J. (2017, May). *Enhancing mental health through scalable training for peer counselors*. Poster presented at the Computing and Mental Health symposium of the annual ACM CHI Conference on Human Factors in Computing Systems, Denver, CO.
- *McGonigal, P. T., Dixon-Gordon, K. L., & **Bernecker, S. L.** (2017, March). *A preliminary study identifying potential mechanisms of change for incarcerated male inmates receiving an anger intervention*. Poster presented at the annual conference of the American Psychology-Law Society, Seattle, WA.
- Bernecker, S. L.**, Banschback, K., & Constantino, M. J. (2015, May). *"Crowdsourcing Mental Health" is an appealing public mental health intervention*. Poster presented at the 27th annual convention of the Association for Psychological Science, New York, NY.
- Bernecker, S. L.** (2015, May). *"Crowdsourcing Mental Health" by teaching people to become their own "therapists."* Poster presented at the Social Science Research Beyond the Academy Graduate Student Research Exposition, Amherst, MA.
- Bernecker, S. L.**, Constantino, M. J., Atkinson, L. R., Bagby, R. M., Ravitz, P., & McBride, C. (2014, May). *Attachment style may not moderate CBT and IPT's efficacy for depression*. Poster presented at the 26th annual convention of the Association for Psychological Science, San Francisco, CA.
- Bernecker, S. L.**, Constantino, M. J., & Ametrano, R. M. (2013, May). *Interpersonal emotion regulation: Minimization as potentially harmful in psychotherapy*. Poster presented at the 25th annual convention of the Association for Psychological Science, Washington, DC.
- Bernecker, S. L.**, & Levy, K. N. (2011, June). *Credibility of three treatments for borderline personality disorder*. Poster presented at the Annual Convention of the Pennsylvania Psychological Association, Harrisburg, PA.
- Bernecker, S. L.**, Levy, K. N., & Ellison, W. D. (2011, May). *A meta-analysis of the relation between patient attachment and patient-reported alliance*. Poster presented at the Annual Meeting of the Society for the Exploration of Psychotherapy Integration, Washington, D.C.
- Bernecker, S. L.** (2010, June). *The relation between patient attachment and therapeutic alliance: A meta-analysis*. Poster presented at the Annual Convention of the Pennsylvania Psychological Association, Harrisburg, PA.
- Bernecker, S. L.** (2010, April). *The relation between patient attachment and therapeutic alliance: A meta-analysis*. Poster presented at the 2010 Penn State Undergraduate Research Exhibition, University Park, PA.
- Scott, L. N., Ellison, W. D., **Bernecker, S. L.**, & Levy, K. N. (2009, November). *A meta-analysis of the relationship between attachment security and psychotherapy outcomes*. Poster presented at the Mid-Atlantic Regional Meeting of the Society for Psychotherapy Research, Philadelphia, PA.

*Denotes undergraduate mentee.

Academic Research Experience

Aug-Dec. 2019	Postdoctoral Fellow , Department of Health Care Policy, Harvard University Designed a Web-based intervention to prepare students for college, with the goal of improving mental health and increasing student retention. PI: Ronald Kessler, Ph.D.
Aug. 2017-July 2019	Postdoctoral Fellow , Army Study to Assess Risk and Resilience in Servicemembers (Army STARRS) and Military Suicide Research Consortium (MSRC) Harvard University

Conducted research on intervention, prevention, and prediction of suicidal thoughts and behaviors, with a focus on active duty military populations. Projects included developing simulation models to understand the cost-effectiveness of various suicide prevention/intervention efforts in the Department of Defense and investigating predictive modeling strategies for suicidal behaviors and other negative outcomes in the Army Study to Assess Risk and Resilience in Servicemembers (STARRS).

PIs: Ronald Kessler, Ph.D., Matthew Nock, Ph.D., Peter Gutierrez, Ph.D., Thomas Joiner, Ph.D.

March **Research Consultant**

2014-Dec. Provide services in data analysis, survey and experimental design, grant-writing, and design and
2017 content of mental health smartphone applications for academic researchers, nonprofit organizations, and mental health start-ups.

