

EMMA M. PARRISH

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EDUCATION:

2013 – 2017 **Bachelor of Science, Psychology**
Northeastern University, Boston, MA
Summa cum laude (GPA 3.96)
Study in India (Summer 2014)
Study in Europe (Summer 2015)

GRANTS & AWARDS:

2019 Canadian Vanier Scholarship National Competition Awardee
2019 Best Clinical Poster Presentation – *Beth Israel Deaconess Medical Center's Psychosis Research Program*
2017 Compass Award – *Top Student in the College of Science*
2017 Psychology Department Citizen Scholar Award
2017 Sears B. Condit Award – *Top 100 GPA in the class of 2017*
2017 Huntington 100 – *Most Influential Northeastern Students*
2016 Presidential Global Scholarship Recipient – *Global Co-op Grant (\$6,000)*
2015 Co-op Student of the Month
2015 Northeastern University Martinez Fellowship – *Psychology Co-op Grant (\$5,000)*
2013-2017 Northeastern University, College of Science Dean's List
2013 Honors Program at Northeastern University

RESEARCH EXPERIENCE:

5/2017 – 6/2019 **Clinical Research Assistant**

Center for Early Detection, Assessment, and Response to Risk (CEDAR Clinic), Boston, MA
Affiliated with the Brookline Center for Community Mental Health, Massachusetts Mental Health Center, and Beth Israel Deaconess Medical Center / Harvard Medical School

- Duties:
- Coordinate clinical and administrative aspects of a clinic for youth at risk for developing psychosis
 - Recruit, train and supervise undergraduate interns; supervise independent research projects
 - Regularly coordinate with clinical and research teams
 - Participate in didactic seminars
 - Manage clinical outcomes data collection and analyses
 - Process clinical intakes and referrals
 - Contribute to ongoing manuscripts for publication and assist with grant writing

Supervisor: Michelle Friedman-Yakoobian, PhD

5/2017 – 2/2019 **Clinical Research Coordinator**

Psychosis Research Program, Boston, MA
Affiliated with the Massachusetts Mental Health Center and Beth Israel Deaconess Medical Center / Harvard Medical School

Project: Cognition for Learning and for Understanding Everyday Social Situations (CLUES) Study

- Duties:
- Schedule and coordinate study visits for an NIMH R34 funded trial
 - Monitor computerized cognitive enhancement therapy for participants at clinical high risk for psychosis
 - Manage data collection systems

Supervisor: PIs: Matcheri Keshavan, MD & Michelle Friedman-Yakoobian, PhD

- 11/2018 – 6/2019 Clinical Research Coordinator**
Psychosis Research Program, Boston, MA
Affiliated with the Massachusetts Mental Health Center and Beth Israel Deaconess Medical Center /Harvard Medical School
- Project: Mental Health Technology Transfer Center – New England
- Duties:
- Assist in developing educational materials for training in evidence-based practices for early psychosis
 - Assist in setting up regional training activities (i.e., webinars, phone consultations, educational collaboratives)
 - Collect participant feedback data and produce annual progress reports
- Supervisor: Raquelle Mesholam-Gately, PhD
- 11/2018 – 6/2019 Clinical Research Assistant**
Digital Psychiatry Division, Massachusetts Mental Health Center, Beth Israel Deaconess Medical Center/Harvard Medical School, Boston, MA
- Duties:
- Assist with manuscript preparation regarding ethics of digital therapeutics
- Supervisor: PI: John Torous, MD
- 5/2017 - 11/2018 EEG Assessment Technician**
Massachusetts Mental Health Center, Beth Israel Deaconess Medical Center/Harvard Medical School, Boston, MA
- Project: Bipolar and Schizophrenia Network for Intermediate Phenotypes: Outcomes Across the Psychosis Continuum
- Duties:
- Engaged participants during electroencephalogram (EEG) setup and protocol
 - Ran protocol including Oddball, International Affective Picture System (IAPS), and Gating paradigms
- PI: Matcheri Keshavan, MD
- 9/2016 – 5/2017 Psychology Honors Research Student**
Causal Cognition Lab, Northeastern University, Boston, MA
- Undergraduate Thesis Title: Clinical High Risk for Psychosis: Stigma in an Undergraduate Population.
- Duties:
- Conducted IRB-approved research study, managed data collection, and completed data analysis
- Supervisor: Nancy Kim, PhD
- 1/2016 – 8/2016 Research Assistant**
Orygen, The National Centre for Excellence in Youth Mental Health, Melbourne, Australia
- Duties:
- Assisted with qualitative and quantitative data collection and analyses
 - Conducted comprehensive literature reviews and assisted with manuscript preparation and grant applications
 - Collaborated on the production of meta-analysis manuscript
 - Observed specialized psychosis-risk interventions and neuropsychological assessment
- Supervisor: Kelly Allott, D.Psych

