

Nicholas J. Sibrava, Ph.D.

Curriculum Vitae

Contact Information

Brown University Medical School
Department of Psychiatry and Human Behavior
Butler Hospital W225
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Education

Brown University Medical School – Butler Hospital, Providence, RI
NIMH Sponsored Postdoctoral Fellowship, September 2009 – September 2011
Obsessive-Compulsive Disorder Research Program
Faculty Sponsors: Steven Rasmussen, M.D., Maria Mancebo, Ph.D., Jane Eisen, M.D.

The Pennsylvania State University, University Park, PA
Doctor of Philosophy in Clinical Psychology, August 2009
Dissertation Title: *Client and therapist attachment style and the therapeutic alliance.*
Faculty Advisor: Thomas D. Borkovec, Ph.D.

State University of New York Upstate Medical University, Syracuse, NY
APA-Accredited Predoctoral Internship in Clinical Psychology, September 2008 – August 2009
Training Director: Roger P. Greenberg, Ph.D.

The Pennsylvania State University, University Park, PA
Master of Science in Clinical Psychology, August 2005
Masters Thesis Title: *Catastrophizing assessment of worries and goals.*
Faculty Advisor: Thomas D. Borkovec, Ph.D.

The Ohio State University, Columbus, OH
Bachelor of Arts, Psychology and Criminology, June 2001
Summa Cum Laude, With Honors in the Liberal Arts and Distinction in Psychology
Honors Thesis Title: *Primary prevention of binge drinking among a college population.*
Faculty Advisor: N. Brad Schmidt, Ph.D.

Honors and Awards

Brown University Medical School

NIH Clinical Research Loan Repayment Program (under review)

The Pennsylvania State University

- 2008 Harold F. Martin Graduate Assistant Outstanding Teaching Award
- 2007 Bruce V. Moore Graduate Fellowship in Psychology
- 2007 Penn State Research and Graduate Office (RGSO) Travel Award
- 2006-2007 Psychology Department Graduate Teaching Fellowship Award
- 2005-2006 Psi Chi Honors Society “Outstanding Teaching Assistant” Award
- 2005 Martin T. Murphy Award for Excellence in Clinical Psychology
- 2004 Pennsylvania State University Graduate School Teaching Certificate
- 2003 Don A. Trumbo Psychology Department Student Research Fund Travel Award

The Ohio State University

- Summa Cum Laude, With Honors in the Liberal Arts and Distinction in Psychology
- Phi Beta Kappa Honors Society
- OSU Student Wellness Center Undergraduate Research Fellowship
- OSU Pressey Honors Endowment Student Research Grant
- OSU Lawson Memorial Fund Scholarship
- OSU Scarlet and Gray Scholarship
- OSU College of the Arts and Sciences “Excellence in Scholarship” Award

Publications

- Cassidy, J., Lichtenstein-Phelps, J., **Sibrava, N.J.**, Thomas, C.L., Borkovec, T.D. (2009). Generalized anxiety disorder: Connections with self-reported childhood attachment. *Behavior Therapy, 40*, 23-38.
- McLaughlin, K.A., Borkovec, T.D., & **Sibrava, N.J.** (2007). The effects of worry and rumination on affect states and cognitive activity. *Behavior Therapy, 38*, 23-38.
- Sibrava, N.J.**, & Borkovec, T.D. (2006). The cognitive avoidance theory of worry. In G. C. L. Davey & A. Wells (Eds.), *Worry and its psychological disorders: Theory, assessment, and treatment*. West Sussex, UK: John Wiley & Sons. pp. 239-256.
- McLaughlin, K.A., **Sibrava, N.J.**, Behar, E., & Borkovec, T.D. (2006). Recurrent negative thinking in emotional disorders: Worry, trauma recall, and rumination. In S. Sassaroli & G. Ruggiero (Eds.), *Worry, need of control, and other core cognitive constructs in anxiety and eating disorders*. Milan: Raphael Cortina Publisher. pp. 37-67.
- Borkovec, T.D., & **Sibrava, N.J.** (2005). Problems with the use of placebo conditions in psychotherapy research, suggested alternatives, and some strategies for the pursuit of the placebo phenomenon. *Journal of Clinical Psychology, 61*, 805-818.

