

CAROLYN MARIE YEAGER, PHD, MS, MA

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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

HONORS & AWARDS

- 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.

SUPERVISED CLINICAL PRACTICUM EXPERIENCE

2019-2020 ASPENPOINTE COMMUNITY MENTAL HEALTH

APA Accredited Pre-Doctoral Internship
Clinical Supervisor: Lindsey Gries, PsyD

Colorado Springs, CO

- Conducted intake evaluations and treatment planning.
- Provided crisis evaluation and assessment.
- Provided legal hold assessments and therapy to inpatients on 72 hold.
- Provided evidence-based treatments for individuals with PTSD, complex trauma and severe and persistent mental illness.
- Performed program evaluation and training to improve the assessment, diagnosis and treatment of PTSD.
- Provided psychotherapy and group therapy for substance use disorders including DUI education and group therapy.
- Performed psychodiagnostic assessments.
- Provided individual and group supervision for MA students.

2018-2019 VA POSTTRAUMATIC STRESS DISORDER CLINICAL TEAM (PCT)

PFC Floyd K. Lindstrom PTSD Outpatient Clinic
Clinical Supervisor: Alisa Hannum, PhD

Colorado Springs, CO

- Conducted intake evaluations and treatment planning with veterans.
- Provided individual therapy to veterans (CPT, PE).

- Conducted psychoeducation classes on PTSD and treatment.

2016-2018 NEUROPSYCHOLOGICAL ASSESSMENT ROTATIONS

Veterans Health and Trauma Center, UCCS Wellness Center *Colorado Springs, CO*
Clinical Supervisors: Kristin Samuelson, PhD, Trent Claypool, PsyD, Lisa Barker, PsyD

- Independently conducted clinical interviews and neuropsychological evaluations for adult clients in community mental health and University counseling settings.
- Completed neuropsychological assessments for traumatic brain injury (TBI Freedom), student disability services, and the military & veteran pathways to success program.
- Assessments evaluated the presence of a traumatic brain injury, major or mild neurocognitive disorder, other cognitive impairments, personality disorders, learning disabilities, attention disorders, autism spectrum disorder, and clinical diagnoses along with academic, vocational, and therapy treatment recommendations.
- Conducted pro-bono psychological evaluations for torture survivors seeking political asylum for the Physicians for Human Rights (<http://communique.uccs.edu/?p=33349>).
- Planned, administered, scored, and interpreted flexible neuropsychological batteries.
- Interpreted and integrated results of evaluation for feedback sessions and reports.
- Conducted feedback sessions to explain results and discuss treatment recommendations with clients.

2017-2018 FORT CARSON EVANS ARMY HOSPITAL IRON HORSE CLINIC

Primary Care, Fort Carson Army Base *Colorado Springs, CO*
Clinical Supervisor: Michelle Wine, PsyD

- Incorporated behavioral healthcare into primary care settings and promoted collaboration between professionals from multiple disciplines.
- Clients included active duty, veterans, and families (+children).
- Learned and practiced the primary care, behavioral health, brief intervention model.
- Assisted primary care manager (PCM) in recognition, treatment and management of problems.
- Performed intakes, assessments, and brief interventions.
- Provided brief services to address with a wide range of behavioral and mental health issues including depression, anxiety, sleep, addictions, weight loss, attention deficit and hyperactivity disorder, insomnia (CBT-I), grief, pain management, diabetes, and PTSD.
- Provided follow-up, relapse prevention plans.
- Performed crisis and risk management as needed.
- Designed an empirical research project for performance improvement via increased utilization of IBHC in primary care.
- Attended grand rounds, adverse childhood events (ACE), pain management and tobacco cessation training.

