Aaron J. Fisher, Ph.D.

Curriculum Vitae

Stanford University
Department of Psychiatry and Behavioral Sciences
401 Quarry Road
Palo Alto, CA 94304
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EDUCATION

2012 **Ph.D., Clinical Psychology**
The Pennsylvania State University
Dissertation: Necessary versus sufficient causes of impaired physiological functioning in generalized anxiety disorder.

2008 **M.S., Psychology**
The Pennsylvania State University
Thesis: Proposed specific factors for generalized anxiety disorder within the integrative hierarchical model of anxiety and depression.

2006 **Post Baccalaureate Certificate, Psychology**
Columbia University

2000 **B.A., Music**
Wesleyan University

ACADEMIC APPOINTMENTS

2012 - **NIMH Postdoctoral Research Fellow**
Stanford University
Department of Psychiatry and Behavioral Sciences

2012 - **Adjunct Assistant Professor**
PGSP – Stanford PSY.D. Consortium

2011 - 2012 **Predoctoral Clinical Intern**
VA Palo Alto Health Care System (APA Accredited)

GRANTS

2012 - 2015 **National Health and Medical Research Council (NHMRC; Australia)**

Anxiety Depression & heart rate Variability in cardiac patients: Evaluating the impact of Negative emotions on functioning after Twenty four-months (ADVENT)

NHMRC Grant ID: 1021294
Role: Co-Investigator
Principal Investigators: Oldenburg, Taylor, & Hare
$875,000

ACADEMIC HONORS AND AWARDS

2011	**Outstanding Publication Award** Penn State Department of Psychology
2011	**Hans H. Strupp Memorial Award** Society for Psychotherapy Research
2010	**Graduate Research Scholarship** American Psychological Foundation & Council of Graduate Departments of Psychology
2010	**Graduate Research Grant** Salimetrics, LLC.
2010	**Dissertation Support Grant** Penn State College of the Liberal Arts
2010	**Outstanding Publication Award** Penn State Department of Psychology
2008	**Laura N. Rice Memorial Award** Society for Psychotherapy Research
2008	**Outstanding Teaching Assistant Award** Psi Chi National Honor Society in Psychology
2007	**Herman Goffberg Memorial Research Award** Penn State Department of Psychology
2007	**Nagle Family Graduate Fellowship** Penn State College of the Liberal Arts

PUBLICATIONS

1. **Fisher, A.J.** & Newman, M.G. (In Press). Heart rate and autonomic response to stress after experimental induction of worry versus relaxation in healthy, high-worry, and generalized anxiety disorder individuals. *Biological Psychology.*

2. Newman, M.G. & **Fisher, A.J.** (In Press). Mediated moderation in combined cognitive behavioral therapy versus component treatments for generalized anxiety disorder. *Journal of Consulting and Clinical Psychology.*

3. Arnow, B.A., Steidtmann, D., Blasey, C., Manber, R., Constantino, M.J., Klein, D.N., Markowitz, J.C., Rothbaum, B.O., Thase, M.E., **Fisher, A.J.,** and Kocsis, J.H. (In Press). The relationship between the therapeutic alliance and treatment outcome in two distinct psychotherapies for chronic depression. *Journal of Consulting and Clinical Psychology.*

4. Burns, D.D, Westra, H.A., Trockel, M.T., & **Fisher, A.J.** (2012). Motivation and changes in depression in a brief inpatient treatment across two samples. *Cognitive Therapy and Research.*

5. **Fisher, A.J.**, Newman, M. G., & Molenaar, P.C.M. (2011). A quantitative method for the analysis of nomothetic relationships between idiographic structures: Dynamic patterns create attractor states for sustained post-treatment change. *Journal of Consulting and Clinical Psychology*, 79, 552-563.

6. Newman, M. G., Castonguay, L. G., Borkovec, T. D., **Fisher, A. J.**, Szkodny, L.E., Boswell, J.F., & Nordberg, S. S. (2011). A randomized controlled trial of cognitive-behavioral therapy for generalized anxiety disorder with integrated techniques from emotion-focused and interpersonal therapies. *Journal of Consulting and Clinical Psychology*, 79, 171-181.

