

## **CURRICULUM VITAE**

**Steven L. Bistricky, Ph.D.**

Licensed Psychologist, State of Colorado (# 0005610), State of Texas (# 38467)

September 2023

### **CONTACT INFORMATION**

**Business Address:** University of Colorado at Colorado Springs  
1420 Austin Bluffs Parkway  
Colorado Springs, CO 80918

**Business phone:** (719) 255-4150

**E-mail address:** sbistic@uccs.edu

### **POSITIONS**

2021-present      **UNIVERSITY OF COLORADO AT COLORADO SPRINGS**  
Assistant Professor, Department of Psychology  
Associate Director of Clinical Training (8/1/2023-present)  
    Director of Clinical Psychology M.A. Program  
    Director of Clinical Psychology Ph.D. Program Trauma Track  
Trauma Subplan Coordinator for Clinical Psychology M.A. Program (2021-present)  
Core Faculty, Clinical Psychology Ph.D. (APA Accredited) and M.A. Programs

2021-present      **LYDA HILL INSTITUTE FOR HUMAN RESLIENCE**  
Research Affiliate

2012-2021      **UNIVERSITY OF HOUSTON-CLEAR LAKE**  
Associate Professor, Department of Clinical, Health, and Applied Sciences  
Director of Clinical Training, Clinical Psychology Master of Arts Program  
Core Faculty, Health Service Psychology Doctoral Program (APA Accredited-on contingency)

### **EDUCATION AND TRAINING**

2010-2012      **UNIVERSITY OF CALIFORNIA, SAN FRANCISCO**  
Clinical Psychology Internship and Post-Doctoral Fellowship  
Clinical Psychology Training Program, Department of Psychiatry, Langley Porter  
Psychiatric Hospital & Clinics (APA Accredited-Clinical)

2005-2010      **UNIVERSITY OF KANSAS**  
Clinical Psychology Ph.D. Program (APA Accredited-Clinical)  
Degrees: Master of Arts (February 2008), Doctor of Philosophy (August 2011)  
Master's Thesis: Reaction time and pupillary dilation measures of emotional information  
processing in dysphoria  
Dissertation: Inhibitory processing of sad facial expressions and depression  
vulnerability

1997-2000                    Master's Thesis and Dissertation Chair: Rick Ingram, Ph.D.  
 UNIVERSITY OF ARIZONA  
 Major: Communication  
 Degree: Bachelor of Arts, *Magna cum Laude* (May 2000)

1996-1997                    NORTHERN ARIZONA UNIVERSITY

## PUBLISHED PEER REVIEWED JOURNAL ARTICLES

1. Giménez-Zapiola\*, Pascuzzi, B.\*, Bathla, S.\*, Pollard, T.\*, & Schanding, G.T., & **Bistricky, S.L.** (2023). Sexual orientation, mental health symptoms, resilience, and self-care in professional psychology. *Journal of Bisexuality*. <https://doi.org/10.1080/15299716.2023.2248136>
2. **Bistricky, S.L.**, Brickman, S.\*, Littleton, H., & Short, M. (2023). Don't fade on me: Coping, instrumental support, and posttraumatic growth in the year following a catastrophic hurricane-flood. *Traumatology*. <https://dx.doi.org/10.1037/trm0000457>
3. Balderas, J.\*, **Bistricky, S.L.**, Millmann, M.\*, Gimenez-Zapiola, M.\*, Pascuzzi, B.\*, & Short, M.B. (2023). Brief online intervention model promotes sustained helping behavior across 6 months following a population-wide traumatic event. *Psychological Reports*. <https://doi.org/10.1177/00332941231164071>
4. Brickman, S.\*, Saltzman, L., & **Bistricky, S.L.**, & Wright, E. J. (in press). Predicting profiles of posttraumatic adaptation in first responders and civilians after the 2013 Boston Marathon bombings: The role of distress, growth, and emotion regulation. *Journal of Emergency Management*.
5. Short, M.B., Kaye, S.\*, Knight, C.\*, Riobueno-Naylor, A.\*, Lai, B., Elkins, S., Schanding, T., & **Bistricky, S.L.** (2023). Parental influence on child mental health and resilience post-Hurricane Harvey. *Journal of Child & Adolescent Trauma*. <https://doi.org/10.1007/s40653-023-00554-w>
6. Harper, K.L.\*, Short, M.B., **Bistricky, S.L.**, & Kusters, I. (2023). 1-2-3! Catch-up for HPV: A theoretically informed psychoeducational intervention to increase HPV vaccine uptake among young adults. *American Journal of Health Education*. <https://doi.org/10.1080/19325037.2022.2163005>
7. **Bistricky, S.L.**, Sublett, L., Moreno, G., Palmer, L.E.\*, & Marek, R.J. (2022). Self-other balance in context: A quiet ego may be meaningful and adaptive in Latinx culture and work settings. *Psychological Reports*. <https://doi.org/10.1177/00332941221144605>
8. **Bistricky, S.L.**, Walther, C., Balderas, J.\*, Prudon, J.\*, Ward, C., Ingram, R.E., & Atchley, R.A. (2021). Dysfunctional sleep insufficiency and reduced P3 attentional response to positive social information. *Sleep and Biological Rhythms*, 19(3), 237-245. <https://doi.org/10.1007/s41105-021-00309-w>

\* denotes mentored trainee/student

9. Balderas, J.\*, **Bistricky, S.L.**, Schield, S.\*, & Short, M.B. (2021) Spontaneous and instructed emotion-focused coping in dysphoria: Effects on emotion experience and use of other emotion-focused coping strategies. *Current Psychology*. <https://doi.org/10.1007/s12144-021-01924-z>
10. Long, L.J.\*, **Bistricky, S.L.**, Phillips, C.A.\*, D'Souza, J.M.\*, Richardson, A.L.\*, Lai, B.S., Short, M.B., & Gallagher, M.W. (2020). The unique impact of hope and resilience on mental health and well-being in the wake of Hurricane Harvey. *Journal of Traumatic Stress*, 22(6), 962-972. <https://doi.org/10.1002/jts.22555>
11. **Bistricky, S.L.**, Harper, K.\*, Balderas, J.\*, Cook, D.\*, Rios, D., & Short, M.B. (2020). Attentional avoidance of historically relevant, task-irrelevant facial affect: Past depression, interpersonal characteristics, and ethnicity. *Psychological Reports*, 123(6). <https://doi.org/10.1177/0033294119869825>
12. **Bistricky, S.L.**, Long, L.J.\*, Lai, B.S., Gallagher, M.W., Kanenberg, H., Elkins, S.R., Harper, K.L.\*, & Short, M.B. (2019). Surviving the storm: Avoidant coping, helping behavior, resilience, affective symptoms around a major hurricane/flood. *Journal of Affective Disorders*, 257:297-306. <https://doi.org/10.1016/j.jad.2019.07.044>
13. Balderas, J.\*, Schield, S.\*, Harper, K.\*, Schanding, T., Ingram, R.E., Atchley, R.A., & **Bistricky, S.L.** (2019). Current dysphoria, past major depression, and memory for affective facial expressions. *Current Psychology*. <https://doi.org/10.1007/s12144-019-00321-x>
14. Roberts, C.M.\*, Harper, K.L.\*, **Bistricky, S.L.**, & Short, M.B. (2019). Bedtime behaviors: Parental accommodations, mental health, and children's sleep disturbance behaviors. *Children's Health Care*. <https://doi.org/10.1080/02739615.2019.1605607>
15. Malchar, S.\*, Praytor, S.\*, Wallin, A.\*, **Bistricky, S.L.**, & Schanding, Jr., G.T. (2019). Evaluating family-school collaboration: A preliminary examination of the Family-School Collaboration Inventory. *Contemporary School Psychology*, 1-11. <https://doi.org/10.1007/s40688-019-00227-2>
16. Knott, L.\*, Wetterneck, C., Norwood, W., & **Bistricky, S.L.** (2018). The impact of training in Functional Analytic Therapy on therapists' target behavior. *Behavior Analysis: Research and Practice*. <https://doi.org/10.1037/bar0000097>
17. **Bistricky, S.L.**, Harper, K.\*, Roberts, C.\*, Cook, D.\*, Schield, S.\*, Bui, J.\*, & Short, M.B. (2018). Understanding and promoting stress management practices among college students with an integrated health behavior model. *American Journal of Health Education*, 49,1. <https://doi.org/10.1080/19325037.2017.1377651>
18. Gomez, J.\*, Hoffman, H.G., **Bistricky, S.**, Gonzalez, M., Rosenberg, L., Sampaio, M., García-Palacios, A. Navarro-Haro, M.V., Alhalabi, W., Rosenberg, M., Meyer 3rd, W.J., Linehan, M.M. (2017). The use of Virtual Reality facilitates Dialectical Behavior Therapy® “observing sounds and visuals” mindfulness skills training exercises for a Latino patient with severe burns: A case study. *Frontiers in Psychology: Clinical and Health Psychology*. <https://doi.org/10.3389/fpsyg.2017.01611>

