Erin G. Mistretta, Ph.D.

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EDUCATION

**University of Washington,** Seattle, WA **September 2023-Present**

Postdoctoral Research Fellow in the Department of Rehabilitation Medicine

National Multiple Sclerosis Society Postdoctoral Research Fellow

**University of Washington,** Seattle, WA **2022-2023**

Pre-doctoral Internship in Clinical Psychology

**Arizona State University,** Tempe, AZ **2017-2023**

Ph.D. Clinical Psychology

M.A. Clinical Psychology

Dissertation Title: Self-compassion versus Reappraisal Following Social Rejection: An Application of the Situated Action Cycle

**Catholic University of America,** Washington, DC **2015-2017**

M.A. General Psychology

**Saint Mary’s College of California**, Moraga, CA **2008-2012**

B.S., Major: Psychology, Minor: Women’s Studies

RESEARCH EXPERIENCE

**UW Multiple Sclerosis Rehabilitation and Wellness Research Center Sept 2023-Present  
Position:** *Postdoctoral Research Fellow*

* Design and conduct trials assessing psychosocial interventions for pain and quality of life in people with Multiple Sclerosis
* Mentoring research assistants through professional development training
* Secondary data analysis of clinical trails for pain, fatigue, and cognitive functioning

Supervisor: Dawn Ehde, Ph.D. & Aaron Turner, Ph.D.

**Emotion Regulation & Health Lab at Arizona State University August 2017-Present  
Position:** *Graduate Research Assistant*

* Research in mindfulness- and compassion-based approaches for emotion regulation and physical health (primarily chronic pain)

Supervisor: Mary Davis, Ph.D.

**Shiota Psychophysiology Laboratory for Affective Testing August 2019-Present  
Position:** *Graduate Student Member*

* Research in emotion regulation strategies for interpersonal relations, affective & cognitive processing, and health behavior

Supervisor: Michelle Shiota, Ph.D.

**National Institutes of Health Summer Internship Program in Bethesda, MD Summer 2016  
Position:** *Summer Intern*

* Analyzed data using the Healing Experiences in All Life Stressors (HEALS) Questionnaire; a measure of psychosocial spiritual factors for those with life-threatening and chronic illness
* Shadowed NIH pain and palliative care physicians during clinic rounds
* Coded cognitive interviewing data
* Presented to lab colleagues and at NIH Poster Day

Supervisor: Danetta Sloan, Ph.D.

**Mindful Sport Performance Enhancement Lab at Catholic University 2015-2017  
Position:** *Graduate Research Assistant*

* Developed coding manual for qualitative data from a mindfulness-based program for collegiate athletes

Supervisor: Carol Glass, Ph.D.

**Family Mindfulness Lab at Catholic University 2015-2017  
Position:** *Graduate Research Assistant*

* Assisted and facilitated focus groups with parents about the use of mindfulness in families

Supervisors: Claire Spears Ph.D., Barry Wagner Ph.D., Marcie Goeke-Morey Ph.D.

**MBRT for Mayo Clinic Employees in Arizona July 2014-May 2015  
Position:** *Student Intern*

* Researched the effects of Mindfulness Based Resilience Training (MBRT) and Smartphone emotion tracking on sleep, emotion, and work-related burnout in Mayo Clinic employees.

