

CYNTHIA LUETHCKE LANCASTER
Assistant Professor, Clinical Psychology
University of Nevada, Reno
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EDUCATION

2017	Ph.D., Clinical Psychology The University of Texas at Austin. Austin, TX.
2016–2017	Pre-Doctoral Internship in Clinical Psychology Charleston Consortium. Charleston, SC.
2008	B.A., Double Major in Psychology and Religious Studies, Minor in Music. Trinity University. San Antonio, TX.

POSITIONS

2017 – Present	Assistant Professor. Psychology Department, University of Nevada, Reno.
2016 – 2017	Pre-Doctoral Intern, Charleston Consortium Clinical Psychology Internship. Research supervisor: Dr. Daniel Gros.
2011 – 2017	Clinical Psychology Doctoral Student. The University of Texas at Austin, Lab for the Study of Anxiety Disorders. Mentor: Dr. Michael Telch.
2008 –2011	Research Associate. STRONG STAR. Behavioral Medicine Div., University of Texas Health Science Center, San Antonio. Supervisor: Dr. Alan Peterson.
2006-2008	Research Assistant. Dept. of Psychology, Trinity University, San Antonio, TX. <ul style="list-style-type: none">• Body Image/Eating Disorder Lab. Supervisor: Dr. Carolyn Becker.• Developmental Psychology Lab. Supervisor: Dr. Jane Childers.• Social Psychology Lab. Supervisor: Dr. Harry Wallace.

FUNDING

2022 – 2023	Do trauma and discrimination disrupt the social regulation of vigilance and arousal? National Institutes of Health. Clinical and Translational Research – Infrastructure Network (CTR-IN) – Mountain West Region. Health Disparities Pilot Project Award supported under NIH/NIGMS 2U54GM104944. Role: Principal Investigator. Total direct cost: \$60,000
2020 – 2021	Does practicing gratitude boost perceived social support and reduce posttraumatic stress? International Society for Traumatic Stress Studies. Student COVID Grant. Role: Mentor. PI: Doctoral student, M. Smirnova. Total cost: \$2,821

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Curriculum Vitae

- 2018 – 2019 **Enhancing exposure therapy for social anxiety with transcranial direct current stimulation**
National Institutes of Health. Clinical and Translational Research – Infrastructure Network (CTR-IN) – Mountain West Region. Health Disparities Pilot Project Award Supported under NIH/NIGMS 2U54GM104944.
Role: Principal Investigator. Total direct cost: \$59,000
- 2013 – 2016 **Enhancing anxiety treatment with strategies from behavioral neuroscience**
National Institutes of Health. Pre-doctoral National Research Service Award (F31). NIH/NIMH 5F31MH100760-03.
Role: Principal Investigator. Total cost: \$113,913

AWARDS & RECOGNITION

- 2023 Nomination for Undergraduate Research Outstanding Faculty Mentor Award, University of Nevada, Reno.
- 2017 Clinical Excellence Award. Charleston Consortium, Clinical Psychology Internship Program.
- 2017 Selected Research Presentation, Poster Tour. Anxiety and Depression Association of America
- 2015 Student Poster Award. Anxiety Disorders Special Interest Group, Association for Behavioral and Cognitive Therapies
- 2014 Student Poster Award and Invited Talk. Trauma and PTSD Special Interest Group. Association for Behavioral and Cognitive Therapies
- 2013 – 2016 College of Liberal Arts Continuing Fellow
College of Liberal Arts, The University of Texas at Austin

PUBLICATIONS, UNDER REVIEW (*indicates student co-author)

1. *Cole, A. C., *Smirnova, M. O., Yang, Y., & **Lancaster, C. L.** (revision requested). Longitudinal associations between moral injury and mental health among healthcare workers during the pandemic.

PUBLICATIONS, PEER REVIEWED (*indicates student co-author)

1. *McDonald, M., *Meckes, S., *Shires, J., Berryhill, M., & **Lancaster, C.L.** (accepted, July 2023). Augmenting Virtual Reality Exposure Therapy for Social and Intergroup Anxiety with Transcranial Direct Current Stimulation. *Journal of ECT*.
2. *Szoke, D., **Lancaster, C. L.**, & Hazlett-Stevens, H. (2023, online ahead of print). Dispositional mindfulness is negatively related to victim advocate burnout and secondary traumatic stress over and above previously established predictors. *Violence Against Women*.
<https://doi.org/10.1177/10778012231185535>
3. *McDonald, M.A., Yang, Y., & **Lancaster, C. L.** (2021). The association of distress tolerance and mindful awareness with mental health in first responders. *Psychological Services*. Advance online publication. <http://dx.doi.org/10.1037/ser0000588>
4. *Smirnova, M. O., *Meckes, S. J., & **Lancaster, C. L.** (2021). The protective effects of perceived cohesion on the mental health of first responders. *Psychological Services*. Advance online publication. <http://dx.doi.org/10.1037/ser0000580>
5. Straud, C. L., Moring J. C., Hale, W. J., McMahan, C., Moore, B. A., Baker, M. T., Bryant, R. A., Young-McCaughan, S., Isler, W. C., Lara-Ruiz, J., **Lancaster, C. L.**, Mintz, J., & Peterson, A., for the STRONG STAR Consortium. (2021). Patterns of acute stress disorder in a sample of blast-injured

