

CURRICULUM VITAE
(Last revised September 2014)

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CURRENT POSITIONS

- 2014-current Rutgers, The State University of New Jersey**, New Brunswick, NJ (Flagship Campus)
Assistant Professor – Tenure Track
Director – Affective and Biological Underpinnings on Substance use and Anxiety Lab (ABUSA)
Department of Psychology – Clinical Ph.D. Program
- 2014-current Rutgers, The State University of New Jersey**
Core Faculty
Institute for Health, Healthcare Policy, and Aging Research

POSTDOCTORAL TRAINING

- 2012-2013 University of California, San Francisco**, San Francisco, CA
National Institute on Drug Abuse funded Training Program
T32DA007250, National Research Service Award
Drug Abuse Treatment and Services Research
Director: James Sorensen, Ph.D.
Supervisors: Sharon Hall, Ph.D., Jodi Prochaska, Ph.D.

EDUCATION

- 2011-2012 University of California, San Francisco**, San Francisco, CA
Clinical Psychology Internship (APA-accredited program)
- 2006-2012 University of Vermont (UVM)**, Burlington, VT
Ph.D., Clinical Psychology, (APA-accredited program)
Supervisor: Michael Zvolensky, Ph.D.
Dissertation: *The Interaction of Nicotine Withdrawal and Panic Disorder Status in the Prediction of Panic-Relevant Responding to a Biological Challenge*
- 2001-2004 Colby College**, Waterville, ME, 2001-2004
Bachelor of Arts, Psychology, Minor in Human Development
- 2000-2001 Connecticut College**, New London, CT, 2000-2001

HONORS AND AWARDS

- 2013-current National Institute on Drug Abuse, Loan Repayment Award**
2012-2014 National Institute on Drug Abuse, Institutional National Research Service Award

- 2012 Career Development Travel Award**, Anxiety Disorders Association of America
- 2012 Increasing Diversity in Nicotine and Tobacco Research Travel Scholarship**
Society for Research on Nicotine Dependence
- 2008-2011 National Institute on Drug Abuse, National Research Service Award**
- 2011 Mini-Grant Travel Award**, University of Vermont, Graduate College
Awarded \$300 for conference presentation and travel
- 2009 Wheel Award**, Anxiety and Health Research Laboratory, University of Vermont
Graduate college registered, awarded for excellence in research performance
- 2009 Graduate Student Professional Development Funds Award**, McNeil Prevention and Community Psychology, University of Vermont, Department of Psychology,
Awarded \$500 for the organization of a professional development series
- 2009 Graduate Student Dissertation Award**, McNeil Prevention and Community Psychology, University of Vermont, Department of Psychology.
Awarded \$1000 to supplement dissertation research
- 2009 Graduate Student Travel Award**, McNeil Prevention and Community Psychology Fund
Department of Psychology, University of Vermont
Awarded \$600 for conference presentation and travel
- 2006-2008 National Institute on Drug Abuse, Predoctoral Minority Supplemental Fellowship**
- 2008 Early Career Investigator Poster Session Travel Award**
National Institute on Drug Abuse/American Psychological Association
Awarded \$750 for APA conference attendance travel and presentation
- 2008 Mini-Grant Travel Award**
University of Vermont Graduate College
Awarded \$200 for conference presentation and attendance
- 2004 Cum Laude**, Colby College
- 2002-2004 Dean's Honor List**, Colby College
- 2001 Dean's Honor List**, Connecticut College

GRANT SUPPORT

- 2013-Present Principal Investigator**, *Clarifying the Role of Distress Tolerance and Smoking Cessation Processes*
San Francisco Treatment Research Center (P50-DA09253)
National Institute on Drug Abuse (NIDA): National Institutes of Health (NIH)
Program Director: James L. Sorenson, Ph.D.
- 2008-2011 Principal Investigator**, *Panic Disorder and Nicotine Withdrawal*
Pre-doctoral National Research Service Award for Minority Students (F31 DA024919)
National Institute on Drug Abuse (NIDA): National Institutes of Health (NIH)
Faculty Sponsor: Michael J. Zvolensky, Ph.D.
- 2006-2008 Predoctoral Fellow**, *Anxiety Sensitivity and Smoking Treatment* (PI: Michael J. Zvolensky, Ph.D.)
Pre-doctoral Fellowship Award for Minority Students (R01 DA018734)
National Institute on Drug Abuse (NIDA): National Institutes of Health (NIH)

Peer-Reviewed Journal Articles

26. **Leyro, T. M., Babson, K. A, Bonn-Miller, M. O.,** (in press). Anxiety sensitivity in relation to sleep quality among HIV-infected individuals. *Journal of the Association of Nurses in AIDS Care.*

