

Eleanor E. Beale, PhD

Curriculum Vitae

EDUCATION

- 08/2022 – 08/2023 Pre-Doctoral Clinical Psychology Internship, APA accredited
Durham VA Medical Center, Durham, NC
Training Director: Jay Gregg, Ph.D.
- 08/2017 – 08/2023 Doctoral Candidate, Clinical Psychology
Case Western Reserve University, Cleveland, OH
Advisor: Dr. James Overholser
Dissertation Title: Understanding the association between suicidal ambivalence
and suicide attempt
Dissertation Defense: Spring 2023
GPA: 4.00
- 08/2017 – 01/2020 Master of Arts Degree, Clinical Psychology
Case Western Reserve University, Cleveland, OH
Advisor: Dr. James Overholser
Thesis Title: The path not taken: Distinguishing individuals who die by suicide
from those who die by natural causes despite a shared history of suicide attempt
Master's Defense: Fall 2019
GPA: 4.00
- 08/2008 – 05/2012 B.A. Psychology
Skidmore College, Saratoga Springs, NY
Summa Cum Laude

CLINICAL EXPERIENCE

- 09/2023 – Present Post-Doctoral Clinical Psychologist
Triangle Area Psychology (TAP) Clinic, Durham, NC
Supervisors: Christopher Sheppard, Ph.D. and Clair Robbins, Ph.D.
- 08/2022 – 08/2023 Pre-Doctoral Clinical Psychology Intern
Durham VA Medical Center, Durham, NC
- General Mental Health Clinic (16 hours/week)**
Supervisor: Robert (Brandon) Irvin, Ph.D.
- Provide individual therapy, couples' therapy, and conduct psychotherapy intake assessments. Administer a range of evidence-based intervention techniques including CBT, CBT for Couples, and IPT. Treat patients diagnosed with depression, anxiety, posttraumatic stress disorder, and personality disorders. Participate in weekly interdisciplinary team meetings to review cases.

Women’s Mental Health Clinic (16 hours/week)

Supervisor: Jessica Kinsaul, Ph.D.

Provide individual and group therapy to women’s health patients diagnosed with major depressive disorder, generalized anxiety disorder, borderline personality disorder, and posttraumatic stress disorder. Co-lead a weekly DBT skills group. Attend and participate in weekly DBT multidisciplinary consultation team meetings and conduct phone coaching calls as needed. Receive training and supervision in full model DBT, CPT, and STAIR.

Acute Mental Health (16 hours/week)

Supervisor: Josh Tiegreen, Ph.D.

Will engage in individual psychosocial rehabilitation and recovery services, including brief psychotherapy, group therapy, and assessment. Will work with a wide range of patients with acute psychiatric disorders and exacerbation of chronic disorders who are admitted to the inpatient psychiatry unit. Will assume a significant role as a member of the multidisciplinary treatment team.

Raleigh Outpatient Mental Health Clinic (16 hours/week)

Supervisors: David Strasshofer, Ph.D., Stephanie Rossitch, Ph.D.

Will gain experience working in an urban mental health clinic setting. Will continue to receive training and supervision in evidence-based practices based on specific training goals in treating trauma-related symptomatology (PE, CPT, and CBCT-PTSD) and depression/anxiety (CBT, ACT). Will gain skills in conducting intake assessments and potentially co-lead psychoeducational and treatment groups.

Minor DBT Rotation (4-6 hours/week)

Supervisors: Sean McGowan, Ph.D., Jay Gregg, Ph.D.

Will continue to engage in full-model DBT by providing individual therapy, co-leading the weekly DBT skills group through the Women’s Health Clinic, participating in phone coaching calls as needed, and attending weekly DBT multidisciplinary consultation team meetings. Will also engage in team meetings with supervisors and regularly review psychoeducation materials.

08/2021 – 07/2022

Psychology Trainee

Schafer Center for Learning Differences

The Lawrence School, Broadview Heights, OH

Supervisors: Kelly Christian, Ph.D., Sally Galanti, Ph.D.

Conducted ongoing monthly assessment work as an advanced practicum student. Completed comprehensive learning evaluations for children and adolescents with

referral concerns of attentional, cognitive, learning, and/or emotional dysfunction. Administered, scored, and interpreted full batteries of learning assessments to children including the WISC-V and the WIAT-4. Wrote full reports and completed structured clinical intake interviews with children and parents. Completed between 8 and 16 hours a month on site conducting intake evaluations, administering assessments, and scoring measures, as well as 2-4 hours of report writing per case. Conducted 1 to 2 learning disorder evaluations per month.

06/2020 – 07/2022

Adult Clinic Coordinator
CWRU Psychology Clinic
Case Western Reserve University, Cleveland, OH
Clinic Director and Clinical Supervisor: James Overholser, Ph.D., ABPP

Co-led an APA-approved department psychology training clinic specializing in CBT and evidence-based practice via community implementation. Updated all clinic policies for telehealth implementation during the COVID-19 pandemic. Completed phone screens for clinic enrollments, provided community referrals, led clinical intakes, and provided individual psychotherapy services. Trained two cohorts of second-year clinical psychology practicum students in assessment, intake, telehealth, and documentation procedures for the clinic. Built and implemented the clinic's first electronic medical record (EMR). Prepared clinic records for an upcoming APA-accreditation site visit. Maintained an ongoing client caseload ranging up to 7 clients, attended weekly supervision meetings, and attended weekly administrative meetings with the child clinic coordinator.

08/2021 – 04/2022

Behavioral Health Trainee
MetroHealth Family Medicine Primary Care Clinic
The MetroHealth System, Cleveland, OH
Supervisor: Stacy Caldwell, Ph.D.

