
Courtney Beard, Ph.D.

Alpert Medical School of Brown University
Department of Psychiatry and Human Behavior
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EDUCATION

Undergraduate

University of Georgia, Major in Psychology
B.S. (2003)

Honors: Honors Program, Hope Scholarship (GPA-based funding of undergraduate tuition), William T. James Outstanding Senior in Psychology Award, Summa Cum Laude

Graduate

University of Georgia Clinical Psychology Graduate Program
M.S. in Clinical Psychology (2005)
Ph.D. in Clinical Psychology (2008)

Honors: UGA Graduate School Travel Awards, Neurocognitive and Translational Therapy ABCT SIG poster Honorable Mention, University-Wide Graduate Research Fellowship (\$28,000), American Psychological Association of Graduate Students Nancy B. Forest and Michael Honaker Master's Scholarship for Research in Psychology (\$1,000), Henry E. Adams Memorial Research Award (\$600), University-Wide Dissertation Completion Award (\$16,130), Society for a Science of Clinical Psychology (SSCP) Dissertation Grant (\$500)

Pre-doctoral Internship

Alpert Medical School of Brown University
Clinical Psychology Training Consortium, Adult Track (2007)
Honor: Brown Department of Psychiatry and Human Behavior, 1st prize research poster

Post-doctoral Fellowship

NIMH NRSA F-32 Post-doctoral Fellowship, Alpert Medical School of Brown University, Clinical Psychology Training Consortium (2010)
Honors: NIH Summer Institute on the Design and Conduct of Randomized Clinical Trials Involving Behavioral Interventions, Anxiety Disorders Association of America Career Development Travel Award

PROFESSIONAL LICENSE

Licensed Psychologist, State of Rhode Island, June 2010-present, License Number: PSO1183

ACADEMIC APPOINTMENTS

Assistant Professor (Research) Alpert Medical School of Brown University, Department of Psychiatry and Human Behavior	07/11 - current
Research Associate Alpert Medical School of Brown University, Department of Psychiatry and Human Behavior	12/10-06/11
Post-doctoral Fellow Alpert Medical School of Brown University, Department of Psychiatry and Human Behavior	7/08-12/10
NIMH NRSA F32 Fellowship	12/08-11/10
Post-doctoral Research Assistant Harvard/Brown Anxiety Research Project (HARP) Primary Care Anxiety Project (PCAP) PI: Martin B. Keller	7/08-11/08
Study therapist and assessor Cognitive-Behavioral Treatment of Anxiety in Primary Care PI: Risa B. Weisberg	07/08-10/10

OTHER SCHOLARLY ACTIVITIES

Judge

Neurocognitive /Translational SIG Student Poster Contest 2009

Program Chair

Invitational Cognitive Bias Modification Expert Meeting, Boston 2010

International Grant Review

Medical Research Council (UK) Research Grants

Journal Reviewer

Applied Cognitive Psychology
Archives of General Psychiatry
Behavior Therapy
Behaviour Research and Therapy
Cognition and Emotion
Consciousness and Cognition
Criminal Justice and Behavior
Depression and Anxiety
Journal of Anxiety Disorders
Journal of Autism and Developmental Disorders
Journal of Behavior Therapy and Experimental Psychiatry
Journal of Consulting and Clinical Psychology

Journal of Experimental Psychopathology
Journal of Interpersonal Violence
Journal of Men's Health
Journal of Women's Health
Psychiatry Research

University Committee Membership

University of Georgia Psychology Clinic Committee	2003-2008
Co-led UGA Clinical Program Change Initiative	2007

Membership in Societies

Anxiety Disorders Association of America (ADAA)
Association for Behavioral and Cognitive Therapy (ABCT)
APA Division 12: Society of Clinical Psychology

