

Nehjla M. Mashal, PhD, ABPP

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AREAS OF INTEREST

- **Program development and implementation**
- **Clinical supervision, workshops, & mentorship**
- **Evidence-based psychotherapy, anxiety disorders, depression**
- **Diversity and Inclusion**
- **Measurement & survey development**

CURRENT POSITIONS:

Pacific Anxiety Group-San Francisco Clinic Director 03/2021-present
870 Market Street, San Francisco, CA 94102

- Attend monthly directors meeting
- Maintain office calendars and manage office assignment requests
- Complete Annual Review meetings and associated documentation for each SF associates
- interview potential new hires

Pacific Anxiety Group-San Francisco Office-Psychologist: Associate 05/2018-present
870 Market Street, San Francisco, CA 94102

- Providing evidence-based therapies for anxiety and mood disorders
- Writing blogs on evidence-based strategies to promote mental health
- Attending consultation group
- Providing clinical supervision to postdoctoral fellows

PREVIOUS WORK EXPERIENCE:

Staff Psychologist- General Psychiatry Outpatient Services (GPOS) 04/2018-01/2020
San Francisco VAMC
4150 Clement St.
San Francisco, CA 94121

- Provided individual and group clinical supervision to trainees
- Conducted quality improvement projects
- Delivered evidence-based treatments (e.g. CBT, Behavioral Activation, ACT, DBT, PST, CPT) to patients with a variety of presenting problems (direct patient care)
- Completed integrated assessments
- Developed content for workshops
- Mentored for the SFVAMC Clinical Psychology Fellowship Mentor Program

Clinical Psychologist- Adult Services
Kaiser Permanente-Department of Psychiatry
901 Nevin Ave, Richmond, CA 94801

10/2017-04/2018

- Provided clinical supervision to trainees for group & individual therapy
- Program Development Committee member (Engaged in program development to increase adherence to EBPs)
- Developed & implemented programming for two new groups (a modular Problem Solving Therapy group & a Panic Disorder group)
- Delivered evidence-based treatments to patients with a variety of presenting problems (direct patient care) both in-person and over the phone
- Administered patient assessments (e.g. MINI, AOQ, clinical interview)
- Conducted crisis assessments, emergency department 5150 assessments.

EDUCATION:

Ph.D., Northwestern University 2015
Clinical Psychology (APA- and PCSAS-Accredited Program)
Dissertation Title: *Examining Innovative Interventions for Worry: Testing Computerized Reappraisal Training and Augmentation of Therapeutic Learning during Sleep.*

Master of Science (M.S.), Clinical Psychology 2011
Northwestern University, Evanston, IL
Clinical Psychology (APA-Accredited Program)
Master's Thesis Title: *Reassurance Seeking Behavior in Generalized Anxiety Disorder*

Master of Arts (M.A.), Clinical Psychology 2008
Personality and Psychopathology
Columbia University Teachers College, NY, NY

Bachelor of Arts, Psychology 2007
University of California, Los Angeles
▪ Cum Laude

Associate's Degree, Liberal Arts 2005
Vista College, Berkeley, CA
▪ Graduation with Highest Honors

RESIDENCY & FELLOWSHIP TRAINING

VA Postdoctoral Fellow and Stanford Postdoctoral Scholar 2015-2017

VA Advanced Fellowship Program in Mental Illness Research and Treatment Sierra Pacific
Mental Illness Research Education and Clinical Centers (MIRECC), VA Palo Alto Health Care

System/Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine

- APA approved Clinical Psychology Fellowship
Research Preceptor: Sherry A. Beaudreau, PhD, ABPP

Predoctoral Intern

2014-2015

Canvas Health, Oakdale, MN

- APA approved Clinical Psychology Internship

LICENSURE & CERTIFICATIONS

2021- Board Certified in Cognitive and Behavioral Psychology

2018-Certified in VA Problem Solving Training Program

2019- Certified in VA Interpersonal Psychotherapy for Depression Program

2016 -Licensed Psychologist in California (PSY 28893)

TRAININGS

2020- The Heart of ACT. (12 Continuing Education Credits). Presenter: Robyn Walser.

2019- Clinical Supervision Practices: Multicultural and Trainee Competence Issues (6 Continuing Education Credits). Presenter: Nadine J. Kaslow.

