

## Jennifer R. Alexander, M.S.

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### EDUCATION

**Marquette University - Milwaukee, WI** Expected 2020

**Doctor of Philosophy, Psychology**  
Area of Concentration: Clinical Psychology  
Advisor: Douglas W. Woods, Ph.D.

**Texas A&M University - College Station, TX** August 2014 – August 2016  
**Master of Science in Psychology** Received December 2016

*\*Pursued in connection with the Texas A&M University Clinical Psychology Ph.D. Program\**  
Area of Concentration: Clinical Psychology  
Thesis Title: “Using an emotion regulation framework to advance conceptualization of body-focused repetitive behaviors”  
Thesis Co-chairs: Douglas W. Woods, Ph.D. and Heather C. Lench, Ph.D.

**Washington University in St. Louis - St. Louis, MO** August 2010 – December 2013  
**Bachelor of Science in Business Administration**  
Majors: Psychology and Accounting

### GRANTS RECEIVED

**Clinical and Translational Science Institute (CTSI) START TL1 Award** 2017-2019  
*Funding Agency:* CTSI of Southeast Wisconsin via NIH Ruth L. Kirschstein NRSA program  
*Amount Awarded:* 2017-2019 NRSA predoctoral stipend and \$11,400 for research funds  
*Sponsor:* Douglas Woods, Ph.D. *Co-Sponsor:* Kristy Nielson, Ph.D.  
Awarded to support my efforts in completing my proposed project, “Pilot study examining amygdala-prefrontal cortex connectivity in adults with trichotillomania.”

**Marquette University Graduate School Summer Fellowship** Summer 2017  
*Funding Agency:* Marquette University Graduate School  
*Amount Awarded:* \$5,000  
Awarded in support of my proposal to submit a grant application to an external funding source.

**Washington University in St. Louis Career Center Merit Award (for Research)** Summer 2013  
*Funding Agency:* Washington University in St. Louis Career Center  
*Amount Awarded:* \$2,000  
Awarded in support of my proposal to work as the full-time research project coordinator on an online community study exploring relationships between social anxiety, loneliness, and paranoia in the Washington University in St. Louis Anxiety and Psychotherapy Lab.

## **GRANTS SUBMITTED**

**NIH F31 Ruth L. Kirschstein NRSA Individual Predoctoral Fellowship**      Submitted August 2017  
Submitted “Amygdala-Prefrontal Cortex Connectivity in Adults with Trichotillomania: A Pilot Study,” which was a proposal to extend “Pilot study examining amygdala-prefrontal cortex connectivity in adults with trichotillomania.” Round 1: Scored, but not funded.

## **RESEARCH EXPERIENCE**

### **Graduate Research Assistant**

**Marquette University - Milwaukee, WI**

August 2016-Present

**Texas A&M University - College Station, TX**

September 2014-August 2016

*Research Advisor:* Douglas W. Woods, Ph.D.

*Research Interests:*

- Maladaptive emotion/emotion regulation in persons with obsessive-compulsive spectrum disorders (OCSs) using multiple methods (e.g., self-report and fMRI)
- Impact of sociocultural and psychosocial factors on the experience of OCSs
- Interrelationship between the experiences/characteristics of persons affected with OCSs and the experiences/characteristics of their family and social support persons, and
- OCS interventions based on neurobehavioral/psychosocial OCS models.

*Current Research Activities:*

- Oversee data collection for two internet-based studies for which I am the Principal Investigator: “*Parental Experiences of Pediatric Trichotillomania*” and “*Social Perceptions of Strangers*”
- Managing and overseeing data collection for my dissertation research project (“*Amygdala-Prefrontal Cortex Connectivity in Adults with Trichotillomania: A Pilot Study*”)
- Analyze data via various statistical programs including IBM SPSS and Microsoft Excel, and
- Prepare manuscripts for publication in peer-reviewed journals.

