

Rachel Goldblum

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EDUCATION

University of Vermont

August 2016- May 2020

Bachelor of Arts in Psychology
Double Major in Sociology
Concentration in Criminal Justice
GPA: 3.78

Awards/ Academic Achievements

- Dean's list
- The Women of UVM "Being First" Award
 - Awarded to a UVM undergraduate who has been a "barrier breaker" in advocating for women on campus or in the community
- Member: Mortar Board - National Honor Society promoting community service
- Member: Alpha Kappa Delta – The International Honors Society in Sociology
- Member: Psi Chi – The International Honors Society in Psychology

Papers

Levy, H. C., Goldblum, R. S., Mullins, J., & Tolin, D. F. (2023). An investigation of the moderating role of estradiol in interoceptive exposure therapy for women with panic disorder. *Journal of Cognitive Psychotherapy* (37)3.

Tolin, D. F., Sain, K. S., Davis, E., Gilliam, C., Hannan, S. E., Springer, K. S., Stubbing, J., George, J. R., Jean, A., Goldblum, R., Katz, B. W., Everhardt, K., Darrow, S., Ohr, E. E., Young, M. E., & Serchuk, M. D. (2023). The DIAMOND-KID: Psychometric properties of a structured diagnostic interview for DSM-5 anxiety, mood, and obsessive-compulsive and related disorders in children and adolescents. *Assessment*, (30)8, 2351-2363.

Papers Under Review

Goldblum, R.S., O'Bryan, E.M., McLeish, A., Bimstein, J.G., & Jean, A. *Examining the role of anxiety sensitivity and intolerance of uncertainty in terms of cannabis use and coping motives for cannabis use in college students with clinically elevated worry*. Under Review.

Papers in Progress

Katz, B.W., O'Bryan, E.M., Goldblum, R.S., & McLeish, A. *Mindfulness Skills, Emotion Dysregulation, and Coping Motives for Alcohol Use in an Analogue PTSD Sample*. In Progress.

Goldblum, R.S., O'Bryan, E.M., & McLeish, A., *Intolerance of uncertainty as a mediator of the relationship between mindfulness and negative reinforcement drinking motives among college students*. In preparation.

Posters

Goldblum, R.S., O'Bryan, E.M., Katz, B.W., & McLeish, A. *Mindfulness Skills, Emotion Dysregulation, and Coping Motives for Alcohol Use in an Analogue PTSD Sample*. Poster presented at the 55th annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA

Goldblum, R.S., O'Bryan, E.M., McLeish, A., Bimstein, J.G., & Jean, A. *Examining the Role of Anxiety Sensitivity and Intolerance of Uncertainty in terms of Cannabis Use and Coping Motives for Cannabis Use in College Students with Clinically Elevated Worry*. Poster presented at the 2021 Conference on Transdiagnostic Approaches

Goldblum, R.S., O'Bryan, E.M., Davis, E., Beadel, J.R., & Tolin, D.F. *Brief Adjunctive Mindfulness-Based Cognitive Therapy via Telehealth for Anxiety During the COVID-19 Pandemic*. Poster presented at the 55th annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA

Goldblum, R.S. *Maternal Incarceration: Shackling, Adverse Child Outcomes and Interventions*. Poster presented at the 2020 UVM Student Research Conference, Burlington, VT

Rodriguez-Moreno DV, Goldblum, R.S, Cheslack-Postava K, Hoven CW, Cycowicz YM "Stress Response Differences between Male and Female Inner-city Adolescents at Risk for Substance Use Disorder", *Guyana Mental Health and Well-Being Conference*. 2nd Annual International Collaboration 2022

Research Experience

New York State Psychiatric Institute, Neuro-Cognitive and Emotion Laboratory (NCEL) May 2022 – Present **Research Assistant**

Supervisor: Yael Cycowicz, Ph.D.

Full-time research assistant. Primary research assistant on a NIOSH study investigating emotion and memory processes among those who were exposed to 9/11 as children, a NYSPI funded study looking at dysregulation in children with ADHD and a NOISH-CDC funded study on cognitive decline in first responders of the 9/11 terror attack. Duties include: (1) consent participants, (2) prepare equipment for research visits, (3) collect neuroimaging data (EEG, ERP and fMRI), (4) conduct neurocognitive tasks, (5) compensate participants, (6) maintain data bases, (7) process, filter and extract data, (8) data analysis, (9) help design tasks for upcoming studies, (10) coordinate with interns, (11) revising study procedures and documents with the IRB, (12) conducting literature reviews, (13) assisting with writing grants (14) build and program surveys in REDCap.

Hartford Hospital/Institute of Living, Anxiety Disorders Center

May 2020 – May 2022

Research Assistant

Supervisors: David Tolin, Ph.D., Hannah Levy, Ph.D., Blaise Worden, Ph.D.

