

Curriculum Vitae

Alexandra Werntz, PhD

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 Licensed clinical psychologist, [VA license no. 0810007407](#)
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Née: Alexandra Jacquelyn Werntz

Education

PhD in Clinical Psychology	University of Virginia , Charlottesville, Virginia Dissertation: <i>Experimental examination of message framing to increase dissemination of evidence-based treatments</i> https://doi.org/10.18130/v3-zyqb-jn32	2016-2020
Pre-doctoral Internship	Department of Veterans Affairs Medical Center , Salem, VA Pre-doctoral Psychology Intern, Generalist training	2019-2020
MA in Psychology	University of Virginia Predissertation: <i>Implicit health associations across the adult lifespan</i> https://doi.org/10.18130/V3-0ETN-GR23	2014-2016
BA in Psychology with Highest Distinction	University of Virginia Minor: African American Studies Honors thesis: <i>Healthy interpretations with healthy aging</i>	2007-2011

Positions

Co-Owner, Therapist	Cville Family Therapy Practice in Charlottesville, VA	2024 - present
Board Member	Research Board of the National Mentoring Resource Center A program of the Office of Juvenile Justice and Delinquency Prevention	2024 - present
Lecturer	University of Massachusetts Boston	2025 - 2026
Associate Director	University of Massachusetts Boston – Center for Evidence Based Mentoring	2022 - 2025
Director of Research	MentorPRO	2023 - 2025
Therapist	Active and Connected Family Therapy <i>formerly Virginia Family Therapy</i> Practice in Charlottesville, VA	2021 - 2024
Research and Evaluation Consultant	Northeastern University – Student Success Initiative MentorHub	2021 – 2023 2021 - 2022
Postdoctoral Research Associate	University of Massachusetts Boston – Center for Evidence Based Mentoring University of Virginia – Program for Anxiety, Cognition and Treatment Lab	2020 – 2022
Clinical Science Fellow	AIM Youth Mental Health	2021 - 2022
Fellow, Program Speaker	International Max Planck Research School on the Life Course	2016-2018
Student Representative to the Board	Council of University Directors of Clinical Psychology (CUDCP) CUDCP's liaison to American Psychological Association of Graduate Students (APAGS) at the APA Spring Consolidated Meeting	2017-2019 2018

Honors and Awards

Invited Research Fellow Summer Institute on Youth Mentoring, Portland State University	July 2024
Association for Behavioral and Cognitive Therapy's (ABCT) Virginia A. Roswell Student Dissertation Award, \$1000 National-level award for dissertation research	Nov 2020
Society of Clinical Psychology (SCP) and Council of University Directors of Clinical Psychology's (CUDCP) Inaugural Distinguished Student Scientist-Practitioner Award, \$800 National-level award for outstanding contributions to both research and practice in clinical psychology	Aug 2019
The Rebecca Boone Memorial Award for Excellence in Teaching, \$750 University of Virginia, Department of Psychology – graduate teaching award	Jan 2019
Raven Society Scholarship, \$2000 Awarded to distinguished graduate and undergraduate UVA students who have demonstrated excellence in their chosen field of study and commitment to the University community	Mar 2018
Society for a Science of Clinical Psychology (SSCP) Outstanding Student Teacher Award, \$100 National-level graduate teaching award	Jan 2018
Raven Society member Inducted to the University of Virginia's highest honors society	Nov 2017
First place at the Huskey Research Exhibition Natural Sciences Division 4 section (poster), University of Virginia	Mar 2017
First place at the Huskey Research Exhibition Mental Health, Development, and Goal Achievement section (talk), University of Virginia	Mar 2016
First runners up (UVA team) at The Lindsay Institute's Caring for the Caregiver Hack, \$1000 24-hour competition to create a digital product to improve the lives of dementia caregivers	Mar 2016
Elizabeth Fries Young Investigator Award Women's Health Research Day, Virginia Commonwealth University, Richmond, VA, awarded to a young investigator whose work demonstrates great promise in advancing women's health research	Apr 2014
Clinical and Translational Research Award Women's Health Research Day, Virginia Commonwealth University, awarded to the best poster in clinical research	Apr 2014

Funding

National Center for School Mental Health \$11,625 for teaching Therapeutic Mentoring	January 2025
\$13,500 for teaching Therapeutic Mentoring	March 2024
Step Up Women's Network Program Evaluation \$30,000 for program evaluation	April 2023
Aim Youth Mental Health Clinical Science Fellow Grant \$50,000 for research on MindTrails and MentorHub	January 2021

Publications & Presentations

*denotes mentored co-author

Peer-reviewed journal articles (39)

Rhodes, J. E., **Wernitz, A.**, Jasman, M., & Morton, D. D. (2026). Stocking the Pond: Empowering Young Women to Recruit Social Capital Through Technology-Enabled Flash Mentoring. *Youth, 6*(1), 35.

<https://doi.org/10.3390/youth6010035>

Wernitz, A., Jasman*, M., Cherry*, J., Borer, A., Johnston, A., Meany, M., Stettin, J., McCarron, T., & Rhodes, J. E. (Accepted). Beyond the mentor-youth dyad: The role of parents and mentoring program staff in predicting

volunteer persistence. *Mentoring & Tutoring: Partnership in Learning*.
<http://dx.doi.org/10.1080/13611267.2026.2632131>

