

SUNGJIN IM

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Center of Alcohol and Substance Use Studies
Rutgers, The State University of New Jersey
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EDUCATION:

- 2018 - Present **Post-Doctoral Associate**
Center of Alcohol and Substance Use Studies, Graduate School of Applied and Professional Psychology;
Rutgers, The State University of New Jersey, Piscataway, New Jersey
Mentors: Marsha Bates, Ph.D. & Denise Hien, Ph.D.
- 2018 **Ph.D. in Clinical Psychology**
University of Nevada, Reno, Department of Psychology; Reno, Nevada
Dissertation: *Attention-mediated neural and behavioral oscillation and their relationship to dispositional mindfulness*
Chair: Holly Hazlett-Stevens, Ph.D.
Co-Chair: Gideon Caplovitz, Ph.D.
- 2017- 2018 **Psychology Intern**
Stony Brook University Consortium Internship Program (SBU-CIP)
Stony Brook University, Department of Psychology and Psychiatry; Stony Brook, New York
Mentor: Dina Vivian, Ph.D.
- 2015 **M.A. in Clinical Psychology**
University of Nevada, Reno, Department of Psychology; Reno, Nevada
Thesis: *Rumination and mindfulness related to multiple types of trauma exposure*
Chair: Victoria Follette, Ph.D.
- 2010 **B.A. in Psychology, Summa cum Laude**
University of Arizona, Department of Psychology; Tucson, Arizona
- 2002 **B.A. in Psychology**
Korea University, Department of Psychology; Seoul, South Korea

RESEARCH EXPERIENCE:

Center of Alcohol and Substance Use Studies & Cardiac Neuroscience Laboratory

Rutgers, The State University of New Jersey, Piscataway, New Jersey

Post-Doctoral Research Associate

September 2018 – Present

- Primary duties include developing and conducting new research projects in the areas of addiction and trauma by utilizing a multi-method approach involving cardiovascular (e.g., HRV and PEP), neurophysiological (e.g., EEG and fMRI), behavioral, and self-report measures, providing support to ongoing projects, conducting secondary data analysis, supervising undergraduate research assistants, writing grant proposals, and serving as a liaison for collaborative research efforts with the center.

Supervisors: Marsha Bates, Ph.D. & Denise Hien, Ph.D.

Neuroscience of Emotion, Cognition & Psychopathology Laboratory

Department of Psychology, Stony Brook University, Stony Brook, New York

Co-Investigator

August 2017 – August 2018

- This randomized controlled study aims at investigating the mechanism by which top-down control

of attention affects the processing of subsequent emotional stimuli and whether a change in mindfulness state mediates such relationship. Duties include designing and overseeing the research program, collecting self-report and behavioral data using a face discrimination task, performing statistical analysis, and providing training and supervision to undergraduate research assistants.

Supervisor: Aprajita Mohanty, Ph.D.

Mindfulness Lab & Caplovitz Vision Lab

Department of Psychology, The University of Nevada, Reno, Nevada

Student Investigator

March 2016 – July 2017

- The primary goals of this dissertation study (Title: Attention-mediated Neural and Behavioral Oscillations and Their Relationship to Dispositional Mindfulness) are to investigate neural and behavioral oscillations as a regulatory mechanism of attention and its relation to mindfulness. Duties include designing and overseeing the study, programming for attention tasks using Matlab, collecting self-report, behavioral (performance in attention tasks), and neural (EEG) data from study participants, performing statistical analysis, and providing training and supervision to undergraduate research assistants.

Supervisor: Holly Hazlett-Stevens Ph.D. & Gideon Caplovitz, Ph.D.

EPSCoR Attention Consortium

Department of Psychology, The University of Nevada, Reno, Nevada

Graduate Assistant

January 2017 – July 2017

- The Research Infrastructure Improvement Track-2 Focused EPSCoR Collaboration (RII Track-2 FEC) is a collaboration between four research institutions, including the University of Nevada, Reno, Dartmouth College, Brown University, and Montana State University. The primary goal of the project is to develop a unified model of attention that applies across multiple domains. Duties include receiving training in a diverse array of brain imaging methods such as functional magnetic resonance imaging (fMRI) and electroencephalography (EEG), programming for psychophysical tasks using Matlab, collecting and analyzing human neurophysiological data, and performing statistical analysis.

