**Teresa G. Vargas**

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**EDUCATION**

2024-present MASSACHUSETTS GENERAL HOSPITAL, Charlestown Health Center, Charlestown MA

Clinical Psychologist

2024-present Licensed Clinical Psychologist, Massachusetts PSY10000583

2023-present HARVARD UNIVERSITY, Cambridge, MA.

Postdoctoral Fellow, Stress and Development Lab

2022-2023 MASSACHUSETTS GENERAL HOSPITAL, HARVARD MEDICAL SCHOOL, Boston, MA.

Clinical Fellow in Psychology, APA Accredited Cognitive Behavioral Therapy Track

2018-2023 NORTHWESTERN UNIVERSITY, Evanston, IL.

*Ph.D.,* Clinical Psychology

2016-2018 NORTHWESTERN UNIVERSITY, Evanston, IL.

*Master of Science*, Clinical Psychology

2010-2014 UNIVERSITY OF MIAMI, Coral Gables, FL.

*Bachelor of Science***,** Double majors in Psychology and English Literature, Minor in Biology

*General University Honors, and Latin honors (Cum Laude)*

**FELLOWSHIPS AND AWARDS**

2024 Society of Research for Psychopathology President’s Award

Annual award acknowledging research contributions by scholars from diverse and underrepresented backgrounds

2024 Flux Society Travel Award

Annual award recognizing research in progress for early career researchers including graduate students and postdoctoral fellows

2023-2025 R37MH119194-04S1

Administrative Supplement to R37MH119194

National Institutes of Mental Health

“Neurodevelopmental Mechanisms Underlying Stress Vulnerability during Adolescence”

Role: Awardee

Principal Investigator: Katie A. McLaughlin, Ph.D.

Total funding: $252,536

2023 Massachusetts General Hospital Eugene L. Emerson Award

Annual award in recognition of an outstanding research paper by a Fellow in Psychology

2022 Summer Institute on Biological Approaches in the Social Sciences, Russell Sage Foundation Grant

Provides funding for interdisciplinary early career researchers to gain training in Biological Approaches to the Social Sciences

2022 Schizophrenia International Research Society Early Career Award

Award for graduate students, residents, fellows, or young faculty members, based on research contributions and recommendation from Department’s Director of Training

2019-2022 F31MH119776

Ruth L. Kirschstein National Research Service Award (NRSA) Individual Predoctoral Fellowship (Parent F31)

National Institute of Mental Health

Role: Principal Investigator

Advisors: Vijay A. Mittal, Ph.D., Thomas McDade, Ph.D.

Total funding: $135,048

Goal: Support dissertation research examining cumulative environmental stressors over time and relations to neural structure in youth at risk for developing psychosis

2019-2022 Ford Foundation Predoctoral Fellowship

Declined by awardee due to NRSA Parent F31 offer acceptance

2019 Sigma Xi Honor Society Membership Nomination

2018 Northwestern Institute for Innovations in Developmental Sciences Fellowship Finalist

Total funding awarded as finalist: $3,000

2018 Northwestern Institute for Innovations in Developmental Sciences Research award

Total funding awarded: $3,000

2018 Walter Dill Scott Scholarship

2017 Northwestern University Society, Biology and Health Cluster Fellowship

2017 National Science Foundation Graduate Research Fellowship Program (NSF GRFP), Honorable mention in Psychology-Cognitive Neuroscience

2014-2016 National Institutes of Mental Health Post-Baccalaureate Research Training Award

**PUBLICATIONS**

***PEER-REVIEWED MANUSCRIPTS***

1) Osborne, K. J., Bernard, J. A., Gupta, T., Dean, D. J., Millman, Z., **Vargas, T.,** Ristanovic, I., Schiffman, J., Mittal, V. A. (2016). Beat gestures and postural control in youth at ultra high risk for psychosis. *Schizophrenia Research*

2) Mittal, V.A., **Vargas, T.**, Osborne, K. J., Dean, D., Gupta, T., Ristanovic, I., Hooker, C., Shankman S (2017). Exercise Treatments for Psychosis: A Review. *Current Treatment Options in Psychiatry*

3) **Vargas, T.**, Dean, D., Osborne, K. J., Gupta, T., Ristanovic, I., Ozturk, S., Turner, J., van Erp, G. M., Mittal, V., (2018) Hippocampal Subregions across the Psychosis Spectrum. *Schizophrenia Bulletin*

4) **Vargas, T.**, Lam, P.H., Azis, M., Osborne, K.J., Lieberman, A., Mittal, V. (2019) Childhood Trauma and Neurocognition in Adults with Psychotic Disorders: A Systematic Review and Meta-Analysis. *Schizophrenia Bulletin*

5) **Vargas, T.,** Damme, K. S. F., Mittal, V. (2019) Bullying Victimization in Typically Developing and Clinical High Risk (CHR) Adolescents: A Multimodal Imaging Study. *Schizophrenia Research*

6)K. J. Osborne, **Vargas, T.**, Mittal, V. (2020) Early Childhood Social Communication Deficits in Youth at Clinical High-Risk for Psychosis: Associations with Functioning and Risk. *Development and Psychopathology*

7) Ristanovic, I., Osborne, K. J., **Vargas, T**., Gupta, T., Mittal, V. A. (2020). Postural Control and Verbal and Visual Working Memory Correlates in Non-Clinical Psychosis. *Neuropsychobiologia*

8) **Vargas, T.**, Damme, K.S. F., Hooker, C.I., Gupta, T., Cowan, H.R., Mittal, V.A. (2019) Differentiating Implicit and Explicit Theory of Mind and Associated Neural Networks in Youth at Clinical High Risk (CHR) for Psychosis. *Schizophrenia Research*

