

Mary Kathleen Burkhart Lustyk, Ph.D.

Curriculum Vita

Addresses:

Work Address: School of Psychology, Family, and Community
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Lab Web Page:

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Current Titles and Affiliations:

Professor of Psychology
School of Psychology, Family, and
Community
Seattle Pacific University
Office: Marston 114
Seattle, WA

Primary Investigator
Women's Health Lab
School of Psychology, Family, and
Community
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Affiliate Professor
Department of Psychology
University of Washington
Box 351525
Seattle, WA 98195

Affiliate Associate Professor
Department of Biobehavioral Nursing
and Health Systems
University of Washington School of
Nursing
Box 357266
Seattle, WA 98195

Academic Preparation:

1988 – 1992 University of Washington, Seattle, WA.
PhD in Physiological Psychology with a minor in endocrinology.
Other curriculum emphasis in developmental psychology and statistics.

1983 – 1988 University of Washington, Seattle, WA.
BS in Psychology

Honors/Awards:

2010 Professor of the Year, School of Psychology, Family, and Community,
Seattle Pacific University
2009 Professor of the Year, School of Psychology, Family, and Community,
Seattle Pacific University
2002 Outstanding Research Article Award, Society of Gastroenterology Nurses
and Associates.
2000 Faculty Advisor Appreciation Award from Psi Chi, National Honor Society
in Psychology
1999 Faculty Advisor Appreciation Award from Psi Chi, National Honor Society
in Psychology
1998 Faculty Advisor Appreciation Award from Psi Chi, National Honor Society
in Psychology

Professional Association Memberships:

American Psychological Association (APA)
American Psychosomatic Society
Association for Psychological Science (APS)
Association for Behavioral and Cognitive Therapies (ABCT)
International Association for Women's Mental Health (IAWMH)
Institute of Translational Health Sciences (ITHS)
Society of Behavioral Medicine (SBM)
Society for Menstrual Cycle Research (SMCR)
Society for Psychophysiology Research (SPR)
Western Psychological Association (WPA)

Professional Association Appointments and Consultantships:

2008-present American Psychological Association, Division 38: Health
Psychology, Women and Health Committee, Member
2007 Expert Consultant to Organon, NOMAC/E2 advisory panel
1992–present Western Psychological Association Faculty Representative

Editorial Consultation

2009-present	Journal of Women's Health, Manuscript Reviewer
2009-present	Emotion, Manuscript Reviewer
2009-present	International Journal of Women's Health, Manuscript Reviewer
2008-present	Journal of Psychosomatic Research, Manuscript Reviewer
2008	Sinauer Publishers, Reviewer for Biological Psychology text
2007	Sage Publishers, Reviewer for Biological Psychology text

Teaching Activities:

Courses at SPU: Graduate Neural Basis of Behavior I & II with systematic dissection of the sheep brain, Undergraduate Physiological Psychology & Psychobiology of Women.

Courses at the University of Washington: Mindfulness Meditation Seminar in Clinical Psychology; co-instructor with Drs. Marlatt and Kohlenberg.

Research Activities: I am the developer and primary investigator of the women's health lab at SPU. In my research I seek to explicate the psychophysiological and neurobiological stress processes in women while simultaneously investigating potential moderators of these processes such as neurobiological and behavioral factors. In my lab, we are currently investigating the effects of a daily brief mindfulness exercise on premenstrual symptoms and stress by assessing neuroendocrine and psychophysiological responses to a laboratory stressor. In collaboration with Dr. G. Alan Marlatt and colleagues at the UW Addictive Behaviors Research Center, I am investigating the effects of Mindfulness-Based Relapse Prevention on gender specific stress processes in addicts. In my research program, I mentor both undergraduate and graduate students.

