

CURRICULUM VITAE

Kyle R. Stephenson, Ph.D.

Willamette University
900 State Street
Salem, OR 97301
kstephen@willamette.edu

EDUCATION

- 2008-2014 **Doctor of Philosophy**
The University of Texas at Austin
Clinical Psychology - APA Accredited
Concentration in Applied Statistical Modeling
- Clinical Psychology Doctoral Internship**
Veterans Affairs Puget Sound Healthcare System; Seattle, Washington
APA Accredited
- 2003-2007 **Bachelor of Science, Magna Cum Laude**
Santa Clara University
Major: Psychology
Minors: Religious Studies, Communications

ACADEMIC POSITIONS

- 2015-present **Assistant Professor of Psychology**
Department of Psychology
Willamette University; Salem, OR
- 2014-2015 **Assistant Professor of Psychology**
Department of Psychology
California State University Monterey Bay; Seaside, CA
- 2012-2013 **Adjunct Faculty**
School of Behavioral and Social Sciences
St. Edward's University; Austin, TX

PUBLICATIONS

Stephenson, K.R., Toorabally, N., Lyons, L., & Meston, C.M. (in press). Further validation of the Female Sexual Function Index: Specificity and associations with clinical interview data. *Journal of Sex & Marital Therapy*.

Stephenson, K.R., Sullivan, K.T., & Christensen, A. (in press). Couples Therapy. In: H. Friedman (Ed.), *Encyclopedia of Mental Health, 2nd Edition*. Elsevier.

Stephenson, K.R., & Meston, C.M. (2015). Why is impaired sexual function distressing for women? The primacy of pleasure in female sexual dysfunction. *Journal of Sexual Medicine, 12*, 728-737.

Stephenson, K.R., & Meston, C.M. (2015). The conditional importance of sex: Exploring the association between sexual well-being and life satisfaction. *Journal of Sex & Marital Therapy, 41*, 25-38.

Hoerster, K.D., Jakupcak, M., **Stephenson, K.R.**, Fickel, J.J., Simons, C.E., Hedeem, A., Dwight-Johnson, M., Whealin, J.M., Chaney, E., & Felker, B.L. (2015). A pilot trial of telephone-based collaborative care management for PTSD among Iraq/Afghanistan war veterans. *Telemedicine and e-Health, 21*, 1-6.

Stephenson, K.R., Pulverman, C., & Meston, C.M. (2014). Assessing the association between childhood sexual abuse and adult sexual experiences in women with sexual difficulties. *Journal of Traumatic Stress, 27*, 274-282.

Stephenson, K.R. (2014) Sexual satisfaction and sexual costs in women. In: A.C. Michalos (Ed.), *Encyclopedia of Quality of Life Research* (pp. 5922-5926), Springer.

Williams, P., **Stephenson, K.R., & Meston, C.M.** (2014). Sexual satisfaction and gender differences. In: A.C. Michalos (Ed.), *Encyclopedia of Quality of Life Research* (pp. 5920-5922), Springer.

Stephenson, K.R. (2014). Sexual functioning. In: A.C. Michalos (Ed.), *Encyclopedia of Quality of Life Research* (pp. 5899-5902), Springer.

Meston, C.M., Lorenz, T.K., & **Stephenson, K.R.** (2013). Effects of expressive writing on sexual dysfunction, depression, and PTSD in women with a history of childhood sexual abuse: Results from a randomized clinical trial. *Journal of Sexual Medicine, 10*, 2177-2189.

Stephenson, K.R., Rellini, A.H., & Meston, C.M. (2013). Relationship satisfaction as a predictor of treatment response during cognitive behavioral sex therapy. *Archives of Sexual Behavior, 42*, 143-152.

Stephenson, K.R., & Meston, C.M. (2012). Consequences of impaired female sexual functioning: Individual differences and associations with sexual distress. *Sexual and Relationship Therapy, 27*, 344-357.

Stephenson, K.R. & Meston, C.M. (2012). The young and the restless? Age as a moderator of the association between sexual desire and sexual distress in women. *Journal of Sex & Marital Therapy, 38*, 464-476.

Stephenson, K.R., Pallatto, C.A., & Meston, C.M. (2012) Childhood sexual abuse moderates the association between sexual functioning and sexual distress in women. *Journal of Child Abuse & Neglect, 36*, 180-189.

