

*Curriculum Vitae***Ursula Whiteside, PhD****Bio**

Ursula Whiteside, PhD (@ursulawhiteside, or <https://twitter.com/ursulawhiteside>) is an advocate for the consumer or lived experience voice in suicide prevention and has developed an online public resource and non-profit based on Dialectical Behavioral Therapy (DBT) skills: NowMattersNow.org. She is co-investigator on grants from the American Foundation for Suicide Prevention and the National Institute of Mental Health. She is a licensed clinical psychologist with over 15 years in the field of research and treatment for severely suicidal individuals. Dr. Whiteside also serves as faculty on the National Action Alliance for Suicide Prevention's Zero Suicide initiative (see ZeroSuicide.com), which is focused on dramatically improving the way healthcare systems respond to suicidal individuals.

Current Activities

Founder, CEO // NowMattersNow.org

CEO // [Ursula Whiteside LLC](http://UrsulaWhitesideLLC.com)

Faculty // [Zero Suicide Institute](http://ZeroSuicideInstitute.org), [National Action Alliance for Suicide Prevention](http://NationalActionAlliance.org)

Clinical Faculty // [Psychiatry and Behavioral Sciences](http://PsychiatryandBehavioralSciences.org), [University of Washington](http://UniversityofWashington.edu)

Vice-President // [United Suicide Survivors International](http://UnitedSuicideSurvivors.org)

Clinical Instructor, Advisor // [Behavioral Research and Therapy Clinics](http://BehavioralResearchandTherapyClinics.org), University of Washington

Education***Postdoctoral Fellowship***

2010-2012

Group Health Research Institute, Seattle, WA

Two-year research fellowship involving training in epidemiological and health services delivery research, *Research Mentor*: Greg Simon

Clinical Internship

2009-2010

University of Washington School of Medicine, Seattle, WA

One-year clinical internship involving rotations in psychiatry consultation-liaison, outpatient psychiatry, and inpatient psychiatry

Research Mentor: David C. Atkins, *Clinical Supervisors*: Chris Dunn, Debra Kaysen, Christopher Martell, Barbara McCann, Steven Vannoy, Doug Zatzick, Karina Uldall

Doctorate

2002-2010

University of Washington, Seattle, WA

Clinical Psychology, *Graduate Advisor*: Mary E. Larimer

Dissertation: "A brief personalized feedback intervention integrating a Motivational Interviewing therapeutic style and DBT skills for depressed or anxious heavy drinking young adults" *Dissertation Committee Members*: Mary Larimer, Marsha Linehan, Alan Marlatt, Clayton Neighbors, William George

Master of Science

2002-2004

University of Washington, Seattle, WA

Clinical Psychology

Master's Thesis: "Binge eating and emotion regulation: Do binge eaters have fewer skills to modulate and tolerate negative affect?" *Advisors*: Mary Larimer, Eunice Chen

Bachelor of Arts

1999-2001

University of Washington, Seattle, WA

Psychology

1999

Oxford University, Oxford, England

1997-1998

Bemidji State University, Bemidji, MN

Formal Diversity Action*

2009-2010	Diversity Advancement Committee. University of Washington. Interdisciplinary committee promoting diversity recruitment and retention in Department of Psychiatry and working to improve resident and faculty understanding of individual and cultural diversity (as these relate to theories and methods of assessment, diagnosis, and effective intervention; consultation, supervision, and evaluation, and research methods/design), led by Steven Vannoy, PhD, MPH
2006-2007	Diversity and Addictions Journal Club. Interdisciplinary reading and discussion group led by Briana Woods, PhD

*I have presented four posters on diversity related topics led by undergraduates and included a strong diversity focus in courses taught (Stress and Coping). I have also put special emphasis on mentoring diverse students on their paths to graduate school.

Grants: Current and Recent Support

Consultant 2022-2025	Optimizing Firearm Suicide Prevention in Healthcare CDC (R01CE003460-01-00). Total Funding: \$1,949,538
Consultant 2022-2024	Encouraging Firearm Access Disclosure: Suicide Prevention in Healthcare American Foundation for Suicide Prevention. Total Funding \$90,000

Grants: Past Support

Project Director 2019 – 2021	Thrive Range: Suicide Prevention in Rural Communities Minnesota State Department of Health, Total funding: \$100,000
Principal Investigator 2015 – 2018	Understanding Attempts in Those who Report No Recent Suicide Ideation American Foundation for Suicide Prevention (SRG 015013), Total funding: \$90,000
Co-Investigator 2014 – 2021	Pragmatic Trial of Population-Based Programs to Prevent Suicide Attempt NIMH (UH3 MH007755), Total funding: ~\$1,612,560 x 4years
Fellowship 2012 – 2014	Feasibility of Online Intervention for Population-Based Suicide Prevention American Foundation for Suicide Prevention (PDF 011811), Total funding: \$96,060, Mentor: Gregory Simon
Principal Investigator 2012 – 2014	Pilot Study of Online Interventions for Pop-Based Suicide Prevention National Institute of Mental Health (R34 MH097836), Total funding: ~\$307,200 x 2years
Grant Award 2010-2012	Extramural Loan Repayment Program for Clinical Research (LRP-CR) National Institute on Alcohol Abuse and Alcoholism
Co-Investigator 2012 – 2014	Pragmatic Trial of Population-Based Programs to Prevent Suicide Attempt NIMH (UH2 AT00775501), Direct funding: ~\$760,304 x 2 years
Principal Investigator 2007 – 2009	Adapting Interventions for College Student Drinkers National Institute on Alcohol Abuse and Alcoholism (F31AA016038) Direct costs: \$80,000 Mentor and Sponsor: Mary Larimer Other Mentors: David Atkins, Theodore Beauchaine, and Marsha Linehan
Principal Investigator	Enhancing Interventions for College Students Drinking to Cope

2007 – 2009	Alcohol and Drug Abuse Institute (651406), Direct costs: \$20,000, Sponsor: Mary Larimer
Principal Investigator 2008	Dissertation Grant Award Division 12 of APA: Society for a Science of Clinical Psychology, Direct costs: \$500
Co-Investigator 2010-2012	Pilot and Evaluation of Online CBT for Depressed Primary Care Group Health Foundation Innovation Award, Direct costs: ~\$30,000

Distinguished Roles, Awards and Honors *

Expert Advisor

2015-2016	<u>Project 2025: To Reduce the Suicide Rate 20%</u> , American Foundation for Suicide Prevention
2015-2020	Facebook's Compassionate Responses to Suicidal Individuals in Social Media Team
2018-2020	Instagram's Compassionate Responses to Suicidal Individuals in Social Media Team
2018	<u>Five Points</u> , Facebook Watch television show

Fellow

2020-2021	Allen Institute for Artificial Intelligence (AI2), Entrepreneur-in-Residence program (EIR Program)
-----------	--

Committee Member

2016-2020	National Suicide Prevention Lifeline, Lifeline Standards, Trainings and Practices Subcommittee
2016-2020	Board Member Crisis (Secretary and Vice President) Connections, King County Crisis Line

Chair

2014-2015	Surveillance, Research, and Evaluation for Washington State Strategic Suicide Prevention Plan
-----------	---

Delegate

2014-2018	Washington State Suicide Prevention Implementation Team - Military, Service Members and Families
-----------	--

Awards

2009	Distinguished Service Award, University of Washington, for role of Psychology Subject Pool Manager
2008	Dissertation Recognition Grant Award, Society for Science of Clinical Psychology
2008	Travel and Meeting Award/Scholar, Guze Symposium on Alcohol
2004, 2005	Wagner Memorial Travel Award, Department of Psychology at the University of Washington
2003	First Place Poster Presentation Award, Washington State Psychological Association
1999	Henriques International Scholarship Award for Oxford Study Abroad, Bemidji State University

Award Nominee

2009	Distinguished Teaching Award, University of Washington, Department of Psychology
2009	University of Washington Undergraduate Research Mentor Award Nominee, Undergraduate Research Program and UW Alumni Association

*Awards to the University of Washington Clinical Psychology Graduate Program: Award for Innovative Practices in Graduate Education in Psychology from the American Psychological Association, Distinguished Program Award from the Association for Behavioral and Cognitive Therapies, Tied for #1 Clinical Psychology Program in US News and World Reports rankings.

