

**Aaron M Norr, PhD, PLLC**  
200 W. Mercer St., Suite 111  
Seattle, WA 98119  
253-234-7039; aaron@doctornorr.com  
Washington State Psychologist License #PY60828047

## EDUCATION

---

- 2017      **VA Puget Sound Health Care System, Seattle, Washington**  
*Clinical Psychology Doctoral Internship (APA Accredited)*  
Training Director: Stephen McCutcheon, PhD
- 2017      **Florida State University (FSU), Tallahassee, Florida**  
*PhD in Clinical Psychology (APA Accredited)*  
Dissertation Advisor: Brad Schmidt, PhD  
*MS in Clinical Psychology (conferred 2014)*
- 2009      **University of Washington, Seattle, Washington**  
*BS in Psychology, Magna Cum Laude*  
Minor: Spanish

## POSTGRADUATE POSITIONS

---

- 2019 – Current    **MIRECC Investigator**  
*VA Puget Sound Health Care System, Seattle, WA*  
VISN 20 Northwest Network Mental Illness Research, Education and Clinical Center
- 2019 – Current    **Acting Assistant Professor**  
*University of Washington School of Medicine, Seattle, WA*  
Department of Psychiatry and Behavioral Sciences
- 2018 – Current    **Staff Psychologist**  
*VA Puget Sound Health Care System, Seattle, WA*  
Outpatient Mental Health Clinic
- 2018 – 2019      **Acting Lecturer/Senior Fellow**  
*University of Washington School of Medicine, Seattle, WA*  
Department of Psychiatry and Behavioral Sciences
- 2018 – 2018      **Graduate Psychologist**  
*VA Puget Sound Health Care System, Seattle, WA*  
Outpatient Mental Health
- 2017 – 2018      **Advanced Postdoctoral Research Fellow**  
*VA Puget Sound Health Care System, Seattle, WA*  
Advanced Fellowship Program in Mental Illness Research and Treatment  
Mental Illness Research, Education, and Clinical Center (MIRECC)

## HONORS AND AWARDS

---

2021	Outstanding Research Achievement Award, Psychology Service, VA Puget Sound
2020	James Beysner Early Career Award for Distinguished Contributions – Association of VA Psychologist Leaders
2018	Arthur W. Melton Early Achievement Award - APA Division 19 (Society for Military Psychology)
2015	Russell and Eugenia Morcom Career Development Award
2015	FSU Graduate School Dissertation Research Award
2012 – 2016	FSU Psychology Department Graduate Student Research Development Awards
2012 – 2016	FSU Congress of Graduate Students Conference Presentation Grants
2011	FSU Congress of Graduate Students Conference Attendance Grant
2008	Phi Beta Kappa
2005 – 2009	Dean's List, University of Washington

## GRANT FUNDING (ACTIVE/COMPLETED)

---

2021 – 2023	<p><b>National Institutes of Health R21 (R21MH123840)</b>  <i>User-centered Design and Evaluation of a Virtual Human Patient to Improve Safety Planning Skills</i>  <u>Role on Project:</u> Principal Investigator  <u>Co-Investigators:</u> Greg Reger, PhD; Mark Reger, PhD; Albert Rizzo, PhD; Thomas Talbot, MD; Jennifer June, MS; David Kapelle, MA  <u>Total Costs:</u> \$358,704</p>
2020 – 2022	<p><b>Department of Defense Military Suicide Research Consortium (W81XWH-10-2-0181)</b>  <i>Conceptual Design of a Virtual Standardized Patient for Suicide Safety Planning in the Department of Defense</i>  <u>Role on Project:</u> Principal Investigator  <u>Co-Investigators:</u> Greg Reger, PhD; Mark Reger, PhD  <u>Total Costs:</u> \$80,308</p>
2021 – 2025	<p><b>VA Rehabilitation Research &amp; Development (RR&amp;D) IIR (I01 RX003503)</b>  <i>Randomized Trial of Prolonged Exposure (PE) vs. PE with PE Coach Among Veterans with PTSD</i>  <u>Role on Project:</u> Co-Investigator  <u>Principal Investigator:</u> Greg Reger, PhD  <u>Total Costs:</u> \$1.19M</p>
2017 – 2019	<p><b>VA Puget Sound Healthcare System Research &amp; Development Seed Grant</b>  <i>Pilot Trial of a Computerized Treatment for Mental Health Symptoms in Primary Care</i>  <u>Role on Project:</u> Principal Investigator  <u>Co-Investigators:</u> Greg Reger, PhD; Keren Lehavot, PhD  <u>Total Costs:</u> \$45,000</p>

---

PEER-REVIEWED MANUSCRIPTS (UNDERLINE DENOTES STUDENT MENTEE)

---

1. Reger, G. M., **Norr, A. M.**, Gramlich, M. A., & Buchman, J. M. (in press). Virtual standardized patients for mental health education. *Current Psychiatry Reports*.
2. O'Bryan, E. M., McLeish, A. C., Norr, A. M., Davies, C. D., Ely, S., Bass, Z., Capron, D. W., Schmidt, N. B., & Jastrowski Mano, K. E. (in press). A randomized controlled trial evaluating the efficacy of a brief computerized anxiety sensitivity reduction intervention for health anxiety. *Journal of Anxiety Disorders*.
3. Reger, G. M., Harned, M., Stevens, E. S., Porter, S., Nguyen, J., & **Norr, A. M.** (in press). Mobile applications may be the future of veteran mental health support but do veterans know yet? A survey of app knowledge and use. *Psychological Services*.
4. Gramlich, M. A., Smolenski, D. J., **Norr, A. M.**, Rothbaum, B. O., Rizzo, A. A., Andrasik, F., Fantelli, E., & Reger, G. M. (in press). Psychophysiology during exposure to trauma memories: Comparative effects of virtual reality and imaginal exposure for posttraumatic stress disorder. *Depression and Anxiety*.
5. Bourassa, K. J., Hendrickson, R. C., Reger, G. M., & **Norr, A. M.** (2021). PTSD treatment effects on cardiovascular physiology: A systematic review and research agenda. *Journal of Traumatic Stress*. doi: 10.1002/jts.22637
6. Caulfield, N. M., Martin, R. L., Smith, N. S., Karnick, A. T, **Norr, A. M.**, & Capron, D. W. (in press). A preliminary assessment of the link between anxiety sensitivity and suicidal ideation through dissociative symptoms. *Journal of Trauma and Dissociation*.
7. Reger, G. M., **Norr, A. M.**, Rizzo, A. A., Sylvers, P., Peltan, J., Fischer, D. Porter, S., & Baer, J. (2021). Virtual Standardized Patients vs Academic Training for Learning Motivational Interviewing Skills in the US Department of Veterans Affairs and the US Military: A Randomized Trial. *JAMA Network Open*, 3, e2017948. doi: 10.1001/jamanetworkopen.2020.17948
8. Caulfield, N. M., Martin, R. L., **Norr, A. M.**, & Capron, D. W. (2021). The association between posttraumatic stress symptoms and anxiety sensitivity in a college sample. *Psychological Reports*. Advance online publication. doi: 10.1177/0033294120948227
9. Stevens, E. S., Bourassa, K. J., **Norr, A. M.**, & Reger, G. M. (2021). PTSD symptom cluster structure in prolonged exposure and virtual reality exposure. *Journal of Traumatic Stress*, 34, 287-297. doi: 10.1002/jts.22602
10. **Norr, A. M.**, Katz, A. C., Nguyen, J. L., Lehavot, K., Schmidt, N. B., & Reger, G. M. (2020). Pilot trial of a transdiagnostic computerized anxiety sensitivity treatment Among VA primary care patients. *Psychiatry Research*, 293, 113394. doi: 10.1016/j.psychres.2020.113394
11. Katz, A. C., **Norr, A. M.**, Buck, B., Fantelli, E., Koenen-Woods, P., Zetocha, K., Smolenski, D. J., Holloway, K., Rothbaum, B. O., Difede, J., Rizzo, A., Stewart, A., Skopp, N., Mishkind, M., Gahm, G., Reger, G. M., & Andrasik, F. (2020). Changes in physiological reactivity in response to the trauma-memory during prolonged exposure and virtual reality exposure therapy for posttraumatic stress disorder. *Psychological Trauma: Theory, Research, Practice, and Policy*, 12, 756–764. doi: 10.1037/tra0000567
12. Reger, G. M., Bourassa, K. J., **Norr, A. M.**, & Buck, B. (2020). The impact of exposure therapy on stigma and mental health treatment attitudes among active duty U.S. soldiers with combat related PTSD. *Journal of Psychiatric Research*, 126, 98-104. doi: 10.1016/j.jpsychires.2020.05.005

