

## Curriculum Vita

**Aubrey M. Toole, Ph.D.**

### PERSONAL INFORMATION

Contact: Department of Psychiatry and Behavioral Sciences  
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### EDUCATION

Sept 2018-Aug 2019 **Stanford University School of Medicine**, Stanford, CA  
Postdoctoral Fellow in Psychology  
Department of Psychiatry and Behavioral Sciences

Aug 2013-Aug 2018 **Emory University**, Atlanta, GA  
APA and PCSAS Accredited Program  
Ph.D. in Clinical Psychology

Aug 2016-Aug 2018 **Emory University School of Medicine**, Atlanta, GA  
APA Accredited Internship  
Predoctoral Intern in Clinical Psychology

Aug 2013-May 2015 **Emory University**, Atlanta, GA  
APA Accredited Program  
M.A. in Clinical Psychology

Aug 2008-May 2012 **University of California at Berkeley**, Berkeley, CA  
B.A. in Psychology with Highest Honors

### CLINICAL AND RELATED WORK EXPERIENCE

2019-present **Clinical Instructor**, Department of Psychiatry and Behavioral Sciences, Stanford University School of Medicine, Stanford, CA  
Provides outpatient evidence-based psychotherapy to adults and Stanford student athletes with eating, mood, and anxiety disorders

- 2019-present      **Clinical Psychologist**, Peninsula Behavioral Health, Palo Alto, CA  
Provides evidence-based psychotherapy to adolescents, families, and adults with a range of diagnoses within a group private practice setting
- 2018-2019      **Postdoctoral Fellow in Clinical Psychology**  
Department of Psychiatry and Behavioral Sciences Stanford University School of Medicine, Stanford, CA  
Rotations in eating disorders, athlete mental health and performance, and couples/family therapy
- 2016-2018      **Pre-Doctoral Psychology Intern**, Emory University School of Medicine, Atlanta, GA  
Assessment and psychotherapy for children, adolescents, and young adults with a range of diagnoses
- 2015-2016      **Practicum**, Grady Adult Outpatient Clinic, Atlanta, GA  
Diagnostic assessment and psychotherapy for low-income racial and ethnic minority patients with serious mental illness
- 2015-2016      **Co-Facilitator, Mindful Eating Group**, Emory University Counseling Center/Psychological Center, Atlanta, GA
- 2014-2016      **Practicum**, Emory University Psychological Center, Atlanta, GA  
Psychoeducational assessment and psychotherapy for patients with a range of diagnoses
- 2014      **Summer Practicum**, Ridgeview Institute Women's Inpatient Unit, Smyrna, GA  
Facilitated and observed DBT and meal-process groups for women with eating disorders, PTSD, and/or substance use disorders
- 2012-2013      **Clinic Coordinator**, Koegel Autism Center, University of California, Santa Barbara, Santa Barbara, CA
- 2012-2013      **Program Supervisor**, Koegel Autism Consultants, Santa Barbara, CA  
Provided behavioral treatment for a college student with autism spectrum disorder and coordinated/supervised peer buddies
- 2012      **Clinician**, Koegel Autism Consultants, San Francisco Bay Area, CA  
Administered Pivotal Response Treatment (PRT) to children with autism spectrum disorders

## **SUPERVISION**

- July-Dec 2019 **Supervisor**, Palo Alto VA Mental Health Clinic, Menlo Park Division, Menlo Park, CA  
Provided individual and group supervision to first year doctoral students completing their first psychotherapy rotation. Co-facilitated weekly didactics seminars and intake review meetings.
- 2018-2019 **Student Supervisor**, Palo Alto VA Mental Health Clinic, Menlo Park Division, Menlo Park, CA  
Supervised first year doctoral students providing psychotherapy for VA clients. Received supervision of supervision.

## **TEACHING**

- Fall 2019 **Instructor**, PGSP-Stanford PsyD Consortium, Stanford, CA  
Advanced Practicum Forum, Graduate Course
- Spring 2015 **Teaching Assistant**, Emory University, Atlanta, GA  
Research Methods in Psychology, Undergraduate Course
- Spring 2015 **Teaching Assistant**, Emory University, Atlanta, GA  
Introduction to Psychology, Undergraduate Course
- Spring 2015 **Teaching Assistant**, Emory University, Atlanta, GA  
Assessment: Personality & Psychopathology Practicum, Graduate Course
- Fall 2014 **Teaching Assistant/Discussion Section Leader**, Emory University, Atlanta, GA  
Theories of Personality, Undergraduate Course

## **PROFESSIONAL ORGANIZATIONS**

Association for Behavior and Cognitive Therapies (ABCT)

## **PUBLICATIONS**

**Toole, A. M.**, LoParo, D., & Craighead, L. W. (2021). Self-Compassion and Dissonance-Based Interventions for Body Image Distress in Young Adult Women. Manuscript submitted for publication.

