

EMILY R. EDWARDS, PH.D.

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EDUCATION

DOCTOR OF PHILOSOPHY	2019
<i>Clinical Psychology</i>	
CUNY Graduate Center at John Jay College, New York, NY (APA Accredited)	
Dissertation: <i>Assessment of Third-Wave Therapy Assumptions about the Relation between Emotional Schemas and Psychoemotional Functioning</i>	
MASTER OF PHILOSOPHY	2017
<i>Psychology</i>	
CUNY Graduate Center at John Jay College, New York, NY	
MASTER OF ARTS	2015
<i>Forensic Psychology</i>	
John Jay College of Criminal Justice, New York, NY	
Thesis: <i>Emotion Regulation Mediates the Effects of Alexithymia and Emotion Differentiation on Impulsive Aggression</i>	
BACHELOR OF SCIENCE	2013
<i>Psychology, Honors in the Major, Summa cum Laude</i>	
University of Central Florida, Orlando, FL	
Minor: Crime, Law, and Deviance; Certificate: Behavioral Forensics	
Thesis: <i>Preserving the Right to a Fair Trial: An Examination of the Prejudicial Value of Visual and Auditory Evidence in the Context of a Criminal Case</i>	

ADVANCED TRAINING

VISN 2 SOUTH MIRECC / JAMES J. PETERS VA MEDICAL CENTER	2019 – 2021
<i>Post-Doctoral Psychology Fellow</i>	
YALE UNIVERSITY / YALE-NEW HAVEN HOSPITAL	2018 – 2019
<i>Pre-Doctoral Psychology Fellow</i>	

PUBLICATIONS

PEER-REVIEWED

- Edwards, E.** (Under Review). Posttraumatic stress and alexithymia: A meta-analysis of trait presentation and correlation. Manuscript under review.
- Edwards, E., Liu, Y., Ruiz, D., Brosowsky, N., & Wupperman, P.** (Under Review). Emotional schemas and psychoemotional functioning: Introduction and evaluation of an integrated model across two independent samples. Manuscript under review.
- Edwards, E., Rinne, G., Kober, H., Griffin, S., Axelrod, S., & Cooney, E.** (Under Review). Homework completion and phone coaching as predictors of treatment outcome in intensive outpatient DBT. Manuscript under review.
- Tsai, J., **Edwards, E.**, Cao, X., & Finlay, A. (Under Review). Disentangling military service and race as factors associated with any lifetime incarceration in the U.S. population. Manuscript under review.
- Wupperman, P., Burns, N., Pugach, C., & **Edwards, E.** (In press). Treatment for individuals with severe mental illness and continued drug use while maintained on methadone. *Journal of Nervous and Mental Disease*, In press.

- Edwards, E. R.** & Wupperman, P. (2019). Research on emotional schemas: A review of findings and challenges. *Clinical Psychologist*, 23(1), 3-14.
- Leahy, R. L., Wupperman, P., **Edwards, E.**, Shivaji, S., & Molina, N. (2019). Metacognition and emotional schemas: Effects on depression and anxiety. *International Journal of Cognitive Therapy*, 12(1), 25-37.
- Edwards, E. R.**, Shivaji, S., & Wupperman, P. (2018). The Emotion Mapping Activity: Preliminary evaluation of a mindfulness-informed exercise to improve emotion labeling in alexithymic persons. *Scandinavian Journal of Psychology*, 59(3), 319-327.
- Edwards, E. R.**, Micek, A., Mottarella, K., & Wupperman, P. (2017). Emotion ideology mediates effects of risk factors on alexithymia development. *Journal of Rational-Emotive and Cognitive Behavior Therapy*, 35(3), 254-277.
- Edwards, E. R.** & Wupperman, P. (2017). Emotion regulation mediates effects of alexithymia and low emotion differentiation on impulsive aggressive behavior. *Deviant Behavior*, 38(10), 1160-1171.
- Edwards, E. R.** Gintoft-Cohen, M., & Wupperman, P. (2016). Substance-treatment professionals' perceived barriers to incorporating mindfulness into treatment. *Substance Use and Misuse*, 51(14), 1930-1935.
- Edwards, E. R.** & Mottarella, K. (2015). Perceptions of the previously convicted: The influence of conviction type and therapy participation. *International Journal of Offender Therapy and Comparative Criminology*, 59(12), 1358-1377.
- Edwards, E. R.** & Mottarella, K. E. (2014). Preserving the right to a fair trial: An examination of the prejudicial value of visual and auditory evidence. *North American Journal of Psychology*, 16(2), 397-414.