7. Rabinowitz, A.R., **Fisher, A.J.**, & Arnett, P.A. (2010) Neurovegetative symptoms in patients with multiple sclerosis: Fatigue, not depression. *Journal of the International Neuropsychological Society*, 17, 1-10.

8. Newman, M.G. & **Fisher, A.J.** (2010) Expectancy/credibility as a mediator of cognitive behavioral therapy for generalized anxiety disorder: Mechanism of action or proxy for symptom change? *International Journal of Cognitive Therapy*, 3, 245-261.

9. **Fisher, A.J.**, Granger, D. A., & Newman, M. G. (2010). Sympathetic arousal moderates self-reported physiological arousal symptoms at baseline and physiological flexibility in response to a stressor in generalized anxiety disorder. *Biological Psychology*, 83, 191-200.

10. Newman, M. G., Przeworski, A., **Fisher, A. J.,** & Borkovec, T. D. (2010) Diagnostic comorbidity in generalized anxiety disorder: Impact of comorbidity on psychotherapy outcome and impact of psychotherapy on comorbid diagnoses. *Behavior Therapy*, 41, 59-72.

11. Newman, M. G., Castonguay, L. G., Borkovec, T. D., **Fisher, A. J.**, & Nordberg, S. S. (2008). An open trial of integrative therapy for generalized anxiety disorder. *Psychotherapy: Theory, Research, Practice, Training. Special Issue: New treatments in psychotherapy*, 45, 135-147. (Winner of the American Psychological Association Society of Psychotherapy (Division 29): Distinguished Publication of Psychotherapy Research Award.)

12. Anagnostou, E., **Fisher, A. J.**, & Hollander, E. (2007). Treatment of autism with anticonvulsants and mood stabilizers. In *Hollander, Eric; Anagnostou, Evdokia (2007)* Clinical manual for the treatment of autism. (pp. 81-97). Arlington, VA, US: American Psychiatric Publishing, Inc. xxi, 314).

MANUSCRIPTS UNDER REVIEW

1. **Fisher, A. J.** & Newman, M. G. (2012). Reductions in complexity and high-frequency variability of daily symptoms during therapy predict greater change at post-treatment in CBT for GAD.

2. **Fisher, A.J.** & Woodward, S.H. (2012). Cardiac stability at differing levels of temporal analysis in panic disorder, post-traumatic stress disorder, and healthy controls.

3. Zalta, A.K., Gillihan, S.J., **Fisher, A.J.**, Mintz, J., Cahill, S.P., Yehuda, R., & Foa, E.B. (2012). Change in maladaptive cognitions drives symptom reduction in Prolonged Exposure Therapy for PTSD.

4. Nordberg, S.S., Castonguay, L.G., **Fisher, A.J.**, Boswell, J.F., & Kraus, D.R. (2012). Validating the rapid responder construct within a practice-research network.

MANUSCRIPTS IN PREPARATION

1. **Fisher, A.J.** & Newman M.G. (2013). The specificity of worry controllability to the generalized anxiety disorder taxon and its impact on baseline severity and treatment outcome.

PRESENTATIONS

1. **Fisher, A.J.** (November, 2012). Innovative uses of intensive repeated measurements for person-specific analyses of psychotherapy process and outcome. In **Fisher, A.J.** (Chair) Ecological Momentary Assessment of Clinical Phenomena: Innovative Methods for Collecting and Analyzing Intensive Repeated Measures Data. Paper presented at the 46th annual meeting of the Association for Behavioral & Cognitive Therapies, National Harbor, Maryland.

2. **Fisher, A.J.** (November, 2012). Oscillators and entropy: The role of competing symptomatic periodicities in psychotherapy outcome. Poster presented at the 46th annual meeting of the Association for Behavioral & Cognitive Therapies, National Harbor, Maryland.

