

Curriculum Vitae**Name**

Office Address: Department of Neurology
Beth Israel Deaconess Medical Center
330 Longwood Ave
Boston, MA 02215

Email: aaa@email.edu

EDUCATION & TRAINING

Post Doctoral Research Fellow in Sleep, Circadian and Respiratory Neurobiology, Aug 2009-present
Brigham and Women's Hospital/Beth Israel Deaconess Medical Center
Harvard Medical School, Boston, MA
Research Mentor: Janet Mullington, Ph.D.

Clinical Psychology Intern, Behavioral Medicine Track, July 2008-June 2009
Alpert Medical School/Brown University, Providence RI
American Psychological Association-accredited program

Ph.D., Clinical Psychology, August 2009
University of Pennsylvania, Philadelphia, PA
American Psychological Association-accredited program
Research Mentor: David F. Dinges, Ph.D; Committee Chair: Dianne Chambless, Ph.D.

A.M., Clinical Psychology, August 2004
University of Pennsylvania, Philadelphia, PA

A.B., Biology, May 2000
Bowdoin College, Brunswick, ME

RESEARCH FUNDING

Ruth L. Kirschstein National Research Service Award
Title: Partial Sleep Loss and Markers of Cardiovascular Risk (F31 AG031352)
Role: Principle Investigator
Research sponsor: David F. Dinges, Ph.D.
Funding Period: 06/01/07-07/31/08

PROFESSIONAL AFFILIATIONS

American Academy of Sleep Medicine, 2009-present
Sleep Research Society, 2006-present
American Psychological Association, 2004-present
American Psychological Society, 2004-present
Society for Behavioral Medicine, 2003-present

HONORS

University of Pennsylvania School of Arts and Sciences Dean's Scholar Award (2008)
 Sleep Research Society Honorable Mention Abstract award (2007, 2008)
 Ruth Roemer Service Award, Department of Psychology (2007)
 Graduate Student Fellowship, University of Pennsylvania (2003-2006)
 Honorable Mention, National Science Foundation Graduate Research Fellowship (2004)
Magna cum Laude, Departmental Honors in Biology (2000)
 Dean's List, Dean's List with Honors (1997-2000)
 Sarah and James Bowdoin Scholar (1996-2000)

PROFESSIONAL SERVICE ACTIVITIES

Ad hoc reviewer, *Journal of Behavioral Medicine*, January 2009-present
 Student representative, Brown Clinical Psychology Internship Admissions Committee (Behavioral Medicine Track), July 2008-June 2009
 Student reviewer for Graduate Student Research & Grant Awards, Association for Psychological Sciences, 2005-2009
 Volunteer Mentor, Graduate/Undergraduate Mentorship Program, University of Pennsylvania, 2004-2009
 Student Representative, Clinical Psychology Program Committee, Department of Psychology, University of Pennsylvania, 2005-2006 Academic Year
 Volunteer Panel Member, Psychology Graduate School Information Panels, University of Pennsylvania, Fall 2005, Fall 2006, Spring 2007, Fall 2007

PUBLICATIONS**Articles in Preparation:**

1. Rabin C, **Name**, Morrow K, Pinto B. Qualitative study of the behavioral and psychosocial program needs of young adult cancer survivors (*submitted to Qualitative Health Research*).
2. **Name**, Banks S, Arroyo S, Dinges DF. Effects of sleep restriction on morning adiponectin levels in healthy men and women (*submitted to Health Psychology*).
3. **Name**, Banks S, Kapoor S, Dinges DF. Effects of five nights of partial sleep restriction on levels of C-reactive protein (*in preparation*).

