

Keith S. Cox

Psychology Department
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Position

Associate Professor, Psychology Department, UNC-Asheville, 2015-present
 Psychologist, Responder Support Services, 2021-present
 Co-Chair, Exposure Therapy Consortium Marketing and Communications Working Group, 2025-present

Former

Community Based Clinical Faculty, MAHEC Psychiatry Department, 2022-23
 Psychologist, PTSD Clinical Team, Ralph H. Johnson VA Medical Center, 2014-2015
 Assistant Clinical Faculty, Department of Psychiatry and Behavioral Sciences, Medical University of South Carolina, 2014-2015
 Faculty Member, Charleston Consortium Psychology Internship Program, 2014-2015

Education

Ph.D. in Clinical and Personality Psychology (August 2013)
 Northwestern University

M.S. in Clinical and Personality Psychology (December 2009)
 Northwestern University

M.A. in Religious Studies (May 2007)
 University of Virginia

B.S. in Physics, B.A. in Philosophy (May 2001)
 University of Georgia

Research and Scholarly Interests

Science communication about traumatic stress and posttraumatic growth. PTSD and cognitive alterations post-trauma. Dissemination and implementation of science-based treatments for PTSD and mental health. Mechanisms in the treatment of PTSD. Traumatic memory, emotional processing, and the life story. Meaning making, the life story, and human flourishing. Moral development and the narrative self. Psychological perspectives on virtue. Well-being and the good life.

Peer-Reviewed

Publications

Undergraduate researchers in italics and bolded.

Cox, K. S. (2025). Exposure reconceptualized as transtheoretical approach: Commentary on Rubenstein et al. *American Psychologist* (in press).

Cox, K. S. (2024). Repackaging exposure therapy as the practice of approach: A new idea for an old problem. *The Behavior Therapist*, 47(7), 341-48.

Cox, K. S., & Codd, R. T. (2024). Advocates of research supported treatments for PTSD are losing in lots of ways: What are we going to do about it? *Research on Social Work Practice*, 34(4), 347-359. <https://doi.org/10.1177/10497315231206754>

Cox, K. S., Baker, R., Joudry, C, Acierno, R. (2023). Exposure Treatments and First Responders: An Embedded Behavioral Health Perspective. In S. Buser, M. L. Bourke, & V. B. Van Hasselt (Eds.), *First responder mental health: A clinician's guide*. Springer

Cox K. S., Wiener, D., Rauch S. A. M., Tuerk, P. W., Wangelin, B., & Acierno, R. (2023). Individual symptom reduction and post-treatment severity: Varying levels of symptom amelioration in response to Prolonged Exposure for Posttraumatic Stress Disorder. *Psychological Services*, 20(1), 94-106.

Cox, K. S., & Lott, M. E. (2021). The virtues of attachment. In E. Harcourt (Ed.), *Attachment and character: Attachment theory, ethics and the developmental psychology of vice and virtue*. Oxford University Press.

Cox, K. S., & Holcomb, Z. C. (2021). *Interpreting basic statistics: A workbook based on excerpts from journal articles* (9th ed.). Routledge.

Chiang, E. S., **Riordan, K. M.**, Ponder, J., Johnson, C., & **Cox, K. S.** (2021). Distinguishing firefighters with subthreshold PTSD from firefighters with probable PTSD or low symptoms. *Journal of Loss and Trauma*, 26(1), 65-77.

Cox, K. S., Wangelin, B., Keller, S. M., Lozano, B. E., Murphy, M. M., Maher, E., Cobb, A., Tuerk, P. W. (2020). Emotional processing of imaginal exposures predicts symptom improvement: Using therapist ratings to assess psychotherapy trajectory in Prolonged Exposure for PTSD. *Journal of Traumatic Stress*, 33(3), 338-344.

Badour, C. L., **Cox, K. S.**, Goodnight, J. R. M., Flores, J., Tuerk, P. W., & Rauch, S. A. M. (2020). Sexual health among veterans seeking outpatient treatment for PTSD: Does successful PTSD treatment also yield improvements in sexual desire? *Psychiatry: Interpersonal and Biological Processes*, 83(1), 70-83.

Wilt, J., Adler, J. M., Dunlop, W. L., & **Cox, K. S.** (2020). Dan McAdams. In B. J. Carducci (Editor-in-Chief) & C. S. Nave (Vol. Ed.), *The Wiley-Blackwell encyclopedia of personality and individual differences: Models and theories* (Vol. 1, pp. 83-87). Hoboken, NJ: John Wiley & Sons. (Note: submission invited and reviewed by editors.)

Cox, K. S., Hanek, K. J., & **Cassario, A. L.** (2019). Redemption in a single low point story longitudinally predicts well-being: The incremental validity of life story elements. *Journal of Personality*, 87(5), 1009-1024.

Cox, K. S., & McAdams, D. P. (2019). Mean level differences in the vividness, meaning, and coherence of life story high and low points: How valenced life stories do and do not differ. *Identity*, 19(2), 128-143.

Holcomb, Z. C. & **Cox, K. S.** (2017). *Interpreting basic statistics: A workbook based on excerpts from journal articles* (8th ed.). Routledge.

Clapp, J. D., Kemp, J. J., **Cox, K. S.**, & Tuerk, P. W. (2016). Patterns of change in response to prolonged exposure: Implications for treatment outcome. *Depression and Anxiety*, 33(9), 807-815.

Cox, K. S., Moulso, E. R., Venners, M. R., Defever, M. E., Duvivier, L., Rauch, S. A., M., Strom, T. Q., Joiner, T. E., & Tuerk, P. W. (2016). Reducing suicidal ideation through evidence-based treatment for Posttraumatic Stress Disorder. *Journal of Psychiatric Research*, 80, 59-63.

