

Curriculum Vitae

Christina (Amador) Dutcher, M.Ed.

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EDUCATION:

The University of Texas at Austin, APA-Accredited 2018-Present
Doctoral Student, Clinical Psychology
Research Mentor: Jasper Smits, Ph.D., University of Texas at Austin

The University of Houston, APA-Accredited 2013-2015
M.Ed., Counseling
Thesis: *Posttraumatic Stress Symptoms, Cocaine Use, and Distress Tolerance: The Relationship to Depressive Symptoms*
Research Mentors: Susan X. Day, Ph.D., University of Houston
Anka Vujanovic, Ph.D., University of Houston

St. Edward's University 2007-2012
B.A., Psychology

HONORS AND AWARDS:

Cum Laude, St. Edward's University 2012
Psi Chi National Honors Society 2010
Dean's List, St. Edward's University 2008-2012
University Scholarship Award 2007-2008

PROFESSIONAL SOCIETY MEMBERSHIPS:

International Society for Traumatic Stress Studies (ISTSS) 2015-present
Association for Psychological Science (APS) 2016-present
Association for Behavioral and Cognitive Therapies (ABCT) 2017-present

CLINICAL RESEARCH EXPERIENCE:

Project Coordinator June 2016-August 2018
University of Texas at Austin
Anxiety and Health Behaviors Laboratory
The Institute for Mental Health
Project: *Dose Timing of D-Cycloserine to Augment CBT for Social Anxiety Disorder*
Principal Investigator: Jasper Smits, Ph.D.
Duties: Coordinate the UT branch of a three-site randomized controlled trial and oversee administrative responsibilities; organize cross-site PI-Admin meetings and clinical supervision; generate study reports (e.g., DSMB, administrative reports); run participants through a fear extinction experiment paradigm and transcribe data using BIOPAC systems; administer medication and collect in-session heart rate data; manage purchasing and study budget; participant recruitment and scheduling of study related visits; conduct telephone and in-person screening procedures; manage study database. 20 hours/weekly.

Research Associate

June 2016-August 2018

University of Texas at Austin
Anxiety and Health Behaviors Laboratory
The Institute for Mental Health

Projects: *CPRIT-YMCA; Approach Bias Retraining to Augment Smoking Cessation; Enhancing Cue Exposure Treatment for Smoking Reduction with Isradipine; Implementation of a Self-Help Depression Program Among Orthopedic Patients*

Principal Investigator: Jasper Smits, Ph.D.

Duties: Assist in project development (i.e., created REDCap database, training manual, training videos, created study related materials/handouts); run participants through virtual reality and cue exposure sessions; submit IRB protocols and amendments; manage purchasing for lab supplies; manage Anxiety and Health Behaviors Laboratory website. Variable hours/weekly

Project Coordinator

May 2014-June 2016

University of Texas Health Science Center at Houston, TX
Center for Neurobehavioral Research on Addiction

Project: *Randomized Controlled Trial of a Novel, Integrated Cognitive-Behavioral Therapy for PTSD and Substance Use Disorders*

Principal Investigator: Anka Vujanovic, Ph.D.

Duties: Coordinate randomized controlled trial and oversee administrative responsibilities; run experimental laboratory procedures and psychophysiological paradigms; score psychophysiological data; administer diagnostic clinical assessments (Structured Clinical Interview for DSM-IV, Addiction Severity Index); conduct informed consent procedures and administer survey packets; conduct telephone and in-person screening procedures; schedule study visits for participants; conduct literature reviews and prepare manuscripts; and manage database. 20 hours/weekly.

Research Assistant II

July 2015-June 2016

University of Texas Health Science Center at Houston, TX
Center for Neurobehavioral Research on Addiction

Projects: *Individual Differences in the Motivational Value of Reward Cues; Relationship Between Physical and Cognitive Effort Expenditure for Reward*

Principal Investigator: Margaret Wardle, Ph.D.

Duties: Conduct informed consent procedures; administer diagnostic clinical assessments (Structured Clinical Interview for DSM-IV, Drug Use History Questionnaire); run reaction time and decision making computer tasks; run physical and cognitive effort computer tasks; run psychophysiological paradigms and score psychophysiological data; conduct telephone and in-person screening procedures, and schedule participants. 20 hours/weekly.

