

DEREK G. TURESKY, Ph.D.

EDUCATION

- Ph.D.** **Counseling Psychology** (APA-accredited)
Aug. 2006 - July 2011 **University of Iowa, Iowa City, IA**
 Advisor: William Ming Liu, PhD
- M.A.** **Clinical Psychology** (APA-accredited)
Aug. 2004 – May 2006 **University of Iowa, Iowa City, IA**
 Health Psychology Secondary Track
 Advisor: Susan Lutgendorf, PhD
- B.A.** **Psychology**, Magna Cum Laude and Phi Beta Kappa
Aug. 1997- May 2001 **Emory University, Atlanta, GA**

CLINICAL EXPERIENCE

Pre-doctoral Psychology Internship (APA-accredited) *Aug. 2010 – July 2011*
Cincinnati VA Medical Center, Cincinnati, OH
 Training Director: Brian Zinnbauer, Ph.D.

Pain Clinic Rotation (6 months):

Provided individual and group cognitive behavioral treatment in an intensive interdisciplinary outpatient chronic pain rehabilitation program. Additional responsibilities included providing: biopsychosocial assessments, pre-surgical psychosocial evaluations for spinal cord stimulator candidates (e.g., MMPI-2, BDI, BAI), biofeedback training, and consultation services on an interdisciplinary chronic pain treatment team. (~24 hours weekly, 1 hour individual supervision weekly, *Supervisor: Nancy Nagel, Psy.D.*)

Residential Substance Dependence Rotation (6 months):

Provided individual psychotherapy, interpersonal process group treatment, psychological assessment, psycho-education, daily consultation on an interdisciplinary treatment team, and individual case management on an inpatient unit. (~24 hours weekly, 1 hour individual and 1 hour group supervision weekly, *Supervisors: Alyssa Lieb, Psy.D. and Teri Ann Bolte, Ph.D.*)

Mindfulness Meditation Rotation (12 months):

Developed and facilitated Mindfulness-based interventions for an interdisciplinary chronic pain rehabilitation program. Co-facilitated Mindfulness-Based Relapse Prevention (MBRP) groups for substance dependent veterans. Developed and co-facilitated Acceptance and Commitment Therapy (ACT) group for veterans with co-

morbid mood and chronic illnesses. Participated in national VA ACT consultation conference calls. Provided individual psychotherapy to veterans using ACT protocol. (8 hours weekly, 1 hour individual supervision, Supervisors: Brian Zinnbauer, Ph.D. and Alyssa Lieb, Psy.D.)

Long-term Outpatient Clinic (12 months):

Provided long-term individual psychotherapy to veterans weekly for one year. (3 hours weekly, 1 hour individual supervision, Supervisor: Janell Giannitelli, Psy.D.)

Department of Orthopaedics & Rehabilitation, Spine Center
University of Iowa Hospitals & Clinics, Iowa City, IA
 Supervisor: Valerie Keffala, PhD (Licensed Psychologist)

Aug. 2009 – May 2010

Co-led cognitive-behavioral-based coping skills groups as part of a 2-week interdisciplinary rehab program for patients with chronic back pain. Provided individual counseling for patients with chronic back pain and other co-morbid psychological issues. Administered, interpreted, and integrated psychological assessments (e.g., SF-36, BBHI-2, MMPI-2RF) to inform therapy and consultation in a behavioral medicine setting. Conducted comprehensive psychological evaluations to determine patients' compatibility with a 2-week interdisciplinary rehab program. Delivered mindfulness meditation group interventions to rehab patients. Participated on an interdisciplinary team to make treatment decisions.

VA Medical Center, Iowa City, IA
 Supervisor: Doris Stormoen, PhD (Licensed Psychologist)
 (APA-accredited internship site)

Aug 2008-Aug 2009

Completed medical psychology specialty track and participated on an interdisciplinary team. Provided individual counseling and consultation for veterans with various chronic medical conditions (e.g., chronic pain, obesity, smoking cessation, renal dialysis, transplant evaluations, Crohn's disease, cancer) and co-morbid psychological issues (e.g., depression, anxiety, PTSD, schizophrenia, anger-management, stress-management, assertiveness training, suicidality). Co-developed and co-led mindfulness-based anxiety disorders group. Co-led PTSD orientation group. Conducted psychological assessments and comprehensive psychological evaluations. Participated in didactic seminar and supervision for Prolonged Exposure Therapy. Developed proficiency in CPRS and Telemedicine.

