

Linnea Sepe-Forrest

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EDUCATION:

Dual Ph.D. in Clinical Science and Neuroscience
Indiana University Bloomington (IUB)

August 2020 - June 2026 (Expected)

Dissertation Title: An Examination of Early Psychotropic Drug Use and Serious Mental Illness in Youth
Committee: Patrick D. Quinn (Chair), Brian M. D'Onofrio, William P. Hetrick, Ken Mackie

B.S. in Neuroscience
University of California, Los Angeles (UCLA)

September 2014 - June 2018

FUNDING/FELLOWSHIPS:

2024 - Present	Ruth L. Kirschstein Predoctoral National Research Service Award (#F31MH134597) <i>Project Title:</i> Real World, National Evidence on the Predictors and Consequences of Pediatric Antipsychotic Use
2022 - 2024	NIH Clinical Translational Sciences Institute (#TL1TR00253) <i>Project Title:</i> Examining the Influence of Substance Use on Risk for Psychotic Spectrum Symptoms and Diagnoses
2021 - 2022	NIMH Institutional Research Training Grant (#T32MH103213)
2020 - 2021	Rebec Family Neuroscience Fellowship
2018 - 2020	NIH Post-Baccalaureate Intramural Research Training Award

HONORS & AWARDS:

2022	Program in Neuroscience at Indiana University Outstanding Contribution Award
2021	Provost's Travel Award for Women in Science
2021	Sharon Stephens Brehm Excellence in Research Award
2021	Indiana University Neuroscience Travel Award
2020	NSF Graduate Research Fellowship Program - Honorable Mention
2019	Outstanding Poster - Postbaccalaureate Poster Day, National Institutes of Health
2019	NIMH Intramural Research Program Trainee Travel Award
2018	Outstanding Poster - Neuroscience Poster Day, UCLA

CLINICAL EXPERIENCE:

Tic/Anxiety/Compulsion Clinic, Indianapolis, IN

July 2024 - December 2024

Student Therapist

- Deliver cognitive behavioral therapy (CBT) for children and adolescents with anxiety, OCD, and autism spectrum disorder.
- Provide comprehensive behavioral intervention for tics (CBIT) to treat tic disorders.
- Administer co-therapy to families who have children with separation anxiety and disruptive behavioral problems.

Riley Pediatric Behavioral Health, Bloomington, IN

August 2023 - June 2024

Student Therapist/Peer Supervisor

- Created and implemented a sustainable 8-week parent behavioral group therapy program which participants reported to be highly effective for improving their child's disruptive behavioral disorder symptoms.
- Co-led intensive outpatient groups for recently discharged adolescents, with a curriculum that included CBT, dialectical behavioral therapy (DBT) skills training, and art therapy.
- Provided peer supervision to beginning student therapists who provided client services.
- Delivered individual CBT and DBT skills training to adolescents who presented with depression, anxiety, early psychosis, and suicidality.

Riley Pediatric Psychology Testing Clinic, Indianapolis, IN

September 2023 - February 2024

Student Assessor

- Administered a range of neuropsychological tests that measure academic achievement, speech-language processing, writing abilities, and other specialized skills.
- Scored and interpreted neuropsychological assessments.
- Worked with clinical supervisors to evaluate behavioral, learning, and developmental disabilities in youth.

IUB Cognitive Behavioral Therapy Clinic, Bloomington, IN

August 2022 - May 2023

Student Therapist

- Delivered CBT to adults with mood and anxiety disorders using the Unified Protocol.
- Leveraged tools from CBT-Enhanced for bulimia, which included the use of food logs to track eating behaviors, restructuring eating patterns to disrupt binge/fasting cycles, and exposure therapy to normalize eating in public settings.
- Provided LGBTQ+ affirmative CBT for gender diverse individuals, which included assertiveness training, identifying maladaptive thoughts in response to past trauma and discrimination, and developing coping skills to address ongoing minority stress.

