

Trauma, Dissociation and PTSD Research Group
2011-2012
Lynn C. Waelde, Ph.D.

This research group will be the best match for students who are interested in learning to conduct research through every phase from initial literature review through data collection and preparing papers for publication. The Research Group meets one hour a week during the regular school terms to coordinate our collaborative projects and for didactics and discussion about research. Meetings are held at a time that is mutually convenient for RG members.

Current Projects: We are currently involved in the following collaborative projects. Students can also conduct their own independent projects.

1. Survey and PTSD psychodiagnostic interview study of the traumatic impact of race-related stress;
2. Survey of (N = 80) active duty military in residential treatment for substance use disorders about their experiences and responses to military service in Iraq and Afghanistan; and
3. We also have access to rich data archives concerning: the traumatic impact of racism, ethnicity and trauma, religion/spirituality and trauma, responses to natural disaster, and characteristics of PTSD among Vietnam veterans.

Openings: 2 to 4 new members to join the group in Fall quarter.

Application Process: Interested students are asked to submit the following items to Dr. Waelde by the regular deadline by **email** only.

1. Curriculum Vitae
2. Brief email discussing past research experience, how and why the student became interested in trauma, dissociation and PTSD, and description of specific research and clinical interests in this group
3. A writing sample, which can be a paper submitted for a class while a student at PGSP.

Recent Trauma-Related Publications (those with student coauthors marked by *):

- *Estupinian, G., & Waelde, L. C. (in press). The impact of spirituality on posttraumatic stress disorder and depression among military personnel. *Counselling and Spirituality*.
- Murray-Swank, N. A., & Waelde, L. C. (in press). Spirituality, religion, and sexual trauma. In K. I. Pargament, A. Mahoney, & E. Shafranske (Eds.). *APA Handbook of psychology, religion, and spirituality*. Washington, DC: American Psychological Association.
- *Waelde, L. C., Pennington, D., Mahan, C., Mahan, R., Kabour, M., & Marquett, R. (2010). Psychometric properties of the Race-Related Events Scale: A measure of race-related stress. *Psychological Trauma: Theory, Research, Practice, and Policy*, 2, 4-11.
- *Waelde, L. C., Silvern, L., Carlson, E., Fairbank, J. A., & Kletter, H. (2009). Dissociation in PTSD. In P. F. Dell & J. A. O'Neil, (Eds.), *Dissociation and the Dissociative Disorders: DSM-V and Beyond* (pp. 447-456). New York: Routledge.
- *Bruce, E., & Waelde, L. C. (2008). Relationships of ethnic identity and trauma symptoms to delinquency. *Journal of Loss and Trauma*, 13, 395-405.
- *Waelde, L. C., Uddo, M., Marquett, R., Ropelato, M., Freightman, S., Pardo, A., Salazar, J. (2008). A pilot study of meditation for mental health workers following Hurricane Katrina. *Journal of Traumatic Stress*, 21, 497-500.

- Waelde, L. C. (2008). Meditation. In G. Reyes, J. D. Elhai, & J. D. Ford (Eds.), *Encyclopedia of psychological trauma*. Hoboken, New Jersey: John Wiley & Sons.
- *Khaylis, A., Waelde, L. C., & Bruce, E. (2007). The role of ethnic identity in the relationship of race-related stress to PTSD symptoms among young adults. *Journal of Trauma and Dissociation*, 8, 91-105.
- Waelde, L. C., Silvern, L., & Fairbank, J. A. (2005). A taxometric investigation of dissociation in Vietnam Veterans. *Journal of Traumatic Stress*, 18, 359-369.
- Schnurr, P. P., Lunney, C., Sengupta, A., & Waelde, L. C. (2003). A descriptive analysis of PTSD subtypes among Vietnam veterans. *Journal of Traumatic Stress*, 16, 545-553.
- Waelde, L. C., Koopman, C., Rierdan, J., & Spiegel, D. (2001). Symptoms of acute stress disorder and posttraumatic stress disorder following exposure to disastrous flooding. *Journal of Trauma and Dissociation*, 2(2), 37-52.
- Cardeña, E., Koopman, C., Classen, C., Waelde, L. C., & Spiegel, D. (2000). Psychometric properties of the Stanford Acute Stress Reaction Questionnaire (SASRQ): A valid and reliable measure of acute stress. *Journal of Traumatic Stress*, 13, 719-734.

