

CHRISTINA M. BALDERRAMA-DURBIN

Binghamton University – SUNY
Department of Psychology
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Binghamton, New York 13902

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Current Position

2015-present **Binghamton University, State University of New York**
Assistant Professor of Psychology

Education

Pre-doctoral Internship **Minneapolis VA Health Care System, Minneapolis, MN**
2014-2015 APA Accredited Internship in Clinical Psychology
Emphasis in trauma intervention

Ph.D. **Texas A&M University, College Station, TX (APA Accredited)**
2009-2015 Clinical Psychology
Certificate in Advanced Research Methods

M.A. **University of Colorado Denver, Denver, CO**
2007-2009 Clinical Psychology

B.A. **University of Colorado Boulder, Boulder, CO**
2002-2006 Psychology, Neuroscience Certificate
Integrative Physiology

Languages Proficient in Spanish

Research Emphasis

comorbid psychological and relationship distress; the impact of acute stress and trauma on individual, relationship, and family functioning; development, evaluation, and implementation of couple-based interventions for high-risk populations; couple assessment

Publications

* indicates Dr. Balderrama-Durbin's trainee

1. **Balderrama-Durbin, C.**, Cigrang, J., Snyder, D. K., Talcott, G. W., Tatum, J., Baker, M., Cassidy, D., Sonnek, S., Slep, A. M. S., & Heyman, R. E. (in press). Risk for marital infidelity across a year-long deployment. *Journal of Family Psychology*.

2. **Balderrama-Durbin, C.**, Bultler, S.*, & Wang, B. A.* (in press). Quid Pro Quo in Social Exchange Theory. In J. Lebow, A. Chambers, & D. Breunlin (Eds.), *Encyclopedia of couple and family therapy*. New York, NY: Springer.
3. Snyder, D. K., Heyman, R. E., Haynes, S. N., & **Balderrama-Durbin, C.** (in press). Couple distress in couple and family therapy. In J. Lebow, A. Chambers, & D. Breunlin (Eds.), *Encyclopedia of couple and family therapy*. New York, NY: Springer.
4. Snyder, D. K., Heyman, R. E., Haynes, S. N., & **Balderrama-Durbin, C.** (in press). Couple distress. In J. Hunsley & E. Mash (Eds.), *A guide to assessments that work* (2nd ed.) (pp. xxx-xxx). New York: Oxford University Press.
5. Snyder, D. K., Heyman, R. E., Haynes, S. N., Carlson, C., & **Balderrama-Durbin, C.** (in press). Couple and family assessment. In B. Fiese (Ed.), *APA handbook of contemporary family psychology* (pp. xxx-xxx). Washington, DC: American Psychological Association.
6. **Balderrama-Durbin, C.**, Fissette, C., & Snyder, D. K. (2016). Best practices in assessment for couple therapy. In K. T. Sullivan & E. Lawrence (Eds.), *Oxford handbook of relationship science and couple interventions* (pp. 131-147). New York: Oxford University Press.
7. Snyder, D. K., Heyman, R. E., Haynes, S. N., Carlson, C., & **Balderrama-Durbin, C.** (2016). Couple and family assessment. In J. C. Norcross, G. R. VanderBos, & D. K. Freedheim (Eds.), *APA handbook of clinical psychology. Vol. 3: Applications and methods* (pp. 201-217). Washington, DC: American Psychological Association.
8. Lou, Y. C., Lin, C. H., Chen, C. M, **Balderrama-Durbin, C.**, & Snyder, D. K. (2016). Assessing intimate relationships of Chinese couples using the Marital Satisfaction Inventory – Revised. *Assessment*, 23, 267-278.
9. Snyder, D. K., **Balderrama-Durbin, C.**, Cigrang, J. A., Talcott, G. W., Slep, A. M. S., & Heyman, R. E. (2016). Help-seeking among Airmen in distressed relationships: Promoting relationship well-being. *Psychotherapy*, 53, 1-12.
10. **Balderrama-Durbin, C.**, Snyder, D. K., & Balsis, S. (2015). Tailoring assessment of relationship distress using the Marital Satisfaction Inventory – Brief Form. *Couple and Family Psychology: Research and Practice*, 4, 127-135.
11. Cigrang, J., **Balderrama-Durbin, C.**, Snyder, D. K., Talcott, G. W., Tatum, J., Baker, M., Cassidy, D., Sonnek, S., Slep, A. M. S. & Heyman, R. E. (2015). Predictors of suicidal ideation across the deployment cycle: A prospective study. *Journal of Clinical Psychology*, 71, 828-842.
12. **Balderrama-Durbin, C.**, Cigrang, J., Osborne, L. J., Snyder, D. K., Talcott, G. W., Slep, A. M. S., Heyman, R. E., Tatum, J., Baker, M., Cassidy, D., & Sonnek, S. (2015). Coming home: A prospective study of family reintegration following deployment to a war zone.