- Wolfe^{*}, E., **Werntz, A.**, Michel, A., Zhang, Y., Rucker, M., Boukhechba, M., Barnes, L. E., Rhodes, J. E., & Teachman, B. A. (Accepted). A Mixed Methods Evaluation of a Pilot Open Trial of a Mentor-Guided Digital Intervention for Youth Anxiety. *PLOS Digital Health*.
- Werntz, A.**, Deng, Y., Jasman^{*}, M., Yowell, C., & Rhodes, J. E. (2026). Effects of a Technology-Enhanced University Peer Mentoring Program on First Year Academic and Well-being Outcomes. *International Journal of Mentoring and Coaching in Education*. <https://doi.org/10.1108/IJMCE-03-2025-0027>
- Hersch^{*}, E., **Werntz, A.**, Schwartz, S. E. O., Raposa, E. B., Hughes, J., Parnes, M. F., & Rhodes, J. (2025). Testing the effects of a social capital intervention on college student retention and academic success. *American Journal of Community Psychology*, 1–18. <https://doi.org/10.1002/ajcp.70027>
- Ramadurai^{*}, R., Deng, Y., **Werntz, A.**, Yowell, C., & Rhodes, J. (2025). Mentor-mentee similarity in college peer mentoring: untangling conflicting results. *Studies in Higher Education*. doi: 10.1080/03075079.2025.2572504
- Gibson, J. S., Eberle, J. W., **Werntz, A.**, Harrison, M. B., Manning, C. A., Yan, G., Teachman, B. A. (2025). Development of the Movement Disorders Interpretation Bias Scale and Psychometric Evaluation in Adults with Huntington's Disease. *Parkinsonism and Related Disorders*, <https://doi.org/10.1016/j.parkreidis.2025.107971>.
- French, N. J., Freichel, R., Kahveci, S., **Werntz, A.**, Howell, J. L., Lindgren, K. P., O'Shea, B. A., Boker, S. M., & Teachman, B. A. (2025). Anxiety Symptom Severity and Implicit and Explicit Self-As-Anxious Associations in a Large Online Sample of U.S. Adults: Trends from 2011 to 2022. *Clinical Psychological Science*. doi: 10.1177/21677026251359621.
- Werntz, A.**, Rhodes, J. E., Brockstein^{*}, H., Fallon, L., & Cook, A. (2025). A Scoping Review of Therapeutic Mentoring for Youth Mental Health. *Frontiers in Child and Adolescent Psychiatry*, special section Interventions for Adolescent Mental Health, 4. <https://doi.org/10.3389/frcha.2025.1509971>
- Eberle, J. W., Daniel, K. E., Bae, S., Silverman, A. L., Lewis, E., Baglione, A. N., **Werntz, A.**, French, N. J., Ji, J. L., Hohensee, N., Tong, X., Huband, J. M., Boukhechba, M., Funk, D. H., Barnes, L. E., & Teachman, B. A. (2024). Web-based interpretation bias training to reduce anxiety: A sequential multiple-assignment randomized trial. *Journal of Consulting and Clinical Psychology*. <https://doi.org/10.31234/osf.io/37k8n>
- Silverman, A. L., **Werntz, A.**, Schofield, C., Prinstein, M. J., McKay, D., & Teachman, B. A. (2024). Randomized Controlled Trial Evaluating the Effectiveness of a Direct-to-Consumer Marketing Video About Patients' Right to Evidence-Based Mental Health Care. *The Journal of nervous and mental disease*, 212(8), 419–429. <https://doi.org/10.1097/NMD.0000000000001786>
- Hinojosa, B. M., Meese, W. B., Howell, J. L., O'Shea, B., Teachman, B. A., **Werntz, A.** (2023). Implicit and Explicit Associations between the COVID-19 Vaccine and Harm Predict Vaccine Beliefs, Intentions, and Behaviors. *Social and Personality Psychology Compass*. <https://doi.org/10.1111/spc3.12905>
- Werntz, A.**, Poon, C. Y., & Rhodes, J. E. (2023). Striking the balance: The relative benefits of goal- and youth-focused approaches to youth mentoring relationships. *Journal of Youth and Adolescence*, 52, 1448-1458. <https://doi.org/10.1007/s10964-023-01751-4>
- Werntz, A.**, O'Shea, B., Sjobeck, G., Lindgren, K., Howell, J. L., & Teachman, B. A. (2023). Implicit COVID-19 Associations and Their Relations to Mental Health: A Large-Scale Examination and Replication. *Anxiety, Stress, and Coping*. doi: 10.1080/10615806.2023.2176486 PMID: PMC10409876
- Werntz, A.**, Amado, S., Jasman, M.^{*}, Ervin, A., Rhodes, J. E. (2023). Providing Human Support for the Use of Digital Mental Health Interventions: A Systematic Meta-Review. *Journal of Medical Internet Research*, 23:e42864. doi:10.2196/42864
- Werntz, A.**, Jasman, M.^{*}, Simeon, K., Gunasekaran, H., Yowell, C., Rhodes, J. E. (2023). Implementation of a Technology-Enhanced Peer Mentor Referral System for First-Year University Students. *Journal of Technology in Behavioral Science*. <https://doi.org/10.1007/s41347-023-00303-8>
- Fua, K., Daniel, K. E., **Werntz, A.**, Doss, B., Lawrence, E., Teachman, B. A. (2022). Development and Validation of the Aggregated Relational Flexibility Measure. *Contemporary Family Therapy*.
- Seivert, N. P., **Werntz, A.**, Hsueh, L., Sain, K., Washburn, J. J., & Cavell, T. A. (2022). Career-Enhancing Research Competencies: Student Perceptions of Research Training in Clinical Psychology Doctoral Programs. *Training and Education in Professional Psychology*. Advance online publication. <https://dx.doi.org/10.1037/tep0000428>
- Howell, J., Sweeny, K., Hua, J., **Werntz, A.**, Hussain, M., Hinojosa, B., Johnson, A. E., Lindgren, K. P., Meese, W., O'Shea, B. A., & Teachman, B. A. (in press). The Role of Uncertainty, Worry, and Control in Well-being: Evidence from the COVID-19 Outbreak and Pandemic in US and China. *Emotion*. Advance online publication. <https://doi.org/10.1037/emo0001163>
- Werntz, A.**, Silverman, A., Behan, H., Beltzer, M. L., Boukhechba, M., Barnes, L., & Teachman, B. A. (2022). Lessons Learned: Providing Supportive Accountability to Individuals Enrolled in an Online Anxiety Intervention. *Behavior Therapy*, 53(3), 492-507. <https://doi.org/https://doi.org/10.1016/j.beth.2021.12.002>

