

Curriculum Vitae

Chelsey R. Wilks, Ph.D.

CONTACT INFORMATION

University of Missouri-St Louis
Department of Psychological Science
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St. Louis, MO 63121
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EDUCATION

- 2018 **Ph.D., Clinical Psychology**
University of Washington, Seattle, WA
- 2018 **Internship in Clinical Psychology**
VA San Diego Healthcare System, San Diego, CA (APA accredited)
Telemental Health & VA ASPIRE Center track
- 2014 **MS, Clinical Psychology**
University of Washington, Seattle, WA
- 2011 **BS, Human Service Counseling**
University of Nevada-Las Vegas, Las Vegas, NV

ACADEMIC POSITIONS

- 2020-present **Assistant Professor of Health and Data Science**
Department of Psychological Sciences
University of Missouri-St. Louis, St. Louis, MO
- 2018-2020 **Postdoctoral Scholar, Army Study to Assess Risk and Resilience in
Servicemembers (Army STARRS) and Military Suicide Research Consortium
(MSRC)**
Harvard University, Cambridge, MA
Pis: Matthew Nock, Ph.D., Ronald Kessler, Ph.D., Thomas Joiner, Ph.D., Peter
Gutierrez, Ph.D.

PROFESSIONAL POSITIONS

- 2021-Present *DBT trainer*, Psychwire; Byron Bay, New South Wales, AUS
- 2020-Present *Consultant*, Click Therapeutics; New York, NY
- 2019-2021 *Consultant*, Mindstrong Health; Mountainview, CA
- 2020 *Consultant*, Lyra Health; Burlingame, CA
- 2016-2017 *Research Intern and Researcher*, Microsoft Research; Redmond, WA
- 2017 *Project Manager*, Behavioral Tech Research; Seattle, WA
- 2015 *Dialectical Behavior Therapy Trainer*, Behavioral Tech; Seattle, WA
- 2014 *Research Assistant*, Behavioral Tech Research; Seattle, WA

GRANTS

Funded Grants

- 2021-2021 Physician Services Incorporated; PSI grant #: R21-15, *Digital dialectical behavioural therapy (C-DBT) for treatment of acute suicidality in psychiatric inpatients: randomized feasibility trial*
Role: Co-I (PI: B. Jones)
Amount: \$30,000
- 2021-2022 University of Missouri-St Louis Research Awards; *Feasibility of a personalized SMS intervention for insomnia*
Role: PI
Amount Received: \$10,461
- 2021-2022 Society for Computational Social Science-Chicago; *Examining the Association Between Contextual Boredom and Housing Prices.*
Role: Co-I (PI: F. Calderon)
Amount Received: \$4,390

Grants Under Review

- 2022-2023 National Institute of Alcohol Abuse and Alcoholism; P60AA030406; MARC: *The Transition to Legal Drinking*
Role: PI of pilot project "Bidirectionality Between Alcohol and Suicidal Urges and Behaviors Among College Students"
Amount Requested: \$30,000
- 2022-2027 National Institute of Mental Health; *A randomized controlled trial of online group CBT versus online group DBT to reduce suicidality among college students with common mental disorders in four low-and-middle-income African countries.*
Role: Co-I (PI: J. Bantjes)
- 2022-2025 America Foundation for Suicide Prevention; Linked Innovation Grant, *Development and evaluation of an AI recommender system of a DBT mobile app for callers to suicide hotlines*
Role: Co-PI (MPI: S. Fedor)
Amount Requested: \$450,000
- 2022-2025 America Foundation for Suicide Prevention; Focus Grant, *Reaching at Risk Veterans: Virtual delivery of a brief skill-based cognitive behavioral therapy for suicide prevention*
Role: Consultant (PI: L. Morland)
- 2022-2025 America Foundation for Suicide Prevention; Pilot Grant, *Bidirectionality Between Alcohol and Suicidal Urges and Behaviors Among Treatment-Seeking Veterans*

Role: Co-I (PI: C. Chu)
Amount Requested: \$90,000

Completed Grants

- 2019-2021 Harvard University Foundation of Human Behavior Initiative; *Testing a smartwatch-delivered intervention targeting transdiagnostic risk factors of psychopathology*
Role: Co-I (PI: K. Zuromski)
- 2019-2020 Harvard University Foundation of Human Behavior Initiative; *Identifying and personalizing interventions for mood and anxiety disorders using mobile technologies*
Role: PI
- 2015-2017 National Institute on Alcohol Abuse and Alcoholism, National Research and Service Award; F31 AA 24658-01, *Computerized DBT Skills Training for Suicidal and Heavy Episodic Drinkers*.
Role: PI
- 2015-2017 Alcohol and Drug Abuse Institute; ADAI-0315-2, *Computerized DBT Skills Training for Suicidal and Heavy Episodic Drinkers*.
Role: PI

