

Connor Adams, Psy.D.

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EDUCATION AND TRAINING

Postdoctoral Fellowship

September 2021 – August 2022

Stanford Medicine
Department of Psychiatry and Behavioral Sciences
American Psychological Association (APA) Accredited

Doctoral Internship

June 2020 – June 2021

Harvard Medical School/Cambridge Health Alliance
American Psychological Association (APA) Accredited

Doctor of Psychology (Psy.D.)

August 2016 – August 2021

The George Washington University
Concentrations in Psychological Assessment and Adult Psychotherapy
American Psychological Association (APA) Accredited
Advisors: Sarah Hedlund, Ph.D. and Loring Ingraham, Ph.D.
Major Area Paper: *The Importance of Tolerating Aggression in the Transference When Treating Individuals with Schizotypal Personality Disorder*

Master of Psychology (M.Psy.)

August 2016 – August 2018

The George Washington University
Dean's Fellowship Award Tuition Grant
Graduated with High Distinction on Assessment Comprehensive Examination (reflects top score)

Bachelor of Arts (B.A.)

August 2012 - May 2016

University of Virginia
Double Major: Psychology and Cognitive Science with concentration in Cognitive Psychology
Distinguished Majors Program
Thesis: *The Interaction of Emotion and Rehearsal on False Memories and Confidence for Those Memories*
Minor: Studio Art
Graduated with High Distinction

PROFESSIONAL WORK EXPERIENCE

Clinical Assistant Professor

December 2022 - Present

Stanford University, School of Medicine
Department of Psychiatry and Behavioral Sciences

AMAE Health

Director of Psychological Services

Administrative Leadership: Oversee the development and delivery of psychosocial programming for partial hospitalization (PHP), intensive outpatient (IOP), and outpatient psychotherapy services.

Clinical Care: Provide Dialectical Behavior Therapy groups as part of the PHP and IOP.

Supervision and Training Provided: Provide weekly consultation and didactics for clinical staff and trainees.

INSPIRE Clinic

Clinical Care: Psychotherapy for individuals who experience psychosis.

Supervision and Training Provided: Member of INSPIRE Training Team which provides local, regional, and national trainings on Cognitive Behavioral Therapy for psychosis.

Comprehensive Dialectical Behavior Therapy (C-DBT) Clinic

Clinical Care: Individual C-DBT; DBT Skills Groups; 24-hour telephone skills coaching.

Supervision and Training Provided: Supervision for PAU-Stanford Consortium Psy.D. students who co-lead DBT Skills Groups.

Inpatient Psychiatry Service

Clinical Care: Psychotherapy groups, brief individual therapy, and psychological assessments.

Supervision and Training Provided: Psychotherapy supervision and psychological assessment supervision for PAU-Stanford Consortium Psy.D. practicum students.

Luvia

August 2024 – October 2024

Clinical Advisor

Recruited to serve in an advising role for mental healthcare startup. Creators aim to build an AI psychotherapy resource to increase access to mental health care, especially for individuals with complex needs or more serious mental illness.

POST-DEGREE HONORS, AWARDS, AND FELLOWSHIPS

American Psychological Association (APA) Early Career Convention Grant *August 2025*

Recipient of the 2025 Early Career Psychologists/National Register of Health Service Psychologists Convention Grant, which recognizes leadership and service in psychology.

Early Career Women Faculty Leadership Development Seminar

February 2025

Association of American Medical Colleges (AAMC)

Selected to participate in national leadership development program. The goal of the program is to provide emerging women leaders with key skills to advance their career.

Junior Leadership Bootcamp

October 2024 – May 2025

Stanford Office of Faculty Development and Diversity

Selected as one of two junior faculty members in the Department of Psychiatry and Behavioral Sciences to participate in program. The goal of the program is to support emerging leaders at Stanford Medicine.

Palo Alto Psychoanalytic Therapy Training Program Fellowship *October 2024-March 2025*
Selected for fellowship that provides an introduction to psychoanalytic concepts and methods.
Includes weekly didactics and case conferences.

Excellence in Academic Teaching Award *June 2024*
Selected for award by PGY4 psychiatry residents for co-teaching an excellent resident didactic.

Stanford Health Professions Education and Scholarship (SHaPES) *June 2023 – June 2024*
Honors Scholars in Medical Education Program
Selected for program that recognizes participants with a dedication to medical education.
Scholars receive support to complete a scholarly project.

Society for Personality Assessment (SPA) Early-Career Scholarship *March 2024*
Recipient of early career scholarship for individuals who support the mission of the national organization the Society for Personality Assessment (SPA).

Paul L. Wachtel Conference Grant *May 2023*
Sole recipient of a research travel award for early-career individuals who actively support the development and mission of the international organization the Society for the Exploration of Psychotherapy Integration (SEPI).

Japanese Association of Cognitive Therapy (JACT) Fellowship *November 2022*
Selected to represent North America in an international fellowship. Participation required presenting a symposium at the annual JACT conference, engaging in psychotherapy-related workshops, and participating in an awards ceremony with five other international fellows.

