

## Curriculum Vitae

**Date Prepared:** April 28, 2015  
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### Education

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
1993	Diploma in Psychology (equivalent to Master of Science and Ph.D. course work)	Clinical Psychology	University of Marburg, Germany
1995	Ph.D. summa cum laude	Clinical Psychology Advisors: Irmela Florin, Richard McNally (Harvard University)	University of Marburg, Germany
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

### 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

### Major Administrative Leadership Positions

#### **Local**

1998-	Director	Body Dysmorphic Disorder Clinic and Research Unit, MGH
1999-2007	Director of Clinical Services	Obsessive Compulsive Disorder Clinic, MGH
2005-2014	Director	Cognitive Behavioral Therapy Program, MGH
2007- 2007	Director Course Director	OCD and Related Disorders Program, MGH 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-	Chief of Psychology	Department of Psychiatry, MGH

#### **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

### 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

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
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.
2014-	Standing Committee on Promotions, Reappointments, and Appointments (Assistant Professor/Associate Professor)	Harvard Medical School
2014	Departmental Leadership Committee (Planning 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

**Professional Societies**

1994-	Association for Advancement of Behavior Therapy	Member
	2002	Member, Conference Program Committee
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
	2008-	Vice Chair Scientific Advisory Board
2002-	American Psychological Society	Member
2003	Academy of Cognitive Therapy	Member
2011-	Canadian Institute for Obsessive Compulsive Disorders (CIOCD)	Member, Scientific Advisory 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

## 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

**Other Editorial Roles**

2003	Guest Editor: In Session	Journal of Clinical Psychology
2003-	Editorial Board	Journal of Cognitive Psychotherapy
2004-	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 advances in BDD: The role of risk factors and Cognitive Behavioral Therapy"	International Journal of Cognitive Therapy
2012-	Editorial Board	Cognitive Therapy and Research
2014-2015	Associate Editor	Depression and Anxiety
2015-	Editorial Board	Clinical Psychology Review

**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

## **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.
- 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

- 2001-2001 compulsions in patients with OCD. I mentored Dr. Deckersbach on this grant.  
 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.
- 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.
- 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.
- 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  
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)  
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.
- 2007-2010 Body Dysmorphic Disorder: Clinical and Neurobiological Features  
National Institute of Mental Health  
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.
- 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.
- 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.
- 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.



- 2009 -2011 Body Dysmorphic Disorder by Proxy  
Private Donor  
PI (\$38,500)  
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.
- 2011-2013 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 Visual Attention Bias in Body Dysmorphic Disorder  
International Obsessive Compulsive Disorder Foundation  
Co-PI/Mentor (Greenberg, PI) (\$34,644)  
The purpose of this study is 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 am mentoring Dr. Greenberg 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) is to train Dr. Scharf in statistical, genetic and clinical methods. My specific role is 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 is 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 am 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 is 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 am mentoring Dr. Calkins on this grant.

#### Current

2008-2019 OCD Research Fund

Private Donor

PI (\$5,572,662.77)

The goal is to conduct multiple studies on the psychopathology and treatment of OCD and OCD spectrum disorders.

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 in order to accelerate and improve their response.

2011-2016 Nutrition, Exercise, and Wellness Treatment ("NEW Tx") for Bipolar Disorder

National Institute of Mental Health K23MH091182-02

Co-Mentor (Sylvia, PI)

The purpose of this Mentored Career Development Award in Patient-Oriented Research (K23) is to develop and test a psychosocial treatment to improve physical and mental health outcomes in individuals with bipolar disorder. My specific role is to train Dr. Sylvia on designing and implementing a new psychosocial treatment and conducting clinical trials.

2011-2016 CBT versus Supportive Psychotherapy for BDD

National Institute of Mental Health, R01MH091078

PI (\$1,208,251)

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

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

Private Donor

PI (\$78,500)

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

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 is to examine attention biases, perceptual distortions and organizational strategies in BDD, OCD, and social phobia. I am mentoring Dr. Elliott on

- this grant.
- 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 is to develop and test a cognitive behavioral intervention for body dissatisfaction, depression, and self-care behaviors among HIV-infected gay and bisexual men. I am mentoring Dr. Blashill on this grant.
- 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 is to (1) examine the biases that underlie mental health professionals' evaluation of suicide risk and (2) modify the identified biases of clinicians. I am mentoring Dr. Berman on this grant.
- 2013-2015 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 is to examine theoretically grounded risk and resilience factors for the development of cognitive biases in the offspring of a parent with OCD. I am mentoring Dr. Berman on this grant.
- 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 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 is 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.
- 2013-2015 Cognitive Biases in OCD: Mechanisms of Generational Transmission  
International OCD Foundation  
Mentor (Berman, PI)  
The primary purpose of this study is to examine how OCD-related information processing styles (e.g., attention and interpretation biases) are generationally transmitted from parent to child.
- 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 is 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.
- 2014-2015 Effect of Intranasal Oxytocin on Social Cognition in Body Dysmorphic Disorder  
International OCD Foundation  
Mentor (Fang, PI)

- 2014-2015 This study examines the effect of intranasal oxytocin on social cognition in individuals with body dysmorphic disorder, obsessive-compulsive disorder, and healthy individuals.  
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 is to identify possible risk factors associated with pathological hoarding behaviors in youth by examining neuropsychological functioning and presence of trauma and trauma-related symptoms.
- 2014-2017 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 is 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.
- 2014-2015 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 examines the relationship between plasma oxytocin and performance on tasks measuring social perception and trust, among individuals with BDD compared to healthy controls.
- 2014-2017 BDD Research Fund  
Anna and Neil Rasmussen Foundation  
PI (\$300,000)  
The goal is to conduct multiple studies on the psychopathology and treatment of BDD.
- 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.
- 2014-2017 Neural Mechanisms of Behavior Therapy for OCD and Related Disorders  
Private Donor  
Co-PI (Milad, PI) (\$1,072,972)  
The purpose of this study is to examine mechanisms of change underlying cognitive-behavioral therapy (CBT) in obsessive compulsive disorder (OCD).
- 2014-2017 Transcranial Magnetic Stimulation: A Randomized Clinical Trial  
Private Donor  
Co-Investigator (Camprodon,PI)  
This study investigates 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.

