

MARK B. POWERS, Ph.D.
RESEARCH CENTER DIRECTOR
TRAUMA RESEARCH CONSORTIUM
BAYLOR SCOTT & WHITE RESEARCH INSTITUTE
BAYLOR UNIVERSITY MEDICAL CENTER
LEVEL I TRAUMA CENTER
DALLAS, TX

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EMPLOYMENT

Research Center Director Trauma Research Consortium Baylor University Medical Center	2021-Present
Director of Trauma Research Baylor University Medical Center	2016-2021
Adjunct Professor Texas A&M University College of Medicine	2016-Present
Associate Professor of Psychiatry Department of Psychiatry Dell Medical School University of Texas at Austin	2015-2016
Research Associate Professor Department of Psychology University of Texas at Austin	2013-2016
Research Assistant Professor Department of Psychology Southern Methodist University	2010-2013
Assistant Professor Department of Psychiatry University of Pennsylvania	2008-2010
Assistant Professor Department of Psychology University of Amsterdam	2006-2008

EDUCATION

Ph.D. Clinical Psychology 2006
University of Texas at Austin
Mentor: Michael J. Telch, Ph.D.

Pre-Doctoral Fellowship 2004-2005
Boston University, Center for Anxiety and Related Disorders (95%).
Harvard Medical School/Massachusetts General Hospital (5%).
Mentor: Michael W. Otto, Ph.D.

Pre-Doctoral Internship 2005-2006
 University of Washington School of Medicine
 Mentor: Craig N. Sawchuk, Ph.D.

M.A. Psychology 1997
 Pepperdine University, Clinical Psychology.
 Mentor: Joseph Wolpe, M.D.

B.A. Psychology 1996, (Cum Laude)
 University of California, Santa Barbara
 Mentor: Larry Beutler, Ph.D.

LICENSURE

Licensed Psychologist, Texas (#34892) 2010 - Present
 Licensed Psychological Associate, Texas (LPA #32413) Supervised by: Michael Telch, Ph.D. 2002-2006

GRANT SUPPORT

Ongoing

- 2023-2025 **Title:** Targeted Plasticity Therapy for the Treatment of Post-Traumatic Stress Disorder
Sponsor: Department of Defense (DoD) Congressionally Directed Medical Research Programs (CDMRP)
Amount Awarded: \$711,317
Role: Co-Principal Investigator (w Hays & Smits)
Objective: This randomized controlled trial will examine the efficacy of implanted vagus nerve stimulation paired with Prolonged Exposure therapy (PE) to improve PTSD outcomes.
- 2023-2026 **Title:** Prevention of Posttraumatic Stress: A Randomized Controlled Trial of Modified Brief Prolonged Exposure Therapy (Brief PE) for Individuals who Sustain Injury Admitted to a Level I Trauma Center.
Sponsor: Department of Defense (DoD) Congressionally Directed Medical Research Programs (CDMRP)
Amount: \$2,763,000
Role: Co-Investigator
Objective: The aim of this study is to test an early intervention for the secondary prevention of PTSD that can be implemented in a Level I trauma center with applicability to the military population at large using a Phase II clinical trial.
- 2021-2024 **Title:** Wireless Nerve Stimulation Device to Enhance Recovery After Stroke
Sponsor: National Institute of Neurological Disorders and Stroke (NINDS UG3NS109497)
Amount Awarded: \$1,619,755
Role: Co-Investigator of Subcontract
Objective: This randomized placebo controlled trial will examine the safety, feasibility, and efficacy of vagus nerve stimulation paired with rehabilitation to improve recovery of upper limb motor function in chronic stroke patients.
- 2020-2023 **Title:** Targeted Plasticity Therapy for Upper Limb Rehabilitation in Spinal Cord Injuries
Sponsor: Defense Advanced Research Projects Agency (DARPA): Space and Naval Warfare Systems Center, Pacific (DARPA N6600011524011)
Amount Awarded: \$700,058

Role: Co-Investigator of Subcontract

Objective: The study will provide an initial evaluation of the use of the ReStore implanted stimulator in the context of spinal cord injuries. The study will help to assess the prospect that VNS coupled with rehabilitation in participants suffering from upper extremity paresis after a spinal cord injury is a potentially effective treatment to improve recovery of upper limb motor function.

- 2021-2026 **Title:** Prevention of posttraumatic stress: A RCT of modified brief prolonged exposure therapy (Brief PE) during inpatient rehabilitation post SCI
Sponsor: National Institute on Disability Independent Living and Rehabilitation Research (NIDILRR 90SIMS0011)
Amount: \$2,200,000
Role: Principal Investigator (Site Project) & Co-Investigator of the Spinal Cord Injury Model Systems Award
Objective: The aims of this project are to: (1) Conduct a RCT ($N = 200$) to examine the **efficacy** of the modified Brief PE intervention delivered in an inpatient rehabilitation setting post-SCI to reduce PTSD symptoms (primary outcome) at 1, 3, and 6 months from baseline; (2) Examine the **efficacy** of the modified brief PE intervention on secondary outcomes including depression, general anxiety, pain, and quality of life at 1, 3, and 6 months from baseline; and (3) Assess the **feasibility** and **fidelity** of delivering the Brief PE intervention to people with SCI.

Under Review

- 2023-2026 **Title:** A Novel Neuromodulation Therapy for Posttraumatic Stress Disorder
Sponsor: National Institutes of Health (NIH: NINDS)
Amount: \$906,443
Role: Principal Investigator (w Hays & Smits)
Objective: This randomized placebo controlled trial will examine the efficacy of vagus nerve stimulation paired with Prolonged Exposure Therapy (PE) to treat posttraumatic stress disorder.
- 2023-2026 **Title:** Optimal Network Plasticity to Strengthen Response to Traumatic Stress
Sponsor: Department of Defense (DoD) Defense Advanced Research Projects Agency (DARPA)
Amount: \$1,140,301
Role: Principal Investigator (w Kilgard & Smits)
Objective: This randomized placebo controlled trial will examine the efficacy of vagus nerve stimulation paired with Prolonged Exposure Therapy (PE) to treat posttraumatic stress disorder.
- 2023-2027 **Title:** Peer Delivered Prevention of Mental Health Symptoms for Fire Fighter Trainees
Sponsor: National Institute of Mental Health (NIMH)
Amount: \$2,242,293
Role: Co-Investigator
Objective: This randomized trial will examine the efficacy of the Unified Protocol to Prevent Alcohol Use Disorder Among Firefighters.
- 2023-2028 **Title:** Vagus Nerve Stimulation to Improve Gait after Spinal Cord Injury
Sponsor: National Institutes of Health (UG3/UH3)
Amount: \$4,190,399
Role: Co-Investigator
Objective: This randomized sham controlled trial will examine the efficacy of implanted vagus nerve stimulation paired with gait rehabilitation among individuals with Spinal Cord Injuries.
- 2023-2027 **Title:** Virtual Reality for Non-Opioid Pain Management for Active Duty Service Members: A Randomized Controlled Trial (RCT) of Virtual Reality (VR) vs Standard of Care.

Sponsor: Department of Defense (DoD) Congressionally Directed Medical Research Programs (CDMRP) Peer Reviewed Medical Research Program (PRMRP).

Amount: \$1,634,1123

Role: Principal Investigator (w Kearns)

Objective: The aim of this study is to test virtual reality vs standard of care for chronic pain among active duty service members in a randomized controlled trial at Joint Base Lewis McChord.

- 2023-2027 **Title:** Exercise as a Lifestyle and Behavioral Health Intervention to Augment Posttraumatic Stress Disorder Treatment and Psychological Health: A Mechanistic Treatment Trial.
Sponsor: Department of Defense (DoD) Congressionally Directed Medical Research Programs (CDMRP) Peer Reviewed Medical Research Program (PRMRP).
Amount: \$255,990
Role: Co-Investigator
Objective: The aim of this study is to improve treatment for posttraumatic stress disorder (PTSD) by augmenting Prolonged Exposure (PE) therapy with two different intensities of supervised aerobic exercise and investigate changes in brain-derived neurotrophic factor (BDNF) as a putative mediator of response to treatment.
- 2023-2026 **Title:** Targeted Plasticity Therapy for the Treatment of Posttraumatic Stress Disorder
Sponsor: Department of Defense (DoD) Congressionally Directed Medical Research Programs (CDMRP)
Amount: \$481,448
Role: Principal Investigator (w Kilgard & Smits)
Objective: The aim of this study is to test vagus nerve stimulation augmentation of Prolonged Exposure Therapy (PE) for PTSD in a randomized controlled trial.
- 2023-2026 **Title:** Trajectories of PTSD symptoms Following a Traumatic Brain Injury (TBI)
Sponsor: National Institute on Disability Independent Living and Rehabilitation Research (NIDILRR)
Amount: \$445,000
Role: Co-Investigator
Objective: The aim of this study is to determine the longitudinal trajectories of PTSD symptoms following TBI.
- 2023-2027 **Title:** Trajectories of PTSD symptoms Following a Traumatic Brain Injury (TBI)
Sponsor: Department of Defense (DoD) Congressionally Directed Medical Research Programs (CDMRP) Traumatic Brain Injury and Psychological Health (TBIHRP)
Amount: \$1,966,000
Role: Principal Investigator (w Douglas)
Objective: The aim of this study is to determine the longitudinal trajectories of PTSD symptoms following TBI.
- 2023-2024 **Title:** Providing Officers in Texas Evidence-based Care via Telehealth (PROTECT)
Sponsor: Office of the Governor (OOG)
Amount: \$476,943
Role: Principal Investigator
Objective: The aim of this project is to setup a telehealth clinic to provide free, evidence-based mental health treatment to law enforcement officers, non-sworn personnel, and their family members in Texas.

