

## Curriculum Vita

# J. Wesley Scala, Ph.D.

Licensed Psychologist | Pennsylvania #PS019142

### CONTACT

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State College, PA 16801

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### CURRENT POSITION

**Licensed Psychologist, Owner** | *Wes Scala PhD, Inc.*  
State College, PA

**Sep. 2021 - present**

- Full-time, general practice for adults age 18 through 65 with focus on:
  - College-aged students and athletes
  - Eating and/or body image concerns
  - Issues related to men and masculinity

### EDUCATION

The Pennsylvania State University | *University Park, Pennsylvania*

**2020**

**Ph.D.** | Clinical Psychology

- APA-Accredited
- Dissertation: *An ecological momentary assessment study of instability in self-concept clarity and self-esteem in borderline personality and anxiety disorders*
- Dissertation Chair: Kenneth N. Levy, Ph.D.

The Pennsylvania State University | *University Park, Pennsylvania*

**2014**

**M.S.** | Clinical Psychology

The Pennsylvania State University | *University Park, Pennsylvania*

**2011**

**B.S.** | Psychology

## CLINICAL EXPERIENCE

**Licensed Psychologist** | *Ayama Psychotherapy, LLC*  
Lemont, PA

**Aug. 2020-  
Aug. 2021**

- Full-time, general practice for adults age 18 through 65 with focus on:
  - College-aged students and athletes
  - Eating and/or body image concerns
  - Issues related to men and masculinity
- Served as part of a multidisciplinary Wellness Team for Penn State's Musical Theatre Department

**Postdoctoral Fellow** | *Counseling and Psychological Services*  
Pennsylvania State University, University Park, PA

**Aug. 2019-  
Aug. 2020**

- Provided short-term individual therapy to university undergraduate and graduate students, with additional time per week spent with students in urgent appointments and phone triage screenings
- Served as biweekly Counselor on Duty involving provision of crisis, consultation, and triage services
- Provided weekly drop-in consultation for students as a CAPS Chat counselor
- Co-facilitated two weekly groups: Men's Process Group and Eating Disorder Recovery Skills Clinic
- Completed area of concentration in Men's Issues with additional clinical emphasis on treatment of Eating Disorders and Student-Athletes
- Attended weekly multidisciplinary consultation meeting as part of Eating Disorder Team
- Provided weekly individual supervision to practicum
- Provided outreach and consultation for campus partners and programs
- Attended weekly trainings and seminars in professional development and psychotherapy
- **Supervisors:** Natalie Hernandez DePalma, Ph.D. (Individual); Jill Hranicka, Psy.D. (Individual); John Mitchell, Psy.D. (Men's Concentration and Group); Julie Pelletier, Ph.D. (Group)

**Doctoral Intern** | *Counseling and Psychological Services*  
Pennsylvania State University, University Park, PA

**Aug. 2018-  
Aug. 2019**

- Provided short-term individual therapy to university undergraduate and graduate students, with additional time per week spent with students in urgent appointments and phone triage screenings
- Co-facilitated two weekly groups: a graduate student process group and a psychoeducational clinic focused on Perfectionism
- Provided outreach and consultation for campus partners and programs
- Completed program evaluation of CAPS' previous use of telehealth services
- Completed summer concentration in Career Counseling
- Provided weekly individual supervision to practicum student
- Completed area of concentration in the area of assessment

- Conducted and interpreted comprehensive psychological assessments for students addressing concerns related to ADHD, personality, psychosis, and other comorbid mental health concerns
- Attended weekly trainings and seminars on a range of topics (e.g., crisis, psychotherapy, psychiatric)
- **Supervisors:** Jill Hranicka, Psy.D. (Individual); Natalie Hernandez DePalma, Ph.D. (Group); Shannan Smith-Janik, Ph.D. (Group); Stephanie Stama, Psy.D. (Assessment); Matt Ishler, LCSW (Career).

**Advanced Clinical Practicum | *Counseling and Psychological Services*** **Aug. 2017-  
May 2018**  
Pennsylvania State University, University Park, PA

- Provided weekly short-term individual therapy to university undergraduate and graduate students
- Co-facilitated a weekly Graduate Student Process Group
- Clients represented a range of psychological difficulties as well as diverse backgrounds
- **Supervisors:** Shannan Smith-Janik, Ph.D. (Practicum Coordinator); Kate Staley, Ph.D. (Individual); Desiree Howell, Ph.D. (Group)

**Clinical Practicum | *Counseling and Psychological Services*** **Aug. 2016 –  
May 2017**  
Pennsylvania State University, University Park, PA