25. **Leyro**, T. M., Vujanovic, A. A., Bonn-Miller, M. O. (in press). Examining associations between cognitive-affective vulnerability and HIV symptom severity, perceived barriers to treatment adherence, and viral load among HIV-positive adults. *International Journal of Behavioral Medicine*. Doi 10.1007/s12529-014-9404-8.
24. **Leyro**, T. M., Hall, S. M., Hickman, N., Kim, R., Hall, S. E., & Prochaska, J. J. (2013). Clinical Management of Tobacco Dependence in Inpatient Psychiatry: Provider Practices and Patient Utilization. *Psychiatric Services*, *64*, 1161-1165.
23. **Leyro**, T. M., & Zvolensky, M. J. (2013). The interaction of nicotine withdrawal and panic disorder in the prediction of panic-relevant responding to a biological challenge. *Psychology of Addictive Behaviors*, *27*, 90-101.
22. McHugh, R. K., Reynolds, E. K., **Leyro**, T. M., & Otto, M. W. (2013). An examination of the association of distress intolerance and emotion regulation with avoidance. *Cognitive Therapy and Research*, *33*, 63-67.
21. **Leyro**, T. M., Berenz, E. C., Brandt, C. P., Smits, J. A. J., & Zvolensky, M. J. (2012). Evaluation of perseveration in relation to panic-relevant responding: An initial test. *Behavioural and Cognitive Psychotherapy*, *40*, 205-219.
20. Marshall-Berenz, E. C., Gonzalez, A., **Leyro**, T. M., & Zvolensky, M. J. (2011). Examination of mask disturbance behavior during a carbon dioxide-enriched air challenge. *Journal of Behavior Therapy and Experimental Psychiatry*, *42*, 253-257.
19. **Leyro**, T. M., Bernstein, A., Vujanovic, A. A., McLeish, A. C., & Zvolensky, M. J. (2011). Distress Tolerance Scale: A Confirmatory Factor Analysis among daily cigarette smokers. *Journal of Psychopathology and Behavioral Assessment*, *33*, 47-57.
18. Zvolensky, M. J., Vujanovic, A. A., Bernstein, A., & **Leyro**, T. M. (2010). Distress tolerance: Theory, measurement and relations to psychopathology. *Current Directions in Psychological Science*, *19*, 406-410.
17. Howell, A. N., **Leyro**, T. M., Hogan, J., Buckner, J. D., & Zvolensky, M. J. (2010). Anxiety sensitivity, distress tolerance, and discomfort intolerance in relation to coping and conformity motives for alcohol use and alcohol use problems among young adult drinkers. *Addictive Behaviors*, *25*, 1144-1147.
16. **Leyro**, T. M., Zvolensky, M. J., & Bernstein, A. (2010). Distress tolerance and psychopathological symptoms and disorders: A review of the empirical literature among adults. *Psychological Bulletin*, *136*, 576-600.
15. Tart, C. D., **Leyro**, T. M., Richter, A., Zvolensky, M. J., Rosenfeld, D., & Smits, J. A. J. (2010). Negative affect as a mediator of the relationship between vigorous-intensity exercise and smoking: A concurrent test. *Addictive Behaviors*, *35*, 580-585.
14. **Leyro**, T. M., Zvolensky, M. J., Vujanovic, A. A., Johnson, K., Gregor, K. (2010). Perceived physical health and heart-focused anxiety among daily adult cigarette smokers: Associations with affect-relevant smoking motives and outcome expectancies. *Cognitive Behaviour Therapy*, *39*, 11-23.
13. Gonzalez, A., Vujanovic, A. A., Johnson, K. A., **Leyro**, T. M., & Zvolensky, M. J. (2009). The role of mindful attention in regard to the relation between negative affect reduction outcome expectancies and emotional vulnerability among adult cigarette smokers. *Cognitive Therapy and Research*, *33*, 645-656.