PUBLICATIONS

* Indicates student author under my supervision

◊ Indicates peer-reviewed conference proceedings

Peer-reviewed articles and proceedings

1. Nott-Norman, N., **Wilks, C. R.**, Hesam-Sharieti, N., Schroeder, J., Suh, J., Czerwinski, M., McAuley, J., Quide, Y., & Gustin, M., S (In Press). The No Worries Trial: Efficacy of Online Dialectical Behaviour Therapy Skills Training for Chronic Pain (iDBT-Pain) Using A Single Case Experimental Design. *Journal of Pain*
2. **Wilks, C. R.**, Gurtovenko, K., Williamson, J*, Rebmann, K*, Wasil, A*, & Lovell, J. (2021). A systematic review of mobile apps for dialectical behavior therapy for content and usability. *Journal of Emotion Dysregulation and Borderline Personality Disorder*.
3. Khalifian, C., Leifker, T., Knopp, K., **Wilks, C. R.**, Depp, C., Glynn, S., & Morland L. (2021). Utilizing the Couple Relationship to Prevent Suicide: A Pilot Open Trial of Treatment for Relationships and Safety Together (TR&ST). *Journal of Clinical Psychology*
4. Mortier, J. Alonso, J., Auerbach, R. P., Bantes, J., Benjet, C., Bruffaerts, R., Cuijpers, P., Ebert, D. D., Green, G. J., Mellins, A. C., **Wilks, C. R.**, Zaslavski, A. M., Mair, P., & Kessler, R. C. (2021). Childhood-adolescent adverse experiences and suicidal thoughts and behavior: Results of the WHO world mental health surveys international college student initiative. *Journal of Psychiatric Epidemiology*.
5. Ferguson, C., Lewis, R., **Wilks, C. R.**, Picard, R. (2021). The Guardians: Designing a game for long-term engagement with mental health therapy. *IEEE Conference of Games*. ◊

6. Wu, M., Lau, J., **Wilks, C. R.**, Chen, C., & Lungu, A., (2021). Development, acceptability, and feasibility of a digital module for coping with COVID-19 distress: Pragmatic retrospective study. *Telemedicine Reports*
7. **Wilks, C. R.** Chu, C., Sim, D., Lovell, J., Guterrez, P., R., Joiner, T., Kessler, R. C., & Nock, M. N. (2021). A systematic review of suicide prevention apps for user engagement and usability. *JMIR Formative Research*
8. Sampaio, M., Navarro-Haro, M. V., **Wilks, C. R.**, De Sousa, B., & Hoffman, H. G., (2021). Use of telepsychology amongst Spanish speaking therapists before vs. during the COVID-19 Pandemic. *Telemedicine and E-health.*
9. Norman-Not, N., **Wilks, C. R.**, Schroeder, J., Suh, J., Czerwinski, M., Gustin, S. (2021) The efficacy of iDBT-Pain skills training intervention to reduce emotional dysregulation and pain intensity in people with chronic pain: protocol for a single-case experimental design with multiple baselines. *BMJ Open*
10. Ilagan, G. I., Iliakis, I. E., **Wilks, C. R.**, Vahia, I. V., Choi-Kain, L. (2021). Smartphone Applications for the Treatment of Borderline Personality Disorder Symptoms: A Systematic Review and Meta-analysis. *Borderline Personality Disorder and Emotion Dysregulation*
11. Chu, C., **Wilks C. R.**, Zuromski, K., L, Bernecker, S. L, King, A., Gutierrez, M. P., Joiner, T. E., Nock, M. N., & Kessler, R. C., (2021). Prospective predictors of military enlistment among U.S. 12th-Grade students: Findings from the monitoring the future survey. *Psychiatry: Interpersonal and Biological Processes*
12. **Wilks, C. R.** Khalifian, C. E., & Morland, L. A. (2020). The impact of anger experiences and expression on veteran suicidal thoughts in intimate couple relationships. *Journal of Clinical Psychology*
13. **Wilks, C. R.** & Ward-Ciesielski, E. F., (2020). Dialectical behavior therapy skills training for generalized anxiety disorder: Considering the value of adapting something new versus improving what works. *Journal of Clinical Psychology: Science and Practice.*
14. Schroeder, R., Suh, J., **Wilks, C. R.**, Czerwinski, M., Fogarty, J., Munson, S., & Althoff, T., (2020). Data-driven implications for translating evidence-based psychotherapies into technology-delivered interventions. *Persuasive Health*[◊]
15. Dillon, K. H., Van Voorhees, E. E., Dennis, P., Glenn, J., **Wilks, C. R.** Morland, L., Beckham, J. C., & Elbogen, E. (2020). Anger mediates the relationship between posttraumatic stress disorder and suicidal ideation in veterans. *Journal of Affective Disorders.*
16. **Wilks, C. R.**, Alonso, J., Auerbach, R. P., Benjet, C., Bruffaerts, R., Cuijpers, P., Ebert, D. D., Green, G. J., Mellins, A. C., Sadikova, E., Sampson, N., & Kessler, R. C. (2020). The relative importance of physical and mental health in explaining health-related academic role impairment among college students. *Journal of Psychiatry Research*
17. Wasil, A., Gillespie, S., Shingleton, R., **Wilks, C. R.**, & Weisz, J. (2020). Examining the reach of smartphone apps for depression and anxiety. *Journal of American Psychiatry.*
18. Zuromski, K., L, Bernecker, S. L., Chu, C., **Wilks, C. R.**, Gutierrez, M. P., Joiner, T. E., Liu, S., Naifeh, A. J., Nock, N. M., Sampson, A. N., Zaslavsky, M. A., Stein, B. M., Ursano, J. R., & Kessler, R. C. (2020). Pre-deployment predictors of suicide attempt during and after combat deployment: Results from the Army Study to Assess Risk and Resilience in Servicemembers. *Journal of Psychiatry Research*
19. Khalifian, C. E., Knopp, K., **Wilks, C. R.**, Wooldridge, J., Sohn, M. J., Thomas, D., & Morland, L. A. (2020). The association between sexual functioning and suicide risk in US Military veteran couples seeking treatment for post-traumatic stress disorder. *Archives of sexual behavior*, 1-13.
20. **Wilks, C. R.**, Ang, S. Y*, Ward-Ciesielski, E. F., Arunagiri, V., & Wang, X*, (2019). Exploring online treatment preference among college students. *Journal of Social and Clinical Psychology*
21. Ward-Ciesielski, E. F., & **Wilks, C. R.**, (2019). Conducting research with individuals at risk for suicide: Protocol for assessment and risk management. *Suicide and Life-Threatening Behavior*
22. **Wilks, C. R.**, & Yin, Q*, Zuromski, K., L. (2019). User experience affects dropout from Internet-delivered DBT for suicidal and heavy episodic drinkers. *Telemedicine and E-Health*

