Catarina L. Carosa

Durham, NC
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EDUCATION

Expected 2028 **Doctorate of Philosophy (Ph.D.) in Clinical Psychology**
Duke University | Durham, NC

Dissertation (*in preparation*): Understanding the Transition from Suicidal Ideation to Behavior: The Predictive and Clinical Utility of Suicidal Ideation Characteristics
Advisor: David B. Goldston, Ph.D.

May 2025 **Master of Arts (M.A.) in Clinical Psychology**
Duke University | Durham, NC

Thesis: Facets of Suicidal Ideation as Predictors of Suicidal Behavior: A Systematic Review and Theoretical Integration
Advisor: David B. Goldston, Ph.D.

May 2017 **Bachelor of Arts (B.A.) in Psychology, *Magna Cum Laude***
Alfred University | Alfred, NY
Major: Psychology, concentrations in Child Psychology & Clinical and Counseling Psychology
Minor: Interdisciplinary Art, concentration in Visual Arts

Honors Thesis: Alexithymia in College-Aged Students
Advisor: Amy L. Button, Psy.D.

GRANT AND FELLOWSHIP FUNDING

2026 **Duke University Summer Research Fellowship**
Amount awarded: $10625

2024 **Duke University Summer Research Fellowship**
Amount awarded: $9650

2023 **Duke University Summer Research Fellowship**
Amount awarded: $8415

2023 **Dean's Award for Inclusive Excellence, Anti-Racism Community**
Amount awarded: $5000

2017 **Eastern Psychological Association Travel Grant, Psi Chi**
Amount awarded: $400

2016 **Spring Undergraduate Research Award, Psi Chi**
Alexithymia in College-Aged Students
Principal Investigator: $600

HONORS AND AWARDS

2026 Mentor for Psychology & Neuroscience Vertical Integration Program (VIP)

2017 Alfred University Scholar

2017 Sigma Xi Undergraduate Research Award for "*Alexithymia in College-Aged Students"*

2017 Excellence in Psychology

2014-2017 Dean's List at Alfred University

2016 Sigma Xi Undergraduate Research Award for "*Mass Shootings: Rare Yet Undeniable"*

CLINICAL EXPERIENCE

Jul 2026 – Present **Graduate Practicum Trainee** | *General Mental Health*
Clinical Supervisor: R. Brandon Irvin, Ph.D.
Durham VA Medical Center | Durham, NC

- Conducts intakes with veteran's referred to the General Mental Health clinic for treatment. Creates diagnostic impressions and facilitates treatment planning.
- Provides weekly, individual therapy using integrative, process-based approaches to treat veterans with mood, anxiety, and trauma disorders. Receives weekly supervision.

May 2025 – Present **Clinic Coordinator** | *Duke Psychology Clinic*
Clinical Supervisor: M. Zachary Rosenthal, Ph.D., Timothy J. Strauman, Ph.D., & David L. Rabiner, Ph.D.
Duke University Department of Psychology and Neuroscience | Durham, NC

- Provides co-supervision and didactic trainings in foundational cognitive-behavioral principles (e.g. therapeutic alliance, common factors of psychotherapy, functional analyses, processes of change, case conceptualization, treatment planning) in a group setting. Receives live supervision for engagement in supervision of other trainees.
- Conducts phone screenings and in-person intake appointments to determine eligibility for treatment in a training clinic. Engages in administrative tasks related to clinic operations, accessibility of case, ethical guidelines, and institutional resources.

Jul 2023 – Present **Adult Practicum Student** | *Duke Psychology Clinic*
Clinical Supervisor: M. Zachary Rosenthal, Ph.D., Timothy J. Strauman, Ph.D., & David L. Rabiner, Ph.D.
Duke University Department of Psychology and Neuroscience | Durham, NC

- Provides weekly, individual therapy to adults and young adults using integrative, process-based approaches to treat clients in long-term therapy (> 1 year).
- Participates in weekly case consultation meetings and didactics. Receives weekly supervision.
- Provides psychological testing for adults using cognitive (e.g. WAIS-V, WRAT-V), personality (e.g. MMPI-3) , and diagnostic assessment (e.g. SCID-V). Writes reports and provides case formulation including core issues and maintaining factors, strengths and resources, diagnoses, and recommendations.

