

CURRICULUM VITAE

Julie G. Trim, PhD

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Education and Training

08/1996- University of Michigan (Ann Arbor, MI)
06/2000 B.A. in Psychology, Spanish Literature

08/2002- Arizona State University (Tempe, AZ)
06/2008 M.A. in Clinical Psychology (2004), Ph.D. in Clinical Psychology (2008)

Clinical Experience

2023-present Director of Training, Well Equipped IOP
Oversee all aspects of training for a virtual Dialectical Behavior Therapy (DBT) IOP program. Ensure continual adherence of the program to DBT principles, protocols, and standards.

2023-present Mentor, COMPASS Pathways
Lead monthly mentorship meetings and provide ongoing support to COMPASS therapists working on psilocybin trials.

2023-present Study therapist for psilocybin trial, COMPASS Pathways
Site: Kadima Neuropsychiatry Institute (PI: David Feifel, MD)
Serve as lead therapist for participants on Phase 3 randomized clinical trial (COMP 005) and Phase 2 trial (COMP 401) of psilocybin for treatment-resistant depression (TRD) and major depressive disorder, respectively. Provide psychological support in preparatory, dosing, and integration sessions.

2022-present Study therapist for psilocybin trial, University of California-San Diego (UCSD)
PI: Fadel Zeidan, MD
Serve as lead therapist for participants on randomized clinical trial of psilocybin for chronic phantom limb pain (PLP). Provided psychological support in preparatory, dosing, and integration sessions.

2021-present Ketamine-assisted psychotherapist, Kadima Neuropsychiatry Institute, La Jolla, CA.
Provide preparatory and integration sessions for patients receiving ketamine or esketamine/Spravato.

2019-present Julie Trim, PhD & Associates, San Diego
Founder and Clinical Director of psychotherapy clinic treating a variety of psychiatric and mental health conditions including eating disorders, posttraumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD), borderline personality disorder (BPD), and mood and anxiety disorders. Provide weekly clinical supervision to psychological associates.

2020-2022 Study therapist for psilocybin trial, COMPASS Pathways
Site: Kadima Neuropsychiatry Institute (PI: David Feifel, MD)

Served as assisting and lead therapist for participants on Phase 2b randomized clinical trial (COMP 001) and open label trial (COMP 003) of psilocybin for treatment-resistant depression (TRD). Provided psychological support in preparatory, dosing, and integration sessions.

- 2021-2022** Study therapist for psilocybin trial, COMPASS Pathways
Site: University of California- San Diego (UCSD) (PI: Walter Kaye)
Served as assisting therapist for 10 adult participants on open-label pilot study of psilocybin for adults with anorexia nervosa (AN). Provided psychological support in preparatory, dosing, and integration sessions.
- 2020-2022** Voluntary Appointment, Assistant Clinical Professor, University of California- San Diego (UCSD) Department of Psychiatry
Offer weekly consultation services to UCSD Student Health Services (SHS) and UCSD Counseling and Psychological Services (CAPS) on an eating disorders program they have been asked to develop.
- 2016- 2020** Assistant Clinical Professor, UCSD Department of Psychiatry
Oversee adult services for the UCSD Eating Disorders Program. Conduct outcomes research for our program and publish scientific papers in books and peer-reviewed journals. Serve as a co-chair of the Trauma and Eating Disorders Special Interest Group (SIG) for the Academy of Eating Disorders (AED), and then as a member of the AED SIG Oversight Committee. Served on the LGBTQ subcommittee of the department's diversity committee.
- 2016- 2020** Director of Adult Partial Hospitalization (PHP) and Intensive Outpatient Program (IOP), UCSD Eating Disorders Center for Treatment & Research (EDC)
Responsible for all clinical and administrative functions of the largest adult PHP for eating disorders in the country. Served on the clinic's executive leadership team, which met weekly to discuss management and oversight of the clinic. Operated as the clinic lead in working with EPIC Optimization Team to create our clinic's customized EMR build. Led ongoing treatment development efforts, performed all HR duties (hiring, performance evaluations, etc), tracked staffing needs and revenue. Served as the primary clinical supervisor for about 3-5 trainees per year (practicum students, postdoctoral students, unlicensed master's level clinicians). Received formal training in Dialectical Behavior Therapy (DBT) and Prolonged Exposure (PE). Conducted trainings on a variety of topics for staff and for the community. Led a didactic DBT consultation team for trainees. Provided individual, family and group therapy to adults in ED program.
- 2014-2016** Psychologist III & Adult Program Manager, UCSD EDC
Responsible for all clinical and administrative functions of the adult IOP and PHP programs. Served on the clinic's executive leadership team, which met weekly to discuss management and oversight of the clinic. Led ongoing treatment development efforts, including developing evidence-based treatments for comorbid psychiatric conditions. Performed all HR duties (hiring, performance evaluations, etc), and tracked staffing needs and revenue. Served as the primary clinical supervisor for about 3-5 trainees per year (practicum students, postdoctoral students, unlicensed master's level clinicians). Received formal training in Dialectical Behavior Therapy (DBT). Conducted trainings on a variety of topics for staff and for the community. Provided individual, family and group therapy to adults in ED program.
- 2010-2014** Psychologist II & Adult Program Manager, UCSD EDC

