

CURRICULUM VITAE

Erin Koffel, PhD, LP

Staff Psychologist, Team L
Minneapolis VA Health Care System
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Education

- Ph.D. 8/22/05-12/14/2012 The University of Iowa, Iowa City, IA
Specialization: Clinical Psychology
Dissertation Advisor: David Watson, Ph.D.
Final deposit: January 18, 2011
- B.A. 2003 Carleton College, Northfield, MN
Major: English (graduated *magna cum laude*)

Professional Experience

- 9/18/13-present Assistant Professor, Department of Psychiatry
University of Minnesota
- 8/12/13-present Staff Psychologist, Team L
Minneapolis Veterans Affairs Health Care System
- 8/13/12-8/9/13 Psychology Postdoctoral Resident
Minneapolis Veterans Affairs Health Care System
- 8/14/11-8/10/12 Psychology Intern
Minneapolis Veterans Affairs Health Care System
- 2008 Teaching Assistant
The University of Iowa
- 2006-2007 Research Assistant
The University of Iowa
- 2005-2006 Teaching Assistant
The University of Iowa

2003-2005 Research Assistant
The University of Michigan
Sleep and Chronophysiology Laboratory

2003 Research Assistant
Carleton College

Clinical Experiences

Minneapolis VAHCS, 2011-present. Rotations have included Team L, Primary Care Mental Health Integration and Mood Team. Team L Supervisors: Amanda Ferrier-Auerbach, PhD and Ann Wagner, PhD.

Seashore Psychology Clinic at the University of Iowa, Fall 2005-Summer 2009. Administered and scored clinical assessments (learning disability, ADHD, MR, neuropsychological evaluations, diagnostic evaluations), conducted intake and feedback interviews, wrote clinical reports, conducted individual psychotherapy, attended didactic seminars, and presented cases in clinical rounds. Supervisor: James Marchman, PhD.

Practicum at the Neuropsychological Rehabilitation Lab at the University of Iowa Hospitals and Clinics, Summer 2008. Conducted clinical assessments and individual psychotherapy with a focus on behavioral sleep medicine and presented cases in clinical rounds. Supervisor: Cher Stephenson, LMHC, CRC.

Practicum at the Benton Neuropsychology Laboratory at the University of Iowa Hospitals and Clinics, Summer 2007-Fall 2007. Administered and scored neuropsychological assessments, conducted intake and feedback interviews, and presented cases in clinical rounds. Supervisor: Daniel Tranel, PhD.

Grants

Department of Veterans Affairs (Evidence-based Synthesis Program, Technical Proposal), “The Effectiveness, Harms and Cost of Alternative Care Models for the Treatment of Obstructive Sleep Apnea” (10/2015 to 7/2016). Co-Investigator (3%). Total Costs = 75,000.

Department of Veterans Affairs (Cooperative Studies Program), “Comparative Effectiveness Research in Veterans with PTSD (CERV-PTSD)” (7/2013 to 9/2018). Study-therapist.

National Institute of Mental Health and National Center for Complimentary and Alternative Medicine (Research Project Grant), “Longitudinal Mixed Method Study of Chronic Pain, PTSD & CAM in OEF/OIF Veterans” (9/2014 to 8/2018). Co-Investigator (7.2%). Total Costs = 2,096,586.

Agency for Healthcare Research and Quality (Evidence-based Practice Center task order contract), “Treatment of Chronic Insomnia” (2013-2014). Co-Investigator (7.2%). Total Costs = 500,000.

Veterans Affairs Clinical Science Research and Development (Merit Review Award), “Integrated vs. Sequential Treatment for Comorbid PTSD/Addiction among OEF/OIF Veterans (Project STRIVE)” (2011-2015). Co-Investigator (10%). Total Costs = 2, 332, 358

National Institute of Mental Health (Ruth L. Kirschstein National Research Service Award Individual Fellowship), “Further validation of the Iowa Sleep Disturbances Inventory” (8/01/2008- 7/31/2011). Principal Investigator. Total Costs = 80, 864.

National Institute of Mental Health (Research Supplements to Promote Diversity in Health-Related Research), “The structure and assessment of symptoms of depression” (1/17/2006-1/22/2008). Principal Investigator. Total Costs = 55, 684.