Cox, K. S. (2015). Meaning making in the life story, and not coherence or vividness, predicts well-being up to 3 years later: Evidence from high point and low point stories. *Identity*, 15(4), 241-262.

Following publications occurred prior to UNCA:

Weston, S. J., **Cox, K. S.**, Condon, D. M., & Jackson, J. J. (2015). A comparison of human narrative coding of redemption and automated linguistic analysis for understanding life stories. *Journal of Personality*, 84(5), 594-606.

Cox, K. S., & McAdams, D. P. (2014). Meaning making during high and low point life story episodes predicts emotion regulation two years later: How the past informs the future. *Journal of Research in Personality*, 50, 66-70.

Cox, K. S., Resnick, H. S., & Kilpatrick, D. P. (2014). Prevalence and correlates of posttrauma distorted beliefs: Evaluating DSM-5 PTSD expanded cognitive symptoms in a national sample. *Journal of Traumatic Stress*, 27(3), 299-306.

Uliaszek, A. A., Wilson, S., Mayberry, M., **Cox, K. S.**, & Maslari, M. (2013). A pilot intervention of multifamily dialectical behavior group therapy in a treatment-seeking adolescent population: Effects on teens and their family members. *The Family Journal*, 22(2), 206-215.

Cox, K. S., Casablanca, A. M., & McAdams, D. P. (2013). "There is nothing good about this work:" Identity and unhappiness among Nicaraguan sex workers. *Journal of Happiness Studies*, 14(5), 1459-1478.

Cox, K. S. (2012). Happiness and unhappiness in Nicaragua: Subjective well-being among sex workers, dump dwellers, and urban and rural poor. *Journal of Happiness Studies*, 13(1), 103-128.

Cox, K. S., & McAdams, D. P. (2012). The transforming self: Service narratives and identity change in emerging adulthood. *Journal of Adolescent Research*, 27(1), 18-43.

- Cox, K. S.** (2010). Elevation predicts domain specific volunteerism 3 months later. *Journal of Positive Psychology*, 5(5), 333-341.
- Cox, K. S.**, Wilt, J., Olson, B., & McAdams, D. P. (2010). Generativity, the Big Five, and psychosocial adaptation in midlife adults. *Journal of Personality*, 78(4), 1185-1208.
- McAdams, D. P., & **Cox, K. S.** (2010). Self and Identity across the Lifespan. In R. Lerner, A. Freund, & M. Lamb (Eds.), *Handbook of lifespan development* (Vol. 2, pp. 158-207). Wiley.
- Wilt, J., **Cox, K. S.**, & McAdams, D. P. (2010). The Eriksonian life story: Developmental scripts and psychosocial adaptation. *Journal of Adult Development*, 17(3), 156-161.

Public Facing Publications and Videos

Cox, K. S. (2024, August 13). 6 Practices for Our Rootless Lives. *Psychology Today Blog*. <https://www.psychologytoday.com/us/blog/we-can-be-strong/202408/6-practices-for-our-rootless-lives-3>

Manuscripts in Preparation

Cox, K. S. Approach: One Way to Heal Many Wounds (book manuscript *under contract* with New Harbinger Publishing, full manuscript to publisher 12/25, publication date 10/26)

Cox, K. S. A transtheoretical paradigm for psychopathology development, maintenance, and remediation: Emotional Processing through the practices of approach

Cox, K. S., & Greenberg, L. Introducing Experiential Behaviorism: How Emotion Focused Therapy and Cognitive Behavioral Therapy Come Together to Reimagine Exposure as Approach

Scholarly and Clinical Presentations

Undergraduate researchers in italics and bolded.

* on last line indicates abstract peer reviewed before presentation accepted.

Cox, K. S. (2025, June 15) Thinking and talking about exposure therapy in culturally adaptive ways: Marketing, storytelling, and imagination in a diverse, urban context [Invited clinical brownbag]. Grady Trauma Project at Emory School of Medicine, Atlanta, GA, United States.

Cox, K. S. (2025, April 28) Thinking and talking about exposure therapy in a new way: Marketing, storytelling, and imagination in clinical practice [Invited clinical brownbag]. Grady Trauma Project at Emory School of Medicine, Atlanta, GA, United States.

Cox, K. S. (2025, April 5) Reimagining exposure therapy as approach: A new idea for an old problem [Symposium presentation and panel moderator]. Anxiety and Depression Association of America, Las Vegas, NV, United States.

Cox, K. S. (2025, March 24) Asheville rising: PTSD, resilience, and posttraumatic Growth after Helene [Symposium Presentation]. Henderson County Behavioral Health Conference, Hendersonville, NC, United States.

Cox, K. S. (2023, April 13) Out of the box uses of exposure: Expanding how we think about the most powerful tool in the psychotherapy toolkit [Symposium presentation]. Anxiety and Depression Association of America, Washington D. C., United States.*

Cox, K. S. (2022, June 27). The Pandemic and mental health: From epidemiology to the therapist's office [Invited talk]. Western North Carolina Psychological Association, Asheville, NC, United States.

Turner, C., Cox, K. S., Frank, T., (2022, May 18). MAHEC gap analysis and PTSD: Barriers to care in rural Western North Carolina [Poster presentation]. Annual Research Day at Mountain Area Health and Education Consortium, Asheville, NC, United States. *

Cox, K. S. (2022, March 15). Heavy hearts and anxious minds? The pandemic and mental health [Invited talk]. Osher Life Long Learning Institute, UNCA, Asheville, NC, United States.

