

Curriculum Vitae

KATHERINE CLAIRE LITTLE

Educational History

Institutions

The University of Tennessee

Doctoral Candidate in Clinical Psychology

2005 - present

The University of Virginia

B.A. with Distinction in Psychology, May 2003

Honors & Awards

- Distinguished Psychology Graduate Student Fellowship – Fall, 2009: \$1,200
- Distinguished Graduate Teaching Associate, University of Tennessee, College of Arts & Sciences, Department of Psychology. Course: Psychology 330: Abnormal Psychology – 2009-2010 academic year. *One of six graduate students selected, based on previous teaching performance, to receive award of increased stipend*
- Psi Chi Dissertation Grant, Spring 2009: \$1,400
- Jacobs Foundation Scholarship to attend the Society for Research on Adolescence/European Association for Research on Adolescence joint International Summer School – June, 2009; Vancouver, BC
- UT GTA@ITC! Professional Development Award for innovative teaching method: *Abnormal Psychology Around the World* – Summer 2009 - \$500
- UT Psychology Department Research Funds Grant (with Dr. Welsh), 2009-2010: \$1,500; 2008-2009: \$1,300
- UT Psychology Department Dissertation Grant, Spring 2009: \$600
- UT Psychology Department Travel Award: Spring 2009, Spring 2008, Fall 2007, Spring 2007
- UT Graduate Student Senate/Dean of Students Travel Award: Spring 2007
- UT Psychology Graduate Student Association Travel Award: 2007, 2008
- UVA Distinguished Major in Psychology: 2003
- Recognition by the UVA 21 Society for planning *Comfort Zone*, a service project promoting positive race relations within the UVA Greek community, Spring 2002
- Valedictorian, West Springfield High School, Springfield, VA: 1999

Academic and University Activities

- Graduate Student Member, American Psychological Association
- Graduate Student Member, Society for Research on Adolescence
- Graduate Student Member, Society for Research on Child Development
- Graduate Student Member, Society for Personality and Social Psychology
- Graduate Student Member, Appalachian Psychoanalytic Society
- Graduate Student Mentor, UT Chancellor's Scholars Undergraduate Honors Thesis, 2006 – 2007; 2007-2008
- UT Psychology Graduate Student Association: Treasurer 2006-2007
- UT Social Behavior Research Group contributor, Fall 2005-present

- Psi Chi Member, University of Tennessee chapter

External Grant Applications

Date	Name	Status
4/2009	Psi Chi Dissertation Grant	Funded: \$1,400
2/2009	American Psychological Foundation - Randy Gerson Memorial Grant	Not funded
12/2008	Society for Research on Child Development – Student and Early Career Council Dissertation Grant	Not funded

Publications

- Little, K.C.**, Welsh, D.P., Darling, N., & Holmes, R. (in press). “I Can’t Talk About It:” Sexuality, Self-Silencing, and Rejection Sensitivity as Interactive Predictors of Depressive Symptoms in Adolescent Dating Couples. *Journal of Adolescence*.
- Little, K.C.**, Welsh, D.P. (in press). Romantic experiences. *Encyclopedia of Adolescence*, Springer: New York, NY.
- Little, K.C.**, McNulty, J.K., Reeder, V.M. (2010). Frequent sex moderates the association between attachment insecurity and marital satisfaction. *Personality and Social Psychology Bulletin*, 36, 484-498.
- Holmes, R., **Little, K.C.**, Welsh, D.P. (2008). Understanding dating in the 21st century. *Encyclopedia of the Life Course and Human Development*, Gale: Detroit, MI.
- Widman, L.; Welsh, D.P; McNulty, J.K.; **Little, K.C.** (2006). Sexual communication and contraceptive use in adolescent dating couples. *Journal of Adolescent Health*, 39, 893-899.

