

CURRICULUM VITAE

BIOGRAPHICAL

Name: Kelly Battle Beck Business Address: 5036 Forbes Tower
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EDUCATION and TRAINING

UNDERGRADUATE:

2004-2009 University of Notre Dame B.A. 2009 English
Notre Dame, IN

GRADUATE:

2010-2011 University of Kentucky N/A Clinical Psychology PhD
Lexington, KY Advisor: Charles Carlson,
PhD
Cumulative GPA: 4.0
2012-2014 University of Pittsburgh M.S. 2014 Rehabilitation, Science and
Pittsburgh, PA Technology; Rehabilitation
Counseling
Advisor: Michael McCue,
PhD
2014-2017 University of Pittsburgh Ph.D. 2017 Rehabilitation Science
Pittsburgh, PA Advisor: Michael McCue,
PhD

APPOINTMENTS and POSITIONS

ACADEMIC:

9/2016 – 8/2018 University of Pittsburgh Instructor
School of Health and Rehabilitation Sciences
Department of Rehabilitation Science and Technology
Clinical Rehabilitation and Mental Health Counseling
Pittsburgh, PA
8/2018 – present University of Pittsburgh Assistant Professor

School of Health and Rehabilitation Sciences
 Department of Rehabilitation Science and Technology
 Clinical Rehabilitation and Mental Health Counseling
 Pittsburgh, PA

1/2019-present University of Pittsburgh
 School of Health and Rehabilitation Sciences
 Pittsburgh, PA Graduate Faculty

NON-ACADEMIC:

8/2012-8/2014 Hiram G. Andrews Center
 Cognitive Skills Enhancement Program
 Johnstown, PA; Pittsburgh, PA Rehabilitation Specialist
 Pre-doctoral fellowship

8/2013-8/2014 Pittsburgh Schweitzer Fellowship
 Three Rivers Center for Independent Living
 Wilksburg, PA Graduate Fellow
 Clinician

2/2014-6/2015 UPMC Center for Integrative Medicine
 Pittsburgh, PA Graduate Clinical Intern
 Research Assistant

8/2014-Present Hiram G. Andrews Center
 Cognitive Skills Enhancement Program
 Johnstown, PA; Pittsburgh, PA Clinical Supervisor
 Program Evaluation
 Coordinator

8/2017-Present UPMC Center for Integrative Medicine
 Pittsburgh, PA Contracted Mindfulness-
 Based Stress Reduction
 Teacher

CERTIFICATION and LICENSURE

SPECIALTY CERTIFICATION:

Certified Rehabilitation Counselor 2015
 Commission of Rehabilitation Counselor Certification (00169936)

Mindfulness-Based Stress Reduction Qualified Teacher 2017
 Oasis Institute, Mindfulness-Based Professional Education and Training
 University of Massachusetts Center for Mindfulness in Medicine, Health Care, and Society

PEERS[®] for Young Adults Certified Provider 2019
 UCLA Semel Institute for Neuroscience and Human Behavior

MEDICAL or OTHER PROFESSIONAL LICENSURE:

Pennsylvania Licensed Professional Counselor (PC011721) 2019

MEMBERSHIPS in PROFESSIONAL and SCIENTIFIC SOCIETIES

- American Counseling Association 2012 - Present
 - Association for Assessment and Research in Counseling
 - Associates for Specialists in Group Work
 - Association for Counselor Education and Supervision
 - Association for Multicultural Counseling and Development
- Pennsylvania Rehabilitation Association 2014 - 2016
- Albert Schweitzer Fellow for Life 2014 - Present
- American Mindfulness Research Association 2014 - Present
- Center for Mindfulness and Consciousness Studies 2015 - Present
- University of Pittsburgh 2010-2012
- American Psychological Association 2018 – Present
- International Society for Autism Research 2019 – Present
- Association for Clinical and Translational Science 2020 – Present
 - Scholar Special Interest Group

HONORS

- Monogram Letter Winner, University of Notre Dame Varsity Swimming 2006 - 2006
- Big East Academic All Start, University of Notre Dame Varsity Swimming 2006
- Dean's Honors List, University of Notre Dame 2008
- University of Pittsburgh Mildred Wood Outstanding Academic Achievement 2013
- Best Graduate Student Poster Award, School of Health and Rehabilitation Sciences, University of Pittsburgh 2013
- Pittsburgh Schweitzer Fellowship 2013 - 2014
- Vision Award, American Rehabilitation Counseling Association 2015
- Peg Carroll Scholarship, Association of Specialists in Group Work, American Counseling Association 2015
- 30 300 3000 PAIN Research Challenge Poster Contest Winner 2015
- Thomas O'Connor Leader and Service Award, Department of Rehabilitation, Science and Technology, University of Pittsburgh 2016
- Doctoral Student of the Year Award, American Rehabilitation Counseling Association 2016

