

Fallon R. Goodman, M. A.

Department of Psychology
Center for the Advancement of Well-being
George Mason University
Fairfax, VA
fgoodman@gmu.edu

EDUCATION

Ph.D.	expected 5/2019	George Mason University , Fairfax, VA Clinical Psychology <i>Advisors:</i> Todd B. Kashdan, Ph.D., Patrick E. McKnight, Ph.D.
M.A.	12/2014	George Mason University , Fairfax, VA Psychology
B.S.	5/2012	University of Maryland , College Park, MD Psychology; Family Science Summa Cum Laude honors

HONORS AND AWARDS

SPSP Graduate Student Diversity Award	(2017)
SPSP Graduate Student Travel Award	(2017)
Dean's Challenge Award, College of Humanities and Social Sciences, GMU <i>(One of five PhD students across 20 departments chosen as scholarship recipient)</i>	(2016)
APA International Conference Travel Award	(2016)
Gonfalon Carrier, Department of Psychology, Commencement Ceremony, U. of Maryland	(2012)
Most Outstanding Undergraduate, School of Public Health Dean's Scholarship, U. of Maryland	(2011)
Phi Kappa Phi National Honor Society, U. of Maryland	(2011)
Summer Training and Research Program Fellowship, U. of Maryland	(2010, 2011)
Outstanding Achievement Award, College Park Scholars, U. of Maryland	(2010)
President's Academic Scholarship, U. of Maryland	(2008-2012)

SCIENTIFIC CONSULTING

BOOKS

- National Geographic. (2016). *The mind: A scientific guide to who you are, how you got that way, and how to make the most out of it.* Washington, DC: National Geographic. ([Link](#)).
Author: Daniels, P.
Scientific Consultants and Co-Authors: Kashdan, T. B., Young, K. C., & **Goodman, F. R.**
- National Geographic. (2014). *Your personality explained: Exploring the science of identity.* Washington, DC: National Geographic. ([Link](#)).
Scientific Consultants and Co-Authors: Kashdan, T. B., **Goodman, F. R.**, & Young, K.C.

PUBLICATIONS

Kashdan, T. B., **Goodman, F. R.**, Stikma, M. C., Milius, C. (in press). Sexuality leads to boosts in mood and meaning in life with no evidence for the reverse direction: A daily diary investigation. *Emotion*.

Folk, J. B., Disabato, D. J., **Goodman, F. R.**, Bricker-Carter, S., DiMauro, J., & Riskind, J. H. (in press). Wise additions bridge the gap between social psychology and clinical practice: Cognitive-behavioral therapy as an exemplar. *Journal of Psychotherapy Integration*.

Goodman, F. R., Disabato, D. J., Kashdan, T. B., & Machell, K. A. (2017). Personality strengths as resilience: A one-year multiwave study. *Journal of Personality*, 85, 423-434.

Disabato, D. J., **Goodman, F. R.**, Kashdan, T. B., Short, J. L., & Jarden, A. (2016). Different types of well-being? A cross-cultural examination of hedonic and eudaimonic well-being. *Psychological Assessment*, 28, 471-482.

Kashdan, T. B., **Goodman, F. R.**, Mallard, T. M., Dewall, C. N., & Nguyen, L. (2016). What triggers anger in everyday life? Links to the intensity, control, and regulation of these emotions, and personality traits. *Journal of Personality*, 84, 737-749.

Kashdan, T. B., Rottenberg, J., **Goodman, F. R.**, Disabato, D. J., & Begovic, E. (2015). Lumping and splitting in the study of meaning in life: Thoughts on surfing, surgery, scents, and sermons. *Psychological Inquiry*, 26, 336-342.

Goodman, F. R. & Kashdan, T. B. (2015). Behind the scenes of clinical research: Lessons from a mindfulness intervention with student-athletes. *The Behavior Therapist*, 38, 157-159.

Machell, K. A., **Goodman, F. R.**, & Kashdan, T. B. (2015). Experiential avoidance and well-being: A daily diary analysis. *Cognition and Emotion*, 29, 351-359.

Lucas, N. & **Goodman, F. R.** (2015). Well-being, leadership, and positive organizational scholarship: A case study of project-based learning in higher education. *The Journal of Leadership Education*, 14, 138-152.