- Provided weekly short-term individual therapy to university undergraduate and graduate students
- Co-facilitated a weekly Men's Process Group for undergraduate students
- Clients represented a range of psychological difficulties as well as diverse backgrounds
- Attended weekly practicum group consultation meeting
- **Supervisors:** Shannan Smith-Janik, Ph.D. (Practicum Coordinator); Brett Scofield, Ph.D. (Individual); Abby Costello, Psy.D. (Individual); Jordan Barnard, Psy.D. (Group)

**Psychological Consultation Services | *Centre County Correctional Facility*** **Jan. 2017 –  
June 2017**  
Bellefonte, PA

- Provided consultation services to Inmate Services unit within correctional facility
- Attended weekly meeting with facility staff to discuss:
  - MH services (e.g., quality of care, efficiency, etc.)
  - Specific inmate-related needs (e.g., cell-block placement for inmates, given potential mental health concerns)
- Conducted risk assessments and personality testing to inform treatment team and inmate treatment recommendations post-release
- Involved in making referrals for treatment after inmate release
- Consulted with facility staff to discuss job-related concerns (e.g., managing stress, conflicts with other staff members, managing inmates with mental health concerns)
- **Supervisor:** Michael C. Wolff, Ph.D., CADC

**Clinical Assistantship | *Pennsylvania State University Psychological Clinic*** **2014-2017**  
Pennsylvania State University, University Park, PA

- Provided long-term outpatient therapy to clients in a community mental health center
- Attended weekly case consultation meetings
- Client concerns represented range of psychopathology including:
  - Severe depression
  - Anxiety
  - Eating and somatic-related concerns
  - Severe Personality Disorders
- **Supervisors:** Sandra Testa-Michelson, Ph.D. (2014-2016); Michael C. Wolff, Ph.D., CADC (2016-2017).

**Staff Clinician | *Pennsylvania State University Psychological Clinic* 2012-2016**  
Pennsylvania State University, University Park, PA

- Provided a range of clinical services to clients in an outpatient community mental health center through the completion of 4 year-long practica focused on a range of intervention and assessment approaches
- Conducted diagnostic intakes using structured interviews
  - Anxiety Disorder Interview Schedule – PSU (ADIS-IV-PSU)
  - International Personality Disorder Examination (IPDE)
- Provided short- and long-term individual therapy
- Provided weekly walk-in/call-in crisis support for Clinic clients and community members
- Practica Completed:
  - **2012-2013:** Intake Assessment/diagnosis Practicum
    - **Supervisor:** Amy Marshall, Ph.D.
  - **2013-2014:** Psychodynamic Treatment Practicum
    - **Supervisor:** Kenneth N. Levy, Ph.D.
  - **2014-2015:** Cognitive Behavioral Treatment Practicum
    - **Supervisor:** Jose Soto, Ph.D.
  - **2015-2016:** Neurocognitive Assessment Practicum
    - **Supervisor:** Frank Hillary, Ph.D., Peter Arnett, Ph.D.

**Clinical Interviewer | *Laboratory for Personality, Psychopathology, and Psychotherapy Research* 2011-2017**  
Pennsylvania State University, University Park, PA

- Trained in administration of semi-structured clinical interviews
  - Structured Clinical Interview for DSM-IV (SCID-IV)
  - International Personality Disorder Examination (IPDE)
  - Adult Attachment Interview (AAI)
- Administered semi-structured clinical interviews to clinical populations recruited research purposes
- Attended weekly consultation meetings using the “LEAD Standard” (Longitudinal Evaluation of All Available Data) to discuss scoring and maintain reliability.
- **Supervisor:** Kenneth N. Levy, Ph.D.

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## RESEARCH EXPERIENCE

- 2012-2019**      **Graduate Student**  
Pennsylvania State University, University Park, PA  
Supervisor: Kenneth N. Levy, Ph.D.
- 2011-2012**      **Laboratory Manager**  
Laboratory for Personality, Psychopathology, and Psychotherapy Research  
Pennsylvania State University, University Park, PA  
Supervisor: Kenneth N. Levy, Ph.D.
- 2010-2011**      **Undergraduate Research Assistant – Project Coordinator**  
Laboratory for Personality, Psychopathology, and Psychotherapy Research  
Pennsylvania State University, University Park, PA  
Supervisor: Kenneth N. Levy, Ph.D.

