

**Olafur S. Palsson, Psy. D.**

**CURRICULUM VITAE**

**CONTACT INFORMATION:** E-mail: opalsson@med.unc.edu

**EMPLOYMENT**

May 2013-present **Professor of Medicine, UNC-Chapel Hill School of Medicine**  
Division of Gastroenterology and Hepatology

Aug. 2003-Apr. 2013 **Associate Professor of Medicine, UNC-Chapel Hill School of Medicine**  
Division of Gastroenterology and Hepatology

2000-2003 **Research Associate, UNC-Chapel Hill School of Medicine**  
Division of Digestive Diseases and Nutrition

1996-2000 **Director, Eastern Virginia Medical School Division of Behavioral Medicine**  
**Assistant Professor**  
Department of Psychiatry & Behavioral Sciences and  
Department of Family & Community Medicine  
Eastern Virginia Medical School, Norfolk, Virginia

**EDUCATION**

July 1994-Sept. 1996 **Two-year Post-Doctoral Fellowship in Behavioral Medicine Research**  
Department of Medicine, University of North Carolina at Chapel Hill  
(dates of attendance: 7/1994-9/1996).

December 1993 **Doctor of Clinical Psychology**  
Virginia Consortium for Professional Psychology, Norfolk, Virginia  
(dates of attendance: 8/1989-12/1993). APA Accreditation: Full

May 1988 **Bachelor of Arts in Psychology, *summa cum laude***  
University of North Carolina at Greensboro (dates of attendance: 1/1987-5/1988)

1983-1985 University of Iceland Medical School, Reykjavik, Iceland

**DOCTORAL DISSERTATION: "The Psychological and Psychophysiological Effects of Stress Reduction by Means of a Group Hypnosis Intervention".** Defended in August 1992, Eastern Virginia Medical School

**INTERNSHIP IN CLINICAL PSYCHOLOGY: North Dakota Human Services, 2000 hours (1992-1993:**  
Rotation 1 (6 months): North Central Human Service Center, Minot. Rotation 2 (6 months): North Dakota State Hospital, Jamestown

**THIRD YEAR PREDOCTORAL CONCENTRATION IN CLINICAL PSYCHOLOGY:**  
1. Short-term psychodynamic therapy 2. The use of hypnosis in psychotherapy

## **OTHER PROFESSIONAL EXPERIENCE AND ACTIVITIES**

2016-2018 **Director of the Data Coordination Center, Rome Foundation Global Study on the Epidemiology of the Functional GI Disorders.** In charge of collecting all electronic survey data from 70,000 individuals in the general population in 34 countries.

2016-2017 **Developer and programmer of the Rome IV Diagnostic Internet Application.** Program and design the clinical web-based diagnostic software that will be tested in clinics in 8 countries in 2017. This software will enable physicians to reliably diagnose functional gastrointestinal disorders via web-enabled computers and tablets in their clinics by administering diagnostic questionnaires to patients and providing automated diagnostic information and feedback to physicians based on the responses. The Rome Foundation is planning to make this diagnostic aid available to physicians in near future.

2015-2016 **Co-Chair, 2016 Scientific Program of the Annual Meeting of the American Society for Clinical Hypnosis, St. Louis, Missouri**

2014-2016 **Co-chair, Rome IV Diagnostic Questionnaire Development Committee**

2002-present **Design, programming and implementation of secure custom internet-based symptom-tracking web applications.** Developed, implemented and programmed daily and hourly symptom-tracking web applications using Perl, PHP and JavaScript programming languages. These symptom trackers are suited for documenting medical symptoms and related patient experiences reliably for months at a time, and have been used successfully by hundreds to patients in several clinical trials to assess changes in clinical symptoms such as gastrointestinal symptoms and headaches. These web applications are specifically designed to work in any web browser, to be user-friendly and highly reliable, and to be HIPAA-compliant. Many are designed to be equally useable on smart phones as on tablet and laptop/desktop computers.

2013-present **Co-investigator and website software programmer in an NIH-funded study developing interactive internet-based self-management intervention for individuals with fecal incontinence.** The project aims to develop an effective internet-mediated computer and smartphone-based intervention that patients with incontinence can use independently to improve or eliminate their symptoms. The website will provide ongoing treatment guidance automatically based on daily tracking of symptoms, medications and self-management activities.

2005-present **Advisory Editor, *American Journal of Clinical Hypnosis***

2005-present **Associate Editor, *Applied Psychophysiology and Biofeedback***

2002-present **Reviewer for the following journals:**

*Gastroenterology*  
*American Journal of Gastroenterology*  
*Lancet Gastroenterology and Hepatology*  
*Psychosomatic Medicine*  
*American Journal of Clinical Hypnosis*  
*Neurogastroenterology and Motility*  
*Applied Psychophysiology and Biofeedback*  
*Journal of Psychosomatic Research*  
*International Journal of Clinical and Experimental Hypnosis*  
*Alimentary Pharmacology & Therapeutics*  
*Journal of Clinical Psychology in Medical Settings*  
*Evidence-based Complimentary and Alternative Medicine*

2006-2011 **Advisory Editor, *Biofeedback Newsmagazine***

- 2009 **Provided expert testimony and presented research data at a U.S. Food and Drug Administration pre-IND trial design meeting.**
- 2008-2009 **Consultant on research trial design for two pharmaceutical companies**
- 2004-2009 **Director, D.A.T.A. Core, UNC Center for Functional G.I. and Motility Disorders. A position with half-time funding provided by an NIH infrastructure grant.** Designed data collection methodologies and supervised data collection and data processing in more than 40 research studies, using methods such as secure internet-mediated clinical symptom assessment and longitudinal symptom status tracking, high-speed questionnaire scanning, and large mail surveys. Provided data analysis services and consultation on design of data collection projects to UNC investigators and outside collaborators.
- 2005-2006 **Member, Rome III Diagnostic Criteria Validation Working Team**
- 2005 **Guest Editor, *International Journal of Clinical and Experimental Hypnosis*, Special Issue on IBS and Hypnosis.**
- 2003-2004 **Chair, Review Committee, AAPB Efficacy Review of Biofeedback for Functional Anorectal Disorders**
- 2004 **Course Director. *Hypnosis Treatment for Functional Gastrointestinal Disorders: A Training Course for Health Professionals. A 3½ Day Course*, Research Triangle Park, NC.**
- 2003-2004 **Chair, Committee for Research and Science, American Society for Clinical Hypnosis**
- 2002-2004 **Associate Editor, *American Journal of Clinical Hypnosis***
- 2002 **Member, Research and Science Task Force, American Society for Clinical Hypnosis**
- 2001-2002 **Member, Doctoral Dissertation Committee for Stephanie T. Nevin, Psy.D. Eastern Virginia Medical School.**
- 1998-2000 **Consultant, NIDDK funded five-year research project in the pathophysiology of irritable bowel syndrome, UNC-Chapel Hill. Principal Investigator: William E. Whitehead, Ph.D.**
- 1998-2000 **Member, Institutional Review Board, Eastern Virginia Medical School**
- 1998-2000 **Clinical supervisor, behavioral medicine training rotation for doctoral students in clinical psychology, Eastern Virginia Medical School**
- 1998-2001 **Chair, Electronic Communications Committee. Association for Applied Psychophysiology and Biofeedback.**
- 1998-2000 **Board Member, Primary Care Section, Association for Applied Psychophysiology and Biofeedback.**
- 1998-2000 **Member, Education Committee, Association for Applied Psychophysiology and Biofeedback.**

- 1997-1999      **Member, Program Committee, Association for Applied Psychophysiology and Biofeedback.** 30<sup>th</sup> AAPB Annual Meeting, Vancouver, Canada, April 1999.
- 1996-1997      **Co-Chair, Membership Committee, American Psychological Association Division 30.**
- Nov. 1996      Completed the 9-day 80-hour **Professional Biofeedback Certification Training Course.** Stens Corporation. Orlando, Florida.
- Nov. 1996      Completed a **20 hour training course in EEG Biofeedback,** Stens Corporation. Orlando, Florida.
- 1995-1996      **Program Co-Chair, American Psychological Association Division 30.** Co-chair of the APA Psychological Hypnosis division program for the 104<sup>th</sup> Annual Meeting in Toronto, Canada in August 1996.
- Jan. 1994-  
May 1994      **Adjunct Psychology Instructor.** Methodist College, Fayetteville, North Carolina. Taught a 300-level undergraduate course in Human Lifespan Development.
- Aug. 1989-  
May 1991      **Clinical Trainee and Research Assistant.** Behavioral Medicine Clinic and Stress Disorders Laboratory Eastern Virginia Medical School. Norfolk, Virginia.
- Aug. 1988-  
May 1989      **Instructor in Psychology.** Egilsstadir College, Egilsstadir, Iceland. Taught undergraduate psychology courses: *Statistics, Introductory psychology, Abnormal psychology, Psychological development, Personality.*

## PUBLICATIONS

### A. BOOK CHAPTERS

1. **Palsson O.S.** (2016). Irritable Bowel Syndrome. Chapter 29. In Elkins, G (Ed.) *Handbook of Medical and Psychological Hypnosis: Foundations, Applications and Professional Issues*, pp. 283-293. NY: Spring Publishing.
2. Whitehead, W.E.; **Palsson, O.S.** (2013). Behavioral treatment of fecal incontinence. Chapter 37. In: D.I. Mostofsky (Ed.), *Handbook in Behavioral Medicine*, pp. 787-806. New York, Wiley-Blackwell.
3. Van Tilburg M.A.L., Weinland S.R., **Palsson O.S.** (2011). Brief Review of Mind-Body Medicine in Gastroenterology Practice. In: G Mullin (Ed). *Integrative Gastroenterology*, pp 326-336. New York, NY: Oxford University Press.
4. **Palsson, O.S.** & Blanco, H.E. (2009). Hipnoterapia en trastornos funcionales gastrointestinales. In: Blanco HE, Rodriguez, JT & Schneider, RE (Eds), pp. 753-763. *Síndrome de Intestino Irritable y otros Trastornos Relacionados.* Mexico City: Editorial Medica Panamerica.
5. Whitehead W.E. & **Palsson O.S.** (2007). Hyperalgesia in irritable bowel syndrome: cognitive and physiological influences on pain perception. In: Howden, C.W. *Advances in Digestive Disease*, pp. 37-48. Bethesda, MD: AGA Institute Press.

