

CHRISTINE J. CHO, PSY.D.
Curriculum Vitae

EDUCATION

- Rutgers University, Graduate School of Applied and Professional Psychology (GSAPP)** **2021**
Doctor of Psychology, Clinical Psychology
Clinical Child, Adolescent, Family, and Pediatric Concentration
- Rutgers University, Graduate School of Applied and Professional Psychology (GSAPP)** **2017**
Master of Psychology, Clinical Psychology
- Loyola University Maryland (Undergraduate Degree)** **2010**
Bachelor of Arts in Communications (Honors), Concentration in Public Relations
Pre-medicine track coursework

AWARDS / DISTINCTIONS

- Cyril Franks Dissertation Award** **May 2021**
Rutgers University, Graduate School of Applied and Professional Psychology (GSAPP)
- This award is presented annually at graduation to the student with the most outstanding dissertation. Students are selected by faculty.
- Weitz Award** **May 2021**
Rutgers University, Graduate School of Applied and Professional Psychology (GSAPP)
- This award is presented annually at graduation to the graduating student whose energy, spirit, and enthusiasm evidence a dedication and willingness to work in the interest of professional psychology and the people it serves. Students are selected by their peers, faculty, and GSAPP staff.
- The John Kalafat Graduate Student Award** **June 2020**
Society for Community Research and Action (SCRA), APA Division 27
- This award is presented to a student demonstrating a positive impact on marginalized groups and communities; building foundational bridges between theory, research, and improving the world; and demonstrating excellence in integrating training and program development in crisis intervention.
- Leadership Education to Advance Diversity (LEAD) Institute Fellowship** **Feb 2019**
Society of Clinical Child and Adolescent Psychology (SCCAP), APA Division 53
- Selected to attend full-day inaugural leadership institute to develop leadership/professional skills to promote cultural sensitivity in practice/research and leadership in the community
- Cooper Fellowship** **2015 – 2016**
Rutgers University, Graduate School of Applied and Professional Psychology
- Psychology Department Essay Award** **2012**
John Jay College of Criminal Justice

Claver Academic Scholarship <i>Loyola University Maryland</i>	2006 – 2010
Department of Communications Writing Award; Membership in Lambda Pi Eta (National Communications Honors Society) <i>Loyola University Maryland</i>	2010
English Department Essay Award <i>Loyola University Maryland</i>	2009
Gratias Community Service Award; Student Leadership Conference <i>Loyola University Maryland</i>	2008
Effective Writing Essay Award <i>Loyola University Maryland</i>	2007

FUNDED GRANT AWARDS

New Jersey Psychological Association (NJPA) Foundation Dissertation Grant	June 2020 – Dec 2020
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Project Title: Addressing Service Underutilization among Muslim Youth

Principal Investigator: Christine J. Laurine, Psy.M.

Amount Awarded: \$2,000

- The goal of this project was to develop, implement, and evaluate the effectiveness of mental health education workshops for teachers at an Islamic school to improve factors related to mental health referral propensity, with the aim of indirectly increasing utilization of formal mental health services among youth and families in this sample.
- This grant supported the implementation of mental health education workshops focused on addressing identified mental health needs within the school, such as the intersections between bullying prevention/intervention and suicidality through the lens of Islam, by facilitating collaboration with expert consultants in these areas.

Rutgers Collaborative Initiative Grant	Jan 2018 – June 2019
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Project Title: Building a Clinic Diversity Toolkit: Establishing Sustainable Clinic-Community Partnerships

Principal Investigator: Christine J. Laurine, Psy.M.

Amount Awarded: \$10,000

- The goal of this project was to develop and maintain meaningful relationships between community partners and Rutgers youth mental health clinics, with the aim of improving mental health service utilization by traditionally underserved youth and families residing within the Rutgers catchment area
- This grant will support the development of a toolkit or set of recommendations to guide future community mental health clinics in building meaningful and sustainable community relationships, with the aim of increasing mental health service delivery to underserved communities

CLINICAL AND ASSESSMENT EXPERIENCE

Kurtz Psychology Consulting PC

July 2021 – June 2022

Postdoctoral Fellow

Supervisors: Steven Kurtz, Ph.D., ABPP and Kate Gibson, Psy.D., ABPP

- Will provide evidence-based assessment and treatments for a broad range of youth internalizing and externalizing disorders, including Parent-Child Interaction Therapy (PCIT) and PCIT for Selective Mutism (PCIT-SM), Exposure and Response Prevention (ExRP), Parent Management Training (PMT), and other cognitive behavioral therapies
- Will provide school-based consultation and training in evidence-based treatments, such as Teacher-Child Interaction Therapy (TCIT)
- Will provide intensive individual and group treatments for youth with selective mutism

Montefiore Medical Center/Albert Einstein College of Medicine

July 2020 – June 2021

Psychology Intern, Child & Adolescent Specialization

Directors of Training: Simon Rego, Psy.D., ABPP, ACT and Sandra S. Pimentel, Ph.D.