Completed

- 2003-2005 **Title:** Attributional processes concerning medication taking
Sponsor: National Institute of Mental Health (NIH: F31MH069044)
Amount Awarded: \$52,867
Role: Principal Investigator
Objective: This project examined the effect of attributional processes concerning medication taking on return of fear following exposure-based treatment.
- 2007-2012 **Title:** Maximizing Treatment in OCD
Sponsor: National Institute of Mental Health (NIMH: R01MH045404)
Amount Awarded: \$1,613,200
Role: Co-Investigator
Objective: This two-center study compared the only SRI augmentation strategies for OCD with strong empirical support (risperidone and exposure with ritual prevention) and to determine whether OCD patients can achieve and maintain an excellent treatment outcome if provided up to 32 weeks of adjunctive treatment.
- 2008-2013 **Title:** Treatment of smoking among individuals with PTSD
Sponsor: National Institute on Drug Abuse (NIDA: R01DA023507)
Amount Awarded: \$2,929,921
Role: Co-Investigator
Objective: To examine the relative efficacy of varenicline alone or in combination with prolonged exposure therapy (PE) for smoking cessation among smokers with PTSD.
- 2009-2013 **Title:** Exercise intervention for smoking
Sponsor: National Institute on Drug Abuse (NIDA: R01DA027533)
Amount Awarded: \$2,339,078
Role: Co-Investigator
Objective: This two-center study compared an exercise to a wellness intervention for augmenting standard smoking cessation treatment (i.e., cognitive-behavioral therapy plus nicotine replacement therapy) in anxiety vulnerable smokers.
- 2013-2018 **Title:** Integrated PTSD and Smoking Treatment
Sponsor: National Institute on Drug Abuse (NIDA: K01DA035930)
Amount Awarded: \$857,055.00
Role: Principal Investigator
Objective: To pilot test an integrated and specialized treatment for smokers with PTSD. This Integrated PTSD and Smoking Treatment (IPST) combines CBT and nicotine replacement therapy for smoking cessation (standard care; SC) with PE to target PTSD symptoms and interoceptive exposure to reduce anxiety sensitivity and distress intolerance.
- 2013-2018 **Title:** Efficacy of regular aerobic exercise as an adjuvant or stand-alone treatment for PTSD: A randomized controlled trial (130446)
Sponsor: Canadian Institutes of Health Research, Neurosciences, Mental Health and Addiction
Amount Awarded: CAD \$399,316
Role: Co-Investigator
Objective: To pilot test the relative efficacy of exercise alone or in combination with prolonged exposure therapy for PTSD.
- 2014-2018 **Title:** A policy relevant US trauma care system pragmatic trial for PTSD and comorbidity.
Sponsor: National Institute of Mental Health (NIMH: UH3MH106333)

Amount Awarded: \$1,131,089

Role: Co-Investigator

Objective: The study team is proposing a 25 trauma center cluster randomized trial that incorporates Collaboratory-informed state-of-the art assessments and information technology innovations. The intervention aims to prevent the development of chronic PTSD and depressive symptoms, alcohol use problems, and enduring physical disability in survivors of both TBI and non-TBI injuries; the intervention also aims to mitigate the impact of the acute injury event on symptom exacerbations in the large subpopulation of patients who already carry a substantial pre-injury burden of multiple chronic medical conditions.

2017-2022

Title: Prospective study of racial and ethnic disparities in chronic pain and pain burden.

Sponsor: National Institutes of Health (NIH): National Institute on Minority Health and Health Disparities (NIMHHD: R01 MD010372)

Amount Awarded: \$702,643

Role: Principal Investigator of Subcontract

Objective: The long-term objective of the proposed research is to contribute to the reduction or outright elimination of racial and ethnic pain disparities. The near-term goal of the planned research is to identify a small set of the most promising intervention targets, from among the plethora of posited explanations, for reducing or eliminating racial/ethnic pain disparities.

2017-2022

Title: Prolonged exposure therapy (PE) for posttraumatic stress disorder (PTSD) in spinal cord injury (SCI): A randomized controlled trial.

Sponsor: National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR: 90IFRE0003)

Amount Awarded: \$598,473

Roles: Principal Investigator

Objective: This three-year study compared prolonged exposure therapy (PE) for posttraumatic stress disorder among spinal cord injury patients to treatment as usual in a randomized controlled trial. NCT03624218

2018-2023

Title: Closed-loop Neuromodulation to Treat PTSD

Sponsor: Defense Advanced Research Projects Agency (DARPA): Space and Naval Warfare Systems Center, Pacific (DARPA N660001-15-2-4057)

Amount Awarded: \$779,506

Role: Principal Investigator of Subcontract

Objective: This open label study will examine the safety, feasibility, tolerability, and initial efficacy of targeted plasticity therapy (Vagus Nerve Stimulation or VNS) to augment Prolonged Exposure therapy (PE) among 10 participants to serve as pilot data for a larger randomized trial. Vagus nerve stimulators have been implanted in over 80,000 people to date. However, the vagus nerve stimulator for the current study is wireless and less than a tenth the size of existing stimulators. In addition, VNS has not previously been tested as an augmentation treatment for PTSD. Preclinical data suggest VNS makes exposure therapy more tolerable, more efficient, and more durable.

PUBLICATIONS

h-index: 60

Citations: 19,589

Journal Articles

1. Elliott, T.R., Perrin, P.B., **Powers, M.B.**, Duffeck, D., & Warren, A.M. (in press). Resilience and distress among individuals with chronic health conditions during the initial wave of the COVID-19 pandemic. *Journal of Affective Disorders*, 15, 100710.

2. Jacoby, S.F., Wong, E.C., Schell, T.L., **Powers, M.B.**, Warren, A.M., & Richmond, T.S. (in press). Factors associated with racial and ethnic disparities in chronic pain after acute traumatic injury. *Injury Prevention*.
3. Warren, A.M., da Graca, B., Wall, A., **Powers, M.B.**, Saracino, G., Testa, G., & Johannesson, L. (in press). Psychological outcomes in nondirected uterus donors one year after donation. *Transplantation*.
4. Warren, A. M., Bennett, M. M., de Graca, B., Waddimba, A. C., Gottlieb, R. L., Douglas, M. E., & **Powers, M. B.** (in press). Intentions to receive COVID-19 vaccines in the United States: Sociodemographic factors and personal experiences with COVID-19. *Health Psychology*.
5. Boehm, L.M., Bird, C.M., Warren, A.M., Danesh, V., Hosey, M.M., McPeake, J., Potter, K.P., Su, H., Eaton, T.L., & **Powers, M.B.** (in press). Understanding and managing anxiety sensitivity during critical illness and long-term recovery. *American Journal of Critical Care*.
6. Rozental, A. & **Powers, M.B.** (2023). Cognitive Behaviour Therapy: 50th Anniversary. *Cognitive Behaviour Therapy*. doi: [10.1080/16506073.2023.2189794](https://doi.org/10.1080/16506073.2023.2189794)
7. **Powers, M.B.**, Douglas, M., Driver, S., Sikka, S., Hamilton, R., Swank, C., Callender, L., Ochoa, C., Bennett, M., Stewart, N., Chauvin, G., Rothbaum, B.O., & Warren, A.M. (2022). Prevention of posttraumatic stress during inpatient rehabilitation post spinal cord injury: Study protocol for a randomized controlled trial of Brief Prolonged Exposure Therapy (Brief PE). *Contemporary Clinical Trials Communications*, 30, 101030. doi: [10.1016/j.conctc.2022.101030](https://doi.org/10.1016/j.conctc.2022.101030)
8. Souza, R.R., **Powers, M.B.**, McIntyre, C.K., Hays, S., & Kilgard, M. (2022). Timing of vagus nerve stimulation during fear extinction determines efficacy in a rat model of PTSD. *Scientific Reports*, 12, 1-11.
9. da Graca, B., Bennett, M.M., Gottlieb, R.L., Douglas, M.E., **Powers, M.B.**, & Warren, A.M. (in press). Associations of mental health and experience of the COVID-19 pandemic with U.S. adults' intentions to be vaccinated. *Population Health Management*.
10. Rubin, M., Foulser, A.A., Siegel, E.Y., Smits, J.A.J., **Powers, M.B.**, Angkaw, A., & Telch, M.J. (in press). Low reliability when determining Criterion A for PTSD from self-report descriptions of traumatic events: The need for transparent methods. *Journal of Traumatic Stress*.
11. Perez, L.G., Schell, T.L., Richmond, T.S., **Powers, M.B.**, Warren, A.M., Adams, M., Hambarsoomian, K., & Wong, E.C. (2023). Racial and ethnic disparities in chronic pain following traumatic injury. *Pain Medicine*, 24, 716-719.
12. Sanchez, K., Hall, L., da Graca, B., Bennett, M., **Powers, M.B.**, & Warren, A.M. (2023). The experience of COVID-19 among people with depression. *Journal of Affective Disorders*, 321, 59-65.
13. da Graca, B., Hall, L.R., Sanchez, K., Bennett, M.M., **Powers, M.B.**, & Warren, A.M. (2023). The risks of attrition bias in longitudinal surveys of the impact of COVID-19. *Baylor University Medical Center Proceedings*, 36, 161-164.
14. Sanchez, K., da Graca, B., Hall, L. R., Bennett, M. M., **Powers, M. B.**, & Warren, A. M. (2022). The pandemic experience for people with depressive symptoms: Substance use, finances, access to treatment, and trusted sources of information. *Substance Abuse: Research and Treatment*, 16, 11782218221126973. <https://doi.org/10.1177/11782218221126973>
15. Bennett, M.M., Douglas, M., da Graca, B., Sanchez, K., **Powers, M.B.**, & Warren, A.M. (2022). Attitudes and personal beliefs about the COVID-19 vaccine among people with COVID-19: A mixed-methods analysis. *BMC Public Health*, 22, 1936. <https://doi.org/10.1186/s12889-022-14335-x>
16. Elliott, T.R., Perrin, P.B., **Powers, M.B.**, Jacobi, K.S., & Warren, A.M. (2022). Predictors of vaccine hesitancy among health care workers during the COVID-19 pandemic. *International Journal of Environmental Research and Public Health*, 19 (12), 7123. <https://doi.org/10.3390/ijerph19127123>
17. Pogue, J.R., da Graca, B.M., Adams, M., Kruegar, C., Patel, R., Bennett, M., **Powers, M.B.**, & Warren, A.M. (2022). Strategies and lessons learned from a longitudinal study to maximize recruitment in the midst of a global pandemic. *Baylor University Medical Center Proceedings*, DOI: [10.1080/08998280.2022.2034494](https://doi.org/10.1080/08998280.2022.2034494)
18. Rabasco, A., McKay, D., Smits, J. A. J., **Powers, M. B.**, Meuret, A., & McGrath, P. (2022). Psychosocial treatment for panic disorder: An umbrella review of systematic reviews and meta-analyses. *Journal of Anxiety Disorders*, 86, 102528. <https://doi.org/https://doi.org/10.1016/j.janxdis.2022.102528>
19. Warren, A.M., Khetan, R., Bennett, M., Pogue, J., Waddimba, A.C., **Powers, M.B.**, & Sanchez, K. (2022). The relationship between stigma and mental health in a population of individuals with COVID-19. *Rehabilitation Psychology*, 67, 226-230. <https://doi.apa.org/doiLanding?doi=10.1037%2Frep0000436>