### 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

### **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./Associate Professor, University of Virginia, VA  
Clinical and research mentor during psychology internship at MGH.
- 2001- Anne Chosak, Ph.D./Staff psychologist, MGH Obsessive Compulsive Disorder Clinic  
Primary clinical supervisor during fellowship at MGH.
- 2002-2004 Iftah Yovel, Ph.D./Assistant 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- Hannah Reese, Ph.D./Assistant 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.
- 2006-2010 Luana Marques, Ph.D./Assistant 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.
- 2006-2007 Charles Taylor, Ph.D./Assistant Professor in Psychology at San Diego State University  
Mentor for career/professional development.
- 2006- Jennifer Ragan, Ph.D./Assistant 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./Associate Professor-in-Residence, 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- Jennifer Greenberg, PsyD./Instructor in Psychology, MGH, Harvard Medical School  
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./Assistant 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./Assistant Professor in Psychology, Center for Psychological Studies, Nova Southeastern University, Fort Lauderdale, FL  
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.
- 2009- Louisa Sylvia, Ph.D, Instructor in Psychology, Bipolar Program, 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."
- 2010-2011 Meghan E. Keough, Ph.D./Postdoctoral Fellow, University of Washington at Harborview Medical Center, Seattle, WA  
Mentor for clinical practice and research during postdoctoral fellowship at MGH.
- 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- Amitai Abramovitch, Ph.D./Research Fellow, Yad Hanadiv Foundation, Israel  
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./Assistant Professor, Department of Psychology, University of Osnabrück, 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- Corinna Elliott, Ph.D./Clinical and Research Fellow, MGH  
Mentor for clinical practice and research during internship and mentor on Fonds de la Recherche en Santé du Québec (FRSQ) Postdoctoral Fellowship
- 2011- Aaron J. Blashill, Ph.D./ Instructor in Psychology, MGH, Harvard Medical School  
Co-mentor (with Dr. Steven Safren) for K-award "Body image and self-care in HIV-infected MSM"
- 2012- Amanda Calkins, Ph.D./ Clinical and Research Fellow, MGH  
Mentor for clinical practice and research during clinical internship and postdoctoral fellowship at MGH. Mentor for Livingston Fellowship research grant.
- 2012- Noah Berman, Ph.D./ Instructor in Psychology, MGH, Harvard Medical School  
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.
- 2012-2013 Lauren Fisher, Ph.D./ Clinical and Research Fellow, MGH  
Mentor for clinical practice and research during clinical internship at MGH.

- 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- Angela Fang, Ph.D./ Clinical and Research Fellow, MGH  
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.
- 2013-2014 Lauren Hallion, Ph.D./ Clinical and Research Fellow, Anxiety Disorders Center, Hartford Hospital.  
Mentor for clinical practice and research during clinical internship at MGH.
- 2013- Jennifer M. Park, Ph.D./ Clinical and Research Fellow, MGH  
Mentor for clinical practice and research during clinical internship and postdoctoral fellowship at MGH. Mentor for Livingston Fellowship research grant.
- 2013- Hilary Weingarden, Graduate Student at George Mason University.  
Co-Sponsor for F31 grant "Shame as a risk factor for severe and costly outcomes in Body Dysmorphic Disorder." Dissertation committee member.

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

- |      |  |            |
|------|--|------------|
| 1999 | "Cognitive Behavioral Treatment for Body Dysmorphic Disorder"<br>Harvard Medical School, Department of Continuing Education  | Boston, MA |
| 2001 | "Cognitive-Behavioral Interventions for Body Dysmorphic Disorder"<br>Harvard Medical School, Department of Continuing Education  | Boston, MA |
| 2006 | "Body Dysmorphic Disorder and Cosmetic Surgery"<br>Laser Dermatology CME course, MGH   | Boston, MA |
| 2007 | "Body Dysmorphic Disorder"<br>Laser Dermatology CME course, MGH  | Boston, MA |
| 2007 | "CBT Basics: Treatment Structure and Techniques"<br>Psychiatry Academy CME Course  | Boston, MA |
| 2007 | "CBT Basics: Q&A"<br>Psychiatry Academy CME Course   | Boston, MA |
| 2007 | "Cognitive Behavior Therapy for Obsessive Compulsive Disorder"<br>Psychiatry Academy CME Course  | Boston, MA |
| 2008 | "Body Dysmorphic Disorder and the Psychological Effects of Cosmetic Procedures"<br>Laser & Aesthetic Skin Therapy CME Course "What's the Truth?"<br>Harvard Medical School | Boston, MA |
| 2008 | "Cognitive Behavior Therapy for Obsessive Compulsive Disorder"<br>Psychiatry Academy CME Course  | Boston, MA |
| 2008 | "Cognitive Behavior Therapy Modules: Body Dysmorphic Disorder"<br>Psychiatry Academy CME Course  | Boston, MA |



2008	“The Biology of Anxiety: Implications for Treatment” Psychiatry Academy CME Course	Boston, MA
2009	“The Biology of Anxiety: Implications for Treatment” Psychiatry Academy CME Course	Boston, MA
2010	“The Biology of Anxiety: Implications for Treatment” Psychiatry Academy CME Course	Boston, MA
2010	“Cruel Reflections: The Nature and Treatment of Body Dysmorphic Disorder” MGH/Charlestown Health Center CME Course	Boston, MA
2010	“Body Dysmorphic Disorder: Its Relation to Other Body Image Disorders and Treatment Strategies” Harvard Medical School Eating Disorder Course	Boston, MA
2011	The Biology of Anxiety Part II: Implications for Treatment Psychiatry Academy CME Course	Boston, MA
2012	“Cognitive Behavioral Therapy”/Invited Speaker U.S. State Department	Boston, MA
2012	“Imagined Ugliness: The Nature and Treatment of Body Dysmorphic Disorder” Psychiatry Academy CME Course	Boston, MA
2012	The Biology of Anxiety Part II: Implications for Treatment Psychiatry Academy CME Course	Boston, MA

