Kristy Nicole Cuthbert, PhD

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# EDUCATION, TRAINING, AND LICENSURE

2024 Radically Open Dialectical Behavior Therapy Practitioner Course, 48.5 CE Hours towards completion of training as RO-DBT practitioner

2020 VA Certified Provider, Cognitive Processing Therapy for PTSD

2023-Present License in Professional Psychology as a Health Service Provider

*Massachusetts & Texas*

2022 PhD, Clinical Psychology, Boston University

Dissertation: *The Hierarchical Taxonomy of Psychopathology as an Approach for the Psychiatric Genetics of Substance-Related and Addictive Disorders in Vietnam-Era Veteran Twins*

2017 M.A., Psychology, Boston University

2016 Post-baccalaureate Certificate, Clinical Psychology, Fielding Graduate University

2014 Master of Arts, Int’l Relations, summa cum laude, American Military University

2011 Associates in Korean Studies, summa cum laude, Defense Language Institute

2011 Associates in Intelligence Studies, Community College of the Air Force

2005 Bachelor of Science in Psychology, magna cum laude, University of Georgia

# FUNDING, AWARDS, AND HONORS

2024 Southern Smoke Foundation Partnership: For provision of free mental health services to food and beverage workers in the Greater Boston area ($40,000)

2021 Outstanding Student Clinician Award, Society for a Science of Clinical Psy.

2021 Alpha Alpha Alpha National Honor Society for First-Gen College Students

Gamma Iota Chapter, Inaugural Graduate Student Member

2020-2021 APA, Division 19 (Military Psy.) Dissertation Research Grant ($1500)

2020-2021 Center for Anxiety and Related Disorders Clinical Administrative Fellow

2020 American Psychopathological Association Travel Grant ($750)

2019 American Psychopathological Association Travel Grant ($750)

2016-2017 Dean’s fellowship, Boston University

2016 NIDA Travel Grant, Division 28 poster presentation, APA ($750)

2013-2014 DOD Contract Employee of the Quarter

2011 Airman of the Quarter, Squadron and Group Levels

2008 Top Graduate, Air Force Intelligence Course

2008 Provost's Award, Outstanding Academic Achievement, Defense Lang. Institute

2007 Top Graduate, United States Air Force Basic Training, San Antonio, TX

2001-2005 Presidential Scholar/Dean’s List, University of Georgia

2001-2005 Georgia Hope Scholarship

# MILITARY SERVICE

**United States Air Force December 2007 - January 2012**

*Defense Language Institute, Monterey, CA*

*Osan Air Base, Republic of South Korea*

* Completed 63-week training at the Defense Language Institute in **Korean language** fluency
* Received **academic honors across three technical training sites** in intelligence and Korean
* Travelled to deliver presentations on adversary air tactics to fighter pilots in assigned theater
* **Organized and led a conference** on adversary air tactics, culminating in published updates to the Air Force-wide Air Force Tactics, Techniques, and Procedures manual

# PROFESSIONAL EXPERIENCE: ADMINISTRATION, CLINICAL, SUPERVISION

**Clinic Director & Clinical Assistant Professor Aug 2024-Present**

*Texas A&M University, Dept. of Psychological and Brain Sciences*

*College Station, TX*

* Trained graduate students to engage in professional role as therapists
* Supervised graduate students on individual therapy and educate them on skills, knowledge, and abilities relevant to clinical practice
* Integrate science and practice to develop clinic procedures aligned with the gold standards of professional psychology
* Leverage technology to streamline clinical processes and to create a data repository for research
* Identify community needs and tailor psychological services to the community
* Teach graduate courses in Clinical Psychology

