

LAUREN J. HOFFMAN, PSY.D.

Date CV Prepared: September 2017

EDUCATION

- October 2016* **Psy.D., Clinical Psychology**
Graduate School of Applied and Professional Psychology, Rutgers University, New Brunswick, NJ
Dissertation: *Social Competence, Social Self-Efficacy, and Bullying in Anxious Youth: Moderators and Mediators of CBT*
Advisor: Brian C. Chu, Ph.D.
- May 2010* **B.A., Psychology, Magna Cum Laude**
University of Pennsylvania, Philadelphia PA
Senior Honors Thesis: *Effectiveness of a School-Based Intervention in Reducing Symptoms of Depression and Body Dissatisfaction in Adolescent Females*
Advisor: Jane E. Gillham, Ph.D.

SUPERVISED CLINICAL TRAINING

- August 2016 – Present* *Postdoctoral Clinical Fellow*
Columbia University Clinic for Anxiety and Related Disorders (CUCARD)
Columbia University Medical Center, Division of Child and Adolescent Psychiatry,
New York, NY
Supervisors: Anne Marie Albano, Ph.D. , E. Blake Zakarin, Ph.D., Ali
- July 2015 – June 2016* *Psychology Intern; Child & Adolescent Track*
Bellevue Hospital Center (BHC) & The Child Study Center (CSC) at NYU Langone Medical Center, New York, NY

Core Clinical Experiences

- *Youth Anxiety and Mood Disorders (CSC)*
Supervisors: Rebecca Rialon Berry, Ph.D. & Aleta Angelosante, Ph.D.
- *Youth ADHD and Disruptive Behavior Disorders (CSC)*
Supervisor: Tim Verduin, Ph.D.
- *Adult Outpatient Services (BHC)*
Supervisor: Lauren O'Flaherty, Ph.D.

Electives and Rotations

- *Adolescent Dialectical Behavior Therapy (DBT) Team (CSC)*
Supervisors: Lori Evans, Ph.D. & Samuel Fasulo, Ph.D.
- *Parent-Child Interaction Therapy (PCIT) Team (CSC)*
Supervisor: Yamalis Diaz, Ph.D.
- *Child Comprehensive Emergency Program (BHC)*
Supervisor: Gabrielle Carson, Ph.D.
- *Child and Adolescent Partial Hospitalization Program (BHC)*
Supervisor: Kate Golash, Psy.D.
- *Adolescent Inpatient Unit (BHC)*
Supervisor: Beryl Filton, Ph.D.

SUPERVISED CLINICAL TRAINING, CONT.

- July 2014 –
June 2015* *Adolescent Inpatient Therapist*
Bellevue Hospital Center, New York, NY
Adolescent Inpatient Treatment Track
Supervisor: Beryl Filton, Ph.D.
- August 2013 –
July 2014* *Disruptive Behavior Therapist & Behavioral School Consultant*
New York University Langone Medical Center, Child Study Center, New York, NY
Institute for Attention Deficit Hyperactivity and Disruptive Behavior Disorders
Supervisor: Tim Verduin, Ph.D.
- August 2013 –
July 2014* *Neuropsychological Assessment Extern*
New York University Langone Medical Center, Child Study Center, New York, NY
Institute for Learning and Academic Achievement
Supervisor: Daniela Montalto, Ph.D.
- Sept. 2011 –
April 2014* *Child Anxiety and Depression Therapist and Diagnostician*
Youth Anxiety and Depression Clinic, New Brunswick, NJ
Supervisor: Brian C. Chu, Ph.D.
- August 2012 –
July 2013* *Assessment Team Extern*
Psychological Clinic at the Graduate School for Applied and Professional Psychology,
Rutgers University, New Brunswick, NJ
Supervisor: Kenneth Schneider, Ph.D.
- June 2012 –
June 2013* *Behavior Management and Systems Consultant*
Social Skills Group Facilitator
Rutgers School Climate Initiative, Rutgers University, New Brunswick, NJ
Supervisor: Maurice J. Elias, Ph.D.
- Sept. 2011 –
May 2013* *Adult and Couples Therapist*
NJ State Disability Evaluator
Psychological Clinic at the Graduate School for Applied and Professional Psychology,
Rutgers University, New Brunswick, NJ
Supervisors: Jamie Walkup, Ph.D., Daniel Fishman, Ph.D., & Shalonda Kelly, Ph.D.
- August 2010 –
August 2011* *Applied Behavior Analysis (ABA) Extern*
C.A.R.E.S. School for Children with Autism, Devereux Foundation, Downingtown, PA
Supervisor: Cathleen M. Albertson, M.A., BCBA
- January 2009
– May 2010* *Depression Prevention Group Leader*
Penn Resiliency Project & Girls in Transition Program, Positive Psychology Center,
University of Pennsylvania, Philadelphia, PA
Supervisor: Jane E. Gillham, Ph.D.