9) **Vargas, T.**, Maloney, J., Gupta, T., Damme, K.S. F., Kelley, N. J., Mittal, V.A. (2019) Measuring Facets of Reward Sensitivity, Inhibition, and Impulse Control in Individuals with Problematic Internet Use. *Psychiatry Research*

10) Damme, K.S.F., Gallagher, N., **Vargas, T.**, Osborne, K. J., Gupta, T., & Mittal, V.A. (2019) Motor Sequence Learning and Pattern Recognition in Youth at Clinical High-Risk for Psychosis. *Schizophrenia Research*

11) **Vargas, T.**, Zou, D.S., Conley, R.E., Mittal, V.A. (2019) Assessing developmental environmental risk factor exposure in Clinical High Risk for psychosis individuals: preliminary results using the Individual and Structural Exposure to Stress in Psychosis-risk states scale. *Journal of Clinical Medicine*

12) **Vargas, T.,** Ahmed, A.O., Strauss, G.P., Brandes, C.M., Walker, E., Gold, J., Buchanan, R., Mittal, V. (2019) The Latent Structure of Depressive Symptoms Across Clinical High Risk and Chronic Phases of Psychotic Illness. *Translational Psychiatry*

13) Damme, K.S., **Vargas, T.**, Calhoun, V., Turner, J., Mittal, V.A. (2020) Global and Specific Cortical Volume Asymmetries in Individuals with Psychosis Risk Syndrome and Schizophrenia: A mixed cross-sectional and longitudinal perspective. *Schizophrenia Bulletin*

14) **Vargas, T.**, Rakhshan Rouhakhtar, P. J., Schiffman, J., Zou, D.S., Rydland, K.J., Mittal, V.A. (2020) Neighborhood crime, socioeconomic status, and suspiciousness in adolescents and young adults at Clinical High Risk (CHR) for psychosis. *Schizophrenia research*

15) Ristanovic, I., **Vargas, T.**, Cowan, H.R., Mittal, V.A. (2020) Consistent Exposure to Psychosocial Stressors and Progressive Intolerance to Stress in Individuals at Clinical High-Risk for Psychosis. *Schizophrenia Bulletin Open*

16) **Vargas, T.**, Damme, K.S.F., Ered, A., Capizzi, R., Frosch, I., Ellman, L.M.\*, Mittal, V.M.\*(2021) Neuroimaging markers of risk and resiliency in Clinical High Risk (CHR) for psychosis youth: a qualitative review. *Biological Psychiatry: CNNI*

17) **Vargas, T.**, Damme, K.S.F., Mittal, V.M. (2020) Neighborhood deprivation, prefrontal morphology and neurocognition in late childhood to early adolescence. *Neuroimage*

18) **Vargas, T.**, Schiffman, J., Kim, A., Mittal, V.A. (2020) Using search engine data to gauge public interest in mental health, politics and violence in the context of mass shootings. *PLOS one*

19) Yee, C.I., **Vargas, T.**, Mittal, V.A., Haas, C.M. (2021) Adaptability and cohesion in youth at clinical high-risk for psychosis: a multi-informant approach. *Schizophrenia Research*

20) **Vargas, T.**, Damme, K.S.F., Osborne, K.J., Mittal, V.A. (2021) Differentiating kinds of systemic stressors with relation to psychotic-like experiences in late childhood and early adolescence: the stimulation, discrepancy, and deprivation model of psychosis. *Clinical Psychological Science*

21) **Vargas, T.**, Mittal, V.A. (2021) Testing whether implicit emotion regulation mediates the association between discrimination and symptoms of psychopathology in late childhood: An RDoC perspective. *Development and psychopathology*

22) MacNeill, L. A.,Allen, N. B., Poleon, R. B., **Vargas, T.**, Osborne, K. J., Damme, K. S. F., Barch, D. M., Krogh-Jespersen, S., Nielsen, A. N., Norton, E. S., Smyser, C. D., Rogers, C. E., Luby, J. L., Mittal, V. A., & Wakschlag, L. S. (2021). Translating RDoC to real world impact in developmental psychopathology: A neurodevelopmental framework for application of mental health risk calculators. *Development & Psychopathology.*

23) Damme, K.S.F, Park, J., Walther, S., **Vargas, T.,** Shankman, S., Mittal, V.A. (2021) Motor abnormalities, depression risk, and clinical course in adolescence. *Biological Psychiatry Global Science Open*

24) Ricard, J., Gupta, T., **Vargas, T.**, Haase, C., Mittal, V.A. (2021) Genuine and non-genuine smiles in individuals meeting criteria for a clinical high risk syndrome. *Early Intervention in Psychiatry*

25) Damme, K.S.F., Park, J.S., Walther, S., **Vargas, T.**, Shankman, S.A., Mittal, V.A. (2021) Depression and Psychosis Risk Shared Vulnerability for Motor Signs Across Development, Symptom Dimensions, and Familial Risk. *Schizophrenia Bulletin*

26) Lunsford Avery, J., Damme, K.S.F., **Vargas, T.**, Sweitzer, M., Mittal, V.A. (2021) Psychotic-Like Experiences Associated with Sleep Disturbance and Brain Volumes in Youth: Findings from the Adolescent Brain Cognitive Development Study. *Journal of Child Psychology and Psychiatry Advances*

27) **Vargas, T.G.**, Mittal, V.A. (2022) Brain morphometry points to emerging patterns of psychosis, depression, and anxiety vulnerability over a two-year period in childhood. *Psychological Medicine*