13. **Bourassa, K. J., Stevens, E., Katz, A. C., Rothbaum, B. O., Reger, G. M., & Norr, A. M.** (2020). The impact of exposure therapy on resting heart rate and heart rate reactivity among active duty soldiers with PTSD. *Psychosomatic Medicine*, 82, 108-114. doi: 10.1097/PSY.0000000000000758
14. **Bourassa, K. J., Edwards-Steward, A., Smolenski, D. J., Campbell, S. B., Reger, G. M., & Norr, A. M.** (2020). The impact of prolonged exposure therapy on social support and PTSD symptoms. *Journal of Affective Disorders*, 260, 410-417. doi: 10.1016/j.jad.2019.09.036
15. **Shulman, G. P., Buck, B. E., Gahm, G. A., Reger, G. M., & Norr, A. M.** (2019). Effectiveness of the intent to complete and intent to attend intervention to predict and prevent soldier PTSD treatment drop out. *Journal of Traumatic Stress*, 32, 784-790. doi: 10.1002/jts.22427
16. Reger, G. M., Smolenski, D., Edwards-Stewart, A., Skopp, N. A., Rizzo, A. A., & **Norr, A. M.** (2019). Does virtual reality increase simulator sickness during VR exposure therapy for PTSD? *Telemedicine and eHealth*, 25, 859-861. doi:10.1089/tmj.2018.0175
17. Reger, G. M., **Bourassa, K. J.**, Smolenski, D. J., **Buck, B.**, & **Norr, A. M.** (2019). Lifetime trauma exposure among those with combat-related PTSD: Psychiatric risk among U.S. military personnel. *Psychiatry Research*, 278, 309-314. doi:10.1016/j.psychres.2019.06.033
18. **Norr, A. M., Bourassa, K. J., Stevens, E. S., Hawrilenko, M. J., Michael, S. T., & Reger, G. M.** (2019). Relationship between change in in-vivo exposure distress and PTSD symptoms during exposure therapy for active duty soldiers. *Journal of Psychiatric Research*, 116, 133-137. doi:10.1016/j.jpsychires.2019.06.013
19. **Buck, B. E., Norr, A. M., Katz, A. C., & Reger, G. M.** (2019). Reductions in psychotic-like experiences during exposure therapy for post-traumatic stress disorder. *Psychiatry Research*, 272, 190-195. doi:10.1016/j.psychres.2018.12.022
20. Reger, G. M., Smolenski, D. J., **Norr, A. M.**, Katz, A. C., **Buck, B.**, & Rothbaum, B. O. (2019). Does virtual reality increase emotional engagement during exposure for PTSD? Subjective distress during prolonged and virtual reality exposure therapy. *Journal of Anxiety Disorders*, 61, 75-81. doi:10.1016/j.janxdis.2018.06.001
21. **Norr, A. M., Smolenski, D. J., & Reger, G. M.** (2018). Effects of prolonged exposure and virtual reality exposure on suicidal ideation in active duty soldiers: An examination of potential mechanisms. *Journal of Psychiatric Research*, 103, 69-74. doi:10.1016/j.jpsychires.2018.05.009
22. Boffa, J. W., **Norr, A. M.**, Tock, J. L., Amir, N., & Schmidt, N. B. (2018). Development of the Interpretation Bias Index for PTSD. *Cognitive Therapy and Research*, 42, 720-734. doi:10.1007/s10608-018-9915-8
23. Korte, K. J., **Norr, A. M.**, & Schmidt, N. B. (2018) Targeting safety behaviors in the treatment of anxiety disorders: A case study on the use of False Safety Behavior Elimination Treatment (F-SET). *American Journal of Psychotherapy*, 71, 9-20. doi:10.1176/appi.psychotherapy.20180001
24. **Norr, A. M., Smolenski, D. J., Katz, A. C., Rizzo, A. A., Rothbaum, B. O., Difede, J., Koenen-Woods, P., Reger, M. A., & Reger, G. M.** (2018). Virtual reality exposure versus prolonged exposure for PTSD: Which treatment for whom? *Depression and Anxiety*, 35, 523-529. doi:10.1002/da.22751
25. **Norr, A. M., Allan, N. P., Reger, G. M., & Schmidt, N. B.** (2018). Exploring the pathway from anxiety sensitivity intervention to suicide risk reduction: Chained mediation through anxiety and depressive symptoms. *Journal of Affective Disorders*, 231, 27-31.

