

Kaitlyn Breitenfeldt

‘Kate’ (she/her)

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Laramie, WY 82070 • 217-819-6876

University of Wyoming, Department of Psychology

Clinical Psychology PhD Student

*LEND Trainee, Year 2 Autism-Enhanced Track of Utah Regional
Leadership Education in Neurodevelopmental Disabilities (URLEND)*

ACADEMIC BACKGROUND

- 2022-Present **Doctor of Philosophy in Clinical Psychology** (*anticipated*)
University of Wyoming - Laramie, WY
Dissertation (proposed 9/2025): *Perspectives on Dialectical Behavior Therapy from Autistic Clients and Clinicians*
- 2022-2024 **Master of Science in Psychology**
University of Wyoming - Laramie, WY
Master’s Thesis (defended 9/2024): *An Evaluation of the Short Difficulties in Emotion Regulation Scale (DERS-16) among Autistic Adults: Invariance Across Diagnostic Status and Gender*
- 2013-2017 **Bachelor of Science, Psychology, Developmental Concentration**
University of Illinois at Urbana-Champaign - Champaign, IL
- 2013-2015 **Associate of Arts, General Studies**
Parkland College - Champaign, IL

PUBLICATIONS

Peer-reviewed Manuscripts (n = 10)

- Abu-Ramadan, T.M., Tasson, A.U., Andrzejewski, T.M., **Breitenfeldt, K.**, Batista Gomez, S., & McDonnell, C.G. (2025). Diagnostic experiences and barriers to diagnosis among autistic adults in the United States: associations with diagnostic timing and gender. *Journal of Autism and Developmental Disorders*.
- McDonnell, C. G., Poole, N., **Breitenfeldt, K.**, Kaya, R., Stanton, K., Rozek, D. (2025). Understanding attitudes towards evidence-based treatment for PTSD: The effect of renaming ‘exposure.’ *Traumatology*.
- McDonnell, C. G., Andrzejewski, T., Gomez Batista, S., DeLucia, E., Dike, J., **Breitenfeldt, K.**, Tassone, A. U. (2025). A pilot proof-of-concept study of telehealth-based trauma-focused cognitive behavioral therapy for autistic youth: Initial evidence of efficacy and acceptability. *Child Maltreatment*.
- Beck K., MacKenzie K., Kirby A., McDonald K., Moura I, **Breitenfeldt K.**, Rutenberg E., Kumar T., Mancino J., Sabatello M., Roth S., Nicolaidis C., and the Working to increase Inclusivity in Research Ethics (WIRE) Consortium (2025). Guidelines for the creation of accessible consent materials and procedures: lessons from research with autistic people and people with intellectual disability. *Autism in Adulthood*.
- Beck K., MacKenzie K., Kumar T., **Breitenfeldt K.**, Chang J, Conner C., Mandell D., White S., Mazefsky, C. (2024). “The world's really not set up for the neurodivergent person”: Understanding emotion dysregulation from the perspective of autistic adults. *Autism in Adulthood*.
- Tassone, A. U., **Breitenfeldt, K.**, DeLucia, E., McDonnell, C. G. (2024). A pilot study of political experiences and barriers to voting among autistic adults participating in online survey research in the United States. *Autism in Adulthood*.
- Andrzejewski, T. M, Gomez Batista, S., Abu-Ramadan, T., **Breitenfeldt, K.**, Tassone, A. U., Winch, A., Rozek, D. C., McDonnell, C. G. (2024). Examining rates of trauma exposure and posttraumatic stress disorder symptoms among autistic adults. *Autism in adulthood: challenges and management*, 6(3), 374–387.

- Beck, K., Northrup, J., **Breitenfeldt, K.**, Porton, S., Day, T., MacKenzie, K., Conner, C., Mazefsky, C. (2022). Stakeholder informed development of the Emotion Awareness and Skills Enhancement team-based program (EASE-Teams). *Autism*, 26(3), 586-600.
- Mazefsky, C. A., Conner, C. M., **Breitenfeldt, K.**, Leezenbaum, N., Chen, Q., Bylsma, L. M., & Pilkonis, P. (2021). Evidence base update for questionnaires of emotion regulation and reactivity for children and adolescents. *Journal of clinical child and adolescent psychology: the official journal for the Society of Clinical Child and Adolescent Psychology*, 50:6, 683-707
- Beck, K. B., Conner, C. M., **Breitenfeldt, K.**, Northrup, J. B., White, S. W., & Mazefsky, C. A. (2020). Assessment and treatment of emotion regulation impairment in autism spectrum disorder across the life span: Current state of the science and future directions. *Child and adolescent psychiatric clinics of North America*, 29(3), 527–542.

