**Curtis Chia-Ying Hsia, Ph.D.**

Director

OC Anxiety Center (est 2012)

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**Postdoctoral Training**

2000-2002 Postdoctoral Fellow, Center for Anxiety and Related Disorders, Boston University, Boston, MA (Supervisors: David H. Barlow, David Spiegel)

**Clinical Appointments**

* 1. Extern Psychologist at the Institute of Bio-Behavioral Therapy and Research, Great Neck, NY

1997-1998 Intern Psychologist at the Institute of Bio-Behavioral Therapy and Research, Great Neck, NY (Supervisors: Drs. Fugen Neziroglu and Jose Yaryura-Tobias)

1995-1998 Behavioral Therapist at the Psychological Evaluation and Research Center, Hofstra University, Hempstead, NY

* 1. Intern School Psychologist, Bellmore-Merrick School District, NY
  2. Senior Therapist at Young Autism Project, UCLA (Supervisor: O. Ivar Lovaas)
  3. Therapist at Young Autism Project, UCLA

1. Behavioral Specialist, Developmental Disabilities, Cherry Hill, CA

*Clinical specialization in the area of anxiety and related disorders: Use of Cognitive Behavioral Therapy (CBT), and in particular Exposure and Response Prevention (ERP). Significant experience in the use of Applied Behavioral Analysis (ABA) for children with Pervasive Developmental Disorders (PDDs). General clinical experience includes: Mood disorders, thought disorders, child behavioral issues, counseling issues.*

**Academic Appointments**

2006 – 2012 Associate Professor, Azusa Pacific University

2006 – 2009 Assistant Chair, Department of Psychology, Azusa Pacific University

2006-2007 Undergraduate Research Director of Azusa Pacific University

2002-2006 Assistant Professor, Department of Psychology, Azusa Pacific University

1/00-8/00 Adjunct Professor, Mercy College, NY. Distance/online learning for graduate students in Israel.

9/96-9/97 Adjunct Professor, St. John's University, NY

1/96-1/99 Teaching Assistant, Hofstra University

1993 Undergraduate Teaching Assistant, UCLA

*Courses taught: Statistics, Abnormal Psychology, Physiology, Cultural Psychology, Learning and Memory, Research Methodology, Advanced Research Methodology, Advanced Behavioral Research, Behavioral Research Practicum, Tests and Measurement, Cognitive Behavioral Theory, Supervision, Introduction to Psychology (honors and general), Developmental Psychology, The Special Child, Social and Personal Adjustment.*

**Education**

Ph.D., Clinical and School Psychology, 2000 Hofstra University, Hempstead, NY

APA-accredited program

M.A., Clinical Psychology, 1995 Hofstra University, Hempstead, NY

B.A., Psychology, 1993 University of California, Los Angeles

**Research activities**

Research interests cover two specific areas: application of cognitive behavioral therapy to anxiety disorders, and multicultural issues (specifically, how individuals adjust and adapt to new cultures, and how therapies can be best adapted to fit different cultures).

Current Projects

Hsia, C. The Anxious Christian (book, writing stage)

Mulcahey, K., & Hsia, C. Use of an iPhone app in the treatment of OCD (pilot stage).

Under review

Hsia, C. Book review: Treating depression, anxiety and stress in ethnic and racial groups. In *Asian American Journal of Psychology.*

Scholarly Publications

Hinton, D., Park, L., **Hsia, C.,** Hofmann, S., Pollack, M. Anxiety disorder presentation in Asian populations: A review. In *CNS Neuroscience and Therapeutics, 2009* 15(3), 207-303*.*

Hinton, D., **Hsia, C,** Park, L., & Pollack, M. (2008). Cultural Anthropology and the Anxiety Diagnoses. In *Current Perspectives on the Anxiety Disorders: Implications for DSM-V and Beyond* (Abramowitz, J, Asmundson, G & McKay, D, Eds.). Springer Press.