Manuscripts Submitted and in Preparation

Mancebo, M.C., Eisen, J.L., **Sibrava, N.J.**, Dyck, I.R., & Rasmussen, S.A. (under review). Utilization of cognitive-behavioral therapy for OCD in clinical settings. Manuscript revised and resubmitted to *Journal of Consulting and Clinical Psychology*.

Sibrava, N.J., Cassidy, J., & Borkovec, T.D. Client and therapist attachment style and therapeutic alliance.

Sibrava, N.J. & Borkovec, T.D. Catastrophizing assessment of worries and goals.

Sibrava, N.J. & Levy, K.N. Attachment factors in generalized anxiety disorder.

Conference Presentations

Goldwin, M.A., McGowan, S.K., **Sibrava, N.**, Behar, E., & Borkovec, T.D. (2009, November). Emotional experiences during recall of negative events. Paper presented at the 43rd Annual Meeting of the Association for Behavioral and Cognitive Therapies. New York, NY.

Sibrava, N.J. (2008, August). Tribute to Tom Borkovec's contribution to the advancement of training and the empirically based practice of psychotherapy. Panel presented at the 116th Annual Convention of the American Psychological Association. Boston, MA.

Sibrava, N.J., Pincus, A.L., Przeworski, A., Yamasaki, A.S., Newman, M.G., & Borkovec, T.D. (2007, November). Heterogeneity in the presentation of GAD. Paper presented at the 41st Annual Meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.

Sibrava, N.J. & Levy, K.N. (2007, November). Attachment and generalized anxiety disorder. Paper presented at the 41st Annual Meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.

Sibrava, N.J., Borkovec, T.D., Newman, M.G., Castonguay, L.G. (2005, November). Change in specific patterns of worry content in the treatment of GAD. Paper presented at the 39th Annual Meeting of the Association for Behavioral and Cognitive Therapies (formerly AABT). Washington, DC.

Borkovec, T.D., Behar, E., McLaughlin, K.A., & **Sibrava, N.** (2004, June). Cognitive and affective effects of worry, trauma recall, and depressive rumination. Paper presented at the 35th Annual Meeting of the Society for Psychotherapy Research. Rome, Italy.

Sibrava, N.J., Behar, E., & McLaughlin K.A. (2003, November). Cognitive and emotional experiences during trauma recall and depressive rumination. Paper presented at the 37th annual meeting of the Association for the Advancement of Behavior Therapy. Boston, MA.

Woolaway-Bickel, K., **Sibrava, N.J.**, Elder, L., Kendren, J.M., & Schmidt, N.B. (2001, November). The reduction of social anxiety in the primary prevention of college binge drinking. Paper presented at the 35th Annual Meeting of the Association for Advancement of Behavior Therapy. Philadelphia, PA.

Sibrava, N.J., & Schmidt, N.B. (2001, May). Primary prevention of binge drinking among a college population. Paper presented at the Richard J. and Martha D. Denman Undergraduate Research Forum. Columbus, OH.

Invited Presentations

Sibrava, N.J. (2004, December). The future of medication in the treatment of bipolar disorder and schizophrenia. Presented at the National Alliance on Mental Illness. State College, PA.

Sibrava, N.J., & Schmidt, N.B. (2001, May). A primary prevention program for college binge drinking. Paper presented at The Ohio State University Student Wellness Center Alcohol and Other Drug Prevention Program Faculty/Student Luncheon. Columbus, OH.

Palmer, C., Thornton, L., Wheeler, S.C., **Sibrava, N.J.**, & Hodgson, E. (2001, May). The importance of the undergraduate research experience. Invited panelist, The Ohio State University Department of Psychology 4th Annual Undergraduate Research Colloquium. Columbus, OH.

