

LUCAS S. LAFRENIERE, PH.D.

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EDUCATION

- July, 2019 – June, 2020 Dartmouth Medical Center / Geisel School of Medicine at
Dartmouth College / Center for Technology and Behavioral Health,
Hanover, NH
Clinical Psychology Doctoral Internship
- Aug., 2013 – Aug., 2020 The Pennsylvania State University, State College, PA
Ph.D. in Clinical Psychology, G.P.A. 4.0
- Aug., 2013 - June, 2016 The Pennsylvania State University, State College, PA
M.S. in Clinical Psychology, G.P.A. 4.0
- Sept., 2009 - May, 2013 University of Michigan, Ann Arbor, MI
B.A. in Psychology (Honors) and English G.P.A. 4.0

AWARDS & GRANTS

- July, 2024 National Institute of Health Extramural Loan Repayment for Clinical
Researchers (LRP-CR; L30; IC: NIMH): \$26,446.44
- March, 2020 Distinguished Dissertation in Clinical Psychology Award,
American Psychological Association, Division 12 Society of
Clinical Psychology (National)
- April, 2019 Harold F. Martin Graduate Assistant Outstanding Teaching Award
(University Level)
- April, 2018 Outstanding Teaching in Psychology Award (Departmental)
- January, 2018 Superior Teaching and Research (STAR) Award in the College of the
Liberal Arts (College Level)
- April, 2017 Association for Behavioral and Cognitive Therapies Anxiety
Disorders SIG Best Poster of the Year Award (Conference)

May, 2016

<https://doi.org/10.1037/ccp0000794>. **Featured publication of the American Kudos Showcase.**

LaFreniere, L. S. & Newman, M. G. (2023). Reducing contrast avoidance in GAD by savoring positive emotions: Outcome and mediation in a randomized controlled trial. *Journal of Anxiety Disorders*, 93, 1-7. <https://doi.org/10.1016/j.janxdis.2022.102659>

LaFreniere, L. S. & Lord, S. E. (2023). Flourishing mindfully: Mindfulness moderates the

Depression & Anxiety, 33(9), 829-839. <https://doi.org/10.1002/da.22507> (2020 Featured Article of the Association for Behavioral and Cognitive Therapies [ABCT])

Cain, A. C., & LaFreniere, L. S. (2015). The taunting of parentally bereaved children: An exploratory study. *Death Studies*, 39(4), 219-225.
<https://doi.org/10.1080/07481187.2014.975870>

LaFreniere, L. S., & Cain, A. (2015). Parentally bereaved children and adolescents: The question of peer support. *OMEGA: Journal of Death and Dying*, 71(3), 245-271.
<https://doi.org/10.1177/0030222815575503>

LaFreniere, L. S., & Cain, A. (2015). Peer interactions of parentally bereaved children and adolescents: A qualitative study. *OMEGA: Journal of Death and Dying*. 72(2), 91-118.
<https://doi.org/10.1177/0030222815574829>

INVITED ARTICLES AND BOOK CHAPTERS

LaFreniere, L. S. (October, 2023). A primer for training savoring skills in psychotherapy (part 2): Core procedures and exercises. *The Evidence-Based Practitioner*.
<https://philabta.org/EBP/13264635>

LaFreniere, L. S. (August, 2023). A primer for training savoring skills in psychotherapy (part 1): Foundational concepts. *The Evidence-Based Practitioner*.
<https://philabta.org/EBP/13245504>

LaFreniere, L. S. (June, 2021). Worry is an unhelpful friend and a shoddy fortune teller. *Psyche*. https://psyche.co/ideas/worry-is-an-unhelpful-friend-and-a-shoddy-fortune-teller?fbclid=IwAR31YXqgwdpgqY0F8S-AzFyIKxKxg6q5SyMuBhnYgXoA052vfXZ8Oy_qQPc

Prior to Starting at Skidmore College

Shin, K. S., LaFreniere, L. S., & Newman, M. G. (2017). Etiology and phenomenology of generalized anxiety disorder: An RDoC perspective. In Olatunji, B. (Ed.), *Handbook on anxiety and related disorders*. Cambridge University Press.

Newman, M. G., Shin, K. S., & LaFreniere, L. S. (2017). Mechanisms and treatment of generalized anxiety disorder. In D. McKay, J. Abramowitz, E. Storch (Eds.), *Treatments for psychological problems and syndromes*. John Wiley & Sons, Ltd.

