

Shari A. Steinman

Address: 2 Colchester Avenue, John Dewey Hall, Burlington, VT 05405
Phone: (847) 624-0711
E-mail: shari.steinman@uvm.edu

Professional Positions

University of Vermont, Department of Psychological Science
Associate Professor, 2024-present

West Virginia University, Department of Psychology
Adjunct Associate Professor, 2024-present
Director of Clinical Training, 2022-2024
Associate Professor, 2022-2024
Assistant Professor, 2016-2022

New York State Psychiatric Institute at Columbia University Medical Center
Division of Clinical Therapeutics
Assistant Professor of Clinical Psychology (in Psychiatry), 2015-2016
Postdoctoral Clinical Researcher, 2014-2015
Mentor: H. Blair Simpson, MD, PhD

Education & Licensing

Licensed Clinical Psychologist
State of Vermont #048.0135050, 2024-Present
State of New York #021430, 2015-Present

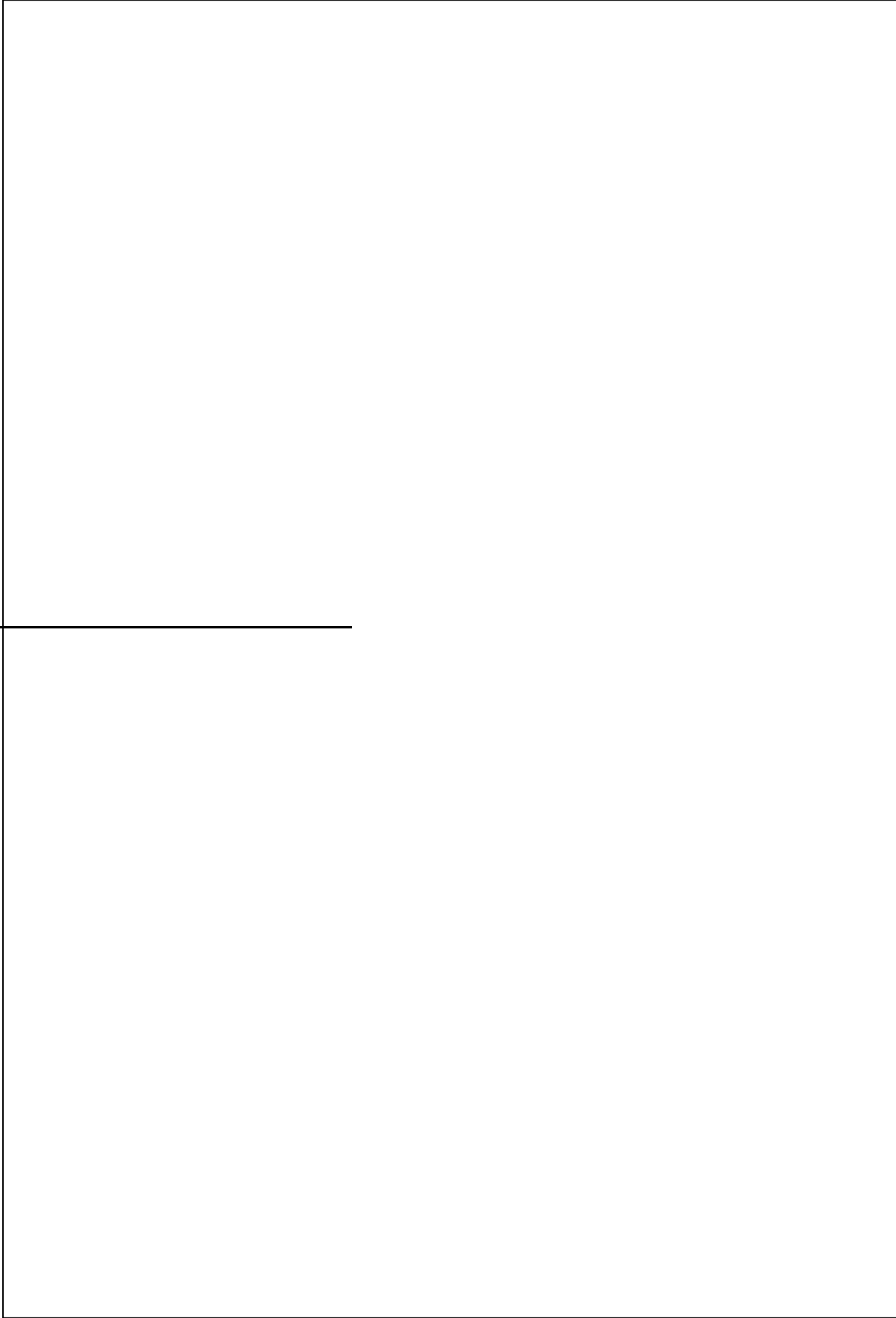
Institute of Living
APA Accredited Clinical Psychology Internship, 2013-2014
Cognitive Behavioral Therapist Track