**Clinical-Administrative Post-Doctoral Associate July 2022-July 2024**

*Center for Anxiety and Related Disorders (CARD), Boston University*

*Boston, MA*

*Supervisor(s): Lisa Smith, PhD*

* **Group Treatment Coordinator and Supervisor:**
  + 2023-2024: Provided guidance, advertising, recruitment, and clinical supervision for creation of **two new group offerings at CARD**
  + 2024: Assisted with adaption of Unified Protocol for Prolonged Grief Group, identified measures and techniques to complete **data collection for publication on group outcomes**
  + 2024: Training as RO-DBT practitioner**, 1 of 3 listed practitioners in the state of MA**
  + 2022-2023: Supervisor for two social anxiety groups, trained four student clinicians
  + 2022-2023: Co-led DBT skills group and conducted individual DBT therapy for 12 patients
* **Clinician, Individual Therapy:** 
  + Provided CBT treatment for caseload of 4 -6 individual patients
  + Provided DBT treatment for caseload of 2-3 individual patients
* **Licensed Supervisor:** 
  + 2023-2024: Provided supervision for one graduate student clinician
  + 2022-2023: Provided supervision for two graduate student clinicians
  + 2023-2024: Assisted in practicum and post-doctoral candidate interviews
* **Director, BMC 3rd Year Medical Resident CBT Training Rotation**
  + 2023-2024: Collaborated with BMC Resident Training Director to provide ongoing feedback and to address training concerns
  + 2023: Rebuilt note templates and revised scheduling system to help PGY-3s balance multiple rotation demands within their 5-hour weekly rotation at CARD
  + 2023: Provide weekly resident training; 12 residents supervised to date, including assignment of cases, supervision, cross-site training collaboration, and provision of feedback
  + 2023: Built “Lightning CBT Series” to provide training with limited weekly time in clinic
* Clinic Administrator/Service to Clinical Psychology Program:
  + 2024: Reached out to former BU graduate students to add their practices to CARD referral book; **over a dozen BU alumni practices added to referral book**
  + 2024: **Received Southern Smoke Foundation grant to provide free mental health care** to F&B Workers in MA; first clinic in MA and one of six states to partner with SSF
  + 2024: Reclaimed and built Google profile for the business; optimized search terms, added photos and updates, increased clinic’s Google reach
  + 2024: Using prior years’ EMR data, identified a loss of patient outreach opportunities in phone screening process; **revamped process resulting in increased completion of phone screens in early 2024**
  + 2024: Built database of patient Owl Outcome measures for use in program-wide research; updated 2020 database of CARD medical record data; research on marginalized identities in therapy in progress using this data
  + 2024: **Built library of treatment manuals and therapist guides**, so graduate students can check out books to enhance clinical training while **offsetting financial burden**
  + 2023-Present: In collaboration with front desk staff, created bulletin board identifying every individual who works on site at 900 Comm Ave; created a **“good news board”** to highlight student, faculty, and staff successes, and an information board highlighting social justice-oriented news, trainings, and critical months of awareness (e.g., Black History Month, AAPI Month, etc.)
  + 2023-Present: In response to student requests, **built and maintain Google Drive for the Clinical Psychology Program containing information and application examples** to help students navigate practicum, internship, NRSA applications, CARD training options, and completion of the portfolio of competencies
  + 2023: At request of BU Internship Committee, held meeting for 2023-2024 internship applicants describing internship interview process, logging hours, etc.
  + 2023: For 2023-2024 internship applicants, reviewed site selections, applications and statements and provided feedback
  + 2023: **Built and implemented process for issuing good faith estimates** to all patients in compliance with federal and state laws
  + 2022: **Rebuilt two clinical interviews into a fillable pdf format** for use throughout the clinic and in research studies to improve efficiency; working on Child version currently
  + 2022-2024: Managed four support staff, including streamlining and training in billing, scheduling, and phone screening procedures
  + 2022-2024: Financial oversight of clinic checking account; comply with BU auditing processes and provide checks for all research participant funding—currently supporting 8 research studies
  + 2022-2024: Oversee all electronic systems and clinic databases, including:
    - Titanium EMR and eRX Prescription Management Services
    - IVS Recording systems; in 2023 began effort to overhaul/repair faulty cameras
    - Owl Outcomes Database
    - CARD Data Repository
    - Yearly Internal Review Statistics
  + 2022-2024: **Managed annual accreditation as a CE Sponsor**; enable continuation of BU’s Clinical Psychology Colloquium Series and provide free CE credits to clinical faculty
  + 2022-2024: Member of DPH accreditation team; conduct regular reviews to ensure medical record compliance and assist with DPH site visits
  + 2022-2024: Annual revision of the CARD policy manual, including a recent revision of the dress code to be more inclusive and supportive of all identities
  + 2022-2024: Annual overhaul of website; in 2024**, completed SEO of website**, added group offerings and flyers to boost recruitment for research studies
  + 2022-2024: Provided mentorship to two first-gen BU-PBS research techs interested in graduate level training