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- military service members: A latent profile analysis. *Psychological Trauma: Theory, Research, Practice, and Policy*. Advance online publication. <https://doi.org/10.1037/tra0001150>
6. *McDonald M.A., *Meckes S.J., & **Lancaster C.L.** (2021). Compassion for oneself and others protects the mental health of first responders. *Mindfulness, 12*, 659-671. doi:10.1007/s12671-020-01527-y
 7. **Lancaster, C.L.**, Monfils, M.H., & Telch, M.J. (2020). Augmenting exposure therapy with pre-extinction fear memory reactivation and deepened extinction: A randomized controlled trial. *Behaviour Research and Therapy, 135*, 103730. <https://doi.org/10.1016/j.brat.2020.103730>
 8. *Meckes S.J., *McDonald M.A., & **Lancaster C. L.** (2020). Association between physical activity and mental health among first responders with different service roles. *Psychological Trauma: Theory, Research, Practice, and Policy, 13*, 66-74. doi: 10.1037/tra0000971
 9. Benuto, L.T., Yang, Y., Bennett, N., & **Lancaster, C.** (2020). Distress tolerance and emotion regulation as potential mediators between secondary traumatic stress and maladaptive coping. *Journal of Interpersonal Violence, 35*(12), 1037-1054. <https://doi.org/10.1177/0886260520967136>
 10. Moore, B. A., Hale, W. J., Judkins, J. L., **Lancaster, C. A.**, Baker, M. T., Isler, W. C., & Peterson, A. L., for the STRONG STAR Consortium. (2020). Air Force medical personnel: Perspectives across deployment. *Military Medicine, 185*(9/10), e1632. <https://doi.org/10.1093/milmed/usaa115>
 11. **Lancaster, C.L.**, Gros, D.F., Mullarkey, M.C., Badour, C.L., Killeen, T. K., Brady, K. T., & Back, S.E. (2020). Does trauma-focused exposure therapy exacerbate symptoms among patients with comorbid PTSD and substance use disorders? *Behavioural and Cognitive Psychotherapy, 48*, 38-53. <https://doi.org/10.1017/S1352465819000304>
 12. López, C. M., **Lancaster, C. L.**, Wilkerson, A., Gros, D. F., Ruggiero, K. J., & Acierno, R. (2019). Residual insomnia and nightmares post-Intervention symptom reduction among Veterans receiving treatment for comorbid PTSD and depressive symptoms. *Behavior Therapy, 50*(5), 910-923. <https://doi.org/10.1016/j.beth.2019.01.006>
 13. Peterson, A. L., Moore, B. A., **Lancaster, C. L.**, Isler, W. I., Baker, M. T., McNally, R. J., Mintz, J., Joseph, J. S., Moring, J. C., Cedillos, E. M., Christians, I. W., & Litz, B. T. (2019). Attitudes and beliefs of deployed United States military medical personnel about providing healthcare for Iraqi patients. *Military Behavioral Health, 7*(2), 142-150. <https://doi.org/10.1080/21635781.2018.1491908>
 14. Allan, N. P., Gros, D. F., **Lancaster, C. L.**, Saulner, K. G., & Stecker, T. (2019). Heterogeneity in short-term suicidal ideation trajectories: Predictors and projections to suicidal behavior. *Suicide and Life-Threatening Behavior, 49*(3), 826-837. <https://doi.org/10.1111/sltb.12480>
 15. Peterson, A. L., Baker, M. T., Moore, B. A., Hale, W. J., Joseph, J. S., Straud, C. L., **Lancaster, C. L.**, McNally, R. J., Isler, W. C., Litz, B. T., & Mintz, J. (2019). Deployed military medical personnel: Impact of combat and healthcare trauma exposure. *Military Medicine, 184*, e133. doi:10.1093/milmed/usy147
 16. Baker, M. B., Moring, J. C., Hale, W. J., Mintz, J., Young-McCaughan, S., Bryant, R. A., Broshek, D. K., Barth, J. T., Villarreal, R., **Lancaster, C. L.**, Malach, S. L., Lara-Ruiz, J. M., Isler, W. C., & Peterson, A. L., for the STRONG STAR Consortium. (2018). Acute assessment of traumatic brain injury and posttraumatic stress after exposure to a deployment-related explosive blast. *Military Medicine, 183*(11-12), e555. doi:10.1093/milmed/usy100
 17. Cobb, A. R., Josephs, R., **Lancaster, C. L.**, Lee, H.-J., & Telch, M. J. (2018). Cortisol, testosterone, and prospective risk for war-zone stress-evoked depression. *Military Medicine, 183*(11-12), e535. doi:10.1093/milmed/usy065
 18. Gros, D. F., Allan, N. P., Silva, C., **Lancaster, C. L.** Conner, K. R., & Stecker, T. (2018). Relations between thwarted belongingness, perceived burdensomeness, and history of suicide attempts and readiness for mental health treatment in high-risk veterans, reserves, and active duty service members. *Military Behavioral Health, 6*, 326-333. <https://doi.org/10.1080/21635781.2018.1486760>

