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Jeannette K. (Lewis) Correa

Current active licensure in New York

Education

Ph.D. Clinical Psychology, Boston University 9/2020
Mentor: Timothy Brown, PsyD
Dissertation: Effects of Emotion Regulation Skills Training on Worry and Emotional Distress Tolerance: A Multiple Baseline Single-Case Experimental Design

M.A. Psychology, Boston University 5/2015

B.A. Psychology, Boston University, Cum Laude 5/2012
Minor: Statistics

Current positions

5/22-present MindWell Psychology
Director of Clinical Training
-Develop and implement innovative training program to serve postdoctoral fellows and predoctoral externs including educational experiences and seminars
-Expand collaborative partnerships with clinical training programs
-Supervise trainees at various educational levels
-Manage extern and postdoctoral applications and interviews
-Creator of couples therapy specialty track

2/26-present Psychology Today contributor
Blog Title: To your Wedding and Beyond, Coordinating a healthy and satisfying relationship

Post-Doctoral Residency

9/20-10/21 Psychology Post-Doctoral Residency Program
Albany Stratton VA Medical Center, PTSD Clinic
-Specialty training for evidence-based treatment of PTSD in a veteran population

Clinical Internship

9/19-8/20 Albany Psychology Internship Consortium
Albany Medical Center
-Conduct individual therapy with long term patients on an outpatient basis
Albany Stratton VA Medical Center

-Rotate through Behavioral Health Outpatient Clinic and PTSD specialty clinic
-Conduct consults, individual, and couples' therapy in person and using telehealth
-Co-lead group for veterans struggling with anger
Capital District Psychiatric Center
-Conduct individual therapy in an inpatient, state-funded setting for individuals with severe mental illness

Additional Clinical Experience

10/21-present MindWell Psychology
Staff Clinician
-hold caseload of 28-30 patients
-provide evidence base couples and individual treatment

9/17-5/19 Student Clinical Supervisor
Psychological Services Center, Boston University
-Serve as primary supervisor for junior graduate students
-Provide weekly supervision meetings on students' individual treatment cases
-Provide supervision through live observation and review of video recordings

1/18-8/18 Center for Anxiety and Related Disorders, practicum student
Center for Anxiety and Related Disorders at Boston University
-Conduct intake assessments
-Conduct individual cognitive-behavioral therapy in an outpatient setting
-Attend weekly supervision

11/16-11/17 Dialectical Behavior Therapy, practicum student
Center for Anxiety and Related Disorders at Boston University
-Co-leader of Dialectical Behavior Therapy group in an outpatient clinic setting
-Conduct initial screens for prospective group members and intake assessments
-Manage waitlist for group
-Serve in rotation of group leaders for monthly graduate group

9/16-7/17 Center for Returning Veterans, practicum student
Veteran's Affairs Boston Healthcare System, Jamaica Plain Campus
-Provide individual cognitive-behavioral and trauma-focused therapy for OEF/OIF veterans in an outpatient clinic setting
-Attend and occasionally lead team didactics

9/15-7/16 Psychological Services Center, therapy practicum student
Center for Anxiety and Related Disorders at Boston University
-Conduct semi-structured intake assessments
-Participate in weekly didactic and case conference meetings
-Conduct individual cognitive-behavioral therapy in an outpatient setting

9/15-8/16 Psychological Services Center, neuropsychological practicum student
Center for Anxiety and Related Disorders at Boston University

-Conduct neuropsychological assessments for presenting concerns of ADHD and learning disorders
-Create integrated reports
-Hold individual feedback sessions

11/15-12/15 Parent Training Program, co-facilitator
Center for Anxiety and Related Disorders at Boston University
-Provide psychoeducation and other skills to parents of children on waitlist for services

3/13- 8/14 Intake Coordinator
Center for Anxiety and Related Disorders at Boston University
-Conduct over the phone and in person assessments of potential patients
-Aid in Center's transition to an electronic patient management system
-Train and supervise first year doctoral students conducting phone screens

5/11-9/11 Inpatient Unit Observation
Dr. Solomon Carter Fuller 8E Inpatient Unit, Boston MA
-Observe community and team treatment meetings on locked ward
-Clinical population included those on competency evaluation stays and long-term residents found unfit to stand trial

