

CURRICULUM VITAE

Veronika Kobrinsky, M.A.

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EDUCATION

- 2024 – Present **University of Wisconsin-Madison**, Madison, WI
Ph.D. Student, Clinical Psychology
Advisor: Brooke A. Ammerman, Ph.D.
- 2022 – 2024 **Teachers College, Columbia University**, New York, NY
M.A., Clinical Psychology
Advisor: Karen L. Siedlecki, Ph.D.
- 2018 – 2022 **Fordham University**, New York, NY
B.S., Psychology, *Summa Cum Laude*, Phi Beta Kappa
Advisors: Karen L. Siedlecki, Ph.D. & Selin Gülgöz, Ph.D.

GRANTS & FELLOWSHIPS

- 2024 – 2025 **Graduate School Fellowship, University of Wisconsin-Madison**
Amount Awarded: \$26,506
- 2022 **Honor's Thesis Research Grant, Fordham University**
- 2021 – 2022 **Dean's Research Grant, Fordham University**
Mediators of the relationship between adverse childhood experiences (ACEs) and symptoms of anxiety, depression, and suicidality among adults
Role: Principal Investigator
Amount Awarded: \$2,400

AWARDS & HONORS

- 2024 **Master's Thesis First Place Award**, Teachers College, Columbia University
- 2022 **James C. Higgins Memorial Award for Distinction in Psychology**, Fordham University
- 2022 **Phi Beta Kappa**, Fordham University
- 2020 **Psi Chi**, The International Honor Society in Psychology
- 2020 **Alpha Sigma Nu**, The Jesuit Honor Society
- 2018 – 2022 **Dean's List**, Fordham University

PEER-REVIEWED PUBLICATIONS

[Google Scholar Profile](#)

- Kobrinsky, V.**, Aminoff, E.M., Boros, M., Falzarano, F., Minahan Zucchetto, J., Yazdani, N., Sergio, J., Bloom, R.F., & Siedlecki, K.L. (2024). COVID-19 illness and cognitive functioning in a community-dwelling sample of adults. *Advances in Cognitive Psychology*, 20(1), 20-33. [PDF](#)
- Siedlecki, K.L., **Kobrinsky, V.**, & Aminoff, E.M. (2024). Examining mediators of the relationship between subjective age and cognition. *GeroPsych: The Journal of Gerontopsychology and Geriatric Psychiatry*. Advance online publication. <https://doi.org/10.1024/1662-9647/a000334>
- Kobrinsky, V.**, & Siedlecki, K.L. (2023). Mediators of the relationship between adverse childhood experiences (ACEs) and symptoms of anxiety, depression, and suicidality among adults. *Journal of Child & Adolescent Trauma*, 16, 233-246. <https://doi.org/10.1007/s40653-022-00510-0>

4. Siedlecki, K.L., **Kobrin**sky, V., & Leqola, A. (2023). The temporal relationship between depressive symptoms and self-rated health across adulthood. *Aging & Mental Health*, 27(9), 1676-1683. <https://doi.org/10.1080/13607863.2022.2116403>

MANUSCRIPTS UNDER REVIEW

1. **Kobrin**sky, V., & Siedlecki, K.L. (Under Review). Specific emotion regulation difficulties mediating the associations between PTSD symptoms and suicidal behaviors. *Current Psychology*.
2. **Kobrin**sky, V., Li, S.M., & Siedlecki, K.L. (Under Review). Social support dimensions influencing depressive symptoms and nonsuicidal self-injury risk in adults. *Clinical Psychological Science*.
3. Li, S.M., **Kobrin**sky, V., Bi, K., & Chen, M.S. (Under Review). Initial exploration of mechanisms contributing to differences in suicidal ideation between lesbian/gay and bisexual+ individuals. *Psychology of Sexual Orientation and Gender Diversity*.

MANUSCRIPTS IN PROGRESS

1. **Kobrin**sky, V., & Ammerman, B.A. (In Preparation). Initial suicide-related disclosure characteristics, motivations, and outcomes based on sexual orientation.
2. **Kobrin**sky, V., & Siedlecki, K.L. (In Preparation). The influence of subjective well-being and depressive symptoms on autobiographical memory phenomenology.

