

## CURRICULUM VITAE

Averi N. Gaines

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Department of Psychological and Brain Sciences  
University of Massachusetts  
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## RESEARCH INTERESTS

Psychotherapy process, outcome, and integration; therapist effects; psychotherapy training; mental health care disparities; measurement-based care; patient-centered research; common treatment factors; patient-therapist attunement; consensus in psychotherapy

## EDUCATION

- 2019–present **Ph.D. Candidate (Clinical Psychology)** – University of Massachusetts, Amherst, MA  
Dissertation Proposal (in progress): *Personalizing mental health care to therapists' empirical strengths in treating individuals with specific sexual orientations* (Chair: Michael J. Constantino, Ph.D.)
- 2022 **M.S. (Clinical Psychology)** – University of Massachusetts, Amherst, MA  
Master's Thesis: *Patient–therapist expectancy convergence and outcome in naturalistic psychotherapy* (Chair: Michael J. Constantino, Ph.D.)
- 2017 **B.A. (Psychology)** – Haverford College, Haverford, PA  
Senior Thesis: *Valued Domain Involvement: How living a valued and complex life may buffer the negative life experiences associated with social anxiety* (Chair: Elizabeth Gordon, Ph.D.)

## ACADEMIC POSITIONS

- 2022–present **Graduate Student Instructor** – University+ Program (U+), University of Massachusetts, Amherst, MA
- 2023 **Adjunct Instructor** – School for Social Work, Smith College, Northampton, MA

## RESEARCH GRANT AND FELLOWSHIP SUPPORT

- 2023 **Keith Rayner Memorial Graduate Student Research Grant (Principal Investigator):** *Relative valuing of psychotherapist characteristics and performance data among people of color*, Department of Psychological and Brain Sciences, University of Massachusetts Amherst (Total direct costs = \$1,500)

2020 **University Graduate Fellowship**, College of Natural Sciences, University of Massachusetts Amherst (Graduate student stipend support for Spring 2020)

### RESEARCH GRANTS UNDER REVIEW

2024 **Predissertation Research Grant (Principal Investigator):** *Personalizing mental health care to therapists' empirical strengths in treating individuals with specific sexual orientations*, Graduate School, University of Massachusetts Amherst (Total direct costs = \$1,500)

2024 **John & Elaine Altmaier Depression Research Grant (Co-Investigator):** *Optimizing patient-therapist fit in the treatment of depression*, North American Society for Psychotherapy Research (Total direct costs = \$3,000)

### DEPARTMENTAL RESEARCH SUPPORT

2022, 2023, & 2024 **Graduate Student Conference Travel Funds**, University of Massachusetts Amherst (Amount = \$750)

2020 **Graduate Student Thesis Funds**, University of Massachusetts Amherst (Amount = \$500)

### HONORS AND AWARDS

2022 **Jeffrey E. Barnett Psychotherapy Research Paper Award**, Division 29 of the American Psychological Association (Society for the Advancement of Psychotherapy; Amount = \$500)

2021 **Student Trainee Award**, North American Society for Psychotherapy Research (Amount = \$200)

2017 **A.W. "Pop" Haddleton Award**, Haverford College

2017 **Psychology Department Honors**, Haverford College

2017 **Team Captain**, Women's Lacrosse, Haverford College

2016 & 2017 **Academic Honor Roll**, Centennial Conference

2016 **Division III Merit Squad**, Intercollegiate Women's Lacrosse Coaches Association

2016 **National Academic Honor Roll**, Intercollegiate Women's Lacrosse Coaches Association

### PUBLICATIONS

#### *CITATION INDICES*

Google Scholar total citation count = **250**

Google Scholar *h*-index = **10**

Google Scholar *i10*-index = **10**

#### *REFEREED JOURNAL ARTICLES*

23. Boswell, J. F., Constantino, M. J., **Gaines, A. N.**, & Smith, A. E. (in press). Responding to key process markers as a focus of psychotherapy training and practice. *Clinical Psychology in Europe*.
22. Coyne, A. E., Constantino, M. J., Boswell, J. F., **Gaines, A. N.**, & Kraus, D. K. (2024). Therapist-level moderators of patient-therapist match effectiveness in community psychotherapy. *Administration and Policy in Mental Health and Mental Health Services Research*. Advance online publication. <https://doi.org/10.1007/s10488-024-01360-8>
21. Constantino, M. J., **Gaines, A. N.**, Hart, N. J., & Boswell, J. F. (2024). People of color's relative valuing of having therapist performance data inform the referral/assignment process. *Cogent Mental Health*, 3(1), Article 2305405. <https://doi.org/10.1080/28324765.2024.2305405>
20. Constantino, M. J., Coyne, A. E., **Gaines, A. N.**, Goodwin, B. J., Muir, H. J., Critchfield, K. L., Westra, H. A., & Antony, M. M. (2023). Therapist verification of patient self-concept as a responsive precondition for early alliance development and subsequent introject change. *Psychotherapy Research*. Advance online publication. <https://doi.org/10.1080/10503307.2023.2297995>
19. Boswell, J. F., Schwartzman, C. M., Constantino, M. J., Scharff, A., Muir, H. J., **Gaines, A. N.**, King, B. R., & Kraus, D. R. (2023). A qualitative analysis of stakeholder attitudes regarding personalized provider selection and patient-therapist matching. *Administration and Policy in Mental Health and Mental Health Services Research*. Advance online publication. <https://doi.org/10.1007/s10488-023-01302-w>
18. **Gaines, A. N.**, Constantino, M. J., Kmetz, H. M., & Boswell, J. F. (2023). Patients' race/ethnicity in relation to their experiences of and attitudes toward therapist referral/assignment. *Cogent Mental Health*, 2(1), Article 2277920. <https://doi.org/10.1080/28324765.2023.2277920>
17. **Gaines, A. N.**, Constantino, M. J., Coyne, A. E., Atkinson, L. R., Bagby, R. M., Ravitz, P., & McBride, C. (2023). Change in satisfaction with social support as a common outcome in interpersonal psychotherapy and cognitive behavioral therapy for depression. *Journal of Psychotherapy Integration*, 33(4), 457–464. <https://doi.org/10.1037/int0000303>
16. Constantino, M. J., Boswell, J. F., Coyne, A. E., Muir, H. J., **Gaines, A. N.**, & Kraus, D. R. (2023). Therapist perceptions of their own measurement-based, problem-specific effectiveness. *Journal of Consulting and Clinical Psychology*, 91(8), 474–484. <https://doi.org/10.1037/ccp0000813>
15. Coyne, A. E., Constantino, M. J., Muir, H. J., **Gaines, A. N.**, & Vîslă, A. (2023). Participant factors as correlates of patients' psychotherapy outcome expectation: A meta-analysis and box count review. *Psychotherapy Research*, 33(7), 974–988. <https://doi.org/10.1080/10503307.2023.2197629>
14. Constantino, M. J., **Gaines, A. N.**, Coyne, A. E., Boswell, J. F., & Kraus, D. R. (2023). Existential isolation as a correlate of mental health problems, predictor of poor treatment outcome, and moderator of patient-therapist matching. *Journal of Social and Clinical Psychology*, 42(1), 1–28. <https://doi.org/10.1521/jscp.2023.42.1.1>
13. Coyne, A. E., Constantino, M. J., Ouimette, K. A., **Gaines, A. N.**, Atkinson, L. R., Bagby, M., Ravitz, P., & McBride, C. (2022). Replicating patient-level moderators of IPT and CBT's comparative efficacy for depression. *Psychotherapy*, 59(4), 616–628. <https://doi.org/10.1037/pst0000458>