BOOK CHAPTERS

- Edwards, E.** & Wupperman, P. (2017). Alexithymia and gender. In (K. Nadal, Ed.) *The SAGE Encyclopedia of Psychology and Gender*. Thousand Oaks, CA: SAGE Publishing.
- Wupperman, P. & **Edwards, E.** (2017). Dialectical Behavior Therapy and gender. In (K. Nadal, Ed.) *The SAGE Encyclopedia of Psychology and Gender*. Thousand Oaks, CA: SAGE Publishing.

RESEARCH

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|--|-------------|
| YALE UNIVERSITY / YALE-NEW HAVEN HOSPITAL | 2018 – 2019 |
| <i>Generalization-Focused Treatments in IOP-Dialectical Behavior Therapy</i> | |
| Quality improvement research examining the extent to which completion of skills-homework assignments and frequency of phone coaching predict treatment outcome in an intensive outpatient DBT program. <i>Principal Investigator</i> | |
| JOHN JAY COLLEGE OF CRIMINAL JUSTICE | 2013 – 2019 |
| <i>Assessment of Third-Wave Assumptions about Emotional Schemas, Dissertation</i> | |
| Series of cross-sectional studies investigated the relation between emotional schemas and psychoemotional functioning (i.e., emotion processing, emotion regulation, behavioral regulation) across samples. <i>Principal Investigator</i> | |
| <i>Emotional Functioning & Impulsive Aggression, Thesis</i> | |
| Cross-sectional study examined the extent to which emotion regulation mediates effects of emotion-differentiation and alexithymia on impulsive aggression. <i>Principal Investigator</i> | |
| <i>Correlates and Treatment of Alexithymic Traits</i> | |
| Research investigated trauma, emotional invalidation, emotional schemas, psychoemotional functioning, and somatic-emotional experiences as correlates of alexithymic traits. Research informed development and validation of the Emotion Mapping Activity, a novel, mindfulness-informed exercise to improve emotion-labeling accuracy in individuals with elevated levels of alexithymia. <i>Principal Investigator</i> | |

Mindfulness & Modification Therapy Lab

Contributed to ongoing research on the process and effectiveness of Mindfulness and Modification Therapy, a transdiagnostic psychotherapy for clients with dysregulated behaviors. Also investigated therapists' willingness and perceived barriers to adopting mindfulness-based techniques in the treatment of substance-use disorders. *Doctoral Research Assistant*

UNIVERSITY OF CENTRAL FLORIDA

2011 – 2013

The Prejudicial Value of Evidence in Criminal Cases, Honor's Thesis

Experimental study examining effects of visual evidence, auditory evidence, and jury instructions on mock-juror emotional states and verdict decisions. *Principal Investigator*

Social Distance from Criminal Offenders

Series of studies examining effects of conviction type, offender therapy participation, and victimization history on preferences for social distance from criminal offenders. *Principal Investigator*

UCF Anxiety Disorders Clinic

Contributed to ongoing research on the process and effectiveness of behavioral therapies for anxiety disorders. Research involved providing exposure therapy and social skills training to clients of all ages; aiding in development of an experimental attention bias training program for adults with social phobia; coordinating, managing, and coding behavioral assessments and physiological data; and training incoming research assistants. *Research Assistant*

FUNDING & GRANT-FUNDED PROJECTS

PSYCHOLOGY DEPARTMENT OVERHEAD FUNDING GRANT

2018 – 2019

Funding Agency: John Jay College of Criminal Justice

\$3,534.00 for dissertation research, which evaluated the influence of emotional schemas on psychoemotional functioning. PIs: *Emily Edwards & Peggilee Wupperman*

