

CASEY TRAINOR, Ph.D. CURRICULUM VITA

Contact Information

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Professional Position

Augustana College, Sioux Falls, SD
Assistant Professor of Psychology, August 2011 – Present

Education

University of Arkansas, Fayetteville, AR
Doctor of Philosophy (APA Accredited), Clinical Psychology, August 2011

University of Mississippi Medical Center/Jackson VA Consortium, Jackson, MS
Internship in Clinical Psychology (APA Accredited), June 2011

North Dakota State University, Fargo, ND
Master of Science, Clinical Psychology, May 2003

Minnesota State University, Moorhead, MN
Bachelor of Arts, Psychology, May 1994, Cum Laude

Publications – Peer Reviewed

Blumenthal, H., Leen-Feldner, E. W., Badour, C. L., **Trainor, C. D.**, & Babson, K. B. (In Press). Pubertal maturation and cortisol level in response to a novel social environment among female adolescents. *Journal of Adolescence*.

Bujarski, S., Feldner, M. T., Lewis, S.F., Babson, K. A., **Trainor, C. D.**, Leen-Feldner, E., Badour, C. L., & Bonn-Miller, M. O. (2012). Marijuana use among traumatic-event exposed adolescents: Posttraumatic stress symptom frequency predicts coping motivations for use. *Addictive Behaviors*, 37, 53-59.

Badour, C. L., Feldner, M. T., Babson, K. A., Smith, R. C., Blumenthal, H., **Trainor, C. D.**, Bunaciu, L., & Olatunji, B. O. (2011). Differential emotional responding to ideographic cues of traumatic interpersonal violence compared to non-interpersonal traumatic experiences. *Journal of Experimental Psychopathology*, 2, 400-417.

Babson, K. A., Feldner, M. T., Badour, C. L., **Trainor, C. D.**, Blumenthal, H., Sachs-Ericsson, N., & Schmidt, N. B. (2011). Posttraumatic stress and sleep: Differential relations across types of symptoms and sleep problems. *Journal of Anxiety Disorders*, 25, 706-713.

Blumenthal, H., Leen-Feldner, E. W., Babson, K. A., Gahr, J. L., **Trainor, C. D.**, & Frala, J. L. (2011). Elevated social anxiety among early maturing girls. *Developmental Psychology*, 47, 1133-1140.

Babson, K. A., Feldner, M. T., Connolly, K. M., **Trainor, C. D.**, & Leen-Feldner, E. W. (2010). Subjective sleep quality and anxious and fearful responding to bodily arousal among children and adolescents. *Cognitive Therapy and Research*, 34, 359-367.

Babson, K. A., **Trainor, C. D.**, Feldner, M. T., & Blumenthal, H. (2010). An experimental test of the effects of acute sleep deprivation on general and specific self-reported anxiety and depressive symptoms: An experimental extension. *Behavior Therapy and Experimental Psychiatry*, 41, 297-303.

Babson, K. A., Feldner, M. T., **Trainor, C. D.**, & Smith, R. C. (2009). An experimental investigation of the effects of acute sleep deprivation on panic-relevant biological challenge responding. *Behavior Therapy*, 40, 239-250.

Blumenthal, H., Leen-Feldner, E. W., **Trainor, C. D.**, Babson, K. A., & Bunaciu, L. (2009). The interactive roles of pubertal timing and peer relations in predicting social anxiety symptoms among youth. *Journal of Adolescent Health*, 44, 401-403.

Feldner, M. T., Leen-Feldner, E. W., **Trainor, C.**, Blanchard, L., & Monson, C. M. (2008). Smoking and posttraumatic stress among adolescents: Does anxiety sensitivity matter? *Addictive Behaviors*, 33, 1470-1476.

Babson, K. A., **Trainor, C. D.**, Bunaciu, L., & Feldner, M. T. (2008). An examination of anxiety sensitivity as a moderator of the relation between sleep anticipatory anxiety and sleep onset latency. *Journal of Cognitive Psychotherapy: An International Quarterly*, 22, 258-270.

Meidinger, A.L., Miltenberger, R.G., Himle, M., Omvig, M., **Trainor, C.**, & Crosby, R. (2005). An investigation of tic suppression and the rebound effect in Tourette Syndrome. *Behavior Modification*, 29, 716-745.

Book Chapter

Amstadter, A. B., Berenz, E., C., Nugent, N. R., **Trainor, C. D.**, Koenen, K. C., Vladimirov, V. (in press). Genetics of posttraumatic stress disorder and sleep disturbance. In E Vermetten and T Neylan (Eds.), *Sleep and combat-related post-traumatic stress disorder*. Springer-Verlag Publishers.

