

CAROLYN MARIE YEAGER, PHD, MS, MA

LYDA HILL INSTITUTE FOR HUMAN RESILIENCE
MILESTONES RESILIENCE CARE CENTER

Licensed Clinical Psychologist and Technology Researcher

CYEAGER@UCCS.EDU

EDUCATION & TRAINING

DOCTOR OF PHILOSOPHY (PHD), CLINICAL PSYCHOLOGY WITH CURRICULAR EMPHASIS IN TRAUMA

University of Colorado-Colorado Springs, CO, August 2020

American Psychological Association (APA) accredited program

Dissertation: *If we build it, will they come? Issues of engagement with digital health interventions for trauma recovery*

Research Mentor/Committee Chair: *Charles C. Benight, PhD*

MASTER OF ARTS (MA) – CLINICAL PSYCHOLOGY

University of Colorado-Colorado Springs, CO, May 2016

American Psychological Association (APA) accredited program

Thesis: *Understanding engagement with a trauma recovery digital intervention using the Health Action Process Approach (HAPA) framework*

Research Mentor/Committee Chair: *Charles C. Benight, PhD*

MASTER OF SCIENCE (MS) – COMPUTER SCIENCE

University of Colorado-Colorado Springs, CO, August 1989

Thesis: *Artificially intelligent natural language processor*

Research Mentor/Committee Chair: *Marijke Augusteijn, PhD*

BACHELOR OF SCIENCE (BS) – BIOCHEMISTRY

University of Wisconsin, Madison, WI

LICENSURE

10/12/2021: Licensed Psychologist - # PSY 5666.

CLINICAL AND RESEARCH EXPERIENCE

2021 LICENSED PSYCHOLOGIST / CLINICAL TECHNOLOGIST

-PRESENT
LYDA HILL INSTITUTE FOR HUMAN RESILIENCE
MILESTONES RESILIENCE CARE CENTER
UNIVERSITY OF COLORADO-COLORADO SPRINGS
Full Time Position
RESILIENCE.UCCS.EDU

Provides trauma-informed clinical care to survivors using a holistic, strengths-based model and evidence-based interventions, including Internal Family Systems (IFS), Eye Movement

Desensitization and Reprocessing (EMDR), Cognitive Processing Therapies (CPT), and Acceptance and Commitment Therapies (ACT). Integrates technology into clinical practice to enhance outcomes, including designing and deploying digital health interventions. Developed PULSE (patent pending), an automated assessment system used daily across multiple clinics to empower clients, inform treatment planning, and evaluate program effectiveness. Lead software development teams, conduct clinical program evaluations, and deliver ongoing clinical and operational support.

2020-2021 POSTDOCTORAL FELLOW
 LYDA HILL INSTITUTE FOR HUMAN RESILIENCE
 UNIVERSITY OF COLORADO-COLORADO SPRINGS

Clinical Psychology Fellowship at the Lyda Hill Institute includes a multi-disciplinary environment guided by the scientist-practitioner model. Full time position, 40 hours/week.

Clinical: Clinical focused on the provision of supervised individual and group evidence-based treatments for those experiencing PTSD, complex trauma, and severe and persistent mental illness. Developed materials and conducted groups via Telehealth.

Research: Research focused on the intersection between technology and clinical interventions for trauma recovery.

Designed and managed the development of innovative technology solutions to support the Lyda Hill Institute new model of care. This included design of the next generation digital health intervention to be used for trauma recovery.

2015-2018 GRADUATE RESEARCH ASSISTANT
 UNIVERSITY OF COLORADO-COLORADO SPRINGS

Project: *National Science Foundation: Engagement, arousal and self-efficacy (EASE) modeling for adaptive web-engagement trauma treatment (Phase I and Phase II)*

- Purpose is to examine facial and physiological indicators of engagement with a Trauma Recovery eHealth system to develop a smart, self-adapting intervention.
- Responsibilities included running participants, recruitment, analyzing facial recognition and heart rate variability data, developing research protocols and online surveys, managing research assistants, publications, presenting results, and interfacing with computer scientists.

Project: *Traumatic brain injury (TBI) online education system for primary care providers*

- Designed and developed an online TBI education system for primary care providers.
- Responsibilities included developing content, graphics, and the online system.