Psychological Services, 12, 213-221. (Invited contribution to a Special Issue on military families.)

13. Heyman, R. E., Slep, A. M. S., Sabathne, C., Erlanger, A. C. E., Hsu, T. T., Snyder, D. K., **Balderrama-Durbin, C.**, Cigrang, J. A., Talcott, G. W., Tatum, J., Baker, M., Cassidy, D., & Sonnek, S. (2015). Development of a multilevel prevention program for improved relationship functioning in active duty military members. *Military Medicine*, 180, 690-696.
14. Antonelli, P., Dèttore, D., Lasagni, I., Miller, I., Snyder, D. K., & **Balderrama-Durbin, C.** (2014). Gay and lesbian couples in Italy: Comparisons with heterosexual couples. *Family Process*.
15. Cigrang, J., Talcott, G. W., Tatum, J., Baker, M., Cassidy, D., Sonnek, S., Snyder, D., **Balderrama Durbin, C.**, Heyman, R. E., & Slep, A. M. S. (2014). Intimate partner communication from the war zone: A prospective study of relationship functioning, communication frequency, and combat effectiveness. *Journal of Marital and Family Therapy*, 40, 332-343.
16. Cigrang, J., Talcott, G. W., Tatum, J., Baker, M., Cassidy, D., Sonnek, S., Snyder, D. K., **Balderrama-Durbin, C.**, Heyman, R. E., & Slep, A. M. S. (2014). Impact of combat deployment on psychological and relationship health: A longitudinal study. *Journal of Traumatic Stress*, 27, 58-65.
17. Fissette, C. L., Snyder, D. K., **Balderrama-Durbin, C.**, Balsis, S., Cigrang, J., Talcott, G. W., Tatum, J., Baker, M., Cassidy, D., Sonnek, S., Heyman, R. E., & Slep, A. M. S. (2014). Assessing posttraumatic stress in military service members: Improving efficiency and accuracy. *Psychological Assessment*, 26, 1-7.
18. **Balderrama-Durbin, C.** (2013). Our time to serve: Treating the newest generation of military service members. *Psychotherapy Bulletin*, 48, 21-24.
19. Talcott, G. W., Cigrang, J., Sherrill-Mittleman, D., Snyder, D. K., Baker, M., Tatum, J., Cassidy, D., Sonnek, S., **Balderrama-Durbin, C.**, Klesges, R. C., Ebbert, J. O., Slep, A. M. S., & Heyman, R. E. (2013). Trajectories in tobacco use across the deployment cycle: A prospective study of Air Force personnel deployed to Iraq. *Nicotine & Tobacco Research*, 15, 1348-1354.
20. **Balderrama-Durbin, C.**, Snyder, D. K., Cigrang, J., Talcott, G. W., Tatum, J., Baker, M., Cassidy, D., Sonnek, S., Heyman, R. E., & Slep, A. M. S. (2013). Combat disclosure in intimate relationships: Mediating the impact of partner support on posttraumatic stress. *Journal of Family Psychology*, 27, 560-568.
21. Snyder, D. K., **Balderrama-Durbin, C.**, Fissette, C., Scheider, D. M., Barnett, J. K., & Fiala, S. (2012). Infidelity. In B. A. Moore (Ed.), *Handbook of counseling military couples* (pp. 219-235). New York, NY: Routledge.

22. Snyder, D. K., **Balderrama-Durbin, C.**, & Fissette, C. L. (2012). Treating infidelity and comorbid depression: A case study involving military deployment. *Couple and Family Psychology: Research and Practice, 1*, 213-225.
23. Snyder, D. K., & **Balderrama-Durbin, C.** (2012). Integrative approaches to couple therapy: Implication for clinical practice and research. *Behavior Therapy, 43*, 13-24.
24. **Balderrama-Durbin, C.**, Allen, E. S., & Rhoades, G. (2012). Demand and withdraw behaviors in couples with a history of infidelity. *Journal of Family Psychology, 26*, 11-17.
25. Downing, C., **Balderrama-Durbin, C.**, Kimball, A., Biers, J., Wright, H., Gilliam, D., & Johnson, T. E. (2012). Quantitative trait locus mapping for ethanol teratogenesis in BXD recombinant inbred mice. *Alcoholism: Clinical and Experimental Research, 36*, 1340-1354.
26. **Balderrama-Durbin, C.**, Snyder, D. K., & Semmar, Y. (2011). Assessing Arabic couples: An evidence-based approach. *Family Science, 2*, 24-33.
27. Downing, C., **Balderrama-Durbin, C.**, Hayes, J., Johnson, T. E., & Gilliam, D. (2009). No effect of prenatal alcohol exposure on activity in three inbred strains of mice. *Alcohol and Alcoholism, 44*, 25-33.
28. Downing, C., **Balderrama-Durbin, C.**, Broncucia, H., Gilliam, D., & Johnson, T. E. (2009). Ethanol teratogenesis in five inbred strains. *Alcoholism: Clinical and Experimental Research, 33*, 1-8.

