

## LORIE A. RITSCHEL

Emory University School of Medicine  
Department of Psychiatry

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Atlanta, GA 30306

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### *Educational History*

- 1994 - 1999 University of Georgia, Athens, Georgia  
Majors: Psychology and French  
Degree: B.A. (Magna Cum Laude)
- 1996 - 1997 Université de Lyon III, Jean-Moulin, Lyon, France  
Major: French Language and Literature  
Degree: Diploma of French Higher Education
- 1999 - 2005 University of Kansas, Lawrence, Kansas  
Program: Clinical Psychology  
Degrees: M.A. (2002), Ph.D. (2006)  
Dissertation: Does Mindfulness Matter?: Investigating the Effectiveness of an Outpatient Dialectical Behavior Therapy Program
- 2005 – 2006 Medical Psychology Intern, Duke University Medical Center  
Department of Psychiatry

### *Academic Positions*

- 2006 – 2007 Clinical Associate, Duke University Medical Center  
Department of Psychiatry
- 2007 - 2008 Consulting Associate, Duke University Medical Center  
Department of Psychiatry
- 2007 - 2008 Postdoctoral Fellow, Emory University School of Medicine  
Department of Psychiatry
- 2008 - 2009 Senior Associate, Emory University School of Medicine  
Department of Psychiatry
- 2009 - Assistant Professor, Emory University School of Medicine  
Department of Psychiatry

### *Licensure*

Licensed Psychologist, GA PSY 003120

### *Awards and Honors*

Phi Beta Kappa  
Outstanding Contribution to the University of Kansas Research Community  
Judge Horace B. Grant Award for Excellence in Psychological Writing  
Psi Chi National Honor Society in Psychology  
Golden Key National Honor Society  
University of Georgia Alumni Scholar

University of Georgia Hope Scholar

***Professional Memberships***

American Psychological Association  
APA Division 12, Society of Clinical Psychology  
APA Division 12, Section III: Society for a Science of Clinical Psychology  
APA Division 53, Society of Clinical Child and Adolescent Psychology  
Association for Behavioral and Cognitive Therapies  
International Society for the Improvement and Teaching of Dialectical Behavior Therapy

***Professional Committees and Service***

2010-2012 Publications Committee, American Psychological Association Division 12  
2010 Program Committee, 2010 Annual Meeting of the Association of Behavioral and Cognitive Therapies  
2009-2010 Sustainability Committee, Department of Psychiatry, Emory University School of Medicine  
2007 Co-director, International Society for the Improvement and Training of Dialectical Behavior Therapy (ISITDBT) Conference

***Grant Activity***

**Previous Support**

1. Evaluation of Dialectical Behavior Therapy in the Treatment of Opioid Addiction and Emotional Problems  
Principal Investigator: Marsha M. Linehan, Ph.D., Thomas R. Lynch, Ph.D.  
Agency: National Institutes of Drug Abuse (NIDA 5R01DA014997-05)  
Period: July 2003 – April 2009  
Role: Project Manager, Therapist, Executive Committee Member, Consultant

**Active Support**

1. Predictors of Treatment Response, Relapse, and Recurrence in Major Depression  
Principal Investigator: W. Edward Craighead, Ph.D.  
Agency: National Institutes of Mental Health (NIMH R01 MH080880-01A1)  
Period: April 2008 – March 2013 (enrollment open)  
Role: CBT Therapist and Supervisor
2. Imaging Predictors of Treatment Response for Depression  
Principal Investigator: Helen S. Mayberg, M.D.  
Agency: National Institutes of Mental Health (NIMH R01 MH073719-03)  
Period: July 2006 – June 2010 (enrollment open)  
Role: CBT Therapist and Supervisor
3. Predictors of Antidepressant Treatment Response: The Emory CIDAR  
Principal Investigator: Helen S. Mayberg, M.D.  
Agency: National Institutes of Mental Health (NIMH P50 MH077083-01)  
Period: August 2006 – June 2011  
Role: CBT Therapist and Supervisor
4. Behavioral Activation for the Treatment of Adolescent Depression  
Principal Investigator: Lorie A. Ritschel, Ph.D.  
Agency: Child and Adolescent Mood Program, Emory University School of Medicine  
Role: Principle Investigator

