

Krystal M. Lewis, Ph.D.

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Education

- May 2013 Ph.D. Clinical Psychology
 Virginia Tech
 Specialization: Child Clinical
 Dissertation: *An Ounce of Prevention: Evaluation of the Fun FRIENDS program for young children in a rural community*
 Advisor: Thomas Ollendick, Ph.D
- May 2009 M.S. Clinical Psychology
 Virginia Tech
 Thesis: *Predicting Adolescent Anxiety: The role of acculturation, negative life events, ethnicity, social support, and coping*
- May 2006 B.A. Psychology
 Minor: Spanish
 The Lincoln University
 Honors Thesis: *Self-concealment in college students and the utilization of available counseling services on a college campus*
- May 2005 Language Certificate (Spanish): Centro Panamericano de Idiomas, San Joaquin de Flores, Heredia Costa Rica

Academic and Professional Positions

- March 2018-
Present **Potomac Psychiatry- Rockville, Maryland**
 Licensed Clinical Psychologist (MD: 05906)
 - Provide psychoeducational and psychological testing services to children, adolescents, and young adults to support justification of educational accommodations and to provide accurate diagnostic feedback.
- Sept. 2016-
Present **National Institute of Mental Health (NIMH)- Bethesda, Maryland**
 Clinical Psychologist/Staff Scientist (Contractor)
 Employer: Kelly Government Solutions
 Section on Development and Affective Neuroscience (SDAN)
 Supervisor: Daniel Pine, MD
- Oct. 2014-
Sept. 2016 **Lifespan Counseling and Psychological Services – Oak Park, Illinois**
 Licensed Clinical Psychologist
 Illinois License: 071.008975 (2014-2018)
 - Provided assessment, consultation, testing, and therapeutic services to children, adolescents, adults, families, and couples.

- Aug. 2014-
Aug. 2016
- University of Illinois at Chicago, Department of Psychiatry- Chicago, Illinois**
Postdoctoral Research Associate, Institute of Juvenile Research
Pediatric Stress and Anxiety Disorders Clinic
Urban Youth Trauma Center
- Provided consultation on effective practices for identifying and treating youth affected by trauma and community violence to community providers, including school-based and faith-based providers.
 - Primary Supervisor: Liza Suarez, Ph.D
- July 2013-
June 2014
- Ann & Robert H. Lurie Children's Hospital of Chicago- Chicago, IL**
Postdoctoral Clinical Fellow
Department of Child and Adolescent Psychiatry, Northwestern University
- Obtained clinical hours for licensure with the Mood and Anxiety Program (MAP), Trauma Team, and Outpatient Services. Worked with the Community Linked Mental Health Services Program providing training to school-based providers to implement Cognitive Behavioral Intervention for Trauma in the Schools (CBITS)
 - Primary Supervisors: Rebecca Ford-Paz, Ph.D, Colleen Cicchetti, Ph.D., and Tai Raviv, Ph.D
- July 2012-
June 2013
- Ann & Robert H. Lurie Children's Hospital of Chicago- Chicago, Illinois**
Predoctoral Intern
Department of Child and Adolescent Psychiatry, Northwestern University
- Completed clinical rotations with the Inpatient Psychiatry unit, Partial Hospitalization Program, Outpatient Clinic, Developmental and Neuropsychological Testing, and Mood and Anxiety Program
 - Primary Supervisor: Karen Gouze, Ph.D

Publications & Research

Interests

Prevention and treatment of pediatric anxiety disorders; self-efficacy; factors impacting co-morbidity of trauma and anxiety symptoms in ethnic minority youth; and dissemination relevant to school-based mental health.

Peer- Reviewed Journal Articles

Santiago, C., Raviv, T., Ros, A. M., Brewer, S.K., Distel, L., Torres, S.A., Fuller, A., **Lewis, K. M.**, Coyne, C., Cicchetti, C., & Langley, A. (2018). Implementing the Bounce Back trauma intervention in urban elementary schools: A real-world replication trial. *School Psychology Quarterly, 1*

Ollendick, T.H., Greene, R.W., Austin, K.E., Fraire, M.G, Halldorsdottir, T.H., Allen, K.B., Jarrett, M., **Lewis, K.M.**, Whitmore, M., Cunningham, N., Noguchi, R.J., Canavera, K.E., & Wolff, J.C. (2015). Parent Management Training (PMT) and Collaborative & Proactive Solutions (CPS) in the Treatment of Oppositional Defiant Disorder in Youth: A Randomized Control Trial. *Journal of Consulting and Clinical Psychology*

Lewis, K.M., Amatya, K. J., Coffman, M., & Ollendick, T.H. (2015) Treating nighttime fears in young children: Small-scale trial of bibliotherapy with 5-7 year olds. *Journal of Anxiety Disorders*, 30, 103-112.