Hinton, D., Hinton, L., Tran, M., Nguyen, L., **Hsia, C.**, Pollack, M. (2007). Orthostatic panic attacks among Vietnamese refugees. *Transcultural Psychology*, 44(4), 515-544

Hinton, D., Hinton, L., Tran, M., Nguyen, L., **Hsia, C**., Pollack, M. (2006). Orthostatically induced panic attacks among Vietnamese refugees: Associated flashbacks, and catastrophic cognitions. *Depression and Anxiety, 22*, *1-3.*

Hinton, D. **Hsia, C.**, Um, K., & Otto, M. (2003). Anger associated panic attacks in Cambodian refugees with PTSD; a multiple baseline examination of clinical data. *Behaviour Research and Therapy. 41,* 647-654

**Hsia, C.** (2003). A three-day treatment of a rat phobic. *Hispanic Psychology. 3(1),* 17-22.

**Hsia, C.**, Barlow, D.H. (2001). On the nature of culturally bound syndromes in the nosology of mental disorders. *Transcultural Psychiatry, 38(4),* 81-82.

Iwamasa, G., **Hsia, C**., Hinton, D. (2005). Cognitive Behavioral Therapy with Asian Americans and Asian populations. In *Cognitive Behavioral Therapy with Diverse Populations,* (Iwamasa, Ed.). American Psychological Association Press.

Neziroglu, F., **Hsia, C.** (2000). Obsessive-compulsive spectrum disorders: Behavioral, cognitive and family treatment. *Psychiatric Clinics of North America.*

Neziroglu, F., **Hsia, C.** (1998). Reconceptualization of behavioral therapy for obsessive compulsive disorder from a learning and neurochemical perspective. *CNS Spectrum, 3(7), 47-53.*

Stevens, K., Hoffman, J., **Hsia, C.** (1998). Sensory-motor aspects of obsessive-compulsive disorder. *CNS Spectrum, 38(4),* 31-34.

Selected nonrefereed Publications

Neziroglu, F., **Hsia, C.**, Khemlani-Patel, S. (1999). Incidence of abuse in persons with body dysmorphic disorder. *European Society for Traumatic Stress Studies.*

Presentations

*Workshops*

Davis, S., & Hsia, C. (2019). Creating an OCD contract: Help me help you. Presented at the International Obsessive Compulsive Foundation Conference, Southern California chapter, Irvine, CA.

Mulcahy, K, & Hsia, C. (2014) Creative and fun ways to beat your OCD using apps. Presented at the International Obsessive Compulsive Foundation Conference, San Diego, CA.

Hsia, C., Hoffman, J., & Moritz, K. (2011). Treatment of OCD across cultures. Presented at the International Obsessive Compulsive Foundation Conference.

Hsia, C., Moritz, K. & Hoffman, J. (2011). Cognitive behavioral approaches to anxiety disorders in patients from different cultural backgrounds. Presented at Anxiety Disorder Association of America Conference.

Hsia, C. (2008). Cognitive behavioral treatment of anxiety disorders. Presented at the World Congress for Psychotherapy, Beijing.

Hsia, C. (2008). Cognitive Behavioral Theory. Presented to Capital Normal University, Beijing.

Hsia, C. (2008). Cognitive Behavioral Therapy and application to anxiety and mood disorders. Presented to Capital Normal University, Beijing.

Hsia, C. (2006). Cognitive Behavioral Therapy and application to anxiety disorders. Presented to Capitol Normal University, Beijing.

Hsia, C. (2004). The application of cognitive behavioral therapy in the treatment of Obsessive Compulsive Disorder. Presented to the Chinese Academy of Sciences, Key Laboratory of Mental Health.

Hsia, C. (2004). Assessment and treatment plan development for severe OCD. Presented to Anding Hospital, Beijing.

Hsia, C. (1998). The use of cognitive behavioral therapy in the treatment of anxiety disorders. Presented at Suzhou Psychiatric Hospital, China.

