

Curriculum Vitae

Date Prepared: July 13, 2026
Name: Sabine Wilhelm, Ph.D.
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Place of Birth: Heppenheim, Germany

Education

04/1990	First Diploma in Psychology (equivalent to Bachelor of Science)	Psychology	University of Marburg, Germany
1990	Intern		Center for Neurological Disorders, University of Marburg, Germany
06/1993	Diploma in Psychology (equivalent to Master of Science and Ph.D. coursework)	Clinical Psychology	University of Marburg, Germany
05/1995	Ph.D. summa cum laude	Clinical Psychology Advisors: Irmela Florin, Richard McNally (Harvard University)	University of Marburg, Germany
04/2013	M.S. (hon.)		Harvard University

Postdoctoral Training

1991-1992	Visiting Research Scientist		Lehigh University
1993-1995	Visiting Fellow		Harvard University
1995-1996	Intern	Psychology	MGH, Harvard Medical School
1996-1998	Clinical Fellow	Psychology/Psychiatry	MGH, Harvard Medical School

Faculty Academic Appointments

1997-1999	Instructor in Psychology	Psychiatry	Harvard Medical School
1999-2005	Assistant Professor in Psychology	Psychiatry	Harvard Medical School

2005-2013	Associate Professor in Psychology	Psychiatry	Harvard Medical School
2013-	Professor in Psychology	Psychiatry	Harvard Medical School
2023-	Donovan-Chien Family Professor in the Field of Psychology	Psychiatry	Harvard Medical School

Appointments at Hospitals/Affiliated Institutions

1995-1998	Clinical Fellow in Psychology	Psychiatry	MGH
1998-2004	Clinical Assistant in Psychology	Psychiatry	MGH
2004-2006	Assistant Psychologist	Psychiatry	MGH
2006-2010	Associate Psychologist	Psychiatry	MGH
2010-	Psychologist	Psychiatry	MGH

Other Professional Positions:

2008-2023	Vice Chair, Scientific and Clinical Advisory Board	International OCD Foundation	4hrs/year
2016-	Association's Medical Advisory Board (MAB)	Tourette Association of America	1hr/year
2018-	Scientific Advisory Board	PsyberGuide Scientific	6hrs/year
2021-	Scientific Advisory Board	Koa Health B.V.	6hrs/year
2021-	Scientific Advisory Board	Noom, Inc.	6hrs/year
2023-2025	Chair, Scientific and Clinical Advisory Board	International OCD Foundation	4hrs/year
2023-	Scientific Advisory Board	Jimini Health, Inc	6hrs/year
2025-	Advisory Board Member	The 72 Fund	4hrs/year

Major Administrative Leadership Positions

Local

1998-	Director	Body Dysmorphic Disorder Clinic and Research Unit, MGH
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1999-2007	Director of Clinical Services	Obsessive Compulsive Disorder Clinic, MGH
2005-2014	Director	Cognitive Behavioral Therapy Program, MGH
2007-	Director	Center for OCD and Related Disorders, MGH
2007	Course Director	Psychiatry Academy CME Course “Anxiety Disorders Cognitive Behavioral Therapy and Pharmacotherapy Treatment Approaches”
2007	Course Director	Psychiatry Academy CME Course “Mood Disorders Cognitive Behavioral Therapy and Pharmacotherapy Treatment Approaches”
2008	Course Director	Psychiatry Academy CME Course “OCD and Related Disorders: Cognitive Behavioral Therapy and Pharmacotherapy”
2011-	Course Director	Psychiatry Academy “The Fundamentals of CBT: An Interactive Online Course”
2014-2025	Chief of Psychology	Department of Psychiatry, MGH
2015	Course Director	Psychiatry Academy “CBT for Obsessive Compulsive Disorder: An Introductory Online Course”
2017-	Course Director	Psychiatry Academy “CBT for Body Dysmorphic Disorder: An Introductory Online Course”
2022	Director	Center for Digital Mental Health
2025	Chief, Division of Psychology	AMC Department of Psychiatry, Mass General Brigham
National and International		
2010	Scientific Program Chair	World Congress of Behavioral and Cognitive Therapies, Boston, MA
2012-2015	Board of Directors, Representative-at-Large and Liaison to Convention and Education Issues	Association for Behavioral and Cognitive Therapies
2017-2019	Board of Directors, Past President	Association for Behavioral and Cognitive Therapies

Committee Service

Local

1996-2000	Grand Rounds Committee	Department of Psychiatry, MGH, Member
1997-	Internship Selection Committee	Department of Psychiatry, MGH, Member
1999-	Outpatient Psychiatry Division Leadership Committee	Department of Psychiatry, MGH, Member
1999-	Board of Honors Tutors	Harvard Psychology Department
2000-2008	Eugene Emerson Award	Department of Psychiatry, MGH, Reviewer
2001-	Research Committee	Department of Psychiatry, MGH, Member
2004-	Training Committee, Psychology	Department of Psychiatry, MGH, Member
2006-	Promotions Committee	Department of Psychiatry, MGH, Member
2006	Associate Director, Cognitive Behavioral Therapy Program Search Committee member	Department of Psychiatry, MGH
2007-2008	Women in Academic Medicine Committee	Department of Psychiatry, MGH, Member
2007-	Research Steering Committee	Department of Psychiatry, MGH, Member
2008-	Track Director	Cognitive Behavioral Therapy Track, MGH
2009-2010	Harvard Search Committee	Leadership Position in Psychology, McLean Hospital
2010	Director, McLean Imaging Center, Harvard Professor Search Committee	McLean Hospital
2014	Combined Harvard Medical School and Boston University Professorial Search Committee	Director of the National Center for PTSD's Women's Health Sciences Division, National Center for PTSD and VA Boston Healthcare System. Harvard Medical School
2014-2015	Standing Committee on Promotions, Reappointments, and Appointments (Assistant Professor/Associate Professor)	
2014-	Departmental Leadership Committee (Planning Committee)	Department of Psychiatry, MGH
2015	Shore Fellowship Selection Committee	Harvard Medical School
2015-2017	MGH Behavioral Health Executive Committee	Department of Psychiatry, MGH
2016	Ad hoc Professorial Promotion Committee	Harvard Medical School
2016	Combined Boston Children's Hospital and Harvard Medical School Professorial Search Committee	Director of the Program for Behavioral Science and Director of the Tommy Fuss Center for Neuropsychiatric Disease Research at Boston Children's Hospital.
2018	Reich Award Committee	Department of Psychiatry, MGH

2020	Anti-Racism Task Force	Department of Psychiatry, MGH
2020	Psychology Clinical Director Ad hoc Committee	Department of Psychiatry, MGH
2020	Associate Chief for Clinical Services	Department of Psychiatry, MGH
2021	Precision Psychiatry Annual Conference Program Committee	MGH Center for Precision Psychiatry, Department of Psychiatry, MGH
2021	Director of Psychology Training and Clinical Director of Psychology Search Committee	Department of Psychiatry, MGH
2024	Combined Beth Israel Deaconess Medical Center and Harvard Medical School Professorial Ad hoc Search Committee	Head of the Department of Psychiatry at Beth Israel Deaconess Medical Center
2024	Center for Precision Psychiatry Associate Director ad hoc committee	Department of Psychiatry, MGH
National and International		
1997-	International Obsessive Compulsive Cognitions Working Group	Member
2001-	Tourettes Syndrome Association Behavioral Sciences Consortium	Member
2003	National Committee	Anxiety Disorders Association of America, Novel Approaches to Refractory Anxiety Disorders, Member
2006-2008	Clinical Trials Consortium	Tourette Syndrome Association, Member
2008-2013	DSM-5 Anxiety, Obsessive-Compulsive Spectrum, Posttraumatic, and Dissociative Disorders Work Group	Advisor
2011-2013	World Congress of Behavioral and Cognitive Therapies, Lima, Peru	Scientific Committee Member
2017-2019	World Congress of Behavioral and Cognitive Therapies, Berlin, Germany	Scientific Committee Member
Professional Societies		
1994-	Association for Behavioral and Cognitive Therapies	Member
2002		Member, Conference Program Committee
2015-		Fellow
1994-	American Psychological Association	Member
1997-	Tourette Syndrome Association	Member
1998-	Anxiety Disorders Association of America	Member
2003		Member, Conference Program Committee
2008-		Member, Scientific Council
2001-	International Obsessive Compulsive Disorder Foundation	

	2001-2007	Member
	2005-2008	Secretary
	2008-2010	Member, Conference Program Committee
2002-	Association for Psychological Science	Member
2015-		Fellow
2003	Academy of Cognitive Therapy	Member
2011-	Canadian Institute for Obsessive Compulsive Disorders (CIOCD)	Member, Scientific Advisory Committee
2021-	Society for Digital Mental Health	Member,
2021-2024		Board member Chair of the membership committee

Grant Review Activities

2002	Grant Review Committee	PPP Healthcare Medical Trust, London, England, Grant Reviewer
2003	Special Emphasis Panel	Child and Adolescent Interventions, National Institute of Mental Health (NIMH), Grant Reviewer
2005-	Grant Review Committee	Obsessive Compulsive Foundation, Member
2005	Special Emphasis Panel	Neurobiology of Behavioral Therapy, National Institute on Drug Abuse (NIDA), Grant Reviewer
2006-	Grant Review Committee	International Obsessive Compulsive Foundation, Chair
2006	Interventions Committee for Adult Mood and Anxiety Disorders	National Institute of Mental Health (NIMH), Grant Reviewer
2007	Innovative Trials for the Treatment of Anorexia Nervosa in Late Adolescence and Adulthood	National Institute of Mental Health (NIMH), Grant Reviewer
2009	NIMH K99 Review Committee	ZMH1 ERB-L, Grant Reviewer
2010	NIMH K99 Review Committee	ZMH1 ERB-L, Grant Reviewer
2011	ZRG1 F02B-M 20 L, Fellowships: Sensory, Motor, and Cognitive Neuroscience	National Institutes of Health Center for Scientific Review, Grant Reviewer
2011	ZAT1 HS 02, Preliminary Clinical Studies of CAM Therapies	Department of Health and Human Services, National Institutes of Health National Center for Complementary & Alternative Medicine, Grant Reviewer
2012	ZMH1 ERB-M 03 S, Conflicts and Eating Disorders	National Institute of Mental Health (NIMH), Grant Reviewer
2015	Grant Review Committee	Eleanor and Miles Shore 50th Anniversary Fellowship Program for Scholars in Medicine, HMS
2015	Grant Review Committee	Claflin Distinguished Scholar Awards from the Executive Committee on Research (ECOR) and the Office for Women's Careers

2017	2017/05 ZMH1 ERB-D (05) R, Exploratory Clinical Trials of Novel Interventions for Mental Disorders (R61/R33)	National Institute of Mental Health (NIMH), Grant Reviewer
2018	Grant Review Committee	Reich Award, Department of Psychiatry, Massachusetts General Hospital

Editorial Activities

Ad Hoc Reviewer

Anxiety
 Behavior Therapy
 Behaviour Research and Therapy
 Journal of Clinical Psychiatry
 Cognitive Therapy and Research
 Archives of General Psychiatry
 Health Psychology
 Psychological Reports
 Comprehensive Psychiatry
 Journal of Psychosomatic Research
 Psychosomatics
 CNS Spectrums
 Psychiatry Research
 American Journal of Clinical Dermatology
 Clinical Psychology: Science and Practice
 Clinical Psychology Review
 Journal of Affective Disorders
 Behavior Therapy and Experimental Psychiatry
 Body Image
 Journal of Consulting and Clinical Psychology
 Journal of Nervous and Mental Disease
 International Journal of Psychology
 Journal of Social and Clinical Psychology
 Neuroscience & Biobehavioral Reviews

Other Editorial Roles

2003	Guest Editor: In Session	Journal of Clinical Psychology
2003-	Editorial Board	Journal of Cognitive Psychotherapy
2004-2016	Editorial Board	Cognitive and Behavioral Practice
2004	Guest Editor	Psychiatric Annals
2007-	Editorial Board	International Journal of Cognitive Therapy
2009	Guest Editor: Special series	Cognitive-Behavioral Treatment of Body Image Disorders
2010-	Editorial Board	Behavior Therapy
2011-	Editorial Board	Cognitive Behaviour Therapy
2011-2013	Associate Editor	Behavior Therapy
2011-	Editorial Board	Journal of Obsessive-Compulsive and Related Disorders
2011	Guest Editor with Drs. Jennifer L. Greenberg and Ulrike Buhlmann: "Recent	International Journal of Cognitive Therapy

	advances in BDD: The role of risk factors and Cognitive Behavioral Therapy”	
2012-	Editorial Board	Cognitive Therapy and Research
2014-2015	Associate Editor	Depression and Anxiety
2015-	Editorial Board	Clinical Psychology Review
2015-	Associate Editor	Journal of Medical Psychology
2026	Guest Editor, “Digital and AI Approaches for Mental Health Systems” Collection	npj Health Systems

Honors and Prizes

1995	Summa Cum Laude in Psychology	University of Marburg, Germany	
1995	Elsie Ramos Memorial Poster Award	Association for Advancement of Behavior Therapy	
2002	Claflin Award	Harvard Medical School	Distinguished Scholar in Medicine
2003-2004	Beck Scholar	Beck Institute	
2008	Mentorship Award	The Department of Psychiatry at the Massachusetts General Hospital	Exceptional Mentorship of Women Faculty
2009	Excellence in Mentorship Award	The Department of Psychiatry at the Massachusetts General Hospital	Cognitive Behavioral Internship Class of 2009
2010	Outstanding Service to ABCT	Association for Behavioral and Cognitive Therapies	
2011	Outstanding Training Program Award	Association for Behavioral and Cognitive Therapies	Director of Cognitive Behavioral Internship Track
2012	Excellence in Mentorship and Leadership Award	The Department of Psychiatry at the Massachusetts General Hospital	Cognitive Behavioral Internship Class of 2012
2013	Excellence in Mentorship and Leadership Award	The Department of Psychiatry at the Massachusetts General Hospital	Cognitive Behavioral Internship Class of 2013
2018	Peter K. Ranney Innovation Award	World Medical Innovation Forum, Partners HealthCare	For presentation, “Bridging the Mental Health Treatment Gap,” given at the World Medical Innovation Forum, Partners HealthCare, Boston, MA
2018	Aaron T. Beck Award	Academy of Cognitive and Behavioral Therapies	
2022	Patricia Perkins Award	International OCD Foundation	For long-time and active contributions to the IOCDF.
2023	National Alliance on Mental Illness (NAMI)	Scientific Research Award	The award recognizes major scientific

2026	International OCD Foundation	Career Achievement Award	contributions to the understanding and treatment of mental illness This prestigious honor recognizes outstanding and enduring contributions to the field of OCD and related disorders.
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Report of Funded and Unfunded Projects

Funding Information

Past

- 1994-1996 Memory Biases in Obsessive Compulsive Disorder
German Academic Exchange Service
PI (\$12,935)
The goal of this dissertation fellowship awarded by the German government was to assess various memory biases in OCD.
- 1997-1998 Efficacy of Habit Reversal for Tourette's Disorder
Tourette Syndrome Association
PI (\$24,405)
The major goal of this project was to evaluate the efficacy of a behavioral treatment for tic reduction in adolescents and adults with Tourette's disorder.
- 1998-1999 Development and Testing of the Symptom-Specific Obsessive Compulsive Disorder Rating Scale
Obsessive Compulsive Foundation
PI (\$9,940)
The major goal of this project was to develop a new rating scale for OCD.
- 2001-2007 Treatment and Psychopathology of Body Dysmorphic Disorder
Interventions for Body Dysmorphic Disorder
National Institute of Mental Health
Consultant (Phillips, PI)
The goal of Dr. Phillips' grant was to assess the psychopathology of body dysmorphic disorder and for Dr. Phillips to learn how to conduct cognitive behavioral therapy. I trained Dr. Phillips in the administration of cognitive behavioral therapy.
- 2002-2005 Cognitive Therapy in Obsessive Compulsive Disorder
National Institute of Mental Health, R21MH058804
PI (\$300,000)
The goal of this grant was to develop and assess a new cognitive treatment for OCD.
- 2003-2004 Generalization of Therapeutic Changes in Obsessive Compulsive Disorder
Claflin Award
MGH/Harvard Medical School
PI (\$60,000)
The major goal of this project was to conduct an OCD treatment study and to assess improvement in untreated areas.

- 2003-2004 Multisite Study of CBT Treatment Failures in Obsessive Compulsive Disorder
Obsessive Compulsive Foundation
PI (\$30,000)
The major goal of this study was to conduct a mega-analysis of existing data from eight sites that had completed treatment studies in OCD to determine the overall effects of cognitive therapy versus behavior therapy and to examine predictors of outcome.
- 2003-2009 The Experience of Mental Control
National Science Foundation
Consultant (Wegner, PI)
The goal of Dr. Wegner's grant was to assess the influence of thought suppression on OCD patients. I consulted on an experiment with OCD patients that assessed thought control.
- 2004-2008 Cognitive Behavior Therapy Treatment Development for Body Dysmorphic Disorder
National Institute of Mental Health, R34MH070490
PI (\$401,202)
The purpose of this study was to develop a flexible modular cognitive behavioral treatment.
for patients suffering from BDD. Efficacy of the developed treatment was tested against a wait-list control.
- 2004-2009 Behavior Therapy for Children with Chronic Tic Disorders
Tourette Syndrome Association and NIH, R01MH070802
MGH site PI (\$57,647)
The major goal of this multisite project was to evaluate the efficacy of a manualized habit reversal training program for tic reduction in children with chronic tic disorders.
- 2005-2012 Pharmacotherapy Relapse Prevention in Body Dysmorphic Disorder
National Institute of Mental Health, R01MH072854
PI (\$864,997)
The primary aim of this study was to compare time to relapse and relapse rates in responders to acute escitalopram treatment who are then randomized to placebo versus continuation treatment with escitalopram.
- 2006-2007 Neural Correlates of Behavior Therapy in Tourette's Syndrome
Tourette Syndrome Association
Co-PI (Deckersbach, PI) (\$61,200)
The goal of this study was to investigate the functional neurobiology associated with changes in tic severity pre- and post- habit reversal training using fMRI.
- 2006-2009 Stepped Care for Obsessive Compulsive Disorder
National Institute of Mental Health, R34MH071464
DSMB Member (Tolin, PI)
The goal of this study was to explore cost-efficacy and accessibility of various forms of cognitive behavior therapy for OCD patients ages 18-65. My role was to oversee the safety of research participants.
- 2006-2009 Fluoxetine in Pediatric Body Dysmorphic Disorder
Food and Drug Administration, FD-R-002613
MGH site PI (\$101,047), (Hollander, PI)
- 2006-2011 Behavior Therapy for Adults with Tourette Syndrome
National Institute of Mental Health, R01MH069877

PI (\$562,147)

The purpose of this multisite study was to compare the efficacy of a structured habit reversal training protocol to enhanced supportive psychotherapy in adults with Tourette syndrome.

The goal of this study was to conduct a double-blind placebo-controlled trial of fluoxetine for the treatment of BDD in children and adolescents.

2008-2010 Facial Processing in Body Dysmorphic Disorder

German Research Society, BU 1814/7-1

Consultant (Buhlmann, PI)

The purpose of this study was to investigate information-processing biases, fear conditioning, and emotion recognition deficits in individuals with body dysmorphic disorder.

2009-2014 Visual Attention Bias in Body Dysmorphic Disorder

International Obsessive Compulsive Disorder Foundation

Co-PI/Mentor (Greenberg, PI) (\$34,644)

The purpose of this study was to investigate visual attention bias in patients with BDD and healthy controls and to examine whether attention bias improves after treatment with behavior therapy. I was mentoring Dr. Greenberg on this grant.

2009-2015 Body Dysmorphic Disorder by Proxy

Private Donor

PI (\$150,000)

The purpose of this project was to investigate the psychopathology of BDD by Proxy.

2010-2013 Facial Processing in Body Dysmorphic Disorder

German Research Society, BU 1814/7-2

Consultant (Buhlmann, PI)

The purpose of this study was to further investigate information-processing biases and fear conditioning in individuals with BDD as well as OCD and social phobia.

2010-2013 Treatment of Tourette's Disorder

Private Donor

PI (\$25,000)

The major goal of this project was to conduct research on the behavioral treatment of Tourette's Disorder.

