

Allison Ruork, Ph.D.

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Education

<i>Postdoctoral Associate, Rutgers University, New Brunswick</i>	2020-2023
<i>Ph.D Clinical Psychology, University of Nevada, Reno, NV</i>	2014-2020
<i>Clinical Psychology Internship, Duke University Medical Center, Durham, NC</i>	2019-2020
<i>M.A., Psychology, University of Nevada, Reno, NV</i>	2014-2018
<i>B.A. Psychology, Sociology, University of Washington, Seattle, WA</i>	2005-2009

Selected Professional Experience

<i>Senior Behavior Scientist, Portland Dialectical Behavior Therapy Institute, Portland OR</i>	2025-Current
<i>Senior Behavior Scientist, Evidence Based Practice Institute</i>	2024-2025
<i>DBT Adherence Consultant, CAMPUS Multisite Grant</i>	2023 – 2025
<i>Psychology Intern, Evidence Based Practice Institute</i>	2023-2024
<i>Clinical Subject Matter Content Expert, Evidence Based Practice Institute</i>	2022-2023

Honors And Awards

<i>ISITDBT Student Researcher Award</i>	2019
<i>UNR Graduate Student Association Research and Travel Grant</i>	2015-2019
<i>University of Washington Dean's List</i>	2005-2009

Research Grants

National Institute of Drug Abuse (R44 DA057122). "iKinnect Mobile Technology to Reduce Teen Substance Misuse and Mental Health Disparities." <i>P.I.s: Linda A. Dimeff, PhD & Cindy M. Schaeffer, PhD</i> <i>Role: Co-Investigator</i>	2023-Current
National Institute of Alcohol Ad (R44 AA029868). "Treating Drivers of Suicide in Primary Care using Jaspr Health." <i>P.I.s: Linda A. Dimeff, PhD & David A. Jobes, PhD</i> <i>Role: Co-Investigator</i>	2022-Current
National Institute of Mental Health (R44 MH126819). "iKinnect 2.0 for Juvenile Justice Involved Youth at Risk for Suicide." <i>P.I.s: Linda A. Dimeff, PhD & Cindy M. Schaeffer, PhD</i> <i>Role: Clinical content subject matter expert</i>	2022-Current
National Institute of Mental Health (R01 MH116061). "4/4 Adapting Treatments for Suicidal College Students: A Multisite Trial."	2020-Present

*P.I.s: Shireen Rizvi, PhD, ABPP Jacque Pistorello, PhD, Scott Compton, PhD,
& John Seeley, PhD*
*Roles: DBT-Trainer, DBT Adherence Coder, Risk Assessment Trainer,
Independent Evaluator (2020-2021)*

Publications

Ruork, A.K., Rizvi, S.L., Mui, A., Nadeem, E., & Shernoff, E., (2025). Individual and organizational contributions to educator stress: The roles of organizational health and self-invalidation. *Psychology in the Schools*.

Mournet, A. M., **Ruork, A.K.**, Kleiman, E. M., & Rizvi, S. L. (2025). An actigraphy case series: Sleep disturbance associations with suicidal ideation, self-harm and desire to live. *Psychiatry Research Case Reports*, 100244.

Kassing, F., Seeley, J. R., Rizvi, S. L., Compton, S. N., Sinclair, J., Oshin, L. A., Blalock, K., Jobes, D. A., Crumlish, J., Stadelman, S., Gozenman-Sapin, F., Snyderman, T., **Ruork, A.K.**, Fry, C. M., Gallop, R. J., Goodrich, J., & Pistorello, J., (in press). Assessing the Implementation of Suicide-Focused Treatments Delivered in Hybrid Telemental Health Format in a Real-World Setting. *Psychotherapy Research*.

Dimeff, L.A., Koerner, K., Heard, K., **Ruork, A.K.**, Brimer, A.K., Witterholt, S.T., Lardizabal, M.B., Clubb, J.R., McComish, J., Waghray, A., Dowdy, R., Asad-Pursley, S., Ilac, M., Lawrence, H., Zhou, F., & Beadnell, B. (2023). A Suicide Prevention Digital Technology for Individuals Experiencing an Acute Suicide Crisis in Emergency Departments: Real-World Acceptability, Feasibility, and Safety. *JMIR: Formative Research*. <https://doi.org/10.2196/52293>

Krall, H. R., **Ruork, A.K.**, Rizvi, S. L., & Kleiman, E. M. (2024). Hopelessness as a mechanism of the relationship between physical pain and thoughts of suicide: results from two smartphone-based real-time monitoring samples. *Cognitive Therapy and Research*, 1-8.