Supervisor: Cynthia Stonnington, MD

PUBLICATIONS

1. Langer, S., Joseph, R. P., **Mistretta, E. G.**, Tao, C., Porter, L., Spain, A., Khera, N. (2024). Family-focused facilitated fitness: Feasibility and acceptability of a couple-based physical activity intervention for hematopoietic cell transplant recipients and their caregiving partners. *Transplantation and Cellular Therapy.*
2. **Mistretta, E. G.,** Davis, M. C., Bartsch, E. M., & Olah, M. S. (2023). Self-compassion and pain disability in adults with chronic pain: The mediating role of future self-identification and self-efficacy. *Journal of Health Psychology, 28*(11), 1044-1056*.*
3. **Mistretta, E. G.,** Craft, W. H., Davis, M. C., McClure, S. M., & Bickel, W. K. (2023). Delay discounting in adults with and without chronic pain: Differentiation across commodity and sign. *Experimental and Clinical Psychopharmocology*, *31*(3), 745-755.
4. Sloan, D., BrintzenhofeSzoc, D., **Mistretta, E. G.,** Cova, J., Lingsheng, L., Willis, G., Weaver, M., & Berger, A. (2022). What does the word healing mean to you? Perceptions of patients diagnosed with life-limiting illness.*Palliative & Supportive Care*, 1-5.
5. Okvat, H. A., Davis, M. C., **Mistretta, E. G.,** Mardian, A. S. (2022). Mindfulness-based resilience training in women veterans with chronic pain. *Psychological Services, 19,* 106-119*.*
6. **Mistretta, E. G.,** & Davis, M. C. (2021). Meta-analysis of self-compassion interventions for pain and psychological symptoms among adults with chronic illness. *Mindfulness, 13,* 267-284.
7. **Mistretta, E. G.,** Davis, M. C., & Yeung, E. M. (2020). Family strain predicts subsequent depressive symptoms in middle-aged adults: Hope mediates and self-compassion moderates the relation. *Journal of Social and Clinical Psychology, 39,* 25-58*.*
8. **Mistretta, E. G.,** & Glass, C. R. (2018). Benefits of mindfulness for wellness and sport. Academy of Nutrition and Dietetics, Dietetic Practice Group, SCAN. *SCAN’s PULSE,* Summer 2018, *37*(3).
9. **Mistretta, E. G.**, Davis, M. C., Tamkit, M., Lorenz, C., Darby, B., & Stonnington, C. M. (2018). Resilience training for work-related stress among healthcare workers: Results of a randomized clinical trial comparing in-person and smartphone delivered interventions. *Journal of Occupational and Environmental Medicine, 60*(6), 559-568.
10. **Mistretta, E. G**., Glass, C. R., Spears, C. A., Perskaudas, R., Kaufman, K. A., & Hoyer, D. (2017). Collegiate athletes’ expectations and experiences of mindful sport performance enhancement*. Journal of Clinical Sport Psychology, 11*(3), 201-221.
11. **Mistretta, E. G.** (2017). Spirituality in Young Adults with End-Stage Cancer: A Review of the Literature and a Call for Research. *Annals of Palliative Medicine, 6*(3), 279-283.
12. Sloan, D., BrintzenhofeSzoc, K., **Mistretta, E. G.**, Chen, M. J., & Berger, A. (2017). The influence of relationships on the meaning making process: Patients’ perspectives. *Annals of Palliative Medicine,* 6(3), 220-226.
13. **Mistretta, E. G**., Sloan, D., BrintzenhofeSzoc, D., Weber, K., & Berger, A. (2017). Testing domains of the healing experiences in all life stressors questionnaire - HEALS. *Psychology Research and Behavior Management, 10,* 201-208.

MANUSCRIPTS SUBMITTED OR IN PREPARATION

1. Vornlocher, C., Pages, E. B., Danvers, A. F., **Mistretta, E. G.,** & Shiota, M. (Manuscript submitted to *Eating Behaviors*). Effects of a novel intervention to reduce dietary added-sugar consumption during the transition to college: A cluster randomized controlled trial.
2. **Mistretta. E. G.,** & Davis, M. C. (Manuscript submitted to *Psychology of Consciousness: Theory, Research, and Practice*). Self-compassion versus detached reappraisal for emotion regulation in individuals exposed to interpersonal trauma.
3. Bombardier, C. H., **Mistretta, E. G.,** Altschuler, B., Barber, J., Temkin, N., Esselman, P. C., & Fann, J. R. (Manuscript submitted to *Journal of Head Trauma Rehabilitation*). Validity of the Patient Health Questionnaire-2 in assessing depression in traumatic brain injury.
4. **Mistretta, E. G.,** Davis, M. C., Clifford, S., Olah, M. S., Doane, L., & Lemery-Chalfant, K. (Manuscript in preparation). Stability of self-compassion and its relationship to depression in primary caregivers of twin children: A longitudinal study.
5. Knowles, L. M., **Mistretta, E. G.,** Arewasikporn, A., Hugos, C. L., Cameron, M. H., Haselkorn, J. K., & Turner, A. P. (Manuscript in preparation). Treatment improvements in depressive symptoms are associated with sustained improvement in fatigue impact in adults with multiple sclerosis.
6. **Mistretta, E. G.**, Ehde, D., Turner, A., & Knowles, L. M. (Manuscript in preparation). Self-regulation resource model of body compassion in adults with multiple sclerosis.

