

CHRISTOPHER A. ARGER

Curriculum Vitae

CONTACT INFORMATION

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EDUCATION

2008-2014 **Ph.D. in Clinical Psychology**
Department of Clinical Psychology, Seattle Pacific University

2008-2010 **Master of Arts, Clinical Psychology**
Seattle Pacific University

2001-2003 **Bachelor of Arts, Psychology**
University of Washington

POST-DOCTORAL FELLOWSHIP

2014-Present **Vermont Center on Behavior and Health, University of Vermont,
Burlington, VT**

Project description: Tobacco Centers of Regulatory Science; Examination of the effects of very low nicotine content cigarettes among vulnerable smoking populations.

Responsibilities: Supervise recruitment and data collection. Analyze data and prepare manuscripts for publication and presentations for national conferences.

Supervisor: Sarah H. Heil, Ph.D.

Funding source: FDA 1P50DA03611

PRE-DOCTORAL CLINICAL INTERNSHIP

2013-Present **Southern Arizona Veterans Affairs Health Care System
(APA Accredited), Tucson, AZ**

Mental Health Outpatient, 6 Month Full Time Rotation (28-32 hrs./wk.)

Setting/population: Outpatient mental health clinic treating diverse clients presenting with Axis I and Axis II disorders

Responsibilities: Provide time limited individual therapy utilizing Cognitive Behavioral Therapy and Acceptance and Commitment Therapy; co-facilitate evidence-based psychotherapy groups including Acceptance and Commitment therapy, Mindfulness-based stress reduction, and Cognitive Behavioral Therapy; receive education and training on delivery of Cognitive Behavioral Therapy and Acceptance and Commitment Therapy for individuals suffering from mood and anxiety disorders; provide feedback and consult with providers regarding appropriate treatment placement of clients; administer psychosocial assessments to evaluate psychotherapy outcomes.

Supervisor: Sabrina K. Hitt, Ph.D.

Blind Rehabilitation, 3 Month Half Time Rotation (12-16 hrs./wk.)

Setting/population: Inpatient facility serving veterans adjusting to loss of vision.

Responsibilities: Conduct intake interviews, administer psychological and cognitive assessments, and complete psychological reports to inform treatment planning; provide brief interventions utilizing Motivational Interviewing and cognitive behavioral principles to facilitate adaptation to low vision and treatment of anxiety, depression, substance use, and insomnia; consult with multidisciplinary treatment team on cognitive and psychological factors impacting the rehabilitation process.

Supervisor: Julie Ewing, Ph.D.

Home-Based Primary Care, 6 Month Half Time Rotation (12-16 hrs./wk.)

Setting/population: In home psychotherapy for geriatric veterans and their families suffering from a broad range of medical and psychiatric diagnoses; Inpatient Hospice/Palliative Care Unit (HPCU) serving veterans and families faced with end of life challenges.

Responsibilities: Conduct individual therapy using empirically supported principles and practices including Motivational Interviewing, Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, and Behavioral Activation; marital and family therapy utilizing Cognitive Behavioral and Bowen Family Systems approaches; administer brief cognitive and behavioral symptom assessments to clarify diagnosis, prognosis, and to inform treatment planning; gave presentation to interdisciplinary treatment team on utilization of brief neuropsychological assessments to identify level of fall risk among geriatric patients; collaborate with interdisciplinary treatment team members including social work, nursing, occupational therapy, nutrition, pharmacology and medical team; consulted with HPCU team and conducted individual therapy with patients and family members in HPCU.

Supervisor: Alan P. Baehr, Ph.D.

Psychological Assessment, 3 Month Half Time Rotation (12-16 hrs./wk.)

Setting/population: Veterans are referred from a variety of inpatient and outpatient mental health programs and medical departments for outpatient comprehensive psychological evaluation.

Responsibilities: Administered, interpreted, and wrote integrative psychological reports using personality, behavioral symptom, intellectual, and brief neuropsychological assessments to assist in diagnostic clarification and treatment planning; conducted readiness evaluations for hormone replacement therapy, heart transplant, and kidney transplant procedures; provided feedback to clients on psychological evaluation findings and consulted with referral sources.

