

SUNGJIN IM

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Center of Alcohol Studies
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EDUCATION:

- 2018 - Present **Postdoctoral Fellow**
Rutgers University, Center of Alcohol Studies, Graduate School of Applied and Professional Psychology; Piscataway, New Jersey,
Mentor: Marsha Bates, Ph.D.
- 2017- 2018 **Psychology Intern**
Stony Brook University Consortium Internship Program (SBU-CIP)
Stony Brook University, Department of Psychology and Psychiatry; Stony Brook, New York
Mentor: Dina Vivian, Ph.D.
- 2018 **Ph.D. in Clinical Psychology**
University of Nevada, Reno, Department of Psychology; Reno, Nevada
Dissertation: *Attention-mediated neural and behavioral oscillation and their relationship to dispositional mindfulness*
Chair: Holly Hazlett-Stevens, Ph.D.
- 2015 **M.A. in Clinical Psychology**
University of Nevada, Reno, Department of Psychology; Reno, Nevada
Thesis: *Rumination and mindfulness related to multiple types of trauma exposure*
Chair: Victoria Follette, Ph.D.
- 2010 **B.A. in Psychology, Summa cum Laude**
University of Arizona, Department of Psychology; Tucson, Arizona
- 2002 **B.A. in Psychology**
Korea University, Department of Psychology; Seoul, South Korea

RESEARCH EXPERIENCE:

Neuroscience of Emotion, Cognition & Psychopathology Laboratory

Department of Psychology, Stony Brook University, Stony Brook, New York

Co- Investigator

August 2017 – August 2018

- This randomized controlled study aims at investigating the mechanism by which top-down control of attention affects processing of subsequent emotional stimuli and whether change in mindfulness state mediates such relationship. Duties include designing and overseeing the research program, collecting self-report and behavioral data using a face discrimination task, performing statistical analysis, and providing training and supervision to undergraduate research assistants.
Supervisor: Aprajita Mohanty, Ph.D.

Mindfulness Lab & Caplovitz Vision Lab

Department of Psychology, The University of Nevada, Reno, Nevada

Student Investigator

March 2016 – July 2017

- The primary goals of this dissertation study (Title: Attention-mediated Neural and Behavioral Oscillations and Their Relationship to Dispositional Mindfulness) are to investigate neural and behavioral oscillations as a regulatory mechanism of attention and its relation to mindfulness. Duties include designing and overseeing the study, programming for attention tasks using Matlab,

collecting self-report, behavioral (performance in attention tasks), and neural (EEG) data from study participants, performing statistical analysis, and providing training and supervision to undergraduate research assistants.

Supervisor: Holly Hazlett-Stevens Ph.D. & Gideon Caplovitz, Ph.D.

EPSCoR Attention Consortium

Department of Psychology, The University of Nevada, Reno, Nevada

Graduate Assistant

January 2017 – July 2017

- The Research Infrastructure Improvement Track-2 Focused EPSCoR Collaboration (RII Track-2 FEC) is a collaboration between four research institutions including the University of Nevada, Reno, Dartmouth College, Brown University, and Montana State University. The primary goal of the project is to develop a unified model of attention that applies across multiple domains. Duties include receiving training in a diverse array of brain imaging methods such as functional magnetic resonance imaging (fMRI) and electroencephalography (EEG), programming for psychophysical tasks using Matlab, collecting and analyzing human neurophysiological data, and performing statistical analysis.

PI: Peter Tse, Ph.D., Co-PI: Gideon Caplovitz, Ph.D. (NSF Award #1632738)

Trauma Research Institute of Nevada (TRIN)

Department of Psychology, The University of Nevada, Reno, Nevada

Student Investigator

August 2010 – May 2014

- The primary goal of this funded study (Title: Decomposition of Anxiety by the Multi-method Approach) was to investigate the decoupling of somatic and cognitive components of anxiety in response to worry and fear induction among analogue GAD and non-GAD individuals using a multi-method approach. Duties included conducting literature reviews, developing the study design, collecting self-report and physiological (ECG, respiration, EDA, and facial EMG) data, performing statistical analysis, and supervising undergraduate research assistants.