12. Zvolensky, M. J., Johnson, K., **Leyro**, T. M., Hogan, J., & Tursi, L. (2009). Quit-attempt history: Relation to current levels of emotional vulnerability among adult cigarette smokers. *Journal of Studies on Alcohol and Drugs*, 70, 551-554.
11. Johnson, K. A., Bonn-Miller, M. O., **Leyro**, T. M., & Zvolensky, M. J. (2009). Anxious arousal and anhedonic depression symptoms and the frequency of current (past 30 days) marijuana use: Testing the mediating role of marijuana use coping motives among active users. *Journal of Studies on Alcohol and Drugs*, 70, 543-550.
10. Marshall, E. C., Vujanovic, A. A., Kutz, A., Gibson, L., **Leyro**, T., & Zvolensky, M. J. (2009). Reasons for quitting smoking prior to a self-quit attempt among smokers with and without posttraumatic stress disorder or other anxiety/mood psychopathology. *American Journal on Addictions*, 18, 309-315.
9. McLeish, A. C., Zvolensky, M. J., Marshall, E. C., & **Leyro**, T. M. (2009). Negative affectivity as a moderator of the association between smoking status and anxiety sensitivity, anxiety symptoms, and perceived health among young adults. *Journal of Nervous and Mental Disease*, 197, 111-116.
8. Marshall, E. C., Zvolensky, M. J., Vujanovic, A. A., Gregor, K., Gibson, L. E., & **Leyro**, T. M. (2008). Panic reactivity to voluntary hyperventilation challenge predicts distress tolerance to bodily sensations among daily cigarette smokers. *Experimental and Clinical Psychopharmacology*, 22, 1214-1226.
7. Gonzalez, A., Zvolensky, M. J., Vujanovic, A. A., **Leyro**, T. M., & Marshall, E. C. (2008). An evaluation of anxiety sensitivity, emotional dysregulation, and negative affectivity among daily cigarette smokers: Relation to smoking motives and barriers to quitting. *Journal of Psychiatric Research*, 43, 138-147.
6. **Leyro**, T. M., Zvolensky, M. J., Vujanovic, A. A., & Bernstein, A. (2008). Anxiety sensitivity and smoking motives and outcome expectancies among adult daily smokers: Replication and extension. *Nicotine & Tobacco Research*, 10, 985-994.
5. McLeish, A. C., Zvolensky, M. J., Yartz, A. R., & **Leyro**, T. M. (2008). Anxiety sensitivity as a moderator of the association between smoking status and anxiety symptoms and body vigilance: Replication and extension in a young adult sample. *Addictive Behaviors*, 33, 315-327.
4. Dutra, L., Stathopoulou, G., Basden, S., **Leyro**, T. M., & Otto, M. W. (2008). A meta-analytic review of psychosocial interventions for substance use disorders. *American Journal of Psychiatry*, 165, 179-187.
3. Zvolensky, M. J., Vujanovic, A. A., Bernstein, A., Bonn-Miller, M. O., Marshall, E. C., & **Leyro**, T. M. (2007). Marijuana use motives: A confirmatory test and evaluation among young adult marijuana users. *Addictive Behaviors*, 32, 3122-3130.
2. Otto, M.W., **Leyro**, T.M., Christian, K., Deveney, C.M., Reese, H., Pollack, M.H., & Orr, S.P. (2007). Prediction of "fear" acquisition in healthy control participants in a de novo fear-conditioning paradigm. *Behavior Modification*, 31, 32-51.
1. Otto, M. W., Basden, S., **Leyro**, T. M., McHugh, R. K., & Hofmann, S. G. (2007) Clinical perspectives on the combination of d-cycloserine and CBT for the treatment of anxiety disorders. *CNS Spectrums*, 12, 51-61.

Book Chapters

5. Zvolensky, M. J., Bonn-Miller, M. O., **Leyro**, T., Johnson, K., & Bernstein, A. (2010). Marijuana: An overview of the empirical literature. In B. Johnson (Ed.), *Addiction medicine: Science and practice* (Vol. 1) (pp. 445-461). New York: Springer.

4. ***Leyro**, T. M., *Zvolensky, M. J., Bernstein, A., & Vujanovic, A. A. (2010). Distress tolerance: Historical perspectives, theory, and measurement. In A. Bernstein, M. J. Zvolensky, & A. A. Vujanovic (Eds.), *Distress Tolerance*. Guilford Press: New York.
3. **Leyro**, T. M., Bernstein, A., & Vujanovic, A. A., Zvolensky, M. J. (2010). Distress tolerance: Research synthesis and future directions. In A. Bernstein, M. J. Zvolensky, & A. A. Vujanovic (Eds.), *Distress Tolerance*. Guilford Press: New York.
2. Zvolensky, M. J., **Leyro**, T., Bernstein, A., Feldner, M. T., Yartz, A. R., Babson, K. & Bonn-Miller, M. O. (2008). Tobacco use and panic psychopathology: Current status and future directions (pp. 3-28). In M. J. Zvolensky & J. A. Smits (Eds.), *Anxiety in health behaviors and physical illness: Contemporary theory and research*. New York: Springer.
1. Powers, M. B., Smits, J. A. J., **Leyro**, T. M., & Otto, M. (2006). Translational research perspectives on maximizing the effectiveness of exposure therapy. In D. C. S. Richard and D. Lauterbach (Eds.). *Handbook of Exposure Therapies*. Academic Press.

