

Peggilee Wupperman, Ph.D.

Licensed Psychologist: New York

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EDUCATION

- 7/06 Ph.D., Clinical Psychology, University of North Texas, Denton, TX (Full APA Accreditation)
Dissertation: *Is low mindfulness a core feature of borderline personality disorder?*
- 12/03 M.S., Psychology: University of North Texas, Denton, TX
Thesis: *Depressive symptoms as a function of rumination, gender, and neuroticism*
- 8/01 B.S., Suma Cum Laude, Psychology: University of Texas at Dallas
Honors' Thesis: *Gender differences in math performance: What are they and why do they exist?*

ADVANCED TRAINING

- 7/05 – Pre-doctoral Fellowship, Psychology: Yale University School of Medicine,
6/06 Yale-New Haven Psychiatric Hospital, Department of Psychiatry, New Haven, CT
- 6/06-7/07 Intensive Training in Dialectical Behavior Therapy with Marsha Linehan, Ph.D.

PROFESSIONAL APPOINTMENTS

- 8/13 - **Associate Professor (Tenured)**
Current **Director of Practicum Training (Doctoral Program, 6/2017-Current)**
Department of Psychology
John Jay College /The Graduate Center of the City University of New York; New York, NY
- 8/09 - **Assistant Professor**
8/13 **Acting Chair of the John Jay Addictions Studies Program (8/2010-8/2011)**
Department of Psychology
John Jay College /CUNY Graduate Center; New York, NY
- 8/09 - **Assistant Clinical Professor**
Current Department of Psychiatry
Yale University School of Medicine; New Haven, CT
- 9/09 - **Director: Mindfulness & Modification Therapy Clinical-Research Program;**
12/13 **Research Scientist**
Department of Psychiatry, Behavioral Science Research Clinic
St. Luke's Roosevelt Hospital Center; New York, NY
- 7/07 - **Associate Research Scientist & Supervisor**
7/09 **(NIDA T32 Advanced Postdoctoral Research Fellow until promotion in 7/08)**
Department of Psychiatry; Psychotherapy Development Center & Division of Substance Abuse
Yale University School of Medicine; New Haven, CT

7/06 - **Postdoctoral Fellow**
7/07 Department of Psychology, Behavioral Research and Therapy Clinics (BRTC),
University of Washington, Seattle, WA.
Supervisor: Marsha Linehan, Ph.D.

SELECTED PROFESSIONAL HONORS AND RECOGNITIONS

2019: Stefan Bernard Baumrin Travel Award
2017: Award for Teaching Excellence – John Jay College Masters Program in Forensic Mental-Health
Counseling
2016-2017: Mid-Career Research Award – John Jay College
2016: Buhrmester Star Alumni Award – University of Texas at Dallas
2013-2014: Research Scholar Excellence Award – John Jay College/City University of New York
2013: Invited Keynote Speaker – National Football League (NFL) Program for Substance Abuse
2012: Invited Panelist – NIH/NIAAA workshop on developing strategies for improving prevention and
interventions for alcohol abuse and alcohol-related aggression, National Institute of Alcohol
Abuse & Alcoholism
2012; 2011: Recognition for Teaching and Mentorship -- Masters Program, John Jay College
2009: Invited Participant – National Institute of Health/OBSSR Summer Institute on Design and Conduct
of Randomized Clinical Trials Involving Psychological Interventions
2008: Travel Award – National Institute of Drug Abuse Junior Investigator Award
2007: Travel Funding – Family Connections, National Education Alliance for Borderline Personality
Disorder
2007: Research Travel Award – University of Washington Psychology Department
2004-05: Bonney Award for Outstanding Psychology Graduate Student (“Superior academic performance,
clinical skills, and contribution to the community”), University of North Texas
2004: James T. McRhea Award for Excellence in Academic Achievement, University of North Texas
2004: Patient Care Recognition, Timberlawn Psychiatric Hospital; Dallas, TX
2002: Graduate Research Award - Thesis, University of North Texas
2002 – Present: Phi Kappa Phi Honor Society; University of North Texas
2001-2002: Toulouse School of Graduate Studies: Outstanding Achievement Fellowship, Psychology; UNT
2001: Outstanding Graduate – School of Human Development, University of Texas at Dallas
2001: Summa Cum Laude; University of Texas at Dallas

CLINICAL-RESEARCH AND CLINICAL POSTITIONS

11/17- **Principal Investigator & Group Leader: Mindfulness & Modification Therapy (MMT)**
8/18 **Clinical Trial, Mixed-Gender Group for Addiction**
After Hours Program, New York, NY
Pilot study to assess feasibility, acceptability, and preliminary utility of MMT modified for
mix-gender group delivery targeting substance-use disorders for clients with severe and
persistent mental illness who are in methadone maintenance for opioid dependence.

1/17- **Principal Investigator & Supervisor: Mindfulness & Modification Therapy (MMT)**
12/17 **Clinical Trial, Mixed-Gender Group for Binge Eating Disorder**
MMT Clinical Research Lab, John Jay College, New York, NY

Study to assess feasibility, acceptability, and utility of MMT modified for group delivery to target binge eating. Train and supervise masters students in mental-health counseling.