19. **Bistricky, S.L.**, Gallagher, M.W., Roberts, C.\*, Ferris, L.\*, Gonzalez, A.\*, & Wetterneck, C. (2017). Frequency of interpersonal trauma types, avoidant attachment, self-compassion, and interpersonal competence: A model of persisting post-traumatic symptoms. *Journal of Aggression, Maltreatment, and Trauma*. <https://doi.org/10.1080/10926771.2017.1322657>
20. Short, M.B., Wetterneck, C.T., **Bistricky, S.L.**, Shutter, T., & Little, T.E.\* (2016). Clinicians' beliefs, observations, and treatment effectiveness regarding clients' sexual addiction and internet pornography use. *Community Mental Health Journal*, 51(8), 1070–1081. <https://doi.org/10.1007/s10597-016-0034-2>
21. Lee, E.\*, **Bistricky, S.L.**, Milam, A., Wetterneck, C., & Björgvinsson, T. (2016). Thought control strategies and symptom dimensions in obsessive-compulsive disorder: Associations with treatment outcome. *Journal of Cognitive Psychotherapy*, 30(3), 177–189. <https://doi.org/10.1891/0889-8391.30.3.177>
22. **Bistricky, S.L.**, Harrison, J.\*, Tran, K.\*, & Schield, S.\* (2016). Attending to emotional faces: Interpersonal connections and depression history. *Journal of Social and Clinical Psychology*, 35(3), 202-234. <https://doi.org/10.1521/jscp.2016.35.3.202>
23. **Bistricky, S.L.**, Tran, K.\*, & Muths, L.A.H.\* (2016). Increasing use and dissemination of stress reduction techniques: Learning, familiarity, and family history. *Training and Education in Professional Psychology*, 10(2), 117-124. <https://doi.org/10.1037/tep0000116>
24. **Bistricky, S.L.**, Ingram, R.E., Siegle, G.J., & Short, M.B. (2015). Parental depression risk and reduced physiological responses during a valence identification task. *Cognitive Therapy and Research*, 39(3), 318–331. <https://doi.org/10.1007/s10608-014-9660-6>
25. **Bistricky, S.L.**, Atchley, R.A., Ingram, R.E., & O'Hare, A. (2014). Biased processing of sad faces: An ERP marker candidate for depression vulnerability. *Cognition and Emotion*, 28(3), 470-492. <https://doi.org/10.1080/02699931.2013.837815>
26. **Bistricky, S.L.** (2013). Mill and mental phenomena: Critical contributions to a science of cognition. *Behavioral Sciences*, 3(1), 217–231. <https://doi.org/10.3390/bs3020217>
27. Atchley, R.A., Ilardi, S.S., Young, K., Stroupe, N., O'Hare, A. **Bistricky, S.L.**, & Lepping, R.J. (2012). Depression reduces perceptual sensitivity for positive words and pictures. *Cognition and Emotion*, 26(8), 1359-1370. <https://doi.org/10.1080/02699931.2012.660134>
28. **Bistricky, S.L.**, Ingram, R.E., & Atchley, R.A. (2011). Facial affect processing and depression susceptibility: Cognitive biases and cognitive neuroscience. *Psychological Bulletin*, 137(6), 998-1028. <https://doi.org/10.1037/a0025348>
29. **Bistricky, S.L.**, Mackin, R.S., Chu, J., & Areán, P.A. (2010). Recruitment of older African Americans and Asian Americans with late life depression and mild cognitive impairment. *American Journal of Geriatric Psychiatry*, 18(8), 734-742. <https://doi.org/10.1097/JGP.0b013e3181cc0314>
30. Ingram, R.E., Nelson, T., Steidtmann, D., & **Bistricky, S.** (2007). Comparative data on child and adolescent cognitive measures associated with depression. *Journal of Consulting and Clinical Psychology*, 75, 390-403. <https://doi.org/10.1037/0022-006X.75.3.390>

## MANUSCRIPTS IN REVIEW

1. Allen, A.B., Littleton, H., **Bistricky, S.L.**, Benson, K., Cox, T., & Benight, C.C. (invited revision under review). Self-compassion buffers hurricane survivors from post-traumatic stress symptom severity via perceived social support.
2. Stinson, D.\*, **Bistricky, S.L.**, Brickman, S., Elkins, S., Johnston, A., & Strait G. (journal-invited revision under review). Adherence to brief mindfulness or distraction training predicts sustained engagement with social stressor across social anxiety levels.
3. **Bistricky, S.L.**, Lopez, A.K.\*, Pollard, T. B.\*, Egan, A.\*, Gimenez-Zapiola, M., Pascuzzi, B., & Graves, M.\* (manuscript submitted for publication). Brief multimodal intervention to address bedtime procrastination and sleep through self-compassion and sleep hygiene during stressful times.

## MANUSCRIPTS IN PROGRESS

1. **Bistricky, S.L.**, Lopez, A.K.\*, Pollard, T. B.\*, Egan, A.\*, & Brehm, G. (manuscript in preparation). The rationale, feasibility, and acceptability of a brief intervention addressing bedtime procrastination and sleep through self-compassion and sleep hygiene.
2. **Bistricky, S.L.**, Egan, A.\*, Lopez, A.K.\*, Pollard, T.\*, Sublett, L.W., & Schanding, Jr., G.T. (manuscript in preparation). Enhancing practitioner-focused graduate research training through a collaborative psychoeducation intervention project.
3. Pascuzzi, B., Brickman, S., Klein, P., Gimenez-Zapiola, & **Bistricky, S.L.** (manuscript in preparation). Self-care, values, and mental health of professional psychology trainees and practitioners.
4. Smith, L.J.\*, Gallagher, M.W., & **Bistricky, S.L.** (manuscript in preparation). Did cognitive reappraisal and suppression mediate effects of trait mindfulness on post-traumatic stress and insomnia during the COVID-19 pandemic?
5. Daniel, J.\*, Kaye, S.\*, Chu, J.\*, **Bistricky, S.L.**, & Marek, R.J. (manuscript under revision). Investigation of the Minnesota Multiphasic Personality Inventory - 3 (MMPI-3) Compulsivity Scale.

## BOOK SECTIONS

1. **Bistricky, S.L.**, Kenigsberg, Z.\*, Montes, M.\*, Riobueno-Naylor, A.\*, & Lai, B.S. (in press). Impacts of events: Responding to disasters. In R. J. Grant, C. Mellenthin, and J. Stone (Eds.) *Trauma impacts: The repercussions of individual and collective trauma*. Wiley.
2. Hammen, C., **Bistricky, S.L.**, & Ingram, R.E. (2009). Vulnerability to depression in adulthood. In R. Ingram & J. Price (Eds.), *Handbook of vulnerability to psychopathology: Risk across the lifespan*, 2nd Edition. Guilford Press.
3. Ingram, R.E., Steidtmann, D.K. & **Bistricky, S.L.**, (2008). Information processing: Attention and memory. In K. Dobson & D. Dozois (Eds.), *Risk factors in depression*. Elsevier Books.

## INVITED ENCYCLOPEDIA ENTRIES

1. Klein, P. \*, Brickman, S. \*, & **Bistricky, S.L.** (in press). Trauma-informed therapy. In D.G. Friedman-Wheeler, A.E. Wenzel, A. Prerna, & A. Ngoubene-Atioky (Eds.) *The SAGE Encyclopedia of Mood and Anxiety Disorders*. Sage Publishing
2. Foster, B. \*, & **Bistricky, S.L.** (in press). Self-compassion. In D.G. Friedman-Wheeler, A.E. Wenzel, A. Prerna, & A. Ngoubene-Atioky (Eds.) *The SAGE Encyclopedia of Mood and Anxiety Disorders*. Sage Publishing
3. **Bistricky, S.L.**, & Feliciano, L. (in press). Mindfulness-based cognitive therapy. In D.G. Friedman-Wheeler, A.E. Wenzel, A. Prerna, & A. Ngoubene-Atioky (Eds.) *The SAGE Encyclopedia of Mood and Anxiety Disorders*. Sage Publishing
4. **Bistricky, S.L.** (2009). The Dysfunctional Attitudes Scale. In R.E. Ingram (Ed.), *International encyclopedia of depression*. Springer Publishing Company.
5. **Bistricky, S.L.**, & Klein, J.\* (2009). Minor depression. In R.E. Ingram (Ed.), *International encyclopedia of depression*, New York: Springer Publishing Company.

## RESEARCH GRANTS/FUNDING

2023. Principal Investigator, University of Colorado Colorado Springs, Committee on Research and Creative Works (CRCW) Award.

Title: Examining a Novel Self-Compassion-Based Intervention to Optimize Sleep and Health in Trauma-Exposed Individuals

\$7,500 (Funded)

2023. Consultant, Active Grant: Susan and Richard Levy Healthcare Delivery Incubator, 2023/2024 (PI Andrew Smith)

Title: Mitigating Moral Injury via Healing Social Networks

\$240,000 (Funded)

2023. Principal Investigator, American Psychological Foundation Walter Katkovsky Research Grant, 2023/2024 (Tim Doenges, Consultant)

Title: Resilience-Based Brief Psychotherapy for Underserved Injury Survivors: Factors Supporting Healthy Adaptation

\$22,500 (Funded)

2023. Site Principal Investigator, Department of Defense Traumatic Brain Injury and Psychological Health Research Program (TBI PHRP) Investigator-Initiated Research Award. (PI Stephanie Agtarap; Tim Doenges, Consultant)

Title: Thriving after TBI: Identifying Resilience-related Factors for Psychosocial Growth after TBI.

