

Marissa Krinsky

Curriculum Vitae

HIGHER EDUCATION

- Doctor of Philosophy**
Expected Summer, 2018
University of Miami, Coral Gables, FL
APA Accredited Program: Clinical Psychology
Specialization in Adult Populations
Dissertation Title: *The allocation of attentional resources: exploring the fluctuations of mind wandering with intraindividual coefficients of variation and affective variables*
Thesis Chair: Amishi Jha, Ph.D.
- Master of Science**
Defended December, 2015
University of Miami, Coral Gables, FL
APA Accredited Program: Clinical Psychology
Thesis Title: *The inter-relationship between mind wandering and working memory*
Thesis Chair: Amishi Jha, Ph.D.
- Bachelor of Science (Honors)**
May 2010
Emory University, Atlanta, GA
Major: Neuroscience and Behavioral Biology (with Honors)
Major: Religion
Honors Thesis Title: *Exclusive Challenges in Modeling Psycho-Social Stress: The Cyberball Experience*
Honors Thesis Advisor: Charles Raison, M.D.

ACADEMIC HONORS AND AWARDS

- 2014- present **National Science Foundation** Graduate Research Fellowships Program Award Recipient
- 2015 **University of Oxford** Mindfulness Summer School Bursary Grant
- 2011-2013 **National Institute of Health** Post-Baccalaureate Intramural Research Training Award
- 2010 **U.S. Fulbright Scholar Program** Recipient, Kathmandu, Nepal
- 2007, 2009 **Emory Center for International Programs Abroad** grant, Sydney, Australia and Dharamsala, India
- 2008 **Emory-Tibet Science Initiative Grant**, for research study in Dharamsala, India
- 2007 **Emory University** Summer Undergraduate Research Experience grant, Dharamsala India

- 2006 **Carnegie Mellon University** Summer Undergraduate Research Fellowship sponsored by Howard Hughes, Pittsburgh, PA
- 2004 **Clark's Scholar** Summer Internship Grant in Cognitive Psychology, Lubbock, TX

CLINICAL PRACTICA

SOUTH FLORIDA STATE HOSPITAL: Correct Care Recovery Solutions

Inpatient Therapy Service

August 2016 to Present

Supervisors: Shelia Schmitt, Psy.D, George Kallas, Psy.D., and Mirelis Peraza, Psy.D.

Conducted short- and long-term individual inpatient therapy and short-term (16 weeks-long) group therapy sessions with individuals challenged with serious mental illness and significant functional impairment. Also responsible for conducting initial and annual bio-psycho-social assessments, assessing substance abuse and conducting consultations for psychological treatment. Group therapy facilitator for: Dialectic Behavioral Therapy and Anger Management. Participated in weekly treatment team meetings for Dialectic Behavioral Therapy and Trauma Therapy. Attended seminars on: Violence Risk Assessments, Group Therapy, Rapid Trauma Resolution Therapy, and Motivational Interviewing.

U.S. DEPARTMENT OF VETERAN'S AFFAIRS, MIAMI: Psychosocial Rehabilitation and Recovery Centers (PRRC)

Outpatient Therapy Service

September 2015 to July 2016

Supervisor: Janette Rodriguez, Psy.D.

Conducted long-term individual outpatient therapy and short-term (12 weeks-long) group therapy sessions with veterans challenged with serious mental illness and significant functional impairment. Also responsible for conducting bio-psycho-social interviews, assessing severity of impairment in psychosocial functioning due to serious mental illness, and motivation for treatment. Group therapy facilitator for: Mindfulness Based Cognitive Therapy, Social Skills Training for Schizophrenia, Anger Management, Narrative-based Recovery Stories and Acceptance and Commitment Therapy, Cognitive Behavioral for Depression, Health Promotion and Disease Prevention.

PSYCHOLOGICAL SERVICES CENTER, Department of Psychology, University of Miami

Assessment Services

July 2014 to April 2015

Supervisor: Saneya Tawfik, Ph.D.

Assessed adolescents, and adults with varying referral problems. Assessments included psychoeducational batteries, personality testing, and neuropsychological testing. Responsible for all steps of assessment process, including conducting intake interviews, test administration, scoring,

interpretation, report writing, and providing formal feedback. Individual supervision was provided throughout the assessment process. Participated in bi-weekly assessment case conferences.

