

Karlyn A. Edwards, M.S.

Department of Psychology
University of New Mexico
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EDUCATION

- M.S., Psychology, *with Distinction* 2018
University of New Mexico, Albuquerque, NM
Master's Thesis: The Role of Descriptive Social Norms in Opioid and Other Substance Use Among College Students
Committee Chair: Kevin E. Vowles, PhD
- B.A., Psychology 2014
University of Puget Sound, Tacoma, WA
Thesis: The Implications of Sport Retirement on Athletic and Personal Identity in Collegiate Athletes
Academic Advisor: Sarah Moore, PhD

HONORS AND AWARDS

- *Certificate of Excellence for Outstanding Community Service*, U of New Mexico 2018
- *Sandia Casino Responsible Gaming Scholarship*, Sandia Casino 2018
- *Student Merit Award*, Research Society on Alcoholism 2018
- *Best Trainee Abstract*, Society of Behavioral Medicine 2018
- *Psi Chi Member*, University of Puget Sound 2014
- *Dean's List*, University of Puget Sound 2010 - 2014

CLINICAL & RESEARCH INTERESTS

- Impact of chronic pain among patients on medications for opioid use disorder
- Opioid and other substance use among those with chronic pain
- Acceptance and Commitment Therapy (ACT) for chronic pain and other chronic conditions
- Mindfulness Based Relapse Prevention (MBRP) for substance use
- Psychosocial factors that impact successful rehabilitation among those with chronic conditions

EMPIRICALLY SUPPORTED TREATMENT EXPERIENCE

- ACT for depression, chronic pain, and substance use
- MBRP for substance use disorders
- Cognitive Behavioral Therapy for alcohol use disorder
- Exposure and Response Prevention for obsessive compulsive disorder

- Cognitive Processing Therapy for post-traumatic stress disorder
- Motivational Interviewing for substance use disorders

RESEARCH EXPERIENCE

Research Assistant, University of New Mexico 2019- Present
Active Research Grant:

National Institutes of Health and National Center for Complementary and Integrative Health, NCT03784846, Mindfulness-Based Resilience Training for Aggression, Health, and Stress Among Law Enforcement Officers, \$641,512, K. Witkiewitz (Co-PI).

Supervisors: Katie Witkiewitz, PhD

- Conducted in-person participant consent sessions
- Assisted with randomizing participants to each treatment condition
- Assisted in administrative support, data entry, and database management

Research Assistant, University of New Mexico 2017- Present
Active Research Grant:

National Science Foundation, 1628471, ADVANCE Institutional Transformation at the University of New Mexico, \$3,358,125.00, J. Fulghum (PI).

Supervisors: Julia Fulghum, PhD & Steven Verney, PhD

- Conducted semi-structured qualitative interviews with faculty, staff, and students
- Conducted a thematic analysis of qualitative data and presented findings
- Compiled and summarized faculty policies related to work-life balance
- Researched and presented information on other NSF ADVANCE grant websites

Research Assistant, Raymond G. Murphy VA Medical Center 2016-2018
Completed Research Grant:

National Center for Complementary and Integrative Health, R34AT008398, Pilot study of integrated treatment for Veterans with chronic pain and opiate misuse, \$654,270, K. E. Vowles (PI).

Supervisors: Karen Cusack, PhD & Kevin Vowles, PhD

- Study therapist delivering 12-week ACT & MBRP group intervention for problematic opioid use
- Assisted with patient recruitment, data collection, payment, and data entry
- Assisted in administrative support, data entry, and database management

Research Assistant, University of Washington 2015-2016
Completed Research Grant:

National Institutes of Health, NCT01800604, Power Over Pain, \$3,000,000, M. P. Jensen (PI)

Supervisor: Mark P. Jensen, PhD

- Assisted in recruitment and follow up pain assessments via phone
- Conducted in person informed consent sessions and baseline assessments that included pain, neuropsychology, and hypnotizability measures
- Assisted in administrative support, data entry, and database management

Research Assistant, University of Washington 2015-2016
Completed Research Grant

National Multiple Sclerosis Society, NCT02474940, Multiple Sclerosis Symptom Management Study (ENHANCE), \$180,867, M. P. Jensen (PI)

Supervisor: Mark P. Jensen, PhD

- Led participants through mindfulness meditation and neurofeedback sessions
- Assisted in recruitment and obtained follow-up pain assessments via phone
- Conducted in person informed consent sessions and baseline assessments that included pain, neuropsychology, and hypnotizability assessments
- Assisted in administrative support, data entry, and database management