Substance Use Intervention Services at IUB, Bloomington, IN

August 2022 - May 2023

Student Counselor

- Used motivational interviewing to explore clients' incentives for drinking alcohol or using drugs, consequences of use, and readiness to change.
- Provided psychoeducation on the effects of alcohol and cannabis, strategies for managing social pressure to engage in substance use, and skills for moderating or abstaining from use in individual and group therapy settings.

IUB Parent Child Training Clinic, Bloomington, IN**June 2021 - August 2022****Student Therapist**

- Delivered therapy to families with children who have disruptive behavioral problems associated with oppositional defiant disorder, attention-deficit hyperactivity disorder, and other neurodevelopmental disorders.
- Assessed psychological diagnoses and areas of improvement within family dynamics.
- Helped parents develop and execute improved daily routines, communication, and discipline strategies.

988 National Suicide Hotline/Everymind Hotline, Rockville, MD**January 2019 - August 2020****Call Specialist**

- Answered nationwide calls, chats, and texts on the 988 Suicide & Crisis Lifeline.
- Provided counseling, resources, and supportive listening for individuals with suicidal ideation, intent, and other psychological problems.
- Supported callers on the Montgomery County Hotline, Youth Crisis Line, and Homelessness Hotline.

National Institute of Mental Health, Bethesda, MD**August 2018 - August 2020****Intramural Research Fellow**

- Conducted clinical interviews with patients who have treatment resistant depression to capture their opinions on the ethical considerations of research in populations with severe depression and suicidal ideation.
- Co-facilitated occupational and recreational therapy groups for patients diagnosed with psychosis spectrum disorders.
- Administered neuroimaging scans to patients with a range of neurological and psychological disorders across the National Institutes of Health.

UCLA Depression Grand Challenge, Los Angeles, CA**September 2016 - January 2018****Peer Counselor**

- Facilitated CBT groups as a peer counselor in the Resilience Peer Network, a clinical trial aimed at providing students with internet-delivered-CBT alongside concurrent peer support.
- Collaborated with clients to develop treatment plans for depression and anxiety under the close supervision of licensed professionals.
- Collected self-report measures on clinical improvement across time.

PEER-REVIEWED JOURNAL ARTICLES:

Sepe-Forrest, L., Meraz, R., Adams, S. M., Chang, Z., D'Onofrio, B. M., & Quinn, P. D. (in press). Diagnostic Patterns and Racial/Ethnic Differences in Antipsychotic Prescribing Among Privately Insured Youth. *Translational Issues in Psychological Science*.

Sepe-Forrest, L., Bailey, A. J., Quinn, P. D., Carver, F. W., Hetrick, W. P., & O'Donnell, B. F. (2023). Alcohol consumption's effects on working memory: Examining familial confounding. *Psychology of Addictive Behaviors*, 38, 153–159.

Sepe-Forrest, L., Kim, D.-J., Quinn, P. D., Bolbecker, A. R., Wisner, K. M., Hetrick, W. P., & O'Donnell, B. F. (2022). Evidence of familial confounding of the association between cannabis use and cerebellar-cortical functional connectivity using a twin study. *NeuroImage: Clinical*, 36, 103237.

Sepe-Forrest, L., Carver, F. W., Quentin, R., Holroyd, T., & Nugent, A. C. (2021). Basal ganglia activation localized in MEG using a reward task. *Neuroimage: Reports*, 1(3), 100034.

Lichtenberg, N. T., **Sepe-Forrest, L.**, Pennington, Z. T., Lamparelli, A. C., Greenfield, V. Y., & Wassum, K. M. (2021). The Medial Orbitofrontal Cortex-Basolateral Amygdala Circuit Regulates the Influence of Reward Cues on Adaptive Behavior and Choice. *Journal of Neuroscience*, 41(34), 7267-7277.