Academic clients: James Boswell, Ph.D., Katherine Dixon-Gordon, Ph.D., Ryan T. Wright, Ph.D.

Industry/nonprofit clients: Apollo, Chatback, Girls Leadership Institute, Youth Mentoring Partnership

Sept. **Graduate Researcher**, Psychotherapy Research Laboratory, University of Massachusetts

2011-Aug. Initiated investigations on existing psychological treatments, focusing on change mechanisms and
2016 moderators, and created and tested a new intervention (a massive open online course to teach laypeople evidence-based coping and counseling skills). Also contributed statistical analyses and literature reviews and managed up to 25 research assistants (15 simultaneously).

PI: Michael J. Constantino, Ph.D.

May **Laboratory Manager**, Personality, Psychopathology, and Psychotherapy Laboratory, Pennsylvania
2010-May State University

2011 Trained and supervised 17 research assistants, administered diagnostic interviews, planned academic conferences, contributed to manuscripts and grants, and managed laboratory operations.

PI: Kenneth N. Levy, Ph.D.

Jan. **Project Coordinator/Research Assistant**, Personality, Psychopathology, and Psychotherapy
2009-May Laboratory, Pennsylvania State University

2010 Administered experimental psychopathology protocols to participants and conducted literature reviews and meta-analyses.

PI: Kenneth N. Levy, Ph.D.

Jan. **Research Assistant**, Hedges Evolutionary Biology Laboratory, Pennsylvania State University

2008-Aug. Conducted evolutionary biology project investigating the phylogeny of *Aristelliger praesignis* geckos.

2008 *PI:* S. Blair Hedges, Ph.D.

Teaching Experience

Jan.-May **Teaching Fellow**, Psychological Science (SLS 20), Harvard University

2019 Led two discussion sections (30 students total) of large undergraduate lecture course, fostering analysis and demonstrating application of principles learned in lecture, teaching best practices for research papers, providing detailed feedback on student writing, and evaluating student performance.

Instructor: Steven Pinker, Ph.D.

Jan.-May **Teaching Assistant**, Mood Disorders (PSY 1855), Harvard University

2018

Provided undergraduate students with feedback on their critical thinking about psychopathology research and scientific writing.

Instructor: Evan Kleiman, Ph.D.

Jan.-May
2015

Teaching Assistant, Topics in Quantitative Psychology (PSYCH 740), University of Massachusetts

Assisted with small graduate-level seminar on Bayesian data analysis using the R programming language.

Instructor: Caren Rotello, Ph.D.

Sept.
2012-May
2013

Teaching Associate, Junior Year Writing (PSYCH 392), University of Massachusetts

Independently designed and taught 20-student writing course required for the psychology major.

Supervisor: Elizabeth Jakob, Ph.D.

Sept.
2011-May
2012

Teaching Assistant, Research Methods in Psychology (PSYCH 241), University of Massachusetts

Taught 23-student laboratory section on evaluating scientific literature, designing studies, statistical analysis, and scientific writing.

Supervisor: Elizabeth Kohler, Ph.D.

Jan.-May
2011

Teaching Assistant, Psychotherapy Research (PSYCH 490), Pennsylvania State University

Designed and assisted with small upper-level seminar addressing the state of psychotherapy research and research methods.

Instructor: Kenneth N. Levy, Ph.D.

Aug.-Dec.
2008

Teaching Assistant, Science Fiction (ENGL 191), Pennsylvania State University

Assisted with 70-student general education course on analyzing speculative fiction and writing effectively.

Instructor: Sarah Birge, M.A.

Clinical Experience

Oct.
2021-present

Clinical Psychologist, private practice (WA state license PY61190950)

Deliver evidence-based psychotherapies drawing on behavioral treatments, mindfulness, and motivational interviewing. Administer and interpret assessments and make recommendations for use in medical, occupational, and educational decision-making.

July
2016-June
2017

Predoctoral Intern, University of Mississippi Medical Center and G.V. (Sonny) Montgomery VA Medical Center, Jackson, MS

Delivered evidence-based treatment protocols, including prolonged exposure and cognitive processing therapy, to military veterans with PTSD, substance use disorders, depression, anxiety, and comorbid conditions. Administered and interpreted psychometric instruments for evaluation of traumatic brain injury, dementia, learning disorders, and other neurocognitive problems.