6. **Palsson, O.S.** & Moss, D. (2007). Irritable Bowel Syndrome (IBS) Concurrent with Fibromyalgia (Chapter 9). In S. Ostalecky (Ed.) *Fibromyalgia: The complete guide from medical experts and patients*, pp 119-127. Sudbury, Massachusetts: Jones & Bartlett.
7. Whitehead, W.E., Thompson, W.G., **Palsson, O.S.**, Thiwan, S., Talley, N., Chey, W., Irvine, E.J., Drossman, D.A., & Walker, L. (2006). Development and validation of the Rome III Diagnostic Questionnaire (Chapter 16). In: Drossman DA, Corazziari, Delvaux M, Spiller R, Talley NJ, Thompson WG, and Whitehead WE (Eds), *Rome III: The Functional Gastrointestinal Disorders*, pp 835-853. McLean, Virginia: Degnon Associates.
8. Pope, A.T. & **Palsson, O.** (2003). Converging Technologies for Physiological Self-regulation. In Roco, M.C. and Bainbridge, W.S. (eds.) *Converging Technologies for Improving Human Performance: Nanotechnology, Biotechnology, Information Technology and Cognitive Science*, pp 260- 270. Dordrecht, The Netherlands: Kluwer Academic Publishers.
9. **Palsson, O.S.** & Collins, R. (2002). Functional bowel and anorectal disorders. In Moss, D., Wickramasekera, I.E., Davies, T.C., McGrady A. (eds.) *Handbook of Mind-Body Medicine for Primary Care*, pp. 299-311. Thousand Oaks, CA: Plenum.
10. **Palsson, O.S.** (2002). Urinary incontinence. In Moss, D., Wickramasekera, I.E., Davies, T.C., McGrady A. (eds.) *Handbook of Mind-Body Medicine for Primary Care*, pp. 312-321. Thousand Oaks, CA: Plenum.
11. Davies, S. M. & **Palsson, O.S.** (2002). Medical education for mind-body medicine. *Handbook of Mind-Body Medicine for Primary Care*, 443-448. Thousand Oaks, CA: Plenum.

## B. PAPERS PUBLISHED AND IN PRESS

1. Simrén M, Törnblom H, **Palsson OS**, Whitehead WE. Management of the multiple symptoms of irritable bowel syndrome. *Lancet Gastroenterol Hepatol*. 2017 Feb;2(2):112-122. doi: 10.1016/S2468-1253(16)30116-9. Epub 2017 Jan 12. Review. PubMed PMID: 28403981.
2. Simren M, **Palsson OS**, Whitehead WE. Update on Rome IV Criteria for Colorectal Disorders: Implications for Clinical Practice. *Curr Gastroenterol Rep*. 2017 Apr;19(4):15. doi: 10.1007/s11894-017-0554-0. Review. PubMed PMID: 28374308; PubMed Central PMCID: PMC5378729.
3. Whitehead WE, **Palsson OS**, Simrén M. Irritable bowel syndrome: what do the new Rome IV diagnostic guidelines mean for patient management? *Expert Rev Gastroenterol Hepatol*. 2017 Apr;11(4):281-283. PubMed PMID: 28276814.
4. Heymen S, **Palsson O**, Simren M, Whitehead WE. Patient preferences for endpoints in fecal incontinence treatment studies. *Neurogastroenterol Motil*. 2017 May;29(5). doi: 10.1111/nmo.13032. Epub 2017 Mar 8. PubMed PMID: 28271624.
5. Simrén M, Törnblom H, **Palsson OS**, van Tilburg MA, Van Oudenhove L, Tack J, Whitehead WE. Visceral hypersensitivity is associated with GI symptom severity in functional GI disorders: consistent findings from five different patient cohorts. *Gut*. 2017 Jan 19. pii: gutjnl-2016-312361. doi: 10.1136/gutjnl-2016-312361. [Epub ahead of print] PubMed PMID: 28104632.
6. Simrén M, **Palsson OS**, Heymen S, Bajor A, Törnblom H, Whitehead WE. Fecal incontinence in irritable bowel syndrome: Prevalence and associated factors in Swedish and American patients. *Neurogastroenterol Motil*. 2017 Feb;29(2).

PubMed PMID: 27581702; PubMed Central PMCID: PMC5276715.

7. Whitehead WE, **Palsson OS**, Simrén M. Biomarkers to distinguish functional constipation from irritable bowel syndrome with constipation. *Neurogastroenterol Motil.* 2016 Jun;28(6):783-92. doi: 10.1111/nmo.12852. Review. PubMed PMID: 27214096.
8. **Palsson OS**. A specific link between migraine and functional GI disorders. *The Lancet Gastroenterology & Hepatology* 2016,1(2):89-90.
9. Whitehead WE, **Palsson OS**, Simrén M. Biomarkers to distinguish functional constipation from irritable bowel syndrome with constipation. *Neurogastroenterol Motil.* 2016 Jun;28(6):783-92. Review. PubMed PMID: 27214096.
10. Lewis ML, **Palsson OS**, Whitehead WE, van Tilburg MA. Prevalence of Functional Gastrointestinal Disorders in Children and Adolescents. *J Pediatr.* 2016 May 4. pii: S0022-3476(16)30056-7. doi: 10.1016/j.jpeds.2016.04.008. [Epub ahead of print] PubMed PMID: 27156185.
11. Whitehead WE, **Palsson OS**, Simren M. Treating Fecal Incontinence: An Unmet Need in Primary Care Medicine. *N C Med J.* 2016 May-Jun;77(3):211-5. doi: 10.18043/ncm.77.3.211. PubMed PMID: 27154893.
12. **Palsson OS**, Whitehead WE, van Tilburg MA, Chang L, Chey W, Crowell MD, Keefer L, Lembo AJ, Parkman HP, Rao SS, Sperber A, Spiegel B, Tack J, Vanner S, Walker LS, Whorwell P, Yang Y. Development and Validation of the Rome IV Diagnostic Questionnaire for Adults. *Gastroenterology* 2016; 150(6):1481–1491. PubMed PMID: 27144634.
13. Kanazawa M, Nakajima S, Oshima T, Whitehead WE, Sperber AD, **Palsson OS**, Drossman DA, Miwa H, Fukudo S. Validity and Reliability of the Japanese Version of the Rome III Diagnostic Questionnaire for Irritable Bowel Syndrome and Functional Dyspepsia. *J Neurogastroenterol Motil.* 2015 Oct 1;21(4):537-44. doi: 10.5056/jnm15016. PubMed PMID: 26350938; PubMed Central PMCID: PMC4622136.
14. **Palsson OS**. Hypnosis Treatment of Gastrointestinal Disorders: A Comprehensive Review. *American Journal of Clinical Hypnosis*, In Press, July 2015.
15. **Palsson OS**, van Tilburg M. Hypnosis and Guided Imagery Treatment for Gastrointestinal Disorders: Experience With Scripted Protocols Developed at the University of North Carolina. *Am J Clin Hypn.* 2015;58(1):5-21. doi: 10.1080/00029157.2015.1012705. PubMed PMID: 26046714.
16. Kiken LG, Garland EL, Bluth K, **Palsson OS**, Gaylord SA. From a state to a trait: Trajectories of state mindfulness in meditation during intervention predict changes in trait mindfulness. *Pers Individ Dif.* 2015 Jul 1;81:41-46. PubMed PMID: 25914434; PubMed Central PMCID: PMC4404745.
17. Riehl ME, Pandolfino JE, **Palsson OS**, Keefer L. Feasibility and acceptability of esophageal-directed hypnotherapy for functional heartburn. *Dis Esophagus.* 2015 Mar 30. doi: 10.1111/dote.12353. [Epub ahead of print] PubMed PMID: 25824436.
18. Ramsden CE, Faurot KR, Zamora D, **Palsson OS**, MacIntosh BA, Gaylord S, Taha AY, Rapoport SI, Hibbeln JR, Davis JM, Mann JD. Targeted alterations in dietary n-3 and n-6 fatty acids improve life functioning and reduce psychological distress among patients with chronic headache: a secondary analysis of a randomized trial. *Pain.* 2015 Apr;156(4):587-96. doi: 10.1097/01.j.pain.0000460348.84965.47. PubMed PMID: 25790451.