University of Virginia
Ph.D. in Clinical Psychology, August 2014
Dissertation: *Reaching New Heights: Comparing Interpretation Bias Modification to Exposure Therapy for Acrophobia*
M.A. in Clinical Psychology, May 2009
Modifying Interpretations among Individuals High in Anxiety Sensitivity
Advisor: Bethany A. Teachman, Ph.D.

Washington University in St. Louis
B.S. in Psychology, Minors in Drama and Spanish, summa cum laude, May 2007
Honors Thesis: *Memory for Texts: The Effects of Theatrical Experience and Context*
Advisor: Janet Duchek, Ph.D.

Honors and Awards

39. Evey, K. J.* & **Steinman, S. A.** (2022). Creating positive, negative, and neutral God concept primes and testing their impact on scrupulosity relevant tasks and symptoms. *The International Journal for the Psychology of Religion*, 32(4), 306-329.
38. Foa, E. B., Simpson, H. B., Gallagher, T., Wheaton, M. G., Gershkovich, M., Schmidt, A. B., Huppert, J. D., Imms, P. A., Campeas, R. B., Cahill, S., DeChiara, C., Tsao, S., Puliafico, A., Chazin, D., Asnaani, A., Moore, K., Tyler, J., **Steinman, S. A.**, Sanchez-LaCay, A., Capaldi, S., Snorrason, I., Turk-Karen, E., Vermes, D., Kalanthroff, E., Pinto, A., Hamlett, G. E., Middleton, R., Hahn, C., Xu, B., Van Meter, P., Katechis, M., Rosenfield, D. (2022). Maintenance of wellness in patients with obsessive-compulsive disorder who discontinue medication after exposure/response prevention augmentation: a randomized clinical trial. *JAMA Psychiatry*, 79(3), 193-200.
37. Simpson, H. B., Foa, E. B., Wheaton, M. G., Gallagher, T., Gershkovich, M., Schmidt, A. B., Huppert, J. D., Campeas, R. B., Imms, P. A., Cahill, S., DeChiara, C., Tsao, S., Puliafico, A., Chazin, D., Asnaani, A., Moore, K., Tyler, J., **Steinman, S. A.**, Sanchez-LaCay, A., Capaldi, S., Snorrason, I., Turk-Karen, E., Vermes, D., Kalanthroff, E., Pinto, A., Hahn, C., Xu, B., Van Meter, P., Katechis, M., Scodes, J., & Wang, Y. (2021). Maximizing remission from cognitive-behavioral therapy in medicated adults with obsessive-compulsive disorder. *Behavior Research and Therapy*, 143, 103890.



4.0 11 515. 11 515.97 744.72 Tm(o)-11 (f) JETQq0 0 612 792 reW* nB374.4 744.72 Tm(S)TjETQq0 0 612 79

The Neurocognitive Underpinnings of Anxiety: Implications for Theory and Treatment.
Symposium presented at the annual meeting of the Association for Behavioral and
Cognitive Therapies, Chicago, IL.

7. **Steinman, S. A.**, & Teachman, B. A. (2015, May). Internet-based cognitive bias modification:
Impact of training difficulty and symptom severity. In **S. A. Steinman** & B. A. Teachman
(Co-Chairs), *Attempting to Meet an Unmet Need: Alternative Mental Health Delivery
Models*. Symposium presented at the annual meeting of the Association for
Psychological Science, New York, NY.

6. **Steinman, S. A.**, & Teachman, B. A. (2014, November). Computerized cognitive bias
modification and exposure therapy to reduce height fear. In **S. A. Steinman** & L. S.
Blanca (Co-Chairs), *Cognitive Bias Modification: Advancing Clinical Science and*

behavior during and reactions to the COVID-19 pandemic. Paper presented at the 196th National Communication Association Convention, Virtual Meeting.

