

**Westley A. Youngren**  
Curriculum Vitae  
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## **CURRENT POSITIONS**

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2023 - **University of Missouri Kansas-City**  
Present Psychology  
Kansas-City, Missouri  
Assistant Professor

## **EDUCATION**

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2022 **Doctor of Philosophy (Ph.D.)**  
University of Kansas, Department of Psychology, Lawrence, KS  
Major: Clinical Psychology  
Minor: Quantitative Psychology  
Dissertation Title: *Triggers of Posttrauma Nightmare; Replication & Progression*

2018 **Master of Arts (M.A.)**  
University of Kansas, Department of Psychology, Lawrence, KS  
Major: Clinical Psychology  
Minor: Quantitative Psychology  
Thesis Title: *Assessing Triggers of Posttrauma Nightmares*

2016 **Bachelor of Arts (B.A.)**  
The University of Tulsa, Tulsa, OK  
Major: Psychology

## **GRANT ACTIVITIES**

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Fall 2023 **Sleep Research Society: Small Research Grant**  
*Role: Primary Investigator*  
Developed grant submission for targeted dream incubation feasibility study. Funds will be used to pay subjects for participation and to hire a data analyst. Created, revised, and submitted all grant materials.

Fall 2022 **VA MIRECC Pilot Project Grant**  
*Role: Primary Investigator*  
Developed grant submission for a longitudinal assessment of sleep quality, nightmares, and suicide within a veteran population. Funds will be used to pay subjects for participation and to hire a data analyst. Created, revised, and submitted all grant materials.

Spring 2020 **APA Division 19 (Military Psychology) Student Research Grant**  
*Role: Primary Investigator*  
Developed and proposed a doctoral student research study which utilized at-home sleep assessment measures to examine predictors of posttrauma nightmares. Created, revised, and submitted all required documents for APA submission.

- Fall 2019     **DREEM Research Equipment Grant**  
*Role: Primary Investigator*  
 Developed and proposed a research protocol that utilized DREEM headband devices to assess sleep quality and nightmares within trauma exposed populations. Created, revised, and submitted all required documents for submission.
- Spring 2018   **Psychology Strategic Initiative Grant**  
*Role: Primary Investigator*  
 Primary investigator, on a strategic graduate student initiative grant used to purchase a portable EEG system that can cue specific frequencies to be played during slow-wave sleep (DREEM Device). Developed, revised, and submitted the application.
- Fall 2017     **University of Kansas Graduate Research Grant**  
*Role: Primary Investigator*  
 Submitted a small research grant in order to assist with the dissemination of scientific information to a large research conference. Awarded grant Fall 2017. Developed, revised, and submitted the application
- Fall 2016     **University of Kansas Graduate Research Grant**  
*Role: Primary Investigator*  
 Primary investigator, under supervision of Nancy A. Hamilton, PhD, on a research grant used to purchase physiological equipment for longitudinal sleep study. Developed, revised, and submitted the application.
- Spring 2015   **University of Tulsa Student Research Grant**  
*Role: Primary Investigator*  
 Primary investigator, under supervision of Joanne L. Davis, PhD, on a research grant used to purchase physiological equipment for longitudinal sleep study. Developed, revised, and submitted the application. Grant for \$500 was awarded Spring 2015.

## **PEER-REVIEWED PUBLICATIONS**

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- Youngren, W. A.**, Hamilton, N. A., & Preacher, K. (2023). Assessing triggers of posttrauma nightmares, a replication & progression study. *Journal of Psychological Trauma*.
- Hamilton, N. A., Russell, J. A., **Youngren, W. A.**, Gallegos, A. M., Crean, H. F., Cerulli, C., Bishop, T. M., Hamadah, K., Schulte, M., Pigeon, W. R., & Heffner, K. L. (2023). CBT-I Treatment Attrition in Patients with Weekly Nightmares. *Journal of Clinical Sleep Medicine*.
- Youngren, W. A.**, Balderas, J. C., Reis, D., & Hamilton, N. A. (2022). Examining the Factor Structure of the Posttraumatic Checklist for Civilians. *Psychological Reports*.
- Williams, A.J., Botanov, Y., Giovanetti, A.K., Perko, V.L., Sutherland, C.L., **Youngren, W.**, & Sakaluk, J.K. (2022). A metascientific review of the evidential value of Acceptance and Commitment Therapy for depression. *Behavior Therapy*.
- Youngren, W. A.**, Balderas, J. C., & Miller, K. A. (2021). How sleep disordered breathing impacts posttrauma nightmare treatment and characteristics. *APA Journal of Dreaming*.