Invited Interviews

Alwahaidi, K. (2026, January 19). *Psychologists warn: These 7 defensive phrases are red flags in a relationship*. Parade. https://parade.com/living/defensive-phrases-that-are-red-flags-in-relationship-according-to-psychologists

Digital Media Publications

Correa, J. K. (2026, August 18). *4 ways to practice mindfulness on your wedding day*. Psychology Today. https://www.psychologytoday.com/us/blog/to-your-wedding-and-beyond/202608/4-ways-to-practice-mindfulness-on-your-wedding-day

Correa, J. K. (2026, June 29). *4 principles for a healthy prenup conversation*. Psychology Today. https://www.psychologytoday.com/us/blog/to-your-wedding-and-beyond/202606/4-principles-for-a-healthy-prenup-conversation

Correa, J. K. (2026, June 22). *A bride's guide to managing panic*. Psychology Today. https://www.psychologytoday.com/us/blog/to-your-wedding-and-beyond/202606/a-brides-guide-to-managing-panic-during-the-ceremony

Correa, J. K. (2026, April 1). *The destructive illusion of perfectionism*. Psychology Today. https://www.psychologytoday.com/us/blog/to-your-wedding-and-beyond/202604/the-destructive-illusion-of-perfectionism

Correa, J. K. (2026, March 2). *Is romance on TV ruining my chances for a relationship?* Psychology Today. https://www.psychologytoday.com/us/blog/to-your-wedding-and-beyond/202603/is-romance-on-tv-ruining-my-chances-for-a-relationship

Correa, J. K. (2026, February 12). *When your partner is not helping with wedding planning*. Psychology Today. https://www.psychologytoday.com/us/blog/to-your-wedding-and-beyond/202602/when-your-partner-is-not-helping-with-wedding-planning

Correa, J. K. (2026, February 3). *Is premarital counseling worth the time?* Psychology Today. https://www.psychologytoday.com/us/blog/to-your-wedding-and-beyond/202602/is-premarital-counseling-worth-the-time

Correa, J. K. (2023, October 18). *Are you stuck with indecision while planning your wedding?* Psychology Today. https://www.psychologytoday.com/us/blog/to-your-wedding-and-beyond/202310/are-you-stuck-with-indecision-while-planning-your-wedding

Academic Publications

Boettcher, H., **Correa, J.**, Cassiello-Robbins, C., Ametaj, A., Kennedy, K., Rosellini, A.J., Farchione T., Barlow, D. H. (2020). Dimensional assessment of emotional disorders outcomes in transdiagnostic treatment: A clinical case study. *Cognitive and Behavioral Practice, 27,* 442-453.

Correa, J., & Brown, T. A. (2019). The expression of generalized anxiety disorder across the lifespan. *Journal of Psychopathology and Behavioral Assessment, 41*, 53-59.

Rosellini, A.J., Bourgeois, M. L, **Correa, J.,** Tung, E.S., Goncharenko, S., & Brown, T.A. (2018). Anxious distress in depressed outpatients: Prevalence, comorbidity, and incremental validity. *Journal of Psychiatric Research, 103*, 54-60.

Correa, J., & Sandage, S.J. (2018). Relational Spirituality as Scaffolding for Cognitive-Behavioral Therapy: A Case Study. *Spirituality in Clinical Practice, 5,* 54-63.

Man, A., **Correa, J**., Ziemek, J., Felson, D.T., Lafyatis, R. (2017). Development and validation of a patient reported outcome instrument for skin involvement in patients with systemic sclerosis. *Annals of the Rheumatic Diseases,76,* 1374-1380.

Conference Presentations

Correa, J., Whitaker, Y., & Smith, L. *Retention of ethnic and racial minority patients through the intake and treatment process in an academic training clinic: The impact of lowering session fees.* Poster accepted to Association of Behavioral and Cognitive Therapies annual meeting, Washington, D.C., November 2018.

