

Elena Stein, M.S.

Curriculum Vitae

Contact Information

Address: University of New Mexico
Department of Psychology
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Education

Graduate

2016-Present University of New Mexico, Clinical Psychology Doctoral Program
Master of Science in Clinical Psychology, December 2018

2017-Present Predoctoral Training Fellow
NIAAA Institutional Research Training Grant
1T32AA018108-01A1
Principal Investigator: Barbara S. McCrady, Ph.D.
University of New Mexico- Center on Alcoholism, Substance Abuse,
and Addictions (CASAA)

Undergraduate

2008-2012 Amherst College, Bachelor of Arts in Neuroscience
Five College Certificate in Culture, Health, and Science

Honors, Awards, Memberships

2018, 2019 Research Society on Alcoholism, Student Merit Award
2018 Community Service Award for 2018, Department of Psychology,
University of New Mexico
2017-present Student Member of the Society of Addiction Psychology (Division 50,
American Psychological Association)
2017-2019 Volunteer on the Communication and Technology Committee, Society of
Addiction Psychology (Division 50, American Psychological Association)
2017-present Student Member of the Research Society on Alcoholism
2017, 2019 Psychology Department Travel Award, University of New Mexico
2016-2017 Graduate Studies Supplemental Award, University of New Mexico

Publications

Peer-Reviewed Manuscripts

1. Witkiewitz, K., **Stein, E.R.**, Votaw, V.R., Wilson, A.D., Roos, C., Gallegos, S., Clark, V.P., Claus, E.D. (in press). Mindfulness-Based Relapse Prevention and Transcranial Direct Current Stimulation to Reduce Heavy Drinking: A Double-Blind Sham-Controlled Randomized Trial
2. Roos, C.R., **Stein, E.R.**, Bowen, S., Witkiewitz, K. (2019). Group gender composition predicts differential benefit from mindfulness-based relapse prevention for substance use disorder. *Mindfulness*. <https://doi.org/10.1007/s12671-019-01112-y>
3. **Stein, E.R.**, Gibson, B.C., Votaw, V.R., Wilson, A.D., Clark, V.P., Witkiewitz, K. (2018). Non-invasive brain stimulation in substance use disorders: implications for dissemination to clinical settings. *Current Opinion in Psychology*. doi: 10.1016/j.copsyc.2018.12.009
4. Roos, C., Kirouac, M., **Stein, E.**, Wilson, A., Bowen, S., Witkiewitz, K. (2019). An open trial of rolling admission mindfulness-based relapse prevention (Rolling MBRP): feasibility, acceptability, dose-response relations, and mechanisms. *Mindfulness*, 10 (6), 1062-1073. <https://doi.org/10.1007/s12671-018-1054-5>
5. Kelley, M.L., Bravo, A.J., Votaw, V.R., Stein, E., Redman, J.C., Witkiewitz, K. (2018). Opioid and sedative misuse among veterans wounded in combat. *Addictive Behaviors*, 92, 168-172. <https://doi.org/10.1016/j.addbeh.2018.12.007>
6. Sneider, J.T., Cohen-Gilbert, J.E., Hamilton, D.A., **Stein, E.R.**, Golan, N., Oot, E., Seraikas, A., Rohan, M.L., Harris, S.K., Nickerson, L.D., Silveri, M.M. (2018). Adolescent hippocampal and prefrontal brain activation during performance of the virtual Morris water maze. *Frontiers in Human Neuroscience*. 12(June), 1–14. doi: 10.3389/fnhum.2018.00238
7. Greenfield, B.L., Roos, C.R., Hagler, K.J., **Stein, E.R.**, Bowen, S., Witkiewitz, K. (2018). Race/ethnicity and racial/ethnic group composition moderate the effectiveness of mindfulness-based relapse prevention for substance use disorder. *Addictive Behaviors*, 81, 96-103. doi:10.1016/j.addbeh.2018.02.010
8. Wilson, A.D., Roos, C.R., Robinson, C.S., **Stein, E.R.**, Manuel, J.A., Enkema, M., Bowen, S., Witkiewitz, K. (2017). Mindfulness-based interventions for addictive behaviors: Implementation issues on the road ahead. *Psychology of Addictive Behaviors*, 31 (8), 888-896. doi:10.1037/adb0000319
9. Cohen-Gilbert, J.E., **Stein, E.R.**, Gunnar, M.R., & Thomas, K.M. (2016). Association of early stress and BDNF genotype with response inhibition during emotional distraction in adolescence. *Journal of Early Adolescence*.

