

# Ashley A. Pallathra, Ph.D.

The Center for Emotional Health of Greater Philadelphia  
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## EDUCATION

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### **Doctor of Philosophy (Ph.D.), Clinical Psychology**

### **Master of Arts (M.A.), Psychology**

*The Catholic University of America, Washington, D.C.*

Focus in Children, Families, and Cultures

### **Bachelor of Arts (B.A.), Neuroscience**

*University of Pennsylvania, Philadelphia, PA*

Minor: Hispanic Studies

## LICENSE

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New Jersey Licensed Clinical Psychologist: 35SI00727900

## CERTIFICATIONS & ADVANCED TRAINING

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2022	Trauma-Focused Cognitive Behavior Therapy (TF-CBTWeb2.0 – 11 hours training course)
2021	Parent-Child Interaction Therapy (PCIT) International Certification
2021	National Register Associate Certificate Program: Understanding Psychosis
2020	National Register Associate Certificate Program: Clinical Suicidology
2016	The Program for the Education and Enrichment of Relational Skills (PEERS®) Certification

## CLINICAL EXPERIENCE

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### ***The Center for Emotional Health of Greater Philadelphia***

Cherry Hill, NJ

*Licensed Clinical Psychologist*

*October 2023 to Present*

- Provide evidence-based psychotherapy for children, adolescents, and adults using a culturally-responsive and trauma-informed approach.
- Specializing in the treatment of anxiety, depression, OCD, disruptive behavior disorders, body-focused repetitive behaviors, tics, and trauma disorders.
- Treatments include Cognitive Behavior Therapy (CBT), Exposure and Response Prevention (ERP), Parent-Child Interaction Therapy (PCIT), Comprehensive Model for Behavioral Treatment (ComB), Comprehensive Behavioral Intervention for Tics (CBIT), Trauma-Focused CBT (TF-CBT), as well as strategies from Dialectical Behavior Therapy (DBT) and Acceptance and Commitment Therapy (ACT).

*Postdoctoral Fellow*

*October 2022 to October 2023*

Supervisor: Krista Kircanski, Psy.D.

**The University of North Carolina School of Medicine**, Chapel Hill, NC  
*Predoctoral Intern in Clinical Child-Pediatric Psychology*  
 Program Coordinator: Joni McKeeman, Ph.D.

Chapel Hill, N.C.  
*August 2021 to August 2022*

**Clinical Rotations:** (*see below*)

Pediatric Consultation & Liaison, UNC Children's Hospital

*Aug 2021 to Aug 2022*

Supervisors: Joni McKeeman, Ph.D., Mary Beth Prieur, Ph.D., & Samantha Pflum, Ph.D.

- Delivered consultation to inpatient pediatric patients presenting with a wide variety of medical, emotional, and/or behavior concerns, with their families (e.g., safety assessment, assessment of trauma symptoms in children with burn injuries, evaluation of possible conversion disorder, consultation for palliative care).
- Provided outpatient individual therapy to children and adolescents presenting with concerns related to chronic health conditions and co-morbid psychopathology (e.g., depression, suicidality, anxiety, family adjustment difficulties, child behavior management, developmental delays) using CBT.

Child & Adolescent Inpatient Psychiatry Units, UNC Neuroscience Hospital

*Aug 2021 to Dec 2021*

Supervisor: Casey Calhoun, Ph.D.

- Provided individual and group (CBT) therapy to children and adolescents using a trauma-informed approach. Treatment modalities included strategies from CBT, DBT, ACT, TF-CBT (PRAC Skills), motivational interviewing, interpersonal therapy, & behavior modification/contingency management.
- Created behavior plans and offered inter-disciplinary consultation regarding milieu dynamics.
- Completed diagnostic evaluations to assist with diagnostic clarity and treatment recommendations.

Physical Medicine & Rehabilitation, Neuropsychology Clinic

*Aug 2021 to Dec 2021*

Supervisor: Peter Duquette, Ph.D.

- Conducted neuropsychological evaluation of children and adolescents with medical conditions like cerebral palsy, epilepsy, and autism spectrum disorder (ASD). Testing included cognitive, academic, adaptive, executive function, and social-emotional measures. Authored integrated reports that conceptualized and interpreted results of evaluations and provide recommendations for youth and their families.

Perinatal Psychiatry Outpatient Clinic, UNC Women's Hospital

*Jan 2022 to Aug 2022*

Supervisor: Tiffany Hopkins, Ph.D.

- Received training on full model Dialectical Behavior Therapy in the outpatient clinic for perinatal patients presenting with mood or anxiety disorders in the context of a reproductive event (e.g., pregnancy, pregnancy loss, postpartum, parenting difficulties).

UNC Horizons Program, UNC Department of Obstetrics & Gynecology

*Jan 2022 to Aug 2022*

Supervisor: Evette Horton, Ph.D.

- Clinical responsibilities included conducting intake assessments and psychotherapy with children and families residing in a maternal substance abuse residential program, as well as co-facilitation of a parenting process group. Received training and supervision around evidence-based treatments, including Child Parent Psychotherapy, Trauma Focused CBT, and PCIT.

UNC Gender Equality Psychiatry Clinic, UNC Psychiatry

April 2022 to Aug 2022

Supervisor: Samantha Pflum, Ph.D.

- Clinical responsibilities included providing assessment and support to individuals and families experiencing gender dysphoria and who are undergoing the decisions that surround gender affirming care. Provided assessment of gender expression, identification, and dysphoria, guidance on social transitioning, and recommendations for outpatient services.

Chapel Hill TEACCH Center, TEACCH Autism Program

April 2022 to Aug 2022

Supervisor: Tamara Dawkins, Ph.D.