Newman, M. G., LaFreniere, L. S., & Shin, K. S. (2016). Cognitive-behavioral therapy

Comprehensive textbook of psychotherapy: Theory and practice (2nd Ed.). Oxford University Press.

MANUSCRIPTS UNDER REVIEW AND IN PREPARATION

LaFreniere, L. S., & Newman, M. G. (2024). *Deficient probabilistic learning in generalized anxiety disorder: Avoidance of punishment versus approach of reward.* Manuscript in preparation.

*Fravel, K. & **LaFreniere, L.S.** (2024). *Active versus passive activity engagement: Testing a core premise of behavioral activation.* Manuscript in preparation.

*Mackey, B. K, & **LaFreniere, L. S.** (2024). *The development of new disorders after remission: Effortful control as a transdiagnostic predictor.* Manuscript in preparation.

LaFreniere, L. S. & Prasad, A. (2024). *Benefits of values-based over restriction-based approaches to managing problematic smartphone use: Efficacy in a randomized controlled trial.* Manuscript in preparation.

LaFreniere, L. S. & Prasad, A. (2024). *The case for personalized, goal-oriented smartphone use management: Results from a qualitative study of users.* Manuscript in preparation.

ACADEMIC PRESENTATIONS: SCIENTIFIC SYMPOSIA, INVITED LECTURES, AND CLINICAL TRAINING WORKSHOPS

LaFreniere, L. S. (2024, October). Shifts in emotion, shifts in priorities: Positive emotion savoring for anxiety and depression treatment. Invited grand rounds lecture for the Department of Psychiatry and Behavioral Sciences of Montefiore Medical Center / Albert Einstein College of Medicine. New York City, NY.

LaFreniere, L. S. (2024, April). Clinical savoring practices: Engaging positive emotion to reduce anxiety and depression symptoms. Invited clinical training video filmed, edited, and distributed for the VuMedi Medical Education Platform.

LaFreniere, L. S. (2024, April). Positive emotion savoring practices: Building well-being while reducing anxiety and depression. Peer-
-of-the-Art Clinician
workshop presented at the Anxiety and Depression Association of America Annual Conference 2024, Boston, MA.

LaFreniere, L. S. (2023, December). Clinical savoring practices for increasing positive emotion and reducing psychopathology. Invited clinical training workshop for

psychotherapy professionals provided through the Association for Behavioral and Cognitive Therapies.

LaFreniere, L. S. & Newman, M. G. (2023, November). Benefits of savoring practices

LaFreniere, L. S. & Newman, M. G. (2022, March). Engaging positive emotion to reduce contrast avoidance in GAD: Results from a randomized controlled trial. In S. J. Llera, (chair) *The Contrast Avoidance Model: New Directions for the Understanding and Treatment of Generalized Anxiety Disorder*. Symposium presented at the Anxiety and Depression Association of America Annual Conference 2022.

LaFreniere, L. S. & Newman, M. G. (2021, November). Upregulating positive emotion in Generalized Anxiety Disorder: A randomized controlled trial of the Skilljoy ecological momentary intervention. In N. H. Zainal, (chair) *Mobile Apps for Depression and Anxiety Disorders: Promises and Pitfalls*. Symposium presented at the Association for Behavioral and Cognitive Therapies Convention 2021.

*Mackey, B. K, & **LaFreniere, L. S.** (2021, September). The development of new disorders after remission: Effortful control as a transdiagnostic predictor. Lecture presented at the Transdiagnostic Approaches to Mental Health International Conference 2021 in Manchester, UK (online).

LaFreniere, L. S. (2021, September). Better understanding anxiety, worry, and psychotherapy: A live interview with Dr. Lucas LaFreniere. Invited online interview for the Kazakhstani *Tanym Project*, an organization promoting psychotherapy and opposing psychotherapy stigma in Kazakhstan. Both presented live and translated into Russian to be offered with Tanym Project resources.

LaFreniere, L. S. (2021, July). Worry loves to lie: Treating faulty forecasting in clients with excessive worry. Invited clinical training workshop for psychotherapy professionals provided through the Philadelphia Behavior Therapy Association in Philadelphia, PA.

LaFreniere, L. S. & Newman, M. G. (2021, March). Upregulating positive emotion in Generalized Anxiety Disorder: A randomized controlled trial of the Skilljoy ecological momentary intervention. In **L. S. LaFreniere**, (chair) *Search and enjoy: Using technology to enhance and examine positive well-being*. Symposium presented at the Anxiety and Depression Association of America Annual Conference 2021.

