

Ciara C. Christensen, Ph.D.
Curriculum Vitae
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Education

- 2003- 2005 **B.S. in Psychology**
Washington State University, Pullman Washington
- 2005 – 2012 **Ph.D. in Counseling Psychology**
Washington State University, Pullman Washington
- 2011 – 2012 **Clinical Psychology Internship, Mercy Hospital**
Springfield, Missouri
Collaborated daily with an interdisciplinary team to enhance treatment planning. Delivered individual and group therapy, crisis intervention, and family counseling, leading to improved patient engagement and support systems. Led hospital-wide psychological consultations to inform multidisciplinary care. Supervised practicum students and handled intake assessments, treatment plans, and brief testing
- 2012 – 2013 **Clinical Psychology Post Doctoral Resident, Burrell Behav. Health**
Springfield, Missouri
Participated in multidisciplinary staff meetings within a community health care system. Provided individual and group DBT therapy for clients with diverse disorders, including those with addictions or severe mental illness from rural areas. Utilized DBT, CBT/REBT, EMDR, and mindfulness techniques based on client needs. Maintained an active caseload, handled crisis intervention and case management, and performed clinical assessments, treatment planning, and test administration.

Academic Employment Experience

- June 2003 – Aug. 2004 **Research Assistant, Prof. Arreed Barabasz, EdD, PhD, ABPP**
Washington State University, Pullman Washington
Assisted in research on hypnotic inductions. Responsible for participant recruitment, data collection and data entering. Co-facilitating administrations and demonstrations of hypnotic inductions and techniques in the counseling psychology hypnosis lectures.
- Aug. 2004 - 2011 **Managing Editor, the *International Journal of Clinical and Experimental Hypnosis***
Washington State University, Pullman Washington
Oversaw journal operations, including author and reviewer correspondence, tracking submissions, providing weekly manuscript updates to the Editor, organizing issue content, and coordinating with copy editors, webmasters, publishers, and marketing. Prepared annual reports, managed finances, and represented the journal at conferences.

Aug. 2010-2011 **Teaching Assistant Prof. Arreed Barabasz, EdD, PhD, ABPP**
Washington State University, Pullman Washington
Provided comprehensive support for graduate-level lectures. Responsibilities included developing course syllabi, delivering lectures in the absence of Dr. Barabasz, designing and administering quizzes and tests, and evaluating student performance through grading.

2020 (Spring Semester) **Loras College, Adjunct Faculty**
Delivered graduate-level lectures, developed comprehensive course syllabi, provided classroom instruction, designed and administered quizzes and examinations, and evaluated student performance through grading.

Clinical Employment Experience

Dec. 2018 – Present **Clinical Psychologist, Private Practice**
Whitefish Bay, Wisconsin
Deliver outpatient clinical psychology services including clinical hypnosis and behavioral medicine interventions. Provide individualized psychotherapy, psychological evaluations, and professional consultation.

Nov. 2015 – Dec. 2018 **Psychologist, St. Luke’s Clinic, Behavioral Health Services**
Twin Falls, Idaho
Provide brief and long-term psychotherapy using evidence-based methods such as CBT, mindfulness, hypnosis, EMDR, CBT-I, and exposure therapies. Conduct psychological assessments, collaborate with medical teams, and supervise psychology externs.

Dec. 2014 – Nov. 2015 **Psychologist, Portneuf Medical Center**
Pocatello, Idaho
Provided psychological care for adults with chronic pain, sleep and memory disorders, brain injury, PTSD, and eating disorders. Delivered Weight Management Institute services, including pre-surgical evaluations. Used CBT, mindfulness, hypnosis, EMDR, exposure therapy, and biofeedback. Conducted assessments, inpatient consults, family education, and supervised externs.