28) **Vargas, T.G.**, Damme, K.S.F., Mittal, V.A. (2022) Differentiating distinct and converging neural correlates of types of systemic environmental exposures. *Human Brain Mapping*

29) Millman, Z.B., Roemer, C., **Vargas, T.**, Schiffman, J., Mittal, V.A., Gold, J.M. (2022) Neuropsychological performance among individuals at clinical high-risk for psychosis versus putatively low-risk peers with other psychopathology: a systematic review and meta-analysis. *Schizophrenia bulletin*

30) **Vargas, T.G.**, Mittal, V.A. (2022) The Critical Roles of Early Development, Stress and Environments in the Course of Psychosis. *Annual Review of Developmental Psychology*

31) Ristanovic, I., **Vargas, T.G.**, Damme, K.S.F., Mittal, V.A. (2023) Hippocampal subfields, daily stressors, and resting cortisol in individuals at clinical high-risk for psychosis. *Psychoneuroendocrinology*

32)Zarubin, V., Damme, K.S.F., **Vargas, T.**, Osborne, K. J., Norton, E. S., Briggs-Gowan, M., Allen, N. B., Wakschlag, L. & Mittal, V. A. (2023). Neurodevelopmental vulnerability to psychosis: Developmentally-based methods enable detection of early life inhibitory control deficits that predict psychotic-like experiences at the transition to adolescence. *Psychological Medicine*

33) Damme, K.S.F., **Vargas, T.**, Walther, S., Shankman, S., Mittal, V.A. (under review) Physical and Mental Health in Adolescence: Novel Insights from a transdiagnostic examination of FitBit data in the ABCD Study. *Translational Psychiatry*

34) Martinez, M., Damme, K.S.F., Stephens, J., Rompilla, D.J., Qu, Y., Yang, B., **Vargas, T.**, Mittal, M.A., Haase, C. (under review) Peer Victimization, Social Support, and Mental Health During Early Adolescence. *Psychological Medicine*

***EDITORIALS AND REVIEWS***

1) **Vargas, T.**, Mittal, V. A. (2018). Issues affecting reliable and valid assessment of early life stressors in psychosis [Letter to the Editor]. *Schizophrenia Research*

2) **Vargas, T.**, Conley, R.E., Mittal, V.A. (2020) Chronic stress, structural exposures and neurobiological mechanisms: a stimulation, discrepancy and deprivation model of psychosis [Book Chapter]. *International Review of Neurobiology*

**MANUSCRIPTS UNDER REVIEW AND IN PREPARATION**

1) Chen, S., Yang, B., Zhou, Z., **Vargas, T.G.** , Santaularia, J., Adam, E., Haase, C., Qu, Y. (under review). Hippocampal Volume Moderates the Link between Racial Discrimination and Early Adolescent Depression. *Clinical Psychological Science*

2) Damme, K.S.F., **Vargas, T.G.** , Bauer, J.A. (in prep). The Impact of Environmental Pollution on Neurodevelopment, Cognition, and Mental Health

3) **Vargas, T.G.**, Rakesh, D., McLaughlin, K.A. (in prep) Associations of Neighborhood Threat and Deprivation with Psychopathology: Uncovering Neural Mechanisms.

4) **Vargas, T.G.**, McLaughlin, K.A., Rakesh, D. (in prep) Exploring Protective Influences for Associations Between Neighborhood Adversity and Psychopathology Symptoms.

5) **Vargas, T.G.**, Colich, N., Rakesh, D., McLaughlin, K.A. (in prep) Clarifying Associations of Threat and Deprivation with Patterns of Global Aging in Adolescence.

6) **Vargas, T.G.**, Bollman, T., Lam, P.H., Costello, M., Schuster, R. (in prep) The Protective Role of School Staffing Patterns on Mental Health for Youth Exposed to Systemic Neighborhood Disadvantage.

**AD HOC PEER REVIEW**

<https://publons.com/researcher/1567263/teresa-vargas>

*Journal of the American Academy of Child and Adolescent Psychiatry*

*Clinical Psychology Review*

*Nature Communications*

*JAMA Psychiatry*

*Schizophrenia*

*European Child & Adolescent Psychiatry*

*Clinical Epidemiology*

*Behavioural Brain Research*

*Early intervention in Psychiatry*

*European Journal of Psychotraumatology*

*Cogent Psychology*

*BMJ Open*

*Health and Place*

*Frontiers Psychiatry*

*Biomarkers in Neuropsychiatry*

*Couple and Family Psychology: Research and Practice*

*Journal of Child Psychology and Psychiatry*

*Social Cognitive and Affective Neuroscience*

*Biological Psychiatry*

*Assessment*

*Psychoneuroendocrinology*

*Human Brain Mapping*

*Journal of Abnormal Psychology*

*Molecular Psychiatry*

*Psychological Medicine*

*Schizophrenia Bulletin*

*Schizophrenia Research*

*CNS Spectrums*

*Cognitive, Affective and Behavioral Neuroscience*

*Journal of Ethics in Mental Health*

*Neurotherapeutics*

*Biological Psychiatry: Global Open Science*

*Psychology of Addictive Behaviors*

*Progress in Neuropsychopharmacology & Biological Psychiatry*

*Psychology Research and Behavior*

*Journal of Psychiatry and Brain Science*

*Psychiatry Research*

*Development and Psychopathology*

*International Journal of Neuropsychopharmacology*

*Biological Psychiatry: Global Open Science*

**RESEARCH SYMPOSIA, GUEST LECTURES, AND TEACHING**

2025 **Invited Speaker:**Neighborhood Effects on Child Brain and Behavior Development

Institute of Psychiatry, Psychology & Neuroscience, King's College London

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2024 **Invited Speaker:** Neighborhood Dimensions, Psychopathology, and Possible Underlying Mechanisms

Flash Talk, *Flux Congress,* Baltimore, MA.

