

VITA

Mary Patricia O'Brien, Ph. D.

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EDUCATION:

BA, Boston College (1986)
Sophomore year at the University of Madrid, Spain

Ph. D., University of Southern California (1992)

APA-Accredited Clinical Internship, Philadelphia Child Guidance Clinic
September, 1991-August, 1992

LICENSURE:

California, PSY 19344
Connecticut, License number 3253

PROFESSIONAL EXPERIENCE:

Present Positions

2013 - present

Director of Clinical Training, Assistant Research Scientist, Lecturer
Department of Psychology, Yale University

2015 – present

Director of the Yale Psychology Department Clinic

Previous Positions

1992 - 1995

Assistant Professor
Department of Psychology
New York University

1995 - 1999

Associate Director of Clinical Training, Lecturer
Department of Psychology
University of Pennsylvania

1999 - 2001

Visiting Assistant Professor
Department of Psychology
University of California, Los Angeles

2001 – 2007

Director of Psychological Treatment and the Family Research Core at the Center for the Assessment and Prevention of Prodromal States (CAPPS),
Department of Psychiatry and Biobehavioral Sciences, Semel Institute for Neuroscience and Human Behavior at the University of California, Los Angeles

2007

Lecturer – Marymount College Webster University

2008-2012

Adjunct Associate Professor and Associate Researcher, Department of Psychiatry and Biobehavioral Sciences and Senior Research Scientist in the CAPPs Center of the Geffen School of Medicine at UCLA and the Semel Institute for Neuroscience and Human Behavior, UCLA

2012- 2013

Program Manager, Foster Care Clinic
Wheeler Clinic, Plainville, CT

RECENT PRESENTATIONS AND TRAININGS:

Rinne, T., O'Brien, M., Miklowitz, D. & Cannon, T. (2020). Depression, family interaction, and family intervention in adolescents at clinical high risk for psychosis. Poster presented at the Biennial Meeting of the Society for Research on Adolescents in San Diego, CA, March 19-21.

Presentation on Family Focused Therapy at Clifford Beers in Hamden, CT
March, 2020 and March 2021.

Worthington, M. A., Miklowitz, D. J., O'Brien, M., Addington, J., Bearden, C., Cadenhead, K., Cornblatt, B., Mathalon, D., McGlashan, T., Perkins, D., Seidman, L., Tsuang, M., Walker, E., Woods, S., & Cannon, T. (2019). Informing treatment selection for patients at clinical high risk for psychosis based on the NAPLS individualized risk calculator. Poster presented at the Society of Biological Psychiatry.

Rinne, G., O'Brien, M., Miklowitz, D. & Cannon, T. (2019). The relationship between mother-adolescent emotional expression and adolescent depression in a sample at ultra-high risk for psychosis. Poster accepted for presentation at the American Psychological Association Convention in Chicago in August, 2019.

Mental Health Empowerment Lectures at Yale Silliman College Good Life Center. Fall 2018, Spring 2019, Fall 2019, Spring, 2020.

O'Brien, M., Caballero, C., Mendiola, A., Ryan-Krause, P. (October, 2018). Refugee and immigrant mental health. Invited panelist for Yale University undergraduate R.I.S.E. training workshop, New Haven, CT.

Salinger, J., O'Brien, M., Miklowitz D., Marvin, S. & Cannon, T, (2017). Family communication with teens at-risk for psychosis or bipolar disorder: Does Classification matter? Poster presentation at the Annual Meeting of the Society for Research in Psychopathology in Denver, Colorado, September 14, 2017.

O'Brien, M., Walsh, B., Flournoy, S., Boykins, T. & Cannon, T. (2016). Dissemination of family focused therapy for individuals at clinical high risk for psychosis to community mental health centers in Los Angeles. Presented at the ABCT conference in New York City, November 29, 2016.

