

CURRICULUM VITAE

John P. Carvalho, M.A.

Department of Psychology
The University of Tennessee, Knoxville
Knoxville, TN 37996

EDUCATION

Bachelor of Arts in Psychology, May 2004

Providence College, Providence, RI
Liberal Arts Honors Program
Overall GPA: 3.6, Magna Cum Laude

Master of Arts in Clinical Psychology, December 2008

University of Tennessee, Knoxville, TN

Thesis: Response-Contingent Positive Reinforcement: Incremental Validity in Predicting Depression Symptom Severity.

Chair: Derek R. Hopko, Ph.D.

Doctor of Philosophy in Clinical Psychology, Expected 2011

University of Tennessee, Knoxville, TN

Dissertation (in progress): Avoidance and Depression: Establishing Reinforcement as a Mediating Factor.

Chair: Derek R. Hopko, Ph.D.

HONORS AND AWARDS

2000 – 2004	Providence College Presidential Scholarship Recipient - \$5,000 per semester
2000 – 2004	Providence College Dean's List
2001 – 2004	Elected member of Providence College Chapter of National Society of Collegiate Scholars
2002 – 2004	Elected member of Psi Chi
2004	Collegiate All-American Scholar Award
2007	University of Tennessee Graduate Student Senate Travel Award
2007 – 2009	University of Tennessee College of Arts and Sciences Travel Award
2007 – 2009	University of Tennessee Department of Psychology Travel Award
2007 – 2009	University of Tennessee Psychology Graduate Student Association Travel Award
2009	University of Tennessee Athletic Department Graduate Assistantship Award - \$1200
2009	University of Tennessee Department of Psychology Alumni Support Fund Dissertation Award – Full Dissertation Funding

MEMBERSHIPS IN PROFESSIONAL ORGANIZATIONS

- 2006 – Present Student member of the Association for Behavioral and Cognitive Therapies
- 2008 – Present Student member of the Appalachian Psychoanalytic Society (local chapter of Division of Psychoanalysis (Division 39) of the American Psychological Association)

EDITORIAL SERVICE

Guest Reviewer: Journal of Anxiety Disorders

CLINICAL EXPERIENCE

June 2003 – Feb. 2004 *Residential Counselor*, Alternatives Unlimited, Inc., Congress House Group Home, Milford, MA.

Duties: Direct skill teaching, execution of clinician-developed treatment plans, recording daily progress notes, community integration, design and implementation of a token economy, and crisis intervention within a residential group home for severely impaired patients diagnosed with schizophrenia, schizoaffective disorder, and other comorbid disorders.

Supervisor: Chrystal Aurelio, M.A.

Jan. 2004 – May 2004 *Clinical Volunteer/Intern*, Butler Hospital, General Treatment Unit, Providence, RI

Duties: Informal patient assessment, recording progress notes, observation of doctor-patient interviews, provision of general assistance on unit as needed, attendance of staff meetings and in-services within a locked adult inpatient psychiatric treatment unit.

Supervisor: Lorena Zisk, R.N.

August 2006 – Present *Therapist*, University of Tennessee Department of Psychology/University of Tennessee Cancer Institute, Knoxville, TN

Duties: Provision of brief behavioral activation treatment for depression (BATD) and problem-solving therapy (PST) for grant-funded randomized controlled trial evaluating two

depression interventions for women with comorbid major depression and breast cancer.

Supervisor: Derek R. Hopko, Ph.D.

August 2007 – Present

Clinical Psychology Trainee, University of Tennessee Psychological Clinic, Knoxville, TN

Duties: Provision of individual psychotherapy, integrated psychological evaluations (e.g., psychoeducational, custody, parenting fitness, adult court ordered, juvenile court), and intake evaluations for children, adolescent, and adult outpatients; weekly individual and group supervision; data collection for time-series research.

Supervisors: Larry F. Brown, Ph.D., Scott Glass, Ph.D., Kristina Coop Gordon, Ph.D., Derek R. Hopko, Ph.D., Lance Laurence, Ph.D., Deborah Rhatigan, Ph.D., Bruce Seidner, Ph.D.

August 2008 – July 2009

Clinical Psychology Associate, Cherokee Health Systems, New Tazewell, TN

Duties: Provision of individual, family, and group psychotherapy, mental health evaluations, alcohol and drug evaluations, and intake evaluations in a rural Appalachian community mental health population of adults, adolescents, and children; collaboration with other service providers within a multidisciplinary setting; weekly individual and group supervision.