Responsible for clinical and administrative functions of the adult IOP and PHP programs. Led ongoing treatment development efforts, performed all HR duties (hiring, performance evaluations, etc), tracked staffing needs and revenue. Served as the primary clinical supervisor for about 3-5 trainees per year (practicum students, postdoctoral students, unlicensed master's level clinicians). Received formal training in Cognitive Processing Therapy (CPT), and developed the PTSD Track of the program. Conducted trainings on a variety of topics for staff and for the community. Provided individual, family and group therapy to adults in ED program.

- 2008- 2010** Postdoctoral Employee, UCSD Eating Disorders Center for Treatment & Research
Developed and ran (under supervision) a PHP for adults with eating disorders. Provided individual, family and group therapy to adolescents and adults in the ED IOP and PHP program. Co-facilitated therapy sessions and groups for the Intensive Family Therapy (IFT) program.
- 2007-2008** APA-Accredited Internship at UCSD Counseling & Psychological Services (CAPS)
Conducted intake evaluations, individual therapy, group therapy, and outreach efforts to UCSD undergraduates and graduates. Supervised the UCSD Women's Peer Educators Program under the leadership of Cathy Thompson.
- 2006-2007** Practicum Therapist, UCSD Counseling & Psychological Services (CAPS)
Conducted intake evaluations and provided individual and group therapy.
- 2006-2007** Primary Therapist, Puente de Vida (residential eating disorders program)
Provided individual, family, and group therapy, meal support (eating with patients and supervising them at meals), and milieu monitoring in a residential program for eating disorders. Served as the lead therapist and co-developer of their Partial Hospitalization Program (PHP).
- 2005-2006** Practicum Therapist, Counseling & Consultation (Arizona State University counseling center)
Conducted intake assessments, individual therapy, and group therapy.
- 2004-2005** Bilingual Counselor, Riverside Elementary School, Phoenix, AZ
Provided individual and group therapy to at-risk youth in a school setting.
- 2004-2005** Bilingual Group Co-Leader, Bridges to High School Program, Phoenix, AZ
Delivered manualized group therapy (30+ people) in Spanish to parents in a low-income, at risk community.

Teaching Experience

- 10/2018-05/2019** Instructor/Leader, DBT Didactic Consultation Team, UCSD EDC
Re-designed and enhanced the curriculum for master's level staff, practicum students, interns, and postdocs for a weekly didactic series on DBT
- 11/2017-03/2020** Instructor/Leader, PTSD Consultation Team, UCSD EDC
Created a consultation group for therapists in our clinic who provide PTSD treatment to our patients. Lead biweekly meeting and provide mentorship to staff and trainees
- 10/2017-05/2018** Instructor/Leader, DBT Didactic Consultation Team, UCSD EDC
Presented curriculum for master's level staff, practicum students, interns, and postdocs for a weekly didactic and consultation group on DBT

- 10/2016-05/2017** Instructor/Leader, DBT Didactic Consultation Team
Developed and presented curriculum for master’s level staff, practicum students, interns, and postdocs for a weekly didactic series on DBT
- 07/2015** Guest Lecturer, Cognitive-Behavioral Therapy for Eating Disorders (CBT-E), UCSD undergraduate course on eating disorders
- 03/2015** Guest Lecturer, CBT-E, UCSD undergraduate course on eating disorders
- 2005** Graduate Teaching Assistant, Introduction to Psychology, Arizona State University
- 2005** Graduate Teaching Assistant, Abnormal Child Psychology, Arizona State University
- 2003** Graduate Teaching Assistant, Effective Thinking (online), Arizona State University
- 2002-2004** Guest Instructor, Clinical Psychology, Arizona State University
- 2002-2004** Guest Instructor, Minority Issues in Clinical Psychology, Arizona State University