Manuscripts Under Review

- Baldwin, D.R., Cannon, R.L., Fischer, S.K., **Little, K.C.** (under review). The examination of self: Links between EEG current source density and salivary cortisol. *Biological Psychology*.
- Kivisto, A.J., **Little, K.C.**, Moore, T.M, Rhatigan, D.L. (under review). Antisociality and Intimate Partner Violence: The Facilitating Role of Shame. *Violence and Victims*.
- Langlais, M., **Little, K.C.**, Welsh, D.P. (accepted with revisions). Communication and sexual behaviors within adolescent couples. *Psi Chi Journal of Undergraduate Research*.
- Little, K.C.**, Darling, N., Welsh, D.P. (under review). Connectedness, conflict, and adolescent romantic relationship stability. *Journal of Social and Personal Relationships*.

Invited Address

Attachment Theory Grows Up: Adult Attachment In Theory, Research and Practice (March 2008). With presentations by Katie Fitzpatrick, **Katherine Little**, Elaine Rivas, & John Auerbach, Ph.D. Invited by the Appalachian Psychoanalytic Society, Knoxville, TN.

Presentations at National & International Peer-Reviewed Conferences

- Willett, J. M., Gordon, K. C., **Little, K. C.**, Dixon, L. J., Frousakis, N. N., Gilbert, S. E. The association between offspring's exposure to interparental conflict and their increased tolerance for their own relationship conflict. Poster submitted to the Annual Meeting of the Association of Behavior and Cognitive Therapies, San Francisco, CA, November 2010.
- Little, K.C.**, Holmes, R.M., Gray, S.L., Widman, L., Welsh, D.P., Gordon, K.C. A New Measure of Adolescent Social Emotion Regulation. Poster presented at the Biennial Meeting of the Society for Research on Adolescence, Philadelphia, PA, March, 2010.
- Little, K.C.**, Welsh, D.P., Baldwin, D. Attachment Insecurity and Adolescent Psychopathology: The Mediating Role of Emotion Regulation. Paper presented in E. Miga & J. Salvatore (chairs) *Peer Contexts of Adolescent Psychopathology*, paper symposium at the Biennial Meeting of the Society for Research on Adolescence, Philadelphia, PA, March, 2010.
- Holmes, R.M., **Little, K.C.**, Welsh, D.P., Gray, S.L., Culpepper, C.L. Gender Differences of Romantic Partner Socialization during Adolescence Abstract submitted for poster presentation at the Biennial Meeting of the Society for Research on Adolescence, Philadelphia, PA March, 2010.
- Little, K.C.**, Welsh, D.P., & Darling, N. (April, 2009). Emotion regulation, psychopathology, and physical aggression in adolescent romantic relationships. Poster symposium presented at the Biennial Meeting of the Society for Research on Child Development, Denver, CO.
- Willett, J.M., Gordon, K.C., Fite, P.J., Dixon, L.J., **Little, K.C.**, & Frousakis, N.N. (November, 2008). Exploring the mechanisms of the connection between children's perceptions of parental conflict and their current relationship functioning. Poster presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Little, K.C.**, Holmes, R., Welsh, D.P. (2008). Moderation Effects of Adolescent Rejection Sensitivity and Self-silencing on Sexual Behavior and Depression. Poster symposium presented at the Biennial Meeting of the Society for Research on Adolescence, Chicago, IL.
- Little, K.C.**, McNulty, J.K., Reeder, V.M. (2007). Attachment and sex in marriage: Frequency, satisfaction, and desire. Poster presented at the Annual Meeting of the Association for Cognitive and Behavioral Therapies, Philadelphia, PA.
- Little, K.C.**, Welsh, D.P. (2007). Predicting Relationship Quality from Patterns of Interaction in Adolescent Dating Couples. Poster presented at the Biennial Meeting of the Society for Research on Child Development, Boston, MA.
- Little, K.C.**, Widman, L., Welsh, D.P., Darling, N. (2006). Predictors of Adolescent Romantic Relationship Trajectories: Break-up and Recovery. Poster symposium presented at the Biennial Meeting of the Society for Research on Adolescence, San Francisco, CA.
- Widman, L., **Little, K.C.**, Welsh, D.P. (2006). Sexual communication and contraceptive use in adolescent dating couples. Poster accepted Poster presented at the Biennial Meeting of the Society for Research on Adolescence, San Francisco, CA.
- Little, K.C.**, Haynes, J.H., McFarland, F.C., Land, D., Allen, J.P. (2005). Interparental conflict predicting gender differences in adolescent aggression with peers. Poster accepted for presentation at the Biennial Meeting of the Society for Research on Child Development, Atlanta, GA.

