

## CURRICULUM VITAE

# Bridget O'Connor Cho

Assistant Professor ▪ Department of Psychology  
University of South Carolina Aiken  
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## Education

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2020	PhD	Clinical Child Psychology	University of Kansas, Lawrence, KS Dissertation Co-chairs: Yo Jackson, Ph.D., ABPP, Ric Steele, Ph.D., ABPP Dissertation: Adversity, emotion dysregulation, and parenting behaviors among families experiencing low socioeconomic status APA Accredited Psychology Predoctoral Internship: University of California Davis Children's Hospital CAARE Center, Sacramento, CA – Child Abuse Track
2015	MA	Clinical Child Psychology	University of Kansas, Lawrence, KS Master's Thesis Chair: Eric M. Vernberg, Ph.D., ABPP Master's Thesis: Mother recollections of a tornado
2011	BA	Psychology (Minor: Women's Studies)	University of Rochester, Rochester, NY Honors Thesis Advisor: Thomas G. O'Connor, PhD Honor's Thesis: Effects of prenatal anxiety and postnatal maternal caregiving on infants' cortisol responses

## Psychology Licensure

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South Carolina License No. 1744, Licensed Psychologist

## Honors, Grant Applications, and Funding

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- 2024 Magellan Scholar Award**  
University of South Carolina – Columbia, SC  
Student recipient: Rachel Eubanks  
Funded (\$2,500)
- 2023 Advanced Support for Innovative Research Excellence (ASPIRE) I**  
University of South Carolina – Columbia, SC  
Not funded
- 2023 Connections Award**  
University of South Carolina Aiken  
Student recipient: Leanna Bryant  
Funded (\$1,000)
- 2021 Research Initiative for Summer Engagement (RISE)**  
University of South Carolina – Columbia, SC  
Funded (\$6,000)
- 2020 Connections Award**  
University of South Carolina Aiken  
Student recipient: Emma Swanson  
Funded (\$1,000)
- 2019 - 2020 Research to Action Pilot Grant Recipient**

Doris Duke Charitable Foundation – New York, NY  
Chapin Hall at the University of Chicago – Chicago, IL  
Funded (\$80,000)

- 2018 Paper Competition Finalist**  
National Foundation to End Child Abuse and Neglect – Aurora, CO
- 2018 Division 54 Student Poster Award**  
American Psychological Association Annual Convention - San Francisco, CA
- 2017 – 2019 Doris Duke Fellowship for the Promotion of Child Well-Being**  
Doris Duke Charitable Foundation – New York, NY  
Chapin Hall at the University of Chicago – Chicago, IL  
Funded (\$60,000)
- 2017 Jerry and Willie McNeal Student Award for Outstanding Teaching**  
University of Kansas Clinical Child Psychology Program – Lawrence, KS
- 2011 Distinction and Honors in Research Psychology**  
University of Rochester, Department of Psychology – Rochester, NY
- 2011 Collier Mental Health Research Poster Session: First Place**  
University of Rochester, Department of Psychiatry – Rochester, NY
- 2007 – 2011 Frederick Douglass and Susan B. Anthony Scholarship**  
University of Rochester, College of Arts and Sciences – Rochester, NY
- 2007 – 2011 Dean's Scholarship**  
University of Rochester, College of Arts and Sciences – Rochester, NY

## Scholarship

### Publications and Presentations

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#### Published or in-press in peer-reviewed journals (n = 19):

- Jelson-Swain, L., Settepani, M., McMullen, K., Stafford, J., & **Cho, B.** (2023). An examination of mindfulness on Mu suppression and pain empathy and its relation to trait empathy. *Social Neuroscience*, 1-11.  
<https://doi.org/10.1080/17470919.2023.2242093>
- Hall, K., Stafford, J., & **Cho, B.** (2023). The roles of negative social reactions to sexual abuse disclosure and masculinity norm adherence in mental health symptoms among adult men and women. *Journal of Interpersonal Violence*, online first.
- Cho, B.**, Fleckman, J., & Scott, J. (2023). Anti-Black racism within child welfare services: Past, present, and future. *The American Professional Society on the Abuse of Children (APSAC) Advisor*, 35(3), 106-126.
- Woods-Jaeger, B. A., Slagel, L., Sexton, C., O'Malley, D., **Cho, B.**, Bronston, S., McGowan, K., Crawford, J., & Starr, D. (2022). Two generations thrive: Bidirectional collaboration among researchers, practitioners, and parents to promote culturally responsive trauma research, practice and policy. *Psychological Trauma: Theory, Research, Practice, and Policy*, online ahead of print.
- Griffith, R., **Cho, B.**, Gusler, S., McGuire, A., & Jackson, Y. (2021). Effects of parents' adversity exposure on general and child-specific hostile attribution bias. *Journal of Family Trauma, Child Custody, and Child Development*. doi: 10.1080/26904586.2021.1970689
- Cho, B.**, Kleven, L., & Woods-Jaeger, B. (2021). Bringing out the best in parenting: Translating community-engaged research to policy. *Progress in Community Health Partnerships*, 15(3), 271-284.
- Woods-Jaeger, B., Gaylord-Harden, N., Briggs-King, E., **Cho, B.**, & Lemon, E. (2021). Translating cultural assets research into action to mitigate adverse childhood experience-related health disparities among African American youth. *American Psychologist*, 76(2), 326-336. doi.org/10.1037/amp0000779
- Cho, B.**, Woods-Jaeger, B., & Borelli, J. L. (2020). Parenting stress moderates the relation between parental trauma exposure and child anxiety symptoms. *Child Psychiatry & Human Development*. doi:10.1007/s10578-020-01087-1.

