

Kimberly Glazier Leonte, PhD

Break The Cycle & Clearview Horizons

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EDUCATION

Ph.D. in Clinical Psychology (Health Emphasis, APA accredited) Graduated August 2015
Ferkauf Graduate School of Psychology, Yeshiva University
 Bronx, NY
 GPA: 3.84

Master of Arts (M.A.) in Clinical Psychology Graduated October 2010
Columbia University, Teachers College
 New York, NY
 GPA: 3.93

Bachelor of Arts in Clinical Psychology Graduated May 2008
Tufts University
 Medford, MA
 Cum Laude; GPA: 3.71
 Major: Clinical Psychology

Amherst College August 2003- December 2005
 Amherst, MA
 Major: Psychology

HONORS

Women of Distinction Nominee. Featured in The Women of Distinction Magazine, January 2016 edition. Selected to be on the cover of the magazine.

Trainee Poster Travel Award winner. (2013, July). Based on conference poster submission of *50 Percent of OCD Cases Misidentified by Primary Care Physicians*. The International OCD Foundation, Atlanta, GA.

Trainee Poster Travel Award winner. (2012, July). Based on conference poster submission of *Taboo Thoughts OCD: Frequently Misidentified by Clinicians*. The International OCD Foundation, Chicago, IL.

WORKSHOPS, LECTURES, TRAININGS, PODCASTS

- Guest Expert, *Your Anxiety Toolkit*: Episode 472: How to make Exposures FUN(ish). Aired on February 11, 2026.
- Guest Expert, *Beyond Booksmart Podcast*: Episode 77: Breaking the OCD Cycle: Understanding Intrusive Thoughts and Compulsions. Aired on November 26, 2025.
- How to Make ERP Fun (or At Least Fun-ish!). Online OCD SoCal Conference. Presentation by: Kimberly Glazier Leonte, PhD & Kimberely Quinlan, LMFT. Presented on November 15, 2025.
- Guest Expert, *The OCD Whisperer Podcast*. Episode 129. The OCD Awareness Scale: A Tool for Better Understanding. Aired on February 18, 2025.
- 75 minute graduate student training. Training titled, “How to Master ERP for OCD: Critical Components and Common Pitfalls.” Training by Kimberly Glazier Leonte, PhD. Conducted December 7, 2024.
- 60-minute lecture at Fusion Academy’s Lunch and Learn Lecture Series. Lecture titled “Kids with Anxiety and OCD.” Talk by Kimberly Glazier Leonte, PhD. Conducted December 13th 2018.
- Full-day workshop at Boston University’s Professional Education Program titled “Real Life Obsessive-Compulsive Disorder: More than hand-washing and checking. How to assess and treat OCD.” Workshop by Kimberly Glazier Leonte, PhD. Conducted June 22, 2018.
- Full-day workshop at Center for Professional Innovation titled “Real Life Obsessive-Compulsive Disorder: More than hand-washing and checking.” Workshop by Kimberly Glazier Leonte, PhD. Conducted September 28, 2017.
- Full-day workshop at Boston University’s Professional Education Program titled “Real Life Obsessive-Compulsive Disorder: More than hand-washing and checking. How to assess and treat OCD.” Workshop by Kimberly Glazier Leonte, PhD. Conducted May 10, 2017.
- Full-day workshop at Center for Professional Innovation titled “Real Life Obsessive-Compulsive Disorder: More than hand-washing and checking.” Workshop by Kimberly Glazier Leonte, PhD. Conducted October 20, 2016.
- Full-day workshop at Boston University’s Professional Education Program titled “Real Life Obsessive-Compulsive Disorder: More than hand-washing and checking. How to assess and treat OCD.” Workshop by Kimberly Glazier Leonte, PhD. Conducted June 17, 2016.
- 90-minute lecture at Depression and Anxiety Specialty Clinic’s Public Awareness Lecture Series. Lecture titled “Positive Self Talk: When Is It Helpful and When Is It Reassurance?” Talk by Kimberly Glazier Leonte, PhD. Conducted May 10th 2016.
- 90-minute lecture at Depression and Anxiety Specialty Clinic’s Public Awareness Lecture Series. Lecture titled “The Danger Zone: Why Avoidance, Reassurance Seeking, and Accommodation are Hazardous.” Talk by Kimberly Glazier Leonte, PhD. Conducted April 12th 2016.
- Executive Broadcasting Channel. Dr. Kimberly Glazier Leonte – Co-Founder and CEO of Professor Peaches Podcast. Interview conducted November 2015.
<http://professionalbroadcastingnetwork.com/podcast/dr-kimberly-glazier-leonte/>
- Invited Guest Lecturer at Columbia University, Teacher’s College, New York, NY. Presented on exposure and response prevention & obsessive compulsive disorder to graduate clinical psychology PhD class in October 2008.