Engaged as a part of the interdisciplinary primary care mental health integration (PCMHI) team. Conducted warm handoffs, mental health assessments, intake interviews, risk assessments, and interdisciplinary consultations. Provided short-term therapy for behavioral health and mental health concerns using either face-to-face or telehealth interventions. Attended weekly didactics and group supervision with interns, fellows, and behavioral health staff, as well as weekly individual supervision. Completed 16 hours a week on site, including 1 hour of weekly group supervision, 1 hour of weekly individual supervision, 4 hours of weekly warm-handoff coverage, regular intake evaluations, consultation, and a caseload of 3 to 6 individual patients for short-term therapy.

09/2020 – 06/2021

Psychology Trainee
Cleveland Clinic Chronic Pain Rehabilitation Program
Cleveland Clinic Foundation, Cleveland, OH
Supervisors: Sara Davin, Psy.D., MPH, Kaitlin Keister, Ph.D.

Co-facilitated virtual intensive outpatient program group therapy focused on treatment of chronic pain conditions. Created group therapy content on a range of topics including: chronic pain, emotion regulation, cognitive distortions, distress tolerance, communication skills, mindfulness, pain behaviors, and relapse prevention. Provided virtual individual therapeutic treatment to individuals diagnosed with a range of chronic pain conditions. Presented on suicide risk factors, assessment, safety planning, and prevention. Completed 8 hours a week on site including 1 to 2 hours of weekly individual supervision, 3.5 hours of virtual intensive outpatient group therapy, 2 to 3 hours of virtual individual therapy, and regular attendance of psychiatry grand rounds.

08/2019 – 05/2020

Psychology Trainee
 University Health and Counseling Services
 Case Western Reserve University, Cleveland, OH
Supervisors: Andrew Katz, Ph.D., Naomi Drakeford, Ph.D.

Provided treatment for a variety of mental health concerns including mood, anxiety, and behavioral disorders. Engaged in weekly didactics training across a wide variety of therapies and therapeutic issues. Completed a clinical case presentation. Completed 20 hours a week on site including 1 to 2 hours of weekly individual supervision, 1 hour of group supervision, 1 hour of didactic training, 1 hour of treatment team meeting, and 10 to 12 hours of walk-in coverage, intake interviews, and individual therapy. Note: All face-to-face therapy experiences for trainees were discontinued in March of 2020 due to the Covid-19 pandemic. However, supervision, didactic lectures, and team meetings continued.

01/2019 – 05/2019

Psychology Trainee
 Cleveland Clinic Center for Neurological Restoration
 Cleveland Clinic Foundation, Cleveland, OH
Supervisor: Cynthia Kubu, Ph.D.

Provided neuropsychological assessment services to adults in an academic medical center who were presenting with essential tremor, Parkinson's disease, or general cognitive decline. Engaged with patients being assessed for deep-brain stimulation surgery candidacy. Administered, scored, and interpreted multiple standardized cognitive assessment batteries. Developed skills in writing integrated assessment reports. Completed 8 hours a week on site including 1 hour of weekly supervision, 1 hour of co-leading intake interviews, 3 to 4 hours of test administration, and 2 hours of integrated report writing.

09/2018 – 12/2018

Psychology Trainee
 Cleveland Clinic Center for Brain Health
 Cleveland Clinic Foundation, Cleveland, OH
Supervisor: Aaron Bonner-Jackson, Ph.D.

Provided neuropsychological assessment services to adults in an academic medical center who were presenting with potential Alzheimer's disease, dementia, or cognitive impairment. Administered, scored, and interpreted a standardized cognitive assessment battery. Developed skills in writing integrated assessment reports. Completed 8 hours a week on site including 1 hour of attending weekly consensus meetings, 1 hour of weekly supervision, 1 hour of observing intake interviews, 3 to 4 hours of test administration, and 1 hour of integrated report writing.

08/2018 – 05/2019

Psychology Trainee, Cognitive Behavioral Therapy Practicum
CWRU Psychology Clinic
Case Western Reserve University, Cleveland, OH
Supervisor: James Overholser, Ph.D., ABPP

Participated in a year-long seminar in cognitive behavioral therapy in conjunction with the CBT clinical practicum. Formulated case conceptualizations, developed treatment plans, and delivered individual cognitive behavioral therapy to adult and older adult clients with a variety of presenting problems including anxiety, mood, and personality dysfunction. Implemented empirically supported cognitive behavioral techniques including psychoeducation, behavioral activation, cognitive restructuring, relaxation training, and exposures. Reviewed progress of training in supervision enhanced by audio recordings and completed 1 to 2 hours of weekly individual therapy.

06/2012 – 07/2015

Inpatient Psychiatry Resource Coordinator
Inpatient Psychiatric Unit
Massachusetts General Hospital, Boston, MA

Established aftercare for inpatient psychiatry patients with psychiatrists, psychologists, primary care doctors, partial hospitalization programs, and intensive outpatient programs. Built rapport with patients, explained nature of care being obtained, and requested release forms for aftercare. Created and maintained a system for internal auditing of discharge paperwork to align with Hospital-Based Inpatient Psychiatric Services quality assurance regulations. Generated and implemented a procedure to audit discharge paperwork and revolutionized unit compliance with accrediting organization regulations. Developed and presented monthly reports of regulatory information for the inpatient unit, including data on rate of paperwork completion, restraint and seclusion, patient characteristics, and aftercare. Created and implemented screening tools for quality assurance measures mandated by the Joint Commission and Medicare.

06/2011 – 08/2011

Psychology Undergraduate Student Intern
Baywood Center for Drug and Alcohol Abuse Treatment, Queensbury, NY

Assisted licensed social workers with administrative tasks and record storage. Systematized and filed clinic notes and client records. Co-facilitated treatment groups targeting behavior change around alcohol and substance abuse.

01/2011 – 04/2011

Psychology Undergraduate Student Intern
Saratoga Bridges—Residential and Day Treatment Program for Adults with Developmental Disabilities, Clifton Park, NY

Participated in co-leading counseling groups, engaging in classroom activities, and conducting in-home behavioral data collection. Researched and implemented a functionally-based assessment targeting behavior change around aggression and emotional outbursts. Developed a behavior modification plan for a specific patient.