doi:10.1016/j.jad.2018.01.015

26. Mathes, B. M., **Norr, A. M.**, Allan, N. P., Albanese, B. J., & Schmidt, N. B. (2018). Cyberchondria: Overlap with health anxiety and unique relations with impairment, quality of life, and service utilization. *Psychiatry Research*, *261*, 204-211. doi:10.1016/j.psychres.2018.01.002
27. Albanese, B. J., Macatee, R. J., Allan, N. P., Short, N. A., **Norr, A. M.**, & Schmidt, N. B. (2018). Interactive effects of anxiety sensitivity and attentional control on post-traumatic stress in community and clinical populations. *Psychiatry: Interpersonal and Biological Processes*, *81*, 1-14. doi:10.1080/00332747.2017.1309867
28. Mishkind, M. C., **Norr, A. M.**, Katz, A. C., & Reger, G. M. (2017). Review of virtual reality in psychiatry: Evidence vs. current diffusion and practice. *Current Psychiatry Reports*, *19*, 80-88. doi:10.1007/s11920-017-0836-0
29. **Norr, A. M.**, Gibby, B. A., Fuller, K. L., Portero, A. K., & Schmidt, N. B. (2017). Online dissemination of the Cognitive Anxiety Sensitivity Treatment (CAST) using Craigslist: A pilot study. *Cognitive Therapy and Research*, *41*, 600-609. doi:10.1007/s10608-017-9834-0
30. Capron, D. W., **Norr, A. M.**, Albanese, B. J., & Schmidt, N. B. (2017). Fear reactivity to cognitive dyscontrol via novel head-mounted display perceptual illusion exercises. *Journal of Affective Disorders*, *217*, 138-143. doi:10.1016/j.jad.2017.03.068
31. Short, N. A., Boffa, J. W., **Norr, A. M.**, Albanese, B. J., Allan, N. P., & Schmidt, N. B. (2017). Randomized clinical trial investigating the direct and indirect effects of an anxiety sensitivity intervention on posttraumatic stress symptoms: A replication and extension. *Journal of Traumatic Stress*, *30*, 296-303. doi:10.1002/jts.22194
32. Schmidt, N. B., **Norr, A. M.**, Allan, N. P., Raines, A. M., & Capron, D. W. (2017). A randomized clinical trial targeting anxiety sensitivity for patients with suicidal ideation. *Journal of Consulting and Clinical Psychology*, *85*, 596-610. doi:10.1037/ccp0000195
33. Short, N. A., Fuller, K., **Norr, A. M.**, & Schmidt, N. B. (2017). Acceptability of a brief computer-based intervention targeting anxiety sensitivity cognitive concerns. *Cognitive Behaviour Therapy*, *46*, 250-274. doi:10.1080/16506073.2016.1232748
34. **Norr, A. M.**, Gibby, B. A., & Schmidt, N. B. (2017). Is computerized psychoeducation sufficient to reduce anxiety sensitivity in an at-risk sample?: A randomized trial. *Journal of Affective Disorders*, *212*, 48-55. doi:10.1016/j.jad.2017.01.032
35. Capron, D. W., **Norr, A. M.**, Allan, N. P., & Schmidt, N. B. (2017). Combined "top-down" and "bottom-up" intervention for anxiety sensitivity: Development and pilot randomized trial. *Journal of Psychiatric Research*, *85*, 75-82. doi: 10.1016/j.jpsychires.2016.11.003
36. Boffa, J. W., Stanley, I. H., Hom, M. A., **Norr, A. M.**, Joiner, T. E., & Schmidt, N. B. (2017). PTSD symptoms and suicidal thoughts and behaviors among firefighters. *Journal of Psychiatric Research*, *84*, 277-283. doi:10.1016/j.jpsychires.2016.10.014
37. Short, N. A., **Norr, A. M.**, Mathes, B. M., Oglesby, M. E., & Schmidt, N. B. (2016). An examination of the specific associations between facets of emotion dysregulation and posttraumatic stress symptom clusters. *Cognitive Therapy and Research*, *40*, 783-791. doi:10.1007/s10608-016-9787-8
38. Boffa, J. W., **Norr, A. M.**, Raines, A. M., Albanese, B. J., Short, N. A., & Schmidt, N. B. (2016). Anxiety sensitivity prospectively predicts posttraumatic stress symptoms following a campus shooting. *Behavior Therapy*, *47*, 367-376. doi:10.1016/j.beth.2016.02.006
39. **Norr, A. M.**, Allan, N. P., Macatee, R. J., Capron, D. W., & Schmidt, N. B. (2016). The role of

- anxiety sensitivity cognitive concerns in suicidal ideation: A test of the Depression-Distress Amplification Model in clinical outpatients. *Psychiatry Research*, 238, 74-80. doi:10.1016/j.psychres.2016.02.016
40. Macatee, R. J., Allan, N. P., Gajewska, A., **Norr, A. M.**, Raines, A. M., Albanese, B., Boffa, J., Schmidt, N. B., & Cogle, J. R. (2016). Shared and distinct cognitive/affective mechanisms in intrusive cognition: An examination of worry and obsessions. *Cognitive Therapy and Research*, 40, 80-91. doi:10.1007/s10608-015-9714-4
  41. **Norr, A. M.**, Albanese, B. J., Boffa, J. W., Short, N. A., & Schmidt, N. B. (2016). The relationship between gender and PTSD symptoms: Anxiety sensitivity as a mechanism. *Personality and Individual Differences*, 90, 210-213. doi:10.1016/j.paid.2015.11.014
  42. Allan, N. P., **Norr, A. M.**, Macatee, R. J., Gajewska, A., & Schmidt, N. B. (2015). Interactive effects of anxiety sensitivity and emotion regulation on anxiety symptoms. *Psychopathology and Behavioral Assessment*, 37, 663-672. doi:10.1007/s10862-015-9484-z
  43. **Norr, A. M.**, Oglesby, M. E., Raines, A. M., Macatee, R. J., Allan, N. P., & Schmidt, N. B. (2015). Relationships between cyberchondria and obsessive-compulsive symptom dimensions. *Psychiatry Research*, 230, 441-446. doi:10.1016/j.psychres.2015.09.034
  44. Allan, N. P., **Norr, A. M.**, Boffa, J. W., Durmaz, D., Raines, A. M., & Schmidt, N. B. (2015). Examining the unique relations between anxiety sensitivity factors and suicidal ideation and past suicide attempts. *Psychiatry Research*, 228, 441-447. doi:10.1016/j.psychres.2015.05.066
  45. Macatee, R. J., Sarawgi, S., **Norr, A. M.**, Oglesby, M. E., Lejuez, C. W., & Cogle, J. R. (2015). Behavioral assessment of risk-taking under uncertain threat: Associations with affect and pain tolerance. *Personality and Individual Differences*, 87, 256-260. doi:10.1016/j.paid.2015.08.019
  46. Albanese, B. J., **Norr, A. M.**, Capron, D. W., Zvolensky, M. J., & Schmidt, N. B. (2015). Panic symptoms and elevated suicidal ideation and behaviors among trauma exposed individuals: Moderating effects of post-traumatic stress disorder. *Comprehensive Psychiatry*, 61, 42-48. doi:10.1016/j.comppsy.2015.05.006
  47. Allan, N. P., Macatee, R. J., **Norr, A. M.**, Raines, A. M., & Schmidt, N. B. (2015). Relations between common and specific factors of anxiety sensitivity and distress tolerance and fear, distress, and alcohol and substance use disorders. *Journal of Anxiety Disorders*, 33, 81-89. doi:10.1016/j.janxdis.2015.05.002
  48. **Norr, A. M.**, Albanese, B. J., Allan, N. P., & Schmidt, N. B. (2015). Anxiety sensitivity as a mechanism for gender discrepancies in anxiety and mood symptoms. *Journal of Psychiatric Research*, 62, 101-107. doi:10.1016/j.jpsychires.2015.01.014
  49. Allan, N. P., **Norr, A. M.**, Capron, D. W., Raines, A. M., Zvolensky, M. J., & Schmidt, N. B. (2015). Specific associations between anxiety sensitivity dimensions and fear and distress dimensions of emotional distress disorders. *Journal of Psychopathology and Behavior Assessment*, 37, 67-78. doi:10.1007/s10862-014-9437-y
  50. **Norr, A. M.**, Allan, N. P., Boffa, J. W., Raines, A. M., & Schmidt, N. B. (2015). Validation of the Cyberchondria Severity Scale (CSS): Replication and extension with bifactor modeling. *Journal of Anxiety Disorders*, 31, 58-64. doi:10.1016/j.janxdis.2015.02.001
  51. Allan, N. P., Albanese, B. J., **Norr, A. M.**, Zvolensky, M. J., & Schmidt, N. B. (2015). Effects of anxiety sensitivity on alcohol problems: Evaluating chained mediation through generalized anxiety, depression, and drinking motives. *Addiction*, 110, 260-268. doi:10.1111/add.12739
  52. **Norr, A. M.**, Albanese, B. J., Oglesby, M. E., Allan, N. P., & Schmidt, N. B. (2015). Anxiety sensitivity and intolerance of uncertainty as potential risk factors for cyberchondria. *Journal of*