Symposia Presentations – Peer Reviewed

Badour, C. L., Feldner, M. T., Babson, K. A., **Trainor, C. D.**, & Bujarksi, S. (November, 2010). Mental contamination in response to reminders of traumatic sexual and physical assault. In B. O. Olatunji (chair), *New Directions in Research on Disgust in Specific Anxiety Disorders*. Paper presented at the 44th annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Babson, K. A., **Trainor, C. D.**, Bunaciu, L., & Feldner, M. T. (November, 2010). An examination of anxiety sensitivity as a moderator of the relation between sleep anticipatory anxiety and sleep onset latency. In A. C. McLeish (chair), *The role of anxiety sensitivity and chronic health conditions*. Paper presented at the 44th annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Trainor, C. D., Smith, R. C., Frala, J., Babson, K. A., & Feldner, M. T. (November, 2009). A laboratory-based test of associations of posttraumatic stress disorder and gender with anxiety and disgust reactions to individualized traumatic event scripts. In B. Olatunji (Chair) *Descriptive and experimental psychopathology of disgust in PTSD*. Paper presented at 43rd annual meeting of the Association for Behavioral and Cognitive Therapies. New York, NY.

Babson, K. A., Feldner, M. T., **Trainor, C. D.**, Smith, R. C., & Bunaciu, L. (2008, May). An experimental investigation of the role of sleep deprivation in anxious and fearful reactivity to laboratory-elicited bodily arousal. In K. A. Babson (chair), *Anxiety and sleep problems: Integrating laboratory-based research into treatment development and refinement*. Paper presented at the 42nd annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.

Trainor, C. D., Babson, K., Smith, R., & Feldner, M. T. (2007). An examination of individual differences in panic-relevant vulnerabilities and aspects of an emotional response as predictors of habituation of anxiety and panic symptoms using repeated 5-minute administrations of 10% CO₂-enriched air. In J.A. Richey (Chair). *Innovations in biological challenge paradigms: Implications for assessment and treatment of anxiety*. Paper presented at the 41st annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Meidinger, A.L., Miltenberger, R.G., Himle, M., Omvig, M., **Trainor, C. D.**, & Crosby, R.C. (2002, May). An investigation of tic suppression and the rebound effect in Tourette Syndrome. Paper presented at the annual meeting of the Association for Behavior Analysis, Toronto, CA.

Meidinger, A.L., Miltenberger, R.G., **Trainor, C. D.**, Omvig, M., & Himle, M. (2001, April). Evaluating the rebound effect following tic suppression in Tourette Syndrome. Paper presented at the Midwest Association for Behavior Analysis and Therapy, Mankato, MN.

Trainor, C. D. & Rokke, P.D. (2002, May). The effect of a sad mood on attention as measured by a bilateral rapid serial visual presentation task. Paper presented at the North Dakota State University Colloquium Series, Fargo, North Dakota.

Poster Presentations – Peer Reviewed

Trainor, C. D., Wander, D., Claypool, D., Goers, A. & Froseth, A. (February, 2014). The role anxiety sensitivity in sleep difficulties among a sample of young adults. Poster accepted for presentation at the 48th annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Froseth, A., Tsang, W. K., Bowar, B., & **Trainor, C. D.** (February, 2014). The relationship between emotion dysregulation and pre-sleep arousal in sleep difficulties. Poster accepted for presentation at the 48th annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Duxbury, B., Van Engen, T., Schmidt, A., Goers, A., & **Trainor, C. D.** (November, 2013). The role of emotion regulation in sleep difficulties. Poster accepted for presentation at the annual meeting of the Midwest Psychological Association, Chicago, IL.

Trainor, C. D., Beech, K., Erhardt, M., Bortnum, K., & Goers, A., (2013, November). The Relationship between Distress Tolerance, Pre-Sleep Arousal, and Sleep Difficulties. Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

Goers, A., Erhardt, L., Beech, K., Walker, L., & **Trainor, C. D.** (2013, November). The Role of Perceived Control over Anxiety in the Relationship between Pre-Sleep Arousal and Sleep Difficulties. Poster presented at the 47th annual meeting of the Association for Behavioral and Cognitive Therapies, Nashville, TN.