Logan, R. A., Cox, K. S., Wangelin, B. C., Keller, S. M., & Tuerk, P. W. (2022, March 19). Rapid Improvement and Sudden Gains in Prolonged Exposure for PTSD: Pilot analysis to investigate the temporal precedence of cognitive emotional processing [Poster presentation]. Anxiety and Depression Association of America, Denver, CO., United States.*

Cox. K. S., Wangelin, B. C., & Tuerk, P. W. (2022, March 19). Therapist ratings of imaginal exposure and post-imaginal processing during Prolonged Exposure for PTSD: Psychotherapy processes from the therapist's perspective [Poster presentation]. Anxiety and Depression Association of America, Denver, CO., United States.*

Cox, K. S. (2022, March 15). Heavy hearts and anxious minds?: The Pandemic and mental health [Invited talk]. Osher Lifelong Learning Institute, UNC Asheville, Asheville, NC, United States.

Cox, K. S. & Codd, R. T. (2021, October 29). Treatment guidelines for traumatic stress and PTSD: Update on the science-base. [Invited talk]. Doctor of Psychology (PsyD) Program, Western Carolina University, Cullowhee, NC, United States (virtual).

Cox, K. S. & Codd, R. T. (2021, October 8). Update on the science-base for PTSD treatment [Invited talk]. Doctor of Psychology (PsyD) Program, Appalachian State University Psychology Department, Boone, NC, United States (virtual).

Cox, K. S. & Codd, R. T. (2021, September 9). Trauma, PTSD, and new treatment guidelines in adults and children [Invited talk]. Western North Carolina Psychological Association, Asheville, NC, United States (virtual).

Cox, K. S. (2021, April 8). Trauma, PTSD, and treatment in adults: Guidelines and controversies [Invited talk]. CBT Counseling Centers Clinical Training Series, Asheville, NC, United States (virtual).

Stewart, Z., Cox, K. S., Walquist, A., Beck, S., & Acierno, R. (2021, March 18-21). Telehealth versus in-person exposure therapy for Posttraumatic Stress Disorder in veterans with moderately elevated substance use: A pilot analysis [Poster presentation]. Anxiety and Depression Association of America 2021, virtual due to Covid 19. *

Cox, K. S. (2021, March 2). Trauma, PTSD, and treatment: New guidelines and clinical applications [Invited talk]. MAHEC Psychiatry Department Didactics Series, Asheville, NC, United States (virtual).

Robinson, S., Jornigan, M. J., Cox, K. S. (2020, November 5). PTSD from a public health perspective [Invited talk]. North Carolina Psychological Association Mountain West Roundtable, Asheville, NC, United States (virtual).

Stewart, Z., Cox, K. S., Walquist, A., Beck, S., & Acierno, R. (2020, March 19-22). Telehealth versus in-person Prolonged Exposure for Posttraumatic Stress Disorder in a veteran sample with moderately elevated substance use: A pilot analysis [Poster presentation]. Anxiety and Depression Association of America 2020, San Antonio, TX. (Poster presented online at *Depression and Anxiety* journal website as conference cancelled due to Covid 19.) *

Cox, K. S. (2019, October 25). Treating PTSD with psychotherapy: Where we are today and where we might go [Invited talk]. UNC Greensboro Clinical Psychology Brown Bag Series. Greensboro, NC, United States.

Chiang, E. S., **Riordan, K.**, Ponder, J., Johnson, C., & **Cox, K. S.** (2019, May 23-26). Firefighters' self-efficacy, job outcomes, subjective distress, and perceived barriers to treatment vary based on level of self-reported PTSD symptoms [Poster presentation]. Association for Psychological Science 2019, Washington, DC, United States. *

Cox, K. S., Badour, C.L., Goodnight, J.R.M., Flores, J., Tuerk, P. W., Rauch, S.A.M. (2019, March 28-31). Sexual health among veterans seeking outpatient treatment for PTSD: Does successful PTSD treatment also yield improvements in sexual desire? [Poster presentation]. Association of Depression and Anxiety of America 2019, Chicago, IL, United States. *

Cox, K. S. (2019, April 19). Psychotherapy and PTSD: The state of science and practice [Invited talk]. College Consortium at The Pisgah Institute, Asheville, NC, United States.

Cox, K. S. (2019, February 27). Psychotherapy for PTSD: Research and clinical updates in the use of exposure therapy [Invited talk]. The Pisgah Institute Clinical Rounds, Asheville, NC, United States.

Cox, K. S., (2018, October 7). Treating PTSD with psychotherapy: Where we are today and where we might go [Invited talk]. Western Carolina University Psychology Department Speaker Series, Cullowhee, NC, United States.

Cox, K. S., Wangelin B. C., Keller, S., Lozano, B., Murphy, M., Maher, E., & Tuerk, P. W. (2018, April 5-8). Understanding change in Prolonged Exposure Therapy for Posttraumatic Stress Disorder: Characteristics of post-imaginal processing predict next session improvement controlling for current symptoms [Poster presentation]. Anxiety and Depression Association of America 2018, Washington, D.C., United States. *

Cassario, A., Cox, K. S., & McAdams, D. P. (2018, March 1-4). Does the Right-Wing Authoritarianism Scale function differently among African Americans and White Americans?: Maybe so [Poster presentation]. Political Psychology Pre-Conference, Society for Personality and Social Psychology 2018, Atlanta, GA, United States. *

Rauch, S. A. M., **Cox, K. S.**, Mouilso, E. R., Venners, M. R., Defeverd, M. E., Duvivier, L., Strom, T. Q., Joiner, T. E., & Tuerk, P. W. (2017, April 6-9). Reducing suicidal ideation through evidence-based treatment for Posttraumatic Stress Disorder [Conference session]. Anxiety and Depression Association of America 2017, San Francisco, CA, United States. *

Lott, M. & **Cox, K. S.** (2016, October 31-November 1). Aristotle, character development, attachment theory, and parenting practices [Conference session]. The Development of Character: Attachment Theory and the Moral Psychology of Vice and Virtue. A conference at Keble College, Oxford University, Oxford, U.K.

