

CAROLYN N. SPIRO, M.S.

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EDUCATION

Rutgers University, New Brunswick, NJ

Doctorate in Clinical Psychology (PhD), degree expected May 2018

Advisor/Dissertation Chair: Jami F. Young, Ph.D.

Director of Clinical Training: Terry Wilson, Ph.D. (tewilson@rci.rutgers.edu)

Rutgers University, New Brunswick, NJ

Master of Science in Psychology (M.S.), May 2016

Cornell University, Ithaca, New York

College of Human Ecology

Bachelor of Science in Human Development, January 2011

Concentration in Social and Personality Development

Cumulative GPA: 3.95/4.0

Tel Aviv University, Overseas Students Program, Spring 2010, Tel Aviv, Israel

HONORS AND AWARDS

National Institutes of Health Post-Baccalaureate Intramural Research Training Award (IRTA) Fellowship 2011-2013

Kappa Omicron Nu Honors Society 2009-2011

Psi Chi International Honor Society in Psychology 2009-2011

Cornell University Dean's List 2007-2011

CLINICAL EXPERIENCE

Columbia University Center for Anxiety and Related Disorders, New York, NY

July 2016–Present

Clinical Psychology Extern

Supervisor: Anne Marie Albano, Ph.D.

- Provide individual, family, and group evidence-based interventions to children, adolescents, and adults with a wide range of anxiety and related disorders
- Co-lead a weekly exposure-therapy group for young adults with social anxiety
- Attend hour-long weekly individual and group supervision with a licensed psychologist
- Attend weekly didactics related to treatment for externalizing disorders and behavioral disorders in children

Adolescent Inpatient Program

Apr. 2016-July 2016

Northwell Health (formerly North Shore-LIJ Hospital)

Zucker Hillside Hospital, Glen Oaks, NY

Clinical Psychology Extern

Supervisor: Madeline McGee, Ph.D.

- Provided individual, family, and group evidence-based interventions to adolescents (12-17) admitted to an acute-care inpatient unit for a wide range of psychiatric disorders, including bipolar disorder, psychotic disorders, trauma, substance abuse, and severe depression
- Provided family therapy focused on safety and disposition planning and improving family communication and interactions
- Provided case management, including referrals and consultation to family, schools, outpatient providers, ACS/CPS, day treatment programs, and OMH services
- Participated in therapeutic milieu, including delivering, reinforcing, and monitoring the behavioral modification point system for patients
- Collaborated with a multidisciplinary team, including psychiatrists, nurses, mental health workers, social workers and rehabilitation therapists to provide optimal assessment and intervention
- Assisted psychiatry fellows and residents with conducting psychodiagnostic intake assessments
- Conducted crisis evaluations and created safety plans

Ambulatory Care Pavilion for Children and Adolescents
Northwell Health (formerly North Shore-LIJ Hospital)
Zucker Hillside Hospital, Glen Oaks, NY

July 2015- July 2016

Clinical Psychology Extern

Supervisor: Meredith Owens, Ph.D. & Stephanie Solow, Psy.D.

- Provided evidence-based treatments (e.g., Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Exposure and Response Prevention) to children and adolescents with a range of psychopathology (i.e., Anxiety, Depression, OCD, Tics, Trichotillomania, ADHD)
- Co-led a year-long, weekly Emotion Regulation group based on Mindfulness and Acceptance and Commitment Therapy principles
- Co-led a short-term ACT for teenagers with anxiety weekly group
- Attended weekly didactic seminars on evidence-based treatments for child psychopathology
- Attended weekly supervision with licensed psychologist
- Attended weekly Grand Rounds in Child Psychiatry Department
- Responsible for progress notes for individual and group cases
- Collaborated with psychiatrist and treatment team to develop treatment plans for individual cases

Tests Administered: RCADS, RCADS-P, YGTSS, Y-BOCS, C-YBOCS, CDI

Cognitive Assessment Practicum

July 2014-May 2016

Rutgers Graduate School of Applied and Professional Psychology, Piscataway, NJ

Clinical Extern

Supervisor: Kenneth Schneider, Ph.D. & Michelle Miller, Psy.D.

