

Katharine Sears Edwards, Ph.D.
Curriculum Vitae

EDUCATION

- 2003-2008** **University of Houston – Houston, TX**
Ph.D. in Clinical Psychology
M.A. in Psychology
- 2002-2003** **University of Southern Maine – Portland, ME**
Certificate of Graduate Study
Health Policy & Management
- 1995-1999** **Stanford University – Palo Alto, CA**
B.A. in Human Biology

LICENSURE & CREDENTIALS

- 2012-present** **Stanford Hospital Credentials**
- 2010-2012** **Palo Alto VA Hospital Credentials**
- 2010** **Licensed Clinical Psychologist: CA PSY 23534**

PROFESSIONAL EXPERIENCE

- Sept 2016 – Present** *Clinical Assistant Professor*
Division of Cardiovascular Medicine
Stanford University School of Medicine
- Sept 2013 – Sept 2016** *Clinical Instructor*
Division of Cardiovascular Medicine
Stanford University School of Medicine
- 2011 – 2013** *Behavioral Medicine Psychologist*
Women's Heart Health Clinic/Cardiology
Stanford University School of Medicine
- 2009 – 2012** *Health Science Specialist*
National Center for PTSD, Dissemination and Training Division
VA Palo Alto Healthcare System
- 2011 – 2012** *National VA Training Consultant*
VA Office of Mental Health Services

PROFESSIONAL TRAINING

2008 – 2009	<i>Behavioral Medicine Fellow</i> VA Palo Alto Health Care System Palo Alto, CA
2007-2008	<i>Behavioral Medicine, Spinal Cord Injury, Neuropsychology Intern</i> VA Palo Alto Health Care System Palo Alto, CA
2006-2007	<i>Primary Care Practicum Extern</i> Baylor Family Medicine and Northwest Community Health Center Houston, TX
2005-2006	<i>Acute Inpatient Practicum Extern</i> Harris County Psychiatric Center Houston, TX
2005-2006	<i>Specialized (OCD) Inpatient Practicum Extern</i> The Menninger Clinic Houston, TX
2004-2007	<i>Practicum Intern</i> Psychology Research & Services Center/Anxiety Disorder Clinic University of Houston Houston, TX

HONORS & AWARDS

2018-2019	Society of Behavioral Medicine Leadership Institute Fellow
2003-2005	Stella Erhardt Fellowship University of Houston
2004	NCI R25 Cancer Education Short-Term Fellowship University of Texas M.D. Anderson Cancer Center
2002-2003	USM Trustee Tuition Scholarship University of Southern Maine
2002-2003	Edmund S. Muskie Foundation Scholarship University of Southern Maine

TEACHING & SUPERVISION

2019-2020	Primary Supervisor, Stanford Hospital & Clinics Psychology Practicum
2016-2020	Dissertation Chair, PAU-Stanford PsyD Consortium
2014-2018	Clinical/Research supervisor of Ph.D. and Psy.D. graduate students

2013-2018 **Teacher, Mindfulness-Based Stress Reduction (MBSR)**

2013-Present **Guest Lecturer, Palo Alto University**

2012-2015 **Guest Lecturer, Women’s Health**

2010 **Clinical Supervisor, Palo Alto VA Trauma Recovery Program**

2010 **Research Supervisor, VA National Center for PTSD**

2008-2009 **Clinical Supervisor, Palo Alto VA Behavioral Medicine**

2003-2006 **Teaching Assistant & Teaching Fellow, University of Houston**

GRANT ACTIVITY

Pell Family Foundation

1/2015-3/2017 Project Title: Brief Cognitive Behavioral Intervention for Depression and Anxiety Symptoms in Patients Undergoing Transcatheter Valve Replacement
 \$100,000

Grant Recipient: Fearon, W.F.

Role: Protocol Director, designed CBT intervention and wrote research protocol; supervised trainees on assessment, treatment, and data collection; analyzed data with QSU statisticians, prepared manuscript for publication.

Stanford Cardiovascular Institute and Stanford Children’s Health Research Institute

9/2016-9/2017 Project Title: Angiographic and Psychosocial Evaluation of Peripartum vs. Non-Peripartum Spontaneous Coronary Artery Dissection (SCAD): A Collaborative Study
 \$12,500

Grant Authors: Tremmel, J., **Edwards, K.S.**, Wood, M.J., Pittman Wagers, T., Saw, J., Kim, S.H., Ganesh, S., Adler, D., Shaffer, J., & Masters, K.

Role: Co-Principal Investigator, responsible for the scientific and technical direction of psychosocial data collection and analysis.

