

# Margot D. Paul, Psy.D.

Stanford School of Medicine  
Department of Psychiatry & Behavioral Sciences  
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## LICENSURE

- 7/14/23                    **Psychologist, PSY34366**  
**Board of Psychology**, State of California Department of Consumer Affairs
- 7/17/23                    National Provider Identifier (NPI) Number: 1780363705

## EDUCATION

- 2022-2023                **Postdoctoral Fellow, Clinical Psychology**  
**Department of Psychiatry and Behavioral Sciences**  
**Stanford University, School of Medicine, Stanford, CA**
- 2019-2022                **Doctor of Psychology, Clinical Psychology**  
**PGSP-Stanford Psy.D. Consortium** (APA Accredited)  
**Palo Alto University, Palo Alto, CA**  
Dissertation: “Virtual Reality Behavioral Activation: An Intervention for  
Major Depressive Disorder”  
Chair: Dr. Kim Bullock
- 2021-2022                **Pre-Doctoral Intern, Clinical Psychology**  
**VA Greater Los Angeles Healthcare System, Sepulveda Ambulatory**  
**Care Center** (APA Accredited), North Hills, CA
- 2017-2019                **Master of Science, Clinical Psychology**  
**PGSP-Stanford Psy.D. Consortium** (APA Accredited)  
**Palo Alto University, Palo Alto, CA**
- 2014-2015                **Master of Science, Behavioral Health Psychology**  
**Tulane University, New Orleans, LA**
- 2010-2014                **Bachelor of Science, Psychology and English**  
**Magna Cum Laude with Departmental Honors in Psychology**  
**Tulane University, New Orleans, LA**  
Honors Thesis: “Family history of an autism spectrum disorder (ASD),  
neonatal risk, and parental age in predicting ASD diagnosis”  
Chair: Roberto E. Varela, Ph.D.

## HONORS AND AWARDS

2024	Won Texas A&M Health Telehealth Institute grant workshop award funding
2023	Inaugural Associate Editor, <i>Journal of Medical Extended Reality (JMXR)</i> <i>Editorial Board</i>
2023	Expert participant in the second Delphi round for the world's first clinical VR reporting guideline: the Reporting of Early-Phase Trials Evaluating Virtual Reality applications in healthcare (RATE-VR)
2022	Cheryl Koopman Dissertation of the Year Award, PGSP-Stanford PsyD Consortium
2021	Outstanding Overall Student, PGSP-Stanford PsyD Consortium
2020	Outstanding Overall Student (Runner-up), PGSP-Stanford PsyD Consortium
2014	<i>Magna Cum Laude</i> , Tulane University
2014	Departmental Honors in Psychology, Tulane University
2010-2014	Honors Program, Tulane University
2010-2014	Dean's List, Tulane University
2011	NOLA Outreach Award, Tulane University
Inducted 2011	Alpha Lambda Delta Honors Fraternity, Tulane University
Inducted 2011	The National Society of Collegiate Scholars

## AREAS OF PROFESSIONAL INTEREST

CBT and Third-Wave Therapies	Virtual Reality Treatment
Anxiety and Mood Disorders	Sports Psychology

## CLINICAL EXPERIENCE

11/23-Present	<b>Clinical Assistant Professor</b> <b>Department of Psychiatry and Behavioral Sciences</b> <b>Stanford University, School of Medicine, Stanford, CA</b> Conduct initial mental health assessments and intakes for student athletes and provide individual therapy to Stanford University student athletes. Provide evidence-based virtual reality (VR) therapy to patients in the virtual reality and immersive technology (VRIT) clinic. Conduct individual therapy to Stanford healthcare providers through the Well Connect program. Conduct individual therapy to patients in the Anxiety and Depression Adult Psychological Treatment (ADAPT) clinic.
1/23-Present	<b>Women in Management (WIM) Group Facilitator</b> <b>Stanford Graduate School of Business, Stanford, CA</b> Facilitate a biweekly process group for Stanford University MBA students. Create developmentally appropriate activities for students to feel supported and engaged.
9/22-8/23	<b>Clinical Psychology Postdoctoral Fellow</b> <b>Department of Psychiatry and Behavioral Sciences</b> <b>Stanford University, School of Medicine, Stanford, CA</b> Provided individual therapy to Stanford University student athletes. Conducted initial mental health assessments and intakes for student athletes.

