ISABELLA KAHHALE, PH.D.

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EDUCATION

Oct. 2026–present	**Licensed Clinical Psychologist** State Board of Psychology, Commonwealth of Pennsylvania
August 2026—present	**NRSA T32 Postdoctoral Fellow** University of Pennsylvania Perelman School of Medicine, Department of Psychiatry & Penn Center for Mental Health
July 2025—June 2026	**Doctoral Internship in Clinical Psychology** *Doctoral Clinical Psychology Intern*, McLean Hospital/ Harvard Medical School, Belmont, MA **Track**: Child/Adolescent Emotion Dysregulation & Dialectical Behavioral Therapy
2019–2025	**Ph.D., Clinical & Developmental Psychology, Quantitative Psychology Minor** University of Pittsburgh (Pitt.), Pittsburgh, PA **Dissertation**: *Early life adversity, empathy, & externalizing psychopathology in a longitudinal study of youth.* Advisor: Professor Jamie Hanson, Ph.D.
2019–2021	**M.S. Clinical & Developmental Psychology**, University of Pittsburgh Master's Thesis: *Probing associations between childhood maltreatment, brain connectivity, & later antisocial behavior.*
2013–2017	**B.S., Cognitive & Brain Sciences** (Minors: English and Ethics, Law, & Society) Tufts University, Medford, MA Highest Thesis Honors and *summa cum laude* (GPA 3.93) Honors Thesis: *The fear response in dissociative identity disorder: an acoustic startle response study.*

RESEARCH FUNDING & FELLOWSHIPS

2026–2027	**NIH Ruth L. Kirschstein National Research Service Award (NRSA) Institutional Training Grant (T32),** *Postdoctoral Trainee*, University of Pennsylvania *National Institute of Mental Health,* 5-T32-MH-109433-10
2026	**Beyond the Ivory Tower Workshop** ($2,000), John Templeton Foundation *Selected as one of 12 recipients for workshop on science writing to a broad audience.*
2024	**Provost's Dissertation Completion Fellowship** ($12,000), University of Pittsburgh
2024	**E.B. Huey Research Grant** ($1,000), University of Pittsburgh
2023	**Andrew W. Mellon Predoctoral Fellowship** ($24,000), University of Pittsburgh
2022	**Summer Graduate Research Grant** ($1,300), Psi Chi Intl. Honors Society in Psychology
2022	**Truran Grant for Dissertation Research** ($500), University of Pittsburgh
2021	**Open Access Author Fund** ($3,000), University of Pittsburgh Library Services
2021	**Lazovik Clinical Psychology Research Grant** ($1,000), University of Pittsburgh
2020	**E.B. Huey Research Grant** ($750), University of Pittsburgh
2019	**Arts and Sciences Fellowship** ($23,500), University of Pittsburgh
2016	**Summer Internship Grant**, Tufts University Career Center

HONORS & AWARDS

2026	**2025 Paper of the Year,** Stress Measurement Network *Awarded to publication "Early Life Adversity and Empathy: A Scoping Review of Past Research and Recommendations for Future Directions"*
2026	**Dissertation Award**, APA Division 12 / Society for Clinical Psychology (SCP)
2026	**2026 Amplifying Diversity Trainee Award**, Society for Affective Science
2025	**2025 Bassell Student Award**, University of Pittsburgh *Recognizes outstanding achievement in clinical program and promise for future accomplishments.*
2025	**Distinguished Student Scientist-Practitioner Award in Clinical Psychology** ($300), SCP and Council of University Directors of Clinical Psychology (CUDCP)
2025	**Distinguished Student Practice Award in Clinical Psychology** ($300), SCP
2024	**Bassell Student Publication Award** ($100), University of Pittsburgh *In recognition of an outstanding first-author manuscript published in the previous year.*
2024	**Bassell Clinical Excellence Award** ($100), University of Pittsburgh *In recognition of outstanding clinical skill exhibited by a student on clinical externships.*
2024	**Grad Student Council Award** ($250), Pitt. Learning, Research, & Development Center
2024	**Trainee Diversity Travel Award,** Social and Affective Neuroscience Society (SANS)
2024	**Jeremy Johnson Landen Memorial Graduate Student Award,** University of Pittsburgh
2023	**Bassell Student Publication Award** ($100), University of Pittsburgh
2023	**Ruth Myers Research Excellence Award,** University of Pittsburgh
2023	**Grad Student Council Award** ($250), University of Pittsburgh
2021	**Student Training Award** ($800), Academy of Psychological Clinical Science
2021	**Grad Student Council Award,** University of Pittsburgh
2020	**Student Travel Award,** American Psychology-Law Society
2017	**Phi Beta Kappa Academic Honors Society**, Tufts University
2013–2017	**Dean's List,** Tufts University
2017	**Wendell Phillips Senior Commencement Speaker Award,** Tufts University *Speech title: "Echo chambers online & offline and their repression of empathy & growth in discourse."*
2016	**The Class of 1921 Leonard Carmichael Prize for Excellence in Psychology**, Tufts University
2015	**Psi Chi International Honors Society in Psychology Induction**

PEER-REVIEWED PUBLICATIONS

22 total (10 first-authored)

Trainee authors/presenters are underlined.