Stephenson, K.R. & Meston, C.M. (2011). The association between sexual costs and sexual satisfaction in women: An exploration of the Interpersonal Exchange Model of Sexual Satisfaction. *The Canadian Journal of Human Sexuality, 20*, 31-40.

Stephenson, K.R., Ahrold, T.K., & Meston, C.M. (2011) The association between sexual motives and sexual satisfaction: Gender differences and categorical comparisons. *Archives of Sexual Behavior*, 40, 607-618.

Lorenz, T. K., **Stephenson, K. R.**, & Meston, C. M. (2011). Validated questionnaires in female sexual function assessment. In J. P. Mulhall, L. Incrocci, I. Goldstein & R. Rosen (Eds.), *Cancer and Sexual Health* (pp. 317-337). New York: Humana Press.

Stephenson, K.R. & Meston, C.M. (2010). When are sexual difficulties distressing for women? The selective protective value of intimate relationships. *Journal of Sexual Medicine*, 7, 3683-3694.

Stephenson, K.R. & Meston, C.M. (2010). Differentiating components of sexual well-being in women: Are sexual satisfaction and sexual distress independent constructs? *Journal of Sexual Medicine*, 7, 2458-2468.

Stephenson, K.R. & Sullivan, K.T. (2009). Social norms and general sexual satisfaction: The cost of misperceived descriptive norms. *The Canadian Journal of Human Sexuality*, 18, 89-105.

Under review / in preparation

Stephenson, K.R., Simpson, T., & Kearney, D. (revise and resubmit). The association between mindfulness and posttraumatic stress disorder (PTSD) symptoms over the course of mindfulness-based stress reduction for veterans. *Journal of Clinical Psychology*.

Stephenson, K.R., & Meston, C.M. (under review). Causal attributions regarding impaired female sexual function: Factor structure and associations with well-being.

Stephenson, K.R. (in preparation). Mindfulness-based therapies for sexual dysfunction: Theory and review of treatment outcome studies

PEER-REVIEWED CONFERENCE PRESENTATIONS

* Underlined authors = undergraduate research assistants

Oral/paper presentations

Stephenson, K.R., Simpson, T., & Kearney, D. (2015). *The association between mindfulness and posttraumatic stress disorder (PTSD) symptoms over the course of mindfulness-based stress reduction for veterans*. Symposium presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, Illinois.

Stephenson, K.R., Toorabally, N., & Meston, C.M. (2015). *What exactly do you mean by "sexual problem?" Specific descriptions of self-identified impairments in female sexual function*. Podium presentation at the annual meeting of the International Society for Study of Women's Sexual Health, Austin, Texas.

Stephenson, K.R., Pulverman, C., & Meston, C.M. (2014). *Assessing the impact of childhood sexual abuse on adult sexual experiences*. Podium presentation at the annual meeting of the International Society for Study of Women's Sexual Health, San Diego, California.

Stephenson, K.R., & Meston, C.M. (2013). *Causal attributions regarding impaired female sexual function*. Podium presentation at the annual meeting of the International Society for Study of Women's Sexual Health, New Orleans, Louisiana.

Stephenson, K.R., Cerutti, M., Neufeld, R., & Meston, C.M. (2012). *Consequences of impaired female sexual functioning: Individual differences and associations with distress*. Paper presentation at the Annual Meeting of the Texas Psychological Association, Austin, Texas.

Lorenz, T. K., Meston, C. M., & Stephenson, K.R. (2012). *Expressive writing improves sexual dysfunction, distress, and satisfaction in women with a history of childhood sexual abuse: Results from a randomized clinical trial*. Podium presentation at the Annual Meeting of the International Society for the Scientific Study of Women's Sexual Health, Jerusalem, Israel.

Stephenson, K.R., Rellini, A.H., & Meston, C.M. (2011). *Predictors of treatment response during cognitive behavioral sex therapy*. Podium presentation at the annual meeting of the International Society for Study of Women's Sexual Health, Scottsdale, Arizona.

Stephenson, K.R., Ahrold, T.K., Pallatto, C.A., & Meston, C.M. (2010). *The relationship between sexual motives and sexual satisfaction: Gender differences and categorical comparisons*. Podium presentation at the annual meeting of the International Society for Study of Women's Sexual Health, St. Petersburg, Florida.