Supervisors: Brenda Karns, Ph.D., Frances Palin, Ph.D.

August 2009 – July 2010

Clinical Psychology Associate, Cherokee Health Systems, Knoxville, TN

Duties: Provision of individual, family, and group psychotherapy and intake evaluations in an urban Appalachian community mental health population of adults, adolescents, and children; collaboration with other service providers within a multidisciplinary setting; weekly participation in interdisciplinary treatment team meeting; weekly individual and group supervision.

Supervisors: William Berez, Ph.D., Frances Palin, Ph.D., Chad Simms, Ph.D.

RESEARCH EXPERIENCE

- June 2004 – August 2006 *Senior Research Assistant/Study Coordinator*, Butler Hospital/Brown University School of Medicine, Mood Disorders Research Program, Providence, RI
- Duties: Study Coordinator for study of Vagus Nerve Stimulation therapy for treatment-resistant depression; Coordinator of Psychosocial Stress Laboratory; screening, recruitment, and data collection for several research projects examining the relationship between early-life stress, HPA axis function, and depression; administration of structured interviews as well as clinician-rated and self-report assessment instruments; database management and organization; data entry and analysis; IRB correspondence; participation in weekly lab meetings; manuscript and poster preparation and presentation.
- Supervisors: Lawrence H. Price, M.D., Linda L. Carpenter, M.D., Audrey R. Tyrka, M.D., Ph.D.
- August 2005 – July 2006 *Volunteer Research Assistant*, Butler Hospital/Suffolk University, Providence, RI
- Duties: Coordinator of recruitment and data collection from a population of depressed psychiatric inpatients for study entitled “Guilt Induction in Depressed and Nondepressed Parents.”
- Supervisor: Ryan Haggarty, M.A.
- August 2006 – Present *Graduate Assistant*, University of Tennessee Department of Psychology, Knoxville, TN
- Duties: Data collection; screening and recruitment; administration of structured interviews as well as clinician-administered and self-report assessment instruments; supervision of undergraduate research assistants; IRB correspondence; manuscript and poster preparation and presentation.
- Advisor: Derek R. Hopko, Ph.D.

PUBLICATIONS

Tyrka, A. R., Carpenter, L. L., **Carvalho, J. P.**, & Price, L. H. (2006). Biomarkers in the human stress system: Do they signal risk for depression? *Health and Medicine Rhode Island*, 89(5), 180-182.

Tyrka, A. R. & **Carvalho, J. P.** (2007). Depression. In: McGarry, K. A. & Tong, I. L., eds. *5-Minute Consult Clinical Companion to Women's Health*. Philadelphia, PA: Lippincott, Williams, and Wilkins, 80-82.

Carpenter, L. L., **Carvalho, J. P.**, Tyrka, A. R., Wier, L. M., Mello, A. F., Mello, M. F., Anderson, G. M., Wilkinson, C. W., & Price, L. H. (2007). Decreased ACTH and cortisol responses to stress in healthy adults reporting significant childhood maltreatment. *Biological Psychiatry*, 62(10), 1080-1087.

Hopko, D. R., Colman, L., & **Carvalho, J. P.** (2008). Depression in cancer patients: Prevalence, impact, assessment, and intervention. *Depression: Mind and Body*, 4, 51-62.

Carvalho, J. P. & Hopko, D. R. (2009). Treatment of a depressed breast cancer patient with problem-solving therapy. *Clinical Case Studies*, 8, 263-276.

Hopko, D. R., Robertson, S. M. C., & **Carvalho, J. P.** (2009). Sudden gains in depressed cancer patients treated with behavioral activation therapy. *Behavior Therapy*, 40 (4), 346-356.

Carvalho, J. P., Gawrysiak, M. J., Hellmuth, J. C., McNulty, J. K., Magidson, J. F., Lejuez, C. W., & Hopko, D. R. (under review). The Reward Probability Index (RPI): Design and validation of a scale measuring access to environmental reward. *Behavior Therapy*.

Carvalho, J. P. & Hopko, D. R. (under review). The impact of decreased environmental reward in predicting depression severity: Support for behavioral theories of depression. *Journal of Psychopathology and Behavioral Assessment*.