20. Warren, A.M., Perrin, P.B., Elliott, T.R., & **Powers, M.B.** (2022). Reasons for COVID-19 vaccine hesitancy in individuals with chronic health conditions. *Health Science Reports*, 5 (2): e485. <https://doi.org/10.1002/hsr2.485>
21. De Graca, B. M., Bennett, M., **Powers, M. B.**, & Warren, A. M. (2022). Psychological differences in adults with and without a positive COVID-19 diagnosis. *Journal of Mental Health*, 8, 1-8. <https://doi.org/10.1080/09638237.2021.2022617>
22. Hall, L.R., Sanchez, K., da Graca, B., Bennett, M.M., **Powers, M.B.**, Warren, A.M. (2022). Income differences and COVID-19: Impact on daily life and mental health. *Population Health Management*, 25, 384-391. doi: 10.1089/pop.2021.0214
23. Elliott, T. R., Perrin, P. B., Bell, A. S., **Powers, M. B.**, & Warren, A. M. (2021). Resilience, Coping, and Distress Among Healthcare Service Personnel During the COVID-19 Pandemic. *BMC Psychiatry*, 21 (1): 489. <https://doi.org/10.1186/s12888-021-03506-6>
24. **Powers, M. B.**, Carl, E., Levihn-Coon, A., Van Veldhuizen, M., Caven, A., Pogue, J.R., Fresnedo, M., Turner, E. Adams, M., Leonard, K., Conroy, H., Lantrip, C., Caven, T., Isbell, C., Regner, J., Garmon, E. Foreman, M., Miller, W., Fares, L. A., Carlbring, P., Otto, M. W., Weiss, D. N., Hughes, J., Bernhardt, J. M., Roy, R., Oh, J., Copt, R., MacClements, J., Warren, A. M., Rosenfield, B., Rosenfield, D., Minns, S., Telch, M. J., & Smits, J. A. J. (2021). Non-Pharmacologic Pain Management Among Hospitalized Inpatients: A Randomized Waitlist Controlled Trial of Standard Virtual Reality (CGI VR) versus Video Capture VR (360° 3D/Stereoscopic Video Capture VR). *The Clinical Journal of Pain*, 37, 678-687. <https://doi.org/10.1097/AJP.0000000000000958>
25. Warren, A. M., Bennett, M. M., Denesh, V., Waddimba, A. C., Tovar, M. A., Gottlieb, R. L., & **Powers, M. B.** (2021). Early psychological health outcomes among United States healthcare professionals, essential workers, and the general population during the COVID-19 pandemic: The influence of occupational status. *Psychiatry Research Communications*, 1, 100005. <https://doi.org/10.1016/j.psycom.2021.100005>
26. Ma, L., Mor, S., Anderson, P., Baños, R., Botella, C., Bouchard, S., Cárdenas, G., Donker, T., Fernández-Álvarez, J., Lindner, P., Mühlberger, A., **Powers, M.B.**, Quero, S., Rothbaum, B., Wiederhold, B., & Carlbring, P. (2021). Integrating Virtual Realities and Psychotherapy: SWOT Analysis on VR and MR Based Treatments of Anxiety and Stress-related Disorders. *Cognitive Behaviour Therapy*, 50, 509-526. <https://doi.org/10.1080/16506073.2021.1939410>
27. **Powers, M. B.**, Pogue, J. R., Curcio, N., Patel, S., Wierchowski, A., Thomas, E., Warren, A. M., Adams, M., Turner, E., Carl, E., Froehlich-Grobe, K., Sikka, S., Foreman, M., Leonard, K., Douglas, M., Bennett, M., & Driver, S. (2021). Prolonged exposure therapy for PTSD in spinal cord injury survivors: Study protocol for a randomized controlled trial. *Contemporary Clinical Trials Communications*, 22, 100763. <https://doi.org/10.1016/j.conctc.2021.100763>
28. Warren, A. M., Zolfaghari, K., Fresnedo, M., Bennett, M., Pogue, J., Waddimba, A. C., Zvolensky, M., Carlbring, P. & **Powers, M. B.** (2021). Anxiety sensitivity, COVID-19 fear, and mental health: Results from a United States population sample. *Cognitive Behaviour Therapy*, 50, 204-216. <https://doi.org/10.1080/16506073.2021.1874505>
29. Smoktunowicz, E., Barak, A., Andersson, G., Banos, R. M., Berger, T., Botella, C., Dear, B. F., Donker, T., Ebert, D. D., Hadjistavropoulos, H., Hodgins, D. C., Kaldo, V., Mohr, D. C., Nordgreen, T., **Powers, M. B.**, Riper, H., Ritterband, L. M., Rozental, A., Schueller, S. M., Titov, N., Weise, C., & Carlbring, P. (2020). Consensus statement on the problem of terminology in psychological interventions using the internet or digital components. *Internet Interventions*, 21, 100331. <https://doi.org/10.1016/j.invent.2020.100331>
30. Conroy, H. E., Jacquart, J., Baird, S. O., Rosenfield, D., Davis, M. L., **Powers, M. B.**, Frierson, G. M., Marcus, B. H., Otto, M. W., Zvolensky, M. J., & Smits, J. A. J. (2020). Age and pre-quit day attrition during smoking cessation treatment. *Cognitive Behaviour Therapy*, 49, 361-373. <https://doi.org/10.1080/16506073.2020.1751262>.
31. McMinn, K. R., Thomas, E. V., Martin, K. R., Khetan, J. N., McShan, E. E., Bennett, M., Solis, J., Jones, J., **Powers, M. B.**, & Warren, A. M. (2020). Psychological morbidity and functional impairment following traumatic pelvic injury. *Injury*, 51, 978-983. <https://doi.org/10.1016/j.injury.2020.02.038>
32. Kearns, N. T., Becker, J., McMinn, K., Bennett, M., **Powers, M. B.**, Warren A. M., & Edgerton, J. (2020). Increased spiritual well-being following cardiovascular surgery influences one-year perceived posttraumatic growth. *Psychology of Religion and Spirituality*, 12, 288-293. <https://doi.org/10.1037/rel0000291>
33. Carl, E., Witcraft, S. M., Kauffman, B. Y., Gillespie, E. M., Becker, E. S., Cujipers, P., Van Ameringen, M., Smits, J. A. J., & **Powers, M. B.** (2020). Psychological and pharmacological treatments for generalized anxiety disorder

- (GAD): A meta-analysis of randomized controlled trials. *Cognitive Behaviour Therapy*, 49, 1-21. <https://doi.org/10.1080/16506073.2018.1560358>
34. Agtarap, S., Carl, E., Reynolds, M. C., Roden-Foreman, K., Bennett, M., Rainey, E., **Powers, M. B.**, Driver, S., & Warren, A. M. (2020). Caregiver expectations of recovery among persons with spinal cord injury at three and six months post injury: A brief report. *The Journal of Spinal Cord Medicine*, 43, 122-125. <https://doi.org/10.1080/10790268.2018.1508953>
 35. Kearns, N. T., **Powers, M. B.**, Jackson, W. T., Elliott, T. R., & Ryan, T. (2019). Posttraumatic stress disorder symptom clusters and substance use among patients with upper limb amputations due to traumatic injury. *Disability and Rehabilitation*, 41, 3157-3164. <https://doi.org/10.1080/09638288.2018.1485180>
 36. Culp, B. L., Roden-Foreman, J. W., Thomas, E., Rainey, E., Bennett, M., Martin, R., **Powers, M. B.**, Foreman, M. L., Petrey, L., & Warren, A. M. (2019). Better with age: Comparing geriatric and non-geriatric patient's psychological outcomes six months post-trauma. *Cognitive Behaviour Therapy*, 48, 406-418. <https://doi.org/10.1080/16506073.2018.1533578>
 37. Curcio, N., Philpot, L., Bennett, M., Felius, J., **Powers, M. B.**, Edgerton, J., Warren, A. M. (2019). Anxiety, depression, and healthcare utilization 1 year after cardiac surgery. *The American Journal of Surgery*, 218, 335-341.
 38. Asmundson, G. J. G., Thorisdottir, A. S., Roden-Foreman, J. W., Baird, S. O., Witcraft, S. M., Stein, A. T., Smits, J. A. J., & **Powers, M. B.** (2019). A meta-analytic review of cognitive processing therapy for posttraumatic stress disorder in adults. *Cognitive Behaviour Therapy*, 48, 1-14.
 39. **Powers, M. B.** & Rothbaum, B. O. (2019). Recent advances in virtual reality therapy for anxiety and related disorders: Introduction to the special issue. *Journal of Anxiety Disorders*, 61, 1-2.
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Treatment Manuals & Practice Guidelines

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Manuscripts under Review

186. Douglas, M.E., Mamawala, M., Brown, S., **Powers, M.B.**, & Warren, A.M. (under review). Associations of mood symptoms and body mass among individuals with COVID-19. *Journal of Health and Social Behavior*.
187. Sanchez, K., Hall, L.R., da Graca, B., Bennett, M.M., **Powers, M.B.**, & Warren, A.M. (under review). The social determinants of mental health burden two years into the pandemic: Brief report from a longitudinal survey. *International Journal for Equity in Health*.
188. Leonard, K., Turner, E., Douglas, M., Patel, S., Bennett, M. M., Curcio, N., Adams, M., Pogue, J., McMinn, K., Petrey, L., Reynolds, M., **Powers, M. B.**, & Warren, A. M. (under review). Knowledge of family members admitted to an ICU: Impact on caregiver burden. *Intensive & Critical Care Nursing*.
189. Cortez-Neavel, G., Warren, A.M., Chauvette, G., Douglas, M.E., Turner, E., Raff, T., Leonard, K., Bennett, M. M., Garrett, J. S., Noah, T. D., Huddleston, P. S., Old Crow, A., Foreman, M., & **Powers, M. B.** (under review). Building resilience with heart rate variability biofeedback (HRVB): A Randomized Controlled Trial of HRVB to Reduce Burnout in Emergency Department and Intensive Care Unit Providers. *Applied Psychophysiology and Biofeedback*.