PUBLICATIONS

- Leonte, KG**, Grierson, N, Fawcett, E., & Hardy, L. *Under Review*. The OCD Awareness Scale: Expert-Based Content Validation of a New Measure for Increasing OCD Awareness and Supporting Assessment.
- Leonte, KG**, Grierson, N., Schmickle, T., & Hardy, L (2026). Mental Health Graduate Faculty Have Spoken: It's Time to Stop Using the Terms Abnormal Psychology and Psychopathology. *Teaching of Psychology*. Advance online publication. <https://doi.org/10.1177/00986283261420756>
- Volpacchio AC., **Glazier Leonte, K.** Hardy, L., Ott, BD. (*In Press*) Clinician Use of ERP Principles in Conceptualization and Response to OCD Clients Seeking Reassurance. *Bulletin of Menninger Clinic*.
- Leonte, KG**, Grierson, N, Karp, A. & Gouniai, J (2025). Results Indicate the Terms Abnormal Psychology and Psychopathology Are Outdated and Inaccurate. *Journal of Behavioral Health and Psychology*, 14(1), 1-7.
- Kim, J., **Leonte, K. G.**, Chen, M. L., Torous, J. B., Linos, E., Pinto, A., Rodriguez, C. I. (2024). Large language models outperform mental and medical health care professionals in identifying obsessive-compulsive disorder. *NPJ Digital Medicine*, 7, 193. <https://doi.org/10.1038/s41746-024-01181-x>
- Gouniai, JM, Smith, KD, & **Leonte, KG** (2022). Many common presentations of obsessive-compulsive disorder unrecognized by medical providers in Pacific Island community. *The Journal of Mental Health Training, Education and Practice*, 17(5), 419-428.
- Gouniai, JM, Smith, KD, & **Leonte, KG** (2022). Do clergy recognize and respond appropriately to the many themes in obsessive-compulsive disorder? Data from a Pacific Island community. *Mental Health, Religion & Culture*, 33-46. DOI: <https://doi.org/10.1080/13674676.2021.2010037>
- Leonte, S. & **Glazier, K.** (2015). What does leadership really look like? *Salem Health: Adolescent Health & Wellness*, 54-56.
- Leonte, S. & **Glazier, K.** (2015). Interpersonal skills and technology. *Salem Health: Adolescent Health & Wellness*, 47-50.
- Glazier, K** & Leonte, S. (2015). Learning to love and not fear public speaking! *Salem Health: Adolescent Health & Wellness*, 58-61.
- Glazier, K.** & McGinn, L.K. (2015). Lack of awareness regarding OCD symptomatology among clinical, counseling and school psychology doctoral students. *Journal of Depression and Anxiety*, 4(3), Article 190. doi:10.4190/2167-1044.1000190.
- Glazier, K.**, Wetterneck, C., Singh, S., & Williams, M.(2015). Stigma and shame as barriers to treatment for obsessive-compulsive and related disorders. *Journal of Depression and Anxiety*, 4(3), doi:10.4191/2167- 1044.1000191
- Glazier, K.**, Swing, M., & McGinn, L.K. (2015). Half of obsessive-compulsive disorder cases misdiagnosed: Vignette-based survey of primary care physicians. *Journal of Clinical Psychiatry*, 76(6), e761-e767.
- Glazier, K.** & McGinn, K. Lata. (2015). Romantic Addiction. *Psychology and Behavioral Health*, 1611-1613.
- Hunter, N., **Glazier, K.**, McGinn, L.K. (2015). Identical symptomatology but different diagnostic impression: Treatment implications of an OCD versus schizophrenia diagnosis, *Psychosis: Psychological, Social, and Integrative Approaches*, 7(3), 241-244. DOI:

10.1080/17522439.2015.1044462.

Glazier, K. (2014). What does the term “specialist” really mean? *Comprehensive Psychiatry*, 55(8), e48-e48.

Glazier, K., Calixte, R., Rothschild, R., & Pinto, A. (2013). Misidentification of OCD by mental health professionals. *Annals of Clinical Psychiatry*, 25(3), 201-209.