Supervisor: Michael Crognale, Ph.D. & Victoria Follette, Ph.D.

- The primary goal of this study (Title: Attentional Control: Understanding Life Experiences and Mindfulness) was to explore the role of mindfulness and rumination in behavioral performance in the rapid serial visual presentation (RSVP) paradigm. Duties included developing the study design, writing codes for the RSVP task using Matlab, collecting behavioral and self-report data from participants, providing training and supervision to research assistants.

Supervisor: Victoria Follette, Ph.D. & Gideon Caplovitz, Ph.D.

Lab for Social Connectedness and Health

Department of Psychology, The University of Arizona, Tucson, Arizona

Research Assistant

May 2009 – May 2010

- The Impedance Project examined laboratory-induced physiological processes (e.g., ECG, EDA, skin conductance) in recently-divorced adults and also focused on the overall adjustment to the divorce experience measured by changes in concomitant physiological, behavioral, emotional, or cognitive functioning. Duties included collecting physiological, behavioral, and self-report data using E-Prime and BIOPAC equipment, cleaning and analyzing physiological data using Mindware and Acqknowledge software, conducting performing statistical data by using SAS, and assisting in developing personality, emotional, and physiological measures.

Supervisor: David Sbarra, Ph.D.

Health and Interpersonal Systems Research Group

Family Studies & Human Development, The University of Arizona, Tucson, Arizona

Research Assistant

August 2009 – May 2010

- This project investigated the mutual effect of reappraisal and suppression on positive and negative affect in couple dyads. Duties included performing extensive archival searches on reappraisal, coping, and emotion regulation, assisting in the development of a statistical model for the couple study, conducting data analysis using SPSS and SAS, and attending weekly individual meetings.

Supervisor: Emily Butler, Ph.D.

GRANT ACTIVITIES:

- 2) *"Decomposition of anxiety using a multi-method approach"*
Granting Agency: University of Nevada, Reno Graduate Student Association
Funds Awarded: \$2,490
Role: **Principal Investigator** (2014-2015)
- 1) *"Attentional control: Understanding life experiences and mindfulness"*
Granting Agency: University of Nevada, Reno Graduate Student Association
Funds Awarded: \$1,000
Role: **Principal Investigator** (2011-2012)

PUBLICATIONS:

- **Im, S.**, Lee, J., & Han, S. (2017). Video-counseling: Needs Assessment and Perception of Service Utilization. *The Korean Journal of Stress Research*. 25(1), 57-67.
- **Im, S.** & Follette, V. (2016). Rumination and Mindfulness Related to Multiple Types of Trauma Exposure. *Translational Issues in Psychological Science*. 2(4), 395-407.
- O'Donohue, W., Snipes, C., Dalto, G., Soto, C., Maragakis, A., & **Im, S.** (2013). The Ethics of Enhanced Interrogations and Torture: A Reappraisal of the Argument. *Ethics & Behavior*, 24(2), 109-125.

MANUSCRIPTS UNDER REVIEW:

- **Im, S.**, Greenlaw, M. & Lee, J. Cumulative Trauma Exposure and Mindfulness in College Students.
- **Im, S.** & Crognale, A. M. Physiological Inflexibility in Generalized Anxiety Disorder: Modulation by Trait Worry.
- **Im, S.** & Kahler, J. Evaluating the Empirical Evidence for Four Transdiagnostic Mechanisms in Structural Equation Modeling.
- Mayer, C., **Im, S.**, & Hazlett-Stevens, H. Mindfulness Facets Associated with Perceived Stress: The Role of Nonreactivity.

