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Department of Psychology  
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Brunswick, ME 04011

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2010  
Ph.D. in Clinical Psychology

2006  
M.A. in Clinical Psychology

2002  
B.A. in Psychology  
*Summa cum laude*  
*Phi Beta Kappa*

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07/21- present  
*Bowdoin College*  
Department of Psychology

06/15-present  
*Mindfulness Program*  
Mid Coast Hospital Center for Community Health and Wellness

07/14- 06/21  
*Bowdoin College*  
Department of Psychology

01/14-06/14  
*Wellesley College*  
Department of Psychology

07/12-06/14  
*Harvard Medical School*  
Department of Psychiatry

07/12-06/14  
*Massachusetts General Hospital*  
Department of Psychiatry  
Obsessive Compulsive Disorder & Related Disorders Clinic and Research Unit

07/10-06/12  
*Massachusetts General Hospital and Harvard Medical School*  
Department of Psychiatry  
Obsessive Compulsive Disorder & Related Disorders Clinic and Research Unit



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the assessment of tic severity in adults with tic disorders. *Behavior Therapy*, 46, 786-796.

, Vallejo, Z., Rasmussen, J. L., Crowe, K., Rosenfield, E. & Wilhelm, S. (2015). Mindfulness-based stress reduction for Tourette Syndrome and Chronic Tic Disorder: A pilot study. *Journal of Psychosomatic Research*, 78, 293-298.

Keuthen, N.J., Tung, E.S., , Raikes, J., Lee, L., & Mansueto, C.S. (2015). Getting the word out: Cognitive-behavioral therapy for Trichotillomania (Hair Pulling Disorder) and Excoriation (Skin-Picking) Disorder. *Annals of Clinical Psychiatry*, 27, 10-15.

Deckersbach, T., Chou, T., Britton, J.C., Carlson, L.E., , Siev, J., Scahill, L., Piacentini, J.C., Woods, D.W., Walkup, J.T., Peterson, A.L., Dougherty, D.D., Wilhelm, S. (2014). Neural correlates of behavior therapy for Tourette's Disorder. *Psychiatry Research: Neuroimaging*, 224, 269-274.

, Scahill, L., Peterson, A. L., Crowe, K., Woods, D. W., Piacentini, J., Walkup, J. T., & Wilhelm, S. (2014). The premonitory urge to tic: Measurement, characteristics, and correlates in older adolescents and adults. *Behavior Therapy*, 45, 177-186.

, Rosenfield, E., Wilhelm, S. (2013). Reflections on the theory

Wilhelm, S., Buhlmann, U., Tolin, D. F., Meunier, S. A., Pearlson, G. D., Cannistraro, P., Pitman, R. K., Jenike, M. A. & Rauch, S. L. (2008). Augmentation of behavior therapy with d-cycloserine for obsessive-compulsive disorder. *American Journal of Psychiatry*, *165*, 335-341.

Kinrys, G., Worthington, J. J., Wygant, L. Nery, F., Simon, N. M., Pollack, M. H.

- Sprich, S. E., Olatunji, B. O., \_\_\_\_\_, Otto, M. W., Rosenfield, E., & Wilhelm, S. (2016). Cognitive-behavioral therapy, behavioral therapy, and cognitive therapy. In T. A. Stern, J. F. Rosenbaum, M. Fava, S. Rauch, & J. Biederman (Eds.), *Comprehensive Clinical Psychiatry* (2<sup>nd</sup> ed., pp. 152-164). Philadelphia, PA: Mosby/Elsevier.
- Siev, J., \_\_\_\_\_, Timpano, K. R., & Wilhelm, S. (2012). Assessment and treatment of pathological skin picking. In J. E. Grant & M. N. Potenza (Eds.), *Oxford Handbook of Impulse Control Disorders* (pp. 360-374). New York: Oxford University Press.
- Keuthen, N. J., Siev, J., & \_\_\_\_\_ (2012). The assessment of trichotillomania, pathological skin picking, and stereotypic movement disorder. In J. E. Grant, D. J. Stein, D. Woods, & N. J. Keuthen (Eds.), *Trichotillomania, Skin Picking, and Other Body-focused Repetitive Behaviors* (pp. 129-150). Washington DC: American Psychiatric Publishing Inc.
- \_\_\_\_\_, Najmi, S., & McNally, R. J. (2010). Vulnerability to anxiety disorders in adulthood. In R. E. Ingram & J. M. Price (Eds.), *Vulnerability to Psychopathology: Risk Across the Lifespan* (pp. 334-356). New York: Guilford Press.
- McNally, R. J., Malcarne, V. L., Najmi, S., Hansdottir, I.,

Brown, W. A., & [redacted] (Co-presenters) (2021, May). *Mindfulness and Meditation for Tics*. Presentation at the Tourette Association of America's 2<sup>nd</sup> Virtual Conference.

