

Alexandra D. Long, M.A.

Pronouns: she/her/hers

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EDUCATION

August 2018
– Present
American University, Washington, D.C.
Ph.D. Student in Clinical Psychology
APA Accredited Program
Graduate Merit Assistantship recipient
Advisor: Nathaniel R. Herr, Ph.D.

Doctoral Dissertation (proposal defended 7/18/22): *Exploring effects of minority stress, identity, and coping on psychological and relationship functioning among partnered plurisexual women*

Specialty Comprehensive Oral Exam (passed 8/18/22): *Dialectical Behavior Therapy (DBT) Skills Group Conducted via Telehealth*

August 2016
– May 2018
American University, Washington, D.C.
M.A. in Psychology – Personality/Social Specialization
Barnard Award Endowed Scholarship recipient
Advisor: Nathaniel R. Herr, Ph.D.

Master's Thesis (defended 4/19/18): *An empathy prime study of narcissism and rape myth acceptance among heterosexual college males; won Academic Research Excellence Award*

September 2006
– June 2011
University of Chicago, Chicago, IL
B.A. in Cinema and Media Studies
Advisor: Jennifer Wild, Ph.D.

Honors Thesis: *Virtual Love, Real Love: Technology and Intimacy in Three Films*

Study Abroad: The University of Chicago Center in Paris, France
Winter 2009 Coursework conducted in French

Dean's List 2008-2009

CLINICAL EXPERIENCE

DC VA Polytrauma Clinic

Psychology Extern

September 2022 – Present

Washington, D.C. Veterans Affairs Medical Center (DCVAMC)

Supervisor: Scott Levson, Psy.D..

- Provide weekly evidence-based psychotherapy, such as **Acceptance and Commitment Therapy (ACT)**, **Dialectical Behavior Therapy (DBT)**, and **Cognitive Behavioral Therapy (CBT)** to individual Veterans presenting with multiple cooccurring trauma diagnoses, including **traumatic brain injury (TBI)**, **physical injury**, and **posttraumatic stress disorder (PTSD)**
- Engage in thorough chart review process and collaborate regularly with the interdisciplinary care team to maintain continuity of patient care and **biopsychosocial approach** to intervention
- Participate in weekly individual and group supervision with a licensed psychologist and the medical center's postdoctoral fellows

DC VA Trauma Services Program (TSP)

Psychology Extern

January 2022 – July 2022

Washington, D.C. Veterans Affairs Medical Center (DCVAMC) and Fort Belvoir Community Hospital VA CBOC
Supervisor: Carolyn Weiss, Psy.D.

- Conducted 120-minute **comprehensive intake** sessions and 60-minute **treatment planning** sessions for military Veterans experiencing **PTSD** and other cooccurring disorders
- Engaged in thorough chart-review and consulted with patient's other providers as-needed to ensure strong, holistic, continuity of care
- Composed comprehensive **intake assessment reports** and detailed treatment plans featuring **patient-specific evidence-based treatment recommendations**, typically including Cognitive Processing Therapy (CPT), Prolonged Exposure (PE) therapy, Dialectical Behavior Therapy (DBT), Skills Training in Affective and Interpersonal Relationships (STAIR), Acceptance and Commitment Therapy (ACT), Race-Based Stress and Trauma (RBST) therapy, Spiritually Enhanced CPT, and Written Exposure Therapy (WET)
- Engaged in collaborative treatment planning with patients and the interdisciplinary care team (e.g., psychiatrists, social workers, nurse case managers, medical doctors, etc.)
- Coordinated care with referral sources for Veterans within the VA system to specialty mental health clinics and the community

DC VA Psychosocial Rehabilitation and Recovery Center (PRRC)

Advanced Psychology Extern

January 2021 – May 2022

Washington, D.C. Veterans Affairs Medical Center (DCVAMC)

Supervisor: Corinne Galgay, Ph.D. (2021-2022) and Caitlin Gaske, Ph.D. (2021)

- Provided evidence-based individual and group psychotherapy to Veterans presenting with **serious mental illness** (SMI; e.g., bipolar disorder, schizophrenia, posttraumatic stress disorder, persistent depressive disorder, antisocial personality disorder, borderline personality disorder)
- Utilized evidence-based interventions in individual and group treatment, including **Dialectical Behavior Therapy (DBT)**, **Exposure and Response Prevention (ERP)**, **Motivational Interviewing (MI)**, and **Cognitive Behavioral Therapy for Insomnia (CBTi)**
- Facilitated four weekly evidence-based outpatient psychotherapy groups for Veterans with SMI, including **CBT for Anxiety (CBT-A)**, **CBT for Depression (CBT-D)**, **Skills Training in Affective and Interpersonal Relationships (STAIR)**, **Acceptance and Commitment Therapy (ACT)**, **Ending Self-Stigma for Posttraumatic Stress Disorder (ESSP)**, **Cognitive Behavioral Therapy for Psychosis (CBT-P)**, Mindfulness & Relaxation, Dialectical Behavior Therapy (DBT), and **“Sister Soldiers” (Women with PTSD)** groups
- Conducted thorough suicide risk assessments and created safety plans with high-risk Veterans
- Presented cases in interdisciplinary care team conferences and collaborated through consultation across disciplines for patient treatment planning
- Engaged in weekly individual and group supervision with licensed clinical psychologists and postdoctoral fellows