Washington Baltimore Center for Psychoanalysis Fellowship *June 2018 – June 2019*
Chosen for a psychoanalytic fellowship for advanced trainees who have a significant interest in psychoanalysis for adults. Required participation in lectures, seminars, and case conferences.

Contemporary Freudian Society Fellowship *June 2018 – June 2019*
Selected for a clinical fellowship that introduced the theory and practice of psychoanalysis.
Included monthly case conferences and individual mentorship meetings.

LEADERSHIP AND PROFESSIONAL SERVICE

Local and Regional Service

Psychotherapy Didactics Thread Leader *June 2025 – Present*
Stanford University, School of Medicine
Department of Psychiatry and Behavioral Sciences
Oversee the development and delivery of all psychotherapy-related didactics for PGY1-PGY4 Stanford psychiatry resident training.

Psychotherapy Affinity Group Leader *October 2024 – Present*
Stanford University, School of Medicine

Department of Psychiatry and Behavioral Sciences

Lead a group for PGY1 through PGY4 psychiatry residents focused on advancing psychotherapy knowledge and experience. Leading the group involves providing didactics, recruiting guest speakers, and organizing case presentations.

DBT Group Therapy Practicum Director

December 2022 - Present

Stanford University, School of Medicine

Department of Psychiatry and Behavioral Sciences

Serve as practicum director, facilitating PsyD and psychiatry residents co-leading groups within the Adult DBT Clinic and providing introductory DBT didactics to trainees. The practicum provides training for approximately 10-15 doctoral students and psychiatry residents per year.

Adult Psychiatry Residency Program Workgroup Member

January 2024 – May 2024

Stanford University, School of Medicine

Department of Psychiatry and Behavioral Sciences

Member of Psychology Thread Workgroup, a part of the Psychiatry Residency Didactic Series. Workgroup oversees the structuring of the didactic curriculum and considers gaps, additions, and resources relevant to the improving the didactic series for resident education.

San Francisco Psychosis Community Education Day

October 2022

Organizing Committee Member

National Service

Program Convention Committee Member

April 2024 – Present

Society for Personality Assessment (SPA)

Contribute to organizing the SPA 2025 and 2026 national conferences.

Co-Founder and Steering Committee Member

November 2023 – Present

Inpatient Psychological Care Collaborative (IPCC)

IPCC is a professional organization that aims to promote the integration of evidence-based psychological services in inpatient psychiatric settings. The organization fosters community, maintains a repository of resources, facilitates consultation, and promotes research collaboration.

R-PAS Scientific and Case Review Committee Member

May 2023, May 2024

Rorschach Assessment Performance System (R-PAS)

Assist with planning the Rorschach Performance Assessment System (R-PAS) 2023 and 2024 national conventions.

International Service

Conference Organization Committee Member

August 2024 - Present

Society for the Exploration of Psychotherapy Integration (SEPI)

Selected to serve on a committee organizing the SEPI 2025 international conference.

Executive Committee Member, Secretary

January 2024 – Present

Society for the Exploration of Psychotherapy Integration (SEPI)

Elected by international SEPI membership body for 3-year term on the Executive Committee.

Organizing Committee Member

July 2022

International Cognitive Behavioral Therapy for Psychosis (CBTp) Conference

Selected to serve on a committee organizing the CBTp 2022 annual international conference.

DIVERSITY, EQUITY, INCLUSION, AND JUSTICE (DEIJ) SERVICE

Equity, Diversity, and Inclusion Working Group Co-Chair

July 2025 - Present

North America CBT for Psychosis (NACBTp) Network

Recruited as working group co-chair. Group aims to develop and disseminate strategies for increasing cultural responsiveness of CBT for psychosis throughout North America.

Trainee Well Being Working Group Member

January 2024 – Present

Stanford LGBTQIA+ Subcommittee of the Diversity Cabinet

Elected to serve on subcommittee, which requires quarterly full-committee meetings, monthly sub-committee meetings, and contributing to LGBTQIA+ community event organization.

Equity, Diversity, and Inclusion Working Group Member

February 2023 – July 2025

North America CBT for Psychosis (NACBTp) Network

Serve as working group member to develop and disseminate strategies for increasing cultural responsiveness of CBT for psychosis throughout North America.

LEAD Faculty Mentor

August 2024 – May 2025

Leadership Education in Advancing Diversity Program, Stanford University School of Medicine

A 10-month longitudinal leadership program for residents and fellows across GME to develop leadership and scholarship skills in addressing issues related to DEI, to produce leaders in academic medicine dedicated to DEI, and to improve the culture of medicine. Mentors attend monthly sessions to develop mentorship skills and monthly sessions to support mentees.

2024-2025 Mentees: Zac Hodosevich, MD, Angelica Almader-Ruiz, MD, Aaron Brown PhD candidate, and Sophia DeKlotsz, MD

MIDI Faculty Mentor

October 2023 – May 2025

Mentorship Initiative for Diversity and Inclusion (MIDI), Stanford University School of Medicine

The program aims to promote a collaborative model of mentorship that provides culturally informed education, training, and social support to mentors and mentees. The program helps faculty and trainees gain experience in cultural humility and prepares participants to address challenging professional situations.

