

Curriculum Vita
Jonathan G. Westman, Ph.D.

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EDUCATION

- 2021 **University of California**, Los Angeles, CA
Ph.D in Clinical Psychology, Quantitative Minor
Dissertation: *Supervisors as trainers: strategies for improving supervisor-to-therapist transfer of training*
Committee Chair: Bruce Chorpita, Ph.D.
- 2016 **University of California**, Los Angeles, CA
M.A. in Clinical Psychology
Master's Thesis: *Stress response in the laboratory moderates the association between smoking status and drinking consequences at follow-up*
Committee Chair: Lara Ray, Ph.D.
- 2013 **Cornell University**, Ithaca, NY
B.A. in Psychology and History

AWARDS

- 2018 Shepard Ivory Franz TA Award Nominee
2017 Graduate Summer Research Mentorship Award
2015 NIH Post-baccalaureate Poster Day Outstanding Poster Award
2013-2015 NIH Intramural Research Training Award
2011-2013 Dean's List 2011-2013 (4 semesters)

GRANT SUPPORTS

- 2016-2017 T32 DA07272-24
Christine Grella, Ph.D. (PI)
Integrated Substance Abuse Programs (ISAP); NIDA
Role: Pre-doctoral Research Fellow

CLINICAL EXPERIENCE

Cognitive Behavior Associates
Beverly Hills, CA

- 2021-present **Psychological Assistant #PSB94025968**
Responsibilities: Provide evidence-based individual therapy for adults with a variety of mental health concerns.
Supervisor: Joel Becker, Ph.D.

VA West Los Angeles Healthcare Center
Los Angeles, CA

2020-2021

Psychology Intern, General Track*Trauma Recovery Services and Women's Health Clinic*

Responsibilities: Conducted CAPS-5 intakes to screen for PTSD diagnosis, and provided feedback and treatment recommendations. Provided empirically supported therapy (PE, CPT and ACT for trauma) for Veterans presenting with PTSD and co-morbid diagnoses. Co-facilitated weekly Mindfulness Group, PTSD Recovery Group, and Process Group for woman, many of whom had experienced military sexual trauma.

Supervisors: Christina Robinson, Ph.D., Naomi Himmelfarb, Ph.D., Laurie Boxer, Ph.D.

Substance Use Disorders Outpatient Rotation

Responsibilities: Conducted psychodiagnostic intakes for Veterans presenting to the Addictive Behaviors Clinic with SUD and co-morbid diagnoses, and contributed to treatment planning with interdisciplinary treatment team. Co-facilitated groups for Veterans participating in intensive outpatient treatment at the Addictive Behaviors Clinic. Groups included Early Recovery (Matrix), Relapse Prevention (Matrix), Aftercare supportive process group, and DBT skills group. Conducted time-limited individual psychotherapy for Veterans with SUD and co-morbid diagnoses, drawing from ACT, CBT and MI.

Supervisors: Paul Perales, Psy.D., Katherine Bailey, Ph.D.

Domiciliary

Responsibilities: Conducted psychodiagnostic intakes and risk assessments for homeless Veterans presenting to residential treatment with SUD and co-morbid diagnoses. Developed and facilitated the weekly process group, Unmasking Masculinity, which examined Veterans' understanding of what it means to be a man and how they developed that understanding. Facilitated weekly groups including CPT, Chain Analysis, and DBT Skills. Conducted time-limited individual psychotherapy for veterans struggling with SUD and trauma, primarily using PE, CPT and ACT. Participated in multidisciplinary treatment meetings with individual Veterans.

Supervisor: Rubin Khoddam, Ph.D.

Behavioral Health

Responsibilities: Led weekly MOVE, smoking cessation and cardiopulmonary rehabilitation groups. Provided individual therapy to Veterans struggling with disordered eating. Participated in multidisciplinary team meetings as part of the cardiopulmonary rehabilitation clinic.

