
CURRICULUM VITAE

Karly M. Murphy, PhD

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EDUCATION

Doctorate of Philosophy in Clinical Psychology (APA Accredited) 2018

Seattle Pacific University – Seattle, WA

- GPA: 3.8
- *Dissertation*: “Physiological activation as a mediator in the relationship between perseverative cognition and somatic symptoms.” (Proposed 6/2016; Defended 6/2018)
- *Comprehensive Examination*: Completed January 2015
- *Chair*: Amy Mezulis, PhD

Predoctoral Internship (APA Accredited) 2017 - 2018

University of Florida – Gainesville, FL
Department of Clinical and Health Psychology

Masters of Science in Psychological Science 2014

Seattle Pacific University – Seattle, WA

- *2nd Year Project*: “Testing Gratitude as a Moderator of Health Anxiety Outcomes in a Longitudinal Design” (Proposed 9/2013; Defended 6/2014)

Hope College – Holland, MI 2011

Bachelor of Arts in Psychology, *Magna Cum Laude*
Minor in Biology, Biochemistry

PROFESSIONAL APPOINTMENTS

NCI T32 Postdoctoral Fellow in Cancer Prevention and Control 2018 - Present

Northwestern University – Chicago, IL
Department of Medical Social Sciences
Primary Mentor: David Victorson, PhD

RESEARCH HONORS AND AWARDS

Shea Research Travel Award, Seattle Pacific University 2015

Clinical Psychology Scholarship, Seattle Pacific University 2012

Senior Research Award Nomination, Sigma Xi 2011

Social Science Young Investigators Award, Hope College 2010

PUBLICATIONS

- Victorson, D., **Murphy, K.M.**, Benedict, C., Horowitz, B., Maletich, C., Cordero, E., Salsman, J.M., Smith, K., Sanford, S. (2019). *Redefining Young Adult Cancer Survivorship through Mindfulness Training: Findings from a Waitlist-Controlled Randomized Trial*. Manuscript submitted for publication.
- McGuire, A. P., Szabo, Y. Z., **Murphy, K. M.**, & Erickson, T. M. (2018). *Direct and indirect effects of trait and state gratitude on health-related quality of life in a prospective design*. Manuscript submitted for publication.
- Harding, K. A., **Murphy, K. M.**, & Mezulis, A. (2017). *Ruminating on the positive: Paths from trait positive emotionality to event-specific gratitude*. *Journal of Happiness Studies*. Advance online publication. doi:10.1007/s10902-017-9940-4
- Murphy, K. M.**, McGuire, A. P., Erickson, T., & Mezulis, A. (2017). Somatic symptoms mediate the relationship between health anxiety and health-related quality of life over eight weeks. *Stress and Health, 33*(3), 244-252. doi:10.1002/smi.2694
- McGregor, B. A., **Murphy, K. M.**, Albano, D. L., & Ceballos, R. M. (2016). Stress, cortisol, and B lymphocytes: a novel approach to understanding academic stress and immune function. *Stress, 19*(2), 185-191. doi:10.3109/10253890.2015.1127913
- Harding, K. A., **Murphy, K. M.**, & Mezulis, A. (2015). Cognitive mechanisms reciprocally transmit vulnerability between depressive and somatic symptoms. *Depression Research and Treatment, 2015*. doi:10.1155/2015/250594
- McGregor, B. A., Dolan, E. D., **Murphy, K. M.**, Sannes, T. S., Highland, K. B., Albano, D. L., Ward, A. A., Charbonneau, A. M., Redman, M. W., Ceballos, R. M. (2015). Cognitive behavioral stress management for healthy women at risk for breast cancer: A novel application of a proven intervention. *Annals of Behavioral Medicine, 49*(6), 873-884. doi:10.1007/s12160-015-9726-z
- Garner, M. J., McGregor, B. A., **Murphy, K. M.**, Koenig, A. L., Dolan, E. D., & Albano, D. (2015). Optimism and depression: A new look at social support as a mediator among women at risk for breast cancer. *Psycho-Oncology, 24*(12), 1708-1713. doi: 10.1002/pon.3782.
- Koenig, A. L., Kupper, A. E., Skidmore, J. R., & **Murphy, K. M.** (2014). Biopsychosocial functioning and pain self-efficacy in chronic low back pain patients. *The Journal of Rehabilitation Research and Development, 51*(8), 1277-1286. doi:10.1682/jrrd.2014.02.0047

ORAL PRESENTATIONS

- McGuire, A. P., **Murphy, K. M.**, Erickson, T. M., & DeSimone, J. (2015, May). *The benefits of expressing gratitude during best and worst events*. Paper presented at the 95th Annual Western Psychological Association Convention. Las Vegas, NV.