- Completed intakes and perform comprehensive psychological assessments for children, adolescents, and adults referred for learning evaluations, cognitive assessments, and difficulties with attention
- Wrote integrative reports based on findings from the administered assessment instruments, behavioral observations, and self-report measures
- Conducted feedback sessions to review findings and discuss recommendations
- Attended individual supervision meetings focused on interviews, assessments, and reports

Tests Administered: WISC-IV, WAIS-IV, Woodcock Johnson Tests of Cognitive Abilities/Tests of Achievement, BRIEF, CAARS-S:L, Brown ADD Scales, Nelson Denny Reading Test, CPT-II

Personalized Depression Prevention Project

Sept. 2013-Jan. 2016

Rutgers University, Piscataway, NJ

Group Leader and Evaluator

Supervisor: Christie Schueler, Ph.D., Jessica Benas, Ph.D.

- Co-led three Interpersonal Psychotherapy Adolescent Skills Training (IPT-AST) groups for adolescents between the ages of 12 and 17; IPT-AST is a preventive intervention for adolescents with subthreshold depressive symptoms
- Attended weekly group supervision for group therapy sessions
- Conducted psychodiagnostic assessments (e.g., SCID) with parents

Tourette Syndrome Program

Aug. 2014-July 2015

Rutgers Center for Applied Psychology, Piscataway, NJ

Clinical Extern

Supervisor: Shawn Ewbank, Psy.D.

- Provided weekly individual therapy to children, adolescents, and adults with Tourette Syndrome and comorbid conditions (e.g., GAD, Depression, OCD, and ADHD) utilizing a cognitive behavioral approach
- Conducted intake interviews, administer assessments, and formulate treatment plans
- Attended individual weekly supervision
- Received didactic training about psychopathology, assessment, and treatment
- Recorded clinical notes in an online record keeping system
- Responsible for intake reports
- Participated in effectiveness study of Habit Reversal Therapy (HRT), an evidence-based cognitive behavioral treatment for tics
- Monthly phone responsibilities, which involved providing families with information about program and collecting contact information
- Ran group therapy for adolescents with tics and Tourette Syndrome

Tests Administered: YGTSS, Y-BOCS, CICATS

Depression Prevention Initiative

Sep. 2013- Sep. 2015

A Study of Interpersonal Psychotherapy–Adolescent Skills Training (IPT-AST) in School Settings**Rutgers University, Piscataway, NJ***Clinical Evaluator**Supervisor: Jessica Benas, Ph.D.*

- Evaluator for longitudinal randomized-controlled trial of Interpersonal Psychotherapy–Adolescent Skills Training (IPT-AST), a school-based depression prevention program for adolescents
- Conducted psychodiagnostic assessments using semi-structured interviews (e.g., K-SADS-PL, CDRS-R) and a battery of standardized self-report measures with adolescents in grades 7-10 to determine study eligibility and assess progress
- Attended weekly supervision to determine eligibility for the program, and confirm diagnoses and assessment of progress
- Provided clinical feedback to adolescents and their families, including referrals for future treatment if needed
- Conducted phone assessments with parents and adolescents at follow-up

Tests Administered: K-SADS, CGAS, CDRS-R, SACA, CES-D, CBQ, CBCL, YSR, NRI-R, ALEQ, SAS-SR, SSIS, SSRS, ATI, PSSM, ATI, MEIM-2, SASH, FIS.

Therapist for Interpersonal Psychotherapy (IPT) Practicum

Oct. 2013-Oct. 2014

Rutgers University, Piscataway, NJ*Clinical Extern**Supervisor: Jami Young, Ph.D.*

- Administered IPT to adult outpatients of Rutgers Psychological Services Clinic
- Conducted assessments and monitor treatment progress using self-report measures (e.g., BDI)
- Received weekly individual supervision
- Attended formal class on interpersonal psychotherapy for depression and its various adaptations

National Institute of Mental Health (NIMH)

June 2011-July 2013

National Institutes of Health (NIH), Bethesda, MD*Section on Development and Affective Neuroscience, Mood and Anxiety Disorders Program*

Post-Baccalaureate Intramural Research Training Award (IRTA) Recipient

Advisors: Daniel S. Pine, M.D., Monique Ernst, M.D., Ph.D. & Kenneth E. Towbin, M.D.

