

CURRICULUM VITAE

Andrew G. Ekblad

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Duke University

Ph.D. (Psychology & Neuroscience, 2009)

Thesis Title: Effects of mindfulness training on emotion regulation and attention

Master of Arts, (Psychology & Neuroscience, 2007)

Thesis Title: Mindfulness: An analysis from a behavioral perspective

University of Washington

Post Baccalaureate Study in Psychology (2001-2003)

Vanderbilt University

Bachelor of Science, *Cum Laude* (May 2000)

Degree in Human and Organizational Development (Leadership Emphasis) & English
(Creative Writing Emphasis)

PRESENT PROFESSIONAL POSITIONS

Broadleaf Health, Guelph, ON.

Director and Psychologist, (2009-Ongoing).

McMaster University, Hamilton, ON.

Assistant Clinical Professor of Psychiatry and Behavioural Sciences, (2014-Ongoing).

CLINICAL LICENSURE

Registry of College of Psychologists of Ontario Registration # 4845

PROFESSIONAL AFFILIATIONS

American Psychological Association

Association for the Advancement of Behavior and Cognitive Therapies

Canadian Psychological Association

CLINICAL CERTIFICATIONS

Dialectical Behavior Therapy Clinician

Certified by Linehan Board of Certification (2015).

Prolonged Exposure Therapy Supervisor

Certified by Center for the Treatment and Study of Anxiety. University of Pennsylvania (2014-Current).

CLINICAL EXPERIENCE

Private Practice, Guelph, Ontario Psychologist (2009-Ongoing)

- Evidence Based Therapy (EBT) practice with adults suffering from personality, trauma, mood and substance use disorders
- Practice with family members of individuals suffering from personality, trauma, mood and substance use disorders
- Structured diagnostic practice with adults suffering from personality, trauma, mood and substance use disorders

Borderline Personality Disorder Clinic/ Centralized Assessment and Triage Service at the Centre for Addiction and Mental Health

Psychologist (Previously Project Scientist; Postdoctoral Fellow) (2009-2014)

- Direct service delivery of individual and group Dialectical Behavior Therapy (DBT)
- Supervision of Post-doctoral fellows; Pre-doctoral psychology interns; Graduate students
- Project Development

Psychology Intern, Centre for Addiction and Mental Health

Pre-Doctoral Psychology Intern (2008-2009)

- Supervised Dialectical Behaviour Therapy (D BT) practice with adults diagnosed with personality, trauma, mood and substance use disorders

- Supervised Cognitive Behavioral Therapy (CBT) practice with adults diagnosed with trauma, mood and substance use disorders

- Supervised structured diagnostic practice with adults diagnosed with personality, trauma, mood and substance use disorders

Psychosocial Treatment Clinic Duke Center for Child and Family Studies

Assessor, Psychotherapist (2007-2008)

- Supervised CBT practice with children diagnosed with mood and anxiety disorders

- Supervised assessment practice with children diagnosed with mood and anxiety disorders

Attention Deficit and Hyperactivity Disorder Clinic at Duke University Medical Centre

Assessor, Psychotherapist (2006-2007)

- Supervised structured diagnostic assessment practice with individuals diagnosed with Attention Deficit Hyperactivity Disorder (ADHD) and co-morbid psychological difficulties

- Supervised group ADHD psychotherapy practice with a variety of patient populations

Cognitive Behavioral Research and Treatment Program at Duke University Medical Center

Psychotherapist (2004-2007)

- Supervised individual and group DBT practice with a variety of patient populations

Talent Identification Program at Duke University

Psychological Counsellor (2004-2007)

- Supervised CBT and behavior assessment practice with gifted adolescents

- Consultation to educational staff and parents on behavioral concerns with gifted adolescents

Duke Psychology Department Clinic

Psychotherapist (2004-2006)

- Supervised multi-theoretical psychotherapy practice with a variety of patient populations

Vanderbilt Medical Center Psychiatric Hospital

Intern (1999-2000)

- Designed and implemented writing group education/ therapy programs for patients within the medical center

RESEARCH POSITIONS

Borderline Personality Disorder Clinic/ Centralized Assessment and Triage Service/ Emergency Department at the Centre for Addiction and Mental Health

Staff Psychologist (Previously Postdoctoral Fellow & Project Scientist) (2009-2014)

Cognitive Behavioral Research and Treatment Program at the Duke University Medical Center

Research Assistant/ Graduate Student (2003-2008)

Behavioral Research and Therapy Clinics at the University of Washington

Research Assistant (2001-2003)

CLINICAL WORKSHOP & TRAINING PRESENTATION EXPERIENCE

Dialectical Behaviour Therapy: Skills Intensive Training (Five Day Workshop). Homewood Health Centre. Guelph, ON. June, 2017.

