

Keith E. Bredemeier, Ph.D.

Assistant Professor
Department of Psychological and Brain Science, University of Delaware
Licensed Clinical Psychologist
Director, Institute for Community Mental Health Clinic
kbredem@udel.edu
ORCID ID: 0000-0002-5444-0197

Office Address:

100 Discovery Boulevard,
Suite 634
Newark, DE 19713

Home Address:

314 South Ingram Court
Middletown, DE 19709
(302) 598-8162

PROFESSIONAL LICENSES:

Licensed Psychologist

State of Delaware (license #: B1-0001059)

State of Pennsylvania (license #: PS018559)

Association of State and Provincial Psychology Boards E. Passport and Interjurisdictional Practice Certificate (PsyPact)

EDUCATION:

Ph.D. Clinical/Community Psychology, August 2012

University of Illinois at Urbana-Champaign

*APA and PCSAS-accredited program

Minors: Visual Cognition and Human Performance; Brain and Cognition

Academic & Research Advisor: Dr. Howard Berenbaum

Extracurricular certificates: Graduate Teaching Certificate, Teaching Scholar Certificate

Predoctoral Internship: Brown Clinical Psychology Training Consortium, Providence, RI,
July 2011 - June 2012

B.A. Psychology, Summa Cum Laude, May 2004

University of Delaware

Minors: Legal Studies and Philosophy

EMPLOYMENT:

Assistant Professor (Continuing Track)

August 2023-present

Director, Institute for Community Mental Health Clinic

Department of Psychological and Brain Sciences

University of Delaware

Assistant Professor (Clinician-Educator Track)

July 2018-July 2023

Director of Research Training

Center for the Treatment and Study of Anxiety

Department of Psychiatry

University of Pennsylvania

Research Assistant Professor January 2017-June 2018
Center for Health Assessment Research and Translation
College of Health Sciences
Secondary Appointment: Department of Psychological and Brain Sciences
University of Delaware

Research Associate August 2016-January 2017
Aaron T. Beck Psychopathology Research Center
Department of Psychiatry
University of Pennsylvania

Postdoctoral Research Fellow
Aaron T. Beck Psychopathology Research Center
University of Pennsylvania
Supervisors: Dr. Aaron T. Beck, Paul Grant
Supervisor: Dr. Gregory K. Brown

August 2015-July 2016
August 2014-July 2015

Postdoctoral Research Fellow July 2012-July 2014
Department of Psychosocial Research
Butler Hospital and Brown University
Supervisor: Dr. Ivan Miller

Graduate Research Assistant
Department of Psychology
University of Illinois at Urbana-Champaign
Supervisor: Dr. Howard Berenbaum
Supervisor: Dr. Edelyn Verona
Supervisors: Dr. Gregory A. Miller and Dr. Wendy Heller

Summer 2005-Summer 2006
Summer 2007-Spring 2008
Summer 2007-Summer 2009,
Summer 2010-Summer 2011

Course Instructor
Department of Psychology
University of Illinois at Urbana-Champaign
Courses: Introduction to Psychology, Abnormal Psychology
Supervisors: Dr. Sandra Goss Lucas and Dr. Mikhail Lyubansky

Spring 2007, Fall 2007,
Fall 2008, Fall 2009, &
Spring 2010

Laboratory Instructor Spring 2009
Department of Psychology
University of Illinois at Urbana-Champaign
Course: Research Methods in Clinical Psychology
Supervisor: Dr. Howard Berenbaum

GRANTS

Patient-Centered Outcomes Research Institute, April 2021-March 2025; Project title: “A comparison of Prolonged Exposure therapy, pharmacotherapy, and their combination for PTSD: What works best, and for whom” (CER-2020C1-19382); Amount: \$5,707,917; Role: PI

National Institute of Mental Health, December 2020-November 2022; Project title: “Nocturnal wakefulness, cognitive control, and suicidal urges: A prospective evaluation of variance during residential treatment” (R21-MH123888); Amount: \$446,511; Role: Co-PI

Penn Mental Health AIDS Research Center (University of Pennsylvania, July 2020-November 2021; Project title: “Exploring the role of working memory difficulties in repetitive negative thinking, anxiety and depression, and medication adherence in HIV-positive adults”; Amount: \$26,809, Role: PI

University Research Foundation (University of Pennsylvania, March 2019-February 2022; Project title: “Enhancing working memory to Reduce Undesirable and Persistent Thoughts (ERUPT): development of an adjunctive, transdiagnostic intervention”; Amount: \$49,913, Role: PI

Craig H. Neilsen Foundation (Center for Health Assessment Research and Translation, May 2017-April 2019; Project title: “Development of a psychosocial symptom monitoring and self-management system for individuals with SCI”; Amount: \$399,610, Role: Co-I

