

# Rae A. Littlewood, PhD

Licensed Clinical Psychologist

NM License No. 1167

## Contact Information

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## Education

2006-2009      **Syracuse University**, Department of Psychology  
   Doctor of Philosophy in Clinical Psychology  
  
2002-2005      **Syracuse University**, Department of Psychology  
   Master of Science in Clinical Psychology  
  
1999              **University of Colorado**, Boulder  
   Bachelor of Arts in Psychology

## Clinical & Research Positions

5/11-present      **Clinical Psychologist**  
   *Behavior Therapy Associates, Albuquerque, NM*

9/11-9/14        **Clinical Supervisor**  
   *Mind Research Network, Albuquerque, NM*

9/11-4/13        **Program Manager/Research Scientist**  
   *Mind Research Network, Albuquerque, NM*

9/09-9/11        **Post-Doctoral Fellow**  
   *Mind Research Network, Albuquerque, NM*  
   Specialized in treatment outcome research for alcohol dependence and smoking cessation.

7/08-7/09        **Intern**  
   *Southwest Consortium Pre-Doctoral Psychology Internship,*  
   *Albuquerque VA Hospital and University of New Mexico Health Science Center*  
   Training rotations completed: behavioral medicine, outpatient PTSD treatment, integrative behavioral couples therapy.

- 2006-2008     **Research Assistant**  
*Center for Health and Behavior, Syracuse University*  
**Project Title:** *A Multi-Level HIV Prevention Strategy for High-Risk Youth: Project iMPPACs.* Principal Investigator: Peter A Vanable, Ph.D. Funded by NIMH (U01 Grant).
- 2003-2008     **Therapist**  
*Psychological Service Center, Syracuse University*
- 2005           **Behavioral Health Consultant**  
*Clinical Health Psychology Practicum, Student Health Center, Syracuse University*
- 2005           **DBT Consultation Team Member**  
*SUNY Upstate Medical University, Department of Psychiatry*
- 2003-2004     **Research Assistant & Qualitative Interviewer**  
*Upstate Partnership for Health, Syracuse University, and SUNY Upstate Medical University*  
**Project Title:** *Reducing Risk Behavior among HIV+ Men*  
Principal Investigator, Peter Vanable, Ph.D. Funded by National Institute of Mental Health (R21 Grant).
- 2003           **Intervention Therapist**  
*Department of Psychology, Syracuse University*  
**Project Focus:** Cognitive-behavioral treatment of generalized anxiety disorder for older adults
- 2003           **Diagnostic Evaluator**  
*Department of Psychology, Syracuse University*  
Conducted structured clinical interviews (SCID-Research Version) and administered psychological assessments to patients with a first time hearing-loss diagnosis.
- 2000-2002     **Project Coordinator**  
*Colorado Alcohol and Smoking Lab, University of Colorado, Boulder.*  
**Project Title:** *Psychophysiological and Behavioral Effects of Nicotine.*  
Principal Investigator, Kent E. Hutchison, Ph.D. Funded by National Cancer Institute.

### **Specialized Clinical Training**

***Emotionally-Focused Couples Therapy (EFT) Core Skills.*** Intensive training and supervision for certification in EFT for couples. Colorado Springs, CO. Completed 2020-2021.

***Emotionally Focused Individual Therapy (EFIT) Level 1.*** Two-day intensive training presented by Paul and Nancy Aikin. Sacramento, CA. February 2020.

***Emotionally-Focused Therapy (EFT) Externship.*** Four-day intensive training in EFT for couples. Presented by Paul and Nancy Aikin. Fresno, CA. February 2019.

***Art and Science of Compassion.*** Completed an 8-week on-line training in Compassion-Focused Therapy presented by Dennis Tirch & Laura Silberstein. March-April 2018.

***Acceptance and Commitment Therapy: Focusing on Values Work, Self-Care, and Self-Compassion.*** Two-day intensive training presented by Kelly Wilson at the ACBS World Conference, Seattle, WA. June 2016.

***Functional Analytic Psychotherapy Intensive Training.*** Seattle, WA. June 2014.

***Motivational Interviewing Advanced Training.*** Solvang, CA. Two-day intensive training presented by Terri Moyers and Bill Miller. May, 2014.

***Functional Analytic Psychotherapy Intensive Training.*** Seattle, WA. June 2013.

***Functional Analytic Psychotherapy – Level II Training.*** Denver, CO. Two day intensive training presented by Mavis Tsai. October, 2012.

***Dynamic Psychotherapy of Obsessive-Compulsive and Histrionic Personality Disorders.*** Syracuse, NY. (3 hours). Training presented by Glen Gabbard, M.D. at SUNY Upstate Medical University, Department of Psychiatry. November, 2007.

***Cognitive Therapy of Personality Disorders.*** Syracuse, NY. (7 hours). One-day training presented by Judith Beck, Ph.D. at SUNY Upstate Medical University, Department of Psychiatry. April, 2006.

***Acceptance and Commitment Therapy: General Principles and Applications to Severe, Multi-Problem Clients.*** Syracuse, NY. (7 hours) One-day training presented by Kelly Wilson, Ph.D. for Central New York Psychological Association. April, 2006.

