

ASHLEIGH V. RUTHERFORD, M.S., M.Phil.

Yale University
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EDUCATION

Yale University, Graduate School of Arts & Sciences, New Haven, CT August 2018 – Present
Doctoral Candidate, Clinical Psychology
Advisor: Jutta Joormann, Ph.D.

Amherst College, Amherst, MA, September 2012 – May 2016
Bachelor of Arts with Honors in Psychology and English
Overall GPA: 3.83/4.0, *magna cum laude*
Psychology GPA: 4.0/4.0
Honors Thesis: Best of Luck: Experience Affects Children's Help-seeking Behavior
(Advisor: Carolyn Palmquist, Ph.D.)

PUBLICATIONS

Joormann, J. & **Rutherford, A.V.** (in prep). Executive and Cognitive Control in Depression. *APA Handbook on Depression*. New York, NY, US: Guilford Press.

Rutherford, A.V., McDougle, S.D., & Joormann, J. (invited revision). "Don't [Ruminate], Be Happy": A cognitive perspective linking depression and anhedonia.

Rutherford, A.V. & Joormann, J. (in press). Depressive Disorders. *Handbook on Emotion Regulation (3rd Edition)*. New York, NY, US: Guilford Press.

Rutherford, A.V., Raila, H.E., & Joormann, J. (in press). Seeing red: Distraction influences visual attention for anger but not other negative emotions. *Emotion*.

Rutherford, A.V. & Joormann, J. (2022). Working memory in depression. *Handbook of Neurocognitive Function in Depression: Scientific Foundations and Clinical Practice*. New York, NY, US: Guilford Press.

Whitton, A.E., Kumar, P., Treadway, M.T., **Rutherford, A.V.**, Ironside, M.L., Foti, D., Fitzmaurice, G., Du, F., & Pizzagalli, D.A. (2021). Mapping disease course across the mood disorder spectrum through a Research Domain Criteria (RDoC) framework. *Biological Psychiatry: Cognitive Neuroscience and Neuroimaging*.

Rutherford, A.V., Tanovic, E., Bradford, D.E., & Joormann, J. (2020). Psychophysiological correlates of anxious apprehension: Trait worry is associated with startle response to threat. *International Journal of Psychophysiology*, 158, 136-142.

Reilly, E., Whitton, A.E., Pizzagalli, D.A., **Rutherford, A.V.**, Stein, M., Paulus, M., Taylor, C. (2020). Diagnostic and dimensional evaluation of implicit reward learning in social anxiety disorder and major depression. *Depression and anxiety*, 37(12), 1221-1230.

- Ang, Y.S., Bruder, G.E., Keilp, J.G., **Rutherford, A.V.**, Alschuler, D.M., Pechtel, P., Webb, C.A., Carmody, T., Fava, M., Cusin, C., McGrath, P.J., Weissman, M., Parsey, R., Oquendo, M.A., McInnis, M.G., Cooper, C.M., Deldin, P., Trivedi, M.H., Pizzagalli, D.A. (2020). An exploration of baseline and early changes in neurocognitive characteristics as predictors of treatment response to bupropion, sertraline and placebo in the *EMBARC Clinical Trial. Psychological Medicine*, 1-9.
- Murphy, M., Whitton, A.E., Decoy, S., Ironside, M.L., **Rutherford, A.V.**, Beltzer, M., Sacchet, M., & Pizzagalli, D.A. (2020). Abnormal electroencephalographic microstate dynamics are associated with current but not remitted major depressive disorder. *Biological Psychiatry*, 87(9), S137-S138.
- Whitton, A.E., Webb, C.A., Dillon, D.G., Kayser, J., **Rutherford, A.V.**, Goer, F., Fava, M., McGrath, P., Weissman, M., Parsey, R., Adams, P., Trombello, J.M., Cooper, C., Deldin, P., Oquendo, M.A., McInnis, M.G., Carmody, T., Bruder, G., Trivedi, M.H., & Pizzagalli, D.A. (2019). Pre-treatment rostral anterior cingulate cortex connectivity with salience network predicts depression recovery: Findings from the EMBARC randomized clinical trial. *Biological Psychiatry*, 85, 872-880.
- Palmquist, C.M., Jaswal, V.K., & **Rutherford, A.V.** (2016). Success inhibits preschoolers' ability to establish selective trust. *Journal of Experimental Child Psychology*, 152, 192-204.