Sucala, M., Schnur, J.B., **Glazier, K.,** Miller, S.J., Green, J.P., & Montgomery, G.H. (2013). Hypnosis: There’s an App for that. A systematic review of hypnosis apps. *International Journal of Clinical and Experimental Hypnosis*, 61(4), 463-474.

Glazier, K., Victor, E., Johnson, J., & O’Connell, K. (2013). Temptation Experiences during a Smoking Cessation Attempt: A Mixed Method Analysis. *Addiction, Research & Theory*, 21(1), 83-90.

Clark, K., Greene, P., DuHamel, K., Loscalzo, M., Grant, M., **Glazier, K.,** & Redd, W. (2012). A Unique Interactive Cognitive Behavioral Training Program for Front Line Cancer Care Professionals, *Journal of Cancer Education*, 27(2), 277–286. DOI: 10.1007/s13187-012-0425-1.

Alcon, J., **Glazier, K.,** Rodriguez, C. (2011). From clutter to modern art: A Chinese artist’s perspective on hoarding behaviors. *American Journal of Psychiatry*, 168(12), 1248.

Glazier, K. (2010). Tobacco induced diseases: An emphasis on mental health conditions that may result from cigarette use. *The New School Psychology Bulletin*, 8(1), 57-62.

POSTERS/PRESENTATIONS

Leonte, K.G., Grierson, N., Hardy, L., & Fawcett, E.J. The OCD Awareness Scale: Validated by OCD Experts. Poster presented at New England Psychological Association’s 2025 Annual Meeting, Newton Massachusetts on October, 25 2025.

Leonte, K.G., Grierson, N., Schmickle, T., & Hardy, L. The Course is Important, the Title Needs to Change: Graduate Faculty Agree the Terms Abnormal Psychology and Psychopathology Need to Go. Poster presented at Northeast Regional Psychology Conference, Hartford, Connecticut on May 30, 2025.

Volpacchio, A., **Leonte, K.G.,** Ott, B. Alarming Low Rates of Utilization and Knowledge of Exposure and Response Prevention for Obsessive Compulsive Disorder Among Mental Health Providers. (July, 2018). Poster presented at the International Obsessive Compulsive Foundation Conference, Washington D.C.

Glazier, K., Krakauer, R., Leonte, S., Ewing, J., & Riemann, BC. Communication Group Shows Promising Benefit. (July 2016). Poster presented at the International Obsessive Compulsive Foundation Conference, Chicago, IL.

Glazier, K. & McGinn, L.K. (2015, November). Does Targeted Training Lead to an Over-diagnosis Effect? Poster presented at The Association for Behavioral and Cognitive Therapies Convention, Chicago, IL.

Glazier, K., Sucala, M., Goldring, A., Montgomery, G.H., Greene, P.B., & Schnur, J.B. (November, 2015). An Overview of Mindfulness-based Apps. Poster presented at The Association for Behavioral and Cognitive Therapies Convention, Chicago, IL.

Glazier, K., Singh, S., Williams, M., & Wetterneck, C. (2014, November) Stigma & Shame as Barriers to Treatment in OC-Spectrum Disorders. Poster presented at The Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.