PRESENTATIONS

1. **Mistretta, E. G.,** Davis, M. C., Bartsch, E. M., & Olah, M. S. (2023). *Self-compassion and pain disability in adults with chronic pain: The mediating role of future self-identification and self-efficacy*. Poster presented at the Society of Behavioral Medicine, Phoenix, AZ.
2. **Mistretta, E. G.,** Davis, M. C. (2022). *Self-compassion versus reappraisal following social rejection: An application of the situated action cycle*. Poster presented at the Inaugural International Society for Contemplative Research, San Diego, CA.
3. **Mistretta, E. G.,** Craft, W. H., Davis, M. C., McClure, S. M., & Bickel, W. K. (April, 2022). *Delay discounting in adults with and without chronic pain: Differentiation across commodity and sign*. Poster presented at the Society of Behavioral Medicine, Baltimore, MD.
4. **Mistretta, E. G.,** & Davis, M. C. (April, 2021). *Self-compassion Interventions for Adults with Chronic Pain: Systematic Review and Meta-analysis.* Poster presented at the Society of Behavioral Medicine. [Online].
5. **Mistretta, E. G.,** Davis, M. C., & Yeung, E. M. (April, 2020). *Family strain predicts subsequent depressive symptoms: Hope mediates and self-compassion moderates the relation.* Poster presented at the Society of Behavior Medicine, San Francisco, CA.
6. **Mistretta, E. G.**, & Davis, M. C. (March, 2019). *The link between physical health and subsequent depressive symptoms is moderated by self-compassion in middle-aged adults.*  Poster presented at the Society of Behavioral Medicine, Washington, D.C.
7. Moore, S. V., **Mistretta, E. G.,** & Davis, M. C. (March, 2018). *Socioeconomic status and health in a community sample of Hispanics and Non-Hispanic Whites: Examining perceived community risk.* Poster presented at the American Psychosomatic Society, Louisville, KY.
8. **Mistretta, E. G**., Hoyer, D., Glass, C. R., Spears, C. A., Perskaudas, R., Interrante, M. K., & Kaufman, K. A. (April, 2017). *Expectations, Outcomes, and Helpfulness of Mindful Sport Performance Enhancement for Collegiate Athletes.* Presented at annual research day at Catholic University of America, Washington, DC.
9. **Mistretta, E. G.,** Davis, M. C., Tamkit, M., Darby, B. & Stonnington, C.M. (March, 2017). *Resilience training for work-related stress among healthcare workers: Results of a randomized clinical trial comparing in-person and smartphone delivered interventions.* Presented as a citation poster at annual meeting of the American Psychosomatic Society, Seville, Spain.
10. **Mistretta, E. G**., Sloan, D., & Berger, A. (July, 2016). *Spirituality in Women Diagnosed or Exposed to HIV: A Look at the HEALS Questionnaire.* Presented at annual NIH Poster Day, Bethesda, MD.
11. **Mistretta, E. G**., Hoyer, D., Glass, C. R., Spears, C. A., Perskaudas, R., Interrante, M. K., & Kaufman, K. A. (October, 2016). *Expectations, Outcomes, and Helpfulness of Mindful Sport Performance Enhancement for Collegiate Athletes.* Presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
12. **Mistretta. E. G**., Kaufman, K. A., Glass, C. R., & Spears, C. A. (April, 2016). *Mindful Sport Performance Enhancement for High School Athletes.* Presented at annual research day at Catholic University of America, Washington, DC.
13. **Mistretta, E. G**., Kaufman, K. A., Glass, C. R., & Spears, C. A. (April, 2016). *Mindful Sport Performance Enhancement for High School Athletes.* Presented at the Northeast Atlantic Sport Psychology Conference, Philadelphia, PA.
14. **Riley, E. G.** (September, 2011). *Motivational Factors of Young Adults Involved in Meditation.* Presented at annual summer research symposium at Saint Mary’s College of California, Moraga, CA.

