

**Erik A. Shumaker, M.A.**

1 Brookings Dr. Campus Box 1125  
St. Louis, MO 63130  
shumaker@wustl.edu

**EDUCATION**

B.A. with High Distinction, Psychology, University of Virginia, 2005

Distinguished Major Thesis: “Demonstrating implicit memory bias in individuals with spider fear” (supervised by Barbara Spellman, Ph.D., & Bethany Teachman, Ph.D.)

M.A. Clinical Psychology, Washington University, 2008

Master’s Project: “Perfectionism and social anxiety in the context of a public speaking task”

Doctoral Candidate, Clinical Psychology, Washington University

Major Advisor: Thomas Rodebaugh, Ph.D.

Dissertation (defended on June 21, 2011): “Perfectionism, negative affect, anxiety, and self-evaluations for brief tasks”

Psychology Intern, Southern Arizona Veterans Affairs Health Care System, 2011-2012

---

**HONORS**

Dissertation Fellowship, Graduate School of Arts & Sciences, Washington University, 2010-2011

Graduate Student Representative (one of two) to the Washington University Board of Trustees, 2009-2010

- Attended committee meetings and board meetings. Presented a talk entitled “Graduate and Professional Student Mental Health” at the May 2010 Board and Research/Graduate Affairs committee meetings. Presentation focused on how Washington University compares to peer institutions in terms of mental health needs and utilization among graduate students based on survey data, and provided recommendations (e.g., survey designed for graduate students).

Graduate Fellow for Park/Mudd Residential College of Washington University, 2008-2010

- Supervised undergraduate student leaders, including tutors and health educators, for two academic years. Co-advised a council of undergraduate students who organized activities for residents (e.g., educational, leisure).

Full Tuition Scholarship, Graduate School of Arts & Sciences, Washington University, 2006-2011

Summer Research Funding, Graduate School of Arts & Sciences, Washington University, 2007-2011

Travel Funding, Graduate School of Arts & Sciences, Washington University, 2007-2010

University Fellowship, Graduate School of Arts & Sciences, Washington University, 2006-2007

---

**FORMAL PRACTICA EXPERIENCES**

Practicum Student, St. Louis VAMC at Jefferson Barracks, September 2009 - June 2010

Supervisors: Ruth Davies-Sulser, Ph.D. (primary); John Neudecker, Ph.D.; Kate Goedeker, Ph.D.; Angela Cass-Prost, Psy.D.

- From September 2009 through May 2010, I worked with Dr. Davies-Sulser (and received informal supervision from Dr. Neudecker) in Extended Care/Rehabilitation Services

conducting individual psychotherapy for a range of concerns (e.g., PTSD, smoking cessation, specific phobia, social anxiety, depression, panic, illness coping), completing brief assessments (e.g., mental status, depression), facilitating psychosocial groups for both Comprehensive Medical Rehabilitation and Cardiopulmonary Rehabilitation Program patients, and attending interdisciplinary team meetings. Patients had a variety of medical conditions and many were older adults. Added to breadth of experience by working at the Spinal Cord Injury (SCI) unit under the supervision of Dr. Goedecker and Dr. Cass-Prost from April through June 2010. Assisted with intake assessments and conducted therapy with SCI and Multiple Sclerosis patients. Therapy was based on empirically supported approaches, including cognitive behavioral therapy when appropriate.

Practicum Student, Metropolitan St. Louis Psychiatric Center, September 2008 - May 2009

Supervisors: William Petersen, Ph.D. (primary); Debra Luechtefeld, Psy.D.; Laura Tishey, Psy.D.; Bridget Graham, Psy.D.

- Conducted individual psychotherapy, primarily supportive with cognitive behavioral elements and emphasis on psychoeducation and treatment compliance, at an emergency and acute care psychiatric hospital for adults. Many patients were from minority groups (~50% African American), had limited financial resources, and met criteria for psychotic disorders, mood disorders, and substance use disorders. Conducted diagnostic interviews (e.g., PTSD screening) and assisted with token economy for a ward of long-term patients. Administered intellectual functioning, cognitive functioning, malingering, and personality assessments. Assisted with psychology groups on topics such as mood management and relapse prevention for substance use. Attended interdisciplinary treatment team meetings and engaged in didactic experiences such as Dialectical Behavior Therapy consultation team meetings.