Trainor, C. D., Maack, D., Leen-Feldner, E., & Blumenthal, H. (2012, November). Behavioral Inhibition System and the Development of Posttraumatic Stress Symptoms among Traumatic Event Exposed Adolescents. Poster presented at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

Mahan, R., Knapp, A., Blumenthal, H., Frala, J., **Trainor, C. D.** & Leen-Feldner, E.W. (2012, November). Smoking to Cope among Daily Adolescent Smokers. Poster presented at the 46th annual meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD.

Trainor, C. D., Babson, K. A., & Feldner, M. T. (November, 2011). The role of valence and intensity in the relationship between cognitive arousal and sleep difficulties. Poster presented at the 45th annual meeting of the Association for Behavioral and Cognitive Therapies, Toronto, ON.

Trainor, C. D., Babson, K. A., Bunaciu, L., & Feldner., M. T. (November, 2010). The role of anxiety sensitivity in the relation between posttraumatic stress symptoms and sleep difficulties among trauma exposed adults. Poster presented at the 44th annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Trainor, C. D., Babson, K. A., Feldner, M. T., Bunaciu, L., & Ghassani, W. (November, 2010). The role of emotion regulation in sleep difficulties among trauma exposed adults. Poster presented at the 44th annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Babson, K. A., Feldner, M. T., Badour, C. L., **Trainor, C. D.**, Blumenthal, H., Sachs-Ericsson, N., & Schmidt, N. B. (November, 2010). Posttraumatic stress and sleep: Differential relations across types of symptoms and sleep problems. Poster presented at the 44th annual meeting of the Association for Behavioral and Cognitive Therapies; San Francisco, CA.

Leen-Feldner, E. W., **Trainor, C. D.**, Frala, J., McClure, C., Sanders, S., & Zvolensky, M. J. (November, 2010). Panic-relevant cognitive and affective vulnerability among adolescent smokers. Poster presented at the 44th annual meeting of the Association for Behavioral and Cognitive Therapies, San Francisco, CA.

Gahr, J.L., **Trainor, C.D.**, Blumenthal, H., Ellezian, L., Tutt, A. (November, 2010). The moderating role of gender on the relation between pubertal timing and social anxiety among youth. Poster presented at the 44th annual meeting of the Association for Behavioral and Cognitive Therapies. San Francisco, CA.

Bujarski, S., Leen-Feldner, E. W., Feldner, M. T., **Trainor, C. D.**, Babson, K. A., & Bonn-Miller, M. O. (November, 2010). Posttraumatic stress symptoms predict coping motivation for marijuana use among traumatic event-exposed adolescents. Poster presented at the 44th annual meeting of the Association for Behavioral and Cognitive Therapies. San Francisco, CA.

Bown, S., Babson, K., Badour, C. L., Lewis, S., Feldner, M. T., & **Trainor, C. D.** (November, 2010). Severity of withdrawal symptoms predicts sleep problems among polysubstance users in a residential treatment facility. Poster presented at the 44th annual meeting of the Association for Behavioral and Cognitive Therapies. San Francisco, CA.

Bunaciu, L., Ghassani, W., Babson, K. A., Feldner, M. T., Blumenthal H., & **Trainor, C. D.** (November, 2010). A test of the effects of acute sleep deprivation on general and specific self-reported anxiety and depressive symptoms: An experimental extension. Poster presented at the annual meeting of the Anxiety Disorders Association of America. Baltimore, MD.

Trainor, C. D., Gahr, J., Blumenthal, H., Babson, K. A., & Feldner, M. T. (November, 2009). Sleep problems as a mediator of the relations between social anxiety disorder and alcohol use disorders among a nationally representative sample of adults. Poster presented at the 43rd annual meeting of the Association for Behavioral and Cognitive Therapies. New York, NY.

Gahr, J., Blumenthal, H., **Trainor, C. D.**, Kramer, M. E., Frala, J. L., & Leen-Feldner, E. W. (November, 2009). Adolescent sexual behavior: An empirical investigation of gender and social anxiety. Poster presented at the 43rd annual meeting of the Association for Behavioral and Cognitive Therapies. New York, NY.

Trainor, C. D., Feldner, M. T., Leen-Feldner, E. W., Blanchard, L., & Monson, C. M. (May, 2008). Smoking and posttraumatic stress symptoms among adolescents: Does anxiety sensitivity matter? Poster presented at the 42nd annual meeting of the Association for Behavioral and Cognitive Therapies. Orlando, FL.