19. van Tilburg MA, Hyman PE, Walker L, Rouster A, **Palsson OS**, Kim SM, Whitehead WE. Prevalence of Functional Gastrointestinal Disorders in Infants and Toddlers. *J Pediatr.* 2014 Dec 31. pii: S0022-3476(14)01114-7. doi: 10.1016/j.jpeds.2014.11.039. [Epub ahead of print] PubMed PMID: 25557967.
20. Dorn SD, **Palsson OS**, Woldegebriel M, Fowler B, McCoy R, Weinberger M, Drossman DA. Development and pilot testing of an integrated, web-based self-management program for irritable bowel syndrome (IBS). *Neurogastroenterol Motil.* 2015 Jan;27(1):128-34. doi: 10.1111/nmo.12487. Epub 2014 Dec 6. PubMed PMID: 25482042.
21. **Palsson OS**, Baggish J, Whitehead WE. Episodic nature of symptoms in irritable bowel syndrome. *Am J Gastroenterol.* 2014 Sep;109(9):1450-60. doi: 10.1038/ajg.2014.181. Epub 2014 Jul 1. PubMed PMID: 24980882.
22. Ringel-Kulka T, Goldsmith JR, Carroll IM, Barros SP, **Palsson O**, Jobin C, Ringel Y. Lactobacillus acidophilus NCFM affects colonic mucosal opioid receptor expression in patients with functional abdominal pain - a randomised clinical study. *Aliment Pharmacol Ther.* 2014 Jul;40(2):200-7. doi: 10.1111/apt.12800. Epub 2014 May 22. PubMed PMID: 24853043.
23. Kanazawa M, **Palsson OS**, van Tilburg MA, Gangarosa LM, Fukudo S, Whitehead WE. Motility response to colonic distention is increased in postinfectious irritable bowel syndrome (PI-IBS). *Neurogastroenterol Motil.* 2014 May;26(5):696-704. doi: 10.1111/nmo.12318. Epub 2014 Feb 13. PubMed PMID: 24602083.
24. van Tilburg MA, **Palsson OS**, Ringel Y, Whitehead WE. Is ginger effective for the treatment of irritable bowel syndrome? A double blind randomized controlled pilot trial. *Complement Ther Med.* 2014 Feb;22(1):17-20. PubMed PMID: 24559811; PubMed Central PMCID: PMC3958926.
25. Chiarioni G, **Palsson OS**, Asteria CR, Whitehead WE. Neuromodulation for fecal incontinence: an effective surgical intervention. *World J Gastroenterol.* 2013 Nov 7;19(41):7048-54. PubMed PMID: 24222947; PubMed Central PMCID: PMC3819539.
26. Keefer L, Taft TH, Kiebles JL, Martinovich Z, Barrett TA, **Palsson OS**. Gut-directed hypnotherapy significantly augments clinical remission in quiescent ulcerative colitis. *Aliment Pharmacol Ther.* 2013 Oct;38(7):761-71. doi: 10.1111/apt.12449. Epub 2013 Aug 19. PubMed PMID: 23957526.
27. Ramsden CE, Faurot KR, Zamora D, Suchindran CM, Macintosh BA, Gaylord S, Ringel A, Hibbeln JR, Feldstein AE, Mori TA, Barden A, Lynch C, Coble R, Mas E, **Palsson O**, Barrow DA, Douglas Mann J. Targeted alteration of dietary n-3 and n-6 fatty acids for the treatment of chronic headaches: a randomized trial. *Pain.* 2013 Jul 22. PubMed PMID: 23886520.
28. van Tilburg MA, **Palsson OS**, Whitehead WE. Which psychological factors exacerbate irritable bowel syndrome? Development of a comprehensive model. *J Psychosom Res.* 2013 Jun;74(6):486-92. PubMed PMID: 23731745; PubMed Central PMCID: PMC3673027.
29. Markland AD, **Palsson O**, Goode PS, Burgio KL, Busby-Whitehead J, Whitehead WE. Association of low dietary intake of fiber and liquids with constipation: evidence from the National Health and Nutrition Examination Survey. *Am J Gastroenterol.* 2013 May;108(5):796-803. PubMed PMID: 23567352.
30. **Palsson OS**, Whitehead WE. Psychological treatments in functional gastrointestinal disorders: a primer for the gastroenterologist. *Clin Gastroenterol Hepatol.* 2013 Mar;11(3):208-16. PubMed PMID: 23103907; PubMed Central PMCID: PMC3591464.

31. Robinson BL, Matthews CA, **Palsson OS**, Geller E, Turner M, Parnell B, Crane A, Jannelli M, Wells E, Connolly A, Lin FC, Whitehead WE. Obstetric sphincter injury interacts with diarrhea and urgency to increase the risk of fecal incontinence in women with irritable bowel syndrome. *Female Pelvic Med Reconstr Surg.* 2013 Jan-Feb;19(1):40-5. PubMed PMID: 23321658.
32. MacLean EW, **Palsson OS**, Turner MJ, Whitehead WE. Development and validation of new disease-specific measures of somatization and comorbidity in IBS. *J Psychosom Res.* 2012 Nov;73(5):351-5. PubMed PMID: 23062808.
33. Gaylord SA, **Palsson OS**, Garland EL, Faurot KR, Mann JD, Whitehead WE. Reply to "A Mindful Way Through IBS: Reducing Abdominal Pain And Improving Quality Of Life". *Gastroenterology* 2012 May;142(5): 1450.
34. **Palsson OS**, Baggish JS, Turner MJ, Whitehead WE. IBS Patients Show Frequent Fluctuations Between Loose/Watery and Hard/Lumpy Stools: Implications for Treatment. *Am J Gastroenterol.* 2012 Feb;107(2):286-95
35. Boregowda SC, Choate RE, Handy R, **Palsson OS**. Thermodynamic Assessment of Multiple Physiological Stress Responses Using Maxwell Relations. *International Journal of Modern Engineering Research*, Vol.2, Issue.2, Mar-Apr 2012, 297-302.
36. Garland EL, Gaylord SA, **Palsson O**, Faurot K, Mann JD, Whitehead WE. Therapeutic mechanisms of a mindfulness-based treatment for IBS: Effects on visceral sensitivity, catastrophizing, and affective processing of pain sensations. *J Behav Med.* 2011 Dec 8. [Epub ahead of print] PMID:22161025.
37. Whitehead WE, **Palsson OS**, Gangarosa L, Turner M, Tucker J. Lubiprostone does not influence visceral pain thresholds in patients with irritable bowel syndrome. *Neurogastroenterol Motil.* 2011 Oct;23(10):944-e400 PMID: 21914041.
38. Gaylord SA, **Palsson OS**, Garland EL, Faurot KR, Coble RS, Mann JD, Frey W, Leniek K, Whitehead WE. Mindfulness Training Reduces the Severity of Irritable Bowel Syndrome in Women: Results of a Randomized Controlled Trial. *Am J Gastroenterol.* 2011 Sep;106(9):1678-88. PMID: 21914041.
39. Whitehead WE, **Palsson OS**, Gangarosa L, Turner M, Tucker J. Lubiprostone does not influence visceral pain thresholds in patients with irritable bowel syndrome. *Neurogastroenterol Motil.* 2011 Oct;23(10):944-950. PMID: 21914041.
40. Nyrop KA, Grover M, **Palsson OS**, Heymen S, Palmer MH, Goode PS, Whitehead WE, Busby-Whitehead J. Likelihood of nursing home referral for fecally incontinent elderly patients is influenced by physician views on nursing home care and outpatient management of fecal incontinence. *J Am Med Dir Assoc.* 2012 May;13(4):350-4. PubMed PMID: 21450249.
41. Ringel-Kulka T, **Palsson OS**, Maier D, Carroll I, Galanko JA, Leyer G, Ringel Y. Probiotic Bacteria *Lactobacillus acidophilus* NCFM and *Bifidobacterium lactis* Bi-07 Versus Placebo for the Symptoms of Bloating in Patients With Functional Bowel Disorders: A Double-blind Study. *J Clin Gastroenterol.* 2011 Jul;45(6):518-25.
42. Shinozaki M, Kanazawa M, **Palsson OS**, Sagami Y, Endo Y, Hongo M, Drossman DA, Whitehead WE, Fukudo S. Validation of the Japanese version of comorbid conditions questionnaire (CCQ-J) and recent physical symptoms questionnaire (RPSQ-J). *Intern Med.* 2011;50(5):375-80.



