

Academic Training

- 2005 B.A., University of California, Los Angeles
Major: Psychology, Minor: Asian American Studies
- 2012 Ph.D., The Catholic University of America
Dissertation: The Development, Affect Regulation, and Style of Pulling of
Trichotillomania
Advisor: Sandra Barrueco, Ph.D.

Traineeship

- 2011 – 2012 Internship in Child and Adolescent Psychology, Bellevue Hospital Center / NYU
Medical Center, New York, New York
- 2012 – 2013 Post-Doctoral Fellowship, NYU Langone Medical Center Department of Child and
Adolescent Psychiatry, New York, New York

Professional Organizations and Societies

Memberships

- American Psychological Association
- New York State Psychological Association
- Society for the Teaching of Psychology
- Society for the Advancement of Psychotherapy
- Society for Media Psychology and Technology
- Society of Clinical Child and Adolescent Psychology
- Asian American Psychological Association
- Association for Behavioral and Cognitive Therapies
- The TLC Foundation for Body-Focused Repetitive Behaviors

Hospital Appointments

- 2016 – Present Assistant Professor of Medical Psychology in Psychiatry, Division of Child
and Adolescent Psychiatry, Columbia University Medical Center, New
York-Presbyterian Hospital, New York, New York
- 2013 – 2016 Instructor of Medical Psychology in Psychiatry, Division of Child and
Adolescent Psychiatry, Columbia University Medical Center, New York-
Presbyterian Hospital, New York, New York

Honors

- 2005: Commencement Speaker, University of California, Los Angeles Department of Psychology
- 2005: Recipient of Dr. and Mrs. Harold D. Crowley Memorial Scholarship, The Catholic University of America Department of Psychology
- 2008: Awarded Inaugural Graduate Student Teaching Award, The Catholic University of America Department of Psychology
- 2012: Doctoral Dissertation Defended with Distinction, The Catholic University of America
- 2015: Named as one of The Mighty's Mental Health Heroes of 2015

Departmental and University Committees

- 2007: Diversity Committee, Department of Psychology, The Catholic University of America
- 2014 - 2015: Psychology Competencies Workgroup, Office of Clinical Psychology, Columbia University Medical Center

Teaching Experience & Responsibilities

- 2006 – 2009: Instructor, General Psychology, Department of Psychology, The Catholic University of America, student enrollment: 30-40
- 2008: Instructor, Positive Psychology, Department of Psychology, The Catholic University of America, student enrollment: 6
- 2012: Instructor, Theories of Cognitive-Behavioral Therapies, Department of Psychology, New York University, student enrollment: 15
- 2013 – Present: Clinical Supervisor for psychology externs and post-doctoral fellows, Columbia University Clinic for Anxiety and Related Disorders, Columbia University Medical Center

Other Professional Activities

- 2008: Elected to serve as American Psychological Association of Graduate Students Member at Large

- 2009: Appointed to Society for the Teaching of Psychology Presidential Task Force on Member Involvement and 2011 Presidential Task Force on Diversity
- 2011: Appointed to Society for the Teaching of Psychology Presidential Task Force on Diversity
- 2012: Elected as Chair of American Psychological Association of Graduate Students & American Psychological Association Board of Directors
- 2013: Appointed to serve on American Psychological Association Good Governance Project and Convention Central Planning Group
- 2013: Appointed to serve on American Psychological Association Convention Central Planning Group
- 2013: Appointed to serve as New York State Psychological Association Consultant to the President
- 2013: Editorial Board, Translational Issues in Psychological Science
- 2013: Social Media Consultant, Cygnet Strategy
- 2014: Appointed to serve on American Psychological Association Implementation Work Group
- 2014: Appointed to serve on the Society of Clinical Child and Adolescent Psychology Executive Board
- 2014: Elected to serve on the American Psychological Association Policy and Planning Board
- 2015: Associate Editor, Translational Issues in Psychological Science, Psychological Advances in Social Media
- 2015: Elected to serve on the American Psychological Association Council of Representatives Leadership Team
- 2017: Curriculum Creator, Pop Culture Hero Coalition

Publications & Presentations

- Original, Peer Reviewed Articles
 - Wells, S. R., Herbst, R. B., Parent, M. C., Ameen, E. J.; El-Ghoroury, N. H., Mattu, A. M., Wilson, G. A., Mereish, E. H., FitzGerald, M. E. (2014). The internship crisis: Graduate students look back and plan ahead. *Training and Education in Professional Psychology, 8* (2), 112-118.