Lundin, N. B. *, **Sepe-Forrest, L.***, Gilbert, J. R., Carver, F. W., Furey, M. L., Zarate, C. A., Jr., & Nugent, A. C. (2021). Ketamine Alters Electrophysiological Responses to Emotional Faces in Major Depressive Disorder. *Journal of Affective Disorders*, 279, 239-249. *Authors contributed equally

ORAL PRESENTATIONS:

Sepe-Forrest, L., O'Reilly, L. M., Golden, C. J., Taylor, M., Larsson, H., Lundström, S., Lichtenstein, P., Hetrick, W. P., D'Onofrio, B. M., & Quinn, P. D. (2024, October). *Examining the influence of early substance use on risk for psychotic symptoms: A co-twin control study*. Paper presented at the meeting of the Society for Research in Psychopathology, Montreal, Quebec, Canada.

Sepe-Forrest, L. (2022, April). *Causal Inference in Psychotherapy*. Oral presentation at the Indiana University Undergraduate Psychology Club Symposium. Bloomington, IN, USA.

Sepe-Forrest, L., Carver, F.W., Quentin, R., Holroyd, T., Nugent, A.C. (2019, November). *Spatiotemporal dynamics of reward processing in basal ganglia and cortex revealed by magnetoencephalography*. Oral presentation at the meeting of MEG North America. Bethesda, MD.

POSTER PRESENTATIONS:

Sepe-Forrest, L., Meraz, R., Adams, S.M., D'Onofrio, B. M., Quinn, P. D. (2024, April). *Racial-ethnic differences in antipsychotic initiation among youth with diagnosed ADHD, depression, or conduct disorder*. Poster presented at Translational Science 2024, Las Vegas, NV.

Sepe-Forrest, L., Meraz, R., D'Onofrio, B. M., Quinn, P. D. (2023, April). *Mental health and antipsychotic prescription initiation among youth: A study of nationwide healthcare insurance claims*. Poster presented at the Association for Clinical and Translational Science Conference, Washington, DC.

Sepe-Forrest, L., Bailey, A. J., Quinn, P. D., Carver, F. W., Hetrick, W. P., & O'Donnell, B. F. (2022, May) *Alcohol consumption's effects on working memory and attention: An examination of familial confounding*. Poster presented at the American Causal Inference Conference, Berkeley, CA.

Bloomer, B., Larson, E., Tullar, R. , Herms, E., **Sepe-Forrest, L.**, Bolbecker, A. R., O'Donnell, B.F., Hetrick, W.P., Wisner, K.M. (2021, September) *Alterations in sensory gating and interoception in cannabis users*.
Poster presented at the Society for Research in Psychopathology. Virtual Conference.

Sepe-Forrest, L., Kim, D., Quinn, P.D., Bolbecker, A.R., Wisner, K.M., Hetrick, W.P., O'Donnell, B.F. (2021, September) *Evidence of familial confounding of the association between cannabis use and cerebellar-cortical functional connectivity using a twin study*. Poster presented at the Society for Research in Psychopathology. Virtual Conference.

Carver, F.W., **Sepe-Forrest, L.**, Quentin, R., Holroyd, T., Coppola, R., Nugent, A.C. (2019, October) *Cerebellar high gamma activation during performance of a reaching task in MEG*. Poster presented at the Society for Neuroscience Annual Meeting. Chicago, IL.

Sepe-Forrest, L., Carver, F.W., Quentin, R., Holroyd, T., Nugent, A.C. (2019, October) *Spatiotemporal dynamics of reward processing in basal ganglia and cortex revealed by magnetoencephalography*. Poster presented at the Society for Neuroscience Annual Meeting. Chicago, IL.

Shrout, K., **Sepe-Forrest, L.**, Carver, F.W., Chung, J.Y., Nugent, A.C. (2019, August) *Visualizing neural characteristics of response inhibition using magnetoencephalography*. Poster presented at the NIH Summer Student Poster Day. Bethesda, MD.

Sepe-Forrest, L., Lundin, N.B., Gilbert, J.R., Carver, F.W., Zarate, C.A. Jr., Nugent, A.C. (2019, May) *Effects of ketamine on emotional face processing in major depression: a magnetoencephalography study*. Poster presented at the Society of Biological Psychiatry Annual Meeting. Chicago, IL.