FIRST-AUTHORED POSTER PRESENTATIONS

- Rutherford, A.V.**, Hitchcock, P.F., & Joormann, J. (2021, September). Linking Rumination and Anhedonia using Computational Approaches. Poster presented at the Annual meeting of the Society for Research in Psychopathology. [Virtual]
- Rutherford, A.V.** & Joormann, J. (2019, September). Cognition and anhedonia in depression: The relation between rumination and reward learning. Poster presented at the Annual meeting of the Society for Research in Psychopathology. Buffalo, NY.
- Rutherford, A.V.**, Whitton, A.E., Ironside, M.L., Jensen, J.E., Du, F., Farabaugh, A., Deckersbach, T., Öngür, D. Pizzagalli, D.A. (2018, September). Rostral anterior cingulate glutamate levels are linked to abnormal high-frequency resting-state functional connectivity in bipolar disorder. Poster presented at the Annual Meeting of the Society for Research in Psychopathology. Indianapolis, IN.
- Rutherford, A.V.**, Whitton, A.E., Ironside, M.L., Jensen, J.E., Du, F., Farabaugh, A., Deckersbach, T., Öngür, D. Pizzagalli, D.A. (2018, May). Rostral anterior cingulate glutamate levels are linked to abnormal high-frequency resting-state functional connectivity in bipolar disorder. Poster presented at the 73rd Annual Meeting of the Society of Biological Psychiatry, New York, NY.
- Rutherford, A.V.**, Whitton, A.E., Kumar, P., Treadway, M.T., Ironside, M.L., Jensen, J.E., Farabaugh, A., Deckersbach, T., Öngür, D. Pizzagalli, D.A. (2017, May). A multi-modal assessment of (hypo)manic and anhedonic symptomology across mood disorders. Poster presented at the 29th Annual Convention of the Association for Psychological Science, Boston, MA.

Rutherford, A.V., Whitton, A.E., Kumar, P., Treadway, M.T., Ironside, M.L., Jensen, J.E., Farabaugh, A., Deckersbach, T., Öngür, D. Pizzagalli, D.A. (2017, April). A multi-modal assessment of (hypo)manic and anhedonic symptomology across mood disorders. Poster presented at the Anxiety and Depression Association of America Annual Conference, San Francisco, CA.

Rutherford, A.V., Whitton, A.E., Treadway, M.T., Ironside, M.L., Jensen, J.E., Farabaugh, A., Deckersbach, T., Öngür, D. Pizzagalli, D.A. (2017, April). A multi-modal assessment of (hypo)manic and anhedonic symptomology across mood disorders. Poster presented at the 2016 McLean Hospital Annual Research Day, Belmont, MA.

Rutherford, A.V. & Palmquist, C.M. (2015, September). Best of luck: Experience affects how children evaluate potential informants. Poster presented at the Cognitive Development Society Biennial Meeting, Columbus, OH.

Rutherford, A.V. & Zacks, J.M. (2014, August). Spatial segmentation ability and age differences in cognitive mapping. Poster presented at Amgen Scholars' Research Symposium, St. Louis, MO.

SYMPOSIUM PRESENTATIONS

Whitton, A.E., Kumar, P., Treadway, M.T., Foti, D., **Rutherford, A.V.**, Ironside, M.L., Du., F., Pizzagalli, D.A. (2019) Multimodal assessment of frontostriatal circuitry as a tool for parsing motivational impairments. Symposium presentation at the 74th Annual Meeting of the Society of Biological Psychiatry, Chicago, IL.

COMMUNITY OUTREACH PRESENTATIONS

- Presented "Gender Development" at teacher development conference for Cheshire Academy (2022, March)
- Presented "Providing Gender Affirming Care" at Yale New Haven Hospital Intensive Outpatient Program (2022, February)
- Presented "Providing Gender Affirming Care" at Yale School of Nursing Seminar (2021, November)
- Presented "Gender Development" at teacher development conference for the Stratford Public School District (2021, September)

RESEARCH EXPERIENCE

Yale University Department of Psychology

New Haven, CT

Affect Regulation and Cognition Laboratory

Supervisor: Jutta Joormann, Ph.D.

Graduate Student, August 2018 - Present

- Currently investigating the role of cognitive processes (i.e., working memory) in reward processing deficits observed in Major Depressive Disorder.
- Interested in how perseverative thinking (e.g., rumination and worry) may interfere with the ability to experience pleasure.

- Conduct SCID-5 assessments, measurements of executive functioning, and behavioral reinforcement learning tasks with recruited community participants.

McLean Hospital – Harvard Medical School

Belmont, MA

Laboratory for Affective and Translational Neuroscience

Supervisor: Diego A. Pizzagalli, Ph.D.