Manuscripts Under Review/In preparation (n = 4)

Tassone, A. U., Andrzejewski T., **Breitenfeldt, K.**, Miller, M., McDonnell, C. G. (Under review). Seeing Through the Mask: Perspectives on the Influence of Camouflaging in Adult Autism Assessments. *Research in Autism*.

Breitenfeldt, K., McDonnell, C. G. (In prep). A Scoping Review of the Use of Dialectical Behavior Therapy for Autistic Individuals.

Breitenfeldt, K., Miller, M., Johnson N., Tassone, A. U., Andrzejewski T., McDonnell, C. G. (In prep). Autistic Adults Describe Facilitators and Barriers to Autistic Community Connectedness.

Breitenfeldt, K., McDonnell, C. G. (In prep). An Evaluation of the Short Difficulties in Emotion Regulation Scale (DERS-16) among Autistic Adults: Invariance Across Diagnostic Status and Gender.

Book Chapters (n = 1)

Breitenfeldt, K., McDonnell, C. (2025). Emotion Regulation Skills. *The SAGE Encyclopedia of Mood and Anxiety Disorders*.

ACADEMIC & PROFESSIONAL CONFERENCES

As Presenting Author (n = 5)

Breitenfeldt, K. E., Miller, M., Johnson, N., Tassone, A. U., Andrzejewski, T., & McDonnell, C. G. (2025, May). *A Mixed Methods Analysis: Autistic Adults Describe Facilitators and Barriers to Autistic Community Connectedness* [Poster presentation]. International Society for Autism Research (INSAR) 2025 Annual Meeting, Seattle, Washington.

Breitenfeldt, K. E., Tassone, A. U., Gomez Batista, S., Andrzejewski, T., & McDonnell, C. G. (2024, May). *Gender differences in emotion regulation among gender diverse autistic adults* [Poster presentation]. International Society for Autism Research (INSAR) 2024 Annual Meeting, Melbourne, Australia.

Breitenfeldt, K. E., Andrzejewski, T., Gomez Batista, S., Tassone, A., Faaberg, C., & McDonnell, C. G. (2023, May). *An evaluation of changes in emotion regulation over the course of a pilot telehealth trauma-focused CBT for autistic youth* [Poster presentation]. International Society for Autism Research (INSAR) 2023 Annual Meeting, Stockholm, Sweden.

Breitenfeldt, K. E., Conner, C.M., White, S.W., Mazefsky, C.M. (2020, May) *Clinical Validation of the Emotion Dysregulation Inventory for Autism* [Virtual Poster Presentation] International Society for Autism Research (INSAR) 2020 Annual Meeting, Seattle, Washington.

Breitenfeldt, K. E., Laurent H.K. (2019, April). *Maternal Social Support Across Postnatal Development Buffers Depression* [Poster Presentation]. Midwestern Psychological Association 90th annual Conference, Chicago, IL.

As Non-Presenting Author (n = 8); * = undergraduate mentorship

*Miller, M., **Breitenfeldt, K. E.**, McDonnell, C. G. (2025, April) *Valued and Inadequate Supports in Autistic Identity: Insights from a Qualitative Study* [Poster Presentation] Rocky Mountain Psychological Association, Denver, Colorado.