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19. Price, M., **Lancaster, C. L.**, Gros, D. F., Legrand, A.C., van Stolk-Cooke, K., & Acierno, R. (2018). An examination of social support and PTSD treatment response during Prolonged Exposure. *Psychiatry: Interpersonal and Biological Processes*, *81*, 258-270. <https://doi.org/10.1080/00332747.2017.1402569>
20. Gros, D.G., Allan, N. P., **Lancaster, C. L.**, Szafranski, D. D., Acierno, R. (2018) Predictors of treatment discontinuation during prolonged exposure for PTSD. *Behavioral and Cognitive Psychotherapy*, *46*(1), 35-49. doi: <https://doi.org/10.1017/S135246581700039X>
21. Lopez, C.M., **Lancaster, C.L.**, Gros, D.F., & Acierno, R. (2017). Residual sleep problems predict reduced response to prolonged exposure among Veterans with PTSD. *Journal of Psychopathology and Behavioral Assessment*, *39*(4), 755-763. doi:10.1007/s10862-017-9618-6.
22. Gros, D. F., **Lancaster, C. L.**, Horner, M. D., Szafranski, D. D., & Back, S. E. (2017). The influence of traumatic brain injury on treatment outcomes of concurrent treatment for PTSD and substance use disorders using prolonged exposure (COPE) in veterans. *Comprehensive Psychiatry*, *78*, 48-53. <http://dx.doi.org/10.1016/j.comppsy.2017.07.004>
23. Teeters, J. B., **Lancaster, C. L.**, Brown, D., & Back, S. E. (2017). Substance use disorder in military veterans: prevalence and treatment challenges. *Substance Abuse and Rehabilitation*, *8*, 69-77. doi:10.2147/SAR.S116720
24. Cobb, A. R., **Lancaster, C. L.**, Meyer, E. C., Lee, H. J., & Telch, M. J. (2017). Pre-deployment trait anxiety, anxiety sensitivity and experiential avoidance predict war-zone stress-evoked psychopathology. *Journal of Contextual Behavioral Science*, *6*, 276-287. <https://doi.org/10.1016/j.jcbs.2017.05.002>
25. Josephs, R. A., Cobb, A. R., **Lancaster, C. L.**, Lee, H. J., & Telch, M. J. (2017). Dual-hormone stress reactivity predicts downstream war-zone stress-evoked PTSD. *Psychoneuroendocrinology*, *78*, 76-84. <https://doi.org/10.1016/j.psyneuen.2017.01.013>
26. Telch, M. J., York, J., **Lancaster, C. L.**, & Monfils, M-H. (2017). Use of a brief fear memory reactivation procedure for enhancing exposure therapy. *Clinical Psychological Science*, *5*(2), 367-378. <https://doi.org/10.1177/2167702617690151>
27. **Lancaster, C. L.**, Teeters, J. B., Gros, D. F., & Back, S. E. (2016). Posttraumatic stress disorder: overview of evidence-based assessment and treatment. *Journal of Clinical Medicine*, *5*(11), 105-117. doi: 10.3390/jcm5110105
28. Gros, D. F., **Lancaster, C. L.**, Lopez, C. M., & Acierno, A. (2016, epub). Treatment satisfaction of home-based telehealth versus in-person delivery of prolonged exposure for combat-related PTSD in veterans. *Journal of Telemedicine and Telecare*, *24*(1), 51-55. doi: 10.1177/1357633X16671096
29. **Lancaster, C. L.**, Cobb, A.R.C., Lee, H-J., & Telch, M. J. (2016). The role of perceived threat in the emergence of PTSD and depression symptoms during war zone deployment. *Psychological Trauma: Theory, Research, Practice, and Policy*, *8*(4), 528-534. doi: 10.1037/tra0000129.
30. Stern, S. L., Donahue, D. A., Allison, S., Hatch, J. P., **Lancaster, C. L.**, Benson T. A., ... & Peterson, A. L. (2013). Potential benefits of canine companionship for military veterans with Posttraumatic Stress Disorder (PTSD). *Society & Animals*, *21*, 568-581. <https://doi.org/10.1163/15685306-12341286>
31. McNally, R. J., Hatch, J. P., Cedillos, E. M., **Luethcke(-Lancaster), C. A.** Baker, M. T., Peterson, A. L., & Litz, B. T. (2011). Does the repressor coping style predict lower posttraumatic stress symptoms? *Military Medicine*, *176*, 752-756. doi: 10.7205/milmed-d-10-00429.
32. Peterson, A. L., **Luethcke(-Lancaster), C. A.**, Borah, E. V., Borah, A. M., & Young-McCaughan, S. B. (2011). Assessment and treatment of combat-related PTSD in returning war veterans. *Journal of Clinical Psychology in Medical Settings*, *18*, 164-175. doi: 10.1007/s10880-011-9238-3.
33. **Luethcke(-Lancaster), C. A.**, McDaniel, L., & Becker, C. B. (2011). A comparison of mindfulness, nonjudgmental, and cognitive dissonance-based approaches to mirror exposure. *Body Image*, *8*, 251-258. doi: 10.1016/j.bodyim.2011.03.006.
34. **Luethcke(-Lancaster), C. A.**, Bryan, C. J., Morrow, C. E., & Isler, W.C. (2011). Comparison of concussive symptoms, cognitive performance, and psychological symptoms between acute blast-

versus nonblast-induced mild traumatic brain injury. *Journal of the International Neuropsychological Society*, 17, 1-10. doi: 10.1017/S1355617710001207

CHAPTERS (*indicates student co-author)

