Bio

Dr. Flint M. Espil, Ph.D. is an Instructor in the Department of Psychiatry and Behavioral Sciences within the Stanford University School of Medicine. Dr. Espil’s research focuses on anxiety and compulsive behaviors within youth, with particular emphasis on phenomenology, assessment, and the dissemination of behavioral interventions for these disorders. Within the Early Life Stress and Pediatric Anxiety Program (ELSPAP), Dr. Espil currently oversees a research trial investigating the effectiveness of trauma-focused interventions and neurobehavioral correlates of outcomes for youth seeking services in a community-based mental health clinic. He is also the Principal Investigator of a study examining ways to partner with local community organizations to improve school-based mental health care for students in East Palo Alto.

Dr. Espil also recently received a grant from the American Academy of Neurology and Tourette Association of America to study neurofunctioning as a predictor of behavior therapy outcomes for pediatric tic disorders. In addition to research, Dr. Espil has extensive experience training practitioners to provide clinical services for youth and their families.

ACADEMIC APPOINTMENTS
• Clinical Assistant Professor, Psychiatry and Behavioral Sciences

HONORS AND AWARDS
• Clinical Research Loan Repayment Program, NIH (2016-)

BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS
• Member, American Academy of Neurology (2016 - present)
• Member, Society of Clinical Child and Adolescent Psychology (2014 - present)
• Member, Association for Behavioral and Cognitive Therapies (2009 - present)

PROFESSIONAL EDUCATION
• NIMH T32 Postdoctoral Fellow, University of California, San Francisco, Clinical Services Research (2016)
• Residency Training Program, University of Mississippi Medical Center, Clinical Psychology (2015)
• Ph.D., University of Wisconsin-Milwaukee, Clinical Psychology (2015)
• M.A., University of Colorado-Denver, Clinical Psychology (2010)

LINKS
• ResearchGate Profile: https://www.researchgate.net/profile/Flint_Espil
Publications

PUBLICATIONS

• A randomized waitlist-controlled pilot trial of voice over Internet protocol-delivered behavior therapy for youth with chronic tic disorders  *JOURNAL OF TELEMEDICINE AND TELECARE*
  2016; 22 (3): 153-162

• Posttraumatic Stress Disorder and Depressive Symptoms among Inpatient Adolescents: The Underlying Role of Emotion Regulation *Residential Treatment for Children & Youth*
  Espil, F. M., Viana, A. G., Dixon, L. J.
  2016

• Posttraumatic Stress Disorder and Depressive Symptoms among Inpatient Adolescents: The Underlying Role of Emotion Regulation *Psychological Trauma: Theory, Research, Practice, and Policy*
  Viana, A. G., Dixon, L. J., Berenz, E. C., Espil, F. M.
  2016

• Comparing fixed-amount and progressive amount DRO schedules for tic suppression in youth with chronic tic disorders  *Journal of Applied Behavior Analysis*
  2016

• Manualized and Modular Behavior Therapy for a Child With Tourette's Disorder, Inattention, and Disruptive Behavior: A Case Example  *Clinical Case Studies*
  Espil, F. M., Elkin, T. D., Young, J.
  2016

• Associations Between Anxiety Symptoms and Child and Family Factors in Pediatric Obesity  *JOURNAL OF DEVELOPMENTAL AND BEHAVIORAL PEDIATRICS*
  Lim, C. S., Espil, F. M., Viana, A. G., Janicke, D. M.
  2015; 36 (9): 664-672

• Assessing Environmental Consequences of Ticcing in Youth With Chronic Tic Disorders: The Tic Accommodation and Reactions Scale  *CHILDRENS HEALTH CARE*
  2015; 44 (3): 205-220

• The Role of Parental Perceptions of Tic Frequency and Intensity in Predicting Tic-Related Functional Impairment in Youth with Chronic Tic Disorders  *CHILD PSYCHIATRY & HUMAN DEVELOPMENT*
  2014; 45 (6): 657-665

• Behavior Therapy for Stereotypic Movement Disorder in Typically Developing Children: A Clinical Case Series  *COGNITIVE AND BEHAVIORAL PRACTICE*
  2013; 20 (4): 544-555

• Environmental factors as potential determinants of premonitory urge severity in youth with Tourette syndrome  *JOURNAL OF OBSESSIVE-COMPULSIVE AND RELATED DISORDERS*
  2013; 2 (1): 37-42

• Tourette Syndrome and Tic Disorders  *The Wiley Handbook of Cognitive Behavioral Therapy*
  John Wiley & Sons.2013
• COMPARING THE EFFECTS OF DIFFERENTIAL REINFORCEMENT OF OTHER BEHAVIOR AND RESPONSE-COST CONTINGENCIES ON TICS IN YOUTH WITH TOURETTE SYNDROME. *JOURNAL OF APPLIED BEHAVIOR ANALYSIS*
  2012; 45 (2): 251-263

• *Behavior Therapy* A *Family Guide to Tourette Syndrome*
  Tourette Syndrome Association. 2012

• *Internet Use, Recreational Travel, and HIV Risk Behaviors in Men Who Have Sex With Men* JOURNAL OF COMMUNITY HEALTH
  Benotsch, E. G., Martin, A. M., Espil, F. M., Nettles, C. D., Seal, D. W., Pinkerton, S. D.
  2011; 36 (3): 398-405

• *Cognitive-Behavioral Therapy in Adults* Trichotillomania, Skin-Picking, and other Stereotypic Disorders
  Woods, D. W., Snorrason, I., Espil, F. M.
  American Psychiatric Publishing. 2011