12/13 **Clinician and Clinical Researcher: American Institute for Cognitive Therapy, NY, NY**
Current Provide individual psychotherapy in an outpatient practice. Design and conduct workshops for mental-health professionals in the community. Designed and implemented program to collect data from outpatient clinical sample.

8-16- **Principal Investigator & Supervisor: Mindfulness & Modification Therapy (MMT)**
8-17 **Pilot Trial, Binge Eating Disorder and Depressive Symptoms**
MMT Clinical Research Lab, John Jay College, New York, NY
Conducted pilot case-studies to assess preliminary feasibility and acceptability of MMT modified to target binge eating and depressive symptoms. Modified the psychotherapy; developed and directed project; trained and supervised student therapists and research staff.

8/09 - **Principal Investigator & Supervisor: Mindfulness & Modification Therapy (MMT)**
9/13 **Research Program (MMT customized for substance abuse and anger issues)**
St. Luke's-Roosevelt Hospital, Behavioral Science Research Unit/Outpatient Center; New York, NY. Developed, implemented, refined, and evaluated a psychotherapy (MMT) for behavioral dysregulation. Created and directed a research clinic to conduct a clinical trial of MMT. Conducted recruiting, hiring, training, and supervision of all staff. Provided clinical and research training/supervision to students and interns in psychology, social work, mental-health counseling, and psychiatry (residents). Created client handouts/worksheets, audio files for client take-home practices, basic adherence measures, and therapist training materials. Conducted therapy.

7/07 - **Clinical-Research Supervisor & Therapist**
7/09 Yale Anger & Substance Clinic and CARE Clinic; New Haven, CT.
Developed and implemented a psychotherapy program (and clinical research trial) for women court-referred for alcohol-use disorders and aggression. Developed relationships with community service-providers and court referral sources. Provided clinical and research training/supervision for a multidisciplinary team of professionals. Conducted a pre-post clinical trial. Conducted therapy.

7/06 - **Research-Clinic Coordinator, Clinical Supervisor, & Training Director**
7/07 **Behavioral Science and Research Clinics, University of Washington, Seattle, WA.**
Co-managed a therapeutic clinic housing projects such as: 1) a NIDA-funded clinical trial on Dialectical Behavior Therapy (DBT) for substance dependence, and 2) an NIMH-funded study on DBT for suicidal clients. Provided DBT supervision, conducted therapy with suicidal clients, and conducted therapy program with family members of individuals with BPD. Supervised by Marsha Linehan, Ph.D.

7/05 - **Clinician/Intern**
6/06 **Yale-New Haven Intensive Outpatient Program, Yale Psychiatric Hospital, New Haven**
Conducted individual and group psychotherapy. Supervised masters interns.

8/04 - **Clinician/Extern**
01/05 **Timberlawn Mental Health System: Psychological Trauma Unit; Dallas, TX.** Provided individual and group therapy to inpatients and outpatients. Conducted and supervised clinical research.

- 2/03 - **Graduate Clinician**
12/04 **Denton County Juvenile Justice System, Denton, TX**
Conducted individual and group therapy with adolescents in the juvenile justice system.
Participated in clinical research program.
- 09/02 - **Graduate Clinician and Supervisor,**
05/05 **Denton Community Psychology Clinic, University of North Texas, Denton, TX. Clinical:**
Conducted assessments and psychotherapy with adults and adolescents.

ADDITIONAL PROGRAM DEVELOPMENT

- 8/09 - **Individual Therapy Program for Women Referred for Self-Referred for Substance**
9/13 **Misuse and Anger Issues**
St. Luke's BRSU, New York, NY.
Created and implemented a grant-funded program to provide no-cost individual therapy.
Worked with John Jay College, Columbia Medical School, and St. Luke's-Roosevelt Hospital
to develop and provide a training program for psychology students, social work interns, and
psychiatry residents who participated in the project. Worked with community organizations to
foster recruitment and referral resources.
- 11/01 - **Group-Treatment Modules**
3/03 **Denton County Juvenile Justice System, Denton, TX**
. Collaborated with colleagues to develop, pilot, revise, and implement a series of group-
treatment modules aimed at decreasing recidivism of adolescents in the justice system. Assisted
in creating a manual providing instructions for implementing treatment for high-risk
adolescents. Trained and supervised psychology doctoral students as co-leaders.
- 11/02 - **Individual Therapy for Adolescents in the Juvenile Justice System**
2/03 **Denton County Juvenile Justice System, Denton, TX**
Created and implemented an individual-therapy program for adolescents at high risk for
recidivism who had previously lacked access to treatment. Worked with the Denton Juvenile
Justice System and University of North Texas psychology department to organize program so
therapy could be provided at no cost through a UNT Clinical-Psychology practicum.

FUNDING (AND INVOLVEMENT IN GRANT-FUNDED PROJECTS)

- 5/2019 Seed Funding Program. Office for the Advancement of Research. *Comparison trial of a
mindfulness group intervention targeting substance use disorders. (PI: Peggilee
Wupperman, Ph.D.)*
- 7/17 - PSC CUNY. *A transdiagnostic mindfulness therapy for behavior dysregulation:*
12/18 *Group therapy targeting substance abuse (PI: Peggilee Wupperman, Ph.D.)* Funded:
\$12,000.
- 8/16 John Jay College, Career Research Funding. *Investigation of aspects of a transdiagnostic
mindfulness therapy targeting a mixed-gender group for binge eating. (Recipient:
Peggilee Wupperman, Ph.D.)* Funded: \$4,000.