Dialectical Behaviour Therapy: Part 1 (Two Day Workshop). Homewood Health Centre. Guelph, ON. May, 2017.

Dialectical Behaviour Therapy: Part 1 (Two Day Workshop). Homewood Health Centre. Guelph, ON. April, 2017.

Dialectical Behaviour Therapy: Part 1 (Two Day Workshop). Homewood Health Centre. Guelph, ON. March, 2017.

Prolonged Exposure Therapy (Five Day Workshop). Kingston Canadian Forces. Kingston, ON. March, 2017.

Dialectical Behaviour Therapy: Skills Intensive (Two Day Workshop). Bluewater Health. Sarnia, ON. December, 2016.

Dialectical Behaviour Therapy: Introduction, Part 2 (Two Day Workshop). Bluewater Health. Sarnia, ON. November, 2016.

Dialectical Behaviour Therapy: Introduction, Part 1 (Two Day Workshop). Bluewater Health. Sarnia, ON. October, 2016.

Dialectical Behaviour Therapy: Introduction, Part 1 (Two Day Workshop). Oshawa Psychological Training Institute. Oshawa, ON. September, 2016.

Dialectical Behaviour Therapy: Part 1 (Two Day Workshop). Two Rivers Family Health Team Cambridge, ON. March, 2016.

Dialectical Behaviour Therapy: Part 1 (Two Day Workshop). Oshawa Psychological Training Institute. Oshawa, ON. March, 2016.

Psycho-Education and Skills for Loved-Ones of Persons with Borderline Personality Disorder. London-Middlesex Canadian Mental Health Association. London, ON. February, 2016.

Dialectical Behaviour Therapy: Part 3 (Two Day Workshop and Consultation). Canadian Mental Health Association, Sarnia, ON. November, 2015.

Dialectical Behaviour Therapy: Part 3 (Two Day Workshop and Consultation). Canadian Mental Health Association, Sarnia, ON. November, 2015.

Evidence Based Treatment of Trauma: (Half Day Workshop and Consultation). Broadview Psychological Services, Toronto, ON. November, 2015.

Dialectical Behaviour Therapy: Part 2 (Two Day Workshop). Canadian Mental Health Association, Sarnia, ON. October, 2015.

Dialectical Behaviour Therapy: Part 2 (Two Day Workshop). Oshawa Psychological Training Institute. Oshawa, ON. October, 2015.

Dialectical Behaviour Therapy: Part 1 (Two Day Workshop). Canadian Mental Health Association, Sarnia, ON. September, 2015.

Dialectical Behaviour Therapy: Part 1 (Two Day Workshop). Oshawa Psychological Training Institute. Oshawa, ON. September, 2015.

Assessment and Management of Suicidal Behaviour for Police and Security Service Responders (Lecture). Ontario Association for College and University Police. London, ON. May, 2015.

Evidence Based Treatment of Trauma: (Two Day Workshop). Oshawa Psychological Training Institute. Oshawa, ON. April, 2015.

Dialectical Behaviour Therapy: An Introduction (Two Day Workshop). Canadian Forces Base. Kingston, ON. March, 2015.

Assessment and Management of Suicidal Behaviour (One Day Workshop). London-Middlesex Suicide Prevention Council. London, ON. February, 2015.

Dialectical Behaviour Therapy: Part 2 (Two Day Workshop). Oshawa Psychological Training Institute. Oshawa, ON. February, 2015.

Dialectical Behaviour Therapy: Part 1 (Two Day Workshop). Oshawa Psychological Training Institute. Oshawa, ON. November, 2014.

Psycho-Education and Skills for Loved-Ones of Persons with Borderline Personality Disorder. London-Middlesex Canadian Mental Health Association. London, ON. October, 2014.

Dialectical Behaviour Therapy: The Basics (Two Day Workshop). London-Middlesex Canadian Mental Health Association. London, ON. March, 2014.

Mindfulness in Clinical Practice. Oshawa Psychological Training Institute. Oshawa, ON. November, 2013.

