

ALEENA HAY WICKHAM, PH.D.

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Bethlehem, PA 18018

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PROFESSIONAL EXPERIENCE

Moravian College, Bethlehem, PA **August 2019 - Present**
Assistant Professor, Department of Psychology

Boston University, Boston, MA **2017–2019**
Postdoctoral Associate, Center for Anxiety & Related Disorders

EDUCATION AND TRAINING

May Institute, Randolph, MA **2016-2017**
Clinical Psychology Predoctoral Internship

Yale University, New Haven, CT
Ph.D. in Clinical Psychology **2017**
M.Phil. in Clinical Psychology **2014**
M.S. in Clinical Psychology **2013**

Skidmore College, Saratoga Springs, NY **2008**
Bachelor of Arts
Magna Cum Laude with Honors in Psychology

Studio Arts Centers International, Florence, Italy **2006**

HONORS AND AWARDS

- Nominated for Omicron Delta Kappa Golden Apple Award for commitment to quality teaching at Moravian College, 2019-2020; 2020-2021
- Annie G. K. Garland Memorial Fellowship, 2015-2016
- Yale Center for Anxiety and Mood Disorders Clinical Fellowship, (\$2,000), 2014-2015
- Joseph A. Christman Fellowship, 2014-2015
- Yale University Supplemental Research Funds Award (\$500), Spring 2014
- Yale University Supplemental Research Funds Award (\$500), Spring 2012
- Skidmore College Psychology Department Honors
- Skidmore College Psychology Department Student Research Monetary Award
- Giordano Scholarship: Received for strong academics, Fall 2006 – Spring 2008
- Psi Chi National Honor Society in Psychology
- Periclean Honor Society: Skidmore College

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PUBLICATIONS

Italicized authors indicate mentees and underlined authors indicate undergraduates.

- Silessa, V., Hubbard, N. A., Jonesa, R., Wanga, J., Loc, N., Bauerc, C. C., Goncalvesc, M., Frosch, I., Nortona, D., Vergaraf, G., *Conroy, K.*, Vaz De Souza, F., Rossof, I. M., **Hay Wickham, A.**, Cosby, E. A., *Pinaire, M.*, Hirshfeld-Beckerh, D., Pizzagallif, D. A., Heninh, A., Hofmann, S. G....Yendiki, A. (2020). Image acquisition and quality assurance in the Boston Adolescent Neuroimaging of Depression and Anxiety study, *NeuroImage Clinical*, 26, 102242.
- Barthel, A., **Hay, A.**, Doan, S., & Hofmann, S. G. (2018). Interpersonal emotion regulation: A review of social and developmental components. *Behaviour Change*, 35, 203-216.
- Hofmann, S. G., & **Hay, A. C.** (2018). Rethinking avoidance: Toward a balanced approach to avoidance in treating anxiety disorders. *Journal of Anxiety Disorders*, 55, 14-21.
- Purcell, J. R., Lohani, M., Musket, C., **Hay, A. C.**, Isaacowitz, D. M., Gruber, J. (2018). Lack of emotional gaze preferences using eye-tracking in remitted bipolar I disorder. *International Journal of Bipolar Disorders*, 6, 15-24.
- Hay, A. C.**, Sheppes, G., Gross, J. J., & Gruber, J. (2015). Choosing how to feel: Emotion regulation choice in bipolar disorder. *Emotion*, 15, 139-145.
- Gruber, J., **Hay, A. C.**, & Gross, J. J. (2014). Re-Thinking emotion: Cognitive reappraisal is an effective positive and negative emotion regulation strategy in bipolar disorder. *Emotion*, 14, 388-296.
- Gruber, J., Dutra, S. J., **Hay, A. C.**, & Devlin, H. C. (2014). Positive emotion disturbance across disorders: A transdiagnostic approach. In Shiota, M. N., Tugade, M., & Kirby, L. (Eds.), *Handbook of Positive Emotion*. New York, NY: Guilford Press.
- Ostacher, M. J., Iosifescu, D. V., **Hay, A. C.**, Blumenthal, S. R., Sklar, P. & Perlis, R. H. (2014). Pilot investigation of isradipine in the treatment of bipolar depression motivated by genomewide association. *Bipolar Disorders*, 16, 199-203.
- Sylvia L. G., **Hay A.**, Ostacher M. J., Miklowitz D. J., Nierenberg A. A., Thase M. E., Sachs G. S., Deckersbach T., & Perlis R. H. (2013). Therapeutic alliance, care satisfaction, and pharmacological adherence in bipolar disorder. *Journal of Clinical Psychopharmacology*, 33, 343-350.
- Sylvia, L. G., Dupuy, J. M., Ostacher, M. J., Cowperthwait, C. M., **Hay, A. C.**, Sachs, G. S., Nierenberg, A. A., & Perlis, R. H. (2012). Sleep disturbance in euthymic bipolar patients. *Journal of Psychopharmacology*, 26, 1108-1112.
- Gruber, J., Cunningham, W. A., Kirkland, T., & **Hay, A. C.** (2012). Feeling stuck in the present? Mania proneness and history associated with present-oriented time perspective. *Emotion*, 12, 13-17.
- Casamassima, F., **Hay, A. C.**, Benedetti, A., Lattanzi, L., Cassano, G. B., & Perlis, R. H. (2010). L-type calcium channels and psychiatric disorders: A brief review. *American Journal of Medical Genetics Part B- Neuropsychiatric Genetics*, 153B, 1373-1390.
- Perlis, R. H., Ostacher, M. J., Miklowitz, D. J., **Hay, A.**, Nierenberg, A. A., Thase, M., & Sachs, G. S. (2010). Clinical features associated with poor pharmacological adherence in bipolar disorder. *Journal of Clinical Psychiatry*, 71, 296-303.
- López, H. H., **Hay, A. C.**, & Conklin, P.H. (2009). Attractive men induce testosterone and cortisol release in women. *Hormones and Behavior*, 56, 84-92.

