**Sandra J. Llera**

**Professor of Psychology**

**Towson University, Department of Psychology**

CLA Building, 2119, 8000 York Road, Towson, MD 21252

E-mail: [sllera@towson.edu](mailto:sllera@towson.edu) Phone: 410-704-5475

<http://wp.towson.edu/sllera/>

## EDUCATION

2009-2011 **Ph.D. in Clinical Psychology**, The Pennsylvania State University (APA accredited)

2010-2011 **APA Approved Pre-Doctoral Clinical Internship**, University of Virginia Counseling and Psychological Services (CAPS)

2004-2008 **M.S. in Clinical Psychology**, The Pennsylvania State University

1999-2002 **B.A. (*cum laude*)** in Psychology*,* University of Delaware

**OCCUPATIONAL RECORD**

Jan 2024-p **CLA Dean’s DEI Fellow**, Towson University (*3-year term*)

Aug 2023 **Professor of Psychology**, Towson University

2018-2023 **Associate Professor of Psychology**, Towson University

2012-2018 **Assistant Professor of Psychology**, Towson University

2014-p **Licensed Clinical Psychologist,** License #: 05552

2011-2012 **Adjunct Professor**, George Mason University

2002-2004 **Pre-Doctoral Research Assistant**, Robert Wood Johnson Medical School

Institute for the Study of Child Development

**EDITORIAL BOARD**

2014-2024 *Behavior Therapy* (Impact factor: **3.7**)

**HONORS AND AWARDS**

2024-2027 ***Dean’s Diversity Fellow***, College of Liberal Arts, Towson University

2016, 2023 ***Distinguished Undergraduate Faculty Award*** – *Psi Chi*, International Honor Society

2009 ***Diversity Research Fellowship***, The Pennsylvania State University

2009 ***Graduate Teaching Fellowship***, The Pennsylvania State University

2006-2008 ***Bruce V. Moore* *Graduate Fellowship in Psychology***

2007 ***Distinguished*** ***Student Poster Award***, Association for Behavioral & Cognitive Therapies, Anxiety Special Interest Group

2007 ***Outstanding Teaching Assistant Award*** – *Psi Chi*, National Honor Society