Research Assistant, University of Puget Sound 2013-2014
Completed Research Grant

Faculty Start Up Fund, University of Puget Sound, T. Beyer (PI)

Supervisor: Tim Beyer, PhD

- Led participants through a battery of computer tests measuring comprehension, production, and perception of speech types (Standard American English & African American English)
- Assisted in recruitment via phone and in person at local community organizations
- Assisted in data entry and data analysis

CLINICAL EXPERIENCE

Practicum Student, Raymond G. Murphy VA Medical Center 2019-Present
Spinal Cord Injury Center, Albuquerque, NM; Supervisor: Shelley Leiphart, PsyD

- Conducted annual psychosocial evaluations of service-connected veterans with spinal cord injuries
- Conducted evidence-based psychotherapy on an individual basis
- Conducted neuropsychological evaluations
- Attended and presented assessment findings at interdisciplinary team meetings weekly
- Attended weekly individual supervision

Study Therapist, NIH Funded Research Project 2018-Present

ABQ TREAT (NCT03842670), Albuquerque, NM; Supervisors: Katie Witkiewitz, PhD & Barbara McCrady, PhD

- Conducted weekly manualized MI and MBRP sessions targeting problematic substance use
- Attended weekly group supervision

Practicum Student, UNM Psychology Department Clinic 2017-2019

Albuquerque, NM; Supervisors: Kevin Vowles, PhD & Elizabeth Yeater, PhD

- Provided assessments and evidence-based psychotherapy to low-income patients in the community regarding depression, anxiety, post-traumatic stress disorder, obsessive-compulsive disorder & health behavior change

Practicum Student, Maya's Place 2018-2019
Crossroads for Women, Albuquerque, NM; Supervisor: Katie Witkiewitz, PhD

- Led weekly MBRP groups with women with co-occurring mental health and substance use disorders who recently emerged from incarceration
- Attended weekly group supervision

Practicum Student, UNM Center for Spine Health 2018-2019
Functional Restoration Program, Albuquerque, NM; Supervisor: Kevin Vowles, PhD

- Led ACT & MBRP groups as a part of the Functional Restoration Program, an interdisciplinary treatment program for patients with chronic pain
- Conducted Spinal Cord Stimulator psychological evaluations
- Conducted neuropsychological evaluations
- Conducted individual psychotherapy for chronic pain
- Attended twice weekly interdisciplinary team staffing meetings
- Attended weekly individual supervision

Practicum Student, Transgender Resource Center of New Mexico 2017
TGRCNM, Albuquerque, NM; Supervisor: Katie Witkiewitz, PhD

- Led weekly MBRP groups with lesbian, gay, bisexual, transgender, and queer individuals with substance use
- Attended weekly group supervision

Practicum Student, Addiction and Substance Abuse Program 2017- 2018
UNMH, Albuquerque, NM; Supervisor: Larissa Maley, PhD

- Co-led ACT & MBRP for chronic pain group
- Conducted weekly individual psychotherapy with clients on medications for opioid use disorder
- Conducted intake assessments
- Attended weekly multidisciplinary team staffing meetings and supervision

Practicum Student, Turquoise Lodge Residential Substance Abuse Center 2017- 2019
Albuquerque, NM; Supervisor: Katie Witkiewitz, PhD and Jackie West, M.S.

- Co-led MBRP groups among patients receiving inpatient treatment for substance abuse disorders
- Attended weekly group supervision

Case Manager, Comprehensive Life Resources 2014-2015
Tacoma, WA; Supervisor: Kathy Hagen, LICSW

- Responsible for 40-50 clients seen on a weekly to monthly basis in outpatient, residential, and acute inpatient settings
- Member of intensive service team aimed at assisting high treatment utilizing clients
- Coordinated client needs with community agencies
- Engaged clients using skills training, reflective listening, and motivational interviewing
- Created individual treatment plans and continually tracked progress
- Independently facilitated an arts and crafts group and a nutrition group on a weekly basis
- Assisted in implementing an incentive program to improve client engagement

