

LEILA SACHNER

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EDUCATION

University of Mississippi, Oxford, MS Doctor of Philosophy in Clinical Psychology Advisor: Sarah Bilsky, Ph.D.	Expected May 2028
University of Mississippi, Oxford, MS Master of Arts in Clinical Psychology Advisor: Sarah Bilsky, Ph.D.	Expected May 2024 GPA: 4.0
University of Virginia, Charlottesville, VA Bachelor of Arts in Psychology, <i>with Distinction</i>	2016 - 2020 GPA: 3.6
Center for Cross-Cultural Study: Spanish Studies Abroad, Seville, Spain	Spring 2019

HONORS AND AWARDS

Research Excellence in Psychology Laboratory, University of Virginia	2020
University of Virginia Dean's List	2017 - 2020

MANUSCRIPTS

Kaplan, C., Klein, K.V., Cannon, E.S., **Sachner, L.**, & Aguirre, B.A. (*in press*). Treatment approaches for traumatized youth in low-and-middle-income communities. *Journal of Pakistan Psychiatric Society*.

CONFERENCE POSTERS AND PRESENTATIONS

Sachner, L., Sherrod, A., Hopper, K.M., Luber, M.J., Bilsky, S.A. (2023, November). *Exploring the Relationship between Maternal Anxiety Sensitivity and Emotion Regulation Strategies During Conflict with Adolescents*. Poster session to be presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Seattle, WA.

Luber, M.J., Friedman H.P., Hopper, K.M., Sherrod, A., **Sachner, L.**, & Bilsky, S.A. (2023, November). *The Indirect Effect of Emotion Regulation on the Association Between Distress Tolerance and Anxiety Symptoms*. Poster session to be presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Seattle, WA.

Hopper, K.M., Armstrong, G., Friedman, H.P., **Sachner, L.**, Luber, M.J., & Bilsky, S.A. (2023, November). *The Relationship between Sleep Quality, Anxiety, and Alcohol Use among Adolescents*. Poster session to be presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Seattle, WA.

Sachner, L., Sherrod, A., Friedman, H., Bilsky, S. A. (April, 2023). *The Indirect Effect of Emotion Regulation on the Association Between Sleep Quality and Appearance-Related Safety Behaviors Among Adolescents*. To be presented at the 2023 Anxiety and Depression Association of America Conference.

- Sherrod, A., **Sachner, L.**, Friedman, H., Bilsky, S.A. (April, 2023). *A Preliminary Examination of the Interaction between Maternal Generalized Anxiety Disorder and Offspring Negative Affect in Relation to Maternal Worry about Offspring and Perceptions of Psychological Control*. To be presented at the 2023 Anxiety and Depression Association of America Conference.
- Friedman, H., **Sachner, L.**, Sherrod, A., Lubet, M., Hopper, K., Bilsky, S.A. (April, 2023). *The Impact of Maternal Social Anxiety on Maternal Responses to Adolescent Positive Affect*. To be presented at the 2023 Anxiety and Depression Association of America Conference.
- Shogren, N., **Sachner, L.**, Au, J., Tirpak, J.W., Kaplan, C., Payne, L., & Fruzzetti, A.E. (May 6, 2022). *Cyclical Suffering: How Emotional Acceptance Influences Rates of Chronic Parental Grief*. Presented at the 17th Annual Yale National Education Alliance for Borderline Personality Disorder Conference, virtual.
- Sachner, L.C.**, Kimble, S.K., Young, C.Z., Arunagiri, V. (March 18, 2022). *Exploring the Moderating Effects of Experiential Avoidance and Psychological Pain on Alcohol and Substance Use Among College Students*. Presented at the 2022 Anxiety and Depression Association of America Conference.
- Kimble, S., **Sachner, L.**, Sevier, C., Klein, K., Kaplan., & Fruzzetti, A. (November 20, 2021). *Families Need Help Too: Exploring the Needs of Families After Child Suicide Attempts*. Poster presented at the 55th Annual Association for Behavioral and Cognitive Therapies Convention.
- Duarte, B., **Sachner, L.**, Kimble, S., Payne, L. (November 20, 2021). *Rejection Sensitivity and Emotional Maltreatment in Adolescent Females with Symptoms of Borderline Personality Disorder*. Poster presented at the 55th Annual Association for Behavioral and Cognitive Therapies Convention.