Supervisor: Nadine C. Cole, Ph.D.

Additional Training, Supervision, Consultation, and Clinical Experience

Receive weekly supervision as well as participant observer training from supervisors; provide weekly supervision to Social Work intern conducting individual therapy; member of Dialectical Behavioral Therapy and Motivational Interviewing consultation teams; attend weekly psychology training seminars/mental health continuing education forums; attend monthly diversity training seminars; conduct long-term outpatient therapy utilizing evidence-based practices including Motivational Interviewing, Dialectical Behavioral Therapy, and Acceptance and Commitment Therapy with clients presenting with co-morbid substance use and mental health diagnoses.

Supervisor: David Beil-Adaskin, Psy.D.

CLINICAL PRACTICUM EXPERIENCE

2012-2013 Monroe Correctional Complex, Monroe, WA (16-24 hrs./wk.)

Setting/Population: The Special Offenders Unit (SOU) houses male offenders presenting with severe and persistent mental illness and a variety of psychopathologies.

Responsibilities: Administered cognitive, behavioral symptom, personality, and malingering assessments; conducted clinical interviews and wrote integrative reports utilizing objective assessments to clarify diagnosis and provide treatment recommendations; conducted individual therapy utilizing Motivational Interviewing, Dialectical Behavior Therapy (DBT) and Cognitive Behavioral Therapy protocols; facilitated DBT skills training groups; member of DBT consultation team; conducted co-occurring mental health and substance use disorder groups.

Supervisor: Arthur Davis, Ph.D.

2011-2012 Child Study and Treatment Center, Western State Hospital, Lakewood, WA (16-24 hrs./wk.)

Setting/Population: Long-term inpatient facility treating children and adolescents placed in the Children's Long Term Inpatient Program for Washington State.

Responsibilities: Conducted individual therapy utilizing Dialectical Behavioral Therapy and Motivational Enhancement Therapy; administered Trauma Focused Cognitive Behavioral Therapy to treat youth and adolescents presenting with behavioral and cognitive symptoms related to traumatic experiences; conducted family therapy utilizing Parent Child Interaction Training; facilitated Dialectical Behavioral Therapy skills training group, personal safety group, and family therapy group; administered cognitive, behavioral symptom, personality, and malingering assessments; conducted clinical interviews and wrote integrative reports utilizing objective assessments to clarify diagnosis and provide treatment recommendations; gave case presentation to interdisciplinary treatment team outlining conceptualization, skill strengths and deficits, and recommendations for further treatment.

Supervisors: Jeremy Norris, Psy.D., Barry Ward, Psy.D.

2010-2011

HealthPoint Medical Center, Auburn, WA (16-24 hrs./wk.)

Setting/Population: Outpatient primary care clinic serving diverse urban, rural, and low-income adult populations and offering complementary services including mental health, dental care, nutrition, and acupuncture. Brief time-limited therapy treating clients with an array of medical and psychiatric conditions including chronic pain, diabetes, insomnia, disorders first diagnosed during childhood, mood, anxiety, and substance disorders.

Responsibilities: Collaborated with primary health care providers in treating psychological disorders, psychosocial problems, and behavioral health concerns; conducted assessment and triage procedures including evaluating level of risk and functioning to inform behavioral management plans; collaborated with integrative primary care team to treat and manage patients with chronic emotional and/or health related problems using evidence-based treatments; designed and implemented individualized behavioral change plans to improve psychological and physical functioning of clients; provided Motivational Enhancement Therapy, Cognitive Behavioral Therapy, and components of Dialectical Behavioral Therapy; evaluated patient care plans with primary care team and referred clients to mental health specialists.

Supervisor: Jeff Harvey, Psy.D.

2008-2013

School-Based Substance Use Intervention, Clinical Psychology Department, Seattle Pacific University, Seattle, WA (6-10 hrs./wk.)

Setting/Population: Reducing the Effects of Drugs and Alcohol on Youth (Project READY) is a school-based Cognitive-Behavioral substance use intervention for high school students.