Supervisor: Gideon Caplovitz, Ph.D. (NSF Award #1632738)

Trauma Research Institute of Nevada (TRIN)

Department of Psychology, The University of Nevada, Reno, Nevada

Student Investigator

August 2010 – May 2014

- The primary goal of this funded study (Title: Decomposition of Anxiety by the Multi-method Approach) was to investigate the decoupling of somatic and cognitive components of anxiety in response to worry and fear induction among analog GAD and non-GAD individuals using a multi-method approach. Duties included conducting literature reviews, developing the study design, collecting self-report and physiological (ECG, respiration, EDA, and facial EMG) data, performing statistical analysis, and supervising undergraduate research assistants.

Supervisor: Michael Crognale, Ph.D. & Victoria Follette, Ph.D.

- The primary goal of this study (Title: Attentional Control: Understanding Life Experiences and Mindfulness) was to explore the role of mindfulness and rumination in behavioral performance in the rapid serial visual presentation (RSVP) paradigm. Duties included developing the study design, writing codes for the RSVP task using Matlab, collecting behavioral and self-report data from participants, providing training and supervision to research assistants.

Supervisor: Victoria Follette, Ph.D. & Gideon Caplovitz, Ph.D.

Lab for Social Connectedness and Health

Department of Psychology, The University of Arizona, Tucson, Arizona

Research Assistant

May 2009 – May 2010

- The Impedance Project examined laboratory-induced physiological processes (e.g., ECG, EDA, skin conductance) in recently-divorced adults and also focused on the overall adjustment to the divorce experience measured by changes in concomitant physiological, behavioral, emotional, or cognitive functioning. Duties included collecting physiological, behavioral, and self-report data using E-Prime and BIOPAC equipment, cleaning and analyzing physiological data using Mindware and Acqknowledge software, conducting performing statistical data by using SAS and assisting in

developing personality, emotional, and physiological measures.

Supervisor: David Sbarra, Ph.D.

Health and Interpersonal Systems Research Group

Family Studies & Human Development, The University of Arizona, Tucson, Arizona

Research Assistant

August 2009 – May 2010

- This project investigated the mutual effect of reappraisal and suppression on positive and negative affect in couple dyads. Duties included performing extensive archival searches on reappraisal, coping, and emotion regulation, assisting in the development of a statistical model for the couple study, conducting data analysis using SPSS and SAS, and attending weekly individual meetings.

Supervisor: Emily Butler, Ph.D.

GRANT ACTIVITIES:

◆ Accepted

- 3) “Trauma-related Neurobiological Predictors of Adverse Child Outcomes: Secondary Analysis of the Healthy Brain Network Database”

Granting Agency: Rutgers, The State University of New Jersey, Graduate School of Applied Professional Psychology

Funds Awarded: \$9,316

Role: **Co-Investigator** (2018-2019)

- 2) “*Decomposition of anxiety using a multi-method approach*”

Granting Agency: University of Nevada, Reno Graduate Student Association

Funds Awarded: \$2,490

Role: **Principal Investigator** (2014-2015)

- 1) “*Attentional control: Understanding life experiences and mindfulness*”

Granting Agency: University of Nevada, Reno Graduate Student Association

Funds Awarded: \$1,000

Role: **Principal Investigator** (2011-2012)

◆ In Preparation

- 2) “Mindfulness-based Intervention for Alcohol Use Disorder” (K99/R00)

Granting Agency: National Institute on Alcohol Abuse and Alcoholism

Role: **Principal Investigator**

- 1) “A Single-Session Mindfulness Intervention for Alcohol-Cue Reactivity”

Granting Agency: Center of Alcohol and Substance Use Studies

Role: **Principal Investigator**

◆ Rejected

- 3) “Mindfulness-based Intervention for Alcohol Use Disorder in Early Adulthood (EBIAUD)”

Granting Agency: Hubert and Richard Hanlon Trust Grant

Funds Awarded: \$174,049

Role: **Principal Investigator (2019-2020)**

- 2) “Mindfulness-based Intervention for Older Asians with Trauma”

Granting Agency: Asian Research Center for Minority Aging Research (RCMAR)

