

# Tao Lin

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## EDUCATION

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- PhD in Clinical Psychology Athens, OH  
Department of Psychology, Ohio University Expected 08/2024  
Advisor: Timothy Anderson, Ph.D.  
Dissertation: *Efficacy of tele-facilitative interpersonal and relational skills training on teletherapy skills: A randomized controlled trial*
- Master of Science in Clinical Psychology Athens, OH  
Department of Psychology, Ohio University 08/2021  
Advisor: Timothy Anderson, Ph.D.  
Thesis: *The roles of early symptom change and early working alliance in predicting treatment outcome*
- Master of Arts in Clinical Psychology New York, NY  
Teachers College, Columbia University 05/2019  
Advisor: Barry Farber, Ph.D.  
Thesis: *Trajectories of depression in psychotherapy: How client characteristics predict clinical improvement*
- Bachelor of Science in Psychology Beijing, China  
School of Psychology, Beijing Normal University 07/2017

## PUBLICATIONS

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- Lin, T.** & Anderson, T. (in press). Reduced therapeutic skill in teletherapy versus in-person therapy: The role of nonverbal communication. *Counselling and Psychotherapy Research*.
- Lin, T.**, Heckman, T. G., & Anderson, T. (2022). The efficacy of synchronous teletherapy versus in-person therapy: A meta-analysis of randomized clinical trials. *Clinical Psychology: Science and Practice*, 29(2), 167–178. <https://doi.org/10.1037/cps0000056>
- Lin, T.**, Anderson, T., Austin, M., & Mischkowski, D. (2022). Early trajectories of symptom change and working alliance as predictors of treatment outcome. *Psychotherapy Research*.  
<https://doi.org/10.1080/10503307.2022.2080028>
- Lin, T.**, Cheng, Y., Veldhuis, C., & Hughes, T. (2022). Research on LGBTQ health and well-being in China: 2011-2018. *Annals of LGBTQ Public and Population Health*, 3(4).  
<https://doi.org/10.1891/LGBTQ-2020-0014>
- Lin, T.**, Stone, S.J., Heckman, T.G., & Anderson, T. Zoom-in to zone-out: Therapists report less therapeutic skill in telepsychology versus face-to-face therapy during the COVID-19 pandemic (2021). *Psychotherapy*. 58(4), 449–459. <https://doi.org/10.1037/pst0000398>
- Lin, T.**, Stone, S. J., & Anderson, T. (2022). Treating from afar: Mental health providers' challenges and

concerns during the covid-19 pandemic. *Behavioral Medicine*, 48(4), 241-244.  
<https://doi.org/10.1080/08964289.2021.1908217>

**Lin, T., Yi, Z., Zhang, S., & Veldhuis, C. B.** (2021). Predictors of psychological distress and resilience in the post-COVID-19 era (2022). *International Journal of Behavioral Medicine*, 29, 506-516.  
<https://doi.org/10.1007/s12529-021-10036-8>

**Lin, T. & Farber, B.A.** (2021). Trajectories of depression in psychotherapy: How client characteristics predict clinical improvement. *Journal of Clinical Psychology*. 77(6):1354–1370.  
<https://doi.org/10.1002/jclp.23119>

## MANUSCRIPTS

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**Lin, T., Anderson, T., Erekson, D., & Ogles, B.M.** Trajectories of change in weekly and biweekly therapy. (Under Review).

**Lin, T., Stone, S.J., & Anderson, T.** A head start in the long race: therapists are learning to adapt their therapeutic skills within teletherapy (Under Review).

Song, X., Anderson, T., & **Lin, T.** The effects of a multimedia intervention on help-seeking process with a Chinese college student sample (Under Review).

## CONFERENCE PRESENTATIONS

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Aafjes-van Doorn, K., **Lin, T.**, Antebi-Lerman, E., Bate, J., & Anderson T. (2023, May 11-13). *The effectiveness of two tele-therapy specific skills training webinars for therapists*. [Paper presentation]. The 39th Annual Meeting for the Society for the Exploration of Psychotherapy Integration. Vancouver, British Columbia, Canada.