Responsibilities: Conducted individual therapy utilizing Motivational Interviewing, Contingency Management, and Relapse Prevention protocols for adolescent substance users; trained graduate students in Motivational Interviewing; administered drug and alcohol assessments using standardized batteries; site coordinator for Bellevue High School; collaborated with school administrators and prescreened students for treatment study; received weekly group supervision and training on Motivational Interviewing; presented overview and outcomes of Project READY to parents and administrators at Bellevue High School.

Supervisor: David G. Stewart, Ph.D.

OTHER RELEVANT CLINICAL EXPERIENCE

2003-2009 **Mental Health Counselor, Fairfax Psychiatric Hospital, Kirkland, WA (40 hrs./wk.)**

Population/Setting: Inpatient psychiatric hospital treating youth, adolescents, and adults meeting criteria for inpatient hospitalization.

Responsibilities: Provided Dialectical Behavioral Therapy skills groups to adolescents and adults; trained and supervised staff in implementing Dialectical Behavioral Therapy; facilitated and co-facilitated daily goals, recreational therapy, art therapy, pet therapy, and psycho-education groups with youth, adolescents, and adults; provided mental health counseling for individuals diagnosed with psychiatric disorders; specialized in the treatment of adolescent patients demonstrating behavioral and emotion dysregulation; created and implemented Developmental and Systems Approach manual utilized by staff members in leading groups for emotionally dysregulated adolescents; collaborated with physicians, case managers, and therapists to inform assessment, case conceptualization, and intervention; devised standardized forms including charting documents, shift reports, and behavioral goals forms; charted patient progress in relation to treatment goals as well as performed milieu duties to sustain unit stability and consistency; member of suicide risk management team.

Supervisor: Charles Wang, M.D.

RESEARCH EXPERIENCE

2008-2013 **Graduate Research Assistant, Adolescent Substance Use Research Vertical Team, Seattle Pacific University, Seattle, WA**

Project descriptions: Ongoing experimental and quasi-experimental studies examining the impact of Motivational Interviewing, Contingency Management and Relapse Prevention interventions on adolescent substance use.

Responsibilities: Oversaw recruitment and retention of study participants and ensured adherence to treatment protocols; supervised undergraduate and

graduate research assistants, managed and monitored data; designed research projects, conducted data analyses, and prepared manuscripts for publication.

Supervisor: David G. Stewart, Ph.D.

Funding source: National Institute on Drug Abuse Award R03DA12974- 01: READY: School-Based Substance Abuse Intervention.

2007-2011 Research Assistant, Behavioral Research and Therapy Clinics, University of Washington, Seattle, WA

Project description: Development of a battery of multi-method instruments to assess emotion regulation deficits among individuals with Borderline Personality Disorder (BPD) and substance abuse problems.

Responsibilities: Recruited participants and coordinated logistics of multimodal assessment of emotion regulation among normative and opiate dependent participants; trained undergraduate research assistants to administer physiological, experience sampling, and self-report assessments of emotion regulation; trained and managed research assistants in coding and scoring Means End Problem Solving task; recorded, assessed, cleaned, and scored physiological data; administered Structured Clinical Interview II for DSM Disorders to assess Borderline Personality Disorder and Antisocial Personality Disorder in opiate dependent and normative adults; conducted manuscript writing and preparation.

Supervisors: Debbie Leung, Ph.D., Christina Derbidge, Ph.D., Marsha Linehan, Ph.D., ABPP

Funding source: National Institute on Drug Abuse

Project description: Preparation for the updated edition of the *Skills Training Manual for Treating Borderline Personality Disorder*.

Responsibilities: Conducted literature reviews and editing.

Supervisor: Marsha Linehan, Ph.D., ABPP

2001-2002 Research Assistant, Social Psychology Laboratory, University of Washington, Seattle, WA

Project descriptions: Experimental studies examining implicit theory of human behavior, motivation, and stereotyping.

Responsibilities: Collaborated with research team to design and implement experimental studies examining implicit theory; trained and supervised research assistants to administer computer-based selective attention and stereotyping assessments; collaborated in development of a self-report measure assessing implicit theory; collaborated to design a computer-based priming task to examine systematic incremental and entity personality theories; managed research databases.