Funds Awarded: \$34,870

Role: **Principal Investigator (2019)**

- 1) “Using the Attentional Blink to Investigate Trauma-Related Impairments in Attentional Control” (RO3)

Granting Agency: National Institute of Mental Health

Funds Requested: \$142,082

Role: **Principal Investigator (2013-2014)**

PUBLICATIONS:

- **Im, S.**, Greenlaw, M., & Lee. (2020). J. Cumulative Trauma Exposure and Mindfulness in College Students. *Journal of College Counseling*. 23(1) (In Press)
- Mayer, C., **Im, S.**, Stavas, J., & Hazlett-Stevens, H. (2019). Mindfulness Facets Associated with Perceived Stress: The Role of Nonreactivity. *Journal of Depression and Anxiety Forecast*. 2(1): 1009-1016.
- **Im, S.**, Lee, J., & Han, S. (2017). Video-counseling: Needs Assessment and Perception of Service Utilization. *The Korean Journal of Stress Research*. 25(1), 57-67.
- **Im, S.** & Follette, V. (2016). Rumination and Mindfulness Related to Multiple Types of Trauma Exposure. *Translational Issues in Psychological Science*. 2(4), 395-407.
- O'Donohue, W., Snipes, C., Dalto, G., Soto, C., Maragakis, A., & **Im, S.** (2013). The Ethics of Enhanced Interrogations and Torture: A Reappraisal of the Argument. *Ethics & Behavior*, 24(2), 109-125.

MANUSCRIPTS UNDER REVIEW:

- **Im, S.**, Fitzpatrick, S., Hien, D., Lopez-Castro, T., Pawlak, A., & Melar R. Frontal Alpha Asymmetry in Children with Trauma Exposure.
- **Im, S.**, Marder, M., Imbriano, G., Sussman, T. & Mohanty, A. Effects of a Brief Mindfulness-Based Attentional Intervention on Threat-Related Perceptual Decision Making.
- **Im, S.**, Hazlett-Stevens, H., & Caplovitz, G. Effects of Rumination and Mindfulness on Attentional Blink.
- **Im, S.** & Kahler, J. Evaluating the Empirical Evidence for Four Transdiagnostic Mechanisms in Structural Equation Modeling.
- **Im, S.**, Stavas, J., Lee, J., Zareen, M., Hazlett-Stevens, H., & Caplovitz, G. Does Mindfulness-Based Intervention Improve Cognitive Function?: A Meta-Analysis of Controlled Studies.
- Shim, M, **Im, S.**, & Gonzalez, A. Assessing the Quality, Efficacy, and Effectiveness of the Current Evidence Base of Mindfulness-based Intervention for Patients and Caregivers of Dementia: A Rapid Evidence Assessment of the Literature.
- **Im, S.** & Crognale, A. M. Physiological Inflexibility in Generalized Anxiety Disorder: Modulation by Trait Worry.
- Kim, Y. S., Ryu, H. S. Choi, S. C., Kim, G. Y., Park, Y. C., Ro, S., **Im, S.**, Kim, N. W., Lee, D. B., Choi, E. S., Kim, M. S., Myung, J., & Lee. M. Y. Sex Differences of Eating Behavior, Gastric Emptying Rate, and Ghrelin Level in Response to Psychological and Physical Stress in Rats.

MANUSCRIPTS IN PREPARATION:

- **Im, S.**, Fonteneau, M., Buckmann, J. & Bates, M. The Relationship between Heart Rate Variability and Cognitive Function: A Systematic Review and Meta-Analysis.

BOOK CHAPTERS:

- **Im, S.** (2017). What Is Measured by Self-report Measures of Mindfulness? Conceptual and Measurement Issues. In A. Masuda & W. O'Donohue. (Eds.) *Handbook of Zen, Mindfulness, and Behavioral Health*. New York, NY: Springer.

PRESENTATIONS:

- **Im, S.** (December, 2019). Effects of Motivaiton Intensity on Autonomic Response: Implications for Addiction Research. An invited talk presented at the Emerging Addiciton Science Seminar Series, Piscataway, NJ.
- **Im, S.**, Marder, M., Teller, J., Szekely, A., & Mohanty, A. (May 2019). Effects of a Brief Mindfulness Intervention on Emotional Face Perception. Poster presented at the 31st Association for Psychological Science (APS) Annual Convention, New York, NY.
- **Im, S.** (May, 2019). How Can Mindfulness-Based Interventions Improve Mental Health and

Cognitive Function in Spinal Cord Injury Patients? An invited talk presented at the James J. Peters VA Medical Center, Bronx, NY.

