

*Curriculum Vitae*

**Ursula Whiteside, PhD**

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**Bio**

Ursula Whiteside, PhD (@ursulawhiteside, or <https://twitter.com/ursulawhiteside>) is an advocate for the consumer or lived experience voice in suicide prevention and has developed an online public resource and non-profit based on Dialectical Behavioral Therapy (DBT) skills: [NowMattersNow.org](http://NowMattersNow.org). She is co-investigator on grants from the American Foundation for Suicide Prevention and the National Institute of Mental Health. She is a licensed clinical psychologist with over 15 years in the field of research and treatment for severely suicidal individuals. Dr. Whiteside also serves as faculty on the National Action Alliance for Suicide Prevention's Zero Suicide initiative (see [ZeroSuicide.com](http://ZeroSuicide.com)), which is focused on dramatically improving the way healthcare systems respond to suicidal individuals.

**Current Activities**

CEO // [NowMattersNow.org](http://NowMattersNow.org)

ZERO SUICIDE FACULTY // [National Action Alliance](http://NationalActionAlliance.org)

CLINICAL FACULTY // [University of Washington](http://UniversityofWashington.edu)

BOARD MEMBER // King County Crisis Line

BOARD MEMBER // United Suicide Survivors International

CONSULTANT // Facebook's Compassionate Responses to Suicidal Individuals in Social Media Team

**Education**

**Postdoctoral Fellowship**

2010-2012

**Group Health Research Institute**, Seattle, WA

Two-year research fellowship involving training in epidemiological and health services delivery research

*Research Mentor:* Greg Simon

**Clinical Internship**

2009-2010

**University of Washington School of Medicine**, Seattle, WA

One-year clinical internship involving rotations in psychiatry consultation-liaison, outpatient psychiatry, and inpatient psychiatry

*Research Mentor:* David C. Atkins

*Clinical Supervisors:* Chris Dunn, Debra Kaysen, Christopher Martell, Barbara McCann, Steven Vannoy, Doug Zatzick, Karina Uldall

**Doctorate**

2002-2010

**University of Washington**, Seattle, WA

Clinical Psychology

*Graduate Advisor:* Mary E. Larimer

*Dissertation:* "A brief personalized feedback intervention integrating a Motivational Interviewing therapeutic style and DBT skills for depressed or anxious heavy drinking young adults"

*Dissertation Committee Members:* Mary Larimer, Marsha Linehan, Alan Marlatt, Clayton Neighbors, William George

**Master of Science**

2002-2004

**University of Washington**, Seattle, WA

Clinical Psychology

*Master's Thesis:* "Binge eating and emotion regulation: Do binge eaters have fewer skills to modulate and tolerate negative affect?"

*Advisors:* Mary Larimer, Eunice Chen

***Bachelor of Arts***

1999-2001

1999

1997-1998

**University of Washington**, Seattle, WA

Psychology

**Oxford University**, Oxford, England

**Bemidji State University**, Bemidji, MN

**Grants: Current Support**

***Principal Investigator***

**Understanding Attempts in Individuals who Report No Recent Suicide Ideation**

2015 – 2018

American Foundation for Suicide Prevention (SRG 015013)

Total funding: \$90,000

***Co-Investigator***

**Pragmatic Trial of Population-Based Programs to Prevent Suicide Attempt**

2014 – 2018

National Institute of Mental Health (UH3 MH007755)

Total funding: ~\$1,612,560 x 4years

**Grants: Past Support**

***Fellowship***

**Feasibility of an Online Intervention for Population-Based Suicide Prevention**

2012 – 2014

American Foundation for Suicide Prevention (PDF 011811)

Total funding: \$96,060

Mentor: Gregory Simon

***Principal Investigator***

**Pilot Study of Online Interventions for Population-Based Suicide Prevention**

2012 – 2014

National Institute of Mental Health (R34 MH097836)

Total funding: ~\$307,200 x 2years

***Grant Award***

**Extramural Loan Repayment Program for Clinical Research (LRP-CR)**

2010-2012

National Institute on Alcohol Abuse and Alcoholism

***Co-Investigator***

**Pragmatic Trial of Population-Based Programs to Prevent Suicide Attempt**

2012 – 2014

National Institute of Mental Health (UH2 AT00775501)

Direct funding: ~\$760,304 x 2 years

***Principal Investigator***

2007 – 2009

**Adapting Interventions for College Student Drinkers**

National Institute on Alcohol Abuse and Alcoholism (F31AA016038)

Direct costs: \$80,000

Mentor and Sponsor: Mary Larimer

Other Mentors: David Atkins, Theodore Beauchaine, and Marsha Linehan

***Principal Investigator***

2007 – 2009

**Enhancing Interventions for College Students Drinking to Cope**

Alcohol and Drug Abuse Institute (651406)

Direct costs: \$20,000

Sponsor: Mary Larimer

***Principal Investigator***

**Dissertation Grant Award**

2008 Division 12 of APA: Society for a Science of Clinical Psychology  
Direct costs: \$500

**Co-Investigator** **Pilot and Evaluation of Online CBT for Depressed Primary Care**  
2010-2012 Group Health Foundation Innovation Award  
Direct costs: ~\$30,000

## **Distinguished Roles, Awards and Honors\***

### **Expert Advisor**

2015-present [Project 2025: To Reduce the Suicide Rate 20%](#), American Foundation for Suicide Prevention

### **Committee Member**

2016-present National Suicide Prevention Lifeline, Lifeline Standards, Trainings and Practices Subcommittee

### **Chair**

2014-2015 Surveillance, Research, and Evaluation for Washington State Strategic Suicide Prevention Plan

### **Delegate**

2014-present Washington State Suicide Prevention Implementation Team - Military, Service Members and Families

### **Distinguished Service Award**

2009 University of Washington, for role of Psychology Subject Pool Manager

### **Distinguished Teaching Award Nominee**

2009 University of Washington, Department of Psychology

### **University of Washington Undergraduate Research Mentor Award Nominee**

2009 Undergraduate Research Program and UW Alumni Association

### **Dissertation Recognition Grant Award**

2008 Society for Science of Clinical Psychology

### **Travel and Meeting Award/Scholar**

2008 Guze Symposium on Alcohol

### **Wagner Memorial Travel Award**

2004, 2005 Department of Psychology at the University of Washington

### **First Place Poster Presentation Award**

2003 Washington State Psychological Association

### **Henriques International Scholarship Award for Oxford Study Abroad**

1999 Bemidji State University

*\*University of Washington Clinical Psychology Graduate Program Awards: Award for Innovative Practices in Graduate Education in Psychology from the American Psychological Association, Distinguished Program Award from the Association for Behavioral and Cognitive Therapies, Tied for #1 Clinical Psychology Program in US News and World Reports rankings*