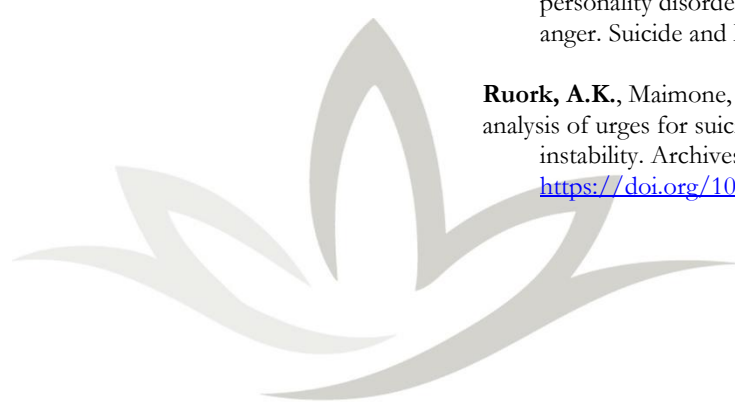
Rizvi, S. L., Bitran, A. M., Oshin, L. A., Yin, Q., & **Ruork, A.K.** (2024). The State of the Science: Dialectical Behavior Therapy. *Behavior Therapy*.
<https://doi.org/10.1016/j.beth.2024.02.006>

Rizvi, S.L., **Ruork, A.K.**, Yin, Q., Yeager, A., Taylor, M., & Kleiman, E. M., (2023). Feasibility, acceptability, and promise of incorporating wearables and ecological momentary assessment of emotion regulation into Dialectical Behavior Therapy [In Press]. *JMIR: Mental Health*.

Ruork, A.K., Hazlett-Stevens, H. & Fruzzetti, A. E. (2024). Evaluating the Role of Social Interactions and Shame in Self-Injurious Behaviors using Ecological Momentary Assessment. [In Press], *Journal of Emotion and Psychopathology*.

Weatherford, J. V., **Ruork, A.K.**, Yin, Q., Lopez, A. C., & Rizvi, S.L. (2024) Shame, suicidal ideation, and urges for non-suicidal self-injury among individuals with borderline personality disorder receiving dialectical behavior therapy: The mediating role of anger. *Suicide and Life-Threatening Behavior*, 54(2), 338-348.

Ruork, A.K., Maimone, J. S., Bentley, K. H., & Kleiman, E. K. (2023) Latent profile analysis of urges for suicidal and self-harming behavior: the role of social support instability. *Archives of Suicide Research*.
<https://doi.org/10.1080/13811118.2023.2280225>



Shernoff, E., **Ruork, A.K.**, Kleiman, E.K., & Rizvi, S.L. (2023). Multilevel examination of the relationship between teacher stress and attendance during wellness programming. *Journal of Trauma Studies in Education*.

Wyatt, K. P., Eberle, J. E., **Ruork, A.K.**, & Neasciu, A. D. (2023). Mechanisms of change in treatments for transdiagnostic emotion dysregulation: The roles of skills use, perceived control and mindfulness. *Clinical Psychology & Psychotherapy*.
<http://doi.org/10.1002/cpp.2879>

McLean, C.L., **Ruork, A.K.**, Ramaiya, M.K. & Fruzzetti, A.E. (2023). Feasibility of internet-delivered acceptance vs. change skills for emotions in adults with stress- and trauma-related problems. *Behavioural and Cognitive Psychotherapy*, 1-16.
<https://doi.org/10.1017/S1352465823000206>

Ruork, A.K., Finkelstein, J., McLean, C.L., & Rizvi, S.L. Dialectical Behavior Therapy and Acceptance and Commitment Therapy: Areas of overlap and distinction. *J Contemp Psychother* (2022). <https://doi.org/10.1007/s10879-022-09550-x>

Ruork, A.K. (2022). Secondary Targets Are Not So Secondary: Commentary on Michael Marks' Case Study of "Jane". *Pragmatic Case Studies in Psychotherapy*, 18(1), 102-111.

Shernoff, E., **Ruork, A.K.**, Nadeem, E. & Rizvi, S.L. (2022). The feasibility and promise of DBT skills training with teachers in high poverty schools. *Psychology in the Schools*.
<https://doi.org/10.1002/pits.22695>

Rizvi, S. L., Finkelstein, J., Wachamontes, A., Yeager, A. L., **Ruork, A.K.**, Yin, Q., Kellerman, J., Kim, J.S., Stern, M., Oshin, L.A., & Kleiman, E. M. (2022). Randomized clinical trial of a brief, scalable intervention for mental health sequelae in college students during the COVID-19 pandemic. *Behaviour research and therapy*, 149, 104015.