- Managed patient cases, coordinated treatment sessions, and acted as liaison between patients' families and the treatment team
- Administered Wechsler Abbreviated Scale of Intelligence (WASI) to youth and adults
- Observed administration of structured diagnostic interviews (K-SADS for youth and SCID for adults)
- Observed and assisted with cognitive behavioral therapy administered to youth with anxiety and/or depressive disorders
- Administered novel computer-based attention-retraining treatment augmenting cognitive behavioral therapy sessions

RESEARCH EXPERIENCE

Personalized Depression Prevention Project

Sep. 2013-Present

Graduate School of Applied and Professional Psychology, Rutgers University, Piscataway, NJ*Graduate Researcher**Advisor: Jami Young, Ph.D.*

- Participate on a research team collecting data for an R01 grant involving a longitudinal randomized controlled trial comparing the efficacy of Interpersonal Psychotherapy Adolescent Skills Training (IPT-AST) and Coping with Stress (CWS) for the prevention of adolescent depression
- Develop and explore research questions related to personalized prevention programs
- Analyze data and present findings at professional meetings and conferences

Depression Prevention Initiative

Sep. 2013-Present

Graduate School of Applied and Professional Psychology, Rutgers University, Piscataway, NJ*Graduate Researcher**Advisor: Jami Young, Ph.D.*

- Develop research questions related to school-based outcomes and implementation/dissemination of evidence-based treatments
- Collect and analyze data regarding depression outcomes in youth and their families
- Read relevant research articles related to depression prevention, school-based outcomes, and implementation/dissemination

Tourette International Collaborative Genetics (TIC Genetics) Study

Aug. 2014-Aug. 2015

Research Coordinator

Advisor: Gary Heiman, Ph.D.

- Scheduled and coordinated research visits with families affected by Tourette Syndrome (TS) and related disorders (OCD, ADHD) as part of an NIH-funded study investigating the genetic factors implicated in TS

National Institute of Mental Health (NIMH)

June 2011-July 2013

National Institutes of Health (NIH), Bethesda, MD

Section on Development and Affective Neuroscience, Mood and Anxiety Disorders Program

Post-Baccalaureate Intramural Research Training Award (IRTA) Recipient

Advisors: Daniel S. Pine, M.D. & Jennifer C. Britton, Ph.D.

- Scheduled and coordinated research visits with anxious and healthy children and adults
- Managed, coordinated, and administered psychophysiological assessments (heart rate, galvanic skin response, startle eye blink) as part of two fear conditioning paradigms exploring extinction-related processes
- Administered self-report measures assessing psychopathology (e.g., BDI, SCARED, LSAS)
- Administered computer tasks targeting attention, emotional response and regulation, reward processing, and motor inhibition
- Scheduled, coordinated, and conducted behavioral functional magnetic resonance imaging (fMRI) studies of children and adolescents with and without anxiety disorders and/or depression
- Processed fMRI data using Analysis of Functional Neuroimaging (AFNI): assessed motion, analyzed group comparisons
- Conducted statistical analyses of psychophysiological and behavioral data and wrote sections of manuscript for publication
- Processed and analyzed behavioral data using E-Prime, Excel, Matlab, and SPSS

Social Psychology Laboratory, Cornell University, Ithaca, NY

Jan. 2008-June 2011

Research Assistant

Advisor: Erik G. Helzer, Ph.D.