Manuscripts Under Review or In Preparation

Brown, D.R., Jackson, T.C., Claus, E.D., Votaw, V.R., **Stein, E.R.**, Robinson, C.S., Wilson, A.D., Brandt, E., Fratzke, V., Clark, V.P., Witkiewitz, K. (under review). Mindfulness-based relapse prevention decreases neural responses to alcohol images in individuals seeking treatment to reduce drinking: An event related potential study.

Stein, E.R., Witkiewitz, K. (under review). Trait Self-Control Predicts Drinking Patterns During Treatment for Alcohol Use Disorder and Recovery up to Three Years Following Treatment.

Conference Presentations

Symposia

**indicates presenting author*

Witkiewitz, K., Brown, D.R., Claus, E.D., Jackson, T.C., **Stein, E.R.***, Votaw, V.R., Wilson, A.D., Brandt, E., Robinson, C.S., Clark, V.P. Drinking reductions following Mindfulness-Based Relapse Prevention: associations with modulation of the late positive potential response to alcohol cues. In K. Witkiewitz and D. Meyerhoff (Chairs), *Non-abstinent recovery as treatment success: Evidence from recent neurophysiological and neuroimaging studies*. Symposium at the 2019 Research Society on Alcoholism Annual Meeting, Minneapolis, MN.

Oot, E.N.*, Maksimovskiy, A.L., Seraikas A.M., Rieselbach, M.M., **Stein, E.R.**, Harris, S.K., Cohen-Gilbert, J.E., Sneider, J.T., & Silveri, M.M. Neurobiological markers of adolescent alcohol and substance use initiation. In J. Buckman (Chair), *Grant-Funded Student Research on Biological Markers of Alcohol, Tobacco, and Other Substance Use*. Symposium at the 2019 annual Collaborative Perspectives on Addiction meeting, Providence, RI.

Roos, C.R., Witkiewitz, K., & **Stein, E.R.*** (2017, June). Patterns of baseline substance use disorder severity and negative affect moderate the efficacy of mindfulness-based relapse prevention. In P. Pedrelli (Chair), *Effective Interventions for Treating Co-Occurring Conditions: Depression, Anxiety, and Alcohol Use Disorders*. Symposium at the 2017 Research Society on Alcoholism Annual Meeting, Denver, CO.

Witkiewitz, K*. Roos, C. R., **Stein, E.**, Wilson, A. D., Votaw, V., & Kirouac, M. (September, 2018). Mindfulness-based relapse prevention for alcohol use disorder: A novel approach for treatment in diverse health care settings. In M. Hesselbrock and V. Hesselbrock (Chairs), *Translating Evidence into Practice in Different Health Care Systems: Focus on Brief Interventions and Cognitive Behavioural Therapies in the Management of Alcohol Use and Alcohol Use Disorders*. Workshop at the 2018 Annual Meeting of the International Society for Biomedical Research on Alcoholism, Kyoto, Japan.

Posters

Stein, E.R., Votaw, V., Witkiewitz, K. (2019). Reductions in Delay Discounting with mindfulness based relapse prevention for alcohol use disorder. *Alcoholism: Clinical and Experimental Research*, 43(S1), 130A.

Votaw, V., Hanes, J., **Stein, E.R.**, Witkiewitz, K. (2019). Cannabis use among adults seeking treatment for drinking reduction. *Alcoholism: Clinical and Experimental Research*, 43(S1), 130A.

Gibson, B., Votaw, V., **Stein, E.R.**, Clark, V., Witkiewitz, K. (2019). Increases in mindfulness following mindfulness-based relapse prevention and transcranial direct current stimulation to reduce heavy drinking. *Alcoholism: Clinical and Experimental Research*, 43(S1), 56A.

Stein, E.R., Claus, E.D., Witkiewitz, K. (2019) Resting state functional connectivity associated with alcohol use severity and impulsivity. Presented at the annual Collaborative Perspectives on Addiction meeting, Providence, RI.

Brown, D.R., Jackson, T.C., Robinson, C.S., **Stein, E.R.**, Votaw, V.R., Wilson, A.D., Brandt, E., Fratzke, V., Claus, E.D., Clark, V.P., and Witkiewitz, K. (2019) Mindfulness-Based Relapse Prevention decreases neural responses to alcohol cues. Presented at the annual Collaborative Perspectives on Addiction meeting, Providence, RI.