2024 **Invited Speaker:**Neighborhoods, Neurodevelopment, and Mental Illness

Harvard Medical School Child Psychiatry Seminar, Boston, MA

2024 **Postbaccalaureate Research Project Mentor**, *Stress and Development Lab*, Harvard University, Cambridge, MA.

Activities: Providing mentorship surrounding independent research projects including pre-registrations and authored manuscripts, providing didactics surrounding research methods, statistics, and writing.

Topics: Structural indicators of mental illness vulnerability, emotion regulation, functional neuroimaging, trauma, threat and deprivation exposure, adolescent development

*Supervisor: Katie A. McLaughlin, Ph.D.*

2024 **Invited Speaker**: Neighborhoods as Systemic Indicators of Mental Illness Vulnerability.

Berkeley Department of Clinical Science Colloquia, Berkeley, CA

2023 **Invited Speaker**: Neighborhoods and Mental Health: Effects on Psychosis Risk

14th Annual Schizophrenia Education Day

<https://www.massgeneral.org/psychiatry/about/patient-education/schizophrenia>

https://vimeo.com/891633349/c826e96207

Massachusetts General Hospital, Boston MA

2023 **Invited Speaker:** Neighborhoods as Systemic Indicators of Mental Illness Vulnerability.

Department of Psychiatry Grand Rounds

https://mghcme.org/psychgrandroundsvideos2022-2023/

Massachusetts General Hospital, Boston, MA.

2022 **Lay Audience Dissemination**: Schizophrenia International Research Society Blog Post on Neighborhoods as Indicators of Mental Illness Vulnerability

https://schizophreniaresearchsociety.org/teresa-vargas-northwestern-university/

2016-2022 **Undergraduate Research Project Co-Mentor**, *Adolescent Development and Treatment Program*, Northwestern University, Evanston, IL.

Activities: Mentored several undergraduate and post-baccalaureate students on the completion of undergraduate and post-baccalaureate research projects

Topics: Tractography and relations to psychosis risk, neurodevelopmental abnormalities, motor functioning, and psychosis vulnerability, stress sensitivity and symptom trajectories in youth at clinical high risk for psychosis.

*Supervisor: Vijay A. Mittal, Ph.D.*

2016-2019 **Teaching Assistantships**

Department of Psychology, Northwestern University, Evanston, IL.

Courses: Research methods in schizophrenia, statistical methods in psychology, Buddhist psychology, psychopathology

2019 **Symposium Talk:** Differentiating Implicit and Explicit Theory of Mind and Associated Neural Networks in Youth at Clinical High Risk (CHR) for Psychosis

Society of Research for Psychopathology

Buffalo, NY.

*Speakers:* Shirley Wang, Susan Kuo, Sonia Bansal, Craig Rodriguez-Seijas, Daniel Moriarity, Sarah Sperry, **Teresa Vargas**, Brent Rappaport, Amanda Shamblaw, Zachary Millman, Allison Schreiber

*Chair:* Gregory Strauss, Ph.D.

2019 **Symposium Talk:** Stress and Developmental Risk for Psychopathology: From Epigenetics to Brain Circuits

Bullying Victimization in Typically Developing and Clinical High Risk (CHR) Adolescents: A Multimodal Imaging Study

Society of Biological Psychiatry 74th Annual Meeting

Chicago, IL.

*Speakers:* **Teresa Vargas**, Andrea Pelletier-Baldelli, Romina Mizrahi, Bill Copeland

*Chair:* Aysenil Belger, Ph.D.

*Co-Chair:* Vijay Mittal, Ph.D.

2017 **Invited Speaker:** Hippocampal Subregions Across the Psychosis Spectrum

Northwestern University Department of Clinical Psychology

Evanston, IL.

2017 **Guest Lecture:** Therapy and Buddhist Psychology

Northwestern University Buddhist Psychology Undergraduate class (PSY314)

Evanston, IL.

2016 **Guest Lecture:** Research Methods in Schizophrenia

Northwestern University Schizophrenia Neuroscience Methods Undergraduate & Graduate Seminar (PSY357-497)

Evanston, IL.

2016 **Symposium Talk:** Fear and Stress Studies Session

Childhood urbanicity and BDNF Polymorphism Modulate Parahippocampal Engagement during Aversive Memory Encoding.

Society of Biological Psychiatry 71st Annual Meeting

Atlanta, GA.

*Speakers:* Ian Harpaz-Rotem, Moriah E. Thomason, Maria Ironside, Susanna L. Fryer, Ian H. Gotlib, **Teresa G. Vargas**, Nikolaos P. Daskalakis, Jennifer S. Stevens

*Chair:* Johanna M. Jarcho, Ph.D.