- Presentations
 - Mattu, A. (2008, October 17). *From "Death by PowerPoint" to "Presentation Zen": A Guide to Creating and Delivering Effective Presentations*. Presentation at the annual Mid-Atlantic Teachers of Psychology conference, Largo, MD.
 - Mattu, A. (2009, March 6). *Teaching the iPod Generation: An Introduction to Podcasting*. Presentation at the annual meeting of the Eastern Psychological Association, Pittsburgh, PA.
 - Turner, E. & Mattu, A. (2009, August 6). *A Career as a Psychotherapist: Students' Questions and Concerns*. Presentation at the annual meeting of the American Psychological Association, Toronto, ON.
 - Mouton-Odum, S., Mattu, A., Rogers, K. E. (2010, April 24). *StopPulling.com: What We've Learned about Trichotillomania and Internet Self-Help Over the Past 7 Years*. Presentation at the annual National Conference on Trichotillomania & Skin Picking, Dallas, TX.
 - Bertman-Pate, L. J., Rogers, K. E., Grayson, J. B., Mansueto, C. S., Mattu, A., Pollard, C. A., Riemann, B., & Wilhelm, S. (2010, July 17). *Careers in OCD: Which Path Makes Sense for Me?* Presentation at the annual meeting of the International Obsessive Compulsive Disorder Foundation, Arlington, VA.
 - Mattu, A. (2010, August 12). *Google Early, Google Often: Taking Control of Your Online Identity*. Presentation at the annual meeting of the American Psychological Association, San Diego, CA.
 - Becker, R., Kellison, J. G., & Mattu, A. (2011, January 27). *Bridging the Science and Practice Divide in Multicultural Psychology: A Forum for Graduate Students and Early Career Psychologists*. Presentation at the 11th Biannual National Multicultural Conference and Summit, Seattle WA.
 - Khairallah, T. & Mattu, A. (2011, January 28). *A Difficult Dialogue For Graduate Students: The Polarizing Effect of Psychology Training Models*. Workshop at the 11th Biannual National Multicultural Conference and Summit, Seattle WA.
 - Ballard, D. W., Mattu, A., Honaker, S. M., Burney, J. P., & Moore, N. G. (2011, March 14). *Productive Disruption: Key Issues and the Changes Necessary to Ensure a Viable Future for the Next Generation of Practitioners*. Presentation at the annual meeting of the American Psychological Association Practice Organization State Leadership Conference, Washington, D.C.
 - Mattu, A. (2011, August 4). *Googling, Twittering, and Poking - Helping Psychologists Take Advantage of Web 2.0 and the APAGS New Media Resource Guide*. Presentation at the annual meeting of the American Psychological Association, Washington, D.C.
 - Mattu, A. (2011, August 6). *The Science of Teaching: Empirically Supported Pedagogical Techniques*. Presentation at the annual meeting of the American Psychological Association, Washington, D.C.
 - Ballard, D. W., Cohen, J. M., Kelly, J. F., Linder-Crow, J., Mattu, A., Shullman, S. L. (2012, March 12). *Closing the Gaps: Key Issues for the Future of Professional Psychology*. Presentation at the annual meeting of the American Psychological Association Practice Organization State Leadership Conference, Washington, D.C.