- Leamaster, N., Fulton, J., **Youngren, W.**, & Ingram, P. (2021). Depression and Substance Use: The CES-D in a longitudinal multi-site study of residential treatment centers. *Addictive Behaviors*.
- Ingram, P., Morris, N., Golden, B., **Youngren, W.**, Fulton, J., Sharpnack, J. (2021). The Influence of Service Era: Comparing Personality Assessment Inventory (PAI) scale scores within a Posttraumatic Stress Disorder Treatment Clinic (PCT). *The Journal of Clinical Psychology in Medical Settings*
- Youngren, W. A.**, Hamilton, N. A., & Preacher, K. (2020). Assessing triggers of posttrauma nightmares. *The Journal of Traumatic Stress*.
- Youngren, W.A.**, Miller, K.E., & Davis, J.L. (2018). Medical practitioners' knowledge of and treatment attitudes toward nightmares. *The Journal of Clinical Psychology in Medical Settings*.
- Stillman, A.N., **Youngren, W.A.**, Sisante, J.F.V., Billinger, S.A., Taylor, C. & Aupperle, R.L. (2016). Combat PTSD and implicit behavioral tendencies for positive affective stimuli. *Frontiers in Psychology, section Psychopathology*.

#### MANUSCRIPTS UNDER REVIEW

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- Youngren, W. A.**, Bishop, T. M., & Pigeon W. A. (Under Review). Nightmare types on their impact on suicide and treatment outcomes. *Under review with the Journal of Clinical Sleep Medicine*.
- Bishop, T.M., **Youngren, W.A.**, Klein, J., Speed, K., & Pigeon, W.A. (Under Review). Sleep disorders and suicide attempts following discharge from residential treatment. *Under review with the Journal of Military Behavioral Health*.
- Pigeon W. A., **Youngren W. A.**, Carr M., Bishop T. M., & Seehuus M. (Under Review). Relationship of Insomnia to Sexual Function and Sexual Satisfaction: Findings from the Sleep and Sex Survey II. *Under review with the Journal of Psychosomatic Research*.

#### ORAL PRESENTATIONS

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- Youngren, W.A.**, Garret, M., & Hamilton, N.A. (2022). Presleep Thought Content & Nightmare Occurrences. *Presented at 39th International Association for the Study of Dreams Conference*.
- Youngren, W.A.**, Hamilton, N.A. (2020). Triggers of nightmares within a VA population. *Presented at the American Psychological Association Annual Meeting*. Virtually presented.
- Youngren, W.A.**, Hamilton, N.A. (2019). Conducting collaborative research between a University and A Veterans Affairs hospital. *Presented at the University of Kansas' Research Development Conference*. Lawrence, KS.
- Youngren, W.A.**, Hamilton, N.A. (2019). A posttrauma nightmare. *Presented at the University of Kansas 3-Minute Research Competition*. Lawrence, KS.
- Youngren, W.A.**, Hamilton, N.A. (2018). The relationship between sexual traumas and posttrauma nightmares. *Presented at the University of Kansas Graduate Research Competition*. Lawrence, KS.
- Youngren, W.A.**, Stillman, A.N., & Aupperle, R.L. (2015). Sleep quality's moderating effect

on combat exposure & PTSD. *Presented at Oklahoma Psychological Association Conference.* Enid, OK.

**Youngren, W.A., & Stillman, A.N.** (October). An overview of sleep. *Presented to the Trauma Research, Assessment, Prevention & Treatment Center (TRAPT).* The University of Tulsa, Tulsa, OK.

**Youngren, W.A.** (2015). Emotional processing, such stuff as dreams. *Oral presentation at the Sleep for Science, Sleep Research Lab.* Providence, RI.

**Youngren, W.A.** (2015). Individual differences, sleep quality, and work perceptions. *Oral presentation at the 18th annual University of Tulsa Research Colloquium.* Tulsa, OK.

**Youngren, W.A.** (2014). A broad overview of sleep research, with special regards to psychological studies. *Invited presentation to Teams, Attitudes, & Climate Lab (TACL).* Tulsa, OK

**Youngren, W.A.** (2014). The effects of communication on conflict within a team. *Oral presentation at the 17th annual University of Tulsa Research Colloquium.* Tulsa, OK.

**Youngren, W.A.** (2013). The actor partner interdependence model (APIM): A better understanding of a team. *Invited presentation to Teams, Attitudes, & Climate Lab (TACL), University of Tulsa.* Tulsa, OK.

**Youngren, W.A.** (2013). Intraclass correlations (ICC's): A presentation on nesting. *Invited presentation to Teams, Attitudes, & Climate Lab (TACL), University of Tulsa.* Tulsa, OK.