Assessments Administered

Columbia Suicide Severity Rating Scale (C-SSRS), Delis-Kaplan Executive Function System (D-KEFS), Dementia Rating Scale (DRS), Montreal Cognitive Assessment (MoCA), Structured Clinical Interview for the DSM-5 (SCID), Thematic Apperception Test (TAT), Wechsler Adult Intelligence Scale – Fourth Edition (WAIS-IV), Wechsler Individual Achievement Test – Fourth Edition (WIAT-4), Wechsler Intelligence Scale for Children – Fifth Edition (WISC-V), Wechsler Memory Scale – Fourth Edition (WMS-IV), Wide Range Achievement Test – Fourth Edition (WRAT-4)

RESEARCH EXPERIENCE

04/2021 – 04/2023

Dissertation Thesis Research
Louis Stokes Cleveland VA Medical Center, Cleveland, OH
Department of Psychological Sciences, Case Western Reserve University
Cleveland, OH

Title: Understanding the relationship of ambivalence between living and dying with history of suicide attempt

Dissertation Committee Chair: James Overholser, Ph.D., ABPP

Dissertation Proposal Approval: Spring 2021

Dissertation Defense (anticipated): Spring 2023

Develop and conduct a quantitative study in a Veteran population with a depression diagnosis and a history of suicidal ideation. Describe and visualize ambivalence and hopelessness in those with a suicide attempt and those without a suicide attempt. Correlate an ambivalence index score to Beck Scale for Suicidal Ideation (BSSI) scores. Investigate the relationship between the ambivalence index score and occurrence of a previous suicide attempt. Compare strength of relationship between ambivalence index score and a previous suicide attempt to the relationship between BSSI and a previous suicide attempt. Examine demographic and clinical variables among individuals who have experienced suicidal ideation. Engage in informed consent procedures to conduct study recruitment. Manage regulatory board submissions at the Louis Stokes VA as well

as CWRU, update regulatory documents, and train study staff on study procedures as well as qualitative analyses.

08/2017 – 04/2023

Graduate Research Assistant

Louis Stokes Cleveland VA Medical Center, Cleveland, OH

Principal Investigators: Josephine Ridley, Ph.D., James Overholser, Ph.D., ABPP

Contribute to maintenance of VA Institutional Review Board study documents. Engage in ongoing recruitment efforts involving screening veterans and approaching them for potential participation. Describe study goals, participant rights, and limits of confidentiality to patients in order to facilitate informed consent. Conduct diagnostic assessments using the Structured Interview for DSM (SCID) and administer self-reported measures to an outpatient, Veteran population with a current, primary mood disorder diagnosis. Assess suicidal ideation and work with principal investigators to implement safety protocols as necessary. Prepare regulatory documents, grant applications, and scientific presentations. Supervise and train doctoral level students as well as undergraduate research assistants.

08/2019 – 08/2020

Graduate Research Assistant

The Center for Neurological Restoration

Cleveland Clinic Foundation, Cleveland, OH

Principal Investigator: Cynthia Kubu, Ph.D.

Served as co-rater for qualitative interview data from the Patients' and Family Members' Most Valued Personality Characteristics in the Context of a Neurodegenerative Disorder research study. Attended regular research team meetings and edited ongoing grant submissions.

12/2018 – 11/2019

Master's Thesis Research

Department of Psychological Sciences, Case Western Reserve University
Cleveland, OH

Title: The path not taken: Distinguishing individuals who complete suicide from those who die by natural causes despite a shared history of suicide attempt

Advisor: James Overholser, Ph.D., ABPP

Investigated whether ambivalence between living and dying could be retrospectively measured among deceased individuals with a history of suicide attempts. Evaluated decedents who had at least one lifetime suicide attempt before eventual death by suicide or natural causes using psychological autopsy procedures. Conducted chart review methods of psychological autopsy data including next-of-kin diagnostic interviews, medical records, police reports, and coroner reports. Observed clinical consensus meetings attended by a master's level social worker, a board-certified clinical psychologist, a board-certified psychiatrist, and a neuroscientist held to determine authenticity of collected data and agreed upon diagnoses. Developed a visual analog scale to measure wish to

live and wish to die among decedents. Created a training manual with extensive chart review instructions and case examples to help anchor the data being collected. Trained undergraduate and graduate doctoral-level students on chart review procedures. Developed skills in psychological autopsy research. Wrote and published the manuscript reporting the study findings.

04/2016 – 06/2017

Clinical Research Coordinator
The Nock Lab
Massachusetts General Hospital/Harvard University, Boston, MA
Principal Investigator: Matthew Nock, Ph.D.

Coordinated a research protocol using physiological monitoring and ecological momentary assessment (EMA) methods to measure suicidal thoughts as they naturally occur in real-time during an inpatient hospitalization stay. Administered mental health scales, managed devices measuring physiological and EMA measurements, and managed overall study organization and data. Trained incoming research coordinators to conduct all study procedures. Contributed to manuscript preparation and submission of study results.

06/2012 – 06/2017

Clinical Research Coordinator
Inpatient Psychiatric Unit & Cardiac Psychiatry Research Program
Massachusetts General Hospital, Boston, MA
Principal Investigators: Jeff Huffman, M.D., Christopher Celano, M.D., Scott Beach, M.D., Rachel Millstein, Ph.D., MPH

Coordinated 10 research protocols on topics including: positive psychological and goal-setting interventions in cardiac, diabetic, depressed, and bipolar populations; effects of gratitude on cardiac health; collaborative care model implementation in cardiac populations; functional neuroimaging and gene expression changes in catatonia; and measurements of galvanic skin response in heart failure patients with depression. Administered mental and physical health scales, managed devices measuring physical activity and medication adherence, performed qualitative interviews with medically-ill patients, and conducted suicide risk assessments. Prepared and maintained protocol submissions through the IRB. Managed data using Microsoft Excel and REDCap, conducted statistical analyses using STATA. Contributed to meta-analyses, performed literature searches, and prepared as well as submitted manuscripts. Organized, proofed, and submitted NIH grant applications. Supervised training for incoming research coordinators, post-doctoral students, and fellows. Attended weekly meetings of the Massachusetts General Hospital (MGH) Dialectical Behavior Therapy team. Participated in weekly 1-hour instruction sessions on personality assessment with a psychologist from the Psychological Evaluation and Research Laboratory (PEaRL) at MGH.