- Glazier, K.** & McGinn, L.K. (2014, November) Self-Reported OCD Knowledge is an Overestimation of Actual OCD Awareness. Poster presented at The Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.
- Glazier, K.** Swing, M., & McGinn, L.K. (2014, July) Widespread Unawareness of OCD Symptoms among Psychology Doctoral Students. Poster presented at The International Obsessive Compulsive Disorder Foundation Conference, Los Angeles, CA.
- McGinn, L.K., Pinto, A., Storch, E., Tolin, D., & Twowig, M. (2013, November). In **K. Glazier (Chair)**, *OCD: Tailored Treatment Techniques & Difficult Differential Diagnoses*. Clinical Round Table conducted at The Association for Behavioral and Cognitive Therapies Convention, Nashville, TN.
- Glazier, K.**, Swing, M., & McGinn, L.K. (2013, November). *Does OCD identification really matter? Results show: Yes.* Poster presented at The Association for Behavioral and Cognitive Therapies Convention, Nashville, TN.
- Glazier, K.**, Hunter, N., & McGinn, L.K. (2013, October). *Implications of diagnostic impressions on treatment recommendations: OCD vs. schizophrenia-spectrum disorders.* Poster presented at New England Psychological Association Conference, Bridgeport, CT.
- Glazier, K.**, Swing, M., & McGinn, L.K. (2013, July). *50 percent of OCD cases misidentified by primary care physicians.* Poster presented at The International Obsessive Compulsive Disorder Foundation Conference, Atlanta, GA.
- Sucala, M., Schnur, J.B., **Glazier, K.**, & Montgomery, G.H. (2013, March). *Hypnosis: There's an App for that.* Poster presented at The 34th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.
- Glazier, K.**, Calixte, R., Rothschild, R., & Pinto, A. (2012, November). *Misidentification of OCD by mental health professionals.* Poster presented at The Association for Behavioral and Cognitive Therapies Convention, National Harbor, MD.
- Glazier, K.**, Calixte, R., Rothschild, R., & Pinto, A. (2012, July). *Taboo thoughts OCD: Frequently misidentified by clinicians.* Poster presented at *The International Obsessive Compulsive Disorder Foundation Conference*, Chicago, IL.
- Greene, PB, DuHamel, KN, Winkel, G, **Glazier KA**, Clark K, Redd WH and Loscalzo MJ (2012, June). *Translating Psychosocial Science to Clinical Care: A Dissemination Effort to Train Psychosocial Oncology Clinicians.* Talk delivered at biennial Cancer Survivorship Research conference sponsored by NCI and ACS, Arlington, VA.
- Glazier, K.**, Victor, E., Johnson, J. & O'Connell, KA. (2011, June) *Temptation experiences during a smoking cessation attempt: A mixed method analysis.* Poster presented at The New York State Psychological Association 74th Annual Convention, New York, NY.
- Rodriguez, C.I., Bender, J., **Glazier, K.**, Rynn, M., Simpson, H.B. (June, 2009). *An Open-Label Trial of Minocycline, A Glutamate Modulator, In Treatment-Resistant Adults with Obsessive-Compulsive Disorder.* Poster presented at NCDEU, Hollywood, FL.
- Rodriguez, C.I., Bender, J., **Glazier, K.**, Rynn, M., Simpson, H.B. (2009, October). *Minocycline Augmentation of Pharmacotherapy In Obsessive-Compulsive Disorder: An Open-Label Trial.* Poster presented at ACNP, Albuquerque, NM.

ACTIVITIES/MEMBERSHIPS

International Obsessive Compulsive Disorder Foundation member	Aug 2008 – Present
Massachusetts Psychological Association member	Oct 2016 – Present
Massachusetts Psychological Association Advocacy Committee member	Dec 2024 – Present
Anxiety and Depression Association of America member	Nov 2015 – Nov 2017
Association for Behavioral and Cognitive Therapies member	Feb 2012 – Feb 2017
Volunteered at the New York Conference on Bullying Prevention	June 2013
Volunteered at the Obsessive Compulsive Disorder Foundation Conference	July 2013
Volunteered at the Obsessive Compulsive Disorder Foundation Conference	Aug 2008 & July 2013

CLINICAL EXPERIENCE

Founder & Director May 2025 - Present
Break The Cycle

- Organization dedicated to providing empirically supported educational resources for individuals with OCD/anxiety/perfectionism, individuals who have a loved one with OCD/anxiety/perfectionism, and mental and medical health professionals and trainees
- Offers The OCD Awareness Scale (developed by Kimberly Leonte, PhD) – a measure to help increase awareness regarding OCD symptom presentations and to help guide diagnostic impressions and treatment plans (<https://www.letsbreakthecycle.com/ocd-awareness-scale>)
- Instagram account: @breakthecyclewithkim

Founder & Director October 2016 - Present
Clearview Horizons
 North Andover, MA

- Director of OCD/anxiety specialty group therapy practice
- Provide individual therapy to children, adolescents, and adults
- Provide ongoing supervision and training to all therapists within the team
- Specialize in OCD, anxiety, and perfectionism
- Theoretical approaches: Exposure and Response Prevention, Acceptance and Commitment Therapy, Compassion-Focused Therapy, and Cognitive Behavioral Therapy
- Group Therapy
 - OCD Support Group

Website: <http://www.cvhorizons.com>

Co-Founder November 2021 – May 2025
The OCD Academy
 North Andover, MA

- Organization dedicated to providing specialized OCD educational resources for individuals with OCD, individuals who have a loved one with OCD, and mental/medical health care professionals seeking training resources
- Transitioned into Break The Cycle

Comprehensive Neuropsychological Assessments
Andover Counseling Center

October 2016 – March 2019

- Conduct neuropsychological assessments for children and adolescents struggling with a range of symptoms (e.g., learning disorders, anxiety disorders, ADHD)
- Administer, score, interpret and write reports for the assessments
- ***Director: Jan Goldstein, PhD***

