

Schuyler Fox

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Education

Undergraduate: Pomona College, Claremont, CA

- Major: Psychology
- Graduation: May 2017

Study Abroad: Danish Institute for Study Abroad; Copenhagen, Denmark

- Core Course: Positive Psychology

Research Experience

Project Coordinator, Columbia University Clinic for Anxiety and Related Disorders, Columbia University Medical Center

Supervisor: Anne Marie Albano, PhD, ABPP

- *August 2017-Present*
- Group Therapy Program: Coordinate and co-lead group therapy sessions, including Cognitive Behavioral Group Treatment for Social Anxiety and College Readiness Groups.
- Social Anxiety Virtual Reality Program: Manage data collection, including scheduling participants, administering clinical virtual reality program, entering and analyzing data, writing IRB applications, applying for grants, co-writing journal articles and chapters, presenting data
- Youth Anxiety Center Study: Consent participants, enter, analyze, and present data
- Launching Emerging Adults Functioning (LEAF) scale: Co-develop novel measure to assess developmental functioning in young adults, assist with the validation of the form, analyze psychometric properties of the form
- Misc. clinic tasks: co-develop training workshops, plan events and workshops, coordinate media, mentor high school volunteers, calculate clinic census numbers, demonstrate and present the Virtual Reality program to visitors

Research Assistant, CARE Lab. Child Developmental Psychology Laboratory, Pomona College

Supervisors: Jessica Borelli, PhD, Patricia Smiley, PhD

- *September 2014-June 2017*
- Parent Study: Assisted in all aspects of research for a randomized controlled clinical trial of a relationship-based intervention for low-income mothers of toddlers. Administered the Adult Attachment Interview, the Parent Development Interview, and a relational savoring intervention conducted with parents in reference to their relationship with their children
- Reflections Study: Coordinated the Reflections Study, a randomized controlled clinical trial of a relationship-based intervention for older adults. Administered a relational savoring intervention conducted with older adults in reference to their relationships, scheduled participants, conducted research visits, entered and analyzed data

Clinical Experience

High School Counselor, Garey High School, California

- *February 2015-May 2015*
- Met with students for 8 hours per week, counseled students individually and helped them manage daily challenges, led group meetings, coordinated and conducted the *young women's group*, coordinated care of 10 student clients, wrote clinical case notes, presented cases weekly to supervisor

CUCARD Scholar, Columbia University Center for Anxiety and Related Disorders

Supervisor: Sandra Pimentel, PhD

- *June 2015-August 2015 and June 2016-August 2016*
- Assisted with clinical and research tasks: Clinical assistant for group cognitive and behavioral therapy sessions for young adults with anxiety. Served as a role play confederate during exposures for children and adult patients, created a database of exposure scenarios for clinicians. Contributed to the development of a new treatment protocol, "Launching Emerging Adult Program" for young adults. Viewed clinical training videos of the administration of the Anxiety Disorders Interview Schedule for the DSM-IV (ADIS-IV). Attended weekly clinical supervision meetings.
- Assisted with administrative tasks: organized phone screens, processed patient billing, organized and documented past patients' clinical files, updated clinical databases.

Teaching Experience

Introduction to Psychology Teacher's Assistant, Pomona College

- *January-June 2016*
- Graded tests and lab reports, helped students design research projects, helped write course exams, held office hours, assisted with class lectures, led review sessions before exams

Assistant Teacher, Montessori School in Denmark

- *September 2015-December 2015*
- Conducted observational research at a preschool. Operated as an assistant teacher two days per week, implemented positive psychology interventions, taught children about emotions, led art projects, helped with activities

Assistant Teacher, Children's School in Claremont California

- *February 2014-May 2014*
- Operated as an assistant teacher five hours per week, held reading circle and snack time, led the chosen activity of the day

Assistant Teacher, Jewish Community Center

- *September 2011-May 2013*
- Assisted children on the Autism spectrum (under 7 years old) in learning key social skills, prepared activities to aid children's Hebrew program and Judaism training, facilitated communication between the children