PUBLICATIONS

Original Peer Reviewed Articles:

- Kniffin TC, Carlson CR, Elzey A, Eisenlohr-Mohl T, **Beck KB**, McDonald R, Jouriles EN. Using virtual reality to explore self-regulation in high risk settings. *Trauma Violence and Abuse*. 2014 Oct;15(4):310-21. PMID: 24874991
- Terhorst L, **Beck K**, McKeon A, Graham K, Shiffman S. Hierarchical linear modeling for analysis of ecological momentary assessment data in physical medicine and rehabilitation research. *Am J Phys Med Rehabil*. 2017;96(8),596-599.
- Terhorst L, Juengst S, **Beck K**, Shiffman S. People can change: measuring individual variability in rehabilitation science. *Rehabil Psychol*. 2018;63(3):468-473.
- Beck K**, Kulzer J. Teaching counseling microskills to audiology students: recommendations from professional counseling educators. *Semin Hear*. 2018;39(1):91-106.

5. White SW, Simmons GL, Gotham KO, Conner CM, Smith IC, **Beck KB**, Mazefsky CA. Psychosocial treatments targeting anxiety and depression in adolescents and adults on the autism spectrum: Review of the latest research and recommended future directions. *Curr Psychiatry Rep*. 2018 Aug 28;20(10):82. PMID: 30155584.
6. Conner CM, White SW, **Beck KB**, Golt J, Smith IC, Mazefsky CA. Improving emotion regulation ability in autism: The Emotion Awareness and Skills Enhancement (EASE) program. *Autism*. 2019 Jul;23(5):1273-1287. PMID: 30400749.
7. **Beck KB**, Greco CM, Terhorst L, Skidmore E, Kulzer JL, McCue M. Mindfulness-based stress reduction for adults with autism spectrum disorder: feasibility and estimated effects. *Mindfulness*. 2020;11:1286-1297.
8. **Beck KB**, Conner CM, Breitenfeldt KE, Northrup JB, White SW, Mazefsky CA. Assessment and treatment of emotion regulation impairment in autism spectrum disorder across the life span: Current state of the science and future directions. *Child and Adolescent Psychiatric Clinics*. 2020;29(3):527-542.
9. White SW, Conner CM, **Beck KB**, Mazefsky CM. Clinical update: the implementation of evidence-based emotion regulation treatment for clients with autism. *Evidence-Based Practice in Child & Adolescent Mental Health*. 2020; DOI: [10.1080/23794925.2020.1796551](https://doi.org/10.1080/23794925.2020.1796551)
10. **Beck KB**, Connor CM, White SW, Mazefsky CM. Mindfulness 'here and now': strategies for helping adolescents with autism. *J Am Acad Child Adolesc Psychiatry*. 2020;59(10):1125-1127.

Other Peer Reviewed Publications

1. **Beck, KB**. 2015 ARCA Vision Award. *Rehabil. Couns. Bull*. 2015;59(1):6-7.
2. **Beck, K**. What is your internal weather? Reflections on leading mindfulness groups for participants with cognitive disabilities. *Group Worker*. 2015;44(3):9-11.

Books, Book Chapters, and Monographs

1. Mazefsky CA, White SW, **Beck KB**, Conner CM. The Emotion Awareness and Skills Enhancement (EASE) program. In Volkmar FR, editor. *Encyclopedia of autism spectrum disorders*, vol. 2. New York: Springer; 2020.
2. Conner CM, **Beck KB**, White SW, Mazefsky CA. Mindfulness therapy for individuals with autism spectrum disorder. In Volkmar FR, editor. *Encyclopedia of autism spectrum disorders*, vol. 2. New York: Springer; 2020. https://link.springer.com/referenceworkentry/10.1007/978-1-4614-6435-8_102186-1
3. **Beck, KB**. Mindfulness-based interventions for adults with autism spectrum disorder. In White, SW, Spain D., Musich, F., editors. *Psychological therapies for adults with autism: theory and practice*. Oxford University; 2021 (in press).

Published Abstracts

1. **Beck K**, Gao X, Cheng Y, Greco CM. Patient reported cognitive impairment, pain, and depressive symptoms in patients with Systemic Lupus Erythematosus and comorbid depression. *Arthritis & Rheumatology*. 2015;67(510): 2998.
2. **Battle KA**, Goyla KE, Heineman E, Anderson B, Kamarck T. Preliminary validation of the social network health behavior scale (SNBHS): A measure of health behavior exposures. *Psychosomatic Medicine*. 2011;73: A-84. doi: 10.1097/01.psy.0000396987.01117.50

Abstracts (not published in Scientific Journals)

(*Student Mentee)

