

Curriculum Vitae

Shelley B. Avny

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EDUCATION

Virginia Commonwealth University, Richmond, VA

Ph.D. in Clinical Psychology, 2014

Dissertation: *Long-Term Outcomes of Prolonged Exposure and Naltrexone for Patients with Comorbid Posttraumatic Stress Disorder and Alcohol Dependence*

Dissertation Chair: Scott Vrana, Ph.D.

Virginia Commonwealth University, Richmond, VA

Doctoral Candidacy in Clinical Psychology, 2013

Preliminary Examination: *A Model of Resilience for Children with Deployed Parents*

Virginia Commonwealth University, Richmond, VA

M.S. in Clinical Psychology, 2011

Thesis: *The Alliance-Outcome Association in CBT and Usual Care for Youth Depression Delivered in Community Settings*

Thesis Chair: Bryce McLeod, Ph.D.

University of Maryland – College Park, College Park, MD

B.S. in Psychology and Family Studies, 2006

Honors Thesis: *Child Inattention and Hyperactivity/Impulsivity as Predictors of Parenting Behavior in Families of Children with ADHD*

Thesis Chair: Andrea Chronis-Tuscano, Ph.D.

LICENSURE AND CERTIFICATION

2021 New Jersey State License Number, NJDCATEMP-030365

2016 Psychologist, New York State License Number 021542

CLINICAL EXPERIENCE

Nov 2020-present

Clinical Psychologist, NJ Center for OCD and Anxiety, Monmouth Junction, NJ

Sept 2018-present

Director and Founder, Child & Adolescent Anxiety Practice, New York, NY

May 2016-Sept 2018

Clinical Psychologist, Kurtz Psychology Consulting PC, New York, NY

Director, Selective Mutism Program

Director of Clinical Training

Founder, WeSpeak (first intensive group treatment for tweens/teens with selective mutism)

July 2014-May 2016

Postdoctoral Fellow, Anxiety and Mood Disorders Center, Child Mind Institute, New York, NY

Supervisors: Jill Emanuele, Ph.D. (primary), Rachel Busman, Psy.D., Stephanie Dowd, Psy.D., Jamie Howard, Ph.D., Jerry Bubrick, Ph.D.

- Full range of anxiety disorders, mood disorders, tic disorders, and trichotillomania
- Selective Mutism Service
- Cognitive Behavioral Intervention for Trauma in Schools (CBITS)
- DBT Program
- Provided weekly individual supervision to externs

July 2013-June 2014

Intern, University of Florida Health Science Center, Gainesville, FL

Supervisors: Brenda Wiens, Ph.D. (primary), David Janicke, Ph.D., Shelley Heaton, Ph.D., Gary Geffken, Ph.D.

- General outpatient therapy
- Behavioral Pediatrics Rotation
- Pediatric Neuropsychology Rotation
- Child Clinical Assessment Rotation
- Supervision of graduate students

Aug 2012-Apr 2013

Extern, Pediatric Sleep Center, Children's Hospital of Philadelphia (CHOP), Philadelphia, PA

Supervisor: Melisa Moore, Ph.D.

July 2012-June 2013

Extern, Family Stress and Illness Program, Children's Hospital of Philadelphia (CHOP), Philadelphia, PA

Supervisors: Paul Robins, Ph.D. and Canice Crerand, Ph.D.

June 2011-June 2013

Extern, Child and Adolescent OCD, Tic, Trich, and Anxiety Group (COTTAGE), University of Pennsylvania, Philadelphia, PA

Supervisors: Martin Franklin, Ph.D. and Diana Antinoro-Burke, Psy.D.

Sept 2011-July 2012

Extern, NYU Child Study Center, NYU Langone Medical Center, New York, NY

Supervisor: Richard Gallagher, Ph.D.

June 2011-June 2012

Extern, Center for the Treatment and Study of Anxiety (CTSA), University of Pennsylvania, Philadelphia, PA

Supervisor: Carmen McLean, Ph.D.

June 2010-May 2011

Behavior Specialist, T.E.E.N.S. Healthy Weight Management Program, Virginia Commonwealth University Medical Center, Richmond, VA

Supervisor: Marilyn Stern, Ph.D.