43. Keefer L, Kiebles JL, Kwiatek MA, **Palsson O**, Taft TH, Martinovich Z, Barrett TA. The potential role of a self-management intervention for ulcerative colitis: a brief report from the ulcerative colitis hypnotherapy trial. *Biol Res Nurs*. 2012 Jan;14(1):71-7. PubMed PMID: 21362636.
44. **Palsson OS**. Hypnosis Treatment for Gut Problems. *European Gastroenterology & Hepatology Review*, 2010;6(1):42–6.
45. **Palsson OS**. Getting to the heart of cognitive-behavioral therapy effects on non-cardiac chest pain. *J Psychosom Res*. 2010 Sep;69(3):237-9.
46. Wong RK, **Palsson OS**, Turner MJ, Levy RL, Feld AD, von Korff M, Whitehead WE. Inability of the Rome III criteria to distinguish functional constipation from constipation-subtype irritable bowel syndrome. *Am J Gastroenterol*. 2010 Oct;105(10):2228-34. PubMed PMID: 20502449.
47. Dunivan GC, Heymen S, **Palsson OS**, von Korff M, Turner MJ, Melville JL, Whitehead WE. Fecal incontinence in primary care: prevalence, diagnosis, and health care utilization. *Am J Obstet Gynecol*. 2010 May;202(5):493.e1-6.
48. Grover M, Busby-Whitehead J, Palmer MH, Heymen S, **Palsson OS**, Goode PS, Turner M, Whitehead WE. Survey of geriatricians on the impact of fecal incontinence on nursing home referral. *Journal of the American Geriatrics Society* 2010 May 7. [Epub ahead of print] PubMed PMID: 20487073
49. Gaylord SA, Whitehead WE, Coble RS, Faurot KR, **Palsson OS**, Garland EL, Frey W, Mann JD. Mindfulness for irritable bowel syndrome: protocol development for a controlled clinical trial. *BMC Complement Altern Med*. 2009 Jul 28;9:24.
50. Halpert A, Dalton CB, Palsson O, Morris C, Hu Y, Bangdiwala S, Hankins J, Norton N, Drossman DA. Irritable bowel syndrome patients' ideal expectations and recent experiences with healthcare providers: a national survey. *Dig Dis Sci*. 2010 Feb;55(2):375-83. PubMed PMID: 19513835.
51. Jones MP, Keefer L, Bratten J, Taft TH, Crowell MD, Levy R, **Palsson O**. Development and initial validation of a measure of perceived stigma in irritable bowel syndrome. *Psychol Health Med*. 2009 May;14(3):367-74.
52. Van Tilburg MA, Chitkara DK, **Palsson OS**, Levy RL, Whitehead WE. Parental worries and beliefs about abdominal pain. *J Pediatr Gastroenterol Nutr*. 2009 Mar;48(3):311-7.
53. Charioni G, **Palsson OS**, Whitehead WE. Hypnosis and upper digestive function and disease. *World J Gastroenterol* 2008 November 7; 14(41): 6276-6284
54. Kanazawa M, **Palsson OS**, Thiwan SI, Turner MJ, van Tilburg MA, Gangarosa LM, Chitkara DK, Fukudo S, Drossman DA, Whitehead WE. Contributions of pain sensitivity and colonic motility to IBS symptom severity and predominant bowel habits. *Am J Gastroenterol*. 2008 Oct;103(10):2550-61.
55. Van Tilburg MA, **Palsson OS**, Levy RL, Feld AD, Turner MJ, Drossman DA, Whitehead WE. Complementary and alternative medicine use and cost in functional bowel disorders: a six month prospective study in a large HMO. *BMC Complement Altern Med*. 2008 Jul 24;8:46.
56. Grover M, Kanazawa M, **Palsson OS**, Chitkara DK, Gangarosa LM, Drossman DA, Whitehead WE. Small intestinal bacterial overgrowth in irritable bowel syndrome: association with colon motility, bowel symptoms, and psychological distress. *Neurogastroenterol Motil*. 2008 Sep;20(9):998-1008.

57. Halpert A, Dalton CB, **Palsson O**, Morris C, Hu Y, Bangdiwala S, Hankins J, Norton N, Drossman DA. Patient Educational Media Preferences for Information About Irritable Bowel Syndrome (IBS). *Dig Dis Sci*. 2008 Dec;53(12):3184-90.
58. Whitehead WE, **Palsson OS**, Levy RR, Feld AD, Turner M, Von Korff M. Comorbidity in irritable bowel syndrome. *Am J Gastroenterol*. 2007 Dec;102(12):2767-76.
59. Dorn SD, **Palsson OS**, Thiwan SIM, Kanazawa M, Clark WC, Van Tilburg MAL, Drossman DA, Scarlett Y, Levy RL, Ringel Y, Crowell MD, Olden KW, Whitehead WE. Colonic pain sensitivity in irritable bowel syndrome is the result of an increased tendency to report pain rather than increased neurosensory sensitivity. *Gut* 2007; 56:1202-1209.
60. Nyrop KA, **Palsson OS**, Levy RL, Von Korff M, Feld AD, Turner MJ, Whitehead WE. Costs of health care for irritable bowel syndrome, chronic constipation, functional diarrhea and functional abdominal pain. *Aliment Pharmacol Ther*. 2007;26:237-48.
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#### D. AUDIO MATERIALS

Palsson, O.S. (2001). **Hypnosis Home Treatment Program for IBS**. A 5-CD set with an instruction booklet.

Palsson, O.S. (2010). **Hypnosis Home Treatment Program for Functional Chest Pain**. 8-session audio treatment program on MP3 players.

#### GRANTS

2016-2018. Principal Investigator, Rome Foundation Contract 17-0957 "Global Survey of the Epidemiology of the Functional GI Disorders (FGIDs)".

2016-2020, Co-investigator, Department of Defense/Henry Jackson Foundation, Targeted Alteration of Dietary Omega-3 and Omega-6 Fatty Acids for the Treatment of Post-Traumatic Headaches. (PI: D Mann)

2013-2018. Co-investigator, National Center for Complementary & Alternative Medicine grant R01 AT007813-01A "Clinical and Metabolic Effects of Altering n-3 and n-6 Fatty Acids in Migraine (RCT)". (PI: D Mann).

2012-2017. Co-investigator, NIMH grant R01-MH093432-01 "Social Cognition Psychometric Evaluation (SCOPE)". (PI: AE Pinkham)

2013-2015. Co-investigator, NIH NIDDK grant 1R21DK096545-01A1 "Website for Self-Management of Fecal Incontinence" (PI: WE Whitehead)

2012-2015. Co-investigator, Agency for Healthcare Research and Quality grant R01 HS018695 "Conservative treatment of fecal incontinence in the elderly: Effectiveness trial" (PI: WE Whitehead)

2014-2015. Co-investigator, Takeda Pharmaceuticals grant 14-1503 "Serum markers for visceral hypersensitivity in IBS" (PI: MA van Tilburg)

2013-2014. Co-investigator, ONO Pharma USA Inc. grant 13-4315 "A Phase 2, Multicenter, Randomized, Double-Blind, Parallel-Group, Placebo-Controlled Study to Evaluate the Effects of ONO-2952 on Pain Perception Produced by Rectal Distention in Female Subjects with Diarrhea-Predominant Irritable Bowel Syndrome" (PI: L Gangarosa).

2012-2014. Co-investigator, Salix Pharmaceuticals grant 12-4519 "Reducing Barriers to the Diagnosis and Treatment of Fecal Incontinence" (PI: WE Whitehead)

2008-2013. Co-investigator, NIDDK grant RO1 DK31369 "Psychophysiology of IBS" (PI: WE Whitehead)

2011-2012. Co-investigator, Takeda Pharmaceuticals North America, "Interactive Chat Room on Functional GI and Motility Disorders". (PI: WE Whitehead)

2007-2011. Co-investigator on subcontract, NIH grant 1R01HD050345-01A2 "Psychosocial Intervention for Children with IBD" (PI: WE Whitehead)

2008-2010. Co-investigator, McNeil Consumer Health grant "Diarrhea Prevention (DIP) Study" (PI: WE Whitehead)

2009-2010 Co-investigator, Takeda Pharmaceuticals North America, Inc. grant "Improving Physician Communication and Patient Education with Innovative and Interactive Learning Methods". (PI: WE Whitehead)

2007-2010. Co-investigator, Takeda Pharmaceuticals North America, Inc. grant "Development of a Questionnaire to Measure Hypervigilance for Visceral Pain" (PI: WE Whitehead)

2007-2010. Co-investigator, Takeda Pharmaceuticals North America, Inc. grant "Lubiprostone Effects on Visceral Pain Sensitivity" (PI: WE Whitehead)

2006-2010. Co-investigator (S Gaylord is PI) of R21 AT3619, "Mindfulness treatment of irritable bowel." (PI: S Gaylord)

2008-2009. Co-investigator of McNeil Consumer Health contract titled, "Characterization of IBS symptom episodes." (PI: WE Whitehead)

2006-2008. Co-investigator of Novartis Pharmaceuticals contract titled, "CONQUEST: Questionnaire Study of Chronic Constipation." (PI: WE Whitehead)

2004-2009. Co-investigator and DATA Core Director, NIH infrastructure grant R24 DK067674 titled, "Gastrointestinal Biopsychosocial Research Center." (WE Whitehead and DA Drossman co-PIs)

2004-2005. Co-investigator of Novartis Pharmaceuticals contract entitled, "Validation of The Bloating Diagnostic Questionnaire and the Bloating Severity Questionnaire." (PI: WE Whitehead)

2003-2004. Co-investigator of Novartis Pharmaceuticals contract entitled, "Definition of IBS alternators." (PI: WE Whitehead)

2002-2004. Co-investigator of Novartis Pharmaceuticals contract entitled, "Evaluation of SERT gene polymorphisms and serotonin levels in IBS subgroups." (PI: WE Whitehead)

2002-2003. Co-investigator of Novartis Pharmaceuticals contract entitled, "Identifying patients with functional dyspepsia from medical records." (PI: WE Whitehead)

2001-2003. Co-investigator of Novartis Pharmaceuticals contract entitled, "Prospective study of the diagnosis and treatment of IBS in primary care and GI specialty clinics." (PI: WE Whitehead)

1998-2000. Principal investigator, National Aeronautics and Space Administration (NASA) "Contract for clinical trials of EAST neurofeedback game innovation technology"

1998-2000. Principal investigator, National Aeronautics and Space Administration (NASA) "Stress counter-response training via physiological self-regulation during flight simulation"

1997-1999. Principal investigator, Eastern Virginia Medical School Institutional Research Grant "Effects of hypnosis treatment on psychophysiology and vasoactive intestinal peptide in irritable bowel syndrome".