Manuscripts under Preparation

190. **Powers, M.B.**, Carey, H., Chauvin, G., Hayes, S., Kilgard, M., Smits, J.A.J., Rosenfield, D., & Rennaker, R. (under preparation). First in human implanted miniaturized vagus nerve stimulation augmentation of prolonged exposure therapy (PE) for PTSD: An open label safety trial.

191. Bird, C.M., Douglas, M., & **Powers, M.B.** (under preparation). Augmentation strategies for PE for PTSD. In C. McLean & E. Goetter (Eds.), *Prolonged exposure for PTSD: Innovations to improve access, engagement, and outcomes* (pp. X-XX). Springer.
192. **Powers, M. B.**, Douglas, M., Pogue, J. R., Chauvin, G., Curcio, N., Patel, S., Wierzchowski, A., Thomas, E., Warren, A. M., Adams, M., Turner, E., Carl, E., Froehlich-Grobe, K., Sikka, S., Foreman, M., Leonard, K., Bennett, M., & Foreman, M., Driver, S. (2021). Prolonged exposure therapy for PTSD in spinal cord injury survivors: A randomized controlled trial.
193. da Graca, B., Sanchez, K., Hall, L.R., Bennett, M.M., **Powers, M.B.**, & Warren, A.M. (under review). The association between depressive symptoms, substance use, trust in healthcare, and the negative impact on the COVID-19 pandemic on family, finances, and access to mental health care in a large US sample. *Journal of Public Health*.
194. **Powers, M. B.**, Pogue, J., Leonard, K., Turner, E., Wierzchowski, A., & Warren, A. M. (under preparation). Virtual reality and transcranial alternating current stimulation (tACS) for insomnia among police officers: A randomized controlled trial. Maris? Riley (IRB, devices)? Drafted Intro – Kiara & Emma, Methods Jamie, Results monica? References ?
195. **Powers, M. B.**, Levihn-Coon, A., Kauffman, B., Kleinsasser, A. L., Lee-Furman, E., Dutcher, C., Alvari, N., Carl, E., Thomas, E., Zvolensky, M. J., Medina, J., Conroy, H., Rosenfield, D., & Chauvin, G., Smits, J. A. J. (under preparation). Efficacy of Smoking Cessation Therapy Alone or Integrated with Prolonged Exposure Therapy for Smokers with PTSD: A Randomized Controlled Trial.
196. **Powers, M. B.**, Van Veldhuizen, M., Papini, S., Carl, E., Gebhardt, C. S., Fares, L., Lantrip, C., Pogue, J., Conroy, H., Hughes, H., Isbell, C., Regner, J. L., Foreman, M., Warren, A. M., & Smits (under preparation). Brief objective behavioral avoidance assessment immediately following traumatic injury predicts later PTSD in a Level I Trauma Center.

PRESENTATIONS

1. Richmond, T.S., Jacoby, S.F., Schell, T.L., **Powers, M.B.**, Warren, A.M. & Wong, E.C. (April 2023) Contributors to the emergence of racial and ethnic chronic pain disparities after traumatic injury. Society for the Advancement of Violence & Injury Research. Denver, CO.
2. **Powers, M.B.** (January, 2023). Recent advances in the treatment of PTSD. Physical Medicine and Rehabilitation Grand Rounds, Baylor University Medical Center, Dallas, TX.
3. Foreman M, **Powers MB**, Kilgard M, Hays S, Smits J, Wigginton J, Turner E, Chauvin G, McAuliffe M, Warren AM, Douglas, M., Naftalis R, Carey H, Warren V, & Rennaker R. Surgical implantation of a novel, wireless, pulse generator for vagal nerve stimulation (VNS): Preliminary results of a first-in-human study of enhanced neuroplasticity in the treatment of PTSD. Presentation at the Texas Surgical Society Meeting (Fall 2022).
4. Souza, R.R., **Powers, M.B.**, Rennaker, R.L., Hays, S.A., McIntyre, C.K., & Kilgard, M.P. (November, 2022). Timing of vagus nerve stimulation during fear extinction determines efficacy in a rat model of PTSD. Poster presented at Neuroscience, San Diego, CA.
5. **Powers, M.B.**, Kilgard, M., Hays, S., Smits, J., Wigginton, J., Turner, E., Chauvin, G., Rosenfield, D., Warren, A.M., Foreman, M., Naftalis, R., Carey, H., Warren, V., & Rennaker, R. (November, 2022). First-in-human implanted vagus nerve stimulation (VNS) augmentation of prolonged exposure therapy (PE) for PTSD: Open level safety trial and initial efficacy data. Poster presented at the International Society for Traumatic Stress Studies (ISTSS), Atlanta, GA.
6. **Powers, M.B.**, Douglas, M.E., Driver, S., Sikka, S., Hamilton, R., Swank, C., Callender, L., Ochoa, C., Bennett, M., Stewart, N., Chauvin, G., & Warren, A.M. (May, 2022). Prevention of posttraumatic stress: A randomized controlled trial of brief prolonged exposure therapy (Brief PE) during inpatient rehabilitation post spinal cord injury. Poster presentation to the American Spinal Injury Association (ASIA). New Orleans, LA.
7. **Warren** (under review). Covid. Poster under review for presentation at the International Society for Traumatic Stress Studies (ISTSS), Atlanta, GA.

8. Danesh, V., Warren, A.M., Bennett, M., Waddimba, A., Tovar, M., Gottlieb, R., & **Powers, M.B.** (February 2022). Psychological distress among healthcare workers and essential workers during the COVID-19 pandemic. Presentation to the annual Critical Care Congress, San Juan, Puerto Rico.
9. **Powers, M.B.**, Kilgard, M., Hays, S., Smits, J., Wigginton, J., Turner, E., Chauvin, G., McAuliffe, M., Warren, A.M., Foreman, M., Naftalis, R., Carey, H., Warren, V., & Rennaker, R. (October 2021). First-in-human implanted vagus nerve stimulation (VNS) augmentation of prolonged exposure therapy (PE) for PTSD: A case study. Poster presented to the annual STRONG STAR Combat PTSD Conference, San Antonio, TX.
10. **Powers, M.B.** (August 2021). Nature, causes, and treatment of PTSD and related comorbidities. Invited talk presented at the Baylor Scott & White Orthopedic Scholarly Meeting, Dallas, TX.
11. **Powers, M.B.**, Raff, T., Huddleston, P., Turner, E., Cortez-Neavel, G., Leonard, K., Bennett, M.M., Garrett, J.S., Noah, T., Old Crow, A., Foreman, M., Pogue, J., & Warren, A.M. (July 2021). Building resilience with heart rate variability biofeedback (HRVB) with acute care setting providers. Invited talk presented to the Baylor Scott & White Health Research Council, Dallas, TX.
12. Turner, E., Leonard, K., Kilgard, M., Hays, S., Wigginton, J., Foreman, M., Naftalis, R., Warren, A. M., Smits, J., **Powers, M. B.**, & Rennaker, R. (November 2020). Targeted plasticity therapy for posttraumatic stress disorder (PTSD): A phase I safety trial using vagus nerve stimulation (VNS). Poster presented at the International Society for Traumatic Stress Studies (ISTSS) annual meeting.
13. **Powers, M. B.**, Carl, E., Pogue, J., Fresnedo, M., Turner, E. Adams, M., Leonard, K., Levihn-Coon, A., Van Veldhuizen, M., Caven, A., Conroy, H., Lantrip, C., Caven, T., Isbell, C., Regner, J., Garmon, E. Foreman, M., Miller, W., Fares, L. A., Carlbring, P., Otto, M., Weiss, D. N., Hughes, J., Bernhardt, J., Roy, R., Oh, J., MacClements, J., Warren, AM., Rosenfield, B., Rosenfield, D., & Smits, J. A. J. (2020). *Non-Opioid Pain Management: A Randomized Controlled Trial of Virtual Reality (VR)*. Podium presentation delivered to the North Texas Chapter of the American College of Surgeons Annual Meeting, Dallas, TX.
14. **Powers, M. B.**, Wolff, L., Wolff, C., Stevens, G. B., Old Crow, A., Leonard, K., Pogue, J., Turner, E., Cortez-Neavel, G., Fresnedo, M., Adams, M., Wierzchowski, A., Foreman, M., & Warren, A. M. (2020). Resilience in law enforcement: Randomized controlled trials of virtual reality, transcranial alternating current stimulation (tACS), and heart rate variability biofeedback in first responders and emergency care providers. Podium presentation delivered to the Law Enforcement Mental Health Alliance, Dallas Texas.
15. Adams, M., Fresnedo, M., Pogue, J., Leonard, K., Turner, E., Kearns, N., Perry, S., Foreman, M., Warren, A. M., & **Powers, M. B.** (2019). *Successful strategies to recruit in-patients in research studies: Lessons learned from a NIH funded multi-site trial*. Poster presented to the North Texas Chapter of the American College of Surgeons Annual Meeting, Dallas, TX.
16. Pogue, J., Adams, M., Fresnedo, M., Curcio, N., Patel, S., Wierzchowski, A., Thomas, E., Turner, E., Warren, AM., Grobe, K., Driver, S, Foreman, M., & **Powers, M. B.** *Pilot Randomized Controlled Trial of Psychological Treatment of Posttraumatic Stress Disorder (PTSD) Among Spinal Cord Injury Survivors at a Level I Trauma Center.* (2019) Poster presented to the North Texas Chapter of the American College of Surgeons Annual Meeting, Dallas, TX.
17. Carl, E., Hoadley, L., Mason, J., Smits, J.A.J., Asmundson, G.J.G., & **Powers, M.B.** (2020, March). Acceptance and mindfulness for exercise in anxiety. In G. J. G. Asmundson (Chair), *Sweat the Fret: Exploring Exercise Interventions for Depression and Anxiety-Related Symptoms*. Symposium conducted at the Anxiety and Depression Association of America, San Antonio, Texas, USA.
18. Asmundson, G. J. G., Mason, J., Smits, J. A. J., **Powers, M. B.**, & Otto, M. W. (March 2020). Efficacy of regular aerobic exercise as an adjunct or stand alone treatment for PTSD: A randomized controlled trial. In Krakauer, R. L. (Chair), *Sweat the fret: Exploring exercise interventions for depression and anxiety-related symptoms*. Symposium to be presented at the 40th Annual Conference of the Anxiety and Depression Association of America, San Antonio, TX.
19. Smits, J. A. J., **Powers, M. B.**, & Otto, M. O. (November 2019). A transdiagnostic approach to exposure-based treatment: A memory-centric perspective. Workshop presented at the Association of Behavioral and Cognitive Therapies, Atlanta, GA.
20. **Powers, M. B.**, Carl, E., Mason, J. E., Rosenfield, D., Thomas, E., Smits, J. A. J., Otto, M. W., & Asmundson, J. G. (March, 2019). Efficacy of aerobic exercise as an adjuvant or stand-alone treatment for PTSD: A randomized controlled trial. Symposium (Richard McNally, PhD Chair) presented at the International Convention of Psychological Science. Paris, France.