PEER REVIEWED PUBLICATIONS

1. Amir, N. & Beard, C. (2004). Inhibitory difficulties and Anxiety Sensitivity. *Cognitive Therapy and Research, 28*, 283-292.
2. Amir, N., Beard, C., & Bower, E. (2005). Interpretation and Social Anxiety. *Cognitive Therapy and Research, 29*, 433-443.
3. Amir, N., Beard, C., & Przeworski, A. (2005). Resolving ambiguity: The Effect of Experience on Interpretation of Ambiguous Events in Social Phobia. *Journal of Abnormal Psychology, 114*, 402-408.
4. Beard, C. & Amir, N. (2008). A Multi-session Interpretation Modification Program: Change in Interpretation and Social Anxiety. *Behaviour Research and Therapy, 46*, 1135-1141.
5. Amir, N., Weber, G., Beard, C., Bomyea, J., & Taylor, C. (2008). The effect of a single-session attention modification program on response to a public speaking challenge in socially anxious individuals. *Journal of Abnormal Psychology, 117*, 860-868.
6. Amir, N., Beard, C., Burns, M., & Bomyea, J. (2009). Attention Modification Program in individuals with Generalized Anxiety Disorder. *Journal of Abnormal Psychology, 118*, 28-33.
7. Beard, C. & Amir, N. (2009). Interpretation in Social Anxiety: When Meaning Precedes Ambiguity. *Cognitive Therapy and Research, 33*, 406-415.
8. Amir, N., Beard, C., Taylor, C., Klumpp, H., Elias, J., Burns, M., & Chen, X. (2009). Attention Training in Individuals with Generalized Social Phobia: A Randomized Controlled Trial. *Journal of Consulting and Clinical Psychology, 77*, 961-973.
9. Beard, C. & Amir, N. (2010). Attention Bias to Sexual Words in Female Sexual Dysfunction.

Journal of Sex and Marital Therapy, 36, 216-226.

10. Beard, C. & Amir, N. (2010). Negative Interpretation Bias Mediates the Effect of Social Anxiety on State Anxiety. *Cognitive Therapy and Research*, 34, 292-296.
11. Amir, N., Bomyea, J. & Beard, C. (2010). The Effect of Single-Session Interpretation Training on Attention Bias in Socially Anxious Individuals. *Journal of Anxiety Disorders*, 24, 178-182.
12. Beard, C. Weisberg, R.B., & Keller, M.B. (2010). Health-related Quality of Life across the Anxiety Disorders: Findings from a Sample of Primary Care Patients. *Journal of Anxiety Disorders*, 24, 559-564.
13. Weisberg, R.B., Beard, C., Pagano, M.E., Maki, K.M., Culpepper, L., & Keller, M.B. (2010). Impairment and Functioning in a sample of Primary Care Patients with Generalized Anxiety Disorder. *Primary Care Companion*, 12 (5), doi:10.4088/PCC.09m00890blu.
14. Beard, C. Moitra, E., Weisberg, R.B., & Keller, M.B. (2010). Characteristics and Predictors of Course in Social Phobia in a Longitudinal Study of Primary Care Patients. *Depression and Anxiety*, 27, 839-845.
15. Beard, C. (2011). Cognitive Bias Modification as a Treatment for Anxiety: Current Evidence and Future Directions. *Expert Review of Neurotherapeutics*, 11(2), 299-311.
16. Beard, C., Rodriguez, B.F., Moitra, E., Sibrava, N., Weisberg, R.B., & Keller, M.B. (2011). Psychometric Properties of the Liebowitz Social Anxiety Scale (LSAS) in a Longitudinal Study of African Americans with Anxiety Disorders. *Journal of Anxiety Disorders*, 25, 722-726. doi:10.1016/j.janxdis.2011.03.009. PMID: 284399.
17. Moitra, E., Beard, C., Weisberg, R., & Keller, M. (2011). Occupational Impairment and Social Anxiety Disorder in a Sample of Primary Care Patients. *Journal of Affective Disorders*, 130, 209-212.
18. Moitra, E., Beard, C., et al. (in press). Impact of Negative Life Events on the Course of Panic Disorder. *Journal of Affective Disorders*.
19. Beard, C., Weisberg, R.B., & Amir, N. (in press). Combined Cognitive Bias Modification Treatment for Social Anxiety Disorder: A Pilot Trial. *Depression and Anxiety*.

MANUSCRIPTS UNDER REVIEW

Beard, C., Sawyer, T., Becker, E. & Hofmann, S.G (under review). Efficacy of Attention Bias Modification: A Meta-Analysis.

Beard, C., Weisberg, R.B., & Primack, J. (under review). Attitudes toward Computerized Cognitive Bias Modification (CBM) in Anxious Primary Care Patients.