3. Newman, M.G. & **Fisher, A.J.** (November, 2012). Mediated moderation in CBT for GAD: The establishment of ordered patterns in intensive repeated measures of anxiety mediates duration as a moderator. In McHugh, R.K. (Chair) Advances in the Diagnosis and Treatment of GAD. Paper presented at the 46th annual meeting of the Association for Behavioral & Cognitive Therapies, National Harbor, Maryland.

4. **Fisher, A.J.** & Woodward, S.H. (September, 2012). Dynamic factor modeling of cardiorespiratory parameters over a single night's sleep. Poster presented at the 52nd annual meeting of the Society for Psychophysiological Research, New Orleans, Louisiana.

5. **Fisher, A.J.** & Newman, M.G. (November, 2011). Comparative strengths of latent growth and quasi-simplex models for the analysis of longitudinal data. In **Fisher, A.J.** (Chair) Longitudinal Models for Clinical Research: Overview and Recommendations. Paper presented at the 45th annual meeting of the Association for Behavioral & Cognitive Therapies, Toronto, Canada.

6. Newman, M. G., & **Fisher, A. J.** (2011, November). Interpersonal problems as moderators of change in the treatment of GAD: Comparison between CBT, BT, and CT. In Meuret, A. E., & Wolitzky-Taylor, K. (Chairs) Moderators and predictors of psychosocial and pharmacological treatments for anxiety disorders and depression. Symposium presented at the 45th Annual Association for Behavioral & Cognitive Therapies, Toronto, Canada.

7. Newman, M. G., & **Fisher, A. J.** (2011, November). Change In Expectancy/Credibility as a Mediator of Cognitive Behavioral Treatment Outcome in Generalized Anxiety Disorder: Mechanism of Action or Proxy for Symptom Change? In McLean, C. P. (Chair) Mediators of Change in CBT for Anxiety Disorders. Symposium presented at the 45th Annual Association for Behavioral & Cognitive Therapies, Toronto, Canada.

8. **Fisher, A. J.**, Newman, M. G., & Molenaar, P.C.M. (June, 2011). Establishment of dynamic patterns during psychotherapy creates attractor states for continued positive gains post-treatment. In Stulz, N. (Chair) Modeling and predicting change in psychotherapy. Paper presented at the 42nd annual meeting of the Society for Psychotherapy Research, Bern, Switzerland.

9. Newman, M. G. & **Fisher, A. J.** (June, 2011). Expectancy as a Mediated Moderator of Cognitive Behavioral Treatment Outcome in Generalized Anxiety Disorder. In Newman, M.G. (Chair) Techniques and Mechanisms of Action from CBT for anxiety disorders. Paper presented at the 42nd annual meeting of the Society for Psychotherapy Research, Bern, Switzerland.

10. Bento, T., Ribeiro, A.P., **Fisher, A.J.**, Mendes, I., Salgado, J., Gonçalves, M.M. (June, 2011). Flexibility of innovative moments and protonarratives in psychotherapy: Intra-individual modeling of successful therapeutic trajectories. In Gonçalves, M.M. (Chair) Innovative moments in psychotherapy: New findings. Paper presented at the 42nd annual meeting of the Society for Psychotherapy Research, Bern, Switzerland.

11. **Fisher, A. J.**, Newman, M. G., & Molenaar, P.C.M. (May, 2011). Dynamic patterns and attractors in clinical practice: Using dynamic systems theory to facilitate quantitatively rigorous idiographic assessment and intervention. In Levy, K.N. (Chair) Innovative Methods for Closing the Science-Practice Gap II. Paper presented at the 27th annual meeting of the Society for the Exploration of Psychotherapy Integration, Washington D.C.

12. **Fisher, A. J.**, & Newman, M. G. (November, 2010). Chronic Worry, Phasic Worry, and Clinically-diagnosed GAD: Strong Inference and the Source of Impaired Autonomic Functioning in GAD. In Llera, S.J., Newman, M.G. (Chairs) Scientific Exploration of Emotional Functioning in Generalized Anxiety Disorder: Emphasis on the Nature and Pathogenic Mechanisms. Paper presented at the 44th annual meeting of the Association for Behavioral & Cognitive Therapies, San Francisco, CA.