TEACHING EXPERIENCE

- 01/2020 – 05/2020 Course Instructor, Suicide: Through Space and Time
Case Western Reserve University, Cleveland OH
Advisor: Norah Feeny, Ph.D.
- Designed a one-credit course on perspectives of suicide throughout history and across different cultures. Developed the syllabus, selected readings, presented lectures and in-class demonstrations, created assignments, and graded course projects.
- 08/2019 – 12/2019 Teaching Assistant, Quantitative Methods
Case Western Reserve University, Cleveland OH
Instructor: Michael King, M.A.
- Provided additional instructional support during weekly office hours. Scored regular exams, scheduled and supervised makeup exams, and organized class materials.
- 01/2019 – 05/2019 Teaching Assistant, Introduction to Psychology
Case Western Reserve University, Cleveland OH
Instructor: Jane Buder-Shapiro, Ph.D.
- Provided additional instructional support during weekly office hours. Scored regular exams, scheduled and supervised makeup exams, and organized class materials.
- 08/2018 – 12/2018 Teaching Assistant, Introduction to Psychology
Case Western Reserve University, Cleveland OH
Instructor: Jennifer Butler, Ph.D.
- Served as guest lecturer on Personality Disorder module and Abnormal Psychology module. Provided additional instructional support during weekly office hours. Attended weekly classes and graded multiple essay projects.

PUBLICATIONS

In Process

1. McGovern, C., Overholser J.C., **Beale, E.E.**, Gomez, S., & Silva, C. Who stays and who goes? Identifying risk factors for psychotherapy dropout. *Counselling & Psychotherapy Research*, in process.
2. **Beale, E.E.**, Gomez, S., McGovern, C., Silva, C., Ridley, J., & Overholser, J.C. Understanding the association between suicidal ambivalence and suicide attempt. *Suicide and Life-Threatening Behavior*, in process.

Submitted

1. Hernandez, S., Overholser, J., McGovern, C., Gomez, S., **Beale, E.**, Ridley, J., & Dawson, L. Poorer psychosocial development is associated with more severe suicidal ideation among depressed adults. *Archives of Suicide Research*, submitted.

Book Chapters

1. Overholser, J. & **Beale, E.** (2022). Socratic questioning and guided discovery. In *Psychotherapy Skills and Methods that Work* (pp. in press). Oxford, United Kingdom: Oxford University Press.
2. **Beale, E. E.**, Gomez, S. H., & Overholser, J. (2020). From caterpillar to butterfly: Stages of the novice therapist. In *Psychotherapy: Perspectives, Strategies, and Challenges* (pp. 55-92). New York, NY: Nova Science Publishers, Inc.
3. Overholser, J., **Beale, E.**, Gomez, S., & Varman, L. (2019). “My life is falling apart and things will never get any better”: The content and process of suicidal ideation. In *Understanding Suicidal Ideation* (pp. 99-136). New York, NY: Nova Science Publishers, Inc.
4. Athey, A., Overholser, J., **Beale, E.**, Lavacot, J., Stockmeier, CA. (2019). Recent research on suicide risk: depression and psychosis as risk factors for death by suicide. In *New Developments in Psychological Research* (pp. 85-136). New York, NY: Nova Science Publishers, Inc.
5. **Beale, E.**, Overholser, J., & Ridley, J. (2018). Reasons for living: Blocking passive suicidal ideation from becoming active suicide plans. In *Understanding suicide: Perspectives, risk factors and gender differences* (pp. 99-138). New York, NY: Nova Science Publishers, Inc.

Book Reviews

1. **Beale, E. E.** (2017). How People Change: Relationships and Neuroplasticity in Psychotherapy, Edited by Marion Solomon and Daniel J. Siegel. *Journal of Contemporary Psychotherapy*. doi:10.1007/s10879-017-9378-3

Peer-Reviewed Journal Articles

1. Silva, C., McGovern, C., Gomez, S., **Beale, E.**, Overholser, J., & Ridley, J. Can I count on you? Social support, depression, and suicide risk, *Clinical Psychology & Psychotherapy*, in press.
2. Overholser, J. & **Beale, E.** (2023). The art and science behind Socratic questioning and guided discovery: A research review. *Psychotherapy Research*, 2023 Mar 6:1-11.
3. **Beale, E.E.**, Overholser, J.C., Gomez, S., Brannam, S., & Stockmeier, C. (2022). The path not taken: Distinguishing individuals who complete suicide from those who die by natural causes despite a shared history of suicide attempt. *Journal of Clinical Psychology*, 78 (4) 526-543.