1. DeLap, G., Nook, E., Carolus, A. E., Chwyl, C**., Kahhale, I.**, Zaki, J., & Starr, L. (*accepted*). Differentiating Emotions in Ourselves and Others: Associations with Internalizing Symptoms and Social Functioning. *Cognition and Emotion*.
2. **Kahhale, I**. & Hanson, J. L. (2026). Prisons as De Facto Mental Health Institutions: Implications for Treatment, Public Safety, and Advocacy. *The Pennsylvania Psychologist*.
3. Cummings, L.R., Noam, G., De Nadai, A. S., [...] **Kahhale, I.**, [...]Dickstein, P. D. (2026). Patterns of Psychopathology and Personal Strengths among Youth in Psychiatric Care. *JCPP Advances*.
4. Hanson, J. L., Adkins, D. J., **Kahhale, I.**, Sen, S. (2026). Positive Affect as a Developmental Mediator of Early Adversity and Internalizing Psychopathology. *Journal of Child Psychology & Psychiatry*. https://doi.org/10.1111/jcpp.70104

5. **Kahhale, I.**, Hackel, L. & Zaki, J., (2025). Balancing Emotional Scales: Empathy and Dehumanization in Legal Contexts. *Emotion.* https://doi.org/10.1037/emo0001559
6. Byrd, A. L., **Kahhale, I.**, Vize, C., Griffith, R., Viding, E., Stepp, S. (2025). Expanding contingency learning models of aggression: conceptual and methodological considerations to enhance clinical utility. *Aggression and Violent Behavior.* https://doi.org/10.1016/j.avb.2025.102082
7. Reddan, M., Ong, D. C., Wager, T. D., Mattek, S., **Kahhale, I.**, Zaki, J. (2025). Neural signatures of emotional intent and inference align during social consensus. *Nature Communications,* 16, 6156. https://doi.org/10.1038/s41467-025-59931-8
8. **Kahhale, I.**, Byrd, A. L., Hanson, J. L., (2025). Exploring the Nexus of Early Life Adversity and Empathy: A Comprehensive Review of Past Research and Recommendations for Future Directions. *Clinical Child and Family Psychology Review.* https://doi.org/10.1007/s10567-025-00516-8

   **Selected as the 2025 Paper of the Year in the Methods/Review Paper category by the Stress Measurement Network.
9. **Kahhale, I.**, Barry, R. K., Ong, D. C., Zaki, J., Hanson, J. L., (2024). Exploring the Role of Empathy in the Association Between Early Life Adversity and Antisocial Behavior. *Affective Science.* https://doi.org/10.1007/s42761-024-00280-y
10. **Kahhale, I.**, Puccetti. N. A., Heller, A. S., Hanson, J. L. (2024). Probing connections between social connectedness, mortality risk, and brain age: A preregistered study**.** *Journal of Personality and Social Psychology.* https://doi.org/10.1037/pspi0000465
11. **Kahhale, I.**, Farrise, K., Das, A., McPhee, J., Galán, C.A., Scholars for Elevating Equity and Diversity (SEED), and Park, A. (2024). Recognizing the impact of racism-based traumatic stress on youth: Implications for research and clinical practice. *Journal of the American Academy of Child and Adolescent Psychiatry.* https://doi.org/10.1016/j.jaac.2024.03.022
12. Hanson, J. L., **Kahhale, I.**, Sen, S. (2024). Integrating Data Science and Neuroscience in Developmental Psychopathology: Formative Examples and Future Directions. *Development and Psychopathology.* https://doi.org/10.1017/S0954579424001056
13. **Kahhale, I.**, Hanson, J.L., Raine, A., Byrd A.L. (2024). Associations Between Subtypes of Empathy and Aggression in High-Risk Adolescents. *Journal of Psychopathology and Behavioral Assessment.* https://doi.org/10.1007/s10862-023-10112-1
14. **Kahhale, I.**, Barry, K., Hanson, J. L. (2023). Positive parenting moderates associations between childhood stress and corticolimbic structure. *PNAS Nexus.* https://doi.org/10.1093/pnasnexus/pgad145
15. Hanson, J. L., O'Connor, K., Adkins, D. J., & **Kahhale, I.** (2023). Childhood Adversity and COVID-19 Outcomes: Findings from the UK Biobank. *Journal of Epidemiology & Community Health.* https://jech.bmj.com/content/early/2023/11/01/jech-2023-221147?rss=1
16. **Kahhale, I.**, Buser, Nicholas J., Madan, Christopher R., Hanson, Jamie L. (2023). Quantifying numerical and spatial reliability of amygdala and hippocampal subdivisions in FreeSurfer. *Brain Informatics.* http://dx.doi.org/10.1186/s40708-023-00189-5
17. Richie-Halford, A., Cieslak, M., Ai, L., Caffarra, S., Covitz, S., **The Fibr Community Science Consortium**... & Rokem, A. (2022). An analysis-ready and quality-controlled resource for pediatric brain white-matter research. *Scientific Data*, *9*(1), 1-27.
18. Bacas, E., **Kahhale, I.**, Raamana P. R., Pablo, J. R., Anand, A. S., Hanson, J. L. (2023). Probing Multiple Algorithms to Calculate Brain Age: Examining Reliability, Relations with Demographics, and Predictive Power. *Human Brain Mapping.* https://doi.org/10.1002/hbm.26292**.** *Recognized as top 10 most-cited article for 2023.*

19. **Kahhale, I.**, (2022). The Promise of Prediction: Review of Glenn & Raine, NatRevNeuro, 2014. Invited submission to *Nature Reviews Psychology*. http://dx.doi.org/10.1038/s44159-022-00027-1
20. Galán, C., Tung, I., Tabachnick, A., Sequeira, S., Novacek, D. M., **Kahhale, I.**, … Bekele, B. (2022). Combatting the conspiracy of silence: Clinician recommendations for talking about racism and racism-related events with youth of color. *Journal of the American Academy of Child and Adolescent Psychology*. https://doi.org/10.31234/osf.io/kuryx. *Selected by JAACAP as an "Editor's Best of 2022" article.*
21. Ong, D. C., Wu, Z., Zhi-Xuan, T., Reddan, M., **Kahhale, I.**, Mattek, A., & Zaki, J. (2019). Modeling emotion in complex stories: the Stanford Emotional Narratives Dataset. *IEEE Transactions on Affective Computing*. http://dx.doi.org/10.1109/taffc.2019.2955949
22. Seligowski, A. V., Lebois, L. A. M., Hill, S. B., **Kahhale, I.**, Wolff, J.D., Jovanovic, T., Winternitz, S. R., Kaufman, M. L., & Ressler, K. J., (2019). Autonomic responses to fear conditioning among women with PTSD and dissociation. *Depression and Anxiety*. http://dx.doi.org/10.1002/da.22903

MANUSCRIPTS UNDER REVIEW

7 total (2 first-authored)