1. **Beck, K**, Graham K. Toward developing a model of caseload management for rehabilitation counselors. Poster presented at the Pennsylvania Rehabilitation Association Annual Conference, Harrisburg, PA. April, 2013.
2. **Beck K**. Mindfulness skills group for transition students with cognitive disabilities. Oral presentation at American Counseling Association Conference & Exposition, Orlando, FL, March, 2015.
3. Burkett C*, Kulzer J, **Beck K**. Efficacy of group psychotherapy for transition-age students with ADHD. Poster presentation at the Pennsylvania Rehabilitation Association Annual Conference, Harrisburg, PA, March, 2016.
4. Redifer G*, **Beck K**, Kulzer J, McCue M. Are you on task? Evaluating through the use of ecological momentary assessment. Poster presentation at the Pennsylvania Rehabilitation Association Annual Conference, Harrisburg, PA, March, 2016.
5. Heim A*, **Beck K**, Kulzer, J, McCue M. Does OAR (Observe-Analyze-Reframe) help navigate the muddy waters of social problem-solving? Poster presentation at the Pennsylvania Rehabilitation Association Annual Conference, Harrisburg, PA, March, 2016.
6. Terhorst L, Juengst S, **Beck K**, Shiffman S. Systematic review of the application of item response theory to ecological momentary assessment data. Poster presentation at the American Congress of Rehabilitation Medicine Annual Conference, Chicago, IL, October, 2016.
7. **Beck K**, Kulzer J. Teaching counseling skills and delivering difficult news. Oral presentation and panel symposium at The Art of Science of Teaching Application Annual Meeting. Pittsburgh, PA, June, 2017.
8. Conner CM, **Beck KB**, White SW, Mazefsky CA. Targeting emotion regulation as a transdiagnostic treatment approach to psychiatric and behavioral concerns in adolescents with autism spectrum disorders. In JA Weiss (chair), Innovative Psychological Interventions for Mental Health in People with Intellectual Disability or Autism: Moving Beyond Anxiety. Symposium conducted at the 51st Gatlinburg Conference, San Diego, California. April, 2018.
9. **Beck K**. Mindfulness-based stress reduction for pain management. Oral presentation at the Pennsylvania Association of Rehabilitation Professionals (PARP) Annual Meeting, Pittsburgh, PA, April 2018.
10. White SW, Conner CM, **Beck KB**, Golt J, Mazefsky CA. Improving emotion regulation in teens with autism through mindfulness. Poster presented at the International Meeting for Autism Research, Rotterdam, Netherlands. May, 2018.
11. Conner CM, White SW, **Beck KB**, Mazefsky CA. Decreasing anxiety and depression among adolescents and young adults with ASD through an emotion regulation focused intervention. In Kerns CM, chair. CBT for anxiety and emotion dysregulation in ASD: New tools and clinical trials. Symposium conducted at the Association of Behavioral and Cognitive Therapies Annual Convention, Washington, DC. November, 2018.
12. Kulzer K, Schein M, **Beck K**. The impact of anxiety of trainee performance: tools for supervisors and educators. Oral presentation at the Pennsylvania Counseling Association Conference, Pittsburgh, PA, November, 2018.
13. Kim P, Conner C, **Beck K**, White S, Mazefsky CA. Response to the Emotion Awareness and Skills Enhancement (EASE) Program: Emotion dysregulation and intolerance of uncertainty as potential mechanisms. Poster presented at the International Meeting for Autism Research, Montreal, Canada. May, 2019.
14. **Beck KB**, Greco CM, Terhorst L, Skidmore E, Kulzer J, McCue M. Mindfulness-based stress reduction for adults with autism spectrum disorder: feasibility and estimated effects. Poster presentation at the International Meeting for Autism Research, Montreal, Canada. May, 2019.
15. Griffin AN*, Kulzer J, **Beck K**. Engagement and barriers of mindfulness and self-care practices for counseling graduate students. Poster presentation at the Pennsylvania Counseling Association Conference, State College, PA, November, 2019.
16. Kulzer J, Beck K, Schein M, Dietz L. The counseling capstone exam: An applied written and oral clinical evaluation. Poster presented at the University of Pittsburgh Assessment and Teaching Conference. February, 2021.

PROFESSIONAL ACTIVITIES

TEACHING

Undergraduate Student Teaching:

Course Title: PSY 100 Introduction to Psychology (4.0 Credits)
Description: Teaching Assistant and 1.0 credit Lab Instructor
Dates: August 2010-May 2011
Number of Times offered: 1
Audience: Undergraduate psychology students
Number of Students: ~200
Institution: University of Kentucky, Department of Psychology, Lexington, KY

Course Title: PSY 216 Application of Statistics in Psychology (4.0 Credits)
Description: Teaching Assistant and 1.0 credit Lab Instructor
Dates: January 2011-May 2011
Number of Times offered: 1
Audience: Undergraduate psychology students
Number of Students: ~30
Institution: University of Kentucky, Department of Psychology, Lexington, KY