Project: *Systematic review and meta-analysis of digital interventions for job burnout*

- International project collaborated with SWPS University students in Warsaw, Poland.
- Collected data and analyzed articles for meta-analysis (2000+ articles reviewed).
- Prepared documentation for publication.
- Results presented at the International Society on Internet Interventions conference.

Project: Meta-analytic review of trauma outcomes and digital intervention engagement

- Project lead – managed team of 8 students.
- Defined inclusion criteria, performed searches, reviewed articles for inclusion.
- Extracted data, evaluated risk bias.
- Presented results at the International Society of Traumatic Stress Studies conference.

HONORS & AWARDS

- 2025 **APA Outstanding Division 56 Poster award** for “*Leveraging Research Practices to Advance Innovation in Trauma-Informed Care.*”
- 2022 **Wall of Recognition – Menomonee Falls, Wisconsin**
Award received for extensive work with human trafficking survivors and other survivors of trauma. Honor presented to distinguished alumni who have achieved success professionally and notably given back to their community.
- 2018 **American Psychological Association (APA) Dissertation Research Award**
Competitive national award sponsored by the Science Directorate of the APA for dissertation research that reflects excellence in scientific psychology.
Award amount: \$1,000.
- 2018 **Outstanding PhD Clinical Graduate Student Award**
Awarded by University of Colorado-Colorado Springs, Department of Psychology.
- 2018 **Graduate School Mentored Doctoral Fellowship**
Competitive award sponsored by the Graduate School for outstanding advanced doctoral students who are engaged in professional development beyond coursework.
Award amount: \$25,000.
- 2018 **Google Developer Challenge Scholarship.** Competitive scholarship awarded by Google to provide mobile web specialist training. Award amount \$1,200.
- 2017 **Graduate Psychology Education (GPE) Program Fellowship.** Awarded by the Department of Health and Human Services, Health Resources and Services Administration, “*Clinical Psychology Doctoral Training in Integrative Care for Older Adults and Victims of Trauma.*” (PI: Leilani Feliciano, Ph.D.) Award amount: \$25,000.
- 2016 **International Society of Traumatic Stress Studies (ISTSS) Frank W. Putnam Trauma Research Scholar Award** – Internationally competitive award given to proposals judged to have the potential to make significant contributions to the field of traumatic stress. Research titled: *Influence of PTSD Symptom Clusters on Engagement with a Trauma Recovery Digital Health Intervention.* Award amount: \$1,000.
- 2016 **UCCS Graduate School Travel Grant Award** - Competitively awarded fund to assist students presenting at conferences. Award amount: \$400.00.
- 2016 **National Science Foundation PhD Trauma Award** - Award amount: \$14,000.
- 2015 **Outstanding MA Clinical Graduate Student Award**
Awarded by University of Colorado-Colorado Springs, Department of Psychology.

- 2014 **ISTSS Outstanding Student Advocacy and Service Award** - Internationally competitive award that recognizes those who made significant contributions in the field of public advocacy, clinical work, and traumatic stress at a local, national, and/or international level.
- 2006 **NASA Space Act Award** – Awarded for innovative software developed for the International Space Station by the NASA Inventions and Contributions Board.

