

# EDUCATION AND CONSULTATIVE SERVICES

of UPMC Western Psychiatric Hospital

## PRESENTATION FORM

### Presenter Bio

Please include your full name, credentials, degrees and information about your position and place of employment. **Please send a copy of your CV along with this completed form.**

**Carla Mazefsky** is a licensed clinical psychologist and Nancy J. Minshew MD Endowed Chair in Autism Research and Professor of Psychiatry, Psychology, and Clinical and Translational Science at the University of Pittsburgh. She is Director of the Regulation of Emotion in Autistic Adults, Children, and Teens (REACT) Program in the Department of Psychiatry at the University of Pittsburgh and Center Director of an NIMH Autism Center of Excellence (P50). Her research focuses on emotion regulation and mental health in autism spectrum disorder.

She completed her undergraduate training at The College of William and Mary, followed by a doctoral program in Clinical Psychology at Virginia Commonwealth University, pre-doctoral internship at Brown University, and post-doctoral fellowship at Virginia Institute for Psychiatric and Behavioral Genetics. She first joined the University of Pittsburgh in 2006 as an Assistant Professor in Pediatrics at the Child Development Unit, where she spent half of her time doing autism diagnostic evaluations and half of her time doing research. She had her first grant during that time, focused on psychiatric diagnoses in autistic teenagers. She shifted into Psychiatry in 2009 and received an NICHD Career Development Award. She has been fully funded by and focused on research related to emotion dysregulation in autism ever since and has had funding for her research from the NIMH, NICHD, PCORI, DOD, NSF, Autism Speaks, Simons Foundation, Nancy Lurie Marks Family Foundation, PA Department of Health, and Edith L. Trees Charitable Trust.

Most of Carla's research centers around understanding, assessing, and supporting emotion regulation in autism, with a particular focus on adolescence and adulthood. Early in her career, she received the Ritvo-Slifka Award for Innovation in Autism Research which provided the foundation for the early development of the Emotion Dysregulation Inventory, a questionnaire she authored and validated (later with NICHD R01 funding) that is now in use in over 45 countries across the world. This instilled a passion in measure development, and she has continued to be involved in several other measure-related projects, most recently focused on suicide in autism. She also co-authored the Emotion Awareness and Skills Enhancement Program (EASE) with Drs. Kelly Beck, Susan White, and Caitlin Conner and was PI of a randomized controlled trial of EASE and is MPI of an upcoming comparative effectiveness trial of EASE in ten community mental health clinics (together with Dr. Susan White). She is currently directing a center project focused on mental health and suicide in autistic adults. She hopes that her work leads to improved mental health and quality of life for autistic people.

### Name and Narrative Description of your Presentation

**Please determine if it is introductory, intermediate, or advanced.**

Emotion Dysregulation in Autism: Why it Matters and What We are Doing About It

### Three (3) learning objectives

By the completion of this session, participants should be able to:

**Three (3) current (within the past 10 years) peer-reviewed publications that support the evidencebase for the content of your presentation**

Publications must be listed in American Psychological Association (APA) Style (see [www.apastyle.org](http://www.apastyle.org) for more information).

APA format for journal article citation:

Author last name, Author First Initial. Author Second Initial. (Publication Year). Title of article. *Title of Journal*. volume(issue) (if issue numbered), pages.

Hyman SL, Levy SE, Myers SM, AAP COUNCIL ON CHILDREN WITH DISABILITIES, SECTION ON DEVELOPMENTAL AND BEHAVIORAL PEDIATRICS. Identification, Evaluation, and Management of Children With Autism Spectrum Disorder. *Pediatrics*. 2020;145(1):e2019344.

Lipkin, Paul H., et al. "Promoting optimal development: identifying infants and young children with developmental disorders through developmental surveillance and screening." *Pediatrics* 145.1 (2020).

Lord, Catherine, et al. "The Lancet Commission on the future of care and clinical research in autism." *The Lancet* 399.10321 (2022): 271-334.

Hirota T, King BH. Autism Spectrum Disorder: A Review. *JAMA*. 2023 Jan 10;329(2):157-168. doi: 10.1001/jama.2022.23661. PMID: 36625807.

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