Ruork, A.K., McLean, C. L., & Fruzzetti, A. E. (2022). It happened matters more than what happened: associations between intimate partner violence abuse type, emotion regulation, and post-traumatic stress symptoms. *Violence against women*, 28(5), 1158-1170.

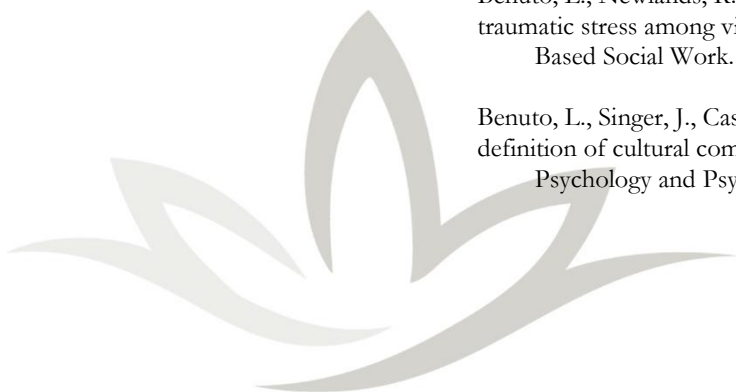
Ruork, A.K., Yin, Q. & Fruzzetti, A. E., (2021). Telephone coaching practices and burnout in therapists using dialectical behavior therapy. *Clinical Psychology and Psychotherapy*. <https://doi.org/10.1002/cpp.2668>

Benuto, L. T., Singer, J., Gonzalez, F., Casas, J., & **Ruork, A.** (2021). How do clinicians define cultural sensitivity?: A mixed methods study. *International Journal of Mental Health*, 50(2), 151-167.

Fruzzetti, A.E., & **Ruork, A.K.**, (2018). Validation principles and practice. In M. Swales (ed), *Oxford Clinical Handbook of Dialectical Behavior Therapy*. London: Oxford University Press. DOI: 10.1093/oxfordhb/9780198758723.013.50

Benuto, L., Newlands, R., **Ruork, A.**, Hooft, S., & Ahrendt, A. (2018). Secondary traumatic stress among victim advocates: prevalence and correlates. *Journal of Evidence-Based Social Work*. 15(5), 494-509

Benuto, L., Singer, J., Casas, J., Gonzalez, F., & **Ruork, A.** (2018). The evolving definition of cultural competency: a mixed methods study. *International Journal of Psychology and Psychological Therapy*. 18(3), 371-384



Harned, M.S., **Ruork, A.K.**, Tkachuck, M.A., Liu, J., (2015). Emotional engagement and habituation during exposure for PTSD with Borderline Personality Disorder patients. *Journal of Traumatic Stress*, 28 (3), 253-257.

Manuscripts In Prep

Dimeff, L.A., **Ruork, A.K.**, Mendez-Faria, D., Jerome, T., Zhou, F. & Jobes, D.A. (In Prep). Lived experience + digital technology + peer support specialists: The future of emergency and transition services for adults in suicidal crises.

Kleiman, E.M., Zuromski, K.L., **Ruork, A.K.**, Kelly, F., Bentley, K.H., Nock, M.K., & Rizvi, S.L. (In Prep). Feasibility of collecting wearable data during smartphone-delivered psychological interventions

Ruork, A.K., Yin, Q., Kellerman, J.K., Kim, J.S., Oshin, L., Rizvi, S.L. & Kleiman, E.M. (In prep). Predictors of EMA engagement among college students.

Symposia Presentations And Panels

Ruork, A.K., Oshin, L.A., Krall, H. R., Pistorello, J., Seeley, J.R., Compton, S.N., & Rizvi, S.L. (November 20-23, 2025). Teaching to the Test: DBT Adherence in a Multi-Site Study of DBT in College Counseling Centers. In **Ruork, A.K.** (Chair) Adherence in Dialectical Behavior Therapy: Current efforts and critical need [Symposium]. 58th annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.

Ruork, A.K., Oshin, L.A., Krall, H. R., Pistorello, J., Seeley, J.R., Compton, S.N., & Rizvi, S.L. (November 20-23, 2025). Implementing DBT in College Counseling Centers: The Importance of Functionally Consistent Modification. In Hughes, C. (Chair) Increasing Access: DBT adaptations for novel populations and settings [Symposium]. 58th annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.

