

Julie Marie Mastnak, Ph.D., ABPP

Education:

- August, 2005 Ph.D. in Clinical Psychology
University of Missouri - St. Louis (APA Accredited Program)
Dissertation Proposal Defended: July 2003
Dissertation Defended: June 2004
Advisor: Patricia A. Resick, Ph.D.
Graduate GPA: 4.0
- April, 2003 Advancement to Doctoral Candidacy in Clinical Psychology
University of Missouri - St. Louis
Qualifying Paper Defended: April 2003
Advisor: Patricia A. Resick, Ph.D.
- May, 2002 Master of Arts, Clinical Psychology
University of Missouri - St. Louis
Thesis Defended: September 2001
Advisor: Patricia A. Resick, Ph.D.
- May, 2000 Bachelor of Science, Biology Major
Truman State University - Kirksville, Missouri
Magna Cum Laude
Undergraduate GPA: 3.9

Clinical Experience:

- 12/19 – Present **PTSD Program Manager.** *Department of Veterans Affairs - St. Louis Health Care System – St. Louis, Missouri.*
- 11/07 – Present **Licensed Clinical Psychologist.** *Department of Veterans Affairs - St. Louis Health Care System – St. Louis, Missouri. PTSD Clinical Team 2.*
- 11/06 – 11/07 **Psychology Resident.** *Department of Veterans Affairs VA Health Care System - St. Louis, Missouri.*
- 09/04 – 08/05 **Psychology Intern.** *Department of Veterans Affairs Medical Center – St. Louis, Missouri.*
- 05/03 – 08/04 **Senior Clinic Assistant.** *Center for Trauma Recovery, University of Missouri – St. Louis.*

- 05/02 - 5/03 **Clinic Assistant.** *Center for Trauma Recovery, University of Missouri - St. Louis.*
- 05/01 – 08/04 **Therapist.** *Community Psychological Service, University of Missouri - St. Louis.*
- 01/01 – 08/04 **Psychological Examiner.** *Community Psychological Service, University of Missouri - St. Louis.*

Licensure/Certification:

- 2007 - Present **Missouri State License in Psychology.**
- 2010 - Present **ABPP (American Board of Professional Psychology) specialty board certification in Clinical Psychology.**
- 2008 – Present **Health Service Provider.**

Research Experience:

- 09/2011-09/2012 **Principle Investigator, OEF/OIF/OND Barriers to Group Therapy.**
- 04/03 – 06/04 **Dissertation, University of Missouri – St. Louis.**
The Role of Maladaptive Cognitions in Eating Disturbances among PTSD Positive Assault Victims. Chair: Patricia A. Resick, Ph.D.
- 05/02 – 08/04 **Senior Graduate Research Assistant.** *Center for Trauma Recovery, University of Missouri – St. Louis.*
- 05/00 – 05/02 **Graduate Research Assistant.** *Center for Trauma Recovery, University of Missouri - St. Louis.*
- 08/01 – 08/02 **National Violence Against Women Prevention Programming Project Team Member.** *Center for Trauma Recovery, University of Missouri – St. Louis.*
- 09/01 - 04/03 **Specialty Paper (Qualifying Paper), University of Missouri - St. Louis.**
Childhood Sexual Abuse and Bulimia Nervosa: Is there a link? Chair: Patricia A. Resick, Ph.D.
- 08/00 - 09/01 **Independent Research Project (Equivalent of Master's Thesis), University of Missouri - St. Louis.** *Predicting Treatment Outcome for Rape Survivors with PTSD: The role of peritraumatic and general dissociation.* Chair: Patricia A. Resick, Ph.D.

05/02 - 05/03 **Outcomes Project Manager.** *Center for Trauma Recovery, University of Missouri – St. Louis.* Supervisors:

Publications:

- Kracen, A.C., **Mastnak, J.M.**, Loaiza, K.L., & Matthieu, M.M. (2013). Group therapy among OEF/OIF veterans: treatment barriers and preferences. *Military Medicine*, 178, 146-149.
- Brawer, P.A., Brugh, A.M., Martielli, R.P., O'Connor, S.P., **Mastnak, J.M.**, Scherrer, J.F., & Day, T.E. (2011). Enhancing entrance into PTSD treatment for post-deployment veterans through collaborative/integrative care. *Translational Behavioral Medicine*, 1, 609-614.
- Kaysen, D., Scher, C., **Mastnak, J.**, & Resick, P. (2005). Cognitive mediation of childhood maltreatment and adult depression in recent crime victims. *Behavior Therapy*, 36, 235-244.
- Mastnak, J.** & Resick, P. (2004). Trauma and posttraumatic sequelae. *Corsini Encyclopedia*.

Conference Presentations:

- Brawer, P., Brugh, A., Martielli, R., O'Connor, S., **Mastnak, J.**, & Fagan, C. (2011). *Enhancing entrance into treatment for post-deployment veterans through collaborative/integrated care.* Oral paper presentation at the 32nd Annual Meeting and Scientific Sessions of the Society of Behavioral Medicine, Washington, D.C.
- Mastnak, J.** & Resick, P. (2003). *Relationship between maladaptive cognitions and eating disturbances in a sample of female assault victims.* Poster session presented at the 19th Annual Meeting of the International Society for Traumatic Stress Studies. Chicago, Illinois.
- Mastnak, J.** & Resick, P. (2002). *Use of the physical reactions scale in predicting PTSD among female trauma survivors.* Poster session presented at the 18th Annual Meeting of the International Society for Traumatic Stress Studies. Baltimore, Maryland.
- Nishith, P., Gillaspay, J., Kaysen, D., **Mastnak, J.**, Resick, P., & Griffin, M. (2002). *Factor structure of peritraumatic dissociation in female acute assault victims.* Poster session presented at the 18th Annual Meeting of the International Society for Traumatic Stress Studies. Baltimore, Maryland.

