**CAITLIN M. FANG, PH.D.**

**CURRICULUM VITAE**

CBT Institute of North Carolina

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**EDUCATION**

**Duke University**, Durham, NC August 2018 – July 2020

Clinical Associate; Duke University Medical Center

**Duke University**, Durham, NC July 2017 – July 2018

Medical Psychology Intern; Duke University Medical Center

**Duke University**, Durham, NC August 2012 – July 2018

Doctoral Candidate; Clinical Psychology, Department of Psychology and Neuroscience

*Advisor*: M. Zachary Rosenthal, Ph.D.

*Master’s Thesis*: Biological correlates of trait anxiety: Implications for dimensional models of personality disorders

*Dissertation*: Mechanisms of Change within a Brief, Behavioral Intervention for Graduate Burnout

GPA 3.95/4.00

**Duke University**, Durham, NC August 2006 - May 2010

Bachelor of Arts in Psychology; Graduation with Distinction; Minor in Women’s Studies; Certificate in the Study of Sexualities

Magna Cum Laude, GPA 3.9/4.0

*Thesis*: Emotion Dysregulation in Borderline Personality Disorder

**CURRENT PROFESSIONAL INTERESTS**

1. Treatment of emotion regulation difficulties and psychiatric disorders characterized by problems with emotion regulation
2. Implementation of skills training for individuals who want to learn how to manage emotions, be present in their lives, improve relationships, and calm down quickly after becoming distressed
3. Program development for patients and loved ones of patients struggling with emotion regulation

**CLINICAL EXPERIENCE**

**Clinical Associate** July 2018 – July 2020

Duke University Medical Center, Durham, NC

*Supervisors*: Melissa Miller, Ph.D; Rachel Feuer, Ph.D.

*Description*: Individual cognitive behavioral therapies for depression, anxiety, PTSD, OCD, adjustment disorders; group DBT skills training; telephone coaching; diagnostic assessment using the DSM-IV and DSM5

**Medical Psychology Intern** July 2017 – July 2018

Duke University Medical Center, Durham, NC

*Supervisors*: Melissa Miller, Ph.D.; Noga Zerubavel, Ph.D.; Kristin Wyatt, Ph.D.

*Description*: Individual CBT and DBT; couples therapy; inpatient consultation and treatment; group DBT skills training; telephone coaching; DBT consultation team

**Graduate Student Therapist: Duke Fertility Clinic** July 2016 – July 2017

Duke University Medical Center, Durham, NC

*Supervisor*: Julia Woodward, Ph.D.

*Description*: Individual CBT and acceptance and commitment therapy in a health population; couples therapy

**Graduate Student Therapist: Acute Inpatient** January 2016 – April 2016

Williams Ward, Duke University Medical Center, Durham, NC

*Supervisor*: M. Zachary Rosenthal, Ph.D.

*Description*: Psychology consultation services on an acute adult inpatient unit. Brief interventions using principles drawn from DBT, CBT, BA, and motivational interviewing for adults with severe mental illness

**Graduate Student Therapist: Behavioral Activation** July 2015 – July 2016

Cognitive Behavioral Research and Treatment Program, Duke University Medical Center, Durham, NC

*Supervisor*: Moria Smoski, Ph.D.

*Description:* Individual CBT, including behavioral activation, exposure and response prevention, exposure therapy for anxiety disorders, and mindfulness-based CBTs for adults with mood and anxiety disorders

**Graduate Student Therapist: Dialectical Behavioral Therapy** July 2014 – July 2016

Cognitive Behavioral Research and Treatment Program, Duke University Medical Center, Durham, NC

*Supervisor*: M. Zachary Rosenthal, Ph.D.

Description: Individual and group DBT for complex, multi-diagnostic patients with emotion dysregulation; telephone coaching; individual CBT for mood and anxiety disorders

**Psychological Counselor** May 2015 – July 2015

Talent Identification Program, Duke University, Durham, NC

*Supervisor*: Shayne Goodrum, Ph.D., Christian Mauro, Ph.D.

*Description*: On-site psychological counselor for summer program for 280 gifted and talented adolescents and 60 residential and academic staff. Provided as-needed psychological intervention to adolescents for adjustment concerns, disordered eating, psychosocial stressors, self-harm, and mood and anxiety disorders

**Clinical Assessor** January 2014 – July 2016

Cognitive Assessment, Duke University, Durham, NC

*Supervisor*: Terrie Moffitt, Ph.D.