- Zajac, L., Prendergast, S., Feder, K., **Cho, B.**, Kuhns, C., & Dozier, M. (2020). Trajectories of sleep in Child Protective Services (CPS)-referred children predict externalizing and internalizing symptoms in early childhood. *Child Abuse & Neglect*, 103.
- Woods-Jaeger, B., **Cho, B.**, & Briggs-King, E. (2020). Training psychologists to disrupt child abuse and neglect disparities: Shifting the paradigm to address social determinants. *Training and Education in Professional Psychology*. Advance online publication. doi.org/10.1037/tep0000307
- McGuire, A., **Cho, B.**, Huffhines, L., Gusler, S., Brown, S., & Jackson, Y. (2018). The relation between dimensions of maltreatment, placement instability, and mental health among youth in foster care. *Child Abuse & Neglect*, 86, 10-21.
- Woods-Jaeger, B., **Cho, B.**, Sexton, C., Goggin, K., & Slagel, L. (2018). Promoting resilience: Breaking the intergenerational cycle of adverse childhood experiences. *Health Education and Behavior*, 45(5), 772-780. doi.org/10.1177/1090198117752785
- Sexton, C., Woods-Jaeger, B., **Cho, B.**, & Goggin, K. (2017). Clinician attitudes about health care services addressing adverse childhood experiences. *Journal of Family Medicine and Disease Prevention*, 3(3), online only.
- Cho, B.**, & Jackson, Y. (2016). Self-reported and case file maltreatment: Relations for psychosocial outcomes for youth in foster care. *Children and Youth Services Review*, 69, 241-247.
- Huffhines, L., Tunno, A. M., Hambrick, E., **Cho, B.**, Campos, I., Lichty, B., & Jackson, Y. (2016). Case file coding of child maltreatment: Methods, challenges, and innovations in a longitudinal project of youth in foster care. *Children and Youth Services Review*, 67, 254-262.
- Vernberg, E. M., Hambrick, E. P., **O'Connor, B.**, Hendrickson, M. L. (2016). Psychology and disaster mental health: Strategies for working with children and adolescents. *Journal of Clinical Psychology*, 72(12), 1333-1347.
- Hambrick, E. P., **O'Connor, B.**, & Vernberg, E. M. (2015). Interview and recollection-based research with child disaster survivors: Participation-related changes in emotion and perceptions of participation. *Psychological Trauma: Theory, Research, Practice, and Policy*, 8(2), 165-171.
- Kanine, R., Tunno, A., Jackson, Y., & **O'Connor, B.** (2015). Therapeutic day treatment for young maltreated children: A systematic literature review. *Journal of Child & Adolescent Trauma*, 8(3), 187-199.
- Jackson, Y., Cushing, C., Gabrielli, J., Fleming, K., **O'Connor, B.**, & Huffhines, L. (2015). Child maltreatment, trauma, and physical health outcomes: The role of abuse type and placement moves on health conditions and service use for youth in foster care. *Journal of Pediatric Psychology*, 41(1), 28-36.

### **Under review in peer-reviewed journals (n = 3):**

- Milius, H., **Cho, B.**, & Klingman, A. (Manuscript submitted for publication). Fatherhood after separation: Implications for parent and child outcomes. *Journal of Child and Family Studies*.
- Such, S., Selin, C., **Cho, B.**, Rodriguez, A., Roggero, M., McDonald, J., Jackson, Y. (Manuscript submitted for publication). Behavioral Coding in Child Maltreatment Research: The PAIR Project as an example protocol to examine current methodology and recommendations. *Children and Youth Services Review*.
- Hall, K., Wilensky, S., Stafford, J., & Cho, B. (Manuscript submitted for review). The role of gender in the relationship between negative reactions to sexual abuse disclosure and masculinity norm adherence. *Journal of Child Sexual Abuse*.

### **Book Chapters (n = 1)**

- Coulombe, B., **Cho, B.**, & Yates, T. (2023). Attachment and the COVID-19 pandemic. In L. Ennis (Ed.), *Are the kids alright? The impact of the pandemic on children*.