- **Im, S.**, Marder, M., Teller, J., Szekely, A., & Mohanty, A. (May 2019). Trait Mindfulness Moderated the Effects of a Brief Mindfulness Intervention on Emotional Face Perception. Poster presented at the Center of Alcohol Studies (CAS) Annual Scholar Poster Session, Piscataway, NJ.
- **Im, S.** (February, 2019). Do Mindfulness-Based Interventions Improve Cognitive Function? The implication for Addiction Research. An invited talk was presented at the Emerging Addiction Science Seminar at Rutgers University, Piscataway, NJ.
- **Im, S.** (May 2018). Examination of Experiential Avoidance, Rumination, Maladaptive Cognitions, and Emotion Dysregulation as Transdiagnostic Mechanisms in Structural Equation Modeling. Poster presented at the American Psychological Association (APA) Annual Convention, San Francisco, CA.
- Killebrew, K., **Im, S.**, & Caplovitz, P. G. (May 2017). The Rotating Line. A visual illusion demo presented for the 15th Annual Dinner and Demo Night at the Vision Sciences Society (VSS) Annual Convention, St. Pete Beach, FL.
- Mayer, C., **Im, S.**, Julie S., & Hazlett-Stevens, H. (May 2017). Dispositional mindfulness and perceived stress. Poster presented at the 2017 Annual Conference for the Nevada Psychological Association (NPA), Las Vegas, NV.
- **Im, S.** & Crognale, A. M. (August 2016). Physiological inflexibility in response to worry induction in generalized anxiety disorder. Poster presented at the American Psychological Association (APA) Annual Convention, Denver, CO.
- **Im, S.**, Crognale, A. M., & Follette, V. (May 2015). Decomposition of anxiety by the multi-method approach. Poster presented at the 27th Association for Psychological Science (APS) Annual Convention, New York, NY.
- **Im, S.** & Follette, V. (May 2015). Trauma and quality of life among college students: the mediation effect of rumination. Poster presented at the 27th Association for Psychological Science (APS) Annual Convention, New York, NY.
- **Im, S.**, Caplovitz, G., & Follette, V. (June 2014). Assessing construct validity in mindfulness. In D. Fiorillo (Chair), Mindfulness in ACT: theoretical and practical implications. Symposium presented at the Association for Contextual Behavioral Science (ACBS) World Conference 12, Minneapolis, MN.
- Gonzalez, F., Engle, J., Follette, V., **Im, S.**, McLean, C., & Papa, A. (May 2014). Behavioral healthcare: the implication of an LGBT community needs assessment. Poster presented at the 26th Association for Psychological Science (APS) Annual Convention, San Francisco, CA.
- **Im, S.** & Follette, V. (May 2014). The mediating effect of rumination on trauma symptomology and general psychological distress. Poster presented at the 26th Association for Psychological Science (APS) Annual Convention, San Francisco, CA.
- **Im, S.**, Caplovitz, G., & Follette, V. (May 2013). Construct validity of mindfulness using a multi-method approach. Poster presented at the 25th Association for Psychological Science (APS) Annual Convention, Washington, D.C.
- **Im, S.**, Caplovitz, G., & Follette, V. (May 2013). Effects of trauma on attentional processing. Poster presented at the 2013 Annual Conference for the Nevada Psychological Association (NPA), Las Vegas, NV.
- **Im, S.**, Caplovitz, G., & Follette, V. (April 2013). Attention, PTSD and general psychological distress: a mediational model. Poster presented at the 93rd Western Psychological Association (WPA) Annual Convention, Reno, NV.
- **Im, S.**, Gonzalez, F., Caplovitz, G., & Follette, V. (May 2012). The relationship between attentional bias and trauma symptoms among college students. Poster presented at the 2012 Annual Conference for the Nevada Psychological Association (NPA), Reno, NV.
- Engle, J.L., **Im, S.**, Hickey, A., Moser, T., & Dietrich, C. (April 2011). When is it rape: attitu

des about labeling and reporting sexual assault. Symposium presented at the 91st Western Psychological Association (WPA) Annual Convention, Los Angeles, CA.