5. Randomized Trial of Behavioral Activation and Treatment as Usual in the Treatment of African-American Adolescents with Major Depression  
Principal Investigator: Maryann Jacob, M.D.  
Agency: Emory Medical Care Foundation grant (EMCF)  
Role: Collaborator
6. Response to cognitive behavioral therapy for social anxiety disorder: Examining neurocorrelates using fMRI  
Principal Investigator: Erin B. McClure-Tone, Ph.D.  
Agency:  
Role: Principal Investigator for Emory University School of Medicine site

### **Pending Support**

1. Behavioral Activation and Antidepressant Medication in the Treatment of Adolescents with Major Depression: Examining Predictors of Treatment Response  
Principal Investigator: Lorie A. Ritschel, Ph.D.  
Status: scored; under revision for resubmission

### ***Publications***

- Muehlenhard, C. L., & **Ritschel, L. A.** (2001). Helping students think critically about research. [Review of a book by Michael W. Wiederman, 2001, *Understanding sexuality research*. Belmont, CA: Wadsworth/Thomson Learning]. *American Journal of Health Behavior*, 25(5), 504-506.
- Hicks, J. L., Marsh, R. L., & **Ritschel, L.** (2002). The role of recollection and partial information in source monitoring. *Journal of Experimental Psychology: Learning, Memory, and Cognition*, 28(3), 503-508.
- Hancock, T. W., Hicks, J. L., Marsh, R. L., & **Ritschel, L.** (2003). Measuring the activation level of critical lures in the Deese-Roediger-McDermott paradigm. *American Journal of Psychology*, 116(1), 1-14.
- Ritschel, L. A.** (2005). Reconciling the rift: Improving clinical psychology graduate training in the 21<sup>st</sup> century. *Journal of Clinical Psychology*, 61(9), 1111-1114.
- Ritschel, L. A.** (2005). Lessons in teaching hope: An interview with C. R. Snyder. *Teaching of Psychology*, 32(1), 74-78.
- Snyder, C. R., **Ritschel, L. A.**, Rand, K. L., & Berg, C. (2006). Including human strengths and hope in interviews and psychological reports. *Journal of Clinical Psychology*, 62(1), 33-46.
- Snyder, C. R., Rand, K. L., & **Ritschel, L. A.** (2006). Hope over time. In L. Sanna & E. Chang (Eds.), *Judgments over time: The interplay of thoughts, feelings, and behaviors*. New York: Oxford University Press.
- Craighead, W. E., **Ritschel, L. A.**, Arnarson, E. O., & Gillespie, C. G. Major depressive disorder. In W. E. Craighead, D. J. Miklowitz, & L. W. Craighead. (2008). Psychopathology: History, Theory, and Diagnosis for Clinicians. New York: John Wiley & Sons.

**Ritschel, L.A.** (2010). Hope. In I. Weiner & W. E. Craighead (Eds.), *Corsini Encyclopedia of Psychology*. New York: Wiley.

Steer, R.Y. & **Ritschel, L.A.** (2010). Placebo. In I. Weiner & W. E. Craighead (Eds.), *Corsini Encyclopedia of Psychology*. New York: Wiley.

#### Submitted Manuscripts

Berg, C.J., **Ritschel, L.A.**, Swan, D., An, L.C., & Ahluwalia, J.S. The role of hope in engaging in healthy behaviors among college students. Submitted to *Journal of Health Psychology*.

**Ritschel, L.A.**, Ramirez, C.L., Jones, M., & Craighead, W.E. Behavioral Activation for depressed teens: Results of a pilot study. Submitted to *Cognitive and Behavioral Practice*.

Muralidharan A., **Ritschel L.**, Simeonova D., Craighead E. (in press). Development of Emotion Regulation in Children of Bipolar Parents: Putative Contributions of Socioemotional and Familial Risk Factors. Submitted to *Clinical Psychology: Science and Practice*

#### Manuscripts in Preparation

1. **Ritschel, L.A.**, & Nelson, J. Diary cards in Dialectical Behavior Therapy: How reliable is this information?

2. **Ritschel, L.A.**, Cheavens, J.S., & Nelson, J. Effectiveness of implementing dialectical behavior therapy in an intensive outpatient program.

3. Cheavens, J., **Ritschel, L.A.**, & Ekblad, A.G. The differential contributions of rumination and hope to mindfulness.

4. **Ritschel, L.A.**, Heekin, M., & Craighead, W. E. Practical issues in implementing manualized Cognitive Behavioral Therapy.

5. **Ritschel, L. A.**, & Muehlenhard, C. L. White noise: Variability in responses using a visual analog scale.