2023-2024 Mentee: Madina Jahed, MD

2024-2025 Mentee: Chinelo Egbosiuba, MD

RESEARCH INVOLVEMENT AND MENTORSHIP

Co-Director of DBT Research Lab

December 2022 - Present

Stanford University, School of Medicine

Department of Psychiatry and Behavioral Sciences

Serve as faculty mentor, alongside Drs. Sanno Zack and Emily Livermore, in lab to support PAU-Stanford Psy.D. Consortium students in developing research skills, carrying out projects, and writing up and presenting work. The lab trains approximately 5-10 students per year.

Co-Director of DBT Research Internship

June 2024 – December 2024

Stanford University, School of Medicine

Department of Psychiatry and Behavioral Sciences

Created a brand-new internship experience for students interested in gaining research and DBT experience. Interns receive introductory training in DBT and basic research skills. Co-Director responsibilities include mentoring students, facilitating weekly lab meetings, providing didactics, and helping students achieve individual learning goals.

Interns: Matthew Camara, Ashlyn Barnard, Camilla Jerng, and Lila Raj

Co-PI, Grant Recipient

March 2024

Stanford Department of Psychiatry and Behavioral Sciences Innovator Grants Program

Recipient of grant to support continuation of a research project: Pilot study of a novel Dialectical Behavior Therapy intervention for suicidal and self-harming individuals and their caregivers.

Co-PI, Grant Recipient

March 2023

Dolores Gallagher-Thompson & Larry Wolford Thompson Caregiver Research Fund

Recipient of grant to support research project: Pilot study of a novel Dialectical Behavior Therapy intervention for suicidal and self-harming individuals and their caregivers. Project aims to create a new, evidence-based therapy for caregivers of individuals with serious mental illness.

Dissertation Committee Member

PAU-Stanford Consortium Psy.D. Program

Role: Chair

Student: Emily Wolf

Topic: *A Qualitative Analysis of Impactful Postvention*

Defended: proposal to be scheduled

Role: Chair

Student: Anusha Goyal

Topic: *When Healing Hurts: The Impact and Utility of Postvention Training on Future Psychologists*

Defended: successfully proposed June 2025, defense to be scheduled

Role: Reader

Student: Kelly Stone

Topic: *An Examination of the Efficacy of a Tiered DBT for Couples Intervention on Relationship Functioning*

Defended: successfully proposed June 2025, defense to be scheduled

Role: Reader

Student: Carrie Lee

Topic: *Patient Perceptions of DBT and DBT Groups in An Acute Inpatient Psychiatric Setting: A Mixed-Methods Analysis*

Defended: successfully proposed June 2025, defense to be scheduled

Role: Reader

Student: Courtney Sinclair

Topic: *Impulsivity, Trauma, and Dropout Among Veterans in Residential Addiction Treatment*

Defended: June 2025

Role: Reader

Student: Samantha Kirshon

Topic: *Examining the Effectiveness of Dialectical Behavior Therapy (DBT) Skills Group for Individuals on the Psychotic Spectrum*

Defended: August 2024

CAPS-5 Interviewer

January 2020 – February 2023

Program for Alleviating and Resolving Trauma and Stress Study (PARTS Study)

Harvard Medical School/Cambridge Health Alliance

Trained to administer and score the Clinician-Administered PTSD Scale for DSM-5 (CAPS-5) to research participants in a Randomized Control Trial investigating if Internal Family Systems (IFS) is an effective treatment for PTSD.

Principle Investigator: Zev Schuman-Oliver, MD

Doctoral Major Area Paper

Completed January 2021

The George Washington University

Topic: *The Importance of Tolerating Aggression in the Transference When Treating Individuals with Schizotypal Personality Disorder*

Committee: Sarah Hedlund, Ph.D. and Loring Ingraham, Ph.D.

Independent Undergraduate Researcher

August 2015 - August 2016

Distinguished Majors Program

University of Virginia, Cognitive Science Department

Selected as 1 of 8 of 116 graduating Cognitive Science majors for the Distinguished Majors Program which consisted of advanced course work and a thesis based on supervised research

Thesis: *The Interaction of Emotion and Rehearsal on False Memories*

Advisor: Chad Dodson, Ph.D.