PEER REVIEWED PUBLICATIONS

- Benight, C, **Yeager, C.M.**, Decker, L., Beck, B., (2026). Effectiveness of a Strengths-Based Integrative Health Approach to Trauma Recovery: The Milestones Resilience Care Model, *Psychological Trauma: Theory, Research, Practice and Policy*, In pre-production.
- Yeager, C. M.**, & Benight, C. C. (2022). Engagement, Predictors, and Outcomes of a Trauma Recovery Digital Mental Health Intervention: Longitudinal Study. *JMIR Ment Health*, 2;9(5):e35048. doi: 10.2196/35048. PMID: 35499857; PMCID: PMC9112079.
- Yeager, C. M.** (2020). If we build it, will they come? Engagement with digital health interventions for trauma recovery (Order No. 27539732). Available from Dissertations & Theses @ University of Colorado System; ProQuest Dissertations & Theses Global.
- Ruzek J. I., **Yeager, C. M.**, (2019) Mobile mental health interventions for trauma survivors. *mHealth*, 5(9). doi: 10.21037/mhealth.2019.02.03
- Yeager, C. M.**, Shoji, K., Luszczynska, A., & Benight, C. (2018). Understanding engagement with a trauma recovery eHealth intervention explained with the Health Action Process Approach (HAPA): Longitudinal study. *Journal of Medical Internet Research (JMIR) Mental Health*, 5(3). doi:10.2196/mental.9449
- Yeager, C. M.**, & Benight, C. C. (2018). If we build it, will they come? Issues with engagement with digital health interventions for trauma recovery. *mHealth*, 4(37). doi:10.21037/mhealth.2018.08.04
- Benight, C.C., Shoji, K., **Yeager, C. M.**, Weisman, P., Boulton, T.E. (2018). Predicting Change in Posttraumatic Distress Through Change in Coping Self-Efficacy After Using the My Trauma Recovery eHealth Intervention: Laboratory Investigation. *Journal of Medical Internet Research (JMIR) Mental Health*, 5(4):e10309. doi:10.2196/10309
- Schneider, L. M., Dieker, J., Johanson, K. A., **Yeager, C.**, & Feliciano, L. (2018). Characteristics of retention in behavioral health services in primary care. *Innovation in Aging*, 2(S1), 143. doi.org/10.1093/geroni/igy023.519
- Ruzek, J. I., & **Yeager, C. M.** (2017). Internet and mobile technologies: Addressing the mental health of trauma survivors in less resourced communities. *Global Mental Health*, 1-13. doi:10.1017/gmh.2017.11
- Bhalla, A., Durham, R. L., Al-Tabaa, N., & **Yeager, C.** (2016). The development and initial psychometric validation of the eHealth readiness scale. *Computers in Human Behavior*, 65, 460-67. doi:10.1016/j.chb.2016.09.015

Cieslak, R., Benight, C., Rogala, A., Smoktunowicz, E., Kowalska, M., Zukowska, K., **Yeager, C.**, Luszczynska, A. (2016). Effects of internet-based self-efficacy intervention on secondary traumatic stress and secondary posttraumatic growth among health and human services professionals exposed to indirect trauma. *Front. Psychol.* doi:10.3389/fpsyg.2016.01009

Rogala, A., Shoji, K., Luszczynska, A., Kuna, A., **Yeager, C.**, Benight, C., & Ceislak, R. (2016). From exhaustion to disengagement via self-efficacy change: Findings from two longitudinal studies among human services workers. *Front. Psychol.* doi:10.3389/fpsyg.2015.02032

Patents

Yeager, C.M., & Udy, J. (1999). United States Patent No. *US5950190A*, Washington DC: US Patent and Trademark Office. Patent result of innovative work done in support of NASA's International Space Station.

BOOK CHAPTERS

Yeager, C., Bock, J., & Benight, C. (2016). The SupportNet website: A social media self-care system. In C. Benight, *Secondary Trauma and Burnout in Military Behavioral Health Providers* (pp. 41-66). New York: Palgrave Macmillan. doi:10.1057/978-1-349-95103-1_3

SYMPOSIA & PRESENTATIONS

Yeager, C., Courtois, C., Karatzias, T., Carll, E. (2020, November). Complex PTSD: Global Barriers, Opportunities and Innovations to Reach Underserved Communities. **Panel Chairman:** panel presented at the annual conference of the International Society of Traumatic Stress Studies (ISTSS), Virtual.

Yeager, C., Herman, J., Carll, E., Courtois, C., Karatzias, T. LeBoeuf, D. (2019, November). Complex PTSD: Charting a Course Forward. **Panel Chairman:** panel presented at the annual conference of the ISTSS, Boston, MA.

Yeager, C., Benight, C., (2019, November). *The role of self-appraisals on engagement and Digital Health Intervention effectiveness for the treatment of Post-traumatic Stress Disorder (PTSD)*. Paper presented at the annual conference of the ISTSS, Boston, MA.

Yeager, C. M. (2018, February). *Design and development of a theoretically based mentoring program for human trafficking survivors*. Presentation at the Psychological Society of the Pikes Peak Region (PSPPR), Colorado Springs, CO.