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MANUSCRIPTS UNDER REVIEW

Hay, A., Barthel, A. L., Moskow, D., Hofmann, S. G. Developing a measure of tolerance of controllability.

Adkins, C., Armentano, L., Clark, M. S., & Hay, A. Avoiding more than intimacy: Attachment avoidance and the experience and expression of emotion

MANUSCRIPTS IN PREPARATION

Hay, A., Armentano, L., & Clark, M. S. Measuring and predicting people's beliefs regarding the wisdom (and folly) of expressing emotions

Hay, A., & Clark, M. S. The mere sharing effect: How sharing emotions serves as emotion regulation

Armentano, L., Sakmar-Balkan, E., Hirsch, J., Jolink, T., Hay, A., Bink, B., Clark, M.S. How has my partner been feeling lately? Answers reflect accuracy and projection and little moderation by partner claims to have expressed emotions or relationship length

PUBLISHED ABSTRACTS

Sylvia, L. G., Dupuy, J., Ostacher, M., Cowperthwait, C., Hay, A., Sachs, G., Nierenberg, A., & Perlis, R. *Sleep disturbance in euthymic bipolar patients*. Poster presented at the 9th International Conference on Bipolar Disorder, Pittsburgh, PA.

TEACHING EXPERIENCE

Assistant Professor, Psychology Department, Moravian College **Fall 2019 - Present**

Instructor of record:

Psychology 211: Experimental Methods & Data Analysis I

Psychology 212: Experimental Methods & Data Analysis II

Psychology 362: Abnormal Psychology

Psychology 391: Human Emotion

Instructor of Record, Psychology, Yale University **Summer 2015**

Psychology 131: Human Emotion

Graduate Teaching Fellow, Yale University

Psychology 171: Sex, Evolution, & Human Nature **Spring 2015**

Psychology 690: Ethics & Clinical Practice **Spring 2015**

Psychology 126: Attraction & Relationships **Fall 2014**

Psychology 689: Introduction to Psychopathology and Diagnostic Assessment **Fall 2014**

Psychology 110: Introduction to Psychology **Spring 2014**

Psychology 231: Research Methods in Happiness **Fall 2013**

Psychology 131E: Human Emotion **Summer 2013**

Psychology 180: Abnormal Psychology **Spring 2013**

Psychology 110: Introduction to Psychology **Fall 2012**

Guest Lectures, Yale University **2012-2014**

● "Understanding Bipolar Disorder" in Psychology 180: Abnormal Psychology **Spring 2013 & Summer 2014**

● "Endocrinology & Positive Emotion" in Psychology 231: Research Methods in Happiness **Fall 2013**

● "Experience Sampling Methodology" in Psychology 231: Research Methods in Happiness **Fall 2012**

Undergraduate Teaching Assistant, Skidmore College, Neuroscience Program **Sept 2006 – May 2007**

● Assisted introductory students with sheep brain dissection.

● Facilitated class experiments using scalp-recorded EEGs to measure event-related potentials.

● Taught brain anatomy, led study sessions, and helped introductory students with final papers.

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RESEARCH EXPERIENCE

Principal Investigator, Moravian College

August 2019 - Present

Regulation of Emotion & Emotional Disorders

Research explores the psychopathology of anxiety and mood disorders, specifically interpersonal emotion regulation processes in individuals with emotional disorders.

Postdoctoral Associate, Boston University

September 2017-June 2019

Advisor: Stefan Hofmann, Ph.D., Psychotherapy and Emotion Research Laboratory

Anxiety Disorders: Interpersonal Emotion Regulation Processes & Treatment

Research explores the developmental psychopathology of anxiety disorders, specifically interpersonal emotion regulation processes in adolescents and adults with emotional disorders as well as treatment augmentation for cognitive-behavioral treatment modalities.

Graduate Student & Collaborator, Yale University

August 2013-Present

Advisor: Margaret Clark, Ph.D., Clark Relationship Science Laboratory

Interpersonal Emotion Regulation

Ongoing research explores the process of interpersonal emotion regulation, including the process of initiating, responding, and accepting interpersonal emotion regulation and effectiveness of these strategies.

Affiliated Graduate Student, Yale University

2015-2017

Advisor: Jutta Joormann, Ph.D., Affect Regulation and Cognition Laboratory

Interpersonal Positive Affect Regulation & Mood and Anxiety Disorders

Research explored the emotional, behavioral, and physiological reactions to sharing a positive event. We explore the mechanisms underlying these reactions and which individual difference and clinical factors predict emotional and cognitive malleability in beliefs about the positive event.

Affiliated Graduate Student, Yale University & University of Colorado at Boulder

Fall 2011-Spring 2016

Advisor: June Gruber, Ph.D., Positive Emotion and Psychopathology Laboratory

Emotion Regulation and Bipolar Disorder

Research explored emotion regulation processes in bipolar disorder. Studies focused on emotion regulation strategy choice, cognitive reappraisal, and implicit emotion regulation in bipolar I disorder.