Peer-reviewed Articles

1. **Name**, Banks S, Dinges DF. Sleep restriction is associated with increased morning plasma leptin concentrations especially among women. (in press). *Biological Research for Nursing*.
2. Sneider JT, Pope HG Jr., Silveri MM, **Name**, Gruber SA, Yurgelun-Todd DA. Differences in regional blood volume during a 28-day period of abstinence in chronic cannabis smokers. (2008). *European Neuropsychopharmacology*, 18(8), 612-19.
3. Yurgelun-Todd DA, Rogoskwa J, Gruber SA, Bogorodzki P, **Name**, Irvin RW, Rioux P, Jauregui KA, Rusche J. (2008). Increased amygdala fMRI activation after secretin administration. *Experimental and Clinical Psychopharmacology*, 16(3), 191-8.
4. Pillay SS, Rogowski J, Kanayama G, Jon D, Gruber S, **Name**, Cherayil M, Pope H, Yurgelun-Todd, DA. (2008). Cannabis and motor function: fMRI changes following 28 days of discontinuation. *Experimental and Clinical Psychopharmacology*, 16(1), 22-32.

5. Pillay SS, Rogowska J, Gruber SA, **Name**, Yurgelun-Todd DA. (2007). Recognition of happy facial affect in panic disorder: An fMRI study. *Journal of Anxiety Disorders*, 21(3), 381-93.
6. Sneider, JT, Pope, HG Jr., Silveri, MM, **Name**, Gruber, SA, Yurgelun-Todd, DA. (2006). Altered regional blood volume in chronic cannabis smokers. *Experimental and Clinical Psychopharmacology*, 14(4), 422-8.
7. Pillay SS, Gruber SA, Rogowska J, **Name**, Yurgelun-Todd DA. (2006). fMRI of fearful facial affect recognition in panic disorder: the cingulate gyrus-amygdala connection. *Journal of Affective Disorders*, 94(1-3), 73-81.
8. Tzilos GK, Cintron CM, Woods J, Young AD, **Name**, Pope HG, Yurgelun-Todd DA. (2005). Lack of hippocampal volume change in long-term heavy cannabis users. *American Journal of Addictions*, 14(1), 64-72.
9. Pillay SS, Rogowska J, Kanayama G, Jon DI, Gruber SA, **Name**, Cherayil M, Pope HG, Yurgelun-Todd DA. (2004). Neurophysiology of motor function following cannabis discontinuation in chronic cannabis smokers: an fMRI study. *Drug and Alcohol Dependence*, 76(3), 261-71.
10. Wise TN, **Name**, Sheridan MJ. (2000). Comparison of 26-item and 20-item versions of the Toronto Alexithymia Scale for psychiatric outpatients. *Psychological Reports*, 87(1), 127-132.

Non-Peer Reviewed Papers

1. **Name** & Dinges DF. (2007). Sleep and inflammation. *Nutrition Reviews*, 65(12 Pt 2), S244-52.

Book Chapters

1. Lichtenthal WG, Cruess DG, **Name**. (2005). Stress management interventions for medical populations. In: K.V. Oxington (Ed.), *Psychology of Stress*. Hauppauge, NY: Nova Biomedical Publishers, Inc.

SELECTED ABSTRACTS/CONFERENCE PRESENTATIONS

1. **Name**, Banks S, Collins HW, Dinges DF (2009, June). Effects of sleep restriction on morning adiponectin levels among healthy adults. [Abstract]. *The Annual Meeting of the Associated Professional Sleep Societies*. Seattle, WA.
2. Banks S, Jones CW, **Name**, Dinges DF (2009, June). Sustained sleep restriction in healthy adults with ad libitum access to food results in weight gain without increased appetite or food cravings [Oral Presentation, Abstract]. *The Annual Meeting of the Associated Professional Sleep Societies*. Seattle, WA.
3. **Name**, Rabin C, Pinto B (2009, February). Increases in physical activity predict improvement in sleep quality following a combination exercise and relaxation intervention among breast cancer survivors [Oral Presentation]. *Association for Psychosocial Oncology Annual Conference*. Charlotte, NC.
4. **Name**, Banks S, Dinges DF. (2008, June) Five nights of partial sleep restriction increases plasma leptin levels in healthy adults [Oral Presentation, Abstract]. *The Annual Meeting of the Associated Professional Sleep Societies*. Baltimore, MD.