Conference Presentations and Published Abstracts (* denote undergraduate mentees)

32. **Leyro**, T. M., Zvolensky, M. J. (2014, September). *Nicotine withdrawal severity moderates the relation between panic disorder status and physiological stress reactivity*. Poster presented at the 21st annual meeting of the International Society for the Advancement of Respiratory Psychophysiology. New Brunswick, NJ.
31. **Leyro**, T. M., Hendricks, P. S., & Hall, S. M. (2014, February). If at First You Don't Succeed: Characterization of Smokers with Late Smoking Abstinence Onset. Poster presented at the 20th annual international conference of the Society for Research on Nicotine and Tobacco, Seattle, WA.
30. **Leyro**, T. M., Babson, K. A., & Bonn-Miller, M. O. (2014, April). *Anxiety sensitivity in relation to sleep quality among HIV-positive individuals*. Poster accepted for presentation at the 35th annual meeting and scientific sessions of the Society of Behavioral Medicine, Philadelphia, PA.
29. **Leyro**, T. M., & Zvolensky, M. J. (April, 2013). *Utilizing a Portable Capnograph to Investigate the Interaction between Nicotine Withdrawal and Panic Disorder: Implications for Innovative Interventions*. In J. Hogan and S.G. Farris (Chairs). Utilizing Technology in Translational Research to Delineate Underlying Mechanisms of Anxiety and Tobacco Use. Symposium presented at the 33rd annual Anxiety and Depression Association of American, La Jolla, CA.
28. **Leyro**, T. M., & Bonn-Miller, M. (March, 2013). *Examining the Roles of Anxiety Sensitivity, Distress Tolerance, and Emotion Regulation in terms of HIV Symptom Severity*. Poster presented at the 34th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.
27. **Leyro**, T. M., Hall, S. M., Hickman, N., Hall, S. E., & Prochaska, J. J. (2013, March). Nicotine replacement use during smoke-free psychiatric hospitalization: Provider practices and patient utilization. Poster presented at the 19th annual international conference of the Society for Research on Nicotine and Tobacco, Boston, MA.
26. **Leyro**, T. M., Langdon, K. J., Farris, S. G., Hogan, J., Grover, K. W., Peasley-Miklus, C. E., & Zvolensky, M. J. (March, 2012). *Anxiety sensitivity in relation to positive and negative affect during a self-guided quit attempt: An analysis from ecological momentary assessment*. In Tidey, J. (Chair). Smoking and Psychiatric Comorbidity: Beyond the Self-Medication Hypothesis. Symposium presented at the 19th annual Convention of the Society for Research on Nicotine and Tobacco, Boston, MA.

25. **Leyro, T. M., & Zvolensky, J. J.** (2012, April). *Nicotine withdrawal and panic disorder status in the prediction of panic-relevant responding to a biological challenge*. Poster presented at the 32nd annual conference of the Anxiety and Depression Association of America, Arlington, Virginia.
24. **Leyro, T. M., *Streck, J. M., Prochaska, J. J., Schmidt, N. B., & Zvolensky, M. J.** (2012, March). *Reasons for smoking, outcome expectancies, motives and barriers to cessation relate to years of use: Treatment Implications*. Poster presented at the 18th Annual Meeting of the Society for Research on Nicotine and Tobacco, Houston, Texas.
23. **Leyro, T. M., Brandt, C. P., *Streck, J. M., & Zvolensky, M. J.** (2011, March). *Evaluation of Perseveration in the Prediction of Anxious and Fearful Responding to Bodily Sensations*. Poster presented at the 31st annual conference of the Anxiety Disorders Association of America, New Orleans, LA.
22. **Leyro, T. M., Johnson, K. A., *Lurie, B. F., *McCallion, E. A., *Perrone, M. D., Gibson, L., & Zvolensky, M. J.** (2010, March). *Worry and rumination processes during a self-guided smoking cessation attempt*. Poster presented at the 30th annual conference of the Anxiety Disorders Association of America, Baltimore, MD.
21. **Johnson, K. A., Leyro, T. M., *Lurie, B. F., *McCallion, E. A., *Perrone, M. D., Gibson, L., & Zvolensky, M. J.** (2010, March). *Examining the association between anxious arousal and anhedonic depression symptoms and the number of days between lapse and relapse to smoking during a self-guided cessation attempt*. Poster presented at the 30th annual conference of the Anxiety Disorders Association of America, Baltimore, MD.
20. **Leyro, T. M., Keough, M. E., Bernstein, A., Vujanovic, A. A., McLeish, A. C., Schmidt, N. B., & Zvolensky, M. J.** (2009, November). Distress tolerance: relevance to anxiety pathology, validation of the distress tolerance scale amongst a smoking sample, and treatment implications. In J.D. Buckner (Chair). *The impact of anxiety on cognitive behavioral treatments for substance dependence*. Paper presented at the 43rd annual Association for Behavioral and Cognitive Therapies convention, New York, NY
19. **Howell, A. N.,* Kingsmore, J., Marshall, E., Leyro, T. M., *McCallion, E., Zvolensky, Michael J.** (2009, November). *Anxiety sensitivity, distress tolerance, and discomfort intolerance in relation to motives for alcohol use*. Poster presented at the 43rd Annual Association for Behavioral and Cognitive Therapies Convention, New York, NY.
18. **Tart, C. D., Leyro, T. M., Smits, J. A. J., & Zvolensky, M. J.** (2009, November). *The relationships between vigorous-intensity exercise, mood, and smoker: Anxiety sensitivity and gender as moderators*. Poster presented at the 43rd annual convention of the Association for Behavioral and Cognitive Therapies, New York, NY.
17. **Johnson, K.A., Bonn-Miller, M. O., Leyro, T.M., & Zvolensky, M. J.** (June, 2009). *Anxious arousal and anhedonic depression symptoms and the frequency of current marijuana use: Testing the mediating role of marijuana use coping motives among active users*. Oral presentation presented at the 71st annual College on Problems of Drug Dependence convention, Reno, NV.
16. ***Richter, A., Hogan, J., *Kingsmore, J., Tart, C. D., Leyro, T. M., Smits, J. A. J., & Zvolensky, M. J.** (2009, March). *Physical activity, exercise enjoyment, and perceived health status among cigarette smokers and non-smokers*. Poster presented at the 29th annual conference of the Anxiety Disorders Association of America, Santa Ana Pueblo, NM.
15. **Tart, C. D., Leyro, T. M., Hogan, J., Smits, J. A. J., & Zvolensky, M. J.** (2009, March). *Distress*

