

Ashley R. Karlovich

Curriculum Vitae

CONTACT INFORMATION

Office Address

University of Miami
Department of Psychology
5665 Ponce De Leon Boulevard
Coral Gables, FL 33145
(305) 284-1742
akarlovich@miami.edu

HIGHER EDUCATION

Master of Science
Expected Spring 2023

University of Miami, Coral Gables, FL
APA-Accredited Ph.D. Program: Clinical Psychology
Specialization in Children and Families
Primary Research Mentor: Spencer C. Evans, Ph.D.

Bachelor of Arts
May 2019

University of Arkansas, Fayetteville, AR
College of Arts and Sciences
Majors: Psychology, Spanish
GPA: 3.73

January 2018 to May 2018

Universidad de Alicante, Alicante, Spain
Study abroad experience
Area of Study: Spanish language, culture, history

ACADEMIC HONORS AND AWARDS

2019 **E.D. and Peggy Yancey Scholarship**, given to outstanding psychology graduate and undergraduate students, *Department of Psychology, University of Arkansas*

2015-2019 **Arkansas Alumni Board of Directors Scholar**, *University of Arkansas*

RESEARCH EXPERIENCE: DEPARTMENT OF PSYCHOLOGY

THE CHILD AFFECT AND BEHAVIOR LAB

August 2021 to Present

Principal Investigator: Spencer C. Evans, Ph.D.

The Child Affect and Behavior Lab is a research program that focuses primarily on irritability and aggressive behavior in children and adolescents, including interests in developmental processes, assessment, and intervention. Responsibilities include:

- Conceptualizing and discussing research questions and ideas
- Manuscript and presentation preparation
- Develop and manage questionnaire-based surveys in Qualtrics
- Oversight and task delegation to lab manager and undergraduate research assistants
- Compilation of free, evidence-based resources for families in Miami-Dade County to support healthy child development
- Forwards and back-translation of surveys and participant recruitment materials from English and Spanish
- IRB and regulatory management

THE CHILD AND ADOLESCENT MOOD AND ANXIETY TREATMENT PROGRAM

August 2019 to August 2021

Principal Investigator: Jill Ehrenreich-May, Ph.D.

The Child and Adolescent Mood and Anxiety Treatment (CAMAT) program is a clinical research program dedicated to developing and testing state-of-the-art psychotherapy approaches for anxiety and depression in children and adolescents. Responsibilities included:

- Track participants at all stages through the research program
- Audit participant charts to ensure proper recordkeeping and maintain regulatory standards
- Facilitate data collection by contacting families, directing undergraduates, and collaborating with clinicians
- Develop and manage surveys in Qualtrics and REDCap
- Conduct analyses for department and university presentations, conferences, and to inform research progress
- Manage database development and data entry
- Prepare and maintain IRB documents
- Assist in manuscript and presentation preparation
- Manage participant payments and petty cash reimbursements
- Directly supervise and mentor undergraduate research assistants
- Conduct trainings on regulatory procedures with all new staff
- Develop and maintain procedures for telehealth delivery of assessment and therapy services

CO-PARENT: COVID-19 – PARENT ACTION IN RESPONSE TO EMOTIONS AND NEEDS FOR TREATMENT

April 2020 to December 2020

Principal Investigators: Jill Ehrenreich-May, Ph.D. & Amanda Jensen-Doss, Ph.D.

Co-PARENT is a randomized-controlled trial designed to examine the efficacy of brief, parent-directed CBT to mitigate risk for parents exhibiting mental health concerns during the COVID-19 pandemic. Responsibilities include:

- REDCap survey development
- Telephone screen in English in Spanish to assess participant eligibility
- Facilitate scheduling and other logistical aspects of the intervention
- Assist with data entry and management
- Manage petty cash and participant compensations

U-HEAR: UNIFIED PROTOCOL TO HELP EMOTIONS AND PROMOTE AUDITORY RELIEF

October 2019 to August 2021

Principal Investigators: Jill Ehrenreich-May, Ph.D. & Adam Lewin, Ph.D.

