

***CURRICULUM VITAE***

**ADAM S. GRABELL, Ph.D.**

University of Massachusetts, Amherst  
Department of Psychological and Brain Science  
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**EDUCATION AND TRAINING**

Doctor of Philosophy  
2014  
Adviser: Sheryl Olson, Ph.D.

University of Michigan, Ann Arbor, MI  
Clinical Psychology

Clinical Internship

Mary Rackham Institute, University of Michigan, Ann Arbor,  
MI

Master of Arts  
2006

Brandeis University  
Social Developmental Psychology

Adviser: Raymond Knight, Ph.D.

Bachelor of Arts  
2004

George Washington University

Honors Supervisor: Susan Warren, MD

**ACADEMIC APPOINTMENTS**

Assistant Professor  
2017-Present

University of Massachusetts, Amherst  
Department of Psychological and Brain Sciences  
Division of Clinical Psychology  
Amherst, MA

NIH T32 Post Doctoral Scholar  
2014- 2017

Laboratory of Dr. Susan Perlman  
Western Psychiatric Institute and Clinic  
University of Pittsburgh  
Pittsburgh, PA

**CLINICAL POSITIONS**

Postdoctoral Clinician  
2014-2017

Matilda H. Theiss Child Development Center  
Western Psychiatric Institute and Clinic  
University of Pittsburgh, Department of Psychiatry  
Director: Kimberly Blair, PhD

**HONORS AND AWARDS**

2019-2020

Center for Research on Families Family Research Scholar

2018

University of Massachusetts Distinguished Teaching Award Finalist

2015

National Institutes of Health Loan Repayment Program Award, Competitive  
Renewal (2017), Second Competitive Renewal (2018)

2013

Institute for Human Adjustment Fellowship Award

## A. Grabell Curriculum Vitae

- 2011 Naomi Lohr Award Winner for Excellence in Clinical Psychology, University of Michigan  
2011 University of Michigan Psychology Dissertation Research Grant  
2010 Edward S. Bordin Award Winner, University of Michigan Department of Psychology  
2004 George Washington University Psychology Departmental Honors  
2000-2004 Presidential Scholarship, Honors Program, George Washington University

### **PROFESSIONAL MEMBERSHIPS**

Member of the FLUX Society for Developmental Cognitive Neuroscience  
Member of the International Society for Research in Child and Adolescent Psychopathology (ISRCAP)  
Member of the Society for Research in Child Development (SRCD)  
Member of the International Society for the Study of Behavioural Development (ISSBD)

### **GRANTS AND FELLOWSHIPS**

#### **CURRENT**

- 2019-2021 NSF BCS1917857  
Title: Development of neocortical and vagal function in self-regulation  
Role: Co-Principal Investigator  
Source: NSF  
Funding: \$390,483  
Institution: University of Massachusetts, Amherst
- 2018-2022 UMass Institute for Applied Life Sciences Seed Grant  
Title: Developing automated parenting aids for caregivers of young children.  
Role: Principal Investigator  
Funding: \$15,000 (plus \$10,000 in facilities costs)
- 2017-2022 K23 MH111708  
Title: Neural and behavioral correlates of deliberate emotion regulation in early childhood: testing unique links to emerging irritability.  
Role: Principal Investigator  
Source: NIMH  
Funding: \$891,521  
Institution: University of Massachusetts, Amherst

#### **COMPLETED**

- 2014-2017 T32 MH018951  
Title: Clinical Research Training in Child Psychiatry (Brent)  
Role: Postdoctoral Research Fellow, 100% effort  
Source: NIMH, Institutional National Research Service Award  
Funding: 100% Salary  
Mentors: Susan Perlman, PhD  
Institution: University of Pittsburgh, Department of Psychiatry