Ollendick, T.H., Halldorsdottir, T., Fraire, M.G., Austin, K.E., Noguchi, R., J. P., **Lewis, K.M.**... & Whitmore, M.J. (2014). Specific Phobias in Youth: A Randomized Controlled Trial Comparing One-Session Treatment to a Parent-Augmented One-Session Treatment. *Behavior Therapy*, 46 (2), 141-155

Lewis, K.M., Langley, A.L., & Jones, R.T. (2013). Anxiety and trauma symptoms in adolescents after experiencing wildfires: acculturation, ethnicity, loss, and coping as predictors of later distress. *Journal of Child and Family Studies*, 24 (2), 317-329. DOI: 10.1007/s10826-013-9838-7

Lewis, K.M. & Byrd, D., & Ollendick, T.H. (2012). Predictors of anxiety in adolescents: The role of race, negative life events, social support and coping. *Journal of Anxiety Disorders*, (26), 32-39.

Ollendick, T.H., **Lewis, K.M.**, & Cowart, M.C. (2012). Prediction of child performance on a parent-child behavioral approach test (BAT). *Behavior Modification*, 36(4), 509-524.

Ollendick, T.H, **Lewis, K.M.**, & Fraire, M. G. (2010). Cultural adaptations to empirically-supported treatments: The challenge before us. *The Scientific Review of Mental Health Practice*, 7, 22-25.

Weist, M., Lever, N., Stephan, S., Youngstrom, E., Moore, E., Harrison, B., Anthony, L., Rogers, K., Hoagwood, K., Ghunney, A., **Lewis, K.M.** & Stiegler, K. (2009). Formative evaluation of a framework for high quality, evidence-based services in school mental health. *School Mental Health*, 1(4), 196-211.

Weist, M.D., Stephen, S., Lever, N., Moore, E., & **Lewis, K.** (2006). *School Mental Health Quality Assessment Questionnaire (SMHQAQ)*. Center for School Mental Health Analysis and Action: Baltimore, MD. Available at: <http://www.schoolmentalhealth.org/Resources/Clin/QAIRsrc/QAQ.pdf>

Submitted or in preparation

Rafihi-Ferreira, **Lewis, K.M.**, McFayden, T., & Ollendick, T. (submitted). Predictors of Nighttime Fears and Sleep Problems in Young Children. *Journal of Child and Family Studies*.

Linke., J.O., Swelitz, C., Pagliaccio, D., **Lewis, K.M.**, Silverman, W., Bar-Haim., Y., Pine., D., & Brotman, D. (submitted). Efficacy and mechanism underlying a gamified attention-bias modification training in anxious youth: protocol or a randomized controlled trial. *BMC Psychiatry*.

Lewis, K.M. Matsumoto, C., Berman, E., Pine, D.S., Stringaris, A., Cardonale, E..... & Brotman, M. (In preparation.). Self-Efficacy as a target for neuroscience research on moderators of treatment outcomes in pediatric anxiety. *Behavior Research and Therapy*.

Lewis, K.M., Floyd, A.L., Suarez, L., & Simpson, D. (In preparation). Anxiety in Ethnic Minority Youth: Impact of trauma exposure and community factors. *Journal of Child and Family Studies*.

Lewis, K.M. & Ollendick, T.H. (In prep. For resubmission). An Ounce of Prevention: An open trial evaluation of an anxiety prevention program for kindergartners.

Book Chapters

Stallard, P., Creswell, C., **Lewis, K.**, Ollendick, T. and Waite, P. (2016) Low intensity and school based interventions for children with anxiety: outcomes, challenges and future directions. In: Menzies, R. G., Kyrios, M. and Kazantzis, N. (eds.) *Innovations and Future Directions in the Behavioural and Cognitive Therapies*. Australian Academic Press.

Professional Presentations

Conference Symposia (presenter)

Lewis, K.M., Smith, A.R., Kircanski, K., Brotman, M.A., & Pine, D. (November, 2018). In a Tech World: Integrating Attention Bias Modification and Ecological Momentary Assessment during Cognitive Behavioral Therapy. In Donovan, C. (2018). *Using Technology in the Treatment of Youth Anxiety Disorders*. Symposia presented at the 52nd Annual Conference of the Association of Behavioral and Cognitive Therapies (ABCT). Washington, D.C.

