

**CONTACT INFORMATION**

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*Address:*

Yale University Department of Psychology  
2 Hillhouse Avenue  
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New Haven, CT 06520  
Email: aleena.hay@yale.edu

**EDUCATION**

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<b>Yale University</b> , New Haven, CT M.S. (2013) M.Phil. (2014) Doctoral Candidate, Clinical Psychology (2017, expected)	<b>Aug 2011 - Present</b>
<b>Skidmore College</b> , Saratoga Springs, NY Bachelor of Arts Major: Psychology; GPA: 3.8 Cumulative GPA: 3.7 Graduated <i>Magna Cum Laude</i> with Honors in Psychology	<b>2008</b>
<b>Studio Arts Centers International</b> , Florence, Italy Palazzo dei Cartelloni Via Sant'Antonino, 11 50123 Florence, Italy	<b>2006</b>

**HONORS AND AWARDS**

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- Annie G. K. Garland Memorial Fellowship, 2015-2016
- Yale Center for Anxiety and Mood Disorders Clinical Fellowship, (\$2,000), 2014-2015
- Joseph A. Christman Fellowship, 2014-2015
- Yale University Supplemental Research Funds Award (\$500), Spring 2014
- Yale University Supplemental Research Funds Award (\$500), Spring 2012
- Skidmore College Psychology Department Honors
- Skidmore College Psychology Department Student Research Monetary Award
- Awarded Giordano Scholarship: Received for strong academics, Fall 2006 – Spring 2008
- Psi Chi National Honor Society in Psychology
- Periclean Honor Society: Skidmore College

**PUBLICATIONS**

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Hay, A. C., Sheppes, G., Gross, J. J., & Gruber, J. (2014). Choosing how to feel: Emotion regulation choice in bipolar disorder. *Emotion, 15*(2), 139-145.

Gruber, J., Hay, A. C., & Gross, J. J. (2014). Re-Thinking emotion: Cognitive reappraisal is an effective positive and negative emotion regulation strategy in bipolar disorder. *Emotion, 14* (2), 388-296.

Gruber, J., Dutra, S. J., Hay, A. C., & Devlin, H. C. (2014). Positive emotion disturbance across disorders: A transdiagnostic approach. In Shiota, M. N., Tugade, M., & Kirby, L. (Eds.), *Handbook of Positive Emotion*. New York, NY: Guilford Press.

Ostacher, M. J., Iosifescu, D. V., Hay, A., Blumenthal, S. R., Sklar, P. & Perlis, R. H. (2014). Pilot investigation of isradipine in the treatment of bipolar depression motivated by genomewide association. *Bipolar Disorders, 16*, 199-203.

## ALEENA C. HAY, M.S., M.PHIL.

- Sylvia L. G., **Hay A.**, Ostacher M. J., Miklowitz D. J., Nierenberg A. A., Thase M. E., Sachs G. S., Deckersbach T., & Perlis R. H. (2013). Therapeutic alliance, care satisfaction, and pharmacological adherence in bipolar disorder. *Journal of Clinical Psychopharmacology*, 33(3), 343-350.
- Sylvia, L. G., Dupuy, J. M., Ostacher, M. J., Cowperthwait, C. M., **Hay, A. C.**, Sachs, G. S., Nierenberg, A. A., & Perlis, R. H. (2012). Sleep disturbance in euthymic bipolar patients. *Journal of Psychopharmacology*, 26(8), 1108-1112.
- Gruber, J., Cunningham, W. A., Kirkland, T., & **Hay, A. C.** (2012). Feeling stuck in the present? Mania proneness and history associated with present-oriented time perspective. *Emotion*, 12(1), 13-17.
- Casamassima, F., **Hay, A. C.**, Benedetti, A., Lattanzi, L., Cassano, G. B., & Perlis, R. H. (2010). L-type calcium channels and psychiatric disorders: A brief review. *American Journal of Medical Genetics Part B-Neuropsychiatric Genetics*, 153B(8), 1373-1390.
- Perlis, R. H., Ostacher, M. J., Miklowitz, D. J., **Hay, A.**, Nierenberg, A. A., Thase, M., & Sachs, G. S. (2010). Clinical features associated with poor pharmacological adherence in bipolar disorder. *Journal of Clinical Psychiatry*, 71(3), 296-303.
- López, H. H., **Hay, A. C.**, & Conklin, P.H. (2009). Attractive men induce testosterone and cortisol release in women. *Hormones and Behavior*, 56(1), 84-92.

### MANUSCRIPTS IN PREPARATION

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- Hay, A. C.**, & Clark, M. S. Measuring and Predicting People's Beliefs Regarding the Wisdom (and Folly) of Expressing Emotions
- Hay, A. C.**, & Clark, M. S. The Mere Sharing Effect: How Sharing Emotions Serves as an Emotion Regulation
- Gruber, J., **Hay, A. C.**, Wu, Y., Mauss, I. B., & Kogan, A. Implicit emotion regulation in bipolar disorder and major depressive disorder.
- Goer, F. K., **Hay, A. C.**, Reeves, E. J., & Gruber, J. Emotion regulation during embarrassment in remitted depression.

