

LAUREN A.S. SHAPIRO, Ph.D.

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EDUCATION

- 2014 **Ph.D., Clinical Psychology**
University of Southern California, Clinical Science Area
Dissertation: Interpersonal Conflict, Risk Behaviors, and their Relation to
Fluctuations in Adolescents' Diurnal HPA Rhythms
Advisor: Gayla Margolin, Ph.D.
- 2008 **M.A., Psychology**
University of Southern California, Clinical Science Area
Thesis: A Multiple Systems Approach to Examining Physiological Stress and its
Association with Internalizing Disorders in Adolescence
Advisor: Gayla Margolin, Ph.D.
- 2004 **B.A. in Psychology and French**, Northwestern University
Magna Cum Laude, Phi Beta Kappa, Departmental Honors in Psychology
Honors Thesis: Further Dimensions of Perfectionism: Influential Factors of Independent
and Interdependent Perfectionism
Advisor: Wendy Gardner, Ph.D.

HONORS AND AWARDS

- 2011-2014 **Ruth L. Kirschstein NRSA Predoctoral Fellowship**, NIMH
2012 **Gerald C. Davison Award for Scientific Writing in Clinical Psychology**, USC
2012 **Nominated Leibovitz Chair**, annual USC Leibovitz Conference
2010-2011 **Wallis Annenberg Endowed Fellowship**, USC
2010 **Summer Research Fellowship**, USC
2009 **Student Travel Award**, Society of Research on Child Development
2004 **William A. Hunt Award** for Best Psychology Honor's Thesis
2004 **Phi Beta Kappa**, Northwestern University
2000-2004 **Northwestern University Dean's List** 11 Quarters
2000-2004 **Member**, Golden Key Honor Society
2000-2004 **Member**, National Society of Collegiate Scholars

CLINICAL EXPERIENCE

March 2016—Present **Clinical Psychologist**, (PSY# 28182)

Cognitive Behavior Associates

- Offer individual and family evidence-based treatments to adults, families, children, and adolescents.

Supervisor: Joel Becker, Ph.D.

2014 – March 2016 **Psychological Assistant**, Registration #PSB-94020809

Cognitive Behavior Associates

- Offer cognitive-behavioral therapy to individuals and families.

Supervisor: Jayson Mystkowski, Ph.D.

2014—Present

Postdoctoral Scholar and Interventionist

UCLA Semel Institute for Neuroscience and Human Behavior,
Nathanson Family Resilience Center

- Provide empirically supported therapy for mothers transitioning to parenthood within the Family Development Project.
- Provide skills-based training for military families with young children through the FOCUS-EC (early childhood) program.

Supervisors: Catherine Mogil, Psy.D. and Lauren Marlotte, Psy.D.

2012 – 2013

Pre-doctoral Psychology Intern

Child, Adolescent, and Family Outpatient Clinic and Intensive Day
Treatment Program for Youth
Pacific Clinics, Monrovia, CA.

- Conducted empirically supported therapy groups for children ages 5 to 14.
- Provided empirically supported therapy for hospital discharge and school-referred children, adolescents, and families with wide-ranging presenting problems.
- Conducted psychological assessments for children and adolescents.
- Conducted empirically supported individual and group therapy for adults with mood and anxiety disorders as well as severe mental illness.

Supervisors: Charles Chege, Psy.D. and Scott Fairhurst, Ph.D.

2010 – 2012

Individual Therapist and Program Consultant

City Year Los Angeles

- Provided empirically supported treatments for City Year corps members.
- Conducted training workshops and provided consultation for City Year directors and corps members.

Supervisor: Darby Saxbe, Ph.D.

2007 – 2012

Therapist for Individuals, Families, and Couples

Psychology Services Center, USC

- Provided a range of empirically supported treatments, including CBT for depression and anxiety, DBT, ACT, and Mastery of Your Anxiety and Panic.

Supervisors: Gayla Margolin, Ph.D., Barbara Cadow, Ph.D., Barry Reynolds, Ph.D., Archana Jajodia, Ph.D. & Bing Shen, Ph.D.

2006-2009

Domestic Violence Assessment

USC Family Studies Project

- Conducted individual interviews to assess domestic violence and verbal aggression in couples.

Supervisor: Gayla Margolin, Ph.D.

Spring 2007

Psychoeducational Assessment

Montebello Unified School District

- Conducted psychoeducational assessment of children ages 6-16 to assess for learning disabilities.

Supervisor: Conrad Washburn, School Psychologist

2004 – 2006

Psychodiagnostic Assessment

Youth Emotion Project, Northwestern University

- Administered diagnostic and life stress interviews to high school participants, conducted risk assessments when necessary.

