

# Haruka Notsu

## CURRICULUM VITAE

The Pennsylvania State University  
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917-214-1023

### Education

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#### **The Pennsylvania State University** **Oct 2020 - Present**

Doctor of Philosophy in Clinical Psychology

Dissertation: *Mentalizing Exercise and Emotion Regulation in Peer Counselors*

Advisor: Kenneth N. Levy, Ph.D.

Committee members: José A. Soto, Ph.D., Alicia Grandey, Ph.D., Sy-Miin Chow, Ph.D.

#### **The Pennsylvania State University** **Aug 2018 – Oct 2020**

Master of Science in Psychology

Thesis: *Examining Unstable Working Alliance During Treatment for Borderline Personality Disorder*

Advisor: Kenneth N. Levy, Ph.D.

Committee members: Michael N. Hallquist, Ph.D., James M. LeBreton, Ph.D., Yogeve, Kivity, Ph.D.

#### **Wellesley College** **Aug 2012 – May 2015**

Bachelor of Arts in Psychology with Honors

Honors Thesis: *Implications of Adolescent Narcissism for Psychological Health in Late Adulthood.*

Advisor: Paul M. Wink, Ph.D.

### Clinical Experience

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#### **Clinical Assistantship** **May 2021 – May 2023**

Psychological Clinic, The Pennsylvania State University

Supervised by Kristen Kelly, Ph.D.

- Delivered individual therapy with an integrative framework based on cognitive-behavioral, psychodynamic, and motivational interviewing, and worked with clients with borderline personality disorder, narcissistic personality disorder, avoidant personality disorder, binge eating disorder, bipolar disorder, etc.
- Maintained a psychotherapy caseload of an average of 6 clients per week.
- Wrote comprehensive diagnostic reports for use in the clients' treatment.
- Provided crisis interventions for patients with acute and chronic suicidality.
- Served as an on-call crisis therapist.
- Presented in case conference meetings.
- Attend weekly didactic and group supervision meetings.

**Neuropsychology Assessment Practicum****May 2021 – May 2022**

Psychological Clinic, The Pennsylvania State University

Supervised by Peter A. Arnett, Ph.D. and Mike Keil, Ph.D.

- Administered intelligence, neuropsychology, personality, and psychiatric symptom assessment batteries to clients with diverse presenting concerns of attention-deficit hyperactivity disorder, learning disorder, memory, etc.
- Participated in weekly 3-hour group supervision and ad-hoc individual supervision.
- Presented in case conference meetings.

**Contemporary Psychodynamic Psychotherapy Practicum****May 2020 – May 2021**

Psychological Clinic, The Pennsylvania State University

Supervised by Kenneth N. Levy, Ph.D. and Michael Roche, Ph.D.

- Delivered Transference-Focused Psychotherapy to clients with obsessive-compulsive personality disorder, borderline personality disorder, and comorbid mood and anxiety disorders.
- Conducted structural interview to assess the clients' personality organizations (Clarkin, Kernberg & Somavia, 1998)
- Participated in weekly 3-hour group supervision and 1-hour individual supervision.
- Presented in case conference meetings.

**Cognitive-Behavioral Therapy Practicum****Sept 2019 – May 2020**

Psychological Clinic, The Pennsylvania State University

Supervised by Michelle G. Newman, Ph.D. and Nur Hani Zainal, Ph.D.

- Delivered Cognitive-Behavioral Therapy (e.g., exposure therapy, behavior activation, problem-solving training, cognitive therapy) for clients with depression and anxiety disorders, and other comorbid conditions.
- Participated in weekly 3-hour group supervision and 1-hour individual supervision.
- Provided crisis interventions for clients with acute and chronic suicidality.
- Presented in case conference meetings.

**Motivational Interviewing and Introductory Therapy Practicum****May 2019 – Sept 2019**

Psychological Clinic, The Pennsylvania State University

Supervised by Michael Wolff, Ph.D.

- Learned and provided motivational interviewing and emotion-focused techniques while developing foundational therapy and therapeutic alliance building skill sets.

**Introductory Assessment Practicum****Sept 2018 – May 2019**

Psychological Clinic, The Pennsylvania State University

Supervised by Amy D. Marshall, Ph.D.