12. Gertz, A., Syahir, A. S. M., Mompe, A., Sickboy, O., **Gaines, A. N.**, Ryan, R., Mussa, A., Bawn, C., Gallop, R., Morroni, C., & Crits-Christoph, P. (2022). Developing an assessment of contraceptive preferences in Botswana: Piloting a novel approach using best-worst scaling of attributes. *Frontiers in Global Women's Health*, 3, Article 815634. <https://doi.org/10.3389/fgwh.2022.815634>
- \*11. **Gaines, A. N.**, Constantino, M. J., Coyne, A. E., Boswell, J. F., & Kraus, D. R. (2022). Patient–therapist expectancy convergence and outcome in naturalistic psychotherapy. *Psychotherapy*, 59(4), 584–593. <https://doi.org/10.1037/pst0000437>

\*Awarded the Jeffrey E. Barnett Psychotherapy Research Paper Award by  
Division 29 (Society for the Advancement of Psychotherapy) of the American  
Psychological Association

10. **Gaines, A. N.**, & Goldfried, M. R. (2021). Consensus in psychotherapy: Are we there yet? *Clinical Psychology: Science and Practice*, 28(3), 267–276. <https://doi.org/10.1037/cps0000026>
9. **Gaines, A. N.**, Goldfried, M. R., & Constantino, M. J. (2021). Revived call for consensus in the future of psychotherapy. *Evidence-Based Mental Health*, 24, 2–4. <https://doi.org/10.1136/ebmental-2020-300208>
8. Constantino, M. J., Coyne, A. E., Goodwin, B. J., Višlā, A., Flückiger, C., Muir, H. J., & **Gaines, A. N.** (2021). Indirect effect of patient outcome expectation on improvement through alliance quality: A meta-analysis. *Psychotherapy Research*, 31(6), 711–725. <https://doi.org/10.1080/10503307.2020.1851058>
7. Coyne, A. E., Constantino, M. J., **Gaines, A. N.**, Laws, H. B., Westra, H. A., & Antony, M. M. (2021). Association between therapist attunement to patient outcome expectation and worry reduction in two therapies for generalized anxiety disorder. *Journal of Counseling Psychology*, 68(2), 182–193. <https://doi.org/10.1037/cou0000457>
6. Crits-Christoph, P., Gallop, R., **Gaines, A.**, Rieger, A., & Connolly Gibbons, M. B. (2020). Instrumental variable analyses for causal inference: Application to multilevel analyses of the alliance–outcome relation. *Psychotherapy Research*, 30(1), 53–67. <https://doi.org/10.1080/10503307.2018.1544724>
5. Crits-Christoph, P., Rieger, A., **Gaines, A.**, & Gibbons, M. B. C. (2019). Trust and respect in the patient-clinician relationship: Preliminary development of a new scale. *BMC Psychology*, 7, Article 91. <https://doi.org/10.1186/s40359-019-0347-3>
4. Rieger, A., **Gaines, A.**, Barnett, I., Baldassano, C. F., Gibbons, M. B. C., & Crits-Christoph, P. (2019). Psychiatry outpatients' willingness to share social media posts and smartphone data for research and clinical purposes: Survey study. *JMIR: Form Res*, 3(3), Article e14329. <https://doi.org/10.2196/14329>
3. Gibbons, M. B. C., Gallop, R., Thompson, D., **Gaines, A.**, Rieger, A., & Crits-Christoph, P. (2019). Predictors of treatment attendance in cognitive and dynamic therapies for major depressive disorder delivered in a community mental health setting. *Journal of Consulting and Clinical Psychology*, 87(8), 745–755. <https://doi.org/10.1037/ccp0000414>
2. Crits-Christoph, P., Wadden, S., **Gaines, A.**, Rieger, A., Gallop, R., McKay, J. R., & Gibbons, M. B. C. (2018). Symptoms of anhedonia, not depression, predict the outcome of treatment of cocaine dependence. *Journal of Substance Abuse Treatment*, 92, 46–50. <https://doi.org/10.1016/j.jsat.2018.06.010>

1. Compton, R. J., Heaton, E. C., & **Gaines, A.** (2018). Is attention enhanced following performance errors? Testing the adaptive control hypothesis. *Psychophysiology*, 55(4), Article e13022. <https://doi.org/10.1111/psyp.13022>

### **BOOK CHAPTERS**

5. **Gaines, A. N.**, Mehta, A. H. P., & Constantino, M. J. (in press). *Motivational interviewing*. In D. G. Friedman-Wheeler & A. Wenzel (Eds.), *The Sage encyclopedia of mood and anxiety disorders*.
4. Dixon-Gordon, K. L., Waite, E. E., **Gaines, A. N.**, & Constantino, M. J. (2024). Emotion regulation as a mechanism of change in psychotherapy. In A. Samson, D. Sander, & U. Kramer (Eds.), *Change in Emotion and Mental Health* (pp. 285–304). <https://doi.org/10.1016/B978-0-323-95604-8.00008-3>
3. **Gaines, A. N.**, & Goldfried, M. R. (2024). Evidence-based psychotherapy: On what can we agree? In F. T. L. Leong, J. L. Callahan, J. Zimmerman, M. J. Constantino, & C. F. Eubanks (Eds.), *APA handbook of psychotherapy: Evidence-based practice, practice-based evidence, and contextual participant-driven practice* (pp. 117–133). American Psychological Association. <https://doi.org/10.1037/0000354-008>
2. Constantino, M. J., Muir, H. J., **Gaines, A. N.**, & Ouimette, K. (2023). Hope and expectancy factors. In S. D. Miller, D. Chow, S. Malins, & M. A. Hubble (Eds.), *Field guide to better results: Evidence-based exercises to improve therapeutic effectiveness* (pp. 131–153). American Psychological Association. <https://doi.org/10.1037/0000358-007>
1. Constantino, M. J., **Gaines, A. N.**, & Coyne, A. E. (2022). Clients' own perspectives on psychotherapy outcomes and their mechanisms. In J. N. Fuertes (Ed.), *The other side of psychotherapy: Understanding clients' experiences and contributions in treatment* (pp. 317–349). American Psychological Association. <https://doi.org/10.1037/0000303-012>

### **NON-REFEREED ARTICLES**

3. Helmann, M., **Gaines, A. N.**, Valdiviezo, J. A., & Tait, J. E. (2023). How was the SPR 2023 annual meeting in Dublin for students? *Society for Psychotherapy Research Newsletter*.
2. **Gaines, A. N.** (2023). Change in satisfaction with social support as a common outcome in interpersonal psychotherapy and cognitive behavioral therapy for depression. *The Integrative Therapist*, 9(3), 7–9. [https://cdn.ymaws.com/www.sepiweb.org/resource/resmgr/integrative\\_therapist/integrative\\_therapist-v9-3.pdf](https://cdn.ymaws.com/www.sepiweb.org/resource/resmgr/integrative_therapist/integrative_therapist-v9-3.pdf)
1. **Gaines, A. N.** (2023). What have we been up to? An update on NASPR student activities. *SPR North American Chapter Newsletter, Fall 2023*.