MANUSCRIPTS IN PREPARATION:

- **Im, S.**, Stavas, J., Mayer, C., Hersey, A., Lee, J., Rodriguez, J., Canovas, C., & Hazlett-Stevens, H. The effect of mindfulness-based intervention on cognitive functions: A systematic review and meta-analysis.
- Shim, M, **Im, S.**, & Gonzalez, A. Assessing the Quality, Efficacy, and Effectiveness of the Current Evidence Base of Mindfulness-based Intervention for Patients and Caregivers of Dementia: A Rapid Evidence Assessment of the Literature.
- **Im, S.** Effects of Mindfulness and Psychological Distress on Temporal Attentional Control.

BOOK CHAPTERS:

- **Im, S.** (2017). What Is Measured by Self-report Measures of Mindfulness? Conceptual and Measurement Issues. In A. Masuda & W. O'Donohue. (Eds.), *Handbook of Zen, Mindfulness, and Behavioral Health*. New York, NY: Springer.

PRESENTATIONS:

- **Im, S.** (May, 2018). Examination of Experiential Avoidance, Rumination, Maladaptive Cognitions, and Emotion Dysregulation as Transdiagnostic Mechanisms in Structural Equation Modeling. Poster presented at the American Psychological Association (APA) Annual Convention, San Francisco, CA.
- Killebrew, K., **Im, S.**, & Caplovitz, P. G. (May, 2017). The Rotating Line. A visual illusion demo presented for the 15th Annual Dinner and Demo Night at the Vision Sciences Society (VSS) Annual Convention, St. Pete Beach, FL.
- Mayer, C., **Im, S.**, Julie S., & Hazlett-Stevens, H. (May, 2017). Dispositional mindfulness and perceived stress. Poster presented at the 2017 Annual Conference for the Nevada Psychological Association (NPA), Las Vegas, NV.

- **Im, S. & Crognale, A. M.** (August, 2016). Physiological inflexibility in response to worry induction in generalized anxiety disorder. Poster presented at the American Psychological Association (APA) Annual Convention, Denver, CO.
- **Im, S., Crognale, A. M., & Follette, V.** (May, 2015). Decomposition of anxiety by the multi-method approach. Poster presented at the 27th Association for Psychological Science (APS) Annual Convention, New York, NY.
- **Im, S. & Follette, V.** (May, 2015). Trauma and quality of life among college students: the mediation effect of rumination. Poster presented at the 27th Association for Psychological Science (APS) Annual Convention, New York, NY.
- **Im, S., Caplovitz, G., & Follette, V.** (June, 2014). Assessing construct validity in mindfulness. In D. Fiorillo (Chair), Mindfulness in ACT: theoretical and practical implications. Symposium presented at the Association for Contextual Behavioral Science (ACBS) World Conference 12, Minneapolis, MN.
- Gonzalez, F., Engle, J., Follette, V., **Im, S.**, McLean, C., & Papa, A. (May, 2014). Behavioral healthcare: the implication of an LGBT community needs assessment. Poster presented at the 26th Association for Psychological Science (APS) Annual Convention, San Francisco, CA.
- **Im, S. & Follette, V.** (May, 2014). The mediating effect of rumination on trauma symptomology and general psychological distress. Poster presented at the 26th Association for Psychological Science (APS) Annual Convention, San Francisco, CA.
- **Im, S., Caplovitz, G., & Follette, V.** (May, 2013). Construct validity of mindfulness using a multi-method approach. Poster presented at the 25th Association for Psychological Science (APS) Annual Convention, Washington, D.C.
- **Im, S., Caplovitz, G., & Follette, V.** (May, 2013). Effects of trauma on attentional processing. Poster presented at the 2013 Annual Conference for the Nevada Psychological Association (NPA), Las Vegas, NV.
- **Im, S., Caplovitz, G., & Follette, V.** (April, 2013). Attention, PTSD and general psychological distress: a mediational model. Poster presented at the 93rd Western Psychological Association (WPA) Annual Convention, Reno, NV.
- **Im, S., Gonzalez, F., Caplovitz, G., & Follette, V.** (May, 2012). The relationship between attentional bias and trauma symptoms among college students. Poster presented at the 2012 Annual Conference for the Nevada Psychological Association (NPA), Reno, NV.
- Engle, J.L., **Im, S.**, Hickey, A., Moser, T., & Dietrich, C. (April, 2011). When is it rape: attitudes about labeling and reporting sexual assault. Symposium presented at the 91st Western Psychological Association (WPA) Annual Convention, Los Angeles, CA.