23. Makover, H., Adrian, M., **Wilks, C. R.**, Read, K., Stoep, A. V., & McCauley, E. (2019). Indicated prevention for depression at the transition to high school: Outcomes for depression and anxiety. *Prevention Science*
24. **Wilks, C. R.**, Morland, A. L., Dillon, K., Mackintosh, M., Blakey, S., Wagner, R., & Elbogen, E. (2019). Anger, social support, and suicide risk in U.S. military veterans. *Journal of Psychiatric Research*
25. Schroeder, J., **Wilks, C. R.**, Rowan, K., Toledo, A., Paradiso, A., Czerwinski, M., & Linehan, M. M. (2018). Pocket Skills: A conversational mobile web app to support dialectical behavioral therapy
In *Proceedings of the 2018 CHI Conference on Human Factors in Computing Systems* (p. 398). ACM.◊
26. Lungu, A., **Wilks, C. R.**, Coyle, T. N., & Linehan, M. M., (2018). Assessing suicide and non-suicidal self-injury via in-depth interview or self-report: Balancing assessment effort and results. *Suicide and Life-Threatening Behavior*
27. **Wilks, C. R.**, Lungu, A., Ang S. Y*, Yin, Q*, Matsumiya, B*, & Linehan, M. M. (2018). Randomized controlled trial of an Internet-delivered dialectical behavior therapy skills training intervention for suicidal and heavy episodic drinkers. *Journal of Affective Disorders*
28. Harned, M. S. **Wilks, C. R.**, Coyle, T. N., & Schmidt, S. (2018). Improving functioning in borderline personality disorder by reducing PTSD symptoms and posttraumatic cognitions. *Behaviour Research and Therapy*. 103, 53-61
29. **Wilks, C. R.**, Coyle, T. N., Krek, M*, Lungu, A., & Andriani, K*. (2018). Suicide ideation and preference toward online help-seeking. *Suicide and Life-Threatening Behavior*. 48(4), 379-385.
30. **Wilks, C. R.**, Yin, Q*, Ang, S. Y*, Matsumiya, B*, Lungu, A., & Linehan, M. M. (2017). Internet-delivered dialectical behavior therapy skills training for suicidal and heavy episodic drinkers: Protocol and preliminary results for a randomized control trial. *Journal of Medical Internet Research*. 6(10), e207
31. **Wilks, C. R.**, Czerwinski, M., Rowan, K., Paradiso, A., McDuff, D., Toledo, A., & Linehan M. M., (2017). Machine learning for precise targeting of a mobile dialectical behavior therapy skills training application. In *Proceedings of the 2017 CHI Conference on Human Factors in Computing Systems*. ACM.◊
32. Donohue, B., Bradshaw, K., Fayeghi, J., **Wilks, C. R.**, Holland, J. M., Cross, C., Plant, C. P., & Allen, D. A. (2016). Preliminary evaluation of contingent meals and telephone use to improve evidence-supported family therapy session attendance in mother referred by Child Protective Services for substance abuse. *Journal of Family Social Work*. 19(5), 462-472
33. **Wilks, C. R.**, Valenstien-Mah H., Tran, H*, King, A*, Lungu, A., & Linehan, M. M., (2016). Dialectical behavior therapy skills for family members: Initial feasibility and outcomes. *Cognitive and Behavioral Practice*. 24(3), 288-295
34. Harned, M. S., Lungu, A., **Wilks, C. R.**, & Linehan, M. M. (2016). Evaluating a multimedia tool for suicide risk assessment and management: The Linehan suicide safety net. *Journal of Clinical Psychology*. 73(3), 308-318
35. Ward-Ceileiski, F. E., Jones, C., Wiegus, M., **Wilks, C. R.**, & Linehan, M. M. (2016). Single-session DBT skills training versus relaxation training for non-treatment-engaged suicidal adults: A randomized controlled trial. *BMC Psychology*. 4(1), 13. doi: 10.1186/s40359-016-0117-4
36. **Wilks, C. R.**, Korslund, K. E., Harned, M., & Linehan, M. M. (2016). Dialectical behavior therapy and domains of functioning over two years. *Behaviour Research and Therapy*. 77, 162-169. doi: 10.1016/j.brat.2015.12.013
37. **Wilks, C. R.**, Zeive, G*, & Lessing, H*. (2016). Are trials of computerized therapy generalizable? A multi-dimensional meta-analysis. *Telemedicine and E-Health*. 22(5), 450-457. doi: 10.1089/tmj.2015.0129
38. Granato, H. F., **Wilks, C. R.**, Miga, E. M., Korslund, K. E., & Linehan, M. M. (2015). The use of dialectical behavior therapy and prolonged exposure to treat comorbid dissociation and self-harm: The case of a client with borderline personality disorder and posttraumatic stress disorder. *Journal of Clinical Psychology*, 71(8), 805-815. doi: 10.1002/jclp.22207

