

LUCAS S. LAFRENIERE, PH.D.

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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

- March, 2025 Faculty-Student Summer Research Grants (two grants awarded):
*Dissemination & Study of Clinical Positive Emotional Engagement
Treatments for Anxiety* (College Level)
- July, 2024 National Institute of Health Extramural Loan Repayment for Clinical
Researchers Grant (LRP-CR; L30; IC: NIMH): \$26,446.44
- May, 2023 2023 Early Career Investigator Award, *Behaviour Research and
Therapy* (International)
- 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*

—Prior to Submission of Tenure File—

*Kates, M. & LaFreniere, L. S. (2025). School-based interventions for Attention-Deficit /Hyperactivity Disorder (ADHD) in middle schools: A review of the literature. *Education Sciences*, 15(9), 1225. <https://doi.org/10.3390/educsci15091225>

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.
<https://journalppw.com/index.php/jppw/article/view/15940>
- 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

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. & *Fravel, K. (2025). *Active versus passive activity engagement: Testing a core premise of behavioral activation* [Manuscript submitted for publication].

LaFreniere, L. S., *Fravel, K. (2025). *Savoring amplifies clinical benefits of a behavioral activation activity for generalized anxiety disorder: A dismantling experiment* [Manuscript in preparation].

LaFreniere, L. S., & Newman, M. G. (2025). *Deficient probabilistic learning in generalized anxiety disorder: Avoidance of punishment versus approach of reward* [Manuscript in preparation].

LaFreniere, L. S. & Prasad, A. (2025). *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].

*Mackey, B. K., & **LaFreniere, L. S.** (2025). *The development of new disorders after remission: Effortful control as a transdiagnostic predictor* [Manuscript in preparation].

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

LaFreniere, L. S. & *Fravel, K. (2025, November). Active versus passive activity engagement: Testing a core premise of behavioral activation. Individual oral paper presentation presented at the Association for Behavioral and Cognitive Therapies Annual Convention 2025, New Orleans, L.A.

LaFreniere, L. S. & Newman, M. G. (2025, November). Savoring changes novel positive mindset targets of GAD treatment: Optimism, prioritizing positivity, kill-joy thinking, and worry mediation. Individual oral paper presentation presented at the Association for Behavioral and Cognitive Therapies Annual Convention 2025, New Orleans, L.A.

LaFreniere, L. S. (2025, October). Major Depressive Disorder: How can clinicians foster positive emotion? Invited clinical training video filmed, edited, and distributed for the VuMedi Medical Education Platform.

Prior to Submission of Tenure File

LaFreniere, L. S. (2024, November). Positive emotion savoring for anxiety and depression: Countering over-prevention of negative emotional shifts. Invited lecture for the psychiatry grand rounds of the University of Pennsylvania's Penn Medicine Princeton House Behavioral Health. Philadelphia, PA.

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, June). Practices for savoring positive emotion in clinical work. Invited clinical training workshop for New York City Cognitive Therapy. 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 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 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

Guo*, H. A., **LaFreniere, L. S.**, Rye, M., & *Zita, T. (November, 2025). Emotional eating in relation to self-compassion and avoidance: Is overidentification with thoughts a risk factor? Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention 2025, New Orleans, LA.

Prior to Submission of Tenure File

LaFreniere, L. S., *Fravel, K., *Landino, K., & *Zita, T. (November, 2024). Sense of meaning in behavioral activation: Depression moderates meaning benefits of active versus passive activities. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention 2024, Philadelphia, PA.

LaFreniere, L. S., *Fravel, K., & *Yurkovskaya, K. (November, 2024). Savoring amplifies

clinical benefits of a behavioral activation activity for generalized anxiety disorder: A dismantling experiment. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention 2024, Philadelphia, PA.

LaFreniere, L. S., Prasad, A., & *Walker, L. (November, 2024). *How matters more than how much*: A randomized controlled trial of goals-and-values-based smartphone use management for anxiety. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention 2024, Philadelphia, PA.

*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 reviews of revised submissions)

Authors Masked. (2025). *Computers in Human Behavior Reports*

—————Prior to Submission of Tenure File—————

Authors Masked. (2025). *Journal of Mood and Anxiety Disorders*.

Authors Masked. (2025). *Applied Psychology: Health & Wellbeing*.

Authors Masked. (2025). *Journal of Anxiety Disorders*.

Authors Masked. (2025). *Journal of Behavior Therapy and Experimental Psychiatry*.

Authors Masked. (2025). *The Spanish Journal of Psychology*.

Authors Masked. (2025). *Journal of Anxiety Disorders*.

Authors Masked. (2025). *Acta Psychologica*.

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

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*.

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—Prior to Starting at Skidmore College—

Authors Masked. (2019). *Depression and Anxiety*.

