

Megan E. Spokas, Ph.D.

Associate Professor
La Salle University
Psychology Department
1900 West Olney Avenue
Philadelphia, PA 19141
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EDUCATION

Graduate: Temple University, Philadelphia, PA
M.A., Clinical Psychology, 2004
Ph.D., Clinical Psychology, 2007
Advisor: Richard G. Heimberg, Ph.D.
Dissertation Title: *Examination of Social Anxiety and its Relation to Parenting Styles and Practices*

Undergraduate: Saint Joseph's University, Philadelphia, PA
B.S., Psychology; Minor: Gender Studies
Magna Cum Laude with General and Departmental Honors

LICENSURE

2009 – Present Commonwealth of Pennsylvania, PS016595

PROFESSIONAL POSITIONS

2015 – Present Associate Professor, Psychology Department, La Salle University
2009 – 2015 Assistant Professor, Psychology Department, La Salle University

2011 – Present Clinical Psychologist, Private Practice, Wynnewood, Pennsylvania
2011 – Present Visiting Faculty, Psychology Department, Princeton University

2009 – 2014 Consultant, Veterans Administration National Training Initiative in Cognitive-Behavioral Therapy for Depression
2009 – 2011 Clinical Psychologist, The Center, King of Prussia, Pennsylvania
2007 – 2009 Postdoctoral Researcher, Aaron T. Beck Psychopathology Research Center, University of Pennsylvania

2007 – 2009 Clinician, Center for Cognitive Therapy, University of Pennsylvania
2006 – 2007 Pre-doctoral Clinical Psychology Intern, Temple University Hospital (APA accredited)
2005, 2006, 2008 Adjunct Professor, Department of Psychology, Temple University

TEACHING EXPERIENCE

Doctoral Level

PSY 702; Mechanisms of Change in Psychotherapy, La Salle University
PSY 704; Psychopathology, La Salle University
PSY 714; Human Behavior III: Personality and Individual Differences, La Salle University
PSY 782; Practicum Seminar, La Salle University
PSY 783; Practicum Seminar, La Salle University
PSY 740; Advanced Cognitive Behavioral Therapy, La Salle University
PSY 661; Cognitive and Behavioral Therapies; Temple University

Master's Level

PCC 544; Human Behavior: A Developmental Perspective; La Salle University at the University of New York in Prague, Czech Republic

Undergraduate Level

HON 155; Introduction to Psychology (Honors Program); La Salle University

PSY 207; Abnormal Psychology, Princeton University

PSY 444; Undergraduate Research: Suicide Intervention Training, La Salle University

PSY 444; Undergraduate Research: Trauma and Impulsivity, La Salle University

PSY 155; Introduction to Psychology; La Salle University

PSY 60; Introductory Psychology; Temple University

PSY 67; Statistics for the Social Sciences, Temple University

GRANT FUNDING

Title: *Exploration of Expectations, Attitudes, and Perceived Barriers to Mental Healthcare Among Refugees and Asylum Seekers*

Funding Mechanism: La Salle University Brother Alfred Kelly Center for Social Justice Research

Role: Principal Investigator

Funding amount and period: \$1000, June 2013 – May 2014

Title: *Examination of a relapse prevention task in preventing future suicide attempts*

Funding Mechanism: American Foundation for Suicide Prevention, Postdoctoral Fellowship Grant

Role: Principal Investigator

Funding amount and period: \$52,333, July 2008 – August 2010

HONORS AND AWARDS

2014	Research Leave, La Salle University
2006	Graduate Research Award for Dissertation Funding, Temple University
2005	Bolton Award for Dissertation Funding, Psychology Department, Temple University
2004, 2005	Letter of Commendation, Clinical Psychology Department, Temple University
2002 – 2004	University Fellowship, Temple University
2000	Ellacuría Award for excellence in Latin American Studies, Saint Joseph's University
2000	Student Government Association Scholarship Award, Saint Joseph's University
1999 – 2000	Psi Chi, National Psychology Honor Society
1998 – 2000	Alpha Sigma Nu, National Jesuit Honor Society

PEER-REVIEWED PUBLICATIONS

Spokas, M., Wenzel, A., Brown, G. K., & Beck, A. T. (2012). Characteristics of individuals making impulsive suicide attempts. *Journal of Affective Disorders, 136*, 1121-1125.