1. **Kahhale, I.,** Falls, A., Marquis, S., Tung, E., P., Worden, De Nadai, A., Dickstein, D., & Batejan, K. (*under review*). Dimensions of Childhood Trauma, Borderline Personality Disorder, and Emotion Dysregulation in High-Risk Adolescents (pre-registration: https://osf.io/utx84)
2. **Kahhale, I.**, Byrd, A. L., Sen, S., Vize, C., & Hanson, J. L. (*under review*). Early Life Adversity and Prosocial Development Across Childhood and Adolescence: Divergent Associations of Threat and Deprivation.
3. Marquis, S., **Kahhale, I.,** Falls, A., Tung, E., Batejan, K., & Worden, P. (*under review*). Suicide-Related Trauma Pathology among Youth in Partial and Residential Care.
4. Luppino, J., Molthrop, K., Worden, P., Dickstein, D.**.** & **Kahhale, I.** (*under review*). Associations between childhood trauma, protective factors, and substance use among adolescents in high levels of care.
5. Falls, A. P., Hernandez, B. E., **Kahhale, I.,** Levy, D. H., Tung, E. S., Worden, P. M., & Batejan, K. L. (*under review*). The potential effect of discrimination on stress and anxiety and the role of mindfulness.
6. Griffith, R., Vize, C., Murtha, K., **Kahhale, I.,** Henry, L., & Byrd, A. L. (*under review*). Longitudinal Associations Between Components of Executive Function and Externalizing Subdimensions: Findings from the ABCD Study (pre-registration: https://osf.io/vw6rm).
7. Ong, D. C., Jospe, K., Reddan, M., Wu, Z., **Kahhale, I.**, Perry, A., Zaki, J. (*under review*). People optimally and flexibly process emotional information across multiple modalities.

MANUSCRIPTS IN PREPARATION

1. **Kahhale, I.**, Ojha, A., Henry, T., Raine, A., Hanson, J. L., Byrd, A. L. Individual differences in brain volume, surface area, and cortical thickness connected to empathy and aggression subtypes in high-risk adolescents (pre-registration: https://osf.io/by9rq)
2. Ojha, A., **Kahhale, I.**, Henry, T., Raine, A., Keller, A., Byrd, A. L. Mesocorticolimbic resting-state functional connectivity and aggression subtypes in high-risk adolescents (pre-registration: https://osf.io/bypsx)

SELECTED RESEARCH PRESENTATIONS & WORKSHOPS

1. **Kahhale, I.,** Falls, A., Marquis, S., Tung, E., P., Worden, De Nadai, A., Dickstein, D., & Batejan, K. (*accepted*). Childhood Threat but Not Deprivation Significantly Predicts Borderline Personality Symptoms in High-Acuity Adolescents. ISITDBT Conference, November 12th, 2026.

2. **Kahhale I.,** Sen, S., Byrd, A., & Hanson, J. (2026). Early Life Adversity Predicts Declining Empathy from Childhood to Adolescence. Talk at Society for Affective Science (SAS) conference, March 2026.
3. **Kahhale, I.,** Reddan, M. C., Tandon, S., Sun, Z., Ong, D. C., Choi, J. H., Lee, J. S., Wager, T. D., & Zaki, J (2026). Neural processes underlying socioemotional inference: alignment and entropy predict empathic accuracy. Talk at SAS Symposium titled Understanding Other's Emotions: Neural Mechanisms, Structured Beliefs, and Social Context.
4. **Kahhale, I.,** Marquis, S., Tung, E., Batejan, K., Worden, P., De Nadai, A., & Dickstein, D. (2026). Unique Associations between Interpersonal Sensitivity and Externalizing Behavior Subdimensions in High-Risk Adolescents. Poster at Harvard Psychiatry Research Day.
5. Marquis, S., **Kahhale, I.,** Falls, A., Tung, E., Batejan, K., & Worden, P. (2026). Suicide-Related Trauma Pathology among Youth in Partial and Residential. Care. Poster at Harvard Psychiatry Research Day.
6. Luppino, J., Molthrop, K., **Kahhale, I.**, & Worden, P., Dickstein, D. (2026). Associations between childhood neglect, protective factors, and substance use among adolescents in high levels of care. Poster at Harvard Psychiatry Research Day.
7. **Kahhale, I.,** Falls, A., Marquis, S., Tung, E., Batejan, K., Worden, P., De Nadai, A., & Dickstein, D. (2026). Childhood threat uniquely predicts symptoms of Borderline Personality Disorder in high-risk adolescents. Poster at McLean Hospital Research Day.
8. Luppino, J., Molthrop, K., **Kahhale, I.**, & Worden, P. (2026). Associations between childhood trauma, resilience, and substance use in high levels of care. Poster at McLean Hospital Research Day.
9. Marquis, S., **Kahhale, I.,** Falls, A., Tung, E., Batejan, K., & Worden, P. (2026). Profiles of Post-Traumatic Stress-Disorder psychopathology among youth with suicide-related trauma. Poster at McLean Hospital Research Day.
10. **Kahhale, I.** (2025). Early life adversity, empathy, & externalizing psychopathology in a longitudinal study of youth. Dissertation talk presented to the Pitt. Department of Psychology on May 23rd, 2025.
11. **Kahhale, I.** (2025). Latent Growth Curve Modeling: Theoretical Applications and Tutorial in R. A talk presented at the Committee for Advanced Methodological Learning (CAMeL) in fulfillment of the Pitt. Quantitative Minor, March 20, 2025.
12. **Kahhale, I.** (2024). Empathy as a Critical and Underexplored Link between Early Life Adversity and Externalizing Psychopathology. Invited research talk presented to the Princeton University Logic of Emotion (LEMO) Lab, October 4th, 2024.
13. **Kahhale, I.,** Hanson, J. L., Raine, Adrian, Byrd, A. L. (2024). Socioemotional brain structure and connections with subtypes of aggression. Poster at the University of Pittsburgh Medical Center (UPMC) Department of Psychiatry Research Day, June 13, 2024.
14. **Kahhale, I.** (2024). Exploring the Nexus of Early Life Adversity and Empathy: A Comprehensive Review of Past Research and Recommendations for Future Directions. Research talk presented to the Department of Psychology Jeremy Johnson Landen Award event, April 2024.
15. **Kahhale, I.,** Hanson, J. L. (2024). Probing connections between social connectedness, mortality risk, and brain age: A preregistered study. Poster at the Social and Affective Neuroscience Society (SANS) conference, April 10-13, 2024.
16. **Kahhale, I.,** Hanson, J. L., Raine, Adrian, Byrd, A. L. (2023). Emotion regulatory brain structure and normative deviations: connections with subtypes of aggression. Poster at Developmental Affective Neuroscience Symposium Conference, November 9th 2023.