Psycho-Education and Skills for Loved-Ones of Persons with Borderline Personality Disorder. London-Middlesex Canadian Mental Health Association. London, ON. November, 2013.

Dialectical Behaviour Therapy. Corrections Services Canada, Grand Valley Institute. Kitchener, ON. November 2013.

Dialectical Behaviour Therapy: Part 1 (Two Day Workshop). Oshawa Psychological Training Institute. Oshawa, ON. October, 2013.

Dialectical Behaviour Therapy: Part 2 (Two Day Workshop). Oshawa Psychological Training Institute. Oshawa, ON. September, 2013.

Dialectical Behaviour Therapy. Corrections Services Canada, Abbotsford, BC. April 2013.

Dialectical Behaviour Therapy: Part 2 (Two Day Workshop). Oshawa Psychological Training Institute. Oshawa, ON. March, 2013.

Dialectical Behaviour Therapy: Part 1 (Two Day Workshop). Oshawa Psychological Training Institute. Oshawa, ON. February, 2013.

Dialectical Behaviour Therapy. Corrections Services Canada, Grand Valley Institute. Kitchener, ON. December 2012.

Mindfulness in Clinical Practice. Oshawa Psychological Training Institute. Oshawa, ON, October, 2012.

Dialectical Behaviour Therapy: Part 2 (Two Day Workshop). Oshawa Psychological Training Institute. Oshawa, ON. October, 2012.

Dialectical Behaviour Therapy: Part 1 (Two Day Workshop). Oshawa Psychological Training Institute. Oshawa, ON. September, 2012.

Dialectical Behaviour Therapy: Part 2 (Two Day Workshop). Oshawa Psychological Training Institute. Oshawa, ON. March, 2012.

Dialectical Behaviour Therapy: Intermediate Level Training (Three Day Workshop). Stellabury Community Services, & Eastern Health Sciences, St. John's, NL. February, 2012.

Dialectical Behaviour Therapy: The Basics (One Day Workshop). Stellabury Community Services, & Eastern Health Sciences, St. John's, NL. January, 2012.

Dialectical Behaviour Therapy: The Basics (Two Day Workshop). Oshawa Psychological Training Institute. Oshawa, ON. November, 2011.

Dialectical Behaviour Therapy: Selected Skills (One Day Workshop). Streets to Homes Toronto, ON.

Dialectical Behaviour Therapy: The Basics (Two Day Workshop). Peterborough Mental Health. Peterborough, ON. October, 2011.

Dialectical Behaviour Therapy: The Basics (Two Day Workshop). Ontario Shores For Mental Health Sciences. Whitby, ON. April, 2011.

Dialectical Behaviour Therapy: The Basics (Two Day Workshop). Barrie Greenhaven Services. Barrie, ON. November, 2010.

Dialectical Behaviour Therapy for Problem Gambling (Two Day Workshop). Problem Gambling Institute of Ontario Toronto; Ottawa; Thunder Bay; Sudbury Services. Fall 2010-Winter 2011.

Dialectical Behaviour Therapy: The Basics and Consultation (Three Day Workshop). Stellabury Community Services, St. John's, NL. October, 2010.

Dialectical Behaviour Therapy and Borderline Personality Disorder, an Introduction. Toronto Community Care Access Centre. Toronto, ON. September, 2010.

Working with Concurrent Addiction, Borderline Personality Disorder and Self-Harm. Centre for Addiction and Mental Health Addictions Program Clinical Day: Opening Doors to Effective Treatment. Toronto, ON. September, 2010.

Dialectical Behaviour Therapy: The Basics (Two Day Workshop). Pembroke Regional Hospital Mental Health Services. Pembroke, ON. June, 2010.

Dialectical Behaviour Therapy: An Introduction (One Day Workshop). Ryerson University. Toronto, ON. May, 2010.

Dialectical Behaviour Therapy and Borderline Personality Disorder (Two Day Workshop). (Part B of CAMH BPD Clinic DBT Certificate Training). Centre for Addiction and Mental Health. Toronto, ON. April, 2010.

Dialectical Behaviour Therapy and Borderline Personality Disorder (Two Day Workshop). (Part A of CAMH BPD Clinic DBT Certificate Training). Waterloo University Health Services & Department of Psychology. Waterloo, ON. April, 2010.

Dialectical Behaviour Therapy and Borderline Personality Disorder, an Introduction. Children's Aid Society of Toronto. Toronto, ON. April, 2010.