4. Lehmann, J., Overholser, J., Athey, A., Hernandez, S., **Beale, E.**, & Ridley, J. (2021) View of self scale: Measuring negative self-referential thoughts in depression. *Annals of Cognitive Science*, 5 (1), 185-195. DOI: 10.36959/447/351
5. Athey, A., Overholser, J. C., & **Beale, E. E.** (2021). Depressed adolescents' exposure to suicide attempts and suicide loss, *Death Studies*, DOI: 10.1080/07481187.2020.1864063
6. Perez, J., **Beale, E.**, Overholser, J., Athey, A., & Stockmeier, C. (2020). Depression and alcohol use disorders as precursors to death by suicide. *Death Studies*, 46 (3) 619-627.
7. Celano, C. M., **Beale, E. E.**, Freedman, M. E., Mastromauro, C. A., Feig, E. H., Park, E. R., & Huffman, J. C. (2020). Positive psychological constructs and health behavior adherence in heart failure: a qualitative research study. *Nursing and Health Sciences*, 22(3), 620-628.
8. Athey, A. J., **Beale, E. E.**, Overholser, J. C., Stockmeier, C. A., & Bagge, C. L. (2020). Acute stressors and clinical characteristics differentiate death by suicide, accident, or natural causes among illicit and prescription opiate users. *Drug and Alcohol Dependence*, 208 (1) 107847.
9. Overholser, J. C., & **Beale, E. E.** (2019). Neurasthenia: Modern malady or historical relic? *Journal of Nervous and Mental Disease*, 207(9), 731-739.
10. Celano, C. M., Freedman, M., **Beale, E. E.**, Gomez-Bernal, F., Huffman, J. C., (2018). A positive psychology intervention to promote health behaviors in heart failure: A proof-of-concept trial: The REACH for Health Study. *Journal of Nervous and Mental Disease*, 206(10), 800-808.
11. Overholser, J. C., & **Beale, E. E.** (2018). And the winner is...Awards for the integration of science and practice in Psychology. *Journal of Contemporary Psychotherapy*, 48(4), 179-187.
12. Madva, E. N., Gomez-Bernal, F., Millstein, R. A., Celano, C. M., Park, E. R., Mastromauro, C. A., Albanese, A. M., **Beale, E. E.**, & Huffman, J. C. (2018). Magnitude and sources of distress in mid-life adults with chronic medical illness: an exploratory mixed-methods analysis. *Psychological Health Medicine*, 23(5), 555-566.
13. Celano C. M., Gomez-Bernal F., Mastromauro C. A., **Beale E. E.**, DuBois C. M., Auerbach R. P., Huffman J. C., (2018). A positive psychology intervention for patients with bipolar depression: a randomized pilot trial. *Journal of Mental Health*, 1-9.
14. Kleiman, E. M., Turner, B. J., Fedor, S., **Beale, E. E.**, Picard, R. W., Huffman, J. C., & Nock, M. K. (2018). Digital phenotyping of suicidal thoughts. *Depression and Anxiety*, 35(7), 601-608.
15. Villegas, A. C., DuBois, C. M., Celano, C. M., **Beale, E. E.**, Mastromauro, C. A., Stewart, J. G., Auerbach, R. P., Huffman, J. C., & Hoepfner, B. B. (2018). A longitudinal investigation of the Concise Health Risk Tracking Self-Report (CHRT-SR) in suicidal patients during and after hospitalization. *Psychiatry Research*, 262, 558-565.

16. Legler, S., Celano, C. M., **Beale, E. E.**, Hoepfner, B. B., & Huffman, J. C. (2018). Use of text messages to increase positive affect and promote physical activity in patients with heart disease. *Current Psychology*, 1-8.
17. Legler, S. R., **Beale, E. E.**, Celano, C. M., Beach, S. R., Healy, B. C., & Huffman, J. C. (2018). State gratitude for one's life and health after an acute coronary syndrome: Prospective associations with physical activity, medical adherence and re-hospitalizations. *The Journal of Positive Psychology*, 1-9.
18. Campbell, K. A., Madva, E. N., Villegas, A. C., **Beale, E. E.**, Beach, S. R., Wasfy, J. H., Albanese, A. M., & Huffman, J. C. (2017). Non-cardiac chest pain: A review for the consultation-liaison psychiatrist. *Psychosomatics*, 58(3), 252-265.
19. Celano, C., **Beale, E.**, Mastromauro, C., Stewart, J., Millstein, R., Auerbach, R., Bedoya, C., & Huffman, J. (2017). Psychological interventions to reduce suicidality in high-risk patients with major depression: A randomized controlled trial. *Psychological Medicine*, 47(5), 810-821.
20. Celano, C. M., **Beale, E. E.**, Beach, S. R., Belcher, A. M., Suarez, L., Motiwala, S. R., Gandhi, P. U., Gaggin, H., Januzzi, J. L., & Healy, B. C. (2017). Associations between psychological constructs and cardiac biomarkers after acute coronary syndrome. *Psychosomatic Medicine*, 79(3), 318-326.
21. Kleiman, E. M., Turner, B. J., Fedor, S., **Beale, E. E.**, Huffman, J. C., & Nock, M. K. (2017). Examination of real-time fluctuations in suicidal ideation and its risk factors: Results from two ecological momentary assessment studies. *Journal of Abnormal Psychology*, 126(6), 726-738.
22. Huffman, J. C., **Beale, E. E.**, Celano, C. M., Beach, S. R., Belcher, A. M., Moore, S. V., Suarez, L., Motiwala, S. R., Gandhi, P. U., & Gaggin, H. K. (2016). Effects of optimism and gratitude on physical activity, biomarkers, and readmissions after an acute coronary syndrome. *Circulation: Cardiovascular Quality and Outcomes*, 9(1), 55-63.
23. Huffman, J. C., Boehm, J. K., Beach, S. R., **Beale, E. E.**, DuBois, C. M., & Healy, B. C. (2016). Relationship of optimism and suicidal ideation in three groups of patients at varying levels of suicide risk. *Journal of Psychiatric Research*, 77, 76-84.
24. Millstein, R. A., Celano, C. M., **Beale, E. E.**, Beach, S. R., Suarez, L., Belcher, A. M., Januzzi, J. L., & Huffman, J. C. (2016). The effects of optimism and gratitude on adherence, functioning and mental health following an acute coronary syndrome. *General Hospital Psychiatry*, 43, 17-22.
25. Soule, M. C., **Beale, E. E.**, Suarez, L., Beach, S. R., Mastromauro, C. A., Celano, C. M., Moore, S. V., & Huffman, J. C. (2016). Understanding motivations to participate in an observational research study: Why do patients enroll? *Social Work in Health Care*, 55(3), 231-246.
26. DuBois, C. M., Lopez, O. V., **Beale, E. E.**, Healy, B. C., Boehm, J. K., & Huffman, J. C. (2015). Relationships between positive psychological constructs and health outcomes in patients with cardiovascular disease: A systematic review. *International Journal of Cardiology*, 195, 265-280.