- Affective Disorders*, 174, 64-69. doi:10.1016/j.jad.2014.11.023
53. Allan, N. P., Raines, A. M., Capron, D. W., **Norr, A. M.**, Zvolensky, M. J., & Schmidt, N. B. (2014). Identification of anxiety sensitivity classes and clinical cut-scores in a sample of adult smokers: Results from a factor mixture model. *Journal of Anxiety Disorders*, 28, 696-703. doi:10.1016/j.janxdis.2014.07.006
  54. Allan, N. P., Macatee, R. J., **Norr, A. M.**, & Schmidt, N. B. (2014). Direct and interactive effects of distress tolerance and anxiety sensitivity on generalized anxiety and depression. *Cognitive Therapy and Research*, 38, 530-540. doi:10.1007/s10608-014-9623-y
  55. **Norr, A. M.**, Allan, N. P., Macatee, R. J., Keough, M. E., & Schmidt, N. B. (2014). Effects of a computerized anxiety sensitivity intervention on anxiety, depression, and worry: Mediation through affect tolerances. *Behaviour Research and Therapy*, 59, 12-19. doi:10.1016/j.brat.2014.05.011
  56. **Norr, A. M.**, Capron, D. W., & Schmidt, N. B. (2014). Medical information seeking: Impact on risk for anxiety psychopathology. *Journal of Behavior Therapy and Experimental Psychiatry*, 45, 402-407. doi:10.1016/j.jbtep.2014.04.003
  57. Capron, D. W., Allan, N. P., **Norr, A. M.**, Zvolensky, M. J., & Schmidt, N. B. (2014). The effect of successful and unsuccessful smoking cessation on short-term depression, anxiety, and suicidality. *Addictive Behaviors*, 39, 782-788. doi:10.1016/j.addbeh.2013.12.014
  58. Capron, D. W., **Norr, A. M.**, Zvolensky, M. J., & Schmidt, N. B. (2014). Prospective evaluation of the effect of an anxiety sensitivity intervention on suicidality among smokers. *Cognitive Behaviour Therapy*, 43, 72-82. doi:10.1080/16506073.2013.777466
  59. Schmidt, N. B., **Norr, A. M.**, & Korte, K. J. (2014). Panic disorder and agoraphobia: Considerations for DSM-V. *Research on Social Work Practice*, 24, 57-66. doi:10.1177/1049731512474490
  60. **Norr, A. M.**, Oglesby, M. E., Capron, D. W., Raines, A. M., Korte, K. J., & Schmidt, N. B. (2013). Evaluating the Unique Contribution of Intolerance of Uncertainty Relative to Other Cognitive Vulnerability Factors in Anxiety Psychopathology. *Journal of Affective Disorders*, 151, 136-142. doi:10.1016/j.jad.2013.05.063
  61. Capron, D. W., **Norr, A. M.**, Macatee, R. J., & Schmidt, N. B. (2013). Distress tolerance and anxiety sensitivity cognitive concerns: Testing the incremental contributions of affect dysregulation constructs on suicidal ideation and suicide attempt. *Behavior Therapy*, 44, 349-358. doi:10.1016/j.beth.2012.12.002
  62. Capron, D. W., **Norr, A. M.**, & Schmidt, N. B. (2013). Risk of co-occurring psychopathology: A test of expectancy theory. *Journal of Anxiety Disorders*, 27, 79-83. doi:10.1016/j.janxdis.2012.10.011
  63. Oglesby, M. E., Medley, A. N., **Norr, A. M.**, Capron, D. W., Korte, K. J., & Schmidt, N. B. (2013). Intolerance of uncertainty as a vulnerability factor for hoarding behaviors. *Journal of Affective Disorders*, 145, 227-231. doi:10.1016/j.jad.2012.08.003
  64. Schmidt, N. B., Buckner, J. D., Pusser, A., Woolaway-Bickel, K., Preston, J. L., & **Norr, A. M.** (2012). Randomized controlled trial of false safety behavior elimination therapy (F-SET): A unified cognitive behavioral treatment for anxiety psychopathology. *Behavior Therapy*, 43, 518-532. doi:10.1016/j.beth.2012.02.004

---

#### BOOK CHAPTERS

1. Schmidt, N. B, Korte, K. J., **Norr, A. M.**, Keough, M. E., & Timpano, K. R. (2014). Panic Disorder

and Agoraphobia. In P. Emmelkamp & T. Ehring (Eds.), *The Wiley Handbook of Anxiety Disorders*. (pp. 321-356). Chichester, UK. John Wiley & Sons, Ltd.

2. Schmidt, N. B., Korte, K. J., **Norr, A. M.**, Keough, M. E. (2013). Panic Disorder. In S. Hoffman (Ed.), *The Wiley Handbook of Cognitive Behavioral Therapy*. (pp. 917-939). New York: John Wiley & Sons, Ltd.