Brown, W. A., & [redacted] (Co-presenters) (2020, May). *Mindfulness for Tics*. Presentation at the Tourette Association of America's Inaugural Virtual Conference.

[redacted] (2020, March). *Mindfulness-based Practices: An Experiential Workshop*. Invited continuing education workshop hosted by Psychology Specialists of Maine, Freeport, ME.

[redacted], (2020, March). *Expanding Treatment Options and Access for Individuals with Tourette Syndrome: A Mindfulness-based Approach*. Bowdoin College Faculty Seminar Series, Brunswick, ME.

- Thomas\*, G., Fisher, L., & (2018, October). *Mind Over Matter: Is Mindfulness Beneficial for Athletes Recovering from Injury?* Poster presented at the Annual Conference of the Association for Applied Sports Psychology, Toronto, Canada.
- Potteiger, A., , Case\*, K. B., Hearon, B. A., & Otto, M. W. (2017, November). Pedaling toward a better mood: Effects of low-intensity exercise on induced negative affect. In X. Kredlow (Chair), *Novel Applications and Mechanistic Investigations of Exercise for Mood and Anxiety*. Symposium conducted at the 51<sup>st</sup> Annual Convention of the Association of Behavioral and Cognitive Therapies, San Diego, CA.
- Abrams, D., Fang, A., Davidson, E., Porth, R., Weingarden, H., Sprich, S., , Safren, S., & Wilhelm, S. (2017, November). *Sudden Gains in a Naturalistic Study of Cognitive Behavioral Therapy for OCD, GAD, PTSD and Panic*. Poster presented at the 51<sup>st</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
- Abrams, D., Fang, A., Weingarden, H., Sprich, S., , Safren, S., Wilhelm, S. (2017, May). *Sudden Gains in the Treatment of OCD: Observations from a Naturalistic Study of Cognitive Behavioral Therapy Provided by Trainees*. Poster presented at the annual meeting of the Association for Psychological Science, Boston, MA.
- Fang, A., Weingarden, H., Sprich, S., , Safren, S. A., Abrams, D., & Wilhelm, S. (2017, April). Outcomes of cognitive-behavioral therapy provided by trainees in a general hospital setting. In A. Asnaani (Chair), *From RCTs to the Clinic: Predictors, Moderators, and Other Factors Influencing Naturalistic CBT Outcomes for Populations with Anxiety Aisorders*. Symposium conducted at the annual meeting of the Anxiety and Depression Association of America, San Francisco, CA.
- Abrams, D., Fang, A., Weingarden, H., Sprich, S., , Safren, S., Wilhelm, S. (2017, April). *SuddenGgains in the Treatment of OCD: Observations from a Naturalistic Study of Cognitive Behavioral Therapy Provided by Trainees*. Poster presented at the 2017 Harvard Psychiatry Research Day, Boston, MA.
- Çek, D., , & Timpano, K. R. (2016, October). Does a computerized mindful attention training decrease distress and compulsive urges in a sample at risk for OCD? In J. Siev (Chair), *Cognitive Bias Modification Paradigms for Obsessive Compulsive Disorder*. Symposium conducted at the 50<sup>th</sup> Annual Convention of the Association of Behavioral and Cognitive Therapies, New York, NY.
- (2016, March). *Cognitive Processes Across the Anxiety and Obsessive-Compulsive Spectrum Disorders*. Guest lecture at the Department of Psychology, Colby College.
- , (2015, December). *Comprehensive Behavioral Intervention for Tics*. Guest lecture at the Massachusetts General Hospital Cognitive Behavioral Therapy Seminar.
- Sullivan, A. D., , Rasmussen, J. L., Scahill, L., Peterson, A., Woods, D. W., Piacentini, J., Walkup, J. T., Wilhelm, S. (2015, November). *Social Support, Tic Severity, Tic-related Impairment, and Treatment Response in Tourette Syndrome and Chronic Tic Disorder*. Poster presented at the 49<sup>th</sup> Annual Association for Behavioral and Cognitive Therapies Convention, Chicago, IL.
- Gomez, A. F., Cooperman, A. W., Sullivan, A. D., Fang, A., Wilhelm, S., , & Sprich, S. (2015, November). *Treatment Attrition Among CBT patients of Unlicensed Psychology Trainees in a General Hospital Setting*. Poster presented at the 49<sup>th</sup> Annual Association for Behavioral and Cognitive Therapies Convention, Chicago, IL.