### **Conference presentations (n = 42):**

Notes: \* graduate student, \*\* undergraduate student

- Gossett, K. L.\*, Klingman, A.A.\*, **Cho, B.**, & Hall, K. E.\* (2024). *Child sexual abuse disclosure experiences across developmental age periods*. Poster presented at the 2024 Southeastern Psychological Association Annual Meeting in Orlando, FL.
- Bryant, L.\*\* & **Cho, B.** (2024). *Poverty related stress and imposter syndrome among young adults*. Poster presented at the 2024 Southeastern Psychological Association Annual Meeting in Orlando, FL. Recipient of Psi Chi Research Award.
- Danner, K.\*, Milius, H.\*\*, & **Cho, B.** (2024). *The influence of parent-perceptions on co-parenting pre and post separation*. Poster presented at the 2024 Southeastern Psychological Association Annual Meeting in Orlando, FL.
- Shillingsburg, L.\*, **Cho, B.**, & Jackson, Y. (2023). *It takes two to tango: Association between children's emotion regulation and parental sensitivity*. Poster presented at the 57<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies in Seattle, WA.
- Medlock, M.\*, **Cho, B.**, & Jackson, Y. (2023). *Indirect effect of parents' childhood emotional abuse on parental sensitivity via impulsive emotional responding*. Poster presented at the 57<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies in Seattle, WA.
- Gur, T.\*, **Cho, B.**, & Coulombe, B. (2023). *Outcomes of a therapeutic childcare program*. Poster presented at the 57<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies in Seattle, WA.
- Burnette, W.\*\*, Major, N.\*, **Cho, B.**, & Roach, A. (2023). *"Pull yourself up": The role of unsupportive emotional socialization in childhood maltreatment and emotion regulation*. Oral presentation given at the 2023 Southeastern Psychological Association (SEPA) Annual Meeting in New Orleans, LA.
- Swanson, E.\*\* & **Cho, B.** (2021). *Evaluation of PC-CARE, a dyadic parenting intervention*. Poster presented at the 2021 Scholars Showcase at University of South Carolina Aiken.
- Ayer, K. A.\*\*, Bello, C.\*\*, & **Cho, B.** (2021). *Parental warmth and child depressive symptoms: The moderating role of gender*. Oral presentation given at the 2022 Southeastern Psychological Society (SEPA) Annual Meeting in Hilton Head, SC.
- Waters, A. L.\*, Wieszczeinski, H.\*, & **Cho, B.** (2021). *Examining associations between parental hostile attribution bias and parenting behaviors*. Poster presented at the 2022 Southeastern Psychological Society (SEPA) Annual Meeting in Hilton Head, SC.
- Epps, M.\* & **Cho, B.** (2021). *The association between childhood adversity and psychological distress during the COVID-19 pandemic*. Poster presented at the 2022 Southeastern Psychological Society (SEPA) Annual Meeting in Hilton Head, SC.
- Cho, B.**, Timmer, S., & Hawk, B. (2020). *Improving access to mental health treatment for young children in foster care*. Paper presented at the 2020 Association for Behavioral and Cognitive Therapies 54<sup>th</sup> Annual Convention (virtual).
- Cho, B.**, Hawk, B. Timmer, S. (2020). *Child maltreatment and treatment outcomes: Findings from a dyadic parenting intervention*. Paper presented at the 2020 Charleston Child Trauma Conference (virtual).
- Huffhines, L. & **Cho, B.** (2019). *Exploring ethical, cultural, and practical considerations for inclusion of biological markers in a study of young children exposed to adversity*. Lecture given at the Mid-Year Meeting of the Doris Duke Fellowships for the Promotion of Child Well-Being in Phoenix, AR.
- Zajac, L., Prendergast, S., Feder, K., Kuhns, C., **Cho, B.**, & Dozier, M. (2019). *Sleep trajectories in Child Protective Services-referred children and links to externalizing symptoms*. Paper presented as a part of a symposium to the 2019 Biennial Meeting of Society for Research in Child Development in Baltimore, MD.
- Cho, B.**, Rodriguez, A., & Jackson, Y. (2018). *Parental emotion dysregulation and observed parenting behaviors among families in poverty*. Poster presented at the 2018 National Conference on Clinical Child and Adolescent Psychology in Kansas City, MO.
- Cho, B.**, Zajac, L., Prendergast, S., & Kuhns, C. (2018). *Interactions among race, parenting, and perinatal risk predicting toddler neurodevelopment*. Poster presented at the annual meeting of the American Psychological Association Annual Meeting, San Francisco, CA.
- Cho, B.**, Griffith, R., Huffhines, L., Guler, J., & Jackson, Y. (2018). *Cumulative trauma versus subtypes in relation to observed parenting behaviors*. Poster presented at the 2018 American Psychological Association Annual Meeting in San Francisco, CA.

