

Kathryn (Katie) E. Barber, M.S.

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EDUCATION

Marquette University

Master of Science in Clinical Psychology

Advisor: Douglas W. Woods, Ph.D.

Milwaukee, WI

Expected: 2024

Shippensburg University of Pennsylvania

Master of Science in Clinical Mental Health Counseling

Accredited by the Council for Accreditation of Counseling and Related Educational Programs

Shippensburg, PA

Graduation: May 2022

Pennsylvania State University

Bachelor of Science in Psychology

State College, PA

Graduation: August 2019

RESEARCH EXPERIENCE

Pennsylvania State University

Laboratory of Anxiety & Depression Research

Research Assistant

Research Advisor: Michelle Newman, Ph.D

State College, PA

October 2020 – August 2022

- Conducted an independent study examining the indirect effect of stress reactivity in the relationship between anxiety and future depression
- Initiated an independent research project using experience sampling data to investigate the connection between sleep duration and next-day negative affect
- Operated R software to manage data and conduct statistical analyses
- Performed literature reviews on topics including transdiagnostic risk factors for psychopathology, stress reactivity, emotion regulation, and social support
- Wrote and prepared manuscripts for publication
- Extracted data from over 300 clinical studies for meta-analysis examining predictors of cognitive-behavioral therapy (CBT) outcomes for anxiety, depressive, and obsessive-compulsive disorders
- Retrieved and coded data from over 150 research articles for a meta-analysis exploring the use of ecological momentary assessment and experience sampling to study emotion in clinical populations

Shippensburg University of Pennsylvania

Analytic Research, Motivation, and Self Lab

Research Assistant

Research Advisor: Thomas Hatvany, Ph.D.

Shippensburg, PA

December 2019 – February 2021

- Collected, coded, and established database of 41 studies for meta-analysis investigating efficacy of ketamine for major depressive episodes
- Assisted in collecting and cleaning survey data from over 1,000 participants for a project examining scholarly productivity expectations and norms in academic psychology
- Transcribed 25 hours of interview recordings for qualitative research projects
- Conducted literature reviews on topics including psychological scale development, psychometric properties of translated scales and measures, sense-of-self, and self-concept clarity
- Interfaced with University Institutional Review Board to modify and approve research proposals
- Created self-report survey materials using Qualtrics
- Prepared manuscripts for publication and posters for conference presentations

PEER-REVIEWED PUBLICATIONS

Curtis, J., Hatvany, T. C., **Barber, K. E.**, & Burkley, E. (2022). Moxie: Individual variability in motivation intensity. *Current Psychology*. <https://doi.org/10.1007/s12144-022-03304-7>

Conley, A. A., Norwood, A. E. Q., Hatvany, T. C., Griffith, J. D., & **Barber, K. E.** (2021). Efficacy of ketamine for major depressive episodes at 2, 4, and 6-weeks post-treatment: A meta-analysis. *Psychopharmacology*. <https://doi.org/10.1007/s00213-021-05825-8>

RESEARCH IN PROGRESS

Barber, K. E., Zainal, N., & Newman, M. G. (Under review). The mediating effect of stress reactivity in the 18-year bidirectional relationship between generalized anxiety and depression severity. Preprint: <https://doi.org/10.31234/osf.io/27dws>

Barber, K. E., Zainal, N., & Newman, M. G. (Submitted). Positive relations mediate the bidirectional connections between depression and anxiety symptoms. Preprint: <https://doi.org/10.31234/osf.io/gjqn8>

Barber, K. E., Rackoff, G., & Newman, M. G. (In preparation). Sleep duration predicts next-day negative affect.

POSTER PRESENTATIONS

Barber, K. E., Zainal, N., & Newman, M. G. (2022, November). *Positive relationships mediate the bidirectional connection between depression and anxiety symptoms*. Poster to be presented at the 2022 Association for Behavioral and Cognitive Therapies Conference, New York City, NY.

Barber, K. E., Zainal, N., & Newman, M. G. (2022, November). *The role of stress reactivity in the 18-year bidirectional relationships between depression and anxiety symptoms*. Poster to be presented at the 2022 Association for Behavioral and Cognitive Therapies Conference, New York City, NY.

Barber, K. E., Zainal, N., & Newman, M. G. (2022, March). *The mediating role of stress reactivity in the bidirectional relationships between generalized anxiety and depression symptoms*. Poster presented at the 2022 Anxiety and Depression Association of America Conference, Denver, CO.

Barber, K. E., Lyons, J., Heister, A., Norwood, A. E. Q., Hatvany, T. C., & Griffith, J. D. (2022, March). *Grant funding in academic psychology across institution types*. Poster presented at the 2022 Eastern Psychological Association Conference, New York, NY.

Lyons, J., **Barber, K. E.**, Heister, A., Norwood, A. E. Q., Hatvany, T. C., & Griffith, J. D. (Under review). *Literary output of psychology faculty: Examining scholastic publications outside of peer-reviewed journals*. Poster presented at the 2022 Eastern Psychological Association Conference, New York, NY.

Newton, K. S., & **Barber, K. E.** (2021, November). *Counseling individuals with visual impairments*. Poster presented at the 2021 Pennsylvania Counseling Association Conference, King of Prussia, PA.