Beard, C., Rodriguez, B.F., Weisberg, R.B., & Keller, M.B. (under review). Psychometric Properties of the Liebowitz Social Anxiety Scale (LSAS) in a Longitudinal Study of Latinos with Anxiety Disorders.

NATIONAL & INTERNATIONAL CONFERENCE PRESENTATIONS

1. Amir, N., Elias, J., & Beard, C. (2003). *Temporal allocation of attentional to threat-relevant information in Panic Disorder*. Poster presented at the annual meeting of the American Psychological Society, Atlanta, GA.
2. Beard, C. & Amir, N. (2003). *Training of information processing bias: Malleability of Attentional and Interpretation Biases*. Poster presented at the annual meeting for the American Psychological Society, Atlanta, GA.
3. Elias, J., Beard, C., & Amir, N. (2003). *Ideographic training of attentional bias in individuals with generalized anxiety disorder*. In N. Amir (Chair) "Training of Information Processing Biases in Anxiety: Identifying Mechanisms of Action for Treatment." Symposium presented at the annual meeting for the Association for the Advancement of Behavior Therapy, Boston, MA.
4. Amir, N., Beard, C., Elias, J., Klumpp, H., Selvig, A., & Brady, R. (2003). *Training of information processing bias: Malleability of Attentional and Interpretation Biases*. In N. Amir (Chair) "Training of Information Processing Biases in Anxiety: Identifying Mechanisms of Action for Treatment." Symposium presented at the annual meeting for the Association for the Advancement of Behavior Therapy, Boston, MA.
5. Brady, R., Beard, C., & Amir, N. (2004). *Predictive Utility of the Social Anxiety Sensitivity Index in a Social Challenge*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans.
6. Beard, C., Stinson, N., & Amir, N. (2004). *Attentional bias for Sexual Stimuli in Females with Sexual Difficulties*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
7. Beard, C. & Amir, N. (2004). *Interpretation bias in females with sexual difficulties*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
8. Beard, C., Klumpp, H., Elias, J., Brady, R., & Amir, N. (2004). *Modification of interpretation in social phobia: change in interpretation and symptoms*. Symposium presented at the annual meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.
9. Amir, N., Beard, C., Klumpp, H., & Elias, J. (2005). *Modification of Attentional Bias in Social Phobia: Change in Attention, Generalizability Across Paradigms, and Change in Symptoms*. Symposium presented at the annual meeting of the Anxiety Disorders

Association of America, Seattle, WA.

10. Beard, C. & Amir, N. (2005). *Generalization of training across domains of information processing bias*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Washington, D.C.
11. Beard, C. & Amir, N. (2005). *Predictive Utility of the Mini-Social Phobia Inventory*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Washington, D.C.
12. Beard, C., Amir, N., Nevins, W., & Wilson, S. (2006). *Attentional Bias and Threat Relevant Faces in Social Anxiety*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Chicago.
13. Beard, C. & Amir, N. (2006). *Interpretation Modification in Social Anxiety: A randomized, placebo controlled trial*. In C. Beard & N. Amir (Chair) "Translation of Empirical Findings to New Treatment: Training of Information Processing Biases in Anxiety." Symposium presented at the annual meeting of the Association for Behavior and Cognitive Therapy, Chicago.
14. Beard, C. & Weisberg, R. (2007). *Treatment Acceptability in Primary Care Patients with Anxiety Disorders*. Poster presented at the annual meeting of the Anxiety Disorders Association of America, St. Louis, IL.
15. Amir, N. & Beard, C. (2007). *Attention Modification in Social Anxiety: A randomized, placebo controlled trial*. In C. Beard (Chair) "Translation of Empirical Findings to New Treatment: Training of Information Processing Biases in Anxiety." Symposium presented at the World Congress of Behavioral and Cognitive Therapies, Barcelona, Spain.
16. Beard, C. & Amir, N. (2007). *Interpretation Modification in Social Anxiety: A randomized, placebo controlled trial*. In C. Beard (Chair) "Translation of Empirical Findings to New Treatment: Training of Information Processing Biases in Anxiety." Symposium presented at the World Congress of Behavioral and Cognitive Therapies, Barcelona, Spain.
17. Bomyea, J., Beard, C., & Amir, N. (2007). *Difference in Working Memory in Individuals with Social Phobia*. Poster presented at the annual meeting of the Association for Behavior and Cognitive Therapy, Philadelphia, PA.
18. Amir, N., Beard, C., Weber, G., & Bomyea, J. (2007). *The Effect of a Single Session Interpretation Training on Response to a Speech Challenge in Socially Anxious Individuals*. In L. Yoon (Chair) "Understanding Social Anxiety: Interpretation Bias and its Implications for Interventions." Symposium presented at the annual meeting of the Association for Behavior and Cognitive Therapy, Philadelphia, PA.
19. Beard, C. (2007). *Interpretation Modification in Social Anxiety: Durability of Effects*. Poster presented at the Neurocognitive Therapies/Translational Research SIG Student Poster Session at the annual meeting of the Association for Behavior and Cognitive Therapy,

