Garret Glenn Zieve, Ph.D.

EDUCATION

University of California, Berkeley (Berkeley, CA)   *Aug 2016 – May 2023*

- Degrees: M.A. (earned Dec 2020), PhD (earned May 2023)
- Major: Psychology – Clinical Science
- Faculty advisor: Allison Harvey, PhD

University of Washington (Seattle, WA)   *June 2010 - June 2014*

- Degree: B.A.
- Majors: psychology with honors, comparative history of ideas

CLINICAL EXPERIENCE

Doctoral Intern   *July 2022 - July 2023*
Veterans Affairs Puget Sound Health Care System, Seattle WA

Responsibilities:

- Provided diagnostic assessment, prolonged exposure therapy, and cognitive processing therapy for PTSD
- Conducted neuropsychological assessments for traumatic brain injury
- Provided diagnostic assessment, motivational interviewing, and cognitive behavior therapy for substance use and co-occurring mood and anxiety disorders
- Conducted intakes and brief cognitive behavior therapy for mental health concerns on an inpatient medical rehabilitation unit (e.g., serving veterans with recent amputation or stroke)

Clinical Extern   *Aug 2020 - Aug 2021*
UCSF-UC Berkeley Schwab Dyslexia and Cognitive Diversity Center, Berkeley, CA

Responsibilities:

- Provided diagnostic interviews, neuropsychological assessments, and feedback sessions for adolescents and adults with attention-deficit/hyperactivity disorder and learning disorders
- Conducted phone screens and clinical intakes

Clinical Extern   *Aug 2019 - May 2020*
Oakland Cognitive Behavior Therapy Center, Oakland, CA

Responsibilities:

- Provided cognitive behavior therapy integrated with functional analytic psychotherapy for adults with mood and anxiety disorders, and obsessive compulsive disorder

Last Updated: *July 2023*

- Conducted clinical intakes

Clinical Intern   *Aug 2017 - May 2019*
Psychology Training Clinic, University of California, Berkeley, Berkeley, CA

Responsibilities:

- Provided cognitive behavior therapy for adults with mood, anxiety, and sleep disorders, and obsessive compulsive disorder
- Conducted phone screens and clinical intakes

TEACHING EXPERIENCE

Peer Supervisor   *Spring 2021*
Department of Psychology, University of California, Berkeley, Berkeley, CA

Course:

- *Intervention: Introduction to Clinical Methods* (Psychology 237H, graduate level). Professor: Dr. Nancy Liu.

Responsibilities:

- Conducted mock intake interviews with a trainee and provided peer supervision sessions that included feedback, goal setting, and role playing to enhance skills for areas identified as needing improvement

Graduate Student Teaching Assistant   *Fall 2019, Spring 2020, Fall 2020, Spring 2022*
Department of Psychology, University of California, Berkeley, Berkeley, CA

Courses:

- *Treating Mental Illness: Development, Evaluation, and Dissemination* (Psychology 135, undergraduate level). Spring 2020. Professor: Dr. Allison Harvey.
- *Research and Data Analysis in Psychology* (Psychology 101, undergraduate level). Fall 2019 and Fall 2020. Professor: Dr. Arman Catterson.

Responsibilities:

- Led weekly discussion sections and office hours, graded student assignments
- For Psychology 135, developed a novel final project for the course called the "Behavior Change Project," which involved students applying behavior change techniques learned in the course to modify a target behavior of their choice

Honors Student Thesis Advisor   *June 2018 - May 2020*
Golden Bear Sleep & Mood Research Clinic, Department of Psychology, University of California, Berkeley, Berkeley, CA

Responsibilities:

- Mentored an undergraduate student to design, analyze, and write an honors thesis examining the relationship between parent psychopathology and teen sleep health

RESEARCH EXPERIENCE

Research Assessor   *July 2020 - July 2022*
Golden Bear Sleep & Mood Research Clinic, Department of Psychology, University of California, Berkeley, Berkeley, CA

Project:

- *Implementing and Sustaining a Transdiagnostic Sleep and Circadian Treatment to Improve Severe Mental Illness Outcomes in Community Mental Health* (NIMH 1R01MH120147-01, PI: Allison Harvey, PhD)

Responsibilities:

- Conducted research assessments for sleep, substance use, suicide ideation, and mental health symptoms for adults with severe mental illness receiving sleep treatment in community mental health settings

