

# AYA INAMORI WILLIAMS

Department of Communication Sciences and Disorders  
Northwestern University  
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## EDUCATION

**Postdoctoral Scholar, Northwestern University, 2023-24**  
Advisor: Viorica Marian PhD

**Postdoctoral Scholar, University of California, San Francisco Dyslexia Center, 2022-23**  
Advisors: Marilu Gorno-Tempini MD PhD, Christa Watson PhD

**Internship in Clinical Psychology, University of California, San Francisco, 2020-22**  
Advisor: Linda Pfiffner, PhD

**Ph.D. in Clinical Psychology, University of California, Berkeley, Received 2022**  
Dissertation: Parental Expressions of Love and Care among Chinese American Families: The Role of Bilingual Language Choice  
Advisor: Qing Zhou, PhD

**M.A. in Clinical Psychology, University of California, Berkeley, Received 2018**  
Thesis: Why Do Bilinguals Code-switch When Emotional? Dynamic Approach to Immigrant Parent-Child Interactions

**B.A. in Psychology and Linguistics, Stanford University, Received 2011**

## RESEARCH INTERESTS

Bilingualism and multilingualism; Culture; Emotion; Development; Family intervention

## FELLOWSHIPS

Catherine and Williams L. Magistretti Graduate Fellowship	2020-1
National Science Foundation Graduate Research Fellowship Program	2016-9
American Psychological Association Junior Scientist Fellowship	2015

## AWARDS

SARMAC Diversity and Inclusion Travel Award	2023
UCSF-UC Berkeley Schwab Dyslexia and Cognitive Diversity Center Innovation Fund	2023
UCSF Clinical Psychology Training Program Robert E. Harris Award	2022
University of California, Berkeley Graduate Student Instructor Excellence Award	2020
Sheldon J. Korchin Prize in Clinical Psychology	2019
Society for Research in Child Development Graduate Student Travel Award	2019
University of California, Berkeley Graduate Division Conference Travel Grant	2016

Beck Institute for Cognitive Behavior Therapy Student and Early Career Scholarship	2016
University of California, Berkeley Graduate Division Conference Travel Grant	2015
Japanese Society of Psychiatry and Neuropsychiatry Poster Award of Excellence	2014
American Group Psychotherapy Association Group Foundation Scholarship	2012
Phi Beta Kappa	2011
Psi Chi International Honor Society in Psychology	2010
Stanford University Undergraduate Research and Advising Major Grant	2010

## **PUBLICATIONS**

### Peer-reviewed Journal Articles

1. Chung, S., **Williams, A.**, Hinshaw, S., Owens, E., McBurnett, K., Piffner, L. (in press). Cultural variations in parenting competence and treatment expectations, adherence, and satisfaction among parents of children with ADHD. *Journal of Clinical Child & Adolescent Psychology*.
2. **Williams, A.**, Haack, L., Hawkey, E., Chung, S., Ly, J. & Piffner, L. (2023) Academic competence, organizational skills, and treatment response among bilingual and monolingual children with Attention Deficit Hyperactivity Disorder. *Translational Issues in Psychological Science*.
3. Kim, Y. J.\*, **Williams, A.\***, Liu, C., & Zhou, Q. (2022) Dynamic associations between emotion expression and regulation among preschoolers in low-income Chinese American and Mexican American immigrant families. *Emotion*, 23(2):460-472.
4. Chan, M.\*, **Williams, A.\***, Teng, T. \*, & Zhou, Q. (2022) Links between parent-child emotion talk and preschoolers' socioemotional behaviors in Chinese-heritage families. *Early Education and Development*, 34:366-386.
5. Iijima, Y., Okumura, Y., Yamasaki, S., Ando, S., Okada, K., Koike, S., Endo, K., Morimoto, Y., **Williams, A.**, Murai, T., Tanaka, S., Hiraiwa-Hasegawa, M., Kasai, K., Nishida, A. (2020). Assessing the hierarchy of personal values among adolescents: A comparison of rating scale and paired comparison methods. *Journal of Adolescence*, 80:53-59.
6. **Williams, A.**, Srinivasan, M., Liu, C., Lee, P., & Zhou, Q. (2020). Why do bilinguals code-switch when emotional? Insights from immigrant parent-child interactions. *Emotion*, 20(5): 830-841.
7. **Williams, A.**, Uchikoshi, Y., Bunge, S., & Zhou, Q. (2019). Relations of English and heritage language proficiency to response inhibition and attention shifting in dual language learners in Head Start. *Early Education and Development*, 30(3): 357-374.
8. Yeung, A., Martinson, M. A., Baer, L., Chen, J., Clain, A., **Williams, A.**, Chang, T.E., Trinh, N.H., Alpert, J.E., Fava, M. (2016). The effectiveness of telepsychiatry-based culturally sensitive collaborative treatment for depressed Chinese American immigrants: A randomized controlled trial. *Journal of Clinical Psychiatry*, 77(8), e996-e1002.
9. Kudo, Y., Nakagawa, A., Tamura, N., Kato, N., **Williams, A.**, Aida, N. & Mimura, M. (2016). The reliability and validity of the Japanese version of the Temperament and Personality Questionnaire for patients with non-melancholic depression. *Journal of Affective Disorders*, 198, 237-241.