Prior to Starting at Skidmore College

LaFreniere, L. S. (2020, June). Positive psychology interventions for increasing positive emotion in clinical practice. Invited workshop presented for Dartmouth Medical Center psychiatry department in Lebanon, NH.

LaFreniere, L. S., Newman, M. G., and Lord, S. (2019, October). Upregulating positive emotion in Generalized Anxiety Disorder for the Skidmore College positive

LaFreniere, L. S. (2019, October). True joys versus false fears: Novel interventions for Generalized Anxiety Disorder. Invited guest lecture presented for the Center for Technology and Behavioral Health at Dartmouth College, Lebanon, NH.

LaFreniere, L.S., Newman, M. G., & *Yun, H. (November, 2022). Reducing contrast

session presented at the Anxiety and Depression Association of America Annual Conference 2018, Washington, D.C.

LaFreniere, L. S., & Newman, M. G. (2018, April). *Deficits in positive reinforcement response during probabilistic learning in generalized anxiety disorder.* Poster session presented at the Anxiety and Depression Association of America Annual Conference 2018, Washington, D.C.

LaFreniere, L. S., & Newman, M. G. (2018, April). *The impact of uncontrollability beliefs and thought distress on an ecological momentary intervention for generalized anxiety disorder.* Poster session presented at the Anxiety and Depression Association of America Annual Conference 2018, Washington, D.C.

LaFreniere, L. S., & Newman, M. G. (2017, November). *Probabilistic learning deficits in GAD: Avoidance versus approach response.* Poster session presented at the Association for Behavioral and Cognitive Therapies Convention, San Diego, CA.

LaFreniere, L. S., & Newman, M. G. (2017, November). *Mediation of the link between positive worry beliefs and symptoms by percentage of untrue worries in treatment for GAD.* Poster session presented at the Association for Behavioral and Cognitive Therapies Convention, San Diego, CA.

LaFreniere, L.S., & Newman, M. G. (2016, October). *stop, w stop: The negative influence of uncontrollability beliefs on worry during treatment for Generalized Anxiety Disorder.* Poster session presented at the Association for Behavioral and Cognitive Therapies Convention, New York, NY.

LaFreniere, L.S., Newman, M. G., & Graham, J. (2016, October). *Moderation of the influence of parental support and control in a friend choice by their liking for risk.* Poster session presented at the Association for Behavioral and Cognitive Therapies Convention, New York, NY.

LaFreniere, L.S., & Newman, M. G. (2016, October). *A brief ecological momentary intervention for GAD: An RCT of the worry outcome journal.* Poster session presented at the Association for Behavioral and Cognitive Therapies Convention, New York, NY. **(Winner of the Association for Behavioral and Cognitive Therapies Anxiety Disorders SIG Best Poster of the Year Award)**

LaFreniere, L. S., Newman, M. G., & Jacobson, N. C. (2015, November). *Relaxation-induced anxiety: Effects on treatment outcome for GAD.* Poster session presented at the Association for Behavioral and Cognitive Therapies Convention, Chicago, IL.

Authors Masked. (2022). *Journal of Anxiety Disorders*.
Authors Masked. (2022). *Journal of Anxiety Disorders*.
Authors Masked. (2022). *Journal of Anxiety Disorders*.
Authors Masked. (2021). *Frontiers in Psychology*.
Authors Masked. (2021). *Journal of Anxiety Disorders*.
Authors Masked. (2020). *Journal of Anxiety Disorders*.
Authors Masked. (2020). *Journal of Anxiety Disorders*.
Authors Masked. (2020). *OMEGA: The Journal of Death and Dying*.

Prior to Starting at Skidmore College

Authors Masked. (2019). *Depression and Anxiety*.
Authors Masked. (2018). *Behavior Therapy*.
Authors Masked. (2017). *Death Studies*.
Authors Masked. (2017). *Death Studies*.
Authors Masked. (2016). *Death Studies*.
Authors Masked. (2016). *Death Studies*.

TEACHING EXPERIENCE

Courses as lead instructor at Skidmore College:

My Therapist is a Robot: Technology and Psychotherapy (one semester)
Research Methods & Statistics II: Clinical Psychology (two semesters)
Acceptance and Commitment Therapy (four semesters)
Cognitive-Behavioral Therapy (four semesters)
Introduction to Psychological Science (three semesters)
Psychological Disorders (five semesters)
Positive Psychology (one semester)
Colloquium in Psychological Science (one semester)

Prior to Starting at Skidmore College

Co-teaching weekly **cognitive-behavioral therapy** course for psychiatry medical residents at Dartmouth-Hitchcock Medical Center.

