

**Joseph K. Carpenter**

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**EDUCATION**

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2014 – present      *Boston University*, Boston, MA  
Clinical Psychology Doctoral Candidate

2007 - 2011        *Haverford College*, Haverford, PA  
Bachelor of Arts in Psychology  
Minor: Philosophy

**HONORS AND AWARDS**

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- Magna Cum Laude
- Phi Beta Kappa Society
- David Olton Award for Student Achievement in Psychology (Haverford College)
- High Departmental Honors in Psychology (Haverford College)
- Koshland Integrated Natural Sciences Center Summer Funding Award: “Social Structure and Behavior of Monogamous Primates”

**PEER-REVIEWED PUBLICATIONS**

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- Hofmann, S. G., **Carpenter, J. K.**, Otto, M. W., Pollack, M., Rosenfield, D., Smits, A. J. (2015). Dose timing of D-cycloserine to augment cognitive behavioral therapy for social anxiety: Study design and rationale. *Contemporary Clinical Trials*, 43, 223-230.
- McLean, C. P., Su, Y., **Carpenter, J. K.**, Foa, E. B. (2015). Changes in PTSD and depressive symptoms during prolonged exposure and client-centered therapy for PTSD in adolescents. *Journal of Clinical Child & Adolescent Psychology*, 0, 1-11.
- Asnaani, A., Farris, S., **Carpenter, J. K.**, Zandberg, L. J., Foa, E. B (2015). The relationship between anxiety sensitivity and posttraumatic stress disorder: What is the impact of nicotine withdrawal? *Cognitive Therapy and Research*.

**PUBLICATIONS IN PRESS**

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- McLean, C. P., Zandberg, L., Van Meter, P. E., **Carpenter, J. K.**, Simpson, H. B., Foa, E. B. (in press). Exposure and response prevention helps adults with obsessive compulsive disorder who do not respond to pharmacological augmentation strategies. *Journal of Clinical Psychiatry*.
- Carpenter, J. K.**, Curtiss, J., Hofmann, S. G. (in press). The nature and treatment of social anxiety: Maintenance factors, treatment components and maximizing treatment response. In McKay, D., Abramowitz, J., Storch, E. *Mechanisms of Syndromes and Treatment for Psychological Problems*. Wiley Press.

## **PUBLICATIONS UNDER REVIEW**

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Capaldi, S., Asnaani, A., Zandberg, L. J., **Carpenter, J. K.**, Foa, E. B. Therapeutic alliance during prolonged exposure versus client-centered therapy for adolescent posttraumatic stress disorder.

**Carpenter, J. K.**, Hofmann, S. G. Gender and social anxiety. *Sage Encyclopedia of Psychology and Gender*.

Curtiss, J., **Carpenter, J. K.**, Kind, S., Hofmann, S. G. Incorporating memory enhancers into the treatment of anxiety disorders. *Oxford Handbooks Online*.

Hofmann, S. G., Curtiss, J., **Carpenter, J. K.**, Kind, S. (under review). Effects of cognitive behavioral therapy versus selective serotonin reuptake inhibitors for depression on quality of life: A meta-analysis.

Su, Y., **Carpenter, J. K.**, Zandberg, L. J., Simpson, H. B., Foa, E. B. (under review). Cognitive mediation of exposure and ritual prevention outcome in obsessive compulsive disorder.

## **SYMPOSIUM PRESENTATIONS**

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Asnaani, A., Zandberg, L., Alpert, E., Farris, S., **Carpenter, J.**, McLean, C., & Foa, E. (April 2015). Do Risk and Resilience Factors Underlying the Co-Morbidity of PTSD and Smoking Predict Treatment Outcome? Presentation in symposium entitled "Factors Affecting Treatment Outcome: Risk, Resilience and Retention" at the Annual Meeting of the Anxiety and Depression Association of America, Miami, FL.

## **POSTER PRESENTATIONS**

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**Carpenter, J. K.**, Asnaani, A., Farris, S. G., Alpert, E. A., Foa., E. B. (November 2014). Nicotine withdrawal moderates the effect of anxiety sensitivity on PTSD severity. Poster presentation at the Association for Behavioral and Cognitive Therapies 48<sup>th</sup> Annual Convention, Philadelphia, PA.