## Publications in Peer Reviewed Journals

Orchid ID: <https://orcid.org/0000-0003-3218-1013>

1. **Whiteside U**, Richards J, Huh D, Hidalgo R, Nordhauser R, Wong AJ, Zhang X, Luxton DD, Ellsworth M, Lezine D. Development and evaluation of a web-based resource for suicidal thoughts: NowMattersNow.org. *Journal of medical Internet research*. 2019;21(5):e13183.
2. Richards JE, Hohl S, **Whiteside U**, Ludman EJ, Grossman D, Simon G, Shortreed S, Lee AK, Parrish R, Shea M, Caldeiro R, Penfold R, Williams EC. (in press). If You Listen, I Will Talk: The Experience of Being Asked about Suicidality during Routine Primary Care. *J Gen Intern Med* in press.
3. Lostutter, T. W., **Whiteside, U.**, Parker, M. Lewis, M., Kleiber, B.V., Neighbors, C. & Larimer, M. E. (in press). Suicidality of college student gamblers: Is severity of gambling behavior related to level of suicidality? *Journal of Gambling Issues*.
4. Richards J. E., **Whiteside U.**, Ludman E. J., Pabiniak, C. Kirlin, B., Hidalgo, R., Simon G. E. (in press). Understanding Suicide Attempts by Patients Who Do Not Report Ideation: A Qualitative Study of Adult Patients in a Health Care Delivery System. *Psychiatric Services*.
5. Penfold, R. B., **Whiteside, U.**, Johnson, E. E., Stewart, C., Oliver, M., Shortreed, S. M., Beck, A., Coleman, K. J., Rossom, R. C., Operskalski, B.; Gregory E. Simon (in press), Predicting Fatal and Non-fatal Suicide Attempt Among Adolescents Using Item 9 of the PHQ9. *Journal of the American Academy of Child and Adolescent Psychiatry*.
6. Ludman E. J., Simon G. E., **Whiteside U.**, Richards J. E., Pabiniak, C. (2018). Re-evaluating sensitivity of self-reported suicidal ideation. *Journal of Clinical Psychiatry*. DOI: 10.4088/JCP.17112017
7. Simon, G. E., Shortreed, S. M., Johnson. E., Beck, A., Coleman, K. J., Rossom, R., **Whiteside, U.** Operskalski, B., Penfold, R. B. (2017). Between-visit changes in suicidal ideation and risk of subsequent suicide attempt. *Depression and Anxiety*, 34(9), 794-800. doi: 10.1002/da.22623.
8. Boggs, J., Clarke, A., Rohm, L., Beck, A., Rossom, R., Richards, J., Dimidjian, S., **Whiteside, U.**, Segal, Z., Simon, G. (2016). Integrating Technology into Mental Health Intervention Trials. *Journal of Patient-Centered Research and Reviews*, 3(3), 199.
9. Rossom, R., Simon, G., Beck, A., Richards, J., Kirlin, B., King, D., Shulman, L., Ludman, E., Penfold, R., Shortreed, S. M., **Whiteside, U.** (2017). Population-Based Outreach Versus Usual Care to Prevent Suicide Attempt: Study Protocol for a Randomized Clinical Trial. *Journal of Patient-Centered Research and Reviews*, 4(3), 191-192.
10. Simon GE, Beck A, Rossom R, Richards J, Kirlin B, King D, Shulman L, Ludman EJ, Penfold R, Shortreed S. M., **Whiteside U.** (2016). Population-based outreach versus care as usual to prevent suicide attempt: study protocol for a randomized controlled trial. *Trials*, 17(1), 452. doi: 10.1186/s13063-016-1566-z. PMID: 27634417
11. Simon GE, Coleman KJ, Rossom RC, Beck A, Oliver M, Johnson E, **Whiteside U**, Operskalski B, Penfold RB, Shortreed SM, Rutter C. (2016) Risk of suicide attempt and suicide death following completion of the Patient Health Questionnaire depression module in community practice. *J Clin Psychiatry*, 77(2), 221-7. doi: 10.4088/JCP.15m09776. PMID: 26930521

12. Ludman, E.J., Simon, G.E., Grothaus, L.C., Richards, J.E., **Whiteside U.**, Stewart, C. (2016) Organized self-management support services for chronic depressive symptoms: a randomized controlled trial. *Psychiatric Services*, 67(1), 29-36. doi: 10.1176/appi.ps.201400295.
13. **Whiteside, U.**, Lungu, A., Richards, J., Simon, G. E., Clingan, S., Dazey, J., Snyder, L., Ludman, E. (2014). Designing Messaging to Engage Patients in an Online Suicide Prevention Intervention: Survey Results from Patients with Current Suicidal Ideation. *Journal of Medical Internet Research*, 6(2):e42. doi:10.2196/jmir.3173
14. **Whiteside, U.**, Julie Richards, J., Steinfeld, B., Simon, G., Caka, S., Tachibana, C., Stuckey, S., Ludman, E. (2014). Online Cognitive Behavioral Therapy for Depressed Primary Care Patients: A Pilot Feasibility Project. *The Permanente Journal*, 18, 21-27.
15. Ahmedani, B. K., Simon, G. E., Stewart, C. S., Beck, A., Waitzfelder, B. E., Rossom, R., Lynch, F., Owen-Smith, A., Hunkeler, E. M., **Whiteside, U.**, Operskalski, B. H., Coffey, M. J., & Solberg, L. I. (2014). Health care contacts in the year before suicide death. *J Gen Intern Med*, 29, 870-7. PMID: 24567199 PMCID: PMC4026491
16. Simon, G.E., Rutter, C. M., Peterson, D., Oliver, M., **Whiteside, U.**, Operskalski, B., & Ludman, E. J. (2013). Does Response on the PHQ-9 Depression Questionnaire predict subsequent suicide attempt or suicide death? *Psychiatric Services*, 64, 1195-1202. PMID: 24036589 [PubMed - in process]
17. Larimer, M. E., Neighbors, C., Lostutter, T. W. **Whiteside, U.**, Cronce, J. M., Kaysen, D. & Walker, D. D. (2012). Brief motivational feedback and cognitive behavioral interventions for prevention of disordered gambling: a randomized clinical trial. *Addiction*, 107, 1148-1158. PMID: 22188239 PMCID: PMC3528181
18. **Whiteside, U.**, Cronce, J. M., Pedersen, E. R., & Larimer, M. E. (2010). Brief motivational feedback for college students and adolescents: A harm reduction approach. *Journal of Clinical Psychology: In Session*, 66, 150-163. PMID: 20049906 PMCID: PMC3193989
19. Vannoy, S. D., **Whiteside, U.**, & Unutzer, J. (2010). Current practices of suicide risk management protocols in research. *Crisis*, 31, 7-11. PMID: 20197252 PMCID: PMC3038570
20. Kanter, J. W., Rusch, L. C., Landes, S. J., Holman, G. I., **Whiteside, U.**, & Sedivy, S. K. (2009). The use and nature of present-centered interventions in cognitive and behavioral therapies for depression. *Psychotherapy: Theory, Research, Practice, Training*, 46, 220-232. PMID: 20383284 PMCID: PMC2851097
21. Lewis, M. A., Hove, M. C., **Whiteside, U.**, Lee, C. M., Kirkeby, B. S., Oster-Aaland, L., Neighbors, C., & Larimer, M. E. (2008). Fitting in and feeling fine: Conformity and coping motives as mediators of the relationship between social anxiety and problematic drinking. *Psychology of Addictive Behaviors*, 22, 58-67. PMID: 18298231
22. Neighbors, C., Lostutter, T. W., **Whiteside, U.**, Fossos, N., Walker, D. D., & Larimer, M. E. (2007). Injunctive norms and problem gambling among college students. *Journal of Gambling Studies*, 23, 259-273. PMID: 17394053 PMCID: PMC3271796

