

LUCAS S. LAFRENIERE, PH.D.

Assistant Professor, Skidmore College
370I Center for Integrated Sciences, 815 N. Broadway
Saratoga Springs, NY, 12866
518-580-5329
llafreni@skidmore.edu

EDUCATION

- July, 2019 – June, 2020 Dartmouth Medical Center / Geisel School of Medicine at
Dartmouth College / Center for Technology and Behavioral Health,
Hanover, NH
Clinical Psychology Doctoral Internship
- Aug., 2013 – Aug., 2020 The Pennsylvania State University, State College, PA
Ph.D. in Clinical Psychology, G.P.A. 4.0
- Aug., 2013 - June, 2016 The Pennsylvania State University, State College, PA
M.S. in Clinical Psychology, G.P.A. 4.0
- Sept., 2009 - May, 2013 University of Michigan, Ann Arbor, MI
B.A. in Psychology (Honors) and English, G.P.A. 4.0

AWARDS & GRANTS

- July, 2024 National Institute of Health Extramural Loan Repayment for Clinical
Researchers (LRP-CR; L30; IC: NIMH): \$26,446.44
- March, 2020 Distinguished Dissertation in Clinical Psychology Award,
American Psychological Association, Division 12 Society of
Clinical Psychology (National)
- April, 2019 Harold F. Martin Graduate Assistant Outstanding Teaching Award
(University Level)
- April, 2018 Outstanding Teaching in Psychology Award (Departmental)
- January, 2018 Superior Teaching and Research (STAR) Award in the College of the
Liberal Arts (College Level)
- April, 2017 Association for Behavioral and Cognitive Therapies Anxiety
Disorders SIG Best Poster of the Year Award (Conference)

- May, 2016 Outstanding Student Publication of the Year Award (Departmental)
- May, 2016 Marty Murphy Award for Excellence in Clinical Psychology (Departmental) – Given to one person each year who demonstrates:
- Excellence in both academic and clinical domains.
 - “Above all, commitment to helping and, when possible, healing others.”
- 2014 - 2108 Travel Awards for Conference Presentation (12; Departmental)
- August, 2009 - May, 2014 James B. Angell Scholar
- All A grades for every semester in the University of Michigan Honors Program.
- May, 2013 Summa Cum Laude, University of Michigan Honors Program
- August, 2009 - May, 2013 College of Literature, Science, and the Arts Scholarships (8)

Honor Societies

- December, 2012 Phi Beta Kappa, Junior Year Undergraduate Inductee
- February, 2020 Phi Kappa Phi, Doctoral Inductee

PEER-REVIEWED PUBLICATIONS

**Indicates student co-author*

LaFreniere, L. S. & Newman, M. G. (2024). Savoring changes novel positive mindset targets of GAD treatment: Optimism, prioritizing positivity, kill-joy thinking, and worry mediation. *Behaviour Research and Therapy*, 177, 104541.

<https://doi.org/10.1016/j.brat.2024.104541>

*Lee, A. J. & **LaFreniere, L. S.** (2023). Addressing attrition from psychotherapy for PTSD in the U.S. Department of Veterans Affairs. *Trauma Care*, 3(4), 274-293.

<https://doi.org/10.3390/traumacare3040024>

*Rosen, F. N. & **LaFreniere, L. S.** (2023). Savoring, worry, and duration of positive emotion in generalized anxiety disorder: Assessment and interventional experiment. *Journal of Anxiety Disorders*, 97, 102724.

<https://doi.org/10.1016/j.janxdis.2023.102724>

LaFreniere, L. S. & Newman, M. G. (2023). Upregulating positive emotion in generalized anxiety disorder: A randomized controlled trial of the SkillJoy ecological momentary intervention. *Journal of Consulting and Clinical Psychology*, 91(6), 381–387.

<https://doi.org/10.1037/ccp0000794>. **Featured publication of the American Psychological Association's Kudos Showcase.**

LaFreniere, L. S. & Newman, M. G. (2023). Reducing contrast avoidance in GAD by savoring positive emotions: Outcome and mediation in a randomized controlled trial. *Journal of Anxiety Disorders*, 93, 1-7. <https://doi.org/10.1016/j.janxdis.2022.102659>

LaFreniere, L. S. & Lord, S. E. (2023). Flourishing mindfully: Mindfulness moderates the associations of stress, psychopathology, and grit with flourishing. *The Journal of Positive Psychology and Wellbeing*, 7(2), 53-67.