### PUBLISHED ABSTRACTS

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- Sylvia, L. G., Dupuy, J., Ostacher, M., Cowperthwait, C., **Hay, A.**, Sachs, G., Nierenberg, A., & Perlis, R. *Sleep disturbance in euthymic bipolar patients*. Poster presented at the 9th International Conference on Bipolar Disorder, Pittsburgh, PA.

### PRESENTATIONS

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- Hay, A. C.**, & Clark, M. S. (2016). *People's Beliefs Regarding the Wisdom (and Folly) of Expressing Emotions*. Poster presented at the 3<sup>rd</sup> annual meeting of the Society for Affective Science (SAS), Chicago, IL.
- Clark, M. S., **Hay, A.**, Von Culin, K., & Mayville, E. (2015) *How and for whom might merely expressing emotions begin to regulate them?* Symposium presented at the 27<sup>th</sup> annual convention of the Association of Psychological Science (APS), New York, NY.
- Goer, F. K., **Hay, A. C.**, Reeves, E. J., & Gruber, J. (2014). *Maladaptive Emotion Regulation During Embarrassment in Remitted Depression*. Poster abstract presented at the inaugural meeting of the Society for Affective Science (SAS), Washington, DC.
- Hay, A. C.**, Sheppes, G., Gross, J., & Gruber, J. (2013). *Choosing How to Feel: Emotion Regulation Strategy Choice in Remitted Bipolar I Disorder*. Poster abstract presented at the 27<sup>th</sup> meeting of the Society for Research in Psychopathology (SRP), Oakland, California.

**ALEENA C. HAY, M.S., M.PHIL.**

- Goer, F. K., **Hay, A. C.**, Reeves, E. J., & Gruber, J. (2013). *Multi-Method Investigation of Embarrassment in Remitted Major Depressive Disorder*. Poster abstract presented at the 27<sup>th</sup> meeting of the Society for Research in Psychopathology (SRP), Oakland, California.
- Hay, A. C.**, Devlin, H. C., Zaki, J., & Gruber, J. (2013). *The Link Between Emotion Regulation and Empathy for Positive Emotions*. Poster presented at the 14<sup>th</sup> annual meeting of the Society for Personality and Social Psychology, New Orleans, Louisiana.
- Hay, A. C.**, Mauss, I. B., Kogan, A., & Gruber, J. (2012). *Implicit Emotion Regulation in Bipolar Disorder and Major Depressive Disorder: Associations with Prospective Clinical Functioning*. Poster presented at the 26<sup>th</sup> meeting of the Society for Research in Psychopathology (SRP), Ann Arbor, Michigan.
- Rodman, A., **Hay, A.**, Martowski, J., Chou, T., Peters, A. T., Ariel, A. H., Peckham, A. D., Eisner, L., Ghaznavi, S., Sylvia, L. G., Nierenberg, A., & Deckersbach, T. (2011). *Suicidal Behaviors and Social Functioning in Child-Onset versus Adult-Onset Bipolar Disorder*. Poster presented at the 45<sup>th</sup> Association for Behavioral and Cognitive Therapies Convention, Toronto, Canada.
- Rodman, A., Peckham, A. D., **Hay, A.**, Peters, A. T., Chou, T., Ariel, A. H., Martowski, J., Eisner, L., Ghaznavi, S., Sylvia, L. G., Nierenberg, A., & Deckersbach, T. (2011). *Axis II Disorders in Bipolar Disorder: Increased Risk for Suicidal Behavior?* Poster presented at the 45<sup>th</sup> Association for Behavioral and Cognitive Therapies Convention, Toronto, Canada.
- Rodman, A., Ariel, A. H., Peckham, A. D., Chou, T., Peters, A. T., Martowski, J., **Hay, A.**, Eisner, L., Ghaznavi, S., Sylvia, L. G., Nierenberg, A., & Deckersbach, T. (2011). *Gender Differences in Self-Perceived Social Functioning in Bipolar Disorder*. Poster presented at the 45<sup>th</sup> Association for Behavioral and Cognitive Therapies Convention, Toronto, Canada.
- Deckersbach, T. Sylvia, L., Alloy, L. B., Weinstock, L., Bender R., Whitehouse, W., Wagner, C., Liu, R., Grant, D. A., Jager-Hyman, S., Molz, A. R., Choi, J., Harmon-Jones, E., Abramson, L. Y., Strong, D., Uebelacker, L., Miller, I., Duffy, A., Chou, T., Rodman, A. M., Peckham, A. D., Peters, A. T., Stange, J. P., Nierenberg, A., Dougherty, D., **Hay, A.**, Perlis, R. H., Dupuy, J., Ostacher, M., Cowperthwait, C., Sachs, G. (2011). *Bipolar Disorder: Current Hot Topics in Psychological Research*. Symposium at the 45<sup>th</sup> Association for Behavioral and Cognitive Therapies Convention, Toronto, Canada.
- Calkins, A. W., Deckersbach, T., Otto, M. W., Deckersbach, T., Duffy, A., Chou, T., Rodman, A. M., **Hay, A.**, Martowski, J., Peters, A. T., Ariel, A. H., Peckham, A. D., Nierenberg, A., D'Avanzato, C. M., Joormann, J., Calkins, A. W., Siegle, G. J., Otto, M. W., Mohlman, J. Collier, A., & Siegle, G. J. (2011). *From Cortex to Context: New Strategies and Refined Targets in the Interventions of Mood Disorders*. Symposium at the 45<sup>th</sup> Association for Behavioral and Cognitive Therapies Convention, Toronto, Canada.
- Rodman, A., Chou, T., Peters, A. T., Ariel, A. H., Martowski, J., Peckham, A. D., **Hay, A.**, Ghaznavi, S., Sylvia, L. G., Nierenberg, A., Perlis, R. H., & Deckersbach, T. (2011). *Bipolar Disorder: How Euthymic is Euthymic?* Poster presented at the 45<sup>th</sup> Association for Behavioral and Cognitive Therapies Convention, Toronto, Canada.
- Peckham, A. D., Martowski, J. C., Eisner, L., **Hay, A. C.**, Chou, T., Rodman, A. M., Ghaznavi, S., Sylvia, L. G., Nierenberg, A. A., & Deckersbach, T. (2011). *Commonalities and Differences in the Prevalence of Substance Use Disorders in Bipolar Disorder and Unipolar Depression*. Poster presented at the 45<sup>th</sup> Association for Behavioral and Cognitive Therapies Convention, Toronto, Canada.
- Chou, T., Rodman, A. M., Aviva, A. H., Peters, A., Martowski, J. C., **Hay, A.**, Peckham, A., Sylvia, L., Ghaznavi, S., Perlis, R. H., Nierenberg, A. A., & Deckersbach, T. (2011). *Correlates of Disability in Bipolar Disorder. Data from the Systematic Treatment Enhancement Program*. Poster presented at the 45<sup>th</sup> Association for Behavioral and Cognitive Therapies Convention, Toronto, Canada.
- Ariel, A. H., Peters, A. T., Chou, T., Rodman, A., Martowski, J., Peckham, A. D., **Hay, A. C.**, Eisner, L., Ghaznavi, L., Sylvia, L. G., Nierenberg, A., & Deckersbach, T. (2011). *Weighing in: The impact of obesity on work and psychosocial functioning in individuals with bipolar I disorder*. Poster presented at the 45<sup>th</sup> Association for Behavioral and Cognitive Therapies Convention, Toronto, Canada.