17. **Kahhale, I.,** Hanson, J. L., Raine, Adrian, Byrd, A. L (2023). Socioemotional brain structure and normative deviations: Connections with subtypes of empathy and aggression. Invited Flash Talk at Aggression and Violent Behavior Conference, October 2023.
18. Byrd, A. L., **Kahhale, I.,** Stepp, S. (2023). Expanding Learning Models of Aggression: Examining Function within the Dyadic Context to Enhance Clinical Utility. Talk at Aggression and Violent Behavior Conference, October 2023.
19. **Kahhale, I.,** Barry, K., Hanson, J. L. (2023). Empathic Accuracy Moderates the Association between Early Life Adversity and Adult Antisocial Behavior. Invited Data Blitz Talk at Society for the Scientific Study of Psychopathy Early Career Event, May 2023.
20. **Kahhale, I.,** Barry, K., Hanson, J. L. (2023). Empathic Accuracy Moderates the Association between Early Life Adversity and Adult Antisocial Behavior. Poster at the Society for the Scientific Study of Psychopathy Early Career Event, May 2023.
21. **Kahhale, I.,** Barry, R. K., Hanson, J. L., (2023). Empathic Accuracy Moderates the Association between Early Life Adversity and Adult Delinquency. Flash talk presented at Society for Affective Science (SAS) Meeting, April 2023.
22. **Symposium Chair,** Heterogeneity in Externalizing Psychopathology: the Contribution of Multiple Etiological Pathways across Childhood and Adolescence (2023). Society for Research in Child Development (SRCD) biennial meeting symposium, March 2023.
23. **Kahhale, I.,** Hanson, J. L., Raine, Adrian, Byrd, A. L. (2023). Associations between Empathy and Aggression Subtypes in High-Risk Adolescents. Symposium talk at SRCD biennial meeting, March 2023.
24. **Kahhale, I.,** Barry, K., Hanson, J. L. (2023). Positive Parenting Moderates Associations between Childhood Stress and Corticolimbic Structure. Poster at SRCD biennial meeting, March 2023.
25. Smith, C., **Kahhale, I.**, Hanson, J.H. (2021). Investigating Associations between Childhood Maltreatment, Cortical Thickness, and Surface Area. University of Pittsburgh Psychology Department Undergraduate Student Research Poster Session, April 14, 2021.
26. **Kahhale, I.,** (2021). Probing Associations between Childhood Maltreatment, Brain Connectivity, and Later Antisocial Behavior. University of Pittsburgh Clinical Research Seminar, October 29, 2021.
27. **Kahhale, I.,** Hackel, L., & Zaki, J. (2020). The impact of victim and defendant narratives on empathy, dehumanization, and sentencing. Data Blitz talk at the 2020 American Psychology-Law Society Annual Conference, in New Orleans, Louisiana, March 5-7, 2020.
28. **Kahhale, I.,** Hackel, L., & Zaki, J. (2019). Mock juror exposure to two sides in a criminal case. Poster at the Annual Society for Personality and Social Psychology Conference, Portland, OR.
29. **Kahhale, I.,** Lebois, L., Bigony, C., Wolff, J., Winternitz, S., Ressler, K., Kaufman, M. (2017). The fear response in dissociative identity disorder: An acoustic startle response study. Poster at the Tufts Undergraduate Research Symposium, Medford, MA.
30. **Kahhale, I.,** Lebois, L., Bigony, C., Wolff, J., Winternitz, S., Ressler, K., Kaufman, M. (2017). The fear response in dissociative identity disorder: An acoustic startle response study. Poster at the International Society for the Study of Trauma and Dissociation Conference, Arlington, VA.

RESEARCH POSITIONS

July 2025–
June 2026

Clinical Fellow in Psychology
Harvard Medical School, Department of Psychiatry
Advisors: Dr. Kristen Batejan, PhD; Dr. Dan Dickstein, MD; Dr. Alex De Nadai, PhD
Use division-wide data to investigate links between trauma, externalizing symptoms, and Borderline Personality Disorder (BPD). Supervise 5 post-baccalaureate students on research.

Sept. 2019–
May 2025

Graduate Student Researcher, **Learning, Imaging, and Family Experience Laboratory**
University of Pittsburgh, Department of Psychology
Advisor: Dr. Jamie Hanson, Ph.D.
Use neuroimaging and advanced statistical techniques to explore associations between childhood adversity, the brain, and behavior (e.g., empathy, aggression).

Sept. 2017–
June 2019

Project Coordinator, **Stanford Social Neuroscience Lab**
Stanford University, Department of Psychology
Advisor: Dr. Jamil Zaki, Ph.D.
Collected data for a multi-site, R01-funded project on the neural and computational bases of naturalistic emotion inference.

June 2016–
May 2017

Senior Honors Thesis Student, **Ressler Neurobiology of Fear Lab**
Harvard University/McLean Hospital, Division of Depression and Anxiety Disorders
Advisors: Dr. Kerry Ressler, MD Ph.D., Dr. Lauren A. M. Lebois, Ph.D.
Explored physiological startle response in women who experienced childhood abuse.

Sept. 2015–
Dec. 2015

Undergraduate Research Assistant, **PTSD Neuroimaging Lab**
Tufts University, Department of Psychology
Advisors: Dr. Lisa Shin, Ph.D., Dr. Michael B. VanElzakker, Ph.D.
Supported research on therapeutic utility of Transcranial Direct Current Stimulation.