Supervisor: Megan Taylor-Ford, Ph.D.

Primary Care – Mental Health Integration

Responsibilities: Conducted brief functional assessments and triaged Veterans to appropriate clinics. Conducted time-limited psychotherapy for Veterans with anxiety, depression and trauma.

Supervisor: Sarah Kate McGowan, Ph.D.

Long-term Psychotherapy

Responsibilities: Conducted individual psychotherapy, both over telehealth and at the Community Living Center, with older Veterans with mild neurocognitive disorders.

Supervisor: Paul Cernin, Ph.D.

Department of Psychology, University of California, Los Angeles

- 2018-2020 *Advanced Graduate Adult Therapist*
Responsibilities: Provided weekly individual therapy to adult clients suffering from anxiety, bipolar disorder, borderline personality disorder, depression and PTSD. Treatments included cognitive-behavioral therapy, cognitive processing therapy, dialectical behavioral therapy, prolonged exposure, and mindfulness-based interventions.
Supervisors: Joel Becker, Ph.D., J. Greg Serpa, Ph.D.
- 2019-2020 *Student Supervisor of Therapy*
Responsibilities: Provided weekly supervision to a second-year graduate student implementing CBT. Watched videotape of supervisee's therapy sessions, and provided didactic and interactive training. Attended weekly supervision of supervision.
Supervisor: Danielle Keenan-Miller, Ph.D.
- 2018 *Student Supervisor of Therapy Intakes*
Responsibilities: Co-led weekly supervision of five graduate students conducting intake interviews for adult therapy. Attended weekly didactic seminars about clinical supervision.
Supervisor: Nicole Rubin, Psy.D.
- 2016-2018 *Graduate Adult Therapist*
Responsibilities: Conducted weekly, individual therapy sessions with an adult clients using primarily CBT. Attended weekly supervision to review video of sessions and discuss treatment strategies. Co-led a weekly DBT skills group for clients suffering from borderline personality disorder. Group emphasized mindfulness, interpersonal effectiveness, distress tolerance and emotion regulation skills. Co-led a weekly CBT skills group for individuals with primarily anxiety and mood disorders.
Supervisors: Rachel Higier, Ph.D., Danielle Keenan-Miller, Ph.D., Dorli Burge, Ph.D.
- 2016-2018 *Graduate Neuropsychological Assessor*
Responsibilities: Administered four neuropsychological assessments (e.g., WAIS-IV, WJ-IV, D-KEFS) to adolescents and adults with neurodevelopmental and learning disorders. Provided comprehensive neuropsychological reports and in-person feedback to clients.
Supervisors: Philip Sayegh, Ph.D., M.P.H., Robert Kern, Ph.D.
- 2017 *Graduate Research Therapist*
Responsibilities: Conducted weekly, individual therapy sessions with adults as part of the Treatment for Anxiety and Depression study. One therapy condition utilized interventions to increase positive affect, while the other focused on decreasing negative affect.
Supervisors: Michelle Craske, Ph.D., Michael Treanor, Ph.D.
- 2016-2017 *Graduate Child Therapist*
Responsibilities: Provided weekly, individual parent training sessions using evidence-based techniques outlined by the Modular Approach to Treatment of Children (MATCH) manual. Used routine outcome monitoring to track client's presenting problems.
Supervisors: Anna Lau, Ph.D., Adriana Rodriguez, Ph.D.

2016-2017 *Graduate Intake Interviewer*

Responsibilities: Conducted unstructured interviews with adults seeking individual therapy for a variety of mental health disorders and wrote corresponding intake reports. Live-observed intake interviews of other therapists in group.

Supervisor: Annette Swain, Ph.D.

**UCLA Depression Grand Challenge
Semel Institute, University of California, Los Angeles**

2019-2020 *Graduate Therapist*

Responsibilities: Provided weekly individual therapy to clients with unipolar and bipolar depression and comorbid anxiety, personality, eating and substance use disorders. Implemented a transdiagnostic treatment protocol consisting of CBT, DBT, and ACT practices. Collaborated with psychiatrists to coordinate provision of psychological and psychiatric treatment.

