

## Curriculum Vitae

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### EDUCATION

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**The Pennsylvania State University**, University Park, Pennsylvania  
Ph.D., Clinical Psychology  
Advisor: Kenneth N. Levy Ph.D.

2022 – Present

**Trinity University**, San Antonio, TX  
Bachelor of Arts: Psychology, *Magna Cum Laude*  
Minor in Philosophy

Aug 2016 – May 2020

### RESEARCH INTERESTS

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- Psychopathology conceptualization & classification
- Quantitative models of psychopathology
- Ecological momentary assessment
- Suicidality
- Personality
- Depression and anxiety disorders
- Developmental psychopathology

### PAST RESEARCH EXPERIENCE

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**Project Coordinator, Attachment & Biobehavioral Catch-Up Lab**

Aug 2020 – Current

University of Delaware

*Attachment & Biobehavioral Catch-Up Lab*

Principal Investigator: Mary Dozier, PhD

- Coordinating longitudinal follow-up visits to randomized control trial (RCT) of Attachment & Biobehavioral Catch-up (ABC), an attachment-based intervention designed to improve parent-child attachment relationships by promoting sensitive parenting behaviors in families with children who have experienced adversity. Responsibilities include:
- Staffing approximately 30 project team members comprising full time staff, graduate students, and undergraduate students for research visits
- Scheduling participants for in-person research visits ( $n \sim 200$ )
- Collecting self-report and behavioral data (e.g., Life events checklist interview, Trier Social Stress Test, Mini-International Neuropsychiatric Interview for Children and Adolescents, Columbia Suicide Severity Rating Scale-CSSRS, Wechsler Intelligence Scale vocab subtest for Children) and assisting with

psychophysiological (MRI, structural, resting state, DTI, salivary & hair cortisol) data collection to assess the longitudinal effects of ABC on child mental and biological health outcomes

- Managing project's National Institute of Mental Health Data Archive data submission requirements
- Lab purchasing, participant payment withdrawal, & expense reconciliation
- IRB amendments & reports
- Training and leading 10 undergraduates who take structured notes on and verify completed notes of Life Events Checklist audio-recorded interviews. Notes will be used for the coding of a cumulative risk index
- Training new undergraduates and staff to assist with research visits
- Creating a cumulative risk index (CRI) to assess risk present in participants' lives during critical developmental periods (early childhood, middle childhood, adolescence)

### **Undergraduate Research Assistant**

Jan 2018 – May 2020

Trinity University, San Antonio TX

*Personality Disorder, Diagnosis, & Psychotherapy Research Lab*

Principal Investigator: William D. Ellison, PhD

- Worked as a research assistant where my responsibilities included data management, cleaning, and analysis, behavioral data collection, manuscript writing, & participant recruitment

Research projects include:

#### **Individual differences and stability of dynamics among self-concept clarity, impatience, and negative affect**

- During a summer research fellowship, examined the relationship between self-concept clarity, impatience, and negative affect within individuals over time using ecological momentary assessment (EMA) and used dynamic factor analysis to create models representing the interaction of self-concept clarity, impatience, and negative affect over time. Responsibilities included:
  - Data cleaning for cubic spline interpolation
  - Literature review
  - Manuscript preparation (Published as Ellison, Gillespie, & Trahan, 2020)

#### **Accuracy of experience sampling compared to retrospective report for stress and self-esteem states**

- Across two studies, examined the accuracy of participants' recognition and recall of stress and self-esteem states through the completion of several recall and recognition tasks and compared retrospective report data with data collected via ecological momentary assessment. Alexithymia was examined as a moderator of recognition and recall accuracy. Responsibilities included:
  - Behavioral data collection (monitored EMA data collection and administered stress and self-esteem recall tasks)
  - Participant scheduling
  - Data management and analysis
  - Manuscript preparation (Published as Ellison, Trahan, Pinzon, Gillespie, Simmons, & King, 2020)

#### **Development of smartphone application "Ellie"**

- Ellie is a smartphone application developed to track the symptom severity of clients' and gain useful information from them while outside of therapy sessions. Symptom information will be used to analyze variables like mean symptom levels, longitudinal patterns in symptom variation, symptom trends and the dynamic relationships between symptoms over time to provide clinicians with useful client information. Responsibilities included:
  - Application beta testing with application developers
  - Creating clinician report templates, and application user manual

- Created academic poster explaining the research and clinical implications of Ellie (Trahan & Ellison, 2018, July)

## PUBLICATIONS

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- Ellison, W. D., Yun, J., Lupo M. I., Lucas-Marinelli A. K., Marshall V. B., Matic A. F. R., & **Trahan A. C.** (2021). Development and initial validation of a scale to measure momentary self-concept clarity. *Self and Identity*, DOI: 10.1080/15298868.2021.2010796
- Ellison, W. D., **Trahan, A. C.**, Pinzon, J. C., Gillespie, M. P., Simmons, L. M., & King, K. Y. (2020). For whom, and for what, Is experience sampling more accurate than retrospective report? *Personality and Individual Differences*, 163. doi: 10.1016/j.paid.2020.110071
- Ellison, W. D., Gillespie, M. E., & **Trahan, A. C.** (2020). Individual differences and stability of dynamics among self-concept clarity, impatience, and negative affect. *Self and Identity*, 19(3), 324-345. doi:10.1080/15298868.2019.1580217

## MANUSCRIPTS UNDER REVIEW

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- Raby, K. L., Bourne, S. V., Labella, M., **Trahan, A. C.**, Katz, D., & Dozier, M. (under review). Is attachment and biobehavioral catch-up effective with dismissing parents? *Child Development*.