Clinical Research Coordinator, Massachusetts General Hospital Bipolar Clinic & Research Program 2008- 2011

Director of Research: Andrew A. Nierenberg, M.D.; Medical Director: Roy H. Perlis, M.D., M.Sc.; Director of Psychology & Director of Cognitive Neuroscience Research: Thilo Deckersbach, Ph.D.

- Group Psychoeducation plus Emotion Regulation for Bipolar Disorder
- The Efficacy and Safety of Galantamine for Dysfunction in Bipolar Disorder
- The Use of Human Skin Cells in the Creation of Cellular Models of Mood Disorders
- Isradipine for Bipolar Depression
- Event Marker Ingested to Trigger Event Recorder 3.0 Psychiatry Study
- Interventions for the Improvement of Complex Chronic Care

Consultant, GENOMIND, LLC.

June-Sept 2010

Worked as a consultant conducting research for GENOMIND.

Thesis: Senior Research Project, Skidmore College, Psychology Dept., Neuroscience Program

2007- 2009

Advisor: Hassan López, Ph.D.

Designed, operationalized a protocol for, and conducted a study to explore rapid endocrine responses in heterosexual women to physically and behaviorally attractive men.

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Research Assistant, Skidmore College, Psychology Dept., Neuroscience Program **Spring 2007**
Advisor: Hassan López, Ph.D.
Conducted research to study effects of stress and Buspar on female rat sexual behavior.

Exploratory Research in Psychology, Skidmore College, Psychology Dept. **Fall 2006**
Advisor: Sheldon Solomon, Ph.D.
Conducted comprehensive literature review on posttraumatic stress disorder and other related psychological effects of trauma.

MENTORSHIP EXPERIENCE

Regulation of Emotion & Emotional Disorders Laboratory, Moravian College **Spring 2020-Present**
Senior Honors Theses:

- **Lauren Kubic**, undergraduate Honors student **2020-2021**
 - Mentored as she designed, conducted, and wrote an empirical manuscript for her original study on interpersonal versus intrapersonal emotion regulation & anxiety
 - Presented her work at Moravian Scholars Day and the Moravian Honors Conference
- **Sean McFarland**, undergraduate Honors student **2020-2021**
 - Mentored as he designed, conducted, and wrote an empirical manuscript for his original study on interpersonal emotion regulation in digital and in-person settings
 - Presented his work at Moravian Scholars Day and the Moravian Honors Conference

Student Opportunities for Academic Research (SOAR) Program

- **Lauren Kubic**, undergraduate student **Summer 2020**
 - Supervised student-led research on emotion regulation and anxiety. Student co-designed a research study and conducted an online study across the summer program.

Independent Study

- **Lauren Kubic, Micaela Lothian, Raechel Gonzalez, Haley Rudofker** **Spring 2020-Spring 2021**
 - Supervised undergraduate students on literature surveys related to their interests in emotion regulation and emotional disorders, helped students develop and explore their specific areas of interest, advised on developing research ideas.

Psychotherapy & Emotion Research Laboratory, Boston University (BU) **Fall 2017-2019**

- **Emily Meyer, Kayla Upham, Emily Brown, & Emily Powell**, undergraduate students **June 2018-2019**
- **Megan Pinaire**, post-baccalaureate clinical research coordinator **May 2018 – June 2019**
- **Abigail Barthel**, first-year graduate student **September 2017 – June 2019**
- **Trista Lin**, undergraduate thesis student **Fall 2017 – May 2019**
- **Kristina Conroy**, post-baccalaureate clinical research coordinator **September 2017 – June 2018**

Clark Relationship Science Laboratory, Yale University **Summer 2014 – Fall 2016**

- **Audrey Maguire**, Yale undergraduate thesis student **Fall 2014 – Fall 2016**
 - Advised senior thesis titled, “Mindfulness Interventions in the Education System and Workplace as a Method to Decrease Stress and Increase Productivity in the General Population.”
- **Sarah Rosadini & Samarah Cook**, visiting undergraduate students **Summer 2016**
- **Katherine Botelho & Anne Nelson**, Yale & Quinnipiac University undergraduate students **Spring 2016**
- **Lucy Armentano**, Yale first-year graduate student **Fall 2015-Spring 2016**

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- **Kasey Mann**, Yale undergraduate thesis student **Fall 2015**
- Advised senior thesis paper titled, “Emotions in Nutrition Decision Making.”
- **Jin Ishizuka**, Yale undergraduate thesis student **Fall 2015**
- Advised senior thesis paper titled, “The Social Significance of Emotional Differences Between Introverts and Extraverts.”
- **Anne Gonzalez**, Yale undergraduate thesis student **Fall 2015**
- Advised senior thesis paper titled, “The Effects of Attachment Style on Emotion Regulation.”
- **Alexis Rodriguez**, Yale undergraduate thesis student **Fall 2015**
- Advised senior thesis paper titled, “Trait Anxiety and the Misattribution of Arousal Paradigm”
- **Clarise Ballesteros**, Davidson College visiting undergraduate student **Summer 2015**
- **Alexandra Alcalá**, Yale undergraduate student **Fall 2014 – Spring 2015**
- **Jennifer Heyman**, Penn State visiting undergraduate student **Summers 2014 & 2015**
- **Denzell Jobson & Rhydian Glass**, Yale undergraduate students **Summer 2014**
- Yale Positive Emotion & Psychopathology Laboratory**, Yale University **Fall 2011 – Fall 2013**
 - **Ariel Carter-Rodriguez**, post-baccalaureate research assistant (Whitman College) **Summer 2013**
 - **Franziska Goer**, Yale undergraduate thesis student **Spring 2013**
- Co-advised student on idea development, data analysis, writing, and presentation senior honors thesis titled, “Multi-Method Investigation of Embarrassment in Remitted Major Depressive Disorder.”
- Student selected as senior honors thesis prize finalist and presented her work to the Psychology Department.
 - **Benjamin Herron**, Yale undergraduate student **Spring 2013 – Fall 2013**
 - **Christine Musket**, post-baccalaureate research assistant (Vassar College) **Summer 2012 – Spring 2013**
 - **Anjali Ambani**, Yale undergraduate thesis student **Fall 2011- Spring 2013**
- Advised student on thesis titled, “Memory and Emotion Intensity in Bipolar I Disorder.”
- Lead Research Coordinator**, Mass. General Bipolar Clinic and Research Program **June 2010 – June 2011**
 - Supervised a team of four research coordinators on study recruitment, coordination, and implementation.