- **Child Outpatient Psychiatry Division (COPD) Rotations**
 - **Anxiety and Mood Program** (12 months)
Supervisors: Sandra S. Pimentel, Ph.D., Jenny Seham, Ph.D., Ryan DeLapp, Ph.D., Madeleine S. Abrams, LCSW, and Robert Feiguine, Psy.D.
 - Provide evidence-based therapies to youth and families in individual and group formats, conduct extensive case management with relevant youth systems (e.g. schools, Administration for Children's Services, medical providers), attend weekly multidisciplinary treatment team meetings and rounds, attend weekly didactics and Grand Rounds, participate in bi-weekly Health Advocacy Journal Club
 - **Individual therapies:** cognitive behavioral therapies (e.g. Coping Cat, Trauma-Focused CBT) for youth ages 4-21 presenting with anxiety, depression, trauma and comorbid concerns; parent management training
 - **Group therapies:** College Readiness groups for emerging adults; CBT groups for socially anxious youth; Racial, Ethnic, and Cultural Healing (REACH) groups for youth experience racial discrimination and stress
 - **Family therapy**
 - **Adolescent Dialectical Behavior Therapy (DBT) Program Rotation** (12 months)
Supervisor: Melissa Dackis, Ph.D.
 - Provide comprehensive DBT (e.g. individual DBT, 24/7 phone coaching) for adolescents and young adults ages 12-21 presenting with depression, borderline personality features, suicidality and non-suicidal self-injury and related concerns (e.g. substance use, eating disorders, trauma)
 - Participate in weekly DBT consultation team meetings
 - Co-lead multifamily skills group for youth and their caregivers
- **Supporting Healthy Relationships Rotation** (12 months)
Supervisor: Traci Pacita Maynigo, Psy.D.
 - Provide Emotionally Focused Therapy (EFT), an evidence-based treatment for distressed low-income couples in the Bronx community

- **Research Rotation** (12 months)
Supervisors: Sandra S. Pimentel, Ph.D., Ryan DeLapp, Ph.D., and Laurie A. Gallo, Ph.D.
 - Community-partnered research with parents/caregivers seen at Montefiore Medical Center to assess: 1) parent perspectives on the importance of racial socialization (i.e., parent-child communications about racialized experiences to develop cultural identity and pride, prepare for racial discrimination, and cope with racial/aculturative stress), 2) current racial socialization practices, 3) willingness to receive institutional support in utilization of racial social practices, and 4) open-ended feedback about Racial, Ethnic, and Cultural Healing (REACH) groups currently being piloted at the COPD to guide program development
 - Collaborate with faculty at the Adult Outpatient Psychiatry Division (AOPD) to develop programming and research measures for adult and caregiver REACH groups
 - In process of writing manuscript for publication on REACH programming with youth
- **Child and Adolescent Assessment Service Rotation** (12 months)
Supervisors: Sandra S. Pimentel, Ph.D. and Bryan Freilich, Psy.D., ABPP
 - Conduct comprehensive intake evaluations (e.g. Anxiety Disorders Interview Schedule for Children/Parents for DSM-5) for youth presenting to the COPD for treatment
 - Conduct child/adolescent neuropsychological testing, scoring/interpretation, and integrated report writing
- **Transplant Surgery Program Rotation** (6 months)
Supervisor: Lisa Teh, Ph.D.
 - Provide consultation to all the solid organ transplant teams at Montefiore Medical Center, conduct psychosocial evaluations of patients with organ failure and liver diseases, participate in weekly multidisciplinary team meetings related to transplant listing/selection and treatment planning, provide individual psychotherapy (CBT/DBT) and conduct brief bedside evaluations/interventions for adult and pediatric transplant patients, and attend health psychology didactics
- **Additional activities:**
 - Diversity & Inclusion Committee
 - Support for Undocumented Persons Task Force

Bellevue – NYC Health + Hospitals: Adolescent Inpatient Unit

July 2019 – Mar 2020

Psychology Extern

Supervisor: Beryl Filton, Ph.D.

- Provided short-term individual therapy (e.g. CBT, DBT-informed, motivational interviewing) for adolescents ages 12-17 admitted to an acute-care psychiatric inpatient unit, provided group therapies on unit (e.g. Skills Training in Affective and Interpersonal Regulation for Adolescents (STAIR-A), substance use psychoeducation and prevention), participated in family treatment meetings, participated in therapeutic milieu, implemented individual behavior plans, participated in multidisciplinary treatment team meetings and rounds, and conducted psychological assessments (i.e. cognitive, academic, socio-emotional) and intake evaluations for youth admitted to the unit

Dialectical Behavior Therapy Clinic
Rutgers University, Graduate School of Applied and Professional Psychology
Psychology Extern

Aug 2018 – July 2019

Supervisor: Shireen Rizvi, Ph.D., ABPP

- Delivered comprehensive Dialectical Behavior Therapy (DBT, DBT-A) to adults who met criteria for Borderline Personality Disorder (BPD) and a range of comorbid conditions, as well as suicidal/self-injuring adolescents with borderline traits and their caregivers
- Led/co-led a variety of group therapies, including:
 - DBT skills training groups for adults
 - Family Connections (Fruzzetti, A. & Hoffman, P., 2012) psychoeducation, skills training, and support groups for loved ones of those diagnosed with BPD
 - DBT-A multi-family skills groups for adolescents and their caregivers
 - DBT skills training workshops for Rutgers University undergraduates experiencing stress
- Participated in weekly DBT consultation team meetings and didactics
- Conducted phone screens and administered assessment batteries for outpatient participants involved in clinical research study for DBT, including:
 - Self-Injurious Thoughts and Behaviors Interview (SITBI)
 - Structured Clinical Interview for DSM-II (SCID-II)
 - Structured Clinical Interview for DSM-5 (SCID-5)
- Synthesized information from multiple sources to assign appropriate diagnoses, present dispositions, and write integrated reports

The Highland Park Community Teen Center

Aug 2018 – June 2019

Psychology Extern

Supervisor: Scott Roth, Psy.D.