Little, K.C., & McFarland, F.C., Allen, J.P. (2004). A recipe for adolescent popularity: The importance of relationships with parents and peers. Poster presented at the Biennial Meeting of the Society for Research on Adolescence, Baltimore, MD.

McFarland, F.C., & **Little, K.C.;** Allen, J.P. (2004). Links between adolescent popularity and promotion of autonomy and relatedness with parents and peers. Poster symposium presented at the Biennial Meeting of the Society for Research on Adolescence, Baltimore, MD.

Ad Hoc Journal Reviews

Journal of Social Development

Journal of Adolescence

Research Activities at the University of Tennessee

The Adolescent Relationships Research Group, 2005 - Present

Mentor: Deborah P. Welsh, Ph.D.

Family Relationships, Adolescent Emotion Regulation, and Psychopathology. This study is my approved dissertation project, sponsored by Dr. Welsh. It involves studying the complex interrelationships between adolescent-parent relationships, physiological reactivity, emotion regulation, and adolescent problems (internalizing and externalizing symptoms, including depression, peer aggression, and substance abuse). The primary hypothesis is that emotional reactivity and regulation mediate the association between adolescent-parent relationships and adolescent problems.

Validity Testing of Three Interrelated Sexual and Relationship Functioning Research

Instruments. This is a study I co-conducted with two other graduate students, sponsored by Dr. Welsh. My first objective was to create and evaluate the psychometric properties of a new measurement of adolescent dyadic distress management. My second objective was to assist another student with the development of a measurement instrument for studying the meanings that adolescents' ascribe to sexual behaviors.

The Study of Adolescent Romantic Relationships (STARR). My activities involved overseeing and implementing the completion of the third and final wave of data collection in a federally funded, three-wave longitudinal study of the development of adolescent romantic relationships. I supervised participant re-recruitment, with a special focus on developing innovative ways to reach lost participants. I also led a task force to clean and manage data for over 400 adolescent participants and their friends over multiple time points. Now that the project is completed, I assist Dr. Welsh by analyzing data, which has resulted in two peer-reviewed publications, two manuscripts under review, and several manuscripts in preparation. I also attend and present findings at national and international conferences related to adolescent development, including adolescents' social relationships and applied clinical issues. I supervise undergraduate research assistants in introductory data analysis projects and undergraduate honors theses.

The Transition to College Project: Cell Phone Use and Psychological Adjustment in College Freshmen. I collaborated with Dr. Welsh and other graduate students to plan this study, assisted with initial data collection, and will continue to collect longitudinal data over one academic year from over 100 college freshmen.

The Marriage and Families Research Group, 2007 – Present

Mentor: Kristina Coop Gordon, Ph.D.

The Intergenerational Transmission of Divorce Study. I interviewed participants about their romantic relationships, currently assist other graduate students with data analysis, collaborate on posters presented at national meetings, and attending lab meetings.

The Physiological Regulation Research Lab, 2009 – Present

Mentor: Deborah Baldwin, Ph.D.

Along with another graduate student, I co-conduct salivary cortisol assays for a larger study of EEG activity, cortisol reactivity, and stressful images.

The Tennessee Study of Newlyweds, 2007 – 2009

Mentor: James K. McNulty, Ph.D.

I assisted Dr. McNulty with data analysis, presented research at national meetings, and collaborated on a publication using his study of newlywed couples focused on marital behaviors and satisfaction.

Research Activities at The University of Virginia

The Virginia Adolescence Research Group, PI: Joseph P. Allen, Ph.D.