Outpatient Therapy Service

May 2014 to June 2015

Supervisors: Amy Weisman de Mamani, Ph.D.; Judith McCalla, Ph.D.

Conducted short- and long-term regular outpatient therapy with adults from a multiethnic population in the South Florida community. Therapy issues included depression, anxiety, OCD, and personality disturbance. Weekly individual supervision involved discussion of cases, including diagnosis and treatment planning, and review of audio and videotapes. Treatment orientation was primarily cognitive-behavioral, but also included mindfulness based interventions, stress reduction, and communication training. Participated in bi-weekly therapy case conferences.

OTHER RELEVANT CLINICAL EXPERIENCES

PSYCHOLOGICAL SERVICES CENTER, Department of Psychology, University of Miami:

Bridging Research on Anxiety, Innovations and Neuroscience (BRAIN)

September 2015 to Present

Supervisors: Jennifer Britton, Ph.D. and Kiara Timpano, Ph.D.

Served as an assessment therapist for a research protocol measuring cognitive differences across anxiety disorders and healthy controls. Responsibilities included conducting interviews and administering the Wechsler Abbreviated Scale of Intelligence and a color blindness test.

CAMAT: Child Anxiety and Depression Treatment

May 2015 to January 2016

Supervisors: Amy Beaumont, Ph.D. and Jill Ehrenreich-May, Ph.D.

Served as therapist for an empirically-supported individualized therapy intervention designed to treat anxiety disorders in adolescents.

Hoarding Support Group

September 2014 to February 2015

Supervisor: Kiara Timpano, Ph.D.

Served as an assessment therapist for an empirically-supported 20-week adult group therapy intervention designed to treat hoarding disorder. Responsibilities included conducting interviews and assessing symptom severity using self-report and interview measures.

WORKSHOPS

CLINICAL TRAINING

Workshop: Mindfulness-Based

Zindel Segal, Ph.D., University of Toronto Scarborough

Cognitive Therapy (MBCT)
(45.5 hours)

Presented at Omega Institute in Rhinebeck, NY in August 2015

Workshop: Unified Protocol for Anxiety
(8 hours)

Jill Ehrenreich-May, Ph.D., University of Miami
Presented at the University of Miami in Spring 2014

Lecture Series: Clinical Assessment and Therapy Case Conference
(32 hours)

Saneya Tanfiki, Ph.D., Judith McCalla, Ph.D., University of Miami
Didactic seminars on assessment, case conceptualization, diagnosis, and therapy issues. Provided for practicum students at the University of Miami, 2013 to present

Workshop: Mindfulness Based Stress Reduction
(24 hours)

Gus Castellanos M.D.
Presented at the University of Miami Medical School in Fall 2013

RESEARCH TRAINING

Workgroup: Mindfulness research working group
(16 hours)

Amishi Jha, Ph.D., Zindel Segal, Ph.D., & Jon Kabat-Zinn, Ph.D.
Presented at Miami, FL, October 2015

Lecture Series: Oxford Mindfulness Summer School: Mindfulness in the 21st Century
(40 hours)

Mark Williams, Ph.D. and Chris Cullen, Ph.D., Oxford University
Presented at St Hugh's College, Oxford, August 2015

Lecture Series: Mind and Life Summer Research Institute
(40 hours)

Mind and Life Faculty
Presented at the Garrison Institute, June 2015

Workshop: AFNI Bootcamp
(59 hours)

Rick Reynolds, Ph.D, National Institutes of Health
Presented at the University of Miami in Spring 2014 and at The National Institutes of Health, Spring 2013

Workshop: Explorations in Statistics Research
(40 hours)

Mark Hansen Ph.D, Deb Nolan Ph.D, Duncan Temple Lang, Ph.D, Presented at Berkeley University, Summer 2009

RECENT RESEARCH EXPERIENCE

Dissertation Thesis: The allocation of attentional resources: exploring the fluctuations of mind wandering with intraindividual coefficients of variation and affective variables.

