

*CURRICULUM VITAE*

**NOAH CHASE BERMAN, PH.D.**

---

College of the Holy Cross, Department of Psychology  
1 College St., PO Box 38A, Worcester, MA 01610  
nberman@holycross.edu • 508-793-2668 • www.noahbermanphd.com

---

**PROFESSIONAL EXPERIENCE**

<u>College of the Holy Cross</u>	Worcester, MA
Associate Professor of Psychology	2023 – Present
Assistant Professor of Psychology	2017 – 2023
<u>Harvard Medical School, Department of Psychiatry</u>	Boston, MA
Assistant Professor of Psychology	2016 – 2017
Instructor in Psychiatry	2014 – 2016
<u>Massachusetts General Hospital, Department of Psychiatry</u>	Boston, MA
Assistant in Psychology, OCD and Related Disorders Program	2014 – 2018
<u>Brown University School of Medicine, Department of Psychiatry</u>	Providence, RI
Research Coordinator, Pediatric Anxiety Research Clinic	2006 – 2008

---

**EDUCATION**

<u>Post-Doctoral Fellowship</u>	Boston, MA
Massachusetts General Hospital/Harvard Medical School	2013 – 2014
OCD and Related Disorders Program	
<i>Mentor:</i> Sabine Wilhelm, Ph.D.	
<u>Doctor of Philosophy</u>	Chapel Hill, NC
University of North Carolina, Chapel Hill	2008 – 2013
Clinical Psychology, Child/Adolescent Track, APA Accredited	
<i>Mentor:</i> Jonathan Abramowitz, Ph.D.	
<u>Pre-Doctoral Internship</u>	Boston, MA
Massachusetts General Hospital/Harvard Medical School	2012 – 2013
Cognitive Behavioral Therapy Track, APA Accredited	
<u>Master of Arts</u>	Chapel Hill, NC
University of North Carolina, Chapel Hill	2008 – 2010

Clinical Psychology, Child/Adolescent Track, APA Accredited

Bachelor of Arts

Bowdoin College, *Cum Laude*, Advanced Honors in Psychology

Major: Psychology; Minor: Film Studies

Brunswick, ME

2002 – 2006

## PUBLICATIONS AND PRESENTATIONS

### Publications in Peer-Reviewed Journals (\*Holy Cross student)

1. **Berman, N. C.** (in preparation). Imagery rescripting (ImR): An underutilized augmentation strategy for partial responders to first-line cognitive behavioral therapies.
2. **Berman, N. C.**, Reuman, L., & Fang, A. (under review). Revisiting childhood memories: Benefit of fulfilling unmet needs in imagery rescripting.
3. Gallegos-Guajardo, J., Rodriguez, N., Ramirez, M., **Berman, N.C.**, & Abramowitz, J. (2023). Emotion regulation in Mexican and U.S. white adults: Cultural and gender differences. *Revista Interamericana de Psicología/Interamerican Journal of Psychology*.
4. **Berman, N. C.**, Fang, A., Hoepfner, S., Reese, H., Siev, J., Timpano, K., & Wheaton, M. (2022). COVID-19 and obsessive-compulsive symptoms in a large multi-site college sample. *Journal of Obsessive-Compulsive and Related Disorders*, 33, 100727.
5. Siev, J., **Berman, N. C.**, Zhou, R., & Himelein-Wachowiak, M. (2022). Predicting negative emotions in response to in vivo triggers of thought-action fusion. *Journal of Obsessive-Compulsive and Related Disorders*, 33, 100723.
6. Fang, A., **Berman, N. C.**, Hoepfner, S., Wolfe, E., & Wilhelm, S. (2021). State and trait risk and resilience factors associated with COVID-19 impact and obsessive-compulsive symptom trajectories. *International Journal of Cognitive Therapy*, 15(2), 168-190.
7. **Berman, N. C.**, Hezel, D., & Wilhelm, S. (2021). Is my patient too sad to approach their fear? Depression severity and imaginal exposure outcomes for patients with OCD. *Journal of Behavior Therapy and Experimental Psychiatry*, 70, 101615.
8. **Berman, N. C.**, Gallegos-Guarjardo, J., Reuman, L., Ramirez, M., Valdez, G., & Abramowitz, J. (2020). Cross-cultural differences in obsessive-compulsive symptom dimensions across young adults in Mexico and USA. *Mental Health, Religion, and Culture*, 23(5), 443-454.
9. **Berman, N. C.**, Hayaki, J., & Szkutak, A.\* (2020). Emotion generation and regulation following an intrusion induction: Implications for taboo or autogenous obsessions. *Journal of Behavior Therapy and Experimental Psychiatry*, 69, 101593.
10. Olivares-Mora, R., **Berman, N. C.**, Fisak, B., Ruvalcaba-Romero, N., & Gallegos-Guajardo, J. (2020). Validation of the interpretation of intrusions inventory (III - 31) for the Mexican population: Cross-cultural discrepancies. *Journal of Cognitive Psychotherapy*, 34(1), 47-57.
11. **Berman, N. C.**, Summers, B., Weingarden, H., & Wilhelm, S. (2019). Positive affect and imaginal exposure processes in patients with taboo obsessions. *Journal of Obsessive-Compulsive and Related Disorders*, 23, 100474.
12. Jacoby, R., **Berman, N. C.**, Reese, H., Shin, J., Sprich, S., Szymanski, J., Pollard, A., & Wilhelm, S. (2019). Disseminating cognitive-behavioral therapy for OCD: Comparing in

- person vs. online training modalities. *Journal of Obsessive-Compulsive and Related Disorders*, 23, 100485.
13. Castillo-Huerta, P., Ruvalcaba-Romero, N., Fisak, B., **Berman, N. C.**, & Gallegos-Guajardo, J. (2019). Validation of the cognitive emotion regulation questionnaire short version (CERQ-VC) for the Mexican population. *Journal of Psychology and Education (Revista Intercontinental de Psicología y Educación)*, 21(1), 57-82.
  14. **Berman, N. C.** (2019). Treating taboo or forbidden thoughts: Integrating mindfulness, acceptance and emotion regulation into an exposure-based intervention. *Journal of Cognitive Psychotherapy*, 33(3), 196-212.
  15. **Berman, N. C.**, Weingarden, H., & Wilhelm, S. (2019). Symptom-specific threat perception mediates the relationship between obsessive beliefs and OCD symptoms. *Cognitive Therapy and Research*, 43(4), 705-712.
  16. Williams, K., Shorser-Gentile, L., Sarvode, S., **Berman, N. C.**, Pasternack, M., Geller, D., & Walter, J. (2019). Immunoglobulin A dysgammaglobulinemia is associated with pediatric-onset obsessive compulsive disorder. *Journal of Child and Adolescent Psychopharmacology*, 29(4), 268-275.
  17. Trevino de la Garza, B., **Berman, N. C.**, Fisak, B., Ruvalcaba-Romero, N., & Gallegos-Guajardo, J. (2019). Validation of the dimensional obsessive-compulsive scale for the Mexican population. *Journal of Obsessive-Compulsive and Related Disorders*, 21, 13-17.
  18. Wilhelm, S., **Berman, N. C.**, Small, B., Porth, R., Geller, D., & Storch, E. (2018). D-cycloserine augmentation of cognitive behavior therapy for pediatric OCD: Predictors and moderators of outcome. *Journal of Affective Disorders*, 241, 454-460.
  19. **Berman, N. C.**, Shaw, A. M., Curley, E. E., & Wilhelm, S. (2018). Emotion regulation and obsessive-compulsive phenomena in youth. *Journal of Obsessive-Compulsive and Related Disorders*, 19, 44-49.
  20. **Berman, N. C.**, Shaw, A., & Wilhelm, S. (2018). Emotion regulation in patients with obsessive compulsive disorder: Unique effects for those with “taboo thoughts.” *Cognitive Therapy and Research*, 42, 674-685.
  21. **Berman, N. C.**, Wilver, N., & Wilhelm, S. (2018). My child’s thoughts frighten me: Maladaptive effects associated with parents’ interpretation and management of children’s intrusive thoughts. *Journal of Behavior Therapy and Experimental Psychiatry*, 61, 87-96.
  22. **Berman, N. C.**, Jacoby, R. J., Sullivan, A., Hoepfner, S., Micco, J., & Wilhelm, S. (2018). Parent-level risk factors for children’s obsessive beliefs, interpretation biases, and obsessive-compulsive symptoms: A cross-sectional examination. *Journal of Obsessive-Compulsive and Related Disorders*, 18, 8-17.
  23. Greenberg, J., **Berman, N. C.**, Braddick, V., Schwartz, R., Mothi, S., Wilhelm, S., & Mothi, S. (2018). Treatment utilization and barriers to treatment engagement among individuals with olfactory reference syndrome (ORS). *Journal of Psychosomatic Research*, 105, 31-36.
  24. Fang, A., **Berman, N. C.**, Chen, J., & Zakhary, L. (2018). Treating postpartum obsessive-compulsive disorder: Diagnostic and cultural considerations. *Harvard Review of Psychiatry*, 26(2), 82-29.
  25. Henin, A., & **Berman, N. C.** (2016). The promise and peril of emerging adulthood. *Cognitive and Behavioral Practice*, 23(3), 263-269.
  26. Lizano, P., Popat-Jain, A., Scharf, J., **Berman, N. C.**, Widge, A., Dougherty, D., & Eskandar, E. (2016). Treatment challenges in managing the comorbidity of obsessive-