39. Bradshaw, K., Donohue, B., Fayeghi, J., Lee, T., **Wilks, C. R.**, & Ross, B. (2014). A standardized method of quality assurance in mental health records: An initial evaluation. *Research on Social Work Practice*. doi: 10.1177/1049731514563146
40. Bradshaw, K., Donohue, B., & **Wilks, C. R.**, (2014). A review of quality assurance methods to assist professional record keeping: Implications for providers of interpersonal violence treatment. *Journal of Aggression and Violence*.19, 242-250
41. Urgelles, J., Donohue, B., **Wilks, C. R.**, Van Hasselt, V. B., & Azrin, N. H. (2012). A standardized method of preventing and managing emergencies within the context of evidence-based therapy. *Behavior Modification*. 36, 558-579

Book chapters and invited contributions

1. **Wilks, C. R.** & Gurtovenko, K. (In Press). Virtual Delivery of Dialectical Behavior Therapy. In A. Rolnik (Ed.) *Advances in Online Therapy*
2. **Wilks, C. R.** & Stetsiv, K. (In Press). Technology delivered interventions for reducing suicide and self-harm. In K. P. Del Rio Szupczynski & C. Neufeld (Eds.)
3. **Wilks, C. R.** (2021). Using technology to improve the reach and efficiency of dialectical behavior therapy. In H. Wilson (Ed.) *Delivering Mental Health Therapies Using Digital Platforms*.
4. Choi-Kain L. W., **Wilks C. R.**, Iliakis E. A., Ilagan G. S. (2021). Dialectical Behavior Therapy for Early Life Trauma. *Current Treatment Options in Psychiatry*
5. Bellows, E. P., Burns, M., W., & **Wilks, C. R.** (2020). Pharmacotherapy guidelines for treating stage I DBT patients. In L. A. Dimeff (Ed.). *Dialectical Behavior Therapy in Clinical Practice*.
6. McMain, S., Dimeff, L. A., **Wilks, C. R.**, Sayrs, J. H. R., & Linehan, M. M. (2020). Dialectical behavior therapy for individuals with borderline personality disorder and substance dependence. In L. A. Dimeff (Ed.). *Dialectical Behavior Therapy in Clinical Practice*.
7. **Wilks, C. R.** & Linehan, M. M. (2019). Dialectical behavior therapy with multi-diagnostic and suicidal patients. In S. Dimidjian (Ed.), *Evidence-Base Practices in Action*.
8. Lungu, A., **Wilks, C. R.**, & Linehan, M. M. (2018). Using novel technology in dialectical behavior therapy. In M. Swales (Ed.). *The Oxford Handbook of Dialectical Behavior Therapy*.
9. **Wilks, C. R.** & Linehan, M. M. (2017). Application and techniques in dialectical behavior therapy. In M. Mantosh (Ed.). *Art and Science of Psychotherapy*.
10. Botanov, Y., & **Wilks, C. R.** (2016). Dialectical behavior therapy for substance use disorders: A primer. *Carlat Report*.
11. Linehan, M. M. & **Wilks, C. R.**, (2015). The course and evolution of dialectical behavior therapy. *American Journal of Psychotherapy*. 69(2), 97-110
12. Lungu, A., Miga, E., **Wilks, C. R.**, & Linehan, M. M. (2013). What did dialectical behavior therapy contribute to behavior therapy? *Advances in Cognitive Therapy*.

Manuscripts under review and in preparation

1. Chu, C., **Wilks, C. R.**, Gutierrez, P., & Joiner, T. (Revised and Resubmitted). Suicide risk correlates among U.S. military service members with a history of interrupted, aborted, and actual suicide attempts. *Clinical Psychological Science*
2. **Wilks, C. R.**, & Chu, C. (Under Review). Interpersonal sensitivity problems distinguish between help-seeking intentions and behaviors among suicidal college students. *Archives of Suicide Research*.
3. Yin, Q.*, & **Wilks, C. R.** (Under Review). Untangling the temporal association between urges to die by suicide and to use substances. *Psychiatry Research*
4. **Wilks, C. R.**, Vondras, S., Schleicher, H., & Sale, E (Under Review). Differential Impact of a Continuity-Of-Care Suicide Prevention Program for Sexual and Gender Minority Youth. *Journal of Gay and Lesbian Mental Health*.

5. **Wilks, C. R.**, Rameer, J., H.* & Zuromski, K., L. (Under review). Examining the effects of Internet-delivered dialectical behavior therapy on suicidal thoughts and urges. *Journal of Clinical Psychology*
6. **Wilks, C. R.**, Vondras, S., Schleicher, H., & Sale, E (Under Review). COVID-19 related stressors among suicidal adults and adolescents. *Crisis*.
7. Büscher, R., Batterham, P., Beisemann, M., Calear, A., Christensen, H., Cuijpers, P., de Jaegere, E.; Doebler, P., Domhardt, M., Erlangsen, A., Eylem, O., Hill, R.; Kerkhof, A., Micklitz, H. M., Mühlmann, C., Pettit, J. W., Portzky, G.; Steubl, L., van Spijker, B., Werner-Seidler, A., **Wilks, C. R.**, Sander, L.B.S., (Under Review). Effectiveness of digital cognitive behavioral therapy to reduce suicidal ideation and behaviors: A systematic review and meta-analysis of individual participant data. *World Psychiatry*
8. Lewis, R., Ferguson, C., **Wilks, C.R.**, Jones, N., & Piccard, R. (under review). Can a recommender system support treatment personalisation in digital mental health therapy? A quantitative feasibility assessment using data from a behavioural activation therapy game. In *Proceedings of the 2022CHI Conference on Human Factors in Computing Systems*. ACM. [◇]