PRESENTATIONS

Italicized authors indicate mentees and underlined authors indicate undergraduates.

Kubic, L. K., & **Hay, A.** (2021) *Interpersonal and Intrapersonal Emotion Regulation Efficacy: The Role of Interpersonal Trust and Anxiety*. Poster accepted to the Association for Psychological Science Virtual Convention (APS).

McFarland, S. & **Hay, A.** (2021). Digital Interpersonal Emotion Regulation and In-Person Interpersonal Emotion Regulation: The Role of Anxiety, Depression, and Stress. Poster accepted at the annual Association for Psychological Science (APS) Virtual Convention.

Kubic, L. K., & **Hay, A.** (2021) *Interpersonal and Intrapersonal Emotion Regulation Efficacy: The Role of Interpersonal Trust and Anxiety*. Poster presented at the 35th Annual Lehigh Valley Association of Independent Colleges Undergraduate Psychology Research Conference.

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McFarland, S. & **Hay, A.** (2021). Digital Interpersonal Emotion Regulation and In-Person Interpersonal Emotion Regulation: The Role of Anxiety, Depression, and Stress. Poster presented at the annual National Council on Undergraduate Research (NCUR) Virtual Convention

Kubic, L. K., & **Hay, A.** (2021) *Interpersonal and Intrapersonal Emotion Regulation Efficacy: The Role of Interpersonal Trust and Anxiety*. Poster presented to the virtual National Conference for Undergraduate Research (NCUR).

Hay, A., Barthel, A. L., Moskow, D. & Hofmann, S. G. (2019). Developing a Measure of Tolerance of Uncontrollability. Poster presented at the annual Association for Behavioral and Cognitive Therapies Convention, Atlanta, GA.

Hubbard, N.A., Lo, N., Goncalves, M., Frosch, I., Siless, V., Bauer, C., Conroy, K., Cosby, E., **Hay, A.**, Jones, R., Pinaire, M., Vaz De Souza, F., Vergara, G., Henin, A., Hirshfeld-Becker, D., Hofmann, S., Pizzagalli, D., Yendiki, A., Auerbach, R., Ghosh, S., Gabrieli, J.D.E., Whitfield-Gabrieli, S. (May, 2019). Cognitive control-related brain activation patterns predict adolescent anhedonia symptoms. *Association for Psychological Science Annual Conference*. Washington, D.C.

Armentano, L., Clark, M., & **Hay, A.** *Links Between Verbal and Nonverbal Emotional Expression and Relationship Satisfaction in Romantic Dyads*. Poster submitted to the annual convention of the Society for Personality and Social Psychology, Portland, OR.

Hay, A. C., (2017). *Emotion Regulation in Bipolar Disorder*. Invited presentation at the Daughten Family Center for Bipolar Treatment Innovation at Massachusetts General Hospital, Boston, MA.

Hay, A. C., Smith, B. D., Farber, T., & Gajee, N. (2017). *The Effects of Comorbid Medical Conditions on Psychological Treatment Outcomes in a Community Mental Health Clinic*. Poster presented at the annual meeting of the International Convention of Psychological Science, Vienna, Austria.

Hay, A. C., & Clark, M. S. (2016). *People's Beliefs Regarding the Wisdom (and Folly) of Expressing Emotions*. Poster presented at the 3rd annual meeting of the Society for Affective Science (SAS), Chicago, IL.

Clark, M. S., **Hay, A.**, Von Culin, K., & Mayville, E. (2015) *How and for whom might merely expressing emotions begin to regulate them?* Symposium presented at the 27th annual convention of the Association of Psychological Science (APS), New York, NY.

Goer, F. K., **Hay, A. C.**, Reeves, E. J., & Gruber, J. (2014). *Maladaptive Emotion Regulation During Embarrassment in Remitted Depression*. Poster abstract presented at the inaugural meeting of the Society for Affective Science (SAS), Washington, DC.

Hay, A. C., Sheppes, G., Gross, J., & Gruber, J. (2013). *Choosing How to Feel: Emotion Regulation Strategy Choice in Remitted Bipolar I Disorder*. Poster abstract presented at the 27th meeting of the Society for Research in Psychopathology (SRP), Oakland, California.

Goer, F. K., **Hay, A. C.**, Reeves, E. J., & Gruber, J. (2013). *Multi-Method Investigation of Embarrassment in Remitted Major Depressive Disorder*. Poster abstract presented at the 27th meeting of the Society for Research in Psychopathology (SRP), Oakland, California.

Hay, A. C., Devlin, H. C., Zaki, J., & Gruber, J. (2013). *The Link Between Emotion Regulation and Empathy for Positive Emotions*. Poster presented at the 14th annual meeting of the Society for Personality and Social Psychology, New Orleans, Louisiana.

