

NATASHA K. GULATI, M.S.

nkgulati@uw.edu

EDUCATION

Ph.D. Clinical Psychology 2016 – Present
University of Washington, Seattle, WA
Graduate Advisor: William H. George, Ph.D.
Secondary Advisor: Mary Larimer, Ph.D.

M.S. Psychology 2016 – 2018
University of Washington, Seattle, WA
Thesis: *Predicting rape events: The influence of intimate partner violence history, condom use resistance, and heavy drinking.*
Graduate Advisor/Thesis Chair: William H. George, Ph.D.
Committee Member: Mary Larimer, Ph.D.

B.A. Psychology and General Business 2010 – 2014
Gonzaga University, Spokane, WA
Summa cum laude, GPA: 3.98

RESEARCH FUNDING

Principal Investigator, National Institute on Alcohol Abuse and Alcoholism 2020 – Present
(NIAAA), F31AA028144, *An event-level examination of intimate partner violence perpetration: Effects of alcohol, instigation, and regulatory mechanisms.*
Total Direct Costs: \$42,607

Principal Investigator, Alcohol and Drug Abuse Institute. *An event-level examination of intimate partner violence perpetration: Effects of alcohol, instigation, and regulatory mechanisms.* 2020 – Present
Total Direct Costs: \$20,000

PUBLICATIONS

1. **Gulati, N. K.**, Stappenbeck, C. A., Davis, K. C., & George, W. H. (2020). Predicting rape events: The influence of intimate partner violence history, condom use resistance, and heavy drinking. *Aggressive Behavior*. Article accepted for publication. doi: 10.1002/ab.21927
2. Neilson, E. C., Carey, B. C., Davidson, J. D., Mohr, A. E., & **Gulati, N. K.** (2019, November). Impulse-control difficulties, distress tolerance, and non-reactivity to inner experiences: A DBT framework to examine psychological IPV perpetration. *DBT Bulletin*, 2(1), 5-9.

3. Neilson, E. C., Gilmore, A., Stappenbeck, C. A., **Gulati, N. K.**, George, W. H., Neilson, E., & Davis, K. C. (2019). Psychological effects of abuse, partner pressure, and alcohol: The roles of in-the-moment condom negotiation efficacy and condom-decision abdication on women's intentions to engage in condomless sex. *Journal of Interpersonal Violence*. doi: 10.1177/0886260519857160
4. Stappenbeck, C. A., **Gulati, N. K.**, & Davis, K. C. (2019). A prospective examination of men's condom use resistance: Event-level associations with sexual aggression, alcohol consumption, and trait anger. *Journal of Sex Research*, 56, 947-956. doi: 10.1080/00224499.2019.1620162
5. Bird, E. R., Stappenbeck, C. A., Neilson, E. C., **Gulati, N. K.**, George, W. H., & Davis, K. C. (2018). Sexual victimization and sex-related drinking motives: How protective is emotion regulation? *Journal of Sex Research*, 56, 156-165. doi: 10.1080/00224499.2018.1517206
6. Davis, K. C., **Gulati, N. K.**, Neilson, E. C., & Stappenbeck, C. A. (2018). Men's coercive condom use resistance: The roles of sexual aggression history, alcohol intoxication, and partner condom negotiation. *Violence Against Women*, 24, 1349-1368. doi: 10.1177/1077801218787932
7. Stappenbeck, C. A., Davis, K. C., Cherf, N. J., **Gulati, N. K.**, & Kajumulo, K. F. (2016). Emotion regulation difficulties moderate the association between heavy episodic drinking and dating violence perpetration among college men. *Journal of Aggression, Maltreatment, & Trauma*, 25, 921-935. doi: 10.1080/10926771.2016.1232328
8. Stappenbeck, C. A., **Gulati, N. K.**, & Fromme, K. (2016). Daily associations between alcohol consumption and dating violence perpetration among men and women: Effects of self-regulation. *Journal of Studies on Alcohol and Drugs*, 77, 150-159. doi: 10.15288/jsad.2016.77.150
9. Norasakkunkit, V., & **Gulati, N. K.** (2014). Japan. In A. Scull (Ed.), *Cultural sociology of mental illness: An A-to-Z guide*. (Vol. 10, pp. 433-435). Thousand Oaks, CA: SAGE Publications, Inc. doi: 10.4135/9781483346342.n159

MANUSCRIPTS UNDER REVIEW/IN PREPARATION

1. Neilson, E. C., **Gulati, N. K.**, Davis, K. C., Stappenbeck, C. A., & George, W. H. (2020). Emotion regulation and intimate partner violence perpetration: A review of the literature. Under review.
2. Bird, E. R., Stappenbeck, C. A., **Gulati, N. K.**, Kaysen, D., & George, W. H. (2020). Longitudinal examination of a sex-related distress self-medication drinking model following sexual victimization. Under review.