12 third-year medical residents (PGY3 M.D.s), August, 2019 to June, 2020.

Mentored, trained, and led own independent team of undergraduate research assistants for five studies as primary investigator, as well as two other separate teams of undergraduate research assistants (RAs) working for Newman Laboratory studies.

9 undergraduate RAs on my own study teams, 14 general Newman Laboratory RAs, October, 2013 to July, 2020 (including summers).

Wrote, acted, filmed, and edited **Cognitive-Behavioral Therapy for Anxiety Disorders coachtraining video** for the SilverCloud smartphone-based psychotherapy service.

March, 2019

Taught **Personality Psychology**

Was personally selected to **help develop a graduate statistics course** create weekly assignments and assist with teaching for **Graduate Multilevel Modeling Statistics**

25 graduate students, Fall, 2015

Taught **dialogue-based Intergroup Relations: Race and Gender course independently for three weeks** (also leading additional later sessions) when the course professor underwent a personal crisis. I served as teaching assistant throughout the semester as well.

24 undergraduate students, Spring, 2015

Served as **teaching assistant for 9 different courses** giving lectures whenever allowed.

Education: **OL2050 Online Teaching Certificate course** (Received certificate Fall, 2016).

Education: **PSY 591 Teaching in Psychology Seminar** course (Spring, 2016).

APA Division 17 Positive Psychology (December 16th, 2023). What is savoring and how can it help with worry? *APA Positive Psychology Instagram Account*. <https://www.instagram.com/apapositivepsychology/>

Allman, R. (May 30th, 2023). Psychology Tools newsletter May 2023. *Psychology Tools*. <https://www.psychologytools.com/articles/second-may-2023-newsletter/>

Winderling, O. N. (February 15th, 2023). Bentornato, caro diario. Ecco perché fa bene mettere su carta le proprie emozioni. *La Repubblica*. https://www.repubblica.it/moda-e-beauty/2023/02/16/news/diario_segreto_come_si_scrive_terapia-384876559/

Pressman, T. (January 19th, 2023). Do you have generalized anxiety disorder? The answer might surprise you. *Deconstructing Anxiety Blog*. <https://toddpresman.com/blog/>

***Russo, F. (April 5th, 2023). Personality can change from one hour to the next. *Scientific American*. <https://www.scientificamerican.com/article/personality-can-change-from-one-hour-to-the-next/>**

***Dowden, C. (April 29th, 2022). How to more effectively manage your worry. *Forbes*. <https://www.forbes.com/sites/forbesbooksauthors/2021/04/29/how-to-more-effectively-manage-your-worry/?sh=6a9a44531da1> .**

McConnochie, T. (April 12th, 2022). Leave the worry behind. *Bupa Health*. <https://www.bupa.com.au/healthlink/conditions-and-treatments/mental-health/anxiety/anxiety-treatment/how-to-break-the-worry-cycle>.

Perspectives Coaching.

<https://perspectivelifecoach.com/cure-a-case-of-the-what-ifs/>.

Chang, W. S. (September 3rd, 2021). 3 Chinese proverbs on anxiety. *Mind Café*. <https://medium.com/mind-cafe/3-chinese-proverbs-on-anxiety-43ab2b70168a>.

Messias, O. (August 18th, 2021). Suffering from anxiety? Research suggests most of our worries are well-founded. *Aleteia*. <https://aleteia.org/2021/08/18/study-suggests-most-of-our-worries-arent-well-founded/>.

Williams, J. S. (July 30th, 2021). 5 things to feel more confident. *Anxiety Simplified*. <https://anxietysimplified.libsyn.com/episode-58-5-things-to-feel-more-confident>.

***Olster, S. (June 27th, 2021). Idea of the day: Put worry in its place. *LinkedIn*. <https://www.linkedin.com/news/story/idea-of-the-day-put-worry-in-its-place-5092132/> .**
(LinkedIn)

BioNeurix Editorial Team (April 30th, 2021). 6 positive habits to stop yourself from worrying. *Wellness Wisdom* from BioNeurix. <https://bioneurix.com/blogs/blog/6-positive-habits-stop-yourself-from-worrying>

Turner, J. (

Sharp, T. (March 16th)

Heid, M. (August, 15th, 2019). Most thieh

Gaff, T. (April 15th, 2017). Worry outcome journal can ease anxiety. *KPC News*. Retrieved from https://www.kpcnews.com/columnists/terry_gaff/kpcnews/article_02504896-685d-51c0-8681-0df2f18665f7.html?mode=jqm

