

EMILY M. OWENS, Ph.D.

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Current Employment (10/2019 – present)

Staff Psychologist at Cognitive Behavior Associates, Beverly Hills, CA
Director of Curriculum, Cognitive Behavior Therapy Institute
Clinical Assistant Professor, UCLA Department of Psychology
Diplomate, Academy of Cognitive & Behavioral Therapies
License: California PSY 31557

Education

- 10/2012-09/2018 **University of California, Los Angeles**
Ph.D. in Clinical Psychology, Quantitative minor
Dissertation title: *Electrophysiological biomarkers as correlates and predictors of cognitive and community functioning in adolescent-onset psychosis and typical development.*
Dissertation Chairs: Carrie Bearden, Ph.D., Cindy Yee-Bradbury, Ph.D.
- 10/2012-01/2014 **University of California, Los Angeles**
M.A. in Clinical Psychology
Master's Thesis: *Catechol-O-Methyltransferase and stress as moderators of P50 gating in healthy individuals and patients with schizophrenia.*
Advisors: Cindy Yee-Bradbury, Ph.D., Keith Nuechterlein, Ph.D.
- 08/2008-05/2012 **University of Kansas**
B.S. in Behavioral Neuroscience with Highest Honors
Minor: Social and Behavioral Sciences Methodology
Honors Thesis: *Difficulties in planning among MS patients: A relative consequence of deficits in information processing speed.*
Advisor: Douglas R. Denney, Ph.D.

Honors and Awards

- 2016-2017 Dissertation Year Fellowship, UCLA
2016 Edwin W. Pauley Fellowship, UCLA
2012-2016 National Science Foundation Graduate Research Fellow
2013 Graduate Summer Research Mentorship Award, UCLA
2012 Distinguished University Fellowship, UCLA
2012 Psychology Senior Outstanding Performance Award, KU
2011-2012 Undergraduate Research Award, KU
2011 UCLA Summer Program for Undergraduate Research Fellow; Association for Graduate Excellence and Professoriate
2008 – 2012 Watkins-Berger Scholar, KU
2009; 2011 College of Liberal Arts and Sciences Scholarship, KU

Consulting Experience

08/2022 – 12/2022

Consultant for EarlyAlert for Project Mission Daybreak

Result: Advanced to Finalist stage with \$250,000 development award

US Department of Veterans Affairs Grand Challenge to develop innovative methods to reduce suicide in Veterans

Team Leaders: Eran Magen, Ph.D. & Charles Young, B.A.

- Helped develop EarlyAlert, an automated SMS mental health screening tool, for specific use in Veteran population
- Found research to support use of this tool in Veteran population and for suicide prevention in general
- Helped write proposals
- Attended meetings with VA personnel
- Attended “Demo Day” in Washington, D.C. to help team present proposal to VA judges and other stakeholders

Previous Clinical Experience

VA West Los Angeles Healthcare Center
Los Angeles, California

09/2018 – 09/2019

Clinical Psychology Resident, Homeless Mental Health (H-PACT)

Integrated Care for Homeless Veterans with Severe Mental Illness

Supervisors: Kerri Schutz, Psy.D. (Primary), Anjali Alimchandani, Ph.D.,

Provided interventions, consultation, and assessment for homeless Veterans within in a primary care clinic setting; 4 days per week.

- Provided evidence-based individual psychotherapy (EBP) and EBP-informed psychotherapy for homeless Veterans presenting with a variety of diagnoses, including psychotic-spectrum disorder, substance use disorders, mood disorders, posttraumatic stress disorder, and personality disorders. EBPs include Acceptance and Commitment Therapy (ACT), Cognitive Processing Therapy (CPT), Dialectical Behavioral Therapy (DBT), and Cognitive Behavioral Therapy (CBT).
- Conducted psychodiagnostic intake assessments for Veterans requesting mental health services. Assessments were also conducted to provide housing clearance and evaluation for supported work program readiness. Provided feedback and treatment recommendations to Veterans and interdisciplinary treatment team.
- Co-led a CBT group for homeless Veterans
- Provided same-day access and urgent assessment for Veterans seeking walk-in services at the clinic.
- Participated as a team member in the WLA DBT Consultation Team
- Participated as an active interdisciplinary team member on a team that includes staff and trainees from internal medicine, nurse practitioner, pharmacy, psychiatry, social work, and nursing. Team activities included daily huddles, weekly case conferences and team meetings.
- Attended interdisciplinary seminars through the Center of Excellence in Primary Care Education, Integrated Academic Homeless Patient Aligned Care Team training program. Seminars were focused on enhancing education

regarding the social determinants of health, as well as how to provide high quality team-based care to complex Veterans.