Hay, A. C., Mauss, I. B., Kogan, A., & Gruber, J. (2012). *Implicit Emotion Regulation in Bipolar Disorder and Major Depressive Disorder: Associations with Prospective Clinical Functioning*. Poster presented at the 26th meeting of the Society for Research in Psychopathology (SRP), Ann Arbor, Michigan.

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- Rodman, A., **Hay, A.**, Martowski, J., Chou, T., Peters, A. T., Ariel, A. H., Peckham, A. D., Eisner, L., Ghaznavi, S., Sylvia, L. G., Nierenberg, A., & Deckersbach, T. (2011). *Suicidal Behaviors and Social Functioning in Child-Onset versus Adult-Onset Bipolar Disorder*. Poster presented at the 45th Association for Behavioral and Cognitive Therapies Convention, Toronto, Canada.
- Rodman, A., Peckham, A. D., **Hay, A.**, Peters, A. T., Chou, T., Ariel, A. H., Martowski, J., Eisner, L., Ghaznavi, S., Sylvia, L. G., Nierenberg, A., & Deckersbach, T. (2011). *Axis II Disorders in Bipolar Disorder: Increased Risk for Suicidal Behavior?* Poster presented at the 45th Association for Behavioral and Cognitive Therapies Convention, Toronto, Canada.
- Rodman, A., Ariel, A. H., Peckham, A. D., Chou, T., Peters, A. T., Martowski, J., **Hay, A.**, Eisner, L., Ghaznavi, S., Sylvia, L. G., Nierenberg, A., & Deckersbach, T. (2011). *Gender Differences in Self-Perceived Social Functioning in Bipolar Disorder*. Poster presented at the 45th Association for Behavioral and Cognitive Therapies Convention, Toronto, Canada.
- Deckersbach, T. Sylvia, L., Alloy, L. B., Weinstock, L., Bender R., Whitehouse, W., Wagner, C., Liu, R., Grant, D. A., Jager-Hyman, S., Molz, A. R., Choi, J., Harmon-Jones, E., Abramson, L. Y., Strong, D., Uebelacker, L., Miller, I., Duffy, A., Chou, T., Rodman, A. M., Peckham, A. D., Peters, A. T., Stange, J. P., Nierenberg, A., Dougherty, D., **Hay, A.**, Perlis, R. H., Dupuy, J., Ostacher, M., Cowperthwait, C., Sachs, G. (2011). *Bipolar Disorder: Current Hot Topics in Psychological Research*. Symposium at the 45th Association for Behavioral and Cognitive Therapies Convention, Toronto, Canada.
- Calkins, A. W., Deckersbach, T., Otto, M. W., Deckersbach, T., Duffy, A., Chou, T., Rodman, A. M., **Hay, A.**, Martowski, J., Peters, A. T., Ariel, A. H., Peckham, A. D., Nierenberg, A., D'Avanzato, C. M., Joormann, J., Calkins, A. W., Siegle, G. J., Otto, M. W., Mohlman, J. Collier, A., & Siegle, G. J. (2011). *From Cortex to Context: New Strategies and Refined Targets in the Interventions of Mood Disorders*. Symposium at the 45th Association for Behavioral and Cognitive Therapies Convention, Toronto, Canada.
- Rodman, A., Chou, T., Peters, A. T., Ariel, A. H., Martowski, J., Peckham, A. D., **Hay, A.**, Ghaznavi, S., Sylvia, L. G., Nierenberg, A., Perlis, R. H., & Deckersbach, T. (2011). *Bipolar Disorder: How Euthymic is Euthymic?* Poster presented at the 45th Association for Behavioral and Cognitive Therapies Convention, Toronto, Canada.
- Peckham, A. D., Martowski, J. C., Eisner, L., **Hay, A. C.**, Chou, T., Rodman, A. M., Ghaznavi, S., Sylvia, L. G., Nierenberg, A. A., & Deckersbach, T. (2011). *Commonalities and Differences in the Prevalence of Substance Use Disorders in Bipolar Disorder and Unipolar Depression*. Poster presented at the 45th Association for Behavioral and Cognitive Therapies Convention, Toronto, Canada.
- Chou, T., Rodman, A. M., Aviva, A. H., Peters, A., Martowski, J. C., **Hay, A.**, Peckham, A., Sylvia, L., Ghaznavi, S., Perlis, R. H., Nierenberg, A. A., & Deckersbach, T. (2011). *Correlates of Disability in Bipolar Disorder. Data from the Systematic Treatment Enhancement Program*. Poster presented at the 45th Association for Behavioral and Cognitive Therapies Convention, Toronto, Canada.
- Ariel, A. H., Peters, A. T., Chou, T., Rodman, A., Martowski, J., Peckham, A. D., **Hay, A. C.**, Eisner, L., Ghaznavi, S., Sylvia, L. G., Nierenberg, A., & Deckersbach, T. (2011). *Weighing in: The impact of obesity on work and psychosocial functioning in individuals with bipolar I disorder*. Poster presented at the 45th Association for Behavioral and Cognitive Therapies Convention, Toronto, Canada.
- Peters, A. T., Ariel, A. H., Rodman, A. M., Chou, T., Martowski, J., **Hay, A. C.**, Peckham, A. D., Eisner, L., Ghaznavi, S., Nierenberg, A. A., & Deckersbach, T. (2011). *Generalized Anxiety Disorder in the context of Bipolar Disorder: An examination of functional outcomes*. Poster presented at the 45th Association for Behavioral and Cognitive Therapies Convention, Toronto, Canada.
- Eisner, L., McMurrich, S., **Hay, A.**, Peckham, A., Nierenberg, A., Deckersbach, T. (2011). *Enhancing Emotion Regulation in Bipolar Disorder*. Poster presented at the 45th Association for Behavioral and Cognitive Therapies Convention, Toronto, Canada.