2011-2015 Cognitive Behavior Therapy for Body Dysmorphic Disorder by Proxy

Private Donor

PI (\$78,500)

The purpose of this study was to investigate the psychopathology of BDD by Proxy and to develop and pilot test a cognitive behavioral therapy for adults with BDD by Proxy.

2011-2017 CBT versus Supportive Psychotherapy for BDD

National Institute of Mental Health, R01MH091078

PI (\$1,157,062)

The purpose of this study was to examine the efficacy of a manualized CBT treatment in comparison to manualized enhanced supportive psychotherapy (SPT) for adult BDD.

2011-2016 2/2-D-Cycloserine Augmentation of CBT for Pediatric OCD

NIH/National Institute of Mental Health, R01MH093402

Co-Investigator (Geller, PI)

- Using a partial glutamate agonist (d-cycloserine) to augment fear extinction effects of cognitive behavioral therapy applied to children and adolescents with OCD to accelerate and improve their response.
- 2013-2014 Novartis Protocol NoAFQ056A2225
Novartis
Co-Investigator (Fava, PI)
A randomized, double-blind, placebo-controlled, parallel-group proof of concept study to evaluate the effect of AFQ056 in obsessive compulsive disorder (OCD) patients resistant to Selective Serotonin Reuptake Inhibitor (SSRI) therapy.
- 2013-2015 Clinical Decision Making and Suicide Risk: Biases Among Mental Health Professionals
Mind Brain Behavior Interfaculty Initiative
Co-PI/Mentor (Berman and Cohen, Co-PI)
The purpose of this study was to (1) examine the biases that underlie mental health professionals' evaluation of suicide risk and (2) modify the identified biases of clinicians. I was mentoring Dr. Berman on this grant.
- 2013-2016 Risk and Resilience Factors Associated with Cognitive Biases in the Offspring of Parents with OCD
Livingston Fellowship, Harvard Medical School
Co-PI/Mentor (Berman, PI)
The purpose of this study was to examine theoretically grounded risk and resilience factors for the development of cognitive biases in the offspring of a parent with OCD. I was mentoring Dr. Berman on this grant.
- 2014-2017 3/3 Dose Timing of D-cycloserine to Augment CBT for Social Anxiety Disorder
National Institute of Mental Health, R34MH099318
DSMB Chair (Smits, PI)
The objective of this study was to determine whether the efficacy of d-cycloserine for augmenting exposure therapy for social anxiety disorder depends on the timing of the administration and session success.
- 2014-2018 An Investigation of Oxytocin as a Biomarker of Social and Cognitive Impairments in Body Dysmorphic Disorder
Mind Brain Behavior Interfaculty Initiative
Co-PI/Mentor (Fang and Lawson, Co-PI)
This study examined the relationship between plasma oxytocin and performance on tasks measuring social perception and trust, among individuals with BDD compared to healthy controls.
- 2014-2023 BDD Research Fund
Anna and Neil Rasmussen Foundation
PI (\$1,700,000)
The goal was to conduct multiple studies on the psychopathology and treatment of BDD.
- 2014-2021 Neural Mechanisms of Behavior Therapy for OCD and Related Disorders
Private Donor
PI (\$933,019)
The purpose of this study was to examine mechanisms of change underlying cognitive-behavioral therapy (CBT) in obsessive compulsive disorder (OCD).
- 2014-2021 Transcranial Magnetic Stimulation: A Randomized Clinical Trial
Private Donor
Co-Investigator (Camprodon, PI)

- This study investigated the clinical efficacy and safety of neuronavigated TMS for OCD, in addition to assessing the mechanism of action of this intervention and evaluating biomarkers using neuroimaging, neurophysiology and behavioral methods.
- 2016-2019 Cognitive-Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder (ARFID)
Hilda and Preston Davis Foundation
Consultant (Thomas and Eddy, Co-PIs)
This proposal provides also supports the manualization and testing of ARFID treatment efficacy in reducing symptoms and maintaining mechanisms in a case series of 10 patients, including evaluating the impact of the treatment on neuroendocrine hormones.
- 2017-2020 Online Mindfulness-based Tic Reduction: Development and Testing
Bowdoin College
Co-Investigator (Reese, PI)
This study examined the efficacy of an online mindfulness-based intervention for adults with Tourette Syndrome or Persistent Tic Disorder, with the goal of determining whether Online Mindfulness-based Tic Reduction resulted in significantly greater improvements in tic severity and tic-related impairment than online psychoeducation, relaxation, and supportive therapy.
- 2017-2022 Development of a cognitive behavioral mobile app for body dysmorphic disorder, and tests of feasibility, acceptability, and preliminary efficacy
Koa Health
PI (\$1,882,958)
The purpose of this study was to develop and pilot test a CBT app for BDD.
- 2018-2023 Development of a Smartphone CBT App for Obsessive Compulsive Disorder (OCD)
Private Donor
PI (\$630,434)
This project aims to develop and pilot-test the feasibility, acceptability, and efficacy of a CBT mobile app treatment for OCD.
- 2019-2023 Development of a Mobile App-Based CBT Treatment for Social Anxiety Disorder (SAD)
Koa Health
PI (\$1,070,456)
This project aims to develop and pilot-test the feasibility, acceptability, and efficacy of a CBT mobile app treatment for SAD.
- 2019-2024 Development of a Mobile App-Based CBT Treatment for Major Depressive Disorder (MDD)
Koa Health
PI (\$1,284,735)
This project aims to develop and pilot-test the feasibility, acceptability, and efficacy of a CBT mobile app treatment for MDD.
- 2021-2021 Review of Koa Foundations
Koa Health
PI (\$24,300)
This project aims to evaluate the Foundations app (version 05/2020) by reviewing its programs and modules, gathering feedback from members of the OCD and

	Related Disorders Program through surveys, and compiling a comprehensive review report led by two psychologists.
2020-2025	Development and preliminary testing of a non-regulated digital service that supports cognitive behavioral therapy for depressive symptoms under clinical supervision. Koa Health PI (\$420,903) This project aims to develop and pilot-test the feasibility, acceptability, and efficacy of an app based cognitive behavioral treatment plus a brief video based treatment for depression.
2020-2025	Development of a Smartphone CBT App for Obsessive Compulsive Disorder (OCD) Koa Health PI (\$2,170,966) The major goals of this study are to develop and pilot-test the feasibility, acceptability, and efficacy of a CBT mobile app treatment for OCD.
2022-2025	Transcranial Direct Current Stimulation potentiation of fear extinction in OCD: towards rational design of combination therapies The Foundation for OCD Research (FFOR) PI (\$600,000) This project aims to investigate whether inhibitory tDCS to the pre-SMA before, during or after fear extinction (which captures the core mechanism of action of CBT15-18) significantly enhances 1) the recall of extinction learning and 2) fronto-medial theta power during extinction recall.
2023-2025	Smartphone Delivered Cognitive Behavior Therapy for Adults with Psoriasis and Comorbid Depression Symptoms Brigham and Women's Hospital, Inc. PI (\$30,887) The major goals of this project are to demonstrate the feasibility, acceptability, and preliminary efficacy of using coach-guided, smartphone-delivered cognitive behavioral therapy to treat depression and psoriasis symptoms in participants with psoriasis.
Current	
2008-2029	OCD Research Fund Private Donor PI (\$10,101,250) The goal is to conduct multiple studies on the psychopathology and treatment of OCD and OCD spectrum disorders.
2018-2061	Lee Baer, PhD fund for OCD Research and Teaching The Chirag Foundation PI (\$525,000) The goal is to advance the knowledge and treatment of OCD through the understanding of the causes, neurobiological mechanisms and clinical manifestations by funding multiple research projects as well as supporting research staff.
2020-2063	Hope Fund Private Donor PI (\$1,000,000)

- The goal is to conduct multiple studies on the psychopathology and treatment of OCD and OCD spectrum disorders.
- 2022-2065 Jill and Niraj Shah Catalyst Fund for Scalable Mental Health Solutions
Shah Family Foundation
PI (\$1,300,000)
This project aims to provide resources for scalable mental health interventions for vulnerable communities with the goal of addressing the adolescent mental health crisis in K-12 education.
- 2023-2028 Neural Markers of Treatment Mechanisms and Prediction of Treatment Outcomes in Social Anxiety
National Institute of Mental Health, 5R01MH128377
DSMB Member (Rosellini, PI)
The goal of this study is to examine whether neuroimaging can offer an evidence-based precision or personalized medicine approach to predict treatment in patients with social anxiety, and to apply advanced computational and multimodal imaging approaches to improve our understanding of the neurobiology of social anxiety disorder, and brain changes (plasticity) associated with treatment response. My role is to oversee the safety of research participants.
- 2025-2035 Langford Family Research Fund
Private Donor
PI (\$250,000)
The goal is to develop an AI tool that trains mental health professionals to treat Body Dysmorphic Disorder.
- 2025-2035 Center for Digital Mental Health
Private Donor
PI (\$1,000,000)
The goal is to provide resources for the development and treatment of scalable digital tools that support the assessment and treatment of psychiatric disorders.

Training Grants and Mentored Trainee Grants

- 1999-2000 Executive Functioning in Obsessive Compulsive Disorder and Trichotillomania
German Exchange Service
Mentor (Bohne, PI)
The purpose of this grant was to compare OCD and trichotillomania on various neuropsychological tasks. I mentored Dr. Bohne on this dissertation grant.
- 1999-2001 Information-Processing Biases in Body Dysmorphic Disorder
Daimler-Benz-Foundation
Dissertation Fellowship
Mentor (Buhlmann, PI)
The purpose of this study was to investigate information-processing biases such as selective attention, interpretation, and emotion recognition in individuals with body dysmorphic disorder. I mentored Dr. Buhlmann on this dissertation grant.
- 2000-2002 Habit Reversal for Tourette's Disorder- Multimodal Assessment of Change
Tourette Syndrome Association
Mentor (Deckersbach, PI)
The goal of Dr. Deckersbach's grant was to assess various domains of change after habit reversal treatment for patients with tic disorders. I mentored Dr. Deckersbach on this grant.

- 2000-2001 Habit Reversal for Tic-like Compulsions in OCD
Obsessive Compulsive Foundation
Mentor (Deckersbach, PI)
The major goal of this project was to explore the efficacy of habit reversal for tic-like compulsions in patients with OCD. I mentored Dr. Deckersbach on this grant.
- 2001-2001 Memory in OCD and Trichotillomania
Philipps-Universität Marburg, Germany
Stipendium zur Förderung für Nachwuchswissenschaftler (Grant for the Advancement of Young Investigators)
Mentor (Bohne, PI)
The purpose of this grant was to compare memory deficits in OCD and trichotillomania. I mentored Dr. Bohne on this project.
- 2006-2008 Critical Sessions and Sudden Gains with Cognitive Therapy in OCD: Identifying Mechanisms of Change
Obsessive Compulsive Foundation
Mentor (Fama, PI)
The goal of this project was to evaluate mechanisms of change in cognitive therapy. I mentored Dr. Fama on this grant.
- 2007-2010 Body Dysmorphic Disorder: Clinical and Neurobiological Features
National Institute of Mental Health, K23 MH079212
Consultant/Mentor (Feusner, PI)
The purpose of this grant was to conduct various studies investigating the neurobiology of BDD. I mentored Dr. Feusner on this grant.
- 2007-2012 Interpersonal Psychotherapy for BDD
National Institute of Mental Health, K23 MH076934-01A2
Co-Mentor (Didie, PI)
The major goal of this project was to develop and pilot test a manualized IPT treatment for BDD. I mentored Dr. Didie on this grant.
- 2011-2013 Nicotine/cigarette smoking in Obsessive Compulsive Disorder: prevalence and impact on brain activity and disorder specific symptomatology.
Rothschild Post-Doctoral Fellowship - Yad-Hanadiv Foundation
Mentor (Abramovitch, PI)
The purpose of this study was to examine the neurobiology and clinical manifestations of reward mechanisms in Obsessive Compulsive Disorder and their association with cigarette smoking and OCD symptomatology. I mentored Dr. Abramovitch on this grant.
- 2011-2013 Mindfulness-based Stress Reduction for Tourette Syndrome and Chronic Tic Disorder: A Pilot Study
International Obsessive Compulsive Disorder Foundation
Mentor (Reese, PI)
The purpose of this study was to develop and test a modified form of Mindfulness-based Stress Reduction (MBSR-tics) for the treatment of Tourette Syndrome and Chronic Tic Disorder. I mentored Dr. Reese on this grant.
- 2011-2013 Anorexia Nervosa and Body Dysmorphic Disorder: A Comparison of Psychopathological Mechanisms
Swiss National Science Foundation
Mentor (Hartmann, PI)
The purpose of the study was to investigate the similarities between the two disorders in various neurocognitive tasks and to experimentally test strategies to

- deal with intrusive appearance-related thoughts. I mentored Dr. Hartmann on this grant.
- 2009-2014 Translational Phenomics and Genomics of Gilles de la Tourette Syndrome
National Institute of Mental Health, K23 MH085057-01A1
Co-Mentor (Scharf, PI)
The purpose of this Mentored Career Development Award in Patient-Oriented Research (K23) was to train Dr. Scharf in statistical, genetic, and clinical methods. My specific role was to train him in clinical research.
- 2010-2014 Attentional Processes in Scrupulous OCD
International Obsessive Compulsive Disorder Foundation
Mentor (Siev, PI)
The purpose of this study was to examine the psychopathology of scrupulosity with a particular focus on attention bias and response inhibition, and to evaluate the effect of a pilot, experimental attention training session with individuals who have scrupulous OCD. I was mentoring Dr. Siev on this grant.
- 2013-2014 Examining anxiety sensitivity as a mediator between symptom severity and suicidality in anxiety and OC spectrum disorders as compared to healthy controls
Livingston Fellowship, Harvard Medical School
Mentor (Calkins, PI)
The purpose of this study was to investigate the mediating role of anxiety sensitivity between symptom severity and implicit and explicit suicidality in patients with anxiety and OC spectrum disorders using an experimental paradigm. I was mentoring Dr. Calkins on this grant.
- 2012-2015 Perceptual distortions in Body Dysmorphic and related disorders
Fonds de Recherche du Québec – Santé (FRQS)
Mentor (Elliott, PI)
The purpose of this study was to examine attention biases, perceptual distortions and organizational strategies in BDD, OCD, and social phobia. I was mentoring Dr. Elliott on this grant.
- 2013-2015 Shame as a risk factor for severe and costly outcomes in body dysmorphic disorder
National Institute of Mental Health, 1F31MH100845-01A1
Co-Sponsor (Weingarden, PI)
The primary aim of this study was to investigate shame as a risk factor accounting for the more severe negative outcomes (i.e., occupational impairment, social impairment, depression, suicidality) observed in body dysmorphic disorder compared to healthy control individuals and individuals with obsessive compulsive disorder.
- 2014-2015 Biological and Environmental Risk Factors Associated with Children and Adolescents Who Hoard
Livingston Fellowship, Harvard Medical School
Mentor (Park, PI)
The purpose of this study was to identify possible risk factors associated with pathological hoarding behaviors in youth by examining neuropsychological functioning and presence of trauma and trauma-related symptoms.
- 2014-2016 Differential effects of positive and negative mood on OCD treatment response
Charles A. King Trust Postdoctoral Fellowship
Mentor (Berman, PI)

- Evaluate how a positive mood affects threat perception and habituation processes in adults with OCD.
- 2014-2016 Effect of depression on exposure response in OCD: Mechanisms underlying threat perception and habituation
Kaplan Fellowship on Depression
Mentor (Berman, PI)
The purpose of this study was to examine how depressed mood affects (1) the perception of OCD-related threat and (2) subjective and objective measures of habituation processes in response to feared stimuli in individuals with OCD.
- 2013-2017 Cognitive Biases in OCD: Mechanisms of Generational Transmission
International OCD Foundation
Mentor (Berman, PI)
The primary purpose of this study was to examine how OCD-related information processing styles (e.g., attention and interpretation biases) are generationally transmitted from parent to child.
- 2011-2017 Nutrition, Exercise, and Wellness Treatment ("NEW Tx") for Bipolar Disorder
National Institute of Mental Health K23MH091182
Co-Mentor (Sylvia, PI)
The purpose of this Mentored Career Development Award in Patient-Oriented Research (K23) was to develop and test a psychosocial treatment to improve physical and mental health outcomes in individuals with bipolar disorder. My specific role was to train Dr. Sylvia on designing and implementing a new psychosocial treatment and conducting clinical trials.
- 2012-2017 Body image and self-care in HIV-infected MSM
National Institute of Mental Health, K23MH096647-01A1
Co-Mentor (Blashill, PI)
The primary aim of this study was to develop and test a cognitive behavioral intervention for body dissatisfaction, depression, and self-care behaviors among HIV-infected gay and bisexual men. I mentored Dr. Blashill on this grant.
- 2014-2018 Effect of Intranasal Oxytocin on Social Cognition in Body Dysmorphic Disorder
International OCD Foundation
Mentor (Fang, PI)
This study examined the effect of intranasal oxytocin on social cognition in individuals with body dysmorphic disorder, obsessive-compulsive disorder, and healthy individuals.
- 2017-2019 Modified Comprehensive Behavioral Intervention for Tics: Treating Children with Tic Disorders, Co-occurring ADHD and Psychosocial Impairment
Elaine Schlosser Lewis Fund, American Academy of Child and Adolescent Psychiatry
Mentor (Greenberg, PI)
To provide additional funding support for the Modified CBIT project – a treatment protocol and development study designed to evaluate whether the modified treatment can help improve tics, ADHD, and quality of life symptoms.
- 2016-2019 Modified Comprehensive Behavioral Intervention for Tics: Treating Children with Tic Disorders, Co-occurring ADHD and Psychosocial Impairment
President and Fellows of Harvard College, Harvard Medical School Livingston Award and Dupont Warren Award
Mentor (Greenberg, PI)

To develop a treatment protocol that modifies CBIT (comprehensive behavioral intervention for tics) to make it more accessible to those with comorbid ADHD, and then with preliminary measures evaluate whether the modified treatment helps improve tics, ADHD, and quality of life symptoms (as current CBIT does not target ADHD or quality of life, difficulties often faced by those with Tourette syndrome/tic disorders).

2018-2020 A Virtual Reality Study of Cognitive Biases in Body Dysmorphic Disorder
International OCD Foundation
Mentor (Summers, PI)

This study aimed to test the utility of virtual reality technology as a novel, in vivo means of assessing cognitive biases and related threat processes in individuals with BDD (relative to non-psychiatric controls).

2019-2020 A Virtual Reality Study of Cognitive Biases in Body Dysmorphic Disorder
Livingston Fellowship Award
Mentor (Summers, PI)

The Livingston Fellowship provides additional funding for the virtual reality cognitive bias assessment study for individuals with BDD (e.g., funds toward computer equipment, lab supplies, participant parking reimbursement, and research assistant salary support). Further, this award offered funds to contribute to Dr. Summers' training in biometric data collection and analysis, as well as travel funds to disseminate study findings at conferences.

2019-2020 A Virtual Reality Study of Cognitive Biases in Body Dysmorphic Disorder
Foundations of Human Behavior Initiative
Mentor (Summers, PI)

The FHB award provided additional funding towards the virtual reality cognitive bias assessment study for individuals with BDD.

2016-2022 Brain Correlates of Self-Focused Processing as a Biomarker of Treatment Response
National Institute of Mental Health, 1K23MH109593
Mentor (Fang, PI)

This study examined maladaptive self-focused processing and its neural correlates as a biomarker of treatment response, with the goal of identifying promising candidates for treatment and using baseline neuroimaging data to aid in individual treatment planning decisions.

2017-2021 Risk and Protective Factors for Body Image Distress following Bilateral Mastectomy with Breast Reconstruction
President and Fellows of Harvard College, Harvard Medical School Kaplen Fellowship on Depression
Mentor (Weingarden, PI)

This project investigated pre-surgery risk and protective factors that predict post-surgery levels of depression and body image distress in women undergoing bilateral mastectomy with breast reconstruction.