- Tassone, A. U., **Andrzejewski, T.**, Breitenfeldt, K. E., Gomez Batista, S., & McDonnell, C. G. (2025, May). *The Role of Camouflaging in Adult Autism Assessments* [Poster presentation]. International Society for Autism Research (INSAR) 2025 Annual Meeting, Seattle, Washington.
- Andrzejewski, T., **Breitenfeldt, K. E.**, Tassone, A. U., McDonnell, C. G. (2025, May). *Comparing Rates of Significant PTSD Symptoms and Formal Diagnosis of PTSD Among Autistic Adults* [Poster presentation]. International Society for Autism Research (INSAR) 2025 Annual Meeting, Seattle, Washington.
- Andrzejewski, T., Gomez Batista, S., DeLucia, E. A., Dike, J., Tassone, A. U., **Breitenfeldt, K. E.**, & McDonnell, C. G. (2024, May). *Examining therapeutic alliance among autistic youth and their caregivers throughout trauma focused-cognitive behavioral therapy* [Poster presentation]. International Society for Autism Research (INSAR) 2024 Annual Meeting, Melbourne, Australia.
- Tassone, A. U., **Breitenfeldt, K. E.**, Andrzejewski, T., Gomez Batista, S., & McDonnell, C. G. (2024, May). *Examining measurement invariance of the SDRS-5 across autistic and non-autistic adults: implications for inclusive self-report measurement* [Poster presentation]. International Society for Autism Research (INSAR) 2024 Annual Meeting, Melbourne, Australia.
- Andrzejewski, T., Gomez Batista, S., DeLucia, E. A., Dike, J., **Breitenfeldt, K. E.**, & Tassone, A. U. (2023, November). Examining how caregiver variables impact treatment outcomes among Autistic youth receiving trauma-focused cognitive behavioral therapy (TF-CBT) [Flash talk]. 2023 International Society for Traumatic Stress Studies (ISTSS) Annual Meeting.
- Tassone, A. U., DeLucia, E., **Breitenfeldt, K. E.**, McDonnell, C.G. (2023, May). *Political experiences and barriers to voting among autistic adults in the United States* [Poster presentation]. International Society of Autism Research (INSAR) 2023 Annual Meet, Stockholm, Sweden.
- Beck, K., Northrup, J., **Breitenfeldt, K. E.**, Porton, S., Day, T., MacKenzie, K., Conner, C., Mazefsky, C. (2020, May 11-14). *Stakeholder-informed development of the Emotion Awareness and Skills Enhancement team-based program (EASE-Teams)* [Poster Presentation]. International Society for Autism Research (INSAR) 2020 Annual Meeting, Austin, Texas.

AWARDS, GRANTS, & SCHOLARSHIPS

Robert and Huldah Bruce Outstanding Graduate Student Award

Awarded: 2025

Total Amount Received: \$500

Lillian G. Portenier Psychology Scholarship

Awarded: 2023, 2024, 2025

Total Amount Received: \$1,300

Arts & Sciences Deans' Graduate Scholar Award

Awarded: 2023, 2025

Total Amount Received: \$6,000

Paul Stock Foundation Arts & Sciences Travel Award

Awarded: 2023, 2024

Total Amount Received: \$1,000

Stewart Family Serviceship Project Award

Awarded: 2024

Total Amount Received: \$5,000

School of Graduate Education Travel Award

Awarded: 2023

Total Amount Received: \$300

Student and Trainee Travel Award (INSAR)

Awarded: 2020, 2024

Total Amount Received: \$500

NIH IDeA Networks of Biomedical Research Excellence (INBRE) Graduate Fellowship

Awarded: 2 years (Fall 2022- Spring 2024) Total Amount Received: \$60,000 (stipend/tuition)

CLINICAL EXPERIENCE

Clinical Supervision Experiences/Mentorship

Present

Peer Supervision

University of Wyoming Psychology Center (UWPC), Univ. of Wyoming, Laramie, WY

- Supervised a first-year graduate clinician as part of the Introduction to Clinical Supervision course.
 - *Instructor: Christine McKibbin, PhD*

Present

Campus Connections Mentor Supervision

University of Wyoming Psychology Center (UWPC), Univ. of Wyoming, Laramie, WY

- Provided group-level and individual supervision to undergraduate mentors paired with youth as part of the Campus Connections program.
 - *Program supervisors: Anne Stevens, PhD & Tara Clapp, MS, CAS*

Fall 2022 -
Present

Clinical Research Mentor

Community Autism Resilience Emotion & Stress (CARES) Lab; Univ. of Wyoming, Laramie, WY

- Provided mentorship to two undergraduate clinical research assistants, including research preparation and professional development.
 - *Lab Supervisor: Christina McDonnell, PhD*

Practicum Experiences

Present

University of Wyoming Psychology Center (UWPC)

Univ. of Wyoming, Laramie, WY

Youth Assessment, Intervention, and Campus Connections Practicum Team

Supervisor: Anne Stevens, PhD

- Conducted comprehensive psychological assessments, including autism, ADHD, cognitive/learning, and complex diagnostic differentials of co-occurring mental health.
- Provided ongoing therapy for one assessment client due to an emergent clinical need.
- Provided individual and group-based therapeutic support for adolescents (ages 12-17) involved in Campus Connections, a mentoring and prevention program for youth exposed to adversity who are referred for psychosocial, behavioral, or academic concerns.
- Collaborated with supervisors on program development initiatives and provided guidance and supervision to undergraduate mentors to support youth engagement and program implementation.
- Received ongoing individual and live supervision incorporating video review and case consultation.