21. **Powers, M. B.** (May, 2019). Recent advances in the treatment of PTSD. Invited talk for “Clinical Webinars for Health Service Psychologists: Translating research to practice”, National Register of Health Service Psychologists, Washington, DC.
22. Roman, K. & **Powers, M. B.** (April 2019). Treating depression, anxiety, and insomnia without medication. Invited talk presented at *Fortune* Brainstorm Health, San Diego, CA.
23. **Powers, M. B.** & Cannon, R. (April, 2019). Nature, causes, treatment, and prevention of PTSD among first responders. Invited talk presented to the International Renegade Pigs Motorcycle Club annual convention, Fort Worth, TX.
24. **Powers, M. B.**, Carl, E., Mason, J. E., Rosenfield, D., Thomas, E., Smits, J. A. J., Otto, M. W., Pogue, J., Adams, M. & Asmundson, G. J. G. (March, 2019). Efficacy of aerobic exercise as an adjuvant or stand-alone treatment for PTSD: A randomized controlled trial. Symposium presented at the International Association of Psychological Science, Paris, France.
25. **Powers, M. B.** & Warren, A. M. (November, 2018). Trauma: PTSD & Resilience. Invited talk presented at the Baylor Scott & White Research Institute Focus on Research Series at Baylor University Medical Center, Dallas, TX.
26. Papini, S., Pisner, D., Shumake, J., **Powers, M. B.**, Beevers, C. G., Rainey, E. E., Smits, J. A. J., & Warren, A. M. (November, 2018). Recent advances in the treatment of PTSD. Invited talk presented at the Center for Brain Health, Frontiers of Brain Health Lectures, Dallas, TX.
27. **Powers, M. B.**, Levihn-Coon, A., Miller, W., Caven, A., MacClements, J., Oh, J., Bernhardt, J., Carlbring, P. & Smits, J. A. J. (2018). A randomized controlled trial of animated versus live action virtual reality therapy for anxiety and pain in a Level I Trauma Center. Symposium presented at the Annual Meeting of the Anxiety and Depression Association of America, Washington DC.
28. Martin, K. R., Rothbaum, B. O., Carlbring, P., Botella, C., Peskin, M., Loucks, L., & **Powers, M. B.** (2018). Real world observations using virtual reality treatments for anxiety and related disorders. Symposium presented at the Annual Meeting of the Anxiety and Depression Association of America, Washington DC.
29. Garey, L., Zvolensky, M. J., Rosenfield, D. Kauffman, B. Y., Langdon, K. J., **Powers, M. B.**, Otto, M. W., Davis, M. L., Marcus, B. H., Church, T. S., Frierson, G. M., Hopkins, L. B., Paulus, D. J., Baird, S. O., & Smits, J. A. J. (2017, November). *Exercise for smoking cessation: Mechanistic role of reductions in anxiety sensitivity and dysphoria*. In K. L. Szuhany and M. A. Kredlow (Chairs), Exercise interventions targeting mood: Models and mechanisms. Paper presented at the 51st annual meeting of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
30. **Powers, M. B.** & Carlbring, P. (2017, April). Recent advances in virtual reality therapy. Symposium presented at the Annual Convention of the Anxiety and Depression Association of America, San Francisco, CA.
31. **Powers, M. B.**, Johnson, E., Porter, T., & Porter, A. (2017). Virtual Reality Therapy: Treatment for the World. Panel Presented at South by Southwest (SXSW), Austin, TX.
32. Minns, S., Levin-Coon, A., Miller, W., Smits, J. A. J., Howard, D., Quiroz, S., Lee-Furman, E. J., Telch, M., Carlbring, P., Oh, J., & **Powers, M. B.** (2017). Enhanced VR exposure therapy (3D HD Film) for spider fear: A randomized controlled trial. Symposium presented at the Annual Meeting of the Anxiety and Depression Association of America, San Francisco, CA.
33. **Powers, M. B.**, Davis, M., Kauffman, B., Kleinsasser, A. L., Lee-Furman, E., Dutcher, C., Smits, J. A. J., Zvolensky, M. J., & Rosenfield, D. (2017). Smoking and trauma. Scientific Research Symposium presented at the Annual Convention of the Anxiety and Depression Association of America, San Francisco, CA.
34. **Powers, M. B.**, Medina, J., Burns, S., Kauffman, B., Monfils, M., Asmundson, G. J. G., Diamond, A., McIntyre, C., & Smits, J. A. J. (2016, November). Exercise augmentation of exposure therapy for PTSD: Rationale and pilot efficacy data. Symposium presented at the Annual Convention of the International Society for Traumatic Stress Studies (ISTSS), Dallas, TX.
35. Fillo, J., Alfano, C. A., Paulus, D. J., Smits, J. A. J., Davis, M. L., Rosenfield, D., Marcus, B. H., Church, T. S., **Powers, M. B.**, Otto, M. W., Baird, S. O., & Zvolensky, M. J. (March 2017). Emotion dysregulation explains relations between sleep disturbance and smoking quit-related cognition and behavior. In W. C. Brown (Chair), *Emotion regulation difficulties as a concomitant substance use problem*. Symposium presented at the 5th annual Collaborative Perspectives on Addiction Conference, Albuquerque, NM.
36. **Powers, M. B.**, Lee-Furman, E., Kauffman, B., Smits, J. A. J., Zvolensky, M., & Rosenfield, D. (2016, November). The Efficacy of Smoking Cessation Alone or Integrated With Prolonged Exposure Therapy for

- Smokers With PTSD. Symposium presented at the Annual Convention of the Association for the Advancement of Behavioral and Cognitive Therapies, New York, NY.
37. Baird, S., Lee-Furman, E., Rinck, M., **Powers, M. B.**, & Smits, J. A. J. (2016, November). Approach Bias Modification Among Treatment-Seeking Smokers. Symposium presented at the Annual Convention of the Association for the Advancement of Behavioral and Cognitive Therapies, New York, NY.
 38. Davis, M. D., Zvolensky, M., Rosenfield, D., Marcus, B., Church, T., **Powers, M. B.**, Frierson, G., Otto, M. J., Hopkins, L., Brown, R., Baird, S., & Smits, J. A. J. (2016, November). Vigorous-Intensity Exercise Reduces Anxiety Sensitivity During a Quit Attempt Among Smokers With High Anxiety Sensitivity. Symposium presented at the Annual Convention of the Association for the Advancement of Behavioral and Cognitive Therapies, New York, NY.
 39. Jacquart, J., Rosenfield, D., **Powers, M. B.**, & Smits, J. A. J. (2016, November). Efficacy of Acute Aerobic Exercise for Enhancing Virtual Reality Exposure Therapy for Acrophobia. Symposium presented at the Annual Convention of the Association for the Advancement of Behavioral and Cognitive Therapies, New York, NY.
 40. Papini, S., Ruglass, L. M., Lopez-Castro, T., **Powers, M. B.**, Smits, J. A. J., & Hien, D. A. (2016, November). Chronic Cannabis Use Is Associated With Impaired Fear Extinction in Humans. Symposium presented at the Annual Convention of the Association for the Advancement of Behavioral and Cognitive Therapies, New York, NY.
 41. Otto, M. W., **Powers, M. B.**, & Smits, J. A. J. (2016, June). Optimizing treatment outcomes by adding an exercise prescription: Rationale & strategies. Workshop presented at the Annual Convention of the American Psychological Association.
 42. Zhong, J., Zang, Y. J., McLean, C., Foa, E. B., Rauch, S., Porter, K., Knowles, K., **Powers, M.**, & Kauffman, B. (2015, November). Preliminary psychometrics for the Posttraumatic Diagnostic Scale for DSM-5 (PDS-5): Reliability and concurrent validity. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
 43. Witcraft, S., **Powers, M. B.**, Kauffman, B. Y., Gillespie, E. M., Becker, E., Cuijpers, P., Van Ameringen, M. & Smits, J. A. J. (2015, November). *Efficacy of Pharmacologic and Cognitive-Behavioral Treatments for Generalized Anxiety Disorder: A Meta-analysis*. Poster presented at the 49th Association for Behavioral and Cognitive Therapies Annual Convention, Chicago, IL.
 44. Tuerk, P., Wangelin, B., **Powers, M. B.**, Smits, J. A. J., Hamner, M., & Foa, E. B. (under review). Extinction Enhancement with Yohimbine HCl: Preliminary Findings from a Double-Blind Placebo Controlled Trial. Poster submitted to the International Society of Traumatic Stress.
 45. Tuerk, P., Wangelin, B., **Powers, M.**, Smits, J., & Hamner, M. (under review). Enhancing exposure therapy for PTSD with yohimbine HCL: A double-blind, randomized-controlled study implementing subjective and objective measures of treatment outcome. Talk submitted for presentation at the Anxiety and Depression Association of America Annual Conference, Chicago, IL.
 46. Medina, J. L., Davis, M. L., Zvolensky, M. J., Marcus, B. H., **Powers, M. B.**, Rosenfield, D. R., Frierson, G. M., Otto, M. W., & Smits, J. A. (2013, March). *Sex and Distress Tolerance Interact to Predict Functional Capacity Measured with Maximal Exercise Testing*. In L. Sylvia & M. Otto (Co-Chairs), The role of exercise and sleep: Multidisciplinary perspectives on improving quality of life and functioning. Talk submitted for presentation at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.
 47. Deacon, B., **Powers, M. (Discussant)**, Franklin, M., Freeman, J., Sapyta, J., Rabin, S., Herbert, J., Forman, E., Ibrahim, A., Matteucci, A. Goldstein, S. Farrell, N., Kemp, J., Dixon, L., Sy, J., Zhang, A. & McGrath, P. (2013). Therapist Barriers to the Dissemination of Exposure Therapy. Symposium submitted for presentation at the Association for Cognitive and Behavioral Therapies annual convention.
 48. Medina, J. L., Davis, M. L., DeBoer, L. D., Otto, M. W., **Powers, M. B.**, & Smits, J. A. (2013, January). Gender moderates the effect of exercise on anxiety sensitivity. Poster presented at the 33rd Anxiety and Depression Association of America Annual Conference, La Jolla, SD.
 49. Davis, M., **Powers, M. B.**, & Smits, J. (April, 2013). Extinction parameters that predict outcome of CBT augmented with a cognitive enhancer. Symposium presented at the 33rd annual Anxiety Disorders Association of America Conference, Chicago, IL.
 50. **Powers, M. B.** (Discussant) (April, 2013). Keeping current: Updating and improving the assessment of social anxiety disorder and related constructs. Symposium accepted for presentation at the 33rd annual Anxiety Disorders Association of America Conference, Chicago, IL.