Kleiman, E. M., Kashdan, T. B., Monfort, S. S., Machell, K. A., & **Goodman, F. R.** (2015). Perceived responsiveness during an initial social interaction with a stranger predicts a positive memory bias one week later. *Cognition and Emotion*, 29, 332-341.

Kashdan, T. B., DiMauro, J., Disabato, D. J., Folk, J. B., Carter, S., & **Goodman, F. R.** (2015). Creating clinical psychology graduate courses that lead to peer reviewed publications: A case study. *The Behavior Therapist*, 38, 47-49.

Kashdan, T.B., **Goodman, F. R.**, Machell, K. A., Kleiman, E. M., Monfort, S. S., & Ciarrochi, J., & Nezlek, J. (2014). A contextual approach to experiential avoidance and social anxiety: Evidence from an experimental interaction and daily interactions of people with social anxiety disorder. *Emotion*, 14, 769-781.

Goodman, F. R., Kashdan, T. B., Mallard, T. M., & Schumann, M. (2014). A brief mindfulness and yoga intervention with an entire NCAA division I athletic team: An initial investigation. *Psychology of Consciousness: Theory, Research, and Practice*, *1*, 339-356.

Kaczmarek, L. D., **Goodman, F. R.**, Kashdan, T. B., Drażkowski, D., Połatyńska, & K., Komorek, J. (2014). Instructional support decreases desirability and initiation of a gratitude intervention. *Personality and Individual Differences*, *64*, 89–93.

Kaczmarek, L. D., Kashdan, T. B., Drażkowski, D., Bujacz, A., & **Goodman, F. R.** (2014). Why do greater curiosity and fewer depressive symptoms predict gratitude intervention use? Desirability, social norm beliefs, and perceived self-control. *Personality and Individual Differences*, *66*, 165–170.

MANUSCRIPTS UNDER REVIEW

Goodman, F. R., Disabato, D. J., Kashdan, T. B., & Kaufman, S.B., (under review). *How useful are the latest models of well-being compared with older models? The need for critical, empirical examination.*

Goodman, F. R., Stikma, M. C., Kashdan, T. B. (under review). *Liquid antidote: Alcohol consumption reduces the adverse effects of social anxiety during social interactions.*

Disabato, D. J., **Goodman, F. R.**, & Kashdan, T. B. (under review). *Is grit relevant to well-being? Evidence across the globe for separating perseverance of effort and consistency of interests.*

MANUSCRIPTS IN PREPRATION

Goodman, F. R., Kashdan, T. B., Blalock, D. V., Stikma, M. C. (in preparation). *Everyday strivings in people with social anxiety disorder.*

RESEARCH FUNDING

GRANTS RECEIVED

Title: Motivational underpinnings of alcohol use for people with Social Anxiety Disorder: A daily diary study

Source: NIH Pre-Doctoral Ruth L. Kirschstein National Research Service Award (NRSA) (F31-AA024372, National Institute on Alcohol Abuse and Alcoholism)

Role: Principal Investigator (Sponsor: Todd B. Kashdan, Ph.D.; Co-Sponsor: Howard Tennen, Ph.D.)

Award: \$63,788

Term: 2016-2018

Title: The freedom to choose: Psychological flexibility and well-being in everyday life

Source: Charles Koch Foundation Dissertation Grant

Role: Principal Investigator (Sponsor: Todd B. Kashdan, Ph.D.)

Award: \$5,000 (2016-2018)

Title: Profiles of emotion regulation across the world
Source: Psychology Department Diversity Committee, George Mason University
Role: Principal Investigator (Co-Principal Investigator: Melissa Stiksma)
Award: \$1,700
Term: 2016-2017

Title: Social anxiety and alcohol use
Source: Provost Office PhD Award, George Mason University
Role: Principal Investigator
Award: \$1,500
Term: 2016-2017

Title: The transdiagnostic nature of distress tolerance
Source: Provost Office PhD Award, George Mason University
Role: Principal Investigator (Co-Principal Investigator: David Disabato, M.A.)
Award: \$1,500
Term: 2016

UNFUNDED GRANTS

Title: What do people with Social Anxiety Disorder strive for?
Source: Provost Office PhD Award, George Mason University
Role: Principal Investigator
Cost: \$1,900