**ALEENA C. HAY, M.S., M.PHIL.**

- Peters, A. T., Ariel, A. H., Rodman, A. M., Chou, T., Martowski, J., **Hay, A. C.**, Peckham, A. D., Eisner, L., Ghaznavi, S., Nierenberg, A. A., & Deckersbach, T. (2011). *Generalized Anxiety Disorder in the context of Bipolar Disorder: An examination of functional outcomes*. Poster presented at the 45<sup>th</sup> Association for Behavioral and Cognitive Therapies Convention, Toronto, Canada.
- Eisner, L., McMurrich, S., **Hay, A.**, Peckham, A., Nierenberg, A., Deckersbach, T. (2011). *Enhancing Emotion Regulation in Bipolar Disorder*. Poster presented at the 45<sup>th</sup> Association for Behavioral and Cognitive Therapies Convention, Toronto, Canada.
- Sachs, G., Sylvia, L., Peckham, A., **Hay, A.**, & Peters, A. (2011). *What's Personality got to do with it?* Symposium presented at the International College of Neuro-Psychopharmacology Thematic Meeting, Salzburg, Austria.
- Duffy, A. M., Rodman, A. M., Chou, T., Peckham, A. D., **Hay, A. C.**, Peters, A. T., Ariel, A., Martowski, J., Nierenberg, A. A., Rauch, S. L., Dougherty, D. D., & Deckersbach, T. (2011). *Emotional context and attentional dysfunction in bipolar disorder: An fMRI study*. Poster presented at the 64<sup>th</sup> annual meeting of the MGH Scientific Advisory Committee, Boston, MA.
- Stange, J. P., Cowperthwait, C. M., **Hay, A. C.**, Peckham, A., Nierenberg, A. A., & Deckersbach, T. (2010). *Norms for Workplace Functioning: Data from Healthy People in the National Comorbidity Survey Replication Study*. Poster presented at the 44<sup>th</sup> Association for Behavioral and Cognitive Therapies Convention, San Francisco, CA.
- Peckham, A.D., **Hay, A. C.**, Cowperthwait, C. M., Stange, J. P., Ostacher, M.J., Nierenberg, A. A., & Deckersbach, T. (2010). *Do comorbid substance abuse disorders further impair work functioning in individuals with bipolar disorder? Data from the National Comorbidity Survey Replication*. Poster presented at the 44<sup>th</sup> Association for Behavioral and Cognitive Therapies Convention, San Francisco, CA.
- Hay, A. C.**, Peckham, A. D., Stange, J. P., Cowperthwait, C. M., Nierenberg, A. A. & Deckersbach, T. (2010). *The effects of comorbid posttraumatic stress disorder on occupational functioning in individuals with bipolar disorder*. Poster presented at the 44<sup>th</sup> Association for Behavioral and Cognitive Therapies Convention, San Francisco, CA.
- Deckersbach, T., Cowperthwait, C. M., Stange, J. P., Kansky, C. I., **Hay, A. C.**, & Nierenberg, A. A. (2010). *Effects of Comorbid ADHD and Bipolar Disorder on Occupational Functioning: Data from the National Comorbidity Survey Replication*. Poster presented at the 2010 World Congress for Behavioral and Cognitive Therapies, Boston, MA.
- Deckersbach, T., Cowperthwait, C. M., Stange, J. P., **Hay, A. C.**, Kansky, C. I., & Nierenberg, A. A. (2010). *Effects of Comorbid Anxiety Disorders and Bipolar Disorder on Work Performance: Data from the National Comorbidity Survey Replication*. Poster present at the 2010 World Congress for Behavioral and Cognitive Therapies, Boston, MA.
- Stange, J. P., Cowperthwait, C. M., Kansky, C. I., **Hay, A. C.**, Nierenberg, A. A., & Deckersbach, T. (2010). *Chronic Medical Conditions in Bipolar Disorder: Do They Impair Functioning in the Workplace? Data from the National Comorbidity Survey Replication Study*. Poster presented at the 2010 World Congress for Behavioral and Cognitive Therapies, Boston, MA.
- Stange, J. P., Cowperthwait, C. M., **Hay, A. C.**, Kansky, C. I., Nierenberg, A. A., & Deckersbach, T. (2010). *The Impact of Bipolar Mood Episodes on Work Functioning: Data from the National Comorbidity Survey Replication Study*. Poster presented at the 2010 World Congress for Behavioral and Cognitive Therapies, Boston, MA.
- Sachs, G., Sylvia, L., Cowperthwait, C., **Hay, A.** & Peckham, A. (2010). *What's Personality got to do with it?* Symposium presented at the World Congress of Behavioral and Cognitive Therapies, Boston, MA.
- Peckham, A. D., **Hay, A. C.**, Cowperthwait, C. M., Stange, J. P., Ostacher, M. J., Nierenberg, A. A. & Deckersbach, T. (2010). *Occupational problems associated with drug and alcohol use in bipolar disorder*. Poster presented at the Massachusetts General Hospital Clinical Research Day, Boston, MA.