\$500,000, sub-award \$102,016 (submitted July 2023, under review)

2023. Co-Principal Investigator, American Psychological Foundation Visionary Grant, 2023/24

Title: Social Reaction Expectancy Violations to Intimate Partner Violence Disclosure May Affect Discloser Mental Health through Self-Compassion and Perceived Social Support: A Model to Support Effective Intervention (PI Zara Kenigsberg)

\$20,000 (submitted April 2023, not funded)

2022. Site Principal Investigator, National Institute on Disability, Independent Living, and Rehabilitation Research. (PI Stephanie Agtarap; Tim Doenges, Consultant)  
Title: Understanding the Development of Posttraumatic Growth after Moderate to Severe TBI: The Role of Psychosocial Adjustment and Event Centrality. Multi-site study proposed.  
\$500,000, sub-award \$108,759 (submitted December 2022, not funded)

2022. Consultant, R01, National Institute of Mental Health, (PI Scott Langenecker/Megan Call/Andrew Smith), 2023/2026  
Title: Emergent and Facilitated Resilience and Risk in Underserved and Vulnerable Healthcare Workers  
\$2,250,000. (submitted December 2022)

2021. Co-Principal Investigator, Colorado Springs Health Foundation. (PI Timothy Doenges)  
Title: Development and Implementation of Trauma-Informed Emergency Department Behavioral Health Care Services.  
\$983,138 (Funded)

2017. Co-Principal Investigator, University of Houston – Clear Lake, Faculty Research & Support Funds. (Co-PI Mary Short)  
Title: Variables Associated with Adults’ and Children’s Psychological Function and Helping Behaviors Following Hurricane Harvey.  
\$3800. (Funded)

2017. Co-Investigator and Faculty Sponsor, Hastings Family Project Fund. (PI Kristina Harper)  
Title: Validation of the APOP: Acceptance of Pelvic Organ Prolapse.  
\$1000 (Funded)

2012. Principal Investigator, University of Houston – Clear Lake, Faculty Research & Support Funds.  
Title: Depressive Attention Toward Facial Emotion and Social Dysfunction.  
\$2700. (Funded)

2010. Principal Investigator, Scott Mesh Honorary Scholarship for Research in Psychology, American Psychological Association of Graduate Students.  
Title: Facial Affect Processing in Depression-Susceptible Groups.  
\$2000. (Funded)

2009. Principal Investigator, National Institute of Mental Health, Ruth L. Kirschstein National Research Service Award (F31).  
Title: Inhibitory Processing of Sad Facial Expressions and Depression Vulnerability.  
\$34,000. (Not funded)

## **STUDENT RESEARCH GRANT MENTORING**

Undergraduate Research Academy (URA; Melissa Mikolaitis). Role: PI/Faculty Sponsor, Mento. Funded by UCCS Center for Student Research, \$4,000, Summer 2023.

Mentored Doctoral Fellowship (Sophie Brickman). Role: Faculty Sponsor, Mentor. Funded by UCCS Graduate School, \$20,000, Fall 2022 - Spring 2023.

Mentored Graduate Research Fellowship (Paige Klein). Role: Faculty Sponsor, Mentor. Funded by UCCS Graduate School, \$5,000, Fall 2022 - Spring 2023

Small Research Grant for Graduate Students (Sophie Brickman). Role: Faculty Sponsor, Mentor. Funded by UCCS Psychology Department, \$500, Fall 2022 - Summer 2023.

Society for the Psychological Study of Social Issues Grants-In-Aid Program (Sophie Brickman). Role: Faculty Sponsor, Mentor. \$1000 award funded by SPSSI. December 2022.

## RESEARCH PRESENTATIONS (PEER-REVIEWED)

1. **Bistricky, S.L.**, Kenigsberg, Z.\*, Klein, P.\*, & Feliciano, F. (2023). Self-compassion, bedtime procrastination, sleep, and mental health in individuals exposed to trauma. Symposium paper submitted for presentation at the International Society for Traumatic Stress Studies annual conference. Los Angeles, CA.
2. Kenigsberg, Z., Klein, P.\*, Brickman, S.\*, Mikolaitis, M.\*, Feliciano, F., & **Bistricky, S.L.** (2023). Bedtime procrastination and its relations with sleep and PTSD symptoms among trauma survivors. Poster accepted for presentation at the International Society for Traumatic Stress Studies annual conference. Los Angeles, CA.
3. Klein, P., Kenigsberg, Z.\*, Brickman, S.\*, Mikolaitis, M\*., Feliciano, F., & **Bistricky, S.L.** (2023) Emotion regulation mediates relations between self-compassion and PTSD Symptoms, but in which clusters? Poster accepted for presentation at the International Society for Traumatic Stress Studies annual conference. Los Angeles, CA.
4. Kenigsberg, Z.\*, Brickman, S.\*, Klein, P.\*, Samuelson, K. & **Bistricky, S.L.** (2022). PTSD diagnostic status and temporary changes in immediate verbal memory following trauma trigger exposure. Poster presented at the International Society for Traumatic Stress Studies annual conference. Atlanta, GA.
5. **Bistricky, S.L.**, Brickman, S.\*, Littleton, H., & Short, M. (2022). Don't fade on me: Coping, instrumental support, and posttraumatic growth in the year after a catastrophic hurricane-flood. Flash-talk presented at the International Society for Traumatic Stress Studies annual conference. Atlanta, GA.
6. Doenges, T., Taylor, E.\*, McBain, S., Schumann, N.\*, Maher, K.\*, Samuelson, K., **Bistricky, S.L.** (2022). Program implementation in trauma services: A panel on development process for acute screening and support programs and student training opportunities in hospital settings. Panel conducted at the International Society for Traumatic Stress Studies annual conference. Atlanta, GA.
7. Sandhu, H.K.\*, Leonard, S., Tanaka, A., Hassan, M., **Bistricky, S.L.**, Miller III, C.C. & Estrera, A.L. (2022). Impact of COVID-19 pandemic on patient attitudes towards seeking healthcare for aortic diseases. Abstract *submitted* to American Association for Thoracic Surgery 102<sup>nd</sup> Annual Meeting.



8. Muchow, E.G.\*, Fink, A.\*, Brickman, S.\*, & **Bistricky, S.L.** (2021). Bedtime procrastination and self-control: The moderating role of cell-phone activity interference. Poster presented at UCCS Mountain Lion Research Day.
9. Lopez, A.\*, Gimenez-Zapiola, M.\*, Egan, A.\*, & Pollard, T.\*, Palmer, L.E.\*, Graves, M.\*, Velasquez, K.\*, & **Bistricky, S.L.** (2021). Feasibility of hybrid group-self-directed training in self-compassion for emotion regulation and sleep. Poster presented at the Association for Behavioral and Cognitive Therapies 55th Annual Convention, New Orleans, LA.
10. Gimenez-Zapiola, M.\*, Pascuzzi, B.\*, Pollard, T.\*, Bathla, S.\*, Schanding, G.T., & **Bistricky, S.L.** (2021). Comparing mental health and self-care practices of professional psychology program students and alumni based on sexual orientation. Poster presented at the Association for Behavioral and Cognitive Therapies 55th Annual Convention, New Orleans, LA.
11. Marek, R.J., Kaye, S.\*, Baulch, C.\*, & **Bistricky, S.L.** (2021) Obsessive Compulsive Disorder severity and COVID-19. Increased severity or method variance? Poster presented at the Association for Behavioral and Cognitive Therapies 55th Annual Convention, New Orleans, LA.
12. Egan, A.\*, Lopez, A.\*, Gimenez-Zapiola, M.\*, Pollard, T.B.\*, Pascuzzi, B.\*, Sandhu, H.\*, Short, R.J. & **Bistricky, S.L.** (2021). Pilot virtual self-compassion training reduces bedtime procrastination and negative affect. Poster presented at the Association for Behavioral and Cognitive Therapies 55th Annual Convention, New Orleans, LA.
13. Pascuzzi, B.\*, Grant, S.\*, Palmer, L.\*, Sandhu, H.\*, & Elkins, S.R., Auslander, B., Marek, R.J. & **Bistricky, S.L.** (2021). Health Anxiety Moderates the Relationship Between Health Self-Efficacy and Health Behavior Adherence. Poster presented at the Association for Behavioral and Cognitive Therapies 55th Annual Convention, New Orleans, LA.
14. Gimenez-Zapiola, M.\*, Pascuzzi, B.\*, Bathla, S.\*, Mejia, C.\*, Pollard, T.\*, Schanding, G.T., Elkins, S., & **Bistricky, S.L.** (2021). Self-care and mental health in graduate students and alumni during the COVID-19 pandemic. Poster presented at the Southwestern Psychological Association convention, San Antonio, TX.
15. Egan, A.\*, Lopez, A.\*, Pollard, T.\*, Palmer, T.\*, & **Bistricky, S.L.** (2021). How procrastinatory cognitions and self-control relate to self-compassion. Poster presented at the Southwestern Psychological Association convention, San Antonio, TX.
16. Pascuzzi, B.\*, Darban, B.\*, Millmann, M.\*, Ramón, E.\*, Box, H.\*, Gimenez-Zapiola, M.\*, Short, M.B., & **Bistricky, S.L.** (2020). Predictors of community helping behavior after Hurricane Harvey. Poster presented at the Association for Behavioral and Cognitive Therapies 54th Annual Convention, Philadelphia, PA.
17. Daniel, J.\*, Reyes, J.\*, **Bistricky, S.L.**, & Marek, R.J. (2020). Validating the Compulsivity (CMP) Scale of the MMPI-3. Poster presented at the Association for Behavioral and Cognitive Therapies 54th Annual Convention, Philadelphia, PA.
18. Pascuzzi, B.\* Velasquez, K.\*, Gimenez-Zapiola, M.\*, Box, H.\*, **Bistricky, S.L.** (2020). Subfactors of emotion dysregulation and quiet ego modulate intolerance of uncertainty. Poster presented at the Southwest Psychological Association Convention, Frisco, TX. Also presented at UHCL Student Conference for Research and Creative Arts.