CONFERENCE PRESENTATIONS AND POSTERS

Paper Presentations

1. Li, S.M., **Kobrin**sky, V., Bi, K., & Chen, M.S. (2024, May). *Initial exploration of mechanisms contributing to differences in suicidal ideation between lesbian/gay and bisexual+ individuals*. Oral presentation at the 3rd Annual Suicide Research Symposium.

Posters

1. **Kobrin**sky, V., & Ammerman, B.A. (2024, Nov). *The role of sexual orientation in initial suicide-related disclosure characteristics, motivations, and outcomes*. Poster accepted for presentation at the 58th Annual Convention for the Association for Behavioral and Cognitive Therapies, Philadelphia, Pennsylvania.
2. **Kobrin**sky, V., & Siedlecki, K.L. (2024, May). *Examining multidimensional emotion regulation processes in PTSD symptoms and suicidal behaviors*. Poster at the Integrative Project Showcase, Teachers College, Columbia University, New York, NY.
3. **Kobrin**sky, V., Aminoff, E.M., Boros, M., Falzarano, F., Minahan Zucchetto, J., Yazdani, N., Sergio, J., Bloom, R.F., & Siedlecki, K.L. (2023, May). *COVID-19 illness and cognitive functioning in a community-dwelling sample of adults*. Poster at the Association for Psychological Science Annual Convention, Washington, DC.
4. **Kobrin**sky, V., Leqola, A., Sergio, J., & Siedlecki, K.L. (2022, March). *The temporal relationship between depressive symptoms and self-rated health across adulthood*. Poster at the Eastern Psychological Association Annual Meeting, New York, NY.
5. **Kobrin**sky, V., & Siedlecki, K.L. (2021, November). *Mediators of the relationship between adverse childhood experiences (ACEs) and symptoms of anxiety, depression, and suicidality among adults*. Poster at Harvard University's Women in Psychology Trends in Psychology Virtual Summit.

RESEARCH EXPERIENCE

- 2024 – **Affect, Suicide, Self-Injury, and Social Triggers (ASSIST) Lab**, University of Wisconsin-Present
Madison
Doctoral Student Researcher / PI: Brooke A. Ammerman, Ph.D.
- 2024 – **International Society for the Study of Self-Injury (ISSS), Collaborative Research Program**
Present
Doctoral Student Researcher / PI: Jennifer J. Muehlenkamp, Ph.D.
- 2023 – **Suicide Prevention – Training, Implementation, and Evaluation (SP-TIE) Program**, The
Present
New York State Psychiatric Institute and Columbia University Department of Psychiatry
Graduate Research Assistant / PI: Christa D. Labouliere, Ph.D.
- Evaluate safety plans developed through the Suicide Safer Pathway (AIM-SP Model) by 4,500 clinicians across New York State outpatient clinics (2R56MH112139-06).
- 2022 – **Memory & Aging Lab**, Fordham University
2024
Lab Manager / PI: Karen L. Siedlecki, Ph.D.
- Coordinated study design, IRB applications, participant recruitment and scheduling, and data collection.
 - Managed ($N = 4$) datasets, including data entry, cleaning, coding, scoring, and analyses using SPSS, AMOS, and PROCESS Macro.
 - Led lab meetings discussing ongoing projects, training initiatives, and methodological research practices.
 - Trained, supervised, and co-mentored 18 undergraduate research assistants.
- 2022 – **Laboratory for Clinical and Developmental Studies**, Teachers College, Columbia University
2024
Graduate Research Assistant / PI: Christine B. Cha, Ph.D.
- Conducted baseline clinical and suicide risk assessments for an ecological momentary assessment study (2R15 MH113076-02A1) examining prospection in suicidal adolescents.
 - Processed and managed data for two studies, including the transcription of audio recordings, data entry, cleaning, coding, and scoring.
 - Trained 19 graduate research assistants in clinical interviewing, suicide risk assessment and management, crisis interventions, and mandatory reporting protocols.
- 2021 – **Social Thinkers Lab**, Fordham University
2024
Research Assistant / PI: Selin Gülgöz, Ph.D.
- Coordinated a study examining social power and gender identity development in ($N = 38$) children.
 - Conducted literature reviews; assisted with data cleaning, coding, and analyses in R and SPSS; trained undergraduate research assistants in data management; co-authored a manuscript examining children's conceptualizations of gender essentialism; co-developed a lab manual and participant recruitment protocols.
- 2020 – **Memory & Aging Lab**, Fordham University
2022
Undergraduate Research Assistant / PI: Karen L. Siedlecki, Ph.D.
- Co-designed and collected data for an experimental study examining the influence of COVID-19 illness on cognitive and mental health functioning among ($N = 481$) adults.
 - Contributed to literature reviews and data management; co-authored a peer-reviewed manuscript.