Stephenson, K.R., Ahrold, T.K., Pujols, Y., & Meston, C.M. (2009). *The associations between motivations for sex and sexual satisfaction differ by gender*. Podium presentation at the annual meeting of the International Society for the Study of Women's Sexual Health, Florence, Italy.

Sullivan, K.T., Pasch, L.A., Hanson, K., Stephenson, K.R., del Vigna, L., & Benjanyan, K. (2007). *Social support and readiness to change: An initial examination of support strategies, individual change, and marital satisfaction*. Paper presentation at the conference of the Association for Behavior and Cognitive Therapy, Philadelphia, Pennsylvania.

Poster presentations

Stephenson, K.R., Toorabally, N., Lyons, L., Mendez, C., & Meston, C.M. (2015). *Further validation of the Female Sexual Function Index: Specificity and associations with clinical interview data*. Poster presentation at the annual meeting of the Association for Behavioral and Cognitive Therapies, Chicago, Illinois.

Stephenson, K.R., & Meston, C.M. (2014). *Why is impaired sexual function distressing for women? The primacy of pleasure in female sexual dysfunction*. Poster presentation at the annual meeting of the International Society for Study of Women's Sexual Health, San Diego, California.

Stephenson, K.R., & Meston, C.M. (2013). *The conditional importance of sex: Individual differences in the association between sexual satisfaction and life satisfaction*. Poster presentation at the annual meeting of the Society of Behavioral Medicine, San Francisco, California.

Stephenson, K.R., & Meston, C.M. (2013). *Moderators of the association between sexual function and distress in women: Replications in a clinical sample*. Poster presentation at the annual meeting of the Society of Behavioral Medicine, San Francisco, California.

Stephenson, K.R., Cerutti, M., Neufeld, R., Williams, P., & Meston, C.M. (2013). *Moderators of the association between sexual functioning and distress in women: Replications in a clinical sample*. Poster presentation at the annual meeting of the International Society for Study of Women's Sexual Health, New Orleans, Louisiana.

Meston, C.M., Watts, T., Stephenson, K.R., Lorenz, T., Khouri, Y., & Pulverman, C. (2013). *Mediators of the long term impact of childhood sexual abuse on sexual function: Stigmatization, Powerlessness, and Traumatic Sexualization*. Poster presentation at the annual meeting of the International Society for Study of Women's Sexual Health, New Orleans, Louisiana.

Stephenson, K.R., Williams, P., & Meston, C.M. (2012). *The curvilinear association between sexual satisfaction and overall life satisfaction in women*. Poster presentation at the Annual Meeting of the Texas Psychological Association, Austin, Texas.

Pulverman, C.P., Lorenz, T.K., Stephenson, K.R. & Meston, C.M. (2012). *Non-trauma focused expressive writing improves psychological functioning in survivors of childhood sexual abuse*. Poster presentation at the annual meeting of the Association for Psychological Science, Chicago, Illinois.

Stephenson, K.R. & Meston, C.M. (2012). *The young and the restless? Age as a moderator of the association between sexual desire and sexual distress in women*. Poster presentation at the annual meeting of the Society for Sex Therapy and Research, Chicago, Illinois.

Stephenson, K.R., Williams, P., & Meston, C.M. (2012). *How does impaired sexual functioning affect women's sexual experiences?* Poster presentation at the annual meeting of the Society for Sex Therapy and Research, Chicago, Illinois.

Stephenson, K.R., Williams, P., & Meston, C.M. (2012). *The association between sexual satisfaction and overall life satisfaction for women with impaired sexual functioning*. Poster presentation at the annual meeting of the Society for Sex Therapy and Research, Chicago, Illinois.

Coates, L., Bicoy, H., Stephenson, K.R. & Meston, C.M. (2011). *Adult attachment moderates the association between sexual and relational satisfaction*. Poster presentation at the annual meeting of the Texas Psychological Association, San Antonio, Texas.

Bicoy, H., Coates, L., Stephenson, K.R. & Meston, C.M. (2011). *Childhood sexual abuse and the association between sexual desire and relationship length*. Poster presentation at the annual meeting of the Texas Psychological Association, San Antonio, Texas.