RESEARCH DISSEMINATION AND TRAININGS PROVIDED

Local Trainings and Presentations

1. **Adams, C.** (Upcoming, December 2025). An Introduction to Dialectical Behavior Therapy (DBT). *Invited presentation for Stanford Counseling and Psychological Services (CAPS), Vaden Health. Stanford, CA.*

2. **Adams, C.** (July, 2025). The Basic Neuroscience of Psychosis. *Invited lecture for high schoolers in the Stanford Clinical Neuroscience Immersion Program (CNI-X)*. Stanford, CA.
3. **Adams, C.** (July, 2025). An Introduction to Mindfulness. *Invited lecture for high schoolers in the Stanford Clinical Neuroscience Immersion Program (CNI-X)*. Stanford, CA.
4. Brown, A., Jimenez, M., Almader-Ruiz, A., Bustamenta, B., Trivedi, K., **Adams, C.**, and Brooks, M. (May, 2025). Teaching with TLC: Trauma-informed Learning in Clinical Education. *Workshop presented at the 8th Annual Diversity and Inclusion Forum*. Stanford, CA.
5. **Adams, C.** (March, 2025). Group Therapy in the Psychiatric Inpatient Setting. *Invited lecture provided for graduate students in the course Group Psychotherapy in the PAU-Stanford Psy.D. Consortium*. Stanford, CA.
6. Eshel, N. and **Adams, C.** (February, 2025). Why LBTGQ+ Mental Health Matters. *Invited lecture for Stanford Medical Students enrolled in INDE 215: Queer Health & Medicine*. Stanford, CA.
7. **Adams, C.** (October, 2024). Interventions for Nursing to Support Individuals with Personality Disorders and Eating Disorders in the Psychiatric Inpatient Setting. *Didactic provided for onboarding psychiatric nursing staff at Stanford University Medical Center*. Stanford, CA.
8. **Adams, C.** (October, 2024). Developing a Dialectical Behavior Therapy (DBT) Curriculum for Medical Students. *Oral presentation at the 7th Annual Medical & Bioscience Education Day Conference, hosted by the Teaching and Mentoring Academy (TMA) and the Stanford Health Professions Education and Scholarship Program*. Stanford, CA.
9. **Adams, C.** (October, 2024). Interventions for Nursing to Support Individuals with Trauma in the Psychiatric Inpatient Setting. *Didactic provided for onboarding psychiatric nursing staff at Stanford University Medical Center*. Stanford, CA.
10. **Adams, C.** (September, 2024). Minority Stress and Rejection Sensitivity Frameworks. *Didactic provided as part of the THRIVE LGBTQ+ Training Series*. Stanford, CA.
11. **Adams, C.** (July, 2024). An Introduction to Psychosis. *Invited lecture for high schoolers in the Stanford Clinical Neuroscience Immersion Program (CNV-X)*. Stanford, CA.
12. **Adams, C.** (June, 2024). The Basic Neuroscience of Psychosis. *Invited lecture for high schoolers in the Stanford Clinical Neuroscience Immersion Program (CNV-X)*. Stanford, CA.

13. **Adams, C.** (June, 2024). An Introduction to Mindfulness. *Invited lecture for high schoolers in the Stanford Clinical Neuroscience Virtual Experience (CNV-X)*. Stanford, CA.
14. **Adams, C.,** Dobbs-Marsh, J., Kaysen, D. and Hu, R. (May, 2024). Postvention. *Didactic and panel discussion provided for doctoral students in the PAU-Stanford Psy.D. Consortium and Palo Alto University Ph.D. programs*. Stanford, CA.
15. **Adams, C.** (May, 2024). An Introduction to Treating Individuals with Personality Disorders and Eating Disorders in the Psychiatric Inpatient Setting. *Didactic provided for onboarding psychiatric nursing staff at Stanford University Medical Center*. Stanford, CA.
16. **Adams, C.** (March, 2024). Group Therapy in the Psychiatric Inpatient Setting. *Invited lecture provided for graduate students in the course Group Psychotherapy in the PAU-Stanford Psy.D. Consortium*. Stanford, CA.
17. **Adams, C.** (June, 2023). An Introduction to Psychosis. *Invited lecture for high schoolers in the Stanford Clinical Neuroscience Virtual Experience (CNV-X)*. Stanford, CA.
18. **Adams, C.** (April, 2023). Treatment of Personality Disorders and Eating Disorders in the Psychiatric Inpatient Setting. *Didactic provided for onboarding psychiatric nursing staff at Stanford University Medical Center*. Stanford, CA.

Regional Trainings and Presentations

1. **Adams, C.** and Olson, N. (September, 2025). Formulation-driven Cognitive Behavioral Therapy for Psychosis (CBTp) – Phase Two Training. *3-day training for frontline clinicians at the Stars Behavioral Health Group*. Multi-city (conducted virtually), CA.
2. **Adams, C.** (November, 2024). Practical Therapeutic Interventions for Clinicians Treating Individuals with Psychosis. *Invited training provided for clinicians at Pacific Clinics*. San Jose, CA.
3. Ma, F, Wong, R., and **Adams, C.** (September, 2024). Cultural Considerations for Psychological Assessment in the Inpatient Context. *Workshop presented at the California Psychological Association Convention*. San Jose, CA.
4. **Adams, C.** and Olson, N. (August, 2024). Formulation-driven Cognitive Behavioral Therapy for Psychosis (CBTp). *3-day training for frontline clinicians at the Stars Behavioral Health Group*. Multi-city (conducted virtually), CA.
5. **Adams, C.,** Smith, A., Sen, Z., Ma, F., and Bloomer, K. (March, 2024). Psychological Assessment in the Psychiatric Inpatient Setting. *Roundtable discussion presented at the Society for Personality Assessment (SPA) Annual Convention*. San Diego, CA.