Sidney R. Baer Foundation Grant (Aaron T. Beck Psychopathology Research Center, July 2016-June 2019; Project title: “Program evaluation of Recovery-Oriented Cognitive Therapy in a civil state hospital unit”; Amount: \$240,000, Role: Project Director

Loan Repayment Program Grant, National Institute of Mental Health (Brown University, July 2013-June 2015; Project title: “Identifying patient variables associated with treatment response in depression”; Amount: \$9,684.53; Role: PI

Intramural Research Award (University of California, Berkeley, Spring 2013; Project Title: “Adolescent development in risk preferences”; Amount: \$6,000; Role: Consultant

Robert Woods Johnson Health and Society Scholars Program Grant (University of California, Berkeley, Spring 2013; Project Title: “Adolescent development in risk preferences”; Amount: \$4,000; Role: Consultant

PEER-REVIEWED PUBLICATIONS:

Bredemeier, K., Church, L.D., Bounoua, N., Feler, B., & Spielberg, J.M. (2023). Intolerance of uncertainty, anxiety sensitivity, and health anxiety during the COVID-19 pandemic: exploring temporal relationships using cross-lag analysis. *Journal of Anxiety Disorders*, *93*, 102660.

Hamlett, G.E, Tyler, J., **Bredemeier, K.**, Ballentine, E., & Brown, L.A. (2023). The impact of COVID-19 on interest in internet-based therapy for anxiety-related disorders: An interrupted time-series analysis. *Psychiatry Research*, *320*, 115044.

Bredemeier, K. Mu, W., Mayinja, L., & Brown, L.A. (2022). Emotional clarity and awareness predict obsessive-compulsive disorder Symptoms during Exposure and Response Prevention in a naturalistic treatment sample. *Journal of Behavioral and Cognitive Therapy*, *32*, 262-270. doi: 10.1016/j.jbct.2022.07.001

Church, L.D., Bounoua, N., Rodriguez, S.N., **Bredemeier, K.**, & Spielberg, J.M. (2022). Longitudinal relationships between COVID-19 preventative behaviors and perceived vulnerability to disease. *Journal of Anxiety Disorders*, 88, 102561.

Bredemeier, K. & Foa, E.B. (2022). Exposure therapy. In L. Rapp-McCall, A. Roberts, and K. Corcoran (Eds.) *Social Workers Desk Reference, Fourth Edition* (pp. 580-587). Oxford University Press.

Bredemeier, K., Larsen, S.E., Shivakumar, G., Grubbs, K., McLean, C., Tress, C. ... & Thase, M.E. (2022). A comparison of prolonged exposure therapy, pharmacotherapy, and their combination for PTSD: What works best and for whom; study protocol for a randomized trial. *Contemporary Clinical Trials*, 119, 106850.

Foa, E. B., **Bredemeier, K.**, Acierno, R., Rosenfield, D., Muzzy, W., Tuerk, P., Zandberg, L. J., Hart, S., Young-McCaughan, S., Peterson, A. L., & McLean, C. P. (2022). The efficacy of 90-Minute versus 60-minute sessions of Prolonged Exposure for PTSD: A randomized controlled trial in active duty military personnel. *Journal of Consulting and Clinical Psychology*, 90, 503-512. doi: 10.1037/ccp0000739

Brown, L.A., Narine, K., Asnaani, A., **Bredemeier, K.**, & Mu, W. (2022). Changes in affect, physical activity, physical health, and sleep in cognitive behavioral therapy for anxiety: A pilot study. *Journal of Behavioral and Cognitive Therapy*, 32, 45-56. doi: 10.1016/j.jbct.2021.12.006

Sadeh, N. & **Bredemeier, K.** (2021). Engaging in risky and impulsive behaviors to alleviate distress mediates associations between intolerance of uncertainty and externalizing psychopathology. *Journal of Personality Disorders*, 35, 393-408. Doi: 10.1521/pedi_2019_33_456

Bredemeier, K., Lieblich, S., & Foa, E.B. (2020). Pretreatment levels of rumination predict cognitive-behavioral therapy outcomes in a transdiagnostic sample of adults with anxiety-related disorders. *Journal of Anxiety Disorder*, 75, 102277. doi: 10.1016/j.janxdis.2020.102277

Bredemeier, K. & Berenbaum, H. (2020). Perceptions of threat. In A.L. Gerlach and A.T. Gloster (Eds.), *Generalized Anxiety Disorder and Worrying: A Comprehensive Handbook for Clinicians and Researchers* (pp. 25-42). Wiley-Blackwell.