CLINICAL EXPERIENCE:

Stony Brook University Consortium Internship Program (SBU-CIP)

Department of Psychology and Psychiatry, Stony Brook, New York

Psychology Intern

August 2017 – July 2018

- Provided three primary psychological services to child and adult clients from the community and Stony Brook campus. Received in-depth training in Cognitive Behavioral Analysis System of Psychotherapy (CBASP), Dialectical Behavior Therapy (DBT), and other evidence-based treatments for individual psychotherapy. Gained further clinical experience of working with individuals with schizophrenia and other severe mental illness (10 North inpatient unit), suicidality and psychiatric emergency (Comprehensive Psychiatric Emergency Program), and weight management issues (Bariatric and Metabolic Weight Loss Center). Led therapy groups for ADHD, weight management, yoga/meditation, and trauma/stress management. Conducted ADHD and other personality, intellectual, and cognitive assessment and wrote assessment reports. Received weekly individual and group supervision and weekly didactic clinical training.
- **Rotations**
 - **Leonard Krasner Psychological Center, Department of Psychology**
Supervisors: Dina Vivian, Ph.D. & Estee Hausman, Ph.D.
 - **Mind-Body Clinical Research Center (MBCRC), Department of Psychiatry**
Supervisor: Genna Hymowitz, Ph.D. & Adam Gonzalez, Ph.D.
 - **10 North Inpatient Unit, Department of Psychiatry**
Supervisor: Andrew Deptula, Ph.D.
 - **Comprehensive Psychiatric Emergency Program, Department of Psychiatry**
Supervisor: Daniel Tieman, Ph.D.
 - **Bariatric and Metabolic Weight Loss Center, Department of Psychiatry**
Supervisor: Genna Hymowitz, Ph.D.

Counseling Services, The University of Nevada, Reno, Nevada

Graduate Extern

August 2012 – December 2016

- Provided individual and group counseling to students who present a broad range of psychological problems including depression, anxiety, eating disorder, PTSD, and academic and relationship issues. Also provided crisis intervention and 24-hour on-call services. Provided outreach services for international students and students from diverse ethnic, socio-economic, or cultural backgrounds. Conducted ADHD and other personality, intellectual, and cognitive assessments and write assessment reports. Received weekly individual and group supervision. Attended weekly didactic clinical training and monthly diversity training.
Supervisors: Yue Huang, Ph.D., Jacquelyn Johnson, Psy.D., Cynthia Marczyński, Ph.D., Rebecca Thompson, Ph.D., & Shernaaz Webster, Ph.D.

Psychological Services Center, The University of Nevada, Reno, Nevada

Staff Therapist

- Received in-depth training in various treatment modalities, including CBT for PTSD, Dialectical Behavioral Therapy (DBT), and Acceptance and Commitment Therapy (ACT). Provided individual and group counseling to clients from the local community.

Cognitive Behavior Therapy for PTSD August 2010 – March 2016
Supervisor: Victoria Follette, Ph.D.

Acceptance of Commitment Therapy (ACT) February 2014 – July 2015
Supervisor: Steven Hayes, Ph.D.

Dialectical Behavior Therapy (DBT) August 2011 – January 2014
Supervisor: Alan Fruzzetti, Ph.D.

DBT Skills Group, The University of Nevada, Reno, Nevada

Co-leader October 2012 – April 2013

- Provided psychoeducation and taught Dialectical Behavior Therapy (DBT) skills covering mindfulness, interpersonal effectiveness, distress tolerance, and emotion regulation for individuals who were diagnosed with borderline personality disorder and presented with other life-threatening psychological problems (e.g., suicidality and self-harming behavior).
Supervisors: Alan, Fruzzetti, Ph.D.

Pima County Attorney's Office Victim Witness Program, Tucson, Arizona

Victim Witness Advocate September 2008 – July 2010

- Provided client-centered crisis interventions designed for victims who were traumatized by sexual assault, homicide, suicide, domestic violence, or child abuse. Upon the request of the police, responded to a crime scene and provided necessary emotional and logistical support, case coordination with emergency medical and protection agencies (including Child Protective Services and Southern Arizona Center Against Sexual Assault), death notification, shelter placement, and referral services.