- Mattu, A. (2012, April 5). *Understanding the Developmental Course of Trichotillomania: The Roles of Onset, Age, and Duration of Illness*. Paper presented at the annual National Conference on Trichotillomania & Skin Picking, Chicago, IL.
- Mattu, A. (2012, August 2). *Digital, Transparent, and Responsive: Welcome to the 21st Century Clinical Practice*. Presentation at the annual meeting of the American Psychological Association, Orlando, FL.
- Letamendi, A. & Mattu, A. (2013, March 29). *The Psychology of Star Trek vs. Star Wars*. Presentation at the annual meeting of Comic-Con International's WonderCon, Anaheim, CA.
- Mattu, A. (2013, April 20). *A Hard Day's Night: How to Treat to Body Focused Repetitive Behaviors Combined with Anxiety or Depression*. Presentation at the annual National Conference on Trichotillomania & Skin Picking, Newark, NJ.
- Mattu, A. (2013, April 20). *Boldly Go Into the Next Generation of Cognitive Behavioral Therapy: A Demonstration of Mindfulness, Acceptance, and Dialectical Behavior Therapy for Hair-Pulling & Skin-Picking*. Presentation at the annual National Conference on Trichotillomania & Skin Picking, Newark, NJ.
- Letamendi, A. & Mattu, A. (2013, July 19). *The Psychology of Star Trek vs. Star Wars: Episode II*. Presentation at the annual meeting of Comic-Con International, San Diego, CA.
- Mattu, A. (2013, July 31). *Professional Identities in the Era of New Media*. Presentation at the annual meeting of the American Psychological Association, Honolulu, HI.
- Grus, C., Cimborra, D., Leach, M., Larkin, K., Williams, J., Harris, A., Mattu, A., Roberts, M.C. & McCutcheon, S. (2013, August 3). *Actions by professional psychology to address the internship imbalance*. Presentation at the annual meeting of the American Psychological Association, Honolulu, HI.
- Letamendi, A. & Mattu, A. (2014, April 19). *The Psychology of Star Trek vs. Star Wars: Episode III*. Presentation at the annual meeting of Comic-Con International's WonderCon, Anaheim, CA.
- Letamendi, A. & Mattu, A. (2014, July 26). *The Psychology of Star Trek vs. Star Wars: Episode IV*. Presentation at the annual meeting of Comic-Con International, San Diego, CA.
- Cooper, M., Dwyer, C., Haldeman, D., Hancock, K., O'Connor, M., Mattu, A., Shullman, S., Van Sickle, K. (2014, August 9). *Pursuing Better Education, Training, and Practice – APA and Its Guidelines*. Presentation at the annual meeting of the American Psychological Association, Washington, DC.
- Letamendi, A. & Mattu, A. (2015, July 11). *The Psychology of Star Trek vs. Star Wars: Episode V*. Presentation at the annual meeting of Comic-Con International, San Diego, CA.
- Haldeman, D., Mattu, A., Dickey, L., Singh, A., Anderson, C., Van Sickle, K. (2015, August 7). *Policy in Action - The Development and Impact of Policy Relating to*

