

# ALEXANDRA R. TABACHNICK

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## EDUCATION

### **UNIVERSITY OF DELAWARE**, Newark, DE

Doctor of Philosophy, *Clinical Science*, expected May 2022

GPA: 3.9/4.0

Mentor: Mary Dozier, PhD

### **VILLANOVA UNIVERSITY**, Villanova, PA

Master of Science, *Psychology*, December 2016

GPA: 4.0/4.0

Mentor: Janette E. Herbers, PhD

Thesis: "Determinants of Mutual Responsiveness: Parent Social Support and Distress in the Context of Family Homelessness"

### **THE UNIVERSITY OF CHICAGO**, Chicago, IL

Bachelor of Arts with General Honors, *Psychology*, June 2012

Cumulative GPA: 3.85/4.0; Study Abroad, Jerusalem, Israel, *Spring 2010*

Honors: Dean's List 2008-2012, Phi Beta Kappa

## CLINICAL EXPERIENCE

### **Extern, PENN. HOSPITAL ANXIETY TREATMENT FOR CHILDREN & ADOLESCENTS (PATCH)**

Hall-Mercer and Penn Center for Mental Health, Philadelphia, PA, *July 2018-Present*

- Deliver cognitive-behavioral therapy including exposure-based treatment to children and adolescents with anxiety disorders (e.g., Generalized Anxiety Disorder and Obsessive-Compulsive Disorder)
- Conduct psychodiagnostic assessment to facilitate patient intake and conduct trauma assessments with children and adolescents in community mental health settings (administer, interpret, and score tests; write reports)
- Coordinate case management with external medical and psychological providers
- Assess community clinician therapy session tapes for cognitive-behavioral therapy content; provide CBT consultation via written feedback reports

*Supervisors:* Emily Becker-Haimes, PhD and Rinad Beidas, PhD

### **Graduate Clinician, PSYCHOLOGICAL SERVICES TRAINING CENTER**

Newark, DE, *January 2017-September 2018*

- Conducted psychoeducational and psychodiagnostic assessment for children and adults in the community (administer, interpret, and score tests; interface with community providers and schools; write reports and deliver feedback)
- Delivered evidence-based treatments for children and adults in the community (experience with PCIT, cognitive-behavioral therapy)
- Trained in evidence-based practices in weekly didactic supervision with licensed clinicians (exposure to mindfulness, cognitive restructuring, motivational interviewing, risk assessment)
- Participated in individual supervision on a weekly basis and as needed

### **Therapeutic Staff Support, CHILD AND FAMILY FOCUS**

Valley Forge, PA, *September 2013-June 2014*

- Provided 1:1 behavioral intervention on an intensive basis utilizing individualized treatment plans, working in home, school, and community environments with children with a variety of diagnoses including Autism Spectrum Disorder (ASD), Attention-Deficit/Hyperactivity Disorder (ADHD), and Post-Traumatic Stress Disorder (PTSD)
- Assessed treatment progress with Behavior Specialist Consultant, specifically regarding behavior patterns, effective interventions, and environmental influences

**Personal Care Assistant, EDBECO**

Flourtown, PA, *February 2013-September 2013*

- Utilized Applied Behavior Analysis (ABA) interventions in direct 1:1 support role with clients age 3-12 years old, with a variety of developmental disorders including Pervasive Developmental Disorder (PDD)