Clinical Research Assistant II, June 2016 – July 2018

- Acquired multimodal data across electrophysiology (RewP), fMRI (striatal activation), and magnetic resonance spectroscopy (MRS; glutamate) for NIMH-supported RDoC project.
- Pre-processed fMRI data using SPM12 and MRS data with jMRUI.
- Processed and analyzed EEG/ERP data using BrainVision Analyzer 2.0.
- Organized key aspects of the study including, recruitment, scheduling assessments, IRB-related documents.

Amherst College Department of Psychology

Amherst, MA

Child Learning and Development Lab

Supervisor: Carolyn M. Palmquist, Ph.D.

Research Assistant, August 2014 – May 2016

- Spearheaded recruitment with parents, preschools, and community libraries to recruit participants and schedule in-lab appointments.
- Designed novel children's selective trust paradigm to assess how children's overconfidence affects their help-seeking behavior.
- Video-recorded stimuli and constructed paradigm in MS PowerPoint;
- Conducted all behavioral experimental sessions for forty 4- and 5-year-old subjects.

Washington University in St. Louis

St. Louis, MO

Dynamic Cognition Laboratory

Supervisor: Jeffrey M. Zacks, Ph.D.

Amgen Scholar Research Assistant, May 2014 – August 2014

- Worked in the Dynamic Cognition Laboratory of Dr. Jeffrey Zacks studying spatial and event segmentation (how adults parse the continuous stream of behavior into meaningful events), and how this affects memory and cognition.
- Ran behavioral experiments, conducted clinical screenings, and carried out statistical data analyses.
- Designed computer-based experiment paradigms using E-prime software.

CLINICAL EXPERIENCE

YNHH Pediatric Gender Program

New Haven, CT

Practicum Clinician, July 2021 – Present

Supervisor: Christy Oleski, PhD

- Provide weekly individual outpatient therapy for 3-5 transgender/gender non-conforming individuals ages 14-21.
- Conduct 1-2 intake assessments per month with youth to assess readiness and fit for gender-affirming medical care.
- Provide mental health assessment, consultation and care in endocrinology initial visits and follow up appointments for youth ages 3-25 seeking gender-affirming medical care.

- Participate in monthly mental health team meetings and biweekly clinical rounds with interdisciplinary Gender Program team.
- Facilitate trainings with local school districts, nursing programs, and organizations, focused on psychoeducation about working with transgender and gender non-conforming youth in variety of settings.

YNHH DBT Intensive Outpatient Program

New Haven, CT

Practicum Clinician, July 2020 – July 2020

Supervisors: Seth Axelrod, PhD, Emily Cooney, PhD, & Ashley Pierson, PhD

- Facilitate 2x/week live-supervised group DBT therapy for 8-12 individuals with BPD and active suicidal ideation
 - Including diary card review, behavioral chain analyses, skills instruction, and homework review.
- Available 8am-9pm on-call for coaching calls and crisis skill support from patients.
- Provided individual DBT therapy (including family therapy sessions) for young adults with DBT from the DBT-Substance Use IOP track.
- Participate in weekly consultation team meetings with interdisciplinary DBT team.
- Completed 8-week intensive summer seminar on Foundations of Dialectical Behavior Therapy.

Yale Psychology Department Clinic

New Haven, CT

Student Clinician, September 2018 – June 2020

Supervisors: Mary O'Brien, PhD, and Christine DeMaio, PhD.

- Conducted audio- and video-supervised individual therapy sessions using techniques from CBT, DBT, ACT, and motivational interviewing with clients with mood and anxiety disorders.
- Co-facilitated audio- and video-supervised DBT skills group with adult community members.
- Conducted clinic intakes administering the SCID-5, develop and present case conceptualizations at weekly group conference, and write psychological history reports, treatment plans, and termination reports.

McLean Hospital

Belmont, MA

Clinical Research Assistant II, June 2016 – July 2018

- Trained to administer diagnostic assessments to participants with acute unipolar and bipolar depression, as well as acute hypomania (e.g., SCID-IV, Young Mania Rating Scale, Hamilton Depression Rating Scale).
- Attended Psychotic Disorders Unit's weekly clinical case conferences, as well as a weekly DBT didactic group with team members from the adolescent DBT program.
- Conducted Life Events and Difficulties Schedule (LEDS) interviews with participants with Major Depressive Disorder.

Amherst College Active Minds Chapter

Amherst, MA

Executive Board Member and Co-Founder, September 2015 – May 2016

- One of two co-founders for the first Active Minds Chapter of Amherst College.
- Ran bi-weekly organizational meetings to research, coordinate and plan events aimed at reducing the stigma of mental health on campus.