Previous Academic and Professional Appointments (Reverse Chronological Order):

2000–2006 *Associate Professor*, Department of Psychology, Seattle Pacific University.
Courses: Undergraduate Physiological Psychology & Psychobiology of Women, Graduate Neural Basis of Behavior I & II with systematic dissection of the sheep brain.
Research: Primary Investigator in charge of Psychophysiology laboratory and Studies in Women's Health; Mentor graduate and undergraduate students involved in women's health research.

- 1996–2001 *Assistant Professor*, Department of Psychology, Seattle Pacific University.
Courses: Physiological Psychology, Sensation and Perception, Psychobiology of Women, Research Methods, Introductory Psychology & Physiological Psychology as a Pre-Doctoral Intensive with brain dissection demonstrations.
Research: established the first Psychophysiology laboratory on the SPU campus; Primary Investigator of a multifaceted study of stress across the menstrual cycle in women, co-investigator of exercise and health studies along with colleagues in the Departments of Physical Education and Clinical Psychology.
- 1996–2000 *Affiliate Assistant Professor*, Department of Biobehavioral Nursing and Health Systems, University of Washington.
Responsibilities: performed collaborative work with colleagues investigating autonomic nervous system arousal, gastric motility, and exercise habits in women with irritable bowel syndrome.
- 1995–1996 *Adjunct Faculty*, Department of Psychology, Seattle Pacific University.
Courses: Psychology of Personal Growth. Course provides an overview of the process of growth and adjustment in dealing with life changes. Developmental, gender, social, health and relationship factors are explored. Physiological Psychology. Course consisted of a survey of current issues in physiological psychology.
- 1993–1995 *Part-time Faculty*, Department of Psychology, Bellevue Community College.
Courses: Introductory Psychology, Lifespan Developmental Psychology, and Introductory Psychology as a Natural Science.
- 1993–1995 *Instructor*, Department of Psychology & Women Studies, University of Washington.
Courses: Psychobiology of Women. Topics included: biological development, endocrinology, and specific psychological issues dealing with women.
- 1994–1996 *Research Scientist*, Department of Gastrointestinal Surgery, University of Washington School of Medicine and Department of Biobehavioral Nursing and Health Systems, Gut Function Laboratory, University of Washington.
Duties performed: The use of High Performance Liquid Chromatography (HPLC) to measure excreted and tissue catecholamines; Training of undergraduate and graduate research assistants and analysis of data.

- 1992–1994 *Post-doctoral Research Scientist*, Department of Biobehavioral Nursing and Health Systems, University of Washington School of Nursing.
Duties performed: Coordinated all aspects of NINR funded research project investigating ANS responses in women with Irritable Bowel Syndrome, including patient recruitment, managing doctoral referrals, performing patient interviews and stress testing, data entry and analyses; also responsible for magnetometer pilot testing in women with IBS.
- 1991–1992 *Pre-doctoral Research Assistant*, Department of Physiological Nursing-Gut Function Laboratory, University of Washington.
Duties performed: A wide variety of surgical procedures on rats such as intraventricular cannula placement, gastric catheter implantation and ovariectomies; the use of HPLC to perform catecholamine assays; In Vitro study of gut tissue; Analyses of data and manuscript preparation
- 1986–1991 *Patient Care Representative*, Department of Emergency Medicine, University of Washington Medical Center.
Duties performed: Managed triage desk and assisted with initial patient work-up, responsible for taking patient histories and vitals; also responsible for patient registration and served as a liaison between patient visitors and healthcare providers.

Selected Peer-Reviewed Publications (Reverse Chronological Order):

(Publications selected from 48 peer-reviewed publications)

1. **Lustyk, M. K. B.**, Carroll, H., Gerrish, W., Bowen, S., & Marlatt, G. A. (under review). Relationships among premenstrual symptom reports, menstrual attitudes, and trait mindfulness. Manuscript submitted for publication.
2. Lustyk, M. K. B., Bentley, J., Douglas, H. A., & Gerrish, W. (under review). Cardiovascular responses to a laboratory stressor in women: Assessing the role of body awareness. Manuscript submitted for publication.
3. Craft, B., Douglas, H. A., & **Lustyk, M. K. B.** (under review). Exercise and Quality of Life: Assessing the moderating effect of exercise attributions. Manuscript submitted for publication.
4. **Lustyk, M. K. B.**, Carroll, H., Gerrish, W., Bowen, S., & Marlatt, G. A. (2010). Mindfulness qualities, menstrual attitudes, and premenstrual symptoms. [Abstract]. *Psychosomatic Medicine*, 1570, A-73.