DOCTORAL STUDENT RESEARCH GRANT

2017 – 2018

Funding Agency: City University of New York

\$1,490.00 for dissertation research, which evaluated the influence of emotional schemas on psychoemotional functioning. PI: *Emily Edwards*

DOCTORAL STUDENT RESEARCH GRANT

2015 – 2016

Funding Agency: City University of New York

\$1,485.00 for independent research introducing and evaluating the utility of a novel, culturally-sensitive, psychotherapeutic tool designed to improve emotion-labeling accuracy in individuals with heightened levels of alexithymia. PI: *Emily Edwards*

PROFESSIONAL TRAININGS & CONSULTATION

CUNY SCHOOL OF LAW, MAIN STREET LEGAL SERVICES

2017 – 2018

Doctoral Fellow

Student-led legal clinic providing comprehensive pro-bono legal services. Primary placement was the Defenders Clinic, which specializes in misdemeanor cases and clemency applications. Provided consultation and training to student lawyers on interviewing strategies, mental health, and violence risk. Completed violence risk assessments and author integrated reports for clemency applications.

NYC DEPARTMENT OF CORRECTIONS

2017

Training Leader

8-hour training delivered to newly hired corrections officers. Training focused on recognition and management of mental health symptoms within correctional facilities. Collected data to inform ongoing Quality Improvement research for the training program.

CLINICAL POSITIONS

- YALE-NEW HAVEN HOSPITAL, INTENSIVE OUTPATIENT DBT PROGRAM** 2018 – 2019
Pre-Doctoral Psychology Fellow
 Intensive outpatient program providing Dialectical Behavior Therapy to clients with both psychiatric and substance-use diagnoses. Provided DBT-based group therapy, case management, and phone coaching to caseload of 6 clients. Completed weekly diagnostic screening evaluations for incoming patients. Provided supervision to practicum student.
- NEW YORK PRESBYTERIAN HOSPITAL, WESTCHESTER DIVISION** 2017 – 2018
Mental Health Clinician
 University hospital providing acute inpatient services to adults presenting imminent risk to themselves or others. Primary placement was Unit 3S, a co-ed unit for adults with personality disorders, suicidality, and/or self-harm. Led DBT skills groups and provided short-term, individual therapy.
- KINGSBORO PSYCHIATRIC CENTER** Summer, 2017
Mental Health Clinician
 State hospital providing inpatient services to adults with severe mental illness, cognitive impairment, and/or forensic history. Aided in designing and implementing a token economy system to increase patient treatment engagement. Provided group and individual therapy. Completed psychological assessments as needed.
- QUEENS TASC MENTAL HEALTH DIVERSION PROGRAM** 2016 – 2017
Forensic Evaluator
 Alternative sentencing program for adults with severe mental illness and felony and/or misdemeanor criminal charges. Completed evaluations and authored integrated reports to determine eligibility for jail diversion through Queens Mental Health Court. Evaluations included diagnostic, personality, cognitive, violence risk, and/or forensic assessment, psychosocial history, and treatment recommendations.
- CENTER FOR COGNITIVE & DIALECTICAL BEHAVIOR THERAPY** 2015 – 2016
Mental Health Clinician
 Private practice providing outpatient dialectical behavior therapy, cognitive-behavior therapy, and family therapy to adolescents and adults. Provided individual DBT, CBT, and behavioral parent training. Co-led weekly adult and multi-family adolescent DBT skills groups. Completed weekly diagnostic assessments for incoming patients.
- SERVICES FOR THE UNDERSERVED, EAST HARLEM ACT TEAM** 2014 – 2015
Mental Health Clinician
 Assertive Community Treatment multidisciplinary team providing intensive outpatient mental health and case management services to individuals with severe mental illness, repeat hospitalizations, and histories of homelessness. Provided long-term, individual psychotherapy. Developed and led *Mindfulness & Distress Tolerance* therapy group.

