

**EMILY C. CARL, M.A.**  
emilycarl@utexas.edu • (303) 748-4385

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**EDUCATION**

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- 2016-Present    **Doctor of Philosophy in Clinical Psychology**  
The University of Texas, Austin, Texas  
*Research Mentors:* Mark B. Powers, Ph.D. and Jasper Smits, Ph.D.
- 2015-2016      **Master of Arts in Psychology**  
Boston University, Boston, Massachusetts  
Masters project title: Smoking and Rumination: Review, Inferences, and Clinical Adaptations  
*Research Mentor:* Michael W. Otto, Ph.D.
- 2006-2010      **Bachelor of Arts in Psychology**  
University of Colorado Boulder, Boulder, Colorado  
Minor in French  
Psi Chi Honors Society

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**HONORS AND AWARDS**

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- 2019            **Dianne and Jerry Grammer Fellowship for Mental Health Research**  
The University of Texas at Austin
- 2019            **Lee Willerman Paper Award – Nominee**  
The University of Texas at Austin
- 2019            **Editorial Graduate Research Assistantships Award – Nominee**  
The University of Texas at Austin
- 2017            **Psychology Outstanding Teaching Assistant Award – Nominee**  
The University of Texas at Austin
- 2016            **Professional Development Travel Award**  
The University of Texas at Austin
- 2015            **Financial aid award for teaching**  
Boston University
- 2006, '09, '10    **Dean's List**  
University of Colorado Boulder

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**PUBLICATIONS**

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1. **Carl, E.,** Stein, A. T., Levihn-Coon, A., Pogue, J., Rothbaum, B., Emmelkamp, P., Asmundson, G., & Powers, M. B. (2019). Virtual reality exposure therapy for anxiety and related disorders: A meta-analysis of randomized controlled trials. *Journal of Anxiety Disorders, 61*, 27-36.
2. **Carl, E.,** Witcraft, S., Kauffman, B., Gillespie, E. M., Becker, E., Cuijpers, P., Van Ameringen, M., Smits, J. A. J., & Powers, M. B. (in press). Psychological and pharmacological treatments for generalized anxiety disorder (GAD): A meta-analysis of randomized controlled trials. *Cognitive Behaviour Therapy*.

3. Jacquart, J., Dutcher, C., Freeman, S. Z., Stein, A. T., Dihn, M., **Carl, E.**, & Smits, J. A. J. (2019). The effects of exercise on transdiagnostic treatment targets: A meta-analytic review. *Behaviour Research and Therapy, 115*, 19-37.
4. Agtarap, S., **Carl, E.**, Reynolds, M. C., Roden-Foreman, K., Bennett, M., Rainey, E., Powers, M. B., Driver, S., & Warren, A.M. (2018). Caregiver expectations of recovery among persons with spinal cord injury at three and six months post-injury: A brief report. *The Journal of Spinal Cord Medicine, 1-4*.
5. Kearns, N. T., **Carl, E.**, Stein, A. T., Vujanovic, A. A., Zvolensky, M. J., Smits, J. A. J., & Powers, M. B. (2018). Posttraumatic stress disorder and cigarette smoking: An updated systematic review. *Depression and Anxiety, 35*, 1056–1072.
6. Minns, S., Levihn-Coon, A., **Carl, E.**, Smits, J. A. J., Miller, W., Howard, D., Papini, S., Quiroz, S., Lee-Furman, E., Telch, M., Carlbring, P., & Powers, M.B. (2018). Immersive 3D exposure-based treatment for spider fear: A randomized controlled trial. *Journal of Anxiety Disorders, 58*, 1-7.

### Articles under review

7. Schatten, H.T., Allen, K.J.D., **Carl, E. C.**, Miller, I.W., & Arney, M.F. (under review). Evaluating the iatrogenic effects of a suicide-focused research protocol: The Assessment Session Check-In (ASCI). *Journal of Consulting and Clinical Psychology*.
8. **Carl, E.**, & Bailen, N. H. (under review). Positive regard in clinical supervision: Trainee perspectives. *Psychotherapy Bulletin*.

