

Emily R. Wilhite, M.A.

The University of Texas at Austin
Department of Psychology
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Curriculum Vitae

EDUCATION

- 2012 - present Ph.D. Candidate, Clinical Psychology (expected degree, 2018)
The University of Texas at Austin
Accredited by the American Psychological Association
Member of the Academy of Psychological Science
- Dissertation Title: Alcohol-Related Hookups, Online Dating, and Negative Consequences in Young Women*
Advisor/Dissertation Chair: Kim Fromme, Ph.D.
- 2015 M.A. Psychology
The University of Texas at Austin
- Thesis Title: The Effect of Alcohol on Sex-Related Emotional Reactions*
Thesis Advisor: Kim Fromme, Ph.D.
- 2012 B.S. and B.A., Psychology and Spanish, Honors in Psychology
The Pennsylvania State University; State College, PA
- Psychology Honors Thesis Title: Pathological Narcissism and Affective Reactions in Social Interactions*
Honors Thesis Advisor: Aaron Pincus, Ph.D.

RESEARCH GRANTS

- 2017 Dissertation Research Award (Amount: \$1,000)
American Psychological Association
- 2016 Student Research Grant – Clinical Significance (Amount: \$1,250)
Society of Addiction Psychology, American Psychological Association (Division 50)

AWARDS AND FELLOWSHIPS

- 2016 Intellectual Entrepreneurship Mentorship Travel Grant
College of Liberal Arts, The University of Texas at Austin

- 2016 Selected for Departmental Nomination
American Psychological Foundation Graduate Student Scholarship
Department of Psychology, The University of Texas at Austin
- 2014-2016 Research Society on Alcoholism Student Merit Travel Grant
- 2014-2017 Graduate Research Fellowship
NIAAA Institutional Training Grant #T32-AA007471
The University of Texas at Austin. PI: Rueben Gonzales, Ph.D.
- 2014 Professional Development Travel Grant
The University of Texas at Austin, Department of Psychology
- 2013 The University of Texas at Austin Psychology Graduate Fellowship
- 2012 H. L. Bruce/F. M. Jones Graduate Fellowship in Addiction Biology
Waggoner Center for Alcohol and Addiction Research
The University of Texas at Austin
- 2011, 2015 Phi Kappa Phi, selected for membership
- 2011 Phi Beta Kappa, selected for membership
- 2008-2012 Schreyer Honors College Scholar, Penn State, University Park, PA

PEER-REVIEWED PUBLICATIONS

Ashenhurst, J., **Wilhite, E. R.**, Harden, K.P., Fromme, K. (2016). Longitudinal trajectories of sexual behavior and unprotected sex during emerging adulthood. *Archives of Sexual Behavior*, 1-14.

Wilhite, E. R. & Fromme, K. (2015). Alcohol-induced blackouts and other negative outcomes during the transition out of college. *Journal of Studies on Alcohol and Drugs*, 76, 516-524.

Wang, N., Wilhite, S., Wyatt, J., Young, T., Bloemker, G., & **Wilhite, E.R.** (2012). Impact of a college freshman social and emotional learning curriculum on student learning outcomes: An exploratory study. *Journal of University Teaching & Learning Practice*, 9(2).

PUBLICATIONS UNDER REVIEW AND UNDER REVIEW

Wilhite, E. R., Ashenhurst, J. R., Marino, E. N., & Fromme, K. (under review). Freshman year alcohol and marijuana use prospectively predict time to college graduation and subsequent adult roles and independence.

Wilhite, E. R. & Fromme, K. (in preparation). The morning after: Alcohol, sociosexuality, and emotional reactions to casual sex.

Wilhite, E. R., Mallard, T., & Fromme, K. (in preparation). A longitudinal event-level investigation of alcohol intoxication, alcohol-related blackouts, childhood sexual abuse, and coercive sex among college students.

Marino, E. N., **Wilhite, E. W.**, Mallard, T. T., Harden, K. P., & Fromme, K. (in preparation). Polygenic risk for alcohol-induced blackouts.