Clapp, J. D., Kemp, J. J., **Cox, K. S.**, & Tuerk, P. W. (2016, October 27-30). Patterns of change in response to Prolonged Exposure: Implications for treatment outcome [Poster presentation]. Association of Behavioral and Cognitive Therapies (ABCT) 2019, New York, NY, United States. *

Cox, K. S., & Hanek, K. (2016, March 30-April 2). Thin slices of highly valenced memories predicts psychological functioning 4 years later [Conference session]. Southeastern Psychological Association 2016, New Orleans, LA, United States. *

Following presentations occurred prior to UNCA:

Cox, K. S., Lott, M. E., Wangelin, B., Tuerk, P., & McAdams, D. P. (2015, February 12-13). The soldier returned home: Trauma, virtue, and the narrative self [Invited talk as part of grant competition]. Self, Motivation, and Virtues Project, Templeton Foundation, Marquette, University, Madison, WI, United States.

Tuerk, P. W., Wangelin, B.C., **Cox, K. S.**, Center, K. (2014, May 1-2). Motivation and orientation groups prior to evidence based treatments for PTSD: Existing evidence from clinical care [Invited talk]. National Center for PTSD (NCPTSD) Administrators of VA PTSD Clinics Mentors Conference, 2014, Arlington, United States.

Weston, S. J., Jackson, J. J., & **Cox, K. S.** (2014, February 13-15). What is redemption? Searching for linguistic structure of redemptive stories [Conference session]. Society for Personality and Social Psychology 2014, Austin, TX, United States.

Cox, K. S. (2013, February 2). High quality, evidence-based, PTSD care for the active duty soldier [Invited presentation]. Substance Abuse Behavioral Health Clinic, Fort Stewart, GA, United States.

Cox, K. S. (2012, May 7). Cross-cultural data collection in researching happiness [Conference session]. Sneak-Peak Data Review, Northwestern University Psychology Department, Evanston, IL, United States.

Cox, K. S., Hanek, K., McAdams, D. P. (2011, June 14). Redemption's longitudinal power and what does or does not explain it [Conference session]. International Colloquium on The Life Story, Northwestern University Psychology Department, Evanston, IL, United States.

Cox, K. S., Swenson, J., & McAdams, D. P. (2011, January 27-29). The best and worst of times: Characteristics of the narratives of emotionally intense experiences strongly predict subjective well-being [Poster presentation]. Society for Personality and Social Psychology 2011, San Antonio, TX, United States.

Uliaszek, A. A., Wilson, S., Mayberry, M., **Cox, K.S.**, & Maslari, M. (2011, November 10). Adolescent and caregiver symptom change after participating in a multifamily DBT skills training group [Poster presentation]. International Society for the Improvement and Teaching of Dialectical Behavior Therapy 2011, Toronto, Ontario, Canada.

Cox, K. S. (2010, August 12). Doing psychological research in the developing world: Thoughts on methodology [Conference session]. International Council of Psychologists, Chicago, IL, United States.

Cox, K. S. (2010, August 11). Happiness in the developing world: Nicaragua, a case study [Conference session]. International Council of Psychologists, Chicago, IL, United States.

Cox, K. S. (2010, June 16-18). Narrative exposure therapy and other CBT techniques with torture survivors from Africa [Conference session]. Society for the Exploration of Psychotherapy Integration 2010, Florence, Italy.

Cox, K. S. (2010, May 20-22). Identity and unhappiness in the developing world: Life stories of Nicaraguan female sex workers [Conference session]. Narrative Matters 2010, Fredericton, NB, Canada.

Cox, K. S. (2010, April 23). Cognitive behavioral therapy with torture survivors from the developing world: Applications and limitations [Invited talk]. Marjorie Kovler Center for the Treatment of Torture Survivors, Chicago, Illinois, United States.

Cox, K. S. (2010, January 28-30). Elevation predicts volunteerism three months later [Poster presentation]. Society for Personality and Social Psychology 2010, Las Vegas, NV, United States.

Cox, K. S., & Casablanca, A. M. (2009, June 14-16). Happiness and unhappiness in Nicaragua: Subjective well-being among sex workers, dump dwellers, and urban and rural poor [Poster presentation]. Association for Research in Personality 2009, Evanston, IL, United States.

Cox, K. S. (2009, May 13). Happiness and unhappiness in the developing world: A case study in Nicaragua [Invited talk]. Social Sciences Division, University of Leon, Leon, Nicaragua.

Cox, K. S. (2009, May 10). Life satisfaction of marginalized groups in Nicaragua: Sex workers, dump-dwellers, and urban and rural poor [Invited talk]. Social Sciences Division, American University, Managua, Nicaragua.

Cox, K. S., & McAdams, D.P. (2009, April 9-11). Transformation self-narratives predict prosocial behavior three months later [Conference session]. Midwestern Psychological Association 2009, Chicago, IL, United States.

Cox, K. S., Wilt, J., Olson, B., & McAdams, D. P. (2009, April 9-11). Generativity, the Big Five, and psychosocial adaptation in midlife adults [Conference session]. Midwestern Psychological Association 2009, Chicago, IL, United States.

Wilt, J., **Cox, K.S.**, & McAdams, D.P. (2009, February 5-8). Beginnings and endings: The trust-generativity connection in life story narratives [Poster presentation]. Society for Personality and Social Psychology 2009, Tampa, FL, United States.

Publications by My Students in Undergraduate Research Journals

Cassario, A. L., Cox, K. S., Wilt, J. (2022) Right Wing Authoritarianism Scale (RWA) functions differently among African Americans than among White Americans. *Journal of Psychological Inquiry*, 26(1), 47-53.