Alexander, J., \_\_\_\_\_, Piacentini, J. Woods, D., Scahill, L., Wilhelm, S., Peterson, A. & Walkup, J. (2015, June). *Examining Partial Interval Recording as a Treatment Outcome Measure*. Poster presented at the World Congress on Tourette Syndrome and Tic Disorders, London, England.

\_\_\_\_\_ (2015, May). *Comprehensive Behavioral Intervention for Tics*. Invited continuing education workshop at the Massachusetts Psychological Association, Wellesley, MA.

\_\_\_\_\_ (2015, February). *Comprehensive Behavioral Intervention for Tics*. Guest lecture at the Massachusetts General Hospital Cognitive Behavioral Therapy Seminar.



Otto, M. W., Deveney, C. M., Pollack, M. P., Pitman, R. K., & Orr, S. P. (2004, November). *Personality Traits and Extinction: Conditioning and Context Effects in a De Novo Fear-conditioning Paradigm*. Poster session presented at the annual meeting of the 38<sup>th</sup> annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.

Simon, N. M., Worthington, J. J. W., Kinrys, G., Melo, M., Hoge, E., & Pollack, M. H. (2004, June). *Atomoxetine Augmentation for Refractory Anxiety Disorders*. Poster session presented at the annual meeting of the New Clinical Drug Evaluation Unit (NCDEU), Phoenix, AZ.

Worthington, J. J., Simon, N. M., Weiss, A., Oppenheimer, J. E., Otto, M. W., Kradin, R., & Pollack, M. H. (2004, March). *The Relationship of Anxiety Disorders, Anxiety Sensitivity and Pulmonary Dysfunction on Dyspnea Related Distress and Avoidance*. Poster session presented at the annual meeting of the Anxiety Disorders Association of America, Miami, FL.

Hoge, E., Doyle, A. C., Simon, N. M., Worthington, J. J., & Pollack, M. H. (2004, March). *Risperidone for the Treatment of Refractory Panic, Social Anxiety and Generalized Anxiety Disorders*. Poster session presented at the annual meeting of the Anxiety Disorders Association of America, Miami, FL.

Otto, M. W., Pollack, M. H., Henin, A., Winett, C. A., Hirshfeld-Becker, D. R., Biederman, J., Sachs, G. S., & Rosenbaum, J. F. (2003, November). September 11 and vulnerable populations: Predictors of PTSD symptoms in response to indirect exposure to trauma. In R. D. Walser (Chair), *Terrorism and Mass disaster: Latest Developments in Research and Cognitive Behavior Therapy Intervention*. Symposium conducted at the 37<sup>th</sup> annual meeting of the Association for the Advancement of Behavior Therapy, Boston, MA.

Simon, N. M., Otto, M. W., Nicolaou, D. C., & Pollack, M. H. (2003, November). *Changes in Anxiety Sensitivity with Pharmacotherapy for Panic Disorder*. Poster session presented at the 37<sup>th</sup> annual meeting of the Association for the Advancement of Behavior Therapy, Boston, MA.

Psychotherapy and Behavior Change (PSYC 3025)

Fall 2015, 2016, 2019, 2020, 2021,  
2023, 2024  
Spring 2019, 2021

Wellesley College

Introduction to Psychology (PSYC 101)

Spring 2014

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Fall 2024

Nick Sibiryakov—'25 Digital and Computational Studies-Psychology coordinate major (Honors)





Journal of Consulting and Clinical Psychology  
Journal of Behavior Therapy and Experimental Psychiatry  
Journal of the International Neuropsychological Society  
Journal of Obsessive-Compulsive and Related Disorders  
Journal of Psychosomatic Research  
Journal of Social and Clinical Psychology  
Neuropsychology  
Psychiatry Research