Working with Suicidal Clients in the Emergency Department. CAMH Emergency Department. Toronto, ON. July, August 2010.

Dialectical Behaviour Therapy and Borderline Personality Disorder, an Overview (Two Day Workshop). Muskoka Parry Sound Community Mental Health Services. Parry Sound, ON. March, 2010.

Dialectical Behaviour Therapy and Borderline Personality Disorder, an Introduction & Consultation. Central Toronto Youth Services. Toronto, ON. October, 2009.

INVITED LECTURES

Dialectical Behaviour Therapy, and Introduction. Delivered to Monthly Grand Rounds, Homewood Health Centre. Guelph, ON. April, 2011.

Suicide Crisis Interview Protocol (SCIP) for Suicidal Patients in Emergency Departments. Delivered to Monthly Suicidal Behaviour Grand Rounds, Toronto St. Michael's Hospital. Toronto, ON. April, 2011.

Dialectical Behaviour Therapy and Borderline Personality Disorder. Delivered to "Intervention and Psychotherapy", Ryerson University. Toronto, ON. Spring, Fall 2010.

Mindfulness and Neuroscience. Delivered to Psychology 11 "Introduction to Psychology", Duke University. Durham, NC. Fall, 2006, Fall, 2007, Spring, 2008.

The Experience of Post Traumatic Stress as Represented in 20th Century Poetry. Delivered to English 143 "Poetry and the Healing Arts", Duke University. Durham, NC. Fall, 2005.

Representations of Borderline Personality Disorder in Contemporary American Literature. Delivered to Psychology 199: "Women and Mental Illness in Literature", Duke University. Durham, NC. Summer, 2005.

TEACHING EXPERIENCE

Psychology 119, Abnormal Psychology, Duke University

Teaching Assistant (Spring, 2007) Teaching Assistant (Spring, 2006) Teaching Assistant (Fall, 2004)

Psychology 11, Introduction to Psychology, Duke University

Teaching Assistant (Fall, 2006)

CLINICAL SUPERVISION & CONSULTATION EXPERIENCE

Waterloo Regional Campus, McMaster University (2014-Ongoing)

Clinical supervision of psychiatry residents.

Borderline Personality Disorder Clinic, Center for Addiction and Mental Health (2010-2014)

Clinical supervision of pre-doctoral psychology interns & graduate practicum students.

Department of Psychology, University of Waterloo (2010-2013)

Clinical supervision of University of Waterloo clinical psychology graduate practicum students.

Emergency Department, Centre for Addiction and Mental Health (2009-2014)

Supervision of Multi-Disciplinary group of CAMH staff members regarding the provision of a Dialectical Behaviour Therapy based crisis protocol.

Women's Inpatient Unit, Centre for Addiction and Mental Health (June, 2010)

Consultation with CAMH staff regarding inpatient DBT group.

Cognitive Behaviour Clinic, Centre for Addiction and Mental Health (Summer, 2009)

Supervision of Ryerson University Clinical Psychology Graduate Student in the provision of a group based cognitive Behaviour Therapy.

PUBLICATIONS

Robins, C. J., Keng, S-L., **Ekblad, A.G.**, Brantley, J.G. (2012). Effects of mindfulness-based stress reduction on emotional experience and expression: A randomized controlled trial. *Journal of Clinical Psychology*, 68, 1-15.

Greeson, J.M., Webber, D.M., Smoski, M.J., Brantley, J.G., **Ekblad, A.G.**, Suarez, E.C., & Wolever, R.Q. (2011). Changes in spirituality partly explain health-related quality of life outcomes following Mindfulness-Based Stress Reduction. *Journal of Behavioral Medicine*, 34, 508-518.

Ekblad, A. G., Chapman, A. L., Lynch, T. R. (2010). Borderline personality disorder. In Nunes, E., Selzer, J., Levounis, P. (Eds.). *Substance dependence and co-occurring psychiatric disorders: Best practices for diagnosis and treatment*. Civic Research Institute Press.

Cukrowicz, K. C., **Ekblad, A. G.**, Cheavens, J.S., & Lynch, T. R. (2008). Coping and thought suppression as predictors of suicidal ideation in depressed older adults with personality disorders. *Aging & Mental Health*, 12, 149-157.

Ekblad, A. G. (2006). A letter to the graduate school applicant: Important considerations for those applying to graduate school. *The Behavior Therapist*, 29, 206-208.