Publications

Journal Articles

Koffel, E., Kuhn, E., Petsoulis, N., Erbes, C.R., Anders, S., Hoffman, J.E., Ruzek, J., Polunsky, M.A. (in press). A pilot study of CBT-I Coach: Feasibility, acceptability, and potential impact of a mobile app for patients in Cognitive Behavioral Therapy for Insomnia. *Health Informatics Journal*.

Koffel, E., Khawaja, I.S., Germain, A. (in press). Sleep Disturbances in Posttraumatic Stress Disorder: Updated Review and Implications for Treatment. *Psychiatric Annals*.

Brasure, M., Fuchs, E., MacDonald, R., Nelson, V.S., **Koffel, E.**, Olson, C.M., Khawaja, I.S., Diem, S., Carlyle, M., Wilt, T.J., Ouellette, J., Butler, M., & Kane, R.L. (in press). Psychological and behavioral interventions for managing insomnia disorder: An evidence report for a clinical practice guideline by the American College of Physicians. *Annals of Internal Medicine*.

Wilt, T., MacDonald, R., Brasure, M., Olson, C.M., Carlyle, M., Fuchs, E., Khawaja, I.S., Diem, S., **Koffel, E.**, Ouellette, J., Butler, M., & Kane, R.L. (in press). Pharmacological treatment of insomnia disorder: An evidence report for a clinical practice guideline by the American College of Physicians. *Annals of Internal Medicine*.

Koffel, E., Kramer, M.D., Arbisi, P.A., Erbes, C.R., Kaler, M., & Polunsky, M.A. (2016). Personality traits and combat exposure as predictors of psychopathology over time. *Psychological Medicine*, 46, 209-220.

- Koffel, E.**, Thuras, P., Chakravorty, S., Germain, A., and Khawaja, I.S. (in press). Poor sleep quality at discharge as a predictor of readmission to a psychiatry partial hospitalization program. *The Primary Care Companions for CNS Disorders*.
- Koffel, E.**, Kroenke, K., Bair, M.J., Leverty, D., Polusny, M.A., & Krebs, E.E. (2016). The bidirectional relationship between sleep complaints and pain: Analysis of data from a randomized trial. *Health Psychology, 35*, 41-49
- Koffel, E.**, Krebs, E.E., Arbisi, P.A., Erbes, C.R., & Polusny, M.A. (2016). The unhappy triad: Pain, sleep complaints, and internalizing symptoms. *Clinical Psychological Science, 4*, 96-106.
- Koffel, E.**, Koffel, J., & Gehrman, P. (2015). A meta-analysis of group cognitive behavioral therapy for insomnia. *Sleep Medicine Reviews, 19*, 6-16.
- Koffel, E.** and Farrell-Carnahan, L., (2014). Feasibility and preliminary real-world promise of a manualized group-based Cognitive Behavioral Therapy for Insomnia protocol for Veterans. *Military Medicine, 179*, 521-528.
- Koffel, E.**, Polusny, M.A., Arbisi, P.A., & Erbes, C.R. (2013). Pre-deployment daytime and nighttime sleep complaints as a predictors of post-deployment PTSD and depression in National Guard troops. *Journal of Anxiety Disorders, 27*, 512-519.
- Koffel, E.**, Polusny, M.A., Arbisi, P.A., & Erbes, C.R. (2012). A preliminary investigation of the new and revised symptoms of posttraumatic stress disorder in DSM-5. *Depression and Anxiety, 29*, 731-738.
- Erbes, C.R., Polusny, M.A., Arbisi, P.A., & **Koffel, E.** (2012). PTSD symptoms in a cohort of National Guard Soldiers deployed to Iraq: Evidence for nonspecific and specific components. *Journal of Affective Disorders, 142*, 269-274.
- Watson, D., O'Hara, M. W., Naragon-Gainey, K., **Koffel, E.**, Chmielewski, M., Kotov, R., Stasik, S. M., & Ruggero, C. J. (2012). Development and validation of new anxiety and bipolar symptom scales for the IDAS-II. *Assessment, 19*, 399-420.
- Koffel, E.** (2011). Further validation of the Iowa Sleep Disturbances Inventory. *Psychological Assessment, 23*, 587-598.
- Ready, R. E., Vaidya, J. G., Watson D., Latzman, R. D., **Koffel, E.**, & Clark, L. A. (2011). Age-group differences in facets of positive and negative affect. *Aging and Mental Health, 15*, 784-795.
- Koffel, E.** & Watson, D. (2010). Development and initial validation of the Iowa Sleep Disturbances Inventory. *Assessment, 17*, 423-439.