University of Colorado-Denver, Center for Women’s Health Research

7/2016-7/2017 Project Title: Developing a Mobile Psychosocial Intervention Application for Women with Spontaneous Coronary Artery Dissection
 \$25,000

Grant Authors: Shaffer, J., Masters, K.S., **Edwards, K.S.**, Wood, M.J., & Pittman Wagers, T.

Role: Co-Investigator, co-mentor, consultant on translation of the psychosocial intervention and content analysis of discussion board data.

Stanford Cardiovascular Institute and Stanford Children’s Health Research Institute

October 2013 Project Title: Randomized Controlled Trial to Improve Cardiovascular Health in Postpartum Women Diagnosed with Preeclampsia
 \$20,000

Grant Authors: Tsai, S.A., Tremmel, J.A., Alles, W., & **Sears, K.C.**

Role: Consultation on behavioral health intervention.

Congressionally Directed Medical Research Programs, Applied Psychological Health Award

July 2012 Project Title: Randomized, Controlled Trial of CBT Training for PTSD

\$3,964,682

Providers

Grant Authors: Ruzek, J.I. (Co-PI), Rosen, R.C. (Co-PI), Bailey, K., Landes, S., **Sears, K.C.**, Fairburn, C., Litz, B., Parish, S., Stoddard, A., & Marceau, L.

Role: Consultation on use of a standardized patient assessment protocol

Unfunded Stanford-Approved Research Studies

2011-2013

Project Titles:

- Treatment of Insomnia in Men and Women with Cardiovascular Disease
- Psychological Treatment for Cardiac Patients: Effects on Self-reported Symptoms and Healthcare Utilization
- Sex Differences in Benefits and Barriers to Cardiac Rehabilitation (survey)
- Mindfulness Based Stress Reduction (MBSR) for Patients Referred to Cardiovascular Rehabilitation: A Randomized Controlled Trial

Role: Protocol Director, study design, primary study therapist and researcher

REVIEWER EXPERIENCE

2019	Peer Reviewer Journal of Behavioral Medicine
2018	Peer Reviewer Journal of Behavioral Medicine Frontiers in Psychology Stanford Cardiovascular Institute 2018 Seed Grants
2015 - 2016	Peer Reviewer Journal of Anxiety Disorders
2014	Peer Reviewer Behavioral Sciences
2010- 2013	Co-Editor & Reviewer Association for Contextual Behavioral Science ACT/RFT Reader's Update Quarterly
2005	Ad Hoc Co-Reviewer Psychological Assessment Psychological Science

PUBLICATIONS

PEER REVIEWED MANUSCRIPTS (10 total)

1. **Edwards, K.S.**, Chow, E.K.H., Dao, C., Hossepian, D., Johnson, A.G., Desai, M., et al. (2020). Impact of cognitive behavioral therapy on depression symptoms after transcatheter aortic valve replacement: A randomized controlled trial. *International Journal of Cardiology*.
2. Wharton, E., **Edwards, K.S.**, Juhasz, K., & Walser, R.D. (2019). Acceptance-based interventions in the treatment of PTSD: Group and individual pilot data using Acceptance and Commitment Therapy. *Journal of Contextual Behavioral Science*, 14, 55-64.

3. **Edwards, K.S.**, Vaca, K.C., Naderi, S., & Tremmel, J.A. (2019). Patient-reported psychological distress after spontaneous coronary artery dissection. *Journal of Cardiopulmonary Rehabilitation and Prevention*, 39, E20-E23.
4. **Edwards, K.S.**, Heckler, A.C., Baum, J., Nejedly, M., Tsai, S., Khandelwal, A., et al. (2019). Psychological distress among female cardiac patients presenting to a women's heart health clinic. *American Journal of Cardiology*, 123, 2026-2030.
5. Scheiber, C., Johnston, L., Packer, M.M., Gevirtz, R., **Edwards, K.S.**, & Palesh, O. (2018). Heart rate variability markers as correlates of survival in recipients of hematopoietic cell transplants. *Oncology Nursing Forum*, 45, 250-259.
6. **Edwards, K.S.**, Rosen, R.C., Smith, L.D., Garvert, D., Graham, B.C., Hoyman, L.C. et al. (2017). Group telephone consultation after online self-administered training: Acceptability and feasibility. *Training and Education in Professional Psychology*, 11(3), 198-206.
7. Norton, P. J., & **Sears Edwards, K.** (2017). Anxiety sensitivity or interoceptive sensitivity: An analysis of feared bodily sensations. *European Journal of Psychological Assessment*, 33, 30-37.
8. Caleshu, C., Kasparian, N.A., **Edwards, K.S.**, Yeates, L., Semsarian, C., Perez, M., Ashley, E., Turner, C., & Knowles, J.W. (2016). Interdisciplinary psychosocial care for families with inherited cardiovascular diseases. *Trends in Cardiovascular Medicine*. Apr 28.
9. **Edwards, K.S.**, Parrish, S.J., Rosen R.C., Garvert D.W., Spangler, S., & Ruzek, J.I. (2016). Use of standardized patient methodology to assess competency in cognitive behavioral therapy for PTSD: A randomized trial of internet based CBT training. *Training and Education in Professional Psychology*, 10(3), 149-156.
10. Ruzek, J.I., Rosen, R.C., Garvert, D.W., Smith, L., **Sears, K.C.**, Marceau, L., Harty, B. & Stoddard, A. (2014). Online self-administered training of PTSD treatment providers in cognitive-behavioral intervention skills: Results of a randomized controlled trial. *Journal of Traumatic Stress*, 27(6), 703-711.