Mu, W., Narine, K., Farris, S., Lieblich, S., Zang, Y., **Bredemeier, K.**, Brown, L.A., & Foa, E.B. (2020). Trauma-related cognitions predict treatment response in smokers with PTSD: Evidence from cross-lagged panel analyses. *Addictive Behaviors*, 108, 106376. doi: 10.1016/j.addbeh.2020.106376

Whitmoyer, P., Fountain-Zargoza, S., Andridge, R., **Bredemeier, K.**, Londerée, A., Kaye, L., & Prakash, R. (2020). Mindfulness training and attentional control in older adults: A randomized controlled trial. *Mindfulness*, 11, 203-218. doi: 10.1007/s12671-019-01218-3

Bredemeier, K., McCole, K., Luther, L., Grant, P.M., & Beck, A.T. (2019). Reliability and validity of a brief version of the Intolerance of Uncertainty Scale in outpatients with psychosis.

Journal of Psychopathology and Behavioral Assessment, 41, 221-234. doi: 10.1007/s10862-018-9714-2

Madian, N., **Bredemeier, K.**, Heller, W., Miller, G. A., & Warren, S. L. (2019). Repetitive negative thought and executive dysfunction: An interactive pathway to emotional distress. *Cognitive Therapy and Research*, 43, 464-480. doi: 10.1007/s10608-018-9966-x

Beck, A.T., Himelstein, R., **Bredemeier, K.**, Silverstein, S.M., & Grant, P.M. (2018). What accounts for poor functioning in people with schizophrenia?: A re-evaluation of the contributions of neurocognitive vs. attitudinal and motivational factors. *Psychological Medicine*, 48, 2776-2785. doi: 10.1017/S0033291718000442

Bredemeier, K., Beck, A.T., & Grant, P.M. (2018). Exploring the temporal relationship between cognitive insight and neurocognition in schizophrenia: a prospective analysis. *Clinical Psychological Science*, 6, 76–89. doi: 10.1177/2167702617734019

Grant, P.M., Perivoliotis, D., Luther, L., **Bredemeier, K.**, & Beck, A.T. (2018). Rapid improvement in beliefs, mood, and performance following an experimental success experience in an analogue test of Recovery-Oriented Cognitive Therapy. *Psychological Medicine*, 48, 261-268. doi: 10.1017/S003329171700160X

Grant, P.M., **Bredemeier, K.**, & Beck, A.T. (2017). Six-month follow-up of recovery oriented cognitive therapy for low functioning schizophrenia: Sustained gains and delayed response for more chronic cases. *Psychiatric Services*, 68, 997-1002. doi: 10.1176/appi.ps.201600413

Bredemeier, K., Warren, S.L., Berenbaum, H., Miller, G.A., & Heller, W. (2016). Executive functioning deficits associated with current and past depressive symptoms. *Journal of Affective Disorders*, 204, 226-233. doi:10.1016/j.jad.2016.03.070

Beck, A.T. & **Bredemeier, K.** (2016). A unified model of depression: Integrating clinical, cognitive, biological, and evolutionary perspectives. *Clinical Psychological Science*, 4, 596-619. doi:10.1177/2167702616628523

Bredemeier, K. & Miller, I.W. (2015). Executive function and suicidality: A systematic qualitative review. *Clinical Psychology Review*, 40, 170-183. doi:10.1016/j.cpr.2015.06.005

Bredemeier, K., Hur, J., Berenbaum, H., Heller, W., & Simons, D.J. (2014). Individual differences in emotional distress and susceptibility to inattention blindness. *Psychology of Consciousness: Theory, Research, and Practice*, 1, 370-386. doi:10.1037/cns0000032

Bredemeier, K., Beevers, C.G., & McGeary, J.E. (2014). Serotonin transporter and BDNF polymorphisms interact to predict trait worry. *Anxiety, Stress, and Coping*, 27, 712-721. doi:10.1080/10615806.2014.909928

Spielberg, J.M., De Leon, A.A., **Bredemeier, K.**, Heller, W., Engels, A.S., Warren, S.L., Crocker, L.D., Sutton, B.P., & Miller, G.A. (2013). Anxiety type modulates immediate vs. delayed engagement of attention-related brain regions. *Brain and Behavior*, 3, 532-551. doi:10.1002/brb3.157

Bredemeier, K. & Berenbaum, H. (2013). Cross-sectional and longitudinal relations between working memory performance and worry. *Journal of Experimental Psychopathology*, 4, 420-434. doi: 10.5127/jep.032212

Crocker, L.D., Heller, W., Spielberg, J.M., Warren, S.L., **Bredemeier, K.**, Sutton, B.P., Banich, M.T., & Miller, G.A. (2012). Neural mechanisms in attentional control differentiate trait and state negative affect. *Frontiers in Psychology*, 3, 289. doi:10.3389/fpsyg.2012.00298

Bredemeier, K. & Simons, D.J. (2012). Working memory and inattention blindness. *Psychonomic Bulletin and Review*, 19, 239-244. doi:10.3758/s13423-011-0204-8