- compulsive disorder and tourette's disorder. *Harvard Review of Psychiatry*, 24(4), 294-301.
27. **Berman, N. C.**, Tung, E., Matheny, N., Cohen, I. G., & Wilhelm, S. (2016). Clinical decision-making regarding suicide risk: Effect of patient and clinician age. *Death Studies*, 40(5), 269-274.
  28. Reese, H. E., Pollard, A., Szymanski, J., **Berman, N. C.**, Spigler, M., Crowe, K., Rosenfield, E., Keegan, M., & Wilhelm, S. (2016). The behavior therapy training institute: Preliminary data on a model of therapist training. *Journal of Obsessive-Compulsive and Related Disorders*, 8, 79-85.
  29. **Berman, N. C.**, Sullivan, A., Wilhelm, S., & Cohen, I. G. (2016). Effect of a legal prime on clinicians' assessment of suicide risk. *Death Studies*, 40(1), 61-67.
  30. Jacoby, R., **Berman, N. C.**, Graziano, R., & Abramowitz, J. S. (2015). Examining attentional bias in scrupulosity: Null findings from the dot probe paradigm. *Journal of Cognitive Psychotherapy: An International Quarterly*, 29(4), 302-314.
  31. **Berman, N. C.**, Stark, A., Cooperman, A., Wilhelm, S., & Cohen, I. G. (2015). Effect of patient and therapist factors on suicide risk assessment. *Death Studies*, 39(7), 433-441.
  32. **Berman, N. C.**, Fang, A., Hansen, N., & Wilhelm, S. (2015). Cognitive-based therapy for OCD: Role of behavior experiments and exposure processes. *Journal of Obsessive-Compulsive and Related Disorders*, 6, 158-166.
  33. Wilhelm, S., **Berman, N. C.**, Keshaviah, A., Schwartz, R. & Steketee, G. (2015). Mechanisms of change in cognitive therapy for obsessive compulsive disorder: Role of maladaptive beliefs and schemas. *Behavior Research and Therapy*, 65, 5-10.
  34. **Berman, N. C.**, Stark, A., Ramsey, K., Cooperman, A., & Abramowitz, J. S. (2014). Prayer in response to negative intrusive thoughts: Closer examination of a religious neutralizing strategy. *Journal of Cognitive Psychotherapy: An International Quarterly*, 28(2), 87-100.
  35. Wheaton, M. G., **Berman, N. C.**, Fabricant, L. E., & Abramowitz, J. S. (2013). Differences in obsessive-compulsive symptoms and obsessive beliefs: A comparison between african americans, asian americans, latino americans, and caucasians. *Cognitive Behavior Therapy*, 42(1), 9-20.
  36. **Berman, N. C.**, Calkins, A., & Abramowitz, J. S. (2013). Longer-term effects of inducing harm related intrusions: Implications for research on obsessional phenomena. *Journal of Obsessive-Compulsive and Related Disorders*, 2, 109-113.
  37. Calkins, A., **Berman, N. C.**, & Wilhelm, S. (2013). Recent advances in the research on cognition and emotion in OCD: A review. *Current Psychiatry Reports*, 15, 357-364.
  38. **Berman, N. C.**, Wheaton, M. G., & Abramowitz, J. S. (2013). Rigid rules of conduct and duty: Prediction of thought action fusion. *Journal of Cognitive Psychotherapy: An International Quarterly*, 27(2), 1-13.
  39. **Berman, N. C.**, Wheaton, M. G., & Abramowitz, J. S. (2013). Childhood trauma and thought action fusion: A multi-method examination. *Journal of Obsessive-Compulsive and Related Disorders*, 2, 43-47.
  40. Wheaton, M. G., Fabricant, L. E., **Berman, N. C.**, & Abramowitz, J. S. (2012). Experiential avoidance in individuals with hoarding disorder. *Cognitive Therapy and Research*, 37, 779-785.

41. **Berman, N. C.**, Wheaton, M. G., & Abramowitz, J. S. (2012). The “arnold schwarzenegger effect”: Is strength of the “victim” related to misinterpretations of harm intrusions? *Behavior Research and Therapy*, 50, 761-766.
42. Wheaton, M. G., Deacon, B., McGrath, P., **Berman, N. C.**, Abramowitz, J. S. (2012). Dimensions of anxiety sensitivity in the anxiety disorders: Evaluation of the ASI-3. *Journal of Anxiety Disorders*, 26, 401-408.
43. Mahaffey, B., Wheaton, M. G., Fabricant, L., **Berman, N. C.**, & Abramowitz, J. S. (2012). The contribution of experiential avoidance and social cognitions in the prediction of social anxiety. *Behavioral and Cognitive Psychotherapy*, 28, 1-14.
44. **Berman, N. C.**, Wheaton, M. G., Fabricant, L. E., & Abramowitz, J. S. (2012). Prediction of mental pollution: Contribution of religion, parenting strategies, and trauma. *Journal of Obsessive-Compulsive and Related Disorders*, 1, 153-158.
45. Wheaton, M. G., Abramowitz, J. S., **Berman, N. C.**, Fabricant, L. E., & Olatunji, B. (2012). Psychological predictors of anxiety in response to H1N1 (swine flu) pandemic. *Cognitive Therapy and Research*, 36(3), 210-218.
46. Wheaton, M. G., Mahaffey, B., Timpano, K., **Berman, N. C.**, & Abramowitz, J. S. (2012). Relationship between anxiety sensitivity and OC spectrum symptom dimensions. *Journal of Behavior Therapy and Experimental Psychiatry*, 43(3), 891-896.
47. **Berman, N. C.**, Wheaton, M. G., Fabricant, L., Jacobson, S., & Abramowitz, J. S. (2011). The effects of familiarity on thought action fusion. *Behavior Research and Therapy*, 49, 695-699.
48. Wheaton, M. G., Abramowitz, J. S., Franklin, J. C., **Berman, N. C.**, & Fabricant, L. E. (2011). Experiential avoidance and saving cognitions in the prediction of hoarding symptoms. *Cognitive Therapy and Research*, 35(6), 511-516.
49. **Berman, N. C.**, Abramowitz, J. S., Wheaton, M., Pardue, C., & Fabricant, L. (2011). Evaluation of an in vivo behavioral paradigm for thought-action fusion. *Journal of Cognitive Psychotherapy: An International Quarterly*, 25(2), 155-164.
50. Wheaton, M. G., **Berman, N. C.**, Franklin, J., & Abramowitz, J. S. (2010). Health anxiety: Latent structure and associations with anxiety-related psychological processes in a student sample. *Journal of Psychopathology and Behavioral Assessment*, 32(4), 565-574.
51. **Berman, N. C.**, & Abramowitz, J. S. (2010). Recent developments in the assessment and treatment of pediatric obsessive-compulsive disorder. *Child and Youth Care Forum*, 39(2), 125-126.
52. Abramowitz, J. S., Deacon, B., Olatunji, B., Wheaton, M., **Berman, N. C.**, Losardo, D., et al. (2010). Assessment of obsessive-compulsive symptom dimensions: Development and validation of the Dimensional Obsessive-Compulsive Scale. *Psychological Assessment*, 22(1), 180-198.
53. **Berman, N. C.**, Abramowitz, J. S., Pardue, C., & Wheaton, M. G. (2010). The relationship between religion and thought-action fusion: Use of an in vivo paradigm. *Behavior Research and Therapy*, 48, 670-674.
54. Wheaton, M. G., Abramowitz, J. S., **Berman, N. C.**, Riemann, B., & Hale, L. (2010). Obsessive beliefs show specific relationships to dimensions of obsessive-compulsive disorder. *Behavior Research and Therapy*, 48, 949-954.

55. Wheaton, M. G., **Berman, N. C.**, & Abramowitz, J. S. (2010). The contribution of experiential avoidance and anxiety sensitivity in the prediction of health anxiety. *Journal of Cognitive Psychotherapy: An International Quarterly*, 24(1), 229-239.
56. **Berman, N. C.**, Wheaton, M., McGrath, P., & Abramowitz, J. S. (2010). Predicting anxiety and worry: The role of experiential avoidance and anxiety sensitivity. *Journal of Anxiety Disorders*, 24, 109-113.
57. Garcia, A. M, Freeman, J. B., Himle, M. B., **Berman, N. C.**, Ogata, A. K., Ng, J., Choate-Summers, M. L., & Leonard, H. (2009). Phenomenology of early childhood onset obsessive compulsive disorder. *Journal of Psychopathology and Behavioral Assessment*, 31(2), 104-111.
58. Flessner, C., **Berman, N. C.**, Garcia, A., Freeman, J. & Leonard, H. (2009). Symptom profiles in pediatric obsessive compulsive disorder: The effects of comorbid grooming behaviors. *Journal of Anxiety Disorders*, 23(6), 753-759.