**Clinical Psychology Intern July 2021-June 2022**

*University of Connecticut Health Center, John Dempsey Hospital*

*Newington VA Medical Center*

*Hartford, CT*

*Supervisor(s): Dr. Jessica Meyer and Dr. Gary Bryson*

* **DBT Rotation:** Saw patients in a full model DBT program, including individual therapy, phone coaching, orientation and commitment, and skills groups
* **Maternal Health Rotation:** Participated in home visiting based program providing individual therapy to mothers suffering from perinatal mood and anxiety disorders; practiced treatment with infants present for sessions to accommodate mothers struggling to find time for treatment
* **Geropsychology:** Saw individual patients 65+ in primary care integrated settings and in individual and group therapies. Focus on issues including end of life, grief and loss, physical health, cognitive impairments, and other late life stressors unique to veteran populations.
* **Long-Term VA cases:** Currently seeing long term cases involving racism-based PTSD and long-term treatment for severe mental illness.
* **Administration:** Helped maternal health rotation to set up a network of infant mental health providers and suggested new method of contacting providers leveraging social media.Condensed documentation practices for geropsychology rotation to maximize efficiency while maintaining VA and joint commission standards for ethical documentation.

**CARD Clinical Administrative Fellow June 2020 – May 2021**

*Center for Anxiety Related Disorders*

*Boston University, Boston, MA*

*Supervisor(s): Lisa Smith, Ph.D. and Rosemary Toomey, Ph.D.*

* Managed transition of consent forms, payments, & prescription services online after COVID-19
* Developed weekly support meeting for monitoring/developing practicum trainee self-care
* Observed intakes for 12 practicum trainees and managed referrals for higher level of care
* Conducted co-therapy with 3 second-year graduate student trainees
* Conducted phone screens for neuropsychological testing and identified referrals when needed
* Aided in development and implementation of plan to resume COVID-conscious, remote neuropsychological testing with brief, 1-hour in-person sessions as needed
* Managed training and orientation for incoming practicum students
* Conducted audits and prepared staff for yearly Department of Public Health Inspections
* Collaborated with clinical and neuropsychology clinic directors to revise clinic policy manual and disseminate revisions to clinic staff
* Ordered neuropsychological testing supplies and new software to improve clinic operations
* Managed waitlists and referrals for all clinics

**CARD Psychological Service Center Staff September 2017 – May 2021**

*Center for Anxiety Related Disorders*

*Boston University, Boston, MA*

*Supervisors: Lisa Smith, Ph.D., Ellen Hendriksen, Ph.D., John Otis, Ph.D., Shannon Sauer-Zavala, Ph.D.*

* Assessed adults for psychopathology using the Anxiety Disorders Interview Schedule-5 (ADIS-5) and Structural Clinical Interview for DSM-IV Axis II Personality Disorders (SCID-II).
* Treated patients using evidence-based treatments, including the Unified Protocol, Exposure and Response Prevention, CBT for ADHD, CPT, DBT, ACT, and interpersonal psychotherapy
* Planned and co-led year-long weekly DBT skills group for eight individuals with diagnoses of major depressive disorder, generalized anxiety disorder, and borderline personality disorder.
* Supervised three graduate student clinicians, including weekly supervision, review of video-recorded sessions, auditing, and semi-annual evaluations

**CARD Psychological Service Center Neuropsychology Staff September 2017 – May 2021**

* Conducted neuropsychological evaluations with diverse, low-income patients
* Completed neuropsychological testing using WAIS, WJ-IV, DKEFS, TFLS, Beery VMI, WMS, MMPI, etc.

