

**CURRICULUM VITAE**  
(Last revision May, 2019)

**Christina M. Luberto, Ph.D.**

**Professional Address**

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Massachusetts General Hospital/Harvard Medical School  
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**EDUCATION**

- Harvard Medical School**, Boston, MA 2015 – 2018  
T32 Postdoctoral Fellow, Research Fellowship in Integrative Medicine  
Massachusetts General Hospital, Department of Psychiatry, Behavioral Medicine Service
- Harvard School of Public Health**, Boston, MA 2015  
Program in Clinical Effectiveness
- Massachusetts General Hospital/Harvard Medical School**, Boston, MA 2014 – 2015  
Clinical Psychology Pre-Doctoral Internship  
Clinical Fellow in Psychology, Department of Psychiatry, Behavioral Medicine Service
- University of Cincinnati**, Cincinnati, OH 2009 – 2015  
Ph.D. in Clinical Psychology (APA-Approved Program)  
Emphasis in Health Psychology  
Dissertation: *An Experimental Test of the Effects of a Brief Mindfulness Exercise on Distress Tolerance among Adult Cigarette Smokers*
- University of Cincinnati**, Cincinnati, OH 2012  
M.A. in Clinical Psychology  
Emphasis in Health Psychology  
Thesis: *Development and Validation of the Relaxation Sensitivity Index*
- University at Albany, State University of New York**, Albany, NY 2004 – 2008  
B.A. in Psychology with minors in Biology and Sociology  
*Summa Cum Laude*

**HONORS AND AWARDS**

- Grant Review and Support Program**, Harvard Clinical and Translational Science Center 2018
- Poster Citation Award**, International Congress on Integrative Medicine and Health 2018
- Young Investigator Award**, International Congress on Integrative Medicine and Health 2018
- Research Fellow**, NCCIH Fellows and Trainees Workshop: Building a Successful Research Career Path 2017

|   |                  |
|---|------------------|
| <b>Poster Award Finalist</b> , World Congress on Integrative Medicine and Health                          | 2017             |
| <b>Research Fellow</b> , Mind and Life Summer Research Institute  | 2016, 2017, 2019 |
| <b>Travel Award</b> , International Symposium for Contemplative Studies                                   | 2016             |
| <b>NCCIH Loan Repayment Award</b>   | 2016, 2018       |
| <b>Distinguished New Investigator</b> , International Congress on Integrative Medicine and Health         | 2016             |
| <b>Student Research Travel Award</b> , International Research Congress on Integrative Medicine and Health | 2012, 2014       |
| <b>Isabel &amp; Mary Neff Award</b> , Outstanding Female Graduate Student, University of Cincinnati       | 2013             |
| <b>Seeman-Frakes Graduate Student Research Award</b> , University of Cincinnati                           | 2011, 2014       |
| <b>Presidential Honors Society</b> , SUNY Albany  | 2008             |
| <b>Phi Beta Kappa</b>   | Inducted 2006    |
| <b>Psi Chi</b>  | Inducted 2005    |
| <b>National Society of Collegiate Scholars</b>  | Inducted 2004    |
| <b>Dean's List</b> , SUNY Albany  | 2004 – 2008      |

#### PROFESSIONAL SOCIETY MEMBERSHIPS

|   |                |
|---|----------------|
| Association for Behavioral and Cognitive Therapies                          | 2009 – present |
| Society of Behavioral Medicine  | 2015 – present |
| Association for Behavioral and Cognitive Therapies- Behavioral Medicine SIG | 2015 – present |
| Association for Behavioral and Cognitive Therapies- Mindfulness SIG         | 2015 – present |
| Mind and Life Social Justice Community                                      | 2016 – present |

#### RESEARCH ACTIVITIES

##### Research Support

##### Active Research Grants

|                 |  |
|-----------------|--|
| Title:          | Mindfulness-Based Cognitive Therapy Delivered via Group Videoconferencing for Acute Coronary Syndrome Patients with Elevated Depression Symptoms |
| Amount:         | \$734,385 [\$58,520 indirect]  |
| Funding Source: | NCCIH K23 Career Development Award   |
| Role:           | Principal Investigator   |

##### Completed Research Grants

|                 |  |
|-----------------|--|
| Title:          | Harvard Medical School Research Fellowship in Integrative Medicine |
| Funding Period: | 7/1/15 – 6/30/18   |
| Amount:         | \$48,000   |
| Funding Source: | NCCIH T32AT000051-17   |
| Role:           | Postdoctoral Research Fellow                                       |

|                 |   |
|-----------------|---|
| Title:          | Personalized Smoking Cessation for Lung Cancer Screening Patients |
| Funding Period: | 3/1/14 – 3/1/16   |

Amount: \$10,000  
 Funding Source: ACS IRG 12-070-01 (Site: MGH)  
 Role: Protocol Therapist (PI: Elyse Park, PhD)

Title: The Role of Anxiety Sensitivity in Asthma Symptom Perception  
 Funding Period: 6/1/11 – 7/31/11  
 Amount: \$3,000  
 Funding Source: University of Cincinnati Research Council  
 Role: Principal Investigator

### **Unfunded Grant Submissions**

Title: A Virtual Mindfulness-Based Smoking Cessation Intervention for Pulmonary Nodule Patients  
 Funding Period: 2/1/19 – 1/31-20  
 Amount: \$28,695  
 Funding Source: ACS IRG (Site: MGH)  
 Role: Principal Investigator

Title: Mindfulness-Based Relapse Prevention Delivered via Online Videoconferencing for Nicotine Addiction: A Pilot RCT  
 Amount: \$80,000  
 Funding Source: NIDA K12 (Site: MGH)  
 Role: Principal Investigator

Title: CALM Pregnancy: A Randomized Controlled Trial of Mindfulness-Based Cognitive Therapy for Perinatal Anxiety  
 Amount: \$20,000  
 Funding Source: Fahs-Beck Fund for Research and Experimentation  
 Role: Co-Investigator

### **Research Positions**

#### **K24 Research Mentee**

July 2017 – present

*Mentor:* Peter Wayne, PhD

*Title:* Mentoring and research in mind-body and integrative therapies

*Funding Period:* 12/16 – 11/21

*Funding Source:* NCCIH K24AT009282

#### **K24 Research Mentee**

July 2017 – present

*Mentor:* Gloria Yeh, MD, MPH

*Title:* Mentoring and patient-oriented research in mind-body exercise

*Funding Period:* 7/1/17 – 7/1/22

*Funding Source:* NCCIH K24AT009465

#### **K24 Research Mentee**

July 2015 – present

*Mentor:* Elyse Park, Ph.D., MPH

*Title:* Examining delivery of integrated tobacco treatment in cancer care

*Funding Period:* 7/1/15 – 7/1/20

*Funding Source:* NCI 1K24CA197382-01

**Clinical Research Fellow** July 2015 – June 2018  
 Benson-Henry Institute for Mind-Body Medicine  
 Massachusetts General Hospital

**T32 Research Fellow** July 2015 – June 2018  
 Harvard Medical School Research Fellowship in Integrative Medicine  
 Massachusetts General Hospital, Behavioral Medicine Service

**Research Lab Coordinator** September 2012 – June 2014  
 Integrative Medicine Research Lab  
 Department of Family and Community Medicine, University of Cincinnati  
*Supervisor: Sian Cotton, Ph.D.*

**Research Lab Coordinator** September 2012 – September 2013  
 Health and Anxiety Psychopathology Laboratory  
 Department of Psychology, University of Cincinnati  
*Supervisor: Alison C. McLeish, Ph.D.*

**Graduate Research Assistant** May 2010 – June 2014  
 Integrative Medicine Research Lab  
 Department of Family and Community Medicine, University of Cincinnati  
*Supervisor: Sian Cotton, Ph.D.*

**Graduate Research Assistant** September 2009 – June 2014  
 Health and Anxiety Psychopathology Laboratory  
 Department of Psychology, University of Cincinnati  
*Supervisor: Alison C. McLeish, Ph.D.*

### **Scholarly Publications**

*(Listed in reverse chronological order)*

#### **Peer-Reviewed Journal Articles**

##### **2019**

41. Kuhlthau, K. A., **Luberto, C. M.**, Traeger, L., Millstein, R. A., Perez, G. K., Lindley, O. J., Chad-Friedman, E., & Park E.R. (in press). A virtual resiliency intervention for parents of children with autism: A randomized pilot trial. *Journal of Autism and Developmental Disorders*.
40. McLaughlin, L., **Luberto, C. M.**, O'Bryan, E. M., Kraemer, K. M., & McLeish, A. C. (in press). The indirect effect of positive affect in the relationship between trait mindfulness and emotion dysregulation. *Personality and Individual Differences*.
39. **Luberto, C. M.**, Hall, D. L., Chad-Friedman, E., & Park, E. R. (in press). Theoretical rationale and case illustration of Mindfulness-Based Cognitive Therapy for fear of cancer recurrence. *Journal of Clinical Psychology in Medical Settings*.
38. Funes, C. J., Zale, E. L., **Luberto, C. M.**, & Vranceanu, A-M. (2019). Home practice and quality of life among patients with neurofibromatosis randomized to a mind-body intervention. *Complementary Therapies in Medicine*, 42, 114-118.

##### **2018**

37. O'Bryan, E. M., **Luberto, C. M.**, Kraemer, K. M., & McLeish, A. C. (in press). An examination of mindfulness skills in terms of affect tolerance among individuals with elevated levels of health anxiety. *Anxiety, Stress, & Coping*.

36. Hall, D. L., **Luberto, C. M.**, Philpotts, L. L., Song, R., Park, E. R., & Yeh, G. Y. (in press). Mind-body interventions for fear of cancer recurrence: A systematic review and meta-analysis. *Psycho-oncology*.
35. Blashill, A. J., Rooney, B. M., **Luberto, C. M.**, Gonzalez, M., & Grogan, S. (in press). A brief facial morphing intervention to reduce skin cancer risk behaviors: Results from a randomized controlled trial. *Body Image*.
34. Lennes, I. T., **Luberto, C. M.**, Carr, A. L., Hall, D. L., Strauss, N. S., & Park, E. R. (2018). Project Reach: Piloting a risk-tailored smoking cessation intervention for lung screening. *Journal of Health Psychology*.