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TEACHING EXPERIENCE

Courses as instructor at Skidmore College:

- **Cognitive-Behavioral Therapy** (five semesters)
- **Acceptance and Commitment Therapy** (five semesters)
- **Psychological Disorders** (five semesters)
- **Introduction to Psychological Science** (four semesters)
- **Research Methods & Statistics II: Clinical Psychology** (three semesters)
- **My Therapist is a Robot: Technology and Psychotherapy** (Scribner; one semester)
- **Clinical Field Experience** (one semester)
- **Positive Psychology** (one semester)
- **Colloquium in Psychological Science** (one semester)
- **Professional Internship in Psychology** (two semesters)
- **Independent Studies** (four courses)
 - *Predictors and Moderators of Human Perception of Humor*
 - *Anxiety in Healthcare: Distress Among Patients and Providers*

- *Uncommon Psychological Problems: How to Treat Disorders that Get Less Notoriety*
- *School-based Interventions for Attention-Deficit/Hyperactivity Disorder (ADHD)*

—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**)

Authors Unknown (February 1st, 2026). 8 “relaxation techniques” that may paradoxically activate your stress response. *GoodNeuroscience*. (Describes and cites my 2018 study on relaxation-induced anxiety). <https://www.instagram.com/p/DUOqj8qgNqL/>

Taylor, P. (November 23rd, 2025). How to stop wasting mental energy and train your focus like a high performer. *Inc. / Fast Company*. (This excerpt from Paul Taylor’s book below covering my work was republished in *Fast Company* magazine and posted as a blog post on *Inc.* magazine online). <https://www.inc.com/fast-company-2/stop-wasting-mental-energy-train-focus-high-performer/91270143>

Taylor, P. (2025). The hardiness effect: Grow from stress, optimize health, live longer. Wiley. (This self-help/popular science book covers my work at length).

Prior to Submission of Tenure File

Webb, E. & Goel, S. (July 10th, 2025). Is your chatbot judging you? How Big Tech is cracking down on ‘preachy’ A.I. *Business Insider*. <https://www.businessinsider.com/meta-google-training-ai-chatbots-preachy-tone-big-tech-2025-7>

Lotz, A. (July 7th, 2025). A.I. sycophancy: The downside of a digital yes-man. *Axios*. <https://www.axios.com/2025/07/07/ai-sycophancy-chatbots-mental-health> (article based on invited interview with *Axios* in June 2025).

Mathis, J. (April 10th, 2025). How might AI chatbots replace mental health therapists? *The Week*. <https://theweek.com/tech/ai-chatbots-replace-mental-health-therapists>

Morrone, M. (March 23rd, 2025). The robot empathy divide. *Axios*. <https://www.axios.com/2025/03/23/empathy-chatbot-turing-therapist>

Russo, F. (February 18th, 2025). New therapies that focus on positive experiences could better treat depression and anxiety. *Scientific American*. <https://www.scientificamerican.com/article/new-psychotherapies-that-focus-on-positive-experiences-could-better-treat/> (article based on invited interview with *Scientific American* in December, 2024).

Noble, A. (January 12th, 2025). How to stop worrying about things you can’t change. *Outsmart Anxiety*. <https://www.outsmartanxiety.com/how-to-stop-worrying-about-things-you-cant-change/>

Mastrocola, K. (January 9th, 2025). How savoring increases joy: 4 study-proven ways to reap the benefits of being in-the-moment. *First for Women*. <https://www.firstforwomen.com/health/mental-health/how-savoring-increases-joy-simple-study-backed-strategies> (article based on invited interview with *First for Women* in November, 2024).

Skidmore College Office of Communications and Marketing (December 22nd, 2024). Creative thought, current matters: Savoring for anxiety and depression. *Skidmore College Instagram (@skidmorecollege)*.

Valden, A. (December 10th, 2024). Do robots make good therapists? *Skidmore News*. <https://www.skidmore.edu/news/2024/1210-therapist-is-a-robot.php>

Zbozinek, T. D. (November 25th, 2024). How to worry less. *Psychology Today*. <https://www.psychologytoday.com/us/blog/matters-of-the-mind/202411/how-to-worry-less>

Schwabish, J. (October 16th, 2024). Fact-checking 60,000 thoughts. *PolicyViz*. https://policyviz.com/2024/10/16/fact-checking-60000-thoughts-the-mystery-behind-a-misleading-statistic/?srsltid=AfmBOopbbwGWsi3nMEC4nneD55y3t26lhBFBMhWFbntFLLeQyvD_5HfcZ

Van Paris, C. (October 8th, 2024). Meet gratitude's more mindful sibling, savoring. *Yoga Journal*. <https://www.yogajournal.com/lifestyle/what-is-savoring/>

Thornton, B. (August 29th, 2024). Wasted worry: Letting go of overthinking. *Bethany Thornton Counseling*. <https://www.bethanythorntoncounseling.co.uk/wasted-worry-letting-go-of-overthinking/>

Taitz, J. (August 19th, 2024). How to strengthen your happiness muscle. *The New York Times*. <https://www.nytimes.com/2024/08/19/well/mind/happiness-emotions-reward-sensitivity.html> (Both in print and online; article based on invited interview with *The New York Times* in June, 2024).