Manuscripts under review:

Balderrama-Durbin, C., Vogt, D., Erbes, C., & Polusny, M. (invited resubmission). Psychometric evaluation of a measure of intimate partner communication during deployment. *Journal of Family Psychology*.

Manuscripts in preparation:

Balderrama-Durbin, C. (in preparation). Partner support following trauma exposure: A review and future directions.

Balderrama-Durbin, C., Shaw, R. J.*, Balsis, S., Snyder, D. K., Harper, J., & Whisman, M. (in preparation). Marital satisfaction across the lifespan: A psychometric comparison study between younger and older couples.

Balderrama-Durbin, C., Persad, L.*, Balsis, S., & Snyder, D. K. (in preparation). A closer examination of the assessment of intimate partner violence using item response theory.

Presentations

* indicates Dr. Balderrama-Durbin's trainee

1. **Balderrama-Durbin, C.**, Polusny, M., Kramer, M., Arbisi, P., & Erbes, C. (2016, October). *Intimate partner communication during deployment and mental health trajectories for non-deployed partners*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
2. **Balderrama-Durbin, C.**, Persad, L.*, Snyder, D. K., & Balsis, S. (2016, October). *Reading between the items: A closer examination of the assessment of intimate partner aggression*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
3. Stanton, K., **Balderrama-Durbin, C.**, Snyder, D. K., Cigrang, J., Talcott, G. W., Slep, A. M. S., & Heyman, R. E. (2016, October). *Infidelity across a year-long deployment: An examination of relationship and individual functioning risk factors*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
4. **Balderrama-Durbin, C.**, & Scott, S. (Co-chairs.) (2016, August). *Behind closed doors: Sexual functioning and extradyadic involvement in intimate relationships*. Symposium presented at the annual meeting of the American Psychological Association, Denver, CO.
5. **Balderrama-Durbin, C.**, Balsis, S., Snyder, D. K., Harper, J., & Whisman, M. (2016, August). *Relationship discord across the lifespan: A comparative study of younger and older married couples*. Poster presented at the annual meeting of the American Psychological Association, Denver, CO.
6. **Balderrama-Durbin, C.**, Erbes, C. R., Polusny, M. A., & Vogt, D. S. (2015, November). *Couple communication during deployment: An investigation of the psychometric properties of the Deployment Communication Inventory*. In **C. Balderrama-Durbin** (Chair), *Communication from the war zone: Understanding the impact of intimate partner communication during deployment for military service members and their partner*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
7. **Balderrama-Durbin, C.**, & Scott, S. (Co-chairs.) (2015, November). *Mechanisms of change in relationship interventions*. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
8. Cigrang, J. A., **Balderrama-Durbin, C.**, Snyder, D. K., Cigrang, J., Talcott, G. W., Slep, A. M. S., Heyman, R. E., Tatum, J., Baker, M., Cassidy, D., Sonnek, S. (2015, November). *Postdeployment mental health help seeking among active-duty military*. In T. D. Gray (Chair), *Up-Arming Families: Disseminating empirically supported relationship interventions for military couples*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