5. **Lustyk, M. K. B.**, Olson, K. C., Gerrish, W. G., Holder, A., & Widman, L. (2010). Physiological and Psychological Stress Reactivity and Recovery in Women: Assessing the effects of menstrual cycle phase and stressor type. *Biological Psychology*, 83, 84-92.
6. Bentley, J. A., Basu, B., **Lustyk, M. K. B.** (2010). Can somatic awareness buffer the cardiovascular responses to stress in women? [Abstract]. *Psychosomatic Medicine*, 1601, A-121.
7. **Lustyk, M. K. B.**, & Gerrish, W. G. (2010). Premenstrual Syndrome and Premenstrual Dysphoric Disorder: Issues of quality of life, stress, and exercise. In V. R. Preedy, & R. Watson (Eds), *Handbook of Disease Burdens and Quality of Life Measures* (pp. 1952-1971). London, UK: Springer.
8. **Lustyk, M. K. B.**, Chawla, N., Nolan, R., & Marlatt, G. A. (2009). Mindfulness Meditation Research: A discussion of safety issues and participant screening procedures. *Advances in Mind-Body Medicine*, 24, 20-30.
9. **Lustyk, M. K. B.**, Gerrish, W. G., Shaver, S., & Keys, S. (2009). Cognitive-Behavioral Therapy for Premenstrual Syndrome and Premenstrual Dysphoric Disorder: A Systematic Review. *Archives of Women's Mental Health*, 12(2), 85-96.
10. **Lustyk, M. K. B.**, Widman, L., & de Laveaga Becker, L. (2007). Relationship of abuse history with premenstrual symptomatology: Assessing the mediating role of perceived stress. *Women & Health*, 46, 67-80.
11. **Lustyk, M. K. B.**, Beam, C, Miller, A., & Olson, K. C. (2006). Stress and premenstrual symptomatology in women: Assessing the effect of spiritual well being. *Journal of Psychology and Theology*, 34, 311-317.
12. Widman, L., **Lustyk, M. K. B.**, & Paschane, A. (2005). Body Image in Sexually Assaulted Women: Does age at time of assault matter? *Family Violence and Sexual Assault Bulletin*, 21, 5-10.
13. **Lustyk, M. K. B.**, Widman, L., Paschane, A., & Olson, K. C. (2004). Physical activity and quality of life: Assessing the influence of activity frequency, intensity volume and motives. *Behavioral Medicine*, 30, 124-131.
14. **Lustyk, M. K. B.**, Widman, L., Paschane, A., & Ecker, E. (2004). Stress, quality of life and physical activity in women with varying premenstrual symptomatology. *Women and Health*, 39, 35-44.
15. **Lustyk, M. K. B.**, Jarrett, M. Bennett, J., & Heitkemper, M. M. (2001). Does a physically active lifestyle improve symptoms in women with irritable bowel syndrome? *Gastroenterology Nursing*, 24, 1-9.