### 2017

33. **Luberto, C. M.**, & McLeish, A. C. (2018). The effects of a brief mindfulness exercise on state mindfulness and affective outcomes among adult daily smokers. *Addictive Behaviors, 77C*, 73-80.
32. **Luberto, C. M.**, Shinday, N., Song, R., Philpotts, L. L., Park, E. R., Fricchione, G. L., & Yeh, G. Y. (in press). A systematic review and meta-analysis of the effects of meditation on empathy, compassion, and pro-social behaviors. *Mindfulness*, doi: 10.1007/s12671-017-0841-8
31. **Luberto, C. M.**, Park, E. R., & Goodman, J. H. (in press). Postpartum outcomes and formal mindfulness practice in Mindfulness-Based Cognitive Therapy for perinatal women. *Mindfulness, 9*, 850-859.
30. Kaar, J. L., **Luberto, C. M.**, Campbell, K. A., & Huffman, J. C. (2017). Sleep, health behaviors, and behavioral interventions: Reducing the risk of cardiovascular disease in adults. *World Journal of Cardiology, 9*, 396-406.
29. **Luberto, C. M.**, Wasson, R. S., Kraemer, K. M., Sears, R. W., Hueber, C., & Cotton, S. (2017). Feasibility, acceptability, and preliminary effectiveness of a 4-week Mindfulness-Based Cognitive Therapy protocol for hospital employees. *Mindfulness, 8*, 1522-1531.
28. **Luberto, C. M.**, Magidson, J. F., & Blashill, A. J. (2017). A case study of individually delivered mindfulness-based cognitive-behavioral therapy for severe health anxiety. *Cognitive and Behavioral Practice, 24*, 484-495.

### 2016

27. **Luberto, C. M.**, Chad-Friedman, E., Dossett, M. L., Perez, G. K., & Park, E. R. (2016). Characteristics of adult smokers presenting to a mind-body medicine clinic. *Journal of Health Psychology*.
26. Manning, K., Bakhshaie, J., McLeish, A. C., **Luberto, C.M.**, Walker, R., & Zvolensky, M. J. (2016). Emotional non-acceptance and anxiety sensitivity in relation to anxious arousal, social anxiety, and depressive symptoms among African American young adults. *Journal of Black Psychology, 43*, 669-687.
25. **Luberto, C. M.**, Hyland, K. A., Streck, J.M., Temel, B., & Park, E. R. (2016). Stigmatic and sympathetic attitudes toward cancer patients who smoke: a qualitative analysis of an online discussion board forum. *Nicotine and Tobacco Research, 18*, 2194-2201.
24. Sacco, J., Baas, W., Barnes, M., **Luberto, C. M.**, Talat, R., & Cotton, S. (2016). The efficacy of percutaneous auricular neurostimulation for chemotherapy-induced peripheral neuropathy: A retrospective chart review. *Medical Acupuncture, 28*, 131-136.
23. Kraemer, K. M., **Luberto, C. M.**, O'Bryan, E. M., Mysinger, E., & Cotton, S. (2016). Mind-body skills training to improve distress tolerance in medical students: A pilot study. *Teaching and Learning in Medicine, 28*, 219-228.
22. Strawn, J., Cotton, S., **Luberto, C. M.**, Patino, L., Stahl, L., Weber, W., Eliasson, J, Sears,

R., & DelBello, M. (2016). Neural function before and after mindfulness-based cognitive therapy in anxious adolescents at risk for developing bipolar disorder. *Journal of Child and Adolescent Psychopharmacology*, *26*, 372-379.

21. McLeish, A. C., **Luberto, C. M.**, & O'Bryan, E. M. (2016). Anxiety sensitivity and reactivity to asthma-like sensations among young adults with asthma. *Behavior Modification*, *40*, 164-177.

#### 2015

20. Hathaway, E. E., **Luberto, C. M.**, Bogenschutz, L., Geiss, S., Wasson, R., & Cotton, S. (2015). Integrative care therapies and physiological and therapist-reported outcomes in hospitalized infants. *Global Advances in Health and Medicine*, *4*, 32-37.
19. Japuntich, S. J., **Luberto, C. M.**, Streck, J. M., Rigotti, N. A., Temel, J., Lanuti, M., Dresler, C., Zallen, J. P., Davies, D., & Park, E. R. (2015). Integrating tobacco treatment into thoracic oncology settings: Lessons learned. *Journal of Health Psychology*, *21*, 2813-2823.
18. Bignall W. R., **Luberto, C. M.**, Cornette, A., Haj-Hamed, M., & Cotton, S. (2015). Breathing Retraining for African-American adolescents with asthma: A pilot study of a school-based randomized controlled trial. *Journal of Asthma*, *52*, 889-896.
17. Cotton, S., **Luberto, C. M.**, Sears, R. W., Strawn, J. R., Stahl, L., Wasson, R. S., Blom, T., & DelBello, M. P. (2015). Mindfulness-Based Cognitive Therapy for youth at risk for bipolar disorder: A pilot trial. *Early Intervention in Psychiatry*, *10*, 426-434.

#### 2014

16. Kuznetsov, N. A., **Luberto, C. M.**, Avallone, K., Kraemer, K., McLeish, A. C., & Riley, M. A. (2014). Characteristics of postural control among young adults with asthma. *Journal of Asthma*, *52*, 191-197.
15. Ebesutani, C., McLeish, A. C., **Luberto, C. M.**, Young, J., & Maack, D. J. (2014). A bifactor model of anxiety sensitivity: Analysis of the Anxiety Sensitivity Index-3. *Journal of Psychopathology and Behavioral Assessment*, *36*, 452-464.
14. **Luberto, C. M.**, McLeish, A. C., Robertson, S. A., Avallone, K. M., Kraemer, K. M., & Jeffries, E. R. (2014). The role of mindfulness skills in terms of distress tolerance: A pilot test among adult daily smokers. *The American Journal on Addictions*, *23*, 184-188.
13. **Luberto, C. M.**, Cotton, S., McLeish, A. C., Mingione, C. J., & O'Bryan, E. M. (2014). Mindfulness skills and emotion regulation: The mediating role of coping self-efficacy. *Mindfulness*, *5*, 373-380.
12. Cotton, S., **Luberto, C. M.**, Bogenschutz, L. H., Pelley, T. J., Dusek, J. (2014). Integrative care therapies and pain in hospitalized children and adolescents: A retrospective database review. *Journal of Alternative and Complementary Medicine*, *20*, 98-102.

#### 2013

11. **Luberto, C. M.**, White, C., Sears, R. W., & Cotton, S. (2013). Integrative medicine for treating depression: an update on the latest evidence. *Current Psychiatry Reports*, *15*, 391. doi: 10.1007/s11920-013-0391-2
10. **Luberto, C. M.**, Carle, A. C., & McLeish, A. C. (2013). Confirmatory factor analysis of the Discomfort Intolerance Scale. *International Journal of Cognitive Therapy*, *6*, 358-370.
9. Kraemer, K. M., McLeish, A. C., Jeffries, E.R., Avallone, K. M., & **Luberto, C. M.** (2013). Distress tolerance and perceived barriers to smoking cessation. *Substance Abuse*, *34*, 277-272.
8. Cotton, S., Pargament, K. I., Weekes, J. C., Grosseohme, D., McGrady, M.E., **Luberto, C.**

- M.**, Leonard, A. C., & Fitchett, G. (2013). Spiritual struggles, health-related quality of life, and mental health outcomes in urban adolescents with asthma. *Research in the Social Scientific Study of Religion, 24*, 259-280.
7. Avallone, K. M., McLeish, A.C., Zvolensky, M. J., Kraemer, K. M., **Luberto, C.M.**, & Jeffries, E. R. (2013). Asthma and its relation to smoking behavior and cessation motives among adult daily smokers. *Journal of Health Psychology, 18*, 788-799.
  6. Kraemer, K. M., **Luberto, C. M.**, & McLeish, A. C. (2013). The moderating role of distress tolerance in the association between anxiety sensitivity physical concerns and panic and re-experiencing symptoms. *Anxiety, Stress, & Coping, 26*, 330-342.

#### 2012

5. **Luberto, C. M.**, Yi, M., Tsevat, J., Leonard, A.C., & Cotton S. (2012). Complementary and alternative medicine use and psychosocial outcomes among urban adolescents with asthma. *Journal of Asthma, 49*, 409-415.
4. Avallone, K. M., McLeish, A. C., **Luberto, C. M.**, & Bernstein, J. A. (2012). Anxiety sensitivity, asthma control, and quality of life in adults with asthma. *Journal of Asthma, 49*, 57-62. doi: 10.3109/02770903.2011.641048

#### 2011

3. Cotton, S., **Luberto, C. M.**, Yi, M. S., & Tsevat, J. (2011). Complementary and alternative medicine behaviors and beliefs in urban adolescents with asthma. *Journal of Asthma, 48*, 531-538.
2. **Luberto, C. M.**, McLeish, A. C., Zvolensky, M. J., & Baer, R. A. (2011). Mindfulness skills and anxiety-related cognitive processes among young adult daily smokers: A pilot test. *Mindfulness, 2*, 129-136.
1. McLeish, A. C., Zvolensky, M. J., & **Luberto, C. M.** (2011). The role of anxiety sensitivity in terms of asthma control: A pilot test among young adult asthmatics. *Journal of Health Psychology, 16*, 439-444.

#### **Manuscripts Under Review**

7. Wasson, R. S., **Luberto, C. M.**, Murthi, M., Blocksom, S., Pallerla, H., Novak, B., & Cotton, S. (2019, April). Feasibility and acceptability of a modified 8-week Mindfulness-Based Stress Reduction Program for the under- and unemployed. Manuscript under review.
6. **Luberto, C. M.**, Crute, S., Yeh, G. Y., Celano, C., Huffman, J.C., Carver, S., & Park, E. R. (2018, October). Symptoms and treatment preferences for managing distress among ACS patients: Interests in mindfulness and electronic health approaches. Manuscript under review.
5. **Luberto, C. M.**, Hall, D. L., Park, E. R., Haramati, A., & Cotton, S. (2018, October). A comparison of two mind-body medicine approaches: Comparing mindfulness and relaxation techniques. Manuscript under review.
4. Park, E. R., Perez-Lougee, G. K., Millstein, R. A., **Luberto, C. M.**, Traeger, L., Proszynski, J., Chad-Friedman, E., & Kuhlthau, K. (2018, August). A virtual resiliency treatment for parents of children with learning and attentional disabilities: A randomized pilot trial. Manuscript under review.
3. McLeish, A. C., Johnson, A. L., **Luberto, C. M.**, & O'Bryan, E. M. (2018, July). The discomfort intolerance scale-revised: Psychometric properties and factor structure in symptomatic and non-symptomatic samples. Manuscript under review.
2. Magidson, J. F., **Luberto, C. M.**, Vanderkruik, R., Funes, C. J., Andersen, L., Fricchione, G., & Dimidjian, S. (2017, December). Task sharing mindfulness training to address "thinking too much" in resource-limited settings: Proposed relevance in the African context. Manuscript under review.