- Provided individual therapy for youth ages 10-18 presenting with a wide range of psychological problems, as part of a school-based youth services program in the Highland Park, NJ school district that was managed by the New Jersey Department of Children and Families (DCP&P)
- Provided group therapies, including:
 - DBT Skills Training for Emotional Problem Solving for Adolescents (DBT STEPS-A) for grades 6-12
 - Psychoeducation, coping skills, and support groups for youth recently settled in the United States who were engaged in English-Language Learner (ELL) classes and experiencing acculturative stress
- Provided case management, including consultation with relevant school systems (e.g. guidance department, Child Study Team, teachers) and other community programs

The Safe Place Treatment and Support Program
Children's Hospital of Philadelphia (CHOP)

July 2017 – May 2018

Psychology Extern

Supervisors: Nancy Braveman, Psy.D., Teresa Brieck, LCSW

- Delivered Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), psychoeducation and support services, parent training, and extensive case management to children and families with known or suspected child sexual abuse

- Participated in and provided client consultations for the Child Abuse, Referral, and Evaluation (CARE) Clinic, a multidisciplinary team responsible for medical and psychological evaluations of children and adolescents for possible sexual/physical abuse and neglect
- Attended didactics, managed research and grant datasets, and participated in weekly Journal Club
- Conducted pre-, mid-, and post-treatment assessments for youth and caregivers, using standardized instruments to measure symptom progress and monitor constructs of interest

Youth Anxiety and Depression Clinic

Sept 2015 – Aug 2017

Rutgers University, Graduate School of Applied and Professional Psychology

Psychology Extern

Supervisor: Brian C. Chu, Ph.D.

- Provided cognitive-behavioral therapies (e.g. Coping Cat, ExRP) to youth ages 8-17 suffering from a range of anxiety/mood and related disorders (e.g. selective mutism, OCD), provided behavioral parent training to caregivers via bug-in-the-ear techniques, and provided case management services
- Trained to reliably administer comprehensive pre-, mid-, and post-treatment assessments (e.g. Anxiety Disorders Interview Schedule for Children/Parents for DSM-IV-TR and DSM-5 (ADIS-IV-TR, ADIS-5), Children's Depression Rating Scale (CDRS), Emotional Stroop, behavioral measures of parental intrusiveness and accommodation) for youth and caregivers receiving services and participating in clinical research at the YAD-C, and participated in weekly case presentations

Assessment Team, Rutgers University Psychological Services Clinic

Mar 2016 – May 2018

Evaluator

Supervisor: Kenneth Schneider, Ph.D.

- Conducted comprehensive neuropsychological evaluations for youth and adults to assess for Attention-Deficit/Hyperactivity Disorder (ADHD), Learning Disorders, and related difficulties
- Administered intelligence and achievement testing, including:
 - Wechsler Adult Intelligence Scale, Fourth Edition (WAIS-IV)
 - Wechsler Intelligence Scale for Children, Fifth Edition (WISC-V)
 - Woodcock Johnson – Cognitive, Fourth Edition (WJ-IV COG)
 - Woodcock Johnson – Achievement, Fourth Edition (WJ-IV ACH)
 - Nelson Denny Reading Test
- Administered neuropsychological assessments, including:
 - Developmental Neuropsychological Assessment, Second Edition (NEPSY-II)
 - Delis-Kaplan Executive Function System (D-KEFS)
 - Conners Continuous Performance Test – Third Edition (CPT-3)
 - California Verbal Learning Test – Second Edition (CVLT-II)
- Administered measures of socio-emotional functioning, including:
 - House-Tree-Person (HTP)
 - Draw-a-Person
 - Behavior Assessment Scale for Children – Third Edition (BASC-III)
 - Personality Assessment Inventory (PAI)
 - Thematic Apperception Test (TAT)
- Wrote integrated reports and provided feedback sessions for clients and their families

Cognitive Processing Therapy (CPT) Treatment Study
Rutgers University Psychological Services Clinic

Aug 2017 – May 2018

Study Therapist/Evaluator

Supervisor: Charity Wilkinson, Psy.D.

- Delivered CPT for adults suffering from Posttraumatic Stress Disorder (PTSD), as part of a multi-site study assessing the effectiveness of CPT and therapist characteristics on treatment outcomes at a university setting
- Completed all requirements for national certification as a CPT Provider with the exception of professional licensure, including completion of CPTweb, participation in live two-day training conducted by an approved CPT Trainer, participation in sanctioned individual and group consultation/supervision with an approved CPT Trainer, successful completion of two individual CPT treatment cases, and consistent use of standardized instruments to assess weekly and pre/post-treatment PTSD symptom progress on all cases. See assessments below:
 - Clinician-Administered PTSD Scale for DSM-5 (CAPS)* trained to reliably administer
 - PTSD Checklist for DSM-5 (PCL-5)
 - Patient Health Questionnaire-9 (PHQ-9)
 - Life Events Checklist (LEC)
 - Suicide Cognitions Scale (SCS)
 - Self-Injurious Thoughts and Behaviors Interview (SITBI)
 - Stigma Scale