Dec. 2013 – 2014 **Psychologist I, Fulton State Hospital**
Fulton, Missouri
Provided individual and group psychotherapy, psychological assessments, and case management for adults with chronic severe mental illness in an intermediate-security forensic hospital. Served a diverse population, including those found incompetent to stand trial. Participated in DBT consultation, and contributed to didactic training. Actively participated on the internship and research committees.

Publications

Christensen, C. (2005). Preferences for Descriptors of Hypnosis: A Brief Communication. *International Journal of Clinical and Experimental Hypnosis*, 53, (3), 281 – 289.
Barabasz, A. & Christensen, C. (2006). Age regression: Tailored versus scripted inductions.

- American Journal of Clinical Hypnosis*. 48, (4), 251-261.
- Christensen, C., Barabasz, A., & Barabasz, M. (2009). Effects of an affect bridge for age regression. *International Journal of Clinical and Experimental Hypnosis*. October Issue, 57, (4), 402-418.
- Vermetten, E. & Christensen, C. (2010). Hypnosis for post-traumatic stress disorder. In A. Barabasz, R. Boland, K. Olness, & S. Kahn (Eds.). *Evidence based medical hypnosis: A primer for health care practitioners*. NY: Routledge.
- Barabasz, A. & Christensen, C. (2010). Hypnosis concepts. In A. Barabasz, R. Boland, K. Olness, & S. Kahn (Eds.). *Evidence based medical hypnosis: A primer for health care practitioners*. NY: Routledge.
- Barabasz, A., Higley, L., Christensen, C. & Barabasz, M. (2010). Efficacy of Hypnosis in the Treatment of Human Papillomavirus (HPV) in Women: Rural and Urban Samples. *International Journal of Clinical and Experimental Hypnosis*, 58 (1), 102-121.
- Barabasz, A., Christensen, C. & Watkins, J. G. (2010). Ego state therapy manual: PTSD and ASD (Research edition). Palouse, WA: Authors, distribution restricted.
- Barabasz, A., Barabasz, M., Christensen, C. & Watkins, J. G. (2012). Abreactive ego state therapy manual for combat stress disorder, PTSD, & ASD (Clinical edition). Palouse, WA: Authors, distribution restricted.
- Barabasz, A., Barabasz, M., Christensen, C., Riegel, S. & Watkins, J. G. (2012). Abreagierende Ego State Therapie Ein Wegweiser für kampfbedingte Störungen, PTBS und ASD (Clinical edition). Palouse, WA: Authors, distribution restricted.
- Barabasz, A., Barabasz, M., Christensen, C., French, B., & Watkins, J. G. (2013). Efficacy of single session ego state therapy for combat stress injury, PTSD, and ASD. *International Journal of Clinical and Experimental Hypnosis*, 61 (1), 1- 19.
- Christensen, C., Barabasz, A., & Barabasz, M. (2013). Efficacy of Abreactive Ego State Therapy for PTSD: Trauma resolution, depression and anxiety. *International Journal of Clinical and Experimental Hypnosis*, 61 (1), 20-42.
- Christensen, C., Barabasz, A., & Barabasz, M. (2013). Efficacy of Ego State Based Hypnosis for PTSD. *Society for Clinical and Experimental Hypnosis Focus*, 55 (2), Spring.
- Barabasz, A., Christensen, C. & Barabasz, M. (2014). Efficacy of Ego State Therapy for PTSD. *Psychological Hypnosis: Society of Psychological Hypnosis*, 23 (1), Spring.
- Christensen, C. & Gwozdziejewicz, N. (2015). Revision of the APA Division 30 Definition of Hypnosis. *American Journal of Clinical Hypnosis*, 57, (4), 448-450.
- Christensen, C. (2016). Post-traumatic stress disorder. In G. Elkins (Ed.). *Handbook of Medical and Psychological Hypnosis: Foundations, Applications, and Professional Issues*. Springer Publishing.
- Barabasz, A., Barabasz, M. & Christensen, C., (2016). Resistance to healing the wounded self: A psychodynamic rationale for a targeted treatment. *American Journal of Clinical Hypnosis*, 59 (1), 88-99.
- Grogan, G., Barabasz, A., Barabasz, M., & Christensen, C. (2017). Primary thought processing and hypnotic age regression: A controlled study. *International Journal of Clinical and Experimental Hypnosis*, 65 (1).
- Christensen, C., Finley, A., & Connor, K. (2022). Integrating Hypnosis into Clinical Practice and Applications. In G. Elkins (Eds.). *Introduction to Clinical Hypnosis: The Basics and Beyond*.
- Reid, D. & Christensen, C. (2023). Clinical Hypnosis and Anxiety. In J. H. Linden, G. De Benedittis, L. I. Sugarman, K. Varga, (Eds.). *International Handbook of Hypnosis*.

