

Updated October, 2021

**Nicole A. Short, Ph.D.****Personal Information**

Name: Nicole A. Short, Ph.D.  
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**Education**

<u>Institution and Location</u>	<u>Degree/Program</u>	<u>Year</u>	<u>Degree/Focus</u>
<b>Florida State University</b> Tallahassee, FL	<b>PhD</b>	<b>2019</b>	<b>Clinical Psychology</b>
Dissertation Title: <i>A Randomized Clinical Trial of Brief Behavioral Treatment for Insomnia to Reduce Substance Use Disorder Risk</i>			
Major Professor: Norman B. Schmidt, Ph.D.			

<b>Charleston Consortium</b>	<b>Doctoral Internship 2019</b>	<b>Adult Psychopathology</b>
Medical University of South Carolina & Ralph H. Johnson VA Medical Center Charleston, SC		

<b>Florida State University</b> Tallahassee, FL	<b>MS</b>	<b>2016</b>	<b>Clinical Psychology</b>
Thesis Title: <i>Sleep Disturbances, Emotion Dysregulation, and Posttraumatic Stress: An Ecological Momentary Assessment Study</i>			
Major Professor: Norman B. Schmidt, Ph.D.			

<b>University of California</b> Berkeley, CA	<b>BA</b>	<b>2011</b>	<b>Psychology</b>
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**Licensure**

Licensed Psychologist, North Carolina, May 2021 (License number: 5901)

**Professional Experience – Employment History**

2019- Assistant Professor, Institute for Trauma Recovery, Department of Anesthesiology, University of North Carolina at Chapel Hill, NC

**Professional Memberships:**

2019 – Present	International Association for the Study of Pain
2015 – Present	American Academy of Sleep Medicine
2013 – Present	Anxiety and Depression Association of America
2013 – Present	International Society for Traumatic Stress Studies
2013 – Present	Association of Behavioral and Cognitive Therapies

**Honors and Awards**

2020	UNC Injury Prevention Research Center Exploratory Research Project Program (\$8,000 with co-PI Anna Austin, PhD)
2020	UNC Sleep Innovative Research Grant (\$10,000)
2020	American Psychological Foundation (APF) 2020 Trauma Psychology Grant (\$5,000)
2019	UNC Junior Faculty Development Award (\$10,000)
2018	P.E.O. Scholar Award (\$15,000)
2017	American Psychological Association Dissertation Research Award
2017	Florida State University's Ermine M. Owenby, Jr. Travel Award
2017	Florida State University's Russell and Eugenia Morcom Graduate Research Day Excellence Award, Best Oral Presentation, 2nd Place
2017	Florida State University Dissertation Research Grant
2017	Anxiety and Depression Association of America (ADAA) Alies Muskin Career Development Leadership Program (CLDP) – Clinical Research Track
2013-2018	Florida State University Graduate Research Development Award
2013	Certificate of Special Recognition: Excellence in Innovation, Domiciliary Service, VA Palo Alto Health Care System

**Grants***Current*

TITLE:	A Randomized Controlled Trial of an Online Intervention to Prevent the Development of Chronic Pain in Sexual Assault Survivors
Grant Type (or Number):	Foundation
Grant Amount:	\$165,236.80
Funding Agency:	MayDay Fund
Grant Status:	AWARDED
Principal Investigator:	Nicole Short (0% effort)

*Pending*

TITLE: Development of a digital therapeutic targeting anxiety sensitivity to reduce PTSD-SUD in women presenting for emergency care after sexual assault

Grant Type (or Number):	K23 DA054299-01A1
Total Grant Amount:	\$795,945.00
Principal Investigator:	Nicole A. Short (75% effort)

TITLE: Evaluating a Web-based Intervention for Opioid Misuse in Patients with Chronic Pain

Grant Type (or Number):	NIDA R34
Total Grant Amount:	\$709,539.80
Principal Investigator:	Norman B. Schmidt
Role:	Co-Investigator (10% effort)

*Completed*

TITLE: Behavioral mechanisms underlying improving sleep to reduce substance use disorder risk

Grant Type (or Number):	F31DA044689-01
Total Grant Amount:	\$70,924.00
Funding Agency:	NIH
Grant Period:	2017-2018
Grant Status:	COMPLETED
Principal Investigator:	Nicole A. Short (100% effort)

Sponsor: Norman B. Schmidt

## **Bibliography**

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### Books and Chapters

Schmidt NB, **Short NA**, Stanley I, Allan NP, Albanese BJ. Anxiety Sensitivity. In: Olatunji B, ed. *The Cambridge Handbook of Anxiety and Related Disorders*. Cambridge: Cambridge University Press; 2019.

Uhde TW, **Short NA**, Cortese BM. Anxiety and Insomnia. In: Simon N, ed. *The American Psychiatric Association Textbook of Anxiety, Trauma, and OCD Related Disorders*. 2019:25.

### Refereed Papers/Articles

#### *Original Research*

Austin AE, Naumann RB, **Short NA**. Associations of Medicaid expansion with suicide deaths among nonelderly adults. *Am J Epidemiol*. In press.

**Short NA**, Tungate AT, Bollen K, Sullivan J, D'Anza T, Lechner M, Bell K, Black J, Buchanan J, Reese R, Ho J, Reed G, Platt M, Riviello R, Rossi C, Martin SL, Liberzon I, Rauch SAM, Kessler RC, Nugent N, McLean SA. Pain is common after sexual assault and posttraumatic arousal/reactivity symptoms mediate the development of new or worsening persistent pain. *PAIN*. In press.

**Short NA**, Zvolensky MJ, Schmidt NB. A pilot randomized clinical trial of Brief Behavioral Treatment for Insomnia to reduce problematic cannabis use among trauma-exposed young adults. *J Subst Abuse Treat*. In press.

Christensen KA, **Short NA**. The case for investigating a bidirectional association between insomnia and eating pathology. *Int J Eat Disord*. In press.

Gilmore AK, McKee G, Flanagan J, Leone R, Oesterle D, Kirby C, **Short NA**, Gill-Hopple K. Medications at the emergency department after recent rape. *J Interpers Violence*. In press.

Lechner M, Bell K, **Short NA**, Martin SL, Black J, Buchanan JA, Reese R, Ho JD, Reed GD, Platt M, Riviello R, Rossi C, Nouhan P, Phillips C, Bollen KA, McLean SA. The vast majority of women sexual assault survivors report that Sexual Assault Nurse Examiners (SANEs) provide high quality care: results of a large multisite prospective study. *J Emerg Nurs*. In press.

Margolies SO, Patidar SM, Chidgey BA, Goetzinger A, Sanford JB, **Short NA**. Growth in crisis: A mixed methods study of lessons from our patients with chronic pain during the COVID-19 pandemic. *Journal of Contextual and Behavioral Science*. In press.