Quindara, C., & Brown, H. (2016). Availability of evidence-based treatments for PTSD in civilian institutional and private practice settings: A case study in Asheville, NC. *NCUR Proceedings*.

Presentations by My Students at Undergraduate Research Venues

Lail, A., Pini, M., Burke, E., & Chancey, K (2024, April 23). Embedded behavioral health in first responder populations. UNC Asheville Spring Undergraduate Research Symposium, Asheville, NC.

Stockmaster, S. (2024, April 23). Resilience training in the military. UNC Asheville Spring Undergraduate Research Symposium, Asheville, NC.

Burke, E (2022, November 22). Finding evidence-based training in mental health at the master's level: It shouldn't be this hard. UNCA Fall Undergraduate Research Symposium 2022, Asheville, NC, United States.

Chancey, K (2022, November 22). What does the evidence say about Critical Incident Stress Management?: Further investigations of a confusing case. UNCA Fall Undergraduate Research Symposium 2022, Asheville, NC, United States.

Chancey, K. (2022, April 19). Critical incident stress management: Trying to untangle a confusing science base. UNCA Spring Undergraduate Research Symposium 2022, Asheville, NC, United States.

- Bledsoe, K. (2022, April 19). Black women as mental health providers: Perspectives from five interviews with clinicians in North Carolina. UNCA Spring Undergraduate Research Symposium 2022, Asheville, NC, United States.
- Turner, C. (2021, November 19). PTSD in Western North Carolina: Prevalence and Barriers to Care. UNCA Fall Undergraduate Research Symposium 2021, Asheville, NC, United States.
- Chao, J., & Jackson, L. (2021, November 19). Trauma and PTSD on social media and other electronic platforms: The quality of the information that is out there. UNCA Fall Undergraduate Research Symposium 2021, Asheville, NC, United States.
- Jornigan, M. J. (2021, April 19-28). MAHEC gap analysis: Finding mental healthcare gaps in Western North Carolina [Conference session]. UNCA Spring Undergraduate Research Symposium 2021, Asheville, NC, United States (virtual).
- Jornigan, M. J., & Robinson, S. (2020, November 4-20). Where to turn: An update on how PTSD is being diagnosed and treated in Buncombe County [Conference session]. UNCA Fall Undergraduate Research Symposium 2021, Asheville, NC, United States (virtual).
- Robinson, S., Noell, E., Whitley, M. (2020, Spring April 21). Where to turn: How PTSD is being diagnosed and treated in Buncombe County [Conference session]. UNCA Spring Undergraduate Research Symposium 2020, Asheville, NC, United States.
- Logan, B. (2020, Spring 21). Race and treatment outcome in Prolonged Exposure Therapy for PTSD among veterans [Conference session]. UNCA Spring Undergraduate Research Symposium 2020, Asheville, NC, United States.
- Trinko, S., (2019, November 26). Are mindfulness interventions an effective alternative or adjunctive to standard evidence-based therapies for PTSD?: A literature review. UNCA Fall Undergraduate Research Symposium 2019, Asheville, NC, United States.
- Whitley, M. (2019, November 26). Post-Traumatic Stress Disorder (PTSD) and Substance Use Disorder: A literature review to find the therapy with the most evidence of improving symptoms for the comorbid disorders. UNCA Fall Undergraduate Research Symposium 2019, Asheville, NC, United States.
- Stewart, Z. (2019, April 23). Examining the appropriateness of Prolonged Exposure administered via telehealth for a substance use elevated veteran population: A pilot analysis. UNCA Spring Undergraduate Research Symposium 2019, Asheville, NC, United States.
- Stafford, M. (2018, December 4). Buncombe County Sexual Assault Prevention Task Force policy toolkit [Poster presentation]. UNCA Fall Undergraduate Research Symposium 2018, Asheville, NC, United States.
- Wiener, D., Cox, K. S., & Acierno, R. (2018, April 21). Individual symptoms of Posttraumatic Stress Disorder have different amounts of change and residual levels through treatment [Conference session]. Carolinas Psychology Conference 2018, Campbell University, Buies Creek, NC, United States.

Wiener, D. (2017, April 26). Are certain symptoms of PTSD resistant to change through treatment? An empirical investigation at two VA PTSD specialty clinics [Poster presentation]. UNCA Spring Symposium on Undergraduate Research and Community Engagement 2017, Asheville, NC, United States.

Cassario, A. (2017, April 26). Dispositional traits and political outcomes in a highly religious sample: The relationship between Big Five factors and facets, right wing authoritarianism, and voting behavior [Poster presentation]. UNCA Spring Symposium on Undergraduate Research and Community Engagement 2017, Asheville, NC, United States.

Wiener, D. (2016, April 22). Are certain symptoms of PTSD resistant to change through treatment [Poster presentation]? UNCA Psychology Department Spring Research Symposium 2016, Asheville, NC, United States.

Brown, H., & Quindara, C. (2016, April 7-9). Access to evidence-based treatments for civilian Post Traumatic Stress Disorder in Asheville, NC [Conference session]. National Conference on Undergraduate Research 2016, Asheville, NC, United States.

Quindara, C., & Brown, H. (2016, April 7-9). Availability of evidence-based treatments for PTSD in civilian institutional and private practice settings: A case study in Asheville, NC [Conference session]. National Conference on Undergraduate Research 2016, Asheville, NC, United States.