**PUBLICATIONS**

\* Denotes Mentee

- Grabell, A.S.**, Jones, H.M., Wilett, A.E., Bemis, L.M., Wakschlag, L.S., & Perlman, S.B. (in press). Children's facial muscular movements and risk for early psychopathology: assessing clinical utility. *Behavior Therapy*.
- Shuster, M. M., Camras, L. A., **Grabell, A.S.**, & Perlman, S. B. (in press). Faces in the wild: a naturalistic study of children's facial expressions in response to an internet prank. *Cognition and Emotion*.
- Zulauf, C.\*, Sokolovsky, A. W., **Grabell, A. G.**, & Olson, S. L. (2018). Early risk pathways to physical versus relational peer aggression: the interplay of externalizing behavior and harsh parental discipline varies by child gender. *Aggressive Behavior*.
- Grabell, A. S.**, Huppert, T. J., Jones, H. M.\*, Wilett, A. E.\*, Bemis, L. M., & Perlman, S. B. (2018). Using facial muscular movements to understand young children's emotion regulation and concurrent neural activation. *Developmental Science*.
- Grabell, A. S.**, Li, Y, Barker, J. W., Wakschlag, L. S., Huppert, T. J., & Perlman, S. B. (2017). Evidence of Non-Linear Associations Between Frustration-Related Prefrontal Cortex Activation and the Normal:Abnormal Spectrum of Irritability in Young Children. *Journal of Abnormal Child Psychology*, 1-11.
- Grabell, A. S.**, Olson, S. L., Tardif, T., Thompson, M. C.\*, & Gehring, W. J. (2017). Comparing Self-Regulation-Associated Event Related Potentials in Preschool Children with and without High Levels of Disruptive Behavior. *Journal of Abnormal Child Psychology*, 45(6), 1119-1132.
- Li, Y., **Grabell, A. S.**, Wakschlag, L. S., Huppert, T. J., & Perlman, S. B. (2017). The neural substrates of cognitive flexibility are related to individual differences in preschool irritability: a fNIRS investigation. *Developmental Cognitive Neuroscience*, 25, 138-144.
- Waller, R., Hyde, L. W., **Grabell, A. S.**, Alves, M. L., & Olson, S. L. (2015). Differential associations of early callous-unemotional, oppositional, and ADHD behaviors: multiple domains within early-starting conduct problems?. *Journal of Child Psychology and Psychiatry*, 56(6), 657-666.
- Grabell, A. S.**, Olson, S. L., Kessler, D. A., Felt, B. T., Miller, A. L. & Tardif, T. (2015). The impact of culture on physiological processes of emotion regulation: a comparison of US and Chinese preschoolers. *Developmental Science*, 18(3), 420-435.
- Olson, S.L. & **Grabell, A.S.** (2014). Defiant behavior during infancy and early childhood. In: J.D. Wright (Ed). *International Encyclopedia of Social and Behavioral Sciences*. Oxford: Elsevier.
- Choe, D. E., Lane, J. D., **Grabell, A. S.** & Olson, S. L. (2013). Developmental Precursors of Young School-age Children's Hostile Attribution Bias. *Developmental Psychology*, 49(12) 2245-2256.

- Miller, L. E., **Grabell, A. S.**, Thomas, A., Bermann, E. A., & Graham-Bermann, S. A. (2012). The associations between community, television, and intimate partner violence, parent-child aggression and aggression in sibling relationships of a sample of preschoolers. *Psychology of Violence. Special Issue on Co-Occurrence of Different Forms of Violence*, 2(2), 165-178
- Olson, S. L., Tardif, T. Z., Miller, A., Felt, B., **Grabell, A. S.**, Kessler, D., Wang, L., Karasawa, M., & Hirabayashi, H. (2011). Inhibitory control and harsh discipline as predictors of externalizing problems in young children: a comparative study of U.S., Chinese, and Japanese preschoolers. *Journal of Abnormal Child Psychology*. 39(8), 1163-1175.
- Grabell, A. S.**, & Knight, R. A. (2009). Examining childhood abuse patterns and sensitive periods in juvenile sexual offenders. *Sexual Abuse: Journal of Research and Treatment*, 21, 208-222.