Book Review

Sibrava, N.J. (in press). Book Review: Imagery and the threatened self: Perspectives on mental imagery and the self in cognitive therapy. *Cognitive Behaviour Therapy*

Selected Media Coverage and Interviews

Peden, T. (2007, December 17). Researcher: Worry won't help you pass. *Collegian Magazine*, 27 (10), 16.

Hensel Jr., B. (2007, July 5). Flight delays breed gripes: Report finds U.S. airlines struggle to stay on time as more take to the skies. *The Houston Chronicle*, p. A1.

Harvard Health Publications (2007). Do you worry too much? *Harvard Health Letter*, January, 2007. Retrieved from:
http://read.health.harvard.edu/user/user.fas/s=784/fp=3/tp=76?T=open_summary,951260&P=summary

Professional/Research Experience

September 2009 – Present: *Postdoctoral Research Fellow*- Obsessive-Compulsive Disorder Research Program, Brown University Medical School, Providence. RI

Director: Steven Rasmussen, M.D.

August 2004 – August 2008: *Laboratory Coordinator*- Stress and Anxiety Disorders Institute, The Pennsylvania State University, University Park, PA

Director: Thomas D. Borkovec, Ph.D.

Responsibilities: Oversaw the design and conduct of several on-going research studies, as well as the selection and training of undergraduate research assistants and the organization of regular lab meetings.

May 2004 – October 2004: *Research Interviewer*- Fast Track Project, The Pennsylvania State University, University Park, PA.

Principal Investigator/Supervisor: Karen L. Bierman, Ph.D.

Conducted in-home assessments with adolescents and young adults (age 16-22) and their parents as part of the longitudinal Fast Track Project intervention program for children at-risk of developing behavioral and psychiatric problems. Assessments included the DISC interview, the CBCL, and additional symptom questionnaires.

December 1999 – June 2002: *Research Coordinator/Clinic Coordinator*- Anxiety and Stress Disorders Clinic, The Ohio State University, Columbus, OH.

Clinic Directors/Supervisors: N. Brad Schmidt, Ph.D., Michael W. Vasey, Ph.D.

Oversaw the conduct of several research studies, conducted diagnostic interviews with clients and research participants using the SCID-I, conducted psychophysiological assessments, trained and managed undergraduate research assistants, managed the administrative tasks of the clinic, and coordinated regular lab meetings.

January 2000 – June 2001: *Advanced Research Assistant*- OSU Stress and Health Study, The Ohio State University Medical Center, Columbus, OH.

Principal Investigators/Supervisors: Janice Kiecolt-Glaser, Ph.D., Ronald Glaser, Ph.D.

Managed participant intake in several psychoneuroimmunology research studies focused on understanding the connection between stress and wound healing processes. Administered self-report measures and collected physiological data from research participants. Coordinated services with nurses and medical staff at the OSU Medical Center's General Clinical Research Center.

Teaching Experience

Instructor

Abnormal Psychology

Spring 2006, Summer 2006, Fall 2006, Spring 2007, Fall 2007, Spring 2008

Advanced Independent Study

Summer 2005

Dialogues on Race

Spring 2005

Teaching Assistant

Advanced Research Methods in Clinical Psychology, Developmental Psychology, Honors Research Methods, Abnormal Psychology, Personality Psychology, Cognitive Development, Introduction to Psychology

Clinical Experience

September 2008 – August 2009: Psychology Intern, State University of New York Upstate Medical University, Syracuse, NY.

Completing rotations in adult inpatient psychiatry, child and adolescent psychiatry, health psychology, and inpatient physical medicine and rehabilitation psychology. Completing ongoing training in outpatient individual psychotherapy, Dialectical Behavior Therapy, and child and adult integrative assessments.

August 2006 – August 2008: Staff Therapist/Assessor, The Psychological Clinic, The Pennsylvania State University, University Park, PA.

Conducted diagnostic intake assessments using the SCID-I, ADIS-IV, and the IPDE, conducted neuropsychological assessments, and provided individual psychotherapy with adult and adolescent clients from the community experiencing a range of Axis I and Axis II disorders.