In collaboration with the University of South Florida (USF), U-HEAR is a randomized controlled trial designed to examine the effectiveness of two different types of psychotherapy for youth with misophonia. Responsibilities included:

- Preparation and maintenance of IRB documents
- Coordination of and participation in cross-site meetings with personnel at UM and USF
- Qualtrics survey development
- Construction of a shared database
- Telephone screening participants to assess potential eligibility
- Collaborate with local audiologists and other providers across the state of Florida for subject recruitment
- Manage undergraduate research assistants
- Track participants at all stages through the project
- Facilitate data collection
- Administrative tasks such as clinical chart management and assessment scheduling

EMOTIONS STUDY: A COMPARISON OF ONE SESSION OF AWARENESS TO ONE SESSION OF PSYCHOEDUCATION IN TARGETING DISTRESS TOLERANCE: A RANDOMIZED-CONTROLLED TRIAL

August 2019 to May 2021

Principal Investigator: Niza A. Tonarely-Busto, Ph.D.

Assisted in coordinating a dissertation investigating the efficacy of two core modules of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in targeting distress tolerance in a sample of approximately 180 young adults, ages 18-21 years. Responsibilities included:

- Participant recruitment
- Data and survey management
- Manage and train undergraduate research assistants
- Ecological momentary assessment set-up using FileMaker Pro
- Administrative recordkeeping, scheduling, and participant tracking

ARKANSAS INTERDISCIPLINARY SCIENCES LABORATORY

Department of Psychology, University of Arkansas

June 2017 to May 2019

Principal Investigators: Matthew Feldner, Ph.D. & Ellen Leen-Feldner, Ph.D.

Assisted in studies examining conflict resolution strategies between mothers and their adolescent children, and another examining the role of sleep deprivation on approach/avoidance behaviors among a sample of undergraduate students. Responsibilities included:

- Physiological and EEG data acquisition and analysis
- Independently administered structured clinical interviews (e.g., MINI and MINI-Kid) to adults and children
- Recruited samples of mother-adolescent dyads
- Phone screened for participant recruitment to determine eligibility
- Coded behavioral data during mother and adolescent conflict task
- Administered a Behavioral Approach/Avoidance Task to undergraduate study participants

PUBLICATIONS

Under Review

Grassie, H.L., Comer, J.S., Evans, A., Peris, T., Pincus, D., Malloy, L., **Karlovich, A.R.**, Salem, H., & Ehrenreich-May, J. (under review). Hybrid education associated with worse psychological outcomes during the COVID-19 pandemic.

Saez-Clarke, E., Comer, J.S., Evans, A., **Karlovich, A.R.**, Malloy, L., Peris, T., Pincus, D., Salem, H., & Ehrenreich-May, J. (under review). Development and validation of the Fear of Illness and Virus Evaluation (FIVE) COVID-19 scales for children – Caregiver-report.

Tonarely, N.A., Phillips, D., Sáez-Clarke, E., **Karlovich, A.R.**, Kudyrk, K., Lewin, A., & Ehrenreich-May, J. (under review). Applying the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents to Misophonia: A case example.

In Press

Karlovich, A.R., Halliday, E.R., & Ehrenreich-May, J. (in press). Transdiagnostic models of child and adolescent anxiety disorders. In D. McKay & E. Storch (Eds.), *Handbook of Child & Adolescent Anxiety Disorders*.

Ehrenreich-May, J., Halliday, E.R., **Karlovich, A.R.**, Gruen, R.L., Pino, A.C., & Tonarely, N.A. (in press). Brief transdiagnostic intervention for parents with emotional disorder symptoms during the COVID-19 pandemic: A case example. *Cognitive and Behavioral Practice*.