2005-2006 ***Don A. Trumbo Student Research Fund***

2004 ***Five-Year Graduate Scholar Award***,The Pennsylvania State University

2000-2002 ***Certificate of Academic Distinction***, University of Delaware

1999-2002 ***Latina Student of Distinction***, University of Delaware

**PUBLICATIONS**

**Peer Reviewed Journal Articles** (*\* indicates current or former student*)

1. Matsumoto, N., Tsuto, H., **Llera, S. J.**, & Newman, M. G. (*in press*). Why do people feel anxious and worried? Development of the Japanese version of the Contrast Avoidance Questionnaire. *Japanese Journal of Psychology, 96*(6).
2. **Llera, S. J.**, & Newman, M. G. (2023). Incremental validity of the contrast avoidance model: A comparison with intolerance of uncertainty and negative problem orientation. *Journal of Anxiety Disorders, 95*, 102699. <https://doi.org/10.1016/j.janxdis.2023.102699>
3. \*Boi, C., & **Llera, S. J.** (2023). Contrast avoidance prospectively mediates effects of fear of emotional responding, negative problem orientation, and sensitivity to low perceived control on generalized anxiety disorder symptoms. *Journal of Anxiety Disorders, 95*, 102682. https://doi.org/10.1016/j.janxdis.2023.102682
4. **Llera, S. J.**, & Newman, M. G. (2023). Contrast avoidance predicts and mediates the effect of trait worry on problem-solving impairment. *Journal of Anxiety Disorders, 94*, 102674. <https://doi.org/10.1016/j.janxdis.2023.102674>
5. Newman, M. G., Basterfield, C., Erickson, T. M., Caulley, E., Przeworski, A., & **Llera, S. J.** (2022). Psychotherapeutic treatments for generalized anxiety disorder: Cognitive and behavioral therapies, enhancement strategies, and emerging efforts. *Expert Review of Neurotherapeutics*, *22*(9), 751-770. https://doi.org/10.1080/14737175.2022.2125800
6. \*Judy, K., McGinley, J. J., & **Llera, S. J.** (2022). Emotion regulation difficulties moderate the effects of pandemic-related factors on stress and anxiety during the COVID-19 pandemic. *Archives of Psychiatry and Psychotherapy, 1*, 32-41. [https://doi.org/10.12740/APP/144540](https://doi.org/10.12740/APP/144540%20)
7. \*Jamil, N. & **Llera, S. J.** (2021). A transdiagnostic application of the Contrast Avoidance Model: The effects of worry and rumination in a personal failure paradigm. *Clinical Psychological Science, 9*(5), 836-849. <https://doi.org/10.1177/2167702621991797>
8. **Llera, S. J.,** & Newman, M. G. (2020). Worry impairs the problem-solving process: Results from an experimental study. *Behaviour Research and Therapy, 135*, 103759. <https://doi.org/10.1016/j.brat.2020.103759>
9. \*Myers, N., & **Llera, S. J.** (2020). The role of childhood maltreatment in the relationship between social anxiety and dissociation: A novel link. *Journal of Trauma and Dissociation, 21*(3), 319-336. [https://doi.org/10.1080/15299732.2020.1719265](https://doi.org/10.1080/15299732.2020.1719265%20)
10. **Llera, S. J.,** & Newman, M. G. (2017). Development and validation of two measures of emotional contrast avoidance: The contrast avoidance questionnaires. *Journal of Anxiety Disorders, 49*, 114-127.<http://dx.doi.org/10.1016/j.janxdis.2017.04.008>
11. **Llera, S. J.,** & Newman, M. G. (2014). Rethinking the role of worry in Generalized Anxiety Disorder: Evidence supporting a model of emotional contrast avoidance. *Behavior Therapy, 45*(3), 283-299. doi:10.1016/j.beth.2013.12.011
12. Newman, M. G., **Llera, S. J.,** Erickson, T. E.,Przeworski, A. (2014). Basic science and clinical application of the Contrast Avoidance model in Generalized Anxiety Disorder. *Journal of Psychotherapy Integration, 24*(3), 155-167*.* http://dx.doi.org/10.1037/a0037510
13. Newman, M. G., **Llera, S. J.,** Erickson, T. E.,Przeworski, A., & Castonguay, L. G. (2013). Worry and Generalized Anxiety Disorder: A review and synthesis of research on its nature, etiology, and treatment. *Annual Review of Clinical Psychology*, *9*, 275-297. doi: 10.1146/annurev-clinpsy-050212-185544
14. Newman, M. G., & **Llera, S. J.** (2011). A novel theory of experiential avoidance in generalized anxiety disorder: A review and synthesis of research supporting a contrast avoidance model of worry. *Clinical Psychology Review, 31*(3),371-382. doi: 10.1016/j.cpr.2011.01.008
15. Boswell, J. F., **Llera, S. J.,** Newman, M. G., & Castonguay, L. (2011). A case of premature termination in a treatment for generalized anxiety disorder. *Cognitive and Behavioral Practice, 18*(3), 326-337. doi: 10.1016/j.cbpra.2010.09.001
16. Newman, M. G., Szkodny, L. E., **Llera, S. J.,** & Przeworski, A. (2011). A review of technology-assisted self-help and minimal contact therapies for anxiety and depression: Is human contact necessary for therapeutic efficacy? *Clinical Psychology Review, 31*(1), 89-103. doi:10.1016/j.cpr.2010.09.008
17. Newman, M. G., Szkodny, L. E., **Llera, S. J.,** & Przeworski, A. (2011). A review of technology-assisted self-help and minimal contact therapies for drug and alcohol abuse and smoking addiction: Is human contact necessary for therapeutic efficacy? *Clinical Psychology Review, 31*(1), 178–186. http://dx.doi.org.proxy-tu.researchport.umd.edu/10.1016/j.cpr.2010.10.002
18. **Llera, S. J.,** & Newman, M. G. (2010). Worry and emotional avoidance in generalized anxiety disorder: Effects on physiological and subjective reactivity. *Emotion, 10*(5), 640-650. doi:10.1037/a0019351
19. Cole, P. M., **Llera, S. J.,** & Pemberton, C. K. (2009). Emotional instability, poor emotional awareness, and the development of borderline personality. *Development and Psychopathology, 21*(4), 1293–1310. doi: 10.1017/S0954579409990162
20. Bennett, D., Snooks, Q., **Llera, S.,** Vogel, K., Conklin, D., & Varlotta, L. (2008). Risk factors for internalizing symptoms among youth with cystic fibrosis. *Journal of Children’s Health Care, 37*, 278-292. doi: 10.1080/02739610802437426