- 10/15 NIMH R01. *The Effects of Trait Anger on Alcohol and Drug Addiction* (PI: Nelly Alia-Klein) Role: Subcontract PI. Not funded.
- 8/13 - PSC CUNY. *A transdiagnostic mindfulness therapy for behavior dysregulation: Preliminary feasibility study targeting binge eating.* (PI: **Peggilee Wupperman, Ph.D.**)
8/14 Funded: \$6,000.
- 8/13 - Office for the Advancement of Research (OAR), Research Scholar Award. (**Recipient:**
5/14 **Peggilee Wupperman, Ph.D.**) Funded: \$10,000
- 1/10 - Donaghue Medical Research Foundation, Clinical and Community Health Award, *Novel*
1/14 *intervention for alcohol use and anger.* (PI: **Peggilee Wupperman, Ph.D.**)
Amount Funded: \$239,969.
- 9/13 - Renewal: NIH Loan-Repayment Award, *Clinical Research Award for research focused*
9/14 *on emotion and behavior dysregulation.* (PI: **Peggilee Wupperman, Ph.D.**) Amount
Funded: \$8,000 (\$49,850 total).
- 5/11 Research Assistance Award, John Jay College, Psychology Department. *Evaluation of*
Mindfulness & Modification Therapy for behavioral dysregulation. (PI: **Peggilee**
Wupperman, Ph.D.) Funded: \$3553
- 9/11 - Renewal: NIH Loan-Repayment Award, *Clinical Research Award for research focused*
9/13 *on emotion and behavioral dysregulation.* (PI: **Peggilee Wupperman, Ph.D.**) With
option of one additional renewal. Funded: \$17,750 (for total of 41,850), with option of
renewal.
- 9/09 - NIH Loan-Repayment Award, *Clinical Research Award for clinical research focused on*
9/11 *emotional and behavioral dysregulation.* (PI: **Peggilee Wupperman, Ph.D.**) Amount
Funded: \$24,100, with option of renewal.
- 8/08 - Swiss National Science Foundation, *Evaluating the Effectiveness of an Intensive Emotion-*
8/10 *Regulation Training* (PI: Matthias Berking, Ph.D.) Role: Consultant.
- 7/07 - NIDA T32 Postdoctoral Research Fellowship, *Developing, Evaluating, and Implementing*
7/08 *an Integrated Treatment for Behavioral Dysregulation:* Role: Postdoctoral Fellow.
Amount Funded: Salary + research expenses.
- 7/06 - NIDA R01, *Dialectical Behavior Therapy for Substance Abusers*
7/07 (PI: Marsha Linehan, Ph.D.) *RCT of DBT for borderline personality disordered patients*
with heroin dependence. Role: Postdoctoral Fellow, Assistant Clinic Coordinator.
- 11/04 - Ross Institute Research Grant, *Examination of the Effects of Mindfulness Deficits on*
11/05 *Emotion Dysregulation and Impulsivity.* (PI: **Peggilee Wupperman, Ph.D.**) Amount
Funded: Funding covered measures, materials, and research assistant.
- 9/02 - University of North Texas Research Opportunities Program (ROP), *Depressive Symptoms*
9/03 *as a Function of Sex-Role, Rumination, and Neuroticism.* (PI: **Peggilee Wupperman &**
Craig Neumann, Ph.D.) Funding for thesis and subsequent journal submission. Amount
Funded: \$5,000.

TEACHING EXPERIENCE

- Spring '19 Transdiagnostic Therapy for Impulsive and Addictive Behaviors: Mindfulness and Modification Therapy
- Fall '18 Therapy Interventions II (Doctoral, John Jay College/City University of New York)
- Fall '09-Spr '19 Conceptualization and Treatment of Alcohol and Drug Abuse (Masters); John Jay/CUNY
- Fall '17-Spr'19 Introduction to Clinical Work (Doctoral); John Jay College/City University of New York
- Spring '14,15,17 Therapy Interventions I (Doctoral), John Jay College/City University of New York
- Spring '12,13,15, 18 Dialectical Behavior Treatments (Doctoral), John Jay College/City University of NY
- Fall '08 - Psychotherapies for Clients with Chronic Trauma and Behavioral Dyscontrol
Spring '07 (Participants include LCSWs, PhDs, psychology and social-work interns, psychology postdoctoral fellows, and psychiatric nurses),
Yale School of Medicine, New Haven, CT
- Fall '14, Fall '16 Empirical Treatment for Chemical Dependency (Bachelors) John Jay/CUNY
- Fall '12 Psychopathology (Doctoral), John Jay College/City University of New York
- Fall '11&12 Intro to Psychology (Bachelors), John Jay College/City University of New York
- Fall '11, Spr '13 Empirical Treatment of Substance-Use Disorders (Doctoral), John Jay/CUNY
- Spring '10 & 11 Psychology of Gender (Bachelors); John Jay College /CUNY
- Fall '10, Spr '11 Alcohol Use Disorders, Treatment & Research (Bachelors); John Jay College/ CUNY
- Fall '08 Mindfulness-focused Treatments Applied to Trauma-Related Issues (Graduate & Post-Graduate); Yale School of Medicine, CARES, New Haven, CT
- Spring '07 Co-Instructor -Empirically Validated Behavioral Methods of Change (Doctoral)
University of Washington, Seattle, WA
- Fall '06&Sp '07 Basic Clinical Research Methods (Bachelors Seminar); University of Washington.
- Spring '04 & '05 Teaching Fellow – Psychology of Women (Bachelors); University of North Texas
- Spring '05 Teaching Fellow –Research Methods Lab (Bachelors); University of North Texas.
- Fall '03 & '04 Teaching Fellow – Diagnostic Interviewing (Doctoral Lab); University of North Texas.