- Huffhines, L., **Cho, B.**, & Jackson, Y. (2018). *Health behavior and emotion regulation in low-income, preschool-aged children*. Poster presented at the 2018 American Psychological Association Annual Meeting in San Francisco, CA.
- Griffith, R., Jackson, Y., **Cho, B.**, McGuire, A., Gusler, S. (2018). *Childhood trauma exposure and hostile attribution bias in parents of young children*. Poster presented at the annual meeting of the American Psychological Association Annual Meeting, San Francisco, CA.
- Cho, B.**, Slagel, L., & Woods-Jaeger, B. (2017). *Contextual influences on parenting among low-income, African American families*. Poster presented at the 2017 meeting of the Association for Behavioral and Cognitive Therapies in San Diego, CA.
- Woods-Jaeger, B., Sexton, C., **Cho, B.**, Slagel, L., & Siedlik, E. (2017). *Development, feasibility, and refinement of a caregiver intervention to prevent child toxic stress*. Poster presented at the 2017 meeting of the Association for Behavioral and Cognitive Therapies in San Diego, CA.
- Woods-Jaeger, B., **Cho, B.**, Sexton, C., Slagel, L., & Goggin, K. (2017). *Promoting resilience: Breaking the intergenerational cycle of adverse childhood experiences*. Poster presented at the 33<sup>rd</sup> Annual Meeting of the International Society for Traumatic Stress Studies in Chicago, IL.
- Vernberg, E., MacDonald, K., Lochman, J., Jarrett, M., Powell, N., Diaz, K., Kassing, F., & **Cho, B.** (2017). *Inconsistent parenting moderates how tornado-related trauma predicts trajectories of PTSD symptoms across four years*. Poster presented at the 2017 Biennial Meeting of Society for Research in Child Development in Austin, TX.
- Stone, K., Jackson, Y., Huffhines, L., & **Cho, B.** (2016). *Self and parent report of family environment in foster care: Potential implications for placement stability*. Poster presented at the 2016 American Psychological Association Annual Meeting in Denver, CO.
- Cho, B.**, Vernberg, E., Lochman, J., Hendrickson, M., Diaz, K., Jarrett, M. A., & Kassing, F. (2016). *Self-reported tornado exposure and geographical information systems (GIS)*. Poster presented at the 2016 American Psychological Association Annual Meeting in Denver, CO.
- Cho, B.**, Jackson, Y., Huffhines, L., Gusler, S., & Brown, S. (2016). *Placement stability as a mediator of the relationship between maltreatment and mental health among youth in foster care*. In J. Gabrielli (Chair) Trauma-informed systems of care for youth with complex victimization in foster care or juvenile justice. Symposium at the 2016 International Family Violence and Child Victimization Research Conference in Portsmouth, New Hampshire.
- Stone, K., Jackson, Y., Brown, S., & **Cho, B.** (2016). *Foster care family environment characteristics moderate the link between youth maltreatment and conduct problems*. In J. Gabrielli (Chair) Trauma-informed systems of care for youth with complex victimization in foster care or juvenile justice. Symposium at the 2016 International Family Violence and Child Victimization Research Conference in Portsmouth, New Hampshire.
- Jackson, Y., Gabrielli, J., Tunno, A., **Cho, B.**, & Stone, K. (2016). *Cumulative trauma and adaptive functioning for youth in foster care*. In Y. Jackson (Chair), Mechanisms of adaptive outcome for youth exposed to maltreatment and foster care. Symposium at the 2016 International Family Violence and Child Victimization Research Conference in Portsmouth, New Hampshire.
- Huffhines, L., Jackson, Y., Brown, S., Stone, K., & **Cho, B.** (2016). *Coping strategies, chronic conditions, physical health, and health service use in maltreated foster youth*. In Y. Jackson (Chair), Mechanisms of adaptive outcome for youth exposed to maltreatment and foster care. Symposium at the 2016 International Family Violence and Child Victimization Research Conference in Portsmouth, New Hampshire.
- Gusler, S., Jackson, Y., Brown, S., **Cho, B.**, & Stone, K. (2016). *What helps some doesn't help all: Understanding the interactions among spirituality, appraisals, mental health, and abuse type in foster youth*. In Y. Jackson (Chair), Mechanisms of adaptive outcome for youth exposed to maltreatment and foster care. Symposium at the 2016 International Family Violence and Child Victimization Research Conference in Portsmouth, New Hampshire.
- McGuire, A., Gabrielli, J., Jackson, Y., Brown, S., Stone, K., & **Cho, B.** (2016). *Positive academic functioning for youth in foster care*. In Y. Jackson (Chair), Mechanisms of adaptive outcome for youth exposed to maltreatment and foster care. Symposium at the 2016 International Family Violence and Child Victimization Research Conference in Portsmouth, New Hampshire.

- Woods-Jaeger, B., Sexton, C., & **Cho, B.** (2016). *Engaging caregivers in early intervention development*. Poster accepted for presentation at the 2016 International Society on Early Intervention Conference in Stockholm, Sweden.
- Cho, B.** & Jackson, Y. (2016). *Who should we ask? The relative roles of self-report and case file maltreatment in predicting adolescents' internalizing symptoms*. Poster presented at the 2016 Biennial Meeting of the Society for Research on Adolescence in Baltimore, MD.
- Huffhines, L., Hoemberg, K., Gabrielli, J., Jackson, Y., & **O'Connor, B.** (2015). The Role of Placement Type on Coping for Youth in Foster Care. Poster presented at the International Society for Traumatic Stress Studies 31<sup>st</sup> Annual Meeting in New Orleans, LA.
- Huffhines, L., Jackson, Y., Cushing, C., Gabrielli, J., Fleming, K., & **O'Connor, B.** (2015). *The role of maltreatment on physical health conditions for youth in foster care*. Poster presented at the 2015 American Psychological Association Annual Meeting, in Toronto, Ontario.
- O'Connor, B.**, Hambrick, E.P., Vernberg, E.M., & Cisneros, T. (2015). *Mother-guided recollections of a devastating tornado*. Poster presented at the 2015 University of Kansas Graduate Research Competition in Lawrence, Kansas.
- Vernberg, E. M., Lochman, J., **O'Connor, B.**, Powell, N., & Qu, L. (2015). *Recollections of tornado-related events: Relation of meaning making and meaning made to posttraumatic stress symptoms*. In E. P. Hambrick (Chair), Trauma exposure and meaning-making: Unexpected mental health implications throughout childhood and emerging adulthood. Symposium presented at the 2015 Biennial Meeting of Society for Research in Child Development, Philadelphia, Pennsylvania.
- O'Connor, B.**, Hambrick, E. P., & Vernberg, E. M. (2014). *Mothers' recollections of tornado relate to long-term stress*. Poster presented at the 2014 National Conference on Clinical Child and Adolescent Psychology in Lawrence, KS.
- O'Connor, B.**, Hambrick, E. P., & Vernberg, E. M. (2014). *Maternal meaning making as a protective factor for children exposed to a tornado*. Poster presented at the 2014 American Psychological Association Annual Meeting in Washington, D. C.
- Wortel, S., Oshri, A., **O'Connor, B.**, & Burnette, M. L. (2013). *Parallel Alcohol and Cannabis Use Trajectories and Sexual Health Outcomes among Adolescent Girls with a History of Sexual Abuse*. Poster presented at the 2013 Biennial Meeting of the Society for Research in Child Development, Seattle, WA.
- O'Connor, B.**, Moynihan, J., Caserta, M., Pressman, E., Robertson-Blackmore, E., & O'Connor, T. G. (2011). *Effects of prenatal anxiety and postnatal maternal caregiving on infants' cortisol responses*. Poster presented at the Collier Mental Health Research Poster Session, Rochester, NY.

