

CURRICULUM VITAE

Richard J. Zeifman, PhD

E-mail: richard.zeifman@nyulangone.org

SUMMARY

Richard Zeifman is a post-doctoral fellow in the NYU Langone Centre for Psychedelic Medicine. He completed his Ph.D. in Clinical Psychology at the Toronto Metropolitan University and his clinical psychology residency at the Centre for Addiction and Mental Health (CAMH). Richard has received funding awards (totalling \$298,500), including 7.5 years of funding from the Canadian Institutes of Health Research (CIHR). He has presented his research 43 times (17 first author) at academic conferences and co-authored one book chapter and 23 (11 first author) peer-reviewed journal articles.

Richard's research focuses on enhancing evidence-based mental health interventions by (a) examining therapeutic mechanisms of change using a multi-method approach (e.g., self-report, idiographic, clinical, physiological, and neurobiological measurement) and (b) integrating psychotherapies with novel pharmacological interventions (e.g., psilocybin, MDMA). He is also contributing toward clinical trials integrating evidence-based psychotherapeutic interventions with MDMA for treatment of posttraumatic stress disorder (PTSD) and comorbid PTSD-borderline personality disorder (BPD).

Richard's clinical training has focused on conducting psychological assessments and providing evidence-based (individual and group) treatments, including cognitive behavioural therapy, dialectical behaviour therapy, and emotion-focused therapy, for individuals with a range of clinical presentations (e.g., PTSD, anxiety disorders, depressive disorders, and BPD). He is also providing MDMA-facilitated cognitive processing therapy for PTSD in an ongoing clinical trial.

EDUCATION AND TRAINING

Post-Doctoral Fellowship	2022-Present
NYU Langone Psychedelic Medicine Research Training Program Center for Psychedelic Medicine, NYU Langone Health	
Predoctoral Clinical Psychology Residency (CPA Accredited)	2021-2022
Centre for Addiction and Mental Health (CAMH) Rotations: Borderline Personality Disorder Clinic; Integrated Day Treatment Program Supervisors: Drs. Shelley McMain, Michelle Leybman, and Judith Levy-Ajzenkopf, Ph.D., CPsych	
Ph.D. in Clinical Psychology	2017-2022
Toronto Metropolitan University Supervisors: Drs. Anne Wagner and Candice Monson, Ph.D., CPsych Title of Dissertation: <i>How does psilocybin therapy work? An exploration of experiential avoidance as a putative mechanism of change</i>	
M.A. in Clinical Psychology	2015-2017
Toronto Metropolitan University Supervisor: Dr. Janice Kuo, Ph.D., CPsych	

Title of Thesis: *When being imperfect just won't do: Exploring the relationship between perfectionism and suicidality*

B.A. in Psychology (Honours) 2012-2015

York University

Supervisor: Dr. Joel Goldberg, Ph.D., CPsych

Title of Thesis: *When ideals get in the way: Perfectionism and the self-stigma of seeking psychological help amongst high school students*

FUNDING AND AWARDS

CIHR Post-Doctoral Fellowship 2022-2025

Canadian Institutes of Health Research

Amount Awarded: \$150,000

Project Title: *Psilocybin therapy for individuals with severe suicidal ideation: An open-label feasibility trial*

Ontario Graduate Scholarship 2021

Toronto Metropolitan University, Toronto, Ontario

Amount Awarded: \$10,000

Frederick Banting and Charles Best Canada Graduate Scholarships - Doctoral Award 2017-2020

Canadian Institutes of Health Research

Amount Awarded: \$125,000

Project Title: *Accepting imperfection: Exploring the effectiveness of a dialectical behavior therapy skills training intervention for university students high in perfectionism and suicide ideation*

Canadian Graduate Scholarships - Michael Smith Foreign Study Supplement 2018-2019

Canadian Institutes of Health Research

Amount Awarded: \$6,000

Project Title: *The impact of psilocybin on suicidality: Efficacy and mechanisms of change*

Joseph Armand Bombardier Canada Graduate Scholarship, Master's (CGS-M) 2016

Canadian Institutes of Health Research

Amount Awarded: \$17,500

Project Title: *When being imperfect just won't do: Exploring the relationship between perfectionism and implicit suicidality*

Ontario Graduate Scholarship 2015

Toronto Metropolitan University, Toronto, Ontario

Amount Awarded: \$15,000

Graduated Summa Cume Laude 2015

York University, Toronto, Ontario

Dean's Honour Roll 2014

York University, Toronto, Ontario

Dean's Honour Roll

York University, Toronto, Ontario

2013

Continuing Student ScholarshipYork University, Toronto, Ontario
Amount Awarded: \$500