- O'Brien, M. (2016). Empirical and Theoretical basis for Family treatment for adolescents and young adults at ultra-high for psychosis. Department of Psychiatry, Guangzhou Hospital in China, January 3, 2016
- O'Brien, M. (2016). Three-day training in the provision of Family-Focused Therapy to youth at high risk for psychosis and in the first episode of psychosis at GuangZhou HuiAi Hospital in Guangzhou, China, January 4-6, 2016.
- O'Brien, M., Miklowitz, D., & Cannon, T. (2015). Clinical-High Risk for Psychosis: Family Problem-Solving interaction prior to and following family-focused treatment. Part of a symposium titled: What's new in family interaction and intervention research? ABCT conference in Chicago, November 12-15, 2015
- O'Brien, M. (2014). Training workshop on Family Focused Therapy in Los Angeles, CA, June 11-13, 2014.
- O'Brien, M., Miklowitz, D., & Cannon, T. (2014). Decrease in Perceived Criticism Predicts Improvement in Attenuated Psychotic Symptoms in a Randomized Trial of Family-Focused Therapy for Individuals at Clinical High Risk for Psychosis. Presented at the National Conference in Clinical Child and Adolescent Psychology: Translating Research into Practice, Lawrence, Kansas, October 16-18, 2014.
- O'Brien, M. (2014). Three-day training for mental health care providers at Telecare Corporation in Los Angeles in the provision of Family-Focused Therapy to youth at high risk for psychosis. November, 2014.
- O'Brien, M. (2013). Empirical and Theoretical basis for Family treatment for adolescents and young adults at ultra-high for psychosis. Department of Psychiatry, Oslo University Hospital in Oslo, Norway, May 2, 2011 and October 7, 2013
- O'Brien, M. (2013) Training in Family Focused Therapy for adolescents and young adults at ultra-high for psychosis. Department of Psychiatry, Oslo University Hospital in Oslo, Norway, May 3, 2011, and October 7, 2013
- O'Brien, M. (2013). Training workshop on Family Focused Therapy in Stavanger, Norway, May 4, 2011, and October 8, 2013
- O'Brien, M. (2013). Family-focused treatment for adolescents and young adults at clinical high risk for psychosis. Key note speaker at the International Conference entitled: Early Intervention in Psychosis. Tromso, Norway, October 10 – 11, 2013
- O'Brien, M. (2013). Family Focused Therapy with Youth at Clinical High-Risk for Psychosis. Speaker at the Conference for Transition Age Youth, California Endowment – Center for Healthy Communities, Department of Mental Health, Los Angeles, CA, May 29, 2013
- O'Brien, M. (2012). Training for the Department of Mental Health in Los Angeles of mental health workers in the provision of Family-Focused Therapy to youth at high risk for psychosis. May, 2012
- O'Brien, M. (2011) Psychoeducational family work for psychosis – an evidence-based treatment program for patients and their families. Key note speaker at the National

Conference for Psychoeducational Family Work for Psychosis. Stavanger, Norway, May 5, 2011

O'Brien, M. (2011) Family-focused treatment for adolescents and young adults at ultra-high for psychosis. Key note speaker at the National Conference for Psychoeducational Family Work for Psychosis. Stavanger, Norway, May 6, 2011

O'Brien, M. (2011) Why early ascertainment and intervention with youth at ultra-high risk (UHR) for psychosis and why family-focused treatment for UHR youth and their families? Speaker at the Conference for Transition Age Youth, California Endowment – Center for Healthy Communities, Department of Mental Health, Los Angeles, CA, May 17, 2011

O'Brien, M. (2011) Workshop on Family-Focused Therapy with youth at ultra-high risk for psychosis. Conference for Transition Age Youth, California Endowment – Center for Healthy Communities. Department of Mental Health, Los Angeles, CA, May 17, 2011

PEER REVIEWED PUBLICATIONS:

1. Margolin, G., John, R. S., & **O'Brien, M.** (1989). Sequential affective patterns as a function of marital conflict style. *Journal of Social and Clinical Psychology, 8*, 45-61.
2. Raine, A., **O'Brien, M.**, Smiley, N., Scerbo, A. & Chan, C. J. (1990). Reduced lateralization in verbal dichotic listening in adolescent psychopaths. *Journal of Abnormal Psychology, 99*, 272-277.
3. Scerbo, A., Raine, A., **O'Brien, M.**, Chan, C. J., Rhee, C., & Smiley, N. (1990). Reward dominance and passive avoidance learning in adolescent psychopaths. *Journal of Abnormal Child Psychology, 18*, 451-463.
4. **O'Brien, M.**, Margolin, G., John, R. S., & Krueger, L., (1991). Mothers' and sons' cognitive and emotional reactions to simulated marital and family conflict. *Journal of Consulting and Clinical Psychology, 59*, 692-703.
5. **O'Brien, M.**, John, R. S., Margolin, G., & Erel, O. (1994). Agreement between parents and children regarding the occurrence of marital violence. *Violence and Victims, 9*, 45-62.
6. **O'Brien, M.**, Balto, K., Erber, S. & Gee, C. (1995). College students' cognitive and emotional reactions to simulated marital and family conflict. *Journal of Cognitive Therapy and Research, 19*, 707-724.
7. **O'Brien, M.**, Margolin, G., & John, R. S. (1995). The relationship between marital conflict, child coping, and child adjustment. *Journal of Clinical Child Psychology, 24*, 346-361.
8. **O'Brien, M.**, Bahadur, M., Gee, C., Balto, K., & Erber, S. (1996). Child exposure to marital conflict and child coping responses as predictors of child adjustment. *Journal of Cognitive Therapy and Research, 21*, 39-59.