**CONFERENCE PROFESSIONAL PRESENTATIONS**

1) Rabinsky, R., **Vargas, T.** (2013). Hispanic Entrepreneurs Today. *Honors Summer Research Reception,* Coral Gables FL. Funded by the University of Miami Honors Program 2013 Summer Research Grant

2) **Vargas, T**., Ihne, J., Bartholomew, M., et al. (2015). Childhood urbanicity and COMT val/met interaction alters prefrontal efficiency during an encoding task. *Biological Psychiatry*

3) **Vargas, T.**, Ihne, J., Mattay, A., et al. (2015). Childhood urbanicity and BDNF val/met interaction alters bilateral parahippocampal gyrus during a relational memory task*. National Institutes of Health Research Festival*

4) **Vargas, T.**, Tong, Y., Apud, J., et al. (2016). Tolcapone improves cortical information processing in schizophrenia Val/Val homozygotes of the COMT (val158met) genotype. *Society of Research for Psychopathology Annual Meeting*

5) Apud, J., Tong, Y., Rasetti, R., **Vargas, T.**, Callicott, J., Dickinson, D., Kolachana, B., Weinberger, D., Mattay, V., Berman, K. Cortical Information Processing in Patients with Schizophrenia is Modulated by Tolcapone: Role of COMT val158met Genotype(2017) *Schizophrenia Bulletin*, Volume 43, Issue suppl\_1, Pages S17

6) Mittal, V., Gupta, T., Dean, D., Bernard, J., Kelley, N., Ristanovic, I., Osborne, K. J., **Vargas, T.** (2018) Cerebellar Transcranial Direct Current Stimulation (tDCS) Improves Procedural Learning in Non-Clinical Psychosis. *Biological Psychiatry* Vol.83(9), S, pp.S427-S42

7) Callicott, J.H., Marenco, S., **Vargas, T.,** Reed, J., Morse, J., Mattay, V., Weinberger, D., Berman, K. (2018) Gene-environment interaction involving obstetrical complications. *Society for Biological Psychiatry Annual Meeting,* New York, New York

8) Mittal, V., Dean, D., Walther, S., Gupta, T., **Vargas, T.**, Osborne, K. J. (2018) Motor Subtypes and Prediction of Course in Psychosis Risk Youth. *Schizophrenia Bulletin*, Vol. 44, pp. S42-S43

9) Damme, K.S, Gupta, T., **Vargas, T.**, Mittal, V. A. (2018). Structural and Functional Network Structure in the Psychosis Risk Period. *Society of Research for Psychopathology Annual Meeting*, Indianapolis, Indiana

10) Mittal, V.A., Gupta, T., Dean, D., Bernard, J., Kelley, N., Ristanovic, I., Osborne, J., **Vargas, T.** (2018) Cerebellar Transcranial Direct Current Stimulation (tDCS) Improves Procedural Learning in Non-Clinical Psychosis. *Society of Biological Psychiatry Annual Meeting*, New York, New York

11) **Vargas, T.**, Damme, K.S., Mittal, V. A. (2018). Bullying Victimization in Typically Developing and Clinical High Risk (CHR) Adolescents: A Multimodal Imaging Study. *Society of Research for Psychopathology Annual Meeting*, Indianapolis, Indiana

12) Dumett Torres, E., **Vargas, T.**, Morse, J., Reed, J., Marenco, S., Berman, K.F., Callicott, J.H. (2019) The Effect of the TRKB Polymorphism and Urban Upbringing on Hippocampal Coupling During Episodic Memory. *Society for Biological Psychiatry Annual Meeting,* Chicago, Illinois

13) **Vargas, T.**, Damme, K.S. F., Hooker, C.I., Gupta, T., Cowan, H.R., Mittal, V.A. (2019) Differentiating Implicit and Explicit Theory of Mind and Associated Neural Networks in Youth at Clinical High Risk (CHR) for Psychosis. *Organization for Human Brain Mapping Annual Meeting,* Rome, Italy

14) **Vargas, T.**, Damme, K.S. F., Hooker, C.I., Gupta, T., Cowan, H.R., Mittal, V.A. (2019) Differentiating Implicit and Explicit Theory of Mind and Associated Neural Networks in Youth at Clinical High Risk (CHR) for Psychosis. *Society of Research for Psychopathology,* Buffalo, New York

15) Ricard, J.R., Gupta, T., Haase, C.M., Hittner, E.F., **Vargas, T.**, Mittal, V.A. (2019) Facial expressions of emotions and trauma in individuals at clinical high risk for psychosis. *Society of Research for Psychopathology,* Buffalo, New York

16) Severaid, K., Yee, C., **Vargas, T.**, Schiffman, J., Mittal, V.A. (2019) News media portrayal of severe mental illness: A content analysis. *Society of Research for Psychopathology.* Buffalo, New York

17) Osborne, K.J., **Vargas, T.**, Mittal, V.A. (2019). Early Childhood Social Communication Deficits in Youth at Clinical High-Risk for Psychosis: Associations with Functioning and Risk. *Society of Research for Psychopathology*. Buffalo, New York

18) Bridgwater, M., Rakhshan Rouhakhtar, P., Klaunig, M., Petti, E., Roemer, C., Andorko, N., DeLuca, J., Pitts, S., Mittal, V.A., **Vargas, T.**, Schiffman, J. (2020) Mental health service utilization in young adults reporting psychosis-like experiences. *Schizophrenia International Research Society.* Florence, Italy

19) **Vargas, T.**, Damme, K.S.F, Mittal, V.A. (2020) Neighborhood deprivation, prefrontal morphology, and neurocognition across late childhood and early adolescence. *Society of Biological Psychiatry (Note: the conference was cancelled due to COVID-19)*

20) **Vargas, T.**, Damme, K.S.F, Mittal, V.A. (2020) Neighborhood deprivation, prefrontal morphology, and neurocognition across late childhood and early adolescence. *Society of Research for Psychopathology (Note: the conference was cancelled due to COVID-19)*

