

CURRICULUM VITAE

MIKAEL RUBIN

Department of Psychology
Palo Alto University
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EDUCATION

- 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

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

FELLOWSHIPS, HONORS, & AWARDS

- 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

Peer-reviewed publications

*Indicates equal first authorship

1. Telch, M. J., Fischer, C. M., Zaizar, E. D., **Rubin, M.**, & Papini, S. (2022). Use of Cannabidiol (CBD) oil in the treatment of PTSD: Study design and rationale for a placebo-controlled randomized clinical trial. *Contemporary clinical trials*, (122), 106933. <https://doi.org/10.1016/j.cct.2022.106933>
2. **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>
3. **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>
4. **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>
5. **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>
6. 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>
7. **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>
8. **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>
9. 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>
10. **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>
11. **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>
12. **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>
13. 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>

14. **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>
15. **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>
16. **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.psychres.2016.05.001>
17. 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>
18. 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.org/10.1037/tra0000019>

Preprints

1. Rubin, M., Gebhardt, E., Malloy, L., & Telch, M. (2023). Multimodal Remote Research on Social Anxiety Using a New Teleconferencing Paradigm. *Preprint*: <https://doi.org/10.31219/osf.io/h6tyb>
2. **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).
3. Rubin, M., Fischer, C., & Telch, M. J. (2022). Efficacy of a Single Session Mindfulness Based Intervention. *Preprint*: <https://doi.org/10.21203/rs.3.rs-2148468/v1>

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.

Conference presentations

1. **Rubin, M.** Exploratory and Confirmatory Bayesian Networks Identify the Central Role of Non-judging in Symptoms of Depression. Invited talk presented at the 10th annual *BayesiaLab* Conference, Online, October, 2022.
2. **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 33rd 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

Instructor, Palo Alto University

Research Methods & Statistics I 2022

Teaching Assistant, University of Texas at Austin

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

Teaching Assistant, City College of New York

Psychology in the Modern World (PSY 10200) 2013-2014
Fall 2013, Spring 2014

Teaching Assistant, New York University

Human Behavior in the Social Environment (MSWPF-GS) 2013
Fall 2013

Adjunct Lecturer, City College of New York

Brain, Mind, Experience (PSY 25400) 2013
Summer 2013

MENTORSHIP

Mentored Doctoral Students in Clinical Psychology

2022-	Robert Hickson	PAU
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	PhD candidate clinical psychology, UT Houston
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

Palo Alto University

Student Organization Faculty Advisor, Palo Alto University
Meditation and Mindfulness Student Organization 2022-

University Committees
Curriculum Committee 2022-

The University of Texas at Austin

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

Grant Review

APF Pearsall grant review committee, 2022

Statistical Reviewer

Journal of Traumatic Stress

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
Frontiers in Digital Health

**Received Reviewer of the Month October, 2022*

Professional Memberships

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

CLINICAL EXPERIENCE

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

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

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