Emerman, I., Bianchi-Frias, D., **Murphy, K. M.**, Yang, P., Armer, J., & McGregor, B. A. (2015, April). *Changes in Serum Biomarkers are Associated with Relaxation Practice during a Stress Management Intervention*. Paper presented at the 36th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine. San Antonio, TX.

Murphy, K., Haberaecker, L., & Dillard, A. (2012, April). *The Salience of Disability and the Impact of the Presence of a Person with a Disability (PWD) on Perceived Vulnerability to Negative Health Outcomes*. Paper presented at Grand Valley State University Student Scholar Day. Allendale, MI.

POSTER PRESENTATIONS

Murphy, K. M., Victorson, D. (2019, March). *eHealth Maintenance Support Following Mindfulness Training for Young Adult Cancer Survivors*. Poster to be presented at the 40th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine. Washington DC.

Murphy, K. M., Victorson, D. (2019, March). *Mindfulness Based Stress Reduction Improves Stress Management and Medication Adherence Among Young Adult Cancer Survivors*. Poster to be presented at the 40th Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine. Washington DC.

Harding, K., **Murphy, K. M.**, Wielgus, M., & Mezulis, A. (2016, October). *Positive Rumination Translates the Protective Effects of Trait Positive Emotionality to Event-Specific Gratitude*. Poster presented at the 50th Annual Convention of the Association for Behavioral & Cognitive Therapies. New York, NY.

Murphy, K. M., McGuire, A. P., & Erickson, T. (2015, April). *Testing Gratitude as a Moderator of Health Anxiety Outcomes in a Longitudinal Design*. Poster presented at the 36th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. San Antonio, TX.

Armer, J. S., McGregor, B. A., **Murphy, K. M.**, & Emerman, I. (2015, April). *Stress, Social Support, and Intrusive Cancer Worry among Women at Risk for Breast Cancer*. Poster presented at the 36th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. San Antonio, TX.

Harding, K., **Murphy, K. M.**, Garner, M. & Mezulis, A. (2015, April). *Cognitive Responses Reciprocally Transmit Vulnerability Between Depressive and Somatic Symptoms*. Poster presented at the 36th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. San Antonio, TX.

Kupper, A.E., Koenig, A.L., Garner, M., Keller, C., **Murphy, K.**, Holguin, J., Vieselmeyer, J., & Skidmore, J.R. (2014, November). *Reductions in pain, anxiety, and depression result from a multidisciplinary pain treatment program*. Poster presented at the 48th Annual Convention of the Association for Behavioral & Cognitive Therapies. Philadelphia, PA.

Murphy, K. M., Gray, H. J., David, D., Felleman, B., Singh, A., Mendoza, H., Anderson, K., Higano, C., & Cherrier, M. M. (2014, April). *Assessment of cancer survivors' memory strategy use in response to cognitive skills training*. Poster presented at the 35th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. Philadelphia, PA.

Koenig, A.L., Kupper, A.E., Skidmore, J.R., & **Murphy, K.M.** (2014, April). *Pain Self-Efficacy And Biopsychosocial Functioning in Chronic Low Back Pain Patients*. Poster presented at the 35th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. Philadelphia, PA.

Dyson, S.J., Skidmore, J.R., Calabrese, D. & **Murphy, K.M.** (2014, April). *Exercise for health anxiety: New perspectives on health locus of control*. Poster presented at the 35th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine. Philadelphia, PA.

Murphy, K. M., Felleman, B., Singh, A., David, D., Anderson, K., Mendoza, H. Gray, H. J., Askren, M. K., Higano, C., & Cherrier, M. M. (2014, February) *Characterizing the Attitudes of Cancer Survivors Participating in a Cognitive Rehabilitation Study*. Poster presented at the International Cancer and Cognition Task Force Biennial Meeting. Seattle, WA.