2022 - Present

University of Wyoming Psychology Center (UWPC)

Univ. of Wyoming, Laramie, WY

Autism Assessment Consultant

Supervisor: Christina McDonnell, PhD

- Administered **25** Autism Diagnostic Observation Schedule, Second Edition (ADOS-2) assessments for fellow graduate clinicians at UWPC and provided write-ups and consultations with colleagues.

Summer 2025

University Development and Assessment Clinic (UDAC) Summer Practicum

Intermountain Primary Children's Eccles Outpatient, University of Utah, Salt Lake City, UT

Rapid Autism Diagnostic (RAD) Clinic

Supervisor: Ashley Stuart, PhD

- Conducted parental interviews (TASI), brief structured autism assessments (STAT), and developmental screening (DAYC) at a specialized diagnostic clinic for toddlers 19-36 months referred due to speech delay and/or elevated autism screener. 2-hour assessments include collaboration between psychology and pediatrics. Families receive feedback and recommendations the following week.
- The clinic location predominantly serves under-resourced families.
- Received live supervision of assessment administration.

Child Developmental Program (CDP)

Primary Supervisors: Emily Parker, PhD, Ashley Stuart, PhD, Michele Vilalobos, PhD

- Conducted comprehensive autism and developmental assessments with children over 3 years old.
- Delivered PEERS via telehealth as a co-therapist with individual autistic youth.
- Shadowed neuropsychological assessments and participated in cognitive, academic, and autism assessment activities when indicated.
- Received live supervision of assessment administration and intervention implementation.

Neonatal Follow-up Program (NFP)

Supervisors: Laura Wood, PhD, Sara Winter, MD

- Participated in interdisciplinary teams providing developmental assessments for children with high-risk births (low birth weight, born \leq 26 weeks, requiring ECMO, or diagnosed with hypoxic ischemic encephalopathy). Patients are seen by each team member during their visit, then provided with feedback and recommendations before they leave, and have access to reports and referrals soon after. All services are provided at no cost to patients.
- Received live supervision of cognitive and developmental assessment administration.
- Teams included Developmental Pediatrics, Speech and Language Pathology, Occupational Therapy, Physical Therapy, Family Support/Social Work, and Psychology.
- Evaluations occurred multiple times from 3 months to 5 years and included a range of motor, speech, cognitive, and adaptive assessments. Infants were screened for early detection of cerebral palsy.

Heart Center Neurodevelopment Program (HCNP)

Supervisors: Laura Wood, PhD, Emily Parker, PhD, Sara Winter, MD

- Participated in interdisciplinary teams providing neurodevelopmental evaluations for children with congenital heart disease. Patients are seen by each of the team members during their visit, then provided with feedback and recommendations before they leave, and have access to reports and referrals soon after. All services are provided at no cost to patients.
- Received live supervision of cognitive and developmental assessment administration.
- Teams include Cardiology, Developmental Pediatrics, Psychology, Physical Therapy, Occupational Therapy, Speech and Language Pathology, and Registered Nurses and Medical Assistants.
- Shadowed a psychologist during grand rounds in the pediatric cardiac ICU and CCU.
- Patients received evaluations 4 times from 6 months to 13 years, which included a range of motor, speech, cognitive, and adaptive assessments. Infants were screened for early detection of cerebral palsy.

West High School Clinic

Supervisor: Olivia Holter, PhD

- Participated in therapy and assessment within a school-based health center serving children aged 12-19 years.

2024 - 2025

University of Wyoming Psychology Center (UWPC)

Univ. of Wyoming, Laramie, WY

Eating Disorders, Substance Use, and Sleep Practicum Team

Supervisor: Kyle DeYoung, PhD

- Delivered evidence-based therapies for clients with eating disorders, sleep disorders, and mood disorders.
- Received ongoing individual and live supervision.

Summer 2024 -
Spring 2025

Albany County School District #1,
Laramie, WY

Spring 2025: Laramie High School ADHD Group Therapy

Supervised: Cynthia Hartung, PhD

- Facilitated group-based Organization, Time Management and Planning (OTMP) therapy with 16 freshman-senior high school students. Facilitated individualized small groups (3-5 students).

Summer 2024: Slade Elementary Extended School Year (ESY) Summer Staff

Supervisors: Tara Clapp, MS, CAS, and Jennifer Wiseman, EdS

- Developed the Laramie Autism and Developmental Services (LADS) Project in collaboration with school district and department staff to address a service gap resulting from reduced availability of school psychologists.
- Extended School Year (ESY) summer staff member; completed 20 developmental screenings for incoming kindergarteners in Behavior Support Services and completed an autism evaluation for a student's IEP.