LaFreniere, L. S., Newman, M. G., & Graham, J. W. (2022). Parental support and monitoring influences on adolescent alcohol use: A peer selection mediation model. *Mental Health and Addiction Research*, 6, 1-8. <https://doi.org/10.15761/MHAR.1000202>

Prasad, A., **LaFreniere, L. S.**, *Taneja, V., *Beals, Z. (2021). Addressing problematic smartphone use with a personalized, goal-based approach. *Proceedings of the International Workshop on Computing for Wellbeing (WellComp)*, 131-134. <https://doi.org/10.1145/3460418.3479319>

LaFreniere, L. S. (2021). Advanced peek-a-boo: Using the element of surprise in teaching. In Vaidya, K. (Ed.), *Teach psychology with a sense of humor: Why and how to be a funnier and more effective psychology teacher*. The Curious Academic Publishing.

—Prior to Starting at Skidmore College—

LaFreniere, L. S., & Newman, M. G. (2020). Exposing worry's deceit: Percentage of untrue worries in generalized anxiety disorder treatment. *Behavior Therapy*, 51, 413-423. <https://doi.org/10.1016/j.beth.2019.07.003>

LaFreniere, L. S., & Newman, M. G. (2019). The impact of uncontrollability beliefs and thought-related distress on ecological momentary interventions for generalized anxiety disorder: A moderated mediation model. *Journal of Anxiety Disorders*, 66, 102-113. <https://doi.org/10.1016/j.janxdis.2019.102113>

LaFreniere, L. S., & Newman, M. G. (2019). Probabilistic learning by positive and negative reinforcement in generalized anxiety disorder. *Clinical Psychological Science*, 7(3), 502-515. <https://doi.org/10.1177/2167702618809366>

Newman, M. G., **LaFreniere, L. S.**, & Jacobson, N. C. (2018). Relaxation-induced anxiety: Effects of peak and trajectories of change on treatment outcome for generalized anxiety disorder. *Psychotherapy Research*, 28(4), 616-629. <https://doi.org/10.1080/10503307.2016.1253891>

LaFreniere, L. S., & Newman, M. G. (2016). A brief ecological momentary intervention for generalized anxiety disorder: A randomized controlled trial of the worry outcome journal.

Depression & Anxiety, 33(9), 829-839. <https://doi.org/10.1002/da.22507> (2020 Featured Article of the Association for Behavioral and Cognitive Therapies [ABCT])

Cain, A. C., & **LaFreniere, L. S.** (2015). The taunting of parentally bereaved children: An exploratory study. *Death Studies*, 39(4), 219-225.
<https://doi.org/10.1080/07481187.2014.975870>

LaFreniere, L. S., & Cain, A. (2015). Parentally bereaved children and adolescents: The question of peer support. *OMEGA: Journal of Death and Dying*, 71(3), 245-271.
<https://doi.org/10.1177/0030222815575503>

LaFreniere, L. S., & Cain, A. (2015). Peer interactions of parentally bereaved children and adolescents: A qualitative study. *OMEGA: Journal of Death and Dying*. 72(2), 91-118.
<https://doi.org/10.1177/0030222815574829>

INVITED ARTICLES AND BOOK CHAPTERS

LaFreniere, L. S. (October, 2023). A primer for training savoring skills in psychotherapy (part 2): Core procedures and exercises. *The Evidence-Based Practitioner*.
<https://philabta.org/EBP/13264635>

LaFreniere, L. S. (August, 2023). A primer for training savoring skills in psychotherapy (part 1): Foundational concepts. *The Evidence-Based Practitioner*.
<https://philabta.org/EBP/13245504>

LaFreniere, L. S. (June, 2021). Worry is an unhelpful friend and a shoddy fortune teller. *Psyche*. https://psyche.co/ideas/worry-is-an-unhelpful-friend-and-a-shoddy-fortune-teller?fbclid=IwAR31YXqgwdpgqY0F8S-AzFyIKxKxg6q5SyMuBhnYgXoA052vfXZ8Oy_qQPc

Prior to Starting at Skidmore College

Shin, K. S., **LaFreniere, L. S.**, & Newman, M. G. (2017). Etiology and phenomenology of generalized anxiety disorder: An RDoC perspective. In Olatunji, B. (Ed.), *Handbook on anxiety and related disorders*. Cambridge University Press.

Newman, M. G., Shin, K. S., & **LaFreniere, L. S.** (2017). Mechanisms and treatment of generalized anxiety disorder. In D. McKay, J. Abramowitz, E. Storch (Eds.), *Treatments for psychological problems and syndromes*. John Wiley & Sons, Ltd.

Newman, M. G., **LaFreniere, L. S.**, & Shin, K. S. (2016). Cognitive-behavioral therapy in historical perspective. In L. E. Beutler, A. J. Consoli, & B. Bongar (Eds.),

Comprehensive textbook of psychotherapy: Theory and practice (2nd Ed.). Oxford University Press.