- Clinical responsibilities included conducting diagnostic evaluation of patients with possible ASD and co-occurring disorders. Received training on administration of ASD specific assessment tools (e.g., ADOS) and on writing integrated reports (conceptualization of results and treatment recommendations).

**Child and Adolescent Anxiety Program, Children's National Hospital**

Washington, D.C

*Psychology Extern*

June 2020 to July 2021

Supervisor: Mi-Young Ryee, Ph.D.

- Conducted clinical intake interviews with adolescents and their families. Presenting concerns included co-morbid mood issues (e.g., major depressive disorder, suicidality) and anxiety (e.g., generalized, social phobia, obsessive-compulsive).
- Delivered individual therapy using a primarily cognitive-behavioral orientation and evidence-based techniques (e.g., behavioral activation, motivational interviewing, cognitive restructuring, mindfulness/relaxation strategies, dialectical behavior therapy-informed strategies).
- Delivered group therapy to teenage youth with chronic illness and adolescent/teenage youth with anxiety disorders. Both groups were facilitated using a cognitive-behavioral approach to target topics such as managing health, advocating for health needs, identification of emotions, flexible thinking, perspective taking, exposures, and coping skills.
- Consulted with multi-disciplinary care team members (e.g., psychiatry, school personnel).

**Early Childhood Behavioral Health Program, Children's National Hospital**

Washington, D.C

*Psychology Extern*

June 2020 to July 2021

Supervisor: Olivia Soutullo, Ph.D.

- Conducted clinical intake interviews with children (ages 6 and under) and their families. Clinical presentations included a range of externalizing (e.g., hyperactivity, inattention, disruptive/oppositional behavior) and internalizing (e.g., separation anxiety) problems, as well as other mental health concerns (e.g., trauma-exposure, feeding difficulties, sleep problems).
- Delivered Parent-Child Interaction Therapy (PCIT) with children and their families.
- Consulted with multi-disciplinary care team members (e.g., psychiatry, social work, school personnel).

**Capital Institute for Cognitive Therapy**

Washington, D.C.

*New Patient Coordinator*

October 2020 to July 2021

Supervisor: Kevin Crowley, Ph.D.

- Responded to all inquiries from potential patients and ascertain patients' presenting concerns and goals. Answered questions about psychotherapy and assigned patients to staff therapists or facilitated referrals outside of the practice.

**The Child Cognition, Affect, & Behavior Lab, The Catholic University of America**

Silver Spring, MD

*Group Therapist**September 2017 to May 2021*

Supervisor: Brendan Rich, Ph.D.

- School-based group therapist for the Resilience Builder Program® (RBP), a 14-week, manualized, group cognitive-behavioral intervention developed for children with social competence deficits (Alvord, Zucker, & Grados, 2011). Group members consisted of ethnic/racial minority youth and recent immigrant children from high-poverty communities who were 5<sup>th</sup> grade students enrolled at an elementary school in Maryland.

**Center for Autism Spectrum Disorders, Children's National Hospital**

Washington, D.C.

*Psychology Extern**August 2019 to August 2020*

Supervisor: Srishti Rau, Ph.D. (assessment); Meagan Wills, Ph.D. &amp; Serene Habayeb, Ph.D. (therapy)

- Conducted neuropsychological evaluation of patients (i.e., children, adolescents, and young adults) with autism spectrum disorder (ASD), attention-deficit/hyperactivity disorder (ADHD), and related medical conditions like Epilepsy, Turner Syndrome, substance exposure in utero. Testing included intellectual, academic, adaptive, executive function, and personality/emotional measures.
- Authored integrated reports that conceptualized and interpreted results of evaluations and provided recommendations for youth and their families.
- Provided intake consultation and individual therapy for both neurotypical and autistic youth (ages 10-14) with anxiety disorders, depressive symptoms, ADHD, higher-order language difficulties, and/or Tourette syndrome.
- Provided group therapy targeting executive function challenges (e.g., higher-order cognitive abilities including flexibility, goal setting, planning, organization, big picture thinking, and task completion) in youth (ages 12-14) with ASD using the intervention On Target for Life®.
- Participated in weekly individual and group supervision as well as didactic opportunities.

**Department of Disability Services, The Catholic University of America (CUA)**

Washington, D.C.

*Psychology Extern**August 2018 to December 2020*

Supervisor: Brendan Rich, Ph.D.

- Co-leader for Program for the Education and Enrichment of Relational Skills (PEERS®), a young adults' group for undergraduate students with ASD at CUA.
  - PEERS® is an evidence-based social skills treatment that uses didactic lessons and live role-play practice to strengthen a range of skills for making and keeping friends and/or developing romantic relationships.

**Cool, Confident, and Courageous Kids Camp, Alvord, Baker & Associates, LLC**

Chevy Chase, MD

*Psychology Extern**August 2019*

Supervisors: Veronica Raggi, Ph.D. &amp; Kelly O'Brien, Ph.D.

- Conducted exposures, implemented behavioral rewards, and supported social interactions as a camp counselor working one-on-one with an 11-year-old girl with selective mutism.
- Therapeutic approach was grounded in the Parent-Child Interaction Therapy as modified for Selective Mutism (PCIT-SM) model.

**Primary Care (Whole Bear Care), Children's National Hospital**

Washington, D.C.

*Psychology Extern**May 2019 to August 2019*

Supervisors: Donna Marschall, Ph.D. &amp; Erica Eisenman, Psy.D.