10. **Williams, A.**, Nakagawa, A., Sado, M., Fujisawa D., Mischoulon, D., Smith, F., Mimura, M., & Sato, Y. (2015). Comparison of initial psychological treatment selections by U.S. and Japanese early-career psychiatrists for patients with major depression: A case vignette study. *Academic Psychiatry, 40*(2), 235-241.
11. Nakagawa, A., **Williams, A.**, Sado, M., Oguchi, Y., Mischoulon, D., Smith, F., Mimura, M., & Sato, Y. (2015). Comparison of treatment selections by Japanese and American psychiatrists for major depressive disorder: A case vignette study. *Psychiatry and Clinical Neurosciences, 69*(9), 553-562.
12. **Williams, A.**, LaRocca, R., Chang, T.E., Trinh, N., Fava, M., Kvedar, J. & Yeung, A. (2014). Web-based depression screening and psychiatric consultation for college students: A feasibility and acceptability study. *International Journal of Telemedicine and Applications, 2014*, 580786.
13. Chang, T., Brill, C., Traeger, L., Bedoya, A., **Inamori, A.**, Hagan, P., Flaherty, K., Hails, K., Fava, M., Yeung, A., & Trinh, N. (2014). Association of race, ethnicity and language with participation in mental health research among adult patients in primary care. *Journal of Immigrant and Minority Health, 17*(6), 1660-1669.
14. Jeon, H.J., Walker, R., **Inamori, A.**, Hong, J.P., Maeng, J.C., Baer, L., Clain, A., Fava, M., & Mischoulon, D. (2014). Differences in depressive symptoms between Korean and American outpatients with major depressive disorder. *International Clinical Psychopharmacology, 29*(3), 15-156.
15. Trinh, N., Hagan, P., Flaherty, K., Traeger, L., **Inamori, A.**, Brill, C., Hails, K., Chang, T.E., Bedoya, A., Fava, M., & Yeung, A. (2014). Evaluating patient acceptability of a culturally focused psychiatric consultation intervention for Latino Americans with depression. *Journal of Immigrant and Minority Health, 16*(6), 1271-1277.
16. Jeon, H.J., Hong J.P., Fava, M., Mischoulon, D., Nyer, M., **Inamori, A.**, Sohn, J.H., Seong, S., & Cho, M.J. (2013). Childhood parental death and lifetime suicide attempt of opposite-gender offspring in nationwide community sample of Korea. *Suicide and Life-Threatening Behavior, 43*(6), 598-610.
17. Oh, B., Choi, S.M., **Inamori, A.**, Rosenthal, D., & Yeung, A. (2013). Effects of qigong on depression: A systemic review. *Evidence-Based Complementary and Alternative Medicine, 2013*, 1-8.
18. Cardoos, A., **Inamori, A.**, Sanacora, G., Fava, M., & Mischoulon, D. (2013). Delayed amnesic syndrome after riluzole use in major depressive disorder: A case report. *Psychosomatics, 54*, 488-492.
19. Farabaugh, A., Alpert, J., Wisniewski, S.R., Otto, M.W., Fava, M., Baer, L., Perlis, R., Friedman, E., Nyer, M., Bitran, S., Balasubramani, G.K., **Inamori, A.**, Trivedi, M., & Thase, M.E. (2012). Cognitive therapy for anxious depression in STAR\*D: What have we learned? *Journal of Affective Disorders, 142* (1-3), 213-221.
20. Fausey, C., Long, B., **Inamori, A.**, & Boroditsky, L. (2010). Constructing agency: The role of language. *Frontiers in Psychology, 1* (162), 1-11.