Description: Administered, scored, and wrote reports using the Wechsler Adult Intelligence Scale – Fourth Edition (WAIS-IV), Wide Range Achievement Test – Fourth Edition (WRAT-IV), Wechsler Memory Scale – Fourth Edition (WMS-IV), and the Mini Mental State Examination (MMSE)

**Graduate Therapist: Duke Psychology Clinic** June 2013 – July 2017

Duke University, Durham, NC

*Supervisor*: Ronald Batson, M.D.

*Description*: Individual psychotherapy in a university-based outpatient clinic treating adults presenting with primarily mood and anxiety disorders; personality assessment (MMPI-2, TAT)

**Clinical Assessor** August 2013 – July 2017

Cognitive Behavioral Research and Treatment Program, Duke University Medical Center, Durham, NC

*Supervisor*: Marissa Howard, LCSW

*Description*: Administered and scored the SCID5-RV, SCID5-PD, SCID-I, SCID-II, Peabody Picture Vocabulary Test – Fourth Edition (PPVT-IV), and Suicide Risk Assessment protocols

**CLINICAL TRAINING CURRICULUM DEVELOPMENT AND DISSEMINATION**

**Co-Leader: What is Borderline Personality Disorder** February 2020

Triangle Area Psychology Clinic, Durham, NC

* Co-lead a half-day workshop teaching patients and loved ones about borderline personality disorder etiology, symptoms, and treatment

**Assessing and Treating Patients with Suicidality** July 2019

Cognitive Behavioral Research and Treatment Program, Duke University Medical Center, Durham, NC

* Co-lead a full day training to teach practicum students and interns how to effectively conduct risk assessment in patients with current and/or historical suicidal behavior; teaching how to effectively intervene on suicidal behavior in session and during telephone coaching using a DBT framework

**Co-Leader: Validation Workshop** May 2019

Cognitive Behavioral Research and Treatment Program, Duke University Medical Center, Durham, NC

* Co-lead a full day workshop teaching parents and partners of individuals who struggle with emotions what validation means, the benefits of validation and effects of invalidation, and how to validate loved ones in challenging situations

**Co-Leader: Through Thick & Thin** February 2019 – March 2019

Cognitive Behavioral Research and Treatment Program, Duke University Medical Center, Durham, NC

* Co-lead a 9-week course teaching science and skills to loved ones of individuals struggling with emotion regulation, including skills in emotion recognition, validation, limit setting, and acceptance.

**Co-Leader: Through Thick & Thin *Enhancing Communication and Connection*** October 2018

Cognitive Behavioral Research and Treatment Program, Duke University Medical Center, Durham, NC

* Co-lead a 4-day series teaching science and skills to loved ones of individuals struggling with emotion regulation to build skills in clarifying needs in interpersonal relationships, improving effective communication, and managing difficult conversations skillfully.

**Co-Leader: Through Thick & Thin *Validation Workshop*** October 2018

Cognitive Behavioral Research and Treatment Program, Duke University Medical Center, Durham, NC

* Co-lead a 1-day workshop teaching science and skills to loved ones of individuals struggling with emotion regulation to build skills in increasing validation and reducing invalidation in relationships.

**Co-Leader: Through Thick & Thin** August 2018 – October 2018

Cognitive Behavioral Research and Treatment Program, Duke University Medical Center, Durham, NC

* Co-lead a 9-week course teaching science and skills to loved ones of individuals struggling with emotion regulation, including skills in emotion recognition, validation, limit setting, and acceptance.

**Participant Observer: Through Thick and Thin** January 2018 – March 2018

Cognitive Behavioral Research and Treatment Program, Duke University Medical Center, Durham, NC

* Participated and co-lead a 9-week course teaching science and skills to loved ones of individuals struggling with emotion regulation.