Postdoctoral Fellow
Rogers Memorial Hospital
 Chicago, IL

August 2015 – June 2016

- Conducted individual therapy with clients in the adult and child/adolescent OCD partial hospitalization programs and intensive outpatient programs
 - Therapy focused on exposure and response/ritual prevention, acceptance and commitment therapy, and cognitive therapy
 - For the children/adolescent programs
 - Train and coach parents on how to do exposures
 - Conduct family sessions
 - Developed content and slides for the following group modules
 - Communication Skills group
 - Mindfulness Skills group
 - Behavioral Skills group
 - Cognitive Skills group
 - Supervised a therapist
 - Provided weekly individual 60-minute supervision sessions
 - Weekly individual supervision, group supervision, and didactic training
 - Attended staff meetings to review and discuss the clients' progress and treatment
- Supervisor: Karen Cassidy, Ph.D.***

Psychology Intern
Rogers Memorial Hospital
 Oconomowoc, WI

August 2014 – August 2015

- Conducted individual therapy with residents in the adult and child OCD residential centers
 - Therapy focused on exposure and response/ritual prevention and cognitive restructuring
- Developed and implemented the “Communicate Confidently” Group
 - Group focuses on enhancing participants' verbal and nonverbal (e.g., body language, eye contact, listening) communication abilities
 - Weekly, 60-minute group
 - Group has been implemented in the Adult OCD residential and the Child OCD residential centers
- Supervised a pre-masters level practicum student
 - Provide weekly individual 60-minute supervision sessions
- Attend weekly didactic trainings
- Weekly individual supervisions, group supervision, and supervision of supervision
- Attend staff meetings to review and discuss the residents' progress and treatment
- Attend weekly Research Team Meeting

Supervisor: Brad Riemann, Ph.D.

Psychology Extern

July 2013-June 2014

Schwalbe Psychological Services, P.C.

New York, NY

- Neuropsychological testing administration, assessment scoring and interpretation, and report writing for (1) adolescents and young adults struggling with academic challenges and (2) older adults experiencing memory issues and cognitive decline
 - Completed 60 neuropsychological assessments (age range: 17-60 years old)
- Primary clinical issues: Learning disabilities, ADHD, anxiety disorders, traumatic brain injury
- Tests administered: Meyers Neuropsychological Battery (includes the following: WAIS-IV, Forced Choice, Rey Complex Figure, Animal naming, Controlled Oral Word Association Test, Dichotic Listening, North American Adult Reading, Sentence Repetition, Auditory Verbal Learning Test, Judgment of Line Orientation, Boston Naming Test; Finger Taping, Finger Localization, Trails A & B, Token Test); Repeatable Battery for Assessment of Neuropsychological Status; Word Memory Test
- Weekly, individual supervision

Supervisor: Evan Schwalbe, Ph.D., A.B.N.

Psychology Extern

July 2012-June 2013

Bellevue Hospital Center

Child and Adolescent Assessment Track (inpatient, outpatient)

New York, NY

- Psychological and neuropsychological testing administration, assessment scoring and interpretation, and report writing for child/adolescent inpatient and pediatric outpatient units
 - Completed 30 psychological assessments & integrated reports (ages: 6-17 years old)
- Primary clinical issues: Trauma, psychosis, ADHD, anxiety, depression
- Individual and group supervision; attended daily interdisciplinary team rounds
- Tests Administered: Beery Developmental Test of Visual-Motor Integration, 6th edition; Boston Naming Test; Children's Sentence Completion Test; Comprehensive Trail-Making Test; House Tree Person; Kinetic Family Drawing; Purdue Pegboard; Rorschach Inkblock Test; Thematic Apperception Test; Wechsler Abbreviated Scale of Intelligence- Second Edition; Wechsler Adult Intelligence Scale-Fourth edition; Wechsler Individual Achievement Test, Third edition; Wechsler Intelligence scale for Children- Fourth edition; Wechsler Preschool and Primary Scale of Intelligence- Fourth edition; Wide Range Assessment of Memory and Learning, Second edition; Woodcock-Johnson III Tests of Achievement

Supervisors: Sue Ellen Carney, Ph.D. & Cynthia de Jesus, M.A.