Carvalho, J. P. & Hopko, D. R. (under review). Behavioral theory of depression: Reinforcement as a mediating variable between avoidance and depression. *Clinical Psychology: Science, Research, and Practice*.

MANUSCRIPTS IN PREPARATION

Hopko, D. R., **Carvalho, J. P.**, Colman, L., Ryba, M., & Hunt, M. K. (in preparation). Predicting adolescent depression in rural Appalachian high school students.

POSTERS AND PRESENTATIONS

Carpenter, L. L., Tyrka, A. R., **Carvalho, J. P.**, Wier, L. M., Gagne, G. G., Mello, A. F., Mello, M. F., Anderson, G. M., & Price, L. H. (March, 2005). Decreased cortisol response to the Trier Social Stress Test in healthy adults with significant childhood adversity. Poster presented at the Ninth Annual Brown University Research Symposium, Providence, RI.

Carpenter, L. L., **Carvalho, J. P.**, Tyrka, A. R., Wier, L. M., Gagne, G. G., Mello, A. F., Mello, M. F., Anderson, G. M., & Price, L. H. (September, 2005). Decreased cortisol response to the Trier Social Stress Test in healthy adults with significant childhood adversity. Poster presented at the 36th Annual ISPNE Conference, McGill University, Montreal, Canada.

Carvalho, J. P., Tyrka, A. R., Wier, L. M., Gagne, G. G., Mello, A. F., Mello, M. F., Anderson, G. M., Price, L. H., & Carpenter, L. L. (September, 2005). The relationship between childhood adversity and stress responsivity. Poster presented at the 13th Annual Research Celebration, Rhode Island Hospital, Providence, RI.

Wier, L. M., Tyrka, A. R., Carpenter, L. L., **Carvalho, J. P.**, Rikhye, K., Anderson, G. M., & Price, L. H. (September, 2005). Stress reactive temperaments and cortisol response in healthy adults. Poster presented at the 13th Annual Research Celebration, Rhode Island Hospital, Providence, RI.

Carpenter, L. L., **Carvalho, J. P.**, Tyrka, A. R., Wier, L. M., Gagne, G. G., Mello, A. F., Mello, M. F., Anderson, G. M., Wilkinson, C. W., & Price, L. H. (December, 2005). Decreased cortisol response to the Trier Social Stress Test in healthy adults with significant childhood adversity. Poster presented at The American College of Neuropsychopharmacology 44th Annual Meeting, Waikoloa, Hawaii.

Carvalho, J. P., Tyrka, A. R., Rikhye, K., Price, L. H., & Carpenter, L. L. (April, 2006). Does a history of childhood abuse influence recall of psychobiological responses to a standardized stress test? Poster presented at Tenth Annual Brown University Research Symposium, Providence, RI.

Carpenter, L. L., Tyrka, A. R., **Carvalho, J. P.**, Wier, L. M., Gagne, G. G., Mello, A. F., Mello, M. F., Anderson, G. M., Wilkinson, C. W., & Price, L. H. (April, 2006). Cortisol response to the Trier Social Stress Test in healthy adults with significant childhood adversity. Poster presented at the Tenth Annual Brown University Research Symposium, Providence, RI.

Wyche, M. C., Tyrka, A. R., Kelly, M. M., Wier, L. M., **Carvalho, J. P.**, Rikhye, K., Price, L. H., & Carpenter, L. L. (April, 2006). Childhood abuse and adult personality: Does type of maltreatment matter? Poster presented at the Tenth Annual Brown University Research Symposium, Providence, RI.

Wier, L. M., Carpenter, L. L., **Carvalho, J. P.**, Rikhye, K., Wyche, M. C., Price, L. H., & Tyrka, A. R. (April, 2006). The relationship between childhood parental loss and adult psychological function. Poster presented at the Tenth Annual Brown University Research Symposium, Providence, RI.

Tyrka, A. R., Carpenter, L. L., **Carvalho, J. P.**, Wier, L. M., Gagne, G. G., Mello, A. F., Mello, M. F., Anderson, G. M., Wilkinson, C. W., & Price, L. H. (May, 2006). Attenuated cortisol and ACTH responses to the Trier Social Stress Test in healthy adults with a history of childhood maltreatment. Poster presented at the Society of Biological Psychiatry 61st Annual Scientific Convention & Program, Toronto, Ontario, Canada.