3. **Gulati, N. K.**, Blayney, J., Jaffe, A., Kaysen, D., & Stappenbeck, C. A. (2020). Feedback to a web-based intervention for women with a sexual assault history and heavy alcohol use: A mixed methods investigation. Under review.
4. Stappenbeck, C.A., **Gulati, N. K.**, Jaffe, A., Blayney, J., & Kaysen, D. (2020). A tailored web-based alcohol and emotion regulation intervention for college women with sexual assault histories: Results from a randomized controlled trial. Under review.

PRESENTATIONS

1. **Gulati, N. K.**, Blayney, J. A., Jaffe, A., Kaysen, D., & Stappenbeck, C. A. (2020, November). *Intervention development for women with sexual assault histories who engage in heavy drinking*. Paper presented at the Virtual Annual Meeting of the International Society for Traumatic Stress Studies.
2. Stappenbeck, C.A., **Gulati, N. K.**, Jaffe, A., Blayney, J., & Kaysen, D. (2020, November). *A tailored web-based alcohol and emotion regulation intervention for college women with sexual assault histories: Results from a randomized controlled trial*. Paper presented at the Virtual Annual Meeting of the International Society for Traumatic Stress Studies.
3. **Gulati, N. K.**, Stappenbeck, C. A., Davis, K. C., & George, W. H. (2020, June). *Predicting rape events: The influence of intimate partner violence history, condom use resistance, and heavy drinking*. Poster presented at the Virtual Annual Meeting of the Research Society on Alcoholism, New Orleans, LA.
4. Jaffe, A. E., Blayney, J. A., **Gulati, N. K.**, Kaysen, D. & Stappenbeck, C. A. (2020, June). *Heavy episodic drinking among college women with a history of sexual assault: Examining sorority-specific risk factors*. Poster presented at the Virtual Annual Meeting of the Research Society on Alcoholism, New Orleans, LA.
5. **Gulati, N. K.** & Stappenbeck, C.A. (2019, June). *Does type of sexual victimization history impact distress tolerance, mindfulness, and experiential avoidance? An investigation among heavy drinking women*. Poster presented at the Annual Meeting of the Research Society on Alcoholism, Minneapolis, MN.
6. Neilson, E.C., **Gulati, N.K.**, George, W.H., & Davis, K.C. (2019, June). *Alcohol intoxication and physiological and self-reported emotional arousal in the context of a sexual assault scenario: A latent growth curve modeling approach*. Poster presented at the Annual Meeting of the Research Society on Alcoholism, Minneapolis, MN.
7. Stappenbeck, C. A., **Gulati, N. K.**, & Davis, K. C. (2018, July). *Men's sexual aggression and condom use resistance: Event-level associations with alcohol consumption*. Poster submitted for presentation at the Biennial World Meeting of the International Society for Research on Aggression, Paris, France.