### **Clinical publications and presentations (n = 3):**

- Cho, B.** & Kanine, R. M. (2016). Divorce and separation: Helping your child adjust. In C. Shroeder (Ed.), *Parent Series*. Retrieved from <http://kuclinic.ku.edu/parent-handout-series>
- Diaz, K., Guler, J., Blossom, J., Borner, K., **Cho, B.**, ... Stone, K. (2016, December). *Understanding depression and anxiety: Guide for counselors, teachers, and parents*. Session presented at the 2017 Greenbush School Counselors Symposium, Lawrence, KS.
- Cho, B.**, Cordts, K., & Noser, A. (2015, December). *Culture and diversity: A training for foster and adoptive youth*. Training prepared for KVC Health Systems and the Kansas Department of Family Services.

## **Teaching, Mentorship, and Clinical Experience**

### **Master's Thesis and Graduate Student Research Mentorship**

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#### **Committee Member/Chair**

*Note:* \* Denotes thesis committee chair

**Class of 2024**      \**Alexandra Klingman*, "Emerging adults' knowledge of parental trauma exposure as a moderator of the association between emotional maltreatment severity and forgiveness"

<b>Class of 2023</b>	<i>*Tal Gur</i> , “Preliminary program review: Children’s Place, Aiken, SC”
	<i>*Laura Shillingsburg</i> , “Bidirectional association between children’s emotion regulation and parental intrusiveness”
	<i>Megan Medlock</i> , “Longitudinal association between parents’ childhood maltreatment and parenting behavior via emotion dysregulation”
<b>Class of 2022</b>	<i>*Asia Johnson</i> , “Imposter phenomenon progression and intersectionality among undergraduate students”
	<i>*Lauren Waters</i> , “The role of hostile attribution bias in the relationship between parental adversity exposure and observed parental sensitivity”
	<i>*Monika Epps</i> , “Appraisal as a moderator of the association between childhood adversity exposure and psychological distress during the COVID-19 pandemic”
	<i>Brandon Hill</i> , “Examining how sexism and beauty norms influence perceived competence in the workforce”
	<i>Michael Settepani</i> , “Investigation of the impact of mindfulness meditation on mu-rhythm suppression during a pain empathy task: An EEG study”
	<i>Gabrielle Torres</i> , “Examination of Sexual Assault Victim Blaming among Cisgender and Transgender Victims”
	<i>Kristin Rutland</i> , “What Makes a Good Relationship?: Examining the role of Psychological Needs on Relationship Satisfaction Moderated by Attachment”
<b>Class of 2021 and earlier</b>	<i>Angelica R. Blanks</i> , “Parenting experiences among refugees from the Central African Republic”
	<i>Kayla Hall</i> , “Childhood sexual abuse disclosure and mental health outcomes: The relationship between gender, parental style, and masculinity norms”
	<i>Diamond Pilgrim</i> , “Public perception of police use of force: Does officer race matter?”
	<i>Nikki Major</i> , “Aversive childhood experiences and emotion regulation: The relationships between childhood trauma, invalidating environments, and inhibitory control”
	<i>Stephan Albrecht</i> , “Hold Your horses! Exploring the connection between emotion regulation and impulsivity in college students with subthreshold ADHD”

## Teaching at University of South Carolina Aiken

<b>Summer 2024</b>	Graduate Courses	Advanced Topics (Trauma Psychology; PSYC 700)
<b>Spring 2024</b>	Graduate Courses	Cognitive Assessment (PSYC 680)
	Undergraduate Courses	Childhood Psychopathology (PSYC 425)
		Psychology of Culture and Diversity (PSYC 390)
<b>Fall 2023</b>	Graduate Courses	Psychopathology (PSYC 620)
		Practicum (PSYC 790)
	Undergraduate Courses	Developmental Psychology (PSYC 310)
<b>Summer 2023</b>	Graduate Courses	Advanced Topics (Trauma Psychology; PSYC 700)
	Undergraduate Courses	Developmental Psychology (PSYC 310)
<b>Spring 2023</b>	Graduate Courses	Cognitive Assessment (PSYC 680)
		Psychopathology (PSYC 620)
	Undergraduate Courses	Childhood Psychopathology (PSYC 425)
<b>Summer 2022</b>	Graduate Courses	Advanced Topics (Childhood Psychopathology; PSYC 700)
	Undergraduate Courses	Developmental Psychology (PSYC 310)
<b>Spring 2022</b>	Graduate Courses	Cognitive Assessment (PSYC 680), Practicum (PSYC 790),

		Advanced Practicum (PSYC 791)
	Undergraduate Courses	Childhood Psychopathology (PSYC 425)
<b>Fall 2021</b>	Graduate Courses	Psychopathology (PSYC 620)
	Undergraduate Courses	Abnormal Psychology (PSYC 320), Developmental Psychology (PSYC 310)
<b>Spring 2021</b>	Graduate Courses	Cognitive Assessment (PSYC 680)
	Undergraduate Courses	Multicultural Psychology (PSYC 500) Developmental Psychology (PSYC 310)
<b>Fall 2020</b>	Graduate Courses	Psychopathology (PSYC 620)
	Undergraduate Courses	Childhood Psychopathology (PSYC 425) Developmental Psychology (PSYC 310)

### Invited Teaching Presentation:

Cho, B. (2023). *Evidence-Based Strategies to Enhance Learning*. Master Teachers Series, University of South Carolina Aiken.