**Toole, A. M., & Craighead, L. W. (2016).** Brief self-compassion meditation training for body image distress in young adult women. *Body Image, 19*, 104-112.  
<http://dx.doi.org/10.1016/j.bodyim.2016.09.001>

Breines, J. G., **Toole, A. M.**, Tu, C., & Chen, S. (2013). Self-compassion, body image, and self-reported disordered eating. *Self and Identity, 13*(4), 432–448.

## **PRESENTATIONS**

**Toole, A. M. & Craighead, L. W. (2018, May).** Accepting vs. challenging: Comparing a self-compassion intervention to a dissonance-based intervention for body image distress. Paper (preliminary results) presented at Emory University Clinical Psychology Department Research Day, Atlanta, Georgia.

**Toole, A. M. & Craighead, L. W. (2017, November).** Accepting vs. challenging: Comparing the acceptability of a novel self-compassion intervention to a dissonance-based intervention for body image distress. Poster presented at the ABCT 51<sup>st</sup> Annual Convention, San Diego, California.

**Toole, A. M. & Craighead, L. W. (2016, April).** Effects of brief self-compassion meditation training on self-compassion, self-criticism, and body image distress. Poster presented at Emory University Clinical Psychology Department Research Day, Atlanta, Georgia.

**Toole, A. M., Brown, A. P., & Craighead, L. W. (2015, June).** Effects of brief self-compassion meditation training on body image distress in young adult females: A pilot study (complete data set). Poster presented at Mindfulness and Compassion: The Art and Science of Contemplative Practice, San Francisco, California.

**Toole, A. M., Brown, A. P., & Craighead, L. W. (2015, April).** Effects of brief self-compassion meditation training on body image distress in young adult females: A pilot study (complete data set). Paper presented at the Emory University Clinical Psychology Department Research Day, Atlanta, Georgia.

**Toole, A. M., Brown, A. P., & Craighead, L. W. (2014, November).** The effects of brief self-compassion meditation training for body image and eating concerns: A pilot study (preliminary data). Poster presented at the Science of Compassion Conference, San Francisco, California.

**Toole, A. M., Breines, J. G., & Chen, S. (2012, May).** Beyond body satisfaction: Does self-compassion promote a healthier body image? Paper presented at the Stanford University Undergraduate Psychology Conference, Stanford, California.

**Toole, A. M.,** Breines, J. G., & Chen, S. (2012, April). Beyond body satisfaction: Does self-compassion promote a healthier body image? Poster presented at the UC Berkeley Interdisciplinary Research Conference, Berkeley, California.

## **RESEARCH EXPERIENCE**

- 2019-2020 **Study Therapist**, Stanford University School of Medicine, Palo Alto, CA  
Virtual Reality-Based Cue Exposure Therapy for Binge Eating  
Investigators: Cristin Runfola, Ph.D., Debra Safer, M.D., Sarah Adler, Psy.D., Giuseppe Riva, Ph.D.
- 2016-2018 **Dissertation Research**, Emory University, Atlanta, GA  
Title: *Accepting vs. Challenging: Comparing a Self-Compassion Intervention to a Dissonance-Based Intervention for Body Image Distress*  
Advisor: Linda W. Craighead, Ph.D.
- 2015-2016 **Qualifying Examination Research**, Emory University, Atlanta, GA  
Title: *A Role for Compassion in the Treatment of Body Image Distress*
- 2014-2015 **Master's Thesis Research**, Emory University, Atlanta, GA  
Title: *Effects of brief self-compassion meditation training on body image distress in young adult females: A pilot study.*  
Advisor: Dr. Linda W. Craighead, Ph.D.
- 2011-2012 **Honors Thesis**, University of California, Berkeley  
Title: *Beyond body satisfaction: Does self-compassion promote a healthier body image?*  
Advisors: Dr. Juliana Breines, Ph.D. and Dr. Serena Chen, Ph.D.
- 2012 **Research Assistant**, San Francisco State University and University of California, Berkeley  
*Integrated Play Groups Project*, PI: Dr. Pamela Wolfberg, Ph.D.
- 2011 **Research Assistant**, University of California, San Francisco  
*STAR Tobacco Study*, PI: Dr. Judith Prochaska, Ph.D.
- 2011 **Research Assistant**, University of California, Berkeley  
*Self, Identity and Relationships Laboratory*, Advisor: Dr. Serena Chen, Ph.D.

## **AWARDS AND HONORS**

- 2018 McLeod Award for Research in College Student Mental Health  
Emory University

- 2017 Professional Development Support Funds (dissertation research)  
Emory University
- 2017 Professional Development Support Funds (travel award)  
Emory University
- 2017 Heilbrun (published paper) Award  
Emory University
- 2016 McLeod Award for Research in College Student Mental Health  
Emory University
- 2014 Professional Development Support Funds (travel award)  
Emory University
- 2014 Professional Development Support Funds (travel award)  
Emory University
- 2012 High Distinction in General Scholarship at Graduation  
UC Berkeley
- 2012 Psychology Departmental Citation  
UC Berkeley
- 2012 Psychology Honors Program, Highest Honors  
UC Berkeley
- 2012 Phi Beta Kappa Distinction  
UC Berkeley
- 2011-2012 Katherine Craig Swan Undergraduate Research Award and Endowment in  
Psychology  
UC Berkeley
- 2009-2012 Honors  
UC Berkeley