Clinical Experience

Psychologist

2017-present	Ursula Whiteside LLC. <i>Private Practice</i> . DBT and Caring Contacts centered psychotherapy.
2014-2017	Seattle Psychology. <i>Private Practice</i> . DBT individual and group psychotherapy

Clinical Supervisor

- 2010-2015 Fremont Therapy Project. *DBT Group Supervision*. Supervised 15 students in yearlong practicum providing 5 DBT Skills groups to low-income patients.
- 2016-2018 Kaiser Permanente Behavior Health. *Suicide Prevention Outreach Trial*. Supervised interventionists across 4 sites.
- 2012-2014 Group Health. *DBT Supervision*. supervised 10 therapists providing DBT to high-risk suicidal patients.
- 2010-2012 Group Health Research Institute. *Pilot: Web-based CBT plus Secure Messaging Support*. Providing training and supervision for ongoing clinical intervention trial. *Clinical Supervisor*: Greg Simon, PhD

Clinical Trainer

- 2014-present Northwest Portland Area Indian Health Board, provide ongoing training in Zero Suicide and DBT to health systems serving tribal members in Washington, Oregon, Alaska and Idaho as well as greater United States
- 2014-present Ursula Whiteside LLC, provide free online training series to over 3500 clinicians and community members
- 2014-present Zero Suicide Institute, Suicide Prevention Resource Center, provide 2-day training series to over 300 healthcare organizations implementing Zero Suicide

Clinical Intern

- 2009-2010 University of Washington, Department of Psychiatry and Behavioral Sciences. Completed four-month rotations at University of Washington Inpatient Psychiatry Unit, Harborview Psychiatry Consultation Services, and Roosevelt Outpatient Psychiatry Clinic. Duties include diagnostic interviews, presenting patients to team, suicide risk assessment and crisis intervention, individual psychotherapy and discharge planning with family and outpatient care. *Clinical Supervisors*: Chris Dunn, Debra Kaysen, Christopher Martell, Barbara McCann, Joan Romano, Steven Vannoy, Jason Veitengruber, Doug Zatzick, Karina Uldall, Susan Bentley

Research Therapist

- 2010-2012 Group Health Research Institute. *Organized Self-Management Support Services for Chronic Depression R01MH082995*. Providing cognitive behavioral therapy group and care management for thirteen patients. *Clinical Supervisor*: Evette Ludman, PhD
- 2007-2008 University of Washington. *Assessment and Treatment of Parasuicidal Patients R01MH034486*. Provided adherent DBT to 3 chronically suicidal and psychiatrically comorbid individuals as part of year-long treatment intervention. *Supervisors*: Heidi Heard, PhD and Marsha M. Linehan, PhD
- 2005-2006 University of Washington. *Functional Analytic Psychotherapy (FAP)*. Trained by FAP developer with a team of advanced graduate students learning and conducting FAP. Completed supervised FAP case. *Supervisors*: Mary Plummer, PhD and Mavis Tsai, PhD
- 2004-2005 University of Washington. *Project Chance: Indicated Prevention with At-Risk Gamblers R21MH067026*. Provided group CBT and individual motivational feedback sessions to numerous at-risk college gamblers in randomized clinical trial. *Supervisor*: Mary E. Larimer, PhD
- 2002-2003 Harborview Medical Center. *Eating Disorders Research Unit*. As part of pilot study, provided individual CBT to 4 low-income binge-eating patients. *Supervisor*: Barbara McCann, PhD
- 2002 -2003 Harborview Medical Center. *Motivational Interviewing and Self-Help for Binge Eating*. As part of randomized clinical trail, provided individual Motivational Interviewing sessions to 5 binge-eating college students. *Supervisor*: Erin C. Dunn, PhD

Staff Therapist and Consultation Team Member

- 2001—2007 University of Washington. *Treatment Development Clinic*. Was a member of an integrative psychotherapy consultation team. Provided individual DBT psychotherapy and telephone consultation to 5 chronically suicidal patients. Co-led (6 months) and led (12 months) weekly 2.5 hour DBT skills group with 6 to 12 patients per group. Weekly meetings included one hour consultation and one hour didactics taught by Dr. Linehan. *Supervisors*: Anthony Dubose, Psy.D., Heidi Heard, PhD, Marsha M. Linehan, PhD, and Jennifer Sayrs, PhD

2003-2009 University of Washington. *Psychological Services and Training Clinic*. Conducted empirically based psychotherapy with 5 individual patients. *Clinical Supervisors*: Peggilee Wupperman, PhD, Steve Clancy, PhD, Amy Wagner, PhD, and Corey Fagan, PhD

Mentoring Experience

Doctoral Dissertation Committee

Examining Negative Urgency in Predicting Problematic Alcohol Use: The Indirect Effects of Drinking Motives and Distress Tolerance, Leandra Shipley, (Clinical Psychology Doctorate at Seattle Pacific University, School of Psychology, Family, & Community)

Undergraduates and Volunteers Mentored - Research

Eduardo Jones (Clinical Psychology Doctorate, University of Southern California)
 Salene Wu (Clinical Psychology Doctorate, Ohio State University)
 Blair Kleiber (Clinical Psychology Doctorate, University of Colorado)
 Tracy Lo (Clinical Psychology Doctorate, Fuller Theological Seminary)
 Dorian Hunter (Clinical Psychology Doctorate, Rutgers University)
 Kristina Zeller (Educational Psychology Doctorat, Arizona State University)
 Andrew Paves (Clinical Psychology Doctorate, University of Washington)
 Jackie Randall (PsyD, Pacific University)
 Allison Landry (Mental Health Counseling Masters, Seattle University)
 Lauren Deitz (Family, Couple, and Child Counseling Masters, Antioch Seattle)
 Franchesca Nguyen (Masters in Public Health, University of Washington)
 Ilina Valtcheva (Masters in Counseling, Seattle University)
 Lisa Naputi (Masters in School Psychology, Argosy University, Hawaii)
 Leandra Shipley (Clinical Psychology Doctorate, Seattle Pacific University)

Mentored Awards - Research

Blair Kleiber and Susan McKay (University of Washington Mary Gates Scholars; Mary Gates Travel Award Scholars)

Undergraduate and Volunteer – Research Supervision

Trained and supervised 100+ undergraduate and volunteer research assistants during graduate and undergraduate.

Undergraduate and Volunteer – Clinical Supervision

Trained and supervised 20+ undergraduate and post-baccalaureate individuals in Motivational Interviewing for 10 weeks or greater.

Publications in Peer Reviewed Journals

Orchid ID: <https://orcid.org/0000-0003-3218-1013>

1. Simon GE, Richards JE, **Whiteside U**. Reframing the Key Questions Regarding Screening for Suicide Risk. *JAMA*. 2023;329(23):2026–2027. doi:[10.1001/jama.2023.7241](https://doi.org/10.1001/jama.2023.7241)
2. Simon GE, Shortreed SM, Rossom RC, Beck A, Clarke GN, **Whiteside U**, Richards JE, Penfold RB, Boggs JM, Smith J. Effect of offering care management or online dialectical behavior therapy skills training vs usual care on self-harm among adult outpatients with suicidal ideation: a randomized clinical trial. *JAMA*. 2022 Feb 15;327(7):630-8. PMID: 35166800 doi: [10.1001/jama.2022.0423](https://doi.org/10.1001/jama.2022.0423)
3. Richards JE, Kuo ES, **Whiteside U**, et al. Patient and Clinician Perspectives of a Standardized Question About Firearm Access to Support Suicide Prevention: A Qualitative Study. *JAMA Health Forum*. 2022;3(11):e224252. doi:[10.1001/jamahealthforum.2022.4252](https://doi.org/10.1001/jamahealthforum.2022.4252)