16. Summers, H., **Lustyk, M. K. B.**, Jarrett, M., & Heitkemper, M. M. (1999). Aerobic fitness and the physiological stress response in women. *Biological Research for Nursing, 1*, 48-56.
17. Heitkemper, M. M., Burr, R., Jarrett, M., Hertig, V, M., **Lustyk, M. K. B.**, & Bond, E. F. (1998). Evidence for autonomic nervous system imbalance in women with irritable bowel syndrome. *Digestive Diseases and Sciences, 43*, 2093-2098.
18. Kenney, N. J., Tomoyasu, N., & **Burkhart, M. K.** (1994). Food aversions induced by area postrema ablation. *Appetite, 22*, 205-220.
19. Bond, E. F., Heitkemper, M. M., & Gruver **Burkhart, M. K.** (1992). Mediation of TRH induced gastric motility increases in developing rats. *European Journal of Pharmacology, 217*, 127-135.
20. Heitkemper, M. M., Bond, E. F., Gruver **Burkhart, M. K.**, & Horita, A. (1992). A possible 5-HT₃ component of TRH-Induced increases in gastric motility in developing rats. *Developmental Pharmacology and Therapeutics, 19*, 57-61.

Selected Peer-Reviewed Presentations/Symposia (Reverse Chronological Order):

(Presentations selected from 73 peer-reviewed presentations/symposia)

1. Douglas, H. A. C., **Lustyk, M. K. B.**, Gerrish, W. G., Bowen, S., & Marlatt, G. A. (2010, April). Mindful Menses: An oxymoron or are we onto something? Paper presented at the Western Psychological Association Meeting, Cancun, Mexico.
2. **Lustyk, M. K. B.** (2010, April). The functional neuroanatomy of mindfulness meditation: Brain basics and current findings. Workshop presented at the annual conference for clinicians, researchers, and educators, Center for Mindfulness in Medicine, Health Care, and Society, Department of Medicine, Division of Preventative and Behavioral Medicine, University of Massachusetts Medical Center, Worcester, MA.
3. Gerrish, W. G., **Lustyk, M. K. B.**, Bentley, J., Douglas, H. A., & Locke, S. (2010, April). Mindfulness, Menses, and Body Awareness. Paper presented at the annual research of the Society of Behavioral Medicine, Seattle, WA.
4. **Lustyk, M. K. B.**, Carroll, H., Gerrish, W., Bowen, S., & Marlatt, G. A. (2010, March). Mindfulness qualities, menstrual attitudes, and premenstrual symptoms. Poster session presented at annual scientific meeting of the American Psychosomatic Society, Portland, OR.
5. **Lustyk, M. K. B.**, Gerrish, W. G, Carroll, H. A., Bowen, S., & Marlatt, G. A. (2009, November). Relationships Among Trait Mindfulness and Premenstrual

Symptom Reports. In G. Alan Marlatt (chair), Mindfulness Interventions: How and for whom? Symposium presented at the Association for Cognitive and Behavioral Therapy Conference, New York, NY.

6. Carroll, H. A., Gerrish, W. G., & **Lustyk, M. K. B.** (2009, May). Relationships among premenstrual symptom reports, menstrual attitudes, and trait mindfulness. Paper presented at the annual research conference, School of Psychology Family, and Community, Seattle Pacific University, Seattle, WA.
7. **Lustyk, M. K. B.**, & Gerrish, W. G. (2009, April). Can premenstrual symptoms explain luteal phase increases in stress reactivity? Paper presented at the annual meeting of the Western Psychological Association, Portland, OR.
8. **Lustyk, M. K. B.**, & Marlatt, G. Alan (2009, March). The functional neuroanatomy of mindfulness meditation: Brain basics and current findings. Workshop presented at the annual conference for clinicians, researchers, and educators, Center for Mindfulness in Medicine, Health Care, and Society, Department of Medicine, Division of Preventative and Behavioral Medicine, University of Massachusetts Medical Center, Worcester, MA.
9. Gerrish, W.G., & **Lustyk, M. K. B.** (2008, March). Stress and Quality of Life in Women: Assessing cycle phase and exercise effects. Poster session presented at the annual meeting for the Society of Behavioral Medicine, San Diego, CA.
10. **Lustyk, M. K. B.** (2007, May). Stress Reactivity and Recovery: Menstrual Cycle and Stressor Type Results. In M. K. B. Lustyk (Chair), Exercise and Menstrual Phase Affect Stress and Quality of Life. Symposium conducted at the annual meeting of the Western Psychological Association, Vancouver, Canada.
11. **Lustyk, M. K. B.**, Gerrish, W. G., & Widman, L. (2007, March). Is the relationship between abuse history and premenstrual symptomatology affected by perceived stress? Poster session presented at the annual meeting of the Society of Behavioral Medicine, Washington, DC.
12. **Lustyk, M. K. B.** (2006, April). Perceived stress, premenstrual symptomatology and body image reports in women. Paper presented at the annual meeting of the Western Psychological Association, Palm Springs, CA.
13. Olson, K., **Lustyk, M. K. B.**, & de Laveaga, L. (2006, April). Anxiety impacts stress reactivity, recovery and quality of life. Paper presented at the annual meeting of the Western Psychological Association, Palm Springs, CA.
14. **Lustyk, M. K. B.**, & Henson, J. (2006, April). Gender differences in exercise motives and habits. Paper presented at the annual meeting of the Western Psychological Association, Palm Springs, CA.