Department of Psychology, University of Miami

Chairperson: Amishi Jha, Ph.D.

Proposal Date: September 26, 2016

The goal of this investigation study is to expand our understanding of conditions and variables that lead to increases in self-reported mind wandering. Specifically, we aim to test if subjective reports of mind wandering increase with time spent engaging with a task (time-on-task) and correspond to attentional performance (measured by response time variability) on a task of sustained attention. Further, we will test if the association between mind wandering and attentional performance is moderated by individual differences in affective factors (i.e. negative mood and depression). Pilot data analysis of (38 subjects) revealed that participants show greater cost in attentional performance with more time-on-task when mind wandering. Further, individual differences in negativity moderated the relationship between mind wandering and attentional performance with time-on-task, indicating that participants with high levels of negative mood were more likely to report mind wandering when their attentional performance was more variable and the strength of this relationship increased with time-on-task. The results of our pilot study are promising and suggest that performance, negative mood, and time-on-task predict mind wandering

Master's Thesis: Investigating the Inter-relationship between Mind Wandering and Working Memory

Department of Psychology, University of Miami
Chairperson: Amishi Jha, Ph.D.
Proposal Date: September 2014
Defense Date: December 17, 2015

The goal of this investigation was to investigate the nature of mind wandering during cognitively demanding tasks. Original data collection, 74 undergraduate students recruited and tested in this working memory paradigm. Data analysis revealed more mind wandering at the beginning of the experiment for low vs. high load trials but as the experiment progressed, this pattern was reversed, reflecting overall experimental averages of more mind wandering reported during high vs. low load trials. In addition, individuals with low vs. high working memory capacity demonstrated greater performance decrements when reporting off-task thought. These results suggest that the fluctuation of mind-wandering is altered due to working memory capacity, mnemonic demands, time-on-task, and the interaction of demand and time.

The Section on Neurobiology of Fear and Anxiety

National Institute of Mental Health
August 2011 to August 2013
Principal Investigator: Christian Grillon, Ph.D.

This research was a larger part of the investigation identifying the psychological and neural mechanisms underlying fear and anxiety. Methodology included psychophysiological measures, such as EMG startle, EKG, salivary cortisol, and skin conductance; neural activation using fMRI and DTI, and performance on computerized cognitive tasks, such as the N-back, Go-No-Go, Towers of London, Water maze, and fear conditioning tasks.

PUBLICATIONS

Krinsky, M., Llabre, M.M., Forster, D.E. & Jha, A.P. (under review). The influence of mind wandering and time-on-task on working memory.

- Grillon, C., Robinson, O. J., **Krinsky, M.**, O'Connell, K., Alvarez, G., & Ernst, M. (2016). Anxiety-Mediated Facilitation of Behavioral Inhibition: Threat Processing and Defensive Reactivity During a Go/No-Go Task. *Emotion*. Advance online publication.
- Robinson, O. J., **Krinsky, M.**, Lieberman, L., Allen, P., Vytal, K., Ernst, M., & Grillon, C., Oliver J. (2016). Anxiety-potentiated amygdala-medial frontal coupling and attentional control. *Translational Psychiatry*, 6(6), e833.
- Krinsky, M.** (2015, May). *How Consciousness Works* [Review of the book *Waking, Dreaming, Dying*]. *Buddhadharma The Practitioner's Quarterly*. 75-79.
- Robinson, O. J., **Krinsky, M.**, Lieberman, L., Allen, P., Vytal, K., & Grillon, C. (2014). The dorsal medial prefrontal (anterior cingulate) cortex–amygdala aversive amplification circuit in unmedicated generalised and social anxiety disorders: an observational study. *The Lancet Psychiatry*. 1 (4), 294-302.
- Robinson, O., **Krinsky, M.**, Grillon, C. (2013). The impact of induced anxiety on response inhibition. *Frontiers of Human Neuroscience*. 7, 69.
- Cornwell, B., Overstreet, C., **Krinsky, M.**, & Grillon, C. (2013). Passive avoidance is linked to impaired fear extinction in humans. *Learning and Memory*. 20, 164-169.
- Grillon, C., **Krinsky, M.**, Charney, D., Vytal, K., Ernst, M., & Cornwell, B. (2012). Oxytocin increases anxiety to unpredictable threat. *Molecular Psychiatry*. 18 (9), 958-960.
- Maki, W. S., **Krinsky, M.**, & Munoz, S. (2006). An efficient method for estimating semantic similarity based on feature overlap: reliability and validity of semantic feature ratings. *Behavior Research Methods*. 38, 153-157.