**ALEENA C. HAY, M.S., M.PHIL.**

- Hay, A. C.**, Sylvia, L. G., Nierenberg, A. A., Ostacher, M. J., Deckersbach, T., Miklowitz, D. J., Thase, M. E., Sachs, G. S. & Perlis, R. H. (2010). *Medication Adherence is Associated with Therapeutic Alliance in Bipolar Disorder*. Poster presented at the Massachusetts General Hospital Clinical Research Day, Boston, MA.
- Deckersbach, T., **Hay, A. C.**, Peckham, A. D., Stange, J. P., Cowperthwait, C. M., Sachs, G. S., Rauch, S. L. & Nierenberg, A. A. (2010). *Cognitive Rehabilitation for Bipolar Disorder: Efficacy and Predictors of Treatment Response*. Poster presented at the Massachusetts General Hospital Clinical Research Day, Boston, MA.
- Sylvia, L. G., **Hay, A. C.**, Nierenberg, A. A., Ostacher, M. J., Deckersbach, T., Miklowitz, D. J., Thase, M. E., Sachs, G. S. & Perlis, R. H. (2010). *Association of Medication Adherence with Therapeutic Alliance in Individuals with Bipolar Disorder*. Poster presented at the 163<sup>rd</sup> American Psychiatric Association Conference, New Orleans, LA.
- Cowperthwait, C. M., **Hay, A. C.**, Ostacher, M. J., Sachs, G. S., Nierenberg, A. A., & Perlis, R. H. (2009). *The prevalence and implications of residual insomnia in euthymic bipolar patients*. Poster presented at the 162<sup>nd</sup> American Psychiatric Association Conference, San Francisco, CA.
- Sylvia, L. G., Cowperthwait, C. M., **Hay, A. C.**, Chandler, G. M., & Sachs, G. S. (2009). *BAS and BIS in the Assessment of Bipolar Disorder*. Poster presented at the 8<sup>th</sup> International Bipolar Conference, Pittsburgh, PA.
- Chandler, G. M., Cowperthwait, C. M., **Hay, A. C.**, Ostacher, M. J., Nierenberg, A. A., Sachs, G. S., & Sylvia, L. S. (2009). *Anxiety or irritability can lead to misdiagnosis of bipolar disorder: Results from systematic consultations at the MGH Collaborative Care Initiative (CCI) Consultation Service*. Poster presented at the 8<sup>th</sup> International Bipolar Conference, Pittsburgh, PA.
- Stange, J. P., Cowperthwait, C. M., **Hay, A. C.**, Kansky, C. I., Nierenberg, A. A., & Deckersbach, T. (2009). *The impact of major depressive episodes on work performance in bipolar disorder*. Poster presented at the 43<sup>rd</sup> Association for Behavioral and Cognitive Therapies Convention, New York, NY.
- Stange, J. P., Cowperthwait, C. M., Kansky, C. I., **Hay, A. C.**, Nierenberg, A. A., & Deckersbach, T. (2009). *Is there an impact of physical disability on work performance in bipolar disorder? Data from the National Comorbidity Survey Replication*. Poster presented at the 43<sup>rd</sup> Association for Behavioral and Cognitive Therapies Convention, New York, NY.
- Cowperthwait, C. M., Stange, J. P., **Hay, A. C.**, Kansky, C. I., Nierenberg, A. A., & Deckersbach, T. (2009). *Effects of anxiety disorders on occupational functioning in bipolar disorder*. Poster presented at the 43<sup>rd</sup> Association for Behavioral and Cognitive Therapies Convention, New York, NY.
- Cowperthwait, C. M., Stange, J. P., Kansky, C. I., **Hay, A. C.**, Nierenberg, A. A., & Deckersbach, T. (2009). *Effects of adult attention deficit/hyperactivity disorder on occupational functioning in bipolar disorder*. Poster presented at the 43<sup>rd</sup> Association for Behavioral and Cognitive Therapies Convention, New York, NY.