Supervisor: Jason Plaks, Ph.D.

2001 Research Assistant, Female Comorbidity Lab, Veterans Affairs Puget Sound Health Care System, Seattle, WA

Project description: Examination of veteran women’s alcohol problems
Responsibilities: Administered structured clinical interviews, psychosocial, and substance use assessments; conducted literature reviews; managed research databases.
Supervisor: Kathy Bradley, M.D.
Funding source: Department of Veterans Affairs- Health Service Research and Development Service Directed Research

TEACHING EXPERIENCE

2012 Undergraduate Teaching Assistant, Department of Psychology, Seattle Pacific University, Seattle, WA

Advanced Statistical Analysis 4428
Responsibilities: Graded assignments and examinations; provided one on one instruction to students.
Supervisor: Baine Craft, Ph.D.

2002 Undergraduate Teaching Assistant, Department of Psychology, University of Washington, Seattle, WA

Statistics and Methodology 315
Responsibilities: Graded weekly assignments; provided one on one tutoring to students.
Supervisor: Renee Ha, Ph.D.

RESEARCH MENTORING

2017-Present The College on Problems of Drug Dependence

Served as mentor in the CPDD mentorship program

2015-2016 University of Vermont, Department of Psychology

Supervised undergraduate research project. Influence of Reduced Nicotine Content Cigarettes on Smoking Behavior, Withdrawal, and Brain Functions: A Review of the Literature.

HONORS AND AWARD

2015 College on Problems of Drug Dependence Travel Award

2003 University of Washington, graduated Magna Cum Laude

PEER REVIEWED PUBLISHED MANUSCRIPTS AND BOOK CHAPTERS

- Higgins, S. T., Heil, S. H., Sigmon, S. C., Tidey, J. W., Gaalema, D. E., Stitzer, M. L., . . . Pacek, L. R. (2017). Response to varying the nicotine content of cigarettes in vulnerable populations: An initial experimental examination of acute effects. *Psychopharmacology*, 234(1), pp 89–98.
- Heil, S. H., Davis, D. R., **Arger, C. A.**, & Higgins, S. T. (in press). Contingency Management and the Community Reinforcement Approach. In R. Rosenthal (Ed. 6), *American Society of Addiction Medicine Principles of Addiction Medicine*.
- Stewart, D. G., Felleman, B., & **Arger, C. A.** (2015). Effectiveness of motivational incentives for adolescent marijuana users in a school-based intervention. *Journal of Substance Abuse Treatment*.
- Stewart, D. G., Arlt, V. K., Felleman, B., Athenour, D., & **Arger, C. A.** (2014). Mechanisms of alcohol use disorder severity in adolescents with co-occurring depressive symptoms: Findings from a school-based substance use intervention. *School Mental Health*. DOI: 10.1007/s12310-014-9138-4.
- Hall, B., Stewart, D. G., **Arger, C. A.**, Athenour, D., & Effinger, J. (2013). Modeling motivation three ways: Effects of MI metrics on treatment outcomes among adolescents. *Psychology of Addictive Behaviors*, 28(1), 307-312. DOI: 10.1037/a0033845.
- Arger, C. A.**, Sánchez, O., Simonson, J., & Mezulis, A. (2012). Pathways to depressive symptoms in young adults: Examining affective, self-regulatory, and cognitive vulnerability factors. *Psychological Reports*, 111(2), 335-348.
- Stewart, D.G., Welton, S., **Arger, C. A.**, Effinger, J., & Serafini, K. (2011). The utility of a developmentally based quadrant model of co-occurring substance use and mood disorder classification in adolescents. *Journal of Dual Diagnosis*, 7(3), 130–140. Doi: 10.1080/15504263.2011.596454
- Simonson, J., Sánchez, O., **Arger, C. A.**, & Mezulis, A. (2011). Integrating affective and cognitive vulnerabilities to depression: Examining individual differences in cognitive responses to induced stress. *Cognitive Therapy and Research*. Doi: 10.1007/s10608-011-9383-x

MANUSCRIPTS UNDER REVIEW

- Arger, C.A.**, Heil, S.H., Sigmon, S.C., Tidey, J.W., Stitzer, M.L., Gaalema, D.E., Durand, H.J., Bunn, J.Y., Ruggieri, E.K., Higgins, S.T. (under review). Preliminary validity of the modified cigarette evaluation questionnaire in predicting the reinforcing effects of cigarettes that vary in nicotine content. *Experimental and Clinical Psychopharmacology*.