19. **Bistricky, S.L.** (2020). Avoidant coping, helping behavior, resilience, and symptoms of PTSD and depression following Hurricane Harvey. Paper accepted for presentation at Anxiety and Depression Association of America Annual Convention, San Antonio, TX. (Canceled due to COVID-19 pandemic).
20. Lopez, A.\* , Pollard, T.\* , Egan, A.\* , & **Bistricky, S.L.** (2019). The relationship between perceived stress, intolerance of uncertainty, mindfulness variables and self-compassion and anxiety levels. Poster presented at the Association for Behavioral and Cognitive Therapies 53rd Annual Convention, Atlanta, GA.
21. Long, L.\* , **Bistricky, S.L.**, Phillips, C.\* , D'Souza, J., Richardson, A.\* , Lai, B.S., Kanenberg, H., Elkins, S., Harper, K., & Short, M.B. (2019). The comparative influence of hope and trait resilience on mental health in the aftermath of Hurricane Harvey. Poster presented at the Association for Behavioral and Cognitive Therapies 53rd Annual Convention, Atlanta, GA.
22. Darban, B.\* , Velasquez, K.M.\* , Martinez, M.\* , Nguyen, T.\* , Casillas, L.\* , Schield, S.\* , **Bistricky, S.L.**, Short, M.B., & Elkins, S. (2019). Impact of Hurricane Harvey on parent psychopathology and parental accommodation. Poster presented at the American Psychological Association convention. Chicago, IL.
23. Farah, L.\* , Harper, K.\* , Darban, B.\* , Long, L.\* , Lai, B., Short, M.B., Gallagher, M.W., Elkins, S., Kanenberg, & **Bistricky, S.L.** (2018). How strongly were Hurricane Harvey exposure, coping, social support, and ethnicity related to PTSD symptoms? Poster presented at the Association for Behavioral and Cognitive Therapies 52<sup>nd</sup> Annual Convention, Washington, DC.
24. O'Brien, K.\* , Schield, S.\* , Balderas, J.\* , Romero, G.\* , Segovia, S.\* , & **Bistricky, S.L.** (2018). Attention bias variability and implications for depression vulnerability. Poster presented at the Association for Behavioral and Cognitive Therapies 52<sup>nd</sup> Annual Convention, Washington, DC.
25. Velasquez, K.M.\* , Salas, R., **Bistricky, S.L.**, Segovia, S.\* , Romero, G.\* , & Duke, T.\* (2018). Psychological inflexibility and altered frontal-to-basal ganglia resting state functional brain connectivity in PTSD. Poster presented at the Association for Behavioral and Cognitive Therapies 52<sup>nd</sup> Annual Convention, Washington, DC.
26. Velasquez, K.M.\* , Gosnell, S.N., **Bistricky, S.L.**, & Salas, R. (2018). Altered functional connectivity in basal ganglia to frontal cortex and anxiety symptoms in PTSD. Poster abstract presented at Southwestern Psychological Association convention, Houston, TX.
27. Cook, D.M.\* , **Bistricky, S.L.**, Strait, G., Johnston, A. Velasquez, K.\* , Harper, K.L\* , Schield, S.\* , O'Brien, K.\* & Elkins, S. (2018). How brief is too brief? Mindfulness training and social anxiety. Poster presented at Southwestern Psychological Association convention, Houston, TX.
28. O'Brien, K.\* , Balderas, J.C.\* , Rogers, S.\* , Short, M.B., & **Bistricky, S.L.** (2017). Emotion regulation and attention in dysphoria: When does rumination predict mood-congruent attention? Poster presented at the Association for Behavioral and Cognitive Therapies 51<sup>st</sup> Annual Convention, San Diego, CA.
29. Harper, K.L.\* , Urane, W.\* , Balderas, J., **Bistricky, S.L.**, & Short, M.B. (2017). 1-2-3 for HPV! 'Catch up' To take care of me! A pilot intervention to increase HPV vaccination uptake among 18-26 year olds. Poster presented at the Association for Behavioral and Cognitive Therapies 51<sup>st</sup> Annual Convention, San Diego, CA.

30. Cook, D.M\*, O'Brien, K.\*, Harper, K.L\*, Johnston, A., Elkins, S. & **Bistricky, S.L.** (2017). To perform or not to perform: Avoidance, fear, and a brief training to increase mindfulness. Poster presented at the Association for Behavioral and Cognitive Therapies 51<sup>st</sup> Annual Convention, San Diego, CA.
31. Balderas, J.C.\*, Harper, K.L.\* , Schield, S.L.\* , O'Brien, K., Short, & Bistricky, S.L. (2017). Spontaneous and instructed emotion regulation in dysphoria: Effects on emotion experience. Poster presented at the Association for Behavioral and Cognitive Therapies 51<sup>st</sup> Annual Convention, San Diego, CA.
32. Cook, D.\*, Harper, K.L.\*, Bui, J.\*, Schield, S.\* , Dworzycki, K.\* , Roberts, C.M.\* , Garcia, D.\* , Johnston, A., Elkins, S., & **Bistricky, S.L.** (2017). Relationships between anxiety and mindfulness: Traits, training, and practice. Poster presented at annual Student Conference for Research and Creative Arts, University of Houston-Clear Lake, Houston, TX.
33. Roberts, C.\* , Cook, D.\* , Bui, J.\* , & **Bistricky, S.L.** (2017). Social and psychological predictors of stress reduction technique use in undergraduates. Research poster presented at annual conference of the Southwestern Psychological Association, San Antonio, TX.
34. Roberts, C.\* , Wang, S.\* , Nguyen, T.\* , Ward, C., **Bistricky, S.L.**, & Short, M.B. (2017). Bedtime behaviors: The relationship of children's sleep disturbance behaviors and parental variables. Research poster presented at the annual conference of the Southwestern Psychological Association, San Antonio, TX.
35. Harper, K.H.\* , Balderas, J.C.\* , Bui, J.\* , Short, M.B., & **Bistricky, S.L.** (2016). Health Belief Model as a predictor for college student intended use of stress management techniques. Research poster presented at the Association for Behavioral and Cognitive Therapies 50<sup>th</sup> Annual Convention, New York, NY.
36. Balderas, J.C.\* , Harper, K.L.\* , Ingram, R.E., Atchley, R.A., **Bistricky, S.L.** (2016). Affective memory in dysphoric individuals with or without past depression history. Research poster presented at the Association for Behavioral and Cognitive Therapies 50<sup>th</sup> Annual Convention, New York, NY.
37. **Bistricky, S.L.** (2016). Social Anxiety and Autism. Presentation to students and faculty in grand rounds-Style colloquium at University of Houston-Clear Lake. February 25<sup>th</sup>. Houston, TX.
38. Gomez, J.\* , Hoffman, H., Gonzalez, M., Patterson, D., Palacios, A.G., Navarro Haro, M.V., Al-Halabi, W., Rosenberg, L., Rosenberg, M., **Bistricky, S.**, Linehan, M., & Meyer, W. (2016). The use of virtual reality with Oculus Rift to facilitate Dialectical Behavior Therapy "observing sounds and visuals" mindfulness skills training exercises for a Latino patient with severe burns: A case study. Presented at International Society for Burn Injuries Annual Convention, Miami, FL.
39. Harper, K.\* , Balderas, J.S.\* , Osegueda, A.J.\* , Short, M.B., & **Bistricky, S.L.** (2015). Re-attuned to harmony? Depression history, Hispanic ethnicity, and attention to emotion. Research poster presented at the Association for Behavioral and Cognitive Therapies 49<sup>th</sup> Annual Convention, Chicago, IL.
40. Balderas, J.S.\* , Love, D.\* , Harper, K.\* , Schield, S.\* , Guidry, A.\* , & **Bistricky, S.L.** (2015). Conflict management, negative assertion, rumination, and self-esteem in remitted depressed individuals. Research poster presented at the Association for Behavioral and Cognitive Therapies 49<sup>th</sup> Annual Convention, Chicago, IL.