**Co-Developer** **of a Blended Learning Training Program: Advanced CBT** April 2014 – July 2015

Cognitive Behavioral Research and Treatment Program, Duke University Medical Center, Durham, NC

* Co-developed a 6-month blended learning training program designed to disseminate CBTs to community clinicians. This curriculum provided multi-modal didactic training in advanced CBT techniques, including: 1) case conceptualization and treatment planning with complex cases, 2) integrating client values into CBT, 3) managing therapy-interfering behaviors, 4) acceptance and mindfulness-based CBT interventions, 5) exposure-based cognitive behavioral interventions, and 6) behavioral activation

**Co-Developer** **of a Blended Learning Training Program: Fundamentals of CBT** April 2013 – June 2015

Cognitive Behavioral Research and Treatment Program, Duke University Medical Center, Durham, NC

* Co-developed a 6-month blended learning training program designed to disseminate CBTs to community clinicians. This curriculum provided multi-modal didactic training in fundamental principles of CBT, including: 1) theoretical underpinnings of CBT principles, 2) case conceptualization, 3) promoting behavioral change, 4) promoting cognitive change, 5) promoting change in daily life, and 6) termination

**Co-Instructor: Fundamentals of CBT** October, 2013

Cognitive Behavioral Research and Treatment Program, Duke University Medical Center, Durham, NC

*Co-Instructor*: M. Zachary Rosenthal, Ph.D.

* Co-led a 2-day workshop on fundamentals of CBT for community clinicians enrolled in the blended learning training program. Led roleplays and small group activities to demonstrate core CBT skills

**TEACHING EXPERIENCE**

**Teaching Assistant,** Abnormal Psychology August, 2014 – December, 2014

Duke University, Durham, NC

*Supervisor*: Dr. Zachary Rosenthal, Ph.D.

*Description*: Attended lectures, led two independent discussion sections weekly, weekly meetings with students

**Teaching Assistant,** Abnormal Psychology January, 2014 – May, 2014

Duke University, Durham, NC

*Supervisor*: Dr. Zachary Rosenthal, Ph.D.

*Description*: Attended lectures, led two independent discussion sections weekly, weekly meetings with students

**Teaching Assistant,** Introduction to Psychology August, 2013 – December, 2013

Duke University, Durham, NC

*Supervisor*: Dr. Chris Grimes, Ph.D.

*Description*: Attended lectures, led two independent discussion sections weekly, weekly meetings with students

**FUNDED RESEARCH ACTIVITY**

**Toward a Transdiagnostic Approach to Training Emotion Regulation with Mindfulness** August, 2018

*Awarded by*: Mind & Life Institute Varela Grants Program

*Role*: Lead Assessor

*PI*: M. Zachary Rosenthal, Ph.D.

**Duke Biomedical Graduate Student Mental Health Initiative Funded Project** February, 2016

*Awarded by*: Duke University ($50,000)

*Role*: Study Coordinator; Lead Assessor

*PI*: M. Zachary Rosenthal, Ph.D.

**Summer Research Fellowship** June, 2014, 2016

*Awarded by*: Duke University ($5,500 per summer)

**Vertical Integration Program** June, 2013

*Awarded by*: Duke University ($7,000)

*Role:* Graduate Mentor

**Cognitive Behavioral Therapy Blended Learning Program**  August, 2013

*Awarded by*: Cognitive Behavioral Research and Treatment Program ($2,400)

*Role*: Program Co-Developer and Administrative Coordinator

**PUBLICATIONS IN PEER-REVIEWED JOURNALS AND BOOK CHAPTERS**

Nagy, G. A., **Fang, C. M.**, Hish, A. J., Kelly, L., Nicchitta, C. V., Dzirasa, K., & Rosenthal, M. Z. (2019). Burnout and mental health problems in biomedical doctoral students. *CBE—Life Sciences Education*, *18*(2), ar27

McMahon, K., Hoertel, N., Peyre, H., Blanco, C., **Fang, C.,** & Limosin, F. (2019). Age differences in DSM-IV borderline personality disorder symptom expression: results from a national study using item response theory (IRT). *Journal of Psychiatric Research*, *110*, 16-23.

Hish, A. J., Nagy, G. A., **Fang, C. M**., Kelley, L., Nicchitta, C. V., Dzirasa, K., & Rosenthal, M. Z. (2019). Applying the Stress Process Model to Stress–Burnout and Stress–Depression Relationships in Biomedical Doctoral Students: A Cross-Sectional Pilot Study. *CBE—Life Sciences Education*, *18*(4), ar51.