Lewis, K.M., Floyd, A. L., Suarez, L., Connolly, S., & Simpson, D. (April, 2018). Impact of trauma exposure and locus of control on Anxiety, Depression, and Trauma Symptoms in Anxious Urban Youth. Symposia presented at the 38th Annual Conference of the Anxiety and Depression Association of America, Washington, D.C.

Lewis, K.M., Suarez, L., Hennelly, M. & Simpson, D. (March, 2016) Anxiety in Ethnic Minority Youth: Impact of trauma exposure and individual factors. In Martinez et al. *Understanding Contextual and individual vulnerability factors for anxiety, depression, and health risk behaviors among ethnoracial minorities*. Symposia presented at the 36th Annual Conference of the Anxiety and Depression Association of America, Philadelphia, PA.

Lewis, K.M. & Ollendick, T.H. (April, 2015). All in the Family- Influence of Parent Behaviors on Child Anxiety and Fear. In Waite, P.L. (Chair), *Understanding Family Factors in Child and Adolescent Anxiety Disorders: Associations with Symptoms and Recent Developments in Treatment*. Symposia presented at the 35th Annual Conference of the Anxiety and Depression Association of America. Miami, FL.

Lewis, K.M., Benoit, K.E., & McWhinney, E. (April, 2012). The effect of comorbidity on treatment outcomes in a sample of youth with specific phobias. Symposia presented at the 32nd Annual Conference of the Anxiety Disorders Association of America. Arlington, VA.

Lewis, K.M. & Ollendick, T.H. (April, 2012). An Ounce of Prevention is Worth a Pound of Cure: Preliminary Findings from a Small-scale trial of the Fun FRIENDS Program in a Rural Elementary School. Paper presented at the 32nd Annual Conference of the Anxiety Disorders Association of America, Arlington, VA.

Lewis, K.M. & Ollendick, T.H. (November, 2011). Brief Research Update from the Child Study Center: Bibliotherapy and One Session Treatment in Young Children with Nighttime Fears. Presentation given at the pre- conference SIG meeting of 45th Annual meeting of the Association of Behavioral and Cognitive Therapies, Toronto, ON.

Lewis, K.M. & Ransone, M.R. (August, 2011). Comorbid Anxiety Disorders in Youth with Specific Phobias: Treatment Implications. In Ollendick, T.H. (Chair), *Comorbidities in Children and Adolescents: Implications for Evidence-Based Treatment*. Symposia presented at the 41st EABCT Annual Congress, Reykjavik, Iceland.

Lewis, K.M. & Ollendick, T.H. (August, 2011). It's Never Too Early for Anxiety: Assessment, Prevention, and Evidence-based Treatments for Early Childhood Anxiety. Symposia chaired at the 41st EABCT Annual Congress, Reykjavik, Iceland.

Lewis, K.M. & Ollendick, T.H. (November, 2010). All in the family: Exploration of parenting practices and their relation to internalizing symptoms in children and adolescents across cultures. Symposia chaired at the 44th Annual meeting of the Association of Behavioral and Cognitive Therapies, San Francisco, CA.

Conference Symposia (author)

Ollendick, T.H., **Lewis, K.M.**, Amatya, K., & Coffman, M. (June 2016). Treating nighttime fears in young children: with Bibliotherapy: Evaluating anxiety and monitoring behavioral change. To be presented at World Congress of Cognitive and Behavioral Therapies (WCBCT). Melbourne, Australia.

Santiago, C.D., Raviv, T., Ros, A. M., Fuller, A., **Lewis, K.M.**, & Cicchetti, C. (November, 2015). Intervening with elementary school students exposed to trauma: A replication trial. Presentation at the 31st Annual Meeting of the International Society for Traumatic Stress Studies. New Orleans, LA.

Simpson, D., Suarez, L., **Lewis, K.M.**, MacGregor, C., Hennelly, M., Connolly, S. (November, 2015). Parenting practices and coping among anxious youth with and without trauma exposure: Exploring the role of adversity. In Suarez, L. (Chair), *Mechanisms of change for addressing trauma and co-occurring problems in urban youth: Applications for conceptualization, intervention and dissemination*. Symposia to be presented at the 49th Annual Association of Behavioral and Cognitive Therapies, Chicago, IL