Wiltsey Stirman, S., Bhar, S. S., **Spokas, M.,** Creed, T. C., Perivoliotis, D., Farabaugh, D., Brown, G. K., & Beck, A. T. (2010). Training and consultation in evidence based psychosocial treatments in public mental health settings: The ACCESS Model. *Professional Psychology: Research and Practice, 41*, 48-56.

Spokas, M., & Heimberg, R.G. (2009). Overprotective parenting, social anxiety, and external locus of control: Cross-sectional and longitudinal relationships. *Cognitive Therapy and Research, 33*, 543-551.

Spokas, M., Luterek, J., & Heimberg, R.G. (2009). Social anxiety and emotional inhibition: The mediating role of beliefs. *Journal of Behavior Therapy and Experimental Psychiatry, 40*, 283-291.

- Spokas, M.**, Wenzel, A., Wiltsey Stirman, S., Brown, G. K., & Beck, A. T. (2009). Suicide risk factors and mediators between childhood sexual abuse and suicide ideation among male and female suicide attempters. *Journal of Traumatic Stress, 22*, 467-470.
- Weeks, J. W., **Spokas, M. E.**, & Heimberg, R. G. (2007). Psychometric evaluation of the Mini-Social Phobia Inventory (Mini-SPIN) in a treatment-seeking sample. *Depression and Anxiety, 24*, 382-391.
- Huppert, J. D., Moser, J. S., Gershuny, B. S., Riggs, D. S., **Spokas, M. E.**, Filip, J., Hajcak, G., Parker, H. A., Baer, L., & Foa, E. B. (2005). The relationship between obsessive compulsive and post-traumatic stress symptoms in clinical and non-clinical samples. *Journal of Anxiety Disorders, 19*, 127-136.

CHAPTERS AND INVITED ARTICLES

- Spokas, M.**, & Cardaciotto, L. A. (2014). Heterogeneity within social anxiety disorder. In J. W. Weeks (Ed.), *The Wiley-Blackwell Handbook of Social Anxiety Disorder* (pp. 247-267). Malden, MA: Wiley-Blackwell.
- Wenzel, A., & **Spokas, M.** (2014). Cognitive and information-processing approaches to understanding suicidal behaviors. In M. Nock (Ed.), *Oxford Handbook of Suicide and Self-Injury* (pp. 235-254). New York: Oxford University Press.
- Brown, G. K., Wiltsey Stirman, S., & **Spokas, M.** (2010). Relapse prevention of suicide attempts: Application of cognitive therapy. In C.S. Richards & M.G. Perri, *Relapse Prevention for Depression* (pp. 177-198). Washington, DC: American Psychological Association.
- Spokas, M. E.**, Rodebaugh, T. L., & Heimberg, R. G. (2008). Treatment Outcome Research. In D. McKay, *The Handbook of Research Methods in Abnormal and Clinical Psychology*, (pp. 513-530). Thousand Oaks, CA: Sage Publications.
- Spokas, M. E.**, Rodebaugh, T. L., & Heimberg, R. G. (2008). Evaluating the effects of psychological inventions. In M. Hersen & A. Gross, *The Handbook of Clinical Psychology, Volume 1: Adults*, (pp. 300-341). New York, NY: Wiley.
- Spokas, M. E.**, Rodebaugh, T. L., & Heimberg, R. G. (2004). Cognitive biases in social phobia. *Psychiatry, 3*, 51-55.