2019- Interpersonal Therapy for Depression Clinician Training (20 Continuing Education Credits). Presenter: Hani Shabana, Leila Zwelling.

2019-UCSF Diversity, Equity, and Inclusion Champion Training (7 Continuing Education Credits). Presenters: Michelle Guy & Coleen Kivlahan.

2019- Acceptance and Commitment Therapy: Clinical Skills-Building Intensive (13 Continuing Education Credits). Presenter: Steven C. Hayes.

2019- ACT BootCamp (32 Continuing Education Credits). Presenters: Robyn Walser, Kelly Wilson, and Steven C. Hayes.

2018 Cognitive Behavioral Therapy (CBT) for Psychosis: An Individualized, Recovery Oriented Approach (5 Continuing Education Credits). Presenter: Ron Unger

2018 Trauma, Dissociation, and Psychosis: CBT and Other Approaches to Understanding and Recovery (6 Continuing Education Credits). Presenter: Ron Unger

2018 Clinical Training in Dialectical Behavior Therapy (15 Continuing Education Credits). Presenters: Meredith Sears & Maisie Ketron.

2018- Updates on Suicide Risk Assessment and Intervention for Psychologists (6 Continuing Education Credits). Presenter: Megan McCarthy

2017-Group Delivery of Exposure, Cognitive and Behavioral PTSD Interventions in a 16-Week Protocol. (4 Continuing Education Credits). Presenters: Diane T. Castillo, Janet K. C'de Baca, Christine L. Chee, Heidi La Bash.

Portland Model ACT Consultation Group Member

05/2019-present

- Attending Portland model-adherent consultation group 1-2x/month

PUBLICATIONS:

Peer-Reviewed Journal Articles:

Beaudreau, S. A., Otero, M. C. & **Mashal, N.** (2020). Taming the beast: A commentary on “The effects of different types of treatment for anxiety on repetitive negative thinking: A meta analysis. *Clinical Psychology Science and Practice*.

Mashal, N. M., Beaudreau, S. A., Hernandez, M., Cackler, R., Romaniak, H., Shin, K., and Paller, K., & Zinbarg, R. (2019). A Brief Worry Reappraisal Paradigm (REAP) Increases Coping with Worries. *Cognitive Therapy and Research*, 1-13.

Lutz, J., **Mashal, N.**, Kramer, A., Suresh, M., Gould, C., Jordan, J. T., ... & Beaudreau, S. A. (2019). A Case Report of Problem Solving Therapy for Reducing Suicide Risk in Older Adults with Anxiety Disorders. *Clinical gerontologist*, 1-8.

Beaudreau, S. A., Gould, C. E., **Mashal, N. M.**, Huh, J. T., & Fairchild, J. K. (2018). Application of Problem Solving Therapy for Late-Life Anxiety. *Cognitive and Behavioral Practice*.

Beaudreau, S. A., Hantke, N. C., **Mashal, N.**, Gould, C. E., Henders, V., & O'Hara, R. (2017). Unlocking neurocognitive substrates of late-life affective symptoms using the Research Domain Criteria: Worry is an essential dimension. *Frontiers in Aging Neuroscience. Frontiers in aging neuroscience*, 9, 380.

Gould, C. E., Spira, A. P., Liou-Johnson, V., Cassidy-Eagle, E., Kawai, M. **Mashal, N.**, O'Hara, R.,* & Beaudreau, S. A.* (2018). Association of Anxiety Symptom Clusters with Sleep Quality and Daytime Sleepiness. *The Journals of Gerontology: Series B*, 73, 413–420. doi: 10.1093/geronb/gbx020

Gould, C. E. Gerolimatos, L.A., Beaudreau, S.A., **Mashal, N.M.**, & Edelstein, B.A. (2017). Older Adults Report More Sadness and Less Jealousy than Young Adults in Response to Worry Induction. *Aging and Mental Health*.

Eisenberger, N.I., Berkman, E.T., Inagaki, T.K., Rameson, L., **Mashal, N.M.**, & Irwin, M.R.(2010). Inflammation-Induced Anhedonia: Endotoxin Reduces Ventral Striatum Responses to Reward. *Biological Psychiatry*.

