

Karlyn A. Edwards, M.S.

Department of Psychology
University of New Mexico
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EDUCATION

- Ph.D., Psychology, *with Distinction*
University of New Mexico, Albuquerque, NM Anticipated Spring 2021
Dissertation: Transitions in Pain Interference and Pain Intensity During Buprenorphine Treatment among those with Opioid Use Disorder and Chronic Pain: Results from a Multi-Site Clinical Trial; Committee Chair: Katie Witkiewitz, PhD
- 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

- *Frances Everett Letchworth Scholarship*, U of New Mexico 2020
- *Graduate Student Success Scholarship*, Graduate Studies, U of New Mexico 2020
- *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

RESEARCH & CLINICAL INTERESTS

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

EMPIRICALLY SUPPORTED TREATMENT EXPERIENCE

- Mindfulness Based Relapse Prevention (MBRP) for substance use disorders delivered individually and within a closed and rolling group format
- Exposure and Response Prevention for obsessive compulsive disorder
- ACT for depression, burnout, chronic pain, and substance use delivered individually and within a closed and rolling group format
- CBT for alcohol use disorder
- CPT for post-traumatic stress disorder
- MI for substance use disorders

CLINICAL EXPERIENCE

***Practicum Student,* Raymond G. Murphy VA Medical Center 2019-2020**

Spinal Cord Injury Center, Albuquerque, NM; Supervisor: Shelley Leiphart, PsyD

- Conducted psychological and neuropsychological assessments of veterans with spinal cord injuries/diseases and wrote assessment reports
- Consulted with interdisciplinary team members regarding veteran psychological and cognitive needs
- Presented assessment findings at interdisciplinary team meetings weekly
- Attended weekly individual supervision

***Study Therapist,* Center of Alcoholism, Substance Abuse, and Addictions 2018-2020**

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

- Conducted weekly manualized MI and MBRP sessions targeting substance misuse
- 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 and health behavior change

***Practicum Student,* Maya's Place 2018-2019**

Crossroads for Women, Albuquerque, NM; Supervisor: Katie Witkiewitz, PhD

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

***Practicum Student,* UNM Center for Spine Health 2018-2019**

Functional Restoration Program, Albuquerque, NM; Supervisor: Kevin Vowles, PhD

- Conducted 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 and other health behaviors
- 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

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

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

- Co-led a rolling ACT & MBRP group for chronic pain and substance misuse
- Conducted weekly individual evidenced-based treatment with clients on medications for opioid use disorder
- Conducted intake assessments and wrote assessment reports
- Attended weekly multidisciplinary team staffing meetings and individual 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 with patients admitted to an inpatient unit for substance misuse
- Attended weekly group supervision

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

- Held a caseload of 40-50 clients seen on a weekly to monthly basis in outpatient, residential, and acute inpatient settings
- Member of the Intensive Service Team which assisted high treatment utilizing clients
- Coordinated client needs with community agencies
- Independently facilitated psychoeducational groups on a weekly basis
- Assisted in implementing an incentive program to improve client engagement

RESEARCH EXPERIENCE

Research Assistant, University of New Mexico 2019

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, S. Bowen and M. Christopher (PI).

Supervisors: Katie Witkiewitz, PhD (Co-PI)

- Conducted in-person participant consent sessions and randomization
- Assisted in administrative support, data entry, and database management

Research Assistant, University of New Mexico 2017-2020**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 to the University administration
- Compiled and summarized policies related to work-life balance distributed to faculty

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 closed group intervention for problematic opioid use and chronic pain
- Assisted with patient recruitment, data collection, payment, 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 participant recruitment and follow-up pain assessments via phone
- Conducted in person informed consent sessions and baseline assessments
- 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

- Conducted participant mindfulness meditation and neurofeedback treatment sessions
- Assisted in participant recruitment and follow-up pain assessments via phone
- Conducted in person informed consent sessions and baseline symptom 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