Training and Supervision Lead   *April 2020 - Jan 2021*
Golden Bear Sleep & Mood Research Clinic, Department of Psychology, University of California, Berkeley, Berkeley, CA

Project:

- *Pilot Study to Adapt the Transdiagnostic Sleep and Circadian Treatment (TranS-C) for Middle Age and Older People* (PI: Allison Harvey, PhD)

Responsibilities:

- Developed and delivered training to study therapists in use of memory support techniques to promote patient memory for the content of therapy sessions
- Reviewed therapy session recordings for therapist use of memory support techniques and provided written feedback to therapists

Therapist, Supervisor, Data Lead, and Statistician *Aug 2016 - March 2021*
Golden Bear Sleep & Mood Research Clinic, Department of Psychology, University of California, Berkeley, Berkeley, CA

Project:

- *Improving Depression Outcome By Enhancing Memory For Cognitive Therapy* (NIMH 1R01MH108657-01A1, PI: Allison Harvey, PhD)

Responsibilities:

- Received training and supervision in cognitive therapy for depression and memory support techniques to promote patient memory for the content of therapy sessions
- Delivered cognitive therapy with memory support for adults with depression
- Rated recorded therapy sessions using the Cognitive Therapy Scale and provided written feedback to study therapists
- Chaired group supervision meetings with study therapists

- Conducted diagnostic study eligibility assessments
- Provided workshops on cognitive therapy for newly hired therapists
- Coordinated research assistants to reliably code open-ended text responses to study measures
- Assisted with finalizing the study dataset for statistical analysis using R
- Conducted planned statistical analyses as specified on clinicaltrials.gov, using multilevel modeling in R

Data Coordinator   *June 2015 - June 2016*
Behavioral Research & Therapy Clinics, Department of Psychology, University of Washington, Seattle, WA

Project:

- *Collaborative Adolescent Research on Emotions and Suicide* (NIMH R01MH090159-01A1, PIs: Marsha Linehan, PhD, Elizabeth McCauley, PhD, Joan Asarnow, PhD, Michele Berk, PhD)

Responsibilities:

- Trained and managed a team of volunteer research assistants in the data entry process
- Created data entry templates, progress tracking documents, and workflow documentation
- Utilized SPSS and SAS syntax to identify data entry errors
- Restructured the data entry team to create opportunities of advancement for high performing volunteers

Research Assistant   *Dec 2014 - June 2016*
Center for Child Health, Behavior, and Development, Seattle Children's Research Institute, Seattle, WA

Projects:

- *Delivering Patient-Centered Adolescent Preventive Care with Training and Technology* (PCORI, PI: Carolyn McCarty, PhD)
- *Improving Teen Care with HIT [Health Information Technology]* (NIH 1R01HS023383-01, PI: Carolyn McCarty, PhD)
- *Promoting Adolescent Health Through Personalized Feedback* (HRSA 6 R40MC26817-01-01, PI: Laura Richardson, MD, MPH)
- *Web-Supported Adolescent Motivational Enhancement to Reduce Alcohol Use* (NIAAA 1R21AA023050-01, PI: Carolyn McCarty, PhD)

Responsibilities:

- Assisted in development of qualitative interview guides
- Conducted qualitative interviews with teens and parents
- Assisted with multiple steps of thematic analysis, including transcript coding in Dedoose and the identification of themes in coded material
- For a large randomized-controlled trial, designed participant tracking system and created procedures manual

- Placed recruitment calls, conducted consent conferences, administered surveys
- Tracked participants using Excel, SPSS, and DatStat
- Conducted systematic literature searches using advanced syntax in Ovid and prepared summary charts to display search results

Research Coordinator   *May 2014 - June 2015*
Behavioral Research & Therapy Clinics, Department of Psychology, University of Washington, Seattle, WA

Project:

- *Computerized Trans-Diagnostic DBT Skills Training for Emotion Dysregulation* (NIH 1F31MH100757-01A1, PI: Anita Lungu, PhD)

Responsibilities:

- Co-trained and managed a team of volunteer research assistants to complete a trial of computerized DBT skills training
- Created online surveys and a comprehensive set of participant tracking databases
- Composed and maintained a study workflow manual
- Performed phone screens, monitored recruitment
- Conducted qualitative interviews with participants
- Performed initial data cleaning and analysis

Research Assistant   *Jan 2013 - May 2014*
Psychological Services and Training Center, Department of Psychology, University of Washington, Seattle, WA

Project:

- Owl Insights is a web-based platform that facilitates measurement-based care for mental health disorders, co-founded by Dr. Corey Fagan and Jon Hauser

Responsibilities:

- Reviewed best-practice guidelines and conducted literature reviews to identify evidence-based treatments for major psychological disorders
- Created summary HTML documents for the Owl Insights system

Research Assistant   *June 2012 - Dec 2013*
Tobacco and Health Behavior Science Research Group, Fred Hutchinson Cancer Research Center**,** Seattle, WA

Projects:

- *Telephone-Delivered Acceptance and Commitment Therapy Versus Cognitive Behavioral Therapy for Smoking Cessation* (NIDA R21DA030646, PI: Jonathan Bricker, PhD)
- *Partnering to Achieve Tobacco Free Health* (NCT01533974, PI: Jonathan Bricker, PhD)

Responsibilities:

- Coded recordings of telephone and group acceptance and commitment therapy sessions for adherence to the six dimensions of the acceptance and commitment therapy model
- Coordinated coding interpretations with colleagues, organized and entered data

OTHER RELEVANT EMPLOYMENT

Statistical Consultant   *Feb 2019 - July 2020*
Owl Insights, Inc, Seattle, WA

Responsibilities:

- Owl Insights is a web-based platform that facilitates measurement-based care for mental health disorders
- Provided statistical consultation to build a new feature into the Owl Insights platform that helps clinicians identify when patients have experienced clinically significant change
- Developed a webinar to train clinicians on the new feature

PEER-REVIEWED PUBLICATIONS

Sarfan, L. D., **Zieve, G. G.**, Gumport, N. B., Xiong, M., & Harvey, A. G. (in press). Optimizing outcomes, mechanisms, and recall of Cognitive Therapy for depression: Dose of constructive memory support strategies. *Behaviour Research and Therapy.*

Gumport, N. B., Gasperetti, C., **Zieve, G. G.**, Harvey, A. G. (in press). Therapist training in treating sleep problems: A survey study of clinical practice. *Journal of Clinical Psychology.*

Sarfan, L. D., **Zieve, G. G.**, Mujir, F., Gumport, N. B., Xiong, M., Harvey, A. G. (2023). Serial mediators of memory support strategies used with Cognitive Therapy for depression: Improving outcomes through patient adherence and treatment skills. *Behavior Therapy, 54,* 141-155.

Dong, L., **Zieve, G. G.**, Gumport, N. B., Armstrong, C. C., Alvarado-Martinez, C. G., Martinez, A., Howlett, S., Fine, E., Tran, M., McNamara, M., Weaver, C., Tuck, A. B., Hilmoe, H., Agnew, E., Fisher, K., Diaz, M., Lee, J. Y., Hollon, S. D., Notsu, H. (2022). A randomized controlled trial to evaluate cognitive therapy plus memory support versus cognitive therapy-as-usual for adults with major depressive disorder. *Behaviour Research and Therapy, 157,* 104167.

Zieve, G. G., Armstrong, C. A., Richardson, I. M., Garcia, S. B., & Harvey, A. G. (2022). Measuring memory for treatment using patient conceptualizations of clinical vignettes: A pilot psychometric study in the context of cognitive therapy for depression. *Cognitive Therapy and Research, 46,* 791–808*.*

Harvey, A. G., Callaway, C. A.**, Zieve, G. G.**, Gumport, N. B., & Armstrong, C. C. (2022) Applying the science of habit formation to evidence-based psychological treatment: Improving outcomes for mental illness. *Perspectives on Psychological Science, 17,* 572–589*.*

Sarfan, L. D., Hilmoe, H. E., Gumport, N. B., Gasperetti, C. E., **Zieve, G. G.**, & Harvey, A. G. (2021). Outcomes of Transdiagnostic Intervention for Sleep and Circadian Dysfunction (TranS-C) in a community setting: Unpacking comorbidity. *Behaviour Research and Therapy, 145,* 103948*.*

Gates, V, Hsiao, M, **Zieve, G. G.**, Courry, R, Persons, J. B. (2021). Relationship to CBT outcome and dropout of decision support tools of the written case formulation, list of treatment goals and plot of symptom scores. *Behaviour Research and Therapy*, *142*, 103874.

Gumport, N.B., **Zieve, G.G.**, Dong, L., & Harvey, A G. (2021). The development and validation of the Memory Support Treatment Provider Checklist. *Behavior Therapy*, *52*(4), 932-944.