Lecture Title: Chronic pain disabilities
Course Title: HRS 1052 Rehabilitation Psychology and Disability
Description: Invited lecture, undergraduate elective for psychology or rehabilitation science students
Date: February 2015; March 2016
Number of times offered: 2
Audience: Undergraduate students
Number of students: ~50
Institution: University of Pittsburgh, Department of Rehabilitation Science and Technology, Pittsburgh, PA

Lecture Title: Case conceptualization and case management
Course Title: HRS 1052 Rehabilitation Psychology and Disability
Description: Invited lecture, undergraduate elective for psychology or rehabilitation science students
Date: March 2015
Number of times offered: 1
Audience: Undergraduate students
Number of students: ~50
Institution: University of Pittsburgh, Department of Rehabilitation Science and Technology, Pittsburgh, PA

Lecture Title: Mindfulness-based interventions: overview for rehabilitation professionals
Course Title: HRS 1052 Rehabilitation Psychology and Disability
Description: Invited lecture, undergraduate elective for psychology or rehabilitation science students
Date: March 2015; March 2016; March 2017; March 2018; March 2019; March 2020 (online)
Number of times offered: 6
Audience: Undergraduate students
Number of students: ~50
Institution: University of Pittsburgh, Department of Rehabilitation Science and Technology, Pittsburgh, PA

Lecture Title: Adaptations of clinical interventions for disability populations
Course Title: Evidence-Based Interventions in Real World Contexts
Description: Invited expert panel, advanced degree course

Date: April 2016
Number of times offered: 1
Audience: Undergraduate students
Number of students: ~20
Institution: University of Pittsburgh, School of Education, Pittsburgh, PA

Graduate Student Teaching:

Lecture Title: Mindfulness-based interventions: Overview for rehabilitation professionals
Course Title: COUN 2715 Medical & Psychosocial Aspects of Disability
Description: Invited lecture, graduate counseling program required course
Date: November 2014; March 2015; March 2016; March 2017; March 2018
Number of times offered: 5
Audience: Graduate students
Number of students: ~20
Institution: University of Pittsburgh, Department of Rehabilitation Science and Technology, Pittsburgh, PA

Course Title: HRS 2741 Clinical Case Management (3.0 Credits)
Description: Teaching Assistant; graduate counseling program required clinical course; didactic and clinical instruction in clinical case conceptualization, treatment planning, and case management.
Date: Fall semester 2014
Number of times offered: 1
Audience: Graduate students
Number of students: ~25
Institution: University of Pittsburgh, Department of Rehabilitation Science and Technology, Pittsburgh, PA

Course Title: HRS 2737 Assessment for Vocational Rehabilitation (3.0 Credits)
Description: Teaching Assistant; graduate counseling program required clinical course; didactic and clinical instruction in clinical, diagnostic, and functional assessment and interpretation.
Date: Fall semester 2015
Number of times offered: 1
Audience: Graduate students
Number of students: ~25
Institution: University of Pittsburgh, Department of Rehabilitation Science and Technology, Pittsburgh, PA

Course Title: HRS 2732 Human Development, Disability, and Culture Across the Lifespan (3.0 Credits)
Description: Primary instructor (faculty instructor in 2016); didactic and experiential teaching on human development from a disability and multicultural perspective.
Date: Fall semester 2015; 2016; 2017
Number of times offered: 3
Audience: Graduate students
Number of students: ~25
Institution: University of Pittsburgh, Department of Rehabilitation Science and Technology, Pittsburgh, PA

Course Title: HRS 2744 Evidence Based Practice in Counseling (3.0 Credits)
Description: Primary faculty instructor; didactic teaching and project-based evidence-based practice for counseling individuals across the lifespan.
Date: 2016; 2017; 2019; 2020
Number of times offered: 4
Audience: Graduate students
Number of students: ~25

Institution: University of Pittsburgh, Department of Rehabilitation Science and Technology, Pittsburgh, PA

Course Title: HRS 2750 Clinical Case Study/Capstone (2.0 Credits)

Description: Primary faculty instructor; graduate student capstone requirement course for graduation; individual advising, large- and small-group based instruction to prepare for students' cumulative clinical capstone examination.

Date: 2016; 2017; 2018; 2019

Number of times offered: 4

Audience: Graduate students

Number of students: ~25; primary advisor for 5-10 students yearly

Institution: University of Pittsburgh, Department of Rehabilitation Science and Technology, Pittsburgh, PA

Course Title: HRS 2755 Clinical Counseling Mentorship (1.0 Credit)

Description: Primary faculty instructor; graduate student mentoring course; individual advising, large- and small-group based instruction to provide students with individualized education and professional mentoring.