9. **O'Brien, M.** & Chin, C. (1998). The relationship between children's reported exposure to interparental conflict and memory biases in the recognition of aggressive and constructive conflict words. *Personality and Social Psychology Bulletin*, 24, 647-656.
10. **O'Brien, M.**, & Bahadur, M. (1998). Marital aggression, mother's problem-solving behavior with children, and children's emotional and behavioral problems. *Journal of Social and Clinical Psychology*, 17, 249-272.
11. Weber, J., & **O'Brien, M.** (1999). Latino children's responses to simulated marital conflict as a function of conflict content and intensity and children's exposure to interparental aggression. *Cognitive Therapy and Research*.
12. Duggan, S., **O'Brien, M.**, & Kenney, J. K. (2001). Young adults' immediate and delayed reactions to simulated marital conflicts: Implications for intergenerational patterns of violence in intimate relationships. *Journal of Consulting and Clinical Psychology*, 69(1):13-24.
13. Meyer, S. E., Bearden, C. E., Lux, S., Gordon, J. L., Johnson, J. K., **O'Brien, M.**, Niendam, T. A., Loewy, R. L., Ventura, J., Cannon, T. D. (2005). The psychosis prodrome in adolescent patients viewed through the lens of DSM-IV. *Journal of Child and Adolescent Psychopharmacology*, 15, 434-451.
14. Kopelowicz, A., Lopez, S., Chang, C., **O'Brien, M.**, Gordon, J. (2006). Expressed emotion and family interactions in Mexican Americans with schizophrenia. *Journal of Nervous and Mental Disease*, 194:330-334.
15. **O'Brien, M.**, Gordon, J., Bearden, C., Lopez, S., Kopelowicz, A., Cannon, T. D. (2006). Positive family environment predicts improvement in symptoms and social functioning for adolescents at risk for psychosis. *Schizophrenia Research*, Volume 81, Issues 2-3, 269-275.
16. Niendam, T. A., Bearden, C. E., Johnson, J., Loewy, R., **O'Brien, M.**, Nuechterlein, K., Green, M., Cannon, T. D. (2006). Neurocognitive performance and functional disability in the psychosis prodrome. *Schizophrenia Research*, 84, 100-111.
17. Niendam, T. A., Bearden, C. A., Zinberg, J., Johnson, J. K., **O'Brien, M.** & Cannon, T. D. (2007). The course of neurocognition and social functioning in individuals at ultra high risk for psychosis. *Schizophrenia Bulletin*, doi:10.1093/schbul/sbm020
18. **O'Brien, M.**, Zinberg, J., Bearden, C., Daley, M., Niendam, T., Kopelowicz, A., & Cannon, T. D. (2007). Psychoeducational multi-family group treatment with adolescents at high risk for developing psychosis. *Early Intervention in Psychiatry*, 1:325-332
19. McGlashan, T. H., Addington, J., Cannon, T., Heinimaa, M., McGorry, P., **O'Brien, M.**, Penn, D., Perkins, D., Salokangas, R. K.R., Walsh, B., Woods, S. W., & Yung, A. (2007). Recruitment and treatment practices for help-seeking "prodromal" patients. *Schizophrenia Bulletin*, 33, 715-726.