Non-Print Materials

- Barabasz, A. & Christensen, C. (2010). Hypnotic Induction Demonstrations: Techniques, Metaphors & Scripts. 3 DVD set. A Michael Deterra Channel 8 Production, Moscow, Idaho.

Workshop presentations

- Christensen, C. (2004). Communicating About Hypnotic Talent and Response: Toward A Common Language. Presented at 16th International Congress on Hypnosis and Hypnotherapy, Singapore, October 17 – 22.
- Barabasz, A., Barabasz, M., Lin-Roark, I., Roark, J., Sanchez, O. & Christensen, C. (2003). Age regression produced focal point dependence: Experience makes a difference. Presented at 54th annual scientific program, Society for Clinical and Experimental, Chicago, IL, November 12-16.
- Barabasz, A., Barabasz, M. & Christensen, C. (2004). Clinician experience and hypnotic depth: Effects on age-regression phenomena, 112th Annual Convention of the American Psychological Association, Honolulu, HI, July 28-August 1.
- Barabasz, A., Watkins, J.G. & Christensen, C. (2007). Hypnotherapy. Half day workshop Presented at the Joint National Meeting of the Society for Clinical and Experimental Hypnosis & the American Society of Clinical Hypnosis, Dallas TX, January 19-23.
- Christensen, C. (2007). Terminological Disarray in the Field of Hypnosis: Preferences for descriptors of hypnosis. Presented at International Symposium on Educational Research. College of Education. Washington State University, Pullman, WA, April 4-5.
- Barabasz, A., Christensen, C. & Barabasz, M. (2007). Hypnosis for Age Regression Reinstates Childlike Affective Behavior. Presented at American Psychological Association Annual Convention, San Francisco, CA, August 17-19.
- Barabasz, A. & Christensen, C. (2007). Hypnotherapeutic Techniques Refresher. Society for Clinical and Experimental Hypnosis (SCEH) 58th Annual Workshops and Scientific Program. Anaheim, CA, October 24-28.
- Christensen, C., Barabasz, A. & Barabasz, M. (2007). Effects of a transitional object affect bridge for age regression: Spontaneity, Intensity, and Elaboration. Presented at Society for Clinical and Experimental Hypnosis (SCEH) 58th Annual Workshops and Scientific Program. Anaheim, CA, October 24-28.
- Barabasz, A. & Christensen, C. (2008). Hypnosis and active meditation: How focusing the mind effects what you do. Presented at International Symposium on Educational Research. College of Education. Washington State University, Pullman, WA, April 7-8.
- Christensen, C. (2008). Effects of hypnosis on primary process affect. Presented at International symposium on Educational Research, College of Education. Washington State University, Pullman, WA, April 7-8.
- Barabasz, A. & Christensen, C. (2008) Hypnosis for pain relief. Half-Day Workshop, Dhulikhel Hospital, Kathmandu, Nepal, May 7.
- Barabasz, A. & Christensen, C. (2008) Advanced Hypnotherapeutic Techniques. (Half-day workshop) . 5th German-Nepal International Medical Conference, HauptKongress, Kathmandu, Nepal, May 4-10.
- Barabasz, A. & Christensen, C. (2008) Hypnotherapeutic Techniques I, (Half-day workshop). 5th German-Nepal International Medical Conference, HauptKongress, Kathmandu, Nepal, May 4-10.
- Christensen, C., Barabasz, A. & Barabasz, M. (2008). Effects of an affect bridge for age regression. Presented at the 116th American Psychological Association Convention, Boston Marriot Copley Place, Boston, MA, August 15-17.
- Barabasz, A. & Christensen, C. (2008). Intermediate Workshop presentation on clinical hypnosis (2 hrs). Presented at the 59th Annual Workshops and Scientific Program of the Society for Clinical and Experimental Hypnosis, King of Prussia, PA, October 22-26.
- Barabasz, A., Barabasz, M. & Christensen, C. (2008). Update on Hypnotherapeutic Techniques, 2E, 1-day workshop. Presented at the 59th Annual Workshops and Scientific Program