MANUSCRIPTS UNDER REVIEW AND IN PREPARATION

LaFreniere, L. S., & Newman, M. G. (2024). *Deficient probabilistic learning in generalized anxiety disorder: Avoidance of punishment versus approach of reward*. Manuscript in preparation.

*Fravel, K. & **LaFreniere, L.S.** (2024). *Active versus passive activity engagement: Testing a core premise of behavioral activation*. Manuscript in preparation.

*Mackey, B. K. & **LaFreniere, L. S.** (2024). *The development of new disorders after remission: Effortful control as a transdiagnostic predictor*. Manuscript in preparation.

LaFreniere, L. S. & Prasad, A. (2024). *Benefits of values-based over restriction-based approaches to managing problematic smartphone use: Efficacy in a randomized controlled trial*. Manuscript in preparation.

LaFreniere, L. S. & Prasad, A. (2024). *The case for personalized, goal-oriented smartphone use management: Results from a qualitative study of users*. Manuscript in preparation.

ACADEMIC PRESENTATIONS: SCIENTIFIC SYMPOSIA, INVITED LECTURES, AND CLINICAL TRAINING WORKSHOPS

LaFreniere, L. S. (2024, October). Shifts in emotion, shifts in priorities: Positive emotion savoring for anxiety and depression treatment. Invited grand rounds lecture for the Department of Psychiatry and Behavioral Sciences of Montefiore Medical Center / Albert Einstein College of Medicine. New York City, NY.

LaFreniere, L. S. (2024, April). Clinical savoring practices: Engaging positive emotion to reduce anxiety and depression symptoms. Invited clinical training video filmed, edited, and distributed for the VuMedi Medical Education Platform.

LaFreniere, L. S. (2024, April). Positive emotion savoring practices: Building well-being while reducing anxiety and depression. Peer-reviewed “State-of-the-Art Clinician Session” clinical workshop presented at the Anxiety and Depression Association of America Annual Conference 2024, Boston, MA.

LaFreniere, L. S. (2023, December). Clinical savoring practices for increasing positive emotion and reducing psychopathology. Invited clinical training workshop for

psychotherapy professionals provided through the Association for Behavioral and Cognitive Therapies.

LaFreniere, L. S. & Newman, M. G. (2023, November). Benefits of savoring practices for generalized anxiety disorder: Outcomes and mechanisms of the SkillJoy intervention in a randomized controlled trial. In L. S. LaFreniere (chair), *Bright Horizons of CBT: Positive Emotion Treatments for Anxiety and Depressive Disorders*. Symposium presented at the Association for Behavioral and Cognitive Therapies Annual Convention 2023, Seattle, WA.

*Rosen, F. N. & **LaFreniere, L. S.** (2023, November). Savoring positive emotions reduces pre-existing worry in generalized anxiety disorder: An interventional experiment. In L. S. LaFreniere (chair), *Bright Horizons of CBT: Positive Emotion Treatments for Anxiety and Depressive Disorders*. Symposium presented at the Association for Behavioral and Cognitive Therapies Annual Convention 2023, Seattle, WA.

LaFreniere, L. S. (2023, October). Savoring positive emotions amidst anxiety and depression: Targeting chronic aversion to unguarded emotional shifts. Invited presentation for an annual endowed lecture of the University of Michigan Department of Psychiatry Depression Center (Anonymous Donors). Ann Arbor, MI.

LaFreniere, L. S. (2023, June). Embracing enjoyment: Implementing savoring practices for anxiety, depression, and positive wellbeing. Invited clinical training workshop for psychotherapy professionals provided through the Philadelphia Behavior Therapy Association in Philadelphia, PA.

LaFreniere, L. S. (2023, May). Counteracting worry by savoring positive emotions: Outcomes and mechanisms of a clinical trial. Invited lecture and guided discussion presented for the Philadelphia Behavior Therapy Association in Philadelphia, PA.

*Rosen, F. N. & **LaFreniere, L. S.** (November, 2022). Savoring effects on worry, anxiety, positive emotion after worrying in generalized anxiety disorder: An interventional experiment. Peer-reviewed accepted lecture presented at the annual meeting of the Anxiety Disorders Special Interest Group; Association for Behavioral and Cognitive Therapies Convention 2022.

*Rosen, F. N. & **LaFreniere, L. S.** (November, 2022). Duration of positive emotion after savoring in those with and without generalized anxiety disorder. Peer-reviewed accepted lecture presented at the annual meeting of the Clinical Psychology at Liberal Arts Colleges Special Interest Group; Association for Behavioral and Cognitive Therapies Convention 2022.