**Book Chapters**

1. **Llera, S. J.**, Shin, K. E., Erickson, T. M., Przeworski, A., & Newman, M. G. (2022). 6.19 - Generalized Anxiety Disorder. In G. J. G. Asmundson (Ed.), *Comprehensive Clinical Psychology (2nd ed.), 6*, 336-355. Elsevier. https://doi.org/10.1016/B978-0-12-818697-8.00213-2
2. Newman, M. G., & **Llera, S. J.** (2019). El Modelo de Evitación de Contraste y la Terapia de Procesamiento Emocional Interpersonal [The Contrast Avoidance Model and Interpersonal and Emotional Processing Therapy]. In I. Etchebarne, J. M. Gómez Penedo, & A. J. Roussos (Eds.), *Nuevos desarrollos en el tratamiento del Trastorno de Ansiedad Generalizada: Abordajes psicoterapéuticos, farmacológicos y debates actuales* *[New Developments in the Treatment of Generalized Anxiety Disorder: Psychotherapeutic Approaches, Pharmacotherapy and Current Debates]*. Buenos Aires: Miño y Dávila.
3. **Llera, S. J.,** & Newman, M. G. (2015). Generalized anxiety disorder. In R. Cautin & S. Lilienfeld (Eds.), *The Encyclopedia of Clinical Psychology*. New Jersey: Wiley-Blackwell.
4. Szkodny, L. E., Jacobson, N. C., **Llera, S. J.,** & Newman, M. G. (2014). Generalized anxiety disorders. In G. O. Gabbard (Ed.), *Gabbard’s Treatments of Psychiatric Disorders (5th edition)*. Washington, D.C.: American Psychiatric Publishing.
5. Newman, M.G., Koif, D., Przeworski, A. & **Llera, S. J.** (2010). Anxiety Disorders*.* In M. A. Cucciare & K. R. Weingardt (Eds.), *Using technology to support evidence-based behavioral health practices: A Clinician’s Guide*. New York: Taylor and Francis Inc.

**Non-Refereed Publications**

1) **Llera, S. J.** (Summer, 2017). Don’t worry about it! Anxiety and its impact on emotional wellbeing. *Eye on Psi Chi, 21*(4), 34-35. https://www.psichi.org/page/eye\_main\_214#.WP6XqCX2aP8

2) **Llera, S. J.,** & Newman, M. G. (Spring, 2008). The effects of worry on emotional avoidance in generalized anxiety disorder: An examination of physiological reactivity and subjective experience. *ABCT,* *Anxiety Disorders: A Quarterly Report, 4*(2), 8-9.

**Manuscripts Submitted/Under Review**

1. **Llera, S. J.**, Zainal, N.H., & Newman, M. G. (under review). Development and Validation of the Eight Item Contrast Avoidance Questionnaire-General Emotion Scale (CAQ-GE-8): An Item-Response Theory Analysis. *J Anxiety Disorders*.

**MEDIA**

**Psychology Today Blog** (2019-p): *The Courage of Happiness* (over 100K views, has been translated into Turkish) <https://www.psychologytoday.com/us/blog/the-courage-happiness>

**Interviews**

Reader’s Digest:

Foster, H. (2022, June). Pig Wrestling, *Reader’s Digest Asia*, 14-16. <https://www.rdasia.com/wp-content/uploads/2022/sgtbmag2022/16/>

Psychology Today:

Shpancer, N. (2021, March). The Worry Defense, *Psychology Today*, 30-31

The Atlantic:

“The ‘End’ of the Pandemic Won’t Be Obvious”; by Joe Pinsker, September 16, 2020

<https://www.theatlantic.com/family/archive/2020/09/pandemic-over-end-how-will-we-know/616372/>

Towson News:

“Understanding why we worry may help us stop doing it”; by Bethany Pace, April 29, 2020