**RESEARCH EXPERIENCE**

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**Graduate Student, The Clark Relationship Science Laboratory**

**August 2013-Present**

Mentor: Margaret Clark, Ph.D.

**Interpersonal Emotion Regulation**

Research aims to explore the process of interpersonal emotion regulation, including the process of initiating, responding, and accepting interpersonal emotion regulation and effectiveness of these strategies.

**Affiliated Graduate Student, Positive Emotion and Psychopathology Laboratory**

**Fall 2011-Present**

Mentor: June Gruber, Ph.D.

**Emotion Regulation and Bipolar Disorder**

Research aimed to explore emotion regulation processes in bipolar disorder. Studies focused on emotion regulation strategy choice, cognitive reappraisal, and implicit emotion regulation in bipolar I disorder.

**ALEENA C. HAY, M.S., M.PHIL.**

***Clinical Research Coordinator, Massachusetts General Hospital Bipolar Clinic and Research Program* Nov 2008-June 2011**

Director of Research: Andrew A. Nierenberg, M.D.; Medical Director: Roy H. Perlis, M.D., M.Sc.; Director of Psychology & Director of Cognitive Neuroscience Research: Thilo Deckersbach, Ph.D.

*Research Coordinator for the following studies:*

- **Group Psychoeducation plus Emotion Regulation for Bipolar Disorder**  
Principal Investigator: Thilo Deckersbach, Ph.D.
- **The Efficacy and Safety of Galantamine for Dysfunction in Bipolar Disorder**  
Principal Investigators: Andrew A. Nierenberg, M.D. and Dan Iosifescu, M.D., M.Sc.
- **The Use of Human Skin Cells in the Creation of Cellular Models of Mood Disorders**  
Principal Investigator: Roy H. Perlis, M.D., M.Sc.
- **Isradipine for Bipolar Depression**  
Principal Investigator: Roy H. Perlis, M.D., M.Sc.
- **Event Marker Ingested To Trigger Event Recorder 3.0 Psychiatry Study**  
Principal Investigator: Roy H. Perlis, M.D., M.Sc.
- **Interventions for the Improvement of Complex Chronic Care**  
Principal Investigator: Gary S. Sachs, M.D.

Responsibilities:

**Research & Clinical Skills**

- Clinical interviews with patients, including diagnostic questionnaires (e.g., International Neuropsychiatric Interview (MINI-Plus)) and mood rating and functioning scales (e.g., Montgomery and Asberg Depression Rating Scale (MADRS), Young Mania Rating Scale (YMRS), Hamilton Depression Rating Scale (HAM-D), Clinical Global Impression (CGI-BP), and LIFE-RIFT), Clinician Administered Rating Scale for Mania (CARS-M), Modified Scale for Suicidal Ideation (MSSI), LIFE-RIFT, and Clinical Global Impression Scale for Bipolar Disorder (CGI-BP).
- Certified phlebotomist, performed EKGs, and assessed vitals.
- Recruitment and evaluation of Clinical Research Coordinator candidates and training new staff on mood ratings, study protocols, and other research responsibilities.
- Administered neuropsychology tests: Modified Edinburgh Questionnaire, Wechsler Test of Adult Reading (WTAR), Conners' Continuous Performance Test II, California Verbal Learning Task (CVLT II), Wisconsin Card Sorting Task, Wechsler Adult Intelligence Scale III Digit Span (WAIS-III Digits), Wechsler Memory Scales: Letter/Number Sequencing.

***Consultant, GENOMIND, LLC.***

**June 2010-Sept 2010**

- Worked as a consultant conducting research for GENOMIND.

***Thesis: Senior Research Project II, Skidmore College, Psych Dept., Neuroscience Program***

**June 2007 – June 2009**

Mentor: Hassan López, Ph.D.

- Researched rapid endocrine responses in heterosexual women to attractive men.
- Designed study and operationalized procedure for study protocol.
- Supervised lab assistants on study implementation.
- Carried out study procedures, collected saliva samples for enzyme immunoassay to assess testosterone and cortisol levels.
- Presented thesis proposal and defense to Skidmore College Psychology Department.