Date: 2016; 2017; 2018; 2019

Number of times offered: 4

Audience: Graduate students

Number of students: ~25; primary advisor for 5-10 students yearly

Institution: University of Pittsburgh, Department of Rehabilitation Science and Technology, Pittsburgh, PA

Course Title: HRS 2731 Foundations of Rehabilitation and Mental Health Counseling (3.0 Credits)

Description: Primary faculty instructor; co-taught with two other primary instructors; introductory counseling course for counseling graduate program; didactic teaching on the foundations of the counseling and rehabilitation professions.

Date: 2017

Number of times offered: 1

Audience: Graduate students

Number of students: ~25

Institution: University of Pittsburgh, Department of Rehabilitation Science and Technology, Pittsburgh, PA

Course Title: HRS 2733 Counseling Skills and Techniques (3.0 Credits)

Description: Primary faculty instructor; clinical experiential course teaching students basic counseling microskills to establish rapport with clients utilizing multiple simulated video-recorded counseling sessions and extensive individualized feedback.

Date: 2017; Summer 2018; Fall 2018; 2019

Number of times offered: 4

Audience: Graduate students

Number of students: ~25

Institution: University of Pittsburgh, Department of Rehabilitation Science and Technology, Pittsburgh, PA

Lecture Title: Mindfulness-based interventions

Course Title: HRS 2740/COUN 2740 Clinical Applications in Counseling

Description: Invited lecture, graduate counseling program advanced clinical course

Date: December 2019

Number of times offered: 1

Audience: Graduate students

Number of students: ~25

Institution: University of Pittsburgh, Department of Rehabilitation Science and Technology, Pittsburgh, PA

Lecture Title: Mindfulness-based interventions

Course Title: OT 2210 Psychosocial Cognitive Theory and Practice
Description: Invited lecture, doctoral students in occupational therapy, required clinical course
Date: March 2018; March 2019; March 2020 (online)
Number of times offered: 3
Audience: Graduate students
Number of students: ~60
Institution: University of Pittsburgh, Department of Occupational Therapy, Pittsburgh, PA

Faculty and Staff Development Teaching:

Lecture Title: Mindfulness & Work Stress Balance
Description: Invited lecture, University of Pittsburgh Staff Council
Date: June 2016
Number of times offered: 1
Audience: University of Pittsburgh staff
Number of attendees: ~200
Institution: University of Pittsburgh, Pittsburgh, PA

Lecture Title: Mindfully managing stress
Description: Invited lecture, SHRS Fall Staff Development Seminar
Date: November 2017
Number of times offered: 1
Audience: SHRS faculty and staff
Number of attendees: ~40
Institution: University of Pittsburgh, School of Health and Rehabilitation Sciences, Pittsburgh, PA

Curriculum Development:

Course Title: HRS 2741 Clinical Case Management (3.0 Credits)
Development Role & Description: co-developer of a new graduate-level counseling course for a new M.S. degree program in Clinical Rehabilitation and Mental Health Counseling program. 2014
Institution: University of Pittsburgh, Department of Rehabilitation Science and Technology, Pittsburgh, PA

Course Title: HRS 2732 Human Development, Disability, and Culture Across the Lifespan (3.0 Credits)
Development Role & Description: Primary developer of a new graduate-level counseling course for a new M.S. degree program in Clinical Rehabilitation and Mental Health Counseling program. 2015. Independently developed and established the entire course, including but not limited to: curriculum, course organization, course requirements, grading rubrics and structure, learning activities, established community-based experiential cultural immersion sites.
Institution: University of Pittsburgh, Department of Rehabilitation Science and Technology, Pittsburgh, PA

Course Title: HRS 2744 Evidence Based Practice in Counseling (3.0 Credits)
Development Role & Description: Primary developer of a graduate-level counseling course for a new M.S. degree program in Clinical Rehabilitation and Mental Health Counseling program. 2016. Independently developed and established the entire course, including but not limited to: curriculum, course organization, course requirements, grading rubrics and structure, learning activities.
Institution: University of Pittsburgh, Department of Rehabilitation Science and Technology, Pittsburgh, PA

Course Title: HRS 2750 Clinical Case Study/Capstone (2.0 Credits)
Development Role & Description: Co- developer of a new graduate-level counseling course for a new M.S. degree program in Clinical Rehabilitation and Mental Health Counseling program. 2016. Developed and established curriculum, course organization, course requirements, grading rubrics and structure, and

learning activities.

Institution: University of Pittsburgh, Department of Rehabilitation Science and Technology, Pittsburgh, PA

Course Title: HRS 2755 Clinical Counseling Mentorship (1.0 Credit)

Development Role & Description: Co- developer of a new graduate-level counseling course for a new M.S. degree program in Clinical Rehabilitation and Mental Health Counseling program. 2016. Developed and established curriculum, course organization, course requirements, grading rubrics and structure, and learning activities.