Arizaga, J., Suarez, L., **Lewis, K.M.** (November, 2015). Addressing the links between trauma reminders and substance use cravings: A case illustration of integrated treatment for adolescent trauma and substance abuse. In Suarez, L. & Abdul, J. (co-chairs). *Mechanisms of change for addressing trauma and co-occurring problems in urban youth: Applications for conceptualization, intervention and dissemination*. Symposia to be presented at the 49th Annual Association of Behavioral and Cognitive Therapies, Chicago, IL

Suarez, L., Abdil-Adil, J., Simpson, **Lewis, K.M.**, & Cherry, K. (November, 2015). Attitudinal and systemic predictors of clinician use of evidence based practices to address traumatic stress and substance use among adolescents. In Suarez, L. & Abdul, J. (co-chairs). *Mechanisms of change for addressing trauma and co-occurring problems in urban youth: Applications for conceptualization, intervention and dissemination*. Symposia to be presented at the 49th Annual Association of Behavioral and Cognitive Therapies, Chicago, IL

Community Presentations/Training

Suarez, L. & **Lewis, K.M.** (September, 2015). Integrated care for adolescents with co-occurring traumatic stress and substance abuse problems: Trauma Systems Therapy Approach. *Laredo, TX*

Suarez, L. & **Lewis, K. M.** (August, 2015). Integrated care for adolescents with co-occurring traumatic

stress and substance abuse problems: Trauma Systems Therapy Approach. *Chicago, IL*

Suarez, L. & Lewis, K.M. (June, 2015). Integrated care for adolescents with co-occurring traumatic stress and substance abuse problems: Trauma Systems Therapy Approach. *Los Angeles, CA*

Abdul-Adil, J., Cherry, K., Ford, H., Lewis, K.M., & Suarez, L. (June, 2015). Continuing our collaboration: Addressing violence together. *Chicago, IL*

School-based presentations and trainings

Lewis, K.M. (March, 2018). The Age of Anxiety: Identifying and Treating Anxious Youth. Montgomery County Public Schools Psychologist (CEU Training), Gaithersburg, MD. (180 minutes).

Lewis, K.M. (March, 2018) Coping Strategies for Anxious Children: What Parents Need to Know. MCPS Parent Academy, Bethesda, MD (90 mins)

Lewis, K.M. (January 2018). Anxious Teens: How do we know and what do we do? Alexandria Public School, Special Education Parent Resource Center. Alexandria, VA (120 min)

Lewis, K.M. (January, 2018). Identifying and Treatment Anxiety in Children and Teens. Fairfax Parent Resource Center. Fairfax, VA. (120 mins)

Lewis, K.M. (December, 2017). Identifying and Treating Anxious Youth. Cold Spring Elementary School Parent Teacher Association, Potomac, MD. (50 mins)

Lewis, K.M. (November, 2017). Anxiety and School Refusal in Anxious Youth. Loudon County Parent Resource Center, Ashburn, VA. (120 mins)

Lewis, K.M. (November, 2017). Coping Strategies for Anxious Youth. Ashburton Elementary School Parent Teacher Association, Bethesda, MD. (60 mins)

Lewis, K.M. (October, 2017). Identifying and Treating Anxious Youth. Loudon County Public Schools Mental Health and Wellness Conference, Leesburg, VA. (50 mins)

Lewis, K.M. (October, 2017). Identifying and Treating Anxious Youth. Kingsview Middle School Parent Teacher Association, Gaithersburg, MD. (60 mins)

Lewis, K.M. (April, 2017). Identifying and Treating Anxious Youth. Fairfax County Special Education Conference, *Fairfax, VA.* (90 mins)

Lewis, K.M. (March, 2017). Identifying and Treating your Anxious Youth. Kemptown Elementary Parent Teacher Association (PTA), *Monrovia, MD.* (60 mins)

Lewis, K.M. (Jan. 2017). Identifying and Treating Anxious Youth. Woodfield Elementary School Counselors Team Meeting, *Gaithersburg, MD.* (120 mins)

Lewis, K.M. (Aug. 2015). Back to School: Early Identification and Services for Trauma Exposed Youth. Urban Youth Trauma Center Topical Call. *Chicago, IL.* (120 mins)

Suarez, L., & Lewis, K.M. (Jan. 2015). Best practices for violence prevention and trauma intervention in the schools. *Oak Park, IL* (180 mins)

Rinaldi, J., **Lewis, K.M.**, & Cicchetti, C. (March, 2014). Cognitive Behavioral Intervention for Trauma in the Schools (CBITS). *Chicago, IL* (6-hr training)

Raviv, T., Rinaldi, J., & **Lewis, K.** (Nov. 2013). Cognitive Behavioral Intervention for Trauma in the Schools (CBITS). *Chicago, IL* (6-hr training)