Sungnam Psychiatric Hospital, Gyeonggi-do, South Korea

Co-facilitator August 2000 – February 2001

- Co-facilitated child, adolescent, and non-offending parent groups for children who were abused by their primary caregivers utilizing a cognitive-behavioral treatment protocol. Other responsibilities included preparing materials for sessions, assisting group leaders with psychological assessments and by-monthly reports, and attending group supervision meetings.

CLINICAL TRAINING:

2014 October Collaborative Assessment and Management of Suicidality (CAMS) Training: Working Effectively with Suicidal Clients, Reno, Nevada
Instructor: David Jobes, Ph.D.

2014 August Comprehensive Clinical Training: Dialectical Behavioral Therapy, Reno, Nevada
Instructor: Alan Fruzzetti, Ph.D.

2013 September Stage 2 Treatment in Dialectical Behavior Therapy Workshop, Reno, Nevada
Instructor: Alan, Fruzzetti, Ph.D.

2013 March Motivational Interviewing, Reno, Nevada
Instructor: Bill Miller, Ph.D.

2013 March Acceptance and Commitment Therapy Workshop (*ACT Boot Camp*), Reno, Nevada
Instructor: Steven Hayes, Ph.D.

OTHER TRAINING:

2019 March Five Day AFNI Workshop, National Institute of Health, Bethesda, MD
Instructors: Robert Cox, Ph.D., Gang Chen, Ph.D., Daniel Glen, Ph.D., Rick Reynolds, Ph.D., and Paul Taylor, Ph.D.

2019 March Brainstorm EEG Bootcamp, Johns Hopkins University, Baltimore, MD
Instructor: Sylvain Baillet, Ph.D.

TEACHING POSITIONS:

2019 **Guest Lecturer**
Rutgers, The State University of New Jersey, School of Health Professions;

Piscataway, New Jersey
Psychological Assessment I

- 2014 **Instructor**
University of Nevada, Reno, Department of Psychology; Reno, Nevada
Introduction to Research Methods
- 2014 **Instructor**
University of Nevada, Reno, Department of Psychology; Reno, Nevada
Introduction to Statistical Methods
- 2013 **Instructor**
University of Nevada, Reno, Department of Psychology; Reno, Nevada
Abnormal Psychology
- 2013 **Instructor**
University of Nevada, Reno, Department of Psychology; Reno, Nevada
Basic Principles of Psychotherapy
- 2011 **Instructor**
University of Nevada, Reno, Department of Psychology; Reno, Nevada
Graduate School Preparation Workshop

HONORS & AWARDS:

- 2019 Helene R. White Conference Travel Award, Center of Alcohol Studies, Rutgers, The State University of New Jersey (Amount: \$500)
- 2013 Outstanding International Graduate Student Award, University of Nevada, Reno (Amount: \$1,000)
- 2012 Poster Presentation Award (2nd place), Nevada Psychological Association
- 2010-2017 Graduate Student Association Research Travel Award, University of Nevada, Reno
- 2010-2012 Jim Mikawa Fellowship, University of Nevada, Reno (Amount: \$28,000)
- 2008-2010 Highest Academic Distinction, University of Arizona
- 1996 University Scholarship, Korea University

SERVICE:

- 2017-Present **Ad Hoc Reviewer**
Psychiatry Research, Addictive Behaviors, Behavior Modification
- 2014-2016 **Diversity Training Committee member**
University of Nevada, Reno Counseling Services; Reno, Nevada
- 2012-2013 **Student Representative**
Nevada Psychological Association, Reno, Nevada

AFFILIATIONS:

- 2013-Present **Member**, Association for Psychological Science
- 2014-Present **Member**, Association for Contextual Behavioral Science
- 2016 **Member**, Vision Sciences Society
- 2016 **Member**, American Psychological Association
- 2011-2013 **Member**, Western Psychological Association

REFERENCES:

Marsha Bates, Ph.D.

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Department of Kinesiology and Health
Cardiac Neuroscience Laboratory
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Alan Fruzzetti, Ph.D.

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Department of Psychiatry
McLean Hospital/Harvard Medical School
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Denise Hien, Ph.D.

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Graduate School of Applied Professional
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Gideon Caplovitz, Ph.D.

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Dina Vivian, Ph.D.

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