Recent Trauma-Related Presentations (those with student coauthors marked by *):

- *Delorefice, A., Pan, I., & Waelde, L. C. (2011, August). *Ethnic differences in responses to meditation among mental health workers following Hurricane Katrina*. Poster session to be presented at the 119th Annual Convention of the American Psychological Association, Washington, D.C.
- *Estupinian, G., & Waelde, L. C. (2011, August). *The impact of spirituality on posttraumatic stress disorder and depression among military personnel*. Poster session to be presented at the 119th Annual Convention of the American Psychological Association, Washington, D.C.
- *Kukreja, S., & Waelde, L. C. (2011, August). *Posttraumatic growth among OEF/OIF era military personnel*. Poster session to be presented at the 119th Annual Convention of the American Psychological Association, Washington, D.C.
- *Nazzal, K.H., Ng, N., Waelde, L. C., & Gomez, R. (August, 2011). *Impact of Arab and United States' identification levels and religion on race-related stress and perception of a racist environment in Arab Americans*. Poster session to be presented at the 119th Annual Convention of the American Psychological Association, Washington, D.C.
- *Pan, I., Delorefice, A., Shapiro, A., & Waelde, L. C. (2010, November). *Responses to intrusions and PTSD among active duty military*. Poster session presented at the 26th Annual Meeting of the International Society of Traumatic Stress Studies, Montréal, Québec, Canada.
- *Ropelato, M., & Waelde, L. C. (2010, August). *Religious coping in race-related posttraumatic stress disorder*. Poster session presented at the 118th Annual Convention of the American Psychological Association, San Diego, CA.
- Waelde, L. C. (2009, November). Responses to race-related stress among diverse ethnic groups. In Elisa Triffleman (Chair) *Race and sexual minority-related stressors in the intersection between diversity and trauma*. Symposium presented 25th Annual Meeting of the International Society of Traumatic Stress Studies, Atlanta, GA.
- Waelde, L. C. (2008, November). Possible mechanisms of mindfulness and meditation as PTSD interventions. In L. C. Waelde (Chair), *Mindfulness, meditation, and CBT: Similarities and differences*. Symposium conducted at the 24th Annual Meeting of the International Society for Traumatic Stress Studies, Chicago, IL.
- *Waelde, L. C., Uddo, M., Estupinian, G., Mortensen, M. J., Kukreja, S., Spanring, J., & Zief, A. (2008, November). *Meditation homework adherence in PTSD treatment*. Poster

presented at the 24th Annual Meeting of the International Society for Traumatic Stress Studies, Chicago, IL.

Niles, B., Luterek, J., Walser, R., & Waelde, L. C. (2007, November). In B. Niles (Chair), *Use of mindfulness training in the treatment of PTSD for veterans*. Symposium conducted at the 23rd Annual Meeting of the International Society for Traumatic Stress Studies, Baltimore, MD.

*Waelde, L. C., Marquett, R., Ropelato, M., Freightman, S., Pardo, A., Salazar, J., & Uddo, M. (2007, August). *Meditation for mental health workers following Hurricane Katrina*. Poster presented at the 115th Annual Convention of the American Psychological Association, San Francisco, CA.

Grant Support

Waelde, L. C. (PI). *A Pilot Study of Meditation for PTSD among OEF/OIF Returnees*. Project Dates: 11/1/07-12/30/10. Funding Source: Strategies Foundation. Total Direct Costs: \$6,000. This randomized controlled pilot study will investigate Waelde's (2004) *Inner Resources for Veterans* meditation vs. psychoeducation and telephone support for posttraumatic stress disorder and quality of life among OEF/OIF returnees. An online survey will investigate experiences and responses to military participation in OIF/OEF.