#### PROFESSIONAL PRESENTATIONS (NATIONAL/INTERNATIONAL)

---

1. Raines, A. M., **Norr, A. M.**, Chambliss, J. L., Walton, J. L., True, J. G., Franklin, C. L., & Schmidt, N. B. (2020, November). *Evaluating the utility of a safety aid reduction treatment in rural veterans: A pilot investigation*. In A. M. Raines & C. A. Gutner (Chairs), Transdiagnostic Treatment Approaches to Improving Access and Outcomes among Veterans. Symposium presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Virtual Meeting.
2. **Norr, A. M.**, Katz, A. C., Nguyen, J. L., Schmidt, N. B., & Reger, G. M. (2020, November). *Pilot trial of a transdiagnostic Internet-based intervention for anxiety sensitivity among VA primary care patients*. In G. M. Reger (Chair), Preliminary Results from Trauma and Anxiety Technology Interventions for Veterans. Symposium conducted at the annual meeting of the International Society for Traumatic Stress Studies, Virtual Meeting.
3. Reger, G., Zoellner, L., Kletke, M., Stevens, E., **Norr, A. M.** (2020, November). *Evaluation of a treatment mobile application during prolonged exposure: Preliminary findings for PE Coach*. In G. M. Reger (Chair), Preliminary Results from Trauma and Anxiety Technology Interventions for Veterans. Symposium conducted at the annual meeting of the International Society for Traumatic Stress Studies, Virtual Meeting.
4. O'Bryan, E. M., McLeish, A. C., **Norr, A. M.**, Ely, S., Bass, Z., Davies, C. D., Capron, D. W., Schmidt, N. B., & Jastrowski Mano, K. E. (2020, March). *A randomized controlled trial evaluating the efficacy of a brief computerized anxiety sensitivity reduction intervention for health anxiety*. In E. M. O'Bryan and C. M. Luberto (Chairs), Transdiagnostic risk factors and health-related anxiety in medical and non-medical populations. Paper submitted for presentation at the 54th annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
5. **Norr, A. M.**, Allan, N. P., & Schmidt, N. B. (2016, November). *The effects of a computerized anxiety sensitivity intervention on health anxiety*. In E. M. O'Bryan and A. C. McLeish (Chairs), Recent advances in the study of health anxiety. Symposium conducted at the annual conference of the Association for Behavioral and Cognitive Therapies, New York, NY.
6. Capron, D. W., **Norr, A. M.**, Allan, N. P., & Schmidt, N. B. (2016, November). *Combined "top-down" and "bottom-up" intervention for anxiety sensitivity*. In J. Kuckertz (Chair), Understanding and enhancing patient engagement in cognitive bias modification interventions. Symposium conducted at the annual conference of the Association for Behavioral and Cognitive Therapies, New York, NY.
7. **Norr, A. M.**, Oglesby, M. E., & Schmidt, N. B. (2015, November). *Computerized anxiety sensitivity intervention effects on social anxiety symptoms: Intolerance of uncertainty as a moderator*. In R. J. Jacoby (chair), Intolerance of uncertainty: A transdiagnostic perspective through different research paradigms. Symposium conducted at the annual conference of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
8. Allan, N. P., **Norr, A. M.**, Oglesby, M. E., & Schmidt, N. B. (2015, November). *Sex influences the effects of a mood-focused CBM on transdiagnostic risk factors of mood and anxiety*. Submitted



in N. P. Allan (Chair), Psychosocial considerations in interventions for transdiagnostic risk factors of anxiety. Symposium conducted at the annual conference of the Association for Behavioral and Cognitive Therapies, Chicago, IL.

9. **Norr, A. M.**, Albanese, B. J., & Schmidt, N. B. (2014, December). *The relationship between gender and PTSD: Anxiety sensitivity as a mechanism*. Paper presented at the annual meeting of the Special Operations Medical Association Scientific Assembly, Tampa, Florida.
10. Albanese, B. J., **Norr, A. M.**, & Schmidt, N. B. (2014, December). *Anxiety sensitivity mediates gender disparities in post-concussive symptoms following traumatic brain injury*. Paper presented at the annual meeting of the Special Operations Medical Association Scientific Assembly, Tampa, FL.
11. Capron, D. W., **Norr, A. M.**, & Schmidt, N. B. (2014, November). Fearful reactivity to perceptual illusion challenges: A novel interoceptive exposure paradigm for anxiety sensitivity cognitive concerns? In L. J. Dixon (Chair), *Seeking sensations: Innovative advancements for utilizing interoceptive exposure to target anxiety sensitivity*. Symposium conducted at the annual conference of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
12. Capron, D. W., Allan, N. P., **Norr, A. M.**, Zvolensky, M. J., & Schmidt, N. B. (2013, November). Short-term changes in anxiety, depression, and suicidality after successful or unsuccessful smoking cessation. In K. M. Avallone and A. C. McLeish (Chairs), *Mechanisms underlying tobacco and marijuana use and cessation*. Symposium conducted at the annual conference of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
13. **Norr, A. M.**, Capron, D. W., Korte, K. J., Medley, A. N., & Schmidt, N. B. (2013, July). Health anxiety, medical information seeking, and anxiety sensitivity. In K. Korte (Chair), *Novel findings in anxiety sensitivity research*. Symposium conducted at the triennial meeting of the World Congress of Cognitive and Behavior Therapies, Lima, Peru.
14. Capron, D. W., Medley, A. N., Korte, K. K., **Norr, A. M.**, & Schmidt, N. B. (2013, July). Interpretation bias modification for anxiety sensitivity: Pilot results. In K. Korte (Chair), *Novel findings in anxiety sensitivity research*. Symposium conducted at the triennial meeting of the World Congress of Cognitive and Behavior Therapies, Lima, Peru.

#### PROFESSIONAL PRESENTATIONS (REGIONAL/LOCAL)

---

1. **Norr, A. M.** & Fortney, J. C. (2020, January). *Adaptive interventions and sequential, multiple assignment, randomized trial (SMART) designs*. Paper presented at the annual University of Washington Medical School Department of Psychiatry and Behavioral Sciences Research Day, Seattle, WA.
2. **Norr, A. M.**, & Schmidt, N. B. (2015, April). *Dissociation and anxiety sensitivity cognitive concerns: A novel challenge paradigm*. Paper presented at the annual Florida State University Graduate Research Day, Tallahassee, FL.

#### POSTER PRESENTATIONS

---

1. **Norr, A. M.**, Bourassa, K. J., Stevens, E. S., Hawrilenko, M. J., Michael, S. T., & Reger, G. M. (2019, June). *Relationship between change in in-vivo exposure distress and PTSD symptoms during exposure therapy for active duty soldiers*. Poster presented at the biennial VA Puget Sound Healthcare System Mental Health Service Line Research Day, Seattle, WA.
2. Bourassa, K. J., Stevens, E. S., Katz, A., Rothbaum, B. O., Reger, G. M. & **Norr, A. M.** (2019, June).