Psychological Trainee, Washington University's Psychological Service Center, July 2007 - June 2011

Supervisors: Deanna Barch, Ph.D.; Beverly Field, Ph.D.; Thomas Rodebaugh, Ph.D.; Henry Hummert, Ph.D.; James Reid, Ph.D.

- Conduct individual outpatient psychotherapy grounded in cognitive behavioral therapy. Utilized interventions such as cognitive restructuring, progressive muscle relaxation, diaphragmatic breathing, graded exposure, behavioral activation, social skills training, mindfulness, and assertiveness training. Sessions and supervision meetings occur approximately once per week. Conducted psychological assessments and wrote an intake report for new clients. Completed an adolescent personality assessment and adoption evaluation for a couple under the supervision of Dr. Reid.

---

### **ADDITIONAL CLINICAL EXPERIENCES**

Student Assessor, Washington University study of post-traumatic stress disorder among individuals who have undergone anesthesia for surgery, 2010-2011

Supervisor: Thomas Rodebaugh, Ph.D.

- Screen patients, who were monitored while under general anesthesia during surgery, for PTSD symptoms over the phone.

Student Assessor, Washington University's Anxiety and Psychotherapy Laboratory, September 2007-2011

Supervisor: Thomas Rodebaugh, Ph.D.

- Conduct psychological assessments of Axis I disorders using the Structured Clinical Interview for DSM-IV-TR, Mini International Neuropsychiatric Interview, and Liebowitz Social Anxiety Scale. Participants are undergraduates and members of the St. Louis community. Each participant is provided a diagnostic report and treatment referrals, if necessary.

Clinical Assistant, Washington University's Psychological Service Center, 2009-2010

Supervisor: Amy Bertelson, Ph.D.

- Screened potential therapy clients over the phone, prepared monthly clinical hours and client referral reports, and assisted with clinic operations. Presented information about the clinic's services at a meeting of local social service professionals.

Psychometrician, Washington University School of Medicine, Department of Neurology, August 2009 - June 2011

Supervisors: Nicole Werner, Ph.D.; Elliot Nelson, M.D.

- After being trained by a neuropsychologist, I conducted neuropsychological assessments (e.g., Rey-Osterrieth Complex Figure, Wisconsin Card Sorting Test) with OEF/OIF soldiers who potentially sustained traumatic brain injuries or psychological trauma during combat. Trained by a psychiatrist to administer the Clinician-Administered PTSD Scale for DSM-IV and the Montgomery-Asberg Depression Rating Scale.

---

## TEACHING EXPERIENCES

Adjunct Faculty, Washington University's University College

Abnormal Psychology instructor, Summer 2009

- Planned and taught an undergraduate-level course that provided an introduction to psychopathology. Evaluated learning based on class participation, exams (multiple choice and short answer questions), and a presentation.

Teaching Assistant, Washington University, Department of Psychology

Experimental Psychology (Fall 2007), Abnormal Psychology (Spring 2008, 2009),  
Introduction to Psychological Statistics (Fall 2008)

- In addition to typical TA responsibilities, I presented a lecture and helped construct exam questions each semester.

---

## RESEARCH ACTIVITIES

Graduate Research Assistant, Anxiety and Psychotherapy Laboratory, Washington University, 2005-2011

Supervisor: Dr. Thomas Rodebaugh

*Dissertation (Principal Investigator):* My dissertation explores the extent to which maladaptive and adaptive aspects of perfectionism predict performance, affective responses, and cognitive responses regarding a computerized letter search task. Perfectionism is related to a variety of psychological symptoms such as anxiety and depression. A primary goal of the study is to examine the utility of a brief task in assessing perfectionism by clarifying its unique contributions to situational distress and performance. The experiment investigates relationships among perfectionism and clinically relevant constructs (e.g., negative affect, social anxiety) by

employing self-report measures and informant report about each participant's personality. Findings were presented in a poster at the 2011 Association for Psychological Science conference and will be presented in posters at the 2011 Association for Behavioral and Cognitive Therapies (ABCT) conference.