Hopko, D. R., Armento, M. E. A., Robertson, S. M. C., Mullane, C., **Carvalho, J.**, & Colman, L. (May, 2007). Cognitive behavioral treatments for depressed cancer patients. Paper presented at the 6th Annual Hawaii International Conference on Social Sciences.

Carvalho, J. P., Colman, L., Gawrysiak, M., Cooper, M., Lynn, K., & Hopko, D. R. (November, 2007). A brief cognitive-behavioral intervention to reduce test anxiety and improve intelligence test performance. Poster presented at the 41st Annual meeting for the Association for Behavior and Cognitive Therapies, Philadelphia, PA.

Colman, L., **Carvalho, J. P.**, Mullane, C., Robertson, S. M. C., Armento, M. E. A., Bell, J., & Hopko, D. R. (November, 2007). A comparison of behavioral activation and problem-solving therapy for depressed cancer patients. Poster presented at the 41st Annual meeting for the Association for Behavior and Cognitive Therapies, Philadelphia, PA.

Johanson, L. K., Armento, M. E. A., Robertson, S. M. C., **Carvalho, J. P.**, Mullane, C., Gawrysiak, M. & Hopko, D. R. (November, 2008). A comparison of behavioral activation and problem-solving therapy for depressed cancer patients. Poster presented at the 2008 Tennessee Psychological Association Annual Conference, Nashville, TN.

Carvalho, J. P., Robertson, S. M. C., & Hopko, D. R. (November, 2008). Sudden gains in depressed cancer patients treated with behavioral activation therapy. Poster presented at the 42nd Annual meeting for the Association for Behavior and Cognitive Therapies, Orlando, FL.

Carvalho, J. P., Trent, L., Schaftlein, K., Hardwick, G. C., Morton, W., & Hopko, D. R. The association between cognitive vulnerability to depression and stressful life events. (November, 2008). Poster presented at the 42nd Annual meeting for the Association for Behavior and Cognitive Therapies, Orlando, FL.

Colman, L., Wolf, N. J., **Carvalho, J. P.**, & Hopko, D. R. (November, 2008). Predicting the frequency, duration, and intensity of running behavior: The inhibitory effects of cardiac anxiety. Poster presented at the 42nd Annual meeting for the Association for Behavior and Cognitive Therapies, Orlando, FL.

Carvalho, J. P., Gawrysiak, M. J., Hellmuth, J. C., Meltzer, A. L., Green, L., & Hopko, D. R. (November, 2009). The Reinforcement Probability Index (RPI): Design and validation of a scale measuring access to environmental reinforcement. Poster accepted for presentation at the 43rd Annual meeting for the Association for Behavior and Cognitive Therapies, New York, NY.

Ryba, M., Armento, M. E. A., Robertson, S. M. C., Colman, L., **Carvalho, J. P.**, Gawrysiak, M., Mullane, C., Bell, J., & Hopko, D. R. (November, 2010). Behavioral Activation and Problem-Solving Therapy for depressed breast cancer patients: Randomized controlled trial. Poster submitted for presentation at the 44th Annual meeting for the Association for Behavior and Cognitive Therapies, San Francisco, CA.

Ryba, M., Armento, M. E. A., Robertson, S. M. C., Colman, L., **Carvalho, J. P.**, Gawrysiak, M., Mullane, C., Bell, J., & Hopko, D. R. (November, 2010). Behavioral Activation and Problem-

Solving Therapy for depressed breast cancer patients: Predicting treatment outcome. Poster submitted for presentation at the 44th Annual meeting for the Association for Behavior and Cognitive Therapies, San Francisco, CA.

RESEARCH IN PROGRESS

Hopko, D. R., Armento, M. E. A., Colman, L., Robertson, S. M. C., **Carvalho, J. P.**, Ryba, M., Mullane, C., Gawrysiak, M., Bell, J. L., & Lejuez, C. W. Behavior activation and problem-solving therapy for depressed breast cancer patients: Randomized controlled trial.

Gawrysiak, M. J., **Carvalho, J. P.**, Armento, M. E. A., Rogers, B., Nicholas, C. R., Campbell, P., Dougherty, J. & Hopko, D. R. Neurological correlates of behavioral activation treatment for depression (BATD) using a functional MRI reward responsivity paradigm.

Hopko, D. R., **Carvalho, J. P.**, Colman, L., & Gawrysiak, M. J. A brief cognitive-behavioral intervention to reduce test anxiety and improve intelligence test performance.

REFERENCES

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