

Sandra J. Llera
Towson University, Department of Psychology
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EDUCATION

- 2009-2011 **Ph.D. in Clinical Psychology**, The Pennsylvania State University
Dissertation: An Experimental Examination of Emotional Avoidance in General Anxiety Disorder: Supporting a New Theory of Emotional Contrast Avoidance
- 2004-2008 **M.S. in Clinical Psychology**, The Pennsylvania State University
Thesis: The Effects of Worry on Emotional Avoidance in Generalized Anxiety

2000-2002
1999-2002

Certificate of Academic Distinction, University of Delaware

Szkodny, L. E., Jacobson, N. C., **Llera, S. J.**, & Newman, M. G. (in press). Generalized anxiety disorders. In G. O. Gabbard (Ed.), *DEEDUG¶V 7UHDWPHQWV RI 3V\FKLDWULF edition). Washington, D.C.: American Psychiatric Publishing.

Llera, S. J., & Newman, M. G. (in press). Generalized anxiety disorder. In

Disorder (GAD): Emphasis on the Nature and Pathogenic Mechanisms. Symposium at the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Newman, M. G., & **Llera, S. J.** (Nov. 2010). *A New Model of Experiential Avoidance in GAD: Does Worry Enable Avoidance of Emotional Experiencing?* In C. Suveg (chair), *Emotion and Psychopathology: Conceptual Foundations and Clinical Applications*. Symposium at the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Newman, M.G., Crits-Christoph, P., Szkodny, L E., **Llera, S. J.** (June 2010). *Emotional avoidance in generalized anxiety disorder: Basic findings and clinical implications*. In Castonguay, L. G. (moderator) *Can psychopathology be helpful? Clinical implications of basic research in abnormal psychology*. Paper presented at the 41st International Meeting of the Society for Psychotherapy Research, Asilomar, CA.

Llera, S., Newman, M., Castonguay, L., & Borkovec, T. (Nov. 2005). *Effects of CBT Treatment for GAD on Health Problems and Physical Symptoms*. Symposium at the 39th annual convention of the Association for Behavioral and Cognitive Therapies, Washington, DC.

Newman, M. G., Groff, M. D., **Llera, S.**, Borkovec, T. D. & Castonguay, L. G. (Nov. 2005). *Does self-control desensitization practice predict treatment outcome in GAD clients?* In S. Hayes (Chair) *The role of exposure in anxiety interventions*. Symposium at the 39th Annual meeting of the Association for Behavioral and Cognitive Therapies. Washington, DC.

Bennett, D., Snooks, Q., **Llera, S.**, Vogel, K., Conklin, D., & Varlotta, L (October, 2004). *Risk Factors for Internalizing Symptoms Among Youth with Cystic Fibrosis*. Paper presented at the 2004 North American Cystic Fibrosis Conference.

Poster Presentations

Jamil, N., & **Llera, S. J.** (Nov. 2014). *Examining the Mediation Effect of Contrast Avoidance Tendencies on the Relationship between Attachment Style and Generalized Anxiety Disorder (GAD) in a Clinical and Non-Clinical Sample*. Poster to be presented at the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Tarter, N., & **Llera, S. J.** (Nov. 2014). *A test of emotion regulation models in the maintenance of Post Traumatic Stress Disorder symptom severity*. Poster to be presented at the Association for Behavioral and Cognitive Therapies, Philadelphia

Behavioral Medicine Center, University of Virginia School of Medicine

- 8/10- 8/11** **Staff Psychological Assessor, Pre-Doctoral Intern**
Learning Needs and Evaluation Center, University of Virginia
- 5/08- 5/09** **Staff Neuropsychological Assessor**
Psychological Clinic, The Pennsylvania State University
- 1/09-6/09** **Consulting Forensic Assessor**
Centre County Correctional Facility, State of Pennsylvania
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