

CURRICULUM VITAE

**LAUREN J. HOFFMAN, PSY.D.**

Date of preparation: December 2020

**ACADEMIC APPOINTMENTS**

- 07/2020 – Assistant Professor in Medical Psychology (in Psychiatry)  
Present Division of Child and Adolescent Psychiatry  
Columbia University College of Physicians and Surgeons, New York, NY
- 08/2018 – Instructor of Medical Psychology (In Psychiatry),  
06/2020 Division of Child and Adolescent Psychiatry  
Columbia University College of Physicians and Surgeons, New York, NY

**EDUCATION**

- 2016 **Psy.D.** 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.
- 2013 **Psy.M.** Graduate School of Applied and Professional Psychology, Rutgers University, New Brunswick, NJ
- 2010 **B.A.** University of Pennsylvania, Philadelphia, PA  
Major: Psychology, Magna Cum Laude

**TRAINING**

- 08/2016 – Post-doctoral Fellowship, Columbia University Clinic for Anxiety and Related  
07/2018 Disorders, Columbia University Medical Center, Division of Child and Adolescent Psychiatry, New York, NY
- 07/2015 – Pre-doctoral Psychology Internship, Child & Adolescent Track (APA Accredited)  
06/2016 Bellevue Hospital Center, New York, NY
- 07/2014 – Pre-doctoral Externship, Adolescent Inpatient Unit  
06/2015 Bellevue Hospital Center, New York, NY
- 08/2013 – Pre-doctoral Externship, Institute for Attention Deficit Hyperactivity and Disruptive  
07/2014 Behavior Disorders, New York University Langone Medical Center, Child Study Center, New York, NY

- 08/2013 – Pre-doctoral Externship, Institute for Learning and Academic Achievement, New  
07/2014 York University Langone Medical Center, Child Study Center, New York, NY
- 09/2011 – Pre-doctoral Externship, Youth Anxiety and Depression Clinic, Graduate School of  
04/2014 Applied and Professional Psychology, Rutgers University, New Brunswick, NJ
- 06/2012 – Pre-doctoral Externship, Rutgers School Climate Initiative, Graduate School of  
07/2013 Applied and Professional Psychology, Rutgers University, New Brunswick, NJ
- 09/2011 – Pre-doctoral Externship, Couples Therapy Clinic, Graduate School of Applied and  
05/2013 Professional Psychology, Rutgers University, New Brunswick, NJ
- 08/2010 – Applied Behavior Analysis Trainee, C.A.R.E.S. School for Children with Autism,  
08/2011 Devereux Foundation, Downingtown, PA

### HONORS & AWARDS

- 07/2019 Travel Award, NewYork-Presbyterian Hospital, Youth Anxiety Center
- 04/2019 Employee Recognition Award, Division of Child and Adolescent Psychiatry,  
Columbia University Medical Center
- 02/2018 Honorable Mention, Bender-Fishbein Child Psychiatry Research Award,  
Columbia University Medical Center
- 11/2017 Career Development Leadership Award, Anxiety and Depression Association of  
America
- 09/2011 Dorothy Cooper Fellowship Award, Graduate School of Applied and  
Professional Psychology, Rutgers University
- 01/2010 Milstein Family Undergraduate Research Grant, University of Pennsylvania

### PROFESSIONAL ORGANIZATIONS AND SOCIETIES

#### Professional Memberships

Anxiety and Depression Association of America (ADAA)  
 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

#### Consultation

- 09/2017 – Clinical Consultant, “Randomized Clinical Trial of Individual Behavioral  
 Present Activation Therapy: A Comparison of Effects and Mediators,”  
 Principal Investigator: Brian C. Chu, Rutgers University

Journal Reviewer

09/2017 – Ad hoc Reviewer, Cognitive and Behavioral Practice, Editor: Brian C. Chu  
Present

RESEARCH EXPERIENCES

09/2019 – Co-Investigator, *“Pilot Randomized Trial: In Vivo versus Virtual Reality Exposure  
Present Therapy for Young Adults with Social Anxiety Disorder,”* NYP Youth Anxiety Center, Columbia University Clinic for Anxiety and Related Disorders  
Principal Investigator: Anne Marie Albano, Ph.D., ABPP