### Local Invited Presentations

***No presentations below were sponsored by outside entities***

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

## **Report of Regional, National and International Invited Teaching and Presentations**

### **Invited Presentations and Courses**

*No presentations below were sponsored by outside entities*

#### **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 Dsymorphic 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

**National**

- 1998 “Cognitive Therapy for Obsessive Compulsive Disorder”/Invited Speaker (abstract)  
32<sup>nd</sup> Annual Convention of the Association for the Advancement of Behavior Therapy,  
Washington, DC
- 1998 “Inhibitory Dysfunction in Body Dysmorphic Disorder”/Invited Speaker (abstract)  
32<sup>nd</sup> 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<sup>th</sup> Annual Convention of the Association for Advancement of Behavior Therapy,  
Philadelphia, PA
- 2001 “Key Factors to Understanding Body Dysmorphic Disorder”/Invited Discussant (abstract)  
35<sup>th</sup> 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<sup>th</sup> 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<sup>th</sup> Annual Convention of the OC Foundation, Philadelphia, PA
- 2003 “New Developments in the Treatment of OC-spectrum disorders”/Invited Speaker  
(abstract)  
10<sup>th</sup> Annual Convention of the OC Foundation, Nashville, TN
- 2003 “New Advances in the Cognitive Treatment of Obsessive Compulsive Disorder”/Invited  
Speaker (abstract)  
10<sup>th</sup> Annual Convention of the OC Foundation, Nashville, TN
- 2003 “Cognitive and Behavioral Treatment Procedures for Obsessive Compulsive Disorder:  
Methods and Mechanisms”/Panelist (abstract)  
37<sup>th</sup> 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)  
37<sup>th</sup> 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)  
37<sup>th</sup> 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  
11<sup>th</sup> 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)  
40<sup>th</sup> 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)  
40<sup>th</sup> 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)  
40<sup>th</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, Chicago, IL
- 2006 “Cognitive Behavioral Management of Tic Disorders”/Panelist (abstract)  
40<sup>th</sup> 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)  
40<sup>th</sup> Annual Convention of the Association for the Advancement of Behavior Therapy, Chicago, IL
- 2006 “Overcoming OCD with Cognitive Strategies”/Invited Speaker  
13<sup>th</sup> Annual Convention of the OC Foundation, Atlanta, GA
- 2006 “Overcoming Appearance Concerns with Cognitive Behavioral Strategies”/Invited Speaker  
13<sup>th</sup> 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”

- 14<sup>th</sup> Annual Convention of the OC Foundation, Houston, TX
- 2007 “OCD Grand Rounds”/Panelist  
14<sup>th</sup> Annual Convention of the OC Foundation, Houston, TX
- 2007 “Cognitive Behavioral Therapy: Increasing Treatment Expertise”/Invited Keynote Speaker  
13<sup>th</sup> 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)  
41<sup>st</sup> 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)  
41<sup>st</sup> 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)  
41<sup>st</sup> 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)  
42<sup>nd</sup> 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)  
42<sup>nd</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, Orlando, FL
- 2008 “Cognitive Behavior Therapy for Imagined Ugliness”/Invited Speaker  
15<sup>th</sup> Annual Convention of the OC Foundation, Boston, MA
- 2008 “Adapting CBT for Ethnic Minorities, Children and Adolescents with BDD”/Invited Speaker  
15<sup>th</sup> Annual Convention of the OC Foundation, Boston, MA

- 2008 “D-Cylcoserine Augmentation of Behavior Therapy”/Invited Speaker  
15<sup>th</sup> Annual Convention of the OC Foundation, Boston, MA
- 2008 “Treatment of Body Dysmorphic Disorder”/Workshop Presenter (abstract)  
116<sup>th</sup> Annual Conference of the American Psychological Association, Boston, MA
- 2009 “Modular Cognitive Behavioral Therapy: A New Treatment for Body Dysmorphic Disorder”/Invited Speaker  
28<sup>th</sup> 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  
16<sup>th</sup> Annual Convention of the OC Foundation, Minneapolis, MN
- 2009 “CBT for BDD”/Invited Speaker  
16<sup>th</sup> 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)  
43<sup>rd</sup> 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  
30<sup>th</sup> Annual Conference of the Anxiety Disorders Association of America, Baltimore, MD
- 2010 “Careers in OCD: Which Path Makes Sense For Me?”/Invited Speaker  
17<sup>th</sup> 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  
31<sup>st</sup> 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  
31<sup>st</sup> 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)  
18<sup>th</sup> Annual Conference of the International OCD Foundation, San Diego, CA
- 2011 “Careers in OCD: Which Path Makes Sense for Me?”/Panelist  
18<sup>th</sup> 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  
18<sup>th</sup> Annual Conference of the International OCD Foundation, San Diego, CA
- 2011 “DSM-5 Update: Obsessive-Compulsive Spectrum Disorders”/Moderator  
18<sup>th</sup> 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  
32<sup>nd</sup> 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)  
165<sup>th</sup> Annual Meeting of the American Psychiatric Association, Philadelphia, PA
- 2012 “Career in OCD: Which path makes sense for me?”/Invited Speaker  
19<sup>th</sup> Annual Conference of the International OCD Foundation, Chicago, IL
- 2012 “Ask the Experts: Question and Answer Session on Body Dysmorphic Disorder  
(BDD)”/Invited Speaker  
19<sup>th</sup> Annual Conference of the International OCD Foundation, Chicago, IL
- 2012 “Comprehensive Behavioral Interventions for Tics”/Invited Speaker (abstract)  
19<sup>th</sup> Annual Conference of the International OCD Foundation, Chicago, IL
- 2012 “Cutting-Edge Assessment and Treatment of Tic Disorders”/Invited Discussant (abstract)  
46<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, National  
Harbor, MD
- 2012 “OCD: New Insights from the Laboratory for the Clinic”/Invited Discussant (abstract)  
46<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, National