- Transgender and Gender Nonconforming Individuals*. Presentation at the annual meeting of the American Psychological Association, Toronto, ON.
- Reimer, D., Farley, F., Mattu, A., Mills, K., Kolmes, K. (2016, August 5). *Psychology and the Media - Strengthening Our Voice*. Presentation at the annual meeting of the American Psychological Association, Denver, CO.
 - Swim, J. K., Buckman, L. R., Harvey, L. O. C., Mattu, A., Price, J. (2016, August 6). *PechaKucha 20x20 – Cutting-Edge Presentation Styles*. Presentation at the annual meeting of the American Psychological Association, Denver, CO.
 - Glasofer, D. R., Steinglass, J. E., Zakarin, E. B., Mattu, A. (2016, October 28). *Creatively Adapting Behavioral Approaches for Treating Feeding and Eating Disorders*. Presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
 - Rego, S., Chapman, K., Letamendi, A., Mattu, A. (2018, April 6). *Out of the Office and onto Your Device: Capitalizing on Advances in Technology to Create New Opportunities*. Presentation at the annual meeting of the Anxiety and Depression Association of America, Washington, DC.
- Invited Presentations
 - Mattu, A. (2013, September 29). *A Mirror on Ethics Training: Reflections from an Early Career Psychologist*. Presentation at the annual meeting of the American Psychological Association Education Directorate Education Leadership Conference, Washington, D.C.
 - Mattu, A. (2013, December 20). *Hair-Pulling Disorder: The Long and Winding Road to Evidence Based Diagnosis and Treatment*. Grand Rounds Presentation at the NYU Langone Medical Center Department of Child and Adolescent Psychiatry, New York, NY.
 - Moskowitz, L. and Mattu, A. (2015, March 3). *Treating Anxiety in Children and Adolescents with Autism Spectrum Disorder*. Presentation at the first annual Breakthroughs in Twice-Exceptional Education Conference, New York, NY.
 - Mattu, A. (2016, February 26). *The Future of Teaching is Collaborative, Social and Global*. Keynote presentation at the 23rd Annual Midwest Institute for Students and Teachers of Psychology, Chicago, IL.
 - Mattu, A. (2016, April 3). *Beyond 'Yellow' Borders: Social Justice in the Era of Social Media*. Keynote presentation at the annual Asian American Psychological Association Convention, Denver, CO.
 - Mattu, A. (2016, September 8). *Social Media and Mental Health*. Workshop presented at the Mental Health America of Franklin County's annual Children's Mental Health Conference, Columbus, OH.

- Mattu, A. (2016, September 24). *LEAP: A Developmentally Informed Family Treatment for "Failure to Launch" Young Adults*. Keynote presentation at the annual Arizona Psychological Association Convention, Tucson, AZ.
- Mattu, A. (2016, September 24). *Boldly Go: Social Media, Ethics, and the Practice of Psychology*. Workshop presentation at the annual Arizona Psychological Association Convention, Tucson, AZ.
- Mattu, A. & McGary, M. (2017, March 5). *Promoting Psychology Through New Media*. Presentation at the annual American Psychological Association Practice Leadership Conference, Washington, DC.
- Mattu, A. (2017, March 11). *LEAP: A Developmentally Informed Family Treatment for "Failure to Launch" Young Adults*. Workshop presented at The Wright Institute, Berkeley, CA.
- Mattu, A. (2017, March 27). *How Social Media Can Improve Mental Health*. Keynote presentation at the #AskMeWholAm Conference on Youth Culture, Cincinnati, OH.
- Mattu, A., Case, N., Savoie, G. (2017, June 8). *Digital Storytelling*. Presentation at the 5th annual Communicating Science National Workshop, Cambridge, MA.
- Mattu, A. (2018, January 18). *Communicating psychology: An important competency for our practice, science, and the public*. Keynote presentation at the annual meeting of the National Council of Schools and Programs of Professional Psychology, Las Vegas, NV.
- Other Media
 - Mattu, A. (2013, June 14). *Superman's Greatest Power is Empathy*. [Blog post]. Retrieved from <http://brainknowsbetter.com/news/2013/6/14/supermans-greatest-power-is-empathy>.
 - Mattu, A. (2013, October 4). *3 Things Astronauts Need to Survive in Space*. [Blog post]. Retrieved from <http://brainknowsbetter.com/news/2013/10/4/3-things-astronauts-need-to-survive-in-space>.
 - Mattu, A. (2014, March 25). *Killing Someone Doesn't Make You Crazy in The Walking Dead's Zombie Apocalypse*. [Blog post]. Retrieved from <http://www.thewalkingdead.com/walking-dead-lizzie-and-psychopathy/>.
 - Mattu, A. [The Psych Show]. (2015, January 9). *The Psychology of Nostalgia*. [Video file]. Retrieved from <https://www.youtube.com/watch?v=1dJw9TN0hoE>.
 - Mattu, A. [The Psych Show]. (2015, January 14). *Psychology and Freedom of Speech*. [Video file]. Retrieved from <https://www.youtube.com/watch?v=FafR7zCOex4>.
 - Mattu, A. [The Psych Show]. (2015, February 4). *Why Diversity in Media Matters*. [Video file]. Retrieved from https://www.youtube.com/watch?v=Rc_WIB-1R3A.