CONFERENCE PRESENTATIONS

1. **Wilks, C. R.**, Stetsiv, K., & Redding, D. (accepted). Preliminary investigation of callers to crisis hotlines. Oral presentation submitted to the 53rd annual conference of the *American Association of Suicidology* in Chicago, IL
2. Kruzen,, K., Palermo, E. H., Rameer, J., & **Wilks., C R.**, (accepted). Predictors of suicide risk in crisis lifeline contacts: A preliminary analysis of crisis text-line data. Oral presentation submitted to the 53rd annual conference of the *American Association of Suicidology* in Chicago, IL.
3. Stetsiv*, K., Greenwood, K., & **Wilks, C. R.**, (accepted). Trends of suicidal behavior in college students before and during the COVID-19 pandemic: A Population-based repeated cross-sectional study. Poster submitted to the 53rd annual conference of the *American Association of Suicidology* in Chicago, IL.
4. Palermo, E. H., Rameer*, J., Hakobyan*, H., & **Wilks, C. R.**, (accepted). Investigating barriers to help-seeking in college students with suicidal ideation. Poster submitted to the 53rd annual conference of the *American Association of Suicidology* in Chicago, IL.
5. Palermo*, E. H., Wasil*, A., & **Wilks, C. R.** (Nov, 2021). Impact of emotion dysregulation on suicidal ideation in the context of Dialectical Behavior Therapy. Poster submitted to the 53rd annual conference of the *Association of Behavioral and Cognitive Therapies*.
6. Rameer*, J., & **Wilks, C. R.**, (Nov, 2021). How does Internet delivered Dialectical Behavior Therapy skills training reduce suicide risk? Examining the granularity of suicidal ideation. Poster submitted to the 53rd annual conference of the *Association of Behavioral and Cognitive Therapies*.
7. Rebmann*, K., & **Wilks, C. R.** (Nov, 2021). Teletherapy among Dialectal Behavior Therapy clinicians and associations with treating patients at risk for suicide. Poster submitted to the 53rd annual conference of the *Association of Behavioral and Cognitive Therapies*.
8. Devos, A., **Wilks, C. R.**, (May, 2021). The Pocket Skills Project: A Digital Health Solution Delivering Dialectical Behavior Therapy to Outpatients with Concurrent Disorders. Oral presentation presented to the 2021 Virtual Conference of the *Association for Psychological Sciences*.
9. Khalifian, C., Leifker, T., Knopp, K., **Wilks, C. R.**, Depp, C., Glynn, S., & Morland L. (March, 2021). Utilizing the Couple Relationship to Prevent Suicide: A Pilot Open Trial of Treatment for Relationships and Safety Together (TR&ST). Virtual talk presented at the 53th annual *American Association of Suicidology*.
10. **Wilks, C. R.**, Chu, C., Zuromski, K. L., & Nock, M. N., (2019, November). Mobile apps for suicide prevention: A review of apps for best practice and quality. In K. Zuromski (Chair), *New Directions*

in the Treatment of Suicidal People. Symposium presented to the 52nd annual *Association of Behavioral and Cognitive Therapies*, in Atlanta, GE.

11. **Wilks, C. R.**, Schroeder, J., Rowan, K., Toledo, A., Paradiso, A., Czerwinski, M., & Linehan, M. M. (2018, November). Dialectical Behavior Therapy Skills Training for Mobile Use. In L. Rutter (Chair), On the Cusp of a 'New Era': Integrating Technological Advances into Evidence-Based Assessment and Treatment. Symposium presented at the 51st annual *Association of Behavioral and Cognitive Therapies*, in Washington D.C.
12. **Wilks, C. R.**, Morland, A. L., Dillon, K., Mackintosh, M., Blakey, S., Wagner, R., & Elbogen, E. (2018, November). Anger, social support, and suicide risk in U.S. military veterans. Poster presented at the 34th annual meeting of the *International Society for Traumatic Stress Studies*, in Washington D.C.
13. Yin, Q *, & **Wilks, C. R.**, (October, 2017). Examining the bidirectionality of urges to die by suicide and to consume substances. Poster presentation presented at the 50th annual *Association of Behavioral and Cognitive Therapies, Suicide and NSSI special interest group* in San Diego, CA. *Winner of the best poster award*
14. **Wilks, C. R.**, Ang, S. Y., Yin, Q., Matsumiya, B., Lungu, A., & Linehan, M. M., (April, 2017). Internet-delivered dialectical behavior skills training for suicidal and heavy episodic drinkers: Results from a randomized controlled trial. Paper presentation presented at the 50th annual *American Association of Suicidology* in Phoenix, AZ.
15. Emmerich, L*, & **Wilks, C. R.**, (April, 2017). Emotions predicting suicidal urges. Poster presentation presented at the 50th annual *American Association of Suicidology* in Phoenix, AZ.
16. Yousif, Y*, Ang, S. Y*, Kaey, J*, Kwon, C*, Yin, Q*, & **Wilks, C. R.** (April, 2017). Acceptability and feasibility of a computerized dialectical behavior therapy intervention for suicidal and heavy episodic drinkers. Poster presentation presented at the 50th annual *American Association of Suicidology* in Phoenix, AZ.
17. Yin, Q*, Ang, S. Y*, & **Wilks C. R.**, (April, 2017). Untangling the relationship between alcohol use and suicide: The role of emotion dysregulation, drinking motives, and gender. Poster presentation presented at the 50th annual *American Association of Suicidology* in Phoenix, AZ.
18. **Wilks, C. R.**, Korslund, K. E., Harned, M. S., & Linehan, M. M. (October, 2016). Dialectical behavior therapy and domains of functioning over two years. In **C. R. Wilks** (Chair), The how and the why: Mediators and processes of change in dialectical behavior therapy. Symposium presented at the 50th annual *Association for Behavior and Cognitive Therapy* in New York, NY.
19. **Wilks, C. R.**, & Linehan, M. M. (September, 2016). Computerized DBT skills training for suicidal and heavy episodic drinkers. In A. Garcia-Palacios (Chair), E-mental health programs in BPD and related disorders. Panel presented at the 4th annual *European Society for Personality Disorders* in Vienna, Austria.
20. Andriani, K*, Krek, M*, **Wilks, C. R.**, Lungu, A., & Coyle, T. (April, 2016). Preference for in-person versus online help-seeking: The role of suicidal ideation and treatment barriers. Poster presentation presented to the *International Society of Research on Internet Interventions* in Seattle, WA.
21. **Wilks, C. R.**, Lungu, A., Matsumiya, B*, Mann, A., & Linehan, M. M. (April, 2016). Dialectical behavior therapy skills training for suicidal and heavy episodic drinkers: Development and evaluation. Poster presented at the *International Society of Research on Internet Interventions* in Seattle, WA.
22. Lungu, A., Zieve, G., **Wilks, C. R.**, Krek, M., Potts, A., Lessing, H., Navarro, M., & Linehan, M. M. (April, 2016). Impact of daily prompts and self-monitoring in a computerized transdiagnostic Dialectical Behavior Therapy skills training for emotion dysregulation. Oral presentation presented to the *International Society of Research on Internet Interventions* in Seattle, WA.
23. Lungu, A., **Wilks, C. R.**, Zieve, G., Krek, M., Potts, A., Lessing, H., Navarro, M., & Linehan, M. M. (April, 2016). Development of computerized transdiagnostic Dialectical Behavior Therapy skills training