\* Equal contributions as co-first author

*Peer-reviewed Conference Proceedings*

21. **Williams, A.**, Chen, S., & Zhou, Q. (2015). Cultural transmission of self-concept from parent to child in Chinese American families: Does language matter? *Proceedings of the Annual Meeting of the Berkeley Linguistics Society*.
22. **Inamori, A.** (2011). Examination of the quotative markers *like*, *mitaina*, and their co-occurrence in Japanese/English code-switching. *Proceedings of the 19<sup>th</sup> Annual Symposium about Language and Society*.

*Book chapter*

Zhou, Q., **Williams, A.**, Curtis, K. (2023). Fostering prosociality in the family context: A review of parent- and family-focused interventions promoting children's effortful control and prosocial tendencies. In *The Cambridge Handbook of Prosociality: Development, Mechanisms, Promotion*. Malti, T., Davidov, M.

*Manuscripts under Review*

**Williams, A.**, Liu, C., Zhou, Q., Chen, S. (Under review). Parental expressions of love in Chinese American immigrant families: Implications for children's attachment security. *Developmental Science*.

Hawkey, E., **Williams, A.**, Owens, E., & Pfiffner, L. (Under review). Emotion dysregulation and executive function in children with ADHD symptoms impact behavioral parent training outcomes. *Research on Child and Adolescent Psychopathology*.

*Popular Press*

**Williams, A.** (2020, March). The many languages of love. *The Daily Californian*.

Haack, L. & **Williams, A.** (2020, February). ADHD, Bilingualism, and Executive Functions. *Attention Magazine*.

*The Japan Times*: "Returnee's experiences drive a will to give something back" (2014, May).

*Translation (English to Japanese)*

Miklowitz, D. (2008). *Bipolar Disorder, Second Edition: A Family-Focused Treatment Approach* (in Japanese). The Guilford Press.

**CONFERENCE PRESENTATIONS**

**Invited Talks**

1. **Williams, A.**, Liu, C., Wu, J., Meng, L., Deng, X. F., Zhou, Q., Chen, S. (April 2021) *Parental expressions of love and care among Chinese immigrant families: The role of bilingual language choice*. Virtual paper presented at 2021 Society for Research in Child Development Biennial Meeting.

2. **Williams, A.**, Kim, Y., Zhou Q. (July 2018) *Links between executive function and emotion regulation in bilingual preschoolers from low-income immigrant families*. Paper presented at the 25<sup>th</sup> Biennial Meeting of the International Society for the Study of Behavioral Development, Gold Coast, Australia.
3. Anicama, C., **Williams, A.**, & Curtis, K. (March 2017) *Empowering children of color through their parents*. Workshop presented at the 32<sup>nd</sup> Annual Empowering Womxn of Color Conference, Berkeley, CA.

### **Chaired Symposia**

4. **Williams, A.** (2022). Bilingualism Shapes Emotional Processes; Integrating Perspectives Across Psychological Science (Co-chair). Paper symposium co-chaired at the Annual Convention for Association for Psychological Science, Chicago, IL.
5. **Williams, A.** (2021). Technology to Promote Children's Socioemotional Learning: Needs and Challenges during COVID-19 Pandemic and Beyond (Co-chair). Virtual roundtable discussion co-chaired at the Society for Research in Child Development Biennial Meeting.