CLINICAL EXPERIENCE:

Stony Brook University Consortium Internship Program (SBU-CIP)

Department of Psychology and Psychiatry, Stony Brook, New York

Psychology Intern

August 2017 – July 2018

- Provided three primary psychological services to child and adult clients from the community and Stony Brook campus. Received in-depth training in Cognitive Behavioral Analysis System of Psychotherapy (CBASP), Dialectical Behavior Therapy (DBT), and other evidence-based treatments for individual psychotherapy. Gained further clinical experience of working with individuals with Schizophrenia and other severe mental illness (10 North inpatient unit), suicidality and psychiatric emergency (Comprehensive Psychiatric Emergency Program), and weight management issues (Bariatric and Metabolic Weight Loss Center). Led therapy groups for ADHD, weight management, yoga/meditation, and trauma/stress management. Conducted ADHD and other personality, intellectual, and cognitive assessment and wrote assessment reports. Received weekly individual and group supervision and weekly didactic clinical training.
- **Rotations**
 - **Leonard Krasner Psychological Center, Department of Psychology**
Supervisors: Dina Vivian, Ph.D. & Estee Hausman, Ph.D.

- **Mind Body Clinical Research Center (MBCRC), Department of Psychiatry**
Supervisor: Genna Hymowitz, Ph.D. & Adam Gonzalez, Ph.D.
- **10 North Inpatient Unit, Department of Psychiatry**
Supervisor: Andrew Deptula, Ph.D.
- **Comprehensive Psychiatric Emergency Program, Department of Psychiatry**
Supervisor: Daniel Tieman, Ph.D.
- **Bariatric and Metabolic Weight Loss Center, Department of Psychiatry**
Supervisor: Genna Hymowitz, Ph.D.

Counseling Services, The University of Nevada, Reno, Nevada

Graduate Extern

August 2012 – December 2016

- Provided individual and group counseling to students who present a large range of psychological problems including depression, anxiety, eating disorder, PTSD, and academic and relationship issues. Also provided crisis intervention and 24-hour on-call services. Provided outreach services for international students and students from diverse ethnic, socio-economic, or cultural backgrounds. Conducted ADHD and other personality, intellectual, and cognitive assessment and write assessment reports. Received weekly individual and group supervision. Attended weekly didactic clinical training and monthly diversity training.

Supervisors: Yue Huang, Ph.D., Jacquelyn Johnson, Psy.D., Cynthia Marczyński, Ph.D., Rebecca Thompson, Ph.D., & Shernaaz Webster, Ph.D.

Psychological Services Center, The University of Nevada, Reno, Nevada

Staff Therapist

- Received in-depth training in various treatment modalities including CBT for PTSD, Dialectical Behavioral Therapy (DBT), and Acceptance and Commitment Therapy (ACT). Provided individual and group counseling to clients from the local community.

Cognitive Behavior Therapy for PTSD
Supervisor: Victoria Follette, Ph.D.

August 2010 – March 2016

Acceptance of Commitment Therapy (ACT)
Supervisor: Steven Hayes, Ph.D.

February 2014 – July 2015

Dialectical Behavior Therapy (DBT)
Supervisor: Alan Fruzzetti, Ph.D.

August 2011 – January 2014

DBT Skills Group, The University of Nevada, Reno, Nevada

Co-leader

October 2012 – April 2013

- Provided psycho education and taught Dialectical Behavior Therapy (DBT) skills covering mindfulness, interpersonal effectiveness, distress tolerance, and emotion regulation for individuals who were diagnosed with borderline personality disorder and/or presented with other life-threatening psychological problems (e.g., suicidality and self-harming behavior).