**Short NA**, Uhde TW, Paquet C, Milanak M, Rheingold AA, Wilkerson A. An investigation of the rate and predictors of initiating and attending group cognitive behavioral therapy for insomnia after referral. *Cogn Behav Pract*. In press.

**Short NA**, Lechner M, McLean BS, Tungate A, Black J, Buchanan J, Reese R, Ho J, Reed G, Platt M, Riviello R, Rossi C, Nouhan P, Phillips C, Martin SL, Liberzon I, Rauch SAM, Bollen K,

Kessler RC, McLean SA. Health care utilization by women sexual assault survivors after emergency care: results of a multisite prospective study. *Depress Anxiety*. In press.

**Short NA**, Lechner M, Bell K, Black J, Buchanan J, Ho J, Reed G, Corzine A, Riviello R, Martin SL, Liberzon I, Rauch SAM, McLean SA. Anxiety sensitivity prospectively predicts increased acute posttraumatic stress and related symptoms after sexual assault. *J Trauma Stress*. In press.

Austin AE, **Short NA**. Sexual violence, mental health, and prescription opioid use and misuse. *Am J Prev Med*. 2020;59(6):818-827.

Oglesby ME, **Short NA**, Morabito D, Schmidt NB. Prospective associations between intolerance of uncertainty and psychopathology. *Pers Individ Diff*. In press.

**Short NA**, Allan NP, Saulnier K, Preston TJ, Joiner TE, Schmidt NB. Factor mixture modeling of the Insomnia Severity Index in psychiatric outpatients. *J Psychopathol Behav Assess*. In press.

**Short NA**, Morabito DM, Gilmore AK. Secondary prevention for posttraumatic stress and related symptoms among women who experienced recent sexual assault: a systematic review and meta-analysis. *Depress Anxiety*. In press.

Weiss NH, Contractor AA, Raudales AM, Greene T, **Short NA**. Extending our understanding of the association between posttraumatic stress disorder and positive emotion dysregulation: A network analysis approach. *J Anxiety Disord*. In press.

Raudales AM, Weiss NH, Schmidt NB, **Short NA**. The role of emotion dysregulation in negative affect reactivity to a trauma cue: differential associations through elicited posttraumatic stress disorder symptoms. *J Affect Disorders*. 2020;267:203-210.

**Short NA**, Boffa JW, Wissemann K, Schmidt NB. Insomnia symptoms predict the development of posttraumatic stress symptoms following an experimental trauma. *J Sleep Res*. 2020;29(1):e12909.

**Short NA**, Schmidt NB. Development and randomized clinical trial of a novel transdiagnostic treatment for insomnia and anxiety. *Behav Ther*. 2020;51(4):149-161.

**Short NA**, Sullivan J, Soward A, et al. Protocol for the first large-scale emergency care-based longitudinal cohort study of recovery after sexual assault: the Women's Health Study. *BMJ Open*. 2019;9(11):e031087.

**Short NA**, Stentz L, Raines AM, Boffa JW, Schmidt NB. Intervening on thwarted belongingness and perceived burdensomeness to reduce suicidality among veterans: A randomized controlled trial. *Behav Ther*. 2019;50(5):886-897.

Raudales AM, **Short NA**, Schmidt NB. Emotion dysregulation as a prospective predictor of suicidal ideation in an at-risk mixed clinical sample. *Arch Suicide Res*. 2019;24(2):S310-322.

**Short NA**, Allan NP, Oglesby ME, Moradi S, Schmidt NB, Stecker T. Prospective associations between insomnia symptoms and alcohol use problems among former and current military service personnel. *Drug Alcohol Depend*. 2019;199:35-41.

- Raudales AM, **Short NA**, Schmidt NB. Emotion dysregulation mediates the relationship between trauma type and PTSD symptoms in a diverse trauma-exposed clinical sample. *Pers Individ Differ*. 2019;139:28-33.
- Rogers AH, **Short NA**, Robles Z, et al. Identifying the role of sociodemographic factors in major depressive disorder and suicidality among Spanish-speaking Latino patients in a Federally Qualified Health Center. *Cogn Behav Therapy*. 2018;47(5):397-411.
- Short NA**, Boffa JW, Clancy K, Schmidt NB. An ecological momentary assessment study of the effects of emotion regulation strategy use in response to stressors on PTSD symptoms. *J Affec Disorders*. 2018;230:77-83.
- Short NA**, Schmidt NB. A multimethod examination of the effect of insomnia symptoms on anxious responding to a social stressor. *Behav Ther*. 2018;49(3):323-330.
- Short NA**, Allan NP, Stentz L, Portero AK, Schmidt NB. Predictors of insomnia symptoms and nightmares among individuals with PTSD: An ecological momentary assessment study. *J Sleep Res*. 2018;27(1):64-72.
- Boffa JW, **Short NA**, Stentz LA, Gibby BA, Schmidt NB. Distress tolerance as a mechanism in PTSD treatment: Evidence of mediation in an outpatient treatment sample. *Psychiat Res*. 2018;267:400-408.
- Short NA**, Boffa JW, King S, Albanese BJ, Allan NP, Schmidt NB. A randomized clinical trial examining the effects of an anxiety sensitivity intervention on insomnia symptoms: Replication and extension. *Behav Res Ther*. 2017;99:108-116.
- Ennis CR, **Short NA**, Smith CE, Joiner TE, Taylor J. A preliminary investigation of the role of sleep disturbances in non-suicidal self-injury. *Compr Psychiat*. 2017;76:104-112.
- Albanese BJ, Macatee RJ, Allan NP, **Short NA**, Norr AM, Schmidt NB. Interactive effects of Anxiety Sensitivity and Attentional Control on Post-traumatic Stress in Community and Clinical Populations. *Psychiatry*. 2017;41(6):902-910.
- Reitzel LR, **Short NA**, Schmidt NB, et al. Distress tolerance links sleep problems with stress & health in homeless. *Am J Health Behav*. 2017;41(6):760-774.
- Short NA**, Allan NP, Schmidt NB. Sleep disturbance as a predictor of affective functioning and symptom severity among individuals with PTSD: An ecological momentary assessment study. *Behav Res and Ther*. 2017;97:146-153.
- Raines AM, Chavarria J, Allan NP, **Short NA**, Schmidt NB. Hoarding and alcohol use: The mediating role of emotion dysregulation. *Subst Use Misuse*. 2017;52(13):1684-1691.
- Short NA**, Boffa JW, Norr AM, Albanese BJ, Allan NP, Schmidt NB. A randomized clinical trial investigating the direct and indirect effects of an anxiety sensitivity intervention on posttraumatic stress symptoms: A replication and extension. *J Trauma Stress*. 2017;30(3):296-303.
- Mathes BM, Oglesby ME, **Short NA**, Portero AK, Raines AM, Schmidt NB. An examination of the role of intolerance of distress and uncertainty in hoarding symptoms. *Compr Psychiat*. 2017;72:121-129.