Rutgers University Psychological Services Clinic (PSC)

Sept 2015 – Oct 2017

Therapist/Evaluator

Supervisors: Deirdre Waters, Psy.D., Lucille Carr-Kaffashan, Ph.D., Elisabeth Brown, Psy.D.,

- Delivered therapeutic services to individuals with psychological difficulties using both psychodynamic, cognitive behavioral, and acceptance and commitment therapy (ACT) approaches
- Presented case conceptualizations and treatment plans during weekly case conferences
- Conducted semi-structured psychological intake evaluations and presented dispositions

Neurocognitive Rehabilitation Research Laboratory
New York State Psychiatric Institute, Columbia University Medical Center

Mar 2014 – July 2015

Student Clinician/Evaluator (Staff)

Supervisor: Jimmy Choi, Psy.D.

- Led and co-led outpatient group therapy using the Indianapolis Vocational Intervention Program (IVIP; Bell, M.D., 2005) for adults with psychotic spectrum disorders
- Administered computer-based social cognitive and emotion recognition therapies
- Administered and scored symptom rating interviews and neuropsychological assessment batteries on a clinical research inpatient unit for randomized controlled trials assessing the efficacy of cognitive remediation and memory training for adults with treatment-resistant depression receiving electroconvulsive therapy (ECT), geriatric populations presenting with mild cognitive impairment, and adults meeting diagnostic criteria for psychotic spectrum disorders. Assessments included:
 - Positive and Negative Syndrome Scale (PANSS)
 - Scale for the Assessment of Negative Symptoms (SANS)
 - Hamilton Rating Scale for Depression (HRSD)

- Columbia Suicide Severity Rating Scale (CSSRS)
- Wechsler Adult Intelligence Scale (WAIS-III, WAIS-R, WAIS-IV)
- Wechsler Memory Scale (WMS-IV)
- Wisconsin Card Sorting Test (WCST)
- Assisted with provision of feedback to outpatient clients/participants

New York City Children’s Grief Connection Bereavement Project

Feb 2014 – May 2015

St. John’s University, Center for Psychological Services

Student Clinician/Evaluator

Supervisors: Elissa Brown, Ph.D., Robin Goodman, Ph.D.

- Co-led group therapy for bereaved children and their caregivers in an outpatient setting
- Administered structured and semi-structured intake interviews and assessments
- Conducted assessments of self-injury, suicidality, homicidality, psychosis, child maltreatment, and safety planning when necessary

PARTNERS Clinic, The Child HELP Partnership

Jan 2013 – May 2015

St. John’s University, Center for Psychological Services

Evaluator

Supervisors: Komal Sharma-Patel, Ph.D., Elissa Brown, Ph.D.

- Administered over 130 hours of supervised structured and semi-structured evaluations of psychosocial functioning, behavioral problems, and reported trauma/abuse for children/adolescents affected by physical/sexual abuse, domestic violence, and traumatic bereavement, including:
 - Schedule for Affective Disorders and Schizophrenia for School-Age Children-Present and Lifetime Version for DSM-IV (K-SADS-PL)
- Conducted assessments of self-injury, suicidality, homicidality, psychosis, child maltreatment, and safety planning when necessary

ASSESSMENT BATTERY EXPERIENCE

Diagnostic & Functional Impairment: Structured Clinical Interview for DSM-IV/5 Disorders (SCID-IV/5), Structured Clinical Interview for DSM-IV-TR Axis II Personality Disorders (SCID-II), Longitudinal Interview for Follow-Up Evaluations (LIFE), Schedule for Affective Disorders and Schizophrenia for School-Age Children-Present and Lifetime Version for DSM-IV (K-SADS-PL), Anxiety Disorder Interview Schedule for DSM-IV/5 (ADIS-IV/5), Children’s Depression Rating Scale (CDRS), Clinician-Administered PTSD Scale for DSM-5 (CAPS), PTSD Checklist for DSM-5 (PCL-5), Child PTSD Symptom Scale (CPSS), Yale-Brown Obsessive Compulsive Scale (Y-BOCS), Positive and Negative Syndrome Scale (PANSS), Scale for the Assessment of Negative Symptoms (SANS), Hamilton Rating Scale for Depression (HRSD), Children’s Depression Rating Scale (CDRS).

Cognitive, Executive Functioning, and Academic Achievement: Weschler Adult Intelligence Scale IV (WAIS-IV), Weschler Intelligence Scale for Children—Fifth Edition (WISC-V), Woodcock-Johnson Tests of Cognitive Abilities and Achievement—Fourth Edition (WJ-IV COG/ACH), California Verbal Learning Test II (CVLT-II), Conner’s Continuous Performance Test III (CPT-III), Delis-Kaplan Executive Function System (D-

KEFS), Nelson Denny Reading Test, Developmental Neuropsychological Assessment, Second Edition (NEPSY-II), Wechsler Memory Scale (WMS-IV), Wisconsin Card Sorting Test (WCST), Stroop Color and Word Test.

Personality: House-Tree-Person (HTP), Draw-a-Person, Behavior Assessment Scale for Children – Third Edition (BASC-III), Personality Assessment Inventory (PAI), Thematic Apperception Test (TAT), Rorschach Ink-Blot Test (Exner), Personality Assessment Screener (PAS).