**Women’s Trauma Recovery Team September 2019 - August 2020**

*Boston VA Healthcare System*

*Women’s Health Sciences Division, Boston, MA*

*Supervisors: Tara Galovski, Ph.D., Jen Wachen, Ph.D., William Bowe, Ph.D.*

* Pre-certification as a provider of Cognitive Processing Therapy
* Conducted trauma-focused treatments for female veterans presenting with a wide range of trauma exposure and comorbid disorders, including borderline personality disorder
* Co-led yearlong DBT skills group for veterans with complex PTSD and borderline personality disorder, both in person and via VA Medical Center VVC
* Provided telehealth to a veteran who had difficulty accessing in-person care (pre-pandemic)
* Attended weekly multidisciplinary team meetings to discuss cases, consult with case management

**Behavioral Health Partial Hospital Program August 2018 - August 2019**

*McLean Hospital*

*Harvard Medical School, Belmont, MA*

*Supervisors: Laura Diaz, Psy.D., Thröstur Björgvinsson, Ph.D., Carol Chu, Ph.D., Molly Crossman & Tiffany Russell (interns)*

* Conducted 28 one-hour MINI and Columbia Suicide Severity Rating Scale intake interviews
* Provided brief, recovery-focused, psychological treatment focused on reducing risk and aiding patient transition into community services post-hospitalization or to prevent hospitalization
* Co-led skills groups with peers including DBT, CBT, ACT, Behavioral Activation, and support/process groups
* Attended weekly interdisciplinary team meetings and contributed to case conceptualizations, treatment, and discharge planning
* Observed psychiatric intake, family meeting, and family meeting regarding hospitalization
* Received compliments and positive reviews from multiple patients in program feedback

**Lead Clinical Data Entry Specialist August 2015 - September 2016**

*Forensic and Neuropsychology Research Lab*

*Fielding Graduate University, Santa Barbara, CA*

*Supervisor: Kristine Jacquin, Ph.D.*

* Created and maintained database for neuropsychological assessment test score entry
* Organized and entered data into Microsoft Excel for future statistical analysis
* Scored and entered data from neuropsychological assessments, WAIS, WISC, WPPSI, TEA, MMPI
* Created instruction manual for incoming data entry associates

# PROFESSIONAL EXPERIENCE: RESEARCH

**Post-Doctoral Fellow/Study Clinician/Administrator November 2022 - Present**

*PERL/OPAD Labs, Boston University Clinical Psychology Program*

*Boston, MA*

*Principal Investigators: A.J. Rosellini, PhD, John Gabrieli, PhD (MIT), Dan Dillon, PhD (McLean)*

* 2024: **Preparing poster for national ABCT conference** examining number of marginalized identities and their relationship to acuity of social anxiety symptoms in collaboration with graduate student clinician at CARD
* 2023-Present: As group lead, train master’s level clinicians on the social anxiety group protocol; **supervise their first clinical experiences, provide feedback**, and encourage their participation
* 2023-2024: **Recruited five of the seven co-leads for social anxiety group** (I am a sixth co-lead) using connections with research technicians and past BU practicum students
* 2023-2024: Recruited volunteers to help with study; provided tours of the clinic and explanation of study expectations
* 2023-Present: **Collaborated with Marcy Tompson’s lab** to help them set up a similar study in collaboration with MIT; provided consent forms, REDCap setup information, single-IRB procedures, and continue to answer consultation questions as needed
* 2022-2023: **Set up study procedures**, including IRB approval, biosafety committee, industry engagement, National Clinical Trial registration approvals
* 2022-2023: **Collaborated with MIT and McLean Hospital** to develop REDCap measures; set up REDCap system that is foundation of study data collection
* 2022-2023: **Wrote procedural manual** for BU intake interview/social anxiety group procedures
* 2022-2023: **Trained staff** on intake visits/co-led social anxiety groups
* 2022-2023: **Made all purchases** for required materials to begin recruiting
* 2022-2023: **Built recruitment log** and trained research technicians in use/reporting of recruitment numbers

**Independent Study/VA WOC Graduate Student Researcher July 2019 – June 2021**

*Women’s Health Sciences Division, Boston VA Healthcare system*

*Boston, MA*

*Principal Investigators: Karen Mitchell, Ph.D., Tara Galovski, Ph.D., Yael Nillni, Ph.D.*

* Published literature review on eating disorders and overweight/obesity in veterans
* Completed proposal, data cleaning, and data analysis for publication examining how internalizing impacts changes in eating disorder symptoms in a longitudinal dataset (manuscript in progress)
* Wrote analysis guide for advanced structural equation modeling using longitudinal and twin data

