

# CURRICULUM VITAE

## MIKAEL RUBIN

Department of Psychology  
Palo Alto University  
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## EDUCATION

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- Ph.D., Clinical Psychology** 2022  
University of Texas at Austin  
*Dissertation: Disentangling perceptual mechanisms maintaining social anxiety disorder using VR and eye tracking*  
*Advisor: Michael J. Telch, Ph.D.*
- M.A., Psychology** 2015  
City College of the City University of New York  
*Thesis: Inhibitory Control Deficits and PTSD: Evidence from Eye Blink*  
*Chair of Thesis Committee: Robert Melara, Ph.D.*
- B.A., Art History** 2010  
McGill University

## ACADEMIC APPOINTMENTS

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- Palo Alto University** 2022-present  
Assistant Professor, Department of Psychology (Clinical Area)

## FELLOWSHIPS, HONORS, & AWARDS

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- Pre-doctoral National Research Service Award (F31)** 2019-2021  
Efficacy of an attention guidance VR intervention for social anxiety disorder.  
National Institutes of Health/National Institute of Mental Health 1F31MH118784-01  
Sponsor: Michael Telch, Ph.D. (Clinical Psychology)  
Co-Sponsor: Mary Hayhoe, Ph.D. (Perception)
- Ira Iscoe Fellowship** 2021  
University of Texas at Austin
- Graduate Dean's Prestigious Fellowship Supplement** 2019-2021  
University of Texas at Austin
- Integrated Behavioral Health (IBH) Scholar** 2017-2018  
University of Texas at Austin
- Diane and Jerry Grammar Fellowship for Mental Health Research** 2017, 2018  
University of Texas at Austin
- Psychology Graduate Fellowship** 2016  
University of Texas at Austin
- Joseph Barmack Award (Best M.A. Thesis)** 2015  
City College, New York, NY

**First Prize Winner (Graduate Student Symposium)**  
City College, New York, NY

2014

## PUBLICATIONS

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### Peer-reviewed publications

\*Indicates equal first authorship

1. **Rubin, M.**, Muller, K., Hayhoe, M. M., & Telch, M. J. (2022). Attention guidance augmentation of virtual reality exposure therapy for social anxiety disorder: a pilot randomized controlled trial. *Cognitive Behaviour Therapy*, 1-17. <https://doi.org/10.1080/16506073.2022.2053882>
2. **Rubin, M.**, Guo, S., Muller, K., Zhang, R., Telch, M., Hayhoe, M. Selective Visual Attention During Public Speaking in an Immersive Context. (2022). *Attention, Perception, and Psychophysics*, 84, 396-407. <https://doi.org/10.3758/s13414-021-02430-x>
3. **Rubin, M.**, Bhattacharya, N., Gwizdka, J., Griffin, Z., Telch, M. (2022). The Influence of PTSD Symptoms on Selective Visual Attention While Reading. *Cognition and Emotion*. 36(3): 527-534. <https://doi.org/10.1080/02699931.2021.2016639>
4. **Rubin, M.**, Telch, M., Dainer-Best, J. (2021) In Game as in Life? Linking Decision-making to Real-world Behavior. (In press). *Collabra: Psychology*, 7(1): 28115. <https://doi.org/10.1525/collabra.28115>
5. Cobb, A.\*, **Rubin, M.\***, Stote, D., Baldwin, B., Lee, H-J., Hariri, A., Telch, M. (2021). Hippocampal Volume and Volume Asymmetry Prospectively Predict PTSD Symptom Emergence Among Iraq-Deployed Soldiers. *Psychological Medicine*, 1-8. <https://doi.org/10.1017/S0033291721003548>
6. **Rubin, M.**, Papini, S., Dainer-Best, J., Zaizer, E., Smits, J., Telch, M. (2021). Exploratory and Confirmatory Bayesian Networks Identify the Central Role of Non-judging in Symptoms of Depression. *Mindfulness* 12, 2544-2551. <https://doi.org/10.1007/s12671-021-01726-1>
7. **Rubin, M.**, Bicki, A., Papini, S., Smits, J., Telch, M., Gray, J. (2021). Distinct Trajectories of Depression Symptoms in Early and Middle Adolescence: Preliminary Evidence from Longitudinal Network Analysis. *Journal of Psychiatric Research* 142, 198-203. <https://doi.org/10.1016/j.jpsychires.2021.07.053>
8. Hsu, K. J., Carl, E., DiVita, A., Feldman, T., Foulser, A. A., ... **Rubin, M.** ... & Smits, J. A. (2021). Rising to the Occasion of This COVID-19-Impacted Nation: Development, Implementation, and Feasibility of the Brief Assessment-Informed Skills Intervention for COVID-19 (BASIC). *Cognitive and Behavioral Practice*. <https://doi.org/10.1016/j.cbpra.2021.02.003>
9. **Rubin, M.**, Minns, S., Muller, K., Tong, M.H., Hayhoe, M.M., & Telch, M.J. (2020). Avoidance of social threat: evidence from eye movements during a public speaking challenge using 360°-video. *Behaviour Research and Therapy* 134. <https://doi.org/10.1016/j.brat.2020.103706>
10. **Rubin, M.** & Telch, M.J. (2020). Pupillary Response to Affective Voices: Physiological Responsivity and Posttraumatic Stress Disorder. *Journal of Traumatic Stress* 34(1), 182-289. <https://doi.org/10.1002/jts.22574>
11. **Rubin, M.**, Hawkins, B., Cobb, A., & Telch, M. J. (2019). Emotional reactivity to grief-related expressive writing. *Death studies* 44(9), 552-560. <https://doi.org/10.1080/07481187.2019.1595219>
12. Papini, S., **Rubin, M.**, Smits, J., Telch, & M., Hien, D. (2019). Pretreatment PTSD symptom network metrics predict symptom influence in the overall treatment response. *Journal of Traumatic Stress* 33(1), 64-71. <https://doi.org/10.1002/jts.22379>
13. **Rubin, M.**, & Telch, M. J. (2018). Gone in sixty (milli) seconds: Disentangling the effects of location context on attention bias. *Scandinavian Journal of Psychology*, 59(6), 594-601. <https://doi.org/10.1111/sjop.12494>