Professional Memberships and Activities

Member, Academy for Eating Disorders

Special Interest Group (SIG) Oversight Committee, April 2019-April 2022

Co-Chair for Trauma Special Interest Group, May 2015-March 2019

Ad hoc reviewer for *European Journal of Psychotraumatology*, 2019

Ad hoc reviewer for *Eating Disorders: The Journal of Treatment and Prevention*, 2016-2019

Ad hoc reviewer for *Eating Behavior*, 2018

Ad hoc reviewer for *Appetite*, 2016

Honors, Awards, and Certifications

2022 DBT-LBC Certified Clinician

2018 Cognitive Processing Therapy (CPT) Provider Status (certification in CPT)

2016 Nominated for Best Supervisor at Alliant University

2015 UCSD “Star Award” (\$750.00 award given to recognize the growth and innovation of the Adult program at the UCSD Eating Disorders Center (EDC)).

Publications and Presentations

Peer-reviewed Journal Articles

1. Peck, S. K., Shao, S., Gruen, T., Yang, K., Babakanian, A., **Trim, J.**, Finn, D. M., & Kaye, W. H. (2023). Psilocybin therapy for females with anorexia nervosa: a phase 1, open-label feasibility study. *Nature medicine*, 10.1038/s41591-023-02455-9. Advance online publication. <https://doi.org/10.1038/s41591-023-02455-9>.
2. Claudat, K., Reilly, E., Convertino, A., **Trim, J.**, Cusack, A., Kaye, W. (2022). Integrating evidence-based PTSD treatment into intensive eating disorders treatment: A preliminary investigation. *Eating and weight disorders*, 27(8), 3599-3607.
3. **Trim, J.** (2021). An introduction to the special issue on trauma, PTSD, and eating disorders. *Eating Disorders: Journal of Treatment and Prevention*, 29(3), 205-207.

4. Brown, T. A., Cusack, A., Berner, L. A., Anderson, L. K., Nakamura, T., Gomez, L., **Trim, J.**, Chen, J. Y., & Kaye, W. H. (2020). Emotion Regulation Difficulties During and After Partial Hospitalization Treatment Across Eating Disorders. *Behavior therapy*, *51*(3), 401–412.
<https://doi.org/10.1016/j.beth.2019.07.002>
5. Brown, T., Cusack, A., Anderson, L., **Trim, J.**, Nakamura, T., Trunko, M.E., Kaye, W. (2018). Efficacy of a partial hospital programme for adults with eating disorders. *European Eating Disorders Review*, *26*(3), 241-252.
6. Anderson, L.K., Claudat, K., Cusack, A., **Trim, J.**, Rockwell, R., Nakamura, T., Gomez, L., & Kaye, W. (2018). Differences in emotion regulation difficulties among adults and adolescents across eating disorder diagnoses. *Journal of Clinical Psychology*, *74*(10), 1867-1873.
7. Castro, F.G. & **Garfinkle, J.** (2003). Critical issues in the development of culturally-relevant substance abuse treatments for specific minority groups. *Alcoholism: Clinical and Experimental Research*, *27*(8), 1-8.
8. **Garfinkle, J.**, Castro, F.G., Brook, D., & Brook, J.S. (2005). Influence of the father-youth relationship on adolescent substance use among Puerto Rican children of drug-using fathers. *Psychline: Journal of Hispanic American Psychiatry*, *4*(7), 5-9.
9. Castro, F.G., **Garfinkle, J.**, Naranjo, D., Rollins, M., Brook, J.S., & Brook, D.W. (2007). Cultural traditions as “protective factors” among Latino children of illicit drug users. *Substance Use and Misuse*, *42*(4), 621-42.

Books

1. Berg-Cross, L., Chamberlin, C., & **Garfinkle, J.** (2000). Basic Concepts in Family Therapy (2nd ed.). New York: Hawthorn Press.