Provided group co-therapy to Stanford University medical residents. Provided supervision to a psychiatry resident conducting virtual reality exposure therapy for specific phobia. Received at least one-hour of weekly individual supervision and biweekly group supervision. Attended two hours of weekly didactics.

Supervisor: Lisa Post, Ph.D.

8/21-7/22

**Pre-Doctoral Intern**

**VA Greater Los Angeles Healthcare System, Sepulveda Ambulatory Care Center, North Hills, CA**

Participated in a four-month Health Psychology rotation, which involved conducting intake evaluations, administering evidence-based psychotherapies such as cognitive behavioral therapy (CBT) for insomnia and CBT for chronic pain, administering biofeedback, conducting and writing up bariatric evaluation reports, and co-leading mindfulness-based stress reduction, acceptance and commitment therapy (ACT) for Chronic Pain, and tinnitus management groups. Participated in a four-month Addictive Behaviors Clinic rotation, which involved conducting intake assessments, leading groups for individuals with substance-use disorders, and administering evidence-based psychotherapies such as CBT for substance use disorders and Concurrent Treatment of PTSD and Substance Use Disorders Using Prolonged Exposure (COPE). Participated in a four-month Primary Care Mental Health Integration rotation, which involved conducting functional intake assessments, leading an ACT for chronic pain group for female Veterans, leading a weight-management group, and administering brief evidence-based psychotherapies such as CBT for insomnia, image rehearsal therapy, and CBT for anxiety and depression. Participated in a year-long trauma rotation, which involved administering the Clinician-Administered PTSD Scale for the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5; CAPS-5) assessment and providing individual prolonged exposure (PE) and cognitive processing therapy (CPT) to Veterans. Participated in a year-long couples rotation, which involved providing integrative behavioral couple therapy (IBCT) to couples. Participated in a year-long neuropsychology rotation, which involved administering neuropsychological batteries, scoring and writing reports, and administering feedback. Received approximately two hours of individual supervision and five hours of group supervision per week. Attended four hours of didactic seminars weekly.

Supervisors: Falguni Chauhan, Ph.D., Alexis Kulick, Ph.D., Melissa Lewis, Ph.D., Kaddy Revolorio, Psy.D., Sarah Duman-Serrano, Ph.D., and Shana Spangler, Psy.D.

9/20-5/21

**Practicum Student Therapist**

**Stanford Faculty Staff Help Center, Stanford, CA**

Provided short-term individual therapy to Stanford University faculty, staff, and their families. Used CBT, ACT, CPT, and dialectical behavioral therapy (DBT) approaches with a culturally diverse caseload of 15 clients who ranged widely in terms of socioeconomic status, age, race, and other cultural identities. Common concerns included: grief, trauma, job stress/burnout, depression, anxiety, relationship distress, interpersonal conflict, and eating

disorders. Received one-hour weekly supervision. Attended a two-hour weekly staff meeting that included didactic trainings and case presentations.  
Supervisor: Ximena Zurita, Ph.D.

1/20-5/21

**Practicum Student Therapist**  
**Computational Psychiatry, Neuroimaging, and Sleep Lab**  
**Department of Psychiatry and Behavioral Sciences**  
**Stanford University, School of Medicine, Stanford, CA**

Administered the Mini International Neuropsychiatric Interview (M.I.N.I.) and the Duke Structured Interview Schedule for DSM V to participants in a study investigating the effects of COVID-19 on sleep and examining whether CBT for insomnia, administered early in the course of sleep disturbance, can curb these sleep difficulties. Participants ranged widely in terms of SES, age, race, and other cultural identities. Attended weekly one-hour group supervision and one-hour participant eligibility meetings. Coordinated risk assessment follow ups. Administered the Sheehan-Suicidality Tracking Scale to at-risk study participants and conducted risk assessments. Also trained in administering the Montreal Cognitive Assessment and Clinical Dementia Rating Scale.

Supervisor: Raquel Osorno, Psy.D.