### Prior Teaching Experience

<b>Summer 2018</b>	Instructor of Record Positive Psychology – online course (Undergraduate and Graduate) University of Kansas Department of Psychology – Lawrence, KS
<b>Fall 2018</b>	Community Education Instructor Hilltop Child Development Center – Lawrence, KS Description: Created and delivered service learning workshops for early childhood education classroom teachers and aides, including <i>Effective Communication Between Teachers and Parents</i> and <i>Managing Disruptive Classroom Behaviors</i> , as well as educational workshops for parents of children enrolled at the early childhood education center including <i>Motivating Child Behavior: How to Use Praise, Rewards, and Attention</i> and <i>Promoting Healthy Sleep</i>
<b>Spring 2017</b>	Instructor of Record Developmental Psychopathology (Undergraduate) University of Kansas Department of Psychology – Lawrence, KS

### Clinical Experience

<b>Therapist and Clinical Faculty Supervisor</b> University of South Carolina Aiken Psychology Clinic	<b>2021 – present</b> Aiken, SC Responsibilities: Supervise master's degree-seeking graduate students in individual and family therapy and psychological assessment, specializing in services for children and adolescents. Treatment includes Parent-Child Interaction Therapy, Parent-Child CARE, Cognitive Processing Therapy, and Coping CAT for childhood anxiety. Assessments include psychoeducational testing (i.e. WISC-V, WIAT-4), and diagnostic clarification (e.g. BASC-3 system, PAI, SCID, K-SADS). Lead weekly supervision meetings with students.
<b>CAC Clinical Supervisor</b> Child Advocacy Center of Aiken County	<b>2023 – Present</b> Aiken, SC Responsibilities: Supervise licensed social workers and master's student clinical trainees (counseling, psychology, and social work) in provision of clinical services. Treatment includes Trauma-Focused Cognitive Behavioral Therapy, Parent-Child Interaction Therapy, and Cognitive Processing Therapy.

**Predoctoral Intern**

**2019 – 2020**



University of California Davis Children's Hospital CAARE Center  
Supervisors: Anthony Urquiza, Ph.D., Dawn Blacker, Psy.D., Blake Carmichael, Ph.D., Brandi Hawk, Ph.D.,  
Brandi Liles, Ph.D. Sacramento, CA

Responsibilities: Provide evidence-based treatment and assessment to children and adolescents, most of whom have trauma history. Treatment includes Parent-Child Interaction Therapy, Trauma-Focused Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Acceptance and Commitment Therapy, and Motivational Interviewing. Assessments include psychoeducational testing, diagnostic clarification, and child welfare evaluations. Participate in weekly supervision and didactics in topics including trauma treatment, compassion fatigue, evaluation, professional development, and multicultural issues.

### **Behavioral Consultant**

**2018 – 2019**

Hilltop Child Development Center, University of Kansas  
Supervisor: Christopher Cushing, Ph.D. Lawrence, KS

Responsibilities: Created class-wide and individual intervention plans aimed at improving teachers' effectiveness in managing behaviors in children age 1 to 5 years old. Conducted classroom observations to gather information about antecedents and consequences of disruptive, inappropriate, and concerning child behaviors. Coached teachers in effective behavior management strategies.

### **Clinic Associate**

**2014 – 2019**

University of Kansas Child and Family Services Clinic  
Supervisors: Julie Boydston, Ph.D., Christopher Cushing, Ph.D., Paula Fite, Ph.D., ABPP, Yo Jackson, Ph.D.,  
Katrina Ostmeier, Ph.D., ABPP, Ric Steele, Ph.D., ABPP, Eric Vernberg, Ph.D., ABPP Lawrence, KS

Responsibilities: Provide evidence-based assessment and treatment services for child clients, age 2 to 18, and their families; write integrated assessment reports and provide feedback to clients and families; provide peer supervision to entry-level clinic associates, including co-therapy and didactics.

### **Incredible Years Coach**

**2017 – 2018**

Operation Breakthrough  
Children's Mercy Hospital  
Supervisor: Briana Woods-Jaeger, Ph.D. Kansas City, MO  
Kansas City, MO

Responsibilities: Provide phone coaching for parents of infants; participate in weekly Incredible Years (IY) Parents and Babies supervision, including rehearsal of vignettes, discussion of clients' presenting problems, and balancing intervention goals; consult with program developer, Dr. Carolyn Webster-Stratton, regarding application of IY.

### **Practicum Student**

**2017 – 2018**

Operation Breakthrough  
Children's Mercy Hospital  
Supervisor: Briana Woods-Jaeger, Ph.D. Kansas City, MO  
Kansas City, MO

Responsibilities: Provide co-therapy (TF-CBT, TG-CBT, PCIT) with supervisor for youth age 9-13 with trauma exposure (domestic and community violence, traumatic grief).