CLINICAL EXPERIENCES

**University of Washington Multiple Sclerosis Center Sept 2023- Present  
Position:** *Postdoctoral Clinician*

* Provide brief in-person and teletherapy to treat pain and fatigue in people with multiple sclerosis using motivational interviewing, CBT, ACT, and mindfulness approaches.

**Harborview Medical Center/University of Washington in Seattle, WA July 2022 – Present  
Position:** *Rehabilitation Psychology Resident*

* Provide brief in-person therapy in an inpatient hospital trauma center (i.e., Burn ICU, Acute pain consultation, inpatient rehabilitation).
* Provide in-person and teletherapy in multidisciplinary outpatient rehabilitation setting using motivational interviewing, CBT, and ACT
* Training in managing acute and chronic pain via hypnosis, MI, mindfulness-based, CBT and other nonpharmacological methods

**Family-Focused Facilitated Fitness at Mayo Clinic in Phoenix, AZ August 2021 – September 2022  
Position:** *Mayo Clinic Research Affiliate, Study Therapist*

* Training in couples-based intervention to increase physical activity in hematopoietic cell transplant patients and their partners (HCT)
* Deliver 8 sessions of Family-Focused Facilitated Fitness to 15 HCT couples as part of a pilot study

Supervisors: Laura Porter, Ph.D. and Shelby Langer, Ph.D.

**Phoenix Veterans Affairs Healthcare System August 2021 – May 2022  
Position:** *Practicum Student*

* Provide brief teletherapy and in-person therapy in a primary care medical setting to Veterans (Primary Care Mental Health Integration: PCMHI)
* Therapy includes motivational interviewing, CBT, ACT for chronic pain, smoking cessation protocol

Supervisors: Jenna Gress-Smith, Ph.D., Andrew Jones, Ph.D., and Lisa Burgess, Ph.D.

**Banner University Medical Center in Phoenix, AZ August 2020 – May 2021  
Position:** *Practicum Student*

* Provided brief teletherapy, in-person therapy, and diagnostic/risk assessment for adults in an inpatient medical hospital setting
* Therapy included coping skills, end-of-life issues, trauma mitigating strategies, adaptive coping with chronic and acute illness, family issues, medical trauma
* Conduct phone consultations with providers

Supervisor: Kristina Cooper, Ph.D.

**Clinical Psychology Center in Tempe, AZ   
Position:** *Resident Therapist* **Fall** **2018-Fall 2020**

* Provide in-person and teletherapy for adults presenting with interpersonal and identity issues and symptoms related to anxiety, depression, and trauma; treatment includes CBT, Motivational Interviewing, ACT, Mindfulness.
* Attend weekly individual supervision and bi-monthly group supervision to discuss case conceptualizations and progress.
* Provide psychological assessments with clients presenting with learning disorders, ADHD, and cognitive disabilities.
* Developed curriculum, recruited, and facilitated two 8-week Mindfulness groups at the CPC focused on introducing mindfulness techniques and practices to the community.

Supervisor: John Barton, Ph.D.

CLINICAL TRAINING

**Acceptance and Commitment Therapy I (ACT-I) December 2019**

* Completed weekend training for ACT focused on relational frame theory and case conceptualization

Instructor: Steven Hayes, Ph.D.