BOOKS

Wupperman, P. (April 2019). *Treating Impulsive, Addictive, and Self-Destructive Behaviors: Mindfulness and Modification Therapy*. New York, NY: Guilford Press.

<https://www.guilford.com/books/Treating-Impulsive-Addictive-and-Self-Destructive-Behaviors/Peggilee-Wupperman/9781462538836>

PEER-REVIEWED PUBLICATIONS

* denotes student author at the time of project

denotes senior author

Wupperman, P., *Burns, N., *Pugach, C.P., & *Edwards, E. (2019) Treatment for individuals with severe mental illness who use illicit drugs while maintained on methadone: Mindfulness and Modification Therapy.

*Edwards, E., & #Wupperman, P. (2018). Research on emotional schemas: A review of findings and challenges. *Clinical Psychologist*.

Leahy, R., **Wupperman, P.,** *Edwards, E., *Shivaji, S., *Molina, N. (2018). Metacognition and emotional schemas: Effects on depression and anxiety symptoms. *International Journal of Cognitive Therapy*.

Wupperman, P., Ryan, B., *Unachukwu, F., *Pugach, C., *Edwards, E., & *Burns, N. (Under Review) A transdiagnostic treatment for behavioral dysregulation: Feasibility study of Mindfulness and Modification Therapy targeting binge eating.

*Edwards, E. R., & #**Wupperman, P.** (2018). The Emotion Mapping Activity: Preliminary evaluation of a computer-based exercise to improve emotion labeling in alexithymic persons. *Scandinavian Journal of Psychology*.

Rogers, R., Williams, M., & **Wupperman, P.** (2017). Diagnostic interviews: Recent Developments. In S. Ayers, A. Baum, C. McManus, S. Newman, K. Wallston, J. Weinman & R. West (Eds.), *Cambridge Handbook of Psychology, Health and Medicine* (3rd Edition). Cambridge UK: Cambridge University Press.

*Edwards, E. R., *Micek, A., Mottarella, K., & #**Wupperman, P.** (2017). Emotion ideology mediates effects of risk factors on alexithymia development. *Journal of Rational-Emotive and Cognitive Behavior Therapy*, 2017.

Wupperman, P., & *Edwards E. (2016). Dialectical behavior therapy and gender. *The Sage encyclopedia of gender*. Sage Publications.

*Edwards, E., *Gintoft-Cohen, M., & #**Wupperman, P.** (2016). Substance-treatment professionals' perceived barriers to incorporating mindfulness into treatment. *Journal of Substance Use and Misuse*.

Westphal, M., Leahy, R. L., & #**Wupperman, P.** (2016). Self-Compassion and emotion invalidation mediate the effects of parental indifference on posttraumatic stress disorder, borderline personality disorder, and major depressive disorder. *Psychiatry Research*.

*Edwards, E., & #**Wupperman, P.** (2016). Emotion regulation mediates effects of alexithymia and emotion differentiation on aggressive behavior. *Deviant Behavior*.

Wupperman, P., *Gintoft-Cohen, M., Haller, D.L., Flom, P., Litt, L.C., & Rounsaville, B.J. (2015). Mindfulness and Modification Therapy for behavior dysregulation: A comparison trial focused on substance use and aggression. *Journal of Clinical Psychology*, 71, 964-978.