Pallatto, C.A., Stephenson, K.R., & Meston, C.M. (2011). *Moderators of the association between sexual functioning and distress: Childhood sexual abuse and the importance of the perpetrator relationship*. Poster presentation at the annual meeting of the International Society for Study of Women's Sexual Health, Scottsdale, Arizona.

Stephenson, K.R., Pallatto, C.A., & Meston, C.M. (2011). *Childhood sexual abuse moderates the association between sexual functioning and sexual distress in women*. Poster presentation at the annual meeting of the International Society for Study of Women's Sexual Health, Scottsdale, Arizona.

Stephenson, K.R., Lee, E., De La Torre, B., & Meston, C.M. (2010). *The relationship between sexual arousal and sexual distress in women: The selective protective value of intimate relationships*. Poster presentation at the annual meeting of the Society for Study for Behavioral Medicine, Seattle, Washington.

Stephenson, K.R., & Meston, C.M. (2010). *Are sexual satisfaction and sexual distress independent constructs?* Poster presentation at the annual meeting of the Society for Study for Behavioral Medicine, Seattle, Washington

Stephenson, K.R., Ahrold, T.K., & Meston, C.M. (2009). *Pleasure, self-esteem, and expression: Expanding the range of sexual motives associated with sexual satisfaction*. Poster presentation at the annual meeting of the International Academy of Sex Research, San Juan, Puerto Rico.

Stephenson, K.R., & Meston, C.M. (2009). *Orgasm functioning and sexual satisfaction: The selective value of intimate relationships*. Poster presented at the annual meeting of the International Academy of Sex Research, San Juan, Puerto Rico.

Perlman, H., Stephenson, K.R., Bauerkemper, B., Andrews, E., & Meston, C.M. (2009). *Gender differences in the relationship between orgasmic functioning and sexual satisfaction*. Poster presentation at the annual meeting of the International Academy of Sex Research, San Juan, Puerto Rico.

Stephenson, K.R. (2007). *Culture and agency*. Poster presentation at the annual Leadership Alliance National Symposium, Stamford, Connecticut.

Stephenson, K.R., & Sullivan, K.R. (2007). *Misperception of social norms and sexual satisfaction*. Poster presentation at the annual meeting of the Western Psychological Association, Vancouver, British Columbia.

AWARDS & ACADEMIC HONORS

- 2015 Best Abstract Award
What exactly do you mean by "sexual problem?" Specific descriptions of self-identified impairments in female sexual function.
The International Society for The Study of Women's Sexual Health (ISSWSH)
- 2013 Dissertation Research Grant
Department of Psychology, The University of Texas at Austin

- 2012 College of Liberal Arts Continuing Fellowship in Psychology
The University of Texas at Austin
- 2011 William Power Jr. Graduate Dissertation Fellowship
The University of Texas at Austin
- 2011 Bjorn Lundquist New Investigator Award
Predictors of treatment response during cognitive behavioral sex therapy
The International Society for The Study of Women's Sexual Health (ISSWSH)
- 2011 Best Poster Award – Basic Science
*Moderators of the association between sexual functioning and distress:
Childhood sexual abuse and the importance of the perpetrator relationship*
The International Society for The Study of Women's Sexual Health (ISSWSH)
- 2011 Finalist for the Sandra R. Leiblum Student Paper Award
*Childhood sexual abuse moderates the association between sexual functioning
and sexual distress in women*
The Society for Sex Therapy and Research (SSTAR)
- 2008 Liberal Arts Dean's Fellowship
School of Liberal Arts, The University of Texas at Austin
- 2007 Psychology Department Outstanding Research Award
Psychology Department, Santa Clara University
- 2007 Religious Studies Department Outstanding Minor Award
Religious Studies Department, Santa Clara University
- 2007 Phi Beta Kappa, National Honors Society
Santa Clara University Chapter
- 2007 Psi Chi, National Psychology Honors Society
Santa Clara University Chapter
- 2007 Theta Alpha Kappa, National Religious Studies Honors Society
Santa Clara University Chapter

TEACHING EXPERIENCE

Willamette University, Salem, OR

- 2015-2016 Adult Psychopathology X2
Clinical Psychology
Research Methods and Data Analysis in Psychology