**PUBLICATIONS & PRESENTATIONS***Publications*

1. Becker-Haimes, E. M., Stewart., R. E., Last, B. S., **Tabachnick, A. R.**, Beidas, R. S. (in prep). State of the science for free, brief, and validated standardized measures for youth mental health.
2. Raby, K. L., Waters, T., **Tabachnick, A. R.**, Zajac, L., & Dozier, M. (in prep). Increasing secure base script knowledge of high-risk mothers with an attachment-based parenting intervention.
3. **Tabachnick, A. R.**, Moore, C., Raby, K. L., Goldstein, A., Zajac, L., & Dozier, M. (in prep). Respiratory sinus arrhythmia interacts with risk exposure to predict externalizing problems in middle childhood.
4. **Tabachnick, A. R.**, Raby, K. L., Goldstein, A., Zajac, L., & Dozier, M. (under review). Attachment security in infancy predicts parasympathetic reactivity to frustration in middle childhood.
5. **Tabachnick, A. R.**, Raby, K. L., Goldstein, A., Zajac, L., & Dozier, M. (under review). Effects of an attachment-based intervention in infancy on children's later autonomic regulation.
6. Herbers, J. E., Jacobs, E., **Tabachnick, A. R.**, Kichline, T., & Cutuli, J. J. (under review). Latent profiles of early childhood risk and middle childhood adaptation: A person-centered approach.
7. **Tabachnick, A. R.** & Toscano, J. C. (2018). Acoustic cue encoding in auditory brainstem responses: Effects of stimulus frequency. *Journal of Speech, Language, and Hearing Research*, 61(9), 2364-2375. doi:10.1044/2018\_JSLHR-H-17-0486
8. **Tabachnick, A. R.**, Valadez, E., Palmwood, E., Zajac, L., Simons, R., & Dozier, M. (2018). Depressive symptoms and error-related brain activity in CPS-referred children. *Psychophysiology*, e13211. <https://doi.org/10.1111/psyp.13211>

*Oral Presentations*

1. **Tabachnick, A. R.**, Raby, K. L., Goldstein, A., Zajac, L., & Dozier, M. (2019, March). *Attachment security in infancy predicts parasympathetic reactivity to frustration in middle childhood*. Paper to be presented at the 2019 annual meeting of the Eastern Psychological Association in New York, NY.
2. **Tabachnick, A. R.**, Raby, K. L., Goldstein, A., Zajac, L., & Dozier, M. (2019, March). *Caregiving origins of autonomic regulation in middle childhood*. Paper to be presented at the 2019 biennial meeting of the Society for Research in Child Development, Baltimore, MD.
3. **Tabachnick, A. R.**, Raby, K. L., Goldstein, A., Zajac, L., & Dozier, M. (2018, May). *Parenting intervention in infancy affects stress response systems in middle childhood*. Paper presented at the annual meeting of the Society for Prevention Research, Washington, D.C.
4. **Tabachnick, A. R.**, Abbott, C., Sacco, G., Bounoua, N. & Grasseti, S.N. (2016, November). *So you want to go to graduate school in psychology? Getting the most out of your undergraduate experience*. Invited talk given as part of a professional development symposium at Delaware State University Dover, Delaware.
5. **Tabachnick, A. R.** (2016, June). *Community-based longitudinal research with families experiencing homelessness*. Presentation given at the 16<sup>th</sup> annual Cross-University Collaborative Mentoring Conference (CUCMC), University of Delaware, Newark, DE.