Dialectical Behavior Therapy (DBT) and Third Wave Cognitive Behavioral Therapy (CBT) Practicum

Advanced Practicum Clinician

August 2020 – July 2021 and May 2022 – July 2022

James J. Gray Psychotherapy Training Clinic, Washington, D.C.

Supervisor: Nathaniel R. Herr, Ph.D.

- Provided adherent, **full-model DBT** with individuals presenting with high-risk, high-acuity concerns such as **borderline personality disorder (BPD)** and suicidality in a low-fee community clinic
- Co-facilitated **DBT Skills group**, providing psychoeducation and a space for group members to practice mindfulness, interpersonal effectiveness, distress tolerance, and emotion regulation skills
- Provided phone-coaching to patients who were experiencing elevated suicide or self-harm risk

- Conducted semi-structured intake psychosocial assessments (1.5 hours), wrote comprehensive psychosocial reports, and provided recommendations for treatment modality (DBT vs. CBT) for incoming clinic patients
- Reviewed video recordings of therapy sessions in weekly individual and group supervision with a licensed clinical psychologist and advanced doctoral peer supervisor
- Participated in weekly DBT team meetings which included discussing case conceptualizations, didactics related to DBT, ACT, crisis intervention, treatment planning, and skill development

Cognitive Behavioral Therapy (CBT) Practicum

Practicum Clinician

August 2019 – July 2020

James J. Gray Psychotherapy Training Clinic, Washington, D.C.

Supervisor: James J. Gray, Ph.D.

- Provided short-term, weekly individual **CBT** psychotherapy to adult **individuals and couples** with anxiety disorders, depressive disorders, **skin-picking disorders, obsessive-compulsive disorders**, and insomnia in a low-fee community clinic (both in-person and virtually)
- Utilized evidence-based, manualized protocols (e.g., **behavioral activation, cognitive restructuring, exposure, and motivational interviewing**), and monitored treatment progress using outcome measures and symptom inventories
- Participated in weekly individual and group supervision with a licensed clinical psychologist
- Reviewed video recordings of therapy sessions in group and individual supervision with a licensed clinical psychologist and advanced peer supervisor
- Participated in weekly didactics related to CBT case conceptualization, theory, and skill development

Counseling and Psychiatric Services (CAPS) Externship

Predoctoral Extern

August 2019 – May 2020

Georgetown University, Washington, D.C.

Supervisors: Engin Ontiveros, Ph.D. and John Loughlin-Presnal, Ph.D.

- Conducted weekly/bi-weekly individual psychotherapy sessions with a caseload of 8-10 graduate and undergraduate clients using an integrative approach with evidence-based interventions
- Co-facilitated weekly **interpersonal mindfulness group therapy** for graduate and undergraduate students using mindfulness principles to increase self-acceptance and strengthen communication
- Co-facilitated weekly **self-compassion-based group therapy for survivors of sexual assault**
- Pivoted to sudden telehealth-only treatment at the onset of the COVID-19 pandemic by **co-writing, producing, and co-hosting group therapy podcasts** for the interpersonal mindfulness group members and survivor group members, translating previously planned session plans to a pre-recorded, accessible medium
- Led monthly **evidence-based skills-training workshops** on managing anxiety and coping with student-focused presenting concerns
- Participated in weekly individual supervision with both a licensed clinical psychologist and a post-doctoral fellow supervisor
- Participated in bi-weekly group supervision with a licensed clinical psychologist
- Participated in bi-weekly didactic training seminars on evidence-based therapies

Experiential/Psychoanalytic Psychotherapy Practicum

Practicum Clinician

August 2018 – May 2019

American University Counseling Center, Washington, D.C.

Supervisor: Alayna B. Berkowitz, Ph.D.

- Provided weekly non-directive, **person-centered** individual psychotherapy with undergraduate clients

- Practiced developing case conceptualization through **Rogerian, humanistic, systems-based, and psychodynamic** theoretical frameworks
- Participated in weekly group supervision and bi-weekly individual supervision with a licensed clinical psychologist, and weekly group supervision with an advanced doctoral peer supervisor which included reviewing video tape of therapy sessions
- Attended monthly didactic seminars on special topics (e.g., colorism, art therapy, etc.)