Sept. 2015–
Dec. 2015

Undergraduate Research Assistant, **Early Childhood Cognition Lab**
Massachusetts Institute of Technology (MIT), Department of Brain & Cognitive Sciences
Advisors: Dr. Laura Schultz, Ph.D., Dr. Melissa Klein, Ph.D.
Collected/coded videos of a language task from children at Boston Children's Museum.

CLINICAL EXPERIENCE & TRAINING

Nov. 2026—
present

Licensed Clinical Psychologist
BonaVita Psychology, Clinical Psychology Practice
Clinician for youth and adults providing evidence-based treatments (e.g., DBT and CBT).

July 2025—
June 2026

Doctoral Clinical Psychology Intern
McLean Hospital/Harvard Medical School
3East DBT Partial Hospitalization Program
Supervisors: Dr. Kristen Batejan, Ph.D., Dr. Peg Worden, Psy.D.
Lead daily DBT skills groups for youth ages 13-24; hold individual and family therapy sessions; supervise practicum students and milieu staff.

Alcohol, Drug, and Addiction Treatment Program (ADATP)
Supervisor: Dr. Kathryn McHugh, PhD
Co-lead groups and provide consultation for patients struggling with substance use.

Clinical Evaluation Center (CEC)
Supervisor: Dr. Andrea Pilakas, MD
Conduct rapid diagnostic assessment and documentation for individuals in acute crisis.

McLean School Consultation Service
Supervisor: Mills Smith-Millman, PhD
Weekly consultation with a high school on implementation of evidence-based practices.

Supervised DBT Private Practice
Supervisor: Dr. Blaise Aguirre, MD
Provide individual DBT therapy and phone coaching to outpatient client.

May 2024–
April 2025

Clinical Psychology Extern
Mother and Family Dialectical Behavior Therapy (DBT) Skills Training
University of Pittsburgh Department of Psychiatry/Western Psychiatric Hospital
Supervisors: Dr. Amy L. Byrd, Ph.D., Dr. Stephanie Stepp, Ph.D.

Multifamily Skills Group: Led multifamily DBT skills group comprised of 19 participants including 5 families with at least 1 member demonstrating symptoms of borderline personality disorder (BPD). Attended weekly DBT consultation team meeting.

Randomized Control Trial (RCT): Co-led DBT skills training to mothers as part of a federally funded RCT to test emotion dysregulation as an intergenerational risk mechanism for suicide. Skills group videos recorded, watched, and coded to adherence by Dr. Zalewski.

July 2024–
March 2025

Clinical Psychology Practicum Student
Center for Traumatic Stress in Children and Adolescents
Allegheny Health Network Psychiatry and Behavioral Health Institute
Supervisors: Dr. Anthony P. Mannarino, Ph.D., Dr. Ashley Dandridge, Psy.D.
Employ standardized assessments (e.g., CPSS-V) to evaluate trauma symptoms. Deliver TF-CBT therapy to children and adolescents in an outpatient psychiatric hospital setting. Eligible for TF-CBT certification upon licensure.

Aug. 2023–
Aug. 2024

Clinical Psychology Extern
Matilda Theiss Center for Child & Adolescent Trauma
University of Pittsburgh Medical Center (UPMC) Western Psychiatric Hospital
Supervisors: Dr. Kimberly Blair, Ph.D., Rachel Ludwig, LCSW
Employed standardized assessments (e.g., TESI, TSCC) to evaluate trauma symptom. Delivered evidence-based therapy including Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and Integrative Treatment for Complex Trauma – Adolescent (ITCT-A).

May 2023–
June 2024

Clinical Psychology Extern
UPMC Western Psychiatric Hospital
Supervisors: Dr. David Kolko, Ph.D. ABPP, Eunice Torres, M.S., Jessica Gahr, M.A.
Services for Adolescents and Families (SAFE)
Conducted clinical assessment of youth (ages 10-18) court-mandated to treatment for problematic sexual behavior. Administered manualized CBT-based treatment. Communicated regularly with probation officers to address treatment- and probation-interfering behaviors.

Alternative for Families Cognitive Behavioral Therapy (AF-CBT) Program
Administered assessments to families experiencing conflict. Conducted full course of AF-CBT for family referred by social services. Submitted ChildLine reports as needed.

May 2023–
Aug. 2023

Trainee in Pediatric Neuropsychology
Pediatric Neuropsychology Service: Pediatric Rehabilitation Medicine
UPMC Children's Hospital of Pittsburgh
Supervisor: Dr. Sarah Laughlin, Ph.D.
Conducted weekly pediatric neuropsychology outpatient assessments with individuals ages 3-25 presenting with complex medical histories (e.g., traumatic brain injury, stroke, epilepsy). Designed test batteries and administered, scored, and interpreted neuropsychological tests (e.g., WISC-V, WIAT-III). Wrote integrated reports and provided feedback to families.

Nov. 2020–
Aug. 2023

Individual Child Therapist (Jan. 2022 – Dec. 2022), *Individual Adult Therapist* (Nov. 2020–April 2022), *Assessing Clinician* (Aug. 2021 – Aug. 2023)
Pitt. Clinical Psychology Center
Supervisors: Dr. Barbara Baumann, Ph.D., Dr. Jennifer Silk, Ph.D., Dr. Kathryn Roecklein, Ph.D., Dr. Jill Cyranowski, Ph.D., Dr. Andrew Koffmann, Ph.D., Dr. Swathi Gujral, Ph.D.
Conducted clinical intakes using semi-structured interviews (e.g., SCID-V, K-SADS, MINI-KID). Used standardized treatment protocols (e.g., Coping CAT, Unified Protocol) to treat youth and adults. Conducted neuropsychological testing for a variety of concerns.

Clinic Assistant (Jan. 2022–Aug. 2022)
Supported departmental clinic through managing calls from clients and conducting brief diagnostic phone intakes. Provided peer supervision to student clinicians.

Aug. 2022–
June 2023

Behavioral Health Intern
Services for Teens at Risk (STAR)
UPMC Western Psychiatric Hospital
Supervisor: Maria Anderson, LCSW
Conducted comprehensive psychological and suicide risk assessments with adolescents (ages 12-18) and their primary caregiver. Provided weekly individual therapy to adolescents with suicidality, depression, and/or anxiety in outpatient and IOP levels of care. Co-led CBT/DBT skills-based IOP group therapy. Regularly consulted with multidisciplinary team.