## PRESENTATIONS

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- Schein, S. S., Costello, A. H., **Trahan, A. C.**, Roben, C. K. P., & Dozier, M (2022, November) *Measuring indicators related to child maltreatment in a community-based sample*. Accepted for presentation at the Association for Behavioral and Cognitive Therapies 56th Annual Conference, New York, NY.
- Yun J., Matic A. F. R., Marshall V. B., **Trahan, A. C.**, Ellison, W. D. (2021, February). *Creating a multi-item scale to measure momentary self-concept clarity*. Poster session presented at the Society for Personality and Social Psychology, Austin, TX.
- Ellison, W., **Trahan, A.**, Simmons, L., Gillespie, M., & Pinzon, J. (2019, November). *Alexithymia and memory for stress and self-esteem states*. Poster session presented at the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
- Ellison, W., **Trahan, A. C.**, Kealy, D., Joyce, A., & Ogrodniczuk, J. (2019, October). *Personality disorder features and non-completion of a day-hospital group therapy program*. Paper session presented at the meeting of the International Society for the Study of Personality Disorders, Vancouver, Canada.
- Trahan, A. C.**, Pinzon, J., & Ellison, W. (2018, November). *How well do individuals recognize their own EMA data? The role of alexithymia*. Poster session presented at the meeting of the Association for Behavioral and Cognitive Therapies, Washington D.C.

**Trahan, A. C., & Ellison, W.** (2018, July). *"Ellie": Developing a smartphone application to improve diagnosis, treatment, and outcome monitoring*. Poster session presented at the Trinity University Summer Research Symposium, San Antonio, TX.

## CLINICAL EXPERIENCE

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### Research visit lead, Attachment & Biobehavioral Catch-Up Lab

Aug 2020 - Current

- Lead research visits with parent-teen dyads who were recruited through child protective services (CPS) in a large mid-Atlantic city when teenagers were infants. During visits, I conduct Life Events Checklist interviews with parents that inquire about a range of areas, including history of psychopathology, emotional and physical abuse, substance use, and trauma exposure. Administer sections of the Mini-International Neuropsychiatric Interview for Children and Adolescents, the Columbia Suicide Severity Rating Scale, and the WISC-5 vocabulary subtest to teenagers. When responses to the CSSRS indicated at least moderate lifetime or current suicidal ideation, I complete safety plans with teens.

### Intern, Center for Dialectical and Cognitive Therapies. San Antonio TX

Aug 2019 – Dec 2019

- Worked as a secondary group leader and notetaker during Radically Open Dialectical Behavior Therapy (RODBT), adult Dialectical Behavior Therapy (DBT), and adolescent DBT skills training classes
- Participated in weekly team consultation meetings with staff therapists

## MENTORING/TEACHING EXPERIENCE

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### Summer undergraduate statistics bootcamp leader

June 2021 – July 2021

University of Delaware

*Attachment & Biobehavioral Catch-Up Lab*

Advisor: Mary Dozier, PhD

- Organized a statistics bootcamp for 10 summer undergraduate research fellows and scholars that assisted with research visits and tasks during summer 2021
- Over 5 weeks, created instructional material and weekly assignments that covered SPSS basics and summarizing data, correlation, linear regression, and both multiple and hierarchical multiple regression
- Provided individualized feedback on all assignments that were submitted directly to me

### Statistics & Methods 1 peer tutor

Aug. 2019 – Dec. 2019

Trinity University, San Antonio TX

Department of Psychology

Instructor: Kevin McIntyre, PhD

- Served as the peer tutor for one section of Statistics & Methods 1 for the duration of the 2019 fall semester
- Attended all classes and held 3-hour weekly office hours
- Held review session before major assignment and test dates

## HONORS AND AWARDS

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### Outstanding Senior in Psychology Award

2020

Department of Psychology, Trinity University, San Antonio TX

- Chosen by the psychology department to be recognized as one of two outstanding seniors in psychology

**Phi Beta Kappa Society**

Trinity University, San Antonio TX

2020

**Hemlock Award for Best Philosophical Essay**

Department of Philosophy, Trinity University, San Antonio TX

2020

- Annual essay competition held by the Trinity University Philosophy Department

**Mach Research Fellowship**

Department of Psychology, Trinity University, San Antonio TX

2020

- Mach fellowships provide funding to rising seniors for use in research or scholarly activity during their senior year. One Mach Fellow nomination is permitted per department. Award: \$4000

**Murchison Undergraduate Summer Research Fellowship**

Department of Psychology, Trinity University, San Antonio TX

2018

- Received fellowship to conduct research pertaining to the Ellie smartphone application, its development, the types of analyses that could be used to gain valuable information from Ellie data, and the materials that needed to be constructed to facilitate the use of Ellie (such as the symptom monitoring reports and user guide). Worked 40 hours per week from May 18<sup>th</sup> to July 30<sup>th</sup> and participated in a research symposium for which an academic poster was made to display the work of the previous months (Trahan & Ellison, 2018)  
Award: \$4000

**Dean's List**

Trinity University, San Antonio TX

2018-2020

- To qualify for the honor of being placed on the Dean's List you must complete 15 or more grade carrying hours of credit each semester and maintain at least a 3.65 GPA. From the spring semester of 2018 to the spring semester of 2020, I received this honor four times