- of the Society for Clinical and Experimental Hypnosis, King of Prussia, PA, October 22-26.
- Barabasz, A., Higley, L., Christensen, C., & Barabasz, M. (2009). Efficacy of Psychological Hypnosis for Vaginal Warts (HPV). Poster presented at the Washington State University, Academic Showcase, Pullman, WA, March 27.
- Barabasz, A. & Christensen, C. (2009). Introduction to Ego State Therapy and Practice, workshop presented at the Oregon Society of Clinical Hypnosis, Portland, OR, April 24-25.
- Barabasz, A., Barabasz, M. & Christensen, C. (2009). Hypnotherapeutic Techniques, workshop presented at the 18th Congress of the International Society of Hypnosis: Hypnosis and Neurosciences, Rome, Italy, September 22-26.
- Barabasz, A., Barabasz, M. & Christensen, C. (2009). Hypnotherapeutic Techniques, 1-day workshop. Presented at the 60th Annual Workshops and Scientific Program of the Society for Clinical and Experimental Hypnosis, Reno, NV, October 23-25.
- Christensen, C. (2009). A proposal to test the efficacy of Ego State Therapy for PTSD. Presented at the 60th Annual Workshops and Scientific Program of the Society for Clinical and Experimental Hypnosis, Reno, NV, October 23-25.
- Christensen, C., Barabasz, A. & Barabasz, M. (2010). Effects of an affect bridge for age regression. Poster presented at the Washington State University, Academic Showcase, Pullman, WA, March 26.
- Barabasz, A. & Christensen, C. (2010). Brief Ego State Therapy for Post Traumatic Stress Syndrome (PTSD) 1- Day Workshop. Presented at the Canadian Federation of Clinical Hypnosis, Alberta Society Spring Conference. Banff, Canada, May 14-16, 2010.
- Barabasz, A. & Christensen, C. (2010). Advanced Hypnotherapy: Hypnodynamic Techniques 1- Day Workshop. Presented at the Canadian Federation of Clinical Hypnosis, Alberta Society Spring Conference. Banff, Canada, May 14 -16, 2010.
- Barabasz, A., Higley, L., Christensen, C., & Barabasz, M. (2010). Treating Human Papillomavirus (HPV) in women with hypnosis. Poster presented at the Washington State University, Homecoming Academic Showcase, Pullman, WA, October 8.
- Barabasz, A., Higley, L., Christensen, C., & Barabasz, M. (2010). Treatment of HPV with hypnosis: A controlled investigation. Poster presented at the 61st Annual Workshops and Scientific Program of the Society for Clinical and Experimental Hypnosis, Boston, MA, November 10-14.
- Christensen, C., Barabasz, A. & Barabasz, M. (2010). Reinstatement of child-like affect by hypnotic regression. Poster presented at the 61st Annual Workshops and Scientific Program of the Society for Clinical and Experimental Hypnosis, Boston, MA, November 10-14.
- Christensen, C., Barabasz, A. & Barabasz, M. (2011). Effects of Single-Session Ego-State Therapy for PTSD: A Placebo-Controlled Study. Presented at American Psychological Association Annual Convention, Washington, D.C., August 4-7.
- Barabasz, A., Barabasz, M., & Christensen, C. (2011). Manualized Ego State Therapy for PTSD Procedure and Evidence. Presented at the 62nd Annual Workshops and Scientific Meeting Program of The Society for Clinical and Experimental Hypnosis, New Orleans, LA., September 14-18.
- Barabasz, A., Barabasz, M., Christensen, C., French, B., & Watkins, J. G. (2013). Single Session Abreactive Hypnosis for Combat Stress Injury and PTSD: A placebo controlled study. Poster presented at the Washington State University, Homecoming Academic Showcase, Pullman, WA.
- Barabasz, A., Barabasz, M. & Christensen, C. (2013). A Cure for PTSD and Combat Stress Injury: A Placebo Controlled Study. Presented at the 64th Annual Workshops and Scientific Meeting Program of The Society for Clinical and Experimental Hypnosis, Berkeley, CA., October 2-6.
- Christensen, C., Barabasz, A., & Barabasz, M. (2013). Abreactive Ego State Therapy for Trauma