8. **Gulati, N. K.** & Stappenbeck, C. A. (2017, June). *Alcohol intoxication moderates the association between relationship satisfaction and aggression intentions in men and women*. Poster presented at the Annual Meeting of the Research Society on Alcoholism, Denver, CO.
9. Bird, E. R., George, W. H., Neilson, E. C., **Gulati, N. K.**, Cooper, L. M., Davis, K. C., & Stappenbeck, C. A. (2017, June). *Sex-related vs. general drinking to cope motives: Discriminant validity through associations with hypothetical sexual risk taking*. Poster presented at the Annual Meeting of the Research Society on Alcoholism, Denver, CO.
10. Bird, E. R., Neilson, E. C., **Gulati, N. K.**, Davis, K. C., George, W. H., & Stappenbeck, C. A. (2017, April). *How protective is emotion regulation? Sexual victimization and drinking to cope with sex-related distress*. Poster presented at the Society for Sex Therapy and Research, Montreal, Canada.
11. **Gulati, N. K.**, Stappenbeck, C. A., & Kaysen, D. (2016, October). *Initial acceptability of a web-based treatment for heavy drinking among women with a history of sexual trauma*. Poster presented at the Annual Meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
12. Lee, C. M., Fairlie, A. M., Patrick, M. E., & **Gulati, N. K.** (2016, June). *Variability in the occurrence of heavy episodic and high intensity drinking across 6 months among a community sample of young adults*. Poster presented at the Annual Meeting of the Research Society on Alcoholism, New Orleans, LA.
13. Fairlie, A. M., Lee, C. M., & **Gulati, N. K.** (2016, May). *Reasons I choose not to use marijuana: Exploratory factor analysis of young adult motivations for marijuana non-use and group differences by level of use*. Poster presented at the Annual Meeting of the Society for Prevention Research, San Francisco, CA.
14. **Gulati, N. K.**, Stappenbeck, C. A., & Cherf, N. J. (2015, August). *Self-regulation, perpetration history, and alcohol influence perceptions of dating violence*. Poster presented at the Annual Convention of the American Psychological Association, Toronto, Canada.
15. Stappenbeck, C. A., Davis, K. C., Kajumulo, K. F., **Gulati, N. K.**, Cherf, N. J., Norris, J., & George, W. H. (2015, June). *Emotion regulation difficulties moderate the association between heavy episodic drinking and dating violence perpetration among college men*. Poster presented at the Annual Meeting of the Research Society on Alcoholism, San Antonio, TX.
16. Abdallah, D. A., Lee, C. M., Lewis, M. A., & **Gulati, N. K.** (2015, May). *Similarities and differences in substance use patterns and consequences among 2- and 4-year college students*. Poster presented at the Annual Meeting of the Society for Prevention Research, Washington, D.C.

17. Thompson, S., **Gulati, N. K.**, Wright, R., Luther, K., Olson, R., Hess, J., & Elliot, D. (2014, May). *Working with pain: Baseline connections between common task exposures, musculoskeletal pain, and injury risk among home care workers*. Poster presented at OHSU Research Week at Oregon Health and Science University, Portland, OR.
18. **Gulati, N. K.** & Villeneuve, M. J. (2014, April). *The Halo Effect Exposed: Perceptions of Popularity in Social Media*. Paper presented at the Spokane Intercollegiate Research Conference, Spokane, WA.
19. **Gulati, N. K.** & Villeneuve, M. J. (2013, December). *The Halo Effect Exposed: Perceptions of Popularity in Social Media*. Paper presented at the Annual Fall Research Symposium at Gonzaga University, Spokane, WA.
20. **Gulati, N. K.**, Thompson, S., Wright, R., Luther, K., & Olson, R. (2013, August). *Degrees of Pain: Task Demands and Demonstrations Predict Musculoskeletal Discomfort in Home Care Workers*. Poster presented at the Summer Intern Research Symposium at Oregon Health and Science University, Portland, OR.

AWARDS, HONORS & SCHOLARSHIPS

NIAAA T32 Psychology Training in Alcohol Research Fellowship Trainee	2019 – 2020
Research Society on Alcoholism Student Merit Award	2019
National Science Foundation Graduate Research Fellowship, Honorable Mention	2018
APAGS/Psi Chi Junior Scientist Fellowship (\$1000)	2017
Research Society on Alcoholism Student Merit Award	2017
NIAAA Early Career Investigator Travel Award	2015
Alpha Sigma Nu, Jesuit Honor Society	2013 – Present
2 nd Place, Applied Research Poster Presentation, OHSU Research Symposium	2013
Setons of Gonzaga: 100 Hours of Community Service Award	2012
Psi Chi, International Honor Society in Psychology	2011 – Present
President's List, College of Arts and Sciences	2010 – 2014
Gonzaga University Trustee Scholarship	2010 – 2014
Gonzaga University Academic Grant	2010 – 2014
Oregon Dance/Drill Association Academic Scholarship	2010

RESEARCH EXPERIENCE

Graduate Research Assistant 6/2018 – 9/2018

Center for the Study of Health and Risk Behaviors

Department of Psychiatry and Behavioral Sciences

University of Washington School of Medicine, Seattle, WA

- *Project ERIS: Alcohol-Related Sexual Aggression: An Emotion Regulation Intervention, NIAAA, R21AA023811, PI: Davis*
- *Project WEB: Web-Based Treatment of Heavy Drinking Among Women with a History of Sexual Trauma, NIAAA, K08AA021745, PI: Stappenbeck*
 - Created all cleaning and scoring syntax in SPSS for both ERIS and WEB grants.
 - Performed statistical analyses and composed manuscripts.

Faculty Advisor: Kelly Cue Davis, Ph.D., Cynthia Stappenbeck, Ph.D.