10/17-5/21

**Practicum Student Therapist**  
**Neurobehavioral Clinic and Virtual Reality-Immersive Technology Clinic**  
**Department of Psychiatry and Behavioral Sciences**  
**Stanford University, School of Medicine, Stanford, CA**

Provided individual DBT (in-person and telehealth) for adult and older adult patients with functional neurological disorder (FND) under live supervision. Conducted intake evaluations and wrote intake reports for individuals diagnosed with FND. Attended weekly 60–90-minute individual supervision. Co-led weekly DBT group for patients with FND (in-person and telehealth), including Stanford’s first weekly DBT group for patients with FND using telehealth. Shadowed a neuropsychiatry fellow performing neurobehavioral consults of patients with a potential FND diagnosis.

Supervisor: Kim Bullock, M.D.

5/20-6/20

**Practicum Student Therapist**  
**Well Connect**  
**Department of Psychiatry and Behavioral Sciences**  
**Stanford University, School of Medicine, Stanford, CA**

Co-led Connect & Recharge groups to support individuals in quarantine and those healthcare workers on the front lines treating patients with COVID-19. Group sessions were based on Psychological First Aid (PFA)/Skills for Psychological Recovery (SPR). Attended biweekly one-hour group supervision. Member of Stanford Wellness acute trauma reserve corps.

Supervisor: Ryan Matlow, Ph.D.

7/19-6/20

**Practicum Student Therapist**  
**General Psychiatric Outpatient Service**  
**San Francisco VA Health Care System, San Francisco, CA**

Received specialized training and clinical supervision in the provision of evidence-based care via telemental health. Provided individual manualized and unmanualized CBT and ACT (in-person and telehealth) to Veterans with relationship distress, emotion dysregulation, and mood, anxiety, posttraumatic stress, psychotic, substance use, and personality disorders. Used manuals such as CBT for Depression, ACT for Depression, and Imagery Rehearsal Therapy. Co-led weekly Life Skills group, which encompassed skills from ACT, DBT, and CBT, for veterans with varying diagnoses, utilizing VA Video Connect. Co-led two weekly CBT groups for Veterans focused on major depressive disorder and anxiety disorders, respectively. Received 90-minutes of individual supervision with video/audio review and one-hour of group supervision weekly. Attended two hours of weekly didactic training on topics including the use of the Cognitive Therapy Rating Scale (CTRS), CBT for insomnia, Social Skills Training for serious mental illness (SMI), CBT for psychosis, CBT for chronic pain, DBT, ACT, and CBT for substance use disorders.

Supervisors: John McQuaid, Ph.D. and Nehjla Mashal, Ph.D.

6/18-6/19

**Practicum Student Therapist**

**The Gronowski Center, Los Altos, CA**

Provided psychotherapy to culturally diverse individuals, couples, and a family, in a low-fee, community-based psychology training clinic. Used a combination of CBT, DBT, ACT, and psychodynamic techniques, as appropriate, to inform treatment based on the client's conceptualization and presentation. Common presenting diagnoses included relationship distress, ADHD, mood disorders, anxiety disorders, personality disorders, sexual trauma, and psychotic disorders. Conducted intake sessions, administered neuropsychological assessments, wrote integrative reports, provided diagnoses, and created treatment plans. Attended weekly one-hour individual supervision with video review as well as a two-hour group supervision. Created case presentations for group supervision. Attended 40 hours of clinical didactic training.

Supervisor: Nancy Haug, Ph.D.

2/13-8/14

**Clinical Intern**

**Anxiety Disorders Clinic for Children and Adolescents**

**Tulane University, New Orleans, LA**

Administered phone screenings to evaluate potential patients and provided customer service to patrons entering the facility.

Supervisor: Roberto E. Varela, Ph.D.

2/13-5/14

**Clinical Research Intern**

**The Autism Center at Children's Hospital, New Orleans, LA**

Co-led group workshops for adolescents diagnosed with autism spectrum disorder (ASD). Played with and supervised children diagnosed with ASD.

Supervisor: Roberto E. Varela, Ph.D.