<https://www.towson.edu/news/2020/tu-psychology-covid-worrying.html>

Turn the Page – Syosset Public Library Podcast:

“On Worry in the Time of Corona”; by Jessikah Chautin, April 3, 2020 <http://turnthepage.blubrry.net/2020/04/03/special-episode-2/>

Zoc Doc:

“For Some People, Relaxing Makes Anxiety Worse”; by Brittany Risher | January 15, 2020

<https://thepapergown.zocdoc.com/some-anxious-people-get-more-anxious-when-they-try-to-relax/>

**PRESENTATIONS**

**Conference Symposia**

\*Boi, C. **& Llera, S. J**. (Mar. 2022). *Contrast Avoidance Vulnerability: Negative Problem Orientation, Need for Control, and Fear of Emotion*. In S. Llera (chair), The Contrast Avoidance Model: New Directions for the Understanding and Treatment of Generalized Anxiety Disorder. Symposium presented at the Anxiety and Depression Association of America (ADAA) Annual Conference, Denver, CO.

**Llera, S. J.,** & Newman, M. G. (Mar. 2022). *Contrast Avoidance Negatively Impacts the Problem-Solving Process: Results from an Experimental Study*. In S. Llera (chair), The Contrast Avoidance Model: New Directions for the Understanding and Treatment of Generalized Anxiety Disorder. Symposium presented at the Anxiety and Depression Association of America (ADAA) Annual Conference, Denver, CO.

**Llera, S. J.,** & Newman, M. G. (Nov. 2021). *Incremental Validity of the Contrast Avoidance Model: A Comparison with Intolerance of Uncertainty and Negative Problem Orientation*. In S. Llera & H. Kim (chairs), Emotion Dysregulation in Repetitive-Negative Thinking: Investigating the Role of Emotional Contrast Avoidance. Symposium presented at the ABCT 2021 Annual Conference, New Orleans (virtual).

**Llera, S. J.,** & Newman, M. G. (Mar. 2021). *Does Worry Help or Hinder the Problem-Solving Process? A Test of Worry Using an In-Vivo Problem-Solving Task.* In S. Llera (chair), Worry: Does It Hinder or Help? Exploring Effects on Cognitive, Social, and Emotional Processing, and Identifying Novel Biomarkers. Symposium presented at the Anxiety and Depression Association of America (ADAA) Annual Conference, Boston, MA (virtual).

**Llera, S. J.,** & Newman, M. G. (Mar. 2020). *Does Worry Help or Hinder the Problem-Solving Process? A Test of Worry Using an In-Vivo Problem-Solving Task.* In S. Llera (chair), Worry: Does It Hinder or Help? Exploring Effects on Cognitive, Social, and Emotional Processing, and Identifying Novel Biomarkers. *Cancelled symposium* at the Anxiety and Depression Association of America (ADAA) Annual Conference, San Antonio, TX.

**\***Jamil, N., & **Llera, S. J.** (Nov. 2018). *Exploring Emotional Perseveration of Worry and Rumination through the Contrast Avoidance Model*. In H. Kim (chair), Investigating Emotion Dysregulation in Worry: The Role of Emotional Contrast Avoidance. Symposium presented at the ABCT 52nd Annual Conference, Washington, D.C.

**\***Jamil, N., & **Llera, S. J.** (Apr. 2018). *Investigating the Contrast Avoidance Model in a Personal Failure Paradigm: A Comparison between Worry and Rumination*. In H. Kim (chair), The Contrast Avoidance Model: Reconceptualizing Worry in GAD and as a Transdiagnostic Process.Symposium presented at the Anxiety and Depression Association of America (ADAA) 38th Annual Conference, Washington, D.C.

**Llera, S. J., \***Muffi, R., **\***Shiflett, A., & **\***Jamil, N. (Apr. 2017). *Discomfort is My Comfort Zone: Contrast Avoidance as a Bridge to Clinical Multifinality*. In M. Newman (chair), Emotion Regulation Models of Worry: Testing Theory in Diverse Contexts for Ecological Validity and Transdiagnostic Generalizability.Symposium presented at the ADAA 37th Annual Conference, San Francisco, CA.