67. Jacobsmeier, M., Totzkay, Conley, J., D., Dillow, M., Goodboy, A., & **Steinman, S. A.** (2021, April). Political polarization and precautionary behavior during the COVID-19 pandemic. Paper presented at the Midwest Political Science Association Conference, Virtual Meeting.
66. Conley, J., Totzkay, D., Dillow, M., Goodboy, A., **Steinman, S. A.**, Jacobsmeier, M., & Cossman, J. (2021, 2021). Spatial variation of health care access and responses to the COVID-19 pandemic in Appalachia. Paper presented at the Annual Meeting of the Association of American Geographers, Virtual Meeting.
65. Boone, C.^, Snider, M., Totzkay, D., & **Steinman, S. A.** (2021, April). Depression, anxiety, and stress during early months of COVID-19 in Appalachia. Poster presented at the West Virginia University Annual Undergraduate Spring Symposium, Virtual Meeting.
64. Ponzini, G. T.* & **Steinman, S. A.** (2021, May). A systematic review of public stigma towards obsessive compulsive disorder symptom subtypes. Flash talk presented at the annual meeting of the Association for Psychological Science, Virtual Meeting.
63. Segear, S.^, Ponzini, G.T.*, & **Steinman, S. A.** (2021, May). Anxiety disorders and
\$ S V \ F K R H G X F D Q W L R Q Y B D D V L R J Q Y R H U V S H U H V H Q W H G
at the annual meeting of the Association for Psychological Science, Virtual Meeting.
62. **Steinman, S. A.**, Dunsmoor, J. E., Gazman, Z., Stovezky, Y., Pascucci, O., Pomerence, J., Phelps, E. A., Fyer, A., & Simpson, H. B. (April, 2021). Testing effects of novelty-facilitated extinction in a clinically anxious sample. In H. B. Simpson & M. Raskin (Co-Chairs), *Translating New Data for How Humans Learn and Process Fear to Clinical Populations*. Symposium presented at the annual meeting of the Anxiety and Depression Association of America, Virtual Meeting.
61. **Steinman, S. A.**, Dunsmoor, J., Edwards, C. E.* , Pino, E. R.^, & Koval, K. A.^ (2020, November). Cognitive bias modification for intolerance of uncertainty. In L. Sarfan (Chair), *Improving access and efficacy: Novel interventions to target transdiagnostic mechanisms of anxiety disorders*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Virtual Meeting.
60. Billingsley, A. L.* , Clerkin, E. M., & **Steinman, S. A.** (2020, November). Supplementing cognitive bias modification with virtual reality: Examining the impact of imagery on symptom change in heights fear. In L. Sarfan (Chair), *Improving access and efficacy: Novel interventions to target transdiagnostic mechanisms of anxiety disorders*

37. Stovezky, Y. & **Steinman, S. A.** (2018, November). Affective empathy is related to fear of negative evaluation and interpretation bias in individuals with anxiety disorders and OCD. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies (A-BCT), Washington, DC.

36. Evey, K. J.*, Edwards, C. B.*, & **Steinman, S. A.**

28. Wheaton, M. G. ET250n.212)1235.4. 0 0 11 141.289 178.0[11 0 0 11 126.519 89H 11 1)1235.412 792 reW*

Professional Issues in Clinical Psychology, Fall 2019, Fall 2018, Fall 2017, & Fall 2016
Lectured on coping with the demands of graduate school.

Diagnosis and Treatment Planning, Fall 2021, Fall 2019, & Fall 2018
Introduced counseling students to anxiety diagnoses and treatments.

Theories and Techniques, Spring 2018
Introduced counseling students to evidence-based interventions for anxiety disorders and OCD.

Professions in Psychology, Spring 2018
Discussed different graduate programs and career paths related to clinical psychology.

New Science of the Unconscious, Spring 2012
Lectured on uncontrollable processing and implicit associations in anxiety.

Student Mentoring

Laboratory Director and Mentor Mentor approximately 5 graduate students and 15 undergraduate research assistants each semester, from July 2016 to present.

Research Assistant Mentor Mentor

Institute of Living (Cognitive Behavioral Therapist Track), Clinical Psychology Intern
September 2013 – August 2014, Primary Clinical Supervisor: Elizabeth Moore, Ph.D.

- Co-led Dialectical Behavior Therapy (DBT) skills training groups (~9 groups per week)
- Conducted weekly individual DBT sessions for patients with borderline personality disorder
- Conducted weekly CBT sessions for patients with anxiety, obsessive-compulsive, mood, and personality disorders
- Conducted accelerated treatment protocols for patients with anxiety, obsessive-compulsive, mood, and personality disorders
- Conducted both unstructured and structured intake interviews
- Administered symptom