### **SUBMITTED MANUSCRIPTS**

- Grabell, A.S.**, Huppert, T.J., Fishburn, F.A., Li, Y., Hlutkowsky, C.O, Jones, H.M, Wakschlag, L.S., & Perlman, S.B. (revise and resubmit). Mechanics of early deliberate emotion regulation: young children's response to interpersonal scaffolding.

### **PROFESSIONAL PRESENTATIONS**

#### INVITED TALKS

- Grabell, A.S. (2018, Nov.). Unpacking mechanisms of emotion regulation to elucidate early childhood psychopathology. Smith College, Department of Psychology, Northampton, MA.
- Grabell, A.S. (2017, Oct.). Unpacking mechanisms of emotion regulation to elucidate early childhood psychopathology. McLean Hospital, Harvard Medical School Department of Psychiatry, Belmont, MA.

#### CHAired PAPER SYMPOSIA

- Grabell, A. S. (Chair), Perlman, S. B., Gaffrey, M. & Liu, Y. (2015). Investigating neural correlates of psychopathology in preschool-age children. Symposium presented at the Meeting for the Society for Research in Child Development, Philadelphia, PA (March, 2015).

#### PAPER SYMPOSIA AND PRESENTATIONS

\* Denotes Mentee

- Thomsen, K. N.\* & Grabell, A. S. (2019, May). Examining Preschool Aged Children's Understanding of Physiological and Cognitive Dimensions of Emotional Awareness Using a Novel Coloring Task. Poster session presented at the 31st Annual Convention of the Association for Psychological Science, Washington, D.C.
- Grabell, A. S., Fishburn, F., Jones, H. M., Bemis, L. M., Wakschlag, L. S., & Perlman, S. B. (2019). Using facial muscular movements to understand young children's emotion regulation, concurrent neural activation, and risk for psychopathology. Symposium

## A. Grabell Curriculum Vitae

- presented at the Meeting for the Society for Research in Child Development, Baltimore, MD (March, 2012).
- Grabell, A. S., Fishburn, F., Huppert, T. J., & Perlman, S. B. (2017). Thinking about feelings: Using fNIRS functional connectivity to measure young children's engagement in emotion regulation therapeutic scaffolding and test links to irritability. Poster presented at the Congress on Pediatric Irritability and Dysregulation, Burlington, VT (September, 2017).
- Grabell, A.S., Li, Y., Huppert, T.J., & Perlman, S.B. (2016). Neural correlates of deliberate emotion regulation in early childhood. Poster presented at the Annual Meeting for FLUX: The International Congress for Integrative Developmental Cognitive Neuroscience, St. Louis, MO.
- Grabell, A. S., Barker, J., Huppert, T. J., & Perlman, S. B. (2015). Associations between prefrontal cortex hemoglobin activity during frustration and behavioral impairment in early childhood. Poster presented at the Congress on Pediatric Irritability and Dysregulation, Burlington, VT (October, 2015).
- Perlman, S.B., Grabell, A.S., & Huppert, T.J. (2015). Brain Development of Irritability: fNIRS Investigations of Emotion and Executive Function in Preschool Children. Poster presented at the Annual Meeting for FLUX: The International Congress for Integrative Development, Leiden, The Netherlands.
- Grabell, A. S., Liu, Y., Tardif, T. Z. (2013). Neurophysiological mechanisms of emerging emotion regulation in typical preschool children. Poster presented at the Meeting for the Society for Research in Child Development, Seattle, WA (April, 2013).
- Grabell, A. S. & Olson, S. L. (2012). Generalizability of emotion regulation patterns in preschool children in the US, China, and Japan. Symposium presented at the Meeting for the International Society for the Study of Behavioural Development, Edmonton, AB (July, 2012).
- Grabell, A. S., Fan, C., Andersson, H., & Olson, S. L. Hot and cool early effortful control and emotion regulation: links to behavior problems and academic competence at 3 and 6 years. Symposium presented at the Meeting for the Society for Research in Child Development, Montreal, QC (March, 2011).
- Diaz, V.\*, Grabell, A. S., Kuhlman, K. R., Price, E. G., & Olson, S. L. Risk factors and stability of single-type versus comorbid behavior problems across childhood. Poster presented at the International Society for Research in Child and Adolescent Psychopathology, Chicago, IL (June, 2011).
- Zulauf, C.\*, Burnside, A.\*, Grabell, A. S., Fan, C., & Olson, S. L. Examining the relation of emotion regulation and internalizing and externalizing problems. Poster presented at the International Society for Research in Child and Adolescent Psychopathology, Chicago, IL (June, 2011).
- Grabell, A. S., Olson, S. L., Freilich, E., and Wills, A\*. Associations between measures of inhibitory control and emotion regulation at 3 and 6 years of age in a prospective longitudinal study. Poster presented at the Annual Meeting for the Association for Psychological Science, Boston, MA (May, 2010).