Bredemeier, K., Berenbaum, H., Brockmole, J.R., Boot, W.R., Simons, D.J., & Most, S.B. (2012). A load on my mind: Evidence that anhedonic depression is like multi-tasking. *Acta Psychologica*, 139, 137-145. doi:10.1016/j.actpsy.2011.11.007

Bredemeier, K., Berenbaum, H., & Spielberg, J.M. (2012). Worry and perceived threat of proximal and distal undesirable outcomes. *Journal of Anxiety Disorders*, 26, 425-429. doi:10.1016/j.janxdis.2012.01.001

Berenbaum, H., **Bredemeier, K.**, Boden, M.T., & Thompson, R.J. (2012). Worry, anhedonic depression, and emotional style. *Cognitive Therapy and Research*, 36, 72-80. doi:10.1007/s10608-010-9329-8

Bredemeier, K., Berenbaum, H., & Simons, D.J. (2011). Individual differences in controlled attention and susceptibility to inattention blindness. *Visual Cognition*, 19, 1299-1303. doi:10.1080/13506285.2011.618773 *Peer-reviewed summary of conference presentation

Bredemeier, K., Berenbaum, H., Most, S.B., & Simons, D.J. (2011). Links between neuroticism, emotional distress, and disengaging attention: Evidence from a single-target RSVP task. *Cognition and Emotion*, 25, 1510-1519. doi:10.1080/02699931.2010.549460

Berenbaum, H., **Bredemeier, K.**, Boden, M.T., Thompson, R.J., & Milanak, M.E. (2011). Affective instability, family history of mood disorders, and neurodevelopmental disturbance. *Personality Disorders: Theory, Research, and Treatment*, 2, 220-229. doi:10.1037/a0022317

Sadeh, N. & **Bredemeier, K.** (2011). Individual differences at high perceptual load: The relation between trait anxiety and selective attention. *Cognition & Emotion*, 25, 747-755. doi:10.1080/02699931.2010.500566

Thompson, R.J., Berenbaum, H., & **Bredemeier, K.** (2011). Cross-sectional and longitudinal relations between affective instability and depression. *Journal of Affective Disorders*, 130, 53-59. doi:10.1016/j.jad.2010.09.021

Bredemeier, K., Spielberg, J.M., Siltan, R.L., Berenbaum, H., Heller, W., & Miller, G.A. (2010). Screening for depressive disorders using the MASQ anhedonic depression scale: A receiver-operator characteristic analysis. *Psychological Assessment*, 22, 702-710. doi:10.1037/a0019915

Berenbaum, H., Thompson, R.J., Milanak, M.E., Boden, M.T., & **Bredemeier, K.** (2008). Psychological trauma and Schizotypal Personality Disorder. *Journal of Abnormal Psychology, 117*, 502-519. doi:10.1037/0021-843X.117.3.502

Bredemeier, K. & Berenbaum, H. (2008). Intolerance of uncertainty and perceived threat. *Behaviour Research and Therapy, 46*, 28-38. doi:10.1016/j.brat.2007.09.006

Berenbaum, H., **Bredemeier, K.**, & Thompson, R.J. (2008). Intolerance of uncertainty: Exploring its dimensionality and associations with need for cognitive closure, psychopathology, and personality. *Journal of Anxiety Disorders, 22*, 117-125. doi:10.1016/j.janxdis.2007.01.004

Berenbaum, H., Thompson, R.J., & **Bredemeier, K.** (2007). Perceived threat: Exploring its association with worry and its hypothesized antecedents. *Behaviour Research and Therapy, 45*, 2473-2482. doi:10.1016/j.brat.2007.03.015

Listug-Lunde, L., **Bredemeier, K.**, & Tynan, W.D. (2005). Concurrent parent and child group outcomes for child externalizing disorders: Generalizability to typical clinical settings. *International Journal of Behavioral Consultation and Therapy, 1*, 124-129. doi:10.1037/h0100740

INVITED PRESENTATIONS:

Bredemeier, K. (2023). Comparing the effectiveness of PE, pharmacotherapy, and their combination for PTSD in Veterans: What works best, and for whom. Coatesville Veterans Affairs Medical Center.

Bredemeier, K. (2022). Exploring the role of working memory difficulties in repetitive negative thinking, anxiety & depression, and medication adherence in adults living with HIV. Department of Psychiatry, University of Pennsylvania.

Bredemeier, K. (2021). Behavioral approaches to treating Generalized Anxiety Disorder. Department of Psychiatry and Behavioral Medicine, Medical College of Wisconsin.

Bredemeier, K. (2021). Optimizing treatment plans for PTSD: A trial to compare the effectiveness of Prolonged Exposure, pharmacotherapy, and their combination in Veterans. Department of Psychiatry, University of Pennsylvania.

Bredemeier, K. (2021). Executive functioning and repetitive negative thoughts. Center for Behavioral Health and Technology, University of Virginia.