**WORKSHOPS AND ADDITIONAL TRAINING**

- Feb 2021 The Intersection of Diet Culture, Eating Disorders and Racism  
Virgie Tovar, author/activist; Ashley Acle, LMFT/activist  
Online presentation

- Feb 2021    *UCLA Health Black Minds Matter Presentation*  
Curley Bonds, MD, Derek Novacek, PhD, Gail Wyatt, PhD  
Online panel discussion on mental health needs in the black community
- Fall 2020    *Acceptance and Commitment Therapy Intensive Online Course*  
Daniel Moran, PhD, BCBAD; Steven C. Hayes, PhD  
Online self-paced seminar
- Sept 2017    *Family-Based Treatment in Adolescents with Anorexia Nervosa*  
James Lock, MD, PhD  
Veritas/IADEP, Atlanta, GA
- July 2017    *A Competency-Based Approach to Clinical Supervision*  
Nadine Kaslow, Ph.D.; Marianne Celano, Ph.D.  
Emory University Psychological Center, Atlanta, GA
- June 2017    *Latinx Clients: Cultural, Linguistic, and Psychosocial Considerations in Psychological Services*  
Edward Delgado-Romero, PhD; Carissa Balderas, PhD  
Emory University Psychological Center, Atlanta, GA
- May 2017    *Psychotherapy in the Treatment of PTSD: Current State and Future Directions*  
Sheila A.M. Rauch, Ph.D.; Meghna Patel, Ph.D.; Seth Norrholm, Ph.D.  
Emory University School of Medicine / Grady Health System, Atlanta, GA
- March 2017    *Radically Open Dialectical Behavior Therapy (RO-DBT) Intensive Training*  
Thomas R. Lynch, Ph.D.  
May 2016 and March 2017, Columbus, Ohio
- Nov 2016    *Interpersonal Psychotherapy for Depressed Adolescents*  
Laura Mufson, Ph.D.  
Emory University Department of Psychology and School of Medicine, Atlanta, GA
- Sept 2016    *Ethics of Supervision: Challenges and Best Practices*  
Nadine Kaslow, Ph.D.  
Emory University School of Medicine / Grady Health System, Atlanta, GA
- May 2015    *The DSM-5 and Adult Disorders*  
Boadie W. Dunlop, MD  
Emory University School of Medicine / Grady Health System, Atlanta, GA
- 2015        *Cognitively-Based Compassion Training (CBCT) Foundation Course*  
Dr. Lobsang Tenzin Negi  
Emory University, Atlanta, GA

## **INSTRUCTIONAL DEVELOPMENT**

- 2014      **Teaching Practicum**, Emory University, Atlanta, GA  
Semester-long course in pedagogy
- 2014      **Teaching Assistant Training**, Emory University, Atlanta, GA  
Two-Day intensive workshop for teaching assistants

## **MENTORING IN RESEARCH**

- 2014-2018    **Research Mentor**, Emory University, Atlanta, GA  
Supervised and mentored 9 undergraduate research assistants in the HEWS lab  
and an honors student who received highest honors for her thesis

## **PROFESSIONAL AND PUBLIC SERVICE**

- Spring 2021    **Presenter**, Professional Development Seminar  
Presented on self-care practices for the Stanford psychology postdoctoral fellows  
Stanford School of Medicine Dept of Psychiatry and Behavioral Sciences
- Fall 2020      **Letter writer**, assisted PGSP-Stanford PsyD Consortium Director of Clinical  
Training with writing letters of recommendation for students applying for  
internship
- Fall 2019      **Grader**, read and graded PGSP-Stanford PsyD Consortium comprehensive  
exams
- Jan 2019      **Presenter**, Professional Development Seminar  
Presented on self-care practices for the Stanford psychology postdoctoral fellows  
Stanford School of Medicine Dept of Psychiatry and Behavioral Sciences
- Fall 2019      **Letter writer**, assisted PGSP-Stanford PsyD Consortium Director of Clinical  
Training with writing letters of recommendation for students applying for  
internship
- 2018          **Speaker**, Los Altos High School Wellness Event, Los Altos, CA  
Presented a talk about mindfulness and self-compassion to high school students
- 2017          **Ad Hoc Reviewer**, *Body Image: An International Journal of Research*
- 2016          **Ad Hoc Junior Reviewer**, *Clinical Psychology: Science and Practice*



- 2013 **Website Creator**, *Healthy Eating and Weight Support (HEWS) Lab*, Emory University, Atlanta, GA
- 2013 **Presenter**, Kappa Alpha Theta Sorority, Emory University, Atlanta, GA  
Facilitated presentation and discussion on compulsive exercise and disordered eating
- 2011-2012 **Intern and Workshop Leader**, About-Face, San Francisco, CA  
Led media-literacy workshops for girls and women in schools and community centers