*Previous Research Activities:*

- Administered structured and semi-structured interviews (e.g., Mini International Neuropsychiatric Interview and Clinical Global Impression Severity Scale) and neuropsychological assessments (e.g., Cambridge Neuropsychological Test Automated Battery) to college-age research participants who varied in terms of their body-focused repetitive behavior disorder status, and
- Administered structured assessments (e.g., Yale Global Tic Severity Scale; Kaufman Brief Intelligence Test, Second Edition; Clinical Global Impressions Scales) to child research participants who were affected with chronic tic disorders and their parents.

### **Undergraduate Research Assistant**

September 2012-December 2013

**Washington University in St. Louis - St. Louis, MO**

*Research Advisors:* Thomas Rodebaugh, Ph.D. & Michelle Lim, Ph.D.

*Research Activities:*

- Oversaw the day-to-day operations for an online community study examining social anxiety,

loneliness, and paranoia

- Ran participants through protocol for study on social anxiety and loneliness
- Entered and analyzed data using Microsoft Excel and IBM SPSS, and
- Coded video clips of participant interactions according to a standardized coding system.

### **PEER REVIEWED JOURNAL ARTICLES**

Houghton, D. C., **Alexander, J. R.**, Bauer, C. C., & Woods, D. W. (2018). Abnormal perceptual sensitivity in body-focused repetitive behaviors. *Comprehensive Psychiatry*, 82, 45-52.

**Alexander, J. R.**, Houghton, D. C., Bauer, C. C., & Woods, D. W. (2018). Emotion regulation deficits in persons with body-focused repetitive behavior disorders. *Journal of Affective Disorders*, 227, 463-470.

**Alexander, J. R.**, Houghton, D. C., Compton, S. N., Twohig, M. P., Saunders, S. M., Franklin, M. E., ... & Woods, D. W. (2017). Clarifying the relationship between trichotillomania and anxiety. *Journal of Obsessive-Compulsive and Related Disorders*, 13, 30-34.

**Alexander, J. R.**, Houghton, D. C., Twohig, M. P., Franklin, M. E., Saunders, S. M., Neal-Barnett, A. M., ... & Woods, D. W. (2016). Factor analysis of the Milwaukee Inventory for Subtypes of Trichotillomania-Adult Version. *Journal of Obsessive-Compulsive and Related Disorders*, 11, 31-38.

Houghton, D. C., **Alexander, J. R.**, & Woods, D. W. (2016). The psychosocial impact of tic disorders: Nature and intervention. *Journal of Developmental and Physical Disabilities*, 28(2), 347-365.

### **MANUSCRIPTS SUBMITTED FOR PUBLICATION**

Stiede, J. T., **Alexander, J. R.**, Wellen, B., Bauer, C. B., Himle, M. B., Mouton-Odum, S., & Woods, D. W. Differentiating tic-related from non-tic-related impairment in children with persistent tic disorders. Revised and resubmitted.

Ricketts, E., Snorrason, Í., Kircanski, K., **Alexander, J. R.**, Thamrin, H. Flessner, C. A. ... Woods, D. W. A latent profile analysis of age of onset in excoriation (skin-picking) disorder. Revised and resubmitted.

Houghton, D. C., **Alexander, J. R.**, Bauer, C. C., & Woods, D. W. Body-focused repetitive behaviors: More prevalent than once thought? Revise and resubmit.

Neal-Barnett, Woods, D. W., Espil, F. M., Davis, M., **Alexander, J. R.**, Compton, S. N., ... Franklin, M. E. Acceptance-Enhanced Behavior Therapy for Trichotillomania: Randomized controlled trial rationale, methods, and strategies for recruiting minority participants. Manuscript submitted.

### **MANUSCRIPTS IN PREPARATION**

**Alexander, J. R.**, Houghton, D. C., Bauer, C. C., & Woods, D. W. A closer look at alexithymia and maladaptive emotional reactivity in persons with body-focused repetitive behaviors. Manuscript in preparation.