2013

PUBLICATIONS AND MANUSCRIPTS

Impact (H_{index} = 11; i10_{index} = 14)**Peer-Reviewed Publications**

1. Traynor, J. M., Roberts, D., Ross, S., **Zeifman, R.**, & Choi-Kain, L. (2022). MDMA-assisted psychotherapy for borderline personality disorder. *Focus*, *20*, 358-367. <https://doi.org/10.1176/appi.focus.20220056>
2. Shifrin, A., Shankari, S., **Zeifman, R. J.**, Roth, M. L., Gifford, S., & Monson, C. M. (2022). Posttraumatic stress disorder treatment preference: Prolonged exposure therapy, cognitive processing therapy or medication therapy? *Psychological Services*. Advance online publication. <https://doi.org/10.1037/ser0000688>
3. Peters, W., Rice, S., Cohen, J. A., Smith, N., McDonnell, C. G., Winch, A., Nicasio, A. V., **Zeifman, R. J.**, Alvarez-Jimenez, M., & Bendall, S. (2022). Subjective distress, self-harm, and suicidal ideation or behavior throughout trauma-focused cognitive-behavioral therapy in transitional age youth. *Psychological Trauma: Theory, Research, Practice, and Policy*. Advance online publication. <https://doi.org/10.1037/tra0001289>
4. Agin-Liebes, G., **Zeifman, R. J.**, Luoma, J. B., Garland, E. L., Campbell, W. K., & Weiss, B. (2022). Prospective examination of the therapeutic role of psychological flexibility and cognitive reappraisal in the ceremonial use of ayahuasca. *Journal of Psychopharmacology*, *36*(3), 295-308. <https://doi.org/10.1177/02698811221080165>
5. **Zeifman, R. J.**, Dengdeng, Y., Singhal, N., Wang, G., Nayak, S. M., & Weisman, C. R. (2022). Decreases in suicidality following psychedelic therapy: A meta-analysis of individual patient data across clinical trials. *The Journal of Clinical Psychiatry*, *83*(2), 39235. <https://doi.org/10.4088/JCP.21r14057>
6. Murphy, R., Kettner, H., **Zeifman, R.**, Giribaldi, B., Kaertner, L., Martell, J., Read, T., Murphy-Beiner, A., Baker-Jones, M., Nutt, D., Erritzoe, D., Watts, R., & Carhart-Harris, R. L. (2022). Therapeutic alliance and rapport modulate responses to psilocybin assisted therapy for depression, *12*, 788155. *Frontiers in Pharmacology*. <https://doi.org/10.3389/fphar.2021.788155>
7. **Zeifman, R. J.**, Landy, M. S. H., Liebman, R., Fitzpatrick, S., & Monson, C. M. (2021). Optimizing treatment for comorbid borderline personality disorder and posttraumatic stress disorder: A systematic review of psychotherapeutic approaches and treatment efficacy. *Clinical Psychology Review*, *86*, 102030. <https://doi.org/10.1016/j.cpr.2021.102030>
8. **Zeifman, R. J.**, Singhal, N., Breslow, L., & Weisman, C. R. (2021). On the relationship between classic psychedelics and suicidality: A systematic review. *ACS Pharmacology & Translational Science*, *4*(2), 436-451. <https://doi.org/10.1021/acspsci.1c00024>
9. Ross, S., Agin-Liebes, G., Lo, S., **Zeifman, R. J.**, Ghazal, L., Benville, J., Franco-Corso, S., Real, C. B., Guss, J., Bossis, A., & Mennenga, S. (2021). Acute and sustained reductions in loss of meaning and suicidal ideation following psilocybin-assisted psychotherapy for psychiatric and existential distress in life-

threatening cancer. *ACS Pharmacology & Translational Science* 4(2), 553-562.
<https://doi/10.1021/acsptsci.1c00020>

10. Kuo, J.R., **Zeifman, R. J.**, Morrison, A. S., Heimberg, R. G., Goldin, P. R., & Gross, J. J. (2021). The moderating effects of anger suppression and anger expression on cognitive behavioral group therapy and mindfulness-based stress reduction among individuals with social anxiety disorder. *Journal of Affective Disorders*, 285, 127-135. <https://doi.org/10.1016/j.jad.2021.02.022>
11. **Zeifman, R. J.**, Singhal, N., dos Santos, R. G., Sanches, R., Osório, F. D. L., Hallak, J., & Weisman, C. R. (2021). Rapid and sustained decreases in suicidality following a single dose of ayahuasca among individuals with recurrent major depressive disorder: Results from an open-label trial. *Psychopharmacology*, 238(2), 453-459. <https://doi.org/10.1007/s00213-020-05692-9>
12. **Zeifman, R. J.**, Ip, J., Antony, M. M., & Kuo, J. R. (2021). On loving thyself: Exploring the association between self-compassion, self-reported suicidal behaviors, and implicit suicidality among college students. *Journal of American College Health*, 69(4), 396-403. <https://doi.org/10.1080/07448481.2019.1679154>
13. Rogojanski, J., **Zeifman, R. J.**, Antony, M. M., Walker, L. R., Monson, C. M., & Mobilizing Minds Research Group (2020). Evaluation a decision aid for the treatment of depression among college students. *Journal of American College Health*, 70(6), 1634-1643. <https://doi.org/10.1080/07448481.2020.1817034>
14. **Zeifman, R. J.**, Wagner, A. C., Watts, R., Kettner, H., Mertens, L. J., & Carhart-Harris, R. L. (2020). Post-psychedelic reductions in experiential avoidance are associated with decreases in depression severity and suicidal ideation. *Frontiers in Psychiatry*, 11, 782. <https://doi.org/10.3389/fpsy.2020.00782>
15. **Zeifman, R. J.**, & Wagner, A. C. (2020). Exploring the case for research on incorporating psychedelics within interventions for borderline personality disorder. *Journal of Contextual Behavioral Science*, 15, 1-11. <https://doi.org/10.1016/j.jcbs.2019.11.001>
16. **Zeifman, R. J.**, Antony, M. M., & Kuo, J. R. (2020). When being imperfect just won't do: Exploring the relationship between perfectionism, emotion dysregulation, and suicidal ideation. *Personality and Individual Differences*, 152, 109612. <https://doi.org/10.1016/j.paid.2019.109612>
17. **Zeifman, R. J.**, Boritz, T. Z., Barnhart, R., Labrish, C., & McMMain, S. F. (2019). The independent roles of mindfulness and distress tolerance in treatment outcomes in dialectical behavior therapy skills training. *Personality Disorders: Theory, Research, and Treatment*, 11(3), 181-190. <https://doi.org/10.1037/per0000368>
18. **Zeifman, R. J.**, Palhano-Fontes, F., Arcoverde, E., Maia-Oliveira, J. P., Hallak, J., & de Araujo, D. B. (2019). The impact of ayahuasca on suicidality: Results from a randomized controlled trial. *Frontiers in Pharmacology*, 10, 1325. <https://doi.org/10.3389/fphar.2019.01325>
19. Fitzpatrick, S., Ip, J., Krantz, L. H., **Zeifman, R.**, & Kuo, J. R. (2019). Use your words: The role of emotion labelling in regulating emotion in borderline personality disorder. *Behaviour Research and Therapy*, 120, 103447. <https://doi.org/10.1016/j.brat.2019.103447>
20. Fitzpatrick, S., **Zeifman, R.**, Krantz, L. H., & Kuo, J. R. (2019). Getting specific about emotion and self-inflicted injury: An examination across emotion processes in borderline personality disorder. *Archives of Suicide Research*, 24(sup1), 102-123. <https://doi.org/10.1080/13811118.2019.1586605>
21. Fitzpatrick, S., Khoury, J., Krantz, L. H., **Zeifman, R.**, & Kuo, J. R. (2019). Next-day effects of dysfunctional and functional emotion regulation and the moderating role of experiential avoidance. *Journal of Contextual Behavioral Science*, 12, 22-28. <https://doi.org/10.1016/j.jcbs.2019.01.003>