23. **Whiteside, U.**, Chen, E. Y., Neighbors, C., Hunter, D., Lo, T., & Larimer, M. E. (2007). Difficulties regulating emotions: Do binge eaters have fewer strategies to modulate and tolerate negative affect? *Eating Behaviors*, 8, 162-169. PMID: 17336786
24. **Whiteside, U.**, Pantalone, D. W., Hunter, D. A., Eland, J. K., Kleiber, B. V. & Larimer, M. E. (2007). Initial Suggestions for Supervising and Mentoring Undergraduate Research Assistants at Large Research Universities. *International Journal of Teaching and Learning in Higher Education*, 19, 325-330. <http://bit.ly/19soW1a>
25. Wu, S. M., **Whiteside, U.**, & Neighbors, C. (2007). Differences in inter-rater reliability and accuracy for a treatment adherence scale. *Cognitive Behaviour Therapy*, 36, 230-239. PMID: 18049948

## Publications in Edited Books

26. **Whiteside, U.**, Bittinger, J. N., Kilmer, J. R., & Lostutter, T.Y, & Larimer, M. E. (in press). Chapter 38 PDF of the title " Principles of Addiction Medicine, 5e" f Ries - Principles of Addiction Medicine, 5e (9781451173574) - First Proof (Chapter 38)
27. **Whiteside, U.**, Larimer, M. E., Kilmer, J. R., & Bittinger, J. N. (in press). College student drinking. In C. Cavacuiti (Ed.), *Essentials of Addiction Medicine*. Baltimore, MD: Lippincott Williams & Wilkins.
28. **Whiteside, U.** & Bittinger, J. N. (in press). Screening and brief alcohol intervention for adolescents and young adults in primary care and emergency settings. In P. Miller (Ed.), *Encyclopedia of Addictive Behaviors*. New York: Elsevier.
29. Larimer, M. E., Kilmer, J. R., **Whiteside, U.** (2011). College student drinking. In C. Cavacuiti (Ed.), *Essentials of Addiction Medicine*. Baltimore, MD: Lippincott Williams & Wilkins.
30. Larimer, M. E., Kilmer, J. R., **Whiteside, U.** (2009). College student drinking. In R. Ries, D. Fiellin, S. Miller, & R. Saitz (Eds.), *Principles of Addiction Medicine* (4<sup>th</sup>ed.). Baltimore, MD: Lippincott Williams & Wilkins.
31. **Whiteside, U.**, Nguyen, T. T., Logan, D., Witkiewitz, K. & Marlatt, G. A. (2007). Relapse prevention for GAD. In K. Witkiewitz & G.A. Marlatt (Eds.), *Therapist's Guide to Evidence-Based Relapse Prevention*. New York: Elsevier.
32. Sayrs, J. H. R. & **Whiteside, U.** (2006). Evidence based treatments for borderline personality disorder. In J. E. Fisher & W. O'Donohue (Eds.), *Practitioner's Guide to Evidence Based Psychotherapy*. New York: Kluwer Academic Publications.
33. **Whiteside, U.**, Kohlenberg, R. J., & Tsai, M. (2005). Functional analytic psychotherapy. In Hersen, M. & Rosqvist, J. (Eds.), *Encyclopedia of Behavior Modification and Cognitive Behavior Therapy Volume I: Adult clinical Applications*. Newbury Park, CA: Sage Publications.

## Peer-Review in Preparation

1. **Whiteside, U.**, Lostutter, T. W., Atkins, D. C., Kleiber, B. V., Neighbors, C. & Larimer, M. E. DBT Skills plus Brief Motivational Feedback: Results of a Randomized Clinical Trial. *Journal of Consulting and Clinical Psychology*.

2. Lostutter, T. W., **Whiteside, U.**, Parker, M. Lewis, M., Kleiber, B.V., Neighbors, C. & Larimer, M. E. (2018). Suicidality of college student gamblers: Is severity of gambling behavior related to level of suicidality? *Journal of Gambling Issues*.
3. **Whiteside, U.**, Richards, J., Hidalgo, R., Nordhauser, R., Huh, D. Wong, A. J., Luxton, D. D., Lezine, D. Do suicidal thoughts and negative emotions decrease during a brief visit to NowMattersNow.org? An approach to supporting suicidal patients identified in healthcare settings. Manuscript in preparation.
4. Comtois, K. A., Welch, S. S., **Whiteside, U.** & Linehan, M. M. *Typical treatment histories of women with borderline personality disorder*. Manuscript in preparation.
5. Hunter-Reel, D., Farris, S. G., & **Whiteside, U.** *The relationship between difficulties with emotion regulation and behavioral dyscontrol*. Manuscript in preparation.

## Professional Presentations

### 2018

**Whiteside, U.**, Zhang, X., Wong, A. J., Richards, J., Nordhauser, R., Huh, D. (2018, September). *Meet You at NowMattersNow.org: Introducing Evidence-Based Interventions for Suicidal Individuals*. In J. Pearson (Chair), 17th Annual European Symposium on Suicide and Suicidal Behavior. Conference in Ghent, Belgium.

**Whiteside, U.** (2018, April). *I'm on Fire: What Suicide Could Learn Fire Deaths*. Invited address at the meeting of the American Association of Suicidology. Washington, D.C.

### 2017

1. Ludman, E. J., Simon, G. E., **Whiteside U.**, Richards, J., Pabiniak C. Are “false negative” suicide attempts ascertained from electronic medical records actually suicide attempts? IASR 2017, Henderson NV.
2. Brill, C. D., **Whiteside, U.**, Kennedy, M. (2017). Evaluating longitudinal changes in undergraduates’ suicidal ideation and alcohol use with a brief personalized feedback intervention integrating Dialectical Behavior Therapy and Motivational Interviewing. Poster to be presented at the Association for Contextual Behavioral Science World Conference 15.

### 2014

1. Richards, J., **Whiteside, U.**, Clingan, S., Stuckey, S. & Simon, G. (April, 2014). *Designing and Pilot Testing an Online Dialectical Behavioral Therapy Skills Training Intervention for Suicide Prevention*. Poster at annual American Association of Suicidology, Los Angeles, California.
2. **Whiteside, U.**, Goldstein Grumet, J., & Simon, G. (August, 2014). *Zero Suicides in Healthcare*. Paper at annual American Psychological Association, Washington, D.C.
3. **Whiteside, U.** et al. (April 2014). *Seeing both sides: Professionals with suicidal experience*. Panel at annual American Association of Suicidology, Los Angeles, California.

### 2013

4. Richards, J., **Whiteside U.**, Ludman, E., Bradley, K., Williams E, Grothaus, L., Simon, G. Alcohol Use, Emotion Regulation and Motives for Drinking in a Depressed Population. 2013 Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.