CONFERENCE PRESENTATIONS

Wilhite, E.R., Ashenhurst, J.A., Marino, E., & Fromme, K. (2016, June). Freshman substance use, college graduation, and adoption of adult roles in emerging adulthood. Poster session presented at the Research Society of Alcoholism Meeting, New Orleans, LA.

Fromme, K, Mallard, T., & **Wilhite, E.R.** (2016, June). A longitudinal event-level analysis of alcohol intoxication and coercive sex among college students. Poster session presented at the Research Society of Alcoholism Meeting, New Orleans, LA.

Wilhite, E.R. (2016, March). Integrating research and practice: Problematic alcohol use and related consequences during emerging adulthood. Invited talk at The University of Texas at Austin, Department of Psychology, Austin, TX.

Wilhite, E.R. Ashenhurst, J.A., Marino, E.N., & Fromme, K. (2016, March). The influence of substance use on short-term and long-term academic outcomes. Poster session presented at the third annual advance of the Waggoner Center for Addiction Research, Austin, TX.

Wilhite, E.R., & Fromme, K. (2015, June). Sociosexuality as a moderator of sex-related alcohol expectancies during the transition out of college. Poster session presented at the Research Society on Alcoholism Meeting, San Antonio, WA.

Wilhite, E.R., & Fromme, K. (2015, March). The effect of alcohol intoxication on immediate and next day sexual regret. Poster session presented at the second annual advance of the Waggoner Center for Addiction Research, Austin, TX.

Wilhite, E.R., & Fromme, K. (2014, June). Blackouts and their association with alcohol-related consequences and coercive sex. Poster session presented at the Research Society on Alcoholism Meeting, Seattle, WA.

Roche, M. J., Pincus, A.L., Conroy, D.E., Ram, N., Hyde, A.L., & **Wilhite, E.R.** (2013, March). Advancements in modeling if-then affective signatures. Poster session presented at the Society for Personality Assessment Annual Meeting, San Diego, CA.

Wilhite, E.R., Roche, M.J., Pincus, A.L. Conroy, D.E. Hyde, A.L., & Ram. N. (2012, May). Pathological narcissism and affective reactions in social interactions. Paper presented at the Society for Interpersonal Theory and Research annual meeting, Montreal, Quebec, Canada.

CLINICAL EXPERIENCE

- 2016-present **Austin VA Outpatient Clinic, Substance Abuse and Treatment Program**
 Supervisor: Scott Steiner, Ph.D.
- Individual interventions for Veterans with substance use issues
 - Co-facilitate weekly group therapy designed to decrease substance use
 - Intake interviews to assess current substance use disorders
 - Modalities: Cognitive behavioral therapy, motivational interviewing
- 2016-present **The University of Texas at Austin Indicated Body Project**
 Supervisors: Eric Stice, Ph.D., Heather Shaw, Ph.D., Paul Rohde, Ph.D.
- Provide weekly dissonance-based group therapy protocol for women with body image and disordered eating concerns
 - Co-facilitated four groups of 5-7 women
 - Modalities: Dissonance-based group therapy
- 2015-present **Randomized Clinical Trial: PTSD and Smoking Cessation Study**
 The University of Texas at Austin
 Supervisor: Mark Powers, Ph.D.
- Provide weekly manualized individual psychotherapy treatment for individuals with PTSD and who desire to quit smoking
 - Provided PE and CBT to treat PTSD and smoking for one client
 - Conducted structured clinical interviews
 - Modalities: Cognitive behavioral therapy, prolonged exposure
- 2015-2016 **Austin VA Outpatient Clinic, Mental Health Clinic**
 Supervisor: Jana Drew, Ph.D.
- Provided individual interventions using CBT and ACT techniques for veterans with depression, PTSD, social anxiety, and panic disorder
 - Conducted intake interviews to diagnose and provide referrals
 - Co-facilitated 3 separate group interventions for female veterans with a history of sexual trauma (CPT, Skills Training in Affective and Interpersonal Regulation (STAIR), process group)
 - Modalities: Cognitive processing therapy, cognitive behavioral therapy, acceptance and commitment therapy, STAIR, mindfulness
- 2014-2015 **The University of Texas at Austin Counseling and Mental Health Clinic**
 Supervisors: Joey Hannah, Ph.D., Cynthia Von Seggern, Ph.D., Keith Arrington, LCSW, Matthew Olson, LPC-S
- Provided brief and long-term individual therapy interventions, including single, 6 week, 12 week sessions for college students
 - Co-facilitated an 8 week group Mindfulness-Based Cognitive Therapy (MBCT) intervention for students with depression
 - Co-facilitated a substance use process-oriented group designed to help student moderate their alcohol and other drug use