tolerance and negative affect as mediators of the relationship between vigorous-intensity exercise and smoking. Poster presented at the 29th annual conference of the Anxiety Disorders Association of America, Santa Ana Pueblo, NM.

14. **Leyro**, T. M., & Keough, M. E. (Chairs, 2009, March) *Examining the need for and theory behind treatments for comorbid anxiety and substance use disorders.* Symposium presented at the 29th annual conference of the Anxiety Disorders Association of America, Santa Ana Pueblo, NM.
13. **Leyro**, T. M., Gregor, K., Zvolensky, M., Yartz, A., Gonzalez, A., & Bernstein, A. (2009, March). Interoceptive exposure-based cessation intervention for smokers high in anxiety sensitivity. In T. M. Leyro and M. E. Keough (Chairs), *Examining the need for and theory behind treatments for comorbid anxiety and substance use disorders.* Symposium presented at the 29th annual conference of the Anxiety Disorders Association of America, Santa Ana Pueblo, NM.
12. Johnson, K.A., Zvolensky, M.J., Yartz, A.R., Gregor, K., **Leyro**, T., Vujanovic, A., Bonn-Miller, M.O., Bernstein, A. (2008, November). Anxiety sensitivity treatment for smokers. In J.D. Buckner (Chair). *Addressing anxiety in psychosocial treatments for addiction: implications for advancing the dissemination of CBT.* Symposium presented at the 42nd annual conference of the Association for Behavioral and Cognitive Therapies convention, Orlando, FL.
11. **Leyro**, T. M., Bernstein, A., Zvolensky, M. J., Vujanovic, A. A., & Moos, R. (2008, November). Integrating anxiety sensitivity, distress tolerance, and discomfort intolerance: A hierarchical model of affect sensitivity and tolerance. In E. Moses (Chair), *Experimental Psychopathology Approaches to the Role of Emotional Regulatory Processes in the Anxiety Disorders.* Symposium presented at the 42nd annual conference of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
10. **Leyro**, T. M., Zvolensky, M. J., Vujanovic, A. A., & Bernstein, A. (2008, August). *Anxiety sensitivity and smoking motives and outcome expectancies among adult daily smokers: replication and extension.* Early Career Investigator Poster presented at the 116th annual convention of the American Psychological Association. Boston, MA.
9. Zvolensky, M. J., Yartz, A. R., Gregor, K., **Leyro**, T., Vujanovic, A., Bonn-Miller, M. O., Marshall, E. C., Johnson, K., & Bernstein, A. (2008, March). Anxiety sensitivity smoking cessation evaluation. In M. Watt (Chair), *Interoceptive exposure in treatment of panic and comorbid disorders: Novel applications and mechanisms of action.* Symposium presented at the 28th annual conference of the Anxiety Disorders Association of America, Savannah, GA.
8. Zvolensky, M. J., Yartz, A. R., Gregor, K., **Leyro**, T., Vujanovic, A., Marshall, E., Bonn-Miller, M. O., & Bernstein, A. (2007, November). Anxiety sensitivity treatment for smokers. In A. Bernstein & K. Gregor (Chairs), *Smoking and anxiety: Basic research and innovative clinical applications.* Symposium presented at the 41st annual conference of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
7. **Leyro**, T. M., Zvolensky, M. J., & Vujanovic, A. A. (2007, November). *Incremental validity of anxiety sensitivity and discomfort intolerance in predicting reasons for smoking and smoking outcome expectancies among regular smokers.* Symposium presented at the 41st annual conference of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
6. **Leyro**, T. M., Zvolensky, M. J., & Vujanovic, A. A. (2007, November). *Heart-focused anxiety and cigarette smoking: linkages to affect-based outcome expectancies and motivational processes.* Poster presented at the 41st annual conference of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
5. Basden, S., **Leyro**, T. M., Eisenmenger, K. E., & Otto, M. W. (2006, November). Conceptualizations of the cognitive effects of D-cycloserine (DCS): Chronic and single-dose paradigms for enhancing memory. In Otto, M. W. (chair). *Novel strategies for combination treatment: Can D-cycloserine*

enhance the effects of CBT on anxiety disorders? Symposium presented at the 40th annual conference of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