Senior Center, Iowa City, IA
 Supervisor: Sam Cochran, PhD (Licensed Psychologist)

June 2008-Aug 2008

Created new geropsychology practicum site for counseling psychology program at the Iowa City Senior Center. Provided brief individual counseling and consultation for older adults focusing on aging-related concerns (e.g., health/medical issues, physical limitations, existential issues, death and dying, retirement, care-taker issues, sexual abuse, depression, anxiety). Conducted outreach programs to explain the applications and potential benefits of psychological services. Provided community referrals to improve older adults' access to and utilization of mental health resources.

University Counseling Services,
University of Iowa, Iowa City, IA
 (APA-accredited internship site)

Aug 2007-May 2008

Supervisors: Audrey Bahrlick, PhD (Licensed Psychologist), Paula Keeton, PhD (Licensed Psychologist), Scott Liu, PhD (Licensed Psychologist), Ryan McKelley, MA

Provided individual counseling and consultation for the University of Iowa student population with presenting concerns including: depression, anxiety, adjustment disorders, relationship problems, academic difficulties, and career issues. Attended weekly didactic seminars on a range of counseling topics including multiculturalism. Developed and conducted an introductory outreach program on mindfulness meditation for older adults.

**Seashore Psychology Clinic,
University of Iowa, Iowa City, IA**

Jan 2005-May 2006

Supervisor: Jim Marchman, PhD (Licensed Psychologist)

Conducted comprehensive psychological evaluations for mental retardation waivers and parental custody evaluations on behalf of the Iowa Department of Human Services. Administered cognitive and personality assessment batteries (e.g., WAIS-III, MMPI-2, SNAP, WRAT-3). Performed clinical interviews. Completed several integrative psychological reports.

SPECIALIZED CLINICAL TRAINING

Acceptance and Commitment Therapy (ACT) Training

2010

- Completed 2-day intensive ACT workshop with Kelly Wilson, PhD; 1-day intensive ACT workshop with D.J. Moran, PhD; and one-on-one ACT consultation with Brian Thompson, PhD

**Mindfulness-Based Relapse Prevention (MBRP) Training
Cincinnati VA Medical Center, Cincinnati, OH**

2010

- Co-facilitated two 8-week MBRP groups with certified MBRP instructor

**Interpersonal Psychotherapy - Level A Training,
University of Iowa Hospitals & Clinics, Iowa City, IA**

2009

Instructor: Scott Stuart, MD

- Completed 2-day intensive IPT Institute accredited training course.

**Hypnosis Training,
Eastwind Healing Center, Iowa City, IA**

2005

Supervisor: Candida Maurer, PhD

- Completed intensive individual hypnosis instruction including direct supervision on several health psychology hypnosis cases (e.g., chronic pain, smoking cessation, weight loss).

**Mindfulness-Based Stress Reduction (MBSR) Training
Training Program for Health Professionals, Omega Institute, Austin, TX**

2003

Instructors: Jon Kabat-Zinn, PhD & Saki Santorelli, EdD

- Completed 60 hour intensive training course in MBSR in conjunction with the University of Massachusetts Medical School and the Omega Institute.

PUBLICATIONS

Turesky, D. & Schultz, J. (2010). Spirituality among older adults: An exploration of the developmental context, impact on mental & physical health, and integration into counseling. *Journal of Religion, Spirituality, and Aging*, 22(3), 162-179.

Turesky, D. & Keffala, V. (2008). Interdisciplinary chronic spine pain program outcomes. *Midwest Pain Society Update*, June, 3-4.

Lutgendorf, S., Lang, E., Berbaum, K., Russell, D., Berbaum, M., Logan, H., Benotsch, E., Schulz-Stubner, S., **Turesky, D.**, & Spiegel, D. (2007). Effects of age on responsiveness to adjunct hypnotic analgesia during invasive medical procedures. *Psychosomatic Medicine*, 69(2), 191-199.

Ullrich, P., Lutgendorf, S., Leserman, J., **Turesky, D.**, & Kreder, K. (2005). Stress, hostility, and disease parameters of benign prostatic hyperplasia. *Psychosomatic Medicine*, 67(3), 476-482.

