

# LAUREN S. HALLION

Department of Psychology  
University of Pittsburgh  
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## ACADEMIC APPOINTMENTS

- 2018 – present**      **University of Pittsburgh**  
Assistant Professor  
Department of Psychology  
Primary Affiliation: Clinical Program  
Additional Affiliations: Cognitive Program; Center for the Neural Basis of Behavior
- 2016 – 2018**      **University of Pittsburgh**  
Research Assistant Professor  
Department of Psychology  
Primary Affiliation: Clinical Program  
Additional Affiliations: Cognitive Program; Center for the Neural Basis of Behavior

## EDUCATION AND EMPLOYMENT

- 2014 – 2016**      **Anxiety Disorders Center, Institute of Living**  
Postdoctoral Fellow  
Primary Supervisor: David Tolin
- 2013 – 2014**      **Massachusetts General Hospital/Harvard Medical School**  
Predoctoral Clinical Psychology Fellow (Cognitive Behavioral Therapy Track)  
Primary Supervisor: Sabine Wilhelm
- 2008 – 2014**      **University of Pennsylvania**  
Ph.D. in Clinical Psychology  
Dissertation: *Clinical Correlates and Cognitive Underpinnings of Uncontrollable Worry*  
Primary Supervisor: Ayelet Ruscio  
Doctoral Committee: Dianne Chambless (Chair); Sharon Thompson-Schill
- 2008 – 2009**      **University of Pennsylvania**  
M.A. in Psychology  
Primary Supervisor: Ayelet Ruscio
- 2007 – 2008**      **Astor Services for Children and Families**  
Research Associate and Quality Assessment/Improvement Coordinator  
Primary Supervisor: Suzanne Button
- 2003 – 2007**      **Bard College**  
B.A. in Psychology

## RESEARCH SUPPORT

### ONGOING SUPPORT

**2018 – 2023** National Institutes of Health Hallion (PI)  
1K01MH116328-01A1  
*Common and Specific Neural Mechanisms of Perseverative Thought in Real-World Contexts*  
Direct costs: \$162,222 annually (inclusive of salary support)

### COMPLETED SUPPORT

**2019 – 2020** CMU-Pitt Brain Imaging Data Generation & Education (BRIDGE) Center  
Developmental Fund Seed Grant Hallion (PI)  
*Neural Mechanisms of Mindful Disengagement from Worry*  
Direct costs: 20 pilot scanning hours

**2017 – 2019** Central Research Development Fund Hallion (PI)  
CRDF 30637  
*Neurobiological Mechanisms Underlying the Acute Effects of Mindfulness on Worry and Rumination*  
Direct costs: \$15,800

**2014 – 2016** Hartford Hospital Research Development Fund Hallion (PI)  
New Investigator Award  
*Proactive and Reactive Cognitive Control as a Mechanism and Intervention Target for Intrusive Thought*  
Direct costs: \$1,800

**2011** American Psychological Association Hallion (Trainee PI)  
Dissertation Research Award  
*Use of Executive Control Resources by Attempts to Control Worry in Generalized Anxiety Disorder*  
Direct costs: \$1,000

**2010 – 2013** University of Pennsylvania Hallion (Trainee PI)  
Graduate and Summer Research Awards  
*Multiple awards to support Master's and dissertation research*  
Direct costs: \$500 - \$1,500

## HONORS AND AWARDS

**2023** Travel Award, Association for Cognitive Bias Modification  
**2019** Rising Star Award, Association for Psychological Science  
**2018 – 2023** National Institute of Health K01 Mentored Career Development Award  
**2015** National Institute of Health Clinical Research Loan Repayment Award  
**2014** Hartford Hospital New Investigator Award

<b>2012</b>	Ruth Roemer Award <i>for outstanding contributions to the University of Pennsylvania Psychology community</i>
<b>2011</b>	American Psychological Association Dissertation Research Award
<b>2010 – 2013</b>	University of Pennsylvania Graduate Summer Research Awards
<b>2010 – 2012</b>	University of Pennsylvania Travel Grants
<b>2008 – 2012</b>	Ben Franklin Fellowship, University of Pennsylvania
<b>2006</b>	John Bard Award <i>for outstanding academic achievement (college-wide award)</i>
<b>2005</b>	Heiferman Scholarship, <i>for outstanding achievement in the social sciences</i>

## PEER-REVIEWED PUBLICATIONS

Tolin, D. F., Levy, H. C., **Hallion, L. S.**, Wootton, B. M., Jaccard, J., Diefenbach, G. J., & Stevens, M. C. (in press). Changes in neural activity following cognitive-behavioral therapy for hoarding disorder. *Journal of Consulting and Clinical Psychology*.

Rodriguez-Seijas, C., McClendon, J., Wendt, D. C., Novacek, D. M., Ebalu, T.,\* **Hallion, L. S.**, Hassan, N. Y., Huson, K., Spielmans, G. I., Folks, J. B., Khazem, L. R., Neblett, E. W., Cunningham, T. J., Hampton-Anderson, J., Steinman, S. A., Hamilton, J. L., & Mekawi, Y. (in press). The next generation of clinical science: Moving toward anti-racism. *Clinical Psychological Science*.