4. Richards JE, Hohl SD, Segal CD, Grossman DC, Lee AK, **Whiteside U**, Luce C, Ludman EJ, Simon G, Penfold RB, Williams EC. "What Will Happen If I Say Yes?" Perspectives on a Standardized Firearm Access Question Among Adults with Depressive Symptoms. *Psychiatr Serv*. 2021. doi: [10.1176/appi.ps.202000187](https://doi.org/10.1176/appi.ps.202000187). PMID: 33940947.
5. **Whiteside U**, Richards J, Simon GE. Brief interventions via electronic health record messaging for population-based suicide prevention: mixed methods pilot study. *JMIR Formative Research*. 2021 Apr 12;5(4):e21127. DOI: [10.2196/21127](https://doi.org/10.2196/21127)
6. Richards JE, Kuo E, Stewart C, Bobb JF, Mettert KD, Rowhani-Rahbar A, Betz ME, Parrish R, **Whiteside U**, Boggs JM, Simon GE. Self-reported access to firearms among patients receiving care for mental health and substance use. In JAMA Health Forum 2021 Aug 3 (Vol. 2, No. 8, pp. e211973-e211973). American Medical Association.
7. Penfold RB, **Whiteside, U**, Johnson EE, Stewart C, Oliver M, Shortreed SM, Beck A, Coleman KJ, Rossom RC, Operskalski B, Simon GE (2021), Utility of Item 9 of the Patient Health Questionnaire in the Prospective Identification of Adolescents at Risk of Suicide Attempt. *Suicide and Life-Threatening Behavior*. DOI: [10.1111/sltb.1275](https://doi.org/10.1111/sltb.1275)
8. Nock MK, Kleiman EM, Abraham M, Bentley KH, Brent DA, Buonopane RJ, Castro-Ramirez F, Cha CB, Dempsey W, Draper J, Glenn CR, Harkavy-Friedman J, Hollander MR, Huffman JC, Lee HS, Millner AJ, Mou D, Onnela JK, Picard RW, Quay HM, Rankin O, Sowards S, Torous J, Wheelis J, **Whiteside U**, Siegel G, Ordóñez AE, Pearson JL. Consensus Statement on Ethical & Safety Practices for Conducting Digital Monitoring Studies with People at Risk of Suicide and Related Behaviors. *Psychiatric Research and Clinical Practice*. 2020 Dec 21. DOI: [10.1176/appi.prcp.20200029](https://doi.org/10.1176/appi.prcp.20200029)
9. **Whiteside U**, Richards J, Huh D, Hidalgo R, Nordhauser R, Wong AJ, Zhang X, Luxton DD, Ellsworth M, Lezine D. Development and evaluation of a web-based resource for suicidal thoughts: NowMattersNow.org. *Journal of Medical Internet research*. 2019;21(5):e13183. DOI: [10.2196/13183](https://doi.org/10.2196/13183), PMID: [31045498](https://pubmed.ncbi.nlm.nih.gov/31045498/), PMCID: [6521196](https://pubmed.ncbi.nlm.nih.gov/6521196/)
10. Richards JE, Hohl S, **Whiteside U**, Ludman EJ, Grossman D, Simon G, Shortreed S, Lee AK, Parrish R, Shea M, Caldeiro R, Penfold R, Williams EC. (2019). If You Listen, I Will Talk: The Experience of Being Asked about Suicidality during Routine Primary Care. *J Gen Intern Med*, 34(10):2075-2082. PMID: 31346911 PMCID: [PMC6816586](https://pubmed.ncbi.nlm.nih.gov/PMC6816586/) DOI: [10.1007/s11606-019-05136-x](https://doi.org/10.1007/s11606-019-05136-x)
11. Richards J. E., **Whiteside U.**, Ludman E. J., Pabiniak, C. Kirlin, B., Hidalgo, R., Simon G. E. (2019). Understanding Suicide Attempts by Patients Who Do Not Report Ideation: A Qualitative Study of Adult Patients in a Health Care Delivery System. *Psychiatric Services*, 70(1):40-45. PMID: 30453860
12. Ludman E. J., Simon G. E., **Whiteside U.**, Richards J. E., Pabiniak, C. (2018). Re-evaluating sensitivity of self-reported suicidal ideation. *Journal of Clinical Psychiatry*. DOI: [10.4088/JCP.17112017](https://doi.org/10.4088/JCP.17112017)
13. Simon, G. E., Shortreed, S. M., Johnson, E., Beck, A., Coleman, K. J., Rossom, R., **Whiteside, U.** Operskalski, B., Penfold, R. B. (2017). Between-visit changes in suicidal ideation and risk of subsequent suicide attempt. *Depression and Anxiety*, 34(9), 794-800. DOI: [10.1002/da.22623](https://doi.org/10.1002/da.22623)
14. Boggs, J., Clarke, A., Rohm, L., Beck, A., Rossum, R., Richards, J., Dimidjian, S., **Whiteside, U.**, Segal, Z., Simon, G. (2016). Integrating Technology into Mental Health Intervention Trials. *Journal of Patient-Centered Research and Reviews*, 3(3), 199. DOI: [10.17294/2330-0698.1342](https://doi.org/10.17294/2330-0698.1342)
15. Rossom, R., Simon, G., Beck, A., Richards, J., Kirlin, B., King, D., Shulman, L., Ludman, E., Penfold, R., Shortreed, S. M., **Whiteside, U.** (2017). Population-Based Outreach Versus Usual Care to Prevent Suicide

Attempt: Study Protocol for a Randomized Clinical Trial. *Journal of Patient-Centered Research and Reviews*, 4(3), 191-192.

16. Simon GE, Beck A, Rossom R, Richards J, Kirlin B, King D, Shulman L, Ludman EJ, Penfold R, Shortreed S. M., **Whiteside U.** (2016). Population-based outreach versus care as usual to prevent suicide attempt: study protocol for a randomized controlled trial. *Trials*, 17(1), 452. doi: 10.1186/s13063-016-1566-z. PMID: 27634417
17. Simon GE, Coleman KJ, Rossom RC, Beck A, Oliver M, Johnson E, **Whiteside U.**, Operskalski B, Penfold RB, Shortreed SM, Rutter C. (2016) Risk of suicide attempt and suicide death following completion of the Patient Health Questionnaire depression module in community practice. *J Clin Psychiatry*, 77(2), 221-7. doi: 10.4088/JCP.15m09776. PMID: 26930521
18. Ludman, E.J., Simon, G.E., Grothaus, L.C., Richards, J.E., **Whiteside U.**, Stewart, C. (2016) Organized self-management support services for chronic depressive symptoms: a randomized controlled trial. *Psychiatric Services*, 67(1), 29-36. doi: 10.1176/appi.ps.201400295.
19. **Whiteside, U.**, Lungu, A., Richards, J., Simon, G. E., Clingan, S., Dazey, J., Snyder, L., Ludman, E. (2014). Designing Messaging to Engage Patients in an Online Suicide Prevention Intervention: Survey Results from Patients with Current Suicidal Ideation. *Journal of Medical Internet Research*, 6(2):e42. doi:10.2196/jmir.3173
20. **Whiteside, U.**, Julie Richards, J., Steinfeld, B., Simon, G., Caka, S., Tachibana, C., Stuckey, S., Ludman, E. (2014). Online Cognitive Behavioral Therapy for Depressed Primary Care Patients: A Pilot Feasibility Project. *The Permanente Journal*, 18, 21-27.
21. Ahmedani, B. K., Simon, G. E., Stewart, C. S., Beck, A., Waitzfelder, B. E., Rossom, R., Lynch, F., Owen-Smith, A., Hunkeler, E. M., **Whiteside, U.**, Operskalski, B. H., Coffey, M. J., & Solberg, L. I. (2014). Health care contacts in the year before suicide death. *J Gen Intern Med*, 29, 870-7. PMID: 24567199 PMCID: PMC4026491
22. Simon, G.E., Rutter, C. M., Peterson, D., Oliver, M., **Whiteside, U.**, Operskalski, B., & Ludman, E. J. (2013). Does Response on the PHQ-9 Depression Questionnaire predict subsequent suicide attempt or suicide death? *Psychiatric Services*, 64, 1195-1202. PMID: 24036589 [PubMed - in process]
23. Larimer, M. E., Neighbors, C., Lostutter, T. W. **Whiteside, U.**, Crounce, J. M., Kaysen, D. & Walker, D. D. (2012). Brief motivational feedback and cognitive behavioral interventions for prevention of disordered gambling: a randomized clinical trial. *Addiction*, 107, 1148-1158. PMID: 22188239 PMCID: PMC3528181
24. **Whiteside, U.**, Crounce, J. M., Pedersen, E. R., & Larimer, M. E. (2010). Brief motivational feedback for college students and adolescents: A harm reduction approach. *Journal of Clinical Psychology: In Session*, 66, 150-163. PMID: 20049906 PMCID: PMC3193989 DOI: 10.1002/jclp.20667
25. Vannoy, S. D., **Whiteside, U.**, & Unutzer, J. (2010). Current practices of suicide risk management protocols in research. *Crisis*, 31, 7-11. PMID: 20197252 PMCID: PMC3038570 DOI: 10.1027/0227-5910/a000004
26. Kanter, J. W., Rusch, L. C., Landes, S. J., Holman, G. I., **Whiteside, U.**, & Sedivy, S. K. (2009). The use and nature of present-centered interventions in cognitive and behavioral therapies for depression. *Psychotherapy: Theory, Research, Practice, Training*, 46, 220-232. PMID: 20383284 PMCID: PMC2851097 DOI: 10.1037/a0016083
27. Lewis, M. A., Hove, M. C., **Whiteside, U.**, Lee, C. M., Kirkeby, B. S., Oster-Aaland, L., Neighbors, C., & Larimer, M. E. (2008). Fitting in and feeling fine: Conformity and coping motives as mediators of the relationship between social anxiety and problematic drinking. *Psychology of Addictive Behaviors*, 22, 58-67. PMID: 18298231 DOI: 10.1037/0893-164X.22.1.58