### **MANUSCRIPTS UNDER REVIEW**

4. **Gaines, A. N.**, Constantino, M. J., Coyne, A. E., Farber, B. A., Hart, N. J., Kmetz, H. M., Westra, H. A., Antony, M. M. (2024). *Do patients internalize the positive regard they are offered? A dyadic test of a Rogerian condition* [Manuscript under review]. Department of Psychological and Brain Sciences, University of Massachusetts Amherst.

3. Constantino, M. J., Tzur-Bitan, D., Mehta, A. H. P., **Gaines, A. N.**, & Coyne, A. E. (2024). Participants' outcome expectation and the therapeutic relationship in CBT. In Kazantzis, N. (Ed.), *Alliance rupture repair in cognitive behavioral therapies* [Chapter manuscript under review]. Department of Psychological and Brain Sciences, University of Massachusetts Amherst.
2. Constantino, M. J., Coyne, A. E., Muir, H. J., & **Gaines, A. N.** (2024). *Humility as a determinant of therapist effectiveness differences* [Chapter manuscript under review]. Department of Psychological and Brain Sciences, University of Massachusetts Amherst.
1. **Gaines, A. N.**, & Gutner, C. A. (2024). *From access to outcome: The promotion of flourishing in mental health care through implementation science* [Chapter manuscript under review]. Department of Psychological and Brain Sciences, University of Massachusetts Amherst.

### **MANUSCRIPTS IN PREPARATION**

8. Mehta, A. H. P., Constantino, M. J., Dekker, J. J. M., Coyne, A. E., **Gaines, A. N.**, Van, H. L., Peen, J., Don, F. J., & Driessen, E. (2024). *Between-therapist effects in a comparative trial of cognitive-behavioral and psychodynamic therapies for depression* [Manuscript in preparation]. Department of Psychological and Brain Sciences, University of Massachusetts Amherst.
7. Coyne, A. E., **Gaines, A. N.**, Liu, C., Abapolnikova, M., & Constantino, M. J. (2024). Integrating motivational interviewing into cognitive behavioral therapy to address resistance. In Kazantzis, N. (Ed.), *Alliance rupture repair in cognitive behavioral therapies* [Chapter manuscript in preparation]. Department of Psychology, American University.
6. **Gaines, A. N.**, Coyne, A. E., Van, H. L., Constantino, M. J., Mehta, A. H. P., Peen, J., Don, F. J., Dekker, J. J. M., & Driessen, E. (2024). *Therapist personality factors as predictors of between-therapist performance differences*. [Manuscript in preparation]. Department of Psychological and Brain Sciences, University of Massachusetts Amherst.
5. Constantino, M. J., Coyne, A. E., Peen, J., **Gaines, A. N.**, Mehta, A. H. P., Don, F. J., Dekker, J. J. M., Van, H. L., & Driessen, E. (2024). *Patient-level moderators of therapist effectiveness differences in a comparative trial of cognitive-behavioral and psychodynamic therapies for depression* [Manuscript in preparation]. Department of Psychological and Brain Sciences, University of Massachusetts Amherst.
4. Coyne, A. E., Constantino, M. J., Don, F. J., **Gaines, A. N.**, Mehta, A. H. P., Dekker, J. J. M., Van, H. L., Peen, J., & Driessen, E. (2024). *Different interventions for different providers: The therapist as a moderator of parsed alliance- and adherence-outcome associations in two treatments for depression* [Manuscript in preparation]. Department of Psychology, American University.
3. **Gaines, A. N.**, DeFontes, C. G., Constantino, M. J. Barcala-Delgado, D., & Coyne, A. E. (2024). *Within- and between-patient existential isolation as a predictor of outcome in naturalistic psychotherapy* [Manuscript in preparation]. Department of Psychological and Brain Sciences, University of Massachusetts Amherst.
2. Constantino, M. J., Coyne, A. E., **Gaines, A. N.**, Frank, A. N., Boswell, J. F., & Kraus, D. R. (2024). *Outcome expectation, alliance, and patient improvement in naturalistic*

*psychotherapy: Actor-partner mediational pathways* [Manuscript in preparation].

Department of Psychological and Brain Sciences, University of Massachusetts Amherst.

1. Goodwin, B. J., Constantino, M. J., Coyne, A. E., **Gaines, A. N.**, Norouzian, N., Westra, H. A., Antony, M. M., & Critchfield, K. L. (2024). *Interpersonal process differentiating patient-therapist dyads with high versus low convergence in alliance ratings* [Chapter manuscript in preparation]. Department of Psychological and Brain Sciences, University of Massachusetts Amherst.

### ***UNPUBLISHED MANUSCRIPTS***

1. Constantino, M. J., Coyne, A. E., **Gaines, A. N.**, Muir, H. J., & Martell, C. R. (2020). *An adjunctive interpersonal process group treatment manual for borderline personality disorder* [Unpublished treatment manual]. Department of Psychological and Brain Sciences, University of Massachusetts Amherst.

### **PROFESSIONAL PRESENTATIONS**

#### ***SUMMARY INDICES***

Total presentations (across all types outlined below): **38**

#### ***STRUCTURED DISCUSSIONS***

1. Geller, J. D. (Moderator), Anderson, T., Eubanks, C., Farber, B. A., **Gaines, A. N.**, & Ort, D. (2023, October 11–13). *On changes in psychotherapy resulting from teletherapy and other forms of digital communication: Clinical and research implications* [Structured discussion]. North American Society for Psychotherapy Research Meeting, Amherst, MA, United States.

#### ***SYMPOSIA MODERATED***

1. **Gaines, A. N.** (Moderator), Mehta, A. H. P., Coyne, A. E., & Lierle, M. (2023, October 11–13). *Emerging research on positive regard in psychotherapy: Dyadic and cultural contexts* [Symposium]. North American Chapter of the Society for Psychotherapy Research Meeting, Amherst, MA, United States.