### 2012

5. **Whiteside, U.** & Simon, G. E. (April, 2012). *What Can Usual Care Data Tell Us About Risk and Treatment for Suicidal Patients? Patient Health Questionnaire*. Paper at annual American Association of Suicidology, Baltimore, Maryland.
6. **Whiteside, U.**, Simon, G. E., & **Oliver, M.** (November, 2012). *Men making suicide attempts or completing suicide: Reported suicide ideation among men in prior depression treatment*. Poster at annual Association for Behavioral & Cognitive Therapies, National Harbor, Maryland.

7. Hsin Hsu, S., **Whiteside, U.**, Jackson, S. Larimer, & M. E. (November, 2012). *Perfectionism, emotion regulation, and alcohol use problems among Asian American young adults*. Paper at annual Association for Behavioral & Cognitive Therapies, National Harbor, Maryland.

## 2010

8. Hunter-Reel, D., Farris, S. G., **Whiteside, U.**, Bannon, K. L. (November, 2010). *Difficulties regulating emotions and behavioral dyscontrol: A replication and extension of Whiteside et al. (2006)*. Poster at annual meeting of Association for Behavioral & Cognitive Therapies, San Francisco, California.
9. Jackson, S. C., **Whiteside, U.**, & Larimer, M. E. (November, 2010). *Unraveling the role of emotion regulation processes on binge drinking in college students meeting criteria for bulimia nervosa*. Poster at annual meeting of Association for Behavioral & Cognitive Therapies, San Francisco, California.
10. Shipley, L., Randall, J., **Whiteside, U.**, & Stewart, D. G. (November 2010) *Mediators of the Relationship Between Anxiety Sensitivity and Problem Drinking*. Poster at annual meeting of Association for Behavioral & Cognitive Therapies, San Francisco, California.

## 2009

11. Jackson, S. C., **Whiteside, U.**, Jones, E. & Larimer, M. E. (November, 2009). *Cross-ethnic differences in protective and risk factors for binge drinking and eating disorders among Asian-American and Caucasian college women*. Poster at annual meeting of Association for Advancement of Behavior Therapy, New York, New York.
12. **Whiteside, U.** (November, 2009). *A brief DBT-informed intervention for young adults with depression, anxiety, and problem drinking*. Paper at annual ISITDBT Meeting at Association for Behavioral and Cognitive Therapies, New York, New York.
13. Larimer, M. E., **Whiteside, U.**, & Lostutter, T. W. (2009, May). *Suicide assessment and intervention: How it relates to problem gambling*. Plenary session at annual convention for the Western Conference on Problem Gambling, Vancouver, Washington.
14. **Whiteside, U.** (2009, May). *Incorporating motivational enhancement therapy and mindfulness based DBT skills for comorbid alcohol and mood problems: Insights and results from the treatment development trenches*. Chaired symposium at annual meeting of the Society for the Exploration of Psychotherapy Integration, Seattle, WA.
15. McKay, S. M., Kleiber, B. V., & **Whiteside, U.** (2009, May). *Does use of select DBT skills predict change for young adult heavy drinkers?* Paper at annual meeting of the Society for the Exploration of Psychotherapy Integration, Seattle, WA.

## 2008

16. McKay, S., Owens, M., **Whiteside, U.**, Atkins, D. & Larimer, M. E. (2008, November). *A treatment development project: Motivational interviewing including three DBT skills for young adults drinking for emotion regulation reasons*. Poster at annual convention for the Association for Behavioral and Cognitive Therapies, Orlando, Florida.
17. Owens, M., McKay, S., & **Whiteside, U.** (2008, November). *Brief alcohol interventions: What depressed and/or anxious college drinkers find helpful to talk about*. Poster at annual ISITDBT Meeting at Association for Behavioral and Cognitive Therapies, Orlando, Florida.
18. **Whiteside, U.**, Valtcheva, I., Linehan, M. M., Larimer, M. E. (2008, June). *Mindfulness based emotion regulation skills: A brief intervention for anxious or depressed drinkers*. Poster at annual Mind and Life conference, Garrison, New York.
19. McKay, S., Owens, M., & **Whiteside, U.** (2008, May). *Teaching DBT skills to depressed or anxious college drinkers*. Poster at annual University of Washington Undergraduate Research Symposium, Seattle, Washington.
20. Owens, M., McKay, S., & **Whiteside, U.** (2008, May). *Beyond basics: Post session feedback*. Poster at annual University of Washington Undergraduate Research Symposium, Seattle, Washington.
21. **Whiteside, U.**, Kleiber, B. V., Owens, M., McKay, S. M., Paves, A. P., Linehan, M. M., & Larimer, M. E. (2008, February). *Drinking and depression: A pilot study of a brief intervention*. Poster at annual Guze Symposium on Alcoholism, St. Louis, MO.

## 2007

22. Lewis, M. A., Hove, M. C., **Whiteside, U.**, Lee, C. M., Oster-Aaland, L., Kirkeby, B., Neighbors, C., & Larimer, M. E. (2007, July). *Social anxiety, motives, and problematic drinking*. Poster at annual convention of the Research Society on Alcoholism, Chicago, IL.



23. **Whiteside, U.**, Larimer, M. E., Linehan, M. M., Marlatt, G. A., Kleiber, B. V., & Jones, E. (2007, July). *Integrating brief motivational interventions with DBT skills*. Paper at World Congress of Behavior Therapy, Barcelona, Spain.
24. Jacobson, J. N. Randall, J., Kleiber, B. V., **Whiteside, U.**, Larimer, M. E. (2007, May). *Examining the relationship between anorectic symptomatology and anxiety, depression, and emotion dysregulation*. Poster at annual convention for Washington State Psychological Association, Tacoma, WA.
25. Randall, J., Jacobsen, J., Kleiber, B., **Whiteside, U.**, and Larimer, M. E. (2007, May). *Binge eating and bulimia: Differences across anxiety, depression, and emotion regulation*. Poster at annual convention for Washington State Psychological Association, Tacoma, WA.
26. Kleiber, B., **Whiteside, U.**, Harned, M., & Linehan, M.M. (2007, April). *The relationship between perfectionism, emotion dysregulation, and suicidal and non-suicidal self-injurious behavior among women with borderline personality disorder*. Poster at annual conference of American Association of Suicidology, New Orleans, LA.

## 2006

27. Larimer, M. E., Neighbors, C., Lostutter, T. W., **Whiteside, U.**, Crouce, J. M., & Kaysen, D. L. (2006, November). *Indicated prevention of at-risk gambling: Comparison of motivational feedback and cognitive-behavioral skills training*. Paper at annual convention of the Association for Behavior and Cognitive Therapy, Chicago.
28. Tsai, M., Kohlenberg, R.J., Newring, R., Terry, C., Plummer, M., **Whiteside, U.**, Secrist, C., & Bowen, S. (2006, November). *Psychotherapy supervision: An experiential model based on Functional Analytic Psychotherapy for enhancing the CBT supervisory process*. Workshop at annual Convention of the Association for Behavior and Cognitive Therapy, Chicago.
29. Woods, B., Neighbors, C., **Whiteside, U.**, Nobles, R. H., Larimer, M. E., & Cauce, A. M. (2006, November). *Alcohol use and alcohol-related problems among African American adolescents*. Poster at annual Convention of the Association for Behavior and Cognitive Therapy, Chicago.
30. **Whiteside, U.** (2006, April). *Treating the suicidal college student*. Paper at Science Informed Case Presentation for University of Washington's Clinical Psychology Program, Seattle, Washington.