Title: Daily drinking behaviors and emotion regulation for people with social anxiety disorder
Source: District of Columbia Psychological Association, Basic Psychological Research Grant
Role: Principal Investigator
Cost: \$1,000

EDITORIAL ACTIVITIES

Ad hoc Reviewer: *Acta Psychologica*
Anxiety, Stress, & Coping
Behavior Modification
Clinical Psychological Science
Clinical Psychologist
Journal of Affective Disorders
Journal of Anxiety Disorders
Journal for Clinical Child and Adolescent Psychology
Journal of Clinical Psychology
Journal of Positive Psychology
Journal of Psychopathology and Behavioral Assessment
Journal of Social and Clinical Psychology
Journal of Youth and Adolescence
Medical Journals
Personality and Individual Differences
Perspectives on Psychological Science
Social Behavior and Personality

CHAired SYMPOSIA

Goodman, F. R. (2016, July). *The transdiagnostic nature of distress tolerance: Strengths, detriments, and a new measure*. Symposium presented at the 31st International Congress of Psychology, Yokohama, Japan.

Goodman, F. R., & Young, K. C. (2015, May). *It takes two: Examining dynamic, couple-level factors in romantic relationships*. Symposium presented at the annual convention of the Association for Psychological Science, New York, NY.

PRESENTATIONS

Goodman, F. R. (2017, April). *A problem of reinforcement: Alcohol consumption mitigates adverse effects of social anxiety*. Presentation given at the Annual Data Blitz Meeting for the laboratory of Measurement, Research Methodology, Evaluation, and Statistics. Fairfax, VA.

Goodman, F. R., & Stikma, M. C. (2017, April). The building blocks of psychological flexibility. Presentation given to the Department of Health Administration and Policy, George Mason University, Fairfax, VA.

Goodman, F. R., Disabato, D. J., & Kashdan, T. B. (2017, January). *Is grit relevant to well-being? Cross-cultural evidence for separating perseverance of effort and consistency of interests*. Presentation given at the annual convention of the Society for Personality and Social Psychology, San Antonio, TX.

Disabato, D. J., **Goodman, F. R., Kashdan, T. B., & Kaufman, S. B.** (2017, January). *General well-being: The G of Well-being Research*. Presentation given at the annual convention of the Society for Personality and Social Psychology, San Antonio, TX.

Milius, C. R., **Goodman, F. R., Stikma, M. C., Kashdan, T. B.** (2017, January). *Sexuality and well-being in daily life: Nailing directionality*. Presentation given at the annual convention of the Society for Personality and Social Psychology, San Antonio, TX.

Goodman, F. R., & Mehlenbeck, R. S. (2016, September). *Resilience in the classroom: Wise interventions to enhance creative and reflective learning*. Presentation given at the 2016 Innovations in Teaching & Learning (ITL) Conference: Cultivating Creative and Reflective Learners, Fairfax, VA.

Goodman, F. R. & Kashdan, T. B. (2016, July). *Psychological needs satisfaction and the ability to tolerate pain in everyday life*. Presentation given at the 31st International Congress of Psychology, Yokohama, Japan.

Disabato, D. J., **Goodman, F. R., & Kashdan, T. B.** (2016, July). *Sustained distress tolerance to achieve well-being and long-term goals: Comparing perseverance of effort and consistency of interests from the Grit Scale*. Presentation given at the 31st International Congress of Psychology, Yokohama, Japan.

Quartuccio, J., Disabato, D. J., Franz, S., Alexander, L., **Goodman, F. R.**, Stikma, M. C., Blalock, D., McKnight, P.E., & Kashdan, T. B. (2016, July). *Psychometrics of a scenario-based distress tolerance measure*. Presentation given at the 31st International Congress of Psychology, Yokohama, Japan.

Goodman, F. R., Disabato, D. J., & Kashdan, T. B. (2016, April). *Well-being across the world: The danger of sharp lines*. Presentation given at the Annual Data Blitz Meeting for the laboratory of Measurement, Research Methodology, Evaluation, and Statistics. Fairfax, VA.

Disabato, D. J., **Goodman, F. R.**, & Kashdan, T. B. (2016, April). *To CFA or EFA - that is the question*. Presentation given at the Annual Data Blitz Meeting for the laboratory of Measurement, Research Methodology, Evaluation, and Statistics. Fairfax, VA.