**Lin, T., Anderson, T., Erekson, D., & Ogles, B.** (2023, April 20-22). *Trajectories of Change in Weekly versus Biweekly Psychotherapy*. [Paper presentation]. The 95th Annual Meeting of the Midwestern Psychological Association. Chicago, IL, United States.

**Lin, T., Stone, S.J., & Anderson, T.** (2022, July 6-9). *A head start in the long race: Therapists are learning to adapt their therapeutic skills within teletherapy*. [Paper presentation]. The 53rd International Annual Meeting for the International Society for Psychotherapy Research. Denver, CO, United States.

Feng, R., Hua, Z., Chen, P., **Lin, T.**, Veldhuis, C. (2022, August 4-6). *Novel application of network analyses: How well does LGBTQ research reflect the diversity of the community?* [Paper presentation]. American Psychological Association 2022 Convocation. Minneapolis, MN, United States.

**Lin, T., Stone, S.J., & Anderson, T.** (2021, June). *Therapists' self-report superior ability to use therapeutic skills in face-to-face therapy versus telepsychology*. [Paper presentation]. The 37<sup>th</sup> annual meeting for the Society for the Exploration of Psychotherapy Integration. Virtual Conference.

**Lin, T. & Anderson, T.** (2021, June). *The roles of early symptom change and early working alliance in predicting treatment outcome*. [Paper presentation]. The 52nd International Annual Meeting for the International Society for Psychotherapy Research. Virtual Conference.

Stone, S.J., **Lin, T.**, & Anderson, T. (2021, June). *Treating from afar: Mental health providers' challenges and concerns during the covid-19 pandemic*. [Paper presentation]. The 37<sup>th</sup> annual meeting for the Society for the Exploration of Psychotherapy Integration. Virtual Conference.

Benanzer, H., **Lin, T.**, Stone, S.J., Engel, A., Anderson, T. (2021, June). *Do helpers' emotion and responses differ for difficult versus benign simulated clients?*. [Paper presentation]. The 52nd International Annual Meeting for the International Society for Psychotherapy Research. Virtual Conference.

**Lin, T., Briscoe, J., Jiang, J., Chen, Z., & Anderson, T.** (2021, August). *Does remote versus in-person therapy differ in efficacy? A meta-analysis of randomized clinical trials*. [Poster presentation]. American Psychological Association 2021 virtual convocation.

**Lin, T., Stone, S.J., Wu, R., Benanzer, H., Engel, A., Casa, M., Cyrilla, C., Harvey, S., & Anderson, T.** (2020, June). *Do helpers' physiological signals during responses differ for difficult versus benign*

*simulated clients?* [Paper presentation]. The 51<sup>st</sup> Annual Conference for the International Society for Psychotherapy Research. Amherst, Massachusetts, United States. <http://www.sprconference.com/> (Conference cancelled).

**Lin, T.,** Hughes, T.L., & Veldhuis, C. (2020, July) *LGBTQ health and wellbeing in China: A trend analysis of English- and Chinese-language research, 2011-2018*. [Conference paper] International LGBTQ Psychology Online Conference.

**Lin, T.,** Lee, A., Xu, C., Martinez, D., Tsang, S., Nunes, E.V., & Luo, S.X. (2019, June) *Electroretinogram (ERG) as a novel biomarker for dopamine release: comparing healthy controls and cigarette smokers* [Poster Presentation]. The 81st Annual Scientific Meeting of The College on Problems of Drug Dependence (CPDD), San Antonio, Texas.

**Lin, T.,** Cho, D., Rosa, D., & Farber, B.A. (2019, April) *Trajectories of depression in psychotherapy: How client characteristics predict clinical improvement and interact with client self-disclosure* [Poster Presentation]. The 3rd Psychology@TC conference, New York, New York.

**Lin, T.,** Cheng, Y., Veldhuis, C., & Hughes, T. (2018, June) *Research on LGBTQ health and well-being in China: 2011-2017* [Poster Presentation]. International LGBTQ Psychology Pre-Conference, Montreal, Quebec.