- Provided integrated primary care consultation services to individuals (i.e., children, adolescents, young adults, and families) receiving services at community-based primary care clinics. Participated in consultations for both primarily English- and Spanish-speaking families.
- Conducted clinical interviews and provided referrals to specialized treatment settings for patients who presented with a range of externalizing (e.g., ADHD, disruptive/oppositional behavior concerns) and internalizing (e.g., anxiety disorders, depressive disorders) issues, as well as other mental health concerns (e.g., trauma exposure, selective mutism, enuresis, sleep problems, ASD).
- Collaborated with multidisciplinary care teams (e.g., primary care, psychiatry, social work, medical specialists, school staff).
- Maintained a short-term, individual psychotherapy caseload of 2 youth presenting with ADHD and anxiety. Employed cognitive-behavioral, assertiveness training, and mindfulness techniques.

**Child Guidance Clinic, Superior Court of The District of Columbia**

Washington, D.C.

*Psychology Extern**May 2019 to August 2019*

Supervisor: Jennifer Christman, Psy.D., ABPP

- Conducted comprehensive psychoeducational and psychological evaluations of youth represented in the city's juvenile justice system. Youth assessed were from economically disadvantaged and under-resourced communities who experienced trauma exposure and presented with a range of psychological concerns (e.g., depressed mood, anxiety, disruptive/oppositional behavior, post-traumatic stress, separation anxiety, specific learning disability).
- Evaluations included intellectual, academic, adaptive, and personality/emotional measures, as well as clinical interviews, collateral clinical interviews, and forensic and clinical document review.
- Authored integrated reports that interpreted results of evaluations and provided recommendations for the youth to both the Superior Court and treatment personnel involved in the case.
- Participated in weekly individual supervision.

**Counseling Center, The Catholic University of America (CUA)**

Washington, D.C.

*Practicum Trainee in Individual Psychotherapy**August 2018 to May 2019*

Supervisors: Barry Wagner, Ph.D. &amp; Melissa Smith, Ph.D.

- Conducted individual psychotherapy and intake assessments with undergraduate students presenting with anxiety, depressive symptoms, and interpersonal difficulties related to family systems, social interactions, and career concerns. Employed an integrative approach using cognitive-behavioral, assertiveness training, and mindfulness techniques.
- Maintained confidential case notes and intake reports for a caseload of 3-5 undergraduate clients.

**Psychology Department, The Catholic University of America**

Washington, D.C.

*Practicum Trainee in Clinical Assessment**January 2018 to May 2018*

Supervisor: Sandra Barrueco, Ph.D.

- Became proficient in administering several assessments of cognitive abilities (Wechsler Adult Intelligence Scale, 4<sup>th</sup> Ed. (WAIS-IV); Wechsler Intelligence Scale for Children, 5<sup>th</sup> Ed. (WISC-V)).
- Administered a full WAIS-IV to an undergraduate volunteer and a full WISC-V to an 11-year old, bilingual male student referred for academic difficulties related to mathematical skills.

- Wrote a cognitive assessment report for student and provided feedback to the school and bilingual parent in an in-person feedback session.

**Counseling Center, The Catholic University of America (CUA)**

Washington, D.C.

*Administrative Assistant*

*September 2017 to May 2018*

- Oversaw receptionist area of the Counseling Center for CUA students. Managed schedules of senior staff, internship, externship, and practicum students.

**Perelman School of Medicine, University of Pennsylvania**

Philadelphia, PA

*Lead Behavioral Coach*

*Aug 2014 to Aug 2017*

Supervisors: Edward Brodtkin, M.D. (therapy) & Monica Calkins, Ph.D. (assessment)

- Met independently with research participants to carry out individual sessions of the cognitive-behavioral treatment program, *Training to Understand and Navigate Emotions and Interactions (TUNE IN)*, for 30 adults with ASD (R34MH104407, Brodtkin, PI).
- Led group didactic sessions on improving social cognition difficulties and employed video-modeling (based in applied behavior analysis) to teach social skills to participants.
- Became reliable in administering several questionnaires and assessments to participants including but not limited to The Penn Emotion Recognition Task – 40 (ER40), The Hinting Task, and The Contextual Assessment of Social Skills.

**RESEARCH EXPERIENCE**

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***The Child Cognition, Affect, & Behavior Lab, The Catholic University of America***

Washington, D.C.

*Graduate Student Research Assistant*

*September 2017 to May 2022*

Principal Investigator: Brendan Rich, Ph.D.

- Direct empirical studies:
  - Dissertation project: Investigation of dual language experience and adverse childhood experiences as predictors of social-emotional functioning in youth enrolled in a school-based resilience-based intervention. Dissertation oral defense anticipated for April 2022.
  - Master's thesis: Investigated the impact of early dual language exposure on social-emotional functioning in youth with social competence difficulties. Results indicated that the bilingual advantage in social and cognitive domains may extend to children with social functioning difficulties but does not necessarily impact their ability to respond to treatment.
- Administer assessments and analyze data collected from a research study examining the effectiveness of the Resilience Builder Program® (RBP) in multiple schools in the greater Washington, D.C. Metropolitan Area.
- Prepare publications, such as abstracts for psychological research conferences, a chapter for a revised edition of a textbook on resiliency in children, and a peer-reviewed research article.
- Assist English-to-Spanish translation of questionnaires developed for research protocol.
- Supervise undergraduate students in analyzing data and writing research abstracts.

**Center for Autism Spectrum Disorders, Children's National Hospital**

Graduate Student Research Volunteer

Supervisor: Allison Ratto, Ph.D.

Washington, D.C.  
May 2018 to August 2019

- Investigated research questions related to differences in executive functioning, adaptive functioning, and social functioning in monolingual and bilingual children with ASD and ADHD.
- Prepared a peer-reviewed research article and abstracts for psychological research conferences.

