

CURRICULUM VITAE

VYGA GENOVEVA KAUFMANN
Vyga.Kaufmann@colorado.edu

EDUCATION

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|------------------------|---------------|---|
| Ph.D. | 2009 | University of Colorado at Boulder,
Department of Psychology and Neuroscience
Major: Clinical Psychology |
| Clinical
Internship | 2008-
2009 | Boston Consortium in Clinical Psychology, VA Boston Healthcare
System, Harvard Medical School, Boston Medical Center |
| M.A. | 2005 | University of Colorado at Boulder
Department of Psychology and Neuroscience
Major: Clinical Psychology |
| 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

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| 2014-Present | Part-Time Instructor, Department of Psychology and Neuroscience, University of
Colorado Boulder |
| 2011-2013 | 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

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| 2014-present | Licensed Clinical Psychologist (CO#4040) and Founding Partner
<i>Summit Behavioral Sleep Medicine, Boulder, CO</i> |
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- 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
- 2009-2010 Research Therapist: Adult Psychiatric Inpatient Unit
Butler Hospital, Providence, RI
- 2008-2009 Psychology Intern: Alcohol and Drug Treatment Program, Project CALM,
Mood and Anxiety Disorders Clinic, Urgent Care Clinic
*Boston Consortium Internship Program, Boston VA Healthcare System,
Boston, MA*

CLINICAL SUPERVISION

- 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*
- 2008- 2009 Boston Consortium Internship Program
VA Boston Healthcare System

HOSPITAL APPOINTMENTS

- 2009-2010 Research Associate, Butler Hospital, Providence, RI

HONORS AND AWARDS

- 2015 Shane Marie Morrow Lecture, Metropolitan State University of Denver
1999 National Institute on Drug Abuse Intramural Research Training Award

INVITED WORKSHOPS AND LECTURES

- 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 Annual 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*
- 2017 Two-Day Clinical Workshop for Integrative Behavioral Couple Therapy *Icelandic Behavioral and Cognitive Therapy Association, Reykjavik, Iceland*
- 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*

2013 Two-Day Clinical Workshop for Integrative Behavioral Couple Therapy
Icelandic Behavioral and Cognitive Therapy Association, Reykjavik, Iceland

PROFESSIONAL AFFILIATIONS AND MEMBERSHIPS

Society of Behavioral Sleep Medicine
American Academy of Sleep Medicine
American Psychological Association

PUBLICATION LIST

ORIGINAL PUBLICATIONS IN PEER-REVIEWED JOURNALS

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.

NON-PEER-REVIEWED PUBLICATIONS

1. **Kaufmann, V.** & Lerman, C. (2003). Genes, smoking, and treatment response. *American Journal of Health System Pharmacists*, 60(18), 1911.

EDITORIAL EXPERIENCE

Journal Editing and Reviewing

Nicotine and Tobacco Research (ad hoc reviewer)

PROFESSIONAL PRESENTATIONS

1. **Kaufmann, V.G.**, Murphy, M., Murphy, C., & O'Farrell, T.J. (2009) Alcohol consumption and intimate partner violence by alcoholic women: comparing violent and non-violent

conflict. Association for Behavioral and Cognitive Therapies, New York, NY.

2. **Kaufmann, V.G.**, Schmiege, S., Audette, A., Bryan, A., & Hutchison, K.E. (2007). Sex differences in tobacco withdrawal and the acute effects of nicotine in college students. Society for Research on Nicotine and Tobacco, Austin, TX.
3. **Kaufmann, V.G.**, Ray, L.A., Finan, P., & Hutchison, K.E. (2005). Gender differences of the effects of alcohol on urge to smoke cigarettes. Research Society on Alcoholism, Santa Barbara, CA.
4. Ray, L., Brodsky, K.L., **Kaufmann, V.G.**, & Hutchison, K.E. (2004). The Stroop task and cognitive bias towards alcohol-related stimuli in a college sample. Association for the Advancement of Behavioral Therapy, New Orleans, LA.
5. Lerman, C., Audrain, J., Patterson, F., **Kaufmann, V.**, Rukstalis, M., Wileyto, P., Kucharski, S., and Jepson, C. (2003). Differential response to nicotine replacement therapies in obese and non-obese smokers. Society for Research on Nicotine and Tobacco, New Orleans, LA.
5. Patterson, F., Benowitz, N., Shields, P., **Kaufmann, V.**, Jepson, C., Wileyto, P., Kucharski, S., & Lerman, C. (2003). Individual differences in nicotine intake per cigarette in men and women. Society for Research on Nicotine and Tobacco, New Orleans, LA.
6. Wileyto, E.P., Niaura, R., Audrain, J., **Kaufmann, V.**, Epstein, L., and Lerman, C. (2003). Time to event analysis of bupropion clinical trial data. Society for Research on Nicotine and Tobacco, New Orleans, LA.
7. Collins, B.N., Niaura, R., Wileyto, E.P., Patterson, F., Brown, R.A., Audrain-McGovern, J., Hawk, L., **Kaufmann, V.**, Pinto, A., Epstein, L., & Lerman, C. (2002). Gender differences in smoking relapse in a behavioral counseling placebo-controlled bupropion trial. Society for Research on Nicotine and Tobacco, Savannah, GA.
8. Wileyto, E.P., Audrain, J., Collins, B., **Kaufmann, V.**, Pinto, A., Niaura, R., Hawk, L., Epstein, L., & Lerman, C. (2002). Do small lapses predict relapse to smoking behavior under bupropion treatment? Society for Research on Nicotine and Tobacco, Savannah, GA.
9. **Kaufmann, V.**, Rose, C., Audrain, J., Bush, A., Crystal-Mansour, S., Tercyak, K., Hawk, J., Niaura, R., Epstein, L., & Lerman, C. (2001). Attention-Deficit Hyperactivity Disorder (ADHD) Symptoms & Smoking Patterns Among Participants in a Smoking Cessation Program. Poster Presentation at the Society for Research on Nicotine and Tobacco, Seattle, WA.
10. **Kaufmann, V.G.**, Katz, R.C., Singh, N., & Hannon, R. (2000). Kava in the treatment of non-clinical anxiety and daily stress. Poster Presentation at the Society of Behavioral Medicine, Nashville, TN.

PROFESSIONAL RESEARCH EXPERIENCE

- 2010-2011 Project Director: Behavioral Couples Therapy for Female Drug Abuse Patients
Harvard Medical School at the VA Boston Healthcare System, Brockton, MA
- 2009-2010 Project Director: Distress Tolerance Treatment for Cigarette Smoking
Butler Hospital/Warren Alpert Medical School of Brown University, Providence, RI
- 2001-2003 Project Manager: Nicotine Replacement Treatment Study
University of Pennsylvania Department of Psychiatry (University of Pennsylvania/Georgetown University Transdisciplinary Tobacco Use Research Center (TTURC)), Philadelphia, PA.
- 2000-2001 Project Coordinator: Bupropion Treatment Study
Georgetown University Transdisciplinary Tobacco Use Research Center, Washington, DC.