Lundin, N.B., **Sepe-Forrest, L.**, Gilbert, J.R., Carver, F.W., Zarate, C.A. Jr., Nugent, A.C. (2019, May) *Emotional face processing in depressed and healthy individuals: behavior and magnetoencephalography findings*. Poster presented at the Society of Biological Psychiatry Annual Meeting. Chicago, IL.

Sepe-Forrest, L., Lichtenberg, N.T., Wassum, K.M. (2018, May) *Investigating the role of amygdala-cortical circuitry in associative decision making*. Poster presented at the UCLA Neuroscience Poster Day. Los Angeles, CA.

Lichtenberg, N.T., **Sepe-Forrest, L.**, Pennington, Z.T., Holley, S.M., Greenfield, V.Y., Cepeda, C., Levine, M.S., Wassum, K.M. (2018, November) *Amygdala-cortical circuitry in reward-expectation guided behavior*. Poster presented at the Society for Neuroscience Annual Meeting. San Diego, CA.

Lichtenberg, N.T., Pennington, Z.T., Greenfield, V.Y., **Sepe-Forrest, L.**, Cepeda, C., Levine, M.S., Wassum, K.M. (2018, March) *Amygdala-cortical pathways that enable hidden state expectations*. Poster presented at the Computational and Systems Neuroscience (Cosyne) Annual Meeting. Denver, CO.

Lichtenberg, N.T., Pennington, Z.T., Greenfield, V.Y., **Sepe-Forrest, L.**, Cepeda, C., Levine, M.S., Wassum, K.M. (2017, November) *The role of basolateral amygdala output pathways in expectation-guided behavior*. Poster presented at the Society for Neuroscience Annual Meeting. Washington, DC.

PEER-REVIEWED NEWSLETTER ARTICLES:

Sepe-Forrest, L., (2023, November 21) *Antipsychotic Medications in Youth: A Critical Review*. PCSAS Newsletter Eleventh Edition, <https://pcsasnews.org/antipsychotic-medications-in-youth-a-critical-review-of-existing-literature>

Sepe-Forrest, L., (2021, December 10) *Chatbots: The Future of Psychotherapy?* PCSAS Newsletter Sixth Edition, <https://pcsasnews.org/chatbots-future>

RESEARCH EXPERIENCE:

IUB Department of Psychological and Brain Sciences, Bloomington, IN August 2020 - Present **Graduate Student**

- Leveraged pharmacoepidemiologic methods to study the predictors and consequences of pediatric antipsychotic use in a large, nationally representative United States dataset.
- Examined the impact of alcohol and recreational drug use on risk for psychosis spectrum disorders after accounting for genetic and environmental confounding through a prospective twin study.
- Assessed familial influences on the relationship between cannabis use and resting-state functional brain connectivity, as well as alcohol use with working memory performance through a co-twin control design.
- Performed data engineering and analysis in Python and SQL on large datasets, including the Optum Clinformatics Data Mart Dataset and the Child and Adolescent Twin Study in Sweden.

Johnson & Johnson, External Innovation, San Francisco, CA May 2023 - August 2023 **Predoctoral Summer Intern**

- Conducted a global landscape search of new molecular entities acting on two high priority neuroscience targets for the treatment of severe psychiatric conditions.
- Utilized advanced databases to systematically identify and evaluate new molecular entities and companies for potential collaboration.
- Met with external companies to gain further insight on early safety and efficacy data supporting molecular candidates.
- Developed and presented comprehensive landscape slide deck and searchable database of molecular entities and companies of interest within two neuroscience campaigns.

Magnetoencephalography (MEG) Core, NIMH, Bethesda, MD August 2018 - August 2020 **Post-Baccalaureate Intramural Research (IRTA) Fellow**

- Analyzed differential neurological and behavioral effects of ketamine in inpatients with depression, versus controls during an emotional face processing task within a randomized control trial.
- Demonstrated the capability of using magnetoencephalography to measure basal ganglia activity through a novel reward processing task.
- Designed user interactive games in Python, including Go-No-Go and novel reward tasks.
- Conducted magnetoencephalography and behavioral analyses using Bash scripting in Linux, Analysis of Functional Neuroimages (AFNI), Python, and Synthetic Aperture Magnetometry (SAM) software.