Koffel, E. & Watson, D. (2009). Unusual sleep experiences, dissociation, and schizotypy: Evidence for a common domain. *Clinical Psychology Review, 29*, 548-559.

Koffel, E. & Watson, D. (2009). The two-factor structure of sleep complaints and its relation to depression and anxiety. *Journal of Abnormal Psychology, 118*, 183-194.

Watson, D., O'Hara, M. W., Chmielewski, M., McDade-Montez, E. A., **Koffel, E.**, Naragon, K., & Stuart, S. (2008). Further validation of the IDAS: Evidence of convergent, discriminant, criterion, and incremental validity. *Psychological Assessment, 20*, 248-259.

Encyclopedia Entries

Koffel, E. (2012). Sleep assessment. In D. Barrett and P. McNamara (Eds.), *Encyclopedia of sleep and dreams*. Santa Barbara, CA: ABC-CLIO.

Presentations

Invited Talks, Symposia and Conference Papers

Koffel, E. (2015, January). *mHealth Applications in Clinical Practice: A Pilot RCT*. Presentation at clinical rounds for the Minneapolis VA Health Care System, Department of Psychiatry, Minneapolis, MN.

Koffel, E. (2014, April). *Sleep and chronic pain*. Presentation at clinical rounds for the Minneapolis VA Health Care System, Department of Psychiatry, Minneapolis, MN.

Kehle-Forbes, S.M., Polusny, M., Drapkin, M., Yusko, D., Van Horn, D., **Koffel, E.**, Foa, E., & Oslin, D. (2013, November). *Prolonged exposure therapy and motivational enhancement therapy for the treatment of comorbid PTSD and substance use disorders in veterans*. Paper presented at the annual meeting of the International Society for Traumatic Stress Studies, Philadelphia, PA.

Arbisi, P.A., **Koffel, E.**, Kramer, M., Erbes, C.R., Polusny, M.A. (2013, August). *Do externalized behaviors represent symptoms of PTSD or individual differences in response to trauma exposure?* Paper presented at the annual meeting of the American Psychological Association, Honolulu, HI.

Koffel, E., Polusny, M.A., Arbisi, P.A., & Erbes, C.R. (2012, November). *Pre-deployment sleep disturbance as a predictor of PTSD and depression in National Guard troops*. Paper presented at the annual meeting of the International Society for Traumatic Stress Studies, Los Angeles, CA.

- Koffel, E.** (2012, November). *Cognitive behavioral treatments for insomnia and nightmares*. Presentation at clinical rounds for the Minneapolis VA Health Care System, Department of Psychiatry, Minneapolis, MN.
- Koffel, E.** (2012, May). *Sleep disturbance as a risk factor for PTSD*. Presentation at clinical rounds for the Minneapolis VA Health Care System, Department of Psychiatry, Minneapolis, MN.
- Koffel, E.** (2009, March). *Treatment of insomnia*. Presentation at clinical rounds for the clinical psychology training area, Iowa City, IA.
- Koffel, E.** (2008, October). Case presentation at clinical rounds for the clinical psychology training area, Iowa City, IA.
- Koffel, E.** (2008, October). *Development and validation of the Iowa Sleep Disturbances Inventory (ISDI)*. Presentation at departmental brown bag for University of Iowa Psychology Department, Iowa City, IA.
- Koffel, E.** (2008, August). *Development of the Iowa Sleep Disturbances Inventory (ISDI)*. Presentation at sleep conference for the University of Iowa Hospitals and Clinics Sleep Disorders Center, Iowa City, IA.
- Koffel, E.** (2008, June). *Multicomponent therapy for insomnia*. Presentation at clinical rounds for the University of Iowa Hospitals and Clinics Department of Neurology, Iowa City, IA.
- Koffel, E.** (2007, November). Case presentation at clinical rounds for the University of Iowa Hospitals and Clinics, Department of Neurology, Iowa City, IA.
- Koffel, E.** (2007, July). *REM Sleep Behavior Disorder and Parkinson's disease*. Presentation at clinical rounds for the University of Iowa Hospitals and Clinics Department of Neurology, Iowa City, IA.
- Koffel, E. & Watson, D.** (2007, June). *Sleep disturbances and depression in younger and older adults*. Paper presented at the annual meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
- Koffel, E.** (2007, February). *Sleep disturbances and depression*. Paper presented at the University of Iowa Graduate Student Symposium, Iowa City, IA.