SERVICE RECORD

Leadership

2021 – 2022 Chapter Executive Board Student Representative, *Phi Beta Kappa*

Panelist

2023 Panelist, Applying to Graduate School in Psychology, *Social Thinkers Lab, Fordham University*

Additional Service

2024 – 2025 Mentor, *NextGen Psychology Scholars Program*

REVIEWING EXPERIENCE

Ad-hoc Reviewing

Journal of Child & Adolescent Trauma

CLINICAL EXPERIENCE

2019 – 2024 **Ocean Pediatrics**, Brooklyn, NY
Pediatric and Adolescent Medical Assistant
 Supervisor: Elliot Vayner, M.D.

- Assisted primary care physicians in assessing physical and psychological health; conducted clinical intakes, mental health screenings, suicide risk assessments, and safety planning interventions; managed insurance eligibility and authorizations; coordinated psychoeducation and mental health stigma reduction workshops for underrepresented youth; led school-based mental health awareness and community engagement events.

VOLUNTEER EXPERIENCE

2020 – 2024 **Crisis Text Line**
Crisis Counselor Volunteer

2021 **Alvord, Baker, & Associates, L.L.C.**, Cognitive-Behavioral Summer Treatment Program, Kensington, MD
Student Counselor
 Supervisors: Kelly O'Brien, Ph.D., & Veronica Raggi, Ph.D.

PROFESSIONAL CERTIFICATIONS

2023 **Columbia Suicide Severity Rating Scale (C-SSRS) Training Certificate**, *Research Foundation for Mental Hygiene (RFMH)*

2023 **Certified Opioid Overdose Responder**, *NYC Department of Health and Mental Hygiene*

2022 **Counseling on Access to Lethal Means Training Certification**, *Zero Suicide Institute*

2022 **Preventing Suicide in Emergency Departments Training Certificate**, *Zero Suicide Institute*

2022 **Child Abuse and Maltreatment Mandated Responder**, *NYS Office of Children and Family Services*

2021 **Human Research; Responsible Conduct of Research Course; Social/Behavioral Research Course**, *Collaborative Institutional Training Initiative (CITI) Program*

2020 **Crisis Counselor Certification**, *Crisis Text Line*

SELECTED SKILLS

Programming Language: R

Statistical Software: SPSS, Amos, PROCESS Macro, Dedoose, G*Power

Web-Based: REDCap, Qualtrics, Pavlovia, Amazon Mechanical Turk, ResearchMatch, Canva

Suicide Risk Assessments: Columbia Suicide Severity Rating Scale (C-SSRS), Ask Suicide-Screening Questions (ASQ), University of Washington Risk Assessment Protocol (UWRAP), Suicide Assessment Five-Step Evaluation and Triage (SAFE-T)

Safety Planning Intervention (SPI): Stanley-Brown Safety Plan

Languages: English (Native/Bilingual Proficiency), Russian (Native/Bilingual Proficiency)

PROFESSIONAL AFFILIATIONS

Association for Behavioral and Cognitive Therapies

International Society for the Study of Self-Injury

Association for Psychological Science

Eastern Psychological Association

American Psychological Association

Psi Chi, The International Honor Society in Psychology