- Worked with trainees from other disciplines to complete a Quality Improvement project aimed at increasing clinic compliance with a new suicide screening protocol.
- Led and participated in weekly integrated (interdisciplinary) case conferences, which were aimed at constructing treatment plans that addressed the spectrum of biopsychosocial needs and social determinants of health in homeless Veterans.

Substance Use Disorder Outpatient Clinic

Supervisor: Katherine Bailey, Ph.D.

Provided interventions, consultation, and assessment for Veterans diagnosed with substance use disorders (SUD); 1 day per week.

- Co-facilitated groups for Veterans participating in the Addictive Behaviors Clinic: Acceptance and Commitment Therapy (ACT) for SUD and CBT for Pain Management.
- Provided evidence-based individual psychotherapy for Veterans with SUD and other co-morbid mental health diagnoses, incorporating practices from CBT, ACT, MI, Cognitive Processing Therapy (CPT), and DBT. Participated in weekly DBT consultation team meeting.
- Provided layered supervision for the Psychology Intern in ACT for SUD group.
- Participated in weekly interdisciplinary team meeting.

**VA West Los Angeles Healthcare Center
Los Angeles, California**

08/2017 – 08/2018

Psychology Intern, General Track

Substance Use Disorder Outpatient Rotation (August – November 2017)

Supervisors: Katherine Bailey, Ph.D., Yong Song, Ph.D., Greg Serpa, Ph.D., Joanna Rowles, Ph.D., Peter Graves, Ph.D.

Provided interventions, consultation, and assessment for Veterans diagnosed with substance use disorders (SUD).

- Co-facilitated groups for Veterans participating in the Addictive Behaviors Clinic. The clinic offered 3-day per week, 16-week intensive outpatient treatment based on the Matrix model of psychoeducational and harm reduction treatment. Co-led weekly groups: Early Recovery, Relapse Prevention, Mindfulness in Recovery, Sobriety Support process group, ACT for SUD, Seeking Safety, and CBT for Pain Management.
- Conducted psychodiagnostic intake assessments for Veterans presenting to the SUD clinic. Used MI techniques to increase readiness for change. Provided feedback and treatment recommendations to Veterans and interdisciplinary treatment team.
- Provided short-term individual psychotherapy for Veterans with SUD and other co-morbid mental health diagnoses, incorporating practices from CBT, ACT, and MI.

*Domiciliary Residential Rehabilitation and Treatment Program Rotation
(November 2017 – February 2018)*

Supervisors: Christina Robinson, Ph.D., Mona Lam, Ph.D., Jesse Barglow, Ph.D.
Provided assessment, intervention, and consultation for Veterans in the residential treatment facility who were diagnosed with serious mental illness, substance use disorders, and/or PTSD.

- Provided evidence-based individual and group psychotherapy for Veterans in the residential program. Therapy modalities included CBT, DBT skills, CPT, and ACT. Utilized crisis intervention techniques when needed.
- Conducted psychodiagnostic intake assessments and comprehensive psychological assessments consisting of diagnostic interviews, mental status exams, and/or personality testing. Gave feedback to patients and presented treatment plans to interdisciplinary team.
- Collaborated with interdisciplinary staff and treatment teams to develop treatment plans and recommendations.

TeleMental Health / Home-Based Primary Care Rotation (February – May 2018)

Supervisors: Fred Kornfeind, Psy.D., Lacy Olson, Ph.D.

- *TeleMental Health-* Provided evidence-based interventions via video teleconferencing to Veterans who resided in rural areas. Worked with staff and Veterans in remote clinics to provide individual psychotherapy and manage clinical emergencies. Collaborated with interdisciplinary team to provide assessments and interventions to Veterans.
- *Home-Based Primary Care-* Provided evidence-based assessments and interventions with an interdisciplinary team to older adult Veterans in their homes. Provided brief individual psychotherapy for older adult Veterans with complex, chronic medical problems, often with co-morbid cognitive disorders and/or significant psychiatric disabilities. Conducted psychiatric and cognitive assessments. Provided education and treatment recommendations to family members and assisted living facility staff.