Project: *Clinical Trial of Citalopram in Cocaine Dependence; Cognitive-enhancing DA Medications for Cocaine Dependence*

Principal Investigator: Joy Schmitz, Ph. D.

Duties: Conduct informed consent procedures; facilitate subject daily activities and administer survey packets; run the Iowa Gambling Task (IGT), Immediate Memory Task (IMT), Reversal Learning, and Performance Ratio computer tasks; conduct phone screening procedures and schedule participants; and enter study data into the clinic database. Variable hours/weekly.

Database Manager

October 2014-April 2015

University of Texas-Harris County Psychiatric Center (UT_HCPC), Houston, TX

Project: *Posttraumatic Stress as Indicator of Psychiatric Inpatient Treatment Outcomes*

Principal Investigator: Anka Vujanovic, Ph.D.

Duties: Manage and organize database; extract data from electronic medical record and enter into study database. Variable hours/weekly.

Research Assistant

May 2012-August 2013

Laboratory for the Study of Anxiety Disorders

University of Texas at Austin

Principal Investigator: Michael Telch, Ph.D.

Projects: *Anti-phobic and Safety Behaviors in the Treatment of Acrophobia: A Randomized Controlled Trial; Enhancing Exposure Therapy for PTSD: An investigation of Non-Pharmacological Augmentation Strategies*

Duties: Conducted behavioral augmentation and exposure therapy for Acrophobia participants; developed behavioral therapy video stimuli for participants diagnosed with PTSD; transcribed narratives from PTSD psychotherapy sessions; performed social skills training sessions for adolescents; entered data using Qualtrics; and conducted telephone screenings. 12 hours/weekly.

Senior Research Assistant

August 2011-May 2013

Imagination and Cognition Laboratory

Children's Research Laboratory

University of Texas at Austin

Principle Investigator: Jacqueline Woolley, Ph.D.

Project Themes: *Developmental Perspectives on Authenticity, Spirituality, and Moral Concern*

Duties: Assisted with four developmental studies with participants ages 4 through 12; collected developmental data; transcribed videos; performed data entry and analysis; recruited participants and performed telephone screening. 12 hours/weekly.

Research Assistant

Spring 2011

Heath Psychology and Biofeedback Laboratory

St. Edward's University

Principal Investigator: Helen Just, Ph.D.

Project: *Ready, Set, Relax: Does Biofeedback/Relaxation Training Increase Standardized Test Scores?; Paying attention to your spiritual side: The relationship between religiousness/spirituality and good health*

Duties: Organized research design methods; developed surveys; conducted biofeedback therapy sessions; collected, analyzed, and entered biofeedback data; recruited participants. 12 hours/weekly.

CLINICAL EXPERIENCE:

Practicum Student

Present

Anxiety and Stress Clinic

University of Texas at Austin

Supervisors: Jasper Smits, Ph.D., Kean Hsu, Ph.D.

Conduct intake interviews, MINI assessments, and individual cognitive-behavioral therapy for anxiety and mood disorders. Administering and monitoring self-report symptom questionnaires.

Clinical Research Therapist

June 2016-Present

University of Texas at Austin

Anxiety and Health Behaviors Laboratory

The Institute for Mental Health

Projects: Dose Timing of D-Cycloserine to Augment CBT for Social Anxiety Disorder; Enhancing Panic and Smoking Reduction Treatment with D-Cycloserine; Integrated PTSD and Smoking Study; Approach Bias Retraining to Augment Smoking Cessation;

Principal Investigators and Supervisors: Jasper Smits, Ph.D., Mark Powers, Ph.D.

Provide CBT and smoking cessation treatment per study protocol for adults with PTSD, Panic Disorder, or experience panic attacks (i.e. integrated Prolonged Exposure Therapy and smoking cessation, CBT for anxiety sensitivity and smoking cessation); provide CBT-exposure based group therapy per study protocol for individuals with Social Anxiety Disorder; administer clinical assessments (i.e. SCID, LSAS, MADRS, PSSI) and suicide assessments (C-SSR); conduct telephone screening and informed consent procedures. 20 hours/weekly.