22. Kuo, J. R., Fitzpatrick, S., Krantz, L. H., & **Zeifman, R. J.** (2018). How do you choose and how well does it work?: The selection and effectiveness of emotion regulation strategies and its relationship with borderline personality disorder feature severity. *Cognition and Emotion*, 32(3), 632-640.
<https://doi.org/10.1080/02699931.2017.1330254>
23. **Zeifman, R. J.**, Atkey, S. K., Young, R. E., Flett, G. L., Hewitt, P. L. & Goldberg, J. O. (2015). When ideals get in the way of self-care: Perfectionism and self-stigma for seeking psychological help among high school students. *Canadian Journal of School Psychology*, 30(4), 273-287.
<https://doi.org/10.1177/0829573515594372>

Book Chapters

1. Boritz, T. Z., **Zeifman, R. J.**, & McMMain, S. F. (2018). Mechanisms of change in dialectical behavior therapy. In M. Swales (Ed.), *The Oxford Handbook of Dialectical Behaviour Therapy*. Oxford University Press. <https://doi.org/10.1093/oxfordhb/9780198758723.013.42>

Pre-Prints

1. **Zeifman, R. J.**, Spriggs, M. J., Kettner, H., Lyons, T., Rosas, F., Mediano, P., Erritzoe, D., & Carhart-Harris, R. (2022). From relaxed beliefs under psychedelics (REBUS) to revised beliefs after psychedelics (REBAS): Preliminary development of the RELaxed Beliefs Questionnaire (REB-Q). *PsyArXiv*.
<https://doi.org/10.31234/osf.io/w8j6t>
2. **Zeifman, R. J.**, Spriggs, M. J., Kettner, H., & Carhart-Harris, R. (2022, July 7). RELaxed Beliefs-Questionnaire (REB-Q) and REB-Q Self-Report (REB-Q-SR): Administration manual. *PsyArXiv*.
<https://doi.org/10.31234/osf.io/r597a>

PRESENTATIONS

Peer Reviewed Conference Papers and Symposia

1. Weisman, C. R., Singhal, N., Jones, B., & **Zeifman, R. J.** (2022, December 4-7). *The placebo response in classic psychedelics: A systematic review of clinical trials and qualitative analysis* [Paper submitted for presentation]. American College of Neuropsychopharmacology, Phoenix, AZ.
2. **Zeifman, R. J.**, Dengdeng, Y., Singhal, N., Wang, G., Nayak, S. M., & Weisman, C. R. (2021, October 24-27). *Decreases in suicidality following psychedelic therapy: A meta-analysis of individual patient data across clinical trials* [Paper presentation]. IASR/AFSP International Summit on Suicide Research, Barcelona, Spain.
3. **Zeifman, R. J.**, Spriggs, M. J., Wagner, A. C., & Carhart-Harris, R. L. (2020, November 19-22). *Between cognitive and behavioral therapies and psychedelics: Toward an integrated therapeutic model*. In **R. J. Zeifman** (Chair), *Cognitive and behavioral therapies and psychedelics: Toward integration and optimized therapeutic outcomes* [Symposium]. Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
4. Wagner, A. C., Monson, C. M., Liebman, R. E., **Zeifman, R. J.**, Mithoefer, A. T., & Mithoefer, M. C. (2020, November 19-22). *Long-term outcomes from a pilot trial of cognitive-behavioral conjoint therapy for PTSD with MDMA*. In **R. J. Zeifman** (Chair), *Cognitive and behavioral therapies and psychedelics: Toward integration and optimized therapeutic outcomes* [Symposium]. Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