### Book Chapters

1. Snorrason, I., **Berman, N. C.**, Laky, Z., & Wilhelm, S. (2023). Cognitive-behavior therapies for obsessive-compulsive disorder: An integrative guide to three different empirically supported interventions. In S. Sprich, T. Peterson, & S. Wilhelm (Eds.), *Massachusetts General Hospital Handbook for Cognitive Behavioral Therapy (2<sup>nd</sup> Edition: Current Clinical Psychiatry)*. Springer.
2. **Berman, N. C.**, Curley, E., & Wilhelm, S. (2018). Obsessive compulsive and related disorders. In T. Stern, J. Herman, & D. Rubin (Eds.), *MGH Psychiatry Update and Board Preparation*. New York, NY: McGraw-Hill.
3. Baer, L., Fang, A., **Berman, N. C.**, & Minichiello, W. E. (2017). Mood and anxiety comorbidity in OCD. In C. Pittenger (Ed.) *Obsessive-Compulsive Disorder: Phenomenology, Pathophysiology, and Treatment*. New York, NY: Oxford Press.
4. **Berman, N. C.**, Schwartz, R., & Park, J. (2017). Psychological models and treatments for OCD in adults. In J. Abramowitz, D. McKay, & E. Storch (Eds.), *Handbook of Obsessive Compulsive Disorder Across the Lifespan*. New York, NY: Wiley.
5. **Berman, N. C.**, Elliot, C., & Wilhelm, S. (2015). CBT for OCD: Theory, assessment and treatment. In S. Wilhelm, S. Sprich, & T. Peterson (Eds.), *Massachusetts General Hospital Handbook for Cognitive Behavioral Therapy*. New York, NY: Springer.
6. Abramovitch, A., **Berman, N. C.**, Calkins, A., & Wilhelm, S. (2014). Obsessive compulsive and related disorders. In P. Blaney & B. Krueger (Eds.), *Oxford Textbook of Psychopathology*. New York, NY: Oxford University Press.

### Newsletters

1. **Berman, N. C.** (Summer 2019). "Should I be scared?" Examining parents' interpretations of children's unwanted intrusive thoughts. *International OCD Foundation Newsletter*.

### Presentations at Scientific Conferences (\*Holy Cross student)

#### *Papers Presented in Symposia*

1. **Berman, N.C.**, Weingarden, H., & Wilhelm, S. (November 2020). Symptom-specific threat perception mediates the relationship between obsessive beliefs and OCD symptoms. Symposium presented in: *Toward Personalization: Examining Cognitive Risk Factors for Obsessive-Compulsive Disorder* (Chair: Fite, R.) at the 54<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA. *Note. This conference was conducted virtually.*
2. **Berman, N. C.**, Hayaki, J., & Szkutak, A.\* (May 2020). Unique emotion generation and regulation patterns associated with autogenous intrusions. Presentation accepted to the “New Research” Symposium at the 7<sup>th</sup> European Association for Behavioral and Cognitive Therapies Meeting on OCD, Assisi, Italy. *Note: This conference was cancelled due to the coronavirus outbreak.*
3. **Berman, N. C.**, & Wilhelm, S. (July 2019). My child’s thoughts frighten me: Maladaptive effects associated with parents’ interpretation and management of children’s intrusive thoughts. Symposium presented in: *Intergenerational factors in parent and child OCD* (Chair: Challacombe, F.) at the 9<sup>th</sup> World Congress of Behavioral and Cognitive Therapies, Berlin, Germany.
4. Jacoby, R., **Berman, N. C.**, Reese, H., Shin, J., Sprich, S., Syzmanski, J., Pollard, A., & Wilhelm, S. (July 2019). Disseminating cognitive behavioral therapy for OCD: Comparing in-person vs. online training modalities. Symposium presented in: *Optimizing the administration and dissemination of CBT for OCD* (Chair: **Berman, N.**) at the 9<sup>th</sup> World Congress of Behavioral and Cognitive Therapies, Berlin, Germany.
5. **Berman, N.C.**, & Wilhelm, S. (July 2019). Enhancing imaginal exposure administration for patients with taboo obsessions: Role of positive affect. Symposium presented in: *Optimizing the administration and dissemination of CBT for OCD* (Chair: **Berman, N.**) at the 9<sup>th</sup> World Congress of Behavioral and Cognitive Therapies, Berlin, Germany.
6. Gallegos, J., **Berman, N. C.**, Ramirez, M., Valdez, G., & Abramowitz, J. (July 2019). Exploring the relationship between emotional regulation and family environment. Symposium presented in: *Attachment and cultural diversity* (Chair: Pasalich, D.) at the 9<sup>th</sup> Annual International Attachment Conference, Vancouver, Canada.
7. **Berman, N.C.**, Gomez, A., & Wilhelm, S. (November 2018). Emotion regulation and exposure processes: Importance of physiological habituation. Symposium presented in: *Mediators of change and predictors of outcome with exposure-based CBT for OCD* (Chair: Wheaton, M.) at the 52<sup>nd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.
8. Jacoby, R. J., **Berman, N. C.**, Reese, H. E., Shin, J., Pollard, C. A., Szymanski, J., Sprich, S., & Wilhelm, S. (November 2018). Training the next generation of exposure therapists: Comparing training modalities of disseminating CBT for OCD. Symposium presented in: *Disseminating CBT for OCD: Moving exposure from the clinic to the community and the computer* (Chair: Jacoby, R.) at the 52<sup>nd</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies. Washington, DC.
9. **Berman, N. C.**, Sullivan, A., Matheny, N., & Wilhelm, S. (November 2017). Parental risk factors in the development of childhood obsessive beliefs and interpretation biases. Symposium presented in: *Am I at Risk? Factors Predicting the Development and Maintenance of Obsessive-Compulsive-Related Disorders* (Chair: Weingarden, H.) at the

- 51<sup>st</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
10. Fang, A., **Berman, N. C.**, & Harley, R. M. (March 2015). A naturalistic study of predictors of response to dialectical behavior therapy. Symposium presented in: *Factors affecting treatment outcome: Risk, resilience, and retention* (Chair: Calkins, A.) at the 35<sup>th</sup> annual meeting of the Anxiety and Depression Association of America. Miami, FL.
  11. **Berman, N. C.**, Cohen, I. G., & Wilhelm, S. (November 2014). Clinical decision making regarding suicide risk: Role of clinician biases. Symposium presented in: *Evidence-based assessment strategies for improving clinical diagnosis* (Chair: Freeman, A.) at the 48<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
  12. Wilhelm, S., **Berman, N. C.**, Keshaviah, A., Schwartz, R., & Steketee, G. (November 2014). Mechanisms of change in cognitive therapy for OCD: Role of maladaptive beliefs and schemas. Symposium presented in: *Recent advances in understanding and treating OCD: Mechanisms of change and novel treatment targets* (Chair: Timpano, K.) at the 48<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
  13. **Berman, N. C.**, Stark, A., Cooperman, A., & Abramowitz, J. (November 2014). Prayer in response to negative intrusive thoughts: Closer examination of a religious neutralizing strategy. Symposium presented in: *New directions in research on scrupulosity* (Chair: Jacoby, R.) at the 48<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
  14. Jacoby, R., **Berman, N. C.**, Graziano, R., Clark, H., Reuman, L., Fabricant, L., & Abramowitz, J. (November 2014). Examining attentional bias in scrupulosity: Null findings from the dot probe paradigm. Symposium presented in: *New directions in research on scrupulosity* (Chair: Jacoby, R.) at the 48<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
  15. **Berman, N. C.**, Jacoby, R., Wheaton, M. G., Fabricant, L. E., Turpin, A., & Abramowitz, J. S. (November 2012). Do arnold schwarzenegger obsessions exist? Testing the effect of vulnerability on thought action fusion. Symposium presented in: *Obsessive-compulsive disorder: New insights from the laboratory for the clinic* (Chair: McNally, R.) at the 46<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
  16. Pardue, C., **Berman, N. C.**, Wheaton, M., Abramowitz, J. (June 2010). Is thought action fusion related to developmental experiences with rigid rules? Symposium presented in: *Recent findings with the cognitive model of OCD: Culture, context, and conceptualization* (Chair: Abramowitz, J. S.) at World Congress of Behavioral and Cognitive Therapies, Boston, MA.
  17. Wheaton, M. G., **Berman, N. C.**, Franklin, J. C., & Abramowitz, J. S. (March 2010). Obsessive beliefs and anxiety sensitivity as predictors of health anxiety: Implications for DSM-V placement. Symposium presented in: *Health anxiety and its disorders: Theoretical and empirical underpinnings associated with a DSM-V debate* (Chair: Carleton, N.) at 30<sup>th</sup> Annual Conference of the Anxiety Disorders Association of America. Baltimore, MD.
  18. Mahaffey, B. L., Wheaton, M. G., **Berman, N. C.**, & Abramowitz, J. S. (March 2010). The relationship between maternal care and overprotection in the familial transmission of