## 2005

31. Lostutter, T. W., Neighbors, C., **Whiteside, U.**, Kaysen, D., & Larimer, M. E. (2005, November). *Everybody gambles: The relationship between gambling norms and gambling behavior among college students*. Poster at annual convention for the Association for Behavioral and Cognitive Therapies, Washington D.C.
32. **Whiteside, U.** (2005, November). *Drinking for coping and social reasons: The highs and lows of college drinking*. Paper at annual NIAAA Trainee Workshop, Indianapolis, Indiana.
33. **Whiteside, U.**, Neighbors, C., Kleiber, B., Lostutter, T. W., Zeller, K., Kaysen, D., & Larimer, M. E. (2005, November). *Suicidality and college student gamblers: Is severity of gambling behavior related to level of suicidality?* Poster at annual convention for the Association for Behavioral and Cognitive Therapies, Washington D.C.
34. Kleiber, B., Cawley, A., **Whiteside, U.**, & Larimer, M. E. (2005, April). *Is there a relationship between parental perfectionism and suicidal behavior in young adults?* Poster at annual University of Washington Undergraduate Research Symposium, Seattle, Washington.
35. Nguyen, T., Lo, T., **Whiteside, U.**, & Larimer, M. E. (2005, April). *Self-esteem and perfectionism: A correlational study of self-esteem and perfectionism among Asian-Americans college students*. Poster at annual University of Washington Undergraduate Research Symposium, Seattle, Washington.
36. Zeller, K. A., **Whiteside, U.**, & Larimer, M. E. *Problematic eating, interpersonal difficulties, and emotion regulation*. (2005, April). Poster at annual University of Washington Undergraduate Research Symposium, Seattle, Washington.
37. Marlatt, G. A., **Whiteside, U.**, & Logan, D. (2005, March). *Relapse prevention and anxiety disorders*. Workshop at annual conference for the Anxiety Disorders Association of America, Seattle, Washington.

## 2004

38. Holman, G. I., Kanter, J. W., **Whiteside, U.**, Landes, S. J., Busch, A. M., and Kohlenberg, R. J. (2004, November). *In-vivo interventions in cognitive therapy for depression and their relation to outcome*. Poster at annual convention of the Association for the Advancement for Behavior Therapy, New Orleans, LA.
39. Landes, S. J., Kanter, J. W., Busch, A. M., Holman, G. I., **Whiteside, U.**, and Kohlenberg, R. J. (2004, November). *All relationship-focused interventions are not created equal: A qualitative analysis of in-vivo interventions in*

*cognitive therapy for depression*. Poster at annual convention of the Association for the Advancement for Behavior Therapy, New Orleans, LA.

40. Larimer, M. E., **Whiteside, U.**, & Dunn, E. C. (2004, November). *Comorbid eating and alcohol problems in college students*. Paper at annual convention for the Association for the Advancement of Behavior Therapy, New Orleans, Louisiana.
41. **Whiteside, U.** (2004, November). *Clinical applications: Using chain analyses to examine and treat comorbid eating and alcohol problems*. Paper at annual convention for the Association for the Advancement of Behavior Therapy, New Orleans, Louisiana.
42. Holman, G. I., **Whiteside, U.**, Kanter, J. W., & Kohlenberg, R. J. (2004, May). *Does emphasis on the therapeutic relationship relate to improved outcomes for depression? A behavioral analysis*. Paper at annual convention of the Association for Behavior Analysis, Boston, Massachusetts.
43. Kanter, J. W., Newring, R., Terry, C., **Whiteside, U.**, & Kohlenberg, R. J. (2004, May). *The client-therapist relationship in psychotherapy: The pot of gold at the end of a functional analysis*. Workshop at annual convention of the Association for Behavior Analysis, Boston, Massachusetts.
44. Ouellette, C. L., McKaskle, T. L., Holman, G. I., **Whiteside, U.**, Dimidjian, S. J., and Kohlenberg, R. J. (2004, May). *Therapist interpretations in behavior activation and cognitive-behavioral therapy for depression*. Poster at annual Undergraduate Research Symposium, University of Washington, Seattle, Washington.

### 2003

45. **Whiteside, U.** (2003, November). *Innovative approaches for eating disorders: Analyzing the mechanisms of treatment*. Chaired symposium at annual meeting of the Association for the Advancement of Behavior Therapy, Boston, Massachusetts.
46. Kohlenberg, R. J., Parker, C., Bolling, M. Y., Wexner, R., Terry, C., & **Whiteside, U.** (2003, May). *The client-therapist relationship in psychotherapy: The pot of gold at the end of a functional analysis*. Workshop at annual convention of the Association for Behavior Analysis, San Francisco, California.

### 2002

47. Comtois, K. A., Murray Gregory, A., **Whiteside, U.**, Levinsky, E., & Linehan, M. M. (2002, November). *The University of Washington treatment study for borderline personality disorder: Study design and implementation*. Paper at annual convention of the Association for the Advancement of Behavior Therapy, Reno, Nevada.
48. Simmons, A., **Whiteside, U.**, Witkiewitz, K., Dunn, E., Ball, J., Chan, K., Huang-Cummins, L., & McCann, B. (2002, November). *Individual CBT for binge eating disorder in a diverse sample*. Poster at annual meeting of Eating Disorder's SIG at Association for the Advancement of Behavior Therapy, Reno, Nevada.

### 2001

49. Comtois, K. A., Welch, S. S., **Whiteside, U.**, & Linehan, M. M. (2001, November). *Understanding usual care for borderline personality disorder: Importance of diagnosis target vs. behavior*. Poster at annual convention of the Association for the Advancement of Behavior Therapy, Philadelphia, Pennsylvania.
50. **Whiteside, U.** & Linehan, M. M. (November, 2001). *The "suicidal" client: What is she reporting?* Poster at annual ISITDBT meeting at Association for Advancement of Behavior Therapy, Philadelphia, Pennsylvania.
51. **Whiteside, U.**, Gechter, K. M., Chen, H. H., Reynolds, S. K., Linehan, M. M., & Little, L. M. (2001, November). *The means of improvement: Client expectations for successful psychotherapy treatment*. Poster at annual meeting of Women's SIG at Annual Convention of the Association for the Advancement of Behavior Therapy, Philadelphia, Pennsylvania.
52. **Whiteside, U.**, Gechter, K. M., Chen, H. H., & Linehan, M. M. (2001, May). *Client expectations for improvement: How do sub-populations differ?* Paper at annual University of Washington Undergraduate Research Symposium, Seattle, Washington.