*Poster Presentations*

1. Franklin, J., **Tabachnick, A. R.**, & Dozier, M. (2019, March). *Attachment as a protective factor against adversity's effects on physical health*. Poster to be presented at the 2019 biennial meeting of the Society for Research in Child Development, Baltimore, MD.
2. **Tabachnick, A. R.**, Moore, C., Raby, K. L., Goldstein, A., Zajac, L., & Dozier, M. (2019, March). *Respiratory sinus arrhythmia interacts with risk exposure to predict externalizing problems in middle childhood*. Poster to be presented at the 2019 biennial meeting of the Society for Research in Child Development, Baltimore, MD.
3. **Tabachnick, A. R.**, Raby, K. L., Goldstein, A., Zajac, L., Moore, C., & Dozier, M. (2018, October). *Attachment security in infancy predicts respiratory sinus arrhythmia for Child Protective Services-referred children in middle childhood*. Poster presented at the annual meeting of the Society for Psychophysiological Research, Quebec City, Canada.
4. Franklin, J., **Tabachnick, A. R.**, & Dozier, M. (2018, March). *A developmental analysis of error monitoring and behavior problems in middle childhood*. Poster presented at the 2018 annual meeting of the Eastern Psychological Association, Philadelphia, PA.
5. **Tabachnick, A. R.**, Carvalho Pereira, J., Cutuli, J. J., Herbers, J. E. (2017, April). *Determinants of mutual responsiveness: Parent social support and distress in the context of family homelessness*. Poster presented at the 2017 biennial meeting of the Society for Research in Child Development, Austin, TX.
6. Jacobs, E. L., **Tabachnick, A. R.**, Kichline, T. C., Herbers, J. E. (2017, April). *Poverty and homelessness: Risk factors for problematic profiles of behavioral functioning in middle childhood*. Poster presented at the 2017 biennial meeting of the Society for Research in Child Development, Austin, TX.
7. Panek, K., **Tabachnick, A. R.**, Nordeen, E., Cutuli, J. J., Herbers, J. E. (2017, April). *Health of infants and toddlers experiencing family homelessness: Associations with parent distress and social support*. Poster presented at the 2017 biennial meeting of the Society for Research in Child Development, Austin, TX.
8. **Tabachnick, A. R.** & Toscano, J. C. (2016, November). *High-pass filtering distorts auditory brainstem responses: Evidence from Click and tone stimuli*. Poster presented at the 2016 5<sup>th</sup> joint meeting of the Acoustical Society of America and the Acoustical Society of Japan, Honolulu, HI.
9. Jacobs, E. L., **Tabachnick, A. R.**, Kichline, T., Herbers, J. E. (2016, August). *Resilience among children who have faced homelessness*. Poster presented at the 2016 annual convention of the American Psychological Association, Denver, CO.
10. **Tabachnick, A. R.**, Brooks, B., Allen, J. B., Toscano, J. C. (2015, November). *Speech testing using token-level error thresholds: Comparison with pure-tone audiograms*. Poster presented at the annual Auditory Perception, Cognition, and Action Meeting (APCAM) of the Psychonomic Society, Chicago, IL.
11. **Tabachnick, A. R.**, Briggs, K. E., Albu, A., Cutuli, J. J., Herbers, J. E. (2015, May). *Adversity and acute infection among children and adolescents experiencing family homelessness*. Poster presented at the annual convention of the Association for Psychological Science, New York, NY.

### RESEARCH EXPERIENCE

#### **ATTACHMENT AND BIOBEHAVIORAL CATCH-UP LAB, June 2016-present**

University of Delaware, PI: Dr. Mary Dozier

#### *2018-present*

- Modified Attachment and Biobehavioral Catch-up (mABC) Project: Recruitment, training, data collection, and project management. Trained to deliver mABC to opioid-dependent mothers.

#### *2016-present*

- Specialized Services for Children in their Own Home – Middle Childhood Outcomes (SCOH-MCO) Project: Data

collection (in particular event-related potential and autonomic nervous system data), assistance in project management.

- Children Adopted Internationally – Middle Childhood Outcomes (CAI-MCO) Project: Recruitment, training, data collection, and project management.

2016-2017

- Methylation/fMRI: Assistance in scheduling and data collection (in particular parent-child interaction and saliva collection for methylation analysis).

#### **ADVERSITY AND RESILIENCE IN DEVELOPMENT (ARD) LAB, August 2014-June 2016**

Villanova University, PI: Dr. Janette E. Herbers

- Parents and Children Together Project: Lab manager for a project investigating parenting and well-being of young children in families experiencing homelessness in Philadelphia. Completed interviews, scheduled and trained research assistants, developed and maintained relationships with community partners.
- Thesis Project: Trained two coders to code video-taped parent-child interaction for mutual responsiveness.