***Research Assistant, Skidmore College, Psychology Dept., Neuroscience Program***

**Spring 2007**

Mentor: Hassan López, Ph.D.

Conducted research in Behavioral Neuroscience Animal Lab to study effects of stress and Buspar on female rat sexual behavior,

***Exploratory Research in Psychology, Skidmore College, Psychology Dept.***

**Fall 2006**

Mentor: Sheldon Solomon, Ph.D.

Conducted comprehensive literature review on posttraumatic stress disorder and other related psychological effects of trauma.

**CLINICAL PRACTICUM EXPERIENCE**

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**Clinician, Yale Child Study Center Program for Anxiety Disorders**

**September 2015 - Present**

Supervisors: Wendy Silverman, Ph.D., ABPP, Eli Lebowitz, Ph.D.

Description: This practicum includes training in individual therapy (primarily cognitive-behavioral therapy) for children and adolescents with anxiety disorders as part of the clinical component of the program as well as training as part of a clinical research trial in individual, manualized cognitive behavior therapy (CBT) for children and adolescents with primary anxiety disorder diagnoses as well as supportive parenting treatment for parents of anxious children. Training is also provided on the Anxiety Disorders Interview Schedule – Child and Parent versions (ADIS).

Responsibilities:

- Provide individual CBT for children with anxiety disorders and supportive parenting treatment for parents of anxious children as part of a clinical research study.
- Provide individual CBT for children and adolescents with anxiety disorders for the clinical practice.
- Complete diagnostic interviews using the ADIS – Child and Parent versions.
- Write clinical reports, including progress reports.
- Supervision includes weekly 2-hour group supervision as well as individual supervision, both are with licensed Clinical Psychologists.

**Clinician, Yale Center for Anxiety and Mood Disorders**

**September 2012 – Present**

Supervisors: David Klemanski, Psy.D., Diane Sholomskas, Ph.D., Mary O'Brien, Ph.D.

Description: This practicum includes training in cognitive behavior therapy (CBT), dialectical behavior therapy (DBT), mindfulness skills, and motivational interviewing for adults and adolescents with mood and anxiety disorders in an outpatient treatment setting.

Responsibilities:

- Provide individual therapy (primarily CBT) to adults and adolescents with primary mood and anxiety disorders (including posttraumatic stress disorder, major depression, obsessive-compulsive disorder, generalized anxiety disorder, and social anxiety disorder) and secondary personality and substance use disorders (including borderline personality disorder, avoidant personality disorder, and alcohol and marijuana use disorders).
- Conduct dialectical behavior group therapy with an emphasis on mindfulness skills for community members.
- Conduct a mindfulness skills group for stress reduction with adolescents.
- Write clinical reports, including progress reports and treatment summary reports.
- Supervision includes weekly 1.5-hour group supervision and at least 1 hour or more of individual supervision each week, both are with licensed Clinical Psychologists.

**Assessment Clinician, Yale Center for Anxiety and Mood Disorders**

**Jan 2012 – Sept 2015**

Supervisors: David Klemanski, Psy.D., Marney White, Ph.D., Mary O'Brien, Ph.D.

- Administered Structured Clinical Interview for DSM-IV Axis I (SCID-I), Structured Clinical Interview for DSM-IV Axis II (SCID-II), and Anxiety Disorder Interview Schedule (ADIS-IV).
- Administered the Wechsler Adult Intelligence Scale-IV, Wechsler Memory Scale-IV, Minnesota Multiphasic Personality Inventory-2, and Thematic Apperception Test.
- Developed case conceptualizations and presented them at case conferences.
- Wrote psychodiagnostic assessment reports and integrated reports.

**PROVISION OF CLINICAL SUPERVISION**

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**Clinical Fellow, Yale Center for Anxiety and Mood Disorders**

**July 2014 – June 2015**

Supervisors: David Klemanski, Psy.D., Marney White, Ph.D.

- Provided individual supervision and led group supervision on clinicians' individual therapy clients and psychological diagnostic assessments.
- Reviewed and provided feedback on student clinicians' clinical writing.
- Attended and supervised case conference meetings.
- Coordinated clinic outreach activities.

**ADDITIONAL CLINICAL EXPERIENCE**

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**Psychodiagnostic Assessor, Yale Positive Emotion and Psychopathology Laboratory** Fall 2011-Spring 2013

Principal Investigator: June Gruber, Ph.D.

- Administered the Structured Clinical Interview for DSM-IV (SCID-I) to assess the presence of Axis I psychological disorders in approximately 35 individuals with bipolar disorder, major depressive disorder, and individuals with no psychological disorders.
- Administered measures of symptom severity, including the Young Mania Rating Scale (YMRS) and Inventory for Depressive Symptomatology, Clinician (IDS-C) as well as measures of cognitive functioning, such as the Mini Mental State Examination (MMSE) and the letter-number sequencing task from the Wechsler Adult Intelligence Scale for approximately 35 individuals with bipolar disorder, major depressive disorder, and individuals with no psychological disorders.