Jul 2024 – Sep 2026 **Dialectical Behavior Therapy Adult Practicum Student** | *Duke Cognitive Behavioral Research and Treatment Program (CBRTP)*
Clinical Supervisor: M. Zachary Rosenthal, Ph.D.
Duke University Department of Psychiatry | Durham, NC

- Provided weekly therapy using full-model Dialectical Behavioral Therapy (DBT) including individual treatment, skills coaching calls, and crisis calls with patients experiencing symptoms of BPD (with co-occurring severe mood disorders such as MDD) and/or recent suicide attempts or self-harm. Assessed for suicide and self-harm thoughts and behaviors weekly and on all coaching calls, including full assessment of safety and means restriction, when appropriate. Co-led a weekly, full-model DBT group from July 2024 to July 2025 and occasionally co-led Brief DBT Group from July 2024 – September 2024. Attended DBT consultation team weekly and led team intermittently. Received weekly supervision.
- Provided weekly, individual therapy using a Process-Based Therapy (PBT) approach to identify targeted processes of change and then use empirically validated treatments with patients experiencing a range of emotion dysregulation, interpersonal ineffectiveness, and avoidance patterns. Received weekly supervision.

Jul 2025 – Jul 2026 **Acceptance and Commitment Therapy Adult Practicum Student** | *ACT at Duke*

Clinical Supervisor: Rhonda Merwin, Ph.D. & Ashley Moskovich, Ph.D.
Duke University Department of Psychiatry | Durham, NC

- Provided weekly, individual therapy using Acceptance and Commitment Therapy (ACT) for patients experiencing mood, anxiety, and trauma symptoms. Engaged in didactic seminars and presented and discussed cases in multidisciplinary team meetings. Received weekly
- supervision.

Feb 2017 – May 2021 **Crisis Responder |** *IMAlive.org Online Crisis Response Network*

- Provided assistance via online instant messenger to individuals experiencing emotional or suicidal crisis. Used foundational therapy techniques (e.g. reflection, active listening, validation) to facilitate assessment of current risk and problem situation. Collaboratively created plan to help themselves including connecting them with a higher level of care (e.g. bringing self to ED). Received live supervision.

Aug 2016 – Dec 2016 **Peer Counselor |** *Alfred University*
Clinical Supervisor: Amy L. Button, Psy.D.,
Alfred University **|** Alfred, NY

- Provided counseling to first-year student using foundational therapeutic principles to increase comfort sharing emotions and modify negative view of professional treatment. Received live supervision.

RESEARCH EXPERIENCE

Oct 2025 – Present **Study Assessment Staff**
Supervisor: Ashley Moskovich Ph.D.
Duke University Department of Psychiatry | Durham, NC

Feb 2024 – Present **Graduate Research Assistant**
Supervisor: David B. Goldston Ph.D.
Duke University Department of Psychiatry | Durham, NC

Sep 2022 – Jul 2024 **Graduate Research Assistant**
Supervisor: Scott N. Compton, Ph.D.
Duke University Department of Psychiatry | Durham, NC

Jul 2020 – May 2022 **Senior Research Assistant |** *Psychosocial Research Program – Cognition, Emotion, and Life Experiences Lab*
Director: Michael F. Armey, Ph.D., Heather T. Schatten Ph.D.
Butler Hospital and Brown University **|** Providence, RI

May 2016 – Nov 2021 **Research Assistant |** *Youth Risk and Resilience Lab*
Director: Catherine R. Glenn
Supervisor: Jaclyn C. Kearns
University of Rochester **|** Rochester, NY