21) **Vargas, T.**, Damme, K.S.F., Osborne, K.J., Mittal, V.A. (2021) Differentiating kinds of systemic stressors with relation to psychotic-like experiences in late childhood and early adolescence: the stimulation, discrepancy, and deprivation model of psychosis. *Biological Psychiatry virtual conference.*

22) Damme, K.S.F, Park, J., **Vargas, T.,** Walther, S., Shankman, S., Mittal, V.A. (2021) Motor abnormalities, depression risk, and clinical course in adolescence. *Biological Psychiatry virtual conference*

23) **Vargas, T.G.**, Damme, K.S.F., Osborne, K.J., Mittal, V.A. (2022) Differentiating Kinds of systemic Stressors with Relation to Psychotic-Like Experiences in Late Childhood and Early Adolescence: The Stimulation, Discrepancy, and Deprivation Model of Psychosis. *Schizophrenia International Research Society.* Florence, Italy

24) Damme, K.S.F., **Vargas, T.**, Bauer, J.A. (2024). The Impact of Environmental Pollution on Neurodevelopment, Cognition, and Mental Health. *Society of Biological Psychiatry, San Diego CA.*

25) **Vargas, T.**, Rakesh, D., McLaughlin, K.A. (2024). Neighborhood Dimensions, Psychopathology, and Possible Underlying Mechanisms. *Flux Congress,* Baltimore, MA.

26) **Vargas, T.**, Rakesh, D., McLaughlin, K.A. (2024). Neighborhood Dimensions, Psychopathology, and Possible Underlying Mechanisms. *Society of Research for Psychopathology,* Montreal, CA.

27) Hanford, L., Machlin, L., **Vargas, T.**, McLaughlin, K.A. (2024). Investigating Associations Between Early-Life Adverse Experiences and Indices of Ventricle Structure and Function. *Flux Congress,* Baltimore, MA.

**RESEARCH EXPERIENCE**

2023-present **Postdoctoral Fellow,** *Stress and Development Lab*

Department of Psychology

Harvard University, Cambridge, MA.

*Mentor: Katie A. McLaughlin, Ph.D.*

2016-2022 **Graduate Student Research Assistant and Assessment Specialist**, *Adolescent Development and Preventive Treatment Program*

Department of Psychology

Northwestern University, Evanston, IL.

*Mentor: Vijay A. Mittal, Ph.D.*

2014-2016 **Postbaccalaureate Intramural Research Training Award Fellow**, *National Institute of Mental Health Clinical and Translational Neuroscience Branch*

National Institute of Mental Health Clinical Center, Bethesda, MD.

*Mentors: Joseph H. Callicott, M.D. Jose Apud, M.D., Ph.D., Karen Berman, M.D.*

2013-2014 **Undergraduate Research Assistant,** *Program for Anxiety, Stress and Obsessive-Compulsive Disorders*

Department of Psychology

University of Miami, Coral Gables, FL.

*Mentor: Kiara Timpano, Ph.D.*

2011-2013 **Undergraduate Research Assistant**, *Head Start Program*

Department of Psychology

University of Miami, Coral Gables, FL.

*Mentor: Daryl Greenfield, Ph.D.*

2013 **Undergraduate Research Assistant**, *Honors Summer Research Program*

Department of Psychology

University of Miami, Coral Gables, FL.

2013 **Clinical Research Recruiter**, *Community assessment of medically unexplained physical symptoms and post-traumatic stress disorder program*

Department of Educational and Psychological Studies

University of Miami, Coral Gables, FL.

*Mentor: Carlos Perez-Benitez, M.D, Ph.D.*

2012-2013 **Undergraduate Research Assistant**, *Mood and Anxiety Program* Department of Psychology

University of Miami, Coral Gables, FL.

*Mentor: Jutta Joormann, Ph. D.*

2012 **Undergraduate Research Assistant**, *Coping and Recovery Program*, Coral Gables, FL

Department of Psychology

University of Miami, Coral Gables, FL.

*Mentor: Michael Antoni, Ph.D.*

**CLINICAL EXPERIENCE**

**ASSESSMENT AND INTERVENTION**

2024-present Clinical Psychologist, Massachusetts General Hospital/Harvard Medical School, Cambridge, MA

Treatment modalities: Exposure and response prevention, CBT, ACT, CBT for psychosis, anti-racist culturally informed DBT, culturally informed care

2023-2024 **Clinical Fellow in Psychology,** Massachusetts General Hospital/Harvard Medical School, Cambridge, MA

Treatment modalities: Culturally informed care, anti-racist culturally informed DBT, CBT for psychosis, CBT, ACT, Exposure and Response Prevention

2022-2023 **Clinical Fellow in Psychology**, Massachusetts General Hospital/Harvard Medical School, Cambridge, MA.

Treatment Modalities: CBT, ACT, DBT, CBT for Psychosis, Exposure and Response Prevention.

2019-2022 **Graduate Student Therapist**, Standard Dialectical Behavioral Therapy Treatment Program, The Family Institute, Evanston, IL.

Treatment Modalities: Full protocol standard DBT, Functional Analytic Psychotherapy (FAP), Radically Open Dialectical Behavioral Therapy.

Population Served: Adults with challenges with emotion dysregulation in need of sliding scale fees. Presenting problems included personality disorders, eating disorders, persistent depressive disorder, obsessive-compulsive disorder, substance use disorders, post-traumatic stress disorders, as well as non-suicidal self-harm and suicidal ideation.

Therapy and Assessment: Provided ongoing treatment to adult clients. Conducted initial consultation assessment to determine course of treatment. Provided one-on-one skills training, and phone coaching for skills generalization. Received training starting in 2021 on therapy for adults in the community with overcontrolled coping styles, and applied training in therapy sessions.