*Roundtables*

Hsia, C., Davis, S., Hsia, M. & Boone, R. (2018). Beyond contamination: Other subtypes of OCD and related disorders. Presented at the International Obsessive Compulsive Foundation Conference, Southern California chapter, Irvine, CA

Hsia, C., Mortiz, K., Neziroglu, F., & Williams, M. (2017). Diversity: The key to a better OCD program. International OCD Foundation Conference, San Francisco, CA.

Hsia, C., Mulcahy, K. Hoffman, J.H., (2013). Successes and failures in applying technologies naturalistically to clinical settings. Anxiety Disorders and Depression (ADAA) Conference, La Jolla, CA.

Hoffman, J.H., Hsia, C., Moritz, E.K. (2013). Can an academic learning strategy program enhance treatment for pediatric anxiety and depression? Anxiety Disorders and Depression (ADAA) Conference, La Jolla, CA.

*Symposia*

Hsia, C., Bubrick, J., & Neziroglu, F. (2018). The Paradoxical impact of intellect on OCD treatment. Presented at the Anxiety and Depression Association of America, Washington D.C.

Hsia, C., Kim, H., & Shen, N. (2007). International students’ adjustment in the United States. Presented at Oxford Roundtable Conference.

Hsia, C. (2007). Discussant. Multiple migrations: Immigration, transmigration and return. Oxford Roundtable Conference.

Hsia, C. (2006). Training Chinese clinicians in CBT. In Shen, L. Cognitive-behavior Therapy in Asian Populations: Empirical Studies and Clinical Recommendations. Presented at the Association for Behavioral and Cognitive Therapies Conference.

Hsia, C. (2005). Chair, Clinical and social considerations for ethnic minorities. Presented at the Western Psychological Association Conference.

Shen, N., Mitchell, J., Hana, K., Albera, L., & **Hsia, C.** (2005). Intervention strategies for international students’ acculturation difficulties. In Hsia, C., (Chair), Clinical and social considerations for ethnic minorities. Presented at the Western Psychological Association Conference.

Mitchell, J. Shen, N. Albera, L., Kim, H., & **Hsia, C.** (2005). Common acculturation difficulties of international students: A longitudinal comparative study. In Hsia, C., (Chair), Clinical and social considerations for ethnic minorities. Presented at the Western Psychological Association Conference.

Hsia, C.,Hinton, D**.** (2004). Incidence and severity of social phobia in Asian Americans. In Tanaka-Matsumi, J. (Chair), Social Phobia and Taijin Kyofusho: Culturally-Informed Perspectives on Cognitive Behavior Therapy and Pharmacotherapy. Presented at the World Congress of Behavioral Therapy.

Hsia, C**.** Discussant (2001). In Otto, M (Chair), Cross-cultural issues: Applying cognitive behavioral therapy for anxiety disorders to Cambodian refugees and Native Americans. Presented at the Association for the Advancement of Behavioral Therapy.

Neziroglu, F., Khemlani-Patel, S., **Hsia, C.,** Yaryura-Tobias, J. (2001) Incidence of abuse in persons with body dysmorphic disorder. In Radomsky (Chair), *New Advances in the psychopathology and treatment of Obsessive Compulsive Disorder.* Presented at the Association for the Advancement of Behavioral Therapy.

Neziroglu, F., **Hsia, C.**, Khemlani-Patel, S. (1999). Incidence of abuse in persons with body dysmorphic disorder. In Turkel, R (Chair), *Anxiety disorder and trauma.* Presented at the European Society for Traumatic Stress Studies.

Hsia, C. (1998). Acquiring minority participants: General guidelines and a case study. In Iwamasa, G. (Chair), *Conducting culturally appropriate research with Asian Americans: Methodological issues.* Presented at the Association for the Advancement of Behavioral Therapy.

Tanaka-Matsumi, J., **Hsia, C.**, Fyffe, D. (1998). Acculturation Measurement. In Tanaka-Matsumi, J., and Nguyen, D., (Co-Chairs), *Models and measurement of acculturation.* Presented at the International Association for Cross-Cultural Psychology.