MANUSCRIPTS IN PREPARATION

Underlined Authors are Mentored Students

- Jagoda, L., & **Spokas, M.** (in preparation). Psychology graduate students' training experiences in suicide risk assessment and intervention.
- Silverman, A., **Spokas, M.**, Gambrel, L., Paull, E., & Thompson, J. (in preparation). Resident assistants' reflections, reactions, and training needs concerning student suicide prevention on college campuses.
- Brady, V., **Spokas, M.**, Block-Lerner, J., & Cardaciotto, L. A. (in preparation). Experiential avoidance and mindfulness as correlates of posttraumatic stress disorder symptoms among male and female emergency medical services personnel.
- Garson, J. K., & **Spokas, M.** (in preparation). The efficacy of a one-hour training program in suicide risk assessment and safety planning for healthcare providers serving older adults.
- Spokas, M.** (in preparation). Exploring the relation between childhood sexual abuse and suicide.

Spokas, M., Wiltsey Stirman, S., Brown, G. K., & Beck, A. T. (in preparation). Assessing the use of a relapse prevention task in cognitive therapy for suicide prevention.

Wenzel, A., **Spokas, M.**, & Herlyn, B. (in preparation). Affectivity and adaptivity in scripts for anxiety provoking situations.

PROFESSIONAL PRESENTATIONS
Underlined Authors are Mentored Students

Ziegelbaum, B., Spokas, M., Carlquist, A., Holzman, J., Mattei, S., & Goldbacher, E. (November 2015). *The relationships between difficulties with emotion regulation and suicide ideation and attempts*. Poster to be presented at Association for Behavioral and Cognitive Therapies, Chicago, IL.

Thompson, J., **Spokas, M.**, & Gambrel, L. (June 2015). *Experiences of US healthcare among Sudanese refugees*. Poster presented at North American Refugee Health Conference, Toronto, Canada.

Cuccurullo, L.A., **Spokas, M.**, Wenzel, A., Brown, G.K., & Beck, A.T. (November 2014). *Prevalence of Complex PTSD within a psychiatric population with suicide ideation*. Poster presented at International Society for Traumatic Stress Studies, Miami, FL.

Juncos, D., Cardaciotto, L. A., **Spokas, M.**, Falcone, D., Morgan, M., & Gent, L. (November 2013). *Acceptance and Commitment Therapy for the Treatment of Musical Performance Anxiety: A Single Case Design*. Poster presented at Association for Behavioral and Cognitive Therapies, Nashville, TN.

Silverman, A., **Spokas, M.**, Gambrel, L., Paull, E., & Thompson, J. (November 2013). *Resident Assistants' Reflections, Reactions, and Trainings Needs Concerning College Campus Suicide Prevention*. Poster presented at Association for Behavioral and Cognitive Therapies, Nashville, TN.

Fierstein, R., **Spokas, M.**, Cardaciotto, L. A., Murphy-Eberenz, K., Carlquist, A., & Jalon, S. (November 2013). *The relationship between self-compassion and avoidance symptoms of post-traumatic stress disorder among a clinical sample of trauma survivors*. Poster presented at International Society for Traumatic Stress Studies, Philadelphia, PA.

Igoe, M., **Spokas, M.**, Kraenbring, M., Ulmer, J., & McMahon, C. (March 2013). *Do current depressive symptoms affect the usefulness of cognitive emotion regulation strategies in women with breast cancer?* Poster presented at Society for Behavioral Medicine, San Francisco, CA.

Spokas, M. (November 2012). *Training in suicide risk assessment and intervention*. Chair of symposium presented at Association for Behavioral and Cognitive Therapies, National Harbor, MD.

Garson, J., Silverman, A., & **Spokas, M.** (November 2012). *The Efficacy of a One-hour Suicide Risk Assessment Training in a Group of Health and Mental Health Professionals Who Serve Older Adults*. Symposium presented at Association for Behavioral and Cognitive Therapies, National Harbor, MD.

Handsuh, L., & **Spokas, M.** (November 2012). *Psychology Graduate Students' Training Experiences in Suicide Risk Assessment and Intervention*. Symposium presented at Association for Behavioral and Cognitive Therapies, National Harbor, MD.

Bordfeld, A., Winch, E., & **Spokas, M.** (November 2011). *Associations between maternal social anxiety and parenting practices: Examination of both maternal and offspring reports*. Poster presented at Association for Behavioral and Cognitive Therapies, Toronto, Canada.