## RESEARCH EXPERIENCE

6/4/24-Present

### **Research Consultant**

**Texas A&M Telehealth Institute**, College Station, TX

Provide consultation on how to apply virtual reality (VR) therapy to the Texas wildland firefighter population. Consultation includes working with the Texas A&M Institutional Review Board (IRB), creating and developing study research methods, determining which VR headsets to use and working with VR companies to procure headsets, determining the study population, determining the outcome measures and appropriate screening tools, attending weekly team meetings, assisting with study recruitment, conducting random assignment, training behavioral health trainees on how to administer a brief behavioral activation (BA) treatment protocol with and without VR, advising trainees on adverse events, reviewing and interpreting data, analyzing results, and assisting with writing an NIH R01 grant. Attended a grant proposal workshop in Austin, TX and presented a winning NIH proposal. Designed a two-arm randomized controlled trial (RCT) to explore the efficacy of using a VR device to simulate BA.

8/23-Present

### **Associate Editor**

***Journal of Medical Extended Reality (JM XR)***

Review submitted articles related to mental health and extended reality. Invite reviewers, review comments and decisions, and make editorial decisions. Attend monthly editorial board meetings.

9/22-8/23

### **Clinical Psychology Postdoctoral Fellow**

**Department of Psychiatry and Behavioral Sciences**

**Stanford University, School of Medicine**, Stanford, CA

Designed a feasibility study and two-arm randomized controlled trial (RCT) to assess the feasibility, acceptability, and tolerability of an immersive virtual reality (VR) behavioral activation (BA) treatment for adults diagnosed with major depressive disorder (MDD). Explored the efficacy of using an immersive VR headset to engage in simulated BA compared to traditional BA treatment, as measured by the Patient Health Questionnaire (PHQ-9). Obtained Stanford Institutional Review Board (IRB) approval. Registered the study on Clinicaltrials.gov. Worked with international and national app developers to create a BA mobile application. Worked with Stanford contracts and procurement to create a contract to use with the developers. Registered the mobile app in the app store. Recruited study participants. Administered the Mini International Neuropsychiatric Interview, PHQ-8, and demographic questionnaire to determine study eligibility. Randomized participants into one of two study arms. Conducted a four-session individual BA protocol for participants diagnosed with MDD. Analyzed qualitative and quantitative data. Participated in at least one hour of weekly supervision and one hour of team research and development meetings.

Supervisor: Kim Bullock, M.D.

7/19-5/21

### **Dissertation in Clinical Psychology**

**PGSP-Stanford Psy. D. Consortium**, Palo Alto, CA

Title: “Virtual Reality Behavioral Activation: An Intervention for Major Depressive Disorder”

Designed a feasibility study and three-arm pilot randomized controlled trial (RCT) to examine the feasibility, acceptability, and tolerability of using VR as a method of delivering behavioral activation (BA) for adults diagnosed with major depressive disorder (MDD) during a global pandemic. It also explored the degree of clinical efficacy of using VR to engage in BA compared to (1) a BA treatment as usual and (2) a non-treatment control group for individuals diagnosed with MDD. This study is of importance because there is a dearth of research examining the effects of using VR on people with MDD and no research to date on the use of VR as a method of administering BA therapy for people diagnosed with MDD. Further, if VR is a feasible method of delivering BA and leads to symptom reduction, it could provide relief for many people who would otherwise not receive the proper care. Obtained Stanford Institutional Review Board (IRB) approval.

Registered the study on Clinicaltrials.gov. Worked with Limbix, a local VR company, to utilize their VR headsets for the study. Curated 360-degree video content to download onto the VR headsets. Recruited study participants. Administered the Mini International Neuropsychiatric Interview, Patient Health Questionnaire-8, and demographic questionnaire to determine study eligibility. Randomized participants into one of three study arms using a concealed envelope method. Conducted a four-session individual BA protocol for participants diagnosed with MDD in the VR and BA treatment as usual arms. Analyzed qualitative and quantitative data. Wrote and defended dissertation.

Committee: Kim Bullock, M.D. and Nancy Haug, Ph.D.

Status: Successfully defended on May 7, 2021

4/18-5/21

**Research Assistant**

**Virtual Reality-Immersive Technology Clinic**

**Department of Psychiatry and Behavioral Sciences**

**Stanford University, School of Medicine, Palo Alto, CA**

Assisted with the analysis and writing of a case report of an embodied virtual reality mirror visual feedback for an adult with cerebral palsy. Assisted with advertising for recruitment for VR Therapy for FND study. Helped organize VR consortium meetings.