28. Neighbors, C., Lostutter, T. W., **Whiteside, U.**, Fossos, N., Walker, D. D., & Larimer, M. E. (2007). Injunctive norms and problem gambling among college students. *Journal of Gambling Studies*, 23, 259-273. PMID: 17394053 PMCID: [PMC3271796](#) DOI: [10.1007/s10899-007-9059-3](#)
29. **Whiteside, U.**, Chen, E. Y., Neighbors, C., Hunter, D., Lo, T., & Larimer, M. E. (2007). Difficulties regulating emotions: Do binge eaters have fewer strategies to modulate and tolerate negative affect? *Eating Behaviors*, 8, 162-169. PMID: 17336786 DOI: [10.1016/j.eatbeh.2006.04.001](#)
30. **Whiteside, U.**, Pantalone, D. W., Hunter, D. A., Eland, J. K., Kleiber, B. V. & Larimer, M. E. (2007). Initial Suggestions for Supervising and Mentoring Undergraduate Research Assistants at Large Research Universities. *International Journal of Teaching and Learning in Higher Education*, 19, 325-330. [ISSN 1812-9129](#)
31. Wu, S. M., **Whiteside, U.**, & Neighbors, C. (2007). Differences in inter-rater reliability and accuracy for a treatment adherence scale. *Cognitive Behaviour Therapy*, 36, 230-239. PMID: 18049948 DOI: [10.1080/16506070701584367](#)

Publications in Edited Books

32. **Whiteside, U.**, Bittinger, J. N., Kilmer, J. R., & Lostutter, T.Y., & Larimer, M. E. (in press). Chapter 38 " Principles of Addiction Medicine, 5e" Ries - Principles of Addiction Medicine, 5e (9781451173574)
33. **Whiteside, U.**, Larimer, M. E., Kilmer, J. R., & Bittinger, J. N. (in press). College student drinking. In C. Cavacuiti (Ed.), *Essentials of Addiction Medicine*. Baltimore, MD: Lippincott Williams & Wilkins.
34. **Whiteside, U.** & Bittinger, J. N. (in press). Screening and brief alcohol intervention for adolescents and young adults in primary care and emergency settings. In P. Miller (Ed.), *Encyclopedia of Addictive Behaviors*. New York: Elsevier.
35. Larimer, M. E., Kilmer, J. R., **Whiteside, U.** (2011). College student drinking. In C. Cavacuiti (Ed.), *Essentials of Addiction Medicine*. Baltimore, MD: Lippincott Williams & Wilkins.
36. Larimer, M. E., Kilmer, J. R., **Whiteside, U.** (2009). College student drinking. In R. Ries, D. Fiellin, S. Miller, & R. Saitz (Eds.), *Principles of Addiction Medicine* (4thed.). Baltimore, MD: Lippincott Williams & Wilkins.
37. **Whiteside, U.**, Nguyen, T. T., Logan, D., Witkiewitz, K. & Marlatt, G. A. (2007). Relapse prevention for GAD. In K. Witkiewitz & G.A. Marlatt (Eds.), *Therapist's Guide to Evidence-Based Relapse Prevention*. New York: Elsevier.
38. Sayrs, J. H. R. & **Whiteside, U.** (2006). Evidence based treatments for borderline personality disorder. In J. E. Fisher & W. O'Donohue (Eds.), *Practitioner's Guide to Evidence Based Psychotherapy*. New York: Kluwer Academic Publications.
39. **Whiteside, U.**, Kohlenberg, R. J., & Tsai, M. (2005). Functional analytic psychotherapy. In Hersen, M. & Rosqvist, J. (Eds.), *Encyclopedia of Behavior Modification and Cognitive Behavior Therapy Volume I: Adult clinical Applications*. Newbury Park, CA: Sage Publications.

Peer-Review in Preparation

1. **Whiteside, U.**, Lostutter, T. W., Atkins, D. C., Kleiber, B. V., Neighbors, C. & Larimer, M. E. DBT Skills plus Brief Motivational Feedback: Results of a Randomized Clinical Trial. *Journal of Consulting and Clinical Psychology*.
2. Lostutter, T. W., **Whiteside, U.**, Parker, M. Lewis, M., Kleiber, B.V., Neighbors, C. & Larimer, M. E. (2018). Suicidality of college student gamblers: Is severity of gambling behavior related to level of suicidality? *Journal of Gambling Issues*.
3. **Whiteside, U.**, Richards, J., Hidalgo, R., Nordhauser, R., Huh, D. Wong, A. J., Luxton, D. D., Lezine, D. Do suicidal thoughts and negative emotions decrease during a brief visit to NowMattersNow.org? An approach to supporting suicidal patients identified in healthcare settings. Manuscript in preparation.
4. Comtois, K. A., Welch, S. S., **Whiteside, U.** & Linehan, M. M. *Typical treatment histories of women with borderline personality disorder*. Manuscript in preparation.

5. Hunter-Reel, D., Farris, S. G., & **Whiteside, U.** *The relationship between difficulties with emotion regulation and behavioral dyscontrol.* Manuscript in preparation.

Professional Presentations

2022 Using Innovative Data Science Approaches to Identify Individuals, Populations, and Communities at High Risk for Suicide: A Workshop - Webinar 2

2020

Richards JE, Kuo E, Shulman L, **Whiteside U**, Parrish R, Rowhani-Rahbar A, Simon G, Stewart C, Betz M. *Lock2Live dissemination: Using the patient voice to introduce a decision aid to help patients at risk of suicide secure firearm and other lethal means.* 2020 13th Annual Conference on the Science of Dissemination and Implementation in Health. Virtual.

2019

Richards JE, Hohl SD, Segal CD, Grossman DC, Lee AK, **Whiteside, U**, Luce C, Ludman EJ, Simon GE, Penfold RB, Williams EC. *"What Will Happen If I Say Yes?" Perspectives Among Adults with Depressive Symptoms on Routine Questions about Firearms Access in Primary Care* Poster at International Summit on Suicide Research, Miami, Florida.