- Garson, J. K., Silverman, A., & Spokas, M. (November 2011). *Efficacy of a graduate curriculum in evidence-based suicide risk assessment*. Poster presented at Association for Behavioral and Cognitive Therapies, Toronto, Canada.
- Popick, V., Spokas, M., Block-Lerner, J., Cardaciotto, L., & Martin, R. (November 2011). *Mindfulness, experiential avoidance, and PTSD in a national sample of emergency medical technicians*. Poster presented at International Society for Traumatic Stress Studies, Baltimore, MD.
- Catella, S., Saxton, V., Block-Lerner, J., Cardaciotto, L., & Spokas, M. (November 2010). *Self-compassion and quality of life in individuals with anxiety disorders*. Poster presented at Association for Behavioral and Cognitive Therapies, San Francisco, CA.
- Donahue, J., Popick, V., Catella, S., Saxton, V., Hertzbach, R., & Spokas, M. (November 2010). *Childhood emotional abuse and current quality of life: Examining the mediating role of emotional nonacceptance*. Poster presented at Association for Behavioral and Cognitive Therapies, San Francisco, CA.
(*Donahue et al.* was also presented at the annual Philadelphia Behavior Therapy Association student research exhibition on May 23, 2011 and was chosen as one of four award recipients for excellence in research.)
- Cuccurullo, L. A., Stoudt, K., Spokas, M., Wenzel, A., Brown, G. K., & Beck, A. T. (November 2009). *Childhood sexual abuse history and impulsivity among suicidal individuals*. Poster presented at Association for Behavioral and Cognitive Therapies, New York, NY.
- Spokas, M., Wenzel, A., Brown, G. K., & Beck, A. T.** (November 2009). *Characteristics of individuals making impulsive suicide attempts*. Poster presented at Association for Behavioral and Cognitive Therapies, New York, NY.
- Spokas, M., Wiltsey Striman, S., Brown, G. K., & Beck, A. T.** (November 2009). *Psychometric properties of the Relapse Prevention Rating Scale*. Poster presented at Association for Behavioral and Cognitive Therapies, New York, NY.
- Stoudt, K., Cuccurullo, L. A., Spokas, M., Wenzel, A., Brown, G. K., & Beck, A. T. (November 2009). *Hopelessness, religious commitment, and suicide attempt history*. Poster presented at Association for Behavioral and Cognitive Therapies, New York, NY.
- Spokas, M., Wenzel, A., Brown, G. K., & Beck, A. T.** (November 2008). *Recruiting suicidal patients from addiction treatment settings*. Symposium presented at Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Spokas, M., Wenzel, A., Wiltsey Striman, S., Brown, G. K., & Beck, A. T.** (November 2008). *History of childhood sexual abuse among recent suicide attempters*. Poster presented at Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Spokas, M. E., & Heimberg, R. G.** (November 2007). *Examination of social anxiety and its relation to parenting styles and practices*. Poster presented at Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Spokas, M. E., Heimberg, R. G., & Jakatdor, T.** (November 2005). *The effect of self-imagery on memory for social information*. Symposium presented at Association for Behavioral and Cognitive Therapies, Washington, DC.

