

Nicole Lafko Breslend

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Burlington, Vermont 05405

(802) 299-0862
nlafko@uvm.edu

EDUCATION

- August 2012
May 2017 **Ph.D.**, General/Experimental Psychology
Developmental Psychology*, Developmental Psychopathology Concentration
University of Vermont, Burlington, Vermont
Thesis: Relational, Indirect, and Social Aggression: Measure Development for Emerging Adults
Advisor: -Close, Developmental Psychology Faculty
Co-Advisor: Dr. Rex Forehand, Clinical Psychology Faculty
Graduate of the University of Vermont Graduate Teaching Program
- March 2015 **M.A.**, General/Experimental Psychology
Developmental Psychology
University of Vermont, Burlington, Vermont
Thesis: Susceptibility to Peer Influence for Engagement in Relational Aggression and Prosocial Behavior: The Roles of Popular Peers, Stress Physiology, and Gender
Advisor: -Close
- May 2012 **B.A.**, Psychology with college honors, *Cum Laude*
University of Vermont, Burlington, Vermont
Recognition, Psychological Science Departmental Honors
Thesis: Functions of Relational Aggression and Disordered Eating Behavior: The Moderating Role of Relational Victimization and Gender
Advisor: -Close

PROFESSIONAL EXPERIENCE

- Fall 2017-
Present **Lecturer**, Psychological Science, University of Vermont
- June 2017-
Present **Research Assistant Professor**, Psychological Science, University of Vermont

AWARDS AND HONORS

- May 2015 University of Vermont Graduate Teaching Assistant of the Year
"The Graduate Teaching Assistant of the Year Award recognizes annually the accomplishments of GTAs who have demonstrated unusual excellence and creativity in their teaching and commitment to student learning... two awards are given each year, one for GTAs who have served as the primary instructor in a lecture based course, one for teaching assistants who have served as laboratory instructors."
- February 2015 Department of Psychological Science Graduate Teaching Assistant of the Year,
University of Vermont
- January 2013,
March 2012 University of Vermont College of Arts and Sciences Conference Travel Award: Ronald
Suiter Prize

* Switched from Clinical Ph.D. Program to General/Experimental Ph.D. Program in October 2014

- May 2012 Psychological Science Departmental Honors: Donald G. Forgays Outstanding Senior Award
“This award is given annually to a senior psychological science major who has demonstrated outstanding scholarship in all courses in Art and Sciences as well as achievement in independent research and scholarship. This awardee has among the highest Grade Point Averages of psychological science majors and has completed notable scholarly projects in or out of the classroom.”
- May 2012 Alpha Kappa Delta: Inducted into the International Sociology Honor Society
University of Vermont Chapter
- May 2011 Psi Chi: Inducted into the Psychology National Honor Society

Funding Source: Child and Adolescent Psychology Training and Research, Inc.
Title: The Impact of Parental Stress Physiology on Social Adjustment in Youth with ADHD
Investigators: Annie Murray-Close, **Nicole Lafko**, & Erin K. Shoulberg
Amount of Award: \$4,412
Funding Period: 11/12/12 5/12/14

Funding Source: Undergraduate Research Award Summer Internship
Title: Proactive and Reactive Functions of Relational Aggression Relating to Internalizing Symptoms: Peer Mechanisms of Influence
Primary Investigator: **Nicole Lafko**
Faculty Sponsor: -Close
Amount of Award: \$1,500 + \$3,500 stipend
Funding Period: 6/1/11- 7/24/11

JOURNAL PUBLICATIONS

Sullivan, A., Benoit, R., **Breslend, N.L.**, & Forehand, R. (2019, accepted). The impact of cumulative risk on child outcomes after accounting for parental depressive affect. *Journal of Family Psychology*.