Moritz, E., Neziroglu, F., Grunes, M., **Hsia, C**. (1997). The use of a manualized program for children with Obsessive Compulsive Disorder. In Moritz, E (Chair), *Anxiety disorders in children: Predicting, diagnosing and treating.* Presented at the Association for the Advancement of Behavioral Therapy.

*Panel Discussion*

Hsia, C. (2005). Diversity issues in graduate training: Deepening the discussion, dealing with difficulties. Presented at the Association for Cognitive and Behavioral Therapies.

*Paper Presentations*

Russo, E., Dowdy, M., Yarchever, S, & **Hsia, C.** (2011). Effects of brief psychoeducation on the perception of mental disorders. To be presented at the Western Psychological Association Conference.

Hsia, C.,& Liu, X. (2010). The effectiveness of a three-day cognitive behavioral workshop in China. Presented at the Asian Psychological Association Conference.

Hsia, C.,Hake, R., Alston, K. (2010). Real and perceived rates of mental disorders: an American and Chinese comparison. Presented at the International Association for Cross Cultural Psychology.

Hsia, C.,& Liu, X. (2010). Mindfulness training to college students in China: Change across sessions. Presented at the World Congress of Behavioral Therapy Conference.

Hake, R., Alston, K., Dowdy, M., & **Hsia, C.** (2010). Perceived rates of mental disorders. Presented at Western Psychology Association Conference.

Reisler, B., Hillis, M, Alston, K., Hake, R., & **Hsia, C.** (2008). Distribution of punishment: Cultural taboos and refusal rates. Presented at the Western Psychology Association Conference.

Reisler, E., Hake, R. Alston, K, & **Hsia, C.** (2008). Cross cultural examination of punishment allocation. Presented at the Society of Cross Cultural Research.

Tobin, J., Hillis, M., Reisler, B., & **Hsia, C.** (2008). Cross cultural response pattern variations: An item analysis. Presented at the Society of Cross Cultural Research.

Hsia, C. (2004). Eight day treatment of panic disorder with agoraphobia and cultural adaptations. Presented at the International Association of Psychology.

Hsia, C., Mitchell, J., Kim, H., Albera, L. (2004). Chinese international students’ adjustment to the United States. Presented at the International Congress of Psychology.

Hsia, C., Tanaka-Matsumi, J., Nguyen, D., Ilani, S., Fyffe, D. (1998). Measurement and definition of acculturation: An examination of eight acculturation scales. Presented at the Interdisciplinary Theory and Research on Intercultural Relations Conference. *Received Student Paper Award.*

Johnson, C., Carlson, D., **Hsia, C.** (1997). Group membership and memory: The influence of self-construal on the self-reference and group-reference effects. Presented at the American Psychological Association Conference.

*Selected Poster Presentations*

Yarchever, S., Dowdy, M., Russo, E., & **Hsia, C.** (2011). Effects of a brief psychoeducation on the perception of anxiety disorders in China and United States. Presented at the American Psychological Association conference.

Alston, K., Hake, R., & **Hsia, C.** (2010). Perceived vs. real rates of mood and anxiety disorders of faculty and students. Presented at the Western Psychology Association Conference.

Hillis, M, Reisler, E., Tobin, J., Alston, K., & **Hsia, C.** (2008). Who gets what? Distribution of limited goods and punishments. Presented at the Western Psychology Association Conference.

Kim, H., **Hsia, C.** (2006). Gender differences in acculturation. Presented at the Western Psychology Association Conference.

Woods, B., Hillis, M., Vanaman, D., Blakey, D., Kim, H., Johnson, J., **Hsia, C.** (2006). Attitudes towards immigration. Presented at the Western Psychology Association Conference.

Kim, H., Mitchell, J., Shen, N., & **Hsia, C.** (2005). A two year longitudinal study of international students. Presented at the Association of Behavioral and Cognitive Therapies.