Eisenberger, N.I., Inagaki, T.K., **Mashal, N.M.**, & Irwin, M.R. (2010). Inflammation and social experience: Cytokines induce feelings of social disconnection. *Brain, Behavior, & Immunity*.

Eisenberger, N.I., Inagaki, T.K., Rameson, L., **Mashal, N.M.**, & Irwin, M.R. (2009). An fMRI study of cytokine-induced depressed mood and social pain: The role of sex differences. *NeuroImage*.

Book Chapters:

Beaudreau, S.A., Gould, C. E., Sharp, S., & **Mashal, N.M.** Anxiety and Its Disorders in Old Age. In O'Hara, R., Reynolds, C.F., & Etkin, A. (Eds.), *Handbook of Mental Health and Aging, Third Edition*. Academic Press. *In Press*.

Mashal, N. & Beaudreau, S. (2017). Anxiety disorders: lifespan perspectives. In A. Wenzel (Ed.), *The sage encyclopedia of abnormal and clinical psychology* (Vol. 1, pp. 224-226). Thousand Oaks., CA: SAGE Publications Ltd. doi: 10.4135/9781483365817.n88

Zinbarg, R.E., **Mashal, N.M.**, Black, D., & Fluckiger, Christoph. (2010). The Future and Promise of CBT: A Commentary. *Psychiatric Clinics of North America*.

SCHOLARLY PRESENTATIONS & WORKSHOPS:

Mashal, N. (2021, January 26) *Intersectional Case Conceptualization in ACT*. [Workshop]. Sponsored by San Francisco Bay Area Association for Contextual Behavioral Science. Online Event, CA, United States.

Mashal, N. (2021, January 12) *A Primer on Interpersonal Effectiveness*. [Workshop – 2 CE hours]. Sponsored by Pacific Anxiety Group. Online Event, CA, United States.

Mashal, N. & Cheung, N. (2020, October 20) *Making Psychotherapy Come Alive Using Humor, Metaphor, and Story*. [Workshop – 2 CE hours]. Sponsored by Pacific Anxiety Group. Online Event, CA, United States.

Mashal, N. (2020, August 10) *Interpersonal Effectiveness: Teaching Clients to Ask for Things, Negotiate, & Boundary Set* [Workshop – 1 hour]. Heard. Online Event, CA, United States.

Mashal, N. (2020, May 2) *Intersectional Case Conceptualization in ACT*. [Workshop – 2 CE hours]. Bay Area ACBS Conference. San Francisco, CA, United States.

<https://www.praxiscet.com/wp-content/uploads/2020/03/Bay-Area-ACBS-Conference-Sessions.pdf> (Conference canceled)

Mashal, N. (2020, March) *Intersectional Case Conceptualization*. Pacific Anxiety Group. Continuing Education Workshop, [2 CE hours]. Menlo Park, CA.

Mashal, N. (2019) *Problem Solving Therapy* Pacific Anxiety Group. Continuing Education Workshop, [1 CE hour]. Menlo Park, CA.

Mashal, N., Lawhon, D., Norona, J., Khan, A. & Watson, E. (2019) *Intersectional Case Conceptualization*. San Francisco VAMC. Continuing Education Workshop, [4 CE hours]. San Francisco, CA, 2019.

Beaudreau, S. & **Mashal, N.** (2017) *Best Clinical Practices for Anxiety Disorders in Older Adults*. American Psychological Association Annual Convention Continuing Education Workshop, Washington, DC.

Older Veterans' Perceptions of Anxiety Symptoms. Poster accepted for presentation at the 21st IAGG World Congress of Gerontology and Geriatrics, San Francisco, CA, 2017. Christine E. Gould, **Nehjla Mashal**, Aimee Marie L. Zapata, Julie L. Wetherell, Mary K. Goldstein, Sherry A. Beaudreau & Ruth O'Hara.

A preliminary study of problem-solving therapy for Generalized Anxiety Disorder in older adults. In J. Wetherell and J. Smits (Discussants), *Update of and complications in the treatment of late-life anxiety disorders*. Symposium accepted for presentation at the Anxiety and Depression Association of America, San Francisco, CA, 2017. Sherry A. Beaudreau & **Nehjla Mashal**.