California State University Monterey Bay, Seaside, CA

2014-2015 Psychopathology
Clinical Psychology X2
Research Methods and Data Analysis in Psychology X2

St. Edwards University, Austin, TX

2012-2013 Research and Field Experience
Statistics and Research Methods in Psychology X2

Teaching Assistant, The University of Texas at Austin

2011 Introduction to Psychology
2011 Human Sexuality
2010 Human Brain Imaging
2010 Behavioral Problems in Children
2010 Human Sexuality
2009 Statistics and Research Methods (Laboratory instructor)
2009 Human Sexuality
2008 Introduction to Psychology

CLINICAL EXPERIENCE

License Information

2014-2015 Registered Psychological Assistant
License # (CA): PSB94020845
Date issued: 8/18/14

Registered Psychological Assistant, Peninsula Behavioral Health, Palo Alto, CA

2014-2015 Post-doctoral clinician
Supervisor: Sarah Adler, Psy.D.
Provided behavioral health services for individuals and couples in a private practice setting. Specialized in treatment of relational distress and anxiety disorders. Participated in local consultation group.

Doctoral Internship, Veterans Affairs Puget Sound Healthcare System, Seattle WA

2014 Primary Care Mental Health Integration Clinic
Supervisor: Craig Santerre, Ph.D.
Worked in same-day access clinic conducting rapid mental health triage interviews and orientating patients to VA system of care. Provided short-term therapy and coordinated care for individuals and couples. Co-led insomnia and chronic pain therapy groups.

- 2013-2014 Posttraumatic Stress Disorder Outpatient Clinic
Supervisors: David Tarver, Ph.D., Scott Michael, Ph.D.
 Engaged in empirically-based practice including the provision of Prolonged Exposure and Cognitive Processing Therapy. Co-led Mindfulness-Based Stress Reduction, Mindfulness-Based Relapse Prevention, and Dialectical Behavior Therapy groups.
- 2013-2014 Spinal Cord Injury Unit
Supervisor: Jan Tackett, Ph.D.
 Provided comprehensive behavioral health services for patients with spinal cord injuries and their families.
- 2013 Family Therapy Program
Supervisor: Peter Fehrenbach, Ph.D.
 Engaged in empirically-based practice, specializing in provision of Integrative Behavioral Couples Therapy for military couples and families.

External Practica, Central Texas Veterans Affairs Healthcare System, Austin, TX

- 2012-2013 Primary Care Behavioral Health Clinic
Supervisors: Norma Perez, Ph.D., Jeremy Capello, Ph.D.
 Provided short-term therapy and coordinated care for individuals, couples, and families diagnosed with depression, PTSD, attention deficit hyperactivity disorder, panic disorder, generalized anxiety disorder, bereavement, and bipolar disorder.
- 2011-2012 Mental Health Clinic
Supervisors: Ryan Hammond, Psy.D., Mark Adams, Ph.D.
 Provided empirically-based mental health care for individuals diagnosed with PTSD, depression, and gender identity disorder. Aided in development and implementation of Mindfulness-Based Stress Reduction therapy group.
- 2011-2012 Family Therapy Program
Supervisors: Ryan Hammond, Psy.D.
 Engaged in empirically-based practice, specializing in provision of Integrative Behavioral Couples Therapy for military couples and families.

External Practica, The University of Texas at Austin, Austin, TX

- 2012-2013 Austin Behavioral Clinic
Supervisor: Eric Frey, Ph.D.
 Conducted court-ordered comprehensive psychological evaluations of adolescent juvenile offenders. Wrote and submitted integrated reports to county court systems for use in placement of adolescents into community-based or residential rehabilitation programs.
- 2010-2013 Graduate Clinician – Private Practice
Supervisor: Penelope Frolich, Ph.D.
 Conducted Cognitive Behavioral and long-term Psychodynamic therapy with individuals and couples diagnosed with hypoactive sexual desire disorder, female sexual arousal disorder, anorgasmia, erectile dysfunction, and vaginismus.