15. Miller, A., & **Lustyk, M. K. B.** (2005, August). Stress, Premenstrual Symptomatology and Spiritual Well-Being in Women: A mediation analysis. Paper presented at the annual meeting of the American Psychological Association, Washington, DC.
16. Paschane, A. E., **Lustyk, M. K. B.**, & Widman, L. (2004, March). Stress, quality of life and physical activity in women with varying degrees of premenstrual symptomatology. Paper presented at the annual meeting for the Society of Behavioral Medicine, Baltimore, MD.
17. **Lustyk, M. K. B.**, Paschane, A. E., & Widman, L. (2004, April). Stress, quality of life and exercise in women with PMS. Paper presented at the annual meeting for the Western Psychological Association, Phoenix, AZ.
18. Paschane, A. E., **Lustyk, M. K. B.**, Widman, L., & Olson, K.C. (2004, July). Effect of sense of control on stress reactivity in women. Paper presented at the annual meeting of the American Psychological Association, Honolulu, Hawaii.
19. Widman, L., **Lustyk, M. K. B.**, & Paschane, A. (2003, August). Sexual abuse and body image: Does age of abuse matter? Paper presented at the annual meeting of the American Psychological Association, Toronto, Ontario, Canada.
20. **Lustyk, M. K. B.**, Summers, H., Jarrett, M., & Heitkemper, M. M. (1997, April). Aerobic fitness and the physiological stress response in women. Paper presented at the annual meeting of the Western Psychological Association, Seattle, WA.

Invited Presentations/Lectures/Workshops (Reverse Chronological Order):

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| 2010 | Mindfulness-Based Relapse Prevention: A Dialogue Between Clinical Science and Neuroscience in the Treatment of Addictive Behavior. Co-presented with G. Alan Marlatt, PhD. Invited presentation for the annual Western Psychological Association Meeting, Cancun, Mexico |
| 2010 | “Relapse, Addiction, and Mindfulness: The neuroscience implications and clinical applications of Mindfulness-Based Relapse Prevention Therapy”. Workshop for mental health professionals offered by Washington Mental Health Counselors Association (March, 2010). Presented with Sarah Bowen, PhD, UW Research Scientist and G. Alan Marlatt, PhD, Professor and Director of the Addictive Behaviors Research Center, University of Washington, Seattle, WA. |
| 2009 | “ The Functional Neuroanatomy of Mindfulness Meditation” Invited presentation for Awakening to Mindfulness Conference, Seattle, WA (October, 2009). Presented with G. Alan Marlatt, PhD, Professor and |

Director of the Addictive Behaviors Research Center, University of Washington, Seattle, WA.