#### ***SYMPOSIA & PAPER PRESENTATIONS***

28. Smith, A. E., Gaines, A. N., Boswell, J. F., Constantino, M. J., & Kraus, D. R. (2024, November 14–17). Outcome-based patient-therapist matching implementation: A study of clinician beliefs and attitudes. In Terrill, D.R., *Innovations in the integration of research and clinical practice* [Symposium submitted for presentation]. Association for Behavioral and Cognitive Therapies 58th Annual Convention, Philadelphia, PA, United States.
27. **Gaines, A. N.**, Constantino, M. J., Coyne, A. E., Wienicke, F., Cohen, Z., & Driessen, E. (2024, June 26–29). Different strokes: Within-therapist effectiveness differences when

- delivering cognitive-behavioral and psychodynamic therapies for depression. In M. J. Constantino, *Therapist effects in the context of an individual participant data meta-analysis comparing cognitive-behavioral versus psychodynamic treatments for depression* [Symposium accepted for presentation]. Society for Psychotherapy Research 55th Annual Meeting, Ottawa, Canada.
26. Aajmain, S., **Gaines, A. N.**, Constantino, M. J., Boswell, J. F., & Kraus, D. R. (2023, October 11–13). Mental healthcare stakeholder attitudes toward measurement-based care and perspectives on the implementation of evidence-based practices. In J. F. Boswell, *The intersection of practice-oriented research and implementation science: A case example of empirical patient-therapist matching* [Symposium]. North American Society for Psychotherapy Research Meeting, Amherst, MA, United States.
25. Crawford, B., Boswell, J. F., Schwartzman, C. M., Constantino, M. J., Scharff, A., Muir, H. J., **Gaines, A. N.**, King, B. R., & Kraus, D. R. (2023, October 11–13). A qualitative analysis of stakeholder attitudes regarding personalized provider selection and patient-therapist matching. In J. F. Boswell, *The intersection of practice-oriented research and implementation science: A case example of empirical patient-therapist matching* [Symposium]. North American Society for Psychotherapy Research Meeting, Amherst, MA, United States.
24. Smith, A. E., Crawford, B., Aajmain, S., **Gaines, A. N.**, Boswell, J. F., Constantino, M. J., & Kraus, D. R. (2023, October 11–13). Therapist attitudes and perspectives on measurement-based care, therapist outcome data, and outcome-based patient-therapy matching. In J. F. Boswell, *The intersection of practice-oriented research and implementation science: A case example of empirical patient-therapist matching* [Symposium]. North American Society for Psychotherapy Research Meeting, Amherst, MA, United States.
23. **Gaines, A. N.**, Coyne, A. E., Farber, B. A., Hart, N., Kmetz, H. M., Westra, H. A., Antony, M. M., & Constantino, M. J. (2023, October 11–13). Do clients internalize the regard they are offered? A test of a Rogerian condition. In A. N. Gaines, *Emerging research on positive regard in psychotherapy: Dyadic and cultural contexts* [Symposium]. North American Society for Psychotherapy Research Meeting, Amherst, MA, United States.
22. Mehta, A. H. P., Coyne, A. E., **Gaines, A. N.**, Westra, H. A., Antony, M. M., & Constantino, M. J. (2023, October 11–13). Within- and between-therapist positive regard-outcome association in cognitive behavioral therapy for generalized anxiety disorder. In A. N. Gaines, *Emerging research on positive regard in psychotherapy: Dyadic and cultural contexts* [Symposium]. North American Society for Psychotherapy Research Meeting, Amherst, MA, United States.
21. Coyne, A. E., **Gaines, A. N.**, Farber, B. A., Kmetz, H. M., Hart, N., Westra, H. A., Antony, M. M., & Constantino, M. J. (2023, October 11–13). Dyadic positive regard attunement and patient outcome in variants of cognitive behavioral therapy for generalized anxiety disorder. In A. N. Gaines, *Emerging research on positive regard in psychotherapy: Dyadic and cultural contexts* [Symposium]. North American Society for Psychotherapy Research Meeting, Amherst, MA, United States.
20. **Gaines, A. N.**, Constantino, M. J., & Boswell, J. F. (2023, August 3–5). Experiences of and attitudes toward mental health care referral among POC and White stakeholders. In M. J. Constantino, *Who works for whom? An evolving research program on uncovering and*



- harnessing therapists' empirically derived strengths* [Symposium]. American Psychological Association 131st Annual Meeting, Washington, DC, United States.
19. Boswell, J. F., Constantino, M. J., Kraus, D. R., Harris, B., Aajmain, S. **Gaines, A. N.**, & Smith, A. (2023, August 3–5). Implementing outcomes-based matching of patients to mental health care therapists' strengths. In M. J. Constantino, *Who works for whom? An evolving research program on uncovering and harnessing therapists' empirically derived strengths* [Symposium]. American Psychological Association 131st Annual Meeting, Washington, DC, United States.
18. Coyne, A. E., Constantino, M. J., Don, F. J., **Gaines, A. N.**, Mehta, A. H. P., Dekker, J. J. M., Van, H. L., Peen, J., & Driessen, E. (2023, June 21–24). Different interventions for different providers: The therapist as a moderator of parsed alliance- and adherence-outcome associations in two treatments for depression. In A. E. Coyne, *Replicating and diversifying research on therapist effects and their determinants in cognitive-behavioral and psychodynamic treatments for depression* [Symposium]. Society for Psychotherapy Research 54th Annual Meeting, Dublin, Ireland.
17. Constantino, M. J., Coyne, A. E., Peen, J., **Gaines, A. N.**, Mehta, A. H. P., Don, F. J., Dekker, J. J. M., Van, H. L., & Driessen, E. (2023, June 21–24). Patient-level moderators of therapist effectiveness differences in a comparative trial of cognitive-behavioral and psychodynamic therapies for depression. In A. E. Coyne, *Replicating and diversifying research on therapist effects and their determinants in cognitive-behavioral and psychodynamic treatments for depression* [Symposium]. Society for Psychotherapy Research 54th Annual Meeting, Dublin, Ireland.
16. **Gaines, A. N.**, Coyne, A. E., Van, H. L., Constantino, M. J., Mehta, A. H. P., Peen, J., Don, F. J., Dekker, J. J. M., & Driessen, E. (2023, June 21–24). Therapist personality factors as predictors of between-therapist performance differences. In A. E. Coyne, *Replicating and diversifying research on therapist effects and their determinants in cognitive-behavioral and psychodynamic treatments for depression* [Symposium]. Society for Psychotherapy Research 54th Annual Meeting, Dublin, Ireland.
15. Muir, H. J., Constantino, M. J., Coyne, A. E., **Gaines, A. N.**, Boswell, J. F., Kraus, D. R., Lukowitsky, M. R., & Sandage, S. J. (2023, June 21–24). *Therapist personal humility as a predictor of between-therapist effectiveness differences in naturalistic psychotherapy* [Paper]. Society for Psychotherapy Research 54th Annual Meeting, Dublin, Ireland.
14. **Gaines, A. N.**, Constantino, M. J., Stotz, C. L., & Boswell, J. F. (2022, July 6–9). Experiences of and attitudes toward therapist assignment as a function of patients' race/ethnicity. In A. E. Coyne, *Highlighting the needs, values, and outcomes among racially and ethnically diverse psychotherapy patients* [Symposium]. Society for Psychotherapy Research 53rd Annual Meeting, Denver, CO, United States.
13. Constantino, M. J., **Gaines, A. N.**, Stotz, C. L., & Boswell, J. F. (2022, July 6–9). People of color's relative valuing of having therapist performance data inform the referral/assignment process. In A. E. Coyne, *Highlighting the needs, values, and outcomes among racially and ethnically diverse psychotherapy patients* [Symposium]. Society for Psychotherapy Research 53rd Annual Meeting, Denver, CO, United States.
- \*12. **Gaines, A. N.**, Constantino, M. J., Stotz, C. L., & Boswell, J. F. (2021, November 4–6). People of color's attitudes toward using therapist effectiveness data in treatment decision-making. In J. F. Boswell, *Racial/ethnic minority clients and therapists: Preferences*,