Robinson, C.S., **Stein, E.R.**, Fokas, K., Calhoun, V., Clark, V.P., Claus, E.D., Witkiewitz, K. (2019) Neural and behavioral associations of drinking and empathic processing. Presented at the annual Collaborative Perspectives on Addiction meeting, Providence, RI.

Witkiewitz, K. Roos, C. R., **Stein, E.**, Wilson, A. D., Votaw, V. R., & Kirouac, M. (2018). Mindfulness-based relapse prevention for alcohol use disorder: A novel approach for treatment in diverse health care settings. *Alcoholism: Clinical and Experimental Research*, 42(S2), 133A.

Cohen-Gilbert, J.E., Nickerson, L.D., Sneider, J.T., Oot, E., Seraikas, A., Rieselbach, M., Caine, C., **Stein, E.R.**, Harris, S.K., Silveri, M.M. (2018). Neurobiological underpinnings of the intersection between emotion and impulse control in adolescents. Presented at the annual meeting of the Cognitive Neuroscience Society, Boston, MA.

Stein, E.R., Votaw, V., Fratzke, V., Gallegos, S., Robinson, C.S., O'Sickey, A. ... Witkiewitz, K. (2018). Mindfulness and transcranial direct current stimulation for alcohol use disorder: Feasibility and preliminary outcomes. Presented at the annual Collaborative Perspectives on Addiction meeting, Tampa, FL.

Stein, E.R., Votaw, V., Fratzke, V., Gallegos, S., Robinson, C.S., O'Sickey, A. ... Witkiewitz, K. (2018). Mindfulness and transcranial direct current stimulation for alcohol use disorder: Feasibility and outcomes. *Alcoholism: Clinical and Experimental Research*, 42(S1), 138A

Robinson, C.S.H., Fokas, K., **Stein, E.**, Claus, E., Witkiewitz, K. (2018) Longitudinal Drinking Reduction In A Non-Treatment Seeking Community Sample *Alcoholism: Clinical and Experimental Research*, 42(S1), 240A

Stein, E.R., Rieselbach, M., McWhinnie, C., Silveri, M.M. (2017). Impulsivity predicts readmission to residential treatment for adolescents with alcohol use disorder. *Alcoholism: Clinical and Experimental Research*, 41(S1), 97A

Weywadt, C.R., **Stein, E.**, Claus, E.D. (2017) Resting-State fMRI differences between individuals with alcohol use disorder and social drinkers. *Alcoholism: Clinical and Experimental Research*, 41(S1), 140A.

Cohen-Gilbert, J.E., Nickerson, L., Sneider, J.T., Oot, E.N., Caine, C., Seraikas, A., **Stein, E.R.**, Formicola, A., Golan, N., Silveri, M.M. (2017) Influence of binge drinking on the neural correlates of inhibitory control during emotional distraction in college freshman. *Alcoholism: Clinical and Experimental Research*, 41(S1), 64A

Sneider, J.T., Hamilton, D.A., Cohen-Gilbert, J.E., Oot, E., **Stein, E.R.**, Caine, C., Seraikas, A., Rohan, M.L., Nickerson, L., Harris, S.K., Silveri, M.M. (2017) Hippocampal brain activation during memory retrieval in adolescents: Implications for initiation of alcohol and drug use. Presented at the annual Association for Psychological Science meeting, Boston, MA.

Seraikas, A., Oot, E., **Stein, E.R.**, Caine, C., Cohen-Gilbert, J.E., Harris, S.K., Jensen, J.E., Sneider, J.T., Silveri, M.M. (2017) Prefrontal and medial temporal lobe GABA and glutamate: Neurobiological correlates of adolescent sensation seeking and impulsivity. Presented at the annual Association for Psychological Science meeting, Boston, MA.

Cohen-Gilbert J.E., **Stein, E.R.**, Teicher M.H., Sarvey D, Feinberg J, McWhinnie C, Silveri M.M. (2016). Impact of childhood trauma on alcohol consumption in adolescent patients with co-occurring psychiatric and substance use disorders. *Alcoholism: Clinical and Experimental Research*, 40(S1).

Petrychova, K., **Stein, E.R.**, Cohen-Gilbert, JE, Feinberg, J., McWhinnie, C., & Silveri, M.M. (2016). Clinical characteristics of adolescent hallucinogen users in an acute residential treatment program. Presented at Harvard Psychiatry Research Day, Boston, MA.

Stein, E.R., Golan, N., Mashoon, Y., Mecklosky, J., Cohen-Gilbert, J.E., Sneider, J.T., & Silveri, M.M. (2016). Insula cortical thickness relates to impulse control in adolescents and emerging adults. Presented at the annual International Neuropsychological Society meeting, Boston, MA.