***Individual Psychotherapy in Dialectic Behavior Therapy.*** Boston/Westborough, MA. (16 hours) Two-day intensive workshop presented by Charles Swenson, M.D. May, 2005.

***The A, B, Z's of DBT: Dialectic Behavior Therapy Basics and Beyond.*** New Orleans, LA. (7 hours) One-day training presented by Marsha Linehan, Ph.D. and Kathryn Korslund, Ph.D. November, 2004.

***The Dialectic Behavior Therapy (DBT) Skills: For Borderline Personality Disorder and Beyond Workshop.*** Syracuse, NY. (7 hours) Presented by Anna Remen, Ph.D. at SUNY Upstate Medical University, Department of Psychiatry. August, 2004.

***The Treatment of Trauma: Cognitive Behavioral Approaches.*** Syracuse, NY. (7 hours) Presented by Edna Foa, Ph.D. at SUNY Upstate Medical University, Department of Psychiatry. March, 2004.

### **Publications**

Wilcox, C. E., Claus, E. D., Calhoun, V. D. Rachaonda, S., **Littlewood, R. A.**, Mickey, J., Arenella, P. B., Goodreau, N., Hutchison, K. E. (2018). Default mode network deactivation to smoking cue relative to food cue predicts treatment outcome in nicotine use disorder. *Addiction Biology* ,23, 412-424.

**Littlewood, R. A.**, Claus, E. D., Wilcox, C., Mickey, J., Arenella, P., Bryan, A. D., Hutchison, K. E. (2017). Moderators of smoking cessation outcomes in a randomized-controlled trial of varenicline versus placebo. *Psychopharmacology*, 234, 3417-3429.

Wilcox, C. E., Calhoun, V. D. Rachaonda, S., Claus, E. D., **Littlewood, R. A.**, Mickey, J., Arenella, P. B., Hutchison, K. E. (2017). Functional network connectivity predicts treatment outcome during treatment of nicotine use disorder. *Psychiatry Research: Neuroimaging*, 265, 45-53.

**Littlewood, R. A.**, Claus, E. D., Arenella, P., Bogenschutz, M. P., Karoly, H., Feldstein Ewing, S. F., Bryan, A. D., Hutchison, K. E. (2015). Dose specific effects of olanzapine in the treatment of alcohol dependence. *Psychopharmacology*, 232, 1261-1268.

**Littlewood, R. A.** & Vanable, P. V. (2014). The relationship between CAM use and adherence to antiretroviral therapies among persons living with HIV. *Health Psychology*, 33(7), 660-667.

Brown, J. L., **Littlewood, R. A.**, Vanable, P. A. (2013). Social-cognitive correlates of antiretroviral therapy adherence among HIV-infected individuals receiving infectious disease care in a medium-sized northeastern city. *AIDS Care*, 25(9), 1149-1158.

Vanable, P. A., Carey, M. P., Brown, J. L., **Littlewood, R. A.**, Bostwick, R. (2012). What HIV+ MSM want from sexual risk reduction interventions: Findings from a qualitative study, *AIDS & Behavior*, 16(3), 554-563.

**Littlewood, R. A.** & Vanable, P. A. (2011). A global perspective on complementary and alternative medicine use among people living with HIV/AIDS in the era of HAART. *Current HIV/AIDS Reports*, 8(4), 257-268.

**Littlewood, R. A.** & Vanable, P. A. (2008). Complementary and alternative medicine use among HIV+ people: research synthesis and implications for HIV care. *AIDS Care*, 20(8), 1002-1018.

**Littlewood, R. A.**, Vanable, P. A., Carey, M. P., Blair, D. C. (2008). The association of benefit finding to psychosocial and health behavior adaptation among HIV+ men and women. *Journal for Behavioral Medicine*, 31, 145-155.

Vanable, P. A., Carey, M. P., Blair, D. C., & **Littlewood, R. A.** (2006). Impact of HIV-related stigma on health behaviors and psychological adjustment among HIV-positive men and women. *AIDS & Behavior*, 10(5), 473-482.

### **Presentations**

**Littlewood, R. A.**, Claus, E. D., Hutchison, K. E. (2013, March). *BOLD response in the dorsal-lateral prefrontal cortex is negatively correlated with subjective craving in a sample of treatment-seeking smokers*. Poster accepted for presentation at the Society of Behavioral Medicine's 34<sup>th</sup> Annual Meeting, San Francisco, CA.

Goodreau, N. C., **Littlewood, R. A.**, Hutchison, K. E. (2013, March). *Compliance with daily adherence phone calls predicts smoking cessation in a randomized-controlled trial evaluating the effectiveness of varenicline*. Poster accepted for presentation at the Society of Behavioral Medicine's 34<sup>th</sup> Annual Meeting, San Francisco, CA.

**Littlewood, R. A.**, Vanable, P. A. (2012, April). *CAM Use is Associated with Lower Rates of Intentional Nonadherence to ART Among HIV+ Clinic Patients*. Poster presented at the Society of Behavioral Medicine's 33<sup>rd</sup> Annual Meeting, New Orleans, Louisiana.