5. **Zeifman, R. J.** (Chair) (2020, November 19-22). *Cognitive and behavioral therapies and psychedelics: Toward integration and optimized therapeutic outcomes* [Symposium]. Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
6. **Zeifman, R. J.**, Fitzpatrick, S., Liebman, R., Landy, M. S. H., Kuo, J. R., & Monson, C. M. (2020, October 26-November 14). *Optimizing treatment for comorbid borderline personality disorder and posttraumatic stress disorder: A review of psychotherapeutic approaches and treatment efficacy* [Paper presentation]. International Society for Traumatic Stress Studies, Atlanta, GA.
7. **Zeifman, R. J.**, Lyons, T., Wagner, A. C., & Carhart-Harris, R. L. (2020, October 14-18). *“Pain is inevitable. Suffering is optional”:* *Experiential avoidance as a mechanism of change in psychedelic therapy* [Paper presentation]. Psychedelic Psychotherapy Forum, Victoria, BC.
8. **Zeifman, R. J.**, Lyons, T., Wagner, A. C., & Carhart-Harris, R. L. (2020, September 24-27). *How does psilocybin therapy work?: Exploring experiential avoidance as a mechanism of change* [Paper presentation]. Interdisciplinary Conference on Psychedelic Research, Haarlem, The Netherlands.
9. **Zeifman, R. J.**, Palhano-Fontes, F., Arcoverde, E., Maia-Oliveira, J. P., Hallak, J., & de Araujo, D. B. (2018, June 21-24). *Ayahuasca as an intervention for suicidality* [Paper presentation]. Beyond Psychedelics, Prague, Czech Republic.
10. Fitzpatrick, S., Krantz, L. H., **Zeifman, R. J.**, Varma, S., & Kuo, J. R. (2017, November 16-19). *Use your words: The impact of emotional labeling on emotion regulation in borderline personality disorder* [Paper presentation]. Association for Behavioral and Cognitive Therapies, San Diego, CA.
11. Kuo, J. R., Krantz, L. H., Fitzpatrick, S. F., **Zeifman, R. J.**, & Uliaszek, A. (2017, November 16-19). *An experimental investigation of emotional validation and invalidation and the role of nonacceptance of emotional response* [Paper presentation]. Association for Behavioral and Cognitive Therapies, San Diego, CA.
12. Kidwai, A., Orr, E., Mutschler, C., Thomas, E. J., **Zeifman, R. J.**, & Horner, K. (2017, May 15-17). *Integrative model of care: Collaborative mental health care for underserved patients within an interprofessional primary care setting* [Paper presentation]. Waypoint Research Institute, Barrie, ON.
13. Kuo, J. R., Barnhart, R., Kratz, L., **Zeifman, R. J.**, Fitzpatrick, S., & McMMain, S. F. (2016, October 27-30). *An examination of changes in emotion regulation as a mechanism of action in 20-weeks of dialectical behavior therapy skills training* [Paper presentation]. Association for Behavioral and Cognitive Therapies, New York, NY.
14. Faaborg-Andersen, M., Kidwai, A., & **Zeifman, R. J.** (2016, May 12-15). *Self-compassion and depressive symptomatology among gay, and bisexual men: A mediational framework* [Paper presentation]. Pre-CAHR Engage Team Research Meeting, Winnipeg, MB.
15. Kidwai, A., **Zeifman, R. J.**, & Faaborg-Andersen, M. (2016, May 12-15). *The mediating and moderating role of self-compassion among gay, and bisexual men: Exploring mental health outcomes* [Paper presentation]. Pre-CAHR Engage Team Research Meeting, Winnipeg, MB.
16. Tran, A., McGregor, I., Hayes, J., Eftekhari, E., & **Zeifman, R. J.** (2015, February 26-28). *Harnessing the power of uncertainty: Concrete construal heightens performance and approach motivation* [Paper presentation]. Society for Personality and Social Psychology, Long Beach, CA.

Peer-Reviewed Conference Posters and Published Abstracts

1. Singhal, N., Weisman, C. R., **Zeifman, R. J.** & Jones, B. (2023, May 20-24). *The placebo response in classic psychedelics: A systematic review of clinical trials* [Poster submitted for presentation]. American Psychiatric Association, San Francisco, CA.
2. Singhal, N., Weisman, C. R., Dengdeng, Y., Wang, G., Nayak, S. M., & **Zeifman, R. J.** (2022, May 21-25). *The effects of psychedelic therapy on suicidality: A meta-analysis of individual patient data across clinical trials* [Poster presentation]. American Psychiatric Association, New Orleans, LA.
3. Singhal, N., **Zeifman, R. J.**, Breslow, L., & Weisman, C. R. (2021, October 14-16). *The relation between classic psychedelics and suicidality: A systematic review* [Poster presentation]. Canadian Psychological Association, Ottawa, ON.
4. Ip, J., Song, J., Whitfield, K.M., Burdo, J., **Zeifman, R. J.**, Liebman, R., Stirman, S. W., & Monson, C.M. (2020, November 4-14). *What is central to posttraumatic stress disorder? A comparison of network analyses at different points of treatment within a treatment-seeking community sample* [Poster presentation]. International Society for Traumatic Stress Studies, Atlanta, GA.
5. Whitfield, K.M., Song, J., Ip, J., **Zeifman, R. J.**, Burdo, J., Liebman, R., Stirman, S. W., & Monson, C.M. (2020, November 4-14). *A network analysis of posttraumatic stress disorder and suicidal ideation among a community clinical sample* [Poster presentation]. International Society for Traumatic Stress Studies, Atlanta, GA.
6. Weisman, C. R., Singhal, N., & **Zeifman, R. J.** (2020, April 30-May 2). *Rapid and sustained remission of suicidality with a single dose of ayahuasca* [Poster presentation]. Society of Biological Psychiatry, New York, NY.
7. **Zeifman, R. J.**, Wagner, A. C., Watts, R., Kettner, H., Mertens, L. J., & Carhart-Harris, R. L. (2019, November 21-24). *The impact of psychedelic use on depressive symptoms and suicidal ideation: Exploring the role of experiential avoidance* [Poster presentation]. Association for Behavioral and Cognitive Therapies, Atlanta, GA.
8. **Zeifman, R. J.**, & Wagner, A. C. (2019, July 17-20). *Exploring the case for incorporating psychedelics within psychotherapeutic interventions for borderline personality disorder* [Poster presentation]. World Congress of Behavioural and Cognitive Therapies, Berlin, Germany.
9. Varma, S., Fitzpatrick, S., **Zeifman, R. J.**, Krantz, L., & Kuo, J. R. (2018, November 15-18). *Exploring the impact of labeling emotions on emotional reactivity in individuals with borderline personality disorder compared to healthy controls* [Poster presentation]. Association for Behavioral and Cognitive Therapies, Washington, DC.
10. **Zeifman, R. J.** (2018, October 13-14). *Exploring the case for augmenting evidence-based interventions for borderline personality disorder with psychedelics* [Poster presentation]. Colloquium on Psychedelic Psychiatry, Stockholm, Sweden.
11. **Zeifman, R. J.**, Krantz, L. H., Fitzpatrick, S., & Kuo, J. R. (2017, November 16-19). *On loving thyself: Self-compassion as a unique predictor of suicide risk* [Poster presentation]. Association for Behavioral and Cognitive Therapies, San Diego, CA.
12. Battaglini, A., Fitzpatrick, S., Khoury, J., Krantz, L.H., **Zeifman, R. J.**, & Kuo, J. R. (2017, November 16-19) *Bottling up your feelings: Emotion regulation strategies and their consequences* [Poster presentation]. Association for Behavioral and Cognitive Therapies, San Diego, CA.