LaFreniere, L. S. & Newman, M. G. (2022, March). Engaging positive emotion to reduce contrast avoidance in GAD: Results from a randomized controlled trial. In S. J. Llera, (chair) *The Contrast Avoidance Model: New Directions for the Understanding and Treatment of Generalized Anxiety Disorder*. Symposium presented at the Anxiety and Depression Association of America Annual Conference 2022.

LaFreniere, L. S. & Newman, M. G. (2021, November). Upregulating positive emotion in Generalized Anxiety Disorder: A randomized controlled trial of the Skilljoy ecological momentary intervention. In N. H. Zainal, (chair) *Mobile Apps for Depression and Anxiety Disorders: Promises and Pitfalls*. Symposium presented at the Association for Behavioral and Cognitive Therapies Convention 2021.

*Mackey, B. K, & **LaFreniere, L. S.** (2021, September). The development of new disorders after remission: Effortful control as a transdiagnostic predictor. Lecture presented at the Transdiagnostic Approaches to Mental Health International Conference 2021 in Manchester, UK (online).

LaFreniere, L. S. (2021, September). Better understanding anxiety, worry, and psychotherapy: A live interview with Dr. Lucas LaFreniere. Invited online interview for the Kazakhstani *Tanym Project*, an organization promoting psychotherapy and opposing psychotherapy stigma in Kazakhstan. Both presented live and translated into Russian to be offered with Tanym Project resources.

LaFreniere, L. S. (2021, July). Worry loves to lie: Treating faulty forecasting in clients with excessive worry. Invited clinical training workshop for psychotherapy professionals provided through the Philadelphia Behavior Therapy Association in Philadelphia, PA.

LaFreniere, L. S. & Newman, M. G. (2021, March). Upregulating positive emotion in Generalized Anxiety Disorder: A randomized controlled trial of the Skilljoy ecological momentary intervention. In **L. S. LaFreniere**, (chair) *Search and enjoy: Using technology to enhance and examine positive well-being*. Symposium presented at the Anxiety and Depression Association of America Annual Conference 2021.

—Prior to Starting at Skidmore College—

LaFreniere, L. S. (2020, June). Positive psychology interventions for increasing positive emotion in clinical practice. Invited workshop presented for Dartmouth Medical Center psychiatry department in Lebanon, NH.

LaFreniere, L. S., Newman, M. G., and Lord, S. (2019, October). Upregulating positive emotion in Generalized Anxiety Disorder: A randomized controlled trial of the SkillJoy ecological momentary intervention. Selected lecture presented at the Dartmouth-Hitchcock Medical Center Scientific Retreat 2019, Hanover, NH.

LaFreniere, L. S. (2019, October). True joys versus false fears: Novel interventions for Generalized Anxiety Disorder. Invited guest lecture presented for the Center for Technology and Behavioral Health at Dartmouth College, Lebanon, NH.

LaFreniere, L. S. & Newman, M. G. (2018, November). Studying smartphone treatment mechanisms with ecological momentary assessment (EMA): Percentage of untrue worries in a generalized anxiety disorder intervention. In K. Shin, (chair). *Innovating mental health science with an ecological momentary approach: Applications to clinical samples, treatment data, and treatment delivery*. Symposium presented at the Association for Behavioral and Cognitive Therapies Convention 2018, Washington, D.C.

LaFreniere, L. S. (2018, October). Sustainable joy: How to “catch up” in your pursuit of happiness. Invited guest lecture presented for the UMTTR Well-Being and Suicide Prevention Organization, State College, PA.

LaFreniere, L. S. & Newman, M. G. (2017, November). Probabilistic and operant learning tendencies in generalized anxiety disorder: Deficits in positive reinforcement response. In L. S. LaFreniere, (chair). *New developments in understanding cognitive processing in anxiety*. Symposium presented at the Association for Behavioral and Cognitive Therapies Convention 2017, San Diego, CA.

LaFreniere, L. S. & Newman, M. G. (2017, April). A randomized controlled trial of a brief ecological momentary intervention for generalized anxiety disorder. In **L. S. LaFreniere**, (chair) *Advances in treatment for generalized anxiety disorder: New results from randomized controlled trials*. Symposium presented at the Anxiety and Depression Association of America Annual Conference 2017, San Francisco, CA.

Newman, M. G., & **LaFreniere, L. S.** (2016, June). A randomized controlled trial of a brief ecological momentary intervention for generalized anxiety disorder. In Y. Kivity, (chair) *Capturing the moment: Use of daily diary methods to enhance psychotherapy and psychopathology research*. Symposium presented at the 46th Annual Meeting of the Society for Psychotherapy Research, Jerusalem, Israel.