Harbor, MD

- 2012 “Cognitive Processing in Body Dysmorphic and Related Disorders”/Invited Discussant (abstract)  
46<sup>th</sup> 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  
20<sup>th</sup> Annual Conference of the International OCD Foundation, Atlanta, GA
- 2013 “Ask the Experts: Q&A Session on Body Dysmorphic Disorder”/Invited Speaker  
20<sup>th</sup> Annual Conference of the International OCD Foundation, Atlanta, GA
- 2013 “Repetitive Behaviors Across the Disorders: A Transdiagnostic Framework”/Invited Discussant  
47<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, Nashville, TN.
- 2013 “Imagined Ugliness: Understanding and Treating Body Dysmorphic Disorder”/ Workshop Presenter (abstract)  
47<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, Nashville, TN.
- 2013 “Updates in the Phenomenology of Tourette Disorder: New Directions for Treatment”/Invited Discussant  
47<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, Nashville, TN.
- 2013 “Body Image Disturbance Across Medical Populations: Implications for Interventions”/Invited Discussant  
47<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, Nashville, TN.
- 2014 “Getting CBT to Those Who Need It”/Invited Speaker  
34<sup>th</sup> Annual Conference of the Anxiety Disorders Association of America, Chicago, IL.
- 2014 “Latest Advances in Body Dysmorphic Disorder: Conceptualization and Treatment”/Invited Speaker  
34<sup>th</sup> Annual Conference of the Anxiety Disorders Association of America, Chicago, IL.
- 2014 “Results from Four IOCDF Grant-Funded Projects”/Invited Discussant  
21<sup>st</sup> Annual Conference of the International OCD Foundation, Los Angeles, CA
- 2014 “Ask the Experts: Q&A Session on Body Dysmorphic Disorder”/Invited Panelist  
21<sup>st</sup> Annual Conference of the International OCD Foundation, Los Angeles, CA

- 2014 “Role of Insight in the Treatment of OCD Related Disorders”/Invited Panelist  
21<sup>st</sup> Annual Conference of the International OCD Foundation, Los Angeles, CA
- 2014 “New Research Findings on Body Dysmorphic Disorder”/ Invited Discussant  
21<sup>st</sup> Annual Conference of the International OCD Foundation, Los Angeles, CA
- 2014 “Getting CBT to Those Who Need It”/Invited Speaker  
21<sup>st</sup> 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, 48<sup>th</sup> 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)  
48<sup>th</sup> 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)  
48<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- 2014 “Plugging the Leaky Pipeline: Mentoring Women in Clinical Psychology”/Invited Panelist  
48<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- 2014 “Emotion Regulation Across Obsessive-Compulsive Spectrum Disorders”/Invited Discussant  
48<sup>th</sup> 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  
35<sup>th</sup> Annual Conference of the Anxiety Disorders Association of America, Miami, FL
- 2015 “Early Career Research: Strategies for Getting Funded”/Invited Speaker  
35<sup>th</sup> 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)  
35<sup>th</sup> Annual Conference of the Anxiety Disorders Association of America, Miami, FL
- 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)  
4<sup>th</sup> Annual World Congress of Behavioral and Cognitive Therapies, Vancouver, Canada
- 2001 “Ratings of Facial Attractiveness in Body Dysmorphic Disorder”/Invited speaker (abstract)  
4<sup>th</sup> Annual World Congress of Behavioral and Cognitive Therapies, Vancouver, Canada
- 2001 “Interpretation Bias in Body Dysmorphic Disorder”/Invited Speaker (abstract)  
4<sup>th</sup> 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)  
5<sup>th</sup> Annual World Congress of Behavioral and Cognitive Therapies, Barcelona, Spain
- 2007 “Modular Cognitive Behavioral Therapy for Body Dysmorphic Disorder”/Invited Speaker (abstract)  
5<sup>th</sup> Annual World Congress of Behavioral and Cognitive Therapies, Barcelona, Spain
- 2007 “D-Cycloserine Augmentation of Behavior Therapy for Obsessive Compulsive Disorder”/Invited Speaker (abstract)  
5<sup>th</sup> 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)  
36<sup>th</sup> 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  
5<sup>th</sup> International Medical & Scientific Symposium on Tourette Syndrome, New York, NY
- 2009 “Individualizing CBT for Body Dysmorphic Disorder”/Pre-Conference Workshop Leader (abstract)  
37<sup>th</sup> 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)  
37<sup>th</sup> 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)  
37<sup>th</sup> 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)  
37<sup>th</sup> 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)  
39<sup>th</sup> 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)  
39<sup>th</sup> 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)  
6<sup>th</sup> 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)  
7<sup>th</sup> 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)  
7<sup>th</sup> Annual World Congress of Behavioral and Cognitive Therapies, Lima, Peru
- 2013 “Processing Core Vulnerabilities in OCD and Related Spectrum Disorders”/ Invited Discussant (abstract)  
7<sup>th</sup> Annual World Congress of Behavioral and Cognitive Therapies, Lima, Peru
- 2013 “Innovations in the Treatment of OCD and Associated Disorders”/Invited Speaker (abstract)  
7<sup>th</sup> 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 Institutet, Stockholm, Sweden
- 2014 “Enhancing Cognitive Behavior Therapy in the Treatment of Obsessive Compulsive  
Disorder”/Doctoral Dissertation Opponent (Erik Andersson)  
Karolinska Institutet, Stockholm, Sweden
- 2014 “Cognition in BDD and Latest Advances In Treatment Development”/Invited Speaker  
University of Munster, Germany

## **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<br>sessions per week; I used<br>to see 15 or more patients<br>with OCD and related<br>disorders per week |
|-------|-----------------|-------------------|--|

### **Clinical Innovations**

- 1999- Body Dysmorphic Disorder (BDD) is a relatively common, severe, and understudied body image disorder that is 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 book 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 8,094 copies so far, and has been translated into German and Italian. A treatment manual describing this treatment (Wilhelm, Phillips & Steketee) has been published in 2013 by Guilford Press, which has sold 1,069 copies so far. I regularly educate clinicians in 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- Currently the first-line treatments for moderate to severe tics are antipsychotics, which are 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 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 on several books (a therapist guide, an adult workbook, and a child workbook) which together have sold 11,718 copies; an additional 257 copies have been sold in Korean translations and 900 sold in Norwegian translations. I am the first author on 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 in 2006 and sold over 4100 copies thus far. It has also been translated to 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.