03/2017 – Co-Investigator, *“Feasibility, Acceptability, and Clinical Utility of a Virtual Reality  
09/2019 Behavioral Assessment Task for the Assessment of Social Anxiety Disorder in Young Adults,”* NYP Youth Anxiety Center, Columbia University Clinic for Anxiety and Related Disorders  
Principal Investigator: Anne Marie Albano, Ph.D., ABPP

04/2013 – Principal Investigator, *“Social Competence, Social Self-Efficacy, and Bullying in Anxious  
02/2016 Youth: Moderators and Mediators of CBT,”* Rutgers University, New Brunswick, NJ  
Supervisor: Brian C. Chu, Ph.D.

08/2011 – Program Developer and Graduate Student Researcher, *“Transdiagnostic Behavior Therapy  
03/2013 for Bullying-Related Anxiety and Depression: Initial Development and Pilot Study,”* Rutgers University, New Brunswick, NJ  
Supervisor: Brian C. Chu, Ph.D.

01/2009 – Project Coordinator and Research Assistant, Penn Resiliency Project & Girls in Transition  
05/2010 Program, Positive Psychology Center, University of Pennsylvania, Philadelphia, PA  
Supervisor: Jane E. Gillham, Ph.D.

06/2009 – Research Assistant, Hospital of the University of Pennsylvania, Brain & Behavior Lab,  
08/2009 Philadelphia, PA  
Supervisor: Paul Moberg, Ph.D., ABPP

TEACHING EXPERIENCES AND RESPONSIBILITIESClinical Supervision

08/2018 – Clinical Supervisor, Cognitive-Behavioral Therapy: Supervision of psychology  
Present externs and postdoctoral fellows in the diagnosis and treatment of anxiety and related disorders  
Columbia University Clinic for Anxiety and Related Disorders (CUCARD)

09/2017 – Clinical Supervisor, Coping Cat: Supervision of psychology graduate students in  
Present the treatment of youth anxiety disorders  
Youth Anxiety and Depression Clinic, Graduate School of Applied and Professional Psychology, Rutgers University

Teaching

- 08/2017 – Present Lecturer, Columbia University Clinic for Anxiety and Related Disorders Seminar Series on Psychopathology, Treatment of Anxiety and Related Disorders, and Ethics
- 08/2016 – Present Guest Lecturer, Fundamentals of Child and Adolescent Psychotherapy Course NYPH Child & Adolescent Psychiatry Residency Training Program of Columbia and Cornell Universities, New York, NY
- 03/2016 – 07/2016 Medical Student Didactics Leader, Adolescent Inpatient Unit, Bellevue Hospital Center, New York, NY
- Spring 2013, 2014, & 2015 Teaching Assistant, Theoretical Foundations – Systems, Graduate School of Applied and Professional Psychology, Rutgers University

PROFESSIONAL PUBLICATIONS & PRESENTATIONSPeer-Reviewed Publications

- 1) **Hoffman, L.J.** & Chu, B.C. (2019). When is Seeking Safety Functional? Taking a Pragmatic Approach to Distinguishing Coping from Safety. *Cognitive and Behavioral Practice, 26*(1), 176-185.
- 2) **Hoffman, L.J.**, Guerry, J.D., & Albano, AM. (2018). Launching Anxious Young Adults: A Specialized Cognitive-Behavioral Intervention for Transitional Aged Youth. *Current Psychiatry Reports, 20*(4), 25.
- 3) **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.
- 4) 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.
- 5) 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.

Book Chapters

- 1) Freidl, E.K., **Hoffman, L.J.**, & Albano, AM (2019). 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.
- 2) Albano, AM & **Hoffman, L.J.** (2018). 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.

- 3) **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.
- 4) 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.
- 5) 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, 2<sup>nd</sup> Edition*. New York, NY: Taylor & Francis.

#### Educational Material

- 1) 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)*. Treatment manual and workbook, Rutgers University, New Jersey.
- 2) Chu, B.C., **Hoffman, L.J.**, Johns, A.M. *Multidimensional Bullying Impairment Scale (MBIS)*. Assessment measure, Rutgers University, New Jersey.