Veldhuis, C., Jackman, K., **Lin, T.,** & Hughes, T. (2018, June) *LGBTQ research in LGBTQ journals: Has it become more inclusive and representative since the IOM report?* [Paper presentation]. International LGBTQ Psychology Pre-Conference, Montreal, Quebec.

Jackson, D., Newman, M., Crumb, C., Kulsa, M.C., **Lin, T.,** Lindenmeyer, H.J., Mandavia, A.D., & Farber, B.A. (2018, April) *A principal components analysis of topics of therapists' dishonesty & predictors of high dishonesty from a logistic regression model psychotherapists' assessment of truth, candor, and honesty (PATCH)* [Poster Presentation]. The 2nd Psychology@TC conference, New York, New York.

Jackson, D., Newman, M., Crumb, C., Kulsa, M.C., **Lin, T.,** Lindenmeyer, H.J., Mandavia, A.D., & Farber, B.A. (2018, April) *Big little (therapists') lies psychotherapists' assessment of truth, candor, and honesty (PATCH)* [Poster Presentation]. The 2nd Psychology@TC conference, New York, New York.

## GRANTS, FELLOWSHIPS, & AWARDS

The Collaborative Small Research Awards, <i>The Society for Psychotherapy Research</i> (\$5000)	2022
Psychotherapy Research Grant, <i>The Society for the Advancement of Psychotherapy</i> (\$5000)	2022
The John Cady Graduate Fellowship, <i>Ohio University</i> (\$4000)	2022
Nomination for MAGS/ProQuest Distinguished Master's Thesis Awards	2022
Graduate Student Research Fund, <i>Ohio University</i> (\$1000)	2021, 2023
Conference Travel Fund, <i>Ohio University</i> (\$500)	2022-2023
Provost's Grant for Conference Presentation, <i>Columbia University</i> (\$500)	2018
Presentation Funding for International Students, <i>Columbia University</i> (\$450)	2018
National Undergraduate Innovation Research Grant, <i>Beijing Normal University</i> (\$3,000)	2016
Academic Scholarship, <i>Beijing Normal University</i>	2013-2017

## AD HOC REVIEW

Clinical Psychology: Science and Practice  
 Psychotherapy  
 LGBT Health  
 Anxiety, Stress & Coping  
 Journal of Rural Mental Health  
 Behavioral Medicine

## RESEARCH EXPERIENCE

<b>Graduate Student Researcher</b>	Athens, OH
Psychotherapy & Interpersonal Process (PIP) Lab, Ohio University	08/2019-Present

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Advisor: Timothy Anderson, Ph.D.

- Formulated and executed research projects concerning psychotherapy process and outcome, teletherapy, and therapist facilitative interpersonal skills
- Developed and validated a training program for telepsychology using an RCT design
- Collaborated with researchers in different institutions
- Led a meta-analysis project comparing the effectiveness of remote therapy and in-person therapy including searching literature in bibliographical databases, screening qualified articles, retrieving data, and calculating effect size
- Designed and conducted repeated cross-sectional, large-scale survey research to investigate mental health practitioners' use, preference of, and competency in telepsychology.
- Investigated patients' symptom change trajectories and working alliance trajectories in early psychotherapy using growth mixture modeling using naturalistic dataset
- Developed a multidimensional measure to assess a broad range of psychological problems and symptoms among Chinese population, generated an item pool, examined reliability and validity, and developed preliminary norms
- Trained in coding the facilitative interpersonal skills based on therapists' verbal and textual responses to therapeutic video clips
- Directed undergraduate research assistants in a variety of laboratory tasks including FIS coding, APA style writing, and literature searching and reviewing

**Research Assistant**

New York, NY

Psychotherapy, Technology & Disclosure Lab, Teachers College, Columbia University

03/2018-06/2019

Advisor: Barry Farber, Ph.D.