1. Park, E. R., **Luberto, C. M.**, Chad-Friedman, E., Traeger, L., Hall, D. L., Perez, G. K., Vranceanu, A. M., Denninger, J. W., Fricchione, G., Benson, H., & Lechner, S. C. (2017, July). A resilience treatment framework and assessment. Manuscript under review.

### **Book Chapters**

3. O'Bryan, E. M., Kraemer, K. M., **Luberto, C. M.**, & Sears, R. W. (submitted). Mindfulness-Based Behavioral and Cognitive Therapies. In B. A. Moore & W. E. Penk (Eds.), *Treating PTSD in Military Personnel: A Clinical Handbook—Second Edition*. New York, NY: Guilford Press.
2. Park, E. R., **Luberto, C. M.**, O'Cleirigh, C., Perez, G., & Wilner, J. (in press). Smoking cessation. In Greer, J. & Vranceanu, A. M. *The Massachusetts General Hospital Behavioral Medicine Handbook*. New York: Springer.
1. Sears, R., **Luberto, C. M.**, & Sell-Smith, J. (in press). Mindfulness-based approaches. In C. Haen & S. Aronson, *The handbook of child and adolescent group therapy*. New York: Routledge.

### **Peer-Reviewed Abstracts**

#### **2017**

18. **Luberto, C. M.**, Park, E., & Goodman, J. (2017). Postpartum outcomes and mindfulness practice in mindfulness-based cognitive therapy for perinatal women. *BMC Complementary and Alternative Medicine*, 17, (S1), P115.
17. **Luberto, C. M.**, Hall, D. L., Chad-Friedman, E., Lechner, S., & Park, E. R. (2017). Assessing everyday resiliency: examination of the current experiences scale. *BMC Complementary and Alternative Medicine*, 17, (S1), P114.
16. Cotton, S., **Luberto, C. M.**, Wasson, R., Kraemer, K., Sears, R., & Hueber, C. (2017). Abbreviated mindfulness-based cognitive therapy intervention for hospital employees: feasibility, acceptability, and preliminary effectiveness. *BMC Complementary and Alternative Medicine*, 17, (S1), P32.
15. **Luberto, C. M.**, Shinday, N., Philpotts, L., Park, E. R., Fricchione, G. L., & Yeh, G. Y. (2017). A systematic review of the effects of meditation on empathy, compassion, and pro-social behavior. *BMC Complementary and Alternative Medicine*, 17, (S1), O23.
14. **Luberto, C. M.**, Cotton, S., & Haramati, A. (2017). Differentiating the psychological and physiological mechanisms of relaxation versus mindfulness: an experiential workshop and clinical implications. *BMC Complementary and Alternative Medicine*, 17(S1), A11.

#### **2016**

13. Lennes, I. T., Strauss, N., **Luberto, C. M.**, & Eusebio, J., & Park, E. R. (2016). Project Reach: Piloting a risk-tailored smoking cessation intervention for lung screening. *Journal of Thoracic Oncology*, 11(11S), S267.
12. **Luberto, C. M.**, & McLeish, A. C. (2016). The effects of a brief mindfulness exercise on state mindfulness, affective outcomes, and smoking among adult smokers. *Journal of Alternative and Complementary Medicine*, P05.43.
11. **Luberto, C. M.**, Magidson, J. F., Park, E. R., & Blashill, A. J. (2016). A case study of individually delivered mindfulness-based cognitive-behavioral therapy for severe health anxiety. *Journal of Alternative and Complementary Medicine*, P05.42.
10. **Luberto, C. M.**, McLeish, A. C., & Kallen, R. W. (2016). Development and initial validation of the Relaxation Sensitivity Index. *Journal of Alternative and Complementary Medicine*, OA15.04

#### **2014**

9. Cotton, S., **Luberto, C. M.**, Bogenschutz, L. H., Hathaway, E. E., & Dusek, J. (2014).



Integrative care therapies a pain in hospitalized children and adolescents: A retrospective database review. *Journal of Alternative and Complementary Medicine*, A71-A2.

8. Baas, W., Barnes, M. A., Sacco, J., **Luberto, C. M.**, & Cotton, S. (2014). Pilot study of the efficacy of pulse stimulation treatment (PSTIM™) for chemotherapy-induced peripheral neuropathy: A retrospective chart review. *Journal of Alternative and Complementary Medicine*, 20, A92-3.
7. Hathaway, E., **Luberto, C. M.**, Bogenschutz, L., & Cotton, S. (2014). Association between integrative care therapies and physiological and therapist-reported pain and presentation outcomes among hospitalized neonates. *Journal of Alternative and Complementary Medicine*, 20, A18-9.
6. Cotton, S., **Luberto, C. M.**, Stahl, L., Sears, R. W., DelBello, M. (2014). Mindfulness-based cognitive therapy for youth with anxiety disorders at risk for bipolar disorder: a pilot trial. *Journal of Alternative and Complementary Medicine*, 20, A86-7.

### 2013

5. Stevenson, S., **Luberto C. M.**, & Cotton, S. (2013). Shared integrative medicine medical visits for type II diabetes mellitus: A case study presentation. *Global Advances in Health and Medicine*, 2, 10C.
4. Cotton, S., Stevenson S., & **Luberto, C. M.** (2013). A horizontal integration business model for integrative medicine: Sustainability through integration. *Global Advances in Health and Medicine*, 2, 21B.

### 2012

3. **Luberto, C. M.**, Cotton, S., & McLeish, A. C. (2012). Relaxation-induced anxiety: predictors and subjective explanations among young adults. *BMC Complementary and Alternative Medicine*, 12, O53.
2. **Luberto, C. M.**, Cotton, S., & McLeish, A. C. (2012). Mindfulness and emotion regulation: The mediating role of coping self-efficacy. *BMC Complementary and Alternative Medicine*, 12, P163.
1. **Luberto, C. M.**, Cotton, S., & Yi, M., & Tsevat, J. (2012). Complementary and alternative medicine use and health outcomes among urban adolescents with asthma. *BMC Complementary and Alternative Medicine*, 12, P271.

### **Conference Activity (Oral Presentations)**

(Listed in reverse chronological order)

### 2018

32. Mudd, L. M., Tipton, A., **Luberto, C. M.**, Uebelacker, L., Miller, I. W., Abrantes, A.A., and Weinstock, L. M. (2019, March). *Developing your research career: NIH training and career development funding opportunities*. 90-minute professional workshop submitted for presentation at the 51<sup>st</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
31. **Luberto, C. M.**, Coey, C. A., Davis, R., Wayne, P. M., & Yeh, G. Y. (2019, March). *Exploring mechanisms of tai chi for improving depression symptoms and quality of life in patients with heart failure*. In A. Horenstein (chair), Anxiety and depression in medical populations. Abstract submitted for presentation at the 51<sup>st</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.
30. Park, E. R., Perez, G., Millstein, R., **Luberto, C. M.**, Traeger, L., Chad-Friedman, E.,

- Prosynski, J., & Kuhlthau, K. (2018, October). *A virtual resiliency treatment for parents of children with learning and attention disabilities (LAD): a pilot trial*. Abstract presented at the Osher Integrative Medicine Network Forum, Boston, MA.
29. **Luberto, C. M.**, Crute, S., Yeh, G. Y., Huffman, J. C., & Park, E. R. (2018, March). *Low distress tolerance is associated with greater anxiety, depression, and physical symptoms among patients with acute coronary syndrome*. In A. C. McLeish (chair), Cognitive risk factors and physical health outcomes. Abstract submitted for presentation at the 50<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.
28. Park, E. R., Traeger, L., **Luberto, C. M.**, Hall, D. L., Proszynski, J., Chad-Friedman, E., Rabin, J., & Peppercorn, J. (2018, February). *A patient centered multi-modal resiliency group treatment for cancer survivors*. Paper presented at the 15<sup>th</sup> annual conference of the American Psychosocial Oncology Society, Tuscon, AZ.
27. Park, E. R., Perez, G. K., Rigotti, N., Regan, S., Muzikansky, A., Rabin, J., Friedman, E. R., **Luberto, C. M.**, & Ostroff, J. S. (2018, February). *Associations between stigma and oncologist-patient tobacco communication: the role of illness blame and secrecy*. Paper presented at the 15<sup>th</sup> annual conference of the American Psychosocial Oncology Society, Tuscon, AZ.

#### 2017

26. Blashill, A. J., Rooney, B. M., **Luberto, C. M.**, Gonzalez, M., & Grogan, S. (2017, November). *A brief facial morphing intervention to reduce skin cancer risk behaviors: Results from a randomized controlled trial*. Paper accepted for presentation at the 39<sup>th</sup> annual meeting of the Society for Behavioral Medicine, New Orleans, LA.
25. Hall, D. L., **Luberto, C. M.**, Park, E. R., Philpotts, L. L., & Yeh, G. Y. (2017, November). *A systematic review of mind-body interventions for fear of recurrence in cancer survivors*. Paper presented at the 14<sup>th</sup> annual conference of the Society for Integrative Oncology, Chicago, IL.
24. **Luberto, C. M.**, Lennes, I. T., Carr, A. L., Hall, D. L., Strauss, N. M., & Park, E. R. (2017, November). *An individually tailored smoking cessation intervention delivered via telephone for lung screening patients*. In A. C. McLeish (Chair), Novel Smoking Cessation Interventions. Paper presented at the 51<sup>st</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
23. Fuchs, C., Hart, T., Satterfield, J., **Luberto, C. M.**, Perry, N., & Blashill, A. J. (2017, November). *Charting clinical psychology careers in behavioral medicine settings*. Panel presentation at the 51<sup>st</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
22. **Luberto, C. M.**, Haramati, A., & Cotton, A. (2017, May). *Differentiating the psychological and physiological mechanisms of relaxation versus mindfulness: An experiential workshop and clinical implications*. Experiential half-day workshop presented at the World Congress on Integrative Medicine and Health conference, Berlin, Germany.
21. **Luberto, C. M.**, Shinday, N., Philpotts, L. L., Park, E. R., Fricchione, G. L., & Yeh, G. (2017, May). *A systematic review of the effects of meditation on empathy, compassion, and pro-social behavior*. Paper presented at the 2017 World Congress of Integrative Medicine and Health, Berlin, Germany.
20. Goodman, J. H., **Luberto, C. M.**, & Park, E. R. (2017, April). *Mindfulness-based cognitive therapy for perinatal anxiety: Post-partum follow-up and the role of home practice*. Paper presented at the 29<sup>th</sup> annual Eastern Nursing Research Society, Philadelphia, PA.
19. Warner, E., **Luberto, C. M.**, Rabin, J. T., Perez, G. K., Ostroff, J., & Park, E. R. (2017,

March). *Stigma among cancer patients currently smoking at the time of cancer diagnosis*. Paper presented at the 41<sup>st</sup> annual American Society of Preventive Oncology, Seattle, WA.