Blumenthal, H., Gahr, J., **Trainor, C. D.**, Frala, J. L., & Leen-Feldner, E. W. (2008, May). Perceived pubertal timing and problematic peer relations interact to predict social anxiety Symptoms among adolescents. Poster presented at the 42nd annual meeting of the Association for Behavioral and Cognitive Therapies. Orlando, FL.

Frala, J. L., Goodrum, S., Babson, K., **Trainor, C. D.**, Leen-Feldner, E. W., & Reardon, L. (2008, May). Perceived Control Over Anxiety Related Events Predicting Anxiety Symptoms and Worry in Adolescents. Poster presented at the 42nd annual meeting of the Association for Behavioral and Cognitive Therapies. Orlando, FL.

Bunaciu, L., Feldner, M. T., Blumenthal, H., Leen-Feldner, E. W., Babson, K. A., & **Trainor, C. D.** (2008, May). Tests of cognitive and behavioral avoidance as partial mediators of the relation between gender and panic-relevant reactivity to a laboratory-based biological challenge among adolescents. Poster presented at the 42nd annual meeting of the Association for Behavioral and Cognitive Therapies. Orlando, FL.

Trainor, C. D., Babson, K., Slattery, J., Feldner, M. T., Sachs-Ericsson, N., Schmidt, N. B., & Zvolensky, M. J. (2007). Nicotine Dependence as a Mediator of the Relations between Insomnia Symptoms and Both Panic and Posttraumatic Stress Disorder among a Nationally Representative Sample of Adults. Poster presented at the 41st annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Trainor, C. D., Babson, K., Smith, R., Slattery, J., & Feldner, M.T. (2007). The Effects of Acute Sleep Deprivation on General and Specific Self-Reported Anxiety and Depressive Symptoms in a Non-Clinical Sample of Adults. Poster presented at the 41st annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

Smith, R., Babson, K. A., **Trainor, C. D.**, & Feldner, M. T. (2007, March). An Investigation of Caffeine Use and Posttraumatic Stress Disorder: Use Rates and Caffeine's Relation to a Laboratory-Based Model of Trauma-Relevant Responding. Poster presented at the 23rd annual meeting of the International Society for Traumatic Stress Studies, Washington, DC.

Feldner, M. T., Smith, R., Grooms, A., Babson, K. A., & **Trainor, C. D.** (2007, March). Delay Discounting in Smoking Behavior Among Trauma Exposed Individuals with and without PTSD. Poster presented at the 23rd annual meeting of the International Society for Traumatic Stress Studies, Washington, DC.

Babson, K. A., **Trainor, C. D.**, Feldner, M. T., Slattery, J., Sachs-Ericsson, N., Schmidt, N. B., & Zvolensky, M. J. (2007). Nicotine dependence as a mediator between insomnia and PTSD among a nationally representative sample. Poster presented at the 23rd annual meeting of the International Society for Traumatic Stress Studies, Baltimore, MD.

Bloomquist, M., Dosch, M., **Trainor, C. D.**, & Danielson, E. (1994, April). The Effect of Study Style on Test Performance. Poster presented at the Red River Psychology Conference, Fargo, ND.

Student Mentoring

Research Presentations

Goers, A. & Tsang, W. (April, 2014). Perceived control over anxiety in the relationship between pre-sleep arousal and sleep difficulties. Paper presented at the Augustana Symposium. Sioux Falls, SD.

Claypool, D. & Wander, D. (April, 2014). Anxiety sensitivity mediates the relationship between pre-sleep arousal and sleep difficulties. Paper presented at the Augustana Symposium.

Bowar, B. & Froseth, A. (April, 2014). The relationship between emotion dysregulation and sleep difficulties: What do we know? Paper presented at the Augustana Symposium.

Beech, K., Bortnem, K., Goers, A., & Erhardt, M. (April, 2013). Distress tolerance as a predictor for pre-sleep arousal and sleep problems. Paper presented at the Augustana Symposium. Sioux Falls, SD.

Erhardt, E., Goers, A., Beech, K., & Bortnem, K. (April, 2013). The effect of difficulties with emotion regulation on sleep quality. Paper presented at the Augustana Symposium. Sioux Falls, SD.

Thesis Committees

Lynch, W. E. (2014). Overcoming Adversity: The Psychophysiological Response to Acute Stress in Collegiate Football Athletes.

Invited Presentations

Invited Talks

The Bidirectional Relationship between Anxiety and Sleep (2012)
North Dakota State University Colloquium Series in Fargo, ND.

A CBT Approach to the Management of Chronic Belching (2011)
University of Mississippi Medical Center Clinical Case Series in Jackson, MS.