4. Bonn-Miller, M. O., McKee, L. G., Vujanovic, A. A., Bernstein, A., **Leyro, T. M.**, & Zvolensky, M. J. (2006, November). *Mindfulness interacts with marijuana use motives to predict frequency of marijuana use*. Poster presented at the 40th annual conference of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
3. Vujanovic, A. A., Bernstein, A., Bonn-Miller, M. O., McKee, L. G., **Leyro, T. M.**, & Zvolensky, M. J. (2006, November). *Incremental validity of mindfulness skills in predicting anxiety symptoms and panic relevant responding to a laboratory challenge using carbon dioxide-enriched air*. Poster presented at the 40th annual conference of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
2. **Leyro, T. M.**, Christian, K., Pollack, M. H., Orr, S. P., Otto, M. W. (2006, March). *Prediction of "fear" acquisition in healthy control participants in a de novo fear-conditioning paradigm*. Poster presented at 26th annual conference of the Anxiety Disorders Association of America, Miami, FL.
1. Dutra, L., Stathopoulou, G., **Leyro, T. M.**, & Otto, M. W. (2005, November). *A meta-analytic review of psychosocial interventions for substance use disorders*. Poster presented at the annual conference of the Association for Behavioral and Cognitive Therapies, Washington, D.C.

INVITED ADDRESSES AND WORKSHOPS

4. **Leyro, T. M.** (2011, March). *An exploration of racial disparities in cancer among cigarette smokers*. Invited presentation to the Psycho-oncology Journal Club at the University of California, San Francisco.
3. **Leyro, T. M.** (2011, November). *An introduction to neuropsychological testing*. Invited lecture presented to the medical residents and students on rotation in the adult inpatient psychiatry unit of Langley Porter Psychiatric Institute at the University of California, San Francisco.
2. **Leyro, T. M.** and Stickle, T. (2009, January). *Here, there, and back again: Maintaining an empirically guided framework when crisis calls*. Invited lecture presented to the licensed and student clinicians of the Behavior Therapy and Psychotherapy Center, Burlington, VT.
1. Zvolensky, M. J., **Leyro, T.**, & Youngwirth, N. (2007, June). *Anxiety sensitivity smoking intervention*. Clinical workshop presented to the anxiety and behavioral health clinic, under the direction of Brad Schmidt, Ph.D., at Florida State University, Tallahassee, Florida.

PROFESSIONAL AFFILIATIONS AND MEMBERSHIPS

- 2005-Present** Anxiety Disorders Association of America (ADAA), Student Member
2005-Present Association for Behavioral and Cognitive Therapies (ABCT), Student Member
2006-Present American Psychological Association (APA), Student Affiliate
2008-Present Society for Research on Nicotine and Tobacco (SRNT), Student Member

EDITORIAL EXPERIENCE

Served as Ad Hoc Journal Reviewer since 2009 (arranged alphabetically)

Addiction
 Addictive Behaviors
 AIDS and Behavior
 American Journal on Addictions
 Clinical Psychology Review
 Cognitive Therapy and Research

Drug and Alcohol Dependence
Journal of Addiction Medicine
Journal of Anxiety Disorders
Journal of Abnormal Psychology
Journal of Behavior Therapy and Experimental Psychiatry
Journal of Studies on Alcohol and Drugs
Journal of Substance Use
Journal of Psychopathology and Behavioral Assessment
Nicotine and Tobacco Research
Personality Disorders: Theory, Research, and Treatment
Personality and Individual Differences
Psychology of Addictive Behaviors
Social Development

CLINICAL EXPERIENCE

2013-2014 Postdoctoral Clinician

University of California, San Francisco
Department of Psychiatry, Young Adult and Family Center

Clinical Services: Co-led multi-family Dialectical Behavior Therapy group for young adults and their families

Supervisors: Esme Shaller, Ph.D. and Barbara Stuart, Ph.D.

2012-2014 Postdoctoral Research Clinician

University of California, San Francisco
Department of Psychiatry

Clinical Services: Individual smoking cessation treatment for individuals enrolled in a combined pharmaco- and psychotherapy program as part of a NIDA-funded clinical research study.