*The impact of exposure therapy on resting heart rate and heart rate reactivity among active duty soldiers with PTSD.* Poster presented at the biennial VA Puget Sound Healthcare System Mental Health Service Line Research Day, Seattle, WA.

3. Stevens, E. S., Bourassa, K. J., Norr, A. M., & Reger, G. M. (2019, June). *PTSD symptom cluster structure in prolonged exposure and virtual reality exposure.* Poster presented at the biennial VA Puget Sound Healthcare System Mental Health Service Line Research Day, Seattle, WA.
4. Caulfield, N., Martin, R. L., **Norr, A. M.**, & Capron, D. W. (2019, April). *Assessing the Link between Anxiety Sensitivity Cognitive Concerns and Suicidal Thoughts through Dissociative Symptoms.* Poster presented at the annual conference of the American Association of Suicidology, Denver, CO.
5. **Norr, A. M.**, Smolenski, D. J., Katz, A. C., Rizzo, A. A., Rothbaum, B. O., Difede, J., Koenen-Woods, P., Reger, M. A., & Reger, G. M. (2018, November). *Virtual reality exposure vs. prolonged exposure for PTSD: Which treatment for whom?* Poster presented at the annual meeting of the International Society for Traumatic Stress Studies, Washington, D.C.
6. Landrum, S. S., Michael, S. T., & **Norr, A. M.** (2018, November). *Comprehensive time limited group treatment for combat related PTSD: Integrating communalizing trauma and exposure therapy.* Poster presented at the annual meeting of the International Society for Traumatic Stress Studies, Washington, D.C.
7. Shulman, G., Norr, A. M., & Reger, G. M. (2018, November). *Measuring intent to return may reduce exposure therapy dropout in active duty soldiers.* Poster presented at the annual meeting of the International Society for Traumatic Stress Studies, Washington, D.C.
8. Reger, G. M., **Norr, A. M.**, Buck, B. & Zoellner, L. A. (2018, November). *Preliminary Results of a Randomized Pilot Trial of the PE Coach Mobile Application.* Poster presented at the annual meeting of the International Society for Traumatic Stress Studies, Washington, D.C.
9. **Norr, A. M.**, Smolenski, D. J., & Reger, G. M. (2018, October). *Effects of exposure therapy on suicidal ideation among military personnel with PTSD.* Poster presented at the annual VA Puget Sound Patient Safety Fair.
10. **Norr, A. M.**, Smolenski, D. J., & Reger, G. M. (2018, May). *Effects of prolonged exposure and virtual reality exposure on suicidal ideation in active duty soldiers.* Poster presented at the annual meeting of the Association of VA Psychologist Leaders, San Antonio, TX.
11. **Norr, A. M.**, Moradi, S., Allan, N. P., Reger, G. M., & Schmidt, N. B. (2017, November). *Indirect effects of computerized anxiety sensitivity treatment on suicidal ideation: Chained mediation through anxiety and depressive symptoms.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
12. **Norr, A. M.**, Smolenski, D. J., Katz, A. C., & Reger, G. M. (2017, June). *Virtual reality exposure vs. prolonged exposure for PTSD: Which treatment for whom?* Poster presented at the biennial VA Puget Sound Healthcare System Mental Health Service Line Research Day, Seattle, WA.
13. **Norr, A. M.**, Gibby, B. A., Fuller, K. L., Portero, A. K., & Schmidt, N. B. (2016, November). *Online dissemination of the Cognitive Anxiety Sensitivity Treatment (CAST) using Craigslist.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
14. Fuller, K. L., Portero, A. K., Norr, A. M., & Schmidt, N. B. (2016, November). *Computerized CBT and days of perceived illness reduction through anxiety sensitivity.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
15. Boffa, J. W., **Norr, A. M.**, Short, N. A., Amir, N., & Schmidt, N. B. (2016, November). *Validation of*

- the Word Sentence-Association Paradigm for PTSD Self-Report Measure*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
16. Short, N. A., Fuller, K., **Norr, A. M.**, & Schmidt, N. B. (2016, November). *Acceptability of a brief computer-based intervention targeting anxiety sensitivity cognitive concerns*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
  17. Pizzino, G., **Norr, A. M.**, & Schmidt, N. B. (2016, April). *Dissociation exposure and anxiety sensitivity*. Poster presented at the annual Florida State University Undergraduate Research Day, Tallahassee, FL.
  18. Gibson, M., Pizzino, G., **Norr, A. M.**, & Schmidt, N. B. (2016, April). *Anxiety sensitivity as a predictor of self-rated health*. Poster presented at the annual Florida State University Undergraduate Research Day, Tallahassee, FL.
  19. **Norr, A. M.**, Boffa, J. W., Allan, N. P., & Schmidt, N. B. (2015, November). *The effects of a computerized anxiety sensitivity intervention on cyberchondria*. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Chicago, IL.
  20. Boffa, J. W., **Norr, A. M.**, Raines, A. M., Albanese, B. J., Short, N. A., & Schmidt, N. B. (2015, November). *Pre-trauma anxiety sensitivity interacts with trauma exposure to predict posttraumatic stress symptoms*. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Chicago, IL.
  21. Albanese, B. J., Allan, N. P., Boffa, J. W., Short, N. A., Oglesby, M. E., **Norr, A. M.**, Sutton, C., & Schmidt, N. B. (2015, November). *Disengaging from threat: Anxiety sensitivity as a mediator between attentional control deficits and post-traumatic stress symptoms*. Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Chicago, IL.
  22. Boffa, J. W., **Norr, A. M.**, Raines, A. M., Albanese, B. J., Short, N. A., & Schmidt, N. B. (2015, April). *Anxiety sensitivity prospectively predicts post-traumatic stress symptoms after a campus shooting*. Poster presented at the annual Florida State University Graduate Research Day, Tallahassee, FL.
  23. **Norr, A. M.**, & Schmidt, N. B. (2015, April). *Dissociation and anxiety sensitivity: A new challenge paradigm*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Miami, FL.
  24. Capron, D. W., **Norr, A. M.**, & Schmidt, N. B. (2015, April). *Novel perceptual illusion exposure exercises for anxiety sensitivity cognitive concerns*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Miami, FL.
  25. Allan, N. P., Macatee, R. J., **Norr, A. M.**, Raines, A. M., & Schmidt, N. B. (2015, April). *Disentangling relations between anxiety sensitivity and distress tolerance and their relations to fear, distress, and alcohol and substance use disorders*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Miami, FL.
  26. Boffa, J. W., **Norr, A. M.**, Albanese, B. J., Oglesby, M. E., Short, N. J. & Schmidt, N. B. (2015, April). *Core features of clinical disorders contribute to test anxiety*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Miami, FL.
  27. Albanese, B. J., **Norr, A. M.**, Boffa, J. W., Allan, N. P. & Schmidt, N. B. (2015, April). *Attentional control predicts health anxiety among a traumatic brain injured population: Moderating effects of anxiety sensitivity cognitive concerns*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Miami, FL.
  28. **Norr, A. M.**, & Schmidt, N. B. (2014, November). *An anxiety sensitivity cognitive concerns*