- Short NA**, Fuller K, Norr AM, Schmidt NB. Acceptability of a brief computer-based intervention targeting anxiety sensitivity cognitive concerns. *Cogn Behav Therapy*. 2017;46(3):250-274.
- Oglesby ME, Gibby BA, Mathes BM, **Short NA**, Schmidt NB. Intolerance of uncertainty and post-traumatic stress symptoms: an investigation within a treatment seeking trauma-exposed sample. *Compr Psychiat*. 2017;72:34-40.
- Raines AM, **Short NA**, Fuller KL, Allan NP, Oglesby ME, Schmidt NB. Hoarding and depression: The mediating role of perceived burdensomeness. *J Psychiat Res*. 2016;83:24-28.
- Oglesby ME, Allan NP, **Short NA**, Raines AM, Schmidt NB. Factor mixture modeling of the intolerance of uncertainty scale-short form. *Psychol Assessment*. 2017;29(4):435-445.
- Short NA**, Mathes BM, Gibby B, Oglesby ME, Zvolensky MJ, Schmidt NB. Insomnia symptoms as a risk factor for cessation failure following smoking cessation treatment. *Addict Res Theory*. 2017;25(1):17-23.
- Short NA**, Norr AM, Mathes BM, Oglesby ME, Schmidt NB. An examination of the specific associations between facets of emotion dysregulation and posttraumatic stress symptom clusters. *Cognitive Ther Res*. 2016;40(6):783-791.
- Raines AM, Oglesby ME, Allan NP, **Short NA**, Schmidt NB. Understanding DSM-5 Hoarding Disorder: A triple vulnerability model of hoarding. *Psychiatry*. 2016;79(2):120-129.
- Boffa JW, Norr AM, Raines AM, Albanese BJ, **Short NA**, Schmidt NB. Anxiety sensitivity prospectively predicts posttraumatic stress symptoms following a campus shooting. *Behav Ther*. 2016;47(3):367-376.
- Oglesby ME, Boffa JW, **Short NA**, Raines AM, Schmidt NB. Intolerance of uncertainty as a predictor of post-traumatic stress symptoms following a traumatic event. *J Anxiety Disord*. 2016;41:82-87.
- Oglesby ME, Capron DW, Raines AM, **Short NA**, Schmidt NB. Interpretation bias for uncertain threat: A replication and extension. *J Behav Ther Exp Psy*. 2016;51:35-42.
- Allan NP, Oglesby ME, **Short NA**, Schmidt NB. Examining the panic attack specifier in social anxiety disorder. *Cogn Behav Therapy*. 2016;45(3):177-181.
- Norr AM, Albanese BJ, Boffa JW, **Short NA**, Schmidt NB. The relationship between gender and PTSD symptoms: Anxiety sensitivity as a mechanism. *Pers Individ Differ*. 2016;90:210-213.
- Short NA**, Babson KA, Schmidt NB, Knight CB, Johnson J, Bonn-Miller MO. Sleep and affective functioning: Examining the association between sleep quality and distress tolerance among veterans. *Pers Individ Differ*. 2016;90:247-253.
- Short NA**, Ennis CR, Oglesby ME, Boffa JW, Joiner TE, Schmidt NB. The mediating role of sleep disturbances in the relationship between posttraumatic stress disorder and self-injurious behavior. *J Anxiety Disord*. 2015;35:68-74.
- Bujarski S, Galang JN, **Short NA**, et al. Cannabis use disorder treatment barriers/facilitators among veterans with PTSD. *Psychol Addict Behav*. 2015;30(1):73-81.

- Raines AM, **Short NA**, Allan NP, Oglesby ME, Schmidt NB. Examination of a brief anxiety sensitivity intervention on suicidality among individuals with obsessive-compulsive symptoms. *Contemp Clin Trials*. 2015;45:191-195.
- Allan NP, **Short NA**, Albanese BM, Keough M, Schmidt NB. Direct and mediating effects of an anxiety sensitivity intervention on post-traumatic stress disorder symptoms in trauma exposed individuals. *Cogn Behav Therapy*, 2015;44(6):512-524.
- Raines AM, Allan NP, Oglesby ME, **Short NA**, Schmidt NB. Specific and general facets of hoarding: A bifactor model. *J Anxiety Disord*. 2015;34:100-106.
- Portero AK, Durmaz D, Raines AM, **Short NA**, Schmidt NB. Cognitive processes in hoarding: The role of rumination. *Pers Individ Differ*. 2015;86:277-281.
- Raines AM, **Short NA**, Sutton CA, Oglesby ME, Allan NP, Schmidt NB. Obsessive-compulsive symptoms and insomnia: The mediating role of anxiety sensitivity cognitive concerns. *Psychiat Res*. 2015;228(3):368-372.
- Short NA**, Oglesby ME, Raines AM, Zvolensky MJ, Schmidt NB. Posttraumatic stress and emotion dysregulation: Relationships with smoking to reduce negative affect and barriers to smoking cessation. *Compr Psychiat*. 2015;61:15-22.
- Raines AM, Allan NP, Oglesby ME, **Short NA**, Schmidt NB. Examination of the relations between obsessive-compulsive symptoms and fear and distress disorder symptoms. *J Affect Disorders*. 2015;183:253-257
- Raines AM, Portero AK, Unruh AS, **Short NA**, Schmidt NB. An initial investigation of the relationships between insomnia and hoarding severity. *J Clin Psychol*. 2015;71(7):707-714.
- Short NA**, Allan NP, Raines AM, Schmidt NB. The effects of an anxiety sensitivity intervention on insomnia symptoms. *Sleep Med*. 2015;16(1):152-159.
- Raines AM, Boffa J, Allan NP, **Short NA**, Schmidt NB. Hoarding and eating pathology: The mediating role of emotion regulation. *Compr Psychiat*. 2015;57:29-35.
- Short NA**, Babson KA, Boden MT, Bonn-Miller MO. Sleep quality, problematic cannabis use, and posttraumatic stress symptoms among medical cannabis users. *Addict Res Theory*. 2015;23:246-252.
- Allan NP, Albanese BJ, **Short NA**, Raines AM, Schmidt NB. Support for the general and specific bifactor model factors of anxiety sensitivity. *Pers Individ Differ*. 2015;74:78-83.
- Short NA**, Cronkite R, Moos R, Timko C. Men and women who attend Al-Anon: Gender differences in reasons for attendance, health status and personal functioning, and drinker characteristics. *Subst Use Misuse*. 2015;50(1):53-61.
- Short NA**, Raines AM, Oglesby ME, Zvolensky MJ, Schmidt NB. Insomnia and emotion dysregulation: Independent and interactive associations with posttraumatic stress symptoms among trauma-exposed smokers. *J Affect Disorders*. 2014;165:159-165.
- Raines AM, Oglesby ME, **Short NA**, Albanese BJ, Schmidt NB. Panic attacks and hoarding disorder: An initial investigation. *Compr Psychiat*. 2014;55(6):1405-1410.