- Wupperman, P., *Fickling, M., Klemanski, D., Berking, M., & *Whitman, J.E.** (2013). Borderline personality features and harmful behavioral dysregulation: The mediational effect of mindfulness. *Journal of Clinical Psychology, 69*, 903-911.
- *Gintoft-Cohen, M., Wupperman, P., & Tau, G.** (2013). Mindfulness in the treatment of adolescents with problem substance use. *Adolescent Psychiatry, 3*, 172-183.
- Berking, M., & **Wupperman, P.** (2012). Emotion regulation and mental health: Recent findings, current challenges, and future directions. *Current Opinions in Psychiatry, 25*, 128-134.
- Wupperman, P., Marlatt, G.A., *Cunningham, A., Bowen, S., Berking, M., *Mulvihill-Rivera, N., & Easton, C.E.** (2012). Mindfulness and Modification Therapy for behavior dysregulation: Results from a pilot study targeting female alcohol use and aggression. *Journal of Clinical Psychology, 68*, 50-66.
- Berking, M., Poppe, C., **Wupperman, P., Jaggi, V., Seifritz, E.** (2012). Is the association between various emotion-regulation skills and mental health mediated by the ability to modify emotions? Results from two cross-sectional studies. *Journal of Psychopathology and Behavioral Assessment, 43*, 931-937,
- Berking, M., Margraf, M, Ebert, D., **Wupperman, P., Hofmann, S., & Junghanns, K.** (2011). Deficits in emotion-regulation skills predict alcohol use during and after cognitive behavioral therapy for alcohol dependence. *Journal of Clinical and Consulting Psychology, 79*, 307-318.
- Berking, M., Toth, P., & **Wupperman, P.** (2010). Enhancing emotion-regulation skills in police officers: Results of a pilot controlled study. *Behavior Therapy, 41*, 1878-1888.
- Wupperman, P., Neumann, C.S., *Whitman, J.E., & Axelrod, S.R.** (2009). The role of mindfulness in borderline personality features in an inpatient sample. *Journal of Nervous and Mental Disease, 197*, 766-772.
- Crutchfield A., Neumann C., & **Wupperman, P.** (2009). An investigation of negative affect and positive symptoms of psychosis. *Schizophrenia Bulletin, 35*, 20-21, Supplement
- Wupperman, P., Ample, P., Devine, S., Zonana, H., & Easton, C.** (2009). Aggression and substance use among female partners of men in treatment. *Journal of the Academy of Psychiatry and the Law, 37*, 75-81.
- Berking, M., **Wupperman, P., Reichardt, A., Znoj, H., & Pejic, T.** (2008). Emotion-regulation skills as a treatment target in psychotherapy. *Behaviour Research and Therapy, 46*, 1230-1247.
- Easton, C.J., Lee, B., **Wupperman, P., & Zonana, H.** (2008). Substance abuse and domestic violence interventions: The need for theoretical based research. *American Journal on Addictions.*
- Wupperman, P., Neumann, C.S., & Axelrod, S.R.** (2008). Do deficits in mindfulness underlie borderline personality features and core difficulties? *Journal of Personality Disorders, 22*, 466-482.
- Berking, M., Orth, U., **Wupperman, P., Meyer, L., & Caspar, F.** (2008). Prospective effects of emotion-regulation skills on emotional adjustment. *Journal of Counseling Psychology, 55*, 485-494.

Easton, C.J., Devine, S., Scott, M., & **Wupperman, P.** (2008). Mental health and addictive disorders among men and women entering prisons: Implications for assessment and treatment. *Journal of the Academy of Psychiatry and the Law*, 36, 35-38.

Easton, C.J., Saccob, K.A., Neavins, T.A., **Wupperman, P.**, & George, T.P. (2008). Neurocognitive performance among alcohol-dependent men with and without physical violence toward their partners: A preliminary report. *The American Journal of Drug and Alcohol Abuse*, 34-36.

Wupperman, P., & Neumann, C.S. (2006). Depressive symptoms as a function of sex-role, rumination, and neuroticism. *Personality and Individual Differences*, 40, 189-201.

Rogers, R., & **Wupperman, P.** (2006). Diagnostic interviews. In S. Ayers, A. Baum, C. McManus, S. Newman, K. Wallston, J. Weinman & R. West (Eds.), *Cambridge Handbook of Psychology, Health and Medicine* (2nd Edition). Cambridge UK: Cambridge University Press.

Neumann, C.S., Vitacco, M.J., Hare, R.D., & **Wupperman, P.** (2005). Re-construing the "Reconstruction" of psychopathy. *Journal of Personality Disorders*, 19, 723-728.

SELECTED REFEREED PRESENTATIONS & WORKSHOPS

Wupperman, P., Burns, N., Edwards, E., Mitchell, J.E. (Nov 2019). Treating Impulsive, Addictive, and Self-Destructive Behaviors. Workshop to be presented at the 53rd annual meeting of the Association for Behavioral and Cognitive and Therapies, Atlanta, GA.

Wupperman, P., Burns, N., Douglas, MacDonald, S., Wentt, B., & Douglas, J.. (March 2019). An integrated therapy for impulsive and addictive behavior: New Findings on Mindfulness and Modification Therapy. Paper accepted for presentation at the annual conference of the American Psychology-Law Society, Portland, OR.

Wupperman, P., Pugach, C., Burns, N., Douglas, J., & Edwards, E. (March 2018). A transdiagnostic therapy for dysregulated behavior: Mindfulness and Modification Therapy customized for multiple specific behaviors. Paper accepted for presentation at the annual conference of the American Psychology-Law Society, Memphis, TN.

Wupperman, P., Pugach, C., & Burns, N. (Nov 2017). Improving treatment for clients with trauma symptoms and addictive/impulsive behavior: Mindfulness and Modification Therapy. Workshop presented at the 33rd annual meeting of the International Society for Traumatic Stress Studies, Chicago, IL.

Wupperman, P., Shapiro, R. N., & Viola, M. (Nov 2016). Improving compliance and outcome in clients with trauma symptoms and dysregulated (addictive/impulsive) behavior. Presented at the 32nd annual meeting of the International Society for Traumatic Stress Studies, Dallas, TX.