20. Willhite, R. K., Niendam, T. A., Bearden, C. A., Zinberg, J., **O'Brien, M. P.**, & Cannon, T. D. (2008). Gender difference in symptoms, functioning and social support in patients at ultra-high risk for developing a psychotic disorder. *Schizophrenia Research*, 104, 237-245.
21. **O'Brien, M.** Zinberg, J., Bearden, C., Lopez, S., Kopelowicz, A., Daley, M., & Cannon, T. (2008). Parent attitudes and parent adolescent interaction in families of youth at risk for psychosis and with recent onset psychotic symptoms. *Early Intervention in Psychiatry*, 2(4), 268-276.
22. **O'Brien, M.**, Zinberg, J., Ho, L., Rudd, A., Bearden, C., Kopelowicz, A., Daley, M. & Cannon, T. D. (2009). Family interactions and 6-month symptomatic and functional outcomes in youth at ultra-high risk for psychosis and with recent onset psychotic symptoms: A longitudinal study. *Schizophrenia Research*, 107, 198-205.
23. Schlosser, D. A., Zinberg, J. L., Loewy, R. L., Casey-Cannon, S., **O'Brien, M. P.**, Bearden, C. E., Vinogradov, S., & Cannon, T. D. (2010). Predicting the longitudinal effects of the family environment on the risk for psychosis. *Schizophrenia Research*, 118, 69-75.
24. Schlosser DA, Miklowitz DJ, **O'Brien MP**, De Silva SD, Zinberg JL, Cannon TD. (2012). A randomized trial of family focused treatment for adolescents and young adults at risk for psychosis: Study rationale, design, and methods. *Early Intervention In Psychiatry*, 6(3): 283-91.
25. **O'Brien, MP**, Miklowitz, DJ, Candan, KA, Marshall, C, Domingues, I, Walsh, BC, Zinberg, JL, De Silva, SD, Woodberry, KA, Cannon TD. (2013). A randomized trial of family focused therapy with populations at clinical high risk for psychosis: Effects on interactional behavior. *Journal of Consulting and Clinical Psychology*. Advance online publication. doi: 10.1037/a0034667
26. Marvin, S, Miklowitz, DJ, **O'Brien, MP**, Cannon TD. (2014). Family focused therapy for individuals at high risk for psychosis: Treatment fidelity within a multisite randomized trial. *Early Intervention in Psychiatry*, 10 (2), 137-43.
27. Miklowitz, DJ, **O'Brien, MP**, Schlosser, DA, Addington, J, Candan, KA, Marshall, C, Domingues, I, Walsh, BC, Zinberg, JL, De Silva, SD, Friedman-Yakoobian, M, Cannon TD. (2014). Family-Focused Treatment as Early intervention for Youth and Young Adults at High Risk for Psychosis: Results of a 6-month Randomized Trial. *Journal of the American Academy of Child and Adolescent Psychiatry*, 53 (8), 848-858. <https://doi.org/10.1016/j.jaac.2014.04.020>
28. Tsai, K. H., Lopez, S., Marvin, S., Zinberg, J., Cannon, T. D., **O'Brien, M.**, & Bearden, C. E. (2015). Perceptions of family criticism and warmth and their link to symptom expression in racially/ethnically diverse adolescents and young adults at clinical high risk for psychosis. *Early Intervention in Psychiatry*, 9(6), 476-86.
29. **O'Brien, MP**, Miklowitz, DJ, & Cannon TD. (2015). Decreases in perceived maternal criticism predict improvement in sub-threshold psychotic symptoms in a

randomized trial of family-focused therapy for individuals at clinical high risk for psychosis. *Journal of Family Psychology*, 29 (6), 945-51.
doi: [10.1037/fam0000123](https://doi.org/10.1037/fam0000123)

30. Salinger, J., **O'Brien, MP**, Miklowitz, D., Marvin, S., Cannon, T. (2018). Family communication with teens at clinical high-risk for psychosis or bipolar disorder. *Journal of Family Psychology*, 32(4), 507-516.
<http://dx.doi.org/10.1037/fam0000393>
31. Worthington, M. A., Miklowitz, D. J., O'Brien, M., Addington, J., Bearden, C. E., Cadenhead, K. S., Cornblatt, B. A., Mathalon, D., McGlashan, T., Perkins, D., Seidman, L., Tsuang, M., Walker, E. Woods, S., & Cannon, T. (2020). Selection for psychosocial treatment for youth at clinical high risk for psychosis based on the NAPLS2 individualized risk calculator. *Early Intervention in Psychiatry*, 15(1):96-103. doi: 10.1111/eip.12914. Epub 2020 Jan 14.
32. Rinne, G. R., O'Brien, M. P., Miklowitz, D. J., Addington, J. M. & Cannon, T. D. (2020). Depression, family interaction, and family intervention in adolescents at clinical high risk for psychosis. *Early Intervention in Psychiatry*, 15(2):360-366. doi: 10.1111/eip.12954. Epub 2020 Mar 30.
33. Miklowitz, D., Addington, J., O'Brien, M., Denny, D., Weintraub, M., Zinberg, J., Cornblatt, B., Friedman-Yakoobian, M., Stone, W., Cadenhead, K., Woods, S., Sugar, C., Cannon, T & Bearden, C. (2021). Family-focused therapy for individuals at high clinical risk for psychosis: A confirmatory efficacy trial. *Early Intervention in Psychiatry*.