ASSESSMENT EXPERIENCE

Neuropsychology Externship Program

Advanced Assessment Extern

June 2022 – October 2022

May 2019 – September 2019

Neuropsychology Associates of Fairfax, Fairfax, VA

Supervisors: Cynthia Sullivan, Ph.D., Mary Elizabeth Quig, Ph.D.

- Administered a wide range of **neuropsychological and personality tests** to conduct short and full assessments for patients with **mild cognitive impairments (MCI), dementias, normal aging, stroke, Parkinson's disease, multiple sclerosis (MS), traumatic brain injuries (TBIs), encephalitis**, and other neurological/psychological/attention issues
- Collected behavioral observations throughout testing, and then scored and interpreted the results of testing
- Wrote **comprehensive integrative reports** synthesizing the patient's medical background, social history, clinical interview, presenting concern, behavioral observations, assessment results, and recommendations for the patient and their support system
- Participated in weekly didactic seminars related to report writing, differential diagnoses, and special topics (e.g., MS, Alzheimer's disease, brain injury)
- Assessments included: BAI, BDI-II, BNT-II, BVMT-R, CVLT-III, Clock Drawing Test, CCPT-II, GDS, HVLT-R, ILS, MMSE, MMPI-2, PASAT, PAI, PCL-5, Rey Complex Figure, SDMT, TOMM, Trail Making Test – Parts A and B, Verbal Associative Fluency Testing (Phonemic & Category), VSVT, WAIS-IV, WMS-IV, WRAT-4, WCST-CV4

Principles of Neuropsychological Assessment Practicum

Practicum Clinician

January 2020 – May 2020

American University, Washington, D.C.

Supervisor: Katie Lehockey, Ph.D.

- Received didactic and experiential training in the administration, scoring, and interpretation of **neuropsychological assessments**
- Engaged in weekly didactic seminars related to theoretical and empirical principles of neuropsychological assessment, functional organization of the human nervous system and brain structure, and fact-finding exercises to form diagnostic impressions and recommendations
- Designed and administered a full neuropsychological battery; scored, interpreted results, and wrote a comprehensive integrated report
- Assessments included: TOMM, MoCA, MMSE, Trail Making Test, Rey-Osterrieth Figure Copy Test, Clock Drawing Test, CVLT-II, WMS-IV, WCST, and WAIS-IV

Assessment of Intellectual and Personality Functioning Practicum

Practicum Clinician

August 2018 – December 2018

American University, Washington, D.C.

Supervisor: Kathleen Gunthert, Ph.D.

- Received didactic and experiential training in the administration, scoring, and interpretation of **intelligence and personality assessments**, including the WISC-V, WAIS-IV, and MMPI-2

- Conducted semi-structured interviews, administered the WAIS-IV, WISC-V and MMPI-2, interpreted test results, and wrote comprehensive integrated reports of intelligence and personality findings
- Engaged in weekly didactics focusing on theory, practical skills, cultural background, and ethics related to assessment of intellectual and personality functioning

SUPERVISION EXPERIENCE

Neuropsychology Externship Program

Peer Supervisor

June 2022 – October 2022

Neuropsychology Associates of Fairfax, Fairfax, VA

Supervisor: Dr. Catherine Bergmann, Psy.D.

- Instructed students on the valid administration and proper scoring of neuropsychological tests
- Demonstrated test administration while observed by students during patient assessments
- Observed students' administration of tests and offer constructive feedback

Cognitive Behavioral Therapy (CBT) Practicum

Peer Supervisor and Graduate Teaching Assistant

August 2021 – May 2022

American University, Washington, D.C.

Supervisor: David Haaga, Ph.D.

- Supervised trainees' CBT-based interventions and case management with patients in the James J. Gray Psychotherapy Training Clinic under the supervision of Dr. David Haaga, through individual and group supervision meetings
- Participated in the presentation of didactic lectures for the trainees as a graduate teaching assistant

RESEARCH EXPERIENCE

Interpersonal Emotion Lab

Graduate Researcher

August 2016 – Present

American University, Washington, D.C.

Director: Nathaniel R. Herr, Ph.D.

- Designed a dissertation project exploring **the effects of minority stress on psychological and romantic relationship functioning among partnered plurisexual (i.e., bisexual, pansexual, queer) women**, as well as how minority stress such as binegativity and bi-erasure may impact these women differently depending on the sexual identity of their partner
 - Proposal successfully defended in July 2018
- Collaborate with lab members on data analysis and manuscript writing for lab-wide projects
- Developed a study examining the **accuracy of authentic fear recognition** through video stimuli among individuals with **borderline personality disorder (BPD)** traits
- Coordinated a research study on the feasibility and effectiveness of web-based **Dialectical Behavior Therapy (DBT)** for individuals experiencing emotion dysregulation
- Supervise and mentor several undergraduate Research Assistants
- Designed a Master's thesis project examining **the effects of empathic capacity and empathy priming on undergraduate males' rape myth acceptance, and the moderating role of narcissistic traits**
 - Successfully defended in April 2018
- Presented multiple research posters utilizing data from a **daily diary couples study**
- Coordinated and conducted a laboratory research project on emotion recognition and borderline personality disorder (BPD) traits
- Performed extensive literature reviews and assisted in the preparation of two grant proposals

Lavender Lab*Research Coordinator*

June 2022 – August 2022

American University, Washington, D.C.