UCLA Department of Psychology, Los Angeles, CA March 2016 - June 2018 **Undergraduate Student Researcher**

- Conducted an independent study on neural circuitry underlying addiction-related behaviors.
- Implemented chemogenetics and immediate early gene expression analysis to examine amygdala-cortical projection involvement in cue-guided decision making.
- Performed data analysis and visualization in Prism to generate intuitive figures and graphs.

UC Berkeley Department of Psychology, Berkeley, CA June 2017 - September 2017 **Undergraduate Summer Researcher**

- Contributed to a project examining pubertal hormone's influence on decision-making.
- Analyzed changes in bouton density in cortex and amygdala to study brain development during adolescence using MATLAB.

- Ran behavioral tests in rodents, including four choice tasks, elevated plus mazes, and open field tasks to assess changes in anxiety.

TEACHING EXPERIENCE:

Sepe-Forrest, L. (2023, November 27) *An Introduction to Cognitive Behavioral Therapy* [Guest Lecture]. Course Title: Stress Prevention and Management, School of Public Health, Indiana University Bloomington.

Sepe-Forrest, L. (2023, February 22) *Social Neuroscience and Frontal Lobe Dysfunction* [Guest Lecture]. Course Title: Human Neuropsychology, Department of Psychological and Brain Sciences, Indiana University Bloomington.

RESEARCH MENTORSHIP:

2023 – 2024	Cassandra Golden, Undergraduate Research Mentee at Indiana University Bloomington
2021 – 2022	Harsh Duvvuru, Undergraduate Research Mentee at Indiana University Bloomington
2019	Katie Shrout, Undergraduate Summer Student Mentee in the NIMH Intramural MEG Core

SELECTED SERVICE:

Psychological Clinical Science Accreditation System (PCSAS. Indiana University Bloomington (IUB) Graduate Representative	January 2021 - Present
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- Represents IUB in town halls, liaises action items to IUB faculty, and responds to PCSAS surveys.
- Disseminated important issues in psychological science as an author for the PCSAS newsletter and social media representative sharing newsletters on behalf of PCSAS on X (Twitter).

PBS Ombudsperson Committee, Bloomington IN Graduate Representative	September 2021 - September 2024
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- Elected graduate ombuds representative to provide support and resources for members of the Department of Psychological and Brain Sciences who are navigating difficult workplace situations.
- Contributed to the conceptualization and development of the Ombudsperson program through the development of resources, anonymous reporting forms, and grant writing.

**Girls with Nerve Summer Program, Bloomington, IN
June 2021 Graduate Counselor**

- Served as graduate counselor in a week-long neuroscience workshop that introduced middle and high school students to key concepts in neuroscience.
- Created and led interactive modules designed to teach students about mental health, motor adaptation, reflexes, neurology underlying sensation, and characteristics of the neuron.

Connecting Californians to Care, Los Angeles, CA Internal Director/Enrollment Counselor	September 2015 - June 2018
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- Provided in-person counseling and enrollment assistance at community health clinics to unhoused and low-income populations in Los Angeles.
- Connected clients with the department of social security, free clinics, and other healthcare services.

- Managed organization's logistics, including transportation, attendance, and weekly emails.

Watts Tutorial Program, Los Angeles, CA

September 2014 - June 2017

Tutor/Mentor

- Mentored elementary, middle, and high school students in underserved communities in Los Angeles.
- Organized outdoor activities and helped facilitate meal services for students.
- Provided tutoring in elementary and high school mathematics, English, and science courses.

PROFESSIONAL MEMBERSHIPS:

August 2021 - Present: Society for Research in Psychopathology, Associate Member

August 2020 - August 2023: IUB Psychological and Brain Sciences Diversity Advancement Committee

August 2020 - January 2023: IUB Program in Neuroscience Diversity, Equity, and Inclusion Committee

May 2015 - Present: Alpha Epsilon Delta Pre-Health Honor Society (Alumni Member as of June 2018)

REFERENCES:

Patrick Quinn, Ph.D.

Associate Professor, School of Public Health

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