#### 2016

18. Lennes, I. T., Strauss, N., **Luberto, C. M.**, Eusebio, J., & Park, E. R. (2016, December). *Project Reach: Piloting a risk-tailored smoking cessation intervention for lung screening*. Paper presented at the International Association for the Study of Lung Cancer multidisciplinary symposium in thoracic oncology, Chicago, IL.
17. **Luberto, C. M.**, Hall, D. L., Chad-Friedman, E., Lechner, S. C., & Park, E. R. (2016, November). *Assessing everyday resiliency: Examination of the Current Experiences Scale*. Paper presented at the 2017 Osher Integrative Medicine Network Forum, Boston, MA.
16. **Luberto, C. M.**, McLeish, A. C., & Kallen, R. W. (2016, May). *Development and initial validation of the Relaxation Sensitivity Index*. Paper presented at the International Congress on Integrative Medicine and Health conference, Las Vegas, NV.
15. Cotton, S., **Luberto, C. M.**, & Haramati, A. (2016, May). *Differentiating the psychological and physiological mechanisms of relaxation versus mindfulness: An experiential workshop and clinical implications*. Experiential workshop presented at the International Congress on Integrative Medicine and Health conference, Las Vegas, NV.

#### 2015

14. Alsaid-Habia, T., McLeish, A. C., **Luberto, C. M.**, & O'Bryan E. M. (2016, April). *The Role of Distress Tolerance in terms of Anxiety Sensitivity among Young Adults with Asthma*. Paper presented at the 37<sup>th</sup> annual meeting of the Society of Behavioral Medicine, Washington D.C
13. McLeish, A. C., **Luberto, C. M.**, & O'Bryan, E. M. (2015, November). *Anxiety sensitivity and reactivity to asthma-like sensations among young adults with asthma*. In K. L. Szuhany (Chair), *Motivating escape and avoidance coping: The impact of distress intolerance on health behaviors*. Paper presented at the 49<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

#### 2014

12. Hathaway, E.E., **Luberto, C. M.**, Bogenschutz, L. H., & Cotton, S. (2014, May). *The Association Between Integrative Care Therapies and Physiological and Therapist-Reported Pain and Presentation Outcomes among Hospitalized Neonates*. Paper presented at the 2014 International Research Congress on Integrative Medicine and Health, Miami, FL.

#### 2013

11. Cotton, S., Stevenson, S., & **Luberto, C. M.** (2013, October). *A horizontal integration business model for integrative medicine: Sustainability through integration*. Paper presented at the International Congress for Clinicians in Complementary and Integrative Medicine, Chicago, IL.
10. Stevenson, S., **Luberto, C. M.**, & Cotton, S. (2013, October). *Shared Integrative Medicine Medical Visits for Type II Diabetes Mellitus: A Case Study Presentation*. Paper presented at the International Congress for Clinicians in Complementary and Integrative Medicine, Chicago, IL.
9. Riley, M. A., Kuznetsov, N., Bonnette, S., Gao, J., Coey, C., **Luberto, C.M.**, & Wallot, S. (2013, July). *Adaptive fractal analysis of behavioral variability*. Paper presented at the 17<sup>th</sup> International Conference on Perception and Action, Estoril, Portugal.

**2012**

8. **Luberto, C. M.**, McLeish, A. C., & O'Bryan, E. M. (2012, November). *Development and validation of the Relaxation Sensitivity Index*. In C. M. Luberto and A. C. McLeish (Chairs). Refining the CBT Compass: Advancements in the Assessment of Anxiety-Related Risk Factors. Symposium presented at the 46th annual Association for Behavioral and Cognitive Therapies, National Harbor, MD.
7. Kraemer, K. M., **Luberto, C. M.**, Jeffries, E. R., & McLeish, A. C. (2012, November). *Assessment of specific emotion regulation strategies: Development of the Responses to Emotions Questionnaire*. In C. M. Luberto & A. C. McLeish (Chairs). Refining the CBT Compass: Advancements in the Assessment of Anxiety-Related Risk factors. Paper presented at the 46th annual Association for Behavioral and Cognitive Therapies, National Harbor, MD.
6. **Luberto, C. M.**, & McLeish, A. C. (2012, November). *Refining the CBT Compass: Advancements in the assessment of anxiety-related risk factors* (Chairs), Symposium presented at the 46<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
5. McLeish, A. C., Avallone, K. M., Kraemer, K. M., **Luberto, C. M.**, & Jeffries, E. R. (2012, November). *The role of anxiety sensitivity in smoking cessation processes among smokers with asthma*. In K. A. Johnson and S. G. Farris (Chairs), Emotion and Addictive Behavior: Basic Research and Innovative Clinical Applications. Paper presented at the 46th annual Association for Behavioral and Cognitive Therapies, National Harbor, MD.
4. **Luberto, C. M.**, Cotton, S., & McLeish, A. C. (2012, May). *Relaxation-induced anxiety: Predictors and subjective explanations among young adults*. Abstract presented at the International Research Congress on Integrative Medicine and Health, Portland, OR.

**2011**

3. McLeish, A. C., **Luberto, C. M.**, Kraemer, K. M., Avallone, K. M., & Jeffries, E. R. (2011, November). *The role of distress tolerance in patterns of smoking behavior and cessation processes among smokers with asthma*. In A. C. McLeish (Chair), Distress tolerance and substance use: Recent findings and treatment implications. Paper presented at the 45<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, ON
2. McLeish, A. C., Avallone, K. M., **Luberto, C. M.**, Kraemer, K. M., & Jeffries, E. R. (2011, November). *Patterns of use and cessation among smokers with and without asthma*. In A. C. McLeish (Chair). Understanding substance use among medically vulnerable populations. Paper presented at the 45<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, ON.

**2010**

1. McLeish, A. C., **Luberto, C. M.**, Cominsky, C. L. (2010, November). Anxiety sensitivity and asthma control. In A. C. McLeish (chair), *The role of anxiety sensitivity and chronic health conditions*. Paper presented at the 44th annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

**Conference Activity (Poster Presentations)***(Listed in reverse chronological order)***2017**

77. Goodman, J. H., **Luberto, C. M.**, Schuman-Olivier, D., Jollotta, R., Audi, J., & Crute, S.

- (2018, October). Internet-based mobile application to enhance a mindfulness-based intervention for perinatal anxiety: Usability, feasibility, and acceptability testing. Poster accepted for presentation at the 2019 Eastern Nursing Research Conference, Providence, RI.
76. Park, E. R., Perez, G., Millstein, R., **Luberto, C. M.**, Traeger, L., Chad-Friedman, E., Prosynski, J., & Kuhlthau, K. (2017, October). A virtual resiliency treatment for parents of children with learning and attention disabilities (LAD): a pilot trial. Abstract submitted for presentation at the 2018 International Congress on Integrative Medicine and Health, Baltimore, MD.
  75. Kraemer, K. M., **Luberto, C. M.**, & Yeh, G. Y. (2017, October). A systematic review of mindfulness- and acceptance-based interventions for affect sensitivity and tolerance. Abstract submitted for presentation at the 2018 International Congress on Integrative Medicine and Health, Baltimore, MD.
  74. **Luberto, C. M.**, O'Bryan, E. M., Quaglia, J. T., & McLeish, A. C. (2018, February). Indirect effects of mindfulness on empathic concern and perspective taking through emotional awareness. Abstract accepted for presentation at the 2018 International Congress on Integrative Medicine and Health, Baltimore, MD.
  73. **Luberto, C. M.**, Wayne, P., & Yeh, G. Y. (2018, February). Exploring mechanisms of tai chi for improving quality of life and depression symptoms in heart failure patients. Abstract accepted for presentation at the 2018 International Congress on Integrative Medicine and Health, Baltimore, MD.
  72. **Luberto, C. M.**, Wilner, J.G., Magidson, J.F., DeSouza, J., Jacobo, M., & Harley, R. (2018, February). Modified dialectical behavior therapy skills training for emotion dysregulation: a naturalistic practice-based research study in a hospital setting. Abstract accepted for presentation at the 2018 International Congress on Integrative Medicine and Health, Baltimore, MD.
  71. **Luberto, C. M.**, Yeh, G. Y., Celano, C., Huffman, J. C., & Park, E. R. (2018, February). Symptoms and treatment preferences for managing distress among ACS patients: Interests in mindfulness and electronic health approaches. Abstract accepted for presentation at the 2018 International Congress on Integrative Medicine and Health, Baltimore, MD.
  70. **Luberto, C. M.**, Hall, D. L., Chad-Friedman, E., & Park, E. R. (2017, August). *Adaptation of Mindfulness-Based Cognitive Therapy to treat fear of recurrence in individual therapy settings*. Poster accepted for presentation at the 14<sup>th</sup> annual conference of the Society for Integrative Oncology, Chicago, IL.
  69. **Luberto, C. M.**, Shinday, N., Song, R., Philpotts, L. L., Park, E. R., Fricchione, G., & Yeh, G. Y. (2017, June). *A systematic review and meta-analysis of the effects of meditation on empathy, compassion, and pro-social behavior*. Poster presented at the 2017 Mind and Life Summer Research Institute, Garrison, NY.
  68. **Luberto, C. M.**, Park, E. R., Goodman, J. H. (2017, May). *Postpartum outcomes and mindfulness practice in Mindfulness-based Cognitive Therapy for perinatal women*. Poster presented at the 2017 World Congress of Integrative Medicine and Health, Berlin, Germany.
  67. **Luberto, C. M.**, Hall, D. L., Chad-Friedman, E., Lechner, S. C., & Park, E. R. (2017, May). *Assessing everyday resiliency: Examination of the Current Experiences Scale*. Poster presented at the 2017 World Congress of Integrative Medicine and Health, Berlin, Germany.
  66. Chad-Friedman, E, **Luberto, C. M.**, Hall, D. L., & Park, E. R. (2017, March). *Current experiences scale: A potentially useful assessment of resiliency constructs*. Poster presented at the 38<sup>th</sup> annual meeting of the Society of Behavioral Medicine, San Diego, CA.