Zieve, G. G., Woodworth, C., Harvey, A. G. (2020). Client memory and learning of treatment contents: An experimental study of intervention strategies and relationship to outcome in a brief treatment for procrastination. *Journal of Behavior Therapy and Experimental Psychiatry*, *69*, 101579.

Zieve, G. G., Gumport, N. G., Weaver, C., McNamara, M. E., Harvey, A. G. (2019). Therapist perceptions of client memory for psychological treatment contents and use of memory support strategies: A survey study of clinical practice. *Professional Psychology: Research and Practice, 50*(5)*,* 288-295.

Zieve, G. G., Dong, L., Weaver, C., Ong, S. L., Harvey, A. G. (2019). Patient constructive learning behavior in cognitive therapy: A pathway for improving patient memory for treatment? *Behaviour Research and Therapy, 116,* 80-89.

Zieve, G. G., Dong, L., Harvey, A. G. (2019). Patient memory for psychological treatment contents: Assessment, intervention, and future directions for a novel transdiagnostic mechanism of change. *Behaviour Change*, *36*(1)*,* 1-11.

Zieve, G. G., Persons, J. B., Yu, L. A. D. (2019). The relationship between dropout and outcome in naturalistic cognitive behavior therapy. *Behavior Therapy, 50*(1)*,* 189-199.

Harvey, A.G., Dong, L., Lee, J.Y., Gumport, N.B., Hollon, S.D., Rabe-Hesketh, S., Hein, K., Haman, K., McNamara, M., Weaver, C., Martinez, A., Notsu, H., **Zieve, G.**, Armstrong, C.C. (2017). Can Integrating the Memory Support Intervention into Cognitive

Therapy Improve Depression Outcome? Study Protocol for a Randomized Controlled Trial. *Trials, 18,* e539*.*

Zieve, G. G., Richardson, L. P., Katzman, K., Spielvogle, H., Whitehouse, S., & McCarty, C. A. (2017). Adolescents' perspectives on personalized e-feedback in the context of health risk behavior screening for primary care: A qualitative study. *Journal of Medical Internet Research*, *19(7),* e261*.*

Wilks, C. R., **Zieve, G. G.**, & Lessing, H. K. (2016) Are trials of computerized therapy generalizable? A multi-dimensional meta-analysis. *Telemedicine and e-Health*, *22(5)*, 450-7.

PRESENTATIONS AND POSTERS

* = mentored students

Sarfan, L. D., **Zieve, G. G.**, Mujir, F., Gumport, N. B., Xiong, M., & Harvey, A. G. (2023, November). *Do client adherence, skills, and outcomes improve when memory support strategies are used with cognitive therapy?* In N. B. Gumport and L. D. Sarfan (Chairs), Building toolkits with our clients: Predictors and outcomes of treatment skills [Symposium]. Association for Behavioral and Cognitive Therapies 2023 Convention, Seattle, WA.

Zieve, G. G., Armstrong, C. A., Richardson, I. M., Garcia, S. B., & Harvey, A. G. (2022, November). *Measuring memory for treatment using patient conceptualizations of clinical vignettes: A pilot psychometric study in the context of cognitive therapy for depression.* In C. A. Callaway and N. B. Gumport (Chairs), Patient and Therapist Memory for Treatment: A Transdiagnostic Mechanism of Change [Symposium]. Association for Behavioral and Cognitive Therapies Convention, New York, NY.

*Tiab, S., **Zieve, G. G.,** & Harvey, A. G. (2022, November). *Differential Therapist Use of Memory Support Strategies and Patient Recall for Specific Treatment Points in Cognitive Therapy for Depression.* Poster presentation at the meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

*Fisher, K. R., **Zieve, G. G.**, & Harvey, A. G. (2020, November). *Differential effects of training in the memory support intervention on therapist use of individual memory support strategies.* Poster presentation at the meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.

*Tran, M., *Mullin, A., **Zieve, G. G.**, Lee, J. Y., Harvey, A. G. (2019, November). *Are client treatment credibility and expectancy related to client memory and learning for treatment contents?* Poster presentation at the meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.

*Richardson, I. M., **Zieve, G. G.**, Harvey, A. G. (2019, November). *Conceptual and procedural treatment contents in CBT for procrastination: Differential client recall and effects of recall on outcome*. Poster presentation at the meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.