Psychology Extern

June 2011-June 2012

American Institute for Cognitive Therapy

Individual, adult outpatient therapy

New York, NY

- Weekly or bi-weekly individual 50 minute psychotherapy sessions
- Primary clinical issues: OCD, anxiety, procrastination, emotion regulation difficulties, and depression
- Sessions integrated CBT, ACT and Compassion-focused modalities

- Weekly extern group supervision, individual supervision and case conferences
Supervisor: Dennis Tirch, Ph.D.

Psychology Extern

Jan 2011-Aug 2012

**Max & Celia Parnes Family & Psychoeducational Services
Psychotherapy and Bariatric Evaluations**

Bronx, NY

- Weekly individual 50-minute psychotherapy sessions
 - Primary clinical issues: bereavement, work-related anxiety, relationship stress, depression
- Bariatric psychological assessments
- Weekly individual supervision

*Supervisor: Stephanie Levey, Ph.D.***Psychology Extern**

June 2011-Aug 2011

Children's Day Unit, New York State Psychiatric Institute

New York, NY

- Assisted with CBT group, classroom work, gym therapy
- Assisted with Treatment Readiness Study
- Conducted a literature review on psychiatric medications for pediatric anxiety disorders
- Weekly clinical team meetings, research team meetings, and individual supervision

Supervisor: Anthony Puliafico, Ph.D.

SELECTED RESEARCH EXPERIENCE

Principal Investigator

Published 2015

Testing the Efficacy of an Obsessive Compulsive Disorder Training Tool

Objective: To increase awareness of OCD symptomatology among doctoral students in clinical, counseling and school psychology through the implementation of a comprehensive OCD education-based training tool. **Method:** Doctoral students from clinical, counseling, and school psychology APA-accredited programs in the five boroughs of New York and Long Island were eligible for the study. Participants provided diagnostic impression(s) and treatment recommendation(s) for a range of clinical vignettes pre and post exposure to an OCD training tool. **Results:** Eighty-two students, across seven doctoral programs participated in the study. Prior to the intervention, participants were less aware of non-contamination/non-symmetry obsessions compared to contamination or symmetry obsessions (self-reported lack of awareness: 17.1–36.0% vs. 1.3–3.9%, respectively). Additionally, the video intervention was efficacious in reducing the OCD misidentification rates (pre-intervention = 18.5%; post-intervention = 5.4%). **Conclusions:** The video reduced the OCD misidentification rates. Greater training to increase awareness regarding the broad range of OCD symptomatology is needed.

Principal Investigator

Published 2013

Mental Healthcare Providers' Ability to Identify Common Symptom Presentations of OCD

Background: More than a decade passes between the onset of OCD symptoms and treatment initiation. One explanation may be healthcare professionals' limited awareness of OCD symptom presentations. **Methods:** A random sample of 2,550 American Psychological Association members

gave a diagnostic impression(s) based on one of five OCD vignettes: four about taboo thoughts and one about contamination obsessions. **Results:** Three hundred sixty providers completed the survey. The overall misidentification rate across all vignettes was 38.9%. Rates of incorrect (non-OCD) responses were significantly higher for the taboo-thoughts vignettes [obsessions about homosexuality (77.0%); sexual obsessions about children (42.9%); aggressive obsessions (31.5%); religious obsessions (28.8%)] versus the contamination obsessions vignette (15.8%). **Conclusions:** Mental health professionals commonly misidentified OCD symptom presentations, particularly sexual obsessions, highlighting a need for education and training.

Principal Investigator

Published 2015

Physicians' Ability to Correctly Identify Common Symptom Presentations of OCD

Background: According to the National Comorbidity Survey Replication study general medicine without additional treatment by psychiatrists or other mental health professionals was the most common profile (32.3%) for individuals seeking mental health care. The purpose of this study was to assess the ability of primary care physicians to correctly identify a range of OCD vignettes.

Methods: 1,172 physicians from five major medical hospitals in the Greater New York Area were randomized one of eight OCD vignettes and gave a diagnostic impression(s) based on the vignette.

Results: Two hundred eight physicians completed the survey; approximately half (50.5%) misidentified the vignette. The following symptom specific misidentification rates were found: obsessions regarding homosexuality (84.6%), aggression (80.0%), saying inappropriate things (73.9%), pedophilia (70.8%), somatic concerns (70.8%), religion (37.5%), contamination (32.3%), symmetry (3.70%). **Conclusion:** The elevated OCD misidentification rates highlight the importance for an increase in training regarding the broad range of OCD symptomatology.