## Research Experience

**Research Scientist**

2014-current      NowMattersNow.org, Seattle, WA

**Research Scientist**

2014-2015      Forefront: Innovations in Suicide Prevention, University of Washington

**Research Associate**

2012-2014      Group Health Research Institute, Group Health Cooperative

**Project Director**

2010-2012      Group Health Research Institute. *Pilot: Web-based CBT plus Secure Messaging Support (Group health Foundation Innovation)*. Coordinated and facilitated many aspects of study. Executed IRB application, fine-tuning of research procedures, and site visit to potential vendor.  
*Supervisor: Gregory Simon, MD, MPH*

**Project Director and Research Study Coordinator**

2005-2009      University of Washington. *Beyond BASICS study (F31AA016038)*. Coordinated all aspects of treatment development and outcome study. Executed development, IRB application, manualization, piloting, and testing a new intervention in a randomized clinical trial. Duties also included training and overseeing research assistants and study therapists, data management, writing of scholarly journal articles, and presenting data at conferences.

**Psychology Subject Pool Manager**

2004-2009      University of Washington. *Psychology Human Subject Pool*. Oriented and managed student participants (up to 1600 quarterly), instructors, and researchers involved in research conducted through the PSP. Implemented online sign-up and tracking procedures.  
*Supervisor: Frank Smoll, PhD*

**Research Study Coordinator**

2004-2005      University of Washington. *Project Chance: Indicated Prevention with At-risk Gamblers (R21MH067026)*. Coordination of 2-year treatment outcome study. Duties included overseeing research assistants and study therapists, data management, aid in the writing of scholarly journal articles, and presenting data at conferences.  
*Supervisor: Mary E. Larimer, PhD*

**Project Director and Research Study Coordinator**

2003-2007      University of Washington. *Measuring the Cognitive, Behavioral, and Emotional Aspects of Eating and Alcohol Use Disorders*. Developed study, received IRB approval, and managed all aspects of cross-sectional research study (n = 1800). Duties included coordinating research assistants, data management, and presenting data at conferences.

**Research Assistant**

2005      University of Washington. *Alcohol Research Collaborative: Peer Programs (U01AA014742)*. Trained twelve undergraduate research assistants to conduct brief motivational peer interventions for college student drinking. Duties also included overseeing recruitment and working with IRB.  
*Supervisor: Mary E. Larimer, PhD*

**Research Assistant**

2003      University of Washington. *Psychotherapy Process Research Project*. Coordinated training and facilitation of psychotherapy process coding of cognitive behavioral and functional analytic psychotherapy videotapes. Duties also included overseeing research assistants, data management, and presenting data at conferences.  
*Supervisor: Robert J. Kohlenberg, PhD*

**Research Assistant**

2002 University of Washington. *Treatments for Depression project (R01MH055502)*. Received training in psychotherapy process research coding for cognitive behavioral and functional analytic psychotherapies. Duties included coding psychotherapy videotapes from large depression trail.  
*Supervisor: Robert J. Kohlenberg, PhD*

**Participant and Research Therapist Coordinator**

2000-2002 University of Washington. *Behavioral Research and Therapy Clinics treatment trials (R01MH034486, F31MH064231, Eli Lilly FID-US-X173, Royalty Research Fund #2339)*. Duties included coordination of study therapists and recruitment and retention of participants diagnosed with borderline personality disorder in clinical and experimental trials. Attended consultation teams as participant liaison. Performed structured clinical interviews, data management, and supervised numerous research assistants in various roles.  
*Supervisors: Marsha M. Linehan, PhD, Kathryn E. Korslund, PhD*

**Research Assistant**

1999-2000 University of Washington. *Behavioral Research and Therapy Clinics*. Coordination of study therapists and large psychotherapy video library.  
*Supervisor: Sarah K. Reynolds, PhD*

**Research Assistant**

1999 University of Minnesota. *Eating Disorders Research Program*. Conducted data entry and cleaning. Learned inner workings of large psychological research laboratory.  
*Supervisor: Carol B. Peterson, PhD*

**Statistical and Epidemiologic Training\*\***

**Autodidactic**

VA Epidemiology Summer Session (2002)

2011 Overview of General Biostatistics, Lessons 1-10  
Epidemiologic Research and Information Center (ERIC) at [uwtv.org](http://uwtv.org)

VA Epidemiology Summer Session

2010 Epidemiology: Introduction to Epidemiologic Methods, Lessons 1 – 20  
Epidemiologic Research and Information Center (ERIC) at [uwtv.org](http://uwtv.org)

Clinical and Translational Research Bootcamp

2010 Epidemiology and Biostatistics, 24 Lessons  
Institute of Translational Research at [www.iths.org/node/911](http://www.iths.org/node/911)

**Graduate Level**

Epidemiologic Methods II (Epi 513)

2011 *Instructor: Victoria Holt, RN, MD, MPH*

Epidemiologic Methods I (Epi 512)

2010 *Instructor: Tom Koepsell, MD, MPH*

Linear Models and Data Analysis (Psy 525)

2003 *Instructor: John Miyamoto, PhD*

Laboratory in Statistical Computation II (Psy 523)  
2003 *Instructor: John Miyamoto, PhD*

Introduction to Statistics and Data Analysis (Psy 524)  
2002 *Instructor: Carolyn Mangelsdorf, PhD*

Laboratory in Statistical Computation I (Psy 522)  
2002 *Instructor: Carolyn Mangelsdorf, PhD*

### **Undergraduate Level**

Directed Reading in Statistics (Psy 498)  
2001 *Instructor: Laura Little, PhD*

Statistical Inference in Psychological Research (Psy 318)  
2001 *Instructor: Laura Little, PhD*

Intro to Probability and Statistics for Psychology (Psy 317)  
2001 *Instructor: Laura Little, PhD*

\*\*All statistical and epidemiologic occurred at the University of Washington

## **Mentoring Experience**

### **Doctoral Dissertation Committee**

Examining Negative Urgency in Predicting Problematic Alcohol Use: The Indirect Effects of Drinking Motives and Distress Tolerance

Leandra Shipley, (Clinical Psychology Doctorate at Seattle Pacific University, School of Psychology, Family, & Community)

### **Undergraduates and Volunteers Mentored - Research**

Eduardo Jones (Clinical Psychology Doctorate in progress at University of Southern California)

Salene Wu (Clinical Psychology Doctorate in progress at Ohio State University)

Blair Kleiber (Clinical Psychology Doctorate in progress at University of Colorado)

Tracy Lo (Clinical Psychology Doctorate in progress at Fuller Theological Seminary)

Dorian Hunter (Clinical Psychology Doctorate in progress at Rutgers University)

Kristina Zeller (Educational Psychology Doctorate in progress at Arizona State University)

Andrew Paves (Clinical Psychology Doctorate in progress at University of Washington)

Jackie Randall (PsyD in progress at Pacific University)

Allison Landry (Mental Health Counseling Masters completed at Seattle University)

Lauren Deitz (Family, Couple, and Child Counseling Masters completed at Antioch Seattle)

Franchesca Nguyen (Masters in Public Health in progress at University of Washington)

Ilina Valtcheva (Masters in Counseling in progress at Seattle University)

Lisa Naputi (Masters in School Psychology completed at Argosy University, Hawaii)

Leandra Shipley, (Clinical Psychology Doctorate in progress at Seattle Pacific University)

### **Mentored Awards - Research**

Blair Kleiber and Susan McKay (University of Washington Mary Gates Scholar)

Blair Kleiber and Susan McKay (University of Washington Mary Gates Travel Award Scholar)

### **Undergraduate and Volunteer – Research Supervision**

Trained and supervised 100+ undergraduate and volunteer research assistants over the last 10 years.