9. Osborne, L. J., Snyder, D. K., **Balderrama-Durbin, C.**, Cigrang, J. A., Talcott, G. W., Slep, A. M. S., Heyman, R. E., Tatum, J., Baker, M., Cassidy, D., & Sonnek, S. (2015, November). *Predictors of chronic pain and somatic functioning following a combat deployment*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
10. Fissette, C., Snyder, D. K., **Balderrama-Durbin, C.**, Balsis, S., Cigrang, J. A., Talcott, G. W., Heyman, R. E., Slep, A. M. S., Tatum, J., Baker, M., Cassidy, D., & Sonnek, S. (2015, November). *Predictors of alcohol misuse following a combat deployment*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
11. Snyder, D. K., **Balderrama-Durbin, C.**, Cigrang, J., Talcott, G. W., Slep, A. M. S., & Heyman, R. E. (2015, August). Help-seeking among Airmen in distressed relationships: Implications for alternative delivery systems. In J. C. Flanagan and M. L. Kelley (Co-chairs), *Mental health, alcohol use, and relationship satisfaction among military members and veterans*. Paper presented at the annual meeting of the Association Psychological Association, Toronto.
12. **Balderrama-Durbin, C.**, Snyder, D. K., Cigrang, J., Fissette, C. Talcott, G. W., Tatum, J., Cassidy, D., Baker, M., Sonnek, S., Slep, A. M. S., & Heyman, R. E. (2013, November). *The impact of deployment on the risk for infidelity*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
13. Fissette, C. L., **Balderrama-Durbin, C.**, Snyder, D. K., Balsis, S., Monson, C. M., Pless Kaiser, A., & Taft, C. T. (2013, November). *The utility of assessing sleep difficulties from informant reports of posttraumatic stress disorder: An application of item response theory*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
14. **Balderrama-Durbin, C.**, Snyder, D. K., Cigrang, J., Talcott, G. W., Tatum, J., Baker, M., Cassidy, D., Sonnek, S., Heyman, R. E., & Slep, A. M. S. (2012, November). Post-deployment reintegration: Challenges for partnered service members. In K. D. Renshaw (Chair), *Adjustments to challenges in military couples: Reintegration and PTSD*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor.
15. Talcott, G. W., Cigrang, J., Sherrill-Mittleman, D., Snyder, D., Baker, M., Tatum, J., Cassidy, D., Sonnek, S., **Balderrama-Durbin, C.**, Slep, A. M. S., Heyman, R. E., Klesges, R. C., & Ebbert, J. O. (2012, March). *Smoking, smokeless, and dual use of tobacco in deployed Air Force security forces: A prospective study*. Paper presented at the National Cancer Institute (NCI) Smokeless Tobacco Research Grantee Meeting, Houston, TX.
16. **Balderrama-Durbin, C.**, Allen, E. S., & Rhoades, G. K. (2011, November). *Individual contributions to the demand/withdraw pattern in couples with a history of infidelity*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto.

17. **Balderrama-Durbin, C.**, Snyder, D. K., Cigrang, J., Talcott, G. W., Tatum, J., Baker, M., Cassidy, D., Heyman, R. E., & Slep, A. M. S. (2011, November). Social support, partner combat disclosure, and post-traumatic stress disorder following high-risk deployment to Iraq. In D. K. Snyder (Chair), *Emerging evidence regarding post-traumatic stress disorder and relationship functioning in OEF/OIF combat veterans*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto.
18. Fissette, C., Snyder, D. K., **Balderrama-Durbin, C.**, Cigrang, F., Talcott, G. W., Tatum, J., Baker, M., Cassidy, D., Heyman, R. E., & Slep, A. M. S. (2011, November). *Factor and item-level properties of the PCL-M in a sample of active-duty Airmen*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto.
19. Cigrang, J., Talcott, G. W., Tatum, J., Baker, M., Cassidy, D., Snyder, D. K., **Balderrama-Durbin, C.**, Heyman, R. E., & Slep, A. M. S. (2011, November). Psychological health and intimate relationship functioning across the deployment cycle in a cohort of active-duty service members. In D. K. Snyder (Chair), *Emerging evidence regarding post-traumatic stress disorder and relationship functioning in OEF/OIF combat veterans*. Paper presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto.
20. **Balderrama-Durbin, C.**, Snyder, D. K., & Balsis, S. (2010, November). *Evaluating the Marital Satisfaction Inventory – Brief Form using item response theory*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco.
21. Snyder, D. K., & **Balderrama-Durbin, C.** (Co-chairs.) (2010, June). *Cross-national approaches to evidence-based couple assessment*. Symposium presented at the meeting of the World Congress of Behavioral and Cognitive Therapies, Boston.
22. **Balderrama-Durbin, C.**, Snyder, D. K., Gasbarrini, M. F., & Semmar, Y. (2009, November). *Evidence-based assessment of middle-eastern Muslim marriages*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York.