- Investigated moral judgment, perceptions of agency and free will, as well as self- and social prediction and accuracy
- Recruited undergraduate students for participation, administered experiments, debriefed participants, and entered and analyzed behavioral data
- Trained other undergraduate research assistants to run research visits and analyze data
- Participated in monthly lab meetings

TEACHING EXPERIENCE

Teaching Assistant

Aug. 2015-Present

Psychology Department, Rutgers University

- Hold weekly office hours providing guidance and extra help for enrolled students in two psychology courses
- Assistant for courses including: Adult Development and Aging (190 students), General Psychology (410 students), Social Psychology (380 students)
- Responsible for editing, copying, proctoring, and grading exams and essays

Teaching Assistant, Clinical Interviewing and Assessment

Aug. 2015-Dec. 2015

Professor: Jami F. Young, Ph.D.

- Selected to serve as a teaching assistant for a course for first year graduate students
- Course designed to help students develop their competencies as clinical interviewers
- Responsible for coding interview tapes and grading assignments
- Conduct role plays with students to provide practice and exposure to clinical interviewing techniques
- Provided lecture on structured clinical interviewing for DSM-5 diagnoses (SCID-5)

Teaching Fellow, Science of Social Behavior Course

Aug. 2010-Dec. 2010

Advisors: Stephen J. Ceci, Ph.D., Michael W. Macy, Ph.D.

- Led bi-weekly discussion sessions supplementing course lectures for undergraduate students
- Reviewed lecture material and created interactive learning activities

ASSESSMENT EXPERIENCE

Achievement: Nelson-Denny Reading Test, Wechsler Individual Achievement Test-III (WIAT-III), Woodcock-Johnson-III and IV Tests of Achievement (WJ ACH-III, WJ ACH-IV)

Diagnostic: Kiddie Schedule for Affective Disorders and Schizophrenia (K-SADS), Structured Clinical Interview for DSM-IV Disorders (SCID), Anxiety Disorders Interview Schedule (ADIS)

Executive Functioning: California Verbal Learning Test-II (CVLT-II), Conner's Continuous Performance Test II and III (CPT-II, CPT-III), Delis-Kaplan Executive Function System (D-KEFS)

Cognitive: Wechsler Abbreviated Scale of Intelligence-II (WASI-II), Wechsler Adult Intelligence Scale-IV (WAIS-IV), Wechsler Intelligence Scale for Children-Fourth and Fifth Editions (WISC-IV, WISC-5), Woodcock-Johnson III and IV Tests of Cognitive Abilities (WJ COG-III, WJ COG-IV), Wechsler Preschool and Primary Scale of Intelligence-IV (WPPSI-IV)

Personality: Personality Assessment Inventory (PAI), Thematic Apperception Test (TAT)

PUBLICATIONS

Spiro, C. N., Young, J. F., Gallop, R. The moderating effects of family conflict in a randomized depression prevention trial for adolescents. *Journal of Research on Adolescence*. Under review.

Gold, A. L., Schechner, T., Farber, M. J., **Spiro, C. N.**, Leibenluft, E., Pine, D. S., Britton, J. C. Amygdala-cortical connectivity: Associations with anxiety. *Depression and Anxiety*. Manuscript accepted for publication.

Cohen, J. R., **Spiro, C. N.**, Young, J. F., Gibb, B. E., Hankin, B. L., & Abela, J. R. (2015). Interpersonal risk profiles for youth depression: a person-centered, multi-wave, longitudinal study. *Journal of Abnormal Child Psychology*, 1-12.

Britton, J., Kennedy, S., Seager, I., Queen, A., Hernandez, M. V., **Spiro, C. N.**, & Ehrenreich-May, J. (2015). Pediatric depression: Neurocognitive function and treatment implications. In J. Mohlman, J., T. Deckersbach, & A. S. Weissman (Eds.), *From symptom to synapse: A neurocognitive perspective on clinical psychology* (211-246). New York: Routledge.

Britton, J. C., Bar-Haim, Y., Clementi, M. A., Sankin, L. S., Chen, G., Shechner, T., Norcross, M. A., **Spiro, C. N.**, Lindstrom, K. M., & Pine, D. S. (2013). Training-associated changes and stability of attention bias in youth: implications for attention bias modification treatment for pediatric anxiety. *Developmental Cognitive Neuroscience*, 4, 52-64.