Turner, J. (July 7th, 2024). How to overcome your limiting beliefs, and achieve much more than you think. *Better Humans* (a *Medium* publication). <https://medium.com/better-humans/how-to-overcome-your-limiting-beliefs-and-achieve-much-more-than-you-think-235af4e520d6>

Spencer, E. (June, 2024). Savoring as a practice. *Anxiety Training*. <https://anxietytraining.com/savoring-as-a-practice/>

Shrikant, A. (May 19th, 2024). Neuropsychologist: 4 tips to stop the cycle of negative self-talk—your ‘thoughts are not the absolute truth’. *CNBC's Make It*. <https://www.cnbc.com/2024/05/19/neuropsychologist-4-tips-to-stop-the-cycle-of-negative-self-talk.html>

Rojas Estapé, M. (May 2nd, 2024). Keys to improving mental health within companies. *StandOut*. <https://www.iese.edu/standout/mental-health-companies-conference-marian-rojas/>

Hall, L. (April 18th, 2024). How anxiety lies to us. *The DMC Clinic*. <https://thedmcclinic.ie/blog-how-anxiety-lies-to-us/>

Buckland, J. (February 24th, 2024). 91% of our worries don't come true: Exploring the four traits shaping our negative bias. *WellBe*. <https://www.wellbelink.co.uk/post/85-of-our-thoughts-are-negative-exploring-the-four-traits-shaping-our-negative-bias>

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Shetty, J. (October 21st, 2023). 7 steps to transform an anxious mindset and how to overcome worry-filled thoughts. *On Purpose* (podcast episode and blog post about episode). <https://www.jayshetty.me/blog/jay-shetty-on-7-steps-to-transform-an-anxious-mindset>

Robbins, M. (September 28th, 2023). 6 magic words that stop anxiety and overwhelm. *The Mel Robbins Podcast*. <https://www.melrobbins.com/episode/episode-105/>

Allman, R. (May 30th, 2023). Psychology Tools newsletter May 2023. *Psychology Tools*. <https://www.psychologytools.com/articles/second-may-2023-newsletter/>

Winderling, O. N. (February 15th, 2023). Bentornato, caro diario. Ecco perché fa bene mettere su carta le proprie emozioni. *La Repubblica*. https://www.repubblica.it/moda-e-beauty/2023/02/16/news/diario_segreto_come_si_scrive_terapia-384876559/

Pressman, T. (January 19th, 2023). Do you have generalized anxiety disorder? The answer might surprise you. *Deconstructing Anxiety Blog*. <https://toddpresman.com/blog/>

Brooks, A. (January 4th, 2024). How to worry less and be happier. *The Atlantic*. <https://www.theatlantic.com/ideas/archive/2024/01/worry-anxiety-management-happiness/677012/>

Dufton, E. (October 4th, 2023). Can't stop ruminating? We're here to help. *Relationships Australia*. <https://www.relationshipsnsw.org.au/blog/what-is-rumination-ruminating/>

Russo, F. (April 5th, 2023). Personality can change from one hour to the next. *Scientific American*. <https://www.scientificamerican.com/article/personality-can-change-from-one-hour-to-the-next/>

Dowden, C. (April 29th, 2022). How to more effectively manage your worry. *Forbes*. <https://www.forbes.com/sites/forbesbooksauthors/2021/04/29/how-to-more-effectively-manage-your-worry/?sh=6a9a44531da1> .

McConnochie, T. (April 12th, 2022). Leave the worry behind. *Bupa Health*. <https://www.bupa.com.au/healthlink/conditions-and-treatments/mental-health/anxiety/anxiety-treatment/how-to-break-the-worry-cycle>.

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Chang, W. S. (September 3rd, 2021). 3 Chinese proverbs on anxiety. *Mind Café*. <https://medium.com/mind-cafe/3-chinese-proverbs-on-anxiety-43ab2b70168a>.

Messias, O. (August 18th, 2021). Suffering from anxiety? Research suggests most of our worries aren't well founded. *Aleteia*. <https://aleteia.org/2021/08/18/study-suggests-most-of-our-worries-arent-well-founded/>.

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Olster, S. (June 27th, 2021). Idea of the day: Put worry in its place. *LinkedIn*. <https://www.linkedin.com/news/story/idea-of-the-day-put-worry-in-its-place-5092132/>. (*LinkedIn* covered and posted *Worry Outcome Journal* publications as their “Idea of the Day” on their main page and notified all subscribed *LinkedIn* users).

