CURRICULUM VITAE

Adrienne Julie Heinz, Ph.D.

(November, 2025)

Office Address
National Center for Posttraumatic Stress Disorder
Veterans Affairs Palo Alto Health Care System
795 Willow Road (152-MPD)
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Website: https://www.ptsd.va.gov/

Licensed Psychologist: CA PSY26150
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PROFESSIONAL POSITIONS

Mobile Apps Research and Development Psychologist August 2019 - Current
Mobile Apps Principal Investigator, Developer, Implementation Facilitator
Public Digital Health Innovation Program
National Center for PTSD, VA Palo Alto Health Care System
Stanford School of Medicine, Department of Psychiatry and Behavioral Sciences (affiliated)

Co-Founder, Executive Director July 2025 - Current
The After Collective, nonprofit
Provide freely available and ethically responsible AI-powered disaster recovery coaching

Climate and Health Scholar October 2024-October 2025
National Science Foundation

Research Health Science Specialist August 2014 – July 2019
Principal Investigator, National Center for PTSD
Director, Substance and Anxiety Intervention Laboratory
VA Palo Alto Health Care System
Stanford School of Medicine, Department of Psychiatry and Behavioral Sciences (affiliated)

Private Practice Psychologist May 2015 – Current
Healdsburg, CA (2017 – present)
San Francisco, CA (2015-2017)

CONSULTING, BOARD MEMBER, AND ADVISORY POSITIONS

California Disaster Mental Health Coalition August 2025 – Current
Appointed member and representative of the California Psychological Association

Climate and Mental Health Clinical Advisor January 2025 – Current

Stanford University, CIRCLE center (Community-minded Interventions for Resilience, Climate-Leadership and Emotional Wellbeing)

Advisory Board Member February 2024 - Current
After the Fire USA: Recover. Rebuild. Reimagine

Advisor and Clinical Consultant September 2023 - Current
Space of Mind, Ltd. Digital support for traumatic stress

Clinical and Research Advisor
Founder Mental Health Pledge, Making mental health a business priority April 2023 - Current

Clinical Advisor May 2020 - Current
Econa, Ltd. Entrepreneur mental health accelerator

Redwood Psychological Association January-December 2020
Vice President, Chapter of the California Psychological Association

Disaster Mental Health Research Consultant November 2018 – January 2025
Stanford University School of Medicine, Department of Psychiatry
Division of Public Mental Health and Population Sciences

Clinical Advisor October 2021- December 2024
Akesa Health, Ltd. Digital therapeutics for traumatic stress

Clinical Technical Advisor and Facilitator September 2020 – September 2024
Pace, Ltd. Digital peer mental health support groups

Digital Health Technology Advisor November 2017 – June 2020
Healthcare Foundation of Northern Sonoma County
Wildfire Mental Health Collaborative

Clinical Education and Digital Health Research Consultant September 2017 – July 2019
Big Health, Ltd., Digital Therapeutics for Insomnia and Anxiety

EDUCATION AND TRAINING

Postdoctoral Fellow July 2012-July 2014
Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine &
Center for Innovation to Implementation, VA Palo Alto Health Care System

University of Illinois at Chicago, Clinical Psychology Doctoral Program August 2006–July 2012
Minor Area: Statistics, Methods, and Measurement

Clinical Pre-Doctoral Internship July 2011-July 2012
San Francisco Veterans Affairs Medical Center, and the University of California San Francisco, Department of Psychiatry

University of Illinois at Chicago, Masters of Arts August 2006-May 2008

National Institute on Drug Abuse, Post-Baccalaureate Fellow June 2004–August 2006
Intramural Research Program, Clinical Pharmacology and Treatment Branch

University of North Carolina at Chapel Hill, Bachelor of Arts August 2000-May 2004
Psychology with Honors; **Minor**: Cognitive Science

RESEARCH INTERESTS

Digital mental health interventions; entrepreneur mental health; climate change and mental health; resilience and posttraumatic growth; improving treatment outcomes for Substance Use Disorders and PTSD

CONSULTING EXPERTISE

Democratizing access to evidence-based mental health care via technology; Development of public private technology partnerships to expedite healthcare innovation; Content development and go-to-market strategy for mobile public mental health interventions; Post-disaster community mental health; Development and implementation of mental health strategy in the workplace; Clinical trial research design and methodology

RESEARCH SUPPORT

- Title: Feasibility and preliminary efficacy of a digital mental health intervention, Sonoma Rises, to reduce symptoms of post-disaster traumatic stress, depression, and anxiety in teens impacted by wildfires: A randomized multiple-baseline single-case study
  Funding Source: VA National Center for PTSD
  Dates: Jan. 2019 – Nov. 2019
  Amount of Award: $15,000 (Total Costs)
  Role: Principal Investigator

- Title: Evaluating the Sonoma Wildfire Mental Health Collaborative: A study of direct care and technology partnerships to support mental health among disaster survivors
  Funding Source: Healthcare Foundation of Northern Sonoma County
  Dates: Nov. 2018 – Dec. 2019
  Amount of Award: $99,981 (Total Costs)
  Role: Co-Investigator

- Title: Mobile cognitive remediation for Alcohol Use Disorder and PTSD.
  Funding Source: Rehabilitation Research and Development, Career Development Award – 2 1IK2RX001492-01A1
  Dates: Aug. 2014 – July 2019
  Amount of Award: $986,195 (Total Costs)
  Role: Principal Investigator

- Title: Mobile cognitive control training for the treatment of Alcohol Use Disorder and PTSD

Funding Source: National Institute on Alcohol Abuse and Alcoholism, Small Business Innovation Research Award 1 R43 AA025497-01A1
Dates: Sept. 2017- Aug. 2019
Amount of Award: $224,702 (Total Costs)
Role: Site Principal Investigator

- Title: Treating PTSD with Marijuana: Clinical and Functional Outcomes
  Funding Source: Colorado Department of Public Health & Environment
  Dates: May 2015 – April 2018
  Amount of Award: $1,100,040 (Total Costs)
  Role: Consultant

- Title: Combined Effects of Alcohol and Caffeine on Agency Judgment, Impulsivity, and Risk-Taking
  Funding Source: National Institute on Alcohol Abuse and Alcoholism, National Research Service Award F-31 NRSA AA018918-02
  Dates: Dec. 2009 – Sept. 2011
  Amount of Award: $72,987 (Total Costs)
  Role: Principal Investigator

MOBILE APPS DEVELOPED FOR PUBLIC HEALTH

- PTSD Coach
- Safety Plan
- CPT Coach
- Covid Coach
- Vet Change
- Sonoma Rises
- CBT-i Coach
- Pain Coach
- Concussion Coach
- Mindfulness Coach
- Veterans Wellness Path
- Well Within Coach

EDUCATIONAL DISTINCTIONS AND AWARDS

- Experiential Technology Conference, Best Research Presentation Award, 2017
- Leonard D. Eron Award for outstanding scholarly accomplishment, 2010,
- UIC Psychology Department Dissertation Research Award, 2009
- UIC Provost Award for Graduate Research, 2009
- Graduate College Travel Award, Psychology Department Graduate Student Travel Award, Graduate Student Counsel Travel Award (2006 – 2011)
- Society for a Science of Clinical Psychology, Student Award, May, 2009

- Commendation for Excellence, UIC, Department of Psychology, November, 2008
- Christopher B. Keys Award for early outstanding research achievement, 2008
- UIC Psychology Department Research Award, 2007
- National Institutes of Health Intramural Research Training Awardee, May 2004 - August 2006
- Dashielle-Thurstone Award for outstanding undergraduate research, 2004
- University of North Carolina at Chapel Hill Honors Psychology Program, Jan. 2003 - May 2004
- Psi Chi National Psychology Honor Society, 2002-2004 (Treasurer)
- University of North Carolina at Chapel Hill Dean's List of Academic Excellence, 2001 - 2004

PUBLICATIONS

* indicates a mentee/student

1. Wiltsey-Stirman, S., & **Heinz**, A. (2025). Harnessing technology to reimagine and scale support for individual and community mental health after disaster. *American Journal of Psychiatry*, *182*(5), 412-413.

2. Freeman, M. A., Mazza, A., Johnson, S. L., & **Heinz,** A. J. (2025). The entrepreneur well-being check: a screener for entrepreneur mental health and well-being. *International Journal of Entrepreneurial Behavior & Research*, 1-22.

3. Reyes, S., Hampole, S. R., Owen, J. E., Senti, S. E., Ramsey, K. M., **Heinz**, A. J., ... & Mackintosh, M. A. (2025). Rapid assessment of user feedback of PTSD coach: A posttraumatic stress mental health app for veterans and civilians. *Professional Psychology: Research and Practice*.

4. **Heinz**, A. (2025). How I became and accidental disaster mental health specialist. *Domestic Preparedness.* https://domesticpreparedness.com/articles/perspective-from-the-field-how-i-became-an-accidental-disaster-mental-health-specialist

5. Owen, J. E., Kuhn, E., Jamison, A. L., Ramsey, K. M., Taylor, K., **Heinz**, A., ... & Rosen, C. S. (2025). The National Center for PTSD Model for Digital Mental Health: A public sector approach to development, evaluation, implementation, and optimization of resources for helping trauma survivors. *Psychological Trauma: Theory, Research, Practice, and Policy*.

6. Jaworski, B.K., Ramsey, K.M., Taylor, K., **Heinz**, A.J., Senti, S., Mackintosh, M.A., Rosen. C.S., Owen, J.E., Pietrzak, R.H. (2023). Mental Health Apps and U.S. Military Veterans: Perceived Importance and Utilization of the National Center for PTSD App Portfolio. *Psychological Services.*

7. Becket-Davenport, C., Jamison, A.L., Hampole, S., Bosch, J., Glamb, L., Juhasz, K., Avery, T.J., **Heinz**, A., Mackintosh, M.A. and McGee-Vincent, P. (2023). Recruiting Veterans Health Administration Staff for a Training and Implementation Initiative to Integrate Mental Health Apps into Clinical Care: Strategies and Lessons Learned. *Journal of Technology in Behavioral Science*, 1-9.

8. Wong, J. J., Timko, C., **Heinz**, A. J., & Cronkite, R. (2023). Sharing the blues: Depression contagion within couples over time. *Contemporary Family Therapy,* 1-7.

9. Jaworski, B.K., Taylor, K., Ramsey, K.M., **Heinz**, A.J., Steinmetz, S., Owen, J.E., Tsai, J., Pietrzak, R.H. (2022). Predicting Uptake of the COVID Coach App Among US Military Veterans: Funnel Analysis Using a Probability-Based Panel. *JMIR Mental Health* 2022;9(4):e36217doi: 10.2196/36217

10. **Heinz,** A.J., Wiltsey-Stirman, S., Jaworski, B., Sharin, T., Steinmetz, S., Taylor, K., Rhodes, L., Mason, D., Gorman, B., Marikos, S., & McGovern, M. (2022). Feasibility and preliminary efficacy of a public mobile app to reduce symptoms of post-disaster distress in adolescent wildfire survivors: Sonoma Rises. *Psychological Services, 19,* 67-79.

11. **Heinz,** A.J., Wiltsey-Stirman, S., Sharin, T., Loskot, T., Jaworski, B., McGovern, M. (2022). Rising from the ashes by expanding access to community care after disaster: An origin story of the Wildfire Mental Health Collaborative and preliminary findings. *Psychological Services, 19,* 58-66.

12. Jaworski, B. K., Taylor, K., Ramsey, K. M., **Heinz**, A., Steinmetz, S., Pagano, I.,& Owen, J. E. (2021). Exploring Usage of COVID Coach, a Public Mental Health App Designed for the COVID-19 Pandemic: Evaluation of Analytics Data. *Journal of medical Internet research*, *23*(3), e26559.