2020-2021

Lewin, A.B., Dickinson, S., Kudryk, K., **Karlovich, A.R.**, Harmon, S.L., Phillips, D.A., Tonarely, N.A., Gruen, R.L., Ehrenreich-May, J., & Small, B. (2021). Pilot trial of transdiagnostic cognitive behavioral therapy for misophonia in youth: Methods and preliminary cases. *Journal of Affective Disorders* 291, 400-408. <https://doi.org/10.1016/j.jad.2021.04.027>

Bilsky, S.A., Friedman, H.P., **Karlovich, A. R.**, Smith, M., Leen-Feldner, E.W. (2020). The interaction between sleep disturbances and anxiety sensitivity in relation to adolescent anger responses to parent adolescent conflict. *Journal of Adolescence* 84, 69-77. <https://doi.org/10.1016/j.adolescence.2020.08.005>

Ehrenreich-May, J., Gruen R. L., Sáez-Clarke, E., & **Karlovich, A. R** (2020, July). Tracking and Treating Youth and Caregiver Mental Health Difficulties in the Age of COVID-19. *InBalance*, 36(2), 4-5. <https://sccap53.org/publications/inbalance-newsletter/>

MANUSCRIPTS IN PREPARATION

Karlovich, A.R., Fite, P.J., & Evans, S.C. (in preparation). Bidirectional pathways between peer victimization and emotional symptoms in youth: The moderating role of sleep quality.

Khurana, S., Wei, M., **Karlovich, A.R.**, & Evans, S.C. (in preparation). Irritability and suicidality in clinically referred youth: Clarifying the link and examining the roles of age and hope.

Evans, S.C., **Karlovich, A.R.**, Khurana, S., Edelman, A., & Lopez-Sosa, D. (in preparation). Evidence base update on the assessment of irritability, anger, and aggression in youth.

PRESENTATIONS

Karlovich, A.R., Fite, P.J., & Evans, S.C. (2021). *Bidirectional pathways between peer victimization and emotional symptoms in youth: The moderating role of sleep quality*. Poster submitted for presentation at the 2022 Miami International Child & Adolescent Mental Health Conference (MICAMH).

DeFalco, A., **Karlovich, A.R.**, Pino, A., & Ehrenreich-May, J. (2021). *The Impact of Parental Beliefs about Anxiety on Youth Avoidance*. Poster presented at the Undergraduate Research, Creativity, and Innovation Forum (RCIF), University of Miami, Coral Gables, FL.

Karlovich, A.R., Halliday, E.R., Grassie, H., & Ehrenreich-May, J. (2021). *Preliminary findings for the feasibility of the telehealth delivery of the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents*. Poster accepted for presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT).

Grassie, H., Comer, J., Evans, A., Peris, T., Pincus, D., **Karlovich, A.R.**, Salem, H., Saez-Clarke, E., & Ehrenreich-May, J. (2021). *Using network analysis to examine the interrelation of COVID-19 concerns and mental health symptoms in parents and children*. Poster accepted for presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT).

DeFalco, A., **Karlovich, A.R.**, Ehrenreich-May, J., & Tonarely, N.A. (2020). *Assessing the role of mindfulness in protecting against maladaptive COVID-19 fears and behaviors*. Poster presented at the meeting of the Anxiety and Depression Association of America (ADAA), virtual.