- intervention: Psychoeducation without interoceptive exposure.* Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
29. Durmaz, D. A., **Norr, A. M.**, Short, N. A., & Schmidt, N. B. (2014, November). *An examination of the relationship between perceived self-efficacy and symptoms of posttraumatic stress disorder.* Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
  30. Albanese, B. J., Allan, N. P., **Norr, A. M.**, Capron, D. W., Zvolensky, M. J., & Schmidt, N. B. (2014, November). *The effects of a brief AS intervention on alcohol use in a community sample of smokers.* Poster presented at the annual meeting of the Association of Behavioral and Cognitive Therapies, Philadelphia, PA.
  31. **Norr, A. M.**, Allan, N. P., Capron, D. W., Raines, A. M., Zvolensky, M. J., & Schmidt, N. B. (2014, March). *Hierarchical model of emotional distress disorders: Relations with anxiety sensitivity subfactors.* Poster presented at the annual meeting of the Anxiety and Depression Association of America, Chicago, IL.
  32. Saracino, V. N., **Norr, A. M.**, & Schmidt, N. B. (2014, February). *Discomfort intolerance in the prediction of negative affect in response to a behavioral challenge.* Poster presented at the annual Florida Undergraduate Research Conference, Miami, FL.
  33. **Norr, A. M.**, Capron, D. W., & Schmidt, N. B. (2013, November). *Anxiety sensitivity and medical information seeking: An experimental investigation.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, Tennessee.
  34. Oglesby, M. E., Unruh, A. S., **Norr, A. M.**, Raines, A. M., Capron, D. W., Korte, K. J., & Schmidt, N. B. (2013, November). *Perceived control as a moderator of intolerance of uncertainty and social anxiety.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, Tennessee.
  35. Capron, D. W., Allan, N. P., **Norr, A. M.**, Zvolensky, M. J., & Schmidt, N. B. (2013, November). *Clinically significant changes in short-term psychopathology following smoking cessation.* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, Tennessee.
  36. **Norr, A. M.**, Capron, D. W., & Schmidt, N. B. (2013, July). *A test of expectancy theory: Anxiety sensitivity and co-occurring psychopathology.* Poster presented at the triennial meeting of the World Congress of Behavioural and Cognitive Therapies, Lima, Peru.
  37. **Norr, A. M.**, Oglesby, M. E., Capron, D. W., Raines, A. M., & Schmidt, N. B. (2013, April). *Intolerance of uncertainty: Comparison with other vulnerability factors across anxiety disorders.* Poster presented at the annual Florida State University Graduate Research Day, Tallahassee, FL.
  38. Chavarria, J., **Norr, A. M.**, & Taylor, J. (2013, April). *The effects of gender and self-regulation on problematic alcohol and substance use.* Poster presented at the annual Florida State University Graduate Research Day, Tallahassee, FL.
  39. **Norr, A. M.**, Oglesby, M. E., Capron, D. W., Raines, A. M., Korte, K. J., & Schmidt, N. B. (2013, April). *Intolerance of uncertainty and other transdiagnostic vulnerability factors in social anxiety and worry.* Poster presented at the annual meeting of the Anxiety and Depression Association of America, La Jolla, CA.
  40. Bontempo, A. C., Capron, D. W., Medley, A. N., Korte, K. J., **Norr, A. M.**, & Schmidt, N. B. (2013, April). *The role of indecisiveness across OCD symptoms.* Poster presented at the annual meeting of the Anxiety and Depression Association of America, La Jolla, CA.

41. **Norr, A. M.**, Capron, D. W., & Schmidt, N. B. (2012, November). *Low anxiety sensitivity and the anxiety disorders*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
42. Oglesby, M. E., Medley, A. N., **Norr, A. M.**, Capron, D. W., Korte, K.J., & Schmidt, N. B. (2012, November). *Examination of intolerance of uncertainty as a vulnerability factor in hoarding behaviors*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
43. Capron, D. W., **Norr, A. M.**, Zvolensky, M. J., & Schmidt, N. B. (2012, November). *Can an anxiety sensitivity intervention reduce suicidality?*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
44. **Norr, A. M.**, Oglesby, M. E., Capron, D. W., & Schmidt, N. B. (2012, April) *Anxiety sensitivity smoking intervention and suicide related outcomes*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Arlington, VA.
45. Oglesby, M. E., **Norr, A. M.**, Medley, A. N., Capron, D. W., Korte, K.J., & Schmidt, N. B. (2012, April) *The association between social anxiety and intolerance of uncertainty*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Arlington, VA.
46. Cvencek, D., Meltzoff, A. N., Greenwald, A. G., & **Norr, A. M.** (2011, March). *Preschool IAT: An implicit measure of attitudes and learning for preschool children*. Poster presented at the annual conference of the Inter-Science of Learning Centers, Washington, DC.
47. **Norr, A. M.**, Cvencek, D., Meltzoff, A. N., & Greenwald, A. G. (2010, May). *Implicit and explicit cognition of preschool children*. Poster presented at the annual meeting of Northwest Cognition and Memory, Bellingham, WA.

#### RESEARCH TRAINING

---

- 2017 – 2018     **VA Puget Sound Health Care System, Seattle, WA**  
*Advanced Fellowship Program in Mental Illness Research and Treatment*  
 Mental Illness Research, Education, and Clinical Center (MIRECC)
- 2016 – 2017     **VA Puget Sound Health Care System, Seattle, WA**  
*Clinical Psychology Doctoral Intern*  
PI: Greg Reger, PhD
- 2011 – 2016     **Anxiety and Behavioral Health Clinic, Florida State University**  
*Lab Manager; Project Manager; Neurophysiology Technician; Research Assistant*  
PI: Brad Schmidt, PhD  
Award: American Foundation for Suicide Prevention (\$99,996.71)  
*Suicide Risk Prevention among Patients with Anxiety Psychopathology*  
Award: Department of Defense Military Suicide Research Consortium (\$1,308,905)  
*Development and Evaluation of a Brief, Suicide Prevention Intervention Targeting Anxiety and Mood Vulnerabilities*  
Award: DOD Military Suicide Research Consortium (\$300,000)  
*Development and Evaluation of a Brief Suicide Prevention Intervention Reducing Anxiety Sensitivity*
- 2011 – 2013     **Cognitive Neuroscience Lab, Florida State University**  
*Project Coordinator*  
PI: Christopher Patrick, PhD

Award: National Institute of Mental Health (\$445,511)  
*Trait Fear and Disinhibition in Impulse Control Disorders*