Goodman, F. R., Disabato, D. J., & Kashdan, T. B. (2016, January). *Two types of well-being? A closer look at the hedonia and eudaimonia distinction across 109 countries*. Paper presented at the annual meeting for the Society of Personality and Social Psychology. San Diego, CA.

Goodman, F. R., Kashdan, T. B., & McKnight, P. E. (2015, November). *Everyday strivings in people with social anxiety disorder*. In Berghoff, C. R. (Chair). *Living life to the fullest: Leveraging personal value-directed behavior to enhance well-being and undermine psychological distress*. Paper presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Kashdan, T. B., Blalock, D., **Goodman, F. R.**, Disabato, D. J., Alexander, L., & McKnight, P. E. (2015, November). *Social anxiety and distress tolerance in every day life: A daily diary study of romantic couples*. In Richey, J. A. (Chair). *Does SAD fit in the research domain criteria?: Opportunities and challenges within the NIMH vision for translational research*. Paper presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Goodman, F. R., Kashdan, T. B., McKnight, P. E., Farmer, A. (2015, May). *Power play: Variations of power perceptions in romantic relationships*. In **F. R. Goodman** & K. C. Young (Chairs). *It takes two: Examining dynamic, couple-level factors in romantic relationships*. Paper presented at the annual convention of the Association for Psychological Science, New York, NY.

Goodman, F. R. & Mehlenbeck, R. S., (2015, May). *Building resilience into education*. Presentation given at Fairfax County Public Schools' Annual Community Conversation on Teen Stress, Fairfax, VA.

Kashdan, T.B., Farmer, A., Ferssizidis, P., **Goodman, F. R.**, Machell, K., & Monfort, S. (2014, November). *A contextual approach to experiential avoidance and social anxiety*. In J.A. Richey (Chair). *Expanding the focus in social anxiety disorder: A deep dive into completely novel approaches for conceptualization and treatment*. Paper presented at the annual convention of the Association for Behavior and Cognitive Therapies, Philadelphia, PA.

Monfort, S.S., Kleiman, E.M., Kashdan, T. B., Machell, K.A., & **Goodman, F. R.** (2013, November). *Capitalization support during an initial social interaction predicts memory bias*. In T.M. Erickson (Chair). *Amplifying and dampening positive emotional states: Implications for emotional disorders*. Paper presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

Franz, S., Quartuccio, J., **Goodman, F. R.**, & McKnight, K. (2012, May). *A comparison of SEM, HLM, and Bayesian approaches to dyadic partner interactions*. Presentation given at the annual convention for the Association for Psychological Science, Washington, D.C.

POSTER PRESENTATIONS

†Denotes student mentored or supervised.

Goodman, F. R., †Larrazabal, M. A., Doorley, J. D., & Kashdan, T.B. (2017, November). *Maximize pleasure or minimize pain? Implicit beliefs about well-being moderate the relationship between anxiety and well-being*. Poster to be presented at the annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

†Lauber, M.D., Disabato, D. J., **Goodman, F. R.**, †Whimpey, A. I., & Kashdan, T. B. (2017, November). *Persevering through avoidance: Grit as a shield against diminished well-being*. Poster to be presented at the annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Doorley, J. D., †Milius, C., †West, J., **Goodman, F. R.**, & Kashdan, T. B. (2017, November). *When is it beneficial to believe that emotions are malleable? The interplay among implicit emotion beliefs and experiential avoidance in predicting well-being*. Poster to be presented at the annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Goodman, F. R., Yarbro, J., Kashdan, T. B., McKnight, P. E. (2017, January). *Pathways to meaning in life: Managing emotions and persevering towards valued goals*. Poster presented at the annual convention of the Society of Personality and Social Psychology, San Diego, CA.

Goodman, F. R., Stikma, M. C., & Kashdan, T. B. (2016, October). *Liquid antidote: Alcohol attenuates adverse effects of social anxiety during social interactions*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

Goodman, F. R., †Lauber, M. D., Stikma, M. C., Blalock, D. V., †Milius, C. R., †Whimpey, A. I., Kashdan, T. B. (2016, October). *Fear of success? When and why people with Social Anxiety Disorder strive for power and achievement*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

Stikma, M. C., †Milius, C. R., **Goodman, F. R.**, Blalock, D. V., †Lauber, M. D., †Whimpey, A. I., Kashdan, T. B. (2016, October). *Interpersonal desire and dysfunction: An analysis of strivings in people with social anxiety disorder*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.