Suicide Risk: Linehan Risk Assessment and Management Protocol (LRAMP), Self-Injurious Thoughts and Behaviors Interview (SITBI), Columbia Suicide Severity Rating Scale (C-SSRS).

RESEARCH EXPERIENCE

Rutgers Community Partners in Youth Mental Health RCP

July 2019 – June 2020

Principal Investigator

- Doctoral dissertation focused on the use of community-based participatory research (CBPR) methods to address underutilization of formal mental health services among local Muslim youth and families
 - Project aims included: 1) assessing the feasibility and acceptability of a community-academic partnership (CAP) between school leadership at a local Islamic school and Rutgers mental health clinics, 2) the development, implementation, and evaluation of community-partnered mental health education workshops to influence factors associated with mental health referral propensity for teachers functioning as local “gatekeepers” for mental health services at the school
- Research projects assessing feasibility and acceptability of community-academic partnerships with other youth organizations (e.g. The Pride Center of New Jersey for LGBTQ+ youth and young adults), as well as effectiveness of mental health interventions developed by the CAPs

Youth Anxiety and Depression Clinic

Sept 2015 – June 2019

Rutgers University, Graduate School of Applied and Professional Psychology

Data Manager, Evaluator

Supervisor: Brian C. Chu, Ph.D.

- Assisted with grant writing and IRB submissions, managed research datasets, trained undergraduate RAs and graduate students on data entry/cleaning and scoring of research measures
- Assisted with development of research protocol/procedures and measure selection for randomized controlled trial comparing a transdiagnostic intervention for youth anxiety/depression to well-established cognitive behavioral therapies (i.e., Coping Cat, PASCET) and waitlist control

Experimental Therapeutics
New York State Psychiatric Institute, Columbia University Medical Center
Electroconvulsive Therapy and Memory Training Study

Mar 2015 – July 2015

Study Coordinator (Staff)

Principal Investigator: Joan Prudic, M.D.

- Responsible for drafting and submission of IRB protocol proposals, renewals, and amendments for division of Experimental Therapeutics
- Trained and supervised research assistants on all research, clinical, and assessment procedures
- Conducted participant screening for protocol eligibility, participant registration and intake for study enrollment, and admission onto clinical research inpatient unit
- Coordinated collection and handling of lab specimens, and assisted with imaging/neuroimaging protocols (i.e., EKG, EEG) as part of participant screening and intake procedures
- Coordinated financial, administrative, and research database management of all studies
- Coordinated and oversaw operations for Principal Investigator's continuing medical education course on brain stimulation techniques and electroconvulsive therapy for treatment-resistant depression

Neurocognitive Rehabilitation Research Laboratory
New York State Psychiatric Institute, Columbia University Medical Center
Electroconvulsive Therapy and Memory Training Study
Mild Cognitive Impairment Study (Alzheimer's Association)

Mar 2014 – Feb 2015

Research Associate (Staff)

Principal Investigators: Jimmy Choi, Psy.D. and Joan Prudic, M.D.

- Responsible for drafting and submission of IRB protocol renewals and amendments for Neurocognitive Rehabilitation Research Laboratory studies
- Assisted with neuroimaging protocols and lab specimen collections, as part of screening and intake procedures for study enrollment and admission onto inpatient clinical research unit
- Managed research databases, supervised research assistants, and coordinated financial and administrative management of all studies, compiled referral resource database for treatment program for youth experiencing a first episode of psychosis

St. John's University, Center for Psychological Services
PARTNERS Clinic, The Child HELP Partnership
New York City Children's Grief Connection Bereavement Project

Mar 2011 – May 2015

Research Assistant (Volunteer)

Principal Investigators: Elissa Brown, Ph.D., Robin Goodman, Ph.D., and Komal Sharma-Patel, Ph.D.

- Collected participant lab samples and administered social stressor tasks, as part of pilot study assessing changes in cortisol levels associated with emotion dysregulation and stress reactivity in adolescents with trauma histories
- Conducted data entry, checking, and cleaning
- Drafted 2014 Policy & Procedures Manual for all incoming PARTNERS Clinic research assistants and doctoral candidates
- Provided child care for economically challenged families receiving services at PARTNERS
- Assisted with community outreach efforts

New York State Psychiatric Institute, Columbia University Medical Center
Department of Child and Adolescent Psychiatry

Feb 2013 – Feb 2014

Puerto Rican Youth Growing Up: Boricua Youth Study (Wave 4)

Locating Youth from the Boricua Youth Study (BYS-related Pilot Study)

Study Coordinator/Interviewer (Staff)

Principal Investigator/Supervisor: Cristiane Duarte, Ph.D.