13. Miller, C.M., Gu, J., Henry, A.L., Davis, M.L., Espie, C.A., Stott, R., **Heinz**, A.J., Bentley, K.H., Goodwin, G.M., Gorman, B.S., Craske, M.G., & Carl, J.R. (2021). Feasibility and efficacy of a digital CBT intervention for symptoms of anxiety and worry: A randomized multiple-baseline study. *Journal of Behavior Therapy and Experimental Psychiatry.*

14. Hausman, C.*, Meffert, B.N.* Mosich, M. K.* & **Heinz**, A. J. (2019). Impulsivity and cognitive flexibility as neuropsychological markers for suicidality: A multi-modal investigation among military veterans with Alcohol Use Disorder and PTSD. *Archives of Suicide Research*, 1-14.

15. Wong, J. J., Frost, N. D., Timko, C., **Heinz**, A. J., & Cronkite, R. (2019). Depression & family arguments: Reciprocal effects for women and men. *Family Practice.*

16. Sawicki, D.A.*, Meffert, B.N.*, Read, K., & **Heinz**, A.J. (2019*).* Delivery of culturally competent mental health care for sex workers: An evidence-based examination of myths that stigmatize sex-work and hinder access to care. *Sexual and Relationship Therapy,* 1-17.

17. Meffert, B.N.*, Morabito, D.M.*, Mosich, M.K.*, Loflin, M.J., Sottile, J.E.*, **Heinz**, A.J. (2019). Navigating blind in the Green Rush: Clinical considerations and harm reduction practices for cannabis. *Current Drug Abuse Reviews, 11*, 3-11.

18. Meffert, B.N.*, Morabito, D.M.*, Sawicki, D.A.*, Hausman, C.*, Southwick, S.M., Pietrzak, R.H., & **Heinz**, A.J. (2019). U.S. Veterans who do and do not utilize VA healthcare services: Demographic, military, medical, and psychosocial characteristics. *The Primary Care Companion for CNS Disorders, 21.*

19. **Heinz**, A.J., Meffert, B.M.*, Halvorson, M.A., Blonigen, D., Timko, C., Cronkite, R. (2018). Employment characteristics, work environment, and the course of depression over 23 years: Does employment help foster resilience? *Depression and Anxiety*, *35,* 862-867.

20. Blonigen, D., Manfredi, L., **Heinz**, A.J., Bi, X., Suarez, P., Nevedal, A., Vashi, A., Timko, C., & Wagner, T. (2018). Reducing frequently utilization of psychiatric emergency services among veterans while maintaining quality of care. *Psychiatric Services*, *69,* 438-447.

21. Landis-Shack, N.*, **Heinz**, A.J., & Bonn-Miller, M.O. (2017). Music therapy for posttraumatic stress in adults: A theoretical review. *Psychomusicology: Music, Mind, and Brain*, 27, 334-342.

22. **Heinz**, A.J., Freeman, M.F., Harpaz-Rotem, I., & Pietrzak, R.H. (2017). American Military Veteran Entrepreneurs: A Comprehensive Profile of Demographic, Service History, and Psychosocial Characteristics. *Military Psychology, 29,* 513-523.

23. Boden, M.T., **Heinz**, A.J., Kashdan, T. (2017). Pleasure as an overlooked target of substance use disorder research and treatment. *Current Drug Abuse Reviews.* doi: 10.2174/1874473710666170308163310

24. Haug, N.A., Padula, C.B., Sottile, J.E.*, Vandrey, R., **Heinz**, A.J., & Bonn-Miller, M.O. (2017). Cannabis use patterns and motives: A comparison of younger, middle-aged, and older medical cannabis dispensary patients. *Addictive Behaviors, 72,* 14-20.

25. **Heinz**, A.J., Cohen, N.*, Holleran, L.*, Alvarez, J., & Bonn-Miller, M.O. (2016). Firearm ownership among military veterans with PTSD: A profile of demographic and psychosocial correlates. *Military Medicine, 181,* 1207-1211.

26. Bonn-Miller, M.O., **Heinz**, A. J., Smith, E.V., Bruno, R., & Adamson, S. (2016). Preliminary development of a brief cannabis use disorder screening tool: The Cannabis Use Disorder Identification Test Short-Form (CUDIT-SF). *Cannabis and Cannabinoid Research, 1,* 252-261.

27. Gutwinski, S., **Heinz**, A.J., & Heinz, A. (2016). Alcohol-related aggression and violence. In Beech, A., Carter, A., Mann, R. & Rotshtein, P., *The Wiley-Blackwell Handbook of Forensic Neuroscience.* Hoboken, NJ: John Wiley and Sons.

28. **Heinz**, A.J., Pennington, D.L., Cohen, N.*, Schmeling, B., Lasher, B.A., Schrodek, E., & Batki, S.L. (2016). Relations between cognitive functioning and alcohol use, craving, and posttraumatic stress: An examination among trauma exposed military Veterans with alcohol use disorder. *Military Medicine, 181,* 663-671.

29. Cohen, N.*, **Heinz**, A.J., Ilgen, M.A., Bonn-Miller, M.O. (2016). Pain, cannabis species, and cannabis use disorders. *Journal of Studies on Alcohol and Drugs, 77,* 515-520.

30. Irons, J. G., Prendergast, C. O., Bassett, D. T., Landrum, R. E., **Heinz**, A. J. (2016). Development and initial validation of the Caffeine Consumption Questionnaire-Revised (CCQ-R). *Journal of Caffeine Research, 6,* 20-25.

31. **Heinz**, A.J., Bui, L.*, Thomas, K.M., & Blonigen, D.M. (2015). Distinct facets of impulsivity exhibit differential associations with substance use disorder treatment processes: A cross-sectional and prospective investigation among military veterans. *Journal of Substance Abuse Treatment, 55,* 21-28.

32. **Heinz**, A.J., Makin-Byrd, K., Blonigen, D. M., Reilly, P., & Timko, C. (2015). Aggressive behavior among military Veterans in substance use disorder treatment: The roles of posttraumatic stress and impulsivity. *Journal of Substance Abuse Treatment, 50,* 59-66.

33. Babson, K.A., **Heinz**, A.J., Ramirez, G., Puckett, M., Irons, J., Bonn-Miller, M.O., & Woodward, S.H. (2015). The interactive role of exercise and sleep on veteran recovery from symptoms of PTSD. *Mental Health and Physical Activity, 8,* 15-20.

34. Irons, J. G., **Heinz**, A. J., Bassett, D. T., Correia, C. J., Babson, K. A., Boden, M. T., Feldner, M. T., & Bonn-Miller, M. O. (2014). Development and initial validation of the Caffeine Motives Questionnaire. *Journal of Caffeine Research, 4,* 49-55.

35. Beck, A., **Heinz**, A.J., & Heinz, A. (2014). Translational clinical neuroscience perspectives on the cognitive and neurobiological mechanisms underlying alcohol-related aggression. In Miczek, K.A. & Meyer-Lindenberg, A., *Neuroscience of Aggression: Current Topics in Behavioral Neuroscience* (pp. 443-474). Heidelberg, Germany: Springer.

36. Newcomb, M.E., **Heinz,** A.J., Birkett, M. & Mustanski, B. (2014). A longitudinal examination of risk and protective factors for cigarette smoking among lesbian, gay, bisexual and transgender youth. *Journal of Adolescent Health, 54,* 558-564.

37. **Heinz**, A.J., Fogler, K.A., Newcomb, M.E., Trafton, J.A. & Bonn-Miller, M.O. (2014). Problematic alcohol use among individuals with HIV: Relations with everyday memory functioning and HIV symptom severity. *AIDS & Behavior, 18,* 1302-1314.

38. Babson, K.A., **Heinz**, A.J., & Bonn-Miller, M.O. (2013). HIV medication adherence and symptom severity: The roles of sleep quality and memory. *AIDS Patient Care and STD's, 27,* 544-552.

39. **Heinz**, A.J., Giedgowd, G.E., Craine, N.A., Conrad, M., Braun, A.R., Veilleux, J.C. Olerjarska, N.*, & Kassel, J.D. (2013). A comprehensive examination of hookah smoking in college students: Use patterns and contexts, social norms and attitudes, harm perception, psychological correlates and co-occurring substance use. *Addictive Behaviors, 38,* 2751-2760.

40. **Heinz**, A.J., de Wit, H. Lilje, T.*, & Kassel, J.D. (2013). The combined effects of alcohol, caffeine and expectancies on subjective experience, impulsivity and risk-taking. *Experimental and Clinical Psychopharmacology, 21,* 222-234.

41. Kassel, J.D., Veilleux, J.C., **Heinz,** A.J., Braun, A. & Conrad, M. (2013). Emotions and addictive processes. In Miller, P.M., *Principles of Addiction: Comprehensive Addictive Behaviors and Disorders* (pp. 213-222). London, UK: Academic Press.

42. **Heinz,** A.J., Peters, E.N., Boden, M.T. & Bonn-Miller, M.O. (2013). A comprehensive examination

of delay discounting in a clinical sample of cannabis-dependent military veterans making a self-guided quit attempt. *Experimental and Clinical Psychopharmacology, 21,* 55-65.

43. Kassel, J.D., Veilleux, J.C., **Heinz**, A.J., Braun, A.R., & Weber, S. (2013). Understanding the acute aftereffects of drug administration and the role of withdrawal in addiction. In de Wit, H. & Mackillop, J., *The Wiley-Blackwell Handbook of Addiction Psychopharmacology* (pp. 281-314). Hoboken, NJ: John Wiley and Sons.

44. **Heinz**, A.J., Lilje, T.*, Kassel, J.D., & de Wit, H. (2012). Quantifying reinforcement value and demand for psycho-active substances in humans. *Current Drug Abuse Reviews, 5,* 257-272.

45. Newcomb, M., **Heinz,** A.J. & Mustanski, B. (2012). Examining risk and protective factors for alcohol use in lesbian, gay, bisexual and transgender youth: A longitudinal multilevel analysis. *Journal of Studies on Alcohol and Drugs, 73,* 783-793.

46. Braun, A.R., **Heinz**, A.J., Kassel, J.D., Conrad, M., Veilleux, J., Evatt, D., Greenstein, J., Wardle, M. & Drobes, D. (2011). The separate and combined effects of alcohol and nicotine on anticipatory anxiety: A multidimensional approach. *Addictive Behaviors, 37,* 485-491.

47. **Heinz**, A.J., Beck, A., Meyer-Lindenberg P., Sterzer, P., Heinz, A. (2011). Cognitive and neurobiological mechanisms of alcohol-related aggression. *Nature Reviews Neuroscience*, *12,* 400-413.

48. Veilleux, J. C., Kassel, J. D., **Heinz,** A. J., Braun, A., Wardle, M., Greenstein, J., Evatt, D. & Conrad, M. (2011). Predictors of smoking topography across a single cigarette in light adolescent smokers. *Journal of Adolescent Health, 48,* 176-181.

49. **Heinz**, A.J., Kassel, J.D., Berbaum, M., & Mermelstein, R. (2010). Adolescents' expectancies for smoking to regulate affect predict smoking behavior and nicotine dependence over time. *Drug and Alcohol Dependence, 111,* 128-135.

50. Kassel, J.D., **Heinz**, A.J., Braun, A., & Evatt, D. (2010). Treatment models for comorbid psychiatric and addictive disorders. In Miller, N.S. & Gold, M.S., *Addictions in medicine: Principles and practices* (pp. 541-556). Hoboken, NJ: John Wiley and Sons.