- Resolution, Depression, and Anxiety. Presented at the 64th Annual Workshops and Scientific Meeting Program of The Society for Clinical and Experimental Hypnosis, Berkeley, CA., October 2-6.
- Christensen, C. (2015). Use of Hypnosis in the Medical Setting. Portneuf Medical Center, Pocatello, ID, July 29.
- Barabasz, A., & Christensen, C. (2015). Hypnosis Can Cure PTSD in 6 Hours. Presented at American Psychological Association Annual Convention, Toronto, Canada, August 6-8.
- Barabasz, A., & Christensen, C. (2015). PTSD Treatment: evidence based single session abreactive hypnosis and live demonstration hypnosis workshop. Presented at the Oregon Society of Clinical Hypnosis, Portland, OR, September 25-26.
- Barabasz, A., & Christensen, C. (2016). Hypnotherapeutic Techniques Refresher: Live Demonstrations. Presented at the American Society for Clinical Hypnosis, St. Louis, MO, March 12.
- Christensen, C. (2016). Attraversiamo? Early Career Reflections and Crossing over from Graduate School to Establishing a Career Path. Presented at American Psychological Association Annual Convention, Denver, CO. August 4-7.
- Barabasz, A., & Christensen, C. (2016). Hypnotherapeutic Techniques Refresher: Live Demonstrations. Presented at the 65th Annual Workshops and Scientific Meeting Program of the Society for Clinical and Experimental Hypnosis, Boston, MA., October 6-10.
- Christensen, C. (2017). Division 30 APA Presidential Address. Presented at the Annual Convention of the American Psychological Association (APA) (2017). Washington, DC, August 3-6.
- Barabasz, A., & Christensen, C. (2017). Hypnotherapeutic Techniques Refresher: Live Demonstrations. Presented at the Danish Society for Clinical Hypnosis. Copenhagen Denmark, September 8-10.
- Barabasz, A., & Christensen, C. (2017). Manualized Abreactive Hypnosis for PTSD: Evidence Based. Presented at the Danish Society for Clinical Hypnosis. Copenhagen Denmark, September 8-10.
- Christensen, C., & Barabasz, A., (2017). Manualized Abreactive Hypnosis for PTSD: Evidence Based. Presented at the 68th Annual Workshops and Scientific Meeting Program of the Society for Clinical and Experimental Hypnosis, Chicago, IL, October 25-29.
- Christensen, C. (2018). Psychologists' Role in Pain Clinics & CBT for Chronic Pain Management. Presented at Slaying the suffering: Managing chronic pain in your practice for the Idaho Psychological Association, ID, Boise, June 8.
- Christensen, C. (2018). Panel: Psychological Evaluations for Implantable Therapies. Presented at Slaying the suffering: Managing chronic pain in your practice for the Idaho Psychological Association, ID, Boise, June 8.
- Christensen, C. (2018). Overview of Pain Psychology. Presented at Slaying the suffering: Managing chronic pain in your practice for the Idaho Psychological Association, ID, Boise, June 8.
- Barabasz, A., & Christensen, C. (2018). Hypnotic Age Regression Reinstates Childlike Affective Behavior. Presented at the Annual Convention of the American Psychological Association (APA) (2018). San Francisco, CA, August 9-12.
- Christensen, C. (2018). Hypnosis in the Clinical Setting. Presented at the Annual Convention of the American Psychological Association (APA) (2018). San Francisco, CA, August 9-12.
- Christensen, C. (2019). Introductory Skills Workshop Faculty: Hypnotic Inductions. Presented at the 70th Annual Workshops and Scientific Meeting Program of the Society for Clinical and Experimental Hypnosis, New Orleans, LA, October 16-20.
- Christensen, C. (2021). Intermediate Skills Workshop Faculty. Presented virtually at the Society for Clinical and Experimental Hypnosis, Midyear, April 23-24.