*behaviors, and outcomes* [Symposium]. North American Chapter of the Society for Psychotherapy Research Meeting (virtual).

*\*Awarded the 2021 Kenneth Howard Memorial Trainee Award by the North American Society for Psychotherapy Research (NASPR)*

11. Schwartzman, C. M., Scharff, A., **Gaines, A. N.**, Muir, H. J., King, B., Boswell, J. F., & Constantino, M. J. (2021, June 23–26). *A qualitative analysis of patient attitudes regarding innovative methods for mental healthcare provider decision-making* [Paper]. Society for Psychotherapy Research 52nd Annual Meeting, Heidelberg, Germany (virtual).
10. **Gaines, A. N.**, Constantino, M. J., Coyne, A. E., Boswell, J. F., & Kraus, D. R. (2020, June 17–20). Patient-therapist expectancy convergence and outcome in naturalistic psychotherapy. In B. Goodwin (Chair), *Participant characteristics and processes as predictors of change in community mental health care* [Symposium accepted for presentation]. Society for Psychotherapy Research 51st Annual Meeting, Amherst, MA, United States. (Canceled).
9. Schwartzman, C. M., Scharff, A., **Gaines, A. N.**, Muir, H. J., King, B. R., Boswell, J. F., & Constantino, M. J. (2020, June 17–20). A qualitative analysis of patient attitudes regarding innovative methods for mental healthcare provider decision-making. In B. Goodwin (Chair), *Participant characteristics and processes as predictors of change in community mental health care* [Symposium accepted for presentation]. Society for Psychotherapy Research 51st Annual Meeting, Amherst, MA, United States. (Canceled).
8. Connolly Gibbons, M. B., **Gaines, A.**, Rieger, A., Gross, R., & Crits-Christoph, P. (2018, June 27–30). Motivational anhedonia as a target of intervention for HIV+ individuals with schizophrenia or depression. In M.B Gibbons (Chair), *Deficits in reward processing as an intervention target: Preliminary results from four studies* [Symposium]. Society for Psychotherapy Research 49th Annual Meeting, Amsterdam, Netherlands.
7. Rieger, A., **Gaines, A.**, Connolly Gibbons, M. B., & Crits-Christoph, P. (2018, June 27–30). Deficits in reward processing among CMHC patients seeking treatment for depression. In M.B Gibbons (Chair), *Deficits in reward processing as an intervention target: Preliminary results from four studies* [Symposium]. Society for Psychotherapy Research 49th Annual Meeting, Amsterdam, Netherlands.
6. **Gaines, A.**, Wadden, S., Rieger, A., Gallop, R. McKay, J., Crits-Christoph, P., & Connolly Gibbons, M. B. (2018, June 27–30). Anhedonia, not depression, predicts the outcome of treatment of cocaine dependence. In M.B Gibbons (Chair), *Deficits in reward processing as an intervention target: Preliminary results from four studies* [Symposium]. Society for Psychotherapy Research 49th Annual Meeting, Amsterdam, Netherlands.
5. Crits-Christoph, P., Rieger, A., **Gaines, A.**, Connolly Gibbons, M. B., Gallop, R., & Dimidjian, S. (2018, June 27–30). Behavioral activation works especially well, compared to cognitive therapy for those with major depressive disorder and anhedonia. In M.B Gibbons (Chair), *Deficits in reward processing as an intervention target: Preliminary results from four studies* [Symposium]. Society for Psychotherapy Research 49th Annual Meeting, Amsterdam, Netherlands.
4. Crits-Christoph, P., Rieger, A., **Gaines, A.**, & Connolly Gibbons, M. B. (2018, May 31–June 2). Overview of methods and results of effectiveness study of CT and SE therapies for

- depression. In P. Crits-Christoph (Chair), *Integrating cognitive and dynamic therapies using a modular approach based on predictors/moderators of attrition and outcome* [Symposium]. Society for the Exploration of Psychotherapy Integration 34th Annual Meeting, New York, NY, United States.
3. **Gaines, A.**, Rieger, A., Crits-Christoph, P., & Connolly Gibbons, M. B. (2018, May 31–June 2). Predictors/moderators of engagement in an effectiveness study of CT and SE therapies for depression. In P. Crits-Christoph (Chair), *Integrating cognitive and dynamic therapies using a modular approach based on predictors/moderators of attrition and outcome* [Symposium]. Society for the Exploration of Psychotherapy Integration 34th Annual Meeting, New York, NY, United States.
  2. Rieger, A., **Gaines, A.**, Crits-Christoph, P., & Connolly Gibbons, M. B. (2018, May 31–June 2). Predictors/moderators of outcome in an effectiveness study of CT and SE therapies for depression. In P. Crits-Christoph (Chair), *Integrating cognitive and dynamic therapies using a modular approach based on predictors/moderators of attrition and outcome* [Symposium]. Society for the Exploration of Psychotherapy Integration 34th Annual Meeting, New York, NY, United States.
  1. Connolly Gibbons, M. B., **Gaines, A.**, Rieger, A., & Crits-Christoph, P. (2018, May 31–June 2). A model for personalizing a sequence of CT and SE therapies for depression. In P. Crits-Christoph (Chair), *Integrating cognitive and dynamic therapies using a modular approach based on predictors/moderators of attrition and outcome* [Symposium]. Society for the Exploration of Psychotherapy Integration 34th Annual Meeting, New York, NY, United States.