Trainings/Workshops

Motivational Interviewing (2011)
Workshop delivered to therapists at CARES Center, Inc (Jackson, MS).

Supervisory Experience

Psychological Clinic, University of Arkansas, Fayetteville, AR
Peer Supervisor, August 2008 – June 2010

Clinical Experience

Trauma Recovery Program, Sonny G. Montgomery VA, Jackson, MS
Psychology Resident, April 2010 – May 2010

Anxiety Clinic, University of Mississippi Medical Center, Jackson, MS
Psychology Resident, October 2010 – December 2010

Addictive Disorders Treatment Program, Sonny G. Montgomery VA, Jackson, MS
Psychology Resident, July 2010 – March 2011

Psychological Clinic, University of Arkansas, Fayetteville, AR
Graduate Clinician, August 2006 – June 2010

Psychological Clinic, University of Arkansas, Fayetteville, AR
Clinic Assistant, August 2006 – May 2007

Minnesota State University, Moorhead, MN
Ropes Challenge Course Facilitator, May 1996 – September 2004

Counseling and Disability Services Center, North Dakota State University, Fargo, ND
Graduate Clinician, September 2001 – May 2002

Psychiatric Medicine Associates, Fargo, ND
Graduate Clinician, January 2001 – May 2001

The Stadter Center, Grand Forks, ND

Behavioral Health Technician, July 2000 – September 2000

Northeast Human Services Center, Grand Forks, ND

Volunteer Therapist for the Nurturing Program, February 2000 – May 2000

Prairie Psychiatric Center, Fargo, ND

Program Specialist, April 1997 – August 1999

MaryMound, Inc., Winnipeg, MB, Canada

Youth Care Worker, September 1996 – April 1997

Dakota Heartland Health Systems, Fargo, ND

Behavioral Health Technician, June 1994 – July 1996

Clinical/Professional Trainings

Grant Writing Seminar (2010)

- Didactic instruction on writing/submitting grants for extramural funding
- Provided by Dr. Scott Coffey and Dr. Julie Schumacher

Motivational Interviewing Training & Dissemination (2010)

- Didactic instruction/training in the use and dissemination of motivational interviewing
- Provided by Dr. Julie Schumacher

Clinician Administered Posttraumatic Stress Scale (2009)

- Didactic instruction/training in the Clinician Administered Posttraumatic Stress Scale
- Provided by Dr. Jennifer Price

Structured Clinical Interview for the DSM-IV (2009)

- Didactic instruction/training in the Structured Clinical Interview for the DSM-IV
- Provided by Dr. Jennifer Price

Prevention and Relationship Enhancement Program (2009)

- Didactic instruction in Prevention and Relationship Enhancement Program
- Provided by Dr. William Bailey

Professional Organizations/Affiliations

Association for Behavioral and Cognitive Therapies
Anxiety Disorders Association of America
International Society for Traumatic Stress Studies
American Psychological Association
Society for a Science of Clinical Psychology
Midwest Psychological Association

Professional Service

Journal Reviewing

Cognitive Research and Therapy (ad hoc reviewer)
Addictive Behaviors (ad hoc reviewer)
The American Journal of Medical Sciences (ad hoc reviewer)
Journal of Anxiety Disorders (mentored reviewer)
Journal of Psychosomatic Research (mentored reviewer)
Journal of Behavior Therapy and Experimental Psychiatry (mentored reviewer)
Journal of Behavioral Health Services & Research (mentored reviewer)

Committees & Activities

Association for Behavior and Cognitive Therapies Programming Committee

Teaching Experience

Instructor of Record

General Psychology, Augustana College
Abnormal Psychology, Augustana College
Assessment and Diagnosis, Augustana College
Physiological Psychology, Augustana College
General Psychology, University of Arkansas
Abnormal Psychology, University of Arkansas

Graduate Teaching Assistant Experiences

Inferential Statistics II (Graduate Level), University of Arkansas
Abnormal Psychology, University of Arkansas
General Psychology, North Dakota State University
Research Methods, North Dakota State University
Thinking/Decision Making, North Dakota State University
Human Sexuality, North Dakota State University
Clinical Psychology, North Dakota State University
Abnormal Psychology, North Dakota State University

Awards and Recognition

Kimball Award for Undergraduate Mentoring (2007)
Distinguished Academic Fellow, University of Arkansas (2006-2010)
Phi Kappa Phi Honor Society (2001)
Development Foundation Scholar, North Dakota State University (1989-1991)