Boden MT, Babson KA, Vujanovic AA, **Short NA**, Bonn-Miller MO. Posttraumatic stress disorder and cannabis use characteristics among military veterans with cannabis dependence. *American J Addiction*. 2013;22:277-284.

### *Manuscripts under Review*

Shapiro MO, **Short NA**, Raines AM, Franklin CL, Constans JI. Pain and posttraumatic stress: Associations among women Veterans with a history of military sexual trauma. Manuscript submitted for publication.

**Short NA**, Rogers AH, Patidar S, Walton JL, Raines AM. Associations between pain severity, posttraumatic stress, alcohol and substance use symptoms among veterans with PTSD-SUD. Invited resubmission.

Schmidt NB, Capron D, Raines AM, Albanese B, **Short NA**, Mathes BM, Morabito DM, Saulnier K, Allan N. Evaluating the long-term (three year) durability of brief interventions targeting risk factors for psychopathology. Manuscript under review.

**Short NA**, Evans MK, Raudales AM, Shapiro M, Weiss NH, Schmidt NB. Anxiety sensitivity and cannabis use motives among trauma-exposed young adult cannabis users. Invited resubmission under review.

Shapiro MO, Thompson JS, **Short NA**, Schmidt NB. Uncertainty after sexual assault: Understanding associations between IU and PTSD within a treatment-seeking sample. Manuscript submitted for publication.

**Short NA**, Austin AE, Wolfson A, Rojo-Wissar DM, Munro CA, Eaton WW, Bienvenu OJ, Spira AP. The association between traumatic life events and sleep disturbance among men and women: Results from the Baltimore Epidemiologic Catchment Area follow-up study. Invited resubmission under review.

**Short NA**, Allan NP, Ashrafioun L, Stecker T. Beliefs about mental health treatment, treatment initiation, and suicidal behaviors among veterans at-risk for suicide and not in treatment. Manuscript submitted for publication.

Schmidt NB, Allan NP, Albanese BJ, Capron DW, Shapiro ME, **Short NA**. Development of the Fear of Arousal questionnaire: refining our measurement of anxiety sensitivity. Manuscript submitted for publication.

Schmidt NB, Allan NP, Capron DW, **Short NA**, et al. Brief Interventions Targeting Interpersonal Risk Factors for Suicide: A Randomized Clinical Trial. Manuscript submitted for publication.

### Oral Presentations

#### *Invited/Professional Presentations*

Raudales AM, Weiss NH, Contractor AA, Greene T, **Short NA**. (2020, November). Extending our understanding of the association between posttraumatic stress disorder and positive emotion dysregulation: A network analysis approach. Symposium presented at the 36<sup>th</sup> Annual Meeting of the International Society for Traumatic Stress Studies, Atlanta, GA.

**Short NA**, An X, Ji Y, D'Anza T, Lechner M, Greene S, Bell K, Black J, Buchanan J, Reese R, Ho J, Reed, Tungate A, Bollen K, Martin SL, Liberzon I, Rauch SAM, Sullivan M, McLean SA. Patient-Centered Classifications of Mental and Physical Health Symptoms after Sexual Assault: Results from a Large Prospective Study. In A. Basu & S. A. McLean (chairs), Understanding Lifetime Trauma Profiles, Multidimensional Posttraumatic Sequelae, and Treatment Implications from Large Cohort US Emergency Departments. Symposium presented at the annual meeting of the International Society for Traumatic Stress Studies: November, 2020, Atlanta, GA.

Patidar S, **Short NA**, Goetzinger A, Margolies S, Chidgey B. Pilot feasibility and acceptability of a novel cognitive behavioral group intervention addressing comorbid pain and trauma history among chronic pain outpatients. In A. Rogers & N. A. Short (chairs), Improving treatment outcomes for comorbid chronic pain and posttraumatic stress: Recent translational findings. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies: November, 2020, Philadelphia, PA.

**Short NA**, Tungate AS, Bollen KA, Witkemper KD, Lechner M, Bell K, Black J, Buchanan J, Reese R, Reed GD, Liberzon I, Rauch SAM, Kessler RC, McLean SA. Acute stress symptoms mediate the transition from acute to persistent pain after sexual assault. In A. Rogers & N. A. Short (chairs), Improving treatment outcomes for comorbid chronic pain and posttraumatic stress: Recent translational findings. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies: November, 2020, Philadelphia, PA.

**Short NA**, Myers US, Keller SM, Wangelin BC. Do sleep disturbances interfere with the completion and effectiveness of Prolonged Exposure for PTSD? In: S Blakey (chair), Expanding impact: Addressing co-occurring and complicating factors during evidence-based treatments for PTSD. Symposium presented at: 53<sup>rd</sup> Annual Convention for the Association of Behavioral and Cognitive Therapies; November, 2019; Atlanta, GA.

**Short NA**, Myers US, Keller SM, Wangelin BC. Do sleep disturbances interfere with the completion and effectiveness of Prolonged Exposure for PTSD? In: P Colvonen (chair), Trauma, PTSD, and Sleep II: Examining the Relationship between Insomnia and PTSD Treatments. Symposium presented at: ISTSS 35<sup>th</sup> annual meeting; November, 2019; Boston, MA.

**Short NA**, Schmidt NB. Sleep quality, emotions, and emotion regulation in posttraumatic stress disorder: An ecological momentary assessment study. In: E Bernstein and E Kleiman (chairs), Emotion regulation in daily life: Understanding emotional disorders and emotional wellbeing through experience sampling and wearable monitoring. Symposium presented at: Anxiety and Depression Association of America annual meeting; April, 2019; Chicago, IL.

**Short NA**, Schmidt NB. Prospective associations between insomnia and worry: The mediating role of DT. In: R Cox (chair), Sleep disturbance as a transdiagnostic factor in anxiety-related processes. Symposium presented at: 52<sup>nd</sup> Annual Convention for the Association of Behavioral and Cognitive Therapies; November, 2018; Washington, DC.

**Short NA**, Schmidt NB. Short- and long-term bidirectional associations between insomnia symptoms and anxiety. In: AH Rogers and A Horenstein (chairs), Examining the role of anxiety in maladaptive health behaviors. Symposium presented at: 52<sup>nd</sup> Annual Convention for the Association of Behavioral and Cognitive Therapies; November, 2018; Washington, D.C.