- Modalities: Cognitive behavioral therapy, motivational interviewing, mindfulness-based cognitive therapy, interpersonal, relational

2013-2014 **Training Clinic, Individual Psychotherapy and Assessment**

Department of Psychology, The University of Texas at Austin

Supervisors: Martita Lopez, Ph.D. and Jasper Smits, Ph.D.

- Conducted intelligence, personality, and diagnostic assessments
- Wrote 4 integrated reports
- Provided CBT interventions for clients with depression, panic disorder, social anxiety disorder
- Participated in bi-weekly formal case presentations
- Modalities: Cognitive behavioral therapy

2013 **Intellectual and Personality Assessment**

Department of Psychology, The University of Texas at Austin

Supervisors: Kim Fromme, Ph.D and Rebecca Neals-Beever, Ph.D.

- Conducted intake assessments
- Administered and interpreted WAIS-IV and MMPI-2 assessments
- Wrote 3 integrated reports

PROFESSIONAL RESEARCH EXPERIENCE

2015-present **Principal Investigator**

TASLE Study

Research Mentor: Kim Fromme, Ph.D.

Department of Psychology, The University of Texas at Austin

- Project design and development
- IRB submissions
- Supervision of data collection of 6 weeks of daily monitoring surveys
- Oversight of undergraduate research assistants
- Grant writing for graduate research grants
- Data analysis (SPSS, HLM, Mplus) of event-level and longitudinal data

2014-present **Pre-doctoral Trainee**

NIH/NIAAA Grant #32AA007471

Principal Investigator: Rueben Gonzalez, Ph.D.

The University of Texas at Austin

- Continued leadership in Dr. Fromme's NIAAA-funded alcohol challenge research project
- Participation in biweekly research article discussions
- Poster presentation at annual Waggoner Center Advance

2012-2014 **Graduate Research Assistant**

NIAAA-Funded Genes and New Experiences Study

Research Mentor: Kim Fromme, Ph.D.

Department of Psychology, The University of Texas at Austin

- Planning and development of placebo-controlled alcohol challenge
- Supervision of alcohol challenge sessions (160+ participants)
- Oversight of over 30 undergraduate research assistants
- Mentor of undergraduate honors thesis
- Led weekly article discussions with research assistants

2011-2012 **Project Manager**

Studio Lab

Research Mentor: Nilam Ram, Ph.D.

Human Development and Family Studies, Pennsylvania State University

- Organized group meetings with undergraduate, graduate students, and professors from across colleges
- Formatted and wrote annual report for the Social Science Research Institute at Penn State
- Gathered information for write-ups on projects that were overseen by Dr. Ram's project StudioLab (interdisciplinary space that combines research in social science, computer gaming and the arts)

2011-2012 **Undergraduate Honors Thesis**

Pathological Narcissism and Affective Reactions in Social Interactions

Research Mentor: Aaron Pincus, Ph.D.

Department of Psychology, Pennsylvania State University

- Presented literature review on the effects of pathological narcissism on interpersonal interactions
- Presented findings at undergraduate research fair and Society for Interpersonal Theory and Research annual meeting

2011-2012 **Undergraduate Research Assistant**

Social and Emotional Learning Project

Research Mentor: Ning Wang, Ph.D.

Center for Education, Widener University

- Read and coded freshman seminar papers for themes related to social and emotional development
- Helped develop the coding framework for qualitative data analysis

2009-2011 **Undergraduate Research Assistant**

Intraindividual Study of Aging, Health, and Interpersonal Behavior

Research Mentors: Nilam Ram, Ph.D., David Conroy, Ph.D., Aaron Pincus, Ph.D.