41. Harper, K.\*, Balderas, J.S.\*, Harrison, J.\*, Love, D.\*, Bui, J.\*, & **Bistricky, S.L.** (2015). Fear of negative evaluation and rumination in relation to initiation, disclosure, and current dysphoria. Research poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Chicago, IL.
42. **Bistricky, S.L.**, Elmore, J.\*, Guidry A.\*, Tran, K.\*, & Hellinghausen, L.\* (2014). Personal predispositions and persuasion in selecting specific stress reduction techniques. Featured presentation. New Dimensions Day Hospital Continuing Education Series, Houston, TX.
43. Lee, E. B.\*, **Bistricky, S. L.**, Milam, A. C., Wetterneck, C. T., & Björgvinsson, T. (November 2014). Thought control strategies and obsessive-compulsive disorder dimensionality. Poster presented at the Association for Behavioral and Cognitive Therapies Annual Convention, Special Interest Group Poster Exposition, Philadelphia, PA.
44. Knott, L.E.\*, Norwood, W. **Bistricky, S.L.**, & Wetterneck (2014). The impact of training in Functional Analytic Psychotherapy on therapists' target behaviors. Poster presented at the Annual conference of the Association of Behavioral and Cognitive Therapies. Philadelphia, PA.
45. Negrete, M.\*, Elmore, J.\*, Hellinghausen, L.\*, Tran, K.\*, & **Bistricky, S.L.** (2014). Do as I say, do, and know: Disseminating stress reduction techniques. Presented at Southwestern Psychological Association. San Antonio, TX.
46. Harrison, J.\*, Hellinghausen, L. \*, **Bistricky, S.L.**, Elmore, J.\*, Tran, K.\*, Osegueda, A\*. & Schield, S.\* (2014). Afraid to ask: Relationships among past depression, current dysphoria, fear of negative evaluation, and reassurance seeking. Poster presented at annual conference of the Association of Behavioral and Cognitive Therapies. Philadelphia, PA.
47. Harrison, J.\*, Page, T.\*, Hellinghausen, L.\*, **Bistricky, S.L.**, Lazorwitz, B.\*, Prudon, J.\*, Negrete, M.\*, & Guidry, A. (2014). Interpersonal incompetence and deficient social support: Correlates of past depression or current dysphoria? Poster presented at the Annual conference of the Association of Behavioral and Cognitive Therapies. Philadelphia, PA.
48. Hellinghausen, L.\*, Short, M.B., & **Bistricky, S.L.** (2014). Parental involvement and how it may affect children in dance. Research poster presented at the annual conference of the Association of Behavioral and Cognitive Therapies. Philadelphia, PA.
49. Osegueda, A. J.\*, David, C. A.\*, **Bistricky, S. L.**, & Wetterneck, C. T. (2014). The effects of interpersonal trauma on intimacy, relationships, and social competence. Poster presented at the International Society for Traumatic Stress Studies annual conference. Miami, FL.
50. Osegueda, A. J.\*, David, C. A.\*, **Bistricky, S. L.**, & Wetterneck, C. T. (2014). Effects of trauma types and frequency on PTSD severity and levels of distress. Poster presented at the International Society for Traumatic Stress Studies annual conference. Miami, FL.
51. Negrete, M.\*, Elmore, J.\*, Prudon, J.\*, & **Bistricky, S.** (2014). Preferences for stress reduction techniques in racial and ethnic minority students. Poster presented at UHCL Student Conference for Research and Creative Arts. Houston, TX.
52. Ma., X., Short, M., **Bistricky, S.**, & Zaborowski, J.\* (2014). The role of anticipated regret in risky sexual Decision making. Society for Personality and Social Psychology Annual Meeting. Austin, TX.

53. Tran, K.\*, Hellinghausen, L.\*, & **Bistricky, S.** (2013). What factors predict stress reduction technique use in future mental health practitioners? Poster presented at Association for Behavioral and Cognitive Therapies conference. Nashville, TN.
54. Hellinghausen, L.\*, Tran, K.\*, & **Bistricky, S.** (2013). What makes trainees willing to recommend certain Stress reduction techniques? Poster presented at Association for Behavioral and Cognitive Therapies conference. Nashville, TN.
55. Tran, K.\*, Hellinghausen, L.\*, & **Bistricky, S.** (2013). What predicts future mental health practitioners' intention to use certain stress reduction interventions? Poster presented at Association for Behavioral and Cognitive Therapies conference. Nashville, TN.
56. Fekri, S. M.\*, Baker, M., **Bistricky, S.**, Couture, L., Nelson, C. J., & Mackin, R. S. (2012). Effect of anxiety on cognitive functioning and perception of cognitive difficulties in individuals with late life depression. Poster presented at American Association for Geriatric Psychiatry Convention. Washington, DC.
57. **Bistricky, S.**, Atchley, R.A., Ingram, R.E., O'Hare, A., Candea-Kromm, B.\*, Judah, M.\*, Appier, S.\*, Garcia, A.\*, Meyer, K.\*, Bradshaw, G.\*, Kearney, W.\*, & Powell, E.\* (2011). Preferential Processing of Sad Facial Expressions: An ERP Marker of Depression Risk. Poster presented at Society for Research in Psychopathology. Boston, MA.
58. Flach K.\*, Pugh, S.R.\*, Rudd L.\*, Pan, J., Lii, S., **Bistricky, S.**, Areán, P., & Mackin, R.S. (2010). Expressive Language impairments in older adults with late life depression. Conference of the American Society on Aging. San Francisco, CA.
59. Flach, K.\*, Lii, S., Pan, J., Pugh, S.\*, Rudd, L.\*, **Bistricky, S.**, Areán, P., & Mackin, R.S. (2010). Impairments of financial capacity in older adults with late life depression. Bay Area Clinical Research Symposium. San Francisco, CA.
60. **Bistricky, S.**, Young, K., O'Hare, A., Stroupe, A., Fitts, A. Schuster, J. Ilardi, S. and Atchley, R.A. (2009). Depression and attention to emotionally valenced words and images: An event-related potentials (ERP) study. Poster presented at the Society for Research in Psychopathology Conference, Minneapolis, MN.
61. Young, K. Stroupe, N., Fitts, A. Ilardi, S. Collison, E.\*, **Bistricky, S.**, O'Hare, A., & Atchley, R.A. (2009). The influence of depression on the detection of affect in pictures and words. Abstract published for presentation at the Theoretical & Experimental Neuropsychology meeting, Montreal, Quebec.
62. **Bistricky, S.L.**, Garcia, A.J.\*, Candea-Kromm, B.\*, Bradshaw, G.\*, Ingram, R.E. (2009). Emotional facial expression interpretation differences among individuals with and without risk factors for major depression. Poster presented at the Graduate Research Competition, Lawrence, Kansas.
63. **Bistricky, S.L.**, & Ingram, R.E. (2008). Sustained pupil dilation and reaction time measures of emotional information processing in dysphoria: Gender matters. Poster presented at Society for Psychophysiological Research conference, Austin, TX.

64. **Bistricky, S.L.**, & Ingram, R.E. (2008). What were they thinking? Pupil dilation, self-reported off-task thinking, and incidental recall following attentional focus on emotional aspects of information. Poster presented at 2008 Society for Psychophysiological Research conference, Austin, TX.
65. **Bistricky, S.L.**, & Hamilton, N.A. (2008) The Positive and Negative Affect Schedule and dysphoria: A principal components analysis. Poster presented at Southwestern Psychological Association Convention, Kansas City, MO.
66. **Bistricky, S.L.**, Mackin, R.S., & Areán, P.A. (2005). Effective strategies for recruiting minorities suffering from late life depression and mild cognitive impairment. Poster presented at 2005 American Association for Geriatric Psychiatry Convention, San Diego, California.
67. **Bistricky, S.L.**, Mackin, R.S., & Areán, P.A. (2004). Efficacy of recruitment strategies for individuals suffering from late life depression and mild cognitive impairment. Poster presented at 2004 Bay Area Clinical Research Symposium, San Francisco, California.

### **NON-PEER REVIEWED CLINICAL RESEARCH PRESENTATIONS**

1. **Bistricky, S.L.** (2016). Interpersonal trauma, competence, and self-compassion: Relationships with post-traumatic symptoms. Paper presentation at Emily G. Sutter UHCL Symposium: Current Issues in Clinical, Health, and Applied Sciences. April 8<sup>th</sup>. Houston, TX.
2. **Bistricky, S.L.** (2014). Over the borderline: Dialectical behavior therapy's broadening applications. Paper Presentation at annual Current Issues in Mental Health symposium at University of Houston-Clear Lake. Houston, TX.
3. **Bistricky, S.** (2013). Problem solving therapy: An evidence-based intervention for depression. Presentation at Current Issues in Mental Health symposium at University of Houston-Clear Lake. Houston, TX.

### **NON-PEER REVIEWED PUBLIC HEALTH ARTICLES**

1. Areán, P.A., **Bistricky, S.L.** (2003) Depression later in life: San Franciscans have treatment options. *San Francisco Observer*. July.
2. **Bistricky, S.L.** (2003) Holiday blues. *The Richmond Review*. December.

### **INSTRUCTIONAL AND SUPERVISORY EXPERIENCE**

2021-present

#### **Assistant Professor**

UNIVERSITY OF COLORADO AT COLORADO SPRINGS. Teach primarily graduate courses with occasional undergraduate courses.

- Clinical Trauma Psychology II
- Supervision and Consultation
- Psychotherapy
- Diversity of Culture and Family: Professional Development II

2012-2021

**Associate Professor**

UNIVERSITY OF HOUSTON-CLEAR LAKE. Teach primarily graduate courses with occasional undergraduate courses.

- Abnormal Psychology
- Anxiety and Stress Management
- Basic Psychotherapy Skills
- Clinical Psychology Graduate Practicum
- Clinical Supervision Course and Practicum
- Development and Treatment of Mood and Anxiety Disorders
- External Practicum/Internship Coordinator
- Group Psychotherapy
- Personality Assessment
- Social Psychology
- Theories of Personality

Honors thesis committee member for undergraduate students.

THESIS COMPLETED

Brian Foster, B.A. (2022)

Exploring the epistemic mechanisms of threat: Comparing the effects of mortality salience and incongruity primes on cognitive performance.

*Chair:* Thomas Pyszczynski, Ph.D. *Committee Members:* **Steven Bistricky, Ph.D.**

Thesis committee member for master's students.