Caulfield, M. K.\* & **Hallion, L. S.** (2023). Disengaging from worry: Dissociating the roles of salience and internally-directed attention. *Behaviour Research and Therapy*, 104242.  
Preregistration; open data; open code: <https://osf.io/4qen3/>

Westbrook, C. A.,\* Dutcher, J., Kusmierski, S.,\* Creswell, J. D., Akpan, E.,\* & **Hallion, L. S.** (2023). Neural correlates of mindful disengagement from worry. *Journal of Psychopathology and Clinical Science (formerly Journal of Abnormal Psychology)*, 132(1), 38 – 50.  
Preregistration; link to open data: <https://osf.io/mygwc/>

Victor, S. E., Schleider, J. L., Ammerman, B. A., Bradford, D. E., Devendorf, A. R., Gruber, J., Gunaydin, L. A., **Hallion, L. S.**, Kaufman, E. A., Lewis, S. P., Stage, D. L. (2022). Leaders, not liabilities: Leveraging the strengths of psychologists with lived experience of mental illness. *Perspectives on Psychological Science*, 17(6), 1624 – 1632.

**Hallion, L. S.**, Wright, A. G. C., Joormann, J., Coutanche, M. N., Kusmierski, S. N.\*, & Caulfield, M. K.\* (2022). A Five-Factor Model of Perseverative Thought. *Journal of Psychopathology and Clinical Science (formerly Journal of Abnormal Psychology)*, 131(3), 235–252.  
Open data and code: <https://osf.io/bqk9/>

Thompson, J.,\* Orozco, N. J. †, & **Hallion, L. S.** (2022). Dissociable associations of facets of mindfulness with worry, rumination, and transdiagnostic perseverative thought. *Mindfulness*, 13, 80–91.  
Open data: <https://osf.io/p63kj/>

Levy, H. C., Poppe, A., Hiser, J., Wootton, B. M., **Hallion, L. S.**, Tolin, D. F., & Stevens, M. C. (2021). An examination of the association between subjective distress and functional connectivity during discarding decisions in hoarding disorder. *Biological Psychiatry: Cognitive Neuroscience and*

*Neuroimaging*, 6(10), 1013–1022.

Gruber, J., Prinstein, M. J.,<sup>†</sup> Abramowitz, J. S., Albano, A. M., Aldao, A. . . **Hallion, L. S.** . . . Vine, V. J. (2021). Clinical Psychological Science's Call to Action in the Time of COVID-19. *American Psychologist*, 76(3), 409–426.

<sup>†</sup>Subsequent author contributions are listed alphabetically.

**Hallion, L. S.**, Kusmierski, S. N.,\* & Caulfield, M. K.\* (2020). Worry alters speed-accuracy tradeoffs but does not impair sustained attention. *Behaviour Research and Therapy*, 128, 103597.  
Open data: <https://osf.io/as8eq/>

Stevens, M. C., Levy, H. C., **Hallion, L. S.**, Wootton, B. M., Tolin, D. F. (2020). Functional neuroimaging test of an emerging neurobiological model of hoarding disorder. *Biological Psychiatry: Cognitive Neuroscience and Neuroimaging*, 5(1), 68–75.

**Hallion, L. S.**, Tolin, D. F., Billingsley, A. L.\*, Kusmierski, S. N.\*, & Diefenbach, G. J. (2019). “Cold” cognitive control and attentional symptoms in anxiety: Perceptions versus performance. *Behavior Therapy*, 56, 1150–1163.

Tolin, D. F., Wootton, B. M., Levy, H. C., **Hallion, L. S.**, Worden, B. L., Diefenbach, G. J., Jaccard, J., & Stevens, M. C. (2019). Efficacy and mediators of a group cognitive-behavioral therapy for hoarding disorder. *Journal of Consulting and Clinical Psychology*, 87(7), 590–602.

**Hallion, L. S.**, Tolin, D. F., & Diefenbach, G. J. (2019). Enhanced cognitive control over task-irrelevant emotional distractors in generalized anxiety disorder versus obsessive-compulsive disorder. *Journal of Anxiety Disorders*, 64, 71–78.

Tolin, D. F., Das, A., **Hallion, L. S.**, Levy, H. C., Wootton, B., & Stevens, M. (2019). Quality of life in patients with hoarding disorder. *Journal of Obsessive-Compulsive and Related Disorders*, 21, 55–59.

Diefenbach, G., Rabany, L., **Hallion, L. S.**, Tolin, D. F., Goethe, J., Gueorguieva, R., Zertuche, L., & Assaf, M. (2019). Sleep improvements and associations with default mode network functional connectivity following rTMS for generalized anxiety disorder. *Brain Stimulation*, 12, 184–186.

**Hallion, L. S.**, Steinman, S. A., Diefenbach, G. J., & Tolin, D. F. (2018). Psychometric Properties of the Difficulties in Emotion Regulation Scale (DERS) and its Short Forms in Adults with Emotional Disorders. *Frontiers in Psychology*, 9, 539.

**Hallion, L. S.**, Steinman, S. A., & Kusmierski, S. N.\* (2018). Difficulty concentrating in generalized anxiety disorder: An evaluation of incremental utility and relationship to worry. *Journal of Anxiety Disorders*, 53, 39–45.

Tolin, D. F., **Hallion, L. S.**, Wootton, B. M., Levy, H. C., Billingsley, A. L., Das, A., Katz, B. W., & Stevens, M. C. (2018). Subjective cognitive function in hoarding disorder. *Psychiatry Research*, 265, 215–220.