Teaching Experience:

- March 2019 **Veteran Ally Training.** *Brown School of Social Work, Washington University – St. Louis, MO.*
- February 2018 **Veteran Ally Training.** *Brown School of Social Work, Washington University – St. Louis, MO.*
- July 2017 - present **Senior Lecturer.** *Brown School of Social Work, Washington University – St. Louis, MO.* Responsibilities include teaching graduate level courses, contributions to course development, and student advising.
- 2014 -2017 **Adjunct Faculty Member. Course: Advanced Social Work Practice in Trauma with Adults.** *St. Louis University – St. Louis, MO.* The course was co-taught with Drs. Karen Loaiza and Monica Matthieu. The content of the course included evidence-based assessment and interventions for adults with trauma-related disorders. The course included on-line components for assignments and course requirements
- 2015-2017 **Adjunct Faculty Member. Course: Applied Behavior Therapy.** *Brown School of Social Work, Washington University – St. Louis, MO.* This course was designed to introduce students with a mental health concentration to the theoretical underpinnings and interventions of Behavior Therapy. Emphasis is placed on the use of multi-media techniques, including lecture, role-plays, and video demonstrations.
- 2014-2017 **Adjunct Faculty Member. Course: Differential Diagnosis.** *Brown School of Social Work, Washington University – St. Louis, MO.* This course was built based on DSM-V criteria. Course content includes structured didactic lecture (power-point), video/documentaries, and role-plays.
- 2011-2017 **Adjunct Faculty Member. Course: Cognitive Processing Therapy Skills Lab.** *Brown School of Social Work, Washington University – St. Louis.* This course was designed to help Master’s Level social work students gain knowledge and basic skills in Cognitive Processing Therapy (CPT), an evidence-based treatment for Posttraumatic Stress Disorder. Opportunities to role-play and practice basic skills and techniques are a critical component of the course.
- 2010-present **Instructor. Evidence-Based Treatment Didactic Series – Cognitive Processing Therapy.** *Department of Veterans Affairs Medical Center – St. Louis, MO.* Provided training to psychology interns and residents on Cognitive Processing Therapy. The series includes a presentation of the theoretical underpinnings of CPT, a critical review of the empirical

literature supporting the use of CPT in a variety of populations, and an overview of the treatment interventions. The series also includes discussions of potential ethical issues that may arise in treatment as well as discussions about cultural diversity issues.

- 05/03 – 08/04 **Instructor. Selected Projects in Field Placement: Helping Victims of Crime.** *University of Missouri - St. Louis.* Lectured on topics pertinent to criminology and psychology, including posttraumatic stress disorder, depression, suicidality, cognitive theory, crisis intervention, vicarious traumatization, domestic violence, sexual assault, and case documentation.
- 10/00 – 08/04 **Guest Lecturer. Directed Studies.** *University of Missouri - St. Louis.* Lectured undergraduate students on various topics including ethics, depression, and suicidality.

Committee Membership:

- 2015–present** Psychology Training Council. Clinical Training Specialist. *Department of Veterans Affairs Medical Center – St. Louis, MO.*
- 2011–present** Mental Health Quality Management Council. *Department of Veterans Affairs Medical Center – St. Louis, MO.*
- 2008-2015** Psychology Credentialing Council. *Department of Veterans Affairs Medical Center – St. Louis, MO.*
- 2008-2011** Research Council. *Department of Veterans Affairs Medical Center – St. Louis, MO.*

Additional Professional and Leadership Experiences:

- 2016–Present **IPT Provider.** Completed the training and practice requirements established by the Veterans Administration to be recognized as an IPT (Interpersonal Psychotherapy) provider.
- 2014 - Present **PE Provider.** Completed the training and practice requirements established by the Veterans Administration to be recognized as an PE (Prolonged Exposure Therapy) provider.
- 2010 - Present **CBT Provider.** Completed the training and practice requirements established by the Veterans Administration to be recognized as an CBT (Cognitive Behavioral Therapy) provider.

- 2008 - Present **CPT Provider.** Completed the training and practice requirements established by the Veterans Administration to be recognized as an CPT (Cognitive Processing Therapy) provider.
- 03/08 – 04/2012 **PTSD Mentor.** *Department of Veterans Affairs Medical Center – St. Louis, MO.* Elected by administration to serve as a mentor for PTSD programs throughout the VISN. Completed training in San Antonio, TX, organized monthly phone conferences with PTSD Program Managers throughout the VISN, and co-facilitated a VISN-wide conference.
- 11/08 **Operation Homecoming.** *Department of Veterans Affairs Medical Center – St. Louis, MO.* Supported a writing workshop (hosted by author Andrew Carroll) to assist veterans in writing about the wartime experience.

Honors and Awards:

Department of Veterans Affairs Medical Center – St. Louis, MO

2019 James H. Wallhermfecht Outstanding Contributions in Psychology Award. Nominated and selected by peers for an award recognizing “Commitment to Clinical Excellence; Dedication to Research and Training; Innovation in Programming; Devotion to Ethical Practice; Wisdom and Perspective; a Pinch of Wit”.

Department of Veterans Affairs Medical Center – St. Louis, MO

2016 Terry Dunn Award. Nominated and selected by peers for an award recognizing “Commitment to Honoring the Accomplishments of Others, Consistent Effort at Building Staff Morale, Generosity of Time and Resources, a Presence Marked by Humility, Lightheartedness, and Respect”.

Department of Veterans Affairs Medical Center – St. Louis, MO

Special Contribution Award. Selected and Recognized for Best Practice, 2008, Performance Improvement Team Award.

University of Missouri – St. Louis

Sherman Scholarship Award, 2003