## **POSTER PRESENTATIONS**

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**Youngren, W.,** Heffner, K., Bishop, T., Cerulli, C., Gallegos, A., Crane, H., and Pigeon, W. (2023) The Role of Fear of Sleep in Cognitive Behavioral Therapy for Insomnia and Cognitive Processing Therapy. Presented at the Annual Sleep Conference.

Pigeon, W., Funderburk, J., Crean, H., Bishop, T., Cross, W., and **Youngren, W.,** (2023). An RCT of Brief CBT for Insomnia among Primary Care Patients with Suicidal Ideation. Presented at the Annual Sleep Conference.

**Youngren, W. A.,** Klein, J., S., Ashrafioun, L., Carr, M., Pigeon, W. R., & Bishop, T. M. (2022). Nightmares and suicide attempts among veterans: Do nightmare types matter? Poster presented at the 2022 VISN 2 VA Research Week Virtual Poster Session: Science in the Service of Veterans. Virtual.

Bishop, T. M., **Youngren, W. A.,** Ashrafioun, L., Carr, M., & Pigeon, W. R. (2022). Nightmare type and its association with suicide attempts among veterans. Poster presented at the 36th Annual Meeting of the Associated Professional Sleep Societies. Charlotte, NC

**Youngren, W.A.,** Gratton, M., Baber, G., & Hamilton, N.A. (2022). Presleep Thought Content & Nightmare Occurrences. *To be presented at International Association for the Study of Dreams Annual Conference.*

**Youngren, W.A.,** Gratton, M., & Hamilton, N.A. (2021). Nightmare frequency and sleep quality as impacted by the Covid-19 pandemic. *Presented at the Sleep Annual Conference.* Virtually.

**Youngren, W.A.,** Miller, K., & Hamilton, N.A. (2020). A bout of sleep apnea or a

posttrauma nightmare occurrence. *Presented at the Sleep Annual Conference*. Virtually.

Meysing, A., Schulte, M., **Youngren, W.A.**, & Hamilton, N.A. (2020). Sleep, nightmares, and the maintenance of PTSD symptoms. *To be presented at the Sleep Annual Conference*. Virtually.

**Youngren, W.A.**, Schulte, M., & Hamilton, N.A. (2019). The impact of awakening after a posttrauma nightmare on next day mood. *Presented at the International Society for Traumatic Stress Studies Annual Conference*. Boston, MA.

Schulte, M., **Youngren, W.A.**, & Hamilton, N.A. (2019). Examining the gender effect in posttrauma nightmares. *Presented at the International Society for Traumatic Stress Studies Annual Conference*. Boston, MA.

**Youngren, W.A.**, Hamilton, N.A., Hemmer, E., Schulte, M., & Ostrander, B. (2019). Testing potential triggers of bad dreams & nightmares. *Presented at the Sleep annual meeting*. San Antonio, TX.

**Youngren, W.A.**, Hamilton, N.A., Ostrander, B., Stover, A. (2018). Assessing triggers of posttrauma nightmares. *Presented at the International Society for Traumatic Stress Studies Annual Conference*. Washington, D.C.

**Youngren, W.A.**, Khou, C., Boddy, L., Hemmer, E., & Hamilton, N. (2018). Are certain types of trauma more likely to create nightmares? *Presented at the Sleep annual meeting*. Baltimore, MD.

**Youngren, W.A.**, Hamilton, N.A., & Khou, C. (2017). Trauma and posttrauma symptoms on a college campus. *Presented at the International Society for Traumatic Stress Studies annual meeting*. Chicago, IL.

**Youngren, W.A.**, Miller, K.E., Burgoyne, C.E., & Davis, J.L. (2017). Medical practitioners' knowledge of and treatment attitudes toward sleep disorders, specifically nightmares. *Presented at the Sleep annual meeting*. Boston, MA.

**Youngren, W.A.**, Stillman, A.N, Scholl, J.A, Cranston, C.C, & Davis, J.L. (2016, June) The effect of posttraumatic growth on posttraumatic nightmare content. *Presented at the Sleep annual meeting*. Denver, CO.

**Youngren, W.A.**, Stillman, A., & Aupperle, R. (2015). The moderating effect of sleep quality between combat exposure and PTSD. *Poster presented at the annual International Society for Traumatic Stress Studies conference*. New Orleans, LA

Miller, K.E., Davis, J.L., **Youngren, W.A.** (2015). Treating nightmares among trauma-exposed persons with bipolar disorder. *Poster presented at the annual International Society for Traumatic Stress Studies conference*. New Orleans, LA.