**Emotion Regulation Group Co-Facilitator, Massachusetts General Hospital** Fall 2010-Winter 2011

Supervisors: Lori Eisner, Ph.D. and Thilo Deckersbach, Ph.D.

- Trained on emotion regulation manual for bipolar disorder.
- Co-led a weekly two-hour emotion regulation group for individuals with bipolar disorder.

**Triage Coordinator, MGH Bipolar Clinic and Research Program** Fall 2008-Spring 2011

- Responsible for assessing patient eligibility for entry into the clinic and determining appropriate clinical and research referrals.

**Program Co-Coordinator, Collaborative Care Initiative, MGH BCRP** Fall 2008-Fall 2009

- Coordinated all communication between the patients' treating clinicians and the BCRP psychiatrists for the Bipolar Clinic and Research Program Collaborative Care Initiative.
- Conducted structured diagnostic interviews with patients, including the International Neuropsychiatric Interview (MINI-Plus) and mood rating and functioning scales (e.g., Montgomery and Asberg Depression Rating Scale (MADRS), Young Mania Rating Scale (YMRS), Hamilton Depression Rating Scale (HAM-D), Clinical Global Impression (CGI-BP), and LIFE-RIFT), Clinician Administered Rating Scale for Mania (CARS-M), Modified Scale for Suicidal Ideation (MSSI), LIFE-RIFT, and Clinical Global Impression Scale for Bipolar Disorder (CGI-BP).
- Conducted clinical interviews assessing social history, psychiatric history, medical history, habits, and early experiences.
- Administered and scored neuropsychological tests: Wechsler Test of Adult Reading, Hopkins Verbal Learning Test, WAIS-III Digits, Behavior Rating Inventory of Executive Function-Adult Version, and Hopkins Verbal Learning Trial 4 and Recognition.

**TEACHING/MENTORSHIP EXPERIENCE**

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***Undergraduate Research Assistant & Thesis Advisor, Clark Relationship Science Laboratory*** Spring 2016

- Supervise 1 undergraduate student on her senior thesis project.
- Supervise 3 undergraduate students on their laboratory work, which includes experimental data collection, participant recruitment, and data management for studies on interpersonal emotion regulation and emotion expression.

***Undergraduate Research Thesis Advisor, Clark Relationship Science Laboratory*** Fall 2015

- Supervise four undergraduate students on their senior thesis projects and on their laboratory work, which includes experimental data collection, participant recruitment, and data management for studies on interpersonal emotion regulation and emotion expression.

***Undergraduate Research Advisor, Clark Relationship Science Laboratory*** Fall 2014 - Present

- Supervise two undergraduate students for-credit research assistants on experimental data collection, participant recruitment, and data management for studies on interpersonal emotion regulation and emotion expression.



**ALEENA C. HAY, M.S., M.PHIL.**

- Co-Instructor, Psychology 131: Human Emotion, Yale University*** **Summer 2015**  
Co-Instructor: Hillary Devlin, M.S., M.Phil.
- Designed a course on human emotion, covering topics such as emotion regulation, measuring and eliciting emotion, the development of emotion, etc.
  - Taught lectures and led discussions of various course topics.
  - Developed all course materials, including syllabus, two exams, discussion questions, and study proposal.
  - Provided individual assistance to students, and graded papers, reading responses, and exams.
- Undergraduate Research Advisor, Clark Relationship Science Laboratory*** **Summer 2015**
- Supervised two undergraduate student for-credit research assistants on experimental data collection, participant recruitment, and data management for studies on interpersonal emotion regulation and emotion expression.
- Graduate Teaching Fellow, Psychology 171: Sex, Evolution, & Human Nature, Yale University*** **Spring 2015**  
Instructor: Laurie Santos, Ph.D.
- Attended lectures, provided individual assistance to students, led review sessions, and graded papers, quizzes, and exams.
- Graduate Teaching Fellow, Psychology 690: Ethics & Clinical Practice, Yale University*** **Spring 2015**  
Instructor: David Klemanski, Psy.D.
- Taught seminars to graduate students on clinical writing, documentation, and practices.
  - Evaluated and graded psychodiagnostic assessments and clinical reports and provide individual assistance to students.
- Graduate Teaching Fellow, Psychology 126: Attraction & Relationships, Yale University*** **Fall 2014**  
Instructor: Margaret Clark, Ph.D.
- Led two separate weekly discussion sections with students on basic research methods, research project formation, and class material review.
  - Provided individual assistance to students, led review sessions, created exam questions, and graded papers and exams.
- Graduate Teaching Fellow, Psychology 689: Introduction to Psychopathology and Diagnostic Assessment, Yale University*** **Fall 2014**  
Instructor: David Klemanski, Psy.D.
- Evaluated and graded psychodiagnostic assessments and clinical reports and provide assistance to graduate students.
- Undergraduate Research Advisor, Clark Relationship Science Laboratory*** **Summer 2014**
- Supervised three undergraduate volunteer research assistants on experimental data collection, participant recruitment, and data management for studies on interpersonal emotion regulation and emotion expression.
- Graduate Teaching Fellow, Psychology 110: Introduction to Psychology, Yale University*** **Spring 2014**  
Instructor: Paul Bloom, Ph.D.
- Attended lectures, provided individual assistance to students, led review sessions, and graded papers, reading responses, and exams.
- Graduate Teaching Fellow, Psychology 231: Research Methods in Happiness, Yale University*** **Fall 2013**  
Instructor: June Gruber, Ph.D.
- Provided individual assistance to students, co-led discussions, attended lectures, graded papers and assignments.
  - Facilitated weekly student laboratory exercises.
- Guest Lecture, Psychology 231: Research Methods in Happiness, Yale University*** **Fall 2013**  
Instructor: June Gruber, Ph.D.
- Presented a lecture and discussion on an introduction to endocrinology and the relationship between hormones and positive emotion.