**Short NA**, Woller S, Quick AD, Schmidt NB. Acceptability and efficacy of brief behavioral treatment for insomnia as a preventative intervention for CUD risk among at-risk cannabis users. In: **NA Short**

(chair), Developing and testing novel treatments for comorbid anxiety and addiction. Symposium presented at: 52<sup>nd</sup> Annual Convention for the Association of Behavioral and Cognitive Therapies; November, 2018; Washington, DC.

**Short NA**, Schmidt NB. A multimethod examination of the effect of insomnia symptoms on anxious responding to a social stressor. In: J Nota (chair), Identifying and understanding mechanisms relating sleep, circadian rhythms, and anxiety. Symposium presented at: annual Anxiety and Depression Association of America conference; April, 2018; Washington, D.C.

**Short NA**, Schmidt NB. An ecological momentary assessment study of the effects of emotion regulation strategy use in response to stressors on PTSD symptoms. In: **NA Short** and JW Boffa (chairs), Translational research on emerging risk and maintenance factors for posttraumatic stress disorder. Symposium presented at: annual Association for Behavioral and Cognitive Therapies conference; November, 2017; San Diego, CA.

Schmidt NB, Raines A, **Short NA**, Albanese B. Brief, computer interventions targeting suicide risk factors in veterans: Findings from a randomized clinical trial funded by the Military Suicide Research Consortium. Paper presented at: 2017 DoD/VA Suicide Prevention Conference; August, 2-17; Denver, CO.

Schmidt NB, Raines AM, Allan N, **Short NA**. Efficacy Evaluation of a Suicide Prevention Randomized Clinical Trial Targeting Perceived Burdensomeness and Thwarted Belongingness. Paper presented at: annual meeting of the American Association of Suicidology; April, 2017; Phoenix, AZ.

**Short NA**, Allan NP, Schmidt NB. Daily variations in sleep quality predict increased posttraumatic stress via emotion regulation difficulties: An ecological momentary assessment study. In: **NA Short** (chair), Sleep disturbances as a transdiagnostic risk factor in affective disorders: Consideration of mechanisms and implications for treatment. Symposium presented at: annual meeting of Anxiety and Depression Association of America; April, 2017; San Francisco, CA.

Mathes BM, **Short NA**, Gibby B, Raines AM, Schmidt NB. Exploring the Unique Associations between Obsessive Compulsive Symptoms and Emotion Regulation Difficulties. In: BM Mathes (chair), Intolerance of Emotional Distress: A Novel Treatment Target in OCD. Symposium presented at: 23<sup>rd</sup> annual conference of the International Obsessive Compulsive Disorder Foundation; July, 2016; Chicago, IL.

**Short NA**, Capron DW, Raines AM, Schmidt NB. Effects of a brief, computerized intervention focusing on anxiety sensitivity cognitive concerns. In: H Boettcher (chair), Anxiety Sensitivity: A Transdiagnostic Treatment Target. Presented at: annual Association for Behavioral and Cognitive Therapies conference; October, 2016; New York, NY.

**Short NA**, Allan NP, Raines AM, Albanese BJ, Schmidt NB. Effects of an anxiety sensitivity intervention on posttraumatic stress symptoms: Anxiety sensitivity as a mechanism of treatment outcome. In: NP Allan (chair), Psychosocial Considerations in Interventions for Transdiagnostic Risk Factors of Anxiety. Presented at: annual Association for Behavioral and Cognitive Therapies conference; November, 2015; Chicago, IL.

Schmidt NB, **Short NA**. Posttraumatic Stress Disorder – Description and treatment options in military samples. Paper presented at: the Second International Congress on Anxiety; October, 2014; Tehran, Iran.

**Short NA.** Medical Cannabis Use and Demographics Study: Insomnia, problematic cannabis use, and posttraumatic stress symptoms among medical cannabis users. Presented at: 2nd annual Stanford University, Veterans Affairs Center for Health Care Evaluation and National Center for PTSD Research Assistant conference; April, 2012; Menlo Park, CA.

### Poster Presentations

**Short NA,** Evans MK, Raudales AM, Shapiro M, Weiss NH, Schmidt NB. Anxiety sensitivity and cannabis use motives among trauma-exposed young adult cannabis users. Poster accepted for presentation at the 55th annual convention for the Association of Behavioral and Cognitive Therapies; November, 2021; New Orleans, LA.

Burud GB, **Short NA,** Thomas R, Lechner M, Bell K, Black J, Buchanan J, Reese R, Ho J, Reed G, Platt M, Riviello R, Rossi C, Nouhan P, Phillips C, Martin SL, Liberzon I, Rauch SM, Bollen K, Kessler RC, McLean SA. Research Among Women Sexual Assault Survivors Presenting for Emergency Care is Justified: Results from a Multi-Site, Prospective Observational Cohort Study. Accepted for poster presentation at Society of Biological Psychiatry's 2021 Annual Meeting. Virtual, May, 2021.

Swain HAV, **Short NA,** McLean BS, Tungate AS, Lechner M, Bell K, Black J, Buchanan J, Reese R, Reed G, Liberzon I, Rauch SM, Kessler R, McLean SA. Increased posttraumatic stress symptoms are associated with increased substance use in sexual assault survivors during the year after sexual assault. Accepted for presentation at Society of Biological Psychiatry 2020 Annual Meeting; New York City, NY. Event cancelled due to COVID-19 pandemic.

Gullett LR, **Short, NA,** Burud G, Lechner M, Bell K, Black J, Buchanan J, Reese R, Reed G, Rossi C, Nouhan P, Phillips C, Martin SL, Liberzon I, Rauch SAM, Bollen KA, McLean SA. Psychological and physical morbidity of sexual assault among adult women students. Poster accepted for presentation at the UNC School of Medicine Center for Women's Health Research Poster Presentation; March, 2020; Chapel Hill, NC.

**Short NA,** An X, Ji Y, D'Anza T, Lechner M, Bell K, Black J, Buchanan J, Reese R, Ho J, Reed G, Tungate A, Bollen K, Martin S, Liberzon I, Rauch SAM, Sullivan M, McLean S. Classifying individuals with moderate or severe pain after sexual assault according to the spectrum of their physical and mental health symptoms: results from a large prospective study. Poster accepted for presentation at: International Association for the Study of Pain World Conference on Pain; August, 2020; Amsterdam, Netherlands.

**Short NA,** Tungate A, Lechner M, Bell K, D'Anza T, Black J, Buchanan J, Reese R, Reed G, Kleeman E, McLean SA. Pain and somatic symptoms, like posttraumatic stress symptoms, are a consequence of traumatic stress: further evidence from a large-scale prospective cohort study of sexual assault survivors. Poster accepted for presentation at: International Association for the Study of Pain World Conference on Pain; August, 2020; Amsterdam, Netherlands.