Bredemeier, K. (2020). Anxiety (and exposure therapy) in the time of COVID-19. Live webinar hosted by Mental Health America.

Bredemeier, K. (2011). Worry and working memory capacity. Knowledge for All Lecture Series, University of Illinois at Urbana-Champaign.

Bredemeier, K. (2011). Cross-sectional and longitudinal relations between dimensions of anxiety and depression and working memory capacity. Clinical/Community Psychology Division Seminar, University of Illinois at Urbana-Champaign.

Bredemeier, K. (2010). Evidence that depression is like multi-tasking. Clinical Neuroscience Laboratory, The Ohio State University.

Bredemeier, K. (2009). Attention and working memory deficits associated with dimensions of anxiety and depression. Visual Cognition and Human Performance Division Seminar, University of Illinois at Urbana-Champaign.

CONFERENCE PRESENTATIONS:

Bredemeier, K., Lynch, K., Ballentine, E., Mayinja, L., & Brown, L.A. (2023). Daily variations in cognitive control predict suicidal urges. Oral presentation at the annual meeting of the Society for Research in Psychopathology, St. Louis, MO.

Foa, E. B., Acierno, R., Muzzy, W., Rosenfield, D., & **Bredemeier, K.** (2020). 90-minute versus 60-minute sessions of prolonged exposure for the treatment of PTSD. Plenary presentation given at the San Antonio Combat PTSD Conference, virtual conference.

Bredemeier, K. (2019). Working memory difficulties and worrying: What is the relationship? (Is it complicated?). Oral presentation at the annual meeting of the Anxiety and Depression Association of America, Chicago, IL.

Bredemeier, K., Kisala, P, Victorson, D., & Tulsy, D.S. (2017). Development of item banks to measure resilience and grief following traumatic injuries. Symposium presentation at the annual meeting of the International Society of Quality of Life Research. Philadelphia, PA.

Bredemeier, K., Grant, P.M., & Beck, A.T. (2016). Cognitive insight prospectively predicts neurocognitive performance in individuals with schizophrenia: Findings from two independent longitudinal studies. Oral presentation at the annual meeting of the Society for Research in Psychopathology, Baltimore, MD.

Heller, W., Letkiewicz, A., Niznikiewicz, M., Warren, S.L., Crocker, L.D., Spielberg, J.M., **Bredemeier, K., Berenbaum, H., & Miller, G.A.** (2014). Executive functions influence the time course of depressive symptoms: Mechanisms and implications for intervention. Symposium presentation at the annual meeting of the Anxiety and Depression Association of America Conference, Chicago, IL.

Bredemeier, K., Berenbaum, H., & Simons, D.J. (2011). Individual differences in controlled attention and susceptibility to inattention blindness. Oral presentation at the Object Perception, Attention, and Memory (OPAM) conference at the annual meeting of the Psychonomic Society, Seattle, WA.

Heller, W., Crocker, L.D., Spielberg, J.M., Warren, S.L., **Bredemeier, K., McDavitt, J., Hur, J., Banich, M.T., Sutton, B.P., & Miller, G.A.** (2011). Neural correlates of negative affect and its

role in cognition/emotion interactions in psychopathology. Symposium presentation at the annual meeting of the Society for Research in Psychopathology, Boston MA.

Bredemeier, K., & Berenbaum, H. (2010). Working memory capacity and dimensions of anxiety and depression. Oral presentation at the annual world meeting of the Stress & Anxiety Research Society, Galway, Ireland.

Bredemeier, K., Berenbaum, H., Simons, D.J., & Most, S.B. (2008). Neuroticism and disengagement of attention from nonemotional distractors. Oral presentation at the annual meeting of the Midwestern Psychological Association, Chicago, IL.

Berenbaum, H., **Bredemeier, K.**, Boden, M.T., Thompson, R.J., & Milanak, M.E. (2007). Affective instability is associated with the interaction of family history of mood disorders and signs of neurodevelopmental disturbance. Oral presentation at the annual meeting of the Society for Research in Psychopathology, Iowa City, IA.

POSTER PRESENTATIONS:

Feler, B., **Bredemeier, K.**, Church, L., Bounoua, N., & Spielberg, J. (2023). A longitudinal study examining the role of intolerance of uncertainty in health anxiety during the COVID-19 pandemic. Annual Meeting of the Anxiety and Depression Association of America (From Science and Technology to Evidence-Based Practice: Enhancing Access through Integration), Washington DC.

Hamlett, G.E., **Bredemeier, K.**, & Tyler, J. (2022). The relationship between changes in perfectionistic cognitions and generalized anxiety symptom change in cognitive-behavioral therapy. [SIG Poster Exhibition]. Association for Behavioral and Cognitive Therapies 56th Annual Conference, New York, NY.