SPECIALIZED CLINICAL TRAININGS

- March 2017* **Interpersonal Psychotherapy for Depressed Adolescents (IPT-A) Training Program** – Two-day workshop led by Laura Mufson, Ph.D.
- October 2016* **Single Session Treatment of Specific Phobia** – One-day workshop led by Lars-Goren Ost, Ph.D.
- October 2015* **Dialectical Behavior Therapy Skills with Multi-Problem Adolescents** –*Behavioral Tech LLC* two-day training led by Alec Miller, Psy.D. & Jill Rathus, Ph.D.
- August 2014* **Trauma-Focused Cognitive Behavioral Therapy**—CARES Institute web-based learning course, Bellevue Hospital Center
- July 2012 & January 2013* **Dialectical Behavior Therapy**–*Behavioral Tech LLC* DBT Intensive Training Parts 1 & 2 led by Shireen Rizvi, Ph.D. & Lorie Ritschel, Ph.D.

RESEARCH EXPERIENCE

- July 2017 – Present* *Co-Principal Investigator (with Anne Marie Albano, Ph.D., ABPP)*
“Feasibility, Acceptability, and Clinical Utility of Virtual Reality Behavioral Test for Young Adult Social Anxiety”
Columbia University Clinic for Anxiety and Related Disorders, New York, NY
- April 2013 – February 2016* *Principal Investigator*
“Social Competence, Social Self-Efficacy, and Bullying in Anxious Youth: Moderators and Mediators of CBT”
Rutgers University, New Brunswick, NJ
Supervisor: Brian C. Chu, Ph.D.
- August 2011 – March 2013* *Program Developer and Graduate Student Researcher*
“Transdiagnostic Behavior Therapy for Bullying-Related Anxiety and Depression: Initial Development and Pilot Study”
Rutgers University, New Brunswick, NJ
Supervisor: Brian C. Chu, Ph.D.
- January 2009 – May 2010* *Project Coordinator and Research Assistant*
Penn Resiliency Project & Girls in Transition Program
Positive Psychology Center, University of Pennsylvania, Philadelphia, PA
Supervisor: Jane E. Gillham, Ph.D.
- June 2009 – August 2009* *Research Assistant*
Hospital of the University of Pennsylvania, Brain & Behavior Lab, Philadelphia, PA
Supervisor: Paul Moberg, Ph.D., ABPP

PUBLICATIONS

Hoffman, L.J. & Chu, B.C. (under review). When is Seeking Safety Functional? Taking a Pragmatic Approach to Distinguishing Coping from Safety.

Albano, AM & **Hoffman, L.J.** (in press). Treatment of Social Anxiety Disorder. In Kendall, P.C. (Ed.), *Cognitive Therapy with Children and Adolescents, Third Edition: A Casebook for Clinical Practice*. New York, NY: Guilford Press.

Freidl, E.K., **Hoffman, L.J.**, & Albano, AM (in press). Outpatient Settings: The Collaborative Role of Psychiatry and Psychology. In T.H. Ollendick, S.W. White, & B.A. White (Eds.), *The Oxford Handbook of Clinical Child and Adolescent Psychology*. New York, NY: Oxford University Press.

Hoffman, L.J., Zendegui, E.A., & Chu, B.C. (2016). International Implementation of CBT: Universal Principles Meet Local Needs. In D. Fishman, S. Messer, D. Edwards, & F. Dattilio (Eds.), *Case Studies Within Clinical Trials: Integrating Qualitative and Quantitative Methods* (pp. 108-118). New York, NY: Oxford University Press.