TEACHING EXPERIENCE

* **Guest Lecturer Spring 2022**

Arizona State University, *Department of Psychology*, Clinical Psychology

* Mindfulness in Clinical Psychology
* **Guest Lecturer** **Fall 2020**

Arizona State University, *Department of Psychology*, Health Psychology

* + Motivational Interviewing for Health Populations
* **Teaching Assistant August 2019-December 2020**Arizona State University, *Department of Psychology,* Sustainable Behavior Change
  + Initiated the development of this course designed to teach students behavior change theories
  + Assisted students in designing strategic plans to change sustainable behavior on campus and present plans to relevant stakeholders
* **Teaching Assistant August 2018-December 2019**Arizona State University, *Department of Psychology,* Research Methods (PSY 290).
  + Instructed undergraduate psychology students about the basics of research methods and manuscript writing; held office hours; graded essays
* **Guest Lecturer Spring 2018**Arizona State University, *Department of Psychology,* Adolescent Psychology (PSY 444).
  + Mindfulness, Self-Compassion, & Perfectionism in Adolescents

INVITED TALKS

* **Using Mindfulness in Therapy**
  + 2nd Year Practicum Students at ASU Clinical Psychology Center (October, 2019, 2020, & 2021)
* **Mental Health in Primary Care**
  + Family Medicine Residents at Mountain Vista Medical Center (October, 2021)
* **Motivational** **Interviewing**
  + Family Medicine Residents at Mountain Vista Medical Center (August, 2020)
* **Slowing Down: Mindfulness to Reduce Stress and Boost Productivity**
  + ASU Employee Wellness (September, 2019)
  + Psychology Department Staff at ASU (October, 2019)
  + Strategic Planning and Partnerships Staff at ASU (November, 2019)

CONSULTING

* **Switch Research Inc. May 2023-Present**
  + Title: Research and Product Consultant
    - Content editing
    - Verification of product’s scientific integrity
    - Provided feedback on early product development and improvement
    - Product development: development of a self-guided journal for individuals coping with challenges

AWARDS

* **Travel Grant** (2022). Awarded to qualified ASU students traveling to academic conferences whose research has interdisciplinary impact ($900).
* **Jumpstart Grant** (2022). Grant funding distributed by ASU Graduate Professional Student Association. Awarded to students to assist with starting new avenues of research ($700).
* **Graduate Research and Support Program: Research Grant Award** (2021). Grant funding distributed by ASU Graduate and Professional Student Association. Awarded to students to assist with dissertation research ($2,500).
* **Jumpstart Grant** (2021). Grant funding distributed by ASU Graduate and Professional Student Association. Awarded to students to assist with starting new avenues of research ($900).
* **Society of Behavioral Medicine Integrative Health and Spirituality SIG Outstanding Trainee Award** (2021). Monetary prize awarded to trainees with outstanding accomplishment in integrative health and spirituality ($500).
* **Sharon Manne Grant** (2020). Internal grant awarded to student research dedicated to clinical health psychology ($3,500).
* **American Psychosomatic Society Young Scholar Award** (March 2017). Stipend awarded to top student abstract submissions for 2017 APS Conference in Seville, Spain ($500).
* **Dalai Lama Way of Peace Fellowship** (2015-2017).*Graduate Assistant,* Assisted in organization of the Way of Peace conference wherein students engage in interfaith dialogue in the spirit of His Holiness the Dalai Lama and Fr. Laurence Freeman ($2,000).
* **Summer Research Award** (Spring 2011).*Undergraduate Student,* Grant to assist with undergraduate summer research ($750).

SERVICE ACTIVITIES / LEADERSHIP

* **Foundation for Rehabilitation Psychology Dissertation Awards.** *2023 Scientific Merit Reviewer*
* **Diversity Advancement Committee** (2022-2023). Identified strategies to increase inclusivity in internship site and recruit diverse internship applicants
* **Ad Hoc Reviewer** (2017-2023).
  + *International Journal of Behavioral Medicine*
  + *Motivation and Emotion*
  + *European Burn Journal*
  + *Psychological Bulletin*
  + *Mindfulness*
* **Clinical Psychology Area Seminar Committee** (2021-2022). *Cohort Representative*
* **DREAMZone Training** (2021). Educational training around the needs, resources, and strengths of undocumented students at ASU.
* **Admissions Committee** (2021-2022). *Clinical Psychology Admissions Committee Member*
* **Mindfulness Instructor** (2019-2021). Provided education and mindfulness instruction to undergraduates at ASU.
* **Graduate Studies Committee** (2020-2021). *Graduate Student Chair.*
* **Student Liaison for Clinical Psychology Program** (2018-2019). Served as a student advocate within the Clinical Psychology Program.