Health Psychology Rotation (May – August 2018)

Supervisors: Naomi Himmelfarb, Ph.D., Suzie Chen, Ph.D., Morgan Kay, Ph.D., Charles McCreary, Ph.D., ABPP, Megan Taylor-Ford, Ph.D.

Provided consultation, evaluation, assessment, education and intervention to Veterans within a range of integrated primary health care settings.

- *Primary Care-Mental Health Integration (PC-MHI):* Performed mental health initial assessments for Veterans referred from their primary care providers. Staffed Open Access hours and performed “curb-side” consultations and evaluations for Veterans with mental or behavioral health needs. Provided short-term CBT-based interventions for co-morbid medical and psychiatric conditions.
- *Cardiopulmonary Rehabilitation Program:* Co-facilitated Cardiopulmonary Rehabilitation Stress-Management group. Participated in interdisciplinary team meeting with cardiopulmonary medical team and provided team with updates on patients’ psychological and behavioral functioning.
- *Women’s Clinic:* Performed psychodiagnostic assessments and individual interventions in an integrated health clinic for female Veterans. Co-facilitated

a process group for women Veterans with sexual trauma and an ACT for depression group.

- *MOVE Clinic*: Participated in an interdisciplinary structured class that included behavior change for weight loss skills and goal-setting; provided individual counseling for weight management.
- *Smoking Cessation Program*: Co-facilitated behaviorally-focused smoking cessation group treatment that provided education and skills.

Long-term Psychotherapy (Year-long)

Supervisor: Barbara Wettstein, Ph.D.

Provided long-term evidence-based therapy to Veterans with complex psychosocial needs.

UCLA Psychology Clinic

Department of Psychology, University of California, Los Angeles

07/2016 – 06/2017

Advanced Graduate Student Therapist

Supervisors: Joel Becker, Ph.D., Rachel Higier, Ph.D., & Danielle Keenan-Miller, Ph.D.

- Conducted weekly individual DBT and CBT to adults in a sliding-scale community clinic.
- Attended weekly DBT Team meetings for case conference and consultation on patients who were being treated for Borderline Personality Disorder.

07/2016 – 06/2017

Therapy Supervisor

Supervisor: Danielle Keenan-Miller, Ph.D.

- Supervised a second-year clinical psychology student's individual CBT cases.
- Participated in a didactic and experiential year-long course on supervision.

08/2016-06/2017

Intake Team Supervisor

Supervisor: Danielle Keenan-Miller, Ph.D.

- Supervised intake assessments by second-year clinical psychology graduate students with a team of two other advanced graduate students.
- Assisted in triaging intake cases to appropriate evidence-based treatments.

07/2013 – 06/2014

Graduate Student Therapist

Supervisors: Danielle Keenan-Miller, Ph.D., Carol Falender, Ph.D., & David Lopata, Ph.D.

- Provided weekly individual therapy sessions for adults and children in a sliding-scale community clinic using evidence-based practices, including CBT and the Managing and Adapting Practice modularized CBT approach.

08/2013 – 06/2014

Intake Interviewer

Supervisors: Danielle Keenan-Miller, Ph.D. & Annette Swain, Ph.D.

- Conducted clinical intake interviews with adults; composed intake reports summarizing diagnostic impressions and treatment recommendations.
- Triaged patients to appropriate evidence-based treatments.

09/2013-05/2014

Neuropsychological Assessor

Supervisor: Eric Miller, Ph.D.

- Administered comprehensive psychoeducational assessments with adults and children in a low-cost community clinic to assess for learning disabilities or attentional difficulties.
- Wrote comprehensive reports based on assessment results.
- Provided feedback and treatment recommendations to patients and their families.

**UCLA Center for the Assessment and Prevention of Prodromal States (CAPPS)
Department of Psychiatry, University of California, Los Angeles**

08/2014 – 08/2017 **Clinical Assessor**

Principal Investigator and Supervisor: Carrie Bearden, Ph.D.

- Conducted comprehensive clinical assessments with adolescents and young adults at high risk for developing psychosis and those with recent-onset psychosis.
- Completed training and achieved reliability in scoring for Structured Clinical Interview for DSM Disorders IV-TR, Structured Interview for Prodromal Symptoms, Brief Psychiatric Rating, and Scale for the Assessment of Positive/Negative Symptoms.
- Interpreted results of interviews and attended weekly diagnostic consensus meetings.
- Composed reports and provided feedback to patients and families regarding diagnoses and recommendations for treatment.