- Summer 2024 **University of Wyoming Psychology Center (UWPC)**
Univ. of Wyoming, Laramie, WY
Attention and Learning Practicum Team
Supervisor: Cynthia Hartung, PhD
 - Conducted additional comprehensive youth assessments over the summer.
- Fall 2022 - Present **University of Wyoming Psychology Center (UWPC)**
Univ. of Wyoming, Laramie, WY
Autism Assessment and Therapy Practicum Team
Supervisor: Christina McDonnell, PhD
 - Conducted comprehensive autism diagnostic assessments for youth and adults, including differential diagnosis of autism, ADHD, and co-occurring mental health concerns, along with standardized measures of cognition and learning
 - Delivered evidence-based therapies (e.g., Unified Protocol, PEERS, exposure and response prevention) to autistic youth and adult clients.
 - Received ongoing individual and live supervision incorporating video review and case consultation.

Professional Trainings

- 2025 **Substance Use Harm Reduction Training and Introduction to Narcan**
Dr. Angela Farrand with the Laramie County Opioid Settlement Task Force
- 2024 **DBT Skills Course**
Psychwire 6-week course with Dr. Marsha Linehan
- 2024 **Level 1 Radically Open Dialectical Behavior Therapy**
Blended Learning Course by Dr. Thomas Lynch
- 2024 **Trauma Focused Acceptance and Commitment Therapy**
6-week Online Training with Dr. Russ Harris, Contextual Consulting
- 2023 **Unified Protocol: Child and Adolescent Webinar**
Child and Adolescent Mood and Anxiety Treatment (CAMAT) program
- 2023 **Written Exposure Therapy for PTSD course (self-paced)**
PESI Education Services
- 2023 **PEERS for Adolescents Training Seminar Series**
UCLA PEERS Clinic, Semel Institute
- 2022 **Trauma-Focused Cognitive Behavior Therapy Virtual Training**
3-day training virtual with Ohio Children's Alliance
- 2022 **Trauma-Focused Cognitive Behavior Therapy Course (self-paced)**
Medical University of South Carolina
- 2022 **Gender Affirming Care Practices Training**
University Counseling Center, University of Wyoming
- 2022 **Tuning into Teens (TINT) Facilitator Training**
Department of Psychiatry, University of Melbourne
- 2021 **ADOS-2 Advanced Research Reliability Workshop**
STAR Center for ASD & NDDs, University of California, San Francisco
- 2021 **ADI-R Training Workshop**
STAR Center for ASD & NDDs, University of California, San Francisco
- 2019 **Talk Saves Lives Suicide Prevention Educator Training**
American Foundation for Suicide Prevention, Western Pennsylvania
- 2017 **SCID-5 Training Program**
University of Illinois, Champaign-Urbana

Pre-Graduate Applied/Clinical Experiences

- 2017-2019 **Clinic Volunteer, Autism Clinic at the University of Illinois at Urbana-Champaign**
 - Organized clinic rooms and assessment materials, and assisted in the summer group therapy sibling program (SibShop) and comedy camp.
- 2016-2017 **Applied Behavioral Analysis (ABA) Therapist, Visions LLC**
 - 1-to-1 in-home behavioral intervention for self-care and distress tolerance with a 5-year-old autistic child, 20 hours a week. Supervised remotely by BCBA.
- 2016 **Life Skills Lead Intern, Community Choices, Urbana, IL**

- Developed two life skills courses (food safety and healthy relationships) for adults with intellectual disabilities. Shadowed non-profit caseworkers and organized fundraisers and advocacy events.
- 2016 **Mental Health Volunteer, Sri Lanka Volunteers Global**
- Participated in a 5-week immersive volunteer program in rural Sri Lanka. Developed emotion, well-being, occupational, and English-learning lesson plans, and visited psychiatric hospitals, disability care centers, orphanages, monasteries, colleges, and elementary schools to offer services.
 - Shadowed an inpatient psychiatrist and social worker.
- 2015-2016 **Co-Teacher, Substitute Teacher, and 1-to-1 Tutor, Montessori Preschool of C-U**
- Introductory training in Eastern medicine/mental health practices from local providers.
 - Planned lessons and activities for 25 preschoolers during the daytime, and 20 preschool and kindergarten children after school and during summer programming. Followed the lesson plans provided by teachers when acting as a substitute.
 - Provided 1-to-1 English learning support for a preschooler learning English as a second language.
- 2013-2017 **Personal Support Worker, Center for Independent Living, Urbana, IL**
- Assisted an adult with intellectual and developmental disabilities with daily life skills such as managing finances, self-care, mental and physical health goals, and relationship maintenance.