May 2022–
May 2023

Study and On-Call Clinician
Families, Emotions, Neuroscience, & Development Laboratory Teen Screen Study
University of Pittsburgh
Supervisors: Dr. Jennifer Silk, Ph.D., Dr. Cecile Ladouceur, Ph.D.
Conducted comprehensive psychological and risk assessments (e.g., K-SADS, C-SSR) with adolescent girls ages 13-17 with suicidality and/or self-injurious behaviors. On-call clinician responsible for responding to reports of suicidality during daily life assessments via phone.

June 2020–
Aug. 2020

Psychology Extern
University of Pittsburgh Counseling Center
Supervisor: Dr. Sean Moundas, Psy.D.
Led virtual group workshops on stress management, mindfulness, and other topics aimed at helping undergraduate students cope with the COVID-19 pandemic.

SELECTED SPECIALIZED CLINICAL TRAINING

May 2026

Training: Optimizing Eating Disorder Treatment with DBT, *Portland DBT Institute*
Trainer: Dr. Dean Malec, Ph.D.
15-hour training on MED-DBT Protocol for disordered eating and emotion dysregulation.

May 2026 **Training: Cognitive Behavioral Therapy for Body Dysmorphia Disorder**
Harvard Medical School/Massachusetts General Hospital
Trainers: Dr. Sabine Wilhelm, Ph.D.
4-hour training on applying CBT to treat BDD.

April. 2026 **Training: DBT for Substance Use Disorders**
Behavioral Tech Institute
Trainers: Gwen Abney-Cunningham LMSW, Barb Bechtold-Wright MSW, LICSW
12-hour training on implementing comprehensive DBT for substance use concerns.

Feb. 2026 **Training: Cognitive Behavioral Therapy for Obsessive Compulsive Disorder**
Harvard Medical School/Massachusetts General Hospital
Trainers: Dr. Sabine Wilhelm, Ph.D.
4-hour training on applying cognitive-, behavioral-, and acceptance-based skills to treat OCD.

Jan. 2026 **Training: DBT Prolonged Exposure Protocol for PTSD**
Trainers: Dr. Melanie Harned, PhD, ABPP & Annie McCall, MA LMHC
34-hour intensive training on DBT-PE protocol.

Sept. 2025 **Training: DBT Foundational Training**, Cognitive & Behavioral Consultants (CBC)
Trainer: Dr. Alec L. Miller, PsyD
40-hour training on DBT for adolescents and families (DBT-A).

June 2025 **Training: Applications of Broaching Race, Ethnicity, & Culture**, *University of Pittsburgh*
Trainer: Dr. Rachel Vaughn-Coaxum, PhD
2-hour training on broaching in short-term therapeutic relationships and clinical research.

April 2025 **Training: Behaviorism for DBT Therapists**, *Portland DBT Institute*
Trainer: Aditi Vijay, ED.M., Ph.D. (Kean University)
1-hour training on behaviorism and the process of behavior change in DBT.

June 2024–
Dec. 2024 **Seminar**: **Center for Traumatic Stress in Children and Adolescents TF-CBT Series**
Instructors: Dr. Anthony Mannarino, Ph.D., Dr. Judith Cohen, M.D.
Weekly 1-hour seminar to review current research and evidence base for TF-CBT.

May 2024–
Sept. 2024 **Training**: **Deep-Dive into Leading a Dialectical Behavior Therapy Skills Group**
Trainer: Dr. Maureen Zaleweski, Ph.D. (University of Oregon)
Weekly didactics as part of a NIMH-funded RCT to deliver DBT skills to mothers with emotion dysregulation and history of suicide (7-9 hrs/week).

Dec. 2023 **Workshop**: **Comprehensive Crisis Management,** *UPMC Behavioral Health* (8 hrs.)
Live instruction on emergency safety intervention techniques and aggression management.

Dec. 2023 **Workshop**: **Diagnosing Trauma- and Stressor-Related Disorders**
UPMC Mathilda Theiss Center for Child and Adolescent Trauma Services
Instructor: Dr. Kimberly Blair, Ph.D. (2 hrs.)
Live training on DSM-5 diagnoses of adjustment, attachment, prolonged grief, and others.

Oct. 2023 **Training**: **Integrative Treatment of Complex Trauma for Adolescents (ITCT-A)**
UPMC Behavioral Health
Trainer: Dr. Cheryl Lanktree, Ph.D. (6 hrs.)
Two-day training on validated assessments and treatment of complex trauma symptoms.

Sept. 2023	**Training**: **Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)** Trainer: Dr. Alicia Meyer, Ph.D. Completed 11-hour webinar (TF-CBT Web), 2-day live training (16 hrs.), and monthly 1-hour consultations calls for 12 months. Eligible for TF-CBT certification upon receipt of degree.
Sept. 2023	**Webinar**: **Counseling on Access to Lethal Means (CALM),** *Zero Suicide* Training on reducing access to lethal means for people at risk for suicide (2 hrs.).
Aug. 2020– Sept. 2023	**Peer Supervision**: **Cultural Humility Discussion Group,** *Pitt. Department of Psychology* Monthly multicultural orientation meetings led by student clinicians.
July 2023	**Workshop**: **Culturally Humble Approaches to Discussing Firearm Safety,** *VA Pittsburgh* Trainer: Dr. Sarah Butterworth, Ph.D. (1.5 hrs.) Live instruction on firearm ownership and reducing risk via safe storage practices/counseling.
June 2023	**Training: Alternative for Families Cognitive Behavioral Therapy (AF-CBT)** Trainers: Dr. David J. Kolko, Ph.D., Dr. Barbara Baumann, Ph.D., Dr. Sarah Clearly, Ph.D. A behavioral family intervention for families at risk for problems with anger, aggression, and/or child physical abuse. Included 2.5-day training (20 hrs.) and monthly 1-hour consultations calls for 12 months. Eligible for AF-CBT certification upon receipt of degree.
July 2022	**Workshop**: **Basic Training in Child Trauma,** *UPMC Behavioral Health* Instructor: Dr. Kimberly Blair, Ph.D. (3 hrs.) Review of trauma's impact on the physical, emotional, and social development of children.
March 2022	**Workshop**: **Integrating Diversity Factors into Evidence-Based Treatments** Instructor: Dr. Anu Asnaani, Ph.D., University of Utah (3 hrs.) Learned evidence-based guidelines for culturally-sensitive approaches to treatment.
Sept. 2021	**Workshop: Motivational Interviewing (MI),** Allegheny HealthChoices (14 hrs.) Live instruction on MI principles with practice integrating elements such as *change talk.*
Aug. 2020	**Webinar: Telepsychology Best Practices 101** (6 hrs.) Instruction on telehealth legal/ethical implications and providing culturally competent care.
Aug. 2020	**Webinar: A Practical Guide to Providing Telepsychology with Minimal Risk** The National Register of Health Service Psychologists (3 hrs.)
June 2020	**Webinar: Anti-Racism Training** The Diversity and Resiliency Institute of El Paso (6 hrs.) Education on the history/function of racism, including review on allyship and advocacy.
Jan. 2018	**Training: National Hotline Counselor Certification** Crisis Intervention & Suicide Prevention Center (48 hrs.)