The Kids Lives, Families, and Friends Project (KLIFF) (now VIDA).

Role: Project Coordinator, 2003-2005

I assisted the Dr. Allen by supervising data collection and management on a federally funded longitudinal, multi-reporter, multi-method study of adolescent development in the contexts of family and peers. I, along with two other project staff, was responsible for training and supervising up to 20 undergraduate research assistants each semester. My responsibilities also included monitoring a federal grant budget of over \$300,000 per year, preparing and submitting human subjects continuations, modifications, and progress reports. I scheduled over 180 participants and their families per year, with an emphasis on minimizing participant attrition rates. I also scheduled participant visits in other parts of the United States and traveled to complete them. I became involved in data analysis projects, and presented multiple posters at national research conferences. I became a reliable coder for peer revealed difference interactions using the Peer Autonomy and Relatedness Coding System, and assisted in manual development for subsequent editions of the coding manual. I worked with another staff member to develop a coding manual for the Adolescent Problem Inventory for Waves Two and Three of data collection, and trained undergraduate coders to sufficient reliability.

Role: Undergraduate Research Assistant 2001-2003

As a research assistant, I was chosen to be part of a select group of undergraduates that reliably coded Wave One of the Adolescent Problem Inventory. I was also selected out of over 20 other research assistants to prepare packets of measures for all participant visits, including participant payments. I also conducted participant visits with over 300 adolescents, their parents, and close peers, transcribed Adolescent Attachment Interviews, and entered and organized raw data.

Clinical Experience

Externship, August 2008 – August 2009

Peninsula Village – 16 hours per week – 278 hours face-to-face client time. Peninsula Village is a long-term residential treatment facility for adolescents. The average length of stay is 12-15 months, and issues addressed include severe behavioral problems, depression & suicidality, substance abuse, self-harm behaviors, and anxiety. Clinical duties include: conducting intake psychological interviews and evaluations, as well as supplementary projective and educational assessments. In addition, conduct individual therapy 6-8 hours per week, attend group therapy sessions one or two hours per week, and attend weekly individual and group supervision. Supervisor: Barbara Taylor, Ph.D.

Clinical Placement, July 2006 – May 2010

The University of Tennessee Psychological Clinic - 547 hours of face-to-face client time. Clinical duties include: conducting full psychological and psychoeducational assessments on community members with presenting complaints covering a broad range of Axis I and Axis II disorders and ranging in age from early childhood through middle adulthood, designing and implementing treatment plans, conducting intake interviews, and conducting therapy with adults, adolescents, children, and families of diverse economic and ethnic backgrounds. Three to six hours of face-to-face client contact per week, along with four hours of clinical supervision per week. Supervisors: Jack Barlow, Ph.D.; Larry Brown, Ph.D.; Joyce Cartor, Ph.D.; Jeffrey Erickson, Ph.D., P.C.; Paula Fite, Ph.D.; Kristina Coop Gordon, Ph.D.; Bill MacGillivray, Ph.D.; Deborah Rhatigan, Ph.D.

Couples Practicum, August 2009 – May 2010

The University of Tennessee Psychological Clinic – Weekly 3-hour seminar including 1 hour didactic training in couples' therapy and 2 hours clinical supervision. Supervisor: Kristina Coop Gordon, Ph.D.

Externship, August 2007 – August 2008

The Knox County Juvenile Court – 4 full psychological assessments
Clinical Duties: 1) Conduct parenting fitness evaluations of parents disputing custody of their juvenile children and 2) Conduct adolescent mental health, treatment planning, and competency evaluations. Supervisor: Lance T. Laurence, Ph.D.

Crisis Hotline Volunteer, Fall 1999 – Spring 2001

Community Crisis Hotline, Central Virginia
After completing a semester-long training program in empathy and crisis-intervention, I answered calls from community members, provided non-directive, non-judgmental empathetic listening and community referrals. Over 100 hours of volunteer hours given.

Educational Conferences

It's all Happening at the Zoo: Family Therapy in the 21st Century, December 2008

Appalachian Psychoanalytic Society with Elizabeth Strand, Ph.D.