Supervisors: Richard LeBeau, Ph.D., Elizabeth Gong-Guy, Ph.D., Scott Fears, M.D., Ph.D., Michelle Craske, Ph.D.

2019-2020 *Graduate Assessor*

Responsibilities: Administered SCID-5 to clients screening for inclusion in several clinical trials. Conducted risk assessments and initiate responses to individuals reporting suicidal ideation on weekly outcome monitoring. Conducted weekly individual phone coaching with individuals participating in an online CBT intervention.

Supervisors: Aileen Echiverri-Cohen, Ph.D., Michelle Craske, Ph.D.

**Aftercare Research Program
Semel Institute, University of California, Los Angeles**

2017-2018 *Graduate Therapist*

Responsibilities: Worked 16 hours per week providing weekly, individual therapy (primarily CBT for psychosis) to clients at an outpatient clinic specializing in treatment first-episode psychosis. Co-led cognitive training and healthy living groups twice-weekly. Co-led group designed to facilitate real-world implementation of in-house cognitive training. Collaborated with psychiatrists and case managers to deliver family interventions.

Supervisors: Kenneth Subotnik, Ph.D., Luana Turner, Psy.D., Joseph Ventura, Ph.D.

**UCLA Addictions Lab
Department of Psychology, University of California, Los Angeles**

2015-2016 *Graduate Assessor and Therapist*

Responsibilities: Administered Structured Clinical Interview for DSM-5 (SCID-5), Timeline Followback (TLFB), Clinical Institute Withdrawal Assessment for Alcohol (CIWA), and Columbia-Suicide Severity Rating Scale (C-SSRS) to heavy-drinking smokers seeking pharmacotherapy through a randomized clinical trial. Implemented a brief motivational interviewing intervention for tobacco cessation.

Supervisor: Lara Ray, Ph.D.

**Lab of Clinical and Translational Science
National Institute on Alcohol Abuse and Alcoholism, Bethesda, MD**

- 2013-2015 *Intramural Research Trainee*
Responsibilities: Conducted diagnostic interviews (SCID-IV) and psychoeducational assessments (WASI-IV, TLFB, CIWA) for research participants. Assessed for substance use, mood and anxiety disorders as well as psychotic disorders to determine eligibility for a study of healthy social drinkers.
Supervisors: Vijay Ramchandani, Ph.D., Laura Kwako, Ph.D.

Crisis Hotline
Mental Health Association of Montgomery County, MD

- 2013-2014 *Crisis Counselor*
Responsibilities: Provided confidential, supportive listening to callers, validating feelings and concerns. Conducted risk assessments, developed safety plans, and provided crisis intervention when necessary.
Supervisor: Rachel Larkin, M.Sc.W.

CLINICAL TRAINING

- 2020 Prolonged Exposure Therapy and Cognitive Processing Therapy
Training: Attended 16 hour training on PE and CPT at the West Los Angeles VA.
Instructor: Rosalita Benedicto, Ph.D.
- 2019 Innovative Treatment Network Evidence-Based Psychotherapy Training Seminar
Training: Series of weekly trainings covering evidence-based interventions featuring expert trainers. Lectures covered CBT, ACT, DBT, IPSRT, risk assessment, and cultural case formulation.
Instructors: Richard LeBeau, Ph.D., Kate Wolitzky-Taylor, Ph.D.
- 2018 Integrative Behavioral Couple Therapy (IBCT)
Training: Attended 10-week course on IBCT. Instruction included didactics, review of relevant literature, and role play.
Instructor: Andrew Christensen, Ph.D.
- 2018 Motivational Interviewing
Training: Instruction on theory and application of motivational interviewing for clients with psychosis.
Instructor: Jennifer Forsyth, Ph.D.
- 2016 Managing and Adapting Practice (MAP)
Training: 40-hour workshop to learn MAP, an evidence-informed system of care for youths, ages 5-18.
Instructors: Bruce Chorpita, Ph.D., Kimberly Becker, Ph.D.
- 2015-2016 Neurocognitive Assessment Training
Training: Administration, scoring and interpretation of WAIS, PAI, WCJ-II, WISC, D-KEFS, and MMPI-2 assessments.
Instructors: Drs. Cindy Yee-Bradbury, Ph.D., Eric Miller, Ph.D.
- 2015 Structured Clinical Interview for DSM-5 (SCID)