- Conducted psychodiagnostics assessments using the DSM-5 Anxiety and Related Disorders Interview Schedule (ADIS-5) and International Personality Disorder Examination (IPDE).
- Participated in weekly 3-hour group supervision and ad-hoc individual supervision, which included didactics on the full spectrum of DSM-5 disorders and culturally tailored delivery of psychiatric diagnostic assessments.

### **Clinical Assessor**

**Jan 2019 – May 2023**

Psychological Clinic, The Pennsylvania State University

Supervised by all the supervisors listed in the above experience.

- Conducted diagnostic intakes using ADIS-5 and IPDE with clients in a community mental health center.

Laboratory for Personality, Psychopathology, and Psychotherapy Research

**Sept 2018 – Present**

Supervised by Kenneth N. Levy, Ph.D.

- Conducted and supervised a battery of semi-structured interviews including a combined version of the Structured Clinical Interview for DSM-IV and DSM-V (SCID-IV/V), IPDE, a modified version of the Suicide Attempt Self-Injury Interview (SASII), as well as the Adult Attachment Interview (AAI).

The Relationships and Stress Lab

**Sept 2020 – May 2021**

Supervised by Amy D. Marshall, Ph.D.

- Conducted Children, Intimate Relationships, and Conflictual Life Events (CIRCLE, Marshall, et al., 2021) interviews to assess the context of incidents of family aggression and cross-dyad aggression spillover.

### **Intern**

**Sept 2015 – July 2016**

Psychiatric Ward, Asakayama Hospital, Japan

- Worked as part of a staffing team at the adult day center which served primarily adult clients with serious mental illness.
- Designed and participated in recovery-oriented group activities.
- Participated in discussions at a local youth detention center to interpret projective and objective tests.

## **Specialized Training**

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**Clinical Assessment and Diagnosis**, The Pennsylvania State University

Graduate Seminar, Clinical Personality Assessment with Aaron L. Pincus, Ph.D.

- Minnesota Multiphasic Personality Inventory (MMPI),
- Millon Clinical Multiaxial Inventory (MCMI),
- Interpersonal Circumplex measures (IIP),
- NEO Personality Inventory-Revised (NEO-R),
- Personality Assessment Inventory (PAI)

- Rorschach Comprehensive System

Graduate Seminar, Emerging Alternatives to DSM-5 with Aaron L. Pincus, Ph.D.

- Diagnostic and Statistical Manual of Mental Disorders (DSM)
- Hierarchical Taxonomy of Psychopathology (HiTOP)
- NIMH Research Domain Criteria (RDoC)
- DSM-5 Alternative Model for Personality Disorders (AMPD)

### **Data Analyses, The Pennsylvania State University**

Longitudinal Structural Equation Modeling with Peter Molenaar, Ph.D.

Longitudinal Data Analysis with Nilam Ram, Ph.D.

Multilevel Modeling with James LeBreton, Ph.D.

Data Visualization and Data Wrangling using dplyr with Michael N. Hallquist, Ph.D.

Dynamic System Modeling with Sy-Miin Chow, Ph.D.

### **Teaching, The Pennsylvania State University**

Essentials of Online Teaching for Graduate Students with Phil Stuczynski, M.B.A.

## **Publications**

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### **Published**

**Notsu, H.**, Iwakabe, S., Thoma, C.N. (2022). Enhancing Working Alliance Through Positive Emotional Experience: A Cross-Lag Analysis *Psychotherapy Research*.

Dong, L., Zieve, G., Gumport, N.B., Armstrong, C.C., ... **Notsu, H.**, & Harvey, A.G. (2022). Can integrating the Memory Support Intervention into cognitive therapy improve depression outcome? A randomized controlled trial. *Behavior Research and Therapy*, 104167.

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*.

Harvey, A.G., Dong, L., ..., **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*.

### **Chapters**

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.

### **In Review**

**Notsu, H.,** Blansfield, R., Spina, D., Levy, K.N. (under review) An Updated Meta-analysis of the Relation between Adult Attachment Style and Working Alliance.

**Notsu, H.,** Kivity, Y., Levy, K.N., Kolly, S., Kramer, U. (invited for resubmission at American Journal of Psychotherapy). Application of Squared Successive Difference to Study Fluctuations in Psychotherapy: An Illustration using Working Alliance.