07/2015 – 07/2017 **Neuropsychological Assessment Supervisor**

Principal Investigator and Supervisor: Carrie Bearden, Ph.D.

- Supervised clinical psychology students' neuropsychological assessments for various research studies by reviewing scoring and administration procedures.
- Led annual training in assessment administration, scoring, interpretation and report writing.

07/2013 – 07/2014 **Neuropsychological Assessor**

Principal Investigator and Supervisor: Carrie Bearden, Ph.D.

- Conducted comprehensive neuropsychological assessments with adolescents and young adults at high risk for developing psychosis and those with recent-onset psychosis.
- Scored and interpreted test results; composed reports and provided feedback to patients and families regarding recommendations for treatment.

**Harbor-UCLA Medical Center, Adult Outpatient Psychiatry Clinic
Department of Psychology**

08/2015 – 08/2016 **Adult Therapist**

Supervisors: Rachel Higier, Ph.D., Lisa Benson, Ph.D., & Lynn McFarr, Ph.D.

- Provided weekly individual therapy to adult patients using DBT, CBT, ACT, and Cognitive Behavior Analysis System of Psychotherapy (CBASP) treatment modalities.
- Co-facilitated weekly DBT and CBASP group therapy sessions with adult patients.
- Attended weekly DBT Team meetings for case conference and consultation on patients who are being treated for Borderline Personality Disorder.
- Met bi-weekly with Trauma Team for case conference and consultation on patients who were being treated for PTSD.

08/2014 – 08/2015 **Adult Therapist**

Supervisors: Lauren Jackson, Psy.D., Brittany Hall, Ph.D., Rachel Higier, Ph.D., & Lynn McFarr, Ph.D.

- Provided weekly individual therapy to adult patients using CBT, ACT, CBASP, CPT, and Prolonged Exposure (PE) modalities.
- Co-facilitated weekly Seeking Safety group therapy with adult men with co-morbid substance use disorders and PTSD.
- Organized and led a weekly assessment clinic to evaluate and triage incoming patients. Conducted crisis intervention as needed.
- Met bi-weekly with Trauma Team for case conference and consultation on patients who were being treated for PTSD.
- Attended weekly Research Team meetings to discuss and plan ongoing clinic research on treatment outcomes. Completed a research project and poster presentation.
- Assisted in reviewing supervision tapes and scoring them using the Cognitive Therapy Rating Scale for a research project; achieved reliability in scoring

Scholarly Contributions

Publications:

- Bearden, C.E., Eckfeld, A.S., & **Owens, E.M.** The Psychosis Spectrum in Adolescence. (2018). In *Textbook of Mental and Behavioral Disorders in Adolescence*. (pp. 269-291).
- Hamilton, H. K., Williams, T. J., Ventura, J., Jasperse, L. J., **Owens, E. M.**, Miller, G. A., Subotnik, K. L., Nuechterlein, K. H., & Yee, C. M. (2017). Clinical and cognitive significance of auditory sensory processing deficits in schizophrenia. *The American Journal of Psychiatry*.
- Herts, K., Loerinc, A., **Owens, E.**, & Keenan-Miller, D. (2017). A Model for Competency-Based Supervision Training. *The California Psychologist*, 50(4), 40-41.
- Owens, E. M.**, Bachman, P., Glahn, D. C., & Bearden, C. E. (2016). Electrophysiological Endophenotypes for Schizophrenia. *Harvard Review of Psychiatry*, 24(2), 129–147.
- Owens, E.M.**, Denney, D.R., & Lynch, S.G. (2013). Difficulties in planning among MS patients: a relative consequence of deficits in information processing speed. *Journal of the International Neuropsychological Society*, 19(5), 613-620.
- Hughes, A. J., Denney, D.R., **Owens, E.M.**, Lynch, S.G. (2013). Procedural variations in the Stroop and the Symbol Digit Modalities Test: Impact on patients with multiple sclerosis. *Archives of Clinical Neuropsychology*, 28(5), 452-462.
- Mendez, M.F., **Owens, E.M.**, Berinji, G.R., Peppers, D., Liang, L., Licht, E.A. (2013). Mild traumatic brain injury from primary blast vs. blunt forces: post-concussion consequences and functional neuroimaging. *NeuroRehabilitation*, 32(2), 397-407.
- Mendez, M.F., **Owens, E.M.**, Jimenez, E.E., Peppers, D., Liang, L., Licht, E.A. (2013). Changes in personality after mild traumatic brain injury from primary blast vs. blunt forces. *Brain Injury*, 27(1), 10-18.
- Denney, D. R., Hughes, A. J., **Owens, E. M.**, & Lynch, S. G. (2012). Deficits in planning time but not performance in patients with multiple sclerosis. *Archives of Clinical Neuropsychology*, 27(2), 148-58.