Hoffman, L. J., & Chu, B. C. (2015). Target Problem (Mis) Matching: Predictors and Consequences of Parent-Youth Agreement in a Sample of Anxious Youth. *Journal of Anxiety Disorders*. 31, 11-15.

Chu, B.C., **Hoffman, L.J.**, Johns, A.M., Reyes, J., & Hansford, A. (2014). Transdiagnostic behavior therapy for bullying-related anxiety and depression: Initial development and pilot study. *Cognitive and Behavioral Practice*, 22(4), 415-429.

Chu, B.C., Johns, A.M., & **Hoffman, L.J.** (2015). Transdiagnostic behavioral therapy for anxiety and depression in schools. In R. Flanagan, K. Allen, & E. Levine (Eds.), *Cognitive and Behavioral Interventions in the Schools*. New York, NY: Springer.

Kranzler, A., **Hoffman, L.J.**, Parks, A., Gillham, J.E. (2014). Innovative models of dissemination for school-based interventions that promote youth resilience and well-being. In M. Furlong, R. Gilman, & E.S. Huebner (Eds.), *Handbook of Positive Psychology in Schools, 2nd Edition*. New York, NY: Taylor & Francis.

Kohler, C.G., **Hoffman, L.J.**, Eastman, L.B., Healy, K., & Moberg, P.J. (2011). Facial Emotion Perception in Depression and Bipolar Disorder: A Quantitative Review. *Psychiatry Research*, 188 (3), 303-309.

TREATMENT MANUALS & ASSESSMENTS

Chu, B.C., Johns, A.M., **Hoffman, L.J.**, You, C., Crocco, S., Hansford, A., Reyes-Portillo, J. *Group behavioral activation for anxious and depressed bullied youth (GBAT-B)*. Unpublished treatment manual and workbook, Rutgers University, New Jersey.

Chu, B.C., **Hoffman, L.J.**, Johns, A.M. *Multidimensional Bullying Impairment Scale (MBIS)*. Unpublished assessment measure, Rutgers University, New Jersey.

MODERATED PANEL DISCUSSIONS

Hoffman, L.J. & Yadegar, M. (November 2015). Panel Chairs. Training, Supervision, and Consultation with Professionals from Multiple Disciplines and Settings. A moderated panel discussion at the Association for Behavioral and Cognitive Therapies Convention, Chicago, IL.

Nave, A.M. & **Hoffman, L.J.** (November 2014). Panel Chairs. Addressing Peer Victimization Across Settings: Perspectives from Diverse Disciplines. A moderated panel discussion at the Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.

POSTER PRESENTATIONS

Toffey, K.T., **Hoffman, L.J.**, & Chu, B.C. (November 2014). Siblings as a Protective Factor in Social Anxiety Disorder: A moderated mediation examination of siblings, social self-efficacy, and social anxiety. A poster presented at the Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.

Hoffman, L.J., Rosenberg, A., & Chu, B.C. (November 2013). Target problem (mis) matching: predictors and correlates of parent-child agreement in a sample of anxious youth. A poster presented at the Association for Behavioral and Cognitive Therapies Convention, Nashville, TN.

Johns, A.M, **Hoffman, L.J.**, & Chu, B.C. (November 2013) Survival Skills for Bullied Youth: Field Trial of Group Behavioral Activation in a School Setting. A poster presented at the Association for Behavioral and Cognitive Therapies Convention, Nashville, TN.

Hoffman, L.J., Seltzer, M.K., & Gillham, J.E. (February 2011). Effectiveness of a School-Based Intervention in Reducing Symptoms of Depression and Body Dissatisfaction in Adolescent Females. A poster presented at the National Association of School Psychologists Convention, Philadelphia, PA.

Moberg, P.J., Eastman, L.B. & **Hoffman, L.J.** (October 2009). A Meta-Analysis of Computerized Assessment Batteries in Schizophrenia Treatment Trials. A poster presented at ISCTM, San Diego, CA.

INVITED PRESENTATIONS

Hoffman, L.J., Kranzler, A., Elkins, R.M., Solz, J., & Albano, A.M. (2017, May). *“Managing Stress, Anxiety, and Independence in College.”* Invited Presentation, Ethical Culture Fieldston School, Bronx, NY.