2017-2021 Risk and Protective Factors for Body Image Distress following Bilateral Mastectomy with Breast Reconstruction
President and Fellows of Harvard College, Harvard Medical School Livingston Award
Mentor (Weingarden, PI)

- This project investigated pre-surgery risk and protective factors that predict post-surgery levels of depression and body image distress in women undergoing bilateral mastectomy with breast reconstruction.
- 2017-2020 Decision-making Impairments in OCD: An Integrated Behavioral Economics Model
International OCD Foundation
Mentor (Jacoby, PI)
This project examined whether patients with OCD (relative to non-psychiatric controls) will devalue (i.e., avoid) decisional options that entail ambiguity (relative to those only involving risk) using a series of economic decision-making tasks
- 2017-2020 The Role of Cognitive Control in the Transdiagnostic Conceptualization of "Intrusive Thoughts"
Charles A. King Trust Postdoctoral Fellowship
Mentor (Jacoby, PI)
The purpose of this study was to investigate whether cognitive control (i.e., response inhibition, set shifting) is a transdiagnostic mechanism of action underlying three patterns of intrusive thinking (i.e., obsessions, worries, and ruminations).
- 2018-2020 Cognitive Control as a Transdiagnostic Neurocognitive Process in Repetitive Negative Thinking
Harvard Medical School Department of Psychiatry Livingston Fellowship Award
Mentor (Jacoby PI)
Provided additional funds for the aforementioned study on cognitive control to obtain formalized training in biometric research (via the iMotions Academy Certification Course), purchase electrocardiogram (ECG) equipment for the purposes of collecting and analyzing heart-rate variability (HRV) data, and participant payment.
- 2018-2020 Perseverative Thinking: Examining Deficits of Cognitive and Attentional Control Across Psychological Disorders
Harvard University Foundations of Human Behavior Initiative
Mentor (Jacoby PI)
Provided additional funds for the aforementioned study on cognitive control to fund a research assistant.
- 2018-2020 Economic decision-making impairments in OCD: Elucidating psychosocial moderators, underlying mechanisms, and implications for the treatment of mental illness
Harvard University Mind Brain Behavior Post-Doctoral Fellow Award
Mentor (Jacoby PI)
Provided additional supplies funds for the aforementioned study on decision making in OCD to provide participants with meaningful financial incentives for effective performance on the economic decision-making task.
- 2019-2024 Smartphone-based Digital Phenotyping to Detect High-Risk Affect States in Body Dysmorphic Disorder
National Institute of Mental Health, K23 MH119372
Mentor (Weingarden, PI)
This project uses smartphone-based digital phenotyping to develop and validate unobtrusive, time-sensitive, and ecologically valid measures of negative affect states in BDD. This project also examines passive smartphone measures of negative affect states as predictors of subsequent suicidal thoughts and substance misuse in BDD.

- 2020-2025 Targeting Attentional and Cognitive Control to Enhance the Transdiagnostic Treatment of Repetitive Negative Thinking
National Institute of Mental Health, K23 MH120351
Mentor (Jacoby, PI)
Assesses the role of attentional/cognitive control as a target mechanism in a transdiagnostic treatment for adults with repetitive negative thinking – mental rituals as seen in obsessive compulsive disorder (OCD), worries as seen in generalized anxiety disorder (GAD), and ruminations as seen in major depressive disorder (MDD).
- 2021-2026 Interpretation Bias as a Mechanism of Treatment Response in OCD
National Institute of Mental Health, K23 MH126193
Mentor (Falkenstein, PI)
This career development award examines whether cognitive bias modification for interpretation bias (CBM-I) induces changes in its target in OCD (interpretation bias) and investigates if these changes are associated with clinical outcomes. Additionally, the project will leverage advances in machine learning to develop personalized predictions of which individuals may best respond to CBM-I.
- 2023-2025 Development and Testing of a Smartphone-based Intervention for Comorbid Substance Use and Depression
MGH K12 Career Development Program in Substance Use and Addiction
Medicine/National Institute of Drug Abuse
Mentor (Jonathan, PI)
This proposal's preliminary goal is to develop and test Mindset Dual Recovery (MDR), a clinician-guided smartphone intervention for comorbid major depressive and substance use disorders. The project will first examine feasibility, acceptability, and clinical utility of MDR, then examine the effects of MDR on depression, substance use, quality of life, and functional impairment.
- 2023-2025 Anxiety in Youth with Autism Spectrum Disorder
National Institute of Mental Health, K99 MH135180
Mentor (Thom, PI)
To identify autonomic nervous system (ANS) measures that can be obtained in youth with autism spectrum disorder (ASD) which correlate with anxiety severity.
- 2024-2029 A Randomized Controlled Trial of A Smartphone Delivered Treatment for Suicidal Thoughts and Behavior
National Institute of Mental Health, K23MH133876
Mentor (Jaroszewski, PI)
This K23 project follows an experimental therapeutic approach to determine whether increasing suicide-aversion (making suicide seem worse) decreases suicidal thoughts and behavior (STB).
- 2025-2029 Designing and evaluating a Single-session Transdiagnostic intervention for Emotion Regulation with follow-up mHealth support for domestic violence survivors in India.
National Institute of Mental Health, K23 MH135211
Mentor (Patel, PI)
This proposal aims to develop and test a novel low-intensity psychosocial intervention delivered to domestic violence survivors in primary health clinics in Goa, India, by non-specialists through task-sharing—a critical strategy that successfully addresses treatment gaps for mental health in many low -and-middle-income countries.

- 2025-2026 A Web-Based SSI to Reduce Caregiver Distress and Accommodation in Financially Disadvantaged Parents of Youth with OCD: Project EMPOWER
International OCD Foundation
Mentor (Sung, PI)
This project aims to evaluate the efficacy, acceptability, and feasibility of Project EMPOWER—a web-based, scalable single-session intervention—for financially insecure families with youth struggling with OCD. Findings from this study will inform the development of a sustainable model for rapidly increasing access to evidence-based interventions for OCD, particularly for underserved families.
- 2025-2025 A Poisson mixture model for user behavior on obsessive-compulsive disorder forums
Harvard College Research Program
Mentor (Sun, PI)
This proposal aims to discover latent classes of r/OCD users based on posting patterns through finite univariate Poisson mixture modeling. It will also characterize and interpret latent classes through comparative natural language processing analyses of posts and comments by users belonging to each latent class.
- 2026-2027 Digital Detection of Substance-Use Risk in Body Dysmorphic Disorder
Zinberg Fellowship in Addiction Psychiatry Research
Mentor (Jonathan, PI)
The project has two aims: (1) to characterize real-world alcohol and cannabis use patterns and test whether substance use functions through self-medication or reinforcement mechanisms using 28 days of EMA data, and (2) to develop machine learning models using passive smartphone sensor data and demographic features to predict same-day substance use episodes. This work will provide the first naturalistic evidence on when, why, and under what circumstances individuals with BDD use substances, generating actionable insights that can be incorporated into cognitive-behavioral therapy protocols and clinical monitoring approaches. The project will also establish Dr. Jonathan as a leader in applying advanced digital methods to understand substance use risk in body dysmorphic disorder.
- 2026-2031 Electrophysiological biomarkers to guide deep brain stimulation treatment in obsessive-compulsive disorder
National Institute of Mental Health, K99/R00 MH144561
Collaborator (Vissani, PI)
This research seeks to transform the understanding and treatment of obsessive-compulsive disorder (OCD) by uncovering electrophysiological mechanisms underlying symptom expression and therapeutic response to deep brain stimulation (DBS).

Current Unfunded Projects

- 2005-2015 Cerebral Metabolic Correlates of Treatment Response to Cognitive Behavioral Therapy in Body Dysmorphic Disorder
PI
The major goal of this study is to investigate the cerebral metabolic correlates of treatment response in BDD patients receiving cognitive behavioral therapy.

2010-2015 Outcomes of Cognitive Behavioral Therapy Interventions Provided by Unlicensed Professionals
Private Donor
PI
The purpose of this study is to examine the effectiveness and clinical care outcomes of cognitive behavioral therapy interventions at Massachusetts General Hospital.

Report of Local Teaching and Training

Teaching of Students in Courses

1990-1991	Seminar leader	University of Marburg, Germany Department of Psychology
1996-1999	Introduction to Behavioral Techniques Medical Student Seminar	Harvard Medical School 4-7 medical students, Lecturer, 3 hrs/year
2011-	The Fundamentals of CBT: An Interactive Online Course	MGH, Psychiatry Academy
2015-	Cognitive Behavioral Therapy for Obsessive Compulsive Disorder: An Introductory Online Course:	MGH, Psychiatry Academy
2017-	Cognitive Behavioral Therapy for Body Dysmorphic Disorder: An Introductory Online Course	MGH, Psychiatry Academy

Formal Teaching of Residents, Clinical Fellows and Research Fellows (post-docs)

1996-2000	MGH Clinical Research Seminar 2-4 psychology interns	Department of Psychiatry, MGH 4-6 hrs/year
1997-	MGH PGY-3 Resident Seminar 10 psychiatry residents	MGH, Department of Psychiatry 4-6 hrs/year
2006-	Cognitive Behavioral Therapy Course 20 residents and fellows	MGH, Department of Psychiatry about 6 hrs/year in direct teaching and about 20 hrs./year planning of seminar, deciding on content, deciding on speakers, etc.

Clinical Supervisory and Training Responsibilities

1996-1998	Research Supervision Harvard Psychology Fellows	8 hrs/week
1998-2000	MGH Psychiatry Resident Supervisor Intake Evaluations Supervisor	10-12 hrs/year
1998-	MGH Psychology Intern and Post-doc Supervisor	8-10 hrs/week
2002-	Research and Clinical Supervision Clinical and Research Supervision Harvard Psychology Students	4 hrs/week

Formally Supervised Trainees

- 1997-2003 Antje Bohne, Ph.D./Full Professor, Fachhochschule Duesseldorf
Primary mentor for master's thesis, doctoral dissertation, two research grants, and many papers.
- 1997-2003 Thilo Deckersbach, Ph.D./Associate Professor in Psychology, MGH, Harvard Medical School, Director of Cognitive Neuroscience Research, Bipolar Research Program, MGH/Harvard Medical School, mentor for grants and papers.
Clinical and research mentor during psychology internship and research mentor during postdoctoral fellowship at MGH, research mentor for two foundation research grants.
- 1997-2008 Ulrike Buhlmann, Ph.D./Full Professor, Westfälische Wilhelms-University Münster, Germany
Research mentor for master's thesis, doctoral dissertation (Marburg University, Germany), and a research grant, and many papers. Primary mentor during fellowship at MGH.
- 1998-2000 Iris Engelhard, Ph.D./Professor, Utrecht University, The Netherlands
Research mentor during practicum at MGH/Harvard Medical School.
- 1998-1999 Throstur Bjorgvinsson, Ph.D./Program Director of Behavioral Health Partial Hospital Program, McLean Hospital, Belmont, MA
Clinical supervisor during post-doctoral fellowship at McLean.
- 2000-2001 Beth Gershuny, Ph.D./Associate Professor of Psychology, Bard College, Annandale-on-Hudson, NY
Clinical and research mentor during psychology internship and post-doctoral fellowship at MGH.
- 2000-2001 Adam Radomsky, Ph.D./Professor, Concordia University, Canada
Primary mentor during psychology internship at MGH.
- 2000-2001 Bethany Teachman, Ph.D./Professor, University of Virginia, VA
Clinical and research mentor during psychology internship at MGH.
- 2001- Anne Chosak, Ph.D./Director of Psychological Services at the Center for OCD and Related Disorders (CORD), and Director of the CBT Program at MGH; Assistant Professor, Harvard Medical School
Primary clinical supervisor during fellowship at MGH.
- 2002-2004 Iftah Yovel, Ph.D./Professor, The Hebrew University of Jerusalem, Israel
Clinical and research supervisor during psychology internship and post-doctoral fellowship at MGH.
- 2003-2004 Jasper Smits, Ph.D./Professor of Psychology, Southern Methodist University, Dallas, TX
Clinical supervisor during internship at MGH.
- 2004-2014 Hannah Reese, Ph.D./Associate Professor of Psychology, Bowdoin College, Brunswick, ME
Clinical supervisor for graduate training (Department of Psychology, Harvard University) and dissertation committee member. Mentor for clinical practice and research during clinical internship and postdoctoral fellowship at MGH. Mentor for Tourette Syndrome Association research grant, and many papers.
- 2005-2011 Jeanne M. Fama, Ph.D./Clinical Assistant in Psychology (Psychiatry) at MGH, Instructor of Psychiatry at Harvard Medical School
Dissertation committee opponent for Dr. Fama's thesis "Neuropsychological and family-of-origin dysfunction in individuals undergoing cognitive therapy for obsessive-compulsive disorder." Mentor on IOCDF funded grant, "Critical

	Sessions and Sudden Gains with Cognitive Therapy in OCD: Identifying Mechanisms of Change"
2006-2010	Luana Marques, Ph.D./Associate Professor in Psychology, MGH, Harvard Medical School Mentor for clinical practice and research during clinical internship and postdoctoral fellowship at MGH. Mentored her on many papers.
2006-	Jennifer Ragan, Ph.D./Associate Director of the Adult Intensive Cognitive Behavioral Treatment Program; Assistant Professor in psychology, MGH Outpatient Psychiatry Department/Harvard Medical School, Supervisor for clinical work and clinical research at MGH.
2006-2011	Elizabeth Didie, Ph.D./Assistant Professor of Research in the Department of Psychiatry and Human Behavior, Alpert Medical School, Brown University, Providence, RI Co-mentor on K award "Interpersonal Psychotherapy for BDD" and clinical supervisor.
2007-2012	Jamie Feusner, MD./Professor, Department of Psychiatry and Behavioral Sciences, UCLA, CA Consultant on K award "Body Dysmorphic Disorder: Clinical and neurobiological features." Research mentor, and mentor with respect to career advancement.
2007-2025	Jennifer Greenberg, PsyD/ Psychologist, private practice Mentor for clinical practice and research during clinical internship and postdoctoral fellowship at MGH. Research mentor for International Obsessive Compulsive Foundation grant.
2008-2010	Gregory Chasson, Ph.D./Assistant Professor, Department of Psychology, Towson University, Towson, MD Mentor for clinical practice and research during clinical internship and postdoctoral fellowship at MGH.
2008-2010	Kiara Timpano, Ph.D./Professor, Department of Psychology, University of Miami, Miami, Florida Mentor for clinical practice and research during clinical internship and postdoctoral fellowship at MGH. Mentored her on many papers.
2008-2014	Jeddiah Siev, Ph.D./Associate Professor in Psychology, Swarthmore College Mentor for clinical practice and research during clinical internship and postdoctoral fellowship at MGH. Mentor for International OCD Foundation research grant.
2009-	Jeremiah Scharf, M.D., Ph.D./Neurologist, MGH Co-mentor (with Dr. David Pauls) for K-award, Assistant Professor, HMS.
2009-	Louisa Sylvia, Ph.D./Associate Professor, HMS; Director of Psychology at Bipolar Clinic and Research Program at MGH. Co-mentor (with Dr. Andrew Nierenberg) for K-award.
2009-	Dan Geller, M.D./Director, Pediatric OCD and Tic Disorder Program, MGH Mentor on NIH R01 grant "D-Cycloserine Augmentation of CBT for Pediatric OCD." Professor, HMS.
2010-	Jessica L. Rasmussen, Ph.D./Assistant in Psychology, MGH, Harvard Medical School Mentor for clinical practice and research during clinical internship and postdoctoral fellowship at MGH.
2011-2015	Amitai Abramovitch, Ph.D./Assistant Professor, Department of Psychology, Texas State University

- Mentor on Rothschild Post Doctoral Fellowship. "Nicotine/Cigarette smoking in OCD: prevalence and impact on brain activity, neuropsychological performance and disorder specific symptomatology." Mentored him on many papers.
- 2011-2013 Andrea Hartmann, Ph.D./Professor, Department of Psychology, University of Konstanz, Germany
Mentor on Swiss National Science Foundation (SNSF) fellowship during postdoctoral fellowship at MGH. "Anorexia nervosa and body dysmorphic disorder - Two versions of the same syndrome? A comparative experimental investigation of psychopathological mechanisms and the effectiveness of new therapeutic strategies." Mentor on several papers.
- 2011-2015 Corinna Elliott, Ph.D./Psychologist, Ottawa Institute of Cognitive Behavioural Therapy
Mentor for clinical practice and research during internship and mentor on Fonds de la Recherche en Santé du Québec (FRSQ) Postdoctoral Fellowship
- 2011-2017 Aaron J. Blashill, Ph.D./Professor, San Diego State University
Co-mentor (with Dr. Steven Safren) for K-award "Body image and self-care in HIV-infected MSM"
- 2012-2014 Amanda Calkins, Ph.D./Assistant Professor, Psychology, MGH, Harvard Medical School
Mentor for clinical practice and research during clinical internship and postdoctoral fellowship at MGH. Mentor for Livingston Fellowship research grant.
- 2012-2017 Noah Berman, Ph.D./Associate Professor, Department of Psychology Department, Holy Cross
Mentor for clinical practice and research during clinical internship and postdoctoral fellowship at MGH. Mentor for research grants sponsored by the Livingston Fellowship, International OCD Foundation, Mind Brain Behavior Interfaculty Initiative, Kaplen Fellowship on Depression, and the Charles A. King Trust Postdoctoral Fellowship.
- 2012-2014 Johanna Thompson-Hollands, Ph.D./Intern, Psychology, VA Palo Alto Health Care System, California.
Dissertation committee member for "A Randomized Controlled Trial of a Brief Family Intervention to Reduce Accommodation in Obsessive-Compulsive Disorder."
- 2013-2020 Angela Fang, Ph.D./Associate Professor, Washington University, Seattle
Mentor for clinical practice and research during clinical internship and postdoctoral fellowship at MGH. Mentor for research grants sponsored by the International OCD Foundation and Brain Behavior Interfaculty Initiative. Mentor for NIH funded K award "Brain Correlates of Self-Focused Processing as a Biomarker of Treatment Response"
- 2013-2016 Jennifer M. Park, Ph.D./Clinical Instructor at Stanford University School of Medicine, Department of Child and Adolescent Psychiatry
Mentor for clinical practice and research during clinical internship and postdoctoral fellowship at MGH. Mentor for Livingston Fellowship research grant.
- 2013-2024 Hilary Weingarden, Ph.D./Clinical Research Director, HabitAware
Co-Sponsor for F31 grant "Shame as a risk factor for severe and costly outcomes in Body Dysmorphic Disorder." Dissertation committee member. Mentor for clinical practice and research during clinical internship and postdoctoral fellowship at MGH. Mentor on NI K-award "Smartphone-based Digital Phenotyping to Detect High-Risk Affect States in Body Dysmorphic Disorder."

- 2016- Erica Greenberg, M.D./Director of the Pediatric Psychiatry OCD and Tic Disorders Program at MGH; Co-Director of the Tourette Association of America MGH Center of Excellence; Psychiatrist at MGH; Instructor at HMS
Mentor for research grants sponsored by the President and Fellows at HMS, and Pilot Research Award for Attention Disorders supported by the American Academy of Child and Adolescent Psychiatry Elaine Schlosser Lewis Fund.
- 2016- Ryan Jacoby, Ph.D./Assistant Director, Center for OCD and Related Disorders (CORD); Assistant Professor, Harvard Medical School
Mentor for clinical practice and research during clinical internship and postdoctoral fellowship at MGH. Mentor for research grants sponsored by the International OCD Foundation and the Charles A. King Trust Postdoctoral Fellowship. Mentor on NIH K-award "Targeting Attentional and Cognitive Control to Enhance the Transdiagnostic Treatment of Repetitive Negative Thinking."
- 2017-2020 Berta Summers, Ph.D./Assistant Professor, Department of Psychology, University of North Carolina at Wilmington
Mentor for clinical practice and research during clinical internship and postdoctoral fellowship at MGH. Mentor for research grant sponsored by the International OCD Foundation.
- 2018-2019 Nicholas C. Jacobson, Ph.D./Assistant Professor in Biomedical Data Science and Psychiatry, Geisel School of Medicine at Dartmouth College
Mentor for clinical practice and research during clinical internship at MGH.
- 2020- Ivar Snorrason, Ph.D./Assistant Professor in Psychology, MGH, Harvard Medical School
Supervisor for clinical work and clinical research at MGH.
- 2020-2023 Joshua Curtiss, Ph.D./Assistant Professor, Applied Psychology Department, Northeastern University
Mentor for several papers during postdoctoral fellowship at MGH.
- 2020-2024 Emily Bernstein, Ph.D./Psychologist, Flagship Pioneering
Mentor on several papers during postdoctoral fellowship at MGH. Supervisor for clinical work and clinical research at MGH.
- 2020- Adam Jaroszewski, Ph.D./Instructor at Harvard Medical School
Mentor for clinical practice and research during clinical internship and postdoctoral fellowship at MGH. Mentor on NIH K-award "A Randomized Controlled Trial of A Smartphone Delivered Treatment for Suicidal Thoughts and Behavior."
- 2021-2022 Nur Hani Zainal, Ph.D./Postdoctoral Research Associate at the Harvard Medical School
Mentor several papers during internship at MGH
- 2021- Brynn Huguenel, Ph.D./Staff Psychologist, Center for OCD and Related Disorders (CORD), Instructor at Harvard Medical School
Mentor for clinical practice and research during clinical internship. Supervisor for clinical work and clinical research at MGH.
- 2022- Sarah Coe-Odess, Ph.D./Staff Psychologist, Center for OCD and Related Disorders (CORD), Instructor at Harvard Medical School
Mentor for clinical practice and research during postdoctoral fellowship at MGH. Supervisor for clinical work and clinical research at MGH.
- 2022- Geneva Jonathan, Ph.D./Clinical and Research Fellow, MGH
Mentor on several papers during internship and post-doc. Mentor on research grant sponsored by MGH K12 Career Development Program in Substance Use and Addiction Medicine/National Institute of Drug Abuse, "Development and

- Testing of a Smartphone-based Intervention for Comorbid Substance Use and Depression.”
- 2023-2024 Shirley Wang, Ph.D./Assistant Professor, Department of Psychology, Yale University
Mentor for clinical practice and research during clinical internship.
- 2023-2024 Katherine Daniel, Ph.D./Assistant Professor, Center for Behavioral Health and Technology, University of Virginia
Mentor for clinical practice and research during clinical internship.
- 2024- Jenna Sung, MA/Clinical and Research Intern, MGH
Mentor for clinical practice and research during clinical internship.
- 2024- Anushka Patel, Ph.D./Research Staff, MGH
Supervisor for clinical research at MGH. Mentor on NIH K-award, “Designing and evaluating a Single-session Transdiagnostic intervention for Emotion Regulation with follow-up mHealth support for domestic violence survivors in India.”
- 2025- Nora Sun, undergraduate student, Harvard University
Mentor for Harvard College Research Program for her funded study,, “A Poisson mixture model for user behavior on obsessive-compulsive disorder forums.”