Teaching Experience and Training ---

Instructor: Capstone Internship Course, Psychology 412
UNCA, Fall 2021, Spring 2021, Fall 2020, Spring 2020

Instructor: Research Methods II, Psychology 202
UNCA, Fall 2021, Fall 2020, Spring 2020, Spring 2019, Spring 2018

Instructor: Cultivating Global Citizenship, Liberal Arts 478
UNCA, Fall 2022, Spring 2021

Instructor: Abnormal Psychology, Psychology 208
UNCA, Fall 2022, Fall 2019, Spring 2019, Fall 2018

Instructor: Research Methods I, Psychology 201
UNCA, Fall 2019, Spring 2017, Spring 2016, Fall 2015

Instructor: Individual in the Contemporary World, Humanities 414
UNCA, Fall 2018

Instructor: Theories of Personality, Psychology 324
UNCA, Spring 2018, Fall 2017, Spring 2017, Spring 2016, Fall 2015

Instructor: Mental Health Ethics and the Law, Psychology 514

The Citadel, Spring 2015

Supervisor: Cognitive Behavioral Therapy Training for Psychiatry Residents
Medical University of South Carolina, Summer 2014-Spring 2015

Instructor: Personality Psychology, Psychology 215
Northwestern University, Spring 2012, Spring 2011

Teaching Certificate Program, Searle Center for Teaching Excellence
Northwestern University, Fall 2011

Teaching Assistant: Personality Psychology, Psychology 215
Northwestern University, Winter 2010, Winter 2009

Teaching Assistant: Research Methods, Psychology 205
Northwestern University, Winter 2008

Grant Supported Research

Research Scientist, 2015-2018

Evaluating the Feasibility of RESCUE: An Adjunctive HAI-Based Intervention for Veterans with PTSD (PI: Peter Tuerk, Ph.D.) (Award # W81XWH-15-1-0087), Clinical Sciences Research & Development Service, Ralph H. Johnson VA Medical Center, Charleston, SC, United States.

Department of Defense funded project examining the feasibility of animal exposure training as an adjunctive to Prolonged Exposure therapy.

Postdoctoral Research Associate, 2013-2014

Psychophysiology of Prolonged Exposure for PTSD with/without Yohimbine (PI: Peter Tuerk, Ph.D.), Clinical Sciences Research & Development Service, Ralph H. Johnson VA Medical Center, Charleston, SC, United States.

VA-funded project examining psychophysiological and psychological measures of treatment outcome across the course of Prolonged Exposure therapy for PTSD paired with yohimbine.

Postdoctoral Research Associate, 2013-2014

Prolonged Exposure and Sertraline for PTSD (PI: Sheila Rauch, Ph.D.), Clinical Sciences Research & Development Service, Ralph H. Johnson VA Medical Center, Charleston, SC, United States.

Department of Defense funded, multi-site, randomized clinical trial of Prolonged Exposure and sertraline for PTSD.

National Institute of Mental Health (NIMH) Sponsored Predoctoral Research and Clinical Trainee, 2012-2013

Training Grant T32: Child and Adult Trauma Victims: A Training Program (PI: Dean G. Kilpatrick, Ph.D., MH18869), National Crime Victims Center, Department of Psychiatry and Behavioral Sciences, Medical University of South Carolina, Charleston, SC, United States.

NIMH funded program for advanced graduate research and training in traumatic stress studies.

Graduate Student Researcher, 2007-2012

Foley Foundation Center Grant (PI: Dan P. McAdams, Ph.D.), Foley Center for the Study of Lives, Department of Psychology, Northwestern University.

Private foundation grant supporting the lab of my primary graduate school advisor.

Evidence-based Treatment Consultant

Certified reviewer for National Repository of Evidence-Based Programs and Practices (NREPP), Substance Abuse and Mental Health Services Administration (Fall 2015-Fall 2017).

Subject matter expert and consultant for Virtually Better Inc, in service of their obligations to NIH grant 5R42DK103537-03 Experience Success: Virtual Reality Skills Training to Enhance e-Weight Loss (Summer 2015-Fall 2015).

Prolonged Exposure for PTSD, Consultant: Post-Tornado PTSD Treatment Training, Joplin, MO. Virtually Better Inc. Contractor (Fall 2014-Summer 2015).

Prolonged Exposure for PTSD, Consultant: Training Post-Doctoral Psychologists in Prolonged Exposure, Tampa VAMC, Tampa, FL, United States (Fall 2014-Winter 2015).

PTSD Consultant: SPAWAR Systems Center Atlantic-U.S. Navy, Human Resources, Charleston, SC, United States (Summer 2014).

Clinical Certifications

VA Rollout for Prolonged Exposure for PTSD: Workshop Training (May 2013), Case Consultation Completed (August 2013).

Trauma-Focused Cognitive Behavioral Therapy Web Certificate (November 2012), National Crime Victims Center, Medical University of South Carolina, Charleston, SC, United States.

Cognitive Processing Therapy Web Certificate (October 2012), National Crime Victims Center, Medical University of South Carolina, Charleston, SC, United States.

Associations

Member, Anxiety and Depression Association of America

Member, Association for Behavioral and Cognitive Therapies, past

Member, International Society for the Improvement and Teaching of Dialectical Behavior Therapy, past

Member, International Society for the Study of Traumatic Stress, past

Member, The Society for a Science of Clinical Psychology, past

Member, The Society of Personality and Social Psychology, past

Member, Association for Research in Personality, past

Awards, Fellowships, and Scholarships ---

Creative Scholarship Award, UNCA Faculty, nominated (2025-26)

Teaching Excellence Award, UNCA, nominated (2020-2021, 2021-2022, 2023-24)

Teaching Excellence in the Social Sciences Award, UNCA, 2022-23

Creative Scholarship Award, UNCA Faculty, 2021-22

“Hope Through Science-Based Treatment for PTSD” project awarded \$32,250 as recipient of Student High Impact Focused Time (SHIFT), intramural award through UNCA Deans