5. **Name**, Arroyo S, Banks, S, Dinges DF. (2007, June) Effects of modest sleep restriction on the inflammatory marker C-reactive protein [Abstract]. *The Annual Meeting of the Associated Professional Sleep Societies*. Minneapolis, MN.
6. **Name**, Cruess DG, Price M, Cohen A, Christie J, Kimmel SE. (2006, June). Validity and utility of the Millon Behavioral Medicine Diagnostic (MBMD) among medical patients prescribed warfarin sodium [Abstract]. *Agency for Healthcare Research and Quality Annual Meeting*. Washington, DC.
7. **Name**, Niyogi S, Banks, S, Dinges DF. (2006, May). Effects of modest sleep restriction on the inflammatory marker C-reactive protein [Abstract]. *Association for Psychological Science Annual Meeting*. New York, NY.
8. Lichtenthal WG, **Name**, Cruess DG. (2005, April). Acute changes in cortisol following expressive writing among individuals who have experienced loss [Abstract]. *Society for Behavioral Medicine Annual Meeting*. Boston, MA.
9. Pillay SS, Gruber SA, Rogowska J, **Name**, Yurgelun-Todd, DA. (2004, June). An fMRI study of attentional regulation in panic disorder [Abstract]. *Human Brain Mapping Annual Meeting*. Budapest, Hungary.
10. Kanayama G, Gruber SA, **Name**, Pope HG, Yurgelun-Todd DA. (2003, June). fMRI study of spatial working memory in long-term heavy cannabis users [Abstract]. *College on Problems of Drug Dependence Annual Meeting*. Bal Harbour, FL.
11. Chiu C, Gruber SA, **Name**, Yurgelun-Todd, DA. (2003, March). Indirect priming in schizophrenic patients [Abstract]. *International Congress on Schizophrenia Research Annual Meeting*. Colorado Springs, CO.
12. Pillay SS, **Name**, Gruber SA, Pope HG, Yurgelun-Todd DA. (2002, June). Neurophysiology of motor function following cannabis discontinuation in chronic cannabis smokers: An fMRI study. [Oral Presentation]. *College for Problems on Drug Dependence Annual Meeting*. Quebec City, Quebec.
13. **Name**, Gruber SA, Pope Jr. HG, Yurgelun-Todd DA. (2002, June). Cerebellar blood volume changes after a 28-day washout period in chronic marijuana smokers: A DSC-MRI study. [Abstract]. *College for Problems on Drug Dependence Annual Meeting*. Quebec City, Quebec.

PREVIOUS RESEARCH EXPERIENCE

University of Pennsylvania, Unit for Experimental Psychiatry
Philadelphia, PA

August 2005 –August 2009

Predoctoral Trainee

Investigated the effects of partial sleep restriction on inflammatory and hormonal markers of cardiovascular/metabolic disorder risk in apparently healthy adults. Also examined possible predictors of individual differences in sleep-restriction induced inflammatory response, including psychosocial (e.g., depression, early environmental factors, social support), neurobehavioral and biological factors. Initial work was based on federally-funded grant (PI: David Dinges, Ph.D.); project was expanded under independent NRSA funding.

Research Mentor: David F. Dinges, Ph.D.

University of Pennsylvania, Department of Psychology

August 2003 – August 2005

Philadelphia, PA

Predoctoral Trainee

Conducted a randomized trial to test the effects of directed written expression on acute cortisol and mood among individuals who have experienced loss. Also involved in investigating the relationship of depressive symptoms to immune function in HIV+ women.

Research Mentor: Dean G. Cruess, Ph.D.

**McLean Hospital/Harvard Medical School,
Cognitive Neuroimaging Laboratory, Belmont, MA**

July 2000 – July 2003

Clinical Research Assistant

Conducted clinical assessments on psychiatric inpatients, acquired fMRI data, prepared and analyzed imaging data, conducted statistical analyses, presented findings at conferences, based on multiple federally-funded studies of the neural correlates of affective disorders, substance abuse and normal brain development.

Research Mentor: Deborah A. Yurgelun-Todd, Ph.D.

CLINICAL EXPERIENCE**SleepHealth Centers**

September 2009-present

Brigham and Women's Hospital

Supervisors: Cindy Dorsey, Ph.D.