Dissertation Advisory Committee

- 2014 Johanna Thompson-Hollands, PhD, Boston University, MA
Dissertation committee opponent for Dr. Thompson-Hollands’s thesis “A randomized controlled trial of a brief family intervention to reduce accommodation in obsessive-compulsive disorder.”
- 2014 Erik Andersson, PhD, Karolinska Institutet, Stockholm, Sweden
Dissertation committee opponent for Dr. Andersson’s thesis “Enhancing cognitive behavior therapy in the treatment of obsessive-compulsive disorder.”
- 2016 Audun Havnen, Ph.D., University of Bergen, Norway
Dissertation committee opponent for Dr. Havnen’s thesis “Treatment of obsessive-compulsive disorder and the importance of assessing clinical effectiveness.”
- 2017 Christopher La Lima, M.A, Hofstra University, NY
Reader for “Therapist-Guided, Internet-Based Cognitive Behavioral Therapy for Body Dysmorphic Disorder – English Version (BDD-NET): A Feasibility Study”

Formal Teaching of Peers (e.g., CME and other continuing education courses)

No presentations below were sponsored by outside entities

Those presentations below sponsored by outside entities are so noted and the sponsor(s) is (are) identified.

- | | | |
|------|---|-----------------------------------|
| 1999 | “Cognitive Behavioral Treatment for Body Dysmorphic Disorder”
Harvard Medical School, Department of Continuing Education | Single Presentation
Boston, MA |
| 2001 | “Cognitive-Behavioral Interventions for Body Dysmorphic Disorder”
Harvard Medical School, Department of Continuing Education | Single Presentation
Boston, MA |
| 2006 | “Body Dysmorphic Disorder and Cosmetic Surgery”
Laser Dermatology CME course, MGH | Single Presentation
Boston, MA |
| 2007 | “Body Dysmorphic Disorder” | Single Presentation |

2007	Laser Dermatology CME course, MGH "CBT Basics: Treatment Structure and Techniques"	Boston, MA Single Presentation
2007	Psychiatry Academy CME Course "CBT Basics: Q&A"	Boston, MA Single Presentation
2007	Psychiatry Academy CME Course "Cognitive Behavior Therapy for Obsessive Compulsive Disorder"	Boston, MA Single Presentation
2008	Psychiatry Academy CME Course "Body Dysmorphic Disorder and the Psychological Effects of Cosmetic Procedures"	Boston, MA Single Presentation
2008	Laser & Aesthetic Skin Therapy CME Course "What's the Truth?" Harvard Medical School	Boston, MA
2008	"Cognitive Behavior Therapy for Obsessive Compulsive Disorder"	Single Presentation
2008	Psychiatry Academy CME Course "Cognitive Behavior Therapy Modules: Body Dysmorphic Disorder"	Boston, MA Single Presentation
2008	Psychiatry Academy CME Course "The Biology of Anxiety: Implications for Treatment"	Boston, MA Single Presentation
2009	Psychiatry Academy CME Course "The Biology of Anxiety: Implications for Treatment"	Boston, MA Single Presentation
2010	Psychiatry Academy CME Course "The Biology of Anxiety: Implications for Treatment"	Boston, MA Single Presentation
2010	Psychiatry Academy CME Course "Cruel Reflections: The Nature and Treatment of Body Dysmorphic Disorder"	Boston, MA Single Presentation
2010	MGH/Charlestown Health Center CME Course "Body Dysmorphic Disorder: Its Relation to Other Body Image Disorders and Treatment Strategies"	Boston, MA Single Presentation
2011	Harvard Medical School Eating Disorder Course The Biology of Anxiety Part II: Implications for Treatment	Boston, MA Single Presentation
2012	Psychiatry Academy CME Course "Cognitive Behavioral Therapy"/Invited Speaker	Boston, MA Boston, MA
2012	U.S. State Department "Imagined Ugliness: The Nature and Treatment of Body Dysmorphic Disorder"	Boston, MA
2012	Psychiatry Academy CME Course "The Biology of Anxiety Part II: Implications for Treatment"	Boston, MA
	Psychiatry Academy CME Course	

Local Invited Presentations

No presentations below were sponsored by outside entities

Those presentations below sponsored by outside entities are so noted and the sponsor(s) is (are) identified.

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| 1997 | "Imagined Ugliness: The Nature and Treatment of Body Dysmorphic Disorder"/
Invited Speaker, Grand Rounds
Department of Psychiatry, MGH |
| 1997 | "Cognitive Therapy for Obsessive Compulsive Disorder"
McLean Hospital, Belmont, MA |
| 1997 | "Dialectical Behavior Therapy for Borderline Personality Disorder"
McLean Hospital, Belmont, MA |
| 1998 | "Habit Reversal for Tourette's Disorder"
McLean Hospital, Belmont, MA |
| 1998 | "Treatment of Body Dysmorphic Disorder"/ Invited Speaker, Grand Rounds
Plastic Surgery, MGH |
| 2003 | "Imagined Ugliness: New Developments in the Research and Treatment of Body
Dysmorphic Disorder"
Department of Psychology, Harvard University |
| 2005 | "Challenges in Treating Body Dysmorphic Disorder"
McLean Hospital, Belmont, MA |
| 2005 | "Cognitive and Behavioral Interventions for OCD"
Substance Abuse Program, MGH |
| 2006 | "Balancing Career and Family Life"
Career Development Program, MGH |
| 2006 | "New Developments in the Treatment of OCD"
McLean Hospital, Belmont, MA |
| 2006 | "Treatment of Body Dysmorphic Disorder"
Harvard University Health Services, Cambridge, MA |
| 2007 | "Imagined Ugliness: Cognitive Behavior Therapy in Body Dysmorphic Disorder"
McLean Hospital, Belmont, MA |
| 2009 | "Beauty and the Beast: The Nature and Treatment of Body Dysmorphic Disorder"
Center for Human Genetics Research, MGH |
| 2010 | "BDD and its Relationship with Eating Disorders"
Neuroendocrine Department, MGH |

- 2010 "Body Dysmorphic Disorder and Cosmetic Treatment"
Plastic Surgery Department, MGH
- 2011 "Body Dysmorphic Disorder and Cosmetic Treatment"
Dermatology Department, MGH
- 2011 "Body Dysmorphic Disorder: Recognizing and Treating Imagined Ugliness"/
Invited Speaker, Grand Rounds
Department of Psychiatry, MGH
- 2012 "Cognitive Behavior Therapy and Dialectical Behavior Therapy – Changing
Thoughts and Managing Feelings"/Invited Speaker
Psychiatry Academy, Best Practices in Talk Therapy for Psychiatric Disorders,
Boston, MA. (Sponsored by the Sidney R. Baer, Jr. Foundation)
- 2012 "Cognitive Behavioral Therapy of Obsessive Compulsive Disorder"/Invited
Speaker
Massachusetts Mental Health Center (MMHC), Harvard Medical School, Beth
Israel Deaconess Medical Center
- 2012 "OCD Spectrum Disorders: Recent Findings, Current Directions, and Future
Challenges"
Department of Psychology, Harvard University
- 2012 "Understanding and Treating OCD Spectrum Disorders"
MGH Charlestown, Grand Rounds
- 2013 "Recent Advances in Obsessive Compulsive and Related Disorders"/ Professorial
Lecture
Department of Psychiatry, MGH, Grand Grounds
- 2014 "Work/Life Balance - Lessons from the Trenches"/Invited Speaker
Junior Faculty Society, Department of Psychiatry, MGH
- 2014 "How to Have a Successful Career in Research"/Invited Speaker
MGH Psychology Fellows seminar, Department of Psychiatry, MGH
- 2015 "Down Syndrome and OCD: Assessment and Treatment"/Invited Speaker
Down Syndrome Program, MGH
- 2016 "How to Have a Successful Career in Research"/Invited Speaker
MGH McLean Psychiatry Residency, Department of Psychiatry, MGH
- 2017 "Imagined Ugliness: The Nature and Treatment of Body Dysmorphic
Disorder"/Invited Speaker
Department of Psychology, Harvard University
- 2018 "Bridging the Mental Health Treatment Gap"/Invited Speaker
World Medical Innovation Forum, Partners HealthCare, Boston, MA

2018	"Cognitive Behavior Therapy for OCD"/Invited Speaker MGH Psychiatry Academy Psychopharmacology
2018	Anxiety and OCD/Panelist MGH Psychiatry Academy Psychopharmacology
2019	"Mental Health, Smartphone Apps and the Promise of AI"/Moderator World Medical Innovation Forum, Partners HealthCare, Boston, MA
2019	"Cognitive Behavioral Therapy in the Age of Technology, Harvard University, Psychology Department"/Invited Speaker Trends in Psychology Summit, Harvard University
2019	"Cognitive Behavior Therapy for OCD"/Invited Speaker MGH Psychiatry Academy Psychopharmacology
2020	"Cognitive Behavior Therapy for OCD"/Invited Speaker MGH Psychiatry Academy Psychopharmacology
2020	"Obsessive Compulsive disorder 101"/Invited Speaker Harvard Brain Science Initiative, Harvard University
2021	"Overview of funding mechanism"/Invited Speaker MGH Psychology Fellows seminar, Department of Psychiatry, MGH
2021	"Enhancing Wellness, Stress Management Skills and Mental Health"/Invited Speaker Food for Thought, Leadership Speaker Series, Mass General Brigham
2021	"Digital Therapeutics and Their Implications for Precision Treatment of Psychiatric Disorders"/Invited Speaker MGH Center for Precision Psychiatry Virtual Conference
2021	"Cognitive Behavior Therapy for OCD"/Invited Speaker MGH Psychiatry Academy Psychopharmacology Virtual Conference
2021	"Innovations in Mobile Assessments and Treatments with Application to Precision Treatment of Psychopathology"/Invited Speaker McLean Hospital Technology in Psychiatry Summit Virtual Conference
2022	"Overview of funding mechanism"/Invited Speaker MGH Psychology Fellows seminar, Department of Psychiatry, MGH
2022	"Current Trends in Digital Mental Health"/Invited Speaker Laboratory for Functional Neuroimaging & Bioinformatics, McLean Hospital, Virtual
2022	"The Future of Digital Therapeutics"/Panel moderator MGH Psychiatry Future of Mental Health Conference, Boston, MA

2022	"Cognitive Behavior Therapy for OCD"/Invited Speaker MGH Psychiatry Academy Psychopharmacology, Boston, MA
2022	"Digital Mental Health"/Invited Speaker Harvard Psychiatry Residents Day
2022	"Digital Innovations in CBT"/Invited Speaker Osher Center for Integrative Medicine, Virtual
2023	"Overview of funding mechanism"/Invited Speaker MGH Psychology Fellows seminar, Department of Psychiatry, MGH
2023	"Mobile Phone-based Interventions for Mental Health"/Invited Speaker Executive Committee on Research (ECOR) Scientific Advisory Committee (SAC) meeting, MGH
2023	"Efficacy of App-Based Cognitive Behavioral Therapy for Body Dysmorphic Disorder with Coach Support: Initial Randomized Controlled Clinical Trial"/Invited Speaker Center for Innovation in Digital Healthcare journal club, MGH, Virtual
2023	"Digital Mental Health"/Invited Speaker CBT seminar, Department of Psychiatry, MGH, Virtual
2023	"Overview of Fellowship and HMS promotion"/Invited Speaker Post-Doctoral Fellowship Professional Development seminar, Department of Psychiatry, MGH, Virtual
2023	"Cognitive Behavior Therapy for OCD"/Invited Speaker MGH Psychiatry Academy Psychopharmacology
2023	"The evolution of digital mental health interventions"/Invited Speaker Laurie Center for Autism, MGH
2024	"Digital Mental Health: Opportunities and Challenges"/Invited Speaker Center for Precision Psychiatry Seminar, Department of Psychiatry, MGH
2024	"Digital Mental Health"/Invited Speaker CBT seminar, Department of Psychiatry, MGH, Virtual
2024	"Overview of Fellowship and HMS promotion"/Invited Speaker Post-Doctoral Fellowship Professional Development seminar, Department of Psychiatry, MGH, Virtual
2024	"Cognitive Behavioral Therapy and Digital Interventions for OCD and Obsessive-Compulsive Related Disorders"/Invited Speaker MGH Psychiatry Academy Psychopharmacology

- 2025 "The Secrets of My Success"/Invited Speaker
Depression Clinical and Research Program (DCRP), Department of Psychiatry, MGH, Virtual
- 2025 "Transforming Mental Healthcare with Digital Tools and Artificial Intelligence: Opportunities and Challenges"/Invited Speaker
15th Olga Danieli-Fava Lecture in Psychotherapy, Mass General Brigham Academic Medical Centers Psychiatry Department Grand Rounds
- 2025 "CORD/CDMH Research"/Invited Speaker
MGB Psychiatry Department Research Connections, Department of Psychiatry, MGH, Virtual
- 2026 "Mind Meets Machine: Mental Health, AI, and the Ethics of Care"/Invited Panelist
Harvard Business School Association; Harvard Club of Boston, Boston, MA
- 2026 "Scaling Evidence-Based Care: The Role of Digital Mental Health and AI"/Invited Speaker
Digital Health Seminar, MGH/McLean Child and Adolescent Psychiatry Fellows, MGB Department of Psychiatry

Report of Regional, National and International Invited Teaching and Presentations

No presentations below were sponsored by outside entities

Those presentations below sponsored by outside entities are so noted and the sponsor(s) is (are) identified.

Regional

- 2000 "The Nature and Treatment of Obsessive Compulsive Disorder"/ Invited Speaker
Brandeis University, Waltham, MA
- 2006 "New Developments in the Treatment of Body Dysmorphic Disorder"/Invited Colloquium Speaker
Emerson College, Boston, MA
- 2006 "Imagined Ugliness: The Clinical Picture and Treatment of Body Dysmorphic Disorder"/Invited Colloquium Speaker
Boston University, Boston MA
- 2007 "Body Dysmorphic Disorder"/ Invited Speaker, Grand Rounds
Lemuel Shattuck Hospital, Jamaica Plain, MA
- 2007 "Imagined Ugliness: Understanding and Treating Body Dysmorphic Disorder"/ Invited Speaker, Grand Rounds
Institute of Living, Hartford, CT

- 2007 "CBT Basics: Treatment Structure and Techniques", "Mood Disorders: Cognitive Behavioral Therapy and Pharmacotherapy Treatment Approaches"/Invited Speaker
InterContinental Boston, Boston, MA
- 2007 "Imagined Ugliness: Understanding and Treating Body Dysmorphic Disorder"/Invited Speaker, Grand Rounds
University of Massachusetts Medical School, Department of Psychiatry, Worcester, MA
- 2008 "Recognizing and Treating Body Dysmorphic Disorder"/Invited Speaker, Grand Rounds
North Shore Medical Center, Salem, MA
- 2008 "Cognitive Therapy for OCD"/Invited Speaker
The Annual Psychiatry Conference of Baystate Health, Department of Psychiatry: Obsessive Compulsive Disorder: An Advanced Practice Seminar, Holyoke, MA
- 2009 "Mirrors of Deception: Recognizing and Treating Body Dysmorphic Disorder"/Invited Speaker, Grand Rounds
Bay State Medical Center, Springfield, MA
- 2009 "OCD: What Do We Know?"/Invited Speaker, Grand Rounds
Dartmouth Hitchcock Medical Center, Lebanon, NH
- 2010 "Treating Spectrum Disorders-I: Body Dysmorphic"/Invited Speaker
IOCDF Behavior Therapy Training Institute, Boston, MA
- 2011 "Body Dysmorphic Disorder and Cosmetic Treatment"
Boston University School of Medicine, Boston, MA
- 2011 "Comprehensive Behavioral Intervention for Tourette Syndrome"
Tourette Syndrome Association Behavior Therapy Institute, Boston, MA
- 2011 "Cruel Reflections: The Nature and Treatment of Body Dysmorphic Disorder"/Invited Speaker
Walden Behavioral Care, Waltham, MA
- 2012 "Understanding and Treating Tic Disorders: The Comprehensive Behavioral Intervention for Tics"/Invited Speaker
Northeastern University, Boston, MA
(Tourette Syndrome Association/Center for Disease Control Partnership)
- 2013 "Cognitive Behavioral Therapy for Body Dysmorphic Disorder"
Advanced Behavioral Medicine Seminar, Cambridge Health Alliance, Somerville, MA
- 2013 "OCD Spectrum Disorders: Recent Findings, Current Directions, and Future Challenges"

Boston Medical Center, Boston, MA

- 2013 "Treating Spectrum Disorders: Body Dysmorphic"/Invited Speaker
IOCDF Behavior Therapy Training Institute, Boston, MA
- 2013 "OCD Spectrum Disorders: Recent Findings, Current Directions, and Future Challenges"
St. Elizabeth's Medical Center, Department of Psychiatry, Boston, MA
- 2013 "Understanding and Treating Tic Disorders: The Comprehensive Behavioral Intervention for Tics"/Invited Speaker
Center for Effective Child Therapy, Judge Baker Children's Center, Boston MA
- 2014 "Treating Spectrum Disorders: Body Dysmorphic"/Invited Speaker
IOCDF Behavior Therapy Training Institute, Boston, MA
- 2015 Boston University Clinical Colloquium Professional Development Panel/Invited Speaker
Boston University, Boston MA
- 2016 "Treating Spectrum Disorders: Body Dysmorphic Disorder"/Invited Speaker
IOCDF Behavior Therapy Training Institute, Boston, MA
- 2017 "Cognitive Interventions in Body Dysmorphic Disorder"/Invited Speaker
IOCDF Advanced Behavior Therapy Training Institute, Boston, MA
- 2017 "Imagined Ugliness: The Cognitive Behavioral Treatment of Body Dysmorphic Disorder"/Invited Speaker
Brattleboro Retreat, Agawam, MA
- 2018 Clinical Psychology Colloquium Career Panel/Invited Panelist
Boston University, Boston MA
- 2018 "Cognitive Interventions to Facilitate Engagement in BDD Treatment"/Invited Speaker
IOCDF Advanced Behavior Therapy Training Institute, Boston, MA
- 2019 "Treating Spectrum Disorders: Body Dysmorphic Disorder"/Invited Speaker
IOCDF Behavior Therapy Training Institute, Portsmouth, NH
- 2022 "Addressing the Crisis in Mental Health Care Through Digital Technologies"/Invited Speaker
MGH Leadership Council for Psychiatry, Boston, MA
- 2023 "Current Trends in Technology-Based Mental Health Care"/Invited Speaker
Salem Hospital Department of Psychiatry Grand Rounds, Salem, MA
- 2023 "Current Trends in Digital Mental Health"/Invited Speaker
Tufts Medical Center Department of Psychiatry Grand Rounds, Boston, MA