SELECTED CLINICAL PRESENTATIONS & WORKSHOPS

1. **Kahhale, I.** (2026). Implementing Trauma-Focused CBT: Cultural Considerations and Challenges. Clinical talk presented to McLean 3East DBT Partial Hospital Program, June 2026.
2. **Kahhale, I.** (2024). Cultural Opportunities and Misses while Treating Trauma in a Minoritized Adolescent. Clinical talk presented to Pitt Clinical Students, June 12th, 2024.
3. **Kahhale, I.** (2024). Treating Trauma and Suicidality in Adolescents: a Cultural Case Conceptualization & Presentation. Clinical talk presented to Pitt Clinical Students, March 20th, 2024.
4. Galán, C., Boness., C., Sequeira, S., **Kahhale, I.,** Gonzalez, C. J. (2022). Workshop on "Prioritizing Anti-Racism in Our Research and Professional Development." *JCCAP* Future Directions Forum, June 2022.

5. Boness., C., Gonzalez, C. J., **Kahhale, I.,** (2022). Recommendations for Talking about Racism-Related Events. Invited Workshop for Clinical Psychology Ph.D. Students at Palo Alto University. May 2022.

TEACHING EXPERIENCE

Aug. 2022– Dec. 2022	*Graduate Teaching Assistant*, **Introduction to Psychology** Department of Psychology, University of Pittsburgh Held weekly office hours, hosted review sessions, & graded assignments.
June 2021– Aug. 2021	*Instructor of Record/Teaching Fellow*, **Introduction to Social Psychology** Department of Psychology, University of Pittsburgh Course included synchronous & asynchronous components (via Panopto, Canvas, Top Hat).
Oct. 2021, April 2021	*Guest Lecturer*, **Childhood Maltreatment & the Brain** Introduction to Psychology, University of Pittsburgh
March 2020	*Guest Lecturer*, **The Stress Response & Adverse Childhood Experiences** Introduction to Psychology, University of Pittsburgh
Jan. 2020– April 2020	*Graduate Teaching Assistant*, **Introduction to Psychology** Department of Psychology, University of Pittsburgh
Aug. 2016– Dec. 2016	*Undergraduate Teaching Assistant*, **Introduction to Psychology** Department of Psychology, Tufts University

MENTORING & ADVISING EXPERIENCE

Sept. 2024– July 2025	*Graduate Scholar*, **Fli Sci Scholars Program** Mentor a group of four low-income high school students with limited opportunities to engage in research. Meet 2x/month to provide guidance on research project.
2023-2024 2021-2022	*Graduate Mentor*, **Hot Metal Bridge Fellowship Program** Mentored two students from minoritized identities in a year-long fellowship program to help bridge the gap between an undergraduate degree and a graduate program.
May 2022– Dec. 2022	*Peer Supervisor*, **Pitt. Clinical Psychology Center** Provided weekly supervision on managing caseload and developing clinical skills.
April 2021– May 2022	*Graduate Advisor*, **Psi Chi Honors Society,** University of Pittsburgh chapter Advised undergraduate members of Psi Chi on professional development.
June 2020– June 2021	*Peer Mentor*, **Peer Mentorship Program,** Pitt. Psychology Department Mentored a 1st year graduate student on balancing demands of graduate school, seeking out funding, and setting personal and professional goals.
Sept. 2020– May 2021	*Mentor*, **Undergraduate Honors Thesis Program,** Pitt. Psychology Department Served as the graduate student mentor for an undergraduate thesis on adverse childhood experiences & physical health outcomes.

LEADERSHIP & SERVICE

Oct. 2026	*Workshop Participant*, **ENGAGE Science Communication Workshop,** Solving for Science Intensive professional training focused on strategic public engagement, civic science communication, risk management, and translation of complex research for the public.