13. **Zeifman, R. J.**, Krantz, L. H., & Kuo, J. R. (2017, June 7-9). *"To be or not to be" in an imperfect world: Exploring the relationship between maladaptive perfectionism and suicide* [Poster presentation]. Canadian Psychological Association, Toronto, ON.
14. Malivoire, B. L., Mutschler, C., Thomas, E. J., Kidwai, A., **Zeifman, R. J.**, & Horner, K. (2017, June 7-9). *An interdisciplinary model of (mental) health care and the use of technology* [Poster presentation]. Canadian Psychological Association, Toronto, ON.
15. **Zeifman, R. J.**, Hare, C., & Fitzpatrick, S. (2017, April 19-24). *Expanding paradigms: The case for incorporating MDMA-assisted psychotherapy within evidence-based treatments for borderline personality disorder* [Poster presentation]. Psychedelic Science, Oakland, CA.
16. Hare, C., & **Zeifman, R. J.** (2017, April 19-24). *The use of MDMA assisted psychotherapy to treat health-related anxiety in patients with chronic medical illness: A pilot study proposal* [Poster presentation]. Psychedelic Science, Oakland, CA.
17. **Zeifman, R. J.**, Fitzpatrick, S., Krantz, L. H., & Kuo, J. R. (2016, October 27-30). *Non-suicidal self-injury and suicide attempts amongst individuals with borderline personality disorder: The role of physiological arousal* [Poster presentation]. Association for Behavioral and Cognitive Therapies, New York, NY.
18. Kidwai, A., **Zeifman, R. J.**, Noor, S. W., Vernon, J. R. G., Faaborg-Andersen, M., Tulloch, T. G., Kilby-Lechman, D., Brennan, D. J., Adam, B., Gardner, S., & Hart, T. A. (2016, October 27-30). *Self-compassion as a mediator of internalized homophobia and mental health outcomes* [Poster presentation]. Association for Behavioral and Cognitive Therapies, New York, NY.
19. Varma, S., Fitzpatrick, S., Krantz, L., **Zeifman, R. J.**, & Kuo, J. R. (2016, June 9-11). *Freedom of choice: How emotion regulation strategy selection impacts emotion regulation effectiveness* [Poster presentation]. Canadian Psychological Association, Victoria, B.C.
20. **Zeifman, R. J.**, Zhao, W., Atkey, S. K., Young, R. E., Michel, N. M., Flett, G. L., & Goldberg, J.O. (2015, August 6-9). *When ideals get in the way: Perfectionism and the self-stigma of seeking psychological help amongst high school students* [Poster presentation]. American Psychological Association, Toronto, ON.
21. Atkey, S. K., **Zeifman, R. J.**, Flett, G. L., & Goldberg, J. O. (2015, August 6-9). *The critic inside my head: Self-criticism, gender, and the self-stigma of seeking help in adolescents* [Poster presentation]. American Psychological Association, Toronto, ON.
22. Macintosh C. V. Michel N. M., **Zeifman R. J.**, & Goldberg J. O. (2015, August 6-9). *Contributing factors to help-seeking for mental health concerns in rural Ghana: A key informant pilot study* [Poster presentation]. American Psychological Association, Toronto, ON.
23. **Zeifman, R. J.**, Atkey, S. K., Young, R. E., Macintosh, C. V., Flett, G. L., & Goldberg, J. O. (2015, June 4-6). *You've got a friend in me: The importance of positive relationships in shaping adolescents' attitudes toward seeking help* [Poster presentation]. Canadian Psychological Association, Ottawa, ON.
24. Atkey, S. K., **Zeifman, R. J.**, Young, R. E., Macintosh, C. V., Flett, G. L., & Goldberg, J. O. (2015, June 4-6). *I am significant: Mattering, gender, and the self-stigma of seeking help in adolescents* [Poster presentation]. Canadian Psychological Association, Ottawa, ON.
25. Macintosh, C. V., Michel, N. M., **Zeifman, R. J.**, & Goldberg, J. O. (2015, June 4-6). *Themes related to help-seeking for mental health concerns in rural Ghana: A key informant pilot study* [Poster presentation]. Canadian Psychological Association, Ottawa, ON.