Director: Ethan H. Mereish, Ph.D.

- Contributed to NIH-funded research on the psychological, social, and cultural determinants of health for lesbian, gay, bisexual, transgender, and queer (LGBTQ) individuals
- Reviewed, cut, and catalogued participant video recordings to integrate with biometric data utilizing **iMotions** human behavior analysis software
- Participated in weekly meetings with the research team to determine the most effective strategies for data analysis

DC VA Trauma Services Program (TSP)*Research Coordinator*

April 2021 – June 2022

Washington, D.C. Veterans Affairs Medical Center (DCVAMC)

Principal Investigators: Elisabeth Carlin, Ph.D. and Ranon Cortell, Ph.D.

Project Title: *The effectiveness of PTSD treatment in an outpatient clinic: A retrospective study*

- Collected retrospective data from patient charts in **CPRS** and **Joint Legacy Viewer (JLV)**
- Participated in reconciliation meetings with the research team to resolve interrater disagreements
- Disseminated findings on **EBP treatment outcomes** through two conference poster presentations

Multi-Door Dispute Resolution Division*Research Coordinator*

June 2017 – October 2018

D.C. Superior Court, Washington, D.C.

Principal Investigators: Amy Holtzworth-Munroe, Ph.D. and Connie J.A. Beck, Ph.D.

- Coordinated and assisted with a study, **funded by the National Institute of Justice**, that compares the outcome of shuttle and videoconferencing mediation with court litigation for **couples and families experiencing intimate partner violence/abuse**
- Administered outcome measure (interviews) to participants over the phone and in person
- Tracked, coded, and entered data from court records, mediation interviews, and self-report measures

TEACHING EXPERIENCE

Introduction to Clinical Psychology*Adjunct Instructor*

Spring 2023

American University, Washington, D.C.

- Develop course syllabus, lecture materials, and evaluations

Ethics in Psychology*Graduate Teaching Assistant and Guest Lecturer*

Spring 2022

American University, Washington, D.C.

Instructor: David Haaga, Ph.D.

- Prepared and presented a guest lecture on the influences of cognitive development on moral judgment
- Graded weekly quizzes and assist instructor with effectively utilizing the online learning management system (Canvas)

Psychological Assessment I*Graduate Teaching Assistant*

Fall 2021

American University, Washington, D.C.

Instructor: David Haaga, Ph.D.

- Navigated the online learning management system (Canvas) on behalf of the instructor and ensured all readings and course materials were organized in an accessible manner

Abnormal Psychology in Society*Guest Lecturer: Personality Pathology*

Fall 2021

American University, Washington, D.C.

Instructor: Millicent Curlee, MA

The Greenberg Seminars for Effective Teaching*Teaching Certificate Recipient*

Fall 2018 – Spring 2020

American University, Washington, D.C.

Presented by: Brigid Maher, MFA and Max Paul Friedman, Ph.D.

- Participated in a 2-year, semesterly certification program on teaching in higher education settings

Child Psychology*Graduate Teaching Assistant and Guest Lecturer*

Fall 2018

American University, Washington, D.C.

Instructor: Laurie Bayet, Ph.D.

- Presented a guest lecture on the psychological correlates of physical development in adolescence
- Graded weekly assignments, student presentations, and final term paper
- Hosted weekly office hours during which students could walk in or attend by appointment to obtain help with assignments, material covered in class lectures, or preparation for exams

HONORS AND AWARDS

- | | |
|-----------|---|
| 2018 | <p>Academic Research Excellence Award
Sexual Assault Working Group (SAWG), American University</p> <ul style="list-style-type: none"> • The “SAWG” Award for Academic Research Excellence is given each year to one student who demonstrates excellence in research on sexual assault prevention and intervention on the American University campus. • SAWG is charged with reviewing the university’s efforts on issues of interpersonal and sexual violence, including sexual assault, dating and domestic violence, and stalking. SAWG is comprised of a Steering Committee of 40 faculty, staff and students, and five subcommittees with both Steering Committee members and members of the broader AU community. |
| 2017-2018 | <p>Barnard Award Endowed Scholarship
Psychology Department, American University
\$9,000</p> <ul style="list-style-type: none"> • The Barnard Award is given each year to one deserving graduate or undergraduate psychology student for recognition of academic achievement. |
| 2011 | <p>Graduated with Honors
University of Chicago</p> |