Higgins, S.T., Heil, S.H., Sigmon, S.C., Tidey, J.W., Gaalema, D.E., Hughes, J.R., Stitzer, M.L., Durand, H., Bunn, J.Y., Priest, J.S., **Arger, C.A.**, Miller, M.E., Bergeria, C.L., Davis, D.R., Streck, J.M., Reed, D., Skelly, J., Tursi, L. (under review). Addiction potential of reduced nicotine content cigarettes in populations with psychiatric disorders and other vulnerabilities to tobacco addiction. *JAMA Psychiatry*.

Higgins, S.T., Redner, R., **Arger, C.A.**, Kurti, A.N., Priest, J., & Bunn, J.Y. (under review). Use of higher-nicotine/tar-yield (regular full-flavor) cigarettes is associated with nicotine dependence and smoking during pregnancy among U.S. women. *Preventive Medicine*.

PEER REVIEWED PRESENTATIONS

Higgins, S.T., Heil, S.H., Sigmon, S.C., Tidey, J.W., Gaalema, D.E., Hughes, J.R., Stitzer, M.L., Durand, H., Bunn, J.Y., Priest, J.S., **Arger, C.A.**, Miller, M.E., Bergeria, C.L., Davis, D.R., Streck, J.M., Reed, D., Skelly, J., Tursi, L. (2017, June). Evaluating reduce-nicotine standards on the addiction potential of cigarettes in vulnerable populations. *To be presented at the Annual Meeting of the College on Problems of Drug Dependence, Montreal, Canada*.

Arger, C.A., Taghavi, T., Heil, S.H., Skelly, J., Tyndale, R.F., Higgins, S.T. (2017, June). Influence of Pregnancy on the Nicotine Metabolite Ratio: Changes During Antepartum and Postpartum. *Oral presentation at the College on Problems of Drug Dependence meeting, Montreal, Canada*.

Arger, C.A., Taghavi, T., Heil, S.H., Skelly, J., Tyndale, R.F., Higgins, S.T. (2017, March). Pregnancy induced changes in nicotine metabolism: Examining the time course of the nicotine metabolite ratio and enzyme pathways during antepartum and postpartum. *Presented at the Society for Research on Nicotine and Tobacco meeting, Florence, Italy*.

Arger, C.A., Taghavi, T., Heil, S.H., Skelly, J., Tyndale, R.F., Higgins, S.T. (2016, November). Influence of pregnancy on the nicotine metabolite ratio: Examining changes of nicotine metabolism and enzyme pathways during antepartum and postpartum. *Presented at the Tobacco Center of Regulatory Science Grantee Meeting, Bethesda, M.D.*

Arger, C.A., Taghavi, T., Heil, S.H., Tyndale, R.F., Higgins, S.T. (2016, October). Influence of Pregnancy on the Nicotine Metabolite Ratio: Examining Changes of Nicotine Metabolism and Enzyme Pathways During Antepartum and Postpartum. *Oral presentation at the Vermont Center on Behavior and Health Meeting, Burlington, VT*.

Arger, C.A., Heil, S.H., Sigmon, S.C., Tidey, J.W., Stitzer, M.L., Gaalema, D.E., Bunn, J., Durand, H.J., Ruggieri, E.K., & Higgins, S.T. (2016, June). Validity of the modified cigarette evaluation questionnaire in predicting the reinforcing effects of cigarettes that vary in nicotine content under double-blind conditions. *Oral presentation at the College on Problems of Drug Dependence meeting, Palm Springs, CA*.