## **POSTERS**

8. Frank, A. N., **Gaines, A. N.**, Coyne, A. E., Boswell, J. F., Kraus, D. R., & Constantino, M. J. (2023, October 11–13). *Actor-partner outcome expectation-alliance associations in naturalistic psychotherapy* [Poster]. North American Society for Psychotherapy Research Meeting, Amherst, MA, United States.
7. **Gaines, A. N.**, Constantino, M. J., Coyne, A. E., Boswell, J. F., & Kraus, D. R. (2021, August 12-15). *Patient–therapist expectancy convergence and outcome in naturalistic psychotherapy* [Poster]. American Psychological Association 129th Annual Meeting, San Diego, CA, United States (virtual).
6. Sikorski, K. A., Constantino, M. J., Coyne, A. E., **Gaines, A. N.**, & McBride, C. (2021, August 12-15). *Replicating patient-level moderators of IPT and CBT’s comparative efficacy for depression* [Poster]. American Psychological Association 129th Annual Meeting, San Diego, CA, United States (virtual).
5. **Gaines, A. N.**, Constantino, M. J., Coyne, A. E., & McBride, C. (2021, August 12–15). *Change in satisfaction with social support as a common outcome in IPT and CBT for depression* [Poster]. American Psychological Association 129th Annual Meeting, San Diego, CA, United States (virtual).
4. Schwartzman, C. M., Scharff, A., **Gaines, A. N.**, Muir, H. J., King, B., Boswell, J. F., & Constantino, M. J. (2020, November 19–20). *A qualitative analysis of patient attitudes regarding the use of provider track records for patient-therapist matching* [Poster]. Association for Behavioral and Cognitive Therapies 54th annual meeting, Philadelphia, PA, United States.

3. **Gaines, A. N.**, Constantino, M. J., Coyne, A., E., & McBride, C. (2020, August 6–9). *Replicating patient-level moderators of IPT and CBT's comparative efficacy for depression* [Poster]. American Psychological Association 128th Annual Convention, Washington, DC, United States.
2. Rieger, A., **Gaines, A.**, Barnett, I., Baldassano, C. F., Gibbons, M. B. C., & Crits-Christoph, P. (2019, November 21–24). *Psychiatry outpatients' willingness to share social media posts and smartphone data for research and clinical purposes: Survey study* [Poster]. Association for Behavioral and Cognitive Therapies 53rd Annual Convention, Atlanta, GA, United States.
1. Beach, K., **Gaines, A.**, & Been, L.E. (2016, November 12–16). *How does sex experience change neural responding in the motivation circuit?* [Poster]. Faculty for Undergraduate Neuroscience Poster Session, Society for Neuroscience 47th Annual Meeting, San Diego, CA, United States.

## PROFESSIONAL SERVICE

### **AD HOC REVIEWER**

*British Journal of Clinical Psychology*  
*Clinical Psychologist*  
*Cogent Mental Health*  
*Journal of Psychotherapy Integration*  
*Psychotherapy*  
*Psychotherapy Research*

### **COMMITTEE MEMBERSHIP**

2024           **Member:** Scientific Program Committee, 54<sup>th</sup> annual international meeting of the Society for Psychotherapy Research, Ottawa, Canada

2023–present **Student Representative:** Diversity Committee, Society for Psychotherapy Research

2022–present **North American Representative:** Student Committee, Society for Psychotherapy Research

2021–present **North American Student Representative:** Communications Committee, Society for Psychotherapy Research

2021–2024   **Co-chair:** Student Committee, North American Chapter of the Society for Psychotherapy Research

2023           **Member:** Technical Support Team, 53rd annual international meeting of the Society for Psychotherapy Research, Dublin, Ireland

2022–2023   **Student Member:** Local Organizing Committee, 2023 meeting of the North American Society for Psychotherapy Research, Amherst, MA

2019–2020   **Student Member:** Local Organizing Committee, 51st annual international meeting of the Society for Psychotherapy Research, Amherst, MA

## DEPARTMENT SERVICE

- 2023–2024 **Student Representative:** Clinical Faculty Search Committee, Clinical Psychology Division, Department of Psychological and Brain Sciences, University of Massachusetts, Amherst, MA
- 2022–2023, 2019–2020 **Student Member:** Admissions Committee, Clinical Psychology Division, Department of Psychological and Brain Sciences, University of Massachusetts, Amherst, MA
- 2020–2022 **Student Member:** Wellness & Social Committee, Clinical Psychology Division, Department of Psychological and Brain Sciences, University of Massachusetts, Amherst, MA
- 2020–2021 **Student Co-Leader:** Anti-Racism Action Group: Promoting Diversity, Equity, and Inclusion at the Undergraduate Level, Department of Psychological and Brain Sciences, University of Massachusetts, Amherst, MA
- 2020 **Chair:** New Graduate Student Orientation Committee, Department of Psychological and Brain Sciences, University of Massachusetts, Amherst, MA

### RESEARCH EXPERIENCE

- 2019–present **Researcher:** Psychotherapy Research Lab, Department of Psychological and Brain Sciences, University of Massachusetts, Amherst, MA
- Conduct independent research as a principal investigator on original quantitative and qualitative psychotherapy process and outcome research, including published, under review, and/or in preparation studies related to harnessing therapist sexual orientation-specific effectiveness, determinants of therapist effects, patients internalization of therapist-offered positive regard, theory-specific and theory-common outcomes in treatments for depression, patient–therapist convergence on outcome expectation, and preferences and values of people of color regarding using therapist effectiveness data for treatment decision making
  - Engage in collaborative research on original quantitative and qualitative psychotherapy process and outcome research, including published, under review, and/or in preparation studies related to therapist effects, common factors and their determinants, therapist attunement processes, moderators of comparative treatment efficacy, existential isolation in psychotherapy, patient experiences of psychotherapy outcomes, and the implementation of routine outcomes monitoring and prospective patient–therapist empirical match systems in community settings
  - Create and manage IRB protocols
  - Train and supervise teams of undergraduate research assistants to engage in systematic literature reviews for quantitative meta-analyses
  - Conduct systematic literature searches, identify candidate empirical articles, rule articles in/out using rigorous inclusion/exclusion criteria, and code relevant articles for inclusion in quantitative meta-analysis
  - Engage in qualitative analysis of interview data using grounded theory and consensual qualitative research (CQR) methods  
Advisor: Michael J. Constantino, Ph.D.