6. **Ritschel, L.A.**, Cheavens, J.S., & Nelson, J. The roles of mindfulness and hope in the therapeutic change process.

#### ***Manuscript Reviewer***

*Clinical Psychology: Science and Practice*

#### ***Presentations***

Hancock, T. W., Marsh, R. L., & **Ritschel, L.** (1999, May). *Beliefs in Memory: Repetition Priming versus Semantic Priming*. Poster presented at the 22<sup>nd</sup> annual Psi Chi conference, the University of Georgia. Athens, GA.

Hancock, T. W., Hicks, J. L., Marsh, R. L., & **Ritschel, L.** (1999, March). *Superadditive Activation of Critical Lures in the DRM Paradigm*. Poster presented at the annual North Carolina Cognition Group meeting. Chapel Hill, N.C.

**Ritschel, L.**, Nelson, J., Snyder, C. R., & Ilardi, S. S. (2005, February). *Hope and Psychotherapy: The Impact of Positive Psychology on Mental Health Outcomes in Kansas*. Poster presented at the State of Kansas Graduate Research Summit. Topeka, Kansas.

- Ritschel, L.**, Nelson, J., Snyder, C. R., & Ilardi, S. S. (2005, February). *Hope through the Darkness: Positive Psychology and Therapeutic Outcomes*. Poster presented at the 2<sup>nd</sup> annual University of Kansas Graduate Research Summit. Lawrence, Kansas.
- Ritschel, L.**, & Snyder, C. R. (2005, April). *Hope: Helping Clients Accentuate the Positive*. Presentation given at the Bert Nash Community Mental Health Center. Lawrence, Kansas.
- Ritschel, L.**, & Nelson, J. (2005, November). *Does Mindfulness Matter?: Exploring the Intersection of DBT and Positive Psychology*. Poster presented at the 39<sup>th</sup> annual Association for Behavioral and Cognitive Therapies Convention, Washington, D.C.
- Ekblad, A.G., **Ritschel, L. A.**, Cheavens, J.S., & Lynch, T.R. (2006, November). *Differential contributions of rumination and hope to mindfulness, controlling for depression*. Poster presented at the 40<sup>th</sup> annual Association for Behavioral and Cognitive Therapies Convention, Chicago, Illinois.
- Lynch, T.R., Harned, M., **Ritschel, L. A.**, & Gissel, A. (2006, November). *Substance abuse and borderline personality disorder: Testing a mediational model of emotion dysregulation*. Symposium presented at the 40<sup>th</sup> annual Association for Behavioral and Cognitive Therapies Convention, Chicago, Illinois.
- Craighead, W.E. & **Ritschel, L.** (2009, March). *Abuse and Mood and Related Disorders in Children and Adolescents*. Workshop presented at the 17<sup>th</sup> annual National Conference on Child Abuse and Neglect, Atlanta, Georgia.
- Ritschel, L.** & Craighead, W.E. (2009, September). *Cognitive Behavioral Interventions for Adolescent Mood Disorders*. Workshop presented at the 39<sup>th</sup> annual European Association for Behavioral and Cognitive Therapies, Dubrovnik, Croatia.
- Ritschel, L.** (2009, October). *Treating the iGeneration: Current Targets and Interventions for Adolescent Mood Disorders*. Invited address for Clinical Colloquium, The Ohio State University, Columbus, Ohio.
- Ritschel, L.** (2009, October). *From 10,000 Feet: An overview of Dialectical Behavior Therapy for adolescents*. Invited address for Clinical Colloquium, The Ohio State University, Columbus, Ohio.
- Ritschel, L.A.**, Snow, J.S., Ramirez, C., The CAMP Staff, & Craighead, W.E. (2009, November). *Putting the Pieces Together: Building a DBT Program for Adolescents from the Ground Up*. Poster presented at the International Society for the Improvement and Training of Dialectical Behavior Therapy (ISITDBT) Convention, New York City.
- Ritschel, L.** & Stock-Landis, L. (2009, December). *The View from 10,000 Feet: The Basics of Dialectical Behavior Therapy*. Talk given to Department of Psychiatry Medical Residents (PGY-4), Emory University School of Medicine, Atlanta, Georgia.
- Ritschel, L.** & Stock-Landis, L. (2010, January). *Dialectical Behavior Therapy: An Overview of Skills Training*. Workshop presented to Department of Psychiatry Medical Residents (PGY-4), Emory University School of Medicine, Atlanta, Georgia.