Department of Psychology, Pennsylvania State University

- Assisted in presentations given to participants
- Compiled and edited final codebook of study measures
- Collected, downloaded, and input data from smartphone devices

FORMAL CLINICAL TRAINING WORKSHOPS

- 2016 **Workshop on Evidence-Based Couples Therapy for Alcohol Problems**
 Completed October 14, 2016
 Location: Austin Family Institute
 Facilitator: Barbara McCrady, Ph.D.
- 2015 **Workshop on Prolonged Exposure for Posttraumatic Stress Disorder**
 Completed September 11 & 18, 2015
 Location: The University of Texas at Austin
 Facilitator: Mark Powers, Ph.D.
- 2015 **Workshop on Dialectical Behavior Therapy (DBT)**
 Completed November 17 & 18, 2015
 Location: Temple, TX VA Hospital
 Facilitators: Lorie Salinas, Ph.D., Jana Drew, Ph.D.
- 2015 **Workshop on Clinical Supervision**
 Completed April 24, 2015
 Location: The University of Texas at Austin
 Facilitator: Sarah Kate Bearman, Ph.D.
- 2014 **Workshop on Biological Therapies for Eating Disorders**
 Completed December 11, 2014
 Location: CMHC, The University of Texas at Austin
 Facilitator: Shane McKay, MD
- 2014 **Gender and Sexuality Center: Ally Toolkit Training**
 Completed February 18, 2014
 Location: The University of Texas at Austin
 Facilitator: Shane Whalley, M.S.S.W.

STATISTICAL WORKSHOPS

- 2015 **Hierarchical Linear Modeling**, Summer Statistics Institute
 The University of Texas at Austin (May 25-28)
- 2014 **Multivariate Data Analysis Using R**, Summer Statistics Institute
 The University of Texas at Austin (May 26-29)
- 2013 **Structural Equation Modeling**, Summer Statistics Institute
 The University of Texas at Austin (May 27-30)

TEACHING AND MENTORING

- 2016 **Guest Lecture** on Substance Use Disorders for Abnormal Psychology undergraduate class. The University of Texas at Austin. Department of Psychology.
- 2015 **Guest Lecture** on Anxiety Disorders for Introduction to Psychology undergraduate class. The University of Texas at Austin. Department of Psychology.
- 2012-present **Mentored 30+ research assistants in weekly article discussions.** Studies on Alcohol, Health, and Risky Behaviors Laboratory. The University of Texas at Austin. Department of Psychology.
- 2015-2016 **Mentored two undergraduate students** as part of the University of Texas at Austin Intellectual Entrepreneurship program designed to help undergraduates prepare for graduate school.
- 2014 & 2016 **Mentored two minority students** as part of the University of Texas at Austin SURE program designed to help minority students gain valuable research experience before graduate school.
- 2013-2014 **Mentored undergraduate honors thesis.** Oversaw data collection, analysis, and write up of honors thesis. The University of Texas at Austin. Department of Psychology.

UNIVERSITY SERVICE

- 2016 **Graduate Student Association Health Agency Committee.** Member of committee that oversees projects related to health initiatives for graduate students. The University of Texas at Austin.
- 2016 **Student Volunteer** at workshop designed to help undergraduate students with the CVs and personal statements. Diversity committee. Department of Psychology, The University of Texas at Austin.
- 2015 **Student Panelist** in seminar for honors psychology students about applying to graduate school. Department of Psychology, The University of Texas at Austin.
- 2015 **Student Panelist** in seminar for undergraduate Women in Psychology organization about applying to graduate school. Department of Psychology, The University of Texas at Austin.

PEER REVIEW ACTIVITY

Ad Hoc Reviewer

AIDS and Behavior

Alcoholism: Clinical and Experimental Research

Annals of Behavioral Medicine

Journal of Social and Personal Relationships

Journal of Studies on Alcohol and Drugs

Psychopharmacology

PROFESSIONAL SOCIETY MEMBERSHIP

2016-present	American Psychological Association, Division 19
2016-present	Society for Science of Clinical Psychology
2015-present	American Psychological Association, Division 50
2012-present	Research Society on Alcoholism
2012-present	Texas Research Society on Alcoholism