GRANTS

- 2022 **Mellon Award for Graduate Student Research**
College of Arts and Sciences, American University
\$500
- The Mellon Award is funding for independent research, awarded through competition.
- 2022 **The Springfield Research Fund Dissertation Fellowship**
Applied, not funded
American Psychological Foundation (APF)
- Prepared and submitted a complete grant application for \$9,500 in funding for dissertation-based research project: “Minority Stress, Identity, Coping, and Mental Health among Plurisexual Women in Relationships”
- 2021 **Graduate Student Grant Award for Conference Presentation**
College of Arts and Sciences, American University
\$289
- 2020 **Graduate Student Grant Award for Conference Presentation**
College of Arts and Sciences, American University
\$200
- 2019 **Graduate Student Travel Grant Award for Conference Presentation**
College of Arts and Sciences, American University
\$700
- 2018 **Graduate Student Travel Grant Award for Conference Presentation**
College of Arts and Sciences, American University
\$400
- 2017 **Mellon Award for Graduate Student Research**
College of Arts and Sciences, American University
\$600
- The Mellon Award is funding for independent research, awarded through competition.
- 2017 **Graduate Student Travel Grant Award for Conference Presentation**
College of Arts and Sciences, American University
\$500

TRAININGS & WORKSHOPS

- October 3, 2022 **Recognizing Bias: Avoiding Ethical Pitfalls In Gender Affirming Care**
The Gender Health Training Institute, Live Webinar
- Attended a live presentation by Dr. Shawn Giammattei (founder/director of the Gender Health Training Institute and the TransFamily Alliance) on recognizing, countering, and managing structural and personal biases in gender affirming clinical care
- September 22, 2022 **Moral Injury: An Overview of Conceptual, Definitional, Assessment, and Treatment Issues**
ABCT, Live Webinar
- Attended a live presentation by Dr. Brett Litz (Director of the Mental Health Core of the Massachusetts Veterans Epidemiological Research and Information Center at the VA Boston Healthcare System) on understanding, assessing, case-conceptualizing, and treating moral injury in Veteran patients

- September 2022 **Psychodynamic Treatment of Trauma Didactic Series**
Polytrauma Clinic, DC VA Medical Center
- Participated in a 1:1 didactic seminar on the history, theoretical foundations, and current practice of psychodynamic-based—including interpersonal/relational techniques—with Veterans experiencing trauma symptoms and PTSD
- February 18, 2022 **Best Practices for CBT with LGBTQA+ Adults**
ABCT, Live Webinar
- Attended a presentation by Dr. Debra Hope on incorporating sexual and gender identities into case conceptualizations and CBT interventions, as well as creating an affirming environment for LGBTQA+ communities
- January 2022 **Supervision and Consultation Course**
American University, Professor: Elisabeth Carlin, Ph.D.
- Actively participated in a 1-credit course reviewing models of evidence-based factors that contribute to effective supervision and consultation
- November 11, 2021 **New Perspectives on Suicide Risk Among Military Personnel and Veterans**
CAMS-Care, Live Webinar
- Attended a presentation by Dr. Craig Bryan on assessing suicide risk and better understanding the relation between suicidal ideation and suicidal behaviors among Military populations
- August 6, 2021 **VA and DOD Career Pathways: Clinically Focused Careers**
ABCT, Live Webinar
- Participated in a ninety-minute-long web-based seminar on training and career development in the United States military, Department of Veterans Affairs, and Department of Defense
- June 29, 2021 **Attachment-Based Family Therapy (ABFT) for LGBTQ+ Youth**
Drexel University Center for Family Intervention Science, Live Webinar
- Attended two live, virtual talks: “ABFT for Sexual and Gender Minority Young Adults and their Non-Accepting Parents” with Dr. Gary Diamond, and “ABFT for Transgender and Gender Diverse Youth presenting in LGBTQ+ Community Settings” with Dr. Jody Russon
- April 22, 2021 **Gender and Sexual Identity: Affirming Care for Clients Across the Spectra**
American University, Virtual
- Attended a presentation by Dr. Kate Stewart on providing affirming clinical care for gender-diverse and sexual minority clients
- November 20, 2020 **How to Apply Cognitive Behavioral Principles to Transgender Care: An Evidence-based Transdiagnostic Framework**
54th Annual ABCT Convention, Virtual
- Participated in a virtual workshop led by Dr. Colleen Sloan and Dr. Danielle Berke centered on utilizing cognitive-behavioral and minority stress frameworks to implement evidence-based interventions with transgender and gender-diverse clients
- August 6, 2020 **Ask the Experts: Couple & Family Research Q&A Panel**
APA Division 43: Society for Couple & Family Psychology, Virtual
- Attended a presentation and participated in a panel discussion with Dr. Steven L. Sayers and Dr. Erika Lawrence about study design, data analysis, and publishing in couple and family research
- July 31, 2020 **Healing Racial Trauma: Focusing on Racial Socialization as a Cognitive Behavioral Therapy (CBT) Strategy for Black Youth**
ABCT, Live Webinar