#### Oral Presentations & Clinical Workshops

- 1) **Hoffman, L.J.** & Chu, B.C. (2020, November). Target problem (Mis) Matching: Predictors and Correlates of Parent-Child Agreement in a Sample of Anxious Youth. Virtual Symposium presentation, Association for Behavioral and Cognitive Therapies Convention.
- 2) **Hoffman, L.J.** & Temkin, A.M. (2020, October). "Assessing and Treating Anxiety and Mood Disorders on College Campuses." Virtual Workshop, Western Interstate Commission for Higher Education.
- 3) Albano, A.M. & **Hoffman, L.J.** (2020, October). "Strategies for Promoting Resilience, Wellness, and Coping Skills for the Campus Community." Virtual Workshop, Western Interstate Commission for Higher Education.
- 4) Albano, A.M., **Hoffman, L.J.**, & Zerrate, C. (2020, October). "Caregiver Involvement in the Treatment of Emerging Adults: The Launching Emerging Adults Program (LEAP) Across Diverse Settings." Virtual Clinical Workshop, American Academy of Child and Adolescent Psychiatry Convention.

- 5) Beaumont, R. & **Hoffman, L.J.** (2020, May). *"Staying Connected During Social Distancing."* Webinar, NYP Youth Anxiety Center, Columbia University Clinic for Anxiety and Related Disorders.
- 6) **Hoffman, L.J.**, Peros, O, & Webb, L (2020, April). *"Supporting Yourself and Your Patients During COVID-19."* Webinar, Behavioral Health Care Social Work Group, Columbia University Medical Center.
- 7) S. Mazza & **Hoffman, L.J.** (2020, March). *"Facing Fears: Living a Life of Meaning and Vitality."* Invited workshop, Wellness Day, Beacon High School, New York, NY.
- 8) Albano, A.M., Bennett, S., **Hoffman, L.J.**, & Fox, S.F. (2019, November). *"Anxiety and Emerging Adults: Incorporating Caregiver Involvement into the Launching Emerging Adults Program."* Half Day Workshop, Association for Behavioral and Cognitive Therapies Convention, Atlanta, GA.
- 9) **Hoffman, L.J.**, Albano, A.M, & Fox, S.F. (2019, November). *"Feasibility, Acceptability, and Clinical Utility of Virtual Reality Behavioral Assessment Task for the Assessment of Social Anxiety Disorders in Young Adults."* Symposium presentation, Association for Behavioral and Cognitive Therapies Convention, Atlanta, GA.
- 10) Albano, A.M. & **Hoffman, L.J.** (2019, July). *"Involving Parents in the Treatment of Young Adults with Anxiety Disorders."* In-Congress 3-hour Workshop, World Congress of Behavioral and Cognitive Therapies, Berlin, Germany.
- 11) **Hoffman, L.J.** & Frankel, S. (2019, April). *"Managing Anxiety and Stress in High School."* Invited Presentation, Wellness Day, Beacon High School, New York, NY.
- 12) **Hoffman, L.J.** (2019, January). *"Managing Anxiety and Stress in College."* Invited Presentation, Wellness Day, Columbia University, New York, NY.
- 13) Albano, A.M., Bennett, S., **Hoffman, L.J.**, & Fox, S.F. (2018, November). *"Anxiety and Emerging Adults: Integrating Virtual Reality and Wearable Technology into the Launching Emerging Adults Program."* Full Day Workshop, Association for Behavioral and Cognitive Therapies Convention, Washington, D.C.
- 14) Albano, A.M., **Hoffman, L.J.**, & Fox, S.F. (2018, November). *"Launching Anxious Youth: College Readiness Program."* Two Day Invited Training, Dallastown Area High School, Dallastown, PA.
- 15) **Hoffman, L.J.** & Albano, A.M. (2018, September). *"Using Virtual Reality to Enhance the Assessment and Treatment of Young Adult Anxiety Disorders."* Invited Presentation, Mental Health Care for Emerging Adults Conference, Washington, D.C.