13. **Fisher, A.J.** (June, 2010) Discussant in Nordberg, S.S. (Chair) Person specific analytical methodology for process and outcome research. Symposium presented at the 41st annual meeting of the Society for Psychotherapy Research, Asilomar, CA.

14. Newman, M. G., Przeworski, A., **Fisher, A. J.**, and Borkovec, T. D. (June, 2010). Do cognitive and behavioral therapies for GAD generalize to comorbid Axis I conditions? In Gloster, A. (chair) Positive Side-Effects of CBT. Paper presented at the 6th World Congress of Behavioral & Cognitive Therapies, Boston, MA.

15. **Fisher, A. J.,** Newman, M. G., Granger, D.A., & McDermott, M.H. (November, 2009). Autonomic dysregulation distinguishes individuals with GAD from healthy and pathological controls. In **Fisher, A.J.** & Newman, M.G. (Chairs) Filling the Gap Between Genes and Clinical Syndromes: The Search for Endophenotypes in Mood and Anxiety Disorders. Paper presented at the 43rd annual meeting of the Association for Behavioral & Cognitive Therapies, New York, NY.

16. **Fisher, A. J.**, & Newman, M. G. (November, 2009). The Decoupling of Mood and Anxiety: A Longitudinal Analysis of Symptom Course in Psychotherapy. Poster presented at the 43rd annual meeting of the Association for Behavioral & Cognitive Therapies, New York, NY.

17. Newman, M.G., **Fisher, A. J.**, & Borkovec, T. D. (2009, November). Mediators of cognitive behavioral treatment outcome in generalized anxiety disorder. In McGinn, L. (Chair) The mediating impact of cognitive processes in anxiety: A test of cognitive models of anxiety. Paper presented at the 43rd annual meeting of the Association for Behavioral & Cognitive Therapies, New York, New York.

18. Newman, M. G., **Fisher, A. J.**, & Borkovec, T. D. (2009, August). Moderators of Psychotherapy Outcome for Generalized Anxiety Disorder. In Behar, E. (chair) Mediators and moderators of treatment outcome. Paper presented at the 117th annual meeting of the American Psychological Association, Toronto, Canada.

19. Rabinowitz, A.R., **Fisher, A.J.**, & Arnett, P.A. (February, 2009). Vegetative Symptoms of Depression and Fatigue in Multiple Sclerosis. Paper presented at the 37th annual meeting of the International Neuropsychological Society, Atlanta Georgia.

20. **Fisher, A. J.**, Llera, S. J. & Newman, M. G. (November, 2008). Affect Intensity and Physiological Arousal. Poster presented at the 42nd annual meeting of the Association for Behavioral & Cognitive Therapies, Orlando, Fla.

21. **Fisher, A. J.**, Newman, M. G., Castonguay, L. G., & Borkovec, T. D. (November, 2008). Structural Relationships Between Worry, Depression, and Generalized Anxiety Disorder in a Clinically Anxious Sample with Matched Controls. In Fresco, D. M. (Chair) Walking the fault line between GAD and major depression: Finding the factors that distinguish GAD from MDD. Paper presented at the 42nd annual meeting of the Association for Behavioral & Cognitive Therapies, Orlando, Fla.

22. **Fisher, A. J.**, & Newman, M. G. (November, 2008). A proposed specific factor for generalized anxiety disorder within the integrative hierarchical model. Poster presented at the 42nd annual meeting of the Association for Behavioral & Cognitive Therapies, Orlando, Fla.

23. Newman, M. G., Castonguay, L. G., **Fisher, A. J.**, & Borkovec, T. D. (November, 2008). The addition of interpersonal and emotional processing techniques to the treatment of generalized anxiety disorder. In Taylor, C. T., and Amir, N. (Chairs) Novel Approaches to the Treatment of Generalized Anxiety Disorder. Paper presented at the 42nd annual meeting of the Association for Behavioral & Cognitive Therapies, Orlando, Fla.