- OC symptoms. Symposium presented in: *Anxious youth: The relationship between parenting and anxiety in childhood and young adulthood* (Chair: Mahaffey, B.) at 30<sup>th</sup> Annual Conference of the Anxiety Disorders Association of America, Baltimore, MA.
19. **Berman, N. C.**, Wheaton, M., McGrath, P., & Abramowitz, J. (November 2009). Explaining anxiety symptoms: The role of experiential avoidance and anxiety sensitivity. Symposium presented in: *Advances in the understanding of mechanisms and regulation of anxiety* (Chair: Talbot, L.) at the Annual Convention for the Association for Behavioral and Cognitive Therapies, New York City, NY.
  20. Wheaton, M., **Berman, N. C.**, & Abramowitz, J. (November 2009). Hoarding in OCD: Core symptom or comorbid syndrome? Symposium presented in: *Is hoarding a symptom of OCD: Implications for DSM-V* (Chair: Wheaton, M. G.) at the Annual Convention for the Association for Behavioral and Cognitive Therapies, New York City, NY.

### *Workshops and Panels*

1. **Berman, N. C.** (March 2015). Moderated patient panel for those with OCD. Presented at the 2nd Annual OCD and Related Disorders Patient and Family Resource Center's Educational Program at Massachusetts General Hospital/Harvard Medical School.
2. **Berman, N. C.**, & Micco, J. (November 2014). Intensive CBT for youth with OCD. Presented at the 48<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
3. Jordan, C., **Berman, N. C.**, & Williams, K. (July 2014). Comprehensive PANDAS/PANS assessment and treatment: Increasing cross-discipline collaboration. Presented at the 21<sup>st</sup> Annual Conference of the International Obsessive Compulsive Disorder Foundation, Los Angeles, CA.
4. Abramowitz, J. S., **Berman, N. C.**, & Wheaton, M. G. (March 2012). Assessment of OCD from A to Z. Presented at 32<sup>nd</sup> Annual Conference of the Anxiety Disorders Association of America, Arlington, VA.

### *Poster Presentations (\*Holy Cross student)*

1. Wuerthner, A.,\* Mechrefe, Y.,\* & **Berman, N. C.** (April 2024). Mechanisms of imagery rescripting (ImR): Current research. Poster presented at the Academic Conference, College of the Holy Cross, Worcester, MA.
2. Mechrefe, Y.,\* Wuerthner, A.,\* & **Berman, N. C.** (April 2024). Inhibitory learning during exposure therapy for OCD: Role of surprise. Poster presented at the Academic Conference, College of the Holy Cross, Worcester, MA.
3. Babineau, K.,\* Licht, A.,\* & **Berman, N. C.** (April 2023). Emotion differentiation moderates the relationship between schema activation and anxiety symptom severity. Poster presented at the Academic Conference, College of the Holy Cross, Worcester, MA.
4. Mechrefe, Y.,\* & **Berman, N. C.** (April 2023). Coping with COVID-19: Maladaptive coping strategies associated with increased risk for obsessive-compulsive symptoms. Poster presented at the Academic Conference, College of the Holy Cross, Worcester, MA.
5. Legere, C.,\* & **Berman, N. C.** (April 2022). Family environment style and parent intrusion management strategies. Poster presented at the Academic Conference, College of the Holy Cross, Worcester, MA.

6. Grasso, M.,\* Elacqua, M.,\* & **Berman, N. C.** (April 2022). Relationship between emotion malleability beliefs and alcohol use in college students. Poster presented at the Academic Conference, College of the Holy Cross, Worcester, MA.
7. Nadel, M.,\* Hayaki, J., & **Berman, N. C.** (November 2021). Emotion regulation strategies in response to intrusive thoughts: The role of alexithymia. Poster presented at the 55th Annual Association for Behavioral and Cognitive Therapies Convention, New Orleans, LA.
8. Wolfe, E., Laky, Z., Hoepfner, S., Fang, A., **Berman, N. C.**, & Wilhelm, S. (November 2021). Obsessive-compulsive and depressive symptoms as predictors of loneliness: Insights from the COVID-19 pandemic. Poster presented at the 55th Annual Association for Behavioral and Cognitive Therapies Convention, New Orleans, LA.
9. Nadel, N.,\* Hayaki, J., & **Berman, N. C.** (April 2021). Emotion regulation strategies in response to intrusive thoughts: The role of alexithymia. Poster presented at the Virtual Academic Conference, College of the Holy Cross, Worcester, MA.
10. Grasso, M.,\* Elacqua, M.,\* & **Berman, N. C.** (April 2021). Relationship between COVID-19 and obsessive-compulsive symptoms in college students. Poster presented at the Virtual Academic Conference, College of the Holy Cross, Worcester, MA.
11. Nadel, M.,\* Legere, C.,\* & **Berman, N. C.** (April 2021). COVID-19 and stress: Do exercise and sleep moderate this relationship? Poster presented at the Virtual Academic Conference, College of the Holy Cross, Worcester, MA.
12. Realbuto, E.,\* Nadel, M.,\* & **Berman, N. C.** (April 2021). Mediating role of emotion regulation in the relationship between loneliness and depression during COVID-19. Poster presented at the Virtual Academic Conference, College of the Holy Cross, Worcester, MA.
13. **Berman, N. C.**, Hezel, D., Nadel, M.,\* & Wilhelm, S. (November 2020). Impact of comorbid depression severity on imaginal exposure outcomes for patients with OCD. Poster presented at the 54th Annual Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA. *Note. This conference was conducted virtually.*
14. Hayaki, J., & **Berman, N.C.** (November 2020). Gender differences in the association between emotion recognition and disordered eating. Poster presented at the 54th Annual Association for Behavioral and Cognitive Therapies Convention, Philadelphia, PA. *Note. This conference was conducted virtually.*
15. Gallegos-Garcia, **Berman, N. C.**, Ruvalcaba-Romero, N., Sanchez-Jauregui, G., Chavez-Amavizca, A., & Fisak, B. (March 2020). Exploring the relationship between the interpretation of intrusive thoughts and obsessive-compulsive symptoms in a Mexican sample. Poster accepted to the 40<sup>th</sup> Annual Anxiety Depression Association of America Convention, San Antonio, TX. *Note: This conference was cancelled due to the coronavirus outbreak.*
16. Szkutak, A.,\* **Berman, N. C.**, & Wilhelm, S. (November 2019). Does habituation make a difference? Examining exposure performance indices in individuals with OCD. Poster presented at the 53rd Annual Association for Behavioral and Cognitive Therapies Convention, Atlanta, GA.
17. **Berman, N. C.** (July 2019). Predicting exposure response in OCD: Role of emotion regulation. Poster presented at the 9<sup>th</sup> World Congress of Behavioral and Cognitive Therapies, Berlin, Germany.