2018

Whiteside, U., Zhang, X., Wong, A. J., Richards, J., Nordhauser, R., Huh, D. (2018, September). *Meet You at NowMattersNow.org: Introducing Evidence-Based Interventions for Suicidal Individuals.* In J. Pearson (Chair), 17th Annual European Symposium on Suicide and Suicidal Behavior. Conference in Ghent, Belgium.

Whiteside, U. (2018, April). *I'm on Fire: What Suicide Could Learn Fire Deaths.* Invited address at the meeting of the American Association of Suicidology. Washington, D.C.

2017

1. Ludman, E. J., Simon, G. E., **Whiteside U.**, Richards, J., Pabiniak C. Are "false negative" suicide attempts ascertained from electronic medical records actually suicide attempts? IASR 2017, Henderson NV.
2. Brill, C. D., **Whiteside, U.**, Kennedy, M. (2017). Evaluating longitudinal changes in undergraduates' suicidal ideation and alcohol use with a brief personalized feedback intervention integrating Dialectical Behavior Therapy and Motivational Interviewing. Poster to be presented at the Association for Contextual Behavioral Science World Conference 15.

2014

1. Richards, J., **Whiteside, U.**, Clingan, S., Stuckey, S. & Simon, G. (April, 2014). *Designing and Pilot Testing an Online Dialectical Behavioral Therapy Skills Training Intervention for Suicide Prevention.* Poster at annual American Association of Suicidology, Los Angeles, California.
2. **Whiteside, U.**, Goldstein Grumet, J., & Simon, G. (August, 2014). *Zero Suicides in Healthcare.* Paper at annual American Psychological Association, Washington, D.C.
3. **Whiteside, U.** et al. (April 2014). *Seeing both sides: Professionals with suicidal experience.* Panel at annual American Association of Suicidology, Los Angeles, California.

2013

4. Richards, J., **Whiteside U.**, Ludman, E., Bradley, K., Williams E, Grothaus, L., Simon, G. Alcohol Use, Emotion Regulation and Motives for Drinking in a Depressed Population. 2013 Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.

2012

5. **Whiteside, U.** & Simon, G. E. (April, 2012). *What Can Usual Care Data Tell Us About Risk and Treatment for Suicidal Patients? Patient Health Questionnaire*. Paper at annual American Association of Suicidology, Baltimore, Maryland.
 6. **Whiteside, U.,** Simon, G. E., & **Oliver, M.** (November, 2012). *Men making suicide attempts or completing suicide: Reported suicide ideation among men in prior depression treatment*. Poster at annual Association for Behavioral & Cognitive Therapies, National Harbor, Maryland.
 7. Hsin Hsu, S., **Whiteside, U.,** Jackson, S. Larimer, & M. E. (November, 2012). *Perfectionism, emotion regulation, and alcohol use problems among Asian American young adults*. Paper at annual Association for Behavioral & Cognitive Therapies, National Harbor, Maryland.
- 2010**
8. Hunter-Reel, D., Farris, S. G., **Whiteside, U.,** Bannon, K. L. (November, 2010). *Difficulties regulating emotions and behavioral dyscontrol: A replication and extension of Whiteside et al. (2006)*. Poster at annual meeting of Association for Behavioral & Cognitive Therapies, San Francisco, California.
 9. Jackson, S. C., **Whiteside, U.,** & Larimer, M. E. (November, 2010). *Unraveling the role of emotion regulation processes on binge drinking in college students meeting criteria for bulimia nervosa*. Poster at annual meeting of Association for Behavioral & Cognitive Therapies, San Francisco, California.
 10. Shipley, L., Randall, J., **Whiteside, U.,** & Stewart, D. G. (November 2010) *Mediators of the Relationship Between Anxiety Sensitivity and Problem Drinking*. Poster at annual meeting of Association for Behavioral & Cognitive Therapies, San Francisco, California.
- 2009**
11. Jackson, S. C., **Whiteside, U.,** Jones, E. & Larimer, M. E. (November, 2009). *Cross-ethnic differences in protective and risk factors for binge drinking and eating disorders among Asian-American and Caucasian college women*. Poster at annual meeting of Association for Advancement of Behavior Therapy, New York, New York.
 12. **Whiteside, U.** (November, 2009). *A brief DBT-informed intervention for young adults with depression, anxiety, and problem drinking*. Paper at annual ISITDBT Meeting at Association for Behavioral and Cognitive Therapies, New York, New York.
 13. Larimer, M. E., **Whiteside, U.,** & Lostutter, T. W. (2009, May). *Suicide assessment and intervention: How it relates to problem gambling*. Plenary session at annual convention for the Western Conference on Problem Gambling, Vancouver, Washington.
 14. **Whiteside, U.** (2009, May). *Incorporating motivational enhancement therapy and mindfulness based DBT skills for comorbid alcohol and mood problems: Insights and results from the treatment development trenches*. Chaired symposium at annual meeting of the Society for the Exploration of Psychotherapy Integration, Seattle, WA.
 15. McKay, S. M., Kleiber, B. V., & **Whiteside, U.** (2009, May). *Does use of select DBT skills predict change for young adult heavy drinkers?* Paper at annual meeting of the Society for the Exploration of Psychotherapy Integration, Seattle, WA.
- 2008**
16. McKay, S., Owens, M., **Whiteside, U.,** Atkins, D. & Larimer, M. E. (2008, November). *A treatment development project: Motivational interviewing including three DBT skills for young adults drinking for emotion regulation reasons*. Poster at annual convention for the Association for Behavioral and Cognitive Therapies, Orlando, Florida.
 17. Owens, M., McKay, S., & **Whiteside, U.** (2008, November). *Brief alcohol interventions: What depressed and/or anxious college drinkers find helpful to talk about*. Poster at annual ISITDBT Meeting at Association for Behavioral and Cognitive Therapies, Orlando, Florida.
 18. **Whiteside, U.,** Valtcheva, I., Linehan, M. M., Larimer, M. E. (2008, June). *Mindfulness based emotion regulation skills: A brief intervention for anxious or depressed drinkers*. Poster at annual Mind and Life conference, Garrison, New York.
 19. McKay, S., Owens, M., & **Whiteside, U.** (2008, May). *Teaching DBT skills to depressed or anxious college drinkers*. Poster at annual University of Washington Undergraduate Research Symposium, Seattle, Washington.
 20. Owens, M., McKay, S., & **Whiteside, U.** (2008, May). *Beyond basics: Post session feedback*. Poster at annual University of Washington Undergraduate Research Symposium, Seattle, Washington.