Philadelphia, PA.

20. Beard, C., & Amir, N. (2009). *Attention Bias in Social Anxiety: Temporal Patterns on a Spatial Cueing Task*. In C. Beard (Chair) "Attention in Anxiety: Findings from Diverse Methodologies." Symposium presented at the annual meeting of the Anxiety Disorders Association of America, Santa Ana Pueblo, NM.
21. Beard, C. & Amir, N. (2009). *Interpretation Bias Mediates the Relationship between Social Anxiety and State Anxiety*. In C. Beard (Chair) "Cognitive Models of Social Anxiety: Testing Proposed Mediators." Symposium presented at the annual meeting of the Association for Behavior and Cognitive Therapy, New York City, NY.
22. Amir, N., Bomyea, J., & Beard, C. (2009). *The Effect of Interpretation Training on Attention Bias in Socially Anxious Individuals*. In D. Hope (Chair) "Cognitive Factors in Anxiety: New Findings and New Paradigms." Symposium presented at the annual meeting of the Association for Behavior and Cognitive Therapy, New York City, NY.
23. Beard, C., Moitra, E., Weisberg, R.B., & Keller, M.D. (2010). *Characteristics and Predictors of Course in Social Anxiety Disorder in a Longitudinal Study of Primary Care Patients*. Oral presentation at the annual meeting of the Anxiety Disorders Association of America, Baltimore, MD.
24. Moitra, E., Beard, C., Weisberg, R.B., & Keller, M.D. (2010). *Occupational Selection and Impairment in Primary Care Patients with Social Anxiety Disorder*. Oral presentation at the annual meeting of the Anxiety Disorders Association of America, Baltimore, MD.
25. Beard, C., Weisberg, R.B., Perry, A., Schofield, C. & Amir, N. (2010). *Feasibility and Acceptability of CBM in Primary Care Settings*. In C. Beard (Chair) "Cognitive Bias Modification in Anxiety: Targeting Multiple Disorders, Biases, and Settings." Symposium presented at the World Congress of Behavioral and Cognitive Therapies, Boston, MA.
26. Thompson, K., Beard, C., & Amir, N. (2010). *Threat bias in socially anxious individuals using a novel visual search task*. Poster presented to the annual meeting of the Association for Behavioral and Cognitive Therapies. San Francisco, CA.
27. Beard, C., Weisberg, R.B., & Keller, M.B. (2010). *Health-related Quality of Life Across the Anxiety Disorders: findings from a sample of primary care patients* in R. Weisberg (Chair) Anxiety Disorders and Quality of Life: Functioning and Well-Being Across a Broad Array of Naturalistic and Treatment Samples of Adults and Children with Anxiety Disorders. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies. San Francisco, CA.
28. Beard, C., Weisberg, R.B., Amir, N., Schofield, C., Boettcher, H., & Perry, A. (2011). *Feasibility and Acceptability of Cognitive Bias Modification for Social Phobia*. Poster presented at the annual meeting of the Anxiety Disorders Association of America. New Orleans, LA.