Brighton, MA

& Claudia Toth, Ph.D.

Behavioral Sleep Medicine Fellow

Conducting cognitive behavioral therapy for insomnia (CBT-i) in a specialized sleep medicine clinic, as part of current T32 post-doctoral fellowship. Additionally, conducting treatment of circadian rhythm disorders, as well as working with obstructive sleep apnea patients to improve adherence to continuous positive airway pressure (CPAP) treatment. Receiving weekly individual supervision and didactic training.

Brown Psychology Training Consortium

July 2008 – June 2009

Brown University Alpert Medical School

Supervisors: Karen Oliver, Ph.D.

Providence, RI

Donn Posner, Ph.D., William Unger, Ph.D.

Clinical Psychology Intern, Behavioral Medicine Track

Conducted cognitive-behavioral and interpersonal psychotherapy in primarily outpatient populations suffering from a variety of Axis I and Axis II mental disorders in an American Psychological Association accredited clinical psychology internship training program. Four-month rotations included behavioral medicine/oncology, sleep and anxiety, and post-traumatic stress disorder (PTSD). Received weekly individual supervision, group supervision, and didactic training.

Center for the Treatment and Study of Anxiety

September 2007 - May 2008

University of Pennsylvania

Supervisors: Edna Foa, Ph.D.

Philadelphia, PA

Elizabeth Hembree, Ph.D., & Tracy Lichner, Ph.D.

Practicum trainee

Provided cognitive-behavioral therapy to, and conducted assessments for, a diverse outpatient population of adults and children suffering from anxiety disorders (PTSD), obsessive-compulsive disorder, panic disorder, specific phobias, generalized anxiety disorder). Provided supportive-expressive treatment for bereaved individuals through the Joan Karnell Cancer Center at Pennsylvania Hospital. Received weekly individual and group supervision and extensive training in manualized treatment protocols.

Depression Research Unit

September 2006 - June 2007

University of Pennsylvania

Supervisor: Robert DeRubeis, Ph.D.

Philadelphia, PA

Practicum trainee

Provided cognitive-behavioral therapy to adult outpatient population suffering from mood, anxiety and personality disorders. Received weekly individual and group supervision.

Abramson Cancer Center Counseling Services

University of Pennsylvania
Philadelphia, PA

Practicum trainee

Provided counseling and psychotherapy to adult cancer patients and their families, using cognitive-behavioral and behavioral medicine techniques. Supervision also included psychodynamic approaches to case conceptualizations. Received weekly individual supervision and group supervision.

September 2005 - August 2006
Supervisors: Melissa Hunt, Ph.D.
Gregory Garber, L.C.S.W.

Department of Psychiatry/Penn Center for AIDS Research

University of Pennsylvania
Philadelphia, PA

Diagnostic evaluator

Conducted structured diagnostic interviews for a study investigating the role of depression in immune function among HIV+ women. All assessments for this study were audio-recorded and reviewed by a licensed clinician, as well as discussed extensively in case consensus meetings.

May 2005-August 2005
Supervisor: Stacy Cruess, Ph.D.

Department of Psychology Assessment Clinic

University of Pennsylvania
Philadelphia, PA

Practicum trainee

Performed diagnostic assessments for broad adult psychiatric population, including psychotic disorders, major mood disorders, and personality disorders. Received training for and utilized a wide variety of neuropsychological and other diagnostic instruments. Licensed clinical psychologist provided training and weekly group supervision.

May 2004 to May 2005
Supervisor: Melissa Hunt, Ph.D.

TEACHING EXPERIENCE

Instructor, University of Pennsylvania, College of General Studies
Course: Abnormal Psychology (Summer 2006)

Co-Instructor, University of Pennsylvania, College of General Studies
Course: Introduction to Experimental Psychology (Summer 2005)

Teaching Assistant, University of Pennsylvania, Department of Psychology
Course: Human Sleep and Chronobiology (Spring 2007)
Course: Introduction to Experimental Psychology (Spring 2006, Spring 2005)
Course: Social Psychology (Fall 2005)
Course: Abnormal Psychology (Fall 2004)