- Teachman, B. A., Silverman, A. L., & **Werntz, A.** (2022). Digital mental health services: Moving from promise to results. *Cognitive and Behavioral Practice, 29*, 97-104. <https://doi.org/10.1016/j.cbpra.2021.06.014>
- McQuillin, S. D., Hagler, M. A., **Werntz, A.**, & Rhodes, J. E. (2021). Paraprofessional youth mentoring: A framework for integrating youth mentoring with helping institutions and professions. *Journal of American Community Psychology, 50*(1), 125-136. <https://doi.org/10.1002/ajcp.12546>
- Silverman, A., **Werntz, A.**, Ko, T., & Teachman, B. A. (2021). Implicit and explicit beliefs about the effectiveness of psychotherapy vs. medication: A large-scale examination and replication. *Journal of Nervous and Mental Disease, 209*(10), 1000-1008. doi:10.1097/NMD.0000000000001384
- Werntz, A.**, & Holohan, D. R. (2021). Stakeholder concerns with the validation of the Enhanced EPPP (Part 2-Skills). *Training and Education in Professional Psychology, 15*(1), 33-36. <https://doi.org/10.1037/tep0000358>
- Hsueh, L., **Werntz, A.**, Hobaica, S., Owens, S. A., Lumley, M. A., Washburn, J.J. (2021). Clinical psychology PhD students' admission experiences: Implications for recruiting racial/ethnic minority and LGBTQ students. *Journal of Clinical Psychology, 77*, 105-120. <https://doi.org/10.1002/jclp.23074>
- Steinman, S. A., Namaky, N., Toton, S. L., Meissel, E., St. John, A. T., Pham, N.-H., **Werntz, A.**, Valladares, T. L., Gorlin, E. I., Arbus, S., Beltzer, M., Soroka, A., & Teachman, B. A. (2020). Which variations of a brief cognitive bias modification session for interpretations lead to the strongest effects? *Cognitive Therapy and Research, 44*(4), 1000-1010. <https://doi.org/10.1007/s10608-020-10168-3>
- Werntz, A.**, Bufka, L., Adams, B., & Teachman, B. A. (2020). Improving the reach of clinical practice guidelines: An experimental investigation of headlines on website user engagement. *Clinical Psychological Science, 8*(5), 825-838. <https://doi.org/10.1177/2167702620920722>
- Teachman, B. A., Clerkin, E. M., Cunningham, W., Dreyer-Oren, S., & **Werntz, A.** (2019). Implicit cognition and psychopathology: Looking back and looking forward. *Annual Review of Clinical Psychology, 15*, 1146-1176. doi:10.1146/annurev-clinpsy-050718-095718.
- Gorlin, E. I., **Werntz, A. J.**, Fua, K. C., Lambert, A. E., Namaky, N., & Teachman, B. A., (2019). Remembering or knowing how we felt: Depression and anxiety symptoms predict retrieval strategy use during emotional self-report. *Emotion, 19*(3), 465-479. doi:10.1037/emo0000436
- Werntz, A. J.**, Green, J. S., & Teachman, B. A. (2017). Implicit health associations across the adult lifespan. *Psychology & Health, 32*(12), 1429-1448. doi:10.1080/08870446.2017.1341514
- Namaky, N., Beltzer, M. L., **Werntz, A. J.**, Lambert, A. E., Isaacowitz, D. M., & Teachman, B. A. (2017). Moderators of age effects on attention bias toward threat and its association with anxiety. *Journal of Affective Disorders, 216*, 46-57. doi:10.1016/j.jad.2016.10.048
- Glenn, J. J., **Werntz, A. J.**, Steinman, S. A., Slama, S. J., Teachman, B. A., & Nock, M. K. (2017). Suicide and self-injury-related implicit cognition: a large-scale examination and replication. *Journal of Abnormal Psychology, 126*(2), 199-211. doi:10.1037/abn0000230
- Kulesza, M., Masuda, M., Ramirez, J. J., **Werntz, A. J.**, Teachman, B. A., & Lindgren, K. P. (2016). Towards greater understanding of addiction stigma: Intersectionality with race/ethnicity and gender. *Drug and Alcohol Dependence, 169*, 85-91. doi:10.1016/j.drugalcdep.2016.10.020
- Lindgren, K. P., Gasser, M. L., **Werntz, A. J.**, Namaky, N., Baldwin, S. A., & Teachman, B. A. (2016). Moderators of implicit and explicit drinking identity in a large US adult sample. *Addictive Behaviors, 60*, 177-183. doi:10.1016/j.addbeh.2016.04.022
- Werntz, A. J.**, Steinman, S. A., Glenn, J., Nock, M., & Teachman, B. A. (2016). Characterizing implicit mental health evaluations across clinical domains. *Journal of Behavior Therapy and Experimental Psychiatry, 52*, 17-28. doi:10.1016/j.jbtep.2016.02.004
- Werntz, A. J.**, Dodson, C. S., Schiller, A. J., Middlebrooks, C. D., & Phipps, E. (2015). Mental health in rural caregivers of persons with dementia. *SAGE Open, 5*(4). doi:10.1177/2158244015621776
- Kulesza, M., Teachman, B. A., **Werntz, A. J.**, Gasser, M. L., & Lindgren, K. P. (2015). Correlates of public support toward federal funding for harm reduction strategies. *Journal of Substance Abuse Treatment, Prevention and Policy, 10*(25). doi:10.1186/s13011-015-0022-5
- Clerkin, E. M., **Werntz, A. J.**, Magee, J. C., Lindgren, K. P., & Teachman, B. A. (2014). Evaluating age differences in coping motives as a mediator of the link between social anxiety symptoms and alcohol problems. *Psychology of Addictive Behaviors, 28*(3), 880-886. doi:10.1037/a0036813
- Lindgren, K. P., Kaysen, D., **Werntz, A. J.**, Gasser, M. L., & Teachman, B.A. (2013). Wounds that can't be seen: Implicit trauma associations predict posttraumatic stress disorder symptoms. *Journal of Behavior Therapy and Experimental Psychiatry, 44*, 368-375. doi:10.1016/j.jbtep.2013.03.003

Book sections (2)

- Werntz, A.**, & Rhodes, J. E. (in press). Historical Context for Mentoring. *Professional Mentoring Handbook*.

Teachman, B. A., Beltzer, M., & **Werntz, A. J.** (2019). Panic Disorder and Agoraphobia. In B. Olatunji, (Ed.) *Handbook of anxiety and related disorders part IV: Etiology and phenomenology of specific anxiety disorders*. New York: Cambridge University Press.

Publications for a general audience (6)

Werntz, A. (2025, January 7). *The Promise and Perils of Paraprofessionals: New JAMA Opinion Piece Points to Exciting Opportunities*. From the *Chronicle of Evidence-Based Mentoring*, <https://www.evidencebasedmentoring.org/the-promise-and-perils-of-paraprofessionals/>

Werntz, A. (2024, December 19). *Therapeutic Mentoring: A Scalable Solution to the Youth Mental Health Crisis*. From the *Chronicle of Evidence-Based Mentoring*, <https://www.evidencebasedmentoring.org/therapeutic-mentoring-a-scalable-solution/>

Werntz, A. (2023, February 24). *Commentary on CDC report finds alarming levels of mental health symptoms in high school students*. From the *Chronicle of Evidence-Based Mentoring*, <https://www.evidencebasedmentoring.org/commentary-on-cdc-report-finds-alarming-levels-of-mental-health-symptoms-in-high-school-students/>

Schmitt, T., **Werntz, A.**, & Teachman, B. A. (2020, October 19). *Choose to think in new ways: Research explores an accessible, online program to reduce anxious thinking*. From *Psychology Today*, <https://www.psychologytoday.com/us/blog/understand-your-thinking/202010/choose-think-in-new-ways>

Werntz, A. (2018, November 30). *The front lines of caregiving: The experiences of a young adult*. In *Senior Navigator*, retrieved from: https://www.dailyprogress.com/specialty_publications/page-sn/page_a9360481-2e94-5a92-ac79-6602ee910cd5.html

Werntz, A. J., Kline, E., & Teachman, B. A. (2016, October 20). *A therapist-free intervention offers promise for reducing feelings of anxiety* [web log post]. Retrieved from: <https://www.anxiety.org/cognitive-bias-modification-internet-based-treatment-for-anxiety-disorders>

Symposia and Research Talks (41)

Werntz, A., & Rhodes, J. E. (2025, May). *Therapeutic Mentoring: Scoping Review and Future Directions*. 2025 Youth Mentoring Research Learning Series by the National Mentoring Resource Center, virtual.

Werntz, A., Jasman, M., Morton, D., Robinson, K., & Rhodes, J. E. (2025, January). *Flash Mentoring: An Innovative New Approach to Building Social Capital*. MENTOR Summit, Washington DC.

Hersch, E.^{*}, **Werntz, A.**, Deng, Y., Jasman, M.^{*}, Rhodes, J. (2024, October 3). *Navigating College Transitions: Online Goal-Setting to Enhance Peer Support*. [Paper Presentation]. Annual Conference on the First-Year Experience, Virtual.

Werntz, A., & Rhodes, J. E. (2024, July). *Mentors as a Paraprofessional Workforce to Support Youth Mental Health*. Summer Institute on Youth Mentoring, Portland, OR.

Werntz, A., Poon, C., Rhodes, J. E., Jasman^{*}, M., & Deng, Y. (2024, July). *Striking the Balance: Goal- vs. Mentee-Focused Mentoring*. Summer Institute on Youth Mentoring, Portland, OR.

Hersch, E.^{*}, **Werntz, A.**, Deng, Y., Gunasekaran, H., & Rhodes, J. (2024, June 2-5). *Can I Help With That? Understanding First-Year College Students' Goal Setting within a Peer Mentoring App*. [Flash Talk]. International Society for Research on Internet Interventions, Limerick, Ireland.

Ramadurai, R., Jasman, M., Deng, Y., **Werntz, A.**, & Rhodes, J. (2024, February) *Leveraging technology to increase college students' access to support services*. 43rd Annual Conference on The First-Year Experience, Seattle, WA.