LaFreniere, L. S. & Newman, M. G. (2017, February). A randomized controlled trial of a brief ecological momentary intervention for generalized anxiety disorder. Grand rounds lecture presented to the clinical psychology program and clinic staff of the Pennsylvania State University’s Psychology Department, State College, PA.

Newman, M. G., & **LaFreniere, L. S.** & Jacobson, N. C. (2016, June). Peak and trajectories of change in relaxation induced anxiety as predictors of outcome from CBT for GAD. In Solomonov, N. and McCarthy, K. S. (chairs) *A closer look at mechanisms of change and their predictors in treatments for anxiety disorders*.

Symposium presented at the 46th Annual Meeting of the Society for Psychotherapy Research, Jerusalem, Israel.

LaFreniere, L. S. (2015, June). Clinicians' experiences in treating generalized anxiety disorder. In N. C. Jacobson (Chair), *Bridging research and practice: Clinical experiences in conducting empirically-supported treatments for post-traumatic stress disorder, obsessive-compulsive disorder, and generalized anxiety disorder*. Symposium conducted at the Society for Psychotherapy Research Annual Convention, Philadelphia, PA.

SYMPOSIA CHAIRED

Bright horizons of CBT: Positive emotion treatments for anxiety and depressive disorders (2023, November). Symposium presented at the Association for Behavioral and Cognitive Therapies Annual Convention 2023, Seattle, WA. Discussant: Colleen Conley, Ph.D.

Search and enjoy: Using technology to enhance and examine positive well-being. (2021, March). Symposium presented at the Anxiety and Depression Association of America Annual Conference 2021. Discussant: Todd Kashdan, Ph.D.

New developments in understanding cognitive processing in anxiety. (2017, November). Symposium presented at the Association for Behavioral and Cognitive Therapies Convention 2017, San Diego, CA. Discussant: Richard McNally, Ph.D.

Advances in treatment for generalized anxiety disorder: New results from randomized controlled trials. (2017, April). Symposium presented to the Anxiety and Depression Association of America Annual Conference 2017, San Francisco, CA. Discussant: Richard Zinbarg, Ph.D.

ACADEMIC POSTER PRESENTATIONS

*Fravel, K. & **LaFreniere, L. S.** (November, 2023). Greater engagement, greater joy: An experiment testing a core premise of behavioral activation. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention 2023, Seattle, WA.

*Rosen, F. N. & **LaFreniere, L. S.** (November, 2022). Savoring effects on worry, anxiety, positive emotion after worrying in generalized anxiety disorder: An interventional experiment. Poster presented at the Association for Behavioral and Cognitive Therapies Convention 2022, New York, NY. (**Winner of the 2022 ABCT Clinical Psychology at Liberal Arts Colleges Poster of the Year Award**).

LaFreniere, L.S., Newman, M. G., & *Yun, H. (November, 2022). Reducing contrast avoidance in GAD by savoring positive emotions: Outcome and mediation in a randomized controlled trial. Poster presented at the Association for Behavioral and Cognitive Therapies Convention 2022, New York, NY.

*Mackey, B. K, & **LaFreniere, L. S.** (2021, November). Ruminating on depressive symptoms predicts transdiagnostic remission when controlling for general rumination and affect. Poster presented at the Association for Behavioral and Cognitive Therapies Convention 2021.

*Mackey, B. K, & **LaFreniere, L. S.** (2021, November). The development of new disorders after remission: Effortful control as a transdiagnostic predictor. Poster presented at the Association for Behavioral and Cognitive Therapies Convention 2021.

*Mackey, B. K, & **LaFreniere, L. S.** (2021, September). Ruminating on depressive symptoms predicts transdiagnostic remission when controlling for general rumination and affect. Poster presented at the Transdiagnostic Approaches to Mental Health International Conference 2021 in Manchester, UK.

LaFreniere, L. S., & Lord, S. E. (2020, November). *Flourishing mindfully: Flourishing moderates the associations of stress, psychopathology, and grit with flourishing.* Poster session presented at the Association for Behavioral and Cognitive Therapies Convention.

LaFreniere, L. S., & Lord, S. E. (2020, November). *Attentive men may suffer more: Gender differences in mindful attention moderate the impact of anxiety and depression on functioning.* Poster session presented at the Association for Behavioral and Cognitive Therapies Convention.

—Prior to Starting at Skidmore College—

LaFreniere, L. S., & Newman, M. G. (2019, November). *Deficits in probabilistic learning by positive and negative reinforcement in generalized anxiety disorder.* Poster session presented at the Association for Behavioral and Cognitive Therapies Convention 2019, Atlanta, GA.