RESEARCH EXPERIENCE

Graduate Research Assistant , University of Mississippi, Oxford, MS	Aug 2022 -
Supervisor: Sarah Bilsky, Ph.D.	Present
<i>Parent and Adolescent Anxiety (PANDAA) Lab</i>	
<ul style="list-style-type: none"> • Parent Adolescent Lab Study <ul style="list-style-type: none"> ○ <i>Study focus</i>: Examine the bidirectional influences of parent and adolescent emotional vulnerability factors (such as sleep, alcohol use, and relationship conflict) and anxiety on parents and adolescents ○ Oversee participant phone screening and lab appointment scheduling ○ Conduct clinical interviews ○ Connect participants to actigraphy device and respiration belt, ECG, and GSR monitors to collect physiological data ○ Train undergraduate research assistants in study protocol ○ Contribute to IRB modification applications • Additional Responsibilities <ul style="list-style-type: none"> ○ As Lab Manager, supervise undergraduate research assistants in conducting research in the lab ○ Interview prospective undergraduate research assistants ○ Update PANDAA Lab website to display information on lab, lab members, and current research projects 	

Clinical Research Assistant, McLean Hospital, *Belmont, MA*
Supervisors: Alan Fruzzetti, Ph.D., Luciana Payne, Ph.D., Cynthia Kaplan, Ph.D.
Emotion Regulation, Family Transactions, and Trauma (ERFTT) Lab

July 2020 –
June 2022

- Residential Treatment progress
 - *Project focus*: Evaluate outcomes of residential DBT treatment within the 3East continuum
 - Lead and trained a team of research assistants in scheduling and administering surveys, monitoring participant completion, and generating reports
 - Administered clinical assessments via REDCap to program residents and parents at regular time intervals
 - Managed survey administration schedules for residents and parents
 - Generated assessment response reports and Excel graphs and distributed to therapists to inform their clinical work
 - Cleaned data, merged multiple datasets, conducted statistical analysis in SPSS
 - Conducted literature reviews on mindfulness questionnaires and parent emotion coaching styles
 - Participated in weekly research meetings with supervisors to discuss journal articles, present research projects, and brainstorm new project ideas
 - Met with a supervisor in smaller research assistant groups three times a week to learn and practice data analysis techniques, prepare poster presentations, and carry out new research projects
- Family Connections: Managing Suicidality and Trauma Recovery
 - *Study focus*: Evaluate the effectiveness of a psychoeducation program for parents who experience trauma- or stress-related symptoms following a serious self-injury or suicide attempt of their adolescent or young adult children
 - Contributed to a NIMH R34 grant application by performing literature reviews on measures for study inclusion
 - Created flowcharts to analyze and strengthen content consistency of IRB Protocol Summary
- Validating and Invalidating Responses Scale (VIRS)
 - *Project focus*: Assess and update the VIRS to adapt it for adolescents
 - Conducted literature reviews to analyze scale validity
 - Evaluated accessibility of and modified survey language for adolescents
 - Generated new items with the goal of improving content validity

Research Assistant, University of Virginia, *Charlottesville, VA*
Supervisor: Bethany Teachman, Ph.D.
Program for Anxiety, Cognition, and Treatment (PACT) Lab

Aug 2019 –
May 2020

- MindTrails Mobile Coaching
 - *Study focus*: Assess the effectiveness of online cognitive bias modification interventions for people experiencing anxiety
 - Scheduled participants for weekly conversations to address questions and concerns
 - Encouraged study retention by walking participants through strategies to make the training more meaningful and effective
 - Contributed to data collection
- Social Interaction Monitoring Study
 - *Study focus*: Explore the ways in which socially anxious individuals respond to social situations and regulate their emotions in daily life
 - As a Head RA, trained other research assistants in running the study

- Connected participants to ECG, GSR, and accelerometer sensors to monitor physiological reactions to socially stressful situations
- Led human subjects through two-hour social interaction study involving up to six participants at once
- Performed relevant literature reviews
- Contributed to data collection

CLINICAL EXPERIENCE

Post-Baccalaureate Clinical Fellowship, McLean Hospital, *Belmont, MA*

July 2020 –

Supervisors: Fairlee Fabrett, Ph.D., Michael Macht-Greenberg, Ph.D.