Clinical Coordinator

June 2016-May 2018

University of Texas at Austin

Anxiety and Stress Clinic

The Institute for Mental Health

Supervisor: Jasper Smits, Ph.D.

Conduct patient screening and scheduling of appointments; developed and manage a Social Anxiety Group Treatment Program; provide individual and group treatment to adults who experience anxiety or PTSD; oversee clinic website and advertising; manage clinic budget and purchasing; manage student therapist travel award. Variable hours/weekly.

Practicum Counseling Student

August 2014-May 2015

Family Services of Greater Houston, TX

Supervisor: Arlene Fisher, LMFT-S, LPC-S

Provided individual, family, and couple's psychotherapy to children, adolescents, and adults with a variety of mental health concerns; assisted with creating and implementing mental health treatment plans; maintaining case notes and clinical documentation; assisted in parenting psychoeducation courses; attended individual and group supervision; attended continuing education workshops. 18 hours/weekly.

Applied Behavioral Analyst

August 2013-May 2014

ABA Therapy of Houston, Inc., Houston, TX

Supervisor: Kasey Heffernan, BCBA

Performed applied behavioral analysis sessions for children with pervasive developmental disorders; implemented individualized treatment programs to fit each child's needs; recorded clinical data for future analysis; and attended clinical meetings. 20 hours/weekly.

TEACHING EXPERIENCE:

Graduate Teaching Assistant

Department of Psychology, University of Texas at Austin
Positive Psychology [undergraduate course]

Fall 2019

Graduate Teaching Assistant

Department of Psychology, University of Texas at Austin
Behavior Problems in Children [undergraduate course]

Spring 2019

Graduate Teaching Assistant

Department of Psychology, University of Texas at Austin
Development of Attachment Relationships [undergraduate course]

Fall 2018

Undergraduate Teaching Assistant

Spring 2012

Department of Psychology, St. Edward's University
Abnormal Psychology [undergraduate course]

Undergraduate Teaching Assistant

Fall 2011

Department of Psychology, St. Edward's University
Violent Sex Offenders [undergraduate course]

Undergraduate Teaching Assistant

Fall 2010-Spring 2011

Department of Psychology, St. Edward's University
Social Psychology [undergraduate course]

CLINICAL TRAINING:*Prolonged Exposure for Post-Traumatic Stress Disorder Workshop*

Institute for Mental Health Research, The University of Texas at Austin, August 16th and 17th, 2016

Led by Mark Powers, Ph.D.

Dialectical Behavioral Therapy Clinical Training Workshop

Anxiety & Stress Clinic, The University of Texas at Austin, May 4th, 2018

Led by Penny Kruger, LCSW

MANUSCRIPT IN PREPARATION

1. **Dutcher, C. D.**, Papini, S., Gebhardt, C. S., & Smits, J. A. J. (2019). Network analysis reveals the impact of past withdrawal symptoms on current motivation to quit. Manuscript in preparation.
2. Powers, M. B., Carl, E., Levihn-Coon, A., Kauffman, B., Kleinsasser, A. L., Lee-Furman, E., **Dutcher, C. D.**, Alvari, N., Thomas, E., Smits, J. A. J., Zvolensky, M. J., Medina, J., & Rosenfield, D. (2019). Efficacy of smoking cessation therapy alone or integrated with prolonged exposure therapy for smokers with PTSD: A randomized controlled trial.

MANUSCRIPT UNDER REVIEW

1. Smits, J. A. J., Zvolensky, M. J., Otto, M. W., Rosenfield, D., Piper, M. E., Baird, S. O., Kauffman, B. Y., Lee-Furman, E., Alavi, N., **Dutcher, C. D.**, & Papini, S. (2019) Enhancing panic and smoking reduction treatment with D-cycloserine: A randomized controlled trial. *Behaviour Research and Therapy*.
2. Hofmann, S. G., Papini, S., Carpenter, J. K., Otto, M. W., Rosenfield, D., **Dutcher, C. D.**, Dowd, S., Lewis, M., Witcraft, S., Pollack, M. H., & Smits, J. A. J. (2019). Effect of d-cycloserine on fear extinction training in adults with social anxiety disorder. *Plos One*

PUBLICATIONS:

1. Smits, J. A. J., Baird, S. O., Rinck, M., Rosenfield, D., Beevers, C. G., Brown, R. A., Conroy, H. E., **Dutcher, C. D.**, & Freeman, S. Z. (2019). Approach bias retraining to augment smoking

cessation: Study protocol for a randomized controlled trial. *Contemporary Clinical Trials Communications*.

