

**Katharine Sears Edwards, Ph.D.**  
*Curriculum Vitae*

EDUCATION

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- 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

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

PROFESSIONAL EXPERIENCE

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- 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

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

**HONORS & AWARDS**

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- 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**

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- 2016-Present**    **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

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**Stanford Cardiovascular Institute and Stanford Children’s Health Research Institute**

*9/2016-9/2017*      *Current*            Angiographic and Psychosocial Evaluation of Peripartum vs. Non-Peripartum Spontaneous Coronary Artery Dissection (SCAD): A Collaborative Study  
 Tremmel, J., **Edwards, K.S.**, Wood, M.J., Pittman Wagers, T., Saw, J., Kim, S.H., Ganesh, S., Adler, D., Shaffer, J., & Masters, K.

*Completed*            Randomized Controlled Trial to Improve Cardiovascular Health in Postpartum Women Diagnosed with Preeclampsia  
 Tsai, S.A., Tremmel, J.A., Alles, W., & **Sears, K.C.**

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

*7/2016-7/2017*      *Completed, app development ongoing*      Developing a Mobile Psychosocial Intervention Application for Women with Spontaneous Coronary Artery Dissection  
 Shaffer, J., Masters, K.S., **Edwards, K.S.**, Wood, M.J., & Pittman Wagers, T.

**Stanford School of Medicine, Donor Funded Research**

*7/2014-7/2017*      *Completed*            Brief Cognitive Behavioral Intervention for Depression and Anxiety Symptoms in Patients Undergoing Transcatheter Valve Replacement  
 Fearon, W. & **Edwards, K.S.**

REVIEWER EXPERIENCE

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**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

PUBLICATIONS

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PEER REVIEWED MANUSCRIPTS (9 total)

1. Wharton, E., **Edwards, K.S.**, Juhasz, K., & Walser, R.D. (*in press*). 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.
2. **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.
3. **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.
4. 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.
5. **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.
6. 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.
7. 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.
8. **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.
9. 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.** (*in press*). 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)

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1. Shaffer, J., Pittman Wagers, T., **Edwards, K.S.**, Masters, K.S., Wood, M.J., & Boeldt, D. (2018). SCAD mobile app for education, support, and connection with other survivors (Version 0.0.1).
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](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)

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1. 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.
2. **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 10<sup>th</sup>-12<sup>th</sup>, 2018.
3. **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.

4. **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 17<sup>th</sup>-19<sup>th</sup>, 2017.
5. **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.
6. 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 2<sup>nd</sup>-4<sup>th</sup>, 2016.
7. **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 2<sup>nd</sup>-4<sup>th</sup>, 2016.
8. Hossepien, 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 30<sup>th</sup>-April 2<sup>nd</sup>, 2016.
9. 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 95<sup>th</sup> annual convention of the Western Psychological Association, Las Vegas, NV, April 30<sup>th</sup>-May 3<sup>rd</sup>, 2015.

#### INVITED LECTURES (10 of 26 total)

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1. **Edwards, K.S.** Device-Guided Breathing and Biofeedback for Hypertension: Theory, Evidence, and Practical Application. Stanford Hypertension Case Conference. November 9<sup>th</sup>, 2018.
2. **Edwards, K.S.** Behavioral Medicine for Cardiovascular Risk Reduction. Preventive Cardiology Nurses Association fall lecture series. Stanford, CA, October 20<sup>th</sup>, 2018.
3. **Edwards, K.S.** Following your Heart for Greater Peace of Mind. HeartFit for Life women's retreat. Palo Alto, CA, September 29<sup>th</sup>, 2018.
4. **Edwards, K.S.** Coping with Stress and Anxiety. Meet the MD lecture series. HeartFit for Life cardiovascular rehabilitation program. Palo Alto, CA, August 22<sup>nd</sup>, 2018.
5. **Edwards, K.S.** & Pittman Wagers, T. (2018). The psychological impact of SCAD...and what we're doing about it. Stanford Healthcare/SCAD Alliance 1<sup>st</sup> annual SCAD patient retreat, Stanford, CA, April 7<sup>th</sup>, 2018.
6. **Edwards, K.S.** Mindfulness and the Heart. De Anza College Psychology of Wellness guest lecture. Cupertino, CA, November 13<sup>th</sup>, 2017.
7. **Edwards, K.S.** Cardiac Behavioral Medicine: Women's Heart Health. Stanford Psychiatry Women's Wellness Clinic residents lecture. Stanford, CA, October 26<sup>th</sup>, 2017.

8. **Edwards, K.S.** Cognitive aspects of treatment in cardiac behavioral medicine. Palo Alto University graduate lecture series in Cognitive Psychology, Stanford, CA, November 11<sup>th</sup>, 2016.
9. **Edwards, K.S.** Cardiac behavioral medicine and biofeedback. Cardiovascular Grand Rounds, Stanford University School of Medicine, Stanford, CA, October 27<sup>th</sup>, 2016.
10. **Edwards, K.S.** Insomnia, stress, and heart disease. PayPal, San Jose, CA. October 20<sup>th</sup>, 2016.

#### PROFESSIONAL MEMBERSHIPS

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<b>2003-Present</b>	<b>Society of Behavioral Medicine (SBM)</b>
<b>2004-Present</b>	<b>Association for Behavioral and Cognitive Therapies (ABCT)</b>
<b>2011-Present</b>	<b>American Psychological Association (APA)</b>
<b>2008-2012</b>	<b>Association for Contextual Behavioral Science (ACBS)</b>
<b>2004-2007</b>	<b>Anxiety Disorders Association of America (ADAA)</b>

#### OTHER PROFESSIONAL ACTIVITIES

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