**Clinical Psychology Doctoral Student September 2016 – August 2022**

*Vietnam Era Twin Study of Aging*

*Boston University, Boston, MA*

*Principal Investigators: Michael Lyons, Ph.D., William Kremen, Ph.D., Carol Franz, Ph.D.*

* Write proposals, conduct analyses, present findings at conferences/ in peer-reviewed journals
* Conduct 7-hour neuropsychological, psychosocial, and physical function test batteries with Vietnam era veteran twins for the Vietnam Era Twin Study of Aging (VETSA).
* Complete 1-hour phone-based neuropsychological tests with MINI-VETSA participants.
* Score and re-score test packets, including neuropsychological and psychosocial questionnaires.
* Assist research assistants and graduate volunteers with project planning and data analysis.

**Clinical Psychology Practicum Student August 2018 - August 2019**

*Behavioral Health Partial Hospital Program, McLean Hospital/Harvard Medical School*

*Belmont, MA*

*Principal Investigators: Thröstur Björgvinsson, Ph.D., ABPP and Courtney Beard, Ph.D.*

* Conducted analyses and co-authored paper examining how internalizing impacts treatment outcomes in a partial hospitalization program
* Participated in qualitative coding and co-authored publication on program evaluation research examining a group format behavioral activation protocol in a partial hospital setting

**Research Assistant/Data Collection Co-Lead May 2015 - September 2016**

*Forensic and Neuropsychology Research Lab*

*Fielding Graduate University, Santa Barbara, CA*

*Principal Investigator: Kristine Jacquin, Ph.D.*

* Assisted in development and submission of IRB protocols involving human subjects
* Completed literature reviews on criminal profiling, chronic pain, and neural correlates of psychopathology
* Analyzed data examining impact of permissive beliefs on prescription psychostimulant misuse
* Completed data entry from neuropsychological assessments

**Research Assistant January 2005 - December 2005**

*University of Georgia—Georgia Decision Lab*

*Athens, GA*

*Principal Investigator: Adam Goodie, Ph.D.*

* Administered computer-based tests of gambling risk and confidence assessments
* Prepared research participants for MEG protocol
* Administered informed consent and initial interviews
* Completed SPSS data entry and statistical analysis of South Oaks Gambling Screen and MEG correlations

# INTERNATIONAL/NATIONAL/UNIVERSITY/COMMUNITY SERVICE

**International Contributions:**

* 2024: **Lead speaker on panel of international faculty** describing the importance of advocacy as an APA competency; as lead panelist, coordinated meetings and panel development
* 2023-2024: **APTC Conference Planning Committee Member, CE Chair**
  + Rewrote conference submission form to come into compliance with APA CE sponsorship requirements; collaborated with 30 presenters/panelists to collect CVs and required information for CE sponsorship
  + Assisted in planning and successfully executing an international conference in conjunction with the Association for Psychological Training Clinics
  + **Single handedly built CE system for 110 attendees**, accomplishments include:
    - A system that auto-generates a unique attendance QR code for each attendee; built conference badges for conference manager
    - A system that auto-sums all CE panels attended
    - A system that auto-generates and emails CE certificates to participants at the end of the conference
    - A system that auto-generates emails for daily feedback surveys and feedback summaries in a timely manner

**National/State Contributions:**

* **2022-Present: Unified Protocol Institute CE Sponsor**
  + Support 2 BU Clinical Psychology alumnae in management of **national level CE program**
  + Provided support for eight workshops in two years, including CEs for **state institutions such as MGH Home Base and Salem General Hospital**
* **2022-Present: Massachusetts Psychological Association Advocacy Committee Member:**
  + Attend bi-monthly meetings, participate in campaigns, and identify opportunities for new campaigns; write MPA listserv emails advocating for activism in the community
  + **Acting as lead for campaign to advocate for changes to licensure board policies** and procedures; **drafted a letter** to be sent to the board outlining archaic policies that prolong the licensure process, threaten the security of licensee personal/financial data, and act as systemic barriers for the licensure and advancement of individuals from low-income backgrounds
  + **Wrote letters of support** for bills in state legislature supporting PSYPACT and ease of restrictions on licensing senior level psychologists transferring from other states
* April 2023**: Seattle Anxiety Specialists Interview:** *An Interview with Post-doctoral Associate, Kristy Cuthbert, on Panic Disorder and Agoraphobia:* [*https://tinyurl.com/ypm3twkt*](https://tinyurl.com/ypm3twkt)
* Nov 2020: **AAA Northeast Magazine Interview**: *Increased Anxiety & Driving in COVID Era:* <https://www.youtube.com/watch?v=I_O8nidGyZ0&feature=youtu.be>
* March 2020: **Co-Founder*, Coping Clips: A Series of Self-Care Shorts***: <https://www.youtube.com/channel/UCbTSKV8JkrFQkIwl9guI1ow>
* 2018: Behavior Genetics Association, Boston, Volunteer Conference Coordinator