2. Jacquart, J., **Dutcher, C. D.**, Freeman, S.Z., Stein, A., Dinh, 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.
3. Smits, J. A. J., Zvolensky, M. J., Rosenfield, D., Brown, R. A., Freeman, S. Z., **Dutcher, C. D.**, Conroy, H. E., & Alavi, N. (2018). YMCA Exercise Intervention to Augment Smoking Cessation Treatment in Adults with High Anxiety Sensitivity: Study Protocol for a Randomized Control Trial. *Contemporary Clinical Trials Communications*, *77*, 1-7.
4. Berenz, E. C., Vujanovic, A. A., Rappaport, L., Kevorkian, S., Gonzalez, R. E., Chowdhury, N., **Dutcher, C. D.**, Dick, D., Kendler, K., & Amstadter, A. (2018). Childhood trauma and distress tolerance in trauma-exposed acute-care psychiatric inpatient sample. *Psychological Trauma: Theory, Research, Practice, and Policy*, *10*, 368-375.
5. **Dutcher, C. D.**, Vujanovic, A. A., Paulus, D. J., & Bartlett, B. A. (2017). Childhood maltreatment severity and alcohol use in adult psychiatric inpatients: The mediating role of emotion regulation difficulties. *General Hospital Psychiatry*, *48*, 42-50.
6. Berenz, E. C., Vujanovic, A. A., Rappaport, L., Kevorkian, S., Gonzalez, R. E., Chowdhury, N., **Dutcher, C. D.**, Dick, D., Kendler, K., & Amstadter, A. B. (2017). Multimodal study of childhood trauma and distress tolerance in young adulthood. *Journal of Aggression, Maltreatment, & Trauma*, *27*, 795-810.
7. Vujanovic, A. A., **Dutcher, C. D.**, & Berenz, E. C. (2017). Multimodal examination of distress tolerance and posttraumatic stress disorder symptoms in acute-care psychiatric inpatients. *Journal of Anxiety Disorders*, *48*, 45-53. doi: 10.1016/j.janxdis.2016.08.005
8. Vujanovic, A. A., Rathnayaka, N., **Amador, C.**, & Schmitz, J. M. (2016). Distress tolerance: Associations with posttraumatic stress disorder symptoms among trauma-exposed, cocaine-dependent adults. *Behavior Modification*, *4*, 120-143.

CONFERENCE SYMPOSIUMS:

1. Jacquart, J., **Dutcher, C. D.**, 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.
2. Smits, J. A. J., Zvolensky, M. J., Davis, M. L., Rosenfield, D., Marcus, B. H., Church, T. S., Powers, M. B., Frierson, G. M., Otto, M. W., Hopkins, L. B., Brown, R. A., **Dutcher, C. D.**, & Baird, S. O. (2017, March). The efficacy of vigorous-intensity exercise as an aid to smoking cessation in adults with high anxiety sensitivity: A randomized controlled trial. Symposium conducted at the 51st annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
3. Vujanovic, A. A., Bakhshaie, J., & **Amador, C.** (2016). *Multi-modal examination of distress tolerance and emotional reactivity in low-income, inner-city adults with posttraumatic stress and substance use disorder*. In A. A. Banducci (Chair), *Distress tolerance and posttraumatic stress*.

Symposium submitted for presentation at the 32nd annual meeting of the International Society for Traumatic Stress Studies, Dallas, TX.