- 2019–present **Research Assistant & Lab Manager:** Psychotherapy Research Lab, Department of Psychological and Brain Sciences, University of Massachusetts, Amherst, MA
- Monitor budgets; create IRB protocols; liaise with community partners; organize focus groups and one-on-one interviews with patients, therapists, & staff members; conduct semi-structured interviews with therapists; and oversee data collection, management, preparation, and analysis for two grants: (1) *Implementing outcomes-based matching of patients to mental health care therapists' strengths* awarded by the Patient-Centered Outcomes Research Institute (Dissemination and Implementation, DI-2021C2-23848; Total costs: \$4,599,391), and (2) *Consumer-Therapist-Connector: Increasing access to quality behavioral healthcare* awarded by the National Institutes of Health Parent SBIR (R43/R44, 1R43MH132156-01; Total costs: \$274,787)
  - Coordinate administrative tasks related to general lab functioning
  - Manage and supervise current undergraduate research assistants
  - Coordinate communications and application process for aspiring undergraduate research assistants  
Supervisor: Michael J. Constantino, Ph.D.
- 2017–2019 **Clinical Research Coordinator:** Center for Psychotherapy Research, Perelman School of Medicine, University of Pennsylvania, Philadelphia, PA
- Screened, scheduled, consented, compensated, and worked directly with patient and therapist participants across multiple federally funded and foundation-funded grants in community mental health and outpatient psychiatry setting
  - Assisted with preparation of NIH and foundation grant proposals
  - Monitored internal grant budgets
  - Created and managed IRB protocols
  - Prepared datasets for analysis in SPSS
  - Worked with computer scientists to adapt existing therapist feedback system and assisted with development of software to evaluate patient preferences
  - Hired and organized training and supervision of advanced graduate students in administering Structured Clinical Interview for DSM-5, Hamilton Depression Rating Scale, and Columbia-Suicide Severity Rating Scale  
Supervisors: Paul Crits-Christoph, Ph.D. & Mary Beth Connolly Gibbons, Ph.D.
- 2016 **Research Assistant:** Behavioral Neuroscience Research Lab, Department of Psychology, Haverford College, Haverford, PA
- Engaged in research of the effects of sexual experience on reward processing in female Syrian hamsters
  - Conducted behavioral observation trials of animal subjects
  - Observed ovariectomy and brain lesion surgeries
  - Utilized immunohistochemistry, western blot, and tissue sectioning and visualization techniques, and beta-tested expansion microscopy techniques

Supervisor: Laura Been, Ph.D.

2016 **Research Assistant:** Cognitive Neuroscience Research Lab, Department of Psychology, Haverford College, Haverford, PA

- Engaged in research examining the effects of performance errors on attention and cognitive processing using E-Prime and EEG methods
- Assisted with design of cognitive task, data cleaning, and data analysis
- Recruited, scheduled, and conducted participant visits

Supervisor: Rebecca Compton, Ph.D.

### CLINICAL EXPERIENCE

2023–present **Clinical Supervision (Assessment & Psychotherapy):** Psychological Services Center, University of Massachusetts, Amherst, MA

- Conduct weekly individual supervision with trainee
- Oversee trainee's provision of individual adult outpatient psychotherapy from CBT framework with adults of varied ages and presenting difficulties
- Help trainee develop ongoing case conceptualization and treatment plans
- Review trainee's session recordings, intake evaluation reports, weekly session notes, regular treatment updates, and case summaries
- Attend biweekly supervision seminar meetings with overseeing licensed clinical psychologist

Supervisor: Christopher R. Martell, Ph.D., ABPP

2020–present **Practicum Trainee (Assessment & Psychotherapy):** Psychological Services Center, University of Massachusetts, Amherst, MA

- Conduct individual adult outpatient psychotherapy (from varied theoretical frameworks, including integrative, CBT, BA, motivational interviewing, ACT, and interpersonal therapies) with adults of varied ages and presenting difficulties (e.g., depression, anxiety, obsessive-compulsive disorder, panic disorder, attention-deficit/hyperactivity disorder [ADHD]) in person and through a remote video conferencing platform
- Conduct diagnostic interviews using the Diagnostic Interview for Anxiety, Mood, and Obsessive-Compulsive and Related Neuropsychiatric Disorders (DIAMOND) and cultural identity wheel during intake assessments
- Develop case conceptualization and treatment plans in weekly individual supervision meetings
- Administer and review the Outcome Questionnaire (OQ-45) prior to each therapy session
- Review video recordings, lead case presentations, and participate in didactics and various training exercises (including deliberate practice for CBT skills) at weekly group supervision meetings
- Write comprehensive intake evaluation reports, weekly session notes, regular treatment updates, and case summaries

Supervisor: Christopher R. Martell, Ph.D., ABPP

- 2022–2023 **Practicum Trainee (Psychotherapy):** Virtual PHP/IOP Program + Healthcare Professionals & First Responders Program + Anna Marsh Clinic, Brattleboro Retreat, Brattleboro, VT
- Conduct intake interviews and group psychotherapy (i.e., skills and process groups from varied theoretical frameworks, including acceptance and commitment therapy [ACT] & dialectical behavioral therapy [DBT]) in partial hospital and intensive outpatient programs with adults of varied ages and presenting difficulties (e.g., mood disorders, anxiety disorders, substance use disorders) through a remote video conferencing platform
  - Conduct intake interviews and individual outpatient psychotherapy (from varied theoretical frameworks, including ACT, DBT, cognitive behavioral therapy [CBT], and behavioral activation [BA]) in outpatient setting with adults of varied ages and presenting difficulties (e.g., mood disorders, anxiety disorders, posttraumatic stress disorder) through a remote video conferencing platform
  - Write comprehensive intake evaluations and session notes
  - Provide case overviews and coordinate with utilization review and psychiatric providers during case conferences
  - Deliver case presentations, and participate in regular treatment team meetings and weekly individual and group supervision meetings  
Supervisor: James Benton, Ph.D.
- 2022–2023 **Practicum Trainee (Assessment & Psychotherapy):** Psychological Services Center, University of Massachusetts, Amherst, MA
- Conduct individual outpatient (in-person) psychotherapy using DBT for adults with borderline personality disorder (BPD)
  - Conduct diagnostic interviews using the SCID-II BPD module and MINI Neuropsychiatric Interview – 7<sup>th</sup> Edition (MINI) during initial evaluations
  - Develop case conceptualization and treatment plans in weekly individual supervision meetings
  - Administer and review the Outcome Questionnaire (OQ-45) and daily diary card prior to each therapy session
  - Review video recordings, lead case presentations, and participate in didactics and training exercises at weekly group supervision meetings
  - Write comprehensive intake evaluation reports, weekly session notes, regular treatment updates, and case summaries  
Supervisor: Katherine L. Dixon-Gordon, Ph.D.
- 2022–2023 **Session Rater:** Laureate Institute for Brain Research, Tulsa, OK
- Review audio recordings of group psychotherapy sessions and rate delivery of the BA model via the Quality of Behavioral Activation Scale (Q-BAS)  
Supervisors: Christopher R. Martell, Ph.D., ABPP
- 2021–2022 **Research Trial Protocol Therapist (*Mapping Aspects of Psychotherapy in Dialectical Behavior Therapy Study*):** Psychological Services Center, University of Massachusetts, Amherst, MA



- Co-lead an adjunctive, brief, and evidence-based psychotherapy group (based on interpersonal theory and pantheoretical change principles) in outpatient setting utilizing a remote video conferencing platform for adult outpatients with borderline personality disorder as part of a randomized controlled trial (NIMH R21 MH119530)
- Administer and review the Outcome Questionnaire (OQ-45) prior to and Group Feedback Measure (assesses cohesion) following each session  
Supervisors: Michael J. Constantino, Ph.D.  
Christopher R. Martell, Ph.D., ABPP

2021–2022 **Practicum Trainee (Neuropsychological Assessment):** Psychological Services Center, University of Massachusetts, Amherst, MA