Supervision: Participated in weekly supervision, including didactic training involving role-plays, readings, and discussion, and team consultation relevant to the treatment modality for standard Dialectical Behavioral Therapy and Radically Open Dialectical Behavioral Therapy.

*Supervisor: Mark Driscoll, Ph.D.*

2016-2022 **Graduate Student Assessor,** *Adolescent Development and Preventive Treatment Program, Northwestern University*, Evanston, IL.

Population Served: Adolescents and young adults at risk for developing psychosis.

Assessment: Conduct psychosis-risk assessment including the Structured Interview for Psychosis-Risk Syndromes and the MATRICS consensus cognitive battery. Provide families with feedback, write reports, consult with health care professionals within the community, and mentor trainees.

Supervision: Weekly and individual supervision on the administration and interpretation of assessment measures and pinpointing appropriate treatment referral recommendations.

*Supervisor: Vijay A. Mittal, Ph.D.*

2020-2021 **Group Co-Leader**, Standard Dialectical Behavioral Therapy Treatment Program Clinic Group, The Family Institute, Evanston, IL.

Treatment Modalities: Full protocol DBT skills.

Population Served: Adults with challenges with emotion dysregulation in need of sliding scale fees.

Therapy and Assessment: Weekly group therapy to 8-10 clients.

Supervision: Participated in weekly supervision and team consultation relevant to the treatment modality.

*Supervisor: Mark Driscoll, Ph.D.*

2019-2020 **Group Co-Leader**, *Standard Dialectical Behavioral Therapy Treatment Program*, The Family Institute, Evanston, IL.

Treatment Modalities: Full protocol DBT skills.

Population Served: Adults exhibiting challenges with emotion dysregulation.

Therapy and Assessment: Weekly group therapy to 8-10 clients.

Supervision: Participated in weekly supervision and team consultation relevant to the treatment modality.

*Supervisor: Michael Maslar, Psy.D.*

2018-2019 **Graduate Student Therapist**, Cognitive Behavioral Therapy for Depression Program, The Family Institute, Evanston, IL.

Treatment Modalities: Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Motivational Interviewing, Cognitive Behavioral Analysis System of Psychotherapy (CBASP), Rumination-focused CBT for Depression.

Population served: Adults with depression in need of sliding scale fees.

Therapy and Assessment: Weekly individual therapy.

Supervision: Received weekly didactics covering different aspects of CBT and ACT implementation which including reading and discussion, and weekly supervision.

*Supervisor: Thomas Alm, Psy.D.; Erika Lawrence, Ph.D.*

2017-2018 **Graduate Student Therapist and Assessor,** *Assessment and Anxiety Treatment Program*, The Family Institute, Evanston, IL.

Treatment modalities: Cognitive Behavioral Therapy (e.g., exposure, cognitive restructuring, behavioral activation), Motivational Interviewing, Mindfulness.

Population served: Community members with a wide range of psychopathology including anxiety, depression, obsessive compulsive disorder, attention deficit and hyperactivity disorder.

Therapy and Assessment: Conducted assessments and administered questionnaires (SCID, MMPI, self-report questionnaires, Shipley-2) and provided feedback to individuals requesting a comprehensive assessment and interpretation; provided individual therapy to clients needing sliding scale services in which the CBT program would be an appropriate course of treatment.

Supervision: Weekly supervision on assessment administration, scoring, and interpretation, in addition to training on administering CBT therapy to clients.

*Supervisor: Richard E. Zinbarg, Ph.D.*

2016-2018 **Graduate Student Assessor**, Brain, Motivation and Personality Development (MAPD) Study, Northwestern University, Evanston, IL.

Population served: Community members with a wide range of psychopathology.

Assessment: Administered the Structured Clinical Interview for the DSM-5 (SCID-5) and the UCLA Life Stress Interview.

Supervision: Weekly supervision on assessment administration, scoring, and interpretation.

*Supervisor: Richard E. Zinbarg, Ph.D.*

**SUPERVISION**

2023-present Clinical Risk Assessment Supervisor, Stress and Development Lab

2018-2022 **Clinical Assessment Training Co-Mentor,** *Adolescent Development and Preventive Treatment Program*, Northwestern University, Evanston, IL.

Population: Adolescents and young adults with psychosis-risk symptomatology; individuals with broad psychopathology (e.g., anxiety, depression, bipolar disorder).

Assessment: Provided applied training to new assessors in psychosis-risk case conceptualization and assessment. Training was administered for the following assessments: Structured Interview for Psychosis-Risk Symptoms (SIPS); Prodromal Inventory for Negative Symptoms (PINS)/Negative Symptom Inventory-Psychosis Risk (NSI-PR); SCID-5. Provided peer supervision to research assessors for ongoing reliability maintenance, case conceptualization, and report writing.

Supervision: Weekly supervision to aid and supplement supervision of trainees

*Supervisor: Vijay A. Mittal, Ph.D.*

2014-2016**Post-baccalaureate Clinical fellow,** *Clinical program at the Clinical and Translational Neuroscience Branch at the National Institutes of Mental Health (NIMH)*, Bethesda, MD.

Treatment modalities: Group therapy, occupational therapy, and recreational therapy.

Population served: patients with treatment-resistant psychotic disorders residing in the NIMH inpatient clinic for long term residential care.

Therapy and assessment: Weekly alternating group, occupational, and recreational inpatient therapy centered around building skills for independent living and managing difficult emotions.

Supervision: Weekly group supervision in case conceptualization, treatment, and therapy progression.