Conference Poster Presentations:

- Owens, E.M.**, Forsyth, J.K., Bachman, P., Mathalon, D., & Bearden, C. (2016). *Long-term potentiation in adolescent-onset psychosis: A pilot study*. Poster presented at the 124th Annual Convention of the American Psychological Association, Denver, CO.
- Owens, E.M.**, Chen, S.C., Blanchette, L., Jackson, L., & McFarr, L.M. (2015). *Differences in use of exposure skills in DBT with individuals with BPD and comorbid BPD and evidence of PTSD*. Poster presented at the 20th Annual Meeting of the International Society for the Improvement and Teaching of Dialectical Behavior Therapy, Chicago, IL.
- Chen, X.S., **Owens, E.M.**, Blanchette, L., Jackson, L., McFarr, & L.M. (2015). *Identification of exposure-based DBT skills in individuals with BPD vs. BPD plus PTSD symptoms*. Poster presented at the Annual Scientific Sessions on Mental Health Meeting, Torrance, CA.

- Owens, E.M.,** Hamilton, H.K., Sholty, G.L., Subotnik, K.L., Ventura, J., Nuechterlein, K.H., & Yee, C.M. (2013). *The impact of psychosocial stress on P50 and N100 in patients with schizophrenia and healthy controls.* Poster presented at the 54th Annual Meeting of the Society for Psychophysiological Research, Atlanta, GA.
- Owens, E.M.,** Hamilton, H.K., Sholty, G.L., Subotnik, K.L., Ventura, J., Nuechterlein, K.H., & Yee, C.M. (2013). *Catechol-O-Methyltransferase and stress as moderators of P50 gating in healthy individuals and patients with schizophrenia.* Poster presented at the 53rd Annual Meeting of the Society for Psychophysiological Research, Florence, IT.
- Owens, E.M.,** Denney, D.R., & Lynch, S.G. (2012). *Difficulties in planning among MS patients: a relative consequence of deficits in information processing speed.* Poster presented at the European Committee for Treatment and Research in Multiple Sclerosis (ECTRIMS) Annual Congress, Lyons, France.
- Owens, E.M.,** Denney, D. & Lynch, S. (2012). *The effect of time constraints on performance in a test of executive function.* Poster presented at the Undergraduate Research Symposium Annual Conference, Lawrence, KS.
- Owens E.M.,** Peppers D., Licht E.A., O'Neill D., Berenji G., Mendez, M.F. (2011). *Traumatic brain injury from blast forces in veterans of the conflicts in Iraq and Afghanistan: A pilot study.* Poster presented at the Summer Program for Undergraduate Research (SPUR) Symposium, Los Angeles, CA.
- Lynch, S., Hughes, A., **Owens, E.M.,** Denney, D. (2011). *Deficits in processing speed, but not performance, on a test of executive function.* Poster presented at the European and Americas Committees for Treatment and Research in Multiple Sclerosis (ECTRIMS/ACTRIMS) Joint Triennial Congress, Amsterdam, The Netherlands.
- Lynch, S., Hughes, A., **Owens, E.M.,** Denney, D. (2011). *Assessing processing speed in MS: a methodological variation of the Stroop and Symbol Digit Modalities test.* Poster presented at the European and Americas Committees for Treatment and Research in Multiple Sclerosis (ECTRIMS/ACTRIMS) Joint Triennial Congress, Amsterdam, The Netherlands.

Research Presentations:

- Owens, E.M.** (2017). *Borderline personality disorder and co-morbid substance use disorders.* Presentation at the West Los Angeles VA weekly Substance Use Disorders Psychiatry seminar.
- Owens, E.M.** (2017). *Early Detection and Intervention for Psychosis.* Invited presentation for the 2nd annual CONNECT Summit County Mental Health Awareness month in Park City, UT.

Professional Affiliations

American Psychological Association (APA), 05/2012 – present

Association for Behavioral and Cognitive Therapies (ABCT), 05/2014 - present

North American CBT for Psychosis Society, 01/2020 - present

Academy of Cognitive & Behavioral Therapies (ACT), 04/2021 - present