- 2009 “ Understanding the Neurobiology of Mindfulness: Implications for the addicted mind” Invited presentation for the First Annual Meeting of the Buddhist Recovery Network, Los Angeles, CA (October, 2009). Presented with G. Alan Marlatt, PhD, Professor and Director of the Addictive Behaviors Research Center, University of Washington, Seattle, WA.
- 2009 “Stress and Health: Neurobiological factors in the human stress response” Two-day invited lecturer for UW Psychology 490: Stress Management led by G. Alan Marlatt, PhD, Professor and Director of the Addictive Behaviors Research Center, University of Washington, Seattle, WA.
- 2009 “ Of One Mind: Understanding the Human Condition via Collaborations among Clinical Psychologists and Neuroscientists” Invited lecturer for UW Psychology 489: Introduction to Clinical Psychology led by G. Alan Marlatt, PhD, Professor and Director of the Addictive Behaviors Research Center, University of Washington, Seattle, WA.
- 2009 “The Neurobiology of Addiction” Invited lecturer for UW Psychology 448C: Psychology of Addictive Behaviors led by G. Alan Marlatt, PhD, Professor and Director of the Addictive Behaviors Research Center, University of Washington, Seattle, WA.
- 2007 “Mind and Menses: Issues affecting health in women” Invited presentation for faculty, students, and staff of the Addictive Behaviors Research Center, University of Washington, Seattle, WA.
- 2006 “Laboratory Studies of stress and health in women” Guest lecture of biology cap-stone course, Seattle Pacific University, Seattle, WA.
- 2005 “But I’m not hungry!” Campus-wide presentation on eating disorders and body image, Seattle Pacific University, Seattle, WA.
- 2004 “Stress and Health”, Symposium responder, Seattle Pacific University School of Psychology Family and Community Research Conference, Seattle, WA.
- 2002 “Behavioral neuroscience at a Christian liberal arts university”. Presented to Seattle Pacific University board of trustees, Seattle Pacific University, Seattle, WA.
- 1998 “The psychobiology of eating disorders”. Presented at Women’s Group, Seattle Pacific University, Seattle, WA.

- 1997 "Reflections on *The Plague* (Albert Camus) from a physiological psychologist's perspective". Seattle Pacific University College of Arts and Sciences Retreat, Seattle, WA.
- 1994 "Achieving cardiovascular fitness". Pacific Northwest All Sports Conference. Seattle, WA.
- 1994 "Aerobic exercise - practical applications". Pacific Northwest All Sports Conference. Seattle, WA.
- 1992 "The importance of exercise during the climacteric: Making a case for exercise as a treatment for menopausal symptoms". Presented at Swedish Medical Center, Seattle, WA as a part of a Women's Health Seminar Series.
- 1992 "Women of the 90's: Health issues surrounding menopause". Presented at the Bellevue Athletic Club, Bellevue, WA as an independent lecture series.

Media Related:

Interview contributor to "Women and Alcohol: A delicate balance". Pause Magazine, Winter, 2010, <http://pause.acog.org/>.

Interview contributor to "Talking up girl power" published by Parent Map magazine, Fall, 2009, <http://www.parentmap.com/content/view/1319/433/>.

Interview contributor to Peter Amato's "Soul Silence: Addiction and the Science of Meditation" (chapter 6), published by HCI Books, Fall, 2010.

Lustyk, M. K. B. (2010). The Pleasure Circuit. *Inquiring Mind*, 26 (2); <http://www.inquiringmind.com/>

Expert contributor to "Neuroscience and addictions: A five part documentary series", television documentary presented by the Discovery Channel, in progress.

Interviewer contributor to "Yoga in the Shadows", television documentary by Bruce Kubert depicting the use of yoga as a treatment for addiction, in progress.

Submitted Presentations (currently under review):

Accepted (and future invited) Presentations:

Lustyk, M. K. B., & Douglas, H. A. Cardiovascular responses to a laboratory stressor in women: Assessing the role of body awareness. In Lustyk, M. K. B. (chair), *Psychophysiological and Neurobiological Concomitants of Mindfulness: Evidence*

from laboratory research. Symposium submitted for presentation at the Society of Psychophysiological Research, Portland, OR (2010).