- Participated in a ninety-minute-long web-based seminar, led by Dr. Riana Elyse Anderson, on cognitive behavioral strategies for healing racial trauma among Black youth
- March 20, 2020 **Pragmatics of Telepsychology in the Age of COVID-19**
National Register of Health Service Psychologists, Live Webinar

 - Participated in a one-hour-long web-based seminar led by Dr. Mary K. Alvord
- November 22, 2019 **How to Apply Cognitive Behavioral Principles to Transgender Care: An Evidence-based Transdiagnostic Framework**
53rd Annual ABCT Convention, Atlanta, GA

 - Participated in a three-hour-long workshop led by Dr. Colleen Sloan and Dr. Danielle Berke about how to conceptualize and intervene in presenting problems with transgender and gender-diverse clients utilizing cognitive-behavioral and minority stress frameworks
- June 25, 2019 **EFT for Couples: An Attachment Based Intervention**
National Register of Health Service Psychologists, Live Webinar

 - Participated in a one-and-a-half-hour-long web-based seminar led by Dr. Sue Johnson
- March 18, 2019 **Clinical Considerations When Working with Sexual Minority Clients**
American University

 - Attended a presentation by Dr. Ethan Mereish and participated in a guided discussion about working with sexual minority clients in therapy and issues related to intersectionality of identities
- March 2, 2019 **The Art of Care: Art in Therapy Workshop**
National Gallery of Art, Washington, D.C.

 - Learned how to strengthen empathy and communication in clinical practice with art through an examination and discussion of several original works of art led by Lorena Bradford
- December 14, 2018 **Acceptance and Change in Couple Therapy: Integrative Behavioral Couple Therapy**
ABCT, Live Webinar

 - Participated in a one-and-a-half-hour-long web-based seminar led by Dr. Andrew Christensen
- September 2018 **Color Me Beautiful: A Psychological and Cultural Review of Colorism in African American, Latino, Asian and White American Cultures**
American University

 - Attended a lecture by Dr. Jacquelin Darby on the historical, multicultural, and clinical considerations and implications of colorism
- August 5, 2017 **Couple Therapy: A Hope-Focused Couple Approach**
125th APA Annual Convention, Washington, D.C.

 - Participated in a four-hour-long seminar co-led by Dr. Jennifer S. Ripley and Dr. Everett L. Worthington, Jr.
- August 4, 2017 **The Psychology of School Shooters and the Prevention of Rampage Attacks**
125th APA Annual Convention, Washington, D.C.

 - Participated in a day-long seminar led by Dr. Peter Langman

PUBLICATIONS

Long, A. D., & Herr, N. R. (2022). Narcissism, empathy, and rape myth acceptance among heterosexual college males. *Archives of Sexual Behavior*, 1-11. <https://doi.org/10.1007/s10508-021-02256-6>

MANUSCRIPTS IN PREPARATION

Ramadurai, R., Guter, M. M., **Long, A. D.**, & Herr, N. R. *Videoconferencing-based group therapy for DBT skills: participant and clinician experience.* (Manuscript in preparation).

Ramadurai, R., **Long, A. D.**, Guter, M. M., Klein, K. V., Mills, M. *Mobile apps for borderline personality disorder treatment: a systematic review.* (Manuscript in preparation).

PRESENTATIONS

Long, A. D., Klein, K. V., Cohen, A. I., & Herr, N. R. (November 2022). *I Know You Are but What Am I: A Study of Borderline Identity Disturbance, Emotion Regulation, Conflict, and Satisfaction in Couples.* Poster to be presented at the annual Association for Behavioral and Cognitive Therapies Convention, New York, NY.

Long, A. D., Ramadurai, R., Cohen, A. I., & Herr, N. R. (November 2021). *A Pilot Study of Videoconferencing-based DBT Skills Group Feasibility and Acceptability.* Poster presented at the annual Association for Behavioral and Cognitive Therapies Convention, Virtual in response to COVID-19.

Arenson, M., Cortell, R., **Long, A. D.**, Curlee, M., Kacmarek, C., Miller, M., Carlin, E. (November 2021). *COVID-19 Telehealth Shift in a VA PTSD Clinical Team: Impact on Treatment Engagement.* International Society for Traumatic Stress Studies Annual Meeting, Virtual in response to COVID-19.

Arenson, M., Arjunan, A., Kacmarek, C., Curlee, M., **Long, A. D.**, Carlin, E. (November 2021). *Evidence Based and Evidence Informed Treatments: The Impact of Treatment Type on Treatment Engagement.* International Society for Traumatic Stress Studies Annual Meeting, Virtual in response to COVID-19.

Long, A. D., Seager van Dyk, I. (November 2020). *Pretty and Witty and Gay: Positive Affect Regulation Mediates the Relationship Between Queer Identity Factors and Psychological Distress.* Poster presented at the annual Association for Behavioral and Cognitive Therapies Convention, Virtual in response to COVID-19.