Lewis, K.M. (August, 2011). Classroom-based implementation of the Fun FRIENDS program. School-based training at Eastern Elementary School, *Pembroke, VA.* (3-hours)

Lewis, K.M. (October 2011). Anxiety and fear in young children and the utilization of the Fun FRIENDS program. School presentation to parents at Eastern Elementary School, *Pembroke, VA.* (60-minutes)

Lewis, K.M. (November, 2010). Classroom-based implementation of the Fun FRIENDS program. School-based training to school personnel at McHarg Elementary School, *Radford, VA.* (60-minutes)

Research Posters

Jones, E.L., Freitag, G., Smith, A., Cardinale, E., Pine, D., **Lewis, K.M.** An Examination of the Relations Between Anxiety, Self-Efficacy, and Treatment Response. Poster to be presented at the Biannual Conference for the Society for Research on Child Development.

Sachs, J.F., Pagliaccio, D., **Lewis, K.M.**, Steuber, E.R., Pacheco, J., Flippi, C.A., Leibenluft, E., Pine, D.S., & Gold, A.L. (2017). Cortical thickness and stressful life events in anxious and non-anxious youth. Poster presented at the 2017 National Research Festival Poster Day. Bethesda, MD.

Lewis, K.M., Suarez, L., Abdul-Adil, J., Simpson, D. (November, 2015). School-based provider knowledge and practice of trauma informed care for youth. Poster presented at the 20th Annual Conference on Advancing School Mental Health, New Orleans, LA.

Cherry, K., Floyd, A., Suarez, L., Abdul-Adil, J., **Lewis, K.M.**, Simpson, D., Williams, M. (March, 2015). Community violence prevention and intervention: Examining goals, barriers, and solutions. Poster presented at the Midwest Psychological Association (MPA), Chicago, IL.

Ros, A.M., Torres, S., **Lewis, K.M.**, Raviv, T., Santiago, C.C. (February, 2015). Bounce Back Intervention for Trauma in Schools: A Pilot Replication Study. Poster presented at The Niagara in Miami Conference on Evidence-Based Approaches for Child and Adolescent Mental Health, Miami, FL.

Lewis, K.M., Amatya, K., Coffman, M., & Ollendick, T.H. (November, 2013). Nighttime Fears in Young Children: Changes in Parent and Child Reported Fear and Performance on a Behavioral Approach Task following Bibliotherapy. Poster presented at the 47th annual meeting of the Association of Behavioral and Cognitive Therapies, Nashville, TN.

Amatya, K., **Lewis, K.M.**, Coffman, M., & Ollendick, T.H. (November, 2013). The Impact of Parental Overprotection on a Bibliotherapy Treatment for Nighttime Fears in Young Children. Poster presented at the 47th annual meeting of the Association of Behavioral and Cognitive Therapies, Nashville, TN.

Lewis, K.M. & Ollendick, T.H. (April, 2013). An Ounce of Prevention: Follow-up Results from small-scale anxiety prevention program for Kindergarteners. Poster presented at the 33rd Annual conference of the Anxiety and Depression Association of America, La Jolla, CA.

Cowart, M., Ollendick, T.H., & **Lewis, K.M.** (November, 2011). Fear, Inhibitory Control, and Diagnostic Severity of Specific Phobias in Children. Poster presented at the 45th Annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, ON.

Lewis, K.M. & Austin, K. (November, 2011). Attention bias in phobic youth: Relations with fear, attentional control, and anxiety severity. Poster presented at the 45th Annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, ON.

Lewis, K.M. & Ollendick, T.H. (November, 2011). Predictors of Performance on a behavioral approach task in phobic children. Poster presented at the 45th Annual Association of Behavioral and Cognitive Therapies, Toronto, CA.

Lewis, K.M., Booker, J.A., Dunsmore, J.C., & Ollendick, T.H. (March, 2011). Child disruptive behavior: The influences of parent beliefs, child emotion regulation and expression, and verbal ability. Poster presented at the Biennial Meeting of the Society for Research and Child Development, Montreal, Quebec.

Lewis, K.M., Langley, A., Jones, R.T. (March, 2011). Anxiety and trauma symptoms in adolescents after experiencing wildfires: Acculturation, ethnicity, loss, and coping as predictors of later distress. Poster presented at the 31st Annual Conference of the Anxiety Disorders Association of America, New Orleans, LA.