***Holmes, L. H. (April 12th, 2017). This simple hack may help with anxiety. *The Huffington Post*. Retrieved from http://www.huffingtonpost.com/entry/this-simple-hack-might-help-alleviate-anxiety_us_58ecf8b5e4b0c89f9121bdd6**

***Melville, N. A. (April 10th *Medscape*. Retrieved from <http://www.medscape.com/viewarticle/878427>**

CLINICAL EXPERIENCE

July, 2019 Present

Doctoral Clinical Intern at Dartmouth-Hitchcock Medical Center and Geisel School of Medicine at Dartmouth College

Supervisors: Robert E. Brady, Ph.D., Keri L. Height, Ph.D.

Provided individual cognitive-behavioral therapy (CBT) and acceptance and commitment therapy (ACT) for the anxiety disorder and behavioral medicine services of Dartmouth-Hitchcock Medical Center.

Provided individual CBT, ACT, dialectical behavior therapy (DBT), and mindfulness-based therapies for a variety of disorders at a private practice outpatient clinic (Hanover Psychiatry).

Conducted spinal cord stimulator surgery, insomnia disorder, and bariatric surgery evaluations through behavioral medicine service of DHMC.

Provided CBT group therapy for mixed anxiety disorders alongside supervisor at DHMC.

Provided CBT for insomnia group therapy alongside supervisor at DHMC.

August, 2018 June, 2019 Student Clinical Supervisor for Cognitive Behavioral Therapy Team

Supervisor: Michelle G. Newman, Ph.D.

Co

developed/created session-by-session guidelines for the PSU clinic), and supervised graduate students treating trauma and anxiety cases.

Summer 2017 Present

Anxiety Clinic Student Administrator

Senior Administrators: Sandra Testa-Michelson, Ph.D. and Kristen Smith-Simon, Ph.D.

I developed didactic materials, discussion guides, and activities for bi-weekly anxiety clinic meetings, then led the meetings.

Co-developed research protocols for data collection and aided student therapists in following clinic research procedures.

2017 - 2018

Staff Therapist

Supervisor: Michael Wolff, Ph.D., Clinic Director

Provided various integrated psychotherapies emphasizing CBT and dialectical behavior therapy, treating a diverse caseload of severe comorbid diagnoses (outside clinical assistantship).

2016 - 2017

Consultant for Psycho7.40 G4.B08.* n(dmi)-3(nist)-4(ra)7(tors: S)-5(a)4(ndra)7(T)

attention, learning disabilities, and psychopathology concerns.

- 2015 - 2016 Contemporary Interpersonal and Psychodynamic Therapy Team
Supervisor: Aaron Pincus, Ph.D.
Learned and provided interpersonal therapy and contemporary object relations-based psychodynamic therapy (transference-focused psychotherapy) to clients with borderline personality disorder, narcissistic personality disorder, obsessive-compulsive personality disorder, and comorbid conditions.
- 2014 - 2015 Cognitive-Behavioral Therapy Team
Supervisor: Michelle G. Newman, Ph.D.
Learned and provided structured cognitive-behavioral therapies for a variety of disorders, including panic disorder, specific phobia, generalized anxiety disorder, agoraphobia, social anxiety disorder, major depressive disorder, and others.
- Summer 2014 Motivational Interviewing and Introductory Therapy Practicum
Supervisor: Michael Wolff, Ph.D., Clinic Director
Learned and provided motivational interviewing and emotion-focused techniques while developing foundational therapy and alliance-building skills.
- Fall 2013 Spring 2014 Introductory Assessment Practicum
Supervisor: Kenneth N. Levy, Ph.D.
Learned and conducted psychodiagnostic assessments using the ADIS and the IPDE.
- 2014 - Present Clinical Assessor
Supervisor: All supervisors listed in the above experiences.
Regularly conducted psychodiagnostic assessments using the ADIS and the IPDE with occasional assessment via the MMPI-II-RF, PAI, and the MCMI.

LITERARY PUBLICATIONS

LaFreniere, L. S. (2013). Nearly clean (rituals). In J. Hickey (Ed.), *Xylem Literary Journal: 2012-2013* (pg. 11). Edward Brothers Malloy.

LaFreniere, L. S. (2013). Icarus restored. In J. Hickey (Ed.), *Xylem Literary Journal: 2012-2013* (pg. 19). Edward Brothers Malloy.