

# Alissa S. Yamasaki, Ph.D.

Licensed Psychologist  
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## EDUCATION

- Ph.D. in Psychology** (Clinical), Pennsylvania State University at University Park 8/2006  
Dissertation: "Concordance between self-reported and physiological measures of emotion during fear imagery in anxiety disorders"  
Chair: William J. Ray, Ph.D.
- M.S. in Psychology**, Pennsylvania State University at University Park 8/2002
- B.S. in Kinesiology**, University of Illinois at Urbana – Champaign (Highest Honors) 5/1998
- B.S. in Psychology**, University of Illinois at Urbana – Champaign (Magna Cum Laude) 5/1998

## CLINICAL FOCUS

The treatment of anxiety and stress, especially as they interact with interpersonal patterns, using the integration of psychodynamic and cognitive-behavioral approaches. Additional specialization in the treatment of insomnia, including in complex cases of anxiety.

## CLINICAL EXPERIENCE

- Owner, Licensed Psychologist, Self-Employed at Ayama Psychotherapy LLC** 1/2017-Present  
Founded and run a group practice employing psychologists who specialize in treating anxiety, stress and insomnia. Provide clinical services, mentor for early-career psychologists and undergraduate students planning to pursue graduate training in psychology, and manage administrative staff.
- Licensed Psychologist, Partner at Centre Psychology Group** 10/2007 - 3/2017  
Psychotherapist for clients presenting with a wide range of disorders and levels of functioning. Also conducted an average of 40-50 neuropsychological evaluations per year for assessment of dementia, ADHD, and head trauma. Licensed in January 2008 and partner starting in January 2009. Vocational assessor for the Office of Vocational Rehabilitation.
- Behavioral Sleep Medicine Trainee, Penn State University College of Medicine (Hershey)** 1/2016 - 4/2016  
Case observation at Hershey Medical Center Sleep with Julio Fernandez-Mendoza, Ph.D., Board Certified Psychologist in Behavioral Sleep Medicine, as well as ongoing case consultation with Dr. Mendoza.
- Behavioral Sleep Medicine Trainee** 10/2015, 4/2017  
Intensive CBT-I training with insomnia treatment leader, Michael Perlis, Ph.D. of University of Pennsylvania, including his multi-day, beginner and advanced courses in CBT-I.
- Clinical Supervisor, Penn State Psychological Clinic** 5/2009 – 8/2009, 5/2015-8/2015  
Supervised the clinical work of doctoral student therapists, including leading group supervision meetings and individual supervision. The clients treated by the graduate students presented with a wide range of mild to severe psychological problems.

**Staff Psychotherapist, Penn State Psychological Clinic** 10/06 – 3/08  
Psychotherapist for clients presenting with a wide range of disorders and level of functioning, including personality pathology and severe mental illness. Provided supervision for doctoral student therapists. Trained as protocol therapist for a study investigating short-term, psychodynamic psychotherapy implementing homework.

**Predoctoral Intern/Psychotherapist, Albany Medical Consortium** 9/05 – 8/06

- Capital District Psychiatric Center, inpatient and crisis units: Created treatment plans and conducted individual therapy for the chronically mentally ill. Co-facilitated dialectical behavior group therapy. Worked closely with multidisciplinary treatment team. Provided case management. Conducted cognitive evaluations.
- Child and Adolescent Service Outpatient Clinic: Conducted intake interviews. Worked closely with multidisciplinary treatment team. Conducted family therapy, parent training and individual therapy. Conducted psychological/neuropsychological assessments. Conducted classroom observations and work with schools.
- Stratton VA Medical Center, Behavioral Health Clinic: Conducted short- and long-term, individual therapy. Co-facilitated group therapy for survivors of childhood sexual trauma. Conducted psychological assessments and neuropsychological assessment of veterans. Conducted couples therapy.
- Albany Medical Center, acute inpatient unit: Conducted psychological assessments and brief neuropsychological assessments. Provided brief psychotherapy interventions.