Institution: University of Pittsburgh, Department of Rehabilitation Science and Technology, Pittsburgh, PA

Course Title: HRS 2731 Foundations of Rehabilitation and Mental Health Counseling (3.0 Credits)

Development Role & Description: Co- developer of a graduate-level counseling course for a new M.S. degree program in Clinical Rehabilitation and Mental Health Counseling program. 2017. Developed, established, and revised curriculum, course organization, course requirements, grading rubrics and structure, and learning activities.

Institution: University of Pittsburgh, Department of Rehabilitation Science and Technology, Pittsburgh, PA

Course Title: HRS 2733 Counseling Skills and Techniques (3.0 Credits)

Development Role & Description: Primary developer of a new graduate-level counseling course for a new M.S. degree program in Clinical Rehabilitation and Mental Health Counseling program. 2017.

Independently developed and established the entire course, including but not limited to: curriculum, course organization, course requirements, grading rubrics and structure, learning activities. Developed simulated counseling session sequence, including hiring actors, writing case studies, developing new clinical evaluation rubrics, establishing student consent for video-recorded sessions and group supervision, established program-wide Clinical Practice Standards, program-wide clinical skills student remediation plans, and innovative teaching methods for conducting formative assessment and providing feedback.

Institution: University of Pittsburgh, Department of Rehabilitation Science and Technology, Pittsburgh, PA

Mentoring:

2015-2016. Vince Reginella, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Primary clinical supervisor and mentor for predoctoral fellowship.

2015-2017. Caitlin Burkett, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Primary clinical supervisor and mentor for predoctoral fellowship. Primary mentor on peer-reviewed poster presentation at state-wide rehabilitation conference. Awardee of Pennsylvania Rehabilitation Association Master's Student of the Year Award.

2015-2017. Alicia Heim, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Primary clinical supervisor and mentor for predoctoral fellowship. Primary mentor on peer-reviewed poster presentation at state-wide rehabilitation conference.

2015-2017. Subhana Chaudhri, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Primary research supervisor for predoctoral fellowship.

2016-2018. Rachael Deck. B.S. Neuroscience. Research mentor for First Experience in Research course; presented poster presentation.

2016-2018. Sruthi Jaishankar. B.S. Neuroscience. Research mentor for First Experience in Research course.

2016-2017. Molly Appezzato. B.S. Natural Science. Research mentor for First Experience in Research

course; presented poster presentation.

2016-2017. Kelly Cochrane, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Committee chair for M.S. Clinical Capstone Examination.

2016-2017. Macey Martik, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Committee chair for M.S. Clinical Capstone Examination.

2016-2017. Audrey O'Connor, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Committee chair for M.S. Clinical Capstone Examination.

2016-2017. Alexandra Salerno, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Committee chair for M.S. Clinical Capstone Examination.

2016-2017. Chelsea Scott, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Committee chair for M.S. Clinical Capstone Examination.

2016-2017. Zachary Dengler, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Committee member for M.S. Clinical Capstone Examination.

2016-2018. Huang-Hsiao-Chu, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Primary academic advisor and committee chair for M.S. Clinical Capstone Examination.

2016-2018. Kristen Lewis, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Primary academic advisor and committee chair for M.S. Clinical Capstone Examination.

2016-2018. Larissa Majstorovic, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Primary academic advisor and committee chair for M.S. Clinical Capstone Examination.

2016-2018. Brittany Montano, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Primary academic advisor and committee chair for M.S. Clinical Capstone Examination.

2016-2017. Jamie Peer, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Primary academic advisor.

2017-2018. Amy Adelman, B.S. Rehabilitation Science, University of Pittsburgh. Clinical mentor; facilitated clinical site visit and provided on-campus supervision for clinical experience.

2017-2018. Victoria Wu, B.S. Neuroscience, University of Pittsburgh. Clinical and research mentor; facilitated clinical site visit and provided on-campus supervision for clinical experience. Supervised data entry on research project.

2017-2018. Maggie Sevilla, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Primary clinical supervisor and mentor for predoctoral fellowship.

2017-2018. Megan LaPorte, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Primary clinical supervisor and mentor for predoctoral fellowship.

2017-2018. Paige Zook, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Primary clinical supervisor and mentor for predoctoral fellowship.

2017-2019. Andrew Dyer, M.S. Clinical Rehabilitation and Mental Health Counseling, University of

Pittsburgh. Primary academic advisor and committee chair for M.S. Clinical Capstone Examination.

2017-2019. Chi Bui, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Primary academic advisor and committee chair for M.S. Clinical Capstone Examination.

2017-2019. Yuija Shi, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Primary academic advisor and committee chair for M.S. Clinical Capstone Examination.

2017-2019. Paola Aguilar, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Primary academic advisor and committee chair for M.S. Clinical Capstone Examination. Primary clinical supervisor for predoctoral fellowship position.