Guter, M. M., Barbieri, V., **Long, A. D.**, & Herr, N. R. (November 2020). *Borderline identity disturbance predicting relationship satisfaction.* Poster presented at the annual Association for Behavioral and Cognitive Therapies Convention, Virtual in response to COVID-19.

Ramadurai, R., **Long, A. D.**, Guter, M. M., Barbieri, V. A., Hunt, H., & Herr, N. R. (October 2020). *A Pilot Study of Video-conferencing based DBT Skills Group.* Poster presented at the Technology in Psychiatry Summit, Virtual in response to COVID-19.

Long, A. D., Guter, M. M., Birg, J. A., & Herr, N. R. (November 2019). *A Daily Diary Study of Normal Narcissism and Relationship Satisfaction in Couples.* Poster presented at the annual Association for Behavioral and Cognitive Therapies Convention, Atlanta, GA.

Guter, M. M., **Long, A. D.**, Barbieri, V. A., & Herr, N. R. (November 2019). *A Daily Diary Study of BPD Features and Emotional Reactivity to Interpersonal Events.* Poster presented at the annual Association for Behavioral and Cognitive Therapies Convention, Atlanta, GA.

Birg, J. A., Guter, M. M., **Long, A. D.**, Barbieri, V. A., & Herr, N. R. (November 2019). *Borderline Personality Disorder and Empathy: The Moderating Role of Emotion Regulation.* Poster presented at the annual Association for Behavioral and Cognitive Therapies Convention, Atlanta, GA.

Long, A. D., Cohn, D. C., Barbieri, V. A., & Herr, N. R. (November 2018). *An Empathy Prime Study of Narcissism and Rape Myth Acceptance Among Heterosexual College Males.* Poster presented at the annual Association for Behavioral and Cognitive Therapies Convention, Washington, D.C.

Guter, M. M., **Long, A. D.**, Fenstermacher, E. A., & Herr, N. R. (November 2018). *A Daily Diary Experimental Manipulation of Validation and Invalidation*. Poster presented at the annual Association for Behavioral and Cognitive Therapies Convention, Washington, D.C.

Barbieri, V. A., Meier, E. P., **Long, A. D.**, Gunthert, K. C., & Herr, N. R. (November 2018). *Assortative Mating with Borderline Personality Disorder*. Poster presented at the annual Association for Behavioral and Cognitive Therapies Convention, Washington, D.C.

Long, A. D., Meier, E. P., Faith, E. C., Covington, A. M., Gunthert, K. C., & Herr, N. R. (November 2017). *A Daily Diary Study of Narcissism and Emotion Recognition Patterns in Couples*. Poster presented at the annual Association for Behavioral and Cognitive Therapies Convention, San Diego, CA.

Meier, E. P., **Long, A. D.**, Lanza-Gregory, J., Covington, A. M., Gunthert, K. C., & Herr, N. R. (November 2017). *BPD Traits and the Costs/Benefits of Daily Social Interactions: A Multi-Rater Daily Diary Study*. Poster presented at the annual Association for Behavioral and Cognitive Therapies Convention, San Diego, CA.

Mitchell, J. E., Guter, M. M., **Long, A. D.**, Covington, A. M., Gunthert, K. C., & Herr, N. R. (November 2017). *Identity Disturbance Predicts Intimate Partner Aggression: A Daily Diary Study of Couples*. Poster presented at the annual Association for Behavioral and Cognitive Therapies Convention, San Diego, CA.

MEDIA AND IMPACT

Ellwood, B. (2022, October 13). *Empathy priming unexpectedly increases rape myth acceptance among men with heightened narcissism*. PsyPost. <https://www.psypost.org/2022/10/empathy-priming-unexpectedly-increases-rape-myth-acceptance-among-men-with-heightened-narcissism-64050>.

LEADERSHIP AND ADMINISTRATION

Association for Behavioral and Cognitive Therapies

Chair of the Social Networking and Media Committee (SNMC)

November 2021 – Present

- Lead a committee of 8-12 individuals, including 3 sub-committees, to moderate, publish, and engage with followers on all social networking accounts as well as the organization's online user forums
- Meet regularly to plan for upcoming events and synthesize key takeaways following events, within the realm of the organization's brand marketing and engagement
- Collect and analyze key performance indicators (KPIs) and thematic trends on ABCT's social media pages and those of other related organizations
- Liaise with the Executive Board and other organization committees, as well as with external organizations and professional entities, to collaborate on publishing performance and strategy

Clinical Psychology Ph.D. Program

Graduate Assistant to Director of Clinical Training (DCT) Kathleen Gunthert, Ph.D.

January 2019 – May 2021

American University, Washington, D.C.