Higgins, S.T., Heil, S.H., Sigmon, S.C., Tidey, J.W., Gaalema, D.E., Stitzer, M.L., Vandrey, R., Durand, H.J., De Sarno, M., **Arger, C. A.**, Miller, M., Pacek, L. R., Davis, D.R., & Streck, J. (2016, March). Response to Varying the Nicotine Content Level in Cigarettes: Acute Effects in Vulnerable Populations. *Presented at the Society for Research on Nicotine and Tobacco meeting, Chicago, IL.*

Arger, C.A., Heil, S.H., Sigmon, S.C., Tidey, W.J., Stitzer, M.L., Gaalema, D.E., DeSarno, M.J., Durand, H.J., Ruggieri, E.K., & Higgins, S.T. (2016, March). Preliminary Validity of the Modified Cigarette Evaluation Questionnaire in Predicting the Reinforcing Effects of Cigarettes that Vary in Nicotine Content Under Double-Blind Conditions. *Presented at the Society for Research on Nicotine and Tobacco meeting, Chicago, IL.*

Arger, C.A., Stewart, D. G. (2015, November). Delay Discounting Moderates the Relationship Between Relative Reinforcing Value and Alcohol Use Treatment Outcomes among Adolescents. *Presented at the 49th Annual Convention of the Association for Behavioral and Cognitive Therapies, Chicago, IL.*

Arger, C.A., Heil, S.H., Sigmon, S.C., Tidey, W.J., Stitzer, M.L., Gaalema, D.E., DeSarno, M.J., Durand, H.J., Ruggieri, E.K., & Higgins, S.T. (2015, October). Preliminary Validity of the Modified Cigarette Evaluation Questionnaire in Predicting the Reinforcing Effects of Cigarettes that Vary in Nicotine Content Under Double-Blind Conditions. *Presented at the Vermont Center on Behavior and Health meeting, Burlington, VT.*

Arger, C.A., Heil, S.H., Sigmon, S.C., Tidey, W.J., Stitzer, M.L., Gaalema, D.E., DeSarno, M.J., Durand, H.J., Ruggieri, E.K., & Higgins, S.T. (2015, October). Preliminary Validity of the Modified Cigarette Evaluation Questionnaire in Predicting the Reinforcing Effects of Cigarettes that Vary in Nicotine Content Under Double-Blind Conditions. *Oral presentation at the Tobacco Center of Regulatory Science Grantee Meeting, Bethesda, M.D.*

Arger, C.A., Higgins, S.T., & Heil, S.H. (June, 2015). Correspondence between self-reported and biochemical measures of smoking in opioid-dependent pregnant women. *Presented at the College on Problems of Drug Dependence meeting, Phoenix, AZ.*

Arger, C.A., Higgins, S. T., Heil, S. H. (2015, February). Correspondence between Self-Reported and Biochemical Measures of Smoking in Opioid-Dependent Pregnant Women. *Presented at Society for Research on Nicotine and Tobacco, Philadelphia, PA.*

Arger, C.A., Higgins, S. T., Heil, S. H. (2014, October). Correspondence between Self-Reported and Biochemical Measures of Smoking in Opioid-Dependent Pregnant Women. *Presented at the Vermont Center on Behavior and Health meeting, Burlington, VT.*

Arger, C.A., Felleman, B., Stewart, D. G. (2014, March). Reinforcement Value Mediates the Relationship between Delay Reward Discounting and Drug Use among Adolescent