Mayinja, L., **Bredemeier, K.**, Mu, W., Brown, L. A. (2022). Emotional clarity and awareness predict obsessive-compulsive disorder symptoms during exposure and response prevention in a naturalistic treatment sample. Annual Meeting of Society for Research in Psychopathology, Philadelphia, PA.

Ballentine, E., Narine, K., & **Bredemeier, K.** (2022). The impact of repetitive negative thinking on internalized HIV-related stigma: a prospective study in adults living with HIV. Annual Meeting of Society for Research in Psychopathology, Philadelphia, PA.

Hamlett, G.E., **Bredemeier, K.**, Tyler, J., Brown, L.A. (2022). The impact of COVID-19 on interest in internet-based therapy for anxiety-related disorders: An interrupted time-series analysis. Annual Meeting of the Anxiety and Depression Association of America (Common Psychopathology: What Can the Past Tell us About the Future?), Denver, CO.

Narine, K., **Bredemeier, K.**, Mu, W., Brown, L., McLean, C., Yarvis, J., Mintz, J., Young-McCaughan, S., Borah, E.V., Dondanville, K., Fina, B., Hall-Clark, B., Litz, B., Roache, J., Wright, E., Peterson, A., & Foa, E.B, for the STRONG STAR Consortium. (2020). Repetitive negative thinking and suicidal ideation among active duty military personnel seeking treatment

for PTSD. Annual meeting of the Anxiety and Depression Association of America, San Antonio, TX.

Vu, B. & **Bredemeier, K.** (2020). Repetitive negative thinking and HIV: A review of literature. Annual Penn Undergraduate Research Program conference, Philadelphia, PA.

Himmelstein, R., Beck, A.T., **Bredemeier, K.**, & Grant, P.M. (2017). The cognitive model as an explanation for the primary dysfunction in schizophrenia. Annual meeting of the Association for Psychological Science, Boston, MA.

Prakash, R.S., Whitmoyer, P., **Bredemeier, K.**, & Fountain-Zaragoza, S. (2015). Mindfulness training and cognitive control in older adults: Results of a single-blind, placebo-controlled randomized trial. Annual meeting of the Gerontological Society of America, Orlando, FL.

Tengshe, C., Heller, W., Hur, J., O'Hare, A.J., Crocker, L.D., Warren, S.L., Spielberg, J.M., Mimnaugh, K.J., **Bredemeier, K.**, & Miller, G.A. (2013). Relationships among anxiety types, rumination and depression. Annual meeting of the Society for Research in Psychopathology, Oakland, CA.

Bredemeier, K. & Miller, I.W. (2013). Predicting patients' responses to psychosocial and pharmacological treatments for depression, alone and in combination. Annual research day of Alpert Medical School, Department of Psychiatry and Human Behavior and Brown Institute for Brain Science.

Bredemeier, K., McGeary, J.E., & Beevers, C.G. (2012). Genetic correlates of trait worry. Annual research day of Alpert Medical School, Department of Psychiatry and Human Behavior and Brown Institute for Brain Science.

Crocker, L.D., Heller, W., Spielberg, J.M., Warren, S.L., **Bredemeier, K.**, Banich, M.T., & Miller, G.A. (2012). Neural correlates of attentional control differentiate trait and state negative affect. Annual conference of the NIMH Interdisciplinary Behavioral Science Center: Determinants of Executive Function and Dysfunction, Boulder, CO.

Bredemeier, K., Warren, S.L., Berenbaum, H., Miller, G.A., & Heller, W. (2011). Executive functioning deficits associated with past depressive symptoms. Annual meeting of the Society for Research in Psychopathology, Boston, MA.

De Leon, A.A., Spielberg, J.M., Heller, W., **Bredemeier, K.**, Engels, A.S., Warren, S.L., Crocker, L.D., Sutton, B.P., & Miller, G.A. (2010). Differential habituation to negative stimuli distinguishes types of anxiety. Annual meeting of the Society for Research in Psychopathology, Seattle, WA.

Bredemeier, K., Berenbaum, H., Most, S.B., & Simons, D.J. (2009). The relation between working memory deficits and dimensions of anxiety and depression. Annual meeting of the Society for Research on Psychopathology, Minneapolis, MN.

Bredemeier, K., Berenbaum, H., Boden, M.T., & Thompson, R.J. (2007). Emotional styles, anhedonic depression, and worry. Annual meeting of the Society for Research in Psychopathology, Iowa City, IA.

RESEARCH SKILLS:

Expertise in...

- clinician ratings and self-report measures of psychopathology
- behavioral measures of attention and executive functioning
- instrument development and validation
- basic and translational research design
- grant writing
- regression analysis
- multivariate statistics

Experience with...