18. Ene, T.,\* & **Berman, N. C.** (April 2019). Relationship between personality dimensions and obsessive-compulsive symptoms. Poster presented at the Academic Conference, College of the Holy Cross, Worcester, MA.
19. Alanis-Salazar, D., Gallegos-Guajardo, J., **Berman, N. C.**, Fisak, B., Ruvalcaba-Romero, N. (April 2019). Validation of the emotional regulation questionnaire (ERQ) for the Mexican population. Poster presented at the 46th Annual National Congress of Psychology, Querétaro, Mexico.
20. Castillo-Huerta, P., Ruvalcaba-Romero, N., Fisak, B., **Berman, N. C.**, & Gallegos-Guajardo, J. (April 2019). Validation of the cognitive emotion regulation questionnaire short version (CERQ-VC) for the Mexican population. Poster presented at the 46th Annual National Congress of Psychology, Querétaro, Mexico.
21. Olivares-Mora, R., **Berman, N. C.**, Fisak, B., Ruvalcaba-Romero, N., & Gallegos-Guajardo, J. (March 2019). Validation of the interpretation of intrusions inventory (III - 31) for the mexican population: Cross-cultural discrepancies. Poster presented at the 39th annual meeting Anxiety and Depression Association of America, Chicago, IL.
22. Trevino de la Garza, B., **Berman, N. C.**, Fisak, B., Ruvalcaba-Romero, N., & Gallegos-Guajardo, J. (March 2019). Validation of the dimensional obsessive-compulsive scale for the mexican population. Poster presented at the 39th annual meeting Anxiety and Depression Association of America, Chicago, IL.
23. **Berman, N. C.**, Szkutak, A.,\* Barsic, B.,\* Shaw, A., Curley, E., & Wilhelm, S. (November 2018). Emotion regulation and obsessive-compulsive phenomena in youth. Poster presented at the 52<sup>nd</sup> annual meeting Association for Behavioral and Cognitive Therapies Convention, Washington D.C.
24. **Berman, N. C.**, Ene, T.,\* Szkutak, A.,\* Wilver, N., & Wilhelm, S. (November 2018). My child's thoughts frighten me: How parental interpretation of children's intrusions influences youth's obsessive-compulsive symptomology. Poster presented at the 52<sup>nd</sup> annual meeting Association for Behavioral and Cognitive Therapies Convention, Washington D.C.
25. **Berman, N. C.**, Hayaki, J., & Wilhelm, S. (November 2018). How low can you go? Clinical utility of subjective habituation in exposure therapy for OCD. Poster presented at the 52<sup>nd</sup> annual meeting Association for Behavioral and Cognitive Therapies Convention, Washington D.C.
26. Shin, J., Jacoby, R. J., **Berman, N. C.**, Reese, H. E., Pollard, C. A., Szymanski, J., & Wilhelm, S. (November 2018). You want me to have my patient do what? Examining therapists' changing views on exposure therapy following the Behavior Therapy Training Institute (BTIT). Poster presented at the 52<sup>nd</sup> Annual meeting of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
27. Arora, A., **Berman, N.C.**, & Wilhelm, S. (October 2018). The role of family environment in emotion regulation for youth with internalizing symptoms. Poster presented at the biennial meeting of the National Conference in Clinical Child and Adolescent Psychology, Kansas City, KS.
28. Wilhelm, S., **Berman, N. C.**, Small, B., Storch, E., Porth, R., & Geller, D. (December 2017). D-Cycloserine augmentation of cognitive behavior therapy for pediatric OCD: Predictors and moderators of outcome. Poster presented at the 56<sup>th</sup> annual meeting of the American College of Neuropsychopharmacology, Palm Springs, CA.

29. Braddick, V., Greenberg, J., **Berman, N. C.**, Mothi, S., & Wilhelm, S. (November 2017). Treatment utilization and barriers to treatment engagement in individuals with olfactory reference syndrome. Poster presented at the 51<sup>st</sup> Annual Association for Behavioral and Cognitive Therapies Convention, San Diego, CA.
30. Arora, A., **Berman, N. C.**, and Wilhelm, S. (November 2017) The relationship between behavioral inhibition and obsessive beliefs in children. Poster presented at the 51<sup>st</sup> Annual Association for Behavioral and Cognitive Therapies Convention, San Diego, CA.
31. Braddick, V., **Berman, N. C.**, Greenberg, J., Mothi, S., & Wilhelm, S. (August 2017). Treatment utilization and barriers in olfactory reference syndrome. Poster presented at the 29<sup>th</sup> Annual Meeting of the Association for Psychological Science, Boston, MA.
32. Arora, A., Curley, E., Wilhelm, S., & **Berman, N. C.** (October 2016). Development of obsessive compulsive disorder: Role of behavioral inhibition. Poster presented at the 69<sup>th</sup> Annual Meeting of the Massachusetts General Hospital Scientific Advisory Committee, Boston, MA.
33. Gomez, A. F., Hezel, D. M., Abramowitz, J. S., & **Berman, N. C.** (November 2015). Why do I think this way? The association between developmental experiences and a behavioral measure of thought-action fusion. Poster presented at the 49<sup>th</sup> Annual Association for Behavioral and Cognitive Therapies Convention, Chicago, IL.
34. Sullivan, A. D., **Berman, N. C.**, Cohen, G., & Wilhelm, S. (November 2015). Effect of a legal prime on clinician's assessment of suicide risk. Poster presented at the 49<sup>th</sup> Annual Association for Behavioral and Cognitive Therapies Convention, Chicago, IL.
35. Cooperman, A. W., Stark, A., Gomez, A. F., & **Berman, N. C.** (November 2015). The effects of attachment style and parental psychological control on obsessive-compulsive symptom dimensions. Poster presented at the 49<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
36. Gomez, A. F., Hezel, D. M., Abramowitz, J. S., & **Berman, N. C.** (November 2015). Positive cognitive biases in OCD: Relationship between developmental experiences and positive thought action fusion using a behavioral paradigm. Poster presented at the 49<sup>th</sup> Annual Association for Behavioral and Cognitive Therapies Convention, Chicago, IL.
37. Stark, A., Cooperman, A. W., Gomez, A. F., & **Berman, N. C.** (November 2015). The mediating effect of anxious attachment style on the relationship between parental control and thought action fusion. Poster presented at the 49<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
38. Shorser-Gentile, L., Sarvode, S., **Berman, N. C.**, & Williams, K. A. (July 2015). Immune deficiencies are associated with pediatric OCD. Poster presented at the 22<sup>nd</sup> Annual Conference of the International OCD Foundation, Boston, MA.
39. Matheny, N., **Berman, N. C.**, Schwartz, R., Cohen, I. G., & Wilhelm, S. (November 2014). Clinician factors associated with biased risk assessment among mental health professionals from all disciplines. Poster presented at the 48<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
40. Schwartz, R., **Berman, N. C.**, Matheny, N., Cohen, I. G., & Wilhelm, S. (November 2014). When should I hospitalize a suicidal patient? Biases in decision making among mental health professionals. Poster presented at the 48<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

41. Cooperman, A., **Berman, N. C.**, Stark, A., Cohen, I. G., & Wilhelm, S. (November 2014). Biases in suicide risk assessment among mental health professionals: Effect of clinician demographic variables. Poster presented at the 48<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
42. Knowles, K. A., **Berman, N. C.**, Fabricant, L., Jacoby, R. J., Mahaffey, B., Wheaton, M., & Abramowitz, J. S. (November 2014). Emotion reactivity and obsessive-compulsive symptoms and cognitions. Poster presented at the 48<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
43. **Berman, N. C.**, Micco, J., & Wilhelm, S. (July 2014). Cognitive biases in OCD: Mechanisms of generational transmission [Progress and Update]. Poster presented at the 21<sup>st</sup> Annual Conference of the International Obsessive Compulsive Disorder Foundation, Los Angeles, CA.
44. Schwartz, R., Matheny, N., & **Berman, N. C.** (April 2014). The relationship between experiential avoidance and thought-action fusion in an undergraduate sample. Poster presented at the 67<sup>th</sup> Annual Meeting of the Massachusetts General Hospital Scientific Advisory Committee, Boston, MA.
45. Campbell, A., **Berman, N. C.**, Fabricant, L. E., Jacoby, R. J., Mahaffey, B. L., Wheaton, M. G., Abramowitz, J. S. (November 2013). Body vigilance across obsessive-compulsive symptom dimensions. Poster presented at the 47<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
46. Mahaffey, B. L., Boeding, S. E., Blakey, S. M., **Berman, N. C.**, Wheaton, M. G., Fabricant, L. E., Jacoby, R., Abramowitz, J. S. (November 2013). Evaluating a cognitive-behavioral model of pathological mirror gazing: Implications for the maintenance of anxiety and appearance dissatisfaction in body dysmorphic disorder. Poster presented at the 47<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
47. Jacoby, R. J., Blakey, S. M., Campbell, A., Wheaton, M. G., Mahaffey, B. L., **Berman, N. C.**, Fabricant, L. E., & Abramowitz, J. S. (March 2012). Associations between emotion reactivity and cognitive distortions in outpatients with anxiety disorders. Poster presented at the 32<sup>nd</sup> Annual Anxiety Disorders Association of America Convention, Arlington, VA.
48. Wheaton, M. G., Fabricant, L. E., Franklin, J. C., Lee, K., Puzia, M., **Berman, N. C.**, Jacoby, R., & Abramowitz, J. S. (November 2012). Childhood trauma in hoarding disorder and matched controls. Poster presented at the 46<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
49. Fabricant, L. E., Jacoby, R., Wheaton, M. G., Mahaffey, B., **Berman, N. C.**, & Abramowitz, J. S. (November 2012). Is the use of analogue samples appropriate in research on OCD? Poster presented at the 46<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
50. Jacoby, R. J., Brownstone, L. M., Higgins, M. K., Mahaffey, B., Fabricant, L. E., Wheaton, M. G., **Berman, N. C.**, Bardone-Cone, A. M., & Abramowitz, J. S. (November 2012). Obsessive-compulsive symptoms, obsessive beliefs, and disordered eating attitudes: Relationships in men and women. Poster presented at the 46<sup>th</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Washington, D.C.
51. **Berman, N. C.**, Wheaton, M. G., Fabricant, L. E., Jacobson, S., & Abramowitz, J. S. (November 2011). Thought action fusion: Role of personal significance. Poster presented