PROFESSIONAL PRESENTATIONS

Schoulte, J., Sussman, Z., **Turesky, D.**, Lohnberg, J., Rickels, H., & Keffala, V. (2009, April). *Psychological prediction of quality of life following interdisciplinary chronic spine pain treatment*. Poster session presented at Iowa Psychological Association Spring Conference, Cedar Rapids, IA.

Turesky, D., Keffala, V., & Tallman, B. (2009, March). *Effectiveness of interdisciplinary rehabilitation programs among chronic back pain patients across the life course*. Poster session presented at the annual meeting of the American Psychosomatic Society, Chicago, IL.

Turesky, D. & Greenfeld, J. (2009, February). *Class, classism, collars, and privilege: An application of the social class worldview model in counseling*. Roundtable discussion presented at the annual Winter Roundtable on Cultural Psychology and Education, Teachers College, Columbia University, New York, NY.

Turesky, D. (2007, December). *Mindfulness 101: An experiential workshop for seniors*. Presented as an outreach program to Iowa City Senior Center, Iowa City, IA.

Turesky, D. & Keffala, V. (2007, October). *Long-term psychological and physical outcomes of a 2-week interdisciplinary chronic back pain rehabilitation program*. Poster session presented at the annual meeting of the Midwest Pain Society, Chicago, IL.

Keffala, V. & **Turesky, D.** (2007, May). *Health changes in patients following a two-week interdisciplinary treatment program*. Poster session presented at the annual meeting of the American Pain Society, Washington, DC.

Turesky, D., Lutgendorf, S., Weinrib, A., Maiseri, H., DeGeest, K., Anderson, B., Sood, A., Penedo, F., Lehner, V., & Kirschbaum, C. (2006, March). *Sleep quality and salivary cortisol in ovarian cancer patients*. Poster session presented at the annual meeting of the American Psychosomatic Society, Denver, CO.

Turesky, D., Lutgendorf, S. K., Sood, A., Maiseri, H., Sorosky, J., DeGeest, K., & Anderson, B. (2005, March). *Predictors of sleep quality in ovarian cancer patients*. Poster session presented at the annual meeting of the American Psychosomatic Society, Vancouver, BC.

McDermott-Sales, J., **Turesky, D.**, & Fivush, R. (2001, October). *Maternal socialization of children's coping skills*. Poster session presented at the biannual meeting of the Cognitive Development Society, Virginia Beach, VA.

AUDIOVISUAL MEDIA PUBLICATIONS

Turesky, D. (Producer/Writer/Director). (2010). *Mindfulness meditation and stress reduction for beginners: The garden of now (audio CD edition)* [Audio CD]. (Available from CreateSpace, 100 Enterprise Way, Suite A200, Scotts Valley, CA 95066).

Turesky, D. (Producer/Writer/Director). (2009). *Mindfulness meditation and stress reduction for beginners: The garden of now* [Training video]. (Available from CreateSpace, 100 Enterprise Way, Suite A200, Scotts Valley, CA 95066).

Liu, W.M., Greenfeld, J.M., & **Turesky, D.** (Writer/Producer) (2008). *Social class, economic privilege and counseling* [Training video]. (Available from Microtraining Associates, 141 Walnut Street, Hanover, MA 02339).

RESEARCH EXPERIENCE

Doctoral Dissertation – Defended October 2010

"A Descriptive Analysis of Alexithymia among Patients with Chronic Back Pain"

Committee Members: William Ming Liu, Ph.D. (Co-Chair), Valerie Keffala (Co-Chair), Timothy Ansley, Ph.D., Irwin Levin, Ph.D., and Megan Nicpon-Foley, Ph.D.

Chronic Back Pain Research Team

2006-2010

**Department of Orthopaedics & Rehabilitation,
University of Iowa Hospitals & Clinics, Iowa City, IA**
Supervisor: Valerie Keffala, PhD

Developed comprehensive research database of psychological and physical outcome measures affiliated with an interdisciplinary chronic back pain rehabilitation program. Analyzed and published long-term interdisciplinary program outcome data. Presented several empirical posters at national and regional conferences. Co-authored a manuscript on treating patients with chronic back pain in professional practice settings. Led hypnosis, relaxation, and meditation groups as part of clinical research protocol. Designed and implemented an empirical study investigating underexplored psychodynamic conceptualizations of chronic back pain. Utilized SPSS statistical software.

Social Class Research Team

2008

**Department of Psychological & Quantitative Foundations,
University of Iowa, Iowa City, IA**
Supervisor: William Ming Liu, PhD

Co-developed and co-produced national multicultural training video for integrating the Social Class Worldview Model in counseling (distributed by Allen Ivey's Microtraining Associates).