- treatment manual development
- computer programming (MATLAB, Python)
- acquisition of psychophysiological data (EEG, EMG, EKG, & EOG)
- DNA collection and genotyping
- fMRI data analysis
- systematic literature reviews
- structural equation modeling and hierarchical linear modeling

CLINICAL TRAINING & EXPERIENCE:

Director and Licensed Clinical Psychologist

August 2023-present

Institute for Community Mental Health Clinic

Responsibilities: Providing didactic trainings and individual clinical supervision in evidence-based treatment and assessment protocols for doctoral student clinicians.

Licensed Clinical Psychologist

July 2019-July 2023

Center for the Treatment and Study of Anxiety

Responsibilities: Conducting intake assessments and providing individual and group psychotherapy to adults with anxiety, trauma, and obsessive-compulsive disorders.

Consultant

October 2015-December 2016

Aaron T. Beck Psychopathology Research Center, Philadelphia, PA

Responsibilities: Providing consultation in Recovery-oriented Cognitive Therapy for schizophrenia to assertive community treatment teams and inpatient mental health staff.

Study Therapist

October 2014-May 2016

Aaron T. Beck Psychopathology Research Center, Philadelphia, PA

Supervisor: Dr. Gregory Brown

Responsibilities: Conducting baseline study assessments and individual cognitive therapy sessions for older men (age 50+) with suicidal ideation.

Study Therapist

July 2013-July 2014

Department of Psychosocial Research, Butler Hospital, Providence, RI

Supervisors: Dr. Lisa Uebelacker and Dr. Risa Weisberg

Responsibilities: Administering a behavioral therapy protocol for comorbid depression and chronic pain to clients with difficult medical issues (e.g., HIV), in collaboration with their primary care providers.

Study Therapist

July 2012-July 2014

Department of Psychosocial Research, Butler Hospital, Providence, RI

Supervisors: Dr. Ivan Miller and Dr. Brandon Gaudio

Responsibilities: Conducting safety assessments and administering a values-based suicide prevention protocol over the telephone to a diverse range of clients (and their significant others) who have recently been in the emergency room.

Consultant & Assessment Specialist

March 2012-June 2012

Medical Inpatient Units, Providence VA Medical Center, Providence, RI

Supervisor: Dr. Alan Sirota

Responsibilities: Conducting mental status assessments and providing consultation to physicians on issues related to mental/behavioral health (e.g., decision making capacity, suicide risk) in medical inpatients, conducting mental health assessments for organ transplant and penile implant candidates, and leading smoking cessation group sessions.

Treatment Coordinator & Individual Therapist

November 2011-February 2012

PTSD Clinic, Providence VA Medical Center, Providence, RI

Supervisors: Drs. Jennifer Lambert and Dr. Bill Unger

Responsibilities: Assessing symptoms of PTSD and commonly comorbid problems (e.g., depression, substance abuse), conducting individual psychotherapy sessions, leading group therapy sessions, and coordinating treatment for military veterans who have experienced trauma.

Skills Group Leader & Individual Therapist

July 2011-October 2011

Women Partial Hospital Program, Butler Hospital, Providence, RI

Supervisor: Dr. Ellen Costello

Responsibilities: Leading dialectical behavior therapy skills groups and conducting individual psychotherapy sessions for women struggling with suicidality, self-injury, and other risky or impulsive behaviors (e.g., aggression, substance abuse).

Student Supervisor

July 2010-June 2011

Stress and Anxiety Clinic, Psychological Services Center, Champaign, IL

Responsibilities: Supervising clinic therapists on the development of individual client models and treatment plans, providing feedback on individual psychotherapy sessions, and attending weekly group supervision meetings.

Individual & Group Therapist

July 2009-May 2011

Stress and Anxiety Clinic, Psychological Services Center, Champaign, IL

Supervisor: Dr. Howard Berenbaum

Responsibilities: Assessing symptoms of anxiety disorders and commonly comorbid problems (e.g., depression), developing treatment plans, conducting individual psychotherapy sessions, and leading group therapy sessions (e.g., cognitive-behavioral therapy for social phobia, mindfulness-based stress reduction).

Case Coordinator

July 2009-May 2010

Disability Resources and Educational Services, Champaign, IL

Supervisor: Dr. Kimberly Collins

Responsibilities: Administering tests of cognitive and academic abilities for college students seeking academic accommodations, scoring performance on these tests, and writing integrative diagnostic reports.

Family Therapist

August 2008-July 2009

Family Intervention Science Clinic, Psychological Services Center, Champaign, IL

Supervisor: Dr. Jorge Ramirez Garcia

Responsibilities: Conducting multi-method assessments of family functioning and brief strategic family therapy using a family systems framework.

Student Supervisor

August 2008-May 2009

Adult Psychiatric Inpatient Unit, Provena Covenant Hospital, Champaign, IL

Responsibilities: Providing feedback and supervision on diagnostic reports prepared by diagnostic specialists in training.