6. **Adams, C.** and Lee, G. (May, 2023). An Introduction to Cognitive Behavioral Therapy for Psychosis (CBTp). *Full-day clinical training provided for Caminar employees.* San Mateo, CA.
7. **Adams, C.** (August, 2022). An Introduction to Contemporary Psychodynamic Psychotherapy. *Invited lecture provided at Arizona State University.* Scottsdale, AZ.
8. **Adams, C.** (July, 2022). An Overview of Contemporary Psychodynamic Psychotherapy Approaches. *Two-part invited lecture presented at Palo Alto VA Medical Center.* Menlo Park, CA.

National Trainings and Presentations

1. **Adams, C.** and Olson, N. (Upcoming, November 2025). DBT-informed Skills for Individuals with Psychosis. *Invited to present a Master Clinician Series workshop for the INSPIRE Clinic training program.* Virtual presentation.
2. **Adams, C.** Hansen, N., and Weiler, R. (August, 2025). Transtheoretical Case Formulation and Treatment Planning. *Skills-building session presented at the American Psychological Association Annual Convention.* Denver, CO.
3. **Adams, C.**, Wolsky, A., Sinclair, C., Angstreich, E., Hiott-Millis, L., Emerson, S., and DiGaudio, A. (May, 2025). Enhancing Assessment Training: Student Perspectives on Improving Teaching and Supervision of the Rorschach Assessment Performance System. *Roundtable Discussion presented at the Rorschach Performance Assessment System (R-PAS) Multimethod Assessment Conference.* Denver, CO.
4. **Adams, C.** (April, 2025). Dialectical Behavior Therapy (DBT) Mindfulness Skills in the Hospital Setting. *Grand Rounds presented for Brookdale Hospital Medical Center.* Brooklyn, NY.
5. **Adams, C.** (April, 2025). Dialectical Behavior Therapy (DBT) for Patients Experiencing Serious Mental Illness. *Invited lecture provided for undergraduate students in the course The Science and Practice of Mindfulness as a Therapeutic Tool at Indiana University.* Bloomington, IN.
6. **Adams, C.** (March, 2025). Transtheoretical Case Conceptualization and Treatment Planning: The Future of our Field. *Invited lecture on PsychIncubator Podcast.* Virtual.
7. **Adams, C.** and Starin, M. (March, 2025). Turning Numbers into Narratives: Writing Effective Psychological Assessment Reports and Delivering Impactful Feedback. *Pre-Conference Workshop presented at the 2025 Society for Personality Assessment Convention.* Denver, CO.
8. **Smith, A., Adams, C., Lui, Y., Nguyen, P.B., and Guy, W.** (March, 2025). Psychological Assessment in the Psychiatric Inpatient Setting – Writing the Report. *Roundtable*

Discussion presented at the Society for Personality Assessment (SPA) Convention. Denver, CO.

9. Wolsky, A., Sinclair, C., and **Adams, C.** (March, 2025). Advocating for Assessment Training: Student Perspectives on Maximizing Opportunities and Integrating Personality Assessments in Diverse Settings. *Invited to serve as moderator for Roundtable Discussion presented at the Society for Personality Assessment (SPA) Convention. Denver, CO.*
10. **Adams, C.** (February, 2025). Basics of Psychological Assessment: Assessing Cognition using the WAIS-5. *Invited lecture provided for doctoral students in the course Cognitive Assessment in the Loyola University Psy.D. Program. Baltimore, MD.*
11. **Adams, C.**, Hansen, N., and Weiler, R. (November, 2024). Common Mechanisms of Change: Making Sense of the Alphabet Soup. *Workshop presented for the Association for Behavioral and Cognitive Therapies (ABCT) Annual Convention. Philadelphia, PA.*
12. **Adams, C.** (November, 2024). A Primer in Psychodynamic Psychotherapy. *Invited didactic for Psychology Interns at the VA Pacific Islands Health Care System. Honolulu, HI.*
13. **Adams, C.** (November, 2024). The Utility of Psychological Assessment in Detecting Psychosis. *Oral Presentation presented at the International Society for Psychological and Social Approaches to Psychosis, United States Chapter. Pittsburgh, PA.*
14. **Adams, C.**, Hansen, N., and Weiler, R. (August, 2024). Common Mechanisms of Change: Making Sense of the Alphabet Soup. *Workshop presented for the American Psychological Association (APA) Annual Convention. Seattle, WA.*
15. **Adams, C.** (May, 2024). The Role of the R-PAS in Detecting Previously Unnoticed Disordered Thinking. *Oral Presentation at the Inaugural Rorschach Performance Assessment System (R-PAS) Multimethod Assessment Conference. Virginia Beach, VA.*
16. Sinclair, C., Odier, M., and **Adams, C.** (May, 2024). The Utility of the R-PAS in Differential Diagnosis for Mental Illness versus Malingering. *Oral Presentation at the Inaugural Rorschach Performance Assessment System (R-PAS) Multimethod Assessment Conference. Virginia Beach, VA.*
17. **Adams, C.** (March, 2024). Conducting a Mental Status Examination for Psychological Assessments. *Invited lecture provided for master's level students in the course Assessment and Appraisal at Loyola University. Baltimore, MD.*
18. **Adams, C.** (February, 2024). Dialectical Behavior Therapy (DBT) for Patients Experiencing Serious Mental Illness. *Invited lecture provided for undergraduate students in the course The Science and Practice of Mindfulness as a Therapeutic Tool at Indiana University. Bloomington, IN.*

