Bio

BIO
Flint M. Espil, Ph.D. is a Research Associate 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. This study will begin in the February 2018. In addition to research, Dr. Espil has extensive experience training practitioners to provide clinical services for youth and their families.

CURRENT ROLE AT STANFORD
Early Life Stress and Pediatric Anxiety Program - Director of Research

EDUCATION AND CERTIFICATIONS
- 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
- GoogleScholar Profile: https://scholar.google.com/citations?user=JsRgyZkAAAAJ&hl=en

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
Posttraumatic Stress Disorder and Depressive Symptoms among Inpatient Adolescents: The Underlying Role of Emotion Regulation

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
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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.
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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.
  