Yeager, C., Benight, C., Littleton, H., & Ruzek, J. (2016, November). *Theoretical predictors of engagement with digital health interventions for trauma recovery*. **Symposium chairman and paper presenter.** Symposium and paper presented at the annual conference of ISTSS, Dallas, TX.

Yeager, C. (2015, May). *Human Trafficking 101*. Undergraduate Developmental Psychology guest lecturer, University of Colorado, Colorado Springs, CO.

Yeager, C. (2014, April). *Working with human trafficking survivors: Posttraumatic stress disorder, emotional dysregulation, and trauma bonds*. Invited speaker for the Human Trafficking Task force. Colorado Springs, CO.

POSTER PRESENTATIONS

Yeager, C., Beck, B., & Benight, C. (2025, August). *Effectiveness of a Strengths-Based Integrative Health Approach to Trauma Recovery: The Milestones Resilience Care Model*. Poster presented at the annual conference of the American Psychological Association, Trauma Division, Denver, CO. **[APA Poster Award]**

Happe, J., Mohamed, N., Umland, S., **Yeager, C.**, Lac, A., Benight, C. (2025, May). *The Mediation Effects of Trauma Coping Self-Efficacy Fostered through a Digital Mental Health Intervention*. Poster presented at the 25th annual conference of the Association for Psychological Science, Washington, D.C.

Happe, J.E., B.S., **Yeager, C.M., PhD.**, and Benight, C. C., Ph.D. (2024, September). *My Trauma Recovery: A Digital Mental Health Intervention Alleviates Symptoms of Mental Health Conditions Frequently Comorbid with Post-Traumatic Stress Disorder*. Poster presented at the 40th annual virtual conference of the International Society for Traumatic Stress Studies.

Stover, A. D., Morison, M., **Yeager, C.**, & Benight, C. (2021, November). *Gender, Trauma Type, and Trauma Coping Self-Efficacy: A Conditional Latent Growth Curve Analysis*. Poster presented at the 37th annual virtual conference of the International Society for Traumatic Stress Studies.

Yeager, C., Shoji, K., & Benight, C. (2019, November). *Engagement predicts reduction in trauma coping self-efficacy while using a Digital Health Intervention for trauma recovery: Mixed Effects Analysis*. Poster presented at the 35th annual conference of the International Society for Traumatic Stress Studies, Boston, MA

Yeager, C., Shoji, K., & Benight, C. (2018, November). *The mediating role of digital health intervention engagement on the reduction of posttraumatic stress symptoms, moderated by trauma intensity and self-efficacy*. Poster presented at the 34th annual conference of the International Society for Traumatic Stress Studies, Washington D.C. **[ISTSS Student Poster Award Finalist]**

Yeager, C., Shoji, K., Devane, A., & Benight, C. (2018, November). *Heart rate variability predicts levels of dissociation experienced while using a digital health intervention for trauma recovery*. Poster presented at the 34th annual conference of the International Society for Traumatic Stress Studies, Washington D.C.

Schneider, L., Dieker, J., **Yeager, C.**, & Feliciano, L. (2018, November). *Characteristics of retention in behavioral health services in primary care*. Poster presented at the annual conference of The Gerontological Society of America, Boston, MA.

Yeager, C., Shoji, K., & Benight, C. (2018, April). *Role of trauma type and self-efficacy on eHealth intervention engagement*. Poster presented at the American Psychological Association Technology, Mind and Society conference, Washington, DC.

Yeager, C., Shoji, K., & Benight, C. (2017, November). *The influence of posttraumatic stress disorder (PTSD) symptom clusters on engagement with a trauma recovery eHealth intervention*. Poster presented at the annual conference of the International Society of

Traumatic Stress Studies, Chicago, IL [**Frank W. Putnam Trauma Research Scholar Award**]