PUBLICATIONS

- Vowles, K. E., Witkiewitz, K., Cusack, K. J., Gilliam, W. P., Cardon, K. E., Bowen, S., **Edwards, K. A.**, McEntee, M. L., & Bailey, R. W. (under review). A pilot study of integrated behavioral treatment for Veterans with co-morbid chronic pain and hazardous opioid use. *Pain*.
- Vowles, K. E., Pielech, M., **Edwards, K. A.**, McEntee, M., & Bailey, R. B. (under review). A comparative meta-analysis of unidisciplinary psychology and interdisciplinary treatment outcomes following Acceptance and Commitment Therapy for adults with chronic pain. *Journal of Pain*.
- Edwards, K.A.**, Witkiewitz, K., & Vowles, K.E. (In press). Demographic differences in perceived social norms of drug and alcohol use among Hispanic/Latinx and Non-Hispanic White college students. *Addictive Behaviors*.
- Edwards K.A.**, Vowles K.E., Witkiewitz K. (2019) Opioids. In: Zeigler-Hill V., Shackelford T. (eds) Encyclopedia of Personality and Individual Differences. Springer, Cham. doi:10.1007/978-3-319-28099-8_450-1
- Edwards, K.A.**, Pielech, M., Hickman, J., Ashworth, J., Sowden, G. & Vowles, K.E. (In press). The relation of self-compassion to functioning among adults with chronic pain. *European Journal of Pain*. doi: 10.1002/ejp.1429.
- Vowles, K. E., Witkiewitz, K., Pielech, M., **Edwards, K. A.**, McEntee, M. L., Bailey, R. W., Bolling, L. A., & Sullivan, M. D. (2018). Alcohol and opioid use in chronic pain: A cross-sectional examination of differences in functioning based on misuse status. *Journal of Pain*, 19, 1091-1230.
- Vowles, K., Bailey, R., McEntee, M., Pielech, M., **Edwards, K.**, Bolling, L., & Rivers, W. (2018). Using analgesics for emotional modulation is associated with increased distress, depression, and risk of opioid and alcohol misuse: Initial evaluation and component analysis of the Reasons for Analgesic Use Measure (RAUM). *The Clinical Journal of Pain*, 34(10), 975-982. doi:10.1097/AJP.0000000000000621
- Jensen, M., Battalio, S., Chan, J., **Edwards, K.**, Day, M., Sherlin, L., & Ehde, D. (2018). Use of neurofeedback and mindfulness to enhance response to hypnosis treatment in individuals with multiple sclerosis: Results from a pilot randomized clinical trial. *The International Journal of Clinical and Experimental Hypnosis*, 66(3), 231-264. doi:10.1080/00207144.2018.1460546
- Edwards, K.A.**, Vowles, K.E., & Witkiewitz, K. (2017). Co-use of alcohol and opioids. *Current Reports*, 4(2), 194-199. doi: 10.1007/s40429-017-0147-x
- Battalio, S. L., Silverman, A. M., Ehde, D. M., Amtmann, D., **Edwards, K. A.**, & Jensen, M. P. (2017). Resilience and function in adults with physical disabilities: An observational study.

Archives of Physical Medicine and Rehabilitation, 98(6), 1158–1164. doi:
10.1016/j.apmr.2016.11.012

Edwards, K. A., Alschuler, K. A., Ehde, D. M., Battalio, S. L., & Jensen, M. P. (2017). Changes in resilience predict function in adults with physical disabilities: A longitudinal study. *Archives of Physical Medicine and Rehabilitation*, 98(2), 329–336. doi:
10.1016/j.apmr.2016.09.123

Edwards, K.A., Molton, I.R., Smith, A.E., Ehde, D.E., Bombardier, C.H., Battalio, S., & Jensen, M.J. (2016). The relative importance of baseline pain, fatigue, sleep and physical activity: Predicting change in depression in adults with Multiple Sclerosis. *Archives of Physical Medicine and Rehabilitation*, 97(8), 1309-1315. doi:
10.1016/j.apmr.2016.02.025

Beyer, T., **Edwards, K.A.**, & Fuller, C. (2015). Misinterpretation of African American English BIN by adult speakers of Standard American English. *Language and Communication*, 45, 59-69. doi: 10.1016/j.langcom.2015.09.001

SYMPOSIA, WORKSHOPS, AND INVITED PRESENTATIONS

Edwards, K. A., Witkiewitz, K., & Vowles, K.E. (April, 2019). The influence of social norms on opioid use: Differences between Hispanic/Latinx and White undergraduates. In S. Becker (chair), Overlooked and understudied: Racial/ethnic differences in opioid use among youth and young adult populations. Symposium conducted at the 2019 conference of Collaborative Perspectives on Addiction. Providence, RI.

Edwards, K. A., Pielech, M., Kruger, E.S., Ford, C.G. & Vowles, K.E. (April, 2018). The role of self-compassion in functioning among those with chronic pain. Invited presentation conducted at the 2018 conference of the Society of Behavioral Medicine. New Orleans, LA.