### **Paper and Poster Presentations**

6. **Williams, A.**, Zhou, Q., Liu, C., Marian, V., & Chen, S. (August 2023) Emotional acculturation in Chinese immigrant parents: Insights from bilingual parent-child affirmation discussion. Paper presented at the Society for Applied Research in Memory and Cognition, Nagoya, Japan.
7. Garrison, Y. L., Gerry, S., Hashiramoto, T., Do, R., & **Williams, A.** (July 2023) Asian multilingual clients' emotional expressions in everyday life and psychotherapy. Poster presented at the APA Division 45 Research Conference, San Diego, CA.
8. Chung, S., **Williams, A.**, Owens, E., McBurnett, K., Hinshaw, S.P., & Pffiffer, L.J. (June 2023) Parental cognitions, treatment engagement, and child outcomes of ADHD behavioral training in Asian American families. Oral presentation presented at the 2023 International Society for Research in Child and Adolescent Psychopathology Biennial Meeting, London, England.
9. Huang, C., Wong, S., **Williams, A.**, Lau, A., & Chen, S. (March 2023) Parents' heritage language use, socioeconomic status, and children's ethnic identity in Chinese immigrant families. Flash talk paper presented at the 2023 Society for Research in Child Development Biennial Meeting, Salt Lake City, UT.
10. Huang, C., **Williams, A.**, Lau, A., & Chen, S. (April 2023) Parent-child language gaps and children's socioemotional outcomes in Chinese immigrant families. Flash talk presented at the 2023 Society for Research on Adolescence, San Diego, CA.
11. **Williams, A.**, Chung-Fat-Yim, A., Marian, V., Pffiffer, L., & Haack, L. (November 2022) Promising effects of socioemotional skills training in bilingual children with attention and behavioral concerns. Individual paper presented at the 2022 American Congress of Rehabilitation Medicine, Chicago, IL.

12. **Williams, A.**, Wu, J., Meng, L., Deng, X. F., & Chen, S. (May 2022) Parental expressions of love and care among Chinese immigrant families: The role of bilingual language choice. Symposium paper presented at the 2022 Associations for Psychological Science Convention, Chicago, IL.
13. Ugurlu, O., **Williams, A.**, Kross, E., & Ayduk, O. (May 2022) Regulating emotions in a foreign tongue: Reflecting on negative experiences in a second language enhances self-distancing among bilinguals. Symposium paper presented at the 2022 Associations for Psychological Science Convention, Chicago, IL.
14. Watanabe, N., **Williams, A.**, Hattori, T., Fujita, S., & Kobayashi, T. (April 2021) *Children's storybooks as a tool for socialization: Comparing somatic emotion words in Japanese and English*. Virtual paper presented at the 2021 Society for Research in Child Development Biennial Meeting.
15. Kim, Y., **Williams, A.**, & Zhou, Q. (April 2021) *Cultural differences in positive emotion regulation from Chinese American and Mexican American preschoolers*. Virtual poster presented at 2021 Society for Research in Child Development Biennial Meeting.
16. Meng, L., **Williams, A.**, Wu, J., Deng, X. F., Zhou, Q., & Chen, S. (April 2021) *Role, responsibility, and care: A study of training in Chinese American parent-child affirmation discussion*. Virtual poster presented at 2021 Society for Research in Child Development Biennial Meeting.
17. Wu, J., Williams, A., & Chen, S. H. (February 2020) *Bilingualism and parental expressions of love and care in Chinese immigrant families*. Poster presented at the Parenting and Family Dynamics Preconference, Society for Personality and Social Psychology Convention, New Orleans.
18. **Williams, A.**, Srinivasan, M., Liu, C., & Zhou, Q. (March 2019) *Why do bilingual speakers code-switch when feeling emotional? Dynamic approach to immigrant parent-child communication*. Poster presented at the 2019 Society for Research in Child Development Biennial Meeting, Baltimore, MD.
19. Yang, L., Uchikoshi, Y., **Williams, A.**, & Zhou, Q. (March 2019) *Language environment, parental attitudes, and acculturation among dual language learners in Head Start*. Poster presented at the 2019 Society for Research in Child Development Biennial Meeting, Baltimore, MD.
20. Kim, Y., **Williams, A.**, Liu, C., & Zhou, Q. (March 2019) *Dynamic associations among emotion regulation, expressed affect, and inhibitory control in preschoolers from immigrant families*. Paper presented at the 2019 Society for Research in Child Development Biennial Meeting, Baltimore, MD.
21. Ugurlu, O., **Williams, A.**, & Ayduk, O. (February 2019) *Recalling negative memories in foreign language creates psychological distance*. Poster presented at the 2019 Society for Personality and Social Psychology Annual Convention, Portland, OR.
22. Lee, P., Curtis, K., Chung, M., Zhou, **Williams, A.**, Zhou, Q. (June 2018). *Proposed protocol for assessment of teacher socialization of children's negative emotions in early childhood*