Worthlessness Uniquely Predicts Future Anxiety Symptom Severity in Community-Dwelling Older Adults. Oral Communication presented at the International Psychogeriatric Association International Congress, 2016. **Nehjla Mashal** & Sherry A. Beaudreau.

Worry and depressive symptoms are associated with subjective memory complaints. International Psychogeriatric Association International Congress, 2016. Liou-Johnson, V., Kramer, A., Hantke, N., Bott, N. T. **Mashal, N.** & Beaudreau, S. A.

Neurocognitive profiles of late-life anxiety and depressive symptoms. Beaudreau, S. A., Hantke, N., **Mashal, N.**, Gould, C. E., & O'Hara, R. (2016, September). In J. Leszek and S. A. Beaudreau (Chairs/Discussants). Symposium presented at the International Psychogeriatric Association, San Francisco, CA.

Child Protection-Referred Cases Report Less Demoralization and Fewer Somatic Symptoms. APA Annual Convention, 2015. **Nehjla Mashal**, Jessica Davis, Theresa Woodard, & James Wojcik.

A Brief Computerized Reappraisal Task Increases Coping in High Worriers. APS Annual Convention, 2014. **Nehjla Mashal**, Rachel Cackler, Holly Romaniak, Zachary Dembo, Michael Hernandez, Ki Eun Shin, Richard Zinbarg, & Ken Paller.

Unique Associations of Anxious Reassurance Seeking and Excessive Reassurance Seeking with Personality: Evidence from the Big Five Aspect Scales. APS Annual Convention, 2014 **Nehjla Mashal**, Zachary Dembo, Lisa Wang, & Richard E. Zinbarg

New Perspectives on the Integration of Exposure-based Principles in the Treatment of Generalized Anxiety Disorder. ABCT Annual Convention, 2012.

Chairs: Jonathan Lee and **Nehjla Mashal**

Panelists: Douglas Mennin, Richard Zinbarg, Michelle Newman, Susan Orsillo, Naomi Koerner.

Negative Self Statements Predict Poor Treatment Outcome in GAD. ABCT Annual Convention, 2012. **Nehjla Mashal**, Arundati Nagendra, Danielle Black & Richard E. Zinbarg.

Increases in Cardiac Vagal Control are Associated with Symptom Reduction Pre to Posttreatment in GAD. ABCT Annual Convention, 2012. **Nehjla Mashal**, Mikhail Attaar, Ki Shin, John Gaffney, Jonathan & Richard E. Zinbarg.

Information, Not Detection, Bias in Socially Anxious Individuals. APS Annual Convention, 2012. **Nehjla Mashal**, Rachel Cackler, Zachery Dembo, & Richard E. Zinbarg.

Negative Self Statements Predict Poor Treatment Outcome in Generalized Anxiety Disorder. APS Annual Convention, 2012. **Nehjla Mashal**, Arundati Nagendra, Danielle Black & Richard E. Zinbarg.

Anxious Reassurance Seeking: It's More Than Just Dependency. APS Annual Convention, 2012. **Nehjla Mashal**, Lisa Wang, Richard E. Zinbarg.

Is Reassurance Seeking Specific to Depression? APS Annual Convention, 2012. **Nehjla Mashal**, Lisa Wang, Richard E. Zinbarg

Improving Therapy Outcomes by Enhancing Learning During Sleep. ABCT Annual Convention, 2011. **Nehjla Mashal**, Christina Pantan, Richard E. Zinbarg.

Reassurance-Seeking Behavior in GAD. ABCT Annual Convention, 2011. **Nehjla Mashal**, Arundati Nagendra, Danielle Black & Richard E. Zinbarg.

Inflammation and Social Experiences: Cytokines Induce Feelings of Social Disconnection. Society for Personality and Social Psychology Conference, 2010. Tristen Inagaki, Naomi Eisenberger, **Nehjla Mashal** & Michael Irwin.