PRESENTATIONS

- Krinsky, M.** & Jha, A.P. (2016, November). *The relationship between mind wandering and working memory*. Poster to be presented at the International Symposium for Contemplative Studies, San Diego, CA.
- Denkova, E., **Krinsky, M.**, Morrison, A., & Jha, A.P. (2016, November). *The role of confidence in self-reported mind wandering and task engagement: an fMRI investigation*. Poster to be presented at the Society for Neuroscience, San Diego, CA.
- Krinsky, M.**, Denkova, E., Jha, A.P. (2016, July). *The influence of cognitive and affective factors on mind wandering*. Poster presented at the International Congress of Psychology, Yokohama, Japan.
- Krinsky, M.**, Morrison, A., Jha, A.P. (2015, June). *Delayed-recognition working memory task performance is influenced by mnemonic load and mind wandering*. Poster presented at the Mind and Life Summer Research Institute, Garrison, NY.

Krinsky, M., Morrison, A., Jha, A. (2015, May). *Delayed-recognition working memory task performance is influenced by mnemonic load and self-reported mind wandering.* Poster presented at the Association for Psychological Science, New York, NY.

Krinsky, M., Lieberman, L., Robinson, O., Grillon, C. (2014, April). *Modulation of response inhibition by induced anxiety across mood and anxiety disorders.* Poster presented at the Cognitive Neuroscience Society, Boston, MA.

Krinsky, M., Robinson, O., Grillon, C. (2013, May). *The impact of induced anxiety on response inhibition.* Poster presented at the National Institutes of Health Spring Research Festival.

Krinsky, M., Grillon, C, Charney, D, Vytal, K, Ernst, M, Cornwell, B. (2013, April). *Oxytocin increases anxiety to unpredictable threat.* Poster presented at the Cognitive Neuroscience Society, San Francisco, CA.

Krinsky, M., & Grillon, C. (2012, April). *The effects of oxytocin and vasopressin on fear and anxiety in human subjects.* Poster presented at the National Institutes of Health Spring Research Festival.

Krinsky, M. (2011, March). *The Lama and the clinician: Teachers and/ as therapists in Tibetan Buddhism.* Research panel presented at the IIE Fulbright South Asian Studies Conference, Goa, India.

GRANTS AND FUNDING

2016	APA International Conference Registration Grant, \$195
2014, 2015, 2016	Max and Peggy Kriloff Travel Scholarship, University of Miami, \$250 x 3
2014, 2015, 2016	University of Miami Psychology Department Travel Award, \$350 x 4
2014, 2015, 2016	Graduate Activity Fee Allocation Committee (GAFAC) Travel Award, University of Miami, \$350, \$375, \$375, and \$375

TEACHING EXPERIENCE

Instructor, *University of Miami*
2016, Spring

PSY 240: Abnormal Psychology Responsible for all aspects of undergraduate instruction, including course planning, lecturing, testing, and grading

PROFESSIONAL AFFILIATIONS

2014-Present	Association for Psychological Science, Student Affiliate
2012-2014	Cognitive Neuroscience Society, Student Affiliate
2014-Present	American Psychological Association, Student Affiliate

REFERENCES

Janette Rodriguez, Psy.D.

Licensed Therapist
Director of the Psychosocial Rehabilitation
and Recovery Center
Miami VAHS
(305) 575-7000 x3215
janette.rodriguez@va.gov

George Kallas, Psy.D.

Staff Psychologist
South Florida State Hospital
(954) 987-0280
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Amishi Jha, Ph.D.

Associate Professor of Psychology
Director, Contemplative Neuroscience
Mindfulness Research and Practice Initiative
University of Miami
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Christian Grillon, Ph.D.

Principle Investigator
Chief of the Affective Psychophysiology Lab
National Institute of Mental Health
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