- 2008 – 2011 **Behavioral Research and Therapy Clinics, University of Washington**  
*Research Assistant*  
Supervisors: Marsha Linehan, PhD; Melanie Harned, PhD; Kathryn Korslund, PhD
- 2007 – 2011 **Institute for Learning and Brain Sciences, University of Washington**  
*Assistant Lab Manager; Research Assistant*  
Supervisors: Andrew Meltzoff, PhD; Rechele Brooks, PhD; Dario Cvencek, PhD

#### EDITORIAL EXPERIENCE (AD HOC REVIEWS)

---

*Assessment*  
*Behaviour Research and Therapy*  
*Clinical Psychology Review*  
*Cognitive Behaviour Therapy*  
*Cognitive Therapy and Research*  
*Computers in Human Behavior*  
*Cyberpsychology: Journal of Psychosocial Research on Cyberspace*  
*Health Policy and Technology*  
*International Journal of Behavioral Medicine*  
*Journal of Affective Disorders*  
*Journal of Anxiety Disorders*  
*Journal of Clinical Psychology*  
*Journal of Nervous and Mental Disease*  
*Journal of Psychopathology and Behavioral Assessment*  
*Journal of Technology in Behavioral Science*  
*Physiology and Behavior*  
*Psychiatry Research*  
*Psychotherapy and Psychosomatics*  
*Training and Education in Professional Psychology*

#### TEACHING AND TRAINING EXPERIENCE

---

- 2020 – Current **Track Lead, Mood and Anxiety Disorders Fellowship**  
*VA Puget Sound Health Care System, Seattle, WA*
- 2020 – Current **Member, Training Committee, Psychology Training Program**  
*VA Puget Sound Health Care System, Seattle, WA*
- 2018 – Current **Faculty Member, MIRECC Advanced Research Fellowship**  
*VA Puget Sound Health Care System, Seattle, WA*
- 2018 – Current **Faculty Member, Mood and Anxiety Disorder Fellowship**  
*VA Puget Sound Health Care System, Seattle, WA*
- 2019 – 2021 **Supervisor, Psychiatry Resident CBT Rotation**  
*VA Puget Sound Health Care System, Seattle, WA*

- 2018 – Current **Supervisor, Psychology Interns and Fellows, Clinical & Research**  
*VA Puget Sound Health Care System, Seattle, WA*
- 2016 – 2019 **Member, Doctoral Internship Training Seminar Committee**  
*VA Puget Sound Health Care System, Seattle, WA*
- 2016 – 2018 **Member, Doctoral Internship Selection Committee**  
*VA Puget Sound Health Care System, Seattle, WA*
- 2017 - Current **Didactic Instructor**  
*VA Puget Sound Healthcare System, Seattle, WA*  
Topics:  
CBT for Panic Disorder and Agoraphobia  
Virtual Reality Exposure vs. Prolonged Exposure for PTSD: Which Treatment for Whom?  
Intensive treatment for combat PTSD: A Multicomponent Model Utilizing Virtual Reality Exposure  
Anxiety Sensitivity and Its Treatment  
Settings:  
Psychology Service Didactic  
CME Lecture for Mental Health Prescribers  
PTSD Research Forum, PTSD and Co-Occurring Disorders Journal Club  
Acute Inpatient Didactic Series  
CBT Psychiatry Resident Didactic Series
- 2016 **Guest Lecturer**  
*University of Washington School of Medicine, Seattle, WA*  
MEDEX NW Division of Physician Assistant Studies Didactics (graduate-level)  
Topic: Psychotherapy 101: The Basics
- 2015 – 2016 **Teaching Assistant (2 semesters)**  
*Department of Psychology, Florida State University, Tallahassee, FL*  
Regression Analysis (graduate-level)
- 2011 – 2016 **Instructor & Supervisor**  
*Department of Psychology, Florida State University, Tallahassee, FL*  
Directed Individual Study (undergraduate-level)
- 2013 – 2015 **Guest Lecturer**  
*Department of Psychology, Florida State University, Tallahassee, FL*  
Topics:  
Trauma- and Stressor-Related Disorders according to the DSM-5  
Intro to diagnostic classification of psychiatric disorders  
Settings:  
Abnormal Psychology (undergraduate-level)  
Clinical and Counseling Psychology (undergraduate-level)
- 2011 **Departmental Assistant**  
Course: Careers in Psychology (undergraduate-level)

## PROFESSIONAL SERVICE

---

- 2020 – Current **Section Quality Improvement Lead, Outpatient Mental Health**  
*VA Puget Sound Health Care System, Seattle, WA*
- 2019 – 2021 **Member, Outpatient Mental Health Section Group Psychotherapy Committee**  
*VA Puget Sound Health Care System, Seattle, WA*
- 2018 – 2019 **Member, Implementation of Measurement Based Care Workgroup**  
*VA Puget Sound Health Care System, Seattle, WA*
- 2018 **Coordinator, PTSD Research Forum**  
*VA Puget Sound Health Care System, Seattle, WA*
- 2017 – 2018 **Member, PTSD Outpatient Clinic Patient Engagement Workgroup**  
*VA Puget Sound Health Care System, Seattle, WA*
- 2015 – 2016 **Member, FSU Healthy Campus 2020 Mental Health Team**  
*Florida State University, Tallahassee, FL*

## CLINICAL TRAINING

---

- 2017 – 2018 **Postdoctoral Fellow**  
*PTSD Outpatient Clinic, VA Puget Sound Health Care System, Seattle, WA*
- 2016 – 2017 **Clinical Psychology Doctoral Intern**  
*VA Puget Sound Health Care System, Seattle, WA*  
Rotation 1: Primary Care Mental Health Integration  
Rotation 2: PTSD Outpatient Clinic  
Rotation 3: Acute Inpatient Psychiatry
- 2015 – 2016 **Assistant Director – Anxiety Specialty Clinic**  
*Anxiety and Behavioral Health Clinic, Tallahassee, FL*  
Director: Brad Schmidt, PhD
- 2011 – 2016 **Anxiety/Mood Disorders Specialist**  
*Anxiety and Behavioral Health Clinic, Tallahassee, FL*  
Supervisor: Brad Schmidt, PhD
- 2012 – 2014 **Practicum Therapist**  
*Florida State University Psychology Clinic, Tallahassee, FL*  
Supervisors: Thomas Joiner, PhD; Kimberly Driscoll, PhD; Therese Kemper, PhD;  
Jesse Cogle, PhD; Brad Schmidt, PhD
- 2008 – 2009 **Crisis Intervention Specialist**  
*King County Crisis Clinic, Seattle, WA*

## PROFESSIONAL MEMBERSHIPS

---

American Psychological Association (APA)



*Division 19 – Society for Military Psychology*  
Anxiety and Depression Association of America (ADAA)  
Association for Behavioral and Cognitive Therapies (ABCT)  
*Anxiety Disorders Special Interest Group*  
Association of VA Psychologist Leaders (AVAPL)

**LANGUAGES**

---

English (native fluency)  
Spanish (conversational proficiency)