CONFERENCE PRESENTATIONS

Ekblad, A. G., Guimond, T., Streiner, D., McMain, S. F. (July, 2013). Predictors of dropout in DBT skills group for suicidal individuals with borderline personality disorder. Symposium presentation at the annual meeting of the Society for Psychotherapy Research, Brisbane, Australia.

Ekblad, A. G., (November, 2011). Clinical psychologists and social workers in collaboration, an emergency department example. Symposium presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, ON.

Keng, S.-L., Smoski, M. J., Robins, C. J., **Ekblad, A. G.**, & Brantley, J. G. (November, 2011) Who benefits from mindfulness based stress reduction?: Fear of emotion and self-compassion as moderators of intervention effects. Symposium presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, ON.

Ekblad, A. G., (November, 2010). Post-doctoral training in Canada. Symposium presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Ekblad, A. G., Greeson, J., Robbins, C. J., Keng, S., Smoski, M. J., Brantley, J., Lynch, T. R. (November, 2010). Mediators of the effects of mindfulness based stress reduction on emotion regulation and attention in a laboratory based paradigm. Symposium presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Ekblad, A. G., Pos, A., McMMain, S. (November, 2010). Dialectical Behavioral Therapy Group Skills Training as a Compliment to Standard Care for Self Harming Women with a History of Childhood Sexual Abuse. Symposium presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Ekblad, A. G., McMMain, S. F., Kurdyak, P., Mitchell, E. (November, 2010). Suicide Crisis Interview Protocol (SCIP): Description of a protocol for suicidal patients presenting at an emergency department. Symposium presentation at the annual meeting of the International Society for the Improvement and Teaching of Dialectical Behavior Therapy, San Francisco, CA.

Keng, S.-L., Smoski, M. J., Robins, C. J., **Ekblad, A. G.**, & Brantley, J. G. (November, 2010). Mechanisms of change in MBSR: Self compassion and mindful attention as mediators of intervention outcome. Symposium presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Robins, C. J., Keng, S.-L., **Ekblad, A. G.**, Brantley, J. G. & Cozza, C. M. (2010, June). The effects of mindfulness-based stress reduction on mindfulness and psychological functioning. Symposium presentation at the annual meeting of the Society for Psychotherapy Research, Asilomar, CA.

Greeson, J., Brantley, J., Smoski, M., **Ekblad, A. G.**, Fikkan, J., Lynch, T., Webber, D., Llabre, M., Suarez, E., & Wolever, R. (May, 2010). Transdiagnostic risk factor reduction during mindfulness meditation training: How changes in positive emotional experience explain reduced symptoms of anxiety and depression. Symposium presentation at the 5th International Congress of Complementary Medicine Research, Tromsø, Norway.

Greeson, J., Brantley, J., Smoski, M., **Ekblad, A. G.**, Fikkan, J., Lynch, T., Webber, D., Llabre, M., Suarez, E., & Wolever, R. (April, 2010). Building psychological wealth: Alternative theoretical models may explain increased mindfulness, self-compassion and well-being following MBSR. Symposium presentation at the 8th annual conference Investigating and Integrating Mindfulness into Medicine, Health Care, and Society, Worcester, MA.

Ekblad, A. G., Robbins, C. J., Keng, S., Smoski, M. J., Brantley, J., Lynch, T. R. (November, 2009). Effects of mindfulness based stress reduction on emotion regulation and attention in a laboratory based paradigm. Symposium presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Cuper, P.F., Smoski, M.J., Greesson, J., Brantley, J., **Ekblad, A.G.**, Lynch, T.R. (November, 2009). Can you be a mindful daydreamer? Changes in mindfulness correlate with changes in some types of daydreaming. Poster presented given at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Fikkan, J., Greeson, J., Brantley, J., Smoski, M. J., **Ekblad, A. G.**, Lynch, T. R., Wolever, R. (November, 2009). What changes with MBSR and why: Emotion regulation, mindfulness, and mood. Symposium presentation given at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Smoski, M. J., Greeson, J., Brantley, J., **Ekblad, A. G.**, Lynch, T. R., Wolever, R. (November, 2009). How Does MBSR Decrease Rumination? The mediating roles of mindfulness, self-compassion, and thought suppression. Symposium presentation given at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Robins, C. J., Keng, S. **Ekblad, A. G.**, Brantley, J., Cozza, C. (November, 2009). The effects of mindfulness-based-stress-reduction on mindfulness and psychological functioning. Symposium presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Smoski, M. J., Greeson, J., Brantley, J., **Ekblad, A. G.**, Fikkan, J., Lynch, T. R., Wolever, R. (November, 2009). What changes with MBSR and why: Emotion regulation, mindfulness, and mood. Symposium presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Greeson, J., Brantley, J., Smoski, M., **Ekblad, A. G.**, Fikkan, J., Lynch, T. R., & Wolever, R. (2009, April). Mindfulness and stress-related physical symptoms: The mediating roles of sleep quality, self-compassion, and cognitive-emotional regulation. Poster presented at the annual meeting Integrating Mindfulness-Based Interventions into Medicine, Health Care, and Society, Worcester, MA.