### **Undergraduate and Volunteer – Clinical Supervision**

Trained and supervised 20+ undergraduate and post-baccalaureate individuals in Motivational Interviewing for 10 weeks or greater.

### **Diversity Enhancement\*\*\***

#### **Diversity Advancement Committee**

2009-2010 University of Washington. Interdisciplinary committee promoting diversity recruitment and retention in Department of Psychiatry and working to improve resident and faculty understanding of individual and cultural diversity (as these relate to theories and methods of assessment, diagnosis, and effective intervention; consultation, supervision, and evaluation, and research methods/design), led by Steven Vannoy, PhD, MPH

#### **Diversity and Addictions Journal Club**

2006-2007 Interdisciplinary reading and discussion group led by Briana Woods, PhD

\*\*\*I have presented four posters on diversity related topics and included a strong diversity focus in an undergraduate course I taught (Stress and Coping). I have also put special emphasis on mentoring diverse students on their paths to graduate school.

### **Teaching Experience\*\*\*\***

#### **Seminar Leader**

2003 - 2009 *Didactic Seminar for Volunteer and Undergraduate Research Assistants*  
Ongoing weekly seminar. Topics included Research on Treatments for Depression, Eating Disorders Research and Treatment, Motivational Interviewing and DBT skills Training, Borderline Personality Disorder, Motivational Interviewing Treatment Integrity (MITI) Coding System, and Graduate School and Psychology Jobs: Applications and Interviewing

#### **Course Instructor**

2008 *Stress and Coping*  
Ten week undergraduate course on the related research and clinical research applications of stress and coping

2007 *Clinical Psychology,*  
Ten week course for undergraduates reviewing clinical assessment and research supported treatments

#### **Course Co-Instructor**

2009 *Introduction to Motivational Interviewing*  
Six week course for graduate students on the theory and application of Motivational Interviewing  
*Co-Instructors:* Kevin King, PhD and Sean Tollison, PhD

#### **Teaching Assistant**

2009 *Cognitive Behavior Therapy Seminar for Third Year Psychiatry Residents*  
Topics included Behavioral and Cognitive Theory and Techniques, Case Formulation, and specific Applications for PTSD, Anxiety, and Depression  
*Instructor:* Christopher Martell, PhD

2004 *Abnormal Psychology*  
*Instructor:* Theodore Beauchaine, PhD

2003 *Introduction to Psychology*  
*Instructor: Jacob Leonesio, PhD*

2003 *Understanding Statistics in Psychology*  
*Instructor: James Ha, PhD*

### **Undergraduate Teaching Assistant**

2001 *Fundamentals of Psychological Research*  
*Instructor: Patricia Loesche, PhD*

2001, 2002 *Laboratory in Animal Learning*  
*Instructor: Renee Robinette, PhD, Patricia Loesche, PhD*

### **Invited Speaker**

2010 *Drinking to Cope and Problems with Anxiety and Depression*  
Washington State University, Addiction and Comorbidity undergraduate course  
*Instructor: Katie Witkiewitz, PhD*

2010 *DBT-BASICS for Comorbid Alcohol and Mental Health Problems.*  
Evidence Based Treatment Centers of Seattle, Center clinicians at for CE credit

1999, 2003 *Problematic Eating Behaviors*  
Alpha Gamma Delta, a University of Washington Sorority  
University of Minnesota Sorority  
Temple of Aaron, Minneapolis, Minnesota

### **Guest Lecturer**

2007-2010 *Introduction to Dialectical Behavioral Therapy*  
Clinical Psychology undergraduate courses  
*Instructors: Alan G. Marlatt, PhD, Diane Logan, MS,  
Christine Terry, PhD, Dellanira Garcia, PhD, Susan E. Collins, PhD*

2004 *Problematic Eating Behaviors*  
Abnormal Psychology undergraduate course  
*Instructor: Theodore Beauchaine, PhD*

2003 *Various Statistical Topics*  
Understanding Statistics in Psychology undergraduate course  
*Instructor: James Ha, PhD*

2004, 2005 *Clinical Case Presentation*  
Graduate level Clinical Psychology Courses  
*Instructors: Corey Fagan, PhD, Ronald E. Smith, PhD*

\*\*\*\*All teaching experience occurred at the University of Washington unless otherwise noted

## **Clinical Experience**

### **Psychologist**

2014-present Seattle Psychology. DBT individual and group psychotherapy.

**Clinical Supervisor**

2010-2015

Fremont Therapy Project. *DBT Group Supervision*. Supervision of 15 clinical PhD students in group therapy component of DBT

**Clinical Supervisor**

2010-2012

Group Health Research Institute. *Pilot: Web-based CBT plus Secure Messaging Support*. Providing training and supervision for ongoing clinical intervention trial  
*Clinical Supervisor: Gregory Simon, PhD*

**Research Therapist**

2010-2012

Group Health Research Institute. *Organized Self-Management Support Services for Chronic Depression R01MH082995*. Providing cognitive behavioral therapy group and care management for thirteen patients.  
*Clinical Supervisor: Evette Ludman, PhD*

**Clinical Intern**

2009-2010

University of Washington, Department of Psychiatry and Behavioral Sciences. Completed four-month rotations at University of Washington Inpatient Psychiatry Unit, Harborview Psychiatry Consultation Services, and Roosevelt Outpatient Psychiatry Clinic. Duties include diagnostic interviews, presenting patients to team, suicide risk assessment and crisis intervention, individual psychotherapy and discharge planning with family and outpatient care.

*Clinical Supervisors: Chris Dunn, Debra Kaysen, Christopher Martell, Barbara McCann, Joan Romano, Steven Vannoy, Jason Veitengruber, Doug Zatzick, Karina Uldall, Susan Bentley*

**Staff Therapist**

2003-2009

University of Washington. *Psychological Services and Training Clinic*. Conducted empirically based psychotherapy with 5 individual patients.

*Clinical Supervisors: Peggilee Wupperman, PhD, Steve Clancy, PhD, Amy Wagner, PhD, and Corey Fagan, PhD*

**Research Therapist**

2007-2008

University of Washington. *Assessment and Treatment of Parasuicidal Patients R01MH034486*. Provided adherent DBT to 3 chronically suicidal and psychiatrically comorbid individuals as part of year-long treatment intervention.

*Supervisors: Heidi Heard, PhD and Marsha M. Linehan, PhD*

**Research Therapist**

2005-2006

University of Washington. *Functional Analytic Psychotherapy (FAP)*. Trained by FAP developer with a team of advanced graduate students learning and conducting FAP.

Completed supervised FAP case.

*Supervisors: Mary Plummer, PhD and Mavis Tsai, PhD*

**Research Therapist**

2004-2005

University of Washington. *Project Chance: Indicated Prevention with At-Risk Gamblers R21MH067026*. Provided group CBT and individual motivational feedback sessions to numerous at-risk college gamblers in randomized clinical trial.