- classrooms*. Poster presented at the National Research Conference on Early Childhood sponsored by the Administration for Children and Families, Arlington, VA.
23. **Williams, A.**, Ayduk, O., Leitner, J., Ugurlu, O. (May 2018) *Recalling negative memories in a foreign language creates psychological distance*. Poster presented at the 30<sup>th</sup> Association for Psychological Science Annual Convention, San Francisco, CA.
  24. **Williams, A.** (May 2018) *Dynamic associations between language switching behavior and emotion expression among Chinese American parents and children*. Paper presented at the 30<sup>th</sup> Association for Psychological Science Annual Convention, San Francisco, CA.
  25. Chung, W., **Williams, A.**, Zhou, Q. (May 2018) *Examining cross-cultural differences between Chinese American and Taiwanese families in parent-child emotion discussion and its effects on children's socioemotional outcome*. Paper presented at the 30<sup>th</sup> Association for Psychological Science Annual Convention, San Francisco, CA.
  26. **Williams, A.** (November 2017) *How do we improve engagement in evidence-based therapies for individuals from diverse backgrounds?* Panel discussion presented at the 51<sup>st</sup> Association for Behavioral and Cognitive Therapies Association Annual Convention, San Diego, CA.
  27. **Williams, A.** (April 2017) *Examining the relationship between code-switching and emotion regulation in bilingual immigrant families*. Paper presented at the 2017 Society for the Study of Psychiatry and Culture Annual Meeting, Princeton, NJ.
  28. **Williams, A.**, Uchikoshi, Y., Zhou, Q. (April 2017) *Bilingual proficiency and preschoolers' executive function in Mexican American and Chinese American low-income families*. Poster presented at the 2017 Society for Research in Child Development Biennial Meeting, Austin, TX.
  29. **Williams, A.**, Srinivasan, M., Zhou, Q. (April 2017) *The relations between parental code-switching and emotion expression in multilingual families*. Poster presented at the 2017 Society for Research in Child Development Biennial Meeting, Austin, TX.
  30. Lun, P., **Williams, A.**, & Zhou, Q. (June 2016) *Examining cross-cultural differences in emotion regulation between Chinese American and Taiwanese preschool-age children*. Poster presented at the Society for Prevention Research 24<sup>th</sup> Annual Meeting, San Francisco, CA.
  31. **Williams, A.**, Nakagawa, A., Sado, M., Fujisawa, D., Mischoulon, D., Smith, F., Mimura, M., Sato, Y. (June 2015) *Comparison of initial psychological treatment selections by U.S. and Japanese early-career psychiatrists for patients with major depression: A case vignette study*. Poster presented at the Japanese Psychiatry and Neurology Society 111<sup>th</sup> Annual Meeting/World Psychiatric Association Regional Congress 2015, Osaka, Japan.
  32. Kudo, Y., Nakagawa, A., Wake, T., Ishikawa, N., **Williams, A.**, Mimura, M. (May 2015) *Social avoidance as a feature of Japanese patients with major depressive disorder*. Poster presented at the American Psychiatric Association 168<sup>th</sup> Annual Meeting, Toronto, Canada.
  33. **Williams, A.**, Chen, S., Zhou, Q. (March 2015) *Code-switching and parental expression of emotion in Chinese American immigrant families*. Poster presented at the 2015 Society for Research in Child Development Biennial Meeting, Philadelphia, PA.