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## PUBLICATIONS

- Loughlin-Presnal, J., Corp, D., **Scala, J. W.**, Wiley, E., Locke, B., & Scofield, B. E. (in review). College students' perceptions of telemental health platforms. Manuscript submitted for publication.
- Levy, K. N., **Scala, J. W.**, Ellison, W. D. (in review). The therapeutic alliance in the treatment of borderline personality disorder: A meta-analysis. *Journal of Consulting and Clinical Psychology*.
- Levy, K.N., **Scala, J.W.** (2018). Transference. In V. Zeigler-Hill & T. Shakelford (Eds.), *Encyclopedia of personality and individual differences*. New York, NY: Springer.
- Scala, J. W.**, Levy, K. N., Johnson, B. N., Kivity, Y., Ellison, W. D., Pincus, A. L., Newman, M. G., & Wilson, S. J (2018). The role of negative affect and self-concept clarity in predicting self-injurious urges in borderline personality disorder using ecological momentary assessment. *Journal of Personality Disorders*, 32(Special Issue), 36-67.
- Levy, K. N., Johnson, B. N., **Scala, J. W.**, Temes, C. M., & Clouthier, T. L. (2015). An attachment theoretical framework for understanding personality disorders: Developmental, neuroscience, and psychotherapeutic considerations. *Psihologijske teme/Psychological Topics*, 25(1), 91-112.
- Levy, K. N., Johnson, B. N., Clouthier, T. L., **Scala, J. W.**, & Temes, C. M (2015). An attachment theoretical framework for personality disorders. *Canadian Psychology*, 56(2), 197-207
- Levy, K. N., & **Scala, J. W.** (2015). Integrated treatment for personality disorders: A commentary. *Journal of Psychotherapy Integration*, 25(1), 49-57.

Levy, K. N., **Scala, J. W.**, Temes, C. M., & Clouthier, T. (2015). An integrative attachment framework of personality pathology. In S. Huprich (Ed.), *Personality disorders in the 21<sup>st</sup> century* (pp.315-343). Washington, DC: American Psychological Association.

Levy, K. N., & **Scala, J. W.** (2012). Transference, transference interpretations, and transference-focused psychotherapies. *Psychotherapy, 49*(3), 391-403.

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### INVITED TALKS

**Scala, J. W.**, Levy, K. N., & Ehrental, J.C. (February, 2016). *Mechanisms of change in the treatment of borderline personality disorder*. Presented at the Swiss National Science Foundation International Exploratory Workshop, Lausanne, Switzerland.

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### CONFERENCE PRESENTATIONS

Johnson, B. N., Levy, K. N., Ellison, W. D., **Scala, J. W.**, Pincus, A. L., & Newman, M. G. (2018, April). *Screening BPD in everyday life: Evaluating the ecological validity of the McLean Screening Instrument for BPD*. Paper presented at the 2018 annual convention of the North American Society for the Study of Personality Disorders, New York, NY.

Johnson, B. N., Temes, C. M., **Scala, J. W.**, & Levy, K. N. (2017, September). *Dimensions and types of borderline personality disorder: How heterogeneous is BPD really?* Poster presented at the 15<sup>th</sup> annual convention of the International Society for the Study of Personality Disorders, Heidelberg, Germany.

Rosenstein, L. K., Pantelides, J., **Scala, J. W.**, & Levy, K. N. (2017, September). *Does self-concept moderate the relationship between borderline personality disorder and emotion recognition?* Poster presented at the 15<sup>th</sup> annual convention of the International Society for the Study of Personality Disorders, Heidelberg, Germany.

Johnson, B. N., Temes, C. M., **Scala, J. W.**, & Levy, K. N. (2017, April). *Understanding Dimensions and Types of Borderline Personality Disorder Through Factor Mixture Modeling*. Paper presented at the 2017 annual convention of the North American Society for the Study of Personality Disorders, New York, NY.

Crow, T., Johnson, B. N., **Scala, J. W.**, & Levy, K. N. (2016, April). *Childhood trauma types are differentially associated with personality disorder criteria in individuals with borderline personality disorder*. Poster presented at the 4<sup>th</sup> annual convention of the North American Society for the Study of Personality Disorders, New York, NY.

Johnson, B. N., Levy, K. N., **Scala, J. W.**, Temes, C. T., & Gooch, C. V. (2016, April). *Clinically relevant subtypes of borderline personality disorder and the role of attachment attitudes*. Paper presented at the 4<sup>th</sup> annual convention of the North American Society for the Study of Personality Disorders, New York, NY.

**Scala, J. W.**, Levy, K. N., Ellison, W. D., Johnson, B. N., Pincus, A. L., Newman, M. G., & Wilson, S. J. (2016, April). *Characterizing instability in self-image in BPD: An ecological momentary assessment approach*. Paper presented at the 4<sup>th</sup> annual convention of the North American Society for the Study of Personality Disorders, New York, NY.

Johnson, B. N., Levy, K. N., Ellison, W. D., **Scala, J. W.**, Wilson, S. J., Newman, M. G., & Pincus, A. L. (2015, October). Using ecological momentary assessment to identify daily risk for suicidality and self-injury in borderline personality disorder. In K. N. Levy (Chair) *Borderline personality disorder in the here-and-now: Elucidating patterns of variability and behavior through ecological momentary assessment*. Paper to be presented at the 14<sup>th</sup> annual convention of the International Society for the Study of Personality Disorders, Montreal, QC, Canada.