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Deangli, J. (September 8th, 2020). The worry buster. *Open Awareness*. <https://jevondangeli.com/the-worry-buster/>

Patrick, W. L. (August 27th, 2020). Don't let anxiety become debilitating: Overcoming negative expectations by confronting your fears. *Newsmax*. <https://www.newsmax.com/wendylpatrick/aada-gad-worries/2020/08/27/id/984154/>

Patrick, W. L. (August 26th, 2020). Feeling anxious? Try this reality check. Overcome negative expectations by facing your fears. *Psychology Today*. <https://www.psychologytoday.com/us/blog/why-bad-looks-good/202008/feeling-anxious-try-reality-check>

Kloeckner, M. (May 23rd, 2020). Most of the times worry isn't worth it: How to become a worry warrior. *Psychreg*. <https://www.psychreg.org/worrying-isnt-worth-it/>

Remes, O. (May 22nd, 2020). Coronavirus: How to beat anxiety when going back to work. *The Conversation*. <https://theconversation.com/coronavirus-how-to-beat-anxiety-when-going-back-to-work-138550>

Culhane, L. (May 19th, 2020). Small firm lawyers have a lot to worry about. *Discovery Genie*. <https://www.discoverygenie.com/small-firm-lawyers-have-a-lot-to-worry-about/>

Khow, A. (April 18th, 2020). How to challenge worries and anxious thoughts. *Banana Tree Log Mental Health Resources*. <https://www.bananatree.com/blog/challenge-anxious-thoughts>

Opping, T. (March 26th, 2020). 4 habits that will train your brain to stop worrying. *Thrive Global*. <https://thriveworld.com/stories/train-your-brain-to-stop-worrying-habits-routine-stress-mental-health/>

Sharp, T. (March 16th, 2020). 4 habits that will train your brain to stop worrying. *Dr. Happy*. <https://www.drhappy.com.au/2020/03/16/4-habits-that-will-train-your-brain-to-stop-worrying/>

Langshur, E. & Klemp, N. (February 12th, 2020). Two science-backed ways to ease a worried mind. *Mindful Magazine*. <https://www.mindful.org/two-science-backed-ways-to-ease-a-worried-mind/>

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Dempsey, K. (2020). How to cope with the anxiety of not knowing. *The Awareness Centre*. <https://theawarenesscentre.com/anxiety-of-not-knowing/>

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Ranger, L. (September 20th, 2019). Uncontrollability beliefs affect efficacy of interventions in generalized anxiety disorder. *Psychiatry Advisor*. <https://www.psychiatryadvisor.com/home/topics/anxiety/uncontrollability-beliefs-affect-efficacy-of-interventions-in-generalized-anxiety-disorder/>

Taylor, S. (September 10th, 2019). Can't stop worrying? Good news. Over 90% of what you worry about never happens. *The Nurture Project*. <https://www.thenurtureproject.com/i-cant-stop-worrying/>

Stakelum, R. (August, 21st, 2019). Mastering your fears is within your reach. *The Startup* (A Medium publication). <https://medium.com/swlh/mastering-fears-is-within-your-reach-49bf77c5a6d7>

Smith, D. (August 20th, 2019). The futility of worry. *OpenTheWord.org*. <https://opentheword.org/2019/08/20/the-futility-of-worry/>

Heid, M. (August, 15th, 2019). Most things you worry about will never actually happen. *Elemental* (a Medium publication). <https://elemental.medium.com/most-things-you-worry-about-will-never-actually-happen-83bff850c5f9>

“Chuck and Kelly.” (August 15th, 2019). Stop worrying! *iHeart Radio*. <https://www.iheart.com/content/2019-08-15-stop-worrying/>

Pierce, D. (August 12th, 2019). Leaders, here's how to break out of the prisons called 'worry' and 'fear'. *All Business*. <https://www.allbusiness.com/leaders-break-prisons-called-worry-fear-115032-1.html>

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WCNC Staff (August 9th, 2019). Stressed? Worrying is a waste of your time, experts say (Video and article). *Wake Up Charlotte, NC News*. <https://www.wcnc.com/article/news/local/wake-up-charlotte/stressed-worrying-is-a-waste-of-your-time-experts-say/275-517236ed-b890-4cba-b671-827911a87f9f>

Fielding, S. (August 8th, 2019). New study shows 91 percent of fears don't come true. *Best Life*. <https://bestlifeonline.com/anxiety-vs-reality-study/> (Article was revised and

featured on *MSN.com*: <https://www.msn.com/en-us/health/other/this-is-exactly-how-likely-it-is-that-your-biggest-fears-come-true/ar-AAFxlLe>).

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