51. Kassel, J.D, Wardle, M.C., **Heinz**, A.J., & Greenstein, J. (2010). Cognitive theories of drug effects on emotion. In Kassel, J.D., *Substance abuse and emotion* (pp. 61-82). Washington, DC: American Psychological Association.

52. Greenstein, J.E., Kassel, J.D., Wardle, M.C., Veilleux, J.C., Evatt, D.P., **Heinz**, A.J., Roesch, L., & Yates, M.C. (2010). The separate and combined effects of nicotine and alcohol on working memory capacity in nonabstinent smokers. *Experimental and Clinical Psychopharmacology, 18,* 120-128.

53. **Heinz**, A.J., Epstein, D.H., Disney, E., Clark, P., & Preston, K.L. (2010). A focus-group study on spirituality and substance-user treatment. *Substance Use and Misuse, 45,* 134-153.

54. Veilleux, J.C., Colvin, P.J., Anderson, J., York, K., & **Heinz**, A.J. (2009). A review of opioid dependence treatment: Pharmacological and psychosocial interventions to treat opioid addiction. *Clinical Psychology Review, 30*, 155-166.

55. **Heinz**, A.J., Smith, E.V., & Kassel, J.D. (2009). Caffeine Expectancy: Instrument development in the Rasch measurement framework. *Psychology of Addictive Behaviors, 23,* 500-511.

56. **Heinz**, A.J., Wu, J., Witkiewitz, K., Epstein, D.H., & Preston, K.L. (2009). Marriage and relationship closeness as predictors of cocaine and heroin use. *Addictive Behaviors, 34,* 258-263.

57. **Heinz**, A.J., Veilleux, J.C., & Kassel, J.D. (2009). The role of cognitive structure in college student drinking. *Addictive Behaviors, 34,* 212-218.

58. Kassel, J.D., Hussong, A.M., Wardle, M.C., Veilleux, J., **Heinz**, A.J., Greenstein, J., & Evatt, D. (2009). Affective influences in drug use etiology. In Scheier, L.M., *Handbook of drug use etiology* (pp. 183-205). New York: American Psychological Association.

59. **Heinz**, A., Epstein, D. H., & Preston, K. L. (2007). Spiritual/Religious experiences and in-treatment outcome in an inner-city program for heroin and cocaine dependence. *Journal of Psychoactive Drugs, 39*, 41-49.

60. **Heinz**, A., Waters, A., Taylor, R., Myers, C., Singleton, E., & Heishman, S. (2007). Effect of tobacco deprivation on the attentional blink in rapid serial visual presentation. *Human Psychopharmacology: Clinical and Experimental, 22,* 89-96.

61. **Heinz**, A.J., Schroeder, J., Epstein, D.H., Singleton, E., Heishman, S., & Preston, K.P., (2006). Craving and cocaine and heroin use during treatment: Measurement validation and potential relationships. *Journal of Substance Abuse Treatment, 31*, 355-364.

62. Bartholow, B., & **Heinz**, A. (2006). Alcohol and aggression without consumption: Alcohol cues, aggressive thoughts, and hostile perception bias**.** *Psychological Science, 17*, 30-37.

PEER-REVIEWED PRESENTATIONS

** indicates a mentee/student*

1. **Heinz,** A. Bergen, C., Bernstein, A. (2025, September). *Leading and Healing After the Fire* [Panel] In J. Wills (Moderator). Presented at the Wildfire Leadership Summit, After the Fire USA, Sonoma, CA.

2. **Heinz**, A., Mills, J., & Wright, i. O. (2025, September). *Tech Driven, People Centered* [Panel]. In R. Feldman (Moderator), Presented at the Wildfire Leadership Summit, After the Fire USA, Sonoma, CA.

3. Senti, S. E., Mostovoy, K., Marshall, Z., Taylor, K., Ramsey, K., **Heinz**, A., Davis, A., Thelemaque, T., Boland, C., Moraja, G., & Owen, J. (2025, July). *Listening to users: Improvements to PTSD Coach based on in-depth user experience interviews and design surveys*. Presented at the Society for Digital Mental Health Conference, Virtual.

4. **Heinz**, A., Davis, A., Mostovoy, K., Marshall, Z., Ramsey, K., & Owen, J. (2024, September). *Development of a trauma-informed mobile mental health app for managing concussion: Concussion Coach*. Presented at the International Society for Traumatic Stress Studies Annual Meeting, Boston, MA.

5. Owen, J., Taylor, K., Ramsey, K., Senti, S., & **Heinz**, A. (2024, September). *Application of UX design to CBT-i Coach for PTSD-related insomnia: A pre-post evaluation of reach and engagement with sleep interventions*. Presented at the International Society for Traumatic Stress Studies Annual Meeting, Boston, MA.

6. Owen, J., **Heinz**, A., Senti, S., Taylor, K., & Ruzek, J. (Discussant). (2024, September). *Using patient perspectives and user experience (UX) research to improve reach and engagement of digital technologies for PTSD*. Symposium presented at the International Society for Traumatic Stress Studies Annual Meeting, Boston, MA.

7. **Heinz**, A., Dragoi, A., Owen, J., Ramsey, K., Mackintosh, M., Taylor, K., Senti, S., Davis, A., Boland, C., Thelemaque, T., Moraja, G., Willoughby, M., Jamison, A. L., Becket-Davenport, C., Bosch, J., Nazem, S., Rosen, C., Hofnar, Y., Arikh, G., Negru, T., Vereha, O., Ivanel, B., Dima, A.-M., Muscan, M., Dormenco, I., Lupu, G., Moroiu, E., Ionita, A., Munteanu, A., & Pantiru, M. (2024, June). Creating Digital Mental Health Support for Traumatic Stress During War and Humanitarian Crisis: A Story of Global Partnership. Research presentation at the Society for Digital Mental Health Conference, Virtual.

8. Boland, C.L., Senti, S.E., Owen, J., **Heinz**, A., Mackintosh, M., Taylor, K., Ramsey, K., Thelemaque, T., & Davis, A. (2024, June 17 – 18th). Understanding privacy policies and patient preferences for artificial intelligence in mental healthcare [Conference flashtalk]. Society for Digital Mental Health 2024 Annual Virtual Convention.

9. Reyes, S. I., Hampole, S. R., Owen, J. E., Taylor, K., Senti, S. E., Ramsey, K. M., **Heinz**, A. J., & Mackintosh, M.A **(**2024, June 17th-18th). Rapid Assessment of Veteran and Civilian User Feedback to Evaluate Updates to the PTSD Coach app. 2024 Annual Meeting of the Society of Digital Mental Health, Virtual.

10. Senti, S. E., Boland, C., Owen, J., Davis, A., Moraja, G., Taylor, K., Ramsey, K., **Heinz**, A., Mackintosh, M., Thelemaque, T., Mostovoy, K., & Marshall, Z. (2024, June 17-18). Overcoming Barriers, Embracing Customization: User-Centered Design of a Mobile App for Improving PTSD Symptoms in Veterans [Flashtalk]. Society for Digital Mental Health, Virtual.

11. Jaworski, B. K., Senti, S. E., Taylor, K., **Heinz**, A. J., Davis, A., Ramsey, K. M., Moraja, G. Owen, J. E. (2024, June 21-23). Participatory Methods in Product Development: Creating WellWithin Coach [Poster]. Society for the Psychological study of Social Issues, Philadelphia, PA, United States.

12. Mackintosh, M., Hampole, S. R., Reyes, S., McCaslin, S. E., Jaworski, B. K., & **Heinz**, A. (2023, November). Leveraging anonymous usage app data: Contributions from large n and messy data sets to mobile mental health design and research development. In C. Becket-Davenport (Chair), National Center for PTSD's Mobile Mental Health Program: An integrative, multipronged approach to maximizing engagement and effectiveness of mental health apps. [Symposium] International Society for Traumatic Stress Studies 39th Annual Meeting, Los Angeles, CA.

13. Hampole, S., **Heinz**, A., McCaslin, S., Reyes, S. & Mackintosh, M. (2023, August). Random

Forest Modeling: A First Step in Identifying Predictors of Anger Management App Engagement. Poster presented at the American Psychological Association Annual Meeting, Washington, D.C., United States.

14. Hampole, S., Reyes, S., McCaslin, S., **Heinz**, A., & Mackintosh, M. (2023, May). Engagement patterns with a mental health app for dysregulated anger and aggression: Learning from 35,355 anonymous users. Poster presented at the American Psychiatric Association Annual Meeting, San Francisco, CA, United States.

15. Marshall, Z., Mostovoy, K., **Heinz**, A.J., Davis, A., Senti, S., Taylor, K., Ramsey, K., & Owen, J. **(**April, 2023). Got Hope?: Development of a public mobile mental health app for depression and hopelessness. Poster submitted for presentation at the annual Anxiety & Depression Association of America Conference, Washington, D.C.

16. **Heinz**, A.J. (2022, September). Rising from the ashes: Healing the wounds of disaster and managing climate grief. Keynote presented at After the Fire National Wildfire Leadership Summit. Sonoma, California.

17. Jaworski, B. K., Belis, D., Anaya, D., Konishi, C. Y., Taylor, K., Ramsey, K. M., **Heinz**, A. J., Steinmetz, S., & Owen, J. E. (2022, June). COVID Coach en Español: Public mental health approaches for COVID-19. Poster presented at the annual meeting of the Society for the Psychological Study of Social Issues, San Juan, Puerto Rico.

18. Senti, S., **Heinz**, A.J., Jaworski, B. K., Owen, J. E., Moraja, G., Romano, D., Ramsey, K. M., Taylor, K. & Davis, A. (2021, June). Demonstrating the Importance of External Usability Testing in the Design of Mobile Mental Health Apps for Veterans. Symposium presented at the annual meeting of the Society for Digital Mental Health (virtual).

19. **Heinz,** A.J., Wiltsey-Stirman, S., Sharin, T., Loskot, T., Jaworski, B., McGovern, M. (2021, November). Rising from the ashes by expanding access to community care: Lessons learned from dissemination and implementation of Skills for Psychological Recovery after the Northern California wildfires. In Wiltsey-Stirman S. (Chair), Assessing and Understanding Fidelity to Interventions for Individuals with PTSD or Trauma Exposure in Public Mental Health Settings. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapy (virtual).

20. Jaworski, B. K., Taylor, K., Ramsey, K. M., **Heinz**, A. J., Steinmetz, S., & Owen, J. E. (2021, November). COVID Coach: Examining uptake and usage of a public mental health app for the COVID-19 pandemic. In H.W. Hallenbeck (Chair), *Disseminating CBT principles through mobile mental health apps: An evaluation of self-management apps from VA's National Center for PTSD*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (virtual).

21. Jaworski, B. K., Taylor, K. Ramsey, K. M., **Heinz**, A. J., Steinmetz, S., & Owen, J. E. (2021, November). In P. McGee-Vincent (Chair), Self-Care during the COVID-19 pandemic: Deploying mobile mental health resources to support service members, veterans, and the public. Symposium presented at the Technology, Mind, and Society conference (virtual).

22. Jaworski, B. K., Taylor, K., Ramsey, K. M., **Heinz**, A.J., Steinmetz, S., & Owen, J. E. (2021,

June). COVID Coach: Creation and evaluation of a public mental health app for pandemic-related stress. In S. Seedat & M. Olff (Chairs), PTSD-focused eHealth interventions. Symposium presented at the annual meeting of the World Congress of Biological Psychiatry (virtual).

23. Rhodes, L., **Heinz**, A.J., Wiltsey-Stirman, S., Jaworski, B.K., Sharin, S., Steinmetz, S. Taylor, K., Gorman, B., Mason, D. & McGovern, M. (April, 2021). Rising From the Ashes: A Digital Mental Health Intervention to Support Students of California Wildfires. Poster presented at the American Education Research Association annual conference. Virtual.