HONORS, AWARDS & FELLOWSHIPS:

Graduate Research Grant (The Graduate School, Northwestern University)	2012
Project: Enhancing Cognitive Reappraisal in High Worriers by Augmenting Memory Consolidation during Sleep	
Conference Travel Grant (The Graduate School, Northwestern University)	2010-2012
APS Student Poster Distinguished Contribution Award	2011
University Fellowship, Northwestern University	2009-2014
Dean's Honors List, UCLA	2007
Cum Laude	2007
Graduation with Departmental Honors	2007
Graduation with College Honors	2007

National Dean's List	2006-2007
Psychology Departmental Honors Program, UCLA	2006-2007
Psi Chi Psychology National Honors Society	2006-present
Dean's Honors List, UCLA	2006
College Honors Program, UCLA	2005-2007
AP Scholar Award recipient	2003
Lifetime membership, California Scholarship Federation	2003

RESEARCH EXPERIENCE:

Problem Solving Therapy (PST) Therapist/Co-Investigator 2015-2017

- Edited and contributed to the treatment manual
- Trained others to deliver the treatment protocol adherently (assessing competency using the Cognitive Therapy Rating Scale-Revised (CTS-R) & provided clinical supervision to new therapists
- Saw patients within the context of the protocol
- Completed patient assessments (e.g. MINI)
- Represented outcome results graphically & contributed to manuscript on PST

Electrocardiographic (ECG) Data Manager & Study Therapist 2009-2012

Generalized Anxiety Disorder Project
Principal Investigators: Richard E. Zinbarg, Ph.D. & Danielle Black, Ph.D.

Co –Investigator 2008-2010

Imagery Exposure Exercises for the Reduction of Chronic Worry in a High Trait Anxious Sample.
Supervisor: Richard E. Zinbarg

Co –Investigator 2008-2009

Worry Interference Task's Effect on Worry Related Thoughts and Working Memory.
Supervisor: Richard E. Zinbarg

Research Assistant: Obsessive –Compulsive Disorder Research Clinic 2007

Supervisor: Helen Blair Simpson Ph.D., M.D.

- Assisted in management of three studies run by the Obsessive-Compulsive Disorders Team at the New York State Psychiatric Institute
- Performed initial screening of patients
- trained in administering Structured Clinical Interview for DSM-IV-TR
- Prepared study materials (flow sheets, files)
- Recruited subjects
- Attended weekly staff meetings

Research Assistant: Symptom Changes in Depressed Adolescents treated with IPT 2007

Supervisor: Helena Verdelli Ph.D.
Assisted in composition of literature reviews (wrote portions of introduction, performed literature searches and summarized methodologies of previous studies)

- Attended biweekly lab meeting and team meetings

Study Coordinator: Social Cognitive Neuroscience Lab

2007

Supervisor: Naomi Eisenberger, Ph.D.

- Coordinated with the UCLA General Clinical Research Center (GCRC) to schedule subjects for the study
- Prepared study materials (labels for blood work, vials for blood collection, flow sheets)
- Escorted subject to the GCRC, conducted urine test, and monitored adherence to study protocol
- Familiarized subject with forms and computer tasks
- Data entry

Honors Student: Anxiety Disorders Behavioral Research Program

2006-2007

Faculty Advisor: Michelle G. Craske, Ph.D.

- Conducted individual research under the guidance of a psychology faculty advisor, Dr. Michelle G. Craske, culminating in honors thesis.
- Analyzed heart rate data using VivoLogic program

Research Assistant: Anxiety Disorders Behavioral Research Program

2006-2007

Research Supervisor: Katharina Kircanski, M.A.

- Recruited and ran participants
- Placed physiological equipment on subjects, run computer task
- Data entry and analysis
- Coded and entered self-report measure of trait anxiety

JOURNAL REVIEWS:

Clinical Gerontologist

The American Journal of Geriatric Psychiatry

Journal of Consulting and Clinical Psychology (JCCP)

Family Process

TEACHING EXPERIENCE:

Course Instructor, Northwestern University, Evanston, IL:

Summer 2013

- Cognitive Behavioral Therapy

Teaching Assistant, Northwestern University, Evanston, IL:

- Introduction to Psychology

Fall 2008

- Human Sexuality

Winter 2008

- Psychopathology

Spring 2009

Graduate Student Research Mentor: 2008-2015

- Got students involved in the research process in leadership roles
- Taught students how to clean and analyze data

- Helped students present at academic conferences
- Coached students in effective interviewing techniques
- Led information sessions on how to successfully apply to graduate school
- Reviewed and edited graduate school personal statements

CLINICAL EXPERIENCE :

Psychology Extern 2011-2013

Integrative Problem-Centered Client-Focused Psychotherapy Clinic, The Family Institute at Northwestern University

Supervisor: Jay Lebow, Ph.D.

