

**3<sup>rd</sup> Annual Virtual Conference:  
Advances in Mindfulness and Acceptance Based Clinical Tools for  
Treating Adolescents and Young Adults**

**Conference Speakers' Bios**



**Yaara Shimshoni, PHD:** Dr. Yaara Shimshoni is a clinical psychologist and a Community Faculty member, Clinical Assistant Professor, at the Yale School of Medicine, where she participates in funded research projects and oversees treatments of anxious children and their parents. Dr. Shimshoni works closely with Dr. Eli Lebowitz, the co-director of the anxiety and moods disorders program and the developer a parent-based treatment program for children and adolescents with anxiety, OCD, and related problems called SPACE (Supportive Parenting for Anxious Childhood Emotions). SPACE has been tested and found to be effective in randomized controlled clinical trials. Dr. Shimshoni has extensive experience in treating, supervising and teaching SPACE to clinicians and has published numerous peer-reviewed papers on the topic. She was also the lead investigator on a pilot

study examining the application of SPACE, to clinical picky eating.



**Shirley Yen, PhD:** Dr. Shirley Yen is an Associate Professor in the Department of Psychiatry at Harvard Medical School at Beth Israel Deaconess Medical Center, and the Training Director of the clinical psychology internship program at the Massachusetts Mental Health Center. Dr. Yen's research focuses on identifying risk factors and developing interventions for suicidal behaviors in adolescents and adults. Dr. Yen has been an NIMH-funded investigator for the past 20+ years, and has authored over 130 peer-reviewed publications. As an investigator on prospective, longitudinal studies of youth with bipolar disorder, adults with personality disorders, and suicidal adolescents, Dr. Yen has examined prospective predictors of suicidal behavior. Dr. Yen's research has also focused on translational work towards developing interventions to reduce suicidal behaviors. She was recently awarded an R01 from the National Institute of Mental Health, to test the effectiveness of a new intervention she

developed, Skills to Enhance Positivity (STEP), in reducing suicidal behaviors in acutely suicidal adolescents. She is currently completing a short-term mixed-method prospective study using daily diary ratings that examines mechanisms of risk for suicidal and self-injurious ideation in sexual and gender minority youth, and a pilot adaptation of a yoga-based intervention for adolescents with depression.



**Patricia Zurita Ona, PsyD:** Dr. Patricia E. Zurita Ona is a clinical psychologist specialized in working with children, adolescents, and adults struggling with OCD, PTSD, all types of anxiety, perfectionism, procrastination, and emotion regulation problems. Dr. Z is the founder of the East Bay Behavior Therapy Center, a boutique therapy practice, where she runs an intensive outpatient program integrating Acceptance and Commitment Therapy (ACT) and Exposure Response Prevention (ERP). She is also a Fellow from the Association of Contextual Behavioral Science (ACBS), member of the OCD San Francisco Bay Area (affiliate from the International OCD Foundation), and a chair of committee for the Anxiety and Depression American Association (ADAA). Dr. Z is also the author of *The ACT Workbook for Teens with OCD: Unhook Yourself and Live Life to the Full*, in addition to *Living beyond OCD: a workbook for adults*.



**Christian Thurstone, MD:** Dr. Christian Thurstone is one of few physicians in the United States who are board certified in general, child and adolescent and addictions psychiatry. He is the medical director of STEP and an professor of psychiatry at the University of Colorado Denver. Dr. Thurstone has completed medical training at the University of Chicago, Northwestern University and the University of Colorado. In 2010, he completed five years of mentored research training through the National Institute on Drug Abuse/American Academy of Child and Adolescent Psychiatry K12 Research Program in Substance Abuse. Dr. Thurstone also currently serves as a team physician serving the National Football League and is a past president of the Colorado Child and Adolescent Psychiatric Society. In June 2012, the United States Congress awarded him another title: U.S. Army Major. He is honored to treat American service members who need mental healthcare as an Army Reserves officer.

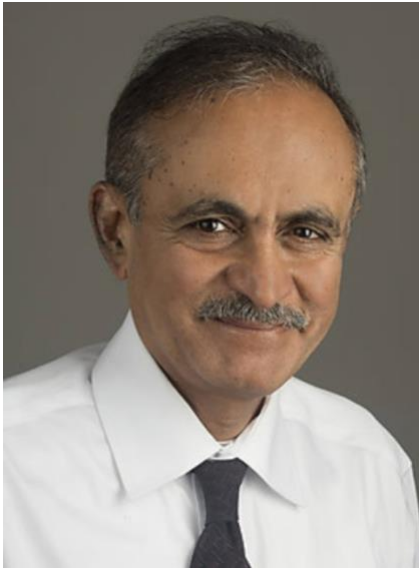


**Evelyn Gould, PhD, BCBA-D, LABA:** Evelyn Gould is a Clinical Behavior Analyst and Licensed Psychologist from Northern Ireland, currently residing in Los Angeles CA, where she lives with her partner and 3 cats. Evelyn's pronouns are [she/they](#). Evelyn is a trainer and supervisor at The New England Center for OCD and Anxiety, and an Assistant Clinical Professor at Keck School of Medicine at USC. She is also a Research Associate in Psychiatry at Harvard Medical School. Evelyn has been providing clinical services to children, adults, and families for two decades, in addition to being engaged in applied research and scholarship. Evelyn has published peer-reviewed articles and book chapters on working with caregivers, clinical assessment and treatment, supervision and training, behavior analysis and ACT (Acceptance and Commitment Therapy). She is passionate about the dissemination of contextual behavioral science and addressing issues of diversity, equity and inclusion within and outside Behavior Analysis.

Evelyn is a member of the LGBTQIA+ community and their work reflects personal and professional values of authenticity, compassion, social justice, and cultural humility. Evelyn strives to support and create affirmative and empowering spaces for young people and their families. Finally, Evelyn is actively involved in a variety of Special Interest Groups and Task Forces within the ABAI and ACBS communities, and is an Associate Editor of the Journal of Contextual Behavioral Science.



**Michelle Friedman-Yakoobian PhD:** Dr. Friedman-Yakoobian is the Clinical Director of the Center for Early Detection, Assessment, and Response to Risk (CEDAR) Clinic, a program aimed at early recognition and treatment of youth showing signs of clinical high risk for psychosis. She is a psychologist at Beth Israel Deaconess Medical Center and is an Assistant Professor of Psychology at Harvard Medical School. Her work has focused on clinical innovation aimed at the development and implementation of innovative psychosocial interventions for individuals experiencing psychosis (or signs of risk) and their families. Her work has led to publications and many invited local, regional, national and international presentations. Dr. Friedman-Yakoobian has been supervising and training psychology graduate students, psychiatry residents and undergraduates within the CEDAR clinic and other programs within BIDMC for more than 15 years. She recently launched the BIDMC Institute for Training in Evidence-Based Assessment and Treatment in order to begin disseminating clinical best practices to professionals and students more widely.



**Matcheri Keshavan MD:** Dr. Keshavan is the Stanley Cobb Professor and Academic Head of Psychiatry, of Beth Israel Deaconess Medical Center and the Massachusetts Mental Health Center. His work focuses on neurobiological models of psychotic disorders and on the development and implementation of early interventions with biopsychosocial treatment strategies. However, Dr. Keshavan is also an enthusiast of mindfulness and yoga and we have had the pleasure of working together on the development and implementation of an intervention for youth at clinical high risk for psychosis that combines cognitive remediation with elements of acceptance and commitment therapy.

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### **Patricia Zurita Ona:**

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