**Short NA,** Lechner M, Greene S, Bell, K, Black J, Buchanan J, Reese R, Ho J, Reed G, Witkemper KD, Burud G, Gullet L, Martin SL, Liberzon I, Rauch SAM, McLean SA. Anxiety sensitivity prospectively predicts increased posttraumatic stress and related symptoms in the acute aftermath of sexual assault. Poster accepted for presentation at: annual meeting of the Anxiety and Depression Association of America; March, 2020; San Antonio, TX.

Howell A, **Short NA,** Wilkerson A, Milanak A, Rheingold A, Uhde TW. Rates of successful termination of CBT for anxiety, sleep, and co-occurring anxiety and sleep disorders in an outpatient sample. Poster presented at: 53rd annual convention for the Association of Behavioral and Cognitive Therapies; November, 2019; Atlanta, GA.

Franklin CL, Raines AM, Carroll M, Chambliss J, **Short NA**. Insomnia and posttraumatic stress: The mediating role of anxiety sensitivity. Poster presented at: annual meeting of the Anxiety and Depression Association of America; March, 2019; Chicago, IL.

**Short NA**, Wilkerson A, Milanak M, Uhde TW, Schmidt NB. Acceptability and tolerability of brief behavioral therapy for insomnia among at-risk cannabis users with insomnia symptoms. Poster presented at: 1st annual Society of Behavioral Sleep Medicine Scientific Conference; September, 2019; Birmingham, AL.

**Short NA**, Wilkerson A, Paquet C, et al. An investigation of the rate and predictors of initiating and attending Cognitive Behavioral Therapy for Insomnia after referral. Poster presented at: 33<sup>rd</sup> annual Sleep meeting; June 2019; San Antonio, TX.

**Short NA**, Tungate A, Novak C, et al. Clinically significant new or worsening pain is common six weeks after sexual assault: results of a large-scale cohort study. Poster presented at: American Pain Society's Scientific Meeting; April, 2019; Milwaukee, WI.

Oglesby ME, **Short NA**, Albanese BJ, Portero AK, Schmidt NB. Negative interpretations of distress-related information: A novel assessment tool for distress tolerance. Poster presented at: 52nd Annual Convention for the Association for Behavioral and Cognitive Therapies; November, 2018; Washington, D.C.

Preston TJ, **Short NA**, Raudales AM, Schmidt NB. The role of emotion regulation difficulties in anxiety response to a speech task. Poster presented at: 52nd Annual Convention for the Association for Behavioral and Cognitive Therapies; November, 2018; Washington, DC.

Raudales AM, **Short NA**, Preston TJ, Schmidt NB. Emotion dysregulation as a risk factor for future suicidal ideation in a clinical sample. Poster presented at: 52nd Annual Convention for the Association for Behavioral and Cognitive Therapies; November, 2018; Washington, DC.

**Short NA**, Raudales AM, Mozier E, Schmidt NB. The role of insomnia symptoms in predicting reactivity to personalized trauma script driven imagery. Poster presented at: 52<sup>nd</sup> Annual Convention for the Association for Behavioral and Cognitive Therapies; November, 2018; Washington, DC.

Stentz LA, Portero AK, **Short NA**, Oglesby ME, Schmidt NB. The interpersonal-psychological theory of suicide investigated among a clinical sample with active suicidal ideation. Poster presented at: annual meeting of the Anxiety and Depression Association of America; April, 2018; Washington, DC.

Stentz LA, **Short NA**, Oglesby ME, Portero AK, Schmidt, NB. Emotional reactivity: A potential predictor of PTSD symptoms. Poster presented at: annual meeting of the Anxiety and Depression Association of America; April, 2018; Washington, DC.

Huet A, **Short NA**, Schmidt NB, Allan NP. Anxiety Sensitivity's Predictive Role in the Daily Variability of PTSD Symptoms. Poster presented at: 51st Annual Convention of the Association for Behavioral and Cognitive Therapies; November, 2017; San Diego, CA.

**Short NA**, Allan NP, Stentz L, Portero AK, Schmidt NB. Predictors of insomnia symptoms and nightmares among individuals with PTSD: An ecological momentary assessment study. Poster presented at: 51st Annual Convention of the Association for Behavioral and Cognitive Therapies; November, 2017; San Diego, CA.

Raudales AM, **Short NA**, Schmidt NB. Emotion dysregulation as a prospective predictor of posttraumatic stress symptoms in a trauma-exposed clinical sample. Presented at: 38th annual meeting of the Anxiety and Depression Association of America; April, 2018; Washington, DC.

**Short NA**, Allan NP, Schmidt NB. Daily variations in sleep quality and efficiency predict next day positive and negative affect in individuals with PTSD. Poster presented at: annual convention of the Anxiety and Depression Association of America; April, 2017; San Francisco, CA.

King SL, **Short NA**, Schmidt NB. Effects of a Brief Anxiety Intervention on PTSD Symptoms and Aggression. Poster presented at: annual meeting of the Association for Behavioral and Cognitive Therapies; October, 2016; New York, NY.

Boffa JW, Norr AM, **Short NA**, Amir N, Schmidt NB. Validation of the Word Sentence-Association Paradigm for PTSD Self-Report Measure. Poster presented at: annual meeting of the Association for Behavioral and Cognitive Therapies; October, 2016; New York, NY.

**Short NA**, Fuller K, Norr, AM, Schmidt, NB. Acceptability of a brief computer-based intervention targeting anxiety sensitivity cognitive concerns. Poster presented at: annual Association for Behavioral and Cognitive Therapies conference: October, 2016; New York, NY.

Bujarski S, Banducci A, Galang J, **Short NA**, Bonn-Miller MO. Evaluating barriers and facilitators to cannabis use disorder treatment among veterans with co-occurring PTSD. Poster presented at: 31st annual meeting of the International Society for Traumatic Stress Studies; November, 2015; New Orleans, LA.

Allan NP, Oglesby ME, **Short NA**, Schmidt NB. Examining the panic attack specifier in social anxiety disorder. Poster presented at: annual Association for Behavioral and Cognitive Therapies conference; November, 2015; Chicago, IL.

Raines AM, Oglesby ME, Allan NP, **Short NA**, Schmidt NB. Examination of a triple vulnerability model of hoarding. Poster presented at: annual Association for Behavioral and Cognitive Therapies conference; November, 2015; Chicago, IL.

Albanese BJ, Allan NP, Boffa JW, **Short NA**, et al. Disengaging from threat: Anxiety sensitivity as a mediator between attentional control deficits and post-traumatic stress symptoms. Poster presented at: annual meeting of the Association of Behavioral and Cognitive Therapies; November, 2015; Chicago, IL.