Sullivan, A., **Breslend, N.L.**, Gotzman-Strolin, J., B

- Peisch, V., **Breslend, N.L.**, Jones, D.J., MacFarlane, M., & Forehand, R. (2017). Young children with behavior disorders in low-income families: The role of clinic observations in the assessment of parenting. *Evidence-Based Practice in Child & Adolescent Mental Health*, 2(3-4), 201-211. doi: 0.1080/23794925.2017.1393638
- Murray-Close, D., Holterman, L.A., **Breslend, N.L.**, & Sullivan, A.D. (2017). Psychophysiology of proactive and reactive relational aggression. *Biological Psychology*, 77-85. doi: 10.1016/j.biopsycho.2017.10.005
- Forehand, R., Parent, J., Peisch, V., Sonuga-Barke, E., Long, N., **Breslend, N.L.**, & Abikoff, H.B. (2017). Do parental ADHD symptoms reduce the efficacy of parent training for preschool ADHD? A secondary analysis of a randomized controlled trial. *Behaviour Research and Therapy*, 97, 163-169. doi: 10.1016/j.brat.2017.08.002
- Pomerantz, H., Parent, J., Forehand, R., **Breslend, N.L.**, & Winer, J. (2017). Pubertal timing and youth internalizing psychopathology: The role of relational aggression. *Journal of Child and Family Studies*, 26(2), 416-423.
- Holterman, L.A., Murray-Close, D., & **Breslend, N.L.** (2016). Relational victimization and depressive symptoms: The role of autonomic nervous system reactivity in emerging adults. *International Journal of Psychophysiology*, 110, 119-127.
- Breslend, N.L.**, Parent, J., Forehand, R., Compas, B.E., Thigpen, J.C., & Hardcastle, E. (2016). Parental depressive symptoms and child internalizing and externalizing problems: The moderating role of interparental conflict. *Journal of Family Violence*, 31(7), 823-831.
- Sanders, W., Parent, J., Forehand, R., & **Breslend, N.L.** (2016). The roles of general and technology-related parenting in managing youth screen time. *Journal of Family Psychology* 30(5), 641-646.
- Abaied, J., Wagner, C., **Breslend, N.L.**

Murray

- Jones, D.J., Forehand, R., Newey, G., Khavjou, O., Honeycutt, A., Anton, M., Gonzalez, M., **Breslend, N.L.**, & Peisch, V. (2016, June). Using technology as a vehicle to strengthen and extend treatment effects with families of children with early onset behavior disorders. In Joshua Broderick (Chair), *Online Solutions for Child Mental Health*. Symposium presentation at the World Congress, 8th World Congress of Behavioral and Cognitive Therapies, Melbourne, Australia.
- Parent, J., Forehand, R. **Lafko, N.**, Compas, B. (2015, May). Parenting as the mediator of change in behavioral parent training: A review and call for research. Symposium presentation at the 27th annual meeting of

Associations with Child Outcomes?. Poster presented at the 52nd annual convention of the Association for Behavioral and Cognitive Therapies, Washington, D. C.

Breslend, N.L,

Lafko, N., Parent, J., Forehand, R., Burt, K.B. (2014, November). Is parenting the mediator of change in behavioral parent training for externalizing problems of youth? Poster presentation at the Association

Project Title: *Functions of Relational Aggression and Eating Disorders: The Moderating Role of Relational Victimization and Gender*

-Close

2011- 2012

Department of Psychiatry, University of Vermont

Undergraduate research assistant

Project Title: *The Neural Correlates of Relational Aggression Using a Social Conditioning Task*

Advisor: Emily Mazzulla, University of Vermont Doctoral Candidate

2011

Department of Psychological Science, University of Vermont

Undergraduate research assistant

Project Title:

Instructor Rating: 4.38/5.0

Summer 2016
Instructor, *Developmental Psychology*, University of Vermont
Duties: Developed course materials (i.e., lectures, exams, quizzes), delivered lectures, and managed course
Course Size: Eight undergraduate students
Instructor Rating: 2.8/3.0

Fall 2015
Co-Instructor, *Developmental Psychology*, University of Vermont
Co-Instructor: -Close
Duties: Developed course materials (i.e., lectures, exams, quizzes), delivered lectures, and managed course
Course Size: 193 undergraduate students
Instructor Rating: 4.2/5.0

Laboratory Instructor

Spring 2017
Laboratory Instructor and Graduate Teaching Assistant, *Advanced Statistical Methods II: Graduate Seminar*, University of Vermont
Course Instructor: Dr. Tim Stickle
Duties: Developed instructor materials and taught a weekly laboratory section to facilitate hands-on experience running statistical analyses pertaining to multiple regression and its related extensions, provided reports, graded and provided feedback on student exams, attended weekly lectures, and met with students during office hours
Course Size: Seven graduate students
Lab Instructor Rating: 5.0/5.0

