

## ***CURRICULUM VITAE***

**VYGA GENOVEVA KAUFMANN**  
**Vyga.Kaufmann@colorado.edu**

### **EDUCATION**

- Ph.D. 2009 University of Colorado at Boulder,  
Department of Psychology and Neuroscience  
Major: Clinical Psychology
- Clinical 2008- Boston Consortium in Clinical Psychology, VA Boston  
Internship 2009 Healthcare System, Harvard Medical School
- M.A. 1999 University of the Pacific  
Department of Psychology  
Major: Applied Behavior Analysis
- B.S. 1996 Virginia Polytechnic Institute and State University  
Department of Psychology  
Major: Psychology

### **ACADEMIC APPOINTMENTS**

- 2014-Present Part-Time Instructor, *Department of Psychology and Neuroscience, University of Colorado Boulder*
- 2012-2013 Lecturer, *Department of Psychology and Neuroscience, University of Colorado, Boulder*
- 2010-2011 Instructor of Psychology in Psychiatry, *Harvard Medical School*
- 2009-2010 Investigator, *Warren Alpert Medical School of Brown University Department of Psychiatry and Human Behavior*

### **CLINICAL EXPERIENCE**

- 2021-present Research Therapist/Consultant, *Cognitive Behavioral Therapy for Insomnia in African and European Americans*  
University of Pennsylvania
- 2014-present Licensed Clinical Psychologist (CO#4040) and Founding Partner  
*Summit Behavioral Sleep Medicine, Boulder, CO*

- 2014-present Licensed Clinical Psychologist in Private Practice  
*Peak Behavioral Health, Boulder, CO*
- 2013-2014 Behavioral Sleep Specialist  
*Sleep Therapeutics/REM Sleep Medicine, Boulder, CO*
- 2011-2014 Psychologist Candidate in Private Practice  
*Peak Behavioral Health, Boulder, CO*
- 2010-2011 Postdoctoral Therapist: Alcohol and Drug Treatment Program  
*VA Boston Healthcare System, Brockton, MA*

### **CLINICAL SUPERVISION**

- 2020-2021 BA/ACT for Psychosis Training and Supervision  
*AllHealth Network, Aurora, CO*
- 2015-2017 Supervision of Doctoral Students in Clinical Psychology  
*Department of Psychology and Neuroscience  
University of Colorado Boulder*
- 2010-2011 Couples Project for Women  
*Family and Addictions Program  
Department of Psychiatry  
Harvard Medical School at the VA Boston Healthcare System*
- 2009-2010 Distress Tolerance for Cigarette Smoking Cessation  
*Division of Addictions; Butler Hospital/Brown University*

### **TREATMENT PROGRAM DEVELOPMENT AND TRAINING**

- 2020-2021 Behavioral Activation and Acceptance and Commitment Therapy; Psychosis  
*AllHealth Network, Aurora, CO*

### **INVITED WORKSHOPS AND INTERVIEWS (International)**

- 2020 Two-Day Clinical Workshop for Integrative Behavioral Couple Therapy  
*Icelandic Behavioral and Cognitive Therapy Association, Reykjavik, Iceland*
- 2020 Four Ways to Improve Your Sleep  
*What Monkeys Do Podcast, Copenhagen, Denmark*
- 2017 Two-Day Clinical Workshop for Integrative Behavioral Couple Therapy  
*Icelandic Behavioral and Cognitive Therapy Association, Reykjavik, Iceland*
- 2013 Two-Day Clinical Workshop for Integrative Behavioral Couple Therapy  
*Icelandic Behavioral and Cognitive Therapy Association, Reykjavik, Iceland*

**INVITED WORKSHOPS, LECTURES, INTERVIEWS**

- 2022 Psi Chi Panel, Get Psyched – Careers in Psychology
- 2021 Mental Health Panel, *Rajiv Joseph's Gruesome Playground Injuries*  
CU Theater Company
- 2021 Sleep, *Psychology Club*, University of Colorado Boulder
- 2020 Sleep Benefits: Mind, Body, Mood. *Health, Society and Wellness in COVID-19 Times*, *Renee Crown Wellness Institute, University of Colorado Boulder*
- 2020 Psychology of the COVID-19 Pandemic *News Underground Radio 1190, Boulder, CO*
- 2020 Psychology of Mask Wearing, *ABC News Denver, Denver CO*
- 2020 Sleep, *Psychology Club*, University of Colorado Boulder
- 2019 Sleep: Optimizing Your Brain, Body, and Business, *Entrepreneur's Organization of Colorado, Broomfield, CO*
- 2019 Snoozefest: A Celebration of Sleep (The Benefits of Good Sleep for Your Brain), *Sutherland Bipolar Center and RDS Foundation Fundraiser, Westminster, CO*
- 2019 The Power of Sleep on Athletic Training, Performance, and Recovery, *F45 Fitness, Boulder, CO*
- 2019 School Start Times: Sleep and Your Teen, *Boulder Valley School District Parent Night, Boulder, CO*
- 2018 Sleep, Health and Academic Performance in School-Aged Children, *Colorado Association of School Nurses Fall Conference, Loveland, CO*
- 2018 Sleep and Mental Health  
*Dallas/Fort Worth Behavioral Health Symposium, Dallas, TX*
- 2018 Sleep and Adolescent Health  
*Colorado Association of School Based Healthcare, Blackhawk, CO*
- 2018 The Role of Sleep on Academic Performance and Health  
*Colorado Association of School Nurses, Spring Conference, Thornton, CO*