Supervisors: Susan Mineka, Ph.D. and Richard Zinbarg, Ph.D.

RESEARCH EXPERIENCE

2014-Present

Postdoctoral Scholar

UCLA Semel Institute for Neuroscience and Human Behavior

Nathanson Family Resilience Center

- Assist in developing and implementing the intervention for the Family Development Project, serving first and second-time mothers as they transition to parenthood, including families with infants in neonatal intensive care.
- Interventionist for FOCUS-EC, a randomized controlled trial to evaluate a short-term treatment for military families with children ages 3-6.

2011 – 2014

Graduate Student NIH Fellow

USC Family Studies Project

- Conducted research examining the relations between diurnal cortisol, interpersonal conflict, and health risk behaviors in youth.
- Designed procedures, wrote research protocol, and trained experimenters for the collection of salivary cortisol.
- Analyzed data and disseminated findings through publications and national conference presentations.

- 2006 – 2011 **Graduate Student Researcher**
USC Family Studies Project
- Conducted research on family violence and adversity in relation to biological, psychological, and social risk and resilience factors.
 - Analyzed data and disseminated findings through publications and national conference presentations.
- 2012-2013 **School Program Evaluation**
Pacific Clinics, Monrovia, CA
- Conducted program evaluation research at a school for youth with Emotional Disturbance to help staff reduce assaults, incidents of youth away without leave, and other dangerous youth behaviors.
 - Utilized both observational and self-report measures, consulting with school administrators, teachers, and mental health staff.
- 2004 – 2006 **The Youth Emotion Project, Project Coordinator**
Northwestern University
- Coordinated NIMH-funded study examining risk factors for emotional disorders in adolescence.
 - Conducted psychodiagnostic assessments of participants, and was the lead coordinator and trainer for the acoustic fear-potentiated startle task.
- 2003 – 2004 **Gardner Lab Honors Student**
Northwestern University
- Designed and conducted an experiment measuring two proposed constructs of perfectionism.
 - Created and validated a measurement scale.
 - Trained undergraduates in experiment procedures.

SCHOLARLY CONTRIBUTIONS

Peer-Reviewed Publications

Miller, K. F., Margolin, G., **Shapiro, L. S.**, Timmons, A. (in press). Adolescent life stress and the cortisol awakening response: the moderating roles of attachment and sex. *Journal of Research on Adolescence*.

Spies Shapiro, L.A. & Margolin, G. (2014). Growing up wired: Social networking sites and adolescent psychosocial development. *Clinical Child and Family Psychology Review*, 17(1), 1-18. doi: 10.1007/s10567-013-0135-1

Saxbe, D.E., Margolin, G., **Spies Shapiro, L. A.**, Iturralde, E.M., Rodriguez, A.R., & Ramos, M.C. (2014). Relative influences: Patterns of HPA axis concordance during triadic family interaction. *Health Psychology, 33*(3), 273-281. doi: 10.1037/a0033509

Iturralde, E., Margolin, G., & **Spies Shapiro, L.A.** (2013). Positive and negative interactions observed between siblings: Moderating effects for children exposed to parents' conflict. *Journal of Research on Adolescence, 23*(4), 716-729. doi: 10.1111/jora.12020

Baucom, B.R., Saxbe, D.E., Ramos, M.C., **Spies, L.A.**, Iturralde, E., Duman, S., & Margolin, G. (2012). Correlates and characteristics of adolescents' fundamental frequency during family conflict. *Emotion, 12*(6), 1281-1291. doi: 10.1037/a0028872

Saxbe, D.E., Margolin, G., Baucom, B., & **Spies, L.A.** (2012). Does dampened physiological reactivity protect youth in aggressive family environments? *Child Development, 83*(3), 821-830. doi: 10.1111/j.1467-8624.2012.01752.x

Spies, L.A., Margolin, G., Susman, E.J., & Gordis, E.B. (2011). Adolescents' cortisol reactivity and subjective distress in response to family conflict: The moderating role of internalizing symptoms. *Journal of Adolescent Health, 49*(4), 386-392. doi: 10.1016/j.jadohealth.2011.01.014

Gordis, E.B., Margolin, G., **Spies, L.A.**, Granger, D.A., & Susman, E.J. (2010). Interparental aggression and parent-adolescent salivary alpha amylase symmetry. *Physiology & Behavior, 100*, 225-233. doi: 10.1016/j.physbeh.2010.01.006

Margolin, G., Vickerman, K. A., Ramos, M. C., Duman Serrano, S., Gordis, E. B., Iturralde, E., Oliver, P. H., & **Spies, L. A.** (2009). Youth exposed to violence: Stability, co-occurrence, and context. *Clinical Child and Family Psychology Review, 12*(1), 39-54. doi: 10.1007/s10567-009-0040-9

Book Chapters

Margolin, G., **Shapiro, L.S.**, Miller, K. Ethics in Couple and Family Psychotherapy (in press). In J. Sadler (Ed.), *Oxford Handbook of Psychiatric Ethics*.