for emotion dysregulation. Oral presentation presented to the *International Society of Research on Internet Interventions* in Seattle, WA.

24. Coyle, T. **Wilks, C. R.**, Korslund, K. E., Linehan, M. M. (2015, November). The impact of hospitalization on suicidal and self-injurious behaviors in DBT and non-behavioral community treatment by experts. Poster presented at the *Association for Behavioral and Cognitive Therapy Annual Convention*. Chicago, IL.
25. Harned, M., Lungu, A., **Wilks, C. R.**, & Linehan, M. M. (2015, November). The Linehan suicide safety net: A web-based tool for suicide risk assessment and management. In M.S. Harned (Chair), *Using Innovative Technologies to Enhance the Evidence-Based Practice of Psychology*. Symposia presented at the 49th annual meeting of the *Association for Behavioral and Cognitive Therapies*, Chicago, IL.
26. Krek, M*, Andriani, K*, **Wilks, C. R.**, Lungu, A., & Coyle, T. (2015, November). Preference for in-person versus online help-seeking: The role of suicidal ideation and treatment barriers. Poster accepted for the presentation at the 49th annual meeting of the *Association for Behavioral and Cognitive Therapies*, Technology and Behavior Change Special Interest Group, Chicago, IL.
27. **Wilks, C. R.**, Botanov, Y., Shaver, J., & Linehan, M. M. (2015, November). Alcohol and suicidal behavior: Examining interpersonal antecedents and impulsivity among individuals with borderline personality disorder. Poster accepted for presentation at the 49th annual meeting of the *Association for Behavioral and Cognitive Therapies*, Addictive Behaviors Special Interest Group, Chicago, IL
28. Lungu, A., **Wilks, C. R.**, Zieve, G., Krek, M., Potts, A., Lessing, H., Navarro, M., & Linehan M. M. (2015, November). Computerized Trans-Diagnostic Dialectical Behavior Therapy Skills Training for Emotion Dysregulation. Oral presentation presented at the *International Society for the Improvement and Teaching of Dialectical Behavior Therapy* in Chicago, IL.
29. **Wilks, C. R.**, Valenstien H., Tran, H*, King, A*, & Linehan, M. M., (2015, April). Dialectical behavior therapy skills for friends and families: A pilot study. Oral presentation presented at the *Western Psychological Association* in Las Vegas, NV.
30. Zeive, G*, Lessing, H*, & **Wilks, C. R.** (2015, April). Participant Exclusion and Treatment Outcome in Computerized Psychotherapy: A Meta-Analytic Appraisal of Generalizability. Poster presented at the *Association for Psychological Science* in New York, NY.
31. Schwoch, K*, Levin, D*, & **Wilks, C. R.**, (2015). Factors associated with Dialectical Behavior Therapy skills interest and treatment seeking in college students: An exploratory analysis. Poster presented at the *Western Psychological Association* in Las Vegas, NV.
32. **Wilks, C. R.**, Axelrod, S., Navarro-Haro, M.V., Ivanoff, A., Korslund, K., Lynch, T., & Linehan, M. M. (2014). Does antisocial personality disorder affect DBT effectiveness? An exploratory analysis. Poster presented at *International Society for the Improvement and Teaching of Dialectical Behavior Therapy* in Philadelphia, PA.
33. Lungu, A., Navarro-Haro, M. V., **Wilks, C. R.**, & Linehan, M. M. (2014). Development and formative evaluation of a computerized trans-diagnostic DBT skills training for emotion dysregulation. Oral presentation presented to the *International Society for Research on Internet Interventions* conference in Valencia, Spain.
34. **Wilks, C. R.**, Navarro-Haro M. V., & Linehan, M. M. (2014). Emotion dysregulation as a mediator of functioning in individuals diagnosed with borderline personality disorder. Oral presentation presented to the *Western Psychological Association Conference* in Portland, OR.
35. **Wilks, C. R.**, Navarro-Haro, M. V., Vernon, A*, & Linehan, M.M. (2014). Commonalities and differences between suicidal and opiate dependent individuals with borderline personality disorder. Poster presented to the *American Association of Suicidology*, Los Angeles, CA.
36. Tran, H*, **Wilks, C. R.**, & Navarro-Haro, M. V (2013, November). Discrimination and PTSD among Asian immigrants: The mediating role of family conflict. Poster presented at the *Association for Behavioral and Cognitive Therapies*, Nashville, TN.