Stillman, A.N., **Youngren, W.A.**, Sisante, J.F.V., Billinger, S.A., Taylor, C. & Aupperle, R. (2015). Avoiding happiness: combat PTSD and implicit behavioral tendencies for positive affective stimuli. *Poster presented at the 2015 Zarrow Mental Health Symposium 21st Annual meeting*. Tulsa, OK.

**Youngren, W.A.**, Miller, K.E., Scholl, J.A, Davis, J.L., & Cranston, C.C. (2015).

Emotional regulation and depression symptoms: The impact on sleep. *Poster presented at the SLEEP annual meeting*. Seattle, WA.

**Youngren, W.A**, Cunningham, S., & Narayan, A. (2015). Relationships between personality, sleep quality, psychological safety, and perceived workload. *Presented at the 30th annual Society for Industrial and Organizational Psychology Conference*. Philadelphia, PA.

**Youngren, W.A**, Miller, K.E., Scholl, J.A., Davis, J.L., & Cranston, C.C. (2015). Are sleep quality and nightmares related to difficulties with emotional regulation? *Presented at the annual Southwestern Psychological Association Conference*. Wichita, KS.

**Youngren, W.A**, & Narayan, A. (2014). Exploring the relationships between sleep quality and work outcomes. *Poster session presented at Oklahoma Psychological Association Annual Conference*. Tulsa, OK.

## RESEARCH EXPERIENCE

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### **Sleep & Neurophysiology Research Lab**

Center of Excellence for Suicide Prevention

Veterans Affairs Medical Center, Canandaigua, NY

Mentor: Wilfred Pigeon, Ph.D.

*Position: Advanced Postdoctoral Fellow (2022 to Present)*

I attend bi-weekly meetings and assist in a clinical research lab that focuses on the intersection of sleep and suicide. Responsibilities include writing grant applications, submitting analyses requests, synthesizing analyses into poster presentations, and reviewing electronic medical records for data collection.

#### **Fall 2021 Nightmares and Suicide Attempts**

-Present *Position: Lead Investigator*

Project aims to investigate the relationship between sleep disorders, nightmares, and suicide. Both longitudinal and cross-sectional research methods are being used to examine said relationship. Data collected has been used for presentations and manuscripts, and is currently being used for a larger grant submission.

#### **Fall 2021 Clinical Implications of Lucid Dreaming and Presleep Hypnagogic Stimulation**

-Present *Position: Lead Investigator*

Project aims to investigate how lucid dreaming training and presleep auditory cues can supplement current psychotherapies for trauma-related nightmares. Pilot data on the impact of portable PSG dream inducing devices has been collected and is currently being used for grant submissions. Lucid dreaming training protocol is being created, tested, and formatted to supplement nightmare rescripting protocol.

#### **Fall 2021 Hypersomnia Classification System**

-Present Supervisors: Todd Bishop, Ph.D.

*Position: Co-Investigator*

This study was designed to create a reliable algorithm for successfully classifying hypersomnia disorder within a veteran population. First review of electronic medical records has been completed. We are currently reviewing medical records and manually classifying hypersomnia diagnoses or misdiagnoses for a second time, in order to test algorithm's classification accuracy.

**Hamilton Health Psychology Lab**

The University of Kansas, Lawrence, KS

Supervisor: Nancy Hamilton, Ph.D., Department of Psychology

*Position: Co-Investigator*

I Attend weekly meetings and assist in a clinical research lab which focuses on the following topics: sleep, health psychology, and trauma. Additional duties include project creation, IRB writing and submission, conducting research protocols, overseeing and mentoring undergraduate research assistants, and data cleaning and analyses on collected data.

Fall 2017      **The Nightmare Augmented Protocol (The NAP)**

-Present      *Position: Lead Investigator*

After conducting a systematic literature review on current nightmare treatments and auditory stimulation, and presleep cognitions, I developed a treatment study that uses auditory stimulation during sleep and presleep cognitive suggestions to enhance the effectiveness of a rescripting focused nightmare treatment protocol (Exposure Relaxation Rescripting Therapy; ERRT). This project is currently active and enrolling participants at an inpatient PTSD program and a local VA hospital. This project included a collaboration with a local VA hospital (where I submitted and was awarded IRB approval) and with engineers from MIT and the DREEM company (who helped provide and analyze sleep monitoring devices).

Spring 2017      **Assessing Triggers of Posttrauma Nightmares (AT Night)**

-Present      *Position: Lead Investigator*

After conducting a systematic literature review, I developed a longitudinal study assessing potential triggers of posttrauma nightmares in a samples of trauma exposed individuals. I developed and submitted the IRB protocol. Worked with local mental health care providers and VA practitioners to recruit trauma survivors who reported experiences frequent nightmares. Collected data, analyzed results, and presented findings at a national trauma conference. Currently collecting data to replicate and further previous findings with one manuscript currently under review.