1. **Lancaster, C. L.** & *Smirnova, M. O. (2022). Behavioral conceptualization of anxiety disorders. In: W. T. O'Donohue & A. Masuda (Eds.). *Behavior therapy: First, second, and third waves*. Springer.
2. *Willis, B. & **Lancaster, C. L.** (2021). Calling a cease-fire: Ending psychology's long conflict with religion. In L. Benuto, M. Duckworkth, A. Masuda, & W. O'Donohue (Eds.). *Prejudice, stigma, privilege, and oppression: A behavioral health handbook*. Springer.
3. Judah, M. R., **Lancaster, C. L.**, & Gros, D. F. (2019) Transdiagnostic treatments: history and potential for treating PTSD/SUD. In: A. A. Vujanovic & S. Back (Eds.) *Posttraumatic stress and substance use disorders: A comprehensive clinical handbook*. Routledge.
4. Saladin M., Teeters, J., Gros, D. F., Gilmore, A. K., Gray, K. M., Barrett, E. L., **Lancaster, C. L.**, Killeen, T., Back, S. (2018). Posttraumatic stress disorder and substance use disorder comorbidity. In: S. C. Miller, D A. Fiellin, R. N. Rosenthal, & R. Saitz. (Eds.) *The ASAM principles of addiction medicine, Sixth edition*. Philadelphia: Wolters Kluwer.
5. **Lancaster, C. L.**, & Monfils, M. H. (2014). Mechanisms of fear reduction. In Scott R., & Kosslyn S. (Eds). *Emerging trends in the social and behavioral sciences*. Wiley Online Library. doi: 10.1002/9781118900772
6. Telch, M. J., Cobb, A. R., **Lancaster, C. L.** (2014). Exposure therapy for anxiety disorders: Procedural variations, clinical efficacy, and change mechanisms. In P. Emmelkamp & T. Ehring (Eds.), *International handbook of anxiety disorders: Theory, research, and practice* (Vol. 2). Hoboken, New Jersey: Wiley-Blackwell.
7. Peterson, A. L., Raj, J., **Lancaster, C. L.** (2014). Psychology and population health management. In Hunter, C. M., Hunter, C. L., & Kessler, R. (Eds.). *Handbook of clinical psychology in medical settings: Evidence-based assessment and intervention*. New York, NY: Springer.
8. **Lancaster, C. L.**, Gartner, A. M., Hatch, J. P, & Peterson, A. L. (2014). Behavioral dentistry. In Hunter, C. M., Hunter, C. L., & Kessler, R. (Eds.). *Handbook of clinical psychology in medical settings: Evidence-based assessment and intervention*. New York, NY: Springer.
9. Telch, M. J., Cobb, A. R., & **Lancaster, C. L.** (2013). Agoraphobia. In S. G. Hofmann (Ed.) *Cognitive behavioral therapy: A complete reference guide* (Vol. 2), J. A. J. Smits (Ed.) *CBT for specific disorders* (I). Oxford: John Wiley & Sons, Ltd.
10. Telch, M. J. & **Lancaster, C. L.** (2012). Is there room for safety behaviors in exposure therapy for anxiety disorders? In P. Neudeck & H. U. Wittchen (Eds.), *Exposure therapy: Rethinking the model-Refining the method* (pp. 313-334). New York, NY: Springer.

CONFERENCE PRESENTATIONS (*indicates student co-author)

1. *Smirnova, M., *Cole, A., & **Lancaster, C.** (Nov 2022). *The relationship between anxiety and social support in healthcare workers during the COVID-19 pandemic*. Oral presentation at the Association for Behavioral and Cognitive Therapies, New York, NY.
2. *Meckes, S. J. & **Lancaster, C. L.** (Nov 2022). *Distress tolerance moderates the effects of safety behavior use on the efficacy of exposure therapy*. Poster presented at the Association for Behavioral and Cognitive Therapy 56th Annual Convention. New York, NY.
3. *Cole, A. C., *Smirnova, M. O., & **Lancaster, C. L.** (Nov 2022). *Trajectories of post-traumatic stress symptoms in healthcare workers during the pandemic*. Poster presented at the Association for Behavioral and Cognitive Therapy 56th Annual Convention. New York, NY.
4. *McDonald, M. A., *Smirnova, M. O., *Baer, K. A., **Lancaster, C. L.** (May 2022). *An examination of mindfulness in healthcare workers during the COVID-19 pandemic according to monitor and acceptance theory: Both present centered awareness and experiential avoidance predict mental health*. Poster presented at the Association for Psychological Science annual convention. Chicago, IL.