Ekblad, A. G., Robins, C., Keng, S. L., Brantley, J., Smoski, M., & Lynch, T. R. (2008, June). Differential responses of meditators and non-meditators to a stressful attention task. Poster presented at the annual meeting of the Mind and Life Summer Research Institute, Garrison, NY.

Ekblad, A. G., Keng, S. L., Lungu, A., Robins, C., Brantley, J., & Lynch, T. R. (2007, November). Emotional and physiological responding to a brief mindfulness task. Symposium presentation at the annual meeting of the International Society for the Improvement and Teaching of Dialectical Behavior Therapy, Philadelphia, PA.

Cuper, P. F., **Ekblad, A. G.**, & Lynch, T. R. (2007, November). Investigating links to mindfulness in fantasy and rumination. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Ekblad, A. G., Ritschel, L. A., Cheavens, J. S., & Lynch, T. R. (2006, November). Differential contributions of rumination and hope to mindfulness, controlling for depression. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, Ill.

Ekblad, A. G., Rosenthal, M. Z., Gupta, S. & Lynch, T. R. (2006, November). Lack of mindfulness partially mediates the relationship between negative affect and eating disorder symptoms. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, Ill.

Ekblad, A. G. Schneider, K. G., Cuper, P. F., Cheavens, J. S., Rosenthal, M. Z., & Lynch, T. R. (2005, November). An investigation of the impact of anxiety, emotion regulation, and attachment on borderline personality traits. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Cukrowicz, K.C., **Ekblad, A. G.,** Lynch, T. R., Cheavens, J. S., Rosenthal, M. Z. (2005, November). Predictors of suicidal ideation in depressed older adults with personality disorders. Symposium presentation at the annual meeting of the Geriatric Society of America, Orlando, FL.

Schneider, K. G., **Ekblad, A. G.,** Cuper, P. F., & Lynch, T. R. (2005, November). A mediational model of trait negative affectivity, chronic thought suppression, and intrusive thoughts following a laboratory stressor. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Schneider, K. G., Rosenthal, M. Z., **Ekblad, A. G.,** Cuper, P. F., Cheavens, J. S., & Lynch, T. R. (2005, November). Mindfulness mediates the relationship between impulsivity and self-destructive behavior. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Schneider, K. G., **Ekblad, A. G.,** Cuper, P. F., Rosenthal, M. Z. & Lynch, T. R. (2004, November). Emotion regulation techniques mediate the relation between negative affect intensity and borderline traits. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New Orleans, LA.

MENTORSHIP EXPERIENCE

Member of Duke University undergraduate research thesis committees (2007-2009).

Defended Theses:

Timothy Chi. "The relationship between thought control tendencies and differences in affect following a brief mindfulness induction." Duke University, 2009.

Paul Geiger: "The effects of a brief mindfulness exercise on emotional experiences." Duke University, Spring, 2008.

Samantha Lorusso: "The effects of a brief mindfulness exercise on attention." Duke University, Spring, 2008.

Shian-Ling Keng: "The power of present moment awareness: Mindfulness and its relationship to psychological health." Duke University, Spring, 2007.

HONOURS AND AWARDS

Leadership in an Aging Society Research Fellowship.

(2007). Duke University Medical Centre, Centre for Aging.

Vertical Integration Mentoring Fellowship.

(2006-2008). Duke University.

James Baugh Graduate School Fellowship (funding for one year of full time research).

(2004-2005). Duke University Graduate School.

AD HOC JOURNAL REVIEWER

- Assessment
- Journal of Abnormal Psychology
- Journal of Clinical Psychology
- Pain
- Psychotherapy Research
- Suicide and Life Threatening Behavior