Tolin, D. F., Levy, H. C., Wootton, B. M., **Hallion, L. S.**, & Stevens, M. C. (2018). Hoarding disorder and

difficulties in emotion regulation. *Journal of Obsessive-Compulsive and Related Disorders*, 16, 98–103.

- Tolin, D. F., Gilliam, C., Wootton, B., Bowe, W., Bragdon, L. B., Davis, E., ... **Hallion, L. S.** (2018). Psychometric properties of a structured interview for DSM-5 anxiety, mood, and obsessive-compulsive and related disorders. *Assessment*, 25(1), 3–13.
- Ruscio, A. M., **Hallion, L. S.**, Lim, C. C. W., Aguilar-Gaxiola, S., Al-Hamzawi, A., ... Scott, K. (2017). The epidemiology of DSM-5 generalized anxiety disorder across the globe: Results from the World Mental Health Surveys. *JAMA Psychiatry*, 74(5), 465–475.
- Tolin, D. F., Billingsley, A. L., **Hallion, L. S.**, & Diefenbach, G. J. (2017). Pre-treatment hypocapnia predicts dropout from cognitive-behavioral therapy for anxiety and related disorders. *Behavior Research and Therapy*, 90, 32–40.
- Hallion, L. S.**, Tolin, D. F., Assaf, M., Goethe, J. W., & Diefenbach, G. D. (2017). Cognitive control in generalized anxiety disorder: Relation of inhibition impairments to worry and anxiety severity. *Cognitive Therapy and Research*, 41(4), 610–618.
- Abramovitch, A., **Hallion, L. S.**, Reese, H., Woods, D., Peterson, A., Piacentini, J., Scahill, L., Deckersbach, T., Wilhelm, S. (2017). Neurocognitive predictors of treatment response to randomized treatment in adults with tic disorders. *Neuro-Psychopharmacology & Biological Psychiatry*, 74, 9–14.
- Diefenbach, G. J., Bragdon, L. B., Zertuche, L., Hyatt, C. J., **Hallion, L. S.**, Tolin, D. F., ... & Assaf, M. (2016). Repetitive transcranial magnetic stimulation for generalised anxiety disorder: a pilot randomised, double-blind, sham-controlled trial. *The British Journal of Psychiatry*, 1–7.
- Hallion, L. S.**, Diefenbach, G. J., & Tolin, D. F. (2015). Poor memory confidence mediates the association between inattention symptoms and hoarding severity and impairment. *Journal of Obsessive-Compulsive and Related Disorders*, 7, 43–48.
- Diefenbach, G. J., Tolin, D. F., **Hallion, L. S.**, Zertuche, L., Rabany, L., Goethe, J. W., & Assaf, M. (2015). A case study of clinical and neuroimaging outcomes following repetitive transcranial magnetic stimulation for hoarding disorder. *American Journal of Psychiatry*, 172(11), 1160–1162.
- Ruscio, A. M., Gentes, E. L., Jones, J. D., **Hallion, L. S.**, Coleman, E. S., & Swendsen, J. (2015). Rumination predicts heightened responding to stressful life events in major depressive disorder and generalized anxiety disorder. *Journal of Abnormal Psychology*, 124(1), 17–26.
- Hallion, L. S.**, Ruscio, A. M., & Jha, A. P. (2014). Fractionating the role of executive control in control over worry: A preliminary investigation. *Behaviour Research and Therapy*, 54, 1–6.
- Hallion, L. S.**, & Ruscio, A. M. (2013). Should uncontrollable worry be excluded from GAD? A test of incremental validity. *Journal of Abnormal Psychology*, 122(2), 369–375.
- Hallion, L. S.**, & Ruscio, A. M. (2011). A meta-analysis of the effects of cognitive bias modification on

anxiety and depression. *Psychological Bulletin*, 137(6), 940–958.

Ruscio, A. M., Seitchik, A., Gentes, E. L., Jones, J. D., & **Hallion, L. S.** (2011). Perseverative thought: A robust predictor of response to emotional challenge in generalized anxiety disorder and major depressive disorder. *Behaviour Research and Therapy*, 49(12), 867–874.

Boyer, S., **Hallion, L. S.**, & Button, S., Hammell, C. (2009). Complex trauma as a predictive indicator of clinical outcome in residential treatment. *Residential Treatment for Children and Youth*, 26, 1–13.

\* = student/trainee; primary advisor

† = student/trainee; non-primary or informal mentorship

## MANUSCRIPTS IN REVIEW

Blendermann, M.,\* Ebalu, T. I.,\* Obisie-Orlu, I. C.,\* Fried, E. I., & **Hallion, L. S.** (revision invited, *Psychological Medicine*). A systematic review of changes in mental health symptoms from before to during the COVID-19 pandemic.

**Hallion, L. S.**, Hsu, K. J., & Schleider, J. L. (in review). Cognitive training for mental health problems: Pitfalls, promises, and paths forward.

**Hallion, L. S.**, Weisman, J. S., Westbrook, C., Davis, D. M., & Hudiburgh, S. (in post-rejection revision). Implications of COVID-19 infection for clinical science and evidence-based treatment.

## BOOK CHAPTERS AND INVITED PERSPECTIVES

**Hallion, L. S.** (2022). Mental health in clinical science: Navigating and Advocating. *Clinical Science*, 26(2), 7 – 8. <https://societyforscienceofclinicalpsychology.wildapricot.org/clinicalscience/>

Coutanche, M. N. & **Hallion, L. S.** (2020). Machine learning for clinical psychology and clinical neuroscience. In A. G. C. Wright and M. N. Hallquist (Eds.), *The Cambridge Handbook of Research Methods in Clinical Psychology*. Cambridge, UK: Cambridge University Press.