Werntz, A., Jasman^{*}, M., Deng, Y., Ramadurai^{*}, R., & Rhodes, J. E. (2024, January 24-26). *MentorPRO: A Technology-Enhanced Mentoring Platform* [Conference presentation]. MENTOR National Mentoring Summit, Washington DC.

Rhodes, J. E., **Werntz, A.**, Jasman^{*}, M., & Deng, Y. (2023, October 2). *Technology-Enhanced Peer Mentoring Program for Students in Transition*. National Resource Center's Students in Transition Annual Conference, Jacksonville, FL.

Hersch^{*}, E., Soni^{*}, S., Jasman^{*}, M., **Werntz, A.**, & Rhodes, J. (2023, June 20-21). *College Student Engagement with a Peer Support App: Implications for Student Wellbeing*. [Flash Talk]. Society for Digital Mental Health, Virtual.

Rhodes, J. E., & **Werntz, A.** (2023, June 6). *Scaling mental health services through technology enhanced mentoring*. Presentation to Northwestern University Center for Behavioral Intervention Technologies: Digital Mental Health Webinar Series.

Jasman, M.^{*}, **Werntz, A.**, & Rhodes, J. E. (2023, May 28). *Implementation of a technology-enhanced peer mentor referral system for first-year university students* [Symposium]. Association for Psychological Science, Washington DC, United States. <https://www.psychologicalscience.org/conventions/2023-aps-annual-convention>

Eberle, J. W., Daniel, K. E., Bae, S., Behan, H. C., Silverman, A. L., Baglione, A. N., **Werntz, A.**, French, N. J., Ji, J. L., Hohensee, N., Tong, X., Huband, J. M., Boukhechba, M., Funk, D. H., Barnes, L. E., & Teachman, B. A. (2023, June 20-21). *Web-based interpretation bias training to reduce anxiety: A sequential multiple-*

- assignment randomized trial* [Flash talk]. Meeting of the Society for Digital Mental Health.
<https://bit.ly/3yCMedA>
- Werntz, A., & Soni, S.*** (2023, January 25-27). Supporting Mentees with Anxiety: Effective Strategies for Promoting Mental Health. National Mentoring Summit, Washington DC.
- Jasman, M.*, **Werntz, A., & Rhodes, J. E.** (2023, January 25-27). Innovative Strategies for Technology-Enhanced Peer Mentoring Programs at the University Level. National Mentoring Summit, Washington DC.
- Poon, C., **Werntz, A., Amado, S., Rhodes, J. E.** (2022, November 17-20). Racial and ethnic differences in caregivers' attitudes about mental health treatment. In **Werntz, A.** (Chair), *Embedding evidence-based practices into youth's daily lives: From children's books to paraprofessionals*, Association for Behavioral and Cognitive Therapies 56th Annual Convention, New York, NY.
- Werntz, A., & Teachman, B. A.** (2021, November 18-21). "I know CBT would benefit me, but...": Stakeholder Attitudes on Therapy for Anxiety. In Silverman, A. (Chair), *Public Attitudes, Beliefs and Knowledge about Evidence-based Treatments*. Association for Behavioral and Cognitive Therapies 55th Annual Convention, New Orleans, LA.
- Werntz, A., Silverman, A., Behan, H., Beltzer, M., Boukhechba, M., Barnes, L., & Teachman, B. A.** (2021, November 18-21). Lessons learned: Providing supportive accountability to individuals enrolled in an online anxiety intervention. In Hareli, M. (Chair), *Leveraging Human Support for the Dissemination of Cognitive-Behavioral Skills Through Technology-Delivered Interventions* [Symposium]. Association for Behavioral and Cognitive Therapies 55th Annual Convention, New Orleans, LA.
- Donofrio, V.*, Hareli, M.*, Astesano, J., **Werntz, A., Raposa, E. B., Conley, C. S., & Rhodes, J.** (2021, November 18-21). Challenges and recommendations from piloting a supportive accountability-based technology-delivered intervention (TDI) for adult mentor-youth mentee dyads. In Hareli, M. (Chair), *Leveraging Human Support for the Dissemination of Cognitive-Behavioral Skills Through Technology-Delivered Interventions* [Symposium]. Association for Behavioral and Cognitive Therapies 55th Annual Convention, New Orleans, LA. *Co-Presenters.
- Werntz, A., Silverman, A., Behan, H., Beltzer, M. L., Boukhechba, M., Barnes, L., & Teachman, B. A.** (2021, July). Lessons Learned: Providing Supportive Accountability to Individuals Enrolled in an Online Anxiety Intervention: Speed Talk. Paper presented at the midsummer meeting of the Association for Cognitive Bias Modification (virtual).
- Werntz, A., Teachman, B. A.** (2020, November). *Increasing the appeal of CBT: Latent Profile Analysis of reactions to different ways of describing CBT*. In **Werntz, A. & Teachman, B. A.** (co-chairs), *Direct-to-Consumer Marketing of Evidence-Based Mental Health Interventions: Innovative Approaches to Increasing the Appeal*. Symposium at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Werntz, A., Bufka, L., & Teachman, B. A.** (2019, November). *Improving the reach of clinical practice guidelines: An experimental investigation of message framing on user engagement*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
- Werntz, A., Bufka, L., Adams, B., & Teachman, B. A.** (2019, September). *Do subheadings on the clinical practice guideline webpages affect site user behavior?* Paper presented at the Advisory Steering Committee meeting at the American Psychological Association.
- Shenal, B., & **Werntz, A.** (2019, September). *Whole health and access*. Invited talk at the annual Mental Health Summit at the Salem VAMC, Salem, VA.
- Gorlin, E. I., **Werntz, A., Fua, K. C., Lambert, A. E., Namaky, N., & Teachman, B. A.** (2019, July). *Remembering or knowing how we felt: Role of depressive symptoms and affective valence*. Paper presented at the annual World Congress of Behavioral and Cognitive Therapies, Berlin, Germany.
- Werntz, A., Teachman, B. A., Sbarra, D. A., & Washburn, J.** (2019, May). *Enhancing the Clinical Training Toolkit: Training Today for the Psychologists of Tomorrow*. Panel presented at the annual meeting of the Association for Psychological Science, Washington DC.
- Werntz, A., Hsueh, L., Hobaica, S., & Owens, S.** (2019, January). *CUDCP student representatives' report: Graduate admissions in clinical psychology: The students' perspective*. Talk presented at the CUDCP annual Midwinter Meeting, New Orleans, LA.
 *Authors contributed equally
- Berglund, A. M., **Werntz, A., & Teachman, B. A.** (2018, July). *Age Differences in Implicit Associations Toward Mental Health Treatment*. Oral presentation presented at the 25th Annual Leadership Alliance National Symposium, Hartford, CT.
- Berglund, A. M., **Werntz, A., & Teachman, B. A.** (2018, July). *Age Differences in Implicit Associations Toward Mental Health Treatment*. Oral presentation presented at the University of Virginia's Pizza, Posters and Presentations Symposium, Charlottesville, VA.