**Llera, S. J., \***Muffi, R., **\***Shiflett, A., & **\***Jamil, N. (Oct. 2016). *Applying Contrast Avoidance Theory to a Transdiagnostic Model of Emotional Dysregulation*. In T. Erickson (chair), The Contrast Avoidance Model: Reconceptualizing Worry in GAD and as a Transdiagnostic Process.Symposium presented at the Association for Behavioral and Cognitive Therapies (ABCT) Conference, New York, NY.

**Llera, S. J.,** & Newman, M. G. (Nov. 2012). *Examination of the Contrast Avoidance Model in Generalized Anxiety Disorder: Addressing Avoidance as a Central Maintaining Factor*. In L. Alden (chair), Overcoming Avoidance: A Basic Principle of Behavior Change. Symposium at the ABCT Conference, National Harbor, MD.

Newman, M. G., & **Llera, S. J.** (Nov. 2012). *A Novel Theory of Experiential Avoidance in GAD: Does Worry Enable Avoidance of Emotional Experiencing?* In J. Mohlman (chair), Emotional Contrast: Mood Swings and the Challenges They Bring. Symposium at the ABCT Conference, National Harbor, MD.

**Llera, S. J.,** Newman, M. G., & Szkodny, L. E. (June 2012). *Experimental examination of the contrast avoidance mode in generalized anxiety disorder: Implications for treatment*. In I. Etchebarne (moderator), Research about approaches to generalized anxiety disorder. Panel at the 43rd Annual International Meeting of the Society for Psychotherapy Research, Virginia Beach, VA.

**Llera, S. J.,** & Newman, M. G. (Nov. 2010). *Revisiting Emotional Avoidance in GAD*. In **S. J. Llera (chair)**, Scientific Exploration of Emotional Functioning in Generalized Anxiety Disorder (GAD): Emphasis on the Nature and Pathogenic Mechanisms. Symposium at the ABCT Conference, San Francisco, CA.

Newman, M. G., & **Llera, S. J.** (Nov. 2010). *A New Model of Experiential Avoidance in GAD: Does Worry Enable Avoidance of Emotional Experiencing?* In C. Suveg (chair), Emotion and Psychopathology: Conceptual Foundations and Clinical Applications. Symposium at the ABCT Conference, San Francisco, CA.

Newman, M.G., Crits-Christoph, P., Szkodny, L E., **Llera, S. J.** (June 2010). *Emotional avoidance in generalized anxiety disorder: Basic findings and clinical implications.*  In Castonguay, L. G. (moderator) Can psychopathology be helpful? Clinical implications of basic research in abnormal psychology.  Paper presented at the Society for Psychotherapy Research, Asilomar, CA.

**Llera, S.,** Newman, M., Castonguay, L., & Borkovec, T. (Nov. 2005). *Effects of CBT Treatment for GAD on Health Problems and Physical Symptoms*. Symposium at the 39th annual convention of ABCT, Washington, DC.

Newman, M. G., Groff, M. D., **Llera, S.**, Borkovec, T. D. & Castonguay, L. G. (Nov. 2005). *Does self-control desensitization practice predict treatment outcome in GAD clients?* In S. Hayes (Chair) The role of exposure in anxiety interventions.  Symposium at the 39th annual meeting of ABCT, Washington, DC.

Bennett, D., Snooks, Q., **Llera, S.,** Vogel, K., Conklin, D., & Varlotta, L (October, 2004). *Risk Factors for Internalizing Symptoms Among Youth with Cystic Fibrosis.* Paper presented at the North American Cystic Fibrosis Conference.

**Invited Talks**

**Llera, S. J.** (May 2023). *Contrast Avoidance in the real world: Addressing CA in the everyday lives of people with GAD*. Invited talk, presented virtually to the Philadelphia Behavior Therapy Association, Philadelphia, PA.

**Llera, S. J.** (June 2021). *Discomfort Is My Comfort Zone: The Seductive Trap of Chronic Worry*. Invited talk, presented virtually to the Philadelphia Behavior Therapy Association, Philadelphia, PA.

**Llera, S. J.** (March 2017). *Understanding Generalized Anxiety Disorder.* Invited talk, Presented at the Social Sciences Speaker Series at Howard Community College, Columbia, MD.