Rizvi, S. L., **Ruork, A.K.**, Yin, Q., & Kleiman, E. M. (2024, September 23- 25). Incorporating wearables and ecological momentary assessment into dialectical behavior therapy: A pilot study. [Conference presentation]. ESSPD 2024 Congress, Antwerp, Belgium. <https://www.esspd.eu/esspd-congress-2024/>

Ruork, A.K., Jerome, T., Mendez Faria, D., Schaeffer, C., & Dimeff, L.A. (2023, November). Engagement in Just-in-Time Digital Interventions for Suicide: Bringing Back People. In Ruork A. K. (Chair) Increasing the effectiveness of real-time suicide intervention [Symposium]. 57th annual meeting of the Association for Behavioral and Cognitive Therapies, Seattle, WA.

Ruork, A.K., Rosen M.R., & Rizvi, S.L. (2023, November). Does use of Dialectical Behavior Therapy phone coaching lead to improvements in skills use? In



Sarfan, L. (Chair) Building toolkits with our clients: Predictors and outcomes of treatment skills [Symposium]. 57th annual meeting of the Association for Behavioral and Cognitive Therapies, Seattle, WA.

Yin, Q., Rizvi, S. L., **Ruork, A.K.**, Edwards, E. R., Chapman, A. L., & Fruzzetti, A. E. (2023, November). Debunking myths of phone coaching in Dialectical Behavior Therapy [Clinical Grand Round]. 57th Annual Conference of Association for Behavioral and Cognitive Therapies, Seattle, WA.

Wyatt, K.P., Eberle, J.W., **Ruork, A.K.**, Enders, C.K., & Neacsiu, A.D. (2022, November 17-20). Mechanisms of change in treatments for transdiagnostic emotion dysregulation: The roles of skills use, perceived control, and mindfulness. In Daros, A. R. (Chair), Mechanisms of treatment in action: Using innovative methods to examine symptom change across cognitive-behavioral interventions [Symposium]. 56th annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Rizvi, S.L., Finkelstein, J., Yeager, A. L., **Ruork, A.K.**, & Kleiman, E.M. (2022, June 14) Randomized Clinical Trial of a Brief, Scalable Intervention for Mental Health Sequelae in College Students During the COVID-19 Pandemic. [Conference Session] Society for Digital Mental Health, 2022 Flash Talks.
<https://www.societydmh.org/2022-flash-talks/>

Ruork, A.K., Finkelstein, J., Kleiman, E.M., & Rizvi, S.L. (2021, November). The impact of brief DBT skills videos on college students experiencing stress. In E. Hersch (Chair), Examining the public health impact of COVID-19 on college student health [Symposium] 55th annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.

Rizvi, S.L., **Ruork, A.K.**, Finkelstein, J., Wacha-Montes, A., Yeager, A. L., Yin, Q., Kellerman, J., Kim, J. S., Stern, M., Oshin L. A. & Kleiman, E.M. (2021) Randomized Clinical Trial of a Brief, Scalable Intervention for Mental Health Sequelae in College Students During the COVID-19 Pandemic. [Symposium] 26th annual meeting of the International Society for the Improvement and Teaching of Dialectical Behavior Therapy.

Ruork, A.K., McLean, C. L., & Fruzzetti, A. E. (2018, September). Gender biases in the diagnosis of males with borderline personality disorder. [Symposium] 5th International Congress on Borderline Personality Disorder and Allied Disorders. Barcelona, Spain.

Fruzzetti, A. E., McLean, C. L., Payne, L. G., & **Ruork, A.K.** (2018, September). Outcomes for adolescent boys in a DBT residential treatment program.



[Symposium] 5th International Congress on Borderline Personality Disorder and Allied Disorders. Barcelona, Spain.

Conference Posters

Rosen, M. R., Yeager, A. L., **Ruork, A. K.**, Kleiman, E., & Rizvi, S. L. (2023, November). Sleep variability and its impact on variability of suicidal ideation [Poster]. 57th annual conference of the Association for Behavioral and Cognitive Therapies, Seattle, WA.

Silamongkol, T., Pucker, H.E., **Ruork, A.K.**, & Rizvi, S.L.R (2023, November). Does interpersonal conflict mediate the relationship between identity disturbance, Suicidal Ideation, and Non-Suicidal Self-Injury in adults with borderline personality disorder? [Poster] 57th annual meeting of the Association for Behavioral and Cognitive Therapies, Seattle, WA.