COMPLETED THESES (10)

Rhea Pedler, B.A. (2023). Using the theory of constructed emotion and extended process model of emotion regulation to understand emotion process changes following traumatic brain injury. *Chair:* Michael Kisley, Ph.D.; *Committee Members:* Daniel Segal, Ph.D., **Steven Bistricky, Ph.D.**

Branden Schaff, B.A. (2023). A feasibility study of a group teletherapy targeting loneliness and depression in older adults. *Chair:* Rachel Weiskittle, Ph.D.; *Committee Members:* **Steven Bistricky, Ph.D.**, Rachel Thayer, Ph.D.

Jennan Abduljaber, M.A. (2023). The effect of openness to experience and emotion beliefs on emotion regulation. *Chair:* Michael Kisley, Ph.D. *Committee Members:* **Steven Bistricky, Ph.D.**, Joseph Wagoner, Ph.D.

Sophie Brickman, M.A. (2021). Changes in neuropsychological functioning after trauma trigger exposure. *Chair:* Kristin Samuelson, Ph.D. *Committee Members:* **Steven Bistricky, Ph.D.**, Rachel Thayer, Ph.D.

Caroline Roberts, M.A. (2017). Parental accommodation and children's sleep behaviors. *Chair:* Mary Short, Ph.D.; *Committee Members:* **Steven Bistricky, Ph.D.**, Julia Strait, Ph.D.

Jessica Balderas, M.A. (2016). Implementation of emotion regulation strategies and emotional experience in dysphoric individuals. **Chair: Steven Bistricky, Ph.D.** *Committee Member:* Mary Short, Ph.D.

Eric Lee, Ph.D. (2014). Thought control and emotion regulation strategies' relationships with treatment outcome in individuals with obsessive-compulsive disorder. **Chair: Steven Bistricky, Ph.D.** *Committee Members:* Alex Milam, Ph.D., Chad Wetterneck, Ph.D., Throstur Bjorvingsson, Ph.D.

Lindsey Knott, Ph.D. (2014). The impact of training in Functional Analytic Psychotherapy on therapists' target behaviors. **Chair: William Norwood, Ph.D.** *Committee Members: Steven Bistricky, Ph.D.,* Chad Wetterneck, Ph.D.

Daniel Steinberg, Ph.D. (2014). Experiential avoidance and obsessive beliefs in obsessive-compulsive disorder. **Chair: William Norwood, Ph.D.** *Committee Members: Steven Bistricky, Ph.D.,* Chad Wetterneck, Ph.D.

Jared Broussard, M.A. (2014). Effect of video game use and content on participant behavior and values. **Chair: Mary Short, Ph.D.** *Committee Member: Steven Bistricky, Ph.D.*

#### THESES IN PROGRESS (7)

Zara Kenigsberg, B.S. (2023). Social reaction expectancy violations to intimate partner violence disclosure may affect discloser mental health through self-compassion and perceived social support: A model to support effective intervention. **Chair: Steven Bistricky, Ph.D.,** *Committee:* Colin Mahoney, Ph.D., Rachel Weiskittle, Ph.D.

Paige Klein, B.A. (2023). *Working topic:* Relations among intimate partner violence, moral injury, and shame in family contexts including children. **Chair: Steven Bistricky, Ph.D.;** *Committee:* Colin Mahoney, Ph.D.; Kristen Rudd, Ph.D.

Katelyn Bindbeutel, B.A. (2023). *Working topic:* Trauma types, stigma, shame and barriers to help-seeking. **Chair: Colin Mahoney, Ph.D.;** *Committee: Steven Bistricky, Ph.D.,* Rachel Weiskittle, Ph.D.

Alan Owens, B.A. (2023). Evaluating the feasibility and effectiveness of a novel web-based supportive communication training program: The Greater Resilience Information Toolkit (GRIT). **Chair: Charles Benight;** *Committee: Steven Bistricky, Ph.D.,* Bernard Ricca, Ph.D.

Tess Leftwich, B.A. (2023). *Working topic:* Neighborhood cohesion and parent-child relationship quality as moderators of the relationship between maternal adverse childhood experiences, prenatal stressors, and children's multisystem physiological regulation. **Chair: Kristen Rudd, Ph.D.** *Committee: Diana Selmeczy, Ph.D., Steven Bistricky, Ph.D.*



Chris Griffith, B.A. (2023). Behavioral activation for comorbid depression and type 2 diabetes across adulthood. *Chair:* Leilani Feliciano, Ph.D.; *Committee:* **Steven Bistricky, Ph.D.**, Judith Scott, Ph.D., R.N.

Megan Wendling, B.A. (2023). *Working topic:* Coping appraisals influence sexual assault survivors' ability to make meaning out of their assaults, ultimately influencing PTSD symptomatology. *Chair:* Charles Benight, Ph.D. *Committee:* **Steven Bistricky, Ph.D.**

Dissertation committee member for doctoral students.

#### COMPLETED DISSERTATIONS (8)

Angela Richardson, M.A. (2023) University of Houston. The longitudinal impact of gratitude and hope on PTSD and well-being in U.S. Armed Forces veterans. *Chair:* Matthew Gallagher, Ph.D. *Committee Members:* **Steven Bistricky, Ph.D.**, Vincent Ng, PhD, Michael Zvolensky, PhD

Aaron Harwell, M.A. (2023) Nonlinear dynamic facial affect patterns and help-seeking behavior within the context of suicidality: An orbital decomposition analysis of daily smartphone video data. *Chair:* Charles Benight, Ph.D. *Committee Members:* **Steven Bistricky, Ph.D.**, Heather Littleton, Ph.D., Colin Mahoney, Ph.D., Bernard Ricca, Ph.D.

Jay Short, Psy.D. (2022). Psychological flexibility and interconnected transcendence: Associations with well-being and prosocial feelings and behaviors. *Chair:* Erik Reinbergs, Ph.D. *Committee Members:* **Steven Bistricky, Ph.D.**, Anthony Roberson, Ph.D.

Tyler Powers, Ph.D. (2022). Multiple minority statuses and sexual minority stress in a sample of LGBTQ+ college students. *Chair:* Heather Littleton, Ph.D.; *Committee Members:* **Steven Bistricky, Ph.D.**; Katie Edwards, Ph.D.; Colin Mahoney, Ph.D.; Anna Staudenmeyer, Ph.D.

Staci Schield, Psy.D. (2021). Predicting adherence to health behaviors: Developing a screening questionnaire to facilitate engagement in diet and physical exercise. *Chair:* **Steven Bistricky, Ph.D.**; *Committee Members:* Sara Elkins, Ph.D.; Beth Auslander, Ph.D.; & Ryan Marek, Ph.D.

Diana (Cook) Stinson, Psy.D. (2021). Mindfulness and expressive writing for performance anxiety. *Chair:* **Steven Bistricky, Ph.D.**; *Committee Members:* Sara Elkins, Ph.D.; Amanda Johnston, Ph.D.; Gerald Strait, Ph.D.

Kenia Velasquez, Psy.D. (2021). How different facets of perfectionism correspond with adaptive and maladaptive psychological factors. *Chair:* **Steven Bistricky, Ph.D.**; *Committee Members:* Amanda Johnston, Ph.D.; Ryan Marek, Ph.D.

Kristina Harper, Psy.D. (2020). '1-2-3! Catch-up for HPV': A theoretically informed psychoeducational intervention to increase HPV vaccine uptake among young adults. *Chair*: Mary B. Short, Ph.D.; *Committee Member*: **Steven Bistricky, Ph.D.**, Isabel Kusters, Ph.D.

#### DISSERTATIONS IN PROGRESS (4)

Rachael Peck, M.A. (2023-) Women's health, body image, and negative sexual experiences: A latent class analysis. *Chair*: Heather Littleton, Ph.D. *Committee Members*: **Steven Bistricky, Ph.D.**; Kristen Rudd, Ph.D.; Colin Mahoney, Ph.D.; Joseph Currin, Ph.D.

Miana Graves, MPH (2022-) (University of Houston-Clear Lake). Brief mindfulness training and written expression of complex emotion. *Chair*: Anthony Roberson, Ph.D.; *Co-Chair*: Rick Short, Ph.D. *Committee Members*: Amanda Johnston, Ph.D.; Erik Reinbergs, Ph.D.; **Steven Bistricky, Ph.D.**

Sophie Brickman, M.A. (2022-) Temporal relationships among posttraumatic growth, posttraumatic depreciation, and posttraumatic stress symptoms. *Chair*: **Steven Bistricky, Ph.D.** *Committee Members*: Tim Doenges, Ph.D.; Matthew Gallagher, Ph.D.; Colin Mahoney, Ph.D., Rachel Weiskittle, Ph.D.

Julie Hurd, M.A. (2022-) We can do it: Intraindividual and interindividual effects of dyadic efficacy on posttraumatic stress and relationship quality. *Chair*: Charles Benight, Ph.D. *Committee Members*: **Steven Bistricky, Ph.D.**; Tim Doenges, Ph.D.; Colin Mahoney, Ph.D.; Bernard Ricca, Ph.D.

Mentor for student research and student educational/career goals.

#### MENTEES ADMITTED INTO DOCTORAL PROGRAMS (13)

Jessica Balderas, Alana Egan, Jocelyn Gomez, Staci (Schield) Grant, Kristina Harper, Lindsey Knott, Eric Lee, Alicia Lopez, Bailey Pascuzzi, Jasmin Prudon, Caroline Roberts, Daniel Steinberg, Diana (Cook) Stinson.