- Christensen, C. (2022). Intermediate Skills Workshop Faculty. Presented virtually at the Society for Clinical and Experimental Hypnosis, Midyear, April 29-30.
- Christensen, C. (2022). Hypnotic-like features of Wim Hof Deep Breathing and the Buteyko Breathing Method. Presented at American Psychological Association Annual Convention, Minneapolis, MN. August 4-6.
- Christensen, C. (2022). Introductory Level Faculty. Presented at the 73rd Annual Workshops and Scientific Meeting Program of the Society for Clinical and Experimental Hypnosis, Virtually, October 12-16.
- Christensen, C. (2022). Who Is Packing Your Parachute? How Collaboration Facilitates Productive Clinical Hypnosis Sessions. Presented at the 73rd Annual Workshops and Scientific Meeting Program of the Society for Clinical and Experimental Hypnosis, Virtually, October 12-16.
- Christensen, C. (2022). Using Self-Hypnosis for Replenishment and Equanimity. Presented at Society of Clinical and Experimental Hypnosis Training Webinar Series (Live) co-sponsored by The Chicago School of Professional Psychology, December 9.
- Christensen, C. (2023). Breathe and Focus: How Breathwork Lands Your Mind & Anchors it in Your Body. Presented at the 65th Annual Conference American Society for Clinical Hypnosis, March 2-5.
- Christensen, C. (2023). Intermediate Skills Workshop Faculty. Presented virtually at the Society for Clinical and Experimental Hypnosis, Midyear, April 29-30.
- Christensen, C. (2023). Manualized Ego State Therapy for Trauma. Presented at the Florida Society for Clinical Hypnosis, May 6-7.
- Christensen, C. (2023). Introductory Level Faculty. Presented at the 74th Annual Workshops and Scientific Meeting Program of the Society for Clinical and Experimental Hypnosis, Virtually, October 4-8.
- Christensen, C. (2023). Emerging Clinical Guidelines of clinical Hypnosis for weight management, diabetes & smoking. Presented at AdventHealth & The Marion County Medical Society, October 25.
- Christensen, C. (2023). American Society for Clinical Hypnosis Faculty Level 2 – Advanced Faculty for Live Event November 30- December 3 (21.5 CE).
- Christensen, C. (2024). Exploring the Interplay of Hypnosis, Heart Rate Variability, and Breathing Techniques for Optimal Well-Being. Presented at American Society for Clinical Hypnosis, May 1.
- Christensen, C. (2024). Intermediate Skills Workshop Faculty. Presented virtually at the Society for Clinical and Experimental Hypnosis, Midyear, May 17-20.
- Christensen, C. (2024). Harmonizing breath and mind: exploring the Interplay of breathing techniques, heart rate variability, and hypnosis for optimal well-being. Presented at American Psychological Association Annual Convention, Seattle, WA. August 8-10.
- Christensen, C. (2024). American Society for Clinical Hypnosis Faculty Level 1 – Advanced Faculty for Live Event December 5-8 (21.5 CE).
- Christensen, C. (2025). Hypnosis and the Preparation and Integration Phases of Psychedelic/Psychedelic-like Experience. Presented virtually at North Carolina Hypnosis Society Annual Conference, February 8-9.
- Christensen, C. (2025). American Society for Clinical Hypnosis Faculty Level 2 – Advanced Faculty for Live Event February 20- 44 (3 CE).
- Christensen, C. (2025). American Society for Clinical Hypnosis Faculty Level 2 – Advanced Faculty for Live Event May 15-18 (21.5 CE).
- Christensen, C. (2025). Bridging Inner Worlds: Hypnosis for Psychedelic Preparation and Integration. Presented virtually for the American Society for Clinical Hypnosis, June 21.
- Christensen, C. (2025). Clinical hypnosis teaching & consultation workshop. Presented virtually for the American Society for Clinical Hypnosis, July 18-19 (10 CE).