Book Chapters

1. Brewerton, T., Trottier, K., **Trim, J.**, Myers, T. & Wonderlich, S. (2019). Integrating evidence-based treatments for eating disorder patients with comorbid PTSD and trauma-related disorders. In Tortolani, C., Goldschmidt, A., & Le Grange, D. (Eds.), *Adapting Evidence-Based Treatments for Eating Disorders for Novel Populations and Settings: A Practical Guide*.
2. **Trim, J.G.**, Galovski, T.G., Wagner, A., & Brewerton, T.D. (2017). Treating ED-PTSD patients: A synthesis of the literature and new treatment directions. In L.K. Anderson, S.B. Murray, & W.H. Kaye (Eds.), *The Oxford Handbook of Atypical and Complex Eating Disorders*. Oxford University Press: New York.

Guest Editing

1. **Trim, J.**, Mitchell, K., & Trottier, K. (2021). Trauma, PTSD and eating disorders [Special Issue]. *Eating Disorders: Journal of Treatment and Prevention*, *29*(3).

Selected Presentations

1. **Trim, J.** (2021, July). Eating Disorders, Trauma, and PTSD. 1 hour training for eating disorders course at Alliant University. San Diego, CA.
2. **Trim, J.** (2019, August). Eating Disorder Treatment: CBT and CBT-based Approaches. 1 hour training for CBT course at Alliant University. San Diego, CA.

3. Parks, E., Anderson, L.K., & **Trim, J.** (2018, October). Insurance Bootcamp: Utilization Reviews. 1 hour training for the UCSD EDC seminar series. San Diego, CA.
4. **Trim, J.** (2018, January). Cognitive Processing Therapy. Two one-hour talks for the UCSD EDC seminar series. San Diego, CA.
5. **Trim, J.** & Cusack, A. (2017, November). *When PTSD and ED collide: Selling, sequencing, and structuring treatment for ED-PTSD patients.* Talk at the UCSD Eating Disorders Center satellite conference of the Association for Behavioral and Cognitive Therapies (ABCT), San Diego, CA.
6. Anderson, L.K. & **Trim, J.** (2017, October). *Dialectical Behavior Therapy.* Invited 40-hour training at the Shanghai Mental Health Center, Shanghai, China.
7. Anderson, L.K. & **Trim, J.** (2017, September). *Dialectical Behavior Therapy for Eating Disorders.* 16-hour training for UCSD Eating Disorders Center. San Diego, CA.
8. Brown, T., Avery, J., Jones, M., Cusack, A., **Trim, J.**, Anderson, L., Wierenga, C., & Kaye, W. (2017, June). *Alexithymia predicts greater improvement in emotion regulation after Dialectical Behavior Therapy.* Paper presented at the International Conference on Eating Disorders, Prague.
9. Anderson, L.K., Siegfried, N., **Trim, J.**, & Tortolani, C. (2016, May). *Treatment of trauma in patients with co-morbid eating disorders and self-harm/suicidality: An evidence-based primer.* Symposium at the International Conference on Eating Disorders, San Francisco, CA.
10. Anderson, L.K., Cusack, A., Rockwell, R., **Trim, J.**, Nakamura, T., Gomez, L., Murray, S., Kaye, W.H. (2016, May). *Differences in emotion regulation difficulties among adults and adolescents across eating disorder diagnoses.* Poster presentation at the International Conference on Eating Disorders, San Francisco, CA.
11. Cusack, A., Anderson, L.K., **Trim, J.**, Nakamura, T., Gomez, L., Kaye, W.H. (2016, May). *Emotion regulation difficulties over the course of partial hospitalization treatment for transdiagnostic eating disorders.* Poster presentation at International Conference on Eating Disorders, San Francisco, CA.
12. **Trim, J.** (2016, April). Cognitive Processing Therapy. 1 hour talk at the UCSD EDC seminar series. San Diego, CA.
13. **Trim, J.** (2016, March). 1 hour DBT case presentation at 10-Day DBT Intensive, San Diego, CA.
14. Anderson, L.K. & **Trim, J.** (2015, October). *Dialectical Behavior Therapy for Eating Disorders.* 16-hour training for UCSD Eating Disorders Center.
15. **Trim, J.** (2013, July). *ED 101: Intro to Treating Eating Disorders.* 1 hour talk for incoming trainees (practicum students, interns, and postdocs), San Diego, CA
16. **Trim, J.** (2012, July). *ED 101: Intro to Treating Eating Disorders.* 1 hour talk for incoming trainees (practicum students, interns, and postdocs), San Diego, CA.
17. **Garfinkle, J.** & Castro, F.G. (2003, June). Gender Identity and Ethnic Identity as Predictors of Drug Use and Restraint among Mexican-American Adults. Poster presented at the Society for Prevention Research 11th Annual Meeting, Washington, D.C.
18. Naranjo, D., **Garfinkle, J.**, & Castro, F.G. (2003, October). Cultural Aspects of Father-Youth Relationships within Mexican American Families: Implications for Youth Drug Use Risk and Protection. Poster presented at the National Hispanic Science Network, Miami, FL.