Tung, E., **Correa, J.,** Goncharenko, S. & Brown, T.A. *Psychometric properties of the Distress Tolerance Scale in a clinical sample.* Poster accepted to Association of Behavioral and Cognitive Therapies annual meeting, Washington, D.C., November 2018.

Bourgeois, M., Tung, E., **Correa, J**., Goncharenko, S., Rosellini, A.J., Brown, T.A., *Prevalence, clinical correlates, and incremental validity of the anxious distress specifier in the DSM-5 depressive disorders.* Poster accepted to Association of Behavioral and Cognitive Therapies annual meeting, San Diego, California, November 2017.

Correa, J., Goncharenko, S., Rosellini, A.J., & Brown, T.A. *Approximation of the DSM-5 anxious distress specifier using popular self-report measures.* Poster accepted to Association of Behavioral and Cognitive Therapies annual meeting, San Diego, California, November 2017.

Goncharenko, S., **Correa, J.,** Tung, E., Rosellini, A.J., & Brown, T.A. *Validity and specificity of the worry behavior construct in generalized anxiety disorder.* Poster accepted to Association of Behavioral and Cognitive Therapies annual meeting, San Diego, California, November 2017.

Correa, J., & Brown, T.A. *The expression of generalized anxiety disorder across the lifespan*. Poster accepted to Association of Behavioral and Cognitive Therapies annual meeting, New York City, New York, October 2016.

Lewis, J., Bourgeois, M., Rutter, L., Legrand, A., & Brown, T.A. *The effect of neuroticism on the discrepancy between self-reported and clinician-rated overall functioning in outpatients with anxiety and mood disorders*. Poster accepted to Association of Behavioral and Cognitive Therapies annual meeting, Chicago, Illinois, November 2015.

Legrand, A., Bourgeois, M., Rutter, L., **Lewis, J**., Brown, T.A. *Factorial distinctiveness and differential relevance of social interaction and performance anxiety as subdomains of DSM-5 social anxiety disorder.* Poster accepted to Association of Behavioral and Cognitive Therapies annual meeting, Chicago, Illinois, November 2015.

Bourgeois, M., Rutter, L., **Lewis, J.,** Legrand, A., Brown, T.A. *The direct and interactive effects of neuroticism and treatment on the severity and longitudinal course of depression.* Poster accepted to Association of Behavioral and Cognitive Therapies annual meeting, Chicago, Illinois, November 2015.

Rutter, L., Legrand, A., **Lewis, J**., Bourgeois, M., Brown, T.A. *Emotion recognition in outpatients with anxiety and mood disorders.* Poster accepted to Association of Behavioral and Cognitive Therapies annual meeting, Chicago, Illinois, November 2015.

Kennedy, K., Cassiello-Robbins, C., Boettcher, H., **Lewis, J**, Ametaj, A., Rosellini, A., Barlow, D.H., & Brown, T.A., *Exploring a profile-based classification approach for emotional disorders: Changes across cognitive-behavioral therapy*. Poster accepted to Association of Behavioral and Cognitive Therapies annual meeting, Chicago, Illinois, November 2015.

Boettcher, H., **Lewis, J**., Kennedy, K., Cassiello, C., Ametaj, A., Rosellini, A., Barlow, D.H., & Brown, T.A. *Initial evaluation of a hybrid dimensional-categorical assessment*

instrument in outpatients undergoing CBT for emotional disorders. Poster accepted to Association of Behavioral and Cognitive Therapies annual meeting, Chicago, Illinois, November 2015.

Cassiello, C., **Lewis J**, Bentley, K.H., Farchione, T.J., Barlow D.H. (2014). *Which transdiagnostic predictors rise above the rest when predicting emotional disorder severity?* Poster accepted to Association for Behavioral and Cognitive Therapies annual meeting, Philadelphia, Pennsylvania, November 2014.

Rosellini, A., **Lewis, J**., Bentley, K. H., & Brown, T. A. *Development and latent structure of the multidimensional emotional disorder inventory.* Poster accepted to Association for Behavioral and Cognitive Therapies annual meeting, Nashville, TN, November 2013.

Lewis, J., West, A., Brown, T. A. *Association of Body Mass Index with severity of anxiety and mood disorders.* Poster accepted to Association for Behavioral and Cognitive Therapies annual meeting, Nashville, TN, November 2013.