Case Coordinator

August 2007-August 2008

Neuropsychological Assessment Clinic, Psychological Services Center, Champaign, IL

Supervisor: Dr. Wendy Heller

Responsibilities: Conducting intensive assessments of cognitive and emotional difficulties for adults and children experiencing significant impairment in functioning, interpreting self-report and performance data, and writing integrative diagnostic reports.

Diagnostic Specialist

September 2007-July 2008

Probation/Parole Assessment Clinic, Psychological Services Center, Champaign, IL

Supervisor: Dr. Edelyn Verona

Responsibilities: Conducting mandated mental health assessments for clients on state or federal probation or parole using structured and semi-structured clinical interviews and self-report questionnaires, consulting with probation and parole officers, writing diagnostic reports, and providing clients with feedback and treatment referrals.

Diagnostic Specialist

August 2006-May 2007

Adult Psychiatric Inpatient Unit, Provena Covenant Hospital, Champaign, IL

Supervisor: Dr. Gregory Miller

Responsibilities: Administering structured clinical interviews for DSM-IV Axis I and II disorders to adults in an inpatient psychiatric facility and preparing diagnostic reports for their treatment providers.

CLINICAL SKILLS:

Expertise in...

- structured diagnostic assessment
- cognitive/neuropsychological assessment
- safety/risk assessment
- behavior therapies for anxiety and depression
- cognitive therapy for anxiety and depression
- mindfulness-based interventions
- suicide prevention
- recovery-oriented cognitive therapy
- cognitive case conceptualization
- assessment and therapy supervision
- integrative report writing

Experience with...

- objective personality assessment
- applied behavioral analysis
- schema-focused cognitive therapy
- dialectical behavior therapy
- acceptance and commitment therapy
- group therapy
- family therapy
- consultation and liaison with medical patients and providers
- clinical training and case consultation with assertive community treatment teams

PROFESSIONAL AFFILIATIONS & INVOLVEMENTS:

Professional memberships - Association for Psychological Science, American Psychological Association, Society for Research in Psychopathology, Society for the Teaching of Psychology, Association for Behavioral and Cognitive Therapies, Anxiety and Depression Association of America, American Association of Suicidology, World Suicidology Net

Ad hoc reviewer – Clinical Psychological Science, Clinical Psychology Review, Clinical Psychology: Science and Practice, Cognition and Emotion, Motivation and Emotion, Behavior Therapy, Behaviour Research and Therapy, Cognitive Therapy and Research, BMC Psychiatry, Psychiatry Research, Frontiers in Psychiatry, Psychological Research, Crisis: The Journal of Crisis Intervention and Suicide Prevention, Anxiety, Stress, & Coping, Stress and Health, Journal of Affective Disorders, Mindfulness, Journal of Personality Assessment, Neuropsychology, Acta Psychologica, Quarterly Journal of Experimental Psychology, Journal of Experimental Psychology: Applied, Association for Psychological Science 2011 Convention (posters for clinical area), National Science Foundation (Social Psychology Division), Congressionally Directed Medical Research Programs, Military Operational Medicine Research Program, Wellcome Trust

Honor Societies - Phi Beta Kappa, Psi Chi (National Honor Society of Psychology), Phi Sigma Tau (National Honor Society of Philosophy)

Committees & leadership - Research Assistant Professional Development Seminar (organizer/leader, Center for the Treatment and Study of Anxiety, 2021-present), Penn Faculty Pathways Program (competitive program for junior STEM faculty focused on professional development and leadership; University of Pennsylvania, 2019-2020); Research Assistant Professional Development Seminar (organizer/leader, Aaron T. Beck Psychopathology Research Center, 2014-2017); Diversity Committee (Brown Clinical Psychology Training Consortium, 2011-2014); Aggression in the Mental Health Setting Workshop Planning Committee (Brown Department of Psychiatry and Human Behavior, 2013-2014); Student Action Committee (elected representative, University of Illinois Clinical/Community Psychology Division, 2010-2011); Diversity Seminar Planning Committee (University of Illinois Clinical/Community Psychology Division, 2006-2007); Society for Research in Psychopathology Equity, Diversity, and Inclusion awards committee

AWARDS & HONORS:

Penn Undergraduate Research Mentoring Program (Mentor, University of Pennsylvania, Summer 2020)

Society for Research in Psychopathology Faces of the Future paper session presenter (awarded to the highest rated conference presentation submissions by junior scientists, 2016)

Frederick and Ruby Kanfer Award (Outstanding Scholarship in Clinical/Community Psychology, University of Illinois at Urbana-Champaign, 2010-2011)

Graduate Conference Travel Award (University of Illinois at Urbana-Champaign, Fall 2010)

Graduate College Fellowship (University of Illinois at Urbana-Champaign, Summer 2009)

George Prouse Scholarship (University of Delaware, February 2001-May 2004)

Senatorial Scholarship (Elkton High School, June 2000)

Edmund T. Pratt Scholarship (Elkton High School, June 2000)