**Alexander, J. R.**, Houghton, D. C., Bauer, C. C., & Woods, D. W. Relationship between individual emotion regulation deficits and body-focused repetitive behaviors. Manuscript in preparation.

Houghton, D. C., **Alexander, J. R.**, Bauer, C. C., & Woods, D. W. Body-focused repetitive behaviors are associated with self-reported inattention but not behavioral impulsivity. Manuscript in preparation.

**Alexander, J. R.**, Houghton, D. C., Capriotti, M. R., Espil, F. M., Compton, S. N., Franklin, M. E., ... & Woods, D. W. Using a functional assessment approach to explore trichotillomania pulling patterns. Manuscript in preparation.

### **BOOK CHAPTERS**

**Alexander, J. R.**, & Woods, D. W. (in press). Tic disorders. In T. H. Ollendick, S. W. White, & B. A. White (Eds.), *The Oxford handbook of clinical child and adolescent psychology*. New York, NY: Oxford University Press.

Houghton, D. C., **Alexander, J. R.**, & Woods, D. W. (2017). Tic disorders and trichotillomania. In C. A. Flessner & J. C. Piacentini (Eds.), *Clinical handbook of psychological disorders in children and adolescents: A step-by-step treatment manual* (pp. 427-461). New York, NY: Guilford Publications.

**Alexander, J. R.** & Woods, D. W. (2017). Habit reversal training. In A. Wenzel (Ed.), *The SAGE encyclopedia of abnormal and clinical psychology* (pp. 1585-1588). Thousand Oaks, CA: SAGE Publications.

### **INVITED/OTHER PUBLICATIONS**

**Alexander, J. R.** Tic and Impulse Control Disorders SIG (2016). *the Behavior Therapist*, 39 (7), 294-295.

### **PROFESSIONAL SYMPOSIA AND PANELS AT NATIONAL CONFERENCES**

**Alexander, J. R.**, Houghton, D. C., Bauer, C. C., & Woods, D. W. (2018, November). Relationship between emotion regulation deficits and body-focused repetitive behavior severity. In B. M. Mathes & B. Summers (Chairs), *Recent advances in OC spectrum disorders: A transdiagnostic and translational perspective*. Symposium presented at the Association of Behavioral and Cognitive Therapies 52<sup>nd</sup> Annual Convention, Washington, DC.

Bennett, S., Capriotti, M. R., Espil, F. M., Franklin, M. E., & Woods, D. W. (2017, November). In **J. R. Alexander** (Moderator substituting for Houghton D. C.), *Treating obsessive-compulsive*

*spectrum disorders in diverse contexts and populations*. Panel conducted at the Association of Behavioral and Cognitive Therapies 51<sup>st</sup> Annual Convention, San Diego, CA.

Himle, M. B., Woods, D. W., Mouton-Odum, S., Hayes, L. P., Ramanujam, K., **Alexander, J. R.**, & Bauer, C. C. (2016, October). Disseminating comprehensive behavioral intervention for tics: Development and testing of tichelper.com. In F. M. Espil (Chair), *Advancing behavioral interventions for tic disorders: Refining assessment and adapting approaches to treatment*. Symposium presented at the Association of Behavioral and Cognitive Therapies 50<sup>th</sup> Annual Convention, New York City, NY.

**Alexander, J. R.**, Houghton, D. C., Capriotti, M. R., Espil, F. M., Compton, S. N., Franklin, M. E., . . . & Woods, D. W. (2015, November). Contextual influences on hair pulling in trichotillomania. In R. R. Selles (Chair), *Treating body-focused repetitive behavior disorders*. Symposium presented at the Association of Behavioral and Cognitive Therapies 49<sup>th</sup> Annual Convention, Chicago, IL.