### **In Preparation**

**Notsu, H.,** Marshall, A.D., (in preparation). *The relationship between trait shame-proneness and situational flooding in predicting family aggression.*

### **Presentations**

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**Notsu, H.,** Blansfield, R., Spina, D., Levy, K.N. (2023 June 21 – June 24) *An Updated Meta-analysis of the Relation between Adult Attachment Style and Working Alliance* [Panel Presentation]. 54th International Annual Meeting 2023 of the Society for Psychotherapy Research (SPR), Dublin, Ireland

Bevilacqua, C., **Notsu, H.,** Levy, K.N. (2023 April 24). *The Overlap of Autism Spectrum Disorders and Borderline Personality Disorder: A Meta-Analytic Study.* [Poster Presentation]. Psi Chi Conference at The Pennsylvania State University.

**Notsu, H.,** Iwakabe, S., Thoma, N. (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.

**Notsu, H.,** Kivity, Y., Levy, K.N., Kolly, S., Kramer, U. (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.

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>

**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.

**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.

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 the 2017 Annual Convention of the Association for Behavioral and Cognitive Therapies

**Notsu, H., & Wink, P.** (2015, April) *Implications of Adolescent Narcissism for Psychological Health in Late Adulthood*, Ruhlman Conference at Wellesley College

## **Research Experience**

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### **Graduate Student Researcher**

**Aug 2018- Present**

Department of Psychology, The Pennsylvania State University

Laboratory for Personality, Psychopathology, and Psychotherapy Research

Primary Investigator: Kenneth N. Levy, Ph.D.

- Principal investigator of studies on working alliance, attachment styles, and borderline personality disorder.
- Preparing, writing, and co-authoring abstracts and manuscripts for publication in peer-reviewed journals, research conferences, and Institutional Review Board ethics committee for new projects.
- Supervised two undergraduate honor's theses.
- Conducted and supervised semi-structured interviews to assess common psychological disorders, self-harm history, and attachment styles.
- Analyzing databases using diverse statistical methods (e.g., multilevel regressions, meta-analysis).

### **Data Analysis Lead**

**Sept 2022 – May 2023**

Department of Psychology, The Pennsylvania State University

Supervisor: James M. LeBreton, Ph.D.

- Co-led a consultation team for Pennsylvania's largest education association.
- Conducted machine learning (logistic regression with ridge and lasso regularization; applying Synthetic Minority Oversampling Technique) to predict membership retention.
- Managed, merged, and transformed five datasets of 140,000 people over 20 years across 600 districts.

### **Graduate Research Assistant**

**Sept 2022 – May 2023**

Department of Psychology, The Pennsylvania State University

The Relationships and Stress Lab

Primary Investigator: Amy D. Marshall, Ph.D.

- Preparing a first-authored manuscript on the relation between shame, emotional flooding, and intimate partner violence

- Conducted over 30 phone interviews to assess the context of incidents of family aggression and cross-dyad aggression spillover.
- Analyzed zero-inflated count data with multi-level models.

### **Research Fellow**

**May 2022 – Nov 2022**

Department of Psychology, Ochanomizu University

Primary Investigator: Shigeru Iwakabe, Ph.D.

- Summer research fellow funded by Japan Society for the Promotion of Science.
- First authored a manuscript on the longitudinal relation between working alliance and positive emotions in Accelerated Experiential Dynamic Psychotherapy (AEDP).
- Analyzed longitudinal psychotherapy data using cross-lagged panel analysis.

### **Graduate Research Assistant**

**Aug 2018 – May 2019**

Department of Psychology, The Pennsylvania State University

Primary Investigator: James M. LeBreton, Ph.D., Kenneth N. Levy, Ph.D.

- Coded primary studies for a meta-analysis on the association between mentalizing and psychopathology.

### **Project Coordinator**

**July 2016 – July 2018**

Department of Psychology, University of California, Berkeley

Golden Bear Sleep and Mood Research Clinic

Primary Investigator: Allison Harvey, Ph.D.

- Project coordinator for NIMH R01-funded randomized controlled trial of a Memory Support Intervention to enhance client's memory of CBT content.
- Designed database and data-entry procedures to ensure the quality of data.

