

CLAUDIA AVINA, Ph.D.
Curriculum Vitae

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OFFICE ADDRESS: Child & Adolescent Psychiatry Clinic
Harbor- UCLA Medical Center,
1000 W. Carson Street, Box 498
Torrance, CA 90509

EDUCATION:

- 1997** B.A. in Psychology. *University of California, San Diego*
- 2002** M.A. in Psychology (APA Accredited). *University of Nevada, Reno*
- 2003** Psychology Internship (APA Accredited). *Long Beach VA Healthcare System*
- 2005** Ph.D. in Clinical Psychology (APA Accredited). *University of Nevada, Reno*
- 2008** Postdoctoral Fellowship. *Harbor-UCLA Medical Center*
- 2008** Postdoctoral Fellowship. *UCLA Neuropsychiatric Institute*

LICENSURE: California, PSY#23423, March 2010

RESEARCH GRANTS AND FELLOWSHIPS RECEIVED:

2003-2004 National Institutes of Health, Small Business Innovation Research (SBIR) Grant.
A Web-based Prevention Program for Sexual Assault. \$100,000 Award.
Principal Investigator.

HONORS/SPECIAL AWARDS:

California Dept. of Mental Health Loan Assumption Program Recipient. (July 2017 – Dec 2018)
Harbor-UCLA Medical Center

Excellence in Teaching Award Recipient (2016-2017)
Harbor-UCLA Medical Center. Child & Adolescent Psychiatry Fellowship Program

Jim Mikawa Ethnic Minority Award Recipient (2001)
University of Nevada, Reno. Department of Psychology.

CURRENT PROFESSIONAL ROLES:

- 2020-present** **Health Sciences Associate Clinical Professor**, University of California, Los Angeles, Department of Psychiatry & Biobehavioral Sciences, David Geffen School of Medicine
- 2015-present** **Clinical Psychologist II**, Los Angeles County Dept. of Mental Health, Child & Adolescent Psychiatry Clinic, Harbor-UCLA Medical Center
Associate Training Director, Psychology Postdoctoral Fellowship and Practicum Training program
Director, Adolescent Dialectical Behavior Therapy Program
Director, Child and Adolescent CBT Psychology Service
Co-Supervisor, Pediatric Medical Inpatient Consultation/Liason Service

PROFESSIONAL EXPERIENCE:

- 2016-2020** **Health Sciences Assistant Clinical Professor**, University of California, Los Angeles, Department of Psychiatry & Biobehavioral Sciences, David Geffen School of Medicine
- 2012 –2015** **Project Director/Research Therapist**, LA-Biomedical Research Institute at Harbor-UCLA Medical Center, Department of Child and Adolescent Psychiatry
- 2010-2011** **Psychologist, Private Practice**, Cognitive Behavioral Therapy Center of Southern California
- 2010-2011** **Clinical Instructor**, University of California, Los Angeles, Department of Psychiatry & Biobehavioral Sciences, David Geffen School of Medicine
- 2009-2011** **Academic Professional Researcher/Project Director**, University of California, Los Angeles, Department of Psychiatry & Biobehavioral Sciences, David Geffen School of Medicine
- 2009-2011** **Staff Research Associate II/Project Director**, SCAL Kaiser Permanente, Los Angeles, Research & Evaluation/Teenage Medicine Clinic
- 2004-2007** **Assistant Professor of Psychology**, Pepperdine University, Seaver College
- 2003-2004** **Principal Investigator**, Psychological Health Associates, Inc.
- 2000-2002** **Program Coordinator/Therapist**, Sexual Assault Prevention and Counseling Program (SAPAC), University of Nevada, Reno
- 2000** **Program Coordinator/Therapist**, Domestic Violence Treatment Program, University of Nevada, Reno
- 1999-2000** **Clinic Teaching Assistant**, Psychological Services Center, University of Nevada, Reno