## **Report of Education of Patients and Service to the Community**

### **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<sup>th</sup> 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<sup>th</sup> 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<sup>th</sup> Annual Obsessive Compulsive Foundation Conference, Minneapolis, MN/Invited Speaker



2011 “Body Dysmorphic Disorder: Help for Family and Loved Ones”  
Private Donor event for families and patients with OCD and Related Disorders

2012 “OCD Spectrum Disorders: Recent Achievements, Current Directions, and Future Challenges”  
Psychiatry Academy, Best Practices in Talk Therapy for Psychiatric Disorders/Invited Speaker

2013 “Cognitive Behavioral Therapy and Dialectical Behavior Therapy: Changing Thoughts and Managing Feelings”  
“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

### 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
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	Interviewee	Article by Elizabeth Landau,

2010	see details, not whole face” “Visual processing, frontostriatal abnormalities found in patients with BDD”	Interviewee	CNN.com 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
2011	Self-Help Seal of Merit for my book “Feeling Good about the Way You Look: A Program for Overcoming Body Image Problems”	Association for Behavioral and Cognitive Therapies (ABCT)	
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, <a href="http://www.lovelybooks.de">www.lovelybooks.de</a>
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	Interviewee	Article by Joan Arehart-Treichel,

	Tourette-Related Tics”		American Psychiatric Association: Psychiatric News. Republished by the Tourette Syndrome Association of Illinois, Inc
2014	“Easing the Burden of Obsessive-Compulsive Disorder New Hope for Spectrum of Disabling Conditions”	Interviewee	Mindscapes, MGH Department of Psychiatry newsletter
2015	“Appearance obsession can be disorder that requires treatment”	Interviewee	Article by Linda Lipschutz, Charlotte County Florida Weekly
<b>Patient educational material</b>			
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

## 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.
2. **Wilhelm S**, McNally RJ, Baer L, Florin I. Directed forgetting in obsessive compulsive disorder. Behav Res Ther 1996; 34:633-641.
3. **Wilhelm S**, McNally RJ, Baer L, Florin I. Autobiographical memory in obsessive compulsive disorder. Br J Clin Psychol 1997; 36:21-31.
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.
5. Whalen PJ, Bush G, McNally RJ, **Wilhelm S**, McInerney S, Jenike MA, Rauch SL. The emotional counting stroop paradigm: A fMRI probe of the anterior cingulate affective division. Biol Psychiat 1998; 44:1219-1228.
6. **Wilhelm S**, Keuthen NJ, Engelhard I, Deckersbach T, Forker AE, Baer L, O’Sullivan RL, Jenike MA. Self-injurious skin picking: Clinical characteristics and comorbidity. J Clin Psychiat 1999; 60:454-459.
7. **Wilhelm S**, Otto MW, Lohr B, Deckersbach T. Cognitive behavior group therapy for body

- dysmorphic disorder: A case series. *Behav Res Ther* 1999; 37:71-75.
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.
  9. Savage CR, Deckersbach T, Heckers S, **Wilhelm S**, Wagner AD, Schacter DL, Baer L, Jenike MA, Rauch SL. The contribution of orbitofrontal cortex to episodic memory impairment in OCD. *Biol Psychiat* 2000; 47(8): S13.
  10. Deckersbach T, Savage CR, Phillips KA, **Wilhelm S**, Buhlmann U, Rauch SL, Baer L, Jenike MA. Characteristics of memory dysfunction in body dysmorphic disorder. *J Int Neuropsych Soc* 2000; 22:673-681.
  11. Keuthen N, Deckersbach T, **Wilhelm S**, Hale E, Fraim C, Baer L, O'Sullivan RL, Jenike MA. Repetitive skin picking in a student population and comparison with a sample of self-injurious skin pickers. *J Psychosom Res* 2000; 41:210-215.
  12. Savage CR, Deckersbach T, **Wilhelm S**, Rauch SL, Baer L, Jenike MA. Strategic processing and episodic memory impairment in obsessive compulsive disorder. *Neuropsychology* 2000; 14:141-151.
  13. Henin A, Savage CR, Rauch SL, Deckersbach T, **Wilhelm S**, Baer L, Otto MW, Jenike MA. Is age of symptom onset associated with severity of memory impairment in adults with obsessive compulsive disorder? *Am J Psychiat* 2001; 158:137-139.
  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.
  15. Keuthen NJ, **Wilhelm S**, Deckersbach T, Engelhard I, Forker AE, Baer L, Jenike MA. The Skin Picking Scale (SPS): Scale construction and psychometric analyses. *J Psychosom Res* 2001; 50:337-341.
  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.
  17. Otto MW, **Wilhelm S**, Cohen LS, Harlow BL. Prevalence of body dysmorphic disorder in a community sample of women. *Am J Psychiat* 2001; 158:2061-2063.
  18. Bohne A, Keuthen NJ, **Wilhelm S**, Deckersbach T, Jenike MA. Prevalence of symptoms of body dysmorphic disorder and its correlates: a cross-cultural comparison. *J Psychosom Res* 2002; 43:486-490.
  19. Bohne A, **Wilhelm S**, Keuthen NJ, Florin I, Baer L, Jenike MA. Prevalence of body dysmorphic disorder in a German college student sample. *Psychiat Res* 2002; 109:101-104.
  20. Bohne A, **Wilhelm S**, Keuthen NJ, Florin I, Baer L, Jenike MA. Skin picking in German students: Prevalence, phenomenology, and associated characteristics. *Behav Modif* 2002; 26:320-339.
  21. Buhlmann U, McNally RJ, **Wilhelm S**, Florin I. Selective processing of emotional information in body dysmorphic disorder. *J Anxiety Disord* 2002; 16:289-298.
  22. Buhlmann U, **Wilhelm S**, McNally RJ, Tuschen-Caffier B, Baer L, Jenike MA. Interpretive biases for ambiguous information in body dysmorphic disorder. *CNS Spectrums* 2002; 7:435-443.
  23. Deckersbach T, Savage CR, Curran T, Bohne A, **Wilhelm S**, Baer L, Jenike MA, Rauch SL. A study of parallel implicit and explicit information processing in obsessive compulsive disorder. *Am J Psychiat* 2002; 159:1780-1782.
  24. Gershuny BS, Baer LB, Jenike MA, Minichiello WE, **Wilhelm S**. Comorbid posttraumatic stress disorder: Impact on treatment outcome for obsessive compulsive disorder. *Am J Psychiat* 2002; 159:852-854.
  25. **Wilhelm S**, Buhlmann U, McNally RJ. Negative priming for threatening versus nonthreatening information in body dysmorphic disorder. *Acta Neuropsychiatr* 2003; 15:180-183.