Graduate Research Assistant

6/2017 – 9/2017

George Lab, Department of Psychology

University of Washington, Seattle, WA

- *Project FRESH: Women's HIV Risk, Alcohol Intoxication, and Sexual Victimization History, NIAAA, R01AA016281, PI: George*
 - Organized data codebooks, performed statistical analyses, and composed manuscripts.
 - Supervised undergraduate research assistants and alcohol administration protocols.

Faculty Advisor: William H. George, Ph.D.

Research Study Assistant

8/2014 – 8/2016

Center for the Study of Health and Risk Behaviors

Department of Psychiatry and Behavioral Sciences

University of Washington School of Medicine, Seattle, WA

- *Project WEB: Web-Based Treatment of Heavy Drinking Among Women with a History of Sexual Trauma, NIAAA, K08AA021745, PI: Stappenbeck*
 - Created original content for a web-based intervention aimed at reducing heavy drinking among women with a history of sexual assault and elevated psychological distress.
 - Adapted Cognitive Behavioral Therapy (CBT) and Dialectical Behavior Therapy (DBT) strategies for use in interactive online platform.
 - Composed IRB modifications and aided with progress reports for UW Human Subjects.
 - Analyzed data using SPSS and prepared poster presentations and manuscripts.

Faculty Advisor: Cynthia Stappenbeck, Ph.D.

- *Project Transitions: Developmental Models of High-Risk Alcohol Use and Social Roles in Young Adulthood, NIAAA, R01AA022087, PI: Lee*
 - Created and administered monthly surveys in an intricate 3-year longitudinal study by programming survey questionnaires and logic in DatStat Illume.
 - Constructed and implemented study protocols for in-office participant sessions including informed consent procedure, survey administration, and usage of tracking system.
 - Supervised and trained research assistants and volunteers on project procedures.
 - Oversaw purchasing processes and monthly subject payments upward of \$10,000.

Faculty Advisor: Christine Lee, Ph.D.

Project Coordinator

8/2013 – 5/2014

Societal Cognition Lab, Department of Psychology

Gonzaga University, Spokane, WA

- Designed an original experiment investigating cognitive biases of social media profiles.
- Developed detailed methodology in collaboration with supervisor, composed IRB application, fabricated social media profiles using Microsoft Publisher, programmed surveys, recruited participants with flyers/online ads, and ran participant sessions.
- Analyzed findings using SPSS and presented results at regional conferences.
- Conducted literature reviews and participated in weekly article discussions.

Faculty Advisor: Gary Thorne, Ph.D.

Summer Research Intern

5/2013 – 8/2013

Center for Research on Occupational and Environmental Toxicology
Oregon Health and Science University, Portland, OR

- Investigated the efficacy of two occupational health NIOSH and OSHA-funded interventions aimed at improving lone workers' psychological health and safety practices.
- Led group-based health workshops with modules targeting alcohol consumption, stress, diet and exercise, trauma, and social support systems.
- Created and coded a novel measure of ergonomics—postural analysis to test musculoskeletal pain—that was later incorporated into intervention procedures.
- Analyzed data using SPSS and presented a poster at OHSU Summer Symposium.

Faculty Advisor: Ryan Olson, Ph.D.

Research Assistant

8/2012 – 1/2013

Culture and Mental Health Lab, Department of Psychology
Gonzaga University, Spokane, WA

- Administered Implicit Association Tests (IATs) as a component of international clinical research on social anxiety and relational mobility in the United States and Japan.
- Revised survey questions for cultural biases, ran participant sessions, coded and organized data from questionnaires, and communicated globally with co-investigators.
- Conducted literature reviews, attended weekly meetings, and coauthored manuscripts.

Faculty Advisor: Vinai Norasakkunkit, Ph.D.

TEACHING EXPERIENCE

Teaching Assistant

University of Washington, Seattle, WA

<i>PSYCH 101: Introduction to Psychology</i>	2019
<i>PSYCH 203: Personality and Individual Differences</i>	2019
<i>PSYCH 210: Diversity of Human Sexuality</i>	2018, 2020
<i>PSYCH 305: Abnormal Psychology</i>	2019
<i>PSYCH 345: Social Psychology</i>	2020

Grader

University of Washington, Seattle, WA

<i>PSYCH 448: Alcohol and Sexuality: Psychological Research & Theory</i>	2017
<i>PSYCH 489: Clinical Psychology</i>	2017, 2018