1999 **Psychology Summer Intern**, Day Treatment Center, Veterans Administration Medical Center, Reno, NV

1998-2002 **Clinical Trainee Therapist**, Psychological Services Center, University of Nevada, Reno

PROFESSIONAL ACTIVITIES:

Adhoc Reviewer	Psychiatry Research	January 2020
Adhoc Reviewer	Archives of Suicide Resarch	December 2019
Member	John F. Wolf, M.D. Human Subjects Committee Lundquist Institute at Harbor-UCLA Medical Center	January 2019-present
Facilitator	Helping Healers Heal (H3) Harbor-UCLA Medical Center	April 2018- present
Member	Collabortive Advisory Group: Moving Toward Improving Trauma-Informed ED Care UCLA-Duke Trauma-Informed Adolescent Suicide, Self-Harm, & Substance Abuse Treatment & Prevention (ASAP) Center	October 2017-present
Member	Continuing Medical Education Committee Department of Psychiatry Harbor-UCLA Medical Center	August 2017-present
Facilitator	Pediatric Resident Wellness Department of Pediatrics Harbor-UCLA Medical Center	August 2017-May 2018
Member	APA Self Study Committee Division of Psychology Harbor-UCLA Medical Center	April 2017- present
Member	Quality Improvement Committee Department of Psychiatry Harbor-UCLA Medical Center	2016-present
Member	Peer Review Committee Department of Psychiatry Harbor-UCLA Medical Center	2016- 2019
Member	Child Psychologist Search Committee Division of Psychology Harbor-UCLA Medical Center	2016-2017

Reviewer	Poster Chair International Society for the Improvement and Teaching of Dialectical Behavior Therapy	2016-2017
Courtesy Staff	Professional Staff Association Privileges Harbor-UCLA Medical Center	2012-2015
Member	Faculty Search Committee Social Science Division Pepperdine University, Seaver College	2006-2007
Faculty Advisor	Psi Chi Social Science Division Pepperdine University, Seaver College	2006-2007
Member	Teaching & Learning Committee Pepperdine University, Seaver College	2006-2007
Volunteer	Child Life Program Children's Hospital Los Angeles	2006-2007
Member	Faculty Search Committee Social Science Division Pepperdine University, Seaver College	2005-2006
Clinician (Volunteer)	Victims of Crimes Act Reno, NV	2001-2002)
Coordinator	Graduate Admissions Department of Psychology University of Nevada, Reno	2000
Graduate Representative	Faculty Search Committee Department of Psychology University of Nevada, Reno	1999

TEACHING EXPERIENCE:

- Clinical Applications of Cognitive-Behavioral Treatments with Children and Adolescents
Harbor-UCLA Medical Center. Seminar series for postdoctoral and graduate-level psychology trainees.
- Cognitive-Behavioral Treatment with Children and Adolescents
Harbor-UCLA Medical Center. Seminar and case consultation series for psychiatry fellows in the Harbor-UCLA Medical Center 2-year child fellowship training program.
- Scholarly Inquiries & Activities
Harbor-UCLA Medical Center. Co-lead year-long seminar series for postdoctoral psychology fellows.
- Counseling Theory & Techniques
Pepperdine University. Undergraduate course for psychology majors.
- Psychology Interventions (Cognitive-Behavioral Treatments)

Pepperdine University. Undergraduate course for psychology majors.
Human Sexuality
Pepperdine University. Undergraduate course for psychology majors.
Foundations of Psychology for Majors
Pepperdine University. Undergraduate course for psychology majors.
Introduction to Psychology for Non-majors
Pepperdine University. Undergraduate course for non-majors.

LECTURES AND PRESENTATIONS:

Avina, C., & O'Donohue, W. T. (November, 1998). Measuring sexual behavior: Psychometric considerations. Paper presented at the 32nd annual meeting for the Association for the Advancement of Behavior Therapy, Washington, DC.