- at the 45<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
52. Wheaton, M.G., Fabricant, L. F., **Berman, N.C.**, Mahaffey, B., & Abramowitz, J. S. (November 2011). Hoarding and PTSD symptoms in a trauma-exposed student sample, Poster presented at the 45<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
  53. Fabricant, L. E., Schneider, R., Wheaton, M.G., **Berman, N.C.**, Mahaffey, B., & Abramowitz, J. S. (November 2011). The role of dysfunctional cognitions, experiential avoidance, and mindfulness in the prediction of posttraumatic stress symptoms. Poster presented at the 45<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
  54. **Berman, N. C.**, Pardue, C., Fabricant, L. E., Wheaton, M. G., & Abramowitz, J. S. (November 2011). Is religiosity associated with the overvaluation of positive thoughts? Poster presented at the 45<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, Toronto, Canada.
  55. **Berman, N. C.**, Garcia, A., Freeman, J., Wheaton, M. G., & Abramowitz, J. S. (November 2010). Rate of change in the treatment of early childhood obsessive-compulsive disorder. Poster presented at the 44<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
  56. Wheaton, M. G., Fabricant, L. E., **Berman, N. C.**, Mahaffey, B., & Abramowitz, J. S. (November 2010). Experiential avoidance in the prediction of compulsive hoarding. Poster presented at the 44<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
  57. Fabricant, L. E., Mahaffey, B., Wheaton, M. G., **Berman, N. C.**, & Abramowitz, J. S. (November 2010). The relationship between anxiety sensitivity and obsessive compulsive symptoms. Poster presented at the 44<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
  58. Fabricant, L. E., Wheaton, M. G., **Berman, N. C.**, & Abramowitz, J. S. (November 2010). The relationship between childhood trauma and hoarding symptoms. Poster presented at the 44<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
  59. Wheaton, M. G., Olatunji, B. O., **Berman, N. C.**, Mahaffey, B., Fabricant, L. E., & Abramowitz, J. S. (November 2010). Swine flu concerns: Associations with health anxiety, contamination cognitions and disgust sensitivity. Poster presented at the 44<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
  60. **Berman, N. C.**, Wheaton, M. G., Pardue, C., & Abramowitz, J. S. (November 2010). Relationship between religiosity and thought action fusion: A behavioral paradigm. Poster presented at the 44<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
  61. Mahaffey, B., Deaton, T., **Berman, N. C.**, Wheaton, M., Fabricant, L., & Abramowitz, J. S. (November 2010). Religiosity, childhood experiences, and obsessive beliefs. Poster presented at the 44<sup>th</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, San Francisco, CA.
  62. Pardue, C., Abramowitz, J. S., & **Berman, N. C.** (April 2010). Relationship between thought action fusion and developmental experiences with rigid rules. Poster presented at

- Department of Psychology Research Symposium at University of North Carolina at Chapel Hill, Chapel Hill, NC.
63. Fabricant, L., **Berman, N. C.**, Wheaton, M., Mahaffey, B., & Abramowitz, J. S. (March 2010). Development of a behavioral paradigm to assess thought-action fusion. Poster presented at the 30<sup>th</sup> Annual Convention for the Anxiety Disorder Association of America, Baltimore, MD.
  64. Wheaton, M., **Berman, N. C.**, Franklin, J., Schneider, R., & Abramowitz, J. S. (March 2010). Experiential avoidance and anxiety sensitivity in the prediction of health anxiety. Poster presented at the 30<sup>th</sup> Annual Convention for the Anxiety Disorder Association of America, Baltimore, MD.
  65. Wheaton, M., Franklin, J., **Berman, N. C.**, Hessel, E., & Abramowitz, J. S. (March 2010). Obsessive compulsive symptom dimensions and prepulse inhibition of acoustic startle in an analogue sample. Poster presented at the 30<sup>th</sup> Annual Convention for the Anxiety Disorder Association of America, Baltimore, MD.
  66. **Berman, N. C.**, Wheaton, M., Fabricant, L., Mahaffey, B., Pardue, C., & Abramowitz, J. S. (March 2010). The relationship between thought action fusion and one's motivation for religion. Poster presented at the 30<sup>th</sup> Annual Convention for the Anxiety Disorder Association of America, Baltimore, MD.
  67. Wheaton, M., **Berman, N. C.**, Abramowitz, J., Deacon, B., Olatunji, B., Mahaffey, B., et al. (November 2009). Reliability and validity of the dimensional obsessive-compulsive scale. Poster presented at the 43<sup>rd</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, New York City, NY.
  68. Mahaffey, B., Abramowitz, J., Deacon, B., Olatunji, B., Wheaton, M., **Berman, N. C.**, Timpano, T., McGrath, P., Riemann, B., Adams, T., Bjorgvinsson, T., Storch, E., & Hale, L. (November 2009). Reliability and validity of the dimensional obsessive-compulsive scale (DOCS). Poster presented at the 43<sup>rd</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, New York City, NY.
  69. **Berman, N. C.**, Wheaton, M., Abramowitz, J. S., Gura, K., & Lovett, S. (November 2009). Importance of understanding psychogenic reactions in cognitive behavioral treatment for childhood anxiety disorders. Poster presented at the 43<sup>rd</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, New York City, NY.
  70. **Berman, N. C.**, Wheaton, M., Boudwin, D., Pardue, C., & Abramowitz, J. S. (November 2009). Obsessive beliefs mediate relationship between religiosity and obsessive compulsive symptoms. Poster presented at the 43<sup>rd</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, New York City, NY.
  71. Wheaton, M., **Berman, N. C.**, McGrath, P., & Abramowitz, J. S. (November 2009). Predicting worry across anxiety disorders: The role of experiential avoidance and anxiety sensitivity. Poster presented at the 43<sup>rd</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, New York City, NY.
  72. **Berman, N. C.**, Flessner, C., Garcia, A., & Freeman, J. (November 2008). Symptom profiles in pediatric obsessive compulsive disorder: Relationship with maladaptive grooming behaviors. Poster presented at the 42<sup>nd</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, Orlando, FL.
  73. **Berman, N. C.**, Brazel, A., Freeman, J., & Garcia, A. (November 2008). Relationship between obsessive compulsive symptoms and OCD severity: Does washing your hands

- make you even sicker? Poster presented at the 42<sup>nd</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, Orlando, FL.
74. **Berman, N. C.**, Lackey, G., Holman, H., Wheaton, M., & Abramowitz, J. S. (November 2008). What mediates the relationship between religion and obsessive beliefs? Poster presented at the 42<sup>nd</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, Orlando, FL.
  75. Freeman, J., Boergers, J., **Berman, N. C.**, Ogata, A., & Garcia, A. (November 2008). Sleep problems in pediatric anxiety disorders. Poster presented at the 42<sup>nd</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, Orlando, FL.
  76. Flessner, C., **Berman, N. C.**, Garcia, A., & Freeman, J. (October 2008). Symptom profiles in pediatric obsessive compulsive disorder: Effects of comorbid spectrum disorders. Poster presented at the 15<sup>th</sup> Annual International OCD Foundation Conference, Boston, MA.
  77. Przeworski, A., Choate, M. L., Garcia, A. M., Freeman, J. B., Ogata, A., Ng, J. S., & **Berman, N. C.** (November 2007). Parent-child dynamics in child anxiety: State or trait? Poster presented at the 41<sup>st</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
  78. Ogata, A. K., Przeworski, A., **Berman, N. C.**, Himle, M., Choate, M., & Garcia, A. M. (November 2007). Developmental precursors among children with internalizing disorders. Poster presented at the 41<sup>st</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
  79. Ogata, A. K., Przeworski, A., **Berman, N. C.**, Himle, M., Choate, M., & Freeman, J. B. (November 2007). School functioning in anxious children with and without ADHD. Poster presented at the 41<sup>st</sup> Annual Convention of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
  80. **Berman, N. C.**, Przeworski, A., Ogata, A., Himle, M., Garcia, A., & Leonard, H. (November 2007). Phenomenological differences between gradual and abrupt onset OCD in children. Poster presented at the 41<sup>st</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
  81. **Berman, N. C.**, Choate, M., Przeworski, A., Ogata, A., Freeman, J., & Leonard, H. (November 2007). Relationship between symptoms of attention-deficit hyperactivity disorder and symptoms of comorbid anxiety disorders on severity of obsessive compulsive symptoms. Poster presented at the 41<sup>st</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
  82. **Berman, N. C.**, Choate, M., Himle, M., Ogata, A., Przeworski, A., Freeman, J., Garcia, A., & Leonard, H. (October 2007). Obsessive compulsive disorder symptom category differences in children. Poster presented at the 54<sup>th</sup> Annual Convention of the American Academy of Child and Adolescent Psychiatry, Boston, MA.
  83. **Berman, N. C.**, & Lovett, S. (April 2007). Worried sick: Children's developing understanding of psychogenic reactions. Poster presented at the Biennial Meeting for the Society for Research in Child Development, Boston, MA.