Full time research assistant. Primary research assistant for two NIH funded studies looking at decision making and physiological responses in patients with anxiety disorders, hoarding disorder and healthy controls and a third study on computational reward learning in hoarding disorder. Duties included: (1) recruit participants, (2) screen participants, (3) schedule participants, (4) consent participants, (5) conduct diagnostic interviews, (6) prepare equipment and documents for research visits, (7) run psychophysiological testing (EEG, EOG, ETC02, EDA, EKG and Respiration), (8) compensate participants and (9) extract data. Assisted in a study to identify subjective and objective predictors of emotional responding to the COVID-19 pandemic. Duties included: (1) recruiting participants, and (2) administering study measures. Assisted in study testing the effects of mindfulness on intolerance of uncertainty and anxiety sensitivity on adults diagnosed with anxiety disorders. Duties included: (1) creating the control condition. In charge of the research registry – a data base used to recruit participants for research studies. Other duties include: (1) submitting and revising study procedures and documents with the IRB, (2) conducting literature reviews, (3) helping with exposure therapy, (4) conducting intakes, (5) writing intake reports for patients coming to the clinic for therapy (6) conduct clinic intakes, (7) assign diagnoses, (8), participate in psychoeducation on diagnoses and CBT, (9) write intake reports, and (10) assist with exposure therapy sessions.

Rohan Lab, University of Vermont

Fall 2018 – Spring 2020

Undergraduate Research Assistant

Supervisor: Kelly Rohan, PhD

Involved in the UVM psychology laboratory studying seasonal affective disorder (SAD). Duties included: 1) recruit participants, social media advertisements and flyers, 3) scheduling participants for study visits, 4) conduct mood assessments/interviews using semi-structured and structured interviews [ex: SIGH-SAD, BDI, Sheehan], 5) in-depth literature reviews, 6) ran EEG and pupilometry testing on adults with SAD, 6) data entry, 7) presented articles at lab meetings, and 8) trained and supervised four new undergraduate research assistants.

Undergraduate independent study research project, University of Vermont

Spring 2020

Supervisor: Eleanor Miller, PhD

Investigated the impact of maternal incarceration on children and intervention programs that mitigate the harmful effects. Presented findings at the 2020 UVM student research conference.

Work and Volunteer Experience

Howard Center, Burlington, Vermont

Summer 2019 – Fall 2019

Residential Sub

Supervisor: Valerie Woodhouse, LCSW

Supervised residents in two separate residential facilities: a program for women recently released from prison under Department of Correction supervision to support community re-entry, and a program for people with psychotic disorders. Responsibilities included: (1) Build rapport with residents, (2) implemented treatment, and (3) offer support and run group activities. Duties included collaborating with a variety of medical professionals centered on mental health treatments to implement treatment and support residents.

Prison Project, University of Vermont

Fall 2016 – Spring 2020

*Coordinator*Supervisor: Katherine Fox, PhD

Organized and facilitated program designed to aid female prisoners through social visits, recreational activities and a book group to provide emotional support, increase opportunities for education and aid in re-entering the community after incarceration.

University of Vermont

Spring 2020

*Teachers Assistant*Supervisor: Katherine Fox, PhD

Teachers assistant for The Liberal Arts in Prison Project, Justice and Ethics Course

The Rowan Center: A Sexual Assault Resource Agency, Stamford, CT

Summer 2018- Spring 2020

*Crisis Counselor/Advocate*Supervisor: Juana Yanes

Volunteer answering calls to sexual violence hotline. Responded to individuals in crisis to provide crisis counseling and support to survivors of sexual assault. Conducted danger assessments, presented options for treatment, taught coping strategies, developed follow-up plans, and went to the hospital to support the caller.

Stamford Public Defender's Office, Stamford CT

Summers 2016- 2018

*Intern*Supervisor: Lisa Stevens, J.D

Conducted legal research, performed client interviews and prepared reports that included mental health history, family history and psychosocial stressors.

Juvenile Review Board, Stamford CT

Summer 2018

*Intern/Panel member*Supervisor: Jeremy Kosbob

Panel member in Restorative Justice Program for first time, low level juvenile offenders in an effort to help reduce recidivism. Came up treatment plans and monitored treatment progress by meeting with the adolescent and their family members to assess their needs and support level and following up over time. I learned the importance of providing support, assessing how effective an intervention is working over time and if an intervention isn't working to come up with a new plan.

AbilityPlus, West Dover, VT

Winters 2014- 2017

*Lead Ski Instructor*Supervisor: Linda Walsh

Volunteered in program teaching individuals with mental and physical disabilities how to ski and snowboard. Created and designed creative strategies to connect and communicate with people of varying degrees of cognitive, verbal and physical abilities, which also improved skills of patience and persistence.

Jump Start, Stamford CT

Summer 2015

Volunteer

Assisted in classroom for special needs preschoolers. Implemented treatment by breaking down basic skills and using sign language and play to improve language, motor and social skills such as eye contact.

DREAM, University of Vermont

Fall 2016 - Spring 2020

Mentor

Mentoring program for children living in affordable housing. Was paired with a specific mentee and worked to create and implement plans to improve academic performance in school, emotion regulation strategies, self-confidence and stability in the home. (1) Used the Orton-Gillingham method to improve reading; (2) provided scaffolding, taught breathing exercises cognitive reframing to help improve self-esteem and emotion regulation; (3) worked with the mother to increase support and supervision in the home.

Additional Training

Prolonged Exposure Therapy Workshop – Institute of Living, Hartford, CT
Hannah Levy, Ph.D. 3/14/2021 – 5/17/2021

Cognitive Processing Therapy Workshop – Institute of Living, Hartford, CT

Hannah Levy, Ph.D. and Emily O'Bryan, Ph.D. 7/27/2020 – 9/21/2021

Registered Yoga Teacher; focus in mindfulness and meditation skills

Conversational American Sign Language