CHAPTERS (2 total)

1. D'Amico, J., Baker, A., Pence, L.G., Sears, E.H., & **Edwards, K.S.** (2020). Pulmonary System. In Wachholtz, A.B. (ed) *Clinical Health Psychology: Using Medical Information to Improve Treatment Outcomes*. Cognella Press.
2. **Sears, K. C.** & Norton, P. J. (2009). Adult measures – Analogue observational measures of social skills. In Nangle, D. W., Hansen, D. J., Erdley, C. A., & Norton, P. J. (Eds.), *Practitioner's guide to empirically based measures of social skills* (pp. 403-413). New York: Springer.

TREATMENT MANUALS (1 total)

1. Walser, R.D., **Sears, K.C.**, Chartier, M., & Karlin, B. (2011). *Acceptance and Commitment Therapy (ACT) for Depressed Veterans: Therapist Manual*. Washington, D.C.: U.S. Department of Veterans Affairs.

MANUALS & EDUCATIONAL PRODUCTS (6 of 9 total)

1. Embleton, P., Wagers, T.P., **Edwards, K.S.**, Wood, M.J., Shaffer, J., & Masters, K. (2020). *SCAD Warrior* (Version v1.0) [Web]. University of Colorado. <https://www.scadwarrior.com/>
2. **Edwards K.S.** & Hoover V. Insomnia and Heart Disease. <http://www.acc.org>. August 2, 2016. <http://www.acc.org/latest-in-cardiology/articles/2016/08/02/07/25/insomnia-and-heart-disease>.
3. Content developer for VA ACT Coach (2014): <https://mobile.va.gov/app/act-coach>
4. Walser, R., Juhasz, K., Watson, P., & **Edwards, K.** (2017). Provider Strategies for Coping with Burnout and Secondary Traumatic Stress. *Online course*: https://www.ptsd.va.gov/professional/continuing_ed/provider_burnout_strategies.asp
5. **Edwards, K.**, Walser, R., Juhasz, K., Watson, P., & Matteo, R. (2017). Provider Self-Care Toolkit. *Online toolkit*: <https://www.ptsd.va.gov/professional/toolkits/provider/index.asp>
6. **Sears, K.C.**, Walser, R.D., McElheran, M., Naugle, A., & Peterson, L. (2010). *Acceptance and Commitment Therapy (ACT) for use with Veterans; Consultation manual for treatment of depression*. Unpublished consultation manual.

INVITED PRESENTATIONS (10 of 24 total)

1. SCAD Collaborative Study Group US-UK (2019). Rehospitalization predicts psychological distress in patients with spontaneous coronary artery dissection: An international multi-center collaborative study. Poster presented by **K.S. Edwards** at the American Heart Association Scientific Sessions, Philadelphia, PA, November 16-18, 2019.
2. Hofmeister, E., Torres, T., Tong, B., Vaca, K.C., Cases, M., **Edwards, K.**, Innominate, P., Kesler, S., & Palesh, O. (2019). Neurocognitive impairment, sleep disturbance, circadian function, and mood in cancer patients during chemotherapy. Poster presented at the Society of Behavioral Medicine annual meeting, Washington, D.C., March 6-9, 2019.
3. **Edwards, K.S.** (2018). The psychological aftermath of SCAD: How to best help your patients. Presented at the American College of Cardiology Annual Scientific Session, Orlando, FL, March 10th-12th, 2018.
4. **Edwards, K.S.**, Hossepian, D.A., Chow, E., Desai, M., Johnson, A., Dao, C., Shah, S., Fischbein, M.P., & Fearon, W.F. (2017). Brief cognitive behavioral therapy for patients undergoing TAVR: a randomized controlled trial. Moderated poster presented at the Twenty-Ninth Annual Transcatheter Cardiovascular Therapeutics Symposium, Denver, CO, October 29-November 2, 2017.
5. **Edwards, K.S.** (2017). The psychological aftermath of SCAD: How to best help patients through the trauma. Presented at the American College of Cardiology Annual Scientific Session, Washington, D.C., March 17th-19th, 2017.
6. **Edwards, K.S.** & Hoover, V.J. (2017). Relationships and ICDs. Presented at Connecting 2017. Stanford University School of Medicine & Lucile Packard Children's Hospital, February 2017.
7. Pargaonkar, V., Khandelwal, A., Krishnan G., **Edwards, K.**, Hoover, V., Fearon, W., Lee, D., Yeung, A., Tsai, S., Nejedly, M., Naderi, S., & Tremmel, J. (2016). Management and prognosis