2016-2018 VETERANS HEALTH AND TRAUMA CLINIC (VHTC)

Community Mental Health *Colorado Springs, CO*
Clinical Supervisors: Kristin Samuelson, PhD; Charles Benight, PhD; Lisa Decker, MA

- Provided individual psychotherapy to community members with a wide range of trauma histories (sexual abuse, complex trauma, domestic violence, combat), attachment, personality, and grief issues using a variety of interventions.
- Provided trauma focused therapy using evidence-based approaches such as prolonged exposure (PE), cognitive processing therapy (CPT), Eye Movement Desensitization and

Reprocessing (EMDR), dialectical behavioral therapy (DBT), Acceptance and Commitment Therapy (ACT), and Cognitive Behavioral Therapy (CBT).

- Co-facilitated DBT group by leading mindfulness exercises, reviewing homework, and teaching the modules.
- Co-facilitated mindfulness group that teaches members about the neurobiology of trauma and mindfulness through education and yoga.

2015-2016 UNIVERSITY OF COLORADO-COLORADO SPRINGS WELLNESS CENTER

UCCS Student Counseling Colorado Springs, CO

Clinical Supervisors: Trent Claypool, PsyD; Cathryn Calvert, PsyD; Benek Altayli, PsyD

- Provided multiple types therapy including cognitive behavioral therapy, art therapy, dialectical behavioral therapy, and strengths based, solutions-focused therapy.
- Co-facilitated eating disorders group therapy.

EVIDENCE-BASED TREATMENT PROTOCOLS TRAINING

2018 Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Behavioral Treatment for Insomnia (CBT-I)

2017 Acceptance and Commitment Therapy (ACT), Prolonged Exposure (PE), Trauma Focused Cognitive Behavioral Therapy (TF-CBT)

2016 Cognitive Processing Therapy (CPT), Dialectical Behavioral Therapy (DBT)

RESEARCH/PROFESSIONAL EXPERIENCE

2015-2019 GRADUATE RESEARCH ASSISTANT

UNIVERSITY OF COLORADO-COLORADO SPRINGS

Primary Supervisor: Charles Benight, PhD

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.

**2012-2015 SENIOR SOFTWARE ENGINEER, UNIVERSITY OF COLORADO-COLORADO SPRINGS
TRAUMA HEALTH AND HAZARDS CENTER (THHC)**
Primary Supervisor: Charles Benight, PhD

Project: *SupportNet: Online support system for secondary traumatic stress and burnout in military behavioral health care providers: Randomized control trial (RCT)*

- Project manager of software development life-cycle.
- Developed a theoretically based eHealth intervention called *SupportNet* to empower behavioral health providers in developing critical self-assessment skills, self-regulatory abilities, and support seeking.
- Met weekly with a team of engineers and psychologists to design and test the online intervention.

1998-2012 STAFF-SCIENTIST, APTEK, INC., COLORADO SPRINGS, CO
Primary Supervisor: Gene Fitzgerald, PhD

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

- Program Manager and Principle 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.

1990-2020 CREATIVE ESOLUTIONS, LLC, PRESIDENT
Custom software development company

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

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.

PEER REVIEWED PUBLICATIONS

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., & Cieslak, 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.,** Herman, J., Courtois, C., Karatzias, T., Carll, E. (2020, November). Complex PTSD: Global Barriers, Opportunities and Innovations to Reach Underserved Communities.

- Panel Chairman:** panel to be 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.,** 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.*

2017- Present	Invited Manuscript Reviewer (<i>number of articles reviewed in parentheses</i>)
2017-20	Journal of Medical Internet Research (JMIR) (10)
2018-20	Journal of Traumatic Stress (JTS) (3)
2017-20	Psychological Trauma: Theory, Research, Practice, and Policy (4)
2018-20	JMIR Mental Health (7)
2019	International Journal of Psychology (1)
2018-19	mHealth - Reviewer and editor of special issue (7)
2018-19	JMIR - Serious Games (2)
2018-20	Clinical Case Studies (3)

PROFESSIONAL / VOLUNTEER SERVICE

2020-2023	International Society of Traumatic Stress Studies (ISTSS), Website Editor Responsible for all ISTSS website content. Duties included reviewing and updating 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. <ul style="list-style-type: none"> • 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