34. **Williams, A.**, Chen, S., Zhou, Q. (February 2015) *Cultural transmission of self-concept from parents to children in Chinese American family: Does language matter?* Paper presented at the Berkeley Linguistics Society 41<sup>st</sup> Annual Meeting, Berkeley, CA.
35. Ishikawa, N., Kudo, Y., **Williams, A.**, Nakagawa, A., & Mimura, M. (October 2014) *Holistic assessment of patient with major depressive disorder focusing on positive resources: a case study*. Poster presented at the Japanese Positive Health Psychology 3<sup>rd</sup> Annual Meeting, Tokyo, Japan.
36. Kudo, Y., Nakagawa, A., **Williams, A.**, Ishikawa, N. & Mimura, M. (October 2014) *Reliability and validity of the Japanese version of the Temperament and Personality Questionnaire for patients with major depressive disorder*. Poster presented at the Japanese Positive Health Psychology 3<sup>rd</sup> Annual Meeting, Tokyo, Japan.
37. Nakagawa, A., **Williams, A.**, Sado, M., Oguchi, Y., Mischoulon, D., Smith F., Sato, Y., & Mimura, M. (2014 June) *Comparison of depression treatment selection by Japanese and American psychiatrists: A case vignette study*. Poster presented at The Japanese Society of Psychiatry and Neurology Annual Meeting, Yokohama, Japan.
38. **Inamori, A.**, Cassiello, C., Fehling, K., Dipierro, M., Nyer, M., Baer, L., Pedrelli, P., Fava, M., & Farabaugh, A. (2012, November). *Six-week cognitive behavioral therapy for the treatment of depression, suicidal ideation, and comorbid anxiety among college students*. Poster presented at Association for Behavioral and Cognitive Therapies 46<sup>th</sup> Annual Convention, National Harbor, MD.
39. Fehling, K., Cassiello, C., **Inamori, A.**, Dipierro, M., Nyer, M., Baer, L., Pedrelli, P., Fava, M., & Farabaugh, A. (2012, November). *Cognitive behavioral therapy for undergraduate college students: Positive affect and depressive symptoms*. Poster presented at Association for Behavioral and Cognitive Therapies 46<sup>th</sup> Annual Convention, National Harbor, MD.
40. Dipierro, M., **Inamori, A.**, Fehling, K., Cassiello, C., Nyer, M., Baer, L., Pedrelli, P., Fava, M., & Farabaugh, A. *Increased social interest as a result of brief cognitive behavioral therapy*. (2012, November). Poster presented at Association for Behavioral and Cognitive Therapies 46<sup>th</sup> Annual Convention, National Harbor, MD.
41. Young, D., Burykin, A., Costa, M., Goldberger, A.L., Kelty-Stephen, D., Lemberg, T., Niemi, J., Osborne, J., Qureshi, M., Stirling, L., Dagli, C., Helfer, B., Malyska, N., Quatieri, T., Williamson, J., Yu, B., Nayak, T., Rajj, T., Lee, A.K.C., Durham, K., **Inamori, A.**, & Nierenberg, A. (2012, November). *Exploring biomarkers for depression*. Poster presented at the Wyss Institute for Biologically Inspired Engineering Annual Retreat, Boston, MA.
42. **Inamori, A.**, LaRocca, R., Chang, T.E., Trinh, N., Fava, M., & Yeung, A. (2012, October). *Web-based depression screening and psychiatric consultation for college students: A feasibility and acceptability study*. Poster presented at American Psychiatric Association 64<sup>th</sup> Institute of Psychiatric Services, New York, NY.
43. DeJong, M., **Inamori, A.**, Dipierro, M., Brill, C., Rohades, L., Nyer, M., Kuppenbender, K., Kulich, R., Gilligan, C., Gard, T., Lazar, S., Fava, M., Mischoulon, D., Hoge, E., Peeters, F., Os, J., Britton, W., & Ashih, H. (2012, October). *Mindfulness based cognitive therapy for chronic pain and depression: Background and design of a randomized controlled trial*. Poster presented at International Symposia for Contemplative Studies, Denver, CO.



