

# Peter C. Tappenden

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## Contact Information

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## Education

### Northern Illinois University

*DeKalb, IL.*

Clinical Psychology PhD Candidate.

Summer 2021-Present

### Colgate University

*Hamilton, NY.*

Degree: B.A., Psychology, *Magna Cum Laude*, with High Honors.

Cumulative GPA: 3.71/4.00.

Major GPA: 3.81/4.00.

Fall 2014-Spring 2018

## Clinical Experience

### Graduate Student Clinician

*NIU Psychological Services Clinic, DeKalb, IL*

Supervisors: Danielle Baran, PhD; Amy Jakobsen, PhD; Holly Orcutt, PhD

- Conducted weekly individual adult psychotherapy sessions, drawing from CBT, DBT, and IPT approaches.
- Administered and interpreted psychodiagnostic assessments such as the WAIS-IV, WJ-ACH-IV, DKEFS, and SCID-5-CV.
- Provided individual psychodiagnostics assessment result feedback sessions to clients.
- Engaged in weekly group supervision with supervisors and peers.

June 2022-Present

## Research Experience

### Clinical Research Coordinator

*James J. Peters VA Medical Center, Bronx NY.*

*Traumatic Stress Studies Division*

Supervisor: Heather Bader, BS

*A Novel Posttraumatic Stress Disorder Treatment for Veterans with Moral Injury Study*

PI: Shira Maguen, PhD / Site PI: Amy Lehrner, PhD

- Conducted screening interviews with potential patients and participated in patient inclusion discussions with study psychologists and outpatient psychiatrists.
- Conducted semi-structured treatment evaluation interviews with participants.
- Coordinated with other study sites (San Francisco VA and Durham VA) to ensure the completion and submission of all IRB applications and reports.
- Led participant recruitment endeavors.
- Educated patients about study treatment and procedures and obtained informed consent.
- Administered surveys and other assessments to participants at each study timepoint.
- Maintained detailed participant screening and tracking database.

Summer 2018-Spring 2021

- Communicated regularly with study treatment sites to monitor study progress.

*Evaluation of Glucocorticoid-Related Prognostic and Diagnostic PTSD Biomarkers*

PI: Rachel Yehuda, PhD

- Educated participants about the study design, purpose, and risks before obtaining informed consent.
- Administered neurocognitive tests to study participants.
- Participated in weekly participant tracking meetings with study clinicians and research staff to ensure continued participant treatment and study participation.
- Oversaw the timely preparation and submission of regulatory documents to the IRB.
- Coordinated collection of participant blood and urine samples and ensured safe delivery of the samples to the research lab for processing.
- Maintained detailed participant screening and tracking database.
- Entered participant data from treatment and study procedures into REDCap.
- Wrote and submitted study progress reports to sponsors.

Fall 2017-Spring 2018

**Senior Honors Thesis Research**

*Colgate University, Hamilton NY*

*Department of Psychology*

*Title: Narrating Life in the Military: The Relationship Between Veterans' Narrative Processing of their Service Experiences and their PTSD Symptoms, Daily Functioning, and Wellbeing*

Advisor: Dr. Rebecca Shiner, PhD

- Organized data collection from a sample of veterans through the online survey platform Qualtrics.
- Tailored highly stressful and important service event narrative prompts for the study.
- Identified validated PTSD-symptom, subjective wellbeing, functional impairment, and depression measures for use in the study.
- Created a coding system to turn the qualitative veteran written narratives into quantitative data.
- Worked with Qualtrics to conduct study online.
- Designed study surveys using Qualtrics.

**Research Intern**

*Home Base Program, Boston MA.*

*Massachusetts General Hospital*

Supervisor: Eric Bui, MD, PhD

- Assisted with project funded by the Elizabeth Dole Foundation to tailor Home Bases' "Resilient Warrior" Stress relief program to target the specific needs of veteran caregivers.
- Took minutes for intensive care program clinical rounds.
- Conducted literature reviews for a variety of studies relating to PTSD and TBI in United States Military veterans, substance abuse, and video-conference focus groups.
- Entered patient data from the intensive care program and outpatient program into REDCap.