37. Weissman, I., **Wilks, C. R.**, Lungu, A., & Linehan, M. M. (2013, November). Assessing risk with suicidal individuals: Treatment utility of the University of Washington Risk Assessment Management Protocol. Poster presented at the *Association for Behavioral and Cognitive Therapies*, Nashville, TN.
38. Urgelles, J., Pitts, M., **Wilks, C. R.**, & Donohue, B. (2012, August). Initial evaluation of a standardized goals intervention in the treatment of mothers referred for substance abuse and child neglect. In M. Kenny (Chair), Behavioral treatment innovations in the treatment of concurrent substance abuse and child neglect. Symposium presented at the 120th convention of the *American Psychological Association*, Orlando, FL.
39. **Wilks, C. R.**, Urgelles, J., & Donohue, B. (2012, April). Description and item development of a psychotherapeutic emergency management intervention within the context of drug abuse and child neglect. In J. Urgelles (Chair), Empirical development of a method for managing emergencies within the context of drug use and child neglect. Symposium presented at the annual convention of the *Western Psychological Association*, San Francisco, CA.
40. **Wilks, C. R.**, Donohue, B., & Urgelles, J. (2012, April). A reliable, valid, and feasible method of monitoring treatment fidelity. Workshop presented to the 2012 *Joint Meeting of Adolescent Treatment Effectiveness Conference* in Washington D.C.
41. **Wilks, C. R.**, Urgelles, J., Fayeghi, J., Cohen, J., & Donohue, B. (2012, April). The relationship between emergencies and parenting behavior. Poster presented at the annual convention of the *Western Psychological Association Conference* in San Francisco, CA
42. **Wilks, C. R.**, Fayeghi, J., Kaur, H., Day, T., Wechsler, A., & Kearney, C. (2012, April). Low self-esteem as a risk factor of PTSD in a sample of maltreated youth. Poster presented at the annual convention at The *Anxiety Disorder Association of America* in Washington D.C.
43. **Wilks, C. R.**, Lee, K., & Fayeghi, J. (2011, October) Improving communication within a substance abusing population: An efficient evidence-based approach. Workshop presented at the 2011 *Addiction Health Services Conference* in Fairfax, VA
44. **Wilks, C. R.**, Green, E., Burden, E., Lee, T., Bradshaw, K., Urgelles, J., Lopez, K., & Donohue, B., (2011, May). Efficacy of a family behavior therapy on HIV prevention for drug abusing and neglecting mothers. Presented at the *Western Psychological Association Conference* in Los Angeles, CA.
45. **Wilks, C. R.**, Lowe, K., Montano S., Miller, M., Farcello, C., & Haderlie, M. (2011, May) Enhancing clinical judgments and client outcomes through objective progress feedback. Presented at the *Western Psychological Association Conference* in Los Angeles, CA.
46. **Wilks, C. R.**, Powell S., Fayeghi, J., Vasquelez, C., Lynch, S., Halberg, M., Brill, H., Burtoft, A., Yerkes, B., Burden, E., & Donohue, B. (2011, May). A standardized method of developing interactive and empirically supported books for children. Presented at the *Western Psychological Association Conference* in Los Angeles, CA.

INVITED TALKS

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| Mar 2021 | <i>Advances in Suicide Prevention</i> . Invited talk presented to the Washington University in St. Louis, MO |
| Mar 2021 | <i>Evaluation of Suicide Hotlines</i> . Invited talk presented at the Crisis Support Services of Nevada in Reno, Nevada. |
| Feb 2021 | <i>Digital interventions to reduce suicide and other self-destructive behaviors</i> . Keynote address presented at the 2nd International Symposium of the Latin American Federation of Cognitive and Behavioral Psychotherapies (ALAPCCO): Online CBT interventions. |

- Nov 2020 *Evaluation of mobile apps for suicide prevention.* Presented at the Evidence-based treatment centers of Seattle in Seattle, Washington
- July 2019 *Improving user experience in technology-delivered interventions.* Presented at the World Mental Health Meeting at Harvard Medical School in Boston, Massachusetts.
- May 2019 *Predicting and preventing suicide using technology.* Presented at the Media Lab at the Massachusetts Institution of Technology in Cambridge, Massachusetts.
- May 2019 *Integrating technology to improve clinical interventions for suicide.* Presented at the Lincoln Lab at the Massachusetts Institution of Technology in Lexington, Massachusetts.
- Sept 2017 *Randomized controlled trial of Internet delivered DBT skills training for suicidal and heavy episodic drinkers.* Presented at the National Institute on Alcohol Abuse and Alcoholism's Workshop to Explore Research Needs in Addressing Alcohol-Related Suicide in Bethesda, Maryland.