Jul 2019 – Jul 2021 **Research Assistant |** *Psychosocial Research Program*
Director: Ivan W. Miller, Ph.D.
Principal Investigators: Lisa A. Uebelacker, Ph.D., Ana M. Abrantes Ph.D., Cynthia L. Battle, Ph.D., Amy L. Salisbury, Ph.D.
Butler Hospital and Brown University **|** Providence, RI

Jul 2019 – Jul 2020 **Research Assistant |** *Psychosocial Research Program – Cognition, Emotion, and Life Experiences Lab*
Director: Michael F. Armey, Ph.D., Heather T. Schatten Ph.D.
Butler Hospital and Brown University **|** Providence, RI

Jun 2017 – May 2019 **Research Assistant |** *Rochester Center for Research on Children and Families*
Director: Melissa L. Sturge-Apple, Ph.D., Patrick T. Davies, Ph.D.

Mt. Hope Family Center at the University of Rochester | Rochester, NY

Aug 2016 – Mar 2017 **Research Assistant** | *Scholarship of Teaching and Learning Research Lab*
Director: Bethany C. Johnson, Ph.D.
Alfred University | Alfred, NY

May 2016 – Aug 2016 **Research Assistant** | *Internalizing Disorders & Emotional Adjustment Lab*
Director: Lisa Starr, Ph.D.
University of Rochester | Rochester, NY

PUBLICATIONS

Barnes, S. E., Velotta, S. K., **Carosa, C. L.**, Goldston, D. B., Alvarez, A. A., Cheek, S. M. (2025). *Differences in mental health treatment utilization by sexual identity among suicidal adolescents of color* [manuscript under review]. School of Medicine, Duke University.

Carosa, C. L., Cheek, S. M., Goldston, D. B., Compton, S. N., Miller, I. W., & Schatten, H. T. (in press). Investigating the predictive utility of suicidal ideation characteristics in relation to suicidal behavior and re-hospitalization. *Suicide and Life-Threatening Behavior, 56*(6), e70146. https://doi.org/10.1111/sltb.70146

Carosa, C. L., Velotta, S. K., Barnes, S. E., Sirhal, S. R., Cheek, S. M., & Goldston, D. B. (in press). Facets of suicidal ideation as predictors of suicide attempts: A systematic review and meta-analysis. *Archives of Suicide Research*, 1-18. https://doi.org/10.1080/13811118.2026.2718274

Robbins-Welty, G., Mangal, J., Sakar, K., Schwartz, A., Shirey, K. May, D., Strong, C., Vanderloo, C., **Carosa, C. L.**, Hildenbrand, J., Yanez, D., Lerebours, R., Hildenbrand, J., Vestal, H., & Niu, K. (in press). Teaching psychiatric documentation: Student comfort, supervisor perceptions, and preparedness on the psychiatry clerkship. *Academic Psychiatry,* 1-7. https://doi.org/10.1007/s40596-026-02473-y

Cheek, S. M., Walsh, R. F. L., Barnes, S. E., Hall, T. A. R., Sheehan, A. E., **Carosa, C. L.**, Lindley, A. A., Velotta, S. K., & Liu, R. T. (2026). Executive function and self-injurious thoughts and behaviors: A systematic review and meta-analysis. Biological Psychiatry, 100(10), 1033–1044. https://doi.org/10.1016/j.biopsych.2026.05.010

Robbins-Welty, G., May, D., Shirey, K. Strong, C., **Carosa, C. L.**, Vanderloo, C., Hildenbrand, J., Vestal, H., Riordan, P., Yanez, D., Lerebours, R., & Niu, K. (2025). "Read one, write one": Improving medical student clinical documentation on the psychiatry clerkship using example notes. *Academic Psychiatry, 49*(4), 350-354. https://doi.org/10.1007/s40596-025-02168-w

Schatten, H. T.*, Kimble, S. K.*, Alboukrek, D**., Carosa, C. L.**, Hughes, C. D., Armey, M. F., Miller, I. W., Elwy, A. R., & Primack, J. (2024). Development of the Mobile Application to Prevent Suicide (MAPS), a Personalized Smartphone App for Suicide Prevention: Feedback from Individual Interviews. *Journal of Technology in Human Services,* 1-17. https://doi.org/10.1080/15228835.2024.2351416
*Denotes equal authorship