A three-hour seminar addressing the integration of multiple theories of family therapy and their application to case material.

A Conversation Like No Other: Ego Psychology in Psychodynamic Therapy, October 2008

Appalachian Psychoanalytic Society 2008 Fall Conference with Fred Busch, Ph.D.

An all-day conference with the objective of gaining a better understanding of using Ego Psychology techniques in analyzing the therapist-patient conversation.

Devotion and Desire: Thinking with Winnicott and Lacan in Clinical Practice, May 2008

Appalachian Psychoanalytic Society 2008 Spring Conference with Deborah Luepnitz, Ph.D.

An all-day conference with the objectives of: comparing Winnicott and Lacan's approaches to treatment, with emphasis on the mirror stages of each, learning to apply Lacanian concepts to clinical work, and identifying potential benefits of psychoanalytic treatment in the Winnicottian and Lacanian traditions.

Enhancing Multicultural Aspects of Education in Psychology, May 2007

Susan Goldstein, Ph.D., University of Redlands

A two-day seminar spent working individually and in groups with an expert in the field of multicultural education at the undergraduate level, to enhance my sensitivity to and proficiency with teaching multicultural material.

Schema Therapy for Couples, September 2006

Society for the Advancement of Family Therapy Annual Conference with Jeffery Young, Ph.D.

A two-day seminar and workshop designed to teach mental health practitioners the basic principles of Schema Therapy, with an emphasis on treating couples.

Global Risk Conference, April, 2006

The University of Tennessee

A one-day workshop dedicated to promoting initiatives to safeguard the world's children and adolescents. Presenters with research projects in Vietnam, Africa, Canada, Indonesia, Israel, and Palestine discussed their programs targeting children and adolescents in these areas, and the applications of their findings to future research.

Child-Centered Family Therapy, December 2005

Appalachian Psychoanalytic Society Seminar with Scott Glass, Ph.D.

A three-hour seminar targeting: the role temperament plays in the development of problematic parent-child interactions, the three main roles the therapist fulfills in working with parents in a child case, understanding the ways parents can apply "developmental pressure" to help their child negotiate psychological developmental tasks, and working with parents to explore and overcome their own problems that make effective parenting difficult.

Teaching Experience

Graduate Teaching Assistant, Summer 2009 – Spring 2010

Psychology 330: Abnormal Psychology

I assumed primary instructor responsibilities for a small lecture-based course (29-50 students) in Abnormal Psychology. I developed the syllabus, lectures, and all materials and evaluations. Further, during the Summer, 2009 session, I implemented a self-designed unique course component, entitled "Abnormal Psychology Around the World" (APAW). APAW exposed students to a variety of cultural issues in the definition, description, diagnosis, and treatment of mental disorders. Further, they were required to use technology to communicate with international graduate students in psychology and then blogged about the experience. Finally,

they incorporated this learning experience into a final paper. Anonymous feedback revealed that 90% of students thought APAW contributed “a medium amount” or “a lot” to their understanding of the context of abnormal psychology.

Graduate Teaching Assistant, Summer 2007 – Spring 2008

Psychology 110: Introductory Psychology

Using a pre-prepared syllabus, I assumed primary instructor responsibilities for a large lecture class (180-300 students) in Introductory Psychology. As a part of UT’s *Ready for the World* initiative, I incorporated additional multicultural research articles into lectures and facilitated discussions about multicultural issues in psychology.

Guest Lecturer

PSYC 110: Introductory Psychology

PSYC 330: Abnormal Psychology

PSYC 475: Adolescence

Data Analysis Skills

Extensive knowledge of basic statistical packages (SAS, PASW/SPSS) and basic knowledge of multilevel and structural equation modeling packages (AMOS, HLM, LISREL, MPlus).

Other Interests

When not doing psychology, I enjoy writing and performing original music and poetry. I also love being outside, especially riding horses, distance running, swimming, and rock climbing.

References

Deborah P. Welsh, Ph.D.
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