14. **Rubin, M.**, Das, D., Hien, D., & Melara, R. (2017). Inhibitory control under threat: The role of spontaneous eye blinks in Post-traumatic Stress Disorder. *Brain Sciences* 7(16). <https://doi.org/10.3390/brainsci7020016>
15. **Rubin, M.**, Shvil, E., Papini, S., Chhetry, B. T., Helpman, L., Markowitz, J. C., ... & Neria, Y. (2016). Greater Hippocampal Volume is Associated with PTSD Treatment Response. *Psychiatry Research: Neuroimaging* 252, 36-39. <https://doi.org/10.1016/j.pscychresns.2016.05.001>
16. Helpman, L., Papini, S., Chhetry, B. T., Shvil, E., **Rubin, M.**, Sullivan, G. M., ... & Neria, Y. (2016). PTSD remission after prolonged exposure treatment is associated with anterior cingulate cortex thinning and volume reduction. *Depression and anxiety* 33(5), 284-391. <https://doi.org/10.1002/da.22471>
17. Papini, S., Yoon, P., **Rubin, M.**, Lopez-castro, T., & Hien, D. A. (2014). Linguistic Characteristics in a Non-Trauma-Related Narrative Task Are Associated With PTSD Diagnosis and Symptom Severity. *Psychological Trauma Theory Research Practice and Policy* 7(1), 295-302. <https://doi.apa.org/doi/10.1037/tra0000019>

### **Manuscripts Under Review**

1. **Rubin, M.**, Muller, K., Hayhoe, M., Telch, M. Attentional Heterogeneity in Social Anxiety Disorder: Evidence from Hidden Markov Models. *Preprint*: <https://doi.org/10.31219/osf.io/8tf7g> (submitted).

### **Book chapters**

1. **Rubin, M.**, Neria, M., Neria, Y. (2016). Fear, Trauma, and Post-Traumatic Stress Disorder: Clinical, Neurobiological, and Cultural Perspectives. In Ataria, Y., Gurevitz, D., Pedaya, H., and Neria, Y. (Eds.) *Interdisciplinary Handbook of Trauma and Culture*, 303-313.

### **Symposium presentations**

1. **Rubin, M.** & Telch, M.J. The Relationship Between Trauma and Attention Bias: A Network Analysis. In I. Galatzer-Levy (Chair). From Correlation to Causality: Network Analyses of Stress Exposure and Posttraumatic Stress Symptoms. Talk presented at the 33<sup>rd</sup> International Society for Traumatic Stress Studies Annual Meeting, Chicago, IL, November 2017.