**Staff Psychotherapist, Penn State University Psychological Clinic** 1/00 – 7/05

- Completed over 800 hours of direct client contact in a community mental health setting, including being awarded a clinical assistantship position for three years.
- Received training and supervision in theoretical and technical approaches in cognitive-behavioral therapy, psychodynamic therapy, and neuropsychological assessment. Clinical supervisors (listed chronologically): J. Gowen Roper, Ph.D., Gordon Hall, Ph.D., Diana Damer, Ph.D., Peter Arnett, Ph.D., Mary Boutselis, Ph.D., Ellen Johnson, M.D.

**Clinical Supervisor, Pennsylvania State University Psychological Clinic** 5/04 – 5/05  
Supervised beginning graduate students and participated in weekly course about supervision. Supervisors: J. Gowen Roper, Ph.D., Mary Boutselis, Ph.D.

### **TEACHING/WORKSHOP FACILITATION**

**Instructor and workshop creator, Ayama Psychotherapy LLC** 3/2020  
Development and leading of wellness workshop designed to motivate busy people to evaluate their sleep habits, understand consequences of sleep deprivation, and incorporate effective strategies to make the most out of their sleep time.

**Instructor and workshop creator, Ayama Psychotherapy LLC** 11/2019 - current  
Development and leading of regularly-scheduled introductory sleep training workshop designed as a wellness service to motivate adults and service providers to value sleep and understand basic mechanisms of good sleep.

**Instructor and course creator, Ayama Psychotherapy LLC** 11/2019 - current  
Developed and teach regularly-scheduled advanced sleep training class designed to help adults who struggle with sleep because their minds are too busy with worries

**Retreat facilitator, Womens Network Group of State College, PA** 9/2019  
Developed and lead workshop on values assessment for women entrepreneurs to promote self-care and alignment of business and life practices with what is most fulfilling.

**Instructor, Pennsylvania State University, Psychology Department** 7/04 - 8/04

Awarded teaching position for an advanced undergraduate course in personality theory. Created and implemented all aspects of the course, including daily lectures, exams, quizzes, papers and assignment of grades for 30 students.

**Instructor, Pennsylvania State University, Psychology Department**

5/03 - 7/03

Awarded teaching position for an advanced undergraduate course in the psychology of adjustment. Created and implemented all aspects of the course, including daily lectures, exams, quizzes, papers and assignment of grades for 50 students.

## **RESEARCH EXPERIENCE**

**Principal Investigator, Pennsylvania State University, Psychology Department**

8/04 – 12/05

Conducted and managed all aspects of an experimental investigation of emotional imagery in phobia and GAD for dissertation project. Advised two undergraduate honors students' data collection as subset of data collection. Advisor: William J. Ray, Ph.D.

**Principal Investigator, Pennsylvania State University, Psychology Department**

8/02 – 11/04

Collaborated on development and implementation of 4-stage mini-psychotherapy outcome study. Created E-Studio program for presentation of emotional stimuli during psychophysiological recordings. Trained and supervised undergraduate students in psychophysiological recordings. Analyzed psychophysiological data of cardiovascular functioning. Collaborative Investigator: Evelyn S. Behar, M.S. Advisors: Thomas D. Borkovec, Ph.D. and William J. Ray, Ph.D.

**Investigator, Pennsylvania State University, Psychology Department**

1/04 – 12/05

Collaborated on examination of interpersonal factors of GAD. Analyzed relationship between the Inventory of Interpersonal Problems and other measures of psychopathology. Collaborative investigators: Aaron L. Pincus, Ph.D. and Amy Przeworski, M.S.

**Research Assistant, Pennsylvania State University, Human Dev. & Family Studies Department** 1/02 - 5/02

Traveled to family homes to interview parents in longitudinal study of family relationships. Supervised undergraduate interviewers who performed sibling interviews. Advisors: Nancy Crouter, Ph.D. and Susan McHale, Ph.D.

**Research Assistant, Pennsylvania State University, Psychology Department**

8/99 - 8/01

Performed electroencephalography and autonomic measures with participants as they are involved with various tasks, including relaxation, worry, Stroop, imagery and mental math. Administered structured and unstructured clinical interviews of participants. Analyzed EEG measures and cardiovascular measures. Advisors: William J. Ray, Ph.D. and Thomas D. Borkovec, Ph.D.