## A. Grabell Curriculum Vitae

- Grabell, A. S., and Olson, S. L. Examining mediating factors of prenatal alcohol exposure and externalizing problems. Poster presented at the Annual Meeting for the Research Society on Alcoholism, San Antonio, TX (June, 2010).
- Grabell, A. S., Olson, S. L., Kessler, D. A., Felt, B. T., Miller, A., Shafir, T., Kaciroti, N., Tardif, T. T. (2009, May). Neurobiological roots of emotion dysregulation and behavior problems. Poster presented at the annual convention of the Association for Psychological Science, San Francisco, CA.
- Knight, R.A., Thornton, D., Guay, J.P., Harris, D., & Grabell, A. (2007, November). Differential prediction of recidivism between Rapists and Child Molesters: Do the same variables predict outcome? Symposium conducted at the annual Association for the Treatment of Sexual Abusers Research and Treatment Conference, San Diego, CA.
- Knight, R.A., Guay, J.P., Grabell, A., & Thornton, D. (2007, October). Creating distinct actuarial techniques for rapists and child molesters. Symposium conducted at the annual convention of the Society for Research in Psychopathology, Iowa City, IA.
- Grabell, A., Knight, R.A. (2006, October). Childhood abuse patterns and critical periods in juvenile sexual offenders. Poster presented at the annual convention of the Society for Research in Psychopathology, San Diego, CA.
- Grabell, A., Knight, R.A., & Cross, T. (2006, July). Exposure to vicarious violence and hostile attitudes towards women in juvenile sexual offenders. Symposium conducted at the annual International Family Violence and Child Victimization Research Conference, Portsmouth, NH.

### **OTHER RESEARCH EXPERIENCE**

Brandeis University      Waltham, MA 1/2007-7/2008

#### **Visiting Research Scientist**

- Research topic: Child abuse, critical periods in brain development, and developmental psychopathology; Creating actuarials for recidivism using recursive partitioning
- Initiated and executed psychological research projects
- Researched articles for literature reviews
- Analyzed statistical data to examine relation between child abuse and adolescent risk
- Wrote manuscripts for publication and presented findings at conferences
- Managed large data sets by resolving inconsistencies and creating new variables
- Supervisor: Raymond Knight, PhD

East Boston Family Study      Revere, MA 5/2007-1/2008

#### **Research Assistant/Research Data Analyst**

- Research topic: Effect of in-utero nicotine exposure on antisocial behavior in adolescence and the moderating role of family context and genetics
- Found and recruited study families for longitudinal waves

## A. Grabell Curriculum Vitae

- Collected data on antisocial behavior, ADHD, and depression by administering diagnostic computer assisted personal interview (CAPI) to teenagers and their parents
- Collected genotyping data from teenagers and parents using OraGene
- Administered Attention Network Test (ANT) to adolescents to collect data on attention
- Supervisor: Gretchen Biesecker, PhD