Research Experience

7/17-2/19 Independent Evaluator, Effectiveness of a Unified Transdiagnostic Treatment in Routine Clinical Care
Veteran Affairs Boston Healthcare System. P.I. Cassidy Gutner, Ph.D.
-Conduct intake and follow-up assessments in veteran population
-Provide diagnostic consults for other assessors

6/15-5/19 Graduate Student Research Assistant, Classification of Depression and Anxiety Project (CODA)
Center for Anxiety and Related Disorders at Boston University. P.I.: Timothy Brown, Psy.D.
-Conduct semi-structured intake assessments
-Facilitate patient entry into treatment at clinic
-Attend weekly consensus diagnosis meetings

11/16-9/17 Independent Evaluator, Loving Kindness Meditation for Mood and Anxiety Disorders: A Multiple Baseline Single Case Experimental Evaluation
Center for Anxiety and Related Disorders. P.I.: Michelle Bourgeois, M.A.
-Conduct post-treatment assessments for research participants

5/16-9/16 Assistant Research Project Coordinator, Emotion in Depression and Anxiety
Center for Anxiety and Related Disorders. P.I.: Lauren Rutter, M.A.
-Screen and schedule participants for dissertation study

5/15-1/17 Statistics Consultant
Self-employed
-Consultant on questionnaire development

5/12-8/14 Research Assistant, Classification of Depression and Anxiety Project (CODA)

Center for Anxiety and Related Disorders at Boston University. P.I.: Timothy Brown, Psy.D.
-Consent patients, schedule follow up assessments for large R01 study
-Collect, package, and ship DNA specimens to offsite laboratory for genetic testing
-Supervise undergraduate volunteers

1/12-5/13 Research Project Coordinator, Initial Development and Validation of a Dimensional Classification System Based on Shared Features of the Emotional Disorders
Center for Anxiety and Related Disorders. P.I.: Anthony Rosellini, Ph.D.
-Contact patients eligible for inclusion
-Compile and mail questionnaire study materials
-Manage daily logistics when principal investigator was off-site on internship

5/11-5/12 Volunteer Research Assistant, Classification of Depression and Anxiety Project (CODA)
Center for Anxiety and Related Disorders at Boston University. P.I.: Timothy Brown, Psy.D.
-Keep paper research materials in stock and properly assembled
-Enter and verify data

Teaching Experience and Lectures Given

10/21-present Didactic leader
MindWell Psychology
-Create and present on topics within clinical expertise (anxiety, exposure therapy, healthy relationships, couples therapy, Dialectical Behavior Therapy)

12/9/20 Grand Rounds Lecturer
Albany Medical Center
-Title: Short Term Emotion Regulation Skills Training for Worry and Low Distress Tolerance

2/21/18 Guest Lecturer, States of Mind and Distress Tolerance
Residence Life, Boston University
-Independently designed and facilitated discussion of distress tolerance and mindfulness skills to resident assistants and professional Residence Life staff

2/12/18 Guest Lecturer, Clinical Interviewing
Graduate School of Arts and Sciences, Boston University
Lecturer: Shannon Sauer-Zavala, Ph.D.
-Designed and delivered lecture on administration of the Anxiety Disorders Interview Schedule (ADIS) to graduate students in the clinical psychology program

2/7/18 Guest Lecturer, Narratives of Disorder
Emerson College
Lecturer: Eileen McBride, Ph.D.
-Designed and delivered lecture on dimensional assessment and treatment of emotional disorders

12/7/17 Guest Lecturer, Behavioral Medicine
College of Arts and Sciences, Boston University
Lecturer: Kristen Long, Ph.D.
-Assisted in creation of mock grand rounds for undergraduates

10/12/17 Guest Lecturer, Narratives of Disorder
Emerson College, Lecturer: Eileen McBride, Ph.D.
-Designed and delivered lecture on dimensional assessment and treatment of emotional disorders

5/16/16 Guest Lecturer, Introduction to Clinical Psychology
College of Arts and Sciences, Boston University
Lecturer: Michael Otto, Ph.D.
-Modified and delivered lecture on cognitive behavioral therapy for undergraduates