**University-wide Contributions:**

* **2023-Present: BMC Psychiatry Resident Educational Policy Committee**
  + Meet monthly to discuss issues relevant to resident training and well-being
  + Participate in annual resident interview cycle with BMC
  + Provide monthly feedback on current CARD residents
  + Invited to act as CBT supervisor for residents within BMC clinics (in progress)
* **2023-Present: Wheelock College and BU CARD Collaboration:** 
  + 2024: Met with Maria Coutinho, Lisa Smith, and Brian Anderson from IT to discuss sharing of EMR and setup process; volunteered to serve as connection point between Wheelock College representatives, BU-CARD representatives, and Titanium EMR representatives to coordinate this project
  + 2023: Met with Maria Coutinho, DCT of Wheelock College Counseling Psych Program, provided CARD tour and discussed future collaborations to help get her clinic started
* **2023-Present: Award and Recommendation Package Writer**
  + Four reference letters written for (2x graduate school admissions, 2x practicum applications)
  + **6 award packages submitted** on behalf of 5 BU affiliates—3 winners, 3 pending:
    - 2023 Outstanding CAS Staff—Haydee Torres, **Winner**
    - 2023 CAS IDEAL Award—Nishaat Mukadam, **Winner**
    - 2024 APTC Mentorship Award—Lisa Smith, **Winner**
    - 2024 Outstanding CAS Staff—Shelby Shipley, Pending
    - 2024 Susan K. Jackson Award—Shelby Shipley, Pending
    - 2024 SSCP Outstanding Student Clinician—Kevin Narine, Pending
* **2023-Present: Clinical Psychology Program Junior Faculty Engagement Coordinator:**
  + Hosted event bringing together 2 new tenure track faculty, 2 research professors, and 3 post-docs from Clinical Psychology Program to meet, build community, and identify opportunities for collaboration and support across clinical and research initiatives
* **2022-Present: BU CE Sponsorship Committee Lead:**
  + Continued access to free CE credits to maintain licensure for all BU PBS faculty
  + In 2023, expanded access and built inter-departmental relationships by inviting BU Student Health Services psychologists to attend Colloquium Series
  + In 2023, sponsored a CE seminar for BU Student Health Services to provide support and foster community between our clinics
* **2022-Present: BU First-Gen Community Member, Advocate, and Mentor:**
  + 2022-Present: **BU F1RSTS Advocate**; Completed two-part training on how to provide mentorship to first-gen students; available to students for mentorship via Newbury Center Directory: <https://www.bu.edu/newbury-center/profile/kristy-cuthbert/>
  + **BU First Gen Connects Mentor**: Official mentorship program via BU Connects; mentor fellow first-gen students interested in graduate school and/or careers in STEM and/or medical field; current mentor to first-gen female dental student of Polish national origin
  + Nov 2023: **Invited Panelist, Career Potential & Impostor Syndrome: A First-Gen Alumni Panel:** Invited to speak in support of First-Gen Student Appreciation Week sponsored by the BU Center for Career Development; discussed first-gen experiences
* Feb 2023: **Daily Free Press Interview promoting CARD clinical and research programs**: *Center for Anxiety and Related Disorders at BU Focuses on the Human Aspects of the Field:* <https://tinyurl.com/4tk2cvyw>