Margolin, G., **Spies, L. A.**, & Iturralde, E. (2010). Co-occurrence of victimization. In B. Fisher & S. Lab (Eds.), *Encyclopedia of Victimology and Crime Prevention* (pp. 149-151). Thousand Oaks, CA: Sage.

Margolin, G., **Spies, L. A.**, Vickerman, K., & Duman, S. (2009). Behavioral couple therapy. In H. Reis, & S. Sprecher (Eds.), *Encyclopedia of Human Relationships*. Vol.1 (pp. 154-155). Thousand Oaks, CA: Sage.

Poster Presentations and Conference Symposia

Shapiro, L.A.S., Margolin, G., Miller, K., Timmons, A., & Susman, E.J. (2014, November). Daily variations in adolescents' cortisol awakening responses surrounding days of parent-

adolescent conflict. In B.R. Baucom (Chair) *Marrying the Laboratory and Daily Life: Ambulatory Physiological Responses to Relationship Conflict as It Occurs in Everyday Life*. Symposium to be conducted at the meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Shapiro, L.A.S., & Margolin, G. (2014, May). Parent-to-youth aggression history moderates the relation between current mother-to-youth aggression and diurnal HPA functioning in adolescents. In M.C. Ramos (Chair), *Family Violence Exposure and Everyday Family Interactions: Behavioral, Neural, and Physiological Findings*. Symposium conducted at the meeting of the Association for Psychological Science, San Francisco, CA.

Iturralde, E., Margolin, G., & **Spies, L.A.** (2012, March). Teens talking to friends: Co-rumination, social support, and internalizing symptoms. Poster presented at the meeting of the Society for Research on Adolescence Biennial Meeting, Vancouver, BC.

Spies, L.A., Margolin, G., Guran, E., & Bennett, D.C. (2011, March). Adolescents' daily conflict with family and peers and the relation to diurnal HPA functioning. Poster presented at the meeting of the Society for Research in Child Development, Montreal, Quebec.

Borofsky, L. A., Saxbe, D.E., **Spies, L.A.**, Guran, E., Maxwell, A., & Margolin, G. (2011, May). Adolescent violence exposure and cortisol output as predictors of cognitive functioning in young adulthood. Poster presented at meeting of the Association for Psychological Science, Washington, DC.

Saxbe, D., Margolin, G., Baucom, B., & **Spies, L.A.** (2011, March). Family violence exposure and youths' physiological response to conflict: Pathways of risk and resilience. In E. M. Cummings, M. C. Goeke-Morey (Chairs), Longitudinal, process-oriented research on children exposed to multiple social contexts of violence. Symposium conducted at meeting of the Society for Research in Child Development, Montreal, Quebec.

Baucom, B., **Spies, L.A.**, & Margolin, G. (2010, June). History of physical domestic aggression moderates the associations between vocally encoded arousal during and cortisol reactivity to familial conflict. Poster presented at the meeting of the World Congress of Behavioral and Cognitive Therapies, Boston, MA.

Spies, L.A., Margolin, G., & Duman Serrano, S. (2010, March). History of parent-to-youth aggression and HPA sensitization in response to a family conflict discussion. Poster presented at the meeting of the Society for Research on Adolescence Biennial Meeting, Philadelphia, PA.

Iturralde, E., **Spies, L.A.**, Duman, S., Guran, E., Manis, C., Oliver, P., & Margolin, G. (2010, March). Here mom and dad go again - Conflict between parents and interactions between siblings. Poster presented at the meeting of the Society for Research on Adolescence Biennial Meeting, Philadelphia, PA.

Spies, L.A. & Margolin, G. (2009, May). A multiple systems approach to examining physiological stress and its association with internalizing disorders in adolescence – A longitudinal update. Paper presented at the Annual USC Leibovitz Conference, Los Angeles, CA.

Spies, L.A. & Margolin, G. (2009, April). A multiple systems approach to examining physiological stress and its association with internalizing disorders in adolescence. Poster presented at the meeting of the Society for Research in Child Development, Denver, CO.

Oliver, P.H., **Spies, L.A.**, Vickerman, K.A., Duman Serrano, S., & Margolin, G. (2009, April). Youth behavioral adjustment: A longitudinal examination of exposure to contextual risk factors and family and community violence. Poster presented at the meeting of the Society for Research in Child Development, Denver, CO.

