

Haruka Notsu

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Education

2018 – Present

The Pennsylvania State University, *Doctoral Student in Clinical Psychology* *Master of Science*

Thesis. “Examining Unstable Working Alliance During Treatment for Borderline Personality Disorder”

Committee. Kenneth N. Levy, Ph.D. (Thesis advisor), Michael Hallquist, Ph.D., James

2012 - 2015

Wellesley College, Bachelor of Arts, Psychology with Honors

PUBLICATIONS

Articles:

1. **Notsu, H.**, Iwakabe, S., Thoma, C. N. (in press). Enhancing Working Alliance Through Positive Emotional Experience: A Cross-Lag Analysis *Psychotherapy Research*.
2. **Notsu, H.**, Kivity, Y., Levy, K.N., Kolly, S., Kramer, U. (2022). *Stable Instability: The Relation Between Unstable Working Alliance and Treatment Outcome in Borderline Personality Disorder*. [Manuscript submitted for publication].
3. Dong, L., Zieve, G., Gumport, N.B., Armstrong, C.C., Alvarado-Martinez, C., Martinez, A., Howlett, S., Fine, E., Tran, T., McNamara, M., Weaver, C., Tuck, A., Hillmoe H., Agnew E., Fisher K., Diaz M., Lee J.Y., Hollon S.D., **Notsu H.**, Harvey, A. G. (in review) Can Integrating the Memory Support.
4. Dong, L., Dolsen, M. R., Martinez, A. J., **Notsu, H.**, & Harvey, A. G. (2019). A transdiagnostic sleep and circadian intervention for adolescents: six-month follow-up of a randomized controlled trial. *Journal of Child Psychology and Psychiatry*.
5. Harvey, A.G., Dong, L., Lee, J.Y., Gumport, N.B., Hollon, S.D., Rabe-Hesketh, S., Hein, K., Haman, K., McNamara, M., Weaver, C., Martinez, A., **Notsu, H.**, Zieve, G., Armstrong, C.C. (2017). Can Integrating the Memory Support Intervention into Cognitive Therapy Improve Depression Outcome? Study Protocol for a Randomized Controlled Trial. *Trials*.

Chapter:

1. Levy, K. N., Johnson, B. N., & **Notsu, H.** (2021). Crossing the alphabet divide: Navigating the evidence for DBT, GPM, MBT, ST, and TFP for BPD. In R. Feinstein (Ed.), *Primer on personality disorders: Multi-theoretical view points*. Oxford University Press.

CONFERENCE PRESENTATIONS

1. **Notsu, H.**, Iwakabe, S., Thoma, N. (2022). (2022, April 21-24). *Clarifying the Relationship Between In-Session Positive Affect and Working Alliance* [Paper presentation]. 38th International Annual Meeting 2022 of the Society for the Exploration of Psychotherapy Integration (SEPI), Lausanne, Switzerland.
2. **Notsu, H.**, Kivity, Y., Levy, K.N., Kolly, S., Kramer, U. (2022). (2022, July 6-9). *The Therapeutic Relationship in Treatment of BPD* [Paper presentation]. 53rd International Annual Meeting 2022 of the Society for Psychotherapy Research (SPR), Denver, CO, USA.
3. Blansfield, R., Levy, K. N., Notsu, H., Spina, D. (2022, July 6-9). *The Association Between Adult Attachment Style and the Therapeutic Alliance: A Meta-Analytic Study* [Poster Presentation]. Society for Psychotherapy Research, Denver, CO, United States. <https://www.psychotherapyresearch.org/page/spr2022>
4. **Notsu, H.**, Kivity, Y., Levy, K, N. (2019, October). *Can BDI Identify BPD? A preliminary analysis.* Poster at The International Society for the Study of Personality Disorders, Vancouver, Canada.
5. **Notsu, H.**, Kivity, Y., Levy, K, N., Kolly, S., & Kramer, U. (2019, April). *Stability of Therapeutic Alliance Over Brief Therapy for Borderline Personality Disorder.* Poster at The North American Society of Personality Disorders, Pittsburgh, USA.
6. McNamara, M.E., Gumport, N.B., **Notsu, H.** (2017, November) *Supervised Casework in Cognitive Therapy: Therapist Training and the Impact of the Memory Support Intervention.* Poster presented at 2017 Annual Convention of Association for Behavioral and Cognitive Therapies
7. **Notsu, H.**, & Wink, P. (2015, April) *Implications of Adolescent Narcissism for Psychological Health in Late Adulthood*, Ruhlman Conference at Wellesley College