Singh, A. K., **Murphy, K. M.**, Felleman, B., David, D., Anderson, K., Mendoza, H., Gray, H. J., Askren, M. K., Higano, C., & Cherrier, M. M. (2014, February). *Impact of Age on Response to a Cognitive Rehabilitation Intervention*. Poster presented at the International Cancer and Cognition Task Force Biennial Meeting. Seattle, WA.

Askren, M. K., Gray, H. J., Anderson, K., David, D., Singh, A., **Murphy, K. M.**, Willis, S., Higano, C., & Cherrier, M. M. (2014, February). *Neurocognitive evaluation of a cognitive rehabilitation intervention in cancer survivors*. Poster presented at the International Cancer and Cognition Task Force Biennial Meeting. Seattle, WA.

Murphy, K., VanHeest, J., & Trent-Brown, S. (2011) *Survey of psychological services in a Medical setting*. Poster session presented at the Midwestern Psychological Association annual meeting. Chicago, IL.

RESEARCH EXPERIENCE

Graduate Research Assistant & Principal Investigator

2015 - 2017

Seattle Pacific University

Supervisor: Amy Mezulis, PhD

- Developed, coordinated, and implemented a multi-faceted longitudinal study of the interaction between affective, biological, and cognitive vulnerabilities with stress in the development and maintenance of somatic and depressive symptoms
- Completed tasks such as IRB preparation, participant communication and scheduling, data management, and oversight of graduate and undergraduate students
- Involved in data analysis (using SPSS, MPlus, and HLM) and manuscript preparation

Graduate Assistant

2016 - 2017

Seattle Pacific University Wellness Initiative

Supervisors: Lynnea Common, MA & Amy Mezulis, PhD

- Developed, coordinated, implemented, and evaluated a yoga and mindfulness program for undergraduate students
- Presented program evaluation data to stakeholders across university departments in order to secure ongoing support for program implementation

Clinical Research Assistant

2014-2016

Fred Hutchinson Cancer Research Center, Seattle, WA

Supervisor: Bonnie McGregor, PhD

- Performed data cleaning and analysis in SPSS
- Prepared manuscripts and presentations using archival data from multiple studies
- Completed tasks such as IRB renewals and oversight of undergraduate students

Clinical Research Assistant

2013 - 2014

Fred Hutchinson Cancer Research Center, Seattle, WA

Supervisor: Monique Cherrier, PhD

- Managed a pilot study for a randomized controlled trial of a memory skills workshop specifically formatted for cancer survivors experiencing cognitive difficulties following treatment
- Completed tasks such as IRB renewal, participant scheduling, and data management
- Performed data analysis in SPSS and presented results at an international conference
- Conducted cognitive assessments with participants and co-led workshops, and completed administrative tasks

CLINICAL EXPERIENCE

Postdoctoral Fellow

2018 – Present

Robert H. Lurie Comprehensive Cancer Center of Northwestern University

Supportive Oncology

Supervisor: Stacy Sanford, PhD

- Provide outpatient assessment and brief evidence-based individual therapy for cancer patients and survivors
- Participate in weekly supervision

Predoctoral Intern

2017 - 2018

University of Florida, Department of Clinical and Health Psychology

Medical/Health Psychology Track

Director of Training: Lori Waxenberg, PhD, ABPP

- Provided outpatient assessment and therapy for individuals with sleep disorders, chronic pain, and/or cancer in the context of an academic health center
- Conducted outpatient and inpatient pre-surgical assessment of adults for solid organ transplant, bone marrow transplant, bariatric surgery
- Provided inpatient consultation to neurotrauma, oncology, and transplant services
- Attended weekly colloquiums, intern meetings, and health psychology seminars
- Completed rotations in child and neuropsychological assessment

Advanced Practicum Student

2016 - 2017

The Everett Clinic at Providence Regional Cancer Partnership

Supervisor: Kathryn Johnson, PhD

- Provided empirically supported interventions based in cognitive-behavioral therapy, acceptance and commitment therapy, and motivational interviewing to cancer patients and their families in the context of a comprehensive cancer center
- Conducted cognitive and personality tests, including the WAIS-IV, WMS-IV, and PAI
- Developed and implemented a novel procedure for follow-up on distress screening

Advanced Practicum Student

2015

International Community Health Services (ICHHS)