## PATENTS

U.S. Patent #8,062,129. "Pope & Palsson. **Physiological User Interface For a Multi-User Virtual Environment**". Co-inventor: Alan T. Pope, Ph.D., NASA Langley Research Center.

U.S. Patent #8,628,333 Prinzel III et al. **Method and apparatus for performance optimization through physical perturbation of task elements**. Co-inventors: Lawrence J. Prinzel, Ph.D., Alan T. Pope, Ph.D., Marsha Turner, M.S.

U.S. Patent #6,450,820. Palsson et al. **A Method of Encouraging Physiological Self-Regulation Through Modulation of an Operator's Control Input to a Video Game or Training Simulator**". Co-inventors: Alan T. Pope, Ph.D., Randall L Harris, Sr, NASA Langley Research Center.

Two additional patents pending.

## ORAL PRESENTATIONS AT NATIONAL SCIENTIFIC MEETINGS

October 17, 2016. **Rome IV and Rome III Irritable Bowel Syndrome in the US, Canada and the United Kingdom**. European Gastroenterology Week, Vienna, Austria.

August 28, 2016. **Rome IV and Rome III Functional Dyspepsia in the US, Canada and United Kingdom**. Federation for Neurogastroenterology and Motility International Scientific Meeting, San Francisco, CA.

October 2015. **Constipation symptoms in the U.S. general population: Results from the Rome Normative Gastrointestinal Symptoms Survey (RNGSS)**. Symposium presentation, European Gastroenterology Week, Barcelona, Spain.

May 2014. **Mindfulness Meditation Has Long-Term Therapeutic Benefits in Women With Irritable Bowel Syndrome (IBS): Follow-Up Results From a Randomized Controlled Trial**. Presented at Digestive Disease Week 2014, Chicago, IL.

March 12, 2012. **The Advantages and Limitations of Standardized Clinical Hypnosis Treatment: When, why and how to develop and use scripted treatment protocols**. Invited presentation at the Annual Meeting of the American Society of Clinical Hypnosis, Charlotte, NC.

August 6, 2011. **Hypnosis treatment of Functional Gastrointestinal Disorders**. Presentation at the 119<sup>th</sup> Annual Convention of the American Psychological Association, Washington, DC.

March 7, 2011. **The Nationwide IBS Hypnosis Outcomes Project (NIHOP)**. Presentation in a symposium titled "New developments in gut hypnosis research using standardized protocols", at the Annual Meeting of the American Society of Clinical Hypnosis, Las Vegas, NV.

March 2008. **Lessons from the Gut**. Invited presentation at the Annual Meeting of the American Society of Clinical Hypnosis, Chicago, IL.

May 23, 2006. **Coexistence of functional gastrointestinal disorders with other chronic visceral and somatic conditions**. Symposium presentation at the Annual Meeting of the American Gastroenterological Association. Los Angeles, CA.

March 25, 2006. **Hypnosis for gut problems: What we know, and future directions**. Invited presentation at the Annual Meeting of the American Society of Clinical Hypnosis, Orlando, FL.

May 17, 2005. **Education and reassurance affect satisfaction with care, health care utilization and clinical outcomes among new functional bowel disorder (FBD) patients**. Authors: Palsson OS, Levy RL, Von Korff, M, Feld AD, Turner MJ, Whitehead WE. Paper presented at the Annual Meeting of the American Gastroenterological Association. Chicago IL.

April 21, 2005. **Biofeedback for Pelvic Floor Disorders and Incontinence**. Presentation in a full-day Science Forum on "Mind-Body Medicine: Improving Our Health and Performance". Washington, DC.

March 9, 2005. **Psychological treatments for functional gastrointestinal disorders**. Presentation at the Sixth International Symposium for Functional Gastrointestinal Disorders. Milwaukee, Wisconsin.

May 18, 2004. **Psychological symptoms do not predict symptom improvement in standard medical care for irritable bowel syndrome**. Research Forum presentation at the Annual Meeting of the American Gastroenterological Association. New Orleans, MO.

March 28, 2003. **Functional gastrointestinal disorders in primary care**. Symposium presentation at the 34<sup>th</sup> Annual Meeting of the Association for Applied Psychophysiology and Biofeedback. Jacksonville, FL.

March 28, 2003. **The coming dissemination of biofeedback into society**. Symposium presentation at the 34<sup>th</sup> Annual Meeting of the Association for Applied Psychophysiology and Biofeedback. Jacksonville, FL.

March 22, 2002. **Physiological findings on the High Risk Model of Threat Perception**. Symposium Presentation at the 33<sup>rd</sup> Annual Meeting of the Association for Applied Psychophysiology and Biofeedback, Las Vegas, NV.

March 31, 2001. **Neurofeedback videogame ADHD technology: Results of the first concept study.** Presentation in a symposium titled "The future of biofeedback: Fun and games?" at the 32<sup>nd</sup> Annual Meeting of the Association for Applied Psychophysiology and Biofeedback, Raleigh, NC.

March 30, 2001. **Treatment of a patient with irritable bowel syndrome, TMJ, headaches and back pain.** Presentation in a symposium at the 32<sup>nd</sup> Annual Meeting of Association for Applied Psychophysiology and Biofeedback, Raleigh, NC.

March 24, 2001. **Hypnosis treatment for irritable bowel syndrome: Research on efficacy and mechanism.** Presentation in a symposium at the 43<sup>rd</sup> Annual Meeting of the American Society for Clinical Hypnosis. Reno, Nevada.

August 2000. **Absorption and immune system competence.** Paper presented at the 108<sup>th</sup> Annual Convention of the American Psychological Association, Washington, D.C. Co-author: Stephanie L. Reavis, B.S.

August 2000. **Humor in cinema as hypnosis.** Paper presented at the 108<sup>th</sup> Annual Convention of the American Psychological Association, Washington, D.C. Co-author: Marcia E. Walker, M.A.

August 2000. **Physiological findings relating to the High Risk Model of Threat Perception.** Paper presented at the 108<sup>th</sup> Annual Convention of the American Psychological Association, Washington, D.C.

May 21, 2000. **Hypnotherapy for irritable bowel syndrome: Symptom improvement and autonomic nervous system effects.** Research Forum presentation, Annual Meeting of the American Gastroenterological Association, San Diego, CA.

March 31, 2000. **The EVMS Protocol: Automated and norm-referenced psychophysiological assessment.** Paper presented in a symposium titled "Psychophysiological profiling: A basic tool in clinical practice" at the 31<sup>st</sup> Annual Meeting of the Association for Applied Psychophysiology and Biofeedback, Denver, CO.

April 1, 2000. **Quantitative electroencephalographic (QEEG) activity, health history and emotional distress.** Paper presented at the 31<sup>st</sup> Annual Meeting of the Association for Applied Psychophysiology and Biofeedback, Denver, CO. Co-author: Jana Nussen, M.A.

April 2, 2000. **Psychological traits modulating threat perception and immune system competence.** Citation award paper presented at the 31<sup>st</sup> Annual Meeting of the Association for Applied Psychophysiology and Biofeedback, Denver, CO. Co-author: Stephanie L. Reavis, M.S.

February, 2000. **"Frontiers of hypnosis and psychosomatic medicine".** Keynote address, Annual Meeting of the American Society of Clinical Hypnosis. Baltimore, MD.

June 28, 1999. **"Thermal biofeedback: Clinical applications and potential for aviation safety".** Invited paper presented at the 33rd Annual Thermophysics Conference of the American Institute of Aeronautics and Astronautics. Norfolk, VA.

April 10, 1999. **"Psychophysiological characteristics of patients with irritable bowel syndrome".** Paper presented at the 30th Annual Meeting of the Association for Applied Psychophysiology and Biofeedback. Vancouver, Canada.

April 10, 1999. **"Gender matters: Psychophysiological data from ninety healthy men and women".** Citation award paper presented at the 30th Annual Meeting of the Association for Applied Psychophysiology and Biofeedback. Vancouver, Canada.

April 10, 1999. "**Stress counter-response training of pilots via instrument functionality feedback**". Paper presented at the 30th Annual Meeting of the Association for Applied Psychophysiology and Biofeedback in a symposium titled "New methods in biofeedback delivery: NASA innovations from aerospace to inner space". Vancouver, Canada.

April 10, 1999. "**New ways to deliver biofeedback**". Paper presented at the 30th Annual Meeting of the Association for Applied Psychophysiology and Biofeedback in a symposium titled "New methods in biofeedback delivery: NASA innovations from aerospace to inner space". Vancouver, Canada.

August 18, 1998. "**Effects of absorption on subjective and objective physical stress**". Paper presented at the 106th Annual Convention of the American Psychological Association. San Francisco, CA. Co-Author: Brenda Downing, M.S.

August 18, 1998. "**Hypnosis and the gastrointestinal tract**". Paper presented at the 106th Annual Convention of the American Psychological Association. San Francisco, CA.

April 5, 1998. "**Psychological modulators of cardiovascular reactions to cognitive stress**". Award paper presentation at the 29th Annual Meeting of the Association for Applied Psychophysiology and Biofeedback. Orlando, Florida. Co-Authors: S. Margaret Davies and Brenda K. Downing, M.S.