SciComm Institute Fellow (intramural competitive awardee for NSF funded project)

Community Connector Award, 2021-2022, UNCA Faculty, nominated

Teaching Award 2020-2021, UNCA Faculty, nominated

Teaching Award 2019-2020, UNCA Faculty, nominated

Creative Scholarship Award 2019-2020, UNCA Faculty, nominated

Teaching Award 2018-2019, UNCA Faculty, nominated

Self, Motivation, and Virtue Project, Finalist, Templeton Foundation (2015)

Walter Dill Scott Endowment Fellow (award for research promise), Northwestern University (2011-12)

Graduate Tuition Scholarship, Northwestern University (2007-12)

University Fellowship, Northwestern University (2007-2011)

Conference Travel Grant-The Family Institute at Northwestern (2011)

Conference Travel Grant-The Graduate School and the Office of Research, Northwestern University (2009, 2010, 2011)

University Fellowship, University of Virginia (2004-2007)

Phi Beta Kappa, University of Georgia (2001)

Senior Physics Student of the Year, University of Georgia (2001)

Hope Scholarship, University of Georgia (1997-2001)

Junior Physics Student of the Year, University of Georgia, (2000)

Journal Responsibilities ---

Ad hoc reviewer, *Clinical Psychology Review*

Ad hoc reviewer, *Journal of Consulting and Clinical Psychology*

Ad hoc reviewer, *Journal of Traumatic Stress*

Ad hoc reviewer, *Journal of Personality*

Ad hoc reviewer, *Journal of Social Psychological and Personality Science*

Ad hoc reviewer, *American Journal of Psychotherapy*

Ad hoc reviewer, *Psychology of Violence*

Ad hoc reviewer, *Journal of Psychosomatic Research*

Ad hoc reviewer, *Journal of Positive Psychology*

Ad hoc reviewer, *Psychotherapy Research*

Ad hoc reviewer, *Family Process*

Ad hoc reviewer, *Journal of Happiness Studies*

Ad hoc reviewer, *Journal of Adolescent Research*

Ad hoc reviewer, *Motivation and Emotion*

Clinical Experience

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| 2021-present | Responder Support Services Provide evidence-based psychotherapy and assessment for first responders. Treat clinical presentations such as PTSD and trauma related disorders, anxiety and mood disorders, and couple related dysfunction. |
| 2021-present | Veteran Evaluation Services Provide science-based assessment services for veterans and service members exiting the U.S. Armed Forces as they seek benefits through the Veteran Benefit Administration. |
| 2017-2021 | Psychologist, The Pisgah Institute Provided evidence-based psychotherapy for individuals and couples regarding a range of mood, anxiety, trauma, and personality related disorders. Assessed veterans for Veteran Benefits Administration. |
| 2016-2017 | Tuerk PTSD Treatment Lab, Team Member Participated in multidisciplinary research team implementing randomized clinical trials for PTSD. Provided treatment fidelity feedback to study therapists. Collaborated with team members in developing proposals for new clinical trials. |
| 2016-2017 | Private Practice Provided assessment services for Social Security Administration as part of disability determination. |
| 2014-2015 | Psychology Faculty PTSD Clinical Team, Ralph H. Johnson VA Medical Center Provided assessment services and evidence-based therapy for PTSD and trauma related disorders. Collaborated with multi-disciplinary team in providing comprehensive mental health care. Participated in data management team to assure quality mental health care outcomes within clinic. |
| 2013-2014 | Postdoctoral Psychologist Fellow PTSD Clinical Team, Ralph H. Johnson VA Medical Center Provided Prolonged Exposure for combat-related PTSD as part of multi-site clinical trial. Developed treatment strategies. Provided supervision for PTSD diagnostic assessments. Provided outreach to veterans in community settings as part of study recruitment. Supervisors: Ron Acierno, Ph.D. and Peter Tuerk, Ph.D. |
| 2012-2013 | Psychology Intern Charleston Consortium Ralph H. Johnson VA Medical Center |

Medical University of South Carolina (MUSC)

PTSD Clinical Team Rotation, VA:

Trained in and provided evidence-based treatments for PTSD and trauma-related disorders. Provided psychosocial assessments as part of intake team for case conceptualization and treatment planning. Administered, scored, and interpreted a range of psychological measures to assess treatment efficacy.

Supervisor: Ron Acierno, Ph.D.

Cognitive Behavioral Clinic Rotation, VA:

Trained in and provided evidence-based treatments for a range of mood and anxiety disorders. Provided group therapy. Performed intake assessments for the purpose of case conceptualization and treatment planning. Administered, scored, and interpreted a range of psychological measures to assess of treatment efficacy.

Supervisor: Dan Gros, Ph.D.

Couples and Family Clinic Rotation, VA:

Trained in and provided evidence-based therapy for couples distress, Integrative Behavioral Couples Therapy (IBCT).

Performed intake assessments for the purpose of case conceptualization and treatment planning. Administered, scored, and interpreted psychological measures of relationship functioning in order to assess treatment efficacy.

Supervisor: Julian Libet, Ph.D.

National Crime Victim Center Rotation, MUSC:

Trained in and provided evidence-based treatments for PTSD and trauma-related disorders with civilian, crime-victim population.

Performed intake assessments for the purpose of case conceptualization and treatment planning. Administered, scored, and interpreted a range of psychological measures to assess treatment efficacy.

Supervisors: Alyssa Rheingold, Ph.D. and Dan Smith, Ph.D.

Counseling and Psychological Services Rotation, MUSC:

Trained in and provided evidence-based treatments for a range of mood, anxiety, academic, relational, and eating disorders/problem areas with a medical student population. Performed intake assessments for the purpose of case conceptualization and treatment planning. Administered, scored, and interpreted a range of psychological measures to assess treatment efficacy.