- 16) **Hoffman, L.J.** (2018, May). *"A CBT Approach to Youth Anxiety and School Refusal."* Invited Grand Rounds, Four Winds Hospital, Katonah, NY.
- 17) **Hoffman, L.J.** & Frankel, S. (2018, April). *"Managing Anxiety and Stress."* Invited Presentation, Wellness Day, Beacon High School, New York, NY.
- 18) **Hoffman, L.J.** (2017, October). *"The Role of Caregivers in the Treatment of Young Adult Anxiety."* Invited Presentation, 4<sup>th</sup> Annual Mental Health Transition Collaborative, Texas Children's Hospital, Houston, TX.
- 19) **Hoffman, L.J.**, Kranzler, A., Elkins, RM., Solz, J., & Albano, AM (2017, May). *"Managing Stress, Anxiety, and Independence in College."* Invited Presentation, Ethical Culture Fieldston School, Bronx, NY.
- 20) **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.
- 21) **Hoffman, L.J.** & Evans, L. (2016, February). *"Cliques and Bullying."* Invited Presentation, Corporate Wellness Program, Credit Suisse, New York, NY.
- 22) **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.
- 23) Montalto, D., Green, S., & **Hoffman, L.J.** (2015, March). *"Understanding How the Brain Learns."* Parent Workshop, NYU Child Study Center, New York, NY.
- 24) **Hoffman, L.J.** (2014, August). *"School Bullying: Psychosocial Consequences and Intervention Techniques."* Adolescent Inpatient Unit, Bellevue Hospital Center, New York, NY.
- 25) **Hoffman, L.J.** & Alonso, T. (2014, January). *"Identifying and Managing ADHD in the Classroom."* Manhattan Day School, New York, NY.
- 26) **Hoffman, L.J.** & Conklin, P. (2013, August). *"Assessment of Internalizing Disorders in Schools."* The Orange Public School District, Orange, NJ.
- 27) **Hoffman, L.J.** & Johns, A.M. (2013, March). *"Youth Anxiety: What Parents Need to Know."* National Alliance on Mental Illness, Lawrenceville, NJ.

### Poster Presentations

- 1) Fox, S.F., **Hoffman, L.J.**, & Albano, A.M. (November 2019). Examining the Relationship between Subjective Anxiety in Stressful Situations and Independent Functioning in Young Adults. A poster presented at the Association for Behavioral and Cognitive Therapies Convention, Atlanta, GA.
- 2) Fox, S.F., **Hoffman, L.J.**, Desai, P., Fisher, P., Duarte, C., Albano, A.M. (November 2019). Association Between Young Independent Functioning and Subject Anxiety in Stressful Social Situations. A poster presented at the Child and Adolescent Anxiety Special Interest Group, Association for Behavioral and Cognitive Therapies Convention, Atlanta, GA.
- 3) Fox, S.F., **Hoffman, L.J.**, & Albano, A.M. (July 2019). Assessment of Social Anxiety in Young Adults: Implications of Virtual Reality Behavioral Assessment Task. A poster presented at the World Congress of Behavioral and Cognitive Therapies, Berlin, Germany.
- 4) Fox, S.F., Albano, A.M., **Hoffman, L.J.** (October 2018). Feasibility, Acceptability, and Clinical Utility of a Virtual Reality Behavioral Assessment Task for Social Anxiety. A poster presented at the National Conference in Clinical Child and Adolescent Psychology, Kansas City, Missouri.
- 5) 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.
- 6) **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.
- 7) 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.
- 8) **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.

### Media (quoted, non-authored)

- 1) 2019, October. *"Now we're talking to therapists about climate anxiety."* Elemental.  
<https://elemental.medium.com/now-were-talking-to-therapists-about-climate-anxiety-2815a6cff31a>



- 2) 2019, August. *"Feel Their Faith in 15 Seconds: Meet the Christians Conquering TikTok."* The Daily Beast. <https://www.thedailybeast.com/meet-the-christians-conquering-tiktok-15-seconds-at-a-time?ref=scroll>
- 3) 2018, October. *"Is 'don't feed the trolls' actually good advice? It's complicated."* Mashable. <https://mashable.com/article/should-i-respond-to-trolls/#TTDW3kE7vsq6>
- 4) 2018, July. *"No-Med Approach to Dealing with Anxiety."* Muse Magazine. <https://robbreport.com/muse/beauty-wellness/no-med-approach-to-dealing-with-anxiety-2808912/>
- 5) 2016, December. *"Here's how to survive the holidays with social anxiety."* New York Post. <https://nypost.com/2016/12/01/heres-how-to-survive-the-holidays-with-social-anxiety/>