April 4, 1998. "**When slow is low: Low theta brainwave amplitudes and physical stress symptoms**". Paper presented in a symposium titled "Spirit, Mind, Healing, and the EEG" at the 29th Annual Meeting of the Association for Applied Psychophysiology and Biofeedback. Orlando, Florida. Co-authors: Ian Wickramasekera, Ph.D., and Brenda Downing, M.S.

April 4, 1998. "**Effective management of chronic irritable bowel syndrome in primary care patients**". Presentation in a symposium titled "Applied Psychophysiology in Primary Care", at the 29th Annual Meeting of the Association for Applied Psychophysiology and Biofeedback. Orlando, Florida.

April 2, 1998. "**The relationship between an Objective Stress Index (OSI) and stress-related physical symptoms**". Presentation in the "Speaker's Corner" program section at the 29th Annual Meeting of the Association for Applied Psychophysiology and Biofeedback. Orlando, Florida. Co-authors: Satish C. Boregowda, M.E., and Brenda K. Downing, M.S.

May 13, 1997. "**Hypnosis treatment for irritable bowel syndrome. Effects on symptoms, pain threshold, and muscle tone**". Research forum presentation at the Annual Meeting of the American Gastroenterological Association. Washington, DC.

August, 1996. "**Somatization and psychosocial characteristics in irritable bowel syndrome patients**". Paper presented in a symposium titled "Somatization and psychosocial factors in medical patients". 104th Annual Convention of the American Psychological Association, Toronto, Canada.

August, 1996. "**The psychophysiological effects of hypnosis treatment for irritable bowel syndrome**". Paper presented in a symposium titled "The psychophysiology of the hypnotic response: Results from hardcore experiments". 104th Annual Convention of the American Psychological Association, Toronto, Canada.

May 17, 1995. "**Relationship between bowel sensations: Pain, urge to defecate and rectal fullness in irritable bowel syndrome (IBS) patients and healthy subjects**". Research forum presentation at the Annual Meeting of the American Gastroenterological Association. San Diego, California.

March 7, 1994. "**A comparative study of stress risk and psychophysiology in patients in a behavioral medicine clinic and college students under stress**". Symposium presentation at the 25th Annual Meeting of the Association for Applied Psychophysiology and Biofeedback. Atlanta, Georgia.

March 27, 1993. "**Psychophysiological effects in a study of stress-reduction hypnosis**". Symposium presentation at the 24th Annual Meeting of the Association for Applied Psychophysiology and Biofeedback. Los Angeles, California.

## **TEACHING IN NATIONAL AND REGIONAL CME AND CEU COURSES**

March 13, 2016. **How to Create Your Own Reliably Effective Hypnosis Protocols for Chronic Physical Symptoms**. Four-hour advanced workshop at the Annual Meeting of the American Society of Clinical Hypnosis, St. Louis, MO.

March 24, 2014. **Crafting Effective Therapeutic Suggestions and Metaphors for Treatment of Gastrointestinal Symptoms**. Four-hour advanced workshop at the Annual Meeting of the American Society of Clinical Hypnosis, San Diego, CA.

November 2, 2013. **Hypnosis Treatment: What is it, who benefits, and how well does it work?** Presentation in an AHEC CME Symposium titled "How to Treat IBS Effectively". Chapel Hill, NC.

November 2, 2013. **How to make a successful referral for psychological treatment**. Presentation in an AHEC CME Symposium titled "How to Treat IBS Effectively". Chapel Hill, NC.

March 20, 2012. **Designing Hypnotherapy Studies on the Brain-Body Interface: IBS as Model Illness**. One-day advanced workshop presented at the Annual Meeting of the American Society of Clinical Hypnosis, Charlotte, NC. Co-Presenters: Douglas A. Drossman, M.D., Eva Szigethy, M.D., Ph.D.

March 7, 2011. **Crafting Effective Therapeutic Suggestions and Metaphors for Treatment of Gastrointestinal Symptoms**. 2 ½ hour advanced workshop at the Annual Meeting of the American Society of Clinical Hypnosis, Las Vegas, NV.

March 9, 2008. **Getting to the Gut**. Presentation at the Annual Meeting of the American Society of Clinical Hypnosis, Chicago, IL.

April 2, 2005. **"Treating refractory IBS"**. Group discussion leader, break-out session at the UNC Annual Update in Gastroenterology and Hepatology, Chapel Hill, North Carolina.

November 11-14, 2004. **Hypnosis Treatment for Functional Gastrointestinal Disorders**. A 3 ½ day course for health professionals, Research Triangle Park, NC. Instructor and course director.

October 10, 2003. **Non-Pharmacologic Treatments for Irritable Bowel Syndrome**. A 3-hour seminar for the North Carolina Biofeedback Society. Chapel Hill, NC.

April 7, 2003. **Treating gastrointestinal disorders with hypnosis**. Advanced one-day workshop, 45<sup>th</sup> Annual Meeting of the American Society for Clinical Hypnosis. Alexandria, Virginia.

January 25-26, 2002. **Trauma, Fear and Loss and in Troubled Times**. Two-day advanced regional hypnosis workshop by the American Society for Clinical Hypnosis. Charlotte, North Carolina. Workshop Chair: Claire Frederick, M.D.

March 25, 2001. **Treating gastrointestinal disorders with hypnosis**. Advanced one-day workshop, 43<sup>rd</sup> Annual Meeting of the American Society for Clinical Hypnosis. Reno, Nevada.

October 2000. **How to interface applied psychophysiology, biofeedback, and psychotherapy in primary care medicine and complementary medicine settings**. Three-day continuing education



workshop sponsored by the Association of Applied Psychophysiology. Workshop director: Ian E. Wickramasekera, Ph.D.

June 5, 2000. **Introduction to medical uses of hypnosis.** A 2 ½ hour continuing education workshop for family physicians. Annual Family Medicine Review Course, Virginia Beach, Virginia. Co-presenter: S. Margaret Davies, M.D.

March 31, 2000. **Achieving effective detection, diagnosis and intervention for common psychosocial and psychophysiological problems in primary care.** A half-day workshop to be presented at the 31<sup>st</sup> Annual Meeting of the Association for Applied Psychophysiology and Biofeedback, Denver, CO.

October 8-10, 1999. **Introductory training course in clinical hypnosis.** A 20-hour training course for health professionals presented by the Virginia Hypnosis Society and approved by the American Society for Clinical Hypnosis. Norfolk, Virginia. Co-presenters: Vicki Caminer, Psy.D., Richard Griffin, Psy.D., Donald Lynch, M.D., Alan T. Pope, Ph.D.

September 21-25, 1999. **How to interface applied psychophysiology, biofeedback, and psychotherapy in primary care medicine and complementary medicine settings.** Three day continuing education workshop sponsored by the Association of Applied Psychophysiology and Biofeedback. Marco Island, FL. Co-instructors: Ian E. Wickramasekera, Ph.D., Terence C. Davies, M.D., Steven Baskin, Ph.D., John Arena, Ph.D., Alan Glaros, Ph.D.

June 9, 1999. **The most common DSM-IV problems in primary care: Effective diagnosis and intervention.** A 2 ½ hour continuing education workshop for family physicians. Annual Family Medicine Review Course, Virginia Beach, Virginia. Co-presenter: S. Margaret Davies, M.D.

November 6, 1998. **Introduction to clinical hypnosis.** One-day workshop at the Annual Meeting of the Virginia Psychological Association. Richmond, VA. Co-presenter: Richard B. Griffin, Psy.D.

October 15-17, 1998. **How to interface applied psychophysiology, biofeedback, and psychotherapy in primary care medicine and complementary medicine settings.** Three day continuing education workshop sponsored by the Association of Applied Psychophysiology and Biofeedback. Scottsdale, Arizona. Co-instructors: Ian E. Wickramasekera, Ph.D., Terence C. Davies, M.D., Steven Baskin, Ph.D.

June 8, 1998. **"Effective application of the biopsychosocial model: A joint venture".** Presentation in the Annual Family Medicine Review Course, Virginia Beach, Virginia. Co-presenter: S. Margaret Davies, M.D.

June 7, 1998. **"Psychophysiology: Putting the mind-body relationship to work".** Presentation in the Annual Family Medicine Review Course, Virginia Beach, Virginia.

June 6, 1998. **"Efficient psychosocial screening: What you ask is what you get".** Two-hour workshop at a National Symposium titled "Behavioral Medicine: Bridging the mind-body gap in patient care", Virginia Beach, VA. Co-presenters: Margaret Davies, MD, and Gregory Anderson, Ph.D.

October 17, 1997. **"Introduction to clinical hypnosis".** Two-hour workshop at the Annual Meeting of the Virginia Psychological Association. Hampton, VA. Co-presenter: Richard B. Griffin, Psy.D.

Aug. 9, 1996. **"Treating somatic symptoms effectively with hypnosis and psycho-physiological methods".** American Psychological Association Continuing Education Program. One-day CE workshop for psychologists at the APA Annual Convention in Toronto. Co-instructors: Ian Wickramasekera, Ph.D., ABPP, ABPH; Richard B. Griffin, Psy.D.