Rice, N. M., Follette, V. M., Madrigal, A. C., & **Avina, C.** (November, 1998). Moderating variables and long-term correlates of childhood sexual abuse: A Latina community sample. Poster presented at the 32nd annual meeting for the Association for the Advancement of Behavior Therapy, Washington, D.C.

Rosenthal, M. Z., Follette, V. M., Batten, S. V., & **Avina, C., & Townsend, R.** (November, 1998). An experimental manipulation of experiential avoidance. Paper presented at the 32nd annual meeting for the Association for the Advancement of Behavior Therapy, Washington, D.C.

Avina, C., & O'Donohue, W. (October, 1999). Sexual harassment and PTSD. Paper presented at the 18th annual research and treatment conference of the Association for the Treatment of Sexual Abusers, Orlando, Florida.

Yeater, E. A., **Avina, C., & O'Donohue, W.** (November, 1999). A survey of dating characteristics associated with sexual assault among college students. Poster presented at the 33rd annual meeting of the Association for the Advancement of Behavior Therapy, Toronto, Canada.

Bradley, A. R., & **Avina, C.** (May, 2000). Women's dating behaviors and risk of sexual assault. Poster presented at the annual meeting of the Western Psychological Association, Maui, Hawaii.

Avina, C., & O'Donohue, W. (November, 2001). Dating behaviors in college males as risk factors for sexual assault. Paper presented at the 34th annual meeting of the Association for the Advancement of Behavior Therapy, Philadelphia, Pennsylvania.

Yeater, E. A., **Avina, C., & O'Donohue, W.** (November, 2001). Contextual factors that predict sexual assault: An evaluation of dating behaviors among sexually victimized and nonvictimized female college students. Poster presented at the 34th annual meeting of the Association for the Advancement of Behavior Therapy, Philadelphia, Pennsylvania.

Avina, C., Bradley, A. R., & O'Donohue, W. (November, 2001). What You Don't Know: High Risk Dating Behaviors in Male and Female College Students. Paper presented at the 11th annual Sexual Assault and Harassment on Campus Conference, Kissimmee, Florida.

Bradley, A. R., **Avina, C., & O'Donohue, W.** (November, 2001). Developing and Implementing a Sexual Assault Prevention Program for College Campuses. Paper presented at the 11th annual Sexual Assault and Harassment on Campus Conference, Kissimmee, Florida.

Berk, M. , Warnick, H., & **Avina, C.** (November 2007). Dialectical Behavior Therapy with Adolescents. Training provided at Central Juvenile Hall, Los Angeles, CA.

Avina, C. (June 2008). Cognitive-Behavioral Treatment with Children and Adolescents. St. Francis Hospital, Lynwood, CA.

Berk, M., Tangeman, K., & **Avina, C.** (September 2009). Two-day training in Dialectical Behavior Therapy for Adolescents. Harbor-UCLA Medical Center, Torrance, CA.

Berk, M., Tangeman, K., & **Avina, C.** (September 2010). Two-day training in Dialectical Behavior Therapy for Adolescents. Harbor-UCLA Medical Center, Torrance, CA.

Avina, C. (May – Oct 2011). Cognitive-Behavioral Treatment with Children and Adolescents. Lecture Series for Child Psychiatry Fellows. Harbor-UCLA Medical Center, Torrance, CA.

Berk, M.S., McCauley, E., Asarnow, J. R., **Avina, C.**, Adrian, M., Korslund, K., & Linehan, M. M. (November 2014). The Collaborative Adolescent Research on Emotions and Suicide (CARES) Study: A Randomized Controlled Trial of DBT with Highly Suicidal Adolescents. Presentation at the 19th annual meeting of the International Society for the Improvement and Teaching of Dialectical Behavior Therapy. Philadelphia, PA.

Berk, M., & **Avina, C.** (June 2015). One-day training in Dialectical Behavior Therapy for Adolescents. Harbor-UCLA Medical Center, Torrance, CA.