### Articles in preparation

1. **Carl, E.**, Hoadley, L., Smits, J. A. J., & Powers, M. B. (under preparation). Brief acceptance and mindfulness for exercise in anxiety: A study protocol.
2. **Carl, E.**, Mason, J., Hoadley, L., Asmundson, G., Smits, J. A. J., & Powers, M. B. (under preparation). Brief acceptance and mindfulness for exercise in anxiety: A randomized controlled trial.
3. Powers, M. B., **Carl, E.**, Levihn-Coon, A., Kauffman, B., Kleinsasser, A. L., Lee-Furman, E., Dutcher, C., Alvari, N., Thomas, E., Smits, J. A. J., Zvolensky, M. J., Medina, J, & Rosenfield, D. (under preparation). Efficacy of smoking cessation therapy alone or integrated with prolonged exposure therapy for smokers with PTSD: A randomized controlled trial.
4. Stein, A. T., **Carl, E.**, Cuijpers, P., & Smits, J.A.J. (under preparation). Behavioral activation for depression: An updated systematic review.
5. Asmundson, G. Mason, J., **Carl, E.**, Rosenfield, D., Rosenfield, B. Smits, J. A.J., Otto, M. W., & Powers, M. B. (under preparation). Efficacy of regular aerobic exercise as an adjunct or stand-alone treatment for PTSD: A randomized controlled trial.
6. Powers, M. B., Becker, E., **Carl, E.**, & Smits, J. A. J. (under preparation). Exposure therapy for generalized anxiety disorder (GAD). *Oxford University Press*.
7. Powers, M. B., Levihn-Coon, A., **Carl, E.**, Rosenfield, B., Rosenfield, D., Miller, W., Caven, A., Caven, T., MacClements, J., Oh, J., Bernhardt, J., Carlbring, P., & Smits, J. A. J. (under preparation). Standard VR (CGI) versus Enhanced VR (3D HD film) for pain reduction in the hospital: A randomized waitlist controlled trial.

## PRESENTATIONS

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### Symposia

1. Powers, M. B. **Carl, E.**, Mason, J. E., Rosenfield, D., Smits, J. A. J., Otto, M. W., Pogue, J, Adams, M. & Asmundson, G. J. G. (March, 2019) *Efficacy of aerobic exercise as an adjuvant or stand-alone treatment for PTSD: A randomized controlled trial*. Symposium presented at the International Association of Psychological Science, Paris, France.
2. Jacquart, J., Dutcher, C., Freeman, S.Z., Stein, A., Dinh, M., **Carl, E.**, Smits, J.A.J. (2019, March). *The effects of exercise on transdiagnostic treatment targets: A meta-analytic review*. In R.J. McNally (Chair), How Does Exercise Improve Mental Health? Symposium conducted at the International Convention of Psychological Science, Paris, France.

### Posters

1. **Carl, E.**, Haradhvala, N., Karnedy, C., Coppersmith, D., Miller, I. W., & Armev, M. F. (2014, November). *Prediction of suicidal behavior using past month frequency of non-suicidal self-injury in an inpatient suicidal sample*. Poster presented at the annual conference of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA.
2. **Carl, E.**, Karnedy, C., Haradhvala, N., Coppersmith, D., Miller, I. W., & Armev, M. F. (2014, June). *Utility of non-suicidal self-injury frequency data for the prediction of proximal suicidal behavior*. Poster presented at the annual conference of the International Society for the Study of Self-Injury (ISSI), Chicago, IL.
3. **Carl, E.**, Kredlow, M. A., Szuhany, K. L., Keshishian, A., Eastman, A., Patten, J. M., Mohile, P., & Otto, M. W. (2016, October). *Brief cognitive dissonance intervention supports behavior change*. Poster presented at the annual conference of the Association for Behavioral and Cognitive Therapies (ABCT), New York City, NY.
4. Coppersmith, D. D. L., Karnedy, C. J., **Carl, E.**, Haradhvala, N. M., Miller, I. W., & Armev, M. F. (2015, April). *Utility of a laboratory-based measure of emotion reactivity in predicting future suicidal behaviors*. Poster presented at the annual conference of the Society for Affective Science, Oakland, CA.
5. Haradhvala, N. M., **Carl, E.**, Karnedy, C. J., Coppersmith, D., Miller, I. W., & Armev, M. F. (2014, June). *Frequency of non-suicidal self-injury in a psychiatric inpatient population: Associations with early readmission*. Poster presented at the annual conference of the International Society for the Study of Self-Injury (ISSI), Chicago, IL.
6. Haradhvala, N. M., Karnedy, C. J., **Carl, E.**, Coppersmith, D., Davis, T. S., Miller, I. W., & Armev, M. F. (2014, June). *Emotional awareness during a stressful task in patients reporting suicidal ideation and attempts*. Poster presented at the annual conference of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA.
7. Hoadley, L., **Carl, E.**, & Powers, M. B. (2017, April). *Effects of mindfulness and acceptance on exercise in an anxious population*. Poster presented at the Psychology Department Honors Poster Session, University of Texas at Austin, Austin, TX.
8. Karnedy, C., **Carl, E.**, Haradhvala, N., Coppersmith, D., Miller, I. W., & Armev, M. F. (2014, November). *Characteristics of Columbia Suicide Severity Rating Scale (C-SSRS) assessed suicidal ideation and behavior in psychiatric inpatients*. Poster presented at the annual conference of the Association for Behavioral and Cognitive Therapies (ABCT), Philadelphia, PA.