9/2015-12/2015 Undergraduate Research Assistant

Lifespan Emotional Development Lab, Northeastern University, Boston, MA

- Duties:
- Assisted with analyses of emotion regulatory processes using SPSS
 - Contributed to the creation of experimental paradigms using Qualtrics and video editing software

Supervisor: PIs: Kimberly Livingstone, PhD, Derek Isaacowitz

9/2015-12/2015 Clinical Intern

The Consumer Advisory Board (CAB) of Massachusetts Mental Health Center, Beth Israel Deaconess Medical Center, Harvard Medical School Department of Psychiatry, Boston MA

- Duties:
- Managed IRB documentation for a peer-led project on the treatment alliance in severe mental illness
 - Provided updates to the Consumer Advisory Group regarding meetings

PIs: Larry Seidman, PhD & Raquelle Mesholam-Gately, PhD

1/2015–6/2015 Clinical Research Co-Op Student

Center for Early Detection, Assessment, and Response to Risk (CEDAR Clinic), Boston, MA

Affiliated with the Brookline Center for Community Mental Health, Massachusetts Mental Health Center, and Beth Israel Deaconess Medical Center / Harvard Medical School

- Duties:
- Collected, managed, and analyzed clinical outcomes data
 - Completed an independent research project on client satisfaction in relation to symptoms for presentation at professional conference
 - Observed weekly diagnostic committee and clinical team meetings

Supervisor: Michelle Friedman-Yakoobian, PhD

1/2014–12/2014 Undergraduate Research Assistant

Lifespan Emotional Development Lab, Northeastern University, Boston, MA

- Duties:
- Recruited eligible participants
 - Conducted experiments with participants using mobile and stationary eye tracking
 - Assisted with analyses of emotion regulatory processes using SPSS
 - Edited video footage and eye tracking data using Applied Science Laboratory software

Supervisor: Kimberly Livingstone, PhD; PI: Derek Isaacowitz, PhD

1/2014-4/2014 Undergraduate Research Assistant

Categorization and Reasoning Lab, Northeastern University, Boston, MA.

- Duties:
- Analyzed decision making surrounding intuitive biological inferences
 - Conducted experiments with undergraduate participants in person and online
 - Transcribed and coded participant responses

PIs: John Coley, PhD & Nadya Vasilyeva, PhD

PUBLICATIONS:

- Friedman-Yakoobian, M., **Parrish, E. M.**, Lesser, R., Gnong-Granato, A., Eack, S., & Keshavan, M. S. (2019). An integrated neurocognitive and social-cognitive treatment for youth at clinical high risk for psychosis: Cognition for learning and for understanding everyday social situations (CLUES). *Schizophrenia Research*, 208, 55-59.
- Caruana, E., Allott, K., Farhall, J., **Parrish, E. M.**, Davey, C. G., Chanen, A. M... & Cotton, S. M. (2018). Factors associated with vocational disengagement among young people entering mental health treatment. *Early Intervention in Psychiatry*.
- Caruana, E., Farhall, J., Cotton, S. M., **Parrish, E.**, van-der-EL, K., Davey, C. G., ... & Allott, K. (2019). Vocational engagement among young people entering mental health treatment compared with their general population peers. *Early intervention in psychiatry*, 13(3), 692-696.
- Parrish, E. M.**, Kim, N. S., Woodberry, K. A., & Friedman-Yakoobian, M. (2019). Clinical high risk for psychosis: The effects of labelling on public stigma in a undergraduate population. *Early intervention in psychiatry*, 13(4), 874-881.