**Research Assistant, Pennsylvania State University, Psychology Department**

8/99 - 8/01

Performed electroencephalography measures while administering a computerized number string memory task and analyze data. Analyzed EEG measures. Advisor: William J. Ray, Ph.D.

**Therapy Coder, Pennsylvania State University, Psychology Department**

1/00 - 4/01

Gained training in use of therapy coding manual. Provided expert coding of therapy sessions transcripts. Advisors: Louis Castonguay, Ph.D., Alex Schut, M.S.

## **ASSOCIATION MEMBERSHIPS and SERVICE**

American Psychological Association

Current

Pennsylvania Psychological Association

Current

Behavioral Medicine Sleep Group

Current

Women's Networking Group (Vice President since 2018)

Current

## **PUBLICATIONS**

- Ranney, R. M., Behar, E., Yamasaki, A.S., (2019). Affect Variability and Emotional Reactivity in Generalized Anxiety Disorder. *Journal of Behavior Therapy and Experimental Psychiatry*, 68, 10152.
- Oathes, D.J., Ray, W.J., Yamasaki, A.S., & Borkovec, T.D. (2008). Worry, generalized anxiety disorder, and negative affect: Evidence from the EEG gamma band. *Biological Psychology*, 79, 165-170
- Przeworski, A., Newman, M.G., Pincus, A.L., Kasoff, M.B., Yamasaki, A.S., Castonguay, L.G., & Berlin, K.S. (2012). Interpersonal pathoplasticity in individuals with generalized anxiety disorder. *Journal of Abnormal Psychology*, 120, 286-298.
- Ray, W.J., Molnar, C., Aikens, D., Yamasaki, A.S., Oathes, D.J., Borkovec, T.D., Newman, M.G., & Castonguay, L.G. (2009). Startle response in generalized anxiety disorder. *Journal of Depression and Anxiety*, 26, 147-154.
- Schut, A.J., Castonguay, L.G., Bedics, J.D., Smith, T.L., Barber, J.P., Flanagan, K.M., & Yamasaki, A.S. (2005). Therapist interpretation, patient-therapist interpersonal process, and outcome in psychodynamic psychotherapy for avoidant personality disorder. *Psychotherapy: Theory, Research, Practice and Training*, 42, 494-511.

## **SPEAKING/CONFERENCE SYMPOSIA**

- Yamasaki, A.S. (2019, May). Protecting your sleep. Symposium at the annual health panel for Women's Networking Group, State College, PA.
- Yamasaki, A.S. (2010, August). Depression and mental health issues in facing caregivers. Speaker series at the Annual Caregiver Seminar at Brookline Village, State College, PA.
- Yamasaki, A.S., Behar, E., Borkovec, T.D., & Ray, W.J. (2004, November). Parasympathetic and sympathetic nervous system activity as an index of emotional processing following imaginal exposure in GAD. In, S. Hayes (Chair), *New Advances in Emotional Processing and Exposure-based Treatments*. Symposium conducted at the annual meeting at the Association for the Advancement of Behavior Therapy, New Orleans, LA.
- Behar, E., Yamasaki, A.S., Borkovec, T.D., & Ray, W.J. (2003, November). Physiological processing of emotional material following imaginal exposure for GAD. In, E. Behar and A. Przeworski (Chairs), *An Examination of Moderating Variables, Mediating Variables, and Therapeutic Techniques in the Treatment of GAD*. Symposium conducted for annual meeting at the Association for the Advancement of Behavior Therapy, Boston, MA.
- Behar, E., & Yamasaki, A.S. (2002, November). Imagery vs. Thought Training: Which Treatment Component Best Targets Emotional Processing in GAD? In, M.G. Newman (Chair), *Emotion, Emotional Expression, and Emotional Processing in GAD*. Symposium conducted at the annual meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.
- Oathes, D.J., Yamasaki, A.S., Ray, W.J. (2002, November). EEG Gamma-band Activity: Role in Negative Affect, Worry and Generalized Anxiety Disorder. In, M.G. Newman (Chair), *Emotion, Emotional Expression, and Emotional Processing in GAD*. Symposium conducted at the annual meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.
- Yamasaki, A.S., Behar, E., & Ray, W.J. (2002, November). Is there a Processing Bias Toward General