**Llera, S. J.** (Oct. 2016). *Applying the Contrast Avoidance Theory of Generalized Anxiety Disorder (GAD) to a Broader Model of Emotional Dysregulation in Anxiety and Depression*. Invited talk, presented to the Towson University chapter of *Psi Chi*, International Honor Society, Towson, MD.

**TEACHING EXPERIENCE**

**Faculty and Instructor Positions**

Institution: Towson University, Towson, MD

Courses (graduate): Advanced Adult Psychopathology, Multicultural Issues in Clinical Psychology, Personality Assessment

Courses (undergrad): Introduction to Psychopathology, Psychopathology, Introduction to Psychology, Cross-Cultural Psychology

Institution: George Mason University, Fairfax, VA

Courses (undergrad): Introduction to Psychology, Physiological Psychology

Institution: The Pennsylvania State University, State College, PA

Course (undergrad): Introduction to Psychology

**Teaching Assistant / Lecturer Positions**

Institution: The Pennsylvania State University, State College, PA

Courses (undergrad): Introductory Psychology, Abnormal Psychology, Basic Research Methods, Personality Theory, Child Psychopathology, Multicultural Psychology, Introduction to Social Psychology, Freshman Psychology Seminar, Psychology as a Professional Science

**RESEARCH MENTORING**

**Masters Theses (Chaired)**

10) Ian Lenhardt. *Interpersonal Dynamics of Anger in Generalized Anxiety Disorder, Viewed from the Contrast Avoidance Model*. (May 2025)

9) Khushi Bhatia. *Exploring the Role of Emotion Contrast Avoidance in Social Anxiety Disorder*. (May 2025)

8) Cinzi Boi. *An Exploration of Fear of Intense Emotion, Negative Problem Orientation, and Perceived Control as Predictors of Contrast Avoidance and GAD Severity*. (January 2022)

7) Caitlin Cordial. *Procrastination and worry: Different outcomes of the same processes?* (July 2020)

6) Nick Myers. *The Role of Childhood Maltreatment in the Relationship between Social Anxiety and Dissociation: A Novel Link*. (Oct 2018)

\* **Winner of the Towson University Three Minute Thesis Competition (2019)**

5) Molly Schadegg. *Contrast Avoidance Model: Relationship to Intolerance of Uncertainty and Fear of Change*. (Dec 2017)

4) Nimra Jamil. *Investigating the Contrast Avoidance Model in a Personal Failure Paradigm: An Exploration of Worry and Rumination on both Physiological and Subjective Responding*. (May 2017) \* **Winner of the Towson University Graduate Student Thesis Award** **(2018)**

3) Ryan Muffi. *The Role of Contrast Avoidance in Explaining the Relationship between Insecure Attachment, Interpersonal Problems, and Symptoms of Anxiety and Depression.* (July 2016)

2) Alex Shiflett. *Does Contrast Avoidance Mediate the Relationship Between Rumination and Depression? A Transdiagnostic Exploration of the Contrast Avoidance Model*. (May 2016)

1) Nicole Tarter. *A Test of Emotion Regulation Models in the Maintenance of Post Traumatic Stress Disorder Symptom Severity*. (Apr 2015)

**Undergraduate Honors Theses (Chaired**)

2018-2019 Jazmine Wedlock. *Applying the Contrast Avoidance Model to GAD, PTSD, and SAD Following Trauma Exposure*, Towson University

2014-2015 Nimra Jamil. *The Contrast Avoidance Model: Mediating the Link between Insecure Attachment and Generalized Anxiety Disorder*, Towson University

2009-2010 Brittany Pasay. *The Effects of Worry on Discrepancy between Reported Interpersonal Problems in Friendship Dyads*, Penn State University

**Graduate Independent Investigations:**

2017-2019 Lucy Rawson. *Positive Reinforcement of Worry in Generalized Anxiety Disorder and the Role of Negative Problem Orientation: An Extension of the Contrast Avoidance Model*

**Undergraduate Independent Investigations:**

2016-2017 Caitlin Cordial. *Exploring Personality Factors in the Contrast Avoidance Model using the NEO Personality Inventory*

2016-2017 Daniel Gordon & Allison Schuck. *Adverse Life Experiences and Emotional Coping*