Spring 2020      **COVID, Sleep, & Mental Health Survey**

- Fall 2021      Supervisor: Nancy Hamilton, Ph.D.

*Position: Co-Investigator*

This study was designed to assess the mental health impacts of COVID-19, specifically focusing on stress, rumination, sleep, and trauma related symptoms due to COVID-19. After conducting a systematic literature review, I developed the research protocol and helped create and submit the IRB. This project is currently collecting data in samples of Mturk workers, college students, and nurses living in North America. Data is being synthesized and written into peer-reviewed publications.

Fall 2019      **Frightening Exposure, Affective Response, and Dreams (FEARD)**

-Fall 2021      Supervisor: Nancy Hamilton, Ph.D.

*Position: Lead Investigator*

This study was a continuation of AT Night. Developed a longitudinal study assessing potential triggers of nightmares and bad dreams after exposure to frightening stimuli. For the purpose of this study, the frightening stimuli was a immersive haunted house attraction. Developed IRB protocol. Worked with haunted house attraction to ensure collaboration. Exposed participants to the haunted house, collected pre and postsleep data after exposure, analyzed results, and submitted findings to annual sleep conference.

Fall 2016 **Prevalence of Traumatic Experiences on Campus (POTEC)**

-Spring 2021 Supervisors: Nancy Hamilton, Ph.D.

*Position: Lead Investigator*

Conducted a literature review over trauma prevalence rates, related posttrauma symptoms, and predictors of symptom development in a college. Developed a two time-point study used to assess predictors of symptom development as well as trauma and posttrauma symptom prevalence rates. Time point one assesses predictors of symptom development after a trauma, prevalence of traumatic experiences, and posttrauma symptoms in a college sample. Time point assess the occurrence of a traumatic event and posttrauma symptoms. Developed IRB protocol. Currently collecting data.

**Evaluating the Clinical Utility of Assessment Practices on a PTSD Clinical Team**

Topeka Veterans Affairs Hospital

Supervisor: Dr. Paul Ingram & Dr. Jim Sharpnack

*Position: Graduate Research Assistant (Spring 2019 to Fall 2021)*

Collected and entered treatment outcome data on variables related to treatment type, assessment type, depression, anxiety, quality of life, and trauma-related symptoms. Data was used for analyses examining symptom distinctions between veteran cohorts.

**William C. Dement, Sleep and Chronobiology Research Fellowship**

Brown University/ Bradley Hospital, Providence, RI

Supervisor: Mary Carskadon, Ph.D.

*Position: Research Technician (Summer 2015)*

Assisted with a sleep research experiment. Responsibilities included: Supervising the care of several adolescents through protocol procedures, applying EEG electrodes, working closely with polysomnography (PSG), using PSG techniques to score sleep stages, administering self-report surveys, administering physiological measures/tasks, applying respiration measures, monitoring and serving food choices and intake, logging participants' behaviors. Participated in ongoing individual project by conducting literature review on rapid eye movement sleep, dream content, and emotional processing.

**Neurocognitive Aspects of Anxiety and Trauma Treatment (NEUROCAT)**

Laureate Institute for Brain Research, Tulsa, OK

Supervisor: Robin Aupperle, Ph.D.

*Position: Research Assistant (Spring 2015 to Spring 2016)*

Attended weekly meetings and assist in a research lab focusing on using neurocognitive methods to enhance understanding of anxiety and post-traumatic stress disorder (PTSD). Was responsible for cleaning data in Microsoft Excel, Microsoft Access, and SPSS for a project focused on neuropsychological correlates of PTSD, using an emotional decision-making task (the Approach-Avoidance Conflict task) to better understand behavioral, physiological, and neural correlates of anxiety.

Spring 2015 **Examining the Relationship between PTSD, Sleep, & Combat**

-Spring 2016 Supervisors: Ashley Stillman, (Graduate Student) & Robin Aupperle, Ph.D.

*Position: Lead Researcher*

Conducted a literature review on sleep, combat, and PTSD. Have cleaned and conducted data analyses using an SPSS Macro and Microsoft Excel. Submitted manuscript and presented posters that explain results of analyses. Results were used for peer-reviewed publications. Results from data were also used for larger analyses including grant submission data.



Spring 2015 **Neurocognitive Predictors of Behavioral Therapy Response in Depression**  
 -Spring 2016 **and Anxiety**  
 Supervisor: Robin Aupperle, Ph.D.  
*Position: Research Assistant*  
 Aided in participant recruitment and scheduling, data collection, attaching EEG electrodes and other physiological measures, cleaning data, running participants through FMRI protocols, and conducting statistical analyses.