9. Karnedy, C., Haradhvala, N., **Carl, E.**, Coppersmith, D., Miller, I. W., & Armev, M. F. (2014, June). *Self-reported impulsivity and non-suicidal self-injury in psychiatric inpatients*. Poster presented at the annual conference of the International Society for the Study of Self-Injury (ISSS), Chicago, IL.
10. Tat, M., Smits, J. A. J., & **Carl, E.** (2017, December). *Mindfulness and exercise for anxiety reduction*. Poster presented at the Psychology Department Honors Poster Session, University of Texas at Austin, Austin, TX.

## **FORMAL PRACTICA**

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- 2019-Present    **Central Texas Veterans Health Care System**, Austin Outpatient Clinic, Austin, Texas  
*Supervisor:* Eleni Dimoulas, Ph.D.  
 Conducting cognitive processing therapy and prolonged exposure for PTSD. Facilitating and co-facilitating psychoeducational and process groups.
- 2018–Present    **Anxiety & Stress Clinic**, Austin, Texas  
*Supervisors:* Mark B. Powers, Ph.D. and Jasper Smits, Ph.D.  
 Conducting intake interviews and individual cognitive-behavioral therapy for mood disorders, OCD, and PTSD. Administering and monitoring self-report symptom questionnaires.
- 2017-2018      **UT Clinical Psychology Training Clinic**, Austin, Texas  
*Supervisors:* Jasper Smits, Ph.D., Kirsten Bradbury, Ph.D., and Kim Fromme, Ph.D.  
 Conducted intake interviews and individual cognitive-behavioral therapy for mood disorders and OCD. Administered and monitored self-report symptom questionnaires. Administered and interpreted the WAIS-IV and MMPI-2. Wrote integrative clinical reports.

## **CLINICAL SUPERVISORY EXPERIENCE**

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- 2019            **UT Clinical Psychology Training Clinic**, Austin, Texas  
*Supervisor:* Jennifer Maedgen, Ph.D.  
 Instruct clinical psychology graduate students in clinical interviewing and administering the WAIS-IV and MMPI-2. Observe live and videotaped sessions. Provide feedback on clinical skills and test administration. Grade integrated reports.

## **ADDITIONAL CLINICAL EXPERIENCE**

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- 2011-2012      **Arapahoe House**, Denver, Colorado  
 Completed 310 hours of supervised clinical work. Practiced brief individual counseling including motivational interviewing skills. Facilitated psychoeducation in groups of 5-10 clients.
- 2010            **CU Helpline Peer Counselor**, Boulder, Colorado  
 Counseled student and community callers on mental health issues, adjustment and interpersonal issues, and emergencies. Trained new staff.