Cunningham, N.R., **Lewis, K.M.**, Ollendick, T.H. (November, 2010). Comorbid anxiety and odd and global functioning: the role of cumulative family risk. Poster presented at the 44th Annual Meeting of the Association of Behavioral and Cognitive Therapies, San Francisco, CA.

Dunbeck, K.M., **Lewis, K.M.**, Ollendick, T.H. Does Anxiety Sensitivity Moderate the Relationship Between Maternal Overprotection and Child Levels of Fear and Anxiety in Clinically Anxious Children? (November, 2010). Poster presented at the 44th Annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Madden, M., **Lewis, K.M.**, & Ollendick, T. H. (July, 2010). Do Parent-Child Interaction Styles affect Child Anxiety and Approach Behavior during the Behavioral Approach Task (BAT)? Poster presented at the Virginia Tech McNair Scholar Summer Presentations, Blacksburg, VA. Also presented (November, 2010) at the 44th Annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Lewis, K.M., Byrd, D., & Ollendick, T. (March, 2010). Predictors of anxiety in adolescents: The role of ethnicity, negative life events, social support, passive and active coping. Poster presented at the 30th Annual Conference of the Anxiety Disorders Association of America, Baltimore, MD.

Rainey, K., **Lewis, K.M.**, & Ollendick, T. (March, 2010). The relations of cognitive beliefs, state anxiety, and fearfulness on phobic children's performance on a behavioral approach test (BAT). Poster presented at the 30th Annual Conference of the Anxiety Disorders Association of America, Baltimore, MD.

Lewis, K.M. Byrd, D., & Ollendick, T.H. (November, 2009). Predictors of anxiety and depression in a middle school sample of African American adolescents: Influences of gender, negative life events, self-concept and coping. Poster presented at the 43rd Annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Benoit, K., Raishevick, N., Canavera, K., Anderson, S., **Lewis, K.**, & Ollendick, T. (November, 2008). Maternal Efficacy as a moderator of the relationship between maternal overprotection and child anxiety: Does the effect differ by age and gender? Poster presented at the 42nd Annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

Lewis, K.M., Benoit, K.E., & Ollendick, T. H. (November, 2008). Predictors of childhood anxiety: The role of birth order and parenting style. Poster presented at the 42nd Annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

Reyes, N. **Lewis, K.M.**, Noguchi, R., & Ollendick, T.H. (November, 2008). The influence of verbal ability on anxiety and aggression in a sample of ASD children. Poster presented at the 42nd Annual meeting of the Association for Behavioral and Cognitive Therapies in Orlando, FL.

Anderson, S., Benoit, K., **Lewis, K.**, Noguchi, R., & Ollendick, T. H. (March, 2008). When body mass index moderates the relationship between self-concept and anxiety among phobic children. Poster presented at the 28th Annual Conference of the Anxiety Disorders Association of America, Savannah, GA.

Lewis, K.M., Jarrett, M., Costa, N., & Ollendick, T.H. (March, 2008). The relationships among maternal overcontrol, maternal anxiety, and child reported anxiety. Poster presented at the Virginia Tech Graduate Research Symposium in Blacksburg, Virginia.

Anderson, S. R., Benoit, K. E., **Lewis, K. M.**, Noguchi, R. J. P., & Ollendick, T. H. (November, 2007). Body mass index, self-concept, and anxiety among phobic children. Poster presented at the Virginia Tech Dean's Forum on Health, Food, and Nutrition, Blacksburg, VA.

Stephan, S.H., Stiegler, K.L., & **Lewis, K.M.** (May, 2007). Mental health quality improvement in school-based health centers: Results from a multi-state training collaborative. Poster presented at the Maryland Department of Psychiatry Annual Research Day, Baltimore, MD.

Weist, M.D., Stephan, S., Lever, N., & **Lewis, K.M.** (May, 2007). Impact of a quality assessment and improvement intervention on school based mental health. Poster presented at the Maryland Department of Psychiatry Research Day, Baltimore, MD.