- Christensen, C. (2025). Dual dimensions: Navigating hypnosis and psychedelic journeys. Presented virtually for the *Whole Health* Jesse Brown VA Medical Center U.S. Department of Veterans Affairs, September 2.
- Christensen, C. (2025). Bridging Hypnosis with Psychedelic-Assisted Psychotherapy: Preparation and Integration Strategies. Presented virtually for the Society for Clinical and Experimental Hypnosis, Virtually, October 3.
- Christensen, C. (2025). Advanced Skills Workshop Faculty. Presented at the 76th Annual Workshops and Scientific Meeting Program of the Society for Clinical and Experimental Hypnosis, Virtually, October 8-12.
- Christensen, C. (2025). American Society for Clinical Hypnosis Faculty Level 2 – Advanced Faculty for Live Event November 13-17 (21.5 CE).

Awards

- 2007 Presidential Commendation for outstanding work as Managing Editor of the *International Journal of Clinical and Experimental Hypnosis*. Presented at the Presented at the Joint National Meeting of the Society for Clinical and Experimental Hypnosis (SCEH) & the American Society of Clinical Hypnosis (ASCH) National Scientific Meeting, Dallas, TX, January.
- 2008 Crasilneck Award “For the Best 1st Research Presentation” at the 59th Annual Scientific Program of the Society for Clinical and Experimental Hypnosis (SCEH). Presented at the SCEH National Scientific Meeting, King of Prussia, PA, October.
- 2008 Presidential Commendation for outstanding work as Managing Editor of the *International Journal of Clinical and Experimental Hypnosis*. Presented at the Society for Clinical and Experimental Hypnosis (SCEH) National Scientific Meeting, King of Prussia, PA, October.
- 2011 Deborah T. Killinger Scholarship
- 2011 Leroy Olsen Counseling Psychology Scholarship
- 2012 National Psychologist Trainee Register (NPTR) Credentialing Scholarship for the National Register Health Service Provider in Psychology credential.
- 2012 Ernest R. Hilgard for “Best Thesis” Award from the American Psychological Association. Bestowed by Division 30- Society for Psychological Hypnosis at the American Psychological Association Annual Convention, Orlando, Florida, August 2-5.
- 2014 “Best Research” Award from the American Psychological Association. Bestowed by Division 30- Society for Psychological Hypnosis at the American Psychological Association Annual Convention, Washington, DC, August 7-10.
- 2016 Early Career Achievement Award from the American Society for Clinical Hypnosis (ASCH). Presented at the American Society of Clinical Hypnosis (ASCH) National Scientific Meeting, St. Louis, MO, March 14.
- 2016 Early Career Contribution Award from the American Psychological Association. Award Bestowed by Division 30- Society for Psychological Hypnosis at the American Psychological Association Annual Convention, Denver, CO, August 4-7.