Ruscio, A. M., & **Hallion, L. S.** (2018). Generalized anxiety disorder. In K. Scott, D. J. Stein, P. de Jonge, & R. C. Kessler (Eds.), *Mental Disorder Around the World: Facts and Figures from the World Mental Health Surveys*. Cambridge, NY: Cambridge University Press.

**Hallion, L. S.**, Tung, E. S., & Keuthen, N. J. (2017). Phenomenology of Excoriation (Skin Picking) Disorder. In J. S. Abramowitz, D. McKay, & E. A. Storch (Eds.), *The Wiley Handbook of Obsessive Compulsive Disorders* (pp. 806 – 816). Hoboken, NJ: John Wiley & Sons.

**Hallion, L. S.**, Park, J. M., & Keuthen, N. (2016). Treatment of an adult with excoriation (skin picking) disorder. In E. Storch & A. Lewin (Eds.), *Clinical Handbook of Obsessive-Compulsive and Related Disorders: A Case-Based Approach to Treating Pediatric and Adult Populations* (pp. 273–287). Switzerland: Springer International Publishing.

Charney, M., Calkins, A. W., **Hallion, L. S.**, & Simon, N. (2016). Evaluating strategies for combining psychotropics with CBT. In T. Peterson, S. Sprich, & S. Wilhelm (Eds.), *The Massachusetts General Hospital Handbook of Cognitive Behavioral Therapy*. New York: Springer.

**Hallion, L. S.**, Sockol, L. E., & Wilhelm, S. (2015). Obsessive-compulsive disorder. In D. Stein & B. Vythilingum (Eds.), *Anxiety Disorders and Gender* (pp. 67–87). Switzerland: Springer International Publishing.

Button, S., & **Hallion, L. S.** (2009) Data are not mysterious: Understanding, using, and creating psychotherapy outcomes studies. In A. Drewes (Ed.), *Blending Play Therapy with Cognitive Behavioral Therapy: Evidence-Based and other Effective Techniques* (pp. 71–96). New Jersey: John Wiley & Sons, Inc.

## INVITED TALKS

Hallion, L. S. (2023, May). Challenges and future directions for cognitive bias modification. To be presented at the Annual Meeting of the Association for Cognitive Bias Modification.

Hallion, L. S. (2023, March). *This is your brain on (and off!) worry: Behind the scenes of clinical neuroscience*. Keynote address. Psi Chi Honors Society, University of Pittsburgh.

Hallion, L. S. (2022, December). *Don't worry about it: Latent structure and cognitive control of clinically-relevant thought*. Purdue University.

Hallion, L. S. (2022, December). *Don't worry about it: Cognitive control of clinically-relevant thought*. Women in Control Series.

Hallion, L. S. (2021, March). *Cognitive and neural mechanisms of worry and anxiety*. Boston University.

Hallion, L. S. (2019, November). Keynote address. Psi Chi Honors Society, University of Pittsburgh.

Hallion, L. S. (2018, March). *"Don't worry about it" and other unhelpful suggestions: Cognitive-emotional (dys)regulation in anxiety and related disorders*. West Virginia University.

Hallion, L. S. (2017, November). *Cognitive control impairments in anxiety disorders? Perception and reality*. Anxiety Disorders Special Interest Group, Association for Behavioral and Cognitive Therapies.

Hallion, L. S. (2017, November). *Too anxious to focus? Attention in anxiety disorders*. University of Pittsburgh Psi Chi Lecture Series.

Hallion, L. S. (2017, February) *Cognitive Functioning in Generalized Anxiety Disorder*. University of Pittsburgh Psi Chi Lecture Series.

Hallion, L. S. (2007, October). *Getting Better: Differential predictors of clinical outcome in residential treatment*. Bard College.

# PROFESSIONAL ACTIVITIES AND SERVICE

## PROFESSIONAL AFFILIATIONS

Association for Psychological Science (APS)  
Association for Behavioral and Cognitive Therapies (ABCT)  
Anxiety and Depression Association of America (ADAA)  
Society for a Science of Clinical Psychology (SSCP)  
Society for Research in Psychopathology (SRP)

## PROFESSIONAL SERVICE

**2021 – present**      **Associate Editor**  
Journal of Anxiety Disorders

**2020 – present**      **#PsychWrite**  
In response to COVID-19, I founded a virtual writing group network (including dedicated Slack channel) for academic psychologists (first year graduate students through senior faculty). The group is now self-sustaining, with a current  $N > 150$ . Scheduled groups run M – F, 8am – 6pm EST continuously with ad hoc groups on weekends and evenings.