Rogers, M. L., **Carosa, C. L.**, Hughes, C. D., & Armey, M. F. (2023). The suicide dot probe task: Psychometric properties and validation in relation to suicide-related outcomes. *Suicide and Life-Threatening Behavior, 53*(6), 1010-1024. https://doi.org/10.1111/sltb.12999

Raudales, A. M., **Carosa, C. L.**, Weiss, N. H., Schatten, H. T, & Armey, M. F. (2023). Emotion dysregulation as a mechanism linking posttraumatic stress disorder to subsequent suicidal thoughts and behaviors following inpatient psychiatric discharge. *Journal of Psychiatric Research, 161*, 34-39. https://doi.org/10.1016/j.jpsychires.2023.03.002

Carosa, C. L. & Button, A. L. (2020). Alexithymia and help-seeking attitudes in college-aged students. *Psychology, Community, & Health, 8*(1), 204-218. https://doi.org/10.5964/pch.v8i1.323

Carosa, C. L. & Button, A. L. (2017). A literature review of characteristics and factors associated with mass murders. *The Journal of Psychology and the Behavioral Sciences, 25*, 42-49.

CONFERENCE PRESENTATIONS

Hughes, C. D., Armey, M. F., Schatten, H. T., & **Carosa, C. L.** (2021, November 18 – 21). Ecological Momentary Assessment: Experienced Affect in Daily Life. In C. D. Hughes (Chair), *Beyond Retrospective Self-Report Questionnaires: Novel Methods for Assessing Affect* [conference presentation]. Symposium conducted at the Association for Behavioral and Cognitive Therapies 55th Annual Convention. https://www.abct.org/wp-content/uploads/2023/12/2021-ABCT-Final-Program.pdf

POSTER PRESENTATIONS

Carosa, C. L., Barnes, S. E., Cheek, S. M., Goldston, D. B., & Schatten, H. T. (2025, November 8-11). *Investigating the Predictive Utility of Suicidal Ideation Characteristics in Relation to Suicidal Behavior and Re-Hospitalization* [poster presentation]. 2025 Internation Summit on Suicide Research. Boston, MA, United States.

Barnes, S. E., Daniel, S., Dropkin, J., Tunno, A. M., Kuhns, P., Cheek, S. M., **Carosa, C. L.**, & Goldston, D.B. (2025, November 8-11) *Safety-A-JJ: A brief trauma-informed safety planning intervention for suicidal youth developed in partnership with juvenile justice* [poster presentation]. 2025 Internation Summit on Suicide Research. Boston, MA, United States.

Daffre, C., Bellaiche, L., Markert, S. K., Camacho, N. L., Diehl, J. M., Bagdasarov, A., Stegall, J., Finiasz, Z., **Carosa, C. L.**, Xie, J. K., Rosenthal, M.Z., & The Anti-Racism Community at Duke University. (2024, February 1-3). *Duke University's Anti-Racism Community: Objectives, data, and directions from a trainee-led movement towards inclusivity* [poster presentation]. Inaugural Conference of the Society of Clinical Psychology: The Future of Clinical Psychological Science. Atlanta, GA, United States.

Raudales, A. M., **Carosa, C. L.**, Weiss, N. H., Schatten, H. T., & Armey, M. F. (2023, April 26 – 28). *The underlying role of emotion dysregulation in posttraumatic stress disorder and suicidal thoughts and behaviors following inpatient psychiatric discharge behaviors* [poster presentation]. 2nd Annual Suicide Research Symposium (SRS). https://www.suicideresearchsymposium.com/past-srs-recordings/srs23-recordings

Raudales, A. M., **Carosa, C. L.**, Weiss, N. H., Schatten, H. T., & Armey, M. F. (2022, November 19 – 12). *Posttraumatic stress disorder as a risk factor for suicidal thoughts and behaviors: The role of emotion dysregulation behaviors* [poster presentation]. International Society of Traumatic Stress Studies (ISTSS) 38th Annual Meeting, Atlanta, GA, United States.