- Substance Users. *Presented at the Society for Research on Adolescence, Biennial Meeting, Austin, TX.*
- Stewart, D. G., Athenour, D., Felleman, B., **Arger, C.A.**, Arlt, V., Mason, W. (2014, March). Effectiveness of Contingency Management Following School-Based Motivational Interviewing for Adolescent Substance Abusers. *Presented at the Society for Research on Adolescence Biennial Meeting, Austin, TX.*
- Arger, C.A.**, Athenour, D., & Stewart, D. G. (2013, November). Delay Reward Discounting Predicts Alcohol Use Outcomes Among Adolescents in a Motivational Interviewing Intervention. *Presented at the 47th Annual Convention of the Association for Behavioral and Cognitive Therapies, Addiction Special Interest Group, Nashville, TN.*
- Arlt, V., **Arger, C.A.**, Athenour, D., Stewart, D. G. (2013, November). Efficacy of a School-Based Substance Abuse Intervention for Adolescents with Co-occurring Depression: 4 Month Outcomes. *Presented at the 47th Annual Convention of the Association for Behavioral and Cognitive Therapies, Nashville, TN.*
- Chapman, M. K., Arlt, V., Felleman, B. I., Stewart, D.G., **Arger, C.A.** (2013, April). Examining Regrettable Sex Behavior Among Adolescents in a School-Based Drug and Alcohol Intervention. *Presented at the Society for Research in Child Development, Seattle, WA.*
- Arger, C.A.** & Stewart, D. G. (2012, November). Relative Reinforcement Value Predicts Brief Substance Use Outcomes among Adolescents Participating in a Motivational Interviewing Intervention. *Presented at the 46th Annual Convention of the Association for Behavioral and Cognitive Therapies, Addiction Special Interest Group, National Harbor, MD.*
- Hall, B., Serafini, K., Shipley, L., Effinger, J., **Arger, C.A.**, Athenour, D., & Stewart, D. G. (2012, November). Modeling Motivation Three Ways: Effects of MI Metrics on Treatment Outcomes in Adolescents. *Presented at the 46th Annual Convention of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.*
- Stewart, D. G., Serafini, K., **Arger, C.A.**, Effinger, J., Felleman, B., Shipley, L., & Athenour, D. (2012, March). Efficacy of a School-Based Motivational Enhancement Intervention for Adolescent Substance Abusers. *Presented at the biannual meeting of the International Society for Research in Child and Adolescent Psychopathology, Vancouver, British Columbia.*
- Sánchez, O., Simonson, J., **Arger, C.A.**, & Mezulis, A. (2011, August). Trait and State Negative Emotionality as Predictors of Depressogenic Cognitive Responses to Induced Stress. *Poster presented at the annual meeting of the American Psychological Association, Washington, D.C.*

Arger, C.A., Sánchez, O., Simonson, J., & Mezulis, A. (2011, April). Brooding and Cognitive Style: Mediating Temperament and Depression in Students. *Poster presented at the annual meeting of the Western Psychological Association, Los Angeles, CA.*

Stewart, D.G., Welton, S., **Arger, C.A.**, Serafini, K., Effinger, J., Shipley, L., & Burpee, A. (2010, November). The relationship of affective and behavioral dysregulation and situational contexts of problem substance use in adolescents: Preliminary results from an intervention study. *Presented at the 44th Annual Convention of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.*

Sánchez, O., Simonson, J., **Arger, C.A.**, & Mezulis, A. (2010, August). Negative emotionality and cognition processing of stressful events: Examining the proximal process by which cognitive vulnerabilities to depression develop. *School of Psychology, Family and Community Symposium. Oral Presentation. Seattle, WA.*

Stewart, D.G., Harris, J., Helfer, M., Welton, S., **Arger, C.A.**, Effinger, J., & Serafini, K. (2010, February). Outcomes of a school-based motivational incentives program: Impact of depression symptoms. *Presented at the 12th International Conference on Treatment of Addictive Behaviors, Santa Fe, New Mexico.*

Stewart, D.G., Welton, S., **Arger, C.A.**, Effinger, J., Serafini, K., Harris, J., Helfer, M., & Baker, M. (2009, June). Mediators of Substance use disorder and depression in adolescents. *Presented at the biannual meeting of the International Society for Research in Child and Adolescent Psychopathology, Seattle, WA.*

PROFESSIONAL ACTIVITIES

2012-2015	Journal of Clinical Psychology and Psychotherapy
2014-2016	Journal of Personality and Individual Differences
2015-2015	Journal of Neuropsychiatric Disease and Treatment
2016-Present	Psychology of Addictive Behaviors
2017-Present	Pharmacology, Biochemistry and Behavior

PROFESSIONAL AFFILIATIONS

2009-Present	American Psychological Association
2010-Present	Association for Behavioral and Cognitive Therapies
2014-Present	Society for Research on Nicotine and Tobacco
2015-Present	College on Problems of Drug Dependence