1/15-5/15 Teaching Fellow, Introduction to Psychology
College of Arts and Sciences, Boston University
Lecturer: Tracey Dunne, Ph.D.
-Led discussion sections for large lecture of undergraduate students
-Hold weekly office hours
-Procter exams, including organizing separate testing spaces for students with accommodations

9/14-12/14 Teaching Fellow, Introduction to Psychology
College of Arts and Sciences, Boston University
Lecturer: Yvonne Wakeford, Ph.D.
-Led discussion sections for large lecture of undergraduate students
-Create questions for midterm and final exams
-Hold weekly office hours

9/14-5/15 Statistics Tutor, self-employed
-Tutor graduate and undergraduate students for statistics courses on weekly and as needed basis

Trainings and Workshops

9/18 Visual Analysis Training Protocol
Online training (www.singlecase.org)
-Complete modules to improve visual analysis skills for data collected through single-case experiential designs

9/16 Unified Protocol for Transdiagnostic Treatment of Emotional Disorders Workshop
Center for Anxiety and Related Disorders, Boston University
-Intensive training on the delivery of transdiagnostic therapy and the modules in the Unified Protocol

9/16 Cognitive Processing Therapy Workshop
Veterans Affairs Hospital, Jamaica Plain
-16-hour training on the delivery of and rational for cognitive processing therapy in veteran populations

5/16-8/16 Assessing Serious Mental Illness, Didactic Series
Center for Psychiatric Rehabilitation, Boston University
-Learn proper administration of Brief Psychiatric Rating Scale, Scale for the Assessment of Negative Symptoms, Montgomery-Asberg Depression Rating Scale, and portions of the MATRICS neuropsychological battery
-Observe assessment battery being conducted on patients with serious mental illnesses and active psychotic symptoms

5/13-5/20 Anxiety and Related Disorders Interview Schedule for DSM-5, certified trainer
Center for Anxiety and Related Disorders at Boston University
-Train incoming post-doctoral and graduate student staff to conduct research adherent intake assessments using the ADIS-5

Administrative Experience

5/18-9/19 Move Manager, Psychological Services Center
Center for Anxiety and Related Disorders at Boston University
-Communicate with professional move team and lab groups to relocate clinic
-Troubleshoot difficulties with space and video recording system post-move
-Aid in licensing procedures for new clinic location

6/17-5/19 Student Director, Psychological Services Center
Center for Anxiety and Related Disorders at Boston University
-Clinical and administrative assistant to director of clinical services
-Manage and audit electronic medical record system
-Manage video supervision system
-Manage online clinical data collection system
-Orient new staff members to clinic policies and procedures
-Coordinate year-long training seminar for classes of 10-13 student clinicians
-Provide administrative support (e.g., case management, ordering supplies, responding to inquiries from patients and providers)

9/16-5/17 Student Representative to Faculty
Clinical Psychology Doctoral Program at Boston University
-Attend all faculty meetings
-Communicate student concerns to the faculty

-Take meeting minutes and distribute relevant information to students in the doctoral program

9/14-5/15 Graduate Student Organization, student representative
Graduate School of Arts and Sciences, Boston University
-Attend meetings with students in other graduate fields
-Communicate funding options and student events to students in clinical program

Awards

3/2018 Clara Mayo Memorial Fellowship
Boston University
Role: Principal Investigator
Project Title: Emotion Regulation Skills Training for Anxiety and Distress: A Multiple Baseline Single Case Experimental Evaluation

Additional Work Experience

10/10-5/19 Wedding Coordinator
Marsh Chapel, Boston University
-Conduct wedding rehearsals in conjunction with officiants of multiple religious affiliations
-Collect associated wedding fees, manage accounts for multiple clients simultaneously, track delinquent accounts
-Provide on-site logistical direction and customer service
-Communicate with various vendors, convey rules, regulations and limits relating to the space

8/10-5/19 Resident Assistant
Office of Residence Life, Boston University
-Serve on-call shifts and enforce residential policy
-Respond to student questions and emergencies
-Conduct roommate mediations