- Screened over 400 articles on positive regard to select qualified studies for a meta-analysis of the relationship between positive regard and therapeutic outcome
- Assisted with designing qualitative inventories to measure therapist dishonesty
- Applied latent class analysis to identify class membership by type of therapist dishonesty and compared between classes on demographic variables and therapy-related variables
- Performed factor analysis to reveal 4 main factors (self-disclosure, clinical availability, therapist knowledge, and therapist presentation) of therapist dishonesty, and conducted logistic regression to examine demographic and clinical predictors of therapist dishonesty

**Research Assistant**

New York, NY

Dean Hope Center, Teachers College, Columbia University

09/2017-05/2019

Advisors: Barry Farber, Ph.D., Dinelia Rosa, Ph.D.

- Collected clients' psychiatric and medical information, and monitored treatment progress implementing a series of outcome and process measures including Treatment Outcome Package, WAI, BDI-II, and Disclosure to Therapist Inventory-R
- Established and maintained a database to sort out clinical charts and record treatments process and outcome for patients
- Analyzed the data with latent growth mixture model and repeated measures regression in R
- Identified two trajectories of client's symptom change during the psychotherapy, and examined the impact of therapy-related factors and client characteristics on psychotherapy outcome

**Research Assistant**

New York, NY

School of Nursing, Columbia University

10/2017-05/2019

Advisors: Cindy Veldhuis, Ph.D., Tonda Hughes, Ph.D., RN, FAAN,

- Reviewed over 4000 articles published in 36 LGBTQ-specific journals published from 2000 to 2017 to identify research trends of LGBTQ-related studies
- Formulated and conducted a content analysis to identify research trends of Chinese LGBTQ-related studies by coding 2946 LGBTQ-related studies conducted in China between 2011-2018 using PRISMA guidelines
- Engaged in systematic bibliographic database search, codebook designing, study selection, and data extraction and coding

**Research Assistant**

Substance Use Center, New York State Psychiatric Institute

New York, NY

04/2018-05/2019

Advisor: Sean X. Luo, M.D., Ph.D.

- Assisted with Electroretinogram (ERG) data collection, administered electrocardiogram (EKG), and measured participants' blood pressure and heart rate to monitor the side effects of medications
- Wrote scripts in *R* to generate the graphs of ERG signals under scotopic and photopic conditions, identified the  $\alpha$ -wave and  $\beta$ -wave of the ERG signals, and examined whether the signals were related to the release of dopamine in brain and varied from smokers to non-smokers

**Principal Investigator**, Undergraduate dissertation

School of Psychology, Beijing Normal University

Beijing, China

12/2016-05/2017

Advisor: Silin Huang, Ph.D.

- Designed experimental materials of emotional faces at different intensity by morphing photographs of intense emotional faces of six basic emotions with neutral faces
- Recruited participants, analyzed data by running ANCOVA in SPSS, and wrote a thesis to present the result that middle-class individuals were more likely to misjudge emotional faces as positive (happiness), and less likely to misjudge emotional faces as negative (fear & anger)

**Principal Investigator**, National Undergraduate Innovation Project

School of Psychology, Beijing Normal University

Beijing, China

04/2015-06/2016

Advisor: Sha Tao, Ph.D.

- Constructed over 100 Chinese and English aphorisms as experiment materials and conducted three serial studies to collect Chinese native speakers' responses to these aphorisms
- Analyzed data to examine the existence of *Rhyme as Reason* in English and Chinese aphorisms for Chinese native speakers and its learning mechanism in hidden covariation detection (HCD)

**CLINICAL EXPERIENCE**

**Psychology Practicum Trainee**

Twin Valley Behavioral Healthcare

Columbus, OH

08/2022-Present

Supervisor: Tim Coon, Ph.D.