Gordis, E.B., Margolin, G., **Spies, L.A.**, Granger, D.A., & Susman, E.J. (2009, April). Effect of interparental aggression on parents and adolescents salivary alpha amylase responses to family conflict discussions. In M. L. Sturge-Apple, P. T. Davies (Chairs), Children's psychobiological functioning in the context of interpartner violence. Symposium conducted at the meeting of the Society for Research in Child Development, Denver, CO.

Spies, L.A., Margolin, G., Gordis, E.B., & Granger, D.A. (2008, May). Concordance in hypothalamic-pituitary-adrenal axis and sympatho-adrenomedullary system activity between parents and children surrounding a family conflict. Poster presented at the meeting of the Association for Psychological Science, Chicago, IL.

Spies, L.A., Griffith, J. W., Mineka, S., Zinbarg, R.E., & Craske, M.G. (2005, November). Sociotropy, autonomy, and their relationship to emotional disorders in adolescence. Poster presented at the meeting of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Dean, K. K., Gardner, W. L., & **Spies, L. A.** (2004, May). Coping with social rejection: Preferred, actual, and effective strategies. Paper presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.

Editorial Service

Adolescent Health, Medicine and Therapeutics, Ad-hoc reviewer

Cyberpsychology: Journal of Psychosocial Research on Cyberspace, Ad-hoc reviewer

Developmental Psychobiology, Ad-hoc reviewer

Journal of Adolescent Health, Ad-hoc reviewer

Journal of Clinical Child and Adolescent Psychology, Ad-hoc reviewer

Journal of Youth and Adolescence, Ad-hoc reviewer

Psychoneuroendocrinology, Ad-hoc reviewer

Societies, Ad-hoc reviewer

Biological Approaches and Health Panel, 2010 Biennial Meeting of the Society of Research on Adolescence, Student reviewer

TEACHING EXPERIENCE, INVITED COLLOQUIA AND WORKSHOPS

- March 2016 *“Building Resilience in Families with Infants in Neonatal Intensive Care: An Adaptation of the Family Development Program.”* Talk presented at the Stress Trauma and Resilience (STAR) Seminar Series, University of California, Los Angeles
- February 2016 *“Building Resilience in Families Facing Medical Trauma.”* Guest Lecture, Clinical Interventions Graduate Seminar, University of Southern California
- October 2015 *“Families OverComing Under Stress: UCLA FOCUS.”* Guest Lecture, Social Work Practice in School Settings, University of Southern California
- March 2015 *“Promoting Resilience in Military Families.”* Talk presented at the American Legion, Post 13, Pasadena, CA
- December 2014 *“Couple and Family Therapies.”* Guest Lecture, Psychology of Marriage and the Family, University of Southern California
- October 2014 *“Research and Clinical Perspectives on Daily Stress, Health, and Cortisol.”* Guest Lecture, Health Psychology, University of Southern California
- October 2014 *“Parent-to-Youth Aggression in Relation to Youths’ Daily Physiological Stress.”* Talk presented at the Stress Trauma and Resilience (STAR) Seminar Series, University of California, Los Angeles
- February 2014 *“Risk Behaviors in Children and Adolescents: Physiological Correlates, Contextual Factors, and Evidence-Based Interventions.”* Clinical Science Brownbag Series, USC
- October 2013 *“Research and Clinical Perspectives on Stress and Health.”* Guest Lecture, Health Psychology, USC
- October 2011 *“Applying for the F31 Ruth L. Kirschstein Pre-Doctoral NIH NRSA Award.”* Discussion panel, USC
- October 2011 *“Student Resistance and Challenges.”* Workshop for City Year Los Angeles corps members, Los Angeles, CA.
- November 2010 *“Self-Care Strategies for the End of the Year.”* Workshop for City Year Los Angeles corps members, Los Angeles, CA.
- Fall 2009 Developmental Psychology, USC Teaching Assistant
Professor: Franklin Manis, Ph.D.

- October 2009 *“Psychophysiological Stress in Adolescents.”*
Guest Lecture, Developmental Psychology, USC
- October 2009 *“Ethical Issues and Important Considerations in Research with Families.”*
USC Clinical Science Brownbag Series
- November 2009 *“Eating Disorders: Etiology and Symptoms.”*
Guest Lecture, Developmental Psychology, USC
- September 2008 *“Parenting Skills and Strategies – Discipline with Children.”*
Workshop conducted at Blazers Learning Academy, Los Angeles, CA.

PROFESSIONAL AFFILIATIONS

- Association for Behavioral and Cognitive Therapies (ABCT)
- American Psychological Association (APA)
- Association for Psychological Science (APS)
- Society for Research on Adolescents (SRA)
- Society for Research in Child Development (SRCD)
- Society for a Science of Clinical Psychology (SSCP)
- Los Angeles County Psychological Association (LACPA)