Amherst College Mental Health Education Department

Amherst, MA

Student Wellness Team, August 2013 – May 2016

- Researched, planned and executed Amherst College's monthly Mental Health events.
- Promoted and facilitated various on-campus mental health programs (e.g., Student Support Network, Stress-Reduction workshops).
- Conducted focus groups to assess loneliness and social connection on campus.

Amherst College Mental Health and Wellness Committee

Amherst, MA

Committee Member/Secretary, August 2014—May 2016

- Member of faculty, administrative and student task force that researched, planned, advocated, and implemented mental health programming on campus.
- Member of Belonging Intervention sub-committee that implemented a research-based psychological intervention to the Class of 2019.

Amherst College Psychology Department

Amherst, MA

Family Interviewer, August 2015

- Conducted and transcribed hour-long clinical interviews with incoming first-year students and their families on move-in day as part of a program to aid in healthy adjustment to college by recording meaningful memories of the past and expectations for the future.

Hope's Door Domestic Violence Shelter

Confidential Location

Mental Health/Program Aid, September 2013 – January 2015

- Taught English as a Second Language program to resident women and children.
- Answered emergency hotlines; attended court hearings and weekly counseling sessions.
- Facilitated children's groups and play therapy sessions for infants and children.

Katonah-Bedford Hills Volunteer Ambulance Corps

Katonah, NY

EMS Crew Member, June 2011 – January 2015

- Worked in 3-12 hour shifts as first responder to local medical and psychiatric emergencies in the Katonah-Bedford Hills community.
- Sponsored and planned New York Blood Center blood drives; doubled the number of community's blood donations from 2011 to 2012.

Neighbors Link

Mt. Kisco, NY

Social Work Intern, May 2013 – August 2013

- Oversaw childcare sessions and activities for immigrant infants and children.
- Assisted with weekly parenting groups for immigrant mothers throughout Westchester.

TEACHING EXPERIENCE

Introduction to Clinical Psychology

Yale University

Teaching Fellow, Summer 2022

- Led weekly discussion sections with ~20 students to review, discuss and clarify lecture videos from the prior week.
- Graded all midterm and final exams for the course.

Introduction to Clinical Psychology

Yale University

Teaching Fellow, Summer 2021

- Led weekly discussion sections with ~20 students to review, discuss and clarify lecture videos from the prior week.
- Graded all midterm and final exams for the course.

Social Psychology

Yale University

Teaching Fellow, Spring 2021

- Was point-person for 50-60 undergraduate students, graded response papers, exams and final projects, and met with students individually to increase understanding of course material.

Introduction to Psychology

Yale University

Teaching Fellow, Fall 2020

- Led two discussion sections per week with ~20 students to review, discuss and clarify lecture videos and reading materials.
- Graded weekly response papers and exams, led review sessions for groups of 50-100 students, and met with students individually to increase understanding of course material.

Abnormal Psychology

Yale University

Teaching Fellow, Summer 2020

- Led weekly discussion sections with ~20 students to review, discuss and clarify lecture videos from the prior week.
- Graded all midterm and final exams for the course.

Abnormal Psychology

Yale University

Teaching Fellow, Spring 2020

- Graded weekly response papers and exams, led review sessions for groups of 50-100 students, and met with students individually to increase understanding of course material.

The Mystery of Sleep

Yale University

Teaching Fellow, Fall 2019

- Led weekly discussion groups with ~20 students, graded exams, research proposals and extended papers, and met with students individually to increase understanding of course material.

TRAVEL AWARDS / GRANTS

2015	Gregory S. Call Student Research Grant (\$4,000)
2015	Nicholas Curtis Heaney Memorial Travel Award (\$500)
2014	Amgen Summer Research Scholar Grant (\$4,000)

PROFESSIONAL SERVICE AND ACTIVITIES

2018 – 2019	Yale Psychology Interview Day Committee
2019 – 2020	Yale Psychology First-Year Student Mentor
2019 – 2020	Yale Psychology Clinical Current Work Speaker Series Student Committee
2020 – Present	Yale Psychology Department Space Steering Sub-Committee (Clinical)

LEADERSHIP / HONOR SOCIETIES / AWARDS

2016 – Present	Sigma Xi Scientific Research Honor Society
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2015 – 2016	Captain of Amherst College Varsity Softball
2015	NESCAC All-Sportsmanship Award
2014 – 2016	NESCAC Scholar-Athlete Honoree

SKILLS

Proficient: R, SPSS, E-Prime, BrainVision Analyzer, MS Excel
Exposure: MATLAB, Python, SPM12, FSL, PsychoPy, Tobii