

## Kristen Burda

Postdoctoral Scholar, Psychiatry

### Bio

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#### BIO

Kristen Faye Burda is a postdoctoral fellow in the Department of Psychiatry and Behavioral Sciences at the Stanford University School of Medicine. She provides psychotherapeutic interventions to promote sleep health in the Sleep Health and Insomnia Program and is engaged in related research. Dr. Burda's professional interests also include post-traumatic stress and post-traumatic growth, and she seeks to understand the intersection between sleep disorders and post-traumatic hyperarousal and emotional distress. She utilizes and aims to develop digital tools to accessibly and effectively facilitate psychological well-being.

#### HONORS AND AWARDS

- Graduated magna cum laude with distinction, Yale University (2006)
- Stanton Wheeler & Marcia Chambers Award, for outstanding artistic contributions, Yale University, Morse College (2005)

#### BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Member, Association for Behavioral and Cognitive Therapies (2021 - present)
- Member, Association for Contextual Behavioral Science (2021 - present)
- Member, American Psychological Association (2017 - present)
- Member, California Psychological Association (2018 - present)
- Member, Northern California Cognitive Behavioral Therapy Network (2018 - present)

#### STANFORD ADVISORS

- Rachel Manber, Postdoctoral Research Mentor
- Norah Simpson, Postdoctoral Faculty Sponsor