2026	"Digital Innovation and Artificial Intelligence in Mental Health Care: Promise, Evidence, and Pitfalls"/Invited Keynote Speaker MIT Department of Chemistry Colloquium Series: Research on the Mind, Cambridge, MA
National	
1998	"Cognitive Therapy for Obsessive Compulsive Disorder"/Invited Speaker (abstract) 32 nd Annual Convention of the Association for the Advancement of Behavior Therapy, Washington, DC
1998	"Inhibitory Dysfunction in Body Dysmorphic Disorder"/Invited Speaker (abstract) 32 nd Annual Convention of the Association for Advancement of Behavior Therapy, Washington, DC
2001	"Repetitive Body-Focused Behavior Disorders: Birds of a Feather or Apples and Oranges?"/Panelist (abstract) 35 th Annual Convention of the Association for Advancement of Behavior Therapy, Philadelphia, PA
2001	"Key Factors to Understanding Body Dysmorphic Disorder"/Invited Discussant (abstract) 35 th Annual Convention of the Association for Advancement of Behavior Therapy, Philadelphia, PA
2001	"Advances in the Assessment and Treatment of the Obsessive-Compulsive Spectrum Disorders"/Workshop Presenter (abstract) 35 th Annual Convention of the Association for Advancement of Behavior Therapy, Philadelphia, PA
2002	"The Treatment of Obsessive Compulsive Disorder without Behavioral Compulsions"/Panel Moderator (abstract) 9 th Annual Convention of the OC Foundation, Philadelphia, PA
2003	"New Developments in the Treatment of OC-spectrum disorders"/Invited Speaker (abstract) 10 th Annual Convention of the OC Foundation, Nashville, TN
2003	"New Advances in the Cognitive Treatment of Obsessive Compulsive Disorder"/Invited Speaker (abstract) 10 th Annual Convention of the OC Foundation, Nashville, TN
2003	"Cognitive and Behavioral Treatment Procedures for Obsessive Compulsive Disorder: Methods and Mechanisms"/Panelist (abstract) 37 th Annual Convention of the Association for the Advancement of Behavior Therapy, Boston, MA
2003	"Insight in Obsessive Compulsive Disorder and Body Dysmorphic Disorder"/Invited Discussant (abstract)

- 37th Annual Convention of the Association for the Advancement of Behavior Therapy, Boston, MA
- 2003 "Mechanisms and Predictors of Effective Obsessive Compulsive Disorder Treatment"/Chair (abstract)
37th Annual Convention of the Association for the Advancement of Behavior Therapy, Boston, MA
- 2004 "New Treatment Strategies for Obsessive Compulsive Disorder"/Invited Speaker
Beck Institute, Philadelphia, PA
- 2004 "Multisite Study of Predictors of Treatment Outcome for Obsessive Compulsive Disorder"/Invited Speaker
11th Annual Convention of the OC Foundation, Chicago, IL
- 2005 "Addressing Maladaptive Beliefs and Information Processing Biases in BDD Treatment"/Invited Speaker
UCLA, Los Angeles, CA
- 2006 "Cognitive Treatment Strategies for BDD"/Invited Speaker
Neysa Jane Foundation Annual BDD Conference, Hempstead, NY
- 2006 "Recent Advances in the Assessment and Cognitive Treatment of OCD"/Workshop Presenter (abstract)
40th Annual Convention of the Association for the Advancement of Behavior Therapy, Chicago, IL
- 2006 "Imagined Ugliness: Advances in the Study of Body Dysmorphic Disorder"/Chair (abstract)
40th Annual Convention of the Association for the Advancement of Behavior Therapy, Chicago, IL
- 2006 "CBT for Tic Disorders: Processes, Principles and Practice"/Invited Discussant (abstract)
40th Annual Convention of the Association for the Advancement of Behavior Therapy, Chicago, IL
- 2006 "Cognitive Behavioral Management of Tic Disorders"/Panelist (abstract)
40th Annual Convention of the Association for the Advancement of Behavior Therapy, Chicago, IL
- 2006 "Treatments for OCD: Case Conceptualizations, Treatment Procedures, and Mechanisms of Change"/Panelist (abstract)
40th Annual Convention of the Association for the Advancement of Behavior Therapy, Chicago, IL
- 2006 "Overcoming OCD with Cognitive Strategies"/Invited Speaker
13th Annual Convention of the OC Foundation, Atlanta, GA

- 2006 "Overcoming Appearance Concerns with Cognitive Behavioral Strategies"/Invited Speaker
13th Annual Convention of the OC Foundation, Atlanta, GA
- 2007 "The Nature and Treatment of Body Dysmorphic Disorder"/Invited Colloquium Speaker
University of Wisconsin-Milwaukee, Milwaukee, WI
- 2007 "Imagined Ugliness: Cognitive Behavioral Treatment for Body Dysmorphic Disorder"
14th Annual Convention of the OC Foundation, Houston, TX
- 2007 "OCD Grand Rounds"/Panelist
14th Annual Convention of the OC Foundation, Houston, TX
- 2007 "Cognitive Behavioral Therapy: Increasing Treatment Expertise"/Invited Keynote Speaker
13th Annual Jollif Memorial Lecture, Providence DePaul Center, Waco, TX
- 2007 "Evidence-Based Psychotherapies: Indications, Outcomes, and Common Elements"/Invited Speaker
MGH Psychiatry Academy, Chicago, IL
- 2007 "Comprehensive Behavioral Management of Tic Disorders in Children and Adults"/Panelist (abstract)
41st Annual Convention, Association for Behavioral and Cognitive Therapies, Philadelphia, PA
- 2007 "Must CBT for Anxiety Disorders Be So Threatening? Finding a Positive Role for Neutralizing Behaviors During Treatment"/Panelist (abstract)
41st Annual Convention, Association for Behavioral and Cognitive Therapies, Philadelphia, PA
- 2007 "New Approaches to an Old Problem: OCD Treatment Outcomes Using ACT, CT, CBT, and a Unified Protocol"/Invited Discussant (abstract)
41st Annual Convention, Association for Behavioral and Cognitive Therapies, Philadelphia, PA
- 2008 "OCD and Related Disorders: Multimodal Treatment Approaches"/Invited Speaker
MGH Psychiatry Academy, Washington, D.C.
- 2008 "OCD and Related Disorders: Multimodal Treatment Approaches"/Invited Speaker
MGH Psychiatry Academy, Seattle, WA
- 2008 "Novel Biobehavioral and Technology-Supported Approaches in Anxiety Disorders"/Invited Discussant (abstract)
42nd Annual Convention, Association for Behavioral and Cognitive Therapies, Orlando, FL

- 2008 "Recent Advances in Understanding Vulnerability and Risk for Obsessive Compulsive Disorder"/Invited Discussant (abstract)
42nd Annual Convention, Association for Behavioral and Cognitive Therapies, Orlando, FL
- 2008 "Cognitive Behavior Therapy for Imagined Ugliness"/Invited Speaker
15th Annual Convention of the OC Foundation, Boston, MA
- 2008 "Adapting CBT for Ethnic Minorities, Children and Adolescents with BDD"/Invited Speaker
15th Annual Convention of the OC Foundation, Boston, MA
- 2008 "D-Cylcoserine Augmentation of Behavior Therapy"/Invited Speaker
15th Annual Convention of the OC Foundation, Boston, MA
- 2008 "Treatment of Body Dysmorphic Disorder"/Workshop Presenter (abstract)
116th Annual Conference of the American Psychological Association, Boston, MA
- 2009 "Modular Cognitive Behavioral Therapy: A New Treatment for Body Dysmorphic Disorder"/Invited Speaker
28th Annual Conference of the Anxiety Disorders Association of America, Santa Ana Pueblo, NM
- 2009 "Latest Advances in our Understanding of the Nature and Treatment of Body Dysmorphic Disorder"/Invited Speaker
16th Annual Convention of the OC Foundation, Minneapolis, MN
- 2009 "CBT for BDD"/Invited Speaker
16th Annual Convention of the OC Foundation, Minneapolis, MN
- 2009 "Comprehensive Behavioral Intervention for Tics"/Invited Speaker
Tourette Syndrome Association-Center for Disease Control Program, Adelphi, MD
- 2009 "Advances in the Treatment of Tourette Syndrome"/Invited Speaker
Tourette Syndrome Association-Center for Disease Control Program, Williamsburg, VA
- 2009 "Adult CBITS: Methods, Baseline Sample, and Primary Outcomes"/Invited Speaker (abstract)
43rd Annual Convention of the Association for Behavioral and Cognitive Therapies, New York, NY
- 2010 "Imagined Ugliness: Latest Advances in the Conceptualization and Treatment of Body Dysmorphic Disorder"/Invited Speaker, Grand Rounds
North Shore University Hospital & Long Island Jewish Medical Center, Manhasset, NY
- 2010 "Barriers to Treatment Utilization and Research Participation Amongst Ethnic Minorities with Anxiety Disorders"/Invited Discussant

- 30th Annual Conference of the Anxiety Disorders Association of America, Baltimore, MD
- 2010 "Careers in OCD: Which Path Makes Sense for Me?"/Invited Speaker
17th Annual Conference of the International OCD Foundation, Washington, D.C.
- 2011 "Conceptualization and Cognitive Behavioral Treatment of Body Dysmorphic Disorder: A Translational Perspective"/Invited Speaker
31st Annual Conference of the Anxiety Disorders Association of America, New Orleans, LA
- 2011 "New Developments in the Conceptualization and Cognitive Behavioral Therapy of Obsessive Compulsive Spectrum Disorders"/Invited Chair
31st Annual Conference of the Anxiety Disorders Association of America, New Orleans, LA
- 2011 "Comprehensive Behavioral Intervention for Tics"/Invited Speaker
Tourette Syndrome Association-Center for Disease Control Program, Albert Einstein College of Medicine, Bronx, NY
- 2011 "Comprehensive Behavioral Intervention for Tics (CBIT)"/Invited Speaker
Child Study Center, New York University, New York, NY
- 2011 "Cruel Reflections: What you need to know about treating Body Dysmorphic Disorder"/Invited Speaker, Advanced Behavior Therapy Training Institute (ABTTI)
18th Annual Conference of the International OCD Foundation, San Diego, CA
- 2011 "Careers in OCD: Which Path Makes Sense for Me?"/Panelist
18th Annual Conference of the International OCD Foundation, San Diego, CA
- 2011 "Latest Advances: A closer look at variants of obsessive compulsive and related disorders"/Invited Discussant
18th Annual Conference of the International OCD Foundation, San Diego, CA
- 2011 "DSM-5 Update: Obsessive-Compulsive Spectrum Disorders"/Moderator
18th Annual Conference of the International OCD Foundation, San Diego, CA
- 2012 "Comprehensive Behavioral Intervention for Tics (CBIT)"/Invited Speaker
Howard University, Washington DC
- 2012 "Cognitive-Behavioral Therapy for Body Dysmorphic Disorder"/Workshop Presenter
32nd Annual Conference of the Anxiety Disorders Association of America, Arlington, VA
- 2012 "Information Processing Biases and Cognitive Behavioral Treatment of Body Dysmorphic Disorder"/Invited Speaker (abstract)
165th Annual Meeting of the American Psychiatric Association, Philadelphia, PA

- 2012 "Career in OCD: Which path makes sense for me?"/Invited Speaker
19th Annual Conference of the International OCD Foundation, Chicago, IL
- 2012 "Ask the Experts: Question and Answer Session on Body Dysmorphic Disorder (BDD)"/Invited Speaker
19th Annual Conference of the International OCD Foundation, Chicago, IL
- 2012 "Comprehensive Behavioral Interventions for Tics"/Invited Speaker (abstract)
19th Annual Conference of the International OCD Foundation, Chicago, IL
- 2012 "Cutting-Edge Assessment and Treatment of Tic Disorders"/Invited Discussant (abstract)
46th Annual Convention, Association for Behavioral and Cognitive Therapies, National Harbor, MD
- 2012 "OCD: New Insights from the Laboratory for the Clinic"/Invited Discussant (abstract)
46th Annual Convention, Association for Behavioral and Cognitive Therapies, National Harbor, MD
- 2012 "Cognitive Processing in Body Dysmorphic and Related Disorders"/Invited Discussant (abstract)
46th Annual Convention, Association for Behavioral and Cognitive Therapies, National Harbor, MD
- 2013 "Comprehensive Behavioral Interventions for Tics"/Invited Speaker
Tourette Syndrome Association-Center for Disease Control Program, C.R.E.A.T.E., Manchester, New Hampshire
- 2013 "Recent Research Findings on Body Dysmorphic Disorder"/Invited Speaker
20th Annual Conference of the International OCD Foundation, Atlanta, GA
- 2013 "Ask the Experts: Q&A Session on Body Dysmorphic Disorder"/Invited Speaker
20th Annual Conference of the International OCD Foundation, Atlanta, GA
- 2013 "Repetitive Behaviors Across the Disorders: A Transdiagnostic Framework"/Invited Discussant
47th Annual Convention, Association for Behavioral and Cognitive Therapies, Nashville, TN
- 2013 "Imagined Ugliness: Understanding and Treating Body Dysmorphic Disorder"/Workshop Presenter (abstract)
47th Annual Convention, Association for Behavioral and Cognitive Therapies, Nashville, TN
- 2013 "Updates in the Phenomenology of Tourette Disorder: New Directions for Treatment"/Invited Discussant
47th Annual Convention, Association for Behavioral and Cognitive Therapies, Nashville, TN

- 2013 "Body Image Disturbance Across Medical Populations: Implications for Interventions"/Invited Discussant
47th Annual Convention, Association for Behavioral and Cognitive Therapies, Nashville, TN
- 2014 "Getting CBT to Those Who Need It"/Invited Speaker
34th Annual Conference of the Anxiety Disorders Association of America, Chicago, IL
- 2014 "Latest Advances in Body Dysmorphic Disorder: Conceptualization and Treatment"/Invited Speaker
34th Annual Conference of the Anxiety Disorders Association of America, Chicago, IL
- 2014 "Results from Four IOCDF Grant-Funded Projects"/Invited Discussant
21st Annual Conference of the International OCD Foundation, Los Angeles, CA
- 2014 "Ask the Experts: Q&A Session on Body Dysmorphic Disorder"/Invited Panelist
21st Annual Conference of the International OCD Foundation, Los Angeles, CA
- 2014 "Role of Insight in the Treatment of OCD Related Disorders"/Invited Panelist
21st Annual Conference of the International OCD Foundation, Los Angeles, CA
- 2014 "New Research Findings on Body Dysmorphic Disorder"/Invited Discussant
21st Annual Conference of the International OCD Foundation, Los Angeles, CA
- 2014 "Getting CBT to Those Who Need It"/Invited Speaker
21st Annual Conference of the International OCD Foundation, Los Angeles, CA
- 2014 "Imagined Ugliness: Treating Body Dysmorphic Disorder"/Invited Speaker
OCD Symposium, University of Florida, Jacksonville, FL
- 2014 "Combining Clinical Research and Neuroscience: The Good, the Bad, and the Ugly"/Invited Speakers
Neurocognitive Therapies/Translational Research Special Interest Group, 48th Annual Convention, Association for Behavioral and Cognitive Therapies, Philadelphia, PA
- 2014 "Expanding Our Understanding of Obsessive-Compulsive-Related Disorders Through the Study of Emotions Beyond Anxiety"/Invited Discussant (abstract)
48th Annual Convention, Association for Behavioral and Cognitive Therapies, Philadelphia, PA
- 2014 "Recent Advances in Understanding and Treating OCD: Mechanisms of Change and Novel Treatment Targets"/Invited Speaker (abstract)
48th Annual Convention, Association for Behavioral and Cognitive Therapies, Philadelphia, PA

- 2014 "Plugging the Leaky Pipeline: Mentoring Women in Clinical Psychology"/Invited Panelist
48th Annual Convention, Association for Behavioral and Cognitive Therapies, Philadelphia, PA
- 2014 "Emotion Regulation Across Obsessive-Compulsive Spectrum Disorders"/Invited Discussant
48th Annual Convention, Association for Behavioral and Cognitive Therapies, Philadelphia, PA
- 2015 "Appearance: From Concern to Obsession"/Invited Speaker
MGH Leadership Council for Psychiatry, Palm Beach, FL
- 2015 "Pharmacotherapy Relapse Prevention in Body Dysmorphic Disorder: Background, Rationale, and Open Trial Outcomes"/Invited Speaker
3rd Annual New England OCD Research Symposium, Orange, CT
- 2015 "How to Conceptualize and Treat Co-Morbid PTSD and OCD"/Invited Discussant
35th Annual Conference of the Anxiety Disorders Association of America, Miami, FL
- 2015 "Early Career Research: Strategies for Getting Funded"/Invited Speaker
35th Annual Conference of the Anxiety Disorders Association of America, Miami, FL
- 2015 "Updates in Understanding Body Dysmorphic Disorder: Treatment Advances and Research on Co-occurring Suicidality" (abstract)
35th Annual Conference of the Anxiety Disorders Association of America, Miami, FL
- 2015 "Comprehensive Behavioral Intervention for Tics (CBIT)/Invited Speaker
Adelphi University, Hauppauge, NY (Tourette Syndrome Association-Center for Disease Control Program/Suffolk County Psychological Association)
- 2015 "Comprehensive Behavioral Intervention for Tics (CBIT)/Invited Speaker
York College in Queens, NY (Tourette Syndrome Association-Center for Disease Control Program/New York State Society for Clinical Social Workers)
- 2015 "Behavioral Approaches for Treating TS and OCD"/Invited Speaker
Online Webinar (Tourette Syndrome Association-Center for Disease Control Program and the International OCD Foundation)
- 2015 "Pharmacotherapy Relapse Prevention in Body Dysmorphic Disorder: Background, Rationale, and Phase I Trial"/Invited Speaker
International OCD Foundation Annual Conference, Boston, MA
- 2015 "Ask the Experts: Q and A session on BDD"/Moderator
International OCD Foundation Annual Conference, Boston, MA

- 2015 "Careers in Clinical Psychology: Which Path Makes Sense for Me?"/Invited Panelist (abstract)
49th Annual Convention, Association for Behavioral and Cognitive Therapies, Chicago, IL
- 2015 "Negotiating Your First Position and Beyond"/Invited Panelist (abstract)
49th Annual Convention, Association for Behavioral and Cognitive Therapies, Chicago, IL
- 2015 "OCD and Related Conditions in Youth: Perspectives on Understanding and Capitalizing on the New Classification System"/Invited Panelist (abstract)
49th Annual Convention, Association for Behavioral and Cognitive Therapies, Chicago, IL
- 2016 "Having it 'All' and Where to Put it: Living your Values at Work and at Home"/Invited Panelist
36th Annual Conference of the Anxiety Disorders Association of America, Philadelphia, PA
- 2016 "Advancing your Career in Research and Practice"/Invited Speaker
36th Annual Conference of the Anxiety Disorders Association of America, Philadelphia, PA
- 2016 "Latest Advances in OCD"/Invited Speaker
36th Annual Conference of the Anxiety Disorders Association of America, Philadelphia, PA
- 2016 "Imagined Ugliness: Understanding and Treating Body Dysmorphic Disorder"/Invited Speaker
Weill Cornell Medical College, New York City, NY (NYC-CBT Association)
- 2016 "Comprehensive Behavioral Intervention for Tics (CBIT)/Invited Speaker
Hofstra, NY (Tourette Association of America-Center for Disease Control Program)
- 2016 "Body Dysmorphic Disorder"/Research Symposium Moderator
International OCD Foundation Annual Conference, Chicago, IL
- 2016 "Reflecting on BDD: Recent Findings and Implications for Treatment"/Invited Speaker
International OCD Foundation Annual Conference, Chicago, IL
- 2016 "50 Years of Exposure and Response Prevention for OCD: Past, Present, and Future"/Panelist
International OCD Foundation Annual Conference, Chicago, IL
- 2016 "Advances in Specialized Treatments for Complex Obsessive Compulsive Disorder and Body Dysmorphic Disorder"/Invited Speaker