51. Medina, J. L., Davis, M. L., DeBoer, L. D., Briceno, N. F., Otto, M. W., **Powers, M. B.**, & Smits, J. A. (2012, May). Gender Moderates the Effect of Exercise on Anxiety Sensitivity. Poster presented at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.
52. DeBoer, L. B., Davis, M. L., **Powers, M. B.**, Smits, J. A. J. (April, 2012). *Dietary Supplements for Anxiety Disorders: A Systematic Review*. Poster presented at the 32nd annual Anxiety Disorders Association of American Conference, Arlington, VA.
53. Tolin, D., Carbonell, D., Barnett, J., Kolmes, K., Shern, D. & **Powers, M. (Discussant)** (2012) Ethics in the Media and electronic communication. Symposium presented at the Anxiety Disorders Association of America (Washington, DC).
54. Fetzner, M, Peluso, D., Bovin, M., El-Gabalawy, R., Gonzalez, A., **Powers, M (Discussant)** (2012). On trauma: A theoretical and clinical perspective on how traumatic experiences shape subsequent PTSD. Symposium presented at the Anxiety Disorders Association of America (Washington, DC).
55. **Powers, M**, Drury, S., Abramowitz, J., Roy-Byrne, P., Pao, M., & Pine, D. (2012) Publication strategies panel. Symposium presented at the annual meeting of the Anxiety Disorders Association of America.
56. DeBoer, L, Tart, C., Baldwin, A., **Powers, M.**, & Smits, J. (November 2011). An Investigation of the Roles of Anxiety Sensitivity, Physical Activity, and Coping Motives in Binge Eating. Poster presented at the annual meeting of the Association for Cognitive and Behavioral Therapies.
57. Paton, J. Worly, A., **Powers, M.**, Gillihan, S., Rosenfield, D. & Foa, E. (November 2011). Reliability and Validity of the Posttraumatic Diagnostic Scale and Posttraumatic Symptom Scale-Interview Among Participants With PTSD and Alcohol Dependence. Poster presented at the annual meeting of the Association for Cognitive and Behavioral Therapies.
58. **Powers, M. B.** & Smits, J. (Moderators), Asmundson, G., Ollendick, T., & Heimberg, R. (Panel Members) (March 2011). Publication strategies panel. Symposium presented at the annual meeting of the Anxiety Disorders Association of America, New Orleans, LA.
59. **Powers, M. B.** (Chair), Foa, E. B., Resick, P., Zoellner, L., Albano, A. M., & Simpson, H. B. (March 2010). How do treatments for anxiety disorders benefit patients in the long run? Symposium presented at the annual meeting of the Anxiety Disorders Association of America, Baltimore, MD.
60. Meyerbrocker, K., van Stegeren, A., **Powers, M.**, & Emmelkamp, P. (2009). Fear extinction with yohimbine hydrochloride in subjects with fear of flying: A randomized placebo controlled trial. Post presented at Association for Cognitive and Behavioral Therapies, New York, NY.
61. Yasinski, C., **Powers, M. B.**, & Foa, E. B. (November, 2009) Predictors of pre-intake attrition in a treatment-seeking sample with PTSD and alcohol dependence. Poster presented at the annual convention of the Association for Cognitive and Behavioral Therapies, New York, NY.
62. Capozzoli, M. C., Huppert, J. D., **Powers, M. B.**, & Foa, E. B. (November, 2009). Change in attentional focus in the treatment of patients with social anxiety disorder. Poster presented at the annual meeting of the Association for Cognitive and Behavioral Therapies, New York, NY.
63. Foa, E.B., Gilboa-Schechtman, E., **Powers, M.B.**, & Shafran, N. (November, 2008). Efficacy of prolonged exposure therapy for PTSD in adolescents. *Symposium at the annual meeting of the International Society of Traumatic Stress Studies, Chicago, Illinois.*
64. **Powers, M.B.** & Emmelkamp, P. (November, 2007). Virtual reality therapy for anxiety disorders: A meta-analysis. Symposium by Emmelkamp, P & Botella, C. "Virtual reality therapy for anxiety disorders". *Symposium at the annual meeting of the Association for Cognitive and Behavioral Therapies, Philadelphia, PA.*
65. Smits, J., Berry, A., Rosenfield, D., **Powers, M.B.**, Behar, E., & Otto, M. (November, 2007). Reducing anxiety sensitivity with exercise. *Symposium at the annual meeting of the Association for Cognitive and Behavioral Therapies, Philadelphia, PA.*
66. **Powers, M.B.**, Smits, J., Whitley, D., Bystritsky, A., & Telch, M. (Presenter: July, 2007). Attributional processes concerning medication taking following exposure-based treatment and their subsequent effects on return of fear at follow-up. Symposium by Radomsky, A. "Disentangling the roles of safety and neutralizing behaviours: Helpful, harmful, both or neither?" *Symposium at the meeting of the World Congress of Behavioural and Cognitive Therapies, Barcelona, Spain.*
67. **Powers, M.**, Zum Vorde Sive Vording, M., van Dijk, M., Sanders, C., Maor, R., Bishop, S., Brink, R., Smits, J., & Emmelkamp, P. (July, 2007). Exercise intensity and instructional set manipulation with anxiety sensitive

- participants: A work in progress. *Poster presented at the meeting of the World Congress of Behavioural and Cognitive Therapies, Barcelona, Spain.*
68. **Powers, M.**, van Dijk, M., Zum Vorde Sive Vording, M., Sanders, C., Maor, R., Franic, S., Aelen, S., & Emmeklamp, P. (July, 2007). Augmentation of exposure therapy with a cognitive enhancer (Yohimbine): A work in progress. *Poster presented at the meeting of the World Congress of Behavioural and Cognitive Therapies, Barcelona, Spain.*
 69. **Powers, M.B.**, Smits, J., Whitley, D., Bystritsky, A., & Telch, M. (Presenter: March, 2007). Attributional processes concerning medication taking following exposure-based treatment and their subsequent effects on return of fear at follow-up. *Individual presentation at the annual meeting of the Anxiety Disorders Association of America, St. Louis, Missouri.*
 70. **Powers, M.B.** (Presenter), Smits, J., Bystritsky, A., Bookheimer, S., & Telch, M. (March, 2005). Functional MRI Examination of Limbic System Perturbations in Panic Disorder Patients Pre and Post Cognitive Behavioral Therapy: A Waitlist Controlled Trial. *Symposium conducted at the annual meeting of the Anxiety Disorders Association of America, Seattle, Washington.*
 71. **Powers, M.B.** (Presenter), Smits, J.A.J., & Telch, M.J. (March, 2005). Fear of suffocation and entrapment change during cognitive-behavioral treatment of claustrophobia as a predictor of clinical status at post-treatment. *Symposium conducted at the annual meeting of the Anxiety Disorders Association of America, Seattle, Washington.*
 72. Telch, M. (Chair), Craske, M. (Discussant), **Powers, M.** (Presenter), Smits, J. (Presenter). (2003). Pushing the Envelope on Exposure Treatments for Phobic Disorders. *Symposium conducted at the annual meeting of the Association for the Advancement of Behavior Therapy, Boston, Massachusetts.*
 73. Smits, J. A., **Powers, M. B.**, Otto, M. W., & Utschig, A. C. (2005). A waitlist-controlled evaluation of the utility of an aerobic exercise program for the treatment of panic disorder: Work in Progress. *Poster presented at the Anxiety Disorders Association of America, Seattle, Washington.*
 74. **Powers, M.B.**, Smits, J.A., & Telch, M. (2004) Attributional processes concerning medication taking and their subsequent effects on fear reduction during exposure-based treatment: A work in progress. *Poster presented at the Association for the Advancement of Behavior Therapy, New Orleans, Louisiana.*
 75. **Powers, M.B.**, Smits, J.A., Bystritsky, A., Barrera, P., Peters, J., Kissen, D., Weiss, S., Telch, M. (2004) Attributional processes concerning medication taking and their subsequent effects on fear reduction during exposure-based treatment: A work in progress. *Poster presented at the Anxiety Disorders Association of America annual convention in Miami, Florida.*
 76. Smits, J.A.J, **Powers, M.B.**, Cho, Y., Wimmer, M., Roddy, S.K., & Telch, M.J. (2004). Facilitating public speaking fear reduction by increasing the salience of disconfirmatory evidence. *Poster presented at the Anxiety Disorders Association of America annual convention in Miami, Florida.*
 77. **Powers, M.B.**, Smits, J.A., Bystritsky, A., Barrera, P., Peters, J., Kissen, D., Weiss, S., Telch, M. (2003) Attributional processes concerning medication taking and their subsequent effects on fear reduction during exposure-based treatment: A work in progress. *Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Boston, Massachusetts.*
 78. **Powers, M.B.**, Smits, J., Rutledge, J.N., Bystritsky, A., Bookheimer, S., Fox, P., Glahn, D., Otto, M. & Telch, M. (2003). Functional MRI Examination of Limbic System Perturbations in Panic Disorder Patients Pre and Post Cognitive Behavioral Therapy: A Waitlist Controlled Trial. *Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Boston, Massachusetts.*
 79. Cho, Y.C., Smits, J.A.J., **Powers, M.B.**, & Telch, M.J. (2003). Fear of fear change during cognitive-behavioral treatment of panic disorder as a predictor of clinical status at follow-up. *Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Boston, Massachusetts.*
 80. Smits, J.A.J, **Powers, M.B.**, Cho, Y., Wimmer, M., Roddy, S.K., & Telch, M.J. (2003). Facilitating public speaking fear reduction by increasing the salience of disconfirmatory evidence. *Poster presented at the annual meeting of the Association for the Advancement of Behavior Therapy, Boston, Massachusetts.*
 81. **Powers, M.B.**, Smits, J.A., Valentiner, D.P., Ilai, D., Young, P.R., & Telch, M.J. (2003). Fear Activation and Distraction during the Emotional Processing of Claustrophobic Fear. *Poster presented at the annual meeting of the Anxiety Disorders Association of America, Toronto, Canada.*
 82. **Powers, M.B.**, Beckner, V. E., Smits, J.A., & Telch, M.J. (2003). Abnormal Salivary Cortisol Levels in Claustrophobic Patients in Response to Phobic Stimuli and Normalization Following Exposure-Based