Spring 2013
Laboratory Instructor and Graduate Teaching Assistant, *Research Methods II: Statistics*, University of Vermont
Course Instructor: Dr. Keith Burt
Duties: Attended lecture, taught two separate hour-long weekly lab sections to facilitate hands-on development of sound research methods, gave feedback on and graded empirical student research during office hours
Graduate Teaching Assistant Rating: 4.6/5.0 section A; 4.2/5.0 section B

Independent Study Instructor

Spring 2018
Instructor, *Clinical Interventions for Disorders of Childhood & Adolescence*, University of Vermont
Duties: Developed course syllabi and lesson plans, implemented lessons and facilitated discussions, provided feedback and graded presentations on student driven topics.
Course Sizes: Four undergraduate students
Instructor Ratings: 5.0/5.0

Spring 2017,
Spring 2015
Co-Instructor/ Graduate Mentor, *Childhood Anxiety and OC Spectrum Disorders: Etiology and Treatment*, University of Vermont
Co-Instructor: Dr. Rex Forehand
Duties: Developed course syllabi and lesson plans, implemented lessons and facilitated discussions, provided feedback and graded literature reviews on student driven topics,

and helped select students run data analyses, prepare abstracts, and develop posters presented at the UVM Student Research Conference
Course Sizes: Four to five undergraduate students

Professional Training/ Continuing Education

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| November, 2018 | Online Training Attendee, <i>Trauma-Informed Parenting</i> , Foster Parent College Online |
| March 22 nd & 23 rd , 2018 | Symposium Attendee, <i>The University: A Sanctuary or an Arena? Fostering Inclusive and Difficult Conversations</i> , University of Vermont, Burlington, Vermont |
| October 23 rd , 2017 | Workshop Attendee, <i>Dealing with Bias on Campus: Research and Clinical Perspectives on Ideology and Hatred</i> , University of Vermont, Burlington, Vermont Workshop leader: Edward Dunbar, Ph.D. |
| June 2 nd -3 rd , 2015 | Training Attendee, <i>Biolog Physiology Equipment: Data collection, downloading, and preparation</i> , University of Vermont, Burlington, Vermont -Close, Ph.D. |
| September 8 th - 11 th , 2014 | Institute Attendee, <i>Complex Trauma in Torture Survivors Institute</i> , St. Louis, M.O |
| April 18 th , 2014 | Training Institute Attendee, <i>Comprehensive Behavioral Intervention for Tics</i> , University of Vermont, Burlington, Vermont Training Leader: Douglas Woods, Ph.D., <i>Western Michigan University</i> |
| March 14 th , 2013 | Completed <i>Trauma-Focused Cognitive Behavior Therapy web-based course</i> , The National Child Traumatic Stress Network |

SERVICE ACTIVITIES

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| 2017 | Graduate Student Teaching Committee, Faculty member |
| 2017 | Diversity Committee, Diversity in Teaching Subcommittee, Faculty member |
| 2016-2017 | 00912g0 G3q0.00000912 0 612 (d)11 ForcdeneQq0.00000912 0 61sn0.000004 Tf6(t)-4(y)11(C)4(on |

2012-2014

Behavior Therapy and Psychotherapy Center, University of Vermont, Burlington,
*Program Developer and Pre-Doctoral Clinician for Tic Disorders and Obsessive
Compulsive Spectrum Disorders Specialty Service*

Description: Provided comprehensive assessments and evidence-based treatment under
the supervision of a licensed clinical psychologist for children, adolescents, and adults
referred for tic and obsessive-compulsive spectrum disorders

Supervisors: Dr. Rex Forehand and Dr. Teresa Scott

2012-2013

Behavior Therapy and Psychotherapy Center, University of Vermont, Burlington, VT
Pre-Doctoral Clinician for ADHD Specialty Service

Description: Provided comprehensive assessments and evidence-based treatment under
the supervision of a licensed clinical psychologist for children and adolescents referred
for ADHD.

Supervisor: Dr. Betsy Hoza