*Supervisor: Mary E. Larimer, PhD*

**Staff Therapist and Consultation Team Member**

2001-2002, 2003-2007

University of Washington. *Treatment Development Clinic*. Was a member of an integrative psychotherapy consultation team. Provided individual DBT psychotherapy and telephone consultation to 5 chronically suicidal patients. Co-led (6 months) and led



(12 months) weekly 2.5 hour DBT skills group with 6 to 12 patients per group. Weekly meetings included one hour consultation and one hour didactics taught by Dr. Linehan  
*Supervisors:* Anthony Dubose, Psy.D., Heidi Heard, PhD,  
Marsha M. Linehan, PhD, and Jennifer Sayers, PhD

### **Research Therapist**

2002-2003

Harborview Medical Center. *Eating Disorders Research Unit*. As part of pilot study, provided individual CBT to 4 low-income binge-eating patients.  
*Supervisor:* Barbara McCann, PhD

### **Research Therapist**

2002 -2003

Harborview Medical Center. *Motivational Interviewing and Self-Help for Binge Eating*. As part of randomized clinical trail, provided individual Motivational Interviewing sessions to 5 binge-eating college students.  
*Supervisor:* Erin C. Dunn, PhD

## **Specialized Clinical Training**

### **Intensive Clinical Training**

Cognitive-Behavioral Analysis System of Psychotherapy (CBASP) for Depression

2010 Seattle, Washington. One day training. *Instructor:* Christopher Martell, PhD

Behavioral Activation (BA) for Depression

2010 Seattle, Washington. One day training. *Instructor:* Christopher Martell, PhD

Motivational Interviewing (MI)

2010 Seattle, Washington. Eight hour training for psychology residents. *Instructor:* Christopher Dunn, PhD

Behavioral Activation (BA).

2010 Seattle, Washington. Six hour training for psychology residents. *Instructor:* Christopher Martell, PhD

Relapse Prevention Therapy (RP) for Addictions

2010 Seattle, Washington. One-day training. *Instructor:* Katie Witkiewitz, PhD

Cognitive Processing Therapy (CPT) for PTSD

2010 Seattle, Washington. Two-day training. *Instructor:* Debra Kaysen, PhD

Suicide Assessment and Intervention

2003, 2006 Seattle, Washington. Two-day training. *Instructors:* Marsha Linehan, PhD and Kathryn Korslund, PhD

Acceptance and Commitment Therapy (ACT)

2005 Seattle, Washington. One-day training. *Instructor:* Steve Hayes, PhD

Brief Alcohol Screening & Intervention for College Students (BASICS)

2005 Seattle, Washington. Three-day training.  
*Instructors:* Mary Larimer, PhD & Jason Kilmer, PhD

Motivational Interviewing Treatment Integrity (MITI): MI Adherence Assessment

- 2005 Seattle, Washington. Three-day training.  
*Instructor:* Terri Moyers, PhD
- Conducting Transdiagnostic CBT for Eating Disorders  
2004 Boston, Massachusetts. One-day training. *Instructor:* Christopher Fairburn, PhD
- Personalized Motivation Enhancement Therapy for At-Risk Gamblers  
2004 Seattle, Washington. One-day training.  
*Instructors:* Mary Larimer, PhD, Denise Walker, PhD
- CBT Treatment of Pathological Gamblers  
2003 Seattle, Washington. Two-day training. *Instructor:* Nancy Petry, PhD
- Conducting Dialectical Behavioral Therapy  
2003 Seattle, Washington. Seven-day training. *Instructors:* Marsha Linehan, PhD and Kate Comtois, PhD
- After Prozac: Mindfulness-Based Cognitive Therapy  
2003 Seattle, Washington. Two-day training. *Instructor:* Zindal Segal, PhD
- Disordered Eating: Treatment Strategies That Work  
2002 Seattle, Washington. Two-day training. *Instructor:* Lucene Wisniewski, PhD
- Conducting the Semi-structured Clinical Interview for DSM-IV  
2002 Seattle, Washington. One-day training. *Instructor:* Shireen Rizvi, PhD
- Eating Disorders Examination  
2002 Seattle, Washington. One day training. *Instructor:* Shireen Rizvi, PhD
- Clinical Coursework at Graduate Level**
- Clinical Supervision Methods  
2007 *Instructor:* Corey Fagan, PhD
- Behavioral Activation, CBT, and Mindfulness-Based CBT  
2006 *Instructor:* Sona Dimidjian, PhD
- Behavioral Methods  
2004 *Instructor:* Marsha Linehan, PhD
- Semi-structured Clinical Interview (SCID-I) for DSM-IV  
2004 *Instructor:* Angela Murray, MSW, M.A. (Lead Linehan clinical assessor).
- Behavioral Assessment  
2004 *Instructor:* Marsha Linehan, PhD
- Clinical Interviewing  
2003 *Instructor:* Corey Fagan, PhD
- Dialectical Behavioral Therapy  
2002 *Instructor:* Marsha Linehan, PhD
- Motivational Interviewing

2001 *Instructors:* Mary Larimer, PhD and Denise Walker, PhD

Clinical Personality Assessment: MMPI & MMCI

2001 *Instructor:* Ronald Smith, PhD

Seminar in Behavior Analysis

2001 Graduate reading and discussion group.

*Instructor:* Robert Kohlenberg, PhD

## **Other Specialized Training**

University of Michigan's NIH Funded Training in fMRI

2008 Eight day training, *Instructor:* John Jonides, PhD

BASICS and Beyond: Building Bridges between Research and the Practice of Brief Motivational Interventions for College Students

2006 Sponsored by Robert Wood Johnson Association and the Center for College Health and Safety and Addictive Behavior Research Center. Seattle, Washington.

Office Manager Position at DBT Center of Seattle, PLLC

2002 Worked with newly formed private practice group. Seattle, Washington. Supervisor: Anthony P. DuBose, PsyD. and David Lischener, MD

## **Professional Organizations and Service**

Association for the Advancement of Behavioral and Cognitive Therapies  
American Psychological Association—Division 12: Society of Clinical Psychology  
Society for the Science of Clinical Psychology  
Washington State Psychological Association

Faculty Meeting Graduate Student Representative,

2002-2005 University of Washington Department of Psychology

Graduate Program Action Committee (GPAC)

2002-2006 Member, University of Washington Department of Psychology

## **Journal Article Reviewer**

Journal of Abnormal Psychology, General Hospital Psychiatry, Psychology of Addictive Behaviors, Journal of Medical Internet Research, Suicide and Life Threatening Behavior, Archives of Suicide Research, eGEMS (Generating Evidence & Methods to improve patient outcomes).

## **Professional References**

**Gregory Simon, MD, MPH**

simon.g@ghc.org, 206.287.2979

Senior Investigator, Group Health Research Institute, 1730 Minor Avenue, Suite 1600, Seattle WA 98101

**Mary E. Larimer, PhD**

larimer@u.washington.edu, 206.543.3513

Professor, Director of the Center for Health and Risk Behaviors, Associate Director of the Addictive Behaviors Research Center, University of Washington, Psychiatry and Behavioral Sciences Department, Box 354933, Seattle, WA 98105-6099

**Marsha M. Linehan, PhD, ABPP**

linehan@u.washington.edu, 206.543.9886

Professor, Director of the Behavioral Research and Therapy Clinics, University of Washington, Box 351525, Seattle, WA 98195-1525