24. **Fisher, A. J.** & Newman, M. G. (June, 2008). Interpersonal Moderators of Change in Treatment for of GAD. In Huppert, J. (Chair) Mechanisms of change in CBT: Relationship of interpersonal, cognitive, and symptom domains to outcome. Paper presented at the 39th annual meeting of the Society for Psychotherapy Research, Barcelona, Spain.

25. Newman, M. G., Castonguay, L. G., **Fisher, A. J.**, & Borkovec, T. D. (June, 2008). A Randomized Controlled Trial of Interpersonal and Emotional Processing Focused Treatment in Generalized Anxiety Disorder. In Chambless, D. (Chair) Celebrating Tom Borkovec's Legacy. Paper presented at the 39th annual meeting of the Society for Psychotherapy Research, Barcelona, Spain.

26. **Fisher, A. J.** & Newman, M. G. (November, 2007). Growth Curve Analysis of Treatment Outcome in Generalized Anxiety Disorder. Poster presented at the 41st annual meeting of the Association for Behavioral & Cognitive Therapies, Philadelphia, PA.

27. Newman, M.G., Castonguay, L.G., **Fisher, A. J.** & Borkovec, T.D. (November, 2007). Interpersonal and emotion processing focused treatment in generalized anxiety disorder. In Castonguay, L.G. (Chair) New Directions in the Etiology and Treatment of GAD. Paper presented to the 41st annual meeting of the Association for Behavioral & Cognitive Therapies, Philadelphia, PA.

28. Newman, M.G. Przeworski, & **Fisher, A. J.** (June, 2007). Predictors and moderators of cognitive behavioral treatment outcome in generalized anxiety disorder. In R. Zinbarg (Chair) Predictors of outcome of psychotherapy of generalized anxiety disorder. Paper presented at 38th annual meeting of the Society for Psychotherapy Research, Madison, WI.

TEACHING

Graduate Instruction

PSY 220: Research Methods II/Statistics I (Winter 2013)
PGSP – Stanford PSY.D. Consortium

PSY 253: Statistics III (Fall 2012)
PGSP – Stanford PSY.D. Consortium

Undergraduate Instruction

PSYC 471: Psychology of Adjustment & Social Relationships (Fall 2010, Spring 2011)
The Pennsylvania State University

PSYC 438: Personality Theory (Spring 2010)
The Pennsylvania State University

PSYC 301W: Research Methods (Fall 2009)
The Pennsylvania State University

Graduate Teaching Assistantships

PSYC 471: Psychology of Adjustment & Social Relationships (Spring 2009)
The Pennsylvania State University

PSYC 438: Personality Theory (Spring 2008)
The Pennsylvania State University

PSYC 470: Abnormal Psychology (Spring 2007, Fall 2007)
The Pennsylvania State University

PSYC 100: Introductory Psychology (Fall 2006)
The Pennsylvania State University

CLINICAL EXPERIENCE

2012 -	**Postdoctoral Fellow** Stanford University, Psychosocial Treatment Clinic
2011-2012	**Psychology Intern** VA Palo Alto Health Care System
2008-2011	**Staff Clinical Neuropsychological Assessor** Penn State University Psychology Clinic
2006-2011	**Staff Therapist** Penn State University Psychology Clinic

AD HOC REVIEWER

Behavior Therapy
Biological Psychology
International Journal of Developmental Neuroscience
Journal of Consulting and Clinical Psychology
Journal of Positive Psychology
Psychological Medicine
Psychophysiology
Psychotherapy
Psychotherapy Research

PROFESSIONAL AFFILIATIONS

Association for Psychological Science (APS)
Society of Clinical Psychology (Division 12 of the APA)
Association for Behavioral and Cognitive Therapies (ABCT)
Society for Psychotherapy Research (SPR)

PROFESSIONAL COMMITTEES AND ACTIVITIES

2011 –	Co-President **Clinical Research Methods and Statistics SIG, ABCT**
2010 –	Steering Committee **Clinical Research Methods and Statistics SIG, ABCT**
2006 – 2008	Clinical Area Policy and Procedure Committee **Penn State Department of Psychology**