- Treatment. *Poster presented at the annual meeting of the Anxiety Disorders Association of America, Toronto, Canada.*
83. **Powers, M.**, Rentz, T., Smits, J., Cogle, J., Telch, M. (2003). Active-Imaginal Exposure: Examination of a new behavioral treatment of dog phobia. *Poster presented at the annual meeting of the Anxiety Disorders Association of America, Toronto, Canada.*
 84. Smits, J.A.J., **Powers, M.B.**, Wimmer, M., Cho, Y., & Telch, M.J. (2003). Facilitating public speaking fear reduction by increasing the salience of disconfirmatory evidence: Work in progress. *Poster presented at the annual meeting of the Anxiety Disorders Association of America, Toronto, Canada.*
 85. Smits, J.A.J., **Powers, M.B.**, Dement, M., & Telch, M.J. (2003). Fear response following a 35% carbon dioxide challenge: a test of the moderating effects of anxiety sensitivity and perceived safety. *Poster presented at the annual meeting of the Anxiety Disorders Association of America, Toronto, Canada.*
 86. Sloan, T.B., Smits, J.A.J, **Powers, M.B.**, Beckner, V.B., Barrera, P., & Telch, M.J. (2003). An examination of the potency of the detrimental effects of safety behavior utilization. *Poster presented at the annual meeting of the Anxiety Disorders Association of America, Toronto, Canada.*
 87. **Powers, M.**, Smits, J., Bui, T., Harness, A., Barrera, P., & Telch, M. (2002). Fear Reduction as a Function of Safety Behavior Availability or Utilization in Claustrophobia: A Placebo Controlled Study. *Poster presented at the Association for the Advancement of Behavior Therapy National Convention, Reno, Nevada.*
 88. Smits, J.A.J., Cho, Y.C., Randall, P.K., **Powers, M.B.**, & Telch, M.J. (2002). Respiratory sensitivity as a predictor of agoraphobia status among individuals suffering from panic disorder. *Poster presented at the Association for the Advancement of Behavior Therapy National Convention, Reno, Nevada.*
 89. Smits, J.A.J., Cho, Y.C., Randall, P.K., **Powers, M.B.**, & Telch, M.J. (2002). Mechanism of change in cognitive-behavioral treatment of panic disorder: A test of the fear of fear mediational hypothesis. *Poster presented at the Association for the Advancement of Behavior Therapy National Convention, Reno, Nevada.*
 90. **Powers, M.**, Smits, J., Bui, T., Harness, A., Barrera, P., & Telch, M. (2002). Anxiety-Maintaining Safety Behaviors in Claustrophobia: A Treatment Study. *Poster presented at the American Psychological Association National Convention, Chicago, Illinois.*
 91. Telch, M.J., Smits, J.A.J., **Powers, M.**, & Kamphuis, J.H. (2002). The effects of comorbid personality disorders on cognitive behavioral treatment for panic disorder. *Poster presented at the American Psychological Association National Convention, Chicago Illinois.*
 92. Telch, M., Smits, J., **Powers, M.** (2002). Safety Behavior Fading in the Treatment of Panic Disorder. *Poster presented at the American Psychological Association National Convention, Chicago, Illinois.*
 93. **Powers, M.**, Smits, J., Bui, T., Harness, A., Barrera, P., & Telch, M. (2002). Anxiety-Maintaining Safety Behaviors in Claustrophobia: A Work in Progress. *Poster presented at the Anxiety Disorders Association of America National Conference, Austin, Texas.*
 94. Telch, M., Smits, J., **Powers, M.** (2002). Safety Behavior Fading in the Treatment of Panic Disorder. *Poster presented at the Anxiety Disorders Association of America National Conference, Austin, Texas.*
 95. Telch, M.J., Smits, J.A.J., **Powers, M.**, & Kamphuis, J.H. (2002). The effects of comorbid personality disorders on cognitive behavioral treatment for panic disorder. *Poster presented at the Anxiety Disorders Association of America National Conference, Austin, Texas.*
 96. Bystritsky, A., Sandbrand, D., Sabb, F., **Powers, M.**, Craske, M., & Bookheimer, S. (2000). Functional MRI changes during panic anticipation and imagery exposure. *Poster presented at the American College of Neuropsychopharmacology (ACNP), San Juan, Puerto Rico.*
 97. Stuber, M., Glover, D., Stelling, C., & **Powers, M.** (1999). Immune functioning among mothers of children who survive cancer. *Poster presented at the Normin Cousins Psychoneuroimmunology Program Retreat, UCLA Medical Center, Los Angeles, California.*
 98. Eastman, K., Aranda, R., Lobsang, R., **Powers, M.**, Anton, P., Chang, L., Naliboff, B., Hart, C., Burscl-4 B., Glover, D., Fahey, J., Willdns, J., & Zeltzer, L. (1998). Maximizing healing: Ayurvedic meditation for adolescents and adults with inflammatory bowel disease. *Poster presented at the CURE GI Clinical and Outcomes Research Meeting, West Los Angeles VA Medical Center, Los Angeles, California.*
 99. **Powers, M.**, Glover, D., & Zeltzer, L. (1998). Reliability of laboratory pain ratings and tolerance in children. *Poster presented at the American Pain Society 17'h Annual Scientific Meeting, San Diego, California.*
 100. Waterhouse, M., Levy, S., **Powers, M.**, & Zeltzer, L. (1998). Feasibility and acceptance of acupuncture and hypnotherapy in the

treatment of chronic pain in children. *Poster presented at the Society for Acupuncture Research 1998 Annual Meeting, Stanford University, Palo Alto, California.*

101. Glover, D., Guo, M., Weiss, R., **Powers, M.**, & Zeltzer, L. (1998). Alcohol use among young adult survivors of childhood cancer. *Poster presented at The Society of Behavioral Medicine Nineteenth Annual Scientific Sessions.*

SPECIALIZED TRAINING

- The Winning Mind Resilience training by Lt. Col. Dave Grossman.
Completed: April 7-9, 2019
Location: Weatherford, TX
- Basic Crisis Negotiator's Course: Texas Association of Hostage Negotiators
Completed February 25-March 1, 2019
Location: Southlake Police Department DPS Training Center, TX
- Garland Police Department Emergency and Pursuit Driving Course
Completed: March 22-29, 2019
Location: Cado Mills Airport, TX
- Heartmath Certified Trainer Program: The Resilience Advantage Program for Hospital Wellness and the US Navy
Completed: September 13-17, 2018
Location: Heartmath Institute
- Comprehensive S.H.I.E.L.D. Train the Trainer Workshop: Resilience Workshop for Troopers Adapted from the Military (US Air Force) Comprehensive Airman Fitness Program
Completed: May 21-25, 2018
Location: Texas Department of Public Safety (DPS)
- Teaching and Supervising CBT
Completed: October 19-21, 2015
Location: Beck Institute for Cognitive Behavior Therapy with Dr. Judith Beck & Dr. Donna Sudak
- CBT for Depression and Suicide Certification
Workshop Completed: January 26-28, 2015
Supervised Certification Completed 2015-2016
Location: Beck Institute for Cognitive Behavior Therapy with Dr. Aaron Beck & Dr. Judith Beck
- Exposure with Response Prevention (EX/RP): Treatment for Obsessive Compulsive Disorder.
Completed: September 8-11, 2008
Location: Center for the Treatment and Study of Anxiety with Dr. Edna Foa
- Prolonged Exposure therapy (PE) for Posttraumatic Stress Disorder.
Completed: October 22-25, 2008
Location: Center for the Treatment and Study of Anxiety with Dr. Edna Foa
- Grantsmanship Seminar (R25 MH60486) Interdisciplinary Clinical Research Skills Training, National Institute of Mental Health Training Grant at the University of Washington (2005-2006) ROLE: Trainee

AWARDS/HONORS

- *D* CEO magazine Excellence in Healthcare Award: Achievement in Medical Research: <https://www.dmagazine.com/business-economy/2019/09/finalists-announced-d-ceos-excellence-in-healthcare-awards-2019/>
- Beck Scholar at the Beck Institute for Cognitive Behavior Therapy, 2015
- National Institutes of Health Loan Repayment Award (7/01/10 – 6/30/13) – Clinical Research – Extramural (NIMH L30 MH091760). Role: PI
- John E. Carr Empirically Supported Psychotherapy Award, University of Washington (2006)
- Lee Willerman Award for Excellence in Research – Best Student Publication 2005, University of Texas at Austin (2005)
- Trainee Travel Award, Anxiety Disorders Association of America (2004)

- Liberal Arts Graduate Research Fellowship, University of Texas (2002)
- University of Texas Competitive Scholarship (2002-2004)
- George H. Mitchell/University Co-op Graduate Award for Research (2002)
- Wechsler Professional Development Award (2002-2004)
- Texas Public Education Grant (2001-2005)
- President, Psi Chi (National Honors Society in Psychology), Pepperdine University 1996-1997
- President, Psi Chi, University of California, Santa Barbara 1995-1996
- Pepperdine University Colleagues Grant (1997)