**Perelman School of Medicine, University of Pennsylvania**

Clinical Research Coordinator

Philadelphia, PA  
Aug 2014 to Aug 2017

- Coordinated a National Institute of Mental Health-funded study (R34MH104407, Brodtkin, PI) to develop and pilot a cognitive-behavioral intervention, *Training to Understand and Navigate Emotions and Interactions* (TUNE IN); piloted in 30 adults with ASD.
- Managed recruitment and administration of neuropsychological assessments for TUNE IN and Institute for Translational Medicine and Therapeutics (ITMAT)-funded grant assessing reliable, quantitative measures of social and motor functioning across lifespan (Brodtkin, Schultz, co-PIs).
- Performed data analysis, co-authored manuscripts, and managed IRB and regulatory affairs.

**Center for Autism Research, The Children's Hospital of Philadelphia**

Undergraduate Research Assistant

Philadelphia, PA  
September 2013 to May 2014

- Investigated risk factors for ASD in Study to Explore Early Development (SEED) & Early Autism Risk Longitudinal Investigation (EARLI, Pandey, co-PI).
- Processed patient intake, administered collection of participant biological samples and recorded administration of Mullen Scales of Early Learning and Autism Diagnostic Observation Schedule (ADOS) assessments.

**Social Neuroscience Lab, Perelman School of Medicine (UPenn)**

Undergraduate Research Assistant

Philadelphia, PA  
September 2012 to May 2014

- Undergraduate Honors Thesis: *Effect of NMDA receptor NR1 subunit gene expression across development on sociability* (Supervisor: Dr. Edward S. Brodtkin).
- Examined neurobiological and genetic mechanisms of social behavior development (e.g., social affiliative and aggressive behaviors) relevant to schizophrenia and autism spectrum disorders.
- Administered experiments testing paradigms of social interaction between genetically modified mice
- Performed behavioral coding of experimental video footage and completed data analysis.

**PUBLICATIONS & PRESENTATIONS**

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**Books**Brodtkin, E. & Pallathra, A. (2021). *Missing Each Other*. PublicAffairs.<https://www.amazon.com/Missing-Each-Other-Meaningful-Connections/dp/1541774019>

## Peer-Reviewed Publications

- Ridgely, N. C., **Pallathra, A. A.**, Raffaele, C. T., Rothwell, C., & Rich, B. A. (in press). Adaptation of the PEERS® for Young Adults social skills curriculum for college students with Autism Spectrum Disorder. *Focus on Autism and Other Developmental Disabilities*.
- Taylor, S. C., Steeman, S., Gehringer, B. N., Dow, H. C., Langer, A., Rawot, E., Perez, L., Goodman, M., Smernoff, Z., Grewal, M., Eshraghi, O., **Pallathra, A. A.**, Oksas, C., Mendez, M., Gur, R. C., Rader, D. J., Bucan, M., Almasly, L., & Brodtkin, E. S. (2021). Heritability of quantitative autism spectrum traits in adults: A family-based study. *Autism Research, 14*(8). <https://doi.org/10.1002/aur.2571>
- Ratto, A. B., Potvin, D., **Pallathra, A. A.**, Saldana, L., & Kenworthy, L. (2020). Parents report fewer executive functioning problems and repetitive behaviors in young dual-language speakers with autism, *Child Neuropsychology*, advanced online publication. <https://doi.org/10.1080/09297049.2020.1733512>
- Mailey, C., Day-Watkins, J., **Pallathra, A. A.**, Eckerman, D. A., Brodtkin, E. S., & Connell, J. E. (2020). Using adaptive computer-based instruction to teach staff to implement a social skills intervention. *Journal of Organizational Behavior Management*, advanced online publication. <https://doi.org/10.1080/01608061.2020.1776807>
- Greene, R. K., Parish-Morris, J., Sullivan, M., Kinard, J. L., Mosner, M. G., Turner-Brown, L. M., Penn, D. L., Wiesen, C. A., **Pallathra, A. A.**, Brodtkin, E. S., Schultz, R. T., & Dichter, G. S. (2020). Dynamic eye tracking as a predictor and outcome measure of social skills intervention in adolescents and adults with autism spectrum disorder. *Journal of Autism and Developmental Disorders*, advanced online publication. <https://doi.org/10.1007/s10803-020-04594-1>
- Pallathra, A. A.**, Cordero, L., Wong, K., & Brodtkin, E. S. (2019). Psychosocial interventions targeting social functioning in adults on the autism spectrum: A literature review. *Current Psychiatry Reports, 21*(5). <https://doi.org/10.1007/s11920-019-0989-0>
- Ferri, S., **Pallathra, A. A.**, Kim, H., Dow, H., Raje, P., McMullen, M., Bilker, W., Siegel, S., Abel, T. & Brodtkin E. S. (2019). Sociability development in mice with cell-specific deletion of the NMDA receptor NR1 subunit gene. *Genes, Brain and Behavior, 19*(1). <https://doi.org/10.1111/gbb.12624>
- Parish-Morris, J., **Pallathra, A. A.**, Ferguson, E., Maddox, B. B., Pomykacz, A., Perez, L. S., Bateman, L., Pandey, J., Schultz, R. T., & Brodtkin, E. S. (2019). Adaptation to different communicative contexts: An eye tracking study of autistic adults. *Journal of Neurodevelopmental Disorders, 11*(5). <https://doi.org/10.1186/s11689-019-9265-1>
- Pallathra, A. A.**, Calkins, M. E., Parish-Morris, J., Maddox, B. B., Perez, L. S., Miller, J., Gur, R. C., Mandell, D. S., Schultz, R. T. & Brodtkin, E. S. (2018). Defining behavioral components of social functioning in adults with autism spectrum disorder as targets for treatment. *Autism Research, 11*(3), 488-502. <https://doi.org/10.1002/aur.1910>