#### **WORD RECOGNITION AND AUDITORY PERCEPTION (WRAP) LAB, August 2014-June 2016**

Villanova University, PI: Dr. Joseph C. Toscano

- Audiometry/Starling Project: The goal of the project was to compare the efficacy and effectiveness of a speech-specific hearing test to a traditional pure-tone audiogram. Developed a program in MATLAB to administer the pure-tone audiogram. Calibrated speakers using sound level meter and unique conversion equations in MATLAB.
- Event-Related Potential/Auditory Brainstem Response (ERP/ABR) Project: As an independent study, examined the frequency specificity of subcortical and cortical ERP components of the auditory response. Developed a program in OpenSesame, used MATLAB (EEGLAB/ERPLAB) for data analysis. Collected data using BrainVision EEG System.

#### **SOCIAL NEUROSCIENCE LAB, October 2009-June 2012**

University of Chicago, PIs: Dr. Louise C. Hawkley, Dr. John T. Cacioppo

- Chicago Health, Aging, and Social Relations Study (CHASRS)/CHEFS Projects: Processed survey responses and physiological data on paper and computer programs for later analysis. Assisted in physiological data collection including heart rate, blood pressure, body fat, spirometry, etc. Managed research assistant task prioritization.

### **FUNDING, GRANTS, & AWARDS**

2017	Society for Research in Child Development (SRCD) Student Travel Award, \$300
2017	First place, Villanova Sigma Xi CURF Poster Competition
2015	Villanova University Graduate Summer Research Fellowship, \$3000
2015-2016	Villanova University Graduate Studies Travel Awards, \$2500
2011	Davis Projects for Peace Grant, \$10,000 for Project Harmony Israel
2011	International Experience Grant, \$3,500 for Project Harmony Israel
2010 & 2011	Daniel Leifer Summer Project Award, \$2000/year for Project Harmony Israel
2010	Bernard O. Brown Service Learning Award, \$2000 for Project Harmony Israel

### **SERVICE**

2017-present	Graduate Student Representative, UD Psychological and Brain Sciences Diversity Committee
2017	Reviewer, Association for Psychological Science (APS) Student Research Award
2016-2017	Graduate Member, Building Roads to Inclusivity and Diversity in Graduate Education (BRIDGE)
2016	Reviewer, Child and Family Social Work
2014-2016	Trauma-Informed Volunteer, Homeless Health Initiative of Children's Hospital of Pennsylvania

### **PROFESSIONAL MEMBERSHIPS**

Society for Research in Child Development  
Society for Prevention Research

Society for Psychophysiological Research  
Eastern Psychological Association  
Association for Psychological Science

### **SKILLS & CERTIFICATIONS**

- **Software:** SPSS; MATLAB (EEGLAB & ERPLAB); FileMaker; OpenSesame; Microsoft Access; Praat; Microsoft Word, Excel, Powerpoint (Mac/PC); Teleform; Mindware
- **Programming and Statistics:** SPSS, MATLAB, Python, R, Mplus
  - **Coursework:** Programming for Everybody (Python), University of Michigan – Coursera.org; The Data Scientist’s Toolbox, Johns Hopkins University – Coursera.org; R Programming, Johns Hopkins University – Coursera.org; Data Analysis for Life Sciences 1: Statistics and R, HarvardX – EdX
- **Language:** Conversational modern Hebrew (studies through the graduate level)

### **LEADERSHIP**

**Vice President, PSI CHI (Villanova Chapter), Villanova, PA, June 2015-June 2016**

**Co-Founder/Co-Director, PROJECT HARMONY ISRAEL, Jerusalem, Israel, October 2009-August 2014**

- Created an English-language immersion summer program to promote positive communication between Arabs and Jews in collaboration with the Hand in Hand network of integrated schools
- Raised over \$50,000 through University grants, other awards, and online fundraising
- Developed a series of English-language, fine arts, music, theater, athletics, and team-building curricula intended for young people ages 10-15
- Recruited 20 campers for summer 2010; 50 campers for 2011; 90 campers for 2012; 130 campers for 2013
- Implemented the program and managed over twenty-five administrative staff and summer counselors each summer