LaFreniere, L. S., Newman, M. G., & Lord, S. (2019, October). *Upregulating positive emotion in generalized anxiety disorder: A randomized controlled trial of the SkillJoy ecological momentary intervention.* Poster session accepted for presentation at the Dartmouth-Hitchcock Research Retreat 2019, Lebanon, NH.

LaFreniere, L. S., & Newman, M. G. (2018, April). *Avoidance versus approach learning of those with generalized anxiety disorder (GAD) in a probabilistic task.* Poster

session presented at the Anxiety and Depression Association of America Annual Conference 2018, Washington, D.C.

LaFreniere, L. S., & Newman, M. G. (2018, April). *Deficits in positive reinforcement response during probabilistic learning in generalized anxiety disorder.* Poster session presented at the Anxiety and Depression Association of America Annual Conference 2018, Washington, D.C.

LaFreniere, L. S., & Newman, M. G. (2018, April). *The impact of uncontrollability beliefs and thought distress on an ecological momentary intervention for generalized anxiety disorder.* Poster session presented at the Anxiety and Depression Association of America Annual Conference 2018, Washington, D.C.

LaFreniere, L. S., & Newman, M. G. (2017, November). *Probabilistic learning deficits in GAD: Avoidance versus approach response.* Poster session presented at the Association for Behavioral and Cognitive Therapies Convention, San Diego, CA.

LaFreniere, L. S., & Newman, M. G. (2017, November). *Mediation of the link between positive worry beliefs and symptoms by percentage of untrue worries in treatment for GAD.* Poster session presented at the Association for Behavioral and Cognitive Therapies Convention, San Diego, CA.

LaFreniere, L.S., & Newman, M. G. (2016, October). *Can't stop, won't stop: The negative influence of uncontrollability beliefs on worry during treatment for Generalized Anxiety Disorder.* Poster session presented at the Association for Behavioral and Cognitive Therapies Convention, New York, NY.

LaFreniere, L.S., Newman, M. G., & Graham, J. (2016, October). *Moderation of the influence of parental support and control in adolescents' friend choice by their liking for risk.* Poster session presented at the Association for Behavioral and Cognitive Therapies Convention, New York, NY.

LaFreniere, L.S., & Newman, M. G. (2016, October). *A brief ecological momentary intervention for GAD: An RCT of the worry outcome journal.* Poster session presented at the Association for Behavioral and Cognitive Therapies Convention, New York, NY. **(Winner of the Association for Behavioral and Cognitive Therapies Anxiety Disorders SIG Best Poster of the Year Award)**

LaFreniere, L. S., Newman, M. G., & Jacobson, N. C. (2015, November). *Relaxation-induced anxiety: Effects on treatment outcome for GAD.* Poster session presented at the Association for Behavioral and Cognitive Therapies Convention, Chicago, IL.

LaFreniere, L. S., Newman, M. G., & Graham, J. (2015, November). *Parental support and monitoring in adolescent peer choice and alcohol use*. Poster session presented at the Association for Behavioral and Cognitive Therapies Convention, Chicago, IL.

LaFreniere, L. S. & Newman, M. G. (2014, November). *Worry, anxiety, and alcohol use in youth: Adult trends not present in adolescents*. Poster session presented at the Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA.

AD HOC JOURNAL AND ACADEMIC BOOK SUBMISSION REVIEWS

(Does not include revision reviews)

Authors Masked. (2024). *Cambridge Guide to Acceptance and Commitment Therapy* (Book)

Authors Masked. (2024). *Behavior Therapy*.

Authors Masked. (2024). *Counselling and Psychotherapy Research*.

Authors Masked. (2024). *Journal of Anxiety Disorders*.

Authors Masked. (2024). *Journal of Anxiety Disorders*.

Authors Masked. (2024). *European Psychiatry*.

Authors Masked. (2023). *Journal of Consulting and Clinical Psychology*.

Authors Masked. (2023). *Cognitive Behaviour Therapy*.

Authors Masked. (2023). *Behaviour Research and Therapy*.

Authors Masked. (2023). *Human-Computer Interaction*.

Authors Masked. (2023). *Behaviour Research and Therapy*.

Authors Masked. (2023). *Person-Centered & Experiential Psychotherapies*.

Authors Masked. (2023). *Behavior Therapy*.

Authors Masked. (2023). *Stress & Health*.

Authors Masked. (2023). *Behaviour Research and Therapy*.

Authors Masked. (2023). *Journal of Anxiety Disorders*.

Authors Masked. (2023). *Journal of Anxiety Disorders*.

Authors Masked. (2022). *Journal of Anxiety Disorders*.
Authors Masked. (2022). *Journal of Anxiety Disorders*.
Authors Masked. (2022). *Journal of Anxiety Disorders*.
Authors Masked. (2021). *Frontiers in Psychology*.
Authors Masked. (2021). *Journal of Anxiety Disorders*.
Authors Masked. (2020). *Journal of Anxiety Disorders*.
Authors Masked. (2020). *Journal of Anxiety Disorders*.
Authors Masked. (2020). *OMEGA: The Journal of Death and Dying*.