- Day-Watkins, J., **Pallathra, A. A.**, Connell, J. E., & Brodtkin, E. S. (2018). Behavior skills training with voice-over video modeling. *Journal of Organizational Behavior Management*, 38(2-3), 258-273. <https://doi.org/10.1080/01608061.2018.1454871>
- Parish-Morris, J., Sariyanidi, E., Zampella, C., Bartley, G. K., Ferguson, E., **Pallathra, A. A.**, Bateman, L., Plate, S., Cola, M., Pandey, J., Brodtkin, E. S., Schultz, R. T. & Tunc, B. (2018). Oral-motor and lexical diversity during naturalistic conversations in adults with autism spectrum disorder. *Proc N Am Assoc Computational Linguistics: HLT, Comp Ling and Clin Psych*, pp. 147-157, New Orleans, LA, USA. <https://doi.org/10.18653/v1/W18-0616>
- Schoch, H., Kreibich, A. S., Ferri, S. L., White, R. S., Bohorquez, D., Banerjee, A., Port, R. G., Dow, H. C., Cordero, L., **Pallathra, A. A.**, Kim, H., Li, H., Bilker, W. B., Hirano, S., Schultz, R. T., Borgmann-Winter, K., Hahn, C-G., Feldmeyer, D., Carlson, G. C., Abel, T., & Brodtkin, E. S. (2017). Sociability deficits and altered amygdala circuits in mice lacking *Pcdh10*, an autism associated gene. *Biological Psychiatry*, 81(3), 193-202. <https://doi.org/10.1016/j.biopsych.2016.06.008>
- Ferri, S. L., Kreibich, A. S., Torre, M., Piccoli, C. T., Dow, H., **Pallathra, A. A.**, Li, H., Bilker, W. B., Gur, R. C., Abel, T., & Brodtkin, E. S. (2016). Activation of basolateral amygdala in juvenile C57BL/6J mice during social approach behavior. *Neuroscience*, 335, 184–194. <https://doi.org/10.1016/j.neuroscience.2016.08.006>

### Publications in Preparation for Submission

- Pallathra, A. A.**, Alvord, M. K., & Rich, B. A. (2021). *The impact of dual-language exposure in early childhood on treatment outcomes in youth enrolled in a resilience-based group psychotherapy* [Unpublished manuscript]. Department of Psychology, Catholic University of America.
- Pallathra, A. A.**, Reid, M., Shiffrin, N., Alvord, M. K., & Rich, B. A. (2021). Disseminating and implementing resilience-based social and emotional learning interventions in schools [Chapter submitted for publication]. In D. H. Saklofske (Ed.), *Resilience Interventions*. Springer.
- Pallathra, A. A.**, Day-Watkins, J., Calkins, M. E., Maddox, B. B., Miller, J. S., Parish-Morris, J., Herrington, J., Kangovi, S., Tomlinson, R., Creed, T., Kerns, C., Bilker, W. B., Handy, F., Connell, J. E., Dichter, G. S., Mandell, D. S., Schultz, R. T., & Brodtkin, E. S. (2021). *TUNE In, a novel cognitive behavioral treatment program to improve social functioning in adults with ASD* [Unpublished manuscript]. Perelman School of Medicine, University of Pennsylvania.

### Abstract Presentations

- Hellberg, S. N., Bruening, A., Thompson, K., **Pallathra, A. A.**, Bainbridge, J., Hopkins, T. A. (2022, May 6). *DBT In the perinatal period: A scoping review and recommendations for adapting treatment to serve the needs of high-risk caregivers and families*. Poster presented at the 17<sup>th</sup> Annual Yale-NEABPD Conference on Borderline Personality Disorder, (Virtual Meeting).
- Metcalf, J. T., Allen, R., Nguyen, T., **Pallathra, A. A.**, Alvord, M. K., & Rich, B. A. (2020, October 29). *The relationship between ADHD sub-types and functional communication*. Poster presented at the 25<sup>th</sup> Annual Conference on Advancing School Mental Health, Baltimore, MD, (Virtual Meeting).