International OCD Foundation Annual Conference, Chicago, IL

- 2016 “Staying Relevant in the ‘Brain Age’: How to Incorporate Biological Measures and Mechanisms to Fund Your Psychosocial Research”/Panelist
50th Annual Convention, Association for Behavioral and Cognitive Therapies, New York City, NY

- 2016 Master clinician seminar: “Comprehensive Behavioral Intervention for Tics (CBIT)”/Invited Speaker
50th Annual Convention, Association for Behavioral and Cognitive Therapies, New York City, NY

- 2016 “50 Years of Cognitive-Behavioral Treatment for OCD: Past, Present, and Future”/Panelist
50th Annual Convention, Association for Behavioral and Cognitive Therapies, New York City, NY

- 2016 “Women and their Careers in Psychology”/ Invited Speaker
50th Annual Convention, Association for Behavioral and Cognitive Therapies, New York City, NY

- 2017 “(Brief) Intensive CBT for OCD”/ Invited Speaker
37th Annual Conference of the Anxiety Disorders Association of America, San Francisco, CA

- 2017 “Overvalued ideation as a transdiagnostic feature across psychiatric disorders/Invited Discussant
29th Annual Convention of the Association for Psychological Science, Boston, MA

- 2017 “Group CBT Treatment for Body Dysmorphic Disorder”/ Invited Speaker
International OCD Foundation Annual Conference, San Francisco, CA

- 2017 “Understanding and Treating Body Dysmorphic Disorder”/ Invited Speaker
International OCD Foundation Annual Conference, San Francisco, CA

- 2017 “Cognitive-Behavioral Therapy versus Supportive Psychotherapy for Body Dysmorphic Disorder: A Randomized Controlled Trial”/ Invited Speaker
51st Annual Convention, Association for Behavioral and Cognitive Therapies, San Diego, CA

- 2017 “Mechanisms of Change in Cognitive-Behavioral Therapy for Body Dysmorphic Disorder”/ Invited Speaker (abstract)
51st Annual Convention, Association for Behavioral and Cognitive Therapies, San Diego, CA

- 2017 “Breaking Through the Ivory Ceiling: Strategies and Successes for Women in Psychology and the Clinical Sciences”/Panelist
51st Annual Convention, Association for Behavioral and Cognitive Therapies, San Diego, CA

- 2017 "Careers in Clinical Psychology: Which Path Makes Sense for Me? "/Panelist
51st Annual Convention, Association for Behavioral and Cognitive Therapies, San Diego, CA
- 2018 "Cognitive-Behavioral Therapy Versus Supportive Psychotherapy for Body Dysmorphic Disorder: A Randomized Controlled Trial"/Invited Speaker
38th Annual Conference of the Anxiety Disorders Association of America, Washington, D.C.
- 2018 "Cognitive Behavioral Treatment of Body Dysmorphic Disorder"/Invited Speaker
Association for Behavioral and Cognitive Therapies Live Webinar
- 2018 "A Randomized Controlled Trial of Cognitive Behavioral Therapy versus Supportive Psychotherapy for Body Dysmorphic Disorder"/Invited Speaker
American Psychiatric Association Annual Conference, New York City, NY
- 2018 "A Randomized Controlled Trial of Cognitive Behavioral Therapy versus Supportive Psychotherapy for Body Dysmorphic Disorder"/Invited Speaker
International OCD Foundation Annual Conference, Washington, DC
- 2018 "Essential Components in the Treatment of Body Dysmorphic Disorder"
International OCD Foundation Annual Conference, Washington, DC
- 2018 "Ask the Experts: Q & A Session on Body Dysmorphic Disorder"/Panelist
International OCD Foundation Annual Conference, Washington, DC
- 2018 "Severe OCD and Related Disorders: Therapeutic Models for Recovery"/Invited Speaker
International OCD Foundation Annual Conference, Washington, D.C.
- 2018 "CBT in the Digital Age: Enhancing Effectiveness and Reach of Research and Psychotherapy"/Invited Speaker
Presidential Address, 52nd Annual Convention, Association for Behavioral and Cognitive Therapies, Washington D.C.
- 2019 "Technology-based Advances in Mental Health"/Invited Speaker
Beck Institute Excellence Summit, Philadelphia, PA
- 2019 "Careers in Clinical Psychology: Which Path Makes Sense For Me?"/Panelist
53rd Annual Convention, Association for Behavioral and Cognitive Therapies, Atlanta, GA
- 2019 "A New Smartphone App for Body Dysmorphic Disorder: Development and Pilot Testing"/Invited Speaker
53rd Annual Convention, Association for Behavioral and Cognitive Therapies, Atlanta, GA

- 2019 "Expanding the Reach of CBT Through Community, Industry, and Neuroscience Partnerships"/Panelist
53rd Annual Convention, Association for Behavioral and Cognitive Therapies, Atlanta, GA
- 2019 "Ladies First! Perspectives and Pointers From Four Past Presidents for Women Pursuing a Path in the Profession"/Panelist
53rd Annual Convention, Association for Behavioral and Cognitive Therapies, Atlanta, GA
- 2020 "Cognitive Behavioral Therapy for OCD"/Invited Speaker
Online Webinar (Tourette Syndrome Association-Center for Disease Control Program)
- 2020 Leveraging Technology to Enhance Mental Health Care/Invited Keynote Presenter
International Association of Eating Disorders Professionals Convention, Orlando, FL
- 2020 Understanding and Treating Body Dysmorphic Disorder/Invited Speaker
International Association of Eating Disorders Professionals Convention, Orlando, FL
- 2020 "Smartphone-delivered Cognitive Behavioral Therapy for Body Dysmorphic Disorder"/Invited Speaker
International OCD Foundation Annual Conference, Virtual
- 2020 "Commonly Asked Questions About Body Dysmorphic Disorder"/Invited Panelist
International OCD Foundation Annual Conference, Virtual
- 2020 "Professional networking: Phillips and Wilhelm"/Invited Speaker
International OCD Foundation Annual Conference, Virtual
- 2020 "Technology Use in Mental Healthcare: Real Life Opportunities and Challenges"/Invited Panelist
54th Annual Convention, Association for Behavioral and Cognitive Therapies, Virtual
- 2020 "Toward Personalization: Examining Cognitive Risk Factors for Obsessive-Compulsive Disorder"/Invited Speaker
54th Annual Convention, Association for Behavioral and Cognitive Therapies, Virtual
- 2020 "Best Practices in Disseminating CBT Through Digital Apps"/Invited Speaker
54th Annual Convention, Association for Behavioral and Cognitive Therapies, Virtual
- 2021 "Development and Pilot Testing of a Smartphone-Delivered Cognitive Behavioral Therapy (CBT) for Body Dysmorphic Disorder"/Invited Speakers
Annual Convention, Anxiety and Depression Association of America, Virtual

- 2021 "Fail Better! Deriving Insights and Inspiration from Treatment-resistant Cases"/Panelist
Annual Convention, Anxiety and Depression Association of America, Virtual
- 2021 "Current Trends in Technology-Based Mental Health Care"/Invited Speaker
Department of Psychiatry Grand Rounds, Montefiore Medical Center, The University Hospital for Albert Einstein College of Medicine, Virtual
- 2021 "How To Develop and Test a Smartphone-App: A New Treatment for Body Dysmorphic Disorder"/Invited Speaker
American Society of Clinical Psychopharmacology, Virtual
- 2021 "Body Dysmorphic Disorder Research"/Invited Panelist
International OCD Foundation Webinar, Virtual
- 2021 "Specialized Treatments for Complex OCD and Body Dysmorphic Disorder: An International Perspective"/Invited Speaker
International OCD Foundation Annual Conference, Virtual
- 2021 "Mobile Apps for Depression and Anxiety Disorders: Promises and Pitfalls" Invited Speaker
Annual Convention, Association for Behavioral and Cognitive Therapies, Virtual
- 2021 "Cognitive Behavioral Therapy for Obsessive-compulsive and Related Disorders: How, When, and Why It Works"/Invited Speaker
Annual Convention, Association for Behavioral and Cognitive Therapies, Virtual
- 2021 "Efficacy of App-based Cognitive Behavioral Therapy for Body Dysmorphic Disorder with Coach Support: A Randomized Clinical Trial"/Invited Speaker
Annual Convention, Association for Behavioral and Cognitive Therapies, Virtual
- 2021 "Leveraging Technology to Enhance Mental Health Care"/Invited Speaker
University of Washington BRiTE Center, Department of Psychiatry and Behavioral Sciences, Virtual
- 2022 "Transforming Mental Health Interventions: Smartphone apps and Beyond"/Invited Speaker
Digital Mental Health Lecture Series, The Center for Behavioral Intervention Technologies (CBITs), Northwestern University
- 2022 "Understanding and Treating Body Dysmorphic Disorder"/Invited Speaker
Department of Psychiatry Grand Rounds, University of Rochester, Virtual
- 2022 "Efficacy of App-based Cognitive Behavioral Therapy for Body Dysmorphic Disorder with Coach Support: A Randomized Clinical Trial"/Invited Speaker
Anxiety and Depression Association of America Annual Conference, Denver, Colorado

- 2022 “Targeted Cognitive Interventions for Anxiety, Depression, and Related Disorders: Promoting New Frontiers for Translational Science”/Invited Speaker
Anxiety and Depression Association of America Annual Conference, Denver, Colorado
- 2022 “Current Trends in Digital Mental Health”/Invited Speaker
Stanford University School of Medicine, Department of Psychiatry Grand Rounds, Virtual
- 2022 “Current Trends in Digital Mental Health Q&A discussion”/Invited Speaker
Stanford University School of Medicine, Department of Psychiatry, Mental Health Technology and Innovation Hub, Virtual
- 2022 “Efficacy of App-based Cognitive Behavioral Therapy for Body Dysmorphic Disorder with Coach Support: A Randomized Clinical Trial”/Invited Speaker
International OCD Foundation Research Symposium, Virtual
- 2022 “Efficacy of App-based Cognitive Behavioral Therapy for Body Dysmorphic Disorder with Coach Support: A Randomized Controlled Trial”/Invited Speaker
International Society for Research on Internet Interventions, Pittsburgh, PA
- 2022 “Digital Mental Health Interventions: Investigations of the Use of Coaching, Text Messaging, and Patterns of Engagement”/Invited Discussant
Annual Convention, Association for Behavioral and Cognitive Therapies, New York City, NY
- 2022 “Careers in clinical psychology: Which path makes sense for me?”/Invited Panelist
Annual Convention, Association for Behavioral and Cognitive Therapies, New York City, NY
- 2022 “Latest advances in digital health”/Invited Speaker
Center for Behavioral Health and Technology, University of Virginia, Virtual
- 2023 “Efficacy of app-based Cognitive Behavioral Therapy for Body Dysmorphic Disorder with coach support: Predictors and long-term outcomes”/Invited Speaker
International OCD Foundation Annual Conference, San Francisco, CA
- 2023 “Cognitive-Behavioral Treatment of OCD and Related Disorders: New Directions”/Invited Keynote Address
National Alliance on Mental Illness (NAMI) Scientific Research Award, Washington, DC
- 2024 “Making Digital Interventions Accessible and Affordable”/Invited Panelist
Consumer Electronics Show (CES), Las Vegas, NV (sponsored by the American Psychological Association)
- 2024 “Digital Mental Health: Opportunities and Challenges”/Invited Speaker
New York-Presbyterian Hospital and Weill Cornell Medical College, Department of Psychiatry Grand Rounds, New York, New York

- 2024 "Digital Mental Health: Opportunities and Challenges"/Invited Speaker
Anxiety and Depression Association of America Annual Conference, Boston, MA
- 2024 "Ambitious Women: Being Them, Raising Them, and Mentoring Them"/Invited
panelist
Anxiety and Depression Association of America Annual Conference, Boston, MA
- 2024 "Ask Me Anything! Moderating: Academia & Industry Collaborations"/Invited
Moderator
Society for Digital Mental Health Annual Meeting, Virtual
- 2024 "Remarkable AI and Digital Health Care Companies – Advancing Digital
Technology Solutions"/Invited Panelist
Health Care AI and Technology Investor Summit (sponsored by Endeavor Venture
Funds and Foley & Lardner LLP)
- 2024 "Efficacy of Guided Smartphone-Based Cognitive Behavior Therapy: A
Randomized Controlled Trial"/Invited Speaker
International OCD Foundation Annual Conference, Orlando, Florida
- 2024 "Leveraging AI for Personalized Digital Therapeutics"/Invited Speaker
Emotion Regulation in the Age of AI and LLMs, Stanford Center for Affective
Science, Stanford, CA
- 2024 "AI and Digital Healthcare: From Strategies to Implementation - The Future is
Now"/Invited Panelist
Fifth Endeavor Venture Group and Mount Sinai Health System Healthcare AI and
Technology Investor Summit, New York, New York (Sponsored by Endeavor
Venture Group).
- 2024 "New Developments in CBT: How Do Clinicians Decide What to Choose and
When?"/Invited Panelist
Annual Convention, Association for Behavioral and Cognitive Therapies,
Philadelphia, Pennsylvania
- 2024 "Feasibility, Acceptability, and Preliminary Efficacy of a Smartphone App-led
Cognitive Behavioral Therapy for Depression Under Therapist Supervision"/Invited
Speaker
Annual Convention, Association for Behavioral and Cognitive Therapies,
Philadelphia, Pennsylvania
- 2024 "Efficacy of Guided Smartphone-Based CBT versus Healthwatch for OCD: A
Randomized Controlled Trial"/Invited Speaker
Annual Convention, Association for Behavioral and Cognitive Therapies,
Philadelphia, Pennsylvania
- 2025 "Transforming Mental Healthcare with Digital Tools and Artificial Intelligence:
Opportunities and Challenges"/Invited Speaker

Laureate Institute for Brain Research, Tulsa OK, Virtual

- 2025 "A Randomized Clinical Trial of App Cognitive Behavior Therapy vs. HealthWatch for OCD"/Invited Speaker
International OCD Foundation Annual Conference, Chicago, IL
- 2025 "Spotlight on Emerging International BDD Researchers"/Invited Discussant
International OCD Foundation Annual Conference, Chicago, IL
- 2025 "Treating Clients with Severe BDD: Case Presentation with Role Play and Panel Discussion"/Invited Panelist
International OCD Foundation Annual Conference, Chicago, IL
- 2025 "Harnessing AI to Improve Mental Health Care: Opportunities and Challenges"/Invited Panelist
Annual Convention, Association for Behavioral and Cognitive Therapies, New Orleans, LA
- 2025 "The Latest Technology Research across the Obsessive Compulsive and Related Disorders: Research from Academia and Industry, across Youth and Adults"/Invited Discussant
Annual Convention, Association for Behavioral and Cognitive Therapies, New Orleans, LA
- 2026 "Transforming Mental Healthcare with Digital Tools and Artificial Intelligence: Opportunities and Challenges"/Invited Speaker
Neurology Grand Rounds, Department of Neurology, Yale New Haven Hospital and Yale University
- 2026 "Extending Mental Health Care Beyond the Clinic: Innovations in Digital Monitoring and Intervention"/Invited Discussant
Anxiety and Depression Association of America Annual Conference, Chicago, IL
- 2026 "Treating Body Focused Repetitive Behaviors (BFRBs): Technology Advancements"/Invited Discussant
International OCD Foundation Annual Conference, Seattle, WA
- 2026 "Treating BDD is Different Than OCD: Keys for Effective Treatment of Body Dysmorphic Disorder with Role Play Demonstration"/Invited Panelist
International OCD Foundation Annual Conference, Seattle, WA
- 2026 "BDD Research Updates"/Invited Moderator
International OCD Foundation Annual Conference, Seattle, WA
- International**
1999 "CBT of Obsessions without Behavioral Rituals"/Panelist (abstract)
33rd Annual Convention of the Association for Advancement of Behavior Therapy, Toronto, Canada

- 2001 "Habit Reversal in Tourette's Disorder"/Invited Speaker (abstract)
4th Annual World Congress of Behavioral and Cognitive Therapies, Vancouver, Canada
- 2001 "Ratings of Facial Attractiveness in Body Dysmorphic Disorder"/Invited speaker (abstract)
4th Annual World Congress of Behavioral and Cognitive Therapies, Vancouver, Canada
- 2001 "Interpretation Bias in Body Dysmorphic Disorder"/Invited Speaker (abstract)
4th Annual World Congress of Behavioral and Cognitive Therapies, Vancouver, Canada
- 2005 "Imagined Ugliness: Cognitive Processes and Cognitive Behavioral Treatment in BDD"/Invited Speaker
University of Montreal, Montreal, Canada
- 2005 "OCD Spectrum Disorders: Behavioral Treatment of Tics, Body Dysmorphic Disorder, Skin Picking and Trichotillomania"/Invited Keynote Speaker
3rd Annual Colloquium, OCD Foundation, Montreal, Canada
- 2007 "Recent Advances in the Assessment and Cognitive Treatment for OCD"/Workshop Presenter (abstract)
5th Annual World Congress of Behavioral and Cognitive Therapies, Barcelona, Spain
- 2007 "Modular Cognitive Behavioral Therapy for Body Dysmorphic Disorder"/Invited Speaker (abstract)
5th Annual World Congress of Behavioral and Cognitive Therapies, Barcelona, Spain
- 2007 "D-Cycloserine Augmentation of Behavior Therapy for Obsessive Compulsive Disorder"/Invited Speaker (abstract)
5th Annual World Congress of Behavioral and Cognitive Therapies, Barcelona, Spain
- 2008 "Augmentation of Behavior Therapy with D-Cycloserine for Obsessive Compulsive Disorder"/Invited Speaker (abstract)
36th Annual Conference of the British Association for Behavioural & Cognitive Psychotherapies, Edinburgh, Scotland
- 2008 "Enhancing Treatment Response to Behavior Therapy with D-Cycloserine"/Invited Speaker
The International College of Obsessive Compulsive Spectrum Disorders (ICOCS) Inaugural Scientific Meeting, Barcelona, Spain
- 2009 "The New Wave of Combination Treatments: Facilitating Psychotherapy with Memory Enhancers"/Invited Keynote Speaker
Bunnik Symposium, Utrecht, Netherlands

- 2009 "Latest Advances in Behavior Therapy for Obsessive Compulsive Disorder and Body Dysmorphic Disorder"/Invited Speaker
Academic Medical Center, Department of Psychiatry, University of Amsterdam, Amsterdam, Netherlands
- 2009 "Behavior Therapy"/Chair
5th International Medical & Scientific Symposium on Tourette Syndrome, New York, NY
- 2009 "Individualizing CBT for Body Dysmorphic Disorder"/Pre-Conference Workshop Leader (abstract)
37th Annual Conference of the British Association for Behavioural and Cognitive Psychotherapies, University of Exeter, United Kingdom
- 2009 "The Methodology is the Message: New Advances in Understanding and Treating OCD"/Invited Discussant (abstract)
37th Annual Conference of the British Association for Behavioural and Cognitive Psychotherapies, University of Exeter, United Kingdom
- 2009 "Beauty and the Beast: The Nature and Treatment of Body Dysmorphic Disorder"/Keynote Speaker (abstract)
37th Annual Conference of the British Association for Behavioural and Cognitive Psychotherapies, University of Exeter, United Kingdom
- 2009 "Cruel Reflections: New Advances in Research on Body Dysmorphic Disorder"/Chair and Invited Discussant (abstract)
37th Annual Conference of the British Association for Behavioural and Cognitive Psychotherapies, University of Exeter, United Kingdom
- 2009 "Changing Thoughts and Beliefs to Reduce OCD Symptoms"/Workshop Leader (abstract)
39th Annual Conference of the European Association for Behavioural and Cognitive Therapies, Dubrovnik, Croatia
- 2009 "Modular Cognitive Behavioral Therapy for Body Dysmorphic Disorder: A Randomized Controlled Trial"/Invited Speaker (abstract)
39th Annual Conference of the European Association for Behavioural and Cognitive Therapies, Dubrovnik, Croatia
- 2010 "CBT Training in the US: Internships"/Invited Speaker
University of Marburg, Germany
- 2010 "Perceived Ugliness: Advances in the Study of Body Dysmorphic Disorder."/Invited Discussant (abstract)
6th Annual World Congress of Behavioral and Cognitive Therapies, Boston, MA
- 2011 "Psychotherapy of OCD and Related Disorders –State of the Art"/Keynote Speaker