Supervisor: Alice Libet, Ph.D.

2011-2012

Psychology Extern

Depression Treatment Program, Family Institute at Northwestern University

Trained in and provided cognitive-behavioral therapy (CBT) for adults with unipolar mood disorders. Trained in and administered the Hamilton Depression Rating Scale (HDRS). Administered,

scored, and interpreted a range of psychological measures for the purpose of case conceptualization, treatment planning, and assessment of treatment efficacy.

Supervisor: Paula Young, Ph.D.

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| 2010-2012 | <p>Psychology Extern Dialectical Behavior Therapy Treatment Program, Family Institute at Northwestern</p> <p>Trained in and provided dialectical behavioral therapy (DBT) to adolescents and adults with varied emotion regulation related disorders. Provided DBT with individual clients. Led DBT skills groups. Administered, scored, and interpreted a range of psychological measures for the purpose of case conceptualization, treatment planning, and assessment of treatment efficacy, e.g. assessed personality pathology with the International Personality Disorder Examination (IPDE).</p> <p>Supervisor: Michael Maslar, Psy.D.</p> |
| 2010-2012 | <p>Psychology Extern Family Systems Therapy Practicum, Family Institute at Northwestern</p> <p>Within an integrative problem centered approach, trained in and employed multiple orientations in the treatment of couples with relationship distress. Orientations included: Emotion Focused Therapy, John Gottman's The Marriage Clinic, and Behavioral Marital Therapy.</p> <p>Supervisor: Jay Lebow, Ph.D.</p> |
| 2010-2011 | <p>Psychology Extern Anxiety Disorders Treatment Program, Family Institute at Northwestern University</p> <p>Trained in and provided cognitive-behavioral therapy for adults with a range of anxiety disorders. Performed comprehensive diagnostic assessments at intake for treatment planning. Administered, scored, and interpreted a range of psychological measures for the purpose of case conceptualization, treatment planning, and assessing treatment efficacy.</p> <p>Supervisors: Paula Young, Ph.D.</p> |
| 2009-2010 | <p>Psychology Extern Therapy Practicum, Marjorie Kovler Center for the Treatment of Torture Survivors</p> <p>Trained in and provided culturally sensitive, relationship-focused cognitive behavioral therapy (CBT) for adults and adolescents with a range of mood and anxiety disorders related to torture history. (Clients were individuals seeking asylum in the United States after having been tortured in their home countries.) Participated in interdisciplinary treatment team that included primary care physicians, psychiatrists, social workers, and occupational</p> |

therapists. Wrote psychological affidavits for client asylum hearings.

Supervisor: Sandra Zakowski, Ph.D, Psy.D

2008-09

Psychology Extern

Diagnostic Assessment Practicum, Family Institute at Northwestern University

Performed diagnostic assessments at intake for treatment planning. Trained in administration of the Structured Clinical Interview for DSM-IV (SCID). Administered SCID as part of comprehensive diagnostic assessment for adult patients. Wrote psychological reports synthesizing information from range of assessment instruments.

Supervisors: Rick Zinbarg, Ph.D, Emily Durbin, Ph.D, Lynne Knobloch-Fedders, Ph.D

2008-09

Psychology Extern

Psychological Testing Practicum, Family Institute at Northwestern University

Performed psychological testing for children, adolescents, and adults. Trained in skill of selecting tests appropriate for answering presenting question(s). Trained in administration, scoring, and interpretation for a wide array of psychological tests including WISC-IV, WAIS-IV, WIAT-II, and NEPSY-II. Wrote psychological reports synthesizing information from across multiple tests and psychological history of client.

Supervisor: John Ardizzone, Ph.D.

Public Presentations and Media Appearances

Cox, K. S. (2014, March 4). PTSD, combat, and the veteran experience. The Valliant Few Internet Radio Broadcast, Savannah, GA, United States.

Cox, K. S., & Dubois, L. (2013, November 11). Update on evidence-based PTSD care for combat veterans with PTSD: Opportunities in Savannah, GA. Mid-Morning Live, WTOC Savannah, GA, United States.

Cox, K. S. (2011, November 15). Mental health challenges for the soldier returning from war and for the veteran: Perspectives from research and clinical experience. Military Appreciation Week, Armstrong Atlantic State University, Savannah, GA, United States.

Cox, K. S. (2013, November 10). Evidence-based care opportunities for veterans with PTSD. Veteran Students of America, Armstrong Atlantic State University, Savannah, GA.

Cox, K. S., & Dubois, L. (2013, August 28). Evidence-based PTSD care for combat veterans with PTSD: Opportunities in Savannah, GA. Mid-Morning Live, WTOC Savannah, GA, United States.

Volunteer Activities

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| 2012-2014 | Program Development Team Member People Against Rape, Charleston, SC Presented sexual assault prevention talks to college-age males. Contributed to the development of sexual assault prevention programming. |
| 2008-2012 | Mentor Big Brothers/Big Sisters, Chicago, IL Developed relationship with adolescent male from low resource neighborhood. Promoted positive life skills with mentee. |
| 2007-08 | Nicaragua Trip Leader Orphan Network, Managua, Nicaragua Led trips of adolescents and adults to Nicaragua with aim of educating trip-goers about situation of Nicaraguan orphans. Managed budgets, negotiated cross-cultural interactions, and coordinated activities for trip-goers and orphans. |
| 2004-07 | Mentor Abundant Life Ministries, Charlottesville, VA Developed relationship with adolescent male from low resource neighborhood. Promoted positive life skills with mentee. |
| 2004 | High School Physics Teacher Mundri High School, Mundri, Southern Sudan Worked to teach science in a culturally accessible way. Developed course content, lectures, experiments, and assessment strategies. |