24. Gomez, M.A.*, Meffert, B.N.*, Lucas, E.L.*, Mosich, M.*, Berkemeyer, M.*, **Heinz**, A.J. (November, 2019). A dimensional model of adversity and psychopathology: Exposure to childhood threat and deprivation and relations with depression, suicide attempt history, and obesity in US military veterans. Poster presented at the International Society of Traumatic Stress Studies annual convention. Boston, MA.

25. Meffert, B.N.*, Gomez, M.A.*, Lucas, E.L.*, Mosich, M.*, Berkemeyer, M.*, Lee, H.K. **Heinz**, A.J. (November, 2019). Mobile Cognitive Training for Military Veterans with Alcohol Use Disorder and Co-occurring Posttraumatic Stress Disorder. Poster presented at the International Society of Traumatic Stress Studies annual convention. Boston, MA.

26. Lucas, E.L.*, Meffert, B.N.*, Gomez, M.A.*, Mosich, M., Berkemeyer, M.*, **Heinz**, A.J. (July, 2019). Does executive functioning predict engagement in risky behavior?: An examination among military veterans with alcohol use disorder and PTSD. Poster presented at the International Society of Neuropsychology Meeting, Rio De Janeiro, Brazil.

27. **Heinz**, A.J., Naber, C., Mason, D. (April, 2019). Rising from the ashes: An evidence-informed model for addressing community mental-health following the NorCal firestorms. Symposium presented at the California Psychological Association annual convention. Long Beach, CA.

28. Mosich, M. K.*, Meffert, B. N.*, Santiago, R.*, Blonigen, D. M., & **Heinz**, A. J. (March, 2019). Aggressive behavior among military veterans with Alcohol Use Disorder and PTSD: A multimodal investigation of impulsivity as a transdiagnostic risk factor. Poster presented at the International Convention of Psychological Science Annual Meeting. Paris, France.

29. Gomez, M. A.*, Meffert, B.N.*, Lucas, E. L.*, Mosich, M.*, Sawicki, D.*, Cloitre, M., **Heinz**, A.J. (February, 2019). A dimensional perspective of adverse childhood experiences: Childhood exposure to threat and deprivation and adult neurocognitive characteristics among US military veterans. Poster presented at the International Society of Neuropsychology Annual Meeting, New York City, NY.

30. **Heinz**, A.H., Meffert, B.N.*, Sawicki, D.A.*, Hausman, C.*, Santiago, R.*, & Lee, H.K. (June, 2018). Mobile cognitive remediation for veterans with Alcohol Use Disorder and PTSD: A story of public private partnership. Paper presented at the 21st annual Cognitive Remediation in Psychiatry conference, Columbia University, New York, NY.

31. Meffert, B.N.*, Santiago, R.*, Regala, S.*, Sawicki, D.A.*, Hausman, C.*, & **Heinz**, A.J. (November, 2018). Does performance on neuropsychological assessments predict self-reported functioning?: An investigation among veterans with Alcohol Use Disorder and PTSD. Poster presented at the 34th Annual Meeting of the International Society for Traumatic Stress Studies, Washington, D.C.

32. Meffert, B.N.*, Morabito, D.M.*, Southwick, S.M, Pietrzak, R.H., & **Heinz**, A.J. (November, 2018). The interactive effects of age of worst trauma and trauma burden on resilience, physical health, and suicidality: Results from the National Health and Resilience in Veterans Study. Poster presented at the 52nd annual meeting of the Association for Behavioral and Cognitive Therapy, Washington, D.C.

33. Hausman C.*, Meffert B.*, Morabito, D. M.*, Sawicki D.*, Regala S.*, Southwick S., Pietrzak, R. H., & **Heinz** A. J. (September, 2018*).* Protective factors related to suicide risk and purpose in life among female United States military veterans. Poster presented at the 17th European Symposium on Suicide & Suicidal Behaviour. Evergem, Belgium.

34. Meffert, B.N.*, Morabito, D.M.*, Sawicki, D.A.*, Regala, S.*, Hausman, C.*, Southwick, S.M, Pietrzak, R.H., **Heinz**, A.J., (May, 2018). U.S. veterans who do and do not utilize VA healthcare services: Demographic, military, medical, and psychosocial characteristics. Poster presented at the 30th annual Convention of the Association for Psychological Science, San Francisco, CA.

35. **Heinz**, A.J., Meffert, B.N.*, Sawicki, D.A.*, Blonigen, D., Wong, J., Timko, C., Cronkite, R. (May, 2018). Employment characteristics, work environment, and the course of depression over 23 years: Does employment help foster resilience? Poster presented at the 30th annual Convention of the Association for Psychological Science, San Francisco, CA.

36. Sawicki, D.A.*, Meffert, B.N.*, Hausman, C.*, Santiago, R.*, & **Heinz**, A.J (May, 2018). Distress tolerance, emotional awareness, hopefulness, and suicidality: An examination among military veterans with Alcohol Use Disorder and PTSD. Poster presented at the 30th annual Convention of the Association for Psychological Science. San Francisco, CA.

37. Santiago, R.*, Meffert, B. N.*, Hausman, C.*, Sawicki, D.A.*, & **Heinz**, A.J. (May, 2018*).* Anger, aggression, and impulsivity: A multimodal investigation among military veterans with Alcohol Use Disorder and PTSD. Poster presented at the 30th annual convention of the Association for Psychological Science. San Francisco, CA.

38. Hausman, C.*, Meffert, B.N.*, Santiago, R.*, Sawicki, D.*, Song, E.*, & **Heinz**, A.J. (November, 2017). Impulsivity and cognitive flexibility as neuropsychological markers for suicide risk: A multi-modal investigation among military veterans with Alcohol Use Disorder and PTSD. Paper presented at the 51st annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA

39. Meffert, B.N.*, Hausman, C.*, Santiago, R.*, Sawicki, D.*, Song, E.*, Lee, H.K., & **Heinz**, A.J. (October, 2017). Mobile cognitive and implicit bias training for military Veterans

with Alcohol Use Disorder and co-occurring Posttraumatic Stress Disorder. Poster presented at the 3rd Annual Innovations in Psychiatry and Behavioral Health Conference. Stanford, CA.

40. Meffert, B.N.*, Lai, J.*, Tobin, C.*, Cloitre, M., Woodward, S., & **Heinz**, A.J. (November, 2017). Interpersonal violence has unique associations with neurocognitive functioning: An examination among military veterans with Alcohol Use Disorder and PTSD. Poster presented at the 33rd Annual Meeting of the International Society for Traumatic Stress Studies (ISTSS). Chicago, IL.

41. Blonigen, D., Manfredi, L., Bi, X., Suarez, P., Nevedal, A., **Heinz**, A.J., Vashi, A., Wagner, T., & Timko, C. (July, 2017). Veterans who frequently utilize psychiatric emergency services: A qualitative study of barriers and facilitators to reducing service utilization. Poster presented at the VA Health Service Research and Development annual meeting. Washington, D.C.

42. Meffert, B.N.*, Banducci, A.N., Alvarez, J., **Heinz**, A.J., & Bonn-Miller, M.O. (April, 2017). Changes in distress tolerance across treatment are associated with residential PTSD treatment retention. Poster presented at the 37th Annual Meeting of the Anxiety and Depression Association of America, San Francisco, CA.

43. **Heinz**, A.J., Cohen, N.L.*, Meffert, B.*, Freeman, M.A., Harpaz-Rotem, I., Southwick, S., & Pietrzak, R.H. (April, 2017). Entrepreneurship is linked to psychological resilience in military veterans: Results from the National Health and Resilience in Veterans Study. Poster presented at the Anxiety and Depression Association of America annual conference. San Francisco, CA.

44. Tobin, C.* Meffert, B.*, Lai, J.*, Bonn-Miller, M.O. & **Heinz**, A.J. (March, 2017). Relations between performance on neuropsychological assessments and perceived real-world psychosocial functioning among veterans with traumatic brain injury, Alcohol Use Disorder, and PTSD. Poster presented at the 7th Annual Traumatic Brain Injury Research Forum of the Defense and Veterans Brain Injury Center and Polytrauma Services of VA Palo Alto Health Care System; Palo Alto, CA. Poster also presented at the Stanford Neuroscience Forum (June, 2017).

45. **Heinz**, A.J., Meffert, B.*, Tobin, C.*, Lai, J.*, Lee, K., & Bonn-Miller, M.O. (March, 2017). Mobile cognitive training for military veterans with Alcohol Use Disorder and co-occurring Posttraumatic Stress Disorder. Poster presented at the Experiential Technology and Neurogaming Conference and Expo, San Francisco CA.

46. Lai, J.*, Cohen, N.*, Tobin, C.*, Meffert, B.*, Blonigen, D, Bonn-Miller, M.O., & **Heinz**, A.J. (February, 2017). Subjective and objective measures of impulsivity: Relations with clinical symptom severity and psychosocial functioning among military veterans with Alcohol Use Disorder and Posttraumatic Stress Disorder. Poster presented at the International Society of Neuropsychology 45th Annual Meeting, New Orleans, LA.

47. **Heinz**, A.J., Cohen, N.L.*, Ortigo, K.M., Herbst, E., Bosch, J., & McCaslin, S. (November,

2016). The role of cognitively flexible coping, social support, and optimism in posttraumatic growth: A post-deployment examination among Iraq and Afghanistan combat veterans. Poster presented at the 32nd annual meeting of the International Society for Traumatic Stress Studies, Dallas, Texas.

48. Paige, L., Bergmann, J., Renshaw, K.D., & **Heinz**, A.J. (November, 2016). The role of personality traits in the post-trauma outcomes of combat veterans: An examination of posttraumatic stress and posttraumatic growth. Paper presented at the 32nd annual meeting of the International Society for Traumatic Stress Studies, Dallas, Texas.

49. Cohen, N.*, Teague, A.*, Lai, J.*, Tobin, C.*, Bonn-Miller, M.O. & **Heinz**, A.J. (June, 2016) Subjective memory complaints are better explained by posttraumatic stress disorder symptom severity than objective memory performance among military veterans with traumatic brain injury, PTSD, and alcohol use disorder. Poster presented at the Stanford University School of Medicine Neuroscience Forum

50. Sottile, J. E., Haug, N. A., Padula, C. B., **Heinz**, A. J., & Bonn-Miller, M. O. (June, 2016). The relationship of age to cannabis use and motives for use among medical cannabis dispensary patients. Poster presented at the 78th annual meeting of the College on Problems of Drug Dependence, Palm Springs, CA.

51. Bonn-Miller, M. O., Sottile, J. E., Padula, C. B., **Heinz**, A. J., & Haug, N. A. (June, 2016). Routes of cannabis consumption as a function of clinical status. In A. M. Leventhal & M. O. Bonn-Miller (Chairs), Not your average joint: Alternative methods of cannabis consumption. Paper presented at the 78th annual meeting of the College on Problems of Drug Dependence, Palm Springs, CA.

52. **Heinz**, A.J., Cohen, N.*, Teague, A.*, Knight, C.*, Lee, K., & Bonn-Miller, M.O. (May, 2016). Cognitive Remediation for Alcohol Use Disorder and Co-occurring Posttraumatic Stress Disorder: A Pilot Study of a Tailored Cognitive Training Intervention for Military Veterans. Poster presented at the Experiential Technology and Neurogaming Conference and Expo, San Francisco CA.

53. Cohen, N.*, Teague, A.*, Knight, C.*, Bonn-Miller, M.O. & **Heinz**, A.J. (March, 2016). Posttraumatic stress symptoms better account for subjective memory complaints than objective memory performance: An examination among military veterans with posttraumatic stress disorder, alcohol use disorder, and traumatic brain injury. Poster presented at the 6th Annual Defense and Veterans Brain Injury Center and Palo Alto VA TBI Research Forum. Palo Alto, CA.