### **Conference poster presentations (only first authored posters listed)**

1. **Rubin, M.**, Hayhoe, M., Telch, M.J. *Eye Movements During a Public Speaking Challenge: Using Immersive 360°-video to Examine Patterns of Attention in Social Anxiety*. Poster presented at the Anxiety and Depression Association of America Conference, Chicago, IL, March 2019.
2. **Rubin, M.**, Das, D., Hien, D., & Melara, R. *Spontaneous Blink Rate and Post-Traumatic Stress Disorder* poster presented at the Association for Psychological Science Annual Convention, Chicago, IL, May 2016.
3. **Rubin, M.**, Shvil, E., Papini, S., Markowitz, J.C., Mann, J.J., & Neria, Y. *Greater hippocampal volume is associated with better PTSD treatment response to prolonged exposure therapy* poster presented at the International Society for Traumatic Stress Studies Annual Meeting, New Orleans, LA, 2015.
4. **Rubin, M.**, Papini, S., Yoon, P., Prashad, N., Tsoi, F., Wittenbert, M., Ruglass, L., Fertuck, E., Melara, R., & Hien, D. *Language Use in Non-Trauma Narratives is Associated With PTSD Diagnosis and Symptom Severity Among Trauma-Exposed Individuals* poster presented at the American Psychiatric Association Annual Meeting, New York, NY, May 2014.

5. **Rubin, M.**, Das, D., Prashad, N., Tsoi, F., Papini, S., Hien, D., Fertuck, E., Ruglass, L., & Melara, R. *Distractibility suggests deficits in conflict adaptation in post-traumatic stress disorder* poster presented at the Association for Psychological Science Annual Convention, San Francisco, CA, May 2014.

## TEACHING EXPERIENCE

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<b>Teaching Assistant, University of Texas at Austin</b>	2015-2018*
<i>* I was not eligible to TA from 2018-2021 under the F31 fellowship</i>	
Abnormal Psychology (PSY 352) massive online course	Fall 2018
Industrial Organizational Psychology (PSY 340M)	Spring 2018
Statistics and Research Design (PSY 418)	Spring 2017, Fall 2017
Emotion (PSY 365E)	Fall 2016
Language Processing (PSY 387C)	Spring 2016
History of Modern Psychology (PSY 341K)	Fall 2015
<b>Teaching Assistant, City College of New York</b>	2013-2014
Psychology in the Modern World (PSY 10200)	Fall 2013, Spring 2014
<b>Teaching Assistant, New York University</b>	2013
Human Behavior in the Social Environment (MSWPF-GS)	Fall 2013
<b>Adjunct Lecturer, City College of New York</b>	2013
Brain, Mind, Experience (PSY 25400)	Summer 2013

## MENTORSHIP

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### Mentored Doctoral Students in Clinical Psychology

2022-	Tamara Garcia	PAU
2022-	Alanna Greenberger	PAU
2022-	Twinkle Gupta	PAU

### Mentored Research Assistants and Lab Coordinators

2020-2022	Mimi Oyeshack	St. Edwards	PhD candidate developmental psychology, UC Santa Barbara
2020-2022	Luna Malloy	UT Austin	Research specialist, University of Pittsburgh
2019-2021	Juanpablo Castillo	St. Edwards	MA candidate clinical psychology, UT Rio Grande Valley
2018-2021	Catherine Gebhardt	UT Austin	PhD candidate clinical psychology, Auburn University
2018-2019	Angel Bierce	UT Austin	Research Assistant, Bristol Medical School
2019-2020	Jacob Sick	UT Austin	Continued undergraduate studies
2017-2019	Autumn Vick	UT Austin	PsyD candidate, Point Park University
2018-2019	Katie Foshee	UT Austin	MSW candidate, UT Austin
2018-2019	Elizabeth Hernandez	UT Austin	MA candidate clinical psychology, UT Rio Grande Valley
2018-2019	Jonathan Thompson	UT Austin	DDS candidate, UT San Antonio
2017-2018	Harrison Zhu	UT Austin	Continued undergraduate studies
2017-2018	Helen Vo	UT Austin	Continued undergraduate studies
2016-2017	Susan Shol	UT Austin	MSW, UT Austin

**Other Mentees**

\*Mentored through the 'Diverse Psychology' program at UT Austin

2020-2020	Felicia Lu*	UT Austin	PhD candidate clinical psychology, UT Austin
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**PROFESSIONAL SERVICE**

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**University and Departmental Service**

**Director of Student Affairs**, University of Texas at Austin 2020-2021  
Graduate Student Assembly

- Working to improve access to mental health resources for graduate students at UT
- Providing workshops in mindfulness, sleep hygiene, and relaxation to graduate students (online)
- Disseminated findings from university-wide assessment of graduate student wellness & barriers to care

**Health Agency Director**, University of Texas at Austin 2019-2020  
Graduate Student Assembly

- Worked to improve access to mental health resources for graduate students at UT
- Developed and conducted university-wide assessment of graduate student wellness & barriers to care
- Provided workshops in mindfulness and sleep hygiene
- Organized free workshops & exercise classes

**Meditation Group**, University of Texas at Austin 2016-2018  
Psychology Department

- Independently started, ran and coordinated a weekly meditation group for students, faculty, and staff