19. **Adams, C.** (February, 2024). Basics of Psychological Assessment: Assessing Cognition using a Culturally Sensitive Approach. *Invited lecture provided for doctoral students in the course Cognitive Assessment in the Loyola University Psy.D. Program.* Baltimore, MD.
20. Chari, S. and **Adams, C.** (February, 2024). Foundations of Cognitive Behavioral Therapy for Psychosis (CBTp). *4-hour workshop presented through the Stanford INSPIRE Clinic Training Program.* Virtual presentation.
21. **Adams, C.** and Olson, N. (May, 2023). Formulation-driven Cognitive Behavioral Therapy for Psychosis (CBTp). *3-day training provided for frontline clinicians at the University of Massachusetts Memorial Community Healthlink Program.* Worcester, MA.
22. **Adams, C.** and Hansen, N. (April, 2023). Fundamentals of Mental Health in Daily Life. *Invited lecture provided for students in the Kelley Direct Online Master of Business Administration (MBA) Leadership and People Management course at Indiana University.* Bloomington, IN.
23. **Adams, C.** (March, 2023). Dialectical Behavior Therapy (DBT) Mindfulness Practices for Patients Experiencing Serious Mental Illness. *Invited lecture provided for undergraduate students in the course The Science and Practice of Mindfulness as a Therapeutic Tool at Indiana University.* Bloomington, IN.
24. **Adams, C.** (February, 2023). Applications of Mindfulness Practices for Patient Populations Experiencing Serious Mental Illness. *Invited lecture provided for undergraduate students at Indiana University.* Bloomington, IN.
25. Chari, S. and **Adams, C.** (December, 2022). Foundations of Cognitive Behavioral Therapy for Psychosis (CBTp). *4-hour workshop presented through the Stanford INSPIRE Clinic Training Program.* Virtual presentation.
26. **Adams, C.** (September, 2022). An Introduction to Contemporary Psychodynamic Psychotherapy. *Grand Rounds presented at the Psychiatric Institute of Washington.* Washington, DC.
27. Zona, K., Schleyer, W., and **Adams, C.** (May, 2020). Treating victims of violence and abuse. *Invited presentation at Harvard Medical School/Cambridge Health Alliance.* Cambridge, MA.
28. Burley, J., Chan, L., and **Adams, C.** (April, 2020). Eating Disorders: An overview and special considerations for team-based care and management in the primary care setting. *Invited presentation at Harvard Medical School/Cambridge Health Alliance.* Cambridge, MA.

29. Hedlund, S., DeVinney, H., Marshall Woods, K., & **Adams, C.** (March, 2019). Collaboration or Collusion: Negotiating the Ethics of Encouragement in the Supervisory Relationship. *Integrated paper session presented at the Annual Society for Personality Assessment (SPA) Convention.* New Orleans, LA.

International Trainings and Presentations

1. **Adams, C.**, Hansen, N., and Weiler, R. (Upcoming, October 2025). Transtheoretical Case Formulation and Treatment Planning. *Workshop accepted for the Society for the Exploration of Psychotherapy Integration (SEPI) Annual Conference.* Istanbul, Turkey.
2. **Adams, C.**, Kirshon, S., Ma, F. (June, 2024). Implementing Dialectical Behavior Therapy (DBT) for Individuals in a Psychiatric Inpatient Setting. *Oral Presentation at The International Society for Psychological and Social Approaches to Psychosis International Conference.* Espoo, Finland.
3. Kirshon, S., **Adams, C.**, and Zack, S. (June, 2024). The Efficacy of Dialectical Behavior Therapy (DBT) Skills Group for Individuals with Psychosis. *Oral Presentation at The International Society for Psychological and Social Approaches to Psychosis International Conference.* Espoo, Finland.
4. **Adams, C.** and Kirshon, S. (July, 2023). Adapting Dialectical Behavior Therapy (DBT) for the Inpatient Treatment Setting. *Oral Presentation at the International Conference on Early Intervention in Mental Health (IEPA).* Lausanne, Switzerland.
5. **Adams, C.**, Hansen, N., and Kirshon, S. (May, 2023). Common Mechanisms of Change: Making Sense of the Alphabet Soup. *Workshop provided at the Society for the Exploration of Psychotherapy Integration (SEPI).* Vancouver, Canada.
6. **Adams, C.** (May, 2023). Applications of Psychodynamic Psychotherapy across Inpatient and Outpatient Treatment Settings. *Workshop provided at the Society for the Exploration of Psychotherapy Integration (SEPI).* Vancouver, Canada.