54. **Heinz**, A.J., Holleran, L.*, Cohen, N.*, Landis-Shack, N.*, Alvarez, J., & Bonn-Miller, M.O. (November, 2015). Demographic and psychosocial correlates of gun ownership among military veterans with PTSD. Poster presented at the 49th annual meeting of the Association for Behavioral and Cognitive Therapy, Chicago, IL.

55. **Heinz**, A.J., Hasan, N., Babson, K.A., Banducci, A., & Bonn-Miller, M.O. (November, 2015). The prospective effects of behavioral and self-report distress tolerance on cannabis use following a self-guided quit attempt. In Szuhany, K. (Chair), Motivating escape and avoidant coping: The impact of distress intolerance on health behaviors. Paper presented

at the 49th annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

56. Schmeling, B.*, **Heinz**, A. J., Pennington, D. L., Cohen, N.*, Lasher, B. A., Schrodek, E., Yohannes, S., McDonald, J., & Batki, S. L. (June, 2015). An examination of relations between cognitive functioning and alcohol use and craving among military veterans with alcohol use disorder and trauma exposure. Poster presented at the 38th annual meeting of the Research Society on Alcoholism, San Antonio, TX.

57. Bonn-Miller, M. O., **Heinz**, A. J., Smith, E. V., Bruno, R., & Adamson, S. (June, 2015). Development of a brief cannabis use disorder screening tool: The CUDIT Short-Form. Poster presented at the 77th annual meeting of the College on Problems of Drug Dependence, Phoenix, AZ.

58. **Heinz,** A. J., Cohen, N.*, Landis-Shack, N.*, Holleran, L.*, Baldini, L.*, Franklin, A.*, Luk, C. H., Lee, H., & Bonn-Miller, M. O. (May, 2015). Cognitive remediation for Alcohol Use Disorder and co-occurring Posttraumatic Stress Disorder: A pilot study of usability, feasibility, and acceptability of a tailored cognitive training intervention for military veterans. Poster presented at the Entertainment Software and Cognitive Neurotherapeutics Society Meeting, San Francisco, CA.

59. Bonn-Miller, M. O., Ilgen, M., **Heinz**, A. J., & Baldini, L. L. (November, 2014). Pain, strains, and addiction. Poster presented at the 13th annual ASRA Pain Medicine Meeting, San Francisco, CA.

60. Babson, K. A., **Heinz**, A. J., Ramirez, G., Puckett, M., Irons, J. G., Bonn-Miller, M. O., & Woodward, S. H. (November, 2014). The interactive role of exercise and sleep on veteran recovery from symptoms of PTSD. In Y. Nillni (Chair), Trauma exposure and health outcomes: New findings from basic and intervention research. Paper presented at the 30th annual meeting of the International Society for Traumatic Stress Studies, Miami, FL.

61. Bui, L.*, Howard, D. T., **Heinz**, A. J., & Blonigen, D. M. (2014, May). Impulsivity and cognitive functioning predict coping and self-efficacy among substance abuse patients. Poster presented at the 26th annual Association for Psychological Science, San Francisco, CA.

62. **Heinz**, A. J., Schultz, N. R., Makin-Byrd, K., Blonigen, D. M., & Timko, C. Posttraumatic stress, impulsivity and aggressive behavior among substance use disorder treatment patients (May, 2014). Poster presented at the 26th annual Association for Psychological Science, San Francisco, CA.

63. Irons, J. G., **Heinz**, A. J., Babson, K. A., Boden, M. T., Feldner, M.T., & Bonn-Miller, M. O. (April, 2014). Development and evidence for a caffeine motives questionnaire. Poster presented at the 35th annual meeting and scientific sessions of the Society of Behavioral Medicine, Philadelphia, PA.

64. Batki, S.L., Pennington, D.L., Lasher, B.A., Herbst, E., Metzler, T., Delucchi, K., Richards, A., **Heinz**, A.J., Neylan, T.C. (December, 2013). Topiramate effects on sleep in veterans with

PTSD and Alcohol Dependence: A pilot controlled trial. Poster presented at the American Academy of Addiction Psychiatry, Scottsdale, AZ.

65. **Heinz**, A. J., Peters, E. N., Boden , M. T., & Bonn-Miller, M. O. (November, 2013). Delay discounting as a predictor of cannabis use outcomes following a self-guided cessation attempt: A comprehensive examination among a clinical sample of U.S. military veterans. In K.M. Avallone and A. C. McLeish (Chairs), Mechanisms Underlying Tobacco and Marijuana Use and Cessation. Paper presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

66. **Heinz,** A.J., Waldrop, A., Kalapatapu, R., Lasher, B., Roth, J.* & Batki, S.L. (November, 2013). The influence of executive functioning on the relation between alcohol use and PTSD symptom severity across treatment among military veterans. Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

67. Batki, S.L, Pennington, D.L., Lasher, B.A., Metzler, T., Herbst, E., Waldrop, A., Neylan, T.C., Kalapatapu, R., **Heinz**, A.J. (June, 2013) Predictors of outcome in a pilot controlled trial of Topiramate for Alcohol Dependence in veterans with PTSD. Poster presented at the Annual Research Society on Alcoholism, Orlando, FL.

68. Santos, G.-M., Lasher, B.A., **Heinz**, A.J., Kalapatapu, R.; Herbst, E., Metzler, T., Waldrop, A., Neylan, T.C., Tarasovsky, G., Prathikanti, S., Jatlow. P. & Batki, S.L. (June, 2013). Urinary Ethyl Glucuronide and Ethyl Sulfate testing to evaluate the efficacy of topiramate treatment of alcohol dependence in veterans with post-traumatic stress disorder. Poster presented at the Research Society on Alcoholism, Orlando, FL.

69. Batki**,** S.L**.,** Lasher, B.A., **Heinz**, A.J., Santos, G.M., Herbst, E., Metzler, T., Waldrop, A., Neylan, T.C., Tarasovsky, G. & Prathikanti, S. (December, 2012). Topiramate treatment of alcohol dependence in veterans with PTSD: Preliminary analysis of outcome from a pilot controlled trial. Presented at the American Academy of Addiction Psychiatry, Annual Meeting, Miami, FL.

70. Braun, A.R., Conrad, M., Giedgowd, G., Crane, N., Greenstein, J., Colflesh, G., Veilleux, J., **Heinz**, A.J. & Kassel, J.D. (November, 2012). The effects of nicotine on selective attention. Poster presented at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

71. **Heinz**, A.J., Babson, K.A., Bucossi, M.M., Trafton, J.A., & Bonn-Miller, M.O. (November, 2012). The impact of problematic alcohol use on memory functioning among an HIV positive sample. Poster presented at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

72. **Heinz**, A.J., Waldrop, A., & Thomas, S.E. (November, 2012). Delay discounting in non-treatment seeking individuals with alcohol dependence: Relationships with negative emotionality, drinking motives and disinhibition. Poster presented at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

73. **Heinz**, A.J., Waldrop, A., Lasher, B.A., Herbst, E., Metzler, T., Prathikanti, S., Neylan, T., Tarasovsky, G., & Batki, S.L (November, 2012). PTSD symptoms predict alcohol cravings

and obsessions across a trial of topiramate for alcohol dependence in veterans with PTSD. Poster presented at the International Society for Traumatic Stress Studies, L.A., CA.

74. Batki, S.L., Lasher, B.A., **Heinz**, A.J., Waldrop, A., Herbst, E., Prathikanti, S., Metzler, T., Neylan, T., & Tarasovsky, G., (June, 2012). Impulsivity, memory and executive functioning as outcome predictors in a trial of Topiramate for alcohol dependence in veterans with PTSD. Poster presented at the Research Society on Alcoholism, San Francisco, CA.

75. **Heinz**, A.J., Waldrop, A., Lasher, B.A., Herbst, E., Prathikanti, S., Metzler, T., Neylan, T., Tarasovsky, G., & Batki, S.L. (June, 2012). Cognitive functioning, impulsivity and risk-taking: Relationships with measures of clinical symptomology in veterans with PTSD and Alcohol Dependence. Poster presented at the Research Society on Alcoholism, San Francisco, CA.

76. Batki, S.L., Lasher, B.A., Herbst, E., Prathikanti, S., Metzler, T., Neylan, T., Waldrop, A., **Heinz**, A.J., & Tarasovsky, G. (June, 2012). Smoking and non-alcohol substance use in veterans with PTSD and alcohol dependence. Orally presented at the College for Problems on Drug Dependence, Palm Springs, CA.

77. Braun, A.R., Kassel, J., **Heinz,** A.J., Conrad, M., Weber, S. (November, 2011). Negative life events and depression impact adolescent substance use. Poster presented at the Caribbean Regional Conference of Psychology, Nassau, Bahamas.

78. **Heinz**, A.J., Lilje, T.C.*, Monroe, S.*, de Wit, H. & Kassel, J.D. (November, 2011). Caffeine, alcohol and risky behavior: The separate and combined influence of caffeine and alcohol on subjective experience. Poster presented at the Association for Behavioral and Cognitive Therapy 45th annual convention, Toronto, Canada.

79. Newcomb, M.E., **Heinz**, A.J., & Mustanski, B. (November, 2011). Alcohol use trajectories in a longitudinal sample of LGBT youth: An analysis of risk and protective factors. Paper presented at the annual mtg. of the Society for the Scientific Study of Sexuality, Houston, TX.

80. **Heinz,** A.J., Beidas, R., Suarez, L., Martinez, W., Simpson, D., Woods, B. & Braun, A. (November, 2011). Therapist attitudes about integrated care for traumatic stress and substance abuse: Instrument development and implications for practice. In R. Beidas, Chair, Measurement in dissemination and implementation science. Paper presented at the Association for Behavioral and Cognitive Therapy 45th annual convention, Toronto, Canada.

81. Mustanski, B. Newcomb, M., **Heinz,** A.J., Birkett, M. & Ashback, A. (August, 2011). Sex differences in developmental trajectories of sexual attractions among LGBT youth. Poster presented at the International Academy of Sex Researchers annual meeting, Los Angeles, CA. *Awarded best poster for a senior investigator.*

82. Olejarska, N.A.*, **Heinz,** A.J., Kassel, J.D. (April, 2011). An examination of harm perception in young adults reporting waterpipe use: Profile comparisons between waterpipe users that

smoke cigarettes and those who do not. Poster presented at the Midwestern Psychological Association annual meeting, Chicago, IL.

83. Lilje, T.C.*, **Heinz,** A.J., Kassel, J.D. (May, 2011). A process-oriented analysis of the Balloon Analogue Risk Task's sensitivity to acute alcohol consumption. Poster presented at the Midwestern Psychological Association annual meeting, Chicago, IL.

84. **Heinz,** A.J., Suarez, L.M., & Abdul-Adil, J. (November, 2010). Relationship between adolescent's traumatic stress symptoms and craving for drugs and alcohol over the course of residential treatment: A case study examination. Poster presented at the Association for Behavioral and Cognitive Therapy 44th annual convention, San Francisco, CA.

85. Conrad, M., Kassel, J.D., Veilleux, J., **Heinz**, A.J., Braun, A.R. & Roesch, L. (November, 2010). Stability of emotional response in adolescent smokers and nonsmokers: A longitudinal analysis. Poster presented at the Association for Behavioral and Cognitive Therapy 44th annual convention, San Francisco, CA.