### **Dialectical Behavior Therapy Skills Group Co-Leader**

**2016 – 2017**

Operation Breakthrough  
Children's Mercy Hospital  
Supervisor: Briana Woods-Jaeger, Ph.D. Kansas City, MO  
Kansas City, MO

Responsibilities: Assist with adaptation of existing Dialectical Behavior Therapy (DBT) skills group materials for the targets of intervention and the unique needs of families living in chronic adversity, creating Caregiver Wellness program; co-facilitate group promoting mindfulness, emotion regulation, and effective parenting for parents of young children (age 6 weeks to 5 years) with significant adversity.

### **Dialectical Behavior Therapy Therapist / Case Manager**

**2015 – 2016**

Bert Nash Community Center  
*Dialectical Behavior Therapy/Intensive Outpatient Unit* Lawrence, KS

Supervisor: Juliet Nelson, Ph.D.

Responsibilities: Conduct individual and family sessions with high-risk adolescents to review and practice DBT skills; evaluate urges for self-harm, suicide, and other risky behaviors; and conduct chain analyses to determine environmental and internal factors motivating urges as well as opportunities to use skills in the future; facilitate weekly family skills training group sessions and lead mindfulness exercises.

### **Clinic Coordinator**

**2013 – 2017**

Clinical Child Psychology Program, University of Kansas

Lawrence, KS

*KU Child and Family Services Clinic*

Supervisors: Eric Vernberg, Ph.D., ABPP and Yo Jackson, Ph.D., ABPP

Responsibilities: Conduct phone screen intakes for potential clients seeking treatment and assessment services; coordinate clinic operations, including assignment of new clinic cases to therapists, management of client database, assessment of therapeutic alliance, and training new clinic associates in clinic procedures; organize a community event to raise awareness and share information about child and adolescent mental health (Kids' Behavioral Wellness Fair, September 2016)

## **Service**

### **Professional Service**

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Ad hoc Reviewer for the following journals and agencies:

- *Journal of Traumatic Stress* (impact factor 3.952)
- Research Square
- *Journal of the South Carolina Academy of Science* (impact factor not available)
- *Psychological Trauma: Theory, Research, Practice, and Policy* (impact factor 2.67)
- *Child Psychiatry & Human Development* (impact factor 2.23)
- *Emotion* (impact factor 3.177)
- *Journal of Health Care for the Poor and Underserved* (impact factor 1.08)
- *Journal of Child and Family Studies* (impact factor 1.310)

Programming Committee Co-Chair for the American Psychological Association Division 37 (Society for Child and Family Policy and Practice): 2015-2017

### **Consultation Services and Invited Talks to the Community**

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#### **Invited Presenter for Children's Place Staff**

**July 2024**

Children's Place

Aiken, SC

Workshop on recognizing and responding to acute distress in young children (e.g., depression, suicidality, and homicidality).

#### **Keynote Speaker**

**May 2024**

Aiken Chamber of Commerce Women in Business

Aiken, SC

Presentation about burnout, compassion fatigue, and self-care for professionals.

#### **Invited Presenter for Leadership Aiken County**

**December 2023**

Leadership Aiken County Class of 2023

Aiken, SC

Presentation about burnout, compassion fatigue, and self-care for professionals.

#### **Program Evaluation Consultant**

**2022-Present**

Children's Place

Aiken, SC

Responsibilities: Analyze and interpret data collected regarding the behavioral and mental health of young children enrolled at Children's Place, as well as parent and staff satisfaction surveys. Summarize findings and disseminate them to agency leaders and staff, and provide recommendations for improving continued efforts.

#### **Invited Presenter for SPECTRA Parenting Panel**

**2020**

## **Savannah River National Laboratories**

**Virtual**

Presentation about trauma and adversity, the effects of stress on parenting, and tips for parents coping with the COVID-19 pandemic

## **Data Analyst**

**2013 – 2014**

Steps to Respect Program through Kansas Department of Health and Environment

Topeka, KS

University of Kansas Clinical Child Psychology Program

Lawrence, KS

Supervisor: Eric Vernberg, Ph.D., ABPP

Responsibilities: Analyze data gathered at local schools regarding the outcomes of a bullying prevention program.

Summarize findings for dissemination to administrators and teachers at local schools.

## **University of South Carolina Aiken Service**

<b>2023</b>	<i>Search Committee Chair</i>	Department of Psychology Search Committee, open call for Psychologist
<b>2021 – 2023</b>	<i>Elected Committee Member</i>	Faculty Welfare Committee
<b>2022 – 2023</b>	<i>Search Committee Member</i>	Department of Psychology Search Committee, open call for Psychologist
<b>2022</b>	<i>Search Committee Member</i>	College of Science & Engineering Search Committee for Dean of College
	<i>Search Committee Member</i>	School of Nursing Search Committee for Lecturer Positions (4)
	<i>Reviewer</i>	RISE Award Review Committee
<b>2021</b>	<i>Search Committee Member</i>	Department of Psychology Search Committee for Clinical Psychologist
	<i>Reviewer</i>	Magellan Scholars Application Review Committee
	<i>Attended applicant interview and provided feedback</i>	Search for Director of Counseling and Disability Support Services
<b>2020 – 2022</b>	<i>New Faculty Committee Member</i>	New Faculty Orientation Committee
	<i>Invited Committee Member</i>	Wellness Committee
<b>2020 – 2021</b>	<i>Diversity Representative of the Search Committee</i>	Department of Psychology Search Committee for Developmental Psychologist