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- Sachs, G., Sylvia, L., Peckham, A., **Hay, A.**, & Peters, A. (2011). *What's Personality got to do with it?* Symposium presented at the International College of Neuro-Psychopharmacology Thematic Meeting, Salzburg, Austria.
- Duffy, A. M., Rodman, A. M., Chou, T., Peckham, A. D., **Hay, A. C.**, Peters, A. T., Ariel, A., Martowski, J., Nierenberg, A. A., Rauch, S. L., Dougherty, D. D., & Deckersbach, T. (2011). *Emotional context and attentional dysfunction in bipolar disorder: An fMRI study*. Poster presented at the 64th annual meeting of the MGH Scientific Advisory Committee, Boston, MA.
- Stange, J. P., Cowperthwait, C. M., **Hay, A. C.**, Peckham, A., Nierenberg, A. A., & Deckersbach, T. (2010). *Norms for Workplace Functioning: Data from Healthy People in the National Comorbidity Survey Replication Study*. Poster presented at the 44th Association for Behavioral and Cognitive Therapies Convention, San Francisco, CA.
- Peckham, A.D., **Hay, A. C.**, Cowperthwait, C. M., Stange, J. P., Ostacher, M.J., Nierenberg, A. A., & Deckersbach, T. (2010). *Do comorbid substance abuse disorders further impair work functioning in individuals with bipolar disorder? Data from the National Comorbidity Survey Replication*. Poster presented at the 44th Association for Behavioral and Cognitive Therapies Convention, San Francisco, CA.
- Hay, A. C.**, Peckham, A. D., Stange, J. P., Cowperthwait, C. M., Nierenberg, A. A. & Deckersbach, T. (2010). *The effects of comorbid posttraumatic stress disorder on occupational functioning in individuals with bipolar disorder*. Poster presented at the 44th Association for Behavioral and Cognitive Therapies Convention, San Francisco, CA.
- Deckersbach, T., Cowperthwait, C. M., Stange, J. P., Kansky, C. I., **Hay, A. C.**, & Nierenberg, A. A. (2010). *Effects of Comorbid ADHD and Bipolar Disorder on Occupational Functioning: Data from the National Comorbidity Survey Replication*. Poster presented at the 2010 World Congress for Behavioral and Cognitive Therapies, Boston, MA.
- Deckersbach, T., Cowperthwait, C. M., Stange, J. P., **Hay, A. C.**, Kansky, C. I., & Nierenberg, A. A. (2010). *Effects of Comorbid Anxiety Disorders and Bipolar Disorder on Work Performance: Data from the National Comorbidity Survey Replication*. Poster presented at the 2010 World Congress for Behavioral and Cognitive Therapies, Boston, MA.
- Stange, J. P., Cowperthwait, C. M., Kansky, C. I., **Hay, A. C.**, Nierenberg, A. A., & Deckersbach, T. (2010). *Chronic Medical Conditions in Bipolar Disorder: Do They Impair Functioning in the Workplace? Data from the National Comorbidity Survey Replication Study*. Poster presented at the 2010 World Congress for Behavioral and Cognitive Therapies, Boston, MA.
- Stange, J. P., Cowperthwait, C. M., **Hay, A. C.**, Kansky, C. I., Nierenberg, A. A., & Deckersbach, T. (2010). *The Impact of Bipolar Mood Episodes on Work Functioning: Data from the National Comorbidity Survey Replication Study*. Poster presented at the 2010 World Congress for Behavioral and Cognitive Therapies, Boston, MA.
- Sachs, G., Sylvia, L., Cowperthwait, C., **Hay, A.** & Peckham, A. (2010). *What's Personality got to do with it?* Symposium presented at the World Congress of Behavioral and Cognitive Therapies, Boston, MA.
- Peckham, A. D., **Hay, A. C.**, Cowperthwait, C. M., Stange, J. P., Ostacher, M. J., Nierenberg, A. A. & Deckersbach, T. (2010). *Occupational problems associated with drug and alcohol use in bipolar disorder*. Poster presented at the Massachusetts General Hospital Clinical Research Day, Boston, MA.
- Hay, A. C.**, Sylvia, L. G., Nierenberg, A. A., Ostacher M. J., Deckersbach, T., Miklowitz, D. J., Thase, M. E., Sachs, G. S. & Perlis, R. H. (2010). *Medication Adherence is Associated with Therapeutic Alliance in Bipolar Disorder*. Poster presented at the Massachusetts General Hospital Clinical Research Day, Boston, MA.
- Deckersbach, T., **Hay, A. C.**, Peckham, A. D., Stange, J. P., Cowperthwait, C. M., Sachs, G. S., Rauch, S. L. & Nierenberg, A. A. (2010). *Cognitive Rehabilitation for Bipolar Disorder: Efficacy and Predictors of Treatment Response*. Poster presented at the Massachusetts General Hospital Clinical Research Day, Boston, MA.