Grant Involvement

Fluoxetine's effects on attention and emotional memory in anxious and depressed youth and adults

National Institute of Mental Health

Principle Investigator: Daniel Pine, MD

Section on Development and Affective Neuroscience

IRB Protocol: 2001-M-0192

Role on Project: Associate Investigator/Licensed Clinical Psychologist

Period: 9/2016-Present

Treatment Collaborative for Trauma and Violence

UYTC SAMSHA Center Grant IRB Protocol:2009-0928

Principle Investigators: Liza Suarez, Ph.D & Jaleel Abdul-Adil, Ph.D

I-CARE Treatment Study

IRB Protocol #2011-0037

Role on Project: Research Fellow
Period: 9/2014-2016

Bounce Back Project

Principal Investigators: Tali Raviv, Ph.D & Cate Santiago, Ph.D
Agency: Lurie Children's Hospital & Illinois Children's Health Partnership
Role on Project: Postdoctoral Fellow
Period: 9/2013-2016

Augmented Treatment of Specific Phobias in Children, Virginia Tech

Principal Investigator: Thomas H. Ollendick, Ph.D
Agency: National Institute of Mental Health
R01 MH074777-02
Role on Project: Graduate Research Assistant and Therapist
Period: 8/2007 – 8/2012

Mediators, Moderators and Treatment Efficacy of ODD

Principal Investigator: Thomas H. Ollendick, Ph.D
Agency: National Institute of Mental Health R01 MH076141-01
Role on Project: Graduate Research Assistant and Therapist
Period: 8/2007 – 5/2012

Research Experiences

Chicago, IL
Aug. 2014-
Aug. 2016

University of Illinois at Chicago

Institute for Juvenile Research (IJR), Postdoctoral Research Associate

- SAMHSA funded service grants for local and national dissemination of best practices in trauma intervention.
- Supervise within the Pediatric Stress and Anxiety Disorders Clinic
- Supervisor: *Lisa Suarez, Ph.D*

Chicago, IL
July 2013-
June 2014

Ann & Robert H. Lurie Children's Hospital of Chicago

Bounce Back Replication Study, Postdoctoral Research Associate

- Feasibility and effectiveness study of trauma intervention with K-5th grade urban youth
- Management of data collection, supervision of graduate students
- Supervisor: *Tali Raviv, Ph.D*

Blacksburg, VA
May 2011-
May 2013

Virginia Tech University

Treatment for nighttime fears in young children: Multiple baseline trial of bibliotherapy for 5-7 year olds, Project coordinator and Graduate student

- Novel treatments for night time fears in young children
- Multiple baseline, 4-week bibliotherapy treatment program
- Supervisor: *Thomas Ollendick, Ph.D*

- March 2010-
June 2012
- An Ounce of Prevention: Effectiveness of an anxiety prevention program for children 4-7 years old, Project coordinator and graduate student*
- Dissertation research project exploring the feasibility and effectiveness of a school-based anxiety prevention program for kindergarten children in rural Southwest, VA.
 - Supervisor: *Thomas Ollendick, Ph.D.*
- Jan. 2008-
June 2012
- Child Study Center**
Augmented treatment of childhood phobia, Graduate Researcher
- Work as an *assessor* and *therapist* on NIMH-funded R01 treatment outcome study of an augmented treatment for childhood phobias (PI: Ollendick)
 - Data collection, management, and analysis
 - Supervisor: *Thomas Ollendick, Ph.D.*
- Jan. 2008-
June 2012
- Treatment of Oppositional Defiant Disorder, Graduate Researcher*
- Work as an *assessor* and *therapist (PMT)* on an NIMH-funded R01 treatment outcome study examining treatments for children with Oppositional Defiant Disorder (ODD)
 - Supervisors: *Thomas H. Ollendick, Ph.D.*
- 2010-2011
- OCD Intensive Treatment Program for Pediatric Obsessive-Compulsive Disorder, Graduate Researcher*
- Research project exploring the effectiveness of a one-week intensive treatment for pediatric OCD
 - Completed assessments using semi-structured and self-report measures
 - Supervisors: *Thomas Ollendick, Ph.D. & Kristin E. Canavera, M.S.*
- 2008-2009
- Treatment of ADHD and Anxiety Project, Graduate Researcher*
- Research project exploring the effectiveness of combined treatment for children with Generalized Anxiety Disorder, Social Anxiety, or Separation Anxiety Disorder and Attention Deficit Hyperactivity Disorder
 - Administered semi-structured interviews (ADIS) for diagnosing ADHD and anxiety
 - Supervisors: *Matthew Jarrett & Thomas H. Ollendick, Ph.D.*
- Baltimore, MD
Sept. 2006-
July 2007
- University of Maryland at Baltimore**
Center for School Mental Health Analysis and Action,
Research Assistant
- Worked on several research projects enhancing school-based mental health services:
 - Expanded Mental Health Quality Assessment and Improvement
 - Maryland State Department of Education Integration Grant
 - Prince George's School Initiative: Enhancing Student Success
 - Supervisors: *Mark Weist, Ph.D., Sharon Stephan, Ph.D.*