Training: Administration, scoring and interpretation of SCID-5
Instructor: Lara Ray, Ph.D.

PUBLICATIONS

1. Keenan-Miller, D., Boyd, M., **Westman, J.G.**, Chorpita, B.F. (2020). Setting standards for supervision in a clinical science training clinic. *The Behavior Therapist*, 40(4), 127-133.
2. **Westman, J. G.**, Daleiden, E. L., Chorpita, B. F. (2019). The agency supervisor model: developing supervisors who facilitate therapist transfer of training in community behavioral health service organizations. *The Clinical Supervisor*, 1-21.
3. Boustani, M.M., Gellatly, R., **Westman, J.G.**, Chorpita, B.F. (2017) Advances in cognitive behavioral treatment design: time for a glossary. *The Behavior Therapist*, 40(6), 199-200.
4. **Westman, J.G.**, Bujarski, S., & Ray, L.A. (2016). Impulsivity Moderates Subjective Responses to Alcohol in Alcohol-Dependent Individuals. *Alcohol and Alcoholism*, 52(2), 249-255.
5. Gowin, J. L., Vatsalya, V., **Westman, J.G.**, Schwandt, M.L., Bartlett, S., Heilig, M., Momenan, R., Ramchandani, V.A. (2016) The effect of varenicline on the neural processing of fearful faces and the subjective effects of alcohol in heavy drinkers. *Alcohol Clinical and Experimental Research*, 40, 979–987.

ORAL PRESENTATIONS

1. **Westman, J.G.**, Stangl, B.L., Zametkin, M., Ramchandani, V.A. Personality measures and drinking patterns predict intravenous alcohol self-administration in non-dependent drinkers. Oral presentation at Association for Clinical and Translational Science. April 2015, Washington DC, USA.
2. **Westman, J.G.**, Stangl, B.L., Zametkin, M., Ramchandani, V.A. Personality measures and drinking patterns predict intravenous alcohol self-administration in non-dependent drinkers. Oral presentation at NIH Postbac Seminar Series. April 2015, Bethesda MD, USA.

POSTER PRESENTATIONS

1. **Westman, J.G.**, Daleiden, E.L., Chorpita, B.F. Psychometric properties of the supervision evaluation form: a measure of trainee perception of clinical supervision. Poster presented at Association for Behavioral and Cognitive Therapies. November 2017, San Diego, CA.
2. **Westman, J.G.**, Bujarski S., Ray, L.A. Impulsivity moderates subjective responses to alcohol in alcohol dependent individuals. Poster presented at Research Society on Alcoholism. June 2016, New Orleans, LA.
3. **Westman, J.G.**, Gowin, J.L., Vatsalya, V., Schwandt, M.L., Momenan, R., Bartlett, S.E., Heilig, M., Ramchandani, V.A. Varenicline diminishes amygdalar bold response to negative facial expression cues in heavy drinkers. Poster presented at Research Society on Alcoholism. June 2015, San Antonio, TX.
4. **Westman, J.G.**, Yan J., Ramchandani, V.A. Interaction between a functional polymorphism in the FAAH gene and childhood trauma are associated with subjective experience in response to IV alcohol self-administration. Poster presented at Post-baccalaureate Poster Day. April 2015, Washington DC.
5. **Westman, J.G.**, Stangl, B.L., Zametkin, M., Ramchandani, V.A. Personality measures and drinking patterns predict intravenous alcohol self-administration in non-dependent drinkers. Poster presented at Association for Clinical and Translational Science. April 2015, Washington DC.