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5. *Cornish, R. M., *Doan, T. H., *Schwarz, E. M., *Mummalaneni, M., *McDonald, M. A., *Baer, K. A., & **Lancaster, C. L.** (May 2022). *Greater mindful awareness predicts lower health anxiety but only among college students with lower intolerance of uncertainty during the COVID-19 pandemic.* Poster presented at the Western Psychological Association 102nd annual convention. Portland, OR.
6. *Aguilar, E. P., *Alexander, D. V., *Cole, A. C., & **Lancaster, C. L.** (May 2022). *Intolerance of uncertainty moderates the relationship between health anxiety and COVID-related posttraumatic stress symptoms.* Poster presented at the Western Psychological Association 102nd annual convention. Portland, OR.
7. *McCormack, K. F., *Aguilar, E. P., *Cole, A. C., & Lancaster, C. L. (May 2022). *Examining moral injury as a moderator of COVID-related PTSD and post-traumatic growth.* Poster presented at the Western Psychological Association 102nd annual convention. Portland, OR.
8. *Alexander, D., V., *McCormack, M. F., *Cole, A. C., Lancaster, C. L. (May 2022). *Assessing bidirectional relations between sleep and psychological symptoms among college students during the pandemic.* Poster presented at the Western Psychological Association 102nd annual convention. Portland, OR.
9. *Baer, K. A., *Smirnova, M. O. & **Lancaster, C. L.** (Nov 2021). *Intolerance of uncertainty predicts pandemic-related stress reactions.* Poster presented at the International Society for Traumatic Stress Studies 37th annual convention. Virtual conference.
10. *Cole, A. C., *Smirnova, M. O., *Meckes, S. J., & **Lancaster, C. L.** (Nov 2021). *Mental health influences moral injury in healthcare workers during the pandemic.* Poster presented at the International Society for Traumatic Stress Studies 37th annual convention. Virtual conference.
11. *Cole, A. C., *Smirnova, M. O., *Meckes, S. J., & **Lancaster, C. L.** (Nov 2021; invited talk). *Mental health influences moral injury in healthcare workers during the pandemic.* Invited talk presented at the Moral Injury Special Interest Group meeting at the International Society for Traumatic Stress Studies 37th annual convention. Virtual conference.
12. *McDonald, M. A., *Meckes, S. J., *Smorinva, M. O., & **Lancaster, C. L.** (Nov 2021). *Self-compassion is less protective of mental health among college students with greater food and housing insecurity during the COVID-19 pandemic.* Poster presented at the International Society for Traumatic Stress Studies 37th annual convention. Virtual conference.
13. *Smirnova, M. O. & **Lancaster, C. L.** (Nov 2021). *Does practicing gratitude boost perceived social support and reduce posttraumatic stress?* Symposium presentation at the International Society for Traumatic Stress Studies 37th annual convention. Virtual conference.
14. *Meckes, S. J., *McDonald, M. A., *Cole, A. C., & **Lancaster, C. L.** (Nov 2021). *Testing distress tolerance and insomnia as mediators predicting mental health among first responders.* Poster presented at the International Society for Traumatic Stress Studies 37th annual convention. Virtual conference.
15. *Meckes, S. J., *Cole, A. C., *Smirnova, M. O., & **Lancaster, C. L.** (Nov 2021). *Expressive suppression is a risk factor for secondary traumatic stress among healthcare providers during the pandemic.* Poster presented at the International Society for Traumatic Stress Studies 37th annual convention. Virtual conference.
16. *Meckes, S. J., *McDonald, M. A., & **Lancaster, C. L.** (Nov 2021). *The impact of ethnicity-based intergroup context on the experience of social anxiety.* Poster presented at the Association for Behavioral and Cognitive Therapies 55th Annual Convention. Virtual conference.
17. *Herrera, E. A., *McGee-James, T., *Spaulding, E., *Smirnova, M. O., & **Lancaster, C. L.** (Oct 2021). *The effects of giving and receiving social support on mental health during the pandemic.* Poster presented at the Western Psychological Association 100th Annual Convention. Virtual Conference.
18. *McGee-James, T., *Spaulding, E., *Herrera, E. A., *Smirnova, M. O., & **Lancaster, C. L.** (Oct 2021). *Social connectivity and mental health in college students during the COVID-19 pandemic.* Poster presented at the Western Psychological Association 100th Annual Convention. Virtual Conference.

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19. *Spaulding, E., *Herrera, E., *McGee-James, T., *Smirnova, M., & **Lancaster, C. L.** (Oct 2021). *The relationship between COVID-19 exposure, disruption, and mental health in college students.* Poster presented at the Western Psychological Association 100th Annual Convention. Virtual Conference.
20. McMahan, C. J., Straud, C. L., Zwetzig, S. E., Baker, M. T., Ojeda, A., Hale., W. J., Young-McCaughan, S., Moore, B. A., **Lancaster, C. L.**, McNally, C. L., McNally, R. J., Isler, W. C., Litz, B. T., Mintz, J., & Peterson, A. L., for the STRONG STAR Consortium (June 2021). *Psychological Risk and Resiliency in Female Military Medical Personnel across the Deployment Cycle.* [Podium presentation]. San Antonio Military Health System and Universities Research Forum, San Antonio, TX.
21. *Smirnova, M. O., *Cole, A. C., *Meckes, S., & **Lancaster, C. L.** (Nov 2020). *Bidirectional association of perceived support and social connectivity with stress and trauma-related symptoms among healthcare providers during the pandemic.* Poster presented at the International Society for Traumatic Stress Studies 36th annual convention. Virtual conference.
22. *Cole, A. C., *Smirnova, M. O., *Meckes, S., & **Lancaster, C. L.** (Nov 2020). *Bidirectional relations between sleep and mental health in healthcare providers during the pandemic.* Poster presented at the International Society for Traumatic Stress Studies 36th annual convention. Virtual conference.
23. *McDonald, M. A., *Smirnova, M.O., *Cole, A.C., *Meckes, S.J., & **Lancaster, C. L.** (Nov 2020). *Mindful awareness protects the mental health of healthcare providers during the COVID-19 pandemic.* Poster presented at the International Society for Traumatic Stress Studies 36th annual convention. Virtual conference.
24. **Lancaster, C. L.**, Gros, D., Killeen, T., Brady, K, Back, S. (Nov 2020). *What is the specificity of social support in predicting response to treatment? Comparing treatments for PTSD/SUD with and without Prolonged Exposure.* Symposium presentation at the Association for Behavioral and Cognitive Therapies 54th Annual Convention. Virtual conference.
25. *Meckes, S., & **Lancaster, C. L.** (Nov 2020). *A comparison of judicious and injudicious safety behavior use during exposure therapy for spider phobia.* Symposium presentation at the 54th Annual Convention for the Association for Behavioral and Cognitive Therapies. Virtual conference.
26. *McDonald, M., *Meckes, S., & **Lancaster, C. L.** (Nov 2020). *Augmenting virtual reality exposure therapy for public speaking anxiety with transcranial direct current stimulation.* Symposium presentation at the Association for Behavioral and Cognitive Therapies 54th Annual Convention. Virtual conference.
27. *Szoke, D., **Lancaster, C. L.**, * Hazlett-Stevens, H. (Oct 2020). *Mindfulness protects: How mindfulness and self-compassion aid victim advocates.* Poster presented at the Western Psychological Association 100th Annual Convention. Virtual conference.
28. *McDonald, M. A., Yang, Y., & **Lancaster, C. L.** (Oct 2020). Psychological resilience in first responders: The role of mindfulness and its mediators. In C. L. Lancaster (Chair), *Pathways toward resilience: Examining predictors of mental health in first responders.* Symposium conducted at the Western Psychological Association 100th Annual Convention Virtual conference.
29. **Lancaster, C. L.** & *Meckes, S.J. (Oct 2020). Psychological resilience in first responders: Comparing the impact of different types of social support. In C. L. Lancaster (Chair), *Pathways toward resilience: Examining predictors of mental health in first responders.* Symposium conducted at the Western Psychological Association 100th Annual Convention. Virtual conference.
30. *Meckes, S. J. & **Lancaster, C. L.** (Oct 2020). Psychological resilience in first responders: Comparing the impact of different sources of social support. In C. L. Lancaster (Chair), *Pathways toward resilience: Examining predictors of mental health in first responders.* Symposium conducted at the Western Psychological Association 100th Annual Convention. Virtual conference.
31. *Smirnova, M. O. & **Lancaster, C. L.** (Oct 2020). Psychological resilience in first responders: The role of perceived cohesion. In C. L. Lancaster (Chair), *Pathways toward resilience: Examining*