Brown, J. L., **Littlewood, R. A.**, Vanable, P. A. (2012, April). Social-Cognitive Correlates of Antiretroviral Therapy Adherence among HIV+ Individuals. Poster presented at the Society of Behavioral Medicine's 33<sup>rd</sup> Annual Meeting, New Orleans, Louisiana.

**Littlewood, R. A.**, Vanable, P. A., Brown, J. L., Hammonds, L. (2009, April). *Explaining CAM Use in HIV+ Patients: The Role of Illness Experiences and Treatment Representations*. Poster presented at the Society of Behavioral Medicine's 30<sup>th</sup> Annual Meeting, Montreal, Canada.

**Littlewood, R. A.**, Brown, J. L., Vanable, P. A., Carey, M. P., & Bostwick, R. (2008, March). *Assessment of Benefit Finding among HIV+ People: Psychometric Properties and Test-Retest Reliability of a Measure Adapted from the Cancer Literature*. Poster presented at the Society of Behavioral Medicine's 29<sup>th</sup> Annual Meeting, San Diego, CA.

**Littlewood, R. A.**, Vanable, P. A. (2007, March). *Complementary and Alternative Medicine Use Among Persons Living with HIV: A Systematic Review and Call for Theory-Based Research*. Paper presented at the Society of Behavioral Medicine's 28th Annual Meeting, Washington, DC.

Vanable, P. A., Carey, M. P., Bostwick, R. A., Brown, J. L., & **Littlewood, R. A.** (2006, November). *Development of a Tailored Intervention to Promote Sexual Health Among HIV+ MSM*. Symposia presented at the 40<sup>th</sup> Annual Meeting of the Association for Behavioral and Cognitive Therapy, Chicago, Illinois.

Brown, J. L., Vanable, P. A., Carey, M. P., **Littlewood, R. A.**, & Blair, D. C. (2006, March). *Unprotected Sex in Seroconcordant Relationships Among HIV+ MSM*. Poster presented at the Society of Behavioral Medicine 27<sup>th</sup> Annual Meeting, San Francisco, California.

Vanable, P. A., Carey, M. P., **Littlewood, R. A.**, Brown, J. L., & Blair, D. C. (2006, March). *What HIV+ Men Who Have Sex with Men Say is Needed to Promote Sexual Risk Reduction*. Poster presented at the Society of Behavioral Medicine 27<sup>th</sup> Annual Meeting, San Francisco, California.

**Littlewood, R. A.**, Vanable, P. A., Carey, M. P., & Blair, D. C. (2005, April). *Impact of Benefit Finding on Psychological Adjustment and Health Behavior Adaptation Among HIV+ Women*. Poster presented at the Society of Behavioral Medicine's 26th Annual Meeting, Boston, MA.

**Littlewood, R. A.**, Hutchison, K. E., & McGeary, J. (2004, November). *Effect of Controllability on Physiological and Subjective Responses to Laboratory Stress*. Poster presented at the 38th Annual Meeting of the Association for the Advancement of Behavior Therapy, New Orleans, LA.

Vanable, P. A., Carey, M. P., Blair, D. C., & **Littlewood, R. A.** (2004, March). *Impact of HIV-related Stigma on Health Behaviors and Psychological Adjustment Among HIV+ Men and Women*. Paper presented at the Society of Behavioral Medicine's 25th Annual Meeting in Baltimore, Maryland.

LaChance, H., Bryan, A., **Hicks, R.**, & Hutchison, K. E. (2002, November). *Moderators of Motivational Enhancement Therapy with Smokers*. Poster presented at the Association for Advancement of Behavior Therapy's 36th Annual Meeting in Reno, NV.

### **Teaching Positions**

2002-2003      **Graduate Teaching Assistant**  
Department of Psychology, Syracuse University  
Course Title: *Foundations of Human Behavior*

- 2005            **Graduate Teaching Assistant**  
Department of Psychology, Syracuse University  
Course Title: *Adult Clinical Assessment (Graduate Level)*
- 2006            **Course Instructor**  
Department of Psychology, Syracuse University  
Course Title: *Abnormal Psychology*
- 2007-2008      **Future Professoriate Program (FPP) Teaching Associateship**  
Department of Psychology, Syracuse University

**Academic Honors and Awards**

- 2007            American Psychological Association Division 38 Student Research Award  
2006            Syracuse University Teaching Fellowship  
1999            Graduated Magna cum Laude in Psychology, University of Colorado  
1999            Summer Undergraduate Research Fellowship  
1999            Undergraduate Research Opportunities Grant

**Professional Memberships**

New Mexico Psychological Association  
Association for Contextual Behavioral Science  
International Centre for Excellence in Emotionally Focused Therapy (ICEEFT)

**Other Professional Activities**

- 2016-2017      **Co-host of Podcast “Psychologists Off the Clock”** (available on iTunes)  
[www.offtheclockpsych.com](http://www.offtheclockpsych.com)