Summer 2017

**Research Intern**

Summer 2015

University of Michigan Dept. of Physical Medicine and Rehabilitation  
Ann Arbor, MI.

Supervisor: Andrew Haig, MD.

- Assisted in interviewing physical rehabilitation patients.
- Assisted in the development of the Cancer Rehabilitation Screening Tool (CRST) a quick screening tool for assessing the rehabilitation needs of bone marrow transplant patients.
  - Researched and identified causes of distress amongst bone marrow transplant patients.
  - Entered bone marrow transplant data into Excel spreadsheet.
  - Co-authored a poster for the CRST, accepted by the International Society of Physical Medicine and Rehabilitation.
- Conducted grant-maker searches to fund an endeavor to open a rehabilitation education program in Ghana.

**Teaching Experience****Graduate Student Teaching Assistant – Instructor**

Fall 2022 - Present

*Introduction to Psychology (PSYC 102)*

Northern Illinois University, DeKalb, IL

Course Coordinators: Michelle Lilly, PhD, Anne Britt, PhD

- Developed and delivered lectures on a range of topics under the psychology umbrella (e.g., neuroscience, clinical psychology, developmental psychology) for 50 student sections (two sections during fall semester, one during spring semester).
- Held weekly office hours to answer questions and mentor students interested in pursuing a major in psychology.
- Graded quizzes, assignments, and exams.

**Publications**

**Tappenden, P.C.**, Cole, T.A., Valentine, J.N., Lilly, M.M. (2023). Examining the psychometric properties of the expressions of moral injury scale in a sample of first responders. *Psychological Trauma: Theory, Research, Practice, and Policy*. Advance online publication. <https://doi.org/10.1037/tra0001569>

**Tappenden, P.** (2022). This Just In: False Memories from Fake News. *Cog Blog*, 2, 40-43.

**Tappenden, P.**, Pratchett, L., & Yehuda, R. (2022). Biological Contributions to PTSD: Predicting Long Term Symptoms. In J. Beck and D. Sloan (Eds). *The Oxford Handbook of Traumatic Stress Disorders, Second Edition*. New York, Oxford University Press. DOI: [10.1093/oxfordhb/9780190088224.013.14](https://doi.org/10.1093/oxfordhb/9780190088224.013.14)

**Tappenden, P. C.**, Shiner, R. L., & Mo, F. (2022). Narrating life in the military: Links between veterans' narrative processing of service experiences and their posttraumatic stress symptoms and well-being. *Journal of Traumatic Stress*, 35, 288– 301. <https://doi.org/10.1002/jts.22738>

**Tappenden, P.** (2019). Distress from the Screen: The Impact of the Media on PTSD Symptoms. *International Society for Traumatic Stress Studies "StressPoints" eNewsletter*.

**Presentations**

**Tappenden, P.C.**, Jessen, A., Valentine, J., Robinson, D., & Lilly, M.M. Emotional Impacts and Perceived Benefits. Poster abstract accepted for presentation at the 39<sup>th</sup> Annual Meeting of the International Society for Traumatic Stress Studies conference, Los Angeles, CA.