Emotionality, Regardless of Valence in Generalized Anxiety Disorder? In, M.G. Newman (Chair), *Emotion, Emotional Expression, and Emotional Processing in GAD*. Symposium conducted at the meeting of the Association for the Advancement of Behavior Therapy, Reno, NV.

Ray, W., Oathes, D., Yamasaki, A., Blai, A., Aikins, D., Molnar, C., Borkovec, T. (2000, October). Generalized anxiety disorder clients show normalized EEG patterns after psychotherapy. In, W.J. Ray (Chair), *Applying psychophysiological measures to assess treatment changes with clinical problems: Implications of psychophysiological reorganization following clinical intervention*. Symposium conducted at the 40<sup>th</sup> Annual Meeting for the Society for Psychophysiological Research, San Diego, CA. *Psychophysiology*, 37, S8-S8, (Suppl. 1).

### **POSTER PRESENTATIONS**

Sibrava, N.J., Pincus, A.L., Przeworski, A., Yamasaki, A.S., Newman, M.G., & Borkovec, T.D. (2007, November). *Heterogeneity in the presentation of GAD*. Poster to be presented at the 41st Annual Meeting of the Association for Behavioral and Cognitive Therapies. Philadelphia, PA.

Bowes, J.D., Yamasaki, A.S., & Ray, W.J. (2005, November). *A Comparison of Meditation and Relaxation Effects on GAD*. Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Washington DC.

Oathes, D.J., Yamasaki, A.S., Behar, E.S., Ray, W.J., & Borkovec, T.D. (2003, May). *Anticipatory anxiety, emotion and adaptation*. Poster presented at Penn State Neuroscience Day, Central Pennsylvania Chapter, Society for Neuroscience, University Park, PA.

Behar, E., Solomon, A., & Yamasaki, A.S. (2002, November). *Reliability of Trauma Reports in Generalized Anxiety Disorder*. Poster presented at the annual meeting of the annual meeting of the Society for Research in Psychopathology, Reno, NV.

Yamasaki, A.S., Oathes, D.J., Ray, W., Borkovec, T.D., & Newman, M.G. (2002, October). *Generalized anxiety disorder and parasympathetic activity: The effects of worry and cognitive-behavioral therapy*. Poster session at the annual meeting of the Society for Research in Psychopathology, San Francisco, CA.

Schut, A.J., Castonguay, L.G., Barber, J.P., Bedics, J.D., Smith, T.L., Flanagan, K.M., & Yamasaki, A.S. (2002, June). *Therapist interpretation, patient-therapist interpersonal process, and outcome in psychodynamic psychotherapy for avoidant personality disorder*. Poster presented at the annual meeting for the Society for Psychotherapy Research, Santa Barbara, CA.

Behar, E., Yamasaki, A.S., Borkovec, T.D., and Ray, W.J. (2002, September). *Autonomic Activity During Exposure to Emotion-Eliciting Stimuli in Generalized Anxiety Disorder*. Poster presented at the annual meeting of the Society for Research in Psychopathology, San Francisco, CA.

Oathes, D., Yamasaki, A.S., Borkovec, T.D., and Ray, W.J. (2001, November). *EEG measures in generalized anxiety disorder before and after psychotherapy*. Poster presented at 16<sup>th</sup> Annual Meeting for the Society for Research in Psychopathology, Madison, WI.

Yamasaki, A., Oathes, D., Ray, W., and Borkovec, T.D. (2001, October). *Vagal tone in generalized anxiety disorder before and after psychotherapy*. Poster session at 41<sup>st</sup> annual meeting for the Society for Psychophysiological Research, Montreal, Quebec, Canada.