*College adjustment study (Principal Investigator):* College freshmen completed questionnaires (e.g., psychological symptoms, personality, quality of life) during the first few weeks of the semester and completed the same measures approximately 9 weeks later. Findings were included in posters presented at the 2009 and 2010 ABCT conferences.

*Perfectionism and public speaking study (Principal Investigator):* Undergraduates gave a brief speech and completed perfectionism, social anxiety, personality, and speech-related measures. Independent coders rated the quality of content and presentation for each speech. Data from this study were used for a poster presented at the 2008 ABCT conference and an in-press paper (Cognitive Therapy and Research) for which I am second author.

*Longitudinal friendship study (Collaborator):* This is a study comparing the nature of friendships over several months among individuals with high and low levels of social anxiety. I have assisted Dr. Rodebaugh with participant recruitment, data collection, and data entry. This has involved assembling materials, mailing questionnaires to participants, contacting potential participants, and scanning data. Using Time 1 data from this study, I presented a poster at the 2007 Anxiety Disorders Association of America conference. In addition, data from this project were used for a symposium at the 2008 ABCT conference and a symposium presentation (I am first author) at the 2010 ABCT conference. I also supervised a fellow graduate student for data collection.

*Generalized Social Anxiety Disorder studies (Collaborator):* Dr. Rodebaugh has investigated Generalized Social Anxiety Disorder (GSAD) through a series of studies, which include assessment (Axis I symptoms) and laboratory task (computerized prisoner's dilemma, attention bias, conversation) components. Each participant receives a treatment referral list and psychological assessment report, which includes information about his or her probable diagnoses and appropriate treatment options. We have been conducting these same experiments with control participants, who match the clinical participants in terms of demographics (age, gender, race), but do not have GSAD.

Undergraduate Research Assistant/Honors Thesis Student, Spellman Laboratory, University of Virginia, 2004-2005

Supervisor: Barbara Spellman, Ph.D.

Through one semester as a volunteer research assistant and one summer as a paid research assistant, my responsibilities included data collection, data entry, literature reviews, and preparation of a manuscript as second author. I collaborated with Dr. Spellman and Dr. Bethany Teachman, a clinical psychologist in the same department, for my distinguished psychology major project, culminating in a thesis and high distinction for my degree.

---

**JOURNAL ARTICLES**

Shumaker, E. A., & Rodebaugh, T. L. (2009). Perfectionism and social anxiety: Rethinking the role of high standards. *Journal of Behavior Therapy and Experimental Psychiatry*, *40*, 423-433.

Rodebaugh, T. L., & Shumaker, E. A. (in press). Avoidance goals for a specific social situation influence negative and positive affect. *Cognitive Therapy and Research*.

---

**MANUSCRIPTS**

Shumaker, E. A., Rodebaugh, T. L., Heimberg, R. G., Blanco, C., Schneier, F. R., & Liebowitz, M. R. (2011). *Perfectionism factors across measures using exploratory and confirmatory factor analysis in social anxiety disorder and non-clinical samples*. Manuscript under review.

Shumaker, E. A., & Rodebaugh, T. L. (2011). *Maladaptive perfectionism and psychological functioning across the first semester of college*. Manuscript in preparation.

---

**PRESENTATIONS**

Shumaker, E. A., Rodebaugh, T. L., & Turkel, M. L. (2011, November). *Perfectionism dimensions as predictors of affect before and after a computer task*. Poster accepted for the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.

Shumaker, E. A., Rodebaugh, T. L., & Turkel, M. L. (2011, November). *Perfectionism dimensions as predictors of reactions to a computer task*. Poster accepted for the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, Canada.