86. **Heinz**, A.J., Abdul-Adil, J., Suarez, L., Rechlicz, K., Hartle, N., Farmer, D., & Taylor-Crawford, K. (September, 2010). Risk and protective factors for substance use among youth in treatment for disruptive behavior disorders. Poster presented at the University of Illinois Chicago Annual Research Day, Chicago, IL.

87. Monroe, S.J.*, **Heinz,** A.J., Kassel, J.D. (May, 2010). Effects of alcohol and caffeine on sexual aggression and its moderators. Poster presented at the Midwestern Psychological Association annual meeting, Chicago, IL.

88. **Heinz,** A.J., Kassel, J.D., Veilleux, J.C., Braun, A., Conrad, M., Greenstein, J., Evatt, D., Wardle, M., Roesch, L., and Mermelstein, R. (February, 2010). The acute effects of cigarette smoking on negative affect moderates nicotine dependence over time in adolescents. Orally presented at the Society for Research on Nicotine & Tobacco 16th annual mtg., Baltimore, MD.

89. Veilleux, J.C., Kassel, J.D., **Heinz**, A.J., Roesch, L., Braun, A., Conrad, M., Greenstein, J., Wardle, M.C., & Evatt, D.P. (February, 2010). Puffing behavior across a single cigarette for light adolescent smokers is influenced by nicotine dependence, depression and anxiety. Poster presented at the Society for Research on Nicotine & Tobacco 16th annual mtg., Baltimore, MD.

90. Veilleux, J.C., Kassel, J.D., Wardle, M.C., **Heinz**, A.J., Greenstein, J., Evatt, D.P., Braun, A., Roesch, L., Segawa, E., & Berbaum, M.L. (2009). Cigarette smoking reduces negative affect in adolescent smokers: concordance across self-report and psychophysiological measures. Poster presented at the annual mtg. of the Society for Psychophysiological Research, Berlin, Germany.

91. **Heinz, A.J.,** Kassel, J.D., Veilluex, J.C., Braun, A., Wardle, M.C., Greenstein, J., Roesch, L., Evatt, D., Yates, M., & Drobes, D.J. (June, 2009). The separate and combined effects of alcohol and nicotine interact with drug-related negative affect reduction expectancies to predict startle reflex in response to a stressor. Poster presented at the 32nd annual meeting of the Research Society on Alcoholism, San Diego, CA.

92. Braun, A.R., Kassel J.D., Wardle, M.C., Veilleux, J.C., **Heinz**, A.J., Evatt, D., Greenstein, J. & Yates, M. (2009). The synergistic effects of alcohol and nicotine on self-reported anxiety. Poster presented at the 32nd Annual Meeting of the Research Society on Alcoholism, San Diego, California.

93. **Heinz,** A.J., Kassel, J.D., & Mermelstein, R. (May, 2009). Adolescent's expectancies for smoking to regulate affect predict smoking outcomes over time. Poster presented at the 21st annual convention of the Association for Psychological Science, San Francisco, CA.

94. Roesch, L.L., Kassel, J.D., Greenstein, J.E., Wardle, M.C., Evatt, D.P., Veilleux, J.C., & **Heinz,** A.J. (October, 2008). Emotional responsiveness to affective stimuli: Aggression in adolescence. Poster presented at the annual mtg. of the Society for Psychophysiological Research, Austin, TX.

95. **Heinz**, A.J., Kassel, J., Evatt, D., Wardle, M., Veilleux, J., Greenstein, J., Yates, M., & Roesch, L. (August, 2008). Smoking's effect on emotion in adolescent smokers: Reactivity to affective cues. Orally presented at the 7th annual Charite Conference on Psychiatric Research: Emotional Neuroscience, Berlin, Germany.

96. Kassel, J., Evatt, D., Wardle, M., Veilleux, J., Greenstein, J., **Heinz**, A.J., Yates, M., & Roesch, L. (March, 2008). Does smoking a cigarette exert acute effects on emotional response in adolescent smokers? Presented at the biennial mtg. of the Society for Research on Adolescence, Chicago, IL.

97. **Heinz**, A.J., Kassel, J.D., & Mermelstein, R. (February, 2008). Coping motives and negative affect relief expectancies for smoking predict increase in nicotine dependence among adolescent smokers. Poster presented at the Society for Research on Nicotine & Tobacco 14th annual mtg., Portland, OR.

98. Greenstein, J.E., Kassel, J.D., Wardle, M.C., Veilleux, J.C., Evatt, D.P., **Heinz**, A.J., Roesch, L., & Yates, M.C. (February, 2008). The acute effects of nicotine on working memory performance in non-abstinent smokers. Poster presented at the 14th annual mtg. of the Society for Research on Nicotine and Tobacco, Portland, OR.

99. Kassel, J.D., Greenstein, J.E., Wardle, M.C., **Heinz**, A.J., Veilleux, J.C., Evatt, D.P., Roesch, L., & Yates, M. (February, 2008). The acute effects of cigarette smoking on self-report and psychophysiological measures of affect in adolescent smokers. In R. Mermelstein, Chair, Integrating laboratory, field, and observational methods to examine the social-emotional contexts of adolescent smoking. Paper presented at the 14th Annual Meeting of the Society for Research on Nicotine and Tobacco, Portland, Oregon.

100. Veilleux, J.C., Kassel, J.D., Roesch, L., **Heinz**, A.J., & Wardle, M.C. (May, 2007). Using cognitive appraisals to better understand laboratory emotion induction. Poster presented at the annual meeting of the Association for Psychological Science, Washington D.C.

101. **Heinz**, A.J., Mermelstein, R., & Kassel, J.D. (February, 2007). Pubertal timing, self image, and smoking escalation among adolescent females. Poster presented at the Society for Research on Nicotine & Tobacco 13th annual mtg., Austin, TX.

102. Veilleux, J.D., Kassel, J.D., Roesch, L., & **Heinz**, A.J. (January, 2007). Is all positive affect the same? Differentiating between two positive emotion induction procedures. Poster presented at the Emotion Pre-conference at the annual meeting of the Society for Personality and Social Psychology, Memphis, TN.

103. **Heinz**, A.J., Belendiuk, K., Epstein, D.H., & Preston, K.L. (June, 2006). Beck Depression Inventory scores and drug use in methadone-maintained outpatients. Poster presented at the College on Problems of Drug Dependence, 68th annual mtg., Scottsdale, AZ.

104. **Heinz**, A.J., Waters, A., Taylor, R., Myers, C., Singleton, E., & Heishman, S. (February, 2006). Effect of tobacco deprivation on the attentional blink in rapid serial visual presentation. Poster presented at the Society for Research on Nicotine & Tobacco, 12th Annual Meeting, Orlando, FL.

105. **Heinz**, A.J., Epstein, D.H., & Preston, K.L. (May, 2005; June, 2005). Spiritual/Religious experiences and in-treatment outcome in an inner-city program for heroin and cocaine dependence. Poster Presented at The NIH annual research symposium, Bethesda, MD, and The 67th Annual Meeting, College on Problems of Drug Dependency, Orlando, FL.

106. **Heinz**, A.J., Schroeder, J., Epstein, D.H., Singleton, E., Heishman, S., Preston, K.P., (October, 2005). Craving and cocaine and heroin use during treatment: Measurement validation and potential relationships. Poster presented at The Association for Medical Evaluation and Research in Substance Abuse, 29th Annual Conference, Washington, D.C., and orally presented at the Pre-IRTA Seminar Series, Bethesda, MD.

107. **Heinz**, A.J. & Bartholow, B., (November, 2003; April, 2004). Alcohol and aggression without consumption: Alcohol cues, aggressive thoughts, and hostile perception bias. Poster presented at the Triangle Undergraduate Research Symposium, Duke University, and The Office of Undergraduate Research Annual Symposium, UNC-Chapel Hill.

Media

- Associated Press. July 15th, 2025. https://apnews.com/article/texas-floods-kerrville-texas-volunteers-comfort-fema-34202b136b95ab6bf456c57855a1af9c
- The Guardian. May 26th, 2025. https://www.theguardian.com/us-news/2025/may/26/extreme-heat-summer-weather-forecast
- Climate One. Public Radio PRX. February 21st, 2025. https://www.climateone.org/audio/disasterology-navigating-fossil-fueled-chaos
- San Francisco Chronicle. February 1st, 2025. https://www.sfchronicle.com/health/article/california-wildfires-mental-health-trauma-20063976.php

- NPR. January 30th, 2025 https://www.capradio.org/articles/2025/01/30/as-wildfires-disrupt-los-angeles-schools-experts-begin-to-study-mental-health-effects-on-students/
- Stanford Magazine. January 21st, 2025. https://stanfordmag.org/contents/how-to-cope-after-a-megafire
- Associated Press. January 14th, 2025. https://apnews.com/article/california-wildfires-palisades-eaton-los-angeles-21ca02ac9b897fd1eddef8c5e8dd3c25
- Vox. November 11th, 2024. https://www.vox.com/even-better/383873/coping-strategies-trump-presidency-processing
- Press Democrat. October 24th, 2024. https://www.pressdemocrat.com/article/news/election-anxiety-coping/
- VA News. July 16th, 2024. https://news.va.gov/133142/having-thoughts-of-suicide-plan-could-save-life/
- Newsweek, April 3rd, 2024. https://www.newsweek.com/five-compelling-ways-approach-caring-people-communities-trauma-opinion-1886177
- Parenting Magazine. August 3rd, 2023. https://www.parents.com/parents-on-preventing-back-to-school-burnout-7514782
- Fire Adapted Communities Learning Network. April 6th, 2023. https://fireadaptednetwork.org/sonoma-wildfire-mental-health-collaborative/
- Hub-Spot. April 21st, 2023. https://blog.hubspot.com/the-hustle/friendship-apps
- New York Magazine – The Cut. September 19th, 2022. https://www.thecut.com/2022/09/sobriety-and-climate-change.html
- Self Magazine. August 4th, 2022. https://www.self.com/story/processing-trauma
- Self Magazine. May 17th, 2022. https://www.self.com/story/healing-from-trauma
- Psychology Today. March 14th, 2022. https://www.psychologytoday.com/us/blog/combating-climate-dread/202203/how-fight-climate-dread
- The Hustle. February 16th, 2022. https://blog.hubspot.com/the-hustle/recover-from-burnout
- Business Insider. December 27th, 2021. https://www.businessinsider.com/business-owner-burnout-mental-health-holiday-season-2021-11
- How to Disaster Podcast. May 10th, 2021. "How to Design and Implement a Mental Health Collaborative": https://afterthefireusa.org/adrienne-heinz-phd/
- Outside Magazine. December 3rd, 2020. https://www.outsideonline.com/outdoor-adventure/environment/wildfire-survivors-mental-health-trauma/
- Wired Magazine. June 4th, 2020. https://www.wired.com/story/crisis-fatigue/
- Wired Magazine. May 4th, 2020. https://www.wired.com/story/this-mental-health-app-is-tailor-made-for-your-pandemic-woes/
- Sonoma Magazine. April 23rd, 2020. https://www.sonomamag.com/local-experts-develop-covid-19-mental-health-self-care-app/?fbclid=IwAR0yUKNIZ0DNniAKGELpiw0w-UR56j1DCO6uXF1WqoX2FgPiebOOICYusD8
- CNN. April 29th, 2020. https://www.cnn.com/2020/04/20/health/only-child-shelter-in-place-coronavirus-wellness/index.html
- Wired Magazine. March 31st, 2020. https://www.wired.com/story/why-life-during-a-pandemic-feels-so-surreal/
- Teen Vogue. November 19th, 2019. https://www.teenvogue.com/story/california-wildfires-why-happening