- Mattu, A. [The Psych Show]. (2015, February 13). *The Psychology of Attraction*. [Video file]. Retrieved from <https://www.youtube.com/watch?v=Vqv9ZFCsS20>.
- Mattu, A. (2015, April 21). *Black Mirror Reflects the Psychology of 21st Century Technology*. [Blog post]. Retrieved from <http://brainknowsbetter.com/news/2015/4/21/black-mirror-reflects-the-psychology-of-21st-century-technology>.
- Mattu, A. [D News]. (2015, October 1). *Why Do People Pull Out Their Own Hair?* [Video file]. Retrieved from <https://www.youtube.com/watch?v=ROjql8frJms>.
- Mattu, A. (2015, October 9). *48 Hours: What causes gun violence?* [Blog post]. Retrieved from <http://www.cbsnews.com/news/48-hours-what-causes-gun-violence/>.
- Mattu, A. [The Psych Show]. (2015, October 21). *How to Become an Adult*. [Video file]. Retrieved from <https://www.youtube.com/watch?v=ixOtY89zy8w>.
- Mattu, A. (2015, December 31). *The Psychology of Star Wars: The Force Awakens — Could a Stormtrooper Become a Hero?* [Blog post]. Retrieved from <http://thenerdsofcolor.org/2015/12/31/the-psychology-of-star-wars-the-force-awakens-could-a-stormtrooper-become-a-hero/>.
- Mattu, A. (2016, January 8). *My Brother the Trekkie*. [Audio podcast]. Retrieved from <https://www.storycollider.org/stories/2016/1/8/ali-mattu-my-brother-the-trekkie>.
- Mattu, A. [The Psych Show]. (2016, January 29). *How Multitasking Makes You Dumb*. [Video file]. Retrieved from <https://www.youtube.com/watch?v=02WIDMIhAMk>.
- Mattu, A. [The Psych Show]. (2016, July 21). *How to Use Exposure Therapy to Overcome Phobias*. [Video file]. Retrieved from https://www.youtube.com/watch?v=2z-ZGt_vD5A&t.
- Mattu, A. [The Psych Show]. (2016, August 1). *Why we have racial bias*. [Video file]. Retrieved from <https://www.youtube.com/watch?v=YOppO0RTHTI&t>.
- Mattu, A. (2016, September 7). *The psychology of Star Trek's relentless optimism about the future*. [Blog post]. Retrieved from <https://qz.com/775804/star-treks-50th-anniversary-reminds-us-to-be-optimistic-about-the-future-of-humanity/>.
- Mattu, A. (2017, January 6). *Exposure: Stories About New Experiences*. [Audio podcast]. Retrieved from <https://www.storycollider.org/stories/2017/1/6/exposure-erika-check-hayden-ali-mattu>.
- Mattu, A. [The Psych Show]. (2017, January 12). *How to learn major parts of the brain quickly*. [Video file]. Retrieved from <https://www.youtube.com/watch?v=FczvTGluHKM&t>.