- Werntz, A.** (2018, May). *Experimental examination of message framing to increase dissemination of evidence-based anxiety treatments*. Talk presented at the International Max Planck Research School on the Life Course (LIFE) Conference. Berlin, Germany.
- Werntz, A. J., & Hsueh, L., Seivert, N. P., & Stevens, K.** (2018, January). *CUDCP student representatives' report: Career-enhancing research competencies (CERCs)*. Talk presented at the CUDCP annual Midwinter Meeting, Nashville, TN.
*Authors contributed equally
- Steinman, S. A., Namaky, N., Thomas, S., Meissel, E., St. John, A. T., Pham, N., **Werntz, A. J.**, Saunders, T., Gorlin, E. I., Arbus, S., Beltzer, M., Soroka, A. & Teachman, B. A. (2017, November). Maximizing effects for cognitive bias modification for threat interpretations: Testing 15 variants of training. In A. Niles (Chair), *Using computers, Internet, and mobile applications to treat anxiety: A mechanisms approach*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- Werntz, A. J., Ko, T. M., & Teachman, B. A.** (2017, May). Attitudes about mental health interventions: Treatment experience relates to implicit and explicit intervention efficacy associations. In **A. J. Werntz & M. L. Beltzer** (Co-Chairs), *Perceptions of mental illness and its treatment: Individual differences, malleability, and national trends*. Symposium presented at the annual meeting of the Association for Psychological Science, Boston, MA.
- Werntz, A. J., & Teachman, B. A.** (2017, May). Examining implicit and explicit attitudes about mental health treatment across the adult lifespan. Talk presented at the International Max Planck Research School on the Life Course (LIFE) Conference. Ann Arbor, MI.
- Steinman, S. A., Namaky, N., Thomas, S., Meissel, E., St. John, A. T., Pham, N., **Werntz, A. J.**, Saunders, T., Gorlin, E. I., Arbus, S., Beltzer, M., Soroka, A. & Teachman, B. A. (2017, April). Which variations of cognitive bias modification for interpretations lead to the strongest effects? In L. S. Hallion & S. A. Steinman (Co-Chairs), *New Directions in Cognitive Training for Anxiety*. Symposium presented at the annual meeting of the Anxiety and Depression Association of America, San Francisco, CA.
- Werntz, A. J., Ko, T., & Teachman, B. A.** (2016, March). Implicit and explicit attitudes toward psychotherapy versus medication as predictors of treatment utilization. In Mental Health, Development, and Goal Achievement Oral Session. Paper presented at the annual Huskey Research Exhibition at University of Virginia, Charlottesville, VA.
- Werntz, A. J., & Teachman, B. A.** (2015, March). Project Implicit Mental Health: Findings from a large-scale demonstration website. In Social and Behavioral Sciences Oral Session. Paper presented at the annual Huskey Research Exhibition at University of Virginia, Charlottesville, VA.
- Clerkin, E. M., **Werntz, A. J.**, Magee, J. C., Lindgren, K. P., & Teachman, B. A. (2014, November). Linking social anxiety and alcohol problems: Evaluating age differences in coping motives as a mediator. In J. Magee, *Novel Mechanisms Linking Anxiety and Substance Use*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Glenn, J. J., Steinman, S. A., **Werntz, A. J.**, Slama, S. J. K., Teachman, B. A., & Nock, M. K. (2014, November). Using implicit cognition tools to assess suicidal and self-injurious behaviors. In **A. J. Werntz & B. A. Teachman** (Co-chairs), *New directions in implicit associations research in psychopathology*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Werntz, A. J., Steinman, S. A., Glenn, J. J., Nock, M. K., & Teachman, B. A.** (2014, November). Project Implicit Mental Health: Findings from a large-scale demonstration website. In **A. J. Werntz & B. A. Teachman** (Co-chairs), *New Directions in Implicit Associations Research in Psychopathology*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Teachman, B. A., & **Werntz, A. J.** (2014, May). Project Implicit Mental Health: An online platform to discover mental health associations outside conscious control. In J. J. Williams (Chair), *Using the Internet as a Laboratory for Research in the Real World*. Presentation at the annual meeting of the Association for Psychological Science, San Francisco, CA.

Community and invited talks (8)

- Werntz, A.** (2025, January). Keynote Address. Invited talk for Military Mentors MMoment Conference, Alexandria, VA.
- Werntz, A.** (2024, December). Empowering Mentees: Practical Approaches to Manage Anxiety in Youth. Invited talk for MENTOR Washington, virtual.
- Werntz, A.** (2024, April). Physical and Mental Health in Adults with Homozygous Familial Hypercholesterolemia. Invited presentation for the Family Heart Foundation.
- Hersch^{*}, E., Jasman^{*}, M., Soni^{*}, S., **Werntz, A.**, Rhodes, J. (2023, June). Digital Mental Health Graduate Student Open House: Center for Evidence-Based Mentoring. Invited presentation for the Society for Digital Mental Health Annual Conference, Virtual.

- Rhodes, J. E., & Werntz, A. (2021, October). *My Brother's Keeper & UMass Boston Intergenerational Model: Building a vibrant governmental, educational, and nonprofit partnership*. Presentation to October Community of Practice Call for the Obama Foundation.
- Werntz, A. (2021, June). *An Introduction to Motivational Interviewing*. Training provided to Florida Check & Connect Annual Mentor Summit: Coaching for Competency.
- Werntz, A. J., Tucker, V., Uribe, O., Mendu, S., Cortez, A., & Nguyen, A. (2016, March). Quilted Stories: An app to create a caregiver storytelling community. In The Lindsay Institute (Host), *Caring for the Caregiver Hack*. Smartphone app presented at the second annual Caring for the Caregiver Hack Competition, Richmond, VA. *Authors contributed equally
- Werntz, A. J. & Wittrup, A. R. (2016, February). *Mental health awareness in teens*. Presentation to William Monroe High School students, faculty, and staff. Stanardsville, VA.
*Authors contributed equally

Posters (33)