- Goodall, J., Fisher, C., Hetrick, S., Phillips, L., **Parrish, E. M.**, & Allott, K. (2018). Neurocognitive functioning in depressed young people: A systematic review and meta-analysis. *Neuropsychology Review*, 28, 216-231.
- Allott, K., Fraguas, D., Bartholomeusz, C. F., Díaz-Caneja, C. M., Wannan, C., **Parrish, E. M.**, ... & Rapado-Castro, M. (2018). Duration of untreated psychosis and neurocognitive functioning in first-episode psychosis: a systematic review and meta-analysis. *Psychological Medicine*, 48(10), 1592-1607.
- Caruana, E., Cotton, S. M., Farhall, J., **Parrish, E. M.**, Chanen, A., Davey, C. G., ... & Allott, K. (2018). A comparison of vocational engagement among young people with psychosis, depression and borderline personality pathology. *Community Mental Health Journal*, 54(6), 831-841.
- Proffitt, T. M., Brewer, W. J., **Parrish, E. M.**, McGorry, P. D., & Allott, K. A. (2018). Reasons for referral and findings of clinical neuropsychological assessment in youth with mental illness: A clinical file audit. *Applied Neuropsychology: Child*, 7(2), 164-174.
- Fisher, C. A., Hetrick, S. E., Merrett, Z., **Parrish, E. M.**, & Allott, K. (2017). Neuropsychology and youth mental health in Victoria: The results of a clinical service audit. *Australian Psychologist*, 52(6), 453-460.

PRESENTATIONS:

- Parrish, E.M.**, Friedman-Yakoobian, M., Gnong-Granato, A., & Keshavan, M. (2019, June). *Styles of Thinking Assessment and Rating Scale (STARS) and Rating and Assessment for Social Cognition (RASC): Two New Measures in an Early Psychosis Cognitive Remediation Study*. Poster presented at the Cognitive Remediation in Psychiatry Conference, Columbia University, New York, NY.
- Parrish, E. M.** (2019, April). *School and work coaching for youth at clinical high risk for psychosis*. Oral Presentation at the CEDAR Clinic Clinical Seminar Series, Boston, MA.
- Parrish, E.M.**, Friedman-Yakoobian, M., Gnong-Granato, A., & Keshavan, M. (2019, April). *Styles of Thinking Assessment and Rating Scale (STARS) and Rating and Assessment for Social Cognition (RASC): Two New Measures in an Early Psychosis Cognitive Remediation Study*. Poster presented at the Harvard Medical School Department of Psychiatry Research Meeting, Boston, MA.
- Lai, K., **Parrish, E.M.**, Sanders, A.S., Cragin, C.A., Friedman-Yakoobian, M., & West, M. (2019, April). *PTSD diagnosis and attenuated positive symptoms in youth at clinical high risk for psychosis*. Poster presented at the Harvard Medical School Department of Psychiatry Research Meeting, Boston, MA.
- Lundgren, B.L., Hagler, M., **Parrish, E.M.**, West, M., & Friedman-Yakoobian, M. (2019, April). *Prevalence and impact of obsessive compulsive disorder and obsessive compulsive symptoms in individuals at clinical high risk for psychosis*. Poster presented at the Harvard Medical School Department of Psychiatry Research Meeting, Boston, MA.
- Parrish, E. M.** & Woodberry, K. (2018, October). *Treatment partnership with people with lived experience*. Co-moderator for panel at the International Early Psychosis Association (IEPA) Conference, Boston, MA.
- Parrish, E. M.**, Kline, E., & Friedman-Yakoobian, M. (2018, October). *The relationship between confidence in cognitive abilities, role functioning, and MCCB performance in first-episode psychosis*. Poster presented at the International Early Psychosis Association (IEPA) Conference, Boston, MA.
- Allott, K., Goodall, J., Fisher, C., Hetrick, S., **Parrish, E. M.**, & Phillips, L. (2018, October). *Neurocognitive functioning in depressed young people: A systematic review and meta-analysis*. Oral presentation at International Early Psychosis Association (IEPA) Conference, Boston, MA.
- Parrish, E. M.**, Kline, E., & Friedman-Yakoobian, M. (2018, June). *The relationship between confidence in cognitive abilities, role functioning, and MCCB performance in first-episode psychosis*. Poster presented at the Cognitive Remediation in Psychiatry Conference, Columbia University, New York, NY.
- Parrish, E. M.**, West, M. L., Kline, E., Hubbard, J., & Friedman-Yakoobian, M. (2018, April). *The effects of substance use in early psychosis populations*. Poster presented at the Harvard Medical School Department of Psychiatry Research Meeting, Boston, MA.
- Friedman-Yakoobian, M., **Parrish, E. M.**, Hagler, M., Schwartz, A., West, M. L., Mueser, K. T. (2018, April). *Predictors of family burden and critical attitudes towards youth presenting at a specialty clinic for youth at clinical high risk (CHR) for psychosis*. Poster presented at the Harvard Medical School Department of Psychiatry Research Meeting, Boston, MA.
- Allott, K., van-der-El, K., **Parrish, E. M.**, Bowie, C., Kidd, S. A., McGurk, S. R., Hetrick, S. Bryce, S., Hamilton, M., Killackey, E., & Velligan, D. (2018, April). *Compensatory cognitive approaches to improving functioning in psychosis: Systematic review and meta-analysis*. Oral presentation at the Schizophrenia International Research Society (SIRS) Conference, Florence, Italy.
- Parrish, E. M.**, Kim, N. S., Friedman-Yakoobian, M. (2017, April). *Clinical high risk for psychosis: Stigma in an undergraduate population*. Poster presented at the Harvard Medical School Department of Psychiatry Research Meeting, Boston, MA.
- Parrish, E. M.**, Kim, N. S., Friedman-Yakoobian, M. (2017, April). *Clinical high risk for psychosis: Stigma in an undergraduate population*. Poster presented at the Northeastern University Research, Innovation, and Scholarship Expo, Boston, MA.
- Allott, K., Fraguas, D., Bartholomeusz, C., Martinez, C., Wannan, C., Pantelis, C., Amminger, P., Arango, C., **Parrish, E. M.**,

Rapado-Castro, M. (2016, October). *Duration of untreated psychosis and cognitive functioning in first episode psychosis: A systematic review and meta-analysis*. Oral presentation at the International Early Psychosis Association (IEPA) Conference Milan, Italy.

Parrish, E. M., Proffitt, T. M., Brewer, W. J., McGorry, P. D., Allott, K. (2016, October). *Referral characteristics and outcomes of clinical neuropsychological assessment in youth mental health: A clinical audit of assessment reports*. Poster presented at the American Academy of Child and Adolescent Psychiatry 63rd Annual Meeting, New York, NY.

Parrish, E. M. (2016, July). *Two Projects from an International Psychology Intern*. Oral Presentation at Orygen and Centre for Youth Mental Health – University of Melbourne Research Colloquia, Melbourne, Australia.

Allott, K. A. & **Parrish, E. M.** (2016, April). *Neuropsychology in youth mental health*. “Table Top” Presentation at the Youth Partnerships in Research Conference, Melbourne, Australia.

Parrish, E. M., West, M. L., O’Donovan, K. E., Zimmet, S. V., Seidman, L. J., Friedman-Yakoobian, M. (2015, November) *Treatment satisfaction among adolescents at clinical high risk for psychosis in a specialized clinic*. Poster presented at the Massachusetts Psychological Association Conference, Norwood, MA.

West, M. L., O’Neal, K., O’Donovan, K. E., **Parrish, E. M.**, Davidson, E., Zimmet, S. V., Seidman, L. J., Friedman-Yakoobian, M. (2015, April). *Center for Early Detection Assessment and Response to Risk (CEDAR): Description of referrals, clinical population, and treatment provided within a specialized clinic for youths at clinical high risk for psychosis*. Poster presented at the Harvard Medical School Department of Psychiatry Research Meeting, Boston, MA.