Internationale Tagung in Prien am Chiemsee, Prien am Chiemsee, Germany

- 2011 "Cognitive behavioral therapy with Obsessive Compulsive Disorder patients"/Invited Speaker (abstract)
Internationale Tagung in Prien am Chiemsee, Prien am Chiemsee, Germany
- 2011 "Careers in Clinical Psychology: Which Path Makes Sense for Me?"/Invited Panelist (abstract)
45th Annual Convention, Association for Behavioral and Cognitive Therapies, Toronto, Canada
- 2011 "Diagnostic Considerations in the Classification of Body Dysmorphic Disorder: Symptoms Across Anxiety Disorders"/Invited Discussant (abstract)
45th Annual Convention, Association for Behavioral and Cognitive Therapies, Toronto, Canada
- 2012 "Understand and Treating OCD effectively"/Invited Speaker
Charlie Waller Institute, University of Reading, Reading, United Kingdom
- 2012 "Beauty and Beast: The Nature and Treatment of Body Dysmorphic Disorder"/Invited Speaker
Charlie Waller Institute, University of Reading, Reading, United Kingdom
- 2013 "New Directions in Studying Obsessive-Compulsive Disorders"/Invited Discussant (abstract)
7th Annual World Congress of Behavioral and Cognitive Therapies, Lima, Peru
- 2013 "The interface between Cognitive Neuropsychology, Neurobiology, and Psychopathology: Insight into the Neuroscience of OCD and Related Disorders"/Invited Discussant (abstract)
7th Annual World Congress of Behavioral and Cognitive Therapies, Lima, Peru
- 2013 "Processing Core Vulnerabilities in OCD and Related Spectrum Disorders"/Invited Discussant (abstract)
7th Annual World Congress of Behavioral and Cognitive Therapies, Lima, Peru
- 2013 "Innovations in the Treatment of OCD and Associated Disorders"/Invited Speaker (abstract)
7th Annual World Congress of Behavioral and Cognitive Therapies, Lima, Peru
- 2014 "Beauty and the Beast: The Nature and Treatment of BDD"/Workshop Leader
Charlie Waller Institute, University of Reading, Reading, United Kingdom
- 2014 "Understanding and Treating OCD Effectively"/Workshop Leader
Charlie Waller Institute, University of Reading, Reading, United Kingdom
- 2014 "Imagined Ugliness: Research Findings and Treatment Approaches for Body Dysmorphic Disorder"/Invited Keynote Speaker

Clinical Psychology and Psychotherapy Conference, Braunschweig, Germany

- 2014 "Cognitive Behavioral Therapy for Body Dysmorphic Disorders"/Master Class
Karolinska Institute, Stockholm, Sweden
- 2014 "Enhancing Cognitive Behavior Therapy in the Treatment of Obsessive
Compulsive Disorder"/Doctoral Dissertation Opponent (Erik Andersson)
Karolinska Institute, Stockholm, Sweden
- 2014 "Cognition in BDD and Latest Advances in Treatment Development"/Invited
Speaker
University of Munster, Germany
- 2016 "Beauty and the Beast: The Nature and Treatment of BDD"/Workshop Leader
Charlie Waller Institute, University of Reading, Reading, United Kingdom
- 2016 "Understanding and Treating OCD Effectively"/Workshop Leader
Charlie Waller Institute, University of Reading, Reading, United Kingdom
- 2017 "Understanding and Treating Body Dysmorphic Disorder"/Invited Speaker
Department of Psychology, Concordia University, Montréal, QC
- 2019 "Cognitive Behavior Therapy for Body Dysmorphic Disorder: An Update on the
State of the Art"/Invited Chair
9th Annual World Congress of Behavioral and Cognitive Therapies, Berlin,
Germany
- 2019 "Development and Pilot Testing of a Cognitive Behavioral Therapy Digital Service
for Body Dysmorphic Disorder"/Invited Speaker
9th Annual World Congress of Behavioral and Cognitive Therapies, Berlin,
Germany
- 2019 "Cognitive Behavior Therapy at the Crossroads: Where We Have Been, Where
We Are and the Challenges We Need to Face"/Invited Opening Address
9th Annual World Congress of Behavioral and Cognitive Therapies, Berlin,
Germany
- 2021 "Recent advances in the Cognitive Behavioral Treatment of Body Dysmorphic
Disorder"/Invited Speaker
BDD Foundation and OCD Action Conference, Virtual
- 2023 "Understanding and Treating Body Dysmorphic Disorder"/Invited Speaker
Bespoke Mental Health workshop, Virtual
- 2023 "Digital Mental Health: Opportunities and Challenges"/Invited Address
10th World Congress of Cognitive and Behavioral Therapies, Seoul, Korea
- 2023 "Understanding and Treating Body Dysmorphic Disorder"/Pre-Congress Workshop
10th World Congress of Cognitive and Behavioral Therapies, Seoul, Korea

2023	“The Past, Present, and Future of Cognitive Behavioral Therapy for Body Dysmorphic Disorder”/Invited Keynote Address BDD Foundation Conference, London, United Kingdom
2024	“App-based Cognitive Behavioral Therapy with Coach Support for Body Dysmorphic Disorder”/Invited Speaker 16th World Congress of Biological Psychiatry, Istanbul, Turkey
2025	“Transforming Mental Healthcare with Digital Tools and Artificial Intelligence: Opportunities and Challenges”/Invited Speaker Future of Psychotherapy Conference, Department of Psychiatry, University of Toronto, Virtual
2025	“Transforming Mental Healthcare with Digital Tools and Artificial Intelligence: Opportunities and Challenges”/Invited Keynote Address 4th German Conference on Psychotherapy (DPK), Berlin, Germany
2025	“Predictors of response and long-term outcomes of smartphone-based cognitive-behavioral therapy for body dysmorphic disorder”/Invited Speaker 4th German Conference on Psychotherapy (DPK), Berlin, Germany
2026	“Breaking Barriers to OCD Treatment: Comparing App-Based CBT and HealthWatch”/Invited Speaker Orchard OCD Global Conference, London, United Kingdom

Report of Clinical Activities and Innovations

Current Licensure and Certification

1994-	"Beschränkte Heilpraktikerzulassung" (License to professionally administer psychotherapy in Germany)
1997-	Massachusetts Psychologist
1997-	Massachusetts Health Service Provider

Practice Activities

1995-	Ambulatory Care	Wang 8/ Simches 2	Currently about 1-2 sessions per week; I used to see 15 or more patients with OCD and related disorders per week
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Clinical Innovations

1999-	Body Dysmorphic Disorder (BDD) is a relatively common, severe, and understudied body image disorder associated with a high suicide rate. I have developed and tested a new and promising cognitive behavioral treatment for BDD. In 1999, I published a paper on a group therapy version of this treatment, and in 2006, I published a book		
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that describes this treatment in a self-help format. The book was awarded the Self-Help Seal of Merit by the Association for Behavioral and Cognitive Therapies, has sold 15,562 copies so far, and has been translated into German and Italian. A treatment manual describing this treatment (Wilhelm, Phillips & Steketee) was published in 2013 by Guilford Press, which has sold 7,940 copies so far. I regularly educate clinicians on the application of this new treatment and have given grand rounds, training workshops, and keynote addresses on this work nationally (e.g., at multiple behavior therapy and psychology meetings) and in various European countries.

- 2001- The first-line treatment for moderate to severe tics is antipsychotics, often associated with adverse effects. I have conducted several studies on behavioral treatments for tic disorders, and the magnitude of response of behavioral treatments in children is comparable to the results of controlled trials with antipsychotic medications. I gave my first presentation on behavior therapy for Tourette's Disorder at the World Congress of Behavioral and Cognitive Therapies in Vancouver, Canada, in 2001 and have given many presentations on tic disorders since. I have been the senior author of several books (a therapist guide, an adult workbook, and a child workbook), which together have sold 23,178 copies; an additional 257 copies have been sold in Korean translations and 900 sold in Norwegian translations. I am the first author of a paper that describes a large multisite study on behavior therapy for adults with Tourette Syndrome and was published in the Archives of General Psychiatry in 2012.
- 2006- I have invented and published a highly effective cognitive treatment for OCD, which does not involve the discomfort of prolonged exposure and response prevention commonly used in other empirically based psychotherapies. The book describing my treatment was published by New Harbinger Publications in 2006 and sold over 4,191 copies thus far. It has also been translated into Korean.
- 2008- I enhanced the speed of exposure-based OCD treatments by augmenting them with D-cycloserine, which reduces OCD related suffering faster than the standard behavioral treatment. My paper describing this work was published in the American Journal of Psychiatry in 2008 and was the topic of an editorial in the same journal. It was also described in a follow-up publication by my post-doctoral fellow Dr. Chasson in Behaviour Research and Therapy (with me as senior author). My work on OCD treatments has led to multiple invitations to present at meetings and grand rounds in Europe (e.g., keynote at the Bunnik symposium in the Netherlands, Grand Rounds at Amsterdam University, CBT World Congress meeting in Spain, British Association for Behavioral and Cognitive Psychotherapies meeting in Scotland, European Association of Behavioral and Cognitive Therapies conference in Croatia) as well as many national and regional invitations.
- 2017- To address the increasing rates of mental health concerns in the context of a global mental health service provider shortage, my recent work has extended my program of research to emphasize the development and testing of scalable digital approaches to treatment. For example, I have developed smartphone-based interventions for depression, OCD, and BDD. More recently, I am working on AI and other cutting-edge approaches to enhance the detection of high-risk behaviors and suicidality, as well as on machine learning algorithms to match patients with treatments and on generative AI to support more personalized and effective interventions.

Report of Education of Patients and Service to the Community

No presentations below were sponsored by outside entities

Those presentations below sponsored by outside entities are so noted and the sponsor(s) is (are) identified.

Activities

2000	Newton Wellesley Hospital/Invited Speaker "Habit Reversal for Tourette Syndrome" to patients suffering from Tourette Syndrome
2000	Tourette Syndrome Association/Invited Speaker "Nonpharmacologic Treatment of Tourette's Disorder"
2001-	OC Foundation, Internet Questions/Clinical Consultant
2001-	OC Foundation Patient Support Groups/Speaker
2001-	Neysa Jane BDD Foundation/Consultant
2002	9 th Annual Convention of the OC Foundation, Philadelphia, PA/Invited Speaker "Are There Really People with Obsessive Compulsive Disorder Who Do Not Have Compulsions?"
2007	14 th Annual Obsessive Compulsive Foundation Conference, Houston, TX/Panelist "The Importance of Research Participation"
2008	Philoctetes Center for the Multidisciplinary Study of Imagination, New York, NY/Invited Speaker "The Body and its Image"
2009	Patient and Family Learning Center, MGH/Book Talk "Feeling Good About the Way You Look"
2009	16 th Annual Obsessive Compulsive Foundation Conference, Minneapolis, MN/Invited Speaker "Body Dysmorphic Disorder: Help for Family and Loved Ones"
2011	Private Donor event for families and patients with OCD and Related Disorders "OCD Spectrum Disorders: Recent Achievements, Current Directions, and Future Challenges"
2012	Psychiatry Academy, Best Practices in Talk Therapy for Psychiatric Disorders/Invited Speaker "Cognitive Behavioral Therapy and Dialectical Behavior Therapy: Changing Thoughts and Managing Feelings"
2013	"OCD: Clinical presentation and psychotherapy" MGH Psychiatry, Academy Patient and Family Education Series/Invited Speaker
2015	"Cognitive-Behavioral Therapy for OCD" MGH Psychiatry, Academy Patient and Family Education Series/Invited Speaker
2020	"CBIT (Comprehensive Behavioral Intervention for Tics) and Behavioral Therapy" Tourette Center of Excellence at Massachusetts General Hospital (MGH) and the Tourette Association of America Massachusetts chapter (TAA-MA) Virtual Family Day (Sponsored by the Tourette Syndrome Association/Center for Disease Control Partnership).

Educational Material for Patients and the Lay Community

Books, monographs, articles and presentations in other media

1997	"Body dysmorphic disorder"	Interviewee/Guest	Talk About the Mind and Body TV show by Joseph Dreyfus
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1997	"When the mirror lies"	Interviewee	Article by Liz Brody, Shape magazine
1998	"Body image: Feeling comfortable in your own skin"	Interviewee	Article by Pam Mellskog, Men's Fitness magazine
1998	"What is BDD?"	Interviewee/Guest	Jammin' 94.5 radio show
1998	"When looks could kill"	Interviewee	Article by Liz Brody, Jump magazine
2000	"Teen; Your S.T.U.F.F; Overcoming obsessions; Treatment, though hard to find, can help teens deal with compulsive behaviors"	Interviewee	Article by Cara Nissman, Boston Herald
2001	"BDD patients see threat in ambiguous situations: Rate attractiveness highly"	Interviewee	Article by Robert Finn, Clinical Psychiatry News
2001	"I feel so ugly"	Interviewee	"Body Dysmorphic Disorder," Discovery TV Channel Documentary
2001	BDD documentary	Interviewee	"Geo," German TV show
2003	"In the eye of the beholder: Insight into BDD"	Interviewee	BDD documentary by Eye in the Sky Entertainment
2006	"Feeling Good about the Way You Look: A Program for Overcoming Body Image Problems"	Author	Guilford Publications
2006	"Professor shines light on shadowy condition"	Interviewee	Article by Alvin Powell, Harvard University Gazette
2006	"Perceived imperfections is in the eyes of the beholder"	Interviewee	Article by Jennifer Chase Esposito, New England Psychologist
2006	Book review of my book "Feeling good about the way you look"		Obsessive Compulsive Foundation Newsletter
2006	"Love your looks!"	Interviewee	Article by Linda Formichelli, Oxygen magazine
2006	"How to feel good about the way you look. Get a better body image"	Interviewee	Article by Rachel Rabkin, OK! Weekly magazine
2006	"Forget Hollywood's skinny craze, curvy girls are fighting back"	Interviewee	Article by Rob Chilton, Karen Berg, Ali Pulti, and Rachel Rabkin, OK! Weekly magazine
2006	"Mirror, mirror, on the wall"	Interviewee	Article by Alison S Cohn, Harvard Crimson Online
2006	"When the mirror lies"	Interviewee	Article by Barbara Yost, Arizona Republic
2006	"How do I look? A self-help guide for overcoming body dysmorphic disorder."	Interviewee	Article by Christy Barongan, PsycCritiques

2006	Book review of my book "Cognitive therapy for OCD"		Article by John Abramaowitz, Obsessive Compulsive Foundation OCD Newsletter
2006	Book review of my book "Feeling good about the way you look"		Article by Bradley Riemann, Obsessive Compulsive Foundation OCD Newsletter
2006	"Deadly disorder: Imagined- ugliness illness yields high suicide rate"	Interviewee	Article by E. Jaffe, Science News magazine
2006	"When looks can kill"	Interviewee	Article by Rachel Nowak, New Scientist
2006	"What is a fat day?"	Interviewee	Article by Jane Phillimore, Psychologies
2006	"Career Advancement for Women in the United States"	Interviewee/Guest	Moderator: Juergen Essig for SWR4, Baden Radio Germany
2007	"Ask the expert"	Interviewee	Tourette Syndrome Associate newsletter 35 (2).
2007	"When worry hijacks the brain"	Interviewee	Article by Jeffrey Kluger, Time Magazine
2007	"Dealing with your appearance"	Interviewee	Article by Jean Bentley, BostonNOW
2007	Book review of my book "Feeling good about the way you look"		Beauty Books
2007	"Why millions of women hate the way they look"	Interviewee	Article by Richard Laliberte, Fitness magazine
2007	"Banish your body hang-ups"	Interviewee	Article by Christina Tudino, Self magazine
2007	"When the mirror lies"	Interviewee	New Channel 5
2008	Book review of my book "Feeling good about the way you look"		Mindscapes, MGH Department of Psychiatry Newsletter
2008	"D-Cycloserine plus behavioral therapy lessens OCD symptoms"	Interviewee	Article by Pauline Anderson, Medscape
2008	"Can symptoms of TS be controlled? Expert answers to 10 questions about TS"	Interviewee	Inside TSA, Tourette Syndrome Association Newsletter 36 (3)
2009	"Love your new-mom body!"	Interviewee	Article by Kristyn Kusek Lewis, Baby Talk magazine
2010	"Body dysmorphic disorder patients see details, not whole face"	Interviewee	Article by Elizabeth Landau, CNN.com
2010	"Visual processing, frontostriatal abnormalities found in patients with BDD"	Interviewee	Article by Deborah Brauser, Medscape Medical News
2010	BDD documentary	Interviewee, Guest	Educational Video by Boston University Communication students

2010	"Healthy body image means accepting that nobody's perfect"	Interviewee	Article by Kellie B. Gormly, Pittsburgh Tribune-Review
2011	"Body Dysmorphic Disorder (BDD) to Blame for Suicide Attempt of Famous Model?"	Interviewee	Article by Kim Carollo, ABC News Medical Unit ABCNews.com
2011	"Taboo: Tourette Syndrome and Obsessive Compulsive Disorder"	Interviewee	Beyond Productions, television production company for the National Geographic Channel
2012	"Liking yourself just the way you are"	Interviewee	Article by Alene Dawson, Los Angeles Times
2012	"Body Disorder Means Beauty Not in Eyes of Beholder"	Interviewee	WCVB The Boston Channel News
2012	"Teen Deals with Body Dysmorphic Disorder"	Interviewee	KETV Omaha Channel 7 News
2012	Book review of my book "Feeling good about the way you look" (German Translation)		PSO Magazine, Germany
2012	Book review of my book "Feeling good about the way you look" (German Translation)		Article by Heidrun Kuester EKZ, Biliotheksservice
2012	Book review of my book "Feeling good about the way you look" (German Translation)		Lichtblick
2012	Book review of my book "Feeling good about the way you look" (German Translation)		Article by Winfried Stanzick, www.lovelybooks.de
2012	"Tourette Patients Benefit from Behavioral Therapy: Study Adults with condition learned to better prevent, manage symptoms like tics"	Interviewee	Article by Alan Mozes, HealthDay
2012	Press release "Behavioral intervention can reduce tics in adults with Tourette syndrome."		Massachusetts General Hospital
2012	"Multi-Strategy Treatment Controls Tourette-Related Tics"	Interviewee	Article by Joan Arehart-Treichel, American Psychiatric Association: Psychiatric News
2012	"Multi-Strategy Treatment Controls Tourette-Related Tics"	Interviewee	Article by Joan Arehart-Treichel, American Psychiatric Association: Psychiatric News. Republished by the Tourette Syndrome Association of Illinois, Inc
2014	"Easing the Burden of Obsessive-Compulsive Disorder"	Interviewee	Mindscapes, MGH Department of Psychiatry newsletter

2015	New Hope for Spectrum of Disabling Conditions” “Appearance obsession can be disorder that requires treatment”	Interviewee	Article by Linda Lipschutz, Charlotte County Florida Weekly
2015	“Stop hating your body”	Interviewee	Bottom Line Health
2015	“Mental health: Monsters in the mirror”	Interviewee	Article by Elie Dolgin, Nature journal (526, S14–S15).
2015	“Harvard experts discuss anxiety and Body Dysmorphic Disorder”	Interviewee	Article by William Topaz www.anxiety.org
2020	“How to Find a Meditation App for You”	Interviewee	Article by Anna Goldfarb, The New York Times.
2022	“Accessible but untested, mental health apps are booming”	Interviewee	Article by Hannah Green, Boston Business Journal
2022	“Obsessive-Compulsive Disorder (OCD): Obsessions, Triggers, and Treatment”	Interviewee, Author	Web-based video , produced by Massachusetts General Hospital.
2023	“Obsessive Compulsive Disorder (OCD): Treatments and Relapse Prevention Mass General Brigham”	Interviewee, Author	Web-based video , produced by Massachusetts General Hospital.
2024	“How Smartphone Apps Can Improve Your Mental Health Mass General Brigham”	Interviewee, Author	Web-based video , produced by Massachusetts General Hospital.
2026	“Need a cheaper, more accessible OCD treatment? There’s an app for that.”	Interviewee	Article by Christina Pazzanese, The Harvard Gazette
2026	“Technologies open new pathways in mental healthcare”	Interviewee	Mindscapes , MGB Department of Psychiatry newsletter
Patient educational material			
2004	“The Tic Disorders Clinic and Research Unit”	Author	Patient education pamphlet, MGH and Harvard Medical School
2004	“OCD and Related Disorders Program”	Author	Patient education pamphlet, MGH and Harvard Medical School

2004	"Body Dysmorphic Disorder Clinic and Research Unit, what is BDD?"	Author	Patient education pamphlet, MGH and Harvard Medical School
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Recognition

2011		Who's Who in America
2011	Self-Help Seal of Merit, "Feeling Good about the Way You Look: A Program for Overcoming Body Image Problems"	Association for Behavioral and Cognitive Therapies (ABCT)

Report of Scholarship

Peer reviewed publications in print or other media

Research Investigations

1. Scheich G, Florin I, Rudolph R, **Wilhelm S**. Personality characteristics and serum IgE level in patients with atopic dermatitis. J Psychosom Res 1993; 37:637-642.
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4. **Wilhelm S**, Otto MW, Zucker BS, Pollack MH. Prevalence of body dysmorphic disorder in patients with anxiety disorders. J Anxiety Disord 1997; 11:499-502.
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8. Deckersbach T, Savage CR, Henin A, Mataix-Cols D, Otto MW, **Wilhelm S**, Rauch SL, Baer L, Jenike MA. Reliability and validity of a scoring system for measuring organizational approach in the Complex Figure Test. J Clin Exp Neuropsych 2000; 22:640-648.
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14. Keuthen NJ, Deckersbach T, **Wilhelm S**, Engelhard I, Forker A, O'Sullivan RL, Jenike MA, Baer L. The Skin Picking Impact Scale (SPIS): Scale development and psychometric analyses. *J Psychosom Res* 2001; 42:397-403.
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16. McNally RJ, **Wilhelm S**, Buhlmann U, Shin L. Cognitive inhibition in obsessive compulsive disorder: Application of a valence-based negative priming paradigm. *Behav Cogn Psychoth* 2001; 29:103-106.
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1. **Wilhelm S**. Memory in obsessive compulsive disorder [dissertation]. Marburg, Germany, University of Marburg, 1995.