Hoffman, L.J., Busa, S., Gold, D., & Sinclair, R. (2016, April). *“Beyond the Binary: Addressing Gender in 2016.”* Invited Grand Rounds, The Child Study Center at NYU Langone Medical Center, New York, NY.

Hoffman, L.J. (2016, March). *“Introduction to CBT for Youth Internalizing Disorders.”* Medical Student Didactics, Bellevue Hospital Center, New York, NY.

Hoffman, L.J. & Evans, L. (2016, February). *“Cliques and Bullying.”* Corporate Wellness Program, Credit Suisse, New York, NY.

Hoffman, L.J. (2015, December). *“Managing ADHD in the Classroom: Conducting Behavioral School Observations and Consultations.”* Focused Clinical Webinar, The Center for Implementation-Dissemination of Evidence-Based Practices among States, New York, NY.

Hoffman, L.J. (2015, June). *“Evidence-Based Approaches to Treating Internalizing and Externalizing Disorders in Youth.”* Adolescent Inpatient Unit, Bellevue Hospital Center, New York, NY.

Montalto, D. (presenter), Green, S., & **Hoffman, L.J.** (2015, March). *“Understanding How the Brain Learns.”* Parent Workshop, NYU Child Study Center, New York, NY.

Hoffman, L.J. (2014, August). *“School Bullying: Psychosocial Consequences and Intervention Techniques.”* Adolescent Inpatient Unit, Bellevue Hospital Center, New York, NY.

Hoffman, L.J. & Alonso, T. (2014, January). *“Identifying and Managing ADHD in the Classroom.”* Manhattan Day School, New York, NY.

Hoffman, L.J. & Conklin, P. (2013, August). “*Assessment of Internalizing Disorders in Schools.*” The Orange Public School District, Orange, NJ.

Hoffman, L.J. & Johns, A.M. (2013, March). “*Youth Anxiety: What Parents Need to Know.*” National Alliance on Mental Illness, Lawrenceville, NJ.

Hoffman, L.J. (2012, September). “*Anxiety Disorders in Children: A Case Presentation.*” Grand Rounds, Department of Psychology, Rutgers, The State University of New Jersey, Piscataway, NJ.

SUPERVISION AND TEACHING EXPERIENCE

August 2017 - Present *Clinical Consultant & Graduate Student Supervisor*
Youth Anxiety and Depression Clinic, Rutgers University, New Brunswick, NJ

January 2017 – Present *Extern Supervisor*
Columbia University Clinic for Anxiety and Related Disorders, Columbia University Medical Center, New York, NY
Supervisor: Ali M. Mattu, Ph.D.

March 2016– July 2016 *Medical Student Didactics Leader*
Adolescent Inpatient Unit, Bellevue Hospital Center, New York, NY
Supervisor: Beryl Filton, Ph.D.

January 2013 – August 2014 *Senior Therapy Supervisor*
Youth Anxiety and Depression Clinic, Rutgers University, New Brunswick, NJ
Supervisor: Brian C. Chu, Ph.D.

Spring 2013, 2014, & 2015 *Teaching Assistant*
Theoretical Foundations – Systems, Graduate School of Applied and Professional Psychology, New Brunswick, NJ
Course Instructor: Cary Cherniss, Ph.D.

September 2011 - June 2014 *Research Mentor and Group Facilitator*
Advanced Research Seminar, Youth Anxiety and Depression Clinic, Rutgers University, New Brunswick, NJ
Supervisor: Brian C. Chu, Ph.D.

May 2013 – October 2013 *Assessment Supervisor*
The John Abela Institute for Research on Youth Depression, Rutgers University, New Brunswick, NJ
Supervisor: Jami F. Young, Ph.D.

HONORS AND AWARDS

- Dorothy Cooper Fellowship, Rutgers University, September 2011
- The Milstein Family Undergraduate Research Grant, University of Pennsylvania, January 2010
- Dean's List, University of Pennsylvania, Academic Years 2007-2010
- Psi Chi National Honor Society in Psychology, September 2007

PROFESSIONAL MEMBERSHIPS

- Association for Behavioral and Cognitive Therapies (ABCT)
- ABCT Child and Adolescent Anxiety Special Interest Group (CAA SIG)
- American Psychological Association (APA)
- APA Division 53, Society of Clinical Child and Adolescent Psychology
- New Jersey Psychological Association (NJPA)