Zieve, G. G., Thomas, C., Fagan, C. (2019, November). *How many cases are needed to create a benchmarking tool for evaluating client progress? A simulation study.* In J. Persons (Chair), *Improving treatment outcome with clinical decision-making tools.* Symposium presentation at the meeting of the Association for Behavioral and Cognitive Therapies, Atlanta, GA.

Zieve, G. G., Dong, L., Weaver, C., Ong, S. L., Harvey, A. G. (2019, July). *Patient constructive learning behavior in cognitive therapy: A pathway for improving patient memory for treatment?* In J. Persons (Chair), *Strengthening CBT: Diverse strategies from around the world.* Symposium presentation at the meeting of the World Congress of Behavioral and Cognitive Therapies, Berlin, Germany.

Zieve, G. G., Persons, J. B., Yu, L. A. D. (2018, November). *The relationship between dropout and outcome in naturalistic cognitive behavior therapy.* In J. Persons (Chair), *What Can We Learn About CBT by Studying Trajectories of Change?* Symposium presentation at the meeting of the Association for Behavioral and Cognitive Therapies, Washington DC.

Zieve, G. G., Dong, L., Weaver, C. A., Ong, S. A., Harvey, A. G. (2017, November). *Constructive learning behavior: A pathway for improving patient memory for treatment?* Poster presented at the 2017 meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.

Lessing, H. K., Lungu, A., Wilks, C., Krek, M., **Zieve, G. G.**, Potts, A., Navarro, M., & Linehan, M. M. (2016, October). *Managing suicide risk at a distance: Assessment and monitoring of suicide risk through a trial of computerized DBT skills training*. Poster presented at the 2016 meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.

Zieve, G. G., Richardson, L. P., & McCarty, C. A. (2016, April). *Adolescents' perspectives on electronic personalized health feedback for primary care: a qualitative study.* Poster presented at the 2016 meeting of the International Society for Research on Internet Interventions, Seattle, WA.

Lungu, A., **Zieve, G. G.**, Wilks, C. R., Krek, M., Potts, A., Lessing, H. K., . . . Linehan, M. M. (2016, April). *Impact of daily prompts and self-monitoring in a computerized trans-diagnostic Dialectical Behavior Therapy skills training for emotion dysregulation*. Paper presented at the 2016 meeting of the International Society for Research on Internet Interventions, Seattle, WA.

Lungu, A., Wilks, C. R., **Zieve, G. G.**, Krek, M., Potts, A., Lessing, H. K., . . . Linehan, M. M. (2016, April). *Development of computerized trans-diagnostic Dialectical Behavior Therapy skills training for emotion dysregulation*. Paper to be presented at the 2016 meeting of the International Society for Research on Internet Interventions, Seattle, WA.

Voss, M., McCarty, C. A., Edwards, T., Katzman, K., Speilvogle, H., **Zieve, G. G.**, Richardson, L. P. (2016, March). *What do adolescents want? A qualitative analysis of adolescents' perspectives on the dos and don'ts of provider help in promoting healthy behaviors.* Poster presented at the meeting of the Society for Adolescent Health and Medicine, Washington D. C.

Lungu, A., Wilks, C. R., **Zieve, G. G.**, Navarro, M., & Linehan, M. M. (2015, November). *iDBT: A computerized dialectical behavior therapy skills training for emotion dysregulation.* In M. Harned (Chair), *Using innovative technologies to enhance the evidence-based practice of psychology*. Symposium presentation at the meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Lungu, A., **Zieve, G. G.**, & Linehan, M. M. (2015, November). *Acceptability of social media referrals for computerized mental health interventions.* Poster presented at the meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

Lungu, A., Wilks, C. R., **Zieve, G. G.**, Krek, M., Potts, A., Lessing, H. K., . . . Linehan, M. M. (2015, November). *Computerized trans-diagnostic dialectical behavior therapy skills training for emotion dysregulation.* Paper presented at the meeting of the International Society for the Improvement and Teaching of Dialectical Behavior Therapy, Chicago, IL.

Zieve, G. G., Lessing, H. K., & Wilks, C. R. (2015, May). *Participant exclusion and treatment outcome in computerized psychotherapy: A meta-analytic appraisal of generalizability.* Poster presented at the meeting of the Association for Psychological Science, New York, NY.

Zieve, G. G., O'Rourke, D. J., & Fagan, C. (2014, May). *Relationship between client satisfaction and psychotherapy process and outcome in a university training clinic.* Poster presented at the University of Washington Psychology Honors Research Symposium, Seattle, WA.