PROFESSIONAL PRESENTATIONS

COMMUNITY OUTREACH

- Goodman, M. & Edwards, E. (2019, March). Clinical assessment of suicide in individuals with borderline personality disorder. Podcast with *National Education Alliance for Borderline Personality Disorder Podcast Series*.
- Edwards, E. (2018, August). Using validation to build and strengthen relationships. Talk presented at *Yale-New Haven Hospital IOP-DBT Family & Friends Night*. New Haven, CT.

ORAL PRESENTATIONS

- Edwards, E. (2019, November). Homework compliance and phone coaching predict treatment outcomes in intensive outpatient DBT. Paper accepted for presentation at *ISIT DBT*. Atlanta, GA.
- Edwards, E. (2018, October). Emotional schemas: A review of findings and challenges. Paper presented at *Yale-New Haven Hospital Seminar*. New Haven, CT.

- Edwards, E.** & Barnes, S. (2018, October). Trauma and alexithymia: Investigation of developmental sensitivities. Paper presented at *YIELD Research Consultation Meeting*. New Haven, CT.
- Edwards, E.** (2017, April). Improving emotion labeling in alexithymia: A preliminary assessment of the Emotion Mapping Activity. Poster spotlight presented at *Society for Affective Science Annual Conference*. Boston, MA.
- Wupperman, P., Reed, A. L., **Edwards, E.**, Shapiro, R., Li, Q., Unachukwa, F., & Ryan, B. (2015, April). A transdiagnostic therapy for behavioral dysregulation: Mindfulness and Modification Therapy customized for alcohol use, drug use, and anger issues. Paper presented at the *IV International Congress of Dual Disorders: Addictions and Other Mental Disorders*. Barcelona, Spain.
- Wupperman, P., Unachukwa, F., Ryan, B., Mathews, L., & **Edwards, E.** (2014, June). Mindfulness in the treatment of dysregulated behaviors: Evidence from Mindfulness and Modification Therapy. Paper presented at the *International Congress of Cognitive Psychotherapy*. Hong Kong.
- Edwards, E. R.** (2014, March). Perceptions of offenders: The influence of therapy participation on preferences for social distance. Paper presented at *2014 Prison Studies Group Conference*. New York, NY.
- Edwards, E.**, Driskell, L., Sanders, T., Schaefer, K., Hancock, P. (2012, April). Physiological measures may provide insight into measuring human trust in robots. Paper presented at the *2012 Human Factors and Applied Psychology Conference*. Daytona Beach, FL.
- POSTER PRESENTATIONS**
- Edwards, E.**, Shivaji, S.*, & Wupperman, P. (2017, April). Improving emotion labeling in alexithymia: A preliminary assessment of the Emotion Mapping Activity. Poster presented at *Society for Affective Science Annual Conference*. Boston, MA.
- Shivaji, S.*, **Edwards, E.**, & Wupperman, P. (2017, April). Child abuse and emotion socialization as predictors of depressive disorder in young adults. Poster presented at *Society for Affective Science Annual Conference*. Boston, MA.
- Edwards, E.**, Shivaji, S.*, & Micek, A.*, Wupperman, P. (2016, March). Linguistic comparison of alexithymia and emotion differentiation. Poster presented at *Society for Affective Science Annual Conference*. Chicago, IL.
- Micek, A.* & **Edwards, E. R.** (2016, March). Histories of child abuse and emotional invalidation predict development of maladaptive emotion schemas in adults. Poster presented at *2016 Annual Meeting of the Eastern Psychological Association*. New York, NY.
- Edwards, E.**, Micek, A.*, & Lefkowitz, H.* (2015, June). Behavioral aggression assessment using virtual reality: Results from a preliminary validation study. Poster presented at the *3rd North American Correctional and Criminal Justice Psychology Conference*. Ottawa, Canada.
- Micek, A.* & **Edwards, E.** (2015, May). Emotion differentiation and alexithymia: Debunking the assumption of interrelation. Poster presented at the *2015 Association for Psychological Sciences Annual Convention*. New York, NY.
- Edwards, E.** (2014, July). Prior crime exposure and social distance: The case of victimization. Poster presented at the *21st World Meeting of the International Society for Research on Aggression*. Atlanta, GA.
- Edwards, E.**, Mottarella, K. & Whitten, S. (2012, August). Preserving the right to a fair trial: Examining the prejudicial value of auditory evidence. Poster presented at the *2012 Annual Convention of the American Psychological Association*. Orlando, FL.
- Edwards, E.** (2012, June). Modes of evidentiary presentation may impede on defendant's right to a fair trial. Poster presented at the *John Jay College of Criminal Justice Tenth Biennial International Conference: Global Perspectives on Justice, Security, and Human Rights*. New York, NY.