- 2010-2011 Assessor – Private Practice
Supervisor: Manuel Ramirez III, Ph.D.
 Administered and interpreted tests of intellectual functioning for individuals seeking state-aided employment services.
- 2010-2011 Graduate Clinician – Private Practice
Supervisor: Vagdevi Meunier, Psy.D.
 Conducted Emotion Focused Therapy and Gottman-Method therapy with couples.
- 2010-2011 Graduate Clinician – Private Practice
Supervisor: Elayne Lansford, Ph.D.
 Conducted Mindfulness-Based Cognitive Therapy with adults diagnosed with major depression.
- 2010 Graduate Clinician – Private Practice
Supervisor: Michael J. Telch, Ph.D.
 Conducted Exposure Response Prevention (EX/RP) with adolescent diagnosed with obsessive compulsive disorder.

Department of Psychology Internal Practica, The University of Texas at Austin, Austin, TX

- 2009-2010 Graduate Clinician
Supervisors: Michael J. Telch, Ph.D. & Martita Lopez, Ph.D.
 Conducted Cognitive Behavioral Therapy with adults diagnosed with social anxiety disorder, panic disorder, and major depression.
- 2009 Assessor
Supervisors: Rebecca Neil, Ph.D. & Kim Fromme, Ph.D.
 Conducted intake assessments, administered and interpreted tests of personality and intellectual functioning. Wrote integrated clinical reports.

Beautiful Minds Incorporated, Los Angeles, CA

- 2007-2008 Behavior Therapist
Supervisor: Margarita Izralson, Psy.D.
 Implemented behavioral intervention plan for children diagnosed with autism spectrum disorders

EDITORIAL ACTIVITIES

- 2015-present *Member, Editorial board of reviewers*
 Archives of Sexual Behavior
- 2009-present *Reviewer*
 Canadian Journal of Behavioural Science
 Health Psychology
 Journal of Sex Research
 Journal of Sex & Marital Therapy
 Journal of Sexual Medicine

PROFESSIONAL TRAINING / WORKSHOPS

- 2014 Motivational Interviewing
VA Puget Sound, Seattle Division
Workshop leader: John Baer, Ph.D.
- 2014 Cognitive Processing Therapy for Veterans
VA Puget Sound, Seattle Division
Workshop leader: Scott Michael, Ph.D.
- 2013 Introduction to the Psychological Flexibility Model: An Acceptance and
Commitment Therapy Workshop
VA Puget Sound, American Lake Division
Workshop leader: Kelly Wilson, Ph.D.
- 2013 Integrative Behavioral Couples Therapy: Acceptance and Change in Couples
Therapy – Advanced Family Topics Seminar
VA Puget Sound, Seattle Division
Seminar leader: Andrew Christensen, Ph.D.
- 2009-2013 Graduate Portfolio in Applied Statistical Modeling
The University of Texas at Austin
Advanced statistical training through coursework, independent study, and
expert consultation
- Topics studied included: robust regression techniques, bootstrapping,
factor analysis, smoothing splines, multilevel modeling / hierarchical
linear modeling, structural equation modeling, survival analyses,
advanced mediation and moderation analyses
 - Statistical software packages used included:
 - SPSS, R, HLM, MPlus, SAS
- 2010 Structural Equation Modeling
Intensive statistical workshop, Austin TX
Workshop leader: Tiffanie Whitaker, Ph.D.
- 2009 Level I training in Gottman Couples Therapy, Austin TX
Workshop leader: Vagdevi Meunier, Psy.D.
- 2009 Hierarchical Linear Modeling
Intensive statistical workshop, Austin TX
Workshop leader: Keenan Pituch, Ph.D.

PROFESSIONAL AFFILIATIONS

American Psychological Association
Association for Psychological Science
International Society for the Study of Women's Sexual Health (ISSWSH)

UNIVERSITY SERVICE

2014-2015 Member, Search Committee for Tenure-Track Faculty Member
California State University Monterey Bay

ADDITIONAL PROFESSIONAL ACTIVITIES

2013-2014 Member, Internship Seminar Committee
VA Puget Sound Healthcare System
Aided in development of educational curriculum for internship seminar series

2008-2013 Webmaster, Sexual Psychophysiology Lab
The University of Texas at Austin
Designed and maintained laboratory website (URL: www.mestonlab.com)

2008-2013 Member, Austin Sexual Health Community
Participated in community-based consultation group of sexual health care providers. Made case presentations to diverse team of professionals. Aided in disseminating best practices for sexual health interventions

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