PRESENTATIONS AND PROCEEDINGS OF PROFESSIONAL MEETINGS

Spiro, C. N., Young, J. F., Gallop, R. (November 2015). *Do interpersonal variables moderate outcomes in a randomized depression prevention trial?* Poster to be presented at the Association for Behavioral and Cognitive Therapies (ABCT) Conference, Chicago, IL.

Britton, J. C., Shechner, T., Gold, A. L., White, L. K., **Spiro, C. N.**, Ronkin, E., & Pine, D. S. (December 2014). *Subjective and Psychophysiological indices during Extinction: Predictors of Treatment Response*. Poster presented at the American College of Neuropsychopharmacology (ACNP) Conference, Phoenix, AZ.

Spiro, C. N., Anderson, M., Sheshko, D., Young, J. F., & Gallop, R. (November 2014). *Changes in Social Functioning in Youth Following Two Indicated Depression Prevention*. Poster presented at the Association for Behavioral and

Cognitive Therapies (ABCT) Conference, Philadelphia, PA.

Britton, J. C., Norcross, M. A., **Spiro, C. N.**, Szuhany, K. L., Lissek, S., Grillon, C., Chen, G., Ernst, M., Leibenluft, E., Nelson, E. E., Shechner, T., Pine D. S. (April 2014). *Neural dysfunction and stability when appraising threat during extinction recall*. Symposium presented at the Anxiety and Depression Association of America (ADAA) Conference, Chicago, IL.

Spiro, C. N., Shechner, T., Chen, G., Pine, D. S., & Britton, J.C. (November 2013). *Test-retest reliability in extinction recall: A neuroimaging study of healthy adults*. Poster presented at the Association for Behavioral and Cognitive Therapies (ABCT) Conference, Nashville, TN.

Shechner, T., Fox, N. A., Mash, J. A., **Spiro, C. N.**, Hong, M., Pine, D. S., Britton, J. C. (April 2013). *Early temperament in infancy predicts impaired behavior and neural responses to fear conditioning and extinction in young adults*. Symposium presented at the Society for Research in Child Development (SRCD) Conference, Seattle, WA.

Shechner, T., Fox, N. A., Mash, J. A., **Spiro, C. N.**, Hong, Melanie, Pine, D. S., & Britton, J. C. (December 2012). *Differences in neural response to extinction recall among young adults characterized as behaviorally inhibited during early childhood*. Poster presented at American College of Neuropsychopharmacology Conference, Hollywood, FL.

Hong, M., Shechner, T., Britton, J. C., **Spiro, C. N.**, Mash, J. A., Pine, D. S., & Fox, N. A. (September 2012). *Novel pediatric fear conditioning paradigm: A psychophysiological study*. Poster presented at the Society for Psychophysiological Research Conference, New Orleans, LA.

Spiro, C. N., Norcross, M. A., Szuhany, K. L., Romer, A. L., Mash, J. A., Shechner, T., Grillon, C., Pine, D. S., & Britton, J.C. (April 2012). *Context effects in extinction recall: A study of anxious and healthy adults*. Poster presented at the Anxiety Disorders Association of America (ADAA) Conference, Arlington, VA.

Clementi, M.A., Britton, J.C., Norcross, M.A., **Spiro, C. N.**, Bar-Haim, Y., & Pine, D.S. (April 2012). *Training anxious youth to attend to happy faces: a novel augmentation to cognitive-behavioral therapy?* Poster presented at the Anxiety Disorders Association of America (ADAA) Conference, Arlington, VA.

Mash, J. A., Shechner, T., Britton, J. C., **Spiro, C. N.**, Romer, A. L., Fox, N. A., & Pine, D. S. (April 2012). *Fear conditioning in behaviorally inhibited adolescents*. Poster presented at the Anxiety Disorders Association of America (ADAA) Conference, Arlington, VA.

Spiro, C. N. & Britton, J.C. (March 2012). *Context effects in extinction recall: A study of anxious and healthy adults*. Oral presentation for the Section on Development and Affective Neuroscience, NIMH, NIH, Bethesda, MD.