- Yeager, C.**, Shoji, K., & Benight, C. (2017, November). *The role of eHealth readiness and coping self-efficacy on the effectiveness of a trauma recovery eHealth intervention for reducing symptoms of posttraumatic distress*. Poster presented at the annual conference of the International Society of Traumatic Stress Studies, Chicago, IL [**Technology Special Interest Group (SIG) endorsed poster**]
- Smoktunowicz, E., Rogala, A., Michalak, N., **Yeager, C.**, Lesnierowska, M., Cieslak, R., & Benight, C. (2017, October). *Effectiveness of web- and app-based interventions at work: Systematic review with meta-analysis*. Poster presented at the annual conference of the International Society for Research on Internet Interventions (ISRII). Berlin, Germany.
- Yeager, C.**, Shoji, K., & Benight, C. (2016, November). *The role of cognitive appraisals on the effectiveness of a trauma recovery eHealth Intervention for reducing symptoms of posttraumatic distress*. Poster presented at the annual conference of the International Society of Traumatic Stress Studies, Dallas, TX. [**Theory SIG endorsed poster**] doi:10.13140/RG.2.2.10443.39200
- Yeager, C.** & Durham, R. (2016, August). *Psychometric properties of the attitudes toward victims of human trafficking scale*. Poster presented at the annual conference of the American Psychological Association, Trauma Division, Denver, Colorado.
- Yeager, C.**, & Benight, C. (2016, April). *Understanding trauma recovery eHealth intervention engagement using the health action process approach (HAPA) framework*. Poster presented at the scientific meeting of the International Society for Research on Internet Interventions, Seattle, WA.
- Shoji, K., Benight, C. C., Mullings, A., **Yeager, C.**, Dhamija, S., & Boulton, T. (2016, April). *Measuring engagement in the web-intervention by the quality of voice*. Poster session presented at the annual conference of the International Society for Research on Internet Interventions (ISRII). Seattle, WA.
- Yeager, C.**, Stautz, K., Mullings, A., Nichols, C., Streeb, N., Shoji K., & Benight, C. (2015, November). *A meta-analytic review of trauma outcomes and web intervention engagement*. Poster presented at the annual conference of the International Society for Traumatic Stress Studies (ISTSS), New Orleans, LA.
- Yeager, C.**, Korth, M., Bock, J., Bryan, L., & Benight, C. (2015, August). *Mentor program for survivors of human trafficking*. Poster presented at the annual conference of the American Psychological Association, Trauma Division, Toronto, Canada.
- Shoji, K., **Yeager, C.**, Gibson, F., Cieslak, R., Bock, J., Decker, L., Anderson, V., & Benight, C. (2014, October). *SupportNet for military behavioral healthcare providers: Website engagement & job burnout*. Poster presented at the scientific meeting of the International Society for Research on Internet Interventions (ISRII). Valencia, Spain.
- Bhalla, A., Durham, R., **Yeager, C.**, & Benight, C. (2014, November). *The psychometric validation of a technology self-efficacy scale for participants in an online intervention for burnout and secondary traumatic stress*. Poster presented at the annual conference of the International Society for Traumatic Stress Studies (ISTSS). Miami, FL.

EDITORIAL SERVICE

2018 **Co-Editor** with Josef Ruzek, PhD, from the National Center of PTSD

Special Issue of mHealth: *Mobile and Internet interventions related to PTSD and trauma-related problems.*

Invited Manuscript Reviewer (*number of articles reviewed in parentheses*)

- Journal of Medical Internet Research (JMIR) (20)
- Journal of Traumatic Stress (JTS) (4)
- Psychological Trauma: Theory, Research, Practice, and Policy (4)
- JMIR Mental Health (10)
- International Journal of Psychology (1)
- mHealth - Reviewer and editor of special issue (7)
- JMIR - Serious Games (2)
- Clinical Case Studies (3)

EVIDENCE-BASED TREATMENT PROTOCOLS TRAINING

- Acceptance and Commitment Therapy (ACT)
- Cognitive Behavioral Treatment for Insomnia (CBT-I)
- Cognitive Processing Therapy (CPT).
- Dialectical Behavioral Therapy (DBT)
- EMDRIA Approved Eye Movement Desensitization & Reprocessing (EMDR) Training.
- Internal Family Systems (IFS)
- Prolonged Exposure (PE).
- Trauma Focused Cognitive Behavioral Therapy (TF-CBT)

WORK EXPERIENCE

**2012-2015 SENIOR SOFTWARE ENGINEER, UNIVERSITY OF COLORADO-COLORADO SPRINGS
TRAUMA HEALTH AND HAZARDS CENTER (THHC)**

Project: *SupportNet - Digital mental health support system for secondary traumatic stress and burnout in military behavioral health care providers: Randomized controlled trial (RCT)*

- Developed a theoretically based digital mental health intervention called *SupportNet* to empower behavioral health providers in developing critical self-assessment skills, self-regulatory abilities, and support seeking.
- Designed, developed, and tested *SupportNet* with a team of engineers and psychologists.
- Product successfully launched in a randomized controlled trial with military mental health providers.