### 2016

65. **Luberto, C. M.**, Park, E. R., Goodman, J. H. (2016, September). *Postpartum outcomes and mindfulness practice in Mindfulness-based Cognitive Therapy for perinatal women*. Poster presented at the 2017 Osher Integrative Medicine Network Forum, Boston, MA.
64. **Luberto, C. M.**, Shinday, N., Philpotts, L. L., Park, E. R., & Yeh, G. (2016, September). *A systematic review of the effects of meditation on empathy, compassion, and pro-social behavior*. Poster presented at the 2017 Osher Integrative Medicine Network Forum, Boston, MA.
63. **Luberto, C. M.**, Chad-Friedman, E., Dossett, M. L., Perez, G. K., & Park, E. R. (2016, October). *Characteristics of adult smokers presenting to a mind-body medicine clinic*. Poster presented at the Massachusetts General Hospital 2016 Clinical Research Day, Boston, MA.
62. **Luberto, C. M.** & McLeish, A. C. (2016, May). *The effects of a brief mindfulness exercise on state mindfulness, smoking, and affective outcomes among adult smokers*. Poster presented at the International Congress on Integrative Medicine and Health conference, Las Vegas, NV.
61. **Luberto, C. M.**, Magidson, J. F., Park, E. R., & Blashill, A. J. (2016, May). *A case study of individually-delivered mindfulness-based cognitive-behavioral therapy for severe health anxiety*. Poster presented at the International Congress on Integrative Medicine and Health conference, Las Vegas, NV.
60. **Luberto, C. M.**, Wasson, R. S., Kraemer, K. M., Sears, R. W., Heuber, C., & Cotton, S. (2016, April). *Implementation of an Abbreviated Mindfulness-Based Cognitive Therapy Intervention for Hospital Employees*. Abstract accepted for poster presentation at the 50<sup>th</sup> annual Association for Behavioral and Cognitive Therapies, New York, NY.

### 2015

59. Wilner, J. G., Magidson, J. F., **Luberto, C. M.**, DeSouza, J., Jacobo, M., & Harley, R. (2015, November). *Modified dialectical behavior therapy skills training (DBT-ST) group: a transdiagnostic application in a naturalistic setting*. Poster presented at the 49<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
58. Hall, D. L., **Luberto, C. M.**, Perez, G. K., Traeger, L. N., & Park, E. R. (2016, April). *Stress reduction and emotional well-being following the Relaxation Response Resiliency Program (3RP)*. Poster presented at the 37<sup>th</sup> annual meeting of the Society for Behavioral Medicine, Washington, DC.
57. **Luberto, C. M.**, Hall, D. L., Traeger, L. N., Yeh, G., & Park, E. P. (2016, April). *Potential mechanisms of the relaxation response resiliency program (3RP) for promoting perceptions of resiliency*. Poster presented at the 37<sup>th</sup> annual meeting of the Society for Behavioral Medicine, Washington, DC.
56. Hyland, K., **Luberto, C. M.**, Streck, J., Temel, B., & Park, E. R. (2015, April). *Public perspectives on cancer patients who smoke: a qualitative analysis of smoking beliefs and stigma*. Poster presented at the 36<sup>th</sup> annual meeting of the Society for Behavioral Medicine, San Antonio, TX.
55. Kraemer, K. M., **Luberto, C. M.**, & McLeish, A. C. (2015, November). *The moderating role of mindfulness in terms of the relationship between anxiety sensitivity and barriers to cessation among daily smokers*. Poster presented at the 49<sup>th</sup> annual Association for Behavioral and Cognitive Therapies, Chicago, IL.
54. O'Bryan, E. M., **Luberto, C. M.**, McLaughlin, L. E., & McLeish, A. C. (2015, November). *The role of emotion dysregulation in terms of smoking urges following a distressing task*. Poster presented at the 49<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

53. **Luberto, C. M.**, & McLeish, A. C. (2015, November). *The role of mindfulness in terms of reasons for smoking among African-American smokers*. Poster presented at the 49<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
52. **Luberto, C. M.**, & McLeish, A. C. (2015, November). *Mindfulness and emotion regulation difficulties among African-American smokers*. Poster presented at the 49<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
51. **Luberto, C. M.**, & McLeish, A. C. (2015, November). *The role of mindfulness in terms of barriers to cessation among adult daily smokers*. Poster presented at the 49<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
50. Kraemer, K. M., **Luberto, C. M.**, Wasson, R., & Cotton, S. (2015, May). *Does mind-body skills training help medical students to more effectively tolerate distressing emotions?* Poster presented at the 10th International Congress on Complementary Medicine Research, Jeju, South Korea.
49. McLaughlin, L. E., O'Bryan, E. M., Kraemer, K. M., **Luberto, C. M.**, & McLeish, A. C. (2015, April). *The indirect effect of intolerance of uncertainty in terms of mindfulness and health anxiety*. Poster presented at the 35<sup>th</sup> annual meeting of the Anxiety and Depression Association of America, Miami, FL.

#### 2014

48. McLaughlin, L. E., **Luberto, C. M.**, & McLeish, A. C. (2014, November). *The role of distress tolerance in perceived health and functional impairment in young adults with chronic pain*. Poster presented at the 48<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
47. Bignall, W. R., **Luberto, C. M.**, Wasson, R., Cotton, S. (2014, June). *Breathing retraining for African-American adolescents with asthma: A pilot study*. Poster presented at the 2014 Division 45 Conference, Eugene, OR.
46. O'Bryan, E. M., McLeish, A. C., & **Luberto, C. M.** (2014, November). *The role of physical and emotional distress tolerance in health anxiety*. Poster presented at the 48<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
45. **Luberto, C. M.**, O'Bryan, E. M., & McLeish, A.C. (2014, November). *Mindfulness skills and health anxiety: The interactive effects of observing and accepting without judgment*. Poster presented at the 48<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
44. Bruns, K.M., **Luberto, C. M.**, & McLeish, A.C. (2014, November). *Differences in the Intolerance of Uncertainty among Young Adults with and Without Elevated Depressive Symptoms*. Poster presented at the 48<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
43. Strawn, J. R., Cotton, S., **Luberto, C. M.**, Patino, R., Stahl, L. A., Weber, W. A., Eliassen, J. C., Sears, R. W., & DelBello, M. P. (2014, October). *Neurofunctional changes associated with mindfulness-based cognitive therapy in anxious youth at risk for developing bipolar disorder*. Poster presented at the 60<sup>th</sup> annual meeting of the American Academy of Child and Adolescent Psychiatry, Orlando, FL.
42. Baas, W., Barnes, M. A., Sacco, J., **Luberto, C. M.**, & Cotton, S. (2014, May). *Pilot study of the efficacy of pulse stimulation treatment (PSTIM™) for chemotherapy-induced peripheral neuropathy: A retrospective chart review*. Poster presented at the 2014 International Research Congress on Integrative Medicine and Health, Miami, FL.
41. Cotton, S., **Luberto, C. M.**, Stahl, L., Sears, R. W., & Delbello, M. (2014, May). *Mindfulness-Based Cognitive Therapy for youth with anxiety disorders at risk for bipolar disorder: A pilot trial*. Poster presented at the 2014 International Research Congress on Integrative Medicine and Health, Miami, FL.

40. Bruns, K. M., **Luberto, C. M.**, & McLeish, A. C. (2014, April). *The role of intolerance of uncertainty in depression symptoms*. Poster presented at the 34<sup>th</sup> annual meeting of the Anxiety and Depression Association of America, Chicago, IL.
39. Cotton S., **Luberto, C. M.**, Bogenschutz, L. H., Hathaway, E. E., & Dusek, J. (2014, May). *Integrative care therapies and pain in hospitalized children and adolescents: A retrospective database review*. Poster presented at the 2014 International Research Congress on Integrative Medicine and Health, Miami, FL.

### 2013

38. **Luberto, C. M.**, McLeish, A. C., & Fleming, J. B. (2013, November). *Mindfulness skills and anxiety symptomatology among young adults with asthma*. Poster presented at the 47<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
37. **Luberto, C. M.**, McLeish, A. C., & Fleming, J. B. (2013, November). *The interactive effects of the mindfulness skills of observing and accepting without judgment in terms of body vigilance*. Poster presented at the 47<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
36. O'Bryan, E. M., **Luberto, C. M.**, & McLeish, A. C. (2013, November). *The mediating role of positive affect in the association between mindfulness and depression symptoms*. Poster presented at the 47<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
35. Fleming, J. B., **Luberto, C. M.**, & McLeish, A. C. (2013, April). *The role of mindfulness skills in health anxiety among young adults*. Poster presented at the 33<sup>rd</sup> annual meeting of the Anxiety and Depression Association of America, La Jolla, CA.