- Wired Magazine. October 24th, 2019. https://www.wired.com/story/kincade-fire/
- Northern California Public Media. September 12th, 2019. https://norcalpublicmedia.org/2019090327322/krcb-news-feed/housing-insecurity-is-taking-a-toll-on-youth-s-health
- The Guardian. August 26th, 2019. https://www.theguardian.com/world/2019/aug/26/climate-change-mental-health-wildfires-santa-rosa?fbclid=IwAR1643l8shg7lRd-FQfucQMW7twO4LS61TO0z58uinX60NkudR0qoMau_xN4
- The Sacramento Bee. August 2nd, 2019. https://www.sacbee.com/news/california/fires/article233034687.html
- Wired Magazine. October 8th, 2018. https://www.wired.com/story/wildfires-mental-health/
- Sonoma Magazine. October, 2018. https://www.sonomamag.com/fire-survivors-continue-to-receive-free-therapy-and-yoga-through-local-mental-health-collaborative/
- US News and World Report. May 23rd, 2018. https://health.usnews.com/health-care/patient-advice/articles/2018-05-22/accessing-the-mental-health-benefits-of-music-therapy
- Press Democrat. March 4th, 2018. http://www.pressdemocrat.com/news/8051277-181/mental-health-collaborative-tackles-fire-related
- Press Democrat. March 1st, 2018. http://www.pressdemocrat.com/news/8062547-181/threats-of-violence-at-sonoma
- CNN. February 10th, 2016. http://money.cnn.com/video/technology/2016/02/10/mostly-human-tech-entrepreneurship-silicon-valley-depression-suicide.cnnmoney/index.html.
- The San Francisco Chronicle. September 5th, 2015. http://www.sfchronicle.com/business/article/Tech-offers-little-help-to-founders-struggling-6487537.php
- Reuters Health. February 21st, 2014. http://www.reuters.com/article/2014/02/21/us-hookah-harmless-idUSBREA1K1VX20140221
- ABC. January 30th, 2014. http://www.abc.net.au/health/thepulse/stories/2014/01/30/3934877.htm
- Reuters Health. January 7th, 2014. http://uk.reuters.com/article/2014/01/07/us-teens-hookah-idUKBREA060T920140107
- University of Illinois Chicago. The Chicago Flame. November 8th, 2010. *Adding perspective to your blackout.*

MENTORSHIP EXPERIENCE

Graduate Student Clinical Practicum Supervisor October 2014 – Present

- Supervise psychiatric and neuropsychological assessment hours for Stanford and Palo Alto University clinical psychology doctoral students. Help prepare students to apply for clinical doctoral internship. Provide research mentorship via supervision of independent research projects, conference presentations, and ad-hoc journal manuscript reviewing opportunities. Oversee completion of student dissertations with laboratory data. 11 students to date. See * above for activities related to student research mentorship.

Undergraduate and Post-Baccalaureate Research Mentor August 2014 – Present

- Supervise undergraduate and post-baccalaureate research assistants on the conduct of study protocols within the Substance and Anxiety Intervention Laboratory. Mentor independent research projects including conference presentations and preparation of manuscripts for

publication. Provide ad-hoc journal manuscript reviewing opportunities. Help prepare students for application to graduate school via development of CV and research statements. 7 students to date. See * above for activities related to student research mentorship.

Undergraduate Research Mentor May 2009 – September 2011

- Independently supervised the research of 3 undergraduate Honors Capstone Projects; helped mentees to identify, apply and successfully obtain funding for research expenses and conference registration fees (all three awarded Nancy Hirschberg Memorial Grants for Undergraduate Research); second authored student's peer-reviewed conference presentations; co-authored manuscripts for publication with students

- Created a highly structured research practicum sponsored by my dissertation grant; oversaw the training of 16 undergraduate research assistants; taught monthly professional development seminars (e.g., SPSS training, Ethical Responsibilities and Cultural Sensitivity in Research, Reference Management, Literature Searches, Scientific Writing Skills); advised students on post-baccalaureate opportunities and graduate school

Laboratory Graduate Supervisor August 2006 – April 2009

- Trained and supervised undergraduate research practicum students recruited by my advisor
- Oversaw student's participation in ethics training and data collection for an NIH-funded study; confirmed fidelity to the research protocol, established and explained inter-rater reliability on scoring of psychophysiological data, conducted basic training on data management software to facilitate data entry initiatives

Mentorship Consultant Spring 2011

- Authored an informal guide for effective mentorship of undergraduate research students for PIs at University of Chicago, Department of Psychiatry
- Consulted with several graduate student colleagues to discuss and share mentorship experiences and standard operating procedures

TEACHING EXPERIENCE

Teaching Practicum August 2008 – May 2009

- Completed a year-long course on instruction in psychology (2 hours weekly)
- Underwent two formal in-classroom teaching evaluations by practicum instructor
- Presented video-taped teaching demonstrations for class discussion

Instructor University of Illinois at Chicago, Chicago, IL

Research Methods and Design Spring 2009

- Taught 25 students and handled all responsibilities as an instructor and teaching assistant including syllabus conception, lecture and discussion planning, test construction, development of writing assignments, and grading

Graduate Teaching Assistant August 2006 – May 2011

University of Illinois at Chicago, Chicago IL

Psychological Testing Fall 2010, Spring 2011

- Provided intensive guidance and feedback to students on a semester-long project to develop their own psychometric tool; fostered students' appreciation for careful attention to evidence supporting reliability and validity of assessments

Applied Fieldwork in Psychology Fall 2009 – Spring 2010

- Helped students develop empirical studies at internship sites to facilitate an appreciation for scientific rigor and evidence based practices in applied settings
- Independently conducted a series of lecture-based seminars on scientific writing

Introductory Psychology Fall 2006, Spring and Fall 2007, Spring 2008, Fall 2009

- Independently led multiple introductory psychology discussion sessions on a weekly basis
- Employed a variety of strategies to engage students from diverse backgrounds to communicate and work as groups to learn core course concepts

Abnormal Psychology Fall 2008, Spring 2009, Spring 2011

- Assisted students with scientific writing skills and managed course grades
- Provided guidance on how to think critically when reviewing scientific literature on psychological disorders

Psychology of Interviewing Fall 2008

- Supervised over 50 one hour interviews conducted by students with mock clients
- Provided detailed one-on-one feedback to help students improve their interviewing skills over the course of the semester
- Role played tough interviewing situations in class

PROFESSIONAL ACTIVITIES

Primary Reviewing Experience

- *Addiction*
- *Addictive Behaviors*
- *Addiction Research and Theory*
- *AIDS & Behavior*
- *AIDS Care*
- *Alcoholism: Clinical and Experimental Research*
- *American Journal of Preventative Medicine*
- *American Journal on Addictions*
- *Anxiety, Stress, & Coping*
- *Biological Psychiatry*
- *Cognitive Therapy and Research*
- *Comprehensive Psychiatry*
- *Current Psychiatry Reports*
- *Current Psychiatry Reviews*

- *Drug and Alcohol Dependence*
- *Experimental & Clinical Psychopharmacology*
- *Human Psychopharmacology*
- *Journal of Addiction Medicine*
- *Journal of Clinical and Experimental Neuropsychology*
- *Journal of Dual Diagnosis*
- *Journal of Nervous and Mental Disease*
- *Journal of Studies on Alcohol and Drugs*
- *Journal of Substance Abuse Treatment*
- *Military Behavioral Health*
- *Military Psychology*
- *Nicotine & Tobacco Research*
- *Neuropsychopharmacology*
- *PLOS ONE*
- *Psychiatry Research*
- *Psychology of Addictive Behaviors*
- *Psychopharmacology*
- *Public Health*
- *Social Psychiatry and Psychiatric Epidemiology*
- *Stress & Health*
- *Translational Issues in Psychological Science*

Grant Reviews

- *Irish Health Research Board*
- *Defense and Veterans Brain Injury Center*

Professional Affiliations

- Association for Behavioral and Cognitive Therapy
  - Addictive Behaviors Special Interest Group
  - Neurocognitive Therapies and Translational Research Special Interest Group
- Association for Contextual Behavioral Science
- American Psychological Association
  - APA Division 2: Society for the Teaching of Psychology
  - APA Division 12: Society for a Science of Clinical Psychology
- Anxiety and Depression Association of America
- Association for Psychological Science
- California Psychological Association
- International Society for Traumatic Stress Studies
- Northern California Cognitive Behavioral Therapy Network
- Redwood Psychological Association
- Research Society on Alcoholism
- San Francisco Psychological Association
- Society for Research on Nicotine and Tobacco

Invited Talks and Lectures

- WellWithin Coach: A New Mental Health App for Women with PTSD. VA National PTSD Consultation Program. May, 2025.
- The New Concussion Coach App: Self-Management of TBI and PTSD Symptoms. VA National PTSD Consultation Program. September, 2024.
- Wildfire and Climate Change senior seminar. Cardinal Newman High School. May, 2022.
- Entrepreneur mental health and resilience building. Two Chairs CE lecture series. August, 2021.
- The future of women in psychological science. VA National Center for PTSD. April, 2021.
- The history and future of mental health in America: The digital age. Healdsburg Digitialists
- Mobile mental health in the Covid-19 pandemic. VA National PTSD Consultation Program. June, 2020.
- Development of behavioral health resources following wildfires. California Office of Emergency Services Health and Social Services. Sacramento, CA. June, 2019.
- The science of burnout in the helping profession and how to prevent it. Center for Innovation to Implementation, Palo Alto VA Healthcare System. May, 2019.
- The History (and Future) of Mental Health Care: Why Employers are Driving Change. Big Health Mental Health Awareness Speaker Series. San Francisco, CA. April, 2019.
- Talking about mental health at work: Combating stigma, reducing burnout, and promoting well-being. Big Health Mental Health Awareness Summit with Benefit Managers. San Francisco, CA. February, 2019.
- Anxiety 101: How anxiety disorders impact overall health, work, and well-being. Big Health Mental Health Awareness Summit with Benefit Managers. San Francisco, CA. December, 2018.
- Leveraging public-private technology partnerships to serve vulnerable communities: A tale of 2 apps. Center for Innovation to Implementation, Palo Alto VA Healthcare System. November, 2018.
- The science of sleep: Sleeping your way to health and happiness. Salesforce Wellness Forum. October, 2018.
- A novel model for delivering evidence-informed community mental health outreach and care post-disaster. Sonoma County Health Action Counsel, Santa Rosa, CA. September, 2018.
- Suicide and your community. Alexander Valley Film Society, Cloverdale, CA. March, 2018.
- Cannabis, changing policy, and your clinical practice. Stanford University Department of Psychiatry and Behavioral Sciences. January, 2018.
- Starting a Private Practice: Tips for building a successful and thriving practice doing what you love. San Francisco VA Medical Center, Postdoctoral Training Seminar. June, 2017.
- Characteristics of Veteran Entrepreneurs: Potential for fostering psychological and vocational resilience. National Center for PTSD, research meeting. April, 2017.
- Practical considerations for the assessment of problematic substance use. Stanford University Department of Psychiatry and Behavioral Sciences. April, 2017.
- Authorship from the clinician's perspective: Benefits, roadblocks, and tips for success. San Francisco VA Medical Center, Substance Abuse Seminar, August, 2016.