**Carpenter, J. K.**, McLean, C. P., Zandberg, L. J., Van Meter, P. E., Simpson, H. B., Foa., E. B. Augmenting SRIs with CBT for nonresponders to risperidone in OCD. Poster presentation at the Association for Behavioral and Cognitive Therapies 48<sup>th</sup> Annual Convention, Philadelphia, PA.

**Carpenter, J. K.**, Yeh, R., McLean, C. P., Wachen, J. S., Resick, P. A., Foa, E. B., Mintz, J., and the STRONG STAR Consortium (November 2013). Peri-traumatic and Post-traumatic emotions among active duty military personnel. Poster presentation at the Association for Behavioral and Cognitive Therapies 47<sup>th</sup> Annual Convention, Nashville, TN.

Yeh, R., **Carpenter, J. K.**, McLean, C. P., Wachen, J. S., Resick, P. A., Foa., E.B., and the STRONG STAR Consortium (November 2013). The Relationships between peri-traumatic emotions, negative posttraumatic cognitions and PTSD among active duty military personnel. Poster presentation at the International Society for Trauma and Stress Studies 29<sup>th</sup> Annual Meeting, Philadelphia, PA.

## **INVITED PRESENTATIONS**

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**Carpenter, J. K.**, DiChiara, C. J. (December 2013). Obsessive-Compulsive Disorder: Identification, Treatment, and Clinical Research Findings. Didactic

presentation to Temple University Counseling and Psychological Services Clinic.

**Carpenter, J. K.,** DiChiara, C. J. (March 2013). Research and Evidence-Based Treatment for Obsessive Compulsive Disorder. Didactic presentation to University of Pennsylvania's Counseling and Psychological Services Clinic.

## **RESEARCH EXPERIENCE**

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### **Center for the Treatment and Study of Anxiety**

Department of Psychiatry, University of Pennsylvania School of Medicine, Philadelphia, PA

*Research Assistant*

May 2012 – June 2014

- ***Coordinator for NIMH-funded clinical trial "Attaining and Maintaining Wellness in OCD"***  
Responsibilities: Oversaw recruitment efforts, screened interested callers, ensured complete data collection, monitored patient progress, coordinated procedures with co-site at Columbia University, and managed communication and compliance with the Institutional Review Board. Prior to start of study collaborated with data manager in creation of direct-entry database, helped refine study protocol, and prepared study materials for enrollment of first patients.  
Supervisor(s): Edna B. Foa, Ph.D., Christina DiChiara, Psy.D.

### **Universidad De San Francisco/Fundación ECO**

Tiputini Biodiversity Station, Quito, Ecuador

Estancia Guaycoloc, Formosa, Argentina

*Research Assistant*

June – October 2011

- ***Field Assistant for Monogamous Primates Project***  
Responsibilities: Awarded a research stipend by the Koshland Integrated Natural Sciences Center at Haverford College to study monogamy in primates as an assistant for a multi-site research project. Collected behavioral data on three species of wild primates in the Ecuadorian Amazon and Argentine Chaco. Completed an independent project on group movement dynamics.  
Supervisor(s): Eduardo Fernandez-Duque, Ph.D., Maren Huck, Ph.D., Amy Porter, M.S.

### **Haverford College Psychology Department**

Haverford, PA

*Senior Thesis*, September 2010 – May 2011

*Research Assistant*, June – August 2010

- ***Senior Thesis: "Repressive Coping and Difficult Life Events: The Outcomes of Affective Style on Daily and Narrative Processing"***  
Responsibilities: Designed and conducted a study on the relationship between repressive coping, daily affect and narrative identity. Recruited over 100 participants, analyzed data, and wrote a formal thesis on the study. Presented findings to the Haverford College Psychology Department.  
Supervisor(s): Jennifer Lilgendahl, Ph.D.
- ***Research Assistant for Haverford Psychology Department***  
Responsibilities: Helped design and run an experiment investigating error monitoring in stutterers and non-stutterers during a decision-making task. Coded narratives on bicultural identity, traumas and transgressions. Recruited and ran subjects through a computer task for an experiment on commitment to the environment.  
Supervisor(s): Jennifer Kleinow, Ph.D., Jennifer Lilgendahl, Ph.D., Benjamin Le, Ph.D.