### 2012

34. Cotton, S., **Luberto, C.M.**, Raglin, W. J. (2012, November). *Complementary and Integrative Health Research at UC Health*. Poster presented at the University of Cincinnati's Health Research Week, Cincinnati, OH.
33. Lidgard, A. L., McLeish, A. C., Avallone, K. M., **Luberto, C. M.**, Kraemer, K. M., & Jeffries, E. R. (2012, December). *The role of problematic alcohol use in terms of barriers to cessation among daily smokers*. Poster presented at the 19<sup>th</sup> annual meeting of the Society for Research on Nicotine and Tobacco, Boston, MA.
32. Lewis, S., **Luberto, C. M.**, Cotton, S., & Barnes, M.A., (2012, October). *Improvements in psychological, social, and behavioral outcomes after a one-month integrative medicine elective*. Poster presented at the International Congress for Educators in Complementary and Integrative Medicine, Washington, DC.
31. Raglin, W., Eiler, B., Jacquez, F., & **Luberto, C.M.** (2012, June). *Does perceived control influence ethnic minorities' attitudes toward seeking mental health services?* Poster presented at the 9<sup>th</sup> Biennial conference of the Society for the Psychological Study of Societal Issues, Charlotte, NC.
30. Avallone, K. M., **Luberto C. M.**, McLeish A. C., Kraemer K. M., & Jeffries, E. R. (2012, November). *Anxiety disorder diagnosis and smoking-related cognitive processes among smokers with asthma*. Poster presented at the 46<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
29. **Luberto, C. M.**, O'Bryan, E. M., McLeish, A. C., Avallone, K. M., Kraemer, K. M., & Jeffries, E. R. (2012, November). *The role of mindfulness in anxiety symptomatology among smokers with asthma*. Poster presented at the 46<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
28. Robertson S. A., **Luberto C. M.**, McLeish A. C., Avallone K.M., Kraemer K. M., & Jefferies



- R.E. (2012, November). *Mindfulness as a predictor of barriers to cessation among smokers with asthma*. Poster presented at the 46<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
27. O'Bryan, E. M., **Luberto, C. M.**, McLeish, A. C., Avallone, K. M., Kraemer, K. M., & Jeffries, E. R. (2012, November). *Asthma control and reasons for quitting among smokers with asthma*. Poster presented at the 46<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
  26. O'Bryan, E. M., **Luberto, C. M.**, & McLeish, A. C. (2012, November). *Worry as a predictor of perceived health*. Poster presented at the 46<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
  25. Avallone, K. M., Kraemer, K. M., McLeish, A. C., **Luberto, C. M.**, & Jeffries, E. R. (2012, April). *Posttraumatic stress disorder re-experiencing symptoms and barriers to smoking cessation*. Poster presented at the 32nd annual meeting of the Anxiety Disorders Association of America, Arlington, VA.
  24. Fleming, J. B., Avallone, K. M., **Luberto, C. M.**, & McLeish, A. C. (2012, April). *Anxiety Sensitivity and Smoking Outcome Expectancies among Smokers With Asthma*. Poster presented at the 32<sup>nd</sup> annual meeting of the Anxiety Disorders Association of America, Arlington, VA.
  23. Kraemer, K. M., Avallone, K. M., McLeish, A. C., & **Luberto, C. M.** (2012, April). *The role of distress tolerance in excessive worry*. Poster presented at the 32nd annual meeting of the Anxiety Disorders Association of America, Arlington, VA.
  22. Avallone, K. M., **Luberto, C. M.**, Kraemer, K. M., McLeish, A. C., O'Bryan, E., & Jeffries, E. R. (2012, April). *Emotion dysregulation as a predictor of anxiety sensitivity and anxiety symptoms among smokers with asthma*. Poster presented at the 32nd annual meeting of the Anxiety Disorders Association of America, Arlington, VA.
  21. **Luberto, C. M.**, Cotton, S., & McLeish, A. C. (2012, May). *Mindfulness and emotion regulation: The mediating role of coping self-efficacy*. Poster presented at the International Research Congress on Integrative Medicine and Health, Portland, OR.
  20. **Luberto, C. M.**, Cotton, S., Yi, M., & Tsevat, J. (2012, May). *Complementary and alternative medicine use and health outcomes among urban adolescents with asthma*. Poster presented at the International Research Congress on Integrative Medicine and Health, Portland, OR.

## 2011

19. Avallone, K. M., McLeish, A. C., **Luberto, C. M.**, Kraemer, K. M., Jeffries, E. R., & Bernstein, J. A. (2011, November). *Differences in anxiety sensitivity related to smoking and asthma status*. Poster presented at the 45<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, ON.
18. Kraemer, K. M., **Luberto, C. M.**, Avallone, K. M., Jeffries, E. R., & McLeish, A. C. (2011, November). *Distress tolerance as a moderator of the association between anxiety sensitivity and barriers to cessation among daily smokers*. Poster presented at the 45<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, ON.
17. Kraemer, K. M., **Luberto, C. M.**, & McLeish, A. C. (2011, November). *Distress tolerance as a moderator of the association between anxiety sensitivity and panic symptoms*. Poster presented at the 45<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, ON.
16. Jeffries, E. R., Kraemer, K. M., Avallone, K. M., **Luberto, C. M.**, & McLeish, A. C. (2011, November). *The role of distress tolerance in barriers to cessation among daily smokers*. Poster presented at the 45<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, ON.

15. **Luberto C. M.**, Kraemer, K. M., McLeish, A. C., & Pedulla, K. R. (2011, November). *Emotional nonacceptance as a mediator of the association between anxiety sensitivity and panic symptoms*. Poster presented at the 45<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, ON.
14. **Luberto, C. M.**, Kraemer, K. M., Avallone, K. M., Jeffries, E. R., & McLeish, A. C. (2011, November). *The role of mindfulness in emotion regulation deficits among young adult daily smokers*. Poster presented at the 45<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, ON.
13. **Luberto C. M.**, Howe, S. R., McLeish, A. C., & Kraemer, K. M. (2011, November). *An examination of the relationship between anxiety-related cognitive vulnerability factors using confirmatory factor analysis*. Poster presented at the 45<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, ON.
12. **Luberto, C. M.** & Cotton, S. (2011, April). *Mindfulness in Children: What is the Evidence?* Poster presented at the Integrative Care in Pediatrics Conference, Cincinnati Children's Hospital Medical Center, Cincinnati OH.
11. **Luberto, C. M.**, Cotton, S., Yi, M., & Tsevat, J. (2011, April). *Complementary Alternative Medicine Behaviors and Beliefs in Urban Adolescents with Asthma*. Poster presented at the National Conference in Pediatric Psychology, San Antonio, Texas. Poster presented at the Consortium of Academic Health Centers for Integrative Medicine Research Symposium, Los Angeles, California (2011, August).
10. Jeffries, E. R., McLeish, A. C., Avallone, K. M., & **Luberto, C. M.** (2011, February). *Anxiety sensitivity and asthma-related quality of life among smokers with asthma*. Poster presented at the 17<sup>th</sup> annual meeting of the Society for Research on Nicotine and Tobacco, Toronto, Canada.
9. Avallone, K. M., McLeish, A. C., Jeffries, E. R., & **Luberto, C. M.** (2011, February). *Gender differences in smoking processes among smokers with asthma*. Poster presented at the 17<sup>th</sup> annual meeting of the Society for Research on Nicotine and Tobacco, Toronto, Canada.
8. **Luberto, C. M.**, McLeish, A. C., & Avallone, K. M. (2011, February). *Emotion dysregulation and perceived barriers to cessation among smokers with asthma*. Poster presented at the 17<sup>th</sup> annual meeting of the Society for Research on Nicotine and Tobacco, Toronto, Canada.

#### 2010

7. Avallone, K. M., McLeish, A. C., **Luberto, C. M.**, & Jeffries, E. R. (2010, November). *Gender differences in smoking expectancies and perceived barriers to cessation among smokers with asthma*. Poster presented at the 44<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
6. Bruner, M. R., **Luberto, C. M.**, & McLeish, A. C. (2010, November). *Emotion regulation as a moderator of the association between anxiety sensitivity and panic attacks*. Poster presented at the 44<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
5. **Luberto, C. M.**, Cominsky, C. L., & McLeish, A. C. (2010, November). *The role of perceived health in asthma control*. Poster presented at the 44<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
4. Cominsky, C. L., **Luberto, C. M.**, McLeish, A. C., & Kraemer, K. (2010, November). *Anxiety sensitivity as a moderator of the association between asthma and panic attacks*. Poster presented at the 44<sup>th</sup> annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
3. **Luberto, C. M.**, Anderson, D.A., & McLeish, A. C. (2010, November). *The influence of media exposure on body image dissatisfaction*. Poster presented at the 44<sup>th</sup> annual meeting

- of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
2. McLeish, A. C., Cominsky, C. L., **Luberto, C. M.**, & Oakwood, J. (2010, April). *Anxiety sensitivity and asthma control*. Poster presented at the 31<sup>st</sup> annual meeting of the Society of Behavioral Medicine, Seattle, WA.

### 2009

1. McLeish, A.C., Buller, C.A., Z, Zvolensky, M. J., & **Luberto, C. M.** (2009, November). *Further Validation of the Anxiety Sensitivity Index-3*. Poster presented at the 43<sup>rd</sup> annual meeting of the Association of Behavioral and Cognitive Therapies, New York, NY.

### Media Dissemination of Research

|   |      |
|---|------|
| <b>NBC News</b> , “Chilling out no help for those with relaxation-induced anxiety”                          | 2012 |
| <b>The Atlantic</b> , “Relaxation-induced anxiety”  | 2012 |
| <b>Psych Central</b> , “Fear of relaxation?”  | 2012 |
| <b>LiveScience</b> , “Relaxing is stressful for some”   | 2012 |
| <b>Science Daily</b> , “Why some people are afraid to relax”  | 2012 |
| <b>The Globe and Mail</b> , “Relaxing can cause some people more stress”                                    | 2012 |
| <b>The Global Post</b> , “Relaxing can be stressful for some people”  | 2012 |
| <b>The Times of India</b> , “Why some people are afraid to relax”   | 2012 |
| <b>RedOrbit</b> , “Fear of relaxation is a real phobia”   | 2012 |
| <b>MSN New Zealand</b> , “Relaxing can make You anxious”  | 2012 |
| <b>Glamour Magazine</b> , “Relaxation-induced anxiety: when you Get stressed out from chilling out”         | 2012 |
| <b>Marie Claire Magazine</b> , “Does yoga stress you out?”  | 2013 |
| <b>Fitness Magazine</b> , “Relax, for feal”   | 2013 |
| <b>Women’s Health Magazine</b> , “Restless women”   | 2013 |
| <b>VICE</b> , “I got anxiety at the most relaxing pace in the world”  | 2015 |
| <b>Science Daily</b> , “Changes in brain activity after mindfulness-based cognitive therapy In adolescents” | 2016 |
| <b>Mindful</b> , “Does mindfulness meditation really make you kinder?”                                      | 2018 |

### CLINICAL EXPERIENCES

#### Clinical Activities

|   |                               |
|---|-------------------------------|
| <b>Mindfulness Teacher</b><br>Division of Preventive Medicine<br>Brigham and Women’s Hospital, Boston, MA<br><i>Services:</i> Four-session group mindfulness meditation class delivered as part of the department’s employee wellness initiative.   | September 2018 – October 2018 |
| <b>Smoking Cessation Counselor</b><br>Pulmonary Nodule and Lung Screening Clinic<br>Massachusetts General Hospital, Boston, MA<br><i>Supervisor:</i> Elyse Park, Ph.D.<br><i>Services:</i> Individual telephone-based smoking cessation counseling for patients undergoing lung cancer screening. | March 2015 – present          |
| <b>Clinical Psychology Postdoctoral Fellow</b>  | July 2015 – September 2018    |

Department of Psychiatry, Behavioral Medicine Outpatient Service  
Massachusetts General Hospital, Boston, MA

*Supervisor:* Jonathan Lerner, Ph.D., Robert Knauz, Ph.D., Jennifer Burbridge, Ph.D., Jessica Magidson, Ph.D., Lara Traeger, Ph.D.