- Weeks, J., **Spokas, M. E.**, & Heimberg, R. G. (March 2004). *Psychometric evaluation of the Mini-Social Phobia Inventory (Mini-SPIN) in a treatment-seeking sample*. Poster presented at Anxiety Disorders Association of America, Miami, FL.
- Moser, J. A., **Spokas, M. E.**, Huppert, J. D., Riggs, D. S., Filip, J. C., & Foa, E. B. (November 2002). *The relationship between obsessive compulsive and post-traumatic stress symptoms in clinical and non-clinical samples*. Poster presented at Association for the Advancement of Behavioral Therapy, Reno, NV.
- Spokas, M. E.**, Riggs, D. S., Kalmanson, D., Foa, E. B., & Volpicelli, J. (November 2002). *Clinical characteristics of individuals seeking treatment for comorbid PTSD and alcohol dependence*. Poster presented at Association for the Advancement of Behavioral Therapy, Reno, NV.
- Spokas, M. E.**, Moser, J. A., Riggs, D. S., Huppert, J. D., Filip, J. C., & Foa, E. B. (November 2002). *Obsessive-compulsive symptoms in female assault victims*. Poster presented at Association for the Advancement of Behavioral Therapy, Reno, NV.
- Filip, J. C., **Spokas, M. E.**, Huppert, J. D., Riggs, D. S., & Foa, E. B. (November 2001). *Obsessive-compulsive symptoms in female assault victims with PTSD*. Poster presented at Association for the Advancement of Behavioral Therapy, Philadelphia, PA.
- Spokas, M. E.**, Bux, D. A., & Foa, E. B. (November 2001). *Prevalence of trauma in a treatment seeking substance abusing sample*. Poster presented at Association for the Advancement of Behavioral Therapy, Philadelphia, PA.
- Mindell, J. A., & **Spokas, M. E.** (June 2001). *Parental work status and sleep habits of school-aged children*. Poster presented at the Association of Professional Sleep Societies, Chicago, IL.
- Bux, D. A., Kampmann, K., Rukstalis, M., Hamlin, C., **Spokas, M. E.**, Jensen, R., Lipkin, C., & Foa, E. B. (November 2000). *Clinical characteristics of treatment-seeking substance abusers with undiagnosed Post-Traumatic Stress Disorder*. Poster presentation at Association for the Advancement of Behavioral Therapy, New Orleans, LA.
- Hamlin, C., Sacks, M., **Spokas, M. E.**, Gammon, P., Zoellner, L. A., Franklin, M. E., March, J., & Foa, E. B. (November 2000). *Assessing Family Functioning in Pediatric OCD*. Poster presented at Association for the Advancement of Behavioral Therapy, New Orleans, LA.
- Filip, J. C., Franklin, M. E., Bux, D. A., Dorfan, N. M., **Spokas, M. E.**, Foa, E. B., Keefe, F. J., Sandstrom, M., & Davidson, J. R. T. (November 2000). *Social skills in Generalized Social Phobia: Comparison with matched controls*. Poster presented at Association for the Advancement of Behavioral Therapy, New Orleans, LA.
- Mindell, J. A., **Spokas, M. E.**, & O'Brien, E. M. (June 2000). *Sleep in twins: Concordance rates between identical and fraternal twins*. Poster presented at Association of Professional Sleep Societies, Las Vegas, NV.
- Spokas, M. E.**, & Mindell, J. A. (May 2000). *The relationship between parental work status and sleep habits of elementary school children*. Poster presentation at Sigma Xi Research Conference, Saint Joseph's University, Philadelphia, PA.
- Mindell, J. A., O'Brien, E. M., & **Spokas, M. E.** (April 2000). *Sleep in twins: Research findings and clinical considerations*. Presentation at the Northeast Sleep Society Conference, Worcester, MA.

OTHER PRESENTATIONS

September 2015: Guest Panelist, La Salle University
 Screening and discussion of *The Hunting Ground*, a film exploring sexual assault on college campuses

June 2015; May 2013; June 2012; February 2012: Guest Panelist, La Salle University
 PSY787, Supervision and Management; “Supervision in Cognitive-Behavioral Therapy”

September 2012; September 2011: Guest Lecturer, La Salle University
 PSY 703, Human Behavior: Social Bases; “The Self: The Case of Social Anxiety Disorder”

October 2010: Guest Speaker
 American Foundation for Suicide Prevention Out of the Darkness Community Walk

STUDENT ADVISING SERVICE

Dissertation Committee Chair

Jennifer Holzman (2015-present)
 Alessandra Pieraccini (2015-present)
 Andrew Carlquist (2013-present)
 Simoné Jalon (2013-present)
 Kajal Bhatt (2012-present)
 Brooke Ziegelbaum (2013-2015)
 Janelle Thompson (2012-2015)
 Robin (Hertzbach) Fierstein (2011-2014)
 Alaina Silverman (2011-2013)
 Mandy Porter (2010-2014)
 Lori (Handschuh) Jajoda (2010-2013)
 Julie Garson (2010-2012)
 Molly Ruddy (2010-2012)
 Victoria Popick (2009-2011)