**University Committees**

Open Data Subcommittee	2020-2021
Task Force on Student, Faculty, and Staff Mental Health and Well-being	2020-2020
Wellness Network Leadership Committee	2019-2021
Counseling and Mental Health Center Student Advisory Committee	2019-2021

**Austin Community Outreach**

**Volunteer University of Texas Medical Reserves Corps**, Austin TX 2020-2021

- Volunteer on the Mental Health Team
- Presented to leadership on COVID-19 and PTSD among healthcare workers (online)

**Service to the Field****Ad-hoc Peer Review**

Cognitive Behaviour Therapy  
Journal of Traumatic Stress  
Journal of Vision  
Behavior Research  
Mindfulness  
Journal of Psychiatric Research  
NPJ Digital Medicine

BMC Psychiatry

**Professional Memberships**

Anxiety and Depression Association of America  
International Society for Traumatic Stress Studies  
Association for Psychological Science  
American Psychological Association

**CLINICAL EXPERIENCE**

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***Brattleboro Retreat Psychiatric Hospital, Brattleboro VT*** 2021-2022

Pre-doctoral Intern; Supervisor: James Benton, Ph.D.

- Individual and group therapy as part of a Partial Hospitalization Program serving a large rural community via telehealth

***Anxiety and Stress Clinic, Austin TX*** 2020-2021

Practicum Therapist, Supervisor: Jasper Smits, Ph.D.

- Provided long-term evidence-based interventions and brief COVID-19 related stress-reduction intervention (BASIC) for individuals in the Austin community via telehealth

***Michael J. Telch & Associates, Austin TX*** 2019-2021

Practicum Therapist; Supervisor: Michael J. Telch, Ph.D.

- Provided long-term evidence-based interventions and short-term intensive treatments for individuals in the Austin community in person and via telehealth

***Counseling and Mental Health Center, Austin TX*** 2018-2019

Practicum Therapist; Supervisor: Mark Zetner, Ph.D.

- Provided brief evidence-based treatments in a university mental health center to undergraduate and graduate students
- Co-led Mindfulness-based group therapy for undergraduate and graduate students

***East Austin Community Care (Behavioral Medicine)*** 2017-2018

Practicum Therapist; Supervisor: Jane Gray, Ph.D.

- Provided brief evidence-based intervention in a community pediatric primary care clinic to children and adolescents

***Psychology Training Clinic, Austin TX*** 2016-2017

Practicum Therapist; Supervisors: Martita A. Lopez, Ph.D. & Jasper A.J. Smits, Ph.D.

- Conducted intake interviews, SCID (IV & 5), WAIS-IV, MMPI-2
- Conducted individual CBT; Exposure/Response Prevention Therapy for OCD; Prolonged Exposure Therapy for PTSD; Interoceptive Exposure for Panic Disorder

**Clinical Training and Development**

**Cognitive Behavioral Therapy for Insomnia (Dr. Donn Posner)** 2021

- One-day workshop

**Written Exposure Therapy (Dr. Youngsuk Kim)** 2020

- One-day workshop

**Structured Clinical Interview for DSM-5 (Dr. Michael First)** 2018

- Two-day workshop

**Prolonged Exposure Therapy (Dr. Mark Powers)** 2017

- Two-day workshop

**Motivational Interviewing (Drs. Mary Velasquez & Jane Gray)** 2017

- Two-day workshop

**Modular Approach to Therapy for Children** (Drs. Jane Gray & Sarah Kate Bearman) 2017

- Five-day workshop

## **PROFESSIONAL SKILLS**

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### **Statistical software**

R (advanced), MPLUS (intermediate), Matlab (intermediate), Python (basic), JASP, SPSS, SAS

### **Other software**

Experiment Builder (for live eye tracking experiments), Gorilla (for online eye tracking experiments), Qualtrics (for online self-report data collection), PsyToolkit (for online reaction time experiments) LIWC (for language analysis), Microsoft Office, Adobe Suite (Photoshop, Premiere, After Effects)

### **Hardware**

Eye Tracking: EyeLink (stationary), Oculus Rift SMI (virtual reality), HTC Vive Pro Eye (virtual reality), Pupil Labs (ambulatory)

Physio: eSense, corSense (heart rate and skin conductance); BioPac (EEG and skin conductance)

### **Languages**

Hebrew (fluent), Spanish (conversational)

## **OTHER PROFESSIONAL EXPERIENCES**

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**The University of Texas at Austin, Austin TX** 2016 - 2018

### **University Writing Center**

Statistical Consultant; Supervisor: Roberts-Miller, Ph.D. 2016 - 2018

- Developed assessments and conducted outcomes research for programs at the center

Writing Consultant; Supervisor: Roberts-Miller, Ph.D. 2016 - 2017

- Provided feedback to undergraduate and graduate students on writing assignments, projects, theses, dissertations