CLINICAL TRAINING & EXPERIENCE

- 2021 - 2022: **Clinical Assistantship** Supervised by Dr. Kristen Kelly, Ph.D.
- 2021 - 2022: **Neuropsychological Assessment Practicum** Supervised by Dr. Peter Arnett, Ph.D.
- 2020 - 2021: **Transference Focused Psychotherapy Practicum** Supervised by Dr. Kenneth Levy, Ph.D.
- 2019 - 2020: **Cognitive-behavioral Therapy Practicum** Supervised by Dr. Michelle G. Newman, Ph.D.
- 2018 - 2019: **Clinical Assessment Practicum** Supervised by Dr. Amy Marshall, Ph.D.
- 2015 - 2016: **Asakayama Hospital, Japan** (Internship and short-term employee) | Worked as a staff member in the adult daycare center at department of psychiatry with more than 60 in- and out- patients with different degrees of schizophrenia, depression, anxiety, bipolar, personality disorders and etc.;

Discussed assessment (objective and projective test) results of patients and juvenile delinquents; Helped to decide course of treatment by writing daily reports of patients at the daycare center

RESEARCH EXPERIENCE

August 2018 – Present | The Pennsylvania State University, State College, PA

Title: *Graduate Student*, Clinical Psychology Graduate Advisor: Kenneth N. Levy, Ph.D.

Laboratory for Personality, Psychopathology, and Psychotherapy Research

May 2021 – August 2021 | Ochanomizu University, Tokyo, Japan

Title: *Predoctoral Researcher*

Principle Investigators: Shigeru Iwakabe, Ph.D.

Clarifying the Relationship Between Positive Affect and Working Alliance

August 2020 - May 2021 | The Pennsylvania State University, State College, PA

Title: *Research Assistant*

Principle Investigators: Amy Marshall, Ph.D.

Ochanomizu University, Tokyo, Japan

The Children, Intimate Relationships, Conflictual Life Events, and Stress Study

August 2018 – Present | The Pennsylvania State University, State College, PA

Title: *Research Assistant*

Principle Investigators: Kenneth N. Levy, Ph.D. James LeBreton, Ph.D.

Meta-analysis on Mentalizing in Organizational Behavior

June 2016 - May 2018 | University of California, Berkeley, CA

Title: *Project Coordinator, Golden Bear Sleep and Mood Research Clinic*

Principal Investigators: Allison Harvey, Ph.D. Lu, Dong, Ph.D

R01MH1086: Improving Outcome for Severe Mental Illness by Enhancing Memory for Treatment

Administered, kept track of and managed scheduling of more than 200 assessments that measure participant and therapists' memory for treatment sessions; Trained research assistants to successfully conduct assessments and handle unexpected situations; Assisted submission of multiple papers and posters; created CONSORT and SPIRIT diagram and checklist; Consulted literature to conduct and implement block randomization for randomized controlled trial; Encrypted, stored and kept accurate record of more than 2,000 video and audio recordings of therapy sessions; Collaboratively designed and built database using Access to decrease error in data entry; Recruited, interviewed, trained and supervised research assistants for recruitment; Designed automated spreadsheet to track response rate, efficacy and cost of each recruitment method

Early to bed and early to rise: Does morningness really make us healthier, wealthier and wiser? A meta-analysis.

Conducted systematic literature search using advanced syntax in data bases including PsychINFO, PubMed, Ovid, Cochrane Library etc.; Screened more than 1,000 articles for meta-analysis and coded 25 variables for more than 300 studies; Performed effect size calculation and moderation analysis using Comprehensive Meta-Analysis Software;

Plotted forest plots studies using R; Identified solutions to coding and analyzing issues by consulting literature and discussing with statisticians

June 2014 - May 2015 | Wellesley College, MA

Title: *Honors Student*

Honors Thesis Supervisor: Paul Wink, Ph.D.

Implications of Adolescent Narcissism for Psychological Health in Late Adulthood

Hypothesized, analyzed and plotted three-way interaction using SPSS and R; Rated degrees of psychological health for more than 50 individuals using longitudinal interview materials; Rated personalities using California Q-sort for Adolescents; Gained background knowledge of the topic by conducting literature review

April 2013 - May 2015 | Wellesley College, MA

Title: *Research Assistant*

Principal Investigators: Tracy Gleason, Ph.D.

Designed and conducted experiments involving pre-school children; Collected data from controlled observations, experiments and surveys; Coded data with Dyadic Relationship Q-Set; Conducted literature review to help decide future direction of studies and to support experiment design; Trained three new research assistants to conduct experiments and track study progress

HONORS AND AWARDS

- (2022) 2022 SEPI Travel Award, Society of the Exploration of Psychotherapy Integration
- (2020) The Japan Society for the Promotion of Science Summer Program
- (2018) Graduate Scholar Award, *The Pennsylvania State University*

PROFESSIONAL SERVICE

Ad Hoc Journal Reviews

Borderline Personality Disorder and Emotion Dysregulation, co-reviewer with Kenneth N. Levy Ph.D.

Journal of Personality Disorders, co-reviewer with Kenneth N. Levy Ph.D., Lia Rosenstein, M.S.

Journal of Personality Disorders, co-reviewer with Kenneth N. Levy Ph.D.

Psi Chi Presentation Judge

Division 12 Review for APA 2021 conference