Dissertation Committee Member

Djouher Bessai (2015-present)
 Casy Chehayl (2015-present)
 Eleanor Benner (2014-present)
 Courtney DeAngelis (2014-present)
 Victoria Hartman (2014-present)
 Lienna Wilson (2014-present)
 Amanda Banes (2012-2015)
 Emily Paull (2013-2015)
 Niela Fuchs (2012-2015)
 Emily Winch (2011-2015)
 Michael Haas (2011-2013)
 David Juncos (2010-2014)
 Amanda Bordfeld (2010-2013)
 Lindsay Sauers (2010-2013)
 Valerie Saxton (2010-2013)
 Charles Valadez (2010-2013)
 Tim Wright (2010-2013)
 Katherine Reid (2009-2012)
 Lisa Cuccurullo (2009-2011)

Undergraduate Research Advisor

Wesley Davis, *PSY 444*, Trauma and Impulsivity (Fall 2011)

John Mentor, Research Assistant Volunteer (Fall 2011); *PSY 444*, Suicide Intervention Training (Spring 2012); *PSY 445*, Suicide Intervention Training (Spring 2013)

Student Performance Evaluation Committee

September 2009 – Present

Advise and provide feedback to 10-15 doctoral-level graduate students

SELECTED UNIVERSITY AND DEPARTMENTAL SERVICE

Committee Member, University Fellowships Committee, Fall 2015 – Present

Committee Member, Psy.D. Program Admissions Committee, Spring 2010 – Present

Faculty Advisor, American Foundation for Suicide Prevention's Community Walk, Fall 2010 – Present

Faculty Advisor, Team for Advising in Graduate Study (TAGS), Fall 2010 – Present

Committee Member, Arts and Sciences Graduate Curriculum Committee, Fall 2012- Fall 2015

Committee Member, Faculty Development Committee, Fall 2012- Spring 2015

Committee Chair, Psy.D. Program Alumni Survey Development Committee, Fall 2012 – Spring 2013

Committee Member, Psychology Department Grimes Lecture Series, Fall 2011 – Spring 2012

Committee Chair, Psy.D. Service Award Selection Committee, May 2012

Committee Member, Beck Scientist-Practitioner Alumni Award Selection Committee, May 2010

Committee Member, Psy.D. Service Award Selection Committee, May 2010

Committee Member, Undergraduate Psychology Research Award Selection Committee, April 2010

PROFESSIONAL SERVICE

Reviewer, Association for Behavior and Cognitive Therapies (ABCT), Conference Submissions (2015)

Treasurer, Philadelphia Behavior Therapy Association (2010 – 2014)

Mentor to Graduate Students, ABCT Suicide and Self-Harm Special Interest Group (2011 – 2012)

Guest Speaker, American Foundation for Suicide Prevention's Out of the Darkness Community Walk (2010)

Board of Directors, Philadelphia Behavior Therapy Association (2009 – 2014)

Ad Hoc Peer-Reviewer: *Behavior Therapy*, *Child Abuse and Neglect*, *Cognitive Behaviour Therapy*, *Cognitive Therapy and Research*, *General Hospital Psychiatry*, *International Journal of Social Psychiatry*, *Journal of Anxiety Disorders*, *Psychiatry Research*, *Psychiatry Review*, *Self and Identity*, Oxford University Press

Reviewer: American Psychological Association, Division 56, Trauma Psychology (2008, 2009)

PROFESSIONAL MEMBERSHIPS

American Psychological Association (2009 – Present)

Philadelphia Behavior Therapy Association (2009 – Present)

Association for Behavioral and Cognitive Therapies (2000 – Present)

International Society for Traumatic Stress Studies (2013 – 2014)

Society for the Science of Clinical Psychology (2010 – 2012)