Mitchell, J., Albera, L, Kim, H., **Hsia, C**. (2004). Acculturation issues of international students: a longitudinal study. Presented at the Association of the Advancement of Behavior Therapy.

Albera, L., Kim, H., Mitchell, J., **Hsia, C**. (2004). Acculturation problems affecting Asian international students. Presented at the Association of the Advancement of Behavior Therapy.

Kim, H., Mitchell, J., Albera, L, **Hsia, C**. (2004). Acculturation issues for international students. Presented at Western Psychological Association Conference.

Hsia, C., Mitchell, J., Albera, L., Kim, H. (2003). Initial investigation of the acculturation of international students. Presented at the Association of the Advancement of Behavior Therapy.

Hsia, C., Choate, M. (2001). Characteristics and utilization of anxiety treatment services: Differences between Asian Americans and Caucasians. Presented at the Asian American Psychological Association Conference.

Ramsawh, H., **Hsia, C.** (2001). Social Anxiety across ethnic groups in a Massachusetts sample. Presented at the American Psychological Society. *Received the "Rise up" Award at APS.*

Cherian, A., Somers, T., Ramsawh, H., **Hsia, C.** (2000). Minority vs. nonminority underutilization of mental health services: A preliminary report. Presented at the Association for the Advancement of Behavioral Therapy Conference.

Chang, R., Manceto, M., Salzinger, K., **Hsia, C.** (1999) Coping behaviors for accultrative stress of first generation Asian immigrants. Presented at the Association for the Advancement of Behavioral Therapy Conference.

Nguyen, D., Tanaka-Matsumi, J., Ilani, S., Chang, R., **Hsia, C.**, Fyffe, D., & Volker, M. (1999). Commonalties among acculturation scales: Measuring changes resulting from acculturation. Presented at the American Psychological Association.

Hsia, C., Nguyen, D., Diebold, J. (1999). The measurement of cognitive change resulting from acculturation in Hispanics: A preliminary report. Presented at the Association for the Advancement of Behavioral Therapy Conference.

Hsia, C., Patel-Khemlani, S., Neziroglu, F. (1998). Incidence of abuse in persons with Body Dysmorphic Disorder. Presented at the Association for the Advancement of Behavioral Therapy Conference.

Hsia, C., Blednick, G. (1997). The use of cognitive behavioral group therapy for immigrant Asian adolescents. Presented at the Association for the Advancement of Behavioral Therapy Conference.

Lancaster, J., **Hsia, C.**, Salzinger, K. (1997). Standardization of control groups in psychotherapy. Presented at the Association for the Advancement of Behavioral Therapy Conference.

*Selected Lectures*

Exposure and Response Prevention. Presented at UCI Medical Center, August 2018

Treatment of Pediatric Anxiety Disorders. Presented at the Orange County Association of Educational Therapists, May 2019

Anxiety and OCD Disorders in Adolescents. Presented at the Orange County Association of Educational Therapists, October 2017

Treatment of Anxiety Disorders and support of those who have them. Presented at the Center for Discovery, October, 2015, February, 2016.

CBT and ERP in the treatment of OCD. Presented at the University of California, Irvine Medical Center, August 2015.

School refusal and anxiety disorders: what to expect from your kids. Presented at Halstrom Academy, February 2014.

School refusal: common problems and solutions. Presented at Fusion Academy, July, 2013.

PTSD and trauma: Treatment of PTSD for earthquake survivors. Presented at Peking University, October, 2008.

Intensive treatment of specific phobias. Presented to the Chinese Academy of Sciences, June 2006.

Multiple lectures on careers in psychology. Presented to the Azusa Pacific University Psychology Club. 2003-current.

Multiple lectures on acculturation issues for Asian Americans. Presented to the Asian Pacific Associated Student Organization at Azusa Pacific University, 2003-2012.

Christianity, honor and depression. Presented to the Chinese Christian Fellowship at Azusa Pacific University, November 2003.