Vowles, K.E., Witkiewitz, K., Pielech, M., **Edwards, K.A.**, McEntee, M.L. Bailey, R.W., & Bolling, L. (April, 2018). Alcohol and opioid use in chronic pain: Two cross-sectional examinations hazardous use and co-use. In K. E. Vowles (chair), Frequency and impact of alcohol, opioid, and marijuana co-use in chronic pain. Symposium conducted at the 2018 conference of the Society of Behavioral Medicine. New Orleans, LA.

Vowles, K. E., Witkiewitz, K., Pielech, M., **Edwards, K. A.**, McEntee, M. L. Bailey, R. W., & Bolling, L. (March, 2018). *Hazardous alcohol and opioid use in chronic pain: An assessment of frequency and impact*. Invited presentation provided at the 2018 scientific summit of the American Pain Society, Anaheim, CA, USA.

Edwards, K.A., Molton, I.R., Smith, A.E., Ehde, D.E., Bombardier, C.H., Battalio, S., & Jensen, M.J. (March, 2017). The Relative Importance of Baseline Pain, Fatigue, Sleep and Physical Activity: Predicting Change in Depression in Adults with Multiple Sclerosis. Presented at the annual meeting of the Society of Behavioral Medicine in San Diego, CA.

Beyer, T., **Edwards, K.**, & Fuller, C. (March, 2014). Flipping the Script: The Interpretation of African American English by Speakers of Standard American English. Paper presented at the Georgetown University Roundtable (GURT), Washington, D.C.

CONFERENCE POSTER PRESENTATIONS

Edwards, K.A. & Vowles, K.E. (April, 2019). Patterns of recreational substance use among undergraduates: A latent class analysis. Poster presented at the 2019 conference of Collaborative Perspectives on Addiction. Providence, RI.

Edwards, K.A. & Vowles, K.E. (March, 2019). Social norms and substance use among college students: Examining the role of chronic pain. Poster presented at the 2019 conference of the Society of Behavioral Medicine. Washington, DC.

Edwards, K.A. & Vowles, K.E. (June, 2018). Perceived control of alcohol use: Associations with polysubstance use and functioning among college students. Poster presented at the 2018 conference of the Research Society on Alcoholism. San Diego, CA.

Edwards, K.A. & Vowles, K.E. (April, 2018). Perception of harm related to opioids is associated with substance use frequency in college undergraduates. Poster presented at the 2018 conference of the Society of Behavioral Medicine. New Orleans, LA.

Edwards, K.A., Pielech, M., Kruger, E.S., Ford, C.G. & Vowles, K.E. (April, 2018). The role of self-compassion in functioning among those with chronic pain. Poster presented at the 2018 conference of the Society of Behavioral Medicine. New Orleans, LA.

Edwards, K. A., Alschuler K.A., Ehde, D.M., Battalio, S.L. & Jensen, M.J. (March, 2017). Changes in resilience predict function in aging adults with physical disabilities: A longitudinal study. Poster presented at the 2017 conference of the Society of Behavioral Medicine. San Diego, CA.

Beyer, T., **Edwards, K.A.**, & Fuller, C. (September, 2015). Processing across language varieties: The misinterpretation of African American English BIN by adult speakers of Standard American English. Poster presented at the 44th Annual New Ways of Analyzing Variation (NWAY), University of Toronto, Toronto, Canada.

MANUSCRIPTS IN PREPERATION

Edwards, K.A., & Vowles, K.E. (In prep). Acceptance and Action Questionnaire – II: Confirmatory factor analysis and measurement invariance between Non-Hispanic White and Hispanic/Latinx undergraduates.

Ponce-Martinez, C., **Edwards, K.A.**, Roos, C.R., Beitel, M., & Barry, D. (In prep). Associations among sleep disturbance, pain catastrophizing, and pain intensity for methadone-maintained patients with opioid use disorder and chronic pain.

ADDITIONAL TRAINING

Mindfulness-Based Relapse Prevention Therapist Training (2018). Presented by Sarah Bowen, PhD of Pacific University and Katie Witkiewitz, PhD of the University of New Mexico at the University of New Mexico.

Mindfulness-Based Relapse Prevention Therapist Training (2017). Presented by Sarah Bowen, PhD of Pacific University and Katie Witkiewitz, PhD of the University of New Mexico at the University of New Mexico.

OTHER PROFESSIONAL EXPERIENCE

Graduate Student Evaluator, UNM McNair Scholars Research Conference 2016

Medical Transcriptionist, Pediatric Neurology Associates 2011-2014
Supervisor: Swati Vora, MD

PROFESSIONAL AFFILIATIONS

Society of Behavioral Medicine 2017- Present

PROFESSIONAL REFERENCES

Kevin E. Vowles, Ph.D.
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Area Head
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