- Trained in the Family Institute model of Integrative Problem-Centered Client-Focused Psychotherapy.
- Provided therapy based on the Family Institute model that integrated several therapeutic approaches, including cognitive-behavioral, dialectical behavioral, and family systems to adults with a variety of Axis I and Axis II disorders.

Psychology Extern 2011-2013

Depression Treatment Program, The Family Institute at Northwestern University

Supervisor: Paula Young, Ph. D.

- Trained in and provided cognitive-behavioral therapy (CBT) for adults with mood disorders.
- Trained in the administration of the Hamilton Rating Scale for Depression (HRSD), and administered it as part of a diagnostic assessment for clients.
- Administered, scored, and interpreted a variety of psychological questionnaire measures to aid in case conceptualization, treatment planning, and assessing client progress.
- Trained to make reliable ratings and assess competency in CBT using the Cognitive Therapy Rating Scale (CTRS).
- Received scores above the cutoff for an expected level of CBT competence on the CTRS with two work samples.

Psychology Extern 2010-2012

Anxiety Treatment Program, The Family Institute at Northwestern University

Supervisor: Paula Young, Ph.D.

- Trained in and provided CBT for adults with a variety of anxiety disorders, including generalized anxiety disorder, social phobia, specific phobia, obsessive compulsive disorder, and panic disorder with agoraphobia.
- Administered, scored, and interpreted a variety of psychological questionnaire measures to aid in case conceptualization, treatment planning, and assessing client progress.
- Trained in the administration of the Yale–Brown Obsessive Compulsive Scale (Y-BOCS), and administered it as part of a diagnostic assessment for clients with OCD.

Psychology Extern 2009-2011

Diagnostic Interviewing Assessment Program, The Family Institute at Northwestern University

Supervisors: Richard Zinbarg, Ph.D., Emily Durbin, Ph.D., and Lynne Knobloch-Fedders, Ph.D.

- Trained to administer the Structured Clinical Interview for DSM-IV (SCID).

- Administered the SCID and symptom questionnaire batteries as part of a comprehensive diagnostic assessment for adult clients at the Family Institute clinic and for participants in clinical research studies.
- Wrote integrative reports based on the data from the questionnaire battery and the SCID.

Psychology Extern

2009-2010

Psychological Assessment Services Program, The Family Institute at Northwestern University
Supervisor: John Ardizzone, Ph.D.

- Trained in the administration, scoring, and interpretation of a variety of psychological assessment instruments, including intelligence and achievement tests, language tests, diagnostic interviews, symptom measures, personality tests, memory tests, and tests of executive functioning.
- Administered batteries of psychological tests and prepared psychological reports to assess cognitive deficits, learning disabilities, attention problems, and psychological functioning in child and adult clients.

Generalized Anxiety Disorder Project

2009-2012

Principal Investigators: Richard E. Zinbarg, Ph.D. & Danielle Black, Ph.D.

- Study Therapist
- Attend weekly supervisions

UCLA Obsessive Compulsive Disorder Program

2006-2007

Program Coordinator: Karron Maidment, RN, MFT

- Acted as coach to patients as they carried out their behavior therapy assignments
- Escorted patients on their assignments; monitored anxiety and provided support
- Attended weekly supervisions of program's faculty

PROFESSIONAL AFFILIATIONS:

Association for Contextual Behavioral Science	2019
American Psychological Association	2015-present
Association of Psychological Science	2010-present
Association for Behavioral & Cognitive Therapies	2010-present
Golden Key International Honour Society	2007
Lifetime Member Psi Chi Psychology National Honors Society	2006-present

SKILLS:

Assessment:

- Psychological Assessments
- Neuropsychological Screeners (e.g. MMSE, MOCA)
- Structured Clinical Assessments (e.g. SCID, MINI)

Analytical & Technical:

- Statistical Analyses (SPSS, Excel)
- MS Office Suite (Word, PowerPoint, Excel, Access)
- Experimental Frameworks (DirectRT, Medialab)
- Online survey tools (Mturk, Qualtrics)

Languages:

- Fluent in spoken Arabic
- Minimal spoken and receptive Spanish

* References available upon request.