CLINICAL RESEARCH EMPLOYMENT & VOLUNTEER POSITIONS

Volunteer

Sept 2016-Sept 2018

International Obsessive Compulsive Foundation (IOCDF)

Boston, MA

- Volunteered on a weekly basis to assist with a range of projects for the IOCDF

Research Assistant

Dec 2012-June 2013

Adult Primary Care Clinic, Jacobi Medical Center

National Institute of Aging funded research grant: Screening older adults for dementia

Bronx, NY

- Conducted semi-structured clinical phone interviews with participants' informants to assess the patients' current memory-related abilities and daily activity functioning level
- 30 interviews completed
- Individual supervision

Supervisor: Ellen Grober, Ph.D.

Research Assistant

July 2011-Aug 2012: Employee

Mount Sinai Medical Center

May 2011-July 2011: Volunteer

Oncological Sciences Department

New York, NY

- Conducted 50 qualitative interviews with multiple myeloma patients suffering from pain
- Helped organize and implement bi-annual Grant funded CBT workshops to train health care providers who work with cancer patients
- Co-author on paper assessing the efficacy of the 5 year CBT workshop grant
- Weekly individual supervision, team meetings and didactics

Supervisor: Paul Greene, Ph.D.

Research Assistant

Sept 2010-July 2011

Oncological Sciences Department

Mount Sinai Medical Center

Grant funded study: Test the efficacy of expressive writing for cancer transplant survivors

New York, NY

- Conducted phone interviews across all four stages of the study: screening, initial, treatment, and follow-up
- Data entry and data management
- Weekly team meetings and supervision

Supervisor: Christine Rini, Ph.D.

Research Assistant

Jan 2009-Sept 2010: Employee

Anxiety Disorder Clinic: Obsessive-Compulsive Disorder team Sept 2008-Jan 2009: Volunteer

New York State Psychiatric Institute

New York, NY

- Administered SCID-I and SCID-II to potential research participants
- Conducted intake phone screenings
- Proofread grants/articles prior to submission
- Data entry and data cleaning for Pre-Pulse Inhibition study
- Helped create an online survey assessing treatment preferences among individuals with OCD
- Analyzed therapy audio recordings of sessions to assess for adherence to the study protocol for the Motivational Interviewing + Exposure and Response Prevention study
- Interviewed individuals at risk for eviction to assess for the prevalence of hoarding
- Conducted a review of the literature on OCPD traits and maladaptive functioning
- Participant recruitment/advertisement
- Weekly supervision, team meetings, clinic meetings, science team meetings and Grand Rounds

Supervisor: Helen Blair Simpson, M.D., Ph.D.

Volunteer

Sept 2008-Jan 2009

Anxiety Disorder Clinic: Posttraumatic Stress Disorder research team

New York State Psychiatric Institute

New York, NY

- Assessed participants' vitals prior to therapy sessions
- Data entry and coding
- Patient recruitment
- Weekly team meetings, clinic meetings and supervision

Supervisor: Helen Blair Simpson, M.D.

Research Assistant

Health & Behavior Studies Department
Columbia University, Teacher's College
 New York, NY

Aug 2009-Sept 2010: Volunteer
 Sept 2008-Aug 2009: Work-study

- Coded voice transcriptions from smoking cessation study
- First author on paper (Temptation Experiences during a Smoking Cessation Attempt: A Mixed Method Analysis)
- Literary and empirical review searches on smoking cessation
- Helped with grant submission on smoking cessation & CBT study, attended grant meetings

Supervisor: Kathleen O'Connell, Ph.D.

PAST CLINICAL WORK

Co-Founder & CEO

May 2014-Sept 2016

Professor Peaches**Children's program to enhance communication abilities**

Chicago, IL

- Developed program curriculum and content
- Integrated Professor Peaches program into elementary school curriculum
- Integrated Professor Peaches program into kid's mental health hospital program
- Conducted beta-testing of program materials
- Recruited and managed volunteers

Counselor

Dec 2012-June 2014

Private Psychotherapy Practice

New York, NY

- Weekly individual outpatient therapy
- Weekly individual 50-minute psychotherapy sessions
 - Primary clinical issues: work and school related anxiety, dating anxiety and relationships, smoking cessation
- Sessions integrate CBT, ACT and Compassion-focused modalities
- Individual supervision

Supervisors: Nick Lessa, L.C.S.W., C.A.S.A.C.