Mentor for student teaching activities  
Lisa Stone, M.A. (Fall 2022)

2011-2013

#### **Clinical Skills Trainer**

ADVANCING INTEGRATIVE MENTAL HEALTH SERVICES (AIMS) CENTER - UNIVERSITY OF WASHINGTON. Conducted trainings with various community mental health agencies to teach clinicians to administer evidence-based treatments, such as Problem Solving Therapy. Provided individual case consultation.

2009-2010

#### **Graduate Student Junior Clinical Supervisor**

UNIVERSITY OF KANSAS PSYCHOLOGICAL CLINIC.

Duties: Provided junior (supervised) supervision to two novice graduate student therapists. Co-facilitated novice therapist orientation and training.

Supervisor: Sarah Kirk, Ph.D.

- 2008-2010      **Instructor**  
UNIVERSITY OF KANSAS, Lawrence. Developed and taught Abnormal Psychology, Theories of Personality.
- 2007              **Instructor**  
DUKE UNIVERSITY TALENT IDENTIFICATION PROGRAM, University of Kansas, Lawrence Campus. Taught intensive Introduction to Psychology course.
- 2006-2007      **Graduate Discussion Section Instructor**  
UNIVERSITY OF KANSAS, Lawrence. For two semesters, created and executed lesson plans covering material for undergraduate Experimental-Clinical Psychology course. Lectured on research design, statistical analysis, and writing, and led discussions about clinical interviewing, diagnostic issues, and psychophysiological research.
- 2006-2007      **Graduate Teaching Guest Lecturer**  
UNIVERSITY OF KANSAS, Lawrence. Guest lectured on three occasions in psychological research methods course and introduction to psychology course regarding topics such as ethics in research, sampling techniques, abnormal psychology, and career development in psychology.

## RESEARCH TRAINING EXPERIENCES

- 2010-2012      **Post-Doctoral Research Fellowship in Clinical Psychology**  
UNIVERSITY OF CALIFORNIA, SAN FRANCISCO CLINICAL PSYCHOLOGY TRAINING PROGRAM, Clinical, Translational and Clinical Services Research in the Treatment of Mood Disorders in Older Adults, Department of Psychiatry. Collected and analyzed data, wrote manuscripts for journal publication, and consulted on new and existing research projects related to late life depression.  
Research Mentors: Patricia Areán, Ph.D.; R. Scott Mackin, Ph.D.
- 2005-2010      **Project Coordinator**  
UNIVERSITY OF KANSAS, Department of Psychology  
*Cognitive-Clinical Lab.* Designed, implemented, and collaborated on research projects related to cognition and depression vulnerability. Used self-report, behavioral and psychophysiological (pupil dilation) measures to examine cognitive processing of emotional stimuli in individuals vulnerable to depression based on personal or family depression history or current dysphoria.  
Research Mentor: Rick Ingram, Ph.D.  
*Psychophysiology, Emotion, and Psycholinguistics Lab.* Designed, implemented, and collaborated on projects related to depression and behavioral and electrophysiological (event-related potentials) responses to emotional words, pictures, and facial expressions. Trained research assistants in data collection and cleaning procedures.  
Research Mentor: Ruth Ann Atchley, Ph.D.

- 2007-2008      **Lab Coordinator of Undergraduate Research Assistants**  
 UNIVERSITY OF KANSAS, Department of Psychology, Cognitive-Clinical Lab.  
 Recruited, interviewed, and selected qualified students to join research lab; assigned students with current research projects, designed curriculum, and conducted meetings.
- 2003-2005      **Lead Research Associate**  
 UNIVERSITY OF CALIFORNIA, SAN FRANCISCO, Department of Psychiatry, Collaborative Psychotherapy for the Elderly with Depression Project. Position with NIMH-funded clinical trial. Prepared subject tracking and recruitment reports, oversaw databases, and trained new staff on study protocols. Produced research posters and manuscript for publication.  
 Research Mentors: Patricia Areán, Ph.D.; R. Scott Mackin, Ph.D.
- 2003            **Research Assistant**  
 UNIVERSITY OF CALIFORNIA, BERKELEY, Institute of Personality and Social Research, 1/03-7/03. Research project within Dr. Ann Kring's laboratory investigating verbal and nonverbal sequencing of behaviors in normal and socially anxious individuals in interpersonal situations. Provided feedback for piloting coding procedures, coded non-verbal behaviors in dyadic interactions.  
 Primary Research Mentor: Erin Heerey, Ph.D.

## CLINICAL EXPERIENCE AND TRAINING

- 2021-present      **Clinical Practicum Supervisor**  
 UNIVERSITY OF COLORADO AT COLORADO SPRINGS, VETERANS HEALTH AND TRAUMA CLINIC. Provide individual supervision to graduate student clinicians, manage caseloads, coordinate with Clinic Director and other supervisors regarding functioning of practicum and clinic.
- 2013-2021      **Clinical Practicum Supervisor**  
 UNIVERSITY OF HOUSTON-CLEAR LAKE, PSYCHOLOGICAL SERVICES CLINIC. Provide individual and group supervision to graduate student clinicians and peer-supervisors, manage caseloads, coordinate with Clinic Director regarding functioning of practicum and clinic.
- 2011-2012      **Post-Doctoral Fellowship in Clinical Psychology**  
 UNIVERSITY OF CALIFORNIA, SAN FRANCISCO CLINICAL PSYCHOLOGY TRAINING PROGRAM, Clinical Assessment and Intervention Cluster, Dept. of Psychiatry.
- Over 60 Program*  
 Duties: Conducted Problem Solving Therapy or conduct novel evidence-based, stepped-care psychotherapy tailored to individual needs of depressed older adults.  
 Clinical Supervisors: Pat Areán, Ph.D.; R. Scott Mackin, Ph.D.
- Adolescent Dialectical Behavior Therapy Graduate Group*  
 Duties: Co-led process group with adolescents and young adults who have completed multifamily skills group modules of DBT to address multiple problems, often including suicidal ideation and other self-injurious impulses and behaviors. Participate in weekly multidisciplinary consult meetings with individual DBT therapists and other group leaders.  
 Clinical Supervisors: Barbara Stuart, Ph.D., Alison Yeager, Psy.D., Esme Shaller, Ph.D.

*Mindfulness Based Cognitive Therapy for Depression*

Duties: Co-facilitated 8-week MBCT group for adults with depression resistant to psychopharmacological intervention.

Clinical Supervisors: Stuart Eisendrath, M.D.; Maura McLane, MFT.

*Psychological Assessment Clinic—Psychiatric Differential Diagnosis Emphasis*

Duties: Conducted psychological and neuropsychological assessments of patients referred to specialty assessment clinic based on complex psychiatric, cognitive, and neurological complaints and suboptimal response to previous psychiatric or medical interventions.

Clinical Supervisors: William Hooker, Ph.D.; Joel Kramer Psy.D.

2010-2011

**Pre-Doctoral Internship in Clinical Psychology**

UNIVERSITY OF CALIFORNIA, SAN FRANCISCO CLINICAL PSYCHOLOGY TRAINING PROGRAM, Clinical Assessment and Intervention Cluster, Department of Psychiatry.

*General Psychiatric Outpatient Services (San Francisco VA Medical Center)*

Duties: Conducted Cognitive Behavioral Therapy with patients with diagnoses such as Major Depressive Disorder, Bipolar Disorder, Post-Traumatic Stress Disorder, Social Phobia, and Attention Deficit/Hyperactivity Disorder. Utilized mindfulness, exposure, cognitive behavioral, and acceptance and commitment therapy strategies. Consulted with social workers, nurses, and psychiatrists regarding patients' psychosocial functioning.

Clinical Supervisors: John McQuaid, Ph.D.; Jane Zich, Ph.D.

*Adult Psychiatry Clinic*

Duties: Conducted Cognitive Behavioral Therapy in an outpatient setting with a population including adults with diagnoses such as Major Depressive Disorder, Bipolar Disorder, and Anxiety disorder NOS. Participated in team case supervision.

Clinical Supervisors: Patricia Areán, Ph.D.; Beverly Lehr, Ph.D.

*Over 60 Program*

Duties: Conducted Problem Solving Therapy with depressed older adults with disability, financial problems, and various other case management needs.

Clinical Supervisors: Patricia Areán, Ph.D.; Jane Zich, Ph.D.

*Psychological Assessment Clinic—Neuropsychology Emphasis*

Duties: Conducted assessments with adult patients with suspected neurological disorder caused by trauma, vascular disorders, infectious diseases, or degenerative disorders, as well as primary psychiatric disorders. Provided consultation and referral services for patients within the UCSF Adult Inpatient Unit and Partial Hospitalization program.

Clinical Supervisors: Joel Kramer, Psy.D.; William Hooker, Ph.D.

*Adolescent Dialectical Behavior Therapy Program*

Duties: Co-led DBT-A Multi-Family Skills Groups for adolescents with multiple chronic psychiatric problems, including suicidality and other self-injurious behaviors, and the adolescents' guardians. Participated in weekly multidisciplinary consult team meetings.

Clinical Supervisors: Auran Piatigorski, Ph.D.; Samantha Fordwood, Ph.D.; Alison Yeager, Psy.D.; Esme Shaller, Ph.D.

*Partial Hospitalization Program*

Duties: Individually led DBT emotion regulation skills groups with a diverse adult population of patients with mood disorders, anxiety disorders, thought disorders, Borderline Personality Disorder, and various other Axis II disorders, patients requiring a greater level of care than outpatient psychiatric services.