21. **Whiteside, U.**, Kleiber, B. V., Owens, M., McKay, S. M., Paves, A. P., Linehan, M. M., & Larimer, M. E. (2008, February). *Drinking and depression: A pilot study of a brief intervention*. Poster at annual Guze Symposium on Alcoholism, St. Louis, MO.
- 2007**
22. Lewis, M. A., Hove, M. C., **Whiteside, U.**, Lee, C. M., Oster-Aaland, L., Kirkeby, B., Neighbors, C., & Larimer, M. E. (2007, July). *Social anxiety, motives, and problematic drinking*. Poster at annual convention of the Research Society on Alcoholism, Chicago, IL.
 23. **Whiteside, U.**, Larimer, M. E., Linehan, M. M., Marlatt, G. A., Kleiber, B. V., & Jones, E. (2007, July). *Integrating brief motivational interventions with DBT skills*. Paper at World Congress of Behavior Therapy, Barcelona, Spain.
 24. Jacobson, J. N. Randall, J., Kleiber, B. V., **Whiteside, U.**, Larimer, M. E. (2007, May). *Examining the relationship between anorectic symptomatology and anxiety, depression, and emotion dysregulation*. Poster at annual convention for Washington State Psychological Association, Tacoma, WA.
 25. Randall, J., Jacobsen, J., Kleiber, B., **Whiteside, U.**, and Larimer, M. E. (2007, May). *Binge eating and bulimia: Differences across anxiety, depression, and emotion regulation*. Poster at annual convention for Washington State Psychological Association, Tacoma, WA.
 26. Kleiber, B., **Whiteside, U.**, Harned, M., & Linehan, M.M. (2007, April). *The relationship between perfectionism, emotion dysregulation, and suicidal and non-suicidal self-injurious behavior among women with borderline personality disorder*. Poster at annual conference of American Association of Suicidology, New Orleans, LA.
- 2006**
27. Larimer, M. E., Neighbors, C., Lostutter, T. W., **Whiteside, U.**, Crounce, J. M., & Kaysen, D. L. (2006, November). *Indicated prevention of at-risk gambling: Comparison of motivational feedback and cognitive-behavioral skills training*. Paper at annual convention of the Association for Behavior and Cognitive Therapy, Chicago.
 28. Tsai, M., Kohlenberg, R.J., Newring, R., Terry, C., Plummer, M., **Whiteside, U.**, Secrist, C., & Bowen, S. (2006, November). *Psychotherapy supervision: An experiential model based on Functional Analytic Psychotherapy for enhancing the CBT supervisory process*. Workshop at annual Convention of the Association for Behavior and Cognitive Therapy, Chicago.
 29. Woods, B., Neighbors, C., **Whiteside, U.**, Nobles, R. H., Larimer, M. E., & Cauce, A. M. (2006, November). *Alcohol use and alcohol-related problems among African American adolescents*. Poster at annual Convention of the Association for Behavior and Cognitive Therapy, Chicago.
 30. **Whiteside, U.** (2006, April). *Treating the suicidal college student*. Paper at Science Informed Case Presentation for University of Washington's Clinical Psychology Program, Seattle, Washington.
- 2005**
31. Lostutter, T. W., Neighbors, C., **Whiteside, U.**, Kaysen, D., & Larimer, M. E. (2005, November). *Everybody gambles: The relationship between gambling norms and gambling behavior among college students*. Poster at annual convention for the Association for Behavioral and Cognitive Therapies, Washington D.C.
 32. **Whiteside, U.** (2005, November). *Drinking for coping and social reasons: The highs and lows of college drinking*. Paper at annual NIAAA Trainee Workshop, Indianapolis, Indiana.
 33. **Whiteside, U.**, Neighbors, C., Kleiber, B., Lostutter, T. W., Zeller, K., Kaysen, D., & Larimer, M. E. (2005, November). *Suicidality and college student gamblers: Is severity of gambling behavior related to level of suicidality?* Poster at annual convention for the Association for Behavioral and Cognitive Therapies, Washington D.C.
 34. Kleiber, B., Cawley, A., **Whiteside, U.**, & Larimer, M. E. (2005, April). *Is there a relationship between parental perfectionism and suicidal behavior in young adults?* Poster at annual University of Washington Undergraduate Research Symposium, Seattle, Washington.
 35. Nguyen, T., Lo, T., **Whiteside, U.**, & Larimer, M. E. (2005, April). *Self-esteem and perfectionism: A correlational study of self-esteem and perfectionism among Asian-Americans college students*. Poster at annual University of Washington Undergraduate Research Symposium, Seattle, Washington.

36. Zeller, K. A., **Whiteside, U.**, & Larimer, M. E. *Problematic eating, interpersonal difficulties, and emotion regulation*. (2005, April). Poster at annual University of Washington Undergraduate Research Symposium, Seattle, Washington.
 37. Marlatt, G. A., **Whiteside, U.**, & Logan, D. (2005, March). *Relapse prevention and anxiety disorders*. Workshop at annual conference for the Anxiety Disorders Association of America, Seattle, Washington.
- 2004**
38. Holman, G. I., Kanter, J. W., **Whiteside, U.**, Landes, S. J., Busch, A. M., and Kohlenberg, R. J. (2004, November). *In-vivo interventions in cognitive therapy for depression and their relation to outcome*. Poster at annual convention of the Association for the Advancement for Behavior Therapy, New Orleans, LA.
 39. Landes, S. J., Kanter, J. W., Busch, A. M., Holman, G. I., **Whiteside, U.**, and Kohlenberg, R. J. (2004, November). *All relationship-focused interventions are not created equal: A qualitative analysis of in-vivo interventions in cognitive therapy for depression*. Poster at annual convention of the Association for the Advancement for Behavior Therapy, New Orleans, LA.
 40. Larimer, M. E., **Whiteside, U.**, & Dunn, E. C. (2004, November). *Comorbid eating and alcohol problems in college students*. Paper at annual convention for the Association for the Advancement of Behavior Therapy, New Orleans, Louisiana.
 41. **Whiteside, U.** (2004, November). *Clinical applications: Using chain analyses to examine and treat comorbid eating and alcohol problems*. Paper at annual convention for the Association for the Advancement of Behavior Therapy, New Orleans, Louisiana.
 42. Holman, G. I., **Whiteside, U.**, Kanter, J. W., & Kohlenberg, R. J. (2004, May). *Does emphasis on the therapeutic relationship relate to improved outcomes for depression? A behavioral analysis*. Paper at annual convention of the Association for Behavior Analysis, Boston, Massachusetts.
 43. Kanter, J. W., Newring, R., Terry, C., **Whiteside, U.**, & Kohlenberg, R. J. (2004, May). *The client-therapist relationship in psychotherapy: The pot of gold at the end of a functional analysis*. Workshop at annual convention of the Association for Behavior Analysis, Boston, Massachusetts.
 44. Ouellette, C. L., McKaskle, T. L., Holman, G. I., **Whiteside, U.**, Dimidjian, S. J., and Kohlenberg, R. J. (2004, May). *Therapist interpretations in behavior activation and cognitive-behavioral therapy for depression*. Poster at annual Undergraduate Research Symposium, University of Washington, Seattle, Washington.
- 2003**
45. **Whiteside, U.** (2003, November). *Innovative approaches for eating disorders: Analyzing the mechanisms of treatment*. Chaired symposium at annual meeting of the Association for the Advancement of Behavior Therapy, Boston, Massachusetts.
 46. Kohlenberg, R. J., Parker, C., Bolling, M. Y., Wexner, R., Terry, C., & **Whiteside, U.** (2003, May). *The client-therapist relationship in psychotherapy: The pot of gold at the end of a functional analysis*. Workshop at annual convention of the Association for Behavior Analysis, San Francisco, California.
- 2002**
47. Comtois, K. A., Murray Gregory, A., **Whiteside, U.**, Levinsky, E., & Linehan, M. M. (2002, November). *The University of Washington treatment study for borderline personality disorder: Study design and implementation*. Paper at annual convention of the Association for the Advancement of Behavior Therapy, Reno, Nevada.
 48. Simmons, A., **Whiteside, U.**, Witkiewitz, K., Dunn, E., Ball, J., Chan, K., Huang-Cummins, L., & McCann, B. (2002, November). *Individual CBT for binge eating disorder in a diverse sample*. Poster at annual meeting of Eating Disorder's SIG at Association for the Advancement of Behavior Therapy, Reno, Nevada.
- 2001**
49. Comtois, K. A., Welch, S. S., **Whiteside, U.**, & Linehan, M. M. (2001, November). *Understanding usual care for borderline personality disorder: Importance of diagnosis target vs. behavior*. Poster at annual convention of the Association for the Advancement of Behavior Therapy, Philadelphia, Pennsylvania.
 50. **Whiteside, U.** & Linehan, M. M. (November, 2001). *The "suicidal" client: What is she reporting?* Poster at annual ISITDBT meeting at Association for Advancement of Behavior Therapy, Philadelphia, Pennsylvania.
 51. **Whiteside, U.**, Gechter, K. M., Chen, H. H., Reynolds, S. K., Linehan, M. M., & Little, L. M. (2001, November). *The means of improvement: Client expectations for successful psychotherapy treatment*. Poster at annual meeting of Women's SIG at Annual Convention of the Association for the Advancement of Behavior Therapy, Philadelphia, Pennsylvania.

52. **Whiteside, U., Gechter, K. M., Chen, H. H., & Linehan, M. M. (2001, May).** *Client expectations for improvement: How do sub-populations differ?* Paper at annual University of Washington Undergraduate Research Symposium, Seattle, Washington.