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- Sylvia, L. G., **Hay, A. C.**, Nierenberg, A. A., Ostacher, M. J., Deckersbach, T., Miklowitz, D. J., Thase, M.E., Sachs, G. S. & Perlis, R. H. (2010). *Association of Medication Adherence with Therapeutic Alliance in Individuals with Bipolar Disorder*. Poster presented at the 163rd American Psychiatric Association Conference, New Orleans, LA.
- Cowperthwait, C. M., **Hay, A. C.**, Ostacher, M. J., Sachs, G. S., Nierenberg, A. A., & Perlis, R. H. (2009). *The prevalence and implications of residual insomnia in euthymic bipolar patients*. Poster presented at the 162nd American Psychiatric Association Conference, San Francisco, CA.
- Sylvia, L. G., Cowperthwait, C. M., **Hay, A. C.**, Chandler, G. M., & Sachs, G. S. (2009). *BAS and BIS in the Assessment of Bipolar Disorder*. Poster presented at the 8th International Bipolar Conference, Pittsburgh, PA.
- Chandler, G. M., Cowperthwait, C. M., **Hay, A. C.**, Ostacher, M. J., Nierenberg, A. A., Sachs, G. S., & Sylvia, L. S. (2009). *Anxiety or irritability can lead to misdiagnosis of bipolar disorder: Results from systematic consultations at the MGH Collaborative Care Initiative (CCI) Consultation Service*. Poster presented at the 8th International Bipolar Conference, Pittsburgh, PA.
- Stange, J. P., Cowperthwait, C. M., **Hay, A. C.**, Kansky, C. I., Nierenberg, A. A., & Deckersbach, T. (2009). *The impact of major depressive episodes on work performance in bipolar disorder*. Poster presented at the 43rd Association for Behavioral and Cognitive Therapies Convention, New York, NY.
- Stange, J. P., Cowperthwait, C. M., Kansky, C. I., **Hay, A. C.**, Nierenberg, A. A., & Deckersbach, T. (2009). *Is there an impact of physical disability on work performance in bipolar disorder? Data from the National Comorbidity Survey Replication*. Poster presented at the 43rd Association for Behavioral and Cognitive Therapies Convention, New York, NY.
- Cowperthwait, C. M., Stange, J. P., **Hay, A. C.**, Kansky, C. I., Nierenberg, A. A., & Deckersbach, T. (2009). *Effects of anxiety disorders on occupational functioning in bipolar disorder*. Poster presented at the 43rd Association for Behavioral and Cognitive Therapies Convention, New York, NY.
- Cowperthwait, C. M., Stange, J. P., Kansky, C. I., **Hay, A. C.**, Nierenberg, A. A., & Deckersbach, T. (2009). *Effects of adult attention deficit/hyperactivity disorder on occupational functioning in bipolar disorder*. Poster presented at the 43rd Association for Behavioral and Cognitive Therapies Convention, New York, NY.

CLINICAL EXPERIENCE

- Clinician**, Center for Anxiety and Related Disorders, Boston University **September 2017 – June 2019**
Director: Lisa Smith, Ph.D., Director Emeritus: David Barlow, Ph.D.
Supervisors: Ellen Hendriksen, Ph.D., Lisa Smith, Ph.D., Todd Farchione, Ph.D.
- Provide empirically supported treatments to individuals with emotional disorders.
 - Complete psychodiagnostic assessments.
 - Write clinical reports, including intake evaluations, progress reports, and treatment plans.
- Doctoral Intern**, May Institute, Behavioral Health Specialty Track **August 2016 – July 2017**
Supervisor: Nancy Gajee, Ph.D., Beth Jerskey, Ph.D.
- Provided empirically supported treatments to culturally and ethnically diverse children, adolescents, adults, and families with moderate to severe psychopathology, primarily focusing on treatment of anxiety and trauma-related disorders.
 - Completed neuropsychological and psychological assessments.
 - Wrote clinical reports, including intake evaluations, progress reports, and treatment plans.
- Clinician**, Yale Child Study Center Program for Anxiety Disorders **September 2015 – May 2016**
Supervisors: Wendy Silverman, Ph.D., ABPP, Eli Lebowitz, Ph.D.
- Provided individual cognitive behavior therapy for children with anxiety disorders and supportive parenting treatment for parents of anxious children as part of a clinical research study.
 - Completed diagnostic interviews using the ADIS – Child and Parent versions.
 - Wrote clinical reports, including progress reports.

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Clinician, Yale Center for Anxiety and Mood Disorders **September 2012 – January 2016**
Supervisors: David Klemanski, Psy.D., Diane Sholomskas, Ph.D., Mary O'Brien, Ph.D.

- Provided individual therapy (primarily CBT) to adults and adolescents with primary mood and anxiety disorders and secondary personality and substance use disorders.
- Conducted dialectical behavior group therapy with an emphasis on mindfulness skills for community members.
- Conducted a mindfulness skills group for stress reduction with adolescents.
- Wrote clinical reports, including progress reports and treatment summary reports.

Assessment Clinician, Yale Center for Anxiety and Mood Disorders **Jan 2012 – Sept 2015**
Supervisors: David Klemanski, Psy.D., Marney White, Ph.D., Mary O'Brien, Ph.D.

- Administered Structured Clinical Interview for DSM-IV Axis I (SCID-I), Structured Clinical Interview for DSM-IV Axis II (SCID-II), and Anxiety Disorder Interview Schedule (ADIS-IV).
- Administered the Wechsler Adult Intelligence Scale-IV, Wechsler Memory Scale-IV, Minnesota Multiphasic Personality Inventory-2, and Thematic Apperception Test.
- Developed case conceptualizations and presented them at case conferences.
- Wrote psychodiagnostic assessment reports and integrated reports.