6. Stangl, B.L., **Westman, J.G.**, Zametkin, M., Corey, K., Blau, L., Kwako, L., Sinha, R. and Ramchandani, V.A. Stress-induced IV alcohol self-administration behavior: a human experimental model for stress-cue reactivity and risk for alcohol use disorder Poster presented at annual meeting of The International Society for CNS Clinical Trials and Methodology, February 2015, Washington, DC.
7. Stangl, B.L, **Westman, J.G.**, Zametkin M., Kwako, L., Sinha, R., Ramchandani, V.A. Effects of acute stress exposure on operant intravenous alcohol self-administration (iv-asa) in non-dependent drinkers. Poster presented at Society for Neuroscience; November 2014 Washington, D.C.
8. **Westman, J.G.**, Gowin, J.L., Vatsalya, V., Schwandt, M., Momenan, R, Coe, M.E., Cooke, M.C., Bartlett, S., Heilig, M., Ramchandani, V.A. Varenicline effects on amygdala in response to fearful faces in heavy drinkers. Poster presented at Annual Fall NIH Research Festival. September 2014, Bethesda, MD.
9. Stangl, B.L., **Westman, J.G.**, Zametkin, M.R., Ramchandani, V.A. Characterization of operant intravenous alcohol self-administration in humans. Annual Fall NIH Research Festival. September 2014, Bethesda, MD.
10. **Westman J.G.**, Stangl B.L., Zametkin M, Ramchandani, VA. Characterization of mood states during intravenous (IV) alcohol self-administration in social drinkers. Poster presented at Association for Clinical and Translational Science, April 2014, Washington DC.

TEACHING EXPERIENCE

Teaching Assistant

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| 2019 | <p>General Psychology Laboratory, UCLA
 <u>Responsibilities:</u> Developed materials, graded assignments, and provided statistical assistance for course focused on visual perception.
 <u>Instructor:</u> Sean McAuliffe, Ph.D.</p> |
| 2018 | <p>Biological Bases of Abnormal Psychology, UCLA
 <u>Responsibilities:</u> Developed materials for, and led four weekly discussion sections examining the biological mechanisms underlying psychological disorders.
 <u>Instructor:</u> Katherine Karlsgodt, Ph.D.</p> |
| 2018 | <p>Human Sexuality, UCLA
 <u>Responsibilities:</u> Developed materials, graded assignments, and assisted students in preparation for exams and projects.
 <u>Instructor:</u> David Frederick, Ph.D.</p> |
| 2018 | <p>Clinical Psychology Laboratory, UCLA
 <u>Responsibilities:</u> Aided instructor in content development. Guided students through reading of scientific literature and provided constructive feedback on scientific writing.
 <u>Instructor:</u> Katherine Karlsgodt, Ph.D.</p> |
| 2017 | <p>Research Methods in Psychology, UCLA
 <u>Responsibilities:</u> Was sole instructor of 17 students in the laboratory course designed to teach students how to design and execute a psychology experiment, and document findings in the form of a scientific manuscript.
 <u>Lecture Instructor:</u> Iris Firstenberg, Ph.D.</p> |

2017 Introduction to Psychology, UCLA
Responsibilities: Advised and instructed students during weekly office hours and graded written examinations.
Instructor: Andrew Ward, Ph.D.

Guest Lectures

2018 Abnormal Psychology, “Introduction to personality disorders”

2016 Fieldwork in Psychology, “Psychological treatment of alcohol and substance use disorders”

PROFESSIONAL AFFILIATIONS

2017-present Association for Behavioral and Cognitive Therapies (ABCT)
Dissemination and Implementation Science Special Interest Group