- Provide individual, group, and milieu psychotherapy for patients with severe mental illness, intellectual disabilities, and legal issues and monitor treatment progress
- Lead group therapy in anger management, social skills, emotion regulation, and psychoeducation
- Conduct assessment and assist with forensic evaluation, including clinical interview, test administration, records review, and integrative report writing
- Evaluate patients' competency to stand trial and assist with competency restoration
- Administer HCR-20-V3 risk assessment and formulate integrated report by synthesizing data from behavioral observation, interview, testing, self-report measures, and prior records
- Collaborate with a multi-disciplinary team, including psychiatrists, nurses, and social workers to develop treatment plans and provide collaborative care
- Work with interpreters in clinical assessment
- Receive supervision and training in psychopharmacology basics

**Advanced Student Clinician**

Athens, OH

Ohio University Psychology and Social Work Clinic

08/2021-12/2022

Supervisor: Julie Suhr, Ph.D.

- Conduct neuropsychological assessments, including clinical interviews, cognitive testing administration, record request and reviews, and collateral interview
- Provide feedback of assessment results, offer psychoeducation, make referrals, and formulate integrative assessment report
- Implement cognitive and psychological tests to measure executive functioning, memory, verbal comprehension, processing speed, perceptual reasoning, psychological distress, and personality traits, including WAIS-IV, WASI-II, MMPI-3, D-KEFS Color-World Interference Test, Rey Auditory Verbal Learning Test, Contingency Naming Test, Trail Making Test, Semantic Fluency, Controlled Oral Word Association, Wisconsin Card Sort Test, and Word Memory Test
- Receive extensive supervision and didactics in ADHD, dementia, and learning disorder

**Clinical Psychology Trainee**

Athens, OH

Ohio University Counseling and Psychological Services

08/2021-05/2022

Supervisor: Majeda Humeidan, Ph.D.

- Administered individual psychotherapy to college students with various mental health issues, interpersonal distress, and life stressors
- Implemented brief intake interview to develop preliminary diagnostic impressions, assess suicide risk and substance use, make referrals, provide feedback and resources, and develop treatment plans
- Utilized multiple treatment modalities including CBT, IPT, ACT, UP, and ERP
- Engaged in two hours of weekly individual supervision and two hours of weekly didactic training
- Reviewed and presented case conceptualization
- Monitored treatment progress and outcome via client-generated outcome data (Counseling Center Assessment of Psychological Symptoms Instruments)
- Engaged in phone support, referral, appointment scheduling, risk monitoring, and crisis management

**Student Clinician**

Athens, OH

Ohio University Psychology and Social Work Clinic

08/2020-07/2022

Supervisor: Tim Anderson, Ph.D., Megan Austin, Ph.D., Jean K. Forney, Ph.D.

- Administered individual psychotherapy to adult clients with a wide range of mental health issues (e.g., depression, anxiety, and eating concerns) under the supervision of licensed psychologist
- Completed psychodiagnostic intake assessments, including diagnostic interviews, cognitive testing administration, integrative report writing, record reviews, and feedback to inform treatment
- Implemented psychological tests including WAIS-IV, WASI-II, MMPI-3, BDI-II, OQ-45.2
- Utilized client-generated process and outcome data (e.g., OQ 45.2, WAI) to monitor treatment progress
- Formulated assessment report and clinical progress report, and presented case conceptualization
- Engaged in two hours weekly of group supervision and one hour weekly of individual supervision
- Engaged in phone support, referral, appointment scheduling, and risk monitoring
- Administered telepsychology and received training in the relevant ethical, legal, and technical issues

**Graduate Assistant**

Athens, OH

Ohio University Psychology and Social Work Clinic

09/2019-12/2020

Supervisor: Megan Austin, Ph.D.

- Assisted clients to complete treatment outcome and process measures before and after each session
- Scored, sorted out, visualized client-generated process and outcome data to facilitate clinicians' monitoring treatment progress
- Checked in patients, verified insurances, updated client information, collected copay, and scheduled appointments