Honors/Grants

- Distinction on Senior Thesis, Relational Savoring with Older Adults: Illness as a Moderator
- Pomona College Scholar: 2016
- Summer Undergraduate Research Program Funding Award, working in the Pomona College CARE lab: June 2016-August 2016
- 2014, 2015, 2016 SCIAC All-Academic Team (Collegiate Varsity Track and Field)

Publications and Presentations

Poster Presentations

- **Fox, S.**, Hoffman, L., Albano, A.M. (July 2019). Feasibility, Acceptability, and Clinical Utility of a Virtual Reality Behavioral Assessment Task for Young Adults with Social Anxiety. Poster at the 9th World Congress of Behavioural and Cognitive Therapies, Berlin
- **Fox, S.**, Desai, P., Schonfeld, E., Duarte, C., Fisher, P., Albano, AM. (November 2018). The Development and Preliminary Validation of a Launching Emerging Adults Functioning Scale (LEAF-A) to Assess Independence in Young Adults. Poster at the Association for Behavioral and Cognitive Therapies, ABCT 52nd Annual Convention; Washington D.C.
- Schonfeld, E., Desai, P., **Fox, S.**, Duarte, C., Albano, AM. (November 2018). Assessment of Impairment in Developmental Tasks for Emerging Adults with Social Anxiety Disorder. Poster at the Association for Behavioral and Cognitive Therapies, ABCT 52nd Annual Convention, 2018; Washington D.C.
- **Fox, S.**, Hoffman, L., Albano, AM. (October 2018). Pilot Study: Feasibility, Acceptability, and Clinical Utility of a Virtual Reality Behavioral Test for Social Anxiety Disorder in Young Adults. Poster at the National Conference in Clinical Child and Adolescent Psychology, Kansas City.
- **Fox, S.**, Palmer, A., Rasmussen, H.F., Borelli, J.L., Smiley, P.A., Cohen, C., Cheung, R.C.M., Marvin, M., & Blackard, B. (September 2016). Mother-child language style matching: A novel measure of behavioral matching predicts children's and mothers' emotion reactivity. Poster presented at Pomona College Summer Undergraduate Research Program Poster Conference.

Presentations, Institutes, and Workshops

- Albano, A.M., Hoffman, L., **Fox, S.** (April 2019). The Use of Virtual Reality in the Assessment and Treatment of Young Adult Anxiety Disorders. Presented to Columbia University Department of Counseling and Psychological Services.
- Albano, AM., Bennett S., Hoffman, L., **Fox, S.** (November, 2018). Integrating Virtual Reality and iCBT into the Launching Emerging Adults Program. Full Day Institute at the Association for Behavioral and Cognitive Therapies, ABCT 52nd Annual Convention, Washington D.C.
- Albano, AM., Hoffman, L., **Fox, S.** (November 2018). College Readiness: Preparing Adolescents for the Transition to Adulthood. Training workshop presented to counselors at Dallastown Area High School.

- Albano, AM., Hoffman, L., **Fox, S** (January 2018). Using Virtual Reality to Enhance the Assessment and Treatment of Young Adult Anxiety Disorders. Presented to New York Psychiatric Institute Division of Child and Adolescent Psychiatry.

Publications

- Rasmussen, H.F., Borelli, J.L., Smiley, P.A., Cohen, C., Cheung, R.C.M., **Fox, S.**, Marvin, M., & Blackard, B. (2017). Mother-child language style matching: A novel measure of behavioral matching predicts children's and mothers' emotion reactivity. *Behavioural Brain Research*.
- Borelli, J.L., Bond, D.K., **Fox, S.**, & Horn-Mallers, M. (Revise and resubmit, 2019) Relational Savoring Reduces Physiological Reactivity and Enhances Psychological Agency of Older Adults. *Journal of Applied Gerontology*.
- Albano., AM., Hoffman, L., **Fox, S.** (In Preparation). Virtual Reality and Social Anxiety in College-Aged Young Adults: Implications for Enhancing Diagnostic Precision and CBT.

Research Skills

- Experience with structured, semi-structured, and unstructured interviews including: Parent Development Interview, Adult Attachment Interview, Mini Mental Status Exam
- Experience with coding qualitative data
- SPSS
- Qualtrics
- Microsoft Excel, Word, Power Point