Yeager, A. L., Rosen, M. R., **Ruork, A. K.**, Yin, Q., Soler, D. Z., Rizvi, S. L., & Kleiman, E. K. (2023, November). Evaluating agreement between daily diary card data and ecological momentary assessment in adults with borderline personality disorder [Poster]. 57th annual meeting of the Association for Behavioral and Cognitive Therapies, Seattle, WA.

Ruork, A.K., McLean, C.L., Krall, H., Fruzzetti, A.E., & Kleiman, E.M. (2023, April 21st). Item validity in assessing validating and invalidating responses using EMA [Poster]. Suicide Research Symposium.
<https://www.suicideresearchsymposium.com/>

Ruork, A.K., Kleiman, E.M., & Rizvi, S.L. (2023, April DD). You can't always get what you want: Ecological momentary assessment and wearable devices in assessing suicidal EMA [Oral Presentation]. Suicide Research Symposium.
<https://www.suicideresearchsymposium.com/>

Ruork, A.K., Oshin, L.A., Taylor, M.E., Yeager, A.L., Kleiman, E.M., & Rizvi, S.L. (2022, November 17-20). Acceptability and feasibility of ecological momentary assessment and wearable assessment during 6-months of Dialectical Behavior Therapy. [Poster] To be presented at the 56th annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Maimone, J. S., **Ruork, A. K.**, Bentley, K. H., & Kleiman, E. K. (2022, November 17-20) Latent profile analysis of urges for suicidal and self-harming behavior: the role of social support instability. [Poster] To be presented at the 56th annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.



Ruork, A. K., Kellerman, J.K., Yin, Q., Kim, J.S., Rizvi, S.L., Kleiman, E.M. (2021, November). Barriers and motivators for EMA engagement among college students [Poster] 55th annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.

Kim, J. S., **Ruork, A. K.,** Rizvi, S.L., Kleiman, E.M. (2021, November). Barriers and facilitators to assessment of suicidal thoughts in ecological momentary assessment among undergraduate students. [Poster] 55th annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.

Rosen, M., **Ruork, A.K.,** Rizvi, S.L. (2021, November) The impact of dialectical behavior therapy phone coaching on self-injurious thoughts and behaviors [Poster] 55th annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.

Weatherford, J. V., **Ruork, A.K.,** Taylor, M. E., Rosen, M. R., Lopez, A. C., Rizvi, S.L. (2021, November) Shame, suicidal ideation and urges for non-suicidal self-injury: The mediating role of anger [Poster] 55th annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.

Ruork, A. K., Fruzzetti, A. E., (2019, November). Parental validation, emotion regulation and psychopathology among adolescents in DBT programs: a test of the transactional model. [Poster] 53rd annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.

Ruork, A. K., McLean, C. L., Fruzzetti, A. E., (2019, November). Associations between emotion regulation and abuse subtype on PTSD severity among victims of intimate partner violence. [Poster] 53rd annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.

Ruork, A. K., Fruzzetti, A. E., (2017, November). Phone coaching behaviors in DBT providers: a preliminary analysis. [Poster] 2017 annual meeting of the Dialectical Behavior Therapy Strategic Planning Meeting, Seattle, WA

Ruork, A. K., King, A. M. M., Payne, L. G., Fruzzetti, A. E., (2015, November). Emotion dysregulation predicts posttraumatic stress severity in inpatient adolescents with borderline traits. [Featured Poster] 4th International Congress on Borderline Personality Disorder and Allied Disorders. Vienna, Austria

Ruork, A.K., Lancaster, N. G., Fruzzetti, A. E., (2015, November) Facilitating domestic violence screening in DBT assessment. [Featured Poster] 20th annual meeting of



the International Society for the Improvement and Teaching of Dialectical Behavior Therapy, Chicago, IL

Liu, J., **Ruork, A.K.**, Harned, M.S. (2013, November). Does adding exposure therapy for PTSD to DBT impact emotion regulation outcomes among borderline personality disorder outpatients? [Featured Poster] 29th annual meeting of the International Society for Traumatic Stress Studies, Philadelphia, PA

Harned, M.S., Tkachuck, M.A., Liu, J., **Ruork, A.K.** (2012, November). Emotional engagement and habituation during exposure therapy for PTSD with borderline personality disorder patients. [Poster] 46th annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

Research Experience

National Institute of Mental Health (R44 MH126819). “iKinnect 2.0 for Juvenile Justice Involved Youth at Risk for Suicide.” 2022-Current