CLINICAL RESEARCH EXPERIENCE

- 2024-Present **Graduate Assistant for Research and Evaluation**
Wyoming Institute for Disabilities (WIND), University Center for Excellence in Developmental Disabilities (UCEDD), University of Wyoming
 PI: Dr. Eric Moody
- *Foci:* Applied research and evaluation within the University Center for Excellence in Developmental Disabilities (UCEDD) to strengthen services and support for individuals with intellectual and developmental disabilities (IDD) across Wyoming.
 - *Responsibilities:* Led data compilation and thematic coding for Wyoming's 5-year UCEDD needs assessment; developed Behavioral Health Aide training materials in partnership with Wind River Cares; supported ECHO for Families and Professionals by assisting with content development and dissemination; conducted literature reviews and psychometric analyses for ongoing research and grant projects.
- 2022-2024 **Graduate Research Assistant**
Community Autism Resilience Emotion & Stress (CARES) Lab; University of Wyoming Psychology Department
 PI: Dr. Christina McDonnell
- *Foci:* Research on emotion, trauma, and mental health among autistic individuals and their families, emphasizing participatory approaches, trauma intervention feasibility, and affirming psychological practices for neurodivergent populations.
 - *Responsibilities:* Implemented telehealth-based intervention protocols for research studies evaluating *Written Exposure Therapy (WET)* and *Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)* with autistic participants; contributed to manuscript preparation, conference presentations, and grant proposals; and mentored undergraduate research assistants.
- 2019-2022 **Research Specialist**
Center for Excellence in Autism Research (now Autism Center of Excellence), University of Pittsburgh Medical School
 Regulation of Emotion in ASD Adults, Children, & Teens (REACT) Program
 PI: Dr. Carla Mazefsky, Dr. Kelly Beck
- *Foci:* Translational research to improve mental health and well-being for autistic people across the lifespan, focusing on mechanisms of emotion dysregulation, development of meaningful outcome measures, creation of community-informed, innovative interventions, and promotion of autism acceptance.
 - *Responsibilities:* Coordinated participant recruitment and data collection for clinical and observational studies; administered standardized diagnostic and behavioral assessments in

research and inpatient settings, including data collection for the Simons Foundation Autism Inpatient Collection (e.g., ADOS-2, ADI-R, Leiter-3, WASI-II); managed IRB submissions and databases; assisted with project organization and thematic analyses; supported grant preparation for the NIH Autism Center of Excellence (ACE); conducted literature reviews and data organization; and contributed to manuscript preparation, and conference presentations.

2017- 2019

Research Coordinator

Department of Psychology; University of Illinois at Urbana-Champaign

Personal Relationships, Interpersonal Stress and Mindfulness (PRISM) Lab

PI: Dr. Heidemarie Kaiser-Laurent

- *Foci:* Biopsychosocial research examining stress regulation, mindfulness, and emotion regulation in mothers and infants within family systems, focusing on brain, physiological, and behavioral mechanisms that link interpersonal stress and the intergenerational transmission of risk for stress-related mental disorders.
- *Responsibilities:* Coordinated longitudinal mother–infant studies of stress and regulation; conducted SCID-5 interviews across multiple timepoints and oversaw graduate students’ administration; collected physiological, behavioral, and biological data (including saliva and stool samples); supervised undergraduate research assistants; managed study protocols, data entry, IRB submissions, and database systems; and contributed to ongoing research.

2016-2017

Undergraduate Research Assistant

Department of Psychology; University of Illinois at Urbana-Champaign

Cognitive Development Lab

PI: Dr. Andrei Cimpian

- *Foci:* Research on cognitive and social-cognitive development in childhood, focusing on how children’s beliefs, motivation, and reasoning about ability and social groups influence learning and achievement.
- *Responsibilities:* Assisted with experimental studies examining cognitive and social reasoning in children; recruited participants and collected behavioral data; coded and analyzed quantitative and qualitative data; prepared study materials and stimuli; and contributed to lab meetings.