2018-2019. Emily Eisler, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Primary academic advisor.

2018-2019. Emalee Dauginikas, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Primary academic advisor.

2018-2019. Lauren Kennedy, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Primary academic advisor.

2018-2019. Ioana Neagoe, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Primary academic advisor.

2018-2019. Alexander Pang, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Primary academic advisor.

2018-2019. Meghan Wilson, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Primary academic advisor.

2019-Present. Ashley Griffin, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Research mentor on independent research project. (STUDY19090043)

2020-Present. Theresa Cryzer, Ph.D. Rehabilitation Science, School of Health and Rehabilitation Sciences. Dissertation committee member.

2020-Present. Erin Mathia, Doctor of Clinical Science in Medical Speech-Language Pathology (CsCD), capstone project committee member.

2020. Joseph Schroeder. M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Committee member for M.S. Clinical Capstone Examination.

2020. Hao Liu. M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Committee member for M.S. Clinical Capstone Examination.

2021. Olivia Burk. M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Committee member for M.S. Clinical Capstone Examination.

2021. Madison Weimer. M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Committee member for M.S. Clinical Capstone Examination.

2021. Jason Hulteen. M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh.

Committee member for M.S. Clinical Capstone Examination.

2021. Shannon Gavin. M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Committee member for M.S. Clinical Capstone Examination.

2021. Zachary Pollack. M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Committee member for M.S. Clinical Capstone Examination.

2021. Nicole Maramonte. M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Committee member for M.S. Clinical Capstone Examination.

2021. Jennifer Dorris. Ph.D. Rehabilitation Science, School of Health and Rehabilitation Sciences. Doctoral Competencies Exam Dean's representative.

2020-Present. Jenna Collaci, M.S. Clinical Rehabilitation and Mental Health Counseling, University of Pittsburgh. Research mentor.

RESEARCH

Current Grant Support

GRANT NUMBER	GRANT TITLE	ROLE IN PROJECT	PRINCIPAL INVESTIGATOR	YEARS INCLUSIVE	SOURCE OF SUPPORT	TOTAL DIRECT COST
1 KL2 TR001856-05	The University of Pittsburgh Clinical and Translational Science Institute – Clinical and Translational Science Scholars Program	KL2 Scholar (75%)	Rubio	10/1/2020-5/31/2021	NIH/NCATS	\$86,876
NA	Intra-agency agreement for assistive technology and cognitive rehabilitation.	Co-I (5%)	McCue	4/1/2015-5/31/2020	Commonwealth of PA, Department of Labor and Industry	\$3,875,000
W81XWH-18-1-0284	The Emotion Awareness and Skills Enhancement Program: A Randomized Controlled Trial	Co-I (5%)	Mazefsky	8/2018-7/2022	U.S. Department of Defense	\$996,607
N/A	EASE for all: Bringing EASE to Community Mental Health Clinics ASD and Intellectual Disability (EASE-ID): A MindBody Intervention to Improve Sleep, Health, and Emotion Regulation	Co-I (5%)	Mazefsky	1/2021-12/2021	Edith L. Trees Charitable Trust	\$46,161.00
	School-Based Treatment for Emotional Reactivity: A Pilot Study	Consultant	White	11/01/2019-10/31/2021	Alabama Life Research Institute	\$25,000
H325K190060	Preparing Collaborative and Interdisciplinary Professionals to Work with Students who	Co-I	Kulzer; McCarthy	2019-2025	Office of Special Education	\$1,180,874

	are Blind and Visually Impaired During Transition				Programs; US Department of Education	
1H79FG000044-01	SBIRT-Plus: Rehabilitation Professionals	Co-I (5%)	Stover	9/30/2020-9/29/2022	SAMHSA	\$199,985

Completed Grants

GRANT NUMBER	GRANT TITLE	ROLE IN PROJECT	PRINCIPAL INVESTIGATOR	YEARS INCLUSIVE	SOURCE OF SUPPORT
Cooperative agreement UA3 MC 11054	The Emotion Awareness and Skills Enhancement Program for Youth with ASD and Intellectual Disability (EASE-ID): A MindBody Intervention to Improve Sleep, Health, and Emotion Regulation	Co-I (20%)	Mazefsky Conner	6/2019-5/2020	HRSA (through ATN-AIR-P)
NA	The Emotion Awareness and Skills Enhancement Program for Youth with ASD and Intellectual Disability (EASE-ID)	Co-I (5%)	Mazefsky	1/2020 – 12/2020	Edith L. Trees Charitable Trust
NA	Mindfulness-Skills Group for the Three Rivers Center for Independent Living	Project Director	Beck	2014-2015	FISA Foundation Discretionary Grant
NA	Health Professional Research Preceptorship	Co-PI	Beck; Greco	2014-2015	American College of Rheumatology
NA	HeadTrack	PI (15%)	Beck	2016-2017	30 300 3000 PAIN Research Challenge; Virginia Kaufman Endowment Fund #1
NA	Feasibility of Mindfulness-based stress reduction for adults diagnosed with Autism Spectrum Disorder.	PI	Beck	2016-2017	SHRS Research Development Fund
NA	The Emotion Awareness and Skills Enhancement (EASE) Program	Co-I (10%)	Mazefsky	2017-2018	Edith L. Trees Charitable Trust
NA	The Emotion Awareness and Skills Enhancement (EASE) Program – EEG Outcomes	Co-I	Mazefsky	2019	Edith L. Trees Charitable Trust