**ALEENA C. HAY, M.S., M.PHIL.**

**Graduate Teaching Fellow, Psychology 131E: Human Emotion, Yale University** **Summer 2013**

Instructor: June Gruber, Ph.D.

- Led weekly 1.5-hour discussion sections with students on class material.
- Provided individual assistance to students, led review sessions, created exams, and graded papers and exams.

**Graduate Teaching Fellow, Psychology 180: Abnormal Psychology, Yale University** **Spring 2013**

Instructor: David Klemanski, Psy.D.

- Attended lectures, provided individual assistance to students, led review sessions, created exam questions, led discussions, and graded papers and exams.

**Guest Lecture, Psychology 180: Abnormal Psychology, Yale University** **Spring 2013**

Instructor: David Klemanski, Psy.D.

- Presented a lecture on bipolar disorder including diagnostic criteria, symptoms, illness course, etiology, and treatment of the disorder.

**Undergraduate Senior Thesis Co-Advisor, Yale Positive Emotion & Psychopathology Laboratory** **Spring 2013**

- Supervised two undergraduate students on the design, data collection, analysis, and writing of two senior theses projects on emotion in bipolar disorder and major depressive disorder.

**Graduate Teaching Fellow, Psychology 110: Introduction to Psychology, Yale University** **Fall 2012**

Instructor: Paul Bloom, Ph.D.

- Attended lectures, provided individual assistance to students, led review sessions, and graded papers, reading responses, and exams.

**Guest Lecture, Psychology 231: Research Methods in Happiness, Yale University** **Fall 2012**

Instructor: June Gruber, Ph.D.

- Provided information regarding the use of experience sampling methodology, demonstrated this technique using a Palm Pilot, and answered student questions.

**Undergraduate Research Advisor, Yale Positive Emotion & Psychopathology Laboratory** **Fall 2011-August 2013**

- Supervised three undergraduate students and one post-baccalaureate volunteer research assistant on experimental data collection, participant recruitment, and data management for studies on emotion regulation and processing in bipolar disorder.

**Lead Research Coordinator, Mass. General Bipolar Clinic and Research Program** **June 2010 – June 2011**

- Supervised a team of four research coordinators on study recruitment, coordination, and implementation.

**Student Teaching Assistant, Skidmore College, Neuroscience Program** **Sept 2006 – May 2007**

- Assisted introductory students with sheep brain dissection.
- Facilitated class experiments using scalp-recorded EEGs to measure event-related potentials.
- Taught brain anatomy, led study sessions, and helped introductory students with final papers.

**VOLUNTEER WORK & LEADERSHIP ROLES**

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**What is Mindfulness? The Basics of Mindfulness for Individuals with Chronic Pain** **Spring 2015**

- Designed and implemented an interactive presentation for women with interstitial cystitis on the basic principles of mindfulness, including staying in the present moment, practicing a nonjudgmental stance, and various mindfulness exercises.

**Yale Colloquium Series Committee Member** **Fall 2014-Spring 2015**

- Coordinated guest speaker invitation, transportation, visit schedule, and department events.

**Splash Lecture “Clinical psychology: What is mental illness?”** **Spring 2014**

- Splash is a biannual educational outreach program where high school and middle school students are invited to Yale University campus to take courses taught by Yale students.
- Designed and co-taught a lecture with fellow graduate student, Elizabeth Kneeland.

**ALEENA C. HAY, M.S., M.PHIL.**

***Yale Visiting Day Clinical Area Lead Coordinator***

**2012**

- Coordinated, implemented, and oversaw all visiting student activities, including interview schedules, housing, tours, meals, and department gatherings.

***Volunteer, Mood & Anxiety Disorders Institute Resource Center, Massachusetts General Hospital*** **2008-2009**

- Assisted with preparation and execution of three mental health symposia. Symposia topics included depression, schizophrenia, and women's mental health.

**REVIEWING EXPERIENCE**

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*Psychophysiology*

**March 2013**

**PROFESSIONAL MEMBERSHIPS**

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*American Psychological Association (APS)*

**Spring 2015 - Present**

Student Member

*Society for Personality and Social Psychology (SPSP)*

**Fall 2012-Spring 2014**

Student Member

*Association for Behavioral and Cognitive Therapies (ABCT)*

**Fall 2011- Present**

- Neurocognitive Therapies and Translational Research Special Interest Group
- Bipolar Disorder Special Interest Group