Abstracts, Poster Presentations and Exhibits Presented at Professional Meetings

1. Armstrong CH, Weingarden H, Rasmussen J, **Wilhelm S**, Siev J. (2023). A comparison of obsessive compulsive cognitions across individuals with scrupulosity OCD, individuals with contamination OCD, and healthy controls. Poster presented at the Anxiety and Depression Association of America Conference, Washington, D.C.
2. Williams J, Bernstein EE, Weingarden H, Greenberg JL, Hoepfner SS, Snorrason I, Phillips KA, Harrison O, **Wilhelm S**. (2023). Credibility and expectancy of smartphone-based cognitive behavioral therapy among adults with body dysmorphic disorder. Poster presented at the Anxiety and Depression Association of America Conference, Washington, D.C.
3. Armstrong CH, Klare D, **Wilhelm S**, Weingarden H. (2023). Associations of sexual and racial/ethnic minority status with symptom severity, shame-proneness, depression, and suicide risk in body dysmorphic disorder. Poster presented at the 57th Annual Convention of the Association for Behavioral and Cognitive Therapies, Seattle, WA.
4. Ipek SI, Jaroszewski A, Bailen N, Greenberg J, **Wilhelm S**. (2023). A systemic review investigating substance and alcohol use exclusion in digital mental health interventions research. Poster presented at the Annual Meeting of the Society for Digital Mental Health, Virtual.

5. Snorrason I, Hoepfner SS, Klare D, Weingarden H, Greenberg JL, Berger-Gutierrez RM, Bernstein EE, Vanderkruik RC, Harrison O, **Wilhelm S.** (2023). Long-term outcomes of smartphone-delivered cognitive behavior therapy for body dysmorphic disorder: A one-year naturalistic follow-up. Oral presentation at the Body Dysmorphic Disorder (BDD) Foundation Convention, London, England.
6. Greenberg JL, Weingarden H, Hoepfner SS, Berger-Gutierrez RM, Klare D, Snorrason I, Vanderkruik RC, Harrison O, **Wilhelm S.** (2023). Predicting response to a smartphone-based cognitive-behavioral therapy app for body dysmorphic disorder. Oral presentation at the Body Dysmorphic Disorder (BDD) Foundation Convention, London, England.
7. Williams J, Bernstein EB, Weingarden H, Greenberg JL, Hoepfner SS, Snorrason I, Phillips KA, Harrison O, **Wilhelm S.** (2023). Perceived credibility and expectancy of digital-CBT among adults with primary body dysmorphic disorder. Poster presentation at the Association for Behavioral and Cognitive Therapies (ABCT) Convention, Seattle, WA.
8. Ipek SI, Jaroszewski A, Bailen N, Greenberg J, **Wilhelm S.** (2023). A systemic review investigating substance and alcohol use exclusion in digital mental health interventions research. Poster presentation at the Association for Behavioral and Cognitive Therapies (ABCT) Convention, Seattle, WA.
9. Jacoby RJ, Schuyler M, Daniel KE, **Wilhelm S.** (2024). Dissociation of subjective versus psychophysiological arousal during transdiagnostic repetitive negative thinking. In R. Jacoby (Chair) Novel approaches to assessing and intervening on repetitive negative thinking. Paper presented at the Anxiety and Depression Association of America Convention. Boston, MA.
10. **Wilhelm S,** Greenberg JL, Jacoby RJ, Weingarden H, Hoepfner SS, Snorrason I, Jaroszewski A, Klare D, McCoy T, Harrison O. (2024). Efficacy of Guided Smartphone-based Cognitive Behavior Therapy vs. Healthwatch for Obsessive-compulsive Disorder: A Randomized Controlled Trial. In K. E. Daniel & J. L. Greenberg (Chairs). Using Digital Interventions to Reduce Healthcare Access and Disparities Gaps. Paper presented at the 58th Annual Association for Behavioral and Cognitive Therapies Convention. Philadelphia, PA.
11. Jonathan G, Greenberg JL, Jacoby RJ, Sprich S, **Wilhelm S.** (2024). Disseminating Cognitive Behavioral Therapy for Body Dysmorphic Disorder: Evaluating the Efficacy of Online Therapist Training. In K. E. Daniel & J. L. Greenberg (Chairs). Using Digital Interventions to Reduce Healthcare Access and Disparities Gaps. Paper presented at the 58th Annual Association for Behavioral and Cognitive Therapies Convention. Philadelphia, PA.
12. Velazquez S, **Wilhelm S,** Jacoby RJ. (2024). The association between trait and state anxiety and perceived versus actual cognitive control in a mixed anxiety/depression sample. Poster presented at the Neurocognitive Therapies and Translational Research Special Interest Group at the 58th Annual Association for Behavioral and Cognitive Therapies Convention. Philadelphia, PA.
13. Velazquez S, Wilhelm S, Jacoby RJ. (2024). The relationship between cognitive control and anxiety in a transdiagnostic sample. Poster presented at the Osher Integrative Medicine Network Forum of the Osher Center for Integrative Health, Boston, MA.
14. Arcese HT, Greenberg JL, Jacoby RJ, Weingarden H, Hoepfner SS, **Wilhelm** (2025). Examining the relationship between cognitive flexibility and OCD symptom reduction in a smartphone app CBT intervention. Poster presented at the Annual Meeting of the Society for Digital Mental Health, Virtual.
15. Arcese HT, Jaroszewski AC, Greenberg JL, Jacoby RJ, Weingarden H, Hoepfner SS, **Wilhelm S.** (2025). Associations between age of OCD onset, MDD onset, and suicidal

- thoughts and behaviors in adults with OCD. Poster presented at the International OCD Foundation Research Symposium, Virtual.
16. Velazquez S, Mennin D, **Wilhelm S**, Holz P, Jacoby RJ. (2025). Effects of a novel cognitive-behavioral intervention on obsessive-compulsive disorder symptom severity compared to supportive psychotherapy in a randomized controlled trial. Poster presented at the International OCD Foundation Annual Conference, Chicago, IL.
 17. Holz P, Hoepfner S, Snorrason I, Velazquez S, **Wilhelm S**, Jacoby RJ. (2025). Patient versus clinician impressions of symptom improvement in an app-based CBT treatment for OCD. Poster presented at the International OCD Foundation Annual Conference, Chicago, IL.
 18. Holz P, Hoepfner S, Snorrason I, **Wilhelm S**, Jacoby RJ. (2025). Patient versus clinician impressions of symptom improvement in an app-based CBT treatment for OCD. Poster presented at the Society for Digital Mental Health Annual Meeting, Virtual.
 19. Arcese HT, Guo Q, Evins AE, **Wilhelm S**, Jonathan GK. (2025). The digital intervention landscape for comorbid depression and substance use: Content analysis of treatment strategies. Poster presented at the Annual Conference of the Anxiety and Depression Association of America, Las Vegas, NV.
 20. Arcese HT, Greenberg JL, Jaroszewski AC, Jacoby RJ, Weingarden H, Hoepfner SS, **Wilhelm S**. (2025). Early-onset of OCD and risk of lifetime MDD: Implications for clinical practice in youth mental health. Poster presented at the Annual Conference of the Anxiety and Depression Association of America, Las Vegas, NV.
 21. Velazquez S, Mennin D, **Wilhelm S**, Jacoby RJ. (2025). The impact of a novel cognitive-behavioral intervention on repetitive negative thinking and cognitive reappraisal in a clinical sample. Poster presented at the Annual Conference of the Anxiety and Depression Association of America, Las Vegas, NV.
 22. Holz P, Hoepfner S, **Wilhelm S**, Jacoby RJ. (2025). Altered decision-making styles in people with OCD are related to OCD symptom severity. Poster presented at the Annual Conference of the Anxiety and Depression Association of America, Las Vegas, NV.
 23. Arcese HT, Guo Q, Evins AE, Jacoby RJ, **Wilhelm S**, Jonathan GK. (2025). A content analysis of treatment strategies in digital interventions for co-occurring MDD/SUD. Poster presented at the 96th Annual Meeting of the Eastern Psychological Association, New York, NY.
 24. Velazquez S, Mennin D, **Wilhelm S**, Jacoby RJ. (2025). A transdiagnostic treatment for perseverative thinking and impacts on cognitive reappraisal. Poster presented at the 96th Annual Meeting of the Eastern Psychological Association, New York, NY.
 25. Arcese HT, Guo Q, Evins AE, Jacoby RJ, **Wilhelm S**, Jonathan GK. (2025). Digital interventions for comorbid depression and substance use disorder: Content analysis of implemented treatment strategies. Poster presented at Harvard Psychiatry Research Day, Boston, MA.
 26. Velazquez S, Mennin D, **Wilhelm S**, Jacoby RJ. (2025). Effects of an intervention for repetitive negative thinking and impacts on cognitive reappraisal. Poster presented at Harvard Psychiatry Research Day, Boston, MA.
 27. Holz P, Hoepfner S, **Wilhelm S**, Jacoby RJ. (2025). Alterations in self-reported decision-making styles are related to symptom severity in people with OCD. Poster presented at Harvard Psychiatry Research Day, Boston, MA.
 28. Jacoby RJ, Berman NC, Hoepfner SS, Arcese H, Storch EA, Pollard CA, **Wilhelm S**. (2025). Training the next generation of pediatric OCD exposure therapists: Outcomes of the IOCDF Pediatric BTI. Paper presented at the 59th Annual Convention of the Association for Behavioral and Cognitive Therapies. New Orleans, LA.

29. Arcese HT, Evins AE, **Wilhelm S**, Jonathan GK. (2025). Treatment strategy use in digital interventions vs. clinical practice for co-occurring MDD and SUD. Poster presented at the ABCT 59th Annual Convention Special Interest Group Exposition, New Orleans, LA.
30. Arcese HT, Coe-Odess SJ, **Wilhelm S**. (2025). Self-guided digital interventions for adolescent and young adult body image concerns. Poster presented at the 59th Annual Meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.
31. Velazquez S, Holz P, Mennin D, **Wilhelm S**, Jacoby RJ. (2025). Comparing a novel cognitive-behavioral intervention to supportive psychotherapy on obsessive-compulsive disorder symptoms in a randomized controlled trial. Poster presented at the 59th Annual Convention of the Association for Behavioral and Cognitive Therapies. New Orleans, LA.
32. Holz P, Jaroszewski AC, Lerner J, **Wilhelm S**, Jacoby RJ. (2025). A behavioral examination of the role of intolerance of uncertainty on decision-making in people with OCD. Poster presented at the 59th Annual Convention of the Association for Behavioral and Cognitive Therapies. New Orleans, LA. (Received an honorable mention)
33. Holz P, Hoepfner S, **Wilhelm S**, Jacoby RJ. (2025). Alterations in self-reported decision-making styles are related to symptom severity and risk-taking in people with OCD. Poster presented at the 59th Annual Convention of the Association for Behavioral and Cognitive Therapies. New Orleans, LA.
34. Velazquez S, Jonathan G, **Wilhelm S**, Weingarden H. (2026). Body dysmorphic severity as a predictor of substance use through ecological momentary assessment. Poster presented at the 44th Annual Conference of the Anxiety and Depression Association of America, Chicago, IL.
35. Leong G, Velazquez S, Holz P, **Wilhelm S**, Mennin D, Jacoby R. (2026). Intolerance of uncertainty in attention focused emotion regulation therapy. Poster presented at the 44th Annual Conference of the Anxiety and Depression Association of America, Chicago, IL.
36. Jacoby RJ, Kaur K, Sun N, Hoepfner SS, Greenberg JL, Weingarden H, **Wilhelm S**. (2026). Neurocognitive mechanisms of CBT for OCD: Examining response inhibition and cognitive flexibility. In K. Kaur (Chair). From apps to wearables: Advancing evidence-based mental health care through technology. Paper presented at the 44th Anxiety and Depression Association of America Convention. Chicago, IL.
37. Jaroszewski AC, Bernstein EE, Jacoby RJ, Bailey NH, Reagan J, Usmani A, **Wilhelm S**. (2026). Feasibility of using ChatGPT to generate exposure hierarchies for treating obsessive compulsive disorder. Symposium presented at the Annual Conference of the Anxiety and Depression Association of America, Chicago, IL.
38. Arcese HT, Simay II, **Wilhelm S**, Jaroszewski AC. (2026). Exclusion of participants with Suicidal Thoughts and Behaviors in Digital Therapy Trials from 2005-2024: A Scoping Review and Preliminary Framework. Poster presented at the 44th Annual Conference of the Anxiety and Depression Association of America, Chicago, IL.
39. Holz P, Jaroszewski AC, Lerner J, **Wilhelm S**, Jacoby RJ. (2026). Decision-making under risk and ambiguity in people with OCD: The role of intolerance of uncertainty. Poster presented at the 44th Annual Conference of the Anxiety and Depression Association of America, Chicago, IL.
40. Velazquez S, Jonathan G, **Wilhelm S**, Weingarden H. (2026). Can substance use be predicted by body dysmorphic disorder severity through ecological momentary assessment? Poster accepted for the International Obsessive-Compulsive Disorder Foundation (IOCDF), Seattle, WA.
41. Kaur K, Brown WA, Hoepfner S, **Wilhelm S**, Reese HE. An online mindfulness-based intervention for tic disorders: Effect on comorbid symptoms. In Dev, A. (Chair). *Digital*

pathways to progress: Technology-enabled research in OCRDs. Symposium accepted at the annual conference of the International OCD Foundation, Seattle, WA.

42. Jacoby RJ, Leong G, Greenberg J, Keuthen N, Summers B, **Wilhelm S.** (2026).

Cognitive and behavioral change in ERP for OCD: The importance of between session change, novelty, and personal significance. In H. Broos & J. Kuckertz (Chairs).

Mechanisms of change in exposure therapy for OCD and anxiety disorders: Translating new research findings to the clinic. Paper presented at the 60th Annual Convention of the Association for Behavioral and Cognitive Therapies. Baltimore, MD.

Narrative Report

I am a clinical psychologist serving as the Chief of Psychology, Director of the Center for Digital Mental Health, and Director of the Center for Obsessive Compulsive Disorder (OCD) and Related Disorders at MGH. I am also a Donovan-Chien Family Endowed Professor in Psychology at Harvard Medical School. Much of my work has focused on developing and testing cognitive behavioral treatment (CBT) approaches, including for Body Dysmorphic Disorder (BDD), Obsessive Compulsive Disorder (OCD), and Tourette Syndrome/chronic tic disorders. To address the increasing rates of mental health concerns in the context of a global mental health service provider shortage, my recent work has extended this program of research to emphasize the development of scalable digital approaches to treatment. I have published over 380 papers and chapters, as well as nine books. My h-index is 97.

Primary Area: Innovation

My research focuses on the development, testing, and dissemination of treatments for OC-spectrum disorders. I was funded by the NIMH to develop a new cognitive treatment for OCD, and I have published a widely used treatment manual in this area. I have also applied memory enhancers (i.e., d-cycloserine) to exposure-based treatments for OCD, which has enhanced their efficacy. My treatment development research is informed by my research on neurocognition and de novo fear conditioning in OCD. I have also published widely on treatment outcomes, mechanisms, and the prevalence of BDD. I developed a new modular CBT for BDD and have written a self-help book and a treatment manual describing this treatment. I have received several NIMH grants to study treatments for BDD. In 2017, I started a collaboration with an industry collaborator and have since developed and tested cognitive behavioral mobile smartphone apps for body dysmorphic disorder, obsessive compulsive disorder, and depression. Currently, I am working on AI and other cutting-edge approaches to enhance the detection of high-risk behaviors and suicidality, machine learning algorithms to match patients with treatments, and generative AI to support more personalized and effective interventions. My work also focuses on treatment development and testing of behavioral interventions for tic disorders, and I was the scientific chair (and a PI) of an NIMH-funded multi-site study investigating behavior therapy for adults with Tourette's disorder and the MGH site PI for an NIMH grant exploring behavior therapy for children with tics.

I often participate in conference planning and served as the Scientific Program Chair for the 2010 World Congress of Cognitive and Behavioral Therapies. I am the Chair of the Scientific Advisory Board of the International OCD Foundation (IOCDF) and have chaired the IOCDF's grant review process for many years. Furthermore, I regularly participate in grant review panels and data safety and monitoring boards. I am also a member of the Scientific Council of the Anxiety Disorders Association of America and of the Behavioral Science Consortium of the Tourette Syndrome Association. I have been the PI (or site PI) of seven federally funded projects and have received donor, foundation, and industry funding. I also serve on several journal editorial boards and am frequently invited to speak about my research nationally and

internationally. I have received many awards for my work, including the distinguished Aaron T. Beck Award from the Academy of Cognitive Therapy, the Peter K. Ranney Innovation Award from the World Medical Innovation Forum, and the 2023 NAMI Scientific Research Award. In addition, I have also been selected as the first recipient of the Donovan-Chien Family Professorship in the Field of Psychology at Harvard Medical School (HMS).

Teaching and Education

I have supervised the research and clinical work of pre-doctoral and doctoral staff within and outside of MGH. I am co-leading MGH's award-winning clinical psychology internship CBT track and organizing CBT training for MGH residents. My mentees have excelled at clinical care, published extensively, attained independent funding, and been promoted to leadership positions. They have also honored me with several mentorship awards. Furthermore, I often direct CME courses for clinicians outside of MGH. I have also created online courses through the Psychiatry Academy to train professionals via a CME course on CBT in general, CBT for OCD, and CBT for BDD.

Significant Supporting Activities

My supporting activities include clinical expertise and innovation, administration, and patient education.

Clinical Expertise and Innovation: See above.

Administration: I founded the BDD Clinic at MGH in 1998, and in 2007, I was named the Director of the Center for OCD and Related Disorders, which now incorporates the BDD clinic and several other programs. I was also the Director of the MGH CBT program from 2005 until 2014. Additionally, I serve on various committees, including the AMC MGH/BWH Psychiatry Department Oversight Leadership Committee Meeting (DOLC). I was promoted to Chief of Psychology in 2014. Since 2022, I have served as the Director of the Center for Digital Mental Health at MGH, which I founded as a Think Tank in 2019. I also hold, or have held, many national and international leadership positions in psychology and digital mental health, including past president of the Association for Behavioral and Cognitive Therapies (ABCT) and Scientific Advisory Board member for One Mind's PsyberGuide, Koa Health, Inc., Noom, Inc., and Jimini Health. I am also the Chair of the Scientific Advisory Board of the International OCD Foundation and a founding board member for the new Society for Digital Mental Health (SDMH).

Education of Patients and Service to the Community: To educate the general public about mental health issues, I have written self-help guides and educational pamphlets and developed websites. Furthermore, I often speak to lay audiences, have appeared on the Discovery Channel, and have been interviewed by Time magazine, CNN.com, and many other media outlets.