- Conducted structured, in-home interviews with youth and caregivers for two BYS-related projects:
 - Pilot study (N=100) assessing feasibility of relocating original study participants after ten years and impact of environmental context on cardiovascular health for located participants
 - Wave 4 of longitudinal, two-site study (N=1,583) investigating the impact of culture and environmental context on the development of parental/youth psychopathology over time and engagement in HIV/STI risk behaviors (e.g. substance use, risky sexual behaviors)
- Coordinated and conducted procedures for all lab samples for both studies:
 - Collection, handling, and testing of HIV-1/HIV-2 rapid tests, urine specimens for STI testing, and blood samples to examine biomarkers for cardiovascular disease and pediatric obesity
 - Mandated reporting of positive HIV/STI tests to affected research participants and New York City Department of Health, and management of follow up care for HIV/STI+ participants with affiliate clinics
 - Clinical and HIV/STI testing supervision meetings
- Coordinated and assisted with all project development meetings for instrument development for Wave 4, programming for computer-based administration, and protocol development for HIV/STI testing and reporting between Columbia University faculty/staff and the following affiliates:
 - Harvard University, University of Puerto Rico, New York University
 - New York Presbyterian/Columbia University Hospital
 - Project STAY at Herman Denny Farrell, Jr. Community Health Center, South Bronx Community Advisory Board
- Drafted all IRB protocols, study/training materials, and administrative documents for both projects
- Coordinated all participant recruitment, data collection, and case management for both projects
- Trained and supervised all research assistants and led weekly research meetings for both projects
- Coordinated financial, administrative, and research database management for both projects

SUPERVISION EXPERIENCE

Youth Anxiety and Depression Clinic

Feb 2018 – June 2018

Rutgers University, Graduate School of Applied and Professional Psychology

Peer Supervisor

Supervisor: Brian C. Chu, Ph.D.

- Provided supervised weekly CBT supervision for novice student clinician on a selective mutism case, with extensive use of parent management principles and bug-in-the-ear parent training

Rutgers University Psychological Services Clinic, Therapy

Jan 2018 – June 2018

Peer Supervisor

Supervisor: Brian C. Chu, Ph.D.

- Provided supervised bi-weekly CBT supervision for novice student clinician on an OCD case using Exposure and response prevention (ExRP)

Rutgers University Psychological Services Clinic, Assessment **June 2017 – May 2018**
Peer Supervisor

Supervisors: Kenneth Schneider, Ph.D., Catharina Corbett, Ph.D., SSP, Mary Toolan, Psy.D.

- Assisted supervisees with test administration, scoring, and interpretation for psychoeducational and neuropsychological assessments
- Assisted supervisees with integrated report writing for youth and adults being assessed for Attention-Deficit/Hyperactivity Disorder (ADHD), Specific Learning Disorders (SLD), and related difficulties
- Met with doctoral level supervisors for weekly didactics and supervision of cases

TEACHING EXPERIENCE

Rutgers University: Training, Supervision, & Consultation **Jan 2019 – June 2019**
Teaching Assistant

- Provided group CBT supervision for third-year Clinical Psychology Psy.D. students providing peer supervision for novice student clinicians on their first-year therapy cases
- Facilitated matching for trainee-supervisee pairs, based on clinical interests/experience and assignment of first-year therapy cases
- Graded midterm and final written assignments

Rutgers University: Social and Developmental Foundations of Psychology **Sept 2015 – Dec 2015**
Teaching Assistant

- Facilitated class discussions and addressed student concerns
- Graded homework assignments and midterm presentations
- Provided feedback on final written assignments

LEADERSHIP EXPERIENCE

Rutgers Community Partners in Youth Mental Health (RCP) **Sept 2018 – Present**
Rutgers University, Graduate School of Applied and Professional Psychology (GSAPP)
Project Lead

- Community-partnered initiative aimed at improving disparities in mental health care for underserved and marginalized youth communities in local catchment area of Central New Jersey
- Coordinate activities for all university/community partners and Community Advisory Board (CAB)
 - Development and implementation of joint community-academic programming aimed at addressing unmet mental health needs in each respective community
 - Organizational improvements at Rutgers clinics to address barriers to care
 - Consultation and community outreach
 - Community presentations and workshops

Asian Students Association

Sept 2016 – Present

Rutgers University, Graduate School of Applied and Professional Psychology (GSAPP)

President

- Organize student programming and GSAPP colloquia with outside speakers (e.g. Gordon Nagayama Hall, Ph.D., Professor of Psychology in the Clinical Psychology Program at the University of Oregon; Janie Hong, Ph.D., Founder of the Redwood Center for Cognitive Behavior Therapy and Research) focused on increasing awareness and knowledge of issues pertaining to clinical practice with Asian/Asian-American clients
- Facilitate support groups for Asian and Pacific Islander (AAPI) students and allies, following increase in anti-Asian hate crimes and xenophobia/racism related to COVID-19 pandemic

PUBLICATIONS

Cho, C.J. (2021). *Addressing barriers to mental health service utilization among Muslim youth and families using a community-based participatory research approach*. [Doctoral dissertation, Rutgers University]. ProQuest Dissertations Publishing.

Rouzitalab, S., **Laurine, C.J.**, Chang, C., Pedroza, M., Alba, M., Quinn, A., & Chu, B.C. (2020). Rutgers Community Partners in Youth Mental Health. *NJ Psychologist*, 70(2), 19-20.

Temkin, A., B., Yadegar, M., **Laurine, C. J.**, & Chu, B. C. Transdiagnostic Approaches for Children and Adolescents. (2019). In T.H. Ollendick, S.W. White, & B.A. White (Eds.), *The Oxford handbook of clinical child and adolescent psychology*. London, UK: Oxford University Press.

PRESENTATIONS AND POSTERS

Cho, C.J., Temkin, A., Rego, S., Seligman, L., Chu, B.B., Palitz, S., & Weatherford, J. (2021, November). *Making it work: Building careers in psychology while building your family*. Panel discussion abstract submitted for presentation at the annual meeting of the Association of Behavioral and Cognitive Therapies in New Orleans, LA.