## CO-AUTHORSHIP OF WORK PRESENTED AT NATIONAL AND INTERNATIONAL MEETINGS BY OTHERS

Garland, E.L., Gaylord, S.A., Palsson, O., Faurot, K., Mann, J.D., & Whitehead, B. (2012, April). **Mindfulness Training Targets Cognitive-Affective Mechanisms in Irritable Bowel Syndrome by Modulating Emotional Processing of Pain Sensations.** Society for Behavioral Medicine, 2012, New Orleans.

Garland, E.L., Gaylord, S.A., Palsson, O., Faurot, K., Mann, J.D., & Whitehead, W. (2011, January 14). **Mindfulness training targets cognitive and affective mechanisms to reduce illness severity and improve quality of life among women with irritable bowel syndrome.** Society for Social Work and Research, Tampa, FL.

Gaylord, S., Palsson, O., Faurot, K., Garland, E., Coble, B., Mann, D., & Whitehead, B. (2009, May 12). **Dispositional mindfulness is associated with psychological symptoms accompanying irritable bowel syndrome.** Poster presentation at the North American Research Conference on Complementary & Integrative Medicine, Minneapolis, MN.

Moss, D., Sella, G. E., Andrasik, F., Donaldson, S., Lehrer, P., Palsson, O., Peper, E., & Serman, M. B. (2004, December). **[Medycyna umyslu i ciała, biofeedback oraz powszechny problemy zdrowotne].** Mind-body medicine, biofeedback, and common health disorders. Presentation to the International Symposium of Noo-Logotherapy—In Centenary of Viktor Frankl's Birth, Noo-Psychosomatika (Mind-Body Medicine Division), Catholic University, Lublin, Poland.

Nevin, S.T., Ball, J.D., Palsson, O., Ware, J.C., Hartmann, K., & Winstead, B. (2003, August). **An objective method for detection of ADHD in children.** Poster presented at the 111th Annual Convention of the American Psychological Association, Toronto, Canada.

Palsson, O.S., Feld, A.D., Levy R.L., Von Korff, M., Barghout V., Turner M.J., Whitehead, W.E. (2003). **Comparison of irritable bowel syndrome (IBS) patients in gastroenterology and primary care clinics.** Paper presented at the Annual Meeting of the American Gastroenterological Association. May 17, 2003, Orlando, FL.

Pope, A.T. & Palsson, O.S. (2001). **Helping videogames "rewire" our minds.** Invited Paper, 2001 Arts & Humanities in Public Life Conference: "Playing by the Rules: The Cultural Policy Challenges of Video Games". University of Chicago, October 26 & 27, 2001.

deBeus, R.J., Palsson, O.S., Pope, A.T., Ball, J.D., & Turner, M.J. (2001). **Comparison of Videogame & Standard EEG Biofeedback with AD/HD Children: Results of the First Concept Study.** Proceedings of the 9th Annual Society for Neuronal Regulation Conference, Oct 27-30, 2001.

Stewart, D., Prinzel, A.T., Pope, A.T., & Palsson, O.S. (2001). **Stress Counter-response Training: Flight Simulation ANS Biofeedback Training for Pilots.** Presented at the 2001 Annual Meeting of the Association for Applied Psychophysiology and Biofeedback Meeting, Raleigh-Durham, NC.

Jones, K.R., Whitehead, W.E., Overton C, Bradshaw, B., Palsson, O.S., & Drossman, D.A. (2001). **Length of verbal stimuli affects selective attention tests.** Poster presentation E-161 at the 22nd Annual Meeting of the Society of Behavioral Medicine. Seattle, WA.

Cubic B.A., Bluestein, D.A., Downing, B.K., Palsson, O.S., & Stroup, A. (1997). **"The impact of on-site behavioral training on family practice residents".** Poster presented at the 31st Association for the Advancement of Behavior Therapy Convention: Miami Beach, FL.

## OTHER PROFESSIONAL PRESENTATIONS

April 20, 2016. "**Population Survey of Functional Gastrointestinal Disorders in the U.S., Canada and the U.K. Using the New Rome IV Criteria**". Presentation in the weekly epidemiology meeting in the Division of Gastroenterology and Hepatology at UNC-Chapel Hill.

June 22, 2014. Presentation titled "**Effective psychological treatments (CBT & Hypnosis) for GI Symptoms**". Expert Update on Treatments for Functional GI Disorders: A Symposium for Patients. Washington, DC.

June 23, 2014. Taught a two-hour workshop for FGID patients titled. "**How Hypnosis Treatment Can Help Your Gastrointestinal Symptoms**". Expert Update on Treatments for Functional GI Disorders: A Symposium for Patients. Washington, DC.

November 1, 2013. Presentation titled "**Population prevalence of functional GI symptoms in adults: Implications for the diagnosis of FGIDs**". Annual Research Day of the UNC Center for Functional GI & Motility Disorders. Chapel Hill, NC.

November 1, 2013. Presentation titled "**Diary studies of the variability of bowel habits and symptoms in IBS: The relationship between pain and stool consistency**". Annual Research Day of the UNC Center for Functional GI & Motility Disorders, 2013

June 23, 2012. "**Hypnosis Treatment for Irritable Bowel Syndrome**". Presentation in an educational symposium titled "Expert Update on Treatments for Functional GI Disorders: A Symposium for Patients". Chapel Hill, NC.

January 15, 2012. "**Empirically defining symptom episodes in IBS**". Annual Research Day Symposium, Center for Functional GI and Motility Disorders. Chapel Hill, NC.

September 29, 2009. **Hypnotherapy**. A one-hour lecture in the UNC-Chapel Hill School of Medicine course "Principles and Practice of Complementary and Alternative Medicine". Chapel Hill, NC.

September 26, 2009. **Natural History of Irritable Bowel Syndrome Episodes**. Annual Research Day Symposium, Center for Functional GI and Motility Disorders. Chapel Hill, NC.

September 25, 2009. **Nationwide Effectiveness Trial of Hypnosis for IBS**. Annual Research Day Symposium, Center for Functional GI and Motility Disorders. Chapel Hill, NC.

September 25, 2009. **Hypnosis for Functional Heartburn**. Annual Research Day Symposium, Center for Functional GI and Motility Disorders. Chapel Hill, NC.

October 25, 2008. **Hypnotherapy for Functional GI Disorders**. Presentation in a Patient Symposium hosted by the UNC Center for Functional GI and Motility Disorders. Chapel Hill, NC.

October 4, 2008. **CONQUEST Study: Impact of Constipation on Quality of Life and Healthcare Costs**. Annual Research Day Symposium, Center for Functional GI and Motility Disorders. Chapel Hill, NC.

October 4, 2008. **Characterization of IBS Symptom Episodes**. Annual Research Day Symposium, Center for Functional GI and Motility Disorders. Chapel Hill, NC.

September 12, 2008. **Hypnotherapy**. A one-hour lecture in the UNC-Chapel Hill School of Medicine course "Principles and Practice of Complementary and Alternative Medicine". Chapel Hill, NC.

September 28, 2007. **Investigating the Role of Comorbidity in Irritable Bowel Syndrome.** Presentation at the Annual Research Day Symposium, Center for Functional GI and Motility Disorders. Chapel Hill, NC.

September 7, 2007. **Hypnotherapy.** A one-hour lecture in the UNC-Chapel Hill School of Medicine course "Principles and Practice of Complementary and Alternative Medicine". Chapel Hill, NC.

September 11, 2006. **Hypnotherapy.** A one-hour lecture in the UNC-Chapel Hill School of Medicine course "Principles and Practice of Complementary and Alternative Medicine". Chapel Hill, NC.

June 17, 2006. **Comorbidity and somatization scales.** Presentation at the Annual Research Day Symposium, Center for Functional GI and Motility Disorders. Chapel Hill, NC.

June 17, 2006. **Development of bloating severity questionnaires.** Presentation at the Annual Research Day Symposium, Center for Functional GI and Motility Disorders. Chapel Hill, NC.

June 15, 2006. **Hypnosis for Functional GI disorders.** Presentation in a Patient Symposium hosted by the UNC Center for Functional GI and Motility Disorders. Chapel Hill, NC.

June 15, 2006. **Psychological treatments for functional GI disorders.** Facilitation of a break-out session at the UNC Center for Functional GI and Motility Disorders. Chapel Hill, NC.

June 2005. **Hypnosis treatment for IBS: The North Carolina model.** Presentation at the Annual Research Day Symposium, Center for Functional GI and Motility Disorders. Chapel Hill, NC.

October 18, 2004. **"Hypnosis treatment for Gastrointestinal Disorders"**. Family Medicine Grand Rounds, Department of Family Medicine, UNC-Chapel Hill, Chapel Hill, NC

July 16, 2004. **"Hypnosis treatment for Gastrointestinal Disorders"**. Program for Integrative Medicine, Chapel Hill, NC

June 12, 2004. **"Hypnosis treatment for Functional GI Disorders"**. Presentation in a Patient Symposium hosted by the UNC Center for Functional GI & Motility Disorders. Chapel Hill, NC

September 20, 2003. **"Irritable Bowel Syndrome: What We Know About It and What Psychologists Can Do About It"**. Presentation at the 25<sup>th</sup> Anniversary Meeting of the Virginia Consortium Program in Clinical Psychology.

February 24, 2003. **"Gender Differences in Irritable Bowel Syndrome"**. Preceptorship presentation for Novartis Pharmaceuticals Corp. Chapel Hill, NC.

February 25, 2003. **"Psychological Treatment of Irritable Bowel Syndrome"**. Preceptorship presentation for Novartis Pharmaceuticals Corp. Chapel Hill, NC.