### **Trauma Research, Assessment, Prevention, & Treatment Center (TRAPT)**

The University of Tulsa, Tulsa, OK

Supervisor: Joanne L. Davis, Ph.D., Department of Psychology

*Position: Research laboratory member (Spring 2013 to Spring 2016)*

Conducted literature reviews, participated in data collection, analyzed data, coordinated undergraduate data collection, assisted in recruitment for clinical trials, and developed independent projects.

Fall 2014 **Efficacy of a Brief Treatment for Chronic Nightmares among Trauma**  
 -Spring 2015 **Exposed Persons with Bipolar Disorder (B-ERRT)**  
 Supervisors: Katherine E. Miller, MA (Graduate Student) & Joanne L. Davis, Ph.D.  
*Position: Undergraduate Research Assistant*  
 Assisted with recruitment for this pilot trial assessing the efficacy of a cognitive behavioral treatment (B-ERRT) of nightmares in trauma exposed adults with bipolar disorder. Distributed information to clinicians and other mental health professionals.

Fall 2014 **Broad Assessment of Differential Adaptation and Symptom Severity**  
 -Spring 2016 Supervisors: James A. Scholl (Graduate Student) & Joanne L. Davis, Ph.D.  
*Position: Undergraduate Project Manager*  
 Was responsible for training undergraduate research assistants in the administration of questionnaires and data entry in this comprehensive study assessing trauma, personality, and health variables. Coordinated researchers and utilized the SONA System, an online human subject's pool program, for data collection. Managed SPSS and excel databases. Edited IRB documents, ran analyses on the current data, and constructed amendments to this study by adding additional measures.

Summer **A General Medical Opinion: In Regards to Psychological Treatment, Sleep**  
 2014 - **Disturbances, and Nightmares**  
 Spring 2016 Supervisors: Joanne L. Davis, Ph.D., & Katherine Miller, MA (Graduate Student)  
*Position: Lead Researcher*  
 Conducted a literature review over medical professionals' views on sleep disorders, specifically nightmares. Developed study assessing the medical field's perspective of psychological treatments in regard to sleep disturbances and nightmares. Developed IRB protocol. Currently collecting data.

Summer **Dreams, Health, and Negative Stimuli**  
 2014 - Supervisors: Joanne L. Davis, Ph.D. & Katherine Miller, MA (Graduate Student)  
 Spring 2016 *Position: Lead Researcher*  
 Conducted literature review on the subjects of dreams, sleep quality, health, exposure to negative/stressful stimuli, vicarious trauma, and secondary stress. Designed a two-week longitudinal experimental study, which uses portable physiological measures (phone measures & Basis Peak health tracker) and developed IRB protocol. Submitted and was awarded a research grant for physiological equipment. Currently collecting data.

**TEACHING EXPERIENCES**

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- Fall 2022     **Independent Course Instructor**  
The University of Kansas  
Format: Virtual & Synchronous  
*Instructor for Introduction to Psychology*  
Course covered basic introduction to psychology for incoming freshman students. Topics covered include, research methods, statistics, developmental psychology, social psychology, clinical psychology, and writing within the psychological sciences. Responsibilities include lectures, grading and administrative duties (i.e. grading a assessment creation). This course serves as the psychology 101 class for the university of Kansas.
- Spring 2021   **Independent Course Instructor**  
The University of Kansas  
Format: Virtual & Non-Synchronous  
*Instructor for The Psychology & Neuroscience of Sleep & Dreaming*  
Course covered the topics of sleep and dreaming under the paradigms of psychology and neuroscience. This course was taught online with no synchronous meeting times. For this class, I developed the content, assignments, and created the online version on Blackboard for non-synchronous sessions.
- Fall 2020     **Independent Course Instructor**  
The University of Kansas  
Format: Virtual & Synchronous  
*Instructor for The Psychology & Neuroscience of Sleep & Dreaming*  
Course covered the topics of sleep and dreaming under the paradigms of psychology and neuroscience. This course was taught online with weekly synchronous meeting times. For this class, I developed the content, assignments, and created the online version on Blackboard for sessions conducted twice a week over Zoom.
- Summer 2020  **Independent Course Instructor**  
The University of Kansas  
Format: Virtual & Non-Synchronous  
*Instructor for The Psychology & Neuroscience of Sleep & Dreaming*  
Course covered the topics of sleep and dreaming under the paradigms of psychology and neuroscience. This course was taught online with no synchronous meeting times. For this class, I developed the content, assignments, and created the online version on Blackboard for non-synchronous sessions.
- Spring 2020   **Independent Course Instructor**  
The University of Kansas  
Format: Hybrid (In-Person & Virtual)  
*Instructor for The Psychology & Neuroscience of Sleep & Dreaming*  
Course covered the topics of sleep and dreaming under the paradigms of psychology and neuroscience. This course was initially taught in-person, but due to the Covid-19 pandemic was transferred to an online format with synchronous meeting times. For this class, I developed the content, assignments, and created the online version on Blackboard for synchronous sessions.