19. **Garfinkle, J.,** Castro, F.G., Brook, J. & Brook, M. (2004, October). The Moderating Effects of the Father-Youth Relationship on Adolescent Drug Use among Puerto Rican Children of Drug-Using Fathers. Poster symposia presented at the National Institutes of Mental Health (NIMH). Critical Research Issues in Latino Mental Health Conference, San Antonio, TX.

Other Works

1. **Trim, J.,** Berman, M., Bird, A., Doran, N., Grelotti, D., Minassian, A., Smith, C., Watson, W., & Young, J. (2019). *LGBTQ Fact Sheet for Researchers.* Circulated to UCSD Department of Psychiatry faculty.
2. **Trim, J.** (2017) *Managing PTSD symptoms through food (or no food): Trauma, PTSD, and Eating Disorders.* Article for the San Diego Psychologist, Oct. 12 issue.

Other Research Experience

- 2008-2010** Study Therapist- Systemic Family Therapy (SFT), for largest study to date comparing types of family therapy in adolescent anorexia (“Research in Interventions for Anorexia [RIAN]”), San Diego, CA.
- 2004-2005** Research Assistant, Resilience Solutions Group, Arizona State University, Tempe, AZ.
- 2003-2004** Research Assistant, Arizona Dropout Initiative, Arizona State University, Tempe, AZ.
- 2002-2003** Project Director/Research Assistant, Mexican-American Intravenous Drug Use Father- Youth Study, Arizona State University, Tempe, AZ.
- 2001-2002** Bilingual Research Assistant, We Care for Kids, Johns Hopkins University, Baltimore, MD.
- 1998-2000** Bilingual Research Assistant, Neighborhood Study, University of Michigan, Ann Arbor, MI.
- 1998-1998** Mental Health Intern, Institute for Mental Health Initiatives, Washington, D.C.

Specialized or Advanced Training

Psilocybin Training for COMPASS Pathways. 3-day training (in addition to 40 hour virtual training) for therapists who will deliver treatment as part of a Phase 3 randomized clinical trial (RCT) examining the effects of psilocybin on treatment-resistant depression (TRD). 2022, La Jolla, CA.

Introduction to Ketamine-Assisted Psychotherapy (Module 1). 8 hour online training led by Polaris Institute. 2022.

Psilocybin Training for COMPASS Pathways. 3-day training for therapists who will deliver treatment as part of a Phase 1 randomized clinical trial (RCT) of psilocybin for anorexia nervosa. 2022, La Jolla, CA.

Psilocybin Training for COMPASS Pathways. 5-day training for therapists who will deliver treatment as part of a Phase IIb, 20-site randomized clinical trial (RCT) examining the effects of psilocybin on treatment-resistant depression (TRD), 2020, La Jolla, CA.

Cognitive Processing Therapy (CPT) Consultation. 6 months of weekly phone calls led by CPT experts Carolyn Allard, Ph.D. and Carie Rodgers, Ph.D. to discuss CPT cases, 2016-2017.

Cognitive Processing Therapy (CPT). Training by Carolyn Allard, Ph.D. & Michael Hunt, Ph.D., 2016, San Diego, CA.

Prolonged Exposure (PE) Therapy, Training by Barbara Rothbaum, Ph.D., 2016, San Diego, CA.

10-Day Dialectical Behavior Therapy (DBT) Intensive, Training by Behavioral Tech, September 2015 & March 2016, San Diego, CA.

Cognitive Processing Therapy (CPT). Training by Cari Rodgers, Ph.D., 2010, San Diego, CA.

Intensive Family Therapy (IFT). Training by Ivan Eisler, M.D., 2010 & 2012, San Diego, CA.

Systemic Family Therapy (SFT). Training by Elizabeth Dodge, MSc., 2008-2010, San Diego, CA.