ORAL CONFERENCE PRESENTATIONS

Claiborn, J., & **Barber, K. E.** (2022, April). *Understanding and Treating Emetophobia and OCD*. Presented at the 2022 OCD Southern California Conference, Virtual.

CLINICAL EXPERIENCE

CBT Solutions of Baltimore

Graduate-level Therapist

Supervisor: Shmuel Fischler, LCSW-C

Baltimore, MD

August 2021 – August 2022

- Provided individual therapy utilizing cognitive-behavioral interventions for adult and adolescent clients presenting with primary diagnoses of obsessive-compulsive disorder (OCD), generalized anxiety disorder (GAD), social anxiety disorder (SAD), body-focused repetitive behaviors (BFRBs), specific phobias, major depressive disorder (MDD), and other related disorders
- Conducted intake interviews, create treatment plans, and maintain treatment progress notes
- Participated in weekly individual supervision meetings and team case consultation meetings
- Engaged in professional development workshops and trainings related to anxiety disorders, obsessive-compulsive disorders, and CBT techniques
- Utilized innovative therapy intelligence technology from ELEOS Health to analyze session data, inform clinical decision-making, and optimize treatment outcome

Penn State Holy Spirit Behavioral Health, Partial Hospitalization Program

Counseling Practicum Intern

Supervisor: Jeffrey Rudy, LPC

Camp Hill, PA

January 2021 – May 2021

- Observed and co-led group therapy sessions within a partial hospitalization program for adult clients affected with primary diagnoses of MDD, GAD, bipolar disorder, post-traumatic stress disorder, schizophrenia, and related disorders
- Independently created materials for and led psychoeducational therapy groups
- Directly observed individual therapy sessions
- Participated in weekly supervision and multidisciplinary treatment team meetings

Growing Edges Counseling Center

Counseling Practicum Intern

Supervisor: Marcy Douglass, Ph.D.

Shippensburg, PA

January 2021– May 2021

- Conducted individual therapy with adolescent clients presenting with anxiety and depression
- Completed intake interviews, treatment plans, and progress notes
- Participated in weekly individual and group supervision

Crisis Text Line

Volunteer Crisis Counselor

January 2020 – January 2021

- Dedicated over 200 hours of service providing short-term crisis counseling to individual texters with depression, suicidality, anxiety, self-harm, trauma, abuse, and other mental health crises
- Completed training in risk assessment and contact techniques for responding to emotional crises
- Assessed individuals for level of risk in various crisis situations, such as domestic abuse and suicidal ideation, and notified supervisors of texters meeting high-risk criteria
- Utilized online database to refer individuals to mental health resources and social services

TEACHING EXPERIENCE

Shippensburg University of Pennsylvania, Department of Psychology

Graduate Assistant

Shippensburg, PA

January 2020 – May 2022

- Tutored undergraduate psychology students in a variety of courses (e.g., Research Design, Statistics for Social Science, Experimental Psychology)
- Assisted in creating a statistics YouTube channel with tutorial videos explaining how to select, conduct, and interpret different statistical tests

- Provided course-related assistance to faculty by creating lecture materials, selecting open-access textbooks and readings, grading assignments, and proctoring exams
- Supervised and trained incoming graduate assistants and undergraduate student employees
- Organized and implemented an email recruitment campaign for graduate program

VOLUNTEER AND WORK EXPERIENCE

International OCD Foundation – Diversity Advisory Council July 2021 – May 2022

Research Subcommittee Member

- Reviewed extant research regarding prevalence rates and treatment outcomes of OCD in diverse groups and identify gaps in the literature
- Engaged in monthly subcommittee meetings to create and revise subcommittee objectives, assess progress towards goals, and generate ideas for new action items

OCD Pennsylvania (Affiliate of the International OCD Foundation) March 2020 – May 2022

Volunteer and Social Media Representative

- Created and shared psychoeducational weekly content on Instagram and Facebook pages
- Raised awareness for mental health topics through social media

International OCD Foundation – Kids OCD Camp July 2021, January 2022

OCD Camp Volunteer

- Presented psychoeducational sessions and activities to camp attendees aged 4 to 17
- Facilitated group activities and discussions for camp attendees

International OCD Foundation – Research Symposium July 2021

Research Symposium Volunteer

- Introduced poster presenters to groups of symposium attendees
- Facilitated breakout room discussions on research topics related to hoarding

Hard Quirk (OCD Advocacy & Education Nonprofit) August 2020 – January 2021

Team Member

- Organized bi-weekly support groups for individuals with lived experience with OCD
- Created monthly psychoeducational content for social media platforms and website

PROFESSIONAL AFFILIATIONS

Psi Chi, International Honor Society in Psychology	May 2018 – Current
Chi Sigma Iota, International Honor Society of Professional Counseling	February 2020 – Current
International Obsessive-Compulsive Disorder Foundation	July 2020 – Current
American Counseling Association	January 2021 – Current
Pennsylvania Counseling Association	April 2021 – Current
Anxiety and Depression Association of America	June 2021 – Current
Eastern Psychological Association	November 2021 – Current
American Psychological Association	December 2021 – Current

TECHNICAL SKILLS

R and RStudio
 SPSS
 JASP
 Qualtrics
 EndNote
 Microsoft Office