- Pallathra, A. A.,** Alvord, M. K., & Rich, B. A. (2020, August 6-9). *The impact of dual-language exposure in early childhood on social functioning in youth with social competence difficulties*. Poster presented at the American Psychological Association (APA) Convention, (Virtual Meeting).
- Taylor, S., Gehringer, B., Dow, H. C., Langer, A., Rawot, E., Perez, L., **Pallathra, A. A.,** Grewal, M., Smernoff, Z., Steeman, S., Eshraghi, O., Almasry, L., Rader, D., Bucan, M., & Brodtkin, E. S. (2020, May 6-9). *Autistic adults' views of their own social and executive functioning do not correlate with informants' views of them*. Poster presented at the International Society for Autism Research Meeting (INSAR), (Virtual Meeting).
- Senior, C. J., **Pallathra, A. A.,** Alvord, M. K., & Rich, B. A. (2019, June 28-29). *The differential role of race/ethnicity in functioning upon enrollment in a resilience-based intervention*. Poster presented at the Journal of Clinical Child and Adolescent Psychology (JCCAP) 3<sup>rd</sup> Future Directions Forum, Washington, D.C.
- Pallathra, A. A.,** Kenworthy, L., Saldana, L., Armour, A. C., & Ratto, A. B. (2019, May 1-4). *Comparing parent-report of non-intellectually disabled Asian-American youth with ASD and ADHD to their white peers*. Poster presented at the International Society for Autism Research Meeting (INSAR), Montreal, Canada
- Reid, M. J., **Pallathra, A. A.,** Alvord, M. K., & Rich, B. A. (2019, May 1-4). *Effects of transdiagnostic versus ASD-only therapy groups for children with ASD*. Poster presented at the International Society for Autism Research Meeting (INSAR), Montreal, Canada
- Pallathra, A. A.,** Ratto, A. B., Saldana, L., Armour, A.C., Csumitta, K., Rau, S., Miller, M., & Kenworthy, L. (2019, April 1-3). *Effects of dual-language exposure in children and adolescents with ASD and ADHD*. Poster presented at the Children's National Medical Center 9<sup>th</sup> Research Education Week, Washington, D.C.
- Ridgely, N., **Pallathra, A. A.,** Rothwell, C., & Rich, B. A. (2018, November 15-18). *Effectiveness of a social skills intervention for young adults with autism spectrum disorder modified for use on a college campus*. Poster presented at the Association for Behavioral and Cognitive Therapies (ABCT), Washington, D.C.
- Senior, C. J., **Pallathra, A. A.,** Alvord, M. K., & Rich, B. A. (2018, November 15-18). *Examining treatment outcomes for children with attention deficit-hyperactivity disorder in the Resilience Builder Program®*. Poster presented at the Association for Behavioral and Cognitive Therapies (ABCT), Washington, D.C.
- Pallathra, A. A.,** Day-Watkins, J., Calkins, M. E., Maddox, B. B., Miller, J.S., Parish-Morris, J., Herrington, J., Kangovi, S., Tomlinson, R., Creed, T., Kerns, C., Bilker, W. B., Handy, F., Connell, J. E., Dichter, G. S., Mandell, D. S., Schultz, R. T., & Brodtkin, E. S. (2018, May 9-12). *Improvement in social functioning following participation in TUNE In, a novel cognitive-behavioral treatment program – results from a 2<sup>nd</sup> cohort of adults with ASD*. Poster presented at the International Society for Autism Research Meeting (INSAR), Rotterdam, Netherlands.
- Reid, M. J., **Pallathra, A. A.,** Alvord, M. K., & Rich, B. A. (2018, May 9-12) *Overlap in parent and teacher reports of externalizing and problem behaviors in school-age children with autism spectrum disorder*. Poster presented at the International Society for Autism Research Meeting (INSAR), Rotterdam, Netherlands.

- Parish-Morris, J., **Pallathra, A. A.**, Ferguson, E., Bateman, L., Cola M. L., Uh, S., Dravis, Z. M., Zoltowski, A., Pomykacz, A., Bassanello, K., Day-Watkins, J., Maddox, B. B., Miller, J., Dichter, G. S., Connell, J., Mandell, D. S., & Schultz, R. T. (2018, May 9-12). *The effect of TUNE-In treatment on naturalistic conversation in adults with ASD: Speaking rate is a temporal marker of rapport*. Poster presented at the International Society for Autism Research Meeting (INSAR), Rotterdam, Netherlands.
- Beriont, J., Conca, M., de Marchena, A., Bagdasarov, A., Dravis, Z. M., Bateman, L., Ferguson, E., Maddox, B., **Pallathra, A. A.**, Minyanou, N., Pomykacz, A., Bartley, K., Brodtkin, E. S., Pandey, J., Parish-Morris, J., Schultz, R. T., & Kim E. S. (2018, May 9-12). *Active listening strategy differences associated with autism during a referential communication task*. Poster presented at the International Society for Autism Research Meeting (INSAR), Rotterdam, Netherlands.
- Bagdasarov, A., Dravis, Z. M., Kim, E. S., Adeoye, E., Obsekov, V., Diaz, J., Maddox, B., Ferguson, E., **Pallathra, A. A.**, Bateman, L., Pomykacz, A., Tiedemann, A., Brodtkin, E. S., Pandey, J., Parish-Morris, J., Mostofsky, S., Schultz, R. T., & de Marchena, A. (2018, May 9-12). *Representational gestures provide a direct link between motor behavior and social communication deficits in ASD*. Poster presented at the International Society for Autism Research Meeting (INSAR), Rotterdam, Netherlands.
- de Marchena, A., Bagdasarov, A., Kim, E. S., Dravis, Z. M., Maddox, B., Ferguson, E., Adeoye, L., **Pallathra, A. A.**, Bateman, L., Pomykacz, A., Brodtkin, E. S., Pandey, J., Parish-Morris, J., & Schultz R. T. (2018, May 9-12). *Adults with ASD signal conversational turn taking with their hands*. Talk presented at the International Society for Autism Research Meeting (INSAR), Rotterdam, Netherlands.
- Ferri, S. L., **Pallathra, A. A.**, Kim, H., Dow, H. C., Raje, P., McMullen, M., Bilker, W. B., Abel, T., Siegel, S. J., & Brodtkin, E. S. (2017, November 11-15). *Sociability development in mice with cell-specific deletion of the NMDA receptor *GluN1 (NR1)* subunit gene*. Poster presented at the Society for Neuroscience Meeting (SfN), Washington, D.C., USA.
- Pallathra, A. A.**, Day-Watkins, J., Calkins, M. E., Maddox, B. B., Miller, J. S., Parish-Morris, J., Herrington, J., Kangovi, S., Tomlinson, R., Creed, T., Kerns, C., Bilker, W. B., Handy, F., Connell, J. E., Dichter, G. S., Mandell, D. S., Schultz, R. T., & Brodtkin E. S. (2017, May 10-13). *TUNE In, a novel cognitive behavioral treatment program to improve social functioning in adults with ASD: Pilot study results*. Poster presented at the International Meeting for Autism Research (IMFAR), San Francisco, CA, USA.
- Pallathra, A. A.**, Calkins, M. E., Maddox, B. B., Perez, L., Miller, J.S., Parish-Morris, J., Bilker, W. B., Mandell, D. S., Schultz, R. T., & Brodtkin, E. S. (2017, May 10-13). *Defining domains of social functioning in adults with autism spectrum disorder as targets for treatment*. Poster presented at the International Meeting for Autism Research (IMFAR), San Francisco, CA, USA.
- Brodtkin, E. S., **Pallathra, A. A.**, Day-Watkins, J., & Connell, J. E. (2017, May 10-13). *Group-delivered video model intervention package improves social skills in adults with autism spectrum disorder*. Poster presented at the International Meeting for Autism Research (IMFAR), San Francisco, CA, USA.
- Boorse, J., Okocha, A., Bateman, L., **Pallathra, A. A.**, Maddox, B. B., Brodtkin, E. S., Ferguson, E., Dravis, Z., Minyanou, N., Pomykacz, A., Bartley, K., Kim, E., de Marchena, A., Pandey, J., Schultz, R., & Parish-Morris, J. (2017, May 10-13). *Conversational compensation predicts autism symptom severity: An*

*ecologically valid marker of social motivation.* Poster presented at the International Meeting for Autism Research (IMFAR), San Francisco, CA, USA.