Goodman, F. R. & Kashdan, T. B. (2015, November). *Social anxiety, emotion regulation, and alcohol use: A daily diary study*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Goodman, F. R., Lucas, N., & †Milius, C. R. (2015, May). *Creating and measuring a well-being university*. Poster presented at the annual convention of the Association for Psychological Science, New York, NY.

Yarbro, J., **Goodman, F. R.**, Kashdan, T. B., McKnight, P. E. (2015, May). *Daily emotion regulation, meaning in life, and goal pursuit*. Poster presented at the annual convention of the Association for Psychological Science, New York, NY.

Disabato, D. J., **Goodman, F. R.**, Kashdan, T. B., Jarden, A., (2015, May). *Perseverance of effort - not consistency of interests - predicts well-being*. Poster presented at the annual convention of the Association for Psychological Science, New York, NY.

Goodman, F. R., Kashdan, T. B., Kaczmarek, L. D. (2014, November). *Gratitude interventions: Targets to increase participation*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Goodman, F. R., †Mallard, T. T., & Kashdan, T. B. (2014, November). *A brief mindfulness and yoga intervention with an entire Division I athletic team: Preliminary evidence and lessons learned*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Disabato, D. J., **Goodman, F. R.**, Kashdan, T. B., Jarden, A., Short, J. L. (2014, November). *Measuring well-being in clinical psychology*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Goodman, F. R., Farmer, A. S., †Rana, V. A., †Bonner, J. A., †Rivera, R., & Kashdan, T. B. (2013, November). *Smiling and laughter during romantic relationship interactions: Indicators of relationship quality*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

Goodman, F. R., †Mallard, T. T., Farmer, A. S., & Kashdan, T. B. (2013, November). *Congruency of perceived power in romantic relationships and implications for relationship quality*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

Bullock, J., Biswas-Diener, R., **Goodman, F. R.**, Diener, E., & Kashdan, T. B. (2013, June). *The hospitality research project*. Poster presented at the Third World Congress on Positive Psychology, Los Angeles, CA.

Goodman, F. R., Machell, K. A., & Kashdan, T.B. (2013, May). *Experiential avoidance and daily well-being*. Poster presented at the annual convention for the Association for Psychological Science, Washington, D.C.

Goodman, F. R., Russell, B. A. H., & Hatfield, B. D. (2011, November). *Measuring residual processing capacity under different levels of task difficulty*. Poster presented at the annual convention of the Mid-Atlantic Chapter of the American College of Sports Medicine, Harrisburg, PA.

Goodman, F. R., Russell, B. A. H., & Hatfield, B. D. (2011, September). *Auditory processing of deviant tones under different levels of cognitive workload*. Poster presented at the annual School of Public Health Research Interaction Day, College Park, MD.

Goodman, F. R., Russell, B. A. H., Rietschel, J., & Hatfield, B. D. (2010, August). *The impact of anxiety on cognitive processes during varying degrees of visuo-motor challenge*. Poster presented at the annual meeting for University of Maryland Summer Training and Research Program, College Park, MD.

SCIENTIFIC RESEARCH TRAINING

GEORGE MASON UNIVERSITY, Fairfax, VA

Graduate Research Associate

8/2012–present

The Well-Being Lab

Advisor: Todd B. Kashdan, Ph.D.

Designed daily diary study examining social anxiety, emotion regulation, and alcohol use. Coordinate training efforts for coding of qualitative data on personal strivings and positive emotional expression. Assist on multiple projects including the measurement of well-being, social anxiety, emotion regulation, and personality strengths. Manage, clean, and analyze data from experience-sampling, cross-sectional, and multiwave studies.

Research Advising

Undergraduate Honor Theses Mentored: Cayla Milius

Undergraduate Students Mentored (Research Assistants): Josh Bonner, Barbara Clark, Verda Dar, Michelle Gilmer, MarLa Lauber, Travis Mallard, Cayla Milius, Roberto Rivera, Melissa Simkol, Maggie Westwater, Ashley Wimpey

Doctoral Research Fellow

6/2013–present

Center for the Advancement of Well-being (CWB)

Advisor: Nance Lucas, Ph.D.