27. Huffman, J. C., **Beale, E. E.**, Beach, S. R., Celano, C. M., Belcher, A. M., Moore, S. V., Suarez, L., Gandhi, P. U., Motiwala, S. R., & Gaggin, H. (2015). Design and baseline data from the Gratitude Research in Acute Coronary Events (GRACE) study. *Contemporary Clinical Trials*, *44*, 11-19.
28. Beach, S. R., Januzzi, J. L., Mastromauro, C. A., Healy, B. C., **Beale, E. E.**, Celano, C. M., & Huffman, J. C. (2013). Patient Health Questionnaire-9 score and adverse cardiac outcomes in patients hospitalized for acute cardiac disease. *Journal of Psychosomatic Research*, *75*(5), 409-413.
29. Celano, C. M., **Beale, E. E.**, Moore, S. V., Wexler, D. J., & Huffman, J. C. (2013). Positive psychological characteristics in diabetes: A review. *Current Diabetes Reports*, *13*(6), 917-929.

POSTERS AND PRESENTATIONS

Completed

1. McGovern, C., Overholser J.C., **Beale, E.E.**, Gomez, S., & Silva, C. (May 2023). *Who stays and who goes? Identifying risk factors for psychotherapy dropout*. Poster submitted to the 39th annual conference of the Society for the Exploration of Psychotherapy Integration, Vancouver, British Columbia, Canada.
2. **Beale, E.E.**, Overholser, J.C., Gomez, S., Brannam, S., & Stockmeier, C. (May 2021). *The path not taken: Distinguishing individuals who complete suicide from those who die by natural causes despite a shared history of suicide attempt*. Poster presented at the annual conference of the Association for Psychological Science [Virtual conference due to COVID-19].
3. Athey, A., Overholser, J., Hernandez, S., **Beale, E.**, & Ridley, J. (April 2020). *The effects of suicide-specific beliefs on chronic and acute suicide risk*. Poster presented at the annual conference of the American Association of Suicidology, Portland, OR [Virtual conference due to COVID-19].
4. **Beale, E.**, Overholser, J., Ridley, J., Hernandez, S., & Varman, L. (November 2019). *Can I count on you? Social support, depression, and suicide risk*. Poster presented at the annual conference of the International Society of Affective Disorders, London, England.
5. Nayak, S., Athey, A., Overholser, J., **Beale, E.**, Rodriguez, S., Varman, L. (March 2019). *Sexual abuse and suicide related behaviors in adolescent inpatients*. Poster presented at the annual conference of the American Association of Suicidology, Denver, CO.
6. Athey, A., Overholser, J., **Beale, E.**, Bagge, C., Stockmeier, C.A. (March 2019). *Deaths of despair: number of prior suicide attempts does not differentiate death by suicide from accidental overdose among opiate users*. Poster presented at the International Convention of Psychological Science, Paris, France.
7. Varman, L., Athey, A., Overholser, J., **Beale, E.**, Lavacot, J., & Stockmeier, C. (March 2019). *Understanding suicide risk: personality disorders among adults who died by suicide versus natural causes*. Poster presented at the annual International Convention of Psychological Science, Paris, France.

8. **Beale, E. E.**, Overholser, J. C., Dieter, L., Athey, A. J., & Stockmeier, C. (September 2018). *The path not taken: suicide attempters who eventually die by natural causes*. Poster presented at the annual European Symposium on Suicide & Suicidal Behaviour, Ghent, Belgium.
9. **Beale, E. E.**, Athey, A. J., Overholser, J. C., & Stockmeier, C. (April 2018). *The path to suicide: is psychosocial morbidity associated with cause of death in opiate users?* Poster presented at the annual conference of American Association of Suicidology, Washington, DC.
10. Overholser, J. C., Athey, A. J., **Beale, E. E.**, Dieter, L., & Stockmeier, C. (April 2018). *How could this happen?: Psychosis or depression as a factor in death by suicide*. Poster presented at the biennial meeting of the Schizophrenia International Research Society, Florence, Italy.
11. Mou, D., Kleiman, E. M., Turner, B. J., **Beale, E. E.**, Fedor, S., Beck, S., Huffman, J. C., & Nock, M. K. (November 2017). *Similar levels of negative affect are more highly correlated with suicidal ideation in patients with borderline personality disorder than those without*. Poster presented at the annual convention of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
12. Celano, C. M., **Beale, E. E.**, Park, E., Villegas, A., & Huffman, J. C. (November 2016). *Barriers to health behaviors in heart failure: the REACH for Health study*. Poster presented at the annual meeting of the Academy of Psychosomatic Medicine, Austin, TX.
13. Madva, E., Gomez-Bernal, F., Millstein, R. A., Celano, C. M., Park, E. R., Mastromauro, C. A., Albanese, A. M., **Beale, E. E.**, & Huffman, J. C. (April 2017). *Magnitude and sources of distress in mid-life adults with chronic medical illness: an exploratory mixed methods analysis*. Poster presented at the annual Harvard Psychiatry Research Day, Boston, MA.
14. Legler, S.R., **Beale, E. E.**, Celano, C. M., & Huffman, J.C. (April 2017). *Promoting physical activity and positive mood in medical patients using ecological momentary interventions and an adaptive algorithm*. Poster presented at the annual Harvard Psychiatry Research Day, Boston, MA.
15. **Beale, E. E.**, Albanese, A. M., Villegas, A. C., Celano, C. M., & Huffman, J. C. (October 2016). *Causal attributions of disease in adult type 2 diabetes patients: a secondary analysis of qualitative interviews*. Poster presented at the annual Massachusetts General Hospital Clinical Research Day, Boston, MA.
16. Albanese, A. M., Millstein, R. A., **Beale, E. E.**, Celano, C. M., Mastromauro, C. A., & Huffman, J. C. (October 2016). *The role of gender in social support for coping and health behavior adherence in acute coronary syndrome, type 2 diabetes, and heart failure*. Poster presented at the annual Massachusetts General Hospital Clinical Research Day, Boston, MA.
17. Huffman, J. C., Madva, E., **Beale, E. E.**, Celano, C. M., Albanese, A. M., & Mastromauro, C. M. (October 2016). *Intensity and sources of distress in mid-life adults with chronic medical illness: a mixed methods analysis*. Poster presented at the annual Massachusetts General Hospital Clinical Research Day, Boston, MA.