- French, N. J., Freichel, R., Kahveci, R., Werntz, A., O'Shea, B. A., Boker, S. M., Teachman, B. A. (2024, November 14-17). *Trends in implicit and explicit anxiety associations and symptom severity during the COVID-19 pandemic in a large online sample of U.S. adults*. [Poster session]. Association for Behavioral and Cognitive Therapies' 58th Annual Convention, Philadelphia, PA, United States.
- Hersch^{*}, E., Jasman^{*}, M., Cherry^{*}, J., Soni^{*}, S., Werntz, A., & Rhodes, J. (2023, May 25-28). *Supportive Accountability for University Students' Engagement with the Healthy Minds Meditation Application*. [Poster Presentation]. The Association for Psychological Science Annual Convention, Washington D.C.
- Silverman, A.L., Werntz, A., Schofield, C., Prinstein, M.J., McKay, D., & Teachman, B.A. (2023, April). *Randomized controlled trial evaluating the effectiveness of a direct-to-consumer marketing video for evidence-based mental health care*. Poster to be presented at the 42nd annual meeting of the Anxiety and Depression Association of America, Washington, DC.
- Seivert, N. P., Werntz, A., Hsueh, L., Sain, K., Washburn, J. J., & Cavell, T. A. (2023, January 13-14). *Career-enhancing research competencies: Student perceptions of research training in clinical psychology doctoral programs* [Poster presentation]. Council of University Directors of Clinical Psychology Mid-Winter Meeting 2023, San Diego, CA.
- Cherry^{*}, J., Amado, S., Jasman^{*}, M., Aier^{*}, B., Werntz, A., & Rhodes, J. (2022, November 17-20). *Caregiver Experiences and the Impacts on Children's Engagement with Mental Health Treatments in a Global Pandemic* [Poster presentation]. Association for Behavioral and Cognitive Therapies, New York City, NY.
- Amado, S., Poon, C., Jasman^{*}, M., Cherry^{*}, J., Aier^{*}, B., Werntz, A., Rhodes, J., (2022, November 17-20) *Caregivers' Attitudes Towards Youth Digital Mental Health Interventions During the COVID-19 Pandemic* [Poster presentation]. 56th Annual Meeting of the Association for Behavioral and Cognitive Therapies, NYC.
- Jasman^{*}, M. Amado, S., Poon, C., Aier^{*}, B., Cherry^{*}, J., Werntz, A., & Rhodes, J. (2022, November 17-20). *Caregivers with children in mentoring organizations: Attitudes on mentor involvement in child mental health and digital mental health interventions* [Poster presentation]. Association for Behavioral and Cognitive Therapies. <https://www.abct.org/2022-convention/>
- Aier^{**}, B., Cherry^{**}, J., Jasman^{**}, M., Amado, S., Poon, C., Werntz, A., & Rhodes, J. (2022, June 13-14). *Addressing cultural differences for parental concerns of child digital mental health use* [Poster presentation]. Society for Digital Mental Health, virtual. <https://www.societydmh.org/annual-meeting/> *Authors contributed equally.
- Gopanapalli^{*}, P., Klett^{*}, C., Leventhal^{*}, E., & Werntz, A. (2021, October). *MindTrails Big Brothers Big Sisters Mentor Training*. Poster presented at the annual meeting of the PACT Undergraduate Fall Research Symposium, Charlottesville, VA.
- Klett^{*}, C., Schmitt^{*}, T., Werntz, A., & Teachman, B. A. (2021, April). *Adapting an online anxiety intervention for adults for adolescents in mentoring programs*. Poster presented at the annual Undergraduate Research Symposium at the University of Virginia, Charlottesville, VA.
- Werntz, A., Bufka, L., Teachman, B. A. (2018, April). *Field experiments to promote engagement on APA's PTSD clinical practice guideline website*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Washington, DC.
- Werntz, A. J., Zhang, D., Geyer, E., & Teachman, B. A. (2017, November). *Am I anxious?: Implicit and explicit self-concepts of anxiety predict symptom acknowledgement*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- Calicho-Mamani, C. P., Zhang, D., Blaisdell, K. N., Friedmann, C. I., Werntz, A. J., & Teachman, B. A. (2017, November). *Gender and age differences in social media advertising reception: Using Facebook to promote free, web-based interventions*. Poster presented at the Diversifying Scholarship Conference at the University of Virginia, Charlottesville, VA.

- Werntz, A. J.,** & Teachman, B. A. (2017, March). *Am I anxious?: Implicit and explicit self-concepts of anxiety predict symptom acknowledgement*. Poster presented at the annual Huskey Research Exhibition at University of Virginia, Charlottesville, VA.
- Werntz, A. J.,** Green, J. S., & Teachman, B. A. (2016, October). *Implicit health associations across the adult lifespan*. Poster presented at the International Max Planck Research School on the Life Course (LIFE) Conference. Berlin, Germany.
- Namaky, N., **Werntz, A. J.,** Saunders, T. L., Meissel, E. E., Nelms, J. B., & Teachman, B. A. (2015, November). *Age differences in threat bias when attending to social or physical stimuli on a dot-probe task*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Werntz, A. J.,** Pham, N.-H., Brooks, C., & Teachman, B. A. (2015, November). *Implicit mental health associations and the acknowledgement of mental health difficulties*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
- Fua, K. C., Gorlin, E. I., **Werntz, A. J.,** Lambert, A. E., & Teachman, B. A. (2014, November). *Anxiety and depression symptoms as moderators of emotion recollection strategies*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Werntz, A. J.,** Moore, T., Verno, T., Ondersma, S., Dillon, P., Gentry, T., Walters, V., Hursh, S. R., Roma, P., Rybarczyk, B., Svikis, D. (2014, November). *Sleep quality and alcohol use behaviors in primary care patients: Poorer sleep quality is related to heavy/problem drinking behaviors among women*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Werntz, A. J.,** Simpson, C. C., & Teachman, B. A. (2014, November). *Implicit shame and eating disorder symptoms*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Kulesza, M., Lindgren, K. P., **Werntz, A. J.,** Gasser, M., & Teachman, B. A. (2014, November). *Correlates of public support toward harm reduction strategies for intravenous drug use*. Poster presented at the annual meeting of the Association for Medical Education and Research in Substance Abuse, San Francisco, CA.
- Moore, T., Verno, T., **Werntz, A. J.,** Ondersma, S., Dillon, P., Gentry, T., Walters, V., Hursh, S., Roma, P., Rybarczyk, B., & Svikis, D. (June, 2014) *What dreams may come? Sleep problems and heavy/problem substance use in primary care patients*. Poster presented at The College on Problems of Drug Dependence, San Juan, Puerto Rico.
- Moore, T., Verno, T., **Werntz, A. J.,** Ondersma, S., Dillon, P., Gentry, T., Walters, V., Hursh, S., Roma, P., Rybarczyk, B., & Svikis, D. (2014, April). *The relationship of sleep problems and heavy/problem substance use in primary care patients*. Poster presented at the 17th Annual Graduate Research Symposium, Virginia Commonwealth University, Richmond, VA.
- Werntz, A. J.,** Moore, T., Verno, T., Ondersma, S., Dillon, P., Gentry, T., Walters, V., Hursh, S. R., Roma, P., Rybarczyk, B., Svikis, D. (2014, April). *Sleep quality and alcohol use behaviors in primary care patients: Problems with sleep are related to heavy/problem drinking behaviors among women*. Poster presented at the 10th Annual Women's Health Research Day, Virginia Commonwealth University, Richmond, VA.
- Glenn, J. J., **Werntz, A. J.,** Steinman, S. A., Nock, M. K., & Teachman, B. A. (2013, November). *Implicit and explicit mental health evaluations: Results from Project Implicit Mental Health, a large-scale web-based study*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Werntz, A. J.,** Green, J. S., Simpson, W. B., & Teachman, B. A. (2013, November). *Health anxiety, age and threat interpretation biases*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
- Steinman, S. A., Tsang, Y. T., Rainey, K., **Werntz, A. J.,** & Teachman, B. A. (2013, May). *The magnifying lens of fear: The effects of state and trait fear on perception and memory*. Poster presented at the annual meeting of the Association for Psychological Science, Washington, DC.
- Werntz, A. J.,** Green, J. S., & Teachman, B. A. (2013, May). *Implicit physical health: Validating the health-Implicit Association Test*. Poster presented at the annual meeting of the Association for Psychological Science, Washington, DC.
- Werntz, A. J.,** Green, J. S., Middlebrooks, C. D., & Teachman, B. A. (2012, November). *Visual attention and mood: Where you look depends on how much time you think you have*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
- Werntz, A. J.,** Green, J. S., & Teachman, B. A. (2011, November). *Healthy interpretations with healthy aging*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, ON, Canada.
- Green, J. S., **Werntz, A. J.,** & Teachman, B. A. (2011, September). *Moderators of age differences in threat interpretations across the adult life span*. Poster presented at the Life Conference, Zurich, Switzerland.

Werntz, A. J. (2011, April). *Healthy interpretations with healthy aging*. Poster presented at the L. Starling Reid Undergraduate Psychology Conference, Charlottesville, VA.