June 2009-May 2011

Practicum Student, Anxiety Clinic, Virginia Commonwealth University, Richmond, VA

Supervisors: Michael Southam-Gerow, Ph.D. and Scott Vrana, Ph.D.

Aug 2009-May 2011

Practicum Student, Center for Psychological Service and Development, Virginia Commonwealth University, Richmond, VA

Supervisors: Scott Vrana, Ph.D., Christine Nelson, Ph.D., and Stephen Auerbach, Ph.D.

Aug 2008-May 2011

Group Leader, Mom's Incarcerated/Dad's Incarcerated, Virginia Department of Correctional Education

Supervisor: Sue Kennon, M.S. and Barbara Myers, Ph.D.

RESEARCH EXPERIENCE

June 2006-June 2008

Research Assistant, Program in Child Affective and Anxiety Disorders, Duke University Medical Center, Durham, NC

Supervisors: John March, M.D. and Scott Compton, Ph.D.

- Coordinated the following studies:
 - (1) Child/Adolescent Anxiety Multimodal Treatment Study (CAMS; PI: John March, M.D.)
 - (2) HRT for Chronic Tic Disorders: A Pilot Project (PI: Scott Compton, Ph.D.)

May 2005-May 2006

Intern, National Institute of Mental Health, National Institutes of Health, Bethesda, MD

Supervisors: Daniel Pine, M.D. and Derek Mitchell, Ph.D.

- Manuscript-writing; data analysis; programmed experimental computer tasks; phone screens

Sept 2004-May 2006

Research Assistant, Maryland ADHD Program, University of Maryland – College Park

Supervisor: Andrea Chronis-Tuscano, Ph.D.

- Assisted in the following studies:
 - (1) Parental ADHD and Parenting: Child Treatment Implications
 - (2) Efficacy of Concerta in Treating ADHD in Mothers of Children with ADHD

Sept 2004-May 2005

Research Assistant, Child Development Lab, University of Maryland – College Park

Supervisor: Nathan Fox, Ph.D.

- Assisted in the Temperament Over Time Study

PUBLICATIONS

McLeod, B. D., Wood, J. J., & Avny, S. B. (2011). Parenting and child anxiety. In D. McKay & E. Storch (Eds.), *Handbook of Child and Adolescent Anxiety Disorders* (pp. 213-228). New York, NY: Springer Science and Business Media.

Southam-Gerow, M. A., McLeod, B. D., Brown, R. C., Quinoy, A. M., & **Avny, S. B.** (2010). Cognitive-behavioral therapy for adolescents. In B. B. Brown & M. J. Prinstein (Eds.), *Encyclopedia of Adolescence, Vol. 3* (pp. 100-108). London: Elsevier.

Avny, S. B. & McLeod, B. D. (2010). A Commentary on "Cognitive-Behavioral Treatment Versus an Active Control for Children and Adolescents with Anxiety Disorders: A Randomized Trial". *Evidence-Based Mental Health, 13*.

Mitchell, D.G.V., Luo, Q., **Avny, S. B.**, Kasprzyski, T., Gupta, K., Chen, G., Finger, E., Blair, R. J. (2009). Adapting to dynamic stimulus-response values: Differential contributions of inferior frontal, dorsomedial, and dorsolateral regions of prefrontal cortex to decision making. *The Journal of Neuroscience, 29*, 10827-10834.

Mitchell, D.G.V., **Avny, S. B.**, Blair, R.J.R. (2006). Divergent patterns of aggressive and neurocognitive characteristics in acquired versus developmental psychopathy. *Neurocase, 12*, 164-178.

ORAL PRESENTATIONS

Avny, S. B., Knickerbocker, L. (2019, October). *How Can I Best Help My Teen? Striking the Balance Between Pushing and Supporting*. Workshop presentation at the annual meeting of the Selective Mutism Association (SMA): Las Vegas, NV.

Avny, S. B., Knickerbocker, L., Kupferberg, R. (2019, October). *When the Silence Persists: The Distinct Clinical Profile of Older Youth with SM*. Focused address presented at the annual meeting of the Selective Mutism Association (SMA): Las Vegas, NV.

Raggi, V., **Avny, S. B.**, Hong, N. (2019, October). *Exploring the Implementation of Intensive Treatment in Schools*. Panel presentation at the annual meeting of the Selective Mutism Association (SMA): Las Vegas, NV.