**CLINICAL EXPERIENCE**

**Intervention**

2010-2011 Staff Therapist, Pre-Doctoral Intern; *University of Virginia, Counseling and Psychological Services (CAPS)*

2008-2011 Interpersonal Process Group, Co-Facilitator; *University of Virginia, CAPS; Penn State University, Psychological Clinic*

2004-2010 Staff Therapist; *Penn State University, Psychological Clinic*

Spring 2009 Consulting Forensic Therapist; *Centre County Correctional Facility, Bellefonte, PA*

Sum 2001UndergraduatePsychology Intern; *A.I. DuPont Children’s Hospital, Division of Behavioral Health, Wilmington, DE*

Fall 2001UndergraduateChildren’s Counselor; *University of Delaware, College School*

**Assessment**

Sum 2011 Bariatric / Spinal Stimulator Pre-Surgery Assessor, Pre-Doctoral Intern; *University of Virginia School of Medicine, Behavioral Medicine Center*

2010-2011 Staff Psychological Assessor, Pre-Doctoral Intern; *University of Virginia, Learning Needs and Evaluation Center*

2008-2009 Staff Neuropsychological Assessor; *Penn State University, Psychological Clinic*

Spring 2009 Consulting Forensic Assessor; *Centre County Correctional Facility, Bellefonte, PA*

**Supervision**

Spring 2011Intern Clinical Supervisor; *University of Virginia, CAPS*

**PROFESSIONAL SERVICE**

**Professional Affiliations**

American Psychological Association

Association for Behavioral and Cognitive Therapies (ABCT)

Anxiety and Depression Association of America (ADAA)

Association for the Teaching of Psychology

**Professional Committee Memberships**

ADAA, Conference Program Committee: Poster Committee Co-Chair (2019-22), Member (2017, 2018)

ABCT, Conference Program Committee – Reviewer (2017, 2018, 2020, 2021)

**Ad Hoc Reviewer**

*Assessment, Clinical Psychology and Psychotherapy, Cognitive Therapy and Research, Emotion, J Abnormal Psychology, J Affective Disorders, J Anxiety Disorders, J Beh Ther & Experimental Psychiatry, J Clinical Psychology, J Personality Assessment, J Psychopathology & Beh Assess, J Psychotherapy Integration, Motivation & Emotion, Psychophysiology, SAGE Open*

**Department-Level Service** (Towson University)

Diversity Committees:

Psychology Diversity Action Committee – Member (2024)

Clinical Program Discussion on Multiculturalism – Leader (2022)

Student Support Workgroup – Co-leader (2021)

Mission and Vision Statement Revision Committee (2020)

Search Committees

Diversity Science Faculty Search Committee – Member (2023)

School Psychology Faculty Search Committee – Co-Chair, Member (2021-2022)

Counseling Psychology Faculty Search Committee – Member (2013, 2014, 2018)

Experimental Psychology Faculty Search Committee – Member (2017)

Steering Committee - Member (2023-2026)

Merit Review Committee – Chair (2021), Member (2017, 2018, 2020)

Adjunct Promotion Committee – Member (2017, 2020)

Psychology Research Pool – Coordinator (SP 2016, F 2017, SP 2022)

Structural Equation Modeling Workshop – Co-Organizer (2015)

Psychology Department Website Redesign Project – Organizer (2013-2014)

Get Psyched about Your Future! – Panel Member (2013-2020)

**College-Level Service** (Towson University)

College of Liberal Arts Dean’s Fellow for Diversity, Equity, and Inclusion (2024-2027)

College of Liberal Arts Diversity and Inclusion Committee – Chair (2021-23), Member (2020-23)

* Co-Organizer of the CLA DEIJ Workshop, w/ Halcyon Lawrence – ENGL (Jan 2023)
  + A workshop with representatives from all CLA departments focused on a DEIJ-related needs assessment, strategic planning, and enhanced communication across the college.

College of Liberal Arts Counsel – At-Large Representative (2015-2018)

**University-Level Service** (Towson University)

Office of Inclusion and Institutional Equity (OIIE) Diversity Action Committee – CLA Representative (2021-p)

University Search Advocate (Training taken though OIIE, Fall 2024)

**REFERENCES**

*Available upon request*