Nov. 2020– June 2026	*Contributing Author*, **Scholars for Elevating Equity and Diversity (SEED)** Collaborate with scholars to publish work on diversity, equity, and inclusion (DEI).
April 2021– Aug. 2023	*Leader*, **Psychology Equity, Inclusion, and Community Committee Clinical Group** Worked with department leadership to advance DEI in research, academics, and practice.
Oct. 2022	*Editor*, **Application Statement Feedback Program (ASFP)** Provided constructive & supportive feedback on four Ph.D. application personal statements for individuals with identities underrepresented in psychology.
June 2020– Sept. 2022	*Peer Reviewer*, **Journal of Emerging Investigators (JEI)** Reviewed scientific articles submitted by middle & high school students.
Sept. 2019– Sept. 2022	*Student Representative,* **Learning, Research, & Development Center Graduate Council** *Grad Council Leader* from Jan. 2022 – Sept. 2022 Nominated to represent Developmental Psychology grad students at Pitt.
Spring 2020, Spring 2021	*Assistant Coach*, **Girls on the Run,** Pittsburgh, PA Coached girls (3rd–7th grade) on body positivity, confidence, & exercise
May 2020– May 2021	*Graduate Student Representative***, Clinical Psychology Area,** Pitt. Psychology Department Nominated to represent graduate students in the clinical psychology area through attending faculty meetings, organizing events, and relaying concerns.
May 2020– Aug. 2020	*Tutor,* **Gwen's Girls,** Pittsburgh, PA Provided weekly academic support to young women from underprivileged backgrounds during the COVID-19 pandemic.
Jan. 2018– Jan. 2019	*Tutor*, **Each One Reach One,** San Mateo, CA Served as weekly tutor to incarcerated youth in a Juvenile Justice Center
Jan. 2018– Jan. 2019	*Hotline Counselor,* **Crisis Intervention & Suicide Prevention Center,** San Mateo, CA Volunteered weekly as a crisis phone counselor for San Mateo county.
Aug. 2015– May 2017	*Hotline Counselor,* **Ears for Peers,** Tufts University, Medford, MA Served as a phone counselor for Tufts students to anonymously discuss concerns.

SKILLS

Data Analysis & Coding

R and R Studio for data wrangling and statistics (e.g., longitudinal growth curve modeling using *lavaan).*
GitHub (www.github.com/isabellakahhale) for code sharing.

Languages

English, **Lebanese Arabic** (native speaker), and **Spanish** (Intermediate/CEFR B2 level)
Boston Medical Spanish Course, *MGH Institute of Health Professions*: Winter 2026 (Low-Advanced Level)

Cognitive Assessments *(selected)*

Weschler Adult Intelligence Scale **(WAIS-IV)**; *Weschler Intelligence Scale for Children* **(WISC-V)**; *Wechsler Individual Achievement Test* **(WIAT-III)**; *Minnesota Multiphasic Personality Inventory II* **(MMPI-II)**

Clinical Interviews

The Structured Clinical Interview for DSM-V Clinician Version **(SCID-5-CV)**; *The Mini International Neuropsychiatric Interview* **(MINI)**; *The Schedule for Affective Disorders and Schizophrenia for School-Age Children – Present and Lifetime Version* **(K-SADS-PL)**

Manualized/Evidence-Based Treatments

The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders **(UP)**; *Modular Approach to Therapy for Children with Anxiety, Depression, Trauma, or Conduct Problems* **(MATCH-ADTC)**; *Alternative for Families Cognitive Behavioral Therapy* **(AF-CBT);** *Trauma-Focused Cognitive Behavioral Therapy* **(TF-CBT)**; *Integrative Treatment of Complex Trauma for Adolescents* **(ITCT-A)**; *Full-model Dialectical Behavioral Therapy* **(DBT)**

EDITORIAL ACTIVITIES

Invited Ad Hoc Reviewer

Psychological Medicine | *Affective Science* | *Journal of Criminal Justice* | *Emerging Adulthood* | *Acta Psychologica* |*Psychology, Health, & Medicine* | *Scientific Reports* | *Frontiers in Psychology* | *Child Abuse & Neglect* |

Co-Reviewer

Affective Science |*Developmental Cognitive Neuroscience* | *Social Cognitive and Affective Neuroscience* | *Journal of Experimental Child Psychology* | *Aggression and Violent Behavior* | *Psychological Science*

PROFESSIONAL MEMBERSHIPS

2024–present	Society of Clinical Psychology (SCP, APA Division 12)
2024–present	Society for Research in Psychopathology (SRP)
2023–present	Society of Clinical Child and Adolescent Psychology (SCCAP, APA Division 53)
2023–present	Society for a Science of Clinical Psychology (SCCP)
2022–2024	Society for the Scientific Study of Psychopathy (SSSP)
2020–2023	Flux Society (Developmental Cognitive Neuroscience; DCN)
2019–2020	American Psychological Law Society (AP-LS)
2019–present	American Psychological Association (APA)
2017–2025	Social and Affective Neuroscience Society (SANS)

SCIENCE COMMUNICATION & MEDIA COVERAGE

1. **Kahhale, I.,** (October 21, 2026). "Should Your Therapist Look Like You?" Blog Post for *Gendrics*. https://www.gendrics.com/blog/should-your-therapist-look-like-you/
2. **Kahhale, I.** & Hanson, J. L. (2024). Adolescent Brain Development: Important Factors to Consider in Sentencing Youth. Invited talk by the Campaign for the Fair Sentencing of Youth, presented at a training for Ohio Public Defenders parole board members. November 15th, 2024.
3. **Kahhale, I.** & Hanson., J. L. (September 10, 2024). "Is social connectedness good for the mind and the brain?" Blog post for SPSP outlet *Character & Context.* https://spsp.org/news/character-and-context-blog/kahhale-hansonis-social-connectedness-mind-brain-benefits
4. "Childhood trauma could lead to worse COVD-19 outcomes decades later." **PittWire** (2023, November 14). Retrieved November 14, 2023 from https://tinyurl.com/3ds695y5
5. "Study links childhood trauma to COVID-19 deaths, hospitalizations." **MedicalXpress** (2023, November 3). Retrieved November 6, 2023 from https://medicalxpress.com/news/2023-11-links-childhood-trauma-covid-deaths.html
6. "The Neuroscience of Nurturing: Protecting the brain with positive parenting." **Psychology Today** (2023, July 7). Retrieved July 11, 2023 from https://www.psychologytoday.com/intl/blog/the-gift-of-adhd/202307/the-neuroscience-of-nurturing

7. "'Positive parenting can help protect against the effects of stress in childhood and adolescence, new study shows." **Yahoo! News** (2023, July 10). Retrieved July 11, 2023 from https://news.yahoo.com/positive-parenting-help-protect-against-123226467.html
8. **Kahhale, I. &** Hanson, J.L**.** (July 10, 2023). "Positive parenting can help protect against the effects of stress in childhood and adolescence, new study shows." Blog post for *the Conversation.* https://theconversation.com/positive-parenting-can-help-protect-against-the-effects-of-stress-in-childhood-and-adolescence-new-study-shows-208268