26. Atkey, S. K., **Zeifman, R. J.**, Zhao, W., Young, R. E., Flett, G. L. & Goldberg, J. O. (2015, March 28-April 1). *Helicopter parenting and self-stigma toward seeking help for serious mental illness* [Poster presentation]. International Congress on Schizophrenia Research, Colorado Springs, CO.
27. Atkey, S. K., **Zeifman, R. J.**, Zhao, W., Young, R. E., Flett, G. L., & Goldberg, J. O. (2015) Helicopter parenting and self-stigma toward seeking help for serious mental illness. [Abstract]. *Schizophrenia Bulletin* 41, S160.
28. **Zeifman, R. J.**, Eghbali, N., Sharpinskyi, C., Hayes, J., Eftekhari, E., Tran, A., & McGregor, I. (2015, February 26-28). *Certainty in an uncertain world: Religious zeal and the preference for consistency* [Poster presentation]. Society for Personality and Social Psychology, Long Beach, CA.
29. Eftekhari, E., Tran, A., Hayes, J., **Zeifman, R. J.**, & McGregor, I. (2015, February 26-28). *Knowledge is power: How non-judgmental awareness of one's thoughts and feelings can lead to more approach motivation* [Poster presentation]. Society for Personality and Social Psychology, Long Beach, CA.
30. Zhao, W., **Zeifman, R. J.**, Young, R.E., Michel, N. M., Flett, G. L., & Goldberg, J. O. (2014, June 5-7). *Mental illness through the lens of stigma: Interrupting the impulse towards stereotyping* [Poster presentation]. Canadian Psychological Association, Vancouver, BC.

Selected Invited Presentations

1. Psychedelic-assisted psychotherapy: Treatment outcomes and psychology mechanisms of change. Grand Rounds, Ontario Shores. (2022, July 28).
2. Psychedelic-assisted psychotherapy: Outcomes and mechanisms of change. Integrated Day Treatment, Centre for Addiction and Mental Health. (2022, June 29).
3. Psychedelic therapies: Complex presentations and mechanisms of change. Neuroscape, University of California, San Francisco (UCSF). (2022, February 14).
4. Psychedelic therapy. Borderline Personality Disorder Clinic (Centre for Addiction and Mental Health), Lunch and Learn. (2021, November 29).
5. From RElaxed Beliefs Under pSychedelics (REBUS) to REvised Beliefs After pSychedelics (REBAS). Maudsley Psychedelic Society. (2021, June 23).
6. Psychedelics and psychedelic therapy. LIFE Institute. (2021, May 10).
7. "Pain is inevitable. Suffering is optional": Experiential avoidance as a mechanism of change in psychedelic therapy. University of California, San Francisco, Psychedelic Journal Club. (2021, April 1).
8. Mechanisms of change in psychedelic therapy. Multidisciplinary Association for Psychedelic Studies Journal Club. (2020, November 19). Available at: <https://bit.ly/3tmYyJE>
9. Ethics. St. Michael's Hospital, Psychology Training Clinic Orientation. (2017, June 28).
10. Suicide Risk. St. Michael's Hospital, Psychology Training Clinic Orientation. (2017, June 28).

RESEARCH EXPERIENCE

Centre for Psychedelic Medicine, NYU Langone Health

Supervisor: Dr. Stephen Ross

Role: *Postdoctoral Fellow*

2022-Present

- Developing a pilot trial examining the safety, feasibility, and efficacy of MDMA-assisted therapy for the treatment of individuals with comorbid borderline personality disorder and posttraumatic stress disorder
- Co-investigator for a multi-site randomized placebo-controlled trial examining the efficacy of psilocybin-assisted psychotherapy for individuals with cancer-related distress

Centre for Psychedelic Research, Imperial College London

2019-Present

Supervisor: Dr. Robin Carhart-Harris

Role: *Research Associate*

- Using a multi-method approach (e.g., clinical-assessment, self-report, idiographic, and neurobiological [EEG] measurement) to examine mechanisms of change underlying the positive therapeutic effects associated with psilocybin therapy
- Examining the effect of psychedelic therapy on suicidality among individuals with major depressive disorder

Remedy Centre, Private Practice and Research Collaborative

2018-Present

Supervisor: Dr. Anne Wagner, Ph.D., CPsych

Role: *Research Intern*

- Contributing to a clinical trial examining MDMA-facilitated cognitive processing therapy for individuals with posttraumatic stress disorder
- Researching the utility surrounding integrating psychedelic therapy within evidence-based interventions for individuals high in suicidality

IMPACT Lab, Toronto Metropolitan University

2018-2021

Supervisor: Dr. Candice Monson, Ph.D., CPsych

Role: *Graduate Assistant*

- Examined the safety and efficacy of trauma focused interventions for individuals with comorbid posttraumatic stress disorder and borderline personality disorder
- Researched mechanisms of change underlying reductions in suicidal ideation among individuals with posttraumatic stress disorder following trauma-focused treatment

Anxiety Research and Treatment Lab, Toronto Metropolitan University

2015-2020

Supervisor: Dr. Martin Antony, Ph.D., CPsych

Role: *Graduate Assistant*

- Investigated perfectionism, suicidality, and psychoeducational tools for the treatment of depression
- Responsible for statistical analysis and manuscript preparation

Borderline and Emotion Processing Lab, Toronto Metropolitan University

2015-2019

Supervisor: Dr. Janice Kuo, Ph.D., CPsych

Role: *Graduate Assistant*

- Used a multi-method approach (e.g., physiological, behavioural, self-report), researched self-compassion and emotion regulation as mechanisms underlying suicidal behaviour and borderline personality disorder
- Engaged in statistical analysis, manuscript preparation, physiological measurement, and analysis

TEACHING AND SUPERVISORY EXPERIENCE

Psychological Assessment Supervisor

2021-2022

Borderline Personality Disorder Clinic, *Centre for Addiction and Mental Health*

Supervisor of MSc Translational Neuroscience Thesis 2021
 Centre for Psychedelic Research, *Imperial College London*
 Title: *Acute psychedelic experiences and changes in mental health outcomes in those with adverse childhood experiences*

Teaching Assistant, Perspectives in Psychology (PSY 102) 2021
Toronto Metropolitan University
 Course Director: Dr. Paolo Ammirante, Ph.D.