- 2017 Presidential Commendation for outstanding contributions with the Focus newsletter on behalf of the Society. Presented at the Society for Clinical and Experimental Hypnosis (SCEH) National Scientific Meeting, Chicago, IL October.
- 2020 Presidential Commendation in recognition of leadership, energy and dedication as a 2020 SCEH Annual Conference Co-chair, effectively pivoting a complex major event, and delivering an outstanding first virtual annual conference for the Society.
- 2021 Presidential Commendation in recognition of leadership, energy and dedication as a 2021 SCEH Annual Conference Co-chair, virtually organizing a complex major event and delivering an outstanding second virtual annual conference for the Society.
- 2024 Presidential Commendation in recognition for service as a valued member of our EC, Immediate Past President, and Chair of 3 Committees.
- 2024 Bernard Raginski Award – for leadership in the field of clinical hypnosis, at the 75th Annual Scientific Program of the Society for Clinical and Experimental Hypnosis (SCEH). Presented at the SCEH National Scientific Meeting, Anaheim, CA, October.

Licensure and Certifications

Licensed Psychologist in:

- State of Missouri License # 2012033763 (inactive)
- State of Idaho License # PSY-202848 (active)
- State of Wisconsin License # 3622-57 (active)
- State of Colorado License # PSY.0006039 (active)
- State of Washington License # PY 61609187 (active)

- Oct. 2022 **Certified Psychedelic-Assisted Therapy Provider (PATP/KAP)**
Integrative Psychiatry Institute/ Multidisciplinary Association for Psychedelic Studies (MAPS)
- Oct. 2023 **Certified Neoshamanic Breathwork (aka Holotropic Breathwork)**
- Feb. 2025 **Certification in Clinical Hypnosis, (SCEH - CPE)**

Professional Memberships

- National Scholars Honor Society- Member
- International Society of Hypnosis (ISH) – Member
- Society for Clinical and Experimental Hypnosis (SCEH) – Member
- American Society for Clinical Hypnosis (ASCH) - Member
- American Psychological Association (APA) – Member
- Idaho Psychological Association (IPA) – Past -Member
- Society of Psychological Hypnosis, Division 30 of the APA – Member
- Health Psychology, Division 38 of the APA – Member
- Society of Clinical Psychology, Division 12 of the APA – Member
- Society for Clinical Neuropsychology, Division 40 of the APA – Member
- National Health Service Corps

Elected Offices

2014-2016 Secretary - Society of Psychological Hypnosis, Division 30 of the APA
2016-2017 President - Society of Psychological Hypnosis, Division 30 of the APA
2016-2019 Treasurer - Society for Clinical and Experimental Hypnosis (SCEH)
2019-2024 Treasurer - Society of Psychological Hypnosis, Division 30 of the APA
2020-2022 President - Society for Clinical and Experimental Hypnosis (SCEH)
2025-2026 President Society of Psychological Hypnosis, Division 30 of the APA

Committees and Professional Service

2012-2013 Dialectical Behavior Therapy Consultation Team
2013 Society for Clinical and Experimental Hypnosis (SCEH)-Bylaws Committee Member
2013 Scientific Session Co-Chair for the 64th Annual Society for Clinical and Experimental Hypnosis (SCEH) Scientific Session
2013-2014 Internship Training Committee, Fulton State Hospital
2015-2016 Clinical Supervisor - Portneuf Medical Center

Society for Clinical and Experimental Hypnosis (SCEH) Annual Conference:

2017 - Advance Workshop Co-Chair
2018- Program Co-Chair
2019- Program Co-Chair
2020- Advance Workshop Co-Chair
2020- Overall Program Co-Chair
2021- Overall Program Co-Chair
2023- Overall Program Co-Chair