Berg, C. J., **Ritschel, L.**, Swan, D., An, L. C., & Ahluwalia, J. S. (2010, April). The relationship of hope to drinking, smoking, exercise, and fat intake among college students. Paper presented at the 2010 Annual Meeting of the Society of Behavioral Medicine, Seattle, WA.

### **Workshops and Continuing Education**

*Dialectical Behavior Therapy: Introduction and Theoretical Framework.* (March 31, 2009). Talk given to Department of Psychology Graduate Students, Emory University.

*Dialectical Behavior Therapy: Issues in Implementation and Therapist Burnout.* (April 7, 2009). Talk given to Department of Psychology Graduate Students, Emory University.

*Dialectical Behavior Therapy: Case conceptualization.* (April 14, 2009). Talk given to Department of Psychology Graduate Students, Emory University.

*Cognitive-Behavioral Therapy for Bipolar Disorder.* (May 6, 2009). Talk given to Department of Psychiatry Medical Residents (PGY-3), Emory University School of Medicine.

*Dialectical Behavior Therapy: Theoretical Foundations, Skills Training, and Implementation.* (August 24-28, 2009). Five-day intensive training given to Emory faculty and graduate students in the Departments of Psychiatry and Psychology.

*Dialectical Behavior Therapy: Basic Theory and Skills Training.* (October 16-17, 2009). Two-day workshop given to mental health professionals in Reykjavik, Iceland.

### ***Professional Interests***

1. Treatment outcomes research for problems with emotion regulation, with particular interest in (a) predictor variables, (b) treatment-refractory populations, and (c) the development of novel treatment approaches
2. Biological underpinnings of emotion dysregulation; i.e., neurological and immunological contributions to psychopathology
3. Positive psychology constructs, including hope and mindfulness

### ***Specialized Clinical Training***

Dialectical Behavior Therapy (DBT)  
Cognitive Behavioral Therapy (CBT)  
Behavioral Activation for Depression  
Family-Focused Therapy for Bipolar Adolescents

### ***Specialized Assessment Training***

Structured Clinical Interview for DSM Disorders (SCID)  
Adolescent Longitudinal Interval Follow-Up Evaluation (A-LIFE)  
Kiddie Schedule for Affective Disorders and Schizophrenia (K-SADS)  
Children's Depression Rating Scale-Revised (CDRS-R)  
Preschool Age Psychiatric Assessment (PAPA)

### ***Teaching Experience***

1999 - 2000 Graduate Teaching Assistant, *Introduction to Psychology (Psychology 104)*  
Department of Psychology, University of Kansas

2000 - 2003 Graduate Teaching Assistant, *Abnormal Psychology (Psychology 350)*  
Department of Psychology, University of Kansas

- 2003            Instructor, *Abnormal Psychology (Psychology 350)*  
Department of Psychology, University of Kansas
- 2004            Instructor, *Introduction to the Psychological Clinic (Psychology 977)*  
Department of Psychology, University of Kansas
- 2006 - 2007    Guest Lecturer, Psychiatry Resident Seminars  
Department of Psychiatry, Duke University Medical Center
- 2009 -            Guest Lecturer, Psychiatry Resident Seminars  
Department of Psychiatry, Emory University School of Medicine
- 2009 -            Guest Lecturer, Graduate Psychology Seminars  
Department of Psychology, Emory University

***Other Experience***

- 2004            Divorce and Child Custody Mediator  
Department of Psychology, University of Kansas
- 2004            Academic Advisor  
Department of Psychology, University of Kansas
- 2003 - 2005    Clinic Systems Coordinator  
Psychological Clinic, University of Kansas

***References***

1. W. Edward Craighead, Ph.D.  
J. Rex Fuqua Professor  
Director, Child and Adolescent Mood Disorders Program  
Emory University School of Medicine  
Department of Psychiatry and Behavioral Sciences  
Emory University  
Department of Psychology  
101 Woodruff Circle, Suite 4000  
Atlanta, GA 30322
2. Linda Craighead, Ph.D.  
Professor of Psychology  
465 Psychology Building  
36 Eagle Row  
Emory University  
Atlanta, GA 30322
3. Jennifer S. Cheavens, Ph.D.  
Assistant Professor  
Department of Psychology  
The Ohio State University  
147 Psychology Building  
1835 Neil Avenue  
Columbus, OH 43210