Invited Guest Lecturer

University of Washington, Seattle, WA

<i>Psych 210: "Sexual Relationships"</i>	2018
<i>Psych 210: "Sexual Development and STIs"</i>	2018

CLINICAL EXPERIENCE

Dialectical Behavior Therapy (DBT) Trainee 9/2019 – Present
The Seattle Clinic, Seattle, WA

- Provide comprehensive DBT including individual therapy, phone coaching, and skills group, as well as participate in consultation team
- Co-lead a weekly DBT skills group in-person and conduct individual skills training via telehealth for adults
- Attend weekly DBT didactics and receive live supervision for active client caseload

Supervisors: Liz LoTempio, Psy.D., Dorian Hunter, Ph.D.

Clinical Doctoral Intern 9/2018 – 9/2019
King County Sexual Assault Resource Center, Renton, WA

- Provide evidence-based therapy including prolonged exposure to clients with PTSD.
- Conduct intake assessments and maintain an active caseload of two clients.
- Attend supervision with clinical team and consult with primary care providers.

Supervisor: Larraine Lynch, LICSW

Student Therapist 11/2017 – Present
UW Psychological Services and Training Center, Seattle, WA

- Provide evidence-based therapy to clients including cognitive behavioral therapy, acceptance and commitment therapy, and cognitive processing therapy.
- Conduct intake assessments including the e-MINI and MMPI and maintain an active caseload of two clients.
- Attend one-to-one hourly supervision with doctoral-level psychologists as well as on-site weekly group supervision.

Supervisors: Mary Plummer Loudon, Ph.D., Georganna Sedlar, Ph.D., Stephanie Thompson, Ph.D.

Clinical Assessor 8/2017 – 6/2020
University of Washington, Seattle, WA

- Conduct intake and follow-up assessments for a population of women reporting sexual trauma and heavy alcohol consumption.
- Administer PSSI, Timeline Followback, and MINI to assess PTSD symptoms, alcohol and substance use, depression, and psychosis.

Supervisor: Michele Bedard-Gilligan, Ph.D.

Alcohol and Drug Education Coordinator 9/2016 – 6/2018
University of Washington, Seattle, WA

- Utilized motivational interviewing to conduct Alcohol Skills Training Workshops for undergraduate students documented for alcohol and/or marijuana use on campus.
- Advocated a harm-reduction approach, and conducted individual sessions while providing normalized feedback on alcohol use, drinking and marijuana motives, and alcohol problems.

Supervisor: Jason Kilmer, Ph.D.

Crisis Advocate

8/2013 – 5/2014

Frontier Behavioral Health, Spokane, WA

- Assisted at a 24-hour crisis hotline by engaging in supportive listening and crisis intervention, and facilitated a calm atmosphere for callers.
- Received 40+ hours of suicidal caller prevention training by licensed psychologists.
- Evaluated callers' problems, referred clients to community resources, collaborated with local police, and used electronic medical software to input client data.

CLINICAL TRAININGS

Prolonged Exposure Therapy Training (20 hours), Lori Zoellner, Ph.D. and Michele Bedard-Gilligan, Ph.D., Seattle, WA

5-Day Jumpstart in Dialectical Behavior Therapy (30 hours), Treatment Implementation Collaborative, Shari Manning, Ph.D. and Matthew Ditty, DSW, Philadelphia, PA

AD HOC REVIEWER

Journal of American College Health

Journal of Interpersonal Violence

Violence Against Women

COMMUNITY INVOLVEMENT

Student Advisory Board to UW Clinical Psychology	Present
Graduate Psychology Action Committee, UW Clinical Psychology	Present
Clinical Skills Mentor, UW Clinical Psychology	Present
Childcare Advocate, Vanessa Behan Crisis Nursery	2012 – 2013
Job Coach, The Artisans	2011 – 2013
Executive Board, Setons of Gonzaga Service Organization	2011 – 2012
Host, Gonzaga Experience Live	2010 – 2014
Leader, Center for Community Action and Service Learning	2010 – 2014

PROFESSIONAL AFFILIATIONS

Research Society on Alcoholism	2017 – Present
Association for Behavioral and Cognitive Therapies	2016 – Present
Alpha Sigma Nu	2013 – Present

American Psychological Association
Psi Chi

2013 – Present
2011 – Present

REFERENCES

William H. George, Ph.D.
University of Washington
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Seattle, WA 98195
bgeorge@uw.edu

Cynthia Stappenbeck, Ph.D.
Georgia State University
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