**Local/Other Contributions:**

* 2023-Present: **Board Member, UGA Alumni Association**, Boston Chapter
* 2023-Present: **Collaborator, UGA Student Veterans Resource Center**
* Aug 2022: **Wicked Local Interview**: *Bees, Wasps: Fighting Fears with Facts:* <https://tinyurl.com/2rsw7xvv>
* 2018-2020: **Boston University Colloquium Committee**
* 2015-2016: **Student Campus Representative**, APA Division 19, Military Psy., Fielding Grad. Univ.
* 2015-2016: **Guardian ad Litem**, Okaloosa County Florida Judicial System
* 2007-2015: United States Air Force Academic Instructor/Advisor/Trainer

# **PUBLICATIONS**

**Cuthbert, K.,** Parsons, E.M., Smith, L., Otto, M.W. (2022) Acceptability of Telehealth CBT During the Time of COVID-19: Evidence from Patient Treatment Initiation and Attendance Records. *Journal of Behavioral and Cognitive Therapy. 32(1)*: 67-72. doi: 10.1016/j.jbct.2022.01.001

**Cuthbert, K.**, Hardin, S., Zelkowitz, R., & Mitchell, K. (2020). Eating disorders and overweight/obesity in veterans: prevalence, risk factors, and treatment considerations. *Current Obesity Reports, 9,* 98-108. doi: 10.1007/s13679-020-00374-1

Stein, A.T., Tian, L., **Cuthbert, K.**, Gorman, K.R., Best, S.G., & Björgvinsson, T. (2020). Patient experiences with group behavioural activation in a partial hospital program. *Behavioural and Cognitive Psychotherapy,* 1-6. doi: 10.1017/S1352465820000569

Conway, C. C., Snorrason, I., Beard, C., Forgeard, M., **Cuthbert, K.**, & Björgvinsson, T. (2021). A higher-order internalizing dimension predicts response to partial hospitalization treatment. *Clinical Psychological Science.* doi: 10.1177/2167702620959291

Ditmars, H.L., Logue, M.W., Toomey, R., McKenzie, R.E., Kremen, W.S., Franz, C.E., Panizzon, M.S., Reynolds, C.A., **Cuthbert, K.**, Vandiver, R., Gustavson, D.E., & Lyons, M.J. (2021). The longitudinal association between depression and physical health in a twin cohort. *Psychological Medicine.* doi: 10.1017/S003329172000505X

# PRESENTATIONS

**Cuthbert, K.N.,** Flores, L., Smith, L., & Stacey, A. (2024, March). From Words to Actions: Engaging in and Teaching Advocacy as a Competency in Psychology. *Panel presented at Association for Psychological Training Clinics Annual Conference,* San Diego, CA.

**Cuthbert, K.N.,** Logue, M.W., Reynolds, C.A., Toomey, R., McKenzie, R.E., Kremen, W.S., Franz, C.E., Panizzon, M.S., Ditmars, H.L., Vandiver, R. & Lyons, M.J. (2020, March). Genetic and environmental influences on alcohol consumption over 30 years in Vietnam-era veteran twins. *Poster presented at American Psychopathological Association*, New York, NY.

**Cuthbert, K.N.,** Logue, M.W., Toomey, R., McKenzie, R.E., Panizzon, M.S., Franz, C.E., Kremen, W.S., & Lyons, M.J. (2019, March). Subjective effects of alcohol and polygenic risk for alcohol consumption in early and late middle age Vietnam era twins*. Poster presented at American Psychopathological Association*, New York, NY.

**Cuthbert, K.N.,** Franz, C.E., McKenzie, R.E., Toomey, R., Panizzon, M.S., Kremen, W.S., & Lyons, M.J. (2018, May). The relationship of positive and negative emotionality to cognitive decline during late middle age. *Poster presented at Cognitive Aging Conference*, Atlanta, GA.

**Cuthbert, K.N.**, Logue, M., McKenzie, R.E., Toomey, R., Panizzon, M.S., Franz, C.E., Tsuang, M., Kremen W.S., & Lyons, M.J. (2017, June). Familial factors associated with early versus late onset depression*. Poster presented at the annual meeting of the Behavioral Genetics Association*, Oslo, Norway.

**Cuthbert, K. N.**, Pierce-Cloutier, M. K., & Jacquin, K. M. (2016, August). Beliefs about prescription psychostimulants predict abuse by non-prescription users. *Poster presented at the annual convention of the American Psychological Association*, Denver, CO.