Supervisor: Lusa Hung, PsyD

- Provided behavioral health services to individuals of all ages in the context of an integrated primary care clinic that primarily serves Chinese-speaking individuals
- Coordinated patient care with medical staff and interpreters
- Conducted brief psychological and cognitive screening assessments such as the PHQ-9, GAD-7, and SLUMS

Cognitive-Behavioral Stress Management Group Co-leader

2014 - 2015

Fred Hutchinson Cancer Research Center

Supervisor: Bonnie McGregor, PhD

- Co-led cognitive-behavioral stress management groups for women
- Provided psycho-education on cognitive-behavioral strategies such as recognition of negative automatic thoughts, cognitive restructuring, and assertiveness training
- Led relaxation exercises such as progressive muscle relaxation and guided imagery

Practicum Student

2014 - 2015

The Multiple Sclerosis (MS) Center at Swedish Neuroscience Institute

Supervisor: Michelle Toshima, PhD

- Provided individual cognitive-behavioral therapy to clients with MS and other neurological disorders
- Conducted cognitive tests, including the BICAMS, WAIS-III, and WMS-III, as indicated
- Developed and implemented a curriculum for a relaxation group

TEACHING EXPERIENCE

Graduate Teaching Assistant

2015

Seattle Pacific University, Seattle, WA

Supervisor: Lauren Graham, PhD

- Assisted in teaching graduate-level Biopsychology course
- Provided assistance to students as needed outside of class
- Prepared and graded exams

Guest Lecturer

2015

University of Washington Tacoma, Tacoma, WA

Supervisor: Jennifer Harris, PhD

- Taught several undergraduate class sessions, including research methods and personality disorders

Graduate Teaching Assistant

2014

Seattle Pacific University, Seattle, WA

Supervisor: Jay R. Skidmore, PhD

- Assisted in teaching graduate-level Biopsychology course, including preparing and giving lectures on established curriculum
- Provided assistance to students as needed both in and out of class
- Prepared and graded quizzes and exams

Teaching Assistant

2013

Seattle Pacific University, Seattle, WA

Supervisor: Ursula Krentz, PhD

- Assisted in teaching two undergraduate Research Methods courses, including preparing and giving lectures on established curriculum
- Provided assistance to students as needed both in and out of class
- Assisted in preparation and grading of assignments, quizzes, and exams

ADDITIONAL TRAINING EXPERIENCES

Training on a Unified Protocol for Transdiagnostic Treatment of Emotional Disorders

2016

Veteran Training Support Center, VA Puget Sound Health Care System

Scott Michael, PhD

- Attended a full-day training on a transdiagnostic treatment protocol fused on identifying the commonalities among mood and anxiety disorders, and developing a therapeutic approach tailored to the individual, rather than the disorder.

Translating Clinical Guidelines and Evidence-Based Medicine Using Implementation and Dissemination Science

2015

Society of Behavioral Medicine Course

Cancer Special Interest Group

- Participated in a half-day pre-conference course covering how to use best practices from implementation and dissemination science to translate both clinical guidelines and evidence-based programs into practice

Palliative and End of Life Care: Research and Clinical Perspectives

2014

Society of Behavioral Medicine Course

Cancer Special Interest Group and American Psychosocial Oncology Society

- Attended a half-day pre-conference course covering topics such as meaning-centered psychotherapy for cancer patients, integration of palliative and oncology care, and tailoring cognitive-behavioral therapy for patients with advanced cancer

Refining Acceptance & Commitment Therapy Skills, Conceptualization, & Application

2014

OneLife LLC Workshop

Kelly G. Wilson, PhD

- Participated in a two-day practice oriented workshop focused on the use of mindfulness and the ways to facilitate valued living

Introduction to Acceptance and Commitment Therapy

2013

Veteran Training Support Center, VA Puget Sound Health Care System

Kelly G. Wilson, PhD

- Attended a one-day introductory training focused on the introduction of ACT concepts and techniques

ORGANIZATIONAL AFFILIATIONS

The American Psychological Association

The Society of Behavioral Medicine

The Association for Contextual Behavioral Science

The Graduate Association for Students in the School of Psychology

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| • President | 2015 – 2016 |
| • Secretary | 2014 – 2015 |
| • Cohort Representative | 2012 - 2014 |