Wupperman, P., Unachukwa, F., Ryan, B., Edwards, E., Reed, A.L. & Gintoft-Cohen, M. (May 2015). A transdiagnostic therapy for behavioral dysregulation: Findings across pilot trials of Mindfulness and Modification Therapy. Presented at the 27th annual convention of the Association for Psychological Science, New York, NY.

- Wupperman, P.,** Reed, A. L., Edwards, E., Shapiro, R. N., Li, Q., Unachukwa, F., & Ryan B. (April 2015). A transdiagnostic therapy for dual disorders: Mindfulness and Modification Therapy. Presented at the 4th International Congress of Dual Disorders, Barcelona, Spain.
- Wupperman, P.,** Dong, J., & Ryan, B. (June 2013). Improving outcome in clients with behavioral dysregulation: Findings and strategies from Mindfulness and Modification Therapy. Paper presented at the 76th annual convention of the New York State Psychological Association, NY, NY.
- Wupperman, P.,** Varley, J., Yehezekel, M., Tioleco, N., & Gintoft-Cohen, M. (2012, November). Mindfulness and Modification Therapy for behavioral dysregulation: Findings from clinical trials of women with alcohol and anger issues. Paper presented at the 46th annual meeting of the Association for Behavioral and Cognitive and Therapies, New Harbor, MD.
- Wupperman, P.,** & Varley, J. (2012, March). Mindfulness and Modification Therapy for behavioral dysregulation: Results and strategies targeting substance misuse and anger issues. Paper presented at the 10th annual International Scientific Conference of the Investigation and Integration of Mindfulness in Medicine, Health Care, and Society, Boston, MA.
- Wupperman, P.,** Gintoft-Cohen, M., Yehezekel, M., DiNapoli, M., & Cunningham, A. (2010, November). Mindfulness and Modification Therapy for behavioral dysregulation: Preliminary research. Paper presented at the 44th annual meeting of the Association for Behavioral and Cognitive and Therapies, San Francisco, CA.
- Wuppermann, P.,** Gintoft-Cohen, M., Yehekel, M., & Easton, C.E. (2010, January). Mindfulness and Modification Therapy (MMT): Targeting violence and substance abuse in women. Paper presented at the National Summit on Interpersonal Violence, Dallas, TX.
- Wuppermann, P.,** Poppe, C., Seifritz, E., Luhmann, M., Kunz, V., Ebert, D., & Berking, M. (2009, November). Are all emotion regulation skills created equal? Some may be more important than others. Paper presented at the 43rd annual meeting of the Association for Behavioral and Cognitive and Therapies, New York, NY.
- Wupperman, P.,** Cunningham, A., Axelrod, S.R., Mulvilhill, N., & Eason, C.J. (2008, November). Integrated treatment for anger issues and substance abuse: A pilot study. Paper presented at the 42nd annual meeting of the Association for Behavioral and Cognitive and Therapies, Orlando, FL.
- Wupperman, P.,** Amble, P., Devine, S., Zonana, H., Mulvehill-Rivera, N., & Easton, C.J. (2008, June). Prevalence of substance abuse among female partners of men in treatment: An exploratory study. Poster presented at the College on Problems of Drug Dependence (CPDD), San Juan, Puerto Rico.
- Wupperman, P.,** Axelrod, S.R., Neumann, C., Whitman, J., & Pisciotta, A. (2007, November). Do deficits in mindfulness underlie borderline personality features and related difficulties with behavioral dyscontrol? Paper presented at the 41st annual meeting of the Association for Behavioral and Cognitive and Therapies, Philadelphia, PA.
- Axelrod, S.R., & **Wupperman, P.** (2007, November). Symposium Co-Chair: The role of mindfulness in conceptualizing and treating disorders of emotional regulation. Symposium presented at the 41st annual meeting of the Association for Behavioral and Cognitive and Therapies, Philadelphia, PA.

Salzman, N., Berking, M., **Wupperman, P.**, & Linehan, M. M. (2007, June). Emotion regulation and borderline personality disorder characteristics. Paper presented at the 38th Annual Meeting of the Society for Psychotherapy Research, Madison, WI, USA.

Wupperman, P., Neumann, C.S., Axelrod, S.R., Salsman, N., & Berking, M. (2007, June) Mindfulness deficits as a construct explaining emotion dysregulation, behavioral dyscontrol and interpersonal difficulties. Paper presented at the 38th annual meeting of the Society for Psychotherapy Research, Madison, Wisconsin.

Wupperman, P., Axelrod, S.R., & Neumann, C.S. (2005, November). Is mindfulness a core feature of borderline personality disorder? Presented at the 10th annual conference of the International Society for the Improvement and Teaching of Dialectical Behavior Therapy, Washington, D.C.

SELECTED MEDIA CONTRIBUTIONS (Dissemination efforts)

Wupperman, P. (Series of online articles, ongoing). Beyond self-destructive behavior. *Psychology Today*.