- Fall 2019      **Independent Course Instructor**  
 The University of Kansas  
 Format: In-Person  
*Instructor for The Psychology & Neuroscience of Sleep & Dreaming*  
 Course covered the topics of sleep and dreaming under the paradigms of psychology and neuroscience. This course was taught in-person with weekly synchronous meeting times. I was the lead developer for this class which included creating all of the content, assignments, and lectures, assigned readings, and grading.
- Fall 2018      **Independent Course Instructor**  
 The University of Kansas  
 Format: Virtual & Synchronous  
*Instructor for Social Psychology*  
 Taught introductory to social psychology. This included building shaping course lectures, creating assessment material, and managing online material, and grading assignments. Additionally, I assisted with student development, mentorship, understanding of key social psychology concepts, and course related inquiries.
- Fall 2016      **Graduate Teaching Assistant**  
 -Spring 2018      The University of Kansas  
*Assisted with the following courses: Clinical Neuroscience, Cognitive Neuroscience, Developmental Psychology, Health Psychology, & Research Methods*  
 Format: In-Person  
 Assisting with these classes consisted of working with professors to administer course objectives to student, adding in presentation assembly, grading, and teaching. Taught several classes independently. Helped students with tutoring, mentorship, and understanding key concepts related to course content.

## CLINICAL EXPERIENCES

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- 2021-2022      **Canandaigua VA Medical Center, Doctoral Internship**  
**Canandaigua Veterans' Administration Medical Center, Canandaigua, NY**  
*Supervisor: Claudiu Dumitrescu, Psy.D.*  
*Description:* Providing multiple evidence-based protocols interventions (such as Cognitive Processing Therapy [CPT] and Dialectical Behavior Therapy [DBT]) to outpatient veterans via individual and group therapy sessions. Veterans represented a range of socioeconomic backgrounds, age, gender, and ethnicity. Lead weekly group sessions for suicide, PTSD, and the impact of military sexual trauma. Participate in inter-professional treatment team meetings as well as provide consultation to nursing staff. Participate in weekly supervision meetings. Conduct integrative assessments for diagnostic purposes, which range from psychodiagnostics to neurological assessments.
- 2019-2021      **Stress Disorder Treatment Program, Practicum**  
**Colmery-O'Neil Veterans' Administration Medical Center, Topeka, KS**  
*Supervisor: Jonathan Farrell-Higgins, Ph.D.*  
*Description:* Provided Cognitive Processing Therapy (CPT), Cognitive Behavioral Therapy (CBT), and Exposure, Relaxation, Rescripting Therapy (ERRT) to veterans on an inpatient PTSD unit via individual and group therapy sessions. Veterans represented a range of socioeconomic backgrounds, age, gender, and ethnicity. Lead weekly Cognitive Behavioral Therapy for Insomnia (CBT-I) group sessions as the lead clinician. Participated

in inter-professional treatment team meetings, during initial, mid-term, and final client assessments. Participated in weekly supervision meetings. Conducted integrative assessments for diagnostic purposes, which included writing integrative reports.

- 2017-2021 **University of Kansas Psychological Clinic Practicum**  
**KU Psychological Clinic, The University of Kansas, Lawrence, KS**  
*Supervisors:* Sarah Kirk, Ph.D., ABPP, Cynthia Schnacke, Ph.D., & Alex Williams, Ph.D.  
*Description:* Provided individual psychotherapy to adults who are community residents, university staff, and university students representing a range of socioeconomic and educational backgrounds. Employed several treatments modalities including: Cognitive Behavioral Therapy (CBT), Acceptance & Commitment Therapy (ACT), Motivational Interviewing, Exposure Response Prevention (ERP), The Unified Treatment Protocol, Interpersonal Therapy, Dialectical Behavioral Therapy (DBT), and Psychodynamic Therapy. Conducted integrative assessments for diagnostic purposes, which included writing integrative reports. Conducted both adult and child cognitive, ADHD and LD assessments. Participated in weekly individual, team, and group supervision meetings.