## AWARDS AND FELLOWSHIPS

### Grants



Batchelor Ford Summer Fellowship, College of the Holy Cross <i>Long-Term Impact of COVID-19 on College Students' Psychological Health: A Multi-Site Investigation</i> Role: Primary Investigator (\$4,000)	Summer 2023
COVID-19 Grant, College of the Holy Cross <i>Impact of COVID-19 on College Students' Mental Health</i> Role: Primary Investigator (\$2,500)	Spring 2021
Batchelor Ford Summer Fellowship, College of the Holy Cross <i>Reactivity and Regulation in Response to Intrusive Thoughts</i> Role: Primary Investigator (\$4,000)	Summer 2019
International Obsessive-Compulsive Disorder Foundation (IOCDF) <i>Cognitive Biases in OCD: Mechanisms of Generational Transmission</i> Role: Primary Investigator (\$29,661)	2013 – 2017
Charles King Postdoctoral Fellowship/Harold Whitworth Pierce Charitable Trust <i>Differential Effect of Positive and Negative Mood on OCD Treatment</i> Role: Primary Investigator (\$89,000)	2014 – 2016
Kaplen Fellowship on Depression at Harvard Medical School <i>Effect of Depression on Exposure Response in OCD: Mechanisms Underlying Threat Perception and Habituation</i> Role: Primary Investigator (\$76,131)	2014 – 2016
William F. Milton Fund at Harvard University <i>Cognitive Biases in Offspring at Risk for OCD: Role with Physiological Arousal</i> Role: Co-Primary Investigator (\$39,700)	2014 – 2016
Livingston Award for Young Investigator at Harvard Medical School <i>Risk and Resilience Factors Associated with Cognitive Biases in OCD</i> Role: Primary Investigator (\$7,171)	2013 – 2016
Mind Brain Behavior Interfaculty Initiative at Harvard University <i>Biases in Clinical Decision Making Related to Suicide Risk</i> Role: Co-Primary Investigator (\$23,400)	2013 – 2014

### Awards and Fellowships

Fellowship in Adult Psychoanalytic Psychotherapy <i>Boston Psychoanalytic Society and Institute (BPSI)</i>	2024 – 2025
Certificate of Excellence in Reviewing <i>Journal of Obsessive-Compulsive and Related Disorders</i>	2014
Future Faculty Fellowship Program (FFFP) <i>University of North Carolina at Chapel Hill, Center for Faculty Excellence</i>	2011
Letter of Commendation for Excellence in Teaching <i>University of North Carolina at Chapel Hill (Received Honor 3x)</i>	2010 – 2012
Office of Undergraduate Research (OUR) Graduate Mentor Award <i>University of North Carolina at Chapel Hill</i>	2010 – 2011
Sarah and James Bowdoin Scholar <i>Bowdoin College</i>	2004 – 2006

---

## TEACHING EXPERIENCE

<u>Courses Taught</u>	<u>Term(s)</u>
Psychopathology <i>College of the Holy Cross</i>	Spring 2024, Fall 2023, Spring 2023, Fall 2022 (2 sections), Spring 2022 (2 sections), Fall 2021, Spring 2021, Fall 2020, Spring 2019, Fall 2018, Fall 2017
Developmental Psychopathology in Cinema <i>College of the Holy Cross</i>	Fall 2023, Spring 2022, Fall 2021, Fall 2020
Research Methods <i>College of the Holy Cross</i>	Spring 2024, Spring 2023, Spring 2021, Spring 2019, Spring 2018
Processes in Psychotherapy <i>College of the Holy Cross</i>	Fall 2018, Spring 2018, Fall 2017
Cognitive Behavior Therapy <i>University of Monterrey, Mexico</i>	October 2016
Cognitive Behavioral Treatment of OCD <i>Massachusetts General Hospital/Harvard Medical School</i>	2015 – 2018 (Online; Quarterly)
Abnormal Psychology <i>University of North Carolina at Chapel Hill</i>	Summer 2012, Fall 2011
<u>Teaching Assistantships</u>	<u>Term</u>
Statistical Methods <i>University of North Carolina at Chapel Hill</i>	Spring 2012, Spring 2010
Research Methods <i>University of North Carolina at Chapel Hill</i>	Summer 2011, Fall 2010, Fall 2009
Abnormal Psychology <i>University of North Carolina at Chapel Hill</i>	Spring 2011
Peer Relations <i>University of North Carolina at Chapel Hill</i>	Spring 2009
Introduction to Psychology <i>University of North Carolina at Chapel Hill</i>	Fall 2008

Invited Lectures, Panels, and Workshops (<sup>a</sup> Equal effort among presenters)

1. **Berman, N. C.,** Brennan, L., & Rosencrans, P.<sup>a</sup> (November 2024; April 2025). Theories of psychotherapy and their real-world application. Panel presented at Bowdoin College to students in Psychotherapy and Behavior Change.
2. **Berman, N. C. & Hart, A.**<sup>a</sup> (March 2025). Applying exposure with response prevention to obsessive compulsive disorder (OCD) and body dysmorphic disorder (BDD). A half-day workshop presented to the Massachusetts Psychological Association.
3. **Berman, N. C.,** Doerfler, L., Goodness, T., & Hart, A.<sup>a</sup> (February 2025). Introduction to exposure therapy: Using inhibitory learning principles. A half-day workshop presented to the Massachusetts Psychological Association.
4. **Berman, N. C.** (December 2024). Integrating theoretical orientations in clinical practice. Presented at the Depression Clinical and Research Program in the Massachusetts General Hospital/Harvard Medical School to Psychology Trainees.
5. **Berman, N. C.** (October 2024). Addressing unmet needs in childhood via imagery rescripting. Presented at the Concord CBT Center to Psychology Trainees and Licensed Psychologists.
6. **Berman, N. C.** (September 2019; 2020; 2021; 2022; 2024). Clinical psychology at a liberal arts college. Presented at the Massachusetts General Hospital/Harvard Medical School to Psychology Trainees.
7. **Berman, N. C.** (January 2022). Evidence-based assessment and treatment of obsessive-compulsive disorder. Presented at Harvard College to students in Psychopathology.
8. **Berman, N. C.** (July 2021). Imagery rescripting: A treatment augmentation technique for therapeutic non-responders. Presented at the Center for Traumatic and Stress Disorders (CATSD) in the Massachusetts General Hospital/Harvard Medical School to Psychologists, Psychiatrists, and Trainees.
9. **Berman, N. C.** (January 2020). Early career professionals in clinical psychology: The small liberal arts college. Presented to the Anxiety and Depression Association of America.
10. **Berman, N. C.** (October 2020; 2021). Application of mindfulness-based principles in clinical settings. Presented to Professor Schmidt's seminar, "Mindfulness, Meditation and Prayer" at College of the Holy Cross.
11. **Berman, N. C.** (April 2019). How to treat taboo OCD using cognitive-behavioral principles. Presented at College of the Holy Cross to the Counseling Center.
12. **Berman, N. C.** (November 2018). My thoughts frighten me: Assessing and treating taboo obsessions. Presented at the University of Massachusetts Medical School to the International OCD Foundation of Massachusetts.
13. **Berman, N. C.** (November 2016). Obsessive-compulsive and related disorders: Improving evidence-based prevention and treatment for patients across the lifespan. Presented at City College of New York, Hunter College, to the Psychology Department.
14. **Berman, N. C.** (November 2016). Obsessive-compulsive and related disorders: Improving evidence-based prevention and treatment for patients across the lifespan. Presented at College of the Holy Cross to the Psychology Department.
15. **Berman, N. C.** (October 2015; 2016). Application of CBT to mood and anxiety disorders. Presented at Bowdoin College to the Psychology undergraduates.

16. **Berman, N. C.** (May 2016). How to help someone with OCD: Evidence-based assessment and treatment. Presented at Lawrence Memorial Hospital to Physician Organization.
17. **Berman, N. C.** (April 2016). A cognitive-behavioral approach to couples therapy. Presented at the Depression Clinical and Research Program in the Massachusetts General Hospital/Harvard Medical School to Psychology Trainees.
18. **Berman, N. C.** (January 2016). Improving the prevention and treatment of OCD. Presented at the University of Colorado at Boulder to the Psychology and Neuroscience Department.
19. **Berman, N. C.** (February 2014; 2015). Acceptance and commitment therapy: An overview. Presented at Massachusetts General Hospital/Harvard Medical School to Psychology Trainees.
20. **Berman, N. C.** (October 2015). Exposure therapy for children with OCD. Presented at the Massachusetts General Hospital/Harvard Medical School to the Child Psychiatry Fellows.
21. **Berman, N. C.** (November 2014). Empirically-supported treatments for OCD: Integrating cognitive-, behavioral-, and acceptance-based approaches. Presented at the Massachusetts Psychological Association in the Continuing Education Seminar Series.
22. **Berman, N. C.** (October 2014). Exposure and response prevention for youth with OCD. Presented at the Charlestown Health Care Center in the Continuing Education Seminar Series.
23. **Berman, N. C.** (November 2013). Exposure-based therapy for children and adolescents. Presented at University of Maryland (via Skype) to Advanced Graduate Students in Clinical Psychology.
24. **Berman, N. C.** (June 2013). NIMH research domain criteria: Negative valence system. Presented at Massachusetts General Hospital/Harvard Medical School to the OCD and Related Disorders Program.