June 2022

- Participated in monthly educational and professional development seminars
- Received individual supervision while posted at a program in the child and adolescent division

Community Residence Counselor, McLean Hospital 3East Continuum, *Belmont, MA*

July 2020 –

Supervisors: Gillian Galen, Psy.D., Judith Mintz, Ph.D., Blaise Aguirre, M.D.

Aug 2021

- Provided Dialectical Behavior Therapy skills coaching and phone coaching to acute adolescent patients experiencing emotion dysregulation, self-injury, and suicidal ideation and behaviors
- Managed a residential milieu setting by supervising patients, modeling DBT skills, organizing and leading community outings, and intervening during crisis situations
- Lead therapeutic groups focused on applying, practicing, and generalizing DBT skills
- Collaborated closely with clinical treatment teams to develop individualized behavior plans, assess treatment progress, and provide evidence-based treatment
- Executed medical and psychiatric emergency procedures in response to patient self-injury or suicide attempts, such as evaluating safety risk and severity of injury, communicating with treatment teams to initiate patient step-up process, and accompanying patients via ambulance to the hospital
- Administered medications to patients and carried out medical protocols
- Received weekly supervision in the forms of individual meetings with a clinician, Community Residence Counselor training sessions, and a multidisciplinary DBT consultation team

Shift Coordinator, McLean Hospital 3East Continuum, *Belmont, MA*

Aug 2021 –

Supervisor: Gillian Galen, Psy.D.

Jan 2022

- Supervised and mentored a team of Community Residence Counselors, ensuring adherence to DBT principles and unit procedures to maintain a safe therapeutic milieu environment
- Oversaw and assigned daily CRC responsibilities, such as leading therapeutic groups, conducting safety checks, and recording clinical notes
- Collaborated with program leadership to assess current and implement new procedures for milieu management and treatment provision

TEACHING EXPERIENCE

Teaching Assistant, University of Mississippi, *Oxford, MS*

Fall 2022

Course: PSY 201: Introduction to Psychology

Supervisor: Biju Rajbhandari

Course: PSY 201: Introduction to Psychology
Supervisor: Jasmine Rios

Spring 2023

Clinical Educator Specialist, McLean Hospital 3East Continuum, *Belmont, MA*

Jan 2022 –

Supervisors: Gillian Galen, Psy.D., Judith Mintz, Ph.D., Blaise Aguirre, M.D.

June 2022

- Led DBT groups for adolescents with borderline personality disorder and related mental health conditions
- Ensured that patients had a clear understanding of the following modules: distress tolerance, emotion regulation, mindfulness, and interpersonal effectiveness
- Fostered a supportive, safe environment to assist patients in connecting DBT and CBT concepts to their personal experiences and mastering DBT skills
- Provided direct patient care through skills coaching when patients experienced emotional distress
- Collaborated with a multidisciplinary team to develop effective, individualized teaching strategies and treatment plans
- Generated and distributed clinical notes to multidisciplinary team

Teaching Assistant, University of Virginia, *Charlottesville, VA*

Fall 2019 –

Course: Commercial Law II

Spring 2020

Supervisor: Sherri Moore, J.D.

- Graded quizzes, extra credit submissions, and written work
- Helped edit and review exam questions
- Facilitated smooth transition to online classes during COVID-19 by co-hosting Zoom lectures and monitoring the chat, providing explanations and feedback on online exam questions, and re-designing the course requirements and grading system

COMMUNITY SERVICE

Volunteer, Shelter for Help in Emergency, *Charlottesville, VA*

Spring 2017 –

- Received training on identifying signs of domestic violence and maintaining the women's shelter
- Responsibilities in shelter included running new resident intake procedures, administering residents' medications, acting as a confidante and source of comfort for the residents, and answering hotline
- Hotline training included assessment of nature and imminence of caller's problem, assisting in creating safety plan, assessing qualification for shelter admittance, and providing further resources for education and aid

Fall 2018

TRAINING AND CERTIFICATIONS

Mandated reporter and HIPAA compliance training

2023

CITI Training

2022 - 2024

Diversity Equity and Inclusion training

2020 - 2021

Crisis Prevention Intervention training

2020 - 2021

RELEVANT SKILLS