Psychological Assessment Supervisor, Psychological Assessment II 2020
 Psychology Training Clinic, *St. Michael's Hospital*
 Course Director: Dr. Martin Antony, Ph.D., CPsych

Teaching Assistant, Advanced Seminar in Social Psychology (PSY918) 2020
Toronto Metropolitan University
 Course Director: Dr. David Day, Ph.D.

Psychological Assessment Supervisor, Psychological Assessment II 2019
 Psychology Training Clinic, *St. Michael's Hospital*
 Course Director: Dr. Martin Antony, Ph.D., CPsych

Guest Lecturer, Introduction to Psychology II (PSY202) 2018
Toronto Metropolitan University
 Course Director: Dr. Janice Kuo, Ph.D., CPsych
 Topic: Psychotherapeutic and Pharmacological Interventions

Instructor, Ethics and Suicide Risk Assessment 2017
 Psychology Training Clinic, *St. Michael's Hospital*
 Clinic Director: Dr. Kelly Horner, Ph.D., CPsych

Teaching Assistant, Perspectives in Psychology (PSY 105) 2016
Toronto Metropolitan University
 Course Director: Dr. Will Huggon, Ph.D.

Teaching Assistant, Personality Theory (PSY 505) 2016
Toronto Metropolitan University
 Course Director: Dr. Alasdair Goodwill, Ph.D.

CLINICAL EXPERIENCE

Remedy, *Private Practice and Research Collaborative* 2018-Present
 Supervisor: Dr. Anne Wagner, Ph.D., CPsych
 Role: *Assessment and Treatment Provider*

- Providing MDMA-facilitated cognitive processing therapy for individuals with posttraumatic stress disorder in an ongoing clinical trial

Centre for Addiction and Mental Health (CAMH)

2021-2022

Supervisors: Drs. Shelley McMain, Judith Levy-Ajzenkopf, and Michelle Leybman Ph.D., CPsych

Role: *Clinical Psychology Resident*

- Completed rotations in the Borderline Personality Disorder Clinic and Integrated Day Treatment
- Conducted psychodiagnostic assessments and provided comprehensive dialectical behaviour therapy for individuals with borderline personality disorder, substance use, bipolar, and depressive disorders
- Provided supervision for PhD-level clinical psychology students conducting diagnostic assessments

IMPACT Lab, Toronto Metropolitan University

2018-2021

Supervisor: Dr. Candice Monson Ph.D., CPsych

Role: *Assessment and Treatment Provider*

- Conducted diagnostic assessments and provided cognitive processing therapy (and cognitive behavioural conjoint therapy) for individuals with posttraumatic stress disorder (and their close others)

Centre for Student Development and Counselling, Toronto Metropolitan University

2018-2019

Supervisor: Dr. Sarah Thompson Ph.D., CPsych

Role: *Practicum Student*

- Conducted consultations and provided individual and group-based emotion focused therapy for individuals with heightened self-criticism, relational difficulties, and anxious and depressive disorders

Anxiety Treatment and Research Clinic, St. Joseph's Healthcare Hamilton

2017-2018

Supervisor: Dr. Stephanie Waechter, Ph.D., CPsych

Role: *Practicum Student*

- Conducted weekly diagnostic assessments, wrote diagnostic assessment reports, and provided individual and group cognitive behavioural therapy for individuals with anxiety disorders in an outpatient context

Borderline Personality Clinic, Centre for Addiction and Mental Health

2015-2017

Supervisor: Dr. Shelley McMain, Ph.D., CPsych

Role: *Research Trainee*

- Conducted psychodiagnostic assessments and assessments of suicidal behaviour and non-suicidal self-harm among individuals with borderline personality disorder

Psychology Training Clinic, St. Michael's Hospital

2016-2017

Supervisor: Dr. Kelly Horner, Ph.D., CPsych

Role: *Practicum Student*

- Conducted diagnostic assessments, wrote diagnostic assessment reports, and provided individual and group cognitive behavioural therapy for individuals with complex and comorbid diagnostic presentations in an outpatient hospital

ADDITIONAL EXPERIENCE

Equity in Psychedelic Therapy Initiative

2020-Present

Role: *Founding Member*

Psychology Graduate Students Association, Toronto Metropolitan University

2020-2021

Role: *Peer Mentor*

Psychology Department Workshop Committee, <i>Toronto Metropolitan University</i> Role: <i>Committee Member</i>	2017-2019
Psychology Graduate Students Association, <i>Toronto Metropolitan University</i> Role: <i>Peer Mentor</i>	2017-2018
Dialectical Behaviour Therapy for Substance Use Disorders-Workshop (2-day) Role: <i>Workshop Assistant</i>	2017

REVIEWING

Ad Hoc Journal Reviewer

- Frontiers in Psychiatry; Journal of Clinical Psychiatry; Journal of Psychoactive Drugs; Journal of Psychopharmacology; Journal of Traumatic Stress; Psychedelic Medicine; Traumatology; Systematic Reviews

Conferences

- Association for Behavioral and Cognitive Therapies (ABCT)