Supervisor: Kim Bullock, M.D.

2/13-8/14

**Undergraduate Psychology Honors Thesis**

**Tulane University, New Orleans, LA**

Title: “Family history of an autism spectrum disorder (ASD), neonatal risk, and parental age in predicting ASD diagnosis”

Analyzed whether birth complications, advanced parental age, and genetic risk increased a child’s likelihood of developing an ASD either alone or interacting together. Organized and inputted data into SPSS from intake forms. Wrote and defended an honors thesis.

Supervisor: Roberto E. Varela, Ph.D.

9/12-12/12

**Research Assistant**

**Department of Psychology**

**Tulane University**, New Orleans, LA  
Independently observed and recorded activity of rats in a Radial Arm Maze.  
Sliced and stained rat brains.  
Supervisor: Jill Daniel, Ph.D.

6/12-8/12

**Research Assistant**  
**Neuroimaging Center**  
**McLean Hospital, Harvard Medical School Affiliate**, Belmont, MA  
Independently created spreadsheets and worked in Excel and SPSS  
organizing, inputting, and analyzing data.  
Supervisor: Jennifer Sneider, Ph.D.

## PUBLICATIONS

**Paul, M.**, Bullock, K., Bailenson, J., & Burns, D. (2024). Examining the Efficacy of Extended Reality-Enhanced Behavioral Activation for Adults with Major Depressive Disorder: A Randomized Controlled Trial. *JMIR Ment Health*, 11:e52326. doi: 10.2196/52326.

Spiegel, B. M. R., Rizzo, A., Persky, S., Liran, O., Wiederhold, B., Woods, S., Donovan, K., Sarkar, K., Xiang, H., Joo, S., Jotwani, R., Lang, M., **Paul, M.**, Senter-Zapata, M., Widmeier, K., & Zhang, H. (2024). What Is Medical Extended Reality? A Taxonomy Defining the Current Breadth and Depth of an Evolving Field. *Journal of Medical Extended Reality*, 1(1), 4–12. <https://doi.org/10.1089/jmxr.2023.0012>

**Paul, M.**, Bullock, K., & Bailenson, J. (2022). Virtual Reality Behavioral Activation for Adults With Major Depressive Disorder: Feasibility Randomized Controlled Trial. *JMIR Ment Health*, 9(5):e35526. doi: [10.2196/35526](https://doi.org/10.2196/35526)

Hill, K.R, Haug, N.A, **Paul, M.D.** (invited book chapter; 2022). Professionalism. In Gordon Asmundson (Ed.). *Comprehensive Clinical Psychology, 2nd Edition (Volume 2: Professional Issues, pp 207-217)*. Nadine Kaslow and Allison Ponce (Eds.). Elsevier Ltd. ISBN: 978-0-12-822232-4

Bullock, K., Stevenson Won, A., Bailenson, J., Muccini, J., **Paul, M.D.**, & Bronte Stewart, H. (2021). Embodied Virtual Reality Mirror Visual Feedback for an Adult with Cerebral Palsy. *American Journal of Psychiatry and Neuroscience*. Vol. 9, No. 2, 2021, pp. 59-67. doi: 10.11648/j.ajpn.20210902.16

**Paul, M.D.**, Bullock, K., & Bailenson, J. (2020). Virtual Reality Behavioral Activation as an Intervention for Major Depressive Disorder: Case Report. *JMIR Ment Health*, 7(11):e24331. doi:10.2196/24331

Sneider, J.T., Cohen-Gilbert, J.E., Crowley, D.J., **Paul, M.D.**, & Silveri, M.M. (2013). Differential Effects of Binge Drinking on Learning and Memory in Emerging Adults. *Journal of Addiction Research and Therapy*, S7:1-6. doi:10.4172/2155-6105.S7-006