- Mobile Cognitive Remediation for Veterans with Alcohol Use Disorder and PTSD. National Center for PTSD, national research meeting, March, 2016.
- The surprising science of human resilience: Implications for fostering resilience and growth in Substance Use Disorder treatment. San Francisco VA Medical Center, Substance Abuse Seminar, February, 2016.
- PTSD and Social Anxiety: Intersections with Substance Use Disorders and implications for integrated care. Stanford University Department of Psychiatry and Behavioral Sciences. March, 2015.
- Treatment of co-occurring PTSD and SUD: Ongoing trials and future directions in the Substance Abuse and Anxiety Program. Palo Alto VA, National Center for PTSD Research Forum, October, 2014.
- Substance abuse, aggression and violence: Patterns, theories, cognitive underpinnings and treatment implications. San Francisco VA Medical Center, Substance Abuse Seminar, January, 2014.
- Addressing the intersection of traumatic stress and addictive behaviors. Palo Alto VA Trauma Recovery Program in-service presentation. January, 2014.
- Cognitive and affective processes in addictive behavior: Translations for clinical practice. Center for Health Care Evaluation clinical research forum. April 2013.
- Developmental perspectives on substance use and abuse: Epidemiology, vulnerability factors, treatment approaches and clinical considerations. San Francisco State University, October 2012.
- Impulsivity: Conceptual representations, contributions to the addiction lifecycle and implications for Substance Use Disorder treatment. San Francisco VA Medical Center, Substance Abuse Seminar, October 2012.
- Sex and Drugs: Cognitive and physiological mechanisms and implications for intervention. Palo Alto VA Health Care System human sexuality training, May 2012.
- Women as a Minority: Special considerations, current challenges and future directions in caring for female veterans. San Francisco VA Medical Center, Mental Health Department Grand Rounds, February 2012.
- Emotion identification and Alexithymia in PTSD and Substance Use Disorders. San Francisco VA Medical Center, PTSD and Substance Abuse Clinical Seminar, February 2012
- Eating disorders NOS: Assessment difficulties, treatment approaches and medical provider collaboration. UIC Clinical Psychology Department Brownbag, March 2011.
- Alcohol, an overview: History, prevalence of use and abuse, mechanisms of action and treatment. Loyola University, January 2011.
- Make it rain: Tips on how to obtain an NIH F31 NRSA. UIC Department colloquium, March 2010.
- Literature reviews: How to prepare, integrate and write an effective introduction. Applied Clinical Psychology, UIC, February 2010.
- Results and scientific writing: tips on presenting your data and providing clear interpretations of statistical analyses. Applied Clinical Psychology, UIC, March 2010.
- Threats to validity in experimental laboratory research. Honors Research Methods, UIC, October, 2009.

RESEARCH TRAINING EXPERIENCE

Post-doctoral Research Fellow July 2012 – July 2014

Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine & Center for Innovation to Implementation, VA Palo Alto Health Care System
Mentor: Marcel O. Bonn-Miller, Ph.D., Substance Abuse and Anxiety Program

- Contributed to manuscript preparation and conference presentations detailing findings from studies examining the co-occurrence and impact of anxiety symptoms and disorders on substance use outcomes.
- Participated in health care evaluation research forums and junior investigator seminars

San Francisco VA Medical Center, Addiction Psychiatry Research Program
Mentors: Steven Batki, M.D., Angela Waldrop, Ph.D.

- Contributed to preparation of research products detailing findings from psychopharmacological treatment studies among veterans with comorbid post-traumatic stress disorder and alcohol dependence.
- Received mentorship and didactic training on conducting research among clinical populations with multiple risks.

Graduate Research Assistant August 2009 – May 2011

University of Illinois Chicago, Urban Youth Trauma Center
Mentors: Liza Suarez, Ph.D., Jaleel Abdul-Adil, Ph.D.

- Participated in a variety of research activities on a SAMSHA funded grant to help 1) forge national and local collaborations for the dissemination of trauma informed treatment approaches, 2) develop needed products, resources and therapeutic materials for service providers, and 3) mobilize community responses to youth and families affected by community violence
- Assisted in coordinating activities and research directives for the *National Child Traumatic Stress Network* – Trauma and Substance Use Committee
- Coordinated clinic-wide research program and developed effective patient tracking systems

Graduate Research Assistant August 2006 – June 2011

University of Illinois Chicago, Substance Use Research Lab; Institute for Health Research Policy
Mentors: Jon Kassel, Ph.D., Robin Mermelstein, Ph.D.

- Conducted experimental sessions and assisted in data management, analysis, and interpretation for two National Cancer Institute funded R01 laboratory-based projects assessing the effects of smoking on emotional and psychophysiological response in adolescents
- Conducted and supervised experimental sessions for studies involving nicotine, alcohol, caffeine, mood induction, and assessment of cognitive performance and risky behaviors

Intramural Research Training Awardee June 2004 – August 2006

National Institutes of Health, National Institute on Drug Abuse, Intramural Research Program, Clinical Pharmacology and Treatment Branch. Mentors: Kenzie Preston Ph.D., David Epstein Ph.D., Stephen Heishman Ph.D.

- Logged hundreds of hour's interaction with and exposure to treatment-seeking substance-abusing individuals and gained awareness of pressing issues endemic to the population
- Accrued valuable hands-on experience in the design and operation of clinical studies; took an active role in clinical aspects of ongoing research by attending weekly treatment-team meetings and conducting various psychological assessments

- Acquired a general knowledge of substances of abuse, addiction and addictive behaviors, mechanisms of craving and relapse, psychological and pharmacological interventions, and an appreciation for the neurobiology of addiction through lectures and conferences
- Gained academic autonomy through conducting independent research projects in addition to collaborating with individuals of diverse professional backgrounds

Research and Clinical Assistant September 2005 – August 2006
Center for Addiction and Pregnancy, Johns Hopkins Bayview Medical Center
Supervisor: Vickie Walters, LCSW-C

- Co-facilitated group counseling and education sessions, attended clinical rounds, and participated in treatment team meetings
- Assisted in the development of a behavioral incentive system
- Performed data analyses to determine which factors predict returning to the program with a new pregnancy and retention time in treatment

Research Assistant February - June 2004
UNC-CH School of Public Health, Department of Health Behavior and Health Education. Supervisors: Susan Ennett, Ph.D., Andrea Hussong, Ph.D.

- Conducted extensive phone interviews with parents of adolescents screened for a wide range of factors that put youth at risk for substance use and other health-risk behaviors

Student Research Extern January – May 2004
UNC-CH School of Public Health, Pacific Institute for Research & Evaluation
Supervisors: Sandra Martin, Ph.D., Kathryn Moracco, Ph.D.
CDC-funded Evaluation of an Emergency Department (ED)-based Intimate Partner Violence (IPV) Intervention.

- Recruited participants and conducted IPV screening interviews with Hospital ED patients and abstracted data from electronic medical records with particular attention to IPV-related variables
- Assisted in the development and implementation of an intervention designed for an ED based IPV screening and referral program

Research Assistant April 2003 - May 2004
UNC-CH Social Cognition and Schizophrenia Lab
Supervisor: David Penn, Ph.D.

- Conducted experimental sessions using virtual reality technology to determine whether exposure to auditory hallucinations simulating the experience of a schizophrenic episode, reduced stigma towards persons with schizophrenia
- Learned to identify and rate deficits in social-cognitive functioning specific to schizophrenia

Research Assistant August 2002 - May 2004
UNC-CH Social Cognitive Neuroscience Laboratory
Supervisor: Bruce Bartholow, Ph.D.

- Measured reaction time and recorded cortical activity using EEG to assess the effects of alcohol intoxication on the cognitive processing of racial stereotyping
- Designed an original investigation (honors thesis) into the relationship between alcohol and aggression in memory, prepared IRB application, collected all data, conducted data analyses, authored two presentations and co-authored a publication.

CLINICAL TRAINING EXPERIENCE

Private Practice May 2015 - Current

Evidence-based Psychotherapy for Adults

- Provide individual evidence-based psychotherapy for adults in the San Francisco Bay area, specializing in the assessment and treatment of anxiety, depression, trauma, and addictive behavior.

Post-doctoral Psychology Fellow March 2013 – November 2014

Palo Alto Veterans Affairs Health Care System, Menlo Park, CA. Supervisors: Dorene Loew, Ph.D., Jean Cooney, Ph.D.

- Provide individual and group psychotherapy in the men and women's inpatient Trauma Recovery Program; address the co-occurrence of PTSD and Substance Use Disorders

Pre-doctoral Psychology Intern July 2011– June 2012

San Francisco Veterans Affairs Medical Center, San Francisco, CA. Supervisors: Kellie Rollins, Psy.D., Sam Wan, Ph.D., Jeremy Doughan, Psy.D., Johannes Rothlind, Ph.D., Angela Waldrop, Ph.D.

- Completed rotations in Opioid Replacement Therapy, Neuropsychological Assessment (30 reports), Memory Disorders, Palliative Care, Co-occurring Substance Use and PTSD, and Women's Clinic
- Received intensive clinical supervision both individually and in the context of multidisciplinary team meetings
- Participated in weekly didactic trainings, seminars, journal clubs and grand rounds at UCSF and the SFVAMC

Graduate Clinical Provider January 2010 – May 2011

University of Illinois at Chicago, Chicago, IL. Institute for Juvenile Research, Pediatric Stress and Anxiety Disorders Clinic Supervisors: Liza Suarez, Ph.D., Sucheta Connolly, M.D., David Simpson, Ph.D., LCSW

- Assisted in the development and delivery of an integrated treatment program that incorporated empirically supported strategies for adolescents struggling with chronic stress and substance abuse
- Received individual supervision and participated in weekly multidisciplinary treatment meetings

Clinical Extern July 2009 – July 2010

University of Illinois at Chicago, Chicago, IL. Institute for Juvenile Research, Disruptive Behaviors Clinic, School-Age Program.

Supervisors: Jaleel Abdul-Adil, Ph.D., Karen Taylor-Crawford, M.D.

- Provided supervised evidence-based clinical psychology services for a weekly case-load of 6 youth and their families using an extensive manualized treatment protocol.
- Facilitated psycho-educational multiple family group sessions
- Participated in scholarly projects including conference presentations

Therapy Practicum January 2008 – June 2011

University of Illinois at Chicago, Chicago, IL. Office of Applied Psychological Services (OAPS). Supervisors: Gloria Balague, Ph.D., Stewart Shankman, Ph.D., Evelyn Behar, Ph.D., Elise Massie, Ph.D.

- Provided individual psychotherapy in a community based clinic, treating clients with varying psychiatric disorders including nicotine dependence, eating disorders, depression, and anxiety, under the supervision of licensed clinical psychologists

Assessment Practicum August 2007 – July 2008
University of Illinois at Chicago, Chicago, IL. Office of Applied Psychological Services (OAPS).
Supervisors: Audrey Ruderman, Ph.D., Nancy Dassoff, Ph.D., Gloria Balague, Ph.D.

- Selected, administered, scored, and interpreted psychological test batteries and integrated data to produce 8 comprehensive psychological evaluations under the supervision of licensed clinical psychologists
- Provided feedback of test results and recommendations to clients
- Population served included ethnically diverse children, adolescents, and adults

Community Connections Partner September 2002 - June 2004
ARC of Orange County, Chapel Hill, NC. Supervisor: Charlene Harris

- Actively involved in non-profit organization designed to promote friendship and community access for adults with developmental disabilities through community partnerships.
- Acquired extensive knowledge of mental retardation and autism, learned people-first language techniques, familiarized with attitudinal barriers, helped foster self-efficacy using various methods.

Activities Therapist, **Private Employer** January - June 2004

- Designed workout agendas, formulated weight-loss and fitness goals, administered medication, frequently managed mild to severe seizures, and further developed skills to effectively interact with individuals demonstrating special needs.

SPECIALIZED TRAINING AND OTHER PROFICIENCIES

- Neuropsychological assessment
- Biological specimens collection and universal precautions
- Psychophysiological research methodologies and data reduction and scoring
- Experience moderating focus groups
- Experience working closely with developmentally disabled individuals
- Extensive experience with statistical analysis software programs SPSS, HLM, Mplus, Winsteps