29. Julian, K. Beard, C., Handelsman, P., Tart, C., & Smits, J. (2011). *The Singular and Interactive Effects of Exercise and Attention Training on Attention Bias*. Poster presented at the annual meeting of the Anxiety Disorders Association of America. New Orleans, LA.
30. Beard, C., Weisberg, R.B., Amir, N., Schofield, C., Clerkin, E., Boettcher, H., & Perry, A. (2011). *A combined attention and interpretation modification for social phobia: Feasibility, acceptability, and efficacy*. In C. Beard (Chair). *Cognitive Bias Modification: Dissemination and Expansion to New Populations*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies. Toronto, Canada.
31. Beard, C., Rodriguez, B.F., Marcks, B., Boettcher, H., Weisberg, R.B., & Keller, M.B. (2011). *Mental Health Treatment Received by African Americans with Anxiety Disorders*. In C. Beard & R. Weisberg (Chairs) *Studying the Nature and Course of Anxiety Disorders in African American, Latino, and Caucasian Samples: the Harvard/Brown Anxiety Research Project - Phase II*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies. Toronto, Canada.
32. Weisberg, R.B., Beard, C., & Keller, M.B. (2011). *The Harvard/Brown Anxiety Research Project II (HARP-II): Rationale, objectives, and methods*. In C. Beard & R. Weisberg (Chairs) *Studying the Nature and Course of Anxiety Disorders in African American, Latino, and Caucasian Samples: the Harvard/Brown Anxiety Research Project - Phase II*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies. Toronto, Canada.
33. Sibrava, N.J., Bjornsson, A., Beard, C., Moitra, E., Weisberg, R.B., & Keller, M.B. (2011). *Clinical Characteristics and One-Year Course of Generalized Anxiety Disorder in a Longitudinal Sample of African-American and Latino Adults*. In C. Beard & R. Weisberg (Chairs) *Studying the Nature and Course of Anxiety Disorders in African American, Latino, and Caucasian Samples: the Harvard/Brown Anxiety Research Project - Phase II*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies. Toronto, Canada.
34. Van Dyke, B., Beard, C., Weisberg, R.B., & Keller, M.B. (2011). *Psychometric Properties of the Liebowitz Social Anxiety Scale in African Americans with Anxiety Disorders*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies. Toronto, Canada.

GRANTS

Ongoing

Attention and Interpretation Modification for Fear of Breast Cancer Recurrence 7/11-6/12

Role: Co-Investigator

PI: Wendy G. Lichtenthal

Clinical and Translational Science Center, Cornell University

NIH

Pending

Cognitive Bias Modification: A Novel Intervention for AUDs and Social Anxiety

Role: Co-Investigator

PI: Elise Clerkin

R21 submitted to NIAAA June 2011

Attention Bias Modification for Anxiety in Children

Role: Co-Investigator

PI: Casey Schofield

R34 submitted to NIMH June 2011

Completed

Information Processing Training for Social Phobia in Primary Care

12/08-11//10

Role: Principal Investigator

1F32MH083330

Funding Source: NIMH

UNIVERSITY TEACHING ROLES

Research Design Lab Instructor 2005-06
University of Georgia, Department of Psychology

Human Sexuality Teaching Assistant 2005
University of Georgia, Department of Psychology

Clinical Practicum Co-Supervisor 2007-08
University of Georgia Psychology Clinic

Invited Lecturer for Graduate Classes 2005, '06, '08
Behavior Therapy: Computer Driven Interventions
University of Georgia, Department of Psychology

Invited Lectures for Undergraduate Classes
Human Sexuality: Research in Female Sexual Dysfunction 2004
Human Sexuality: Sexuality Research 2004
Anxiety Disorders Seminar: Social Phobia 2004
Abnormal Psychology: Understanding Anxiety Disorders 2008
Abnormal Psychology: Treating Anxiety Disorders 2008
University of Georgia, Department of Psychology

Invited Lectures for Academics and Clinicians
University of Georgia Counseling Center: Test Anxiety 2004
McLean Hospital OCD Institute: Cognitive Bias Modification in Anxiety 2009
Brown University, Rhode Island Hospital
Cognitive Bias Modification: Clinical Implications 2009
Psychological Centers Continuing Education Workshops 2010, '11

Treating Anxiety Disorders with Exposure Based Interventions
Treating Panic Disorder and Agoraphobia with CBT
Treating Generalized Anxiety Disorder with CBT
Brown University, Clinical Psychology Training Consortium
Intern Seminar, F-32 fellowship process

2010