- Karlovich, A. R.,** Halliday, E.R., Tonarely, N.A., & Ehrenreich-May, J. (2020). *Exploring the feasibility of the unified protocol for transdiagnostic treatment of emotional disorders in children and adolescents with autism spectrum disorder symptoms*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT), virtual.
- Karlovich, A. R.,** Bilsky, S., Nguyen, A., Dickerson, L., Smith, M. S., & Leen-Feldner, E. W. (2019). *Maternal posttraumatic stress symptoms and adolescent offspring anxiety: A laboratory-based evaluation*. Poster presented at the Association for Behavioral and Cognitive Therapies Convention, Child and Adolescent Anxiety Special Interest Group, Atlanta, GA.
- Gournay, R., Bynion, T., Smith, M. S., **Karlovich, A. R.,** Feldner, M. T., Leen-Feldner, E. W. (2019). *"I hate myself:" Self-disgust is associated with self-reported symptoms of posttraumatic stress among trauma-exposed women as well as anxious arousal following standardized trauma cue presentation*. Poster presented at the Association for Behavioral and Cognitive Therapies Convention, Atlanta, GA.
- Smith, M. S., Bilsky, S., **Karlovich, A. R.,** Gournay, R., Feldner, M. T., Leen-Feldner, E. W. (2019). *Emotion regulation of children with mothers of anxiety or traumatic disorders vs. children with mothers without anxiety or traumatic disorders*. Poster presented at the Association for Behavioral and Cognitive Therapies Convention, Atlanta, GA.
- Karlovich, A. R.,** Smith, M. S., Bilsky, S., Feldner, M. T., & Leen-Feldner, E. W. (2018). *The interaction between emotion regulation and life stressors in relation to generalized anxiety disorder in adolescence*. Poster presented at the Biennial Meeting of the Society for Research in Child Development, Baltimore, MD.
- Smith, M. S., **Karlovich, A. R.,** Bilsky, S., Feldner, M. T., & Leen-Feldner, E. W. (2018). *Relations among parental distress intolerance, adolescent motives for cigarette use, and adolescent cigarette smoking levels*. Poster presented at the Arkansas Psychological Association Annual Convention, Little Rock, AR.

RELEVANT CLINICAL EXPERIENCES

POST-BACCALAUREATE RESEARCH ASSOCIATE

Child and Adolescent Mood and Anxiety Treatment Program

Department of Psychology, University of Miami

Coral Gables, FL

August 2019 to August 2021

Supervisor: Jill Ehrenreich-May, Ph.D.

- Conducted phone screens in English and Spanish and supervise undergraduate phone screeners
- Reliably administered semi-structured clinical intake interviews using the Anxiety Disorders Interview Schedule for the DSM-5, Child and Parent Versions (ADIS-5-C/P)
- Provided diagnostic feedback and treatment recommendations to families
- Actively participated in weekly case conceptualization meetings with all lab members
- Coordinated contact with families, graduate student clinicians, and clinical supervisors
- Managed clinic waitlist and case assignments to new clinicians
- Organized supervision groups and lab meetings
- Developed and maintained procedures for telehealth delivery of assessment and therapy services
- Miscellaneous clinical administrative tasks

COUNSELOR IN TRAINING – BACHELOR’S LEVEL

Northwest Arkansas Psychological Group

Fayetteville, Arkansas

May 2019 to August 2019

Supervisors: Richard Back, Ph.D. & Brenda Baker, LCSW, LADAC

- Hand scored and interpreted neuropsychological testing batteries
- Independently administered the Wechsler Adult Intelligence Scale-IV (WAIS-IV) to adults with Attention-Deficit Hyperactivity Disorder, traumatic brain injuries, stroke, or other neurological difficulties
- Participated in case formulation, treatment planning, and development through open discussion with Dr. Back
- Conducted intake assessments on admissions to the substance use treatment program
- Provided individual counseling to admitted patients to the substance abuse treatment program
- Ensured program compliance with federal and state guidelines governing drug and alcohol treatment programs
- Provided psychoeducation concerning aspects of drug and alcohol abuse to clients
- Participated in weekly supervision and consultation with Dr. Back and Ms. Baker

PROFESSIONAL AFFILIATIONS

2019-2021 Association for Behavioral and Cognitive Therapies, Post-baccalaureate Member
2017-2019 Society for Research in Child Development, Student Affiliate

REFERENCES

Spencer Evans, Ph.D.
Assistant Professor
Department of Psychology
University of Miami
sevans@miami.edu

Jill Ehrenreich-May, Ph.D.
Professor and Associate Chair for Graduate Studies
Department of Psychology
University of Miami
j.ehrenreich@miami.edu

Date Prepared: October 4, 2021