Psychoneuroimmunology Research Lab

2004-2006

**Department of Psychology,
University of Iowa, Iowa City, IA**
Supervisor: Susan Lutgendorf, PhD

Designed several studies, formulated comprehensive databases, analyzed data, and presented empirical posters at national conferences in the exploration of the relationship between psychological factors, salivary cortisol, and sleep disturbances among ovarian cancer patients. Completed a Master's thesis on sleep disturbance in ovarian cancer patients. Assisted in data entry and analysis in an examination of stress, hostility, and disease parameters in patients with benign prostatic hyperplasia. Analyzed data and formatted a database for a study examining the effects of age on responsiveness to hypnotic analgesia during invasive medical procedures. Attended research lab meetings. Observed several immunological assays related to psychoneuroimmunology research protocols. Developed proficiency in SPSS statistical software.

Psychoneuroimmunology Research Lab

2003-2004

**Department of Behavioral Medicine,
University of Miami, Miami, FL**
Supervisor: Michael Antoni, PhD

Administered neuropsychological assessments, recruited participants, acquired and entered immunological data for the psychoneuroimmunology-based Chronic Fatigue Syndrome Smart Energy Project (10-week cognitive-behavioral stress management intervention).

Alzheimer's Disease Neuroimaging Project

2001-2002

**Departments of Neurology & Radiology,
Brigham and Women's Hospital,
Harvard Medical School, Boston, MA**
Supervisor: Keith Johnson, MD

Managed comprehensive patient database for an Alzheimer's disease early detection study. Processed neuroimaging from single-photon emission computerized tomography (SPECT) and magnetic resonance imaging (MRI) scans. Conducted statistical analysis on data. Performed routine literature searches on a variety of related radiology and neurology topics. Observed physician supervisor in the nuclear medicine reading room and neurology rounds. Attended a variety of grand rounds presentations.

Cognition & Development Research Lab

2000-2001

**Department of Psychology,
Emory University, Atlanta, GA**
Supervisor: Robyn Fivush, PhD

Conducted research interviews related to parental and child recall of stressful events. Transcribed and coded participant conversations for qualitative analysis. Designed study, analyzed data, and completed an honors thesis on the maternal socialization of children's coping skills.

Attention Deficit Hyperactivity Disorder Project
Department of Psychology,

2000

University College London, London, England & Galway, Ireland

Supervisor: Darryl Neill, PhD

Administered ADHD assessment batteries to children in Galway, Ireland. Analyzed data and completed an independent study and write-up.

SERVICE AND LEADERSHIP

Student Chairperson of Admissions Committee, University of Iowa Counseling Psychology Program *2006-2008*

- Reviewed prospective doctoral student applications. Participated in the student selection process as the student representative on the faculty panel. Organized and led prospective student interview activities. Served as primary correspondent for prospective students.

Volunteer at Iowa City Senior Center *2008*

- Assisted seniors with video editing, video shoots, and other related activities at senior center television production studios.

Social Chair of Social Services Committee, University of Iowa Counseling Psychology Program *2006-2010*

- Assisted with organizing program-wide service activities to raise resources and awareness for a variety of community causes (e.g., local shelter house).

HONORS AND AWARDS

Presidential Graduate Fellowship, University of Iowa	<i>2004-2009</i>
Special Graduate Assistantship, University of Iowa	<i>2006-2010</i>
Audrey Qualls Travel Award, University of Iowa	<i>2009</i>
College of Education Technology Grant, University of Iowa	<i>2008</i>
Scholar Award, American Psychosomatic Society	<i>2005</i>
Phi Beta Kappa, Gamma Chapter of Emory University	<i>2001</i>
Magna Cum Laude, Emory University	<i>2001</i>
Insightful Brain Fellowship, University of Rochester	<i>2001</i>
Psi Chi Executive Board Member, Emory University	<i>1999-2001</i>
Dean's List, Emory University	<i>1997-2001</i>

PROFESSIONAL MEMBERSHIPS

American Psychological Association	<i>2007-present</i>
American Psychological Association-Division 38 (Health Psychology)	<i>2007-present</i>
American Pain Society	<i>2011-present</i>
American Psychosomatic Society	<i>2004-present</i>
Phi Beta Kappa Honor Society	<i>2001-present</i>