- Assisted the DCT with program-related projects
- Spearheaded the preparation for and coordination of our 2019 re-accreditation review visit with the American Psychological Association (APA)
- Planned and coordinated the admissions process internally as well as the annual program Interview Days for prospective students across three consecutive years
 - Led the transition and adaptation our program's admissions cycle and interview days to a completely virtual format during the COVID-19 pandemic in 2020

PROFESSIONAL ASSOCIATIONS

November 2017 – Present	Association for Psychological Science <i>Student Member</i>
September 2016 – Present	American Psychological Association <i>Division 12: Society of Clinical Psychology</i> <i>Division 43: The Society for Couple and Family Psychology</i>
September 2016 – Present	American Psychological Association of Graduate Students <i>Student Member</i>
July 2016 – Present	Association for Behavioral and Cognitive Therapies <i>Chair: Social Networking & Media Committee (SNMC)</i> <i>Special Interest Group (SIG) Membership: Sexual & Gender Minorities SIG, Couples SIG, Women's SIG</i>

CAMPUS INVOLVEMENT

September 2018 – Present	American University Clinical Psychology Diversity & Inclusion Action Team <i>Student Member</i>
September 2017 – May 2020	American Psychological Association <i>Campus Ambassador</i>
September 2016 – August 2017	American Psychological Association of Graduate Students <i>Campus Representative</i>
September 2011 – August 2017	University of Chicago Alumni Association <i>Volunteer Prospective Student Interviewer</i>
January 2007 – December 2008	University of Chicago Council on University Programming <i>Co-Chair</i>
September 2006 – June 2008	Residence Hall House Council at the University of Chicago <i>President</i>

COMMUNITY ACTIVITIES

August 2017	American Psychological Association Washington, D.C. <i>Convention Volunteer for CE Workshops</i>
October 2016	American Foundation for Suicide Prevention 10 th Annual “Out of the Darkness” Walk in Washington, D.C. <i>Fundraiser and Participant</i>
September 2016 – August 2017	American Psychological Association of Graduate Students Washington, D.C. <i>Advocacy Coordinating Team</i>
December 2015 – February 2016	National Alliance on Mental Illness Arlington, VA <i>NAMI HelpLine Volunteer</i>
September 2015 – December 2015	Meridian Senior Living, Cheviot Hills Los Angeles, CA <i>Activities Volunteer</i>
September 2006 – June 2010	Calvert House Tutoring Program Chicago, IL <i>Volunteer Tutor</i>

ADDITIONAL WORK EXPERIENCE

- January 2016 – January 2020 **Capital One Financial Corporation** – McLean, VA
*Part-Time Marketing Manager, Brand Social Engagement Strategy
 Executive Assistant, Social Media & Digital Brand Strategy*
- October 2013 – September 2015 **The Gersh Agency** – Beverly Hills, CA
*Senior Assistant to Ken Kaplan, Senior Talent Partner
 Internship Program Coordinator & Script Coverage Coordinator
 Assistant to Chris Fioto, Talent Agent*
- March 2013 – October 2013 **LBI Entertainment** – Los Angeles, CA
Creative Assistant to Erich Recker
- January 2012 – March 2013 **Sony Network Entertainment, Inc.** – Los Angeles, CA
Partner Operations Coordinator
- September 2011 – January 2012 **Furst Films & OLÉ Television** – Los Angeles, CA
Development Intern
- September 2011 – December 2011 **Sander/Moses Productions & SLAM Internet, Inc.** – Burbank, CA
Development & Digital Media Intern

SKILLS

- Computer Skills:** Computerized Patient Record System (CPRS), Virtual Care Manager (VCM) and Vista systems, VA Video Connect (VVC) Joint Legacy Viewer (JLV), IBM SPSS Statistics, Qualtrics Survey Software, Titanium Schedule, PsycInfo, Microsoft Office Suite (Outlook, Teams Excel, PowerPoint, Word), Google Chrome, Mozilla Firefox, Internet Explorer, Adobe Acrobat, Mac OS X and Windows operating systems, and Final Cut Pro
- Language Skills:** Professional working proficiency in French and Spanish

REFERENCES

Nathaniel Herr, Ph.D. – Faculty Research Advisor (2016-Present)

Associate Professor of Psychology, American University
 (202) 885-1724, nherr@american.edu

David Haaga, Ph.D. – Director of Clinical Training (2022-Present)

Professor of Psychology, American University
 (202) 885-1718, dhaaga@american.edu

Kathleen Gunthert, Ph.D. – Director of Clinical Training (2018-2022)

Professor of Psychology, American University
 (202) 885-1701, gunthert@american.edu

Corinne Galgay, Ph.D. – Externship Supervisor (2020-2022)

Licensed Counseling Psychologist
 Washington DC VA Medical Center
 Psychosocial Rehabilitation & Recovery Center (PRRC)
 (202) 745-8000, x56627, Corinne.Galgay@va.gov