Hoelscher, E. C., Krall, H. R., Johnson, C. M., **Carosa, C. L.**, Hughes, C. D., Armey, M. F., & Schatten, H. T. (2021, November 18 – 21). *Alexithymia as a prospective risk factor for suicidal thoughts and behaviors* [poster presentation]. Special Interest Group (SIG) for Suicide and Self Injury, Association for Behavioral and Cognitive Therapies (ABCT) 55th Annual Meeting. https://www.abct.org/wp-content/uploads/2023/12/2021-ABCT-Final-Program.pdf

Krall, H. R., **Carosa, C. L.**, Johnson, C. M., Hoelscher, E. C., Armey, M. F., Miller, I. W., Hughes, C. D., Schatten, H. T. (2021, November 18 – 21) *Levels of guilt and self-assurance among individuals recently discharged from psychiatric hospitalization* [poster presentation]. Poster presented online at the Association for Behavioral and Cognitive Therapies (ABCT) 55th Annual Meeting. https://www.abct.org/wp-content/uploads/2023/12/2021-ABCT-Final-Program.pdf

Hoelscher, E. C., Johnson, C. M., **Carosa, C. L.**, Krall, H. R., Bozzay, M. L., Hughes, C. D., & Armey, M. F. (2021, November 18 – 21) *Reactivity to specific emotions differentially predicts risk for suicidal thoughts and behaviors* [poster presentation]. Association for Behavioral and Cognitive Therapies (ABCT) 55th Annual Meeting. https://www.abct.org/wp-content/uploads/2023/12/2021-ABCT-Final-Program.pdf

Carosa, C. L., Randall, A. B., Mayer, T. R., Sandler, J. F., Schatten, H. T., Miller, I. W., & Armey M. F. (2020, November 19 – 22). *Emotion regulation as a mediator between physical aggression and the frequency of lifetime suicide attempts* [poster presentation]. Association for Behavioral and Cognitive Therapies (ABCT) 54th Annual Meeting. https://www.abct.org/wp-content/uploads/2021/05/2020_Program_Book.pdf

Kearns, J. C., **Carosa, C. L.**, Pursell, S. E., Pizzarello, E., Conner, K. R. (2020, November 19 – 22) *Using natural language processing to examine suicide attempt narratives among adults admitted to inpatient psychiatry* [poster presentation]. Association for Behavioral and Cognitive Therapies (ABCT) 54th Annual Meeting. https://conventionarchives.abct.org/conv2020/

Carosa, C. L., Randall, A. B., Mayer, T. R., Sandler, J. F., Schatten, H. T., Miller, I. W., & Armey M. F. (2020, June 1 – September 1). *Exploring the transition from suicidal ideation to attempt and its association with emotional and cognitive processes* [poster presentation]. Association for Psychological Science (APS) 32nd Annual Meeting. https://www.psychologicalscience.org/2020-virtual-poster

Mayer, T. R., Schatten, H. T., Sandler, J. F., Randall, A. B., **Carosa, C. L.**, Armey, M. F. (2020, April 22 – 25). *Response styles associated with self-efficacy in seeking mental health care and suicide* [poster presentation canceled]. 53rd Annual Conference of the American Association of Suicidology (AAS), Portland, OR, United States.

Carosa, C. L., Randall, A. B., Mayer, T. R., Sandler, J. F., Schatten, H. T., Miller, I. W., & Armey, M. F. (2020, March 25). *Exploring the transition from suicidal ideation to attempt and its association with emotional and cognitive processes* [poster presentation canceled]. Brown University's Carney Institute for Brain Science 23rd Annual Mind Brain Research Day, Providence, RI, United States.

Carosa, C. L., Sturge-Apple, M. L., & Davies, P. T. (2019, March 21 – 23). *Social domain theory and children's temperament: Study of parental discipline and children's externalizing symptoms* [poster presentation]. Society for Research in Child Development (SRCD) 2019 Biennial Meeting, Baltimore, MD, United States.