Supervisors: Alan, Fruzzetti, Ph.D.

Pima County Attorney's Office Victim Witness Program, Tucson, Arizona

Victim Witness Advocate

September 2008 – July 2010

- Provided client-centered crisis interventions designed for victims who were traumatized by sexual assault, homicide, suicide, domestic violence, or child abuse. Upon the request of the police, responded to a crime scene and provided basic emotional and logistical support, case coordination with emergency medical and protection agencies (including Child Protective Services and Southern Arizona Center Against Sexual Assault), death notification, shelter placement, and referral services.

Sungnam Psychiatric Hospital, Gyeonggi-do, South Korea

Co-facilitator

August 2000 – February 2001

- Co-facilitated child, adolescent, and non-offending parent groups for children who were abused by their primary caregivers utilizing a cognitive-behavioral treatment protocol. Other responsibilities

included preparing materials for sessions, assisting group leaders with psychological assessments and by-monthly reports, and attending group supervision meetings.

CLINICAL TRAININGS:

2014 October	Collaborative Assessment and Management of Suicidality (CAMS) Training: Working Effectively with Suicidal Clients, Reno, Nevada Instructor: David Jobes, Ph.D.
2014 August	Comprehensive Clinical Training: Dialectical Behavioral Therapy, Reno, Nevada Instructor: Alan Fruzzetti, Ph.D.
2013 September	Stage 2 Treatment in Dialectical Behavior Therapy Workshop, Reno, Nevada Instructor: Alan, Fruzzetti, Ph.D.
2013 March	Motivational Interviewing, Reno, Nevada Instructor: Bill Miller, Ph.D.
2013 March	Acceptance and Commitment Therapy Workshop (<i>ACT Boot Camp</i>), Reno, Nevada Instructor: Steven Hayes, Ph.D.

TEACHING POSITIONS:

2014	Instructor University of Nevada, Reno, Department of Psychology; Reno, Nevada Introduction to Research Methods
2014	Instructor University of Nevada, Reno, Department of Psychology; Reno, Nevada Introduction to Statistical Methods
2013	Instructor University of Nevada, Reno, Department of Psychology; Reno, Nevada Abnormal Psychology
2013	Instructor University of Nevada, Reno, Department of Psychology; Reno, Nevada Basic Principles of Psychotherapy
2011	Instructor University of Nevada, Reno, Department of Psychology; Reno, Nevada Graduate School Preparation Workshop

HONORS & AWARDS:

2013	Outstanding International Graduate Student Award, University of Nevada, Reno (Amount: \$1,000)
2012	Poster Presentation Award (2 nd place), Nevada Psychological Association
2010-2017	Graduate Student Association Research Travel Award, University of Nevada, Reno
2010-2012	Jim Mikawa Fellowship, University of Nevada, Reno (Amount: \$28,000)
2008-2010	Highest Academic Distinction, University of Arizona
1996	University Scholarship, Korea University

SERVICE:

2017-Present	Ad Hoc Reviewer Psychiatry Research, Addictive Behaviors, Behavior Modification
2014-2016	Diversity Training Committee member University of Nevada, Reno Counseling Services; Reno, Nevada

2012-2013 **Student Representative**
Nevada Psychological Association, Reno, Nevada

AFFILIATIONS:

2013-Present **Member**, Association for Psychological Science
2014-Present **Member**, Association for Contextual Behavioral Science
2016 **Member**, Vision Sciences Society
2016 **Member**, American Psychological Association
2011-2013 **Member**, Western Psychological Association

REFERENCES:

Holly Hazlett-Stevens Ph.D.

Associate Professor
Department of psychology
University of Nevada, Reno
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Reno, NV 89557
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Gideon Caplovitz, Ph.D.

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Department of psychology
University of Nevada, Reno
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Alan Fruzzetti, Ph.D.

Professor
Department of Psychiatry
McLean Hospital/Harvard Medical School
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