18. Legler, S. R., **Beale, E. E.**, Beach, S. R., Huffman, J. C. (October 2016). *Effects of gratitude and spirituality on physical activity, biomarkers, and readmissions after an acute coronary syndrome*. Poster presented at the annual Massachusetts General Hospital Clinical Research Day, Boston, MA.
19. Millstein, R. A., Celano, C. M., Beach, S. R., **Beale, E. E.**, Suarez, L., Belcher, A. M., Januzzi, J. L., Huffman, J. C. (March 2016). *The effects of optimism and gratitude on adherence, functioning, and mental health following an acute coronary syndrome*. Poster presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC.
20. Millstein, R. A., Celano, C. M., Beach, S. R., **Beale, E. E.**, Suarez, L., Belcher, A. M., Januzzi, J. L., Huffman, J. C. (March 2016). *The effects of optimism and gratitude on adherence, functioning, and mental health following an acute coronary syndrome*. Poster presented at the annual meeting of the American Psychosomatic Society, Denver, CO.
21. **Beale, E. E.**, Albanese, A. M., Villegas, A., Moore, S. V., Huffman, J. C. (March 2016). *Positive psychological states and health behaviors in type 2 diabetes patients: a qualitative study*. Poster presented at the annual meeting of the American Psychosomatic Society, Denver, CO.
22. Huffman, J. C., Celano, C. M., **Beale, E. E.**, Stewart, J. G., Mastromauro, C. A., Millstein, R. A., Bedoya, C. A., Campbell, K. A., Chung, W. J., Auerbach, R. P. (November 2015). *Positive psychology and cognitive interventions to reduce suicide risk in medical psychiatry patients with MDD: a randomized controlled trial*. Poster presented at the annual meeting of the Academy of Psychosomatic Medicine, New Orleans, LA.
23. Huffman, J. C., **Beale, E. E.**, Beach, S. R., Celano, C. M., Belcher, A. M., Moore, S. V., Suarez, L., Gandhi, P. U., Motiwala, S. R., Gaggin, H., Januzzi, J. L. (March 2015). *The connection between positive psychological constructs, biology, and behavior: results from the GRACE study*. Poster presented at the annual meeting of the American Psychosomatic Society, Savannah, GA.
24. Huffman, J. C., **Beale, E. E.**, Celano, C. M., Beach, S. R., Moore, S. V., Belcher, A. M., Motiwala, S. R., Gandhi, P. U., Gaggin, H., Januzzi, J. L. (March 2014). *The GRACE (Gratitude Research in Acute Coronary Events) trial: design and baseline data*. Poster presented the annual meeting of the American Psychosomatic Society, San Francisco, CA.
25. Mastromauro, C. A., Suarez, L., **Beale, E. E.**, Rudolph, M., Huffman, J. C., Millstein, R. A., Beach, S. R. (October 2014). *Implementation of collaborative care management for depressed and anxious cardiac patients*. Poster presented at the annual Massachusetts General Hospital Clinical Research Day, Boston, MA.
26. Huffman, J. C., **Beale, E. E.**, Beach, S. R., Celano, C. M., Belcher, A. M., Moore, S. V., Suarez, L., Gandhi, P. U., Motiwala, S. R., Gaggin, H., Januzzi, J. L. (June 2014). *Gratitude and disease: preliminary data from the GRACE trial*. Poster presented at the Greater Good Science Center Gratitude Summit, Richmond, CA.

27. Celano, C. M., **Beale, E. E.**, Moore, S. V., Huffman, J. C. (November 2013). *Positive psychological states in diabetes: impact, mechanisms, and potential treatment targets*. Poster presented at the annual meeting of the Academy of Psychosomatic Medicine, Tuscan, AZ.
28. Huffman, J. C., **Beale, E. E.**, Celano, C. M., Beach, S. R., Moore, S. V., Belcher, A. L., Gandhi, P. U., Motiwala, S. R., Januzzi, J. L. (October 2013). *The impact of gratitude on biology and behavior in persons with heart disease*. Poster presented at the meeting of the Greater Good Science Center, UC Davis & John Templeton Foundation, Berkeley, CA.

INVITED PRESENTATIONS

1. **Beale, E. E.** (April 2021). *Let's talk about suicide*. Presentation given to Cleveland Clinic Chronic Pain Rehabilitation Program, Cleveland, OH.
2. **Beale, E. E.** (March 2021). *The architect of my own demise: Long-term treatment of persistent depressive disorder and complicated grief*. Formal case presentation given to Clinical Psychology Program. Case Western Reserve University, Cleveland, OH.

AWARDS AND FUNDING

Awards Received

2022	CWRU Perseverance Award for Persistence and Determination Overcoming Obstacles and Delays During Graduate Training
2022	CWRU Sarah Cain Spannagel Graduate Student Award for Meritous Service to the Clinical Program, Field, or Community
2021	CWRU Morris Parloff Award for an Outstanding Contribution to Clinical Research
2020	CWRU Donald K. Freedheim Award for an Outstanding Contribution to Clinical Service

Grants

Principal Investigator

Freedman Student Fellowship – Funded

Title: A mixed-methods study of ambivalence between living and dying for the suicidal individual

Total costs: \$2,500

Application submitted to the Freedman Fellows Program in April 2021

Principal Investigator

APF Visionary Grant – Not Funded

Title: A mixed-methods study of ambivalence between living and dying for the suicidal individual

Total costs: \$20,000

Application submitted to the American Psychological Foundation in March 2021

Principal Investigator

AFSP Pilot Innovation Grant – Not Funded

Title: Firsthand experiences of ambivalence between living and dying for the suicidal individual