Carosa, C. L. (2017, April 20). *Alexithymia in college-aged students* [poster presentation]. Alfred University Undergraduate Research Forum, Alfred, NY, United States.

Carosa, C. L., & Button, A. L. (2017, March 16 – 18). *Alexithymia in college-aged students* [poster presentation]. Eastern Psychological Association (EPA) 2017 Annual Meeting, Boston, MA, United States.

Johnson, B. C., **Carosa, C. L.**, & Gagne, D. D. (2017, March 16 – 18). *Revising a portfolio in a human sexuality course based on assessment results* [poster presentation]. Eastern Psychological Association (EPA) 2017 Annual Meeting, Boston, MA, United States.

Carosa, C. L. (2016, April 28). *Mass shootings: Rare yet undeniable* [poster presentation]. Alfred University Undergraduate Research Forum, Alfred, NY.

TEACHING & MENTORSHIP EXPERIENCE

Aug 2025 – Present	**Mentor** | *Project SHORT*
Apr 2023 – Present	**Mentor |** *Polygence*
Apr 2023 – Present	**Mentor |** *Lumiere Education*
June 2023 – Present	**Undergraduate Student Research/Thesis Mentor** *Duke University* | Durham, NC
May 2026 – Jul 2026	**Mentor** | *Psychology and Neuroscience Vertical Integration Program (VIP)* *Duke University* | Durham, NC
Apr 2026	**Workshop Instructor |** *DBT Skills* *Duke Psychology Clinic* | Durham, NC
Aug 2024 – Dec 2024	**Graduate Teaching Assistant |** *PSY107 Biological Bases of Behavior* *Instructor:* Minna Ng, Ph.D. & Nicole Schramm-Sapyta, Ph.D. *Duke University Department of Psychology and Neuroscience* | Durham, NC
Jan 2024 – May 2024	**Graduate Teaching Assistant |** *PSY107 Biological Bases of Behavior* *Instructor:* Minna Ng, Ph.D. *Duke University Department of Psychology and Neuroscience* | Durham, NC

Aug 2023 – Dec 2023 **Graduate Teaching Assistant |** *PSY105D Clinical Psych & Mental Health*
Instructor: David Rabiner, Ph.D. & David Goldston, Ph.D.
Duke University Department of Psychology and Neuroscience | Durham, NC

Jan 2017 – May 2017 **Teaching Assistant |** *PSYC220 Psych Methods and Stats*
Alfred University, Alfred, NY
Supervisor: Nancy E. Furlong, Ph.D.

Aug 2016 – May 2017 **Tutor for Undergraduate Psychology Courses**
Alfred University, Alfred, NY
Supervisor: Leah E. Houk M.A./CAS

PROFESSIONAL SERVICE AND COMMUNITY ENGAGEMENT

Aug 2025 – Present **Peer Multi-Cultural Team Co-Leader**
Duke University Department of Psychology and Neuroscience | Durham, NC

Oct 2023 – Present **Duke Men's Basketball Graduate Usher & Social Media Co-Chair**
Duke University | Durham, NC

Sep 2022 – Present **Anti-Racism Community Member and Pillar Leader**
Duke University Department of Psychology and Neuroscience | Durham, NC

Nov 2022 – Present **Virtual Office Hours Co-Coordinator and Event Volunteer**
Anti-Racism Community @ Duke University | Durham, NC

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Jan 2021 – Present **Careers in Psychology Guest Speaker**
Alfred University | Alfred, NY

