

Haruka Notsu

Office: (814) 863-1149

E-mail: hzn5059@psu.edu

EDUCATION

-
- | | |
|----------------|---|
| 2018 – Present | The Pennsylvania State University, Doctoral Student in Clinical Psychology

<i>Master of Science</i> (expected Dec. 2020)
<i>Thesis.</i> “Examining Unstable Working Alliance During Treatment for Borderline Personality Disorder”
<i>Committee.</i> Kenneth N. Levy, Ph.D. (Thesis advisor), Michael Hallquist, Ph.D., James M. LeBreton, Ph.D., Yogev Kivity, Ph.D. |
| 2012 – 2015 | Wellesley College, Bachelor of Arts, Psychology with Honors |
| 2011 – 2012 | Rutgers University, The State University of New Jersey |

PUBLICATIONS

Articles:

1. 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*.
2. 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*.

CONFERENCE PRESENTATIONS

-
1. **Notsu, H.**, Kivity, Y., Levy, K, N. (2019, October). Can BDI Identify BPD? A preliminary analysis. Poster at TheInternational Society for the Study of Personality Disorders, Vancuover, Canada.
 2. **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.
 3. 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
 4. **Notsu, H.**, & Wink, P. (2015, April) Implications of Adolescent Narcissism for Psychological Health in Late Adulthood, Ruhlman Conference at Wellesley College

CLINICAL TRAINING & EXPERIENCE

- 2019 - 2020: **Cognitive-behavioral Therapy Practicum** (individual and group supervision) | Utilized manualized CBT for several disorders; carried a caseload of three clients. *Supervised by Dr. Michelle G. Newman, Ph.D.*
- Summer 2019: **Introductory Clinical Methods Practicum** (individual and group supervision) | Trained in concepts and techniques across motivational interviewing, existential, and humanistic approaches; carried a caseload of two clients. *Supervised by Dr. Michael Wolff, Ph.D.*
- 2018 - 2019: **Intake Assessment Practicum** (individual and group supervision) | Conducted monthly intake assessments; Trained in *DSM-5*-based assessment using two semi-structured interviews: 1) the Anxiety Disorders Interview Schedule and 2) the International Personality Disorders Examination. *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

Title: *Graduate Student*, Clinical Psychology

Graduate Advisor: Kenneth N. Levy, Ph.D.

The Pennsylvania State University, State College, PA

Laboratory for Personality, Psychopathology, and Psychotherapy Research

August 2018 – August 2019

Title: *Research Assistant*

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

The Pennsylvania State University, State College, PA

Meta-analysis on Mentalizing in Organizational Behavior

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

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

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

Principal Investigators: Allison Harvey, Ph.D.

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.

Principal Investigators: Lu, Dong, Ph.D.

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**

Honors Thesis under supervision of Paul Wink, Ph.D.

Title: *Honors Student*

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**

Research Assistant for Tracy Gleason, Ph.D.

Title: *Research Assistant*

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

April 2013 - May 2015 | **Wellesley College, MA**

Research Assistant for Tracy Gleason, Ph.D.

Title: *Research Assistant*

Conducted literature review and created summary reports to be used in understanding background of the research topic; Assisted in manuscript composition by formatting tables and proof-reading

TEACHING AND MENTORING

Fall 2019

Multicultural Psychology (PSYCH 432), The Pennsylvania State University

Taught by: Jose Soto, Ph.D.

Title: *Teaching Assistant*

Fall 2019

Introductory Psychology (PSYCH 100), The Pennsylvania State University

Taught by: Andrew Peck, Ph.D.

Title: *Teaching Assistant*

Fall 2020

Psychology of Adjustment (PSYCH 471), The Pennsylvania State University

Taught by: David Wimer, Ph.D.

Title: *Teaching Assistant*

Fall 2020

Forensic Psychology (PSYCH 445), The Pennsylvania State University

Taught by: Mary Riddle, Ph.D.

Title: Teaching Assistant

HONORS AND AWARDS

(2018) Graduate Scholar Award, *The Pennsylvania State University* (\$12,000)

(2019) Phi Kappa Phi Member

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.

AFFILIATIONS

North American Society for the Study of Personality Disorders

International Society for the Study of Personality Disorders

APA Division 29, Society for the Advancement of Psychotherapy