Lincoln
University
Aug. 2005-
May 2006

The Lincoln University, PA

Senior Thesis

Title: Self-concealment in college students and the utilization of available counseling services on a college campus

- Supervisors: *Kevin Favor, Ph.D & Penelope Kinsey, Ph.D*

Radio and Media Appearances

2017 GuestSpeaker on DoctorRadio, NYU Langone Medical Center SiriusXM110

Honors & Awards

2016 Lincoln University “40 under 40” Recipient
2015 NIMH Child Intervention, Prevention & Services (CHIPS) Fellow
2015 ADAA Career Development Leadership Program (CDLP)
2011 Virginia Tech Graduate School Assembly Travel Fund Award (\$500)
2011 Ford Foundation Dissertation Fellowship, Honorable Mention
2011 Virginia Tech Child Clinical Travel Fund Award
2011 Virginia Tech Psychology Galper Travel Award
2010 Southern Regional Education Board (SREB) Doctoral Dissertation Scholar
2010 Virginia Tech Graduate Research Development Program
2010 Society of Multivariate Experimental Psychology (SMEP) Fellowship
2010 Virginia Tech Child Clinical Travel Fund
2009 Virginia Tech Galper Travel Award (\$300)
2008 Virginia Tech Child Clinical Travel Fund Award
2008 Virginia Tech Deans Diversity Assistantship
2006 Lincoln University, Best Thesis Colloquia Presentation
2005 Lincoln University Travel Abroad Scholarship
2002-2006 Lincoln University Presidential Scholarship (Full tuition, room & board, fees)
2002-2005 Lincoln University Academic Presidential Award
2002-2006 Lincoln University Dean’s List

Clinical Experience

Clinically, I specialize in the prevention, assessment, and treatment of anxiety in youth. I provide school consultation and work with schools to implement and develop school-based mental health programs to increase mental health wellness, academic performance, and school culture. I have experience treating youth with anxiety, trauma, disruptive behaviors, bipolar disorder, and general adjustment difficulties and co-occurring health issues.

2017-Present Krystal M. Lewis, PhD Private Practice
2016-Present National Institutes of Health (NIH)
2014- 2016 Lifespan Counseling and Psychological Services (Oak Park, IL)
2012-2014 Ann & Robert H. Lurie Children’s Hospital (Chicago, IL)
2011-2012 Giles County Public Schools (Virginia)
2009 New River Valley Community Services (Virginia)
2009-2010 Montgomery County Public Schools (Virginia)

2009 Carilion Roanoke Memorial, Child & Adolescent Inpatient Unit (Virginia)
2007-2012 Virginia Tech Child Study Center (Virginia)
2008-2012 Virginia Tech Psychological Services Center (Virginia)

Professional Affiliations and Leadership Positions

American Psychological Association (APA), Past Member
Anxiety and Depression Association of America (ADAA), Current Member
ADAA Child and Adolescent Anxiety Special Interest Group (Co-Chair 2015-present)
ADAA Early Career and Students Special Interest Group (Co-Vice Chair 2018- present)
Association for Behavioral and Cognitive Therapies (ABCT), Current Member
Association for Behavioral and Cognitive Therapies- Child and Adolescent Anxiety Special Interest Group (ABCT-SIG member))

Teaching Experience

2016 Lecture Topic: Cognitive Behavioral Therapy (CBT) for Obsessive Compulsive Disorder and Panic in Children and Adolescents (University of Illinois at Chicago)
2015 Professional Development for Doctoral Level Graduate Students (DePaul University)
2015 Lecture Topic: Cognitive Behavioral Therapy (CBT) for Obsessive Compulsive Disorder and Panic in Children and Adolescents (University of Illinois at Chicago)
2010 Abnormal Psychology (Substitute, Virginia Tech)
2010 Psychology of Trauma (Guest Lecturer, Virginia Tech)
2009 Advanced Developmental Lab (Guest Lecturer, Virginia Tech)
2007 Introduction to Psychology (Graduate Teaching Assistant, Virginia Tech)
2006 Introduction to Psychology, Cognitive Psychology (Guest Lecturer, Lincoln University)

Editorial Activities

2018- present Anxiety, Stress, and Coping, *Ad hoc reviewer*
2017- present International Journal of Psychology, *Ad hoc reviewer*
2013- present Journal of Psychological Abnormalities, *Ad hoc reviewer*
2013 Emotion, *Ad hoc reviewer*
2012 Clinical Child and Family Psychology Review, *Ad hoc reviewer*
2011-2012 Depression and Anxiety, *Ad hoc reviewer*

References available upon request

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