Capriotti, M. R., Houghton, D. C., Espil, F. M., Walther, M., **Alexander, J. R.**, Compton, S. N., ... & Woods, D. W. (2015, November). Sudden gains and long-term outcomes in behavior therapy for trichotillomania. In R. R. Selles (Chair), *Treating body-focused repetitive behavior disorders*. Symposium presented at the Association of Behavioral and Cognitive Therapies 49<sup>th</sup> Annual Convention, Chicago, IL.

#### **POSTER PRESENTATIONS AT NATIONAL/INTERNATIONAL CONFERENCES**

**Alexander, J. R.**, Houghton, D. C., Bauer, C. C., & Woods, D. W. (2018, November). Maladaptive emotional reactivity in body-focused repetitive behaviors. Poster to be presented at the Association for Behavioral and Cognitive Therapies 52<sup>nd</sup> Annual Convention, Washington, DC.

**Alexander, J. R.**, Houghton, D. C., Bauer, C. C., & Woods, D. W. (2018, November). Boredom proneness in body-focused repetitive behaviors. Poster to be presented at the Association for Behavioral and Cognitive Therapies 52<sup>nd</sup> Annual Convention, Washington, DC.

Stiede, J. T., **Alexander, J. R.**, Neal-Bartnett, A. M., Franklin, M. E., Twohig, M. P., Compton, S. N., Saunders, S. M., Cahill, S. P., & Woods, D. W. (2017, November). Does experiential avoidance explain the relationship between self-esteem and trichotillomania? Poster presented at the Association for Behavioral and Cognitive Therapies 51<sup>st</sup> Annual Convention, San Diego, CA.

\*Flannery, M. F., **Alexander, J. R.**, & Woods, D. W. (2017, November). Examining the effect of comorbid generalized anxiety disorder on trichotillomania severity. Poster presented at the Association for Behavioral and Cognitive Therapies 51<sup>st</sup> Annual Convention, San Diego, CA.

\*denotes undergraduate research assistant.

**Alexander, J. R.**, Houghton, D. C., Bauer, C. C., & Woods, D. W. (2017, November). Differences in emotion regulation deficits across body-focused repetitive behavior statuses. Poster presented at the Association for Behavioral and Cognitive Therapies 51<sup>st</sup> Annual Convention, San Diego, CA.

- Alexander, J. R.**, Houghton, D. C., Bauer, C. C., & Woods, D. W. (2017, November). Differentiating between body-focused repetitive behavior statuses based on emotion regulation deficits. Poster presented at the Association for Behavioral and Cognitive Therapies 51<sup>st</sup> Annual Convention, San Diego, CA.
- Alexander, J. R.** & Woods, D. W. (2016, October). Exploring negative affect and emotion regulation in parents of children with trichotillomania: Preliminary findings from an online survey. Poster presented at the Association for Behavioral and Cognitive Therapies 50<sup>th</sup> Annual Convention, New York City, NY.
- Alexander, J. R.**, Houghton, D. C., Bauer, C. C., & Woods, D. W. (2016, October). Emotion regulation and processing in body-focused repetitive behaviors. Poster presented at the Association for Behavioral and Cognitive Therapies 50<sup>th</sup> Annual Convention, New York City, NY.
- Houghton, D. C., **Alexander, J. R.**, Bauer, C. C., & Woods, D. W. (2016, October). Abnormal sensation in body-focused repetitive behaviors. Poster presented at the Association for Behavioral and Cognitive Therapies 50<sup>th</sup> Annual Convention, New York City, NY.
- \*Gould, A. B., **Alexander, J. R.**, Woods, D. W., Twohig, M. P., Saunders, S., Cahill, S. P., Franklin, M. E., Compton, S. C., & Neal-Barnett, A. (2015, November). Depression mediates overall quality of life for individuals with trichotillomania. Poster presented at the Association for Behavioral and Cognitive Therapies 49<sup>th</sup> Annual Convention, Chicago, IL.
- \*denotes undergraduate research assistant.
- Alexander, J. R.**, Reese, H., Piacentini, J., Woods, D. W., Scahill, L., Wilhelm, S., Peterson, A. L., & Walkup, J.T. (2015, June). Examining partial-interval recording as a treatment outcome measure. Poster presented at the 1<sup>st</sup> World Congress on Tourette Syndrome & Tic Disorders, London, UK.
- Alexander, J. R.**, Lim, M. H., Gleeson, J. F., & Rodebaugh, T. L. (2014, November). Paranoia and social anxiety predicts loneliness in a community sample. Poster presented at the Association for Behavioral and Cognitive Therapies 48<sup>th</sup> Annual Convention, Philadelphia, PA.
- Alexander, J. R.**, Lim, M. H., & Rodebaugh, T. L. (2014, March). Jumping to conclusions in individuals higher in social anxiety and paranoia: Using an emotionally-salient task. Poster presented at the Anxiety and Depression Association of America 34<sup>th</sup> Annual Conference, Chicago, IL.