Stein, E.R., Cohen-Gilbert, J.E., Sarvey, D., Feinberg, J., McWhinnie, C., & Silveri, M.M. (2015). Adolescent co-occurring disorders: Opioid use and motivation to change. Poster presented at the annual American Academy of Addiction Psychiatry meeting, Huntington Beach, CA.

Sarvey, D., **Stein, E.R.**, Cohen-Gilbert, J.E., Feinberg, J., McWhinnie, C., & Silveri, M.M. (2015). Posttraumatic stress disorder as a predictor of opioid use disorder, mood symptom severity, and suicidality in adolescents. Presented at the annual American Academy of Addiction Psychiatry meeting, Huntington Beach, CA.

Stein, E.R., Cohen-Gilbert, J.E., Sternberg, A.B., Sims, G., Rodolico, J., Kaplan, C., Parekh, R., Boger, K.D., McWhinnie, C., & Silveri, M.M. (2015) Impulsivity during emotional distraction in adolescents with substance use disorders and co-morbid depression or ADHD. Poster presented at McLean Research Day, Belmont, MA, and Harvard Psychiatry Research Day, Boston, MA.

Sternberg, A., Cohen-Gilbert, J.E., **Stein, E.R.**, Rodolico, J., Kaplan, C., Parekh, R., Boger, K.D., McWhinnie, C., & Silveri, M.M. (2014) Influence of marijuana and depression on inhibitory control during emotional distraction in dually diagnosed adolescents. Presented at the annual Eastern Psychological Association meeting, New York, NY.

Parekh, R., **Stein, E.R.**, Martowski, J., Boger, K.D., Sternberg, A., Feinberg, J., & Rodolico, J. (2013) The feasibility of using autobiographical narratives in adolescent dual diagnosis residential treatment. Presented at Harvard Psychiatry Research Day, Boston, MA.

Boger, K.D., Martowski, J., **Stein, E.R.**, Feinberg, J., Sternberg, A., Rodolico, J., & Parekh, R. (2013). Cue exposure therapy plus coping skills training: Case study of a dually diagnosed adolescent in residential treatment. Presented at Harvard Psychiatry Research Day, Boston, MA.

Research Experience

- 2019-present **Alcohol and Addiction Research Domain Criteria and Alcohol Use Disorder Recovery**
NIAAA 2R01AA022328-04
Role: Graduate Student Fellow
Principal Investigator: Katie Witkiewitz, Ph.D.
University of New Mexico
- 2016-2018 **Mindfulness-Based Intervention and Transcranial Direct Current Brain Stimulation to Reduce Heavy Drinking: Efficacy and Mechanisms of Change**
NIAAA 1R21AA024926-01
Role: Research Coordinator
Principal Investigator: Katie Witkiewitz, Ph.D.
University of New Mexico: Psychology Clinical Neuroscience Center
- 2014-2016 **Consequences of Adolescent Alcohol Use on Brain Development**
NIAAA 5R01AA022493-03
Role: Research Coordinator
Principal Investigator: Marisa Silveri, Ph.D.
McLean Hospital/Harvard Medical School: McLean Imaging Center
- 2014-2016 **Neural and Cognitive Factors Predicting Adverse Outcomes in College Drinkers**
NIAAA 5K01AA022392-03
Role: Research Coordinator
Principal Investigator: Julia Cohen-Gilbert, Ph.D.
McLean Hospital/Harvard Medical School: McLean Imaging Center

- 2014-2016 **Brain Chemistry, Memory, and Mood in Depressed Women.**
 NARSAD Young Investigator (BBRF)
 Role: Research Coordinator
 Principal Investigator: Jennifer Sneider, Ph.D.
 McLean Hospital/Harvard Medical School: McLean Imaging Center
- 2014-2016 **Assessment of Dually Diagnosed Adolescents in the Acute Residential Treatment and Landing Programs at McLean Hospital**
 Role: Research Coordinator
 Principal Investigator: Chad McWhinnie, Ph.D.
 McLean Hospital/Harvard Medical School: Adolescent Acute Residential Treatment Program
- 2012-2014 **Building an Outcomes Assessment Infrastructure to Assess Dually Diagnosed Adolescents and Adults in the Acute Residential Treatment and Landing Programs at McLean Hospital**
 Role: Volunteer Research Assistant
 Principal Investigator: Kathryn Boger, Ph.D.
 McLean Hospital/Harvard Medical School: Adolescent Acute Residential Treatment Program