of patients with spontaneous coronary artery dissection. Poster presented at the American College of Cardiology Annual Scientific Session, Chicago, IL, April 2nd-4th, 2016.

8. **Edwards, K.S.** (2016). Psychological health post-MI and CABG: Depression, anxiety, and treatment strategies. Presented at the American College of Cardiology Annual Scientific Session, Chicago, IL, April 2nd-4th, 2016.
9. Hossepian, D.A., Johnson, A.G., **Edwards, K.S.**, & Fearon, W.F. (2016). Brief bedside CBT for patients undergoing transcatheter aortic valve replacement (TAVR): A randomized controlled trial. Poster presented at the Society of Behavioral Medicine annual meeting, Washington, DC, March 30th-April 2nd, 2016.
10. Baum, J., **Edwards, K.S.**, Chambers, A.S., & Tremmel, J.A. The psychological needs and treatment preferences of female cardiac patients. Poster presented at the 95th annual convention of the Western Psychological Association, Las Vegas, NV, April 30th-May 3rd, 2015.

INVITED LECTURES (10 of 26 total)

1. **Edwards, K.S.** (2020). Mental health after SCAD: Stress, anxiety and depression. SCAD Alliance Ask the Experts webinar series, June 5, 2020.
2. **Edwards, K.S.** (2020). Biofeedback for relaxation and performance. Presented at Connecting 2020 event hosted by Lucile Packard Children's Hospital, February 2020.
3. **Edwards, K.S.** Device-Guided Breathing and Biofeedback for Hypertension: Theory, Evidence, and Practical Application. Stanford Hypertension Case Conference. November 9th, 2018.
4. **Edwards, K.S.** Behavioral Medicine for Cardiovascular Risk Reduction. Preventive Cardiology Nurses Association fall lecture series. Stanford, CA, October 20th, 2018.
5. **Edwards, K.S.** Following your Heart for Greater Peace of Mind. HeartFit for Life women's retreat. Palo Alto, CA, September 29th, 2018.
6. **Edwards, K.S.** Coping with Stress and Anxiety. Meet the MD lecture series. HeartFit for Life cardiovascular rehabilitation program. Palo Alto, CA, August 22nd, 2018.
7. **Edwards, K.S.** & Pittman Wagers, T. (2018). The psychological impact of SCAD...and what we're doing about it. Stanford Healthcare/SCAD Alliance 1st annual SCAD patient retreat, Stanford, CA, April 7th, 2018.
8. **Edwards, K.S.** Mindfulness and the Heart. De Anza College Psychology of Wellness guest lecture. Cupertino, CA, November 13th, 2017.
9. **Edwards, K.S.** Cardiac Behavioral Medicine: Women's Heart Health. Stanford Psychiatry Women's Wellness Clinic residents lecture. Stanford, CA, October 26th, 2017.
10. **Edwards, K.S.** Cognitive aspects of treatment in cardiac behavioral medicine. Palo Alto University graduate lecture series in Cognitive Psychology, Stanford, CA, November 11th, 2016.

PROFESSIONAL MEMBERSHIPS

- 2019-Present** **American Heart Association (AHA)**
- 2003-Present** **Society of Behavioral Medicine (SBM)**
- 2011-Present** **American Psychological Association (APA)**

OTHER PROFESSIONAL ACTIVITIES

- 2016-Present** **Member, Medical Advisory Board**
SCAD Alliance national patient advocacy group
- 2013-Present** **Member, Medical Advisory Board**
HeartFit for Life cardiac rehabilitation program
(formerly named Cardiac Therapy Foundation of the Midpeninsula)
- 2015** **Trainee, Professional Biofeedback Certificate Program**
Completed 48-hour training in partial fulfillment of BCIA board certification
- 2011** **Co-Moderator/Facilitator, International "ACT-for-the-Public" Listserv**
Association for Contextual Behavioral Science
- 2011** **Trainee, Practicum in Mindfulness-Based Stress Reduction**
Completed 65-hour training in partial fulfillment of UMass CFM certification