- Tappenden, P. C.**, Valentine, J., Reffi, A., Cole, T., & Lilly, M. M. (2022, November). Moral Injury in First Responders: Rates of PMIE Exposure and Associated Outcomes. Poster presented at the 38th Annual Meeting of the International Society for Traumatic Stress Studies conference, Atlanta, GA.
- Reffi, A. N., **Tappenden, P.**, Valentine, J., Drake, C. L., & Lilly, M. M. (2022, November). Fear of sleep in public safety personnel and its correlates with mental health. Poster presented at the 38th Annual Meeting of the International Society for Traumatic Stress Studies conference, Atlanta, GA.
- Valentine, J., **Tappenden, P.**, Larkin, K., Reffi, A., & Lilly, M. M. (2022, November). The Impact of COVID-19 Stress on Mental Health and Sleep in First Responders. Poster presented at the 38th Annual Meeting of the International Society for Traumatic Stress Studies conference, Atlanta, GA.
- Tappenden, P.**, Presseau, C., & Lehrner, A. (2021) *Social Support and Experiences of Moral Injury in an Urban US Military Veteran Sample*. Poster Presented at the International Society for Traumatic Stress Studies 37<sup>th</sup> Annual Meeting.
- Tappenden, P.**, Shiner, R., & Mo, F. (July 2021). *Narrating Life in the Military: Links Between Veterans' Narrative Processing of Service Experiences, Post-Traumatic Stress Disorder Symptoms, and Well-Being*. Data blitz talk given at the Association for Research in Personality 7<sup>th</sup> Biennial Conference.
- Federico, L., Laifer, L., Chen, Y., **Tappenden, P.**, & Tanev, K. (2017). *Inhibitory control, verbal learning, and cognitive flexibility improve with completion of cognitive-behavioral therapy for PTSD in post-9/11 veterans*. Poster session presented at Massachusetts General Hospital Clinical Research Day. Boston, MA.
- Haig, A., Smith, S., **Tappenden, P.**, Hobson, M., Kanphade, G., & Magnau, J. (2016). *The cancer rehabilitation screening tool: a short test to identify rehabilitation needs on oncology wards and outpatient services*. Abstract accepted by the International society for Physical and Rehabilitation Medicine, June 2016, Kuala Lumpur, Malaysia.

## Grants

- Internship Summer Funding** Summer 2017  
*Colgate Career Services*  
 \$3,234 towards working as a summer research intern at the Home Base Program in Boston, MA.

## Honors and Awards

- High Honors in Psychology** Spring 2018
- To graduate with high honors in psychology, a student must have: 1) an overall GPA of 3.50 or better; 2) a major GPA of 3.70 or better; 3) a two-semester independent research project of very high quality, and; 4) an oral examination performance that demonstrates mastery of the senior thesis and related fields.
- Kevin Carlsmith Prize** Spring 2018
- Awarded to an outstanding senior with an interest in social, cognitive, or clinical psychology.
- Inducted in Psi Chi International Honor Society in Psychology.** Fall 2017
- Dean's Award with Distinction.** Fall 2016-Spring 2018

- Students who receive a term GPA of 3.6 or higher while completing at least 3 course credits for a conventional letter grade and a minimum of 3.75 total course credits.

Fall 2014-Spring 2018

**Dean's Award for Academic Excellence.**

- Students who receive a term GPA of 3.3 or higher while completing at least 3 course credits for a conventional grade and a minimum of 3.75 total course credits.

Fall 2014-Fall 2017

**Patriot League Conference Academic Honor Roll.**

- One of only fifteen seniors in the whole conference (graduating in 2014) to make the honor roll four straight years.
- To be eligible for Patriot League Conference Academic Honor Roll, a student-athlete must earn a 3.20 grade-point average in the fall semester and be awarded a letter in one of the Patriot League's seven fall championship sports.

Fall 2014-Fall 2017

**Raider Academic Honor Roll**

- To be eligible for the Raider Academic Honor Roll, a student-athlete must earn a 3.25 grade point average in the fall semester and be awarded a letter in one of Colgate University's fall championship sports.

**Athletics****Division 1 Colgate Men's Soccer***Hamilton, NY.*

- 20 hours of training per week throughout all but one month of the school year.
- Balanced academics with travelling across the country for games.
- NCAA Tournament Sweet Sixteen Appearance.
- 2 Time Patriot League Tournament Champion.

Fall 2014-Fall 2017

**Volunteering****Raider Adopt a Classroom Program***Sherburne Elementary School, Sherburne, NY.*

- Help local elementary students aged 8 to 10 with reading and math through interactive activities and games.
- Speak to classes about the discipline, teamwork, and academic focus required to be a division 1 athlete.

Fall 2014-Fall 2017

**AFC Ann Arbor Soccer Camp***Ann Arbor, MI.*

- Coached community soccer camps for Arbor youth aged 6 to 14 while playing for semi-professional soccer team AFC Ann Arbor.

Summer 2016

**References available upon request.**