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- predictors of mental health in first responders*. Symposium conducted at the Western Psychological Association 100th Annual Convention. Virtual conference. .
32. *Meckes, M. A., *McDonald, S. J., *Smirnova, M., & **Lancaster, C. L.** (Nov 2019). *Helping the helpers: The impact of social support subtypes and sources on mental health in first responders*. Poster presented at the Annual Conference for the International Society of Traumatic Stress Studies. Boston, MA.
 33. *McDonald, M. A., *Meckes, S. J., *Smirnova, M., & **Lancaster, C. L.** (Nov 2019). *Compassion for oneself and others protects the mental health of first responders*. Poster presented at the Annual Conference for the International Society of Traumatic Stress Studies. Boston, MA.
 34. *Smirnova, M., Woodward, E. R., Tripp, P. E., **Lancaster, C. L.**, Neylan, T. C., & O'Donovan, A. (Nov 2019). *Acute inflammation and startle reactivity following Salmonella Typhi Vaccine: A pilot study*. Poster presented at the Annual Conference for the International Society of Traumatic Stress Studies. Boston, MA.
 35. **Lancaster, C.L.**, *McDonald, M. A., *Meckes, S. J., Berryhill, M. E. (June 2019; invited presentation). *Augmenting exposure therapy for social anxiety with tDCS*. Paper/talk presented at the Annual Conference for the Mountain West IDeA Clinical and Translational Research Infrastructure Network, Las Vegas, NV. Lancaster, C.L.,
 36. **Lancaster, C. L.**, *Meckes, S. J., *McDonald, M. A., Berryhill, M. E. (June 2019; invited presentation). *Augmenting exposure therapy for social anxiety with tDCS*. Poster presented at the Annual Conference for the Mountain West IDeA Clinical and Translational Research Infrastructure Network, Las Vegas, NV.
 37. *Willis, B. M. & **Lancaster, C. L.** (2019, May). *Calling a cease-fire: Ending psychology's long conflict with religion*. Poster Presented at the 28th Annual Nevada Psychological Association Conference, Reno, NV.
 38. *Meckes, S., *McDonald, M. & **Lancaster, C. L.** (April 2019). *We didn't start the fire: Extinguishing mental health symptoms with physical activity in first responders*. Poster presented at the Annual Conference of the Western Psychological Association, Pasadena, CA.
 39. *McDonald, M., *Meckes, S. & **Lancaster, C. L.** (April 2019). *Compassion for self and others predicts mental health among first responders*. Poster presented at the Annual Conference of the Western Psychological Association, Pasadena, CA.
 40. Cobb, A. R., Monfils, M., **Lancaster, C. L.**, Lee, M., Rubin, M. & Telch, M. J. (November 2018). *Reconsolidation update, compound extinction, and safety behavior fading for enhancing exposure therapy for PTSD: Interim findings from a randomized clinical trial*. Poster presented at 34th Annual Conference of the International Society for Traumatic Stress Studies, Washington, DC.
 41. López, C., **Lancaster, C. L.**, Stepney, B., Gros, D., Ruggiero, K., & Acierno, R. (November 2018). *Reduced treatment response of veterans with PTSD and depression reporting residual sleep problems*. Poster presented at 34th Annual Conference of the International Society for Traumatic Stress Studies, Washington, DC.
 42. Telch, M. J., **Lancaster, C. L.**, York, J., Monfils, M. H. (Nov 2017). *Augmenting exposure therapy with a brief fear reactivation trial*. Poster presented at the Annual Conference of the Association for Behavioral and Cognitive Therapies, San Diego, CA.
 43. Lopez, C.M., **Lancaster, C. L.**, Stepney, B., Gros, D.F., Ruggiero, K., & Acierno, R. (Nov 2017). *Reduced treatment response of veterans with PTSD and depression reporting residual sleep problems*. Poster presented at the Annual Conference of the International Society for Traumatic Stress Studies, Chicago, IL.
 44. **Lancaster, C. L.**, Gros, D., Badour, C., & Back, S. (April 2017). *Does imaginal exposure exacerbate PTSD symptoms among patients with comorbid PTSD and Substance Use Disorders?* Poster presented at the Annual Conference of the Anxiety and Depression Association of America, San Francisco, CA.