-*Understanding self-destructive (dysregulated) behavior (12/2015)*

-*Mindfulness in the treatment of self-destructive behavior (1/2016)*

-*Mindfulness and self-destructive behavior, Part II; Building emotional muscles (2/2016)*

-*Mindfulness and self-destructive behavior, Part III; Finding the pause button (3/2016)*

-*Mindfulness and self-destructive behavior; Part IV; Reconnecting with your values (5/2016)*

-*You know the behavior is harmful. Why can't you stop? (7/2016)*

-*Do shame and rock-bottom decrease dysregulated behavior? NO! (10/2016)*

-*Can you be mindful and still feel angry? Mindfulness will not turn you into a feel-good zombie. (1/2017)*

-*Is Mindfulness Just Hype? (Can it improve your life? Can it be harmful?; 9/2017)*

Wupperman, P. (Podcasts, radio interviews, and on-camera news interviews available upon request.)

SELECTED INVITED WORKSHOPS & GRAND ROUNDS

Feb '19 Mindfulness and Modification Therapy for Impulsive, Addictive, and Self-Destructive Behaviors: Clinician Workshop. The Bridge NYC, Community Mental Health Center. New York, NY.

March '18 Mindfulness-Based Techniques for Coping with Stress: Workshop for Clinicians and Academics. Annual Conference of the American Psychology-Law Society, Memphis, TN.

April '17 Mindfulness and Modification Therapy: Basic Strategies for Improving Outcome in Clients with Dysregulated Behavior. Full-Day Institute open to the public. Hosted by John Jay College Clinical Excellence Program, New York, NY.

March '17 Improving Compliance and Outcome in Clients with Dysregulated (Addictive/Impulsive) Behavior. Weekend Workshop, American Institute for Cognitive Therapy, New York, NY.

June '16 Incorporating Mindfulness and Emotion Regulation in the Treatment of Behavior Dysregulation. Clinician Workshop, Connecticut Mental Health Center (CMHC) and Yale/West Haven Mental Health Clinic.

- Oct '15 Improving Compliance and Outcome in Clients with Self-Destructive (Dysregulated) Behaviors. Workshop, American Institute for Cognitive Therapy, New York, NY.
- Feb '15 Mindfulness in the Treatment of Emotion and Behavior Dysregulation. Workshop, New York Area Education Group, New York, NY.
- Oct '14 Improving Outcome in Clients with Behavioral Dysregulation. American Institute for Cognitive Therapy, New York, NY.
- Sept '14 Mindfulness in Conceptualizing and Treating Behavioral Dysregulation. Seminar, Advanced Psychotherapy Series, Mt. Sinai Medical Center, New York, NY.
- June '14 Applications of Mindfulness and Modification Therapy: Improving Compliance & Outcome in Clients with Behavior Dysregulation. Workshop, Texas Federation of Universities, Dallas, TX
- April '14 The Use of Mindfulness to Improve Understanding and Treatment of Behavioral Dysregulation. Psychiatry Grand Rounds, Mt. Sinai Medical Center/Ichan Medical School, New York, NY.
- Jan '14 The Use of Mindfulness in the Treatment of Anger and Aggression. Seminar, Mt. Sinai Medical Center/Ichan Medical School, New York, NY.
- Oct '13 The Use of Mindfulness to Treat Problem Substance Use and Aggression: Strategies from Mindfulness and Modification Therapy to Improve Outcome and Compliance. Workshop for National Football League (NFL) Program for Substance Abuse -- Clinician Conference, NY, NY.
- Sept '12 Mindfulness and Modification Therapy for Reducing Alcohol Abuse and Alcohol-Related Violence. Invited Presentation, Meeting of the National Institute on Alcohol Abuse and Alcoholism (NIAAA), Bethesda, MD.
- Sept '12 Improving Compliance and Outcome in Substance-Abusing Clients: Strategies from Mindfulness and Modification Therapy. Weekly Conference Series, American Institute for Cognitive Therapy, NY, NY.
- May '12 Yes, Mindfulness CAN Reduce Impulsivity and Aggression! (Strategies from Mindfulness and Modification Therapy). 8th Annual Yale/NEAPD Conference on Borderline Personality Disorder: Treating BPD and Aggression in the Criminal Justice System; Yale University School of Medicine.
- April '12 Incorporating Mindfulness and Modification Therapy as a Group-Based Addition to Standard Treatment for Trauma. St. Luke's-Roosevelt Outpatient Series,
- Feb '12 Conceptualization and Treatment of Personality Disorders. Seminar, Baruch/CUNY Clinical Lecture Series, New York, NY.
- Jan '11 Introduction to Dialectical Behavior Therapy. RethinkBPD Lecture Series, New York, NY.
- Dec '10 Empirical Support for Targeting Mindfulness and Emotion-Regulation in Psychotherapy. Psychiatry Grand Rounds, St. Luke's-Roosevelt Hospital, New York, NY.
- June '10 Dialectical Therapies for Difficult-to-Treat Patients. Psychiatry Grand Rounds, St. John's Episcopal Hospital, New York, NY.
- May '10 Mindfulness and Dysregulation. RethinkBPD Lecture Series, New York, NY.
- Dec '09 Implementing Clinical Research: Mindfulness & Modification Therapy for Hazardous Substance Use and Violence. Psychiatry Grand Rounds, St. Luke's Hospital (with live broadcast at Roosevelt Hospital and Beth Israel), New York, NY