44. Young, D., Costa, M., Goldberger, A.L., Niemi, J., Osborne, J., Qureshi, M., Sterling, L., Malyska, N., Quatieri, T., Nayak, T., Raij, T., **Inamori, A.**, Sacco, G., & Nierenberg, A. (2011, November). *Exploring biomarkers for depression*. Poster presented at Wyss Institute for Biologically Inspired Engineering Retreat, Boston, MA.
45. Yeung, A., Hails, K., **Inamori, A.**, Chang, T., Trinh, N., & Fava, M. (2011, August). *Effectiveness of telepsychiatry-based culturally sensitive collaborative treatment for depressed Chinese Americans in primary care: An interim analysis*. Poster presented at American Psychiatric Association 119<sup>th</sup> Annual Convention, Washington D.C.
46. **Inamori, A.** (2011, April). *Examination of the quotative markers “like,” “mitaina,” and their co-occurrences in Japanese/English code-switching*. Paper presented at the 19<sup>th</sup> Symposium about Language and Society, Austin, TX.

### **TEACHING EXPERIENCE**

<b>Northwestern University</b>		2023-
Guest Lecturer		
Spring 2023	Seminar in Communication Sciences and Disorders Bilingualism “Bilingualism and mental health services”	
<b>University of California, San Francisco</b>		2022-
Guest Lecturer		
Fall 2023	ADHD and Disruptive Behavior Disorders Child & Adolescent Psychiatry Didactics “Cultural adaptations of parenting interventions”	
Spring 2023	ADHD and Disruptive Behavior Disorders Child & Adolescent Psychiatry Didactics “Cultural adaptations of parenting interventions”	
Fall 2022	Developmental Psychopathology & Therapeutics Child & Adolescent Psychiatry Didactics “Diversity, Equity, and Inclusion at UCSF”	
Spring 2022	Intensive Family Therapy Reflecting Team Clinic Child & Adolescent Psychiatry Didactics “Sociocultural perspectives on emotion expression and regulation”	
<b>University of California, Berkeley</b>		2015-
Graduate Student Instructor (GSI)		

Taught three weekly one-hour discussion sections for approximately 30 students per section. Reviewed course material with students, assisted exam design, created and graded assignments, held weekly office hours, reviewed exams, and allocated course grades.

- Spring 2021 Psych C162: Human Happiness (Online)  
Instructor: Dacher Keltner, PhD  
Overall effectiveness: 6.2 (out of 7)
- Spring 2020 Psych W1: General Psychology (Online - asynchronous)  
Instructor: Christopher Gade, PhD
- Fall 2020 Psych 131: Developmental Psychopathology (Online)  
Instructor: Qing Zhou, PhD  
Overall effectiveness: 6.5
- Fall 2019 Psych 167AC: Stigma & Prejudice  
Instructor: Jason Okonofua, PhD  
Overall effectiveness: 6.3
- Spring 2016 Psych 130: Clinical Psychology  
Instructor: Robert W. Levenson, PhD  
Overall effectiveness: 6.3
- Fall 2015 Psych 131: Developmental Psychopathology  
Instructor: Qing Zhou, PhD  
Overall effectiveness: 6.6
- Spring 2015 Psych 166AC: Cultural Psychology  
Instructor: Matthew Goren, PhD  
Overall effectiveness: 6.2

**University of California, Berkeley**

2020-

Guest Lecturer

- Fall 2022 Psych 148: Psychological Research on Children of Immigrant Families  
“Cultural adaptations of parent training”
- Spring 2020 Psych 148: Psychological Research on Children of Immigrant Families  
“Bilingualism and self-regulation in immigrant families”

**Stanford University**

2011

Teaching Assistant

- Winter 2011 Linguistics 191/291: Teaching of English as Second/Foreign Language  
Instructors: Phil Hubbard and Connie Rylance

**MENTORING EXPERIENCE****University of California, Berkeley, Getting into Graduate School**

2015-18

- Mentored first-generation, historically underrepresented undergraduate students in their successful applications to graduate school

**University of California, Berkeley, Department of Psychology**

2016-22

- Mentored and advised undergraduate and post-baccalaureate level students in their research