Avny, S. B., Knickerbocker, L., Furr, J., Kurtz, S. (2018, November). *Using Technology Before, During, and After Intensives for Tweens/Teens with Selective Mutism to Enhance Motivation and Generalization*. Roundtable presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT): Washington DC.

Avny, S. B. (2018, September). Getting Teens on Board: Enhancing Motivation for SM Treatment. Focused address presented at the annual meeting of the Selective Mutism Association (SMA): Chicago, IL.

Kurtz, S., Furr, J., **Avny, S.** (2018, September). *Show Me the Data: Empirical Findings from Intensive Group Treatments for Selective Mutism*. Symposium presented at the annual meeting of the Selective Mutism Association (SMA): Chicago, IL.

Cornacchio, D., **Avny, S. B.**, Kurtz, S., Lambright, R., O'Connor, E. (2017, November). *Intensive Group Behavioral Treatments for Children and Early Adolescents with Selective Mutism*. Panel discussion at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT): San Diego, CA.

Knickerbocker, L., **Avny, S. B.**, Kurtz, S., Gallagher, R. (2017, October). *How Do We Treat SM in*

Tweens and Teens? Panel discussion at the annual meeting of the Selective Mutism Association (SMA): Boston, MA.

Avny, S. B., Schild, J., & Kurtz, S. (2017, April). *WeSpeak: A Novel Treatment to Address the Under-Addressed Needs of Older Kids with Selective Mutism*. Workshop presented at the annual meeting of the Anxiety and Depression Association of America (ADAA): San Francisco, CA.

Busman, R., **Avny, S. B.**, Domingues, J., Mintzer, A. L. (2015, April). *A Multimodal Approach: Intensive Group Treatment for Pediatric Anxiety Disorders*. Workshop presented at the annual meeting of the Anxiety and Depression Association of America: Miami, FL.

Avny, S. B., McLeod, B. D., Wood, J. J., Langer, D. & Weisz, J. R. (2010, June). *Examining the relation between the child-therapist alliance and clinical outcomes in CBT for youth depression*. Symposium presented at the meeting for the World Congress of Behavioral and Cognitive Therapies: Boston, MA.

POSTER PRESENTATIONS

Kupferberg, R., **Avny, S.**, Dorse, J., Ortiz, C. (2020, November). *Intensive group behavioral treatment (IGBT) is preliminarily effective in the treatment of older youth with selective mutism*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT): Virtual Platform.

Dorse, J., **Avny, S. A.**, Kupferberg, R. (2020, November). *Are there discrepancies in parent-child ratings of selective mutism symptoms?* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT): Virtual Platform.

Lacks, R., Joseph, O., Gerringer, O., **Avny, S. B.** (2018, November). *FaceTime versus Face-time: An Examination of the Use of Technology in Follow-Up Services for an Intensive Selective Mutism Program*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (ABCT): Washington DC.

Avny, S. B., Kurtz, S., Rosen, C., Lacks, R., Joseph, O. (2018, September). *Why Can't My Child Speak? A Follow-Up to the SM Documentary*. Symposium presented at the annual meeting of the Selective Mutism Association (SMA): Chicago, IL.

Carozza, V., Joseph, O., **Avny, S. B.** (2018, September). *Keeping It Real: Identifying the Importance of Real-Life Exposures in Treating Adolescents with SM*. Poster presented at the annual meeting of the Selective Mutism Association (SMA): Chicago, IL.

Avny, S. B., & Kurtz, S. (2016, October). *After the Fair: Extending the Power of Intensives Through Systematic Consultation*. Poster presented at the annual meeting of the Selective Mutism Group (SMG): Manhattan Beach, CA.

Avny, S. B., McLean, C. P., Yusko, D. A., Volpicelli, J. R., Imms, P. A., & Foa, E. B. (2012, November). *Predictors of dropout in patients receiving prolonged exposure for PTSD*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies: National Harbor, MD.

Wheat, E. J., **Avny, S. B.**, Archer, E. M., McLeod, B. D., & Weisz, J. R. (2010, June). *Child alliance as a predictor of treatment completion for youth with depressive disorders*. Poster presented at the meeting for the World Congress of Behavioral and Cognitive Therapies: Boston, MA.