Posters

1. Goyal, A. and **Adams, C.** (November, 2024). The Impact of a Single Postvention Training for Students. *Poster presented at the Association for Behavioral and Cognitive Therapies (ABCT).* Philadelphia, PA.
2. Kirshon, S. and **Adams, C.** (August, 2024). Implementing Dialectical Behavior Therapy (DBT) for Individuals with Psychosis in a Psychiatric Inpatient Setting. *Poster presented at the American Psychological Association (APA) Annual Convention.* Seattle, WA.
3. Lucitt, L., Bloomer, K., Sen, Z., Ma, F., Kirshon, S., and **Adams, C.** (November, 2023). Evidence-Based Psychology Supervision in Inpatient Psychiatry Settings. *Poster*

presented at the Association for Behavioral and Cognitive Therapies (November, ABCT). Seattle, WA.

4. Bloomer, K., Lucitt, L., Kirshon, S., Sen, Z., Ma, F., and **Adams, C.** (November, 2023). Adapting Dialectical Behavior Therapy (DBT) Delivery for Individuals in the Acute Psychiatric Inpatient Setting. *Poster presented at the Association for Behavioral and Cognitive Therapies (ABCT).* Seattle, WA.
5. Sen, Z., Ma, F., Bloomer, K., Lucitt, L., Kirshon, S., and **Adams, C.** (November, 2023). Adapting Cognitive Behavioral Therapy for Psychosis (CBTp) for the Inpatient Setting. *Poster presented at the Association for Behavioral and Cognitive Therapies (ABCT).* Seattle, WA.
6. Ma, F., Sen, Z., Bloomer, K., Lucitt, L., Kirshon, S., and **Adams, C.** (November, 2023). The Role of Inpatient Psychologists in an Integrated Multidisciplinary Setting. *Poster presented at the Association for Behavioral and Cognitive Therapies (ABCT).* Seattle, WA.
7. Bloomer, K., Lucitt, L., Kirshon, S., Sen, Z., Ma, F., and **Adams, C.** (November, 2023). Implementing Dialectical Behavior Therapy (DBT) for Individuals with Psychosis in a Psychiatric Inpatient Setting. *Poster presented at the Association for Behavioral and Cognitive Therapies (ABCT).* Seattle, WA.
8. Eisen, K., **Adams, C.**, Olson, N., and Hardy, K. (July, 2023). Impact of Training in Cognitive Behavioral Therapy for Psychosis (CBTp) Informed Skills on Attitudes about Psychosis and Knowledge of CBTp Skills among Early Intervention Clinicians. *Poster presented at the International Conference on Early Intervention in Mental Health (IEPA).* Lausanne, Switzerland.
9. **Adams, C.** and Kirshon, S. (May, 2023). Increasing Accessibility to Dialectical Behavior Therapy (DBT) for Individuals with Psychosis. *Poster presented at the Society for the Exploration of Psychotherapy Integration (SEPI).* Vancouver, Canada.
10. **Adams, C.** and Kirshon, S. (July, 2022). Increasing accessibility to Dialectical Behavior Therapy (DBT) for Individuals Experiencing Symptoms of Psychosis. *Poster presented at The International Society of Psychological and Social Approaches to Psychosis (ISPS), United States Chapter.* Sacramento, CA.
11. **Adams, C.** (May, 2016). Rehearsal Increases both True and False Memories. *Poster presented at Reid Undergraduate Psychology Research Conference.* Charlottesville, VA.

Editorial Contributions

Submission Reviews Provided for:

- Association for Behavioral and Cognitive Therapies (ABCT) Conference
- Rorschach Assessment Performance System (R-PAS) Multimethod Assessment Conference

- Society for Personality Assessment (SPA) Annual Convention

Ad Hoc Journal Reviews for:

- Journal of Mental Health Counseling
- Assessment by Sage Journals

Current Professional Memberships

American Psychological Association (APA)
 Association for Behavioral and Cognitive Therapies (ABCT)
 Early Intervention in Mental Health (IEPA)
 Inpatient Psychological Care Collaborative (IPCC)
 North America CBT for Psychosis Network (NACBTpN)
 Psychosis-Risk and Early Psychosis Program Network (PEPPNET)
 Society for the Exploration of Psychotherapy Integration (SEPI)
 Society for Personality Assessment (SPA)

PROVISION OF SUPERVISION AND CONSULTATION

Licensed Supervisor

Stanford Comprehensive Dialectical Behavior Therapy (DBT) Clinic December 2022 - Present
 Provide 1.5 hours of live supervision during group therapy and 1 hour of individual or paired supervision for PAU-Stanford Psy.D. Consortium students completing supplementary practicum training in the Stanford DBT Clinic.

2025 – 2026 Supervisees: Emily Wolf, Anisha Reddy, Claire Aufderheide

2024 – 2025 Supervisees: Emily Wolf, Isabel Eichenbaum, Samantha Leder, Anusha Goyal

2023 – 2024 Supervisees: Lindsey Stein, Courtney Sinclair, Georgia Potter, and Anusha Goyal

2022 – 2023 Supervisees: Steven Tran and Kelley Bloomer

Stanford Psychiatric Inpatient Units January 2023 – April 2025
 Provided psychotherapy and psychological assessment supervision for PAU-Stanford Psy.D. Consortium students who were completing practicum training on the Stanford Inpatient Service.

