

Lauren Mehok

Lmehok@iupui.edu

(480)-238-0635

Education

August 2016- Present	Doctor of Philosophy, Clinical Psychology Purdue School of Science Indiana University-Purdue University Indianapolis, Indianapolis, IN
December 2018	Master of Science, Clinical Psychology, GPA: 4.0 Purdue School of Science Indiana University-Purdue University Indianapolis, Indianapolis, IN
December 2014	Bachelor of Science, Psychology and Sociology, GPA: 4.11 College of Liberal Arts and Sciences, Department of Psychology College of Liberal Arts and Sciences, Department of Sociology Arizona State University Tempe, Arizona

Training

July 2021- Present	Clinical Psychology Doctoral Internship Southwest Consortium- Albuquerque, NM (New Mexico VA Health Care System, University of New Mexico Hospital, Indian Health Service) APA- Accredited Program
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Clinical and Research Interests

- Health Psychology
- Chronic Pain
- Interaction between trauma and health
- LGBTQ health

Clinical Experience

Psychology Doctoral Internship

July 2021- Present	Southwest Consortium , Albuquerque, New Mexico <i>APA accredited</i>
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Major Rotations

University of New Mexico Health

July 2021- Nov 2021	Pain Management Supervisor: Kirshna Chari, Psy.D. Responsibilities:
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- *Conduct individual therapy for patients with chronic pain and mental health conditions*

- Collaborate with other providers to ensure crossdisciplinary coordination
- Conduct therapy in-person and through telehealth technology (Zoom Health)
- Use therapy techniques from CBT, ACT, CPT, DBT, Mindfulness, MI, and hypnosis

Raymond G. Murphy VA Medical Center

Nov 2021-April 2022

Primary Care Mental Health Integration

Responsibilities:

- Conduct brief psychosocial assessment and behavioral health interventions
- Provide consultative services as part of collaborative care team
- Provide brief evidence practices: MI, CBT, behavioral activation, ACT, DBT, and anger management

April 2022-July 2022

Substance Abuse and Trauma Rehabilitation Residence (STARR)

Responsibilities:

- Conduct evidence-based interventions for co-occurring substance use and PTSD
- Conduct assessment to determine diagnosis and appropriateness for the program
- Facilitate group therapy in a residential setting
- Provide individual and group evidence-based interventions: PE, CPT, and MI

Minor Rotations

Raymond G. Murphy VA Medical Center

July 2021-Jan 2022

Adjunctive Experiences

-Acceptance and Commitment Therapy (ACT)

-Supervisor: Jessica Madrigal-Bauguss, PhD. and Neila Sackett

-Responsibilities:

- Conduct ACT with Veterans with various physical and mental health problems

-Cognitive Processing Therapy (CPT)

-Supervisor: Madeleine Goodkind, PhD.

-Responsibilities:

- Conduct CPT with Veterans with PTSD or related diagnoses

July 2021-July 2022

Psychotherapy Clinic

-Supervisor: Katherine Belon, PhD.

-Responsibilities:

- *Treat Veterans who have not responded to traditional evidence based protocols with evidence-based principles*
- *Create case conceptualizations to guide treatment*

Jan 2022-July
2022

Assessment Clinic

-Responsibilities:

- *Conduct neuropsychological clinical assessments to provide answers to various referral questions including diagnostic questions and transplant referrals*
- *Provide verbal and written feedback to patients and referral sources to ensure coordination of care*

Practicum Rotations

August 2020-
April 2021

Richard L. Roudebush VA Medical Center, Practicum Trainee

Supervisor: Katherine Fedele, PhD, HSPP

Setting: Primary Care Mental Health Integration

Responsibilities:

- *Conduct brief clinical interviews and individual therapy for veterans with physical and mental health complaints*
- *Conduct in-person, telehealth technology (VVC), and telephone appointments*
- *Participate in intern clinical didactics*
- *Use evidence-based intervention in a primary care setting: the MOVE weight loss program, smoking cessation, and CBT-I*

August 2019-
July 2020

Indiana Polyclinic, Practicum Trainee

Supervisor: Ari Gleckman, PhD, HSPP

Setting: Multidisciplinary Pain Treatment Facility

Responsibilities:

- *Conduct individual therapy for patients with chronic pain or mental health complaints*
- *Facilitate group therapy for patients with chronic pain*
- *Collaborate with other medical providers to create patient treatment plans*
- *Participate and present at case conference*
- *Complete psychological assessments for diagnosis or surgical decisions*
- *Conduct therapy in-person and through telehealth technology (Doxy me)*
- *Use therapy techniques from CBT, ACT, DBT, EAET, MI, CPT, and Mindfulness*

Tests Administered:

- *Minnesota Multiphasic Personality Inventory -II (MMPI-2)*

July 2018-March
2019

Richard L. Roudebush VA Medical Center, Practicum Trainee

Supervisor: Shannon E. Woller, Psy.D., ABPP, HSPP

Setting: Outpatient-Patient Mental Health

Responsibilities:

- *Conduct clinical interviews and individual therapy for veterans with mental health disorders*
- *Co-facilitate weekly Chronic Pain group therapy sessions*
- *Complete treatment plans for all patients*
- *Use therapy techniques from CBT, ACT, DBT, EAET, and Mindfulness*

Tests Administered:

- *Montreal Cognitive Assessment (MoCA)*

July 2017-July
2018

Indiana University Neuropsychology Clinic, Practicum Trainee

Supervisor: Dan Rexroth, Psy.D. HSPP

Setting: Outpatient Neuropsychology Clinic

Responsibilities:

- *Perform structured clinical interviews*
- *Build rapport to promote a supportive testing environment*
- *Conduct clinical neuropsychological testing to assess memory, learning, attention, mood, and personality*
- *Score the neuropsychology tests*
- *Write integrated reports for the referring providers and patients*

Tests Administered:

- *Beck Anxiety Inventory*
- *Beck Depression Inventory-2*
- *Boston Naming Test*
- *Brief Visuospatial Memory Test-Revised*
- *Category Fluency Task*
- *CERAD Clinical and Neuropsychology Assessment*
- *Controlled Oral Word Association Test*
- *Finger Tapping*
- *Geriatric Depression Scale*
- *Grip Strength Test*
- *Grooved Pegboard Test*
- *Judgment of Line Orientation*
- *Mini Mental Status Exam*
- *Minnesota Multiphasic Personality Inventory -II (MMPI-2)*
- *Rey Auditory Verbal Learning Test*
- *Test of Memory Malingering*
- *Trail Making Test A & B*
- *Wechsler Adult Intelligence Scale- IV*
- *Wechsler Memory Scale-4*

- *Wechsler Test of Adult Reading Wisconsin Card Sorting Test*

Research Experience

Graduate Research Experience

Aug 2016-
Present

Research Coordinator: IUPUI Pain Lab

Supervisor: Adam T. Hirsh, Ph.D.

Research Projects:

- *Treatment Disparities in Exercise Recommendations for Chronic Pain patients*
- *The Role of Expectation in an Experimental Pain Task*
- *Effectiveness of Emotional Awareness and Expression Therapy for Chronic Pain*
- *The role of emotional expression and gender in peer support*

Research Responsibilities:

- *Supervising undergraduate research projects and training*
- *Conducting novel and independent research projects*
- *Collaborating with peers and other researchers to improve research*

Dissertation Defense Date: Projected November

Undergraduate Research Experience

July 2014- Aug
2016

Research Assistant: Social Addictions Impulse Lab

Supervisor: Julie Patock-Peckham, Ph.D.

Research Projects:

- *Time Perspective mediating the effects of Parental Style on Alcohol Use*
- *Developed items on new scales: Conceptual Secrets Measure, Verbal Abuse*

Jan 2013- Jan
2015

Research Assistant: The Dynamics of Perception, Action, & Cognition Lab

Supervisors: Eric Amazeen, Ph.D. & Nia Amazeen, PH.D.

Research Projects:

- *Perception, Coordination, and Time Estimation, Weight Perception*

Publications

Mehok, L. E., Miller, M. M., Trost, Z., Goubert, L., De Ruddere, L., Hirsh, A.T. (2019) Pain intensity and attribution mediate the impact of patient weight and gender on activity recommendations for chronic pain. *Journal of Pain Research*

Patock-Peckham, J.A., Walters, K.J., **Mehok, L. E.**, Leeman, R.F., Ruof, A. K., Filson Moses, J. (2018) The direct and indirect influences of parenting, the facets of time

perspective and impaired control along the alcohol- related problems pathway.
Substance Use and Misuse

Manuscripts in Preparation

Mehok, L. E., Meints, S. M., Miller, M. M., Ashburn-Nardo, L., Hirsh, A.T. (submitted) The relationship between beliefs about race differences in pain and actual race differences in experimental pain tolerance. *Journal of Health Disparities Research and Practice*

Mehok, L. E., Walsh, K. T., Miller, M. M., Anastas, T. A., Hirsh, A. T., (in preparation) Exercise and dietary recommendations for women with chronic pain: What's weight and race got to do with it?