P.I.s: Linda A. Dimeff, PhD & Cindy M. Schaeffer, PhD Role: Clinical content subject matter expert

Three phase project to develop, pilot, and conduct an RCT evaluating a digital app-based intervention for youth involved in juvenile justice and their parents

NIMH R01 Comprehensive Adaptive Multisite Prevention of University Suicide (CAMPUS) Trial 2020-Current

P.I.: Linda A. Dimeff, PhD, Scott Compton, PhD, Shireen Rizvi, PhD, ABPP & John Seeley, PhD

Roles: Roles: DBT-Trainer, DBT Adherence coder, Risk Assessment Trainer, Independent Evaluator (2020-2021)

Multi-site SMART trial examining the effectiveness of a sequential implementation of Collaborative Assessment and Management of Suicide (CAMS) and DBT among suicidal college students

Dialectical Behavior Therapy Clinic at Rutgers University 2020-Current

P.I.: Shireen Rizvi, PhD & Evan Kleiman, PhD

Role: Clinic coordinator & study therapist

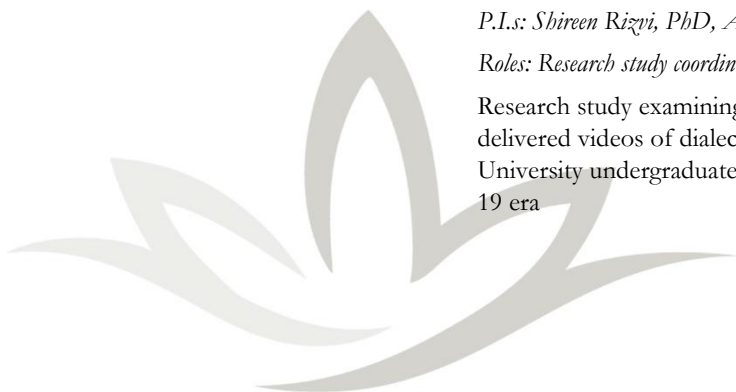
Research study examining the efficacy of a 6-month DBT program for adults and adolescents, including EMA data collection and data collected from wearable biosensor.

Rutgers Center for COVID-19 Response and Pandemic Preparedness DBT Skills Study Grant 2020-2023

P.I.s: Shireen Rizvi, PhD, ABPP & Evan Kleiman, PhD

Roles: Research study coordinator

Research study examining a brief, scalable intervention using internet delivered videos of dialectical behavior therapy skills for Rutgers University undergraduate students experiencing distress in the COVID-19 era



Brief Teacher Health and Wellness Intervention in Central New Jersey 2020-2023

P.I.: Elisa Sbernoff, PhD

Roles: Study Therapist and Research Assistant

Pilot study evaluating the impact of a brief DBT-skills based interventions for teachers in disadvantaged districts of central New Jersey.

Principal Investigator, University of Nevada, Reno 2018-2023

Co-P.I.s: Alan Fruzzetti, PhD & Holly Hazlett-Stevens, PhD

Evaluating the role of social interactions and shame in self-injurious behaviors using ecological momentary assessment: Co-Investigator, study developer and coordinator for research using EMA methodology to examine how social responses from others impact urges for self-injurious and suicidal behaviors.

Co-Investigator, University of Nevada, Reno 2016-2020

P.I.s: Alan Fruzzetti, PhD & Holly Hazlett-Stevens, PhD

Gender and clinician bias in diagnosis of BPD: Co-Investigator and study coordinator for online research study examining clinician decision making processes in the diagnosis of BPD

Research Project Manager, 3E Boys Dialectical Behavior Therapy Residential Program – McLean Hospital 2018-2019

P.I.: Alan Fruzzetti, PhD

Conducted regular evaluations of program outcomes for patients and family members, as well as coordinating with additional programs within the 3E DBT continuum and providing research support to those programs.

Principal Investigator, University of Nevada, Reno 2016-2018

Co-P.I.s: Alan Fruzzetti, PhD & Holly Hazlett-Stevens, PhD

Phone-coaching practices and burnout among DBT therapists: Co-Investigator and study coordinator for online survey-based research examining clinician phone-coaching and the impact of coaching on burnout

Research Coordinator, Dialectical Behavior Therapy and Research Program – University of Nevada, Reno 2014-2016

P.I.: Alan Fruzzetti, PhD

1. Family Connections Evaluation: Study coordinator for foundation grant funded randomized program evaluation of the Family Connections Program for family members of borderline personality disorder patients
2. DBT Domestic Violence Treatment Program: Program coordinator for nationally funded program providing treatment for female victims of domestic violence, including the submitting quarterly reports.