Shumaker, E. A., & Rodebaugh, T. L. (2011, May). *Self-report and informant-report of perfectionism and related traits*. Poster session presented at the annual meeting of the Association for Psychological Science, Washington, D.C.

Shumaker, E. A., & Rodebaugh, T. L. (2010, November). Social anxiety, friendship satisfaction, and self-concealment among undergraduate dyads over time. In K. C. Fernandez (chair), *Social anxiety and interpersonal functioning: A closer look at friendships and romantic relationships*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Shumaker, E. A., & Rodebaugh, T. L. (2010, November). *Maladaptive traits and psychological functioning across the first semester of college*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Rodebaugh, T. L., & Shumaker, E. A. (2010, June). Avoidance goals are central to social anxiety for a specific task. In T. L. Rodebaugh & J. M. Dickson (chairs), *Goal pursuit across the emotional disorders*. Symposium presented at the 6<sup>th</sup> World Congress of Behavioral and Cognitive Therapies, Boston, MA.

- Shumaker, E. A., Rodebaugh, T. L., Heimberg, R. G., Blanco, C., Schneier, F. R., & Liebowitz, M. R. (2009, November). *A confirmatory factor analysis using two perfectionism measures: Maladaptive and adaptive perfectionism in a social anxiety disorder sample*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Shumaker, E. A., Rodebaugh, T. L., & Levinson, C. A. (2009, November). *Psychological functioning across the first semester of college*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
- Shumaker, E. A. (2009, October). *A long-term psychotherapy odyssey*. Clinical case conference presentation at the Washington University Department of Psychology Clinical Science Seminar, St. Louis, MO.
- Rodebaugh, T. L., & Shumaker, E. A. (2008, November). Different models of friendship explain problems in close friendships of people with higher social anxiety. In T. L. Rodebaugh & K. D. Renshaw (chairs), *Interpersonal processes in anxiety and depression*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Shumaker, E. A., & Rodebaugh, T. L. (2008, November). *An exploratory factor analysis using three perfectionism scales: The adaptive, the maladaptive, and the orderly*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
- Shumaker, E. A. (2008, September). *Perfectionism and social anxiety in the context of a public speaking task*. Master's project presentation at the Washington University Department of Psychology Clinical Science Seminar, St. Louis, MO.
- Shumaker, E. A., & Rodebaugh, T. L. (2007, November). *Perfectionism in social anxiety: Assessing the incremental validity of two perfectionism scales*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
- Shumaker, E. A., & Rodebaugh, T. L. (2007, March). *Self-concealment and social anxiety*. Poster session presented at the annual meeting of the Anxiety Disorders Association of America, St. Louis, MO.
- Riskind, J. H., Scott, M., Holmes, A., Santos, R., Hernandez, B., Wright, E., Kaplan, J., Shumaker, E., & Cassell, A. (2006, November). *Malign representations of others related to OCD symptoms*. Poster session presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

---

## PROFESSIONAL ACTIVITIES

Ad Hoc Reviewer (September, 2008) Journal of Clinical Psychology

Ad Hoc Reviewer (May, 2008), *Journal of Clinical Psychology*  
Ad Hoc Reviewer, *Abnormal Psychology* (Beidel, Bulik, & Stanley, 2010)  
Mentor, John Jay High School (Cross River, NY) Science Research Program  
Member (since 2007), Association for Behavioral and Cognitive Therapies  
Member (since 2008), American Psychological Association  
Member (since 2010), Association for Psychological Science

---

**UNIVERSITY SERVICE**

Psychology Clinical Studies Committee member, Washington University, 2009-2010  
Psychology Graduate Student Association Social Committee Co-chair, Washington University, 2007-2008  
Psychology Recruitment Planning Committee member, Washington University, 2008-2009  
Psychology Department peer mentor, Washington University, 2007-2009  
Psychology Department prospective student host, Washington University, 2007-2011  
Psychology Green Initiative Committee member, Washington University, 2010-2011