Jul 2019 – Present **Ad-Hoc Journal Reviewer**

- *Journal of the American Academy of Child and Adolescent Psychiatry* (Co-reviewer with David Goldston, Ph.D.)
- *Journal of Child Psychology and Psychiatry* (Reviewer, and co-reviewer with David Goldston, Ph.D.)
- *Journal of Consulting and Clinical Psychology* (Co-reviewer with David Goldston, Ph.D.)
- *Professional Psychology: Research and Practice* (Co-reviewer with David Goldston, Ph.D.)
- *Suicide and Life-Threatening Behavior* (Co-reviewer with David Goldston, Ph.D.)
- *JAMA Network Open* (Co-reviewer with David Goldston, Ph.D.)
- *Journal of the American Academy of Child and Adolescent Psychiatry* (Co-reviewer with Scott Compton, Ph.D., David Goldston, Ph.D.)
- *Journal of Adolescence* (Co-reviewer with Heather Schatten, Ph.D.)
- *Mental Health and Physical Activity Adolescence* (Co-reviewer with Heather Schatten, Ph.D.)
- *Journal of Consulting and Clinical Psychology Adolescence* (Co-reviewer with Heather Schatten, Ph.D.)

Sep 2026 **Ask a Fellow Graduate Student Panel**
Anti-Racism Community @ Duke University | Durham, NC

Jan 2026 – Aug 2026 **Undergraduate Research Opportunities Program: Leadership Committee**
Anti-Racism Community @ Duke University | Durham, NC

Oct 2025 **Undergraduate Research Opportunities Program: Admissions Committee**
Anti-Racism Community @ Duke University | Durham, NC

Feb 2025 **Ad-Hoc Grant Reviewer**

- *American Foundation for Suicide Prevention* (Co-reviewer with David Goldston, Ph.D.)

Jan 2025 **Duke Psychology and Neuroscience Anti-Racism Community Panel**
Duke University | Durham, NC

Jan 2025 **Graduate Student Panel**
Duke University | Durham, NC

Oct 2024 **Future Blue Devil Days Admissions Committee and Event Volunteer**
Anti-Racism Community @ Duke University | Durham, NC

Oct 2023 **Duke Diversity Days Planning Committee and Event Volunteer**
Anti-Racism Community @ Duke University | Durham, NC

Apr 2020 **Conference Poster Presentation Reviewer**
- *Association for Behavioral and Cognitive Therapies 54th Annual Convention Adolescence* (Co-reviewer with Heather Schatten, Ph.D.)

TRAINING AND CERTIFICATION

2026 Process-Based Therapy (PBT)
Trainers: M. Zachary Rosenthal, Ph.D.

2026 CBT for Nightmares
Trainers: CBT Nightmares Web

2025 Cognitive Processing Therapy (CPT)
Trainers: CPT Web

2025 Dialectical Behavior Therapy (DBT) Overview
Trainers: M. Zachary Rosenthal, Ph.D., & Colleen Cowperthwait, Ph.D.

2024 Dialectical Behavior Therapy (DBT) Overview
Trainers: M. Zachary Rosenthal, Ph.D., & Colleen Cowperthwait, Ph.D.

2017 Youth Mental Health First Aid

2017 SafeTALK: Suicide Alertness Training

2017 H.E.A.R.T. Helping Empathetically as Responders Training

SPECIALIZED SKILLS

Hardware/Software: R, Inquisit, SPSS, Qualtrics, mEMA app, eSurveysPro, RedCap, Adobe Creative Suite, AcqKnowledge, Level 1 and 2 MRI Training

Selected Clinical Interviewing Skills:
- Mini International Neuropsychiatric Interview for Children and Adolescents (M.I.N.I. Kid) – Parent Version
- Scale for Suicidal Ideation (SSI; full and modified versions)
- Columbia Suicide Severity Rating Scale (C-SSRS)
- Self-Injurious Thoughts and Behaviors Interview (SITBI)
- Structured Clinical Interview for the DSM-5 (SCID-V)

Selected Assessment Skills:
- Wechsler Adult Intelligence Scale (WAIS) – 5th edition
- Wide Range Achievement Test (WRAT) – 5th edition

PROFESSIONAL MEMBERSHIPS

Internation Academy of Suicide Research (IASR)

Americal Psychological Association (APA)

Omicron Delta Kappa: National Leadership Honor Society

Pi Gamma Mu: International Honor Society in Social Sciences

Psi Chi: International Honor Society in Psychology