26. **Wilhelm S**, Deckersbach T, Coffey BJ, Bohne A, Peterson AL, Baer L. Habit reversal versus supportive psychotherapy for Tourette's disorder. A randomized controlled trial. *Am J Psychiat* 2003; 160:1175-1177.
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28. Cannistraro P, Wright CI, Wedig MM, Martis BM, Shin LM, **Wilhelm S**, Rauch SL. Amygdala responses to human faces in obsessive compulsive disorder. *Biol Psychiat* 2004; 56:916-920.
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32. Bohne A, Savage CR, Deckersbach T, Keuthen NJ, Jenike MA, Tuschen-Caffier B, **Wilhelm S**. Visuospatial abilities, memory, and executive functioning in trichotillomania and obsessive compulsive disorder. *J Clin Exp Neuropsych* 2005; 27:385-399.
33. Sookman D, Abramowitz JS, Calamari JE, **Wilhelm S**, McKay D. Subtypes of obsessive compulsive disorder: Implications for specialized cognitive behavior therapy. *Behav Ther* 2005; 36(4):393-400.
34. Buhlmann U, Etcoff NL, **Wilhelm S**. Emotion recognition bias for contempt and anger in body dysmorphic disorder. *J Psychiat Res* 2006; 40:105-111.
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### Thesis

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. Jenike E, Fama J, Crowe K, Kasarskis I, **Wilhelm S**, Jenike M. (2011). Family-of-origin family dynamics in individuals with OCD. Poster presented at 18<sup>th</sup> Annual International OCD Foundation Conference, San Diego, CA.
2. Greenberg J, Shaw A, Kasarskis I, Marques L, **Wilhelm S**. (2011). The role of allocentric and egocentric beliefs in olfactory reference syndrome. Poster presented at 18<sup>th</sup> Annual International OCD Foundation Conference, San Diego, CA.
3. Silverman M, Siev J, Steketee G, Yovel I, **Wilhelm S**. (2011). Marital status predicts improvement in secondary symptoms of anxiety and depression among individuals receiving CBT for OCD. Poster presented at 18<sup>th</sup> Annual International OCD Foundation Conference, San Diego, CA.
4. Silverman M, Siev J, Steketee G, Yovel I, **Wilhelm S**. (2011). Marital Status and Treatment Outcome in OCD. Poster presented at 45<sup>th</sup> Annual Association for Behavioral and Cognitive Therapies Conference, Toronto, Canada.
5. Himle MB, Graham L, Capriotti MR, **Wilhelm S**, Deckersbach T, Specht M, Walkup J, Scahill J, Sukholdolsky D, Peterson A, Villarreal R, Chang S, Flacks L, Piacentini J. (2011). Function-based assessment in the comprehensive behavioral intervention for tics study trial. Poster presented at 45<sup>th</sup> Annual Association for Behavioral and Cognitive Therapies Conference, Toronto, Canada.



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7. Greenberg JL, Shaw A, Kasarskis I, Marques L, **Wilhelm, S.** (2011). Olfactory reference syndrome: Foci of fear. Poster presented at 45<sup>th</sup> Annual Association for Behavioral and Cognitive Therapies Conference, Toronto, Canada.
8. Marques L, LeBlanc N, Weingarden H, **Wilhelm S.** (2011). Racial Microaggressions in individuals with Body Dysmorphic Disorder. 45<sup>th</sup> Annual Association for Behavioral and Cognitive Therapies Conference, Toronto, Canada.
9. Siev J, Steketee G, Fama J, **Wilhelm S.** (2011). Sexual, religious, and contamination obsessions are associated with different obsessional beliefs and personality traits. 45<sup>th</sup> Annual Association for Behavioral and Cognitive Therapies Conference, Toronto, Canada.
10. Abramovitch A, Dar R, Schweiger A, **Wilhelm S.** (2012). The co-occurrence between Obsessive Compulsive Disorder and Attention Deficit/Hyperactivity Disorder: A pseudo comorbidity? Poster presented at 32<sup>nd</sup> Annual Conference of the Anxiety Disorders Association of America, Arlington, VA.
11. Hartmann A, Greenberg J, Elliott C, Thomas JJ, **Wilhelm S.** (2012). Maintaining factors in OC-spectrum disorders: Explicit and implicit attractiveness beliefs in Body Dysmorphic Disorder and Anorexia Nervosa. Poster presented at 32<sup>nd</sup> Annual Conference of the Anxiety Disorders Association of America, Arlington, VA.
12. Reuman L, Greenberg J, Hartmann A, Kasarskis I, **Wilhelm S.** (2012). Selective attention to perceived unattractive facial features in Body Dysmorphic Disorder. Poster Presented at 65<sup>th</sup> Annual Massachusetts General Hospital Scientific Advisory Committee Meeting, Boston, MA.
13. Greenberg J, Reuman L, Hartmann A, Kasarskis I, Wilhelm S. (2012). Set shifting deficits among individuals with Body Dysmorphic Disorder. Poster Presented at 19<sup>th</sup> Annual Conference of the International OCD Foundation, Chicago, IL.
14. Reese H, Vallejo Z, Rasmussen JL, Crowe K, **Wilhelm S.** (2012). Mindfulness-Based Stress Reduction for Tourette Syndrome and Chronic Tic Disorder: A Pilot Study. 46<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, National Harbor, MD.
15. Storch EA, Murphy TK, Lewin A, Henin A, Micco JA, Sprich S, **Wilhelm S,** Geller D. (2012). A preliminary study of D-Cycloserine augmentation of CBT in Pediatric OCD. 46<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, National Harbor, MD.
16. Greenberg JL, Reuman L, Hartmann AS, Kasarskis I, **Wilhelm S.** (2012). Visual hot spots: An eye-tracking study of attention bias in Body Dysmorphic Disorder. 46<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, National Harbor, MD.
17. Hartmann AS, Thomas JJ, Elliott CM, Greenberg JL, **Wilhelm S.** (2012). Maintaining factors in body image-related disorders: Findings from experimental studies in Anorexia Nervosa and Body Dysmorphic Disorder. 46<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, National Harbor, MD.
18. Rasmussen JL, Steketee G, Silverman M, **Wilhelm S.** (2012). The relationship of Hoarding to Schizotypal personality traits in an OCD sample. Poster presented at 46<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, National Harbor, MD.
19. Petersen T, Sprich S, **Wilhelm S,** Birnbaum R, Fromson J, Gorrindo T, Goldfarb E. (2012). CBT basics training for remotely located practitioners: Development and implementation of an interactive online course. Poster presented at 46<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, National Harbor, MD.
20. Reuman L, Greenberg JL, Hartmann AS, Kasarskis I, **Wilhelm S.** (2012). Set shifting deficits among individuals with Body Dysmorphic Disorder. Poster presented at 46<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, National Harbor, MD.