McMahon, K., Hoertel, N., Peyre, P., Blanco, C., **Fang, C**., Limosin, F. (2018). Age differences in DSM-IV borderline personality disorder symptom expression: results from a national study using Item Response Theory (IRT). *Journal of Psychiatric Research.*

McMahon, K., Kim, K., **Fang, C. M.**, Neacsiu, A. D., & Rosenthal, M. Z. (2019). Blinded by our emotions: The impact of borderline personality disorder and affect on emotion recognition sensitivity. *Journal of Experimental Psychopathology*, *10*(1), 2043808718818878.

Xiao, Z., Rodriguez, M. A., **Fang, C. M.,** Gao, J., Robins, C., & Rosenthal, M. Z. (2019). The Effect of Patient Education on Chinese Adolescent and Parental Beliefs About Counselors’ Breaches of Confidentiality. *The Journal of Behavioral Health Services & Research*, *46*(2), 340-352.

Neacsiu, A. D., Eberle, J. Kang, S., **Fang, C. M**., & Rosenthal, M. Z. (2017). Understanding borderline personality disorder across sociocultural groups: Findings, issues, and future directions. *Current Psychiatric Reviews, 13*(3).

Cowperthwait, C.M., Wyatt, K.P., **Fang, C**. **M**., & Neacsiu, A (*in press*). Skills training in DBT: Principles & practicalities. In M. Swales (Ed.), *Oxford handbook of dialectical behaviour therapy****.*** New York: Oxford.

Neacsiu, A. D., Smith, M., & **Fang, C. M.** (2017). Challenging assumptions from emotion dysregulation psychological treatments. *Journal of Affective Disorders*, *219*, 72-79.

Rosenthal, M. Z., Neacsiu, A. D., Geiger, P. J., **Fang, C. M.,** Ahn, R., & Laraurri, J. (2016). Emotional reactivity to personally-relevant and standardized sounds in borderline personality disorder. *Cognitive Therapy and Research*.

Neacsiu, A. D., **Fang, C. M.,** Rodriguez, M. A., & Rosenthal, M. Z. (2016). Suicidal behavior and problems with emotion regulation. *Suicide and Life-Threatening Behavior*.

Neacsiu, A. D., Herr, N. R., **Fang, C. M.,** Rodriguez, M. A., & Rosenthal, M. Z. (2015). Identity disturbance and problems with emotion regulation are related constructs across diagnoses. *Journal of Clinical Psychology*, *71*(4).

Rosenthal, M. Z., **Fang, C. M.,** & Chapman, A. L. (2015). Ambulatory measurement of emotional dysfunction in borderline personality disorder. *Current Opinion in Psychology*, *3*, 75-79.

Rodriguez, M. A., **Fang, C. M.**, Gao, J., Robins, C., & Rosenthal, M. Z. (2015). Perceptions of the limitations of confidentiality among Chinese mental health practitioners, adolescents and their parents. *Ethics & Behavior*.

**MANUSCRIPTS UNDER REVIEW**

Fang, C., McMahon, K., Miller, M., & Rosenthal, M. Z. (under review). A Pilot study investigating the efficacy of brief, phone-based, behavioral interventions for graduate student burnout *Behaviour Research and Therapy.*

McMahon, K., Rodriguez, M. A., **Fang, C M.,** Ramaiya, M., Xiao, Z., Kopilas, V., Gutierrez, N., Huang, S., & Rosenthal, M. Z. (under review). Attrition and adherence in online mindfulness based interventions: Study protocol of a systematic review and meta-analysis. *Systematic Reviews*.

**CONFERENCE PRESENTATIONS AND SYMPOSIA**

**Fang, C. M.**, Neacsiu, A., Jenkins, M., & Rosenthal, M. Z. (November 2014). Physiological reactivity and habituation following emotional induction using personalized stressors for people who report high emotion dysregulation. Presented in a Symposium on Dysregulation of Specific Emotions in Psychopathology: Novel Findings From Multimethod Transdiagnostic Studies at the Association for Behavioral and Cognitive Therapies conference, Philadelphia, PA.

Rosenthal, M. Z. & **Fang, C. M.** (November 2014). Emotional dysfunction in BPD: Translating insights from recent laboratory research into clinical practice. Co-chair of symposium presented at the Association for Behavioral and Cognitive Therapies conference, Philadelphia, PA.

**Fang, C. M.** (October 2013). Emotion regulation and high-risk behaviors. Presented to Duke University psychology department, Durham, NC.