- Okocha, A., Boorse, J., Bateman, L., **Pallathra, A. A.**, Maddox, B., Brodtkin, E. S., Ferguson, E., Dravis, Z., Minyanou, N., Pomykacz, A., Bartley, K., Kim, E., de Marchena, A., Pandey, J., Schultz, R., & Parish-Morris, J. (2017, May 10-13). *When 'easy' conversations seem harder: Filler words and social context in adults with ASD.* Poster presented at the International Meeting for Autism Research (IMFAR), San Francisco, CA, USA.
- Greene, R. K., Sullivan, M., Brodtkin, E. S., **Pallathra, A. A.**, Kinard, J., Mosner, M. G., Parish-Morris, J., Schultz, R. T., & Dichter, G. S. (2017, May 10-13). *Dynamic eye-tracking as a measure of treatment response for an ASD social skills intervention.* Poster presented at the International Meeting for Autism Research (IMFAR), San Francisco, CA, USA.
- Zhang, Y., Bagdasarov, A., Kim, E., Dravis, Z., Cola, M., Maddox, B., Ferguson, E., Adeoye, L., Fergusson, F., **Pallathra, A. A.**, Minyanou, N., Bateman, L., Pomykacz, A., Bartley, K., Brodtkin, E. S., Pandey, J., Parish-Morris, J., Schultz, R. T., & de Marchena, A. (2017, May 10-13). *Communicative functions of co-speech gestures during conversation in adults with ASD.* Poster presented at the International Meeting for Autism Research (IMFAR), San Francisco, CA, USA.
- Bagdasarov, A., Kim, E., Zhang, Y., Dravis, Z., Cola, M., Maddox, B., Ferguson, E., Adeoye, L., Fergusson, F., **Pallathra, A. A.**, Minyanou, N., Bateman, L., Pomykacz, A., Bartley, K., Brodtkin, E. S., Pandey, J., Parish-Morris, J., Schultz, R. T., & de Marchena, A. (2017, May 10-13). *Motor behavior as a qualitative difference in the spontaneous production of co-speech hand gestures by adults with autism spectrum disorders.* Poster presented at the International Meeting for Autism Research (IMFAR), San Francisco, CA, USA.
- Dravis, Z., Bagdasarov, A., Kim, E., Zhang, Y., Cola, M., Maddox, B., Ferguson, E., Adeoye, L., Fergusson, F., **Pallathra, A. A.**, Minyanou, N., Bateman, L., Pomykacz, A., Bartley, K., Brodtkin, E. S., Pandey, J., Parish-Morris, J., Schultz, R. T., & de Marchena, A. (2017, May 10-13). *Adults with ASD show strengths and weaknesses in conversation during a referential communication task.* Poster presented at the International Meeting for Autism Research (IMFAR), San Francisco, CA, USA.
- Cola, M., Kim, E., Bagdasarov, A., Zhang, Y., Dravis, Z., Maddox, B., Ferguson, E., Adeoye, L., Fergusson, F., **Pallathra, A. A.**, Minyanou, N., Bateman, L., Pomykacz, A., Bartley, K., Brodtkin, E. S., Pandey, J., Parish-Morris, J., Schultz, R. T., & de Marchena, A. (2017, May 10-13). *Features of co-speech hand gestures help predict diagnostic group membership.* Poster presented at the International Meeting for Autism Research (IMFAR), San Francisco, CA, USA.
- Pallathra, A. A.**, Day-Watkins, J., Connell, J. E., & Brodtkin, E. S. (2017, May 25-29). *Modifications to video model intervention improves acquisition of social skills in an adult with autism spectrum disorder.* Poster presented at the Association for Behavior Analysis International, 43<sup>rd</sup> Annual Convention, Denver, CO, USA.
- Pallathra, A. A.**, Perez, L., Lee, A., Schultz, R. T., Brodtkin, E. S., & Parish-Morris, J. (2016, May 11-14). *Pay attention during the important part: Adults with ASD increase their gaze to faces when watching richer*

*social scenes*. Poster presented at the International Meeting for Autism Research (IMFAR), Baltimore, MD, USA.

Day-Watkins, J., **Pallathra, A. A.**, Connell, J. E., & Brodtkin, E. S. (2016, May 11-14). *Teaching research staff implementation of a social skills intervention: An extension of behavior skills training*. Poster presented at the International Meeting for Autism Research (IMFAR), Baltimore, MD, USA.

Day-Watkins, J., **Pallathra, A. A.**, Connell, J. E., & Brodtkin, E. S. (2016, May 27-31). *Teaching research staff implementation of a social skills intervention: An extension of behavior skills training*. Poster presented at the Association for Behavior Analysis International, 42<sup>nd</sup> Annual Convention, Chicago, IL, USA.

## TEACHING EXPERIENCE

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### University of Pennsylvania

Philadelphia, P.A.