Houck, L., Konig, K., Kreher, G., Anderson, E., Duquette, J., **Parrish, E. M.**, Vasilyeva, N., & Coley, J. (2014, April). *What makes a good explanation? Intrinsic and extrinsic factors in explanation evaluation*. Poster presented at the Northeastern University Research, Innovation, and Scholarship Expo, Boston, MA.

MANUSCRIPTS IN PREPARATION:

Parrish, E.M., Kline, E.K., & Friedman-Yakoobian, M. *The relationship between confidence in cognitive abilities, role functioning, and MCCB performance in first-episode psychosis*. Submitted for publication.

Allott, K., van-der-El, K., Bryce, S., **Parrish, E.M.**, McGurk, S., Hetrick, S., Bowie, C., Kidd, S., Killackey, E., & Velligan, D. *Compensatory interventions for cognitive impairments in psychosis: A systematic review and meta-analysis*. Submitted for publication.

Friedman-Yakoobian, M., **Parrish, E.M.**, Eack, S. & Keshavan, M. *Neurocognitive and social cognitive training for youth at clinical high risk (CHR) for psychosis: a small randomized controlled trial*. Unpublished manuscript.

West, M.L., **Parrish, E.M.** & Friedman-Yakoobian, M. *Treatment outcomes in clinical high risk (CHR) for psychosis: Data from a specialized clinic*. Unpublished manuscript.

CLINICAL EXPERIENCE:

5/2017 – 6/2019 Director of School and Occupational Coaching Program

Center for Early Detection, Assessment, and Response to Risk (CEDAR Clinic), Boston, MA

Affiliated with the Brookline Center for Community Mental Health, Massachusetts Mental Health Center, and Beth Israel Deaconess Medical Center / Harvard Medical School

- Duties:
- Provide one-on-one, individualized school and work coaching services for youth at risk for psychosis
 - Supervise undergraduate psychology trainees in providing coaching services

1/2017 – 8/2017 Relief Residential Counselor

Vinfen – Group Residential Facilities, Boston, MA

- Duties:
- Provided support to clients living in psychiatric rehabilitation group homes in the Boston area
 - Assisted with rehabilitative and behavioral interventions and documented all clinical activities
 - Ensured program safety at all times via safety protocol adherence

3/2016 – 8/2016 Psychosocial Group Co-Facilitator: “Ozone”

Orygen Youth Health Clinical Program, Melbourne Australia

- Duties:
- Co-facilitated a psychosocial recovery group for adolescent clients with serious mental illness
 - Provided support in creating social connections (milieu work) and reaching recovery goals

1/2015 – 6/2015 Clinical Research Co-Op Student

Prevention and Recovery from Early Psychosis (PREP) Program and Center for Early Detection, Assessment, and Response to Risk (CEDAR Clinic), Boston, MA

Affiliated with Massachusetts Mental Health Center and Beth Israel Deaconess Medical Center

- Duties:
- Facilitated and co-facilitated group therapy sessions for young adults with recent onset of psychosis
 - Provided milieu support and monitoring to ensure client well-being and facilitate social interaction
 - Provided weekly coaching to clients experiencing early psychosis symptoms to support educational and occupational goals
 - Observed and contributed to psycho-educational, motivational, and recovery group therapies
 - Collected and tracked clinical activity data

TEACHING AND SERVICE EXPERIENCE:

1/2017 – 5/2017 Undergraduate Teaching Assistant, Abnormal Psychology

Northeastern University, Boston, MA

- Duties:
- Provided ongoing academic support to undergraduate students in weekly office hours
 - Prepared relevant course materials and led class discussions

9/2016 – 12/2016 Undergraduate Teaching Assistant, Honors-Level Social Psychology

