

## CURRICULUM VITAE

### SARAH A. FRANKEL, PH.D.

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#### ACADEMIC APPOINTMENTS

**Columbia University Medical Center**, New York, NY **2/2017 - present**  
*Instructor of Psychology (in Psychiatry)*. Department of Child and Adolescent Psychiatry

#### EDUCATION & TRAINING

**University of Pennsylvania**, Philadelphia, PA **10/2014 – 10/2016**  
*Postdoctoral Fellow*. Aaron T. Beck Psychopathology Research Unit  
Training Director: Aaron T. Beck, M.D.

**Rowan University**, Stratford, NJ **9/2013 - 9/2014**  
*Postdoctoral Fellow*. CARES Institute  
Training Director: Esther Deblinger, Ph.D.

**Duke University Medical Center**, Durham, NC **7/2012 - 6/2013**  
*Psychology Intern*. Clinical Psychology Predoctoral Internship Program  
Training Director: Karen C. Wells, Ph.D.

**Vanderbilt University**, Nashville, TN **8/2013**  
*Doctor of Philosophy*. Clinical Psychology Doctoral Program  
Major Professor: Judy Garber, Ph.D.  
Dissertation Title: *Scientific reasoning ability and children's learning of skills taught in cognitive therapy*

**Vanderbilt University**, Nashville, TN **8/2008**  
*Master of Science*. Clinical Psychology Doctoral Program  
Major Professor: Judy Garber, Ph.D.  
Thesis Title: *Relations among family context, depression, and gender in offspring of depressed and non-depressed parents*

**Amherst College**, Amherst, MA **5/2002**  
*Bachelor of Arts* in Psychology, magna cum laude

#### GRANTS, FELLOWSHIPS, HONORS, AND AWARDS

- Ruth L. Kirschstein NRSA T32 Training Grant Postdoctoral Trainee, University of Pennsylvania Perelman School of Medicine, October 2014 – present
- Hardy Culver Wilcoxon Award, Vanderbilt University, May 2014

- Dissertation Enhancement Grant, Vanderbilt University, November 2011
- Peabody Graduate Honor Scholarship, Vanderbilt University, August 2006 - May 2011
- Developmental Psychopathology T32 Training Grant Predoctoral Trainee, Vanderbilt University, July 2008 - July 2009
- Peabody Dean's Fellowship, Vanderbilt University, 2006
- Peabody College Student Travel Awards, Vanderbilt University, 2006-2012
- Departmental Distinction in Psychology, Amherst College, May 2002

### **ADDITIONAL CLINICAL POSITIONS AND ACTIVITIES**

**Columbia University Clinic for Anxiety and Related Disorders (CUCARD) 2/2017 - present**  
**Clinical Psychologist.** Columbia University Medical Center

**Beck Community Initiative** **10/2016 – 1/2017**  
**Psychologist.** University of Pennsylvania Perelman School of Medicine

**Beck Community Initiative** **10/2014 – 10/2016**  
**Postdoctoral Fellow.** University of Pennsylvania Perelman School of Medicine

**CARES Institute** **9/2013 - 9/2014**  
**Postdoctoral Fellow.** Rowan University School of Osteopathic Medicine

**Center for Child and Family Health (CCFH)** **7/2012 - 6/2013**  
**NCTSN Community Treatment Services Center – Category III**  
**Predoctoral Intern.** Duke University Medical Center

**Psychosocial Treatment Clinic** **7/2012 - 6/2013**  
**Predoctoral Intern.** Duke University Medical Center

**Attention-Deficit/Hyperactivity Disorder (ADHD) Clinic** **7/2012 - 6/2013**  
**Predoctoral Intern.** Duke University Medical Center

**Family Studies Clinic** **7/2012 - 6/2013**  
**Predoctoral Intern.** Duke University Medical Center

**Child and Adolescent Therapy and Assessment Private Practice** **1/2011 - 10/2011**  
**Practicum Trainee.** Vanderbilt University

**Sexual Assault Center** **8/2010 - 6/2011**  
**Practicum Trainee.** Vanderbilt University

**Child and Adolescent Psychiatry Outpatient and School-Based Clinics** **8/2009 - 6/2011**  
**Practicum Trainee.** Vanderbilt University