*Supervisor: Ann Reifman, Ph.D.*

2013-2014 **Crisis text line counselor**, Switchboard of Miami, Miami, FL.

Treatment modalities: telephone and text crisis counseling and suicide intervention services for callers experiencing crisis situations.

Population served: free service offered to individuals within the Miami area.

Supervision: Weekly group supervision in best practices for crisis counseling

*Supervisor: Vivian Solis, M.A.*

**SPECIALIZED CLINICAL TRAINING**

2019-2021 **Dialectical Behavioral Therapy Group Development**

Training in the development and administration of a full-protocol dialectical behavioral therapy skills group.

2019 **Structured Interview for Psychosis-Risk Syndromes Training**

Two-day training facilitated by Jason Schiffman, Ph.D.

2016 **Structured Interview for Psychosis-Risk Syndromes Intensive Training**

Three-day training facilitated by Laura Tully, Ph.D. and Vijay Mittal, Ph.D.

Northwestern University, Evanston, IL.

2016 **Structured Clinical Interview for the DSM-5 (SCID-5) Training**

Three-day training facilitated by Richard Zinbarg, Ph.D.

Northwestern University, Evanston, IL.

2017 **Acceptance and Commitment Therapy Training**

Half-day training on Acceptance and Commitment Therapy led by Steve Hayes, Ph.D., The Family Institute, Evanston, IL.

2013 **Crisis Counseling and Suicidal Crisis Intervention Training**

Week-long training on crisis intervention and community suicide gatekeeper training facilitated by Demian Laudisio at Switchboard Miami, Miami, FL.

**ASSESSMENT COMPETENCY**

*Experience in the administration and interpretation of the following instruments:*

Symptom inventories:

Beck Depression Inventory-II (BDI-II) • Beck Anxiety Inventory (BAI) • Depression Anxiety Stress Scales (DASS) • Albany Panic and Phobia Questionnaire • Social Phobia Scale • Post-Traumatic Stress Symptoms • Multidimensional Anxiety Scale for Children (MASC) • The Children’s Depression Inventory (CDI) • Prodromal Questionnaire Brief (PQB) • Community Assessment of Psychic Experiences (CAPE-42).

Clinical Interviews:

SCID-5 • Yale-Brown Obsessive Compulsive Scale (Y-BOCS) • Structured Interview for Psychosis-Risk Syndromes (SIPS) • Prodromal Inventory of Negative Symptoms (PINS)/Negative Symptom Inventory-Psychosis Risk (NSI-PR) • The Positive and Negative Syndrome Scale (PANSS) • UCLA Life Stress Interview • Calgary Depression Scale for Schizophrenia.

Cognition and Personality:

Measurement and Treatment Research to Improve Cognition in Schizophrenia (MATRICS) Battery • Trail Making Test B • Wide Range Achievement Tests-4th edition (WRAT-4) • Wechsler Abbreviated Scale of Intelligence II, four test and two test (vocabulary and matrix reasoning only) versions • Shipley-2 • Minnesota Multiphasic Personality Inventory-II (MMPI-II) • McLean Screening Instrument

**COMMUNITY ENGAGEMENT**

2024 **Invited Speaker**: Influence of System Level Stress Exposure on Severe Mental Illness

Society of Research for Psychopathology Diversity and Inclusion Research Series Podcast

2023 **Invited Speaker** Season 1 Episode 9: Integrating Clinical Training and Cognitive Neuroscience

https://sensitiveperiods.buzzsprout.com/share

Co-speakers: Drs. Dylan Gee, Christian Tamnes, and Matt Mattoni

Sensitive Periods: A Flux Society Podcast

**SERVICE**

2017-2022 **Graduate student facilitator, panel member, research presenter** *Northwestern Sneak Peek Graduate Program*

Department of Psychology

Northwestern University, Evanston, IL.

Activities: Preview program for prospective graduate students with the aim of increasing recruitment of students from traditionally underrepresented backgrounds. Served as graduate student facilitator, graduate student experience panel member, and data blitz presenter.

2017-2021 **Graduate Student Council Member**, *Northwestern University Diversity Council (UDC)*

Northwestern University, Evanston, IL.

Activities: Council of administrators, staff, faculty and students in charge of directing and shaping priorities in advancing university-wide diversity, equity and inclusion for undergraduate and postgraduate studies.

2017-2019 **Clinical Council Member**, *Psychology Graduate Student Council*

Activities: Plan and coordinate events and outreach for psychology graduate students to aid networking and career development and build departmental community.

2016-2018 **Graduate Council Member**, *Student Health Advisory Council (SHAQ)* Northwestern University, Evanston, IL.

Activities: Consult and coordinate with administrators and staff to improve student health targeted efforts.

2017 **Planning Committee Member**, *Northwestern Graduate Student Appreciation Week*

Northwestern University, Evanston, IL.

Activities: Planned and coordinated events for Northwestern’s Graduate Student Appreciation week.

2015-2016 **Intake Volunteer**, *Employment Justice Center*

Employment Justice Center Law Clinic, Washington, D.C.

Activities: Conducted intake interviews with workers seeking pro bono legal aid consultation regarding workers’ rights. Consulted with lawyer to come up with a legal solution for the worker.

*Supervisor: Heather Kryzak*

**SKILLS**

Native Spanish speaker

Proficient in collecting DTI, MRS and fMRI data

Data analysis using MATLAB, SPM, FreeSurfer, R

Experienced in blood processing and stabilization for DNA extraction, and use of centrifuge for plasma extraction

Proficient in E-Prime, Presentation software, Tobii Eyetracker