1992-2012 STAFF-SCIENTIST, APTEK, INC., COLORADO SPRINGS, CO

Projects: Involved with several Small Business Innovative Research (SBIR) grants including the Defense Advanced Research Projects Agency art therapy system for combat veterans, NASA inventory management system for the International Space Station, Air Force 3-D trajectory simulator, and Air Force materials database,

- Program Manager and Principal Investigator for three Phase I/Phase II SBIR research grants. Total funding awarded: \$1,700,000. Awarded patent for innovation (see *Patents*).

- Responsibilities included marketing, grant writing, program management, meeting with end users (military, NASA), software development, testing, delivery, and documentation.

1990-PRESENT **CREATIVE ESOLUTIONS, LLC, PRESIDENT**
Custom software development company

Focus: Designing and developing digital health interventions for trauma recovery.

Project: *Digital clinical assessment system for Veteran's Health and Trauma Center.*

Customers: University of Colorado Lane Center for Academic Health Sciences, UCCS Trauma Health and Hazards Center, NASA, Defense Threat Reduction Agency (DTRA), Army, and the Air Force.

PROFESSIONAL / VOLUNTEER SERVICE

2025- Present **Board Member, Reclaiming Hope**, Human Trafficking After Care non-profit organization.

2020-2023 **International Society of Traumatic Stress Studies (ISTSS), Website Editor**
 Responsible for all ISTSS website content. Duties included developing new content, reviewing new and existing materials regarding trauma treatment and interventions, maintaining trauma blog, and designing future enhancements to the website.

2018-2019 **Psychological Society for the Pikes Peak Region (PSPPR), Board Member**
 Position: Communications Chair

2016-2019 **International Society of Traumatic Stress Studies (ISTSS) Complex Trauma Special Interest Group - Student Co-Chairman**

2010-2015 **Restore Innocence, Mentor Director/Board Member, Colorado Springs, CO**
 Non-profit organization providing aftercare to victims of human trafficking. Developed and directed a mentoring program for domestic human trafficking (HT) survivors.

- One of the first programs in the U.S. targeting domestic survivors of HT.
- Performed intakes, assessments, and case management of HT survivors.
- Developed program best practices and training materials.
- Coordinated activities with the Denver FBI Innocence Lost Task force.
- Managed 12 mentors / 20 survivors.

2000-2004 **Hanson Music Academy, Board Member, Colorado Springs, CO**
 Suzuki based music academy for children and adults. Board member, violin teacher and group orchestra member.

PROFESSIONAL AFFILIATIONS

2016-Present International Society for Research on Internet Interventions – Student Member

2017-Present Psychological Society of the Pikes Peak Region – Student Member

2017-Present Journal of Medical Internet Research – Individual Member
2016-Present APA Division 12: Society of clinical psychology – Student Member
2015-Present Association for Psychological Science - Graduate Student Affiliate
2014-Present International Society of Traumatic Stress Studies – Student Member
2014-Present APA Division 56: Division of trauma psychology – Student Member
2014-Present American Psychological Association – Student Member

RELEVANT SKILLS

Statistical Analysis:	MPLUS, SPSS, R, Amos
Electronic Health Records:	Computerized Patient Record, Department of Veterans Affairs, SmartCare, TherapyNotes, MediCat
Surveys:	Qualtrics, SurveyMonkey
Software Development:	Visual Studio / C++ / C# / Python
Web Development:	WordPress, Drupal, HTML, CSS, PHP, Active Server Pages
Operating Systems:	Linux, Microsoft Server, Windows 10
Databases:	Redcap, SQL Server, mySQL, Oracle, SQL