Laurine, C.J., Asnaani, A., Mehta, T.G., Jayawickreme, N., & Rouzitalab, S. (2020, November). *Closing the gap: transporting evidence-based interventions to diverse “real world” settings via community-partnered research*. Panel discussion presented at the annual meeting of the Association of Behavioral and Cognitive Therapies in Philadelphia, PA.

Laurine, C.J., Rouzitalab, S., Chang, C., & Chu, B.C. (2020, November). *Addressing barriers to mental health service utilization among Muslim youth and families using a community-based participatory research approach*. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies in Philadelphia, PA.

Hong, J.J., **Laurine, C.J.**, Liu, N., Ling, A., & Aguilera, A. (2020, November). *Improving evidence-based therapies for culturally diverse patients: perspectives from multiple treatment contexts*. Clinical roundtable presented at the annual meeting of the Association of Behavioral and Cognitive Therapies in Philadelphia, PA.

Temkin, A., Bennett, S.M., **Laurine, C.J.**, Cheron, D.M., Langer, D., Dale, S.K., & Hong, J. (2020, November). *The truth about having it all: struggles and solutions for working parents in psychology*. Panel discussion presented at the annual meeting of the Association of Behavioral and Cognitive Therapies in Philadelphia, PA.

Chang, C., **Laurine, C.J.**, Alba, M., Rouzitalab, S., & Chu, B.C. (2020, November). *Feasibility and acceptability of a community-based participatory research approach to engaging LGBTQ youth*. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies in Philadelphia, PA.

Laurine, C.J., Hong, J.J., Williams, M.T., Polo, A., Klocek, J.W., & Newcomb, M.E. (2017, November). *Targeting barriers to evidence-based practice in diverse populations*. Clinical roundtable presented at the annual meeting of the Association of Behavioral and Cognitive Therapies in San Diego, CA.

Laurine, C.J. & Chu, B.C. (2017, November). *Emotional context of parenting: Impact of parent experiential avoidance on intrusive parenting behaviors*. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies in San Diego, CA.

Cho, C., Fenley, A., Wyszynski, C.M., Guarino, D., Daly, K., Wood, J.J., & Chu, B.C. (2016, October). *Parental Intrusiveness, Childhood Anxiety, and Depression: Reassessing the Parent-Child Interaction Questionnaire*. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies in New York, NY.

Costa, M., Sattar, U., **Cho, C.**, Sharma-Patel, K., Brown, E.J., & Goodman, R. (2015, May). *Influence of parenting practices on grief symptoms and attachment anxiety among treatment seeking bereaved children*. Poster presented at the annual meeting of the Association for Psychological Science in New York, NY.

Cho, C., Mervis, J., Corcoran, C., Dixon, L., & Choi, J. (2015, March). *Psychological predictors of motivation and treatment attendance in adolescents at clinical high risk for psychosis*. Poster presented at the annual meeting of the International Congress on Schizophrenia Research in Colorado Springs, CO.

Cho, C., Montilus, S., Sattar, U., Galler-Hodkin, Y., Sharma-Patel, K., & Brown, E.J. (2014, November). *Effects of differential acculturation on parenting practices: A cross-cultural examination*. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies in Philadelphia, PA.

Cho, C., Corcoran, C., Fiszdon, J., Davidson, C.A., Dixon, L., & Choi, J. (2014, November). *Differential effects of intra- versus extra-familial support on self-esteem and treatment engagement in teenagers at clinical high risk for psychosis*. Poster presented at the annual meeting of the International Early Psychosis Association in Tokyo, Japan.

Cho, C., Davidson, C.A., Corcoran, C., Tropea, M., Yogman, A., Dixon, L., & Choi, J. (2014, April). *Differential effects of sources of social support on self-esteem and treatment retention in teenagers and young adults at clinical high risk for psychosis*. Poster presented at the annual meeting of the Society for Research in Psychopathology in Evanston, IL.

Landon, K., Cohall, A., Cohall, R., **Cho, C.**, Wainberg, M., Elkington, K., & Duarte, C.S. (2013, December). *Feasibility of in-home HIV & STI testing with urban Puerto Rican youth: Preliminary report*. Poster presented at the annual meeting of the American Psychological Association in Washington, D.C.

Bernstein, K. C., Cabral, C., **Cho, C.**, Sharma-Patel, K., & Brown, E.J. (2013, November). *Family and non family social support and their effects on adaptive and maladaptive outcomes in an adolescent trauma sample*. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies in Nashville, TN.

OTHER RESEARCH EXPERIENCES

Ad-hoc Reviewer **2014**
Journal of Abnormal Psychiatry

PROFESSIONAL INVOLVEMENT

Society of Clinical Child and Adolescent Psychology (SCCAP) **Oct 2018 – Present**
Division 53 of the American Psychological Association
○ Division 53 Diversity Committee

New Jersey Psychological Association (NJPA) **Feb 2017 – Present**

Society of Clinical Psychology **Dec 2015 – Present**
Division 12 of the American Psychological Association.