**Adolescent Intensive Outpatient Program** **9/2008 - 12/2009**  
**Practicum Trainee.** Vanderbilt University

**Associated Psychiatrists of Nashville** 1/2008 - 5/2008  
*Practicum Trainee.* Vanderbilt University

**Parent-Child Interaction Therapy (PCIT) Project** 6/2007 - 7/2008  
*Practicum Trainee.* Vanderbilt University

**ADDITIONAL RESEARCH POSITIONS AND ACTIVITIES**

**Beck Community Initiative** 10/2016 – 1/2017  
*Psychologist.* University of Pennsylvania Perelman School of Medicine

**Beck Community Initiative** 10/2014 – 10/2016  
*Postdoctoral Fellow.* University of Pennsylvania Perelman School of Medicine

**Cognitive Development and Learning Cognitive Behavior Therapy** 8/2011 - 6/2012  
*Principal Investigator.* Dissertation Study.

**Parents' Adherence to Treatment Recommendations** 1/2010 - 6/2012  
*Graduate Research Assistant.* Principal Investigator: Judy Garber, Ph.D.

**Parent-Child Project** 6/2008 - 6/2012  
*Data Manager and Graduate Research Assistant.* Principal Investigator: Judy Garber, Ph.D.

**Preschool Project** 10/2007 - 10/2008  
*Data Manager and Graduate Research Assistant.* Principal Investigator: Judy Garber, Ph.D.

**Prevention of Depression Project** 8/2006 - 6/2012  
*Graduate Research Assistant.* Principal Investigator: Judy Garber, Ph.D.

**Together Initiating More Socially Adaptive and Realistic Attitudes** 8/2006 - 5/2008  
*Prevention Group Leader.* Principal Investigators: Judy Garber, Ph.D., Patrick Poessel, Ph.D.

**EDUCATIONAL CONTRIBUTIONS**

**Teaching**

**CBT for Children and Adolescents with Histories of Trauma** 9/2015  
*Instructor.* Beck Institute for Cognitive Behavior Therapy.

**Depression in Popular Culture** 1/2011 - 5/2011  
*Co-Instructor.* Vanderbilt University.

**Adolescent Development** 1/2007 - 5/2007  
*Graduate Teaching Assistant.* Vanderbilt University. Professor: Jessica Giles, Ph.D.

**Supervision and Mentoring**

**Individual, Group and Family Therapy** 1/2013 - 6/2013  
**Supervisor.** Duke University Medical Center

**Master's Thesis** 1/2011 - 5/2011  
**Statistics Mentor.** Vanderbilt University

**Undergraduate Honors Thesis** 8/2009 - 5/2011  
**Mentor.** Vanderbilt University

**Undergraduate Statistics** 1/2007 - 7/2009  
**Mentor.** Vanderbilt University

**Invited Lectures**

**Trauma-Focused Cognitive Behavior Therapy – The Trauma Narrative** 11/2013 & 3/2015  
**Techniques in Child and Adolescent Counseling.** St. Edward's University

**Developmental Considerations in Child and Adolescent Treatment** 6/2013  
**Psychology Fellow Seminar.** Duke University Medical Center

**Treatment of Depression in Children and Adolescents** 12/2012  
**Psychosocial Treatment Clinic Didactic.** Duke University Medical Center

**Social Media Use in Children and Adolescents** 12/2012  
**Triangle Independent Schools College Counseling Association.** Raleigh, NC

**Trauma Focused Cognitive Behavioral Therapy** 11/2011  
**Psychological Interventions with Children.** Vanderbilt University

**PUBLICATIONS**

Garber, J., **Frankel, S.A.**, & Herrington, C.G. (2016). Developmental demands of cognitive behavioral therapy for depression in children and adolescents: Cognitive, social, and emotional process. *Annual Review of Clinical Psychology*, 12, 181-216.

Creed, T. A., **Frankel, S.A.**, German, R.G., Green, K., Jager-Hyman, S., ... Beck, A.T. (2016). Implementation of transdiagnostic Cognitive Therapy in community behavioral health: The Beck Community Initiative. *Journal of Consulting and Clinical Psychology*. Advance online publication. <http://dx.doi.org/10.1037/ccp0000105>

Waltman, S., **Frankel, S.A.**, & Williston, M.A. (2016). Improving clinician self-awareness and increasing accurate representation of clinical competencies. *Practice Innovations*, 1(3), 178-188.