Presentations

Conference Oral Presentations and Conference Papers

Mehok, L. E., Walsh, K. T., Miller, M. M., & Hirsh, A. T. (April 2020) Exercise and dietary recommendations for women with chronic pain: What's weight and race got to do with it? Accepted as an oral presentation at Society of Behavioral Medicine 41st Annual Meeting and Scientific Session in San Francisco, California.
Conference canceled due to COVID-19.

Woller, S. & **Mehok, L. E.** (November 2019) Healing the mind and the body in Psychotherapy: Using emotional awareness and expression therapy to address centralized pain disorders. Presented at the 2019 Indiana Psychological Association Fall Conference & Annual Meeting, Indianapolis, Indiana

Conference Poster Presentations and Abstracts

Mehok, L. E., Meints, S. M., Miller, M. M., Kimberly, E. E., Walsh, K. T., and Hirsh, A. T. (April 2019) The role of self-other comparisons in race differences in pain tolerance. Poster presented at the 38th Annual Scientific Meeting of the American Pain Society, Milwaukee, Wisconsin.

Mehok, L. E., Meints, S. M., Miller, M. M., Hollingshead, N. H., Walsh, K. T., Kimberly, E., Ashburn-Nardo, L., and Hirsh, A. T. (September, 2018) Development and preliminary test of a measure assessing implicit beliefs about race differences in pain. Poster presented at the 17th World Congress on Pain in Boston, USA.

Mehok, L. E., Nowlin, L., Wheelis, T., de Ruddere, L., Liesbet Goubert, L., Hirsh, A.T. (May, 2017) Interaction between sex and weight on exercise recommendations. *Journal of Pain*. Poster presented at the 36th Annual Scientific Meeting of the American Pain Society, Pittsburg, Pennsylvania.

Teaching Experience

Aug 2020- Nov 2020 & May 2020-July 2020	Department of Psychology -Indiana University-Purdue University in Indianapolis Instructor of Record for <u>Introduction to Psychology</u>
Jan 2020-May 2020	Department of Psychology -Indiana University-Purdue University in Indianapolis Instructor of Record for <u>Life Span Development</u>
Aug 2019-Dec 2019	Department of Psychology -Indiana University-Purdue University in Indianapolis Instructor of Record for <u>Health Psychology</u>
June 2019-July 2019	Department of Psychology -Indiana University-Purdue University in Indianapolis Instructor of Record for <u>Statistics Laboratory</u>

Professional Development and Training

Clinical Development

Jan-Feb 2021	<u>Clinical Workshop: Working with suicidal people</u> , Thomas Ellis
Fall 2020	<u>Clinical Workshop: Motivational Interviewing</u> , Shelly Johns
Fall 2020	<u>Clinical Workshop: Spiritual and Religious Competency in Mental Health Training Seminar</u>
Aug 2020	<u>Clinical Workshop: 2020 Suicide Prevention Summit</u> , Mental Health Academy
Aug 2020	<u>Clinical Workshop: Addressing White Racism as Part of the Psychotherapy Process</u> , David Drustrup
July 2020	<u>Clinical Workshop: Psychotherapy in Black & White: Anti-Black Racism in Black Client/White Therapist and Black Therapist/White Client Dyads</u> , Laurie Paul
Feb 2020	Stigma Awareness and Naloxone Training
May-June 2019	<u>Clinical Workshop: Beyond Pain Management: Treating the Intersection of Pain and Unresolved Emotional Experiences</u> , Howard Schubiner, Alan Gordon, Mark Lumley, and Christie Uipi
Feb 2019	Webinar Workshop: Addressing Geriatric Mental Health