<b>Learner</b>	<b>Mentorship</b>	<b>Current/Subsequent Position</b>
Anson Wong	Graduate school application	PhD student
Alithu Delgado	Graduate school application	PsyD student, Wright Institute
Xue Fang Deng	Independent Study	Fulbright Scholar, Taiwan
Lionel Meng	Independent Study	MEd student, UT Austin
Iyioluwa Ajayi	Medical school application	MD student, Howard University
Jinli Wu	Graduate school application	PhD student, Georgetown University
Vanessa Kim	Graduate school application	PhD student, Pennsylvania State University
Megan Chan	Honor's Thesis	PhD student, UC Berkeley
Phyllis Lun	Honor's Thesis	PhD student, University of Hong Kong

## **CLINICAL EXPERIENCE**

### **University of California, San Francisco, Psychiatry and Behavioral Sciences** 2020-2

Predoctoral Clinical Psychology Fellow

Supervisor: Linda Pfiffner, PhD

- Provide remote training and consultations for school mental health professionals to provide Parent Management Training for parents of children with ADHD
- Provide telehealth individual and group CBT for children with ADHD, comorbid anxiety and mood disorders, co-facilitate Parent Management Training groups
- Provide family therapy using Emotion Focused Family Therapy
- Provide individual and family therapy in full model DBT
- Conduct testing for children with ADHD and ASD

### **Kaiser Permanente Richmond Medical Center, Psychiatry** 2017-8

Clinical Extern

Supervisor: Daniel Alterman, PhD

- Provided individual CBT and psychodynamic psychotherapy (6 cases per week)
- Conducted comprehensive ADHD assessments and behavioral management training

### **University of California, Berkeley, Family and Culture Laboratory** 2015-9

Assessor

Supervisor: Qing Zhou, PhD

- Conducted in-home academic and neuropsychological assessments for children from low-income Mexican American and Chinese American immigrant families (ages 3-5)

### **University of California, Berkeley, Psychology Clinic** 2015-7

Psychotherapy Intern

Supervisors: Daniela Owen, PhD, Nilofar Sami, PhD, & Elizabeth Owens, PhD

- Provided individual and family CBT for ADHD, anxiety, and mood disorders
- Co-led parent management training groups for parents of children with ADHD-I (4 parents per group, 2 iterations)

### **University of California, Berkeley, Assessment Clinic** 2015-7

Assessment Intern

Supervisors: Alan Shonkoff, PhD, Alan Siegel, PhD & Joan Wenters, PhD

- Administered, scored, and interpreted neuropsychological and psychological evaluations for children and adolescents
- Wrote integrative reports and provided feedback to families

**University of California, Berkeley, Early Childhood Education Program** 2016

Consultant

Supervisor: Qing Zhou, PhD

- Provided weekly classroom observations and mental health consultations for classroom teachers and center director of an early childhood education program (2 classrooms, ages 3-5)

**Massachusetts General Hospital, Depression Clinical and Research Program** 2011-3

Clinical Research Coordinator

Supervisor: Maurizio Fava, MD, Albert Yeung, MD

- Co-led mindfulness cognitive behavior therapy group for adults with comorbid major depression and chronic pain (7 adults per group, 3 iterations)

**Wediko Children's Services, Summer Program** 2010

Residential Counselor

Supervisors: Harry Parad, PhD, Othniel St-Ulme, NCSP

- Provided daily individual and group therapy (12-year-olds) with severe socioemotional and learning differences

**PROFESSIONAL SERVICES**

**Ad-Hoc Peer Reviewer:** Emotion, Child Development, Journal of Consulting and Clinical Psychology, Affective Science, International Journal of Bilingualism, Developmental Psychology

**UCSF Department of Psychiatry and Behavioral Sciences** 2020-23

Diversity Committee Health Equity Subcommittee member

**NTT Communication Science Laboratories** 2020-22

Innovative Communication Laboratory Intern (Kyoto, Japan)

**University of California, Berkeley, Department of Psychology** 2015, 2019

Clinical Science Cohort Representative

**MISCELLANEOUS**

*Programming Languages:* R, SPSS, LISREL, MATLAB

*Natural Languages:* Native proficiency in English and Japanese, working proficiency in Spanish

U.S. permanent resident

Last updated: September 28, 2023