2024 – 2025 Supervisee: Carrie Lee

2023 – 2024 Supervisees: Kelly Bloomer and Rachel Wong

2023 Supervisees: Samantha Kirshon and Lauren Lucitt

Preceptor

October 2023 – June 2024

Stanford Medical School

Served as preceptor for dual M.D.-Ph.D. student completing his Continuity Clinic training rotation. Preceptors are selected by the student based on their area of expertise.

Preceptor duties include providing supervision for student, co-conducting clinical work with student, and supporting student in developing and completing an independent learning plan.

Student: Jonathan Goodman

Continuity Clinic Focus: Dialectical Behavior Therapy

Clinical Consultant

Stars Behavioral Health

August 2024 - Present

Provide two 1-hour weekly group consultations for 3-5 frontline providers who completed a 3-day training on Formulation-driven Cognitive Behavioral Therapy for Psychosis (CBTp). Consultation supports clinicians in the implementation of CBTp.

Community Consultation

January 2025 – July 2025

Provided twelve 1-hour group consultations for three community providers across California who completed a training on Cognitive Behavioral Therapy for Psychosis (CBTp). Consultation supports clinicians in the implementation of CBTp.

University of Massachusetts Memorial Community Healthlink

May 2023 – September 2024

Provided one hour of weekly group consultation for four frontline providers who completed a 3-day training on Formulation-driven Cognitive Behavioral Therapy for Psychosis (CBTp). Consultation supports clinicians in the implementation of CBTp.

Wisconsin

October 2023 – April 2024

Provide one hour of weekly group consultation for five frontline providers who completed a training on Cognitive Behavioral Therapy for Psychosis (CBTp). Consultation supports clinicians in the implementation of CBTp.

Your Hope Center

October 2023 – April 2024

Provide one hour of weekly group consultation for five frontline providers who completed a 3-day training on Cognitive Behavioral Therapy for Psychosis (CBTp). Consultation supports clinicians in the implementation of CBTp.

Postdoctoral Supervisor

September 2021 – August 2022

Palo Alto VA Medical Center

Provided one hour of weekly individual therapy supervision for second year PAU-Stanford Psy.D. Consortium students completing a practicum at the Palo Alto VA Medical Center. Engaged in one hour of weekly group supervision of supervision.

Supervisees: Natalie Freeman, Samantha Kirshon, Annemarie Jagielo, and Michelle Hull

TEACHING EXPERIENCE AND TRAININGS

Instructor

Fall 2024, Summer 2025, upcoming Fall 2025

An Overview of Modern Psychotherapy Approaches, Stanford University

Teach a 10-week seminar for Stanford University undergraduate students. The course provides an introduction to the theory and techniques of several major therapy approaches.

Instructor

Fall 2024, upcoming Fall 2025

Introduction to Psychotherapy, Stanford University School of Medicine

Teach a 15-week didactic course for PGY1 Stanford psychiatry residents. The course provides an introduction to psychotherapy, including the roles of various team members, the theory and

techniques of several major therapy approaches, and how the role of psychiatry and psychotherapy intertwine.

Course Design Institute (CDI)

August 2024

Center for Teaching and Learning, Stanford University

Selected for Stanford University faculty cohort to complete advanced training in course development. Participation requires attending a 3-day workshop.

Instructor: Yunshu Fan

Mastering Medical Teaching

October 2023 – October 2024

Teaching and Mentoring Academy, Stanford University School of Medicine

Selected for 20 member Stanford School of Medicine faculty cohort to complete advanced training in medical teaching. Participation requires completing an online course presenting a 7-part educational framework and monthly didactic sessions to discuss concepts, challenges, and application of the framework.

Instructors: Christine Schirmer, Ed.D. and Adam Hain DET, MA.Ed.

Co-Instructor

Winter 2023, Winter 2024, Winter 2025, Upcoming Winter 2026

Introduction to the Rorschach, PAU-Stanford Psy.D. Consortium

Co-teach an 11-week course for doctoral students that introduces administration, coding, interpretation, and report writing of the R-PAS psychological assessment.

Co-Instructor

Summers 2023, 2024, 2025

Dialectical Behavior Therapy (DBT) Summer Seminar, Stanford University

Teach components of a 10-week course that instructs fourth-year psychiatry residents to identify appropriate candidates for DBT, know the stages of DBT and appropriate interventions for each stage, be able to explain the core theoretical frameworks that inform DBT, and recognize and be able to explain basic DBT skills.

Instructor

Fall 2022, Winter & Fall 2023, Spring & Summer 2024, Spring 2025

An Overview of Modern Psychotherapy Approaches, Stanford Continuing Studies Program

Teach a 6-week course that provides a brief introduction to the theory and techniques of several major therapy approaches, including psychodynamic psychotherapy, CBT, DBT, ACT, MI, and trauma-focused treatments.