Avny, S., Wood, B., Martin, A., McLeod, B. D., Langer, D., & Weisz, J. R. (2008, November). *The association between therapist interventions and the quality of the child alliance in usual care child psychotherapy*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies: Orlando, FL.

Christ, G., **Avny, S. B.**, McLeod, B. D., Langer, D., & Weisz, J. R. (2008, November). *Assessing the relation between client and therapist characteristics and the quality of the child alliance in an effectiveness trial for youths*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies: Orlando, FL.

Avny, S., Chronis-Tuscano, A. M., Clarke, T. L., Pian, J., Rooney, M., & Raggi, V. L. (November, 2007). Are child inattentive and hyperactive/impulsive ADHD symptoms differentially related to parenting? Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies: Philadelphia, PA.

Avny, S., Chronis, A.M., Clarke, T.L., & Raggi, V.L (November, 2006). Inattention and hyperactivity/impulsivity as predictors of parenting in families of children with ADHD. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies: Chicago, IL.

TEACHING, TRAINING, AND SUPERVISION

April 2021

Sole Speaker in Selective Mutism Training for Roswell Independent School District, New Mexico
(3-hour training delivered virtually)

September 2019

Lead Trainer in SM Assessment and Treatment (week-long training of six clinicians), Atlanta, GA

Sept 2018-present

Dissertation Committee Member, Long Island University-Post

Sept 2017-present

Adjunct Faculty Supervisor, Ferkhauf Psychology Graduate School, Yeshiva University

July 2016-present

Lead Trainer for SM Intensive Program Volunteers

May 2016-Oct 2018

Licensed Clinical Supervisor, Kurtz Psychology Consulting PC

May 2016-April 2018

Director of Clinical Training, Kurtz Psychology Consulting PC

- Led weekly case conferences
- Developed a training schedule and curriculum with internal and external speakers

- Presented on a variety of topics (e.g., case conceptualization, CBT theory and principles, CY-BOCS)

April 2017

Co-Trainer in SM Intensives, Evidence Based Treatment Centers of Seattle (EBTCS), Seattle, WA

Jan/Apr 2017

Guest Speaker, The Matan Institute, New York, NY

Jan 2005-May 2005

Undergraduate Instructor, Honors Research Colloquium, University of Maryland – College Park

Aug 2003-Dec 2004

Undergraduate Instructor, Honors Colloquium, University of Maryland – College Park

Aug 2003-May 2005

Peer Educator, Student Advocates for Education about Rape (SAFER), University of Maryland – College Park

MEDIA AND INVITED WEBINARS

Selective Mutism Association (SMA) Webinar (October, 2020): *Enhancing motivation in the treatment of adolescents with selective mutism part II - Your questions answered*

Selective Mutism Association (SMA) Webinar (July, 2020): *Practical applications to enhance motivation in the treatment of adolescents with selective mutism*

Anxiety and Depression Association of America (ADAA) Webinar (Sept, 2018): *How to Best Understand and Address Selective Mutism in Younger Children, Tweens, and Teens*

BBC World News (Nov 2017): *Why Can't My Child Speak?*

East Idaho News (Oct 2017): *Shelley Teen Getting Treatment for Rare and Debilitating Anxiety Disorder*

PROFESSIONAL ACTIVITIES

2018-March 2021

Board Member, ABCT Website Board

2016-present

Abstract Reviewer, ABCT and ADAA annual meetings

2014-2015

"Ask an Expert": Answered questions on CMI website asked by parents, teachers, professionals

Apr 2013

TLC Volunteer, Annual Conference on Hair Pulling and Skin Picking Disorders

2008-2010

ABCT Student Member, Public Education and Media Dissemination Committee

2006-2009

Journal Ad Hoc Reviewer

- Behavior Therapy
- Journal of Clinical Child and Adolescent Psychology
- Journal of Consulting and Clinical Psychology
- Journal of Experimental and Child Psychology
- Professional Psychology: Research & Practice

PROFESSIONAL AFFILIATIONS

Association for Behavioral and Cognitive Therapies (ABCT)
Anxiety and Depression Association of America (ADAA)
Selective Mutism Association (SMA)