TEACHING/LECTURE EXPERIENCE

Guest Lectures/Panels

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| Oct 2025 | <p>ECHO for Families, University of Wyoming, Laramie, WY</p> <ul style="list-style-type: none"> • "Benevolent Childhood Experiences: How Positive Early Experiences Help Caregivers Thrive" presented and facilitated discussion virtually to ECHO for Families in Wyoming |
| May 2025 | <p>Albany County School District #1 School Board Meeting, Laramie, WY</p> <ul style="list-style-type: none"> • Presented about the “Laramie Autism and Developmental Services (LADS) Project” for the May school board meeting, along with other psychology faculty members. |
| March 2025 | <p>PSYC 2300: Psychology of Child Development, Univ. Of Wyoming, Laramie, WY</p> <ul style="list-style-type: none"> • Guest Lecture for undergraduate class (~30 sophomores-juniors) “Advanced Topic: Autism.” |
| March 2025 | <p>ECHO for Families, University of Wyoming, Laramie, WY</p> <ul style="list-style-type: none"> • "A Caregiver’s Guide for Supporting Suicide Prevention in Neurodiverse Youth” presented and facilitated discussion virtually to ECHO for Families in Wyoming |
| Feb 2025 | <p>ECHO for Families, University of Wyoming, Laramie, WY</p> <ul style="list-style-type: none"> • "Supporting Autistic Adults: Overview and Resources” presented to counseling students at the University of Wyoming Counseling Center. |
| Jan 2025 | <p>Florida Atlantic University, Boca Raton, FL</p> <ul style="list-style-type: none"> • “Taking an Appreciative Approach to Working with Autistic Students” presented visually for Appreciative Education Conference |
| Nov 2024 | <p>Stewart Community Engagement Forum, University of Wyoming, Laramie, WY</p> <ul style="list-style-type: none"> • “Laramie Autism and Developmental Services (LADS) Project” presentation and panel for the Stewart Community Engagement Forum |
| Sept 2024 | <p>ECHO for Families, University of Wyoming, Laramie, WY</p> <ul style="list-style-type: none"> • “Emotion Regulation in Youth” presented and facilitated discussion virtually to ECHO for Families in Wyoming |
| May 2024 | <p>University of Tasmania, Hobart, Tasmania, Australia</p> |

- “Overview of Autism Mental Health and Psychology” guest lecture to University of Tasmania’s Specialist Peer Mentor Program (Speerment)
- Mar 2024 **ECHO for Families, University of Wyoming, Laramie, WY**
- “Managing Anxiety in Youth” presented and facilitated discussion virtually to ECHO for Families in Wyoming

VOLUNTEER, LEADERSHIP AND PROFESSIONAL SERVICE

2025-Present	LEND Autism Enhanced Trainee <i>Utah Regional Leadership Education in Neurodevelopmental Disabilities (LEND)</i>
	<ul style="list-style-type: none"> • Engage in autism-specific didactic and leadership programming.
2024-Present	Board Member of AFSP Wyoming Chapter <i>American Foundation for Suicide Prevention (AFSP) of Montana/Wyoming</i>
	<ul style="list-style-type: none"> • Advised on chapter activities and initiatives. Facilitation of suicide prevention seminars and planning fundraising events, such as the University of Wyoming campus walk.
2023-Present	DEI Committee Implementation and Dissemination Workgroup Leader <i>Diversity, Equity, and Inclusion Committee (DEIC) of the University of Wyoming Psychology Department</i>
	<ul style="list-style-type: none"> • Developing, managing, and delegating tasks related to DEIC initiatives.
2024-2025	LEND Health Disciplines Trainee <i>Utah Regional Leadership Education in Neurodevelopmental Disabilities (LEND)</i>
	<ul style="list-style-type: none"> • Engage in didactic and leadership programming through the LEND trainee program.
2024-2025	Clinical Graduate Student Association Initiative Workgroup Leader <i>Clinical Graduate Student Association (CGSA) of the University of Wyoming Psychology Department</i>
	<ul style="list-style-type: none"> • Organize and execute initiatives determined by CGSA priorities. Logistical support for other board positions.
2023-2025	Autism Programming Consultant <i>University of Wyoming Disability Support Services</i>
	<ul style="list-style-type: none"> • Assist in the development and facilitation, in collaboration with Disability Support Services, of an on-campus support and celebration group for autistic students.
2023, 2024	Undergraduate Grant Reviewer <i>NIH IDeA Networks of Biomedical Research Excellence (INBRE) Wyoming</i>
	<ul style="list-style-type: none"> • Reviewed undergraduate grant applications, rated and discussed scores. Reached agreement on funding for undergraduate research projects.
2022-2024	Education Committee Member and Walk Committee Member <i>American Foundation for Suicide Prevention (AFSP) of Montana/Wyoming</i>
	<ul style="list-style-type: none"> • Facilitating suicide prevention seminars and planning fundraising events.
2023	Undergraduate Summer Research Grant Reviewer <i>IDeA Networks of Biomedical Research Excellence (INBRE) Wyoming</i>
	<ul style="list-style-type: none"> • Reviewed and rated undergraduate grant applications for summer research projects, reaching consensus on funding with other reviewers, including students and faculty.
2023-2024	Clinical Graduate Student Association Secretary of the Board <i>Clinical Graduate Student Association (CGSA) of the Univ. of Wyoming Psychology Department</i>
	<ul style="list-style-type: none"> • Scheduling, note-taking, and organizing committee and board meetings.
2019-2022	Educational Volunteer and AFSP Project 2025 Champion <i>Pittsburgh area American Foundation for Suicide Prevention (AFSP)</i>
	<ul style="list-style-type: none"> • Presented educational materials from AFSP on suicide prevention to community members. Attended monthly meetings with champions nationwide to facilitate the AFSP Project 2025.

