



## Allison Vreeland

Clinical Assistant Professor, Psychiatry and Behavioral Sciences - Child & Adolescent Psychiatry and Child Development

### CLINICAL OFFICE (PRIMARY)

- **Stanford Childrens Health**

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### Bio

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#### BIO

Dr. Allison Vreeland (she/her) is a licensed clinical psychologist specializing in working with children, teens, and families. Dr. Vreeland received her PhD in Clinical Psychological Science with a minor in Quantitative Studies at Vanderbilt University. She completed her predoctoral clinical internship in Child Psychology at UCSF with specialty training through the Child Trauma Research Program. She completed a research and clinical fellowship in the Immune Behavioral Health Clinic at Stanford University, where she focused her research efforts on examining neurological markers of patients diagnosed with pediatric acute neuropsychiatric syndrome (PANS). Clinically, Dr. Vreeland's program of clinical care is focused on the delivery of evidence-based clinical interventions for individuals with anxiety, OCD, PANS/PANDAS, mood disorders, and behavioral challenges.

#### CLINICAL FOCUS

- Cognitive Behavioral Therapy
- Child Anxiety and Related Disorders
- PANS/PANDAS
- Evidence-based treatments
- Clinical Psychology

#### ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, Psychiatry and Behavioral Sciences - Child & Adolescent Psychiatry and Child Development
- Member, Maternal & Child Health Research Institute (MCHRI)

#### PROFESSIONAL EDUCATION

- Fellowship: Stanford University - Dept of Psychiatry (2024) CA
- Internship: UCSF Clinical Psychology Training Program (2021) CA
- PhD Training: Vanderbilt University Office of the Registrar (2021) TN

## Research & Scholarship

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### LAB AFFILIATIONS

- Jennifer Frankovich, PANS Research Program (9/17/2021)

### Publications

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#### PUBLICATIONS

- **Post-infectious inflammation, autoimmunity, and OCD: Sydenham Chorea, Pediatric Autoimmune Neuropsychiatric Disorder Associated with Streptococcal infection (PANDAS), and Pediatric Acute-onset Neuropsychiatric Disorder (PANS)** *DEVELOPMENTAL NEUROSCIENCE*  
Vreeland, A., Calaprice, D., Or-Geva, N., Frye, R. E., Agalliu, D., Lachman, H. M., Pittenger, C., Pallanti, S., Williams, K., Ma, M., Thienemann, M., Gagliano, A., Mellins, et al  
2023
- **Racial/ethnic differences in parenting behaviors among depressed parents.** *Journal of family psychology : JFP : journal of the Division of Family Psychology of the American Psychological Association (Division 43)*  
Kado-Walton, M., Vreeland, A., Henry, L., Gruhn, M., Compas, B., Garber, J., Weersing, V. R.  
2023
- **Neuroinflammation in Obsessive-Compulsive Disorder: Sydenham Chorea, Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections, and Pediatric Acute Onset Neuropsychiatric Syndrome.** *The Psychiatric clinics of North America*  
Vreeland, A., Thienemann, M., Cunningham, M., Muscal, E., Pittenger, C., Frankovich, J.  
2023; 46 (1): 69-88
- **Resting State Psychophysiology in Youth with OCD and Their Caregivers: Preliminary Evidence for Trend Synchrony and Links to Family Functioning.** *Child psychiatry and human development*  
Rozenman, M., Gonzalez, A., Vreeland, A., Thamrin, H., Perez, J., Peris, T. S.  
2022
- **Mean-level correspondence and moment-to-moment synchrony in adolescent and parent affect: Exploring associations with adolescent age and internalizing and externalizing symptoms.** *Development and psychopathology*  
Henry, L. M., Watson, K. H., Cole, D. A., Torres, S., Vreeland, A., Siciliano, R. E., Anderson, A. S., Gruhn, M. A., Cirioglio, A., Broll, C., Ebert, J., Kuhn, T., Compas, et al  
2022: 1-14
- **Adverse childhood experiences, parenting, and socioeconomic status: Associations with internalizing and externalizing symptoms in adolescence.** *Child abuse & neglect*  
Anderson, A. S., Siciliano, R. E., Henry, L. M., Watson, K. H., Gruhn, M. A., Kuhn, T. M., Ebert, J., Vreeland, A. J., Cirioglio, A. E., Guthrie, C., Compas, B. E.  
2022; 125: 105493
- **Shared and unique neural mechanisms underlying pediatric trichotillomania and obsessive compulsive disorder** *PSYCHIATRY RESEARCH*  
Peris, T. S., Salgari, G., Perez, J., Jurgiel, J., Vreeland, A., O'Neill, J., Chang, S., Piacentini, J., Loo, S. K.  
2021; 298: 113653
- **Does Parenting Explain the Link Between Cumulative SES Risk and Child Problems in the Context of Parental Depression?** *CHILD PSYCHIATRY & HUMAN DEVELOPMENT*  
Sullivan, A. D. W., Forehand, R., Vreeland, A., Compas, B. E.  
2022; 53 (2): 330-341
- **Neurochemical correlates of behavioral treatment of pediatric trichotillomania** *JOURNAL OF AFFECTIVE DISORDERS*  
Peris, T. S., Piacentini, J., Vreeland, A., Salgari, G., Levitt, J. G., Alger, J. R., Posse, S., McCracken, J. T., O'Neill, J.  
2020; 273: 552-561
- **Predictors of placement disruptions in foster care** *CHILD ABUSE & NEGLECT*  
Vreeland, A., Ebert, J. S., Kuhn, T. M., Gracey, K. A., Shaffer, A. M., Watson, K. H., Gruhn, M. A., Henry, L., Dickey, L., Siciliano, R. E., Anderson, A., Compas, B. E.  
2020; 99: 104283