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45. Gros, D. F., Allan, N. P., **Lancaster, C. L.**, Szafranski, D. D., & Acierno, R. (April 2017). *Predictors of treatment discontinuation during Prolonged Exposure for PTSD*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, San Francisco, CA.
46. Gros, D. F., Price, M., **Lancaster, C. L.**, & Acierno, R. (April 2017). *Social support during Prolonged Exposure improves treatment response for PTSD symptoms*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, San Francisco, CA.
47. Saulnier, K., Gros, D., **Lancaster, C.**, Stacker, T., & Allan, N. (April 2017). *Suicidal ideation in high risk veterans: Using growth mixture modeling to identify heterogeneous trajectories*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, San Francisco, CA.
48. Gros, D., Acierno, R., **Lancaster, C. L.**, Lopez, C. (April 2017). *Residual sleep problems predict reduced response to prolonged exposure among veterans with PTSD*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, San Francisco, CA.
49. **Lancaster, C. L.**, Monfils, M. H., & Telch, M. J. (Nov 2015). *A 20-second pre-treatment reminder trial boosts the speed of fear extinction*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, IL.
50. Cobb, A. R., Josephs, R., **Lancaster, C. L.**, & Telch, M. J. (May 2015). *Pre-deployment endocrine activity predicts downstream stress evoked PTSD in U.S. soldiers deployed in Iraq*. Poster presented at the annual meeting of the Association for Psychological Science, New York, NY.
51. **Lancaster, C. L.**, Cobb, A. R., Lee, H. J., & Telch, M. J. (Nov 2014). *The role of threat perception as an acute psychological marker of PTSD and depression symptoms during military deployment*. Invited talk for the Trauma and PTSD Special Interest Group at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
52. **Lancaster, C. L.**, Cobb, A. R., Lee, H. J., & Telch, M. J. (Nov 2014). *Does threat perception predict PTSD and depression symptoms during military deployment after accounting for number of stressors?* Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.
53. **Lancaster, C. L.**, Telch, M. J., & Monfils, M. H. (May 2014). *Enhancing exposure therapy using fear retrieval and compound extinction procedures*. Paper/talk presented at the annual meeting of the Association for Psychological Science, San Francisco, CA.
54. **Lancaster, C. L.**, Cobb, A. R., York, J., Monfils, M. H., & Telch, M. J. (April 2014). *Enhancing exposure therapy with a 10-second fear retrieval trial*. Poster presented at the annual meeting of the Anxiety and Depression Association of America Chicago, IL.
55. **Lancaster, C.L.**, Cobb, A. R., Lee, H.J., & Telch, M. J. (April 2014). *Threat perception predicts PTSD, anxiety, and depression symptoms in deployed soldiers after controlling for war-zone stressors*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Chicago, IL.
56. Cobb, A. R., **Lancaster, C. L.**, & Telch, M. J. (April 2014). *Interactive diatheses in soldiers deployed to Iraq: A prospective, multi-wave analysis of PTSD, anxiety, and depression symptoms*. Poster presented at the annual meeting of the Anxiety and Depression Association of America, Chicago, IL.
57. **Luethcke(-Lancaster), C. A.**, Cedillos, E., Benson, T., Hatch, J., Baker, M., Isler, W. C., Grant, G. and Peterson A. L. (Nov 2009). *Use of the Acute Stress Disorder Scale in deployed military service members with traumatic brain injury*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
58. Cedillos, E. M., **Luethcke(-Lancaster), C.**, Benson, T. A., Conoscenti, L. M., Baker, M., Isler, W., Peterson, A. L., Litz, B. T., McNally, R.J., and Dickstein, B. D. (Nov 2009). *Military medical personnel deployment experiences: Preliminary focus group findings*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, New York, NY.
59. Gilts, C., Waters, H., **Luethcke(-Lancaster), C.**, and Wallace, H. (Feb 2009). *Do narcissists know when to quit?* Poster presented at the annual meeting of the Society for Personality and Social Psychology, Tampa, FL.

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60. Cedillos, E., **Luethcke(-Lancaster), C.**, Benson, T. A., Conoscenti, L. M., Litz, B. T., McNally, R. J., Baker, M., Isler, W., Mintz, J., and Peterson, A. (Nov 2008). *Assessment and treatment of Iraqi trauma patients: Attitudes and beliefs of military medical personnel*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
61. **Luethcke(-Lancaster), C.**, Cedillos, E., Benson, T., Conoscenti, L. M., Litz, B. T., McNally, R. J., Baker, M., Isler, W., Mintz, J., and Peterson, A. (Nov 2008). *U.S. military medics in Iraq: Prevalence and impact of healthcare trauma exposure*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
62. **Luethcke(-Lancaster), C.**, Becker, C. B., McDaniel, L. and Prasifka, K. (Nov 2008). *A comparison of the effect on body checking with different methodologies of mirror exposure*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Orlando, FL.
63. Childers, J., Sydenham, L., and **Luethcke(-Lancaster), C.** (March 2008). *Do nouns help children compare events?* Poster presented at the biennial meeting of the International Conference on Infant Studies, Westin Bayshore Vancouver, British Columbia Canada.
64. **Luethcke(-Lancaster), C.**, Becker, C. B., and Prasifka, K. (Nov 2007). *Improving body image via mirror exposure: a comparison of methodologies*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Philadelphia, PA.