PROFESSIONAL AFFILIATIONS AND ACTIVITIES

Present	Trainee, Utah Regional Leadership Education in Neurodevelopmental Disabilities (LEND)
Present	Psi Chi Honor Society Graduate Member
Present	Student member, Equality State Research Network (University of Wyoming)
Present	Student member, International Society for Autism Research (INSAR)
Present	Student member, Association for Behavioral and Cognitive Therapies (ABCT); ASDD-SIG
2022-2024	Graduate Fellow, Institutes for Health IDeA Networks for Biomedical Research Excellence

RELEVANT COURSEWORK (GRADUATE)

**current courses*

Statistical Methods in Psychology	Evidence-Based Therapy
Theories & Techniques of Psychotherapy	Developmental Psychopathology
Diagnostic Interviewing	Diversity Issues in Psychology
Assessment: Cognition and Achievement	Adult Psychopathology
Introduction to Biomedical Research	Professional Issues and Ethics
Applied Multivariate Analysis	Advanced Cognitive Development
Advanced Research Methods	Social Affective Psychology
Assessment, Psychometrics, and Personality	Intro to Clinical Supervision*

SPECIALIZED SKILLS

Evidence-Based Interventions:

- Coping Cat
- Enhanced Cognitive Behavior Therapy for Eating Disorders (CBT-E)
- Dialectical Behavioral Therapy (DBT) Skills Training
- PEERS social skills intervention
- Tuning into Teens Emotion Coaching (TINT)
- Trauma Focused Cognitive Behavioral Therapy (TF-CBT)
- Unified Protocol: Child/Adolescent (UP- C/A)
- Written Exposure Therapy (WET)
- Trauma Focused Acceptance and Commitment Therapy (TFACT)

Data Collection, Organization & Analysis:

- Basic statistical analysis in IBM SPSS Statistical Software
- Nvivo Qualitative Data Analysis software
- Qualtrics Survey Software
- Research Electronic Data Capture (REDCap)
- EPIC electronic medical records system

Assessments, Interviews, Measures:

- Autism Diagnostic Interview, Revised (ADI-R)
- Autism Diagnostic Observation Schedule, 2nd Edition (ADOS-2)
- Bayley Scales of Infant and Toddler Development (Bayley-4)
- Clinical Global Improvement Scale (CGI)
- Developmental Assessment of Young Children Second Edition (DAYC-2)
- Leiter International Performance Scale, 3rd Edition (Leiter-3)
- Schedule for Affective Disorders and Schizophrenia for School-Age Children (KSADS)
- Stanford-Binet Intelligence Scales, 5th Edition (SB-5)
- Structured Clinical Interview for DSM-5 (SCID-5)
- Screening Tool for Autism in Toddlers and Young Children (STAT)
- Toddler Autism Symptom Inventory (TASI)
- Test of Auditory Comprehension of Language (TACL)
- Test of Expressive Language (TEXL)
- Test of Memory Malingering (TOMM)
- Test of Variable Attention (TOVA)
- Peabody Picture Vocabulary Test, 4th and 5th Editions (PPVT-4/5)
- Vineland Adaptive Behavior Scales, 3rd Edition (Vineland-3)
- Wechsler Abbreviated Scale of Intelligence, 2nd Edition (WASI-II)
- Wechsler Adult Intelligence Scale, 5th Edition (WAIS-V)
- Wechsler Individual Achievement Test, 4th Edition (WIAT-IV)
- Wechsler Intelligence Scale for Children, 5th Edition (WISC-V)
- Wechsler Preschool and Primary Scale of Intelligence, 4th Edition (WPPSI-IV)
- Woodcock-Johnson IV Tests of Achievement, 4th Edition (WJ-IV ACH)
- Woodcock-Johnson Tests of Cognitive Abilities, 4th Edition (WJ-IV COG)
- Kaufman Brief Intelligence Test, 2nd Editions (KBIT-2)