Total costs: \$30,000

Application submitted to the American Foundation for Suicide Prevention in November 2020

Other Funding Received

2021 CWRU Graduate Student Council Professional Development Fund (\$49)
 2019 CWRU Margaret Wilson Graduate Student Travel Award Recipient (\$500)
 2019 CWRU Graduate Studies Travel Award Recipient (\$1000)
 2019 CWRU Department of Psychological Sciences Crowdsourcing Campaign Fund Recipient (\$500)
 2019 CWRU Small Research Grants for Innovations in Clinical Psychology (\$500)
 2018 CWRU Verhosek Graduate Student Travel Fund Recipient (\$250)

AD HOC JOURNAL REVIEWING

2021 Suicide and Life Threatening Behavior
 2021 Journal of Health Psychology
 2021 Journal of Clinical Psychology
 2019, 2020 Journal of Nervous and Mental Diseases
 2019 Professional Psychology: Research and Practice
 2019 Preventative Medicine

PROFESSIONAL AFFILIATIONS

2021 – Present Society for a Science of Clinical Psychology (SSCP)
 2019 – Present Association for Psychological Sciences (APS)
 2019 – Present Association for Contextual Behavioral Science (ACBS)
 2019 – Present Anxiety and Depression Association of America (ADAA)
 2018 – Present American Psychological Association (APA)
 2018 – Present Psi Chi Association
 2017 – Present American Association of Suicidology (AAS)

SPECIALIZED TRAINING AND SEMINARS

Fall 2022 Virtual Regional Prolonged Exposure Therapy for Posttraumatic Stress Disorder for Posttraumatic Stress Disorder (4-day) Workshop VISN 6
 Virtual evidence based psychotherapy training course by the Durham VA Medical Center
Instructors: Kelly Caron, Ph.D., Kate Berlin, Ph.D.

Fall 2022 Virtual Regional Cognitive Processing Therapy (CPT) for PTSD (3-day) Workshop VISN 6
 Virtual evidence based psychotherapy training course by the Durham VA Medical Center
Instructors: Carolina Clancy, Ph.D., ABPP, Sara Tiegreen, Ph.D.

Fall 2022 Written Exposure Therapy: A Brief PTSD Treatment Workshop
 Virtual evidence based psychotherapy training course by the Durham VA Medical Center
Instructors: Rachel Ruffin, Ph.D., Liz Marks, LCSW

Fall 2022 Virtual Dialectical Behavioral Therapy (DBT) (2-day) Workshop

Virtual evidence based psychotherapy training course by the Durham VA Medical Center
Instructors: Sara Boeding, Ph.D., Kelly Caron, Ph.D., Jay Gregg, Ph.D.

- Fall 2021 Papageno Stories Predict Lower Suicide Rates: An Analysis of a Half Century of Films
 SUPER-KT Presentation
 Webinar by the Royal College of Physicians and Surgeons of Canada
Instructor: Steven Stack, Ph.D.
- Spring 2020 Telepsychology Best Practices 101
 Webinar series by American Psychological Association
Instructor: Marlene M. Maheu, Ph.D.
- Summer 2020 Deferred Action for Childhood Arrivals (DACA) Webinar
 Webinar series by American Psychological Association
Instructors: Germán Cadenas, Ph. D, Liliana Campos, M.S., Jose Manuel Gonzáles Vera, B.A.,
 Marithza Quiroz
- Fall 2020 Collaborative Assessment and Management of Suicidality (CAMS)
 Online video course and one-day virtual role play by CAMS-care and sponsored by the Ohio
 Suicide Prevention Foundation
Instructor: Raymond Tucker, Ph.D.
- Fall 2020 Assessing and Managing Suicide Risk: Core Competencies for Behavioral Health Professionals
 Virtual training by the Education Development Center and Zero Suicide Institute and sponsored
 by the Ohio Suicide Prevention Foundation (OSPF)
Instructor: Josephine Ridley, Ph.D.

PROFESSIONAL AND VOLUNTEER SERVICE

- 09/2020 – 07/2022
 Community Member
 Cuyahoga County Suicide Prevention Coalition, Cleveland, OH
 Ohio Suicide Prevention Foundation
Chairs: Charde' Hollins, LISW, Beth Zietlow-DeJesus
- Attended bi-monthly coalition meetings, stayed up to date on ongoing outreach initiatives, contributed information about referral resources to other committee members, advocated for suicide prevention methods, and provided feedback about ongoing projects conducted by other members.
- 03/2020 – 07/2022
 Committee President, Diversity Workshop Subcommittee Leader
 Psychological Sciences Diversity Committee
 Case Western Reserve University, Cleveland, OH
Faculty Chairs: Amy Przeworski, Ph.D., Sarah Hope Lincoln, Ph.D.
- Attended monthly committee meetings, contributed to meeting agendas, and co-lead meetings. Created, developed, and organized the new CWRU Clinical

Psychology Application Workshop for Underrepresented Populations (CPAW-UP). Created lecture materials, engaged in event planning and schedule development, wrote and implemented a workshop-specific website for CPAW-UP. Conducted a pilot event among the CWRU undergraduate psychology majors to practice the CPAW-UP material and gather feedback for improvement. Designed and implemented the Spring 2022 CPAW-UP and engaged in planning for the Fall CPAW-UP.

10/2019 – 07/2022

3rd Year Cohort Representative, 4th Year Cohort Representative, 5th Year Cohort Representative

Psychological Sciences Admissions and Interview Day Committee

Case Western Reserve University, Cleveland, OH

Faculty Chair: Norah Feeny, Ph.D.

Attended regular meetings leading up to yearly interview days for the CWRU Clinical Psychology Program. Organized interview day events including campus tours, student and faculty interviews, as well as welcome social events. Helped create a completely virtual interview experience to accommodate the COVID-19 pandemic. Assisted with creation of welcome packages for incoming graduate students.