Oglesby ME, Boffa JW, **Short NA**, Raines AM, Albanese BJ, Schmidt NB. Intolerance of uncertainty as a predictor of post-traumatic stress symptoms following a traumatic event. Poster presented at: annual meeting of the Association of Behavioral and Cognitive Therapy; November, 2015; Chicago, IL.

Boffa JW, Norr AM, Raines AM, Albanese BJ, **Short NA**, Schmidt NB. Pre-trauma anxiety sensitivity interacts with trauma exposure to predict posttraumatic stress symptoms. Poster presented at: annual meeting of the Association of Behavioral and Cognitive Therapy; November, 2015; Chicago, IL.

**Short NA**, Oglesby ME, Raines AM, Boffa JW, Schmidt NB. An initial investigation of the relationship between experiential avoidance and insomnia symptoms. Poster presented at: annual meeting of the Association of Behavioral and Cognitive Therapy; November, 2015; Chicago, IL.

Portero AK, Raines AM, **Short NA**, Oglesby ME, Schmidt NB. Traumatic life events and hoarding: The mediating role of emotion dysregulation. Poster presented at: annual meeting of the Anxiety and Depression Association of America; April, 2015; Miami, FL.

Boffa JW, Norr AM, Albanese BJ, Oglesby ME, **Short NA**, Schmidt NB. Core features of clinical disorders contribute to test anxiety. Poster presented at: annual meeting of the Anxiety and Depression Association of America; April, 2015; Miami, FL.

Oglesby ME, **Short NA**, Raines AM, Schmidt NB. Intolerance of uncertainty as a mediator of worry and insomnia. Poster presented at: annual Anxiety and Depression Association of America conference; April, 2015; Miami, FL.

Ennis C, **Short NA**, Taylor J, Joiner T. The role of sleep disturbances in self-injurious behavior. Poster presented at: annual Anxiety and Depression Association of America conference; April, 2015; Miami, FL.

**Short NA**, Oglesby ME, Boffa JW, Raines AM, Schmidt NB. Emotion dysregulation and posttraumatic stress symptoms: the mediating role of experiential avoidance. Poster presented at: annual Anxiety and Depression Association of America Conference; April, 2015; Miami, FL.

**Short NA**, Allan NP, Raines AM, Schmidt NB. Effects of an anxiety sensitivity intervention on insomnia. Poster presented at: 2014 Special Operations Medical Association Scientific Assembly; December, 2014; Tampa, FL.

Durmaz DA, Norr AM, **Short NA**, Schmidt NB. An examination of the relationship between perceived self-efficacy and symptoms of posttraumatic stress disorder. Poster presented at: 48th annual meeting of the Association of Behavioral and Cognitive Therapies; November, 2014; Philadelphia, PA.

Portero AK, Raines AM, **Short NA**, Schmidt NB. Cognitive processes in hoarding: The effects of rumination. Poster presented at: 48th annual meeting of the Association for Behavioral and Cognitive Therapies; November, 2014; Philadelphia, PA.

Oglesby ME, Capron DW, Raines AM, **Short NA**, Schmidt NB. Interpretation bias for uncertain threat: A replication and extension. Poster presented at: 48th annual meeting of the Association of Behavioral and Cognitive Therapies; November, 2014; Philadelphia, PA.

**Short NA**, Raines AM, Oglesby ME, Zvolensky MJ, Schmidt NB. Insomnia and emotion dysregulation: Independent and interactive predictors of PTSD symptoms among trauma-exposed smokers. Poster presented at: 48th annual meeting of the Association of Behavioral and Cognitive Therapies; November, 2014; Philadelphia, PA.

Portero AK, Raines AM, **Short NA**, Unruh AS, Schmidt NB. An initial investigation of the relationships between insomnia and hoarding severity. Poster presented at: annual Anxiety and Depression Association of America Conference; March, 2014; Chicago, IL.

**Short NA**, Mitchell MA, Raines AM, Schmidt NB. Postconcussive and PTSD symptoms: Evaluating the moderating role of distress tolerance. Poster presented at: annual Anxiety and Depression Association of America Conference; March, 2014; Chicago, IL.

**Short NA**, Cronkite R, Moos R, Timko C. Gender differences in Al-Anon members: Demographics, goals of participation, and personal functioning. Poster presented at: 36th annual meeting of the Research Society on Alcoholism; June, 2013; Orlando, FL.

Farris SG, **Short NA**, Bonn-Miller MO, Zvolensky MJ. Maladaptive expectations and motives for cannabis use among veterans: The impact of affective distress. Poster presented at: 33rd annual meeting of the Anxiety and Depression Association of America; April, 2013; La Jolla, CA.

Farris SG, **Short NA**, Bonn-Mille MO, Zvolensky MJ. The impact of panic and depressive symptoms on cannabis-related problems and lapse and relapse among cannabis dependent veterans. Poster presented at: 33rd annual meeting of the Anxiety and Depression Association of America; April, 2013; La Jolla, CA.

**Short, NA**, Babson, KA, Boden, MT, Bonn-Miller, MO. The interaction of sleep quality and problematic cannabis use in terms of posttraumatic stress symptom severity. Poster presented at: 28<sup>th</sup> annual meeting of the International Society for Traumatic Stress Studies; November, 2012; Los Angeles, CA.

**Short NA**, Babson KA, Boden MT, Bonn-Miller MO. The interaction of sleep quality and problematic cannabis use in terms of posttraumatic stress symptom severity. Poster presented at: 46th annual meeting of the Association for Behavioral and Cognitive Therapies; November, 2012; National Harbor, MD.

### Media Interviews, Quotes, and Coverage

#### *Print/Web*

2019 MedPageToday article published April 07, 2019 “Pain Persistent after Sexual Assault”

2018 Medscape Medical News article published July 23, 2018 “Areas of Higher Latitude Tied to Elevated OCD Risk”

### Teaching Activities

#### Research Mentorship

##### **Medical Students**

Heather Swain, First Year Medical Student, UNC-CH, Carolina Medical Student Research fellow (Summer, 2021)

Bryan Obika, First Year Medical Student, UNC-CH (2021-present)

Claire McLaughlin, Second Year Medical Student, UNC-CH (2020-present)

James (Bailey) Sanford, Second Year Medical Student, UNC-CH (2019-present)

##### **Undergraduate Students**

Mahlon Brady, Psychology and English and Comparative Literature, UNC-CH (2021-present)

Priya Naik, Psychology, Information Science, UNC-CH (2021-present)

Rebecca Dasema, Medical Anthropology, Health and Society, UNC-CH (2021-present)

Grace Burud, Psychology, UNC-CH (2020-present)

Kaathya Kashyap, Neuroscience, UNC Summer Undergraduate Research Fellow (SURF) 2021, UNC-CH (2020-present)

Riya Thomas, Neuroscience, UNC-CH (2020-present)

Jessie Ma, Health Policy and Management, UNC-CH (2020-present)

Emma Rowe, Physics, UNC-CH (2020-present)

Mariah Evans, Neuroscience, UNC-CH (2019-2020), current position: Clinical Research Specialist, Duke University Traumatic Stress and Health Research Lab

Witnessa Taylor, UNC-CH (2019)

Clinical Supervision

Project Yes, LLC

Summer, 2021

Duties: Provided supervision to clinical psychology doctoral student providing outpatient cognitive behavioral therapy for depression and anxiety.