## PRESENTATIONS/ SPEAKING ENGAGEMENTS

- Paul, M.** (2024, September). *Using Virtual Reality to Treat Depression. Texas A&M.* Invited to be a guest speaker and presented applications of VR in mental health for depression to a capstone class on wildfires and health looking into both physical and mental health of firefighters in Texas. College Station, Texas. (virtual).
- Paul, M.** (2024, March). *Enhancing Depression Treatment with Virtual Reality: Diving Into Hardware And Software Considerations. Virtual Medicine Conference (vMed24)* at Cedars-Sinai Medical Center. Invited to be a speaker and presented VR for depression research. Los Angeles, CA. <https://www.youtube.com/watch?v=L7h7bS34XQk>
- Paul, M.** (2023, December). *Virtual Reality Technology, AI, and Biosensing - Converging to Transform Mental Healthcare. MedVR: Medical Extended Reality (XR) Bootcamp and Accelerator.* Invited to moderate talk on how VR, artificial intelligence (AI), and Biosensing Technologies are converging and elaborates on how this will impact behavioral medicine and mental healthcare. Virtual. <https://medvr.io/online-talks/vr-ai-biosensing-technology>
- Paul, M.** (2023, December). *Augmented Reality for the treatment of Post Stroke Spatial Neglect. MedVR: Medical Extended Reality (XR) Bootcamp and Accelerator.* Invited to moderate a talk on using augmented reality (AR) for treating patients experiencing spatial neglect after a stroke. Virtual. <https://medvr.io/online-talks/ar-spatial-neglect>
- Paul, M.** (2023, October). *Professional Development: Doctoral Degrees in Psychology.* Invited to be a guest speaker and present and answer questions about my career trajectory as a clinical psychologist. This presentation was recorded and will be shown to upcoming classes. Menlo College. Atherton, CA.
- Paul, M.** (2023, August). *Burnout. Graduate Medical Education (GME) Program Coordinators (PC) Retreat.* Invited to be a co-speaker and present research on burnout related to GME PCs and teach CBT skills to help decrease levels of burnout. Stanford University. Stanford, CA.
- Paul, M.** (2023, July). *Virtual Reality Behavioral Activation as an Intervention for Adults with Major Depressive Disorder: Methods and Ongoing Research Findings. CYPsy26: 26th Annual Cyberpsychology, Cybertherapy and Social Networking Conference* jointly organized by University Paris Cité Biomedical Department and in collaboration with the Interactive Media Institute. Invited to be a speaker and present VR for depression research. Paris, France.
- Paul, M.** (2023, April). *Virtual Reality Behavioral Activation: An Intervention for Major Depressive Disorder. Anxiety and Depression Association of America (ADAA): Anxiety and Depression Conference.* Invited to be a speaker and presented VR for depression research. Washington, D.C.
- Paul, M.** (2023, March). *VR Behavioral Activation for Major Depression. Virtual Medicine Conference (vMed23)* at Cedars-Sinai Medical Center. Invited to be a speaker and presented VR for depression research. Los Angeles, CA. <https://www.youtube.com/watch?v=C6Jtg6uwLXI>; <https://www.youtube.com/watch?v=o8k7Jh-z1sw>
- Paul, M.** (2023, March). *Using Virtual Reality in Therapy for Depression. International Virtual*

*Healthcare Association (IVRHA)* in partnership with University of Pennsylvania School of Medicine: 7th Annual Virtual Reality and Healthcare Global Symposium. Invited to be a speaker and presented VR for depression research. Philadelphia, PA

**Paul, M.** (2023, February). *Immersive VR for Treating Deficits with Social Interactions*. *MedVR: Medical Extended Reality (XR) Bootcamp and Accelerator*. Invited to moderate talk on using VR for treating deficits in social interactions. Virtual.

<https://medvr.io/online-talks/upcoming/deficit-social-interactions>

**Paul, M.** (2023, January). *Treating Major Depressive Disorder Through VR*. *Psychiatry XR*. Interviewed for podcast and discussed treating major depressive disorder through VR. Virtual. <https://www.psychiatryxr.com/margot-p>

**Paul, M.** (2022, November). *Using Virtual Reality in Therapy*. *International Institute of Information Technology*. Invited to be a guest speaker and presented applications of VR in mental health to computer science and electronic engineering students enrolled in an Application of Augmented Reality (AR)/VR course. Hyderabad, India (virtual).

**Paul, M.** (2022, May). *Exploring the Use of Virtual Reality as an Intervention for Major Depressive Disorder*. *Stanford Psychiatry Grand Rounds*. Invited to be a speaker and presented dissertation research at Stanford School of Medicine, Department of Psychiatry & Behavioral Sciences' Grand Rounds, Stanford, CA (virtual due to COVID).