Research Experience

- 2014-current **Research Scientist.** NowMattersNow.org, Seattle, WA
- 2014-2015 **Research Scientist.** Forefront: Innovations in Suicide Prevention, University of Washington
- 2012-2014 **Research Associate.** Group Health Research Institute, Group Health Cooperative
- 2010-2012 **Project Director.** Group Health Research Institute. *Pilot: Web-based CBT plus Secure Messaging Support (Group health Foundation Innovation.* Coordinated and facilitated many aspects of study. Executed IRB application, fine-tuning of research procedures, and site visit to potential vendor. *Supervisor:* Gregory Simon, MD, MPH
- 2005-2009 **Project Director and Research Study Coordinator.** University of Washington. *Beyond BASICS study (F31AA016038).* Coordinated all aspects of treatment development and outcome study. Executed development, IRB application, manualization, piloting, and testing a new intervention in a randomized clinical trial. Duties also included training and overseeing research assistants and study therapists, data management, writing of scholarly journal articles, and presenting data at conferences.
- 2004-2009 **Psychology Subject Pool Manager.** University of Washington. *Psychology Human Subject Pool.* Oriented and managed student participants (up to 1600 quarterly), instructors, and researchers involved in research conducted through the PSP. Implemented online sign-up and tracking procedures. *Supervisor:* Frank Smoll, PhD
- 2004-2005 **Research Study Coordinator.** University of Washington. *Project Chance: Indicated Prevention with At-risk Gamblers (R21MH067026).* Coordination of 2-year treatment outcome study. Duties included overseeing research assistants and study therapists, data management, aid in the writing of scholarly journal articles, and presenting data at conferences. *Supervisor:* Mary E. Larimer, PhD
- 2003-2007 **Project Director and Research Study Coordinator.** University of Washington. *Measuring the Cognitive, Behavioral, and Emotional Aspects of Eating and Alcohol Use Disorders.* Developed study, received IRB approval, and managed all aspects of cross-sectional research study (n = 1800). Duties included coordinating research assistants, data management, and presenting data at conferences.
- 2005 **Research Assistant.** University of Washington. *Alcohol Research Collaborative: Peer Programs (U01AA014742).* Trained twelve undergraduate research assistants to conduct brief motivational peer interventions for college student drinking. Duties also included overseeing recruitment and working with IRB. *Supervisor:* Mary E. Larimer, PhD
- 2003 **Research Assistant.** University of Washington. *Psychotherapy Process Research Project.* Coordinated training and facilitation of psychotherapy process coding of cognitive behavioral and functional analytic psychotherapy videotapes. Duties also included overseeing research assistants, data management, and presenting data at conferences. *Supervisor:* Robert J. Kohlenberg, PhD
- 2002 **Research Assistant.** University of Washington. *Treatments for Depression project (R01MH055502).* Received training in psychotherapy process research coding for cognitive behavioral and functional analytic psychotherapies. Duties included coding psychotherapy videotapes from large depression trial. *Supervisor:* Robert J. Kohlenberg, PhD
- 2000-2002 **Participant and Research Therapist Coordinator.** University of Washington. *Behavioral Research and Therapy Clinics treatment trials (R01MH034486, F31MH064231, Eli Lilly FID-US-X173, Royalty Research Fund #2339).* Duties included coordination of study therapists and recruitment and retention of participants diagnosed with borderline personality disorder in clinical and experimental trials. Attended consultation teams as participant liaison. Performed structured clinical interviews, data management, and supervised numerous research assistants in various roles. *Supervisors:* Marsha M. Linehan, PhD, Kathryn E. Korslund, PhD

- 1999-2000 **Research Assistant.** University of Washington. *Behavioral Research and Therapy Clinics.* Coordination of study therapists and large psychotherapy video library.
Supervisor: Sarah K. Reynolds, PhD
- 1999 **Research Assistant.** University of Minnesota. *Eating Disorders Research Program.* Conducted data entry and cleaning. Learned inner workings of large psychological research laboratory.
Supervisor: Carol B. Peterson, PhD

Teaching Experience**

Seminar Leader

- 2003 - 2009 *Didactic Seminar for Volunteer and Undergraduate Research Assistants*
Ongoing weekly seminar. Topics included Research on Treatments for Depression, Eating Disorders Research and Treatment, Motivational Interviewing and DBT skills Training, Borderline Personality Disorder, Motivational Interviewing Treatment Integrity (MITI) Coding System, and Graduate School and Psychology Jobs: Applications and Interviewing

Course Instructor

- 2022 - 2023 [Growth, Pride & Renewal: DBT Skills Self-Help & Relationships Course](#). 16-hour 8-month virtual and on-demand course offering DBT skills and supporting traditional practices. Northwest Portland Area Indian Health Board & Partners.
- 2021 - 2022 [Part 2 - Coping and Caring for Yourself and Others: Practical Wellness Tools for You and Those We Serve](#). 8-hour virtual course taught over 4 months is an extension of Part 1. This course provides additional tools for helping ourselves, our loved ones and those we serve. It includes practical and effective approaches for managing stress and intense emotions. Northwest Portland Area Indian Health Board & Partners.
- 2021 [Part 1 - Coping and Caring for Yourself and Others: Practical Wellness Tools for You and Those We Serve](#). 8-hour virtual course taught over 4 months providing tools for helping ourselves, our loved ones and those we serve. Northwest Portland Area Indian Health Board & Partners.
- 2008 *Stress and Coping*. Ten week undergraduate course on the related research and clinical research applications of stress and coping. University of Washington.
- 2007 *Clinical Psychology*. Ten week course for undergraduates reviewing clinical assessment and research supported treatments. University of Washington.
- 2009 *Introduction to Motivational Interviewing*. Six-week course for graduate students on theory and application of Motivational Interviewing. *Co-Instructors:* Kevin King, PhD Sean Tollison, PhD. University of Washington.
- 2022 - 2023 *Crisis Intervention*. 5 week undergraduate course related to supporting people in emotional crises. Heritage University.

Teaching Assistant

- 2009 *Cognitive Behavior Therapy Seminar for Third Year Psychiatry Residents*, Topics included Behavioral and Cognitive Theory and Techniques, Case Formulation, and specific Applications for PTSD, Anxiety, and Depression, *Instructor:* Christopher Martell, PhD
- 2004 *Abnormal Psychology*, *Instructor:* Theodore Beauchaine, PhD
- 2003 *Introduction to Psychology*, *Instructor:* Jacob Leonesio, PhD
- 2003 *Understanding Statistics in Psychology*, *Instructor:* James Ha, PhD

Undergraduate Teaching Assistant

- 2001 *Fundamentals of Psychological Research*, *Instructor:* Patricia Loesche, PhD
- 2001, 2002 *Laboratory in Animal Learning*, *Instructor:* Renee Robinette, PhD, Patricia Loesche, PhD

Invited Speaker

- 2022 *Addictions*. Portland State University,
[Substance Use, Abuse and Addiction & Social Work Practice](#). *Instructor*: Danical Love Brown
- 2010 *Drinking to Cope and Problems with Anxiety and Depression*, Washington State University, Addiction and Comorbidity undergraduate course, *Instructor*: Katie Witkiewitz, PhD
- 2010 *DBT-BASICS for Comorbid Alcohol and Mental Health Problems*. Evidence Based Treatment Centers of Seattle, Center clinicians at for CE credit
- 1999, 2003 *Problematic Eating Behaviors*. Alpha Gamma Delta, a University of Washington Sorority
University of Minnesota Sorority. Temple of Aaron, Minneapolis, Minnesota

Guest Lecturer

- 2007-2010 *Introduction to Dialectical Behavioral Therapy*. Clinical Psychology undergraduate courses, *Instructors*: Alan G. Marlatt, PhD, Diane Logan, MS, Christine Terry, PhD, Dellanira Garcia, PhD, Susan E. Collins, PhD
- 2004 *Problematic Eating Behaviors*. Abnormal Psychology undergraduate course. *Instructor*: Theodore Beauchaine, PhD
- 2003 *Various Statistical Topics*. Understanding Statistics in Psychology undergraduate course
Instructor: James Ha, PhD
- 2004, 2005 *Clinical Case Presentation*. Graduate level Clinical Psychology Courses
Instructors: Corey Fagan, PhD, Ronald E. Smith, PhD

**All teaching experience occurred at the University of Washington unless otherwise noted

Professional Organizations and Service

Association for the Advancement of Behavioral and Cognitive Therapies
American Psychological Association—Division 12: Society of Clinical Psychology
Society for the Science of Clinical Psychology
Washington State Psychological Association

- 2002-2005 Faculty Meeting Graduate Student Representative, UW Department of Psychology
- 2002-2006 Graduate Program Action Committee (GPAC), Member, UW Department of Psychology

Journal Article Reviewer

Journal of Abnormal Psychology, General Hospital Psychiatry, Psychology of Addictive Behaviors, Journal of Medical Internet Research, Suicide and Life Threatening Behavior, Archives of Suicide Research, eGEMS (Generating Evidence & Methods to improve patient outcomes).