Clinical Supervisors: Alla Spivack, M.D.; Martin Mulkey, MFT; Venus Bobis, MFT

*Adult Inpatient Psychiatric Hospitalization Program*

Duties: Provided intake assessment, brief psychosocial intervention, and case management for patients in a locked psychiatric facility. Worked with a diverse population of individuals, ranging in age, ethnicity, socioeconomic status, and acuity diagnosed with psychotic disorders, mood disorders, substance-induced disorders, and various Axis II disorders. Collaborated with multidisciplinary team of psychiatrists, social workers, and psychiatric nurses.

Supervisors: Andrew Booty, M.D.; Stephen Hall, M.D.; Dale McNeil, Ph.D.

*Emergency Department, Psychology Consultation and Liaison*

Duties: Provided assessment and crisis management with a diverse population of patients. Trained in empirically based evaluation of patient risk for violence and suicide. Worked with patients and family members, typically of lower socioeconomic status, with a wide range of diagnoses.

Clinical Supervisors: Jewel Shim, M.D.; Kristen Brooks, M.D.; Eve Maremont, M.D.

2006-2010

**Graduate Student Clinician**

UNIVERSITY OF KANSAS PSYCHOLOGICAL CLINIC.

Duties: Conducted individual, couples, and group psychotherapy with community members and college students varying widely in socioeconomic status and educational background. Conducted ongoing comprehensive psychological assessments. Consulted with external agencies and care providers about treatment and case management issues. Utilized attachment therapy, ACT, CBT, mindfulness, motivational interviewing.

Supervisors: Sarah Kirk, Ph.D.; Doug Witt, Ph.D.; Cynthia Schnacke, Ph.D.

2003- 2005

**Research Clinician**

UNIVERSITY OF CALIFORNIA, SAN FRANCISCO, LANGLEY PORTER PSYCHIATRIC INSTITUTE.

Duties: Conducted research and clinical assessments with diverse population of elderly participants, longitudinally assessing mood, disability, and health status.

Supervisor: R. Scott Mackin, Ph.D.

**SERVICE ACTIVITIES**

**Service to Profession**

**External Member of Institutional Review Board**

National Aeronautics and Space Administration (NASA), 2014-present.  
Consulting psychologist member of human subjects IRB.

**Ad hoc consultant to Executive Director of Texas State Board of Examiners of Psychologists (TSBEP)** regarding Licensed Psychological Associate training standards, 2017.

**Member of Competency Standards Advisory Committee formed by Texas State Board of Examiners of Psychologists**, 2017-2018.

**Affiliate Member, Council of Combined-Integrated Doctoral Programs in Psychology**, 2017

**Ad hoc reviewer.** Provided evaluative commentary on manuscripts for the following journals:

*Behaviour Research & Therapy*, 2018-2019  
*Biological Psychology*, 2016  
*Brain and Cognition*, 2017, 2019  
*British Journal of Education, Society, & Behavioral Science*, 2013  
*Clinical Psychology and Psychotherapy*, 2007  
*Cognition & Emotion*, 2013-2018  
*Cognitive Therapy and Research*, 2009, 2010, 2015-2018  
*Current Psychology*, 2022-2023  
*European Child & Adolescent Psychiatry*, 2015  
*Journal of Anxiety, Stress, & Coping*, 2020-2021  
*Journal of Affective Disorders*, 2017-2020, 2023  
*Journal of American College Health*, 2023  
*Journal of Applied Gerontology*, 2010  
*Journal of Behavior Therapy and Experimental Psychiatry*, 2016-2021  
*Journal of Happiness Studies*, 2023  
*Journal of Health Psychology*, 2019  
*Journal of Social and Clinical Psychology*, 2017-2020  
*Journal of Psychophysiology*, 2020  
*Journal of Social and Personal Relationships*, 2016-2017  
*Journal of Traumatic Stress*, 2016  
*Mindfulness*, 2019  
*Psychiatry Research*, 2012-2014  
*Psychology and Neuroscience*, 2015  
*Psychological Reports* 2019-2020  
*Psychological Trauma: Theory, Research, Practice, and Policy*, 2023  
*Stress & Health*, 2023  
*Transcultural Psychiatry*, 2022

**Ad hoc presentation abstract reviewer** for Southwestern Psychological Association, 2013.

**Service for UCCS Clinical Psychology Programs**

- Comprehensive Exam Committees, Ph.D. Program, Fall 2021, 2022.
- Admissions Committee for Clinical Psychology M.A. Program,
  - Fall-Spring member 2021-22,
  - Chair, Spring 2022-23
- Admissions Committee for Clinical Psychology Ph.D. Program,
  - Member, Spring 2021-2023

**Service for UCCS Psychology Department**

- Member of Diversity Committee, Fall 2021-present.
- Member of Search Committee to fill Geropsychology Faculty Position, Fall-Spring 2022-23.

**Service for UCCS College of Letters, Arts, & Sciences (CLAS)**

- Member of Research Committee, Fall 2022-present.

**Service for UCCS**

- Committee on Research and Creative Works, Spring 2024

**Service for UHCL Clinical Psychology (M.A.) Program**

- Director of Clinical Training (2017-2021)
- Chair of Program Admissions Committee
- Graduate thesis committee member
- Advisor for graduate students

**Service for UHCL Health Service Psychology (PsyD) Program**

- Chair of Admissions Committee (2016-2019)
- Member of Diversity Committee (2016-2021)
- Presenter for student professional development seminars

**Service for UHCL Department of Clinical, Health, and Applied Sciences (CHAS)**

- Provide contributions necessary to departmental functioning
- Chair and member of faculty and clinic staff search committees
- Service on Third-Year Review, Promotion and Tenure Committees

**Service for UHCL College of Human Sciences & Humanities (HSH)**

- Administrator for interdepartmental Psychology Research Participant Pool, summer 2015-2021
- Member of Faculty Mentoring Committee, 2013-2018
- Member of Student Scholarship Committee, 2017-2021
- Faculty Mentor, 2017-2019.

**Service for University of Houston-Clear Lake**

- Senator, UHCL Faculty Senate, 2016-2017
  - Member, Faculty Senate Research Committee
  - Member, Faculty Senate Facilities and Support Services Committee
- Participated in annual UHCL Open House events
- Annual Faculty Evaluator for Student Conference for Research and Creative Arts, 2013-2020.
- Consultant on approved Doctor of Psychology proposal and implementation, 2012-2016
- Faculty Co-Advisor Psi Chi Student Honor Society and Psychology Club Student Organization, 2013-2016

**SELECTED PROFESSIONAL DEVELOPMENT WORKSHOPS AND ACTIVITIES**

- Lyda Hill Institute for Human Resilience Research Interest Group (RIG) participation. Since 2021, have participated in regular Social-Cognitive RIG, Technology RIG, Clinical RIG meetings (~ 8-10/year).
- “What I Wished I Would Have Known After Earning Tenure.” Panel discussion presented by National Center for Faculty Development and Diversity (NCFDD). April, 2023.
- UCCS Grant Writing Bootcamp. Five-week applied workshop conducted by UCCS Office of Research. May-June, 2022.
- PRIM&R On Demand Research Ethics and IRB. Two-day workshop. March, 2022



- Not Funded! Keys to a Grant Proposal Resubmission. Presentation and discussion led by the UCCS Office of Research. February 25, 2022.
- Nonlinear Dynamics Design and Analysis for Resilience Research Seminar. Attended series of lectures presented by Dr. Bernard Ricca of Lyda Hill Institute for Human Resilience. Fall, 2021.
- “Critical Race Theory: What's the Fuss?” Presented by UCCS Faculty Minority Affairs Committee, The Office of Diversity, Equity, and Inclusion, and The Matrix Center. November 2021.
- Crucial & Candid Conversation About Racial Injustice in America, How We Discuss What is Happening, and How We Can Show Up and Effect Change. Event sponsored by Letting Everyone Achieve Dreams (LEAD). June, 2020.
- Hawks Embracing Diversity. Inclusive pedagogy-focused event led by Center for Faculty Development. October, 2017.
- Safe Zone Training, UHCL Women’s and LGBTQ Services. Spring, 2016
- Problem-based Learning: Authentic Teaching and Learning in Higher Education. Presentation and workshop discussions facilitated by Dr. Michael Hosokawa. Spring 2015.

## HONORS

- 2019-2020      **Center for Faculty Development-Faculty Senate Award for Texas Research & Scholarship**, University of Houston-Clear Lake. Award given annually to outstanding research relevant to Texas or communities in Texas.
- 2015-2016      **Minnie Stevens Piper Teaching Award Finalist**, University of Houston-Clear Lake. Recognition for finalist distinction at UHCL for Texas state-wide award for teaching excellence.
- 2009-2010      **C.R. Snyder Award for Excellence in Research Achievement**, University of Kansas. Clinical psychology program honor recognizes significant student research contributions.
- 2009-2010      **Lori Irving and Mitch Handelsman Graduate Student Teaching Award**, University of Kansas. Psychology Department honor recognizes outstanding performance in undergraduate instruction.
- 2008-2009      **David Schulman Award for Excellence in Clinical Psychology**, University of Kansas. Clinical Psychology program honor recognizes distinguished overall academic, clinical, and research performance by graduate trainee.
- 2000              **Graduated Magna Cum Laude**, The University of Arizona.

## PROFESSIONAL AFFILIATIONS (past and present)

Association for Behavioral and Cognitive Therapies  
 American Psychological Association  
 International Society for Traumatic Stress Studies  
 Southwestern Psychological Association  
 Society for Research in Psychopathology  
 Society for Psychophysiological Research