**Editorial Board**  
Clinical Psychological Science  
Psychological Bulletin

**2019 – present**      **Twitter: @LaurenSHallion**  
Follower count > 9,000  
Tweets about current issues and best practices for clinical science; mental health dissemination & outreach; lived experience; and diversity, equity, & inclusion, including “bring your whole self” and “be the change” personal branding philosophies

**Chair / Co-Chair, Anxiety Special Interest Group**  
Association for Behavioral and Cognitive Therapies (ABCT)

**2016 – present**      **Program Committee and Super Reviewer**  
Association for Behavioral and Cognitive Therapies (ABCT) Annual Meeting

**Ad hoc Faculty Guest Speaker / Panelist / Contributor**  
University of Pittsburgh  
*Examples: Undergraduate Psychology Information Fair; Graduate Student Professional Development Workshop Series*

**2023**      **Ad hoc reviewer**  
U.S.-Israel Binational Science Foundation



- 2020**                    **PsychVsCOVID**  
Co-founded a crisis-focused grassroots organization dedicated to leveraging psychological science to reduce the burden of COVID-19. The group was heavily involved in dissemination and science communication in March – May 2020.
- 2018 – 2022**           **Member, Undergraduate Education Committee (UEC)**  
University of Pittsburgh
- 2019 – 2020**           **Editorial Board**  
Journal of Anxiety Disorders
- List Serve Committee**  
Association for Behavioral and Cognitive Therapies (ABCT)  
*SIG Leader Liaison Subcommittee*  
*List Serve Moderation Subcommittee*
- 2018 – 2020**           **Coordinator, Clinical Program Brown Bag Series**  
University of Pittsburgh
- 2018 – 2019**           **Program Committee**  
Anxiety and Depression Association of America (ADAA) Annual Meeting
- 2017 – 2020**           **Member, Psychology Equity and Inclusion Committee**  
University of Pittsburgh  
*Clinical Training Subcommittee*
- 2018 – 2019**           **Chair, Subject Pool Special Committee**  
University of Pittsburgh
- Panelist**  
National Science Foundation
- Ad hoc Reviewer (Selected)**  
Beinecke Scholarship, University of Pittsburgh Honors College  
Student Diversity Research Award, Society for a Science of Clinical Psychology (SSCP)  
Dissertation Award, Society for a Science of Clinical Psychology (SSCP)  
CTSI ReAL Pilot Program, University of Pittsburgh
- 2017 – 2018**           **Coordinator, Lazovik Lectureship Visit (Dr. Deborah Beidel)**  
University of Pittsburgh
- Ad hoc Reviewer (Selected)**  
Andrew W. Mellon Foundation Grant, University of Pittsburgh  
National Science Foundation  
Research Foundation Flanders (Belgium)  
Israel Science Foundation

**Faculty Mentor, VIPitt**  
University of Pittsburgh

**AD HOC REVIEWER (SELECTED)**

Behaviour Research and Therapy  
Biological Psychiatry  
Clinical Psychology Review  
Current Directions in Psychological Science  
Journal of Consulting and Clinical Psychology  
Journal of Experimental Psychology: General  
Nature: Human Behavior  
Perspectives on Psychological Science  
Psychological Assessment  
Psychological Medicine  
The Lancet: Psychiatry

**MENTORSHIP**

**PRIMARY GRADUATE ADVISOR**

2020 – present      Mary Blendermann  
2020 – present      Tracie Ebalu  
2018 – 2022        Mary Kathleen (Katie) Caulfield

**SECONDARY GRADUATE ADVISOR**

2023 – present      Quyen Do (Primary: Silk)  
2019 – present      Maddie Goodwin (Primary: Sayette)  
2019 – present      Emily Hutchinson (Primary: Silk)  
2019 – present      Samantha Plate (Primary: Iverson)  
2018 – 2019        Dana Rosen (Primary: Silk)

**MILESTONE COMMITTEE MEMBER**

2022                  Danielle Moskow (Boston University; external committee member)  
2019 – 2021        William Woods  
2020 – 2021        Esther Palacios-Barrios  
2019 – 2022        Stefanie Sequiera  
2019 – 2020        Heather Bruett  
2019                  Aleksandra Petkova  
2019                  Emily Roemer  
2017 – 2019        Dana Rosen  
2018 – 2019        Nabila Jamal-Orozco

## **POSTDOCTORAL ADVISOR**

2019 – present      Cecila Westbrook, M.D., Ph.D. (Primary Mentor, WPIC Psychiatry Research Pathway)

## **PRIMARY MENTOR: UNDERGRADUATE HONORS THESIS**

2022 – 2023      Paige DeGennaro  
2021 – 2022      Immanuela Obisie-Orlu  
2020 – 2021      Yasmine Crawley  
2020 – 2021      Isabella Demo  
2018 – 2019      Grace Wilson  
2017 – 2018      Nikita Karulkar  
2017 – 2018      Justine Thompson

## **PRIMARY MENTOR: DIRECTED RESEARCH / FIRST EXPERIENCES IN RESEARCH**

2017 – 2018      Julianne Ali  
2021 – 2022      Alissa Buck  
2023 – present      Yanzhu Chen  
2020 – 2021      Alyssa Chomitzky  
2022 – 2023      London Claridy  
2019 – 2020      James (Jimmy) Cotton  
2021 – 2022      Paige DeGennaro  
2018 – 2019      Katina Demarchi  
2019 – 2020      Isabella (Bella) Demo  
2019 – 2021      Karlie Gambino  
2021 – 2022      Yuwen (Ellen) Gong  
2021 – present      Emma Honkola  
2020 – 2021      Molly Hundermark  
2019 – 2020      Samuel (Sam) Jenkins  
2022 – present      Emma Kallet  
2023 – present      Dylan LeCroy  
2022      Rachel Lembeck-Edens  
2022 – present      MJ Lerma  
2017 – 2020      Kylie Manuppelli  
2021 – 2022      Tanner Miller  
2021 – 2022      Danielle Nebril  
2018 – 2019      Kate O'Brien  
2020 – 2021      Immanuela (Manny) Obisie-Orlu  
2018 – 2019      Oluwasegun (Segun) Ogundayo  
2016 – 2017      Morgan Pederson  
2021 – 2022      Rachel Sadeh  
2017 – 2019      Jordan Shanesy  
2016 – 2018      Shutian Shen  
2022 – present      Ivy Sun  
2022 – present      Zuling Quade