—————Prior to Starting at Skidmore College—————

Authors Masked. (2019). *Depression and Anxiety*.
Authors Masked. (2018). *Behavior Therapy*.
Authors Masked. (2017). *Death Studies*.
Authors Masked. (2017). *Death Studies*.
Authors Masked. (2016). *Death Studies*.
Authors Masked. (2016). *Death Studies*.

TEACHING EXPERIENCE

Courses as lead instructor at Skidmore College:

- **My Therapist is a Robot: Technology and Psychotherapy** (one semester)
- **Research Methods & Statistics II: Clinical Psychology** (two semesters)
- **Acceptance and Commitment Therapy** (four semesters)
- **Cognitive-Behavioral Therapy** (four semesters)
- **Introduction to Psychological Science** (three semesters)
- **Psychological Disorders** (five semesters)
- **Positive Psychology** (one semester)
- **Colloquium in Psychological Science** (one semester)

—————Prior to Starting at Skidmore College—————

Co-teaching weekly **cognitive-behavioral therapy course for psychiatry medical residents** at Dartmouth-Hitchcock Medical Center.

- 12 third-year medical residents (PGY3 M.D.s), August, 2019 to June, 2020.

Mentored, trained, and led own independent team of undergraduate research assistants for five studies as primary investigator, as well as two other separate teams of undergraduate research assistants (RAs) working for Newman Laboratory studies.

- 9 undergraduate RAs on my own study teams, 14 general Newman Laboratory RAs, October, 2013 to July, 2020 (including summers).

Wrote, acted, filmed, and edited **Cognitive-Behavioral Therapy for Anxiety Disorders coach training video** for the SilverCloud smartphone-based psychotherapy service.

- March, 2019

Taught **Personality Psychology** (primary instructor, in-residence) for Spring 2019, a course I previously developed independently (see below).

- 100 undergraduate students, Spring 2019

Co-supervised cognitive-behavioral therapy training/didactics for clinical psychology Ph.D. students (3 hour weekly group course plus 1 hour individual supervision per student).

- 5 graduate students, Fall 2018 – Spring 2018

Taught **Research Methods online** as the primary instructor.

- 20 undergraduate students, Fall 2018

Independently developed and taught **Personality Psychology** (primary instructor, in-residence) without the use of previously inherited materials.

- 100 undergraduate students in Spring, 2018

Independently developed and taught **Abnormal Psychology** (primary instructor, in-residence) without the use of previously inherited materials.

- 140 undergraduate students in Fall, 2018

Designed and led educational/training activities and guided discussions for Penn State Anxiety Clinic bi-weekly meetings (primary instructor, serving as student administrator).

- Approximately 15 regular attenders, June 2017 – June 2019

Taught laboratory section of Research Methods (lab instructor, in-residence) with significant re-creation of Powerpoints, lab worksheets, and class activities.

- 22 undergraduate students in Spring, 2016

Was personally selected to **help develop a graduate statistics course, create weekly assignments, and assist with teaching** for **Graduate Multilevel Modeling Statistics**.

- 25 graduate students, Fall, 2015

Taught **dialogue-based Intergroup Relations: Race and Gender course independently for three weeks** (also leading additional later sessions) when the course professor underwent a personal crisis. I served as teaching assistant throughout the semester as well.

- 24 undergraduate students, Spring, 2015

Served as **teaching assistant for 9 different courses**, giving lectures whenever allowed.

Education: **OL2050 Online Teaching Certificate course** (Received certificate Fall, 2016).

Education: **PSY 591 Teaching in Psychology Seminar course** (Spring, 2016).

PROFESSIONAL MEMBERSHIPS

American Psychological Association

- 2013 – 2015, 2019 – Present

Association for Behavioral and Cognitive Therapies

- 2014 – Present
- Clinical Psychology at Liberal Arts Colleges Special Interest Group Member, 2020 – Present
- Anxiety Disorders Special Interest Group Member, 2014-Present

Anxiety and Depression Association of America

- 2016 – Present

Phi Beta Kappa Society

- 2012 – Present

MEDIA COVERAGE (Highlights are ***bolded**)

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CLINICAL EXPERIENCE

July, 2019 – Present

Doctoral Clinical Intern at Dartmouth-Hitchcock Medical Center and Geisel School of Medicine at Dartmouth College

- Supervisors: Robert E. Brady, Ph.D., Keri L. Height, Ph.D.
- Provided individual cognitive-behavioral therapy (CBT) and acceptance and commitment therapy (ACT) for the anxiety disorder and behavioral medicine services of Dartmouth-Hitchcock Medical Center.
- Provided individual CBT, ACT, dialectical behavior therapy (DBT), and mindfulness-based therapies for a variety of disorders at a private practice outpatient clinic (Hanover Psychiatry).
- Conducted spinal cord stimulator surgery, insomnia disorder, and bariatric surgery evaluations through behavioral medicine service of DHMC.
- Provided CBT group therapy for mixed anxiety disorders alongside supervisor at DHMC.
- Provided CBT for insomnia group therapy alongside supervisor at DHMC.