- Conducted participant baseline assessments measuring language comprehension, production, and perception of speech types (Standard American English & African American English)
- Assisted in participant recruitment via phone and in person, data entry, and data analysis

PUBLICATIONS

Witkiewitz, K., Wilson, A. D., Roos, C. R., Swan, J. E., Votaw, V. R., Stein, E. R., Pearson, M. R., **Edwards, K. A.**, Tonigan, J. S., Hallgren, K. A., Montes, K. S., Maisto, S. A., & Tucker, J. A. (in press). Can individuals with alcohol use disorder sustain non-abstinent recovery? Non-abstinent outcomes 10 years after alcohol use disorder treatment. *Journal of Addiction Medicine*.

Edwards, K.A., & Vowles, K.E. (in press). Acceptance and Action Questionnaire – II: Confirmatory factor analysis and measurement invariance between Non-Hispanic White and Hispanic/Latinx undergraduates. *Journal of Contextual Behavioral Science*.

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

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. (in press). A pilot study of integrated behavioral treatment for Veterans with co-morbid chronic pain and hazardous opioid use. *Journal of Pain*.

Vowles, K. E., Pielech, M., **Edwards, K. A.**, McEntee, M., & Bailey, R. B. (2019). 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. (2019). Demographic differences in perceived social norms of drug and alcohol use among Hispanic/Latinx and non-Hispanic White college students. *Addictive Behaviors*, 98(July), 1–7.
<https://doi.org/10.1016/j.addbeh.2019.106060>

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. (2019). The relation of self-compassion to functioning among adults with chronic pain. *European Journal of Pain*, 23(8), 1538–1547. <https://doi.org/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

MANUSCRIPTS UNDER REVIEW

MANUSCRIPTS IN PREPARATION

Edwards, K.A., Vowles, K.E., & Witkiewitz, K. (In prep). Prevalence and impact of chronic pain among patients maintained on medications for opioid use disorder: A systematic review.

SYMPOSIA, WORKSHOPS, AND INVITED PRESENTATIONS

Edwards, K. A., Witkiewitz, K., & Vowles, K.E. (2019, April). 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. (2018, April). *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. (2018, April). 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 presented 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. (2018, March). *Hazardous alcohol and opioid use in chronic pain: An assessment of frequency and impact*. Invited presentation presented at the 2018 scientific summit of the American Pain Society. Anaheim, CA.

Edwards, K.A., Molton, I.R., Smith, A.E., Ehde, D.E., Bombardier, C.H., Battalio, S., & Jensen, M.J. (2017, March). *The relative importance of baseline pain, fatigue, sleep and physical activity: Predicting change in depression in adults with Multiple Sclerosis*. Paper presented at the annual meeting of the Society of Behavioral Medicine. San Diego, CA.

Beyer, T., **Edwards, K.**, & Fuller, C. (2014, March). *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. (2019, April). *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. (2019, March). *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. (2018, June). *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. (2018, April). *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. (2018, April). *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. (2017, March). *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. (2015, September). *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.

TEACHING EXPERIENCE

Instructor, *Introduction to Health Psychology* (PSY 2320)
Department of Psychology, University of New Mexico

Fall 2019

ADDITIONAL TRAINING

Transgender 101 & 201 Training (2019). Presented by Adrien Lawyer, the co-director and co-founder of the Transgender Resource Center of New Mexico.

Cultural Competence Training for Police Officers (2019). Presented by Richard Goerling of the Portland Police Department as a part of the 'Mindfulness-Based Resilience Training for Aggression, Health, and Stress Among Law Enforcement Officers' grant.

Mindfulness-Based Relapse Prevention Therapist Training (2017, 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.

OTHER PROFESSIONAL EXPERIENCE

Graduate Student Evaluator, UNM McNair Scholars Research Conference 2016, 2019

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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School of Psychology
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Quantitative/Methodology Area Head
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