**Scala, J. W.**, Ellison, W. D., Johnson, B. N., Pincus, A. L., Newman, M. G., Wilson, S. J., & Levy, K. N. (2015, October). An ecological momentary assessment approach to examining the role of negative affect, impulsivity, and self-concept clarity in predicting self-injurious urges in borderline personality disorder. In K. N. Levy (Chair) *Borderline personality disorder in the here-and-now: Elucidating patterns of variability and behavior through ecological momentary assessment*. Paper to be presented at the 14<sup>th</sup> annual convention of the International Society for the Study of Personality Disorders, Montreal, QC, Canada.

**Scala, J. W.**, Ellison, W. D., & Levy, K. N. (2014, June). The working alliance in the treatment of borderline personality disorder: A meta-analysis. In K. N. Levy (Chair) *Alliance at the border: Establishing, maintaining, and researching alliance in patients with borderline personality disorder*. Paper presented at the Annual Conference of the Society for Psychotherapy Research, Copenhagen, Denmark.

Dowgwillo, E. A., **Scala, J. W.**, Roche, M. J., & Pincus, A. L. (2014, March). Confirmatory factor analysis of the Level of Personality Functioning Scale Self-Report. In M. J. Roche (Chair) *Measuring the DSM-5 description of criterion A*. Paper presented at the Annual Conference of the Society for Personality Assessment, Arlington, VA.

**Scala, J. W.**, Ellison, W. D., & Levy, K. N. (2013, October). *The working alliance in the treatment of borderline personality disorder: A meta-analysis*. Poster presented at the Annual Conference of the North American Society for Psychotherapy Research, Memphis, TN.

**Scala, J. W.**, & Levy, K. N. (2013, April). *The effects of cognitive load and speed on the mental state decoding abilities of young adults with borderline personality disorder traits*. Poster presented at the Annual Conference of the North American Society for the Study of Personality Disorders, Boston, MA.

Medved, K. G., Meyer, N. A., **Scala, J. W.**, & Levy, K. N. (2013, April). *Double whammy: the effect of comorbid borderline personality traits and pathological narcissism on mental state decoding abilities*. Poster presented at the Annual Conference of the North American Society for the Study of Personality Disorders, Boston, MA.

Meyer, N. M., **Scala, J. W.**, Levy, K. N. (2013, April). *Mirror, mirror, in the eyes: Mental state decoding abilities in pathological narcissism*. Poster to be presented at the Annual

Conference of the North American Society for the Study of Personality Disorders,  
Boston, MA.

McLaughlin, K. D., Medved, K. G., **Scala, J. W.**, & Levy, K. N. (2013, April). *The predictive validity of the McLean screening instrument for borderline personality disorder*. Poster to be presented at the Annual Conference of the North American Society for the Study of Personality Disorders, Boston, MA.

Meyer, N. A., Levy, K. N., & **Scala, J. W.** (2012, August). *Mirror, mirror, in the eyes: Mental state decoding abilities in pathological narcissism*. Poster presented as part of the Ronald E. McNair Scholarship Program, University Park, PA.

**Scala, J. W.**, Levy, K. N., Moser, L. C. R., & Clarkin, J. F. (2011, May). *Reasons for termination in psychotherapy of borderline personality disorder*. Poster presented at the meeting of the Society for the Exploration of Psychotherapy Integration, Washington, D.C.

**Scala, J. W.** (2009, September). *Policy for reducing binge drinking on college campuses*. Speech presented at The New York Times and Penn State Civic Engagement Public Speaking Contest, State College, PA.

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## TEACHING EXPERIENCE

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<b>Personality Theory (Psych 438)   In-residence Instruction</b> Pennsylvania State University, University Park, PA	<b>2017</b>
<b>Personality Theory (Psych 438)   Online Instruction</b> Pennsylvania State University, University Park, PA	<b>2018</b>
<b>Teaching Assistant</b> Pennsylvania State University, University Park, PA	<b>2012-2016</b>

### Courses:

- Introduction to Psychology
- Introduction to Psychology – Honors
- Introduction to the Psychology of Gender
- Introduction to Evolutionary Psychology
- Introduction to Developmental Psychology
- Introduction to Personality Theory
- Forensic Psychology
- Adolescence
- Health Psychology
- Introduction to Clinical Psychology
- Senior Seminar: Psychopathology and its Treatment
- Analysis of Psychological Statistics II\*
- Introduction to Classical Test Theory and Psychometrics\*

\*Denotes graduate level course



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**PROFESSIONAL  
ACTIVITIES**

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**Editorial Review**

*Ad hoc reviewer:*

Journal of Personality Disorders

*Co-reviewer*

American Journal of Psychiatry

Psychological Science

Cognition and Emotion

**Affiliations**

American Psychological Association

Society for Psychotherapy Research

Society for the Exploration of Psychotherapy Integration