- Dec '08 Therapy for Disorders of Self-Regulation. Clinical Research Seminar, Yale School of Medicine, Psychiatry.
- Sept '08 Treating Substance Use in Clients with Borderline Personality Disorder (Co-Presenter). Division of Substance Abuse Clinical Seminar, Yale School of Medicine, Psychiatry.
- June '08 Mindfulness in Psychotherapy: Research, Theory, and Practical Applications. In-service workshop, Department of Social Work; Yale School of Medicine.
- Dec '07 Substance Abuse and Interpersonal Violence in Women: What We Think We Know, What We Actually Know, and What We Might Be Able to Do About It. Department of Substance Abuse Seminar; Yale School of Medicine.
- Oct '07 Setting Limits (*Effectively*) When Working with Difficult Clients. Evidence-Based Treatment-Seminar for Psychology Predoctoral Interns; Yale School of Medicine.
- Oct '07 Treating Co-Occurring Substance and Personality Disorders (Co-Presenter), Forensic Psychology Seminar, Department of Substance Abuse, Yale School of Medicine.
- Sept '07 Dialectical Behavior Therapy for Substance Use Disorders (Co-Presenter). Department of Substance Abuse Seminar, Yale School of Medicine, Psychiatry.
- June '07 Understanding and Treating Suicidality in Older Adults. Northwest Hospital Professional Lecture Series, Seattle, WA.
- May '07 Dialectical Behavior Therapy for Suicidal Patients. Seminar, St. Joseph's Hospital, Seattle, WA.
- June '06 Introduction to Dialectical Behavior Therapy (Co-Presenter). Workshop, Yale School of Psychiatric Nursing, Yale School of Medicine.
- May '06 Theory and Treatment of Dysregulated Patients. Yale Assoc. of Psychiatric Nurses, Yale School of Medicine.

SELECTED PROFESSIONAL MEMBERSHIPS

- Member – Association for Behavioral and Cognitive Therapies (ABCT)
- Member – American Psychological Association (APA)
- Member – American Psychology-Law Society (APLS)
- Member - U.S. National Committee for UN Women
- Member - New York City Cognitive Behavioral Therapy (NYC-CBT) Association
- Member - National Education Alliance for Borderline Personality Disorder
- Member – Association for Contextual Behavioral Science

INVITED AD-HOC REVIEWER:

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| Journal of Personality Disorders | Mindfulness |
| Journal of Clinical Psychology | Psychiatry Research |
| Personality Disorders: Theory, Research, and Treatment | Substance Use and Misuse |
| Clinical Psychology and Psychotherapy | Personality and Mental Health |
| Journal of Psychopathology and Behavioral Assessment | Addictions Research and Theory |
| Journal of Clinical and Consulting Psychology | Psychology of Violence |
| Psychology of Addictive Behaviors | |
| European Archives of Psychiatry and Clinical Neuroscience | |

SELECTED DEPARTMENT, COLLEGE, & UNIVERSITY SERVICE

6/17 - Current	Director of Practicum Training, Clinical Psychology Doctoral Program
6/17-Current	College-Wide Diversity Committee
6/17-Current	Departmental Diversity Committee
8/10-Current	Thesis Chair (5 total), Dissertation Chair (3 total), Thesis Committee Member (14 total); Dissertation Committee Member (13 total)
8/10-Current	Clinical Supervisor, Individual Supervision (2-3 Ph.D. students per semester)
8/16-Current	Chair of College Faculty/Student Disciplinary Committee
8/10-Current	Core Doctoral Faculty Member
8/09-Current	Core Addictions Studies Faculty
8/13-7/17	Research Advisory Committee
8/14-7/17	Psychology Executive Committee
8/14-6/15	College Committee to Develop a Public Health Major
6/10 – 7/11	Acting Chair of John Jay Addictions Studies Program
1/15-7/17	Faculty Science Hour Committee Chair
8/10-7/17	Grade-Appeals Committee
8/09-8/11	Career Mentorship (masters and bachelors students)
8/10-8/15	Doctoral Comprehensive Exam & Remediation Committees
8/12-8/14	College Curriculum Committee
8/12-7/13	Colloquium Committee
8/11-8/12	Library Liaison
Spring 2010; Fall 2012	Faculty Selection Committee – Psychology
Spring 2010	Member of Multidisciplinary John Jay Group to Assist with Facilitating a Certificate Program for Drug Counselors in the Dominican Republic

SELECTED COMMUNITY SERVICE

8/09 – present	Active in multiple campaigns promoting social justice and political causes
8/15 – present	NIH Loan Repayment Program Ambassador
1/10 – 5/13	Consultant – ReThink BPD: Organization that provides education and support groups for individuals with borderline personality disorder and sub-threshold features.
8/07 – 6/09	Volunteer Facilitator & Consultant - Family Connections: Nationwide support groups for family members of individuals with mental disorders.
7/07 – 6/09	Conference Planning/Coordinating Committee - 4 th and 5 th Annual Yale Conferences on Borderline Personality Disorder, Yale University
8/07 – 7/08	Clinical Faculty (long-distance supervision) – University of Washington Psychology Department