21. Wilson A, Greenberg JL, Kasarskis I, **Wilhelm S.** (2012). Treatment motivation in Body Dysmorphic Disorder. Poster presented at 46<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, National Harbor, MD.
22. Yovel I, Gershuny BS, Steketee G, Buhlmann U, Fama J, Mitchell J, **Wilhelm S.** (2012). Identifying idiosyncratic severity profiles in Obsessive Compulsive Dysfunction. Poster presented at 46<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, National Harbor, MD.
23. McGuire JF, Villarreal R, Hatch JP, **Wilhelm S,** Scahill L, Piacentini JC, Woods DW, Walkup JT, Peterson A. (2012). Symptom substitution in response to BT for Tic Disorders: Fact or Fiction? Poster presented at 46<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, National Harbor, MD.
24. Siev J, Rasmussen J, Silverman MC, **Wilhelm S.** (2013). Scrupulosity and contamination OCD are not associated with deficits in response inhibition. In R. Dar (Chair), New directions in studying obsessive-compulsive disorders. 7<sup>th</sup> World Congress of Behavioral and Cognitive Therapies, Lima, Peru.
25. Siev J, Rasmussen J, Slimowicz JC, Silverman MC, Matheny N, **Wilhelm S.** (2013). Scrupulosity is associated with higher rates of OCPD and schizotypal traits than contamination OCD. 7<sup>th</sup> World Congress of Behavioral and Cognitive Therapies, Lima, Peru.
26. Siev J, Rasmussen J, Slimowicz JC, Silverman MC, Matheny N, **Wilhelm S.** (2013). Symptom severity and delusionality in individuals with scrupulous and contamination OCD. Poster presented at the 7<sup>th</sup> World Congress of Behavioral and Cognitive Therapies, Lima, Peru.
27. Abramovitch A, **Wilhelm S.** (2013). Anhedonia in Obsessive Compulsive Disorder: Beyond comorbid depression. 7<sup>th</sup> World Congress of Behavioral and Cognitive Therapies, Lima, Peru.
28. **Wilhelm S,** Greenberg JL, Kasarskis I, Reuman L. (2013). Development and testing of cognitive behavioral therapy for adolescents with Body Dysmorphic Disorder. 7<sup>th</sup> World Congress of Behavioral and Cognitive Therapies, Lima, Peru.
29. Abramovitch A, Abramowitz J, Mittelman A, **Wilhelm S.** (2013). Neuropsychological performance in adult Obsessive Compulsive Disorder: A meta-analysis. 7<sup>th</sup> World Congress of Behavioral and Cognitive Therapies, Lima, Peru.
30. Greenberg JL, Reuman L, Hartmann A, Kasarskis I, **Wilhelm S.** (2013). Do you see what I see?: An eye tracking study of attentional bias in body dysmorphic disorder. 7<sup>th</sup> World Congress of Behavioral and Cognitive Therapies, Lima, Peru.
31. Stark AM, Abramovitch A, Mittelman A, Geller D, **Wilhelm S.** (2013). Obsessive Compulsive Disorder as a protective factor against cigarette smoking. Poster presented at the 47<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, Nashville, TN.
32. Rosenfield E, Reese H, Vallejo Z, Rasmussen JL, Kasarskis I, **Wilhelm S.** (2013). Which facets of mindfulness relate to reductions in tic severity during a Mindfulness-Based Intervention for Tourette Syndrome and Chronic Tic Disorder? Poster presented at the 47<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, Nashville, TN.
33. Weingarden H, Renshaw KD, Tangney J, **Wilhelm S.** (2013). Development of a measure of body shame for Body Dysmorphic Disorder. Poster presented at the 47<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, Nashville, TN.
34. Wilson AC, Hartmann AS, Matheny NL, **Wilhelm S.** (2013). Experiential Avoidance in Body Dysmorphic Disorder. Poster presented at the 47<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, Nashville, TN.
35. Matheny NL, Hartmann AS, Wilson AC, Rasmussen JL, Kasarskis I, **Wilhelm S.** (2013). Perfectionism and attractiveness beliefs in participants with Body Dysmorphic Disorder and Anorexia Nervosa. Poster presented at the 47<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, Nashville, TN.