- **Cumulative Socioeconomic Status Risk and Observations of Parent Depression: Are There Associations With Child Outcomes?** *JOURNAL OF FAMILY PSYCHOLOGY*  
Sullivan, A. D., Benoit, R., Breslend, N. L., Vreeland, A., Compas, B., Forehand, R.  
2019; 33 (8): 883-893
- **Laboratory and Self-Report Methods to Assess Reappraisal and Distraction in Youth** *JOURNAL OF CLINICAL CHILD AND ADOLESCENT PSYCHOLOGY*  
Bettis, A. H., Henry, L., Prussien, K. V., Vreeland, A., Smith, M., Adery, L. H., Compas, B. E.  
2019; 48 (6): 855-865
- **Family functioning in pediatric trichotillomania, obsessive compulsive disorder, and healthy comparison youth** *PSYCHIATRY RESEARCH*  
Peris, T. S., Rozenman, M., Gonzalez, A., Vreeland, A., Piacentini, J., Tan, P. Z., Ricketts, E. J.  
2019; 281: 112578
- **Coping and Stress Reactivity as Moderators of Maternal Depressive Symptoms and Youth's Internalizing and Externalizing Symptoms** *JOURNAL OF YOUTH AND ADOLESCENCE*  
Vreeland, A., Bettis, A. H., Reising, M. M., Dunbar, J. P., Watson, K. H., Gruhn, M. A., Compas, B. E.  
2019; 48 (8): 1580-1591
- **Parenting in Context: Associations of Parental Depression and Socioeconomic Factors with Parenting Behaviors** *JOURNAL OF CHILD AND FAMILY STUDIES*  
Vreeland, A., Gruhn, M. A., Watson, K. H., Bettis, A. H., Compas, B. E., Forehand, R., Sullivan, A. D.  
2019; 28 (4): 1124-1133
- **Parent reports of children's working memory, coping, and emotional/behavioral adjustment in pediatric brain tumor patients: A pilot study** *CHILD NEUROPSYCHOLOGY*  
Desjardins, L., Thigpen, J. C., Kobritz, M., Bettis, A. H., Gruhn, M. A., Ichinose, M., Hoskinson, K., Fraley, C., Vreeland, A., McNally, C., Compas, B. E.  
2018; 24 (7): 959-974
- **The tell-tale heart: physiological reactivity during resolution of ambiguity in youth anxiety** *COGNITION & EMOTION*  
Rozenman, M., Vreeland, A., Iglesias, M., Mendez, M., Piacentini, J.  
2018; 32 (2): 389-396
- **Glutamate in Pediatric Obsessive-Compulsive Disorder and Response to Cognitive-Behavioral Therapy: Randomized Clinical Trial** *NEUROPSYCHOPHARMACOLOGY*  
O'Neill, J., Piacentini, J., Chang, S., Ly, R., Lai, T. M., Armstrong, C. C., Bergman, L., Rozenman, M., Peris, T., Vreeland, A., Mudgway, R., Levitt, J. G., Salamon, et al  
2017; 42 (12): 2414-2422
- **Thinking anxious, feeling anxious, or both? Cognitive bias moderates the relationship between anxiety disorder status and sympathetic arousal in youth** *JOURNAL OF ANXIETY DISORDERS*  
Rozenman, M., Vreeland, A., Piacentini, J.  
2017; 45: 34-42
- **NEURAL CORRELATES OF COGNITIVE-BEHAVIORAL THERAPY-RELATED CHANGES IN PEDIATRIC OBSESSIVE-COMPULSIVE DISORDER SYMPTOM DIMENSIONS**  
Piacentini, J., O'Neill, J., Chang, S., Vreeland, A., McCracken, J. T.  
ELSEVIER SCIENCE INC.2016: S340
- **Parental Anxiety as a Predictor of Medication and CBT Response for Anxious Youth** *CHILD PSYCHIATRY & HUMAN DEVELOPMENT*  
Gonzalez, A., Peris, T. S., Vreeland, A., Kiff, C. J., Kendall, P. C., Compton, S. N., Albano, A., Birmaher, B., Ginsburg, G. S., Keeton, C. P., March, J., McCracken, J., Rynn, et al  
2015; 46 (1): 84-93