August 2005 – June 2006: Clinical Supervision Practicum

The Psychological Clinic, The Pennsylvania State University, University Park, PA.

Supervisor: Mary A. Boutselis, Ph.D.

Participated in didactic training in theories and techniques of clinical supervision. Supervised two first-year clinical students as they began conducting assessments and individual psychotherapy. Met weekly for individual supervision with each supervisee, reviewed videotapes of their therapy, edited their clinical paperwork and documentation, and provided feedback and guidance on their clinical work.

June 2005 – May 2006: Neuropsychological Assessment Practicum

The Psychological Clinic, The Pennsylvania State University, University Park, PA.

Supervisors: Michael Keil, Ph.D., Frank G. Hillary, Ph.D., & Peter A. Arnett, Ph.D.

Received training in basic functional neuroanatomy, test administration and scoring, flexible battery development, and report writing. Conducted neuropsychological assessment with clients from community, as well as ADHD/LD assessments with the undergraduate population.

May 2004 – May 2005: Cognitive-Behavioral Practicum

The Psychological Clinic, The Pennsylvania State University, University Park, PA.

Supervisors: Michelle G. Newman, Ph.D. & Richard Lytle, Ph.D.

Received training in the core elements of Cognitive-Behavioral theory, case conceptualization, and intervention skills. Administered manualized therapies, and flexibly applied CBT principles to adult clients.

August 2003 – May 2004: Contemporary Psychodynamic Practicum

The Psychological Clinic, The Pennsylvania State University, University Park, PA.

Supervisor: Aaron L. Pincus, Ph.D.

Developed case conceptualization and intervention skills using contemporary psychodynamic theories of psychotherapy.

May 2005 – August 2006: Advanced Peer Supervision Group
The Psychological Clinic, The Pennsylvania State University, University Park, PA.
Supervisor: Aaron L. Pincus, Ph.D.
Participated in a weekly peer supervision practicum for advanced clinical students.

December 2000 – June 2002: Intake Interviewer/Assessor/Group Facilitator
Anxiety and Stress Disorders Clinic, The Ohio State University, Columbus, OH.
Clinical Supervisors: N. Brad Schmidt, Ph.D., & Kelly Woolaway-Bickel, M.A.
Conducted diagnostic intake assessments and served as a group co-facilitator in a research clinic with adults from the community suffering from anxiety and mood disorders.

Professional Service

Ad Hoc Reviewer

Cognition and Emotion

Student Editorial Boards

Behavior Therapy (under the supervision of Evelyn Behar)

Brown University and Butler Hospital

Member of the Butler Hospital Institutional Review Board (IRB)

The Pennsylvania State University

Psychological Clinic Technology Committee, 2006-2008
Psychological Clinic Administrative Committee, 2004-2008
Psi Chi Undergraduate Research Conference Judge, 2006
Psychology Department Faculty Search Committee, 2004-2005
Clinical Training Committee, Student Representative, 2004-2005
Clinical Training Committee, Building Renovation Subcommittee, 2004-2005
Student Recruitment Interview Weekend Organizer, 2003, 2004
Clinical Pre-Practicum Assistant, 2003 & 2004
Psi Chi Honors Society Guest Speaker, October 2003, April 2004, February 2007

The Ohio State University

University Committee on Academic Misconduct

Membership in Professional Organizations

American Psychological Association (APA)
Association for the Advancement of Behavioral and Cognitive Therapies (ABCT)
Central New York Psychological Association (CNYPA)

Professional References

Thomas D. Borkovec, Ph.D. (Ph.D. mentor)
Distinguished Professor Emeritus of Psychology
The Pennsylvania State University
Department of Psychology
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University Park, PA 16802
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Steven A. Rasmussen, M.D. (Postdoc mentor)
Associate Professor of Psychiatry
Interim Chair of the Department of Psychiatry and Human Behavior
Warren Alpert Medical School of Brown University
Medical Director of Butler Hospital
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Maria C. Mancebo, Ph.D.
Assistant Professor (Research)
Warren Alpert Medical School of Brown University
Project Director, Longitudinal OCD Research
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