**Cuthbert, K. N.**, Bishop M. A. & Jacquin, K. M. (2016, May). Maternal parenting does not mediate the relationship between paternal incarceration and offspring incarceration*. Poster presented at the annual convention of the Association for Psychological Science*, Chicago, IL.

Lyons, M.J., Reynolds, C., Black, K., McKenzie, R., Logue, M., **Cuthbert, K.N.**, Ditmars, H.L., Toomey, R., Panizzon, M., Franz, C., Xian, H., & Kremen, W. (2018, May). Polygenic scores for intelligence predict cognitive change during four decades of adulthood. *Poster presented at the bi-annual convention of the Cognitive Aging Conference,* Atlanta, GA.

McKenzie, R.E., **Cuthbert, K.N.,** Kremen, W.S., Franz, C.E., Toomey, R., Panizzon, M.S., & Lyons, M.J. (2018, May). The association between physical functioning and cognitive ability in a middle-aged twin cohort*. Poster presented at the bi-annual convention of the Cognitive Aging Conference*, Atlanta, GA.

Pierce-Cloutier, M. K., **Cuthbert, K. N.** & Jacquin, K. M. (2016, August). Neuropsychological abilities predict physical and verbal aggression in young adults. *Poster presented at the annual convention of the American Psychological Association,* Denver, CO.

Pierce-Cloutier, M. K., **Cuthbert, K. N.**, Fernandez, Y., & Jacquin, K. M. (2016, March). The impactof knowledge on criminal profiling accuracy for sexual homicide offenders*.* *Poster presented at the annual convention of the American College of Forensic Psychology conference*, San Diego, CA.

Doi, D., Armstrong, A., Fernandez, Y., **Cuthbert, K. N.**, Crosby, T., and Jacquin, K. M. (2016, March). Can severe weather events cause PTSD-related disability or civil litigation claims of psychological damages? *Poster presented at the annual convention of the American College of Forensic Psychology conference*, San Diego, CA.

# LECTURES AND TEACHING EXPERIENCE

2024-2025 TAMU, Clinical Assistant Professor

* + - * PBSI 614, Practicum in Psychology (Fall 2024 & Spring 2025)
      * PBSI 608, Intro to Clinical Ethics and Techniques (Spring 2025)

2023-2024 Lead Instructor, BMC Medical Resident Training in CBT at BU CARD

* Weekly training seminar and case review
* Lightning series covering special topics in CBT
* Mentoring/consultation on treatment planning

2023 Guest Lecturer, Student Clinician Seminar, Boston University

* Seminar on cognitive work with negative thoughts in therapy
* Seminar on risk assessment and risk management in therapy

2023 Guest Lecturer, Clinical Interviewing Course

* Taught first-year graduate students how to conduct ADIS clinical interview
* Conducted role plays demonstrating various patient scenarios that arise in clinical interviewing

2022 Guest Lecturer, Motivational Interviewing & CBT, BU Graduate Seminar

* Highlighted core concepts in motivational interviewing for training clinicians
* Discussed integration of motivational interviewing with CBT techniques
* Conducted role plays to practice motivational interviewing skills

2020 Instructor, Self-Care Series Graduate Seminar in Clinical Psychology

* Teach methods for monitoring/managing burnout with self-care strategies
* Offered mentorship for second- and third-year graduate students

2020 Regular Lecturer, Clinical Interviewing and Graduate Seminar, Boston University

* Lectures include: Conducting a First Session, Completing an Intake Interview, Risk Assessment, Cognitive Restructuring, Behavioral Interventions, Motivational Interviewing, ADIS-5 Training, K-SADS ADHD Module Training
  1. Teaching Fellow, Department of Psychological and Brain Sciences, BU
     + - Introductory Psychology, Drugs and Behavior, Abnormal Psychology

# PROFESSIONAL MEMBERSHIPS

* Association of Psychology Training Clinics
  + Research Committee
  + Conference Planning Committee
* Massachusetts Psychological Association
  + Advocacy Committee
* American Psychological Association
  + Division 12/Section 10, Society of Clinical Psychology, Student Affiliate
  + Division 19, Society for Military Psychology
  + Society for a Science of Clinical Psychology
* Association for Psychological Science