Designed study that examines the effect of grit on well-being, academic performance, and resilience to negative life effects. Designed experimental study that tests the effect of strengths-based experiential exercises on well-being and knowledge and use of personal strengths. Coordinate all sponsored research activities. Administer assessment tool for all CWB academic courses, programs, and sponsored programs. Designed mindfulness-based intervention for NCAA Division I athletic team, and collected, managed, and analyzed data. Manage and coordinate implementation and data analysis of alumni census and study survey for Gallup Organization partnership.

UNIVERSITY OF MARYLAND, College Park, MD

Undergraduate Research Assistant

5/2011–5/2012

Comprehensive Assessment and Intervention Program

Advisor: Andres De Los Reyes, Ph.D.

Administered clinical assessments measuring multiple dimensions of adolescent social anxiety (e.g., self-report, heart rate variability, cortisol, Trier Social Stressor Task). Trained lab members on assessment administration. Recruited study participants and coordinated assessments. Assisted with development of behavioral coding manual.

Undergraduate Research Assistant

9/2009–5/2012

Laboratory for the Study of Child & Family Relationships

Advisor: Kenneth H. Rubin, Ph.D.

Conducted behavioral coding of children during pre-taped and live free and structured play sessions. Lead training program for behavioral coding scales

Undergraduate Research Assistant

6/2010–8/2011

Cognitive Motor Neuroscience Lab

Advisor: Bradley D. Hatfield, Ph.D.

Administered structured protocols using Electroencephalography (EEG) to investigate relationships

April 2017

Goodman [10]

between cognitive workload, cognitive processing, and anxiety. Processed, cleaned, and analyzed EEG data.

Undergraduate Research Assistant

9/2010–5/2011

The Center for Healthy Families

Advisor: Norman Epstein, Ph.D., Carol Werlinich, Ph.D.

Coded therapist adherence to structured cognitive behavioral therapy protocol.

CLINICAL TRAINING

INOVA Hospital Outpatient Adult Medication Management

6/2016-6/2017

Clinical Psychology Resident

Setting: Medical Clinic

Supervisor: Robyn Mehlenbeck, Ph.D.

Provide weekly evidence-based psychotherapy using cognitive behavioral therapy techniques to adults with chronic and serious mental illness. All patients concurrently receive psychotropic medication through Inova Fairfax Hospital, primarily presenting with anxiety and mood disorders. Consult with clients' psychiatrists and physicians to coordinate treatment. Participate in weekly group supervision.

Pediatric Specialists of Virginia, Children's National Medical Center

6/2016—5/2017

Clinical Psychology Resident

Setting: Medical Clinic

Supervisors: Jessica Parrish, Ph.D. & Kendra Battaglia, Psy.D.

Deliver brief, evidenced-based behavioral health interventions in a hospital medical clinic to children with Type I Diabetes (T1D), gastrointestinal (GI) complications, and their families. Conduct behavioral health consultations to assess for T1D/GI treatment adherence, depression, anxiety, and eating disorders. Deliver motivational interventions for treatment adherence for patients and their families, develop treatment plans, and provide referrals as appropriate. Attend weekly individual and group supervision.

Partial Hospitalization Program, INOVA Hospital

6/2015–6/2016

Clinical Psychology Resident

Setting: Medical Clinic

Supervisor: Valerie Patton, LPC

Lead individual and group psychotherapy for intensive outpatient program for patients with serious mental illness (bipolar disorder, suicidality, schizophrenia). Consult daily with mental health team consisting of psychiatrist, registered nurse, licensed clinical social worker, licensed clinical psychologist, and licensed professional counselor.

Integrated Treatment Program (ITP), George Mason University

6/2014–3/2015

Research Study Psychotherapist, NIH-funded clinical trial

Setting: Outpatient Community Mental Health Clinic

Supervisors: Christianne Esposito-Smythers, Ph.D. & Sarah Fischer, Ph.D.

Administer integrated CBT treatment protocol for adolescents involved in the juvenile justice system and their parents. Consult with psychiatrists, physicians, school counselors, and Fairfax County Court System to coordinate treatment. Attend weekly group supervision; full sessions reviewed by audiotape.