- Creed, T.A., Waltman, S.H., **Frankel, S.A.**, & Williston, M.A. (2015). School-based cognitive behavior therapy: Current status and alternative approaches. *Current Psychiatry Reviews*, 11(4), 1-12.
- Evans, L.D., Kouros, C., **Frankel, S.A.**, McCauley, E., Diamond, G.S., Schloedt, K., & Garber, J. (2015). Longitudinal relations between stress and depressive symptoms in youth: Coping as a mediator. *Journal of Abnormal Child Psychology*, 43, 355-368. Doi:10.1007/s10801-014-9906-5
- Frankel, S.A.**, Gallerani, C.M., & Garber, J. (2012). Cognitive behavioral therapy: Developmental considerations across childhood. In Szigethy, E., Weisz, J.R., & Findling, R.I. (Eds.). *Cognitive and Behavioral Therapy for Children and Adolescents* (pp.29-73). Arlington, VA: American Psychiatric Publishing, Inc.
- Garber, J., Gallerani, C.M., & **Frankel, S.A.** (2009). Depression in children. In I.H. Gotlib & C.L. Hammen (Eds.). *Handbook of Depression (2<sup>nd</sup> Edition)* (pp.405-443). New York: Guilford Publications, Inc.
- Garber, J., **Frankel, S.A.**, & Street, B.M. (2009). Construct validity of childhood bipolar disorder: A developmental perspective. *Clinical Psychology: Science and Practice*, 16, 182-187.

## **PRESENTATIONS**

- Frankel, S.A.**, Waltman, S. H., Williston, M.A., Pinedo, P., Beck, A.T., & Creed, T.A. (2015, June). *Incorporating stakeholder feedback to improve the acceptability of a cognitive therapy training program for community behavioral health*. Paper presented at the annual meeting of the Society for Psychotherapy Research, Philadelphia, PA.
- Waltman, S.H., German, R.E., **Frankel, S.A.**, Sherrill, R.B., & Creed, T.A., (2015, June). *The relations among burnout, therapist turnover, and CT competency in a community mental health system*. Paper presented at the annual meeting of the Society for Psychotherapy Research, Philadelphia, PA.
- Frankel, S.A.**, Herrington, C.G., & Garber, J. (2015, March). *Scientific reasoning and learning of skills taught in cognitive therapy for depression in children*. Paper presented at the biennial meeting of the Society for Research on Child Development, Philadelphia, PA.
- Frankel, S.A.**, Herrington, C.G., Evans, L.D., Korelitz, K., Bauman, J.M., & Garber, J. C. (2013, April). *Scientific reasoning development and cognitive behavioral therapy for depression*. Poster presented at the biennial meeting of the Society for Research on Child Development, Seattle, WA.
- Herrington, C.G., **Frankel, S.A.**, Abernathy, E.T., Korelitz, K., Bauman, J.M., & Garber, J. C. (2013, April). *Metacognitive development and learning cognitive behavioral therapy skills*

*for depression in youth.* Poster presented at the biennial meeting of the Society for Research on Child Development, Seattle, WA.

**Frankel, S.A.,** Herrington, C.G., & Garber, J. (2012, November). *Scientific reasoning development and cognitive behavioral therapy.* Poster presented at the annual meeting of the Association for Behavior and Cognitive Therapies, National Harbor, MD.

Herrington, C.G., **Frankel, S.A.,** & Garber, J. (2012, November). *What do children know about cognitive strategies for treating depression?* Poster presented at the annual meeting of the Association for Behavior and Cognitive Therapies, National Harbor, MD.

Korelitz, K., Garber, J., **Frankel, S.A.,** McCauley, E., Diamond, G., & Schloretd, K. (2012, November). *Correlates and predictors of positive parenting in depressed parents: Coping skills and social adjustment.* Poster presented at the annual meeting of the Association for Behavior and Cognitive Therapies, National Harbor, MD.

**Frankel, S.A.,** Garber, J., McCauley, E., Diamond, G., & Schloretd, K. (2011, November). *Relations among depression, family context, and sex in offspring of depressed and non-depressed parents.* Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto.

Gallerani, C.M., **Frankel, S.A.,** Garber, J., Swan, R., Downs, L., Diamond, G., Schloretd, K., & McCauley, E. (2011, November). *Change in self-reported versus observed hostility and communication in parents and their children following parental treatment for depression.* Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto.

Garber, J., **Frankel, S.A.,** Gallerani, C.M., & Martin, N. (2011, August). *Treating pediatric depression: Matching children's developmental level with therapeutic demands.* Paper presented at the annual convention of the American Psychological Association, Washington, D.C.

**Frankel, S.A.,** Gallerani, C.M., & Garber, J. (2011, June). *Cognitive and emotional/behavioral therapeutic techniques for treating pediatric depression.* Poster presented at the biennial meeting of the International Society for Research in Child and Adolescent Psychopathology, Chicago, IL.