2020 – 2022           Zijin (Joanna) Wang  
2018 – 2020           Jan Yang  
2022 – present        Ling Zhan

### **PRIMARY MENTOR: OTHER UNDERGRADUATE RESEARCH EXPERIENCE**

Summer 2018           Naara Ramirez-Estevez (SUPRE Program)

### **COMMITTEE MEMBER: UNDERGRADUATE HONORS THESIS / BPHIL**

2022 – present        Margaret Lynch  
2022 – present        Ling Zhan  
2019 – 2020           Victor Smithorst  
2018 – 2019           Zara Khan  
2017 – 2018           Matthew Missar  
2018 – 2019           Isabella Starvaggi

## **TEACHING**

### **INSTRUCTOR OF RECORD**

**Fall 2022**            Anxiety: Theory and Treatment  
University of Pittsburgh

**Fall 2021**            Special Topics in Clinical Psychology: Anxiety Theory and Treatment  
University of Pittsburgh

**Fall 2020**            Special Topics in Clinical Psychology: Anxiety Theory and Treatment  
University of Pittsburgh (Flex@Pitt)

**2018 - 2019**         Advanced Research Methods: Clinical Psychological Science  
University of Pittsburgh  
*One section each Fall 2018 and Fall 2019*

**2016 – 2018**         Special Topics in Clinical Psychology: Anxiety Theory and Treatment  
University of Pittsburgh  
*One section each semester in AYs 2016-2017 and 2017-2018*

**2011**                 Introduction to Experimental Psychology  
University of Pennsylvania

### **ADDITIONAL INSTRUCTION**

**Spring 2020**         Faculty Supervisor  
Advanced Research Methods (Graduate Student Instructor)  
University of Pittsburgh  
*Part of an Undergraduate Education Committee pilot test of a new teaching model.  
Supervised a graduate student in adapting and implementing my Advanced Research*

*Methods course as primary instructor.*

## **SELECTED GUEST LECTURES AND BROWN BAGS**

<b>2020</b>	Secure Your Own Mask: Coping and COVID-19 (Clinical Brown Bag Series)
<b>2020</b>	Coping for Clients: COVID-19 Impromptu Brown Bag (Clinical Brown Bag Series)
<b>2019 – 2020</b>	Exposure Therapy; Learning Theory (TMM; University of Pittsburgh)
<b>2017</b>	Cognitive Control over Worry (Cognitive Brown Bag Series)
<b>2017</b>	Psychological Disorders (University of Pittsburgh)
<b>2017</b>	Cognitive Neuroscience of Emotional Disorders (University of Pittsburgh)
<b>2016</b>	Cognitive Mechanisms of Perseverative Thought (Clinical Brown Bag Series)
<b>2015 – 2016</b>	Cognitive Models (Institute of Living)
<b>2011</b>	Assessment and Classification of Emotional Disorders (University of Pennsylvania)

## **TEACHING ASSISTANT/RECITATION LEADER**

<b>2015 – 2016</b>	Cognitive-Behavioral Therapy (Anxiety Disorders Center, Institute of Living)
<b>2010 – 2011</b>	Abnormal Psychology (University of Pennsylvania)
<b>2011 – 2012</b>	Social Psychology (University of Pennsylvania)
<b>2010</b>	Animal Behavior (University of Pennsylvania)
<b>2009</b>	Multicultural Psychology (University of Pennsylvania)
<b>2005 – 2006</b>	Statistics Tutor (Bard College)

## **SELECTED PRESENTATIONS**

**Hallion, L. S.** (2023, February). Neuroimaging of mindfulness-based strategies for disengaging from worry. In R. Prakash (Chair), Mindfulness and Emotion Regulation [Workshop]. Presented at the inaugural meeting of the International Society for Contemplative Research, San Diego, California.

Ebalu, T.,\* Caulfield, M. K.,\* Westbrook., C.\* & **Hallion, L.S.** (2022). *The effects of worry on sustained negative emotion and negative emotional contrast: partial support for the Contrast Avoidance Model of Worry*. Poster presented at the 56th annual Association of Behavioral Cognitive Therapies conference, November 17-20, New York, NY, USA.

Westbrook, C.,\* Dutcher, J., Kusmierski, S.,\* Creswell, J. D., Akpan, E.,\* & **Hallion, L.S.** (2021, April). *Neural correlates of disengagement from self-relevant worry in individuals with high levels of trait perseverative thought*. Oral presentation at the Annual Meeting of the Society of Biological Psychiatry.

**Hallion, L. S.**, Westbrook, C.,\* Dutcher, J., Creswell, J. D., Kusmierski, S. N.,\* & Akpan, E.\* (2021, March) Neural correlates of mindful disengagement from worry. In H. Zainal & M. Newman (Co-chairs), *Frontiers of Executive and Neurocognitive Functioning in Psychopathology Research and Treatment* [Symposium]. Annual Meeting of the Anxiety and Depression Association of America, United States. (Originally submitted and accepted for 2020; postponed to 2021 due to COVID-19).