Counselor

Jan 2010-Aug 2010: Employee

Inter-Care Outpatient Addiction Treatment

Sept 2009-Jan 2010: Volunteer

Adult substance use treatment center

New York, NY

- Conducted individual, weekly therapy sessions
- Intake assessment counselor
- Contacted insurance companies to obtain preauthorization for clients after intake appointment
- Co-facilitated a maintenance recovery group
- Helped institute a Nicotine Anonymous group for clients and the general population
- Developed a questionnaire to assess factors attributing to lapses for individuals with a positive toxicology screening result (designed as a clinical and research tool)

Supervisor: Nick Lessa, L.C.S.W., C.A.S.A.C.

Counselor

Oct 2007-Aug 2008: Employee

McLean Hospital

June 2007-Oct 2007: Volunteer

Obsessive-Compulsive Disorders Institute

Residential Adult Unit

Belmont, MA

- Coached patients through their exposure response prevention treatment plans
- Led daily patient groups
- Weekly individual and group supervision
- Attended weekly patient care rounds
- Prepared meals for patients
- Drove and supervised patients on weekly, off-unit, outings

Supervisor: Jeff Szymanski, Ph.D.

LEADERSHIP EXPERIENCE

Ferkauf Graduate School of Psychology, Yeshiva University, Bronx, NY

Class Representative

Sept 2010-August 2015

Admissions Committee member

Mar 2011-May 2012

Colloquium Committee member

Sept 2010-Sept 2011

Graduate Assistant

Nov 2008-June 2009: Employee

Columbia University, Teacher's College

Oct 2008- Nov 2008: Volunteer

New York, NY

- International Society of Interpersonal Therapy Conference; committee planning member
- Helped organize/create the conference program
- Emailed presenters to obtain lecture slides; answered presenters conference related questions
- Attended weekly meetings
- Point person for hotel and dinner reception arrangements
- Helped write a book chapter on IPT for undergraduate and graduate level comparative psychotherapy book

Supervisor: Helena Verdelli, Ph.D.

ASSESSMENT MEASURE DEVELOPED

- The OCD Awareness Scale
 - <https://www.letsbreakthecycle.com/ocd-awareness-scale>

TESTS/INSTRUMENTS ADMINISTERED

- Beck Anxiety Inventory
- Beck Depression Inventory
- Beery Developmental Test of Visual-Motor Integration, 6th edition (*D-VMII*)

- Boston Naming Test (*BNT*)
- Behavior Rating Inventory of Executive Function (*BRIEF-2*)
- Children's Sentence Completion Test (*SCT*)
- Conners-3
- House Tree Person (*H-T-P*)
- Kaufman Test of Educational Achievement, Third Edition (*KTEA-3*)
- Kinetic Family Drawing (*KFD*)
- Meta-Cognitions Questionnaire
- Millon Clinical Multi-Axial III
- Mini-Mental State Examination (*MMSE*):
- Minnesota Multiphasic Personality Inventory (*MMPI*)
- Purdue Pegboard Test (*PPBT*)
- Repeatable Battery for the Assessment of Neuropsychological Status (*RBANS*)
- Rorschach Inkblock Test (*RIT*)
- Substance Abuse Subtle Screening Inventory (*SASSI*)
- Structured Clinical Interview for DSM Axis I Disorders (*SCID*)
- Structured Clinical Interview for DSM Axis II Personality Disorders (*SCID II*)
- Thematic Apperception Test (*TAT*)
- Trail Making Test (*TMT*)
- Wechsler Adult Intelligence Scale-Fourth edition (*WAIS IV*)
- Wechsler Abbreviated Scale of Intelligence- Second Edition (*WASI-II*)
- Wechsler Individual Achievement Test, Third edition (*WIAT-III*)
- Wechsler Intelligence scale for Children- Fourth edition (*WISC- IV*)
- Wechsler Memory Scale- Fourth edition (*WMS-IV*)
- Wechsler Preschool and Primary Scale of Intelligence- Fourth edition (*WPPSI-IV*)
- Wide Range Assessment of Memory and Learning, Second edition (*WRAML2*)
- Woodcock-Johnson III Tests of Achievement (*WJ III*)
- Word Memory Test (*WMT*)
- Yale-Brown Obsessive Compulsive Scale (*Y-BOCS*)
- Meyers Neuropsychological Battery (*MNB*): includes the following:
 - WAIS-IV, Forced Choice, Rey-Osterrieth Complex Figure Test, Animal Naming, Controlled Oral Word Association Test, Dichotic Listening, North American Adult Reading, Sentence Repetition, Auditory Verbal Learning Test, Judgment of Learning, Boston Naming Test; Finger Taping, Finger Localization, Trails A & B, Token Test)