**Case Management Intern**

Hamilton-Madison House

New York, NY

07/2018-01/2019

Supervisors: Lena Gu, LCSW, Chen Zhang, LMHC

- Provided therapy for clients with several mental illness (e.g., schizophrenia, OCD, and bipolar disorder), medical problems, and functional deficits within a partial hospitalization program
- Developed and led bilingual (English & Chinese) groups in various topics (e.g., coping skills training, psychoeducation, benefit and financial management, and self-care)
- Assisted with case management, billing, patient outreach, follow-up, referral, and insurance and benefit application
- Facilitated patients with intensive relapse prevention and symptom monitoring and assessed suicide risk in weekly individual sessions
- Formulated progress notes to record patient's monthly progress, group attendance and performance, and contact history in *Accumed* system
- Engaged in one hour weekly of group supervision, one hour weekly of individual supervision, and two hours weekly of case conference

**Hotline Operator**

Psychological Counseling Center, Beijing Normal University

Beijing, China

09/2016-05/2017

Director: Zijiao Shen

- Operated a variety of crisis and emergency service hotlines serving clients across the country
- Administered brief crisis counseling, assessed callers' emotional status and mental health issues, assisted callers with securing basic needs and recognizing their maladaptive thoughts, and introduced relaxation skills and coping skills
- Reviewed the cases with high risk and discussed potential solutions with other hotline operators under the supervision of experienced counselors once per week

**Psychological Mentor**

School of Psychology, Beijing Normal University

Beijing, China

12/2015-06/2017

- Offered brief psychological services for college students and referred those with severe mental health issues to the counseling center in Beijing Normal University
- Organized and provided mental health lectures and psychoeducational groups (e.g., play therapy, art therapy) for college students

**SKILLS & CERTIFICATES**

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*Clinical Skills*

- Skilled in providing individual and group therapy
- Trained in a variety of treatment approaches, including CBT, IPT, ACT, ERP, EFT, and UP
- Experienced in the administration and scoring of psychological and cognitive testing, including WAIS-IV, WASI-II, MMPI-3, D-KEFS Color-World Interference Test, D-KEFS Trail Making Test, Rey Auditory Verbal Learning Test, Contingency Naming Test, Trail Making Test, Semantic Fluency, Controlled Oral Word Association, Wisconsin Card Sort Test, and Word Memory Test
- Familiar with the administration and scoring of self-report measures, including CAARS, BFIS, BDEFS, WURS, WHODAS, CCAPS, Y-BOCS, BAI, BDI-II, GAD-7, PHQ-9, PSWQ, OQ-45.2, Treatment Outcome Package, SCL-90, GAF, WAI, SEQ, EAC-B, IIP-C, and RAAS
- Skilled in substance use assessment, HCR-20-V3 risk assessment, and crisis management
- Experienced in forensic evaluation and competency assessment
- Trained in the development and evaluation of intervention and training
- Proficient in providing therapeutic services in Chinese (Mandarin)

*Research Skills*

- Proficient in *R*, SPSS, Mplus, Comprehensive Meta-analysis (CMA), E-prime, Inquisit, & Qualtrics
- Experienced in systematic review and meta-analysis
- Proficient in structured interviews and qualitative coding
- Proficient in data analysis, including multivariate analysis, latent class/profile analysis, growth mixture model, factor analysis, hierarchical linear modeling (HLM), factor analysis, moderation and mediation, and logistic/multinomial logistic regression
- Experienced in scale development and validation

#### *Language Skills*

- English (proficient)
- Mandarin (native)

## **TEACHING & EXPERIENCE**

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<b>Instructor</b> , Psychopathology Department of Psychology, Ohio University	Athens, OH 2022 Fall
<b>Instructor</b> , Research Methods in Psychology Department of Psychology, Ohio University	Athens, OH 2022 Spring
<b>Teaching Assistant</b> , Research Methods in Psychology Department of Psychology, Ohio University	Athens, OH 2019 & 2020 Fall
<b>Teaching Assistant</b> , Psychopathology Department of Psychology, Ohio University	Athens, OH 2023 Spring
<b>Teaching Assistant</b> , Stat for Behavioral Sciences Department of Psychology, Ohio University	Athens, OH 2023 Spring &2021 Spring

## **PROFESSIONAL AFFILIATIONS**

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American Psychological Association - Graduate student member  
 Society for Psychotherapy Research - Graduate student member  
 Society for the Exploration of Psychotherapy Integration - Graduate student member