& Suicide Prevention, Kim Van Order

- Feb 2019 **Clinical Workshop: HiTOP Systems**, Doug Samuel and Susan South
- Sep 2018 **Clinical Workshop: Dialectical Behavior Therapy**, Jennifer Chambers
- Apr 2018 **Clinical Workshop: A New Therapy for Each Client**, John Norcross
- Nov 2017 **Clinical Workshop: Motivational Interviewing**, Stephen Rollnick
- Jan 2017 **Clinical Workshop: CBT-I**, Yelena Chernyak
- Mar 2016 **ASIST**-Applied Suicide Intervention Skills training

Research Development

2016-2020

Ad Hoc Reviewer

- PAIN (July 2017, Aug 2018)
- Journal of Racial and Ethnic Health Disparities (Sep 2020)
- Journal of Pain (Nov 2016, July 2017, Nov 2017, Feb 2019)
- PAIN Reports (Jan 2019)
- Clinical Journal of Pain (Oct 2017)
- Pain Practice (Mar 2017)
- Pain Medicine (Dec 2016)

- Sep 2019 **Categorical & Survival Data Analysis Workshop**, Jaehoon Lee, Texas Tech University
- Aug 2018 **Longitudinal Data Analysis Workshop**, Pascal Deboeck, University of Utah
- July 2018 **Preparing Manuscripts for Publication**, Nir Menachemi, IUPUI
- Aug 2016 **Bayesian Statistics Workshop**, John Kruschke, Indiana University
- Aug 2016 **Meta-analysis Workshop**, Jeffrey Valentine, Indiana University

Teaching Development

Aug 2016

Seminar in Teaching Psychology

2016-2018

Teaching Lunch and Learn: High Impact Practices (HIPs), Student entitlement and how to respond, Student Issues, How to teach to different levels of commitment, The Challenges of Teaching Diverse Learners, Student Perceptions of Active Learning

Relevant Work Experience

Feb 2015-June
2016

Senior Case Manager for SMI Outpatient Clinic Lifewell-previously
known as Choices

Responsibilities:

- *Coordinate care with psychiatrists and nurse for medication management and with community service provides such as counselors*
- *Provide emotional support to individuals going through crisis and difficult situations*
- *Work with clients to establish treatment goals and empower them to reach their goals*
- *Train new team members on procedures, documentation, and interacting with clients*
- *Participate in law enforcement training on responding to calls related to mental illness*

Community Involvement

Nov 2019 – May
2021

**Indiana Psychological Association Membership and Networking
Committee, Student Representative**

Responsibilities:

- *Provide feedback and ideas to represent student needs*
- *Develop ideas to help IPA best represent member needs*
- *Develop special interest groups to improve communication within IPA*
- *Develop an outreach program to connect underserved population to resources*

Nov 2019 – May
2021

**Indiana Psychological Association Diversity Committee, Student
Representative**

Responsibilities:

- *Provide feedback and ideas to represent student needs*
- *Support events and initiatives related to diversity in clinical psychology*
- *Support initiatives that decrease the gap in mental health services*
- *Develop a supportive program for psychologists working with diverse people*

Fall 2019

Peer Mentor

Responsibilities:

- *Meet with first-year students twice a month*
- *Support mentee through time of transition*
- *Discuss mentees progress in the program and how to be successful*
- *Provide guidance and assistance with problem-solving*

- Aug 2017-May 2021 **Multidisciplinary Graduate Committee**, Founding Member and Team Leader
 Responsibilities:
- *Organize the Annual Multidisciplinary Symposium*
 - *Create activities which encourage interdisciplinary interactions and collaborations*
 - *Inspire children to pursue careers in STEM through volunteer work*
 - *Increasing feelings of connectedness and reduce feelings of isolation in Graduate Students*
- Aug 2018-May 2021 **Underrepresented Professional and Graduate Student Organization**, Member
 Responsibilities:
- *Plan, organize, advertise, and support events that promote inclusion*

Professional Membership

International Association for the Study of Pain

Student Affiliate

Indiana Psychological Association

Student Affiliate

Society of Behavioral Medicine

Student Affiliate

Select Honors and Awards

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| April 2020 | IUPUI Elite 50 Award |
| April 2020 | Pain SIG Student Abstract Award |
| April 2020 | Society of Behavioral Medicine Meritorious Abstract |

Technical Skills

Statistical software: SPSS, R, Mplus

Electronic Medical Records: CPRS, Cerner, Claimtrak, Nextgen, Polytrack,