WORKSHOPS AND SEMINARS ATTENDED

Dialectical Behavior Therapy for Complex Post-Traumatic Stress Disorder-Workshop (8-day) Facilitated by: Drs. Martin Bohus, MD and Shelley McMain, Ph.D., CPsych Toronto, ON	2022
Emotion Focused Therapy (Level 1)-Workshop (4-day) Facilitated by: Drs. Sandra Paivio and Alberta Pos, Ph.D., CPsych Toronto, ON	2020
Psychedelics 101 & 102 for Clinicians-Workshop (2-day) Facilitated by: Drs. Ingmar Gorman and Elizabeth Nielson, Ph.D., CPsych Toronto, ON	2020
MDMA Therapy Training Program-Workshop (7-day) Multidisciplinary Association for Psychedelic Studies- Facilitated by: Dr. Michael Mithoefer, M.D. and Annie Mithoefer, B.S.N. Asheville, NC	2019
Cognitive-Behavioral Conjoint Therapy for PTSD-Workshop (2-day) Facilitated by: Dr. Candice Monson, Ph.D., CPsych Toronto, ON	2018
Dialectical Behaviour Therapy-Workshop (2-day) Facilitated by: Dr. Janice Kuo, Ph.D., CPsych Toronto, ON	2018
Cognitive-Behavioural Treatment for Anxiety in Youth: Practical Evidence-Based Strategies-Workshop (1-day)	2017

Facilitated by: Dr. Philip Kendal, Ph.D., ABPP
Toronto, ON

Cognitive Processing Therapy-Workshop (1-day) 2017

Facilitated by: Drs. Candice Monson and Phillippe Shnaider, Ph.D., CPsych
Toronto, ON

Dialectical Behaviour Therapy for Substance Use Disorders-Workshop (2-day) 2017

Facilitated by: Dr. Janice Kuo, Ph.D., CPsych
Ottawa, ON

Psilocybin Research: Therapist Competencies and Therapeutic Processes-Workshop (1-day) 2017

Facilitated by: Dr. Jeffrey Guss, M.D., and Dr. Bill Richards, Ph.D.
Oakland, CA

Principles of MDMA-Assisted Psychotherapy for PTSD-Workshop (1-day) 2017

Facilitated by: Dr. Michael Mithoefer, M.D., and Annie Mithoefer, B.S.N.
Oakland, CA

Integrating Psychedelic Experiences-Workshop (1-day) 2017

Facilitated by: Ingmar Gorman M.A., Dr. Katherine MacLean, Ph.D., Julie Megler, R.N.,
and Tanya Maté, N.D.
Oakland, CA

Putting Case Conceptualization into Action in Therapy Sessions-Workshop (half-day) 2017

Facilitated by: Dr. Charles Swenson, MD and Kelly Koerner, Ph.D., CPsych
New York, NY

Intra-Professional Practice & Collaboration in a Medical Setting-Seminar (1-day) 2016

Facilitated by: Lianne Jeffs, R.N. and Dr. Marianne Saragosa, Ph.D.
St. Michael's Hospital, Toronto, ON

PROFESSIONAL MEMBERSHIP

Association for Behavioral and Cognitive Therapies (ABCT), Student Member 2016-Present

Canadian Psychological Association (CPA), Student Affiliate 2013-Present

PUBLIC OUTREACH

Webinars

Zooming in on psychedelic therapy for borderline personality disorder: A conversation with Rick Zeifman. MIND Foundation. (2020, June 26). Available at: <https://bit.ly/3b0vNMMy>

Podcasts and Radio Interviews

Richard Zeifman on psychedelics. The Brian Crombie Hour. Sauga 960 AM. (2020, August 11). Available at: <https://bit.ly/3tjh2Lk>

Psychedelics for mental health with Richard Zeifman. Stop Psychoanalyzing Me. (2021, January 16). Available at: <https://spoti.fi/3eSKkv5>

Print Interviews

Psychedelics are making a wild comeback – let's not eff it up. NOW Magazine. (2020, July 22). Available at: <https://bit.ly/33efffE>

Coverage

Combating suicidality: A role for psilocybin and ayahuasca? Psychedelic Science Review. (2022, October 4). Available at: <https://bit.ly/psilosuicidality>

Cultivating self-compassion may be an important means of decreasing suicidal behaviors. PsyPost. (2021, December 24). Available at: <https://bit.ly/3z7QMIf>

Psilocybin-assisted psychotherapy reduces loss of meaning and suicidal ideation among cancer patients. PsyPost. (2021, December 15). Available at: <https://bit.ly/3GORjko>

Psychedelic therapy for borderline personality disorder? Psychedelic Science Review. (2021, May 10). Available at: <https://bit.ly/3beqWYn>

Psilocybin and the will to live. Psychedelic Science Review. (2021, May 6). Available at: <https://bit.ly/3hhFgTU>

Examining the effects of psychedelics on experiential avoidance. Psychedelic Science Review. (2020, October 22). Available at: <https://bit.ly/3teJ7mZ>

Depression and suicidal ideation reduced after psychedelic usage. Big Think. (2020, September 9). Available at: <https://bit.ly/33h97Du>

Does doing psychedelics make you more accepting of a world in crisis? Dazed Magazine. (2020, August 14). Available at: <https://bit.ly/3vGNRTN>

Psychedelic drugs reduce depressive symptoms by helping individuals accept their emotions, study suggests. PsyPost. (2020, August 13). Available at: <https://bit.ly/3gYqgtT>

Ayahuasca shows 'promise' in treating suicidal thoughts, researchers say. Big Think. (2019, November 19). Available at: <https://bit.ly/3nMTihh>

Can the psychedelic drug ayahuasca help fight suicide? PsyPost. (2019, November 16). Available at: <https://bit.ly/3ejaNTI>

SKILLS

R, MPlus, Statistical Package for the Social Sciences (SPSS), Brain Vision Analyzer 2.0, Mindware Heart Rate Variability Analysis, Qualtrics, Survey Monkey, and Microsoft Office