Children's Hospital Boston                      Boston, MA 9/2006-4/2007

### **Research Coordinator**

- Research topic: Cognitive effects of corticosteroids and inflammation in pediatric inflammatory bowel disease
- Actively recruited pediatric IBD participants
- Developed coding guidelines and conducted statistical item analyses for qualitative and secondary data sources
- Prepared and edited manuscripts for IRB, grant, and paper submissions
- Trained in scoring neuropsychological tests and recording event-related brain potentials (ERP)
- Supervisor: Christine Mrakotsky, PhD, Charles Nelson, PhD

George Washington University Medical School    Washington, DC 9/2003-5/2004

### **Undergraduate Research Assistant**

- Research topic: Temperament, relationships and physiology (cardiac, startle, cortisol, sleep, EEG) in parents with anxiety disorders and anxious toddlers
- Entered participant data
- Assembled questionnaire and mailing packets for participants
- Filed documents
- Observed procedures and attended lab meetings
- Supervisor: Susan Warren, MD

## **CLINICAL EXPERIENCE**

### Matilda Theiss Health Center- Western Psychiatric Institute & Clinic

October, 2014- Present

- Therapeutic Nursery and Preschool servicing children at risk for or presenting early onset mood and behavior problems
- Implemented Parent-Child Interaction Therapy (PCIT) with families of children with disruptive behavior disorders
- Administered intake and follow-up developmental assessments with infants, toddlers, and preschoolers
- Administered psycho-educational training programs to center educational staff
- Supervisor: Dianne Jandrasits, PsyD

### University of Michigan Institute for Human Adjustment- Clinical Psychology Internship Program,

September, 2011 – August, 2012

- Full time psychology internship
- Worked with children, adolescents, and families with wide range of psychopathology

## A. Grabell Curriculum Vitae

- Administered psycho-educational testing battery to children and adolescents and wrote feedback reports
- Supervisors: Cheryl King, PhD, Polly Gipson, PhD, and Fiona Miller, PhD
- Testing Supervisor: Elise Hodges, PhD.

### University of Michigan Child Psychiatry, Winter, 2011 – Spring, 2011

- Worked with children, adolescents, and families in individual therapy
- Completed live supervision and special training in Cognitive Behavior Therapy (CBT) for anxiety and depression and Parent Management Training (PMT)
- Supervisors: Cindy Ewell Foster, PhD, and Julie Kaplow, PhD

### University of Michigan Prechter Bipolar Research Project, Summer, 2010 – Fall, 2010

- Assessed adults with Bipolar Disorder using structured clinical interview (DIGS) and wrote detailed diagnostic assessments
- Administered neuropsychological battery to adults with Bipolar Disorder
- Supervisor: Kelly Ryan, PhD

### University of Michigan Center for the Child and Family, Fall, 2009 – Summer, 2010

- Worked with children, adolescents, and families in individual therapy using a variety of modalities
- Ran social skills group for middle school aged children
- Administered IQ tests for children applying to gifted program schools
- Administered full neuropsychological battery to children and adolescents
- Supervisors: Jamie Plunkett, PhD, and Nestor Lopez-Duran, PhD

### University of Michigan Autism and Communication Disorders Center

May, 2009 – August, 2009

- Observed and helped diagnose referred children for possible Autism Spectrum Disorder using the Autism Diagnostic Observation Schedule (ADOS)
- Organized, wrote session plans, and ran therapy group for adults with autism
- Worked with adults with autism in individual therapy
- Ran playgroup for preschoolers with autism to help build communication and social skills
- Supervisors: Pam Dixon-Thomas, PhD, and Suzi Naguib, PsyD

### University of Michigan Child Trauma Practicum, Safehouse, January, 2009 – May, 2009

- Implemented group therapy for 4 to 6 year olds exposed to domestic violence
- Wrote session plans, process notes, and attended weekly supervision meetings
- Administered psychological tests, assessments, and structured interviews to children at baseline and post-therapy
- Supervisor: Sandra Graham-Berman, PhD