Lustyk, M. K., B., Douglas, H. A., Bentley, J., & Gerrish, W. G. The Effects of Body Awareness on Hemodynamic Reactivity. Paper accepted for presentation at the Association for Cognitive and Behavioral Therapy Conference, San Francisco, CA (2010).

Grant/Funding Activities

Grants in Preparation or Under Review

K18 Award, Lustyk (PI) submitted 2/18/2010

NIH Basic Behavioral and Social Science Opportunity Network (OppNet)
Mindfulness-Based Relapse Prevention (MBRP) for Addiction: Development of a fMRI line of inquiry into underlying mechanisms of action.

This award will provide mentored training in applied fMRI technology to the PI in an effort to introduce brain assessments to the study of MBRP. Mentors are Dr. G. Alan Marlatt, Professor of Psychology at the University of Washington and Director of the Addictive Behaviors Research Center and Dr. Ione Fine, Associate Professor of Psychology at the University of Washington and contributing faculty to the Institute for Learning and Brain Sciences (I-LABS).

R34, Lustyk (PI) under revision

NIMH

Development of a mindfulness-based intervention for women with PMS/PMDD

The proposed research project is focused on developing a guided body-scan mindfulness meditation and pilot testing its therapeutic effects in women with PMS/PMDD. Components of Marlatt's Mindfulness-Based Relapse Prevention Program will be adapted in this study. Dr. Marlatt will serve as Co-Investigator

Grants Currently Funded

CTSA, Small Pilot Project, Lustyk (PI) 1/25/2010-1/24/2011

NIH Institute of Translational Health Science, Clinical and Translational Science Award (CTSA)

Cardiovascular Responses to a Laboratory Stressor in Substance Abusers Before and After Treatment with Mindfulness-Based Relapse Prevention.

The proposed research project will test cardiovascular reactivity and recovery in response to a cognitive challenge in addicts before and after completing a 8-week Mindfulness-Based therapy intervention designed by the co-investigators, Drs. Alan Marlatt and Sarah Bowen.

Faculty Research Grant, Lustyk (PI)

Seattle Pacific University
Women's Health Research

09/01/2000-Present
(renewed annually)

The purpose of these funds is to annually support research in Lustyk Women's Health Lab.

Completed Research/Funded Grants (Chronological Order)

Foundation Awards

Lab Equipment Support, Lustyk (PI)

1/07/2009

Norcliffe Foundation

These funds were awarded for the immediate purchase of new physiological monitoring equipment.

Research Grants

Faculty Research Grant, Lustyk (PI)

09/01/1999-07/01/2000

Seattle Pacific University

Psychophysiology Lab Start-up

These funds were used by Lustyk to establish the first psychology lab at Seattle Pacific University. All support went towards acquiring psychophysiology equipment and currently houses the Lustyk Women's Health Lab.

Academic Renewal Grant, Lustyk (Professor)

03/01/2001-7/01/2001

Seattle Pacific University

Psychobiology of Women

This support was used to establish a new course for undergraduate curriculum entitled: Psychobiology of Women, now a regular course offering taught by Lustyk.

Faculty Research Grant, Lustyk (PI)

09/01/2001-01/01/2002

Survey studies in Women's Health

These funds were used to perform three separate survey studies: (1) Stress and Quality of Life In women with Various Degrees of Premenstrual Symptomatology, (2) Stress and Premenstrual Symptomatology in Women with a History of Abuse, (3) Stress, Premenstrual Symptomatology and Sense of Control in Women.