36. Abramovitch A, Reuman L, **Wilhelm S.** (2013). “Woefully OCD”: Clinically significant anhedonia in Obsessive Compulsive Disorder. Poster presented at the 47<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, Nashville, TN.
37. **Wilhelm S.** (2013). Imagined Ugliness: Understanding and Treating Body Dysmorphic Disorder. 47<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, Nashville, TN.
38. McGuire JF, Geller DA, Orr SP, Lewin AB, Small BJ, Murphy TK, **Wilhelm S,** Pine DS, Storch EA. (2014). Examining fear learning and extinction in youth with OCD. In K.Timpano (Chair), Recent Advances in Understanding and Treating OCD: Mechanisms of Change and Novel Treatment Targets. Symposium presented at the 48<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, Philadelphia, Pennsylvania.
39. **Wilhelm S** and Steketee G. (2014). Mechanism of change in cognition therapy for OCD: Role of dysfunctional beliefs and maladaptive schemas. In K.Timpano (Chair), Recent Advances in Understanding and Treating OCD: Mechanisms of Change and Novel Treatment Targets. Symposium presented at the 48<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, Philadelphia, Pennsylvania.
40. Cooperman A, Berman NC, Stark AM, Cohen G, **Wilhelm S.** (2014). Biases in suicide risk assessment among mental health professionals: Effect of clinician demographic variables. Poster presented at the 48<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
41. Schwartz RA, Rasmussen JL, Steketee G, **Wilhelm S.** (2014). Incompleteness and modular cognitive therapy for OCD: Symmetry and perfectionism as predictors of treatment outcome. Poster presented at the 48<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
42. Matheny NL, Berman NC, Schwartz R, Cohen G, **Wilhelm S.** (2014). Clinician factors associated with biased risk assessment among mental health professionals from all disciplines. Poster presented at the 48<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
43. Schwartz RA, Berman NC, Matheny NL, Cohen G, **Wilhelm S.** (2014). When should I hospitalize a suicidal patient?: Biases in decision making among mental health professionals. Poster presented at the 48<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
44. Weingarden H, Renshaw KD, **Wilhelm S,** Tangney J. (2014). Comparison of shame and guilt experiences in OCD, Body Dysmorphic Disorder, and healthy controls. In H. Weingarden (Chair), Expanding our understanding of Obsessive-Compulsive-Related Disorders through the study of emotions beyond anxiety. Symposium presented at the 48<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, Philadelphia, Pennsylvania.
45. Siev J, Rasmussen JL, Slimowicz J, Matheny NL, Silverman M, **Wilhelm S.** (2014). Attention bias toward personality relevant threat stimuli in two OCD subtypes. In K. Timpano (Chair), New directions in information processing and psychopathology. Symposium presented at the 48<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, Philadelphia, Pennsylvania.
46. Berman NC, Cohen G, **Wilhelm S.** (2014). Clinical decision making regarding suicide risk: Role of clinician biases. In A. Freeman (Chair), Evidence-based assessment strategies for improving clinical diagnosis. Symposium presented at the 48<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, Philadelphia, Pennsylvania.
47. Siev J, Rasmussen JL, **Wilhelm S.** (2014). Clinical features of Scrupulosity. In RJ. Jacoby (Chair), New directions in research in Scrupulosity. Symposium presented at the 48<sup>th</sup> Annual Convention, Association for Behavioral and Cognitive Therapies, Philadelphia, Pennsylvania.
48. **Wilhelm S.** (2015). Pharmacotherapy relapse prevention in Body Dysmorphic Disorder:

Background, rationale, and open trial outcomes. 35<sup>th</sup> Annual Conference of the Anxiety Disorders Association of America, Miami, FL.

49. Calkins AW, Elliot CM, Hallion LS, Simon NM, **Wilhelm S** (2015). An explicit and implicit examination of the role of anxiety sensitivity on suicidality in BDD and OCD. 35<sup>th</sup> Annual Conference of the Anxiety Disorders Association of America, Miami, FL.

## Narrative Report

I am a clinical psychologist serving as the director of both the Obsessive Compulsive Disorder (OCD) and Related Disorders Program as well as the Cognitive Behavioral Therapy (CBT) program at MGH. My clinical and research interests focus on OCD and related disorders (including body dysmorphic disorder [BDD] and Tourette's disorder). My multidisciplinary research team has 32 members including psychiatrists, psychologists, statisticians, fellows, and research assistants.

### **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 outcome, mechanisms, and prevalence of BDD. I developed a new modular CBT for BDD and have written a self-help book as well as a treatment manual describing this treatment. I have received three NIMH grants to study BDD treatments. My work also focuses on treatment development and testing of behavioral interventions for tic disorders, and I recently was the scientific chair (and a PI) of a NIMH funded multi-site study investigating behavior therapy for adults with Tourette's disorder, and the MGH site PI for a NIMH grant exploring behavior therapy for children with tics. I am the first author of the main outcome paper of a large multisite study on behavior therapy for adults with Tourette Syndrome (who appear to suffer from a more chronic and severe form of the disorder) and the senior author on various books describing this treatment.

I often participate in conference planning and was the Scientific Program Chair of the 2010 World Congress of Cognitive and Behavioral Therapies. I am the vice chair of the scientific advisory board of the International OCD Foundation (IOCDF) and am currently chairing the IOCDF's grant review process. Furthermore, I regularly participate in NIH grant review panels and have consulted on my colleagues' grants and participated on their 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 7 federally funded projects. In addition, I have received donor and foundation funding. I also serve on several journal editorial boards and am frequently invited to speak about my research nationally and internationally.

### **Teaching and Education**

I have supervised the research and clinical work of pre-doctoral and doctoral staff within and outside of MGH. I am directing MGH's award-winning clinical psychology internship CBT track and organize CBT training for MGH residents. My mentees have excelled at clinical care, have published extensively, have attained their own independent funding, and have been promoted to leadership positions. They have also honored me with several mentorship awards. Furthermore, I often direct CME courses (including online trainings) for clinicians outside of MGH.

### **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 OCD and Related Disorders Program, which now incorporates the BDD clinic, and several other

programs. I have been directing the MGH CBT program since 2005, and I serve on various committees. I was promoted to Chief of Psychology in 2014.

**Education of Patients and Service to the Community:** To educate the general public about mental health issues, I have written self-help guides, educational pamphlets and have 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.