**L. S. Hallion** & B. Sawyer (Moderators). *This panel is for you (yes, you!): Creating an inclusive culture of*

*allyship to fix the “leaky pipeline”* [Panel Discussion]. (2020, November 19-22). Annual Convention for the Association for Behavioral and Cognitive Therapies (presented virtually due to COVID-19).

R. Linthicum & M. W. Southward (Moderators). *Opening the toolbox: Expanding access to clinical psychological science through open science practices* [Panel Discussion]. (2020, November 19-22). Fisher, A., **Hallion, L. S.**, Rodebaugh, T., Schleider, J., & Teachman, B. (Panelists). Annual Convention for the Association for Behavioral and Cognitive Therapies (presented virtually due to COVID-19).

**Hallion, L. S.**, Wright, A. G. C., Coutanche, M. N., Kusmierski, S. N.,\* & Caulfield, M. K.\* (2019, November). In L. S. Hallion (Speaker) and K. Timpano (Moderator). Toward a dimensional taxonomy of perseverative thought [Research Spotlight Presentation]. Presented at the Annual Meeting of the Association of Behavioral and Cognitive Therapies, Atlanta GA.

**Hallion, L. S.** (Discussant). In N. H. Zainal and M. G. Newman (Co-Chairs). *Cognitive and Electrophysiological Advances in Anxiety and Related Disorders* [Symposium]. Presented at the Annual Meeting of the Association of Behavioral and Cognitive Therapies, Atlanta GA.

**Hallion, L. S.**, Dutcher, J. M., Creswell, J. D., Kusmierski, S. N.,\* & Akpan, E.\* (2019, September). Neural mechanisms of mindful regulation of worry. In J. Joormann & R. Thompson (Co-chairs). *Emotion and mental health: Examining mechanisms and moderators in the lab and real life* [Symposium]. Presented at the Annual Meeting of the Society for Research in Psychopathology, Buffalo, NY.

**Hallion, L. S.**, & Kusmierski, S. N.\* (2019, April). Dismantling the adverse effects of perseverative thought on cognitive control: Concurrent and prospective relationships. In N. H. Zainal and M. G. Newman (Co-chairs). *The role of executive functioning and other “cold” cognitive domains in anxiety and depressive disorders* [Symposium]. Presented at the Annual Meeting of the Anxiety and Depression Association of America, Chicago, IL.

Caulfield, M. K.\* & **Hallion, L. S.** (2019, April). No moderating role for reappraisal on depressive symptoms in perfectionism-linked rumination: A conditional process analysis [Poster]. Presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Caulfield, M. K.\*<sup>†</sup> & **Hallion, L. S.** (2019, March). No moderating role for reappraisal on depressive symptoms in perfectionism-linked rumination: A conditional process analysis [Poster]. Presented at the 2019 Grad Expo, University of Pittsburgh.

<sup>†</sup> = Outstanding Presenter Award

**Hallion, L. S.** & Kusmierski, S. N. (2018, November). Effects of sustained attention on worry severity during a naturalistic stressor. In N. H. Zainal & M. G. Newman (Co-chairs). *Executive function in anxiety and depressive disorders* [Symposium]. Presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.

**Hallion, L. S.** & Kusmierski, S. N. (2018, November). Perseverative thought: Incremental contributions to impaired disengagement. In C. Brown (Chair). *Repetitive negative thinking as a transdiagnostic vulnerability factor: A focus on mechanisms and cognition-emotion interactions* [Symposium].

Presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.

**Hallion, L. S.**, Coutanche, M. N., Rausch, S., Thompson-Schill, S. L., & Ruscio, A. M. (2018, April). Neural correlates of impaired cognitive control over worry in generalized anxiety disorder. In S. A. Steinman & **L. S. Hallion** (Chairs). *Cognitive mechanisms of anxiety: Recent developments* [Symposium]. Presented at the Annual Meeting of the Anxiety and Depression Association of America, Washington D.C.

**Hallion, L. S.**, Diefenbach, G. J., Billingsley, A. L.,\* Valentine, K.,\* & Tolin, D. F. (2017, November). Proactive and reactive cognitive control as a mechanism of intrusive thought in obsessive-compulsive disorder. In A. Abramovitch & **L. S. Hallion** (Chairs), *Cognitive control, inattention, and IQ in obsessive compulsive disorder* [Symposium]. Presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

**Hallion, L. S.**, & Kusmierski, S. N.\* (2017, November). Impaired internal-to-external attention shifting as a mechanism of uncontrollable worry. In **L. S. Hallion** (Chair), *Neurocognitive mechanisms of worry and rumination* [Symposium]. Presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Kusmierski, S. N.,\* & **Hallion, L. S.** (2017, November) *Impaired response inhibition in perseverative thought: Interaction of worry and attentional control* [Poster]. Presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, San Diego CA.

Kusmierski, S. N.,\* & **Hallion, L. S.** (2017, April) *Is it better to be mindful? Mindfulness moderates the relationship between post-traumatic stress symptoms and cognitive control following worry* [Poster]. Presented at the annual meeting of the Pennsylvania Psychological Association, Bedford, PA.

**Hallion, L. S.**, & Kusmierski, S. N.\* (2017, April). *Impaired internal-to-external attention shifting as a mechanism of uncontrollable worry* [Symposium]. Presented at the New Insights into Affective and Behavioral Regulatory Processes Conference, New Brunswick, NJ.