Grant Activity

Active

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| 10/1/2016-
9/30/2019 | Department of Defense
“Up-armor” at-risk military couples: A prospective study of committed romantic relationships in transition to their first permanent duty station
Role: Expert Consultant (\$21,000) |
| 9/25/2014-
6/15/2017 | R44AA023719 (PI: Olsen)
NIAAA
Virtual Role-Plays to Train Cognitive-Behavioral Treatment (CBT) for Addictions |

The goal of this project is to develop and evaluate a simulation-based product for training students and clinicians to develop the skills necessary to effectively apply Cognitive-Behavioral Treatment (CBT) with patients with substance use disorders (SUDs).

Role: Expert Consultant (\$2,000)

Submitted

09/01/2017-08/31/2020 BA150488 (PI: Cigrang)
Department of Defense. Army Medical Research and Materiel Command
Lesbian, Gay, and Bisexual Couples in the Military: A Post-DADT Examination of Relationship Health, Perceived Community Acceptance, and Mission Readiness.
Role: Co-Investigator (\$53,131)

Completed

2014 Division 19 American Psychological Association, Student Research Grant
("Excellent" rating, not funded) *Prospective Individual and Relationship Factors Affecting Post-deployment Mental Health and Reintegration* (\$1,500)

06/01/12-8/31/2013 2010-48696-21892 (PIs: Heyman and Smith Slep)
USDA/Kansas State University/US AF A1S1
Unified Strategy of Action For Airman Resilience and Maintenance of Operational Readiness (USAF-ARMOR)
The goal of this grant is to develop a comprehensive, community-based intervention for Airmen and their intimate partners.
Role: Research Scientist (\$26,151)

Honors and Awards

2016 McNair Scholar Faculty Mentor

2014 Saul B. Sells Research Excellence Award, Texas A&M University (\$2000)

2014 American Psychological Association, Division 19 Student Travel Award (\$750)

2012 Clinical Psychology Distinguished Research Award, Texas A&M University

2011 Robert Weiss Student Poster Award, Couples Special Interest Group, Annual meeting of Association for Behavior and Cognitive Therapies, Toronto, ON Canada

2009-2012 Diversity Fellowship Award, Texas A&M University

2003-2006 Diversity in the Biosciences NIH/HHMI Research Scholars Program

Clinical Experience

Aug 2014- Aug 2015	Minneapolis VA Health Care System <i>Psychology Intern – PTSD Treatment, Addiction Recovery, and Primary Care-Mental Health Integration</i>
Oct 2012- Sept 2013	Airmen Resilience and Maintenance of Operational Readiness Program U.S. Air Force Airman and Family Readiness Centers <i>Clinical Consultant and Trainer</i>
Feb 2011 & Mar 2013	Up-Armoring Marriages Workshop – Ft. Hood 3 rd Expeditionary Sustainment Command <i>Workshop Co-Facilitator</i>
June 2012- June 2013	Brazos County (TX) Detention Center <i>Staff Therapist</i>
May 2010- Dec 2011	Fort Hood Affair Recovery Intervention Program Family Life Chaplain Training Center <i>Clinical Consultant / Coordinator</i>
Sept 2010- May 2013	Texas A&M University Psychology Clinic <i>Therapist & Evaluator – Clinical & Assessment Practicum</i>
Sept 2010- Oct 2010	Asperger’s Social Skills Group: Brazos Valley Rehabilitation Clinic <i>Group Therapist</i>

Teaching Experience

Jan 2016- May 2016	Instructor – Multicultural Psychology (PSYC 614) & Independent Study (PSYC 397) Binghamton University – SUNY
Sept 2015- May 2016	Clinical Supervisor – Graduate Practicum (PSYC 598) Binghamton University – SUNY
June 2014- July 2014	Instructor – Personality Psychology (PSYC 330) Texas A&M University
Sept 2012 - May 2013	Instructor – Human Sexuality (PSYC 338) Texas A&M University
Aug 2008- July 2009	Instructor – Independent Study (PSYC 4840) University of Colorado Denver

Jan 2009- Instructor – Research Methods Laboratory (PSYC 3090)
May 2009 University of Colorado Denver

Professional Memberships

American Psychological Association

- Division 12 Society of Clinical Psychology
- Division 19 Military Psychology
- Division 29 Psychotherapy
- Division 43 Family Psychology

Association for Behavioral and Cognitive Therapies

- Couples Research and Therapy Special Interests Group, Former Student Co-President (2013-2015)
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Editorial Responsibilities

Ad hoc reviewer – *American Journal of Orthopsychiatry*
Journal of Clinical Psychology in Medical Settings
Journal of Family Psychology
Journal of Marital and Family Therapy
Military Psychology
Nicotine & Tobacco Research
Psychological Assessment
Public Health Reports
The Spanish Journal of Psychology