## CLINICAL WORKSHOPS

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- Summer 2019 **Cognitive Processing Therapy for Posttraumatic Stress Disorder**  
*VA Eastern Kansas Health Care Systems, Lawrence, KS*  
 Presenter: Jonathan Farrell-Higgins, Ph.D.  
 Taught how to proficiently conduct Cognitive Processing Therapy (CPT). This included lectures over rationale and research behind the intervention as well as an introduction of how to implement each CPT session.
- Summer 2018 **Nightmare Treatment for Chronic Nightmares and Sleep Disturbances in Veteran Administration (VA) Settings**  
*VA Eastern Kansas Health Care Systems, Lawrence, KS*  
 Presenter: Joanne Davis, Ph.D.  
 Taught how to proficiently conduct Exposure Relaxation and Rescripting Therapy (ERRT) in veteran populations. This included lectures over sleep disorders, sleep treatments, trauma related symptoms, PTSD treatments, as well as a step by step introduction of how to implement each ERRT session. Workshop also included practical application of ERRT.
- Spring 2017 **Exposure, Relaxation, and Rescripting Therapy (ERRT): For Chronic Nightmares and Sleep Disturbances in Trauma-Exposed Adults**  
*The University of Kansas, Lawrence, KS*  
 Presenter: Joanne Davis, Ph.D.  
 Taught how to proficiently conduct Exposure Relaxation and Rescripting Therapy (ERRT). This included lectures over sleep disorders, sleep treatments, trauma related symptoms, PTSD treatments, as well as a step by step introduction of how to implement each ERRT session. Workshop also included practical application of ERRT.
- Fall 2015 **Cognitive Behavioral Therapy for Insomnia (CBT-I)**  
*The University of Tulsa, Tulsa, OK*  
 Presenter: Joanne Davis, Ph.D.  
 Taught how to proficiently implement Cognitive Behavioral Therapy for Insomnia (CBT-I). This included lectures over sleep disorders and current sleep disorder treatments, as well as a step by step introduction of how to implement each CBT-I session.

## ACADEMIC HONORS AND AWARDS

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- 2021 **Dissertation Honors**  
Received Honors distinction for dissertation defense, The Replication and Progression of Assessing Triggers of Posttrauma Nightmares
- 2018 **2018 Sandy Dinoff Memorial Health Psychology Research Award, Psychology Department, The University of Kansas**  
The Sandy Dinoff Memorial Health Psychology Research Award is given to graduate student who is exceling in their independent psychology research
- 2015 **Outstanding Undergraduate Researcher, Psychology Department, The University of Tulsa**  
The Outstanding Undergraduate Researcher Award is given to the undergraduate who most exemplifies the spirit of the psychologist as a scientist
- 2015 **Dement Summer Fellowship, Brown University**  
The Dement Fellowship is a summer sleep research program at the Brown University, where individuals learn the most up to date sleep research methods, under Dr. Mary Carskadon
- 2014 **Outstanding Junior, Psychology Department, The University of Tulsa**  
The Outstanding Junior Award is given to the junior psychology major who excels in multiple areas including coursework, departmental involvement, research productivity, and community service.

## MILITARY HONORS AND AWARDS

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- 2011 **Navy Achievement Medal, United States Marine Corps**  
Awarded for outstanding performance and conduct aboard Presidential retreat Camp David.
- 2011 **Letter of Appreciation from President Barrack Obama**  
Received for service to the White House, at Presidential retreat Camp David.
- 2011 **Presidential Support Badge, United States Marine Corps**  
Awarded for two years of outstanding service at Presidential retreat Camp David, under Pres. Barack Obama.

## VIRTUAL LEARNING EXPERIENCES

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- Summer 2020 **Sleep and Circadian Summer School**  
The University of Colorado  
Took part in a week-long virtual learning course of the summer of 2020. This course was intended to be a transdisciplinary training in sleep and circadian science event. The course included daily sleep and circadian related classes over the duration of a week. Classes included topics such as, “Circadian Medicine” and “Sleep and Circadian Disturbances and Health Disparities.” The class was virtual due to Covid-19.
- Fall 2020 **University of Kansas’ Men’s Action Project**  
The University of Kansas

The KU Men's Action Project is a multi-week, cohort-based program intended to facilitate dialogue encouraging and challenging participants to critically examine masculine norms in the campus community, discuss the systemic connections between traditional masculinity and sexual violence, and addresses unhealthy expressions of masculinity that harm women, men, and other folx. This approach focuses on participants creating personal definitions of healthy masculinity and learning how they can take an active role in the prevention of sexual violence in their communities.

## EDITORIAL SERVICE

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Spring 2019 Reviewer: *Military Psychology*  
Spring 2018 Reviewer: *Military Psychology*  
Fall 2016 Reviewer: *Psychological Trauma: Theory, Research, Practice, and Policy*  
Spring 2015 Co-Reviewer: *Journal of Trauma & Disassociation*

## REFERENCES

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