Center for Psychological Services, George Mason University,
Psychotherapist

10/2013–9/2015

Conduct structured and semi-structured psychodiagnostic interviews. Provide weekly psychotherapy using Cognitive Behavioral Therapy (CBT) to children, teenagers, and adults for social anxiety, generalized anxiety, panic disorder, depression, specific phobia, and PTSD. Co-lead weekly group therapy for teenagers with social anxiety. Administer one-session exposure (OST) treatment for specific phobias. Provide family therapy to individual therapy clients facing family conflict or distress. Consult with psychiatrists, physicians, school counselors, and parents to coordinate treatment. Attend didactic training on topics including suicide prevention, transgender and multicultural issues, and substance use disorders. Participate in weekly practicum course with dyadic training in problem-solving, skill-building, behavioral modification, and family communication. Participate in weekly individual and group supervision.

Supervisors: Sarah Fischer, Ph.D., Christiane Esposito-Smythers, Ph.D., Robyn Mehlenbeck, Ph.D., Joanna Marino, Ph.D., Christine Golden, Ph.D., Jeffrey Pollard, Ph.D.

Center for Psychological Services, George Mason University
Psychodiagnostic Evaluator

9/2012–present

Conduct comprehensive psycho-educational assessments including diagnostic evaluations for Autism Spectrum Disorders, Attention-Deficit/Hyperactivity Disorder, Learning Disorders, and other socioemotional disorders in children, adolescents, and adults. Provide assessment report, feedback, and clinical recommendations.

Supervisors: Angela Boone, Ph.D., Robyn Mehlenbeck, Ph.D.

Cognitive Assessment Program, George Mason University
Psychodiagnostic Evaluator

9/2012–present

Conduct assessments of intellectual functioning for children aged 6 – 16 for educational placement. Provide assessment reports and feedback.

Supervisors: Dawna Thompson, Ph.D., Jerome Short, Ph.D.

TEACHING EXPERIENCE

GEORGE MASON UNIVERSITY, Department of Psychology, Fairfax, VA*Instructor/Co-Instructor*

Leadership and Positive Organizations (NCLC474) *Co-designed course	Spring 2015
Understanding Happiness and Human Well-Being (NCLC475)	Fall 2013
Research Methods Lab (PSYC301)	Fall 2012, Spring 2013, Summer 2013

Teaching Assistant

Introduction to Psychology (PSYC100)	Fall 2012, Spring 2013
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UNIVERSITY OF MARYLAND, Department of Psychology, College Park, MD*Teaching Assistant*

Psychology of Communication and Persuasion (PSYC424)	Fall 2011, Spring 2012
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SERVICE TO UNIVERSITY AND COMMUNITY

Co-chair, Resilience Working Group, Well-being University Initiative, GMU

07/2014–present

April 2017

Goodman [12]

Invited member, Well-being Learning Community, GMU

06/2013–present

Presenter for guided mediation, United States House of Representatives

08/2015

Class representative, Clinical Psychology Department, GMU

06/2014–06/2015

Presenter, Fairfax County Public Schools (FCPS) Community Conversation

05/2015

Academic mentor, OSCAR Undergraduate Research Scholars Program

07/2015–present

SPECIALIZED PROFESSIONAL TRAINING

Recognizing and Responding to Suicide Risk (RRSR): Essential skills for clinicians, American Association of Suicidology (AAS) training, *George Mason University Counseling and Psychological Services*, Fairfax, VA (September 2012).

Multilevel Modeling Workshop, *Annual Convention of the Association for Psychological Science*, Washington, D.C. (May 2013).

MEMORE: Mediation and Moderation in Repeated Measures Designs. *Annual Convention of the Association for Personality and Social Psychology*, San Antonio, TX (January 2017).

Substance Use Disorders and Addictions Series, *American Psychological Association*, Webinar (February - March 2017).

PROFESSIONAL AFFILIATIONS

American Psychological Association (APA)

Association for Behavioral and Cognitive Therapies (ABCT)

Association for Psychological Science (APS)

Psi Chi, International Psychology Honors Society

Society for Personality and Social Psychology (SPSP)

Society for a Science of Clinical Psychology (SSCP)