**Paul, M.** (2021, September). *Will Medical XR Make Psychotherapists Unemployed? Exploring the Use of Virtual Reality as an Intervention for Major Depressive Disorder*. *Shift Medical 2021: Virtual Medical XR Congress and Expo*. Invited to be a speaker and presented dissertation research at Europe's largest medical XR congress and expo. Germany (virtual due to COVID).

Bullock, K. & **Paul, M.** (2018, October). *Virtual Reality in the Treatment of Functional Neurological Disorder*. Facilitated the VR break-out/ workshop session at the 4<sup>th</sup> Annual *Innovations in Psychiatry and Behavioral Health: Adult Disorders, Technology, and Provider Wellbeing*. Stanford School of Medicine. Stanford, CA.

Bullock, K. & **Paul, M.** (2018, August). *CNR-X Clinical Neuroscience & Research Experience for VR*. Facilitated interactive workshop using Psious (VR platform for psychology and mental health) for international Chinese high school students at Stanford School of Medicine, Department of Psychiatry & Behavioral Sciences, Stanford, CA.

## MEDIA COVERAGE

**Paul, M.,** Bullock, K., Bailenson, J., & Burns, D. (2024). Examining the Efficacy of Extended Reality-Enhanced Behavioral Activation for Adults with Major Depressive Disorder: A Randomized Controlled Trial. *JMIR Ment Health*, 11:e52326. doi: 10.2196/52326. Discussed VR study with John Torous, MD, MBI, Cofounder, Society of Digital Psychiatry as the moderator in *JMIR's* podcast. (2024, July).

[https://www.youtube.com/watch?v=Ahvel\\_5effY&t=2083s](https://www.youtube.com/watch?v=Ahvel_5effY&t=2083s)

**Paul, M.,** Bullock, K., Bailenson, J., & Burns, D. (2024). Examining the Efficacy of

Extended Reality-Enhanced Behavioral Activation for Adults with Major Depressive Disorder: A Randomized Controlled Trial. *JMIR Ment Health*, 11:e52326. doi: 10.2196/52326. Study covered in *PsyPost*. (2024, July). <https://www.psypost.org/virtual-reality-emerges-as-a-promising-tool-in-depression-treatment/>

**Paul, M.**, Bullock, K., Bailenson, J., & Burns, D. (2024). Examining the Efficacy of Extended Reality-Enhanced Behavioral Activation for Adults with Major Depressive Disorder: A Randomized Controlled Trial. *JMIR Ment Health*, 11:e52326. doi: 10.2196/52326. Study covered in *NeuroscienceNews.com*. (2024, May). <https://neurosciencenews.com/depression-virtual-reality-26044/>

**Paul, M.**, Bullock, K., Bailenson, J., & Burns, D. (2024). Examining the Efficacy of Extended Reality-Enhanced Behavioral Activation for Adults with Major Depressive Disorder: A Randomized Controlled Trial. *JMIR Ment Health*, 11:e52326. doi: 10.2196/52326. Study covered in *Newswise*. (2024, May). <https://www.newswise.com/articles/beyond-therapy-virtual-reality-shows-promise-in-fighting-depression>

**Paul, M.** (2024, April). *Radio France*, "C'est ma santé." Interviewed by Géraldine Zamansky, a journalist in France, to discuss published research findings. [https://www.francetvinfo.fr/replay-radio/c-est-ma-sante/la-realite-virtuelle-aussi-efficace-que-des-activites-reelles-contre-la-depression\\_6469292.html](https://www.francetvinfo.fr/replay-radio/c-est-ma-sante/la-realite-virtuelle-aussi-efficace-que-des-activites-reelles-contre-la-depression_6469292.html)

**Paul, M.** (2024, April). *KCBS Radio*. Interviewed by Mary Hughes to discuss published research findings. <https://omny.fm/shows/kcbsam-on-demand/depression-can-be-allayed-by-fun-things-real-or-vi>

Bullock, K. & **Paul, M.** (2024, April). *Stanford Medicine: SCOPE*. Interviewed by Sarah C.P. Williams to discuss published research findings. <https://scopeblog.stanford.edu/2024/04/11/depression-virtual-reality-vr-headset/>

## TEACHING EXPERIENCE

Fall 2020

### **Graduate Teaching Assistant**

**PGSP-Stanford Psy.D. Consortium**, Palo Alto, CA

***Ethc 703: Clinical Emergencies & Crises***

Professor: Charles DeBattista, M.D.