Research Treatment Coordinator, Behavioral Research and Therapy Clinic - University of Washington 2011-2014

P.I.: Melanie Harned, PhD

Treatment coordinator for NIMH funded randomized trial for suicidal women with BPD and PTSD examining the effectiveness of combining



Dialectical Behavior Therapy (DBT) and Prolonged Exposure therapy (PE). Along with typical research responsibilities, position also included handling communications between blind assessors and therapists and assembling video presentations for principal investigator.

Research Assistant, Behavioral Research and Therapy Clinic – University of Washington

2010-2012

P.I.s: Melanie Harned, PhD, Marsha Linehan PhD

Research assistant on several studies including:

1. NIMH funded randomized trial for suicidal women with BPD and PTSD examining the effectiveness of combining DBT and PE.
2. Intensive Prolonged Exposure Program; a five-day program for individuals with post-traumatic stress disorder, program included multiple in-session prolonged exposure and a shortened version of DBT skills groups.
3. Coder for DBT Skills Group: coded DBT skills groups in real time for specific group content, therapist adherence and client behaviors including homework compliance, participation, and presentation
4. Coder for DBT Consultation Team: coded consultation team in real time for specific group content, therapist adherence

Research Assistant, Center for the Study of Health and Risk Behaviors – University of Washington

2009-2010

P.I. Joyce Bittinger, PhD

Research Assistant on study evaluating the impact of selective retrieval practice via Retrieval Induced Forgetting paradigm on distressing memory intrusions. Study utilized distressful film paradigm, a diary monitoring task and collection of film narratives to examine the impact of differential retrieval on the presence and quality of memory.

Specialized Research Skills & Training

Intensive longitudinal methods and analyses, including ecological momentary assessment and multilevel modeling (MLM)
Structural equation modeling (SEM)
Experience with a variety of analytic tools, including SPSS, R and MPlus
Implementation of assessment measures and data collection across complex clinical systems

Supervision Experience

Supervision of graduate student's research and clinical work, *Rutgers University*
Supervision of graduate practicum student, *Duke University*
Advanced student on Functional Analytic Psychotherapy Team, *UNR*

2020-Current

2019-2020

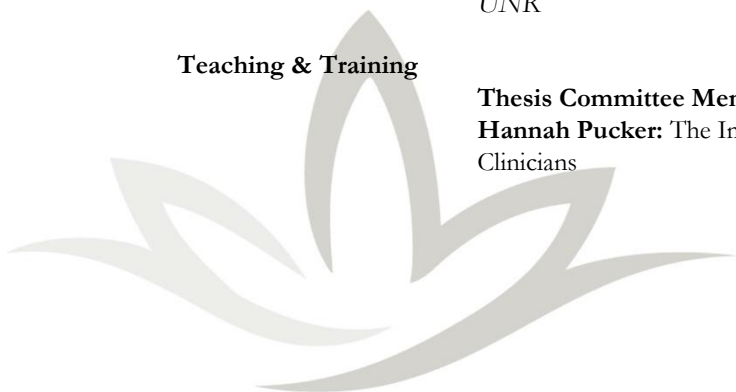
2017-2018

Teaching & Training

Thesis Committee Member

2023-Current

Hannah Pucker: The Impact of Therapy Interfering Behaviors on Clinicians



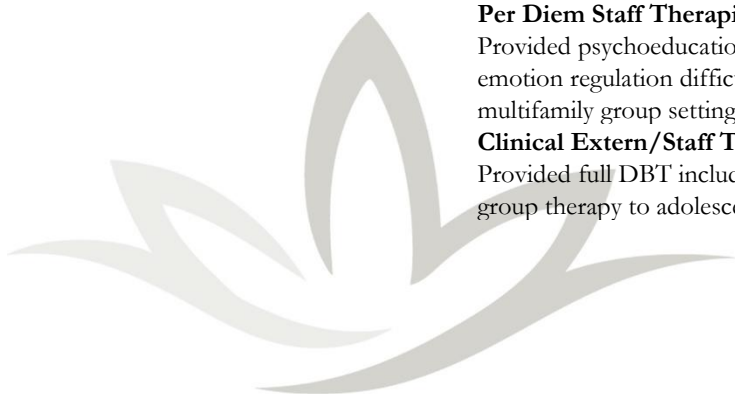
Melanie Rosen: The Relationship Between Affective Variability and Variability of Self-Injurious Thoughts and Behaviors Among Adults with Borderline Personality Disorder	
Jessica Weatherford: Shame, suicidal ideation and urges for non-suicidal self-injury: The mediating role of anger	
Part-time Lecturer, Rutgers University Clinical Interviewing and Assessment (Graduate Course)	2022
Co-Instructor, Rutgers University Dialectical Behavior Therapy in Practice	2021-2023
Training Instructor, Old Dominion University DBT Crisis Survival Skills for College Students Across Contexts	2021
Co-Instructor, Multisite Training (3 trainings) DBT Foundational Training for CAMPUS study counselors	2020-2022
Instructor, UNR (3 semesters) Abnormal Psychology	2016-2017
Private Tutor, UNR (1 semester) Basic Principles of Psychotherapy	2016
Teaching Assistant, UNR Courses: Basic Principles of Psychotherapy, Psychology of Personality, Eastern Philosophy and Mindfulness in Psychology	2014-2015