Non-Funded Research

Engagement in mindfulness in graduate school (STUDY19090043)

OTHER RESEARCH RELATED ACTIVITIES

Journal Refereeing

2017 – Present	Journal of Autism and Developmental Disorders
2019 – Present	American Journal of Audiology
2020 – Present	Mindfulness
2020 – Present	Review Journal of Autism and Developmental Disorders
2020 – Present	European Psychiatry
2020 – Present	Journal of the American Academy of Child and Adolescent Psychiatry
2020 – Present	Psychological Reports

CURRENT RESEARCH INTERESTS

- 1) Mindfulness-based intervention development and implementation for individuals
Autism Spectrum Disorder
- 2) Clinical training and community-based delivery of mindfulness-based interventions
- 3) Emotion regulation as a transdiagnostic treatment target
- 4) Novel methodological and statistical approaches to rehabilitation research

INVITED SEMINARS AND LECTURESHIPS

Local Presentations:

1. Mindfulness: overview for high school students. Upper St. Clair High School, Pittsburgh, PA, December 2014.
2. Mindfulness meditation for coping with lupus pain and stress. Oral presentation at the Lupus Foundation of Pennsylvania meeting. April, 2015.
3. Training rehabilitation counseling students on collaborative care and treatment plans. Oral presentation at Global Pittsburgh meeting, June, 2015.
4. Training clinical mental health counseling students on collaborative care and treatment plans. Oral presentation at Global Pittsburgh meeting, March, 2016.
5. Mindfulness and Autism Spectrum Disorder. UPMC John Merck Adult Outpatient Clinic, Pittsburgh PA, 2017.
6. Mindfulness and Autism Spectrum Disorder. UPMC John Merck Child and Adolescent Outpatient Clinic, Pittsburgh PA, 2017.

SERVICE

University and School of Health and Rehabilitation Sciences

2012 - 2017	Board Member, University of Pittsburgh Students for Disability Advocacy
2015 – Present	Founding and Active Member, University of Pittsburgh Center for Mindfulness and Consciousness Studies
2016 – 2019	Chair, Counseling Recruitment Committee, Clinical Rehabilitation and Mental Health Counseling Program, School of Health and Rehabilitation Sciences
2016 – Present	Faculty Advisor, Pittsburgh Counseling Student Organization
2017	Meditation Teacher, University of Pittsburgh Stress Free Zone
2017	Meditation Teacher, University of Pittsburgh Disability Resource Center
2017	Meditation Teacher, University of Pittsburgh Student Affairs & Student Organization Resource Center
2017 – 2019	Wellness Pavilion Task Member, School of Health and Rehabilitation Sciences
2018 – Present	Task Force Director, Rehabilitation Approaches to Managing Pain: Education Across Disciplines (RAMPed) task force, School of Health and Rehabilitation Sciences
2019 - Present	Affiliated Faculty & Lecturer, Leadership Education in Neurodevelopmental Disabilities and Related Disorders (LEND Program)
2020	16 th Annual Rehabilitation Institute Research Day Poster Judge

Local/Community

- 2015 Mindfulness consultant and trainer, Pittsburgh Public School District, Liberty Elementary, Pittsburgh, PA, February.
- 2016 Mindfulness consultant and trainer, Montour School District, Central Administration, Pittsburgh, PA.
- 2016 Mindfulness consultant and trainer, Upper St Clair School District, High School, Pittsburgh, PA.
- 2016 Mindfulness and program evaluation consultant, Pittsburgh Public School District, Brashear High School, Pittsburgh, PA.
- 2017 Mindfulness teacher, BRiTE Wellness Program, Pittsburgh, PA.
- 2018 - Present Development Team and Research & Program Evaluation Core Member, Neighborhood Resilience Project, Pittsburgh, PA.
- 2020 Community mindfulness instructor; COVID-19 response weekly virtual meditation practices

National

- 2018 - Present Curriculum Task Force Member, American Council of Rehabilitation Medicine (ACRM).
- 2021 – Present Well-Being Integration Working group member; National Center for Advancing Translational Sciences (NCATS), Clinical and Translational Science Awards (CTSA) Network, Center for Leading Innovation and Collaboration