*Services:* Individual outpatient CBT and mindfulness-based CBT for patients with medical and emotional problems.

**Predoctoral Clinical Fellow in Psychology**

July 2014 – July 2015

Massachusetts General Hospital, Boston, MA

*Supervisor:* Elyse Park, PhD, Stephanie Sogg, Ph.D., Rebecca Harley, Ph.D., Aaron Blashill, Ph.D & Jennifer Burbridge, Ph.D., Lara Traeger, PhD., Jonathan Lerner, Ph.D., Michelle Jacobo, Ph.D.

*Services:* Individual CBT and mindfulness-based CBT for patients with medical and emotional problems (Behavioral Medicine Outpatient Service); group mind-body therapy to promote resiliency in patients with multiple myeloma (Benson-Henry Institute for Mind-Body Medicine); psychological assessment, individual CBT and mindfulness-based CBT for emotional eating in patients seeking overweight and obesity treatment (MGH Weight Center); Dialectical Behavior Therapy group for adults with borderline personality disorder (Dialectical Behavior Therapy Team); diagnostic interview, safety assessment, and disposition for patients requiring emergency psychiatric services (Acute Psychiatry Service).

**Mindfulness-Based Cognitive Therapy (MBCT) Teacher**

April 2013 – June 2014

Alliance Institute for Integrative Medicine, Cincinnati, OH

Center for Integrative Health and Wellness, University of Cincinnati, Cincinnati, OH

*Supervisor:* Richard W. Sears, Psy.D., MBA, ABPP

*Services:* MBCT groups for healthcare providers, adults with stress, and emotional and medical problems.

**Graduate Psychology Practicum Student**

University of Cincinnati, Cincinnati, OH

*Supervisor:* Lori Crosby, Psy.D., Tow Yau, Ph.D., Sarah Whitton, Ph.D., Farah Jacquez, Ph.D., Scott Bresler, Ph.D.

*Services:* Brief individual assessment and intervention, and group mind-body pain management for adults with sickle cell disease (University Hospital Sickle Cell Clinic; June 2013 – June 2014); individual and group counseling for undergraduate students (University Counseling Center, August 2012 – May 2013); individual CBT for undergraduate students (Behavioral Health clinic, March 2012 – June 2012, February 2010 – May 2010); psychoeducational assessment of undergraduate students for learning disabilities (Psychology Department Clinic, February 2011 – July 2011); assessment and disposition of psychiatric inpatients (University Hospital Inpatient Psychiatry Unit, July 2010 – July 2011)

**Clinical Research Activities**

*(Interventionist for Clinical Trials)*

**Resiliency Intervention for Parents of Children with Autism**

July 2017 – August 2017

*Principal Investigator:* Elyse Park, Ph.D.

*Supervisor:* Elyse Park, Ph.D., MPH

*Funding Source:* HRSA Maternal & Child Health Bureau

*Responsibilities:* Mind-body skills training (SMART-3RP) via online group videoconferencing for parents of children with autism.

**Outcomes of Trainee-delivered CBT** July 2014 – July 2018

*Principal Investigator:* Steve Safren, Ph.D.

*Supervisor:* Jonathan Lerner, Ph.D., Bob Knauz, Ph.D., Jenn Burbridge, Ph.D., Jessica Magidson, Ph.D.

*Responsibilities:* Individual CBT and mindfulness-based CBT for patients with emotional and medical problems delivered by pre- and post-doctoral clinical psychology trainees.

**Integrating Tobacco Treatment into Cancer Care** July 2014 – July 2015

*Principal Investigator:* Elyse Park, Ph.D.

*Supervisor:* Elyse Park, Ph.D.

*Funding Source:* NCI 1R01CA166147-01A1

*Responsibilities:* Individual telephone-delivered smoking cessation counseling for cancer patients.

**Treatment for Smoking Cessation & Anxiety in People with HIV** July 2014 – July 2015

*Principal Investigator:* Conall O’Cleirigh, Ph.D.

*Supervisor:* Conall O’Cleirigh, Ph.D.

*Funding Source:* NIDA 1R34DA031038-01A1

*Responsibilities:* CBT smoking cessation intervention based on distress tolerance training for smokers with HIV.

**Mindfulness-Based Cognitive Therapy for Children** November 2014 – June 2014

*Principal Investigator:* Melissa Delbello, MD

*Supervisor:* Sian Cotton, Ph.D.

*Funding Source:* Depressive and Bipolar Alternative Treatment Foundation

*Responsibilities:* Manualized group MBCT-C intervention (Semple & Lee, 2010) for children with anxiety disorders at familial risk for bipolar disorder.

**Stress Management Intervention for Living with Epilepsy** July 2011 – July 2013

*Principal Investigator:* Michael Privatera, MD

*Supervisor:* Sian Cotton, Ph.D.

*Funding Source:* Shor Foundation for Epilepsy Research

*Responsibilities:* Progressive muscle relaxation intervention for adults with epilepsy.

**Training in Mindfulness-Based Approaches**

**Mindfulness-Based Cognitive Therapy** October 2018

Pesi Workshop, Dedham, MA

*Description:* Two-day training on how to deliver the MBCT protocol (Segal et al., 2013) for depression and related conditions.

*Presenter:* Richard W. Sears, Psy.D., MBA, ABPP

**Harvard Symposium on Technology-Assisted Meditation** October 2018

Harvard University, Cambridge, MA

*Description:* One-day conference on strategies for technology-assisted meditation interventions, benefits and caveats, and safety considerations.

*Director:* Zev Schuman-Olivier, MD

**The Therapeutic Relationship: Mastering Present and Powerful Client Connections in Acceptance and Commitment Therapy** August 2017

Praxis Workshop, Portland, ME

*Description:* Two-day workshop on experiential exercises to promote mindful presence in Acceptance and Commitment Therapy.

*Presenter:* Kelly Wilson, PhD

**Real Love: The Art of Mindful Connection**

July 2017

Lesley University and Cambridge Insight Meditation Center, Cambridge, MA

*Description:* One-day training on how to increase mindfulness, loving kindness, and compassion for self and others.

*Instructor:* Sharon Salzberg

**MBCT Teacher Training**

May 2017

Harvard Medical School and Cambridge Health Alliance, Cambridge, MA

*Description:* 5-day training workshop in the MBCT protocol (Segal et al., 2013).

*Instructor:* Susan Woods, MSW, LICSW

**Mind-Body Medicine: Its Role in Compassionate Care**

October 2016

Benson-Henry Institute for Mind-Body Medicine

Massachusetts General Hospital/Harvard Medical School, Boston, MA

*Description:* 3-day conference and training on integrating evidence-based mindfulness and mind-body techniques into compassionate healthcare.

*Directors:* Gregory Fricchione, MD, Herbert Benson, MD, and Margaret Baim, MS, NP

**Meditation and Psychotherapy Workshop**

May 2016

Harvard Medical School and Cambridge Health Alliance, Cambridge, MA

*Description:* Two-day conference and training on mindfulness, compassion, and psychotherapy.

**Cognitive-Behavioral Therapy and Mindfulness**

May 2015

Pesi Workshop, Manchester, NH

*Description:* One-day training on how to integrate mindfulness training with CBT.

*Presenter:* Richard W. Sears, Psy.D., MBA, ABPP

**MBCT for Depression: A Clinical and Research Update**

November 2013

Association for Behavioral and Cognitive Therapies (Pre-conference workshop)

*Description:* One-day training in the MBCT protocol.

*Presenter:* Zindel Segal, Ph.D. & Mark Lau, PhD

**Personal MBCT Training**

April 2013 – June 2014

Alliance Institute for Integrative Medicine, Cincinnati, OH

Center for Integrative Health and Wellness, University of Cincinnati, Cincinnati, OH

*Description:* Received direct training with weekly live supervision in the MBCT protocol (Segal et al., 2013). Participated in first group as a participant and second group as an observer before co-leading approximately 10 groups for adults with medical and emotional problems.

*Supervisor:* Richard W. Sears, Psy.D., MBA, ABPP

**TEACHING ACTIVITIES**

**Instructor of Record**

Department of Nursing, MGH Institute for Health Professions

Spring 2019

Term Lecturer, Mind-Body Health and Healing Certificate Program

*Course:* Mindfulness in Healthcare Professions (graduate; online course)

Department of Psychology, University of Cincinnati Summer 2013  
*Course:* Abnormal Psychology (undergraduate)

Department of Psychology, University of Cincinnati Fall 2010  
*Course:* Child Development (undergraduate)

Department of Psychology, University of Cincinnati Spring 2010  
*Course:* Research Methods in Psychology Lab (undergraduate)

**Invited Lecturer**

Department of Mind, Brain, & Behavior, Harvard University Spring 2019  
*Course:* Fighting Cancer with the Mind (undergraduate)  
*Presentation:* Mindfulness-Based Cognitive Therapy for Fear of Cancer Recurrence

Department of Community Health, Tufts University Winter 2018 and 2019  
*Course:* Stress and Health in Communities (undergraduate)  
*Presentation:* Mindfulness-Based Intervention Research: Opportunities and Challenges

Department of Psychology, College of the Holy Cross Winter 2015  
*Course:* Cognition and Memory (undergraduate)  
*Presentation:* Mindfulness-Based Cognitive-Behavioral Therapy (one-hour clinical lecture)

Department of Psychology, University of Cincinnati Spring 2013  
*Course:* Clinical Interventions (graduate)  
*Presentation:* Mindfulness and Third-Wave CBT (two-hour clinical and research lecture)

Department of Psychology, University of Cincinnati Spring 2013  
*Course:* Interventions (undergraduate)  
*Presentation:* Mindfulness-Based Interventions (one-hour clinical lecture)

Department of Psychology, University of Cincinnati Winter 2013  
*Course:* Clinical Case Conference (graduate)  
*Presentation:* The Pressure of Privilege? (one-hour clinical lecture)

Department of Psychology, University of Cincinnati Fall 2012  
*Course:* Clinical Interventions (graduate)  
*Presentation:* The Third Wave of Cognitive-Behavioral Therapy: Overview and Evidence (two-hour clinical and research lecture)

Department of Psychology, University of Cincinnati Winter 2012  
*Course:* Health Seminar (undergraduate)  
*Presentation:* Yoga for Chronic Pain: Evaluating the Scientific Research (one-hour research lecture)

Department of Psychology, University of Cincinnati Summer 2011  
*Course:* Abnormal Psychology (undergraduate)  
*Presentation:* Working with Adults with Severe Mental Illness: Assessment and Diagnosis (one-hour clinical lecture)

Department of Psychology, University of Cincinnati Fall 2010  
*Course:* Clinical Case Conference (graduate)  
*Presentation:* Starving for Attention? (one-hour clinical lecture)

University of Cincinnati College of Medicine Fall 2010  
*Course:* Integrative Medicine Elective (medical students)  
*Presentation:* Introduction to Complementary and Alternative Medicine Research (two-hour research lecture).