June 2002. **"Gender Differences in Irritable Bowel Syndrome"**. Preceptorship presentation for Solvay Pharmaceuticals. Chapel Hill, NC.

June 2002. **"Psychological treatment of Irritable Bowel Syndrome"**. Preceptorship presentation for Solvay Pharmaceuticals. Chapel Hill, NC.

January 17 2000. **"Biofeedback"**. EVMS Radio Rounds. WHRO-FM Public Radio, Norfolk, Virginia.

January 18, 2000. **"Clinical Hypnosis"**. EVMS Radio Rounds. WHRO-FM Public Radio, Norfolk, Virginia.

May 28, 1999. "**The chronic pain patient in psychotherapy**". A seminar for doctoral students in clinical psychology, Virginia Consortium Program in Clinical Psychology, Virginia Beach, Virginia.

April 29, 1999. "**Alternative medicine**". Invited presentation at the 58<sup>th</sup> Annual Meeting of the National Association for Practical Nurse Education and Service. Virginia Beach, VA.

October 28, 1998. "**Biofeedback: Mind over Matter**". Grand Rounds presentation, EVMS Department of Internal Medicine.

June 6, 1998. "**Mind-body medicine in the 21st Century: A sneak preview of new technologies and treatments**". Presentation at a National Symposium titled "Behavioral Medicine: Bridging the mind-body gap in patient care", Virginia Beach, VA. Co-presenter: Alan T. Pope, Ph.D.

May 8, 1998. "**Keeping stress from hurting your health**". A presentation to the Suffolk Rotary Club. Suffolk, VA.

April 7, 1998. "**Complementary medicine**". One-hour radio presentation on public radio WHRO-FM in the Hear/Say program. Co-presenter: Alan Doyle, D.O.

February 21, 1998. "**Psychophysiology: Putting the mind-body connection to work**". Presentation at the American Medical Association's Conference of Mid-Atlantic States. Norfolk, Virginia.

November 11, 1997. "**Overview of behavioral medicine programs for chronic headache, irritable bowel syndrome, and unsuccessful weight loss**". Invited dinner presentation, Tidewater Academy of Clinical Psychologists. Norfolk, Virginia.

October 16, 1997. "**How to keep stress from hurting your health**". Tidewater Delta Gamma Women's Alumni Organization. Virginia Beach, Virginia.

October 4, 1997. "**Biofeedback for pain management**". Presentation at the Annual Meeting of the Virginia Association of Nurse Anesthetists. Virginia Beach, Virginia Beach.

September 4, 1997. "**Biofeedback and the mind-body connection**". One hour presentation for the Women's Wisdom Circle, a support group for women who have had breast cancer. Norfolk, Virginia.

August 20, 1997. "**Your attitude and your health**". An invited presentation for the Kiwanis Club of Virginia Beach. Virginia Beach, Virginia.

June 17, 1997. "**Neurofeedback treatment for attention-deficit/hyperactivity disorder: status and future prospects**". Presentation in NASA/ODU/EVMS International Seminar on New Psychophysiological Treatments for Attention-Deficit/Hyperactivity Disorder. Old Dominion University. Norfolk Virginia.

May 20, 1997. "**Behavioral medicine techniques in the management of pain**". Invited presentation for residents in the EVMS Department of Physical Medicine and Rehabilitation".

March 20 and 27. "**Introduction to clinical hypnosis**". A two-part six-hour workshop for the residents in psychiatry. Eastern Virginia Medical School. Co-instructor: Richard B. Griffin, Psy.D.

February 20, 1997. "**Keeping stress from affecting your health**". Presentation open to the public, Eastern Virginia Medical School.

February 14, 1997. "**Behavioral medicine**". One-hour radio presentation on public radio WHRV-FM in the Hear/Say program. Co-presenters: Barbara A. Cubic, Ph.D., and Richard B. Griffin, Psy.D. Norfolk, Virginia.

February 8, 1997 "**Introduction to hypnosis in clinical practice**". Two-hour workshop at the EVMS Medical Students Annual Retreat. Nags Head, SC. Co-presenter: Angela Stroup, RN, MA.

Sept. 25 1996. "**Results of the functional GI disorders questionnaire study**". Gastroenterology pathophysiology conference, UNC-Chapel Hill Department of Medicine. Co-presenter: William E. Whitehead, Ph.D.

Apr. 18, 1996. "**Gastrointestinal neuropeptides in irritable bowel syndrome patients and healthy subjects**". Paper presented in the 1996 Research Competition of the Center for Gastrointestinal Biology and Disease. University of North Carolina at Chapel Hill.

Jan. 29, 1996. "**Munchhausen's syndrome? Review and case discussion**". Presentation in a seminar series for GI division medical and research staff. UNC Functional Gastrointestinal Disorders Center, Memorial Hospital, Chapel Hill. Co-presenters: William Harlan III, MD, and Charles K. Burnett, Ph.D., Dr.PH.

Oct. 25, 1995. "**Pain perception and psychological adjustment in irritable bowel syndrome: The relationship to abuse history**". Presentation in a seminar series for GI division medical and research staff. UNC Functional Gastrointestinal Disorders Center, Memorial Hospital, Chapel Hill. Co-presenter: William E. Whitehead, Ph.D.

Sept. 27, 1995. "**Autogenic training and hypnosis**". Presentation in a seminar series for GI division medical and research staff. UNC Functional Gastrointestinal Disorders Center, Memorial Hospital, Chapel Hill.

Aug.30, 1995. "**Psychological Approaches II: Psychological testing. Utility in the medical setting, appropriate referral questions, etc.**". Presentation in seminar series for GI division medical and research staff. UNC Functional Gastrointestinal Disorders Center, Memorial Hospital, Chapel Hill. Co-presenter: Charles K. Burnett, Ph.D., Dr.P.H.

April 12, 1995. "**Hypnosis treatment for irritable bowel syndrome: How does it work?**" Gastroenterology pathophysiology conference, UNC-Chapel Hill Department of Medicine.

March 15, 1995. "**Somatization II**". Presentation in seminar series for GI division medical and research staff. UNC Functional Gastrointestinal Disorders Center, Memorial Hospital, Chapel Hill.

Nov. 9, 16 & 23, 1994. "**Pain management I, II and III**". Presentations in seminar series for GI division medical and research staff. UNC Functional Gastrointestinal Disorders Center, Memorial Hospital, Chapel Hill.

Sept. 28, 1994. "**Hypnosis and irritable bowel syndrome**". Presentation in seminar series for GI division medical and research staff. UNC Functional Gastrointestinal Disorders Center, Memorial Hospital, Chapel Hill.

April 14, 1994. "**Stress reduction treatment by means of group hypnosis**". Invited lecture, Psychiatric Grand Rounds, Eastern Virginia Medical School, Norfolk, Virginia.

Nov. 29, 1993. "**Stress**". Invited presentation, Department of Health Education, University of Maryland at College Park. College Park, Maryland.

Nov. 6 & 10, 1992. "**Hypnosis and hypnotherapy**". Two-part presentation and clinical demonstration for the psychotherapy staff at the North Central Human Service Center. Minot, North Dakota.

July 25, 1992. "**Stress reduction via group hypnosis**". Invited presentation at the annual meeting of the Virginia Hypnosis Society. Norfolk, Virginia.

## HONORS AND AWARDS

October 2016. **Fellowship Award, Rome Foundation.** For “notable service that has helped advance the mission and objectives of the Foundation”.

October 2009. **ACG Presidential Poster Award.** American College of Gastroenterology 71<sup>th</sup> Annual Scientific Meeting, San Diego, California.

September 2005. **Nomination and runner-up prize, NASA Commercial Invention of the Year Awards.** Shared award with Alan T. Pope and Randall L. Harris.

March 2005. **Award of Merit, American Society of Clinical Hypnosis.** “For significant contributions demonstrating the efficacy of hypnotic interventions in psychophysiological disorders”. 47<sup>th</sup> Annual ASCH Meeting, St. Louis, Missouri.

October 2003. **ACG Presidential Poster Award.** American College of Gastroenterology 65<sup>th</sup> Annual Scientific Meeting, Baltimore, Maryland.

March 2000. **Outstanding research paper award.** 31<sup>st</sup> Annual Meeting of the Association for Applied Psychophysiology and Biofeedback, Denver, Colorado. Co-author: Stephanie L. Reavis, M.S.

April 1999. **Outstanding research paper award.** 30<sup>th</sup> Annual Meeting of the Association for Applied Psychophysiology and Biofeedback, Vancouver, Canada. Co-author: Brenda Downing, MS.

April 1999. **Presidential Service Award,** Association for Applied Psychophysiology and Biofeedback.

April 1998. **Outstanding research paper award.** 29<sup>th</sup> Annual Meeting of the Association for Applied Psychophysiology and Biofeedback, Orlando, FL. Co-authors: Margaret Davies, MD, and Brenda Downing, MS.

April 1998. **Best research poster award.** 29<sup>th</sup> Annual Meeting of the Association for Applied Psychophysiology and Biofeedback, Orlando, FL.

## CURRENT PROFESSIONAL MEMBERSHIP

Member, American Society for Clinical Hypnosis

Member, American Gastroenterological Association

## CURRENT PSYCHOLOGY LICENSES

Licensed Clinical Psychologist, Commonwealth of Virginia. License #0810-002518

Licensed Psychologist-Provisional, North Carolina. License #102116