Gallerani, C.M., **Frankel, S.A.,** & Garber, J. (2011, June). *Social and foundational therapeutic techniques for treating pediatric depression.* Poster presented at the biennial meeting of the International Society for Research in Child and Adolescent Psychopathology, Chicago, IL.

**Frankel, S.A.,** Gallerani, C.M., & Garber, J. (2010, November). *Individualizing treatment for youth depression: Assessment of developmental skills implicated in understanding and applying therapeutic strategies.* Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

- Gallerani, C.M., **Frankel, S.A.**, & Garber, J. (2010, November). *Merging developmental and clinical psychology: Are manualized treatments for depression developmentally sensitive?* Paper presented at the meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Borgschulte, C., **Frankel, S.A.**, & Garber, J. (2010, October). *Relation between parent and child depression: Child age, sex, pubertal status, and parent-child conflict as moderators.* Poster presented at the Tennessee Psychological Association Conference, Nashville, TN.
- Kouros, C.D., **Frankel, S.A.**, Garber, J., McCauley, E., Diamond, G., & Schloretdt, K. (2010, March). *Trajectories of depressive symptoms among adolescents: Parent depression and child sex as moderators.* Poster presented at the biennial meeting of the Society for Research on Adolescence, Philadelphia, PA.
- Sharrock, C., **Frankel, S.A.**, Gallerani, C.M., Downs, L.E., & Garber, J. (2009, July). *Observed nonverbal affect and behaviors in depressed and nondepressed parents and their children.* Poster presented at the Leadership Alliance National Symposium, Chantilly, VA.
- Frankel, S.A.**, Gallerani, C.M., Garber, J., Diamond, G., Schloretdt, K., & McCauley, E. (2009, November). *Changes in reported conflict and depressive symptoms and observed parental hostility and child sadness in relation to parents' treatment for depression.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Gallerani, C.M., **Frankel, S.A.**, Garber, J., McCauley, E., Diamond, G., & Schloretdt, K. (2009, November). *Change in self-reported versus observed positive and negative affect in parents following treatment for depression.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Frankel, S.A.**, Gallerani, C.M., Garber, J., Swan, R., Diamond, G., Schloretdt, K., & McCauley, E. (2009, June). *Reported and observed sadness in parent-child dyads: Pre-, post- and one year after parent's treatment for depression.* Poster presented at the biennial meeting of the International Society for Research in Child and Adolescent Psychopathology, Seattle, WA.
- Gallerani, C.M., **Frankel, S.A.**, Garber, J., Swan, R., Schloretdt, K., McCauley, E., & Diamond, G. (2009, June). *Self-reported and observed positive mood in parent-child dyads: Pre-, post- and one year after parent's treatment for depression.* Poster presented at the biennial meeting of the International Society for Research in Child and Adolescent Psychopathology, Seattle, WA.
- Frankel, S.A.**, Garber, J., Diamond, G., Schloretdt, K.A., & McCauley, E. (2009, April). *Relations among parenting, depression, and gender in offspring of depressed and nondepressed parents.* Poster presented at the biennial meeting of the Society for Research on Child Development, Denver, CO.

- Gallerani, C.M., **Frankel, S.A.**, Garber, J., & Goodman, S. (2009, April). *Children's reactions to maternal feedback: Is it what she says or how she says it?* Poster presented at the biennial meeting of the Society for Research on Child Development, Denver, CO.
- Federoff, A. H., **Frankel, S.A.**, Gallerani, C.M., & Garber, J. (2008, April). *Children's reactions to maternal feedback: Is it what she says or how she says it?* Poster presented at the Vanderbilt University Psychology Day.
- Frankel, S. A.**, Garber, J., Ciesla, J., McCauley, E., Diamond, G., & Schloedt, K. (2008, March). *Gender differences in the relationships of depressed and well mothers with their child versus adolescent offspring.* Poster presented at the biennial meeting of the Society for Research on Adolescence, Chicago, IL.
- Schoemann, N.O., **Frankel, S.A.**, & Garber, J. (2007, April). *Parent-child interactions of depressed and nondepressed mothers and fathers.* Poster presented at the Vanderbilt University Psychology Day, Nashville, TN.
- Frankel, S. A.**, Kruse, M.I., Neal, D., & Fromme, K. (2006, November). *Influence of alcohol on self-report measures of state self-esteem.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.