**Presentations at Professional Meetings**

Osher Center Clinical Team Meeting April 2019  
 Brigham and Women's Hospital/Harvard Medical School  
*Presentation:* 30-minute lecture on approaches to delivering mindfulness-based treatments.

Cardiovascular Disease in Women (CME Course) October 2018  
 Massachusetts General Hospital/Harvard Medical School  
*Presentation:* 30-minute lecture on psychosocial management of patients with spontaneous coronary artery syndrome.

Behavioral Neurology and Neuropsychiatry Lectureship Series April 2018  
 Massachusetts General Hospital/Harvard Medical School  
*Presentation:* Mindfulness-based therapies for anxiety and depression: Overview and evidence (one-hour clinical and research presentation)

Tobacco Treatment and Research Center February 2018  
 Massachusetts General Hospital/Harvard Medical School  
*Presentation:* Efficacy and mechanisms of Mindfulness-Based Relapse Prevention for nicotine addiction (one-hour research presentation of a K12 proposal)

Integrative Medicine Fellows Conference January 2017  
 Harvard Medical School T32 Research Fellowship in Integrative Medicine  
*Presentation:* Mindfulness-Based Cognitive Therapy Delivered via Online Group Videoconferencing for Acute Coronary Syndrome Patients with Elevated Depression Symptoms (one-hour research presentation of a K23 proposal)

SCAD Survivorship Seminar October 2017  
 Massachusetts General Hospital/Harvard Medical School  
*Presentation:* Overview and experiential practice in mind-body techniques for stress management.

Integrative Medicine Fellows Conference November 2016  
 Harvard Medical School T32 Research Fellowship in Integrative Medicine  
*Presentation:* A systematic review of meditation for pro-social outcomes (one-hour research lecture)

Integrative Medicine Fellows Conference April 2015  
 Harvard Medical School T32 Research Fellowship in Integrative Medicine  
*Presentation:* Characteristics of smokers presenting to a mind-body medicine clinic (one-hour research lecture)



Stress & Seizure Workshop VII May 2012  
Shor Foundation for Epilepsy Research Annual Meeting, Cincinnati, OH  
*Presentation:* Progressive Muscle Relaxation for Seizure Frequency Reduction: Implementation, Assessment, and Future Directions (one-hour research lecture)

Yoga Teacher's Association Fall 2011  
Cincinnati, OH  
*Presentation:* Yoga Interventions for Pain Conditions: What is the Evidence? (two-hour research lecture)

Interdisciplinary Pain Seminar Winter 2011  
Cincinnati Children's Hospital and Medical Center, Cincinnati, OH  
*Presentation:* Yoga Interventions and Pediatric Pain: Evidence and Future Directions (two-hour research lecture)

### **Teaching Assistant**

Department of Psychology, University of Cincinnati Winter 2010  
*Course:* Research Methods in Psychology (undergraduate)  
*Instructor:* Julie A. Weast, M.A.

Department of Psychology, University of Cincinnati Fall 2009  
*Course:* Introduction to Psychology (undergraduate)  
*Instructor:* Kenneth Ghee, Ph.D.

### **Research Mentorship**

Mongan Institute Health Policy Center July 2015 – present  
Massachusetts General Hospital  
*Responsibilities:* Provide mentorship and supervision to interns, research assistants, and research coordinators  
*Trainees (current positions):* Sydney Crute (undergraduate student, Boston University), Nicole Strauss, B.A. (MPH student, Boston University), Alaina Carr, B.A. (Clinical Psychology graduate student, University of Colorado- Denver)

Benson-Henry Institute for Mind-Body Medicine July 2015 – present  
Massachusetts General Hospital  
*Responsibilities:* Provide mentorship and supervision to interns, research assistants, and research coordinators.  
*Trainees (current positions):* Emma Chad-Friedman, B.A. (Clinical Psychology graduate student, University of Maryland), Shaye Carver (undergraduate student, Boston College), Jacqueline Proszynski (Interior Design graduate student, Pratt Institute)

Health and Anxiety Psychopathology Lab Fall 2010 – Spring 2015  
Department of Psychology, University of Cincinnati  
*Responsibilities:* Peer mentorship and supervision to undergraduate and graduate psychology students.  
*Trainees (current positions):* Laura McLaughlin, B.A. (Clinical Psychology graduate student, Temple University), Emily O'Bryan, MA (Clinical Psychology pre-doctoral intern, Institute for Living)

Cotton Integrative Medicine Research Lab Fall 2010 – Spring 2015  
Department of Family and Community Medicine, University of Cincinnati  
*Responsibilities:* Provide mentorship and supervision to medical students, psychology graduate students, and undergraduate research assistants.  
*Trainees:* Rachel Wasson, B.A. (Clinical Psychology graduate student, Bowling Green State University)

### **Clinical Supervision and Training**

**Postdoctoral Clinical Supervisor** August 2015 – July 2016  
Department of Psychiatry, Behavioral Medicine Outpatient Service  
Massachusetts General Hospital, Boston, MA  
*Supervisors:* Elyse Park, Ph.D., & Mark Gorman, Ph.D.  
*Services:* Clinical supervision of pre-doctoral psychology interns.

**Junior Clinical Supervisor** January 2014 – June 2014  
Behavioral Health Clinic  
University of Cincinnati, Cincinnati, OH  
*Supervisor:* Sarah Whitton, Ph.D.  
*Services:* Umbrella supervision in CBT for beginning graduate students.

**Interventionist Supervisor** July 2013 – June 2014  
Department of Family and Community Medicine  
University of Cincinnati  
*Supervisor:* Sian Cotton, PhD  
*Services:* Supervision and training of interventionist for a multi-site RCT of progressive muscle relaxation for stress management in adults with epilepsy

## **SERVICE ACTIVITIES**

### **Committee Service**

International Congress on Integrative Medicine and Health February 2019 – present  
2020 International Conference, Cleveland, Ohio  
Program Planning Committee, Member

### **Program Development**

Mind-Body K-Fellows Seminar June 2018 – present  
Benson-Henry Institute for Mind-Body Medicine  
Massachusetts General Hospital/Harvard Medical School  
*Responsibilities:* Organize and coordinate bi-weekly (1-hour) telephone research meetings with NIH K-awardees in mind-body medicine research to share research ideas, training opportunities, and peer support

Behavioral Research Seminar June 2018 – present  
Benson-Henry Institute for Mind-Body Medicine  
Massachusetts General Hospital/Harvard Medical School  
*Responsibilities:* Organize and co-lead bi-weekly (1-hour) telephone research meetings with mind-body collaborators to present and receive feedback on research activities

Integrative Medicine Research Fellows Conference July 2017 – June 2018

Harvard Medical School

*Director:* Gloria Y. Yeh, MD, MPH

*Responsibilities:* Organize and coordinate weekly (1-2 hour) fellows research conferences; develop a schedule of weekly research talks, journal article critiques, and mentorship meetings; identify and invite outside speakers for research presentations; plan and organize a day-long integrative medicine retreat.

Mind-Body Wellness Spa

October 2012 – May 2013

Counseling Center, University of Cincinnati

*Supervisor:* Nzingha Dhalia, Ed.D.,

*Responsibilities:* Researched existing mind-body wellness centers at university counseling centers; assisted with identifying program values and mission and investigating funding opportunities; researched the evidence for mind-body techniques for mental health; prepared and presented program presentations.

Center for Integrative Health and Wellness

May 2010 – June 2014

University of Cincinnati

*Supervising Director:* Sian Cotton, PhD

*Responsibilities:* Researched existing integrative medicine programs to assist with developing clinical, research, and education initiatives; developed Powerpoint talks for presentations at business meetings, administrative meetings, and hospital grand rounds; assisted with the implementation of practice-based clinical research; assisted with developing funding strategies and grant-writing; attended business meetings.

### **Ad Hoc Reviewing**

#### **Peer-Reviewed Journals**

Addictive Behavior (2018)

Annals of Behavioral Medicine (2017)

Behavioral Modification (2015)

Cognitive Therapy and Research (2010)

Family Medicine (2013)

General Hospital Psychiatry (2017, 2018, 2019)

Health Psychology (2015)

International Journal for the Psychology of Religion (2012)

International Journal of Psychology (2019)

Journal of Adolescent Health (2012)

Journal of Asthma (2010 – 2012)

Journal of Consulting and Clinical Psychology (2017)

Journal of Evidence-Based Complementary and Alternative Medicine (2017)

Journal of General Internal Medicine (2011)

Journal of Psychotherapy Integration (2017)

Mindfulness (2011, 2016, 2017, 2018)

Nicotine & Tobacco Research (2016, 2017)

Pediatrics (2012, 2015)

Personality and Individual Differences (2012)

PLoS ONE (2016, 2017)

Psycho-Oncology (2018)

Research in the Social Scientific Study of Religion (2012)

Substance Abuse (2013)

The Cochrane Collaboration – Cochrane Airways Group (2012)

**Grant Submissions**

Graduate Student Summer Research Fellowship, University Research Council, University of Cincinnati (2013)

**Conference Abstract Submissions**

Consortium of Academic Health Centers for Integrative Medicine Research Symposium (2011)

International Research Congress on Integrative Medicine and Health (2011, 2013, 2015)

International Congress for Educators in Complementary and Integrative Medicine (2012)

Society for Adolescent Health and Medicine Annual Conference (2010, 2011)

American Psychological Association Convention- Division of Pediatric Psychology (2012)

American Psychological Association Convention- Division of Pediatric Psychology, Complementary and Integrative Medicine (2013)

International Research Congress for Clinicians in Complementary and Integrative Medicine (2013)

Association of Behavioral and Cognitive Therapy- Behavioral Medicine SIG (2016-2019)

World Congress of Integrative Medicine and Health (2016)

Society of Behavioral Medicine (2018)