Clerkin, E. M., Werntz, A. J., Schmidt, S. M., & Teachman, B. A. (2009, November). *Training interpretation biases among individuals with symptoms of obsessive compulsive disorder*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Department talks (10)

Werntz, A., Jasman, M., Deng, Y., & Rhodes, J. E. (2023, October 20). *Technology-Enhanced Peer Mentoring Program for Students in Transition*. Presentation to the clinical psychology department, University of Virginia. Charlottesville, VA.

Werntz, A., & Daniel, K. E. (2021, July). *Transitioning back to "normal:" Understanding our brains as we emerge back into the world*. Presentation to Computer Science Department's Summer Discussion Series at the University of Virginia, Charlottesville, VA. *Authors contributed equally

Werntz, A. (2020, April). *Experimental examination of message framing to increase dissemination of evidence-based treatments*. Presentation to staff psychologists at the Salem VAMC, Salem, VA.

Werntz, A., Amin, S., & Ratnakaran, B. (2019, October). *Bipolar disorders: Treatment considerations for interprofessional teams*. Presentation to Evidence-based Psychotherapies team at the Salem VAMC, Salem, VA. *Authors contributed equally

Werntz, A. (2019, October). *Case presentation: Unified Protocol for transdiagnostic treatment of emotional disorders*. Presentation to staff psychologists at the Salem VAMC, Salem, VA.

Werntz, A. (2019, March). *Promoting anxiety treatments that work*. Presentation to the clinical psychology department, University of Virginia. Charlottesville, VA.

Werntz, A. (2018, July). *Experimental examination of message framing to increase dissemination of evidence-based anxiety treatments*. Presentation to Professional Development Meeting to visiting undergraduate scholars, University of Virginia. Charlottesville, VA.

Werntz, A. (2018, April). *Graduate student wellbeing*. Presentation to the Department of Psychology faculty meeting, University of Virginia. Charlottesville, VA.

Werntz, A. J. (2017, September). *Examining attitudes toward anxiety treatment*. Presentation in the Intra-Departmental Symposium, Psychology Department, University of Virginia. Charlottesville, VA.

Werntz, A. J. (2016, September). *Implicit health associations across the adult lifespan*. Presentation to the clinical psychology department, University of Virginia. Charlottesville, VA.

Grant-writing

2025 – National Science Foundation Small Business Technology Transfer (STTR) Phase II Grant. MentorPRO. Under review.

2024 – National Science Foundation Small Business Technology Transfer (STTR) Phase I Grant. MentorPRO. **Funded.**

2024 – Anonymous donor. Turning Connected Futures into a Single Session Intervention. **Funded.**

2023 – National Institutes of Health Small Business Innovation Research (SBIR) and Small Business Technology Transfer (STTR) Phase II Grant. **Unfunded.**

2020 – AIM Youth Mental Health Clinical Science Fellow Grant. **Funded.**

2020 – American Psychological Foundation's (APF) David H. and Beverly A. Barlow Grant. *Examining the acceptability, feasibility, and usability of an online anxiety intervention for youth participating in a Big Brothers Big Sisters program*. **Unfunded.**

2017 - Ruth L. Kirschstein National Research Service Award (NRSA Program Announcement #PA-16-309). *Increasing the appeal of evidence-based anxiety treatments*. **Unfunded.**

2014 – National Science Foundation Graduate Research Fellowship Program (NSF GRFP). *Threat processing and the predictive validity of implicit associations*. **Unfunded.**

Manuscripts under review and in preparation

Hersch, E., Werntz, A., Deng, Y., Jasman, M., Rhodes, J. (Under Review). Can I Help with That? *The Role of Goal Setting in a Technology-Enabled Peer Mentoring Program*.

Werntz, A., Hareli, M., Jasman, M., Juarez, A., Lamont, M., Cherry, J., & Rhodes, J. E. (Under review). *The Transition to College: Understanding Challenges Through a Student-Centered Lens*.

Clinical Work

Licensed Clinical Psychologist VA license no. 0810007407	Mar 2021
Authority to Practice Interjurisdictional Telepsychology (PSYPACT) Mobility #21602	Apr 2025
<u>Cville Family Therapy (Private Practice), Charlottesville, VA</u> Co-founder and co-owner with James Czywczynski, MA, LPC Therapist	2024-present
<u>Active and Connected Family Therapy (Private Practice), Charlottesville, VA</u> Therapist	2021-2024
Clinical supervisor to Dylan Abrams, PhD for licensure	2023-2024
Clinical supervisor to Micaela Bates, PsyD for licensure	2022-2023
Clinical supervisor to Oak Reed, PhD for licensure	2022
<u>Approved Cognitive Processing Therapy provider</u>	June 2020
Regional Cognitive Processing Therapy (CPT) for PTSD Training Department of Veterans Affairs, Employee Education System Two-day training and 6-month consultation by Sarah Voss-Horrell, PhD (Center for Traumatic Stress, Salem VAMC)	Sep 2019
<u>Pre-doctoral internship: Department of Veterans Affairs Medical Center</u> Salem, Virginia Generalist Training	July 2019 - July 2020
Major Rotations (24 hours per week, 4 months each)	
Evidence-based Psychotherapy Treatments provided: Unified Protocol, CBT for anxiety, CBT for depression Disorders: Anxiety (with and without comorbid SUD), depression, unspecified trauma-related disorder	
Geropsychology Treatments provided: ACT for older adults (group format), bedside consultation in Community Living Center (nursing facility), supportive therapy for grief, supportive therapy for hospice patients	
Behavioral Medicine Treatments provided via telehealth: CBT for Insomnia, brief therapy through Primary Care for depression and anxiety, coping with chronic illness, Whole Health group Assessments: Transplant evaluations; gender-confirming surgery evaluation; insomnia treatment evaluations	
Minor Rotations (8 hours per week, 4 months each)	
Medical Center Administration Center for Traumatic Stress Treatment provided: Cognitive Processing Therapy Disorder: Posttraumatic Stress Disorder	
Substance Abuse Treatment Program Treatments provided via telehealth: Mood management group, Healthy living group, Seeking safety group, Aftercare group, CBT skills group	
Long-term Rotation (4 hours per week, 12-months)	
Center for Interdisciplinary Pain Management Services provided: Cognitive Behavioral Therapy for Chronic Pain (CBT-CP), Biofeedback, interdisciplinary pain history evaluations, chronic pain education group	
<u>Clinical practicums</u>	
Outpatient psychotherapy in the Department of Neurology University of Virginia Health System <i>Supervisors:</i> Carol Manning, PhD; Jessica Rhee, PsyD <i>Position:</i> Graduate student therapist	2018-2019
Outpatient psychotherapy and assessment in the Mary Ainsworth Clinic University of Virginia Department of Psychology's Training Clinic <i>Supervisors:</i> Joseph Allen, PhD; Lee Llewellyn, PhD <i>Positions:</i> Graduate student therapist, Therapy Team Member	2015-2019

Neuropsychological assessment and intervention in the Department of Neurology: Memory and Aging Care Clinic University of Virginia Health System <i>Supervisors:</i> Carol Manning, PhD; Scott Sperling, PsyD <i>Position:</i> Practicum student in neuropsychological assessments for dementia and related disorders	2017-2018
Assessment and intervention in the Neurosciences & Behavioral Medicine Center University of Virginia Health System <i>Supervisors:</i> Jaclyn Shepard, PsyD; Amit Shahane, PhD <i>Position:</i> Practicum student/graduate student therapist	2016-2017