Conference Posters

- Miller, K.E., **Koffel, E.**, Kramer, M.D., Erbes, C.R., Arbisi, P.A., & Polusny, M.A. (2016, November). *Characterizing partner sleep functioning over the course of*

- military deployment*. Poster presented at the annual meeting of the International Society for Traumatic Stress Studies, Dallas, TX.
- Koffel, E.**, Kroenke, K., Bair, M.J., Leverty, D., Polusny, M.A. & Krebs, E.E. (2015, June). *Improvement in sleep disturbances predicts chronic pain treatment outcomes*. Poster presented at the annual meeting of the Associated Professional Sleep Societies, Seattle, WA.
- Koffel, E.**, Thuras, P., Chakravorty, S., Germain, A., & Khawaja, I. (2015, June). *Poor sleep quality at discharge as a predictor of readmission to a psychiatry partial hospitalization program*. Poster presented at the annual meeting of the Associated Professional Sleep Societies, Seattle, WA.
- Koffel, E.** & Farrell-Carnahan, L. (2014, June). *Group cognitive behavioral therapy for insomnia in Veterans*. Poster presented at the annual meeting of the Associated Professional Sleep Societies, Minneapolis, MN.
- O'Rourke, N., Kemp, T., Possis, E., **Koffel, E.**, & Westanmo, A. (2013, December). *Effectiveness of a pharmacist led medication taper in conjunction with cognitive behavioral therapy for insomnia (CBTI) in primary care patients*. Poster presented at the Midyear Clinical Meeting of the American Society of Health-Systems Pharmacists, Anaheim, CA.
- Koffel, E.** & Watson, D. (2009, September). *Specificity of unusual sleep experiences with dissociation and schizotypy*. Poster session presented at the annual meeting of the Society for Research in Psychopathology, Minneapolis, MN.
- Koffel, E.** & Watson, D. (2007, October). *Measuring sleep disturbances in psychopathology*. Poster session presented at the annual meeting of the Society for Research in Psychopathology, Iowa City, IA.
- Koffel, E.**, Hoffmann, R.F., & Armitage, R. (2005, June). *Sleep, stress and mood in university students: A 1-month questionnaire study*. Poster session presented at the annual meeting of the Associated Professional Sleep Societies, Denver, CO.

Honors and Awards

- 2014 American Academy of Sleep Medicine's Young Investigator Research Forum
- 2007 Sleep Research Society Abstract Award
- 2005 Sleep Research Society First Time Trainee Travel Award

- 2005 National Science Foundation Graduate Research Fellowship Honorable
Mention
- 2003 Phi Beta Kappa, Carleton College

Service

Editorial Board of *Behavioral Sleep Medicine*, 2016-2018.

Ad hoc reviewer for the *Journal of Abnormal Psychology*, *Sleep*, *Behavioral Sleep Medicine*, *Comprehensive Psychiatry*, *Clinical Psychology Review*, *Assessment*, *Behavior Therapy*, *Journal of Traumatic Stress*, *Perspectives on Psychological Science*, and *The Primary Care Companion for CNS Disorders*.

The Minneapolis Veterans Affairs Health Care System Mental Health Service Line
Diversity Council, 2012 to 2013.

University of Iowa Scholarly Presentations and Research Grants Committee, 2008-2009.

Trainee Symposia Series Subcommittee, Sleep Research Society, 2007-2008.

Clinical Area Training Committee Graduate Student Representative, 2006-2007.