- 2018 Sleep and Cardiovascular Health  
*Boulder Women's Leadership Panel, Boulder, CO*
- 2017 Weird World of Sleep  
*Minnesota Public Radio*
- 2016 Sleep: Optimizing Health, Performance, and Safety  
*National Institute of Standards and Technology, Boulder, CO*
- 2015 Sleep: The Bridge to Fulfilling Your Dreams, Promoting Your Talents, and Optimizing Your Health  
*Metropolitan State University of Denver, Denver, CO*
- 2015 Understanding "How Do I Sleep Better?"  
*TEDxBoulder, Boulder, CO*
- 2015 Evidence Based Behavioral Medicine: Cognitive Behavioral Therapy for Insomnia  
*Denver Orthopedic Hand Surgeons Association*
- 2013 Cognitive Behavioral Therapy for Insomnia  
*Colorado Public Radio, Denver, CO*

### **HONORS AND AWARDS**

- 2015 Shane Marie Morrow Lecture, Metropolitan State University of Denver

### **PROFESSIONAL AFFILIATIONS AND MEMBERSHIPS**

Society of Behavioral Sleep Medicine

### **PUBLICATION LIST**

1. **Kaufmann, V.G.**, Murphy, M., Murphy, C., & O'Farrell, T.J. (2014) Alcohol Consumption and Intimate Partner Violence by Alcoholic Women: Comparing Violent and Non-Violent Conflict. *Psychology of Addictive Behaviors*, 28 (2), 313-321.
2. Bjornsson, A. S., Carey, G., Hauser, M., Karris, A., **Kaufmann, V.**, Sheets, E., & Craighead, W.E. (2010). The effects of experiential avoidance and rumination on the onset of depression among college students. *International Journal of Cognitive Therapy*, 3, 389-401.
3. Lerman, C., Patterson, F., **Kaufmann, V.**, Restine, S., Hawk, L., Niaura, R. (2006). Functional Genetic Variation in the Dopamine D2 Receptor (DRD2)

Predicts the Effectiveness of Bupropion and Nicotine Replacement Therapy for Tobacco Dependence: Results of Two Randomized Controlled Clinical Trials. *Neuropsychopharmacology*, 31, 231-242.

4. Strasser, A.A., **Kaufmann, V.**, Jepson, C., Perkins, K.A., Pickworth, W.B., Wileyto, E.P., Rukstalis, M., Audrain-McGovern, J., Lerman, C. (2005). Effects of different nicotine replacement therapies on post-cessation psychological responses. *Addictive Behaviors*, 30(1), 9-17.
5. Lerman, C., **Kaufmann, V.**, Rukstalis, M., Patterson, F., Perkins, K., Audrain-McGovern, J., Benowitz, N. (2004). Individualizing nicotine replacement therapy for the treatment of tobacco dependence: a randomized trial. *Annals of Internal Medicine*, 140(6), 426-433.
6. Patterson, F., Lerman, C.E., **Kaufmann, V.G.**, Neuner, G.A., and Audrain-McGovern, J. (2004). Cigarette smoking practices among American college students: Review and Future Directions. *American Journal of College Health*, 52(5), 203-210.
7. Lerman, C., Patterson, F., **Kaufmann, V.**, Restine, S., Hawk, L., Niaura, R. (2006). Functional Genetic Variation in the Dopamine D2 Receptor (DRD2) Predicts the Effectiveness of Bupropion and Nicotine Replacement Therapy for Tobacco Dependence: Results of Two Randomized Controlled Clinical Trials. *Neuropsychopharmacology*, 31, 231-242.
8. Patterson, F., Jepson, C., **Kaufmann, V.**, Rukstalis, M., Audrain-McGovern, J., Kucharski, S., Lerman, C. (2003). Predictors of attendance in a randomized clinical trial of nicotine replacement therapy with behavioral counseling. *Drug and Alcohol Dependence*, 72(2), 123-131.
9. Collins, B.N., Wileyto, E.P., Patterson, F., Rukstalis, M., Audrain-McGovern J., **Kaufmann, V.**, Pinto, A., Hawk, L., Niaura, R., Epstein, L., and Lerman, C. (2004). Gender Differences in Smoking Cessation in a Placebo-Controlled Trial of Bupropion with Behavioral Counseling. *Nicotine and Tobacco Research*, 6(1), 27-37.
10. Lerman, C., Wileyto, E.P., Patterson, F., Rukstalis, M., Audrain-McGovern, J., Restine, S., Shields, P.G., **Kaufmann, V.**, Redden, D., Benowitz, N., Berrettini, W. (2004). The functional mu opioid receptor (OPRM1) Asn40Asp variant predicts short-term response to nicotine replacement therapy in a clinical trial. *Pharmacogenomics*, 4(3), 184-192.
11. **Kaufmann, V.**, Jepson, C., Rukstalis, M., Perkins, K., Audrain-McGovern, J., and Lerman, C. (2004). Subjective Effects of An Initial Dose of Nicotine Nasal Spray

Predict Treatment Outcome. *Psychopharmacology*, 172(3), 271-276.

12. Patterson, F., Benowitz, N., Shields, P., **Kaufmann, V.**, Jepson, C., Wileyto, P., Kucharski, S., Lerman, C. (2003). Individual differences in nicotine intake per cigarette. *Cancer Epidemiology Biomarkers and Prevention*, 12(5), 468-471.
13. Lerman, C., Roth, D., **Kaufmann, V.**, Audrain, J., Hawk, L., Liu, A., Niaura, R., and Epstein, L. (2002). Mediating mechanisms for the impact of bupropion in smoking cessation treatment. *Drug and Alcohol Dependence*, 67, 219-223.