Avina, C. (September 2015). Dialectical Behavior Therapy for Adolescents: A Crash Course. Lecture series for Child & Adolescent Psychiatry Clinic trainees. Harbor-UCLA Medical Center, Torrance, CA.

Berk, M., & **Avina, C.** (July 2016). Dialectical Behavior Therapy for Adolescents. Presentation at the 2016 National NAMI Convention. Denver, Colorado.

Wang, P, Hershfeld, A, Gersh J, Babeva K, Starace N, Asarnow L, Berk M, **Avina C**, Asarnow J (August 2016). Sleep Disturbance in Youths with Severe Suicidality & Repetitive SelfHarm. Poster presentation at the annual meetings of the American Psychological Association. Denver, Colorado.

Avina, C., & Marroquin, Y. (September 2016). An overview of DBT with adolescents; One-day training in Dialectical Behavior Therapy for Adolescents. Harbor-UCLA Medical Center, Torrance, CA.

Linehan, M., McCauley, E., Berk, M. Asarnow, J., Korslund, K., Adrian, M., **Avina, C.**, Botanov, Y. (October 2016). Dialectical Behavior Therapy Compared to Supportive Treatment: A Randomized Control Trial for Adolescents at High-Risk of Suicide. Paper presented at the 50th Annual meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.

Adrian, M., Asarnow, J., McCauley, E., Berk, M., **Avina, C.**, Korslund, K., Botanaov, Y., Linehan, M. (October 2016). Adolescent Sleep Disruption: Impact on Self-Injury and Treatment Outcomes. Paper presented at the 50th Annual meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.

Avina, C. (February 2017) Topics in Dialectical Behavior Therapy with Suicidal Adolescents. Department of Psychiatry, Postdoctoral Fellowship Psychology Case Conference Series. Harbor-UCLA Medical Center, Torrance, CA.

Avina, C. (May 2017) Treatment of PTSD Within DBT. Department of Psychiatry, Postdoctoral Fellowship Psychology Case Conference Series. Harbor-UCLA Medical Center, Torrance, CA.

Avina, C., & Marroquin, Y. (September 2017). An overview of DBT with adolescents; One-day training in Dialectical Behavior Therapy for Adolescents. Harbor-UCLA Medical Center, Torrance, CA.

Avina, C. (June 2018) Topics in Dialectical Behavior Therapy with Suicidal Adolescents. Department of Psychiatry, Postdoctoral Fellowship Psychology Case Conference Series. Harbor-UCLA Medical Center, Torrance, CA.

Avina, C. (September 2018). An overview of DBT with adolescents; One-day training in Dialectical Behavior Therapy for Adolescents. Harbor-UCLA Medical Center, Torrance, CA.

Berk, M., & Avina, C. (October 2018). DBT for Adolescents at High Risk for Suicide. Clinical workshop presented at the 65th Annual Meeting of the American Academy of Child & Adolescent Psychiatry, Seattle, WA.

Avina, C. (December 2018). Trauma-Informed Consultation/Liaison Pediatric Services. Clinical Seminar Lecture for Child Psychiatry Fellows. Harbor-UCLA Medical Center, Torrance, CA.

Avina, C., Harrison, N., & Murphy, H. (January 2019). Assessment and Management of Suicide Risk. Clinical Seminar Lecture for Mental Health Providers. TIES for Families South Bay, Torrance, CA.

Avina, C. (September 2019). An overview of DBT with adolescents; One-day training in Dialectical Behavior Therapy for Adolescents. Harbor-UCLA Medical Center, Torrance, CA.

Avina, C. (October 2019). Assessment and Management of Suicide Risk. Clinical Seminar Lecture for Psychology Trainees. Behavioral Medicine Service Track. Harbor-UCLA Medical Center, Torrance, CA.