Supervisors: Gary Humfleet, Ph.D., Ricardo Muñoz, Ph.D., and Sharon Hall, Ph.D. (PI)

2011-2012 Clinical Psychology Fellow

University of California, San Francisco
APA-Accredited Clinical Psychology Internship
Langley Porter Psychiatric Institute, San Francisco, CA

Clinical Services: Group therapy (Partial Hospitalization Program, Dialectical Behavior Therapy Multifamily Skills Groups, Cognitive-Behavioral Therapy for Adolescents), Individual Therapy (Cognitive-Behavioral Therapy), & Assessment (Adult Inpatient Unit, Psychiatric Consultation and Liaison Services at Moffitt Long Emergency Department, Neuropsychological Assessment).

Supervisor(s): Anya Ho, Ph.D., Karen Froming, Ph.D., William Hooker, Ph.D., Joel Kramer, Psy.D., Dale McNeil, Ph.D., Judith Prochaska, Ph.D., Ronald Ruff, Ph.D., Esme Shaller, Ph.D., Richard Selph, Psy.D., Jewel Shim, M.D., Dianne Shumay, Ph.D., Alison Yaeger, Psy.D.

2006-2011 Predoctoral Clinician

University of Vermont
Behavior Therapy and Psychotherapy Center

Clinical Services: Individual Therapy (Cognitive-Behavioral Therapy for adults, adolescences, and children suffering from anxiety, mood, and substance use disorders, as well as pervasive developmental disorders; Parent Training for children with disruptive behavior disorders), & Assessment (Comprehensive evaluations for State of Vermont Disability Determination Services, and for determination of Learning Disorders, Disruptive Behavior Disorders, and Pervasive Developmental Disorders).

Supervisor(s): Lee Rosen, Ph.D., Karen Fondacaro, Ph.D., Kathleen B. Kennedy, Ph.D., Rex Forehand, Ph.D., Teresa Linares Scott, Ph.D., and Tim Stickle, Ph.D.

2007-2009 Predoctoral Research Clinician
University of Vermont

Duties: Group therapy (Cognitive-behavioral therapy for alcohol use and smoking cessation treatment), and individual therapy (smoking cessation and anxiety management)

Supervisor(s): Alcohol: Lee Rosen, Ph. D. and Magdalena Naylor, M.D., Ph.D. (PI)
Smoking Cessation: Michael J. Zvolensky, Ph.D. and Brad Schmidt, Ph.D.

SELECTED WORKSHOPS AND SEMINARS

Research/Teaching

- Summer 2012 **Responsible Conduct of Research**
Clinical and Translational Science Institute, University of California, San Francisco
Instructor: Bernard Lo, M.D.
- Fall 2009 **Seminar in Longitudinal Data Analysis, with an emphasis on R**
Department of Psychology, University of Vermont
Instructor: Keith Burt, Ph.D.
- Summer 2008 **Teaching of Psychology**
Department of Psychology, University of New Hampshire
Instructor: Victor Benassi, Ph.D.
- Spring 2005 **Seminar in Structural Equation Modeling, with an emphasis on LISREL**
Department of Psychology, Boston University
Instructor: Tim Brown, Psy.D.

Interventions/Treatment

- Summer 2011 **Introduction to Pharmacotherapy**
Instructor: Louai Bilal, M.D.
Department of Psychiatry, University of California, San Francisco
- Summer 2011 **Dialectical Behavior Therapy for Adolescents and Young Adults**
Instructor: Alison Yaeger, Psy.D.
Department of Psychiatry, University of California, San Francisco
- October 2010 **Wechsler Individual Achievement Test – III (WIAT-III)**
Instructor: Cynthia Cole, Ph.D.
Behavior Therapy and Psychotherapy Center, University of Vermont

- Spring 2010 **Seminar in Dialectical Behavior Therapy**
 Instructor: Alessandra Rellini, Ph.D.
 University of Vermont
- Summer 2010 **Family Based Therapy**
 Instructor: Masha Ivanova, Ph.D.
 Vermont Youth Center for Children and Families and the Behavior Therapy and
 Psychotherapy Center, University of Vermont

PROFESSIONAL SERVICE

- 2010-2011 Program Developer and Facilitator, Pre-Internship Supervisory Program (PIS-P)**
 Behavior Therapy and Psychotherapy Center (BTPC), University of Vermont
Duties: Developed, implemented, and acted as the peer facilitator of the *Pre-Internship Supervisory Program* (PIS-P) at the Behavior Therapy and Psychotherapy Center (BTPC) under the supervision of Karen Fondacaro, Ph.D. (Clinic Director) and Rex Forehand, Ph.D. (DCT). The goal of the program is to provide advanced pre-doctoral clinicians with an introduction to supervision frameworks, additional case presentation experience, clinical didactics, and peer-supervision opportunities.
- 2008-2011 Member, Vermont Tobacco Evaluation & Review Board (VTERB)**
Duties: Nominated to and served with other board members to make decisions regarding the use of mass settlement agreement funds for the state of Vermont including in-person, telephone, and online quit services, adult tobacco survey and cessation program evaluation, media activities and tracking, coalition activities, and legislative agenda.
- 2010-2011 Vermont Representative, North American Quitline Consortium**
Duties: Nominated by VTERB to access webinars and trainings used to broadly disseminate evidence-based smoking cessation practices developed and implemented across the United States and Canada, as well as outcomes and targeted strategies to serve disparate groups.
- 2010-2011 Member, Recruitment of Psychology Graduate Students Task Force**
 Graduate Programs in Psychology, University of Vermont
Duties: Discussed and implemented strategies for increasing applicant pool and acceptance rates in Experimental, Social and Developmental programs at the University of Vermont. Responsible for creating list of small liberal arts schools in the northeast to target via colloquia and invited guest lectures.