PROFESSIONAL MEMBERSHIP AND SERVICE

Member, APA National PTSD Treatment Guidelines Panel (2021-Present)
Chair, APA Division 12 Presidential Task Force on Dissemination of Empirically Supported Treatments (2017)
Chair, ADAA GAD Practice Guidelines Task Force (2015-2017): <http://www.adaa.org/resources-professionals/practice-guidelines-gad>
Chair, ADAA Annual Conference, Anxiety and Depression Association of America (2014, Chicago)
Chair, ADAA App Review Committee (2015-2017)
Chair, Clinical Committee, Treasured Vessels, Sex Trafficking Intervention (2018-Present)
Member, ADAA Panic Disorder Practice Guidelines Task Force (2015-2017).
Member, Scientific Advisory Board, Anxiety Disorders Association of America (2014-2018)
Chair, Data Safety Monitoring Board (DSMB) R34 Integrated CBT for Cannabis Dependence with Co-occurring Anxiety Disorders (2013-2018)
Member, Program Committee, Association for Behavioral and Cognitive Therapies (ABCT: 2015-2018)
Member, Conference Committee, Anxiety Disorders Association of America (2010-2018)
Member, Committee on Science and Practice, APA Division 12, 2004-2006
Member, Society of Clinical Psychology - Division 12, American Psychological Association
Member, Association for Behavioral and Cognitive Therapies (ABCT)
Member, Anxiety Disorders Special Interest Group (AABT)
Member, Anxiety Disorders Association of America (ADAA)
Member, American Psychological Association (APA)

GRANT REVIEW ACTIVITY

NIMH ZMH1 ERB-G 08 R, Special Emphasis Panel: Early Phase Clinical Trials – Pharmacological and Device-based Interventions (June 30, 2020), Rockville, MD.
NIMH Special Emphasis Panel ZMH1 ERB-M 01 S, Fellowships and Dissertation Grants (F30, F31, F32, R36; J, October 31, 2018), Washington DC.
NIMH Special Emphasis Panel ZMH1 ERB-B 09 S, Fellowships and Dissertation Grants (F30, F31, F32, R36; June 19, 2017), Washington DC.
NIH ZRG1 BBBP-T (10) B Small Business: Biobehavioral and Behavioral Study Section, Processes Across the Lifespan Study Section (March 3 – 4, 2011), Santa Monica
NIH ZRG1 BBBP-T (10) B Small Business: Biobehavioral and Behavioral Processes Across the Lifespan Study Section (March 8 – 9, 2010), Washington DC
U.S. Department of Veterans Affairs; RRD4 Psychological Health & Social Reintegration Merit Review (August 6 – 7, 2013), Arlington, VA
U.S. Department of Veterans Affairs; Merit Review Subcommittee for Mental Health and Behavioral Sciences-A (MHBA) (June 3, 2015), Washington DC
U.S. Department of Veterans Affairs; Merit Review Subcommittee for Mental Health and Behavioral Sciences-A (MHBA) (December 3, 2015), Washington DC

EDITOR

Editor-in-Chief, *Cognitive Behaviour Therapy* (IF: 5.761) 2014-Present
 Editor, *BMC Psychiatry*, Section of Social Psychiatry, Therapy, and Provision of Mental Health Care 2014 - 2015
 Editor, *BMC Psychiatry*, Supplement, Canadian Treatment Guidelines for Anxiety Disorders - 2014
 Guest Editor, *Journal of Anxiety Disorders*, Special Issue on "Dissemination of empirically supported treatments for anxiety disorders" 2013
 Guest Editor, *Cognitive Behaviour Therapy*, Special Issue on "Exercise for mood and anxiety disorders: Mechanisms and treatment options." 2015
 Guest Editor, *Journal of Anxiety Disorders*, Special Issue on "Virtual Reality Therapy for Anxiety and Related Disorders" 2018
 Managing Editor, *Journal of Behavior Therapy and Experimental Psychiatry* 1996-1997

EDITORIAL BOARD MEMBERSHIP

Editorial Board, *Behaviour Research & Therapy* 2012 - Present
 Editorial Board, *Cognitive Therapy and Research* 2011-Present
 Associate Editor, *Cognitive Behaviour Therapy* 2014-2015
 Associate Editor, *BMC Psychiatry* 2011-2014
 Editorial Board, *Journal of Anxiety Disorders* 2009-2019
 Editorial Board, *Journal of Consulting and Clinical Psychology* 2016-2019
 Editorial Board, *Frontiers in Psychology*, section *Psychopathology* 2016-2017
 Editorial Board, *Synapse: Penn's Undergraduate Medical Connection* 2009-2011

AD HOC REVIEW

Anxiety, Stress & Coping
Behavior Modification
Behaviour Research and Therapy
Biological Psychology
British Journal of Clinical Psychology
British Journal of Psychiatry
Clinical Psychology and Psychotherapy
Clinical Psychology Review
Cognitive Behaviour Therapy
Cognitive Therapy and Research
Contemporary Clinical Trials
Depression and Anxiety
Emotion
International Journal of Cognitive Therapy
Journal of Abnormal Psychology
Journal of the American Medical Association (JAMA)
Journal of Anxiety Disorders (JAD)
Journal of Behavior Therapy and Experimental Psychiatry (JBTEP)
Journal Consulting and Clinical Psychology (JCCP)
Journal of Pediatric Psychology
Journal of Psychiatric Research
Journal of Psychosomatic Research
Journal of Studies on Alcohol and Drugs
PLOS One
Psychotherapy: Theory, Research, Practice, Training
Psychotherapy and Psychosomatics

WORKSHOPS GIVEN

- 2012 Southern Methodist University, USA: EX/RP for OCD (2-day)
- 2013 Southern Methodist University, USA: Prolonged Exposure Therapy for PTSD (4-day)
- 2015 University of Texas at Austin, USA: Prolonged Exposure Therapy for PTSD (2-day)
- 2016 University of Regina, Canada: Prolonged Exposure Therapy for PTSD (1-day)
- 2016 Radboud University, Nijmegen, The Netherlands: EX/RP for OCD (1-day)
- 2016 American Psychological Association, Denver, CO: Exercise for Mental Health (1-day)
- 2017 University of Texas at Austin, USA: Prolonged Exposure Therapy for PTSD (2-days)
- 2017 Baylor University Medical Center, Dallas USA, Prolonged Exposure Therapy for PTSD (2-days)
- 2018 Baylor University Medical Center, Dallas USA, Prolonged Exposure Therapy for PTSD (2-days)
- 2018 Psychology Association of Saskatchewan, Canada, Prolonged Exposure Therapy for PTSD (2-days)
- 2019 Baylor University Medical Center, Dallas USA, Prolonged Exposure Therapy for PTSD (2-days)

TEACHING EXPERIENCE**Instructor**

- Abnormal Psychology (undergraduate), University of Texas at Dallas
 - Fall 2019
- Motivation (undergraduate), University of Texas at Austin
 - Summer 2014, 2015, 2016
- Psychotherapy (graduate), Southern Methodist University
 - Spring 2011, 2012, 2013
- Introduction to Psychology (undergraduate), Southern Methodist University
 - Summer 2011, 2012
- Research Methods (undergraduate), Southern Methodist University
 - Fall 2010, 2011, 2012, 2013
 - Spring 2011, 2012, 2013
 - Summer 2011, 2012
- Empirically Supported Treatments (graduate), University of Amsterdam
 - Fall 2007
- Psychological Interventions I (graduate), University of Amsterdam
 - Spring 2007
- Mood Disorders (undergraduate Course), University of Amsterdam
 - Fall 2006
- Research Practicum (undergraduate), University of Amsterdam
 - Fall 2006, 2007
 - Spring 2007, 2008
- Research Methods Lab (undergraduate), University of Texas
 - Fall 2004

Dissertation Committees

Estrella Thomas, Effects of cannabidiol on memory reconsolidation and trauma-related symptoms: A randomized clinical trial.

Eric Zaizar, Using insights from neuroscience for the treatment of pathological fear: Tests of three novel approaches.

Emily Carl, Estimating the effect of exercise on mental health: Review and application of a novel analytic technique.

Roquet, Rheall., The influence of exercise on persistence of fear memories.

Corbitt-Shindler, D., Intimate violence and parenting: The role of maternal trauma symptoms.

Katharina Meyerbröcker, Does yohimbine hcl facilitate fear extinction in virtual reality treatment of fear of flying?
A Randomized Placebo controlled trial.

Master's Thesis Committees

Carl, E. Acceptance and mindfulness to increase exercise tolerance: A randomized controlled trial.

Cortez-Neavel, G. Building resilience with heart rate variability biofeedback (HRVB): A randomized controlled trial of HRVB to reduce emotional exhaustion/burnout in emergency department and intensive care unit providers.

Baird, S. O. Reducing approach bias to achieve smoking cessation: A pilot randomized placebo-controlled trial.

DeBoer, L. B., An investigation of the roles of physical activity and anxiety sensitivity in binge eating.

Julian, K., The singular and interactive effects of exercise and attention training on attention bias.

Aliza Tova Stein, Examining experiential avoidance as a mediator of the relation between anxiety sensitivity and depressive symptoms.

Handelsman, P., Cognitive behavioral therapy for cannabis use: A meta-analysis of randomized controlled studies.

CLINICAL EXPERIENCE

Baylor University Medical Center, Consultation and Liaison Psychiatry. 2016-Present

Baylor Scott & White Medical Psychology Consultants, Clinical Practicum Supervision. 2016 –Present

Garland Police Department, Member Critical Incident Stress Management Team & Mental Health Consultant SWAT Hostage/Crisis Negotiation Team 2018-Present

Austin CBT PLLC, Co-Founder. 2013-2016

University of Texas at Austin Practicum Clinic, Supervisor. 2013-2016.

Dallas CBT PLLC, Co-Founder. 2010 – 2013

Southern Methodist University Practicum Clinic, Supervisor. 2010-2013.

Center for the Treatment and Study of Anxiety, University of Pennsylvania Department of Psychiatry, Therapist. 2008-2010

University of Amsterdam, Clinical Practicum Supervision. 2006-2008.

University of Washington Medical Center Inpatient Psychiatry, Therapist. 2005-2006.

Harborview Medical Center Consultation-Liaison Psychiatry, Therapist. 2005-2006.

Telch and Associates, Therapist. 2002-2004

University of Texas at Austin Psychology Training Clinic, Therapist. 2000-2004.

University of California at Los Angeles Clinical Psychopharmacology Research Center, Clinical Research Coordinator. 1999-2000

University of California at Los Angeles Pediatric Pain Clinic, Clinical Research Coordinator. 1997-1999

Santa Barbara Suicide Hotline (Helpline), Counselor 1996-1997

Santa Barbara Council on Alcoholism and Drug Abuse Drop-in Clinic, Counselor. 1993-1994.