Association for Behavioral and Cognitive Therapies (ABCT) **Nov 2013 – Present**
○ Task Force to Promote Equity, Access, and Inclusion
○ Special Interest Groups (SIGs):
○ Asian American Issues in Behavior Therapy and Research SIG
○ Women’s Issues in Behavior Therapy SIG
○ Oppression and Resilience: Minority Mental Health SIG

SPECIALIZED TRAINING SEMINARS AND WORKSHOPS ATTENDED

Key Elements to Orienting and Committing Teens to DBT **Nov 2019**
Trainer: Alec L. Miller, Psy.D.
○ Three-hour Master Clinician Seminar presented at annual ABCT convention

Working with Emotion Dysregulation in Families: Dialectical Behavior Therapy with Parents, Couples, and Families **Mar 2019**
Trainer: Alan Fruzzetti, Ph.D.
○ Three-day advanced training on DBT interventions to reduce dysregulation in families/couples

Dialectical Behavior Therapy for Adolescents (DBT-A) **Oct 2018**
Trainer: Jill Rathus, Ph.D.
○ Eight-hour advanced training on the DBT-A protocol conducted by one of the co-developers

The Treatment of Shame in Dialectical Behavior Therapy and Compassion Focused Therapy Sept 2018

Trainers: Shireen Rizvi, Ph.D., ABPP and Dennis Tirch, Ph.D.

- Two-day training on theories and methods for addressing shame from both a Dialectical Behavior Therapy (DBT) and Compassion Focused Therapy (CFT) perspective

Motivational Interviewing (MI) Workshop

May 2017

Trainer: Michelle Drapkin, Ph.D.

- Six-hour workshop reviewing basic MI microskills and change talk provided by a MI-certified trainer, with focus on experiential MI skills practice

Intensive Training in Dialectical Behavior Therapy Prolonged Exposure (DBT-PE)

Mar 2017

Trainer: Melanie Harned, Ph.D. and Lorie Ritschel, Ph.D.

- Four-day advanced training on the DBT-PE protocol for PTSD conducted by the developer

Assessment and Treatment of OCD across the Developmental Spectrum

Oct 2017

Trainer: Martin E. Franklin, Ph.D.

- Two-day seminar on cognitive behavioral therapies for Obsessive-Compulsive Disorder, Tourette Syndrome, Trichotillomania and Pathological Skin Picking in children, adolescents, and adults

Cognitive Processing Therapy (CPT) Training

Sept 2017

Trainer: Charity Wilkinson, Psy.D.

- Two-day training on CPT conducted by an approved CPT Trainer, which is one requirement for national certification in CPT

Game-Based Cognitive Behavior Therapy (GB-CBT) Training

June 2017

Trainer: Lindsay Liotta Anderson, Psy.D.

- Introduction to theory and curriculum for individual and group formats of GB-CBT

Doing Dialectical Behavior Therapy: An Advanced Intensive Training

May 2017

Trainers: Kelly Koerner, Ph.D. and Charles Swenson, M.D.

- Four-day training involving how to address typical problems in the practice of DBT

Attachment, Regulation and Competency (ARC) Training

April 2017

Trainer: Kristine Kinniburgh, LICSW

- Two-day training provided by one of the developers of ARC, a trauma-informed intervention framework for children ages 0-12 with complex trauma and their families

Dialectical Behavior Therapy Intensive Training, Part II

Dec 2016

Trainers: Shireen Rizvi, Ph.D. and Randy Wolbert, LMSW, CAADC, CCS

- Offered by The Linehan Institute, Behavioral Tech; Part II of two five-day sessions

Interoceptive Exposure: An Underused Therapeutic Tool in the Treatment of OCD

Oct 2016

Trainers: Jonathan Abramowitz, Ph.D. and Shannon Blakey, M.S.

- Three-hour workshop presented at annual ABCT convention

Adapted Parent-Child Interaction Therapy for Early Childhood Anxiety **Oct 2016**

Trainers: Anthony Puliafico, Ph.D., Jonathan Comer, Ph.D., Jami Furr, Ph.D., and Donna Pincus, Ph.D.

- Five-hour Clinical Intervention Training presented at the 50th Annual Convention of the Association for Behavioral and Cognitive Therapies (ABCT)

Comprehensive Behavioral Intervention for Tics (CBIT) **Sept 2016**

Trainer: Shannon Bennet, Ph.D.

- Assessment and treatment of tics and Tourette's Syndrome using CBIT

Dialectical Behavior Therapy Intensive Training, Part I **May 2016**

Trainers: Shireen Rizvi, Ph.D. and Eunice Chen, Ph.D.

- Offered by The Linehan Institute, Behavioral Tech; Part I of two five-day sessions

Making Connections **Feb 2014**

Trainer: Robin Goodman, Ph.D.

- Attended eight-hour training on the Making Connections protocol provided by the developer for outpatient group CBT for bereaved children and their caregivers

Trauma Focused Cognitive Behavioral Therapy (TF-CBT) **Jan 2012**

2-Day Didactic Training

Trainer: Elissa J. Brown, Ph.D.

- Completed TF-CBT web-based training, which is one requirement for national certification in TF-CBT
- Attended two-day training on the TF-CBT protocol, which is one requirement for national certification in TF-CBT

LANGUAGES

- **Korean** – Native speaker, proficient in reading and writing.
- **French** – Conversational in speaking, proficient in reading and writing.

CERTIFICATIONS

Venipuncture Certification **July 2015**

Columbia University Medical Center, New York State Psychiatric Institute

- Training in blood draw procedures and safety for clinical research purposes
- Successful completion of 12 blood draws under the supervision of a registered nurse practitioner