Clinical Experience

- 2018-2019 **Clinical Practicum Student**
 Psychosocial Rehabilitation and Recovery Center (PRRC)
 Raymond G. Murphy VA Medical Center, Albuquerque, New Mexico
 Supervisor: Dvorah Simon, Ph.D.
 Duties: led weekly outpatient therapy groups and individual therapy for Veterans with severe and persistent mental illness. Collaborated on program development initiatives to update therapeutic curriculum.
- 2018-Present **Study Therapist**
 Neurocognitive and Neurobehavioral Mechanisms of Change Following Psychological Treatment for Alcohol Use Disorder (NIAAA, 1R01AA025762-01A1, PI: Barbara McCrady, Ph.D.)
 Supervisor: Katie Witkiewitz, Ph.D.
 Duties: administer 12-week individual therapy intervention consisting of Motivational Interviewing and mindfulness-based treatment to participants seeking to reduce their drinking.
- 2017-present **Group Therapist**
Lead student practicum coordinator (Summer 2017-Present)
 Turquoise Lodge
 Supervisor: Katie Witkiewitz, Ph.D.

Duties: facilitate a Mindfulness-Based Relapse Prevention (MBRP) group to open, rolling groups of individuals at an inpatient substance use disorder treatment facility.

2016-Present

Therapist, Assessor, and Telephone Screener

Lead student clinic coordinator (Fall 2018-Present)

Alcohol Specialty Clinic, University of New Mexico

Supervisor: Barbara S. McCrady, Ph.D.

Duties: administer, score, and interpret assessments for individuals seeking treatment for alcohol use disorders. Individual therapy in an outpatient setting. Coordinate training clinic for students at all levels in the doctoral program.

2016-2018

Clinical Assessor

Neural Mechanisms of Behavior Change in a Community Sample of Drinkers (NIAAA, 3R01AA023665-02S1, PI: Katie Witkiewitz, Ph.D.)

Supervisor: Katie Witkiewitz, Ph.D.

Duties: administer Structured Clinical Interview for DSM-5 to heavy drinking individuals.

2016-2017

Study Therapist

Psychological and Neural Mechanisms of Mindfulness and Cognitive Retraining (NIAAA, 5R21AA023661-02, PI: Matthew Pearson, Ph.D.)

Supervisor: Katie Witkiewitz, Ph.D.

Duties: administer twice-weekly Mindfulness and Health Education intervention protocols to individuals with alcohol use disorder.

2012-2014

Clinical Education Specialist

Adolescent Acute Residential Treatment Program, McLean Hospital, Harvard Medical School

Supervisor: Jessica Feinberg, LICSW

Duties: conducted group psychotherapy and exposure and response prevention sessions with adolescents with co-occurring substance use and psychiatric disorders.

Professional Activities and Service

Service to National Organizations

2018 – 2019

Communications & Technology Committee (American Psychological Association Division 50: Society of Addiction Psychology)

Service to Institutional and Departmental Committees and Organizations

2018 – Present

Clinical Student Representative (Graduate Association of Students in Psychology)

Professional Affiliations and Memberships

2017 – Present American Psychological Association Division 50: Society of Addiction Psychology

2017 – Present Research Society on Alcoholism

Journal Review

Mindfulness, ad hoc reviewer (2018)

Journal of Substance Abuse Treatment, ad hoc co-reviewer (2018)

Psychiatry Research, ad hoc reviewer (2018)

Advanced Training

2018 *fMRI Image Acquisition and Analysis Course*. Presented by Kent Kiehl, Ph.D., Vince Calhoun, Ph.D., and Tor Wager, Ph.D. (The Mind Research Network)

2017 *Brief Alcohol Screening, and Intervention with College Students Therapist Training*. Presented by Katie Witkiewitz, PhD (University of New Mexico).

2017, 2018 *Mindfulness-Based Relapse Prevention*. Presented by Sarah Bowen, Ph.D. (University of New Mexico).

2014 *MRI Safety Training*, McLean Hospital

2014 *CPR and AED Training*, McLean Hospital

2013 *Motivational Interviewing*. Presented by John Rodolico, Ph.D. (McLean Hospital).

Methods

Functional magnetic resonance imaging

MATLAB and associated neuroimaging software packages: CONN Toolbox, Statistical Parametric Mapping (SPM) software, Group ICA Of fMRI Toolbox (GIFT)

Transcranial direct current stimulation

SPSS

Mplus