### **REGIONAL CONFERENCES AND INVITED PRESENTATIONS**

- Alexander, J. R.** (2018, June). *Behavioral treatments for tics*. Talk presented at the Wisconsin Chapter of the Tourette Association of America: Tourette Syndrome Parent Education Day.
- Alexander, J. R.** (2017, June). *Treating tics behaviorally*. Talk presented at the Wisconsin Chapter of the Tourette Association of America: Tourette Syndrome Parent Education Day.

**Alexander, J. R.** (2017, February). *Using emotion regulation to understand destructive habits*. Finalist speech presented in the 2017 Marquette University Three Minute Thesis Competition.

\*Tompkins, C. N., **Alexander, J. R.**, & Woods, D. W. (2016, March). *The effect of parenting styles on the severity and impairment of trichotillomania in children*. Poster presented at Texas A&M Student Research Week 2016.

\*denotes undergraduate research assistant.

## **SUPERVISED CLINICAL TRAINING**

**Practicum Student Intern** June 2018-Present

**Rogers Behavioral Health Partial Hospital Program for OCD and Anxiety in Children and Adolescents- Brown Deer, WI**

*Supervisor:* David Jacobi, Ph.D.

*Activities:* Assist in providing specialized treatments- such as, exposure and response prevention, habit reversal training, and behavioral activation- to children and adolescents (ages 10-18) presenting with a primary diagnosis of obsessive-compulsive disorder (OCD), body dysmorphic disorder, school avoidance, separation anxiety disorder, social anxiety disorder, specific phobia, or a related disorder; assist in developing fear/exposure hierarchies, treatment plans, and protocols for problematic behaviors; participate in parent training groups geared towards helping parents of children in the program support their children; and observe family therapy sessions.

**Practicum Student Intern** September 2017-June 2018

**Rogers Behavioral Health OCD Center at Cedar Ridge - Oconomowoc, WI**

*Supervisor:* Brenda Bailey, Ph.D.

*Activities:* Assisted in providing treatments- such as, exposure and response prevention, habit reversal training, behavioral activation, and dialectical behavior therapy- to residential patients (ages 18+) affected with a primary diagnosis of OCD, social anxiety disorder, specific phobia, body dysmorphic disorder, or another anxiety/obsessive-compulsive disorder; assisted in leading process therapy, communication skills, and dialectical behavior therapy groups; assisted in developing fear hierarchies and treatment plans for patients; and assisted in developing protocols for problematic behaviors.

**Student Therapist** August 2016-Present

**Marquette University Tic Disorders Specialty Clinic - Milwaukee, WI**

*Supervisor:* Douglas Woods, Ph.D.

*Activities:* Conduct psychodiagnostic assessments of children, adolescents, and adults suspected of having an obsessive-compulsive spectrum disorder (OCSD); generate treatment plans and provide behavior therapy to child, adolescent, and adult patients with OCSDs; consult with other professionals (e.g., other therapists, teachers, etc.) as needed.