Northeastern University, Boston, MA

- Duties:
- Held weekly office hours to provide support for students
 - Hosted exam review sessions
 - Developed and disseminated supplemental learning materials
 - Initiated an independent special topic lecture and discussion – “Psychology of the 2016 Election”

11/2013 – 4/2014 Volunteer Tutor

Harrington House, Home for Little Wanderers, Boston, MA

- Duties:
- Provided academic support for school age children with serious behavioral difficulties living in a group home setting
 - Facilitated enrichment activities for group home residents (e.g., cooking lessons, games) to facilitate emotional wellbeing and social skill development

Educational Presentations:

Parrish, E.M. & Lee, I. (2018, October). *Recent research in early psychosis*. “Q&A” Presentation for Northeastern University Clinical Psychology Seminar Course, Boston, MA.

Parrish, E. M. (2015, November). *What is early intervention in psychosis?* Presentation for Nazareth Area High School Advanced Placement Psychology Course, Nazareth, PA.

Parrish, E. M. (2015, June). *Treatment satisfaction among adolescence at clinical high risk for psychosis in a specialized clinic*. Commonwealth Research Center Weekly Lab Meeting, Boston, MA.

SPECIALTY TRAINING:

2017 & 2018 Structured Interview for Prodromal Syndromes (SIPS) Training

Psychosis Research Program, Boston, MA

Affiliated with the Massachusetts Mental Health Center and Beth Israel Deaconess Medical Center /Harvard Medical School

2017 Measurement and Treatment Research to Improve Cognition in Schizophrenia (MATRICS) Consensus Cognitive Battery Training (MCCB)

Psychosis Research Program, Boston, MA

2016 Professional Clinical Training Workshops

Orygen Youth Health: EPPIC Statewide, Melbourne, Australia

Workshops: Introduction to cognitive analytic therapy; Cognitive behavioral therapy for psychosis; Therapeutic group work with young people; Getting in early: Working with ultra-high risk; Engaging young people experiencing early psychosis.

SKILLS:

Proficient in Electroencephalogram (EEG) setup and administration; PubMed, PsycINFO, and Embase databases; Boolean search techniques; Research Electronic Data Capture (RedCap); SPSS; Endnote; Qualtrics Survey Software; Microsoft Office (Word, Excel, & PowerPoint); Use of AnyLogic Multi Method Simulation; Applied Science Laboratories; GazeTracker; EPrime; Mobile and Stationary Eye Tracking

PROFESSIONAL AFFILIATIONS:

- 2016 – Present International Early Psychosis Association
- 2016 – Present International Association for Youth Mental Health
- 2015 – Present Psi Chi International Honor Society in Psychology
- 2015 – 2017 Massachusetts Psychological Association
- 2014 – 2017 American Psychological Association

EXTRACURRICULAR LEADERSHIP:

1/2017 – 5/2017 President

Northeastern University Psychology Club

Assisted in planning educational events for the Northeastern psychology community; ensured smooth operation of the Psychology Club executive board

9/2016 – 5/2017 College of Science Ambassador / Global Ambassador

Northeastern University

Presented information about Northeastern to prospective College of Science students, assisted students who are considering going abroad for an international co-op experience

8/2014 – 12/2015 Public Relations Officer

Northeastern University Psychology Club

Communicated with all Northeastern psychology undergraduate students about psychology related events

8/2015 - 12/2015 Internal Affairs Officer

Northeastern University Downbeats A Cappella Musical Group

Facilitated communication within group members, booked rehearsal space

8/2014 – 5/2015 External Affairs Officer

Northeastern University Downbeats A Cappella Musical Group

Coordinated concerts and events with organizations in the Northeastern University and greater Boston community

REFERENCES:

Kelly Allott, DPsych

Senior Research Fellow - Orygen, The National Centre of Excellence in Youth Mental Health
Supervisor
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kelly.allott@orygen.org.au

Michelle Friedman-Yakoobian, PhD

CEDAR Clinical Team Leader
Supervisor
mfriedm3@bidmc.harvard.edu

Nancy Kim, PhD

Principal Investigator – Causal Cognition Lab
Honors Thesis Advisor
n.kim@neu.edu