### Media Appearances

1. “What’s the worst thought you’ve ever had? Exploring intrusive thoughts” (April 2020). Interviewed by Jad Sleiman with National Public Radio (NPR) (<https://whyy.org/segments/whats-the-worst-thought-youve-ever-had-exploring-intrusive-thoughts/>)

### Formally Supervised Student Research (\*Holy Cross student)

- Cannamela, C.\* (2024). Moving towards inclusive perceptions of disability: A case study of holy cross students’ community engagement experience with L’Arche. Honors Thesis (Reader), College of the Holy Cross.
- Whalen, C.\* (2024). The impact of child sexual abuse material (CASM) and online exploitation on psychiatric symptom severity in minors. Washington D.C. Semester (Advisor), College of the Holy Cross.
- Xie, A.\* (2023). The impact of the COVID-19 pandemic on child development. Honors Thesis (Reader), College of the Holy Cross.
- Bickerton, K.\* (2021). Psychological conceptualizations and treatments for obsessive compulsive disorder. Honors Thesis (Advisor), College of the Holy Cross.

- Hamada, K.\* (2020). Cardiovascular disease and depression: Is diet a common mediator? Honors Thesis (Reader), College of the Holy Cross.
- Nadel, M.\* (2020). Spontaneous emotion regulation strategies in response to an intrusive thought. Independent Study (Advisor), College of the Holy Cross.
- Dutta, A.\* (2020). Psychological and sociological factors in the relationship between illness and anxiety. Honors Thesis (Reader), College of the Holy Cross.
- Szkutak, A.\* (2019). Does habituation make a difference? Examining exposure performance indices in individuals with obsessive-compulsive disorder (OCD). Honors Thesis (Advisor), College of the Holy Cross.
- Gurchiek, E.\* (2019). Processing penalty kicks: An exploration of soccer and the unconscious. Honors Thesis (Reader), College of the Holy Cross.
- Ene, T.\* (2019). Relationship between personality traits and OC dimensions. Independent Study (Advisor), College of the Holy Cross.
- Mora, R. (2018). Validation of the inventory of interpretation of intrusions (III-31) for the clinical and non-clinical Mexican population. Master's Thesis (Committee Member), University of Monterrey, Mexico.
- Garza, B. (2018). Validation of the dimensional obsessive-compulsive scale (DOCS) for the Mexican clinical and non-clinical population. Master's Thesis (Committee Member), University of Monterrey, Mexico.
- Huerta, P. (2018). Validation of the Mexican version of the cognitive emotional regulation questionnaire-short version (CERQ-VC) for clinical and non-clinical populations (Committee Member). Master's Thesis, University of Monterrey, Mexico.
- Salazar, D. (2018). Validation of the emotional regulation questionnaire (ERQ) for the Mexican clinical and non-clinical population. Master's Thesis (Committee Member), University of Monterrey, Mexico.
- Arora, A. (2017). The relationship between behavioral inhibition and obsessive beliefs in children. Honors Thesis (Advisor), Tufts University.
- Pardue, C. (2010). Is thought-action fusion related to developmental experiences with rigid rules? Honors Thesis (Co-Advisor), University of North Carolina at Chapel Hill.

## PROFESSIONAL SERVICE

### Departmental Service

Co-Coordinator, Research Methods and Statistics Placement <i>College of the Holy Cross</i>	2022 – 2024
Director, Psi Chi <i>College of the Holy Cross</i>	2017 – 2024
Member, Committee for Psychology Senior Awards <i>College of the Holy Cross</i>	2018, 2023, 2024
Member, Hiring Process Committee <i>College of the Holy Cross</i>	2020 – 2021
Member, Diversity, Equity and Inclusion Committee <i>College of the Holy Cross</i>	2020 – 2021
Committee Leader, Cultural Psychology Faculty Exploration	2018 – 2019

<i>College of the Holy Cross</i>	
Co-Leader, Psychology Research Honors Program Committee	2018 – 2019
<i>College of the Holy Cross</i>	
Coordinator, Psychology 100 Research Pool	Spring 2018
<i>College of the Holy Cross</i>	
Member, Psychology Internship Selection Committee	2014 – 2016
<i>Massachusetts General Hospital/Harvard Medical School</i>	
Member, Eugene L. Emerson Award Committee	2015 – 2017
<i>Massachusetts General Hospital/Harvard Medical School</i>	

### College Service

Member, Committee on Distinguished Fellowships and Graduate Studies	2022 – 2024
<i>College of the Holy Cross</i>	
Member, Institutional Review Board	2018 – 2023
<i>College of the Holy Cross</i>	
Interviewer, College Honors Program	2021 – 2022
<i>College of the Holy Cross</i>	
Member, Committee for Faculty Affairs (Subcommittee: Anti-Bullying Policy)	2021 – 2022
<i>College of the Holy Cross</i>	
Member, Ad-Hoc Electronic Course Evaluation Form Implementation Committee	2020 – 2021
<i>College of the Holy Cross</i>	
Member, Campus Advisory Board on Alcohol (CABA)	2018 – 2021
<i>College of the Holy Cross</i>	

### Professional Service

#### Editorial Board Member

<i>Frontiers in Psychiatry, Psychological Therapy and Psychosomatics Section</i>	2020 – Present
<i>Journal of Obsessive-Compulsive and Related Disorders</i>	2014 – Present
<i>Cognitive and Behavioral Practice</i>	2020 – 2022

#### Guest Editor

<i>Cognitive and Behavioral Practice; “Emerging Adulthood” Special Series</i>	2015 – 2016
---	-------------

#### Member, Data Safety Monitoring Board (DSMB)

<u>Study</u> : Transcranial magnetic stimulation and response inhibition in pediatric OCD	2022 – Present
<i>Brown University School of Medicine and University of Minnesota</i>	
<u>Study</u> : Smartphone digital phenotyping to detect high-risk affect states in body dysmorphic disorder	2019 – 2023
<i>Massachusetts General Hospital/Harvard Medical School</i>	
<u>Study</u> : Efficacy of online mindfulness interventions for tourette’s syndrome	2018 – 2020
<i>Bowdoin College and Massachusetts General Hospital/Harvard Medical School</i>	
<u>Study</u> : Novel interventions for complicated grief	2015 – 2017
<i>Massachusetts General Hospital/Harvard Medical School</i>	

External Reviewer for Promotion Harvard Medical School	2024
Reviewer, Conference Submissions	
Association for Behavioral and Cognitive Therapy Conference	2014 – 2023
World Congress for Cognitive Behavioral Therapies	2019
APA Division 12 Conference	2019
APA Division 53 Conference	2016
New England OCD Research Conference	2015
Reviewer, Grant Submissions	
International OCD Foundation Grant Submissions	2019 – 2021
Ad-Hoc Reviewer for the Following Peer-Review Journal Submissions:	2008 – Present
<i>Behavior Research and Therapy</i>	
<i>Behavior Therapy</i>	
<i>Behavioral and Cognitive Psychotherapy</i>	
<i>Child Psychiatry and Human Development</i>	
<i>Clinical Psychology and Psychotherapy</i>	
<i>Cognitive Therapy and Research</i>	
<i>Death Studies</i>	
<i>Depression and Anxiety</i>	
<i>General Hospital Psychiatry</i>	
<i>Innovations in Clinical Neuroscience</i>	
<i>International Journal for the Psychology of Religion</i>	
<i>International Journal of Cognitive Therapy</i>	
<i>Journal of Abnormal Child Psychology</i>	
<i>Journal of Affective Disorders</i>	
<i>Journal of American Academy of Child and Adolescent Psychiatry</i>	
<i>Journal of Behavior Therapy and Experimental Psychiatry</i>	
<i>Journal of Child and Adolescent Psychopharmacology</i>	
<i>Journal of Cognitive Psychotherapy: An International Quarterly</i>	
<i>Journal of Psychiatric Research</i>	
<i>Journal of Psychopathology and Behavioral Assessment</i>	
<i>Journal of Social and Clinical Psychology</i>	
<i>Psychiatric Services</i>	

### Professional Memberships

Association for Behavioral and Cognitive Therapies (ABCT)  
Clinical Psychology at Liberal Arts College Special Interest Group (CPLAC SIG)  
Massachusetts Psychological Association (MPA)

---