### **Project Coordinator**

**July 2016 – July 2018**

Department of Psychology, University of California, Berkeley

Golden Bear Sleep and Mood Research Clinic

Primary Investigator: Lu Dong, Ph.D.

- Co-conducted a meta-analysis of the relation between chronotype and psychopathology.
- Coded primary studies and conducted data analysis.

## **Teaching and Mentoring Experience**

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### **Instructor for Elementary Statistics for Psychology**

**Fall 2023 – Present**

Department of Psychology, The Pennsylvania State University – World Campus

### **Teaching Assistant**

**Fall 2019 – Spring 2022**

Department of Psychology, The Pennsylvania State University

Abnormal Psychology with Emma J. Rose, Ph.D.  
 Child Psychopathology with Maria A. Vinca, Ph.D.  
 Introduction to Wellbeing and Positive Psychology with Maria A. Vinca, Ph.D.  
 Multicultural Psychology with Alicia A. Drais-Parrillo, Ph.D.  
 Orientation of Psychology with Amy D. Marshall, Ph.D.  
 Forensic Psychology with Mary P. Riddle, Ph.D.  
 Multicultural Psychology with José A. Soto, Ph.D.  
 Introduction to Psychology with Andrew Peck, Ph.D.  
 Psychology of Adjustment and Social Relationships with Dr. David J. Wimer, Ph.D.

### **Graduate Student Mentor for Undergraduate Honors Thesis**

Laboratory for Personality, Psychopathology, and Psychotherapy Research

Chloe Bevilacqua

**Fall 2022 – Spring 2023**

Undergraduate Honors Thesis: *The Overlap of Autism Spectrum Disorders and Borderline Personality Disorder: A Meta-Analytic Study*

Rachel Blansfield

**Spring 2021 – Fall 2022**

Undergraduate Honors Thesis: *The Association Between Adult Attachment and the Therapeutic Alliance: A Meta-Analytic Study*

### **Grants and Awards**

2023 Uehiro Foundation of Education & Ethics (\$6,000)  
 Bruce V. Moore Graduate Fellowship in Psychology (\$150)  
 Penn State Psychology Department Student Research Fund Travel Award (\$400)  
 2021 SEPI Travel Award, Society of the Exploration of Psychotherapy Integration (\$600)  
 Bruce V. Moore Graduate Fellowship in Psychology (\$300)  
 2020 The Japan Society for the Promotion of Science Summer Program (\$3,500)  
 2018 Graduate Scholar Award, The Pennsylvania State University (\$12,000)

### **Professional Memberships**

Society for Psychotherapy Research (SPR)  
 Society for the Exploration of Psychotherapy Integration (SEPI)  
 North American Society for the Study of Personality Disorders (NASSPD)  
 International Society for the Study of Personality Disorders (ISSPD)  
 American Psychological Association (APA)

### **Professional Service**



### **Ad-Hoc Reviewer**

*Borderline Personality Disorder and Emotion Dysregulation*, co-reviewer with Kenneth N. Levy Ph.D.  
*Journal of Personality Disorders*, Kenneth N. Levy Ph.D., Lia Rosenstein, Ph.D.  
*Journal of Personality Disorders*, co-reviewer with Kenneth N. Levy Ph.D.

### **Conference Reviewer**

*2021 Psi Chi Conference at The Pennsylvania State University*  
*2021 APA Annual Meeting (Abstract Review for Div 12)*

## **Skills**

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### **Software**

Microsoft Office Suite, SPSS, R, SQL

### **Statistical Analyses**

- Factor analysis: Exploratory factor analysis. Confirmatory factor analysis.
- General linear models: Linear, logistic, and multinomial regression. Poisson & negative binomial regression.
- Multilevel modeling: Hierarchical data. Repeated measures and longitudinal data.
- Survival analyses.
- Structural equation modeling (SEM): Growth mixture models. Latent change analysis. Latent class analysis. Latent growth curve model. Latent profile analysis. Latent state-trait model. Random-intercept cross-lagged panel models.
- Machine Learning: Regularized regression, Synthetic Minority Oversampling Technique

### **Survey Software**

- Qualtrics
- Cloud Research

### **Certifications**

Graduate Student Online Teaching Certificate