Multiple lectures on Cognitive Behavioral Therapy. Presented to Azusa Pacific University Counseling Center, multiple lectures, 2002-2012.

Panic Disorder and Cognitive Behavioral Therapy. Presented to Christian Association of Psychological Society, 2002.

Psychological disorders and Christianity. Presented to Chinese Presbyterian Church of Orange County, 2002.

Multiple lectures given to medical residents in differential diagnosis and treatment of anxiety disorders at Boston University Medical Center, 2000-2002.

Self-concept and mental health. Presented to Boston Chinese Evangelical Church, 2001.

Application of Cognitive Behavioral Therapies to Anxiety Disorders. Presented to Emerson College Counseling Center, 2001.

Obsessive-Compulsive Disorder in the school and at home: How can we help? Presented to the Center for Integrated Teacher Education, 1999.

Christianity and Psychology: Compatibility and conflicts. Presented at the Hallelujah Conference, 1999.

What can psychology offer Chinese in America? Presented at the Long Island Center for Chinese, 1998.

*Media Experience*

Featured on National Geographic’s *Phobia* series, for treatment of specific phobias (two episodes: coulrophobia and musophobia), 2002.

Multiple live interviews given to WB Morning Show, 2001.

Live interview given to ABC News, September, 2001

Multiple taped segments for FOX News, 2001-2002

Interviewed for the following articles:

Fighting fear of flying: All aboard exposure airlines. *Time,* 56-57, April 2, 2001.

Anxiety Disorders: What they are and how to cope. *Ecompany Now*, 118-119, June 2001.

Anxiety Disorders. *Men's Health,* January 2002.

Multiple interviews given to Associated Press, USA Today, LA Times, Christian Science Monitor, Boston Globe, San Gabriel Valley Times and The Phoenix, 2000-present.

Multiple live radio interviews given, 2001-2004

*National Governance*

President of Cross Cultural Behavioral Therapy Special Interest Group, Association for the Advancement of Behavioral Therapy (2000 – 2004)

Chair of Student Membership Committee, Association for the Advancement of Behavioral Therapy (2003 – 2006)

Grants and awards

Azusa Pacific University Creative Teaching Grant (2008)

Azusa Pacific University Research Grant (2006)

Dean’s Emerging Scholar Award (2006)

APS “Rise Up” Award (2001)

AABT Asian American SIG Research paper Award (1999)

Ad hoc reviewer for:

Behavioral Research and Therapy

Journal of Depression and Anxiety

Journal of Clinical Psychology

Cultural Diversity and Ethnic Minority Psychology

American Psychological Association Conferences

Association for Behavioral and Cognitive Therapy Conferences

Asian American Psychology Association Conferences

University Governance

Undergraduate Research Director (2006-2007)

Faculty Research Council representative for the College of Liberal Arts and Sciences (2006- 2009)

Diversity Committee, Faculty Senate Appointee (2003 – 2004)

International Student Committee member (2003 – 2006)

Research Support Advisory Board member (2004 – 2007)

General Studies Taskforce member (2006-2009)

Azusa Pacific University related activities

Psi Chi Honor Society Sponsor (2002-present)

AIM partner (mentoring of an international student), 2002-2003

Hiring/selection committee, Psychology, Social Work and Math departments.

Honor’s department advisor

Faculty Governance

Created two courses (Cognitive Behavioral Theory and Cultural psychology)

Departmental library liaison

Departmental review for WASC

Departmental faith integration

Departmental course standardization

Lead faculty for statistics, general psychology and cultural psychology

Professional Memberships

American Psychological Association (APA)

Anxiety and Depression Association of America (ADAA)

Association of Behavioral and Cognitive Therapies (ABCT)

International Obsessive Compulsive Disorder Foundation (IOCDF)

Orange County Psychological Association (OCPA)

California Psychologial Association (CPA)

TLC Foundation for Body-Focused Repetitive Behaviors