Specialized Clinical Training

Intensive Clinical Training

- 2010 Cognitive-Behavioral Analysis System of Psychotherapy (CBASP) for Depression. Seattle. One day. *Instructor*: Christopher Martell, PhD
- 2010 Behavioral Activation (BA) for Depression. Seattle. One day training. *Instructor*: Christopher Martell, PhD
- 2010 Motivational Interviewing (MI). Seattle. Eight hour training. *Instructor*: Christopher Dunn, PhD
- 2010 Behavioral Activation (BA). Seattle. Six hour training. *Instructor*: Christopher Martell, PhD
- 2010 Relapse Prevention Therapy (RP) for Addictions. Seattle. One-day training. *Instructor*: Katie Witkiewitz, PhD
- 2010 Cognitive Processing Therapy (CPT) for PTSD. Seattle. Two-day. *Instructor*: Debra Kaysen, PhD
- '03/'06 Suicide Assessment and Intervention. Seattle. Two-day. *Instructors*: Marsha Linehan, PhD and Kathryn Korslund, PhD
- 2005 Acceptance and Commitment Therapy (ACT). Seattle. One-day training. *Instructor*: Steve Hayes, PhD
- 2005 Brief Alcohol Screening & Intervention for College Students (BASICS). Seattle. Three-day. *Instructors*: Mary Larimer, PhD & Jason Kilmer, PhD

- 2005 Motivational Interviewing Treatment Integrity (MITI): MI Adherence Assessment. Seattle. Three-day.
Instructor: Terri Moyers, PhD
- 2004 Conducting Transdiagnostic CBT for Eating Disorders. Boston. One-day. *Instructor:* Chris Fairburn, PhD
- 2004 Personalized Motivation Enhancement Therapy for At-Risk Gamblers. Seattle. One-day. *Instructors:* Mary Larimer, PhD, Denise Walker, PhD
- 2003 CBT Treatment of Pathological Gamblers. Seattle. Two-day. *Instructor:* Nancy Petry, PhD
- 2003 Conducting DBT. Seattle. Seven-day. *Instructors:* Marsha Linehan, PhD and Kate Comtois, PhD
- 2003 After Prozac: Mindfulness-Based Cognitive Therapy. Seattle. Two-day. *Instructor:* Zindal Segal, PhD
- 2002 Disordered Eating: Treatment Strategies That Work. Seattle. Two-day. *Instructor:* Lucene Wisniewski, PhD
- 2002 Semi-structured Clinical Interview for DSM-IV. Seattle. One-day. *Instructor:* Shireen Rizvi, PhD
- 2002 Eating Disorders Examination. Seattle. One day. *Instructor:* Shireen Rizvi, PhD

Clinical Coursework at Graduate Level

- 2007 Clinical Supervision Methods, *Instructor:* Corey Fagan, PhD
- 2006 Behavioral Activation, CBT, and Mindfulness-Based CBT, *Instructor:* Sona Dimidjian, PhD
- 2004 Behavioral Methods, *Instructor:* Marsha Linehan, PhD
- 2004 Semi-structured Clinical Interview (SCID-I) for DSM-IV, *Instructor:* Angela Murray, MSW, M.A.
- 2004 Behavioral Assessment, *Instructor:* Marsha Linehan, PhD
- 2003 Clinical Interviewing, *Instructor:* Corey Fagan, PhD
- 2002 Dialectical Behavioral Therapy, *Instructor:* Marsha Linehan, PhD
- 2001 Motivational Interviewing, *Instructors:* Mary Larimer, PhD and Denise Walker, PhD
- 2001 Clinical Personality Assessment: MMPI & MMCI, *Instructor:* Ronald Smith, PhD
- 2001 Seminar in Behavior Analysis. Graduate reading and discussion group. *Instructor:* Robert Kohlenberg, PhD

Statistical and Epidemiologic Training***

Autodidactic

- 2011 VA Epidemiology Summer Session (2002), Overview of General Biostatistics, Lessons 1-10, Epidemiologic Research and Information Center (ERIC) at uwtv.org
- 2010 VA Epidemiology Summer Session, Epidemiology: Introduction to Epidemiologic Methods, Lessons 1 – 20, Epidemiologic Research and Information Center (ERIC) at uwtv.org
- 2010 Clinical and Translational Research Bootcamp, Epidemiology and Biostatistics, 24 Lessons, Institute of Translational Research at www.iths.org/node/911

Graduate Level

- 2011 Epidemiologic Methods II (Epi 513), *Instructor:* Victoria Holt, RN, MD, MPH
- 2010 Epidemiologic Methods I (Epi 512), *Instructor:* Tom Koepsell, MD, MPH
- 2003 Linear Models and Data Analysis (Psy 525), *Instructor:* John Miyamoto, PhD
- 2003 Laboratory in Statistical Computation II (Psy 523), *Instructor:* John Miyamoto, PhD
- 2002 Introduction to Statistics and Data Analysis (Psy 524), *Instructor:* Carolyn Mangelsdorf, PhD
- 2002 Laboratory in Statistical Computation I (Psy 522), *Instructor:* Carolyn Mangelsdorf, PhD

Undergraduate Level

- 2001 Directed Reading in Statistics (Psy 498), *Instructor:* Laura Little, PhD
- 2001 Statistical Inference in Psychological Research (Psy 318), *Instructor:* Laura Little, PhD
- 2001 Intro to Probability and Statistics for Psychology (Psy 317), *Instructor:* Laura Little, PhD

***All statistical and epidemiologic occurred at the University of Washington

Other Specialized Training

- 2008 University of Michigan's NIH Funded Training in fMRI. Eight day, *Instructor:* John Jonides, PhD
- 2006 BASICS and Beyond: Building Bridges between Research and the Practice of Brief Motivational Interventions for College Students
- 2006 Sponsored by Robert Wood Johnson Association and the Center for College Health and Safety and Addictive Behavior Research Center. Seattle, Washington.

2002 Office Manager Position at DBT Center of Seattle, PLLC. Worked with newly formed private practice group. Seattle, Washington. Supervisor: Anthony P. DuBose, PsyD. and David Lischner, MD

Professional References

Gregory Simon, MD, MPH

Gregory.E.Simon@kp.org, 206.287.2979

Senior Investigator, Group Health Research Institute, 1730 Minor Avenue, Suite 1600, Seattle WA 98101

Mary E. Larimer, PhD

larimer@u.washington.edu, 206.543.3513

Professor, Director of the Center for Health and Risk Behaviors, Associate Director of the Addictive Behaviors Research Center, University of Washington, Psychiatry and Behavioral Sciences Department, Box 354933, Seattle, WA 98105-6099

Julie Richards, MPH, PhD

Julie.E.Richards@kp.org, Office: 206.287.2100; Cell: 206.898.1653

Collaborative Scientist, Kaiser Permanente Washington Health Research Institute, 1730 Minor Ave, Suite 1600, Seattle 98101