## **Professional Affiliations**

<b>Association for Behavioral and Cognitive Therapies (ABCT)</b>	<b>2017 – Present</b>
African American Special Interest Group	
<b>Society for Research in Child Development</b>	<b>2016 – 2019</b>
<b>American Psychological Association (APA)</b>	<b>2014 – Present</b>
<b>American Psychological Association (APA)</b>	<b>2014 – Present</b>
<b>American Psychological Association (APA)</b>	<b>2014 – Present</b>
Division 37 (Society for Child and Family Policy and Practice)	
Division 56 (Trauma Psychology)	
Division 53 (Soc. of Clinical Child & Adolescent Psychology)	

## **Pre-Doctoral Past Research Experience**

<b>Research Consultant</b>	<b>2019 – 2020</b>
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Boston University School of Social Work Boston, MA  
 Title: Cultural and Contextual Influences on Parenting Among Low-Income Chinese Immigrant  
 Caregivers Living in the Greater Boston Area  
 Principal Investigator: Judith Scott, Ph.D., Boston University  
 Consultant: Julia Fleckman, Ph.D., Tulane University  
 Project Description: This project, funded by a pilot program from the Doris Duke Fellowships for the  
 Promotion of Child Well-Being, aims to gain an understanding of parenting values, beliefs,  
 practices and motivations among low-income Chinese families and contextual parenting  
 influences.

### **Graduate Research Assistant**

Clinical Child Psychology Program, University of Kansas, Lawrence, KS 2016 – 2019  
 Project Title: Trauma exposure, emotion regulation and cognitive skills in early childhood: Prospective  
 and longitudinal examination of the mechanisms of adjustment (2R01MH079252-06, NIMH)  
 Principal Investigator: Yo Jackson, Ph.D., ABPP, University of Kansas  
 Project Description: Longitudinal study examining trauma, parent-child relationships, and emotion  
 regulation in preschool-aged children and their parents

Clinical Child Psychology Program, University of Kansas, Lawrence, KS 2013 – 2018  
 Project Title: Determinants of Resilience: Mental health, maltreatment, and adaptive behavior (R01  
 MH079252, NIMH)  
 Principal Investigator: Yo Jackson, Ph.D., ABPP, University of Kansas  
 Project Description: Longitudinal study examining risk and protective factors and subsequent outcomes in  
 maltreated foster youth

Operation Breakthrough and Children's Mercy Hospital, Kansas City, MO 2015 – 2018  
 Project Title: Qualitative Study to Evaluate Perceptions of Adverse Childhood Experiences (ACEs) and  
 Health Outcomes in Parents of Children aged 6 weeks to 5 years and Clinical Experts  
 Principal Investigator: Briana Woods-Jaeger, Ph.D.  
 Project Description: Qualitative study designed to assess how parents with high levels of ACEs describe  
 the health-related and intergenerational consequences of toxic stress and to elicit  
 recommendations for community-, family-, and individual-level services to ameliorate the effects  
 of toxic stress

Clinical Child Psychology Program, University of Kansas, Lawrence, KS 2014 – 2015  
 Project Title: Natural Disaster Effects on Aggressive Children and Their Caretakers: Outcomes Across  
 Time (R01 HD079273-02, NIH)  
 Principal Investigator: John E. Lochman, Ph.D., University of Alabama in Tuscaloosa  
 Principal Investigator: Eric M. Vernberg, Ph.D., ABPP, University of Kansas  
 Project Description: Longitudinal study evaluating the effect of the 2011 Tuscaloosa, AL tornado on  
 youth receiving the Coping Power intervention for aggressive behavior.

Clinical Child Psychology Program, University of Kansas, Lawrence, KS 2013 – 2014  
 Project Title: Fire Prevention and Safety: Increasing use of evidence-supported practices for detecting and  
 treating juvenile firesetting in established mental health agencies (EMW-2011-FP-01727, FEMA)  
 Principal Investigator: Eric M. Vernberg, Ph.D., University of Kansas  
 Project Description: Study evaluating efforts to increase use of evidence-based treatment for juvenile  
 firesetting behavior in community mental health centers.

### **Research Assistant**

Mt. Hope Family Center, University of Rochester, Rochester, NY 2011 – 2013  
 Project Title: Prevention of Depression in Maltreated and Nonmaltreated Adolescents (NCT01534377,  
 NIMH)  
 Principal Investigators: Dante Cicchetti, Ph.D.; McKnight Presidential Chair, William Harris Professor of  
 Child Development and Psychiatry, University of Minnesota and Sheree Toth, PhD; Associate  
 Professor of Psychology, University of Rochester, Executive Director, Mt. Hope Family Center  
 Project Description: Evaluation of the effectiveness of Interpersonal Psychotherapy for low-income,  
 primarily racial/ethnic minority adolescent females with and without histories of maltreatment

**Undergraduate Research Assistant**

Department of Psychiatry, University of Rochester, Rochester, NY 2009 – 2011

Project Title: Thoughts and Feelings in Pregnancy and Child Development (R01 MH073019, NIMH)

Principal Investigator: Tom O'Connor, PhD; Professor of Psychiatry and Psychology, Director Wynne  
Center for Family Research, University of Rochester Medical Center.

Department of Psychiatry, University of Rochester

Rochester, NY

Project Title: Mood and Cytokines in Healthy Adult Pregnant Women (NIMH K23MH080290;  
NARSAD Young Investigator Award)

Principal Investigator: Emma Robertson-Blackmore, PhD; Assistant Professor of Psychiatry and  
Psychology, University of Rochester Medical Center