## **RESEARCH MENTORING EXPERIENCE**

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- 2016-Present    **Anxiety and Health Behaviors Laboratory**, The University of Texas at Austin
- Supervisor to five undergraduate research assistants
  - Supervisor to four undergraduate honor students and their thesis projects
- 2012-2015      **Psychosocial Research Program**, Butler Hospital
- Supervisor to three undergraduate research assistants

## TEACHING EXPERIENCE

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- 2016-Present    **Teaching Assistant**, The University of Texas, Austin, Texas  
 Assessment
  - Supervised graduate students' clinical interviews, WAIS-IV and MMPI-2 assessments
 Health Psychology
  - Provided individualized feedback on scientific writing to each student
 Behavioral Neuroscience  
 Statistics and Research Design
  - Independently taught a recitation of twenty undergraduate students
 Personality Psychology  
 Introduction to Psychology
- 2015            **Grader**, Boston University, Boston, Massachusetts  
 Psychology of the Family
- 2013            **Teaching Assistant**, Brown University, Providence, Rhode Island  
 Intro to Clinical Psychology
- 2010            **Teaching Assistant**, University of Colorado Boulder, Boulder, Colorado  
 General Psychology
  - Independently taught a recitation of thirty undergraduate students

## PROFESSIONAL SERVICE

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- 2018-Present    **Editorial Assistant**  
*Cognitive Behaviour Therapy*
- 2016-2018      **Managing Editor**  
 ADAA App Review Committee
- 2016-2018      **Managing Editor**  
 ADAA GAD Clinical Practice Review

## PEER REVIEW

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*Cognitive Behaviour Therapy*  
*Cognitive Therapy and Research*  
*Depression and Anxiety*  
*European Journal of Psychotraumatology*  
*JAMA*  
*Journal of Anxiety Disorders*  
*Journal of Behavior Therapy and Experimental Psychology*  
*Journal of Consulting and Clinical Psychiatry*  
*Journal of Medical Internet Research*  
*PLOS One*

## PROFESSIONAL AFFILIATION

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Association for Behavioral and Cognitive Therapies  
 Association for Psychological Science  
 Anxiety and Depression Association of America

## RESEARCH EXPERIENCE

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- 2016-Present **Primary Investigator & Graduate Research Assistant**  
Anxiety & Health Behaviors Lab, The University of Texas, Austin, Texas  
Drs. Mark B. Powers & Jasper Smits  
Recruiting for study Enjoy Your Run: Mindfulness and Acceptance for Exercise in Anxiety.
- 2015-2016 **Graduate Research Assistant**  
Translational Research Program, Boston University, Boston, Massachusetts  
Dr. Michael Otto  
Wrote IRB protocol, contributed to data analysis and preparation of conference presentations and manuscripts. Conducted the ADIS, MADRS, and neuropsychological exams (Stroop Color and Word Test, N-Back Task).
- 2012-2015 **Research Assistant**  
Psychosocial Research Program, Butler Hospital, Providence, Rhode Island  
Drs. Michael Arney & Ivan Miller  
Recruited 200+ participants from a psychiatric inpatient population. Conducted clinical interviews (SCID for DSM-IV-TR Axis I, QIDS, C-SSRS), psychophysiology data (electrocardiograms, galvanic skin response, electromyograms, genetics), cognitive tests (Implicit Association Test, Dot Probe Test, PASAT). Co-wrote manuscripts and edited grants. Trained new staff.
- 2010-2012 **Research Assistant**  
CREST Laboratory and Women's Clinic, University of Colorado Boulder, Boulder, Colorado  
Dr. Sona Dimidjian  
Guided participants from a community sample through battery of questionnaires and experimental tasks. Entered and cleaned data. Edited dialectical behavior therapy workshop materials.

## SPECIALIZED TRAINING AND WORKSHOPS

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- 2018 **Anxiety & Stress Clinic**, Austin, Texas  
Clinic-hosted workshop on dialectical behavior therapy from local expert
- 2017 **Graduate Student Development at The University of Texas at Austin**, Austin, Texas  
Received group feedback on mock teaching and lecture
- 2017 **Anxiety and Depression Association of America**, webinar  
Webinar training in cognitive-behavioral strategies for social anxiety
- 2016 **Institute for Mental Health Research**, Austin, Texas  
Training in prolonged exposure therapy for posttraumatic stress disorder
- 2011 **Arapahoe House**, Lakewood, Colorado  
Certified Colorado Department of Behavioral Health courses "Addiction Counseling Skills" and "Principles of Addiction"
- 2011 **Remuda Ranch**, Colorado Springs, Colorado  
APA-approved course "Integrating Neurochemistry and Nutrition with Eating Disorders"
- 2010 **La Luna Center**, Fort Collins, Colorado  
Therapist training on eating disorder epidemiology, symptomatology, and treatment strategies