Designed course content and syllabus with instructor, prepared online portal and class materials, led exam review sessions, evaluated student performance on exams, and coordinated guest speakers.

### **Teaching Assistant**

**Tulane University**, New Orleans, LA

Spring 2015

***PSYC-3430: Social Psychology***

Professor: Carrie Wyland, Ph.D.

Proctored and graded examinations. Held office hours and answered student questions. Led class in professor's absence.

Fall 2014

***PSYC-3330: Abnormal Psychology***

Professor: Constance Patterson, Ph.D.

Proctored and graded examinations. Held office hours and answered student questions. Mentored students and answered their questions about psychology or attending graduate school.

**PROFESSIONAL TRAININGS**

6/4/24-6/6/24

**Telehealth Institute Grant Workshop** (18 hours)

Texas A&M, Round Rock, Texas

Executive Director: Carly McCord

6/15/23

**Spousal Abuse Assessment and Reporting** (15 online contact hours)

CEforLess

Director, Ce4Less.com, LLC: William A. Cook, Ph.D.

6/8/23

**Aging and Long-Term Care** (10 online contact hours)

CEforLess

Director, Ce4Less.com, LLC: William A. Cook, Ph.D.

5/21/23

**Child Abuse Assessment and Reporting in California** (7 online contact hours)

CEforLess

Director, Ce4Less.com, LLC: William A. Cook, Ph.D.

5/17/23

**Fertility and Sexual Health Interviews** (3 online contact hours)

CEforLess

Director, Ce4Less.com, LLC: William A. Cook, Ph.D.

5/17/23

**Human Sexuality: Across the Lifespan** (3 online contact hours)

CEforLess

Director, Ce4Less.com, LLC: William A. Cook, Ph.D.

5/17/23

**Sexuality in Context and Sexually Transmitted Infections** (3 online contact hours)

CEforLess

Director, Ce4Less.com, LLC: William A. Cook, Ph.D.

5/17/23

**Topics in Human Sexuality: Sexual Disorders and Sex Therapy** (1 online contact hour)

CEforLess

Director, Ce4Less.com, LLC: William A. Cook, Ph.D.

8/1/21-7/29/22

**Suicide Risk Assessment and Intervention** (minimum of 6 hours of training)

VA Greater Los Angeles Healthcare System, Sepulveda Ambulatory Care Center, North Hills, CA

Director: Alexis Kulick, Ph.D., ABPP

- 4/19/20                   **Psychological First Aid Online** (6-hour training)  
The National Child Traumatic Stress Network (NCTSN)  
Program Administrator: Jennifer Wood Maze, Ph.D.
- 2/9/20                     **Brief Training & Reliability Protocol for the Clinical Dementia Rating (CDR)** (online 8-hour training)  
Washington University School of Medicine, Knight Alzheimer’s Disease Research Center, Memory & Aging Project  
Director: John C. Morris, M.D.
- 5/18/18                   **Time-Limited Dynamic Psychotherapy** (6-hour workshop)  
Palo Alto University, Palo Alto, CA  
Facilitator: Jonathan Peretz, Psy.D.

## VOLUNTEER EXPERIENCE

- 8/11-5/12               **Sexual Aggression Peer Hotline (SAPHE)**  
**Tulane University**, New Orleans, LA  
Attended a 36-hour training to effectively listen to and assist callers. Worked 24-hour shifts on the hotline responding to and empathically listening to in-need callers.
- 9/12-12/12             **Volunteer Tutor**  
**Sophie B. Wright Charter School**, New Orleans, LA  
Tutored 7<sup>th</sup> grader in literature and 11<sup>th</sup> grader in math. Planned appropriate teaching techniques to fit students’ learning styles.
- 10/10-5/11             **Samuel J. Green Charter School**, New Orleans, LA  
Tutored 6<sup>th</sup> grader in math. Planned appropriate teaching techniques to fit student’s learning style.

## REFERENCES

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Psychiatry & Behavioral Sciences  
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