Psychodiagnostic Assessor, Yale Positive Emotion and Psychopathology Laboratory **Fall 2011-Spring 2013**
Principal Investigator: June Gruber, Ph.D.

- Administered the Structured Clinical Interview for DSM-IV (SCID-I) to assess the presence of Axis I psychological disorders in approximately 35 individuals with bipolar disorder, major depressive disorder, and individuals with no psychological disorders.
- Administered measures of symptom severity, including the Young Mania Rating Scale (YMRS) and Inventory for Depressive Symptomatology, Clinician (IDS-C) as well as measures of cognitive functioning, such as the Mini Mental State Examination (MMSE) and the letter-number sequencing task from the Wechsler Adult Intelligence Scale for approximately 35 individuals with bipolar disorder, major depressive disorder, and individuals with no psychological disorders.

Emotion Regulation Group Co-Facilitator, Massachusetts General Hospital **Fall 2010-Winter 2011**
Supervisors: Lori Eisner, Ph.D. and Thilo Deckersbach, Ph.D.

- Trained on emotion regulation manual for bipolar disorder.
- Co-led a weekly two-hour emotion regulation group for individuals with bipolar disorder.

Triage Coordinator, MGH Bipolar Clinic and Research Program **Fall 2008-Spring 2011**

- Responsible for assessing patient eligibility for entry into the clinic and determining appropriate clinical and research referrals.

Program Co-Coordinator, Collaborative Care Initiative, MGH BCRP **2008-2009**

- Coordinated all communication between the patients' treating clinicians and the BCRP psychiatrists for the Bipolar Clinic and Research Program Collaborative Care Initiative.
- Conducted structured diagnostic interviews with patients, including the International Neuropsychiatric Interview and mood rating and functioning scales.
- Conducted clinical interviews assessing social history, psychiatric history, medical history, habits, and early experiences.
- Administered and scored neuropsychological tests.

PROVISION OF CLINICAL SUPERVISION

Doctoral Intern, May Counseling Center at Walpole **November 2016 – March 2017**
Supervisor: Nancy Gajee, Ph.D.

- Provided individual supervision of two master's level clinicians on cognitive behavior therapy and psychodiagnostic assessment.

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Clinical Fellow, Yale Center for Anxiety and Mood Disorders

July 2014 – June 2015

Supervisors: David Klemanski, Psy.D., Marney White, Ph.D.

- Provided individual supervision and led group supervision for clinicians' individual therapy clients and psychological diagnostic assessments.
- Reviewed and provided feedback on student clinicians' clinical writing.
- Attended and supervised case conference meetings.
- Coordinated clinic outreach activities.

SERVICE & OUTREACH

Podcast Speaker, Houndast, Moravian College

Spring 2020

- Developed and presented on Mental Health during the time of COVID19 with co-presenter Dr. Robert Brill

Instructor, Mental Wellness Day, Moravian College

Spring 2020

- Developed and led a break-out session on behavioral activation and finding one's motivation for change.

Moderator, InFocus Symposium, Moravian College

Spring 2020

- Served as the panel moderator for the InFocus Symposium panel titled, "Finding Our Voices, Finding Our Way: A Community-Based Interdisciplinary Story Sharing Project"

Panelist, Careers Pathways for Science & Health, Pine Manor College

Spring 2018

- Served on a professional development panel for current Pine Manor College undergraduates and provided information about pursuing a career in Clinical Psychology.

Alumni Admissions Contact Program, Skidmore College

Fall 2016 - Present

- Interview prospective Skidmore students and run a Skidmore admissions table at local college fairs.

What is Mindfulness? The Basics of Mindfulness for Individuals with Chronic Pain

Spring 2015

- Designed and implemented an interactive presentation for women with interstitial cystitis on the basic principles of mindfulness, including staying in the present moment, practicing a nonjudgmental stance, and various mindfulness exercises.

Colloquium Series Committee Member, Yale University

Fall 2014-Spring 2015

- Coordinated guest speaker invitation, transportation, visit schedule, and department events.

Splash Lecture "Clinical psychology: What is mental illness?"

Spring 2014

- Splash is a biannual educational outreach program where high school and middle school students are invited to Yale University campus to take courses taught by Yale students.
- Designed and co-taught a lecture with fellow graduate student, Elizabeth Kneeland.

Alumni Panelist, Careers in Psychology, Skidmore College

Fall 2013

- Served on a professional development panel for current Skidmore undergraduates and provided information about pursuing a doctoral degree in Clinical Psychology.

Lead Coordinator, Accepted Graduate Student Events, Yale University

2012

- Coordinated, implemented, and oversaw all visiting student activities, including interview schedules, housing, tours, meals, and department gatherings.

Volunteer, Mood & Anxiety Disorders Institute Resource Center, Massachusetts General Hospital

2008-2009

- Assisted with preparation and execution of three mental health symposia. Symposia topics included depression, schizophrenia, and women's mental health.

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REVIEWING EXPERIENCE

<i>Behavior Therapy</i>	June 2020
<i>Cognitive Therapy and Research</i>	July 2018
<i>Emotion</i>	May 2018
<i>Motivation & Emotion</i>	January 2018
<i>Psychophysiology</i>	March 2013

PROFESSIONAL MEMBERSHIPS

<i>Association for Behavioral and Cognitive Therapies (ABCT)</i>	Fall 2011- Present
<i>American Psychological Association (APS)</i>	Spring 2015 – Spring 2017
<i>Society for Personality and Social Psychology (SPSP)</i>	Fall 2012-Spring 2014