- Conduct comprehensive neuropsychological evaluations in outpatient setting with adults utilizing a remote video conferencing platform
- Conduct clinical interviews at intake using MINI Neuropsychiatric Interview – 7<sup>th</sup> Edition (MINI)
- Select and administer cognitive tests and batteries based on referral question
- Score tests, interpret results, write progress notes, write integrative reports, and hold feedback sessions to discuss results and recommendations
- Engage in weekly group supervision meetings for case presentations
- Engage in weekly team meetings for didactics  
Supervisor: Rebecca Ready, Ph.D., ABPP

2020–2021 **Practicum Trainee (ADHD Assessment):** Psychological Services Center, University of Massachusetts, Amherst, MA

- Conducted comprehensive assessments in outpatient setting for attention-deficit/hyperactivity disorder for adults utilizing a remote video conferencing platform
- Conducted clinical interviews at intake using MINI Neuropsychiatric Interview – 7<sup>th</sup> Edition (MINI)
- Administered cognitive tests and executive functioning batteries to assess cognitive, executive, and emotional functioning
- Scored tests, interpreted results, wrote progress notes, wrote integrative reports, and held feedback sessions to discuss results and recommendations
- Engaged in weekly group supervision for case presentations and didactics  
Supervisor: Elizabeth Harvey, Ph.D.

## **TEACHING EXPERIENCE**

### ***LEAD INSTRUCTOR***

#### *Graduate Courses*

Summer 2023 **The Science of Clinical Practice for Social Workers**, M.S.W. Program, School for Social Work, Smith College, Northampton, MA

*Undergraduate Courses*

2022–present **Theory and Practice of Counseling and Psychotherapy**, University+ /  
(7 total terms) University Without Walls (remote, asynchronous delivery), University of  
Massachusetts, Amherst, MA

**GRADUATE TEACHING ASSISTANTSHIPS**

Spring 2022 **Abnormal Psychology**, Department of Psychological and Brain Sciences,  
University of Massachusetts, Amherst, MA

- Managed and trained undergraduate teaching assistants to lead review sessions on lecture content; coordinated hybrid delivery of course; answered undergraduate student questions about course content and process; oversaw course grade book (in Moodle); liaised with disability services office  
Lead Instructor: Richard P. Halgin, Ph.D.

Fall 2021 **Theory and Practice of Counseling and Psychotherapy**, Department of  
Psychological and Brain Sciences, University of Massachusetts, Amherst, MA

- Spring 2021  
Fall 2020
- Maintained learning management system and grade book (in Moodle); created a set of course notes for students with disability accommodations; graded undergraduate student case report essays; led undergraduate student extra credit discussion sessions; answered undergraduate student questions about course content and process; hosted office hours and “Ask the TA” forum on Moodle; liaised with library services; co-hosted Zoom calls for remote delivery of course (e.g., moderating chat, using breakout groups and polling features; Fall 2020 & Spring 2020)  
Lead Instructor: Michael J. Constantino, Ph.D.

Summer 2020 **The Science of Psychotherapy Practice with Adult Patients**, School for Social  
Work, Smith College, Northampton, MA

- Maintained learning management system and gradebook (in Moodle); moderated masters’ student discussion sections; graded masters’ student discussion questions and thought papers  
Lead Instructor: Michael J. Constantino, Ph.D.

**GUEST LECTURES***Graduate Courses*

Spring 2022 ***Patient-generated perspectives on therapy outcomes and mechanisms***, Theory  
and Practice of Psychotherapy with Adults, Department of Psychological and  
Brain Sciences, University of Massachusetts Amherst, MA

*Undergraduate Courses*

2020–2023 ***Current research presentation***, Theory and Practice of Counseling and Psychotherapy, Department of Psychological and Brain Sciences, University of Massachusetts, Amherst, MA  
(5 semesters)

### MENTORING EXPERIENCE

2019–present **Undergraduate Student Mentor**, Psychotherapy Research Lab, University of Massachusetts, Amherst, MA

- Mentor undergraduate research assistants and undergraduate students engaging in Advancing Diversity in Research and Practice (ADRAP)

\*2022–2023, **Undergraduate Honors Thesis Mentor**, Psychotherapy Research Lab,  
\*\*2020–2021 University of Massachusetts, Amherst, MA

- Mentor undergraduate honors students as they develop research questions, conduct comprehensive literature searches, analyze data, prepare presentations, and write a publication-ready empirical manuscript

Lead Thesis Advisor: Michael J. Constantino, Ph.D.

\* *Awarded department's 2023 Outstanding Overall Senior Award*

\*\* *Awarded department's 2021 Outstanding Honors Thesis*

2020–2021 **Undergraduate Major Advisor**, Department of Psychological and Brain Sciences, University of Massachusetts, Amherst, MA

- Advised undergraduate students on major and minor declaration in Psychology, course selection, completion of department- and college-level requirements, career planning, and academic development

Supervisors: Tammy Rahhal, Ph.D. & Christina Metevier, Ph.D.

### PROFESSIONAL WORKSHOPS & TRAININGS ATTENDED

2023 **Strategies and Tactics for Recruiting to Improve Diversity and Excellence (STRIDE) Faculty Recruitment Workshop**. University of Massachusetts Amherst Office of Equity and Inclusion (virtual); Presenters: Timothy Randhir, Ph.D. & Matthew Rattigan, Ph.D.

2023 **Montreal Cognitive Assessment Training**. MoCA Cognition (virtual)

2022 **Addiction, treatment, and policy**. Twin States Continuing Education Program offered by Vermont Psychological Association & New Hampshire Psychological Association (virtual); Presenter: John Kelly, Ph.D. ABPP

2022 **Trauma in turbulent times: Methods for treating past traumas and ongoing stressors**. Twin States Continuing Education Program offered by Vermont Psychological Association & New Hampshire Psychological Association (virtual); Presenter: Matthew Price, Ph.D.

2022 **Introduction to dyadic data analysis**. University of Massachusetts Amherst and University of Michigan's Inter-University Consortium for Political and Social Research (ICPSR) Summer Workshop Series (virtual); Presenters: Niall Bolger, Ph.D. & Holly Laws, Ph.D.

- 2021 **Multilevel mediation: Parsing time, patient, and therapist effects.** North American Chapter of the Society for Psychotherapy Research Meeting (virtual); Presenter: Alice Coyne, Ph.D.
- 2019 **Structured Analysis of Social Behavior (SASB) Coding Training** (virtual, asynchronous); Presenter: Kenneth Critchfield, Ph.D.

### **ACADEMIC AND PROFESSIONAL AFFILIATIONS**

American Psychological Association

Division 29 (Society for the Advancement of Psychotherapy) of the American Psychological Association (APA)

Division 44 (Society for the Psychology of Sexual Orientation and Gender Diversity) of the American Psychological Association (APA)

Society for the Exploration of Psychotherapy Integration (SEPI)

Society for Psychotherapy Research (SPR)

North American Society for Psychotherapy Research (NASPR)