TEACHING

Courses

PSY 240 Introduction to Research Methods, Dept. of Psychology, University of Nevada, Reno
PSY 451 Basic Principles of Psychotherapy, Dept. of Psychology, University of Nevada, Reno
PSY 706 Intermediate Statistics I, Dept. of Psychology, University of Nevada, Reno
PSY 724 Applied Research Methodology II, Dept. of Psychology, University of Nevada, Reno
PSY 757 Introduction to Clinical Intervention, Dept. of Psychology, University of Nevada, Reno
PSY 714-717 Advanced Practicum, Dept. of Psychology, University of Nevada, Reno

Doctoral Student Advising

2021 – present Kylie Baer, Clinical psychology doctoral student
2020 – present Anna Cole, Clinical psychology doctoral student
2019 – present Mary Smirnova, Clinical psychology doctoral student
2018 – present Mollie McDonald, Clinical psychology doctoral student
2018 – present Samantha Meckes, Clinical psychology doctoral student

Committee Member: Dissertations, Thesis, and Comprehensive Exams

2017-2022 Nine dissertation committees in clinical psychology (two as chair)
2021-2023 Member of two masters thesis committees (sociology and nursing)
2017-2022 Fifteen comprehensive exam (paper/proposal) or pre-doctoral research project committees in clinical psychology (ten as chair)

Undergraduate Honors or Capstone Project Mentor

2017 – 2018 Benson Tran, Recipient of Honors Undergraduate Research Award
2018 – 2019 Samantha Bailey, Recipient of Nevada Undergraduate Research Award
2020 – 2021 Erick Herrera, Recipient of Honors Undergraduate Research Award
2021 – 2022 Rabia Rafique, Recipient of Nevada Undergraduate Research Award
2022 – 2023 Lindsay Carr, Recipient of Nevada Undergraduate Research Award

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Undergraduate Research Assistants

2018 – 2022 Supervised 50+ undergraduate research assistants (about 5-15 RAs per year)

SERVICE

Department

2022 – 2023 Search committee for PSC Director/Associate Professor in Clinical Psychology
2022 – 2023 Blue book Committee for the Clinical Psychology Program
2022 – 2022 Committee Member and Organizer, McReynolds Lecture Series Committee
2021 – 2023 Secondary faculty mentor for doctoral student in Nevada DRIVE Program
2020 – 2021 Search committee for Director of Clinical Training (DCT)
2019 – 2020 Guest lectures on clinical translational research for PSY 105 Intro to Neurosci
2018 – 2019 Coordination doctoral student admissions & open house/interviews
2017 – 2019 Search committee for Mikawa Chair
2017 – 2022 Clinical training committee

College & University

2022 **Committee** to review submissions for Outstanding Graduate Student Researcher Award. UNR Graduate School
2020 **Grand Rounds Presentation**, Psychiatry and Behavioral Sciences, UNR School of Medicine. Title: Exposure Therapy for Anxiety Disorders: Mechanisms and Outcomes
2020 **Stress Management Seminar** Graduate Students, UNR College of Science.
Titles: Sleep and Stress, Sharing Successes and Challenges
2019 **Committee** to review proposals for Honors Undergraduate Research Awards, UNR Office of Undergraduate Research.

Community

2020 **Invited lecture**. Discovery Museum (Reno, NV) Face Your Fears Social Science Night. Title: Why you are scared? The science of fear learning and extinction
2019 **Expert testimony** on the development of PTSD for the Professional Firefighters of Nevada
2019 **ProBono clinical services** to trauma survivors from the Reno community, Psychological Services Center, University of Nevada, Reno

Profession

2022 **Reviewed Grant Proposals**. American Psychological Foundation. Barlow Grant.
2020 **Session Chair and Organizer**. Oct 2020. C. L. Lancaster (Chair), *Pathways toward resilience: Examining predictors of mental health in first responders*. Symposium conducted at the Western Psychological Association 100th Annual Convention
2020 **Session Chair and Organizer**. Nov 2020. C. L. Lancaster (Chair), *Facilitating response to exposure therapy for anxiety-related disorders: Social, behavioral, and neural factors*. Symposium conducted at the Association for Behavioral and Cognitive Therapies 54th Annual Convention
2019 **Committee** to review papers for the internship paper competition, Charleston Consortium/Medical University of South Carolina

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Editorial Board Member for *Journal of Loss and Trauma*.

Ad hoc peer review for the following journals:

BMC Psychiatry
Cognitive Behaviour Therapy
European Journal of Psychotraumatology
General Hospital Psychiatry
Journal of Clinical Child and Adolescent Psychology
Journal of Clinical Medicine
Journal of Immigrant and Minority Health
Journal of Psychopathology and Behavioral Assessment
Journal of Traumatic Stress
Military Behavioral Health
Military Medicine
Psychiatry Research
Psychosomatic Medicine
Substance Abuse: Treatment and Research
World

LICENSURE

2022 – Present Licensed Psychologist, Nevada.
2018 – 2022 Registered Psychological Assistant, Nevada

PROFESSIONAL AFFILIATIONS

Society for a Science of Clinical Psychology (SSCP), Current Member
Association for Behavioral and Cognitive Therapies (ABCT), Current Member
International Society for Traumatic Stress Studies (ISTSS), Current Member
American Psychological Association (APA), Former Member
Western Psychological Association (WPA), Former Member
Anxiety and Depression Association of America (ADAA), Former Member
Association for Psychological Science (APS), Former Member