Instructional*Undergraduate Student Teaching*

- 2021 NSCI 395 Independent Research – Instructor (January 2021-May 2021), Department of Neuroscience, University of North Carolina at Chapel Hill, Duties: Serve as research supervisor, develop individualized syllabi, curriculum, and course expectations for students, lead weekly lab meetings which include monthly professional development seminars and journal clubs, mentor students and supervise individual undergraduates in the execution of study protocols and development of final individual research project (typically 10 page paper).
- 2016 CLP 4143 Abnormal Psychology – Course Director, class of 220 undergraduate students, 16 weeks, Department of Psychology, Florida State University, Duties: Serve as primary instructor of lecture course; responsible for preparing syllabus with course objectives and selecting textbook; preparing and delivering lectures; writing, administering, and grading exams; submitting final grades; meeting with undergraduate students during office hours; maintaining course website via BlackBoard.
- 2016 CLP 4143 Abnormal Psychology – Guest Lecturer, classes of 70-220 undergraduate students, “Introduction to Personality Disorders and Cluster A Personality Disorders;” “Introduction to Psychopathology and Anxiety Disorders;” “Introduction to Personality Disorders, Antisocial Personality Disorder & Psychopathy” Florida State University
- 2013-2018 DIS: PSY 4911-4914 Directed Individual Study – Supervisor (August 2014-August 2015) and Instructor, Duties: As supervisor, supervise and train 15-25 undergraduate research assistants each semester in lab procedures and duties, lead professional development meetings, and develop curriculum and course expectations. As instructor, mentor students and supervise individual undergraduates in the execution of study protocol.

Clinical Experience**Postdoctoral Fellow**

August 2019 – July 2021

UNC Pain Management Center

UNC Chapel Hill, Chapel Hill, NC

Supervisors: Amy Goetzinger, Ph.D., Seema Patidar, Ph.D., Skye Margolies, Ph.D.

Project Yes, LLC

Durham, NC

Supervisor: Tatyana Kholodkov, Ph.D.

**Psychology Intern**

August 2018 – August 2019

Sleep and Anxiety Treatment and Research Program, PTSD Clinical Team

Medical University of South Carolina and Ralph H. Johnson VAMC, Charleston, SC

Supervisors: Allison Wilkerson, Ph.D., Melissa Milanak, Ph.D., Ursula Myers, Ph.D.

**Assistant Director**

July 2016 – July 2018

Anxiety and Behavioral Health Clinic, Tallahassee, FL

Supervisor: Norman B. Schmidt, Ph.D.

Duties: Provide clinical supervision and client monitoring for graduate student therapists; train therapists and research assistants on administration and scoring of the SCID; supervise research assistants; lead

recruitment and outreach efforts of the clinic; serve as liaison between clinic and the University/broader Tallahassee community.

**Psychological Trainee**

August 2014 – August 2016

Florida State University Psychology Clinic, Tallahassee, FL

Supervisors: Jesse R. Cogle, Ph.D., Kimberly Driscoll, Ph.D., Thomas Joiner, Ph.D. Therese S. Kemper, Ph.D., Norman B. Schmidt, Ph.D.

**Anxiety Disorders Specialist**

August 2013 – July 2018

Anxiety and Behavioral Health Clinic, Tallahassee, FL

Supervisor: Norman B. Schmidt, Ph.D.

**Clinical Workshops and Training**

Prolonged Exposure (PE) 3 Day Workshop led by Stephanie Keller, Ph.D., Brian Lozano, Ph.D., Ursula Myers, Ph.D., and Bethany Wangelin, Ph.D., August 2018

Medical University of South Carolina/Ralph H. Johnson Veterans Affairs Medical Center

Prolonged Exposure (PE) to Treat PTSD 2 Day Workshop led by Kevin Holloway, Ph.D. (Center for Deployment Psychology), June, 2016

Tallahassee Community College, Tallahassee, FL

Motivational Interviewing 1.5 Day Basic Skills Workshop led by Therese Kemper, Ph.D. (MINT trainer), July 2015

Florida State University, Tallahassee FL

Behavioral Activation Treatment Training led by Carl Lejuez, Ph.D., December, 2014

Florida State University Psychology Clinic, Tallahassee FL

**Professional Service**

Within UNC-Chapel Hill

*Diversity, Equity, and Inclusion (DEI) Committee*

*Department of Anesthesiology*

2019- Facilitator for Table Talks (June, August, December, 2020). Acted as facilitator for departmental Table Talks (virtual small group sessions to discuss DEI-related issues). Example topics include: Race: The Power of an Illusion; Bias: Unpacking Our Thoughts; Who Are You? Who Are We?

*Committee for the Advancement of Research*

*Department of Anesthesiology*

2019- Member. Committee is responsible for evaluation of research initiative, research support grant recommendations, capital and research infrastructure, mentoring, reports, and progress reports.

*Wellness Committee*

*Department of Anesthesiology*

2019- Member. Committee promotes and conducts wellness initiatives for members of the department, and provides peer support to members of the department.

To the Discipline

*Social Networking Committee*

*Association of Behavioral and Cognitive Therapies (ABCT)*

2018 – 2019 Member of the Facebook content team. Posts on ABCT’s Facebook page weekly to provide content (e.g., articles, photos, other media) with the goal of disseminating accurate information about cognitive behavioral therapy and promoting community involvement with ABCT.

Conference Reviewing

International Society for Traumatic Stress Studies (ISTSS), 2021

Grant Reviewing

Peer Reviewer, Military Operational Medicine Research Program (MOMRP): Sleep and Performance, FY21; Psychological Health Intervention FY22.

Journal Editing

*Behaviour Research and Therapy*, Associate Editor, 2021 –

Ad Hoc Journal Reviewing (last 5 years)

*Behavior Therapy, Behavioral Medicine, Behavioral Sleep Medicine, Behaviour Research and Therapy, Journal of Affective Disorders, Journal of Anxiety Disorders, Journal of Consulting and Clinical Psychology, Journal of Psychiatric Research, Journal of Traumatic Stress, Nature of Science and Sleep, Psychiatric Research, Psychology of Addictive Behaviors, Sleep, Sleep Medicine Reviews, Substance Use & Misuse.*