Conducted brief interventions such as motivational interviewing for substance use and behavior chain analysis and safety planning for suicidal behaviors on an acute psychiatric inpatient unit.

Trained medical students in motivational interviewing.

Supervisors: Courtney Bagge, Ph.D., Kevin Connolly, Ph.D., Kristi Crane, Psy.D., Jeanne Gabriele, Ph.D., Lauren Graves, Ph.D., Edward Manning, Ph.D., Elizabeth Nosen, Ph.D., Andrew Voluse, Ph.D., Daniel C. Williams, Ph.D.

July 2015-May 2016	<p>Student Supervisor, Psychological Services Center, University of Massachusetts, Amherst, MA</p> <p>Supervised junior student clinicians in neuropsychological and personality assessment and developed didactic curriculum addressing domains of cognition, their neural substrates, and their assessment with neuropsychological instruments.</p> <p><i>Supervisors:</i> Claudia B. Rutherford, Ph.D.; Rebecca Stowe, Ph.D.</p>
July 2015-Dec. 2015	<p>Psychotherapy Practicum Intern, Uniformed Services Program, Brattleboro Retreat, Brattleboro, VT</p> <p>Led experiential and didactic groups within an acceptance and commitment therapy model for first responders (e.g., military, police, firefighters) suffering from traumatic stress, substance use, and other disorders.</p> <p><i>Supervisor:</i> Susan F. Balaban, Ph.D.</p>
Sept. 2014-May 2015	<p>Psychotherapy Practicum Intern, Health and Counseling Services, Hampshire College, Amherst, MA</p> <p>Provided individual psychotherapy to college students with a range of diagnoses.</p> <p><i>Supervisors:</i> Stephen M. Klein, Ph.D.; Eliza McArdle, Ph.D.</p>
Sept. 2012-Sept. 2015	<p>Staff Clinician, Psychological Services Center, University of Massachusetts, Amherst, MA</p> <p>Delivered individual psychotherapy and psychoeducational assessments in community clinic.</p> <p><i>Supervisors:</i> Michael J. Constantino, Ph.D.; Katherine Dixon-Gordon, Ph.D.; Rebecca Ready Fanton, Ph.D.; Claudia B. Rutherford, Ph.D.; William Matthews, Ph.D.</p>

Additional Coursework

2019	<p>American Sign Language (ASL), Gallaudet University</p> <ul style="list-style-type: none"> ● ASL II (PST 302) ● ASL III (PST 303) ● ASL IV (PST 304) ● Visual Gestural Communication (PST 300) ● Beginning Fingerspelling (PST 136) ● Intermediate Fingerspelling (PST 137) ● Classifiers I (PST 102) ● Classifiers II (PST 105)
2017-2018	<p>Decision analysis and economic evaluation in healthcare, Harvard University</p> <ul style="list-style-type: none"> ● Decision Analysis for Health and Medical Practices (RDS 280) ● Economic Evaluation for Health Policy and Program Management (RDS 282) ● Decision Analysis Methods in Public Health and Medicine (RDS 285) ● Experiential Learning and Applied Research in Decision Analysis (RDS 290)
2017	<p>Data analysis, Harvard University</p> <ul style="list-style-type: none"> ● Statistical Learning (PSY 2080)

Ad Hoc Reviewer

2018-2019	<i>Journal of Clinical Psychology</i>
2018	<i>General Hospital Psychiatry</i>
2017	<i>Psychotherapy Research</i>

2017	<i>Psychological Services</i>
2017	<i>Social Psychological and Personality Science</i>
2016-2017	<i>Behaviour Research and Therapy</i>
2015	<i>Journal of Medical Internet Research</i>
2015	<i>Psychotherapy</i>
2014	<i>Journal of Personality and Social Psychology</i>
2014	<i>Journal of Consulting and Clinical Psychology</i>
2012-2014	<i>Journal of Psychotherapy Integration</i>