*Guest Lecturer - Political Empathy and Deliberative Democracy (PSCI 398)*

*April 13, 2022*

- Presented talk entitled “Interpersonal Attunement: A Resource for Political Empathy and Deliberative Democracy” for undergraduate students in the Department of Political Science.

### The Catholic University of America

Washington, D.C.

*Instructor – Introduction to Psychology (PSY 201)*

*Spring 2020; Spring 2021*

- Led twice-weekly class lectures (75min each) for approximately 35 undergraduate students.
- Created all course content including syllabus, social justice-informed lecture materials, notes, assigned readings, exams, writing assignments, and group presentations rubrics.
- Provided weekly office hours for students and graded all course assignments and exams.

*Lab Instructor – Graduate Research Methods (PSY 811)*

*Fall 2018; Fall 2019; Fall 2020*

Supervisor: Marcie Goeke-Morey, Ph.D.

- Instructed graduate students in psychology (MA and Ph.D.-level) in a weekly lab lecture (50 minutes) and provided weekly office hours for students.
- Created and graded all lab course content, including lecture slides, notes, and rubrics for research papers and group assignments.

*Teaching Assistant – Undergraduate Clinical Neuroscience (PSY 345)*

*Spring 2019*

Supervisor/Instructor: Nancy Adleman, Ph.D.

- Graded and provided feedback for assignments, exams, and research papers.

## PROFESSIONAL AFFILIATIONS

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- Asian American Psychological Association
- American Psychological Association
- New Jersey Psychological Association (NJPA)
- International OCD Foundation (IOCDF)
- Ad Hoc Editorial Reviewer, *Autism Research*
- Psi Chi International Honor Society in Psychology

## MEDIA CONTRIBUTIONS (Abbreviated List)

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### Articles

- Pallathra, A. A. & Brodtkin, E. S. (2021, October). How to talk to people who are COVID vaccine-hesitant. *Psychology Today*. <https://www.psychologytoday.com/us/blog/missing-each-other/202110/how-talk-people-who-are-covid-vaccine-hesitant>
- Brodtkin, E. S. & Pallathra, A. A. (2021, October). Getting back to the basics of human connection. *Harvard Business Review*. <https://hbr.org/2021/10/getting-back-to-the-basics-of-human-connection>
- Pallathra, A. A. & Brodtkin, E. S. (2021, August). How families can prepare for the newfound stress of returning to school. *Medium*. <https://missingeachotherbook.medium.com/how-families-can-prepare-for-the-newfound-stress-of-returning-to-school-af212082eed>
- Pallathra, A. A. (2021, July). 5 ways to ‘miss each other’ less at work. *Fast Company*. <https://www.fastcompany.com/90659765/5-ways-to-miss-each-other-less-at-work>
- Pallathra, A. A. & Brodtkin, E. S. (2021, July). How relaxed awareness can help with post-pandemic anxiety. *Psychology Today*. <https://www.psychologytoday.com/us/blog/missing-each-other/202107/how-relaxed-awareness-can-help-post-pandemic-anxiety>
- Pallathra, A. A. & Brodtkin, E. S. (2021, May). Why do we hate?. *Psychology Today*. <https://www.psychologytoday.com/us/blog/missing-each-other/202105/why-do-we-hate>

### Podcast Interviews

- Craig, D. (Host). (2021, October 27). Connecting with each other when we disagree, online and everywhere in-between feat. Edward Brodtkin & Ashley Pallathra. (No. 184) [Audio podcast episode]. In *Happiness in Progress*. <https://happinesinprogress.libsyn.com/184-connecting-with-each-other-when-we-disagree-online-and-everywhere-in-between-feat-edward-brodtkin-ashley-pallathra>
- Schwartz, H. (Host). (2021, September 24). Varieties of attunement and the spectrum (No. 15) [Audio podcast episode]. In *The Mind, Body, & Soul in Healing*. <https://harveyschwartzmd.com/2021/09/24/ep-15-varieties-of-attunement-and-the-spectrum-with-edward-brodtkin-md-and-ashley-pallathra-ma/>
- Olien, D. (Host). (2021, July 27). How attunement & connection can save the world (No. 101) [Audio podcast episode]. In *The Darin Olien Show*. <https://darinolien.com/101-how-attunement-connection-can-save-the-world-dr-edward-brodtkin-ashley-pallathra/>
- Gillihan, S. (Host). (2021, February 10). Dr. Ted Brodtkin and Ashley Pallathra – How to strengthen our relationships through better attunement (No. 124) [Audio podcast episode]. In *Think Act Be*. <https://whitneyjohnson.com/tedbrodtkin-ashleypallathra/>
- Johnson, W. (Host). (2020, December 22). Edward Brodtkin and Ashley Pallathra – Missing Each Other (No. 195) [Audio podcast episode]. In *Disrupt Yourself Podcast*. <https://sethgillihan.com/ep-124-dr-ted-brodtkin-ashley-pallathra-how-to-strengthen-our-relationships-through-better-attunement/>

## AWARDS & SCHOLARSHIPS

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2022	Martin S. Wallach Award: Outstanding Clinical Psychology Intern, University of North Carolina
2021	Beryl Anderson Dissertation Award (The Catholic University of America)
2021	Graduate Student Association Dissertation Award (The Catholic University of America)
2017-2021	Full Tuition Scholarship for Graduate Studies in Clinical Psychology
2019	Beryl Anderson Conference Travel Award (The Catholic University of America)
2017	International Society for Autism Research (INSAR) Student Travel Award

## SKILLS

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- **Technology/Software:** Epic, Cerner Electronic Medical Records, eClinicalWorks, Titanium, IBM SPSS, Research Electronic Data Capture (REDCap), RStudio, National Database for Autism Research (NDAR)
- **Languages:** Basic/Conversational Spanish and Malayalam