- Mattu, A. [The Psych Show]. (2017, May 4). *How do psychologists analyze people?* [Video file]. Retrieved from https://www.youtube.com/watch?v=_oQGCOe7Vvc&t.
- Mattu, A. [The Psych Show]. (2017, June 2). *Avoiding burnout with self-care.* [Video file]. Retrieved from <https://www.youtube.com/watch?v=IbDqFfvHdL4&t>.
- Mattu, A. [The Psych Show]. (2017, July 20). *Treatment for Tics & Tourette's.* [Video file]. Retrieved from <https://www.youtube.com/watch?v=6tQVTvAqGs&t>.
- Mattu, A. (2017, October 6). *Blade Runner 2049 Searches for Authentic Memories in the Digital Age.* [Blog post]. Retrieved from <https://thepsychologist.bps.org.uk/searching-authentic-memories-digital-age>.
- Mattu, A. [The Psych Show]. (2017, November 16). *What to do when you hate sounds.* [Video file]. Retrieved from https://www.youtube.com/watch?v=0rZ_QSM_n6I&t.
- Non-authored Publications
 - Miller, A. (2012 November). You: The Brand. *gradPSYCH*. Retrieved from <http://www.apa.org/gradpsych/2012/11/you.aspx>.
 - Redd, N. [Huffington Post Live]. (2013 May 17). *When Hair Pulling Is More Than Just Habit.* [Video file]. Retrieved from <http://live.huffingtonpost.com/r/segment/life-with-trichotillomania/5193c15878c90a2ef50002b5>.
 - Modarressy-Tehrani, C. [Huffington Post Live]. (2014 August 27). *Mental Health In America: Phobias.* [Video file]. Retrieved from <http://live.huffingtonpost.com/r/segment/phobias-mental-health/53eaac5202a76097e9000006>.
 - Donnelly, T. (2015 June 18). Why 'Jaws' terrifies even phobia experts. *New York Post*. Retrieved from <http://nypost.com/2015/06/18/why-jaws-terrifies-even-phobia-experts/>
 - Goodman, A. (2015 August 10). No More Torture: World's Largest Group of Psychologists Bans Role in National Security Interrogations. *Democracy Now*. Retrieved from http://www.democracynow.org/2015/8/10/no_more_torture_world_s_largest
 - Dominguez, T. [Test Tube Plus]. (2015 September 26). *Can You Hack Your Brain To Not Feel Fear?* [Video file]. Retrieved from <https://www.youtube.com/watch?v=e4SBLAKByoo>.
 - Stevenson, C. & Rybak, J. (Producers). (2015, October 10). *48 Hours: Shadow of Death* [Television broadcast]. New York, NY: Central Broadcasting Service.

- Chamberlain, J. (2016 January). Give psychology away. *Monitor on Psychology*. Retrieved from <http://www.apa.org/monitor/2016/01/cover-psychology.aspx>.
- Ledbetter, Q. [Mashable]. (2016 February 10). *'Dangerous logic': The psychology behind bias and Islamophobia in America*. [Video file]. Retrieved from <http://mashable.com/2016/02/10/muslim-american-islamophobia>.
- Schuster, S. (2016 February 18). *The Article I Wish I'd Found When I Googled 'Thinking About Suicide'*. [Blog post]. Retrieved from <http://themighty.com/2016/02/the-article-i-wish-id-found-when-i-googled-thinking-about-suicide/>.
- Wagstaff, K. (2016 March 23). *Why Do Statues of Humans Terrify Me? An Investigation*. [Blog post]. Retrieved from http://motherboard.vice.com/en_uk/read/why-do-statues-of-humans-terrify-me-an-investigation-automatonophobia.
- Leigh, M. (2017, January 11). Should You Quit The Internet? *Forbes*. [Video file]. Retrieved from <https://www.forbes.com/video/5278172535001/>.
- Beres, D. (2017, February 1). Why social media is freaking you out in Trump's America—and how to stop it. [Blog post]. Retrieved from <https://mashable.com/2017/02/01/social-media-anxiety-trump/#uKz4M6EAkqql>.
- Hill, V. (Producer). (2017, May 10). *Braincraft: Mutant Menu*. [Television broadcast]. Washington, DC: Public Broadcasting Service
- Douglas, N. (2017, June 25). The Sunday Blues Are All in Your Head. [Blog post]. Retrieved from <https://lifelifehacker.com/the-sunday-blues-are-all-in-your-head-1796374224>.
- Murphy, K. (2017, September 14). Are You a Hair-Twirler, Nail-Biter or Knuckle-Cracker? *New York Times*. Retrieved from <https://www.nytimes.com/2017/09/14/well/live/are-you-a-hair-twirler-nail-biter-or-knuckle-cracker.html>.
- H., Kishore & Viskontas, I. (2017, September 11). *The Psychology of Hate*. [Audio podcast]. Retrieved from <https://inquiring.show/episodes/2017/9/11/192-ali-mattu-the-psychology-of-hate>.