CONFERENCE PRESENTATIONS:

1. **Dutcher, C. D.**, Zvolensky, M. J., Otto, M. W., Kauffman, B. Y., Lee-Furman, E., Powers, M. B., Piper, M. E., Rosenfield, D., & Smits, J. A. J. (2019). *Enhancing panic and smoking reduction treatment with D-cycloserine*. Poster submitted for presentation at the 25th World Congress of the International College of Psychosomatic Medicine.
2. **Dutcher, C. D.**, Medina, J. L., Lee-Furman, E., Levihn-Coon, A., & Smits, J. A. J. (2017, November). *Trait mindfulness predicts nicotine withdrawal symptom severity in anxiety-sensitive female smokers*. Poster accepted for presentation at the 51st annual convention of the Association for Behavioral and Cognitive Therapies.
3. **Dutcher, C. D.**, Paulus, D., Schuhmann, B. B., Smith, L., & Vujanovic, A. A. (2016, November). *Childhood trauma severity and alcohol use in acute-care psychiatric inpatients: The mediating role of emotion regulation difficulties*. Poster presented at the 32nd annual convention of the International Society for Traumatic Stress Studies, Dallas, TX.
4. Wardle, M. C., Flagel, S., Lopez-Gamundi, P., & **Amador, C.** (2016, June). *Measuring sign-tracking in humans: The promise and pitfalls of direct translation*. Poster presented at the 78th annual meeting of The College on Problems of Drug Dependence, Palm Springs, CA.
5. Abrams, J., Martin, C., **Amador, C.**, Wardle, M. C., Reddy, M. K., & Vujanovic, A. A. (2015, November). *Distress tolerance in trauma-exposed, acute-care psychiatric inpatients: Associations with substance use*. Poster presented at the 31st annual meeting of the International Society for Traumatic Stress Studies, New Orleans, LA.
6. **Amador, C.**, Abrams, J., Martin, C., Reddy, M. K., & Vujanovic, A. A. (2015, November). *Multi-method study of distress tolerance and posttraumatic stress in acute-care psychiatric inpatients*. Poster presented at the 31st annual meeting of the International Society for Traumatic Stress Studies, New Orleans, LA.
7. Martin, C., Abrams, J., **Amador, C.**, Wardle, M. C., Reddy, M. K., & Vujanovic, A. A. (2015, November). *Associations between posttraumatic stress and mindfulness facets in acute-care psychiatric inpatients*. Poster presented at the 31st annual meeting of the International Society for Traumatic Stress Studies, New Orleans, LA.
8. Heads, A. M., Schmitz, J., **Amador, C.**, Vujanovic, A. A., Hamilton, J., & Vincent, J. (2015, November). *Distress tolerance moderates the relationship between trauma symptoms and depression in substance users*. Poster presented at the 77th annual meeting of The College on Problems of Drug Dependence, Phoenix, Az.
9. Abrams, J., Vujanovic, A. A., Suchting, R., **Amador, C.**, Atkinson, D., & Schmitz, J. M. (2014, November). *Distress tolerance: Associations with posttraumatic stress, depressive symptoms, and substance use treatment history among trauma exposed, cocaine dependent adults*. Poster presented at the 30th annual International Society for Traumatic Stress Studies convention, Miami, FL.

10. **Amador, C.** & Just, H. (2011, April). *Paying attention to your spiritual side: The relationship between religiousness/spirituality and good health*. Poster presented at the University of Houston Clear Lake Student Conference for Research and Creative Arts, Clear Lake, TX.
11. **Amador, C.** & Just, H. (2011, April). *Paying attention to your spiritual side: The relationship between religiousness/spirituality and good health*. Poster presented at the St. Edward's University Symposium on Undergraduate Research and Creative Expression, Austin, TX.
12. Yasskin, R., Woolley, J., & **Amador C.** (2011, April). *The development of origins explanations among children from diverse religious backgrounds*. Poster presented at the 2011 Society for Research in Child Development, Seattle, WA.

PEER REVIEW:

Depression & Anxiety
 Clinical Psychological Science
 Behaviour Research and Therapy
 Cognitive Behaviour Tehrapy

RELATED WORK:

Clinical Intern

May 2010- May 2011

Austin State Hospital

Duties: Assisted hospital staff in daily treatment rounds; assisted in implementation of a token economy system for patients; trained and supervised new trainees; managed inventory and stocked goods items. 8 hours/week