**Hallion, L. S.**, Diefenbach, G. J., Billingsley, A. L.,\* Valentine, K.,\* & Tolin, D. F. (2017, April). Proactive and reactive cognitive control as candidate mechanisms of perseverative thought. In **L. S. Hallion**, & S. A. Steinman (Chairs), *New directions in cognitive training for anxiety* [Symposium]. Presented at the 2017 meeting of the Anxiety and Depression Association of America, San Francisco, CA.

**Hallion, L. S.**, Wootton, B., Tolin, D. F., Assaf, M., Goethe, J., & Diefenbach, G. J. (2015, November). Differential association of emotion regulation impairments with OCD and GAD. In S. Blakey (Chair), *More than Just Anxiety: Intolerance of Internal Experiences in OCD* [Symposium]. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

**Hallion, L. S.**, Diefenbach, G. J., & Tolin, D. F. (2015, November). The role of cognitive versus motor inhibition in generalized anxiety disorder. In **L. S. Hallion**, & S. A. Steinman (Chairs), *Neurocognitive Underpinnings of Anxiety: Implications for Theory and Treatment* [Symposium]. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

- Hallion, L. S.,** Wooton, B., Tolin, D. F., Assaf, M., Goethe, J., & Diefenbach, G. J. (2015, July). Differential association of emotion regulation impairments with OCD and GAD. In S. Blakey (Chair), *More than Just Anxiety: Intolerance of Internal Experiences in OCD* [Symposium]. Presented at the annual meeting of the International OCD Foundation, Boston, MA.
- Hallion, L. S.,** Worden, B. L., Gilliam, C. M., Diefenbach, G. J., & Tolin, D. F. (2015, March). *Predictors of CBT Response in Hoarding Disorder* [Paper]. Presented at the third annual New England OCD Research Symposium, New Haven, CT.
- Hallion, L. S.,** & Ruscio, A. M. (2014, November). The role of working memory and inhibition in worry and its control. In S. A. Steinman & **L. S. Hallion** (Chairs), *Cognitive bias modification: Advancing science and practice* [Symposium]. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Hallion, L. S.,** & Ruscio, A. M. (2014, March). *Development and preliminary validation of the Beliefs about Thought Control Scale* [Poster]. Presented at the annual meeting of the Anxiety and Depression Association of America, Chicago, IL.
- Hallion, L. S.,** Ruscio, A. M., & Gentes, E. L. (2011, November). *Causal Effects of a Loss of Control over Thoughts on State Anxiety* [Poster]. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
- Hallion, L. S.,** & Jha, A.P. (2011, April). *Development of a Novel Executive Control Task to Investigate Cognitive Control over Worry* [Poster]. Presented at the Annual Meeting of the Cognitive Neuroscience Society, San Francisco, CA.
- Hallion, L. S.,** & Ruscio A. M. (2010, June). *Appraising Thoughts as Uncontrollable: Accuracy and Relationship to Anxiety and Negative Affect in GAD and MDD* [Poster]. Presented at the triennial meeting of the World Congress of Behavioral and Cognitive Therapies, Boston, MA.
- Hallion, L. S.,** & Ruscio, A. M. (2009, November). *Anxiety and the differential effects of worry and rumination on working memory and inhibitory control* [Poster]. Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Hallion, L. S.** (2008, August). Recent research outcome studies for play-based approaches. In A. Drewes (Chair), *Effectively blending play-based techniques with CBT in child sexual abuse treatment* [Symposium]. Presented at the annual meeting of the American Psychological Association, Boston, MA.

\* = student/trainee co-author

## CLINICAL EXPERIENCE

### SUPERVISOR

2018 – 2020                      University of Pittsburgh



Diagnostic Interview Externship (*M. Kathleen Caulfield; William Woods*)

**2019 – 2020** University of Pittsburgh Training Clinic  
Ad hoc clinical consultation for exposure therapy / fear disorders

**2014 – 2016** Anxiety Disorders Center, Institute of Living  
Clinical Supervisor (*Brett Goshe*)

**TRAINEE**

**2014 – 2016** Anxiety Disorders Center, Institute of Living  
Postdoctoral Fellow (Cognitive-Behavioral Therapy Track)  
Supervisors: Gretchen Diefenbach, David Tolin

**2013 – 2014** Massachusetts General Hospital/Harvard Medical School  
Predoctoral Fellow (Cognitive-Behavioral Therapy Track)  
Primary Supervisor: Sabine Wilhelm

**2008 – 2013** University of Pennsylvania  
Diagnostician/Clinical Interviewer  
Supervisors: Dianne Chambless, Robert DeRubeis, Ayelet Ruscio

**2012 – 2013** Center for Cognitive Therapy, University of Pennsylvania  
Advanced Practicum Student  
Supervisor: Robert DeRubeis

**2011 – 2012** Center for the Treatment and Study of Anxiety (CTSA), University of Pennsylvania  
Advanced Practicum Student  
Supervisors: Edna Foa, Seth Gillihan

**2010 – 2011** Anxiety and Agoraphobia Treatment Center (AATC) / University of Pennsylvania  
Practicum Student  
Supervisor: Alan Goldstein

**2009 – 2010** Assessment Clinic, University of Pennsylvania  
Practicum Student  
Supervisor: Dr. Melissa Hunt

**Note:** I have completed all requirements for licensure in the state of Pennsylvania.