Edwards, E., Mottarella, K. & Whitten, S. (2012, May). Jurors' guilty verdicts found to be unknowingly emotionally loaded despite jury instructions. Poster presented at the *2012 Association for Psychological Sciences Annual Convention*. Chicago, IL.

Edwards, E., Mottarella, K. & Whitten, S. (2012, January). Preserving the right to a fair trial: An examination of emotion and verdict decision in the context of a criminal case. Poster presented at the *SPSP Social Psychology and Law Pre-Conference*. San Diego, CA.

*Research-Assistant Presenter

TEACHING POSITIONS

JOHN JAY COLLEGE OF CRIMINAL JUSTICE

Adjunct Lecturer 2015 – 2018
 Courses: Psychotherapy in Corrections (PSY 430); Abnormal Psychology (PSY 242); Social Psychology (PSY 221); Introduction to Psychology (PSY 101); Key Concepts in Psychotherapy (PSY 339)

Teaching Assistant 2014 – 2017
 Courses: Psychology & Law (PSY370); Research Methods Recitation (PSY 311); Developmental Psychology (PSY 231); Abnormal Psychology (PSY 242); Social Psychology (PSY 221)

UNIVERSITY OF CENTRAL FLORIDA

Teaching Assistant 2011 – 2013
 Courses: Forensic Psychology (CLP 4390); Legal Aspects of Psychology (SOP 3751); Research Methods in Psychology (PSY 3213C); Psychology of Career Development (PSY 3028); Personality Theory (PPE 3003C)

AWARDS, HONORS, & SCHOLARSHIPS

City Univ. of New York – Excellence in Teaching Award Nominee	2017
Society for Affective Science – Poster Spotlight Presenter	2017
City Univ. of New York – USS Graduate Student Mentor Award (\$1,000.00)	2014
International Society for Research on Aggression – Young Investigator's Program	2014
Univ. of Central Florida – Founder's Day Award for Outstanding Thesis (\$500.00)	2014
Univ. of Central Florida – January Undergraduate Researcher of the Month	2013
Univ. of Central Florida – Undergraduate Scholarship of Research Excellence (\$300.00)	2012
Burnett Honors College – Honors in the Major Scholarship (\$1,000.00)	2011

ADDITIONAL PROFESSIONAL SERVICE

PUBLIC & PROFESSIONAL SERVICE

National Education Alliance for Borderline Personality Disorder, <i>Family Connections Leader</i>	2019 – Present
National Education Alliance for Borderline Personality Disorder, <i>Conference Volunteer Coordinator</i>	2019
Psychologists in the Public Service Student Newsletter, <i>Editor</i>	2014 – 2015
CUNY Graduate Center Psychology Executive Committee, <i>Student Representative</i>	2014 – 2015
Psychology Student Research Day, <i>Poster Session Coordinator</i>	2013 – 2015

ACADEMIC PEER REVIEW

Clinical Psychologist	Substance Use & Misuse
International Journal of Cognitive Therapy	Personality & Individual Differences
Journal of Medical Internet Research	Translational Issues in Psychological Science
Rational-Emotive and Cognitive Behavior Therapy	

PROFESSIONAL MEMBERSHIPS

American Psychological Association	Society for Advancement of Psychotherapy
Association of Psychological Science	Society for Affective Science
National Education Alliance for BPD	Psi Chi Honor Society
New York State Psychological Association	Psychologists in Public Service