AWARDS & HONORS

- 2020 Military Suicide Research Consortium, Pre-Conference Research Training Day Travel Award in Washington DC, \$1000 (Canceled)
- 2019 Military Suicide Research Consortium, Pre-Conference Research Training Day Travel Award in Washington DC, \$1000
- 2018 Military Suicide Research Consortium, Pre-Conference Research Training Day Travel Award in Washington DC, \$1000
- 2011 Magna Cum Laude, UNLV
- 2010 Regents Award, UNLV Board of Regents, \$12,000
- 2010 "Outstanding Research Award" from Family Research and Services
- 2008 Edward Pierson Scholarship Award \$1,200
- 2008-2011 Western Undergraduate Exchange Scholarship - UNLV
- 2008-2011 Dean's Honor List - UNLV
- 2005 "Outstanding Achievement" award for Excellence in Educating Health and Life Skills at the Boys and Girls Club

TEACHING EXPERIENCE

Instructor

- Sp '21, Sp '22 Quantitative Methods II (Psych 7422), University of Missouri-St. Louis
- Fa '20, Sp '21 Integrated Psychology (Psych 4999), University of Missouri-St. Louis
- Fa '21
- Fa '20, Sp '21 Careers in Psychology (Psych 1000), University of Missouri-St. Louis
- Fa '22
- Win '13 Research Methods Seminar (Psych 499), University of Washington
- Sp '15 Research Methods Seminar (Psych 499), University of Washington

Teaching Assistant

- Win '16 Behavioral Methods (Psych 585), University of Washington
- Fa '15 Introduction to DBT (Psych 583), University of Washington
- Sum '15 Suicide Assessment and Intervention (Psych 584), University of Washington

Sp '15 Teaching DBT to the Community (Psych 544), University of Washington
 Win '15 DBT Skills (Psych 574), University of Washington
 Fa '14 Psychological Assessment (Psych 577), University of Washington

Invited Lecturer

Feb 2019 Increasing goal-directed behavior through technology (EM Workshop),
 Massachusetts Institute of Technology
 Nov 2018 Introduction to DBT (Psych 401), Harvard Extension School
 April 2015 Introduction to DBT (Psych 499), University of Washington
 Feb 2015 Long-term emotion regulation strategies within DBT Skills (Psych 574),
 University of Washington
 Nov 2011 Substance Use Disorders (Psych 101), College of Southern Nevada
 Sep 2010 Substance Abuse Prevention and Treatment (CED 735), University of
 Nevada Las Vegas

Trainer and Co-Trainer

June 2021 DBT five-day workshop; Mindstrong Health
 April 2016 DBT full-day workshop; Alaska Psychiatric Association, co-trainer with
 Marsha Linehan, Ph.D.
 Jan 2016 DBT half-day workshop; Lake Washington School District, co-trainer with
 Trevor Coyle, MS
 Jan 2016 DBT half-day workshop; Highline School District
 Jan - Feb 2015 Learning Community Facilitator for DBT; Behavioral Tech
 May - July 2015 Learning Community Facilitator for DBT in Turkey; Behavioral Tech
 June 2015 Suicide risk Assessment and Management; Workshop hosted by the
 Behavioral Research and Therapy Clinics

SPECIALIZED CLINICAL TRAINING

October 2017 Cognitive Processing Therapy workshop for PTSD by Carrie Rodgers, Ph.D.,
 ABPP
 March 2017 Advanced Training the DBT plus Prolonged Exposure Protocol for PTSD by
 Melanie Harned, Ph.D., ABPP & Kathryn Korslund, Ph.D., ABPP
 March 2015 Dialectical Behavior Therapy plus Prolonged Exposure by Melanie Harned,
 Ph.D., ABPP, Kathryn Korslund, Ph.D., ABPP, & Marsha Linehan, Ph.D., ABPP
 August 2015 Harm Reduction for Alcohol Use Disorders by Susan Collins, Ph.D. & Seema
 Clifasefi, Ph.D.
 June 2013 Suicide Risk Assessment and Crisis Intervention. Seattle, Washington.
 Three-day workshop by Marsha Linehan, Ph.D., ABPP
 July 2012 Dialectical Behavior Therapy Intensive Training Course by Behavioral Tech
 LLC
 Jan-May 2011 Family Behavior Therapy for Substance Use Disorders (PSY 715) by Brad
 Donohue, Ph.D.

SERVICE

Departmental

Dissertation Committee Member

- Sonja Pache (2020), Stellenbosch University; Stellenbosch, South Africa

Undergraduate Honors Theses Supervised

- Xiyao Wang (2016), University of Washington; Seattle, Washington
- Andrea Vernon (2013), University of Washington; Seattle, Washington

Adhoc Reviewer

Crisis: The Journal of Crisis Intervention and Suicide Prevention, Clinical Psychology: Science and Practice, Journal of Psychiatric Research, Journal of Clinical Psychology, Suicide and Life-Threatening Behavior, Journal of Medical Internet Research, Internet Interventions, Psychiatry Research, Journal of Anxiety and Depression, Family Process, Addiction Science and Clinical Practice, Clinical Psychology: Science and Practice, Journal of Consulting and Clinical Psychology, Brain and Behavior; Journal of Psychiatry Research

Grant Reviewer

International Society DBT

Association memberships

- Association of Behavioral and Cognitive Therapies (2012-present)
- American Association of Suicidology (2013-present)
- Addictive Behaviors, special interest group (2015-present)
- Technology and Behavior Change, special interest group (2015-present)
- Suicide and Nonsuicidal Self Injury, special interest group (2015-present)

SKILLS

- Film Production and Post-Production (e.g. Final Cut, Sony Vegas)
- Photo Editing and Digital Art (e.g. Adobe Creative Suite)
- Statistical procedures using SPSS, MPlus, HLM, & R software
- Multilevel Modeling, Growth Curve Modeling, Generalized Estimating Equations, Generalized Linear Mixed Modeling, General Linear Modeling, Regression, Exploratory Factor Analysis, Meta-Analysis, Survival Analysis, Network Analysis

REFERENCES

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