**Student Therapist** August 2016-Present

**Marquette University Center for Psychological Services - Milwaukee, WI**

*Supervisor:* Alyson Gerdes, Ph.D. (August 2016-May 2017), James Hoelzle, Ph.D. (May 2017-Present)

*Activities:* Provide individual outpatient cognitive-behavioral therapy to both children and adults with various presenting concerns; conduct ADHD and Learning Disorder assessment evaluations, which include conducting clinical interviews, administering standardized assessments, interpreting results of standardized assessments, and occasionally, completing school observations; and generate patient reports and treatment plans.

**Student Therapist**

August 2015-August 2016

**Texas A&M University Psychology Clinic - College Station, TX**

*Supervisors:* Steve Balsis, Ph.D. (August 2015-May 2016), Rob Heffer, Ph.D. (May 2016-August 2016), Douglas Snyder, Ph.D. (May 2016-August 2016)

*Activities:* Provided individual outpatient psychotherapy to adults with a variety of presenting concerns; administered various standardized assessment measures for the purposes of diagnostic evaluations; conducted police evaluations; and generated treatment plans and client reports.

**SUPERVISION EXPERIENCE**

**Clinical Peer Supervisor**

Fall 2017 & Spring 2018

**Marquette University Center for Psychological Services- Milwaukee, WI**

*Supervisor:* Steve Saunders, Ph.D.

*Activities:* Provided clinical supervision to a second-year and a third-year clinical psychology Ph.D. student

**TEACHING EXPERIENCE**

**Guest Lecturer**

Spring 2017

**Marquette University: Department of Psychology**

*Course:* Abnormal Psychology (PSYC 3401)

*Lecture:* “Obsessive-Compulsive and Related Disorders”

**Teaching Assistant**

Summer 2016

**Texas A&M University: Department of Psychology**

*Course:* Elementary Statistics for Psychology (PSYC 203)

**Lab Instructor**

Spring 2016

**Texas A&M University: Department of Psychology**

*Course:* Elementary Statistics for Psychology (PSYC 203)

**Teaching Assistant**

Fall 2013

**Washington University in St. Louis: Olin Business School**

*Course:* Organizational Behavior (Organizational Behavior 360)

**Teaching Assistant**

Spring 2012

**Washington University in St. Louis: Olin Business School**



Course: Managerial Accounting (Accounting 2620)

### **PROFESSIONAL MEMBERSHIPS**

<i>Student Member</i> , Association of Behavioral and Cognitive Therapies	2014-Present
<i>Student Member</i> , Tic and Impulse Control Disorders Special Interest Group	2014-Present
<i>President</i> , Tic and Impulse Control Disorders Special Interest Group	2015-2017
<i>Member</i> , Psi Chi National Honor Society in Psychology	Inducted 2012

### **OTHER PROFESSIONAL TRAINING**

**Medical College of Wisconsin Methods in Grants Preparation**, Wauawatosa, WI Spring 2018  
Participated in a 12-week seminar on the process of generating competitive federal research grant applications.

**AFNI Bootcamp**- Bethesda, MD March 2018  
Participated in week-long intensive training on utilizing Analysis of Functional NeuroImages (AFNI) to analyze functional magnetic resonance imaging data.

**Tourette Syndrome Behavior Therapy Institute** April 2017  
Participated in intensive 1.5 day training on treating tic disorders with behavior therapy.

### **UNIVERSITY SERVICE**

*Panelist*, Marquette University Diversity in Psychology Research Conference  
Graduate Student Q&A Panel Fall 2017

### **ACADEMIC AWARDS AND HONORS**

- Phi Kappa Phi Inducted 2016
- Lechner Scholar- Texas A&M University August 2014-August 2015
- Academic Dean's List- Washington University in St. Louis Spring 2012-Fall 2013
- Ralph Bunche Award- Washington University in St. Louis Received 2013
- Beta Alpha Psi Inducted 2013