August, 2018 – June, 2019 Student Clinical Supervisor for Cognitive Behavioral Therapy Team

- Supervisor: Michelle G. Newman, Ph.D.
- Co-supervised CBT didactics, treatment delivery training, and cases for five graduate students alongside Dr. Newman.

January, 2018 - Present

Staff Therapist: Trauma and Anxiety Specialty

- Supervisor: Sandra Testa-Michelson, Ph.D.
- Provided CBT for PTSD (primarily prolonged exposure with supplemental cognitive processing therapy), led group therapy for social anxiety disorder (and personally

developed/created session-by-session guidelines for the PSU clinic), and supervised graduate students treating trauma and anxiety cases.

- Summer 2017 – Present Anxiety Clinic Student Administrator
- Senior Administrators: Sandra Testa-Michelson, Ph.D. and Kristen Smith-Simon, Ph.D.
 - I developed didactic materials, discussion guides, and activities for bi-weekly anxiety clinic meetings, then led the meetings.
 - Co-developed research protocols for data collection and aided student therapists in following clinic research procedures.
- 2017 - 2018 Staff Therapist
- Supervisor: Michael Wolff, Ph.D., Clinic Director
 - Provided various integrated psychotherapies emphasizing CBT and dialectical behavior therapy, treating a diverse caseload of severe comorbid diagnoses (outside clinical assistantship).
- 2016 - 2017 Consultant for Psychological Consulting Services
- Supervisor: Michael Wolff, Ph.D., Clinic Director
 - Provided consultation, functional behavior analysis, and intervention plans for living facilities caring for those with intellectual disability, disruptive behavior, and comorbid psychopathology.
- 2016 - 2017 Clinical Assistantship (Staff Therapist)
- Supervisor: Michael Wolff, Ph.D., Clinic Director
 - Provided various integrated psychotherapies with a CBT emphasis for a diverse caseload of high severity, comorbid diagnoses, including various personality disorders, schizophrenia/schizoaffective disorder, other psychosis, bipolar disorder, major depression, and anxiety disorders.
- 2016 - 2017 Neuropsychological Assessment Team
- Supervisor: Peter Arnett, Ph.D.
 - Learned and administered neuropsychological evaluations, provided feedback, and offered recommendations to clients with diverse concerns, including problems with memory,

attention, learning disabilities, and psychopathology concerns.

- 2015 - 2016 Contemporary Interpersonal and Psychodynamic Therapy Team
- Supervisor: Aaron Pincus, Ph.D.
 - Learned and provided interpersonal therapy and contemporary object relations-based psychodynamic therapy (transference-focused psychotherapy) to clients with borderline personality disorder, narcissistic personality disorder, obsessive-compulsive personality disorder, and comorbid conditions.
- 2014 - 2015 Cognitive-Behavioral Therapy Team
- Supervisor: Michelle G. Newman, Ph.D.
 - Learned and provided structured cognitive-behavioral therapies for a variety of disorders, including panic disorder, specific phobia, generalized anxiety disorder, agoraphobia, social anxiety disorder, major depressive disorder, and others.
- Summer 2014 Motivational Interviewing and Introductory Therapy Practicum
- Supervisor: Michael Wolff, Ph.D., Clinic Director
 - Learned and provided motivational interviewing and emotion-focused techniques while developing foundational therapy and alliance-building skills.
- Fall 2013 – Spring 2014 Introductory Assessment Practicum
- Supervisor: Kenneth N. Levy, Ph.D.
 - Learned and conducted psychodiagnostic assessments using the ADIS and the IPDE.
- 2014 - Present Clinical Assessor
- Supervisor: All supervisors listed in the above experiences.
 - Regularly conducted psychodiagnostic assessments using the ADIS and the IPDE with occasional assessment via the MMPI-II-RF, PAI, and the MCMI.

LITERARY PUBLICATIONS

LaFreniere, L. S. (2013). Nearly clean (rituals). In J. Hickey (Ed.), *Xylem Literary Journal: 2012-2013* (pg. 11). Edward Brothers Malloy.

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