Avina, C. (January 2020). Trauma-Informed Consultation/Liaison Pediatric Services. Clinical Seminar Lecture for Child Psychiatry Fellows. Harbor-UCLA Medical Center, Torrance, CA.

Avina, C. (September 2020). An overview of DBT with adolescents; One-day training in Dialectical Behavior Therapy for Adolescents. Harbor-UCLA Medical Center, Torrance, CA.

Avina, C. (October 2020). Assessment and Management of Suicide Risk. Clinical Seminar Lecture for Psychology Trainees. Behavioral Medicine Service Track. Harbor-UCLA Medical Center, Torrance, CA.

Avina, C. (October 2020). Trauma-Informed Consultation/Liaison Pediatric Services. Clinical Seminar Lecture for Child Psychiatry Fellows. Harbor-UCLA Medical Center, Torrance, CA.

PUBLICATIONS/BIBLIOGRAPHY:

Carr, J. E., Coriaty, S., Wilder, D. A., Gaunt, B. T., Dozier, C. L., Britton, L. N., **Avina, C.**, & Reed, C. L. (2000). A review of “noncontingent” reinforcement as treatment for the aberrant behavior of individuals with developmental disabilities. *Research in Developmental Disabilities, 21*, 377-391.

Avina, C., O’Donohue, W., & Fisher, J. (2000). Sexual dysfunction in the elderly. In S. Krauss Whitbourne (Ed.), *Psychopathology in Later Life*, pp. 173-187. John Wiley & Sons, Inc.: New York.

O’Donohue, W., & **Avina, C.** (2000). A review of the Handbook of Sexuality-Related Measures. *Journal of Sex & Marital Therapy, 26(1)*, 109-111.

Avina, C., & O’Donohue, W. (2002). Sexual harassment and PTSD: Is sexual harassment diagnosable trauma? *Journal of Traumatic Stress, 15(1)*, 69-75.

Regev, L., **Avina, C.**, & O’Donohue, W. T. (2002) Sexual Dysfunction. In V. S. Ramachandran (Ed.), *Encyclopedia of the Human Brain*, pp. 343-354. Academic Press: San Diego, CA.

Regev, L. G., O’Donohue W., & **Avina, C.** (2003). Sexual Dysfunction. In D. K. Snyder & M. A. Whisman (Eds.), *Treating Difficult Couples*, pp. 181-200. Guilford Publications: New York.

Avina, C., Bowers, A. H., & O’Donohue, W. T. (2003). Forensic issues in sexual harassment. In W. O’Donohue & E. Levensky, *Handbook of Forensic Psychology*, pp. 655-684. Elsevier: San Diego, CA.

Avina, C. (2003). The squeeze technique for the treatment of premature ejaculation. In W. T. O’Donohue, J. E. Fisher, & S. C. Hayes (Eds.), *Cognitive Behavior Therapy: applying empirically supported techniques in your practice*. John Wiley & Sons, Inc.: Hoboken, NJ.

O’Donohue, W., & **Avina, C.** (2004). What is trauma? A response to Rosen. *The Scientific Review of Mental Health Practice, 3 (2)*, 43-45.

O’Donohue, W. T., Mosco, E. A., Bowers, A. H., & **Avina, C.** (2006). Sexual harassment as diagnosable PTSD trauma. *Psychiatric Times, 23(1)*, 50-62.

Avina, C., O’Donohue, W., & Regev, L. (2007). Psychological and behavioral counseling in the management of male sexual dysfunction. In F. R. Kandeel & K. R. Kandeel (Eds.), *Male Sexual Dysfunction: Pathophysiology and Treatment*. Informa Healthcare: New York.

Avina, C. (2008). The squeeze technique for the treatment of premature ejaculation. In W. T. O’Donohue, J. E. Fisher, & S. C. Hayes (Eds.), *Cognitive Behavior Therapy: applying empirically supported techniques in your practice, 2nd ed.* John Wiley & Sons, Inc.: Hoboken, NJ.