## **CLINICAL EXPERIENCE**

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### **Psychotherapy and Emotion Research Laboratory**

Department of Psychological and Brain Sciences, Boston University, Boston, MA  
September 2014 – present

- ***Independent Evaluator***

Responsibilities: Assess eligibility of interested participants using the Anxiety and Related Disorders Interview Schedule for DSM-5 (ADIS-5) for the National Center for Complementary and Integrative Health (NCCIH) funded trial “Generalized Anxiety: A Treatment Evaluation.” Evaluate symptom change using the Clinical Global Impression (CGI) scale and the Structured Interview Guide for the Hamilton Anxiety scale (SIGH-A).

Supervisors: Stefan, G. Hofmann, Ph.D., Eric Bui, M.D., Ph.D.

**Center for the Treatment and Study of Anxiety**

Department of Psychiatry, University of Pennsylvania School of Medicine, Philadelphia, PA  
May 2012 – June 2014

- ***Intake Coordinator***

Responsibilities: Screened patients interested in anxiety treatment through the center’s open clinic or research studies. Conducted preliminary assessments of current symptoms and likely diagnoses, and assessed for suitability for exposure-based treatment for anxiety. Served as a representative of the clinic by providing callers information about the center’s services. Prepared a phone screen training guide for future intake coordinators. Developed a new phone screen database to track characteristics of callers to the clinic.

Supervisors: Steven Tsao, Ph.D., David Yusko, Psy.D

- ***Independent Evaluator***

Responsibilities: Administered the PTSD Severity Scale Interview for DSM-V (PSSI-5) for the studies “Efficacy of 60-minute versus 90-minute Sessions in Treating PTSD Using Prolonged Exposure” and “Psychometric Validation of an Interview Assessment of PTSD”.

Supervisor: Sandra Capaldi, Psy.D.

## **TEACHING EXPERIENCE**

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**Supporting Kids in Peru (SKIP)**

Trujillo, Peru

January - March 2012

- ***Volunteer Teacher and Psychology Program Assistant***

Planned and taught language arts lessons (in Spanish), and managed a class of 10 to 11 year-olds in an impoverished urban community in Peru. Assisted program psychologist in designing and running workshops for children, adolescents, and their parents focusing on emotional and behavioral management strategies.

## **CLINICAL WORKSHOPS ATTENDED**

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|-------------------|---|
| Aug. 26-29, 2013  | Exposure and Ritual Prevention Therapy for Obsessive-Compulsive Disorder.<br><i>Foa, E., Yadin, E., Capaldi, S., Lichner, T., Yusko, D., Tsao, S.</i><br>CTSA, University of Pennsylvania SOM, Philadelphia, PA |
| April 22-25, 2013 | Prolonged Exposure Therapy for Posttraumatic Stress Disorder<br><i>Foa, E., Yadin, E., Capaldi, S., Lichner, T., Yusko, D.</i><br>CTSA, University of Pennsylvania SOM, Philadelphia, PA                        |
| April 2, 2013     | Administration of the PTSD Severity Scale Interview for DSM-V (PSSI-5)<br><i>Foa, E., Capaldi, S.</i><br>CTSA, University of Pennsylvania SOM, Philadelphia, PA   |

## **ASSISTED MANUSCRIPT REVIEWS**

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*JAMA Psychiatry* - 2015  
*Journal of Anxiety Disorders* - 2015  
*Depression and Anxiety* - 2015  
*American Journal of Psychiatry* – 2014  
*Behavior Research and Therapy* – 2014, 2015  
*Cognitive and Behavioral Practice* – 2014  
*Assessment* – 2013  
*Journal of Social Psychology and Psychiatric Epidemiology* – 2012

## **PROFESSIONAL MEMBERSHIPS**

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*Association for Behavioral and Cognitive Therapies* – 2013 – present  
Student Member  
*Society of Clinical Psychology: Division 12 of the American Psychological Association* – 2014 – present  
Student Member

## **REFERENCES**

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### **Stefan G. Hofmann, Ph.D.**

Professor of Psychology  
Boston University  
648 Beacon St, Boston, MA 02215

Phone: 617.353.9610  
Email: shofmann@bu.edu

### **Edna B. Foa, Ph.D.**

Professor of Clinical Psychology  
University of Pennsylvania School of Medicine  
3535 Market St, 6<sup>th</sup> Fl., Philadelphia, PA 19104

Phone: 215.746.3327  
Email: foa@mail.med.upenn.edu

### **Carmen McLean, Ph.D.**

Assistant Professor of Clinical Psychology  
University of Pennsylvania School of Medicine  
3535 Market St, 6<sup>th</sup> Fl., Philadelphia, PA 19104

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