TREATMENT MANUALS:

1. Miklowitz DJ, **O'Brien MP**, Schlosser DA, Zinberg JL, De Silva S, Cannon TD (2011). Clinicians' Treatment Manual for Family-Focused Therapy of Adolescents and Young Adults at risk for Psychosis.
2. **O'Brien, M.** (2007). Manual for the Treatment of Prodromal Youth and their Families at the Center for the Assessment and Prevention of Prodromal States (CAPPS) Clinic.
3. **O'Brien, M.** (2007). Manual for Skills Group Treatment with Adolescents at High-Risk for Developing Psychosis.

TEACHING:

Graduate and Undergraduate Teaching at New York University:
Special topics seminars in Stress, Coping, and Adjustment in Children
Abnormal Psychology
Supervision of Masters and PhD level research projects.

Graduate and Undergraduate Teaching at the University of Pennsylvania:

Psychological Assessment
Diagnostic Interviewing
Interviewing and Assessment Practicum
Ethical Issues in Clinical Psychology
Psychotherapy supervision
Abnormal Psychology
Childhood stress, coping, and adjustment

Graduate and Undergraduate Teaching at the University of California, Los Angeles:

Psychological Assessment
Supervision of students' initial assessment work in the Assessment Practicum
Psychological Interventions
Brief Psychodynamic Approaches to Psychotherapy
Seminar on Marital Conflict and Child Adjustment
Abnormal Psychology

Graduate Teaching at Yale

Diagnostic Interviewing
Psychological Assessment
Introduction to Psychotherapy
Diversity, Ethics, Consultation, and Supervision
Supervision of Diagnostic Assessment and Psychotherapy
Supervision of Graduate Student Supervision

Undergraduate Teaching at Yale

Psychotherapy

YALE SERVICE:

2020 – present Psychology Department Committee on Racial Equity and Justice (CREJ) focused on anti-racism in clinical science
2015-2020 Psychology Department Diversity Committee
2016 – 2017 Advisory committee for the Deputy Dean of Diversity and Faculty Development in the Faculty of Arts and Sciences

PROFESSIONAL ACTIVITIES:

California Psychological Association (2005-2012)
Editorial Services: *Schizophrenia Research*; *Schizophrenia Bulletin*

HONORS AND AWARDS:

University of Southern California Deans' Award, 1987
Los Angeles Society of Clinical Psychologists Dissertation Grant Award, 1990
American Psychological Association Dissertation Award, 1990
University of Southern California Dissertation Fellowship Award, September, 1990-June, 1991
New York University Distinguished Teacher Award, 1994 - 1995
Letter of recognition for outstanding undergraduate teaching, University of Pennsylvania, 1995

RESEARCH GRANTS RECEIVED:

Young Investigator Award from the National Alliance for Research on Schizophrenia and Depression (NARSAD).

Project Title: Early Intervention for Adolescents at High-Risk for Developing Psychosis.

The pilot project supported by this NARSAD award evaluated the feasibility of implementing Psycho-educational Multi-Family Group (PMFG) treatment.

Funding period: July, 2004 - July 2006 Funding: 60,000

5RC1MH088546-02 (Cannon and Miklowitz).

10/01/2009-9/30/2012

National Institute of Mental Health

Title: Prevention Trial of Family-Focused Treatment in Youth at Risk for Psychosis

This was an 8-site randomized clinical trial of 6 months of family-focused treatment versus a 3-session enhanced care comparison treatment for youth and young adults at risk for psychosis. All participants were enrolled in the North American Prodrome Longitudinal Study.

Dr. O'Brien is Co-I.