Additional clinical training

Unified Protocol for Children and Adolescents 8-hour workshop with Jill Ehrenreich-May, PhD (University of Miami)	Mar 2021
Reach VA Program Coach Certification Department of Veterans Affairs Certified as a program (intervention) coach for caregivers of veterans with dementia	Jan 2020
Trauma-focused Cognitive Behavioral Therapy (TF-CBT) Completed online training for evidence-based child-trauma-focused CBT Course: TF-CBTWeb2.0	Jun 2018
CBT Couples Therapy workshop 6-hour workshop with Don Baucom, PhD (University of North Carolina Chapel Hill) and Melanie Fischer, PhD at the University of Virginia	Apr 2015

Teaching

Certification in Therapeutic Mentoring MentorPRO Academy Role: Course developer, lecturer	Spring 2025
Therapeutic Mentoring (PSYCH 290, PSYCH 216L) University of Massachusetts Boston Role: Co-Instructor of record	Fall 2024 to present
Therapeutic Mentoring Center for Evidence-Based Mentoring Course developed for the National Center for School Mental Health (State of Maryland) Role: Instructor	Summer, Fall 2024
Mentoring for Youth Mental Health Center for Evidence-Based Mentoring Role: Course developer, instructor <u>Versions taught:</u> Written into grant funding for Community Connections in Lincoln, Nebraska	Spring 2023 Summer 2023
Therapeutic Mentoring University of Massachusetts Boston Roles: Course co-developer, lecturer Lecture: Motivational interviewing, technology-delivered interventions, and supportive accountability	Spring 2021
Designing Your Life (PSYC 1559/BME 1501) University of Virginia Role: Co-instructor (and course co-creator) with David Chen, MBA	Fall 2017
Research Methods and Data Analysis (PSYC 3005) University of Virginia Professor: Frederick Smyth, PhD Role: Head Laboratory Teaching Assistant	Fall 2017

Research Methods and Data Analysis (PSYC 3005) University of Virginia <i>Professor:</i> Frederick Smyth, PhD <i>Role:</i> Laboratory Teaching Assistant	Spring 2017
Personality Psychology (PSYC 2400) University of Virginia <i>Professor:</i> J. Nile Wagley, PhD (Fall 2014); Megan Schad, PhD (Spring 2015) <i>Role:</i> Teaching Assistant <i>Lectures:</i> Freud, the unconscious, and measuring the unconscious today (Oct. 2014, Feb. 2015)	Spring 2015 Fall 2014
Lifespan Development (PSYC 304) Virginia Commonwealth University, Richmond, VA <i>Professor:</i> Geraldine Lotze, PhD <i>Role:</i> Teaching Assistant <i>Lectures:</i> Cognitive aging (Nov. 2013), Adolescent psychosocial development: Mental health (Mar. 2014), Adolescent psychosocial development: Suicide and media usage (Mar. 2014)	Spring 2014 Fall 2013
<u>Guest Lectures</u>	
<i>Implicit association bias</i> for Cognitive Biases in Anxiety and Related Disorders, University of Virginia	Apr 2016
<i>Specific phobia: Disorder and treatment</i> for Abnormal Psychology, Virginia Commonwealth University	Jun 2015

Mentorship

Master's thesis committee member for community psychology graduate student Megyn Jasman at Center Connecticut State University	2023-2024
Research coordinator mentorship University of Massachusetts Boston Mentoring and supervising postbacc research coordinators on grant-funded research projects at the Center for Evidence-Based Mentoring	2021-2025
Research mentorship for undergraduate intern University of Massachusetts Boston Mentoring an undergraduate student from Stonehill College on research methods and technology-delivered interventions	Spring 2021
Master's thesis committee member for clinical psychology graduate student Selen Amado at the University of Massachusetts Boston	2020-2022
Research mentorship for undergraduate research assistants University of Virginia Leading a team of research assistants to develop intervention materials for a youth version of MindTrails (Teachman's R01-funded web-based intervention for symptoms of anxiety) Mentoring 2 research assistants for a large-scale research and education website, ProjectImplicitHealth.com	2020-2021
Lead a team of 4 research assistants to develop, test, and implement a telecoaching protocol for MindTrails (Teachman's R01-funded web-based intervention for symptoms of anxiety)	2017-2019
The Leadership Alliance's Summer Research – Early Identification Program (SR-EIP) University of Virginia Co-advised undergraduate Alysia Berglund from University of Hawaii at Manoa with Bethany A. Teachman, PhD	2018
University of Virginia's Distinguished Majors Program University of Virginia Co-advised undergraduate Jessica Nelms with Bethany A. Teachman, PhD	2015-2016

Service

Coalition for the Advancement and Application of Psychological Science (CAAPS) Webpage designer: www.patientbillofrights.org	2020-2021
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Association for Behavioral and Cognitive Therapies (ABCT)	2016 to 2019
Student Ambassador for the University of Virginia	
Diversifying Psychology Student Visit Day	2016, 2017, 2018
Graduate Student Well-being Committee, University of Virginia	2015 to 2019
CUDCP Student Representative Selection Committee	2018
Diversifying Scholarship Conference, University of Virginia	2017
Committee member, Publicity	
Clinical Lunch (Brown Bag) Series Co-coordinator	2016-2017
Graduate Student Social Committee, University of Virginia	2014-2015

Research Training Positions

Center for Evidence-based Mentoring (CEBM)	2020-2022
University of Massachusetts Boston, Boston MA	
<i>Advisor:</i> Jean E. Rhodes, PhD	
<i>Role:</i> Postdoctoral research associate	
Program for Anxiety, Cognition, and Treatment Laboratory (PACT Lab)	2008 to 2022
University of Virginia, Charlottesville, VA	
<i>Advisor:</i> Bethany A. Teachman, PhD	
<i>Roles:</i> Research assistant, senior honors thesis student, project coordinator, graduate student, postdoctoral research associate	
Dodson Cognition Laboratory	2009-2013
University of Virginia, Charlottesville, VA	
<i>Advisor:</i> Chad Dodson, PhD	
<i>Role:</i> Laboratory coordinator	
Cognitive Aging Laboratory	2009
University of Virginia, Charlottesville, VA	
<i>Advisor:</i> Timothy Salthouse, PhD	
<i>Role:</i> Research assistant	

Additional Experience

Blenheim Vineyards , Charlottesville, VA	2016 to 2021
Tasting room staff (2016)	
Shift lead (2017 to 2021)	

Memberships

Aging, Cognition, and Emotion (ACE) Group, University of Virginia	2010-2013
American Psychological Association (APA)	2018 to present
American Psychological Association of Graduate Students (APAGS)	2018 to 2019
American Psychological Association (APA) Division 12 Section 10	2018 to 2022
Association for Psychological Science (APS)	2013 to 2021
Association for the Behavioral and Cognitive Therapies (ABCT)	2011 to 2024
Raven Society, University of Virginia	2017 to 2019
Society for a Science of Clinical Psychology (SSCP)	2014 to present

Ad Hoc Reviewer

Health Psychology
Journal of Personality and Social Psychology
Stigma and Health
Family Process
Social and Personality Psychology Compass
Journal of American College Health