Committee and University Service Related Activities:

Pre-professional Health Sciences Committee, Seattle Pacific University, 1996- present

Faculty Advisor, Psi Chi National Honor Society, 1996-present

Faculty Advisor, Student Society of Psychology, 1996-present

Faculty Speaker, Ivy Cutting, Seattle Pacific University, 2006

Faculty Mentor, Washington State Achievers Scholars, 2005-2007

Science Building Planning Committee, Seattle Pacific University, 2004-2005

Faculty Status Committee, Seattle Pacific University, spring 2005

Faculty Marshall, Seattle Pacific University Commencement, spring 2005

Premier Faculty Presenter, Seattle Pacific University, spring 2004

Women Studies Committee, Seattle Pacific University, 1998-2003

Premier Faculty Presenter, Seattle Pacific University, spring 2003

Science Building Task Force, Seattle Pacific University, 1997-2003

Administrator Review Task Force, Seattle Pacific University, 2000

Doctoral Student Research Supervision (Reverse Chronological Order):

Graduate level:

1. Seattle Pacific University, Department of Graduate Psychology, Dissertation co-chair with Dr. Jay Uomoto for Megan Swan, 2010-present. Dissertation Title: *Differential SPECT Activation Patterns Associated with PASAT Performance may Indicate Frontocerebellar Functional Dissociation in Chronic Mild Traumatic Brain Injury.*
2. Seattle Pacific University, Department of Graduate Psychology
Graduate Teaching Assistant Supervisor for Jake Bentley, MA, 2009-present.
3. Seattle Pacific University, Department of Graduate Psychology
Graduate Research Assistant Supervisor and Dissertation Chair for Winslow G. Gerrish, 2006-present. Dissertation Title: *Assessment of the Interrelationships Between Body Awareness, Trait Mindfulness, and Premenstrual Symptomatology: Being mindful of symptom experiences.*
4. Seattle Pacific University, Department of Graduate Psychology
Dissertation Committee Chair for Nate Reiss, 2001- 2007. Dissertation Title: *Associative Cognitive Processing and Performance Outcomes in Elite Athletes*
5. Seattle Pacific University, Department of Psychology Graduate Research Assistant Supervisor and Dissertation Chair for Karen C. Olson, 2002-2006. Dissertation Title: *Relationships among Psychological and Physiological Stress Reactivity in Women across the Menstrual Cycle*
6. Seattle Pacific University, Department of Psychology
Graduate Research Assistant Supervisor for Alesha Muljat, 2006
7. Seattle Pacific University, Department of Graduate Psychology
Graduate Research Assistant Supervisor and Dissertation Chair for Dawn Heisler-Noojin, 2001- 2006. Dissertation Title: *The Effect of Adult Attachment and Attachment to God on Stress Reactivity and Recovery*
8. Seattle Pacific University, Department of Graduate Psychology
Graduate Research Assistant Supervisor and Dissertation Chair for Amy Paschane, 1999-2003. Dissertation Title: *Effect of Sense of Control on Stress Reactivity in Women*

References:

G. Alan Marlatt, Ph.D. Professor and Director Addictive Behaviors Research Center, University of Washington Dept. of Psychology, Box 351525, Seattle, WA 98195-1525, Voicemail: (206) 685-1395, Fax: (206) 685-1310, Email: marlatt@u.washington.edu, <http://depts.washington.edu/abrc/>

Margaret M. Heitkemper, R.N., Ph.D., Professor and Chair, Dept. Biobehavioral Nursing & Health Systems, University of Washington School of Nursing, Box 357266, Seattle, WA 98195, 206-543-1091(work), 206-543-4771 (fax), Email: heit@u.washington.edu, http://www.son.washington.edu/Faculty/faculty_bio.asp?id=47

Jay Uomoto, Ph.D., VA-DoD Liaison and Senior Consultant in TBI
Department of Veterans Affairs / Office of Rehabilitation Services (117)
Defense Centers of Excellence for Psychological Health and TBI (DCoE)
1335 East West Highway, Suite 640, Silver Spring, MD 20910
Email: jay.uomoto@tma.osd.mil, Office: 301-295-8413, Blackberry: 571-314-5763, Fax:
301-295-3322, www.dcoe.health.mil