Avina, C. (2008). The utility of self-monitoring as a treatment intervention. In W. O’Donohue & N. A. Cummings (Eds.), *Evidence Based Adjunctive Treatments*. Burlington, MA: Elsevier Inc.

Yeater, E. A., Lenberg, K. L., **Avina, C.**, Rinehart, J. K., & O’Donohue, W. (2008). When social situations take a turn for the worse: Situational and interpersonal risk factors of sexual assault. *Sex Roles, 59*, 151-163.

Avina, C. (2009). The squeeze technique for the treatment of premature ejaculation. In W. T. O’Donohue & J. E. Fisher (Eds.), *General Principles and Empirically Supported Techniques of Cognitive Behavior Therapy*. John Wiley & Sons, Inc.: Hoboken, NJ.

Shelby, J., **Avina, C.**, & Warnick, H. (2010). Posttraumatic Parenting: A Parent-Child Dyadic Treatment for Young Children’s Posttraumatic Adjustment. In C. E. Schaefer (Ed.), *Play Therapy for Preschool Children*. American Psychological Association: Washington DC.

Asarnow, J.R., Zeledon, L.R., D’Amico, E., LaBorde, A., Anderson, M., **Avina, C.**, Arslanian, T., Do, M., Shoptaw S. (2014). Depression and Health Risk Behaviors: Towards Optimizing Primary Care Service Strategies for Addressing Risk. *Journal of Primary Health Care, 4*, 152.

Berk, M. S., Shelby, J., **Avina, C.**, & Tangeman, K. (2014). Dialectical Behavior Therapy for Suicidal and Self-Harming Adolescents with Trauma Symptoms. In S. Timmer & A. Urquiza (Eds.), *Evidence Approaches for the Treatment of Maltreated Children*. Springer Science + Business Media: Dordrecht.

Berk, M., Adrian, M., McCauley, E., Asarnow, J., **Avina, C.**, & Linehan, M. (2014). Conducting Research on Adolescent Suicide Attempters: Dilemmas and Decisions. *the Behavior Therapist*, 37(3), 65-69.

Bai, S., Zeledon, L. R., D'Amico, E. J., Shoptaw, S., **Avina, C.**, LaBorde, A. P., Anderson, M., Fitzpatrick, O. M., & Asarnow, J. R. (2018). Reducing Health Risk Behaviors and Improving Depression in Adolescents: A Randomized Controlled Trial in Primary Care Clinics. *Journal of Pediatric Psychology*, 43 (9); 1004-1016.

McCauley, E., Berk, M.S., Asarnow, J., Adrian, M., Cohen, J.,Korslund, K., **Avina, C.**, Hughes, J., Harned, M.,Gallop, R., Linehan, M.M. (2018). Efficacy of Dialectical Behavior Therapy for Adolescents at High Risk for Suicide. *JAMA Psychiatry*, 75 (8); 777-785.

Berk, M.S., Starace, N. K., Black, V. P., **Avina, C.** (2019) Implementation of Dialectical Behavior Therapy with Suicidal and Self-Harming Adolescents in a Community Clinic. *Archives of Suicide Research*, DOI: [10.1080/13811118.2018.1509750](https://doi.org/10.1080/13811118.2018.1509750)

Molly, A., McCauley, E., Berk, M., Asarnow, J., Korslund , K., **Avina, C.**, Gallop, R., Linehan, M. (2019). Predictors and Moderators of Self-harm Behaviors in the Collaborative Adolescent Research on Emotions and Suicide (CARES) Study. *Journal of Child Psychology and Psychiatry*, DOI:10.1111/jccp.13099.

Berk. M., **Avina, C.**, & Clarke, S. (2020). Self-injurious Behavior. In Gold, L., & Frierson, R. (Eds.), *Textbook of Suicide Risk Assessment and Management*, 3rd Edition, pp.305-317. American Psychiatric Publishing. Washington, DC.