Ad Hoc Journal Reviewer

Behavioural Research and Therapy
Cognitive Behaviour Therapy
Journal of Consulting and Clinical Psychology
Violence Against Women
Journal of Child and Adolescent Psychopathology

Clinical Experience

Program Therapist, Suicide Crisis Care Recover Intensive Outpatient Program , Portland DBT Institute Provided brief DBT-based stabilization-based care to adults, including groups, individual therapy, and phone consultation.	2025-Current
Staff Therapist, DBT Clinic, Rutgers University (DBT-RU) Provided full-model DBT and assessment to adults and adolescents. Also delivered psychoeducation and DBT skills to parents of adolescents with emotion regulation difficulties	2020-2023
Psychology Intern, Duke University Health System Training at the Cognitive Behavioral Research and Therapy Program in DBT and contemporary CBTs (e.g., prolonged exposure, panic control therapy, acceptance and commitment therapy, behavioral activation) maternal mental health and developmentally tailored DBT for young adults.	2019-2020
Per Diem Staff Therapist, McLean Hospital Adolescent Outpatient Program Provided psychoeducation and DBT skills to parents of adolescents with emotion regulation difficulties in a combined parents-only and multifamily group setting.	2019
Clinical Extern/Staff Therapist, Willow Springs Treatment Center, Reno Provided full DBT including consultation team, individual, family and group therapy to adolescents with emotion regulation difficulties in a	2016-2018



residential psychiatric facility. Additional experiences as part of a multidisciplinary team, including psychiatrists, teachers, and nurses, to monitor patient progress and plan for discharge to outpatient setting. Worked on a variety of treatment development and evaluation projects.

Student Therapist at Psychological Services Center, University of Nevada, Reno 2014-2018

Participated in multiple treatment teams including: (1) Functional Analytic Psychotherapy Team, (2) Intimate Partner Violence Assessment Team, (3) Intimate Partner Violence Treatment Team, (4) Comprehensive DBT Team and (5) PTSD and Trauma Team

Student Therapist, Case Consultation and DBT Skills Training, Northern Nevada Adult Mental Health Services, Reno NV 2015

Provided DBT skills training and worked as part of a team to help a client with emotion regulation difficulties and intellectual disabilities

Specialized Clinical Training

Clinical Process Improvement Leadership 2019

McLean Hospital & Partners Healthcare

Instructor: Victoria Brower, MPH

Family Therapy in DBT 2018

McLean Hospital

Instructor: Alan Fruzzetti, PhD

Acceptance and Commitment Therapy Core Competencies 2016

University of Nevada, Reno

Instructors: Brandon Sanford and Fredrick Chin

Family Connections Leader Training 2014

White Plains, NY

Instructor: Alan Fruzzetti, PhD

Dialectical Behavior Therapy 10 Day Intensive Training 2014

Willow Springs Center

Instructor: Alan Fruzzetti, PhD

Mastering the Art of Behavioral Chain Analysis in Dialectical Behavior Therapy 2012

ABCT Conference at National Harbor, MD

Instructors: Shireen Rizvi PhD and Lorie Ritschel PhD

Professional Service

Clinical Training Committee Graduate Student Representative, *University of Nevada, Reno* 2016-2018

American Psychological Association of Graduate Students Campus Representative, *University of Nevada, Reno* 2015-2017

Domestic Violence Taskforce Member: Advocate Subcommittee, *Washoe County, NV* 2015-2016

Volunteer Committee Annual Dialectical Behavior Therapy Strategic Planning Meeting 2011-2013

Planning Volunteer Committee Annual NIMH Conference on "DBT: State of the Art and Science" 2011