Review Activities

- 2013** Society for Research on Nicotine and Tobacco, Preclinical Abstract Reviewer
2010 State of Vermont Tobacco Quitline Applications
2010 State of Vermont Coalition Applications for Tobacco Control and Education
2010 State of Vermont Adult Tobacco Survey Applications

TEACHING EXPERIENCE

Clinical Teaching

- 2012** **Group Therapy Leader**
 Adolescent CBT for Depression, Child and Adolescent Services, Langley Porter
 Psychiatric Hospital, University of California, San Francisco

Duties: Developed adolescent group CBT for depression curriculum and taught and co-supervised peers in its implementation.

2009-2011 **Co-therapist**
Behavior Therapy and Psychotherapy Center, Department of Psychology, University of Vermont
Duties: As lead therapist, worked with junior graduate students in the clinical psychology program, to teach and model cognitive-behavioral interventions for children, adolescents and adults.

2010-2011 **Clinical Peer Supervisor**
Behavior Therapy and Psychotherapy Center, Department of Psychology, University of Vermont
Duties: Met weekly with junior graduate student in the clinical psychology program to assist in assessment planning, case conceptualization, treatment planning, and implementation including teaching and modeling of CBT techniques.

Graduate and Medical School Coursework

2011-present **Small Groups Facilitator**
Course: Social and Behavioral Sciences, University of California, San Francisco, School of Medicine
Duties: Supported content and facilitated medical student discussions (n = 12) of a range of social and behavioral topics (e.g., Bias and Medicine, Biopsychosocial and Cultural Issues, Smoking Cessation, and Health Disparities) with the goal of improving the development of medical students and patient care.

2012 **Guest Lecturer**
Course: A brief introduction to exposure therapy for anxiety disorders, University of California, Department of Psychiatry, Langley Porter Inpatient Service
Duties: Presented evidence-based guidelines for the effective utilization of exposure-based intervention for anxiety disorders to 2nd year psychiatry residents and medical students rotating on inpatient service (n = 10).

2009-2010 **Guest Lecturer**
Course: Graduate Clinical Intervention, Department of Psychology, University of Vermont
Duties: Developed and delivered a guest lectures on exposure therapy for anxiety disorders (n = 6).

2012 **Guest Lecturer**
Course: Evidence-Based Psychotherapy, Palo Alto University, Doctoral Program in Clinical Psychology
Duties: Taught guest lecture on Motivational Interviewing to graduate level clinical psychology students (n = 28)

2011 **Small Groups Co-facilitator**
Course: Smoking Cessation Small Group Seminar, University of California, San Francisco, School of Medicine
Duties: Facilitated small group on pharmacological and psychosocial interventions for tobacco use presented to 2nd year medical students (n = 12).

Undergraduate Coursework

2014 **Professor**
Course: Abnormal Psychology, Department of Psychology, Rutgers University

- 2012** **Guest Lecturer**
Course: Abnormal Psychology, Department of Psychology, University of San Francisco
Duties: Provided lecture on the diagnostic process and treatment planning including case presentation to 24 undergraduate students.
- 2011** **Co-Lecturer**
Course: Abnormal Psychology, Department of Psychology, Continuing Education, University of Vermont
Duties: Developed curriculum, syllabus, and co-taught intensive one-month long continuing education course in Abnormal Psychology at the University of Vermont. Course included overview of etiology, assessment and treatment of abnormal psychology.
- 2010** **Co-Lecturer**
Course: Abnormal Psychology, Department of Psychology, University of Vermont
Duties: Presented lectures on anxiety disorders (e.g. Generalized Anxiety Disorder, Panic Disorder) including empirically-validated assessment strategies and diagnostic criteria (n ~ 150) in team-taught course.
- 2006-2011** **Co-Instructor**
Course: Independent Research Study in the Anxiety and Health Research Laboratory, Department of Psychology, University of Vermont
Duties: Met with undergraduate research assistants weekly to help orient them research in the area of anxiety and health-related co-morbidity and research (e.g. cigarette smoking and cannabis use). Students were additionally responsible for course-relevant readings, article critiques, and developing novel research ideas for conference presentation.